



Henley Herald

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news

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FREE

February/Maart 2024

It is officially 120 years of Henley this year. We are looking forward to many more and will be looking back on our website, but in this issue we will be looking at where Henley is now.

In the last couple of years, changes have snuck in all over the place; there are new faces at markets, new businesses around every corner, and many new developments. To get our finger on the pulse of things, we did a mass outreach to local businesses, Easy Lease, Burchmore Properties, and more, which will be featured in the next installment.

Can you inform me about the abandoned building



photo credit Johan van Zyl - bluegnu.co.za

Happy Birthday Henley on Klip

projects around Henley—what happens, how does it happen, and why?

Easy Lease: There are a number of abandoned buildings or "half-built" houses around Henley. The majority of the time, this is due to a lack of finances or running out of money to complete the projects. Keep in mind that, since COVID, banks have been more reluctant to provide financing for private individuals, and it has become increasingly difficult to secure building

finance or bonds. Further to this, which happens in a lot of cases, the owners are not able to meet their repayment agreements in terms of these bonds, and the properties are then repossessed by the banks, pending auctioning.

When houses are foreclosed, what is the procedure? Can foreclosed houses be purchased?

Easy Lease: Yes, foreclosed or repossessed houses can be purchased either directly from the finance institute or through auction. It is an issue trying to find out which bank "owns" the property; however, people can contact the local sheriff to find out if the property has been repossessed or can look at www.myroof.co.za, as a number of the banking institutes use this site for advertising property sales or auctions.

When chatting with Laura Strydom at Burchmore, she encouraged home-owners, when they were in a tight spot, to speak with their banks. There are procedures and structures in place for this exact event, and the banks will guide you through the process.

This probably fits into the first question, but what is the procedure for new developments? There are many lots and houses that have been bought up and seemingly converted into complexes. What is the impact on our infrastructure with the increased demand?

Easy Lease: Obviously, converting any property into a complex has implications for the infrastructure; hence, relevant permissions and

approvals need to be obtained by the developers prior to the commencement of work. Bringing more people onto a property will have a further drain on infrastructure, including electricity, water, and sewerage.

The current sewerage problem in Henley is testament to this, as it was originally designed for X amount of people, taking an average of 4 persons per property; however, with complexes, this amount of 4 people could be 30 to 40 people per property now, producing 10 times the waste. We are in the process of speaking with Midvaal, but we can assure our readers that there are organisations around Henley taking care of all they can. Our readers in local Telegram and Facebook groups will have seen the [Henley@Heart team](mailto:Henley@Heartteam) at work.

Has there been a noteworthy rise in new residents? Where are they moving from? Are there people coming back from overseas or new residents from overseas?

Easy Lease: Yes, there has been a noteworthy rise in residents in Henley, specifically since 2020 (or COVID), with Henley on Klip becoming one of the fastest-growing areas in Gauteng. This is predominantly due to the growth in remote working, where people no longer need to commute daily to an office. However, the majority of "new residents" are not looking for large properties, and the demand for small "townhouse"-type living is in huge demand, hence the increase in developments throughout the area. Burchmore Properties said they've mostly gotten calls and interest from the Alberton area, with one person from Australia.
_continued on page 3



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Councillor's Corner,
Tony Dickinson

Sunday evening, after a balmy afternoon, I sit down to write this article for the Herald. As I settle in, wam, load shedding, and those infernal generators kick in to disturb the quiet evening. Most people come to Henley because of the peace and quiet, so why not an inverter or solar instead of a noisy, smelly generator?

While I am on the subject of noise pollution, a few motorcycle enthusiasts believe that it is quite OK to service and tune their bikes in their driveway and then test drive them at high speeds on the roads of Henley, sometimes well into the evening. This is not on. I know that we must move with the times and can not remain a village forever, but can we just slow down?

