



— Henley Herald —

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FREE

September 2023



Can this happen in Henley?

by Nadia Wolmarans

When Bree Street exploded

on 19th July conversations around Johannesburg changed. For years Jo'Burg was the Golden City, a source of local urban pride. There are many things around the city we all know about, hear on the news, and receive messages about on WhatsApp and social media. However, the landscape changed physically and psychologically for many after the explosion. In the days, or rather hours, immediately following there were many questions, theories, and information available online and from friends. When the truth came out it was better than we anticipated, but one thing is clear, the infrastructure in Jo'burg is shaking. There were three main theories, the explosion was caused by a gas leak, it was the result of illegal mining, or it was sewage. Official reports show it was a methane explosion.

The Herald decided to do some investigating, firstly because we are a mining town, secondly because we will all be affected should the worse happen and information is more valuable than gold. Here follows the verified information we were supplied by Afrimat and the Midvaal Fire and Emergency Services.

About the Mine, from Afrimat

When living in Henley we all at one point, hear the siren. It is insanely loud and for all the years of watching movies, a distressing sound. The mine is located far outside Henley proper, but we all live with some context of how dangerous mining in South Africa has become.

To answer our questions and address our concerns, we contacted the mine and asked for verified information. We want to thank Tanya Pretorius from Afrimat for getting back to us and answering all our questions.

Is there always a siren when blasting?

Yes. 5 minutes prior to actual blast being set off, and then the siren will continue until the blast area is declared safe.

In what way does the mining impact the area e.g., landslides, sinkholes forming, or mudslides- impact on the river?

Mining is done within the defined parameter of the Mining Area Boundary Line. All activities at the mine are monitored in accordance with the Mine Health and Safety Act and the Explosives Act.

Dolomite is prone to be susceptible to the formation of sinkholes, however, the mining does not contribute to the formation of such, as it is defined to a very specific area. In our case, the pit that is being excavated within the mine parameters.

Water monitoring is done on all discharge water as defined by the Department of Water and Sanitation and associated

regulations.

Is Afrimat aware of any illegal mining activities in the area?

We are not aware of any.

We strongly encourage anyone with concerns to go to the Afrimat website. The mine undertook extensive research, taking into account local flora and fauna, possible historical sites, and of course water and ground stability. They are also dedicated to sourcing sustainably, all the information is open and available to the public - www.afrimat.co.za.

About the Methane

When we reached out to the Fire Chief, Geln Bellingan, we asked specifically about the possibility of an explosion happening in Henley. Speaking for himself, he explained what he suspects happened at Bree Street was a methane build-up.

. continued on page 2

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HENLEY HERALD

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Henley on Klip, 1961

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Namely, the runoff water that should flow through the storm drains stagnated, because the drains are clogged. The 'gemors' and nastiness that should go to the sewage plants got stuck underneath the city, and the 'gemors' then released methane into the confined space and were set off.

Speaking as the Fire Chief he informed us his team is in the streets every other day. He said when they see clouds forming as we are moving into Summer, our rainiest season, his team is making sure the storm drains are clear and the water is running smoothly.

To Rothdene, where there is an underground chamber where the methane discharge is closely monitored and the situation is closely controlled.

When asked if there are points where it could happen, he cited a few streets where the water tends to dam up, but also said his team

is aware of all the weak spots and monitors it extra closely. The Midvaal Firefighters are some of the best, they won multiple awards last month. Glenn's team is not only active in Henley on Klip, but they serve Meyerton also.

Speaking with the Fire Chief was a huge relief, and our takeaway is our village has people who take care of it.

The Gas Line

We reached out to our local Councillor, Tony Dickinson as well. He informed us there is one gas line that runs through Henley.

It's located in Speen Street and is clearly marked with white cement. It is the Sasol Line. Sasol is an integrated energy and chemical company based in Sasolburg. The site is perhaps where the most damage can come from in the event of a terrible tragedy. However, should something go wrong, Henley is far enough away that it should not impact our infrastructure.

