Henley Herald

Independent community news

www.henley-herald.co.za FREE April/May 2024

About that Festival...

By Nadia Wolmarans

In the late evening, on 22nd March Henley on Klip was surprised by extremely loud music from the Sargent Family Estate Venue. The online local groups were a-twitter with discussion.

Previously our ward councillor had posted on social media there would be a closed function at The Makery (Sargent Family Estate Venue), on 23rd Saturday March, from 11am to midnight.

The expected attendance was two thousand people, who would be parking at Fraser Park and it was passed by Midvaal authorities.

The event was the MXS Kulture Festival, "a curation of everything MAXHOSA champions and appreciates within the multi-dimensional scape of culture." The Festival was a showcase of the MAXHOSA winter collection, fresh off their official presentation at the Paris Fashion Week.

MAXHOSA's designer, Laduma Ngxokolo was the only African designer at Paris Fashion Week 2024. His work was featured in Vogue Runway, Vogue Italia, and by the BBC. His collection received a lot of positive responses.

The event was officially sponsored by Mac Cosmetics South Africa, TRESemme South Africa, and Mercedes Benz South Africa that provided VIP transport for the guests to and from the event.

Our ward councillor sent me the number for the organisers of the event, Renegades Event Management, I spoke with Ettienne Stoltz. When I reached out to him he stated "MXS was a big succes and the organizers did an amazing job," when I asked if he knew of any future plans for a similar event he said he was not aware of any happening in the area.

In no uncertain terms this was an enormous event, with 2000 attendants at a R1,800 per ticket it brought in a fair amount of revenue. However, having recently been to the River Care Centre in the Henley Retirement Village myself, there is no understating the impact the noise must have had.

Many concerned citizens voiced their opinions online and to his credit the Mayor, Peter Teixeira answered comments and direct messages the night of.

I reached out to him after the event, here follows the **Municipality's official statement:** "*Midvaal Municipality is always eager to host major events, especially as they bring revenue and support to our local businesses in the various areas where they are held. Fostering economic growth and community development remains an integral part of our administration.*

Before hosting any major events, organisers are expected to submit their applications to the municipality. There is a committee consisting of different representatives that handles applications for any events within the municipality.

The organisers must complete an events application form and submit an events file and checklist at the events safety meeting. They will then take us through the file – in detail – to ensure that they are compliant with the checklist and the minimum requirements as per the SASREA ACT. If all the boxes are ticked, the committee then agrees that the event is approved.

The following stakeholders are involved in the approval process: the Traffic Department, Environmental Health, Fire and Emergency, Development and Planning, SAPS & Public Order Policing (POPS), and the Ward Councillor.

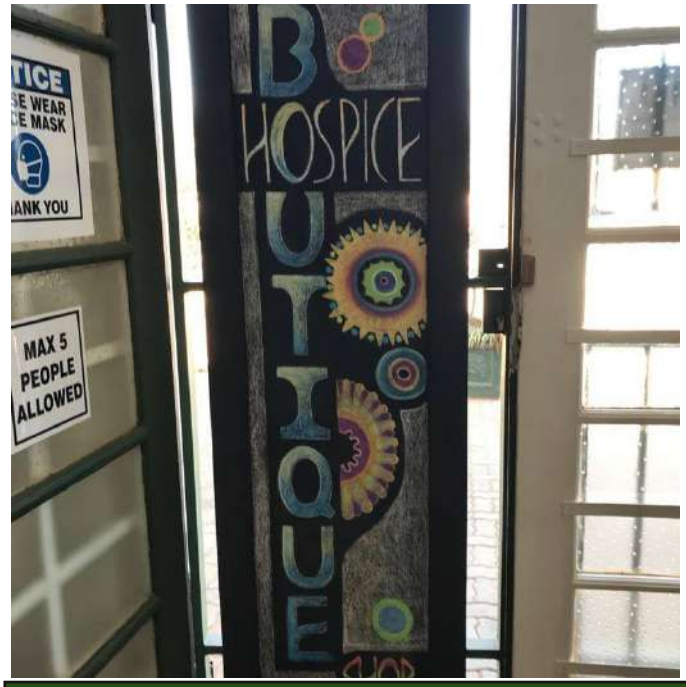
According to the report submitted by the appointed Safety Officer, the MXS Kulture Festival event followed the terms and conditions as per the SASREA ACT. However, as a municipality, we are actively seeking to enhance our processes to prevent such events from becoming disruptive to community members, particularly concerning the noise level disturbance complaints we have received. There are currently no applications submitted for events to be hosted in the Henley on Klip area."

We thank the Mayor and his media team for answering our enquiry in prompt fashion.

The festival was ultimately a closed function, and as stated above it is currently unlikely to happen again.

As for the Sargent Family Estate Venue, we are keeping our eyes and ears open and will share any information when it goes public.

Let's hope next time we will be better prepared...



