



— Henley Herald

Independent
community
news

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FREE

November/December 2023



Henley's First Business Expo

above running expenses) have been donated to the memorial site to upgrade and rejuvenate the site for future visitors and in memory of the 23 children who tragically lost their lives there.

Over and above this, all the businesses involved with the expo are coming together in their way to lend a hand in fixing up the site, which is being done on the 12th of November, so be sure to pop past after this date, pay your respects and admire what can be done when local businesses get together for a worthy cause. Fixing up the memorial site is one thing, however, there is also a need to continue to maintain the site going forward and, in this respect, the Henley Friends Business Network has also been selling and continues to sell "bricks" on the wall of the memorial site for donations. By buying a brick, your name will be immortalized on the site with a plaque, on your sponsored brick.

For anyone still interested in purchasing a brick, these are R300 for a full brick or R150 for a half brick, all proceeds go directly to the Daleside Volunteers, and you can contact **Tim on 078 966 7112 to arrange**. As for the Business

Expo, keep your eye peeled for the next one coming next year, which will be bigger and better with plans for more businesses as well as more entertainment and things to do.



by Tim Stapleton

After many months of planning and organising, the first ever Henley Business Expo, hosted by the Henley Friends Business Network, came to flourishing on the 8th of October 2023. The day itself was a roaring success, with higher-than-expected visitors and standholders raving about big sales and massive networking throughout the entire day. The day was not just about milling through the 59 stands and spending some time with family and friends, it was a day for our local businesses to showcase who they are, where they are and what they do. Every business present has reported ongoing business from the expo and through people they met on the day, which was the aim. **Beyond the business**, there was an underlying recipient of the proceeds of the day and this was the 1970 Henley Bus Accident memorial, which was established and maintained by the Daleside Volunteers. All proceeds from the day (over and

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HENLEY HERALD

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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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ON CALL

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Download and report on the MyMidvaal App

Emergency Services - 016 360 7500 - 016 360 5911

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

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

Eskom - 086 003 7566

Councillor's Corner,
Tony Dickinson

The Midvaal Local Municipality (MLM) is on an aggressive drive to legalize buildings, Zoning and shops over the next few months. Illegal structures and businesses operating in residential areas are the main targets. This initiative has already started in other Wards and has upset several people who feel that they are being picked on. I am told that offenders will be given a reasonable opportunity to rectify the infringement, and in the event of this opportunity not being utilized, more aggressive measures will be used including demolition.

Spaza shop owners as well as the owners of the property will be treated the same way. This does not mean that all Spaza shops will be immediately closed. The owner can apply for rezoning, as is their right, they will then have to pay business rates. All health and license bylaws must also be complied with.

The MLM has also applied to open a local court dealing specifically with bylaws in Meyerton. This will speed up the process.

MLM has applied to the Department of Cooperative Governance (COGTA) to be regraded from a Grade 4 Municipality to a Grade 5 Municipality. Grading is worked out as a function of population and Municipal income. As a grade 5 Municipality, Staff will be better paid and larger Government and Provincial grants will be obtained resulting in MLM retaining well-trained staff, and MLM spending greater

amounts on capital projects. Any effect that this has on any increase in the ratepayers in MLM will be introduced over 3 years. The process could take about a year.

There will be a voter registration weekend taking place over the weekend of 17 and 18 November at the Hope Church on the corner of St Davids and Shiplake Avenue on the way to Golf Park. Only about 50 % of the qualifying public have registered to vote and of that 50% about 70% vote. This means that about 35 % of the populace decides who is going to govern our country. This is a frightening statistic.

In the elections of May 2024, you will only be allowed to vote in the constituency in which you reside, so It is of the utmost importance that you register and/or confirm your address as the IEC record of ineptitude is also frightening. If you SMS your ID number to 32810 you will get a reply telling you if you are registered and if so where your voting station is. In the event of you don't agree, you have a number of options. If you are computer savvy go to the IEC website and register online. If not use the Registration weekend or even go to the IEC office in Meyerton next to the Speakers Office. The political parties are also able to assist you.

This is the last issue of the Herald this year. I would like to wish you a Wonderful Festive Season and my wish for you is to stay safe.

See you next year.

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by Debbie Allorto
A most wonderful High Tea was held at the About Time Corner on Sunday the 29th of October. A few brave souls declared that the weather would not deter them from enjoying the delightful spread of goodies on offer. Delectable cakes, mini quiches, scones, the famous About Time Coffee Shop Cheesecake, and of course a variety of Teas. As always, we were treated to fine music from our DJ Bee.

