

## A New Chapter for The Village Corner



**From The Village Corner** If you've passed the intersection of Henley Drive and Ewelme Road in the past few weeks, you may have noticed a quiet transformation taking place at one of the village's most visible corners. Now known as **The Village Corner**, the property is gradually evolving into a destination that seeks to celebrate local business, community life, and the unique character that has long defined Henley-on-Klip. Rather than following the model

of a conventional shopping centre, the vision for The Village Corner is centred on creating a welcoming village precinct where people can browse, meet friends, support local entrepreneurs, and enjoy a slower, more personal shopping experience. The corner already hosts a growing mix of independent businesses and services, providing residents with opportunities to shop local while enjoying the relaxed atmosphere that has become synonymous with our village life.

Future plans include the introduction of additional artisan retail spaces, boutique shops, creative studios, and landscaped public areas designed to encourage visitors to linger a little longer. The focus is on creating a destination that offers discovery and variety, with an emphasis on small businesses and local talent. The property has also recently expanded through the acquisition of an adjoining erf, opening up exciting possibilities for future development and green space. Long-term plans include improved pedestrian access, village-style signage, public gathering areas, and landscaping intended to complement Henley's established character.

One of the most anticipated elements of the vision is the proposed development of a

community theatre and creative arts venue. The aim is to provide a space where local performers, schools, musicians, artists, and community groups can showcase their talents and connect with audiences close to home.

In an age when many small towns struggle to retain community gathering spaces, projects such as these serve as a reminder of the important role local destinations play in strengthening neighbourhood connections and supporting local enterprise.

**As The Village Corner continues to develop over the coming years, the goal remains simple: to create a place that reflects the spirit of Henley-on-Klip—a place where people can gather, shop, create, connect, and enjoy the sense of community that makes our village truly special.** *Photo Courtesy: Village Corner.*



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# MIDVAAL REFLECTS ON FIVE YEARS OF DELIVERY IN 2026 STATE OF THE MUNICIPALITY ADDRESS

Midvaal Local Municipality reflected on five years of service delivery, good governance, infrastructure investment and community development during the 2026 State of the Municipality Address (SOMA), delivered by Executive Mayor Alderman Peter Teixeira under the theme: “A Legacy of Service, A Future of Progress.”

The Executive Mayor, Alderman Peter Teixeira, highlighted the significant strides made by the municipality since 2021. All these achievements occurred despite a challenging economic climate marked by the aftermath of the COVID-19 pandemic, rising service delivery demands and increasing pressure on municipal finances. Over the past five years, Midvaal has maintained its reputation as one of South Africa’s best performing municipalities. The municipality adopted fully funded budgets every year, managed budgets totalling more than R9.5 billion, generated over R176 million in investment interest and maintained an average collection rate of between 90% and 95%.

Midvaal’s commitment to sound financial governance has resulted in twelve consecutive clean audits and recognition as South Africa’s Most Financially Sustainable Municipality for three consecutive years by Ratings Afrika. The municipality has also received more than 40 awards and accolades during the current term of office. Midvaal made significant investments to improve community safety. More than

R18 million was invested in public safety initiatives, including the expansion of surveillance infrastructure to over 600 cameras across the municipality and the establishment of a specialised Law Enforcement Unit. Additional investments exceeding R30 million strengthened fire and emergency services, while over R60 million was allocated to enhance traffic management and road safety.

The municipality also prioritised economic empowerment and skills development. The opening of Midvaal’s first Skills Development Centre in 2025 has already empowered hundreds of residents through digital skills, construction, occupational health and safety and life skills training programmes. Midvaal further supported more than 600 businesses through targeted economic development initiatives and facilitated investments that strengthened the local economy and created employment opportunities. Service delivery has remained at the core of the municipality’s work over the past five years. Midvaal invested more than R90 million in expanding its municipal fleet, enabling departments to respond more effectively to community needs. The municipality maintained uninterrupted refuse collection services across all formal and informal settlements and invested in parks, libraries, sports facilities and community amenities to improve residents’ quality of life.

Over R190 million was invested in roads and stormwater infrastructure over the Mayoral term, resulting in the upgrading of numerous roads, extensive pothole repairs and improvements of our road network across all communities. Significant investments were also made in electricity, water and sanitation infrastructure, including the construction of the Siculo Substation, upgrades to sewer networks, water reservoir refurbishments and projects aimed at reducing water losses. Midvaal’s social development programmes continued to deliver meaningful impact. Thousands of housing opportunities were facilitated through various human settlements projects, while more than 2 300 title deeds were transferred to beneficiaries. Support programmes for youth, women, persons with disabilities, older persons and vulnerable households expanded significantly during the term.

