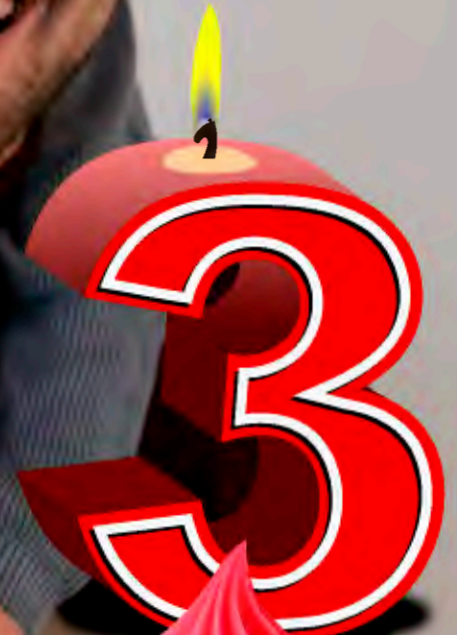


50+

ONLINE

Issue 25
June 2023



HAPPY
Father
Day

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50+

MAGAZINE / TYDSKRIF

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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1.

50+ AMBASSADORS:

A message from our lovely Ambassadors they will bring you something new every month.

2.

ADVERTISING:

Advertise your business, products and more with us at affordable prices. For more info call 072 768 8582

3.

MEDIA HOUSE PROJECTS '23:

Please support our Media House projects for 2023. We give back to our community.

4.

3 VOEDSEL KEUSE WAT DIE GLOOI TERUG SIT IN JOU VEL:

Cemón vertel ons oor wat jy moet eet wat jou vel laat gloei bl 10 en 11

HAPPY Father's Day



Photographer: Charmaine Janse van Rensburg
Venue: Photo Dairy & Venue

Redakteur

aan die woord

Liewe leser,

Baie gelukkige Vadersdag aan al die pappas daar buite mag julle lekker bederf word.

Ons is besig met ons Vaalpets projek asook Moredou ouetehuis projek. Ons laai af by Vaalpets die 4de Junie en die 16de Junie gaan ons die bejaarde oumensie bederf by Moredou.

Moet nie jou 50+ tydskrif mis nie, ons plaas fotos vir julle van die bogenoemde projekte hier is baie dinge aan die gebeur, gaan na www.topvibe.co.za om hom af te laai.

As jy nie weet hoe nie stuur vir my 'n WhatsApp en ek stuur die tydskrif vir jou en jy kan dit op jou foon lees.

Ons WhatsApp nommer is 072 768 8582 "Chat" gerus met my.

Ons wil graag van jou hoor!

Seënwense vir julle mag Junie maand julle mooi behandel, wees gelukkig en gesond.

Drink baie water en probeer bietjie vrugte eet.

Liefde tot volgende keer..

Charms xox

REGULARS

1. COVER PAGE 01

Cover page Happy Father's Day 16 June '23

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors is two beautiful ladies Fredricka Storm and Cemón Snyman.

3. ADVERTS 08

Find our adverts here and please support them.

4. ASK DR. Q FOURIE 05

Dr Q Fourie
38 Fitzsimmons Street, Vanderbijlpark
Tel: 016 982 6911

5. BACK PAGE 20

Back page - our next issue is our winter issue

50+ Ambassadors

MY DRUPPEL INK – VIR DIE PAPPAS IN ONS LEWENS

'N drupel “sweet-bloed” ink aan elke Pappa in ons elkeen se lewe.

Aan die Pappas wie nog vir ons geleen word – dankie vir elke sekonde wat u aan u geliefdes gee. Die omgee en opofferinge wie ander soms nie raaksien of waardeer nie. Ons Pappa Vader sien alles raak. Dalk voel u verlore of depressief, maar weet u is so naby HOM. HY is daar in alle oomblikke van u lewe en sal altyd daar wees. 'N groot dankie vir alles.

Die “afwesige-Pappas”, u voel dalk bedreig deur omstandighede waar u nie ten volle daar is of kan wees vir u kinders, kniel voor HOM en HY sal u leiding gee.

Dan ons Pappas wie nie meer hier op aarde is nie, u sal altyd gemis word. Ons sal u altyd onthou. Deur tranes en verlange sal ons u steeds die pynlose tyd gun. Sommiges was baie jare siek of is weggeruk uit ons lewens. Dit “kou” aan ons en u sal altyd “by ons wees”. U kon dalk nie u dogter afgee voor die kansel nie of nie daar wees by u seun se bruilof, maar in gees sal u daar wees. By elke geleentheid.

En natuurlik die wie n Pappa is al is dit nie biologies nie, ek saluut u.

Met Vadersdag om die draai wil ek Ons Pappa Vader dank vir elke Pappa wie HY geskape het. Elkeen het n doel op hierdie aarde of het 'n doel gehad. U het sterk hoekstene opgerig en u kinders daarvolgens groot gemaak.

