



# HARVEST

*Nuus | News*



## NEW ERA IN THE HISTORY OF GOLDEN HARVEST: FRAIL CARE CENTRE OUTSOURCED

The Frail Care Centre was originally established as an independent company under the name Oordversorging (Pty) Ltd. Although managed separately, it has always formed an integral part of Golden Harvest. To ensure focused oversight, a Board member was appointed specifically to manage the Frail Care Centre. Over the past few years, Ann Cliff fulfilled this role with dedication and commitment, and we would like to express our sincere gratitude to her, as well as to those who served before her, for their loyal and invaluable contribution to this challenging responsibility.

For some time, the Board recognised the need to modernise and upgrade the centre, while also exploring new opportunities to improve profitability and ensure long-term financial sustainability. Residents were kept informed and involved throughout this process.

On 16 April 2026, a meeting was held with shareholders to discuss the future of the centre and consider possible solutions. Various options were presented, and the Board was given the mandate to investigate the possibility of leasing the centre to a professional third-party operator with the necessary expertise and experience.

Following this decision, the Board entered discussions with CareVita, a healthcare management group currently operating six similar healthcare centres across South Africa and well aligned with the needs of Golden Harvest. On 23 April 2026, eight residents visited one of CareVita's facilities in Benoni to gain first-hand insight into the practical management and operations of the organisation. The feedback from the visit was overwhelmingly positive. CareVita subsequently submitted a final proposal to provide frail care, kitchen management, and assisted living services at Golden Harvest.

On 7 May 2026 an agreement between Golden Harvest and CareVita was signed. Golden Harvest will remain the registered owner of the immovable property and operating environment, while CareVita will assume responsibility



**Board members Lydia Lourens, Johan Struwig (Chairman), Marcel Hoeksma and Louis de Vaal with Andrew Wilson (centre) CEO of CareVita after signing the contract.**

for the day-to-day clinical, operational, and commercial management of the facility.

According to Andrew Wilson, Manager, and Werner van Niekerk, Regional Manager, CareVita's approach will not involve immediate large-scale changes. The organisation intends to take over operations as they currently stand, ensuring continuity for residents and staff. At this stage, no services or fees will change. Their focus during the transition period will be to observe, listen, assess, and gradually implement improvements over time. A permanent site manager will only be appointed once a full understanding of the operation has been established, with Regional Manager Werner van Niekerk personally overseeing and managing the transition process. CareVita will officially assume responsibility for Golden Harvest on 1 June 2026, with catering services transferring on 1 August 2026.



# ABOUT CAREVITA

CareVita team:  
Werner van Niekerk  
(Regional Manager),  
Lindsay Wilson (Client  
Liaison), Andrew Wilson  
(Director), and Dakota  
Wallace (Finance  
Manager)



CareVita was founded in 2018 with the vision of bringing renewed purpose and excellence to the Retirement Management sector. Their goal is to build a caring, successful organisation that makes a meaningful difference in the daily lives of elderly and frail individuals, while also creating value for clients, families, and employees.

CareVita (Pty) Ltd is a specialised healthcare and accommodation management company dedicated to delivering compassionate, professional, and person-centred care within supported living and residential environments. Their approach is founded on dignity, respect, and accountability. They believe that every resident deserves not only high-quality care, but also a safe, structured, and nurturing environment that truly feels like home.

Their core values include:

- Respect and dignity for every individual
- Professional and ethical standards of care
- Transparent communication with families and stakeholders
- Continuous improvement in service delivery

These values shape CareVita's company culture and priorities, supporting their vision and guiding the way they operate. They form the foundation of the organisation's identity — reflecting its principles, beliefs, and philosophy of care.

The company currently manages six other care facilities across South Africa:

- **Hartland Lifestyle Estate** – Mossel Bay, Western Cape
- **Strombolis Retirement Village** – Plettenberg Bay, Western Cape
- **Eastlands Mature Lifestyle Estate** – Benoni, Gauteng
- **The Crescent** – Plettenberg Bay, Western Cape
- **Serene Park Frail Care Centre** – Pretoria, Gauteng
- **Parsonage Street Home for the Aged** – Graaff-Reinet, Eastern Cape

A group of our residents recently enjoyed a visit to the beautiful Eastlands Mature Lifestyle Estate in Benoni.



