

If you smell it, don't blame the cat

By Nadia Wolmarans

At the beginning of September the Herald was tagged in a post about a certain Smell affecting residents in the Vaal. **The post linked to a News24 article that particularly mentioned hydrogen sulphide as a potential cause.**

After searching, in vain, for a contact to an environmental watchdog organization in the Vaal, I reached out to the Midvaal Local Municipality's press office. I shared the link to the News24 article and shared that the Herald was tagged, and asked if Midvaal could provide any information on the presence of the terrible smell.

Midvaal responded that they had not received any formal complaints logged through the MyMidvaal app about a foul ammonia-like smell in Henley on Klip. I was encouraged to log a complaint myself, because

without a complaint Midvaal could not deploy their Environmental Health Team for further investigation. I immediately logged a complaint, and shared on the Herald's Facebook page and WhatsApp account for readers, followers, and residents to do the same. This was on 21 September. The post, across channels, drew a lot of attention. People from all over Midvaal responded, currently the post is at ten thousand views, the best performing post on the Herald's Facebook to date.

By 23 September the Midvaal Environmental Health Team contacted me and said there are so many complaints about a bad ammonia like smell in Henley on Klip, they are following the situation and I must contact them the minute the smell is present- on the days I posted, the smell was noticeably absent. They also

asked if I could tell where the smell was coming from, whether I knew about any local businesses maybe factories who could potentially be responsible.

Unfortunately, or in this case, fortunately, the smell came back with the weather. Across Midvaal, and across Facebook people were noticing the Smell and posting about it. **People in Golfpark, Vaalpark, Meyerton, Daleside, Walkerville, even Blue Saddle Ranches, were fed up and finally posting about the horrible cat pee smell. People noticed it after the rain, and especially at night.**

Midvaal Press Office answered my initial media enquiry as follows: Midvaal Local Municipality has received the complaint regarding a foul ammonia smell affecting residents of Henley on Klip

and Walkerville. The municipality takes this complaint seriously and will deploy its Environmental Assessment Practitioner (EAP) to investigate and identify the source of the smell. Furthermore, the municipality will appoint an air quality specialist to assist in pinpointing the exact source of the odour. Following the investigation, the municipality will engage with the responsible party to identify an appropriate solution to reduce the odour and ensure the well-being of our residents.

ISSUED BY THE OFFICE OF THE EXECUTIVE MAYOR:
Yours in Service Excellence,
Ald. Peter Teixeira
#PeoplesMayor.

Continued on page 2_.



OUR SERVICES

Removal of:

- Garden refuse
- Rubble

General Refuse:

- Site clean ups

Delivery of:

- Tiles, Cement & Bricks
- Top Soil / Compost
- Sand & Stone



Scan this code using your whatsapp camera to get my number

082 769 2425

Kevin@oryxskiphire.co.za

OFFICE



WHY ARE YOU DRIVING TO WORK?

COME AND WORK AT 'THE OFFICE'
FLEXIBLE, OFF THE GRID, SERVICED
OFFICE AND MEETING SPACE
JUST OFF HENLEY DRIVE

www.theoffice.za.com



016 013 0491

www.store-ease.co.za

69 Rooibok Street, Highbury

store
ease
storage made easy



HENLEY HERALD

Editor: Nadia Wolmarans
Henley on Klip, 1961
www.henleyherald.blog
editor@henleyherald.blog
cell/whatsapp: 079 502 5111

CONTRIBUTIONS

Editorial submissions are welcome, contributions are subject to editing. Anonymous articles will not be considered. Contributions can be e-mailed to editor@henleyherald.blog

ADVERTISING

Sizes and cost on request or see www.henleyherald.blog. Payment in advance or before publication deadline
DEADLINE
Last day of the month prior to publication

Printing: PCN Printers
Tel: 016 366 9901

DISCLAIMER

The Henley Herald disclaims all liability for the articles and advertisements published. Views and opinions expressed are solely those of the authors

LOCAL ON CALL

Midvaal - 24hr Call Centre - 087 106 2471
complaints@midvaal.gov.za
Download and report on the MyMidvaal App
Emergency Services - 016 360 7500 - 016 360 5911
SAPS Meyerton
Switchboard - 016 360 4700
Charge Office - 016 362 1737 / 016 362 0903 / 016 360 4724 / 016 360 4745
Randvaal Clinic - 84 Rooibok Street - 016 360 5836
Meyerton Clinic - Mitchell Street - 016 360 5880
Eskom - 086 003 7566

Continued from cover

By 29 September, the Midvaal Environmental Team came to my residence to investigate the Smell in person. The team said there were so many similar complaints about a foul smell from all over the district they were unable to pinpoint a source. They said the complaints were too far apart, from each other, factories and businesses who could potentially be producing the smell that they will have to extend their investigation outside of the area, connecting with other districts, particularly Sedibeng.

Interestingly enough, the Sedibeng District Municipality confirmed in February of this year, a persistent ammonia-like cat pee smell was drifting across multiple regions.

The Midvaal Environmental Team specifically asked where the smell was coming from, and I couldn't answer, but when you pay attention to when the Smell is strongest it usually is when the weather is bad or stormy. When weather blows in from literally anywhere, the Smell is strongest during the night when the rain is falling heaviest, then in the morning, which is when most people complain about irritated eyes, sore throat, nausea and difficulty breathing.

The Sedibeng District Municipality consulted the Department of Forestry, Fisheries, and the Environment and the DFFE officially took responsibility for the matter, as reported by the Sedibeng Star on 18 February 2026.

In April 2026, the Daily Maverick reported in an extensive article which I shared to the Herald's Facebook page and on our WhatsApp Channel, the DFFE were "in the process of a legislative overhaul to classify hydrogen sulphide as a primary pollutant."

