



# RUNNING FOR HIS LIFE

Dawie Du Toit left the army at 17, trained in carpentry and possibly realised his earthly purpose when he had to run to work and back, 8km each way.

He subsequently participated in his first 42km marathon in Namibia, from Oshikate to Ondangwa. The running bug bit more seriously in 1983, he started the Karoo Road Runners club in Graaff-Reinet, followed by his first Comrades Marathon in 1989, wherein he won a silver medal. A second Comrades saw him achieve a bronze medal.

Everything came to a halt after he broke his back and he stopped running competitively for 12 years. Not a man to be kept down though, he made a comeback in 2000 and ran his third Comrades. His back no longer an issue, he ran for another 18 years, racking up an impressive tally of achievements both locally and internationally. Running over 500 marathons - including 20 Comrades. The Prague marathon, the Schipol marathon, London to Brighton, the Cango Caves marathon (achieving best marathon time in 1978 at 2h22) and the 2 Oceans are just a few notches on his very well used running belt.

He trains with a fierce commitment, running twice a day every week day, with longer training runs over the weekend. Able to partake in 3 races over a weekend, we asked him for his secret recipe. "A seafood platter and a Windhoek right before a race". He also acknowledges that running is the very best cure for stress. As a 67 year old man in fighting fit condition, we have no choice but to believe him. Having never bailed on a race, he even ran a virtual Comrades in the midst of the 2020 lockdown.

With a running nickname like Flash, you know he means business. Having achieved 32 permanent race numbers (which you only receive after running 10 races of a kind), hired to pace for Runners World and running 1800km in 18 days in a charity run, it's all in a days work.

Dawie is running his last Comrades next year and aiming to finish in under 12 hours. A fitting end to an unbelievable career. He now enjoys the less jarring sport of golf, however has plans to start a running club in Uniondale. Get your tekkies ready, he'll keep you on your toes. Maybe you'll even get a beer after.



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

**UNIONDALE LANDBOUSKOU**  
**TOUTREK FEES**

in samewerking met Eden Toutrek



Onder 10 - 240kg maks (6 tot 10 Kinders per span)  
Onder 13 - 440kg maks (6 tot 10 kinders per span)  
Tekkie Toutrek - Hoërskool kinders en Volwassenes

**Saterdag**  
8 November 2025

**Vanaf**  
11:00 AM




Eden Tug of War / Toutrek

**Kontak ons**

Barries 083 561 0964  
Derek 076 463 3648



**UNIONDALE SKOU**  
**Nuusbrief**  
61 STE SKOU-UITGAWE

**Met wie moet jy praat?**

Algemeen	Pieter-Matt	083 272 8858
Skoudans	Marlene	072 372 9768
Perde	Jan-Lodewyk	073 248 3876
Merino Skape	Matt	082 445 6588
Boerbokke	Adolph	072 990 7965
Budgies	Paul	063 649 1974
Pretdraf	Dawie	079 417 5589
Jeugskou	Derek	076 463 3648
Toutrek	Derek	076 463 3648
Sierduiwe	Mario	071 969 5291
Stalletjies	Jaco	082 821 2138
	Gerhard	083 297 9707

**Alles op ons skou!**

- O.P. SAALPERD STREEKSKOU
- INTERPROVINSIALE KOMPETISIE: OOS-KAAP vs WES-KAAP SAALPERD SUB UNIES
- O.P. BOERPERD KLUBSKOU
- SKAPE \* BOKKE \* JEUGSKOU
- BUDGIES: PROVINSIALE SKOU
- SIERDUIWE \* TOUTREK
- DRAF & STAP 5KM & 10KM
- MNR & MEJ SKOU
- OU MOTORS / HARLEY DAVIDSON

 [Ons Facebookblad](#)

 #GeorgeNaturally



Angorabokke word voorsien  
gratis deelname ~ slegs ingangshek geld  
dra toeskoene of waterskoene

Ouderdomsgroep:

Voorskool tot graad 3

Graad 4 - 7

Graad 8 - 12

Derek Giles  
076 463 3648

8 November 2025

08:30

Inskrywings sluit:  
2 November 2025

[SKRYF IN!](#)



**DO IT!!**



**INTER-PROVINSIALE KOMPETISIE**



**UNIONDALE**  
**LANDBOUSKOU**

7 & 8 November 2025

Oos-Kaap Saalperd Streekskou | Kaapse Boerperd Klubskou  
Groot Kampioen Vygang | Groot Kampioen Driegang Groot Kampioen Sieruit |  
Groot Kampioen Enkeltuig Groot Kampioen Parkperd |  
Groot Kampioen Plesierperd | Groot Kampioen Natuurlike Maanhare en Stert

Jan Kritzinger: 073 248 3876



# HAPPY BIRTHDAY ALWYN!



On the 3rd of October 2020, Anthea Du Toit opened the Alwyn Coffee Shop and Guesthouse. After a renovation process, the doors opened and today this landmark turns 5 years old.

