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Henley Herald

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March/April 2025

ALLEY ROADS' RIVERSTONE MALL SET TO OPEN 27 MARCH 2025



Artistic Render of the Mall, courtesy of Alley Roads

Wednesday, 05 March 2025. Johannesburg, South Africa – Alley Roads (or “the Group”), a leading affordable housing developer, today confirmed that the construction of its Riverstone Mall has been completed, with occupational handover to tenants being finalised before the mall’s opening at the end of March. Ivan Pretorius, founder and CEO of Alley Roads commented: **“We are very excited to have reached this important milestone. With tenant fit outs currently nearing completion, we are on track to officially open Riverstone Mall on**

Thursday, 27 March this year, bringing exciting brands and a different kind of shopper experience to Meyerton.” Pretorius confirmed that during the construction phase, the mall created 1 200 jobs, with an estimated 250 permanent jobs, once trading commences. **On opening, the convenience mall with a gross lettable area (GLA) of 20,000m² will boast approximately 53 retail tenants, anchored by Checkers Fresh-X, Woolworths Food and Dischem. Other retailers include Clicks, Truworths, Mr Price and the Pepkor Group**

among others. It will offer 1 000 parking bays, a food court as well as two fast food drive-thru outlets. Riverstone Mall forms part of Alley Roads’ 175 000m² development pipeline earmarked for underserved township and peri-urban areas across South Africa. Pretorius explained that Alley Roads’ business strategy is premised on building communities that prosper. Affordable housing and retail developments are some of the important drivers required to establish these new nodes. **“Initial market studies show that**

Meyerton, centrally located between Johannesburg and the Vaal Triangle, is growing at 2% to 3% annually, and the area plays a catalytic role within the R59 development corridor. **“As part of our strategy to leverage the symbiotic relationship between housing and retail we have launched a residential development adjacent to the mall, comprising 337 units. There is also a second development phase planned at Riverstone Mall, comprising 3,000sqm of motor related retail.**

“On completion, our total investment into the Meyerton community will exceed R600 million,” Pretorius added. The Group recently announced that in the past 12 months, it has developed over 1 000 fully off-grid apartments over seven developments, creating a stable power source for tenants at a predictable cost, as well as ensuring stable annuity income for its funders. Pretorius said the Group will roll out its 175 000m² retail development pipeline over the next seven years mainly in Gauteng with opportunities in the North West, Free State and the Western Cape. Alley Roads will develop rural convenience retail centres measuring between 6,000m² to 12,000m².

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Public Meeting Recap: Midvaal

Following concerns raised by residents of Henley-on-Klip, Midvaal Local Municipality hosted a public meeting on Wednesday, 19 February 2025 to engage the community.

The meeting aimed to gather input from residents, develop an action plan, and find lasting solutions to the challenges faced in the area. During the engagement, residents highlighted several issues, including illegal dumping in the area, rising crime rates, grass cutting backlogs and other service delivery challenges. In response, Midvaal outlined a proposed

plan to address these concerns:
Proposed Action Plan
Crime Prevention in Collaboration with CPF and SAPS:

- Increased traffic police visibility along Ewelme and Henley Drive.
- Installation of additional CCTV cameras in strategic locations.
- Encouraging the community to report incidents of house vandalism.
- Grass Cutting in Problematic Vacant Areas:
- Prioritisation and scheduling of municipal teams to clear

overgrown spaces.
Roads and General Maintenance:

- Repair and maintenance of potholes and other infrastructure issues.
- **By-Law Enforcement:**
- Operations to address illegal spaza shops and unlawful dwellings.
- Engagement with the Magistrate's Court to explore the possibility of establishing a municipal court for by-law enforcement.
- **Klip River Maintenance:**
- While not a municipal function, Midvaal will assist where possible.

This action plan will be monitored, and the community will be kept informed of its progress.

The municipality remains committed to working closely with the community to improve service delivery and ensure a safer environment for all residents.

ISSUED BY THE OFFICE OF THE EXECUTIVE MAYOR:

Yours in Service Excellence,
 Ald. Peter Teixeira
 #PeoplesMayor
 For media enquiries, please contact: Idah Satikhe
 Senior Media Officer: Office of the Executive Mayor
 MokgadiS@midvaal.gov.za
 010 494 3112

CPF Recap

Following an increase of crime related incidents between January and February, the Midvaal Local Municipality convened a public meeting with the community and security stakeholders in the O'Connor Hall in Henley on Klip on 19 February.

The members of HCPF are thankful for this initiative and in preparation for the meeting

had submitted a list of concerns to the office of the mayor:

1. A substantial shortfall of resources provided to SAPS in the fight against crime that has led to the current situation of a lack of visibility and lack of effective policing.

