

Henley Herald

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FREE

January/February 2026

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HEADING 2 HENLEY

TOURISM

What's it all about?

Received
Heading2Henley is a tourism initiative, aiming to create a singular, free, point of information for neutral exposure to the community ... for the community. We want to share the beauty of Henley-on-Klip, by announcing events, using old school methods and social media.

A group of passionate residents, and business owners, are resolute on promoting the Henley way of life. To ensure that the existing community, and visitors, enjoy what our quaint village offers. We want to showcase diversity, business and sports and cultural events, keeping our platform as a running billboard for our residents and potential

newcomers.

One of our enthusiastic members shares: **The quote from John Donne that "No man is an island" has never felt more true than it does today. It took the isolation of COVID for me to truly understand the meaning of community. In the midst of loneliness and uncertainty, a light shone through — the Henley Performing Arts (HPA).**

Through small acts of kindness, regular check-ins, and an unwavering love of performance, we helped each other weather those difficult times. When the world reopened, we were not just ready to perform again — we were ready to reconnect, to bring

laughter, music, and joy back to our stage and our streets.

Clubs and societies like HPA are the lifeblood of small communities. They remind us that connection isn't built on proximity alone, but on shared moments — a show here, Father Christmas at the Christmas Carols, a panto skit for the kids, and an original production taking shape for next year.

Because in the end, it's not just about putting on performances. It's about keeping the spirit of our community alive — one curtain rise, one shared laugh, one heartfelt song at a time.

That same spirit now extends beyond our local stage. As

Heading2Henley works to showcase all that our village has to offer, the HPA plays a vital role in bringing its creative heartbeat to life. Together, we're not only entertaining our neighbours — we're inviting visitors to experience the warmth, talent, and community that make Henley more than just a place on the map. It's a place that performs its own story — proudly, passionately, and for all to see

To follow Heading2Henley (H2H), join the Facebook page, or contact Denise, 082 576 3212, to be joined to the WA group.

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Editorial submissions are welcome, contributions are subject to editing. Anonymous articles will not be considered. Contributions can be e-mailed to editor@henleyherald.blog

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Councillor's Corner

Compliments of the season to all our Henley Residents, may the new year bring health and happiness. The festive season was over far too quickly, just as we were getting into relax mode it was back to work.

We experienced a lot of rain in December which for Henleyites meant power problems and an exponential growth in the number and size of potholes.

Those of us who have lived in Henley for some time know that weather and power are a recurring problem. Eskom has been the provider of electricity in our area since the mid 1950s. Cabling was done above ground (cheaper) because the stands were large and it was a low density area. In the last 10 years Midvaal has allowed owners to

subdivide thereby creating high

density zones which have exacerbated the problem. Eskom don't have the money to upgrade the system and it will take a long time for the power problem to be sorted out. For newer residents please remember that Eskom is your provider and not MLM. When reporting faults use the Eskom app, Alfred.

Potholes are being repaired, weather permitting. When potholes are wet they cannot be filled. Please keep reporting potholes on the Midvaal app so that the roads department know where they are ... help them to help you!

Parks and pavements will also be cut in due course. Midvaal is an extensive area and there are 15 wards where each councillor

is demanding that his/her area is mowed first. Please be patient.

This morning I stopped at one of the waste collection points and watched the ever growing number of pickers at work. I was astounded by the number of households that don't recycle. If you recycle for collection on Wednesday there would be less for the pickers and less for the MLM to collect on a Thursday.

As this is an election year I am going to keep plugging the need to register to vote. If you have recently moved into the area please change your address on the IEC website. Until next month be nice and have patience.
Tony Dickinson

Midvaal Local Municipality By-laws: Noise Levels and Notice Requirements

By Jacolien De Bruyn, All About Homes Real Estate

Midvaal Local Municipality regulates noise through a combination of municipal by-laws and land-use management regulations aimed at protecting residents' right to peace, health, and enjoyment of their properties. While Midvaal does not currently publish a standalone Noise Control By-law, noise is addressed under broader nuisance, environmental, and spatial planning regulations.

Residents can access all adopted municipal by-laws on the official Midvaal website: (<https://www.midvaal.gov.za/by-laws/>)

How Noise Is Regulated

Noise is treated as a public nuisance when it unreasonably disturbs the comfort, peace, or well-being of another person. This includes loud music, machinery, parties, commercial activities, or any sound that interferes with normal living conditions, particularly in residential areas.