The organisers would like to extend their thanks to those that did indeed make the time to support the worthy local charities that will benefit from all the funds raised - from the event itself as well as an anonymous donor who has kindly offered to match our initial 'pre-rain' target. **To book contact: 064 762 1519.**
St Paul's Anglican Church Henley@Heart Soup Souls

River Update: Feedback from Public Meeting on 10th Oct '23

by Karen Pepper

Thank you to all who came to show their support by attending this meeting, your time is much appreciated. We had a good turnout with just over 60 people in attendance. Members of the council, including **Mayor Peter Teixeira, MMC Gerhard Viljoen (Roads & Emergency Services), MMC Chantel Gomes (Corporate Services), MMC Reginald Hubbard (Engineering Services) and Moipone Molotlhanyi (Chief of Staff) attended the meeting as well as our Ward councillor Tony Dickinson.** The Mayor addressed the audience regarding this issue and when we opened the floor to the community the Mayor and Reginald Hubbard gave feedback where they could. The Mayor did admit that the Council has not done enough and that more has to be done.

It is the Council's position that the river is not in the Council's jurisdiction. This sentiment in itself is of concern and we have been encouraged by **OUTA's Watercan (a non-profit civil rights organization)** initiative to acquaint ourselves with the Water Services Act. We will be doing so over the coming months and engaging with the Council on this matter after understanding the correlation between water pollution in rivers, treatment plants, water boards and the provision of clean water to all. In addition, we will engage the council on their water services development plans, wherein the council must provide for all to realize their right of

access to basic water supply. Aside from the river pollution the wastewater treatment plant within each area can contribute significantly to the river pollution problem. The Mayor pointed out that all pump stations in Midvaal are operational but that load shedding has in the past affected their efficient operation, causing an overflow of sewage. The council has invested in backup generators and solar power solutions that will alleviate this problem going forward.

Another area of concern is the contribution of industrial waste to our river. Midvaal Council confirmed they do have monthly water tests done, however, we did not get into the detail of where these tests are conducted, what the test results are and who are non-compliant, council further did not have a strong sense of where the main problem is emanating from in respect of treatment plants or industrial polluters. He stated that they disconnect the water services of industrial polluters who fail to comply with pollution bylaws. **Chantel Gomes, who is responsible for the My Midvaal App, stated she would add pollution tracking to this app.** This could be a very effective tool in giving the council current data on water pollution that they can follow up on. The App is informative and has a very detailed log under "Register incidents". In the interim log pollution incidents under the section Environmental Management "Any Other Environmental Management Concerns".

We further had a representative from OUTA's Watercan, Mr Ivor Cleary who gave us an insightful talk on this topic. They are empowering residents with water testing kits, whereby residents perform the tests and upload the data to their website. **On their map, the water in Henley On Klip is shown to be "Unsafe".** Please visit their site and read about their work: watercan.org.za A resident attending our meeting brought statistics from reservoir sites across the Vaal River catchment area that he has collected from January 2022 to date. In this time the e-coli counts per 100ml at some reservoir sites went from an average of 25 133 counts per 100ml in 2022 to an average of 85 620 counts per 100 ml. High risk is considered to be greater than 400/ 100ml. No wonder we are seeing/ smelling/ experiencing what we are! Ways for us to go forward are: to engage with Council: having regular meetings and holding the council accountable to follow up on their test results, for the council to engage with water treatment plants, Ekurhuleni and Johannesburg Council, for us to engage with the Green Scorpions, for us to continue to work closely with Outa's Watercan organisation, assisting with water testing and uploading data to the Watercan website, getting Press attention and coverage of this issue. We need the problem areas to be identified by observing discharge from the sewer treatment centers and industrial waste from companies along the Klip River, ensuring all

pump stations are operational, and that no sewer removal trucks or neighbours are dumping pollution of any kind into the river. **We need to be vigilant, take photographs, record times/ dates/ incidents/ company names/ individual names and use the My Midvaal App and start logging water pollution incidents in detail.** Please keep copies of these incidents and forward them to Karen or Eckart too, so that we can hold the council responsible and get feedback on the follow-up they have done. Please send any published articles on this problem to us too. We wish to establish a library of these issues for discussions going forward, with the relevant responsible authorities and it assists in giving timelines.

We need community involvement, via volunteers and your support at meetings and with getting petitions signed by you and submitting these petitions to the relevant authorities. We will be meeting with Outa's Watercan organisation this week to get input on the best way forward and after this will be having a meeting with all volunteers to map our way forward. We requested assistance from the floor and five volunteers kindly came forward.

We appreciate this and request that if anyone else would like to get involved they please kindly **contact Karen on 073 322 5883 or Eckart on 082 990 3460, via WhatsApp.** Many thanks.

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The Shopping Edit: Antiques

Stuff 'n Things, HOK

Welcome to a new section, the Shopping Edit, and we are starting with a double feature.

Focusing on Antiques this month, we were invited to interview two very different local shops, one in Henley and the other in Golfpark.