2. Shortcomings within the legal system that has resulted in ineffective prosecution of apprehended suspects, often resulting in perpetrators released without consequence.

3. Greater need for local bylaw enforcement concerning unfinished construction sites used as shelter by criminal elements.

4. Greater need for local bylaw enforcement concerning the maintenance of vacant stands and their overgrown vegetation that serves as effective observation and hiding spots for criminals

5. Greater need for local bylaw enforcement with regards to the subletting of informal structures at the back of residential properties, leading to overcrowding and unwanted harbouring of

criminals inside the community.

6. Unregistered and unapproved illegal spaza shops and shebeens inside out community that serve as an operational base for criminal elements.

7. A need to educate the public towards being alert and vigilant about possible crime and taking preventative measures to avoid temptation for criminal elements and to protect themselves and their belongings.

We are grateful to the mayor in addressing the community on all the issues raised and taking the community into his confidence on the challenges that the municipality faces, as well as the plans that Midvaal is putting in place to address the concerns that were raised. The most important aspect in addressing the community was that the fight against crime is all our responsibility and we all have a part to play. Henley CPF is looking forward to closer corporation with the MLM security cluster. We are also thankful for the announcement of

financial support to expand the existing footprint of closed-circuit surveillance cameras that the CPF has deployed over the years.

Henley CPF is a volunteer organisation that relies on the participation of community members. Membership is free of charge and members are able to join in the capacity of "Eyes and Ears" conveying important community intelligence and observations, or becoming voluntary patrollers, providing their time on 2 hours of vehicle patrols twice a month. Patrols are carried out in teams of 2 or more patrollers in a vehicle.

HCPF can report that following the public meeting, a number of residents have come forward and joined the organisation. We encourage the community to learn more about the CPF by visiting our website on <https://www.henley-cpf.co.za/> and engaging with us directly on any of the contact number listed on the website or by email on hokcpf@gmail.com to answer any questions.

HENLEY HERALD

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Media Statement: MIDVAAL MUNICIPALITY REAFFIRMS COMMITMENT TO LEGAL AND SAFE PUBLIC TRANSPORT OPERATION



permits (Operator Permits) are unlawful and threaten public safety. As a responsible municipality committed to good governance and upholding the rule of law, Midvaal Local Municipality takes a zero-tolerance stance on unlawful activities within the region.

The Midvaal Traffic Department, as outlined in Section 156 of the Constitution of the Republic of South Africa and the Municipal Systems Act, 2000 (Act No. 32 of 2000), is responsible for enforcing applicable laws and regulating the transportation industry within the Municipality. This includes all forms of transport such as taxi associations, scholar transport, metered taxis, Bolt, Uber, tuk-tuks, and other novelty vehicles. Issuing permits falls within the jurisdiction of the Sedibeng District.

The Municipality does not have a mandate to issue transportation permits. The Midvaal Traffic Department can only enforce the law in cases of non-compliance. Users of these non-compliant services are advised against using them, as their insurance coverage may be compromised in the event of accidents or, tragically, fatalities.

The Midvaal Traffic Department also rejects any negative claims of harassment made by certain parties. The law is clear, and individuals who feel their rights have been violated are encouraged to register their grievances with the South African Police Service. Additionally, residents are invited to report any acts of corruption anonymously through the Fraud Hotline (0860 268 624).

Midvaal Local Municipality remains dedicated to supporting all legitimate transport businesses and recognises the positive impact that safe and reliable transportation can have on our community. However, it is essential that all transport services operate within the legal framework to ensure public safety and the well-being of all.

ISSUED ON BEHALF OF THE OFFICE OF THE MUNICIPAL MANAGER. For media enquiries, please contact: Idah Satikhe Senior Media Officer MokgadiS@midvaal.gov.za 010 494 3112

The Henley Herald reached out to Tuk Tuks for comment on this statement. Received no official response.

In light of recent concerns regarding the operation of tuk-tuks in Meyerton, Midvaal Local Municipality would like to clarify its position on public transportation regulations and emphasise the importance of compliance with all relevant laws.

