

A vision for Ward 15: Protecting what makes Henley Home

As Ward 15 looks towards the upcoming Local Government Elections, Democratic Alliance (DA) candidate councillor Jane Erasmus believes the future of Henley-on-Klip should be shaped by residents, grounded in accountability and guided by a clear commitment to service.

Jane Erasmus's political journey began in 2019, when she joined the Democratic Alliance as an activist in Ward 13. Her early political involvement saw her work alongside community leaders and gain valuable experience in grassroots activism, community engagement and the realities of local government. These experiences helped shape her understanding that meaningful politics begins beyond council chambers - in communities,

conversations and the everyday concerns of residents.

In October 2023, Erasmus moved to Henley-on-Klip, bringing her political experience into the community she now calls home. Since September 2025, she has served as Deputy Chairperson of DA Ward 15, further strengthening her understanding of the ward's challenges, its potential and most importantly, its people.

Erasmus is also grateful to Midvaal Executive Mayor Peter Teixeira, who recognised that there was more to her than her role as a political activist. His recognition of her potential as a leader and his willingness to entrust her with a greater responsibility reinforced her belief that leadership is ultimately about service, growth

and the courage to step forward when an opportunity to make a difference arises.

Her commitment as candidate councillor is centred on visible service, accessibility and accountability. Ward 15 needs leadership that listens to residents, follows up on reported issues and communicates honestly about both progress and challenges.

Over the next five years, Erasmus's vision is for Ward 15 to remain a community where residents are heard and included, while ensuring that growth and development are managed responsibly. Her priorities include stronger oversight of municipal service delivery, improved infrastructure and public spaces, safer and cleaner neighbourhoods, support for

local initiatives, and meaningful engagement between residents and local government.

The vision is not about changing the character of Henley-on-Klip, but about protecting what makes the community special while ensuring it is prepared for the future.

Erasmus believes leadership should not be measured by promises made during an election, but by the work done long after the election is over.

For Ward 15, the next five years can be an opportunity to strengthen community participation, improve accountability, and ensure that Henley continues to be a place that residents are proud to call home because Henley is more than just a place on a map, it is a community worth protecting, a future worth building, and a home worth serving.

Received from the Democratic Alliance.



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Printing: PCN Printers
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Councillor's Corner

Municipal elections in South Africa take place every five years and will be held on 4th November this year. They are organised by the Electoral Commission of South Africa to ensure free and fair elections. Half of the councillors are elected directly in wards, while the other half come from party lists through proportional representation, (PR.)

In Midvaal you also vote for a district council. You receive three ballot papers: one for your ward councillor, one for your local council party vote, and one for your district council party vote. Ward councillors are elected directly by voters in a ward. The candidate with the most votes wins. But even if your preferred ward candidate loses, your vote still helps that candidate's political party gain PR seats on the council. PR seats are allocated according to the percentage of votes each party receives. Parties fill these seats from lists of candidates published before the election.

Councillors serve for five years. If a ward councillor's seat becomes vacant, a by-election is held. If a PR seat

becomes vacant, the next person on the party's list

takes the seat. Municipal councils make important decisions about local services, budgets, by-laws, and development in your community. By voting, you help decide who will lead your municipality.

Municipal elections take place on the 4 November 2026.

Special voting takes place on the 2 days preceding election day. In this election, voters living abroad cannot vote. Voters are only allowed to vote at the Voting Station where they are registered.

There are two types of special votes:

1. A Special Vote Home Visit: A Home Visit is when the IEC officials visit voters' homes on 2 or 3 November 2026. These are limited to voters who are unable to travel to their voting stations because they are physically infirm, disabled, or pregnant. Should individuals be outside of their registered VD (at a hospital, for example), they will be ineligible for a Special Vote.

2. Early voting Special Vote: This is for any voter who is unable to cast their vote at the voting station on Election Day.

They can apply to vote before voting day, on 2 or 3 November. The elderly, pregnant women, as well as anyone who is working on Election Day are encouraged to apply for a Special Vote. Applications for special votes open on the 20 September, and must be done on line via the IEC website.

The Ward 15 (Henley on Klip) Councillor is retiring and a new Councillor, Jane Erasmus, will be taking over. I encourage you to meet the new candidate whenever you see a visibility table.

There will be a lot of political activity taking place in the village over the next 2 weeks, it is called Democracy and should be encouraged.



Jane Erasmus, DA Ward Councillor Candidate for Ward 15

About Peace Of Emotional Mind (POEM)



From POEM
Peace Of Emotional Mind (POEM) is a registered NPO based in Midvaal. It was started by a survivor of domestic violence who later worked as a police officer and saw many women, children, and elders facing abuse every day. Because many victims do not even realize they are being abused, as a founder I write stories to teach the community about different types of abuse. POEM was created to raise



awareness, help people spot abuse, get away safely, and rebuild their lives.

What We Do & Our Goals

Urgent Safe Shelter Project:
Our main goal is to build a safe shelter for abused women and children on our land in Kookrus, Meyerton. Because the need for shelter is growing so fast, we are in urgent need of unused shipping containers or Wendy houses so we can set up and open our doors as soon as possible.