Starting with Henley, Stuff 'n Things started in August this year. After a successful 'garage sale', Cheryl McLintic suggested to Joan Pelser, owner of The Village Guest House, that they start a pop-up shop for all the items left over. There was space available at the About Time Corner and plenty of interest



from potential customers. They planned to take over the unsold items, with a few pieces on commission and set up a temporary pop-up shop. Several months later there is a permanent sign on the About Time Corner fence, they get messages from clients and potential commissions every day, and when we chatted Cheryl was making all kinds of plans for Christmas.

'We are not a pawn shop,' Cheryl explained they do not buy any of the items. Most of the pieces are heirlooms or grand old pieces people are not using anymore,

and most people don't know what they can ask. Stuff 'n Things do the research, set a price and sell it on commission.

Joan and Cheryl have a passion for antiques and vintage items so aim to keep stock items interesting, unusual and value for money. As I toured the shop- for the umpteenth time, we are regular customers, I saw Daulton mugs, gorgeous authentic tea sets and art pieces, real wood furniture, a pair of rapiers, gorgeous silver and brass items, and a few glass pieces I've got my eye on.

With all the upcoming seasonal shopping be sure to schedule

some time to stop by, there are new items weekly and stock turnover is fast. Bring a bakkie or a ventertjie.

We are excited to welcome Stuff 'n Things, formally, to the About Time Corner a spot in the Village that is becoming a convenient and lovely shopping complex for all.

If you don't feel like shopping and want to sell some items, contact Cheryl at 083 454 2646 – "We do take other people's stuff 'n things".

Pop-Up Shop, Meyerton

Just outside of town, tucked away in a cozy green nook by one of Meyerton's most aesthetic cafes, Doilies and Bombolonis,



is the Pop-Up Shop. The rondavel looks much smaller from the outside than it feels inside.

The thatched roof building is full of artfully displayed Africana, gorgeous fine china, carefully selected garments and jewels, and teddy bears.

When I sat down with the owner, Dorinda, she explained they started some two years ago. Much like Stuff 'n Things, it started with their own items. Furniture and valuable pieces they wanted to let go of, but with time the shop grew. Outliving its initial pop-up idea to become a fully functioning business. The Pop Up Shop is selective about its pieces, over the years they've gotten to understand their market fairly well, and want to keep things moving.

While we were chatting a couple came to continue shopping for

the 'plaashuis'. Heavy wooden furniture, ball and claw sets, antique steel tools and cans beautifully suit any home going for the upscale plaas aesthetic. The owner told me she loves it when clients say the shop reminds them of Parys or Clarens.

After browsing, not only did I make two purchases, but on a third go around decided to come back for more. The Pop-Up Shop is priced competitively, Dorinda knows her market and the value of the items she is selling. You can find the Pop Up Shop on Facebook, but stop by this festive

season, get a delicious chocolate ice cream milkshake and browse, once, twice, a third and a fourth time, because there are treasures to be found. 2 Impala str Ext 6, Meyerton.

A big thank you to Stuff 'n Things, and the Pop-Up Shop for inviting me over for a chat. As an aspiring bohemian sustainable girlie I love finding these unique spots in our backyard, should you have any recommendations for lovely local places send us an e-mail or a WhatsApp.



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Happy Birthday! Henley Car Wash

by Anriet Van Deventer

Henley Car Wash, owned by the charismatic personality Fernando Ferreira, is celebrating its first anniversary. Fernando took the reins from the previous owner after retiring from a 50-year career in the motor industry in October 2021. Henley Car Wash has seen remarkable growth despite humble beginnings and overcoming various challenges. Credit is due to Andrew Jansen, Fernando's dedicated manager, who, along with a team of five staff members, has been instrumental in this success. Over the past year, Henley Car Wash has fostered valuable business relationships with established companies like Antley Lightings, Lynca Meats, Tough Tyres, Bend-a-Tube, and RedOps. Henley Car Wash sincerely thanks everyone in the Village who has been loyal, supported and helped the business.

Henley Car Wash offers a distinctive service, collecting dirty cars and delivering them back to your doorstep in a pristine condition. Please don't hesitate to contact them to arrange a collection. Additionally, they provide an extra service to check the functionality of your headlights, brake lights, and reverse lights for a nominal fee. Just ask!

Lastly, as of November 2023, Henley Car Wash has expanded into a partnership, establishing a facility that supplies all your braai-related needs, including steel braais, wood, charcoal, tongs, and more. Stay tuned for exciting developments in this space! Fernando and his team eagerly

anticipate welcoming all Henley residents in person to do what they do best! **You can reach Fernando or Andrew at Henley Car Wash by calling 064 990 2993, find the car wash on Ewelme Street.**



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064 990 2993
Operating Hours:
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WE WANT TO THANK ALL OUR CLIENTS FOR THEIR SUPPORT! HAVE A SAFE FESTIVE SEASON! SEE YOU IN 2024!

