



# — Henley Herald

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FREE

March/April 2024



## Business Expo '24

As reported by the Herald in November last year, the Henley Friends Business Network put together Henley's first Business Expo. It was a resounding success, About Time Corner was packed full of local businesses and attendees.

The Network committed to donating the proceeds of the day to the 1970 Henley Bus Accident Memorial, which was established and maintained by the Daleside Volunteers.

Beyond the donation, members of the Network came together to upgrade and rejuvenate the memorial site. Plants, water, and time were donated from local businesses, Heavenly Herbs, Execugardens, Willow Learning Centre, and many more. Their hard work was celebrated with an open fun day on January 27, 2024, at the Firehouse Gym in Daleside.

“What an amazing day spent celebrating the 54th anniversary of the Henley Bus accident with the Daleside Volunteers. The day started with a 5km run/walk from the Daleside firehouse to the bus accident memorial site, then continued with a round-robin volleyball competition between various teams, both local and outsiders. Two teams of girls competed against each other in a spinning competition for 2.5 hours and did an amazing 64km. The food and drinks on

offer were outstanding, and everyone had an amazing day.” Tim Stapleton's statement of the day.

I went by the site to see the updates, and it looks amazing. The site is open to anyone to go have a look, pay their respects, and learn more about our area's history.

The latest addition to the site is the wall of plaques, where the local businesses and people who got involved in the rejuvenation project are commemorated. You can still purchase your own brick to be placed on the wall.

### Two Henley Friends Business Expo's planned for 2024, by Fiona Brown.

Following the enormous success of the Expo in 2023, plans are underway to expand the main Expo to two days and to add a Youth Business Expo for the future business stars of Henley on Klip and Friends.

Both will be hosted at About Time Corner, starting with the Youth Expo on June 16th (Youth Day) and followed by the larger Expo on September 28th and 29th.

The Midvaal Local Municipality has made the Business Expos a proudly Midvaal endeavour. 2023 saw 59 businesses presented, and plans are for this



### Photos from the Open day, courtesy Tim Stapleton

to grow with more parking and more advertising and marketing.

professionalism, ideas, stand presentation, marketing, and more.

The Youth Business Expo will give young entrepreneurs, between the ages of 7 and 18, the opportunity to market their business ideas and products. They will be required to submit a business plan and will be in line for prizes based on profit,

More information is coming soon, or contact Tim on 078 966 7112, Gigi on 072 823 2785, or Fiona on 082 838 7146 (whatsapp message only, please)..



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**HENLEY HERALD**

Editor: Nadia Wolmarans  
 Henley on Klip, 1961  
 www.henley-herald.co.za  
 editor@henley-herald.co.za  
 cell/whatsapp: 079 502 5111

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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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**From Chairman HCPF**

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**March is upon us, and our village is once again riddled by criminality.** It seems that the criminal’s modus operandi is continually changing, so we need to stay vigilant at all times. February was a month of stolen SUV/Bakkie wheels and various electronics from households; who knows what March may hold?

**HCPF's main purpose is to ACT as the eyes and ears of our community.** If we know about a crime, we can report it to SAPS. Although SAPS is somewhat limited in their available resources, it is of utmost importance that crimes are reported and case numbers issued.

By doing this, we can provide all Hot Spot zones that SAPS can investigate and focus on during their crime prevention drives. Although many feel reporting is a lost cause, Meyerton SAPS has a new Vispol Commander who has already made a huge impact in the fight against crime.

**Positive change is happening, and we all need to support it.**

The fact of the matter is that if we do not stand together and report instances of crime, it gives SAPS a false indication of crime in HOK, and thus much-needed resources will not be allocated to our local station. No crime means No intervention from SAPS. SAPS needs accurate statistics to motivate the need for vehicles, staff, and other resources needed to combat crime. This is a harsh reality of our current Policing System

in South Africa. At the moment, the best option, although extremely frustrating, is to call 10111 for a reference number. SAPS has to follow up on the instance and open a case if needed. HCPF as a community forum has very few patrollers, and although we try to assist as best we can, we are not able or tasked with the responsibility of responding to criminal attacks. We are just volunteers.