The Spatial Planning and Land Use Management By-Law (SPLUMA) requires that noise,

vibration, odours, and similar disturbances be considered when land use or development applications are submitted.

Applicants must disclose whether their activities may cause noise impacts and whether a property is located in or near a noise-sensitive zone. (<https://www.midvaal.gov.za/wp-content/uploads/2025/03/Midvaal-Spatial-Planning-Land-Use-Management-By-Law.pdf>) This process ensures that potential noise impacts are assessed before developments or businesses are approved.

Notice Requirements

Midvaal follows a notice-based enforcement approach:

-Public Notices: When new by-laws or amendments are proposed, the municipality publishes public notices inviting residents to comment. These notices are available at: (<https://www.midvaal.gov.za/notices/>)

-Compliance Notices: If a noise complaint is received and investigated, municipal officials may issue a written notice instructing the responsible party to reduce or stop the noise within a specified timeframe. Failure to comply may result in fines or

further enforcement action.

Acceptable Noise Levels Although Midvaal does not list specific decibel limits in its by-laws, enforcement generally aligns with South African municipal noise control standards applied across Gauteng. **In residential areas, acceptable noise levels are typically around 55 dBA during the day and 45 dBA at night.** Noise that exceeds ambient sound levels or occurs during sensitive hours may be classified as a disturbance.

Why These Rules Matter Noise regulations help balance residential living with business, social, and community activities. Awareness of notice requirements and compliance responsibilities allows residents and businesses to avoid conflict, penalties, and legal disputes while supporting a peaceful living environment. For official documents and updates, residents are encouraged to consult the Midvaal Municipal website regularly.

Learn more from All About Homes Jacolien de Bruyn, at 072 326 5589.

To share your business, expertise, writing, or learn more reach out at editor@henleyherald.blog, here's to a fantastic 2026



Henley Business Focus: About Pine

Introduce us to About Pine, how long have you been operating?

About Pine is a specialist pine furniture retailer based in Henley on Klip. While this specific store has been operating for six years, our family's roots in the pine industry date back to 1982. I took over the business nearly three years ago, continuing a legacy that began with my grandparents' first store, Hyper Pine, in Vereeniging. This isn't just a business to me; it's a craft I've been immersed in since childhood. It's sentimental.

When did you move to the About Time Corner?

We opened our doors at the About Time Corner in

November 2019. Launching right before the pandemic was a massive challenge, but we successfully navigated the lockdowns and saw the business take off as soon as they lifted. We've been a fixture at this corner ever since.

What changes are you excited about for the future?

The most critical change is our new partnership with a far more reliable production team with faster lead times and better quality pieces. This shift has allowed us to move past previous supply setbacks and focus entirely on quality and design. I am excited to introduce a more modern, contemporary range of furniture to our

customers. We are combining the durability pine is known for with updated styles that better suit today's homes and businesses. Also, we're now able to accommodate custom designs, that opens up a whole world of possibilities!

Contact us on 0722940956 today, or visit the store at About Time Corner, 3 Ewelme Drive, Henley on Klip.

Thank you to Skye Pelsler for answering our questions and if you want to share your business reach out to editor@henleyherald.blog.



Chelsea Cooper-Venter - representing The Lions, Grant Neve - President The Lions (present for donation handover), Petrus van Heerden - representing Rotary, Debbie Robertson - President Rotary (present for donation handover), Inge la Barre - Treasurer, Sharon Hewer - Secretary, Tony Dickinson - representing Midvaal, Robert Hewer - Chairman

From the WAM Committee

from the WAM committee
As we step into 2026, the WAM Committee would like to welcome you and wish you a happy, healthy and prosperous New Year.

Thank you to every single person who joined us at Henley WAM 2025 and helped make it such a wonderful success.

Because of your support, we were proud to donate R25 000 each to the Lions of Henley-on-Klip and the Rotarians of Henley-on-Klip, directly supporting the incredible charity work they do in our community.

image courtesy WAM Committee, continued page 4.

»»» Soul Ties Dance Academy and Flex Flow Pilates Studio **«««**
invite you to move into 2026 with purpose, balance and confidence.

ALIGNED FROM WITHIN



From Baby Ballet to Modern, Jazz-ed and Contemporary dance, Soul Ties welcomes all ages and abilities in fun, expressive classes
Flex Flow Pilates offers Mat and Reformer Pilates with small groups of just 6, ensuring quality instruction and mindful movement

CONTACT US

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Naturally Debbie: START 2026 THE FRESH, HEALTHY WAY



By Debbie Firbank

The beginning of a new year offers a natural opportunity to slow down, reset, and take better care of ourselves. After the busyness of the holidays, many of us are looking for simple, sustainable ways to feel healthier, more energised, and more balanced. One of the most powerful places to start is with the food we choose every day.

