Top Vibe ONLINE Magazine

ISSUE 111- 2018





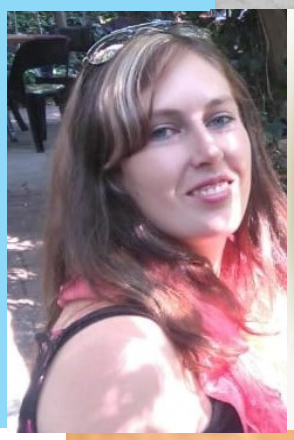
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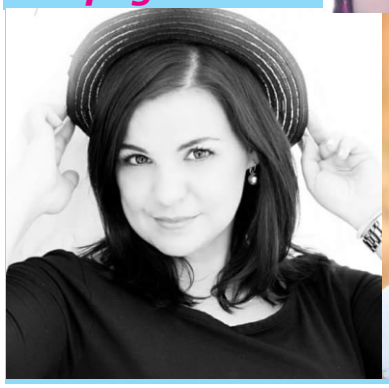
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We celebrate Women's Day 9 August 2018

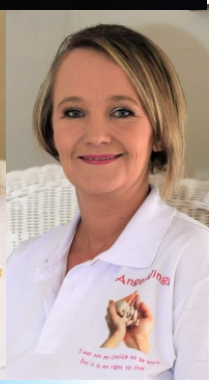
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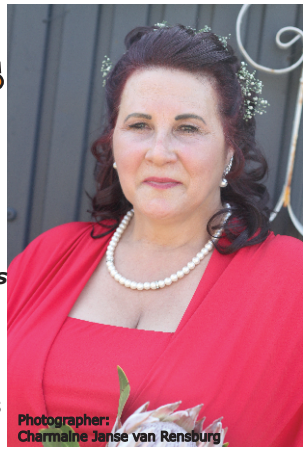


We Focus on Business owners

* Dr. Marius Bester Next Issue
* Shaun - Soul Shock tattoos Page 5

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Redakteurs Nota.



Top Vibe Magazine sprei hulle vlerke en stel bekend die Nuwe ***Top Vibe kids Magazine.*** Ons is baie opgewonde oor die nuwe tydskrif.

Ons bied vir die mini-me's hulle eie tydskrif propvol lekker leesstof met iets van als. Gesonde kosblikke, inkleur prente, opvoedkundige leerstof, modes en nog baie meer.
Hierdie tydskrif sal aanlyn wees, besoek ons webtuiste by www.topvibe.co.za

Top Vibe Kids Magazine se eerste uitgawe sal 1 Augustus 2018 aanlyn wees.

Ons kondig ook aan met groot trots dat ons die media borg is vir "Angel Wings". Dit sal net 'n voorreg wees om deel te kan wees van iets so kosbaar.! Graag wil ons ook 'n beroep doen op ons lesers om "Angel Wings" te help waar moontlik.
Ek het gaan inloer, die huis is pragtig met wonderlike mense aan die stuur van die plek. Ongelukkig is daar finansies nodig om so instansie te bestuur. Ons is opsoek na donateurs wat 'n maandelikse bydrae kan maak. Enige bedrag sal help!
"Angel Wings" is 'n nie-winsgewende organisaie wat 'n tuiste in Vaalpark geopen het vir weggooi babas en kleuters.
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Kontak ons gerus vir enige navrae oor Top Vibe Kids Magazine.
Mamma's hierdie magazine is 'n moet, jou kleingoed gaan dit baie geniet en hope pret hê.

