

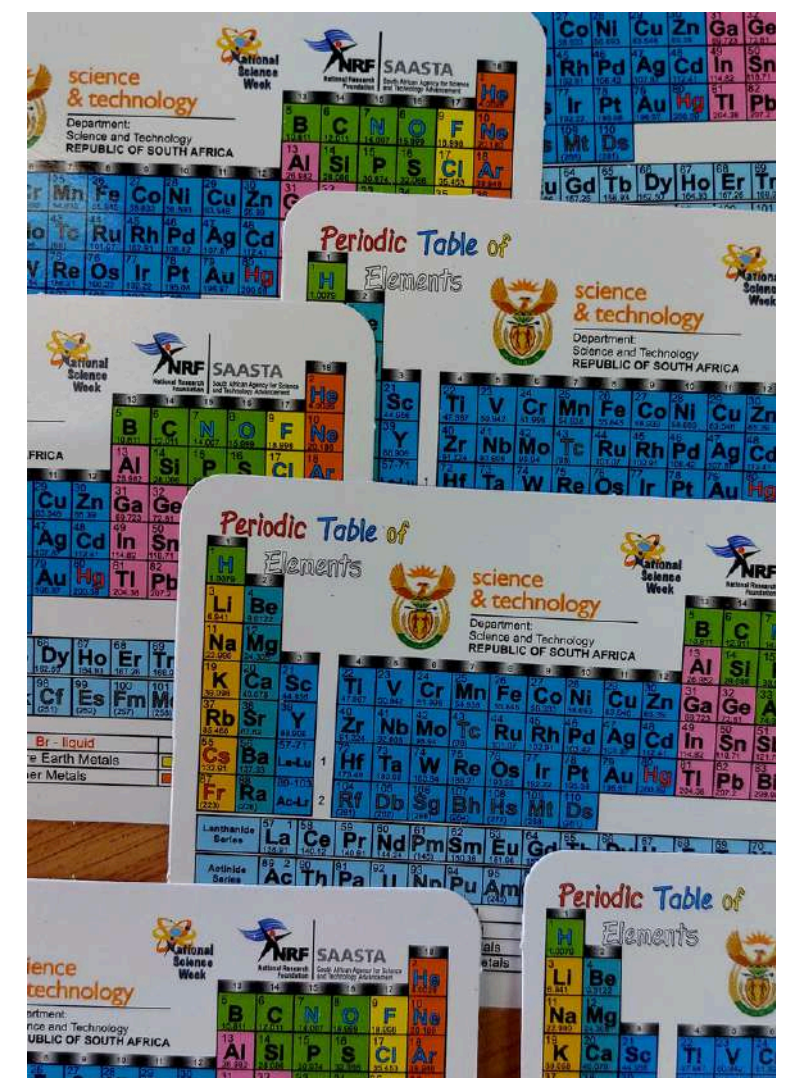


STARS ON OUR DOORSTEP

On the 8th of October, the Avontuur LB Primary School opened their newly constructed and state-of-the-art Science Teaching and Learning Centre. The outcome of a collaborative effort, and a long term strategy to deal with the severe skill shortage nationwide, within the math and science fields.

The partnership between Advancing Knowledge Non-Profit Company (AK NPC), Garden Cities Archway Foundation, the Western Cape Education Foundation and the Western Cape Education Department has continued with a process to improve the infrastructure in which STEM (Science, Technology, Engineering and Mathematics) subjects are taught by constructing modern science laboratories called Science Teaching & Learning Centres (Science TLCs). This latest round brings the total of Science TLCs constructed at Western Cape schools since 2011 to One Hundred and Fourteen (114).

The contingent of distinguished speakers emphasized the need to level the playing field, provide equal opportunities and ensure that the dearth of critical thinkers does not go unattended. Mr Mitchell - the school headmaster, described the day as an historical event and committed to delivering excellent results within the new facility. Avontuur LB Primary School students are not complete strangers to the wonders of Science and Technology, having placed in a Robotics competition earlier this year. It seems the new facility will merely enhance the skills and promise already evident in the learners. We anticipate great things brewing up in the test tubes and the minds of the next generation of Science stars on our doorstep.