By prioritising fresh, organic, and locally sourced foods, we

give our bodies the nourishment they need to function at their best. Whole foods in their natural state are rich in vitamins, minerals, and antioxidants that support digestion, immunity, and overall wellbeing. When meals are made simply and thoughtfully, food becomes more than fuel – it becomes a form of self-care.

Reducing or eliminating highly processed foods and refined sugars can make a noticeable difference to how we feel. Many people experience steadier energy levels, improved focus, better sleep, and reduced inflammation when they return to real, honest ingredients. Eating well doesn't have to be complicated or restrictive; it's about choosing foods that work with your body rather than against it.

Healthy living also extends

beyond what's on our plates.

Taking the time to prepare nourishing meals, shop mindfully, and enjoy food without rushing creates space for calm and connection in our lives. These small, intentional habits can have a big impact on mental and emotional wellbeing, helping us feel grounded and supported throughout the year.

Choosing local produce brings added benefits. Food that hasn't travelled far is often fresher and more nutrient-dense, and supporting local farmers and artisans helps strengthen our community while reducing environmental impact. It's a way of caring for ourselves while also caring for the place we live.

Let Fresh Fridays 2026 be a gentle weekly reminder to slow down, tune in, and choose food that truly nourishes you. By making consistent, mindful choices, healthy living becomes less about perfection and more about feeling good, inside and out.

You can find beautiful fresh veggies every Friday at Breathe Natural Health @ Bass Lake supplied by local farmers including organic. We do have a WhatsApp group that publishes a weekly availability list early in the week to allow you to preorder to avoid disappointment.

Breathe suppliers include:
Woods Cheese - Cow and Goats milk Cheese
Crazy Crow Creamery - Beautiful Butters and homemade Mozzarella balls
Kates Heavenly Sourdough and Gluten-free Breads
Campbells Fast and Fresh Boshoff raw honey
Bobbys Organic seasonal vegetables and fruit
Eggs - trays of 30 free range and 18 organic
A variety of organic grown preserves and jams

Join the Breathe Natural Health WhatsApp group by scanning the Qr Code

From the WAM Committee

Continued from page 3_ We are especially excited to see the impact already being made. The Lions have used part of the donation to assist Weeds and Seeds, a non-profit organisation in Meyerton, with essential garden tools and solar sensor alarms. This project empowers local families to grow their own vegetables, gain valuable training, and help feed both themselves and the wider community.

In addition, we were honoured to support local community services with donations of R2 000 each to Henley@Heart, CPF,

and Red Ops. Thank you for the vital role you play in keeping our community strong and safe. Your presence at WAM truly makes a difference. **We can't wait to welcome you back for an even bigger and better Henley WAM 2026 — celebrating Wine, Art, Music, and community once again. Thank you for being part of the WAM family.**

From The Rotary Club of Meyerton/Henley on Klip: the Rotary Club of Meyerton/Henley on Klip sincerely thanks the WAM Committee of the Wine, Arts and

Music Festival for their generous donation of R25 000 received following the festival held at the end of August 2025.

In the true spirit of Service Above Self, the club allocated these funds towards the development of our annual Christmas Market held at the end of November 2025. The donation was used to construct reusable wooden façade structures designed to resemble traditional Christmas market stalls. These stalls added a festive Christmas ambience to the market, while allowing stallholders the freedom to creatively decorate their spaces with a Christmas theme.

The structures will be used for future Christmas Markets, ensuring long-term value and sustainability.

Most importantly, the project provided local small businesses with an opportunity to participate, encouraged community involvement, and created a joyful atmosphere where families and friends could come together. Through initiatives such as this, Rotary continues to promote fellowship, support local enterprise, and strengthen our community — **People of Action making a lasting difference.**

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Dips & Spreads

- **Guacamole:** 3 ripe avocados, 1 lime (juiced), 1/2 red onion (diced), 1 jalapeño (diced), 2 cloves garlic, salt & pepper, fresh coriander

Mash avocados, mix in lime juice, onion, jalapeño, garlic. Top with coriander.

