



# ALL THE POSSIBILITIES

*A recent poll amongst some of the local residents revealed a strong need and desire for some of the missing opportunities that exist in town, to be filled. Top of the list was for clothing and shoe stores, followed by a yearly festival - music or food related, specialist stores and a monthly drive-in/outdoor movie event. Trailing only slightly was the need for a local parkrun, art and craft events, pop-up weekend shops, entertainment and activities for children. Not included in the poll, but ideas that were suggested later, were a barbershop, dentist, veterinarian, a bakery, a thrift store and a carwash.*

*The purpose of the poll wasn't just to gather information for an article, but to plant seeds into people's minds. If we use the poll votes to ignite an entrepreneurial fire, we could change the landscape of Uniondale. Just enough to make it a culturally richer, and more diverse and interesting pitstop for tourists, and a more convenient and satisfying shopping experience for locals. By making a commitment to shop local or to support small businesses we cycle money back into our community. Let this year be the year of possibility for Uniondale. The possibility of making things better.*

## **Feedback from the local community :**

*"A Parkrun needs to be manned by a certain amount of people to act as Marshalls every Saturday, come rain or shine. It is a weekly commitment."*

*"The town should firstly invest in the buildings on the main road, they really look bad. Secondly, can the local businesses not try to create more wheelchair friendly access? Another thing is that tourists coming into town want information, which buildings to visit, interesting local places to go to etc."*

*"I want to start some kind of event, but things in town are always so poorly attended. I really don't want to waste my time or money. There are no guarantees here."*

*"The Happy Hookers project worked so well, maybe that's the way to do it. As a co-operative business. Get 5 people together, start a clothing store and everyone works and contributes equally. Less pressure and many benefits. Buy from local seamstresses and start a real community clothing business."*

*"Remember that like many small rural towns, Uniondale is basically full of retirees that are happy with the way things are, or they wouldn't have moved here. You can come in and try to change things but it can be a challenge to change the status quo. Good luck in trying though, there is always room for improvement."*

# THE GARDEN REPORT

PLANT PROBLEMS, NATURAL NUISANCES AND GARDENING GAFFES HANDLED  
HERE!

YAY!

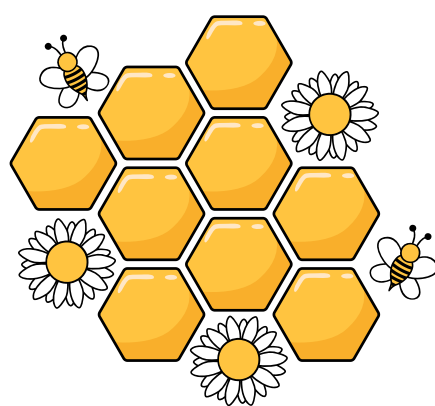
## What is Sceletium?



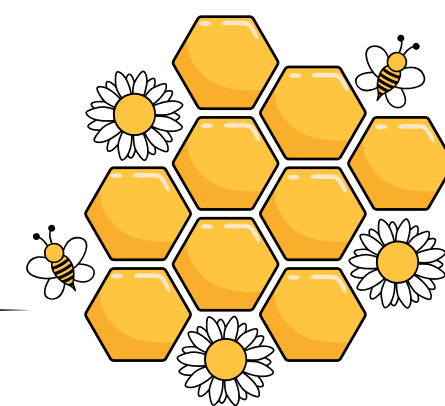
The Sceletium tortuosum plant, commonly called kanna, is a succulent, blooming ground cover used for mass coverage in areas where other plants often fail. Growing kanna plants hold the moisture necessary to live through the driest of summers. However, an Internet search indicates the plant is not used primarily as an ornamental.

According to some info, kanna is used medicinally in its native Cape Provinces of South Africa as a mood elevator and anti-depressant. South Africans chew the plant, which is also said to aid in weight loss and to quell the addictions of smoking and alcoholism. Some have called it the “happy plant.” Hello! This plant is also used in teas and tinctures and is sometimes even smoked along with other herbs. Unfortunately, the kanna plant is not often grown in cultivation, and information about kanna plants says it is dying out in the wild. One source encourages growers to attempt growing kanna plants so they can be saved from extinction. Kanna plant care is exacting when plants are young, though becomes minimal as the plants mature. Information about kanna plants indicates it is a low-growing shrub related to the ice plant. Attractive flowers vary in color from white to yellow and occasionally pale orange or pink. Blooms of the Sceletium tortuosum plant are spiky and appear similar to blooms of the spider mum.

