AUGUST 2026 EDITION #20

HARVEST
Nuus | News

A CELEBRATION OF THE WOMEN OF GOLDEN HARVEST

The expectations of the organisers of the Women's Tea, held to celebrate the wonderful ladies of Golden Harvest and women across our country, were exceeded by far when 96 women gathered at the Community Hall on 8 August 2026.

It was a truly special morning, filled with laughter, friendship and the joy of each other's company. The wonderful turnout reflected the strong spirit of community and camaraderie among the ladies of Golden Harvest, making the celebration a memorable occasion for everyone who attended.

Guest speaker **Marisa da Fonseca Wollheim** added to the warmth and inspiration of the morning with an uplifting talk on the importance of women supporting and encouraging one another. She reminded the ladies that, through kindness, understanding and genuine friendship, we can empower each other to embrace the different seasons of our lives and face life's challenges together.









The food was spectacular, both in taste and presentation, and was once again prepared with great care by *Cheeky Chef* Annerine and her team.

The fundraising ladies who transformed the hall with a bright and cheerful lemon theme truly outdid themselves. The beautiful decorations, featuring lemons picked from our very own resort, created a sunny and welcoming atmosphere that perfectly complemented the occasion.

There were plenty of prizes and lucky draws, and no one went home empty-handed! We are extremely grateful to all our generous sponsors whose contributions helped make the morning even more special.

A particularly touching moment was the presentation of a beautiful bouquet of flowers to **Vasthi de Villiers**, who turns 99 this year, in recognition of being the oldest lady attending the function. What a wonderful milestone to celebrate!

A special word of thanks goes to **Lydia Lourens** and **Corrie Milani,** who organised the function, and to **Madaleen Bronkhorst**, who acted as MC and kept everyone entertained and on their toes throughout the morning.

Board Room News

LETTER FROM THE CHAIRMAN: JOHAN STRUWIG

A Reminder to All Residents

It has come to our attention that some residents are not adhering to the Golden Harvest rules and regulations that we have all agreed to and signed.

Examples of non-compliance include:

- Allowing family members or visitors to enter the estate with pets, such as dogs, without the necessary approval.
- Allowing family members or visitors to stay for extended periods without prior approval from the Board.
- Employing private carers who reside with residents without notifying the General Manager.

We therefore make an urgent appeal to all residents to work together and respect the rules and regulations of Golden Harvest. These guidelines are in place to ensure the comfort, safety and well-being of everyone in our community.

We kindly ask all residents to familiarise themselves with the rules and to ensure that family members, visitors and carers also comply with them.

By working together and respecting the rules we have all agreed to, we can help maintain the harmonious and welcoming community that makes Golden Harvest such a special place to live.

The Board would like to extend its sincere thanks to all the sponsors and donors of the Ladies' Tea for their generous support and contributions.A very special thank you also goes to everyone on the Fundraising Committee, who worked tirelessly behind the scenes. Their dedication and hard work helped make the event a truly memorable occasion for all who attended.

NEW SIGNAGE AT THE ENTRANCE

Two new signboards have been erected at the entrance to Golden Harvest to make it clear to passing motorists that we are a **retirement resort.** Previously, with only the name "Golden Harvest" displayed at the entrance, visitors and passers-by could be unsure of what lies behind our gates, sometimes mistaking us for a nursery or another institution.



SPONSORS FOR WOMEN'S DAY

- **Buck committee for the portable sound system**
- **Golf committee**
- **Croquet Committee**
- **Fundraising committee**
- **CareVita**
- **Black Horse Brewery**
- **Country Pharmacy**
- **Melin Rouge**
- **Niemen Boerdery**
- **Style and Glow**
- **Johan Kruger**
- **Ricka Rabie**
- **Joan Lewis**
- **Lorette Best**

FINANCIAL REPORT





FINANCIAL TRANSPARENCY AT GOLDEN HARVEST

The Golden Harvest Board has agreed that the financial position of the resort should be transparent, and that all residents should be kept informed about the financial affairs of our community. It is important that everyone has a clear understanding of where we stand financially.

