



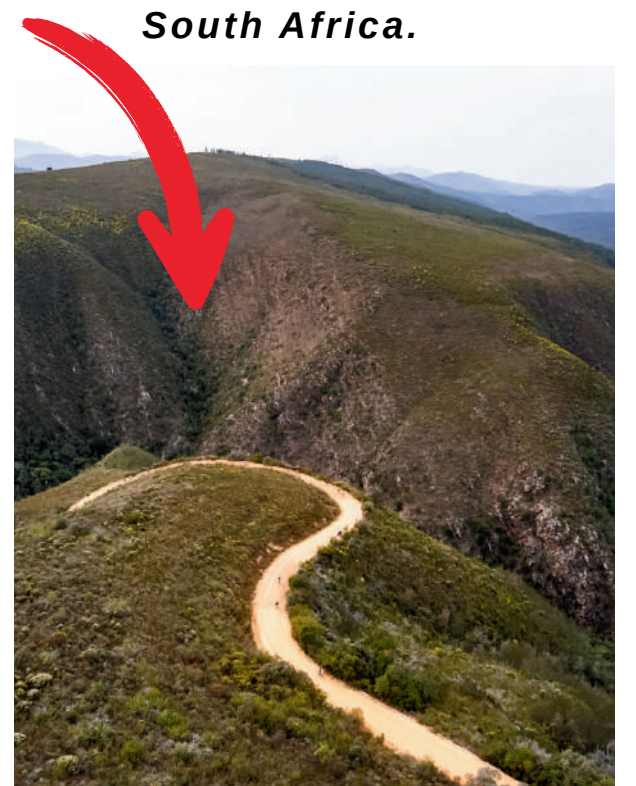
KAROO TO COAST SHINES

The Karoo to Coast is an annual offroad cycling event held in Uniondale, over 2300 riders participated this year to tackle the 100km race from Uniondale to Knysna via the Prince Alfred Pass. A route not for the faint of heart or the weak at knee. This year saw previous records shattered as a new finishing time of 02:56:51 was recorded. It was also a first year for the Wine and Wheels Expo held in Uniondale Showgrounds. Open to riders, their companions and the general public, the event featured wine tasting and cycling-related lifestyle brand exhibitions.

The event is owned by the Lions Clubs of Uniondale and Knysna and all proceeds from the event go to Sightfirst, the South African Guide Dog Association and other urgent needs in the community.



Sweeping through the fynbos, Prince Alfred's Pass is the longest gravel road pass in South Africa.



RESULTS :

ELITE MEN:
TRISTAN NORTJE (2:56:51)
MARCO JOUBERT (3:08:29)
HERMAN FOURIE (3:08:31)
CRONJE BEUKES (3:09:15)
ROGAN SMART (3:14:10)

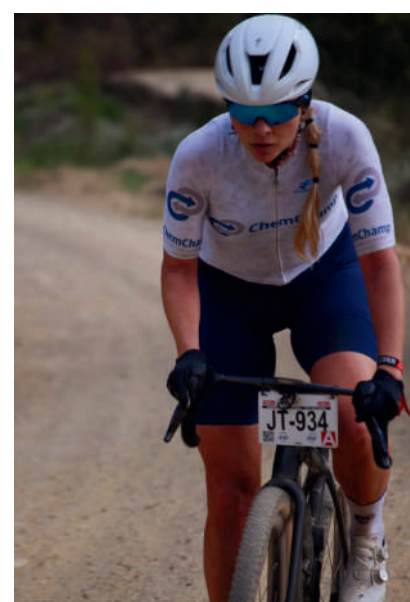
ELITE WOMEN:
MELLUSCA TOOVEY (3:45:54)
CATHERINE COLYN (3:49:47)
STEPHANIE WOHLTERS (3:57:10)
JUANITA MACKENZIE (3:57:30)
KELLY FREETH (3:57:56)



START ELEVATION:
727M
FINISH ELEVATION:
3M
MIN ELEVATION:
3M
MAX ELEVATION:
1815M



Having broken the course record in 2024, Tristan Nortje became the first rider to dip below the 3-hour mark at the Lions Karoo to Coast, as he bettered his own record en route to victory in the 26th edition, on Sunday, 21 September.