The negative perceptions directed at the Municipality concerning tuk-tuk operations are unfounded and fail to recognise the serious risks posed to road users, passengers, and residents. These operations, which are being conducted without the required



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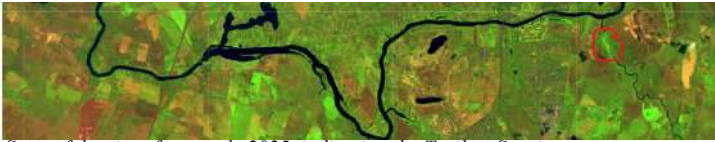
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State of the river from early 2025, indicating the Taaibos Spruit

Perspective on the Vaal River

By Kobus Fell

All are celebrating the use of the Vaal River again after months of disruption. The river is beautiful as can be, and all should share gratitude towards all involved who got the job done:

To mention just a few:

SAVE THE VAAL ENVIRONMENT (SAVE) – a non-profit organisation formed in the 1990s to protect the Vaal River and its environs from pollution. SAVE’s mandate extends from the Vaal Dam in the east to Parys in the west.

Johann Bukes, Laurel Young, Mark Wijtenberg and others who started physically extracting the water lettuce at various sites. Rosemary Anderson, who hosts, at her sole expense, every meeting of any description regarding this project. Brian Bennett’s engineering works, which manufactured and donated custom-made buckets for efficient loading of the water lettuce. Brent Gericke for all the efforts and coordination of the

projects without any guidelines as to how it should be done. Working tirelessly and investing huge amounts of money cannot be dismissed.

According to current reports, the water is clear and fish and birdlife are thriving.

Reports from visitors indicate that tourism activities are back to normal.

The process started with the removal of the water lettuce, followed by the initial herbicide application.

This was unfortunately short-lived due to the interference by some “experts” claiming harm to the environment.

Due to the obvious lack of capacity to remove or contain the infestation, certain parties persisted and had the DFFE reconsider the herbicide applications, which resulted in the final herbicide applications.

Thanks to all other interested and affected parties who contributed to the final herbicide application, which cleared the plants within a few weeks. This effort allows the removal of any remaining plants

and prevents any future infestations, which is currently ongoing. Unfortunately the plants in the Taaibos spruit were not treated or removed and those were washed into the Vaal River mid-February 2025.

This again highlights the need to do preventative management when dealing with aggressive invasive aquatic plants. I trust that this will be dealt with in a responsible manner to avoid another major infestation of the Vaal river.

Why did this happen?

Water lettuce was identified in early 2021. Unfortunately, the threat was not taken seriously, and eventually, the more polluted Vaal River became the next watercourse to be taken over.

What should have been done?

The initial infestation should have been addressed – it was not. The spread of the plants should have been prevented by cabling it in – it was not. The initial infestation should have been chemically treated – it was not.

How should the future of managing be done?

National Water Monitor NPC has for quite a long time engaged with the Department of Water and Sanitation as well as the Department of Forestry, Fisheries and the Environment to have a proper **INTEGRATED AQUATIC VEGETATION MANAGEMENT PLAN** compiled to assist with management of any potential infestations.

A very successful plan was compiled for Roodeplaat Dam by the DFFE, which resulted in extremely positive results. Despite the success, this plan was not replicated at other water bodies, such as the Hartbeespoort Dam where again a very costly exercise is ongoing to try to keep the water clear despite the recommendations by National Water Monitor NPC.

Currently the biological control agents are very active on Hartbeespoort Dam and within the next 2 to 3 months hundreds of hectares of plants will again die and drop to the bottom of the dam to decay.

This will again have a very negative impact on the dam. Monitoring of river systems should be intensified. Infestations should be contained with the use of proper cabling systems. Where possible, biological control should be introduced to bring major infestations under control.

Where it is not viable and it becomes clear that the growth rate exceeds the removal rate, herbicide applications should be done without delay. Herbicide applications should be done according to manufacturer recommendation and any application of lower dosage concentration should be avoided as such applications may lead to herbicide resistance. In the case of water hyacinths, flowering should be prevented at all costs to ensure the seedbank is not replenished, as this will prolong the problem.

Lastly involvement by all will play a crucial part in the combat against the invasive species.

Support by the government should be ongoing, and the interest of the environment should be prioritised. Funding should be availed in a responsible manner and not recklessly distributed to projects which are not viable. Lastly, the source of the problem, ongoing water pollution by mainly wastewater treatment works, should be addressed and legislation enforced to ensure compliance with requirements. Where needed, licences should be revoked, and the plants be given to capable bodies to run. Engineered wetlands to reduce the impact of the pollution on the environment should be introduced.

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Henley on Klip Lions

the feeling of a job well done is all we can offer, no wait, I forgot, **we do not fund raise, we FUN RAISE** and believe that any time donated should be to an activity that is also fun and filled with laughter.

Welcome to our new 2025 financial year, from all of us at Lions Club Henley on Klip. 2024 was certainly a hectic time again for all of us in the club and we continue to search for new members who would like to be part of this amazing club.

