



FREE

# Henley Herald

www.henley-herald.co.za

AUGUST 2023



## HENLEY'S FAVORITE WOMEN INSIDE

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**HENLEY HERALD**

Editor: Nadia Wolmarans

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cell/whatsapp: 079 502 511**DISCLAIMER**

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**CONTRIBUTIONS**

Editorial submissions are welcome, but contributions are subject to editing. Anonymous articles will not be considered. Contributions (500 words max, plain text) can be e-mailed to editor@henley-herald.co.za Pictures, JPG only, 300 dpi

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Last day of the month prior to publication

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# Councillor's Corner

**Tony Dickinson**

By the time that you read this article, little green shoots and blossoms will be starting to sprout. Spring markets will be popping up in Henley so put on a jersey and get out to meet the community and support local business ventures and charity organisations.

The WAM (wine, art & music) festival takes place on the 26th and 27th August. Wine tastings and music at most of the licensed venues in Henley. Numerous wine farms will showcase their wines at our local restaurants

and, if previous years are anything to go by, it will be great fun. Tickets can be purchased online from the WAM website.

We have just entered election season (8 months to go) and if you want your say then you must be registered in your municipality. If you are new to our area then you will need to change your address – this can be done at the IEC offices in Meyerton or on the IEC website. Alternatively, in the next 6 months political parties will be setting up voter registration tables where you can check your status. Sadly, the Country's economy

is in a poor state and many people have seen their businesses close or have been retrenched. Those affected can apply to the Midvaal municipality for temporary indigent status provided that your house is valued at less than R1.5million and you have no other properties. This entitles you to a waiver of municipal rates and lasts for a period of 12 months. However, if you do manage to find employment in this period you will lose this relief. Application forms are available at the rates hall in Meyerton.

**ON CALL**

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**SAPS Meyerton**  
Switchboard – 016 360 4700  
Charge Office – 016 362 1737 /  
016 362 0903 / 016 360 4724 /  
016 360 4745

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

**Eskom** - 086 003 7566

**TONY DICKINSON**  
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## Henley Herald

To advertise, or place an article or further suggestions e-mail at editor@henley-herald or WhatsApp at 079 502 511

Deadline: last day of the month prior to publication. Artwork to be supplied, or we can assist with design.

## From My Midvaal App

Midvaal Local Municipality hereby invites nominations for persons to be appointed as members of the Midvaal Local Municipal Planning Tribunal to consider land development and land use applications in terms of Section 36(1) of the Special Planning and Land Use Management Act, 2013 (Act 16 of 2013).

**Nominations must be posted to :**

**EDDnP@midvaal.co.za** on or before **16 August 2023 at 16h00.**

# Midvaal assists with River Clean-Up



## Eckart Zollner

Following the devastating floods in December 2022, a group of affected Henley Residents and Midvaal Municipality formed a partnership to look into solutions to avoid recurrence of such a catastrophic event. Whilst the maintenance and management of our waterways is the responsibility of the provincial and national government, the parties realised our own immediate and direct action was needed in order to minimise the impact of such flooding events, which are brought about by the change in rainfall patterns as well as increased rainwater run-off, the consequence of rapid urbanisation. Since the start of the initiative, a group of volunteer residents have been cutting up and cleaning the driftwood along the path of the Kliprivier on a monthly basis. On Saturday 15th of July the Municipality came to help and assist with the removal of the driftwood, which had gathered at the Kidson Weir. The Municipality arranged this operation with a cross functional team from Fire & Rescue, the Park department, and the Roads department. Being the middle of winter allowed the teams to safely move along the wall of the Kidson Weir and with the help of heavy machinery to remove logs and driftwood that was caught at the weir, where it was cut to manageable pieces and taken away in heavy duty trucks. The initiative was successful in removing blockages across the weir and the sides, where the main water sluices were built. Keeping the weir and the sluices clear of obstructions is of the utmost importance, in order to avoid water levels rising and flooding roads and adjacent properties. Such preventative maintenance is absolutely necessary to avoid the recurrence of flooding events causing damage to private and public property, as was the case in December 2022 and many times before.

