



## HEART AND SOUL

On the 9<sup>th</sup> of May the ACVV (Afrikaanse Christelike Vrouevereeniging) held a mothers day event at The Alwyn restaurant in Uniondale. There were heartfelt tributes dedicated to the profound influence and invaluable nurturing of our all - important mothers. The event however wasn't just a tea and cake gathering (although that part was immaculately catered) but a deeply soulful and spirited coming together of a group of women that sang and danced and celebrated each other. Committed to a common cause, the importance of the work they do did not however stop the social branch of the organisation from showing everyone there how to celebrate in style.

The ACVV is an organisation that started in 1904 in Cape Town, one of the oldest non-profit organisations in the social services field. It started as a way to provide aid to people who were affected by the Anglo-Boer war.

<sup>[1]</sup> Local women started raising awareness of the fates of women and children that were affected by malnutrition and starvation. It is believed that a kindhearted farmer from Caledon even sent two cows to Cape Town to provide milk for the children. The ACVV then mobilised and held their very first meeting under an oak tree in Paarl. They have come a long way since then, from those humble beginnings the ACVV's services have grown and transformed from emergency relief, primary health care and educational services to comprehensive social work and child protection services for children and older persons. Over decades they have expanded their footprint from a few women to one of the largest welfare organisations in South Africa.



Thank you Davkor, the Hungry Ghost & Uniondale Pharmacy for your support!





# THE PLANT REPORT



## South Africa's Succulent Smuggling Crisis: The Threat to the Karoo's Unique Biodiversity PART 4

### THE SCALE OF ILLEGAL SUCCULENT SMUGGLING

The illegal trade in succulents has escalated to industrial levels, particularly targeting the Karoo. Organised criminal networks, often working in collaboration with international buyers, are known to send poachers into the region to harvest these plants illegally. They are uprooted from the wild in large numbers and smuggled out of the country, primarily to collectors in Asia, Europe, and North America. Once outside South Africa, these plants are sold for exorbitant prices, far beyond their local value.

South African authorities report that the illegal smuggling of succulents has reached crisis levels. The environmental department has observed a sharp rise in poaching activities, with thousands of plants confiscated each year in efforts to curb the trade. In some cases, poachers have been caught with hundreds of plants at once, all destined for overseas markets. In one instance, a South Korean man was arrested in possession of over 2,000 plants. What makes this smuggling particularly alarming is that many of the species targeted are slow-growing and extremely fragile, making their removal from the wild potentially devastating for their populations.

Dr. Carina Bruwer, Senior Researcher at ENACT Southern Africa, notes that policing the illegal succulent trade faces several challenges. These include a lack of resources and staff, particularly within police forces and environmental departments, which are overwhelmed by the volume of confiscated plants. Allegations of corruption, especially in the Northern Cape, further weaken enforcement efforts, leaving much of the response driven by stakeholders in the Western Cape.

Another significant challenge is the misalignment between South Africa's national and provincial environmental laws. This inconsistency weakens protection for at-risk species and hampers enforcement across regions, making it difficult to combat the illegal trade effectively. Moreover, the illegal succulent trade is part of transnational organised crime, but the country's response remains mostly domestic, highlighting the need for greater international cooperation. Finally, the socio-economic factors driving the illicit market also need to be addressed, with efforts focused on developing a formal succulent economy to curb illegal harvesting.

### ENVIRONMENTAL AND ECONOMIC CONSEQUENCES

The illegal extraction of succulents from the Karoo poses significant threats to local ecosystems. Many of these plants are integral to the survival of the region's flora and fauna, providing shelter and sustenance to various species. The removal of large numbers of succulents disrupts these delicate ecosystems, leading to soil erosion, loss of biodiversity, and changes in the local microclimate. Furthermore, the depletion reduces the Karoo's environmental resilience against climate change, a factor already threatening the survival of many species in this arid region.

In addition to environmental damage, the illegal succulent trade undermines the economy of the Karoo. Local communities, which could benefit from sustainable tourism or legal plant trade, lose out to criminal networks that exploit these plants for short-term profit. Moreover, the illegal trade diverts potential revenue from conservation efforts and legal businesses.