**We can, however, support and guide when there are instances of crime and ensure feedback and follow-ups with SAPS.** We will help in whatever way possible and within our allowable jurisdiction.

**Lastly, please join our Eyes and Ears group; membership and joining are free for all in our community.** There is strength in numbers. We will all feel safer knowing that help is just a message or call away.

**HCC is open every Saturday from 09:00 to 12:00.** Please come past and visit, and we will gladly assist and supply you with any information needed.

**Please visit our website and follow the link to join as an eyes and ears or much-needed patroller. Please note that our emergency number is 081 813 3912 for emergencies only.**  
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# Victim Support

By Charntel Wagenaar  
 The HCPF have three On Scene Victim Empowerment Volunteers who are trained to support Victims after Home Invasions, or to support families who have lost a loved one at their home.  
 Every Victim of crime will react differently to their situation, but there are certain phases of recovery and common reactions that may be helpful to know. Recovery is a process, certain strengths, weaknesses, support systems, financial pressures and the like. A crime victim may have experienced trauma in the past either from another crime or life event, and will have reacted in their own way. When you become a victim of crime you move from just a member of the general population to being a victim. Some victims may experience a delayed reaction to the crime that can take place weeks, months, or even years. With Support, Victims can start to take steps to put their lives back together. It is this initial copying period that victims will likely need the most help from family, friends, and Professionals  
 There is no set time to go through these phases, much will depend on the type of crime the victim has experienced.  
 As a Victim of crime you may

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 Guilty  
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 Apathetic  
 Depressed  
 Sad  
 Anxious  
 Ashamed  
 Alone  
 Powerless  
 Violated  
 You may also have trouble controlling your emotions, suffer from loss of self-esteem, or sense of self worth. Its crucial to understand this is not your fault. It is Important to look after yourself, get the support you need. You may want someone to stay with you, try eat, sleep, get exercise regularly  
 Please Contact 10111 immediately, obtain a reference Number  
 Please Call The HCPF Emergency Number on 0818133912 alternatively Your Armed Response  
 Be safe, take care and please know we are always here to assist you.



## Editor's Note

Another month, another issue full of interesting stories. It is always special to drive around and learn something new about our community. This issue took us to the River Care Centre, the Memorial Site, and more. A big thank you to local businesses and wider area businesses investing with our paper, we have reached real momentum and I am looking forward to many upcoming issues, April is almost already completely planned out.  
 A big thanks to the contributors, we always welcome any contribution from the community, but please note articles are subject to editing and editor's choice.  
 It was a big month, with many happenings about the village and the country. We saw a grand return to form on the roads by the Church at St Davids' road. We had hours of no electricity when Eskom repaired the box at Serendipity, and much more.

On the Herald Front, we launched the Artist Directory, Grocers Directory- I am obsessed with Directories. The idea is always to bring businesses together and put them before the right people, the customers looking for them. A big thank you to the support on all our online ventures so far, we are looking forward to many more expansions this year. I am sad to confirm the passing of Jennifer De Klerk, our 2023 Favourite Woman of Henley. We send best wishes of support and care to TJ and Jaylin.



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photos courtesy Fiona Brown



**By Fiona Brown**

In 1997 the teachers at my daughters' school attended a

seminar on the future employability of the generation they were teaching. What they learned was that by the time those children (mostly Gen Y and Z and all in their mid-30's by now) as much as 50% would need to be entrepreneurs and self-employed. Scholastic studies have shown that children who participate in the arts; sing, dance, act, draw their hearts out, are four times more likely to achieve Academic excellence than those who do not. Studying an Art form requires Discipline. Preparing for a performance, an exhibition, an examination, or an event, takes time, dedication and determination. Children working