We are most grateful for the commitment and direct action by the Municipality, to work with the residents and doing our utmost in preventing such damaging and potentially fatal flooding events during the rainfall season. As a team of volunteers, the River clean-up operation assist with barges, tools, and machinery to remove trees, branches and stumps along the path and the back of the river.

**Please contact Eckart Zollner on 0829903460 for further information**



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## Need to Know



Introducing the Farmhouse Deli.Co - Your local gourmet food delivery service. Treat yourself to delicious and wholesome meals made with love. Our seasonal menu features locally sourced ingredients, gourmet dishes delivered fresh to your door. Explore our newly launched website for

easy online ordering, cooking classes, and in-home catering options. Our easy online order system ensures quick comfort food in Henley on Klip. Join our Farmhouse Deli. Co family today and experience delightful meals and unforgettable flavors. Order now and enjoy the convenience of free delivery in your neighborhood. Find us at [www.farmhousedelico.com](http://www.farmhousedelico.com)

We are excited to welcome back Gary and Mandy Swallow Stolp. The couple returning from their adventures wit new skills, fresh ideas, and they are off to a running start. They are not only back to deliver meals in Henley, but they have taken over the old Hound premises and relaunched as The Local. They already have a market planned for September.

Look out for the Social Eats in Spring, and we are sure many exciting new developments. We are grateful to the family back in the Village. They are true Henleyites and having them back feels right Welcome home Gary and Mandy, we've missed your humour and company. We can't wait to sample your food again. Good luck with your new place, we are sure you will make the most of it. **Find out more at 084 358 7809.**

## AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Rotary Club Meeting	2	3 DaNcing Group Socials Lions Blood Donation Drive	4 1st Henley Scouts	5 Lions Eye Test
6 Lions Club Meeting RAOB Meeting	7	8	9 Women's Day About Time Corner Market Wide Horizon Boutique Open Posy Making and Play	10 Meyerton Athletics Club Run/Walk Quiz Night	11 1st Henley Scouts	12 200th Parkrun
13 Music in the Garden	14	15 Rotary Club Meeting	16 Housewives' Club	17	18 1st Henley Scouts	19 Pensioner's Bingo
20	21 Bird Club Meeting	22 Henley Friends Business Network	23 Library Reading Circle	24	25 1st Henley Scouts	26 WAM Festival Lions Book Sale St Pauls Market Vinyl Fair
27 WAM Festival Music in the Garden	28	29 River Clean-Up	30	31 Deadline for Herald	1 1st Henley Scouts Swagga Spring Day	2 HHPS Millbrook Market Day Lynca Meats Potjiekos Competition Justin Serrao at Swagga

## Upcoming Must Attend Events

- |   |                                      |
|---|--------------------------------------|
| 09 August Women's Day                       | 1 September Swagga Spring Day        |
| Women's Day Market at About Time            | 2 September HHPS Milbrook Market Day |
| Posy making and Play with Play Pen Pals     | Lynca Meats Potjiekos Competition    |
| 10 August Taste Budz Quiz Night             | Justin Serrao at Swagga              |
| 12 August 200th Parkrun                     |                                      |
| 13 August Music in the Garden at Taste Budz |                                      |
| 22 August Henley Friends Business Network   |                                      |
| 26+27 August WAM festival                   |                                      |
| Midvaal Vinyl Fair at Swagga Breweries      |                                      |



**Please note:** The Post Office in Henley was robbed, the license printer was taken. The ladies at the till were not hurt but severely traumatised and as a result took time off. As of publishing the office is still closed.

**Christmas in July** raised R5000 for charities on the day and R8800 for Henley Soup Soul. Look out for the next local Market on 9th August at About Time



## WHO, WHAT, WHERE, WHEN

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

**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

**Birds Of A Feather:** HRV Hall. 109 Ewelme Road. Meets third Monday of each month at 19:00. Chairman: Sal Hebert 084 263 1784.

