



Child Pneumonia Outbreak in China cause for concern: A simple NO



by
**Gerhard
Grobler**

Pneumonia cases among children in China have surged, resulting in severely overcrowded hospitals. Experts say, however, that this is likely not a possible pandemic but rather the result of a few predictable, non-worrisome factors. This is China's first winter without COVID-19 protections in place since 2020. Compared to pre-Covid pneumonia cases, the current numbers observed are not significantly higher than for example 1995 to 1998. Communications between the World Health Organization and the Chinese public health authorities made it clear they have not discovered a new virus in above mentioned cases. The current pneumonia outbreak in China is caused by an array of viral infections and one bacterial infection.

Most commonly found at this stage are cold and flu viruses, RSV (Respiratory Syncytial Virus) and pneumonia caused by a bacteria, m. pneumonia.

Children under normal conditions set an average of 12 virus illnesses in their first few years. Children acquire infections and spread them among themselves readily because they play on top of each other, almost literally and are in most cases not very hygienic. That children encounter so many common pathogens is not a bad thing. It helps them build much-needed antibodies that will serve them well throughout life. An interesting fact here is M. pneumonia is becoming increasingly antibiotic-resistant. The resistance rate in Asia is about 90% compared to the U.S. with only 10% resistance. As previously mentioned, overcrowding in hospitals and the overuse of antibiotics leads to the increase of m. pneumonia infections in China. Considering all the facts, it's my opinion that South Africa

will have a "normal" sick winter. The main objective must still be preventive- common sense always prevails- Consult with your health care professional, if in doubt, with the onset of severe symptoms, maintain a

healthy lifestyle, exercise, healthy food and proper sleeping patterns. Immune boosters might be of help, but the most proven preventative measure is still good old soup and water washing your hands regularly can reduce the transfer of all viral infections, significantly. Information used above came from Medical News Today and the Lancet Publications

Best for 2024
Regards, Gerhard Grobler (B.Pharm)
Find out more at Jaap Van Reenen Pharmacy, 30 Loch St, Meyerton, 1960, or call at 016 362 0050.

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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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Printing: PCN Printers,
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Councillor's Corner,
Tony Dickinson

Welcome to 2024, by all accounts a momentous year both locally and internationally with some 40 odd countries, including South Africa, holding democratic elections throughout the year. The favoured date for the South African elections is early May but they could be held as late as August. With this in mind prepare to be bombarded in print, radio, TV and social media with all sorts of noise about who you should vote for, a lot of it complete nonsense. Another round of voter registration will be held in February. If you have moved to the village in the last 2 years and have not yet changed your voter status please take the opportunity to do so. If the statistics are accurate then they should correspond to the census figures, the

larger the population count the better the chance of Midvaal achieving an increase in our grade status thereby qualifying for greater government and provincial grants. Henley was blessed with some magnificent weather over the December / January period, with temperatures hovering around 30°. What rain we had was generally in the late afternoon or night. Ever since my children left school and I no longer have to fit into their timetable I avoid going away during school holidays. The Highveld weather is perfect, the roads are quieter, the shops are quieter and everyone is more accepting of others, except on New Year's Eve. The anti-fireworks lobby and the pro-fireworks lobby will never see eye to eye. Fireworks have been around for 2000 years and many religions use them in their religious festivals and celebrations. The sooner the 2 lobby groups can find common ground the better. Wishing all our residents a happy, healthy and prosperous 2024.
Tony Dickinson

Public Meeting 29 February, at O'Connor Hall, Henley on Klip

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New beginnings for a new year by Leslie Hoy

The new year in so many cases brings about new ideas, new energy and for some even a time to redo, recreate or even Cleaning out (don't) the cobwebs!

Spiders play a vital role in our gardens and around our homes. I know that many people are petrified of them and want to eradicate at all costs, however, I would urge you to leave as many spiders and spiderwebs around the place as they really do reduce the insect population in and around our houses. Their webs are also used by birds such as Sunbirds to build and fill their nests. We have a lot of stunning black and purple sunbirds in our garden (Amethyst Sunbird). So yet again another important contribution to the local ecosystem. **For more information on birds and birding please join the local bird club. (Find contact above Calendar.)**

Refreshing that sad spot in the garden!
Most if not all gardens have a small patch that really isn't up to scratch and could do with a change and upgrade. Although it is hot and the prediction for rain is low it is still an ideal time to plant and rejuvenate that spot. There's also more than enough time for plants to settle and send out a good root system before winter. For a focal area focus on plants that add great colour or leaf shapes and forms. This will help the focal area to "pop" when your eyes scroll across the garden. **Tidying up that back patch!** However linked to the above if the area that needs some TLC is more towards the back of the garden that may have been neglected for many months focus on firstly cleaning up the area, then

applying a good layer of compost and then add plants (shrubs and maybe some grasses) that will provide you with more of a backbone and structure to that area. Focus on plants that require low to very low water once they are established as that is exactly what this back "neglected" area needs. Some interesting shrubs in the form of *Diospyros lyciodes* (Blue bush), *Abelia grandiflora*, *Cistus* (rock rose), *Tecoma capensis* (Cape honeysuckle) and *Westringia rosmariniformis* (Australian rosemary).

