

HAPPY BIRTHDAY TO US

R5.00 * theuniondalepost@gmail.com

THE PLANT REPORT

WHAT TO PLANT THIS MONTH IN THE WESTERN CAPE

FLOWERS

*Plant **Acanthus mollis** (bear's breeches), azaleas and **Mackaya bella** (forest bell bush) in your shade garden. Divide overgrown flaxes and ornamental grasses. Look out for proteas, pincushions and ericas to plant now. Use slow-release fertilisers to feed the whole garden, and keep deadheading annuals and perennials to ensure a long flowering period.*

HERBS

- **Borage**
- **Sage**

VEGETABLES

- **Beetroot**
- **Celery**
- **Corn**
- **Eggplant (Brinjal)**
- **Lettuce**
- **Parsnip**
- **Peas**
- **Peppers**
- **Potatoes**
- **Radish**
- **Tomato**

Rooiwortel and Ashwaganda

Rooiwortel: 50g = R75

- Promotes muscle strength.
- Promotes sexual arousal.

Ashwagandha: 50g = R50

- Stress and anxiety reduction.
- Promotes sleep.

For more info and to order, contact Mike

Artemisia, Buchu and Rooibos

Artemisia (Wormwood / Wildeals):

80g = R130

- Relieves respiratory issues.
- May help fight malaria.

Buchu: 80g = R120

- Supports prostate health.
- Boosts immune system.

Rooibos: 80g = R80

- Lower your blood pressure.
- Improves cholesterol levels.
- May protect against heart conditions.
- May protect against strokes.

CAPSULES, POWDERS AND TEAS

Free from Nature
UNIONDALE

082 882 8688

atserv@mweb.co.za



Cayenne: 80g = R 40

Relieves pain from lower back injuries and rheumatoid arthritis.

Garlic: 80g = R50

Fights colds and flu.

Lower your blood pressure.

Ginger: 80g = R 40

Anti Inflammatory. Reduces muscle pain.

Combat the flu virus.

Moringa: 80g = R 80

Fights inflammation. Enhances sex drive.

Balances blood sugar levels. Fat burner.

Turmeric: 80g = R 40

Lowers cholesterol. Reduce your blood pressure.

Lions Mane

Supports brain, nerve and immune functions.

Improves mood, memory and focus.

Powder:

- 60g = R250 (2 month supply)
- 15g = R85 (15 day supply)

Capsules:

- 250mg x 120 = R290
2 months' supply @ 1 capsule per day

THE BEEHIVE

The new bee season kicks off in August as the Aloes start to bloom, creating a mega harvest of pollen and nectar for bees that are coming through the dearth period of winter! It's been cold and bees aren't able to fly properly once the temperature goes below 9 degrees celsius. As the days warm up and they are able to leave the hive, they seek out nectar not yet evaporated and the aloe davyana is perfect for this. Whole-day access to nectar!

The honeybees do get very aggressive however on the overdose of high-quality pollen and nectar at the aloe fields, so take precautions when placing beehives as well as when you work with them. Wear additional head protection in the form of golf caps or hats.

Bees will target your forehead and shoulders during the aloe season.

Warning: Do NOT stack your super chambers with more than 2 per hive, as this encourages the Capensis worker bee to infiltrate and duplicate inside your hives!

Inspect ALL of your colonies before you relocate them after the Aloe Davyana flow for Capensis workers and laying workers, focusing on the super chambers, especially where they would be away from the queen bee.