**Henley Bowling Club:** Cnr Winchester & Hearn Road. Club, pub and venues for hire. secretary@thebowler.co.za or see www.thebowler.co.za

**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

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

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

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

**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. Bookings Kerry or Anton de Bruin: 082 448 0564.  
 – **Eye Clinic:** Meyerton Child Welfare. Kerry or Anton.  
 – **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

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

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

### 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

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# Henley's Favorite

By Nadia Wolmarans

Happy Women's Month Henley. Last month, in my first task as editor, I asked Henley to nominate their favorite local woman. I wanted to celebrate, firstly, the work of ordinary women in normal circumstances, secondly, inspire everyone to take a chance, and thirdly, I wanted to start with bringing people together. A community is stronger together, and we can only stand together if we know about each other.

These ladies were nominated on Facebook, Telegram, WhatsApp and e-mail. I was blown away by the response. 27 local women received nominations from all over of the Village and I am looking forward to highlighting all of them. For now, we are starting with the first seven. Some of these women I met for the first time this month, and some I've known for years. Join us in celebrating their achievements and local work.



**Henley's Favorite - Jennifer de Klerk** is the most nominated woman in Henley. "For all her hard work and kindness." - Charntel Wagenaar. She has done a lot for our community, raising awareness and hopes with her writing. Supporting Henleyites through thick and thin. She is one of our bravest, staying on the pulse of this Village and making sure everyone knew what was going on. Thanks Jen.

**Irma Coetzee** is the founder of Henley@Heart and her heart is for Henley. Nominated for her resilience and work for Henley, she gives the glory to her team. A dedicated group of people coming together to take responsibility for our lovely Village. From planting trees and roses, to cleaning up the rubbish and general debris, we salute the work of the Henley@Heart team.

Henley@Heart



**Lauren Baker** works extensively around the Village, She is a nurse 3 days of the week, Radio Control for Henley Watch and she runs Henley Soup Souls. Lauren says God moved her to help those in need and she started working with Henley Soup Souls during lockdown. Now she runs it with daily volunteers and the generosity of Henley's residents. She inspires us all and we thank her for her hard work.



**Debbie Allorto** her friendliness and warmth has made About Time a home away from home. Debbie and the fearless women of the About Time Centre are the 'firecrackers' of Henley, Nominated for her professionalism, business acumen, and support for local businesses all over the Village. We are looking forward to see what she does next.

# Local Women

**Kerry Palmer** is well-known to frequent readers of the Herald. Kerry serves in the Lions Club - she is a former president - and she was nominated for her many good deeds, fundraising for the Lions and local charities all around the Village, Kerry is not a surprise to this list. She is grateful for peoples recognition, but insists she is part of a team, and praises her fellow Lions for their hard-work.

Henley on Klip



**Gigi White**, owner at Tint Hair Salon, and one of the 'Firecrackers' of Henley. She brought new energy to the About Time Corner. With the Mr and Mrs Henley Pageant, the Dog Pageant, the Man Market and the Christmas in July Charity Event, Gigi is bringing people and businesses together. Nominated for her dedication and enthusiasm, and impact on local businesses.

### Rossie and Claudia

in seventh spot, these two sisters were nominated for contributing to everyone's day. They were singled out for their work at the Henley Cafe, where their warm, genuine smiles and professionalism gives a spark to an ordinary errand. We want to thank them for their dedication, which goes to show small deeds can make the biggest difference.



From the editor-  
Vandat ek oorgeneem het by Jennifer, het my lewe so verander. Ek ontmoet nuwe mense, gaan na nuwe plekke toe, en al die pad groei my liefde vir ons klein Henley. Ek sien uit na hierdie nuwe avontuur, dit gaan seker nie altyd maklik wees nie, maar as die eerste Afrikaanse redakteur gaan ek seker maak dis pret. - **Nadia**

Kyknet was in Henley, kyk uit vir die flied 'Trek in Jou Maag'. Dit is net een scene, maar dit was voor 1904.

Ons gaan seker maak ons kry die flied in die hande.



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# Oakmeade Moves to New Premises for Enhanced Learning Environment

**Arike Bryant**

In an exciting development for the education community, Oakmeade Prep and Academy is proud to announce its relocation to new premises in Morris Road, Meyerton, marking a significant milestone in its commitment to providing an exceptional learning environment for its students.

