



— Henley Herald

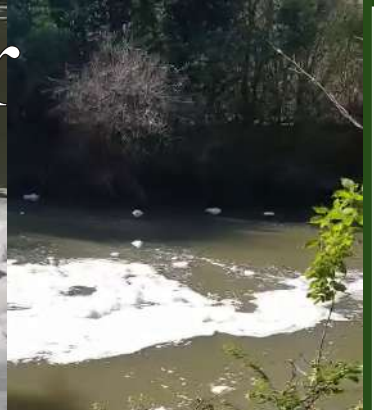
Late spring
issue, double
garden feature

www.henley-herald.co.za

FREE

October/November 2023

Help the river



the klipriver in 2022, courtesy Jennie Dallas

by Eckhart Zollner

The Klipriver cleanup campaign thus far mainly focused on removing floating debris and maintaining a clear path for the river to run. But we would be amiss if we

did not address the ever-increasing water pollution, which stench has only become more noticeable by the day. In this regard we have arranged to gather input from a public meeting to be held on 10 October 2023 at 18:30 in the O'Connor hall.

the klipriver in 2023, courtesy Karen Pepper

As residents in Henley we live alongside very polluted waters two-thirds downstream from the river source and its exceptionally difficult to establish all the sources of pollution upstream and have such matters addressed to achieve a meaningful difference where the water quality gets back to safe and acceptable levels.

village the river passes three Waste-water treatment plants, namely Goudkoppies, Bushkoppies and the Erwat Waterfall treatment facility. We have had reports of some wastewater treatment plants unable to process wastewater sufficiently due to load shedding as well as wastewater spilling onto farmland and into the river from damaged pipework.

Therefore we rely on additional resources and people with skills and experience in dealing with such issues, as the cause and the solution to the pollution lie outside our direct area of influence and control. We hope to assemble a team of people with expertise and experience to address the problem at hand in partnership with the Midvaal Local Municipality.

There may well be additional sources of pollution from agricultural and industrial sites, and whilst we have to start by identifying and working on the biggest polluters, the task of identifying all the sources of pollution and establishing a program that returns all polluters to operate within the parameters of environmental legislation will be a long and arduous task and we need all hands-on deck.

Tests conducted during September at the river across middle Oxford road and middle Windsor road indicate the presence of e-Coli, extremely high levels of coliform bacteria and some other organic pollutants. Test results can be made available on request. These tests conducted were initial bacterial tests, and not yet microbiological tests to identify individual bacteria and other polluting elements. Upstream to the

So to return the river to its natural state that flora and fauna can flourish again, and the river be used for recreational activities, we can no longer ignore the signs and rely on external parties to address these problems.

Your help is needed and interested parties are asked to contact Karen Pepper on 073 322 5883.

ROUTE 59 selfSTORAGE
Just off HENLEY DRIVE

In need of Storage?

Wide Variety of Self-Storage Units Available

More info
071 727 1102
| www.r59storage.co.za

ROUTE 59 selfSTORAGE
082 443 4969

Stay up-to-date with local happenings with
Henley-On-Line, www.henley-herald.co.za

HENLEY HERALD

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

DISCLAIMER

The Henley Herald disclaims all liability for the articles and advertisements published.

Views and opinions expressed are those of the authors alone

CONTRIBUTIONS

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

ADVERTISING

Sizes and cost on request or see www.henley-herald.co.za. Payment in advance on or before publication deadline

DEADLINE

Last day of the month prior to publication

Editing, design and layout:
 Nadia Wolmarans
 Printing: PCN Printers,
 tel: 016 366 9901

by **Tony Dickins**

September has come and almost gone, and with it, all of the spring activities. The beginning of the month saw the WAM festival with lots of music and art and of course many different wines to taste. It was a great success with ticket sales surpassing last year's numbers comfortably. The six venues that participated all reported increased sales and many new clients. It was a win/win for all involved.

The following weekend Henley High & Prep School held their spring festival at Millbrook Farm. It is a beautiful venue and there was a great turnout. By all accounts it was equally successful.

The annual Walkerville Agricultural Show was also held on that weekend. This

show has been running for some 65 years. I was an entrant in the Gymkhana in 1964 on my horse Baron, as the saying goes "memories are made of this". The disgusting river pollution has been identified using drone footage ... the foam comes from the Nancefield treatment works and the horrible smell emanates from amongst other things a massive sewage leak south of Tokhoza which falls under Ekurhuleni. Midvaal municipality have contacted all the relevant authorities to try and get the problem resolved as speedily as possible. A community meeting will be held at the O'Connor Hall on 10th October to find ways to avert this type of disaster in future. The closing of the municipal dump in Henley has its own unintended consequences. While people living in

Gordon and Eaton Roads no longer have the municipal trucks and compactors driving past their homes with the resultant dust and trash left on the road, small businesses can not afford to drive all the way to the other side of Walkerville to dump their waste. There is going to be a public meeting at the end of September where the MMC responsible will enlighten us on the way forward. There has also been an increase in illegal dumping in hidden areas of the village. In the event of Henley residents seeing any illegal dumping, please take a picture of the incident and the motorcar licence plate. Notify me and the Municipal Manager will contact the transgressor. I guarantee that your name will not be revealed to these selfish people. Wishing all a happy Heritage Day on the 24th September.

