



UNIONDALE

NOT JUST A GHOST TOWN

WELCOME! A NOTE
FROM THE TEAM.

Hi guys, I'm not just the girl
posting cute chicken ads ;).

I really like the idea of
inviting the community in
around the same campfire,
and sharing stories. May
this be the first edition of
many!

Lama xoxo

HALLO MENSE, EK IS DIE
VROU WAT SO LEKKER STAP
OM INLIGTING TE KRY. KOM
VERTEL MY JOU STAALTJIE,
MISKIEN IS DIT VOORBLAD
NUUS. OF DALK HET JY 'N
WENK OF TWEE? DEEL MET
ONS ASSEMBLIEF.

KIEWIET



WIE IS DIE HAPPY
HOOKERS? DIE
MITE VERKLAAR.

*Van ons trek meer uit as ander.
Daar le 'n hope op die vloer, wol
natuurlik - niks anders! Ons is die
Happy Hookers en hekel heerlik
saam.*

*Na Covid het 3 vriendinne op 'n
Woensdag bymekaar gekom.
Vandag is ons 13 lede, 10 lede het
die winkel in 2023 geopen.
Natuurlik was daar mense wat nie
van die naam gehou het nie. Die
naam het n paar betekenis:
'n hooker is n sekere boot, dit is ook
n rugby speler, dit kan ook 'n visser
man wees. Laastens iemand wat
wol haak. As jy die Amerikaanse
"slang" vir die woord ken kyk jy te
veel Amerikaanse TV.*

*Ons het intussen ook die Crochet
Cafe geopen. Kom besoek ons gerus
oorkant die polisie stasie in
Voortrekker Str, ons het gereeld 'n
projek wat ons saam aanpak. Julle
is enige tyd weelkom om saam met
ons te kom hekel!*

OUR MOST SINCERE AND HEARTFELT THANKS TO DANDY DAVE
@DAVKOR FOR PRINTING OUR FIRST EDITION FOR FREE AND
GRATIS. YOU BETTER SUPPORT HIM! FIND HIM AT 1 CHURCH STREET.



