MAGAZINE / TYDSKRIF

50+ ONLINE

Issue 39

August 2024



Ware berou is meer as net jammer

Voorblad geleentheid in 2024

INDEX

CONTENT

50+

MAGAZINE / TYDSKRIF

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MEDIA HOUSE - TOP VIBE MAGAZINE
- TOP VIBE KIDS MAGAZINE
- GLAMOUR TALK MAGAZINE
- 50 + MAGAZINE

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 the wind in your hair.

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors is two beautiful ladies Fredricka Storm and Handelien 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 September Issue



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

Redakteur
aan die woord

Liewe leser,

Die winde is om die draai, ons weet mos nou dat Augustus maand `n stowerige maand is. Ek hou glad nie van die winde nie maar nou ja die natuur is wat dit is en dit is nodig dat die wind moet waai.

Ons by Media House vier vrouemaand met `n twist jy kan manlief saam bring.

Ons skop af met `n praatjie, belly dancers en dan natuurlik Scallywag dit gebeur op 3 Aug by Bar with no Name in Vaalpark. Jy word bederf met `n geskenk pakkie vir al die dames.

Jy kan jou kaartjies by die hek kry of kontak my by 072 768 8582 kom kuier saam met ons.

Media House se projekte kom stadig maar seker aan `n einde daar by nou net ong een oor en dit is die 7de Desember die Face van Top Vibe Kids and Top Vibe Magazine 2024.

Hou ons Facebook blad dop as jy meer wil weet van ons.

Ek groet dan

Liefde tot volgende keer..

Charms xox

50+ Ambassador



FREDRICKA STORM

MY DRUPPEL INK

Ons almal kom in ons lewens by n "HAWE" waar ons op n "SKIP" moet klim of soms ook moet afklim.

Ons "klim" op ons lewensbootjie en vaar op die klein sagte golfies in ons daaglikse lewens en hoe meer verantwoordelikhede ons bykry word ons "WATERS WAAR RUS IS" rowwer want die lewe laat ons rol deur die "MAALKOLKE" wat ons voorberei op die "STORMS" van die lewe. Daardie groot golwe breek oor ons en veroorsaak dat ons "spoeg-en-spartel" om kop bo water te hou maar ons moet nooit verswelgd raak en " verdrink' nie. GOD berei ons voor vir die harde en seer dinge wat voorlê.

Was jy al by die punt waar jou lewe voel soos die woorde van die liedjie SKIPSKOP deur DAVID KRAMER:
"Pak op, pak op
sit jou goedjies op jou kop
more gaan ons weg,
ver van hier weg
skipskop, skipskop,
wanneer hou die dinge op
swaarkry le net voor
die blou berge oor
overberg se mens
isse ek gebore,
op die plek skipskop
nes my pa en sy pa ook.
hier deurie duine, loop onse spore
hier op die beach hier langs die see is ek gedoop
maar wat ken ek anders
as die bloudam se branders
die wolke en die winde wat hier waai
maar verkoop jou bootjie, pak op jou goedjies
en se maar so long skipskop, skipskop se goodbye
linkerhand, o die regterhand
wat se kant le die plek,
misverstand
'seblief meneer, ag se tog weer
is dit die pad wat ons moet more vat
'n stukkie le hier en 'n stukkie le daar
stukkies van my lewe hulle le deurmekaar
tel op tel op vir shorty en vir pop
gaan haal vir apie en hou daai kindjie dop
maar wat ken ek anders
as die blou dam se branders
die wolke en die winde wat hier waai
pak op jou goedjies, pak op jou goedjies,
se maar so long skipskop
skipskop se goodbye

Dis wanneer ons verby klein skepies en bootjies vaar maar dan kom ons op die diepsee waar die groot "VRAGSKEPE" van die lewe ons trotseer om groot belangrike besluite te neem en die eindbestemming van sulke besluite ver verwyderd van mekaar lê en ons die gevolge moet dra en die verantwoordelikhede moet aanvaar.

Op watter waters vaar jou skip vandag? By watter hawe gaan jy moet anker gooi? Kan jy sterk staan teen die sterk rowwe golwe van die "KAAP VAN STORMS" en moontlik verswelgd raak daarin of gaan jy rustig kan afklim van jou bootjie op n "SAGTE RUSTIGE EILAND" en die vrede geniet?