Innovation and digital transformation also featured prominently in the municipality’s achievements. The enhancement of the MyMidvaal App, website and WhatsApp Virtual Agent improved accessibility and responsiveness, while complaint resolution rates increased to 96%. The municipality remains committed to building on the strong foundation laid over the past five years.  
**ISSUED ON BEHALF OF THE OFFICE OF THE EXECUTIVE MAYOR:**  
Yours in Service Excellence,  
Ald. Peter Teixeira  
#PeoplesMayor

## From the HRV

Henley Retirement Village notes the response published in the June 2026 edition of the Henley Herald regarding the rates rebate matter. We welcome Midvaal Local Municipality’s stated willingness to engage with the Management of Henley Retirement Village and to seek an amicable resolution.

However, in the interest of accuracy and transparency, we wish to place on record that, as at the time of this response, Henley Retirement Village has not received a formal meeting invitation from Midvaal Local Municipality containing a proposed date, time, agenda, or meeting arrangements. Henley Retirement Village remains willing to engage constructively with the

Municipality to resolve the matter fairly and in a proper manner.

Given that the matter has now been referred to our attorneys for formal handling, we plan on getting more engagement through the right channels. Henley Retirement Village remains committed to respectful, transparent, and constructive engagement in the best interests of its residents.



# A Dream Realised

**By Sal Hebert**  
 After four long years of negotiating sales, interacting with Midvaal (nothing was simple there), dealing with contractors and the liquor board, and a million other tasks including developing menus and hiring staff, On the Avenue Emporium and Restaurant opened its doors in early June.

The original house at the corner of Ewelme and The Avenue was designed and built by an Italian, Signor Venturi. Rob Hewer, a Henleyite of many years, wine merchant (still working at this full time) and entrepreneur, bought the servitude along Ewelme Road from Ginny Mes (another well-known Henleyite, now retired to the Cape) with the intention of building a coffee and wine shop. By this time the house was dilapidated and vandalised and the owner was eager to sell to Rob so the properties have been amalgamated (this accounts for the odd shape of the stand) and Rob was able to renovate (actually rebuild) the house to make a shop and a restaurant

with lots of outside area (and, open secret, a wine cellar below!).

Another shop in the complex is occupied by The Joyful Teapot (a whole other story, for another time).

Sharon Hewer recently retired as a teacher at Meyerton Primary. She is now in charge of the shop and the kitchen.

The menu is varied and interesting. No burgers or pizzas, although the menu is inspired by the Hewers' trips to Miami and Italy. American pancakes (flapjacks) are their signature dish, both savoury and sweet, with an array of scrumptious toppings. Great coffee and cakes (Try Death by Chocolate, Red Velvet, Carrot Cake and Henley Mud Pie) Ever heard of piadini? Try it. Also Egg in a jar.

They are open Wednesdays to Sundays from 9 to 5. On Fridays and Saturdays they serve wine and charcuterie (tapas) after 3pm. Once a month they are open for a three course dinner..

On the Avenue, exterior (left), and interior(right). Sharon Hewer with Rob beside her, Rudi Bentley, barista, and Carmen Coleman, sales at the shop, on the left(below). Photo courtesy Sal Hebert.



Here Cllr Lynda Parsonson and Malcolm hack are receiving their wine and charcuterie from the waiters.

The walls are adorned with paintings of local artists. Every month there is an art exhibition.

The shop has a wide assortment of well-priced goodies: home-made confection such as Linqua di Sudcara (mother in law's

tongues) home-made pasta, cheeses, deli meats and gifts. The coffee roaster is not yet operational but is coming soon.

Henleyites now have even more choice for a good time out and another place to take their friends and relations from the city.

Reach out to Henley Herald at [editor@henleyherald.blog](mailto:editor@henleyherald.blog)



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# A new era of Braai Culture arrives at the Village Corner



Welcome to OJ's Biltong and Braai – Henley

Ox Botha, the founder of the Henley Deli, has partnered with Dries Cilliers, who is a master in the meat industry, and

running several butcher shops and biltong delis in Gauteng and the Free State.

We are very excited to share our passion and vision with our beautiful village.

On offer will be a wide variety of biltong and drywors products. Pre-packed gourmet delicacies, like Dino eggs and many different stuffed meats. All the normal cuts and craft boerewors and patties. Delicious roasts like prime rib and short rib. Frozen meals,

nutrient rich tallow and bone broth. Other products to name a few – spices, rubs, sauces and relish.