Thanks Henley Watch

After a couple of unpleasant incidents in our Boutique Hospice Shop, I approached Henley Watch to monitor both Hospice shops during our opening hours.
This request was received with enthusiasm and for the past month our ladies who volunteer have been made to feel secure in the knowledge of the patrol car and Golf One's ongoing cheerful presence very visible outside our shops.
A huge thank you to the entire Henley Watch team who are vital to our Henley security.
This is unfortunately a sign of the times with more and more unemployed hanging around Ewelme/Iffley corner looking for piece work.
The patrollers responsible for this service are professional trained reaction officers working in conjunction with controllers from the Henley Watch office.
Henley Watch has been protecting our village for over 30 years and urgently appeals to our younger residents to become more actively involved as this is truly a community initiative and participation by all able bodied persons is essential.

Contact : Carol Richardson, 074 795 3350

Councillor's Corner

The silly season is here! By this I mean the noise that comes with election fever … radio and TV channels are clogged with commentators and analysts who purport to know everything, as well as the myriad of parties presenting their National and Provincial manifestos. The street poles are adorned with political posters, not really pretty, however it is called democracy. Thankfully in seven weeks they will all be removed.
Ward 15 has 3719 registered voters and with an expected 65% turnout, 2500 voters will queue to make their mark on 3 ballot papers (2 National and 1 Provincial) on election day. This means that the time taken to vote will be longer than in previous elections.
To avert the crush on election day (29th May) provision has been made for special voting on the Monday and Tuesday prior to election day. Anyone unable to make election day or anyone over the age of 50 may apply to use this opportunity. Application for a special vote can be made between the 15th April and 4th May either online on the IEC site or at the IEC offices in Meyerton. I strongly encourage anyone over 50 to apply as this will lessen the long queues and possible 3 hour wait on election day and make voting a more pleasant experience.
There have been a number of burglaries in the village in the past 3 months, up to 5 per week, thankfully none of them violent. I have heard calls for MLM to step in. Midvaal is a grade 4 municipality and until we get to grade 7 it cannot have a Metro police force. Large bushes and vacant stands could be cut back to stop robbers from hiding in/under them. The Parks Department will start cutting vacant stands from the beginning of April when the regular cutting of parks and pavements is completed.
Crime is a sign of our times, please be aware, look out for your neighbours and stay safe.

HENLEY ON KLIP Community Police Forum
Partners In Policing

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Randvaal Clinic - 84 Rooibok Street - 016 360 5836
Meyerton Clinic – Mitchell Street – 016 360 5880

Eskom - 086 003 7566

HENLEY HERALD

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Editing, design and layout: Nadia Wolmarans
Printing: PCN Printers, tel: 016 366 9901

Goodbye Jennifer De Klerk

By Sal Hebert

April 2020, four years ago this month. Lock down. Huge changes in all our lives.

For the new owners of the Henley Herald, this meant a hard copy could not be printed. They therefore produced the first fully electronic, on-line version of the paper.

By the end of 2019, Georges and I had published the Herald for 11 years. We knew we were getting stale; we had known this for a year or so, but we wanted to hand it over to someone who would build on what we had done.

For months prior to this, we had been publishing blogs from Jennifer de Klerk, who, at first, wasn't yet a resident. She had started sending us material that was witty, succinct, and obviously knowledgeable about all sorts of topics related to our lives in Henley.

She was the person to take over. When we met with her and TJ, the deal was closed very quickly.

The de Klerks moved to Henley from Jo'burg (upper Houghton, near Yeoville), where life was becoming very uncomfortable.

They had learned about Henley from the cycle shop at the circus and decided this was the place they could settle in, and they rapidly became fully immersed in village life.

Jennifer had been editor at the Saturday Star and had had a whole career in journalism, so she was a pro, and it showed from the very first issue of her Herald in February (or was it January?) 2020.

Readers were treated to colourful pages full of interesting articles and photos about life in Henley, professionally laid out. There were also regular columns of articles of general interest.

She was seen everywhere, even when her health was letting her down. By June last year, she could not manage anymore, and Nadia took over.

Jennifer is missed by the book club, the bridge club, the HPA, the walking group, and all the people whose lives she touched. Her influence will be felt for a long time.

I know there are many Henleyites with memories of Jen. Please send them to me. Jaylin and I will compile them.

Sal Hebert

(salhebert@teachsmart.co.za or on whatapp 084 263 1784)

Goodbye Tim Stapleton

By Joe Gomes

I first got to know Tim on social media, and my first impression was of a funny guy with a wicked sense of humour, which appealed to me.

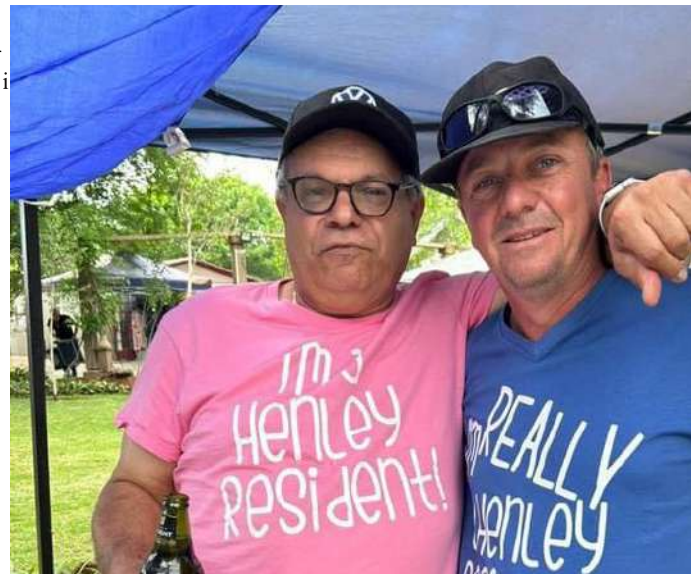
As I got to know him better, I discovered that we had quite a lot in common, including a love for music. I met him on a party bus, which I'd organised for the Guns and Roses concert six years ago. We just hit it off at that concert and became friends. We made him an admin of the Henley Friends Facebook group, and that's where the trouble started. His quick wit and sense of humour soon started to spread, and between the two of us, we gave our other admin member, Tarryn Macaskill, hell and drove her up the wall.