Food Garden: A vegetable garden to feed people at the shelter, bring in extra money, and teach women useful skills so they can support themselves.

Feeding Program: We regularly cook and serve hot meals to local families in need.
How You Can Help
Donate Items: Unused containers, Wendy houses, furniture, clothes, food, toiletries, or garden tools.
Sponsor & Fund: Cash donations to help set up the shelter structures and run our daily programs.

Volunteer: Give your time, share your skills, or help spread the word to people who need help.

How to contact us
Phone/watsapp 0734322878
email:
phomolangfk@gmail.com
Photo courtesy POEM

Cyrus Farm Online Store – FREE Delivery in Henley & Meyerton



From Cyrus Farm
Good food, good people and a little bit of country heart. That is what Cyrus Farm Online Store is all about.

Proudly based in Henley on Klip, Cyrus Farm is run by Deirdre and Elaine, two women who believe that shopping for good-quality food should be simple, personal and convenient. Today, Cyrus is an online store filled with everyday favourites, locally sourced treasures and products we are genuinely happy to put on our own tables.

At Cyrus, you can fill your



basket with fresh fruit and vegetables, quality meats, hormone-free and free-range products, eggs, pantry essentials, delicious sourdough breads and baked treats, as well as a range of homemade dog treats and biscuits, baked and made with care for the four-legged members of the family.

We love finding the things that make cooking at home easier and more enjoyable. Whether it is beautiful fresh produce for the week ahead, meat for the family braai, sourdough for Saturday breakfast or something delicious you did not know you needed

until you spotted it, there is always something worth adding to the basket.

One of our own favourites? Sourdough pizzas with delicious toppings. They are exactly the kind of easy, comforting food that makes Friday feel a little more special. But Cyrus is about more than groceries.

We are proudly Henley, and supporting other small and local businesses is an important part of who we are. Whenever we can, we make space for products created by people in our community. Our Made with Heart collection celebrates handmade goods from local makers, while many of the foods and products on our shelves come from smaller suppliers who put real care into what they produce.

Behind every Cyrus order are real people. We pack, check and prepare each order knowing that it is going into someone's home and onto someone's table. We know all our customers by name, and that personal connection is

something we never want to lose as Cyrus grows.

Ordering is simple: place your order by Monday and we deliver on Friday, with FREE delivery in Henley on Klip and Meyerton. No supermarket queues. No trolley with a wonky wheel. Just good food delivered to your door.

Most importantly, we want to say thank you. Every order placed with a small business matters. When you support Cyrus, you are not only supporting us, you are helping us support farmers, bakers, makers and other small businesses around us.

So stay in your slippers, put the kettle on and let us fill your fridge.

New to Cyrus? Place your first order and we'll add a little welcome gift to your Friday delivery, just from us to you.

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www.cyrusfarmhealthstore.co.za
Good food. Local heart.
Delivered. Photo Courtesy Cyrus Farm.

Love Bites Bakery – Homemade Goodness, Baked With Love

From Love Bites Bakery Love Bites Bakery is a home-based bakery based in Golfpark, Meyerton, specialising in freshly baked, decadent cakes, cupcakes, celebration cakes, indulgent desserts, cinnamon rolls, and many other delicious treats. We believe that great baking should be made with love, attention to detail, and a genuine passion for creating something special for every

customer. Our goal is to bring you the homemade taste you love while keeping our treats affordable and accessible. We offer budget-friendly options without compromising on flavour, quality, or presentation. Everything is freshly made to order, ensuring that your treats are prepared with care and delivered to you at their best.

We have a wide variety of baked goods to suit all tastes and moods. Whether you are looking for something sweet to enjoy with your morning coffee, a special treat for the family, or a beautiful cake for a celebration, Love Bites Bakery has something for you.

We also offer daily specials and weekly specials, giving you even more delicious options to choose

from. For special occasions, we create custom cakes tailored to your preferences. Customers can choose their flavours, colours, and designs, allowing us to create something personal and unique for their celebration.

We can make delicious treats for birthdays, weddings, baby showers, anniversaries, and other special events.

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Love Bites Bakery – Homemade Goodness, Baked With Love



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From Love Bites Bakery Love
We understand that sometimes

you need something special at short notice, and we are always willing to help where we can.

Our personal service means that we work closely with our customers to understand what they need and do our best to make their ideas a reality.

Everything on our menu is available for pre-order, making it easy to plan ahead for your next celebration or simply reserve your favourite treats.

We also offer convenient delivery through both Bolt and Uber, so you can enjoy Love Bites Bakery from the comfort of your home.
To explore our full range of delicious treats, visit our

website at www.lovebitesbakery.co.za. You can also browse our WhatsApp catalogue menu by contacting 072 326 5589.

At Love Bites Bakery, every order is made with care, passion, and love.

From everyday treats to unforgettable celebration cakes, we are here to make your special moments a little sweeter.

We are proud to serve our local community with delicious bakes, friendly service, and treats everyone can enjoy.

