



## DIE PELGRIMS SE TOG VAN HOOP

'n Pelgrimstog is 'n unieke geestelike dissipline wat uit die antieke tyd kom. 'n Pelgrimsroete het gewoonlik 'n geestelike of historiese betekenis, en pelgrims stap meestal die tog om tot 'n ontdekking van een of ander geestelike ervaring te kom.

Dit is ook nie net 'n staptog deur die natuur alleen nie, maar 'n bewuste keuse om met 'n spesifieke geestelike gemeenskap of tradisie te verbind en dit te ontdek. Daarom word plekke van geestelike belang op die roete opgesoek.

Elke persoon se reis verskil, en dit neem gewoonlik so drie tot vyf dae om in 'n ritme te kom. Wanneer mens in hierdie ritme kom, beweeg jou reis van 'n fisiese na 'n innerlike reis. Eers stap jy die pad en dan begin die pad jou te stap, en word jy op 'n reis van innerlike bewuswording gelei. Dis 'n staptog van hoop vir elkeen wat die pad stap.

Die pelgrim staproute vanaf Uniondale tot in Mosselbaai is 227 km lank en neem 14 dae om te voltooi. Jy ontmoet wonderlike mense op jou roete wat jou 'n bed en 'n bord kos aanbied. Daar is ook 'n opsie om net 7 dae te stap. Jou bagasie word vervoer en jy kan saam ry as jy 'n dag wil rus. Dit is 'n reis wat 'n innerlike bewuswording en 'n onbewuste transformasie laat plaasvind. Die stappers begin by die NG kerk in Uniondale en pak van daar die reis aan. As jy die kerkklok op n weksoggend hoor lui, weet dat daar stappers op hul geestelike reis vertrek. Net jy die natuur en jou SKEPPER.  
As jy graag wil stap, maak seker dat jy fiks is en geniet dit.

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OUR MOST SINCERE AND HEARTFELT THANKS TO DELECTABLE DAVE @DAVKOR FOR PRINTING OUR THIRD EDITION. YOU BETTER ALWAYS SUPPORT HIM! FIND HIM AT 1 CHURCH STREET.



R5.00



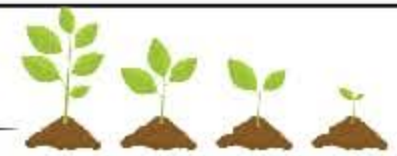
R5.00







## THE GARDEN REPORT



**HAVE YOUR PLANT PROBLEMS, NATURAL NUISANCES AND GARDENING GAFFES HANDLED HERE!**

### **1. Are there standard pruning guidelines that apply to most trees and/or shrubs?**

#### **What should I look for as my guide to start pruning?**

If you're having trouble pinning down the basics of pruning, remember the 3 D's and you'll be golden: dead, diseased, and damaged. Chop off anything that falls into any of those three categories, and you'll ensure your plant is sending nutrients to healthy foliage. For the majority of plants, late winter or early spring is the best time to prune them, since without leaves you can more clearly see a plant's shape and make cuts accordingly. TIP - To control the spread of diseases while pruning, dip your pruning shears in rubbing alcohol or a solution of one part bleach to nine parts water.

### **2. Tomatoes are a major anxiety for me! How do you grow them successfully? Plant a seed in the ground and water does not work.**

Firstly with tomatoes, in our climate, the seeds need to be planted in trays and only planted out when the first two true leaves have formed. Having said that the temperature needs to be no lower than 10 degrees over a 24 hour period. Failing this being attained, heating mats and Grow lights need to be incorporated. When making a potting/ germination mix, the soil should be sieved to remove all large particles and 10% Vermiculite or Perlite, needs to be added.

**Michael Saunders**



## THE HONEY COMB



It's Spring!!! The warmer weather starts to trigger honey bee colonies causing them to reproduce and leave the hive in swarms.

These large and noisy clouds of bees can be quite the sight as they rest on fences, your home walls, in trees or any where the queen decides for a pit stop or as their new home. To her the stop could be suitable to stay but to the residence - not. So, if a swarm settles in an inappropriate spot, what can be done?

The good news is with such a swarm they are fairly mild mannered unless you decide to "poke the bear". They are only interested in trying to hang together as a group and to find a new home. Also, they are generally gorged on honey before they leave, to see them through until they have settled somewhere.

In the meantime, close all windows and doors as some of them might find their way into your home. Make sure the doggies are safely inside too. If the swarm has not moved for a day, they are probably there to stay. In this case, please contact any bee keeper to come and remove them. Do not spray with any pesticides as it will make them aggressive and they WILL attack!!!!

**Nicky Adams**



# THE PAGE 3 STUK (HOTTIE) OF THE MONTH

Hello  
Jolene!





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## GISTER, VANDAG, MORE.

EK STAP VANDAG TERUG OP GISTER SE SPORE  
EK SIEN VERGETE DROME EENSAAM STAAN  
EK SIEN VERBREEKTE BELOFTES EENKANT LE  
EK SIEN VERMORSTE KANSE DOELLOOS DWAAL  
EK VEE VANDAG, GISTER SE SPORE ALMAL DOOD.