Ek bid vandag alle seen oor elke Pappa.

Die is 'n groot drupel dankbare ink.

Fredricka

Hallo daar,

Vandag deel ek graag die volgende met julle, hulle sê mens word nooit te oud om iets nuuts te leer nie.

Onbehoorlike voeding is een van die hooforsake van 'n dowwe velvoorkoms.

Hier is so paar voedselkeuses wat jy op 'n daaglike basis kan byvoeg en sodoende die gloei terugsit in jou vel:

Lees meer daar oor op bl 10 en 11.

Aan die Vaders daar buite mag julle 'n wonderlike Vadersdag geniet. Ek gaan beslis my man ekstra bederf

Ons gesels volgende maand verder.

Groete Cemón



**FREDRICKA
STORM**



**CEMÓN
SNYMAN**



MEDIA HOUSE PROJECT FOR 2023

MEDIA HOUSE

Top Vibe
Magazine

Top Vibe
Kids Magazine

Glamour Talk Mag **50+**
MAGAZINE / TYDSKRIF

Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will DROP OFF 4 June 2023

VAALPETS

Public drop off

we
DROP OFF
4 JUNE 2023
@ Vaalpets

THE
BAR WITH
NO NAME



WOMEN'S DAY

9 AUG 2023

DATE: 9 AUGUST '23

VENUE:



Wine Barrel

119 Vlei Street
Stephanopark,
Vanderbijlpark

TIME: 10H00

ENTRANCE FEE: R200 p/p

Snacks (platter)

Refreshments:

Juice/Coffee/Tea etc



WELCOME DRINK

FREE GIN

FREE GIFT



Bookings Essential:

Charmaine 072 768 8582

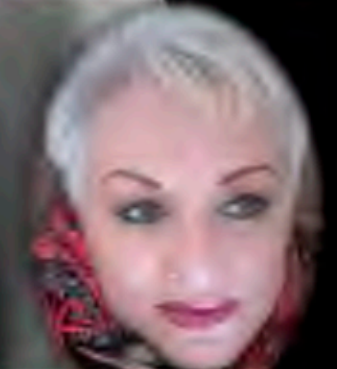
Carin 082 827 6556



MC:

JULIEN DU PLESSIS

MRS AFRICA 2023



MOTIVATIONAL SPEAKER

FREDRICKA STORM



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Voedselkeuses wat die gloei terug sit in jou vel.

Deur: Cemón Strydom

Onbehoorlike voeding is een van die hooforsake van 'n dowwe velvoorkoms.

Hier is so paar voedselkeuses wat jy op 'n daaglike basis kan byvoeg en sodoende die gloei terugsit in jou vel:

1 **Borrie**

Borrie staan uit met sy curcumin-komponent, wat help om inflammasie te beveg, aknee te verminder, olie op die vel te help reguleer en letsels vervaag.

2 **Bessies**

Die hoë vitamien C-inhoud in bessies help om velkleur te verhelder, om die produksie van vrye radikale te beveg wat selle beskadig.

3 **Papaja**

Papaja bevat Kalium, vitamien A, C verskaf vog aan die vel, verbeter droë, dowwe vel. Boonop kan jy die papajamasker probeer, wat papaïen-ensiem bevat om onsuierhede en oortollige olie op die vel te help verwyder, porieë te ontstop en aknee effektief te voorkom.

4 **Pampoen**

Pampoen is 'n ryk bron van karoteen, wat hoë antioksidante eienskappe het. Sink, AHA in pampoen werk ook om die pH van die vel te versag, te herstel en te balanseer.

5 **Broccoli**

Broccoli bevat 'n groot hoeveelheid sink (ZinC), vitamien A, C wat help om kollageen in stand te hou, hiperpigmentasie in die vel te voorkom.

6 **Patats**

Retinol (vitamien A) in patats bevorder velregenerasie, verkort die genesingstyd van littekens / donker kolle wat deur aknee gelaat word.

Gee jou vel meer liefde hierdie winter, 'n pragtige vel begin met uitsonderlike velsorg.



"Father's day gift ideas"

As Father's Day approaches, let's not forget that Grandpa is a dad too — he also deserves a thoughtful, personalized and unique gift. That's where our Father's Day gifts for Grandpa come in!



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We celebrate **3** years in Business.

We celebrate 3 years in business.

I would like to thank our ambassadors and our readers it was just an honour to be able to bring you a magazine for three years, what a blessing.

We will share our birthday celebration pictures with you in our next issue of the magazine.

There is still more birthdays to come, in August we celebrate two magazine's birthdays.

Big thank you to SUEMARI'S for sponsoring our birthday cake.

We will have a competition and you, the reader can win a prize. Follow us on Facebook for the competition information.