To wit to HOO

Vaal Seniors Club has been part of the social life of scores of senior citizens in the area since its inception in 2005. Meetings were originally held at

Avondrus in Arcon Park but now they meet at the Henley Retirement Village Hall (second Friday of the month) and so the majority of the members are from Henley.

October is HOO month: The Honourable Order of Octogenarians is recognised with a party. This year there were 16 over eighties present. Nearly a third of the members are in this category so younger seniors are welcomed.

At the other meetings of the year, there is usually a guest speaker followed by a tea. See the list of clubs for details, on page 7, Henley Retirement Village hall. Every 2nd Friday of the month at 10:00 All welcome

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LOCAL COMMUNITY PROGRAMS

Henley@Heart: Community initiative to clean and beautify the village. 082 413 6184
Henley on Klip Community Police Forum (HCPF):
 Cnr Henley Drive, Ewelme Road. Emergency: 081 813 3912
 Chairman, Steve Endley: hokcpf@gmail.com, www.henley-cpf.co.za
Soup Souls: Soup and food parcels, Donations welcome. Michelle at Hope Church or Lauren Baker 082 882 5311
Wide Horizon Hospice Boutique -
 Open from Wednesdays to Sundays, Charity Shop part of the Wide Horizon Charity

LOCAL CLUB

The Country Wine Club:
 Hosting it's year end wine tasting on 2 December 2023 at 11h00 at Erfdeel, if you would like to join please contact Gunther on 073 321 0959
Henley Bowling Club:
 Cnr Winchester & Hearn Road. Club, pub and venues for hire. hokbc1965@gmail.com or see henleyonklipbowlingclub.wordpress.com. Or call at 082 818 8802.

Vaal Seniors: Henley Retirement Village hall. Every 2nd Friday of the month at 10:00 All welcome.
Randvaal Biblioteek: Leserskring elke 2de Donderdag om 09:30. 016 365 5093
Henley Library Reading Circle:
 2nd Wednesday at 10:30 at library. Keke 016 366 0112
Henley Bird Club:
 HRV Hall. 109 Ewelme Road. Meets third Monday of each month at 19.00
 Chairman: Sal Hebert 084 263 1784.
Housewives' Club:
 TRC, Taplow Street. Tea and chat, 3rd Wednesday at 10:00. Susan Fourie: 083 584 9309
Lions Club of Henley on Klip:
 O'Connor Hall. Meetings: 1st Monday at 18:45 for 19:00. Kerry Palmer 082 805 1088. Hall Bookings Tarryn Macaskill: 082 818 8802.
 – Eye Clinic: Meyerton Child Welfare. Tarryn Macaskill: 082 818 8802.
 – Bingo: O'Connor Hall, 3rd Saturday at 13:30 for 14:00. Grant Neve 072 821 5307
Rotary Club: Oakmeade Prep and Academy, 62 Impala Ave, Meyerton. 1st and 3rd Tuesday, 18:00. President: Petrus van Heerden 083 692 3262.
 PR: Anrike Bryant 083 603 1210
Royal Antediluvian Order of Buffaloes (RAOB):

“Going strong for 30 years”. Bunduloo Lodge, 502 Durham Road. 1st Sunday at 10:00. Des Woods: 082 494 8741


LOCAL ACTIVITIES

Run/Walk: Meet at Bowling Club, Iffley/Hearn. Time trials. **Meyerton Athletics Club**
 Thursdays 17:30 summer, 17:00 winter.
DaNcinG Group Social:
 O'Connor Hall. Ballroom dancing. Thursdays 18:30 for 19h00, ends 21:30. George Gouws: 076 147 5504
Henley Performing Arts:
 Heather Taylor-Waldron: 082 772 1187
Ilanga Centre for Young Performers NPC: at Lions O'Connor Hall, Pretorius Street. Art Club(Development) at 1634 Shillingford
1st Henley Scouts:
 Scout Hall, 5 Hearn Road. Fridays. Cubs and Meerkats 18:00 to 19:30. Scouts 19:00 to 21:00. Enquiries: Troop Scouter, Andrew Downes: 084 309 2656. www.1sthenleyscouts.co.za.