She battled to keep us in line, and she often won the battle.

He learned that my weakness was "I double dare you," and he often used that to create havoc.

After the COVID saga, we discussed creating a platform for the small businesses in Henley to network and create business opportunities. Everyone had taken a huge hit, and we were all battling tomake ends meet.

Tim drove this, and eventually it became an avenue to meet like-minded business people, and through his vision, it culminated in the Henley Friends Business Expo last year. It was a huge success, and Tim was busy orchestrating the next expo later this year. We were asked by Midvaal Council to develop the expo into a regional event. This



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s what he was busy with at the time of his sudden passing.

The network will now be known as the Tim Stapleton Business Network, and the youth event that Tim and the committee were busy with will continue in his honour.

Tim was a very likeable person and was respected by his peers and friends alike. Because of his no-nonsense and straight-talking business approach, he also had a few distractors. We often discussed situations that arose, and between the three of us administrators, we made decisions that did not agree with everyone. Tim, like me, always put the village and its people first, and we stuck to our guns.

I got to love Tim, his wife, Janine, and their three daughters like family.

I was shocked at Tim's sudden passing and am still battling to come to terms with it. He was like a younger, naughty brother to me, and his death brought our plans and hopes to an end.

He leaves a huge void in the lives of his family and all the people who got to know him.

RIP, my friend, and I know heaven has become a far more interesting place since your arrival.

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Made in Henley: Creepy Hippie Costumes and Photo Studios

This months Made in Henley is: **Creepy Hippie Costumes and Photo Studio.** A big thank you to Thelma Ziemmons for answering our questions.

Tell us a bit about your business, how you came to starting Creepie Hippie Costumes?

Creepy Hippie Costumes and Photo Studio was born out of my passion for photography, videography, and graphic design. With nearly two decades of experience in these fields, including 16 years working for a documentary movie company, I decided to merge my talents and create a unique business catering to clients seeking unconventional and distinctive portraits. The name is a little joke, as most people see my husband as a hippie and me as having a love of creepy things, so I combined them to make Creepy Hippie.

At Creepy Hippie Costumes and Photo Studio, our goal is to transform our customers into the heroes of their own stories, rather than just subjects to be photographed. Currently, I personally source costumes and props, but I am eager to involve local seamstresses in the creation of unique outfits for themed photoshoots. In addition to traditional photography backgrounds, I also craft custom backdrops for our shoots.

Creepy Hippie is a part of my larger venture, MindBlooms, which encompasses various creative enterprises including Misaligned Video Head (a drone videography company), The Zombie Sound Company (specialising in audio for videos), Sketchpad and Sawdust (furniture building and revamping), The Cre8Squad (graphic design and social media services), and of course, Creepy Hippie Costumes.

Where can people find you and support you?

You can find MindBlooms on all major social media platforms, and our work can be viewed on YouTube at www.youtube.com/@mindblooms. Creepy Hippie Costumes is active on social media as well, with accounts on Instagram (@the_creepyhippie) and TikTok (@creepyhippieza).

Our studio is conveniently located at 1663 Windsor Avenue, Henley on Klip. For bookings or more information, please contact us via WhatsApp at 072 185 5556.

Lastly what inspires you and what are you most looking forward to for 2024?

Moving forward, my vision for Creepy Hippie is to establish itself as a premier destination for all things creative. Our goal is to offer a wide range of services, including costume rentals, photoshoots, advertising, and art, creating a one-stop shop for artistic endeavors. Currently, I am in the process of developing four educational books tailored for young children, which will be seamlessly integrated into our offerings. Parents will have the opportunity to bring their children in for a photoshoot, which can then be transformed into a personalized digital storybook. This unique and innovative approach will provide families with a memorable and creative experience that they can cherish for years to come.

COVID-19: 4 years later

The long term societal effects and our children

By Fiona Brown

First, a few disclaimers.

1. Society has been in a state of flux for decades, and some of the results were simply expedited by the arrival (and longer than expected stay) of COVID 19.

2. Where certain institutions are mentioned, please note that they are not from Henley, Meyerton, or even Midvaal and are used without identification simply to illustrate.

3. I have tried to make this article as positive as possible, with acknowledgement of the efforts made by many to ease the pressures on their children.

Prior to COVID 19, we were already seeing greater pressure than in the past being placed on schools to achieve in all facets of their work. School reputations hang on more than just Academics but also Sporting success and, where possible, Creative Endeavours as well. Children from the Foundation phase have been pushing themselves to be in the top 10, 5, or higher in all three, taking multiple extra classes and extra murals in order to add up "points." No longer is the Honours Blazer the privilege of the matriculant, but the ambition of the Grade 10.

