

50



ONLINE

ISSUE 46

MARCH 2025

Take care of your health

*Media House 2025 projects!*



# 50+

MAGAZINE / TYDSKRIF

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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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# 3.

**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: March - Autumn

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 April Issue



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

## Redakteur

*aan die woord*

Liewe leser,

Dit is herfs, die blare gaan binnekort afval van die bome af, ek persoonlik hou nie van herfs nie maar tog moet ek sê dat dit 'n mooi maand is veral as die blare met hulle verskillende skakeurings van kleure soos 'n tapyt op die grond lê.

Dan moet jy weet die winter is ook om die draai, vir die eerste keer sien ek uit na die winter.

Die miskiete en vlieë maak my gek dit voel of ek van my kop afraak. En natuurlik is die miskiete lief vir my bloed.

Soms is ek verstom oor waar die tyd heen gaan. Daar is so baie dinge wat gedoen moet word en dit voel net of daar nie genoeg tyd is nie.

Dames vanjaar se Vrouedag vieringe gaan behoorlik die mense aan die praat hê. Ja daar is besluit om 'n stout een aantebied.

As jy belangstel kry jou kaartjie vroeg die eerste 50 kaartjies verkoop kry 'n GRATIS GESKENK.

Kontak my vandag nog by 072 768 8582

Charms xox

# 50+ Ambassadors



**FREDRICKA STORM**

Fotograaf Albertus Kriel

Liewe leser,

Daar het so paar nuwe uitdagings op my pad gekom en ek moet 'n besluit gemaak het, dit is hartseer maar ek trek kus toe en gaan die Vaaldriehoek moet verlaat.

Ek is opgewonde sowel as bang so ek gaan maar eers my voete vind en dan kan ek weer van my laat hoor.

Gelukkig is daar tegnologie en ek kan in kontak bly met almal

Nou ja dit is die groot trek en dan natuurlik die uitpak aan daai kant, maar gelukkig sal dit ook klaar kom.

Totsiens tot volgende maand

"Fredricka die 50+er"

Liewe leser,

Ek het so baie om te vertel, HA HA HA ek moet net eers my gedagtes agter mekaar kry.

Ek en my dogter Valmarie het mos so 'n trippie gevat Thailand toe dit was 'n ervaring. Dit was 'n tyd wat ek nie gou sal vergeet nie, ongelooflik lekker.

Dames Media House hou Vrouedag vanjaar 'n stoute een, ja maak seker dat jy dit nie misloop nie. Dit gaan baie pret wees. So hou my Facebook blad dop en kry jou kaartjie vroegtydig. Die eerste 50 Kartjies kry 'n GRATIS GESKENK....

Totsiens tot volgende maand

Handelien xx



**HANDELIEN  
VOLSCHEK**

Fotograaf Albertus Kriel

# Take care of your health

**At age 50, common health concerns include: heart disease, high blood pressure, high cholesterol, osteoporosis (weak bones), certain cancers (like prostate and breast), diabetes, joint pain (like osteoarthritis), vision problems (like cataracts), hearing loss, menopause symptoms (for women), and potential mental health issues like anxiety and depression; all of which can be managed with regular checkups, a healthy lifestyle, and appropriate treatment if needed.**

**Key points about health issues at 50:**

**Cardiovascular issues:**

**High blood pressure, high cholesterol, and increased risk of heart attacks are significant concerns due to potential plaque buildup in arteries.**

**Bone health: Osteoporosis, leading to brittle bones, is a common concern, especially for women post-menopause.**

**Cancer screening:**

**Regular screenings for cancers like breast, prostate, and colon are recommended at this age.**

**Vision changes:**

**Cataracts and other vision problems can start to develop and require monitoring by an eye doctor.**

**Menopause:**

**Women experience hormonal fluctuations during menopause, leading to various symptoms like hot flashes, mood swings, and sleep disturbances.**

**Joint pain:**

**Osteoarthritis, causing joint pain and stiffness, is common, especially in the knees and hips.**

**Depression and anxiety can become more prevalent due to life changes and stress.**

**What you can do to manage your health at 50**

**Regular checkups: Visit your doctor for routine screenings and monitoring of key health indicators.**

**Healthy lifestyle: Maintain a balanced diet, exercise regularly, get enough sleep, and manage stress.**


**Quit smoking: Smoking significantly increases the risk of various health problems.**

**Maintain a healthy weight: Being overweight or obese can contribute to several health issues.**

**Be aware of family history: Understand your family's health history to identify potential risks and take preventative measures.**



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# Media House 2025 projects!

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Remember to save the date our Women's day is coming up on 9 August 2025

NAUGHTY BUT NICE  
WOMEN'S DAY EVENT  
9 AUGUST 2025



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Dr.  
M

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# 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..



# Get ride of flies and mosquitoes

Do this and you will never see flies and mosquitoes in your house again  
Only polite members will thank you for the recipe 😊

Creating this trap is surprisingly simple and requires just a few basic ingredients. Here's what you'll need:

1 tablespoon of ground cinnamon

Water

Sugar

Dish soap

**Prepare the Solution:** In a bowl, mix water with a generous amount of sugar to create a sweet solution that will attract flies and mosquitoes. The exact amounts can be adjusted, but you want the water to be sweet enough to lure the pests effectively.

**Add Cinnamon:** Stir in 1 tablespoon of ground cinnamon. The cinnamon acts as a repellent, confusing the pests and making the trap even more effective.

