

WOESKUS

Going Places

EPIC SURF
Windsurfing
Kitesurfing



Rooibos Muisbos
EXPLORE





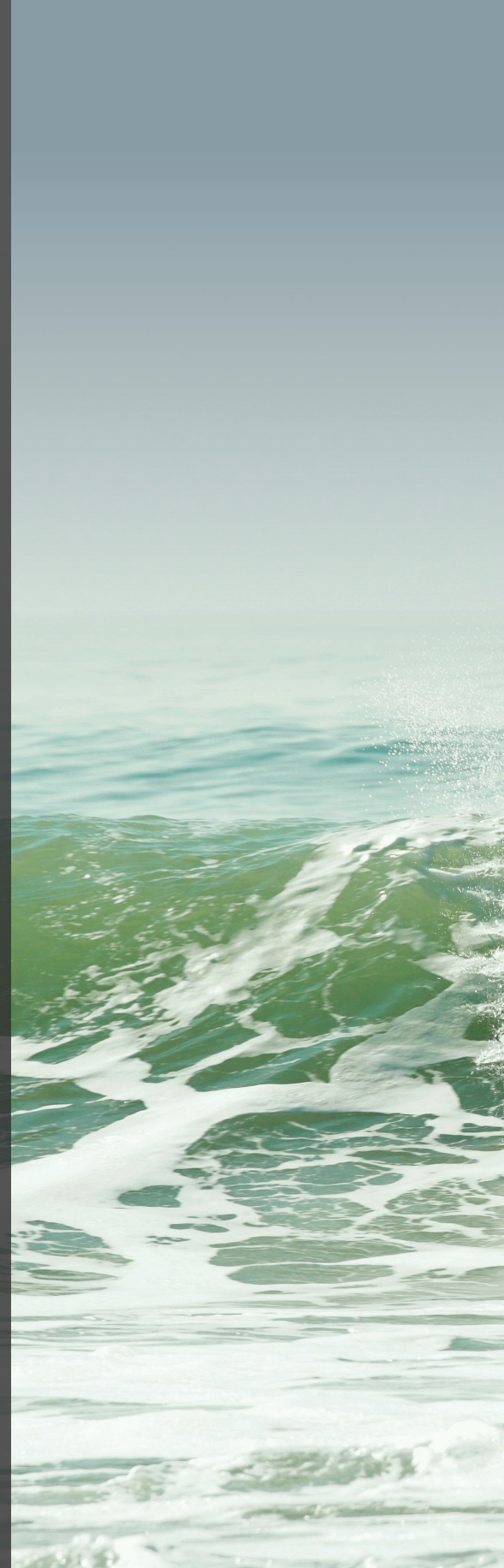
Johnny
MOSH
SURFBOARDS



SHAPING
GLASSING
REPAIRS
CUSTOMISING

REEF SURF SHOP
BLOUBERGSTRAND

5 Marine Circle / Cell 072 846 4645



Photos by Teresa Hollander

S U M M E R S U R F

BEST DAYS ARE BEACH DAYS



Surf's Up!



Photo by Teresa Hollander





BLOUBERG KITE BEACH

The Blaauwberg region, one of the fastest growing areas in the Western Cape, lies to the north of city centre and is the gateway to the Cape West Coast. There are plenty of bars, restaurants and shopping malls for those so inclined, but best to head for the beaches to watch kite surfers doing ridiculous aerial maneuvers.

Thanks to our incredible coastline and infamous wind that locals call “The Cape Doctor”, Cape Town is an idyllic kitesurfing and kiteboarding destination for beginners and pros alike! Surfing the wind is an adrenaline rush that will blow your hair back and leave you with memories for life.



SAFETY TIPS THAT WILL SAVE YOUR LIFE

There is no doubt that we currently live in a very dangerous world, particularly so in South Africa, with its high level of violent crimes which include rape, murder, drugs and gangster-related activities. Theft and burglary is at the order of the day. In an attempt to make people, and especially women, aware of how they can defend themselves in case of need, here are some tips:

1 Remember that your elbow is the strongest point in your body and a mighty weapon. Do not hesitate to use it at close range. ALWAYS try to hit him in the groin area. Should your arms be pinned to your body by the perpetrator, jump up and hit him with your head in the face as hard as you possibly can. Then RUN AWAY as fast as you can and shout for help. NEVER try to be a hero by staying to land another blow or kick.

If ever confronted by someone who threatens you with a knife or other weapon to hand over your wallet, DO NOT HAND IT OVER, rather throw it away from you as far as you can and run for your life! Chances are that he will rather go for the wallet while you get away.