As a result, even prior to COVID, children were exhausted and more likely to be ill, injured, depressed, and anxious.

"isolation, uncertainty, economic strain, bereavement, and loss have resulted in heightened anxiety, particularly for school-going young South Africans."

Along came COVID-19, and with it, the added pressure of months of lost time, isolation, family and friends becoming ill, even dying. The confusion, stress, and inconsistencies in their day-to-day lives left children vulnerable and needing extreme care.

However, pressures placed on schools to "catch up" and get back to normal have been the modus operandi. Add to this the effects of loadsheddin g, financial distress from jobs lost and inflation, and continued fear of not "making the grade" at school, sports, or chosen extra murals (with the ever-present threat of not being able to get into university or a decent job), and our future leaders are severely compromised, hopefully not beyond repair.

A short sociological study conducted with a fourth-grade class told the story of a boy who refused to do homework or study and then asked the class what they thought his future would be. Without any reservation, the children answered that the boy would end up dead on the streets with no hope.

The South African Society of Psychiatrists warns that almost 10% of teenage deaths in South Africa every year are the result of suicide. The pressure of final exams, the prospect of leaving home to start tertiary studies or a job, as well as other stress factors such as family issues, changes in their friend networks, and the pressure to succeed can become problems that appear too big, too difficult, or embarrassing to overcome, and suicide may look like the only option. Grade 7 children are discussing suicide as an alternative to facing term-end reports.

The South African Depression and Anxiety Group reports that before COVID-19, the organisation fielded 600 calls a day. As of September 2021, that number had risen to 2,200 calls a day—an increase of nearly 267%

University of Cape Town research has shown that during the pandemic, "isolation, uncertainty, economic strain, bereavement, and loss have resulted in heightened anxiety, particularly for school-going young South Africans."

However, lessons are here for the learning.

1. Children need to be allowed a greater say in their futures and their educational paths. Their needs for grounding, expression, creativity, and the achievements that most suit them should be attended to.
2. Society needs to reevaluate the messages sent to children regarding their futures. Instead of applying negative pressure, look at examples of successful people who took an alternative route to success.
3. Allow children to explore many opportunities in order to discover their true potential.
4. Allow them to fail. We often learn more from where we went wrong than from where we were successful.

"With schools closed for months on end, learners suffered the most. With little ones stuck at home, parents had to become educators over night. Sadly, parents and educators in the same sentence do not always mix. This mix is more noticeable now that learners are back at school. As a tutor at a home school centre in Henley, I have seen this firsthand.

Learners show a visible decline in understanding the basic concepts of their syllabus. Not only have they missed fundamental concepts, but they also show an increase in the difficulty of stress handling.

UNICEF has written an article stating that learners are up to a year behind in schooling. And who is to blame?

However, we, as schools, need to persevere and rectify this issue. Thankfully, with supportive parents and a learning-rich environment, we are slowly climbing the ladder of COVID once knocked down."n

***-Concerned Citizen**.*

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Prolonged Post-COVID Hair Loss

By Gigi White

Hair loss has always been a huge cause for concern for clients, whether male or female. Our hair is often known as our "crowns," and there is nothing more terrifying than watching it thin out before our eyes!

Most of the time, what we experience is normal hair loss, but if you're not aware of this, it can be pretty harrowing!!

Here's a quick breakdown of the normal phases of hair growth and hair loss:

There are four distinct stages of hair growth.

Anagen (Growing phase)
Catagen (Transition Phase)
Telegen (Resting phase)
Exogen (Shedding phase)

1. Anagen: Growing Phase
This phase can last between 3-5 years. At any stage, around 90% of the hair on your head is in the anagen phase.

2. Catagen: Transition phase
Catagen starts after the Anagen phase, which lasts around 2 weeks. Hair growth slows down during this phase yet remains in place. Around 5% of the hair on your head is in the catagen phase.

3. Telegen: Resting Phase
The telegen phase lasts around 3 months; the hair does not grow during this phase but does not fall out during this phase either. This is also when new hair starts to form in the hair follicles. At least 15% of the hair on your head is in the telegen phase.

4. Exogen: Shedding Phase
Exogen phase can last 2–5 months; in this phase, new hairs are growing in, and old hairs are shed. We lose between 50-100 hairs daily during this phase.

There are three main reasons that cause premature hair loss.

Telegen Effluvium (illness-related)
Trichotillomania (Phycological)
Alopecia Areata (Medical-Related)

It has become quite common to see my clients experience increased amounts of hair shedding post-covid.

Alarmingly, 90% of these clients were diagnosed with COVID at some stage or another. Normally, temporary hair loss is experienced after a fever or illness, as this can push more hair into the shedding phase. The medical name for this increased shedding phase is called Telegen Effluvium. It is common for this type of hair loss to occur 2-3 months after experiencing illness. This process can last up to nine months before it stops. I have, however, noticed that this period seems to have been prolonged, as we are now coming up to 4 years post-COVID, and I am still seeing hair loss in various clients that were infected with COVID.