There will also be some beautiful knives, cutting boards and leather products, that can be personally engraved.

Some planning is already in motion for many exciting events in the beautiful garden under the big shady trees.

Our goal is to create a space where people and their fur babies can come to relax and enjoy time with family and friends.

Opening soon!!!

# New Owner, Same Treasure-Hunting Charm at Nicky's Stuff and Things



as a destination for collectors, vintage enthusiasts, and curious browsers searching for unique treasures. Now, under its new name, Nicky's Stuff and Things, the store continues its tradition of

and quirky treasures from years gone by. The appeal lies not only in the items themselves but in the stories they carry.

For Nicky, preserving those stories is part of the joy.

"Every piece has a history," she says. "I love helping people find something special that brings back memories or becomes part of their own story."

Those who have already visited since the change of ownership will have noticed Nicky's infectious enthusiasm and warm personality. Her bubbly nature and passion for vintage treasures have quickly made an impression on customers, both old and new.

Located in the heart of Henley-on-Klip's Village Corner, the shop fits perfectly into the village's unique character. Known for its relaxed atmosphere and strong sense of community, Henley-on-Klip attracts visitors looking for something a little different from the usual shopping experience.

Nicky's Stuff and Things offers exactly that. Unlike modern retail stores filled with mass-produced products, each item in the shop is unique. Whether it's a beautifully crafted piece of furniture, a nostalgic kitchen item, or a rare collectable, customers never know what they might discover around the next corner.

Since taking over the business, Nicky has been busy sourcing new stock while maintaining the welcoming spirit that Cheryl established over the years. Regular visitors can expect fresh arrivals and changing displays, ensuring that no two visits are ever quite the same.

The shop has already become a talking point among locals, with many popping in to welcome Nicky and browse the latest additions. Some come searching for a specific item, while others simply enjoy the thrill of uncovering hidden gems.

In an age where shopping is increasingly done online, places like Nicky's Stuff and Things offer something refreshingly personal. Visitors are encouraged to take their time, explore, ask questions, and enjoy the experience of discovering pieces that have stood the test of time.

For Nicky, the shop is more than a business; it is a place where people connect through memories, history, and shared appreciation for beautiful and unusual objects.

As the new owner settles into her role, one thing is clear: the future looks bright for this charming Henley-on-Klip treasure trove. Residents and visitors alike are invited to stop by Village Corner, meet bubbly Nicky, and experience the magic of Nicky's Stuff and Things for themselves. Whether you're a serious collector, a vintage lover, or simply someone who enjoys a good treasure hunt, there's always something waiting to be discovered.

From Nicky's Stuff and Things HENLEY-ON-KLIP – A familiar favourite at Village Corner has entered an exciting new chapter, as local entrepreneur Nicky officially took ownership of the beloved antique and vintage shop on 1 May 2026.

Previously owned by Cheryl, the shop has long been known

offering an eclectic mix of antiques, vintage pieces, collectibles, and unexpected finds.

Step through the doors and visitors are greeted by shelves and displays filled with everything from antique furniture and vintage décor to glassware, books, jewellery, memorabilia,

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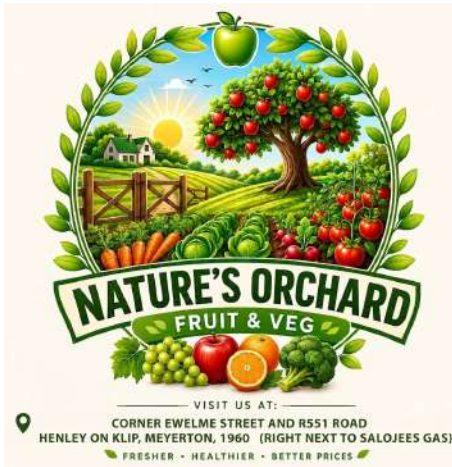
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# Welcome to Nature's Orchard Fruit & Veg



brand-new local haven for premium quality produce without the premium price tag.

Conveniently located at the prominent Corner of Ewelme Street and R551 Road - situated right next to Salojees Gas - Nature's Orchard is a welcoming addition to the local landscape. Step through our doors, and you will immediately

notice the difference. Our shelves are a celebration of nature's bounty, bursting with crisp, colorful vegetables and sweet, juicy fruits. From earthy root vegetables and vibrant greens to perfectly ripe citrus, berries, and crisp apples, we source our stock carefully to ensure that every single item meets our exceptionally high standards. Our core philosophy is built on

## From The Nature's Orchard Team

There is something deeply comforting about a neighborhood that values freshness, health, and local connection. For the residents of Henley on Klip and the greater Meyerton area, a vibrant new destination has arrived to bring the best of the farm straight to your family table. Welcome to Nature's Orchard Fruit & Veg, your

three simple, unwavering pillars: Fresher. Healthier. Better Prices.