2 If you are ever thrown into the trunk of a car, kick out the back tail lights, stick your arm out through the hole and start waving like crazy. The driver won't see you, but other motorists will and your life could be saved.

3 When you return to your car after shopping or after work, unlock your car only when you get to it and make sure that no one has followed you, or is watching you, before you get in. Also, look into the front and back to make sure that there is no one in the car. Then lock the doors immediately before you start the engine and leave. Should you notice someone watching you or following you, lock the car again and quickly walk back to the shopping centre. Wait until it is safe, ask a guard or policeman to accompany you. Otherwise, follow others who are also going to their cars. Remember, there is safety in numbers.

4 Always be alert when you approach your car. Be extra cautious if a big van is parked on your side of the car. Rather get in through the passenger door and lock the car immediately once inside. It is better to be over-cautious or paranoid than to be killed. Should you ever find someone in your car who threatens you from the back seat, start the engine, swerve the car so that the perpetrator becomes off-balance, then drive into anything so as to hit it with the passenger side. Then get out and run away as fast as you can while shouting for help.

5 Unless there are other people around, ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. (This is especially true at NIGHT!)

6 If possible, RUN AWAY when you are threatened with a gun, it is always the best option. Chances are 4 to 100 that the shooter will hit a vital organ when you run fast in a zig-zag pattern. Should circumstances prevent you from running, STAY CALM, THINK and try to OUTSMART the perpetrator!

7 As women, we tend to be sympathetic towards others. This may get you raped or killed. Be alert and NEVER trust strangers. (Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which was when he abducted his next VICTIM).

8 When you are alone at home, NEVER go outside or open the door when you hear strange noises, especially in the dark. It could be a scam. Some crooks record a baby's cry and leave it on your front porch. Instead of investigating, call the police. Better safe than sorry!

9 The water scam! If you wake up in the middle of the night to the sound of outside running water or what you suspect might be a burst pipe, DO NOT GO OUT TO INVESTIGATE!

Crooks turn on all your outside pipes full blast hoping that you will go out to investigate and then attack you. Always make sure that you have a telephone number for the police, a neighbour or a friend whom you can call for help.

10 Finally, the golden rule: STAY CALM, THINK, AND THEN DECIDE ON THE BEST COURSE OF ACTION. A woman is by nature NOT stronger than a man, but you CAN BE SMARTER!!

This is for my two friends, Ilze and Ciska, who were attacked on their honeymoon in Sea Point.



SURF

stoked





WEST COAST SURF

There are three main reasons why the surf is so good in South Africa: good waves, consistent waves and uncrowded waves. There are hundreds of superb surf spots along our pristine coast, which is 2,798 kilometers long. Peppered with thousands of beaches, bays, river mouths and points, the South African coast boasts many surf spots that would be considered world class, particularly in terms of quality and consistency.

Well, we think so anyway. The bonus is that for those with foreign currency, it's cheap. Millions of people visit South Africa each year with a fistful of dollars or pounds, and come away smiling. Hang out in Cape Town for a while, where you'll find waves on your doorstep. There is an awesome variety of spots in and around the peninsula.

This coast comprises a few long, winding left-hand pointbreaks, often facing almost North, because they are on the other side of a coastal headland. The beachbreaks just North of Cape Town can be world class, but can also be fickle and sensitive to wind.

The best time of the year is autumn, when light, warm offshores blow and big groundswells begin rolling in from fronts festering in the southern Atlantic. There are some extraordinary spots that only work when monstrous storm swells arrive in Cape Town.

One spot is aptly called Heaven, although one cannot be sure whether it refers to the quality of the wave, or where you might end up after a brutal wipeout in this powerful, ledging right-hander.

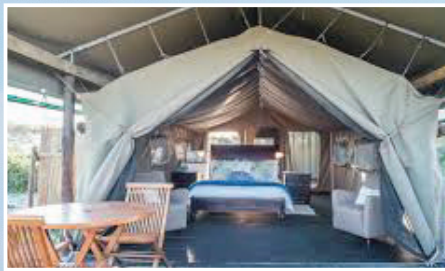


Photos by Teresa Hollander



West Coast

L u x u r y T e n t s



Luxury West Coast beach, self-catering tents. Private access to the unspoiled beach. This facility is on a private beach front farm with no access for the public. There are three luxury lodge tents, Fork South, Middle Fork and Fork North. The tents are located

in the bush behind a sand dune, 500 meters walk to a 40 km long unspoiled sandy beach. These double-bedded tents basically offer the same accommodation and amenities as a luxury chalet. It includes electricity, fully equipped kitchenette, fridge

with freezer, scullery and a complete en-suite bathroom. All tents sleep a maximum of two people. Each tent has its own private braai area equipped with the necessary utensils. Braai wood is available.