CHURCH SERVICES
Messianic Fellowship:

Every Sabbath (Saturday) at 13:00. Please contact Hein Zentgraf: 083 774 5609
Henley Christian Fellowship:
 Henley High School Hall. Sunday at 09:00. 082 447 1083
Hope Family Church:
 St David's Road. Sunday services 09:00 to 11:00. Evening service 17:00 to 20:00 last Sunday of month. Office: 016 366 0545 or 082 387 1497
St Andrew's Family Church:
 Hearn Road. May to August at 09:30. September to April at 08:30. Communion 1st Sunday. Office: 016 366 0800
St Paul's Anglican Church:
 Church Street. Sunday services, Sunday school 08:00 to 09:30. Jean Roy: 016 366 0253, Anne Smith 084 296 2423. Flea Market last Saturday.
St Philip Benizi Catholic Church:
 Cnr Verwoerd and Reitz Street. Meyerton. Mass: Weekdays 08:00 Saturdays 08:00 and 18:00, Sundays 08:00. 016 362 2445
Meyerton Methodist Church:
 7 Gen de Wet Street, Meyerton. Sunday service 09:00 (kids and adults). Office: 016 362 1736
Midvaal Berean Fellowship:
 11 Gen Beyers Ave (SDA building), Meyerton. Sunday 09:30 bible study,service. Mike: 084 515 4317

November/December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15 Quiz Night @The Realm	16 MAC Time Trails	17	18 Fundraiser Hike with MAC @Bass Lake Wine and Art @The Realm
19 Luna Lane live @Taste Budz	20	21	22 Pool Competition @The Realm	23 MAC Time Trails	24	25 Swagfest 2.0 @Swagga St Pauls Market Lions Book Sale The Realm Birthday
26	27	28	29	30 Christmas Carols @About Time MAC Time Trails	1 Lighting of Christmas Tree @Taste Budz	2
3	4	5	6	7	8	9
 <p>Follow The Henley Herald on Facebook to stay up to date with all Festive Happenings, Scan to go to our main social media page</p>						
10	11	12	13	14	15 Public Holiday	16 Day of Reconciliation Christmas Market @Swagga



WHAT TO DO?

- Reduce Speed
- Be patient
- Pass wide & slow
- Give a 2m gap
- Drive away slowly
- Don't hoot

Dead? Or Dead Slow? Your Choice

Horses are unpredictable. Passing wide and slow can prevent deaths of drivers, riders and horses.

Protect yourself. Protect your car. Protect horses & riders

it... horses!
 Moving into the December holidays you might see a bit more of them pop out to enjoy a sunny day outide through the village, and surrounds. This is the countryside after all. Henley has a few "Yards" in and around the area, be it open to the public or private, thus it's not at all uncommon to see equestrians riding around. Being a little more courteous around these large unpredictable animals can save you from a collision that can cost lives or cost you your vehicle.

Horses are flight animals; this means they will run away from anything that has frightened them, at full gallop if necessary, and get into all sorts of trouble including running into oncoming traffic not knowing any better, causing a chain of events and possibly costing lives. Something as small as you impatiently revving you're engine or hooting to say "Hi!" could trigger this response.

Riders take their horses out and about to get them used to things like this making it less of a trigger and to enjoy the scenery of our beautiful village, just like you do. While most will try to keep to the side of the road there are times when there just isn't enough space or it's unsafe for them so they will have to move into the road itself. Please be patient and **follow these guidelines.** These animals have a mind of their own and a rider can only do so much when instinct takes over.

Those walking your dogs, keep them on lead or close by when you spot an approaching horse and rider. Ask for permission to approach the combination as some horses strongly dislike dogs and some dogs will attack horses. Dogs not under control could lunge at a horse, causing the rider to be dislodged or worse the dog attack and the horse fights back. One well-placed

kick will shatter the bone or worse end the life of the dog. No one wants to see that happen. When riders take their beloved 600kg friends on a trip around the village, they are hyper-aware of the dangers this involves and try to take every precaution possible while still making it an enjoyable outing. Drivers, Bikers and cyclists, please look out for hand signals asking you to slow down or stop and do your best to heed them. This is your indication that you're going too fast, or the horse is already nervous about your presence. Anything can happen. Be kind, be considerate and be safe. We all would like to enjoy our amazing village together. Thank you to those who already heed these guidelines and **I wish everyone a happy and safe holiday season.**

Find Work Horse Tack at About Time Corner, call 081 578 6719.

by **Claudia Schroër**
 With all the beauty in our little village especially now that summer has arrived, you might see something that's not out of sorts for a village like ours but just as magnificent as the iceberg roses dotting the sidewalks. They come in all shapes, sizes, colours, walk on all fours, can cause traffic jams for a photograph or two and usually carry a rider... Yes! You guessed



Fundraising event for Michael Bosman Back a Buddy fund. Let's support a local Meyerton Athletics club member.
 Michael Bosman was injured during a club rugby game - his foot was severely broken, and as a result he requires expensive surgery with prosthetics to correct it. This happened months ago and he is really battling daily, never mind fulfilling his desire to run again.

Date - 18 November 2023
 Time - Starting Block open at 07h30 to 09h00
 Venue - Bass Lake, Sontnell Street, Henley on Klip
 Distance - 5km
 Water Points - 2.5km and finish
 Costs - R50 pp (R100 commemorative keychain incl)
 Entry Process- Scan this QR code



No dogs, prams, blades, Cyclist Allowed
 Kids under 10 to be accompanied by an adult.
 Indemnity- The organisers, Pam Golding Properties, Meyerton Athletics Club, Bass Lake AVT and ASA do not take any responsibility for any injury or incidents that may occur during your participation in this event.

