

A New Chapter for Molly's Speakeasy



There are moments in life when a place captures your heart, and for us, Henley on Klip was one of those places. Nine years ago, we visited the village for a weekend getaway and immediately fell in love with its peaceful atmosphere, beautiful surroundings, and welcoming community. After our second visit, we knew this was where we wanted to build our future, and we made the decision to relocate to this special village we now proudly

call home.

Henley on Klip offers something truly unique. It is a place where neighbours know one another, where history is cherished, nature is on your doorstep, and life moves at a gentler pace. It is a village that encourages people to slow down, connect, and appreciate the simple

pleasures of life. When Dirk spotted the advertisement for Molly's Speakeasy, it immediately caught our attention. One crisp autumn afternoon, we met with Eugene at Molly's, and from the moment we walked through the doors, we both saw its incredible potential. As passionate lovers of history and heritage, we knew we wanted to preserve the character and historic essence of this iconic Henley establishment while creating an exciting new

chapter for its future.

We are delighted to announce that, from 1 July, we became the proud new owners of Molly's Speakeasy Village Restaurant.

Our vision is to honour what has made Molly's so special while introducing fresh ideas that will enhance the experience for everyone. We are grateful that the wonderful staff have remained with us, helping us preserve the warm, friendly atmosphere that so many have come to love.

As with any historic property, there is work to be done. One of our exciting plans is to transform the house back into an elegant fine dining restaurant, while making greater use of the beautiful lawn area for relaxed outdoor dining. We also hope to bring even more live music to Molly's Speakeasy. As keen musicians ourselves, we believe

music brings people together and creates unforgettable memories.

Most importantly, we look forward to meeting more members of our community. Whether you're a long-time local or visiting Henley on Klip for the first time, we invite you to pop in, say hello, and become part of our journey as we preserve the heritage of Molly's Speakeasy while creating new memories for generations to come.

To make a reservation whatsapp or call 083 700 0997 / 082 660 4950 or send an email to eat@mollys-speakeasy.com. Follow us on facebook and Instagram to see what is going on at Molly's Speakeasy Village Restaurant.

We can't wait to welcome you. Dirk and Rina Francis



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HENLEY HERALD

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Scent and Skin at The Village Corner



By Tamarind Saskia
Having lived in Henley (on & off) for the best part of 33 years, opening Scent & Skin has been one of the most gratifying and amusing experiences.

Gratifying in that I never thought I would be opening an Inuka Specialist store after only 8 months of starting my Inuka journey.

Amusing in that from the time my signage went up, as usual Village speculation was rife as to what the store would be, everything from a tattoo studio to a "massage parlour".

Instead, what opened is essentially a peaceful space, which caters for all ages through a wide product range, set in the beauty of The Village Corner.

I used to run my business from home and do markets, but I saw a gap for South African produced high end products and took a leap of faith, which thankfully has proved successful!

As well as already having a steady customer base within

Henley & Midvaal, existing clients and the lovely ladies of The Village Corner have supported and further promoted Scent & Skin.

Now, you are asking "What does this business do?" Well...what don't we?

Scent & Skin is an Exclusive Inuka Specialist. We stock everything that smells good for everyone and everything.

From an exclusive range of hers & his to gender neutral fragrances, all available with matching body washes & luxury lotions, to the all natural Mohlolo range, suitable for all skin types. Mohlolo ranges from children's products to haircare products and everything in between.

And NO, Inuka is not a product range of "knock off" fragrances. We do have fragrances inspired by other popular brands, however, there is an extensive range of hers/his/ theirs & youth ranges that you would not have encountered before.

At Scent & Skin we believe in "Local is Lekker" which is ideal as an Inuka Product Specialist, as Inuka was

founded and is produced in Cape Town.

On top of that, Scent & Skin and Inuka both believe in providing opportunities to those willing to work, thus the store has local ladies helping out, either for pin money, product trade and obviously experience in sales. Inuka recruitment opportunities are also available.

As well as stocking all the smell good, look good, feel good goodies, we have also partnered with Floratine Custom Crafted Creations, who do stunning 1 off hair vines, bracelets as well as beaded & "tatted" earrings.

Regardless of if you are looking for a new fragrance, "spoil yourself make up", skincare, a first fragrance for your little, something to gift a friend or a way to deodorize your husband's stinky golf shoes...Scent & Skin is the shop for you!

Find us at:
SCENT & SKIN
Shop 9
The Village Corner
C/O Henley Drive & Ewelme
Trading Hours:
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Tues - Sat : 09:30 - 15:00
Sun : Open for Markets

Whatsapp - 064 977 5900
Facebook- Scent & Skin
Hope to see or hear from you soon!

The Joyful Teapot at On the Avenue



By Sal Hebert
At the new restaurant and emporium at the corner of The Avenue and Ewelme Road there is also a shop which sells the most beautiful ceramic and glass table ware – vintage treasures and collectibles.