For those of you who do not know us, we are a service charity, one of the largest in the world with a goal of making our membership 1.5 million in the coming year, something we can only do with the introduction of new members. All we ask is your time and enthusiasm, the reward. **THAT FEEL GOOD FACTOR**, serving those less fortunate than ourselves is the biggest reward, the smiles of happiness, the tears of joy and

If you would like to know more about us there are several options, pop down to one of our meetings, first Monday of every month, 6.30pm for 7.00pm, the meetings are informal and anyone is welcome. You can also visit us at <https://www.lionsclubs.org/en/about-us/our-organization/about-lions-international> this will give you the **BIG picture** and not just a local focus.

If you have not seen us about in our purple T Shirts, here is a brief summary of what we have contributed to in our local area and continue to do so. **Food Parcels** for those who have fallen on hard times, **Pensioners Bingo** a monthly social get together where bingo is played and fun is had, all at no charge, **Bright Sight** free eye

testing held most months, **sewing club** where we provide facilities and equipment to allow those to hone their skills and make items for sale, **book sales every month, these provide much needed funds** and has become a must go to in the community, where else can you buy a book for R10.00 these days, all of these are regular events.

We continue to look for projects and needy causes, Randvaal old age home received Christmas Dinner donated by Lions Club and Lynca Meats, we also visit them several times in the year and provide an afternoon of bingo and prizes plus a special tea for the residents, we are also assisting with a new exterior drainage system to stop the area from internal flooding, I could list so many projects, Kanguru, Daleside, Sicelo Primary, but I guess by now you get the picture.

2024 saw our tiny club achieve the following. **We served 2119 people in our community.**



We had 323 people who volunteered their time. We gave up 1771 hours to serve the community. We raised R73,506 from the community and received R18,660 in donations. All money raised and donated has been or will be used to continue to serve our community.

Interested? please feel free to contact us and join one of the largest NPO in the world.

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HOK Buffs

Des Woods of the RAOB Bunduloo Lodge in Henley on Klip presenting a voucher to Leon Kirshner to help with personal hygiene items for the young people in the attached picture on Saturday 22nd February 2025 in Daleside. To join the The Royal Antediluvian Order of Buffaloes (RAOB) Henley on Klip contact Des Woods: 082 494 8741. RAOB meet the 1st Sunday of the month.

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Cancer Prevention: Harnessing the Power of Herbs, Alkaline Foods, and Smart Eating

By Debbie Firbank

Preventing cancer starts with what we put on our plates. Research suggests that natural herbs, an alkaline-rich diet, and mindful eating choices can reduce inflammation, support the immune system, and create a body environment less favorable to disease.

Healing Herbs for Cancer Prevention

Nature offers a wealth of herbs with potential cancer-fighting properties. Many contain antioxidants and compounds that protect cells from damage and reduce inflammation. Here are some of the most notable:

- Clove – High in antioxidants, clove helps combat oxidative stress and may inhibit cancer cell growth.
- Graviola (Soursop) – Contains acetogenins, which have been studied for their potential to target cancer cells.
- Black Cumin (Nigella Sativa) – Known for its immune-boosting effects and ability to reduce tumor growth.
- Turmeric – The active compound, curcumin, is widely recognized for its anti-inflammatory and cancer-preventive properties.
- Moringa – A nutrient powerhouse with strong antioxidant effects that protect against cell damage.
- Turkey Tail Mushroom – A medicinal mushroom rich in polysaccharides that strengthen immune response.

Eliminating Parasites for Better Health

Parasites can contribute to chronic illness and inflammation

weakening the body's defenses. Some natural anti-parasitic foods include:

- Pumpkin & Papaya Seeds – Contain enzymes that aid in parasite removal.
- Black Walnut & Clove – Traditionally used to eliminate intestinal parasites.
- Coconut Oil – Contains caprylic acid, known for its anti-parasitic properties.

The Benefits of an Alkaline Diet

Many believe maintaining an alkaline balance in the body can reduce inflammation and lower disease risk. Consuming alkaline-rich foods helps neutralize acidity and supports overall health.

Top Alkaline Foods:

- Leafy Greens (Spinach, Kale) – High in chlorophyll and essential nutrients.
- Cruciferous Vegetables (Broccoli, Cabbage) – Aid detoxification.
- Cucumber & Celery – Naturally hydrating and alkaline.
- Berries – Rich in antioxidants that fight free radicals.
- Herbs & Spices (Turmeric, Ginger, Basil) – Reduce inflammation and support immunity.

Foods to Avoid:

- Refined Sugars & Artificial

Sweeteners – Increase inflammation.

- Dairy & Processed Foods – Can contribute to acidity and inflammation.
- Soft Drinks & Alcohol – Acidic and taxing on the liver.

