

50+

ONLINE

Issue 35
APRIL 2024

Happy Easter



MEDIA HOUSE PROJECT FOR 2024

Voorblad geleentheid in 2024

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50+

MAGAZINE / TYDSKRIF

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 '24:

Thank you for your support in 2023. Please support us in 2024

4.

BE ON OUR COVER PAGE ?:

Are you 50 + meaning 50 years and older? Then enter our competition.



REGULARS

1. COVER PAGE 01

Cover page photo is Easter

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors is two beautiful ladies Fredricka Storm and Handeliën Volschenk

3. ADVERTS 08

Find our adverts here and please support them.

4. 50 + Cover page: 05

You can be the winner of our cover page competition

5. BACK PAGE 20

Back page - our next issue is our APRIL Issue



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

Redakteur

aan die woord

Liewe leser,

April maand is hier mens kan nie glo nie maar daar het so baie goed gebeur van die jaar begin het.

Onthou ons vrouedag 3 Aug by Bar with No Name in Vaalpark. Dit gaan 'n groot een wees kry jou kaartjies vroegtydig daar is 'n beperkte aantal kaartjies.

EN GLO MY JY WIL DIT NIE MISLOOP NIE.

As jy nog nie weet hoe om die tydskrif af te laai 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. Jy mag nie hierdie geleentheid mis loop nie.

Ons kompetisies is opwindend so waag dit en neem deel mens weet nooit jy is dalk op ons volgende voorblad.

Mens is nooit te oud om iets opwindends te doen nie.

Liefde tot volgende keer..

Charms xox

50+ Ambassadors

Liewe lesers,

Ek is vrek opgewonde oor die tydskrif se verjaarsdag ek mag nie uitpraat nie maar ek gaan tog iets met julle deel.

Die naals, hare en rokke is reg! Ons wag net net vir die fotosessie en dan moet julle nou maar wag en sien hoe ons lyk.

So moet nie Junie uitgawe mis nie.

Paasnaweek was heerlijk lekker gekuier saam met my geliefdes.

So voor ek vergeet onthou ons vrouedag 3 Aug 2024 kontak my vir 'n kaartjie. Kom aan dames kom kuier en jy kan manlief saam bring.

Ek groete nou maar tot volgende keer

Liefde Fredricka

Dear readers

Yes it's April and Easter, we make use of the longweekend to spend time with our loved once.

Please don't forget our Women's day on 3 Aug 2024 Call me on 083 443 1827 to make sure you have a ticket.

You are welcome to bring hubby with.

Watch my Facebook for info on all our cover page competitions, and events. See you there.

<https://www.facebook.com/handelien?Mibextid+ZbWKwL>

Take care

Handelien



**HANDELIEN
VOLSCHEK**



**FREDRICKA
STORM**

MEDIA HOUSE PROJECT FOR 2024



MEDIA HOUSE

Top Vibe Magazine **Top Vibe Kids Magazine**

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

Media House have one (1) wheelchair to donate to somebody in need of a wheelchair. The wheelchair was donated to us by Care Village Middelburg.


Charmaine 072 768 8582



MEDIA HOUSE

Media House Ambassadors will spoil 43 residence at Moredou old age home in Sasolburg with soup & bread on 8 June 2024

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Tel: 016 932 2917
Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark

12 May is Mother's day

Gift ideas for Mother's day.

Go do your shopping in time and avoid the rush in and around shops

Here is a few gift ideas for you, flowers is always a bonus but you know your mom the best.

Spoil her with coffee and a piece of cake.



Voorblad geleentheid in 2024

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Facebook blad dop te hou en sodra jy die advertertensie sien skryf in en jy mag dalk net ons volgende voorblad gesig wees.

Dit kan heerlike pret wees, ek hoor al hoe spog die kleinkinders met ouma en oupa op die voorblad of wat van ouma en oupa saam.

Ja dit is nooit te laat nie, maak 2024 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

My kontak nommer is 072 768 8582 vir meer inligting..