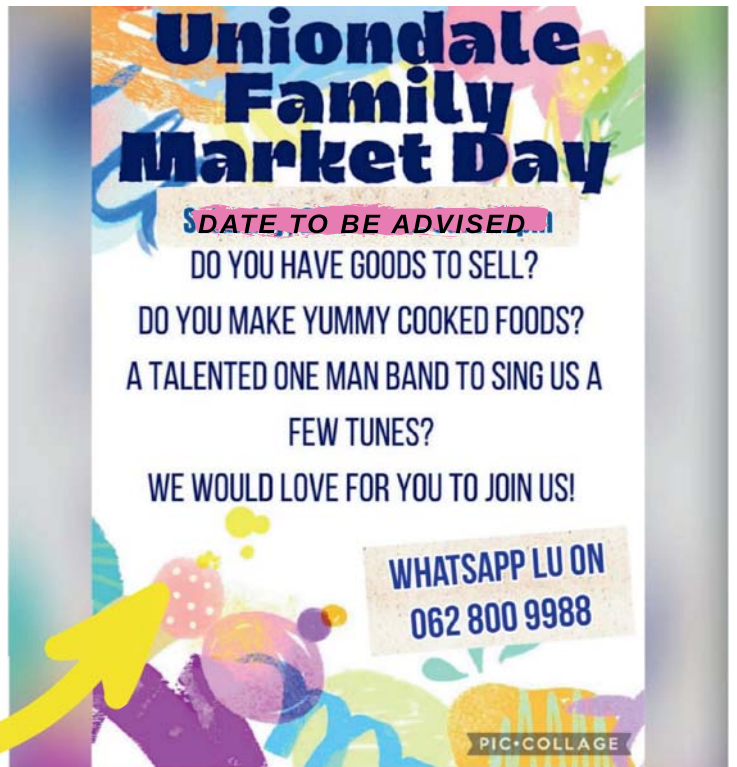
WWW.BEEWARE.CO.ZA

THANK YOU

Very impressed with the friendly staff at the municipality (renewal of motor vehicle licence) as well as Howard at Davkor. Thanks so much for good service.

Frieda Scheepers

The Uniondale Family Market has moved to new premises! Find them on the corner of Voortrekker and Queen street right next to Aitsa. Lots of parking space and beautifully shaded display areas under the glorious pepper trees. Keep an eye on the local Whatsapp groups for market days and vendor info. Or contact the paper for any other information.
theuniondalepost@gmail.com



DIE STORIE VAN DIE LIEWENHEERSBESIE

Dit het begin 'n paar maande voor my sus "Huis toe" is. Op die vreemdste plekke sou mense vir haar sê: "Daar is iets in jou hare." En dan was dit 'n klein ladybug. Mens kon dit maklik op haar bos spierwit hare sien. Sy het elke keer vir ons met kleur en geur daarvan vertel en hoe dit dan weer vir haar deure oopgemaak het om haar pad met haar siekte met verskillende mense te deel.

Intussen het ons die Bybelse betekenis van 'n ladybug opgesoek en op die volgende afgekom: Ladybugs landing on you can be seen as a gentle reminder that God is with you, offering comfort and hope, especially during challenging times. It also means: Let go and let God. Let Him be in control.

Op die dag van haar begrafnis het dit vir my begin, die ding van die ladybird. Op pad na die begraafplaas het ek in my hartseer iets op my been voel loop in die kar. Ja, dit was 'n bloedrooi ladybird! Die ou dapper goggatjie het omtrent die trane laat vloei, want dit was asof sy daar was om vir my te sê: "Als gaan okay wees." Dieselfde aand het ons kleinsus ook 'n ladybird op haar gekry...

Met 'n sak vol van haar skoene en serpe en krale moes ek huis toe kom, Strand toe. Daar was 'n gat in my hart, my sussie wat my beste vriendin was, was weg. Ek weet nie of daardie gat ooit gevul sal word nie, maar ek weet wel dat ons 'n God dien wat Homself aan ons openbaar wanneer ons dit toelaat.

