

## Policy troubles at HRV

From the Henley Retirement Village Board  
**Henley Retirement Village has formally requested intervention from the Midvaal Local Municipality regarding the application of property rates to the Village.**

The Village operates as a life rights retirement scheme, housing elderly residents,

many of whom are dependent on pensions or fixed incomes. According to the Municipality's own Property Rates Policy, such schemes are recognised as residential property.

The Village submitted an application for rates relief on this basis. However, despite several months of engagement, the matter has not been

finalised. Recent correspondence from the Municipality has instead focused on Public Benefit Organisation (PBO) status and the possibility of treating residents individually, which the Village maintains does not address the application as submitted.

"We are not asking for special treatment," said a

representative of Henley Retirement Village. "We are simply asking that the Municipality apply its own policy consistently and make a clear determination." The Village has now escalated the matter for Council consideration and remains hopeful that it can be resolved constructively.

The Henley Herald reached out to Midvaal Local Municipality for comment.

## Technical Guide: What You Need to Build a New Home in Henley and Meyerton (Golfpark)

By Jacolien De Bruyn – All About Homes  
**Building a home in Henley on Klip or Meyerton's Golfpark is an exciting opportunity—but it's also a technical process governed by specific municipal**

and national standards. Understanding these requirements early ensures a smooth build, compliance with the law, and long-term peace of mind.

The foundation of any building project is zoning and land use rights. Every property within Midvaal Local Municipality has a specific zoning designation under the Midvaal Land Use Scheme,

2023, which details what type of developments are permitted and what building parameters apply (e.g., coverage, height, and building lines). Before you invest in a stand, confirm the zoning and permissible land use rights with the Municipality's Development and Planning Department.

Read further inside, page 2\_\_.

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## HENLEY HERALD

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**Randvaal Clinic** - 84 Rooibok Street - 016 360 5836  
**Meyerton Clinic** – Mitchell Street – 016 360 5880  
**Eskom** - 086 003 7566

## COUNCILLOR'S CORNER

During the month of April the Midvaal Municipality held a number of public meetings advising residents of the 2026/27 budget. I attended both meetings that were allocated to Ward 15, namely the town hall in Meyerton and the school hall in Riversdale. In both cases I was the only person from Ward 15 in attendance.

In last month's article I reported the various increases that will effect the residents from the 1st July. Below is a comparison of monthly rates accounts for average houses (municipal valuation R1.94m) situated in Midvaal, Emfuleni (Vereeniging / Van der Bijl) and Lesedi (Heidelberg).

As can be seen Midvaal is the cheapest of the three municipalities. One of the reasons for this is that it

has a collection rate in excess of 90%, however the economy is showing signs of stress.

There are social packages which can be applied for, which would help the elderly or indigent. These can be found on the MLM website or can be obtained from the rates offices in Meyerton. There have been a lot of complaints recently regarding excessive water charges. MLM's responsibility is to supply water to the boundary meter, thereafter it is the owner's responsibility. Given that the majority of houses in Henley on Klip are in excess of 30 years old, one must bear in mind that plumbing and underground piping will inevitably start to decay – pipes start to leak and toilets and taps start to drip. Water has become precious and expensive so please check

your plumbing and read your meter regularly comparing your reading to the municipal reading.

When trees fall across powerlines it causes electricity outages to whole areas. Please identify overhanging branches and cut them down timeously to avoid blackouts for yourself and fellow residents.

Municipal elections will take place on the 4th November so we can expect a silly season with a lot of noise making, accusations and counter accusations in the coming months.

It is worth remembering that Midvaal has been awarded the best run municipality in Gauteng for the past 2 years and that we have the cheapest rates Rand for Rand in the area before you listen to other parties who have no track record at all. .

Emfuleni			Midvaal			Lesedi		
Residential	Scenario 1	2026/2027	Residential	Scenario 1	2026/2027	Residential	Scenario 1	2026/2027
Property Rates	Prop value R1 940 000	1 914.60	Property Rates	Prop value R1 940 000	1 474.61	Property Rates	Prop value R1 940 000	2 466.12
Water Consumption	26 kl	1 028.27	Water Consumption	26 kl	1 279.50	Water Consumption	26 kl	891.00
Basic Water			Basic Water			Basic Water		48.72
Electricity Consumption	887 kwh	2 639.22	Electricity Consumption	887 kwh	2 831.13	Electricity Consumption	887 kwh	2 917.19
Basic Elec		413.29	Basic Elec			Basic Elec		446.83
Sewerage	Connected to sewer	182.01	Sewerage	Connected to sewer	332.52	Sewerage	Connected to sewer	159.75
Basic Sewer		134.63	Basic Sewer			Basic Sewer		69.23
Refuse Removal	1 x per week	316.08	Refuse Removal	1 x per week	295.41	Refuse Removal	1 x per week	178.45
Sub-Total		6 628.09	Sub-Total		6 213.16	Sub-Total		7 177.29
VAT	@15%, rates at 0%	645.03	VAT	@15%, rates at 0%	710.78	VAT	@15%, rates at 0%	632.34
Total Account		7 273.12	Total Account		6 923.96	Total Account		7 809.63

## What You Need to Build a New Home in Henley and Meyerton

By Jacolien De Bruyn – All About Homes  
Continued from Cover  
Once you understand zoning, the next critical technical step is the submission of a Site Development Plan (SDP) and Building Plan (BP) to Midvaal Municipality for approval. South African law mandates that all buildings be constructed according to approved building plans in compliance with the National Building Regulations and Building Standards Act (NBR).

The SDP outlines the layout of the structures on your stand, including siting, coverage, vehicular access, screened open spaces, and architectural treatment. It must be approved before building plans are submitted. The Building Plan application then provides

detailed architectural, structural, electrical and plumbing designs that ensure compliance with the NBR and relevant local bylaws.

To facilitate the process, Midvaal Municipality has digitised submissions through an online portal (often referred to as CitySolve), allowing architects, draughtsmen, and engineers to submit applications remotely. This platform also supports efficient tracking and reduces administrative delays.

Once plans are approved, statutory inspections are required during key construction phases—such as excavation, foundation, wall plate installation, roof completion, and final completion—to verify compliance with approved

plans. Only after all inspections and compliance certificates (structural, electrical, plumbing) are issued will the Municipality grant a Certificate of Occupancy (CO).