## Creating Opportunities and Building Futures

on their creative skills develop a sense of self discipline that is needed for all forms of employment. Studying an Art form develops Confidence. Successful participation in performances, examinations, exhibitions and events builds a sense of achievement and confidence in the ability to do more. As adults, these children will be more likely to step forward to tackle the more challenging aspects of their working lives or accept the challenge of making their own way into successful self-employment. Developing Creative skills develops the brain quicker and more effectively. Scientific studies have shown that dancers and musicians use more part of the brain than children who don't, practicing balance for skills such as pirouettes increases the number of grey matter cells in the brain, Musicians and Artists develop greater connections between the two hemispheres of the brain, Creative work encourages the ability to remember, such as in practicing for a drama production, remembering a

dance, a piece of music, or visual recall in Art. Children in the performing arts learn teamwork and cooperation. By working together in groups and patterns, children learn to work cooperatively to achieve a goal (win that trophy!) but also learn to support one another even when things don't go well. More than that, the sense of achievement engendered further promotes and supports the desire to maintain the sense of self discipline, organisation and planning. The Arts teach quick thinking. When a line is forgotten, a note missed, a line drawn a little out of place, the creative mind finds as quick and effective a way to deal with the slip as possible. This skill is highly useful in dealing with situations in the workplace that may need to be resolved quickly. The development programme started in 2023 is, as always, needing support. For more information or to get involved WhatsApp Fiona on 082 838 7146 or e mail developballet@gmail.com.

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**Lions Club of Henly On Klip raised R18 000 to donate to CHOC on 24 February, and they plan to go bigger next year! Photo Courtesy Thelma Thel Ziemons**

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### Service on Many Levels

photo courtesy, Thelma Thel Ziemons

The month-end book sale is just one of the Lions' many ongoing projects. It epitomises the Lions' motto of We Serve, as it does so on many different levels. Firstly, it supplies an outlet for unwanted books. Henley has lots of well-read residents who move house or pass on, and their books deserve another life. They are donated to Lions with pleasure, knowing that they will be used and not just in landfills. Even unsalable books that go to Pinky's company for recycling are first sorted, and many find their way to underprivileged homes and schools. The customers, our community, love the sale as

the books are all in good condition and ordered into alpha order or categories. They love to browse and talk to like-minded strangers. There is a lovely buzz. And they go home with a bag of bargains ready to return the next month. The volunteers enjoy the interaction with their customers, gain satisfaction from bringing order to chaos, and have a bit of social time as well. And then there's cash for more Lions' projects. Everybody wins. The sale takes place at O'Connor Hall on the last Saturday of every month except December, from 9 to 1. See you on Easter Saturday!



### The Infamous Dusi River Race

By Jennie Dallas

The Dusi river canoe race marathon takes place annually between Pietermaritzburg and Durban, in February since the 1960's when it was first explored by Ian Player (Gary Player's brother) after the 2nd World War. At that time there were few dams and water releases were not available - the boats were also made of canvas and wood, unlike the lighter carbon fibre of today's race boats and the dams which today can provide a water release if water levels are too low - because of these problems, the boats had to be carried and the paddlers run past certain sections - hence it is an endurance event. The World's Toughest Canoe Event!! Kelby Schmidthaus is a grade 12 student at the Marist Brothers, Linnmeyer, who enjoys paddling, archery and trail running and has a passion for history. One of his

mentors is the legendary Ian Player who was one of the first pioneers of the Dusi Marathon and a passionate conservationist. Kelby raced his first Dusi with his dad at age 15 and gained experience by learning the route and lines over the past two years. This year the batten was handed over from father to son, and Kelby sat in front and steered, thereby taking control of the choices, options, decisions, pace and lines to successfully complete his 3rd Dusi, with his dad, in a time of 12 hours 3 minutes..... Uwe Schmidthaus and his son Kelby Schmidthaus who live on the banks of the Klip River in Henley on Klip and paddle frequently down to the Vaal River for past many years, thoroughly enjoy the more challenging river race. They finished as the 131st K2 (Double Kayak)

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## Made in Henley: G-Micro Farms

This month's Made in Henley reached out to us last year, and we are excited to introduce them, G-Micro. Abig thank you to Karla Jean Rens for answering our questions.

