

50



ONLINE

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February 2025



Media House 2025 projects!

Enkel pappa's wat alleen hulle kinders grootmaak

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:

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MEDIA HOUSE PROJECTS 2025:

Thank you for your support over the
years. We would like you to join us in
2025

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: February is the month of LOVE

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 on the next cover page - all you have
to do is to enter. Looking forward to see you on
the next cover page.

5. BACK PAGE 20

Back page - our next issue is our March Issue



Photographer: Albertus Kriel
Venue: Bar with No Name - Village

Redakteur

aan die woord

Liewe leser,

Die maand van die liefde sê- hulle dit is natuurlik
nou Februarie maand.

Die jaar het pas begin en daar is reeds so baie goed
aan die gebeur.

Die skool is weer behoorlik aan die gang, en ma en
pa het weer hulle hande vol met die skool dinge.
atletiek en sport byeenkomste.

Ek het tans so baie dinge wat aangaan, daar is regtig
net te min ure in 'n dag om te doen wat gedoen moet
word.

Julle jongklomp moet nou al weet waar kon die liefde
vandaan en die groot gedoente van Valentynsdag.

Ek gaan in jou oor fluister... dit is net 'n geld maak
storie. Jy moet elke dag lief wees vir iemand en as
Jy dan nou 'n geskenk wil gee maak iets, dit het
baie meer waardevol as iets wat jy in die winkel ten
duurste voor gaan betaal. Glo my dit is duur iets
eenvoudig kan jou maklik tussen R50 en R250 kos.

Moet nie in die struk val nie, ek het julle gewaarsku.

Maats geniet die maand en ek gesels weer met julle
Volgende maand.

Liefde, en geniet die maand van liefde.

Charms xox

50+ Ambassadors

Liewe leser,

Die nuwe jaar is volstoom aan die gang en dinge het vinnig besig geraak.

Dit is die maand van liefde en ja almal gaan ophol en eintlik moet julle elke dag lief wees vir mekaar en nie net die liefde op eendag in die jaar vier nie.

Ons hardloop tog te vinnig winkels toe om ten duurste iets te gaan koop en dit wanneer jy net elke dag vir die persoon kan wys jy gee om en is lief vir daardie een

Ongelukkig het dit net 'n geld maak storie geraak.

Geniet die liefde en straal Liefde uit....

Totsiens tot volgende maand

"Fredricka die 50+ er"



FREDRICKA STORM

Fotograaf Albertus Kriel

Dear readers,

Here are some budget-friendly Valentine's Day gift ideas:

* **Homemade treats:** Bake your partner's favorite cookies, brownies, or cupcakes. You can even create a themed gift basket with other sweet treats.

* **Personalized photo album or scrapbook:** Compile your favorite memories together in a scrapbook or photo album. You can add captions, inside jokes, and other personal touches.

* **Hand-drawn or painted portrait:** If you're artistic, create a portrait of your partner.

* **Romantic picnic:** Pack a picnic basket with your partner's favorite foods and drinks, and find a scenic spot to enjoy it together.

* **Home spa night:** Set up a relaxing atmosphere at home with candles, essential oils, and face masks. Give each other massages or enjoy a foot soak together.

* **Game night:** Play board games, card games, or video games together.

* **Stargazing:** Find a spot away from city lights and spend some time gazing at the stars together.

* **Small tokens of affection:** * **Flowers:** A single rose or a small bouquet of wildflowers can be a romantic and affordable gift.

* **Chocolate:** A box of chocolates or a few individually wrapped chocolates are a classic Valentine's Day treat.

* **Jewelry:** Consider a piece of inexpensive jewelry, such as a necklace or bracelet, that your partner will love.

* **Personalized mug or keychain:** A mug or keychain with your partner's name or initials is a thoughtful and affordable gift.

Remember, the most important thing is to put thought and effort into your gift. Even a small gesture can be meaningful if it comes from the heart.