## “GIF OF GOED” (2)

*Dicerothamnus rhinocerotis* (voorheen *Elytropappus Rhinocerotis*)(*Rhenosterbos* {Ned}, *Renosterbos* {Afr}) kom voor in Renosterveld in die Suid-Westelike Kaapprovinsie maar is ook wydverspreid te vinde tot so ver as Molteno in die Ooskaap en selfs tot in Namibië. Dit is ‘n medisinale plant in tradisionele Afrika genesing, maar word deesdae selfs as ornamentele plante in tuine gevestig agv sy droogte toleransie en die feit dat dit inheems is aan Suid-Afrika. Dit word ook in natuurlike landskap ontwikkeling en habitat restorasie areas geplant. Die plant is bitter en baie harsagtig. Die aktiewe medisinale bestanddeel is rhinoterotinoiese suur wat anti-inflammatoriese eienskappe besit.

### MEDISINALE GEBRUIKE:

- Die jong punte van die takke word gebruik in die behandeling van sooibrand, maagsere, eetlus stimulasie asook spysverterings probleme en selfs maagkanker. Die blaarpunte word gewoonlik by wyn of brandewyn gevoeg, verhit en gedrink.
- Infeksies: Word gebruik om diarree en disenterie asook vel infeksies te behandel. (fyn takkies)
  - Nier en blaasprobleme: Gebruik om nier en blaas stene te behandel (infusie)
  - Ander: Behandel asma, hoes, verkoues, koors, rugseer en pynlike bene
  - Inflammasie: Gebruik om algemene inflammatoriese toestande te behandel
- Voetreuke en sweet: Vars gesnyde takkies in die skoene behandel en voorkom sweet en onaangename voetreuke. Voete gehou in die rook van ‘n renosterbos vuurtjie verlig jeukende en brandende voete en verlig voetskimmel.

Die brand van takke en stompe verdryf suigende en bytende luise in woonhuise. Groot hoeveelhede van die plant materiaal is in huise gebrand tydens die 1918 griep epidemie – gedokumenteerde anekdotes vertel dat die mense byna nie die erge rook inaseming oorleef het nie, maar dat daar wel ‘n groot hoeveelheid wat die praktyk beoefen het nooit siek geword het nie. Droë stompe van die renosterbos geniet voorkeur as brandhout agv die geur en rooksmaak wat dit aan kos wat voorberei word op oop vure verskaf. (Ek kan darem self getuig dat ‘n Klein-Karoo lamtjoppie vorentoe smaak gebraai op renosterbos stompies.)

Die Renosterbos besit allelopatiese eienskappe. Dit beteken dat die bosse nie ander plantspesies, asook selfs sy eie spesies, geredelik onder of naby hom laat ontkiem en groei nie. Die gevolg is natuurlik dat renosterbos wat onversteurd gelaat word, en nie deur brande vernietig of uitgeploeg word nie digte byna ondeurdringbare areas vorm. Die areas is natuurlik die ideale habitat vir muise, hase, kleiner predatore en ‘n hele weermag insekte.

### GIF OF GOED: RENOSTERBOS HET GEEN TOKSIESE EIENSKAPPE NIE EN DIE LEGIO TRADISIONELE MEDISINALE GEBRUIKE MAAK DAT DIT VIERKANTIG IN DIE “GOED” KATEGORIE VAL.

En onthou: Oom of tannie as jy jou seer of jeukende voete in ‘n renosterbos hout vuurtjie wil hou - in die rook NIE die vlamme nie anders word jou “Crocs” dalk permanente plakkies. So van plakkies gepraat - volgende maand kyk ons na ‘n plant ( in die volksmond bekend as die “plakkie”) wat geag word as een van die grootste sondaars in die veebedryf in die Klein-Karoo. Kan daar dalk ook iets goeds in die mooi plant steek of is hy net gif.

Let wel: Die gebruik van enige tradisionele medisyne soos aangedui in die artikels word op eie risiko gedoen en die redaksie beveel aan dat jy die gebruik slegs in oorleg met jou geneesheer sal oorweeg.