Love Bites Bakery affordable, homemade goodness, baked especially for you.

Help Mia Hodgson Make Her Dream of Representing South Africa in Spain Come True

By Charlene Hodgson
My daughter, Mia Hodgson, is a Grade 10 learner at Hoërskool Dr Malan, where she proudly plays for the 1st team. Hockey has become so much more than just a sport for Mia — it has been a source of strength, healing and hope through some of the most difficult moments of her young life.

In February last year, Mia was involved in a serious car accident. She suffered a significant injury to her head, leaving her with a large scar and, more importantly, emotional trauma that took time to work through. It was an incredibly difficult experience for her and for our family. But Mia found her strength again through hockey. Instead of allowing what happened to define her, she put her energy, heart and determination into the sport she loves. She worked hard, continued to grow as a player and refused to give up on herself

or her dreams.

Today, we are incredibly proud to share that Mia has been selected for the South African Rhinos team and has been given the opportunity to travel to Spain in November 2026, where she will represent South Africa.

For Mia, this is more than a trip. It is a chance to stand on the international stage wearing the South African colours — something she has worked incredibly hard for and dreamed about for so long.

The challenge now is raising the funds needed to make this opportunity possible. Our goal is to raise R55 000 to help cover the costs of her trip. As a family, we are reaching out to our community, friends, family, businesses and anyone who believes in helping a young athlete achieve her dreams. Every donation, no matter how big or small, will make a difference. If you are unable to donate, simply sharing Mia's



story could help us reach someone who can.

If you would like to support Mia directly, donations can be made to:
Discovery Bank
Account Number: 10721399950
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You can also support Mia through her BackaBuddy campaign:
BackaBuddy – Mia's Spain Hockey Tour Campaign
We are asking from the bottom of our hearts — please help us give Mia the opportunity she has worked so hard for. Help us turn everything she has overcome into something beautiful. Help her take that next step, put on the South African colours and proudly represent her country in Spain.
If you can donate — thank you.



If you can share — thank you. If you can do both — you will be helping make a young girl's dream come true.

Contact 0614011991, for any more information
Together, we can help Mia get to Spain!

Photos courtesy Charlene Hodgson

Teens for Teens: A Safe Space Where No Teen Has to Feel Alone

From Teens for Teens
Being a teenager today is not easy. Teenagers face pressures from school, friendships, social media, relationships, family expectations and the constant feeling that they need to fit in. Sometimes, despite having loving and supportive parents, a teenager simply doesn't feel comfortable opening up to them. They may be afraid of disappointing their parents, being

judged, getting into trouble or simply not knowing how to explain what they are going through.

That is where Teens for Teens was born.

Teens for Teens is a project created by teenagers, for teenagers, with the aim of providing a safe and supportive space where young people can talk, be heard and know that they

are not alone.

The idea was inspired by a simple truth: sometimes, talking to another teenager can be easier than talking to an adult. As a parent, I feel incredibly blessed that my girls are open and honest with me. They know that while I may sometimes be angry or disappointed by something they tell me, that will never change the fact that I love them and will stand beside them.

That openness inspired my daughter to create something for teenagers who may not have that same safe space at home. Teens for Teens is about creating that space.

It is a place where teenagers can talk about what is happening in their lives without immediately feeling judged or criticised. Sometimes you don't need someone to solve your problems. Sometimes you simply need someone to listen..

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Teens for Teens: A Safe Space Where No Teen Has to Feel Alone And they deserve to be heard.

Continued from page 5 From Teens for Teens

And sometimes, having the opportunity to get something off your chest can make the world feel just a little lighter. A safe space, with responsible adults behind it

While Teens for Teens is designed to allow teenagers to communicate with other teenagers, it is also monitored. We understand that there are situations where simply talking isn't enough. If something serious comes to our attention, we will step in and take the necessary steps to ensure that the right people are involved. Our priority will always be the safety and wellbeing of the teenager.

We also understand that there are some things teenagers may never feel comfortable saying out loud. That is why creating an environment where they feel safe enough to start talking is so important.

You don't have to carry everything alone. Depression, anxiety, loneliness, bullying, friendship problems, family difficulties, relationship struggles and the pressures of growing up are very real challenges for teenagers.

Too often, young people are told that they are "overreacting," that they should simply "get over it," or that their problems aren't serious because they are young. But their feelings are real. Their struggles are real.

Teens for Teens isn't about pretending that we have all the answers. It is about making sure that when a teenager needs someone, there is someone there to listen.

If something is bigger than what a teenager can handle alone, we won't leave them to face it by themselves. We will take their hand, help them find the appropriate support and walk alongside them, step by step.

You matter. Your voice matters. To every teenager who may be struggling right now: You don't have to have the perfect words. You don't have to know exactly what is wrong. You don't have to pretend that everything is okay.

You can simply reach out. Sometimes the first step is just saying, "I need someone to talk to."

Teens for Teens is here to listen, support and remind you that you are not alone. We want to be whatever kind of support you need — someone to listen, someone to talk to, someone to help you find the right support when things become more serious.