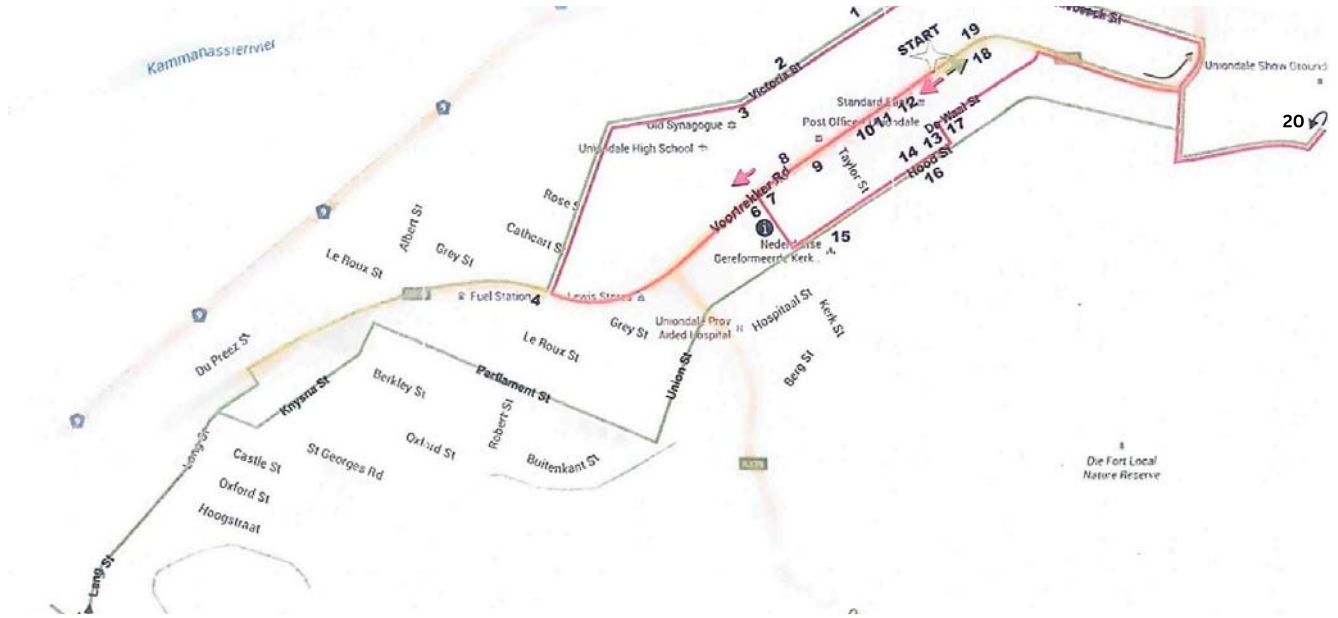
FIRST EDITION FREE



FIRST EDITION FREE



THE UNIONDALE CYCLING ROUTE



1. **DOUBLE STORY CHOCOLATE BOX +-1857. THE HOME OF THE LAMP LIGHTER.**
2. **APPLEWOOD/GRASDAK HUIS +-1850. NO 26 AND 28 VICTORIA STREET.**
3. **SYNAGOGUE 1903. BUILT BY RUSSIAN EMIGRANT ZELICH SHEAR.**
4. **VOORTREKKER HALL 1862. FIRST N.G CHURCH.**
5. **JEWISH CEMETRY - LIONVILLE.**
6. **APOSTOLIC CHURCH 1843-1943.**
7. **COURT HOUSE/POLICE STATION 1891. BUILT IN THE ITALIANATE STYLE.**
8. **FIRST NATIONAL BANK 1914. NO LONGER IN SERVICE.**
9. **ATTORNEYS OFFICE 1894.**
10. **PASTORIE REVAMPED 1906 & 1956.**
11. **ALL SAINTS CHURCH 1876.**
12. **STANDARD BANK 1906.**
13. **BLACKSMITH (NOTE HORSE TATTOOS ON DOOR).**
14. **ANGLICAN GRAVEYARD. BRITISH SOLDIERS KILLED ON 18 AUGUST 1901.**
15. **DUTCH REFORMED CHURCH 1884. DESIGNED BY THE CELEBRATED ARCHITECT HAAGE.**
16. **NAGMAAL HUISIES.**
17. **COLD DRINK FACTORY (WOODEN BUILDING).**
18. **ROYAL HOTEL 1899/1900. NOT IN SERVICE.**
19. **BON ACCORD (ORIGINALLY A ROLLER SKATE HALL). FIRST BIOSCOPE IN UNIONDALE.**
20. **WATERMILL 1854. THE LARGEST WHEEL IN THE SOUTHERN HEMISPHERE.**

DAN'S TOWING

WE OFFER:

▶▶▶▶▶▶▶▶▶▶

- ROLLBACK SERVICES
- TOWING AND RECOVERING
- MUD RECOVERY
- 24 HOUR ROAD ASSISTANCE
- FLAT TIRE ASSIST
- JUMPSTARTS

bloos cosmetics

US GET TO KNOW US GET TO KNOW US

Why Choose Us?

We take pride in being a South African company specialising in offering high-quality yet affordable skincare and foundation products. Our ingredients are ethically sourced from Europe, and our products are cruelty-free and eco-friendly. We commit to creating products that adhere to the highest international cosmetic quality standards.