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email theresa.uebel@gmail.com / www.westcoastluxurytents.co.za

If you want
that extra
GLAM
West Coast
Luxury Tents
is for you!

Fork West

HOLIDAY APARTMENTS

info@forkwest.com
067 3366 862





Elands Bay Hotel

Elands Bay is only 220 kilometers from Cape Town and is a favourite coastal town known for its seafood as well as its natural wonders such as Verlorenvlei which lies between Elands Bay and Redelinghuys.

This seaside resort is a paradise for surfers, seafood connoisseurs and birdwatchers. Caves in the vicinity of the town produced valuable archeological finds from the different inhabitants over time. The magnificent Verlorenvlei which flows into the Atlantic Ocean at Elands Bay is a haven for about 240 bird species.

The Elands Bay Hotel is the perfect place for accommodation in the town. They have a variety of accommodation, the highest level of cleanliness, integrity and affordability. From comfortable presidential suites to family rooms or the barracks.

It is a perfect venue for a function or wedding. Free amenities include parking and breakfast served in an a la carte restaurant, which overlooks the bay.

There is also a Sports Bar, Bay-view Lounge Bar, BBQ area, direct beach access and a camping ground.

Tel: +27 (0)22 972 1640 / E-mail: info@elandsbayhotel.co.za



Lambert's Bay Hotel

Set in Lambert's Bay, 300m from the Sandveld Museum, Lambert's Bay Hotel offers accommodation as well as a restaurant, free private parking, an outdoor swimming pool and a bar.

With free WiFi, this 3-star hotel offers 24-hour front desk and room service. The accommodation provides a shared lounge and a concierge service for guests.

All guest rooms have satellite TV channels, a kettle, a bath or shower, a hairdryer and a desk. At the hotel all rooms have a wardrobe and a private bathroom.

"Wave", A La Carte Restaurant & Buffets, "Lobster Port" Restaurant for light lunches, 3 x conference venues and swimming pool.

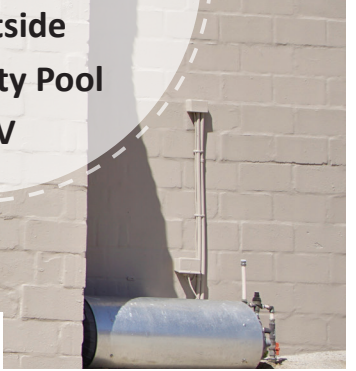
Bird Island Nature Reserve is 400m from Lambert's Bay Hotel, while Lambert's Bay Harbour is 100m from the property.

Tel: +27 (0)27 432 1126 / E-mail: marinelb@kingsley.co.za

**DISCOVER THE
WEST COAST**



Altyd Tuis



**9 Separate
Self-catering
Cottages
Braai facilities inside
and outside
Community Pool
DSTV**

Suurfontein

Altyd Tuis is situated on the West Coast, 8 km from Lambert's Bay. It boasts a peaceful farm atmosphere and breathtaking views of the natural surroundings, and is only 500 meters from The Dunes 4x4 fun route.

There are 9 units – all fully furnished with all utensils for cooking and braai. They include a 3-bedroom apartment (6 persons), 3 2-bedroom

apartments (4 persons), 4 one-bedroom apartments, and a bachelors' apartment. Bedding is supplied for all apartments. The ideal self-catering getaway can be planned!

All units boast a lounge area with DSTV for family entertainment, a bathroom with shower and basin, and a fully equipped kitchen with an induction plate. Every house

features an indoor and/or an outdoor braai, a little veranda with seating area that has a view over the pool and surroundings. The sounds of the farm animals and birds of the veld can be heard.

Altyd Tuis is perfect for those couples, friends and families wanting some away time for relaxation and tranquillity. The units can accommodate a total of

28 persons with full bedding and 4 with only a sheet and own bedding in the one-bedroom units.

This is a safe getaway without the direct cold of the Atlantic, but close enough to the idyllic white beach of Lambert's Bay, the rocky beach of Malkopbaai, and the surf on both sides of Lambert's.