### How did you start your business and where?

My husband Gareth, started G-Micro at the beginning of 2023 as Microgreens are a small, high value crop that you can grow inside and is not too costly and which can help you from a health point of view.

A lot of people don't like vegetables and Microgreens can give you a lot of nutrients in a small volume.



Karla - 071 366 3089  
Email : karla.jean.rens@gmail.com

### How has living in Henley impacted your business, where can people find you and support your business?

I am selling my Microgreens at Serendipity farm stall and at Breathe at the About Time corner. Debbie from Breathe has fresh Microgreens every Friday.

People are also more than welcome to order from me. My email is karla.jean.rens@gmail.com .I prefer to grow to order as it requires a lot of time and effort and i don't like the little greens going to waste.

I can grow Chinese Cabbage, Rocket, Mustard, Sunflowers, Basil and Coriander. The Coriander and Basil take the longest to grow, about 2-3 weeks.

All the others can grow in 7 days. The Basil, Coriander, Rocket and Sunflowers only

last about 1 week in the refrigerator.

The Chinese cabbage and Mustard can last up to 2 weeks.

It is best to turn the greens in the container as the condensation can make the greens rot.

I can grow other varieties such as Rambo Radish and Broccoli but they are not very popular it seems

There are up to 60 varieties of Microgreens. Microgreens are high in fibre and vitamin K and can help maintain Blood Pressure and can lower cholestrol.

Microgreens have up to 40% more phytochemicals than fully grown veggies.

Sulphoraphane found in Broccoli may help fight cancer.

The Microgreens are grown in Cocopeat and Vermiculite.

There are no added chemicals.

A diluted solution of Hydrogen Peroxide is used to kill any mold or fungus and the peroxide also gives oxygen to the seeds and helps them grow.

If you are unsure of how to eat the microgreens, well you can eat them as is by the handful. You can't eat too much but they could affect some people with a sensitive stomach or if you are allergic to sulphites.

The Mustard and Rocket are spicy and add flavour to any dish such as a cheese sandwich or a salad. They also add texture and colour. We all like to eat pretty food.

You don't need to wash the microgreens and you can't cook them as they will lose their vitality and nutritional value.

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# Naturally Debbie

by Debbie Firbank

In today's fast-paced world, maintaining a strong immune system is more crucial than ever. Boosting the immune system is essential for maintaining optimal health and well-being. The immune system is responsible for defending our bodies against harmful pathogens, such as bacteria, viruses, and parasites. It plays a crucial role in preventing and fighting off infections and diseases. Thanks to Deirdre Holt for her input.

**1. Prevention of Illness:** A strong immune system can help prevent illnesses by effectively identifying and destroying invading pathogens before they cause harm. By strengthening our immune response, we can reduce the risk of developing various infections, including respiratory infections, flu, colds, and even chronic diseases.

**2. Faster Recovery:** When our immune system is functioning at its best, it can help us recover more quickly from illnesses or infections. A robust immune response helps neutralize harmful pathogens and accelerates the healing process.

**3. Reduced Severity of Symptoms:** A strong immune system may also help reduce the severity of symptoms associated with common illnesses. Even if we do get sick, a well-functioning immune system can minimize discomfort and shorten the duration of illness.

**4. Protection Against Chronic Diseases:** Boosting the immune response through natural remedies can potentially lower the risk of developing these conditions.

**5. Improved Overall Well-being:** An optimized immune system not only protects us from

infectious diseases but also contributes to overall well-being. It helps maintain proper cellular function throughout the body while reducing inflammation levels that are associated with various health issues such as autoimmune disorders or allergies.