Riana Vreugde (get it? Joyful?) is the creator of this beauty and owner of the business. Here she is outside her shop. She started when she had to help her mother who was downsizing and then she helped a friend and

another and so it snowballed as she collected more and more stock, sold some, bought some

more. Eventually there was no room in her house without boxes of precious pieces. She needed a place away from home. Riana hails from Three Rivers but she is no stranger to Henley. She is also in the wine business and has presented at a few of the WAM festivals, mainly at Bass Lake. She happened to phone her friend in the wine business, Rob Hewer, and during the conversation discovered that he had the perfect space for her in

his new development. She has transformed a storeroom into a stylish shop.

Wielding the roller herself, she used bold colours and well-placed lighting, stylish arrangement of Murano glass to Royal Albert and Maxwell Williams tea sets to make this space like a visit to an art gallery or a museum.

She also renovates metal vintage garden furniture. With colourful cushions the wire chairs look stunning.

She has a network of buyers and sellers and many of her sales come via the internet.

You can follow her on Facebook, or email her on riana@joyfulteapot.co.za if you're looking for a particular set and she'll try and find it for you.

Photo Courtesy: Sal Hebert.

Polliwog Swim Expands with New Branch in Henley on Klip

From Polliwog Swim Residents of Henley on Klip will now have greater access to professional swimming instruction and aquatic fitness with the opening of a new branch of Polliwog Swim.

Known for its strong emphasis on water safety and confidence-building in the water, Polliwog Swim has grown steadily through its child-focused and family-friendly approach to swimming education. **The new Henley on Klip branch aims to serve swimmers of all ages — from babies and toddlers learning foundational water skills, to older children and adults looking to improve technique, fitness, and confidence.**

Henley on Klip is a unique community, with many residents living alongside the Klip River and enjoying the natural beauty and recreational opportunities it offers. Sadly, the river has also been the site of numerous drownings over the years, often involving people attempting to cross the river or swimming in unsafe conditions. While no

swimming program can eliminate every risk, learning essential water safety and survival skills can significantly improve a person's ability to respond in an emergency. Polliwog Swim believes that equipping both children and adults with these life-saving skills is an investment in the safety and well-being of the entire community.

"At Polliwog Swim, our biggest priority is teaching life-saving water safety skills," said Linda, the owner of Polliwog Swim. "South Africa has many homes, schools, and recreational facilities with pools and open water access, making swimming and water awareness an essential life skill."

The swim school offers structured lessons focused on water confidence, survival skills, and age-appropriate aquatic development. In addition to beginner learn-to-swim classes, the Henley on Klip branch will also provide stroke development coaching for swimmers wanting to refine technique and improve endurance in all major strokes.



A key aspect that sets Polliwog Swim apart is its commitment to inclusive aquatic education.

Its instructors are professionally trained to work with individuals with a variety of additional needs, providing patient, supportive, and individualized instruction. Our team is dedicated to creating a safe, encouraging environment where every swimmer has the opportunity to develop confidence and essential aquatic skills at their own pace. For adults seeking a low-impact fitness option, the branch will also host water aerobics classes designed to improve cardiovascular fitness, strength, flexibility, and mobility in a supportive aquatic environment.

The expansion reflects growing demand in the Midvaal area for quality aquatic education and accessible fitness opportunities.

Polliwog Swim's programs are designed to cater to swimmers of varying abilities while maintaining a welcoming and encouraging atmosphere.

With drowning prevention and water competence remaining important community concerns, the arrival of Polliwog Swim in Henley on Klip is expected to bring both recreational and safety benefits to local families.

Enrollment for lessons and classes is now open as lessons will commence 1 September 2026.

Enquiries:



083 263 0248



info@polliwogswim.co.za

ENROL HERE



Thinking of Buying a Wendy House? Read This First

Wendy houses have become increasingly popular as affordable solutions for home offices, storage, accommodation, workshops and even small businesses.

However, one of the biggest misconceptions is that a Wendy house can simply be placed on a

property without municipal approval. In Midvaal, this is not always the case.

Before purchasing or installing a Wendy house, property owners should first contact the Midvaal Municipality Building Control Department. The

municipality will determine whether the proposed structure requires formal building plans or whether it qualifies as minor building work. Even if a structure is considered "minor building work", written approval from the municipality may still be required before installation.

The intended use of the Wendy house plays an important role.

A small garden shed used for storage may have different requirements to a Wendy house that will be used as a bedroom, home office, salon, rental unit or business premises. The larger the structure and the more permanent its use, the greater the likelihood that municipal approval and building plans will be required.

Property owners must also ensure that the Wendy house complies with the zoning of the property, building line restrictions, servitudes and height limitations. If the

structure is to be positioned closer to a boundary than permitted, an application for building line relaxation may be necessary before approval can be granted.

If electricity or plumbing will be installed, these services must also comply with the relevant regulations and may require additional approvals or inspections.

Before paying a deposit, ask the supplier exactly what is included in the quotation. Does the price include delivery, installation, foundations, waterproofing and assistance with municipal approvals? Reputable suppliers should also be able to provide construction specifications and drawings if these are required by the municipality.

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80/78 Shiplake Road,
Henley on Klip, Meyerton



The Heart Behind Delvey Spa

My name is Suhana Mathavan, and I'm the owner of Delvey Spa, a new wellness space recently opened at The Realm in Henley on Klip.