The decision to move to a new premises was driven by the school's desire to offer its students the best possible resources and facilities. The new campus boasts an already developed infrastructure, which will be upgraded over the next six months to boast modern classrooms equipped with advanced technology, spacious and well equipped laboratories, a comprehensive library, and dedicated spaces for extracurricular activities. The old favourites of Oakmeade will be moving along with them - including their signature red, early-readers' London bus, and their one-of-a-kind metal oak tree.

Recognizing the importance of physical well-being and the role of sports in character development. Oakmeade was being held back at their original premises in Meyerton ext. 6 with the delay in rezoning. The new premises will include top-notch sports facilities. The school will now boast spacious playing fields,

multipurpose hard-surface courts, athletics facilities, numerous sport-code fields, and a swimming pool. These facilities will provide students with ample opportunities to engage in various activities, helping them develop teamwork, discipline, and a healthy lifestyle. Oakmeade is now poised to actively spearhead competitive sports in the private school sector in Midvaal, with ample facilities to host meets. The relocation of Oakmeade Prep and Academy to its new premises signifies a major step forward in its commitment to providing an exceptional educational experience. With enhanced facilities, technological integration, sports amenities, and a focus on sustainability, the school will continue to nurture well-rounded individuals who can thrive in the rapidly evolving world. The new premises serve as a testament to Oakmeade's dedication to creating an enriching and empowering environment for its students, ensuring their success both academically and personally. They are set to open at Morris Road in January 2024.



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Bass Lake, Freediving Johannesburg and Scubaversity Dive Club held a charity Polar Bear Challenge on 15 July to raise funds for Galaxy Childrens Village, a local children's home.



**Millbrook Market Day**

Hosted by Henley High and Prep  
2<sup>nd</sup> of September 2023

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# From the HCPF

The HCPF and Victim Empowerment would like to extend a special thanks to Jennifer De Klerk for all her hard work and dedication throughout the years as the Henley Herald Editor, the endless interviews, visits, photos and travels to the printers, as well as delivering the Herald to Henley's special gems. From your informative articles to your touch of humor in others, it was always a pleasure to read them. We know it isn't an easy task and a thankless one, too, but Henley on Klip is forever grateful to you for keeping our village residents in the loop. Thank you!

- Charntel Wagenaar

**Emergency no:**

**081 813 3912**



Contact the HCPF today to join - [www.hcpf.co.za](http://www.hcpf.co.za) - or come to the HCPF Headquarters in Ewelme, available every Saturday morning to have a chat.

The Henley CPF Chairman, Steve Endley, on behalf of the CPF nominated Jennifer de Klerk for Henley's Favorite Local Woman. **photo-Jennifer de Klerk**

# From the Lions

**Anton de Bruin**

July started with a FUNdraiser with us selling pancakes and painting faces at the Kliphouse French Day. In recognition of Johan and Irma Coetzee's contribution to our Village, the Lions Club thanked them with a certificate.

The Lions elected their new Officebearers and inducted two

new members, Chelsea Cooper and Tarryn Macaskill. A busy Book Sale at O'Connor Hall, and a FUNtastic day at the Swagga Market, thank you to the Lions who gave their time, Save the date 23rd of Sept. for a High Tea Fashion show in collaboration with Hospice. Come and see our very own Henley models showing off



**Chelsea Cooper and Tarryn Macaskill with their sponsor Kerry Palmer - photo courtesy: Lions**

the clothes available from the Hospice Boutique. Limited tickets available, get yours for R150, includes sherry, coffee or tea and high tea eats, sweet and savoury.

Blood Drive on the 3rd of August is a challenge to all charity groups to bring friends and family to donate blood and save lives. **Next Blood Drive is 5th Oct.**



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# Naturally Debbie



photo: Thelma Ziemmons

**Debbie Firbank**

The topic of health is a broad one and when I was asked to contribute to a page on wellness and health, I jumped in. Not realizing just how broad it would be.

I am going to cover as many aspects of health as I can over the coming month's and work through a number of topics that fall under the 'health' umbrella.