Stay Connected

[www.carevita.co.za](http://www.carevita.co.za)

# From the Editor



What a privilege it has been this month to once again explore all the corners and pathways of Golden Harvest. The resort is simply packed with new activities to enjoy and familiar experiences to share.

The big news, of course, is the beginning of CareVita's new chapter at Golden Harvest. From the many interviews and conversations I have had, it is clear that residents are excited about the future of the new Health Centre.

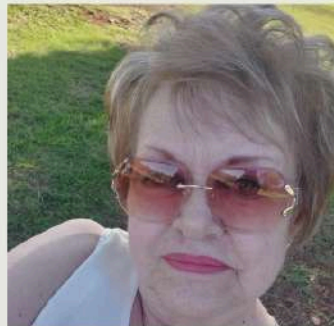
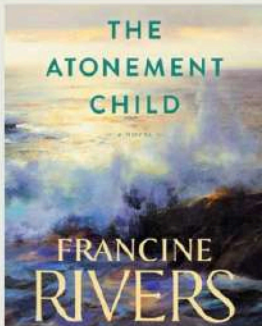
Another highlight was the fascinating talk presented by historian and author Rob Milne. We are so fortunate to live here in the Magaliesberg Mountains — an area rich in centuries-old history and archaeological wonders.

Lastly, be sure to read about the most romantic moment in Jan Boorgat's life — the day he asked Marj to marry him!

I hope you enjoy this special edition of *Harvest News*.

Madafeen

## BOOK REVIEW



Our Book Review of the Month was presented by **Alida Coetzee**, featuring *The Atonement Child* by Francine Rivers.

This powerful and deeply emotional novel tells the story of Dinah Carey, whose seemingly perfect life is shattered in one horrific moment when she becomes the victim of rape, leaving her facing an unexpected pregnancy and a future forever changed. As her family struggles to cope and her faith is tested to its limits, Dinah is confronted with the most difficult decision of her life — whether to embrace or end the fragile life growing within her.

*The Atonement Child* is a moving story of faith, pain, healing, and hope that leaves a lasting impression on its readers.

A must-read indeed!

Save The Date  
GOLDEN HARVEST  
would like to spoil our ladies  
with a stylish tea party.

8 August 2026

## In Memoriam



With heartfelt sympathy, we remember the residents who have recently passed away and extend our sincere condolences to their families and friends. May they find comfort, strength, and peace during this difficult time.

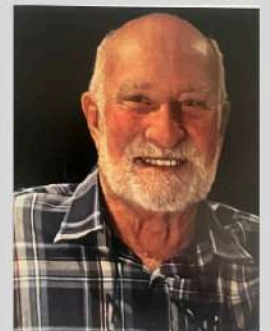
### Margery Ann Jansen van Rensburg



We remember the hard work she put in a few years ago when she helped make flags for the Fun and Family Day.

### Harry Hasell

We remember his beautiful voice and the duet he sang with James Downham at the Easter service last year.



### Jan Swiegers

We remember how much he enjoyed the social events, especially braai time at Oppistoep.



## UPDATE ON ELECTRICITY

Over the past two months, data has been collected regarding the electricity consumption at Golden Harvest. This information will soon be processed by an electrical engineer, after which the results and recommendations will be analysed for further action.

### RAINFALL FOR APRIL



### RAINFALL FOR MAY



## SIGNS ARE UP!



Keep an eye out for these signs marking the walking trails throughout the area.

Maps for hikers are available from the office. A sincere word of thanks to Egmont Coetzee for taking the initiative to establish and mark these trails for everyone to enjoy.

## Your Septic Tank Has Feelings Too! (Well... Almost)

It may be buried out of sight, but your septic tank is one of the hardest-working members of our resort. Treat it well, and it will quietly do its job for years. Ignore it — or worse, abuse it — and it will definitely let you know!