It is that time of the year again when the public is encouraged to get involved with future capital expenditure in their respective wards. **The integrated development programme (IDP) will be presented at a public meeting at O'Connor Hall on February 29.**

Comments and recommendations can then be sent to the Speaker's

office for possible inclusion. The IDP is a five-year programme for the implementation of capital projects. No capital project can be implemented in the future unless it has been placed on this programme, so think carefully about our future.

The MLM budget was passed by the council at its last meeting in January. Total income is budgeted to be R1751 million and expenditures of R1733 million, meaning that this is a fully funded budget. **The budget will be presented at a public meeting at O'Connor Hall on April 5, 2024.**

The roads are in a pretty poor state at the moment, but the roads' department has promised me that, weather permitting, they will be repaired by the end of February. They also informed me that a new contract has been signed to construct speed humps. The first locations will be outside schools and nursery schools. Hopefully, those will stop the speeding cars and motorcycles.

Tony Dickinson, ward councillor e-mail: tonyonklip@gmail.co.za, tel: 082 783 1612

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Update from the River Clean-up Team

by Eckart Zollner
The River cleanup campaign started again with cleanup operations on Saturday, 21 January 2024.

We thank all the volunteers who contributed with their own time, resources, and supporting tools, as well as food and drink, to keep the operation going since we re-started in May 2023.

We are grateful that all the hard work during the past year started bringing visible results, as we have not experienced any further incidents of properties being flooded from the start of the rainfall season until January 14, 2024. But we cannot let our guard down as we face at least another 2 months of the summer rainfall season, and we need to ensure that the gains made thus far are not reversed by the continuation of driftwood and debris that we observe flowing down the river to the weir. We are also concerned about a number of incidents where residents of river-facing properties feel it is

continued from cover EasyLease is a rental agency and does not deal with property sales; however, rentals are usually the first step that people take into a new area, as they would prefer to rent first before buying. In this regard, we have found a huge increase in demand for rentals within the area over the past 3 to 4 years, with approximately 80% of requests for small to

acceptable to dump garden refuse and trees into the river instead of having them properly disposed of at the Henley dumpsite. Such action can only be strongly objected to, as it contributes to water blockages and subsequent flooding events.

Our anti-pollution drive is gathering momentum, and the first batch of test kits is being distributed for testing along different sections of the river. Results will be captured and analysed by WATERCAN (an initiative by OUTA) and will be used as substantiating evidence in the fight against the polluters that have been identified as responsible for the dire state of the water. Water testing will become an on-going regular activity, and anyone prepared to participate in the testing is encouraged to get in touch with us.

We note with concern the high number of people regularly crossing the river at the Kidson Weir. As the river is currently in full flow, this is a very dangerous and

life-threatening behaviour and should not be undertaken. The depth and strength of the river is constantly underestimated until it is too late. On January 22, a cyclist was washed from the bridge and is lucky to be alive, as he was swept against very dangerous rock formations behind the weir. Fortunately, the Midvaal rescue team managed to get him out of the river, but his bicycle was lost. Subsequently, Midvaal Municipality has erected signage and barriers on both sides, alerting the public to the fact that crossing over the weir is not permitted.

The river clean-up team meets every third Saturday of every month at 9:00 and requires more volunteers to join our work. Volunteers are encouraged to contact us and assist, especially with the additional barges that are needed to clear debris along the banks of the river.

Contact details are Eckart.zollner@therightchoice.web.za or 0829903460.

medium-sized houses with small "manageable" gardens. Due to this, the demand for both rental and purchasing of large properties is decreasing, hence the growth in townhouse developments to meet the demand.

Burchmore Properties can be contacted at 083 625 9250, at Henley Drive and Ewelme Road, Henley on Klip. Read more online, scan on

the right to go to www.henley-herald.co.za, and stay up dated.