First mention of hydrogen sulphide as the main cause for the Smell was made by the Centre for Research on Energy and Clean Air in 2021, when first complaints were made online by residents in Johannesburg. The CREA wrote in 'Something's rotten about South Africa's air' released on 18 February 2021, 'Gasification of coal to produce synthetic fuel produces a lot of hydrogen sulfide (sulphide and sulfide are both correct spellings of the same chemical term).' In the article they explained South Africa's implementation of new emission standards are lacking specifically when it comes to

hydrogen sulfide.

Daily Maverick reported "Exposure to hydrogen sulphide can irritate the eyes and respiratory tract, and may trigger dizziness, headaches, nausea, stomach discomfort, weakness, irritability and difficulty breathing."

When I spoke with the Midvaal Environmental Team I mentioned hydrogen sulphide, it was the main reason I contacted Midvaal in the first place, **but the team can as yet without an investigation and conclusion not confirm this is the cause for the smell in Midvaal.**

Their investigation is ongoing and I look forward to updating as we move along. This Smell is sadly not some local vengeful cat spirit marking our furniture for past wrongs, this is a massive national concern.

I want to thank the Midvaal Local Municipality for working so quickly at responding to the complaints made by residents on the MyMidvaal App. A big thank you to our readers, followers, and residents for logging their complaints.

PUBLIC NOTICE: PROTECTION OF MUNICIPAL TREES

18 SEPTEMBER 2026

Dear Midvaal residents, Midvaal Local Municipality has noted incidents of trees on municipal property, road reserves and public open spaces being cut, pruned, poisoned or otherwise damaged without authorisation.

No person may prune, cut down, remove, poison or otherwise damage a tree on municipal land without prior authority from the Parks Section. Pruning or removal must be carried out by the Parks Section or its appointed service provider. Residents affected by municipal trees, including driveways, electricity lines, roads, stormwater, water or sewer infrastructure, private property, or pedestrian and vehicular movement, should report the matter to the Municipality Call

Centre for assessment. The Municipality may bill the property owner where the policy is contravened.

Trees, stumps and branches removed from private properties must be disposed of at an approved Municipal Legal Dumping Site. Dumping on municipal land, sidewalks, road reserves, parks or other unauthorised areas is prohibited and may result in a fine.

Tariffs (effective 1 July 2026):

Removal of trees, branches or site clearing of illegal tree cutting — R2 544.00
Illegal cutting, damaging or removal of shrubs on municipal property — R2 544.00
Standard tariff for illegally cutting or trimming trees on municipal property — R2 544.00
Cutting to ground level and site clearing of any tree(s), each —

R2 544.00

Illegal dumping of trees and branches — R2 000 – R500 000
Residents are urged not to take the law into their own hands. Report suspected illegal cutting, poisoning or damage of municipal trees to the Parks Section, providing the location and, where possible, photographic evidence.

Enquiries: Mr Anele Majikija, Tel: 016 360 7598

**anelem@midvaal.gov.za
Help us protect Midvaal's trees and municipal infrastructure for the benefit of present and future generations.**

Yours in service excellence. Report any concerns using the methods below:

**087 106 2471
080 228 8275 (Toll-free)
Complaints@midvaal.gov.za
My Midvaal App
081 876 0408 (WhatsApp)**

Before We Vote, Let's Talk About Home

By Jane Erasmus: DA Candidate Councillor

As we approach the local government elections, there is naturally a lot of conversation about politics, candidates and the future. But before we vote, I think it is worth taking a moment to talk about something that matters to all of us: Home.

For me, Henley-on-Klip is more than a place on a map. It is a community with character, history and a spirit that deserves to be protected. It is the kind of place where people know their neighbours, families put down roots and residents care deeply about what happens around

them.

Over the past few months, I have had the privilege of spending time with residents across Ward 15. I have listened to what people love about Henley, but also to the concerns that affect everyday life - from roads, stormwater and streetlights to sewer infrastructure, safety, dumping and communication.

What has stood out to me is that residents don't simply want someone who will speak on their behalf. They want someone who will listen, communicate, follow up and be present.

I believe that is what local government should be - close enough to the people that residents feel heard, informed and present. Being a councillor should not only be about what happens in council chambers. It should be about being visible in the community, understanding the issues on the ground and ensuring that residents receive feedback, even when the answer is not the one they hoped for.

Henley is a strong community, and my vision is not about changing what makes it special. It is about protecting its character while working together to address the

challenges that remain and preparing responsibly for the future.

On election day, every resident will have the opportunity to make their voice heard. **Whatever the outcome, our responsibility to this community continues because when the campaign posters come down and the ballot papers are done being counted, we will still wake up here, raise our families here, support our neighbours here and call this place home.**

Henley-on-Klip: My people, Abantu bami, Ons mense...A home worth serving and I am ready to serve.



Sacred Living with Diane Clair takes root in Henley-on-Klip: A new local wellbeing community is beginning to take shape in Henley-on-Klip

become disconnected from ourselves, our bodies and one another, Diane hopes to create spaces where people can slow down, breathe, reconnect and experience a sense of belonging. **For Diane, Sacred Living grew from her own belief that wellbeing is not about fitting ourselves into a mould, but**

about learning to listen to ourselves and live in a way that honours the body, mind, emotions, spirit and the world around us. Yoga first entered Diane's life as a young teenager and, through the many seasons of her life, has remained a practice she continually returns to. She is beginning this journey locally with gentle yin yoga classes, creating a welcoming environment where people can slow down, reconnect with their bodies and leave feeling relaxed, rejuvenated and more at home within themselves.

But yoga is only the beginning.

As Sacred Living grows, Diane envisions creating opportunities for people to explore practices such as meditation, breathwork, creative expression, connection with nature, sound baths, movement and women's circles. **At the heart of these experiences is the belief that caring for ourselves, one another, the natural world and the animals we share it with is part of living a sacred life.**

For Diane, sacred living doesn't have to mean following a particular belief system or fitting into a particular mould. It can simply mean creating moments of intention, beauty and connection in everyday life — honouring ourselves and the relationships and world around us.

What can you expect from a Yin Yoga class?
Diane's Thursday morning classes begin with a peaceful

meditation and breathwork before moving into gentle yin yoga poses. Poses are generally held for several minutes, creating an opportunity to slow down, become curious about the body's sensations and explore without forcing.