Free From Nature

082 882 8688 atserv@mweb.co.za

Your local supplier of

Fruit Trees – Vegetable and Herb Seedlings –
Organic Vegetable and Herb Seeds – Medicinal and Herb Plants
Hydroponic, Microgreen and Sprouting Kits
Organic Fertilisers and Red wiggler Worm Farms

WHAT TO PLANT IN THE LITTLE KAROO IN NOVEMBER

IN SEED TRAYS

Artichoke
Asparagus
Beetroot
Basil
Cabbage

DIRECT SOW

Alfalfa
Asian Greens
Asparagus
Basil
Beans
Borage
California Poppy
Carnation
Dianthus
Carrots
Catnip
Chives
Coriander
Cornflower

Cucumber
Dill
Fennel
Feverfew
Lemon Balm
Lettuce
Marigold
Marog
Mustard
Nasturtium
Rocket
Rosemary
Spinach
Squash
Spring Onions
Sweetcorn

SEEDLINGS

Artichoke
Basil
Beetroot
Borage

Cabbage
Chives
Comfrey
Coriander
Eggplant
Lemongrass
Lettuce
Marjoram
Oregano
Parsley
Peppers
Sage
Spring Onion
Swiss Chard
Thyme
Tomatoes
Yarrow

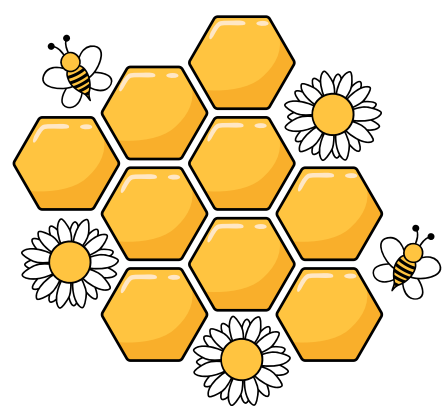
PLANT OUT

Daylilies
Ginger
Horseradish

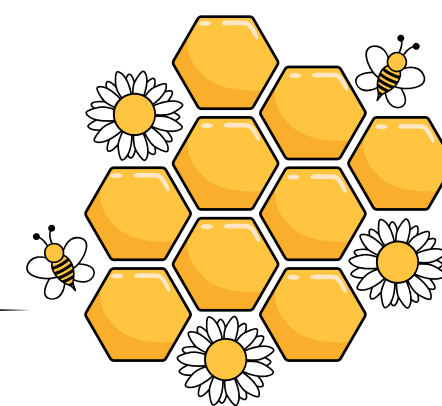


THE GARDEN REPORT

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



THE HONEY COMB



Last month we spoke about what to expect and do when coming across a swarm of bees. This month I want to share some interesting **FACTS** about these tiny yet very important little ones. Honey bees are super important pollinators not only for flowers but for fruit and vegetables. Bees transfer pollen between the male and female parts of plants allowing them to grow seeds and fruit.

The members of a hive are divided into three types. The Queen, workers and drones.

QUEEN: The Queen runs the whole hive. She lays the eggs that make the hive's next generation of bees. The queen also produces chemicals that guide the behaviour of her children.

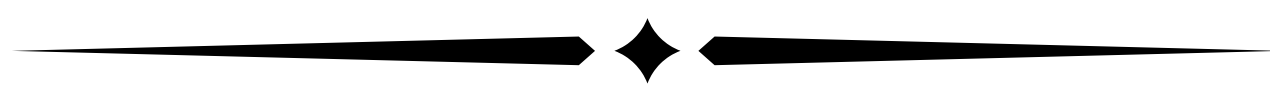
WORKERS: These are all females. Their role is to forage for food known as pollen and nectar from flowers. They build and protect the hive, clean and circulate air by beating their wings. These are the ones you find outside the hive.

DRONES: These are the males. Their purpose is to mate with the new queen. There are several hundred in a hive during the spring and summer months. And now comes the crazy part. The queen will fly up into the air and the drones will follow. The one who gets to fly the highest to her is the one who gets to mate with her. He only gets to mate with her once. And she lays eggs for approximately 5 years..... sorry guys!!!!

