MAGAZINE / TYDSKRIF

50+ ONLINE

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Cheers Happy New year!!



Back to school

Posduif met Ruiter van die Windjie

Page 6 - 7

INDEX

CONTENT

50+
MAGAZINE / TYDSKRIF

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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

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.

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4.

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

Back to school



REGULARS

1. COVER PAGE 01

Cover page: It's a new year 2025 we celebrate

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 January Issue



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

Redakteur
aan die woord

Liewe leser,

Die jaar het begin, en almal hoop op 'n beter jaar, maar soos ek altyd sê elke jaar het sy eie uitdagings en dit is jou besluit oor wat jy daaraan gaan doen.

Ek weet van baie family's wat deur 'n bitter moeilike tyd was in 2024 en my hart gaan uit vir hulle, ek bid dat 2025 'n mooi jaar sal wees vir hulle.

Media House het baie nuwe dinge beplan vir die jaar wat voorlê en ons wil julle graag deelmaak daarvan so kom geniet die pret goed saam met ons.

Hou ons Sociale media dop om te sien wat ons beplan vir die jaar. Mammas maak julle hare los en kom kuier saam met ons dit gaan pret wees ons gaan ons eie lipstifie maak op 22 Februarie kontak my vir jou kaartjie by 072 768 8582..

Laaste maar nie die minste nie, ek wil graag al my ambassadeur terug verwelkom.

Die gaan 'n lekker jaar wees.

Ons chat weer binnekort...

Charms xox

50+ Ambassadors



FREDRICKA STORM

Fotograaf Albertus Kriel

Liewe leser,

My helfte van 2024 was nie nice nie. Dankie tog die jaar is verby.
En dat ons nou met ‘n nuwe jaar begin.

Ek is opgewonde oor wat 2025 vir ons gaan inhou, ek kan nie wag nie ons as mens hoop mos dat elke nuwe jaar nuwe dag mooi sal wees en ek glo so.

Dit is my tweede jaar as ambassadeur en ek geniet dit baie, ons het goeie nuus ons het baie dinge wat gaan gebeur. En ons vrouedag gaan iets wees wat julle virseker gaan onthou.

So hou ons Facebook blad dop en moet nie uitmis nie.

Ek wens vir julle ‘n bitter mooi 2025 to en mag julle ;n mooi jaar geniet.

Groetnis tot volgende maand.

"Fredricka die 50+er"

Liewe Leser,

So skop ons die nuwe jaar af met lekker kuier saam met vriende en family.

Ek glo nie ek het enige bekendstelling nodig nie die mense wat my ken is my vriende, en die wat my nog nie ken nie kan vriende word.

Ek persoonlik is opgewonde oor 2025, ek wil die jaar omhels en dit net geniet.

Dit is my tweede jaar as ambassadeur so julle moet vir ons dop hou vanjaar gaan lekkerder en beter wees as wat 2024 was.

Ons eerste projek is skryfbehoefdes en dan die 22st Februarie gaan ons lipstiffie maak. Ja jy het reg gehoor kry jou kaartjie en kom kuier saam.

Hoop jou jaar gaan awesome wees!

Liefde Handelien



HANDELIEN 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/_JGvKlkOsIg?si=SKuOJ39ktiKZtflw

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PUBLICITY & MARKETING
Starburst Promotions
Danelle Liebenberg El Far
Cell: 071 534 7796
E-mail: danelle@starburstmusic.co.za
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Jan Bekker 082 881 8307

Tel: 016 932 2061
Tel: 016 932 2917
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148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark



Media House 2025 projects!

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

We kick 2025 of with the school project, we need stationery for underprivalage children.

WhatsApp 072 768 8582 to make your donation.

We will dorp off on 13 January 2025





Voorblad geleentheid in 2025

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 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.

T



Things to consider when choosing an old age home

The first thing to establish is how long the business has been running. Experience achieved through length of service count a lot in this type of business. Ask the old age home manager about the owners of the business, and the qualifications of the matron as well as managerial staff. Has the owner ever run a home before or do they have other homes? Does the business own the premises or are they tenants (here today gone tomorrow)?