*Father's  
day*

**HUNGRY  
GHOST**

15 JUNE 2025  
12:00 - 14:30  
R200P.P

## MENU

### STARTER

Choose 1

Fried fish with tartar sauce

Russian Flower Bun

Pizza with Biltong/Brie/Fig

### MAIN COURSE

Choose 1

Stickey Wings with Steak

Stickey Wings with Ribs

Served with Chips & Salad

### DESSERT

Choose 1

Chocolate pudding with Custard

Chocolate Pizza

Waffle with cream or ice cream,  
syrup and chocolate sauce

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GIFT FOR ALL FATHERS

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### DIE PLAASKIND SUNDAY LUNCH

Crispy Karoo lamb tjops with a hint of rosemary

Delicious mixed rice

Potato bake with a twist

Cauliflower with a creamy white cheese sauce

Roasted sweet potato

Crispy fresh salad

Desert Options

A traditional South African spiced Cape Brandy pudding with  
thick home made custard

or

A moist Red Velvet Cake with cream cheese icing

You are welcome to bring your own wine.

Book via whatsapp 066 439 8830



## NEW EATERY OPENS IN UNIONDALE

**4 JUNE**

**YAY!**



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Opening its doors on June 4, Field and Vine brings a fresh new take on casual dining, with a focus on local farm produce, house-baked breads and desserts, and a thoughtfully elevated menu that blends comfort with creativity.

Perfect for brunch lovers, event hosts, or anyone seeking something special, the menu features an array of breakfast and lunch favorites, artisan charcuterie boards, and seasonal dishes crafted with ingredients sourced from nearby farms. "We wanted to create a space where people could gather, eat well, and feel connected—to each other and to the food," says Chef Whitney Belcher, who studied Nutrition before following her passion for creating wholesome, beautiful meals.

With an emphasis on fresh, locally-sourced ingredients and a warm, welcoming atmosphere, Field and Vine is the perfect setting for everything from birthday brunches to relaxed weekday lunches.



# LET'S TALK ABOUT VACCINES!

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to provide you with accurate information and safe, effective vaccines.*

*We are here to help you stay safe and healthy*



## VERSPREI DIE LIEFDE



Uniondale het 'n paar baie oulie mense wat liefdadigheidswerk vir Rooikruis Hospitaal in Kaapstad sowel as in Willowmore, 'n tandoarts in George en 'n kerk in Lyonville doen. Ons is baie dankbaar vir die toewyding en sorg waarmee Oumies en haar man Fanie, na die verskillende gemeenskappe omsien. Laura en haar vriendinne gee ook baie van hulle tyd en dra hulp by. Rooikruis Hospital het al klaar 200 teddy bere en 50 paar handskoene ontvang. Oumies is nou van plan om bed sokkies ook te maak vir die Rooikruis Hospital. Dit vat ure se werk en opoffering en 'n hulpende hand is nou nodig.

Hulle is opsoek na ou kussings vir die stopsels, asook wol in enige kleure. (As enige iemand stukkies 'batting' het, sal dit baie waardeer word). Oumies & Fanie sal baie dankbaar wees vir enige bydra.

Bel Omies by cell 0722617881.

## EN NOG LIEFDE

Die Lions Klub het onlangs 'n projek gehad waarin hulle span van hoofsaaklik bejaarde vrywilligers, serpe vir die Hoerskool matrieks gebrei het. Die tee aan die einde van die projek saam met die hele breispan was n groot sukses. Al die serpe was klaar gebrei en gereed om oorhandig te word. Die tweede jaar dat die matrieks aan die ontvangkant van hierdie vrygewigheid was. Die oorhandiging het by die hoerskool later plaasgevind, en daarmee was die projek afgesluit vir die jaar. Almal betrokke wil graag net dankie se vir die 2 Lions Klub dames wat gehelp het met die eetgoed en die tee se bediening. Dit was regtig 'n dag om allerhande prestasies te vier.

'n Paar van die dames saam met die Matriekklas van 2025 na die uitdeel van die serpe en 'n uitstekende motiveringspraatjie deur tannie Aletta.





## THE KAROO MEETS CHELSEA



One of the most intriguing gardens at Chelsea Flower Show this year is the Karoo Succulent Garden brought to the show by the Newt in Somerset and sister property Babylonstoren in the winelands of South Africa. The Karoo is a biodiversity hotspot with an exceptional variety of succulents numbering about a third of the world's 10,000 succulent species, and this garden seeks to recreate its craggy landscapes, and display some of the fascinating plants of the region. While it may seem far removed from the average British back garden, it tells an important story, showcasing the extraordinary, drought-tolerant flora of the region, and highlighting the importance of waterwise gardening as our climate changes. It also emphasises the urgent need to conserve and celebrate our native flora wherever we are in the world.