If the queen bee dies the workers will create a new queen by selecting a young larva. This chosen one will be fed a special food called "royal jelly". This enables the larva to develop into a fertile queen.

Nicky Adams

THE PAGE 3 STUK (HOTTIE) OF THE MONTH



Hello
Banie!



GETROUDE PAARTJIE VAN DIE MAAND - BANIE EN HANTIE

Ek en Hantie het mekaar die eerste keer ontmoet in Januarie 1998. In Oktober 1998 is ek verplaas Patensie toe. Ons vriendskap is toe verbreek. Mei 2013 was ek vir 'n paar minute in Uniondale gewees. Ons het mekaar vir 5 min gesien. Vir die eerste keer sedert 1998. Ons het toe met mekaar begin gesels op Whatsapp. Maart 2014 is ek terug verplaas Uniondale toe. 22 November 2014 het ek die eerste ring aan haar vinger gesit en ons is 11 April 2015 getroud.

Tot op hede is ons huwelik nog elke dag 14 Februarie (Valentynsdag).

Ons resep vir n gelukkige huwelik is:

- 1) Laat God in beheer wees van jou huwelik.*
- 2) Moet nie jou lewensmaat probeer verander om soos jy te wees nie.*
- 3) Vertrou jou maat ten volle.*
- 4) Moet nooit op mekaar skree, skel, vloek, beledig of aanrand nie.*
- 5) Moet nooit mekaar voor mense af kraak of beledig nie.*
- 6) Moet nooit kwaad gaan slaap nie.*
- 7) Wees altyd baie lief vir mekaar.*
- 8) Wees altyd net jousef.*



SENIORS SOCIAL CLUB

(Uniondale and surrounds)

On the 22nd October Lorraine Olsen started the Seniors Social Club for Uniondale and it's surrounding areas. After many years of working as a carer and with a deep affinity for elderly people, she realized there was a need for a gathering place for the seniors in the area. A place to socialize and have fun without any pressure or expectations. The club will initially be held once a month. Keep an eye on the local Whatsapp groups for more information.



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 (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.

UNIONS IN THE DALE

Middeljarige Afrikaans vrou soek 'n man met meer as net 'n pols en 'n staatspension. Ek wil die lewe geniet en dinge doen, ek kyk nie na televisie nie en stel glad nie belang in sport nie. Daar is duisende ander dinge om te doen. Ek gee rerig nie om of jy al jou hare of tande het nie, die belangrikste dinge is binne weggesteek. Asb tog geen skelms nie.

#altydopdiebankisnievirmynie



I am an 18 year old male looking for a friend. I like this town but jeez you guys are old. Everyone I know here listens to unbelievably bad music, and only ever talk about muscle pain. Hectic. I need a friendship with someone young and vibey. Making modern music is my jam. Gamers that make good popcorn would be appreciated.

#pleasesavemebeforeldieofboredom

EXPLORING THE KAROO - A TREASURE HUNT WITH A DIFFERENCE

The Karoo countryside is full of treasures, with an abundance of places to explore, people to meet and experiences to have. The 'Bossie Goud Treasure Hunt Project', is a special initiative to help Karoo towns come together, bring more visitors to our dorpië, and offer something beautiful to the community. Uniondale's nearest neighbors that are on the treasure hunt map are Willowmore and De Rust.

The Treasure Hunt Project is an initiative of 'Ons Karoo en Kontrei', a Nonprofit founded by Adri Smit. Their motto is 'Small towns, great ideas! Together we are stronger / Klein dorpië, groot idees! Saam is ons sterker'. In total, 15 Karoo towns are participating in this project, spanning from Springbok in the North-West to Hofmeyr in the East and Vanwyksdorp in the South.

The Treasure Hunt offers people an exciting way to explore the Karoo and surrounding countryside. It not only provides fun for all, but participants can also support local entrepreneurs and help with different meaningful community initiatives. The De Rust education charity 'Youth Potential South Africa – YOUPSA' is the participating Ons Karoo en Kontrei 'Changemaker' organisation.

