

Henley Herald

www.henleyherald.blog — For the community, by the community — March 2026

Keep a close eye on your dog!

From Henley on Klip CPF
From our crime statistics, during the months of January and February, we experience a spike in crime levels across Henley on Klip. Unfortunately this year is no exception, and recently a particularly intense wave of dog poisonings has been experienced across the village. Originally starting on the eastern side, this wave has now also hit the western parts of the village. In most cases the purpose of these dog poisonings is to get to valuables such as gate motors or parked cars and motorbikes on the fringes of our properties.

Criminals make use of the rodent poison also known as "Two-Step", which is easily purchased and is then mixed with Polony, BullyBeef or Mince and thrown over walls and fences into our properties. The original poison has a black small granular appearance, and acts as a lethal poison in dogs within minutes of being swallowed. **Symptoms include excessive salivation, foaming at the mouth, muscle tremors and convulsions as well as spasms and seizures. The effects of poisoning can be treated, but**

treatment has to be applied within minutes of the poison being swallowed. Poison treatment kits are carried by the Patrollers from RedOPS, AfriGuard and the Henley CPF. Alternatively animals must be taken into a veterinarian surgery immediately.

Dog poisoning is a criminal offence, and affected residents must report this to Meyerton SAPS and open a case, whereupon a case number must be issued by SAPS. **If assistance is required, please contact the Henley CPF on our emergency number 081 813 3912.**

All Dog owners are urged to keep their pets away from street facing boundary walls and fences, or better, during unsupervised periods, to keep them inside the home, or safely within the rear section of their properties as much as possible. Especially before letting dogs out of the house in the morning, please conduct a thorough check along the perimeter of your property for unknown objects that have been thrown over the wall. This check should be

conducted at least twice a day. Please do not let your dogs sleep outside the house at night where it can reach the street facing boundary. **Please maintain a constant awareness about this scourge at all times.**

As a village community, we have to raise our levels of observation, visibility and information sharing about suspicious activities and suspicious behaviour from criminal elements. The Henley CPF together with the help from RedOPS, Afriguard and Afriforum have stepped up patrols, but more patrols and more information from "Eyes and Ears" that report on suspicious behaviour, are required. **Membership with the Henley CPF is free of charge and offers the level of "Eyes and Ears" for observation and reporting purposes only, as well as the level of active patrollers. Membership details are available on our website www.henley-cpf.co.za, and further information will be provided at our next public meeting on 18 March at 19:00 at the Bowling Club on Winchester Avenue.**

As a direct response to the ongoing wave of poisoning the Henley CPF together with RedOPS, AfriGuard and Afriforum have conducted special operations across the village and will continue to do so. Furthermore the initiatives of specific street groups must be commended. We can only stop this scourge, when we stand together in surveillance and leave no opportunity for criminals to remain undetected. Already RedOps and AfriGuard each have 2 vehicles patrolling together with CPF and Afriforum patrol vehicles. We recommend that each street block set up their own residents group and nominate one or two block leaders as the interface to our security cluster. Block leaders should be Henley CPF members.

Henley on Klip covers a large area with just under 6000 households across approximately 12 square kilometres, and therefore much more needs to be done to achieve the required visibility of patrolling resources.

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HENLEY HERALD

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Printing: PCN Printers
Tel: 016 366 9901

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Meyerton Clinic – Mitchell Street – 016 360 5880
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Councillor's Corner

When Henley on Klip was planned in the late 1800s by Mr Horace Kent, all of the street names were named after towns, villages and places in England. There is only one street not named this way and this is Pretorius Street on the southern side. Mr Pretorius was the original owner of the farm Slangfontein that Mr Kent developed. Members of the Pretorius family still live in and around the village. Some of the roads names have been bastardised over time such as Eton becoming Eaton and Chalgrove becoming Charlgrove.

By the time that you read this article the Uitvlugt Road (aka Vaaldam Road) will have been resurfaced by Gautran, eventually, sufficient and persistent nagging has paid off. Parents travelling on the "back road" to take their children to school in Three Rivers will be very pleased, however, it will mean that the weekend travellers to Vaal Dam will be driving through Henley again ... bad for our roads but good for

restaurants.

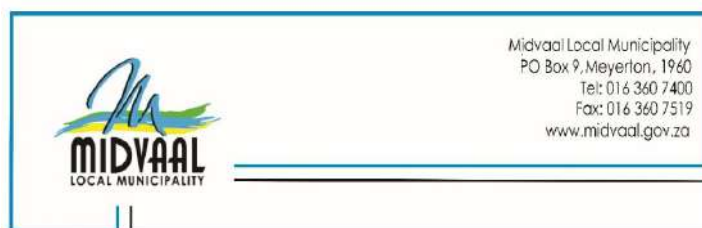
There have been a number of events taking place in the village this year. The Midvaal cycle race attracted approximately 4000 cyclists and their families to the area. Bass Lake held the Midvaal mile and the Midvaal triathlon also took place in the village. Tourism is being promoted by the Mayor because it advertises the area and enhances the local economy. Visitors fill up accommodation available in the area as well as restaurants.

