



SITTING AROUND THE FIRE

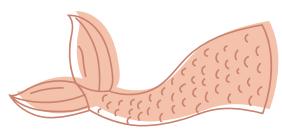
HOW FORGOTTEN FOLKLORE COULD BE THE KAROO'S NEXT TOURISM PRODUCT

As the tourism industry chases authenticity and slow travel, the Karoo sits on a goldmine of forgotten folklore. Time doesn't just pass in the Karoo, it seeps. It drips down cliff faces, gets caught in the throat of a windmill, folds into the hoofbeats of a lone sheep. The Karoo is a keeper of stories, the kind that don't show up in history books or TripAdvisor reviews. But maybe they should.

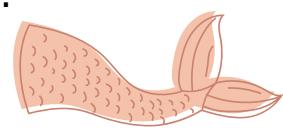
As the tourism industry chases authenticity and slow travel, the Karoo sits on a goldmine of forgotten folklore - local legends, ancestral creatures, roadside ghosts - that could become its most enchanting economic offering yet.

What if, instead of just watching meerkats or photographing cracked salt pans, visitors were invited to sit around a fire and hear about the real Karoo: the one of ghostly hitchhikers, water spirits, talking mantises, and prophetic owls?

Let's walk into that twilight space. Story by story.



THE WATERMEID OF MEIRINGSPoORT



The river sings when no one listens.

High in the mountain folds near Oudtshoorn, where the gorge of Meiringspoort cleaves through rock like a wound, a mermaid waits. Locals call her the Watermeid—a dark-haired spirit said to haunt a deep rock pool beneath a waterfall. She's no Ariel: she doesn't sing for love, but lures the unwary to their death. What's remarkable is how few South Africans - even locals - know about her. And yet, the cave art of the Khoi-San shows fish-tailed figures that might very well be her ancestors. A guided Mermaid Route through the Klein Karoo, combining myth, geology, and local oral storytelling, could make her the Karoo's own version of Nessie, but with more mystery, and far more depth.

THE PHANTOM HITCHHIKER OF UNIONDALE

She gets in. She disappears. You drive a little slower after that.

On a lonely road near Uniondale, legend says a young woman named Maria Roux died in a car crash on Easter weekend in 1968. Since then, motorists have reported picking up a hitchhiker who vanishes mid-journey. This story's gotten enough traction over the decades to earn her the title of South Africa's most famous ghost. But imagine building a ghost tour, complete with a refurbished 1970s car, immersive audio, and local guides who know the stories behind the story. Instead of another dusty roadside memorial, Uniondale could become a place where folklore quite literally gets into the car with you.

IKAGGEN THE MANTIS GOD

Not all gods come with thunder. Some wear wings and change shape.

To understand the true depth of Karoo mythology, you have to go back. Way back into the cosmology of the San people, whose god IKaggen was a mantis, or sometimes an eland, or sometimes a lazy trickster with profound spiritual insights. He created the moon. He broke the rules. He taught lessons not through force but metamorphosis. There's potential here for an animated folktale series, or even open-air storytelling nights featuring San elders or scholars, paired with stargazing under that impossible Karoo sky. These aren't just tales, they're keys to understanding how the land itself was once read like a sacred text.

Bringing it all together

It's worth noting that the idea of storytelling in the Karoo isn't entirely dormant. A few pioneering outfits have already begun threading folklore into their offerings. There's still room, and a real hunger, for something more immersive and deliberate: a dedicated folklore trail or festival series; partnerships with storytellers, artists, and scholars; community-run night tours in mythic landscapes; even roadside audio guides triggered by location, telling the tales of the land you pass through. The modern traveller isn't just looking for a place to go, they're looking for a place to feel. Folklore tourism, when done respectfully and in collaboration with local communities, can revitalize towns while supporting storytellers and preserving fragile oral traditions.

Workshops, guided storytelling nights, myth-mapping trails, even immersive soundscapes for podcast tourism - these are not only viable tourism products but also vehicles of cultural preservation. And the Karoo, with its hush and its space and its memory, might be the most natural home for them.

NAOMI ROEBERT

<https://karootimes.co.za/how-forgotten-folklore-could-be-the-karoos-next-tourism-product/>

THANK YOU TO DAVKOR AND ALL OUR ADVERTISERS FOR MAKING THIS EDITION POSSIBLE!