We are excited to announce we are in communication with Midvaal, and in our next issue we hope to inform and update Henley Residents about our local sewage system.

In researching this article it became clear that Henley is a good place to live. Our public works go the extra mile, the businesses based here, big or small, are focused on doing their part and helping build a good environment for everyone.

We want to thank everyone who agreed to answer our questions and help provide verified information about our infrastructures. We hope this article brings you some peace of mind. There are people who take care of us, we may not see them, but they are working really hard. To contact the Emergency services : 016 360 7500 - 016 360 5911

Midvaal 24hr Call Centre - 087 106 2471, or Download the MyMidvaalApp
For more information or to get involved join the HCPF . Enjoy spring Henley.

ON CALL

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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

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by Nadia Wolmarans and Kirsch
From the outside, the Scouts can be a bit 'uncool'- even the Troop Scouter admitted this in our interview. Saying the kids stand out in their uniforms, it's difficult to get students involved because it's not 'hip'. However, there is a lot more to the Scouts than meets the eye. Joining the Scouts is fairly straightforward, the local troop scouter said it is best to bring the children to the local Scout Meetings, every Friday at Scouts Hall, 5 Heard Road. It is important to first try it out and see if the kids enjoy the atmosphere, because being a Scout is a commitment. Not everyone thrives in the physical environment and it is best if the Scout, or Cub as the kids from ages 7-to-10 are called not only enjoys the experience but learns from it. The goal of the Scouts is to educate, without the pressure of a class room, teaching through experience instead of exams. The Scouts are separated into age groups, starting with Cubs ages 7-to- 10, Scouts 11-18 and Rovers 18 to 30. Troop scouters serve as mentors and trainers, working with the kids carefully and patiently, preparing them for camps, hikes, and sometimes even how to survive on a single raft alone for 24hrs.

Parental involvement is encouraged, it is best for the kid. There is a membership fee, to cover all the necessary costs. Since Covid the Scouts have grown in numbers, but the goal of Henley's Scouts is organic growth. They want to equip each Cub and Scout with the skills necessary and be sure they are confident in themselves while having enough people to deliver the program effectively, so organic growth is preferred. **Fiona Brown, mother of girls,** a local business owner and ballet teacher urges parents to send their kids to the Scouts, especially their daughters. The skills and confidence her daughters learnt helped them when studying for their masters degrees and general approach to everyday life.

From Gregory Whittal, local resident and business owner. 'My journey with the Scouting movement started when I turned 7 years old. I joined 1st Henley Cubs. During this time, I made many lifelong friends and learnt so many life skills that I still use today. I achieved the highest honor a Cub can, which is the Leaping Wolf Badge. I then made the transition into Scouts,



Henley's Scouts

but I chose my sport career over my Scouting career, which I now regret. I have two boys and when the eldest became of age to join Cubs I went along to take him, only to find that it was the AGM that night. Next thing you know I was the Chairman of the 1st Henley Scouts and Cubs but that did not last long as I moved into uniform and became Pack Scouter, and my name was Baloo. Everything we do as Cubs is based on the Jungle Book theme. As pack scouter it was my job to create a fun but educational experience for my cubs. Learning how to build a fire, how to cook outside, to take care of nature, to take care of yourself in nature and most importantly leave nature in the way you found it. Don't take anything from Nature. We had numerous bon fire evenings and sang all the favorite



campfire songs. We went on camps with other packs in our district, which the cubs enjoyed. We taught them numerous life skills like first aid, knot tying, outdoor survival. Both my sons earned their Leaping Wolf badges but due to our schedules we had to give it all up. If I can give any advice it is to take your children to Cubs and Scouts. It's not only fun but they will learn life skills that they will use everyday.'