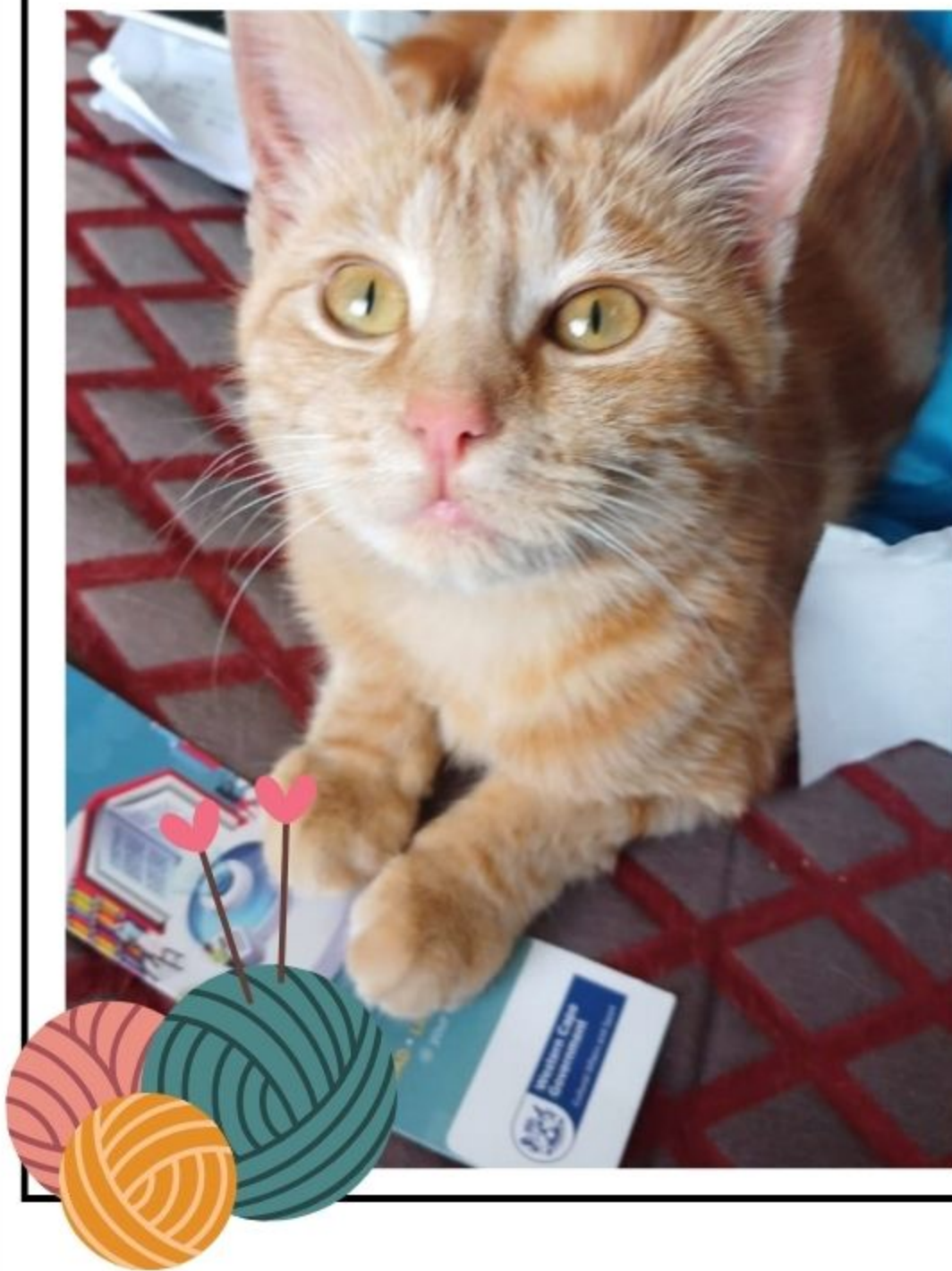
The garden creates quite a stir in the middle of leafy Chelsea with its barbed plants and arid landscape. A phalanx of quiver trees (*Aloidendron dichotomum*) perched high on a shale bank draws people in as they reach the end of Main Avenue, looking bizarrely out of place yet at the same time very much at home under the blue skies of this sunny spring. Their weird, sculptural branches explode outwards, each branch culminating in a spiky aloe. 'You can walk right through the middle of the exhibit so it feels very immersive,' says Katie Lewis, Estate Architect for the Newt, and co-designer of the garden. 'We really hope people will feel as if they have been transported to another place.'