* R5.00 * theuniondalepost@gmail.com *



FROM THE UNIONDALE CHAMBER OF COMMERCE 2025



We have really had a very good year around the town of Uniondale this year. Only the lack of rain is and always remains a big problem and we ask every resident to ask this great resource from our Heavenly Father in their prayers. The agricultural community with its apple farmers on one side and small Karoo farmers on the other side of the town is our great economic lifeblood. Biggest job creator and of course a very big cash injection for our town.

The Annual Show.

This year the show was particularly well attended and there was a lot of positive feedback from our many guests in the town.

Congratulations to our show committee who worked hard and in doing so the town reaped the rewards. All the guesthouses, shops, restaurants, gas stations benefited from the large number of guests and exhibitors.

Karoo to Coast

We do not realize the privilege we have to be able to host this bike race year after year. Karoo to Coast is a great ambassador for our town. Thousands of visitors are involved every year, not only as cyclists, but also all the family members who come along and thousands of photos are shared on social media.

Many thanks to the Lyons of Uniondale who work very hard to make this event possible every year.

Gravel Burn bike race.

What an opportunity it was to be able to experience this race sponsored by Nedbank in our town as well. Gravel Road bikes are now very popular and it was an experience to see all these South African and foreign cyclists. Once again, the businesses have benefited over a long period from all these visitors around the organization of this race that took place over several weeks.

Trans Baviaans Bike Race.

Although they start from our neighboring town of Willowmore, we enjoy the many visitors and especially the many cyclists who stay overnight in Uniondale. It is a great pleasure to experience Sunday morning, after the cyclists have started in Willowmore. Surely a few hundred vehicles then move through Uniondale on their way to Jeffreys. Fuel sales and coffee shops and utility businesses then do very well.

Uniondale-Mossel Bay Camino.

This very popular walking route that spans 14 days is so popular that it is already fully booked months in advance. Now there is also the new route created by the Dutch Reformed Church Uniondale from Jeffreys Bay through the Baviaans to Uniondale.

Uniondale music and choir festival.

This was presented for the first time this year and it was a great success. African Aloe was the main sponsor and the aim was to introduce our churches choirs to everyone. Hence the name Koinonia which means the deep common bond of believers. The highlight was the joint mass choir represented by seven churches in our town choirs. Our guest artists were excellent.

This music and choir festival is going to be big and our next date which will also become the annual date will take place in May. Then a large well-known choir will also visit our town, with all our choirs and music presentations from various guest artists.

Exposure – Social media

We were fortunate this year to not only be on Carte Blanche but also "Ysters op die Platteland" which once again made a large number of people aware of Uniondale.

These 2 programs also resulted in many more photos being taken at the statue, (ghost legend) at the entrance to the town. It seems as if passersby drive into the town specifically to take a photo, which of course is posted on social media.

Municipality

Our town is really well managed by George Municipality. Of course there can always be improvements, but with the current budget they are doing really well and we always get compliments for our clean town. No town can progress if the municipality is not well managed by employees who really care. Many thanks to everyone at the municipality.

Our garbage collection is excellent and the area for the purpose is very well managed. We all need to work hard on our renewable waste disposal which is really a big plus in our town, but which really needs to be expanded to all the residents of the town. Few small towns can boast a waste disposal system like Uniondale.

Security

Security led by our local police station, SmHart and Handitronix really has a big positive contribution to the town and its residents.

We look forward to 2026 and believe and trust that the town will grow even stronger.

The Chamber of Commerce's challenge this year is to encourage businesses, agricultural management, small business owners and members to join the Chamber of Commerce.

In our town, we need to strengthen the following pillars this year to truly collaborate with the municipality, city planners and economic development departments in the Western Cape.

1. Chamber of Commerce
2. Ratepayers Association
3. Safety
4. Tourism

These common, collective groupings can discuss and resolve common issues that affect them.

Only then can we implement extensive projects for the benefit of the town.



VANUIT UNIONDALE SAKEKAMER 2025



VANUIT UNIONDALE SAKEKAMER 2025

Ons het regtig hierdie jaar 'n baie goeie jaar rondom die dorp Uniondale beleef.

Net die tekort aan reën is maar en bly altyd 'n groot probleem en vra ons elke inwoner om in hulle gebede hierdie groot hulpbron van ons Hemelse Vader te vra. Die landbou gemeenskap met sy appelboere aan die een kant en klein Karoo boere aan die anderkant van die dorp is ons groot ekonomiese lewensaar. Grootste werkskepper en natuurlik 'n baie groot kontantinspuiting vir ons dorp.

Die Jaarlikse Skou.