Bianca 065 615 7539 / E-mail janniehunter01@gmail.com

Rooibos2Muisbos



ROOIBOS2MUISBOS

Op 27 Julie 2019 word die eerste Rooibos2Muisbos Bergfiets Rit langs ons Weskus vanaf Clanwilliam na Lambert's Baai geloods. Watter opkoms, uitkoms en sukses was die "Event"

Die gedagte was om 'n "Event" te organiseer wat 'n ekonomiese inspuiting vir die betrokke dorpe, sy inwoners en besighede te skep.

Verder is hierdie nie 'n wedren nie maar eerder 'n familie wegbreek naweek langs die Weskus waar jy 'n eendag Bergfiets Rit kan geniet, die "Local Farmmarket" by die eindpunt kan ondersteun en die aand 'n vars seekos buffet by die Muisboskerm op die strand kan geniet saam met plaaslike wyn en "Life Music".

Daar word besluit op twee afstande, een lange van 112 km en 'n korte van 38 km. Met Rooibos Ltd as Hoofborg begin die projek spoedig rigting kry.

Die verskillende skole se kinders en skoolpersoneel word betrek en kry die geleentheid om verversings te verkoop soos koffie, pannekoek en boereworsrolletjies.

Ons maak ook gebruik van plaaslike inwoners om as "Marshalls" op te

tree. BEN (Bicycling Empowerment Network Home) skenk en oorhandig fietse aan kinders van die verskillende skole.

In middel Mei open die "Event" amptelik vir inskrywings. Daar word besluit op twee afstande, een lange van 112 km en n korte van 38 km. Ons begroot vir 100 inskrywings vir die eerste jaar. Tot ons verbasing kry ons oor die 400 inskrywings.

Die dag van die "Event" was 'n reuse sukses. Lekker sonnig, windstil en plate kleurige blomme langs die roete. Daar is 4 water tafels met heerlike lekkernye vir die ryers soos plaaslike lemoene, aartappels, "jellie babies", piesangbrood, Coke, Boss koeldrankies en boereworsrolletjies.

Die ryers geniet die "Event" en praat net met lof van die pragtige roete, heerlike kos en hoe goed dit georganiseer is met puik ondersteuning en roete aanwysing.

Die uiterse sukses van die dag kan toegeskryf word aan die gemeenskap se betrokkenheid, die boere se samewerking en skenkings, die besighede se ondersteuning met voertuie en voedsel, Rooibos Ltd as Hoofborg en dan Rooibos2Muisbos

se "Event Team" wat die leisels bymekaar gehou het.

Die deelnemers en besoekers het 'n groot ekonomiese inspuiting gegee oor die naweek deur die besighede, akkommodasie fasiliteite en restaurante te ondersteun en veral omdat dit buite seisoen is beteken dit baie vir die dorppies.

Die datum vir 2020 is reeds vasgemaak vir 1 Augustus en sal spoedig oop wees om in te skryf deur ons webwerf www.rooibos2muisbos.co.za.



ENTER NOW!

WWW.ROOIBOS2MUISBOS.CO.ZA

Photos by Teresa Hollander



FOR THE ULTIMATE ROOIBOS EXPERIENCE VISIT



HOUSE OF ROOIBOS

TEA ROOM, SHOP AND INFORMATION CENTRE

4 VOORTREKKER STREET, CLANWILLIAM

Come and enjoy a refreshing cup of Rooibos and see our informative displays including a 10-minute audio-visual presentation about the history and production process of this singular beverage.

The shop is stocked with an exciting range of original, flavoured and blended Rooibos teas, Rooibos-related food and cosmetic products, souvenirs and gift items.

The tea room offers various Rooibos drinks and a menu of light meals including quiches, muffins, tarts and cakes.

For the ultimate Rooibos experience and hearty Clanwilliam hospitality, visit us at 4 Voortrekker Street, Clanwilliam.
GPS: 32°10'40"S – 18°53'28"E

Open Mondays to Fridays from 09:00 till 17:00.

For more information about the House of Rooibos and the wide range of products available visit www.shop.rooibosltd.co.za



RB16/23 Woestjins



Telephone: 027 482 2155
www.shop.rooibosltd.co.za

ROUTE 62



KAROOOSTOC



Photo by Teresa Hollander



"On Saturday 28 September you will get to see South African bands performing songs from the likes of Joe Cocker, Canned Heat, Crosby, Stills, Nash & Young, Jimi Hendrix and many more as the Karoo Saloon hosts a KAROOSTOCK: Woodstock '69 revival party".