www.blooscosmetics.co.za

UPPERROOM FAMILY WORSHIP CENTRE
UNIONDALE

TAKE ME TO THE KING - ESTER 5v3

WOMEN'S Conference

SAT MORNING. 31 AUG. 10AM

Pastors: Marsha & Max Coetzee

GUEST MINISTER: PROFRANZISKA PATRICIA NOBLE

R150 LUNCH INCLUDED

UNIONDALE COMMUNITY HALL

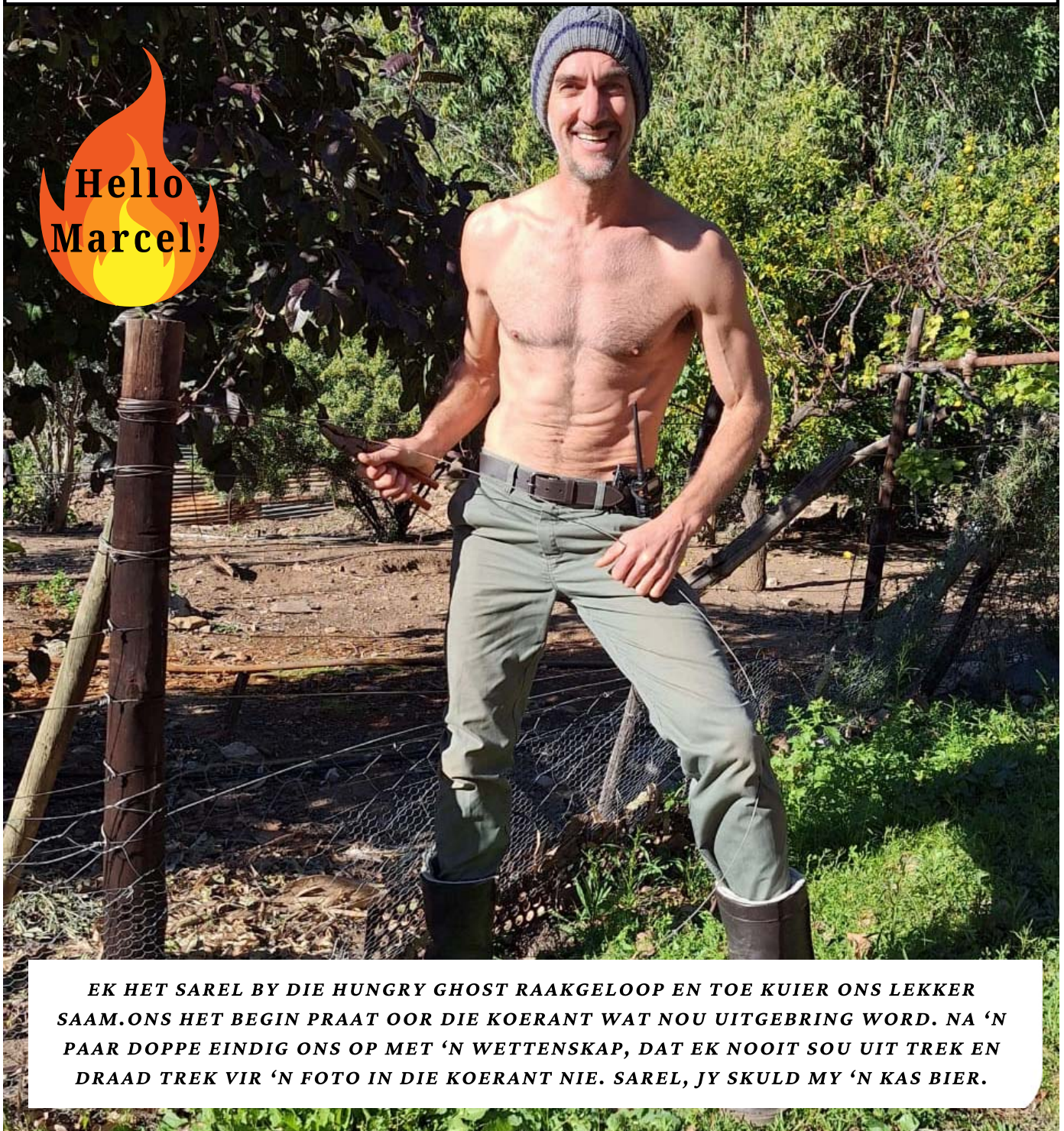
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**KONTAK CHARLOTTE JOU
PLAASLIKE BLOOS
VERSKAFFER BY 082 695 1150.**

THE PAGE 3 STUK (HOTTIE) OF THE MONTH



Hello
Marcel!



EK HET SAREL BY DIE HUNGRY GHOST RAAKGELOOP EN TOE KUIER ONS LEKKER SAAM. ONS HET BEGIN PRAAT OOR DIE KOERANT WAT NOU UITGEBRING WORD. NA 'N PAAR DOPPE EINDIG ONS OP MET 'N WETTENSKAP, DAT EK NOOIT SOU UIT TREK EN DRAAD TREK VIR 'N FOTO IN DIE KOERANT NIE. SAREL, JY SKULD MY 'N KAS BIER.

CLASSIFIEDS

LOOKING FOR OLD, USED OR ABUSED BAKING TRAYS OR OTHER METAL PANS FOR AN ART PROJECT. PLEASE DM LORNA 0741912114

OP SOEK NA 'N OU WERKENDE CNC KARTON SNY MASJIN (ZUNDT/ESKO/KONGSBERG) OM KARTON DISPLAYS TE SNY. KONTAK PIET 0718070758

THE HEALTH REPORT

APPLE PECTIN - WHY WE NEED IT

Apple pectin is a type of soluble fiber found in the cell walls of apples. When turned into a liquid form, it becomes easier to consume and absorb, making it a convenient health supplement.

One of the most significant benefits of liquid apple pectin is its positive effect on digestion. Pectin helps regulate bowel movements, making it a great aid for people who suffer from constipation or irregularity. It works by forming a gel-like substance in your intestines, which helps move things along smoothly. Apple pectin is also used in natural diarrhoea formulas and may be instantly helpful for acid reflux and heartburn. Apple pectin is specifically kind on sensitive tummies .