Eating the Rainbow for Nutritional Variety

A diet rich in colorful fruits and vegetables ensures a broad spectrum of nutrients:

- Red (Tomatoes, Peppers, Strawberries) – High in vitamin C and lycopene.
- Orange (Carrots, Sweet Potatoes, Pumpkin) – Provide beta-carotene for immune health.
- Green (Spinach, Broccoli, Kiwi) – Detoxifying and chlorophyll-rich.
- Purple (Blueberries, Grapes, Eggplant) – Contain anthocyanins for cellular protection.

Alkaline Smoothie Recipe:

Blend 1 banana, 1 cup spinach, ½ avocado, ½ cup blueberries, 1 tsp turmeric, 1 tbsp flaxseeds, and 1 cup coconut water for a nutrient-packed drink.

Choosing Healthy Oils

Not all oils are equal. Some promote inflammation, while others support overall well-being.

Best Oils for Cooking:

- Coconut Oil – Stable at high temperatures and antimicrobial.
- Olive Oil – Rich in antioxidants, best for low-heat cooking.
- Avocado Oil – High smoke point, great for sautéing.

Oils to Avoid:

- Canola & Soybean Oil – Often highly processed.
- Vegetable Oils (Corn, Sunflower, Safflower) – High in inflammatory omega-6s.

Reducing Exposure to Harmful Chemicals

Pesticides like glyphosates have been linked to health risks. To minimize exposure:

- Wash produce in a bicarbonate of soda solution to remove

residues.

- Buy organic when possible to avoid synthetic pesticides.
- Grow your own vegetables for chemical-free food.

Small Changes, Big Impact

Incorporating healing herbs, an alkaline-rich diet, and natural food choices can help create an environment that supports long-term health. Simple shifts—like drinking a daily smoothie, cooking with natural oils, and reducing processed foods—can lead to powerful health benefits. Prioritising nutrient-dense, whole foods and staying hydrated are key steps toward a healthier lifestyle.

With the inclusion of barley greens in your diet you give your body a fighting chance to eliminate cancer cells. Review from a 33 year old Henley resident: "I was first diagnosed in September 2023 with cervical cancer. I was operated on to remove the tumour and started chemo straight after.

The cancer count kept increasing and by February 2024 further tumours were detected right hip, my spleen and on my thymus gland behind my breast bone. They started further chemo and then plasma transfusion because my platelets dropped dangerously.

At the end of February I introduced barley greens to my diet and my tumours reduced in size by June. By December it had shrunk from 5.67cm to 2.24cm, it was then successfully removed surgically. Since introducing beetroot and carrot powders to the barley greens, my bloods stabilised, no transfusion required and energy improved. After being full blown anaemic, having 2 doses of iron a day to just one dose in 6 months post remission"

By making mindful choices today, we can pave the way for a stronger, healthier future.

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Heavenly Herbs and Honey Part Three

By Kate Touche

This month let's get into the sticky story of how bees make honey, a fascinating process.

First, the bees collect nectar from various flowers with their long tongues. They store it in their second stomachs, called honey stomachs, where they break down the sugars with their enzymes. They regurgitate this mixture, passing the mixture from bee to bee to further break it down and to evaporate the excess water; also, they do this by fanning their wings. This process prepares the honey to be placed in the hexagon-shaped honey cell in the comb, which is made of beeswax. The bees make a perfect lid from wax to protect the honey from contamination.

At night, when all the bees are inside the hive, if you listen closely to the hive box, you can hear the whirring of the bee wings as they prepare the honey for the hexagon cells.

Beeswax is made from honey and water; they need to ingest 2 to 3 kg of honey to produce 500 g of beeswax. To make wax, the worker bees huddle together to convert the sugar from the honey; they have eight special glands beneath their bodies which ooze the beeswax. The wax looks like small scales, 3 mm across and 0.1 mm thick. The bees chew these wax scales together with water to make the wax to form the cones. They need about 1100 scales to make 1 gram of wax. They must keep the hive warm by flapping their wings to mould the wax into the hexagon shape. This shape is perfect for storing honey. This work is done by the bees that are 12 to 20 days old; after about 18 days, the bee has to perform other tasks in the hive, like guarding or cleaning up the hive.

The other ingredient the bees collect is, of course, the sticky, yellow pollen which adheres to the little hairs on their legs and bodies when they are busy collecting nectar. Without this

collection of pollen, nearly 80% of the world's crops would die.

Bees are essential for growing our food.

Pollen is not directly a part of the honey; there are just small traces of it in the honey, as honey is made from nectar. The bees use the pollen to feed themselves and their young by making a bee bread with their enzymes. The pollen is rich with proteins, fats and minerals needed to feed the hive.