ON CALL

Midvaal - 24hr Call Centre - 087 106 2471
 complaints@midvaal.gov.za
 Download and report on the MyMidvaal App

Emergency Services - 016 360 7500 - 016 360 5911

SAPS Meyerton
 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

KakaBouy
 SEPTIC TANK PUMPING
 078 826 2837
 morgen@kakabouys.co.za

HENLEY ON KLIP
 Community Police Forum
EMERGENCY NUMBER
081 813 3912
 hokcpf@gmail.com
 www.hcpf.co.za

Partners In Policing

Emergency no: 081 813 3912

Switch to Solar

Reduce your energy bill, beat load shedding and power interruptions, and never be left in the dark again.



GO OFF-GRID

We supply and install a variety of budget-friendly solutions to help keep the power on:

- Solar and back-up power systems
- Single & 3 phase inverters (5kW - 12kW)
- Canadian Tier 1 solar panels (375W - 660W)

Give us a call, email us or visit us online.



PETER COMMONS
 PETER@XIGENT.CO.ZA
 PHONE: +27 82 901 2607

XIGENT
 SOLAR SOLUTIONS
 https://xigent.co.za



Eagles Wings Shelter

by Jackie Brits

Eagle Wings is gebore in 2010, waar ek een nag gesit en wonder het hoe kan ek help, om kinders in ons omgewing kos te gee. Baie kinders het swaar gekry, ek het by n winkel gaan brood koop toe 3 Jong kinders ouderdomme tussen 6 en 9 jaar my vra of ek vir hul kos kan koop, want hul het niks om te eet by die huis nie. Die volgende dag het ek met vroue begin praat, om te help, dat ons 3 keer n week kook en kinders begin kos gee. So het ons begin met 20 kinders en op die oueinde was daar 110 kinders en bejaardes. In tussen het ek gewerk en dan die geld gebruik om aankope te doen. Daar was ook vroue in ons gemeenskap wat gehelp het met donasies en ook help kook en aflewering gedoen het. So het ons ook op gemerk dat die plek Mooihawens ook gesukkel het. Dit is n ou skool gebou wat hulle ook

gebruik het vir hawelose mense. Op daardie stadium het die plek baie agteruit gegaan. Na baie gesukkel en gebed het Eagle wings oorgeneem. Die groot werk het begin, om skoon te maak en tussen deur kinders kos te gee. God is en was nog altyd net goed vir ons. Ons het boorgate oop gemaak en water tank opgesit, ons gebruik nou boorgat water. Ons gebruik ook donkies wat ons stook vir warm water. Ons het wel prepaid krag wat ons gebruik vir boorgatpomp vir water en ligte in sitkamer vir TV en ook wasmasjiene en ons vrieskaste. Ons mense kry eerste opsie om klere te kry wat geskenk word. Daarna verkoop ons van die klere om ons krag te betaal. En ook aankope te doen vir kos en verbeterings. Ons het geen hulp van die staat nie en het ook nie vaste donateurs wat elke maand ondersteun nie. Ons het wel

gereelde donateurs wat ons ondersteun en ons so dankbaar is voor, want sonder hulle ondersteuning sou ons dit nie kon doen nie. Die skool gebou is geopen 22 April 1924 waaraan 24 leerlinge was. Ons gaan ook probeer om n fees te reel in April 2024 dan is die gebou 100 jaar oud. Ons probeer om hierdie gebou so netjies as moontlik te hou. Ons het n kleuterskool vir ons kindertjies wat so rukkies terug oor gedoen is, deur Rotary club. Daar het ons 2 vroue wat help om ons kinders skool gereed te kry. Ons mense word 6 maande gegee om werk te kry en dan help ons hul om uit te beweeg. Ons gee ook beddens, bedegoed, gordyne en breek goed vir hulle om 'n begin te maak. Ander is langer daar tot hul werk het. Ons bejaardes bly by ons, tot hul voel hul moet uit beweeg. Anders is ons hulle laaste tuiste. Waar ons al n paar van afskeid geneem



photos courtesy: Jackie Brits
het.

Ons gee 3 etes n dag. Pap en melk in die oggend, middag toe broodjies en aand ete 'n bord kook kos. Die aanvraag vir blyplek is geweldig groot. Ons beplan om later nog hout huisies op te sit. Ons geboue moet geverf word en ook ons dakke. Ons kamers binne sodat dit netjies bly. Ek wil net baie dankie se aan al my donateurs wat help om ons aan die gang te hou. Ons waardeer julle opreg
Lees oor die Rotary Club se bydrae by henley-herald.co.za, well done Rotary, en om self betrokke te raak skakel Jackie Brits 079 104 7320, of stuur e-pos na jbrits582gmail.com.



Our Village Markets

by Mark Russell

It is easy to be negative about the Day/flea Markets that are organised in our village. The stall holders are all trying their best I suppose. Micro Entrepreneurs reckoning that they have a special product or service and that their prices are a bargain..... I attend these markets year after year I am still attracted to go back and have a walk

around. Why is that? It is not the stalls or the items on sale. I go back because of the whole organisation. Henley itself is on display. The people that are at the market - the "market-goers" represent the spirit of Henley. I go to watch the people of my little village. Individually I know them by sight and nodding acquaintance, but the collective, the group effort, put in by the organisers make me want to return.