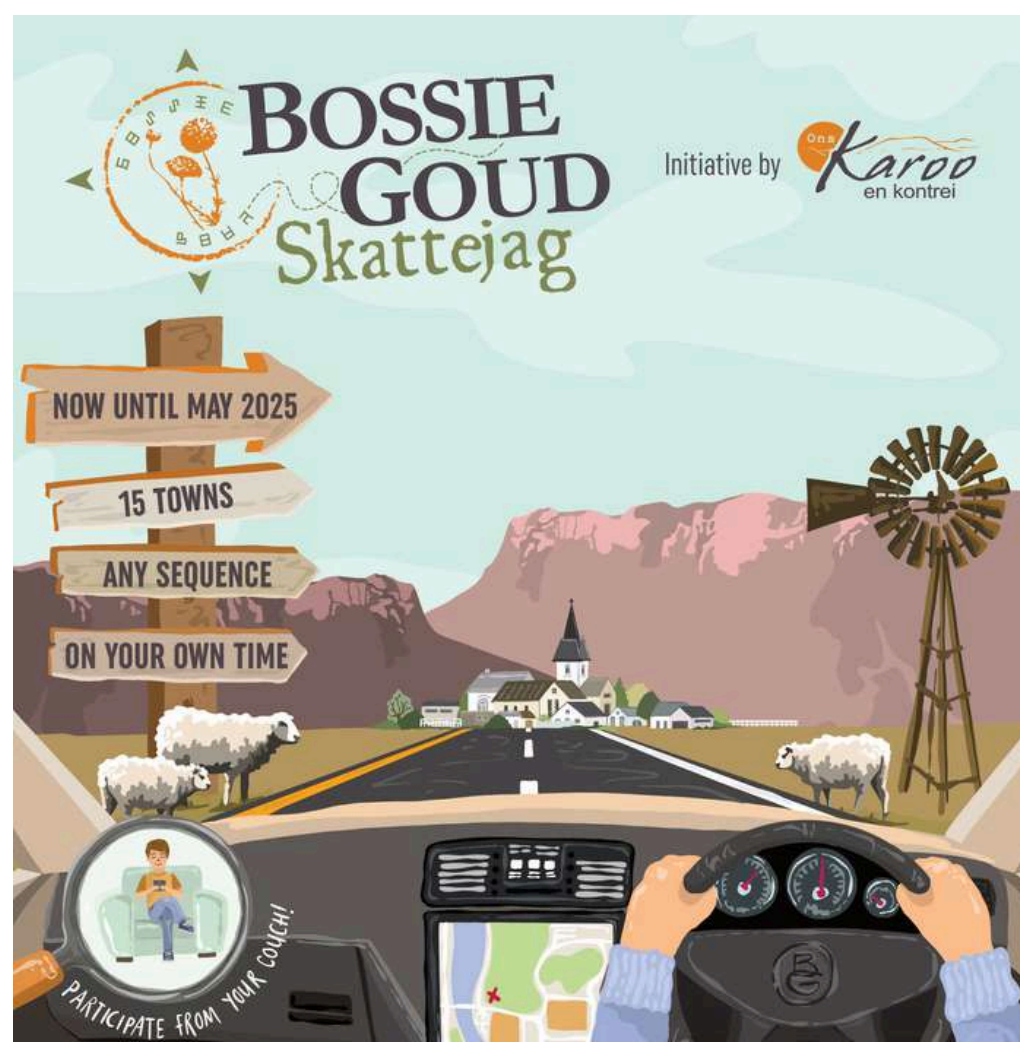
The Treasure Hunt runs from now until May 2025 and offers people an exciting way to learn more about the Karoo. You can plan your own route and time to visit the towns at your leisure. Many of the activities can be completed virtually from your couch by using the website.

When you visit the towns, you can take selfies at certain points as proof that you were there. You will also earn points if you support the businesses and organisations involved in the treasure hunt. Prizes include delicious gift boxes, full of local products made with great care and love in the region by local entrepreneurs.

Every good treasure hunt needs a good story, and this story involves the Kruger millions that got lost in 1900. Arnold Theiler was born in Switzerland and came to South Africa in 1891 where he worked as a veterinarian and established a dipping station in Daspoort near Pretoria. In Switzerland, Theiler had been part of an underground group that studied the Greek alchemist Cleopatra's notebook. Cleopatra was one of four women scientists who knew how to transform elements into gold.