I will outline the importance of nutrition on all aspects of our health, physical, mental, emotional and spiritual. My past experience has shown that nutrition is a big factor on our health and a lot of people are scared of change or just don't know where to start.

With the help of Kate and Ben, we will cover ailments, traditional cures from our Grannies, Ouma's and Gogo's to the more modern way of thinking.

Kate Touche and Ben Mazibuko started Heavenly Herbs in 2016 with 6 herb plants. Now they have more than 2500. They grow fresh potted herbs, because they are so full of vitamins, minerals and anti oxidants, essential in these times of processed foods and preservatives.

Each month a herb will be featured with the information on background, care, planting, health benefits and medicinal uses and we will included they will a recipe.

We hope to offer a holistic approach to alternative natural health care.

With my experience, cooking healthy meals in and around Henley since 2006, studying nutrition, and the lessons I learnt heling people with diseases like cancer regain their health and now with my shop Breathe at About Time Corner, I want to assist you with the role natural health plays in our daily lives.





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016 362 1335  
30 Mitchell Street

After Hours Contact  
084 564 2081

Breathe Natural Health is located at the About Time Centre, next to Tint Hair Salon. They are starting Henley's own 'farmer's market'. Inviting all home growers and gardeners to bring your vegetables and fruits on Saturdays, at 9am till 2pm.

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# Sustainable Living - Growing your own vegetables

by Lesley Hoy

The need to grow your own vegetables has been a growing trend for some time now. It was escalated during the time of Covid 19 as we were all forced to stay home with many people unfortunately losing their jobs. The benefits of growing your own vegetables include knowing exactly what chemicals and by-products have "gone into them and what was used in their production".

## VEGETABLE GARDEN CONSIDERATIONS -

### Position and spacing:

A vegetable garden needs a spot with at least 6 hours of sunlight.

Check the spacing of your plans carefully (as per the labels). Adding in more plants than spacing suggested does not result in more crop production.

### Soil and compost:

The soil should drain well with limited stones (especially if you intend to grow root crops such as carrots).

As long as the compost is well decomposed you can never have too much. Check the source of your compost as weed plants left to go to seed before placing them in the compost may not decompose and could germinate all over your vegetable garden.

### Organic:

Why not decide to go organic (no synthetic fertilizers or pesticides). This is a little bit more work but well worth the effort.

Organic fertilizers have improved dramatically over the last few years and can provide your garden with all the nutrients and micro nutrients required. They are also beneficial to the micro-

organisms in the soil and actually encourage their "regeneration".

For organic gardeners there are many homemade recipes available and products such as neem oil, garlic oil, etc, can be used.

It does require that you are more vigilant with identifying insects early and applying appropriately, however all my veg, I can say are insecticide free.

There are many different composting/vermiculture 'tea' kits available and can also add great value to your organic fertilizer application.

### Covering your vegetables:

You may also need to cover your vegetable garden with bird netting or not more than a 30% shade netting at most, to protect from mousebirds that could eat the crop. Some people are even lucky enough to have a small hothouse. This helps with early summer vegetables or extending late autumn vegetables yield into winter. In summer you will need to watch temperatures inside as they can very easily overheat.

### Crop rotation and crop phasing:

Crop rotation assists with ensuring that the soil is not unnecessarily depleted of

nutrients. This could be a seasonal rotation or just a single crop rotation. It implies that you rotate different crops in the same bed. The rotation could be leaf crops, then root crops, then fruit type crops, and then legume type crops. This reduces pests and feeds the soils for the next crop. Phase the plant of vegetable seedlings or seeds so that you have a continuous supply. As an example, what I do for a family of three, rather than planting a whole bed of beans sow only 12 plants and then about 6 weeks later another

12 plants and so on. The last sowing of beans no later than Feb to avoid possible early frost. This ensures a longer harvest of your crops.

### Watering:

All vegetables require regular water, ensure the soil is always moist for optimal production. If you don't have an abundant supply of water, bath, basin, and kitchen water can all be used. You could quite easily gather 60 to 100 litres a day for your veg garden. That's a lot of water. Some rules with using grey water; use it within 24 hours and only apply the grey water onto the soil and not the vegetable leaves.