No judgement. No shame. No pretending. Just people who care. Because every teenager deserves a safe space.

And sometimes, all it takes is one person willing to listen to make a difficult day feel a little lighter. Teens for Teens — because you never have to walk the road alone.

The Road to Justice: A Journey of Courage, Persistence, and Hope

From Teens for Teens

There are stories that are easy to tell, and then there are stories that take years to find the courage to share. This is one of those stories.

It is a story about resilience, determination, and the unwavering belief that justice is worth fighting for—even when the odds seem impossible.

For more than two years, one family found themselves navigating a system that often felt indifferent. They endured sleepless nights, panic attacks, endless paperwork, repeated interviews, and countless moments of wondering whether anyone was truly listening. They were told the matter was "not serious." They were warned that nothing would come of it. They were advised to walk away. They refused.

The Day Everything Changed

It began like any ordinary day. A parent went to work, children went to aftercare, and life continued as normal—until a private conversation changed everything forever.

Every parent's heart sinks when their child says they need to talk. Nothing prepares you for hearing that someone has violated your child's trust and sense of safety. The immediate focus became the child's wellbeing. Trauma counselling was arranged, support was provided, and every effort was made to ensure the child felt safe enough to heal. When the time came, a case was reported to the authorities. What followed was a journey no family should have to endure.

Fighting More Than One Battle

The trauma of abuse is devastating enough. Having to fight to be believed adds another

layer of pain.

The family encountered delays, administrative errors, conflicting information, and repeated suggestions that pursuing justice would be futile. At one stage they discovered that what they believed was a criminal case had, in fact, only been recorded as an enquiry.

They sought legal advice, researched the law themselves, challenged decisions, and persisted when many people told them they were wasting their time. Months became years. Statements were taken. More evidence was gathered. Court dates came and went. Still, they refused to stop fighting.

The Invisible Cost

While legal proceedings moved slowly, life carried on around them.

For the young victim, healing was far from simple. Trauma counselling became part of everyday life. Trust disappeared. Physical contact became frightening, even with close family members. Social situations felt overwhelming. Panic attacks became a regular reality, along with insomnia, anxiety, and isolation.

Long before justice was served, the sentence had already been carried by the victim and those who loved them.

Trauma does not end when the incident ends.

Justice at Last

After more than two years of persistence, the call finally came. The accused had been found guilty.

The conviction did not erase what had happened. It did not restore innocence or remove the emotional scars. But it did something incredibly

important.

It acknowledged the truth. During sentencing, the court recognised the seriousness of the offence. For the first time, the family felt heard. Justice could not undo the past, but it affirmed that what happened mattered.

A Survivor's Voice

For the young survivor, speaking out required extraordinary courage.

After the assault, they questioned themselves, struggled to trust others, and lived with anxiety that affected every part of daily life. They endured repeated interviews, counselling sessions, psychological assessments, and the emotional weight of preparing to testify.

When the guilty verdict finally came, there was relief—but also frustration.

Court proceedings often focused heavily on the impact the conviction would have on the offender, while victims are left carrying invisible wounds that continue long after sentencing. The emotional cost of trauma is rarely confined to a courtroom. Yet despite everything, the survivor chose not to remain silent. Their voice became stronger than fear.

A Message to Parents

Perhaps one of the most powerful lessons from this journey is the importance of trust.

Children need to know they can tell someone anything without fear of judgment or disbelief. Parents and caregivers must create safe spaces where difficult conversations can happen. If a child cannot tell their own parent, there should always be another trusted adult willing to

listen, believe them, and help them.

Believing a child can change the course of their healing.

Never Stop Speaking Up

Justice is not always quick. It is not always straightforward. Sometimes the system fails before it succeeds.

But perseverance matters.

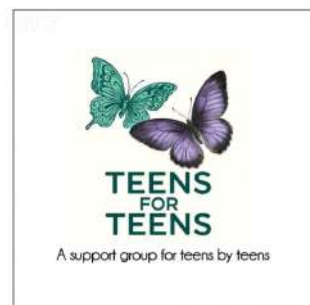
This story is proof that persistence can make a difference. It is proof that one determined family can challenge a broken process and refuse to accept that "nothing will happen."

Most importantly, it is proof that survivors deserve to be heard.

If this story encourages even one victim to come forward, one parent to listen more closely, or one person to stand beside someone seeking justice, then sharing it has been worthwhile. To every survivor reading this: What happened to you matters. Your voice matters.

You matter.

And no matter how long the road may seem, you are never wrong for fighting for justice.



Teens for teens support group

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Combat Vets: First on the Mat

By Zena Johnson, Team Captain and Colour belt rank, Blue Stripe

In 2025, I took an introduction class in Taekwon-Do. Taekwon-Do is defined as the art of foot and fist fighting. It is an experience that frees your fists into action as the tension bursts out of the body and the feet engage in warfare as if you were suddenly awarded a

part in a playstation game. So I signed up and began my journey.