Failing to obtain approved plans before construction is illegal and can result in enforcement actions, fines, or even orders to demolish non-compliant structures. For more technical details, guidelines, application forms, and downloadable documents related to building plans and zoning, visit the official Midvaal Local Municipality website: <https://www.midvaal.gov.za>  
Properties Wanted: contact Jacolien De Bruyn at 072 326 5589



and most talented dancer and coach known as Shakes. And can he shake that body.

If you would like to learn to dance you are welcome to join us at the O' Connor Hall every Thursday from 7pm to 9pm. We all have fun and learn to do both Latin and Ballroom dances. You don't have to know how to dance at all. You don't need a partner either. Couples are really welcome. You are never too old or too young to learn.

You never know you may have hidden talents and be the next Cynthia (who is a senior citizen) or Carmen.

Congratulations to our two stars from Henley on Klip. They looked stunning and it was a real privilege to watch them dance.

**For more information contact Shakes on 0743343703 or Sharon on 0828168299**

*Photo Courtesy: Sharon Hewer*

# National Dance Society of South Africa Championships NDSSA

From Sharon Hewer  
Held on 11 April in Randburg

Cynthia Block and Carmen-Zita Ponte. Wow!!! Did they outshine everyone.

Well done to two of our local residents who took part in these dance championships,

Both Cynthia and Carmen took first place in the Pro-Am

Standard Ballroom Multi-Dance section.

Carmen also received first place in the Pro-Am Latin Multi-Dance section.

This is all due to their wonderful

## Randvaal Library Invites You

Randvaal Library invites you to join their Reading Circle, the group meet every second Wednesday at 9.30 of the month at Daleside 510 Houtkapper Street. The reading circle is informal and any book that is read is discussed, everyone is welcome.

blankets, and teddy bears are put towards their annual Mandela Day event for the less fortunate and their beanie project is for ladies suffering from cancer. The library is looking forward to distribute all items during their upcoming Mandela Day/ Month this year.

Also the library invites everyone to join their Knitting/Crochet Circle, which meets once a month at 10.00. All knit and crochet items such as scarves, socks, baby

For more information contact the Library at this number: 071 207 7269

*Photo Courtesy: Randvaal Library*



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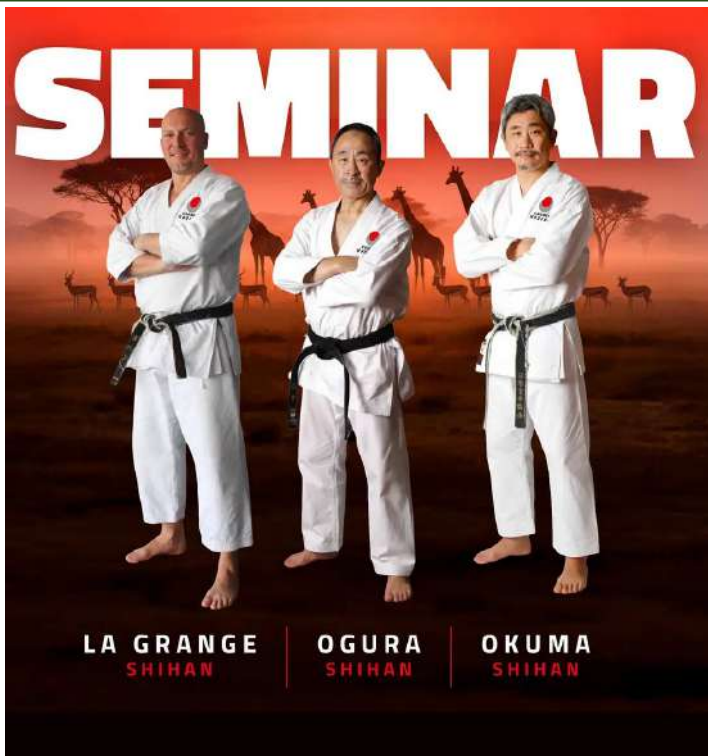
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## Henley JKA Dojo Honoured to Train with World-Class Masters

From Henley JKA  
From 11 to 14 March 2026,  
members of the Henley JKA  
Dojo proudly joined karate  
practitioners from across  
South Africa at the Ellis Park  
Indoor Arena in Johannesburg  
for the annual SAJKA  
Seminar. This year's event was  
led by three internationally  
respected JKA WF instructors  
— Ogura Shihan, Okuma  
Shihan, and La Grange Shihan  
— who shared their profound  
technical knowledge,  
traditional Japanese karate  
instruction, and competitive  
insight.

Although Henley JKA Dojo has  
participated in this seminar for  
many years, each occasion  
remains a privilege. Training  
under such distinguished masters  
continues to inspire our students,  
strengthen their spirit, and  
deepen their understanding of  
Shotokan karate. We are  
honoured to have taken part once  
again and sincerely grateful to  
SAJKA for arranging this  
exceptional event, which elevates  
the standard of karate across  
South Africa.

For Henley JKA Dojo, the  
seminar was not only a chance

to refine skills but also a  
reminder of the values at the  
heart of karate: discipline,  
respect, and perseverance. Our  
students returned motivated,  
enriched, and ready to share their  
knowledge with the wider  
community.

Now, we extend this spirit to  
new students. Whether you are  
a beginner seeking to build  
confidence, a young athlete  
looking for discipline and  
focus, or an experienced  
martial artist aiming to  
sharpen your technique,  
Henley JKA Dojo offers a  
welcoming environment where  
you can grow. Training with us  
means becoming part of a dojo  
that values tradition, excellence,  
and the opportunity to learn from  
world-class instructors.

Karate is more than a sport — it  
is a lifelong journey of self-  
improvement. Join Henley JKA  
Dojo and take your first step  
toward strength, skill, and spirit.  
Contact Tarien: 079 863 4831  
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# What you need to know about developmental milestones

In the previous issue we discussed how physiotherapy uses evaluation/observation/assessment to determine any delays, restrictions or difficulty in movement and then accordingly work out a treatment plan to address those issues or assist with referring to the relevant professions that may assist.

Remember we are first line practitioners, so if parents want to bring an infant/toddler/child in for physiotherapy, we do not need a doctor's referral.

Developmental milestones can refer to any functional skills and behaviors that children achieve by specific ages. There are five different domains namely

social, emotional, cognitive, language and physical. It is important to remember that these milestones are expected to be achieved by certain age groups, and if not achieved, need to be monitored closely (some delays are normal and some need to be addressed a.s.a.p.).