Destroy and replace those pesty invasives!

Several small annual and perennial garden plants are actually declared as invader species. This means that they can invader and change ecosystems in the urban and rural environment to a more negative state. You can play your role by taking the time to identify them and remove and destroy them. Three examples of these being; *Canna indica* (Indian Shot) which is a single small red flowering canna, *Ipomea purpurea* (Purple morning glory) which so easily comes up and creeps and strangles all vegetation in its path, and lastly *Iris pseudacorus* (Yellow flag) which is a water-loving yellow iris that has become extremely invasive in many riparian areas.

I'm broke – no funds to garden!

Even if you have no money to go out and buy plants why not join the local WhatsApp gardening group where people regularly swop and exchange plants they have too many of or just need to make space for something new. For containers you can use old pots (plants or even coffee cans) that are neatly and well painted can make such a stunning feature.

Revamping the tiny courtyard.

For those in many small gardens the above include you all, however, what you may need to look out for especially is the overcrowding of plants that end up growing over and shading out other small plants in the garden. Careful pruning on a regular basis means that you can still keep larger shrubs "in check" while

ensuring that it doesn't even look like they have been shaped or tampered with. The amount of detail that one can pack into a tiny garden is huge. Just be careful of trying to have too many focal points in a small space because this leads to confusion of the eye and the individual effect can more easily be lost.

I wish you all the very best for 2024. Take the time to enjoy your garden, embrace nature and be enthralled by our many birds in the area.



Amethyst Sunbird (below), Cistus (above), Abelia (right)



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Naturally Debbie: January 2024

by Debbie Firbank

Happy New Year! Wishing for you a year that brings with it good health and wellness.

I read an article that I'd like to share because it gives a whole new perspective on how we live our lives

"A different version of you exists in the minds of everyone who knows you.

I read a book that blew my mind. The main character goes crazy when he realizes no one knows him.

The gist is that the person you think of as "yourself" exists only for you, and even you don't really know who that is. Every person you meet, have a relationship with or make eye contact on the street with, creates a version of "you" in their heads. You're not the same person as your mom, dad, your siblings, to your coworkers, your neighbour or your friends. There are a thousand different versions of yourself out there, in people's minds. A "you" exists in each version, and yet your "you", "yourself", isn't really "someone" at all."

The New Year always brings with it new hopes and dreams.

Often it comes with pressure to change parts of "yourself",

to get healthy, lose weight, stop smoking, and the list goes on and on!

We are expected to make New Year resolutions, which can be difficult and most of us know we won't be able to sustain them, so let's save ourselves the time and wasted energy and give ourselves achievable targets!

Why not start each day with a positive affirmation? Take some of the pressure off yourself allow yourself to enjoy the small moments that make up your day and be grateful for who you are.

Set yourself goals and split them up over a few months, so that you aren't tackling too many changes all at once. For example, try cutting down on sugar from your diet in January. Then we can look at lowering carbs in February.

The benefits of cutting these two items from your diet are enormous and will have long-term effects on your health.

Firstly, by eliminating processed sugar, you will #1 experience higher energy levels; sugar gives an initial energy boost but it doesn't last and you crash even lower than before. #2 Boost your immune system and lessen your risk of chronic inflammation, including colds and flu. #3 Sleep better,

which in turn helps reduce depression and other mental illnesses, and although sugar itself doesn't cause these, it can impair your ability to cope with stress. #4 Gut health is negatively affected by excessive intake



of sugar. It disrupts the digestive process, and the bacteria in your bowels love to feast on sugar which causes bloating, diarrhea and flatulence. It is also known to lead to a range of issues including intestinal parasites, candida and leaky gut. #5

Weight loss; when you eat too much refined sugar your insulin production increases, which can prohibit your body from using fat as fuel. #6

Better overall health; obesity

is a growing problem and sugar is a top contributor. It is often found hidden in processed food and is the cause not only of weight gain but more seriously, cancer, heart disease, hypoglycemia and type 2 diabetes.