Looking around at my classmates I soon identified that some of them were as young as 8 years of age but they didn't seem to mind that I could have been their Grandmother. There were adults too but they could have been my children. But good things are catchy and by the

beginning of 2026 the class had attracted other women. The International Taekwon-Do Federation South Africa (ITFSA) National competition was upon us and the Bosabum (that's Korean for every important instructor) invited us to make a team of 5.

Once we had sent our entry in, he also proudly mentioned that we would be the first Veteran Women's team to enter. We began our journey in entering the history of ITFSA and the day finally came.

Our category was created for our team and we were to verse two teams. Being the novice team ranging from a white belt, yellow belts to a blue stripe we would compete first.

But as we took to the mat our competitors ranged from blue stripe right up to black belts.

My heart was pumping as I bowed to the black belt opponent and I realized the honour we had as a team. Our team was not only the first of its kind to compete but by taking to the mat for competition we would inspire

more women veterans to enter Taekwon-Do.

But for today, teams of mixed gender and participants as young as 16 years and those with belts right up to black belts had acknowledged us. They came to offer us their time to make our competition happen.

As the very first veteran women team from Spartans Henley on Klip, we gave our best performance of Chon-Ji Tul, the first pattern in Taekwon-Do. Our team pattern was followed by the next two teams competing with their years of expertise at fist and foot fighting, skillful timing and precision.

And then yes we had our time on the podium to receive our medals from South Africa's Master in Taekwon-Do, Jaren Phillips.

Photo left to right: Master Jaren Phillips, Zena Johnson Team Captain, Dawn Gouws, Natalia Gomes Gouws, Mitch De Beer, Laurél Vere, Bosabum Clayton Campbell.

Photo Courtesy Zena Johnson.

First Henley Scouts Join the NSRI for a Weekend of Water Safety and Adventure



By Evan-Sky Coetzee
The First Henley Scouts recently spent an exciting and educational weekend in Deneysville. We camped at a nearby yacht club and took part in many different activities. The weekend included tracking, gigging, sailing, learning about the environment and water safety.

On Saturday, the Scouts worked on improving their tracking skills. We learned how to make and study castings of footprints. We looked at how deep a footprint was and how

much pressure was placed on different parts of the foot. These details can give us clues about how a person or animal was moving. We learned that a deeper footprint can mean that more pressure was placed on that area. This helped us understand how to read footprints and improve our tracking skills.

We also took part in some exciting water activities. We went gigging and learned how to do it safely and responsibly. We also went sailing and had the chance to practice our skills on the water. On Saturday night, we

ended the day with some night gigging. This was a fun and different experience because we had to use our skills in the dark.

During the weekend, we also learned about the ecological health of the Vaal Dam. We learned why it is important to protect the dam and keep the water clean. The dam is home to many plants and animals, and its health is important for the whole environment. We learned that pollution and other problems can harm the ecosystem.

We also shared the weekend with the 3rd Kensington Scout Group. This gave us a chance to meet other Scouts, share our experiences and work together. We learned from each other and enjoyed spending time as a group.

On Sunday afternoon, we joined the National Sea Rescue Institute (NSRI) team. They

taught us important water-safety and emergency skills. We learned more about the work that the NSRI does and how rescue teams help people in trouble on the water.

The NSRI members showed us some of their rescue equipment and shared their knowledge and experience with us. We learned how to stay safe around water and what to do if there is an emergency. It was interesting to see how a real rescue team works and how important teamwork is during an emergency.

To finish off the weekend, we enjoyed a fun boat ride, which was a great way to end an action-packed few days.

The First Henley Scouts would like to thank the NSRI for spending Sunday afternoon with us and teaching us valuable water-safety skills. We would also like to thank the 3rd Kensington Scout Group for sharing this memorable weekend with us.

It was a weekend full of learning, teamwork and adventure, with water safety and respect for our environment at the heart of it all!

Your Gut Is Talking to Your Brain:

The surprising connection between digestion, mood and immunity

By Deirdre Holt, D.Emed EthnoMedical Practitioner
Have you ever had “butterflies” in your stomach before something important, lost your appetite when you were worried, or felt physically sick when you received bad news? These aren't just figures of speech. Your gut and your brain are in constant conversation, and scientists now call this remarkable communication network the gut-brain axis.

Our digestive tract is home to trillions of microorganisms, including bacteria, collectively known as the gut microbiome. We tend to think of bacteria as something undesirable, but many of these tiny inhabitants are enormously important. They help us digest food, produce certain vitamins, interact with our immune system and produce substances that can influence how the brain and nervous system function.

The connection works both ways. What happens in your gut can influence your brain, but what happens in your brain can also affect your gut. This is why periods of prolonged stress or anxiety can be accompanied by bloating, cramps, constipation, diarrhoea or changes in appetite. It also helps explain why researchers are so interested in the relationship between the microbiome and mental health, including anxiety and depression. This doesn't mean that depression or anxiety is simply caused by an unhealthy gut, both are complex conditions with many possible

causes, but the connection is important enough that looking after our digestive health should be part of looking after our overall health.