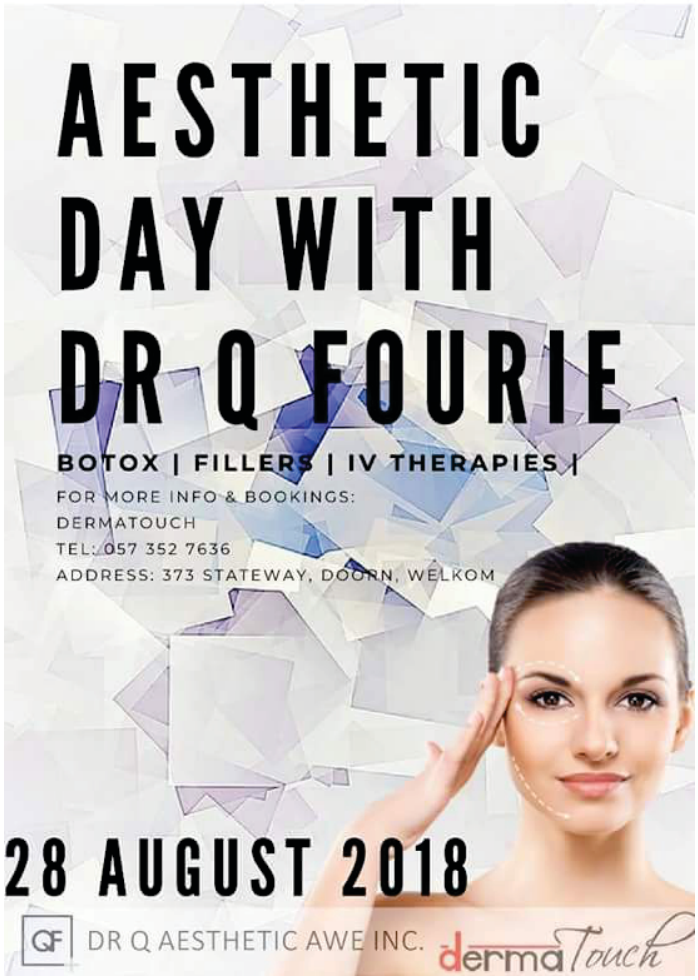
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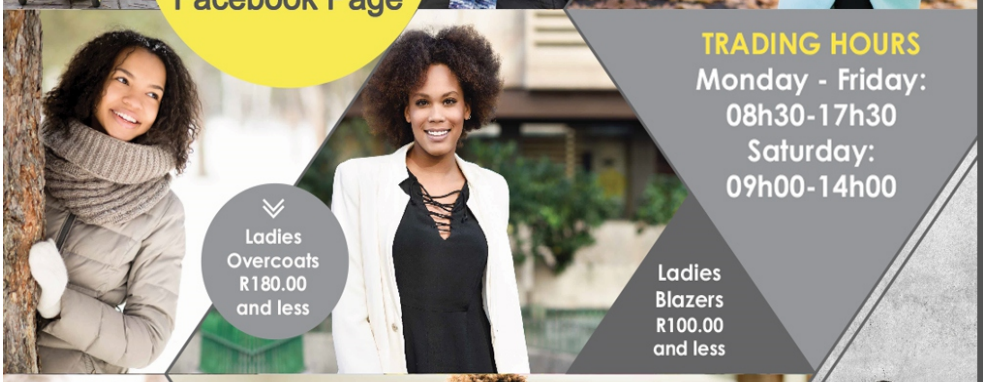
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Issue 1



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Charmaine Britz

Top Vibe Kids Magazine

I, had a Tattoo done to cover a scar.

I, promised to share my experience with our readers.
I had a accident about three years ago where I burned with a steam ion on my right arm, it left a scar. Funny every time when I talk to people they looked at my scar it made me feel uncomfortable.
Nobody asks what happened but one can see they would like to know.

My daughter-in low had a scar on the back of her leg and decided to cover the scar with a tattoo.
When I sow the brillante tattoo art done by Shaun I, decided to do the article on tattoos and cove my scar.

Having done my tattoo by Shaun I know have confidents again and don't feel selfconcians anymore.
I, would recommend this if you having a scar get it covered by Shaun.

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Thank you
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Wie het die das uitgevind?



Regoor die wêreld dra ongeveer 600 miljoen mans dit gereeld. In Duitsland besit die gemiddelde man ongeveer 20 dasse. Baie mans het al, terwyl hulle 'n das omsit, ietwat geïrriteerd gewonder:
'Wie se idee was dit in elk geval?' Waar het die das ontstaan?

Steenkerke, 'n dorp in België, maak aanspraak op die eer vir die "uitvinding" van die das. In 1692 het Engelse troepe 'n verrassingsaanval op Franse troepe gedoen wat daar gestasioneer was. Volgens die Duitse koerant Frankfurter Allgemeine Sonntagszeitung "het die [Franse] offisiere nie tyd gehad om reg aan te trek nie. Maar hulle het sonder meer hulle uniformserpe met 'n los knoop om hulle nek vasgemaak en die punte daarvan deur die knoopsgate van hulle baadjie gestoot. En siedaar, die geboorte van die das in sy oorspronklike vorm."