So between you and me, for all people get from this organization being considered 'uncool' or 'not hip' for a minute is no big deal. Thanks to the Scouts for speaking with me, and if you want your kids involved in all the local adventures, **contact Troop Scouter Andrew Downes: 084 309 2656.**



Anton de Bruin

We started the month with a Blood Drive on the 3th August, challenging Scouts, Rotary, Businesses and Schools to donate their pint for their causes, for bragging rights in the Henley Herald. Collections were up from 23 to 36 pints, a rise of over 56%. Donating 16 pints cementing our bragging rights.

Next Blood Drive is on the 5th October. **11 Maternity packs** were donated and will be distributed to expectant mothers, thank you for your compassionate donations. **WAM was a fun** weekend for our entire village, thank you to Robert Hewer and your committee for a very successful event, bring so many visitors to our restaurants. Lions

and Rotary manned the ticket sales stations and had the benefit of good music while we worked. **Don't forget** our Book Sales on the 30th September. We also have a **Fashion Show and High Tea on the 23rd September,** tickets R150 per person, Bookings Kerry 082 805 1088.



Henley Library Reading Circle aim to promote the use of our beautiful and functional library. To expand your mind with reading, contact Maggie Neumann: 082 355 7332



Rotary Club revamps Eagles' Wings ECD Centre with Oprah Winfrey Students



***Midvaal Raceways Test&Tune**, for the car enthusiasts, learn more at their Facebook.
***The Bird Club** will be meeting at HRV
***Rotary Club** are meeting at Oakmeade
***The Henley Lions Club** are holding their Fashion Show & High Tea at

O'Connor Hall.
***Bass Lake** are Relaunching with a four day party extravaganza open for young and old.
***1st Henley Scouts** are meeting at Scouts Hall.
***The Lions Book Sale and the Kids Entrepreneur Market+ Auction** will be at the About Time Corner.
***The Royal Antediluvian Order of Buffaloes** meeting Bunduloo Lodge .
***The Henley Lions**

Club are meeting at O'Connor Hall.
***Rotary Meeting** at Oakmeade
***The Housewives Club** at TRC
***DaNcing Group Socials** at o'Conor Hall.
***Vaal Seniors** meet to share stories.
 *We are all looking forward to the **Henley Friends Business Expo**, read more on page 6
 *Bring the family and spend the day at Lions O'Conner Hall for the **Boho Family Day**, hosted by

Cheryl Bosch and her team.
***Then the public meeting to address the pollution in the Klip River-** be sure to attend this affects many residents. We are sure many more wonderful events will take place around Henley, especially with the World Cup, we wish everyone a successful month and to stay up to date follow us on **Facebook at Henley Herald.**

September/October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13 Library Reading Circle	14	15	16 Lions Club Bingo
17 Midvaal Raceways Test&Tune	18 Bird Club Meeting	19 Rotary Meeting	20	21	22 Bass Lake Relaunch	23 Fashion Show & High Tea Bass Lake Relaunch
24 Heritage Day Bass Lake Relaunch	25 Public Holiday Bass Lake Relaunch	26	27	28	29 Henley Scouts	30 ROAB Meet Lions Book Sale Kids Entrepreneur Market+Auction
01	02 Lions Club Meeting	03 Rotary Meeting	04 Housewives' Club	05 DaNcing Group Social	06 Vaal Seniors Henley Scouts	07
08 Henley Friends Business Expo Boho Family Day	09	10 Public Meeting: Pollution from Sewerage and Industrial waste	11 Library Reading Circle	12	13	14 Lions Club Bingo

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 CLUBS

Henley Bowling Club:
Cnr Winchester & Hearn Road. Club, pub and venues for hire. secretary@thebowler.co.za or see www.thebowler.co.za

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. Bookings Kerry or Anton de Bruin: 082 448 0564.
- Eye Clinic: Meyerton Child Welfare. Kerry or Anton.
- 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

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



This time held at The Local Pub and Grub. We regularly participated when we were still Dollas, so it is lovely to see it return. Well done Celeste, we are looking forward to the next one.

Congratulations to Celeste Jonk on bringing back The Social Eats Market.