All Road-To-Health-Charts (RTHC) booklets (clinic/vaccination booklets given at birth) have the general guidelines as to when which developmental milestone needs to be achieved.

Physiotherapy addresses any delays in gross motor development and can refer when other delays are suspected. By the age of two months an infant should start smiling and have some head control. By four months the

infant should be able to roll from tummy to back or at least side to side and start pushing up on elbows when in prone position (tummy). At six months the infant should sit without support and move objects from one hand to another. Between seven and nine months the infant will start crawling. At ten months the infant should pull himself/herself to stand using furniture or someone's help which then lead to walking sideways while holding onto furniture at eleven months and by twelve months walking individually.

All of the above mentioned milestones can happen sooner or be a bit behind. Factors that might influence the normal development would be the weather (winter + cold floors = no time spent on tummy leading to infant hating the position and not learning how to crawl), inattentive parents (not stimulating the infant enough at home and not allowing tummy time, or the overuse of TV or tablets to keep the children busy),

the use of walkers (infant getting used to being upright, then skipping crawling and start walking on his/her toes), etc.

Each milestone is important to develop, as an example, crawling is important for at a later age it assist with solving math problems. When it is your own child it is easy to overlook any delays, so please feel free to come by for some advice.

Remember RSV (Respiratory Syncytial Virus) season is here, do not kiss babies that are not yours! Consult with a physiotherapist that can assist with the suctioning if a baby's nose is blocked and cannot feed.

Your friendly neighborhood physio  
Mari Greyling – Bloom Physio and Wellness  
063 827 3540  
mari@bloomphysio.co.za



## WomenCONNECT

Hello, my name is Yvonne Fyfe. I am a Certified Life & Art Coach and my business is to help Women Flourish

The journey behind Flourish

Inspired Coaching/WomenCONNECT began with a simple desire: to help women grow, gain clarity, and move forward with confidence.

At first, the focus was on personal development—setting goals, overcoming challenges, and unlocking potential. But over

time, it became clear that practical tools alone weren't enough. Many women were still feeling stuck, disconnected, or uncertain about who they were and where they were going.

That realization led to a deeper shift. Growth had to go beyond surface change—it needed to include the heart, inner healing, and a sense of true alignment.

Flourish Inspired Coaching/WomenCONNECT became a space where women can pause, reflect, and reconnect with themselves. Through workshops and gatherings, they are invited into a supportive community where they can be honest, find encouragement, and take meaningful steps forward—at

their own pace. At its core, this work is about creating space for women to be restored, renewed, and realigned—because true growth isn't just about moving forward, but about becoming whole.

Through my various programs/talks on mental health and creative expression I come alongside to support women on their journey towards confident lives where they can be filled with meaning, growth and beauty and truly Flourish! I am based in Meyerton. If you would love to know more My contact details:  
Cell: 082 334 2601  
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# Same Vibes, Different Style: The Sweet Comeback of Hle's Inihle Treats

By Hlengiwe Khumalo, Owner & Home Baker of Hle's Inihle Treats

Life has seasons and baking is mine. I first started in 2021 as Zenith Delights, pouring my heart into cakes, scones and cookies from my home kitchen. Then life called I went back to school to complete my degree and had to press pause on the oven.

Now I'm back with a new name, same vibe but a different style Hle's Inihle Treats "Inihle" means "beautiful" well taken from Enhle in isiZulu and that's exactly what I want every bite to be beautiful, comforting, homely and made with love.

Based at 48 The Avenue Road, I'm a home baker specializing in the treats that turn ordinary

days into celebrations. My menu covers all the good stuff.

**What I Bake:**  
At Hle's Inihle Treats I make custom and wedding cakes, from elegant buttercream tiers to fun themed birthday cakes you bring the vision, I'll handle the oven. I also bake fresh, golden scones that are perfect for the weekend, plus soft, chunky cookies like choc chip. I make bakery-style muffins in different flavours. For something savory, I do rolls and for gifting I offer seasonal treat boxes for Mother's Day, holidays and just because of special days.

Everything is baked fresh to order in my home kitchen using quality ingredients and recipes I've tested until they're inihle. I specialise in vegan and gluten-free treats too and I'm happy to take on other dietary requests where I can, so chat to

me about eggless or lower-sugar options.

**What I'm Looking Forward To:**  
This comeback year is about reconnecting. I'm excited to meet new clients, bring back old favourites from Zenith Delights with a fresh twist and launch monthly treat boxes. I'm also dreaming up a "Bake With Me" mini series for kids in the community. To host events like decorate a cake with me in a picnic setup.

To everyone who supported Zenith Delights and cheered me on while I studied — thank you. And to new customers, I can't wait to be part of your birthdays, weddings and Tuesday tea times.

**How to Order:**  
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work on pre-orders only. WhatsApp is best for quotes, designs and dates. WhatsApp/Call: 069 115 1799 Instagram, Facebook & TikTok: @hles\_inihetreats – DM me to see my latest work and get a price list Collection: 48 The Avenue Road | Local delivery can be arranged photo courtesy Hlengiwe Khumalo

The advertisement for health x fitness GYM features a red and white logo with a stylized figure. Below the logo, the text 'health x fitness' is in a white, lowercase font, and 'GYM' is in a large, bold, white font. The contact number '016 362 1335' and address '30 Mitchell Street' are listed. At the bottom, it says 'After Hours Contact 084 564 2081 gymmidvaal@gmail.com' and the slogan 'Be fit Enjoy life'.

The advertisement for CSJ Technical Services (Pty) Ltd features a blue header with the company name. Below it, a list of services includes Alarm Systems, Gate Operators, Electric Fences, CCTV systems, Internet of Things (IoT), and Small Electrical Work. Contact information for Chris van den Heuvel is provided, including the phone number 083 253 2658 and email chrisvdhh@mweb.co.za. A list of services offered includes: -Active resident in the village for close on 40 years, -IT and electronics background, -Carry stock on hand (gate spares, passives, remotes, batteries and more), -Fast turnaround time (normally same day), -Work after-hours if necessary (you do not have to take off work), -and yes, I make house calls...with a tool box, test gear and spares.

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The goal of the Fire Horse Method is to empower the horse from the cellular mechanoreceptors to the macro muscles.