Her approach is centred around understanding and respecting individual body structures rather than trying to achieve a particular aesthetic. Every body experiences a yoga pose differently, and this is embraced within her classes. There are no standing balances, and the practice takes place on the floor, making it a gentle and accessible way to explore yoga.

Most importantly, there is no expectation that anyone needs to be a certain level of flexible, experienced or "good" at yoga. The invitation is simply to come as you are.

Yin Yoga with Diane Clair takes place Thursdays at 9:30am at The Village Corner in Henley-on-Klip. Bookings are essential. To book, contact Diane on 076 831 2692. Visit Sacred Living website: www.dianeclair.space

Sacred Living with Diane Clair is excited to take root in The Village Corner and to grow alongside the local community — creating a space where people can slow down, reconnect and perhaps discover that coming home to themselves can begin with something as simple as taking a breath.

Electrical Conductive Services

"WE POWER YOUR WORLD"

BIG OR SMALL WE DO IT ALL! Reliable. Professional. POWERED BY EXPERIENCE.

OUR SERVICES

- GENERATORS**
Installation & Maintenance
- SOLAR SYSTEMS**
Design, Supply & Installation
- COC CERTIFICATES**
Electrical Compliance
- LIGHT FITTINGS**
Supply & Installation
- NEW INSTALLATIONS**
Domestic, Commercial & Industrial
- MAINTENANCE**
Preventative & Corrective

COMMERCIAL & PRIVATE HOUSEHOLDS

SAFE RELIABLE PROFESSIONAL

083 625 9701

john@electricalconductive.com

Electrical Conductive Services

electricalconductive.com

OUR ADDRESS
1513 Ifley rd
Henley on klip
Meyerton

CALL NOW
FOR A FREE QUOTE



BUSINESS LAUNDRY

Science of Suds

Bulk laundry solutions designed for busy businesses, with reliable collection and delivery available at a fee.

Get a Quote

IDEAL FOR

- ✓ B&Bs & Guest Houses
- ✓ Salons
- ✓ Day spas
- ✓ Restaurants
- ✓ And more











WhatsApp **Facebook** **Instagram**

Fresh, reliable laundry care that helps your business run smoothly.



PHONE
068 609 2888



EMAIL
info@laundrylab.co.za



LOCATION
Shop No. 3, Vasco's Centre,
Ewelme Street, Henley on Klip

MIDVAAL WHATSAPP CHATBOT: NEW NUMBER

Dear Midvaal residents,
The Midvaal WhatsApp Chatbot is now operational on

the new number 069 162 3187.
The previous number, 081 876 0408, is no longer in service.



LLOYD APPLIANCES
APPLIANCE REPAIR SPECIALIST

We Repair It Right. You Save More!

WE REPAIR:

- FRIDGE REPAIRS
- AIR CON REPAIRS
- MICROWAVES REPAIRS
- STOVES REPAIRS
- WASHING MACHINES REPAIRS

QUALITY SERVICE YOU CAN TRUST!

CALL / WHATSAPP
074 742 6381
083 593 8847

EXPERTISE FAST RESPONSE AFFORDABLE PRICES GUARANTEED WORKMANSHIP

All Major Brands All Work Guaranteed!

Please save the new number on your phone today to continue accessing our digital engagement service.

You can use the Chatbot to register complaints, obtain and pay municipal accounts or fines, and submit meter readings.

For any questions or concerns, please contact us:
016 360 7400 (office hours)
087 106 2471 / 080 228 8275 (toll-free)
complaints@midvaal.gov.za

Yours in service excellence.



SWIM COACHING (BEGINNER TO ADVANCED)
LIFESAVING TRAINING AND CERTIFICATION
ADULT FITNESS TRAINING

Join the Farm Pool squad today!

- ✓ Beginner to advanced swim coaching
- ✓ Lifesaving training and certification
- ✓ Adult fitness training
- ✓ 25m pool (ideal for training)
- ✓ Less than 10km outside Henley-on-Klip
- ★ Google "The Farm Pool"

WhatsApp Sandra: 082 927 5762



SUZANNE VAN NIEKERK
B.A. (Log) Pret.

Registered Audiologist and Speech Therapist

HEARING TESTS
HEARING AIDS SUPPLIED
SPEECH THERAPY

For Professional Service at all Times
016 366 0615 or 083 324 1336



SUPER PLATINA
UPENDE/VERWE/PAINTS

Super Platina Paints – Proudly Local

From Super Platina Paints Super Platina Paints has been part of the Daleside community for many years, and although our business has grown over time, we are still very much a local company at heart. From our factory in Daleside, we manufacture a wide range of paint products for homeowners,

contractors, shops, schools, artists and businesses. Our approach has always been simple: to manufacture good quality paint at a price that remains affordable.

Our slogan, "Quality Paint – Affordable Price," is something we have tried to

build the business around from the beginning.

Over the years our product range has grown considerably. **We manufacture interior and exterior wall paints, roof paints, primers, sealers and a number of specialist coatings.** Products such as Tough Roof and Tough Sealer have become important parts of our range and are used by customers for a variety of residential, commercial and maintenance applications.

Super Platina is also involved in the art and education market through our ArtAcryl range of acrylic paints and other products used by schools, students and artists.

One of the things we value most about being based in Daleside is the relationship we have built with the surrounding communities. Many of our staff, customers and suppliers come from Daleside, Meyerton, Henley on Klip and the surrounding areas. **We believe a local business should do more than simply operate from a community. Where possible, we try to support local schools, churches, organisations and community projects.**

We are also proud that products manufactured here in Daleside are now sold and used in many different parts of South Africa as we focus on e-commerce. At the same time, we never want to lose the personal approach that comes with being a smaller local manufacturer.

Customers are welcome to contact/visit us for advice on our products, help with choosing the right paint for a particular application, or information on where our products are available.