We firmly believe that feeding your family wholesome, nutrient-dense food shouldn't be a luxury. By establishing great relationships and optimizing our sourcing, we are able to bypass the extensive, drawn-out supply chains that leave typical supermarket produce looking tired. Instead, we bring you food that retains its true field-fresh crunch and maximum nutritional value, all while keeping your household grocery budget firmly intact.

Whether you are a passionate home cook looking for the perfect vibrant ingredients for a Sunday roast, a health-conscious professional meal-prepping for the week ahead, or someone who simply appreciates the unmatched taste of a perfectly ripe piece of fruit, Nature's Orchard is designed with you in mind. We want shopping for your weekly essentials to feel like a joyful, sensory experience rather than a chore. Our friendly, knowledgeable team is always on hand to help you pick out the

best options, share storage tips, or simply enjoy a warm neighborhood chat.

As a proud new member of the Henley on Klip community, we want to make staying connected as simple as possible. To help our customers get the first pick of our newest seasonal arrivals, daily specials, and exclusive discounts, we invite everyone to follow our official Facebook page and subscribe to our dedicated WhatsApp channel for instant updates.

We are ready to welcome you! Come visit us at our beautiful location to explore our selection, meet the team, and taste the difference for yourself.

## Our Store Details:

- Address : Corner Ewelme Street and R551 Road, Henley on Klip, Meyerton, 1960 (Right next to Salojees Gas)  
 - Trading Hours : Monday to Saturday: 09:00 AM – 18:00 PM | Sunday: 09:00 AM – 15:00 PM  
 - Connect With Us: Follow our Facebook Page, Nature's Orchard, and subscribe to our WhatsApp Channel for instant updates.



## July Gets Off to a Flying Start for Sedibeng Bowls

18 Junior Masters Tournament, which will be held at the Henley on Klip Bowling Club on 7-8 August 2026.

This prestigious event will showcase the district's most talented young bowlers as they compete for Junior Masters honours. The tournament celebrates the dedication, skill and sportsmanship of our rising stars while highlighting the bright future of lawn bowls in Sedibeng.

Congratulations to the following outstanding juniors on their selection:

- Amber Alexanders (VBC)
- Barend Steyn (VBC)
- Jessie Wilkinson (HBC)
- Lewies Badenhorst (SBC)
- Lize-Marie Steyn (VBC)
- Nathan Wilkinson (HBC)
- Tanya Fourie (SBC)

July has kicked off with the Perfect Delivery Gauteng Open, where the Sedibeng juniors once again excelled with outstanding performances.

Congratulations to our bronze medal winners:

- Barend Steyn (Under-15)
- Amber Alexanders (Under-18)
- Alex Badenhorst (Under-25)

Well done to these talented young bowlers on their achievements!

Inaugural Sedibeng Under-18 Junior Masters Tournament Sedibeng Bowls is proud to announce the inaugural Under-

We wish all participants every success and look forward to an exciting weekend of top-class junior bowls.

Would You Like to Play Bowls? Free Coaching at Henley on Klip Bowling Club

Have you ever wanted to try lawn bowls?

The Henley on Klip Bowling Club offers free bowls coaching every Tuesday at 14:00 for anyone interested in learning the game.

Whether you're looking to enjoy bowls socially or aspire to play competitively, our coaching sessions are the perfect place to get started.

Lawn bowls is a fun, family-oriented sport that can be enjoyed by people of all ages and abilities.

Come along, give it a try, and discover a welcoming club and a great community.

Everyone is welcome! Yours in Bowls Sedibeng Bowls President Lauren Coetzee Cell : 064 759 6806

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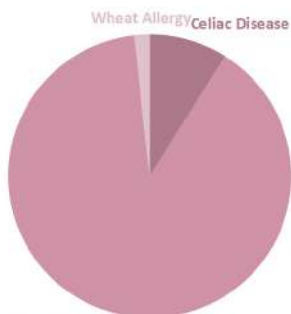
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# The Different Faces of Gluten Sensitivity

Affected Population



Non-Celiac Gluten Sensitivity

**By Hannecke P Hoy (Emergency Care Practitioner and Co-Owner of Gluten Free Patisserie)**  
 Gluten is a group of proteins naturally found in wheat, barley, and rye. While gluten is harmless for most people, some individuals experience adverse reactions and need to avoid it. The three most common gluten-related conditions are celiac disease, non-celiac gluten sensitivity (often called gluten intolerance), and wheat allergy.