Like many business owners, this journey hasn't been glamorous. It

has been built through long days, setbacks, determination, and an unwavering belief that every challenge has the potential to become something meaningful—not just for me, but for those around me.

The inspiration behind Delvey Spa came from my own life. Having experienced trauma and difficult seasons, I came to understand the importance of creating healing spaces where people can simply pause, breathe, and feel cared for. For this reason, our spa is experience-oriented rather than treatment-oriented. We encourage guests to slow down, reconnect with themselves, and enjoy the experience without feeling rushed by the clock. To me, this spa isn't simply a business; it is a reflection of resilience, healing, and the belief that looking after ourselves is never selfish—it is necessary. I also believe that wellness should be accessible, allowing people to enjoy moments of self-care more than once a month rather than seeing pampering as an occasional luxury. Every product and every treatment has been chosen with that philosophy in mind. My hope is that when someone walks through our doors, they leave not only feeling refreshed, but also reminded that they are worthy of taking time for themselves.

Earlier this year, I was humbled to receive two international awards

recognising entrepreneurship and community impact. While I am incredibly grateful for these honours, they are simply milestones along my journey. The greatest achievement for me has been transforming an empty space into a warm, intentional sanctuary filled with kindness, where people feel welcomed, valued, and cared for—a place that can serve and contribute to a community I am proud to now call family. Sometimes the most beautiful things are not born from perfect circumstances, but from the decision to heal and help others heal too.

Henley on Klip, and clients from the surrounding areas, have already shown me such warmth and kindness, and for that I would like to offer a heartfelt "Thank you". I look forward to welcoming you to Delvey Spa in the months ahead.

For our catalog or bookings, our WhatsApp is 065 2644 090. Email: info@delveyspa.com Facebook: The Delvey Spa, Instagram: [delvey_spa](https://www.instagram.com/delvey_spa)

Suhana Mathavan
Founder & Owner
Delvey Spa.

Photo Courtesy Delvey Spa

Thinking of Buying a Wendy House? Read This First

Continued from Page 3__

Failure to obtain the necessary approvals could result in delays, penalties or even being instructed to remove the structure at your own expense. Spending a little extra time

confirming the legal requirements before purchasing can save thousands of rands in the future.

If you are unsure whether a Wendy house requires approval on your property,

contact Midvaal Municipality before making any commitments. Every property is different, and requirements may vary depending on zoning, the size of the structure and its intended use.

When in doubt, ask first and build later. A little planning today can prevent expensive problems tomorrow.

Jacolien De Bruyn
Property Practitioner
072 326 5589

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SPARTAN'S TAEKWON-DO MAKES HISTORY: 18 SA CHAMPIONS CROWNED AT NATIONALS



Henley on Klip's very own Spartans smashes records with a stellar haul at the ITFSA National Championships in Alberton.

ALBERTON. It was a weekend of triumph for Henley on Klip's very own Spartan's Taekwon-Do, as they returned from the ITFSA National Championships in Alberton with an astonishing total of 67 medals, comprising 25 gold, 28 silver, and 14 bronze medals, securing the coveted title of SA

Champion for each victorious gold medalist.

This phenomenal achievement is a testament to the dedication and hard work of both the students and the club's leadership.

While 20 students represented the club at the nationals in 2025, this year saw a remarkable 30 competitors take to the mats, showcasing the club's rising prominence in the martial arts community. Reflecting on the team's historic

success, the head coach beamed with pride, noting that "Despite this impressive medal haul, we don't believe medals give a true reflection of the work and the commitment by the students."

This National success follows hot on the heels of their impressive performances at the MASA Provincial Championships in Roodepoort in May and the MASA National Championships in Pretoria in June. The consistent high-level performance across multiple events confirms Spartan's Taekwon-Do as a force to be reckoned with on a national scale.

OUR GOLDEN CHAMPIONS

The following students have successfully attained national champion status by winning gold at the ITFSA National Championships: Chloe York, Clayton Campbell, Dawn Gouws, Desmond Campbell, Faizan Khan, Janika Scheepers, Jessica

Hawken, Kamogelo Ledwaba, Lehman Vere, Meghan Hawken, Michael York, Mohau Mofokeng, Natalia Gouws, Noah De Beer, Raquel Fisher, Sian Smit, Skylla Stapleton, Taylor Hawken.

Barely past the halfway mark of the year, the club has already eclipsed its entire 2025 medal count. Organizers are excited to turn their attention toward upcoming gradings in August and further competitions during the latter part of the year.

Spartan's Taekwon-Do warmly invites all residents of Henley on Klip to come and explore the exciting world of Taekwon-Do getting fit while having fun! Based at In Regatta Road, Henley on Klip, classes are held twice a week on Tuesdays and Thursdays, catering to all skill levels. For queries on how to join this winning team, community members can contact Clayton Campbell on 0658450161.