We would also like to encourage people in Henley on Klip, Meyerton and the surrounding areas to support local manufacturers and local businesses. **Sometimes the product you are looking for is being made much closer to home than you realise.**

For Super Platina, Daleside is not simply where our factory is situated. It is the community where our business has grown and where we hope to continue growing for many years to come. Super Platina Paints Daleside, Gauteng Quality Paint – Affordable Price. **Learn more at www.superplatina.co.za**

Stay Alert, Stay Safe: A Message to Our Women and Runners-HCPF

Recent reports of women being found deceased in various areas of Ekurhuleni have understandably caused concern among residents. While investigations into these incidents are ongoing, and authorities have not confirmed that all of the cases are connected, the Henley-on-Klip CPF would like to remind our community, particularly women and those who enjoy running or walking, to take extra care when out exercising.

Running and walking are a big part of many people's daily routines, but personal safety should always come first.

Do not run before sunrise or after sunset. Choose open areas and avoid running close to dense vegetation and choose a path that offers a good all-

round visibility. Avoid places where potential perpetrators are able to hide. Where possible, try to run or walk with a friend or in a group rather than alone. If you do exercise alone, try to choose routes where there are other people around, rather than quiet or isolated areas. Staying in more populated areas also makes it easier to get help if you need it. It is always a good idea to alter your route on a regular basis.

It is also important to remain aware of your surroundings. Look around you and behind you from time to time. **While headphones can make a run more enjoyable, keep the volume low enough that you can still hear what is happening around you. Keep your phone with you and make sure it is charged before**

heading out.

Let someone close to you know where you are going and roughly how long you expect to be out. **If possible, share your location with someone you trust while you are exercising. It is also a good idea to obtain a loud whistle from your local sports outlet and carry this with you, in order to be able to attract attention in a potential situation of distress. Even a small can of Pepper spray can become an important tool for self defence.**

Most importantly, trust your instincts. If you notice someone following you, something feels unusual, or you simply become uncomfortable with your surroundings, do not ignore that feeling. Change your route, move towards a busier area or

go into a nearby shop or business where other people are present.

You do not have to wait until you are in danger before asking for help.

If you are out running or walking in Henley-on-Klip and feel unsafe or need assistance, please contact the Henley-on-Klip CPF on 081-813-3912.

You can also contact the RED OPS SECURITY control room on 010 448 0905, or the AFRI-GUARD control room on 086 126 1000 or SAPS Meyerton on 082-822-7680 for police assistance.

The Henley-on-Klip CPF encourages everyone in our community to look out for one another. **If you see a fellow runner or walker who appears to be in distress or needs assistance, if it is safe to do so, offer help or contact the appropriate authorities.**

Stay alert, stay connected and, most importantly, stay safe.

Meyerton Athletics Club says Stay Safe on Our Roads and Trails

The recent revelations regarding the murder of many women in Ekurhuleni have shaken communities across the country. Running has always been one of the most accessible ways to stay healthy, clear the mind, and enjoy the outdoors. Yet for many—especially women—the simple act of going for a run has become a source of fear. As a community that values active living, we need to confront this reality with both compassion and practical action.

Safety for runners is no longer a conversation reserved for elite athletes or those venturing deep into remote trails. **It affects everyone: the mother doing a quick 5 km before work, the teenager training for athletics, the retiree enjoying a morning walk, and the weekend trail enthusiast.** While crime is a national challenge, there are steps individuals and communities can take to reduce risk and create safer spaces for outdoor exercise. Leadership begins where you are at.

Running is more than exercise; it's a celebration of freedom, health, and resilience. By taking practical precautions and standing together, we can ensure

that everyone in our community feels safe enough to enjoy the outdoors again.

So, here are a few suggestions for your personal safety in the outdoors:

- **Run with others** — Even one partner dramatically reduces risk. Join local clubs, neighbourhood groups, or arrange informal buddy runs.
- **Share your plan** — Tell someone where you're going and when you expect to be back. A quick WhatsApp message can make all the difference.
- **Choose safer routes** — Stick to well-lit, busier streets and familiar areas. Avoid isolated trails unless you're running in a group.
- **Stay unpredictable** — Vary your running times and routes. Routine makes you easier to target.
- **Keep your senses sharp** — Avoid running with both earphones in. Staying alert helps you spot danger early.
- **Use safety tech** — Enable live location sharing, carry a panic button, or use a GPS watch with emergency alerts.
- **Trust your instincts** — If something feels off—someone following, a suspicious vehicle, an unusual presence—change

direction, head to a populated area, or call for help.

- **Carry minimal valuables** — Leave jewellery, large phones, and visible tech at home. Keep essentials tucked away and out of sight.
- **Run during daylight** — Early mornings and evenings are popular but can be risky. Choose times with more foot traffic and visibility.
- **Be part of the community watch** — Greet other runners, report suspicious behaviour, and stay connected to neighbourhood safety groups.

But safety is not only an individual responsibility. **Communities can play a proactive role by maintaining visible presence on streets and trails.** Dog walkers, cyclists, and runners create natural surveillance that deters criminal activity. **Local authorities and neighbourhood watches can support by improving lighting, clearing overgrown areas, and increasing patrols during popular exercise times.**

Most importantly, we must acknowledge the emotional impact these incidents have had—particularly on women. **Fear should never be the price of**

fitness. Creating a culture where runners look out for one another, greet each other, and report suspicious behaviour strengthens the social fabric that keeps communities safe.