I see on social media that a number of people are asking if and when the dump in Waterford Street will be opening. It will not be opening to the public this year. R500000 was set aside in last year's budget for rehabilitation and a further R500000 will be budgeted for to complete it. Additional machinery has had to be purchased at huge expense. Household waste is collected weekly come hell or high water, building and garden refuse can

be taken to the Galloway transfer station in Meyerton, other rubbish must be taken to the Walkerville dump.

The above average rainfall has played havoc with Midvaal's pothole brigade. They have had to change their strategy from repairing by need to repairing by schedule. By the time you read this most of the numerous potholes in the village should have been repaired.

The rainfall has also highlighted the Eskom power outages, most of which are caused by trees falling across the lines. Most of the trees in Henley were apple trees, but as people moved into the village new trees were planted, many of them alien and they have now started coming to the end of their life span, with many being top heavy and/or diseased. It is up to all of us to take care of the trees in our garden's borders. When removing trees I would suggest that you replace them with indigenous trees so that we retain the character and charm of Henley.



Dump

Update 2026

The Henley on Klip landfill site has been closed since May 2024 due to compliance related matters, not due to budget constraints. The site is currently subject to a criminal investigation and cannot be

reopened until the legal process has been finalised. The

docket is presently with the Office of the Director of Public Prosecutions (DPP) for a decision.

As a result, no process to apply for a new waste management licence can commence until the matter has been concluded.

Provision has, however, been made in the 2025/2026 financial year (which will begin in July 2026) for the rehabilitation of the site, including the installation of a stormwater drainage system.

In the interim, residents are advised to make use of the Galloway and Kliprivier transfer stations. The Walkerville landfill site remains the closest operational landfill facility available to affected residents.

ISSUED BY THE OFFICE OF THE EXECUTIVE MAYOR: Yours in Service Excellence, Ald. Peter Teixeira #PeoplesMayor



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Glass is part of almost every modern home. It lets in natural light, makes rooms feel bigger, and adds a clean, modern look.

We see it in windows, doors, showers, mirrors, shopfronts, cupboards, and even tables. But glass is not just about appearance. If the wrong type of glass is installed in the wrong place, it can become dangerous. That is why safety rules exist in South Africa — to protect families, visitors, and property owners.

Why Ordinary Glass Can Be Dangerous:

Standard glass breaks into long, sharp pieces. These sharp shards can cause serious injuries, especially in doors, low windows, and bathrooms where people may slip or fall into the glass.

Safety glass is designed differently. Toughened glass breaks into small blunt pieces instead of sharp blades. Laminated glass holds together even when cracked, reducing the chance of serious cuts. This is why safety glass is required in certain areas of a home.

The regulations Protects Homeowners:

In South Africa, building regulations clearly explain where safety glass must be used.

These rules are set out in SANS 10400-N

They apply to places such as:
Glass doors
Side panels next to doors
Low-level windows
Bathrooms and shower areas
Staircases and high-risk areas

These requirements are not there to make life difficult. They exist to prevent injuries and protect property owners from legal and financial loss.

How Do You Know Glass Is Safe?

Certified safety glass carries a small permanent mark, often called an acid stamp. This marking shows that the glass was tested and meets recognised safety standards. If there is no visible marking, it may not be compliant.

Homeowners should always make sure that the company supplying and installing the glass uses certified materials. Proper installation is just as important as the glass itself. Even good-quality glass can fail if it is not fitted correctly.

It is strongly recommended to use a professional glazing company, preferably one that is a member: South African Glass and Glazing Association. Members follow recognised industry standards and ethical practices, giving homeowners added peace of mind.

Glass Must Also Handle Wind and Weather

Glass is exposed to strong winds, temperature changes, and normal building movement. SANS 613 sets guidelines to make sure windows and doors can handle these conditions safely.

When glass and frames meet these standards, they are less likely to leak, crack, or loosen

over time. This protects your home from long-term damage.

Even Furniture Glass Has Regulations

Glass used in cupboards, shelves, and display cabinets must also be safe. SANS 17 ensures that furniture glass is strong enough and properly supported for everyday use. Although this may seem minor, broken furniture glass can also cause serious injuries.

Why This Matters to You:

Safety glass protects lives. It reduces the risk of serious injury, especially for children and elderly family members. For tenants, it is wise to ask whether a property has a valid glazing certificate. This confirms that safety glass has been installed correctly. For homeowners and buyers, compliance protects your investment. It supports insurance claims, reduces legal risk, and ensures your home meets building regulations.

When it comes to glass, choosing the correct type is not an upgrade, it is a responsibility. Safety standards exist for a reason, and following them provides long-term peace of mind for everyone under your roof.

**For professional advice or a glazing compliance assessment, contact:
 Glass and Mirror Midvaal
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By Kevin Maclean
 Scuba diving is one of those experiences that low-key changes your brain in the best way, because it drops you straight into a world most people only ever see through documentaries and screens.

The second you sink below the surface, gravity chills out, time slows down, and suddenly you're floating through this

New Adventures at Bass Lake

calm, surreal space that feels equal parts adventure and moving meditation.