Starting a business during lockdown requires a requisite amount of creativity, which Anthea took in her stride. She filled the shop with handmade art and craft and prepared and delivered pre-cooked meals. 70% of the merchandise in the shop is still made by her.

Today the Alwyn also acts as a catering hub and venue for functions. Weddings, baby showers, birthday parties and other social events have all come to life behind the doors of this business. Not just for the town but surrounding areas too.

No man is an island and this is certainly true for the relationship between Anthea and Marilyn. After an initial meeting, it wasn't long before Marilyn joined the team and has been a steadfast and loyal member of the Alwyn family since the very beginning. Citing good communication and the ability to nip conflict in the bud, as the reasons for their successful work collaboration.

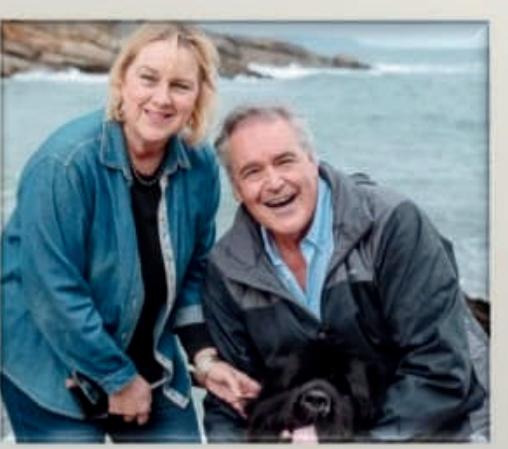
We wish Anthea, her staff and everyone involved behind the scenes many more prosperous years ahead.





**Koinonia Koorfees  
Uniondale**

7 Uniondale Kerkkore saam met  
gaskunstenaars  
Innes en Greta Benadé en  
Calvin Steyn





DATUM: SATERDAGAAND, 22 November 2025  
TYD: 6 UUR  
PLEK: NG KERK UNIONDALE

Kaartjies beskikbaar by

- Onderskeie koorleidsters / lede
- African Aloe Café
- Skoonheidsentrum

**Koste: R20**  
(slegs vooraf kaartjie verkope, GEEN kaartjies by deure te koop)  
Jammer geen kinders onder 10 jaar nie

## HELPING OUR ANIMAL COMMUNITY

On the back of Dan's Towing generous November offer, The Uniondale Post will run a free full-page advert for any business that matches his contribution for the duration of the month. Get in touch with us via our details on the back page please.

## Dan's Towing gee om!

Ons ry vir meer as net hulp langs die pad- vir elke sleep skenk ons 'n bedrag, November maand, aan Uniondale Pet Care!

Help ons om 'n poot op te steek vir diere in nood!

**Kontak:**  
Dewald - 079 033 0846  
Juandre - 074 208 9011

# GRAVEL BURN

Nedbank Gravel Burn is 'n 7-dae, 800km vol-diens grondpad fiets wedren wat deur Suid-Afrika se uiteenlopende landskappe kronkel. Dit begin in die kuswoude en lei dan in na die asemrowende Groot Karoo - 'n uitgestrekte, indrukwekkende halfwoestyngebied. Elke aand rus die fietsryers in afgeleë 'Burn Camps' onder sterbelaaide naghemels, en op die laaste dag word hulle begroet deur Afrika se ikoniese Groot 5 wild.

Die wedren neem ruiters na sommige van die mooiste en afgeleë gebiede van Suid-Afrika. Die organiseerders werk saam met boere en grondeienaars om toegang tot hierdie afgeleë gebiede te verkry, en stel dan die nodige infrastruktuur op, insluitend modulêre ablusiegeriewe en krag voorsiening. Uniondale was deel van die roete vir die 2025 wedren, spesifiek tydens Fase 2 (Avontuur tot Willowmore) op 27 Oktober. Sowat 650 deelneemers - wat van 28 verskillende lande afkomstig is - het deur Uniondale gery.

Die wedren het op 27 Oktober deur ons dorp gekom en het uit 650 ruiters van 28 verskillende lande bestaan.