We do not know when Theiler secretly began working on his formulas, but when the Anglo-Boer War broke out, the Transvaal government knew that he was doing more than just cattle dipping. With the famous disappearance of the Kruger millions, Gen. Jan Smuts quickly came up with a plan. Smuts remembered that Theiler was on the verge of deciphering the mythical formula that would enable him to make gold. Smuts approached Theiler to help with the Kruger Rand disappearance. Since Theiler needed an assistant, he asked his student Gottlieb Brand to travel, search for and test different alternatives.

Brand traveled widely from Springbok in the north to Steytleville in the south-west. During his travels he talked to many people and heard many stories. This is the origin of the route for our own Bossie Goud Treasure Hunt. Brand was very afraid that someone would steal his research. He hid it within his journal stories about the various areas using a secret code. Participants can earn a 200 extra points by helping us decipher Gottlieb's hidden message. To begin your treasure hunt, register today as a Friend (R150) at www.bossiegoud.co.za. When you visit one of the participating treasure hunt towns, answer the questions related to that town on our website, take photos, and earn bonus points by supporting local changemakers or attending events.



**VISIT
[HTTPS://ONSKNK.CO.ZA/
 PUBLICATIONS/BOSSIE-
 GOUD-PRYSE/1028](https://onsknk.co.za/publications/bossie-goud-prise/1028) TO
 FIND OUT MORE ABOUT
 THE PRIZES YOU CAN
 WIN, AND HOW YOUR
 ADVENTURE WILL MAKE
 A DIFFERENCE IN EVERY
 KAROO DORPIE YOU
 VISIT.**

ALEXIS SALAMAN

CROCHET COFFEE CAFE

**Find us at
54 Voortrekker Street
Uniondale
@ Happy Hookers**

Good quality coffee!



**EVERYDAY
STARTS
with a
Coffee
AND ENDS WITH AN
ICE CREAM**

*HOMEMADE ICE CREAM
Different Flavors
and Delicious!*



CROCHET COFFEE CAFE

54 Voortrekker Street, Uniondale



Delicious HOMEMADE ICE-CREAMS

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

OUR DECEMBER EVENT

We will be hosting a Gingerbread house and Gingerbread man decorating competition, in collaboration with Carlien Oberholster, at the last family market of the year on the 14th December. Please pre-order by the 25th November, as the gingerbread needs to be baked in advance to be ready in time for the competition.

(0741912114/theuniondalepost@gmail.com)



Included - Assembled Gingerbread house - Royal icing (Red, White, Green)
- Basic sprinkles (R, W, G) @ R130.00
To bring - Your own sprinkles, or decorations to make your creation/theme pop
Categories: Houses - Adult (Snr) 18+ - Kids (Jnr) 7-18



Gingerbread Man - Kids 3+
All included - Gingerbread man, - Royal icing (R, W, G) - sprinkles and sweets @ R70.00

FURTHER INFORMATION TO FOLLOW ON THE UNIONDALE LOCALS WHATSAPP GROUP



AGONY AUNT

Dear Susie

This isn't exactly life-threatening or sad or desperate, BUT I have a major problem with procrastination. I would rather be lazy and waste my time online, or curl my hair or talk to my parrot all day. I mean - what is wrong with me? I'm under 40, and I'm aware that I'm wasting valuable time, but I just can't help myself. I even have a job! It is from home though. Please advise me before my problem takes over completely, and I'm left with nothing but a suitcase and a talking bird.

I can totally empathize and relate to you completely. I have questioned myself countless times on exactly the same thing. You are not alone many people are battling the same problem. You need to try and identify what the driver of your procrastination is, it is often linked to anxiety, low self-confidence, lack of structure and motivation. It is also often a form of avoidance, it's not that you don't want to complete the task - it's that you're afraid of what might happen once you do. Failure, fear of rejection or something else. You need to ask yourself - What am I really afraid of? Once you identify the fear, you can start to address it directly. Our fears are often exaggerated, and by confronting them head-on, we can start to move past them. A successful friend of mine once told me that it is important to get the important stuff done first. No exceptions. Prioritise! You don't want to lose a job over this. Also try reading Atomic Habits by James Clear.