A big thank you goes to Estie Venter, who carries out this important work with great diligence and commitment. Her efforts are sincerely appreciated.

We would also like to thank our Financial Director, Roger Skinner, assisted by Evelyn van Heerden, who have put in a great deal of time and effort revising our financial policies and budget.

JULY 2026

JULY	ACTUAL	BUDGET	BUDGET / ACTUAL DIFFERENCE	% VARIANCE FROM BUDGET
Income	R609 234	R693 818	-R84 583	12,19%
Expenses	R677 208	R522 146	-R155 062	-29,70%
Loss/Profit	-R67 974	R171 672	-R239 646	

YEAR TO DATE 2026

JTD	ACTUAL	BUDGET	BUDGET / ACTUAL DIFFERENCE	% VARIANCE FROM BUDGET
Income	R2 762 179	R2 809 826	-R47 646	1,70%
Expenses	R2 822 546	R2 624 618	-R197 928	-7.54%
Loss/Profit	-R60 367	R185 208	-R245 575	

From the Editor

Spring is in the air at Golden Harvest! I took a stroll around the resort and captured some photographs of the beautiful signs of spring. I love the sweet fragrance of jasmine, the delicate "bridal clothes" of the Mayflower and, of course, the wonderful burst of colour in my own garden.

As always, it has been a privilege to put this newsletter together.

Thank you to everyone who has allowed me to share your stories and special moments with our community.

A special thank you to Marj Holmes, Myra Coetzer and everyone else who contributed articles, photographs and ideas. And thank you to all those who helped with proofreading and offered suggestions.

Your contributions make Harvest News what it is – a reflection of the people who call Golden Harvest home.

Madaleen



RAINFALL

WINTER:
JUNE, JULY, AUGUST

2025: 7 mm
2026: 20 mm

SEPTEMBER

2025: 27 mm
2026: 44 mm

September 2026 rainfall only up to 10 September 2026

Recorded by
Flip van der Merwe

Thank you!



At the end of July, we said farewell to two special people, Armand and Sue-Ann Swarts, who became very familiar and much-loved faces in the kitchen.

We sincerely thank them for their hard work, dedication and contribution to Golden Harvest. They will certainly be missed, and we wish them every happiness and success in the next chapter of their journey.





Some very fortunate and excited Golden Harvest residents waited eagerly in the teatro at Montecasino for the curtain to rise on 10 August 2026, ready to enjoy the timeless ballet Swan Lake.

A wonderful afternoon of beautiful music, graceful dancing and a little bit of magic!

In Loving Memory of

Ian Whitfield



22-03-1943 -
13-08-2026

I have fought the good fight, I have finished the race, I have kept the faith

GRANDMASTER

MAX VAN DIJKHORST

The Story Behind the Giant Chessboard

Have you ever wondered about the giant chess set beside the swimming pool? Well, I found just the right person to tell me the story behind it!

Max and Jackie van Dijkhorst moved into Golden Harvest in 2001, settling into No. 45. One of the reasons they chose Golden Harvest was its proximity to the airfield. Max had been a pilot in the Air Force and, after retirement, wanted to continue pursuing his lifelong love of flying.

But flying was not Max's only passion. He has also loved chess since his school days, when he played for his school team. During a holiday in Underberg, Max came across a giant outdoor chess set and was fascinated by the idea.

Back at Golden Harvest, he shared the idea with his good friend and formidable chess opponent, Arie van Vliet. The two decided that Golden Harvest should have its very own giant chessboard.

When the croquet field was moved to the entrance area, Max and Arie received permission to build the chessboard on the vacant spot next to the swimming pool. The project took shape in the early 2000s, with Arie taking responsibility for building the board. According to Max, Arie certainly didn't cut any corners when it came to the foundation. In Max's words, it was "strengthened in such a way that you can launch a rocket to the moon!"

Max, meanwhile, set about finding the giant chess pieces needed to complete their project.

The grand opening was celebrated in true Golden Harvest style. Max and Arie played a show game, while residents gathered around the pool area with umbrellas, picnic baskets and their own chessboards, enjoying a fun-filled day together.

