Top Vibe Magazine

ONLINE
Issue 147 August 2021



Happy Women's Day

It is better to give than to recieve

Semi Finalists
Miss Vaal / Mr Vaal
Mrs Vaal
Mrs Curvé

Business people under the Spotlight

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Top Vibe

Magazine

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

1.

TOP VIBE MAGAZINE AMBASSADORS:

Messages from our lovely Ambassadors, they will bring you something new every month.

2.

WOMEN'S DAY 9 AUGUST 2021:

Celebrate Women's Day on 9 August 2021. Spoil a slster, mother, friend or just simpley spoil yourself.

3.

IT'S BETTER TO GIVE THAN TO RECEIVE:

Rather give it is good for you and aslong as you do it from the bottom of your heart - and don't expect to get something back in return.



REGULARS

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Charmaine Britz Editor for the past fourteen (14) years and still going strong……

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Editor's Desk

We are proud to bring you the Vaal Pageant Semi finalists 2021.
The semi finalists are all beautiful, happy that I am not a judge because this is going to be a difficult task.

Follow the pageant on their Social media pages.

August is the month for women to celebrate Women's Day.

The feedback on our business people under the spotight was overwhelming. Find out who will be next.

Please take care follow us on our Facebook page.

Till next month

Charms

Top Vibe Ambassadors



CHANTELIZE VAN DEN BERG

HULP:

Die Here is naby die gebrokenes, Hy help die moedeloses.

Solank jy op jou eie vermoè staatmaak, sal daar altyd tye kom wanneer jy van ‘n uitdaging of verantwoor-delikheid sal wegskram.

Die gevolg is dat jy bly sit met ‘n gevoel van mislukking en onbekwaarheid.

Dit het ‘n negative effek op jou selfvertroue en jou vermoè om ‘n krises te hanteer.
Onthou wanneer God jou ‘n taak gee, het Hy jou gekies omdat Hy weet dat jy die een is om hierdie besonderere roeping te vervul.

Gelukkige vrouedag aan elke vrou! Volg my op sosiale media.

Groete

Chanelize❤



Meet the beautiful Top Vibe Magazine Ambassadors

VERTROU:

Die Here is goed, Hy is ‘n toevlug in tyd van nood, Hy sorg vir die wat by Hom skuil.

Dit maak nie saak wie jy is en wat jou omstandighede is nie, daar sal ‘n tydkom wat jy iemand nodig sal kry op wie jy volkome kan vertrou.

Dit gaan goed met die mens wat sy vertroue in die Here stel, die mens vir wie die Here ‘n veilige vesting is; so iemand is soos ‘n boom wt by water geplant is.

Vroue julle moet ‘n wonderlike vrouedag geniet.

Volg my op sosiale media en kyk waarmee ek besig is.

Groete

Valmarie



VALMARIE VOLSCHENK

Our dream team!

Ambassadors with big heart’s and passion for people.



WOMEN'S DAY
9 AUGUST

Women's empowerment can be defined to promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others. ... In Western countries, female empowerment is often associated with specific phases of the women's rights movement in history.

Social. Social empowerment might be one of the most prominent forms of empowerment shown in the mainstream media. Educational. Economic. Political.

By definition, bold women are those who are clear about what they want and their purpose in life. ... Most importantly, bold women are resilient and courageous, especially in the face of the most difficult situations. You're not afraid to stand up for your beliefs and values, even if the majority disagrees with you.

Empowerment is the degree of autonomy and self-determination in people and in communities. This enables them to represent their interests in a responsible and self-determined way, acting on their own authority.

Celebrate a special day with Women, spoil yourself and other Women.



“Advertising your business”













CORMED PRIVAAT HOSPITAAL, VANDERBIJLPARK



Puik hospitaal en personeel in die Vaal.

Dit is 5 July 2021 om 6uur ‘n winters oggend, dat ons by Cormed Hospitaal instap vir opname.

Ontvangs dames is baie vriendelik en behulpsaam. Paar minute gewag toe iemand my saal toe vat, en so stap ons by die kraamsaal in, ek
dink toe dank die Vader as ek hier uikom kom ek sonder ‘n baba uit… want sien ek gaan vir ‘n operasie en nie vir ‘n bevalling nie.
Daar word ons vriendelik ontvang en manlief mag

Ongelukkig nie bly nie weens die Covid reëls - maar ons het dit mos geweet.

Ek beantwoord al die mediese vrae wat gevra word. Kry ‘n teater rok en piekante broekie om aan te trek en woeps is ek in die bed.

Hier kom hulle met die drip en nog ‘n paar vra. Nou wag ons vir die narkotiseer. Later stap hy in en vra ook nog ‘n klomp vra en nou weet ek die tyd raak min.

Nou pak ‘n dors my en ek is so lus vir koffie..

Heelwat later kom haal hulle my vir die teater. Stoot my hier af in die gang in ‘n huisbak en nou lê ek in die groot saal reg vir die teater.
Hier kom hulle my haal en ek skuif oor op die operasie bed, ligte en mense met kappies en maskers en nou herken ek niemand.

Toe ek wakker word is in in die saal, ek is moeg en wil net slaap. Die bloeddruk word gemonintor, kort kort is iemand by my drip en daar word nog sakkies goed in my gepomp.