The well-dressed young people, the young families reminding me of my own grandchildren, the bustle and movement of people around the stalls and the Oak tree. The couples in love who have gone to the market to meet friends and to show off their new relationships are a special delight! A safe place to socialise and plan what to do for the rest of the day. What I like best are the dogs - and their owners. The big Rottweiler who licks your

hand and leans against your knees for a scratch. The Border collies wearing their bandannas. The little Yorkies on leads pretending to be German Shepherds. The well-loved pavement specials that have been rescued and are now senior members of the family. Each market is different, each market is fun, and each market gives a sense of what Henley is all about. Please organisers, keep up the effort- we love you...



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

Birds Of A Feather: 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 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

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 Boho Family Day Henley Business Expo	9	10 Public Meeting: O'Connor Hall River Pollution Rotary Meeting	11 Housewives Club Pool Competition at The Realm	12 DaNcinG Group Socials MAC Time Trails Celebrity Quiz at Taste Budz	13 Vaal Seniors Henley Scouts Quiz Night at The Realm	14 Beer Fest Luna Lane Live at Taste Budz
15	16	17	18 Library Reading Circle	19 MAC Time Trails Ladies Tea at The Realm	20	21 Lions Club Bingo Backyard Farming Guy Workshop at Bass Lake
22 Luna Lane Live in the garden at Taste Budz	23 Bird Club Meeting	24 Rotary Meeting	25	26 MAC Time Trails	27	28 Lions Book Sale St Pauls Market Halloween+Rugby World Cup Final at Taste Budz Craft Market+Best Dressed Halloween Competition at Swagga
29 Summer Market at About Time Waterballoon Fight at The Realm	30	31	1	2 MAC Time Trails	3 Henley Scouts Meeting	4 ROAB Meeting
5 Luna Lane Live in the Garden at Taste Budz	6 Lions Club Meeting	7 Rotary Meeting	8	9 DaNcinG Group Socials MAC Time Trails	10 Vaal Seniors Henley Scouts	11



Henley's Heartbeat makes its debut on Kitskos Konings

and soul, you would agree that there's something unique about a place which carries the heartbeat of a village and its people—a place where you can find solace, friendship and camaraderie in the good and bad times.

If, like me, you've spent many Christmases, Easters and even New Years in the confines of your own home, finding a gem like The Realm, where people genuinely care about you, has been life-changing.

We're no longer just strangers sitting next to each other at The Realm. No, we've spent special occasions together, such as

birthdays, anniversaries, graduations and even just when one of us received good news. We've also cried together during difficult times - such as the death of a parent, a partner, a lifelong friend or even a pet. As its name suggests, The Realm has become a sanctuary where people and their memories are immortalised through friendship, laughter, and good food.

And I hope that by being part of this TV production, I managed to share a tiny glimpse of why I love The Realm and Henley so much.

by Nadine Watkins

The Realm was recently invited to be part of a production of Konings van Kitskos. Konings van Kitskos is a very popular show on VIA TV where the charming Gerhard Steyn and the hilarious Alvin Bruinders visit restaurants across the country to find the best fast food. And I'm sure they found it –

right here in the heart of Henley!

I was honoured to form part of the show, not only because The Realm has become my home away from home but because I had the opportunity to share bits and pieces of this remarkable village with the rest of the world.

If you're a Henleyite in heart



Anton de Bruin, president, with Danelle Dreyer (1st photo), beautiful Henley ladies conquering the runway (centre), Lesley Fidrmuc, convener of the Hospice Boutique, handing out a thank you award by Sal Hebert

While their men were preparing for the big match against Ireland later that night, 100 or so women and a few gentlemen, of Henley and surrounds filled the O'Connor Hall in anticipation of the Fashion Show and High Tea. The event surpassed all expectations: It was a sensation. This was a fund raiser for Lions and Wide Horizon Hospice.

Seventeen models, including three men, all locals, paraded in clothes that had been donated to the Hospice Boutique shop (around the corner from 1904) in three categories, namely smart casual, corporate and evening wear. Afterwards the clothes were sold (Auctioned if there was more than one wanting an item) Where else can you bag a Jo Borkett dress for R140, or a

Daniel Hechter shirt for R150? President of Lions, Anton de Bruin, was the brilliant compere and he was a snappy model too. A motivational speech from Danelle Dreyer added to the value the guests got from the afternoon. Danelle, a Meyerton girl, is a finalist in the Mrs Grand South Africa contest. Part of the success was due no doubt to the generous sponsors:

too numerous to name them all, but the organisers would like special mention made of Colour Pot at Little Austria for the petunias and Debbie Firbank of Taste Budz who provided the "tea"

There was actually little interest in the tea part of the afternoon which appeared at the end of the proceedings. However the snacks presented on beautiful platters and cake stands were very much appreciated. They arrived in two courses, first savoury, later sweet. The Lions did quite nicely out of the bar takings.

The HPA repurposed their stage to make a very professional ramp.

Those who missed the event need not despair: The unsold clothes as well as lots more are available at the Hospice Boutique from Thursdays to Saturdays – a beautiful shop for browsing. The little shop next door is also a hospice shop excellent for bargains.

Thanks to Ruth Du Toit Photography for the photos.