LOVE Handeliën



**HANDELIËN
VOLSCHENK**

Fotograaf Albertus Kriel

Posduif met Ruiter van die Windjie.

After a busy and thrilling year of nationwide performances – including opening for legendary Kip Moore – the SAMA award-winning band **POSDUIF** is excited to wrap up 2024 on a high note with a fresh and unique cover of Bles Bridges' popular hit, **RUITER VAN DIE WINDJIE**.

This iconic song, as intrinsic to South African culture as melktert and koeksisters, celebrates adventure, freedom, and the pursuit of dreams – a theme that resonates deeply with the band members, which inspired them to give the track a new, modern twist.

"We didn't want to alter the song or just use parts of it. Instead, we decided to record the entire track and infuse it with our own style and energy," they explain. "It was thrilling to take something classic and introduce it to a new generation. The song's themes of freedom and the drive to follow the wind really resonated with us. It reminds us to stay curious and embrace life with open arms."

The band believes this distinctive blend of nostalgic and contemporary elements perfectly reflects the two sides of POSDUIF, featuring James Boland (lead vocals and guitar), Nick Jordaan (rhythm guitar and vocals), Amiel Gopal (bass guitar), Brendan Campbell (producer and lead guitar), and Nick McCreadie (drums).

"We love combining past and present. By giving classic songs like **RUITER VAN DIE WINDJIE** a fresh sound, we're creating a bridge between generations. It also reflects who we are—we respect tradition but are always seeking new ways to express ourselves."

Their latest single follows in the footsteps of *Kaalvoet Kinders* and *Voetfout*, both recent releases that regularly feature on the radio.

POSDUIF was founded in 2018 and made their debut with the song *Brandy Special*, which became an instant hit. Since then, they have released several other hits and were nominated by Bok Radio as *Group of the Year* and for *Song of the Year*. Their previous album, *Niks Vergelyk*, won the SAMA in 2022 for *Best Pop Album*.

"The award was a huge honour that deeply touched us," they say. "It not only recognized our hard work but motivated us to aim even higher. It's inspired us to keep innovating and take our music to the next level."

This release solidifies POSDUIF's role as pioneers in modern Afrikaans music. Fans can look forward to their upcoming *Bitterlekker Tour* in the Cape as well as collaborations with other local artists.

"We believe music can inspire people to pursue their dreams and embark on their own life journeys," they conclude. "That's exactly what **RUITER VAN**

DIE WINDJIE did for us, and we hope it can mean the same for others."

The single is now available on all digital streaming platforms.

Get it here: <https://posduif.lnk.to/RuiterVanDieWindjie>

You can also watch the lyric video here: <https://youtu.be/JGvKIkOsIq?si=SKuOJ39ktiKZtflw>

SOCIAL MEDIA LINKS

Facebook: <https://www.facebook.com/PosduifLive/>

Instagram: @posduif_live

Twitter: @Posduif14

Website: <https://posduif.live/>

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Media House 2025 projects!

Media House invite you to join us this year with our Charity projects.

We kick 2025 off with the school project, we need stationery for underprivileged children.

WhatsApp 072 768 8582 to make your donation.

Remember to save the date our Women's day is coming up on 8 August 2025



**Media House
Workshop**

MEDIA HOUSE



STARBURST
Café
082 418 7434



8
February 2025
R100. 00
10:00 - 12:00
Starburst Café Vaalpark
RSVP: 072 768 8582

Registration closed
2025 February 5

Bank details.
Media House
TymeBank
Acc: 5300 225 6770
Ref Name



Voorblad geleentheid in 2025

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 2025 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

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



Vitamins and minerals explained Key facts

Key facts

Vitamins and minerals are needed to make your body work properly. You only need very small amounts of vitamins and minerals in your diet.

Most people can get all the vitamins and minerals they need from a healthy diet.

Extra vitamins and minerals are sometimes taken as supplements. Taking too many supplements can cause health problems.