**Add Dish Soap:** A few drops of dish soap should be added to the mixture. This breaks the surface tension of the liquid, ensuring that once the flies or mosquitoes are attracted to the solution, they will be trapped.

**Set the Trap:** Place the bowl in areas where you've noticed flies or mosquitoes congregating. The pests will be drawn to the sweet scent but will be repelled by the cinnamon and trapped by the soapy solution.

## Why This Trap Works

This homemade trap works on two levels: attraction and repulsion.

The sweet water attracts the flies and mosquitoes, while the cinnamon repels them, making it difficult for them to escape once they're drawn in. The dish soap then ensures they can't simply land on the surface and fly away.

## The Benefits of Natural Repellents

Using natural repellents like cinnamon is a safe and eco-friendly way to control pests in your home. Unlike chemical repellents, natural options are safe for use around children and pets, making them ideal for family households. Plus, they're often more cost-effective and easy to make using ingredients you already have.

With this simple and effective homemade trap, you can enjoy a fly and mosquito-free home, keeping your living space comfortable and healthy for everyone. Give it a try and see the difference it makes in controlling pests naturally and safely.





# Retirement South Africa need to retire at 60 & 65

In South Africa, when you turn over 50, you generally start to approach the typical retirement age, with the majority of people considering retirement between 60 and 65 years old; however, depending on your employment and pension fund rules, you might be able to access some retirement benefits or consider early retirement options, particularly if you are a public servant where early retirement at 55 might be possible with potential reductions in pension benefits depending on your specific situation

Key points about being over 50 in South Africa:

No set retirement age:

While there is no legal mandatory retirement age in South Africa, most people retire between 60 and 65.

Government employees:

Public servants might be able to retire early at 55, but this could involve reduced pension benefits.

Private sector:

Early retirement options in the private sector depend on your employer's policies and pension fund rules.

Accessing retirement funds:

Depending on your specific fund, you might be able to access some of your retirement savings at 55 years old if you meet specific conditions.

Planning is crucial:

As you approach retirement age, it's important to review your financial situation and plan for your retirement

income, including considering your pension fund and other savings.

Can you retire at 50 in South Africa? When can an employee retire? There is currently no specific law that provides, in general, at what age a person must retire. However, the laws relating to persons who are members of the Government Employees Pension Fund ("GEPF") provide for specific retirement ages, such as 55, 60 or 65 years.

Can I withdraw 100% of my provident fund?

At retirement you will be able to take one-third of your Vested Pot plus any Savings Pot money in cash. If there are no funds in your Savings Pot you can only take one-third of your Vested Pot. Any previous provident vested money (pre 1 March 2021 money) can also be taken fully in cash at retirement.

What happens if I retire at 50?

You won't be able to take Social Security benefits until you reach 62 or qualify for Medicare until age 65. Retirement accounts also have a 10% penalty for withdrawals taken before you turn age 59½. Therefore, if you retire at 50, you'll need to tap into other resources to finance those first 10 to 12 years.

No, you cannot claim unemployment insurance fund (UIF) benefits if you retire early, before age 60. This is because retirement is a voluntary decision, while UIF is intended for those who have lost their job through no fault of their own.

Explanation

UIF is designed to help people who are unemployed or have lost their income through retrenchment, dismissal, illness, or pregnancy.

People who retire early are assumed to have a pension to support them.

You can claim UIF if you are dismissed, retrenched, or your contract ends.

You can also claim UIF if you are declared insolvent or if your employer dies.

Other retirement benefits

If you retire at age 60 or later, you may be eligible for a retirement benefit that includes your full fund credit and any applicable RRA. You can choose to receive this benefit as a cash lump sum or as a monthly pension.

Generative AI is experimental. Learn more

Claim UIF Retirement Benefits and Payments

It is important to remember that you do not qualify for UIF benefits should you retire early (under 60). We ask a once-off fee of ...

CONTINUE NEXT ISSUE.

# Woman's body when having sex....

## A WOMAN'S BODY WHEN SHE IS HAVING SEX

1. Her vagina begins to self-lubricate.

2. Her vagina expands and lengthens to accommodate whatever that is coming in.

3. Her outer lips, inner lips, clitoris and sometimes, becomes more reddish and swollen

4. Her BREASTS begin to swollen.

5. Her vaginal lips become puffier:

6. Her tissues of the walls of the outer third of the vagina swell with blood.

7. Her opening to the vagina narrows.

8. Her clitoris disappears into its hood.

9. Her vagina's inner labia change colour.

10. Her breathing and pulse rates quicken. She will start breathing faster.

11. Her body may blush in some parts, like the face, stomach, chest, shoulders, BREASTS or neck.

12. Her thigh, hands and buttocks muscles tense up.

13. Her vaginal walls contract rhythmically every eight-tenths of a second as she reaches orgasm.

14. Her uterus' muscles contracts.

15. Her genitalia experience peak blood-vessel engorgement.

16. Her orgasm may comes with muscular reflex of the hands and feet.

17. After orgasm, her uterus and clitoris return to their normal positions.

18. All swelling recedes.

19. Her muscles relax. they must experience orgasm, a more intense and personal experience, beyond mere penile penetration, is needed. Most times, direct stimulation of the clitoris is needed.

Also, a woman needs to be mentally and physically involved in the sex act to really enjoy it so stop laying like a deadwood as if you are not happy doing it with your lover.





# ***MAGAZINE***

***MEDIA HOUSE***



**NEXT ISSUE APRIL 2025**

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