Maar die soldate se nuwe modeartikel was nie heeltemal iets nuuts nie. Kenners op die gebied van die geskiedenis van dasse wys daarop dat soldate van die Chinese keiser Tsjeng (Sjih Hoeang Ti) eeue tevore 'n serpagtige doek gedra het wat om hulle nek gevou was om hulle rang aan te dui.

Maar die beroemdste serpe is seker dié wat deur Kroate gedra is wat vir koning Lodewyk XIV van Frankryk geveg het. Gedurende 'n oorwinningsoptog in Parys was die Franse so beïndruk deur die Kroate se serpe dat hulle dit cravates, van Cravate, 'n Kroaat, genoem het en ook die serpe begin dra het. "Van toe af", skryf die bogenoemde koerant, "was daar geen keer aan dasmodes nie, hoewel die soldate in Steenkerke die eerstes was om die serp in 'n geknoopte das te maak."

Gedurende die Franse Revolusie (1789-99) het 'n man sy politieke gesindheid aangedui deur die kleur van die "kroaat", of serp, om sy nek. In die 19de eeu het die elegante Europese gemeenskap hierdie soort kledingstuk "ontdek". Dit was toe dat die krawat uit die militêre en politieke arena verhef is en in die klerekas van die manlike bevolking oor die algemeen gekom het. Vandag word die das nie net in baie gemeenskappe regoor die wêreld aanvaar nie; in sekere omstandighede is dit selfs verpligtend.

Dasse—destyds en vandag

MANS is al duisende jare lank daarop gesteld om hulle keel en nek te versier. Om en by 1737 v.G.J het Farao van Egipte byvoorbeeld vir Josef 'n goue halsketting gegee.—Genesis 41:42.

In baie dele van die wêreld dra mans vandag wat ons dasse noem. Volgens verskeie bronne het die voorlopers van die moderne das in die tweede helfte van die 16de eeu in Engeland en Frankryk verskyn. Mans het 'n baadjie gedra wat 'n doeblet genoem is. As versiering het hulle 'n plooikraag om die nek gedra. In baie gevalle was die plooikraag, wat etlike sentimeter dik kon wees, 'n groot bordagtige skyf wat om die nek gegaan het. Dit is van wit lap gemaak en is gestyf sodat dit sy vorm sou behou.

Uiteindelik is die plooikraag vervang deur wat die puntkraag genoem is. Dit was 'n wit kraag wat die hele skouer bedek het en oor die boonste deel van die arm gehang het. Hierdie krae is ook Van Dyck-krae genoem. Die Puriteine was van dié wat dit gedra het.

In die 17de eeu is 'n lang onderbaadjie onder die gewone lang baadjie gedra. 'n Serpagtige nekdoek, of krawat, is om die draer se nek gedra. Die krawat is meer as een keer om die nek gedraai. Die los punte het aan die voorkant van die hemp gehang.

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Breastfeeding awareness Awareness month



Getting Started

Women have been breastfeeding their babies since the beginning of time. That doesn't mean, however, that it's something that just happens on its own. After all, you've never breastfed before, and your newborn has never eaten before, from a breast or otherwise. So before you pack your bag for the hospital -- or get frustrated with breastfeeding postpartum -- become acquainted with this important new job.

Nursing may be tough in the beginning, but with patience, effort, and lots of support, both of you will get the hang of it. The best part? Your baby will thrive on your milk and the cuddly closeness that breastfeeding offers. Trust us -- and trust in your body

It's a good idea to try breastfeeding in the hospital as soon as you can, preferably with a nurse or lactation consultant on hand. Though a newborn knows instinctively how to suck, getting his lips and your nipple in the right position (called "the latch") may take some trial and error: The nipple may slip out of baby's mouth, he may not know what to do with this big thing in his face and cry, or he may just be too sleepy from the birth process.

Don't get discouraged; the nurses and lactation consultants can help you position him properly. And even if you don't get it right for several hours (or a whole day!), your baby won't starve. He's born with extra energy stores to get him through this phase.

Shop for a breastfeeding pillows.

Holding Your Baby

There's more than one way to nurse a baby, but the best way is the one most comfortable for both of you. Here are three simple ways to cradle baby. Breastfeeding pillows and carefully folded blankets and towels can also help you prop baby in a comfortable position.