The good news? A properly designed septic tank, like ours, should only need pumping every two to four years... sometimes even longer. The not-so-good news? That timeline shrinks dramatically if the wrong things start going down the drain.

### ⚠️ Think Before You Flush

Please do not flush or pour the following into the system:

- Cotton wool and non-biodegradable items
- Cigarette stubs
- Harsh chemicals, bleach, meths, or disinfectants
- Oils, diesel, paint, or garage waste
- Pool backwash water or stormwater
- Garden chemicals and pesticides

These products destroy the helpful bacteria your septic tank relies on.

### 🧴 Use Septic-Safe Products

Choose cleaning products and toilet paper that are septic-safe and break down easily. Single-ply toilet paper is recommended.

### 👤 Everyone Plays a Role

Please ensure that family members and guests know what should and should not go into the toilet or sink.

### ✅ The Bottom Line

A little care today can prevent blockages, bad smells, and costly repairs tomorrow. Look after your septic tank — and it will look after you!

## GARAGES

There are a number of single and double garages available for sale. Please contact Alet on 083 327 0400 if you are interested in purchasing one.



I caught the ladies — and Horst — having great fun unpacking items for the White Elephant Sale on 28 May 2026. Many residents were involved in this fundraising project, and we are grateful to everyone who played a part in making it such a success. An impressive total of R11 025 was raised, and we know these funds will contribute towards further improving our beautiful resort.



# FEELING SOCIAL



A bring-and-braai get-together was held on 15 April 2026 at Sunset Corner, where residents enjoyed one another's company on a lovely autumn day.

The monthly Oppistoep gathering on 15 May 2026 was once again a huge success, where delicious eisbein and good fellowship were on the menu.



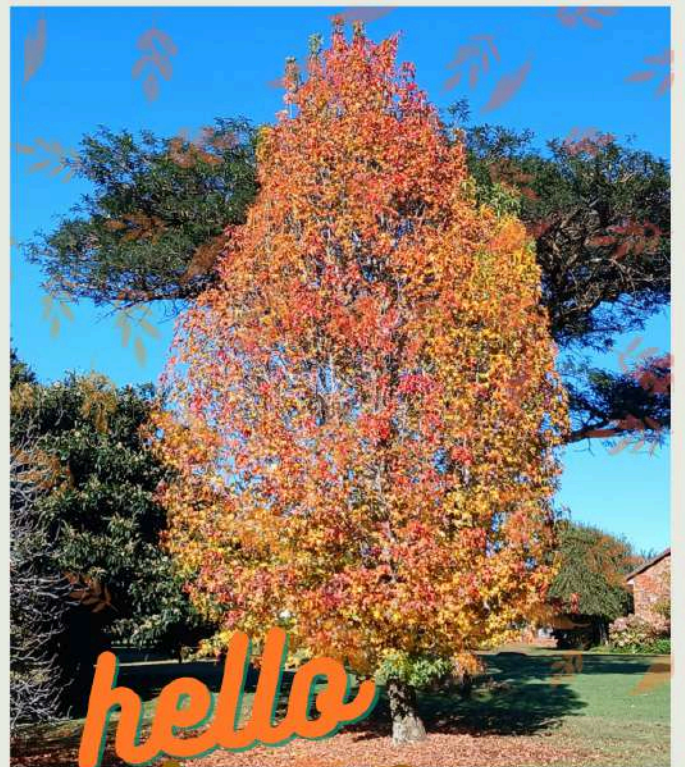
# Teatro



For those of us who enjoy a night out at the theatre, we are truly blessed that such outings are also organised.

On 15 April 2026, residents enjoyed a live performance by actor, pianist and performer Jonathan Roxmouth.

On 30 May 2026, we were privileged to attend the long-awaited musical *Pretty Woman* at the Teatro at Montecasino.



hello autumn





## Happy yappers

Happy Yappers is a non-profit organisation caring for and feeding more than 300 dogs in Syferbult. Every dog in our care is sterilised before being adopted, and all are kept in spacious free runs where they can feel safe, loved, and cared for while waiting for their forever homes.