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SAME DAY SERVICE

2024 - Once Again Electricity by Peter Commons

While we were enjoying our festive season, we were also enjoying little to no load-shedding, and life was bliss. No sooner had we finished celebrating the old year's eve and New Year's Day, we were hit with the news that load shedding was starting up again. The community was shocked. How did this happen? Over the holiday, there were several important developments concerning the key issues facing South Africa's electrical supply. The Integrated Resource Plan 2023 (IRP 23) was released, and after public comments, it will be gazetted to replace IRP 2019. The government also announced three bid windows for 5000 MW of renewable energy, 2000 MW of gas, with another 1000 MW to come later in the year, and 615 MW of battery storage. There is also a request for a proposal for 2500 MW of nuclear power in 2024. A nuclear power station will take 10–15 years to develop. All these proposals will take several years to develop. Another crucial factor affecting us is the energy analyst based on Eskom data, who looks at the utility's energy availability factor (EAF), which declined from 58% in 2022 to 54.7% in 2023. This reflects the reality that Eskom production is declining and not improving; the targets set by management and politicians are 65% to 70%.

The reality is that load shedding will be with us for many more years; in fact, the IRP refers to 2027 if all its goals are met and we need to achieve an EAF of 66% to 69%. Given the history of Eskom performance and the current EAF trend, this is wishful thinking.

Relief from load shedding will only come from new

investments; there is a requirement that South Africa will need an additional capacity of 60 000 MW over the next ten years, or about 6 000 MW per year. The new IRP 23 provides for only 28 000 MW to be added over the next seven years to 2030. This is a shortfall of 22 000 to 32 000 MW, and for a country in an electricity crisis, this is not sufficient.

We have been tracking the tariffs charged by Eskom since 2012 until 2023 and found that the network capacity charge has increased by 165%, the consumption rate for less than 600 kWh has increased by 280%, and the consumption rate for more than 600 kWh has increased by a massive 436%. This relates to an average increase of 294% over the last 11 years, and they seem to not be slowing down. The more you use, the more you pay, which can be seen as punishment for wanting to use electricity from the grid.

Where does this leave the residential market? What options are available?

We offer power backup systems with an inverter and a battery; this will keep the lights on but relies on Eskom to charge the batteries after the power has been off. There is no saving against the utility, as you are not producing independent power. However, this system will require solar panels once you can afford them.

We also offer a full solar system—an inverter, batteries, and solar panels. While keeping the lights on, the power generated from the solar panels will reduce the load on the Eskom metre, ultimately reducing the power bill. This is a more expensive

route to take, but it offers savings against the electricity bill. Solar systems are scalable, and you can add more to these systems to grow their capacity as your cash flow improves. For those with a tight budget, we look to reduce the consumption to under 600 kWh per month to start with, and this allows you to pay the lower rates. With scalability, we can then increase solar panels or battery storage to reduce your electrical bills further. Some clients have reduced the bill to under R50 per month on a prepaid system.

Are banks willing to help consumers pay for solar installations? The major banks and financial institutions have seen the opportunity to fund solar installations and have developed access to this via their banking apps or online offers. This is a

safe route to take, as the installation teams are vetted and the product has been offered. The advantage of this option is that as you start saving on your electrical bill, this saving is used to pay off the financing on your system.

What are the security measures for households—and does this influence house insurance?

As with every moveable commodity in South Africa, there is the risk of fire and theft. We issue the clients with the necessary paperwork to add the solar system to their homeowner's insurance policy. This is vital should there be a claim for losses not covered by the warrantee or grantee from the supplier. If you feel your panels are at risk of being stolen, there are measures **continued on page 4**

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Continued from page 3.

There are measures that can be taken to make this harder, such as torx-pin bolts, security beams, or even razor wire to prevent access.

What about replacements and batteries - how do we dispose of them?

With the development of lithium-ion batteries, we are moving away from lead acid or gel batteries very quickly

The life cycle of the old lead batteries was short, and they did not last very long and had to be replaced every few years. This was a cost we had to budget for when planning a solar system. This replacement cycle was the same process we have with

our car batteries. The development of lithium-ion batteries has vastly improved the cost factor and payback period; most are guaranteed for 5–10 years now, with a life expectancy of about 6,000 cycles. We are not replacing them as often as the lead batteries. These are also fully recyclable should they need to be replaced; this is managed through the suppliers.