Noteworthy additions: Hanga Centre for Young performers.

Country Wine Club, hosting their year end wine tasting. To add your event or club, send info to editor@henley-herald.co.za.

Corrections:

Fire Chief: Glen Bellingan
The Office no. 016 013 0491
Typos: too many
Thanks for everyone's graciousness

#1 FOR APPLIANCE REPAIR

LLOYD
074 742 6381 / 083 593 8847
(AVAILABLE 24/7)




REPAIR & SERVICE FOR:
FRIGDES
STOVES
MICROWAVES
WASHING MACHINES
AIRCONDITIONERS

LLOYD APPLIANCES

LLOYD APPLIANCES



Think Local, Support Local

Std No.	Tenant Name	Std No.	Tenant Name
1	Melrose Gardens	31	aGuard
2	Klascraft	32	Earthly Living Soil
3	Scoutz	33	Secret Sauce
4	Red Ops	34	The Therapy People
5	ER24	35	AMC cookware
6	CEFT	36	Living Glass
7	Sigent Solar	37	Tim Hair Salon
8	Sigent Solar	38	Midvaal Municipality
9	Sally Sunshine Plants	39	Wanga Center
10	Bohomud Ceramics	40	Chip Twirl
11	Glenster	41	Lazy Daisy
12	Stops and Slabs	42	Insula
13	Extreagarden	43	Homestead Promotions
14	Zee Vintage Works	44	Rauwens Properties
15	Amazing Kitchens	45	Creation on 3rd
16	Urbanware	46	Soul and Out Framing
17	Linton Enterprises	47	Allison Unmanned
18	Mr Signs	48	Conscience Health
19	Wonder Cream	49	Masoli
20	Heavenly Herts	50	Partner Co
21	Work Pie lady	51	All About Homes
22	House of Darlan	52	Bobby's Organics
23	Aggie Gas & Solar	53	EmbroiderDew
24	Miso Archa	54	The Office & Store Base
25	Henley Le-Gis Vliesh ja	55	Festive Couriers
26	Arama Charm	56	Misro Solar Solutions
27	Food Infusion B. Osborne	57	Mafia Monkey
28	Prego Rolls	58	Fox Signage
29	Willow Lamping / Easy Lease	59	Village Guest House
30	Stepping Stones		

Henley's Business Expo

by **Fiona Brown**
 The Henley Friends Business Expo (a Proudly Midvaal Event) is in the final stages of preparation for what promises to be a wonderful day for Local Businesses, Residents, and Friends, to meet, greet, and rediscover the vibrant and active Business life of Henley on Klip.
 The Local businesses who are taking part are just a sampling of what the area has to offer and a show of how active and productive the Midvaal Municipal reach is.
 Run by four members of the Henley Friends Business

Network, the Expo has gone from a “hoped for 40 Businesses”, to an incredible 59, with representatives of a truly impressive range of services and products. On the beautiful grounds of About Time corner, visitors (free entry) can meet Sectors such as Alternative Power Supply, Beauty and Skin Care, Business Services, Crafting, Creative Arts, Education, Food, Gardening, Gas supplies, Health and Wellness, Home Improvement, Hospitality, Information Technology, Marketing and Branding, Panel Beating, Real Estate and Rental services,

Scouting, Security and Emergency Response, Signage, and even Water Diving for those needing a borehole.
 Midvaal Municipality will be in attendance and Mayor Peter Texeira or other Senior Midvaal representatives will be popping in to open the Expo.
 Patrons and families are welcome to grab a Prego or a Boerie Roll, and Cooldrink, A chip twirl, a Pie, or sit down at the About Time Café for a

meal and a glass.
 Every Business will be offering specials, samples, small gifts, or running a competition. Musical entertainment will be provided.
 The Expo has ensured that all legal and safety requirements are being met, and there will be plenty of parking with guards. The organisers wish to thank Midvaal Municipality for their support and their assistance with permits and regulatory requirements.
 Funds raised will go toward the refurbishment of the 1970 School Bus Railway Tragedy Monument on Bokmakierie Road, Highbury.
 For more information, contact Fiona Brown at stagedeventcreations@gmail.com.

Look for part two in the next issue, and see the full list of vendors on our Facebook page, @HenleyHerald, as well as exclusive content on Henley-on-Line, www.henley-herald.co.za.



Peter Watson started working with engines on the amateur motorcycle racing scene. A friend got him on lawnmowers, and since Peter's been repairing and maintaining lawnmowers in and around Henley. He's expanded into generator repair, bringing his considerable know-how and expertise to a new discipline.
 Peter is a longtime advertiser with the Herald, and we are excited about his new look.

LAWNMOWERS & GENERATORS

- MAINTENANCE
- REPAIRS

“A LITTLE REPAIR GOES A LONG WAY IN MAINTENANCE.”

CONTACT

PETER WATSON
078 484 0688



Made in Henley: BohoMud

photos courtesy: Nicole Pires

We are continuing our newest section. MADE IN HENLEY, to put a spotlight on local businesses. Today we feature **BohoMud**, a big thank you to Nicole Pires for sharing photos and answering our questions.

When did you start BohoMud?