Waar jy ookal moet anker gooi vandag.... HOU VAS AAN GOD AS JOU ANKER WANT NIKS KAN ONS WEGRUK VAN HOM.

Totsien tot my volgende Druppel Ink.

Liefde Fredricka



50+ Ambassador



HANDELIEN
VOLSCHENK

Friends,

Yes , Shallywag se show is hier en ons gaan lekker kuier.

Ek hoop ek sien julle daar. As jy nou nog nie jou kaartjies gekry het nie dan moet jy nou wikkel.

All Media House ambassadeurs gaan daar wees so kom groet gerus.

Ons is almal opgewonde ek kan nie wag nie. Daar bly nog eenevent oor en dit is die 7de Desember ons soek die gesig van Top Vibe Kids & Top Vibe Magazine.

Nou toe ek moet nou eers groet ek het nog baie om te doen.

Groete

Handelien



"Advertising your business"









“Land & Sand” Album/EP by Neil Sandilands

This album, “Land & Sand”, came to life as an effort to evaluate and optimize the normal course of things. There was a lot of uncertainty & confusion, haha. Bellville Studios is relocating to Cape Town; this would be the last album ever made at the renowned Bellville Studios. The timing was crucial and turned out to be poetic, since I could create “Land & Sand” with my longtime friend and producer, Theo Crous. The album was completed within three weeks, and it was “MAIN”.

Secondly, there’s the upcoming “Land & Sand” tour, which starts on 27 June 2024, and ends on 4 August 2024. Our goal with the “live performances” of my work, is to always keep it new and fresh. It made sense to get new creations into the studio as quickly as possible, so they could reach eager ears in tandem with the tour. Of course, we’ll also be performing some of the more well-known, older works, but this adds “crisp & fresh” to the set-list.

Here are handy links where you can get tickets, as well as the tour schedule:

https://linktr.ee/neilsandilandsband
https://linktr.ee/neilsandilands
www.neilsandilands.com

The songs on this album were literally ALL I had in my back pocket at the time - which I could offer in a somewhat complete form - amidst other television & film commitments. It’s perhaps a more direct and personal glimpse into the immediacy of my existence, back in Overstrand, Onrus, South Africa. I’m very excited about how the **tunes** came out; possibly because there wasn’t really time for overthinking or embellishment. It’s more or less like this: “Here it is, this is what we managed to accomplish under pressure, hope you like it.” It really doesn’t require much more explanation.

The cover of the album captures a historic moment. It’s an old Polaroid photo I discovered in my storage facility in Sand Bay. It’s truly the first time I ever performed in front of a live audience. It was taken during a revue at Laerskool Randfontein in 1982, and I sang a solo, “Hak Hom Blokkies” by David Kramer with great enthusiasm. I was 6 years old. Origin. “Land & Sand”. There’s a connection between the cover and the track “Gooi Kole”. The word “determination” comes to mind. I expect this track to spread like a virus.

Watch the “Gooi Kole” music video here: https://youtu.be/Jt01qup1kK8?si=cEcBJ4ShWdEe_LaP

Shot on location in the Kaokoveld, Namibia whilst filming "Die Groot Niks". June 2024. “The best thing about ‘Gooi Kole’s’ music video is we created it whilst filming “Die Groot Niks” in the Kaokoveld, Namibia. The jovial lads in the video are the crew members of “Die Groot Niks’. I managed to pursued them, after hours, around the campfire, to bust some moves. The tune does that; it wants one to jump out of one’s skin with lekkerness. The enjoyment shows! How could it not? By the way, the fella with the handlebar moustache who jives and dives with such vigor is Johan “Kole” Kruger. He really owned it!! I can’t wait for people to start sending me their own ‘Gooi Kole’ videos. Die rook gaan draai!”

My personal favourites on the album are “Hephzibah” and “Lei my na die Water”, but genuinely, how can one prefer this child over another? It happens, of course, but let me say this: I love every track on the album. Without a doubt.

Finally, I wanted to create the works in a way to involve “The Band” (Schalk Joubert, Frank Freeman, and Ronan Skillen). Given everyone has their own professions and Ronan has migrated to Ireland, this small window of opportunity was all we had to our disposal. It was a matter of “do it now or not at all”. They all played on the album and will, of course, be part of the live performances during our tour. Other musicians on the album include Melissa van der Spuy (keyboard), Inge Beckmann (backing vocals), Theo Crous (additional guitar), and David Jenkins (Zulu concertina).