Why is there no change in electricity billing when there is so much loadshedding?

So, the question is always asked, "Why am I still paying so much for electricity when we have so

much load shedding?" Well, the rates have gone up 294% over the last few years, and while we may be using less electricity, this is costing us more each year. Our billing system is also flawed, as we have a few months of estimated consumption and then an actual reading that balances out. Eskom applies an algorithm to your house's consumption, and when estimating, they always try to collect as much money as possible. You can submit your own reading via the various apps and platforms and start keeping track of the units consumed versus the rate you are paying.

Growing up, we were told there would be two big

investments you make in life: buying a house and buying cars. Now there is a third element we need to consider. Buying a solar system is now one of the biggest investments you will make after buying a house and a car. However, this will add value to your house, your lifestyle, and your security as it allows you to return to a normal life before we had load shedding.

Please feel free to contact us for more information, call +27 82 901 2607, or learn more at xigent.co.za.

A big thank you to Xigent for answering our questions and sharing their insight.

Your Rights as a Customer

by Etienne Wolmarans Daily, we transact. The focus of this article is protecting our rights as consumers.

Before discovering our rights, let us discuss some common-sense precautions. Services rendered to or at your home: Protect your valuables. Check the credentials and reputation of the contractor. Mitigate the possible risk associated with the job or service and, where necessary, inform your insurance to protect against a possible loss. Do a safety briefing with the contractor and staff before the service or job commences. Record the briefing and get all attendees to sign the document. This will go a long way in protecting you in case of an

injury to the contractor and/or their staff at your premises. Restrict the admission of the contractor staff to your premises. Define your expectations concerning the job standards and duration up front. When having a vehicle, appliance, etc. repaired at a contractor site, get proof of you handing over your property and record the expected date of completion and cost before the start of the job. Check liability in case of fire, theft, etc. at the contractor premises, and if necessary, inform your insurance company of the risk.

Up until 2008, our market

laws were based on the principle of Roman Dutch law that the "buyer must beware." It is unfortunate that a large portion of the

Rights, however, must be known to be enforced, and to this end, it is in our interest as consumers to familiarise ourselves with our rights

market philosophy is still holding fast to this principle. The Consumer Protection Act has changed this principle almost to the point of "seller must beware." Rights, however, must be known to be enforced, and to this end, it is in our interest as consumers to familiarise ourselves with our rights as contained in this act. This is one instance where ignorance is not bliss. We live in the information

age, and it is daunting to sift through the terabytes of data for what we want to know.

The president signed the Consumer Protection Act, No. 68 of 2008, on April 24, 2009. The aim of the act is to promote a fair, accessible, and sustainable marketplace for consumer products and services. The DTI (Department of Trade and Industry) published an informative booklet regarding this act, and you can download a copy of it from the Henley Herald online website (www.henley-herald.co.za). This booklet will empower you with the necessary knowledge in non-technical language to stand up for your rights. You can download the Act from the government website, www.gov.za.

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Made in Henley: We Are Salt

Excited to be back with our monthly Made in Henley feature. Starting off 2024 strong with WE ARE SALT, Introducing Adri Meintjies. **Tell us about your business and where/how it started?** I worked in the agricultural sales sector for so many years in extremely stressful conditions, and it took its toll on my health and morals. I was sitting in traffic one morning on my way to work listening to gospel music, and the thought came up, I have to share His word. The next

question was, how? And I came across this lovely site that sells pure linen garments, and it just clicked. I went for a sewing course, resigned my job, and bought what I needed to kick off my work as a disciple, sharing God's word through the clothing I make and embroidering with messages of hope and love.

How has living in Henley on Klip impacted your business? Henley gives one so much peace and tranquility; its

residents are kind and warm, and the natural environment brings out your creativity.

Where can people find you and support you? I have a website, www.wearesalt.co.za, where you will see my story, my contact details, and, of course, my products. You can also email me at weRsalt@outlook.com.