Henley Bowling Club Continues to Invest in Its Facilities and Community



The Henley on Klip Bowling Club has been busy improving its facilities to ensure members and visitors enjoy a welcoming, well-maintained environment. Recent upgrades include the installation of brand-new floodlights on the bowling green, freshly painted parking bays and curbs, trimmed trees, and lowered advertising boards,

giving the club a fresh new look.

The new floodlights are already lighting up the club's popular Last Friday of the Month Social Bowls. For just R50 per person, join us from 5:30 pm for a 6:00 pm start for an evening of fun, laughter, and friendly competition. No experience is needed—everyone

is welcome. Enjoy drinks specials, delicious meals from The Clubhouse Kitchen, and a relaxed atmosphere with family and friends.

A heartfelt thank you goes to our President, his dedicated team, and all the members who volunteered their time to complete these improvements. Your hard work continues to make our club a place we can all be proud of.

The community is also invited to our Annual Potjie Competition on Saturday, 12 September 2026. Teams of up to four people can compete for R2,000 in cash and the honour of having their name engraved on the Henley on Klip Bowling

Club Potjie Trophy. The competition starts at 08:30, with blind judging at 16:00. Entry is R250 per team, with all preparation taking place on-site using wood or charcoal fires (no gas or seafood permitted). Bookings are confirmed upon payment. To enter or for more information, WhatsApp Louis Venter on 082 969 9198. Whether you're joining us for Social Bowls, entering the Potjie Competition, or simply looking for a friendly community club, we look forward to welcoming you to the Henley on Klip Bowling Club.

-Lauren Coetzee
Acting President
Sedibeng Bowls

Young Meyerton Vaulters Make Waves at Gauteng Championships

By Theresia van Eyssen
Eleven talented young athletes from Meyerton have made their Midvaal community proud with outstanding performances at the Gauteng Equestrian Vaulting Championships under the

expert guidance of coach Monique van Zyl from La Danza Vaulting.

Equestrian vaulting is a unique and exciting sport that combines gymnastics, dance, strength, balance, flexibility, coordination,

and artistry.....All performed on the back of a moving horse. It requires incredible teamwork between the vaulter, the horse, and the lunger, making it one of the most challenging and rewarding equestrian disciplines.

The La Danza team demonstrated exceptional dedication, discipline, and sportsmanship throughout the championships, showcasing the talent and hard work that has gone into their training.
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Young Meyerton Vaulters Make Waves at Gauteng Championships

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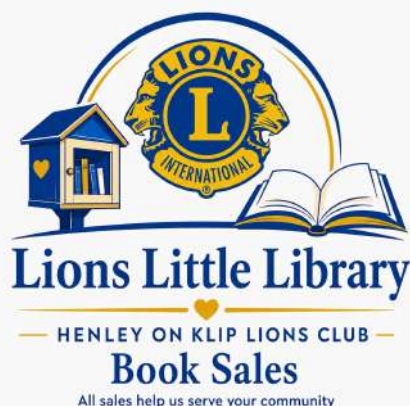
Their achievements highlight the growing popularity of equestrian vaulting in the area and serves as an inspiration to other young athletes.

Coach Monique van Zyl expressed her pride in the team's commitment and progress, noting that every athlete performed with confidence and determination.

Anyone interested in experiencing this exciting niche sport is invited to attend a free introductory lesson to learn more about equestrian vaulting and discover what makes it such a unique sporting experience.

For more information or to book a free lesson, contact Monique on 079 510 0098

Photo Courtesy: Elsje van Zyl



From Lion Chelsea
Our monthly book sales will now be available 6 days a week!

you to Marinus van Es for making the cradles.

Exciting news from the Henley on Klip Lions Club

For many years, the club's monthly book sales have become a favourite community event, attracting book lovers from across Midvaal.

Our monthly book sales started in 2008 at the Kliphouse Market, moved to the Evening Star Market and later to the Lions O'Connor Hall. A special thank

Thanks to the incredible support of residents who have generously donated books and faithfully supported our sales, we are now taking the next exciting step by opening a permanent book store, "Lions Little Library" at The Village Corner.

The community book shop will be open Tuesday to Sunday, 9am - 3pm and managed by Lions and Friends of the Lions.

All funds raised support initiatives such as eye clinics, food assistance, community

outreach, and many other projects that make a meaningful difference in our community.

Thank you to Debra Fynn Robertson, the new owner of The Village Corner (previously About Time Corner) for allowing us this opportunity and to our Vice President Lion Norma Botha for making this possible.

We are opening early August. Come visit us and say hi, browse books and make a difference by supporting our community book store, that gives back to the community!



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Henley WAM Festival: A community festival that gives back



Get your tickets
here

The event was established to assist the Henley Lions Club and Rotary Club in raising funds for projects that support people and families in need within the local community.

across Gauteng and beyond, but also showcases the best of Henley-on-Klip.

The festival is proudly family-friendly and pet-friendly, making it an ideal weekend outing for all ages. Visitors are encouraged to make a weekend of it by staying at one of the village's welcoming guesthouses while exploring everything Henley has to offer.

Standard tickets are available from R200.

Each ticket includes an official Henley WAM Festival wine glass, a festival map and tasting card, as well as access to wine tasting across all nine participating venues over both festival days.