Studies have shown that those who were infected with COVID did experience hair loss. They were told that this would be brief and should stop after 9 months, as that is common in Telegen Effluvium (hair shedding). However, since it's been 4 years, there is no reason or explanation for continuous hair loss as no further studies have been conducted or published.

Another factor that can contribute to hair loss is stress. As we all know, stress is part of our daily lives. However, ensuring that you are taking supplements and taking care of yourself should prevent hair loss from stress from becoming out of control.

Tint Hair Salon has decided that, due to the increase in clients suffering from prolonged hair loss, excessive hair shedding, and struggling to grow their hair, we are bringing back a firm favourite home-use product in the industry, Hair Evolution. This natural hair growth tonic is applied to the scalp to improve blood flow and restore small hair follicles to their natural size by improving the delivery of oxygen and nutrients to the scalp. After 15 years on the market, we are happy to see the new, improved version returning to our shelves!

If you are struggling with hair loss, come and see us! Tint Hair Salon also works closely with Henley's very own hair loss specialist from Hair Clinic International, Corrine Barber, as well as our natural health shop next door, Breathe Natural Health. Between the three of us, we can certainly tailor a solution to suit you inside and out!

Naturally Debbie

by Debbie Firbank

In today's fast-paced world, maintaining a strong immune system is more crucial than ever.

Boosting the immune system is essential for maintaining optimal health and well-being. The immune system is responsible for defending our bodies against harmful pathogens, such as bacteria, viruses, and parasites. It plays a crucial role in preventing and fighting off infections and diseases.

This issue we look at herbs to Boost the Immune System:

• **Elderberry**: Elderberry is rich in antioxidants, particularly flavonoids, which help reduce oxidative stress and inflammation in the body. It also contains vitamins A and C, which support immune function. Elderberry has been traditionally used to help prevent and treat colds, flu, and other respiratory infections.

• **Rosehips**: Rosehips are the fruit of the wild rose plant and are known for their high vitamin C content. Vitamin C is essential for a healthy immune system as it helps stimulate the production of white blood cells that fight off infections. Rosehips also contain other antioxidants that can help strengthen immunity.

• **Chamomile**: Chamomile has calming properties that can help reduce stress, which may indirectly support immune function by reducing inflammation and promoting better sleep quality. Additionally, chamomile has antimicrobial properties that can help fight off pathogens.

• **Ginger**: Ginger has long been used as a natural remedy for various ailments due to its potent bioactive compounds such as gingerol and zingerone. It possesses antimicrobial properties that can help combat harmful bacteria and viruses in the body, potentially boosting immune health.

• **Peppermint**: Peppermint leaves add a refreshing taste to a tea blend. Its antimicrobial properties may indirectly support immune health by inhibiting the growth of certain pathogens. Peppermint has a cooling and soothing effect on the respiratory system, helping to alleviate congestion and reduce coughing. It can provide relief from symptoms such as a stuffy nose, sinus congestion, and chest tightness. It contains antiviral compounds that may help fight against the viruses causing colds and flu. It can support the body's immune response by inhibiting viral replication.

• **Holy Basil (Tulsi)**: Holy basil, also known as Tulsi, is considered a sacred herb in Ayurveda and has been used for centuries to support immune health. It is rich in antioxidants that help protect against oxidative stress and inflammation. Holy basil has also been shown to have antiviral, antibacterial, and anti-inflammatory properties, making it beneficial for fighting off infections and supporting overall immune function.

• **Lemon Balm**: Lemon balm is a calming herb that can help reduce stress and promote better sleep quality. Chronic stress weakens the immune system, so managing stress levels is important for maintaining a healthy immune response. Additionally, lemon balm has antiviral properties that may help protect against certain viruses.

• **Nettle Leaves**: Nettle leaves are packed with nutrients such as vitamins A, C, and K, as well as minerals like iron and calcium. They have traditionally been used to support overall health and strengthen the body's defences. Nettle leaves also possess anti-inflammatory properties that can aid in reducing inflammation associated with compromised immunity.

Immune-Boosting Herbal Tea Ingredients:

- 1 tablespoon dried elderberries
- 1 tablespoon dried rosehips
- 1 tablespoon dried chamomile flowers
- 1 teaspoon grated fresh ginger root (or ½ teaspoon dried ginger)
- 1 teaspoon dried peppermint leaves
- 1 teaspoon dried holy basil (Tulsi) leaves
- 1 teaspoon dried lemon balm leaves
- 1 teaspoon dried nettle leaves

Instructions:

1. In a teapot or heatproof container, combine all the herbs.
2. Bring water to a boil and pour it over the herbs.
3. Cover the container and let it steep for about 10 minutes.
4. Strain the tea into cups or mugs.
5. Optionally, you can add a drizzle of honey or lemon juice for taste.

To make one cup of immune-boosting tea, take one-third of the above formula and steep it in hot water for 5-10 minutes. Alternatively, add the entire formula to a liter of water and drink it three times a day. Adjust the amount based on your taste preference and the strength you desire.

Feel free to adjust the amounts of each herb according to your preference or availability. Enjoy this immune-boosting tea as part of a healthy lifestyle and consult with a healthcare professional if you have any specific health concerns or if you are taking any medications that may interact with these herbal ingredients.