Meyerton Athletics Club (MAC) has a culture of looking after its members, we treat each other like family. We provide an outlet for walkers and runners of all shapes, ages and running abilities. **We host a weekly time trial run on Thursday afternoons from the Henley Bowling Club. The summer start time is 17:30, the start time varies depending on the season. In addition to the time trial MAC also arranges several social runs over weekends, both Saturday and Sundays.** The venue for these runs will vary from week to week depending on who is arranging the run. Again, we cater for runners of all abilities. So, come to a Thursday Time Trial and meet us and get to know us. **You don't need to be a member of the club to run with us. We would love you to join us soon.** For more information you can contact us:
Email - Meyertonac@gmail.com
Facebook <https://www.facebook.com/meyertonac/>
Website - <https://meyertonac.co.za/>

Mark Winterbottom
Chairman

Share your business, social club, perspective, article with the Herald at editor@henleyherald.blog, content from the community for the community



> Reformer
> Mat
> Wunda chair
> Barre

@FLEX.FLOWPILATES

For More Info Contact:

Madison Kristen

☎ 082 521 1380

📍 308 Bosbok Rd, Henley On Klip



DUNGBEETLES

SEPTIC, SEWER & PLUMBING SERVICES

SEPTIC PUMPING

PLUMBING

BLOCKED DRAINS

RESIDENTIAL & COMMERCIAL



081 740 7094 / 083 444 0803

www.dungbeetles.co.za



JAAP VAN REENEN
apteek / pharmacy

Free Deliveries!

**"That little bit extra,
makes all the
difference"**

Call: 016 362 0050 / 016 362 0051

Lochstraat 30 Meyerton

Posbus/PO Box 304 Meyerton 1960

Epos/Email: jaapvanreenen@ringpharm.co.za

Monday to Friday
08:30 – 18:00

Saturday
08:30 – 13:00

Sunday
09:00 - 13:00

Public Holidays
Closed



Pictured above left: Doug Newman, Sal Hebert, and Cliff Wright, above right, Henley Bird Club, photos courtesy Sal Hebert

Henley Bird Club Hosts Top Birder

By Sal Hebert, Chairman
At the September meeting of Henley Bird club, Doug Newman (left in the pic) presented an informative and entertaining talk titled "Man's effect on the Nesting of Birds" The presentation stimulated discussion around our effects on the environment, both negative

and positive.

Doug is the author of several books and has his own birding company, Simply Birding.

This was just one of the stimulating evenings held every month (third Monday) at the Games Room of the HRV.

We also go on outings but many of our members are just armchair birders who enjoy being part of our Whatsapp group where they can contribute and interact.

On the right in the photo is Cliff Wright, senior member of Vaal Bird Club and an

enthusiastic supporter of our club. He is the organiser of the bi-annual CWAC – Water bird count on the Vaal. Stonehaven-on-Vaal donates the use of two boats for 4 hours of bird counting on the river, scientific but also a fun morning for experienced birders and novices.

Sal Hebert, Chairman: 084 263 1784,

Symptoms of Gluten Intolerance: "All in your head"



By Hannecke P Hoy
(Emergency Care Practitioner and Co-Owner of Gluten Free Patisserie)
Ever feel emotional, depressed or extremely fatigued for no reason whatsoever? Welcome to the life of an undiagnosed gluten-intolerant person!

For years, I thought I was simply tired. Looking back, however, there were signs that something wasn't quite right.

I still think back to the days when Nicholas and I had just started dating and how bizarre my daily routine truly was. Sure, I work long hours and night shifts, and it would make sense that I might need a nap during the day every now and then. But back then, I was sleeping non-stop.

On our visits, I would have lunch with Nicholas, then pass him over to my parents if he was visiting me, and go to sleep for an hour before resuming our visit. At his parents' house, I became well acquainted with sleeping on their couch in between a day visit, easily sleeping an additional two hours each day because of constant exhaustion.

I am very grateful that Nicholas found all of this endearing and didn't run for the hills.

But then, after I was diagnosed as gluten intolerant and started a gluten free diet, not only did my mood improve, but I had less brain fog and more energy in general. The unexplainable cloud had lifted!

Initially, I thought my mood and exhaustion had improved simply because I no longer had all the other aches and pains in my body. After all, anyone's mood and energy might be affected by a headache or a stubbed toe. **But a little digging into medical research revealed that the connection may be more complicated. Celiac disease and non-celiac gluten sensitivity (NCGS) have both been associated with neurological and psychological symptoms, including brain fog, depression and anxiety.**

And you'd think that by now I would have learned my lesson regarding what gluten does to my body and actually started reading food labels. I would think so too.

Yet a few months ago, I accidentally "glutened" myself. I am a huge fan of warm, rich drinks, including cappuccinos, chai lattes and matcha lattes. On this particular weekend, I knew I would have a few taxing workdays and long shifts, so I decided to treat myself to numerous instant matcha lattes to keep me going.

Little did I know that this particular brand of matcha

contained gluten.

Slowly, as Friday went on, I became more and more sad and depressed. I was flabbergasted. Sure, I was working a bit harder than normal, but I wasn't particularly stressed. So why did it feel like the world was ending and I was stuck in a deep, dark pit?

And the sadder I became, the more my ever-loving and supportive husband encouraged me and told me to make myself a nice warm drink to relax. And so, the cycle continued.

By Sunday, I was bawling my eyes out and talking to my mother when she started the inquisition to find the source of the problem. It eventually clicked: the matcha.

Three days of consuming arguably minuscule amounts of gluten resulted in severe depression that lasted for an entire week before it finally worked its way out of my system. And that is after being gluten free for years.

Imagine the impact that gluten can have **on someone who doesn't even realise they are reacting to it.** **Maybe, just this once, it really isn't all in your head.**

Get in touch:
glutenfreepatisserie.co.za.

Naturally Debbie: *Could Your Home Be Making You Sick?*

By Debbie Firbank

Creating a healthier home without becoming afraid of everything around us

Spring has arrived, the windows are open, cupboards are being cleared and many of us are tackling that annual spring clean. We tend to think of our homes as our safe spaces, but have you ever stopped to consider the air you breathe and the products you use inside them every day?

Before we panic and throw everything in the house away, let's put this into perspective!

Our homes are not inherently unhealthy, and neither are all chemicals dangerous. However, we spend a great deal of time indoors, and small changes to our environment can sometimes make a surprisingly positive difference, particularly for people who suffer from allergies, asthma, headaches or sensitive skin.

One of the most important things we can do is incredibly simple: let fresh air in.