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

* R5.00 * theuniondalepost@gmail.com *

NATURAL BUILDING WORKSHOP 2025

Uniondale, Western Cape, South Africa

COME FOR A DAY
OR FOR THE FULL COURSE

We are hosting
5 NATURAL BUILDING WORKSHOPS
to suit your interests and availability

- 1) 24 – 28 Sep: Basic and Intermediate @ R3 500
 - 2) 25 – 26 Oct: Very Basic Workshop @ R1 600
 - 3) 6 – 9 Nov: Basic Plus Course @ R3 000
 - 4) 19 – 23 Nov: Basic, Intermediate & Advanced @ R3 500
 - 5) 28 – 30 Nov: Advanced and Sculpturing @ R2 700
- Daily rates also available
 - Couples and Families welcome, discounts apply

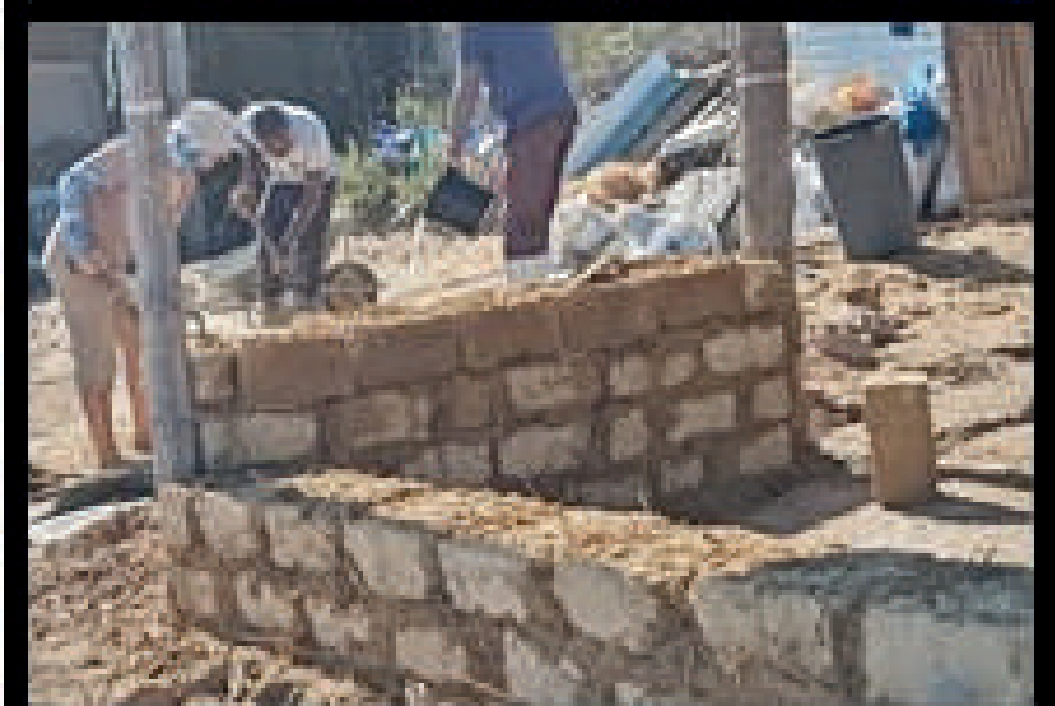
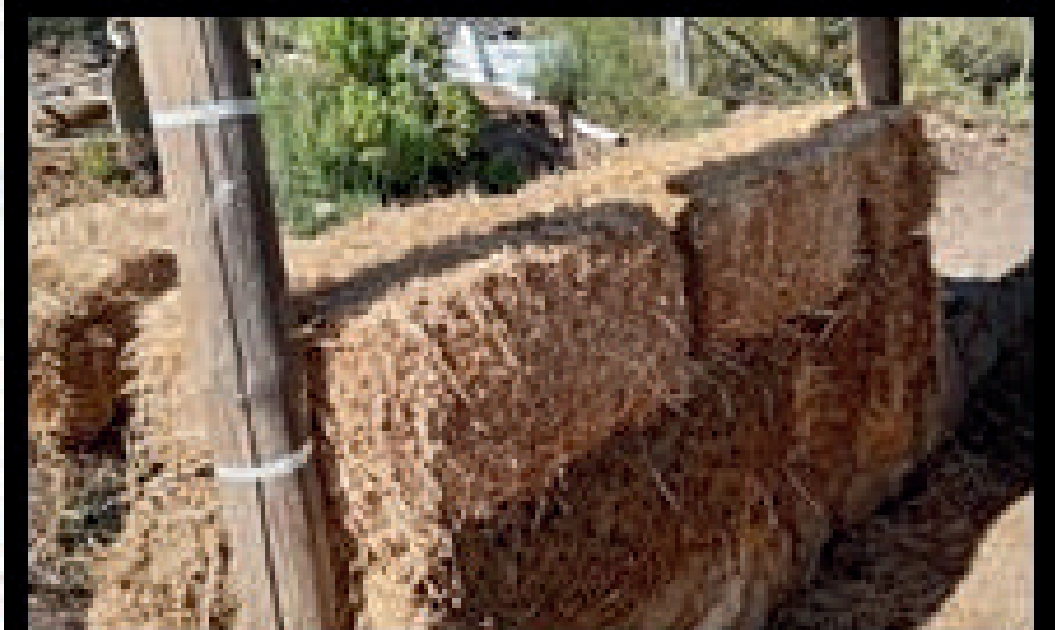
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Then 2024