**Celiac Disease**  
 Celiac disease is a serious

autoimmune condition in which the immune system attacks the lining of the small intestine when gluten is consumed. This damage can interfere with the body's ability to absorb nutrients and may lead to long-term health complications if left untreated. Celiac disease affects approximately 1% of the population and often runs in families.

**Non-Celiac Gluten Sensitivity (NCGS)**  
 NCGS describes a condition in which people experience



symptoms after consuming gluten but do not test positive for celiac disease or wheat allergy. Symptoms typically improve or disappear when gluten is

removed from the diet. NCGS is believed to be the most common gluten-related condition, with some estimates suggesting that up to 10% of the population may be affected, although many cases remain undiagnosed.

**Wheat Allergy**  
 A wheat allergy differs from both celiac disease and NCGS because it is an allergic reaction to wheat itself rather than an autoimmune response to gluten. Since wheat contains gluten, many people with a wheat allergy follow a largely gluten-free diet.

Wheat allergy is the least common of the three conditions, affecting approximately 0.2% of the population. Symptoms Celiac disease and NCGS often cause very similar symptoms, including:

- Abdominal pain
- Bloating and gas
- Nausea
- Fatigue
- Headaches
- Mood changes such as anxiety or depression

Symptoms usually improve when gluten is removed from the diet.

A wheat allergy may cause some of the same digestive symptoms but can also trigger allergic reactions such as skin rashes, itching, swelling, breathing difficulties, or, in severe cases, anaphylaxis. Even tiny amounts of wheat can cause a reaction in affected individuals.

**Diagnosis**  
 Diagnosing celiac disease and NCGS can be challenging. To accurately test for celiac disease, a person must continue consuming gluten before undergoing blood tests. For many individuals, this can be difficult because it may worsen their symptoms. NCGS is generally diagnosed only after celiac disease and wheat allergy have been ruled out and symptoms improve on a gluten-free diet. Because testing can be lengthy and costly, many people choose to self-manage their symptoms by eliminating gluten from their diet.

**Treatment**  
 Currently, the primary treatment for celiac disease, NCGS, and wheat allergy is avoiding the foods that trigger symptoms. This often requires carefully reading ingredient labels, preventing cross-contamination, and making informed food choices when eating away from home. Understanding the differences between these conditions helps us better support friends, family members, and community members who rely on gluten-free foods for their health and wellbeing.

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**From SLT Commercial**  
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a habit of introducing themselves later. Good buildings remember good decisions. So do bad ones.

**At SLT Commercial, we've never been particularly interested in accepting, "That's just how construction works."**

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**That philosophy shapes the way we work. Our master electricians, certified plumbing teams, experienced project managers and skilled artisans**

**don't work in silos.** They work as one team, led by experienced supervisors who understand that the best sites have rhythm. The right people, in the right place, at the right time. Fast where it matters. Patient where it counts.

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**We also don't believe a relationship ends when the keys are handed over.** Practical completion is exactly that—practical. We continue checking

in with clients, refining the final details and remaining available long after handover because that's when a building really begins its life.

**We're proud to build in the Midvaal because we're not simply working here.** We're helping shape the places where our community lives, works and grows.

If something can be done better, we think it's worth doing better. Maybe that's what building has always been about. Not simply creating structures.

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# VOCES LIBRES CHAMBER CHOIR ANNOUNCES NEW MANAGEMENT COMMITTEE FOR 2026



Voces Libres during the Winternag Performance at the Voortrekkermonument (left). The newly elected management committee, from left to right, Ezette Gravett-Blignaut, Terence van Jaarsveldt, Dr Christelle Engelbrecht, Andrew Williams, Hettie Fowlds(right). *Photo Courtesy Voces Libres*

By Hettie Fowlds

**The Voces Libres Chamber Choir held its Annual General Meeting on 19 June 2026 at La Strada restaurant, where members gathered for choir practice against the backdrop of the RSA/Czechia football match playing on the screen.**

When Bafana Bafana scored, the choir erupted into "Shosholoz" in a moment that captured the spirit of community and joy at the heart of Voces Libres. During the AGM that followed, members elected a new management committee, set to lead the choir into an exciting year of performances, collaborations and growth.