I am thrilled with the outcome. Miles Davis said something like: “There is no inspiration such as a deadline”. The process taught me that there is much value in working more intuitively and instinctively, rather than cerebrally. With this album, I believe I am getting closer to primitive impulses.

The Land & Sand Album is now available for download on all digital platforms here: https://vyd.co/LandEnSand

#Land&Sand #neilsandilands
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SOCIAL MEDIA:
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Voorblad geleentheid in 2024

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Faceboek 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..



Friends are good for you....

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too

Do you need friends?

I Don't Need Friends': Why You Might Feel This Way
While might feel like you don't need friends to be happy, it is important to have people you can trust and can turn to when you need support. People are social creatures and tend to thrive when they have high-quality connections with other people.
Do you need a best friend?
Friendship: Do you really need a 'best friend' or BFF?
If your relationships are mutually enjoyable, respectful, and meet your social support needs, there is no reason to feel badly if you don't have a best friend, or if your version of companionship looks different than what you've seen in films or on your social media feed

Social connections do make life more satisfying, but it doesn't take friendships to lead a happy life. Learn how to be happy without friends by building self-love, keeping your calendar full of positive activities, and strengthening your relationships with other people in your life.

Is a friend in need a friend?
The phrase a friend in need is a friend indeed means what it seems to mean. A friend is someone who helps when you need it. In other words, the friends that you can truly count on are the ones who are there for you when you need them the most.

Is it OK to never have a best friend?
We are generally fine — really! — with not having a best friend. Exclusive, monogamous friendships simply aren't for everyone. Some people are just better off with a little breathing room from even their closest friends

Can we stay happy without friends?
However, not everyone finds themselves surrounded by a close circle of friends. While it's natural to yearn for meaningful connections, it's important to remember that happiness is not solely dependent on the number of friends we have. You can find happiness even if you don't have friends.

Whatever you do have fun and do it because it’s what you want.

Hoe bemoedig ek 'n vriendin wat swaarkry?

Ons weet nie altyd wat om te sê as 'n vriendin swaarkry
nie. Maar woorde is nie altyd nodig nie, Jy kan net luister ook



God gebruik in baie gevalle mense om sy hande en voete hier op aarde te wees.

Begin deur daar te wees en te luister.
Onthou jy vreeslik swaar Job gekry het? Hy het alles verloor - sy besittings, sy kinders en sy gesondheid.

Ons lees in Job 2:13dat sy vriende gesien het hoe swaarhy kry. Hulle het toe vir sewe dae net by hom gesit en nie 'n woord gesê nie.

Die bekende Amerikaanse predikant Rick Warren stel dit goed. Hy sê wanneer iemand diep smart beleef, moet jy "show up and shut up"!

Wees daar vir jou vriendin in swaar tye. Luister na haar en weerstaan die versoeking om te Preek om of ongevraagde raad te gee.

Al wat sy nou nodig het is jou Ondersteuning.

Vermy goedbedoelde maar goedkoop antwoorde en opmerkings soos: Jou geliefde is nou op 'n beter plek Of alles sal regkom Of wees dankbaar vir wat jy nog het.

Wees net daar, luister net.

Wees 'n skouer om op te huil:

In seer tye kan jou oor 'n instrument van genesing vir iemand ander wees. Gun jou vriendin tyd om haar hart uit te stort, as sy nie wil praat nie wees net daar vir haar.

Moenie 'n besoek vermy omdat jy ongemaklik met haar seer nie.

Doen vir haar iets vat vir haar kos, ry haar kinders rond. Wanneer ons vir mekaar omgee en wanneer ons na mekaar uitruik, is die Heilige Gees besig om mense te bemoedig.

Ware berou is meer as net jammer

Om werklik berou te hê, is om te verstaan wat jy verkeerd gedoen het. Dit begin by jouself. Gaan dink eers hoe jy jou maat dalk laat voel het. Dan kan jy gaan jammer sê.

Daar is min dinge in ‘n huwelik, eintlik in enige verhouding, wat slegter is as iemand wat nie opreg kan “jammer”sê nie.