Source Sceletium from our local plant guru - Ken Dodds.



## THE HONEY COMB



### The Adopt a Hive initiative. Not local but definitely lekker.

The Honeybee Heroes are a honeybee sanctuary - and education centre - in the heart of the Overberg. Their Ethical Conservation ethos focuses on preventing the decline of South African honeybees through sustainable and ethical beekeeping practices, in addition to community hive adoptions. They care for honeybees on behalf of all their wonderful supporters. Their Adopt A Hive initiative offers individuals anywhere in the world the opportunity to help honeybees, without the challenges of operating their own beehives.

Their hives are placed in permanent locations with the bees in mind - protected from predators and close to abundant food sources like eucalyptus trees, fields of fynbos, lavender, canola, and more! (nutritious, pesticide-free, year-round food for our tiny heroes).

When sponsoring a hive, they will set up a beautifully hand-crafted beehive with your name on it. You'll receive a personalised adoption kit, including six jars of their delicious, raw, farm honey - as a thank you from their resident bees! You'll receive updates on your hive, plus the opportunity to visit them, suit up in full beekeeping equipment, and visit your hive free of charge!

**WANT TO BOOK A VISIT, HAVE ANY QUESTIONS OR JUST WANT TO SAY HI? SEND A MAIL!**

**EMAIL: [INFO@HONEYBEEHEROES.COM](mailto:INFO@HONEYBEEHEROES.COM)**

**WHATSAPP: (+27) 76 242 3276**

**Hello  
Gideon!**



# THE MIBIRDS TALENT SHOW

We were very grateful and pleasantly surprised by the support our showcase received. The kids and teens had a blast performing for our audience. Ricky performed some of his spoken word poetry, and we even had some impromptu performances from the crowd! The art was gorgeous, including paintings, drawings, origami, and felt animal creations.

To top it off, Joe-Louis and Timuno from the band Psilk ended off our showcase with their acoustic set after traveling all the way from Oudtshoorn.

All in all, a fun, colorful, and impressive day of talent

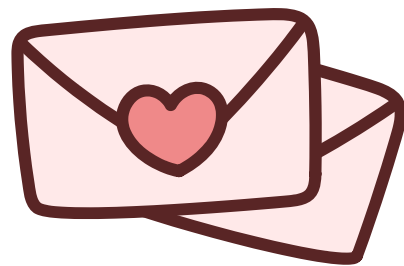


## AGONY AUNT

## UNIONS IN THE DALE



**Need guidance on a personal matter? Ask Susie! Send your issue via email to [theuniondalepost@gmail.com](mailto:theuniondalepost@gmail.com)**



**Dear Susie,**

My partner is 50 soon and he keeps talking to young women half his age in public when he's with me. He keeps helping young women in the supermarket, for instance the other day a young woman dropped a can of coca cola in the supermarket on the floor, and he quickly rushed to pick it up to talk to her. My point is she can pick up a can of coke herself, she's a young woman!! He doesn't help any men I've noticed and he doesn't help me either. He also keeps staring at young women that are his type and saying hi trying to let them walk past. He also let's them walk up and downstairs, and started shouting at me because I didn't wait for one young woman on the stairs, when I am 50 and struggle with stairs these days.

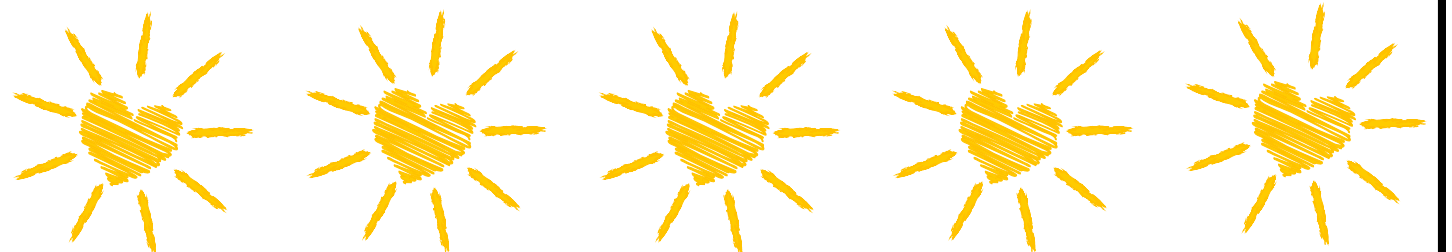
What is he trying to do? It seems like he does it constantly and when I mention it he shouts and does it more. Why is he doing this? I've had enough and want to leave.