Na drie dae se lê op die bank, te stukkend om te beweeg en te seer om te bid, sê ek vir myself:

"Magdalena, dis tyd om hier op te staan. Dis nie wat jou sus sou wou gehad het nie." Ek trek van haar tekkies aan, hang haar rooi serpie om my nek en gaan stap langs die see. Die oomblik toe ek op die sand kom, oë vol trane, sien ek dit: die bloedrooi kolletjie op die sand reg voor my. Ja, 'n ladybird! Ek het net daar op my knieë gegaan en was skielik so bewus van God se liefde vir my. Dat Hy, wat God van die heelal is met my bemoeienis maak. Dat Hy toelaat dat hierdie klein ladybird reg voor my op die sand sit as teken van troos en hoop. Ek het die ladybird opgetel en dit het tjoepstil op my hand gesit die hele tyd wat ek gestap het. Ek het gevoel dat ek nie alleen is nie. Hy is net daar by my, so seker as wat die ladybird op my hand sit.

Later die middag het ek die foto en storie met my familie gedeel. En daar laat weet my neef uit Nederland dat hy pas 'n ladybird in sy huis gekry het. My niggie uit Engeland het een op haar lessenaar gekry by haar dramaklasse wat sy aanbied. En my tannie in Pretoria wat so baie saam met my sus gebid het, kry een waar sy altyd haar Bybelstudie doen. Alles op dieselfde dag!

Van daardie dag af kry ons as familie gereeld 'n ladybug iewers. Altyd wanneer ons dit nodig het en wanneer God ons wil herinner dat Hy daar is, dat Hy troos en dat ons moet aanhou hoop. Ek voel elke keer weer opnuut geliefd, kyk dan maar net op en sê: "Dankie Here, ek weet dis U. Dankie dat U my raaksien en dit op hierdie tasbare manier vir my wys."

Moenie die klein dingetjies in die lewe ignoreer nie. Dis heel dikwels hierdie klein simbooltjies, soos die ladybird, wat 'n groot verskil in jou lewe kan maak. So, volgende keer wanneer jy 'n liewenheersbesie sien, onthou: jy is 'n geliefde van God. Hy sien, Hy troos, Hy gee hoop. Let go and let God...

DALEEN BURGER

OUTENIQUA WIND ENERGY PROJECT: A STEP TOWARD GREEN ENERGY WITH CARE FOR NOISE AND BATS



Exciting news for Garden Route residents! Or maybe not. The Outeniqua Wind Energy Facility (WEF), planned near the Outeniqua Pass between George and Oudtshoorn, is moving forward with updates designed to bring clean energy to our region while addressing local concerns about noise and wildlife. A recent report from SiVEST, the environmental consulting firm behind the project, details how the Outeniqua WEF aims to balance renewable energy with care for our environment and community.

Outeniqua Wind (Pty) Ltd is proposing up to 26 wind turbines on local farms, capable of generating up to 189 megawatts of clean electricity—enough to power thousands of homes sustainably.

The project includes access roads, a substation, and a battery storage system to keep energy flowing reliably. Following community and expert feedback, the project has been fine-tuned to reduce its environmental footprint, including specific measures to address noise and protect our local bat population.

Keeping the Peace: Managing Noise

Noise from wind turbines can be a concern for nearby residents, and the Outeniqua WEF team is taking it seriously. The updated plan reduces the number of turbines from 29 to 26 and limits their hub height to 120 meters, which helps lower potential noise levels. SiVEST's report includes a noise impact assessment to ensure compliance with South African noise regulations. By carefully positioning turbines away from homes and sensitive areas, the project aims to keep sound levels within acceptable limits, preserving the tranquility of our scenic region.

I guess we'll have to wait and see if this is the case.

Ongoing monitoring is also planned to address any noise concerns once the turbines are operational.

Protecting Our Bats

Bats, vital to our ecosystem for pest control and pollination, are a key focus of the project's environmental studies.

The Outeniqua area is home to several bat species, and the project team has conducted detailed assessments to understand their habits and habitats. To minimize impacts, the turbine layout avoids high-sensitivity ecological zones, and specific measures like "feathering" (adjusting turbine blades to reduce motion during peak bat activity times) are being considered.