Cooking, cleaning products, fragrances, moisture and everyday household activities can all affect indoor air quality. Opening windows and doors when weather and security allow helps increase ventilation and allows indoor pollutants and excess moisture to escape. Extractor fans in kitchens and bathrooms are also useful, especially in rooms where steam and condensation accumulate.

Damp and mould deserve particular attention. Mould thrives where moisture lingers.

We'll find it around leaking pipes, bathrooms, windows, roofs and poorly ventilated rooms. Exposure to damp or mould can worsen respiratory symptoms, allergies and asthma. After showering, opening a window or running an extractor fan and wiping excess water from tiles can make the

bathroom far less inviting to mould.

For a small patch of surface mould in a bathroom, plain white vinegar can be a useful first approach. Apply it undiluted to a suitable non-porous surface, leave it for about an hour, then wipe or gently scrub the area clean and dry it thoroughly. Always test the surface first, and don't use vinegar on natural stone such as marble. Most importantly, never mix vinegar with bleach or other household cleaners. Simply removing or painting over mould won't solve the problem if moisture remains, so improve ventilation and deal with leaking pipes, condensation or other sources of damp. Larger, persistent or repeatedly returning mould problems may need professional attention.

Then there is something many of us associate with a beautifully clean home and that is fragrance! We spray synthetic air fresheners, plug fragrance units into walls, burn heavily fragranced candles, use perfumed fabric softeners and then clean everything with products promising mountain breezes, tropical forests and fields of lavender! These products may contain mixtures of fragrance compounds that are released into the air and can cause headaches or irritation of the eyes and airways. A pleasant artificial fragrance doesn't necessarily mean clean air, and we certainly don't need to perfume every room, every surface and every load of washing.

If you enjoy your home smelling beautiful, there are other options. **We prefer natural aromatic mists made with appropriately diluted essential oils.** During the day, something fresh and uplifting such as Essential Harmony Revive Mist can be

lightly misted around the home or office, while one of our gentle night-time mists can create a softer, relaxing atmosphere in the evening.

The same sensible approach applies to cleaning products. Stronger isn't always better, and our homes don't need to be sterile. **For everyday kitchen surfaces, you can make a simple cleaning spray using 250 ml distilled water, 1 teaspoon mild unscented liquid soap and 1 teaspoon white vinegar, with around 10 drops of Lemon essential oil and 5 drops of Tea Tree essential oil for a fresh, clean aroma.** Shake well before use, spray onto the surface and wipe with a clean cloth. Avoid using acidic cleaners on natural stone such as marble or granite, and remember that a homemade cleaning spray is for everyday cleaning rather than situations where proper disinfection is required. Never mix household cleaning chemicals, particularly bleach with acids such as vinegar, as dangerous gases can be released.

Another often-overlooked part of a healthy home is dust. Dust isn't just something that makes the furniture look neglected. It can contain pollen, fibres, skin cells and other particles, while bedding, carpets and soft furnishings can harbour dust mites. Regular vacuuming, damp-dusting and washing bedding can help reduce these allergens. If someone in the

household has allergies, paying particular attention to the bedroom can be worthwhile because we spend so many hours there.

Our homes can also affect our wellbeing in less obvious ways. Natural light, fresh air, a little greenery, less clutter and having somewhere peaceful to sit can all contribute to making a home feel restorative rather than stressful. Perhaps this is an important part of health that we sometimes overlook. A healthy home isn't one that smells disinfected and looks perfect. It's one in which we can breathe, rest, sleep and feel comfortable. So perhaps this year's spring clean can be about more than washing curtains and clearing cupboards. Open a window. Check that little damp patch you've been ignoring. Read the label before reaching for another chemical. Use a few essential oils to naturally fragrance your home.

Health isn't about living in a bubble. It's about reducing unnecessary exposures where we reasonably can and allowing our homes to do what they were always meant to do: provide a safe, comfortable place in which we can live, breathe and thrive.

Health Tip of the Month: Give your home a ten-minute fresh-air break each morning. When weather and security allow, open a few windows or doors on opposite sides of the house to encourage airflow. While they're open, take a few minutes to step outside yourself. A little fresh air and morning light may be just as welcome to you as it is to your home.

Find Breathe Natural Health Shop at Bass Lake, 1 Sontnell Road, Henley on Klip

THE GYM

EST. 1985

here since your mom

NEW LOOK, SAME GYM.
here since 1985.



SCAN TO
SIGN UP
ONLINE

30 Mitchell St, Meyerton

016 362 1335

midvaalgym.co.za



Dee's KITCHEN: Hallowe'en

October in Henley-on-Klip is my favourite in-between season. Warm days, cool Highveld nights, Jacarandas starting, and the end of the year in sight. And on the 31st, Hallowe'en.

Where Hallowe'en Comes From

Hallowe'en is over 2,000 years old. It started as Samhain, the ancient Celtic festival in Ireland and Scotland that marked the end of harvest and the start of winter. The Celts believed the veil between the living and the dead was thin on that night.

When Christianity spread, 1 November became All Saints Day or All Hallows, making 31 October All Hallows Eve, which became Hallowe'en. Irish immigrants took it to America in the 1800s and added pumpkins, costumes and trick-or-treating.

In South Africa we never really celebrated it, but in the last 10 to 15 years it has taken off in estates and small towns like Henley. With estate living it became safe for children to dress up and gather at the clubhouse, parents bring soup and wine, and it becomes more about community than horror. It is a chance for a little kitchen theatre.

Here are my favourites for this year, for both the little ones and the adults.

HALLOWE'EN FOOD FOR KIDS

1. Mummy Meatloaf - Serves 6

Ingredients: 1kg beef mince, 1 onion grated, 1 slice white bread soaked in 60ml milk, 1 egg, salt, pepper, 15ml Worcester sauce, 1 roll puff pastry, 2 mozzarella balls for eyes, black olive slices.
Method: Mix mince, onion, soaked bread, egg and seasoning well. Shape into an oval loaf on a lined baking tray. Bake 30 mins at 180C. Cut puff pastry into 1cm strips. Drape criss-cross over the meatloaf like bandages, leaving a gap at the top for eyes. Brush pastry with beaten egg. Bake another 15-20 mins until pastry is golden and meat is cooked. Add mozzarella balls with olive pupils for eyes.