**The new committee comprises:**  
**Chairperson: Andrew Williams**  
**Artistic Director: Dr Christelle Engelbrecht**

**Treasurer: Terence van Jaarsveldt**

**PR and Social Media**

**Manager: Hettie Fowlds**

**Secretary: Ezette Gravett-Blignaut**

**While the committee brings new faces to the helm, the values that define Voces Libres remain unchanged: a love of singing, the freedom to express through voice without limitation, and a shared community built around a passion for making music.**

The past year has been a significant one for Voces Libres, as Dr Engelbrecht reported during her presentation at the AGM.

**In July 2025, nine members joined the Harmonia Girls Choir on an international trip to Spain to participate in the Golden Voices of Barcelona International Choral Festival & Contest.**

**In August 2025, the choir performed at the FAK's Winternag Concert at the Voortrekker Monument, performing a composition by Jaco Meyer from the Winternag**

song anthology, a collection of new and classical musical settings of Eugène N. Marais's poetry.

**In October 2025, Voces Libres undertook a tour to Kimberley and went on to host its own Choir Festival, one of the highlights of the choir's year.**

**In March 2026, eleven members of the choir took part in the historic African debut of Misa a Buenos Aires (Misatango) at the Mzansi Conductors' Convention in Cape Town, performing under the direction of conductor Maestro Saúl Zaks alongside composer Martín Palmeri. The choir also took part in the CCNF's Gauteng Choral Ignite Project in May 2026, and shared its music more informally through performances at Riverstone Mall, a frail care facility, and various restaurant and garden concerts throughout the year.**

**Voces Libres has a full calendar of projects on the horizon. In August, the choir will collaborate with the Rhodes University Choir. In September, Voces Libres will travel to**

Clarens, before performing at the Henley Wine Arts and Music Festival in Henley-on-Klip. The choir's annual Choir Festival also returns later this year, alongside a possible international tour for 2027.

**"What makes this choir special is that we are here for ourselves first, for the joy and the growth it brings us, and from that, we touch the lives of others through the music we make together. That, to me, is the spirit of Voces Libres." – Dr Christelle Engelbrecht.**

**Voces Libres invites anyone who shares a passion for singing to audition to join our community.**

Whether you are an experienced singer or simply love to sing, Voces Libres offers a space to grow musically, connect with others, and be part of something meaningful.

**For auditions to join Voces Libres Chamber Choir, contact: 071 951 5779. Media Enquiries: Hettie Fowlds, 079 746 9618. Learn more at [voceslibres.co.za](http://voceslibres.co.za)**



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# Dee's Kitchen: CLASSIC CAPE MALVA PUDDING



July bites hard here in Midvaal. The frost sits late, the braai coals glow longer, and nobody wants to leave the table. So we've chosen seven old-school puddings that do what winter food should: stick to your ribs, stretch a budget, and bring everyone back for seconds.

Last month we warmed our kitchens with hearty winter soups — the kind that thaw frozen fingers in Henley-on-Klip. This month, we're finishing the meal the Wright way.

These are the recipes our oumas made when the Highveld air turned icy. Malva, sago, brown pudding, and suet — puddings that ask for custard, demand a second

helping, and forgive you if you double the sauce. Most can be made ahead, frozen, and reheated when the cold snaps hardest.

Soup filled the bowl. Now pudding fills the heart. Pull up a chair, dish up hot, and let winter know we're not afraid of it.

## CLASSIC CAPE MALVA PUDDING with AMARULA CUSTARD

Serves 6 | Time: 1 hour

### Ingredients

- 200g sugar
- 2 large eggs
- 1 tbsp apricot jam
- 250ml flour
- 1 tsp bicarbonate of soda
- 125ml milk
- 1 tbsp vinegar
- 25g butter
- Sauce: 250ml double cream, 100g butter, 125g sugar, 125ml hot water, 50ml Amarula

### Method

1. Batter: Beat sugar + eggs +

- apricot jam until pale. Melt butter with vinegar, add to mix.
2. Sift flour + bicarbonate of soda. Add to egg mix alternately with milk. Pour into greased 20cm oven dish.
3. Bake: 180°C / Fan 160°C for 30-35 min until springy and golden.
4. Sauce: Heat cream + butter + sugar + hot water until sugar melts. Off heat, stir in Amarula.
5. Finish: Prick hot pudding all over. Pour hot sauce over. Rest 10 min.

Variations: Replace Amarula with brandy or 1 tsp vanilla essence. Add 1 tsp grated orange zest to batter.