Sadly, Arie has since passed away, but his contribution to Golden Harvest lives on in the chessboard he so carefully built. I was very fortunate that Max could still share this wonderful story with me first-hand, bringing to life the memories behind one of Golden Harvest's most distinctive features.

What started with two friends sharing a love of chess became something much bigger — a lasting part of the Golden Harvest landscape, with a story, a history and, no doubt, many more games still to be played.









madaleen visits
Karlheinz en Gundel Finke #17







When I arrived an hour late for our appointment, Gundel greeted me with a warm, welcoming smile. Their home reflects the calmness and generosity of two people who are completely comfortable in their own skins. An open German newspaper, fresh spring flowers, homemade biscuits and a beautifully prepared coffee tray awaited me. The coffee, made from freshly ground beans and prepared individually to each person's taste, was a lovely reflection of their thoughtful hospitality.

Karlheinz and Gundel both grew up in Gobabis, then South-West Africa, in a close-knit German farming community. Both were third-generation Namibians, with grand-parents who had come from Germany. Karlheinz attended the German school in Windhoek, while Gundel completed her schooling at the German school in Lüderitz.

After school, Karlheinz was called up for compulsory military service, as South-West Africa was still administered by South Africa at the time. He completed his basic training in Bloemfontein with the Windhoek Regiment, followed by his army year in Walvis Bay with the Armoured Regiment.

After his military service, Karlheinz travelled to Hanover, Germany, where he spent five years as an apprentice tool and die maker.

In 1973, he packed his Volkswagen Beetle and headed for Krugersdorp, where he worked in Chamdor as a tool and die maker. Gundel followed a year later and completed a secretarial course at Pretoria College.

They married in 1975 and spent their working lives in Krugersdorp. They have two children, Monika and Bernd, and four grandchildren, all living nearby.

Their journey to Golden Harvest began when the ever-present Harri Tigelaar invited them to come and have a look at the house he and his late wife, Gerda, were planning to buy at Golden Harvest.

Over coffee and cake on a Wednesday, while visiting his old friend, Karlheinz quickly fell in love with Golden Harvest and realised it would be a wonderful place to retire. When a house became available, they didn't hesitate. They bought it and moved in during 2025.

I left with a wonderful feeling of warmth and wholesomeness, carrying a beautiful bouquet of flowers and a gift of Gundel's homemade cookies — a perfect reminder of the gracious hospitality I had enjoyed.





9-HOLERS

9 holers golfers enjoying a well-earned Slangkop braai.



MY HOUSE, MY HOME

Through friendly conversations over the past while, it seems there may be an interest in a monthly contribution about your place of residence – your home. The idea is not to focus on interior decorating as such, but rather to explore ideas that can help make your home functional, personal and welcoming.
Creating a unique home does not mean that you have to follow all the rules presented in magazines or decorating programmes. On the contrary, expressing your personality and creativity often requires the courage to step away from rigid decorating rules and do things your own way.



Our Golden Harvest houses may all look more or less the same – which I find liberating rather than restrictive. Yet, somehow, each resident manages to reveal their own identity, from the front entrance to the kitchen window, giving us a little glimpse of the person who has created the home within.
There are so many topics we could explore in future editions of our newsletter. And please don't sigh prematurely because you think it is too late in life, or that you don't have the money, time or energy to make changes. Sometimes, the smallest changes can make the biggest difference.



There is an Ethiopian proverb that says:
"Living is worthless for one without a home."
A home does not have to be grand or expensive. Even a shack can be more than just a shelter – it can be a home.

Myra Coetzer

Bruise, Purple Patch or Skin Tear?

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CONTRIBUTED BY HANNELIE SANDERS

Why does our skin bruise and bleed more easily as we get older?

Have you ever looked down at your arm and discovered a large purple mark — with absolutely no idea how it got there? Or perhaps the smallest knock has caused your skin to tear and bleed?

As we age, our skin becomes thinner and loses some of the collagen and cushioning that once protected the tiny blood vessels underneath. Years of sun exposure can make this even more noticeable, particularly on the hands and forearms.

But not every purple mark is the same.