Correction the number for The Local Pub and Grub is 084 358 7609. Be sure to stop by for their Sunday Carveries soon.



Congratulations to the organizers and Committee on a successful WAM '23. We reached out for an official

statement, received no comment. Midvaal voted it a succes, looking forward to next year...

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Henley Friends



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The first Henley Friends Business Expo will be taking place on the 8th October at the About Time Corner. So far 28 stands are registered with the organisers, Tim Stapleton, Fiona Brown, Gigi White, Janine Stapleton, and Linda Prudden, the admin of the Henley Friends Business Network WhatsApp group. It is shaping up to be a fantastic day, it is a market for businesses, services, and products that normally would not be at a market. Plumbers, electricians, mechanics, etc.

However, product based businesses will also be there. The businesses are all required to 'give' something to the market goer. Be it a sample, tastes, discount or some form of a competition. The Business Network wants to get people participating on the day, to tell stories about it. Put it in your calendar, let your business owner Friends now. To get involved it must go through the Network. For everyone who wants to work with local people, the date is 8th October.

Business Incubator at The Office

The Office is a new business in Henley on Klip, they provide premium offices with flexible offerings ranging from virtual offices to large office space for professionals, entrepreneurs, start-ups, and established businesses, conveniently located off the R59 Henley Drive. Last month was their second Business Networking Event. They did not want another card swapping get together, they wanted to start a Business Incubator. In the first meeting they invited businesses to share their struggles, and in the second meeting they addressed them directly. The Office looks exactly like the pictures, like a movie set. Exposed brick walls and cool contemporary art. The premises is under 24hr surveillance, with around the clock security, available whenever needed. I want to thank The Office for inviting me

and praise the organisers. Getting people to work together is fantastic, and if your businesses thrives, so do all our businesses. For more information on the Office go to their website, or call 076 263 6394.



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Made in Henley: MARANZA

photos courtesy: Maranza Coetzee

We are honored to announce our newest section to our readers. **MADE IN HENLEY**, to put a spotlight on local businesses. We are starting with a brand new local business we are very excited about **MARANZA**.

To begin tell us your story. I was born in Vaalpark, not too far away from Henley actually. I studied Law and Accounting in Potchefstroom after high school. I continued to complete a master's degree in Germany, where I specialized in international dispute resolution. My adventure in Germany led me to PwC in Frankfurt where I did forensic fraud investigations. This is where our bio 'Designed with German Precision' comes from, it was a brutal combination. After almost 9 years in Germany, I decided to move back in 2021. During the transition, I was fortunate

enough to do home-office here for a few months. Most of the time was used to learning everything I can about leathercraft and sourcing supplies and tools with my dad. He passed away during this time and I am so thankful that we had that time together. The Maranza Brand logo, initially belonged to my dad (Melt Coetzee), which I (Maranza Coetzee) am using now because we have the same initials.

When did you start Maranza the business slash brand? I think some of it came together without me even knowing it. I did not resign from forensics to start my own leather business. Yet, when I got my first wallet order from a friend, I recorded the process and posted it on IG, and during the home-office period, I hardly focused on work. I bought a 40 Euro kit in January

2021 and officially started the brand in October 2021.

How did moving to Henley influence your business? I moved to Henley this February, so I would say I am still new. I found there is a great support structure for small businesses in Henley. That is something everyone wants to be a part of. I also found a local tannery in Meyerton, which is so convenient and provides a lot more opportunities for the future.

How can people support, and order from you, and where do they look for your products? There is always the option to make an online purchase at www.maranza.store. I can also recommend the website to get an overview of the catalog and prices. But, if you would like to have a more personal and customized experience, then

please contact me on **WhatsApp at 061 508 5151**. We can discuss size and what color of leather, stitching, and hardware you would prefer. It is s much fun and is kind of like a designer experience. Production usually takes a few workdays. I also do a few markets here and there, so people can see the craftsmanship in person, but I like the idea of making a bag for a specific person.