MEYERTON ATHLETICS CLUB



Live Remarkable



Hello Henley, and outlying areas. Can you believe it's already the end of the year?
 To start, let me thank our advertisers. Some businesses have been advertising with the Herald for years and your continued support keeps us going. Thank you to all the regular businesses and the new ones, thank you for investing with us.
 To our contributors, the new ones and the regulars, your hard work is much appreciated. Our readers all say they love seeing new articles and names in the Herald, your dedication inspires and informs all of us, thank you. For the festive season we are launching our first online-only offer with local businesses, the Business Directory. You can find the link on the last page of this issue- a little QR Code in our how-to scan section. Also, how do you like the QR Codes, I've made three for this issue, one for the Calendar, for everyone to stay up to date with

local goings-on, one for the Business Expo, and one for the Directory- be sure to get scanning. Expanding online opens many opportunities for the Herald, and I have many plans for more directories and many exciting developments. However, it would be remiss of me not to mention it's been a difficult bit of my own money into the Herald, and getting the word out that we will continue printing took a while. I am hopeful to keep going and to make it profitable. I will keep you updated and will remain transparent, but this is the last editor's note for the year so let's not say goodbye, but when we see each other again. Enjoy the upcoming holidays and lots of love, Nadia.
 To advertise or get in touch e-mail is editor@henley-herald.co.za.

Join us in support of a local community drive. MAC team member, Michael Bosman has severely damaged his foot, we are raising medical costs to get him back on his feet.

Will your garden survive in this heat? by Leslie Hoy

The many predictions have indicated that for our region we are more than likely to receive less rain than average. This could mean that with increased temperatures and reduced rain, our gardens will be under pressure.

Mulching:

It is critical that every garden is mulched with a layer of leaves, grass clippings, wood chips or other biodegradable material. The layer should be at least 5cm deep. This mulch will decompose and be taken into the soil by earthworms over time. It is therefore important that you top up on an ongoing basis. This mulch layer is an excellent medium to reduce water loss by evaporation, it reduces weeds and reduces soil compaction. Unfortunately, as I drive around our area I still see far too many gardens that have little to no mulch in them. Please do yourself and your garden a favour and implement mulching in your garden (Garden services this message is also for you).

Compost

Compost has so many wonderful

benefits for the garden. It improves soil structure, "feeds" the soil and helps to retain soil moisture. It's really easy to make your own compost regardless of the size of the garden that you have. Check online for a range of methods and tools. For some in-depth knowledge on the benefits and uses for a well-made compost, look up "Soil Food Web" on the internet. They also have some great videos to watch. **Plant choices and hydrozones:** Historically gardens were mainly designed and constructed based on a range of aesthetical factors which in most cases excluded considerations of water. More recently the need to rethink this has come to the fore. Now there is a huge movement to address this in garden designs. It is really important that all gardeners relook at their gardens and plant choices. Group plants in an entire bed according to their water needs. The garden should be divided into high, medium, low and very low water hydrozone beds. Succulents will in most cases be placed in the low and very low hydrozones.

This will reduce your water use considerably.

Correct watering:

As I have just stated above hydrozone the garden and then water your garden only according to those guidelines. When you do water, do so very sparingly and remember to water only in the very early morning and/or very late afternoon, this reduces evaporation. Check that your irrigation system is correctly designed and installed and allows for deep watering rather than shallow regular watering.

Reuse your grey water.

It is safe to use your bath, shower, washing machine and most kitchen water in your garden. This can be used to keep plants going during anticipated dry periods we are and will experience. I have used grey water in two areas of my garden for over 25 years with no negative effects. Various studies have been undertaken testing grey water with positive results. One proviso is that it must be used within 24 hours to prevent any possible pathogen build-up.

Lawns

This can be one of the most thirsty areas of the garden. To help your lawn cope, allow the lawn to grow a little longer. Sacrifice watering of larger areas of lawn and only focusing on a very small focal area will be a positive move to reduce water use.

Final thoughts.

The reality is that we are experiencing an El Nino effect and this is here to stay for a while. To keep our gardens looking good will require drastic decisions. This however does not mean that with careful decisions we cannot have some colour, a well-managed vegetable garden or even a good-looking garden as a whole, so continue to grow and plant new plants with care. Finally, even if you have a borehole you should implement drastic methods to reduce watering and not water your garden or lawn almost daily as I see far too many people doing. Your borehole water is a national resource and should be cherished. Please be a responsible water user.



My Weed Garden

by Mark Russell

This year I have decided to grow a herb garden.