The reality of animal rescue is that the costs are enormous. Food, veterinary care, medical supplies, blankets, bowls, and everyday necessities all place a constant demand on resources. Despite these challenges, we never turn a dog away.

Our motto says it all:

“We rescue them — you raise them.”

We believe rescue is a shared responsibility. Every adoption, donation, and helping hand makes a meaningful difference and gives these dogs a second chance at the life they deserve.



For adoptions, donations, or assistance of any kind. contact

Lyn Hodgson, unit 14

☎ 083 628 8766

## The Plumari Heritage Museum

The Plumari Heritage Museum offers visitors a fascinating glimpse into the rich history and heritage of the Magaliesberg.

The museum houses an impressive collection of antique carriages and Cape carts, historic farming and food-processing implements, a recreated 1930s workshop, and a fully operational blacksmith's forge.

Visitors can also explore displays tracing the area's ancient past, from “Mrs Ples” and early Stone Age tools to Khoisan rock engravings and Iron Age history.

The story of the Battle of Nooitgedacht during the Anglo-Boer War is brought to life through informative displays and battlefield relics, while the geological exhibition highlights the unique rock formations and fossils of the Magaliesberg Mountain Range.

Outside, a collection of ox wagons, farm implements, and the rare 1896 Boer ambulance complete this fascinating journey through the history of our region.

Free guided tours, led by Museum Curator and Resident Historian Rob Milne, are available to guests and day visitors.

## Word of the month

### Happenstance – A (Nearly) Homegrown Favourite

Happenstance: (noun) a circumstance, especially that is due to chance; chance or a chance situation; coincidence. The Cambridge Dictionary adds ‘especially one producing a good result’.

Anyhow, after our ingenious 19<sup>th</sup> century friend coined the term, its use has continued to increase. Somewhat surprisingly, despite its archaic, antiquated ring, its usage (after plateauing at a low rate for its first half a century as a linguistic new-born) has soared since around 1920, reaching a peak in around 2007. I think, perhaps, we rather like having such pretty (and slightly pretentious) alternative to ‘coincidence’ and ‘chance’.

# In Plain Sight

Jim Williams was pleased to use the word he had saved for many years for a special occasion when he introduced our guest speaker, Rob Milne, for a talk on the history, geology, and archaeology of the Magaliesberg region. It was by pure **happenstance** that he met his old friend and colleague again after 40 years.

Rob Milne is a South African military historian, author, and battlefield guide best known for his work on the Anglo-Boer War and South African conflict history. He has become particularly associated with battlefield interpretation in the Magaliesberg region and is the author of *Anecdotes of the Anglo-Boer War 1899-1902: Tales from "The Last of the Gentlemen's Wars"*, a work that compiles battlefield stories, personalities, and little-known events from the conflict. Today, Rob serves as Senior Cultural Guide at African Hills Safari Lodge & Spa. He is also Curator of the Plumari Heritage Museum.

On 21 May 2026, more than 50 interested residents packed the Community Hall to attend the talk he prepared for Golden Harvest, beginning with the overgrown quarry on the northern side of our property. During a sightseeing tour through Golden Harvest, one look into the quarry enabled him to recognise the familiar rock formations of the Magaliesberg and identify the manganese-rich rocks. He realised that it must have been a small active mining site dating from the 1890's and was probably closed in 1929. He also suggested that caves like those at Sterkfontein may lie beneath us.

Speaking to some residents afterwards, it transpired that in earlier days some brave individuals, including the late John Piesas, had explored the quarry and ventured into the caves.

Another interesting site that Rob discussed was the sinkhole at Oaktree, which frustrates everybody because the road is closed and motorists must take a small detour along the gravel road. Rob explained that the situation is very dangerous. Upon closer inspection, it became clear that it is not simply a hole that can be filled with concrete. Beneath a very large area, the ground resembles Swiss cheese. Engineers and archaeologists will therefore need time to find a suitable solution.

Rob kept his audience glued to their chairs for two hours. We certainly look forward to a follow-up talk on the fascinating subject of the Magaliesberg, one of the oldest mountain ranges in the world.