Are you excited for 2024?

Excited, yes. I feel this year will be busy. A great year indeed. A big thank you to We Are Salt for answering our questions. To feature your own business or recommend a local business send an e-mail to editor@henley-herald.co.za, we will get in touch with you as we plan ahead our issues. Read about previous features on our website, henley-herald.co.za.

Editor's Note

As part of my role as the editor of the Herald, I received the archive. I have years of back issues, from when the Herald was still the Chronicle. I want to start a new section, once again a new section, where we look back. I will go month by month and share relevant stories in-depth, exclusively online. We will be posting the photos and some choice articles on henley-herald.co.za and sharing them with our official partner, the Henley Grapevine Facebook group. To read back issues of the Herald in person, go to the

Henley Museum at About Time Corner. Let's immediately get into it, starting with February 2003, The Henley Chronicle, "Your Voice in the Village." See it online at henley-herald.co.za. **For the next issue we are calling all local educators to talk about the Bela Bill and the implications it will have. We want to prepare a feature covering as many aspects of the bill as possible. To get involved e-mail editor@henley-herald.co.za.**

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Naturally Debbie

By Debbie Firbank
Embrace Wellness in February with nourishing self love

As Henley on Klip embraces the warmth of summer in February, the air is filled not only with the fragrance of blooming flowers but also with the essence of self-love. In this month traditionally associated with love and romance, it's the perfect time to turn the spotlight inward, prioritizing self-care, health, and wellness. Be intentional, your daily choices become amplified realities.

Amidst our beautiful surroundings and sun-kissed days, Henley provides an ideal backdrop for a holistic approach to well-being. Fall in love with taking care of yourself. Embracing self-love becomes a harmonious journey that encompasses mental, physical, and emotional health. This is all at an expense of what? Absolutely nothing. This is an investment.

Mental Wellness Amidst Nature's Splendor:
The Summer invites individuals to connect with nature and enjoy the outdoors. From street walks to Suikerbos hikes, these activities not only promote physical fitness but also offer

moments of mindfulness. Taking a break from the daily grind to appreciate the natural beauty around fosters a positive mindset and a deeper connection with oneself.

Physical Well-Being Under the Sun:

February's warm weather encourages outdoor activities, providing an opportunity to prioritize physical health. Whether it's swimming, cycling, or practicing yoga in the sunshine, Henley provides an environment conducive to staying active. Physical well-being intertwines with self-love as individuals engage in activities that invigorate the body and contribute to overall vitality.

Wholesome Nutrition with Seasonal Bounty:

With gardens blooming and farmers' markets thriving, including every Friday at Breathe Natural Health, About Time Corner, embrace self-love by nourishing your body with seasonal, locally sourced fruits and vegetables. Explore the culinary delights of the region, creating meals that not only please the palate but also contribute to a balanced and healthy lifestyle. Eating locally grown vegetables are healthier and fresher because

its only transported a short distance and isn't exposed to chemicals, gasses and waxes used to preserve food for long distance transportation. it benefits your health and the farmers in our community. Local foods tend to taste fresher, have more nutrients and uses less packaging and its a shorter time between harvest and your table, which translates to more vitamins, minerals and greater nutritional content.



Mindfulness Practices in the Henley Breeze:

The gentle breeze provides the perfect backdrop for mindfulness practices.

Consider incorporating meditation or relaxation exercises into your routine. Whether it's on a tranquil boat ride or in a shaded garden, these moments of self-reflection and stillness contribute to mental clarity and emotional well-being.

Celebrating Self-Love in Unique Ways:

As February unfolds, consider celebrating self-love in a unique style. Perhaps it's a day at Bass Lake, a picnic in the garden, or stargazing under the Southern Cross. Treat yourself or your partner to a beautiful bath soak and light a few candles to create the romantic setting! Tailor your self-love practices to the beauty and energy that the region offers, creating memorable moments that resonate with personal well-being.