The report also recommends ongoing bat monitoring during operation to ensure these creatures continue to thrive. By prioritizing these protections, the project aims to coexist harmoniously with our local wildlife.

Beyond noise and bat safeguards, the project respects other environmental and cultural aspects. Studies confirm minimal impact on wetlands, rivers, and heritage sites, while the community stands to gain from job creation and economic opportunities. SiVEST emphasizes that public input has shaped these plans, and they're encouraging residents to stay engaged through upcoming meetings or by contacting their team.

The Outeniqua WEF is still under review by the Department of Forestry, Fisheries, and the Environment, with more opportunities for public feedback ahead.

This project could light the way for sustainable energy in the Garden Route while protecting our natural treasures and keeping our neighbourhoods peaceful.

Want to learn more or share your thoughts? Reach out to SiVEST or watch for public participation announcements.

Tewed Retsrov

KAROO FARM WINTER



Come, ice wind across the veld
stunted shrub and red grit ground,
Come, young butcher trilling shrill
and give me news of what you've
found...

My old veld friends won't venture out
avoiding winter's company
I miss happenstance crossing paths,
the sharing of the web that we
are all spun on together
domestic, wild or lost.
All travellers in this ether
and friends, despite the frost.

DESIREE SIVSDOTTIR - JORDAAN

AUGUST EVENTS IN UNIONDALE & SURROUNDS

CAR BOOT SALE EVERY SATURDAY -
(WEATHER PERMITTING) FROM 9AM AT THE
UNIONDALE INFORMAL MARKET ON
VOORTREKKER STREET.

THE WILLOWMORE LIVESTOCK AUCTION WILL
TAKE PLACE FROM 11:00 AT THE
WILLOWMORE SHOWGROUNDS ON THE 21ST
AUGUST.

THE TRANS BAVIAANS 24HR MOUNTAIN BIKE
MARATHON SINGLE STAGE RACE OF 230KM,
STARTING IN WILLOWMORE ON THE 9TH OF
AUGUST AND FINISHING IN JEFFREYS BAY
THE SURFING CAPITAL OF SOUTH AFRICA.

THE DE RUST COUNTRY MARKET TAKES
PLACE ON THE 2ND OF AUGUST AT HOTEL DE
RUST, FROM 9 - 12.



Uniondale Aptek

ONS HOU ONS

WINTER
BAADJIES AAN



Elke persoon wat
hierdie advertensie aptek toe bring,
kan 'n GRATIS griep-vaksien ontvang

Koop 2 pakkies Zypol
en kry 1 gratis
(Paracetamol)

Nuut - kinder speelgoed ook nou in voorraad !



Noodhulp -->



Trading Hours

Monday to Friday 08:30-17:00

Saturday 08:30-13:00

Sunday Closed

WHATSAPP US TODAY
FOR YOUR ORDER
064 966 4260

AGONY AUNT

Dear Susie,

It feels like the world is going crazy, and it's making me crazy. War and famine and illness and mad stuff in Hollywood and nothing makes sense anymore. Is it just me? How do I handle it? It's all I can think about. Plus there is fake news, real news, facts, opinions, assumptions and allegations. It's a real nightmare.