The ocean isn't just a big blue nothing—it's a full-on underwater city, bursting with neon corals, fish cruising by like living confetti, and creatures so weird they look like they escaped from a sci-fi movie. And once you've hovered eye-to-eye with a sea turtle or drifted over a coral reef, protecting the ocean stops being an abstract idea and becomes personal.

Diving also gives you this quiet confidence boost—you learn

how to stay calm, control your breathing, and trust yourself in a totally new environment, and that mindset sticks with you back on land. It keeps you active without feeling like a workout, rewards patience over speed, and somehow works whether you're super athletic or just here for the vibes.

On top of that, it plugs you into a global community of people who bond instantly over shared awe and post-dive stories. Travel hits differently too, when you start choosing destinations for what's hidden below the surface. Most of all, scuba diving

brings back a sense of wonder that everyday life tends to dull—it makes you feel small in the best way and reminds you how wild and beautiful the planet really is, just a breath away beneath the waves.

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From a Living Room Dream to a Thriving School: The Story of Henley Nursery School

From Henley Nursery School
In January 1989, a heartfelt dream quietly took root in a South African living room.

With just eight spirited children and a passionate teacher ready to shape young minds, a humble Grade R class was born — not in a grand building, but in a home filled with care, vision, and love.

By November of that same year, the dream had outgrown its beginnings. A brand-new school building opened its doors, complete with two classrooms, an office, a sickroom, a kitchen, and a bathroom. The official opening on 5 November 1989 marked the beginning of a flourishing journey — one built with bricks and heart.

The year 1990 welcomed 40 children, guided by 2 dedicated teachers and supported by 2 additional staff members. As the school's reputation for warmth and quality grew, so did its footprint. By 1993, construction began on the second

phase — three extra classrooms and a bathroom — making space for even more bright young learners. In 1994, 95 children filled the halls with laughter and learning, with a growing team of 5 teachers and 4 support staff shaping their educational adventures.

Through the decades, Henley Nursery School has remained more than just a place of learning — it's a community anchor, a safe haven, and a place where every child is known, seen, and supported.

Even the challenges of 2020 didn't shake its foundation. When the COVID-19 pandemic hit, the school adapted with resilience and care. The outdoor covered play area was enclosed to create a larger, safer classroom — ensuring compliance with health regulations while protecting the magic of childhood learning. In July 2020, the school reopened with just one Grade R class, gradually welcoming all learners

back by September, growing to 60 children once again.

By 2025, the school stood strong with 80 learners, 5 passionate teachers, and 7 devoted support staff. Beyond the classroom, children enjoyed enriching activities like horse riding, Ballet, swimming in summer, computer classes, and unforgettable outings and visitations — all adding vibrant colour to their learning journey.

And now, in 2026, the story continues.

The school now has 60 enrolments with some open spaces for new learners, supported by 5 dedicated teachers and 8 caring support staff. New initiatives have been introduced to nurture creativity and confidence — including a music program, expanded computer literacy classes, and a gardening project where children learn to plant and care for vegetables. Outings remain a highlight, with visits to cultural


landmarks and nature reserves inspiring curiosity and wonder.


What began in a single room is now a tapestry of stories, friendships, and futures — woven by a visionary founder and every child who's ever stepped through its doors. The legacy of love, learning, and community continues to flourish, year after year.

We warmly invite parents to come and see our school in action. You are welcome to visit, meet our team, and discover how your child's journey of love, learning, and community can begin with us.

Henley Nursery School
 Address: 227 Shiplake Road
 Henley on Klip

Contact Details:
Phone: 082 921 4666
Email:
henleynurseryschool@gmail.com
WhatsApp: 074 835 1739
Photos Courtesy: Henley Nursery School





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What you need to know about Physiotherapy – with the focus on early intervention and pediatric physiotherapy



Mari Greyling Physiotherapist | M.Sc. Physiotherapy (SMU)

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Physiotherapy as a profession deals with various conditions and includes a broad scope. Mostly we deal with physical and medical conditions through movement and exercises.

We are first-line practitioners, which means we do not need a doctor's referral before we

start with a patient. We can be part of the pregnancy journey all the way through to old age. Keeping a young mother-to-be fit, flexible, and healthy throughout pregnancy is only the start. As ligament laxity starts and back pain develops, we are there to help with pain management as well as preparing

the pelvis for labor. After birth, we assist to protect the mother's back from injury and supply exercises for the pelvic floor muscles to regain strength and muscle tone; we can even treat scar tissue from a cesarean section.

We do early screening with the infants to determine any physical disabilities or delays; the sooner the better.... Early intervention is key! These days we all rely on the clinic nurse doing the vaccinations, or the pediatrician we see maybe once a year, to do a quick evaluation.

A lot can be overlooked. Any of these visits are usually 15 mins. How can proper history be collected from birth to date, general examination be done, and prescriptions/vaccinations/recommendations be made within the 15 minutes?

If you had a little boy, did anyone address the circumcision topic with you as a parent? Circumcision does not fall within our scope of practice, but we can make recommendations of which specialist to consult on the matter. This was only an example from personal experience: seeing three different pediatricians as well as two different clinic nurses, not one addressed the topic with me and my husband.