In the beginning of 2019, I was sitting outside playing with my two boys at the time who were 2 and 4 we were making all kinds of things with play dough, we made funny faces, animals, cars and guns we made cupcakes and strawberries and all kinds of foods too. I then decided to make some plates and mugs to put them on we sat and played and then after a while I looked up and they had already moved onto the next game, I enjoyed it so much I

carried on and then had a thought "what if I could make real plates and mugs?" it was an abstract thought at the time that led me to learn more about pottery, for 2 years I only studied and did no practicals. Covid hit which helped me really focus on learning, it was only when we bought a house here in Henley end of 2020 that I was able to setup my studio, launch Bohomud Ceramics and start making pieces.

What inspires your collections and designs?

I enjoy making designs that are functional and beautiful. I enjoy esotericism, philosophy, spirituality, nature and astrology so a lot of what I love will mirror in my work. Life is beautiful, hard and mysterious and with

a beating heart that feels love and pain I try and am trying to capture all that it means to me with self compassion and allowing my inner child to express herself.

Where can people find your collections, and get in touch for classes?

I have an online store for my personal collections that are updated every other month, I also take custom orders. My website www.bohomud.co.za has all my contact details, collections and information about my monthly pottery events making ceramics from potters clay that include all materials, a 5 hour guided session, and lunch, you can also book me privately for celebrations or corporate events. Also on my website is my other product The

Mudbox that is a pottery kit delivered to your door all over South Africa, it includes a tutorial and air dry clay that you can make in the comfort of your home. I am still developing this product but I will have loads of boxes for the Christmas season. Sign up for my newsletter at the bottom of my website for future pottery event dates and venues, new products and behind the scenes. You can also find me on one of my social accounts Facebook and Instagram [@bohomudceramics](https://www.instagram.com/bohomudceramics)

Recommend or apply for MADE IN HENLEY at editor@henley-herald.co.za

Honest Editor

It's my third month as editor, I've forgotten one advertiser, had more spelling mistakes than I can count, published two corrections-

phone numbers, and got loads of people's names wrong. It's been a baptism of fire, but I am so happy the Herald came into my life. I am meeting loads of new

people, and I am seeing sides of this village and outlying areas, I normally never would have. My life is enriched, the amount of support I've received, the

goodwill, and the encouragement leaves me speechless, with a drive to improve every day. I want to celebrate this time of my life, the memories I am making are good. Yet, alas, you can never win over everyone, and as I am settling into my new position I will be making a few changes, and change is always uncomfortable. However, we are starting a comic strip, the Honest Editor, to share some 'memes' or insights, starting with a few choice comments/critiques from the last three months. I have a lot to learn, but I intend to keep the Herald going for as long as I can.





Gardening in the Shade

by Leslie Hoy

No matter what size or type of garden you have, there will always be some parts that experience shade, whether it be from trees, buildings, overhang or even a boundary wall. Some areas may have permanent shade while others have only some shade for a few hours of the day. Adding to the complexity, some shade is full shade and others being semi or partial shade. Besides all the other environmental factors in your garden, this aspect of shade requires some careful planning and thinking before you start adding suitable plants to the mix.

Shade areas have benefits in winter in that some plants are more protected than others but if the area is over watered will remain damp. During the summer shade can assist with relief from the sun especially between 10h00 and 14h30 (some days even outside of these ranges). Another challenge is that if the shade is from trees in some cases one ends up with what is know as dry shade and so the planting palette must accommodate this. In our area many gardens still have large eucalyptus and pine trees, both of which as single trees are less troublesome than if it is a

grouping. In addition some trees will need to be removed from the garden over time due to age, disease (I had to remove two very large Acer negundo trees due to shothole borer) and even storm damage. This will result in areas of the garden that were shaded, now opening up. To accommodate this the plants may have to be moved and new plants placed in these, now sunny spots. See this as a wonderful opportunity to restyle/reshape the garden. It is therefore important to heed what I said earlier and that is, to plan carefully before just diving into the planting process. Some ideas for plants for shaded and semi shaded areas.

- Begonias** (annuals)
A wide range of colours to suit the garden.
- Impatiens** (annuals)
A wide range of colours to suit the garden.
- Chloropytum** (green & variegated)
Last forever. Spread easily and regrow after winter.
- Viola odorata**
Low growing, white flows and regrows after winter.
- Eucomis** (Wild pineapple)
A wide range of greens and purples. Tall stems. Bulb

reshoots in spring. Plectranthus species Medium sized shrubs. Take cutting in autumn and replant in spring.

Opiopogon species (Mondo grass)
Does really well in sun or shade. Various dwarf, medium and giant species available. Very hardy.

Hypoetes aristata
Medium shrub that flowers in autumn in white and pinks. Reshoots in spring.

Barlaria obtusa
Rambling low shrub with lovely blue flowers in autumn. Cover in winter.

Alocasia (Elephant ears)
Large leaves create a focal point. Cover in winter.

Maskaya bella (Forest bell)
White flowers in the shade add brightness. Cover in winter.

Clivia
Stunning orange, yellow and reds. Not suited to gardens with heavy frost (like my garden).

Ruscus hypoglossum
This hardy evergreen plant adds good fill to deep shade. Also used in flower arrangements

Aspidistra elatior
This hardy evergreen plant adds good fill to deep shade. Also used in flower arrangements.