On Friday, 22 May 2026, a group of very special people gathered in the dining room for tea and treats, hosted by CareVita. Residents and their families from the Frail Care Centre at Golden Harvest were invited to meet the team.

Chairman Johan Struwig of the Golden Harvest Board welcomed everyone and introduced Andrew Wilson, Director of CareVita; Werner van Niekerk, Regional Manager; Dakota Wallace, Financial Manager; and Lindsay Wilson, Client Liaison.

Andrew then addressed the guests and gave a brief introduction to the work CareVita does. The floor was thereafter opened for a question-and-answer session, which was well received and actively participated in.

After the formalities, everyone enjoyed the refreshments and took the opportunity for informal interaction with the team. A very positive spirit was felt throughout the afternoon, and we look forward with excitement to a new era in the history of the clinic.



## TREE OF THE MONTH

### *Bolusanthus speciosus*

### Tree wisteria

This is the only member of its species found in South Africa. It is a medium-sized deciduous tree with grey-green compound leaves and striking purple flowers that grow in clusters, similar to those of the introduced Wisteria creeper. The wood is highly valued for furniture-making, although it is generally limited to smaller pieces. A specimen of this beautiful tree can be seen in front of Unit 63, although we will have to wait for it to flower to fully appreciate its beauty.



Photo:Internet



*This is the final contribution on indigenous trees in Golden Harvest. A sincere thank you to Lena Vroom, our "Tree Lady", for her wonderful articles in past editions of Harvest News. Her aim was to create greater awareness and appreciation of the indigenous trees growing in Golden Harvest. We have all been amazed by her knowledge, passion, and enthusiasm for the subject. Thank you, Lena, for your valuable contributions and dedication. We look forward to calling on your expertise again for future topics.*

Jan was born in Durban but grew up in Roodepoort, attending school in Randfontein and Potchefstroom. After leaving school, he began working as a panel beater at Roodepoort Motors. He still proudly recalls buying a brand-new Opel Rekord in 1964 for the princely sum of R1,700.

Marjory Black grew up in Krugersdorp and attended an English-medium school in Randfontein, as her father believed it was important for them to learn English. In April 1964, at the age of 16, she attended a church camp in Benoni with her grandparents. One day, while standing outside with her grandmother, two young men drove past in a brand-new Opel Rekord and gave them a cheerful wave.

Marjory laughingly admits that she was very impressed by the car, while 22-year-old Jan says it may not quite have been love at first sight, but he certainly thought the pretty redhead was worth getting to know better.

By July that same year, they knew each other well. Jan jokingly claims that Marjory proposed to him, but she quickly corrects the story. During a casual conversation, she mentioned that she would love to get married on New Year's Eve one day. Jan immediately replied, "Well, what about this New Year's Eve?" She agreed, and so they were married on New Year's Eve 1964 — more than 61 years ago.

Soon afterwards, they bought an 8.6-hectare smallholding near what is now the Krugersdorp Game Reserve, although at the time there was very little there. Jan bought the property in 1965 for R2,200, no deposit and monthly payments of R20 per month, interest free. When he eventually sold the valuable land in 2021, he divided it into four sections.

In the early days there were no buildings and no water on the plot. Jan bought a caravan and an old drilling-rig frame, repaired it himself, and began drilling boreholes. That is how he earned the nickname "Jan Boorgat."



**Jan and Marjory in 1964 and 2026**

The drilling business grew from strength to strength, and Jan even drilled two boreholes at Golden Harvest and repaired another. To this day, he remains actively involved in the business and now handles the camera work. My jaw dropped when he explained how he had "thrown together" a camera himself that can be lowered into boreholes to inspect problems whenever pipes need to be repaired or retrieved.

Marjory had always dreamed of living at Golden Harvest. Every time they drove past, she thought it looked beautiful and peaceful. Eventually Jan gave in. They bought the house they now live in during 2014, although they only finally moved from the smallholding in 2021 — what Marjory calls the first and last move of their lives.

Marjory loves needlework, and throughout their home there is evidence of her beautiful handiwork. She says she does not even wish to go away on holiday because Golden Harvest is her happiest place in the world.