As a health care professional, we can refer to other disciplines if we notice anything out of our scope of practice.

When it's your infant/toddler, it is easy to overlook any delays or issues. You love the little bundle of joy; how can you find fault in your own child? Behavioral issues, visual problems, hearing difficulties, and physical delays need to be addressed from early days.

There is no shame in booking an appointment with any health care professional if you suspect delays or a disability. Hearing and visual difficulties directly affect gross motor development in infants. Your home environment and family setting might also influence your infant's development. Please pay attention to preschool teachers and even the grandparents.

Even if you do not want to follow their advice, seek help from a health care professional and avoid Dr. Google. Stay tuned for the following issue.

We will further address the developmental stages, when to start worrying (just kidding, no worries because you will be consulting instead of worrying), give a few home tips, and elaborate on pediatric chest physiotherapy.

Your friendly neighborhood physio, Mari Greyling

Bloom Physio and Wellness
Contact: 063827 3540
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The Kitchen Table

There's something special about walking into a place where the cookie and bread aroma fills the air and it feels like your visiting with family gathered in the kitchen at the farm.

A kitchen with food made with love, where there is a listening ear, a soft hug if needed and a sense of belonging.

That's exactly what we dreamed of when we started **THE KITCHEN TABLE** — and gratefully, that dream has become our reality.

Roy and I started humbly in 2024, serving local markets from our gazebo. Every week followed the same rhythm: making products late into the night, packing everything carefully, loading the car and trailer, waking before sunrise to set up our stall, and then packing it all down again. Back home we would unpack, clean, prep and start again — all the while both of us still working full-time jobs. It was overwhelming at times... but we had a dream. A dream that one day we would have a shop of our own. Excitingly, that dream came sooner than our five-year plan! **On 7th December 2025, THE KITCHEN TABLE opened its doors — and our hearts are full.**

I now work full time in the shop after closing my beauty salon in December.

Roy has kept his day job for now, but he still pours his heart into the shop — especially through his incredible food. **He smokes meat. You haven't tasted smoked chicken or beef ribs like it! He also makes droëwors, biltong, chilli bites and his handcrafted chilli sauce**

that are available in the shop. In winter, he prepares a fabulous, hearty beef and vegetable soup that truly warms the soul.

I make my famous Pineapple Tickle Pickle, along with some other home baked yummies and treats you'll find on our rustic shop shelves.

We also stock handcrafted chocolate, beautiful home sewing items like table cloths and toiletry bags. There are handmade keyrings, hair bows and other thoughtful gift ideas. Jams, mustard, beetroot chutney and preserves.

I'm so pleased to still be able to care for people through our range of Aloe Ferox products, as we are proud distributors. I love helping customers with their skincare needs and advising on the wide variety of Aloe Ferox products available for all sorts of requirements.

We are passionate about local — we love local and support local 95% of our 24+ vendors are local suppliers.

From freshly baked cakes and tarts (available whole or by the slice), biscuits, to savoury treats and platters for every occasion and celebration. We also stock raw honey, free roaming chicken eggs, macadamia nut products and oils, and our popular sourdough breads every Friday — there is so much variety within our little shop.

We have just had a successful "INTERNATIONAL MILK TART DAY" on the 27th February within the shop. MANY Milk tarts sold, slices of milk tart and more tarts ordered. Delicious Fun!

In May and June, we will celebrate Mother's Day and Father's Day And also, within 2026 **"KOEKSISTER DAY" on the 6th September.** There is lots to look forward to and still to plan for.

We are also expanding a special range for the gluten-free, diabetic and vegan community. We already have diabetic rusks available, vegan cookies, vegan apple pie, milk tarts and vegan frozen meals.

Coming soon, we will be adding more bread options throughout the week, butter, cheese spreads, frozen meals and more.

FROM THE FARM KITCHEN TO YOUR DOORSTEP — that's our heart.

To add to the ambience of our shop we have a farm scene mural painted on one of the walls in our shop - It is something to see! Apart of this scene is our resident Donkey. Unfortunately, he/she hasn't a name yet. So why not join in a little fun? **We're currently running a "NAME THE DONKEY" competition until 21st March, with the winning name revealed on Saturday 28th March. The winner will receive a R350 voucher to spend on any deliciousness at THE KITCHEN TABLE!**

Please pop in and put your choice of name and details in the box provided.

We warmly welcome you and yours to come and visit with us. There is something for everyone. Products change daily due to "shelf life" or are seasonal. They are ordered on demand. Please ask us and we will serve you the best way we can. We also provide a hamper service. Once you have chosen your items for the gift hamper, I will wrap it in cellophane with a ribbons and bows.

Would you like to join our WhatsApp Group to know more about what we have in stock and what's happening? Please WhatsApp me on 0763406055 with your name and ask to be added.

We look forward to meeting you and having you visit with us at THE KITCHEN TABLE. From Roy and Connie

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Riverwalk Beauty Salon brings Professional Care and Compassion to Henley on Klip

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Jessica, a qualified hair stylist and cosmetologist for 20 years has a special heart for senior citizens. She offers specialized cosmetology treatments for diabetic feet, ingrown toenails, callouses and cracked heels, with each therapeutic pedicure including a blood-circulating massage to promote comfort and wellbeing.