We want to thank Maranza for letting us take a look around her workshop and wish her all the success. Find out more at www.maranza.store.

Send us suggestions for interviews, or send your own business to editor@henley-heard.co.za, we are always on the look out for people making things or working in and around Henley.



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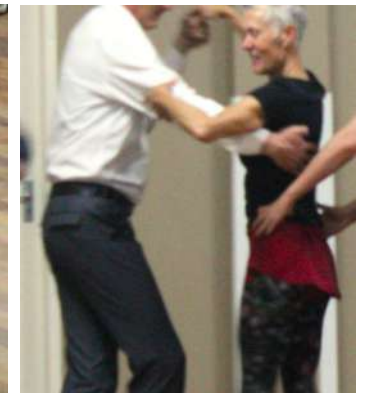
Swagga Breweries hosted their Vinyl Fair 26th August, local music enthusiasts



gathered in the brewery for exquisite vibes. Their Spring Day Festival featured Justin Serrao and his band, and beer



tasting. **One of our best MADE IN HENLEY, support local artisans and entrepreneurs**



Waltzing with Dance Excellence Studio by Nadia Wolmarans

George Gouws of the Dance Excellence Studio invited me to go to their Group Social, 24th August. I did not know what to expect, but from the first warm up to my unfortunately early goodbye, the dancefloor was on fire.

The evening opened with introductions, people from all over Henley join the class every Thursday. They were warm and friendly, and go me to completely let go of my inhibitions.

Then the dancing started, the warm up was a line dance. George lined the dancers up, demonstrated the steps, made sure everyone saw and the music started.

I was the only novice in the building, people were dancing circles around me. There were twirls, dips, and spins. Frankly I was in awe.

Then the Waltz, which is one of the hardest dances to learn, so of course I put my camera down. Dancers were paired, George

showed me the steps, I fumbled and fumbled, and then I was floating around the dancefloor (I have practised the steps since). The atmosphere of the group was everything, their encouragement is what got me dancing. There were more than a few inside jokes, more than once I was told 'don't publish that'. with a wink and a great laugh.

I am pleased to share Dance Excellence Studio is expanding their dancing footprint. The Group Socials will still be held at

Lions O'Connor Hall, but now private lessons are available at the old Hound House. They announced something spectacular is coming. If you want to start the class is welcoming and comfortable, they offer various courses contact the Studio at 076 147 5504.

I want to thank George Gouws for the invitation, teaching me to waltz, and the bottle of J.C Leroux. It's time to get your dancing shoes on Henley.



iLanga Centre for Young Performers NPC by Fiona Brown

Developing young talent has always been my passion, and led me to working for many years to provide opportunities to develop hidden abilities. Exposing youth to a bigger world helps them understand the possibilities available and achievable, encouraging them to become as much as they can be. The Young Performers NPC is aimed at providing the Youth of Henley on Klip a safe space to explore their potential, through

dance, Fine Arts and Crafts, Music and Drama. There is also a plan to put an Annual Creative Writing competition in place. Past experience shows exposing youngsters to the Arts helps them see beyond their limitations and develop skills they may ordinarily not have discovered. Several became professionals in Performing Arts, while others became professionals in Law, the Sciences, Economics, and Teaching. Providing young people with the

means to explore their potential is vital to their futures and allows them to grow into the adults they deserve to be. Funding is a vital part of the programme, as is formal, external assessment of progress. Children successful in such programmes become more self-confident, goal oriented, and motivated, and are more likely to be considered employable. Funding to provide top level teaching, dance outfits, art materials, access to musical

instruments and mentorships is always needed, and to this end a Non-Profit Organisation has been registered in order to properly manage funding. In October 2023, we have 12 dancers doing Formal Cecchetti exams, but are still in need of sponsorships. We are very interested to speak to teachers and mentors wanting to be involved in the various genres of the programme, contact **iLanga Centre at 082 838 7146, developballet@gmail.**



