



M BIRDS FLY INTO TOWN

The M-Birds are an up and coming non-profit aiming to seek out and support young talent across the country. Their main focus is kids-writing-for-kids children's books, but they are aiming to expand into an organization that supports performance arts talent as well

'Of course we're starting local and working with talented youngsters that may be overlooked in the school system, or not have the funds to attend lessons and receive coaching. For 2025, our goal is to offer writers workshops for young creatives and to start working on our first line of children's books written and illustrated by children. At M-Birds, the children are our authors and get the credit for their hard work and creativity.'

'The idea for M-Birds came during a conversation with friends as we were discussing the arts and crafts our kids had made. A friend mentioned that these kids' artwork were so amazing all she could draw at their age was m-birds...and the name stuck. Before then there was always a fascination with children's creations and how naturally it comes to them and especially, how they relate to each other. Something we as adults sometimes overlook.'

The M-birds are a formidable team of 3 creatives:

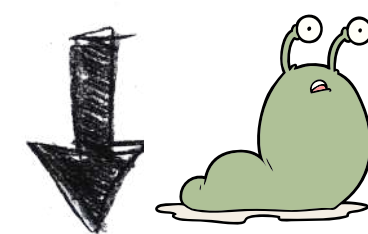
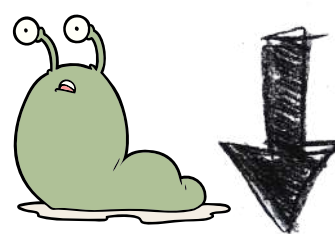
Ricky - Publisher, Chairperson, Writers Guild founder and Co-Founder of the Kimberly Book Fair 2016. Ricci - published poet, actor and performer, and Rose - bestselling author and full-time writer.

**"SUPPORTING CREATIVE EXPRESSION,
WHERE ART MEETS HEART"**



THE GARDEN REPORT

HAVE YOUR PLANT PROBLEMS, NATURAL NUISANCES AND GARDENING GAFFES HANDLED HERE. SOMETIMES YOU MAY EVEN FIND SOME REGULAR INFORMATION!



Enjoying your long, hot Summer? So are these guys.

Slugs can do major damage to your favorite flowers and plants overnight. To keep slugs from devastating your garden, try one of these clever solutions...

Distract them with shiny objects. Copper creates an unpleasant electrical shock when slugs come into contact with it, which will deter them from passing.

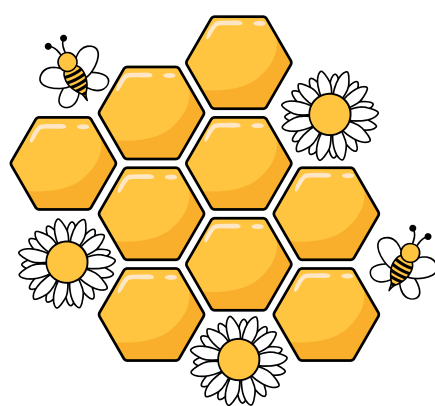
Tried-and-True Advice

“My go-to method for slug control is putting out some ‘slug pubs.’ Simply fill an old plastic cup with a bit of old beer or orange juice, bury the cup up to the soil line near affected plants, and wait for slugs and snails to crawl in. They can’t resist that sweet, fermented smell!

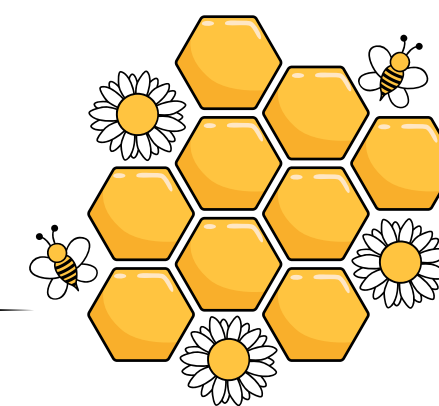
Laying flat bricks or tiles in my garden bed also works wonders. Slugs and snails hide out under these objects during the day and it’s much easier to find and collect them.”

Build a sharp barrier.

A slug’s Achilles ankle is its soft body, easily irritated by sharp or dry materials. Use this to your advantage by sprinkling wood ashes, diatomaceous earth, gravel, or lava rock in a wide band around individual plants - or the entire garden - to discourage slugs, as they won’t want to crawl across the bumpy barrier. Wood ashes have the bonus benefit of adding potassium to your soil and raising the pH, so consider choosing that method as your first line of defense.