Spyt is nie dieselfde as berou nie.
Spyt kom maklik voor, spyt is ek is jammer dat ek dit gesê het, want nou is daar weer ‘n issue.
Of: Ek is spyt dat ek dit gedoen het, want hier gaan ons alweer.

Dit is die mooi in ‘n verhouding wanneer jy snap it’s not about me, it’s about my partner.

Werklike berou bring ons nader aan mekaar:

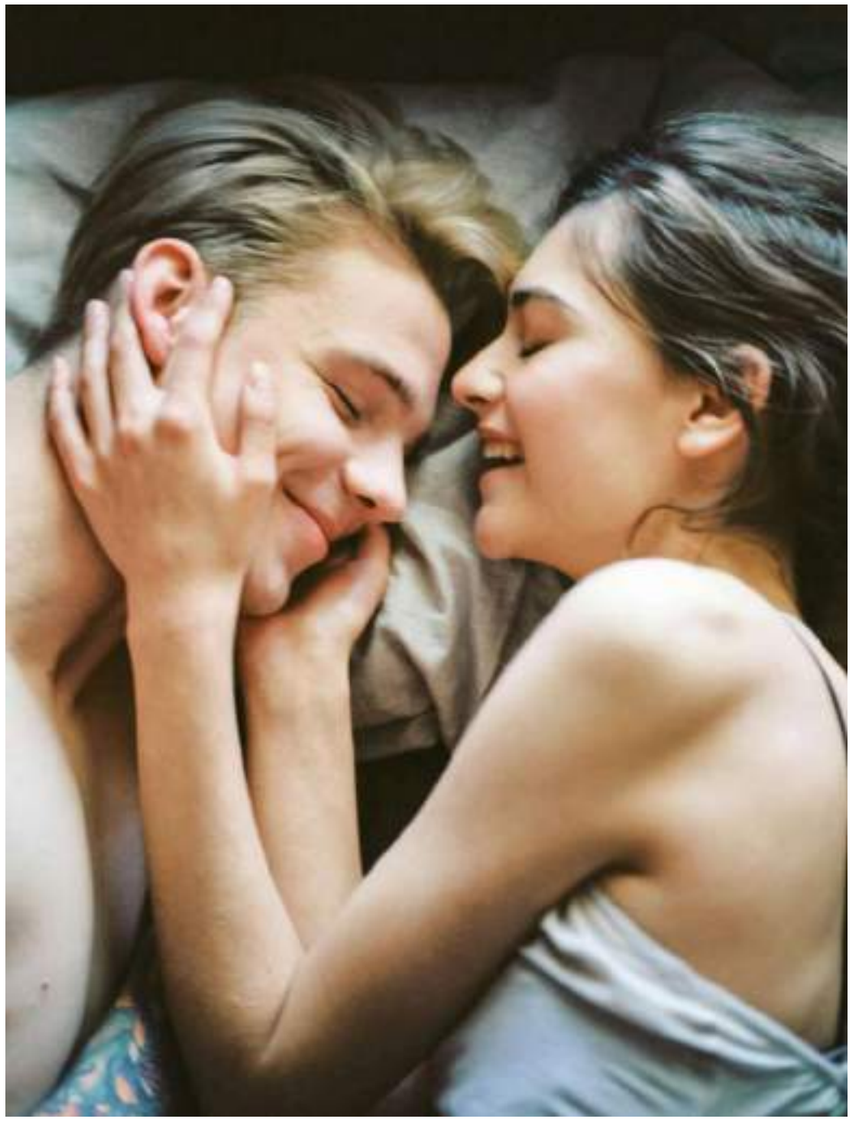
Berou begin by myself en by werklike berou as ek jammer sê, en my liggaamstaan doen dit ook.

Dan praat julle daaroor en dit is verby in die verlede. Los dit in die verlede.

In ‘n verhouding of huwelik gaan julle baie jammer sê, ook vir die kere wat jy nie so jammer voel nie sê nogtans jammer vir mekaar onthou ons is net mens.

Die mens kan foute maak weereens praat daar oor en gaan aan die huwelik is dit werd.

Wees lief vir mekaar!



MAGAZINE

MEDIA HOUSE



NEXT ISSUE SEPTEMBER 2024

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