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Norbert the Yellow Alien

by Mark Russell

There is a creature that lives above my head where I sit outside in my garden. He has changed my outlook on life in the last eight years that I have been in Henley.

He has rearranged the arboreal geography above me every summer. He has created layers of dead leaves under my trees, which has helped me create three compost heaps. He has (well, not exactly him) created babies that emerge from spotted green shells, the number of which would make any rabbit proud. If this creature could become Minister of Housing, we—all 57 million of us South Africans—would be living in plush, water-proof woven houses.

Let's call him "Norbert." In the four cold months of the year, he disappears into obscurity. His partner, the sensible one, and Norbert

become little grey jobs that eat seeds and bread crumbs from the bird table. A little like politicians during recess. At the first signs of warmth in spring, Norbert goes through an amazing change brought about by evolution and hormones. He pulls a bright yellow and black blazer from his trousseau chest, a few feather boa's, and minces into the cold spring mornings. His demeanour then changes—he starts fizzing like a bottle of shaken soda water. He does this hanging upside down from a twig with his wings fluttering seductively and his tail feathers spread out like a deck of cards with flashing red eyes. His partner, the sensible one, ignores this display of avian lust and sort of hangs about the tree, looking bored. He only knows one architectural design, which kicks in, and within

hours, a mansion of carefully woven grass appears. He then prunes the tree around his nest so that, at the end of summer and many nests later, my trees look like tattered, storm-damaged rags.

Norbert has yet to learn about the experiences of the female species, both avian and human. Only after the bank account looks good, the trust fund plummets, the car is serviced, and the house is built will interest be shown. Apart from his plumage, Norbert is not very bright. His mantra is like the shampoo instructions: apply, lather, rinse, and repeat. He does this endlessly until the lawn is thick with dead leaves, his chicks turn into cat food, and the sensible one is still looking on disinterestedly. Exuberance, energy, and effort—that's my Norbert. Look him up in the directory: Roberts 814; he will answer with a swizzle and tell you everything about the abundance of life!



The Online Henley Business Directory is going strong, we keep adding and sharing and our traffic is growing month by month. Now we want to continue, our next directories will be focused on _

1. Henley Artist Directory: for Henley on Klip and surrounding areas. It will be structured the same as the Business directory, with live links to websites, Facebook, and/or WhatsApp. To earn more e-mail editor@henley-herald.co.za,
2. Food Suppliers Directory: for local grocers and food supply shops. We want to compile a comprehensive list to boost our local shops and simplify the grocery shop.



The Yellow Tambourine



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Gardening for the month of February by Leslie Hoy

Celebrating wetlands in our gardens and environment. On February 2, we celebrated World Wetlands Day. Of South Africa's wetland ecosystem types, 48% are critically endangered, 12% are endangered, 5% are vulnerable, and 35% are "least threatened," making wetlands the most threatened ecosystems of all in South Africa. Added to this, 50% of our wetlands are already lost to development, overexploitation, and other anthropogenic factors. This is a very sad state of affairs for us in South Africa. Bringing this closer to home and to the gardening fraternity, we can, where possible, create and develop artificial wetlands that will, in a small way, contribute to your garden ecosystem. The larger the better, but even a

small waterproof pot that is changed to a suitable wetland will make a positive contribution. Let's first look at the definition of a wetland. "An artificial wetland means a landscape feature where hydrophytic (water-loving) vegetation may be present as a result of human modifications to the landscape or hydrology and for which there is no prior wetland or stream history. This means that any of us who have some form of water feature in our garden and who have the space and resources can create a small artificial wetland. The benefits of these are many, but not limited to encouraging aquatic plants to flourish and attracting a whole host of birds, amphibians, and insects. A