Tip: Sauce must be hot, pudding must be hot. That's what makes it sink in and go sticky.

To Serve: Extra cold Amarula custard or vanilla ice cream. Wine: KWV Cape Tawny or Late Harvest Chenin Blanc.

**DB Creations.**

## Liewe Katrien

Terwyl die profete en sieners mekaar nou so openlik oral sleg

sê het 30ste Junie toe gekom en gegaan en ek hoop maar so in my stilligheid dat wie ook al die ding bedink en uitgevoer het alles in ag geneem het. Ek sien oral berigte en gerugte van klinieke en hospitale wat nie meer so oorval word nie, dis seker nie 'n slegte ding hier in die winter nie. Ook is Turfontein nou skielik leeg, glo was dit 'n gevaarlike plek. Meeste van ons het so saam met Siener van Rensburg groot geword en ons wag maar almal op die emmer bloed wat moet omval in Johannesburg, en natuurlik is die nag van die lang messe 'n idee wat goed gevestig is tussen ons, al weet jy nie veel meer van die man nie.

Ook is dit interessant om nou te sien wat so oral gesê word op die sosiale platforms, mense is vry en bly om hulle opinie te opper op plekke wat nie veel beteken nie. So baie van hulle wat nie Afrikaans praat nie wag vir die boere om 'n plan te maak, maar as daar enige iets gesê word wat net klink of so iets moontlik is, skree dieselfde mense soos mal goed en ons word weereens aangekla van al ons groot sondes teen die hele mensdom en nog wat. Maar miskien, wie weet, is dit net deel van 'n baie groter plan wat niemand nog kan sien nie.

Al my liefde.



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# Dreams Delayed ... Not abandoned.



Many years ago I badly injured my knee in a fall off a horse. It healed well enough for me to continue riding and working, but it remained a weak point and as the years passed the cartilage gradually wore down and then finally the cartilage completely disintegrated.

The diagnosis was clear: a total knee replacement. There are two types of people the 'Practicals' and then you get the 'Sensitives'.

Practicals often say, "Just have the surgery to replace the knee and get on with the rehab, you will be fine".

For a 'Sensitive' like me, it wasn't that simple. In fact, it took months to empower myself to accept the submission to the anaesthetic, the surgeon's knife,

bones being sawed, the titanium implants being pressed and cemented into my bones. Tears and prayers, many of them, and finally the surgery was booked. I found myself bold and brave in the open backed surgery gown as I was wheeled into the theatre.

The surgery went well, but oh my, oh dear, did my body react upset.. twelve days of nausea and weeks of intense pain that even opioid medication barely softened. After 25 days the pain finally settled to bearable and I was able to wean off the opioids. The physio therapy was an unpleasant experience, forced to bend and straighten the new knee through pain. Sad story, but I survived with more tears and prayers.

I had prior to the surgery

researched the return to work recovery time, 6 weeks, some folk needed longer. However as a strong and physically active equestrian I mistakenly expected to be back at work earlier within a few weeks.. I had not understood the deeper issues of a knee replacement. It was not about pushing through to healing, no naye, it was about nurturing the implant and preventing inflammation from raging. Inflammation could cause issues within the bone, blood clots and other scary stuff.. One can not rush healing of bones, ligaments, nerves.. they have their own time and that's that!

The surgeon released me to return to work after 6 weeks with the caveat, listen to your knee, long rests in between

short work sessions. Elevate and ice the knee if it gets hot and swollen. Use crutches in between work sessions.

My job involves much walking, in barns, arenas and stables, lifting tack, teff nets and horses feet, leading horses, and riding them. A beautiful dream job.

I am grateful for my total knee replacement, it is truly a modern miracle to be given back mobility.

Recovery though, is different for everyone. For office workers and retirees, returning to normal life may come relatively quickly because of less physical activity and more sitting rest in between short walks. For hairdressers, builders, electricians, nurses, farmers and equestrians and the like, recovery often takes longer simply because our work demands so much more from our bodies.

One unexpected gift has been the horses themselves. As I return to short work with my crutch, they acknowledge my vulnerability with a gentle touch of their nose and they stand stoic and patient as I hobble around them doing the fascia release therapy.

I look forward to welcoming you soon to experience the remarkable gift of the horse. The launch of the horse school is on hold for just a little while longer.