2. Spiderweb Braai Pizza - Makes 2 large

Ingredients: 2 pizza bases, 200ml tomato passata, 2ml garlic crushed, pinch sugar, salt, pepper, 250g mozzarella grated, black olives sliced, 100ml sour cream in a squeeze bottle.
Method: Mix passata with garlic, sugar, salt and pepper. Spread over bases, top with mozzarella. Bake at 220C for 10-12 mins until bubbling. While hot, pipe concentric circles with sour cream, then drag a toothpick from centre outwards 6-8 times to make a web. Decorate with olive slices to make spiders.

3. Graveyard Chocolate Mousse Cups - Serves 6

Ingredients: 200g dark chocolate, 300ml fresh cream, 3 eggs separated, 1 packet Oreo biscuits crushed, gummy worms, 6 Tennis biscuits for tombstones, writing icing.

Method: Melt chocolate and cool slightly. Whip cream to soft peaks. Beat yolks into chocolate, then fold in cream. Beat egg whites stiff and fold gently into chocolate mix. Spoon into 6 glasses and chill 2 hours. Write RIP on Tennis biscuits with icing. Before serving, top mousse with Oreo crumb soil, push tombstone in, add a gummy worm crawling out.

4. Peanut Butter Eyeballs - Makes 20

Ingredients: 200g peanut butter, 100g icing sugar, 30g soft butter, 200g white chocolate, 20 Smarties, black writing icing.
Method: Mix peanut butter, icing sugar and butter until firm. Roll into 20 walnut-sized balls and chill 30 mins. Melt white chocolate, dip balls with a toothpick, place on baking paper. While still wet press a Smartie into centre. Let set, then dot black icing in middle of Smartie for pupil.

HALLOWE'EN FOOD FOR ADULTS

5. Black Garlic Mushroom and Sage Risotto - Serves 4

Ingredients: 300g arborio rice, 500g mixed mushrooms sliced, 1 onion finely chopped, 2 black garlic cloves mashed, 1 litre warm stock, 100ml dry white wine, 60g parmesan grated, 30g butter, 12 sage leaves, olive oil.
Method: Fry mushrooms in hot oil till well browned, season and set aside. Fry onion in butter till soft, add rice and stir 1 min. Add wine and let absorb. Add warm stock ladle by ladle, stirring until absorbed before adding next, about 18 mins. Stir through mashed black garlic, parmesan, extra butter and mushrooms. Fry sage leaves in a little oil till crisp. Top risotto with sage.

6. Smoky Harissa Lamb Shanks - Serves 4

Ingredients: 4 lamb shanks, 2

tbsp harissa paste, salt, 1 onion chopped, 2 carrots chopped, 2 garlic cloves, 400g tinned tomatoes, 250ml red wine, 250ml stock, cinnamon stick, 2 bay leaves, olive oil.

Method: Rub shanks with harissa and salt. Heat oil in heavy pot, sear shanks till browned all over, remove. Fry onion, carrot, garlic 4 mins. Add tomatoes, wine, stock, cinnamon and bay. Return shanks, bring to simmer. Cover and slow cook at 160C for 2.5 to 3 hours until falling off bone. Serve with couscous or creamy mash.

7. Dark Chocolate and Espresso Mousse - Serves 6

Ingredients: 200g 70 percent dark chocolate, 300ml cream, 3 eggs separated, 30ml strong espresso, 30ml Amarula.

Method: Melt chocolate and cool. Whip 200ml cream to soft peaks. Whisk yolks, espresso and Amarula into chocolate, then fold in cream. Whisk egg whites stiff and fold gently through. Spoon into glasses and chill 3 hours.

8. Whisky-Roasted Figs with Blue Cheese - Serves 4

Ingredients: 12 fresh figs halved, 40ml whisky, 30ml honey, 80g blue cheese crumbled, handful walnuts toasted, rocket.

Method: Place figs cut-side up on tray. Mix whisky and honey, drizzle over. Roast 10 mins at 190C until soft and caramelised. Serve warm with blue cheese, walnuts and rocket.

9. Smoked Chilli and Rosemary Nuts and Dark Chocolate Bark

For nuts: 500g mixed nuts, 15ml olive oil, 5ml smoked chilli flakes, 15ml fresh rosemary chopped, sea salt. Toss and roast 10 mins at 180C.

For bark: 400g dark chocolate melted, spread on baking paper. Scatter with toasted pumpkin seeds, sea salt flakes, dried chilli flakes and orange zest. Let set then break into shards.

Happy Hallowe'en from my kitchen in Henley to yours..

Lawnmower Repairs and Servicing

Collection and Delivery Arranged
Brush-Cutter Repairs and Maintenance
Full Generator Service

With years of local experience, the first option in Henley

Peter Watson
078 484 0688 Henley on Klip



About Lawnmowers Repairs and Servicing:

Peter Watson started working with engines on the amateur motorcycle racing scene. A friend got him on lawnmowers, and since

Peter's been repairing and maintaining lawnmowers in and around Henley. He's expanded into generator repair, bringing his considerable know-how and expertise to a new discipline. Reach out today.

POEM: Lesedi's Heavy Secret

From POEM

The break bell rang, and the schoolyard immediately filled with the sounds of shouting, laughing, and sneaker soles squeaking on the concrete.

Lesedi walked over to the shade of the big wild fig tree, swinging her arms like she always did. She was in Grade 6, and even though maths gave her a hard time lately, she was usually the first one to crack a joke and laugh it off. She sat down next to Mpho on the low brick wall. They weren't best friends who visited each other's houses, just classmates who shared a desk row and talked about homework. Mpho was busy peeling an orange when Lesedi leaned in close. The usual sparkle in Lesedi's eyes was completely gone, replaced by something cold and tight.