Hearts for Henley

Driving into Henley you are greeted with large green signs: Welcome to HENLEY-ON-KLIP, we care for our residents, children, animals, environment. It is the perfect announcement for a small village that many people fall in love with. Over the years and now more than ever, what makes Henley special, is constantly discussed. We can say it's the people, the businesses that are based here, or the trees, even the roses. From my brief tenure as Editor, and my comparatively short stay in Henley, I think I know the answer. People in Henley take pride in Henley. There is pride in saying we are from this village. Years ago (1995) a few concerned residents came together, forming Henley @ Heart, without any local municipal involvement. These folk decided Henley will not collapse like others. Henley @ Heart has grown steadily over the years, with no 3 permanent worker (and very often a few temporary helpers) who are in the streets almost every day of the week, to collect rubbish off the roads and cleaning up after the garbage truck.

Henley @ Heart and committed Henleyites have generously donated their time, also facilitating lawnmowers, petrol, protective clothing, brush-cutters, gardening equipment, black bags (many) and pothole-repair product, to ensure our village looks special at all times. Planting more than 1,200 trees and 600 icebergs, replacing when stolen and died. A bakkie and a borehole is sponsored. Henley @ Heart can be noticed all over the village. Republic of Henley car stickers, caps, t-shirts, and at local events. Henley @ Heart is always open to volunteers. A special Carols by Candlelight evening will be arranged by About Time and Henley @ Heart, repeating last year's success, diarise and stop by to introduce yourself. Henley @ Heart exist to foster a strong sense of community and good neighbourliness, acknowledging the generous contributions in cash and kind from all those having a Heart for Henley. **To engage in this worthy cause, contact 082 413 6184 on WhatsApp.**

Public Meeting 10th October

Karen Pepper

Invitation to public meeting regarding pollution from sewerage and industrial waste in the Klip River and its affect on Henley Residents and business owners. 10 October: 18:30 at O'Connor Hall, Pretorius St, Henley on Klip. Following my recent Facebook and WhatsApp posts Eckhart Zollner, from the River Clean up Group and I got together. We believe the best way forward is to call a public meeting, to get as many interested parties together, from residents, tourism businesses, other other business owners and anyone with knowledge of riverpollution/water management/government structures/environmental management groups/health department structures, etc. Our aim is to get petitions signed by yourselves to lobby all the necessary parties, using the best means possible, to address the issue of the pollution via sewerage and industrial waste into our river and how this can be solved. This river polution is affecting our health and well being, our

property values, our lifestyles, our Village's reputation and will shortly affect tourism visitors to the area and then tourism businesses will decline and jobs will suffer as a consequence. We urgently need to attend to this, as it is escalating rapidly and bring it to the attention of the correct people, to achieve the desired results of accountability and responsibility being taken for the reasons for this river pollution and bringing it to an end. Our aim is to mobilise public support and get public attention to this. Please attend if you are prepared to help and if you have any input to offer. This will be much appreciated. Many thanks.

The MMC responsible as well as the Mayor will be attending the meeting. MMC Thembi contacted GDARD yesterday and the Mayor is bring the DWS.

For more information contact **Eckhart Zollner of the River Clean Up Group: 082 990 3460**, to read more of the groups efforts read older issue on our website at henley-herald.co.za. Diarise this event, and have your say about the River.



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Naturally Debbie

by Debbie Firbank

This month we'll be looking at a few topics that somehow are all linked to each other. Lets start with how Anxiety has become the new norm, largely fuelled by the mounting stressors of modern life post covid. Inflammatory diets, processed foods, environmental toxins, loadshedding, ramifications of COVID-19 all contribute towards psychological stress. Consequently, our immune systems inevitably experience some level of dysfunction.

Do you recognize any of these symptoms? Shallow breathing, a racing heart, fatigue, dizziness, headaches, stomach aches, nausea, and digestive issues? These are short term anxiety red flags. Conditions like social anxiety, panic attacks, phobias,

PTSD, and OCD are all anxiety related conditions. We have a number of natural remedies at Breathe Natural Health, that could assist you if you have any of these symptoms.