The Cradle Hold Lay baby lengthwise across your abdomen, using one hand to support his head and the other his bottom.
The Football Hold Place baby beside you face up and lengthwise. Lay him along your arm and guide his head to your breast. If you've had a c-section, you may find this hold more comfortable.
The Lying-Down Hold Lay baby next to you in bed, with you on your right side, he on his left. His mouth should be at the same height or slightly lower than your nipples. With your free hand, adjust baby's mouth toward the nipple closest to the bed and circle your other arm around him.

Newborn Meals

Every two hours or each time he cries, put baby to your breast to suck. To help him figure out where lunch is coming from, rub his cheek with your nipple or finger to get him to turn toward the breast.

Even if he's not getting much milk in the beginning, the stimulation of his sucking will help your milk supply kick in. The first few times baby eats, each nursing session may be as short as five minutes or as long as 45. Once baby has worked out that you're his source of milk and coordinated his latch, suck, and swallow, he'll likely nurse for 20 to 40 minutes on each breast.

it's fine to break his latch and switch him to the other side.

Got Milk?

Baby's first meal from Mom isn't milk, it's colostrum, a yellowish liquid rich in antibodies that boosts his immune system. Your real milk will come in a few days after you give birth. Don't worry -- you'll know when it's there! Your breasts may feel like they're full of rocks, or that they're about to burst (this is called engorgement). The good news is that your hungry baby can really help you out; the best way to relieve engorgement is to nurse often. Drink a large glass of water every time you nurse, eat well, and take your prenatal vitamins.

A major concern for new moms is whether baby is getting enough to eat; after all, you can't count the ounces. If you hear and see your baby swallowing, he's drinking. And if he's filling plenty of diapers with urine and soft, yellow stools, at least eight a day, he's getting nourishment. However, you should call your pediatrician if your baby exhibits these signs:

Your baby stops feeding after 10 minutes or less.
Your baby is frequently fussy and lethargic.
Your baby's skin is yellowing.

New mom's you need to rest a lot, eat healthy stay calm and whilst breastfeeding take your time and enjoy your baby.

Breastfeed for as long as possible!



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We celebrate Women's Day 9 August 2018

In South Africa, 9 August is Women's Day and the month of August is National Women's Month. This is an opportunity to celebrate women's achievements and the important role that women of all races and religions have played and continue to play in South African society.

On 9 August 1956, more than 20 000 women from all walks of life united in a mass demonstration to the Union Buildings in Pretoria. They protested against the unjust pass laws enforced on women in South Africa.

The women were led by Lilian Ngoyi - a trade unionist and political activist, Helen Joseph, Albertina Sisulu, and Sophia Williams-De Bruyn.

Important role

In remembrance of what South African women achieved on that day, 9 August has been declared as National Women's Day and is a public holiday in South Africa. Women's month is an opportunity to celebrate and reflect on women's achievements, as well as the problems they have faced in the struggle to be free and the important role they continue to play in society. Apart from their traditional roles as mothers, wives and caregivers, statistics show that women are making great progress in business, politics, academic and economic careers with more and more women reaching top positions.

Entrepreneurs

Government is committed to empowering women and helping them to reach their highest potential. For example, the South African Women Entrepreneurs Network (SAWEN) is an initiative of the Department of Trade and Industry. It is a networking forum committed to advancing women in business.

Its main objective is to bring business women together to talk about the challenges they face. The network gathers and updates a database of women-owned businesses and services. It also helps with training and developing of business skills.

Make a difference

Women of South Africa, be proud of what you have achieved. Let the achievements of those who went before you inspire you to unlock your own strength and motivate you to make a difference in your family, your community or your country.

Go out and celebrate the women that you are. Go out and make a difference this Women's Month!

Have fun with your friends, enjoy to be a woman.



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Do you want to be part of our Women's Day celebrations page in the next issue?.
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Skilderye van die tweede helfte van die 17de eeu toon dat krawatte teen daardie tyd baie gewild was.

Krawatte is van moeselien, linon en selfs kant gemaak. Die kantkrawatte was duur. Jakobus II van Engeland het glo 36 pond en 10 sjieling (R230) vir een vir sy kroning betaal, nogal 'n groot bedrag in daardie tyd. Party kantkrawatte was groot. Die krawat in die standbeeld van Karel II in Westminster-abdy is 15 sentimeter breed en 86 sentimeter lank.