"Mpho," Lesedi whispered, her voice so low Mpho had to stop peeling to hear. "Do you

know I am scared of my mother when she gets angry?" Mpho froze, the orange peel halfway off. "Why? "Lesedi stared down at the dust around her school shoes. "She beats me. She screams at me and says it's my fault my dad packed his bags and left us. But..." Lesedi swallowed hard, her chest moving fast. "Every time after she finishes, she goes to the shop. She buys me the cold drink I like and the sweets. She holds me and tells me I'm her whole world and that she loves me." She wiped her nose with the back of her wrist, her voice trembling. "When I have bruises, she puts cream on them. But while she's doing it, she leans in real close and whispers that if I ever tell a teacher, or a neighbour, or anyone... I'll have to pack my things and find somewhere else to sleep.

Mpho sat dead silent. She looked at Lesedi—the same Lesedi who had helped her look for her lost

eraser yesterday, the girl who always seemed so bright—and didn't know what to do with the heavy secret that had just been dropped into her hands.

Understanding Lesedi's Pain

When a child goes through this, they are caught in a painful trap. The mix of violence, expensive treats, and gentle words creates deep confusion. A child ends up thinking: She loves me, so maybe I really did do something bad to make her hit me.

The truth is simple and unchanged:

*** It is never the child's fault.**

Adult pain, broken relationships, and bad tempers belong to adults. A Grade 6 child is never responsible for a parent's anger or a parent leaving.

*** Fear is not love.** Gifts and hugs after a beating do not make the beating okay. Real love keeps a child safe all the time, not just when the anger passes.

*** Threats are used to control.**

Scaring a child with homelessness is a way to force them to stay silent. No child should have to carry that kind of fear alone inside a house that is supposed to be their home. What Needs to Happen Stories like Lesedi's happen in everyday neighbourhoods, but silence lets the cycle keep turning.

*** Children need safe adults:** A teacher, a school nurse, or a trusted social worker can step in. Reporting abuse is not about breaking up a family; it is about getting help for both the child and the parent before more damage is done.

*** Pay attention to small clues:** Sometimes the loudest, happiest child in the class is the one carrying the heaviest burden at home.

How to contact Peace Of Emotional Mind (POEM)
Phone/watsapp 0734322878
email: phomolangfk@gmail.com

Editor's Note:

And it's October already, can you believe it?

This is the second last Herald of 2026. November is the last one, until 2027. Remember the Herald closes after the November issue, but starts up bright and early for January, so if you want your business to be big and shiny on the page first thing in 2027 reach out now and while you rest, your business is set for early advertising.

I again want to thank you for logging complaints on the MyMidvaal App, the more data we can get on record the better. This story also featured on the

Vaalweekblad website, with hundreds of people complaining about the smell on their social media as well.

Keep reporting, and keep encouraging people to report, it may not be a perfect system but it is the one we have.

I also want to take a minute here to mention the amazing Madmac 2026. It was Cafe du Cirque's third year hosting the event, and my second 5k. There were runners from all over the country, and I am already looking forward to next year.

Wishing everyone a safe and fun October, book your spots for January 2027 now.



The 5km start on a chilly 4th October. Incredibly well organized event with runners from all over the country, happy to be the 31st finisher for the 5km race. Which of course just means, things can only get better in 2027, see you there.



**Find Henley Herald merchandise at
Timeless Threads, The Village Corner,
304/5 Henley Drive, Henley on Klip**

Vaulters Soar to New Heights at South African National Championships



By Theresia van Eyssen
Eleven talented Equestrian Vaulters from Midvaal have put the region firmly on the map after delivering outstanding performances at the prestigious South African National Equestrian Vaulting and SANESA Nationals. The high-stakes event, which bring together the country's finest gymnastics-on-horseback athletes, was held at the Lipazzaner Hall in Kyalami from the 24 to 27 September.

The local contingent, training out of Meyerton's own La Danza Equestrian Vaulting, showcased exceptional strength, grace and teamwork.



The team competed individually atop the vaulting Barrel as well as the magestical San Roulette, more affectionately known as Rolo, who is a veteran warmblood gelding owned and lunged by Coach Monique van Zyl and assisted by Mia van Zyl. Rolo's impeccable rhythm and steady temperament provided the flawless foundation needed for the athletes to shine across their various competitive age grades.

Adding to the weekends immense success, two of the Midvaal girls advanced to the international stage by participating in the FEI Vaulting World Challenge. This highly selective global challenge allows domestic athletes to compete against international benchmarks under the strict

Federation Equestre International regulations, earning critical points towards their global world rankings.

The Vaulters' outstanding achievements stand as testament to months of rigorous training, exceptional coaching, and the powerful, trust-filled bond shared



between the local riders and their trusted steed Rolo.

With the South African National competition concluded Midvaal's equestrian stars are set to keep climbing the global ladder. Midvaal are extremely proud of team La Danzas achievements.
Photo Credit Elsje van Zyl.



Book your business' January 2027 spot in the Herald now. To learn more about advertising rates reach out at editor@henleyherald.blog and choose the contract that suits your business.



WE ARE THE OFFICIAL DISTRIBUTORS OF EPOL PRODUCTS AT WHOLESALE PRICES

**YOU'VE KNOWN THE BRAND SINCE 1913
NOW AVAILABLE ON YOUR DOORSTEP
WE SPECIALISE IN DAY OLD CHICKS**

WE STOCK:

**EPOL AND ROSSGRO PRODUCTS
MIXED FOWL FEED, CRUSHED MAIZE etc.
GRASS BALES / LUCERNE
OPTIMIZOR DOG FOOD
MOLATEK PRODUCTS**

WE ARE SITUATED AT R551 HENLEY ON KLIP



Henley on klip: 084 587 7772
Bronkhorstspuit: 079 924 0207
De Deur: 079 407 5392 - Drie Riviere: 076 961 9607
Deneyville: 082 319 5118 - Pyramid: 078 400 7474