Hierdie jaar was die skou besonder goed bygewoon en het daar baie positiewe terugvoering van ons baie gaste in die dorp gekom.

Baie geluk aan ons skoukommitee wat hard gewerk het en sodoende het die dorp die vrugte gepluk. Al die gastehuise, winkels, restaurante, vulstasies het gebaat by die groot hoeveelheid gaste en uitstallers.

Karoo to Coast

Ons besef nie die voorreg wat ons het om hierdie fietsren jaar vir jaar te kan aanbied nie. Karoo to Coast is 'n groot ambasadeur vir ons dorp. Duisende besoekers elke jaar betrokke, nie net as fietsryers nie maar ook al die familielede wat saamkom en duisende fotos wat op sosiale media versprei word.

Baie baie dankie aan die Lyons van Uniondale wat baie hard werk om elke jaar hierdie geleentheid moontlik te maak.

Gravel Burn fietsren.

Wat 'n geleentheid was dit nie om hierdie wedren geborg deur Nedbank ook in ons dorp te kon beleef nie. Gravel Road fietse is nou baie gewild en was dit 'n belewenis om al hierdie Suid-Afrikaanse en buitelandse fietsryers te sien. Weereens het die besighede oor 'n lang tydperk die voordeel gehad van al hierdie besoekers rondom die organisering van hierdie wedloop wat oor etlike weke verloop het.

Trans Baviaans Fietsren.

Alhoewel hulle by ons buurdorp Willowmore wegspring, geniet ons die baie besoekers en varal die baie fietsryers wat oorslaap in Uniondale. Dit is 'n groot plesier om die Sondagoggend te beleef, nadat die fietsryers weggespring het in Willowmore. Sekerlik 'n paar honderd voertuie beweeg dan deur Uniondale oppad Jeffreys toe. Brandstofverkope en koffiewinkels en nutsbesighede doen dan baie goed.

Uniondale-Mosselbaai Camino.

Hierdie baie gewilde stap roete wat strek oor 14 dae is so gewild dat dit reeds maande voor die tyd vol bespreek is. Nou is daar ook die nuwe roete geskep deur NG Kerk Uniondale vanaf Jeffreysbaai deur die Baviaans tot by Uniondale.

Uniondale musiek en koorfees.

Dit is vir die eerste keer die jaar aangebied en dit was 'n groot sukses. African Aloe was die hoofborg en was die doelwit om ons kerke se kore aan almal bekend te stel. Vandaar die naam Koinonia wat beteken die diepe gemeenskaplike band van gelowiges. Die hoogtepunt was die gesamentlike massakoor verteenwoordig deur sewe kerke in ons dorp se kore. Ons gaskunstenaars was uitstekend.

Hierdie musiek en koorfees gaan groot word en ons volgende datum wat ook die jaarlikse datum gaan word sal in Meimaand plaasvind. Dan gaan daar ook 'n groot bekende koor ons dorp besoek saam, met al ons kore en musiekaanbiedinge van verskeie gaskunstenaars.

Blootstelling -Sosiale media

Ons was bevooreg die jaar om nie net op Carte Blance te wees nie maar ook Ysters op die Platteland wat weereens groot hoeveelheid mense bewus gemaak het van Uniondale.

Hierdie 2 programme het ook veroorsaak dat daar baie meer fotos by die beeld, (spook legende) by die ingang van die dorp geneem word. Dit wil voorkom asof verbygangers spesiaal in die dorp inry om 'n foto te kom neem, wat natuurlik weer op sosiale media geplaas word.

Munisipaliteit

Ons dorp word regtig goed bestuur deur George Munisipaliteit. Natuurlik kan daar altyd verbeteringe wees, maar met die huidige begroting doen hulle regtig goed en kry ons altyd komplimente vir ons skoon dorp. Geen dorp kan vooruitgaan as die munisipaliteit nie goed bestuur word deur werknemers wat regtig omgee nie. Baie dankie aan almal by die munisipaliteit.

Ons vullisverwydering is uitstekend en die area vir die doel word baie goed bestuur. Ons moet almal hard werk aan ons hernubare vullisverwydering wat regtig 'n groot pluspunt in ons dorp is, maar wat regtig uitgebrei moet word na al die inwoners van die dorp. Min klein dorpies kan spog met 'n vullisverwyderingstelsel soos Uniondale.

Sekuriteit

Sekuriteit wat gelei word deur ons plaaslike polisie stasie, SmHart en Handitronix het regtig 'n groot positiewe bydrae tot die dorp en sy inwoners.