As an amateur, I have started with beginner herbs bought as seedlings from the local plant Nursery. (Little Austria - wonderful service!). These seedlings one stick in the ground and waters and hey presto! In two weeks' time, I pick the leaves and toss into my delicately flavoured salad.

I prepared the soil, fertilised and composted the bed, waited a bit after watering, bought the herbs, and as per the textbook - planted the sensitive, delicate little seedlings. With cute little names like "Sweet Basil", "Rocket", and "Sage", I mean what could go wrong?

It seems I have now started the infernal botanical arms race.

The weed seeds patiently awaiting the planting have now heard the starting gun. At the first fence they were a neck ahead and coming around the corner they are now well clear of the field. Large boisterous and gangly. Sense-of-humour weeds, jostling and shoving. Weeds that look like sandpaper and feel like

small nails. Try pulling them out. NO! Their roots go down two metres and are harnessed to the soil with steel cables. My herbs are still blushing and awaiting the invitation to grow and yield, with some delicate nourishing, a few leaves for eating. So I bend my back and facilitate a sort of affirmative action with my hoe in favour of my herbs. A weed-free garden emerges. I turn around to look at the wheelbarrow into which the weeds have been thrown..... It is full.

My thoughts? Well, why not screw the herbs and eat the weeds? They must be more nutritious, they are tougher, and more resilient than any sweet Basil and, even better by crunching down on the weeds I could present the image of a tough meat-eating, weed-munching Viking. Thistles and Khaki-bos, those little duiweltjies must be good for roughage and circulation. The jaw exercise would be fabulous not to mention the regular bowel movements! Find a recipe for weeds I say!

Now.... If I could find a use for those little black ants.



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Naturally Debbie

by Debbie Firbank

I feel really privileged to be living in these times, with all the advances that have been made with technology and medicine. We are equally privileged to be in an era that isn't afraid to question and explore alternative options with wellness and healthcare, having access to both all the advanced research as well as the tried and tested remedies of past generations. The following three historic products are remedies that are making a comeback in popularity for their many beneficial healing qualities.



Firstly, Castor Oil is one of those products that our grannies and great grannies spoke about and used many, many years ago! Although no longer recommended in modern medicine, castor oil is believed to offer a wide array of benefits. It's ability to penetrate deeper than most oils make it extremely

useful. ***Laxative effects:** even the FDA has recognized Castor oil as a safe and effective laxative. It works by stimulating the muscles of the small intestine, aiding bowel movement. I remember my gran recommending you swallow a teaspoon full but it tastes yukky and why swallow it when rubbing it on your belly works just as well. With the popularity of Barbara O'Neill's video's,

Castor oil has regained its popularity. Care must be taken as to how often it is used as there are reports of overdosing after daily prolonged use.

***Anti-inflammatory properties:** massage castor oil into area's affected with conditions like arthritis and joint pain and feel the relief it offers.

***Wound healing:** when applied topically, it's believed to stimulate the growth of new tissue, reducing dryness and promoting healing.

***Skin Hydration:** Castor oil is

known to be used by people that suffer with skin allergies or sensitive skin, with no side effects. It is a wonderful moisturizer and soothes dry irritated skin.

***Hair Health:** Castor Oil is effective in combatting hair loss and other scalp issues like dandruff and cradle cap in babies. Its deep penetration into the scalp and hair allows it to revitalize and restore hair health.

This includes eyebrows and eyelashes.

***Antibacterial Agent:** some research has found that castor oil can be effective against certain bacteria, including skin, throat and wound infections.

Another beneficial product is **Cinnamon**. Not only does Cinnamon have anti-bacterial properties but it is also anti-viral and anti-fungal. It's loaded with antioxidants and helps reduce inflammation. Cinnamon helps in the management of type 2 diabetes, reduction of cholesterol levels and lowering blood pressure.

Lastly, Colloidal Silver is a product that has been overlooked in recent times. It was first used in 1891 by a surgeon named Dr B.C Crede to sterilize wounds. It grew in popularity between 1900 to 1940's and was

used to treat infections and wounds before antibiotics became available.

It is a powerful antimicrobial agent and can help fight infections, heal wounds and aid in cold and flu prevention. Colloidal Silver can also be used to assist in relieving toothache or sensitivity in the mouth, rinse your mouth with it or drop a few drops directly onto the sore tooth for relief.

If you have any grannies remedies that you have found work for your family, I'd love to hear from you.

The following products mentioned in the article can be found in **Breathe Natural Health shop at About Time Corner**
Castor Oil
Colloidal Silver



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Heavenly Herbs A to Z: Comfrey, Garlic Chives, and Catnip



Comfrey(left), Garlic Chives(above), Catnip(above right)

by Kate Touche

So here we are again, about 6 weeks to Christmas and the Silly Season. A pot of herbs makes a great gift, a gift that keeps on giving. A kitchen windowsill full of potted herbs is just the thing to get those cooking ideas going.