As the festival's message so simply reminds us: "Your ticket helps someone real."

Tickets are available online at : <https://qkt.io/Ps40bm>

By Dalene Nel
There is something truly special about a community that comes together with a shared purpose. That is exactly what the Henley WAM Festival has become over the past few years. What started as a local fundraising initiative has grown into one of Midvaal's most anticipated community events, and this year marks the 7th Henley WAM Festival.

September 2026, the festival celebrates everything that makes Henley-on-Klip unique. Visitors can explore nine beautiful venues, enjoy tastings of more than 100 South African wines, discover talented local artists, listen to live music and experience the warm hospitality that has become synonymous with the village.

What makes WAM different, however, is the reason behind the festival.

Every ticket purchased contributes towards helping these organizations continue the important work they do throughout the year.

The success of WAM has also been made possible through the support of local businesses, venues, exhibitors, artists, volunteers and residents who have embraced the festival as their own. Together they have created a weekend that not only attracts visitors from

Taking place on 5 and 6

Galaxy Children's Village Celebrates Another Successful Bass Lake Fundraiser on Mandela Day 18 July



By Theresia van Eyssen
Galaxy Children's Village proudly celebrated the success of its 4th Annual Polar Plunge Fundraiser, held at the beautiful Bass Lake. The event once again brought together families, friends, supporters, and community members for a memorable day of fun, fitness, and fundraising in support of the children.

Participants enjoyed a choice of a 3.5 km or 6.7 km scenic walk before taking on the exhilarating 12°C Polar Plunge into Bass Lake. Despite the icy water, the enthusiasm, determination, and incredible community spirit made the event an unforgettable experience for everyone involved.

The fundraiser was about far more than raising much-needed funds. It was an opportunity to bring the community together,

create awareness of the work Galaxy Children's Village does, and celebrate the power of people uniting for a worthy cause. Every participant, volunteer, sponsor, and donor played an important role in making the day an outstanding success.

We extend our heartfelt gratitude to Bass Lake for once again hosting this incredible event. Their ongoing generosity, hospitality, and partnership have been instrumental in making the annual Polar Plunge a highlight on our fundraising calendar. We also take a moment to remember Alan Pepper whose original kindness and generosity sparked this annual event.

We would like to offer a special thanks to our generous sponsors and supporters whose kindness and contributions helped make this event possible: Bass Lake,

Lake VibeZ, Freediving Johannesburg, MAC Athletics Club, Events Guy, 90.6 Radio Station, Eskort, Fundamental Private School, Panarotti Meyerton, Air-O-Tene, CraftBin Vaal, Tania Hardehout Borde, Balloon Works, BlackBat Digital Printing, Jason Skinner of JMB Cranes, Firefly Embroidery and Lisa from Sure Travel.

A special word of appreciation goes to Fundamental Private School, not only for their generous donation but also for continuously encouraging and challenging other schools and educators to support this annual event. Their leadership and commitment to giving back are truly inspiring.

Finally, we extend our sincere thanks to everyone who walked, plunged, volunteered, donated, and cheered from the sidelines. Your compassion and generosity enable Galaxy Children's Village to continue providing a safe, loving, and nurturing home for children in need.

In the words of Nelson Mandela...Children are our Greatest Treasure. They are our future.

We look forward to welcoming everyone back for our 5th Annual Polar Plunge next year as we continue changing lives—one step, one splash, and one act of kindness at a time.

Photo Courtesy Theresia van Eyssen.

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Naturally Debbie: Your body whispers before it screams

By Debbie Firbank

Our bodies have an incredible capacity to heal, but they also have an incredible way of telling us when something isn't quite right. The trick is learning to listen while they're still whispering.

Most long-term illnesses don't appear overnight. Long before disease develops, our bodies often begin to send us gentle signals that something isn't quite right. We tend to dismiss them as "just getting older," "working too hard" or "life being busy." But these quiet whispers may simply be your body's way of asking for a little more care.

Do you wake up feeling stiff every morning? Is your mind often clouded by brain fog? Do you battle with bloating after meals, stubborn skin problems, aching joints or unexplained fatigue? Perhaps you've noticed that despite eating sensibly, the weight around your middle simply refuses to budge. While these symptoms can have many different causes and don't necessarily mean you have chronic inflammation, they are all signals worth paying attention to, especially if they persist. Our bodies have an incredible ability to heal, but they also have an incredible ability to communicate if we're prepared to listen.

Inflammation often gets a bad reputation, but the truth is that we couldn't survive without it. It's one of the body's natural defence mechanisms, helping us heal after an injury, fight off infections and repair damaged tissues. If you've ever cut your finger or sprained an ankle, you've seen inflammation at work. The area becomes red, warm and swollen as your immune system rushes in to begin the healing process.

The problem begins when

inflammation doesn't switch itself off. This "silent" or chronic inflammation can smoulder away for months or even years without causing obvious symptoms. Over time it may contribute to conditions such as arthritis, heart disease, type 2 diabetes, obesity and many digestive disorders. It may even play a role in depression, memory problems and some autoimmune conditions.