**Boosting the immune system includes adopting healthy lifestyle habits like eating a balanced diet rich in fruits, Vegetables, and lean proteins, staying hydrated, getting regular exercise, enough sleep, and managing stress levels effectively. Additionally, natural remedies such as herbs along with essential oils play an important role in supporting optimal immunity when used appropriately under professional guidance.**

**1. Ginger:** Ginger has long been recognized for its impressive health benefits. It can help support immune function due to its antimicrobial and anti-inflammatory properties. Additionally, ginger aids digestion and provides relief from nausea or upset stomachs - common ailments that can undermine our overall well-being.

**2. Turmeric:** Turmeric is another powerful herb. Its active compound curcumin acts as an antioxidant and anti-inflammatory agent that supports optimal immune function by combating free radicals in the body. Regular consumption of turmeric may also enhance digestion and

promote healthy joints.

**4. Black Pepper:** Black pepper boasts potent antioxidant properties which protect against oxidative damage caused by free radicals due to its high content of piperine - an active compound responsible for its distinctive flavour and a compound that enhances the absorption of curcumin from turmeric, thereby maximizing its benefits.

**3. Honey:** Nature's golden elixir honey not only delights our taste buds but also offers numerous health benefits. Packed with antioxidants and antibacterial properties, honey helps protect against harmful pathogens while soothing sore throats and coughs associated with colds or seasonal allergies.

**5. Lemon:** Lemon's vibrant citrus flavour isn't just refreshing; it provides significant health benefits too! Bursting with vitamin C - a vital nutrient known to strengthen the immune system - lemons assist in fighting off infections by stimulating white blood cell production while offering natural detoxification capabilities due to their alkalizing effect on the body.

**6. Garlic:** Garlic stimulates and strengthens the immune system by increasing the activity of white blood cells that help fight off infections. It contains compounds like allicin, which have antimicrobial, antiviral, and antibacterial effects and natural antimicrobial properties that help combat bacteria, viruses, and fungi as well as anti-inflammatory compounds that reduce inflammation in the body,

supporting overall immune health.

To incorporate garlic into the recipe, simply mince or crush one clove of garlic and add it along with other ingredients when preparing your immune-boosting drink.

## Immune-Boosting Recipe

### Ingredients:

- 1 teaspoon turmeric powder
- 1 teaspoon ginger powder (or freshly grated ginger)
- 1/4 teaspoon black pepper (helps with turmeric absorption)
- 1 clove of garlic, minced or crushed (Adjust the amount according to your taste preference).
- 1 tablespoon honey (preferably raw and unprocessed)
- Juice of half a lemon
- 1 cup warm water

### Instructions:

1. In a cup, combine the turmeric powder, ginger powder or grated ginger, and black pepper.
2. Pour in the warm water and stir well to dissolve any lumps.
3. Add the honey and mix until fully incorporated.
4. Squeeze in the juice of half a lemon and give it another stir.
5. Let the mixture sit for a few minutes to enhance flavours.
6. Drink this anti-inflammatory elixir while it's still warm.

**Note:** Feel free to adjust ingredient quantities based on your taste preferences. It's important to note that if you have any underlying health conditions or are taking medications, it's advisable to consult with a healthcare professional before making significant changes to your diet or incorporating new ingredients.

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## Heavenly Herbs: Fennel, Fenugreek, Feverfew

by Kate Touche

Greetings from Kate and Ben on this beautiful March morning. The beginnings of autumn are in the air with cooler mornings and evenings. The letter F dictates our herb choices this month. Let's find out about fennel, fenugreek, and feverfew.

**Fennel plants are very versatile; the bulb, feathery fronds, and seeds can all be used in culinary dishes, and for medicinal purposes.**

They are indigenous to the Mediterranean and are often found in Italian dishes. The bulb can be grated into salads or baked in the oven, which is really delicious.

See the recipe for this yummy dish later in the article. The beautiful green feathery leaves can be added to salads and stews, as well as fish and chicken dishes. The seeds add a picant anise flavour. to curries, ragouts, and sausage mix.