Now 2025

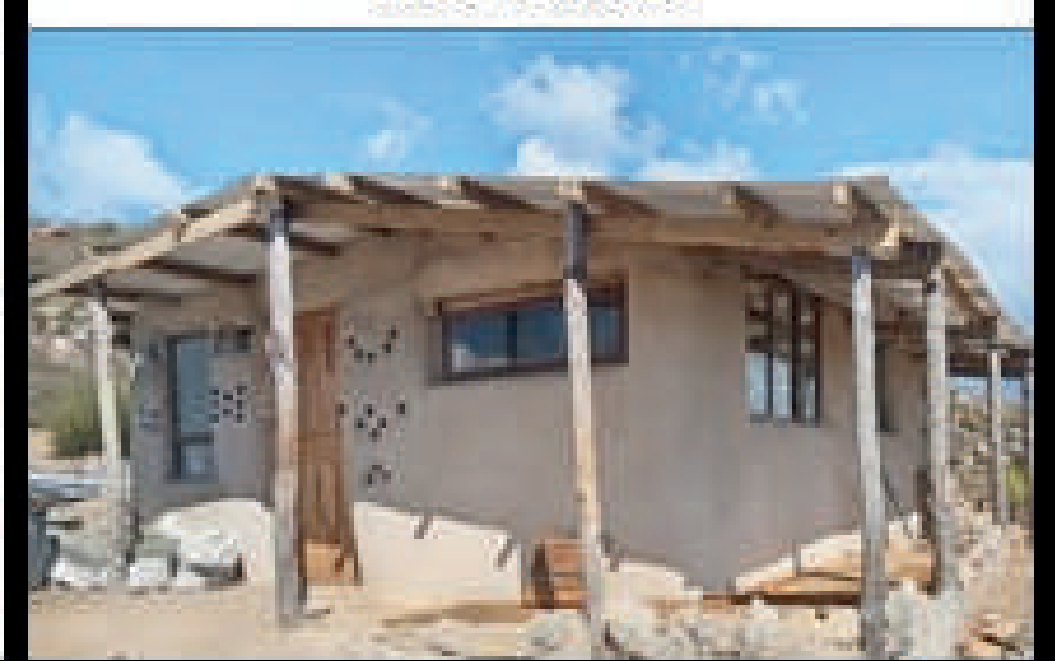
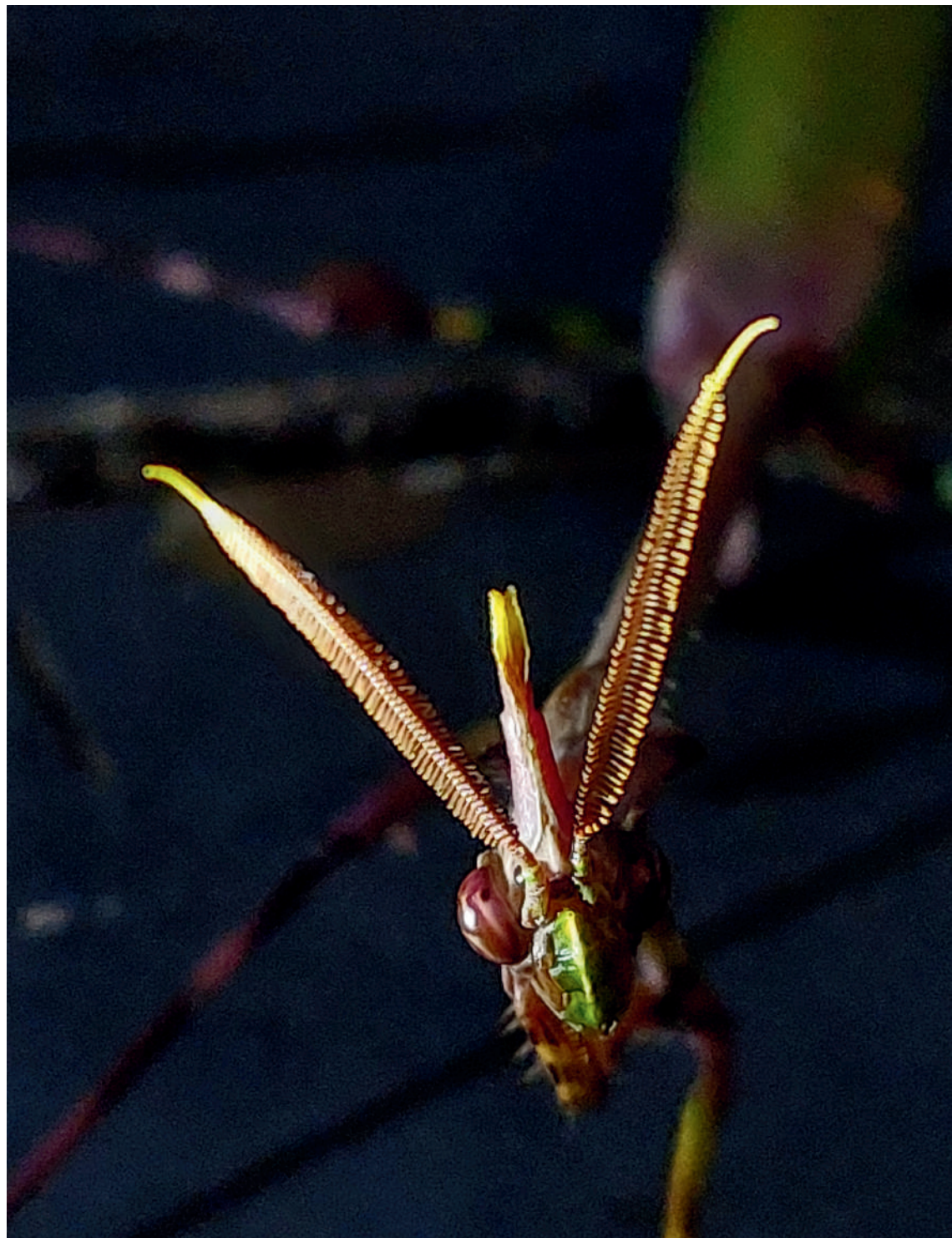


PHOTO OF THE MONTH



Seen in Uniondale, the Cone Headed mantid. Anonymous submission.



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A HUGE THANK YOU

Last month 2 of Uniondale's true gentlemen - Hennie and Banie, helped me to source and fit side mirrors onto my mobility scooter. I was desperately needing them for traffic and security purposes, as I could not see what was behind me. I have reflectors but it was not really sufficient.

Hennie managed to source scooter mirrors for me and Banie did a beautiful retrofit job with them. Not such an easy task as he is a very busy man. It was the perfect modification and they are working like a charm. I would like to thank these two men with all my heart for helping me with a tricky request. I am so grateful and humbled that they went out of their way for me.

LORRAINE OLSEN

NAVIGATING UNIONDALE'S ROADS : RULES FOR LARGE TRUCKS

Uniondale, a scenic town in the Western Cape's Garden Route District, faces challenges with large trucks, especially those with double trailers, navigating its narrow streets like Aberdeen, de Waal, Hood, and Taylor. These vehicles, common on the N9 or R62, can be over 18.5 meters long, making urban driving tricky and risky.