The encouraging news is that our daily choices can make a real difference. One of the simplest places to start is with the food on our plates. Colourful berries are packed with antioxidants that help protect our cells. Dark leafy greens such as spinach, kale and Swiss chard provide vitamins, minerals and plant compounds that support healthy inflammatory responses. Fatty fish like sardines, pilchards, salmon and mackerel are rich in omega-3 fatty acids, which have been widely studied for their anti-inflammatory benefits. Healthy fats from avocados, extra virgin olive oil, nuts and seeds also deserve a regular place in our diets.

Many herbs and spices have earned their reputation through centuries of traditional use and are now supported by growing scientific research. Turmeric contains a natural compound called curcumin, while ginger provides gingerols, both of which have been studied for their ability to support a healthy inflammatory response. Interestingly, curcumin is absorbed far more effectively when combined with a pinch of black pepper, which is why we stock a Turmeric, Ginger and Black Pepper blend that's so convenient to stir into soups,

stews, smoothies or warm drinks.

Another fascinating natural product is Black Cumin Seed Oil (Nigella sativa). Used traditionally for centuries in the Middle East, Africa and Asia, it contains a remarkable compound called thymoquinone, which has attracted considerable scientific interest in its antioxidant and inflammation-supporting properties. Many of our clients choose to include it as part of an overall healthy lifestyle alongside a balanced diet. Choosing fresh, seasonal produce from local farms or your own garden is one of the simplest ways to nourish your body while supporting your community.

It's equally important to think about the foods that may encourage inflammation when eaten too often. Highly processed foods, sugary snacks and drinks, refined carbohydrates such as white bread and pastries, deep-fried foods and processed meats can all contribute to an inflammatory environment in the body, particularly when they replace fresh, whole foods. This doesn't mean you can never enjoy a slice of birthday cake or a weekend treat. Good health isn't about perfection, it's about what you choose most of the time. A colourful plate filled with vegetables, fruit, healthy proteins and good fats will do far more for your health than constantly worrying about the occasional indulgence. It's what you do consistently that counts.

Of course, reducing inflammation isn't only about what we eat. Poor sleep, chronic stress, smoking, excessive alcohol intake, lack of exercise and carrying excess weight can

all contribute to ongoing inflammation. Gentle daily movement, spending time outdoors, staying well hydrated and making time to relax are just as important as choosing nourishing foods. Looking after your body isn't about one single habit; it's about creating a lifestyle that allows it to heal and thrive. There is no single "magic" food or supplement that will eliminate inflammation overnight. Good health is built through many small choices made consistently over time. Every colourful meal, every walk in the fresh air, every good night's sleep and every moment spent reducing stress is another step towards supporting your body's remarkable ability to heal itself.

Your body works tirelessly for you every single day. It repairs, protects and heals, often without you even noticing. When it begins to whisper, don't ignore it. Listen with kindness, nourish it with wholesome foods, gentle movement, restful sleep and moments of peace, and give it the support it needs. The sooner we learn to listen, the less likely our bodies are to have to shout. **Thank you to Deirdre Holt for her invaluable insight and advice** [Products mentioned are available at Breathe Natural Health at Bass Lake

***Before your next meal, add one extra colour to your plate. Whether it's a handful of spinach, sliced tomato, grated carrot or a few blueberries, colourful plant foods are rich in the natural compounds that help support a healthy inflammatory response. Sometimes the smallest changes become lifelong habits.**



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Dee's Kitchen: END OF WINTER IN HENLEY ON KLIP



a low temperature over several hours. This breaks down tough cuts of meat and develops deep flavour. Add your ingredients in the morning, set it to LOW, and dinner is ready when you are. It uses very little electricity and does not heat up your kitchen.

*HOW A

WONDERBAG WORKS*

A Wonderbag uses retained heat cooking.

1. Bring your food to a rolling boil on the stove for 5 to 10 minutes.
2. Place the hot pot directly into the Wonderbag.
3. Zip the bag closed. The trapped heat continues cooking for 4 to 12 hours.
4. Open when ready to serve. Food stays hot and does not burn. No electricity or gas needed while it cooks.

SLOW POT RECIPE

BEEF & BARLEY STEW

Serves: 6-8 | *Cook:* 6-8

hours on LOW.

Ingredients:

- 1kg beef stew, cubed
- 1 cup pearl barley, rinsed
- 2 carrots, sliced
- 2 potatoes, cubed
- 1 large onion, chopped
- 1.5L beef stock
- 2 bay leaves
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp cooking oil

Method:

1. Brown beef in oil in a frying pan. Transfer to slow pot.
2. Sauté onion 3 minutes. Add to slow pot.
3. Add barley, carrots, potatoes, stock, bay leaves, salt, and pepper.
4. Cook on LOW for 6-8 hours.

Side Dish:

Crusty bread rolls and steamed green beans

South African Wine:

KWV The Mentors Shiraz or Rupert & Rothschild Classique.