**Contact Wendy 0720940717**

- \*What to expect\***
1. Introductions
  2. Breathing (square and sigh)
  3. Body position (stance + tone)
  4. Hands & fingers (shape + tone)
  5. Meet the practise horses: Max, Wes, Merlin, Bank, Faye
  6. Demo Boney Handles
  7. Practise feel for boney handles.
  8. Movement practice (sway and press-pause)
  9. Talk about the Mechano Receptors, GTO's and Muscle Spindles.
  10. Practise

**and a soft stretch.** Some call it bodywork—but I call it love. It is far more than bodywork. It is heart energy matching and entrainment. It is mindful breathing and softening of the body. It is emotional release. It is muscle tension release. It is fascia hydration. It is posture resetting and alignment. It is beautiful and deeply rewarding. During the process, something unexpected happens... The human begins to soften too. Muscles release, posture

applies the lightest touch—to a 91-year-old lady, Pansy, softly touching a cheek... and the horse closing its eyes and exhaling. And sometimes, something more happens—people release their own held emotions... sighing, even tearing up.

**Horses feel us deeply—our breath, our tension, our emotions.** When we slow down and soften, something shifts. There is a meeting in the middle. You don't need to understand it. You only need to feel it. There is, however, science behind the magic—mechanoreceptors and neuro-feedback loops. Who would have thought that such light, gentle interaction with the body's innate systems could be so powerful? The horse's body offers what I call "bony handles"—places where we can gently connect. With light pressure or stretch, we activate mechanoreceptors—tiny sensory messengers that speak to the nervous system. And the horse responds. A soft eye. A lowered head. A lick and chew. A deep breath. And sometimes... a long, beautiful yawn. If you felt that quiet "if only..." Then come and join me, and my five, for a gentle and connected experience here in our country village of Henley on Klip.

**Much love, Wendy Ellis 0720940717**

**P.S. It is my heartfelt desire to teach this work to others who love horses—and all animals. Your pet will love it too.**

# Whispering to the Horse's Heart, Soul and Body

In my last article, I spoke about the lost, whispered dream of being with, working with, and riding horses — never too late to realise. Now may I offer you a new dream... Not riding the horse, but serving the horse. Giving to this sentient being we are so privileged to be with. Ridden work can be hard on horses—physically and emotionally. Horses have

different personalities and coping mechanisms, much like humans. Horses were created to carry and serve the human, but there can be a toll—tightness, stress, and discomfort. This article is about us, the human, helping the horses with that toll. Giving back to them.

**Through a profoundly simple approach that anyone can learn: A light touch, a gentle pressure,**

restores, and emotions begin to mend. Once again, the horse gives to the human—ever the quiet servant of man, woman, and child.

**Anyone can experience this, and my herd of five will gently teach you this quiet connection.** From a 12-year-old girl standing beside a big, powerful horse like Bank... watching him melt, eyes closed, breathing deeply as she

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# 'The evolving AI-SEO-chatbot landscape'

## AI and SEO Integration

This is a cohesive 3-part series to guide small businesses through the evolving AI-SEO-chatbot landscape — arming readers with actionable insights

## Consumer & Small-Business Adoption in South Africa

### 1. Local Industry Sentiment

**Growing Awareness:** 65% of South African consumers now recognise AI-powered brand interactions. Concern over job losses (40%) and inauthentic ads (45%) remains but has eased compared to a year ago.

#### Mobile-First Engagement:

52% likely to use generative AI on smartphones for product research and price comparisons. 48% comfortable engaging with AI chatbots in English and major local languages (isiZulu, Afrikaans).

**SME Integration:** Over 60% of small and micro enterprises plan to implement AI chatbots, recommendation engines or automated booking systems within the next 12 months—driven by DTIC tech-voucher grants and rising customer expectations.

### 2. Future AI Developments

**Edge & Local AI:** On-device AI solutions optimized for mid-range handsets will reduce data costs, lower latency and improve privacy for South African users. **Federated Learning:** Major telcos are piloting privacy-preserving training across distributed devices to personalise mobile

services while complying with POPIA.

**AI Agents:** Autonomous assistants will increasingly handle multi-step tasks—from booking regional travel to troubleshooting mobile-money transactions and advising smallholder farmers.

**Democratized AI Tools:** No-code/low-code platforms from local innovators (DataProphet, Cortex Logic) and incubators (AI Hub SAAFoST) will empower SMEs to build custom AI assistants without heavy technical expertise.

**Responsible AI & Regulation:** Tighter POPIA enforcement and upcoming Digital Economy Masterplan guidelines will mandate transparent data usage, bias audits and explainability standards for all AI vendors.

### Debunking Misinformation & Corrections

**Dead Internet Theory:** No credible evidence supports the notion that AI has replaced most true human content online. AI-generated summaries augment search, but genuine human content still dominates.

**“Google Sucks Now”:** While AI Overviews reduce clicks,

a little late, but out and a full twelve pages. It goes without saying, but a big thank you to all the contributors and advertisers.

I am grateful in this issue especially for the Henley Retirement Village for getting in touch. I welcome members of the community to share their stories with the Herald, article contributions and editorials are free of charge.

Enjoy the rest of May, and see you again soon in June.

Google’s core search algorithms still reward relevance, authority, and user engagement. AI layers are augmenting—not replacing—traditional results.

**AI Detection Panics:** Detection tools are evolving; avoid over-reliance. Combine automated checks with human judgment to minimize mis-flags.

### Legal implications

#### 1. AI Regulation in South Africa:

South Africa does not have specific laws regulating AI, but the Protection of Personal Information Act (POPIA), the Consumer Protection Act (CPA), and the Electronic Communications and Transactions Act address certain aspects of AI use, particularly data protection, privacy, and consumer rights.

#### The National AI Policy

Framework, released in late 2024, aims to promote responsible innovation, human-centred AI, transparency, and accountability. It also emphasizes sectoral strategies and capacity building.

#### 2. Legal Implications of Using AI:

1. South African businesses must be aware of existing legislation such as POPIA, CPA, and Intellectual Property laws. The use of AI introduces legal uncertainties, particularly around deepfakes and AI-generated art. 2. South Africa can learn from international AI laws, such as the European Union AI Act and the OECD AI Principles, to develop its own regulatory framework.