They have two sons. Wynand and his wife, Estelle, live in Australia and have two daughters, Tashai and Tinette, while Francois and his wife, Ria, live in Randfontein and have two sons, Werner and Tiaan.

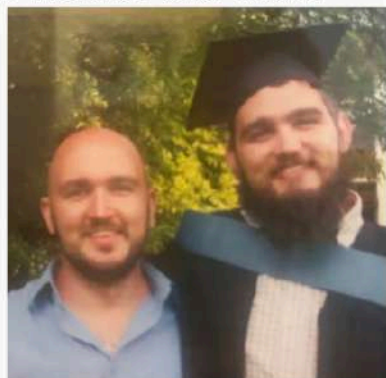
With a twinkle in his eye, Jan then asks whether I knew that both his sons had attended their wedding. Naturally, my calculations immediately stopped making sense — after all, Marjory was only 16 at the time!

He then pointed to a photograph hanging on the wall. It had been taken during their 25th wedding anniversary celebration. Marjory had effortlessly slipped back into her original 1964 wedding dress, and on New Year's Eve they recreated the entire wedding ceremony — this time with their two sons present.

Jan and Marjory van Niekerk — simply nice people.

#### **The 25<sup>th</sup> anniversary with their two sons**

#### **The two grandsons Werner and Tiaan**





# Good Sleep



Many people over 60 notice changes in their sleep patterns. Falling asleep becomes harder, waking up during the night is more common, and early mornings often arrive long before the alarm clock. The good news? Some sleep changes are normal with age — but good sleep is still very important for health, memory, mood, and energy.

## How Much Sleep Do Older Adults Need?

Most adults over 60 still need about 7 to 8 hours of sleep per night. While some people believe older adults need less sleep, this is not entirely true. The body still needs enough rest to repair itself and keep the brain functioning well. Quality matters just as much as quantity. Six uninterrupted hours can be better than eight restless ones.

## What Is the Best Time to Sleep?

Our bodies work on a natural “body clock” called the circadian rhythm. As we age, many people naturally become sleepy earlier in the evening and wake earlier in the morning.

- Going to bed between 9 pm and 11 pm
- Waking at roughly the same time each day
- Avoiding very late nights, as sleep quality often decreases after midnight

Regular sleep routines help the body know when it is time to rest.

## Are Afternoon Naps Good or Bad?

A short afternoon nap can actually be healthy — especially for older adults.

- Keep naps to about 20–30 minutes
- Nap earlier in the afternoon rather than late in the day

A brief nap may improve alertness, mood, and memory. However, long or late naps can make nighttime sleep more difficult.

## What Does GOOD Sleep Look Like?

Good sleep is not only about hours spent in bed. Healthy sleep means:

- Falling asleep within about 20–30 minutes
- Sleeping through most of the night
- Waking up feeling refreshed
- Having enough daytime energy

Not depending heavily on sleeping tablets  
Good sleep also supports:

- Stronger immunity
- Better balance and lower fall risk
- Improved memory and concentration
- Healthier blood pressure and heart function

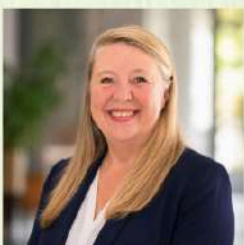
## Interesting Sleep Facts

- During sleep, the brain clears away waste products — almost like a nightly cleaning service.
- Poor sleep can increase feelings of loneliness and anxiety.
- Exposure to morning sunlight helps regulate the body clock and improves nighttime sleep.
- Gentle exercise, such as walking, often improves sleep naturally.
- Caffeine can affect sleep for up to 8 hours after drinking it.

## Simple Tips for Better Sleep

- Keep a regular bedtime routine
- Avoid heavy meals late at night
- Limit caffeine after lunch
- Keep the bedroom cool and dark
- Reduce screen time before bed
- Get natural sunlight during the day
- Stay physically active

Sleep is one of the body’s greatest healers. A good night’s rest can make every day brighter, healthier, and more enjoyable — at any age.