A frequent issue is drivers missing the Avontuur turnoff and attempting dangerous U-turns, particularly at the tight Aberdeen-Hood intersection.

This article simplifies the key rules and practical tips for safer driving in Uniondale.

National Road Rules

The National Road Traffic Act 93 of 1996 (NRTA) sets standards for large trucks:

Size Limits: Double-trailer trucks must not exceed 18.5 meters in length (or 22 meters for semi-trailer links). Rigid trucks are capped at 12.5 meters. Non-compliance can lead to fines or impoundment.

U-Turns: Regulation 310 bans unsafe U-turns that block traffic or endanger others. Reckless driving can lead to fines up to R20,000 or jail time. In the case of Uniondale it is not U-turns but the use of other roads to back track onto the original route

Local Rules in George Municipality

Uniondale, part of George Municipality, has bylaws to protect its roads:

Restricted Roads: Narrow streets like Aberdeen and Hood may ban trucks over 3,500 kg, except for essential loading.

Signs should enforce these rules, and violations should mean fines or vehicle removal.

U-Turn Bans: U-turns that disrupt traffic are illegal, especially at tight intersections like Aberdeen-Hood, where trailers risk hitting buildings and uprooting traffic signs.

The Avontuur Turnoff Problem

A common hazard occurs when drivers miss the Avontuur turnoff on the R62/N9 and try back-tracking on the narrow Aberdeen Street.

The sharp Aberdeen-Hood corner (roads ~6-7 meters wide) can't handle double trailers, causing traffic blocks or damage. Bylaws and NRTA rules ban such risky maneuvers.

Tips for Safer Driving

Plan Routes: Use truck-friendly GPS to avoid narrow streets.

Check Local Rules: Call George Traffic Services (044 801 9111) for street restrictions or report issues (087 152 9999).

Follow Signs: Use truck stops or the Avontuur access road to correct routes safely.

By following these rules, truck drivers can keep Uniondale's roads safe. Check www.george.gov.za or the NRTA for full details

TEWED RETSROV

TO SWOP

I have a brown, fabric lazyboy chair that I would like to swop for a cane chair. It must not be too low and needs to have arm rests. Please contact Lorraine 072 620 9560

WHATS HAPPENING IN OCTOBER



DE RUST COUNTRY MARKET

SATURDAY 4 OCTOBER 2025
09:00 - 12:00

HOTEL DE RUST

De Rust Country Market

Rooi Donk
Ry's Coffee Shop
Karoo Rouge
Grumpy Goat



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PK 1, Fullarton, Willowmore, EC, 6446.

info@bhejane.co.za

087 700 8386



COUNTRY IN THE KAROO MUSIC FESTIVAL

with main attraction: **APPEL**

make it a weekend - 24, 25, 26 October 2025

25 OCTOBER

another exciting event brought to you by **Jakhals Events**
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Uniondale Apteek

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28 September - 18 October 2025

EVERYDAY HEALTH SAVINGS FROM YOUR FAVOURITE COMMUNITY PHARMACY.

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Take that aip; Outdoor essentials

Physical activity is a good boost for mental wellbeing – enhancing mood, confidence, resilience, and social connection, while reducing stress, fatigue, and distraction. It

<p>Lacson Syrup 100ml Lacson Syrup 100ml is used for the management of cough, cold, and fever.</p>	<p>Lactinol Capsules 30s Lactinol Capsules 30s is used for the management of constipation.</p>
<p>TransAct 12 Hour Patches 30 TransAct 12 Hour Patches 30 is used for the management of pain.</p>	<p>Deep Freeze Cold Spray 100ml Deep Freeze Cold Spray 100ml is used for the management of cold, flu, and sore throat.</p>

DIGESTIVE SUPPORT

<p>Lacson Syrup 100ml Lacson Syrup 100ml is used for the management of cough, cold, and fever.</p>	<p>Lactinol Capsules 30s Lactinol Capsules 30s is used for the management of constipation.</p>
<p>Lancap OTC 15mg Caps 14s Lancap OTC 15mg Caps 14s is used for the management of pain.</p>	<p>Ulsanic Ulsanic is used for the management of heartburn, acid reflux, and indigestion.</p>