Heart disease is a major concern for many, and liquid apple pectin can play a role in keeping your heart healthy. Studies suggest that pectin can help lower cholesterol levels. It binds to cholesterol in the intestines and helps remove it from the body. Lower cholesterol levels mean a reduced risk of heart disease and stroke.

For those concerned about blood sugar levels, liquid apple pectin might be beneficial. Pectin slows down the absorption of sugar into the bloodstream, which helps prevent spikes in blood sugar levels. This can be especially helpful for people with diabetes or those at risk of developing the condition.

With its array of health benefits, liquid apple pectin is a fantastic addition to any wellness regimen. From improving digestion and heart health to stabilizing blood sugar and aiding in detoxification, this natural supplement offers a host of advantages. As always, it's a good idea to consult with your healthcare provider before starting any new supplement to ensure it's right for you.

Embrace the power of apples in a whole new way and give liquid apple pectin a try. Your body will thank you!



Start with 200ml of Apple Pectin twice a day, either straight as it is or diluted.

AVAILABLE AT KEURKLOOF VALLEY -
FAMILY FARM AND AT KAROO
SERENITY IN TOWN.
CONTACT CHRISTEL
083 268 0702



FOR ENQUIRIES : MELANIE KRAUSE
RD(SA)
REGISTERED DIETICIAN
CELL 083 489 2959



Mayors Rest on 44 Voortrekker Street is a guest house launched in June 2024. Previously the Mayor's private residence. Our guest house comprises 2 self catering rooms. Each flatlet has it's own entrance with parking facilities.

Special Karoo meals are prepared on request by the owner.

Angora - 2 x single beds, kitchenette and bathroom.

Khoisan - double bed with kitchenette and bathroom.

Mayors Rest is owned and run by Hennie and Penny Fourie.

Please contact us on penfourie@mweb.co.za / 0835933989

We look forward to welcoming you!



This month we would like to hold a cake competition. Anything goes and there is no theme. Entries will cost R50 per submission, which will go towards the cash prize that the winner will receive. We will set up tables at the monthly family market, and all that competitors will have to do is show up with their entry by 09h45 in time for judging at 10h00. Submissions will remain anonymous, you will receive a number and the cake will be judged without prejudice. The more entries we receive, the bigger the cash prize will be. Leftover cake slices will be sold at the market, and if you are feeling generous that day you can give the organizers cake for free.

We are looking for 3 judges to assist us please. Judges and competitors please email or Whatsapp to apply.

AGONY AUNT

Dear Susie, please help me with advice on my problem. My girlfriend and I live on a farm owned by my father, we love each other very much but my dad has charm, money and power and wants my lady for his wife. What can I do? I have no financial independence.

Dear writer, just because you have no financial independence does not mean that your father is entitled to encroach on your relationship, or demand that you give up someone you love. Find work elsewhere and both of you get away as soon as possible. Unless of course your girlfriend is tempted by your father's wealth, in which case she is not worth hanging onto.

Dear Susie, I'm really suffering and don't know what to do. My first boyfriend and my great love, got drunk at a party and slept with my best friend while I was away working. Both of them say it was a mistake and that I should forgive them. I still love him but don't trust either of them anymore. should I just forgive and forget?

Dear writer, when someone breaks your trust, give them your forgiveness instantly, this promotes healing and creates an opportunity to rebuild trust. Be quick to say " I love you, I forgive you and let's move forward". That doesn't necessarily mean staying with them, it means letting go and moving on without any negativity.

Send your problems or troubles with life, relationships and everything in between to - Susie at theuniondalepost@gmail.com

ANY 2 PIZZA

R180.00

TUESDAY SPECIAL OFFER

EAT IN OR TAKE AWAY

068 048 7246

HUNGRY GHOST





TRAILER HIRE

2.5M X 1.5M

From R300 Per day

Deposit R300 - CASH

ONE WAY

Options available, call to discuss. Unlimited Gas/Long Trips etc.