carefully constructed and positioned artificial wetland (no matter how small) can benefit our environment. Yes, I know that "purists will say that we need to focus on the natural wetlands in our surrounding areas. I do agree with that, and we have many in our area. However, many people don't have the time, wherewithal, or abilities to get involved with preserving them. So why not go for a win-win by creating artificial wetlands in your garden? For some ideas, try these web sites: waterwise.co.za lifeisagarden.co.za Plants to match the month of February. February being the month of love (with Valentine's Day just around the corner), why not consider investing in plants with shades of

red and tones of pink? They will last much longer than a meal out somewhere, and they will continue to provide you with many days and hours of enjoyment. Red is a vibrant colour and evokes emotions of love and appreciation. Some plants that would be suitable are: petunias, begonias (for the shade), impatiens (both sun and shade varieties), Salvia greggii (red varieties, of course), and even stunning red rose varieties. Whatever you decide to do for Valentine's Day, I hope that it involves something to do with your garden or someone else's garden in order to create lasting memories.



Petunies pink, (above), Impateitns (middle), and red roses (right)



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Heavenly Herbs: Eucalyptus, Echinacea, and Eggplant

by **Kate Touche**

Greetings from Kate and Ben at Heavenly Herbs. February is the month of love; why not give your special Valentine a pretty pot of edible flowers or herbs for some romantic cooking?

We are working with the letter E this month, namely: Eucalyptus, Echinacea, and the gorgeous purple Eggplant.

Eucalyptus is native to Australia and is actually a bit of an invasive species in South Africa, but the benefits of Eucalyptus are known as far away as Brazil, India, and Greece. The leaves are used in remedies both commercial and homemade for coughs, sore throats, and stuffy noses, aching muscles, anti-fungals, antiseptics, and for deterring pesky bugs and rodents. Add a few drops of eucalyptus essential oil to your shampoo to encourage a healthy scalp. Bees love the flowers, and because the trees are abundant, most honey has some Eucalyptus pollen involved.

Don't forget the cute "Penny Gum" regularly used by florists to enhance flower arrangements.

Echinacea is an absolute gem of an herbal flower, offering so many important benefits. These include boosting the immune system, relieving pain, reducing inflammation, balancing hormones, and being an important antiviral and antioxidant. The pretty pink flowers with their turned down petals make an amazing show in your garden and are an absolute favourite with the bees.

The eggplant, also known as a bringal, always attracts my eye when I shop for fresh veggies.

With their deep purple, glossy skin, they just look like they must be good for you. Being one of the nightshade family of plants, eggplants contain essential minerals and vitamins that are important cancer-fighting agents, so together with tomatoes, they are important to include in your diet. Eating eggplants helps reduce

cholesterol, helps with blood sugar, aids in the prevention of heart disease, and even helps with weight loss because it is a good source of fibre. As an ingredient in a vegetarian dish for "Meatless Mondays," they provide the essential fibre needed to bulk up the meal and fully satisfy a hungry family.

Ingredients

- 3 large eggplants
- ½ cup olive oil
- 1 large onion chopped
- 3 cloves garlic crushed
- 1Tbsp ground cumin
- 1 Tbsp dried paprika
- 1 tsp cinnamon
- 1Tbsp dried oregano
- 1 red Chilli chopped
- 2 tins whole tomatoes
- 1 Tbsp Basil pesto
- 1 Tbsp brown sugar
- 400g Mozzarella
- 150g grated Parmesan
- Salt and pepper to taste
- Torn Basil leaves to decorate.

Method:

Slice eggplants and fry in half the olive oil until golden brown on both sides; season and place in an oven-proof dish. Heat the oven to 200°

while making sauce to pour over eggplants. Fry the onions in the rest of the olive oil till caramelised, then add crushed garlic, chopped chilli, and all the spices. Add the cans of tomatoes and roughly chop with a wooden spoon to make a chunky sauce. Add the sugar and cook together for a few minutes. Pour over the eggplants. Slice the mozzarella and place it on top. Bake covered for about 20 minutes, then uncover and top with Parmesan. Bake uncovered for another 5 minutes till golden, then serve topped with torn basil leaves. Yum, yum!