Depending on which flowers the bees have favoured, the colour and taste of the honey vary from very pale yellow to a dark, deep, orangey yellow.

As an example, the beekeepers in the South of France will take their beehives for a few months into the lavender fields in the flowering season in Provence to get a delicious, pale-coloured honey. The bees help with the pollination of the lavender, and the perfume producers achieve a bumper crop.

So next time you open a golden

jar of raw honey, say a little prayer of thanks for all the work those little bees put in to produce this food from the gods.

Recipe this month

Honey-basted chicken.

Ingredients:

- 2 chicken breasts, skin and bones removed.
- ¼ cup of raw honey
- 2 tablespoons of soy sauce
- ½ teaspoon chilli flakes
- 1½ tablespoons of olive oil.

Method:

Cut the chicken breasts into bite-sized chunks. Whisk up the honey, soy sauce, and chilli flakes in a bowl. Heat up the olive oil in a frying pan, add chicken and lightly brown. Add the honey ingredients and cook for about 5 mins, until chicken is no longer pink in the middle, stirring as you go. Place in a bed of Basmati rice and enjoy with a light side salad.

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Micro-Fungi: A Gardener's Friend

By Leslie Hoy

There has been some discussion recently on the Henley WhatsApp group about mushrooms and which are safe and not safe to eat. Unless you really know your mushrooms and which are specifically safe, it's best not to venture down that route, as some could be fatal if consumed. Personally, I steer clear of eating any foraged mushrooms.

Many fungus species are linked to specific plant species, which just again points to how wonderful nature has been "designed" by our creator and has adapted to contribute to the connectivity of the natural environment.

I want to rather head below ground to explore those tiny beneficial fungi. Fungi are unable to produce their own food by means of photosynthesis like all other "green" plants. Fungi generally obtain their nutrients from plant and animal materials which are broken down by means of enzymes, resulting in ingestion. Many fungi have the ability to assist in decomposing plant or animal materials in our gardens, which in turn return the nutrients back into the soil. Fungi infect the roots of almost 90% of plants, many in the form of symbiotic relationships (a mutually beneficial relationship). In the soil, especially healthy soil, some fungal hyphae

(feathery filaments that make up multicellular fungi) attach themselves to the exterior of plant roots. These fine root extensions are known as mycorrhizae. The hyphae of mycorrhizae, in really abundant quantities on plants, can sometimes be seen and look like very fine "silk" threads emanating on and around the root hairs of plants. Some plants, mushrooms or toadstools, also "send down" hypae/mycorrhizae that connect to plant roots and function similarly to those whose "lives" are found predominantly underground and as such unseen.

These fungi are provided with food from the host "green" plant, but in return the fungus (mycorrhizae) provide the plants with:

- They assist in effectively increasing the root surface area in the soil, which also results in increased nutrient (particularly phosphorus) and water absorption.
- They greatly increase the absorptive area of a plant's roots.
- Allowing soil nutrients to be made more easily available to plants.
- They deter possible infection by disease organisms.
- They assist in increasing heat

and drought tolerance.

- They also allow the plant root hairs (rootlets) to function longer.

Mycorrhiza specifically benefit and improve plant growth and vigour. Various scientific studies have pointed towards these very benefits and have similarly shown that numerous plants grow less vigorously in the absence of mycorrhiza.

Mycorrhizae growth and existence in our gardens and supporting our plants can be negatively harmed when we cultivate soils too frequently, apply excessive fertiliser (more specifically synthetic fertiliser) and an overzealous amount of manure. Use of fungicides can also inhibit mycorrhizal fungi. It is always good gardening practice to use the lowest feasible amounts of fertiliser, fungicides, and cultivation. This will not only save us as gardeners time and money but also help towards protecting the environment.

This again points us to the importance of looking after our gardens, using the most "natural" methods and applying the principles of organic gardening and permaculture.

The Musical Journey of Jimmy Brown

By Heather Taylor-Waldron
Something Different from the Henley Performing Arts

"All the WhatsApp Tones were Ringing
In the little Henley Town
And the message they were pinging
Was about young Jimmy Brown"

And so began the first HPA production of 2025. The brainchild of Georges Hebert and Marie Thompson, the story followed the life and death of fictional character - Jimmy Brown and his years in Henley, punctuated by nostalgic musical numbers like Beautiful Boy, Sweet 16 and I'm a believer. On the weekend of the 21st and

22nd of February, the enthusiasm of the HPA and their ever loyal audience was unmatched. Wonderful sing-alongs prompted by never-forgotten songs from the sixties, seventies and eighties. The matinee performance on the Sunday afternoon was especially well attended, with over 70's being allowed in free of charge. Despite load shedding, audience members were treated to tea, coffee and biscuits. The show included moving solos by Jacobus Fourie and energetic guitar support by Jordan J Rosa. Jordan is on the verge of launching his own CD as his blossoming musical career takes flight.