As usual this topic of shade gardening requires many more pages of clarity than space allows. Some other pointers in brief for shade areas; To lift the colour of a shaded area, focus on lighter colour plants and flowers (avoid reds, purples etc.) Don't forget to mulch (min 5cm deep) and add as much compost as possible (1 wheelbarrow per 2m2), this also reduce stress on the garden in dry periods If space allows for larger areas add a curved pathway through the shade garden to lead the eye through Focal points such as statues, plants (as described above), pots filled with colour annuals add value to the area Why not create a seating area surrounded by suitable plants in the shade that will make use of a breeze during the heat of the day..

Able Roofcare

AND MAINTENANCE

*APPROVED INSTALLERS OF ROOF BUDDY STEEL FASCIA SYSTEM

We do general roof repairs, new roofing and re-roofing projects.

Tiled and Iron clad roofing, Barge and fascia boards. Waterproofing, interia/exteria painting and ceilings.

Carl Allam
064 603 4748
carl@roofcare.co.za
www.roofcare.co.za

GIVE YOUR CHILD THE LIFELONG GIFT OF A GOOD EDUCATION.

Open Day 9 Sept

Babies (3 months) to Grade 8 in 2024

OAKMEADE

Prep and Academy

20 Morris Road, Meyerton 067 696 6774
info@oakmeade.co.za www.oakmeade.co.za



Gardening Tips from the Backyard Farming Guy

by Daniel Pires

We are currently living in a time that seems to be very unique in history, more than ever before we as human beings have become very cut off from nature and are surrounded by many artificial man made things for most of the day like images on screens, artificial lights, air conditioned rooms with no fresh air, digital sounds and the standard of our food has dropped, we even call it junk food.

By starting a garden you are countering this and bringing some balance into your life, when you garden you are engaging your 5 senses on nature and this has huge benefits on your mental and physical health. Centenarians are people who live over 100 years and they mostly live in places on earth called blue zones, when they studied these centenarians in these blue zones they discovered that centenarians have many things in common with each other, besides the basic facts that they live in communities on islands and with a purpose in their lives, they also found that these people all grow their own food and they also cleaned their own houses just FYI.

Due to modernization and other things like the convenience of money and advanced transportation systems that allow us to work very far away from our

homes and even in other countries, these things have caused a steady decline in backyard veg gardens and homesteading. The people of the past, our ancestors, grew a much higher percentage of their own food themselves compared to us today, we are far more dependant on others growing and supplying our food for us, big commercial farmers, its one of the reasons why our food quality has declined so much. As South Africans we have learnt the hard way by fully relying on others to supply our basic modern needs that we have adapted our lives to like electricity without a backup plan B, let us not make that same mistake with our food and water.

Backyard farming is a great thing to start now more than ever, you dont need to have a lot of space or any mechanical machinery to start a veg garden at home, as long as you have water, basic hand tools will get you going. One of the easiest most practical things to do to get started, to get you going, is to get yourself some seed trays from nearby places like Pietra hardware, some seedling mix from our local nursery Little Austria to fill the seed trays and some non GMO seeds from our local hardwares or from Living Seeds down the road to plant in your seed trays, make yourself a little DIY greenhouse with some 40% shade cloth or some

greenhouse plastic to shelter your seedlings and to protect them from birds, make a little watering can with a 2liter plastic bottle, make some holes on the lid with a hammer and nail, and you have yourself a seed tray watering can. Water them twice a day, morning and evening until they germinate, then once a day once they have germinated should be sufficient. Your green house should be set up in full sun.

I highly recommend you start off with Kale and swiss chard as these crops are quite easy to grow, they dont need too much space, they can be harvested multiple times and have a lot of nutrients in them and they can also be grown in containers, a lettuce that can be picked is also great. Tomatoes, corn, beans and your squashes like pumpkins and marrows can also be grown now and they are very rewarding crops to plant and to watch them grow, they do



require a little more space though so keep that in mind.

If you would like to find out more on how to set up and start your own backyard farm from seed to harvest I will be having a backyard farming workshop on the **21st of October at Bass Lake**, I cover many topics including irrigation and an introduction to ducks and chickens. Please whatsapp me for more info and to make a booking.

To contact: 068 214 0472.



We repair and recover
Lounge Suites
Office Furniture
Recliners
Headboards etc.
Manufacturers of
Lounge Suites and
Wingback Chairs

We collect and deliver
Free quotes
Contact Kevin 083 629 9511



WAYNE APPLIANCES & ELECTRICAL REPAIRS

Coldrooms | Fridges
Heavy Duty washers
Speed Queen washing machines
Stoves & Ovens



DOOR TO DOOR SERVICE

50 % Discount For Pensioners

Contact: Wayne
073 864 2217/ 061 363 4349

Naturally Debbie

by Debbie Firbank

Those of you who have visited our new little shop at About Time Corner, called Breathe Natural Health, will know that we have created a relaxing peaceful environment that gives you space to breathe. I discovered the importance of breathwork fairly recently and that many of us don't breathe properly, well or deep enough. Start by drawing in a deep breath through your nose to the count of 4, hold it to the count of four then exhale out your mouth to the count of four and holding empty lungs to the count of four. Breathe Natural Health shop will be coaching breath sessions soon.