Documents Required

- Have a valid driver's license
- Proof of residence
- Cash for your Deposit

Please email us for a quote dawie.kcc@gmail.com

Contact Us Call / Whatsapp 079 417 5589

PENSIONERS DISCOUNT

10%

ON ALL MEALS

WEDNESDAY'S ONLY

HUNGRY GHOST

044 752 1045

WHO NEEDS HELP

DO YOU KNOW OF SOMEONE THAT NEEDS HELP? CAN WE MOW THE LAWN OF THE LADY THAT JUST HAD A HIP OPERATION? DOES A SCHOOL CHILD NEED NEW SHOES? IS THERE A DOG THAT NEEDS A WINTER JERSEY? WHATEVER THE ISSUE, SEND IT TO US AND WE WILL TRY TO FIX IT. WITH YOUR HELP OF COURSE. DON'T EVEN THINK OF ASKING FOR BEER MONEY.

RESEP VAN DIE MAAND



Sjokolademousse-rolkoek

Vulsel

200 g (2 plakke) donker sjokolade, gekap

250 ml (1 k) room

3 eiers

80 ml (1/3 k) strooisuiker

2 ml (1/2 t) bakpoeier

125 ml (1/2 k) koekmeel

60 ml (1/4 k) kakao

Knippie sout

Kakao en versiersuiker om oor te sif

1. Maak eerste die vulsel: Smelt die sjokolade en room saam tot glad. Verkoel tot koud.
2. Voorverhit die oond tot 200 °C en voer 'n gesmeerde rolkoekpan met bakpapier uit (sodat dit teen die kante van die pan opstaan). Spuit liggies met kleefwerende kossproei.
3. Skei twee van die eiers. Klits die eiergele, die heel eier en strooisuiker goed saam tot liggeel en dik.
4. Sif die bakpoeier, meel, kakao en sout oor en vou versigtig met 'n metaallepel in.
5. Klits die eierwitte tot stywe punte vorm en vou ook in.
6. Giet in die pan, smeer liggies gelyk en bak vir 10 minute tot gaar. (Toets deur liggies met jou vinger op die koek te druk. As dit terugspring, is dit gaar.)
7. Sif 'n bietjie kakao en versiersuiker op 'n klam vadoek en keer die koek daarop om. Trek die bakpapier af en rol die koek in die vadoek op. Laat so afkoel.
8. Haal die sjokolade mengsel uit die ys-kas en klits tot lig en donsig. Rol die koek op, smeer die mousse op en rol weer op. Sif nog versiersuiker en kakao oor.

PHOTO OF THE MONTH



THE NG CHURCH AT SUNSET. SUBMITTED BY JEAN-MARIE BRIGGS.

DIE UNIONDALE BEJAARDE KLUB



GESTIG IN 2000, ONS LEDETAL IS TANS 13. ONS VERGADER ELKE DINSDAG EN DONDERDAG VANAF 10H00VM TOT 13H00NM IN DIE LYONVILLE GEMEENSKAP SENTRUM.

**KONTAK BRENDA AVONTUUR OP
0817996890**

POLICING UNIONDALE

"To Give or NOT to give"
Daar is wel 'n BETER manier om vir iemand te gee



Armoede is 'n realiteit, maar vir die bedelaars se eie veiligheid, verander die manier HOE jy gee.

Enige voedsel skenkings of ander benodighede kan by die plaaslike Polisie stasie afgesit word vir uitreikings.

Kontak persone:

Joyce Stoltz GBV DESK
073 601 3323
Sersant R Boshoff
044 752 6600 / 6613

MAAM KAN ONS 'N POSITIEWE VERSKIL MAAK



UNIONDALE LANDELIKE GEBIED

Western Cape Government
Community Safety

Voorkom Bedrog

Moet nooit persoonlike inligting of OTP oor diefoon deel nie. Jou bank of diensverskaffer sal dit nooit o die manier aanva nie

Moet nie op onbekende skakels in e-pos of boodskappe klik nie. Jou bank sal NOOIT jou inligting so aanva nie

Kontak altyd onmiddelik jou bank en moet onder GEEN omstandighede jou inligting deel nie

UNIONDALE SAPD : 044 - 752 6600

UNIONDALE SAPS
VOORTREKKER ROAD

PHONE: 044-7526600, 044-75266610 FAX: 044-7521004

EMAIL: UNIONDALESAPS@SAPS.GOV.ZA



UNIONS IN THE DALE

Single Afrikaans lady of 58 looking for a kind and capable man between 58 and 65. Must love the outdoors, kite surfing and kung-fu movies. Must be willing to be a dedicated husband and committed father to me and my 7 children.

#sweetbutsassy

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 adress 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 or email me 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.