**Dear writer,**

Your feelings are justified. He's acting like a jerk. He's acting like some men would if they weren't afraid of the consequences. It's sad that he ignores you. Honestly, the women he "helps" most of the time do not want that help coming from a guy who neglects his wife and objectifies them. From what you say, this staring at women thing is just the tip of the iceberg. Him not helping and ignoring you is the problem. These are just consequences.

You cannot control this man. You have told him how his actions make you feel, and what has he done? Escalated the actions. If he won't hear you, you need to leave. Disrespect is never okay.

I am a gentlemen in his late 70s, looking for a real lady to share what time I have left. I am healthy and active but with some restrictions, jumping and skipping are out of the question. I own a small guest farm near the Baviaans that provides a decent standard of living. I do however have an unusual hobby that often makes relationships complicated. Please message me or the editor for more information. You need to be strong of heart to handle my brand of interesting. #Idareyou



**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](mailto: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.**



# RECIPE OF THE MONTH



Roosterkoek (literally grill cake – say “roor-stir-cook” and try to roll those r’s!) is the traditional bread to accompany a braai or BBQ. The roosterkoek are simply balls of bread dough cooked on a grid over the coals, and are best eaten piping hot and straight off the grill. There are other traditional braai breads (e.g. potbread), but they require a cast iron three-legged pot with a flat base, whereas all you need for roosterkoek is some dough and a fire!

For those of you who want to perfect your roosterkoek skills, it may also be helpful to bear in mind the following hints and tips:

Make sure the dough is on the stiff side (reduce the liquid if necessary). If it is too runny, the dough is going to drip through the grid before the rolls have a chance to bake!

Get your braai grid as clean as possible if you are going to make roosterkoek – blackened reminders of the Ghosts of Braais Past clinging to your roosterkoek is not pretty or clever.

To stop the rolls from sticking to the grid, lightly oil your grid. Also make sure the rolls are shaped on a floured board so that they have a little flour clinging to the outside.

Be very careful with the fire you plan to cook these on. It should be neither too large (i.e flames licking the rolls!), nor too hot (black outside + runny inside = “No thanks, not really hungry today!”). Use the hand-over-the-coals endurance test – if you can hold your hand there for 10 seconds or more, you are probably OK. Also make sure that the coals are distributed as evenly as possible before putting the roosterkoek on the grid.

## ROOSTERKOEK

**INGREDIENTS :** 300 g plain flour  
10 ml instant yeast  
5 ml salt  
15 ml sugar  
30 ml sunflower oil  
180-200 ml warm water

**DIRECTIONS :** Mix the yeast and sugar together in a small cup together with a little of the warm water and stir. The mixture should foam after a minute or two. In a separate bowl, mix together the flour and salt, then add the oil and water while mixing continuously.

When the mixture comes together to form a dough, add the yeast and sugar and mix well.

Turn the dough out onto a lightly floured surface and knead for a few minutes. Place the kneaded dough in a lightly greased plastic bag or in a lightly greased bowl covered with a damp tea towel and allow to rise for about an hour, or until it has doubled in volume. Divide the dough into 12 roughly equal pieces and shape into slightly flattened balls on a floured surface. Place on a baking sheet and cover with clingfilm. Leave to rise for another 15 minutes.

Place the braai grid over evenly distributed direct coals and allow to heat for 5 minutes. Lightly grease the grid and place the rolls directly on it for about 15-20 minutes. Alternatively, place the baking sheet in an oven at about 180C/350F for 15-20 minutes. When half the cooking time has elapsed, turn the roosterkoek over. The roosterkoek are done when they are lightly browned, crispy on the outside and sound hollow when tapped. Remove from the fire/oven, split open and serve hot with butter.



# THINGS TO DO IN & AROUND UNIONDALE

By Louise Bell

A bite-sized wonder, Uniondale is a small town in the Klein Karoo that packs a punch where it counts. From its scenic landscapes to its rustic charm, there are various things to do in this area if you're visiting.