1. THE ORDINARY BRUISE

A typical bruise usually follows a bump or injury. Small blood vessels break beneath the skin, allowing blood to collect in the surrounding tissue. The area may initially be tender and typically changes colour as it heals — from red or purple to blue, green and eventually yellow.

2. THE MYSTERIOUS PURPLE PATCH

Those large, flat, dark-purple patches that appear mainly on the backs of the hands and forearms can be something different. They are often known as actinic or age-related purpura.

As ageing skin becomes thinner and the small blood vessels closer to the surface become more fragile, even a minor bump can cause them to rupture. Unlike an ordinary bruise, these patches may remain dark purple rather than going through all the familiar colour changes. They are generally harmless, although brownish staining can remain for some time before fading.

3. WHEN THE SKIN ACTUALLY TEARS

Fragile skin can also split or peel after something as simple as bumping against furniture, removing a plaster or catching an arm on a sharp edge. This is a skin tear, rather than a bruise.

Because the skin barrier has actually been broken, a skin tear may bleed and requires gentle wound care and protection.

CAN MEDICINES MAKE IT WORSE?

Yes. Certain medicines, including blood thinners and corticosteroids, can contribute to easier bruising or more fragile skin. However, never stop taking prescribed medication because of bruising without first speaking to your doctor or pharmacist.

WHEN SHOULD YOU GET IT CHECKED?

A familiar purple patch on a sun-exposed forearm is usually quite different from suddenly developing widespread or unexplained bruising.

New or rapidly increasing bruising, very large unexplained bruises, widespread tiny red or purple spots, persistent bleeding, or bruising accompanied by nosebleeds or bleeding gums should be discussed with a healthcare professional.

BE KIND TO THE SKIN YOU'RE IN

Moisturise regularly, protect your hands and forearms from knocks, take care when removing adhesive dressings, and continue using sun protection — even later in life.

Your skin may be thinner than it used to be, but a little extra care can make a big difference.

And remember: not every purple mark is the same. If you are unsure, talk to a healthcare professional.







CO-RESIDENTS

PHOTOS TAKEN BY CHARLES VAN RENSBURG
COLLAGE MADE BY SUSAN VAN RENSBURG

GREEN INITIATIVE STARTS WITH YOU: DISCOVERING THE WILDLIFE OF GOLDEN HARVEST

This simply beautiful collage of wildlife photographed at Golden Harvest is a wonderful showcase of one of the many gifts of nature we have right on our doorstep. One of the special privileges of living at Golden Harvest is being able to experience nature first-hand simply by taking a stroll or driving around the estate. We already have a comprehensive bird list of 113 species spotted at Golden Harvest, and now we would like to start documenting the other wildlife that shares our beautiful surroundings.

We are looking for volunteers who would like to help compile a Golden Harvest Wildlife List. Whether you are an enthusiastic nature lover, a keen photographer, or simply enjoy spotting the animals around the estate, we would love to hear from you. If you would like to take part in this exciting initiative, please contact Madaleen on 083 627 3357. Let's discover, record and celebrate the wonderful wildlife that makes Golden Harvest such a special place to live!





FUNDRAISING



For their latest fundraising effort, the ladies got busy in the kitchen, baking delicious pancakes and raising R2,015 on the day – while giving everyone the chance to enjoy a pancake or two!

The resort's workers were also treated to free pancakes. And if you happen to be a visiting grandchild, there's no escaping the work either! James and Cara, grandchildren of Johan and Charmain Struwig, were happy to lend a hand and showed that family members are never too young to help out.

A big thank you to everyone who donated and to all the hardworking ladies, helpers and family members who made the day such a success.

SMALL ACT BIG IMPACT



TUCKSHOP

FAREWELL TO THE BLUE HAT!



There are a number of Golden Harvest ladies who sacrifice at least one morning a week to work in the Tuckshop, giving us all the convenience of buying groceries close to home and at reasonable prices – I've checked!

Some have done their share for many years and have now retired, leaving the rest of us to carry on the tradition.

One such lady is Dale Heyne, who worked in the Tuckshop for an incredible 15 years. She retired in style when her fellow Tuckshop ladies gathered to thank her for her dedication and hard work.