After receiving the above ad from Adolf, one of our friends in Worcester, it did not take much to convince my husband Ian and my son Ruwhon, to set off on our motor bikes, Ian on his Triumph GT1050 and Ruwhon on his Honda CBR, with much anticipation, from Melkbos to Barrydale on Friday 27 September.

Joining up with Adolf on his Honda VT1100 and Peter, also with a Honda VT1100 in Worcester, we were soon on Route 62, with its spectacular landscapes, majestic mountain ranges, clear streams and green valleys. Certainly, one of the most beautiful routes our country has to offer, with many places to stop along the way, whether for refreshment or just to experience the breathtaking views.

On Friday evening we stopped for pizza at the Karoo Rock Saloon. What an amazing experience! Good food, good company (many bikers joined us here!) and a festive atmosphere.

We went back to Barrydale to overnight in the picturesque Barrydale Lodge, nestled between mountains and offering amenities such as a swimming pool, bar and restaurant.

On Saturday we travelled over the Tradouw Pass (R324) with it's famous picture perfect views, back to the Karoo Rock Saloon where the festival officially began with Pikkie entertaining us with his band. He was the embodiment of passion and energy.

From the veranda where we were sitting, we could see the campsite behind the band. Most people dressed as hippies to suit the theme of the festival. Of course, all our bikers were there to support them in true biker spirit.

This has arguably been the most enjoyable show that I have ever experienced. We danced and sang along with the various bands, performing "old" songs from amongst other Joe Cocker, Canned Heat, Crosby, Stills, Nash & Young, Jimi Hendrix and many more. The bands included Light & Shade, Akkedis, Willim Welsyn and Jake Gunn. Awesome!

We drove back to Cape Town in rain and wind on Sunday, still in good spirits and constantly thinking of the wonderful two days we had spent at the Karoo Rock Saloon, wishing that we could have stayed longer.

Teresa Hollander



Events & Festivals

This is not a complete list of events that occur in Cape Town. Event information correct at the time of publication. Please visit Woeskus Facebook Page and Woeskus Instagram for more event information.

DID YOU KNOW:

The area known today as Cape Town has no written history before it was first mentioned by Portuguese explorer Bartholomeu Dias in 1488.

The German anthropologist Theophilus Hahn recorded that the original name of the area was '|| Hui !Gais' – a toponym in the indigenous Khoen language meaning "where clouds gather."

Would you believe the Table Mountain Aerial Cableway is nearly a century old? Before then, the only way up the mountain was by foot and only the most adventurous—or foolhardy—had been to its summit.

On 4 October 1929, after two years of difficult and dangerous work, the first Cable Car chugged its way to the top filled with excited visitors.



DEC

Galileo Open Air Cinema

05 / 12 / 2019
Love Actually
Kirstenbosch

Darling Summer Beer Festival

21 / 12 / 2019
Darling
(21) 286 1099

Freshly Ground

20 / 12 / 2019
Club Mykonos
Langebaan



JAN

Galileo Open Air Cinema

09 / 01 / 2020
The Princess Bride
Kirstenbosch

Red Bull King Of The Air

24 / 01 / 2020
Kite Beach
Bloubergstrand

Ride a Steam Train to Elgin

Every Saturday
From Foreshore to Elgin



FEB

Galileo Open Air Cinema

07 / 02 / 2020
Rocky Horror Picture Show
Meerendal

George Old Car Show

08-09 Feb 2020
George
PW.Botha Kollege

Neighbourgoods Market

Every Saturday
The Old Biscuit Mill
Woodstock

Peter Pan On Ice

15 Jan- 02 Feb 2020
Artscape Centre
Foreshore

MAR

SpiritFest

05 - 08 March 2020
Swellendam
info@spiritfest.co.za



Galileo Open Air Cinema

25 / 03 / 2020
The Wizard of Oz
Kirstenbosch

Swartland Motorbike Rally

27 / 29 / 2020
Swartland

APRIL

Buff Motorbike Rally

03 / 04 / 2020
Hartenbos
ATKV



Galileo Open Air Cinema

08 / 04 / 2020
Casablanca
Kirstenbosch

AfrikaBurn

27 / 04 / 2020
Tankwa Karoo
info@afrikaburn.com

MAY

Olive Festival

09 / 05 / 2020
Riebeeck Valley
Riebeeck Kasteel



Vegan & Plant Powered Show

30 - 31 May 2020
CTICC
Cape Town



Photos by Teresa Hollander

OLD SURF CO

THE *Beach Life* ELANDS BAY

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OLD SURF APPAREL

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