Belangrikheid van 'n testament

'n Testament is 'n regsdokument wat 'n persoon se wense met betrekking tot die verspreiding van hul bates en besittings na hul dood uiteensit. Ten spyte van die belangrikheid daarvan, stel baie mense die opstel van 'n testament uit, met die veronderstelling dat dit iets is wat hulle later in hul lewe kan doen. Die skep van 'n testament is egter 'n kritieke stap in boedelbeplanning, en almal behoort een te hê, ongeag hul ouderdom, gesondheidstatus of finansiële situasie.

In die eerste plek verseker 'n testament dat jou bates ná jou dood volgens jou wense verdeel word. Sonder 'n testament sal die verspreiding van jou bates deur staatswetgewing bepaal word, wat dalk nie met jou wense ooreenstem nie. Dit kan lei tot geskille en onnodige stres vir jou geliefdes. Deur 'n testament te skep, het jy beheer oor wie jou bates ontvang en hoeveel hulle ontvang.

Tweedens laat 'n testament jou toe om 'n eksekuteur te benoem, die persoon wat verantwoordelik is vir die bestuur van jou boedel ná jou dood. Hierdie individu sal verseker dat jou bates volgens

enige uitstaande skuld en belasting betaal word. Die keuse van 'n verantwoordelike en betroubare eksekuteur is van kardinale belang om te verseker dat jou wense uitgevoer word soos jy beplan het.

Benewens bateverdeling en eksekuteurseleksie, kan 'n testament ook gebruik word om 'n voog vir enige minderjarige kinders te benoem. Dit verseker dat jou kinders versorg word deur iemand wat jy vertrou en dat daar in hul behoeftes voorsien word. As jy nie 'n voog in jou testament noem nie, sal dit aan 'n hof oorgelaat word om te besluit wie vir jou kinders sorg?

Dit is nie net mense met baie geld of bates wat 'n testament moet skep nie. Selfs al beskou jy jouself nie as iemand met 'n groot boedel nie, is 'n testament steeds belangrik. Dit kan verhoed dat familieleden baklei oor sentimentele items of familie-erfstukke, en dit kan help om te verseker dat daar na jou dood na jou geliefdes omgesien word.

Nog 'n rede om 'n testament op te stel. Hierdie verifikasie vind plaas as deel van die regsproses na 'n persoon se afsterwe om te verseker dat hul bates behoorlik versprei word. Sonder 'n testament kan die regsproses 'n lang en duur proses wees. Met 'n testament in plek kan die verifikasieproses egter baie gladder verloop, en jou bates kan vinniger versprei word.

Die opstel van 'n testament mag dalk skrikwekkend lyk, maar dit is 'n kritieke stap in boedelbeplanning. As jy nie 'n testament het nie, oorweeg dit om met Eksekuteurs vir boedels en testamente te praat om die eerste stap te neem. Deur 'n testament op te stel, kan jy verseker dat jou wense na jou afsterwe uitgevoer word en dat daar na jou geliefdes omgesien word. Onthou, dit is nooit te vroeg om 'n testament op te stel nie, maar dit kan te laat we

Het jy lewens dekking?
Het jy 'n testament?

Kontak:
Charmaine Janse van Rensburg
083 681 1514

Surviving Infidelity

SURVIVING INFIDELITY

BY DR. M. BASSON (Ph.D.)

The phenomenon of infidelity, despite its infliction of significant emotional distress and erosion of trust within relationships, does not necessarily signify an irreparable breach. Instead, it can serve as a catalyst for relational recovery and even prompt exploration of alternative relational paradigms.

It is imperative to distinguish between transient instances of infidelity and prolonged extramarital affairs, which often signify deeper relational dysfunctions necessitating professional intervention. Like any interpersonal alliance, romantic partnerships are susceptible to discord, disillusionment, and inadvertent harm, particularly amid the mundane realities of life such as professional obligations, childcare responsibilities, and financial stressors. Hence, sustaining a romantic bond necessitates continual investment in nurturing intimacy and fostering mutual appreciation.