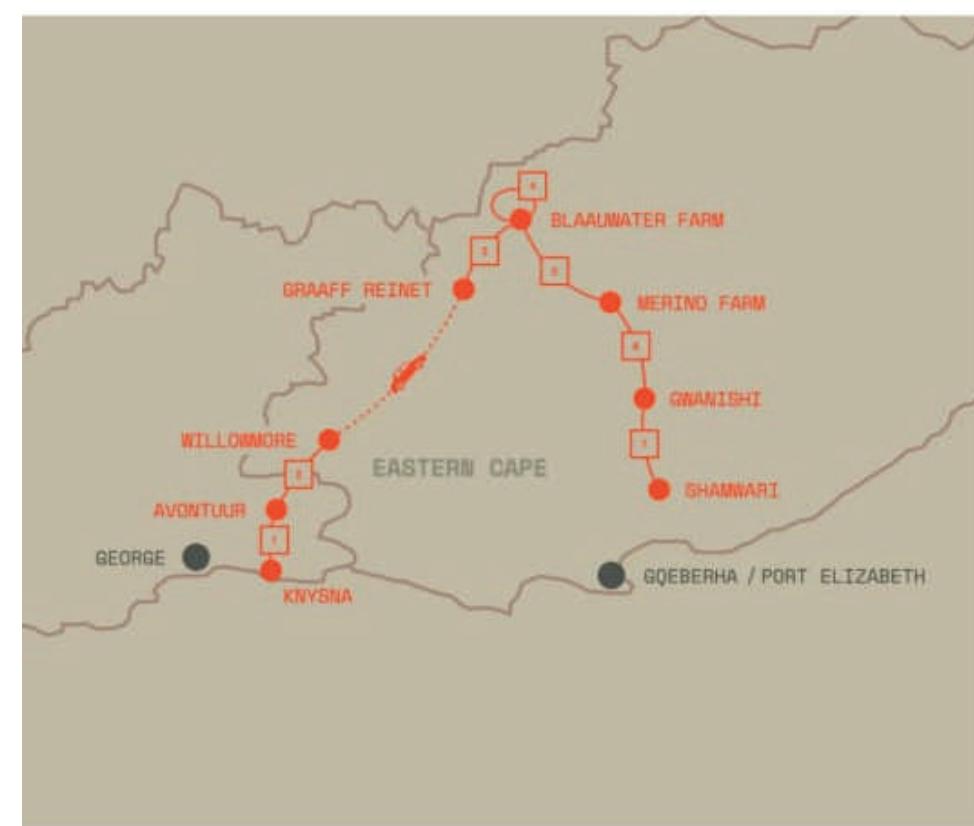
#### DIE DATUMS VIR 2026:

25-31 OKTOBER

Merk jou kalender vir Nedbank Gravel Burn se tweede uitgawe!

Inskrywings is oop vanaf 3 Februarie 2026.

[www.gravel-burn.com](http://www.gravel-burn.com) / [info@gravel-burn.com](mailto:info@gravel-burn.com)



## Wenner - Matt Beers



## A BYGONE ERA HITS OUR STREETS



The Sonder Nonsense Vreetsaam Toer hit the streets of Uniondale with an elegant bang. Car after beautiful car pre-dating 1960, lined the parking lot next to the NG Church amidst the awe-filled stares of local inhabitants. Generally the car total participating reaches around the 30 mark.

An annual event that takes place between September and October, this year's participants - all belonging to The Early Ford Car Club, met at Dassiefontein before setting out on a trip that included the towns of Arniston, Oudtshoorn, Graaff-Reinet and Prince Albert.

Leonard Schneider - the organizer of the group, was participating for the 27<sup>th</sup> time, stating that the mission of the organization was to encourage and inspire a younger generation to keep up the old car movement. To keep it going and claim it as a part of their heritage. This generational interest seems to have been working, as a Dutch family had flown in to accompany their son on this trip.

Amongst the participants was Eustace Witbooi, a former Uniondale resident whose father was a former local school principal at Dirk Boshoff Primary from 1960 - 1987. He had made this part of his trip a pilgrimage, to return to his former hometown and visit his parents' graves. We look forward to seeing this group again!

**E-mail: [secretary@earlyfordcarclub.co.za](mailto:secretary@earlyfordcarclub.co.za)**



# Uniondale Aptek

## LENTE IS HIER!



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💡 Kwaliteit sorg teen bekostigbare pryse – net by jou plaaslike aptek.  
💡 Kom loer in en sien hoe ons vir jou gesondheid omgee!

## Pharmacy Pulse

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26 October - 17 November 2025



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#### Digestive Support



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#### Familiar Favourites

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Treated brands for every day — from the tried and tested you've known and loved for years.



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■ **White Cicatric and Muscle Aches and Pains**

■ **Simatab Sinus Pain Tabs 24s Extra Strength**

■ **Benylin 4Flu 200ml**



■ **Sanitising Wipes**

# HUNGRY GHOST

MERRY CHRISTMAS

Christmas  
Lunch

CELEBRATE CHRISTMAS  
IN UNIONDALE

3 COURSE LUNCH MENU

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12:00

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## PHOTO OF THE MONTH

Baby striped mouse.