THE HONEY COMB



Some History: The first record of beekeeping dates back to 2400 B.C. This was in Cairo. For millennia many cultures including the Chinese, Greeks, Egyptians and Romans used honey in medicinal ways.

Honey was commonly used as a sweetener as it’s made up of 70-80 percent sugar. The rest is water, protein and minerals.

Let’s have a look at 5 common uses today:

Diabetes: Honey has a lower glycemic index than sugar. So if you have blood sugar this will not spike your levels the way sugar will. So swapping pure sugar with honey is an effective way to keep your blood sugar levels normal.

Memory: The “clever people” have proved that honey can improve both short-term and long-term memory. Especially in menopausal and postmenopausal women.

Burns: For thousands of years honey has been used as a salve to heal burns and prevent infections. Honey makes wounds sterile in less time. Doesn’t leave as much scarring and enhances healing.

Cancer: Honey is known for its antioxidant properties. In 2011 a study in Iran looked at how honey affects renal cell carcinoma, a type of kidney cancer. They concluded that it warrants further study, but is effective in stopping cancer cells from multiplying as a cancer treatment.

Psoriasis: This is a common skin condition that causes lesions, blisters, itching and redness. Honey may be more effective than your topical creams which contain corticosteroids and vitamin D. A study uses a mixture of olive oil, beeswax and your guessed it.....honey. Most participants experienced a reduction in itching, scaling and redness.

Nicky Adams

THE PAGE 3 STUK (HOTTIE) OF THE MONTH

Hello
Yolande!



CROCHET COFFEE CAFE

54 Voortrekker Street, Uniondale



- 200g tubs:
- * Chocolate
 - * Cookies & Cream
 - * Ginger
 - * Granadilla
 - * Hazelnut-Coffee
 - * Licorice
 - * Macadamia
 - * Mixed Berries
 - * Peppermint Crisp
 - * Rum & Raisin
 - * Strawberry-Licorice
 - * Strawberry-Marshmallow
 - * Vanilla

Delicious **HOMEMADE ICE-CREAMS**

THE GARDEN OF THE MONTH



Do you have a garden you want to share with us? We want to see it!

This month Zenobia was nominated as the Rose Queen. We completely agree!



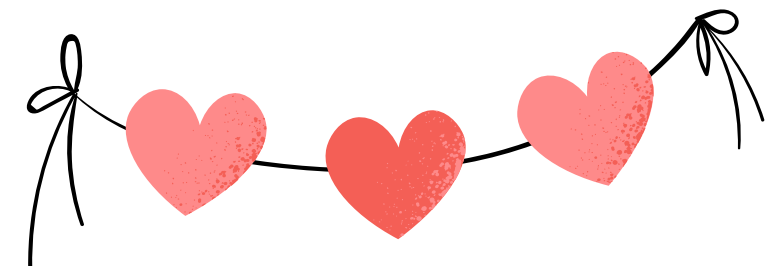
IF YOU ARE LOOKING FOR AN OUTING WITH YOUR FAMILY AND FRIENDS THIS DECEMBER, TRY THE SHORT 45 MINUTE DRIVE TO DE VLUGT AND VISIT DIE PLAASKIND PADSTAL. OPEN FOR BREAKFAST AND LUNCH DAILY.

**FOR ENQUIRIES CONTACT ADRI
066 439 8830**

UNIONS IN THE DALE

Boer soek 'n vrou. Geen poppies nie. Ek het 'n voorkeur vir donkerkoppe wat natuurlikehebbers is. Ek is in my 40s en verkies iemand dieselfde ouderdom of ouer, ek sien nie kans vir enige drama of onsekerheid nie. As jy gesond is met 'n brein op jou skouers, dan soek ek vir jou. Ek is nie so woes as wat ek klink nie, ek's net moeg. Vroumense is 'n ander storie deesdae. Soek 'n saggearde siel.

#bestaansyekweetrerignie



Are you looking for love or friendship or (not too many saucy details please).

This is a strictly confidential place to advertise your sexy self, and find who it is you are seeking. All you have to do is send me 70 words or less describing yourself and what you are looking for. Include an email address and a pseudonym please. You don't have to use your real name at any point in your correspondence with me.