<p>Slow-Mag Mental & Physical Performance Patches 30s Slow-Mag Mental & Physical Performance Patches 30s is used for the management of stress, fatigue, and distraction.</p>	<p>CrampEase CrampEase is used for the management of muscle cramps.</p>
<p>Simutab Sinus & Allergy Tab 10s Simutab Sinus & Allergy Tab 10s is used for the management of sinusitis and allergies.</p>	<p>Relostat Eye Drops 5ml Relostat Eye Drops 5ml is used for the management of eye irritation.</p>
<p>Mozitec 250/100mg Tabs 12s Mozitec 250/100mg Tabs 12s is used for the management of pain.</p>	<p>Stafubak Ointment 15g Stafubak Ointment 15g is used for the management of skin infections.</p>
<p>Supiroban Ointment 15g Supiroban Ointment 15g is used for the management of skin infections.</p>	

TRUSTED ESSENTIALS

<p>Nicorette Nicotine Patches, Quick Mist Spray or Patch Fruit Gum Nicorette Nicotine Patches, Quick Mist Spray or Patch Fruit Gum is used for the management of nicotine withdrawal.</p>	<p>Listerine Cool Mint Mouthwash Listerine Cool Mint Mouthwash is used for the management of oral hygiene.</p>
<p>Colgate Triple Action Value Pack Colgate Triple Action Value Pack is used for the management of oral hygiene.</p>	

Burn-Out Busters!

TIP! Top up on some essential supplements that provide relief of symptoms associated with Burn-out, fatigue and stress.

<p>Berocca Mood Enhancer Tablets 30s, 20s, 30s Berocca Mood Enhancer Tablets 30s, 20s, 30s is used for the management of mood.</p>	<p>Bio Plus Syrup 100ml Bio Plus Syrup 100ml is used for the management of energy.</p>
<p>Vasoclear Tablets 30s Vasoclear Tablets 30s is used for the management of blood pressure.</p>	<p>Immucyan Capsules 30s Immucyan Capsules 30s is used for the management of immunity.</p>

SAVE BIG VALUE RANGE

<p>Baby Wipes Baby Wipes are used for the management of hygiene.</p>	<p>Baby Wipes Baby Wipes are used for the management of hygiene.</p>
<p>Baby Wipes Baby Wipes are used for the management of hygiene.</p>	<p>Baby Wipes Baby Wipes are used for the management of hygiene.</p>

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AGONY AUNT



Dear Susie,

Please help me. I am in a tricky situation. I share a house with a friend of mine and I love him like a brother. The thing is - he is always late with his share of the rent. But that's not the worst thing. He has a collection of fancy watches that he keeps for going out. He thinks that people find him more impressive. I'm dying here. No rent but Rolex? What do I do?

Dear Writer,

Ask him to give you one of his watches in lieu of rent. If he refuses it might be time to either get a contract drawn up or to renegotiate your friendship. Prioritizing his possessions over his responsibilities is not mature behaviour, nor is it brotherly. Be tough, you're the only one losing out here.

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

HISTORICAL BUILDINGS OF UNIONDALE - PART 6

DIE WATERMEUL - 1854

In 1850 is die eerste watervoor van die Kleinrivier aangelê. In 1854 het J.A.van Rooyen 'n watermeul gebou. Die meul is deur James Stewart oorgeneem. Na 'n argument in 1881 het Stewart 'n ander meul hoër op gebou, wat in 1916 weggespoel is. Hierdie meul het een van die grootste wiele in die Suidelike Halfrond. Dit is van Kiaat-hout gemaak en is in 1975 deur die Bouvereniging en weer in 1997 deur Robert Verwoerd gerestoureer.

De meul is van die grootwiel tipe en die meul se mure is van klip, klei en rou baksteen. Dit is 'n dubbelverdieping met 'n sinkdak, geelhoutvloere in die meulgedeelte en drie misvloere in die deel waar die meulenaar gewoon het. Die meul is teenaan die dorp geleë en sekerlik op die mees skilderagtige plek in die omgewing. Dit is net met 'n heining van die skougronde aan die oostekant van die dorp geskei, en die uitgestrekte grasperke van die skougronde vorm 'n 'voorstoep' vir die meul.