Ons sien uit na 2026 en glo en vertrou ons dat die dorp al sterker gaan groei.

Die sakekamer se uitdaging die jaar om die besighede, landboubestuur, kleinsake-eienaars en lede aan te moedig om by die sakekamer aan te sluit.

In ons dorp moet ons die jaar die volgende pilare versterk om werklik te kan saamwerk met die munisipaliteit, stadsbeplanners en ekonomiese ontwikkelingsafdelings in die Wes-Kaap.

1. Sakekamer 2. Belastingbetalersvereniging 3. Veiligheid 4. Toerisme

Hierdie gemeenskaplike, kollektiewe groeperings kan gemeenskaplike kwesies wat hulle raak bespreek en beredder.

Alleen dan kan ons omvangryke projekte tot voordeel van die dorp bedryf.

ANDRÉ DU PLESSIS



UNIONDALE MOTORS

"under new management"

Thank you for your loyal support over the past 9 years.

All the best to Dr Tommy Smook – new owner

André du Plessis

THE UNIONDALE PHOTO FRAME

Johan du Preez and the
George tourism council.

We should see how
many people we can
fit into that photo
frame at one time.
Who's keen? Please
message me.



Uniondale Aptek

2026



Ons wens al ons kliënte 'n geseënde nuwe jaar toe!

PHARMACY PULSE FESTIVE SEASON PROMOTION

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Vital Omega 3 or Vital Omega 3.60-9 Capsules 30s box.

Pharmacy Pulse Look good, feel great!

Psychology studies show that personal grooming boosts confidence, self-esteem, and well-being while reducing stress through a therapeutic sense of control.



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Brands we Love!



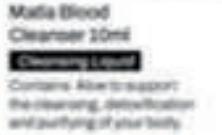
Natrelax Tablets 10s. An all-natural, effective laxative that is made from the Cape aloe plant. It is specially formulated to relieve constipation and contains no harmful ingredients.



Dolys Pain Relief Patches 2s or 6s. Pain Relief Patches. Contains traditional Chinese herbs with 20 years of research for fast, effective results. They help relieve migraines, tension, back pain, arthritis, muscle, joint pain, and reduce swelling and bruising, offering targeted, soothing support.



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Sinutab Sinus Allergy Congestion & Pain Tablets 20s. Treats perennial sinus infections.



Wormstop Single Dose On-wormer. Treats perennial worm infections.



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KAROO PUDDING

A sweet pudding of Dutch origin, Malva Pudding is usually served hot with custard or ice-cream. Made with apricot jam, this typical South African dessert has a spongy, caramelised texture.

Malva Pudding

Author: Just Easy Recipes

Prep time: 15 mins

Cook time: 45 mins

Total time: 1 hour

Serves: 1 Pudding

Ingredients

1 cup castor sugar, 2 eggs (room temp), 1 tablespoon smooth apricot jam, 1 $\frac{1}{4}$ cups cake flour, 1 teaspoon bicarb of soda (5ml), pinch salt, 2 tablespoons butter (30ml), 1 tablespoon vinegar (15ml), 125ml milk. The Sauce - 250ml cream, 125ml butter, 125ml sugar, 125ml water/Orange juice/Sherry/Brandy

Sauce - 250ml cream, 125ml butter, 125ml sugar, 125ml water/Orange juice/Sherry/Brandy

Instructions

Set oven to 190°C. Beat castor sugar and eggs until fluffy then beat in the jam until a creamy consistency forms. Sift dry ingredients into separate bowl. Melt butter in a small pot on a medium heat and add the vinegar and milk. Now add the above mixture (butter, milk, eggs) to the sifted ingredients and mix well. Add the eggs mixture and combine well. Pour into an ovenproof casserole dish that holds about 2 liters. Bake at 190°C for 45 mins until the top is nicely browned. Melt all the sauce ingredients together in a small pot over a medium heat and pour over the pudding before serving, preferably while it's still hot. Serve it with ice-cream or custard or both.



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082 781 0376

HIGH ALERT – VEHICLE BREAK-INS!
 Regular incidents of car break-ins are being reported.

Don't leave valuables in full sight in your vehicles, especially laptops.

Safety Awareness Tips when parking your vehicle:

- Avoid parking your vehicle where there are no security officers guarding vehicles.
- Do not leave your firearm in your vehicle's glove compartment (cubbyhole) or anywhere in the vehicle (this is against the law!).
- Valuable items like laptops, camera, electronic devices, shopping bags, handbags, etc. should be locked in your vehicle's boot.
- At night, park in well-lit areas.