The health benefits of fennel are many, including lowering blood sugar, reducing inflammation, helping with heart health and brain

function. The seeds are a great source of iron. which is needed to carry oxygen to the muscles and brain. So if you are cutting down on red meat add fennel seeds to your nut and seed mix to increase the iron in your diet.

**Fenugreek, such a strange word, is a very important herb in Asian cooking.** The seeds are delicious in curries, imparting a mild taste of maple syrup. The herb is known to boost testosterone, lowers blood sugar, and aids with brain health. Next time you have a good Durban Curry, just know you are improving your brain.

**Feverfew is not to be confused with chamomile, which has completely different properties.** As you can see in the name, this herb is good for reducing fever, helps with migraine, arthritis and stomach cramps. To help with migraine you need to have a leaf or two a day for several months to reduce the effects of a migraine. The leaves are very bitter, so it's wise to have a slice of bread with the leaves to reduce the

bitter taste. A cup of dried feverfew tea with honey works wonders for stress and anxiety. Drink it about an hour before bedtime. I teaspoon dried feverfew flowers and leaves, I cup boiling water, honey to taste.

### Now for the recipe: Roasted Fennel Bulb Ingredients

- 3 Fennel bulbs
- 4 Tablespoons extra virgin olive oil
- 2 tablespoons, oregano, thyme and Fennel fronds.
- 1 lemon zested
- 1 teaspoon fine sea salt
- ¼ freshly ground black pepper
- ½ cup Parmigiano Reggiano cheese

A few drops of balsamic vinegar

### Method

Heat oven to 200°( hot oven) Lightly grease a baking sheet. Trim Fennel bulbs of any roots, cut into quarters. Put the Fennel in a bowl with olive oil, herbs, lemon zest, salt and pepper and rub the mixture into the bulbs. Place on a baking tray and bake for



about 25 minutes until the bulbs are caramelised and a little crispy on the edges. Dress with a few drops of balsamic and some feathery leaves of fennel. Serve with lamb, fish, or a roast chicken. So yummy! Ginger Biscuit says hi there; he hopes you are keeping nice and cool on these hot days. He says please make sure your pets can also keep cool and have a nice bowl of cooling water in the shade for them to have a drink when they are thirsty,

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# Your Autumn Garden, by Leslie Hoy

No, we are not yet in autumn, but it is around the corner, and we need to start getting our heads around and planning for that phase.

Autumn is a great time for so many things in the garden, such as:

**\*Planning for your winter colour and planting your seeds already, for example, pansies, primulas, violas, calendulas, and more.**

**\*Start with your winter vegetable seeds, such as kale, cabbage, spinach, etc.**

**\*It's also a good time to consider winter bulbs such as ranunculus, daffodils, and hyacinth.**

**\*For those of you interested in planting your own garlic, for our area, March is the month to plant.**

Strangely, some trees are all starting to shed some of

their leaves already. Please don't throw away or burn those wonderful leaves. Use them all as mulch. Believe me, you can never have too much. While you are at that task, please train your garden service or worker(s) to not rake the beds clean by removing all the weeds. That is sacrilege.

**March is celebrated as water month in SA**, and it is at this time that we are all reminded that it really is a scarce resource and that we will be going through some rough times with regards to rainfall and available water. Believe me, the statements are real. Yes, municipalities can fix the leaks quicker, and yes, people in other areas waste water. Pause a little and consider your own water use actions (no matter whether your source is Midvaal water or a borehole). Ask yourself, do I water your garden more

than once a week, do I flush toilets for every single minor use, do I wash clothes or dishes using half a load, do I only fill my bath no more than half way, do I take short showers, do I shower or bath more than once a day (some people shower in excess of 3 times a day to keep cool), do I water my garden in the heat of the day or only very early morning and late at night, do I know and monitor how much water we as a family use every month, and so the list can go on. The fact is that we can and should be more circumspect about our water use habits and actions. They may not impact us directly, but I bet your bottom dollar (Rand) will impact the next generation. It will also save you money if you save water.