EVENTS IN THE WESTERN CAPE George/Wilderness/Uniondale

7 AUGUST - SA MASTERS SURFING CHAMPIONSHIP

AUGUST 7, 2024 - AUGUST 11, 2024

08:00 - 16:00

VICTORIA BAY BEACH

8 AUGUST - CANTAMUS NATIONAL CHORAL FESTIVAL AND COMPETITION

AUGUST 8, 2024 - AUGUST 11, 2024

GEORGE TOWN HALL

9 AUGUST - SOX TRAIL RUN

AUGUST 9, 2024 - AUGUST 11, 2024

FAIRY KNOWE HOTEL, WILDERNESS

11 AUGUST - CAPE COUNTRY MTB

AUGUST 11, 2024 - AUGUST 18, 2024

10:00 - 15:00

WILDERNESS

17 AUGUST - THE THEMBA KASI RUN

AUGUST 17, 2024

07:00 - 16:00

THEMBALETHU STADIUM, GEORGE

29 AUGUST - GEORGE LANDBOUSKOU

AUGUST 29, 2024 - SEPTEMBER 1, 2024

11:00 - 16:00

GEORGE SHOW GROUNDS

31 AUGUST - THE CAT WALK FUN RUN

AUGUST 31, 2024

GEORGE BOTANICAL GARDENS

31 AUGUST - CLAP N TAP GOSPEL MUSIC COMPETITION

AUGUST 31, 2024

16:00 - 23:00

THEMBALETHU COMMUNITY HALL

VISIT WWW.VISITGEORGE.CO.ZA FOR MORE DETAILS.
BTW. THE AIR GUITAR CHAMPIONSHIPS ARE BEING HELD IN OULU, FINLAND FROM THE 21-23 AUGUST.
WWW.AIRGUITARWORLDCHAMPIONSHIPS.COM

THE BACK PAGE

HA! OR HAHA?

RIDDLE

Q. A MAN GOES OUT FOR A WALK DURING A STORM WITH NOTHING TO PROTECT HIM FROM THE RAIN. HE DOESN'T HAVE A HAT, HOOD OR AN UMBRELLA. HOWEVER, BY THE END OF HIS WALK THERE ISN'T A SINGLE WET HAIR ON HIS HEAD. WHY DOESN'T HE HAVE WET HAIR? (ANSWER AT BOTTOM OF PAGE)

JOKE

WHY WAS THE SCARECROW SO GOOD IN HIS GRADES?
BECAUSE HE WAS OUTSTANDING IN HIS FIELD.

A big thank - you to everyone for your submissions! Keep them coming and let's grow the paper!

Worlds Longest Rivers

K	S	U	D	N	I	E	S	S	N	M	A	N	D
Y	Y	C	A	N	A	R	A	P	Y	I	N	D	M
N	I	M	M	D	G	R	O	G	Z	S	Z	C	Y
A	O	I	S	N	L	S	F	I	M	S	R	S	E
M	I	S	U	O	O	I	R	N	A	I	N	Y	L
U	M	S	R	K	V	C	A	O	C	S	E	E	L
R	A	O	U	U	A	O	N	Z	K	S	Z	N	O
R	D	U	P	Y	F	N	C	A	E	I	T	I	W
E	E	R	M	O	S	G	I	M	N	P	G	S	R
G	I	I	N	L	U	O	S	A	Z	P	N	E	I
I	R	D	E	L	E	R	C	E	I	I	A	Y	V
N	A	N	E	O	O	A	O	I	E	N	Y	M	E
K	A	D	S	N	I	L	E	S	L	A	A	Z	R
G	N	I	L	R	A	D	Y	A	R	R	U	M	I

SAO FRANCISCO
AMAZON
PURUS
YELLOW RIVER
CONGO
NIGER
MISSISSIPPI
MADEIRA
MURRAY-DARLING
YANGTZE
MISSOURI
LENA
VOLGA
NILE
YUKON
YENISEY
INDUS
MACKENZIE
PARANA
AMUR

The death of Romeo and Juliet

Romeo and Juliet are found dead on the floor in a bedroom. When they were discovered, there were pieces of glass and some water on the floor. The only furniture in the room is a shelf and a bed. The house is in a remote location, away from everything except for the nearby railroad track. What caused the death of Romeo and Juliet?
Answer in the next edition

YOUR AUGUST SUDOKU

2	3	1	8				4	
	7	4			3		8	9
				4	5			3
7	4		6			5		2
		3	9	7				4
		6			8			1
8			5	1		2		
	6		2			4		
				6	7			

RIDDLE ANSWER - HE WAS BALD.

ADVERTISING RATES

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

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)