To assist in healthier living, **Breathe is continuing with Fresh**

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Heavenly Herbs A-Z: Dandelion, Dill and Dianthus

by **Kate Touche**

So 2024 has rolled around and we are already halfway through January. Our New Year's

resolutions: exercise more, eat healthier, lose a few pounds and go green have been made and we are wondering how to achieve them. I have one amazing solution for all of the above... Start growing your herbs! Grow them in pots, old tires, herb boxes or directly in the ground but get outside in the garden and grow.

The time is perfect right now to plant new seeds like Thyme, Oregano, Sage, Dill, Rocket and Parsley and cuttings from Rosemary. By the time the seedlings are mature the weather will have cooled and the plants will be nice and healthy and may even go through winter if protected. This month we are working with the letter D, so I thought of Dandelions, Dill and Dianthus. All herbs packed with antioxidants, minerals and vitamins.

Let's start with the humble Dandelion, it gets its name from the French "dent de lion" or lion's teeth because of the jagged leaves. They are very tough little plants with bright yellow flowers coming up in the middle of our lawns. They are wonderful for bees and butterflies so we should be leaving them in our lawns. The leaves, flowers and roots can be used to make teas and tinctures. Dandelions are good diuretics and are full of

potassium, beta- carotene and vitamins. They help to lower blood pressure, control cholesterol, lower inflammation, and improve liver health. The young leaves and flowers are delicious in salads.

Dill, a delicate herb used in salads, pickling, fish and chicken dishes. From the celery family, the leaves and seeds have a slight aniseed flavor. Health benefits are many, including lowering high blood pressure, and anti-inflammatory, antibiotic and anti-asthmatic properties. Dill has been used for centuries to help relieve coughs and phlegm.

Recipe

Salmon or Tuna Nicoise salad with Dill

Ingredients:

- 700g baby potatoes with skins.
- 1 punnet green beans.
- 1 punnet baby tomatoes.
- 4 eggs
- Fresh Tuna or salmon steamed and flaked, you can use tinned if you like, use enough for 4 people.

- ¼ cup olive oil.
- Juice of 1 lemon.
- 2 tsp of Dijon mustard.
- 1 pkt of calamata olives.
- 4 fronds of Dill chopped roughly.

Method:

Boil potatoes till tender and halve, boil green beans lightly so still crisp(boil for 2 to 3 mins then place in ice water). Boil eggs for 7 mins, run under cold water and peel and halve. Rinse baby tomatoes and halve. Mix olive oil, lemon juice and mustard. Place potatoes, green beans, eggs and tomatoes on a large serving plate, arrange olives on top, then the Dill. Drizzle the dressing over the top and serve.

Lastly, we have Dianthus, also called Pinks, Sweet Williams or baby Carnations.

A pretty, perennial, edible flower. They can be grown in semi-shade or full sun and will happily go through winter in a protected corner. They can last up to 6 years in a pot or your garden. The flowers can be used in tea for respiratory relief and to

clear congestion. Also great for blood circulation. They make an attractive garnish on your salads or as a decoration for cakes.

Now a few words from Ginger Biscuit who says it's time to plant some pet grass, you can buy a packet of seeds from your local nursery or hardware store. Grow the seeds, as per instructions, in a nice container your dog or your cat can eat from easily and within 30 to 40 days your grass will be strong enough for them to nibble. The grass helps your pets digest their meals more easily and stops them from munching on Mommy's and Daddy's plants.



Dandelions (left), Dill, and Dianthus (below, right)



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Happy New Year Henley on Klip. Hope everyone is relaxed, rested and looking forward to 2024, I am. My personal and professional resolutions are set. Last year was an incredible year for me, full of changes and brand-new lessons. The learning curve was tough, but I am ready for more. I am

focused on improvement, learning, and expansion. Expanding specifically online, we already started last year with the Henley Business Online Directory, you can find the QR code link below. I want to expand on the website, we already saw a massive increase in traffic over the holiday season, but I am planning for more

directories. I want to make the Henley Herald a convenient go-to information spot for long-time residents and newcomers. We are planning an Artist's Directory, Local Grocers list, and Food Run, and we want to refresh the medical services contact list. Keep an eye out for those. Also, I am looking to start a Herald Newsletter, to send the virtual copy directly to your inbox, and include links to local happenings, local groups, and the like. **Lastly, we are officially launching Henley Herald online advertisements. The**

link to this is below and you can see where we will upload your ad on the website right now. For more information on this, send an e-mail to editor@henley-herald.co.za. It will be a monthly advertisement, or you can buy it for three months as with the printed issue. Keep an eye on the website, and our Facebook, and enjoy reading the hard copy because we will continue to bring you local updates and community insights. Thank you for making 2023 one of the most memorable years.