**These points highlight the importance of understanding and complying with existing South African laws and regulations when using AI technologies.**

By weaving AI tools into traditional SEO—focusing on structured, authoritative, and conversational content—South African companies are safeguarding visibility in an AI-dominated search landscape. Continuous calibration of these strategies will be essential as generative AI evolves, ensuring brands not only appear in AI Overviews but also drive genuine engagement and conversions.

**Article by Geekster IT Solutions 066-105-5699**

**www.geeksters.co.za**  
**Read the full series on henleyherald.blog**

## Editor's Note

What a start to May, the long weekend hang over got to us all, then Mother's Day took over the village and as luck would have it we were hit with wild winter storms and once again Eskom was in the streets to sort out the power situation. For a moment there we almost blew away, but here we are, the May issue is out,



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# Naturally Debbie Part One Strengthening the Immune System

By Debbie Firbank

It's that time of the year again when we need to boost our immune system's as winter creeps in! Here is a reminder of how to prepare our bodies for winter and maintain good health throughout the year

**Research has shown that certain herbs, nutrients, and natural remedies can directly support immune functions.** One notable example is garlic, which contains allicin, a compound known for its antiviral, antibacterial, and antifungal properties. A study published in *Advances in Therapies* showed that garlic supplementation could significantly reduce the incidence of the common cold and improve immune response by boosting the activity of immune cells such as macrophages and T-cells.

However, a strong garlic smell can be a deterrent, so adding parsley can help mask the garlic's odour due to its mild flavour and deodorizing properties. Parsley itself is rich in vitamins A, C, and K, which also contribute to immune support by providing antioxidants and promoting healthy circulation.

**Antiviral and Antimicrobial Action:** Certain herbs and essential oils (like garlic, ginger, oregano, tea tree, lemon, and eucalyptus) have antiviral, antibacterial, and antifungal properties. When used regularly in the form of tinctures, teas, or essential oils, these herbs can help the body combat common viruses and pathogens.

**Sutherlandia adds an additional layer of defence, traditionally used for managing viral infections and may offer support in preventing or reducing the severity of viral infections by modulating immune responses and exhibiting potential antimicrobial properties.**

**Supporting the Immune System During Stress:** Chronic stress weakens the immune system, making people more susceptible to infections. Adaptogens like Sutherlandia, Ashwagandha, and other stress-relieving herbs help regulate the

body's response to stress, which in turn supports immune health. An unstressed, balanced immune system is more effective at mounting a defense against viruses and pathogens.

**Anti-Inflammatory and Antioxidant Support:**

Inflammation can impair immune function, and viral infections, such as influenza and COVID-19, are associated with elevated levels of inflammation. Anti-inflammatory herbs like turmeric, ginger, and Sutherlandia reduce inflammation and enhance the immune system's ability to fight off infections.

**Antioxidants found in fruits, vegetables, and herbs, including Sutherlandia, prevent oxidative stress, which can weaken immune function.**

By neutralizing free radicals, the immune system stays more robust in its defense against pathogens.

**Herbs and Essential Oils for Immune Support:** Herbs and essential oils used in immune-boosting formulas act directly on the respiratory system, which is often the first point of entry for viruses. Lemon, tea tree, eucalyptus, lavender, and frankincense essential oils, for instance, are known to be beneficial for clearing nasal passages, reducing inflammation in the lungs, and directly killing bacteria or viruses on contact.

**A formula including Sutherlandia, garlic, and ginger, along with the essential oils mentioned above, could offer a comprehensive approach to warding off respiratory infections and other viral threats.**

**Protection for People with Autoimmune Conditions:** People with autoimmune conditions face a unique challenge: they need to protect themselves from infections while avoiding triggering their immune system into overdrive. Herbs like Sutherlandia, echinacea, and turmeric that modulate the immune response (rather than overstimulate it) are beneficial

for supporting immunity in these individuals. Sutherlandia's adaptogenic properties make it a useful herb for this purpose, balancing immune responses and reducing inflammation without exacerbating autoimmune conditions.

**Colloidal silver works by binding to proteins on the cell membranes of bacteria and viruses, inhibiting their function.** Evidence suggests that colloidal silver may be beneficial for individuals with immune deficiencies or chronic infections, as it acts as an immune modulator. Dr Henry Crookes (1856-1929), a physician and researcher extensively studied colloidal silver and found that it has antimicrobial effects and can kill bacteria, viruses and fungi and can reduce inflammation. A 2020 study in the *Journal of Functional Foods* demonstrated that colloidal silver supplementation improved immune function in individuals with compromised immune systems.

**Turkey Tail tincture (Trametes versicolor) is gaining popularity in the field of immunology, especially in cancer research.** This medicinal mushroom contains polysaccharide-K (PSK) and polysaccharide peptide (PSP), compounds which modulate the immune system. Research has demonstrated that Turkey Tail can increase natural killer (NK) cell activity, which plays a critical role in fighting off infections and tumours. A study in *The Journal of Clinical Oncology* reported that PSK enhanced immune responses in cancer patients and contributed to prolonged survival times. When combined with other immune-boosting herbs, Turkey Tail tincture can help balance immune function, making it especially useful for people with compromised or weakened immune systems.

**Support from vitamins – Vitamin C is an immune modulator.** Kale, broccoli, brussel sprouts, lemons, strawberries, and oranges contain vitamin C.

**Vitamin D is an immune modulator and is freely available from the sun.** If taking a supplement, ensure that it is D3. Take vitamin D3 with fat and

with vitamin K2. Sauerkraut improves gut health and is a great source of vitamin K2.

**Zinc helps to fend off viruses. Too much inflammation is taxing on the immune system. To modulate inflammation be sure to increase Omega 3 and decrease Omega 6.**

**Magnesium regulates the activation and function of immune cells and helps your body fight infections by improving the white cell's ability to seek out and destroy germs.**

Sources include nuts, pumpkin seeds, flaxseeds, sunflower seeds, sesame seeds, cooked quinoa, cumin seeds, cherries, peaches, apricots, avocado, banana, blackberries, spinach, broccoli, beetroot, green bell peppers, artichokes, black eyed peas, kidney beans, wild salmon, and cacao. Vitamins B1, B6, D3, and E and selenium help absorb and retain magnesium in your body. To avoid magnesium wastage, avoid gluten, alcohol, refined sugar, and other refined foods, as well as prolonged stress.