WONDERBAG RECIPES

WONDERBAG CHICKEN & RICE

Serves: 4-6 | *Bag time:* 4-5

hours

Ingredients:

- 1kg chicken pieces
- 2 cups long grain rice
- 1 onion, chopped
- 1 can 400g chopped tomatoes
- 4 cups chicken stock
- 2 tbsp curry powder
- 1 tsp salt
- 2 tbsp cooking oil

Method:

1. Brown chicken in heavy pot. Remove.
2. Sauté onion and curry powder 2 minutes.
3. Add rice, tomatoes, stock, salt. Stir. Bring to rolling boil 5 minutes.
4. Return chicken to pot.
5. Place pot into Wonderbag. Seal. Leave 4-5 hours.

Side Dish:

Beetroot salad and steamed broccoli

South African Wine:

Sauvignon Blanc. Durbanville Hills Sauvignon Blanc or Constantia Glen Sauvignon Blanc.

As we head into the last stretch of winter here in *Henley on Klip* August is the perfect time to let your slow pot and wonder bag do the work. The days are still chilly but spring is around the corner. These one pot meals give you time back. Time to prep your veggie garden, sort the house or just stay warm under a blanket while dinner cooks itself. Brown your meat, saute your onions, bring it to the boil then walk away. Come back hours later to a hot hearty meal ready to feed the family.

HOW A SLOW POT WORKS

A slow pot cooks food slowly at

Breathology in Henley on Klip

Almost a decade ago, a small group of us started the strange group called **Breathology**. This group is still going strong to this day, thanks to Anne, Lee and others who have been faithfully leading it. Gathering weekly at the Henley Retirement Village.

So one would ask what is Breathology?

It is the art of correct breathing that promotes health.

Incorporated in the Breathing classes is Qigong (pronounced Chee-gong)

Qigong is a moving meditative exercise with body tapping and patting and making sounds.

All based in eastern energy work Qi means energy and gong means cultivation. The sounds are to stimulate our organs, the movements, slow and steady, develop internal and external balance and posture. The patting

stimulates blood flow, calms the nervous system and encourages lymphatic drainage.

Sounds for example are Hawwww, Whoop, Heeee, Chooo. Deep inhale into the belly and the sound is made for as long as possible in the controlled exhale.

The Qigong movements have beautifully interesting names. Flying Wild Goose: the slow motion flap of the geese flying in unison, we the human use our arms and torso to simulate that big powerful slow movement. Parting the Clouds: imagine stepping into a cloud and separating the clouds with your soft, light controlled arms action. Feed the Birds, Painting with light, there are many more beautiful shapes and moves.

Continued page 11.

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Breathology in Henley on Klip



Breathing techniques are a mix of Western and Eastern, for example a lung specialist doctor gave one of the founders Mikel, we call it Relief breathing.

It is inhale through the nose once and then sniff more air into the lungs two more times and then exhale long and slow.

The end result of the hour long

Breathology class is deep relaxation and calm, body balance and groundedness. Good preparation for the entire week ahead.

So how come this all started as I am an equine Body Worker. Why did I want to share and teach Breathology?

It started at midlife after a

traumatic life threatening incident was the catalyst for me to leave a secure job and follow the love for horses.

So I studied Equine body work (sport horse massage therapy). My brand of Equine Body Work is based on less is more, and it reaches into energy work, where one needs to cultivate calm groundedness. I was blessed to have received a gift of what some folks in the equestrian industry would call "Magic Hands."

However the high stress corporate draughting environment that I was in before, had created in me a tight tense manner. I needed to find a calm mind and body when working with the horses. They are flight animals, powerful too that feel and respond to a person's energy and mood. Horses need a grounded, calm and balanced, deep breathing

practitioner. Searching for this calm, led me to the art of Qigong.

As I continued to practise my art with the horses, it came to me that I wanted to share the Breathology concept with others.

I thought of the retired folks at the Henley retirement village and my horse owner clients. That's when some ladies and a few gents from the retirement village got together and we planned an easy routine, and the Breathology classes were born. And so successful that almost a decade has passed and the classes are still going strong and growing.

Much love to the founder ladies, and to the leaders.

Kind regards

Wendy Ellis

0720940717

Photo Courtesy: Wendy Ellis

POEM: A Story of Silence and Strength

One morning in a grand, luxurious home lived Rosina, a Detective Sergeant married to Brigadier Van Wyk, a man admired by the public as compassionate and respected.

To the outside world, he was untouchable—a hero. To his daughters, he was a loving father who spoiled them with gifts. But behind closed doors, Rosina lived a nightmare.

Arguments in the bedroom often ended in tears. Her little girl once asked, "Why is papa always making mommy cry?" Rosina had no answer. Raised in a strict family, she was taught never to expose family secrets, never to leave a marriage, and always to support her husband no matter what. When she tried to confide

in her father about the abuse, he silenced her: "Never speak of it again."

Rosina felt trapped. Reporting her husband only led to more violence. He beat her with an iron rod until she could barely walk. She covered her scars with makeup, smiled through her pain, and lied to protect him—telling others she had been robbed. To the world, Brigadier Van Wyk was a hero. To Rosina, he was a monster.