The Essential Harmony Immune-Boosting Tea contains each of the above herbs which contribute unique properties to the herbal tea blend to support your immune system's health and function.

Please consult with a healthcare professional before incorporating new herbs into your routine if you have any underlying health conditions or are taking medications that may interact with certain herbs.

Disclaimer: The information provided here is for informational purposes only and should not be considered medical advice.

Available at Breathe
chamomile flowers
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peppermint leaves
raw honey
Thanks to Dierdre Holt for her assistance

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Heavenly Herbs

Geranium, or Pelargonium

by Kate Touche

As we enter April and the autumn season, it's time to reflect, consider, and plan for the winter season ahead.

It's been four full years since we first went into "Lockdown" with COVID-19, and even though we say we are back to normal, there have been many changes to our way of life. This month we are going to stray away from the usual pattern this article follows to consider what herbs are useful to help us cope with the changes and effects COVID has had on our mental, physical, and emotional health.

Children, especially, have been affected by the challenges COVID has caused. Stress from being separated from family and friends, the loss of loved ones, the loss of the formal education environment, and trying to catch up—a lack of exercise and outdoor activity—took its toll. The experts say that there are simple ways to help children and adults improve their general wellbeing and recover from the effects of COVID. Eating healthy,nutritious food, especially more fresh fruits and vegetables (including fresh herbs), and getting the right amount of sleep. Access to regular exercise and outdoor activities. Get outside more often. Establishing a proper routine. Maintaining and establishing strong family ties and friendships. Establishing good habits and hygiene.

So, how can herbs help?

Herbs like chamomile, passion flower, and green tea help to calm down the body and mind, reduce anxiety, and encourage sleep. Anise, fennel seeds, cinnamon, and ginger root help to settle the digestive system. To improve brain health, try sage, lemon balm, spearmint, and turmeric.

All of these herbs are safe for children.

Above all, try to live a more healthy lifestyle, be more aware of hygiene, listen carefully to each other, and be more understanding of one another.

Because this month would have been about herbs starting with the letter "G," I think we will concentrate on the pretty, hardy, and interesting Geranium or Pelargonium. There are many types, including the scented ones like rose, lemon, ginger, and peppermint. The ivy leaf, brown oak leaf, striped leaf, and so many others. The blooms are so beautiful with all their myriad colours. The health benefits of geranium leaves are that they are anti-inflammatory, help with digestion, and soothe and calm the nervous system. Use the scented variety to make a delicious tea.

Our recipe this month is the famous South African classic,

Geranium flower(above), Malva Pudding(below)

Malva pudding. Great for a dessert in the forthcoming winter months. The origins of this pudding were in the Cape. It is said that the Cape Dutch housewives originally scented the pudding with rose or lemon-scented Malva leaves. Malva is the Afrikaans name for geranium. So in my recipe, we will add an infusion of rose-scented geranium leaves to add some authenticity.'

Malva pudding ingredients:

Pudding:

180g sugar
2 large eggs
1 tablespoon of apricot jam
150g flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon of butter
1 tablespoon of vinegar
⅓ cup milk
Sauce: 200 ml of fresh cream
100g butter
150g sugar
100 ml of rose-geranium-scented water
10 ml of vanilla essence.

Method: Beat eggs and sugar till fluffy; mix in apricot jam. Sieve flour, salt, and baking soda together; add to the egg mixture; add milk; and beat till smooth. Pour into a greased baking dish and bake at 180° for 30–40 minutes, till golden brown. Pour all the ingredients for the sauce into a pot and bring it to a simmer, stirring constantly. Prick a few holes in the pudding with a fork, and pour the sauce mixture over the pudding. Stand for about 10 minutes for the sauce to soak in, then serve with custard or ice cream.

Hi kids, Ginger Biscuit has been very busy inspecting our new beehives, making sure the bees are doing their job of making delicious honey. Did you know that honey is not only very yummy but also great for our health? It's good for our stomach health and even helps to heal our cuts and scrapes.

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Trees in your Garden, by Leslie Hoy

This year's rains for our area haven't quite materialised to date, and I'm doubtful that they will. The few small storms that we've had have been quite vicious, causing quite a lot of damage to property. I've also noticed (and have done the same) that some people have taken out or reduced the size of some larger, older, and possible dangerous trees to avoid future pain. It could be said that many were alien invasive plants, and therefore the loss was not great. I do agree with this, but at the same time, it's a tree that has been around for many, many years and has played a vital role within the local environment and local ecosystem.

The potential damage should not put us off having trees in our yards, as they have so many really positive benefits. This got me thinking about some of the things that we need to consider when either trying to decide what tree to plant or even where to plant it. By the way, autumn is one of the best times to plant new trees (I have alluded to this in past articles).

Location:

Study your garden and surroundings carefully. Understand the height and width of trees you are considering could reach, should it reach maturity. (Maturity is usually considered to be 20–30 years of age, although most do grow much older.) Remember that many trees can live to the age of at least 70–90 years old if looked after properly. The few Cedrus deodoro trees on the roadside of my garden were planted a good 40 to 60 years before I arrived, and we've been in this house now for almost 37 years already (do the math). Consider the end picture you have in mind. Take note of the underlying rocks on your property, as this can inhibit root growth and plant height to some extent.