This month we have some herbs starting with C. There are so many so we might revisit this letter next month, but today's herb menu includes Chives, Comfrey and Catnip.

Let's start with the humble chive plant, delicious in salads, chicken dishes, soups and casseroles. Chive flowers are pretty in your garden, especially the garlic chive purple flower which can also be used to enhance a salad or stew. Chives are rich in vitamins C and K, C for the immune system and K which helps in blood clotting and bone health. Chives are part of the Allium vegetables, like garlic and onions, contain Choline which is an anti-cancer agent. Choline also helps with mood and memory.

Comfrey is what I would call an ancient herb in use for centuries to help with inflammation, bruising, pulled

muscles, ligaments, sprains and strains. The roots and leaves contain the chemical Allantoin which is great for reducing swelling. I can vouch for this herb as I badly twisted my knee last week. It was on the weekend so not easy to see a doctor so I tried wrapping some large leaves around my knee to get some relief from the pain and swelling. After a couple of hours, I could hobble around the cottage and the swelling had reduced. Comfrey can also be used in a gargle for sore throats and coughs and a tea made with comfrey can help with diarrhea and indigestion. Try the new leaves in a salad or a spinach dish to add extra flavour.

Catnip is not just for our feline friends but is great for humans too. It contains Nepetalactone, an herbal sedative that has a calming effect on the body and mind and helps to boost the mood.

If you had one of those days, you know the ones! In your mind you could cheerfully strangle the boss, or run over your colleague, well a cup of Catnip tea is just the solution. Put some Catnip leaves in a mug, pour over boiling water, let steep for 5 minutes, remove the leaves, and add a teaspoon of honey and a slice of lemon. Sip slowly relax

and wait for the calm to take over.

Also, your cat will love you forever if you have this plant in your garden.

By the way kids, Ginger Biscuit says if you can get your kitty a Catnip plant for Christmas you will be their favourite human.

This month's recipe

Cheese and chive muffins:
Ingredients (makes 1 dozen large muffins)

- 3 eggs
- 1 tablespoon sugar
- 1 ½ cups of flour
- 2 teaspoons baking powder
- Pinch of salt

1 cup full cream plain yogurt
A handful of chives chopped fine
A cup of grated cheddar cheese
Some paprika to sprinkle on top.
Method

Beat eggs and sugar till frothy, sift in the flour salt and baking powder, and mix in the yogurt, chives and cheese.

Grease 2 large muffin pans (6 muffins per pan) and heat oven to 180°. Spoon mixture evenly into muffin pans add a sprinkle of paprika on top and bake for 20 mins till well risen and golden. Cool for 10 to 15 mins and remove from pans, use a butter knife around the edge of each muffin and lift out gently



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Junior Team made us proud

by Chantel Dankworth

Not only did our Junior team have the fighting spirit, to get themselves to the SA National 8 Ball Championship, they continued this fighting spirit at the Championships. From the very start of this journey, they were aware that they were going as the underdogs, as four of the five team members had only been playing pool for a very short period, however, this never deterred them in any way. It was a grueling 8 days of Pool starting at 08:30 in the morning and ending at 8:00 p.m., playing against both SA and World Champions. Whilst some days were harder than others to remain positive they never gave up the fight. Their mottowas "WE DON'T LOSE WE

LEARN" and learn they did. Each one came back with new confidence and a new outlook on the game. Although the Team events did not go very well, one of our boys (Warrick Dankworth) made it to the TOP 64 and another (Jacques Coetzee) made it to the TOP 32. The SA Pool Association sent a letter to the Sedibeng Chairman complimenting our Team on their Fighting Spirit and achievements, they were complimented on their behaviour and the Spirit in which they played the tournament. For this, we are ever so PROUD. Thank you once again to all those who helped our team achieve their goal of representing Sedibeng this year in the SA National 8 Ball Pool Championships.



by Veronica Lemmer

Talitha Residence for intellectual, severe and profound disabled children, based in Daleside in Midvaal, recently had a successful golf day at the highly rated Maccauvlei Golf Course. The aim was to raise funds to improve and maintain the facility. This event was supported by various Sponsors, where the Midvaal Municipality played a major Role. Golfers from all over Gauteng and Vaal graced the day with their presence. The winner of the Day was Brenton Mey with 41 points, and the third placed was Anthony Moffat.

Audi and VW Vereeniging the anchor Sponsor on the course, displayed their latest vehicles in front of the newly renovated clubhouse. All Golfers enjoyed the prize-giving function that was hosted by Councillor Mary-Ann from Midvaal Municipality. Participants and sponsors were treated to a hearty meal catered for by the Maccauvlei Club, served by the highly professional staff. All golfers were unanimous that they received value for money, and the prizes were of high value and quality! The next event will be on the 18th of October 2024 at Maccauvlei Golf Course.


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