Please be security fit and don't invite theft!

THE LITTLE KAROO WATER CRISIS WORSENS



Water supply across the Garden Route and Little Karoo regions remains fragile after lower winter rainfall. It has impacted several towns including George, Knysna, Plettenberg Bay and towns in the Little Karoo. Ladysmith in the Kannaland Municipality has been thrown a lifeline by Gift of the Givers with three fully functioning boreholes, producing around 600,000 litres of water per day.

The water is also being trucked in to communities like Zoar where taps have run dry.

Even with the improved supply in Kannaland, authorities warn that water must be used responsibly. Mayor of the Garden Route District Municipality, Marais Kruger, says, "Just because there is water doesn't mean we have to use every single drop. We still need to use water very sparingly, throughout the Western Cape, but especially in Kannaland. I'm pleading with the people not to use water just willy-nilly. Think before you open up the tap. There's far more to water than just drinking; sanitation comes into play when there's no water. So, please, use water sparingly," Kruger says.

GROWING WITHOUT WATER: THE REVOLUTIONARY FUKOKA METHOD YOU NEED TO KNOW

The Fukoka method is named after Masanobu Fukoka, a Japanese botanist and philosopher who became famous for pioneering a form of agriculture known as "do-nothing farming." Fukoka passed away in 2008, but his groundbreaking ideas continue to inspire gardeners worldwide.

At just 25 years old, Fukoka began questioning traditional agricultural practices. He realized that natural agriculture—where plants grow without extensive human intervention—was not only possible but also preferable. His ideas were strongly influenced by Buddhist philosophy, which holds that nature is constantly changing and does not need human manipulation.

WHAT IS THE FUKOKA METHOD?

The Fukoka method is based on the principle of minimal intervention, allowing nature to take care of itself. His approach to farming eliminates common practices such as plowing, fertilizing, and using pesticides. According to Fukoka, the soil should not be disturbed, and plants can grow without the need for excessive care.

HERE ARE THE CORE PRINCIPLES OF THE FUKOKA METHOD:

No Plowing: The soil is not prepared before planting. Seeds are planted on the surface, sometimes mixed with clay to help with germination, but there is no need to disturb the soil.

No Pesticides: Instead of relying on chemicals, you can introduce antagonistic species—plants or insects that naturally ward off pests.

No Weeding: Fukoka encourages letting nature take its course. Weeds are left in place as long as they don't interfere with crop growth.

No Pruning: When it comes to fruit trees, pruning is unnecessary. The plant will naturally regulate its own growth.

Mulching with Organic Matter: Any plant material that is produced should be returned to the soil as mulch to keep the soil covered, preventing erosion and preserving nutrients.

THE REVOLUTIONARY IDEA: NO WATERING

One of the most radical elements of the Fukoka method is eliminating water. Unlike conventional farming, which requires constant irrigation, Fukoka's approach allows plants to thrive without added water, relying on the natural moisture in the soil. As long as the soil is rich in nutrients and the other principles are followed, plants will grow self-sufficiently.

A FLOURISHING, SELF-SUFFICIENT GARDEN

By following the Fukoka method, you can create a sustainable vegetable garden that grows efficiently with minimal input. This self-sufficient gardening approach ensures that plants receive everything they need naturally—without human intervention or excess water. So, whether you're growing in a backyard, urban garden, or even in pots, you can create a thriving, economical garden that flourishes year-round without the need for irrigation.



SUMMER SUDOKU

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5			6	3		9
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1		3				7



SINGLES AD

The following ad appeared in the Atlanta Journal.

SINGLE BLACK FEMALE seeks male companionship. Ethnicity not important. I'm a very good looking girl who LOVES to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cozy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. When you get home from work I'll be at the front door wearing only what nature gave me. Call (404) 555-1212 and ask for Daisy.

Over 1500 men found themselves talking to the Atlanta Humane Society about an 8-week old black Labrador retriever.



CLOUD OF THE MONTH

“unidentified fish”



UNIONS IN THE DALE

Looking for friendship that may or may not lead to something else, just please don't waste my time. I am a SWF living on a farm near Uniondale, I have no ties or exes or skeletons in the closet. I work in the Merchant Navy and have a very varied work schedule, so you need to know that in my male dominated industry - I have learnt to arm-wrestle like a boss. In fact, I like being the boss in general. But obviously everything can be talked over. I think. #canyouhandlethat

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 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.

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