Meditation offers a remedy. It fosters adaptability, resilience, and reduced reactivity. Regular practice enhances emotional management and resilience, enabling you to navigate life's challenges with ease. Even just 10-20 minutes a few times a week can create a sturdy, low-anxiety foundation. The Breathe Team will be offering early morning meditation and breath work sessions for a tranquil start to your day once the weather warms up.

Not only will this help with anxiety but will assist lung function for asthmatics.

Asthma is a condition

that restricts airflow, causing coughing and wheezing, shortness of breath and chest tightness. Home remedies include ginger tea or juice, mustard oil which when heated and massaged on chest and back, helps open air flow. Eucalyptus oil is also very effective to help open the airways, just a few drops on a tissue popped under your pillow at night will do the trick, or placed in a diffuser and released into the air.

Honey is one of the oldest most natural remedies for chest ailments, 1 teaspoon of honey dissolved in hot water and sipped slowly, or add half a teaspoon of cinnamon before bedtime for better nights sleep.

Make almonds a daily staple in your diet. They're packed with healthy fats, protein, magnesium, and vitamin E, offering numerous benefits like lower blood sugar, reduced blood pressure, lowered cholesterol, decreased hunger, and assistance in Alzheimer's prevention. Almonds also enhance memory through the neurotransmitter acetylcholine and promote sleep regulation due to their melatonin, magnesium, and tryptophan content.

Modern diets have made us

Find Breathe Natural Health Shop at About Time Corner

more vulnerable to infections, allergies, food sensitivities, autoimmune disorders, and accelerated aging. Our immune systems now grapple with unfamiliar challenges. Eating fresh locally sourced food is a good start. Starting a veggie garden at home is beneficial in so many ways. It reconnects you to the earth while preparing the soil for planting. It gives your body the best nutrients when picked fresh and used straight away. It's a wonderful project for kid's and adults alike to have your own vegetable patch. Once you have grown excess vegetable, which inevitably happens, you can bring them on Saturday mornings to the shop and we will sell them on your behalf so the whole community can benefit from Henley grown fresh produce.

The following products mentioned in the article can be found in Breathe Natural Health Shop at the About Time Corner:
 Anxiety Rolling Remedy
 Rescue Remedy
 Sleep Herbal Tincture
 Asthma Remedy
 De-Stress Massage Oil
 Eucalyptus Essential Oil
 Honey
 Almonds
 Fresh herbs and vegetable seedlings.



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Heavenly Herbs A to Z: Ashwagandha, Aloe Vera, and Anise

Greetings from Kate and Ben at Heavenly Herbs spring is finally in the air and it's time to get those garden tools out and plant some herbs.

Let's kick off with the letter A and our first herb is Ashwagandha (Indian Ginsen or Winter Cherry) an indigenous herb in South Africa. It's known as Geneesblaarbossie in Afrikaans and Ubuvimbha in Zulu.

The roots and leaves of this marvelous plant help with anxiety, stress, both physical and mental, reduces inflammation, lowers blood pressure and helps with the immune system. A tea can be made with the leaves or roots but most people prefer to take the supplement of the roots in powder form. Always consult your doctor first before taking any herbs especially if you have chronic medical conditions.

Our 2nd herb on the "A" list is the wonderful Aloe

Vera plant, also indigenous to S.A.

The healing gel from the fleshy leaves of this treasure has many uses besides soothing a burn or a cut. The somewhat slimy juice is used in creams to soothe skin irritation and to smooth out wrinkles (not such an expensive solution, ladies, to help us age gracefully). Also used in toothpaste to prevent dental plaque and in a cooling drink which helps to manage blood sugar.

Our last A herb for today is the Anise plant, there are 2

types of Anise plants we can discuss, both with strong aniseed flavour. Firstly a little annual herb the Anise-pimpinella anisum, it looks like a feathery parsley plant with pretty white flowers.