The benefits of deep conscious breathing is enormous. Deep breathing gets more oxygen to the thinking brain, reducing brain fog. Brain fog is also poor concentration, feeling confused, forgetfulness, lost words and mental fatigue. This commonly stems from imbalances in

hormones or deficiencies in certain nutrients. By eating healthy balanced meals and keeping hydrated, we are able to bring our bodies and minds back into balance.

Potential memory boosters are:

- * nuts and seeds
- * salmon
- * beans
- * blueberries
- * dark leafy green's

Here are some activities that will help the brain naturally detox

- * Set aside some de-stress time before bed - no cell phones
- * write down things you need to take care of the next day so you don't worry about forgetting
- * take a warm bath with candles and Aromatherapy oils
- * read a book or just doodle
- * meditation and deep mindful breathing
- * listen to music

Practicing diaphragmatic breathing helps you breathe,



more efficiently, so you take in more oxygen to nourish your body. This helps stabilize blood flow, which improves blood pressure. Deep breathing helps to cleanse our blood by removing the carbon dioxide and increasing oxygen.

Foods that also help cleanse our blood include:

- * garlic
- * leafy greens
- * turmeric
- * beetroot
- * ginger
- * lemon
- * green tea
- * basil, being the best blood purifier.

These foods effectively remove toxins from the blood, liver as well as kidneys, moving them out through the urine.

These practices and dietary choices can contribute to over-all well-being and vitality. Remember that everyone's

wellness journey is unique, so feel free to customize these suggestions to fit your preferences and needs. It's all about finding what works best for you to maintain a balanced and healthy lifestyle.

If you have any questions please feel free to pop into the shop and we'll be happy to help.

The following products mentioned in the article can be found in Breathe Natural Health shop at the About Time Corner

- Nuts and seeds
- Leafy green seedling trays
- Candles
- Aromatherapy oils
- Green tea
- Basil plant's

Every article of the Naturally Debbie column and Kate's column and recipes will be made available on www.henley-herald.co.za.



BUSINESS HOURS	CLASSES
<p>Mon - Thurs 05:00 – 20:00</p> <p>Fridays 05:00 – 19:00</p> <p>Saturdays & Public Holidays 08:00 – 11:00</p>	<p>For class info enquire at the Gym</p> <p>016 362 1335</p>

016 362 1335
30 Mitchell Street

After Hours Contact
084 564 2081

Be fit
Enjoy life



SUZANNE VAN NIEKERK
B.A. (Log) Pret.
Registered Audiologist and Speech Therapist

**HEARING TESTS
HEARING AIDS SUPPLIED
SPEECH THERAPY**

For Professional Service at all Times
016 366 0615 or 083 324 1336

Heavenly Herbs A to Z: Basil, Borage, and Bay Leaf



by Kate Touche

This month is all about the herbs starting with B, herbs that are linked to courage, honour, bravery and nobility. Healthwise these herbs are helpful with cardiovascular health, breathing, and mental health and are anti-inflammatory.

● **Basil** is from the mint family, from the Mediterranean and Britain it was known in ancient times as the royal, kingly, brave herb. It contains vitamins A and K, manganese, essential oils and anti-oxidants like beta-carotene. It helps with cardiovascular health, and inflammatory conditions, especially the lungs and arthritis, lowers cholesterol and helps blood flow by lowering calcium buildup. Basil also has tremendous antibacterial properties, add leaves to white vinegar in a spray bottle and wipe

purple basil(above), borage (left) down your kitchen surfaces before food preparation.

There are so many types of basil, Sweet, Thai, Holy, Purple, Lime, Lemon even Cinnamon to name a few. It's a delicious leaf in salads and a strong staple in Italian food. **The Bay leaf or Laurus Nobilis** This herb was known in Greek and Roman times as the herb of honour, victory and nobility. A wreath was formed from the leaves and placed on the victorious man's head eg. the head of an Olympian athlete. Men of nobility wore them in public, think of the famous Emperor Julius Ceaser.

The bay leaf is a warrior herb in your health arsenal. It contains vitamins A, B6, and C, powerful antioxidants that help with the immune system, is an anti-inflammatory, helps digestion kidney and heart health, and improves blood flow, breathing and lung health and is also an antimicrobial herb.

Stews, soups, pot roasts and pickles would just not taste the same without bay leaves. **Borage** is the Celtic word for "courage" and the bright blue of the flower is very striking and unusual. The ancient Egyptians saw blue as the colour of royalty.

Pliny the Roman philosopher



said " Borage brings alwaies courage"

The borage flower and leaves contain Omega 6 fatty acids and powerful antioxidants and are used for fever, cough, and depression. Borage is also helpful for hormonal problems, inflammation of the lungs, blood purification and skin health and as a sedative and a diuretic. The flower is delicious in a salad and the leaves quickly relieve a paper cut or an insect sting.

The recipe for this month is Basil Pesto

I make this pesto all through the summer to go with my salads and

pasta, it's delicious. I freeze some for the winter so it's handy to add to those hearty stews and soups. **Ingredients:** 2 cups of tightly packed basil leaves.

¾ cup grated parmesan cheese.

½ cup extra virgin oil.

½ cup pine nuts, or walnuts or even pecan nuts.

2 cloves garlic.

¼ cup fresh lemon juice.

½ teaspoon salt.

A twist of black pepper to taste.