I will place your ad and if anyone is interested, all they have to do is Whatsapp (074 191 2114) or email me (theuniondalepost@gmail.com) with their response. I will then forward it to the relevant person, if they like the sound of you then they will respond. If not, eish.

HOW TO LOOK FORWARD TO CHRISTMAS

*Come, poor Christmas shopper
all high on coffee fumes
-The only thing strong enough
to keep sane in the queues
Let's not speak of parking lots
ablaze in summer sun
Nor jingly tunes on mall speakers
along with the trolley run*

*You needn't suffer so, dear soul,
a remedy is at hand
Across the pass, through Langkloof
to a place where peeps are glad
to sit you down for coffee (4 cups?)
No matter the good or bad...
Just set your watch (sure you need one?)
to get shopping all done by three
You'll fly when there's less to choose
from
to surprisingly, be just as happy!*

*Where can you be free as a bird
or relaxed like a snail?
Let others bemoan the Christmas hols
You come kuier in Uniondale!
Desiree de Villiers*



**COMING
SOON!
WATCH THIS
SPACE!**

**UNIONDALE CYCLES
AND TRADING. NEXT TO
KAROO SERENITY. FOR
QUERIES CONTACT
PENFOURIE@MWEB.CO.
ZA**



African Aloe Café

Ons het 'n nuwe verskaffer van koffiebone, Pause Coffee Roastery.

*Omelette, "Farmhouse", "Italian", ontbyte, en eiers op roosterbrood met kaas beskikbaar.
Die tuisgebakte brood wat gebruik word vir alle ontbyte en roosterbroodjies is 'n gunsteling.*

Heerlike gebakte kaaskoek, wortelkoek en chocolate koek elke dag beskikbaar.

En dan ook verskeidenheid van pasteie, burgers en ook die nuutste gunsteling is die oop toebroodjie met bacon, Camembert en groenvy. Sien uit om julle te bedien.



**Uniondale Bejaarde
Klub jaar end partytjie
by Victoriabaai, 23
November 2024.**





Uniondale
CHRISTMAS MARKET DAY

Saturday, 14th December
9am - 2pm

1 Church Street (behind Davkor)
cnr Church Str & Voortrekker Str,
Uniondale

Filters

The Gingerbread man and Gingerbread house decorating competition will be held at this market, starting promptly at



Stompies Resort, De Rust, Western Cape

FUN FAMILY DAY
STOMPIES OORD



7 Dec

Live Band ²⁰²⁴
Food Stalls
Craft Market
Boeresport




Pony Cart Rides
Christmas Doggy Dress up

Bring a camp chair
Dogs on leads | Clean up after your dog

Time: 13:00 - 17:00
Entrance: R50 p.p. kids under 12 FREE
Enquiries: Dolly 082 978 1763

KAROO DROOGTEHULP



Merweville is een van die plekke in ons land wat swaar kry. Die lande is droog en dor. Die diere het nie veel kos nie, hulle is maer en mense sit op moed verlore se vlakke. Met so 'n lang droogte van 10 jaar, is daar min of geen verligting vir lande en diere. Daar is hulp bronne wat onder groot druk probeer om verligting te bring, en help waar hul kan. Hennie Albert van Droogtehelp het 'n stalletjie op markte en fees. Al sy produkte kom van skenkings en omliggende plase in Merweville. Alle verkope en geldelike skenkings gaan aan boere in nood. Dankie Hennie, ons bid saam vir Merweville en die res van ons land, dat die sluise van die Hemel sal oop gaan.

Kontak Hennie Albert 082 550 0283

UNIONDALE

CARPET CLEANING

Call for free quotation
 Cleaning of loose and built in carpets
 Cleaning of mattresses, car seats and
 material couches



0824675032 

Kung-fu Karoo! Fortune cookies



Kung-fu Karoo! fortune cookies are the answer to your problems. Break one open and let the Great Karoo Oracle dispense her wisdom. I bake to order with any variation of personalized fortunes available. Available in packets of 8 or individually sealed. Consider a wedding, birthday, end of year party, mothers day or whatever event happens to arise, with your little briefie inside. Contact me and I'll make it happen.

Lorna 0741912114.

Available at Karoo Serenity in packets of English and Afrikaans.

DIE LANDBOUSKOU - IN PICTURES



A Uniondale Post Initiative



THE KAROO ROCKS! PROJECT

 Hello Uniondale! 