Structural plants such as the South African butter bush (*Tylecodon paniculatus*) and the acid green succulent spurge, *Euphorbia mauritanica*, stand out dramatically against the earthy red-brown of the rock and sand; others, like *Lithops* (living stones) or *Haworthia* species nestling in rock cracks and at eye level along a quartz-strewn ledge, need closer observation. These are plants that we are familiar with as house plants, more likely to be seen in a hanging indoor planter than in an outdoor situation, so it is fascinating to see them in their natural habitats.

*At Chelsea, this head-turning garden provides something markedly different from the rest of the gardens at the show, educating visitors about the incredible diversity of global flora and highlighting the importance of conserving species that may be on the verge of disappearing because of climate change. This amazing collection of plants will be returning to the Newt after the show, where they will be displayed in a new succulent house to bring a slice of South Africa to rural Somerset.*

**CLARE FOSTER**

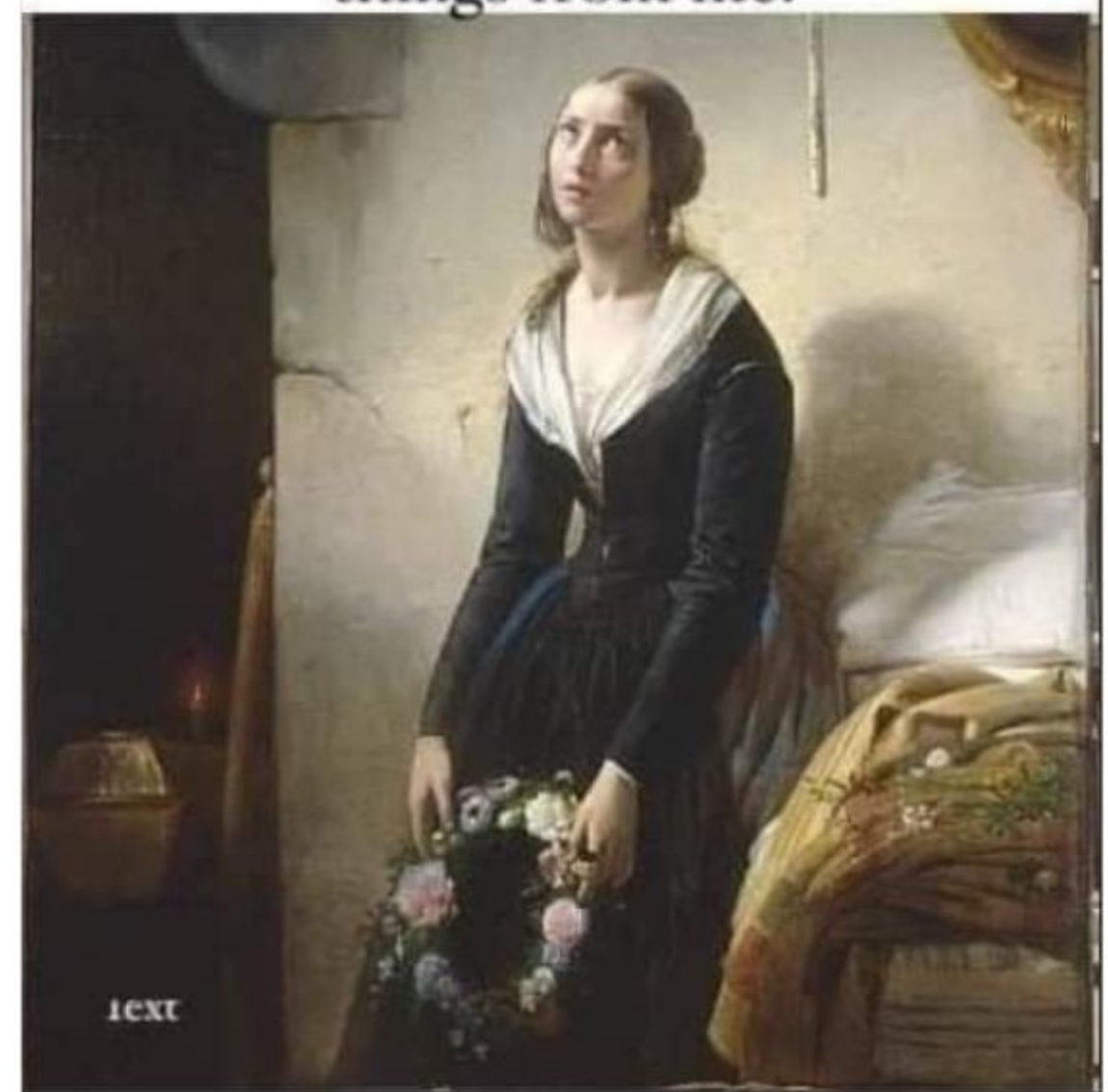




WE LOVE IT  
WHEN A  
STRAY FINDS  
A HOME,  
THIS IS KATY  
WHO MOVED  
IN WITH  
MONIKA  
FROM THE  
WOOL SHOP.



When it's morning and people  
are using words and expecting  
things from me.



## LAST MONTH'S CROSSWORD SOLUTION

|    |    |    |   |    |    |    |    |    |   |   |    |    |    |    |    |    |   |   |
|----|----|----|---|----|----|----|----|----|---|---|----|----|----|----|----|----|---|---|
| 1  | E  | L  | A | M  |    | 5  | A  | B  | E | S |    | 9  | M  | O  | S  | T  |   |   |
| 13 | D  | A  | L | I  |    | 14 | L  | O  | G | O | S  |    | 16 | A  | R  | I  | A |   |