Method: Blend all the ingredients until smooth and store in sterilized jars in the fridge, use within a week. To store longer pour into ice cube trays, freeze and store for when you need the pesto. ENJOY!

Next month I want to introduce "Ginger Biscuit" our resident Heavenly Herbs ginger tabby cat. He will be able to answer any of your children's questions on growing herbs and edibles. His favourite herb is Catnip so if see him make sure you have some handy.

JAAP VAN REENEN

apteek / pharmacy

GERHARD MARIE

Lochstraat 30 Meyerton
 Posbus / P O Box 304 Meyerton 1960
 E pos / E-mail jvr@jvrapteek.co.za
 Faks / Fax 016 362 1219
 Sel na ure, Cell after hrs 083 300 0422

Tel: 016 362 0050

Ure / Hours Ma-Vry: 08h30 - 18h00 Sat: 08h30 - 13h00

FREE DELIVERIES to your doorstep. We now also deliver in Randvaal. Card facilities available.

THE PERFECT BALANCE

WE ARE THE OFFICIAL DISTRIBUTORS OF EPOL PRODUCTS AT WHOLESALE PRICES

YOU'VE KNOWN THE BRAND SINCE 1913 NOW AVAILABLE ON YOUR DOORSTEP

WE SPECIALISE IN DAY OLD CHICKS

WE STOCK:
 EPOL AND ROSSGRO PRODUCTS
 MIXED FOWL FEED, CRUSHED MAIZE etc.
 GRASS BALES / LUCERNE
 OPTIMIZOR DOG FOOD
 MOLATEK PRODUCTS

WE ARE SITUATED AT R551 HENLEY ON KLIP

ECONO FEEDS

Maximum growth, performance and profit

PO BOX 1533
 HENLEY ON KLIP
 1962
 TEL:082 390 5477 / 084 587 7772



Best wishes for the Junior 8 Ball Championship

by **Chantel Dankworth**
 Sedibeng Junior Trails for 8 Ball Pool were held on the 5th and 6th of August 2023. From there a Team of 5 were selected to participate and awarded Sedibeng Colours, and chosen to participate in the South African National 8 Ball Junior Championship in Cape Town, Belville, Between the 1st -7th Oct 2023. Our Team consists of 4 Young men and a Young Lady, one of which is a Henley Lad, he is attending Henley High School. The

others are based throughout Sedibeng District. (Warrick Dankworth, Jacques Coetzee, Lucien Coetzee, Philip Lindvelt and Chante Rynecke). This is a very young team in terms of the length of time they have been playing Pool and except for Jacques it will be the first time they are attending the SA Nationals. As pool is classified as a small sports code, no sponsorships or grants are received, and the players have had to seek their own funding to be able to compete


in the SA National Championship. This team has not only put in many hours of practice, but they have had to work very hard at Fundraising in order for them to achieve the Dream of being able to represent Sedibeng at the Nationals. On behalf of the entire Sedibeng Team we would like to send a Huge Thank You to Taste Budz, 1904 The Original Henley, About Time, The Bowling Club and The Local for their support in achieving this goal. As well as the entire Henley

Community no matter how small the contribution without you this Team would not be going to the SA Championships. The Draws for the Raffles took place on the 24th September 2023, Winners were as follows:
 1904 Voucher - Jaco Oosthuizen
 About Time Voucher – Maude Oosthuizen
 TV and Sound Bar – Janine Phelan
 We shall update you on the outcome of the SA Championship

Henley Housewives Club

by **Anne Smith**
 Way back in 2005, a few of the local ladies approached Susan Fourie and asked if she could arrange a ladies' meeting once a month.....and so the Henley Housewives' Club was born. It was originally held at the Bowling Club, where Sue was running the restaurant, and Jill van Eck (wife of the author of "A River Running Through") was the very first speaker on the subject of herbs. It proved such a success that soon there was a membership of over 30. Since then, there have been many and varied talks, demonstrations, fun quizzes and games, including a Belly dancing display and art classes; Sue has tried to

concentrate on local talent. The venue has changed over the last 18 years, and meetings are now held at The Realm in Taplow Road on the 3rd Wednesday of each month. There are no subscriptions required – just a small cost to cover refreshments and a raffle ticket. Steve (the owner) goes out of his way to provide all types of tea, coffee and scrumptious eats, and his staff are all pleasant and helpful; altogether a very pleasant morning. Sue is always looking for new speakers and demonstrators, so if anyone is interested, please contact her on 083 584 9309. All welcome ladies, do come and join us.



THE PERFECT BALANCE


WE ARE THE OFFICIAL DISTRIBUTORS OF EPOL PRODUCTS AT WHOLESALE PRICES

YOU'VE KNOWN THE BRAND SINCE 1913 NOW AVAILABLE ON YOUR DOORSTEP

WE SPECIALISE IN DAY OLD CHICKS

WE STOCK:
EPOL AND ROSSGRO PRODUCTS
MIXED FOWL FEED, CRUSHED MAIZE etc.
GRASS BALES / LUCERNE
OPTIMIZOR DOG FOOD
MOLATEK PRODUCTS

WE ARE SITUATED AT R551 HENLEY ON KLIP



Econo FEEDS
Maximum growth, performance and profit

**PO BOX 1533
 HENLEY ON KLIP
 1962**

TEL:082 390 5477 / 084 587 7772