Much Love  
Wendy  
0720940717

## What Is a Life Coach?

By Yvonne Fyfe  
Flourish Inspired Coaching is founded on the belief that people are created not merely to survive but to flourish with clarity, purpose, and fulfillment. Every woman possesses untapped passion, purpose, and

potential, and a life coach serves as a trusted professional partner who helps uncover these strengths and turn them into meaningful action. Life coaching is designed to help individuals become the fullest expression of who they were created to be. Rather than being a

sign of weakness, coaching reflects a commitment to personal growth and intentional living. Just as athletes and leaders often rely on coaches to achieve excellence, many women choose coaching to help them reach their goals and live more purposefully. Several factors contribute to the effectiveness of

life coaching. First, regular sessions provide accountability, encouraging clients to stay committed and take courageous steps forward. Second, coaches bring expertise in setting meaningful goals and creating practical strategies that promote peace, productivity, and purpose. **Conitnued on Page 12.**

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**Continued from page 11**

Third, coaching offers a safe and supportive environment where powerful questions, honest reflection, and compassionate challenges help individuals discover solutions already within themselves. Finally, coaching creates momentum, enabling change to occur when clarity and commitment come together. Life coaching is especially beneficial for women experiencing transitions, feeling stuck or overwhelmed, or seeking greater fulfillment. It is also valuable for leaders, entrepreneurs, creatives, and women rediscovering themselves after significant life changes or losses. Anyone who senses a gap between their current situation and the life they believe is possible can benefit from

coaching.

**Because every person's journey is unique, coaching sessions are tailored to individual goals and circumstances.** Common areas of focus include discovering God-given purpose, setting and achieving meaningful goals, overcoming fears and limiting beliefs, navigating career changes and life transitions, building confidence and identity, creating balance between personal wellbeing and responsibilities, and cultivating greater clarity, joy, and intentionality. Flourish Inspired Coaching differs from therapy. While coaching is caring and supportive, it is primarily focused on challenge and forward movement rather than healing past trauma or

diagnosing emotional conditions. When issues requiring therapeutic intervention arise, clients are encouraged to seek appropriate professional support. Coaching concentrates on helping individuals move from where they are to where they want to be.

**Many people wonder whether they should be able to achieve their goals independently.**

Although self-directed growth is possible, coaching enhances personal effort rather than replacing it. Another concern is dependency; however, the purpose of coaching is to foster independence, self-awareness, and empowerment. Clients remain the experts of their own lives, while coaches help them access their strengths and capabilities.

Sessions are conducted either face-to-face or online, usually weekly or fortnightly, lasting between 45 minutes and one hour. Group coaching is also available. The coaching process centers on three essentials: helping clients determine what they want, developing a plan to achieve it, and providing support and accountability to follow through. Through this process, clients often experience significant momentum and lasting transformation.

**Flourish Inspired Coaching | Passion · Purpose · Potential**  
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| email: flourish.yvonne1@gmail.com

## Star Boys Academy Celebrates Remarkable Success on the Field

**From Star Boys Academy**

Star Boys Academy is celebrating a memorable week after achieving outstanding success in several football competitions, further cementing its reputation as one of the area's leading youth development clubs.

The academy proudly brought home three trophies in less than 48 hours, showcasing the hard work and dedication of its players and coaching staff. The winning run began on Sunday when the senior team claimed victory in the Voters Registration and Education Tournament, overcoming strong opposition to lift the trophy.

The celebrations continued on Tuesday as the academy's Under-13 and Under-15 teams each secured tournament titles, adding two more trophies to an already impressive collection. Their performances highlighted the depth of talent within the academy and the effectiveness of its youth development program.

In addition to these achievements, Star Boys Academy recently participated in the Mayoral Youth Games, where the players proudly represented their community and gained valuable experience competing against teams from across the region.

Head Coach Abram Baloyi expressed his pride in the

players' accomplishments and thanked everyone who has contributed to the academy's growth and success.

**"We are incredibly proud of our players for their commitment, discipline, and determination. These achievements are the result of hard work from the players, coaches, parents, and supporters who continue to believe in our vision. Bringing home three trophies in such a short space of time is a special moment for the academy and our community,"** said Baloyi.

The academy has become a beacon of hope for many young footballers, providing opportunities for development both on and off the field. Through sport, Star Boys Academy continues to promote discipline, teamwork, and positive values among young people.

As the season continues, the academy remains focused on nurturing talent and achieving even greater success. The recent victories serve as motivation for players to continue striving for excellence while making their community proud.

Star Boys Academy extends its gratitude to all supporters, sponsors, parents, and community members whose encouragement continues to inspire the club's success. *Photo Courtesy Star Boys Academy.*





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