We are grateful to everyone who has volunteered over the years and to those who continue to give their time and energy.

Well done, Dale! We will miss you – and, of course, the blue hat in the Tuckshop!





Leandri Jansen van Rensburg

Golden Harvest
CareVita Unit Manager

Behind every act of kindness are hands willing to help and hearts that truly care.

Leandri, the new Unit Manager of the Golden Harvest Care Facility, took up her duties on 1 August 2026. Her first month has certainly been a rollercoaster and a steep learning curve, as she took on a range of responsibilities, some of which were new to her. Yet she breezed through August with her characteristic smile, gentle manner and willingness to accommodate.

A great source of support has been the dedicated team at the clinic, who are always willing to lend a hand and work together to ensure that residents receive the care and attention they deserve.

Originally from Randfontein, Leandri completed her schooling at Riebeeckrand High School. She went on to study at the University of Pretoria, where she completed her B.Cur degree, specialising in midwifery and community nursing.

Before joining Golden Harvest, Leandri worked for the Momentum Group as a travelling nurse, gaining valuable experience in caring for and supporting people in different settings.

Leandri is married to Leon, a Sales Manager in Roodepoort, and the couple live in Carletonville with their two children, Tihan, 13, and Anke, 9.

She says she loves her work at Golden Harvest, particularly the beautiful natural surroundings and, of course, the friendly people who have made her feel so welcome.

With her calm nature, caring approach and positive attitude, Leandri has already become a valued member of the Golden Harvest team. We wish her every success and happiness in her new role!





Hands That Help, Hearts That Care

THANK YOU, LYNETTE & ESTIE!



Secretary's Day is celebrated around the world in September, and we would like to take this opportunity to recognise our two special ladies in the Golden Harvest office, Estie Venter and Lynette Hensley.

Your dedication, patience, efficiency and willingness to help make a real difference to the smooth running of our community. Much of what you do happens quietly behind the scenes, but it certainly does not go unnoticed.

Thank you, Estie and Lynette, for your hard work, friendly smiles and invaluable contribution to Golden Harvest. We are truly grateful to have you as part of our team!

Bowls



One afternoon, three confident ladies (and Connel) met two charming young men at the bowling green, who asked if they could join them for a game. They were delighted to oblige!
The ladies stepped onto the green, ready to take on their new opponents – completely unaware that both men were provincial-level bowlers from England.
Well, did they ever give the ladies a lesson! It just goes to show: never judge a man by his jacket!
On closer investigation, it turned out that the three confident ladies were Steffi, Anna and Glynnis, while the charming young men were Charles and JD Boshoff, the visiting son-in-law and grandson of Antoon and Magda Schutte. Both are members of Olney Bowling Club in Buckinghamshire, England.

Arthur Singe

A Life of Timeshare Well Spent







Golden Harvest resident Arthur Singe can certainly look back on a life in which he made the most of timeshare. It gave him the opportunity to holiday throughout South Africa and travel to far-flung destinations including Antarctica, Argentina, Russia, China and Japan.

As a Health Inspector with the Johannesburg Municipality, Arthur sometimes received extra leave and made good use of it, travelling whenever the opportunity arose.

His timeshare journey included St Michael's Sands, Villa del Sol in Margate, Bushman's Nek and Drakensberg Sun, Mount Sheba, Pine Lake, a yacht at Port Owen Marina and a bush camp at Mabula. His rule was always to visit a resort and "check it out" before buying. By banking his timeshare points, he could enjoy a wide variety of destinations and explore surrounding areas and neighbouring countries.

The bush became a particular favourite, with Mabula especially memorable for family holidays shared with children and grandchildren. Bushman's Nek was another favourite, making it particularly sad when he had to give it up. Ironically, the resort burnt down shortly afterwards.

After suffering a stroke in Cambodia at the age of 80, international travel became more difficult. Arthur has nevertheless visited every province in South Africa, and the bush remains a favourite.

Although he is now considering giving up his remaining timeshare at Drakensberg Sun and Mabula, Arthur can look back with satisfaction on a lifetime of travel, adventure and wonderful memories.