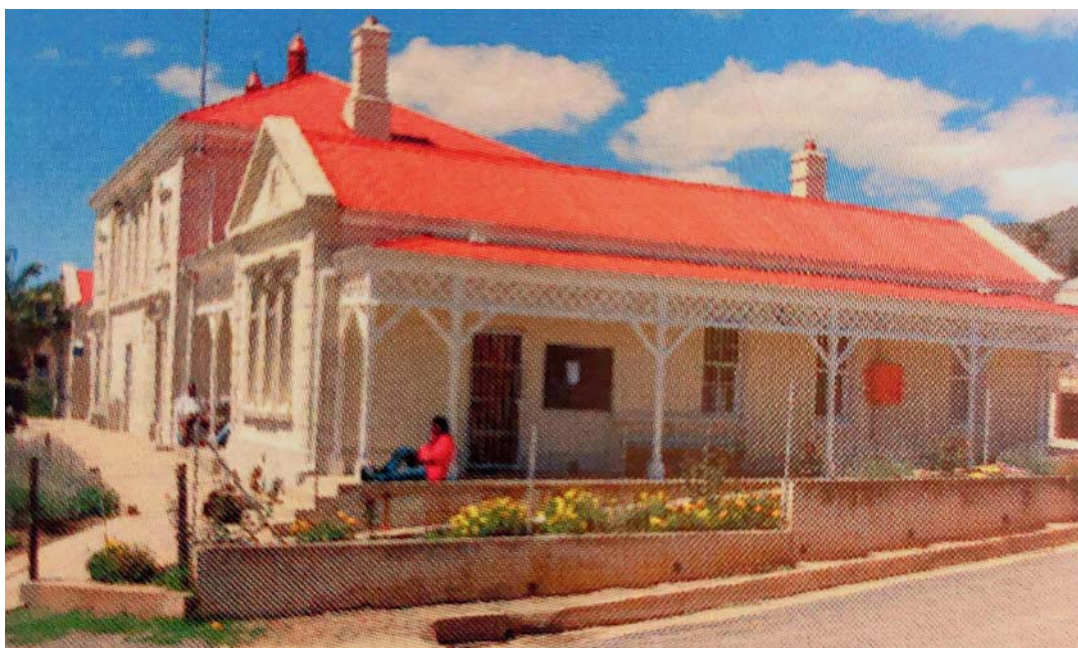
Dear Writer,

Take heart it is not just you, many people are feeling the current weight of uncertainty and instability. Take a break from media and stand firm in yourself. Once you realize that the media is a business that answers to its shareholders, you can become a detached observer. Don't get distracted by things over which you have no control. Rather focus on the things you can. A perspective change can make all the difference.

SEND YOUR QUESTIONS, CONCERNS OR DILEMMAS TO SUSIE AT theuniondalepost@gmail.com

HISTORICAL BUILDINGS OF UNIONDALE - PART 4

THE COURT HOUSE

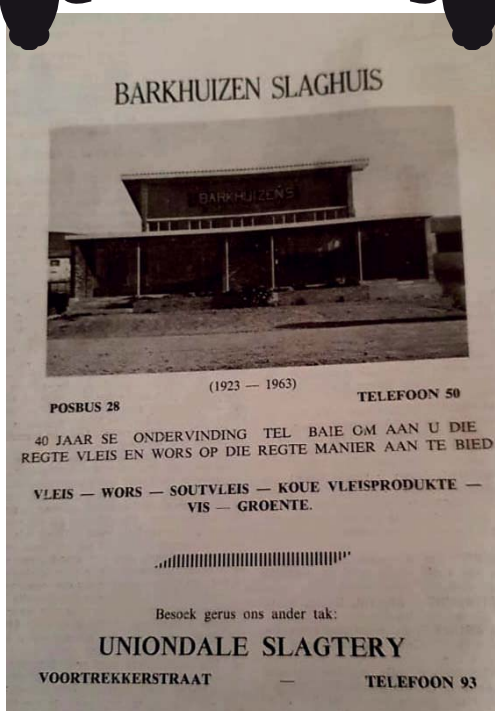


COURT HOUSE (1891)

In 1870 a periodical court was established at Uniondale and the first magistrate was Mr J. Fichat, magistrate of George. In 1877 the main court was established and the first resident magistrate was Mr J.F. Webb. The magistrates office and post office, in the Italian style, were built in 1891 and formally housed the Post Office in the premises now occupied by the Police. The buildings were extensively renovated in the 1950's - an armoury in which all the weapons in the district had been impounded and sealed during World War II was removed, and the central door to the building was added to provide a separate entrance for Whites to the court. The finish to the building is particularly fine - note the plasterwork, original woodwork and door furniture. Unfortunately the acoustics in the court are dreadful. Magistrates Court & Post Office opened in 1892.