Take a rock home with you, leave it somewhere cool or share the love and leave it with someone. Just please send us a pic, so that we get to share in the Hello Uniondale! journey.

How far can our town travel? You tell us! Send a photo of your rock's adventures and we'll post it on our Instagram page. Plus rocks are allowed in carry on luggage! So you really have no excuse.

WHATSAPP YOUR ROCK PIC TO +27 741912114. FOLLOW THE KAROO ROCKS GALLERY ON INSTAGRAM@theuniondalepost

From here  to there

THE KAROO ROCKS! PROJECT - MAKING THE WORLD A SMALLER PLACE.

The Uniondale Post has a basket at The Aloe Cafe with our first batch of painted and labelled rocks. A way for visitors to Uniondale to take a piece of The Karoo home with them. Our stickers have QR codes on them so that they link up instantly to our Instagram page, where anyone can follow all the journeys of all the rocks that leave here. If you would like a basket of KAROO ROCKS! at your business or guesthouse, please contact us and we will help you get started.

Founders:

Angelo De Villiers - Christo Opperman

We are Open in

Misgund- Next to springbok
Algeme Handelaars

The latest updates

At **Alpha Vigor Trading**, we specialize in the wholesale supply and delivery of **50 PPM diesel, LPG, paraffin**, and a full range of **automotive and industrial lubricants**. Our mission is simple: to provide reliable, high-quality fuel and lubricant products that power local businesses, industries, and homes. Whether you're a farmer, a transport operator, or a small business owner, we understand how vital it is to have a trusted partner who can meet your fuel and energy needs with efficiency and care.

We are based on the **R62 in Misgund** next to Springbok Algeme Handelaars, just a short drive from Uniondale, but we have the capability to service clients across South Africa. We pride ourselves on our ability to offer **on-site delivery**, ensuring that our customers receive their products on time and in full. Our commitment to reliable service, competitive pricing, and customer satisfaction has earned us the trust of a growing client support.



Keep Your Engine Running Smoothly: Our premium engine oils and industrial lubricants are designed to protect, enhance performance, and extend the life of your machinery. Trust Alpha Vigor Trading for the best in quality and reliability."



"Alpha Vigor Trading: Your Local Fuel and Lubricant Partner"

At **Alpha Vigor Trading**, we understand the importance of supporting local businesses, and we're here to make sure you have the fuel and lubricants you need to keep your operations running smoothly. **Our friendly office team, Jeremina Wildeman (Jerry) and Warren Plaatjies, both from the local community**, are always ready to assist you with any inquiries. We're just a phone call or email away, and we're here to help in any way we can. **Your success is our priority.**

Why Choose Alpha Vigor Trading Lubricants?

Superior Protection: Our lubricants are formulated to provide maximum protection against engine wear, reducing friction and extending the life of your equipment.

- 1. Improved Performance:** Designed to enhance engine efficiency, our lubricants help your machinery run at optimal performance, even under the toughest conditions.
- 2. Cost-Effective:** By reducing wear and tears, our lubricants help prevent costly repairs and downtime, making them a smart, long-term investment for your business.
- 3. Reliable Quality:** Alpha Vigor Trading's lubricants meet high industry standards, ensuring your equipment runs smoothly, safely, and efficiently.
- 4. Versatility:** Whether you're using them for vehicles, farm equipment, or industrial machinery, our lubricants are suited for a wide range of applications and deliver outstanding results across the board.
- 5. Locally Available, Nationwide Service:** Based in Misgund, we offer fast, reliable delivery to Uniondale and beyond, ensuring you never run low on the high-quality lubricants your business depends on.

Choose Alpha Vigor Trading lubricants — for performance you can trust, and the reliability your business deserves.

SIGNS SEEN IN THE WILD



SHOULD YOU GET A CHRISTMAS TREE?

Is it still going to be in your living room on Valentine's Day?

NO

Go for it!



YES

Maybe just hang your ornaments on a pile of dirty laundry?

Rebus puzzle solution - Long time, no see.