- **Tzatziki:** 1 grated cucumber, 1 cup Greek yoghurt, 1/2 cup diced dill, 1 clove garlic, 2 tbsp lemon juice, salt & pepper
Mix, refrigerate 30 mins.

- **Hummus:** 1 can chickpeas, 1/4 cup tahini, 2 tbsp lemon juice, 1 clove garlic, 1/2 cup olive oil,

salt & pepper
Blend, add water if needed.

- **Tahini:** 1 cup sesame seeds, 2 tbsp olive oil, salt
Blend sesame seeds, add oil and salt.

- **Chicken Liver Paté:** 500g livers, 1 onion, 2 cloves garlic, 1/4 cup brandy (optional), 1/2 cup butter, salt & pepper
Sauté onion & garlic, add livers, blend with brandy and butter.

- **Salsa:** 1 cup diced tomatoes, 1/2 cup diced onion, 1 jalapeño, 1/4 cup coriander, 1 lime (juiced), salt & pepper
Mix.

- **Pesto:** 2 cups basil, 1/3 cup pine nuts, 1/2 cup Parmesan, 1/2 cup olive oil, 2 cloves garlic, salt & pepper
Blend.

- **Amasi Cheese:** Heat amasi with vinegar/lemon juice until clots. Drain whey, collect curd. Season, add herbs/cucumber.

Accompaniments

- **Caprese Salad:** Sliced tomatoes, mozzarella, basil, balsamic glaze, olive oil

- **Cherry tomatoes**

- **Pickled baby gurgins**

- **Sliced veggies** (carrots, cucumbers, bell peppers)

- **Toast or crusty bread**
- **Tacos** (soft or hard shell)

Some South African wines our sommelier has suggested to pair with our spread.

-Tzaziki:
- Sauvignon Blanc, Stellenbosch (Thelema, Cape Point)
- Chenin Blanc, Paarl (Avontuur, Ken Forrester)
- Hummus:
- Sauvignon Blanc, Cape Coast (Hamilton Russell, Noon Hill)
- Vermentino, Western Cape (La Petite Provence)

- Tahini:
- Pinot Noir, Stellenbosch (Bouchard Finlayson, The Sorrows)

- Cottage cheese & veggies:
- Dry Rosé, Cape (Eridanus, Boekenhoutskloof)

- Chicken liver paté:
- Chardonnay, Somerset West (Vergelegen, Cape Argent)

- Pinot Noir, Walker Bay (Hemingway, Upton)

- Caprese salad:
- Merlot blend, Stellenbosch (Rubicon, Groot Constantia)

from dbcreations

As we soak up the sunshine in South Africa this January, it's time to lighten up and refresh our palate!

After indulging in festive feasts, we're craving something fresh, zesty, and utterly delicious. That's why we've put together this scrumptious spread of dips, spreads, and bites that'll make

Editor's Note

2026 started with a literal bang. A storm knocked down trees and electric poles throughout Henley, leaving some residents without power for several days. As it happened, I was one of those residents.

Power went down on Sunday afternoon and did not come back until Wednesday afternoon. Luckily, I was well prepared for

this issue and everything came together smoothly, but the power outage did lead to some rushing around for candles and solar lights, long stored away because of the lovely lack of loadshedding recently.

The storm impacted all of Midvaal and the Eskom teams were busy all over, community groups were posting near hourly updates about where we saw the trucks. I do want to say a big thank you for their hardwork,

they kept working until past midnight. It is lovely to live in a village where we can expect repairs sooner rather than later.

In addition to trees and electrical poles, walls and gates were knocked over, and it was incredible to join our neighbors going into the street after the storm to offer help where possible. It was a nerve-racking start to the year, but I loved seeing people uploading personal weather warnings on

local Facebook.

All in all, an eventful start to the year. Nevertheless, here we go, 2026. May this year be kinder than these first few weeks. See you in February again, with a full 12 page issue. If you want to share your story, or business or expertise, reach out or find out more at editor@henleyherald.blog, let's make this year one full of Henley stories.
Love, Nadia