Perms for pensioners are a popular service and include a complimentary cut and blow wave, delivered with patience and professional care. Special senior citizens prices are also available for gel and acrylic manicures.

By Jessica Stevens
Riverwalk Beauty Salon, located inside the Henley Retirement Village, proudly serves the Henley-on-klip community with professional beauty services rooted in compassion – especially for

For younger clients, the salon offers Brazilian blow wave, hair Botox treatments, modern colour services, and bridal styling and make-up for special occasions. Clients who book a tint, tone or highlights also receive a complimentary cut and blow wave for a complete, polished finish.

Facial treatments include vitamin hydration facials for anti-ageing and dull skin, as well as teen acne and blackhead extraction facials to promote clearer, healthier skin. Discreet waxing for hormonal facial hair is also available.

The Salon is easily accessible with wheelchair-friendly pathways leading to premises. Clients enjoy a peaceful river-

view garden outlook while relaxing at the shampoo basin with scalp massage, creating a calm and uplifting salon experience.

As a special promotion, readers who present this newspaper article when visiting the salon, will stand a chance to be entered into a draw to win a full makeover.

Riverwalk Beauty Salon continues to build a reputation for excellence, hygiene and heartfelt community service.

For bookings and enquires: Jessica – 083 966 2195 At 109 Ewelme Road Henley on Klip

Beauty with heart. Community with care.

Abuse Awareness Story: Grandma Louis and Her Grandchildren

By FP Nkoana
In a small community, Grandma Louis lived with her four grandchildren: John (16), Nancy (11), Lola (8), and Mercy (5). Their parents had tragically passed away in a car accident four years earlier. With her pension and the children's grant money, Louis did everything she could to provide a safe and loving home. She wanted her grandchildren to feel loved and never forgotten, despite their loss. She spoiled them when she could, and especially tried to comfort John, who was deeply broken by the death of his parents. But John's grief turned into anger and pain. He began using drugs to numb himself, and soon his behaviour changed. One day, John demanded money from his grandmother. When she explained that she had already used it for groceries and

essentials, he became aggressive. He shouted at her, pushed her, and accused her of misusing the grant. That was the beginning of the abuse. Day after day, John manipulated his grandmother, knowing she loved him too much to call the police. He insulted her, broke things in the house, and frightened his younger siblings. The neighbours heard the fights, but Louis always defended John, saying he was still grieving. She believed prayer and faith would heal him, and even borrowed money from loan sharks to meet his demands. What Louis didn't realize was that she was living in a cycle of domestic violence. Abuse within families is often hidden because victims protect their loved ones, deny the reality, or fear what the community will say. But shielding the abuser only makes the situation worse. Violence

escalates when unchecked, and it can lead to serious harm. The younger children were heartbroken, caught between their love for their brother and their grandmother. They didn't understand why John would hurt the woman who cared for them so deeply. They felt powerless, as though they were failing their family.

Key Awareness Message
• Abuse is not only physical; it can be emotional, financial, and psychological.
• Love should never be confused with tolerance of violence.

- Protecting an abuser out of fear or shame can put the entire family at risk.
- Seeking help is not betrayal—it is protection and healing.
- Bible Verses for Strength**
- "The Lord is a refuge for the oppressed, a stronghold in times of trouble." — Psalm 9:9
- "He heals the broken-hearted and binds up their wounds." — Psalm 147:3
- "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." — Isaiah 41:10

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Naturally Debbie - What's in the Small Print on Your Fresh Fruit?

By Debbie Firbank

I was standing in the fruit aisle recently, admiring fruit to purchase for my grandchildren and picked up a beautiful punnet of blueberries. Plump. Perfect. The kind that little hands reach for before you've even placed them in your trolley.

I checked the label, which I happen to do instinctively, and noticed the wording:

"Allergen: Sulphur Dioxide. Rinse Before Use."

I paused, not because sulphur dioxide is illegal, it is not. Not because the store had done anything unlawful, they had not. The information was there, as regulations require, but because I know how most of us shop. We pick up fresh fruit assuming it is simply fruit. We hand it to our children in the car. We pack it into school lunchboxes. We snack as we stroll through the mall.

And many of us don't read the label or follow the instructions.

Sulphur dioxide (SO₂) is a preservative gas used to prevent mould and extend shelf life. It is commonly associated with dried fruit and wine, but it may also be used during storage or transportation of certain fresh produce to inhibit fungal growth. **It is legally permitted and must be declared when present at levels above regulated**

thresholds.

From a food science perspective, sulphur dioxide is effective and widely used. From a medical perspective, however, it carries an important caveat.

Sulphur dioxide belongs to a group of compounds known as sulphites. In a small but significant subset of the population, particularly individuals with asthma, sulphites can trigger bronchospasm.