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Traffic Through Henley

by Johan Coetzee
The compounding traffic problem within and through Henley on Klip has reached a level where we cannot continue to ignore the situation. It seriously detracts from our preferred quality of life!
During a meeting with the Mayor and invited colleagues on 1 November, an in-depth

discussion was held, reviewing the magnitude of the problem and more specifically appropriate interventions to improve this traffic anarchy. It was agreed during this meeting that appropriate action would be taken and that traffic calmers, traffic circles and even increased Midvaal traffic deployment will take place.

Concern was also expressed by officials about the disregard of stop signs, speed restrictions and weight limitations by local residents. An appeal was recorded to motivate Henley ratepayers to set an example by obeying all traffic laws.
The large trucks ignoring the 5-ton weight restriction is a huge problem as is the

thoroughfare through The Avenue, which has also become the local race track. We requested interventions similar to that introduced in Meyerton, with the hope that such an introduction may happen soon.
HENLEY @ HEART
The next public meeting is 9 February, at O'Connor Hall



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 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
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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.
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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

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 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
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 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.

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

CHURCH SERVICES

Messianic Fellowship:
 Every Sabbath (Saturday) at 13:00.

January/February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Market Day @TheRealm
28	29	30	31 Submissions/ Advertisement Cut Off	1	2	3 Simple Art Paint Event @Swagga Paint Party - Rooi Suitcase @NG Moedergemeente Meyerton
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Valentines' Day



Please consult our Facebook page for the latest Calendar updates...

Originals from Henley: Feathers of Deceit

by **Jared Bernard Ras**
In the austere interrogation chamber, Detective Sarah Mitchell took a seat. She was there to confront Evelyn Thornton, a composed yet enigmatic figure suspected of murdering her husband. The stark surroundings heightened the gravity of the accusations. The harsh lighting of the room cast long shadows on the sterile walls, accentuating the tension-laden air. Evelyn's poised exterior did not pair well with the backdrop of the horrible crime. The cold metal table is all that separated the two. Within this chamber of secrets, betrayal lingered like a dense fog, awaiting the harsh revelation that hung in the charged atmosphere. In the silent corridors of the Thornton estate lay Richard.

Once a man of considerable wealth, now lifeless. A pawn in the clandestine conspiracy woven by his wife, Evelyn, and her enigmatic lover. Succumbing to a plot shrouded in shadows, he became an unwitting casualty. Detective Sarah dismantled their carefully constructed alibis. Relentless in her pursuit of truth, she exposed the sinister underbelly of privilege. With each thread pulled, the collusion unravelled, revealing their intricate tapestry. The spotlight of scrutiny illuminated Evelyn and her lover, casting them as architects of betrayal. In the crucible of confrontation, tension escalated. Secrets could no longer hide. Detective Sarah, with calculated cunning, revealed

a concealed cage. Uncertainty stirred in Evelyn's eyes. Mozart, the poised African grey. The room held its breath, suspense thickening as Evelyn's composed exterior shattered. "Speak, Mozart." Sarah urged. The parrot echoed the incriminating phrase, "Evelyn, how could you?" The truth emerged in a flutter of feathers. The voice, haunting and resonant, bore the richness of Mozart's late master. The air, heavy with accusation, enveloped the room in a chilling aftermath. In a solemn admission of defeat, Evelyn yielded to the weight of truth and confessed. Detective Sarah seized the moment with a final act of composure. She lit a cigarette, the tendrils of smoke curled with grace around her. The air in the room, once

charged with tension, now held the lingering resonance of Evelyn's confession. It hung in the atmosphere like the smoke Sarah exhaled from her lips. A weight lifted; a truth unveiled. In this quiet room, the detective's cool resolve stood as a testament to the relentlessness of her pursuit. The cigarette, burned steadily in the dimly lit room. Justice left behind an ethereal trail, like the smoke that lingered as Sarah reflected on the complexities of the case.



Atmospheric Emission Licence Renewal Application for Tekfalt Binders (Pty) Ltd, Sedibeng District

01 January 2024 | Client: Tekfalt Binders (Pty) Ltd
 An application for the renewal of an Atmospheric Emissions Licence (AEL) is being made in terms of Section 47 (Renewal of Atmospheric Emission Licences) of the National Environmental Management: Air Quality Act, 2004 (Act No. 39 of 2004), as amended.

Location: 24 Dolomiet Road, Pendale Agricultural Holdings, Randvaal, Gauteng

Status

All persons or interested parties are hereby invited to comment on the application by providing written submissions to the contact listed below.

Commenting period closes on 31 January 2024.

Contact: David Otto ; PO Box 6190, Birchleigh, 1621;
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