An annual species: every year, a new generation of striped mice is born in spring (August-November), which has to survive the coming dry and food restricted summer and cold winter, before breeding the next spring. Less than 1% of individuals survive for a second breeding season. Food availability during the dry season differs dramatically for different generations.

## CARTE BLANCHE IN TOWN

South Africa's longest running investigative journalism programme, recently sent an envoy to Uniondale to report on the historical buildings of the town. Seen is Dirk with his tuk-tuk, Dirkie Coetzee is the colourful local guide from Uniondale Tours. Four guests can fit into the bright and airy yellow Tuk-Tuk for shorter trips. Dirkie motors leisurely around the town, offering amusing anecdotes about Uniondale.



# THE RETURN OF THE SWALLOW

By Tewed Retsrov in collaboration with AI Grok

The two barn swallows clung to the sagging wire above Alwyn Koffie Winkel, September sun flashing off their steel-blue backs.

Europe's cold was already a ghost; the Kammanassie smelled of fynbos and warm dust.

"Thought the harmattan wind would bury me," Brenswael said, flicking Sahara grit from his tail. "Flew blind for two hundred kilometres. One gust off course and the vultures would've had me."

"Try the Sudd wetland in Sudan, roost," Chantael answered. "Ten thousand of us packed into reeds like sardines. A serval snatched my roost-mate mid-dream. Woke with his feathers in my beak." She eyed the Post Office eaves where the colony's mud nests sagged like broken pottery. "At least Uniondale cats sleep all day."

They dropped to the gutter, inspecting the damage. August's berg wind had peeled half the nests away. Brenswael's cup dangled by one rim; Chantael's, under the new Farm Stall's iron roof, had cracked but held.

"Europe spoiled us," Brenswael muttered. "Cool drizzle, soft mud. Here the sun bakes it brittle before the eggs cool."

Chantael tilted her head. "Mud's not the only thing heating up."

Brenswael's throat flushed deeper red. He launched, climbed in a tight spiral, then folded his wings and plummeted past her—close enough for the wind off his primaries to ruffle her crown. At the bottom he flared, hovered, and sang the low warble that meant choose me, choose me. Chantael answered with a liquid twitter, banking hard so their wingtips brushed once, twice—electric.

They landed on the derelict hotel's balcony rail, tails fanned wide. Brenswael offered a stolen horsefly; Chantael took it, passed it back, took it again—ritual barter sealed with a beak-clack. Around them the colony stirred: unpaired males chasing females in silver arcs, paired couples rebuilding side by side, mud pellet by mud pellet.

"Tourists scatter vreetkoek crumbs," Chantael said, licking grease from her bill. "But the smoke drives the flies uphill. I hunted the poort at noon—nothing but mosquitoes."

Brenswael glanced at the Happy Hooker's pink facade. "Sparrows tried nesting there last spring. Too many visitors buying crochet stuff—chicks would be disturbed. We'll take the old Post Office ridge."

A bakkie backfired below the Farm Stall; both birds flinched, then laughed in sharp chirps. More 4x4s meant more crumbs, but the wheat fields lay fallow—fewer grasshoppers, leaner hunts.

Brenswael nipped Chantael's nape, gentle. "Nest with me. We'll reinforce the nest before the October storms."

Chantael's answer was a low trill and a dart toward the sky. He followed. They climbed in perfect synchrony, locked in a tumbling aerial dance—loop, dive, wing-touch, separate, rejoin—until the town shrank to a child's toy below. High above the poort they consummated the bond in a brief, breathless clasp, then spiralled down to the waiting mud.

Home was smaller, cracked, half-ruined. But the sky was wide, the insects would return with the rain, and the two of them—mud-flecked, vreetkoek-scented, hearts hammering—had chosen each other for another African summer.



A poem that can be read in English and Afrikaans.

## MY STORIES BEGIN AS LETTERS

My pen is my wonderland.  
Word water in my hand.  
In my pen is wonder ink.  
Stories sing. Stories sink.

My stories loop. My stories stop.  
My pen is my wonder mop.  
Drink letters. Drink my ink.  
My pen is blind. My stories blink.



## CLOUD OF THE MONTH “ it blew away ”



## UNIONS IN THE DALE

I am a 71 year old, down to earth and low-key guy looking for a young at heart lady for a wild love affair. I have a food truck and a lifetime of skills, I can build you anything you like and it will be beautiful. I can also cook like a boss. Looking for someone that's cool, kind and sane. If you smoke I will be on the next plane to the end of the world. That's about my only non-negotiable. I would also appreciate someone that has learnt how to keep her temper in check, and doesn't chase drama for fun.

#thehonestfisherman

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.

## ADVERTISING RATES

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



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Whatsapp Lorna 0766673677 or Kiewiet 0835608294 (the Afrikaans connection)