What are vitamins and minerals?

Vitamins and minerals are nutrients needed in small amounts to make your body work properly. They are sometimes called micronutrients.

Vitamins come from plants and animals, while minerals originally come from the soil and water.

An example of a vitamin is vitamin C, which is found in many fruits.

An example of a mineral is calcium. It's found in milk, fish and some plant foods like green vegetables and sesame seeds.

Where are vitamins and minerals found?

Vitamins and minerals are found in:

- fresh foods
- frozen foods
- canned foods
- dried and packaged foods

Fresh fruit and uncooked vegetables are good sources of vitamins. Some vitamins can be lost by cooking in water.

Most people can get all the vitamins and minerals they need by eating a balanced diet.

Why are vitamins and minerals important for my health?

Vitamins and minerals are nutrients your body needs to work properly and stay healthy.

You only need very small amounts of vitamins and minerals in your diet. Most people can get all the vitamins and minerals they need from a healthy diet.

However, you may need more vitamins and minerals if you are:

- pregnant
- breastfeeding
- a young child

Do I need supplements if I follow a vegetarian or vegan diet?

It's a good idea to ensure that your diet provides enough:

- iron
- zinc
- omega-3 fats
- vitamin D
- vitamin B12

If you follow a vegan diet, it's recommended that you take a vitamin B12 supplement. If you are vegan, the only reliable source of vitamin B12 are fortified plant milks, some fortified meat substitute products and some breakfast cereals.



Enkel pappa's wat alleen hulle kinders grootmaak



Dit gons altyd oor enkel ma's maar mens vergeet dat daar ook enkel pa's is wat nie altyd die erkenning kry wat hulle verdien nie.
Laat ons nou maar eerlik wees pa is gewoonlik die brood winner en dit terwyl ma die die res van die ball in die lug hou.
Skielik is pa alleen en hy moet al die balle juggle.

Voordat julle nou in spring en sê wat van die enkel ma's? Ons praat nou oor pa's.

Hoe dit nou ook al is bly dit 'n moeilik taak.
Om kos te maak wasgoed te doen en die daaglike goed te doen is baie makliker as om emosioneel betrokke te wees by jou kind.
Terwyl hulle klein is werk dinge makliker.