**A well-rounded approach to immune health that includes nutrient-dense foods, immune-boosting herbs, stress management, and proper lifestyle changes can help protect individuals from viruses and pathogens.** The inclusion of Sutherlandia, along with other adaptogenic and antiviral herbs, can further enhance this protection by supporting the body's natural defence mechanisms and helping it better cope with stress and inflammation. Regular use of immune-boosting remedies, including tinctures, teas, and essential oils, can offer both preventive and therapeutic benefits, making the body more resilient to infections.

**I would like to say a huge thank you to Deirdre Holt of Essential Harmony for her endless input and guidance! Her knowledge is immeasurable and she offers it freely, I personally keep learning daily and am forever grateful for this incredible journey! Naturally Debbie Part Two on page 11**

# Dee's Kitchen: Mother's Day in Henley-on-Klip

**This Mother's Day, I'm thinking about Sunday mornings in my own mom's kitchen** — the smell of butter on the pan, her terrible singing to the radio, and how she made every meal feel like a celebration. Since 1912, South Africans have used the second Sunday in May to say "thank you" to moms, oumas, aunties, and the friends who mother us. For over 100 years, food's been part of it — it's how we gather, how we remember, how we celebrate.

**So this May 11th, whether you're cooking for her or with her, here's how we're doing it in Henley:** For breakfast in bed for mother or brunch, whichever she prefers: **Toasted butter croissants, split and loaded with cottage cheese and silky smoked salmon, alongside a French omelette aux fines herbes — chives folded through and scattered on top. Add a bowl of fresh seasonal fruit, chilled fruit juice, and a Buck's Fizz: champagne with orange juice and a cheeky splash of grenadine.**

**For high tea at 3:** Tender scones still warm from the oven, with clotted cream and strawberry jam, plus savoury cheese scones. Finger sandwiches with crusts off, of course — cream cheese & cucumber, and classic egg mayo — all ready for the good teacups. **Because the right way to cook is the Wright way: made with love, shared with joy.**

## BRUNCH RECIPES

### Toasted Butter Croissants with Smoked Salmon & Cottage Cheese

Makes 4

- 4 all-butter croissants, halved lengthwise
- 60g salted butter, softened
- 200g full-cream cottage cheese
- 200g smoked salmon ribbons
- Freshly ground black pepper
- Lemon wedges, to serve

1. Butter the cut sides of croissants. Toast in a hot pan or under the grill until golden and crisp.
2. Spread cottage cheese generously on the base. Top with smoked salmon folds.

3. Crack over black pepper. Close with croissant lid or serve open-faced. Add a lemon wedge.

### French Omelette aux Fines Herbes

Makes 1, repeat as needed

- 3 large eggs, room temp
- 1 Tbsp buttermilk or Greek yogurt
- Pinch fine salt
- 15g butter
- 1 Tbsp finely chopped chives, plus extra for garnish
- 1 tsp finely chopped parsley
- 1 tsp finely chopped tarragon or chervil optional

1. Whisk eggs, buttermilk or Greek yogurt, and salt until just combined, not frothy. Stir in chives, parsley, and tarragon.
2. Heat 20cm non-stick pan on medium-low. Melt butter until foaming, not brown.
3. Pour in eggs. Stir gently with a spatula, moving cooked egg from edges to centre for 30 seconds.
4. Stop stirring. Tilt pan to spread uncooked egg. When just set but still glossy, fold into thirds.
5. Slide onto plate, seam-side down. Garnish with chives. Serve immediately.

### Seasonal Fruit Suggestion

Combine 1 cup strawberries, halved, 1 cup pineapple chunks, 2 kiwis, sliced, 1 cup green grapes, and segments of 2 oranges. Toss with 1 Tbsp honey and 1 tsp lemon juice. Chill 30 min.

### Buck's Fizz

Per glass

Pour 75ml chilled orange juice into a champagne flute. Top with 75ml chilled champagne or MCC. Add 5ml grenadine down the side — it'll sink, then rise as you sip.

## HIGH TEA RECIPES

### Classic Scones with Clotted Cream & Strawberry Jam

Makes 12

- 500g cake flour
- 4 tsp baking powder
- 1 tsp salt
- 80g cold butter, cubed
- 60g castor sugar
- 250ml buttermilk, plus extra for brushing
- 1 large egg

1. Heat oven to 220°C. Sift flour, baking powder, salt. Rub in butter to breadcrumbs. Stir in

sugar.

2. Whisk buttermilk + egg. Cut into flour mix to make soft dough. Don't overwork.
3. Pat 2.5cm thick. Cut with 6cm cutter. Brush tops with buttermilk.
4. Bake 12-15 min until risen and golden. Serve warm with clotted cream and good strawberry jam.

**Cheese Scones:** Omit sugar. Add 100g grated mature cheddar + 1 tsp mustard powder to flour mix.

### Finger Sandwiches

Each recipe makes 18 fingers

- Cucumber & Cream Cheese
- 6 slices white bread
- 6 slices low GI seeded brown health bread
- 125g cream cheese, softened
- 2 Tbsp finely chopped chives
- Salt & white pepper
- ½ English cucumber, - do stripe peeling (which means peel a strip, then leave a strip open, forming long stripes along the length of the cucumber) Now drag a fork along the peeled portion of the striped cucumber length,