ENTURY

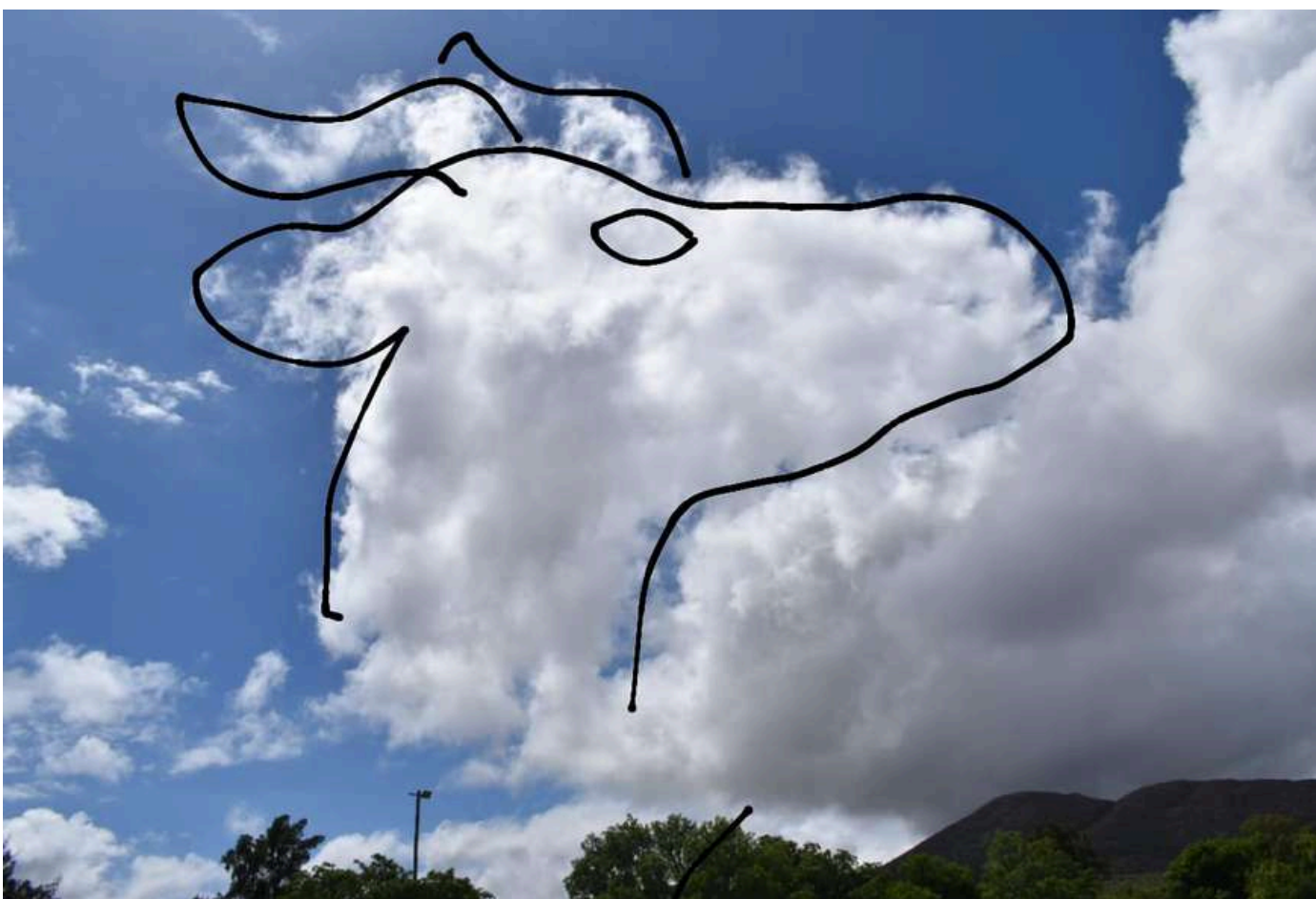
ADVERTISING RATES

QUARTER PAGE - R125.00
 HALF PAGE - R250.00
 FULL PAGE - R500.00

RIDDLE SOLUTION

THE FACT THAT THE WINDOWS WERE CLOSED ON EVERY FLOOR PROVES THAT HE DIDN'T KILL HIMSELF. YOU CANNOT JUMP FROM A WINDOW AND LEAVE IT CLOSED.

Cloud of the month 'bokkie'



CONTACT US



PLEASE SUBMIT YOUR ARTICLES, ADVERTS OR PHOTOGRAPHS FOR INCLUSION IN OUR NEXT EDITION TO theuniondalepost@gmail.com
 Whatsapp Lorna 0741912114
 or
 Kiewiet 0835608294 (the Afrikaans connection)