Purpose:

You need to consider for what purpose you need the tree. This will be for multiple reasons, such as shade for parking or entertainment, screening out an unsightly view, a wind break, to attract birds to the garden, a backdrop to your garden setting, colours of leaves or flowers, or just being part of an ecosystem. The tree's growth habits and shape type will also influence its purpose. Remember that evergreen trees grow slower than deciduous trees, and where possible, place evergreen on the south side of the house and deciduous on the north side to allow the winter sunshine to percolate through and warm the house.

Space available:

Choose a tree to suit the size of area that you have available and in mind. Smaller-growing trees such as Ziziphus mucronate, Searsia Lancea, Heteromorpha arborescns, and Buddleja saligna (not very frost-hardy) will fit into a 6-metre courtyard, while Celtis africana (white stinkwood), Combretum erythrophyllum, Liquidamber styraciflua, and Olea europaea sub-Africana will need a larger space.

Services and functional areas:

Don't forget to determine where services are, such as electric and water mains, as well as sewerage pipes and French drains. You certainly don't want to have tree roots interfere with any of these. This could cause irreparable harm in the long run, so avoid it as much as possible.

Too often, trees are planted in the centre of a large, paved area. This means that over time, soil/oxygen "exchange" (where oxygen is taken into the soil through diffusion) is inhibited, which in turn reduces plant root growth.

Also, large, paved areas prevent water infiltration. Parking cars on the lawn under the same trees often also results in soil compaction. Over 80% of soil compaction inhibits root growth.

Avoid planting trees too close to walls, and don't allow those "planted by the local birds" to remain and grow right against your wall, as the roots and stem may cause the wall to crack or collapse as the tree gets older, and then the headache of removal is just that much more.

Just by the way, it is a fallacy that all tree roots get straight down into the soil (taproots). Yes, in certain areas, they do tend to do that in search of deep water. In most cases, the majority of tree roots go no deeper than 1 m, and many will remain around 30 to 50cm deep. Consider other plants in the garden.

It is important that, when choosing and positioning a tree in the garden, you think of the eventual shade that will be cast on the lawn areas and even possibly shrubberies. This could become a headache later, along with having to change plantings under trees over time. This is something I've had to do over the years for both trees planted as well as when trees have come down in storms. This does mean that plants need to be moved, replanted, or even new plants purchased and planted. On the positive side, it allows you to change and improve the garden design over time.

Trees should be carefully chosen with the aim of being planted for life and for the next generation. Similarly, we really should not just remove trees for no good reason, as many have stood the test of time, serve a special purpose, and have witnessed many changes in our area.

Mucronata(above), and Celtis Africana(below)

LOCAL COMMUNITY PROGRAMS

Henley@Heart: Community initiative to clean and beautify the village. 082 413 6184

Henley on Klip Community Police Forum (HCPF):
Cnr Henley Drive,
Ewelme Road.
Emergency: 081 813 3912
Chairman, Steve Endley:
hokcpf@gmail.com,
www.henley-cpf.co.za

Soup Souls: Soup and food parcels, Donations welcome. Michelle at Hope Church or Lauren Baker 082 882 5311

Wide Horizon Hospice Boutique - Open from Wednesdays to Sundays, Charity Shop part of the Wide Horizon Charity

LOCAL CLUB

The Country Wine Club: If you would like to join please contact Gunther on 073 321 0959

Henley Bowling Club:
Cnr Winchester & Hearn Road.
Club, pub and venues for hire.
hokbc1965@gmail.com or see henleyonklipbowlingclub.wordpress.com. Or call at 082 818 8802.

Vaal Seniors: Henley Retirement Village hall. Every 2nd Friday of the month at 10:00 All welcome.

Randvaal Biblioteek: Leserskring elke 2de Donderdag om 09:30.
016 365 5093

Henley Library Reading Circle:
2nd Wednesday at 10:30 at library.
Keke 016 366 0112

Henley Bird Club:
HRV Hall. 109 Ewelme Road. Meets third Monday of each month at 19.00
Chairman: Sal Hebert 084 263 1784.

Housewives' Club:
TRC, Taplow Street. Tea and chat, 3rd Wednesday at 10:00. Susan Fourie: 083 584 9309

Lions Club of Henley on Klip:
O'Connor Hall. Meetings: 1st Monday at 18:45 for 19:00.
Kerry Palmer 082 805 1088.
Hall Bookings Tarryn Macaskill: 082 818 8802.
– Eye Clinic: Meyerton Child Welfare. Tarryn Macaskill: 082 818 8802.
– Bingo: O'Connor Hall, 3rd Saturday at 13:30 for 14:00.
Grant Neve 072 821 5307

Rotary Club: Oakmeade Prep and Academy, 62 Impala Ave, Meyerton. 1st and 3rd Tuesday, 18:00.
President: Petrus van Heerden 083 692 3262.
PR: Anrike Bryant 083 603 1210

Royal Antediluvian Order of Buffaloes (RAOB):
"Going strong for 30 years".
Bunduloo Lodge, 502 Durham Road. 1st Sunday at 10:00. Des Woods: 082 494 8741

LOCAL ACTIVITIES

Run/Walk: Meet at Bowling Club, Iffley/Hearn. Time trials. **Meyerton Athletics Club**
Thursdays 17:30 summer, 17:00 winter.