Good nursing has everything to with the staff. If they are happy and well-trained, the residents experience good nursing care. Spend some time with the matron and sisters and see how they interact with the staff. Ask about the criteria they adopt when they employ new staff and for staff training. How do they monitor the performance and progress of each staff member? How long have the staff members been with the old age home? Are the staff full-time or temporary/ volunteers?

Check how many staff members are on duty with each shift. Then divide the number of residents by the number of nursing staff per shift to get a ratio.

A small number means the home offers adequate staff, a big number means there may be too few staff members.

Ask the matron at the old age home to show you how they go about their day-to-day care. Also ask them to show you one of their resident files. Things to take note of is whether the files are neatly compiled and if they contain comprehensive and detailed information on the resident. Ask the matron how medicines are administered and recorded. Check that the home balances the stock of scheduled 5,6,7 drugs.

Check whether the old age home belongs to an association which upholds high standards in the industry. This is always a good indication of how seriously they consider their work.

Meals are extremely important in the lives of residents and plays a big part in their well-being. Ask to take a look at the kitchen and the pantry. Look for cleanliness and order as well as food freshness. Check the menus and make sure they offer healthy meals. Discuss your loved one's specific dietary requirements and dislikes. Also check the sluice and laundry rooms to see how clean and hygienic they are.

Check if the old age home offers in-house entertainment. It's proven that patients suffering from senile dementia benefit from an environment in which they are made to feel welcome and kept busy. Also check whether the old age home offers occupational therapy programmes.

New year resolutions...Do you have any?

As we welcome a new year, it's the perfect time to reset, refocus, and commit to making improvements in various areas of our lives.

New Year resolutions are not just about setting goals; they are about turning a fresh page and making the most of the 365 days ahead. Whether you're aiming for personal growth, aiming to have more fun, or wanting to break old habits, resolutions give us direction and purpose.

However, New Year's resolutions don't always have to be serious. They can be a mix of fun, bold, silly, and sometimes even ridiculous goals that add excitement to life. After all, the New Year resolutions you choose can define the experiences you will cherish in the coming year. In this article, we've compiled 100 creative, fun and realistic new year resolutions, including unique, hilarious, and heartwarming ideas, perfect for anyone who wants to make 2025 an unforgettable year!

New Year resolutions are the goals and commitments that people make at the start of a new year, aiming to bring positive changes to their lives. These resolutions can vary from personal growth and health improvements to professional milestones or even simple lifestyle changes. They offer a fresh start and a sense of purpose as you move into a new year. Whether it's improving physical health, learning new skills, or simply trying to be more present, New Year resolutions give us the opportunity to reflect on our past and set clear intentions for the future.

Examples of New Year resolutions can include goals like running a marathon, learning to cook, saving more money, or spending more time with loved ones. Some people also opt for fun resolutions, like trying out a new hobby every month or dedicating time to travel to new places. While it's easy to get excited about resolutions, the trick to sticking with them is setting realistic, achievable goals. The key is to break down bigger resolutions into smaller, actionable steps and track your progress throughout the year. Make your resolutions fun and meaningful, and they'll not only be achievable but also enjoyable!

Starting a fresh year comes with a great opportunity to make new commitments. New resolutions should focus on bringing about positive changes in your life, whether through self-improvement, health, finances, or relationships. These resolutions will give you a sense of direction, and as you work towards them, you'll experience the excitement of a life well-lived. If you're not into the usual goals, there are honest New Year resolutions you can create to better align your actions with your personal values.

Start each day with a morning ritual - Whether it's meditation, journaling, or a cup of coffee while reading your favorite book, begin your day intentionally. Set a goal to establish a morning routine that grounds you.
Take a class every season - From learning a new language to picking up a musical instrument, commit to acquiring a new skill every season of the year. This keeps life interesting and offers opportunities for personal growth.
Plan your finances better - Set a savings target and create a budget plan to ensure you're financially secure. Include a "fun" account for spontaneous adventures

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NEXT ISSUE FEBRUARY 2025

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