| 17 | D  | I  | A | L  |    | 18 | A  | N  | G | S | T  |    | 19 | E  | A  | R  | N |   |
| 20 | A  | R  | I | L  |    | 21 | N  | U  | S |   | 22 | A  | I  | S  | L  | E  | S |   |
|    |    |    |   | 24 | 25 | I  | S  | I  | S |   | 26 | T  | R  | O  | T  |    |   |   |
|    | 27 | 28 |   |    |    |    |    | 29 |   |   |    |    | 30 | 31 | 32 |    |   |   |
|    | C  | O  | O | L  | S  |    |    | F  | U | T | U  | R  | I  | T  | Y  |    |   |   |
| 33 | B  | U  | N | N  | Y  |    | 34 | L  | I | N | E  |    | 35 | O  | G  | R  | E |   |
| 36 | O  | T  | E |    |    | 37 | O  | I  | L | E | D  |    | 38 | L  | I  | L  |   |   |
| 39 | L  | E  | I | 40 |    | 41 | N  | O  | E | S |    | 42 | 43 | S  | H  | O  | A | L |
| 44 | O  | R  | N | A  | 45 | M  | E  | N  | T |   | 46 | S  | P  | O  | O  | L  |   |   |
|    |    |    |   | 47 |    | D  | E  | E  | S |   | 48 | M  | O  | A  | T  |    |   |   |
| 49 | 50 | 51 |   |    |    |    |    | 52 |   |   |    |    | 53 | 54 | 55 | 56 |   |   |
|    | M  | E  | A | N  | L  | Y  |    | S  | A | C |    |    | H  | A  | S  | H  |   |   |
| 57 | A  | P  | S | E  |    |    | 58 | 59 |   |   |    |    | 60 |    |    |    |   |   |
|    |    |    |   |    |    |    | E  | T  | H | I | C  |    | E  | S  | T  | E  |   |   |
| 61 | N  | E  | S | S  |    |    | 62 |    |   |   |    |    | 63 |    |    |    |   |   |
|    |    |    |   |    |    |    | D  | R  | O | N | E  |    | A  | W  | O  | L  |   |   |
| 64 | S  | E  | T | S  |    |    |    | 65 |   |   |    |    | 66 |    |    |    |   |   |
|    |    |    |   |    |    |    |    | E  | D | E | R  |    | D  | E  | A  | L  |   |   |

Hyphenated.  
Non-hyphenated.  
The irony.

## ADVERTISING RATES

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