SEND YOUR DILEMMA TO SUSIE AT THEUNIONDALEPOST@GMAIL.COM

RECIPE OF THE MONTH

YORKSHIRE PUDDING

If Yorkshire Pudding were to be supplied with one of those pharmaceutical contraindication slips of paper, how do you think it would read?

Let's give it a try. What's the worst thing that could happen?

Prolonged exposure to Yorkshire Pudding may result in; a protracted and noticeably sunny demeanour, considerably less direct concern about the weather, an affinity for puppies, enhanced interest in quality red wine, diminished interest in people who frown a lot, alarming levels of sauciness, compounded (pleasantly) by persistent discussions about there not being enough gravy, radical, spiking levels of wanting to invite people over for lunch, dizzying amounts of chuckles, swooning servings of seconds, a remarkably pleasant disposition AND dramatically less care for missed sit-ups.

Extended consumption of Yorkshire Pudding might also induce; singing (badly), joke telling (also badly), blurred vision (just kidding, that would never happen), and overconfidence in the idea of opening a small hairdressing salon at the Hillary Step.

We're not doctors, but this all sounds like a fairly encouraging set of side effects to us, apart from the salon. And besides, Mom and Dad have always said; 'All things in moderation. Except gravy. You should always go long on the gravy.'

We made up that last bit...

Enjoy



Ingredients

280ml full cream milk

3 eggs

115g plain flour

A pinch NOMU Sea Salt

12 tbsp (180ml) vegetable oil

Directions

Thoroughly whisk the milk, eggs, flour and NOMU Sea Salt together to form a batter. Pour the batter into a jug and allow to rest for at least 30 minutes.

Meanwhile, preheat your oven to 250°C and place a 12 cup muffin tray inside to heat up.

After 10 minutes, remove the tray from the oven, pour 1 tablespoon of oil into each muffin cup, and put back into the oven and heat for a further 10 minutes until the oil is very hot. Open the oven door, slide the tray half out and carefully pour the batter into each of the muffin cups, being careful not to spill the oil or to over fill the muffin cups.

Bake the Yorkshire puddings for 15 minutes without opening the door, until they are perfectly golden brown, puffed up and crispy on the edges.

Serve immediately!

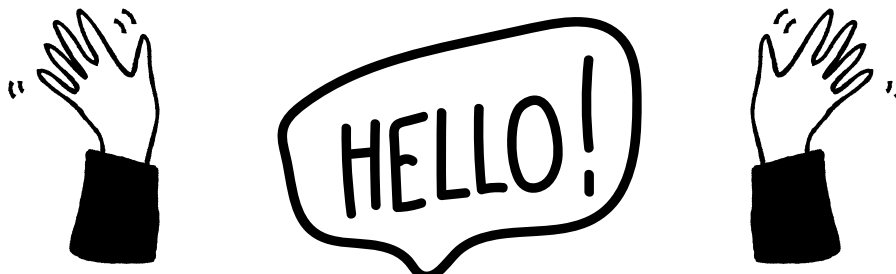
Tip: You can also make one large impressive Yorkshire pudding with the batter, in which case decrease the oil to 80ml.

NOMU

THE BACK PAGE

Riddle: A man was found dead next to a 13 story building. The police say it was a suicide, but you say it was a homicide (someone killed him). To prove this, you go to each floor on the building, open the window, and toss a penny out. You do this to each floor until you reach the 13th floor, open the window, and toss a penny out. How does this prove it wasn't a suicide?

rebus puzzle



Hint : you might use this to greet an old friend.

ENTURY

ADVERTISING RATES

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

HILARIOUSLY BAD JOB POSTINGS - THAT ACTUALLY RAN

Now hiring: cemetery superintendent. The ideal candidate must be able to supervise in a fast-paced environment.

Submitted by A.S.

RD.COM/QUOTES

Wanted, SCUBA diving instructor: no experience necessary.

Source: twitter

RD.COM/QUOTES

CAB DRIVERS WANTED. MUST HAVE GOOD DRIVING & CRIMINAL RECORD.