Ginger Biscuit says, Please take care of the bees in your garden; don't kill them. Bees are so important to help farmers grow our food. Ask your mom and dad to plant lovely flowers so that the bees can collect lots of pollen to make delicious honey.



Ginger biscuit (left) Eucalyptus (above), Echinacea (right), Eggplant(far right).



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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:
 Hosting it's year end wine tasting on 2 December 2023 at 11h00 at Erfdeel, 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 Lions O'Connor Hall, Pretorius Street. Art Club(Development) 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

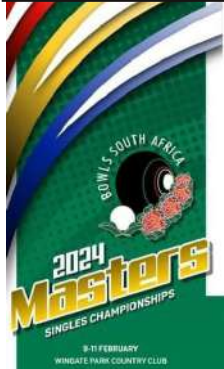
February/Maart

To add your event to the calendar, send information to editor@henley-herald.co.za, or follow us on Facebook

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
11	12	13	Valentine's Dinner @Purple Horse Valentine's Special Set Menu @Taste Budz Valentines in Venezia @Molly's Speakeasy Valentine's Lunch for Two @Bass Lake	14	15	16	17	Stained Glass Workshop Living Glass, HOK Valentine's Masquerade Part - For the Youth @Maccauvcie Campus Doggy Valentine's Fun Day @Vaalpets Shelter
18	19	20	Housewives Club Meeting Ladies Tea Quiz Night @The Realm	21	22	23	24	Panscrapers Originals SA Drive @Swagga Breweries Lions Book Sale @O'Connor Hall The Big Walk for Little Warriors Henley Lions @The Bowler
25	26	27		28	29	1	2	MAC Parkrun @Meyerton Club Food + Craft Market @Swagga
3	4	5		6	7	8	9	MAC Parkrun @Meyerton Club
ROAB Meeting	Lions Club Meeting	Rotary Meeting		MAC Time Trails @The Bowler Dancing Excellence Studio @The Hound House		Henley Scouts Meetings		
10	11	12		13	14	15	16	MAC Parkrun @Meyerton Club
			Karen De Vos - Mixed Media Workshop @Die Duif Art Centre Library Reading Circle		Randvaal Leserskring MAC Time Trails @The Bowler Dancing Excellence Studio @The Hound House	1st Henley Scouts Vaal Seniors		MAC Parkrun @Meyerton Club



The Henley on Klip Bowling Club members make the Sedibeng Inter-District Team



Open Women

Charlotte Rossouw
HENLEY ON KLIP BC (SED)
JBA Singles - GOLD 2019
SA National Singles - GOLD 2023
SED Masters - GOLD
SED Singles - GOLD
SED Pairs - GOLD



Rooyen have made the ladies veteran team. The tournament takes place from 4-8 March 2024.

Bradley Wilkinson, Jessie Wilkinson, and Nathan Wilkinson will also be headed to Bloemfontein to represent Sedibeng at the Junior Nationals. The juniors did exceptionally well at the Gauteng Challenge. Any donations towards their trip would be appreciated.

players and we hope you have a brilliant tournament.

The facilities have increased over the years with the addition of the tennis court and pool tables. Errol Smith offers his time for people to come and try bowls. **So please contact him on 0796953700 if you would like to give it a try. If you would like to know more about the club or book the facilities, please reach out to Tarryn 0828188802.**


Congratulations to all our

by **Tarryn Macaskill**
Charlotte Rossouw will be playing the BSA Masters Ladies this week.
Congratulations Charlotte on your incredible achievements. Henley on Klip Bowling Club has been growing in leaps and bounds over the last few

years. This year, five of our members were selected for the Sedibeng Inter-District team. Bradley Wilkinson has made the men's B side. Tarryn Macaskill and Carina van der Walt have made the ladies B side. Tanya Oosthuizen and Bridget van



Midvaal Municipality hosted Cycling South Africa for the Road and Time Trail National Championships 2024, the first weekend in February. Well done to the winners and contestants and we are indeed Proudly Midvaal.



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