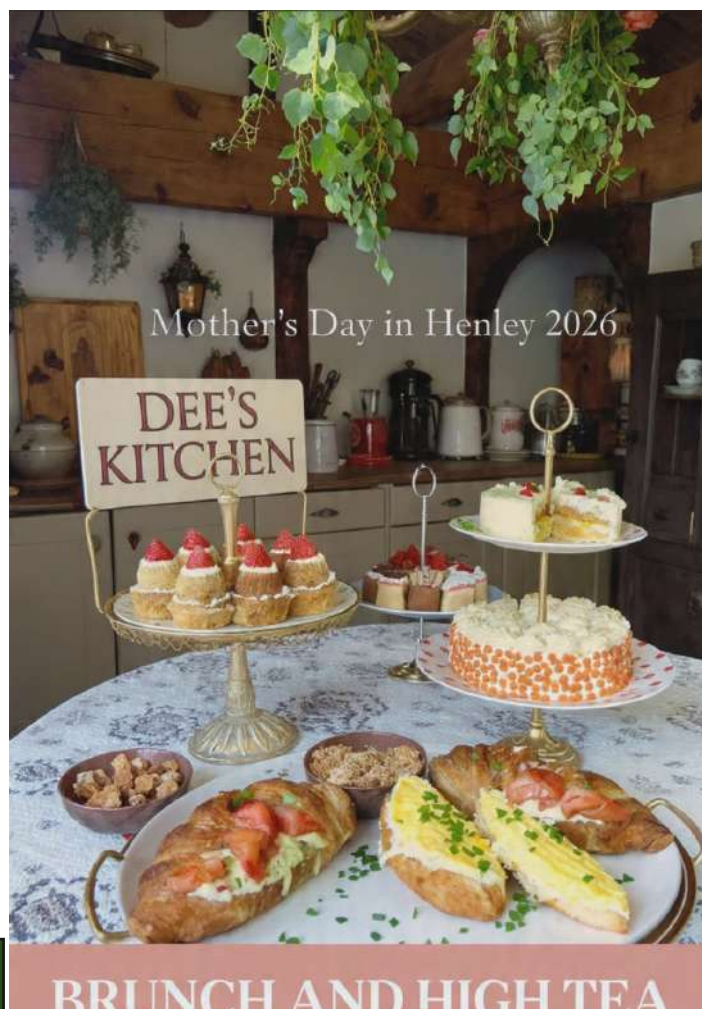
**creating indentations, then slice thinly.**

1. Mix cream cheese, chives, salt, pepper.
2. Spread on white bread. Layer cucumber, slightly overlapping. Top with brown bread.
3. Trim crusts. Cut each sandwich into 3 fingers. Cover with damp paper towel until serving.

### Egg Mayonnaise

- 6 large eggs, hard-boiled, cooled
- 3-4 Tbsp mayonnaise
- 1 tsp Dijon mustard
- 2 Tbsp finely chopped chives
- Salt & black pepper
- 6 slices white bread
- 6 slices low GI seeded brown health bread

1. Mash eggs with mayo, mustard, chives, salt, pepper. Should be spreadable, not sloppy.
2. Spread on brown bread. Top with white bread.
3. Trim crusts. Cut each sandwich into 3 fingers. Keep chilled until tea time.



Find out more at [www.henleyherald.blog](http://www.henleyherald.blog)

BRUNCH AND HIGH TEA

## Naturally Debbie Part Two- Thieves: An Ancient Legend for Modern Immunity

There are certain remedies that seem to carry a story within them, formulations that feel almost timeless, as though they have travelled through centuries to find their place in our modern lives. The Thieves blend is one such preparation, rooted in legend, yet supported by the enduring chemistry of plants.

### The Legend of the Four Thieves

The origins of the Thieves blend are most often traced back to the time of the Great Plague in Europe during the 15th century. According to traditional accounts, a group of thieves roamed plague-stricken towns, robbing the homes and even the bodies of the deceased. What puzzled authorities was not their crimes, but their survival. Despite repeated exposure, these men did not succumb to the illness that devastated entire populations.

When eventually apprehended, they were said to have negotiated a lighter sentence in exchange for revealing their secret. Their protection, they claimed, lay in a blend of aromatic herbs, spices, and vinegars, potent botanicals known for their purifying and protective qualities.

While the story has evolved over time, and historical details vary, what remains consistent is the formulation itself: a combination of warming, antimicrobial, and immune-supportive plants, many of which are now well-recognised for their therapeutic properties.

### The Botanical Intelligence of the Blend

The Thieves range reflects this traditional synergy beautifully, combining essential oils that are both chemically complex and deeply supportive during times of seasonal stress.

### Clove (*Syzygium aromaticum*)

Rich in eugenol, clove is one of the most potent antimicrobial essential oils available. It exhibits strong antiviral, antibacterial, and antifungal activity, while also offering a warming, stimulating effect on circulation. Traditionally used to preserve and protect, it forms the backbone of the blend.

### Cinnamon (*Cinnamomum zeylanicum*)

Cinnamon brings both warmth and power. Its high cinnamaldehyde content contributes to its remarkable antimicrobial capacity. It stimulates the immune system, enhances circulation, and creates an inhospitable environment for pathogens.

### Lemon (*Citrus limon*)

Bright and uplifting, lemon essential oil is rich in limonene, supporting immune modulation and offering gentle detoxification. It helps purify the air, uplift mood, and balance the heavier notes of the spice oils.

### Eucalyptus (*Eucalyptus radiata*)

A cornerstone of respiratory support, eucalyptus radiata is known for its high 1,8-cineole content. It assists in clearing the airways, easing congestion, and supporting oxygen exchange—making it particularly valuable during winter months.

### Rosemary (*Rosmarinus officinalis*)

Rosemary stimulates both the mind and the body. It enhances circulation, supports respiratory function, and offers antioxidant protection. Its crisp, herbaceous profile adds both clarity and balance to the blend.

### Orange Blossom Hydrolat (Thieves Mist)

The inclusion of orange blossom

hydrolat in the mist adds a gentle yet profound layer of emotional and nervous system support. It softens the intensity of the essential oils, making the formulation suitable for environmental use, while offering subtle calming and uplifting effects.

### Why Thieves Works So Well in Winter

Winter presents a unique challenge to the human body. As temperatures drop, we tend to spend more time indoors, in enclosed spaces with reduced air circulation which are ideal conditions for the spread of airborne pathogens. At the same time, the immune system may be under increased pressure due to reduced sunlight, dietary shifts, and seasonal stress.

### The Thieves blend addresses these challenges on multiple levels:

**Air Purification:** The volatile compounds in these essential oils actively reduce microbial load in the air.

**Respiratory Support:** Eucalyptus and rosemary assist in maintaining clear airways and healthy lung function.

**Immune Modulation:** Clove, cinnamon, and lemon contribute to a more resilient immune response.

**Emotional Upliftment:** Citrus and floral notes help counteract the heaviness and fatigue often associated with winter.

### A Versatile Range for Daily Protection

The Thieves range offers traditional synergy in practical, accessible forms:

#### Thieves Mist

A beautifully balanced environmental spray designed to purify the air, uplift the mood, and support respiratory health. Ideal for use in the home, office, or even the car, especially during the colder months when ventilation is limited.

### Thieves Essential Oil Synergy

A concentrated blend that can be diffused, diluted for topical application, or incorporated into personal wellness rituals. This is the heart of the formulation—powerful, versatile, and deeply protective.