The gut also plays an enormous role in immunity. A large proportion of our immune tissue is associated with the gastrointestinal tract, where the body is constantly deciding what is harmless, what is helpful and what might pose a threat. A healthy intestinal barrier and a diverse population of beneficial microbes help support this delicate balance.

So how do we look after this extraordinary little ecosystem? One of the most important things we can do is feed it properly. Our beneficial gut bacteria love fibre, particularly the types found in vegetables, fruit, legumes, whole grains, nuts and seeds. Foods such as onions, garlic, leeks, asparagus, oats, apples and bananas contain prebiotic fibres, essentially food for some of our beneficial bacteria. Instead of worrying about finding one miraculous “gut health” product, concentrate on eating a wide variety of plant foods. Diversity on your plate encourages diversity in your gut.

Fermented foods can also be useful additions to the diet. Natural yoghurt with live cultures, kefir, sauerkraut and kimchi contain microorganisms or products of fermentation that benefit digestive health. Start slowly if you aren't accustomed to them, suddenly eating large

amounts of fermented food or fibre can leave an unsuspecting tummy rather unimpressed!

Then there are antibiotics.

These medicines can be genuinely lifesaving and shouldn't be avoided when they are medically necessary, but antibiotics cannot always distinguish between bacteria causing an infection and members of our normal microbiome. A course of antibiotics can therefore temporarily alter the gut microbial community. Afterwards, nourishing your gut with plenty of varied, fibre-rich whole foods is a sensible way to support recovery. Probiotic supplements may be helpful in certain circumstances, although different strains have different effects, so they aren't necessarily a one-size-fits-all solution.

Traditional herbs also have a place in supporting comfortable digestion. Ginger has long been used for nausea and digestive upset, while peppermint may help with bloating and intestinal spasms in some adults. Chamomile is another gentle traditional digestive herb and has the added advantage of encouraging relaxation.

And we mustn't forget stress. You can eat beautifully and still have an unhappy digestive system if your body spends every day in a constant state of tension. Eating slowly, chewing properly, getting enough sleep, moving your body, spending time outdoors and simply sitting down to eat rather than gulping down a meal while rushing out the door

can make a difference. Digestion works best when our bodies have a chance to move out of “fight or flight” and into “rest and digest.”

Perhaps we need to stop thinking of the gut as merely a tube that processes our food. It is a complex ecosystem with connections to our immune system, metabolism and brain. Look after the little world living inside you. Feed it real food, give it variety, manage stress where you can and pay attention when your digestion changes. Your gut and your brain are talking to each other every day. Good health may begin with learning to listen to both.

Deirdre Holt, D.Emed EthnoMedical Practitioner Diagnostic Therapist
SATAHWA Membership No. 13113509
S.N.H.S. Dip. (Advanced Aromatherapy),
Dip. (Vegetarian and Vegan Nutrition),
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Dip. (Flower Remedies),
Dip. (Mindfulness)
AromaSA Membership No. ASA00395.

Tip of the Month

Feed your gut something different this week. Add one plant food you don't normally eat, perhaps lentils, chickpeas, beetroot, berries, avocado, asparagus or a handful of nuts and seeds. Don't aim for a perfect diet overnight. A healthy microbiome loves variety, and every extra whole plant food gives your beneficial gut bacteria something new to work with. 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: Heritage Day in Henley - Potjiekos



South Africa celebrates Heritage Day on 24 September. It is a day where we honour all the cultures, traditions, and flavours that make us who we are. In recent years it has affectionately become known as Braai Day, because nothing brings South Africans together quite like food and fire.

At the heart of this tradition sits the potjie. The black, three-legged cast iron pot.

The potjie did not originate here. It came to our shores with the Dutch settlers in the 1650s. They brought the cast iron cooking pot, known as a Dutch oven, from the Netherlands. It was heavy, durable, and could cook slowly over coals. When the Voortrekkers journeyed into the

interior of South Africa in the 1830s, the potjie went with them. It was the perfect travelling kitchen. It could be carried on the ox-wagon, placed directly on hot coals, and it fed many people. They added coals on the lid as well, so the pot baked from the top and bottom like an oven. That is the secret of potjiekos that remains to this day.

A true potjiekos is never stirred. It is layered, the lid is placed on, coals are placed on the lid, and it is left alone to do its magic.

The Golden Rules of Potjiekos:

1. Never stir the pot. The layers must stay intact.
2. Once the ingredients are layered in, place the lid on. Place 4-6 hot coals on top of the lid.
3. Do not remove the lid until it

is completely cooked. The steam must stay inside.
4. Cook slowly over gentle coals, not fierce flames.
Patience is the main ingredient.