EK MAAK VANDAG OOP MORE SE DEUR  
EK SIEN PRAGTIGE WENSE HOOG HANG  
EK SIEN BLINK VOORNEMENS SKITTEREND WAG  
EK SIEN UITGESOEKTE PLANNE WAGTEND SIT  
EK DRUK VANDAG MORE SE DEUR TOE

EK STAAN VANDAG IN VANDAG SE SPOOR  
EK SIEN GISTER SE GEBEDE BEANTWOORD  
EK SIEN GISTER SE UITROEP VERVUL  
EK SIEN GISTER SE KOMMER GESTIL  
EK BLY STAAN VANDAG IN VANDAG SE SPOOR

EK HOU VAS AAN DIE EEN, VAN GISTER, VANDAG EN  
MORE

EK SIEN SY HAND IN GISTER, VANDAG EN MORE  
EK SIEN SY REDDING IN GISTER, VANDAG EN MORE  
EK SIEN SY GENADE IN GISTER, VANDAG EN MORE  
EK SIEN GOD DIE ALMAGTIGE  
IN MY GISTER, VANDAG EN MORE.

SKRYWER: ONBEKEND

## UNIONS IN THE DALE

SLINKY 40 YEAR OLD BUSINESS  
WOMAN LOOKING FOR A KNIGHT IN A  
SHINING SPORTS CAR. DON'T  
WORRY I HAVE MY OWN MONEY, BUT  
WILL YOU BE THE KRUGER TO MY  
RAND? #INDEPENDENTBUTLONELY



Ek soek 'n vrou. Niks meer. Is 'n  
boer, 60, nou al vir jare alleen en  
hou nie meer van my eie kak kos  
nie. Waar is daar 'n ordentlike,  
mooi en interessante dingetjie in  
die dorp? #novegetariansplease

*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.*





# Potjie Competition Results



A big congratulations to Douglas for winning with his sublime Port Shepstone chicken potjie!



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## Recipe of the month

### OUMA ELMA SE TELEFOON POEDING

#### BESTANDDELE:

1 k meel  
2 E appelkouskanfyt  
1 eier  
½ k botter/margarine gesmelt  
½ k suiker  
2 t gemmer  
1 l koeksoda  
1 k melk  
Sout



Stroop:  
1k suiker / 2k water

#### METODE:

Kook die suiker en water saam om 'n stroop te vorm. Gooi die stroop in 'n oondvaste bak. Meng al die ander bestanddele saam. Skep lepels vol van die deeg in die stroop. Bak by 180°C vir omtrent 30min tot goud bruin. Bedien met vla.

#### Ma se goeie raad:

1. Maak 'n bietjie van die melk lous warm en meng die koeksoda daarin voor jy dit by al die ander bestanddele meng.
2. Ek maak die stroop 2 keer aan en die deeg 1 keer. Dan is dit regtig lekker souserig.

Hierdie nagereg het sy naam verkry in die ou dae toe die tannies vir mekaar die resepte oor die plaastelefoon aangegee het.



UAS Bied aan

*Denim and  
Diamonds dans*

Drag: Semi Formeel

19  
Okt  
24  
19:00

Kaartjies: R200/persoon

Steak ete ingesluit

Kontant kroeg

RSVP: 27 Sept 24

Sumi 072 615 0495



UAS Dans  
19 Okt 2024

Kaartjie per kind R100

Sluit in dans, boerie rol &  
sweetie pakkie



UNIONDALE  
AKADEMIE  
Stigting

## AGONY AUNT

Dear Susie

*I am torn between 2 men. One is dependable, kind, likes my cats, tolerates my family and is very nice to me. BUT I'm a little bored. He's the strong, silent type and it's not that I need to talk all the time, but a little bit of energy in my direction would help. I'm only 40, my you-know-what still has many good years left in her. You know?*

*The other guy is funny, outgoing, makes me laugh all the time, a bit careless with money but nothing to raise any red flags. Plus he talks to me about everything and he knows my hips don't lie! The only real problem is that he smokes too much zol. In my opinion anyway.*

*I really don't know what to do. They don't know about each other and the stress of hiding is beginning to take a toll, I must make a decision asap. Please help! I want it all!*

*What a difficult decision!*

*Choosing between two appealing options can be challenging, especially when each offers unique qualities.*

*Remember, there's no perfect partner, but there is someone who's a better fit for you.*

*You need to weigh up the pros and cons of each partner, and decide which aspects of each partner resonate with you the most? Which partner aligns better with your vision for the future.*

*I cannot make the ultimate decision for you. You need to decide whether you value laughter and adventure with no stability over someone, although a bit boring perhaps, that will make you feel more secure and supported long term. Fun and laughter can always be had with good friends. Don't be too seduced by the good time guy, the money and zol issues are unlikely to change.*

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



# THE KAROO TO COAST - IN PICTURES.



## 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 in December.

Please pre-order before the end of October, 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**