The product must be kept closed to maintain moisture levels for living worms and eggs to stay alive until ready for use. STORE in a cool dry place out of direct sunlight.

#### Ingredients:

Earthworm Castings, Fertilised Soil, Earth Worms and Earth Worm Eggs, ACTIVATED BIOCHA, Organic Matter and Microorganisms

Nitrogen	Phosphorus	Potassium	Calcium	Magnesium	Sodium	Iron
0.94%	0.30%	0.43%	1.88%	0.38%	0.05%	0.56%
Manganese	Copper	Zinc	Baron	Molybdenum	Sulphur	PH
1047mg/kg	172mg/kg	239mg/kg	0.27%	0.3%	51mg/kg	7.4

NPK - 3:1:1

#### Recommended Usage:

As fertilizer or top dressing, scatter 1 cm on indoor plants or 2 cm on outdoor plants every 2-3 months.

For planting seedlings, put 1 heaped Tbs (40-50ml) into prepared hole.

Add 1/3 earthly living soil to soil to make potting soil.

Seedling Mix: 40% Coca Peat, 10% BIOChar, 50% Earthly living soil

Please Water me Before and After Use



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BEST PRICES

**Continue from page 11**

Various research studies continue to show good results when using grey water.

**Plant Selection:**

When buying seedlings at a nursery try not to focus on the biggest or oldest seedlings. They are often root bound in the tray and may not necessarily grow into strong healthy plants unless you know how to gently tease out

the roots.

Check that your seedlings are healthy and of a suitable variety that you actually want. As a simple example check if the beans are climbing or bush bean ( that will depend on what you have planned for).

**Mulching:**

Use your garden lawn clippings as a thick mulch on your pathways and a lighter mulch between your plants. This reduces weeds, saves

water and later feeds the soil (as I have said before lay the green leaves straight onto the soil and don't dig them in. With the next crop it will be ready to be dug in).

For pathways in your vegetable garden you could also place old cardboard boxes down the pathway and then cover that with the mulch. The cardboard will slowly decay. This will help hugely with weeds in the pathways.

I hope you all have a great summer in the vegetable garden, using water responsibly and growing your own crops to feed your family.

Join the Henley  
Gardeners Group on  
WhatsApp at 079  
502 5111

## The MADMAC runs for a Reason



We wish them well and look forward to seeing the 'Clown' back on our Facebook feed next year. Meyerton Athletics Club hold weekly time trial at the Henley on klip Bowling Club, Iffley/Hearn every Thursday, 17:00 winter (17:30 summer) .

by Nadia Wolmarans

On the cold 15th July, running enthusiasts from all over took off to the sound of real cannon fire from Café du Cirque. 800+ participants, young and old, champions and first timers, braved the cold weather to take part in one of the biggest new local events to compete for a share of the R50 000 prize money that was on offer for all age categories, male and female!

The runners were watched over by the Afri Guard helicopter, passing by water points manned by Midvaal Local Municipality, Meyerton Athletics Club (MAC), Lynca Meats, Harvest Fresh and Crazy Store (who donated clown wigs for all enthusiastic helpers on the day, including the Mayor!). Afrimat manned the finish waterpoint and brought a vibe to the race that was extraordinary.

At the finish the first 360 people were not only greeted with a medal, but adults also received a sponsored Heineken Silver! Prize winners received beautiful trophies provided by Isosherq Holdings.

This was all carefully planned by MAC who worked hard as a team to put together a world class race.

“This race shows how much potential there is in our community when local companies decide to take hands with non-profit institutions for a greater cause.”

Other sponsors included Everite, Triangle Readymix and Pietria Hardware who took the race to the next level.

The race also featured a local participation incentive for non-profit organisations with R15 000 shared between Laerskool Midvaal, Hoërskool Dr Malan, Balls and All, NG Kerk Moedergemeente, Laerskool Risiville, The Sweethearts Foundation and Wings for Life School for Special Needs. MAC are eager to build on the lessons learned and their achievements to plan an even better and bigger MADMAC next year.

Follow them at [www.facebook.com/meyertonac](http://www.facebook.com/meyertonac)



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