**It's also a good time to plan and plant new plants.** The temperatures are not yet too cool, so the new roots of the tree or shrub can easily establish themselves before winter, and when spring comes, they are more established and very quickly shoot out and blossom. The shock of the transplant does sometimes set plants back a little, adding value to why you should consider planting now.

**For any shrubs that are looking a little worse for wear, that may have become overgrown, or that**

have "lost" their shape, now is also a good time to do a little pruning. This will allow them to shoot out new growth sufficiently before winter, and thus your garden patch won't look like a "dog breakfast" all winter. I have recently done some medium pruning on some conifers that needed a little TLC, and they are already shooting out, and I am in no doubt that they will look great before winter sets in. Just remember, please, that for plants that flower on older wood, such as Forsythia, Rhododendron, Rosemary, Magnolia, Jasmine, Camellia, flowering quince, and even most of your fruit trees, my advice is to don't prune them too heavily, if at all, as you may not have sufficient flowers and fruit next season.

Flowering on old wood means that a plant forms the flower buds for next season's blooms during the current year already, so pruning now will limit blooms later.

**The forecast for the next few months is reduced rainfall for our area with increased temperatures,** so take care of yourself in the garden with hats and sunscreen, and don't forget to care for the plants by applying grass clipping mulch to the beds to reduce excessive heat on the soil and reduce water loss. Happy gardening.



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Camelia japonica, magnolia- source, Google images

## A Tribute to Norma Jean Downes

By Joy Kirsten

It is with great sadness that we remember Norma, a wonderful mother, grandmother, and friend who passed away on January 24, 2024.

Norma and Geoff moved into Henley in 1974, when our friendship and our families began and grew. Norma and Geoff became very involved in Lions and a big part of the village as she supported Geoff in all their activities.

Norma was loved by all who knew her, and her big problem

was that she could never say no to anyone who needed her help. Her home was her castle, and she loved nothing more than altering, decorating, and entertaining in it. There was always a cup of coffee for whoever arrived. Her favourite pastime was sewing and putting up shelves to store all her material. She loved reading and crosswords, and her love of travel took her to many different parts of the world, but the love she had for her family overshadowed everything else.

I was privileged to have had a wonderful 50-year friendship where we shared good times and bad. We laughed and cried together, but we had some awesome fun and crazy experiences together, and I am filled with so many memories. A thousand words won't bring you back, I know because I tried; nor will a thousand tears, I know because I cried. Words cannot express how much I will miss you, my dearest friend.



## Happy Birthday Daniel

The Henley River Care Centre reached out to the Herald this past February to commemorate the landmark birthday of one of their residents. Daniel Jacobus Crouse celebrated his 95th birthday on February 18, 2024. When I met with him, he told me that as of a few years ago, he was still running three days a week. We chatted a bit, and the nurse informed me he still

likes to chat with pretty women. I took this as a compliment. Daniel lived an extraordinary life, running the Two Oceans marathon among them. As he stated, he kept up his fitness well into his nineties, until, sadly, his wife passed away last year. He spoke fondly of Lydia Crouse, saying it is important to share memories with a life partner. Together, they shared many years, memories, and beloved



### Daniel Jacobus Crouse flanked by his caregivers

children of whom he is very proud. At 95, Mr. Crouse is almost as old as Henley, and we sincerely wish him a good year ahead and thank the Henley River Care Centre team for reaching out and letting us visit. We quickly went about on a tour of the facility, which we are also grateful for, and found many stories yet to tell. We are particularly excited about the Ducks Inn, which is

the old hotel pub left completely intact. We are open to receiving stories and admissions from the Retirement Village and welcome articles or invites. Once again, thanks to the Henley River Care Centre for inviting us. A big shoutout to Nurse Kathy. We will be stopping by to hear more stories.