Engagement with qualified intimacy coaches offers a constructive avenue for refining communication strategies, revitalizing sexual dynamics, and cultivating relational resilience. Effective communication, characterized by empathetic listening and sincere expression, facilitates the elucidation of partners' needs, desires, and apprehensions, thereby fostering a climate of emotional security and mutual understanding. Nonetheless, the significance of verbal and non-verbal

cues in communication cannot be overstated, as they shape the interpretive framework through which messages are received and reciprocated.

Furthermore, the durability of a primary relationship hinges on the robustness of its foundational underpinnings, predicated on unconditional acceptance of partners in their entirety. Challenges such as jealousy, self-esteem issues, and divergent cultural or religious values can strain relational cohesion, potentially exacerbating vulnerabilities to infidelity. However, it is pivotal to distinguish between episodic transgressions and habitual patterns of betrayal, as the former may stem from unmet needs or unresolved conflicts within the relationship.

Navigating the aftermath of infidelity necessitates a concerted effort to unpack and address the underlying emotions of shock, resentment, and disillusionment, while also interrogating the motivations underpinning the breach of trust. For instance, feelings of sexual inadequacy or emotional neglect may precipitate lapses in fidelity, highlighting the importance of fostering an environment conducive to open dialogue and emotional vulnerability. While infidelity may challenge prevailing notions of relational fidelity, it also presents an opportunity for introspection, growth, and reconciliation within the context of a committed partnership.


In conclusion, while the journey towards healing and reconciliation post-infidelity is fraught with challenges, it is not insurmountable.


Each individual possesses unique thresholds for forgiveness, shaped by personal values, cultural influences, and past experiences. Hence, the resolution of relational discord precipitated by infidelity necessitates a nuanced understanding of the complex interplay between individual agency, relational dynamics, and societal expectations.





Must read very useful


Must read very useful:


 SOMETHING YOU MIGHT HAVE NOT KNOWN And NEED TO KNOW !!


 Ants Problem:
Ants hate Cucumbers.
"KEEP the skin of Cucumbers near the Place where they are or at Ant Hole.


 To make the Mirror Shine:
"Clean with Sprite"



 To remove Chewing Gum from Clothes:
"Keep the Cloth in the Freezer for One Hour"


 To Whiten White Clothes:
"Soak White Clothes in hot water with a Slice of Lemon for 10 Minutes"


 To give a Shine to your Hair:
"Add one Teaspoon of Vinegar to Hair, then wash Hair"


 To get maximum Juice out of Lemons:
"Soak Lemons in Hot Water for One Hour, and then juice them"

 To avoid smell of Cabbage while cooking:
"Keep a piece of Bread on the Cabbage in the Vessel while cooking"



 To remove Ink from Clothes:
"Put Toothpaste  on the Ink Spots generously and let it dry completely, then wash"


 To get rid of Mice or Rats:
"Sprinkle Black Pepper in places where you find Mice & Rats. They will run away"


 Take Water Before Bedtime..
"About 90% of Heart Attacks occur Early in the Morning & it can be reduced if one takes a Glass or two of Water before going to bed at Night"


 We Know Water is important but never knew about the Special Times one has to drink it.. !!


Did you ???

 Drinking Water at the Right Time  Maximizes its effectiveness on the Human Body;

① 1 Glass of Water after waking up -  helps to activate internal organs..


② 1 Glass of Water 30 Minutes  before a Meal - helps digestion..

③ 1 Glass of Water before taking a Bath  - helps lower your blood pressure.

④ 1 Glass of Water before going to Bed -  avoids Stroke or Heart Attack :

'When someone shares something of value with you and you benefit from it, You have a moral obligation to share it with others too.'

I have done mine...   

 ...
send this to three groups and see the magic. the tortoise will pass the horse.

MAGAZINE

MEDIA HOUSE



NEXT ISSUE MAY 2024

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