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January/February *Dates of events are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	Pool Wednesdays @The Realm Pensioners Day @About Time Date Night @Trattoria Ponte Vecchio 1904 Housewives' Club @The Realm 21	Crochet Club @About Time Mac Time Trails @The Bowler Shake's Dance Class Dance Lesson @O'Connor Hall 22	23	24 MAC PARKRUN
25	26	27	Pool Wednesdays @The Realm Pensioners Day @About Time Date Night @Trattoria Ponte Vecchio 1904 Housewives' Club @The Realm 28	Crochet Club @About Time Mac Time Trails @The Bowler Shake's Dance Class Dance Lesson @O'Connor Hall 29	30	31 Walk for Grant @Bass Lake MAC PARKRUN
1	2	3	Pool Wednesdays @The Realm Pensioners Day @About Time Date Night @Trattoria Ponte Vecchio 1904 Housewives' Club @The Realm 4	Crochet Club @About Time Mac Time Trails @The Bowler Shake's Dance Class Dance Lesson @O'Connor Hall 5	6	7 MAC PARKRUN
8	9	10	Pool Wednesdays @The Realm Pensioners Day @About Time Date Night @Trattoria Ponte Vecchio 1904 Housewives' Club @The Realm 11	Crochet Club @About Time Mac Time Trails @The Bowler Shake's Dance Class Dance Lesson @O'Connor Hall 12	13	14 MAC PARKRUN

A Heartfelt Thank You from Clyde and Family

A sincere thank you to the incredible Henley on Klip community for the overwhelming support shown at the fundraising walk for Clyde, hosted at Bass Lake at the end of November. Your generosity, kindness, and encouragement have meant more than words can express.

Clyde has since begun radiation treatment, with chemotherapy added along the way. He continues to face this journey with remarkable strength

and determination and is deeply grateful to everyone who has stood by him.

The BackaBuddy campaign remains active, as the daily transport costs associated with treatment have been an unexpected additional expense. Any further assistance in helping to cover these costs would be greatly appreciated.

Thank you once again for your compassion and support, it has truly made a difference.



Image courtesy Bass Lake. Scan the QR Code for Backabuddy

on page 8, wishing Clyde and his family the best for the year ahead.

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Speak Out Loud: Breaking the Silence

By Francinah Phomolang Nkoana

On a warm Friday afternoon, Moses and his mother drove around searching for his friend Ntuthuko's home. After nearly an hour of trying, disappointment weighed heavily on Moses' face. To lift his spirit, his mother decided to visit Malefu, a kind aerobics instructor known for her patience and passion for helping others live healthy lives. Malefu welcomed them warmly into her home. Though she couldn't help with directions, she offered something far more valuable: connection. As they sat together, sharing stories, Moses' mother realized that she and Malefu carried the same scars—painful memories of mothers who had failed to nurture, protect, and love. But Moses' mother carried even deeper wounds.

A Life Shaped by Abuse
Moses' mother had grown up in an abusive family. Her father was a drunkard, emotionally abusive, and

unkind. Because of this, she thought mistreatment was normal. Later, she married the father of her children, who abused her for years. She endured pain silently, believing it was simply the way life worked. Even in the workplace, she found herself under toxic and abusive supervisors. Yet she never thought there was something wrong—because abuse had been her reality since childhood. It was only through conversations like the one with Malefu that she realized: silence is dangerous, and abuse is never normal.

The Importance of Speaking Out
Talking and breaking the silence is vital. Abuse thrives in secrecy, but healing begins when voices rise. Women must stand together, support one another, and show courage and strength.

By speaking out, we break the cycle. We teach our children that abuse is wrong, that they must never tolerate mistreatment, and

that they can run to God for help.

Encouragement from Scripture

• **Psalm 147:3** – “He heals the broken-hearted and binds up their wounds.”

• **Isaiah 61:1** – “The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

• **Proverbs 31:8-9** – “Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.”

• **John 8:36** – “So if the Son sets you free, you will be free indeed.”

A Call to Women

Let us raise our voices—not only for ourselves but for our children. When mothers speak out, daughters learn courage, and sons learn respect. When women

refuse to be silent, children grow up knowing that abuse is wrong and must never be tolerated. And when the burden feels too heavy, we can run to God. He will never forsake us. He is the Father who loves without condition, the Protector who never fails, and the Healer who restores broken hearts.

Closing Message

Speaking out loud is not just about breaking silence—it is about breaking chains. It is about teaching the next generation to stand tall, to report wrongdoing, and to trust in God's unfailing love. Let us be the women who rise, who speak, who heal. For in our voices lies the power to change lives, protect children, and honour the God who made us strong."

Learn more by e-mail: phomolangfk@gmail.com, or call 073 432 2878.

Thank you to Francinah Phomolang Nkoana, Chairperson, Peace of Emotional Mind (P.O.E.M.) for reaching out to the Henley Herald.

Scan here to support Clyde's BackaBuddy



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