Uniondale kry sy water uit die Kleinrivier. Die Khoi het die rivier die Kukoi genoem, d.w.s die Baasrivier, omdat die rivier deur al die droogtes nog altyd geloop het. Teen 1850 is die eerste watervoor uit die rivier gelei en in 1854 rig J.A. van Rooyen die huidige watermeul op. Daar is ooreengekom dat al die water uit die voor eers oor die meul sou loop, voordat dit onderkant die meul verdeel is. In 1881 behoort die meul aan James Stewart. Hierdie man kry stry met die stadsraad en keur 'n ander voor, hoër uit, en bou daar 'n windmeul. Die stadsraad het hulle hande so vol met al die waterkwessies dat hulle hulle maar neergelê het by hierdie nuwe reël. Albei die meulens was vir 'n klompie jare gebruik, totdat die nuwe meul in 1916 tydens 'n vloed weggespoel het. Die oudste, en bestaande meul, was hierna die enigste watermeul op die dorp.

Dit is die enigste oorblywende watermeul in Suid-Afrika. Hy het tot die 1950's in werking gebly. Die maalmasjinerie is ongeskonde, maar die onderslag tipe houtwiel is nou staties.

Detail van die ou meulratmeganisme.



Ou watermeul voorgevel met monumentplaat.



Ou waterwiel.



KAROO COOKING - OSTRICH NECK STEW



Ostrich neck is an excellent alternative to oxtail, as it is similar in appearance when cooked, but with no fat!

- 100ml cooking oil
- 2kg ostrich neck, cleaned and cut up
- 2 large carrots, peeled and sliced
- 2 large onions, diced
- 1 bunch celery, sliced (no leaves)
- 3 large potatoes, peeled and cubed
- Sprig fresh rosemary
- 3 cloves garlic, crushed
- 4 bay leaves
- 4T tomato paste
- 1/2 bottle good red wine
- 6 to 8 cups water
- Salt and pepper to taste
- 1x410g can butterbeans, drained

In a large sturdy pot heat the oil until very hot and seal the meat until browned all over, about 8 to 10 minutes. Add the carrots, onions, celery, rosemary, garlic and bay leaves. Braise the vegetables until they are glazed about 5 minutes. Add the tomato paste and stir in. Add the red wine and bring to the boil. Add the water, cover the pot, turn down the heat to a simmer and cook for about one hour or until the neck is nearly cooked. Season with salt and pepper. Add the potatoes and cook for a further 30 minutes or until tender. Add the butterbeans and heat through. Serve with yellow rice.

YSTERS OP DIE PLATTELAND

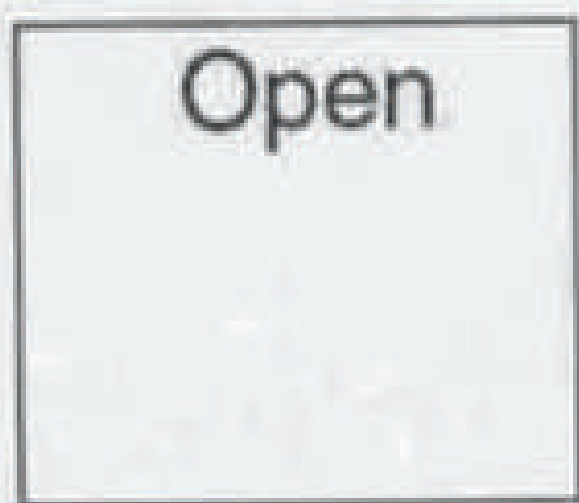
Na die sukses van Ysters op die Landgoed, is dit tyd vir 'n nuwe avontuur. In Ysters op die Platteland reis Herman Watney, Johnny Davids en Alwyn Hollenbach deur dorpie soos Swellendam, Montagu en Jacobsdal om die mense, stories en beskeie gholfbane te ontdek saam met die aardse sjarme wat die platteland so na aan die hartklop van Suid-Afrika hou. (dankie ROOIROSE)

Die span was onlangs op 22 en 23 September in Uniondale om 'n snit te skiet vir 'n komende episode by die gholfbaan. Die nuwe reeks begin op 4 Oktober om 18:30, kanaal 144 op Kyknet. Die Uniondale-gholfbaan sal later in die reeks verskyn. Hou die Ysters groep op Facebook dop.