Studies have shown that some asthmatics may experience:

- Wheezing
- Chest tightness
- Coughing
- Shortness of breath

In sensitive individuals, reactions may occur within minutes of exposure. The mechanism is thought to involve airway irritation and reflex bronchoconstriction. It is important to emphasise that most people will not react. For the majority, sulphites pose no noticeable issue. **But for those who are sensitive, awareness is essential.**

I grew up with a mother who lived with asthma. I have lost a friend to an asthma attack. I have children in my extended family who carry inhalers in their school bags. For those families, the word "allergen" is never casual.

The label did advise: "Rinse

Allergen: Sulphur Dioxide
RINSE BEFORE USE

Before Use." But how many of us rinse berries? Unlike potatoes, carrots or leafy greens, berries are often eaten exactly as they come, especially by children. They are convenient, healthy snacks and they are healthy.

Blueberries are rich in antioxidants, fibre and phytonutrients. They are a wonderful addition to any diet. The intention is not to discourage their consumption, and the question is not whether sulphur dioxide should be used. That is a broader agricultural and regulatory discussion. The question is whether we are paying attention.

In our fast-paced lives, we often assume that fresh means untouched. That fruit displayed in neat rows on a refrigerated shelf is simply what nature provided.

But the journey from farm to shelf can involve treatments designed to preserve quality and reduce spoilage. These practices are not hidden, they are declared. Sometimes, however, they are declared in very small print, and there is little guidance about the potential effects on sensitive individuals if the fruit is eaten without washing.

Reading labels is not about fear. It is about informed choice. When we read labels:

- **We understand what has been added or used.**

- **We make decisions appropriate to our family's health needs.**

- **We teach our children awareness rather than assumption.**

It is wise to read the labels on fresh produce. If there is a recommendation to rinse before use, follow it.

Washing fruit under running water is a simple step. It reduces surface residues, dirt and potential contaminants. It takes seconds. Yet in busy households, even seconds are often overlooked.

Perhaps that is what struck me most in that supermarket aisle. Not outrage. Not alarm. Simply the quiet realisation that many of us would never think to look.

Fresh fruit remains one of the healthiest foods we can offer our families. Blueberries are not the enemy. Retailers complying with regulations are not the enemy. Preservation methods have enabled greater food access and reduced waste. But awareness is powerful. Turn the punnet over.

Read labels. Rinse the fruit. Teach your children to do the same.

In a world overflowing with information, sometimes the smallest line on a label carries the greatest responsibility. And sometimes, protecting our families begins not with dramatic change, but with a simple, attentive pause in the fruit aisle.

Is Your Orchard Exhausted? The Secret to Next Year's Harvest Starts Now

From Nature's Wifi

As the summer heat finally begins to fade, our local fruit trees are doing exactly what we're doing, catching their breath. For many of us, March is that bittersweet time when the excitement of the harvest is replaced by the reality of a tired orchard. If you noticed your trees looking a bit "burnt out" this season, or if your fruit was smaller than usual, your trees aren't just aging—they're sending you a distress signal.

Think of healthy fruit production as a marathon, not a sprint. To make sure your trees have the

stamina for next year, you need to check their "battery levels" right now. You can do this yourself with a simple walk through the garden. Take a look at the very tips of the branches and look for the new, green wood that grew over the last few months. If you're seeing less than 15-20cm of new growth, your tree is likely struggling to eat. This usually points to nutrient deficiencies or soil so compacted the roots can't breathe.

By focusing on maintenance in March, you're helping the tree stop wasting energy on diseased limbs and start funnelling its

remaining strength into its root system and the buds for next spring.

A great pro-tip for this month is to clear away any "mummies"—those dried, shriveled fruits left on the branches or the ground. They might look harmless, but they are actually luxury hotels for fungal spores that are just waiting to devastate your crop when the weather warms up again.

Most homeowners wait until a tree is leaning over or completely bare before they call for help, but we want to help you reach the dream outcome of an orchard that produces heavy and sweet fruit every single year without you having to break a sweat. To take the guesswork out of the equation, we're offering a

Professional Orchard Health Audit that makes it easier than ever to protect your investment.

We handle all the technical soil observations, structural analysis, and pest identification so you don't have to. Within 48 hours of our visit, you'll have a full diagnostic report in your hands. We're so confident we can help that if we don't find at least three actionable ways to improve your yield or the lifespan of your trees, the assessment is completely on us. Don't spend the winter wondering if your trees will survive the cold—know they will. Give us a call or email us today to book your assessment before our winter pruning schedule fills up. **Our email** natureswifi@gmail.com **or call** **0628734202**

Dee's Kitchen: Melanie's Easter Paella



dating back to the 15th century. The word "paella" refers to the pan itself, a wide, shallow cooking vessel.

Initially, it was a humble peasant dish made with rice, vegetables, and sometimes meat or seafood, cooked over an open fire. The original recipe varied depending on the region and ingredients available. **Saffron, a key ingredient, gave it that iconic yellow colour.**

Over time, paella evolved and spread throughout Spain, with different regions adding their twist. There's the classic Valencian paella with chicken, rabbit and veggies and the seafood-packed paella de mariscos.

TRASSIERA PAELLA
Ingredients are in capital letters
8 - 10 portions

Use a large shallow frying pan about 5cms deep or a wok.