Now hiring cashier. Cannot look like Skeletor from He-Man.

Source: uselesshumor.com

RD.COM/QUOTES



Sunday Lunch

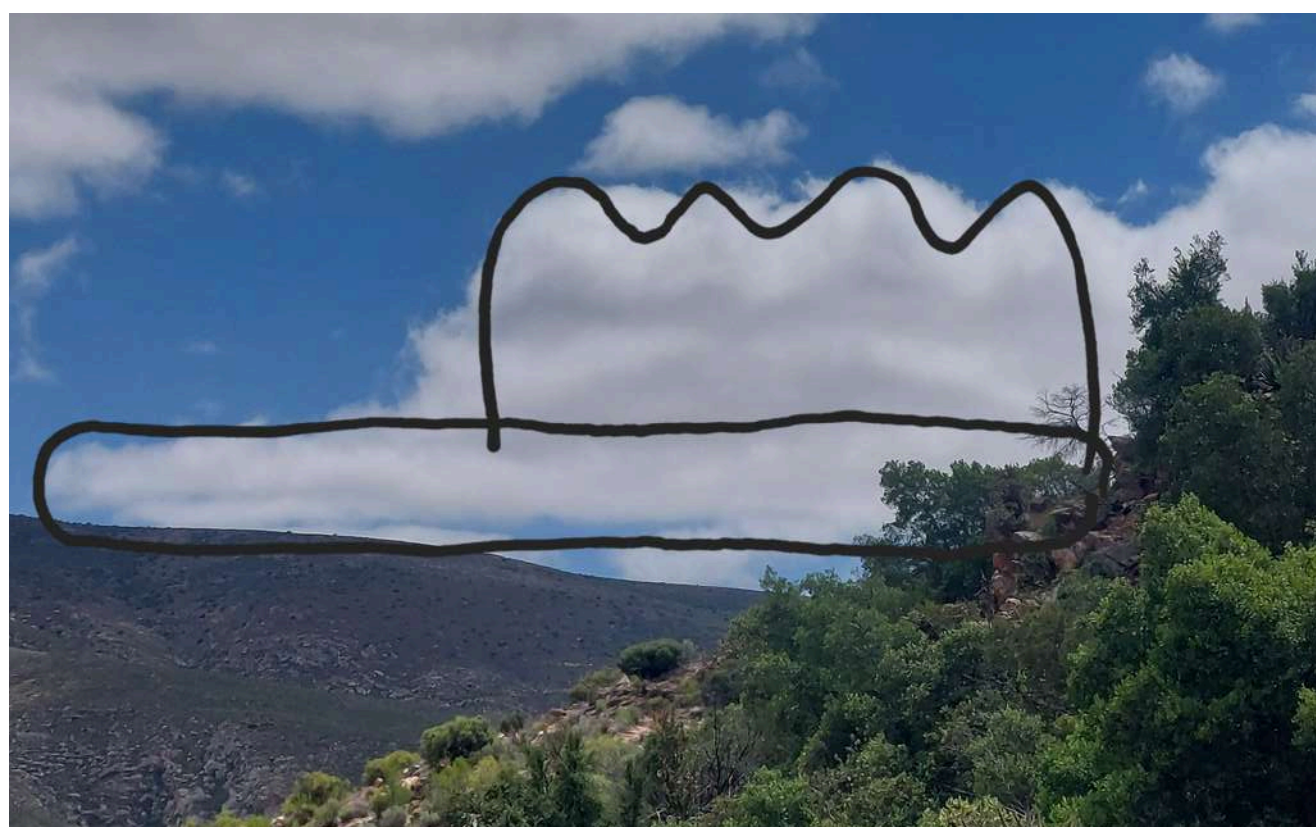
EVERY SUNDAY AT DIE PLAASKIND PADSTAL. FOR MORE INFO CALL ADRI ON 0664398830

R150pp
Kan u eie wyn saambring

Sag gebraaide Skaaptjoppies
Geurige gebraaide aartappels
Gegeurde rys mengsel
Room Spinasie
Roasted butternut met feta
Griekse slaai

Nagereg
Romerige Kaaskoek met strawberry drizzle

Cloud of the month 'the toothbrush'



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)