UIT DIE OU DAE

ONS HET ONLANGS 'N AFSCRIF VAN 'N OU JAARBOEK VAN DIE HOËRSKOOI GEKRY. 'N PRAGTIGE DEEL VAN ONS GESKIEDENIS WAT ONS GRAAG MET U WIL DEEL.



Mnr. H. S. du Plessis.

DIT was vir ons swaar om te verneem dat ons ook ons vise-hoof, mnr. H. S. du Plessis, gaan verloor. Aan die einde van verlede jaar het mnr. Slabbert ons verlaat en skaars het ons begin gewoon raak daaraan of dr. Heese kom aan die beurt. Nou het mnr. Du Plessis die aanstelling as hoof van d'e Hoërskool Joubertina gekry. Ons sou hom nie graag wou verloor nie, maar ons gun hom daardie aanstelling van harte omdat hy dit verdien.

DIT HOOR JY ALLES

Die ruimte in Hoërskool Uniondale word nou so klein dat 'n mens goed moet konsentreer om die klas te volg waarin jy is. Eendag toe ek in die klas ontspan, het ek die volgende les aangehoor.

„Maak 'n oplossing van . . . Dingaen en sy Zoeloes . . . en hang op die wasgoeddraad om droog te word . . . Plaas dan in 'n rondeboomfles . . . en bak in oond vir ongeveer 'n halfuur. Plaas die mengsel . . . in sy kraal . . . en versier met . . . mineraalsoute . . . Soutsuur is 'n vloeistof . . . en kan na smaak bygevoeg word.

Die verhaal van Mosjesj . . . word in 'n proefbuis geplaas en stadig verhit . . . filtreer in 'n braaipan of dubbelkastrol. As daar 'n verandering onder die kaffers plaasvind . . . kan dit by groenteslaai gesit word. Water die filtraat goed af . . . en voeg soutsuur by . . . as dit goed afgekoel het, bedien . . . aan Piet Retief en sy manne.

In verband met babaversorging . . . plaas hulle in 'n distileerfles en voeg verdunde soutsuur by. As die baba te veel huil wend . . . 'n immigrasiepoging aan. Te veel babas ly aan . . . skaapafval . . . en daarom is die apartheidswet uitgevaardig. Hier is raad vir huilende babas . . . plaas hulle in 'n hardeglasbuis en verhit sterk . . . bedien . . . met of sonder buitelandse vyandigheid.

Y. SCHEEPERS, St. 8.



EERSTE VOETBALSPAN

Agtër v.l.n.r.—C. Peens, C. le Grange, G. Meyer, R. Redelinghuys, J. Posthumus, D. Jonker. Middel: S. Engelbrecht, L. Basson, A. Jubelius, J. Terblanche, A. Klopper, D. Barkhuysen. Voor: V. Keyszr, Mnr. I. Schutte (breier), Dr. J. A. Heese (hoof), L. Beer (kaptein), Mnr. J. M. Botha, D. Nel.

WOORD SOEKTOG

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

afkappingsteken
 voorsetsels
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 soortnaam
 antoniem
 eienaam
 kappie
 nulpwerkwoord
 ontkenning
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intensiewe vorm
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 lydend
 alleenplasing
 leenwoorde
 deelteken
 stofnaam
 bepaler
 diftong
 kern

CLOUD OF THE MONTH 'the little chick'



UNIONS IN THE DALE

Young guy recently moved into the area, looking for young vibey girl (between 18 and 20 only please).Must be interested in gaming, music and hanging out. I like low key stuff - hiking, playing chess and watching movies. I don't want anything complicated or dramatic and you must be kind above all else. #justasimpleguy

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.

ADVERTISING RATES

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



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Whatsapp Lorna 0741912114 or Kiewiet 0835608294 (the Afrikaans connection)