### Thieves Rolling Remedy

A convenient, ready-to-use application for pulse points, chest, or the soles of the feet. Perfect for daily immune support, particularly when on the go or during times of increased exposure.

### A Meeting of Tradition and Chemistry

What makes the Thieves blend so enduring is not only its story, but its synergy. Each oil contributes its own chemical profile, yet together they create something far greater than the sum of their parts which is a phenomenon well recognised in both traditional herbalism and modern phytochemistry.

This is where ancient wisdom and contemporary understanding meet: in the recognition that plants, when combined with intention and knowledge, offer a powerful means of supporting the body's natural defences.

In a world that often looks for complex solutions, there is something deeply reassuring about returning to a formulation rooted in history which is simple, purposeful, and profoundly effective.

The Thieves blend reminds us that nature has long provided tools for protection, resilience, and healing. Our role is simply to rediscover them, respect them, and use them wisely.

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## Peace of Emotional Mind (P.O.E.M.) -The Forgotten Grandfather

### The Corner

Mr. Mokoena sits at the corner of a busy street. Cars rush past, people hurry by. To them, he is invisible. But to him, this corner is survival. His pension is gone before it reaches his hands, taken by those who should protect him.

### The Burden

At home, the laughter of children fills the air. His grandchildren play, but their stomachs growl with hunger. Their parents have left them in his care, trusting him with responsibility but offering no support. He is both grandfather and provider, though his pockets are empty.

### The Struggle

His wheelchair creaks as he moves forward, trembling hands reaching out. He begs—not for himself, but for bread, for maize, for milk. Each coin dropped into his hand is hope for the little ones waiting at home. His dignity may be bruised, but his love for them is unbroken.

### The Face of Strength

On his face: tired, lined with years of sacrifice, yet determined. He is not just a beggar. He is a grandfather fighting for his family's survival. His story is the story of countless

elders forgotten by society. Silence in the Home Behind closed doors, many elders face verbal abuse—words that cut deeper than wounds. Others endure physical abuse, hidden from the public eye. “Domestic violence wears many faces—neglect, abuse, and silence.”

- Financial abuse – pensions stolen, resources withheld.
- Emotional neglect – responsibility without support.
- Verbal abuse – words that wound the spirit.
- Physical abuse – hidden pain behind closed doors.

### Awareness Message

“Respect Our Elders. Protect Our Families.”  
Narrator's voice rises with hope: “No elder should beg for dignity.

No child should grow up in neglect. No victim should suffer in silence. Together, we can break the cycle of domestic violence.”

### Faith-Centred Teasers

“Speak up for those who cannot speak for themselves.” –

### Proverbs 31:8

“Even to your old age and grey hairs I will sustain you.” –

### Isaiah 46:4

“He heals the broken-hearted and binds up their wounds.” – **Psalm 147:3**

“Respect our elders, protect our families—because God calls us to honour the vulnerable.”

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## Liewe Katrien

Ek weet ongelukkig nie presies wat die antwoord is nie, my kind. Jou vraag is dalk nie so eenvoudig soos jy dink nie. Ek wil vir jou die storie van Piet Spiere vertel, dit sal dalk help. Lank gelede toe ek en jou ma nog nie self huis gekoop het nie was ons opsoek na 'n woonstel met parkering vir twee motors. Ons het woord gekry van 'n huis agent en ons het gaan kyk na 'n woonstel.

Met die oopmaak van die deur het daar 'n man van vele spiere vir ons gekyk. Hy het so help my sterk lyk hempie gedra vir ingeval ons nie oplet in die klas nie.

Ons is hier om na die woonstel te kyk, groet ek heel beskaafd soos jy my ken. Die man groet my net daar op my naam en heel verras bekyk ek hom en vra na sy eie naam en hoekom hy my sal ken. Nee, verduidelik Piet, ons het saam skool gegaan maar die rugby ouens het nooit met hom gepraat nie. Die rede wat hy toe verskaf is omdat hy eintlik altyd Pietie sonder Spiere was, klein en maer verduidelik hy, en dit lyk toe vir my of hy die resep gekry het om die beeld te verander.

Mooi, sê ek, kan ons na die motorhuis gaan kyk. Dit was een van daai lang maer plekke waar mens voor mekaar moes parkeer. Hy het net een motor gehad en voor teen die muur het hy 'n werkwinkel kantoor storie gehad met

lessenaars en gereedskap en bokse en boeke en sulke goeters. Nee, verduidelik hy dit sal alles opgeruim wees want hy het 'n beter plek gekry om te bly, daar is plek vir al sy goeters. Ons was heel in ons noppies met die situasie want dit was naby die plek waar ek toe gewerk het. So gesê so gedaan en die groot pak het gebeur en die oggend toe die trok met die pakkasie daar aankom toe is die woonstel leeg maar Spiere het nie die motorhuis opgeruim nie.


Na die naweek het ek die agent gekontak want wat nou van Spiere se goeters. Sy het my later laat weet Spiere voel as ek dit wil uit hê ons dit maar self moet versorg, hy gaan nie so ver ry daarvoor nie. Nou soos jy jou ma ken het sy soos 'n mal ding begin lag en nadat sy tot bedaring gekom het haar mening gelug, Pietie sonder Spiere is nie geignoreer oor sy fisiese voorkoms nie maar oor sy persoonlikheid, en daar gebruik sy een van haar sterker woorde om hom mooi te verduidelik.

Die groot vraag was toe, net soos joune, nou hoekom het hy nie geweet nie? Hoekom het hy gedink as hy verander hoe hy lyk hy in tel sal wees by die mense wat hom nog altyd geignoreer het? Daar is 'n spieël waarin ons kan kyk, die ewige wet is 'n spieël, om dinge reg te stel, nie om te vergeet wat jy gesien het en dan gaan rol jy weer in die modder

soos 'n skoongewaste vark nie. Ek dink ook in vandag se lewe is dit maklik om mense soos jy bymekaar te maak en dan saam jou eie groepie te hê wat mekaar so vergiftig teen die normale samelewing hulle verander die frekwensie in die lug vir almal. Ek dink nog 'n probleem is dat goeie maniere nou voorskryf dat ons sulke ou goedjies nou maar

liewer onaangeraak los want mense is heel sensitief oor die reg om te wees wat hulle is. Niemand wil meer soos 'n boom gesnoei en gevorm word om goeie vrugte op te lewer nie. Ek hoop ek het jou vraag geantwoord.

Al my liefde.



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