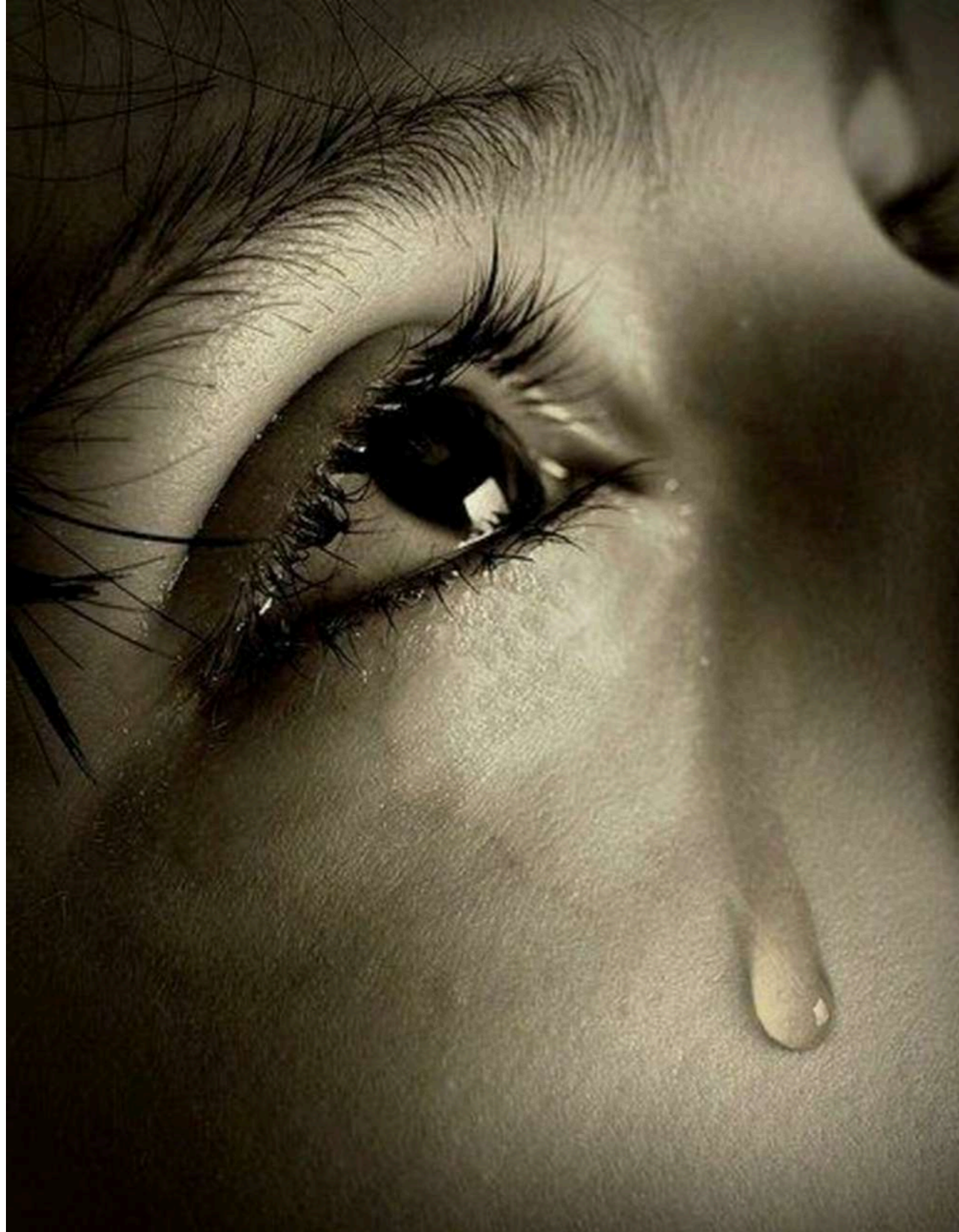
Dit is wanneer hulle tiener word wat dinge moeiliker raak.
Pappa daar gebeur dinge in jou dogter / seun se liggaam en jy gaan dit moet verduidelik dat hulle dit verstaan.
Wees voorbereid.. Jou dogeter en seun gaan alby deur puberteit en hulle gaan nie weet wat aangaan nie.
Pa en dit is daar waar jou groot taak begin. Seuns is makliker as dogter.

Pa's verdien n "standing ovation" !

Dankie ook dat julle 'n voorbeeld is vir Pa's waar daar nog 'n ma is en hy nie nodig om dit alleen te doen nie..

Julle is ons Hero's

Gebroke.....



Geleen maar so mooi deel hom graag.
Seer, gebroke hart in stukke
Flenters verwerp
Eenkant gegooi
Ekt jou weer vertrou
Jyt geen berou
Hoeveel keer nog gaan ek hier moet staan
Ek is so gedaan
Wanneer is my seer vir jou genoeg
Hoeveel kanse wil jy dan he
Gaan ek ooit genoeg wees vir jou
Net ek
Kyk na my sien my seer
Gebroke hart
Stukkend en rou
Hoeveel trane gaan ek nog moet stort
Sal ek ooit genoeg wees vir jou
Verlore, seer vertrap
Vals woorde wat sny deur my hart
Waarom nie net se jy soek my nie meer
Waarom waarom al die seer
Leuns sal my nog verteer
Waarom maak jy my so Seer
Ek kan regtig nie meer
gebroke
Verwerp
Flenters
Eenkant gegooi

MAGAZINE

MEDIA HOUSE



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