## Take a look at the Boer War Forts

As Uniondale is a significant town in South African history, visitors will have no problem finding relics of the past on their trip. During the Boer War, Uniondale had five British forts to protect the town against resistance. Four forts are still visible today and these historic structures can be located and viewed around the town itself.

## Admire the town's historic architecture

Uniondale is the perfect spot to immerse yourself in the art of slow living, which is why strolling through the streets is an excellent way to connect to your surroundings. You'll find a merriment of old buildings and impressive structures on Voortrekker Road. Noteworthy structures are the police station, built in 1891, and the quaint Anglican Church, constructed in 1876.

## Walk around Kammanassie Nature Reserve

If you want to venture out of the town and into the surrounding natural beauty, Kammanassie Nature Reserve is the perfect attraction. A mere 10 km from Uniondale, you'll find yourself weaving your way through streams and fynbos on your adventure.

Wildlife lovers will be thrilled to learn that these grounds are home to a kaleidoscope of birds, butterflies and even the endangered Cape mountain zebra. Within the vicinity, you'll also find trails you'll be able to explore and venture on to enjoy everything this nature reserve has to offer.

# UAS END OF YEAR ART DISPLAY



## THE QUEEN BEE HIGH TEA

Op Dinsdag oggend, 2024-12-10 het Uniondale SAPD, in samewerking met ander rolspelers 'n QUEEN BEE HIGH TEA gehou waar ons gefokus het op "vulnerable groups" - older persons. Die doel van hierdie program was om bewusmaking te loots rakende algemene veiligheid as ouer persoon, veiligheids wenke, mental en spiritual well-being, en ons het ook inligting verskaf rakende gesinsgeweld en die proses van 'n beskermings bevel. Dit is elkeen se verantwoordelikheid om misdaad te rapporteer. Al is dit net om iemand anders se onthalwe. Saam kan ons 'n verskil maak en 'n lewe red. Breek die stilte.

Tannie Bet Maart van Haarlem, was gekroon as Queen Bee. Sersant R Boshoff het daarna n verrassings kroning gehad. Brigadier Belinda Pather, die Deputy District Commander, was gekroon as die Distrik se eie Queen Bee. Haar toewyding, liefde en passie vir haar beroep(roeping) en vir haar medemens word opreg waardeer. 'N mense-mens wat haar rang as Brigadier in haar hart dra.

Die dag was afgesluit met heerlike versnapperings en vele meer verrassings.

Baie dankie aan elkeen wat hierdie dag moontlik kon maak. Dit was inderdaad 'n groot sukses met 'n positiewe impak op ons senior burgers.



A Uniondale Post Initiative



## THE KAROO ROCKS! PROJECT



*Hello Uniondale!*



Take a rock home with you, leave it somewhere cool or share the love and leave it with someone. Just please send us a pic, so that we get to share in the Hello Uniondale! journey.

How far can our town travel? You tell us! Send a photo of your rock's adventures and we'll post it on our Instagram page. Plus rocks are allowed in carry on luggage! So you really have no excuse.

WHATSAPP YOUR ROCK PIC TO +27 741912114. FOLLOW THE KAROO ROCKS GALLERY ON INSTAGRAM@theuniondalepost

*From here*  *to there*

THE KAROO ROCKS! PROJECT - MAKING THE WORLD A SMALLER PLACE.

The Uniondale Post has baskets at various businesses in town, containing our painted and labelled rocks. A way for visitors to Uniondale to take a piece of The Karoo home with them. Our stickers have QR codes on them so that they link up instantly to our Instagram page, where anyone can follow all the journeys of all the rocks that leave here. If you would like a basket of KAROO ROCKS! at your business or guesthouse, please contact us and we will help you get started.

## SIGNS SEEN IN THE WILD



### RIDDLES

Two men are in a desert. They both have backpacks on. One of the guys is dead. The guy who is alive has his backpack open and the guy who is dead has his backpack closed. What is in the dead man's backpack?

A barrel of water weighed 60 pounds. Someone put something in it and now it weighs 40 pounds. What did the person add?

### ADVERTISING RATES

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

I DON'T CALL THEM  
NEW YEAR'S RESOLUTIONS.  
I PREFER THE TERM:  
CASUAL PROMISES  
TO MYSELF THAT  
I AM UNDER NO LEGAL  
OBLIGATION TO FULFILL



### CONTACT US



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or  
Kiewiet 0835608294 (the Afrikaans connection)