Daar was baie soorte knope wat gebruik is om die krawatte vas te maak. Soms is 'n sylint oor die krawat gesit om dit in posisie te hou en is dit dan in 'n groot strik onder die ken geknoop. Hierdie soort nekdoek is 'n solitêr genoem. Die strik het soos 'n moderne strikdas gelyk. Daar was glo ten minste honderd maniere om 'n krawat te knoop. Beau Brummell, 'n Engelsman wat mansmodes beïnvloed het, het na bewering 'n hele oggend geneem om een krawat te probeer knoop om dit presies reg te kry.

Teen die 1860's het die krawat met lang punte soos die moderne weergawes van nekbykomstighede begin lyk en het dit as die knoopdas bekend geword. Dit is in Engels ook 'n four-in-hand genoem. Hierdie naam kom van die knoop wat deur drywers van 'n span van vier perde gebruik is. Hemde met krae het mode geword. Die das is onder die ken geknoop, en die lang punte daarvan het aan die voorkant van die hemp gehang. Dit is toe dat die das soos ons dit ken, verskyn het. 'n Ander soort das, die strikdas, het gedurende die 1890's gewild geword.

Vandag word die das deur baie as 'n belangrike deel van 'n man se kleredrag beskou. Party mense sal selfs 'n mening omtrent 'n vreemdeling vorm gegrond op die soort das wat hy dra. Gevolglik is dit verstandig om dasse te dra wat skoon is en patrone en kleure het wat by jou hemp, broek en baadjie pas.

Die knoop wat jy kies, moet netjies gedoen word. Die gewildste knoop is heel moontlik die four-in-hand-knoop. Dit is netjies en beskeie en is algemeen aanvaarbaar vir formele geleenthede. Nog 'n gewilde knoop is die Windsor-knoop, wat ietwat groter is. 'n Kuiltjie word gewoonlik in die das net onder die knoop gemaak.

Baie mans voel ongemaklik wanneer hulle 'n das dra. Hulle hou nie van die drukking teen hulle keel nie. Maar party wat hierdie probleem ondervind het, het ontdek dat die ongemak meer met die grootte van die hemp te doen het. As jy hierdie probleem het, moet jy seker maak dat jou hemp se kraag nie te klein is nie. Wanneer dit die regte grootte is, sal jy dalk nie eers agterkom dat jy 'n das dra nie.

In baie lande is die das 'n noodsaaklike deel van kantoor- en formele drag. Dit is waarom baie Christenmans 'n das dra wanneer hulle aan formele aspekte van hulle bediening deelneem. Ja, 'n stuk lap om 'n man se nek kan hom deftiger en netjies laat lyk.



Hier is 'n paar Moderende das knope in die jaar 2018









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Stars: Leandi du Randt, Bouwer Bosch and Brendon Daniels

Our Review: ★★★★★

From the outset, ***Thys & Trix*** is one of those South African comedies you'd expect to see Rob Van Vuuren in. The idea of equal-opposite Johannesburg cop siblings going undercover as a wealthy couple on an elite Mossel Bay golf estate to infiltrate a drug trafficking ring is perfectly poised for over-the-top performances, visual gags and slapstick comedy. While there are distant echoes of local cop comedies, Copposites and Blitzpatrollie… ***Thys & Trix*** draws inspiration from American comedies such as Keeping up with the Joneses and We're the Millers.

Just go with it, this is a Bouwer Bosch film. The cult icon in Afrikaans music culture is gradually becoming South Africa's answer to comedy actor-producer mogul, Adam Sandler. His films tend towards comedy… more specifically stoner comedy as evidenced by ***Vuil Wasgoed*** and now ***Thys & Trix,*** yet it's a much more conservative take, more suitable for South African audiences. Director Quentin Krog, best known for ***Vir die Voels*** and ***Ballade vir 'n Enkeling***, tilts into full blown comedy without capsizing. While there's a bit of spillage, the comic tone excuses some of the zanier twists-and-turns.

Don't miss out on this movie, we rated the movie 5 stars.

Get your tickets today...o yes, don't forget the popcorn.

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Dankie vir elkeen van die publiek, wat 'n bydra gemaak het, dit is wonderlik om te weet dat daar mense is wat omgee.

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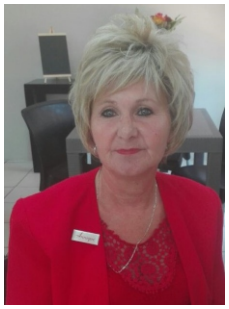
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