Thelma of Thel Rose photography provided the stunning local Henley backgrounds and was the photographer and videographer on the night.

The delectable food was catered by Fransa from Ducks. The HPA invites Henley locals to join our creative ventures. There is always space for those who would like to be involved, whether on stage, wardrobe and props or very much needed technical support.

Interested parties may contact Marie Thompson – 082 925 2114, Photo Credit: Thel Roos Photography.



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Liewe Katrien

Volgens die media is die pous nou al vir 'n ruk siek, dan gaan dit beter en dan nie. Dubbele longontsteking op sy ouderdom kan net moeilik wees.

Dan natuurlik is hele wêreld kwaad vir Oom Donald en die Afrikaners wat sowaar met hom gaan praat het. Nooit geweet daar is so baie Amerikaanse geld in omloop in die land nie. Wel nou nie meer nie, maar nou weet ons dit ook. Nogal gewag om te sien of die DA ook traitors genoem gaan word en toe stel hulle nie teleur nie.

In London is so ruk gelede 'n groot 18m koplose demoon standbeeld opgerig met groete uit Hong Kong. Nou daar is die politiek properlies 'n gemors, die hele wêreld kyk met groot oë wat gaan gebeur. want dit lyk of al die groot belangrike manne daar ook kop verloor het .

Een ding wat nou nie twee dinge is nie, die elites het op die oomblik 'n paar misverstande tussen mekaar en hulle gaan seker maak gewone mense raak betrokke. Hulle speel nooit mooi of regverdig met hulle

doodgewone mense maatjies nie.

In Duitsland het die konserwatiewes die verkiesing gewen en die hele bevolking met 'n lekker slap triek gevang en vir almal gelieg. Politiek trek nou maar sulke mense, doen dit nie?

Natuurlik was die hoogtepunt dat Oom Donald ook toe nog vir Mister 'Z' uit die oval office uitgejaag het en nie weet waar Lesotho is nie. Mens sou dink die vaal man van Pretoria sou hom kon inlig. Sowaar voel die 'Z' Amerika moet hulle seuns en dogters ook stuur om op die slagveld daar by hom te kom doodgaan want hulle is in NATO.

Al hierdie uitsprake maak seker die moontlikheid van die derde wêreld oorlog gaan nie heeltemal weg nie, as dit nie Frankryk is wat met atoombomme dreig nie, is dit die Engelse wat 'boots on the ground and planes in the air' beloop. Putin en Lavrov ken ook die pyn van misverstande en dreigemente. Die hoeveelheid geld wat die EU wil leen om hulleself te bewapen is dalk voortydig, hoekom nie wag om te sien hoeveel skade na so petalje herstel moet word nie. Lyk sowaar asof Ursula druk om

die groot opdrag van die elites uit te voer. Met die draai van Y2K is Europa verkoop en nou is dit tyd om met die speelgoed te speel.

Die groot vraag ter plaatse is gaan jy saam Amerika toe. Dit wil mos nou voorkom of dieselfde hande wat die hekke oop foreer het dit nou weer wil toe forseer. Ek dink hef aan lê voor die deur want alles wat hulle so graag net wou vat kan nou in vreemde sakke beland.

Hier in ons mooi dorp het die burgermeester kom praat oor misdaad en baie mense was daar om te hoor wat hy te sê het.

Snaaks hoe dieselfde mense wat vir hulp vra kan verskil as daar voorwaardes vir hulp is. Uitgesprokenes en moeilikmakers sal altyd 'n groep kry wat hulle kan opsweep teen owerhede wat kan help.

Sou jy nou weet van 'n sterk man wat omstandighede kan verander en jou kan verdedig van allerhande wilde diere en gevaarlike dinge wat rondloop in die nag, is dit nie voordelig vir almal om vrede te maak met die voorwaardes nie? Die mensdom leer maar moeilik, veral die dommes onder ons. Al my liefde.