DaNcinG Group Social:
O'Connor Hall. Ballroom dancing, Thursdays 18:30 for 19h00, ends 21:30.
George Gouws:
076 147 5504

Henley Performing Arts:
Heather Taylor-Waldron:
082 772 1187

Ilanga Centre for Young Performers NPC: at 1634 Shillingford

1st Henley Scouts:
Scout Hall, 5 Hearn Road.
Fridays. Cubs and Meerkats 18:00 to 19:30. Scouts 19:00 to 21:00.
Enquiries: Troop Scouter, Andrew Downes: 084 309 2656.
www.1sthenleyscouts.co.za.

CHURCH SERVICES

Messianic Fellowship:
Every Sabbath (Saturday) at 13:00.
Please contact Hein Zentgraf: 083 774 5609

Henley Christian Fellowship:
Henley High School Hall.
Sunday at 09:00.
082 447 1083

Hope Family Church:
St David's Road. Sunday services 09:00 to 11:00. Evening service 17:00 to 20:00 last Sunday of month.
Office: 016 366 0545 or 082 387 1497

St Andrew's Family Church:
Hearn Road. May to August at 09:30. September to April at 08:30. Communion 1st Sunday. Office: 016 366 0800

St Paul's Anglican Church:
Church Street. Sunday services, Sunday school 08:00 to 09:30. Jean Roy: 016 366 0253, Anne Smith 084 296 2423. Flea Market last Saturday.

St Philip Benizi Catholic Church:
Cnr Verwoerd and Reitz Street. Meyerton. Mass: Weekdays 08:00 Saturdays 08:00 and 18:00, Sundays 08:00. 016 362 2445

Meyerton Methodist Church:
7 Gen de Wet Street, Meyerton. Sunday service 09:00 (kids and adults), Office: 016 362 1736

Midvaal Berean Fellowship:
11 Gen Beyers Ave (SDA building), Meyerton. Sunday 09:30 bible study,service. Mike: 084 515 4317

April/May

Be sute to follow the Henley Herald on Facebook to stay up to date!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 Molly's Market @Molly's Speakeasy	15	16	17 Ladies Tea Quiz Night @The Realm	18 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	19 1st Henley Scouts Meeting @Scouts Hall	20 420 Day @The Realm Niche Community Market @Walkerville MAC Parkrun 420 Day @Purple Horse
21	22	23	24	25 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	26 Henley Performing Arts Live Reading @Ozzies at Osborne 1st Henley Scouts Meeting @Scouts Hall	27 Niche Community Market @Walkerville MAC Parkrun
28	29	30	1	2 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	3 1st Henley Scouts Meeting @Scouts Hall	4 Niche Community Market @Walkerville MAC Parkrun Craft Market @Swagga
5 Royal Antediluvian Order of the Buffaloes(RAOB) Meeting - Details Above	6	7	8 Henley Library Reading Circle @Henley Library	9 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	10 1st Henley Scouts Meeting @Scouts Hall	11 Niche Community Market @Walkerville MAC Parkrun
12	13	14	15	16 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	17 1st Henley Scouts Meeting @Scouts Hall	18 Niche Community Market @Walkerville MAC Parkrun

The Winning Powerball Lottery Ticket

by Mark Russell

A friend of mine is going to win this lottery. He reports that it has got to the magic amount, and armed with his secret number, he will be winning this lottery in 2024—he has yet to ascertain the month!

On the eve and week before the draw, he describes just exactly what he will be doing with the money he will receive. Thus rests my story:

He has taken note over the last few years of the difficulties of the people that he has known in Henley. His analysis of our problems is absolutely humbling and astounding. His analysis includes what our friendship and those that have inadvertently helped him have meant to him. A casual comment of support, an expression of friendship, or some material help when he has needed it.

This man is of very humble means. He is not religious, but I do believe him to be deeply spiritual. He does have his faults, as do we all. In the light of gaining fantastic wealth, his first thoughts are not for himself but for making life better for all those around him.

It all comes back to our perception of wealth. Here is a person who perceives wealth as not derived from material objects but from his lack of wanting. He sees want in the people around him and seeks to alleviate that. A Stoic in all events!

We go through our lives doing stuff in relationships. Hell, we mess up and offend people who we want to do well by. We hurt our closest loved ones. But here is this chap who sees all that and says to himself, "In the bigger picture, you have been kind and meant a lot to me!". He is not bitter about his experiences; he sees the good in people.

It takes the dreams of one person to make us start thinking about ourselves and what we mean to others.

Here is his winning Powerball ticket!

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On our menu, we have braaied chicken in a delicious creamy sauce served with sides. An absolute must try.

We are very excited to be part of the Henley family, and thank you for the support thus far.

Call Michelle for any queries or pre orders on 081 446 5758.

Trading hours

Monday to Wednesday - Closed

Thursday 14h30 to 17h00

Friday 14h30 to 17h00

Saturday 9h00 to 15h00

Sunday 9h00 to 13h00.

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