3 CLOVES GARLIC sliced thickly.
2 plain PORK RASHERS cut into thick portions.
1-2 GREEN PEPPERS cut into thick portions.

Sauté in +- 1 cup of **OLIVE OIL** over medium to high heat for about 15 minutes until

peppers are well cooked. Season with **SALT** to taste.

Add 1 salted **CHICKEN DRUMSTICK** or **PIECE** per portion plus a couple of extra pieces if preferred. Sauté together with previous ingredients until almost cooked through.

Add 1-2 packets (about 800gr per pack) well drained **CALAMARI RINGS**. Season with **SALT** and sauté until juices have reduced and calamari browned a little.

Meantime sauté your deveined **PRAWNS** (3-4 per portion) in salted batches in a separate pan in **OLIVE OIL**. Add more oil as required. Reserve prawns on a plate to go on top of paella later.

Add approximately 750ml boiling **WATER** to pan juices to make a prawn stock.

Place a lightly oiled **RED PEPPER** under the grill turning frequently until slightly blackened and blistered. Remove and place in a closed container to soften the skin. When cool remove skin and seeds and cut into about 12 strips for decoration.

Add prawn stock to the rest of the ingredients in the 1st pan plus 2 large roughly chopped **TOMATOES**. Check for salt. Allow to simmer until tomatoes start breaking up adding more water when necessary.

Once cooked, add enough water to cover all ingredients. Stir in 0.5-1g saffron (available from Indian spice shops) 1-2 cups peas, 1 pkt mussels, shelled or in half shell and 75g uncooked rice per portion. Keep covered with liquid adding salted boiling water as required. Keep checking salt content .. as this dish requires a lot of salt.

When rice starts to soften to your liking decorate with prawns, red pepper and a **LEMON** wedge per portion plus a couple of extra for seconds. Allow to continue simmering until most of the liquid has been absorbed and prawns and lemon wedges are heated through. Allow to rest for about 5 minutes before serving

When serving ensure each portion has a piece of chicken, mussels, prawns, calamari and rice and a lemon wedge to squeeze over as desired.

Suggested pairing with South African wines
- **Chenin Blanc:**
- Stellenbosch Wine Estate's **Chenin Blanc**
- Cape Point Vineyards **Chenin Blanc**
- Sauvignon Blanc:
- Thelema Sauvignon Blanc
- Mulderbosch Sauvignon Blanc

BUEN PROVECHO (bon appétit)
Image courtesy db creations

How about celebrating Easter in autumn in Henley on Klip with its lovely mild days and crisp evenings with a Seafood Paella followed by fresh strawberries dipped in chocolate?

My second cousin Melanie Trassiera married a Spaniard who inspired this family favourite traditional paella recipe which has become famous far and wide and we are now sharing it with you.

Paella has a rich history. Originating in Valencia, Spain, specifically the Mediterranean coast, it's a traditional dish

Stay up to date with the Henley Herald on Facebook, join the Henley Herald's Grape Vine Facebook Group for all the latest local business shares.

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From now on we are going to do it once a month to maintaining the river. Residents are welcome to take part of the initiative, we believe in unity in diversity and if we work together we can accomplish our goal, which is to keep our river clean.

How can people reach out and support you?

There are many ways to assist. I would like to thank all the volunteers and people who going to be part of the initiative in future. I really appreciate the support I got from my friends, Lady T, Miss Yulanda, cam and Henley Cafe (Alex and mama rose)

To get in touch with Mohau:
0673338744

Images courtesy Mohau

Locals looking after the Weir

Last year I saw posts on Facebook from residents who started cleaning up at the Weir, after a few posts I reached out to Mohau to hear his story.

When did you get started, what was the idea behind your initiative?

We started around December 2025, we had too much time and

we were not doing anything. Than one day me and my friends were chilling at the river. The idea behind the initiative is simple we use our free time to clean the river. We also wanted to do something good in our community.

How many times do people get

together, and how can residents participate- are there any requests for residents who do?

At first we used to do the program every Tuesday because there was too much to do. Then we moved it to every second week cause we realized that during December we had time but not anymore because holidays were over, and the river was starting to show beauty.



A different editor's note this month

On 8 March, we went on a guided tour at Bloufontein Wildlife Park. I am still obsessed with all we saw there: lions, golden and white; Bengal and Siberian tigers; hyenas; wild dogs; silverback foxes; leopards; panthers; and much more. All the animals are so well taken care of; their furs are all shiny, and they are lively and breathtakingly beautiful. It is obvious they receive care, and the park itself is pristine; I am already hoping to go back soon. I have included some of my best cell phone pictures—I stupidly left my Canon at home because I did not know what to expect.