The seeds when chewed after a meal aids greatly with indigestion and helps with gas, so if you chew these seeds after dinner you won't have to blame the dog!

The second anise plant is a small bush with star like seeds which we call Star Anise. Originally grown in Egypt and North Africa and also native to China and India the seeds have been used for thousands of years to add an aromatic flavour to food. Both types of Anise seeds are known to help with rheumatis and even toothache.

Our recipe for this month is a yummy chicken curry using star anise to add a delicious aromatic flavour.

Tasty Chicken Curry

Ingredients

- 1 dried star anise flower
- 5 cardomen pods
- 1 cinnamon stick
- 3 cloves
- 3 green chillies, finely chopped
- 4 loves of garlic crush
- A thumb size piece of fresh

ginger

- 1 tsp dry coriander powder
- 1 tsp dry cumin powder
- 1 tablespoon garum masal
- 1 tsp salt
- 1 tsp sugar
- 8 plump chicken thighs
- 12 to 15 baby potatoes peeled and steamed
- 1 tin peel tomatoes, chopped
- 2 onions finely chopped
- Fresh coriander to garnish

Method

With a mortar and pestle grind together all the dry spices, if it seems to complicated with all the spices ask your spice merchant to mix them for you.

Gently heat the spices in a heavy bottom pot. Add a little cooking oil or traditional ghee. Brown the chicken thigs in the oil and spice mixtures, with or without skin, whatever you prefer. Add the finely chopped onions, chopped green chillies and crushed garlic cloves, grate the piece of ginger and add. Add the chopped tomatoes and steamed baby potatoes and simmer everything with a little fresh chopped coriander and basmati rice. For more in depth flavour keep the curry overnight in the fridge and heat the next day. Enjoy,



Pictured Anise above, and Ashwagandha right



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The 200th Parkrun

Sal Herbert

Meyerton Sports ground had a facelift for the 200th parkrun event held there on 12 August.

Event 001 was held on 18 November 2017. Covid ensured that instead of taking about 4 years to reach 200 it was nearly 6 years. It was also cancelled a few times because of flooding (part of the course runs along the Klip River) and for sports events organised by Midvaal and the rugby club. Otherwise come rain or shine (but not lightning) there is parkrun at Meyerton Sports ground every Saturday at 8:00. The fastest runners cover the 5km course in about 18 minutes but the tail walker seldom comes in under 70 minutes. This is because parkrun caters for all ages and levels of fitness and many don't run but walk the whole way. Parkrun at Meyerton quickly became

so popular that two other venues were strated, Riviera (Three Rivers) and Drumblade. There are 204 venues to choose from in this country, and then 21 other countries!

It is free! This helps the event stay sustainable (no-one needs to check on payments or handle money) but this does mean that colunteers are vital to the ongoing success of the event. Parkrun tourism is very popular. Many participants plan their weekends around visiting new parkruns. Even their holidays. "Should we go to Umhlanga or Umhloti? Where's the closest parkrun?"

The number of runners these days is much less than pre Covid. With Spring on its way we hope many people will discover and rediscover the joy of parkrun.



photo of parkrun volunteers, courtesy Sal Herbert



images courtesy Norma Budde



Fun, Fellowship and Dance were the order of the day on a warm winter's day August 5 at the opening of ZZZ Dance Studio at the **Meyerton Methodist Church**.

We enjoyed a range of little ones doing their first stag steps to highly professional dancers as well as dynamic live singing. Visitors were treated to various goodies supplied by congregation members, there was boerewors, cinnamon pancakes and fresh coffee. The highlight of the day was the "Bag Dance".


Our sincere thanks to all who joined us in making this day such a Celebration, for more details regarding the **Dance Studio contact Zenita at 083 287 3443**. All are welcome to join our service at 09h00 ach Sunday.



BUSINESS HOURS	CLASSES
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