1. Dee's Kitchen Chicken Potjiekos - 3 hours

Serves 6

Ingredients:

- 1.2 kg chicken pieces, on the bone
- 30 ml olive oil
- 2 large onions, sliced
- 4 cloves garlic, crushed
- 4 large potatoes, peeled and quartered
- 4 carrots, peeled and thickly sliced
- 250 g green beans, trimmed
- 1 x 400 g tin chopped tomatoes
- 500 ml chicken stock
- 15 ml curry powder
- 5 ml dried thyme
- 10 ml salt, 5 ml black pepper
- Fresh rosemary sprigs

Method:

Heat the potjie and add olive oil. Brown the chicken in batches and set aside. In the same pot, fry the onions and garlic. Return the chicken to the pot. Sprinkle curry powder, thyme, salt and pepper over. Now layer: potatoes at the bottom, then carrots, then green beans. Pour over the chopped tomatoes and chicken stock. Add rosemary on top. Place the lid on, place coals on the lid, and cook

for 2.5 to 3 hours over gentle coals. Do not stir. Serve with rice or pap.

2. Dee's Kitchen Beef Potjiekos - 4 hours

Serves 6

Ingredients:

- 1.5 kg beef shin or chuck, cubed
- 30 ml oil
- 2 large onions, sliced
- 4 cloves garlic, crushed
- 6 baby potatoes, halved with skins on
- 4 carrots, thickly sliced
- 250 g button mushrooms
- 1 x 400 g tin chopped tomatoes
- 500 ml beef stock
- 250 ml red wine
- 20 ml Worcestershire sauce
- 10 ml salt, 5 ml black pepper, 5 ml paprika
- Fresh bay leaves and thyme

Method:

Heat the potjie, add oil and brown the meat well. Add onions and garlic and fry until soft. Add salt, pepper and paprika. Layer the potatoes over the meat, then carrots, then mushrooms. Mix the stock, red wine, tomatoes and Worcestershire sauce and pour gently over the layers, trying not to disturb them. Add bay leaves. Place the lid on, place coals on the lid, and cook for 3.5 to 4 hours over gentle coals. Do not lift the lid or stir for at least 3 hours. The meat should be tender and falling off the bone.

The Carnivore Diet saved my horse riding life.

Four and a half years ago I made a radical decision. I was virtually a vegetarian - living on tuna, salads, and vegetables - and had developed a strong aversion to eating meat. Yet, past age 60, I was a mess: struggling with weight gain, in fact I was clinically obese, had brain fog, joint pain, rheumy eyes, enlarged knuckles, severe night cramps, and overall low energy. The excessive weight meant I had to stop riding but help in the form of You Tube came to save my ride, my life...

I got to watch a podcast where Jordan Peterson was talking about his daughter, Mikhaila, who for years only ate lamb and beef with fat, salt and only drank water, this crazy diet reversed her arthritis and depression and other health issues (Mikhaila had joint replacements as a child due to juvenile arthritis). I was mesmerised, how a person

can survive without eating vegetables, fruit and salads.

So on the good day of 20th March 2022, I decided to follow Mikhaila's lead.

To overcome the meat aversion, I made a watery beef mince, which I then ate out of a mug as if it was soup. I managed to trick the brain, for four months, that was my routine: three mugs of mince a day.

An amazing thing started happening within weeks, of giving up the normal food pyramid foods, the results were dramatic. My joint pain decreased, night cramps vanished, brain fog lifted, sleep deepened, and my energy returned and tahdah starting losing that obese weight.

My aversion to eating whole meats remained somewhat but I added in eggs and sausages (I do

now eat all cuts of beef and chicken.)

Looking at nature, the logic clicked. If we feed horses, dogs, or cats outside their species-specific diet, they develop health issues.

Horses get ulcers and metabolic issues easily if fed away from their species specific diet, they can and do often get laminitis and colic, both these can lead to their death or suffering. Humans are no different. We might not die immediately from the wrong food, but we lose our vitality. Even the mainstream is starting to notice: the American government recently flipped the old food pyramid on its head, finally! Prioritizing real proteins and fats while calling out processed carbohydrates and too much sugar

Still, people ask: What about scurvy without vegetables? What

about cholesterol and heart issues from animal fats?

In reality, carnivores do not get scurvy, and natural animal fats are not the culprits - sugar and processed carbohydrates are.

I thrive on zero carbs, zero vegetables, zero fruit, zero sugar.

The only thing I still struggle with is the fact that an animal needs to die to give me life. I am daily grateful for this, and it makes sense that we say a thankful prayer before each meal.

Health consists of body, mind, soul and spirit.

The horses from my horse school have a gift to give to the mind and soul, peace and beauty. And even your spirit can be lifted by the close interaction with the horses.

**Much love
Wendy
0720940717**

Symptoms of Gluten Intolerance: "It is just a tummy ache"

Gluten Free PATISSERIE

By Hannecke P Hoy
(Emergency Care Practitioner
and Co-Owner of Gluten Free
Patisserie)

Gluten intolerance and celiac disease are often among the most severe illnesses that people can suffer from without gaining any sympathy, empathy, or consideration from even the closest of friends and family.