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Boereraat / wenke

BOERERAAT/WENK^o (In en om die huis)

♥ SUNLIGHT SEEP (BAR & LIQUID) ~ INSEKTE & PLAE:

- BOSLUISE & VLOOIE: Om vlooië weg te hou, was honde met ♥ Sunlightseep in water waarin 2 proppies Dettol opgelos is.

- VLOOIE & SANDVLOOIE OP MATTE: Meng 5 liter water, 750ml ♥ Sunlight Liquid, 1 bottel Scrubs Ammoniak en 50ml Bloekomolie. Verdun mengsel met water indien nodig en was jou matte daarmee.

- VISMOTTE: Raak ontslae van vismotte deur groen blok ♥ Sunlightseep te rasper en in die kas/sak waar jy komberse en linne bêre te strooi.

MIET (KALANDERS):
Spotlight ♥ seep (die groen of geel blok).
Sny dit in blokkies en gooi een blokkie in elke kas/rakkie.

- LUISE OP PLANTE: Meng 2 eetlepels suiker, 2 eetlepels spirits, 2 eetlepels wit asyn, 2 eetlepels

♥ sunlight liquid in 'n een liter spuit bottel vol water, en spuit plante.

- MUGGIES WAT IN POTPLANTE BROEI: Maak "sticky traps" waarmee jy die muggies vang: Smeer helder GEEL hardbord papier goed met vaselien of heuning, plak dit vas aan 'n strooitjie of sosatiestokkie en druk oral in die potplante se grond in. Die geel kleur lok die muggies en hulle word so vasgevang. Jy kan ook 'n mengsel van gelyke dele vaseline en ♥ Sunlight liquid skottelgoedseep maak en die geel kaarte daarin druk.

- SPINNEKOPPE: Gooi 'n paar druppels Peppermint essentionele olie in 'n spuitbottel, gooi bietjie ♥ Sunlight liquid seep by en vul verder met water. Spuit oral waar jy dink hulle kan inkom, bv vensterrame, deurkosyne, ens. Spinnekoppe haat die reuk van peppermint.

- VRUGTE VLIEE: Meng ♥ Sunlight liquid met water, en spuit op vrugte elke oggend.

~ALGEMEEN:

- TUISGEMAAKTE WASPOEIER RESEP: 250g boraks, 150g wassoda, 140g Oxyclean (jy kan dit uitlaat, maar ek het 'n morsige kind en man), 1 koekie ♥ Sunlight seep (groen, pienk of wit), 180g koeksoda. Rasper seep fyn, meng met res van bestanddele en hou in emmer of bottel wat dig sluit. Gebruik 1-2 eetlepels per bondel wasgoed.

Dad stress levels....

The starting point for proactively taking control of your life and paving the way to secure the future you actually desire, where you can fulfill the potential of what you can achieve as a man and a dad is to learn how to live without gut-wrenching stress, anxiety and burnout, shed your mind of conscious and sub-conscious negative habits, attitudes and patterns triggering it, and master the skills to identify, tackle, and unload toxic stressors as they occur and stop stress attacks dead in their tracks.

You'll get all the tools, the strategies, and the support you need to tackle your stress and anxiety on your own terms, privately in your own home.

Reveal how stressed you are

Understand in a straightforward way what positive and negative stress actually is

Clearly identify damaging reactions to stress for you to look out for

Identify your stress triggers [think: significant other, children, friends, work + money, health, habits + behaviors.]

Identify and clear core stressors [think: eliminate a past, recurring, and new negative experience, encounter, trauma, or simply an event, that has left you scarred or effected in some way]

Successfully create new stress reducing supportive routines

Identify and remove toxic people in your life

Manage and take charge of toxic people that for some reason or another you can't permanently remove.

Confidently tell your truth, be honest with your feelings, be able to say 'no' and set your boundaries

Achieve a daily healthy lifestyle free of toxic stress, where your baseline mindset and mood is productive, happy and thriving.

Build mental resilience to stress and anxiety so you can effortlessly handle day-to-day stress and pressure and stay in your 'happy' place

Know exactly what to do when stress gets the better of you so that you can stop it dead in its tracks and step back into positive mind set and feel better fast, no matter what provoked it.

The Dads Stress Buster Program© will fast-track your growth and stress resilience, get your stress management system up and running, giving you the clarity, vision and the ability to execute consistently on the right strategies.

Probably one of the most stunning and powerful effects of this program is the radical improvement

relationship that you have with everyone in your life.

A tried-and-true system to follow so you can feel confident about your future no matter where you are on the stress and anxiety scale.

Our goal is to take the 'complicated' out of men's wellness, and help you take back your health and your power, to feel inspired by your life rather than tired and drained, and equip you to take on your dreams and goals being the best and unburdened you.

You'll get all the tools, trainings, strategies, and the support you need to wake-up feeling truly happy to be alive, content, fulfilled, in alignment, clear minded, healthy and energetic, athletic and fit, and all privately in your own home.



MAGAZINE

MEDIA HOUSE

NEXT ISSUE JULY 2023

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