Contributed by  
**Hannelie Sanders**  
Country Apteek  
Magaliesburg

**Lifestyle Pharmacies**

Hannelie

Owner  
Keeping you Healthy & Happy

083 600 9965

hannelie@lifestylepharmacies.co.za

lifestylepharmacies.co.za



# Abused Children &

# THE TEDDY BEAR CLINIC



The Teddy Bear Clinic is a registered welfare organisation that helps abused children cope with trauma in a caring and supportive environment.

In the past, abused children often had to repeat their experiences to different professionals at multiple locations, adding further distress. To reduce this trauma, specialised centres were established in Gauteng where doctors, social workers, psychologists, police officers, and prosecutors work together under one roof.

One of the first things each child receives is a teddy bear to hold and keep. These bears provide comfort, reassurance, and security during an extremely difficult time. In 2006 alone, between 300 and 500 children were treated each month at the West Rand Clinics.

The Lions Club of Krugersdorp became actively involved by helping refurbish a special room at the Krugersdorp Court where children could testify via closed-circuit television in a calmer, child-friendly setting. The club also helped fund and produce teddy bears for the clinics.

Anyone interested in becoming involved with the Teddy Bear Clinic project is warmly invited to participate. Whether you would like to start knitting teddy bears and need a pattern, or would prefer to help by assembling the already knitted bears, your assistance will be greatly appreciated. For more information, please contact:

- Kowie (072 450 6668)
- Alet (083 327 0400)

Residents of Golden Harvest Retirement Village in Magaliesburg, together with supporters from Lions Clubs in the United Kingdom, began knitting and sewing teddy bears. Donations of wool, stuffing, and materials were generously provided, while DHL transported bears from the UK to South Africa free of charge.

Since 2006, approximately 15,000 teddy bears have been given to children in need, with more than 10,000 made by Golden Harvest residents alone.

*Contributed by Gordon Forrester*

Left: At the court

Right: Two very excited little girl clutching their Golden Harvest Teddy Bears



We are pleased to announce that Peggy du Plooy of Lions has once again sent us a large quantity of Teddy Bear skins, which recently arrived from England where members of the Lions knitted them with great care.

Our Golden Harvest ladies are now able to become involved in completing the bears by stuffing them, sewing the faces, or finishing the entire bear.

Once completed, the bears will be handed over to the Teddy Bear Foundation for distribution to abused and orphaned children, bringing comfort and reassurance to children in difficult circumstances.

# GOLF @ GOLDEN HARVEST



**Congratulations to Hennie Schietekat, winner of the 2026 Singles Knockout Competition. A well-deserved achievement!**

The Golden Harvest Golf Day, sponsored by Ian Lawler, will be held on 25 June and will be followed by a spit braai for all participants.

Ian, the son of Ann and Connel Theunissen, is a keen golfer who regularly participates in Senior Legends Pro-Am tournaments around the world.



*handicap  
in golf*



**This system makes competitions more enjoyable and inclusive because players of varying abilities can compete on a more equal basis.**

So, people who can't play at all, sometimes strike the jackpot!



*Yoga  
exercises*



Every Tuesday morning at 8:30, a group of ladies gather in the Community Hall for exercise sessions presented by Terry Tejbir, who comes from outside Golden Harvest to share her knowledge with us.

At first, I was apprehensive about joining because I don't enjoy waving my arms and legs aimlessly, I have lots of aches and pains, and I certainly do not fit the profile of the athletic, supple woman we imagine doing these exercises. But I was truly surprised by the energy these sessions give you. Everybody, of all ages and body types, does the exercises at their own level, and different options are suggested if you are unable to do certain movements. If you cannot touch the floor, then it is perfectly fine to touch your knees instead. You can also do the exercises sitting on a chair, or hold onto a chair for balance.

And if you can do none of the above — you just come and breathe.

You are warmly invited to join us.



## PLAY TIMES

### CROQUET

Tuesday, Friday and  
Saturday at 9:00



### BOWLS

Tuesday and Saturday  
at 13:45



### GOLF



9-holers: Monday and  
Thursday at 8:30  
18-holers: Wednesday and  
Saturday at 8:00