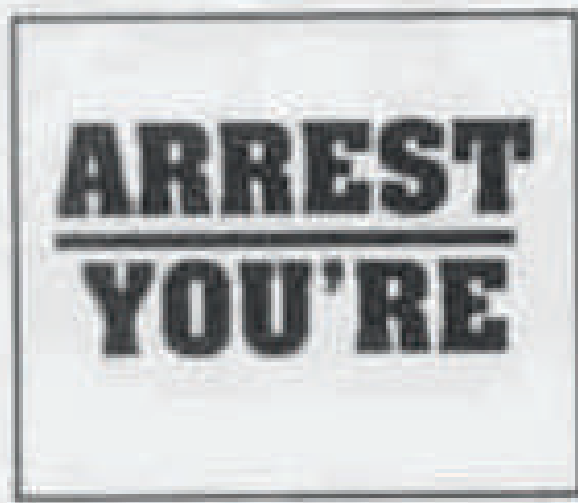


HIDDEN MEANINGS

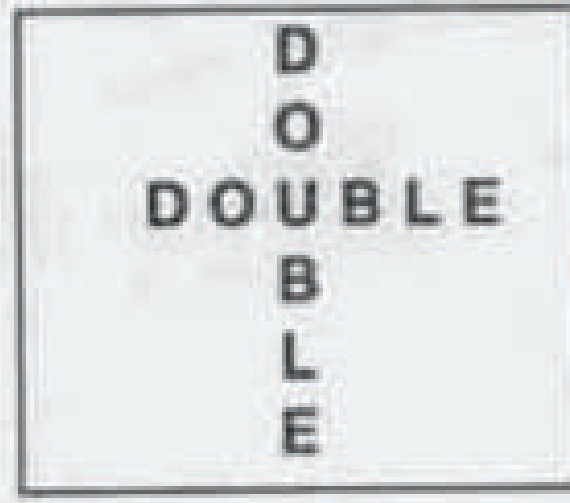
Figure out the meaning of each box below.



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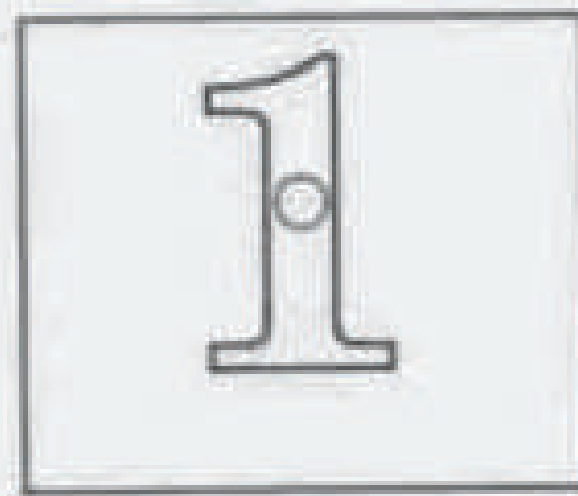
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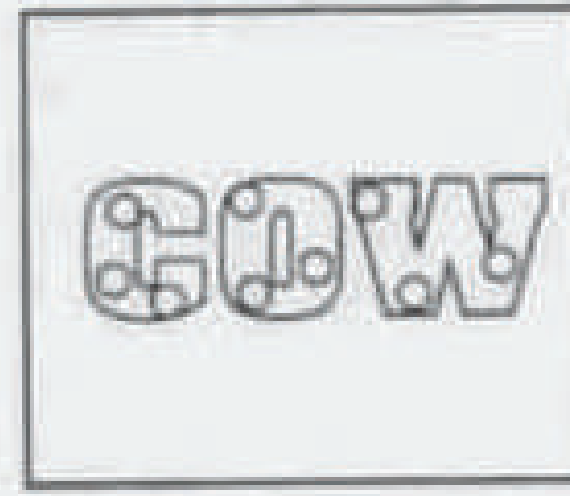
3. _____



4. _____



5. _____



6. _____



CLOUD OF THE MONTH 'the baby crow'



UNIONS IN THE DALE



55 year old writer from Cape Town, happy to relocate with the right incentive. No children, never been married and looking for love. I have had my fair share of disappointment and just want a beautiful girl - inside and out, to spend my life with. I'm just a simple guy looking for what everyone else has.

#scottishsoul

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.

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