SUZANNE VAN NIEKERK
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<p>16</p> <p>St Patrick's Day Lunch @About Time</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>Quiz Night @The Realm</p>	<p>20</p> <p>MAC Time Trails @The Bowler Shakes Dance Club Dance Lesson @O'Connor Hall</p>	<p>21</p> <p>1st Henley Scouts Meeting @Scouts Hall 1sthenleyscouts.co.za</p>	<p>22</p> <p>MAC Parkun Fundraiser for Brian and Tyla @The Realm</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Riverstone Mall Launch Day MAC Time Trails @The Bowler Shakes Dance Club Dance Lesson @O'Connor Hall</p>	<p>28</p> <p>1st Henley Scouts Meeting @Scouts Hall 1sthenleyscouts.co.za</p>	<p>29</p> <p>Rocking the Vail @ Emerald Casino MAC Parkrun Lions' Book Sale @O'Connor Hall Dead Celebrity's Party @The Realm</p>
<p>30</p>	<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p> <p>Lions Blood Drive @O'Connor Hall MAC Time Trails @The Bowler Shakes Dance Club Dance Lesson @O'Connor Hall</p>	<p>4</p> <p>1st Henley Scouts Meeting @Scouts Hall 1sthenleyscouts.co.za</p>	<p>5</p> <p>MAC Parkun Lion's Eye Clinic Collections @O'Connor Hall</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>MAC Time Trails @The Bowler Shakes Dance Club Dance Lesson @O'Connor Hall</p>	<p>11</p> <p>1st Henley Scouts Meeting @Scouts Hall 1sthenleyscouts.co.za</p>	<p>12</p> <p>Klipriver-Suikerboschrand Conservancy Easter Plant and Seed Swap, 11:00 - 14:00 @ Amazing Grace Chapel, Greenvalley Rosy 082 515 2884 Nichole 072 692 3776 MAC Parkrun</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p> <p>MAC Time Trails @The Bowler Shakes Dance Club Dance Lesson @O'Connor Hall</p>	<p>18</p> <p>1st Henley Scouts Meeting @Scouts Hall 1sthenleyscouts.co.za</p>	<p>19</p> <p>MAC Parkun</p>



Above left, Dave Fouche station manager, and my excellent posture, right the first signature wall, photo courtesy Midvaal Community Radio

The Herald goes On Air with Midvaal Community Radio

I followed them on Facebook, and soon they followed my page back – you can find both of us by searching Midvaal Community Radio and Henley Herald.

We've been sharing each other's posts back and forth for months. Last year, with Mr and Mrs Henley on Klip, they contacted me to learn more about the event.

In February this year, the team reached out formally, and I was invited into the studio to introduce the Henley Herald to their listeners.

After practising for days, a la The Commitments (1991), my copy editor and I set out in the rain to meet Dave Fouche and speak to however many people tuned in. We navigated our way out and were overjoyed to find a familiar face at the radio station; shoutout to Laurinda Jaunita Piek.

Dave and I chatted broadly about the Herald and the future. I enjoyed it tremendously; he managed to put me at ease, and the pressure of however many listeners quickly faded.

The interview was a bucket list moment in two ways: I always wanted to see the inside of a radio station, and on my to-do list for the year 2025 I wanted to connect with other news outlets. On my list, I said I wanted to write for a news publication, but getting in touch with the local radio station was a lot bigger than I could aim for.

Midvaal Community Radio is growing rapidly; they are speaking to the Midvaal Local Municipality, business people and many more from around

Meyerton and Henley on Klip. Their listener count is growing to staggering heights; their Facebook and WhatsApp feeds are active with local stories and people.

I shared an interview link on my social media and got instant responses on my own WhatsApp.

In the interview, we chatted about the significance of local news. I believe information about the places we live, whether it feels good or difficult, can have a positive impact on our lives. It can make us feel safer and make the world less complicated.

My best kick out of the Herald is when people tell me they got information in it, and more and more people in the community are listening to Midvaal Community Radio referencing them in local community groups.

I am excited to connect with local media and the local press. During the off time of the interview, Dave Fouche said they are looking to get into Riverstone Mall; that would be his ideal situation on which to build forward.

And the Midvaal Community Radio will be opening their studio in the Riverstone Mall! I will be stopping by to see the place, take pictures and do a proper full-length feature article to better cover everything they can do for businesses and the community.

You can find Midvaal Community Radio on their website: www.mccradio.co.za. You can listen to the radio live at the player on their main page.


I love this feature because I stopped listening to the radio after getting my smartphone. I think the last time I listened to the radio, you needed a special app for it and had to use your earphones as an antenna with MCR's link; you can listen to it like Spotify or YouTube; just click play.

Dave Fouche explained that businesses can record their radio adverts, or the team can put adverts together for them. Or they do live readings, with the

presenters reading the ad copy themselves during their broadcast.

If you want to learn more, get in touch with them through their Facebook or send an e-mail to info@mccradio.co.za, send a Whatsapp: 063 686 0392.

A big thank you to Dave Fouche, Gerda and Laurinda for reaching out. Congratulations on the move, and I look forward to the new chapter.




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