### Plenty of stories to tell here, Duck Inn





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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

**Hanga Centre for Young Performers NPC:** at 1634 Shillingford

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

**CHURCH SERVICES**

**Messianic Fellowship:** Every Sabbath (Saturday) at 13:00. Please contact Hein Zentgraf: 083 7745609

**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

**March/April**

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20 Ladies Tea Quiz Night @The Realm	21 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	22 1st Henley Scouts Meeting @Scout Hall	23 MAC Parkrun
24	25	26	27	28 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	29 1st Henley Scouts Meeting @Scout Hall	30 Braai Time @The Realm MAC Parkrun
31	1 Lions Club Meeting @O'Connor Hall	2 Rotary Meeting @Oakmeade	3	4 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	5 1st Henley Scouts Meeting @Scout Hall	6 MAC Parkrun
7 ROAB Meeting	8	9	10 Henley Library Reading Circle	11 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	12 1st Henley Scouts Meeting @Scout Hall	13 MAC Parkrun
14	15	16	17	18 Dance Excellence Studio Group Social @O'Connor Hall MAC Time Trails @The Bowler	19 1st Henley Scouts Meeting @Scout Hall	20 MAC Parkrun



## Cycling SA National Champs - A ride with Cycling Stars

by Fiona Brown

Sunday, February 4th, saw the final day of time trials and championship races. As Head of Sector for Tourism and Ecological Sustainability with the Local Economic Development Forum, as well as needing to represent our local business interests, I was determined to be there and learn what I could to help our village businesses in the future.

The organisation was excellent, the venue was beautiful, and the hospitality was welcoming and comfortable. At the start and finish lines, the Circus Café was hard at work.

I was offered the opportunity to follow the final race in the race manager's car. Who would have thought things could get so interesting at an average 60km an hour.


The race followed the Bosco loop three times, then a strenuous haul through the Suikerbos Reserve, a total distance of 180km. It was during this last section that I learned that the Suikerbos, at between 1 545m and 1 917m above sea level, is considered ideal training at elevation for those hoping to compete in other countries, for example, the hillier parts of Europe. Driving with the race meant learning an amazing amount of technical and general-interest information. (Being a dance teacher means I went in full of ignorance and came out full of wonder and admiration.) Cyclists and their families came from around the country, including some of those of international

standing, and there were even some cycling dynasties. Continuous safety, time, and distance checks were relayed to team managers; cyclists needed water; tyre changes (which are as speedy as Formula One changes); and the odd banana were similarly relayed up and down the field. Feeding stations set up at approved points were quick to respond, and cyclists who needed to leave the main bubble of riders were assisted back in once attended to. Falls (which happen) were quickly responded to, and support teams were managed with a firm hand and concern only for the cyclists and their wellbeing. The car does not pause or stop; it keeps pace with the tail end of the main pack, and it is only when feeling the force of the turns in the back of the car that you realise the reality of the speed on those cycles. 180km of road cycling uses up an enormous quantity of fluids and energy, which was witnessed as the competitors finished bottle after bottle of water and energy-supplemented fluids.

As predicted by my fellow passenger in the back, the early leaders often became tired, and the back runners in the main group (using the same slipstream energy-saving technique migrating birds are so good at) pulled ahead. The first three were greeted by ecstatic cheers, and after a short break during which I was able to speak to assorted people and gauge the importance of having more events of all kinds in the area, the awards ceremony began.

The Midvaal LED Forum was represented by Chairperson Nthapeleng Moteka and Deputy Chair Nthabiseng Manchidi, and Midvaal was represented by MMC Mokete Motsmai and Municipal Manager Anton Groenewand, as well as some of the Midvaal Tourism Staff. The forum will ensure that local businesses are included in future events, allowing for time to advertise and encourage more visitors to the events planned. Cycling SA and Midvaal have agreed on a three-year plan to have as

many events here as possible. These will include road, off-road, BMX, and other classes, and participants of all ages and from all parts of the country will be attending. The presentation ceremony was quick and well organised (although I tend to wonder at the waste of perfectly good bubbly), and the day ended on a high of successful racing, family fun, and the knowledge that a major event of this kind is perfect for this area. **Photo Courtesy Fiona Brown.**




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