To go on the tour of

Bloufontein Wildlife Park, you must go through Klipdraai Karavan Park. The takeoff is at the park, and the drive goes through Rothdene to get to the park, going over public roads. Which is where we met with a few unfortunate sights. The neighborhood is suffering from out-of-control illegal dumping. I snapped a few pictures on our way out, but these are of only one of the spots. There were unfortunately already a few seemingly permanent 'residents' living by these sites, right under the 'no dumping' signs. Our guide for the park explained there is a disagreement about whose responsibility the illegal

dumping is. He said Meyerton says it is out of their hands, and Emfuleni says it is not in their jurisdiction. He also mentioned there was some relief a while back, with a farmer offering help, but the solution did not last long, and there are a few burnt hypothetical bridges. Our guide told us they get tourists in from all over the world, and the park blows people away. Both the park and Klipdraai are standout gems in Midvaal. Many people from outside Midvaal go there for holidays and getaways. I wish to bring attention to this unfortunate dumping development and encourage some involvement, because the dumping will turn people off if it

is not taken care of. I would probably have gone on for pages about how amazing the animals were and the stories our guide told us, about how Bloufontein is advertising for schools for education days, but instead I am focusing on rubbish. I am potentially one of the biggest defenders of local government, especially for Midvaal. Everyone works hard, and there are many aspects of governance and municipal work that we as laypeople cannot imagine. I also understand this is not a 'Midvaal' problem. Full dumping sites are a major issue all over Gauteng, but with everyone focusing on growth, especially tourism, I think this is a subject that deserves looking into.





Henley on Klip Lions Club

From the Henley on Klip Lions Club

On the 14th February the Henley on Klip Lions Club hosted our 3rd annual Big Walk for Young Warriors. What a great morning it was!

Thank you to all who participated and made this possible. We managed to raise R7400 which will be donated to CHOC!

We have our monthly book sale held on the last Saturday of every month at the O'Connor hall.

At only R10 a book, you are sure

to find some great reads!

Eye Clinic is also back, being held on the first Saturday of every month. Please take note of the venue changes.

The next blood drive will be on the 9th April between 4-8pm at the O'Connor hall.

We are excited for this year to help make an impact in the community.

If you are interested in joining the Henley on Klip Lions Club and being involved in our projects, please reach out to



Chelsea 0845330423

Image Courtesy Henley on Klip



Henley on Klip Lions Club

Eye Clinic Dates & Venues:

9am - 12pm

- 7 March @ Meyerton Town Hall
- 4 April @ Sicelo Community Hall
- 2 May @ Meyerton Town Hall
- 6 June @ Sicelo Community Hall
- 11 July @ Meyerton Town Hall
- 1 August @ Meyerton Town Hall
- 5 September @ Meyerton Town Hall
- 3 October @ Sicelo Community Hall



Liewe Katrien

Ek gaan nou nie eers probeer om te verduidelik hoe verras ek was met jou pakkie nie. Om die minste te sê ek wil nie eers probeer dink waar jy dit in die hande gekry het nie, jy en jou Ma deel heeltemal te veel van haar meer duistere karaktertrekke en dis nie goed vir my gesondheid om te dink jy doen dit daar in die verte ook nie.

Die National Geographic 1988, ek moet erken ek het eers nie verstaan hoekom jy nou so ou tydskrif sou aanstuur tot ek die artikel van Andre P Brink gekry het nie. Seker maar die tyd wat verloop het maar van al die goed waarvan die volk al aangekla is was dit nie so erg soos ek gedink het nie, maar in daardie dae was dit seker baie persoonlik bedoel en is dit pynlik ervaar.

Daar is die ding wat gebeur met 'n getroude vrou wat wil wegloop, sy ontwikkel 'n afsku teen haar man en haar kinders wat dit dan vir haar maklik maak om haar tas te pak en te gaan. Hierdie artikel is geskryf deur 'n groot gees, soos gesien kan word, 'n akedemiese man. Hulle was nog altyd die voorlopers met die verligte denkwyses en die invloed wat hulle op almal moes hê. Die nasionale pers het die pot goed

toe gesit en die geskrewe woord wat in omloop was, was maar die professore en die slim manne. Vir al die ander skrywers het daar afrikaanse boekklubs ontstaan wat deur ander drukkers behartig is en waarvoor hierdie manne altyd teen hulle neuse afgekyk het. Hulle het selfs gedink die geliefde Dalene Mathee en haar bos stories was nie een van hulle nie.

En daar was niemand wat hierdie verskyning aangespreek het nie, veral nie die kerk nie, hulle het nog altyd die deure wyd oopgegooi vir die ambisie van predikers. Volgens die siener gaan ons nog almal moet saamstaan om te oorleef maar dis so maklik om mense te verdeel. Daar is altyd die wat het en die wat nie genoeg het nie. Medelye is 'n vreemde verskynsel en minagting is aan die order van die dag. Party speel golf en die meeste ander doen nie. Jy het 'n nuwe bakkie en jou armsalige buurman kan nie een bekostig nie en dis waaragtig nie jou skuld nie.

Op die oomblik lyk dit of baie van ons mense huis toe kom maar die manne wat as vlugtelinge amerika toe gaan sal dit nie kan doen nie. Wanneer ons so maklik opgemaak en opgeklits word teen ons god en ons volksgenote gaan ons die pad in die donker

moet soek.

Ek weet nie of die groot oorlog begin het nie maar een ding wat nie twee dinge is nie, ons

gaan nog baie betaal vir petrol en diesel.

Al my liefde.



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