He insulted her daily, calling her ugly, worthless, and unlovable. Rosina began to believe the lies. She preferred the insults to the beatings, thinking perhaps she was the cause of his rage. But deep inside, she knew the truth: she was a victim of domestic

violence, and silence was destroying her.

The Warning

Domestic violence does not choose wealth, status, or background. Even those living in luxury can suffer in silence. Too many women believe abuse is their fault, or that enduring it proves love. Too many stay, hoping he will change. And too many disappear—found dead at the hands of the men they trusted most.

The Call to Speak Out

We must break this cycle.
We must speak out.
We must stop hiding.
No woman should die alone in silence. Your voice matters—it

can save your life and inspire others who feel trapped. Abuse is not love. Silence is not strength. Speaking out is the first step to freedom.

Scripture reminder:

"The Lord is close to the broken-hearted and saves those who are crushed in spirit." — Psalm 34:18

A Better Generation

Let us rise as a generation that refuses to protect abusers. Let us fight these monsters together. Let us teach our daughters that love is gentle, and our sons that strength is never violence.

Your story can save another woman's life. Speak out. Do not die in silence.

**From Francinah Phomolang Nkoana
Chairperson & Founder
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Building Higher: What 1st Henley's Scouts Learn With Rope and Poles

From 1st Henley Scout Group Ask most people what Scouts do and you will hear about knots and campfires. Both are true. But look at what has come out of 1st Henley these past few months and you see something else — young people learning, in the most practical way possible, how to plan, lead, adjust and finish.

Danielle earns her Springbok

Danielle has been awarded the **Springbok Award**, the highest achievement in Scouting in South Africa, and one only a small fraction of Scouts ever reach. (Less than 1%) It is earned through four major projects, each planned, run and written up by the Scout herself:

- **A hike** — three days and thirty kilometres, with weeks of route research, weather planning, risk assessment and a written portfolio submitted for regional approval.

- **A community service**

project — bee hotels and conservation work for Henley, including donor outreach, signage and an unveiling event she coordinated herself.

- **A camp** — three days and two nights with eighteen Scouts under her charge, from programme and catering to budget and safety.

- **A pioneering project** — a 35-metre zipline, taken from technical drawings through a scale model to a full-size working build.

Take the word "Scouting" out of that list and what remains is project management, budgeting, logistics, risk planning, written reporting and public speaking. Danielle has delivered all of it under formal assessment, before finishing school.

The patrol builds

In [July], two of our patrols spent a full day at the Meyerton Rugby

Club building towers from poles and rope — an hourglass and a Brynbach, both over four and a half metres tall. One build was led by a sixteen-year-old Patrol Leader, the other by a fifteen-year-old, each with a team of Scouts aged eleven to fourteen under them.

The real work happened before the first pole was lifted. Each leader had to design their tower, build a scale model, and work out the sequence — which lashings go on first, how the sections come together, and how a structure lying flat on the ground is raised safely into the air. Then came rallying the patrol

and making sure every pair of hands arrived ready.

Pioneering is honest work: a poor lashing does not hold, and a badly planned structure does not stand. Design, sequencing, safety planning and leading your own peers — practised on a Saturday morning, with a four-and-a-half-metre verdict at the end of the day.

Thank you, Henley

None of this happens in isolation. It rests on parents who drive, feed and give up their weekends, on local businesses and clubs who open their grounds and back our fundraisers, and on residents who stop to look at what the Scouts have built and support them.

Henley has backed this Group quietly and consistently for years. It is the reason a young person here can finish school having planned a 30-kilometre hike, run a camp for eighteen, and built a working zipline from a drawing. Thank you — we hope you are as proud of them as we are. *Photo Courtesy: 1st Henley Scouts Group.*

Getting bored – when you are 68 years old

By Mark Russell

The thought has occurred to me that I am boring. So, I am going to Sell the House (StH) or win the lottery and do..... stuff.

Selling the house is more practical. Although when I get bored in the new activity I will have nothing to sell and have to be boring in someone's tool shed. Perhaps as a shovel or rake or something.

By doing Stuff... I mean adapting my present physical persona to one of the personalities I have in my mental storage cabinet, to dust it off and to start a proper new life. These personalities occasionally emerge uninvited and get inflicted on the people of Henley-on-Klip where I live. Rich man, Poor man, Beggar man, thief! Add to this Father-Christmas, Boer Commando and resident pervert that lives under

the Rebstein Bridge..... I don't recommend the last one to eagerly. On that occasion I had to then quickly become a Volga boatman after the last rain storm when being washed away by a Lehar of sewerage. Saloojee did not see the romance of a wet smelly, hairy stranger singing in a Basso Alto 'Yo Heave Ho' in Russian while sitting on his coal pile..

This new life involves travelling. Oh! the world awaits!! I am weighing my options. An intrepid road explorer on the African continent? A sampan helmsman in Indonesia? A hermit on a Japanese mountain. A rowboat captain on the upper Amazon?

Perhaps I need a day or two to imagine this lifestyle – In the meantime I need to focus on the practical... I am going to be a tough, rugged Cyclist in Henley for the next week or two!



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