Needing to entirely cut gluten from your diet can often leave you ostracized from any form of social engagement. You can't have a slice of birthday cake or have a beer with your mates. You can't just stop at a coffee shop for a toasted sandwich and a chat. Even the garage pie that was a quick go-to meal on long trips has become off limits. Food is a

part of life, and food is a big part of our South African culture. Growing up, you wouldn't dare refuse food that was offered to you as a sign of hospitality, and now you have to be "that person" who always asks what the ingredients are. And due to a lot of fad diets, many people just assume that your aversion to wheat and gluten is because you want to lose weight, so they might "sneak" in some gluten-containing ingredients (like many spices and sauces) because you are just full of nonsense and won't notice that it is there.

My road to embracing a gluten-free lifestyle was a painful one. My whole life I had always had some stomach issues and chronic pain, but by the end of 2022 my body hit a breaking point. I was deathly sick and retched up everything I tried to eat. The doctors couldn't figure out what was wrong, and my blood tests showed significantly elevated ALT (alanine aminotransferase) and AST (aspartate aminotransferase)

levels, indicating serious liver injury. My C-reactive protein (CRP) was also elevated, showing that there was inflammation somewhere in my body, but every test for viral and bacterial infections came back negative. Finally, at the end of my rope, I decided to "test" if I had a gluten intolerance like my mother and stopped consuming all gluten products. Miraculously, after a few months I was so much better. The stomach issues and pains that had been plaguing me for years disappeared, and even my general mood improved greatly!

Most celiac and gluten intolerant people have most likely experienced a journey similar to mine, filled with unexplainable illnesses, chronic pain, discomfort and the feeling of being "crazy". But to me one of the most difficult aspects of gluten intolerance remains the people that scoff at the idea, that insist that it is nonsense, or that "you should just eat gluten until your body

builds up an immune system towards it" entirely disregarding the misery we have endured to finally achieve a semblance of a normal healthy lifestyle. It is like telling a diabetic to just eat more candy to cure themselves or someone with a nut allergy to sprinkle some peanuts over their meal. Sometimes, the hardest part of living with an intolerance is not the food we have to avoid, but the people who refuse to understand why.

So let us be kind to each other. For those of us who live with gluten intolerance, avoiding gluten is not a fad, a choice, or an inconvenience we have invented for attention. It is part of the price we pay for feeling healthy. What may seem like "just a tummy ache" to you may represent years of pain and illness to someone else and a little understanding can mean the difference between feeling isolated and feeling supported.

Editor's Note

Happy new season to you!

I reached out as widely as I could to get in touch with Ward Councillor Candidates for the upcoming elections in November. I sent emails and Whatsapp messages all over the place, with very little response. A big thank you to the DA for helping, especially to Jane Erasmus for making herself available, and Lynda Parsonson for setting it up. I hope to keep sharing election

news in upcoming issues but there is always something happening in Henley and priorities are decided with each new issue.

Reminder, there are only two more issues in line for 2026, October next, and November to finish off the year. Send your articles or updates to editor@henleyherald.blog, article contributions are free of cost.

See you again, lots of love,
Nadia.

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The People Behind the Green at Henley Bowling Club



By Lauren Coetzee, President of Sedibeng Bowls

As another bowling season comes to an end and the green gets its annual spring treatment, it seems only fitting that we take a moment to recognise the people who keep Henley on Klip Bowling Club ticking along — often quietly, and usually without expecting a round of applause!

Our committee members are all volunteers, which means they give up their own time to attend meetings, organise events, sort out problems, answer questions and generally keep the wheels turning. And, as anyone involved in a club will know, there is always something that needs doing! We are incredibly grateful for the time, effort and commitment they put in throughout the year.

But there are two gentlemen who



John Baty (left), and David Green (above), photos courtesy Henley Bowling Club deserve a very special mention.

At 79 years young, our greenkeeper, John Baty, continues to prove that age is certainly no barrier when it comes to hard work. John is a familiar sight around the club, tending to our greens with the dedication and attention to detail that have helped make them some of the best in the Sedibeng District.

John takes enormous pride in his work — and we suspect he knows more about grass than most of us will ever know!

While the rest of us are discussing whether the green is running “a bit slow today”, John is probably already three steps ahead, wondering why we haven't noticed what needs doing.

Then there is our groundman, David, who is a real asset to the

club. David takes tremendous pride in keeping not only our bowling green looking fantastic, but also our gardens and grounds. Thanks to his hard work, visitors are welcomed by a club that is neat, cared for and looking its very best.

Between John and David, there is very little chance of our green or gardens being allowed to misbehave!

Their hard work was particularly evident this year when Henley on Klip Bowling Club hosted the Sedibeng Junior Masters and the Sedibeng Champion of

Champions. Both events were a great success and showcased our club and facilities to bowlers from across the district.

Hosting these events doesn't just happen on the day. It takes months of preparation, maintenance and attention to detail — and we are fortunate to have people like John and David who take such pride in making sure Henley is ready to put its best foot forward.

So, as the season comes to a close, a heartfelt thank you goes to our committee, our volunteers, John, David and everyone who contributes in big and small ways to making Henley on Klip Bowling Club the wonderful community club that it is.

Now it's time for the green to have a little rest and pampering — although we're pretty sure John won't be resting for long!

Thank you to everyone who makes Henley Bowling Club a place we're proud to call our own.



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