Ek raak elke nou en dan weg slaap en dan weer wakker. Ek weet nie eers hoelaat dit is nie, hulle kom maak my gemaklik, was my en bring vir my iets om te eet.
Die kos is hemels ek eet my bord leeg.
Kraamsaal is stil en rustig en ek slaap heerlike, die susters kom n werk saggies om jou en jy weet nie eers van hulle nie..
Ek moet sê van die dames wat skoon maak, water bring, kos bring ens is so bedagsaam hulle, is saggies sodat hulle jou nie pla nie.

Dag twee ek is nou mooi wakker en bewus van als om my, ek verwonder my aan hierdie personeel wat jou so mooi hanteer tenspyte van die Covid pandemie, hulle kla nie hulle is so positief en energiek en ek bewonder hulle.
Ek is dankbaar dat ek in ‘n puik hospitaal was met net die beste dokters, en hospitaal personeel.
Vir die eerste keer in my lewe wil ek langer in die hospitaal bly…
Die kos is heerlik, diens puik en die personeel profesioneel.

Spesilae dank aan die Kraamsaal personeel:

Lesley Wiid (Unit manager Kraamsaal)
Elize Fourie (Suster)
Danette Dietrichsen (Suster)
Michelle Lourens (Suster)
Lorraine Mentz (Suster)
en Zelma Kruger (Suster)

Dokter Mark Purdy en Dr Jared Geertshuis narkotiseer.

Dankie Cormed my verbly by julle was iets om te onthou…

Charmaine Britz

Business people under the spotlight



Nicolene Venter

Nicolene Venter is a wife, mother and business women.

She is a busy lady juggling a busy schedule.
Always friendly and willing to help.

She is:
Chief Executive Officer (CEO) & Founder at NikkiV

Chief Executive Officer (CEO) & Founder at Clariti Cosmetics

Organiser at Vaal Pageant.

One remarkable women.



Klippies Kritzinger

If you mention his name to somebody they know him.

Klippies is the type of person who gets the job done.
This is what he is doing and trust me the list go's on and on.

Klippies Kritzinger is a Business Management Consultant, Adventure 4x4 Guide at Going North Tours and the CEO at Golden Triangle Chamber of Commerce.

Never to busy to take your call or to get back to you.



Sulé Loggenberg

Sulé Loggenberg is the Founder and Owner at SL Beauty Splendour.
Owner and Founder at The Princess Shop
Founder and Owner at SL Lasers

Her love for beauty inspired her to continue and complete various Permanent Makeup courses in the UK, South Africa and ultimately her Master Permanent Makeup, Paramedical Course and Master Trainer Certification in the USA and Europe.
She has advanced Permanent Makeup experience and knowledge in both manual and machine method with over 18 years of experience.



Mark Hands

Mark Hands is the Managing Director at Emerald Resort & Casino.

He is one of those people who will help you in any way that he possibly can.
Kind, friendly and always laughing.

Mark. together with the Golden Triangle Chamber of Commerce do not hesitate to give back to the community.

Mark Hands is always part of most of the projects in the Vaal.
Emerald Resort & Casino is hosting The Vaal pageant 2021.



Meriska Venter

Business women, wife and mother.

Owner and Founder - Royal Swan Bridal Boutique in Vanderbijlpark.

Meriska do just about everything with passion.
She has a warm heart and love to help people.

She and her husband is co owners of "Blikbekker koffie winkel"

You can sit down in a lovely atmosphere having something to eat and drink.



Tshepo Joel Khosana

Tshepo Joel Khosana (TJ) is C.E.O of SJAS® MARKETING & PROMOTIONS SERVICE PROVIDER
Owner of GROOTMANSWAGGER.

He is a very positive entrepreneur and very active on social media.

Follow him on Facebook to find out what he is up to next.

**"Want to be in the spotlight
Call: Charmaine @ 072 768 8582."**

THANK YOU...

STYLING THE LOFT

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SEMI FINALISTS

MISS VAAL 2021































SEMI FINALISTS

MISS VAAL 2021































SEMI FINALISTS

MISS VAAL 2021































SEMI FINALISTS MISS VAAL 2021











SEMI FINALISTS MR VAAL 2021













SEMI FINALISTS

MR VAAL 2021





















SEMI FINALISTS











MRS VAAL 2021









SEMI FINALISTS











MRS VAAL 2021











SEMI FINALISTS









MRS CURVÉ 2021









It is better to give than to recieve



Money may not buy you love but it might buy you happiness if you spend it in the right way.

In studies they found that the old adage "it's better to give than to receive" is correct: spending money on others or giving to charity puts a bigger smile on your face than buying things for yourself.

John 3:16 is one of the most well-known verses of all time. It says, “For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life.”

In the very presence of Jesus, God demonstrates that He is love—and love gives. If we truly want to be like Jesus, we’ll give.

Psalm 50:10 says, “For every beast of the forest is mine, the cattle on a thousand hills.” This beautifully reveals the sovereignty of God and His ultimate ownership of every resource.

Our hoarding communicates a belief that there’s only so much to go around and, if we don’t get it, someone else will. There isn’t room for faith that God is able to supply us with what we need.

When God was talking to Abram about creating a nation that would be his, the point was always about being a blessing to others. He tells Abram, “And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing” (Gen. 12:2).

God doesn’t often drop His providence out of the sky. He blesses us so that we will be able to bless others.

Ultimately this list is all about how you can benefit from giving. On some level, that’s okay. When Jesus says, “It’s better to give than to receive,” He’s not making a statement about benefit.

We need to become generous people because it’s the right thing to do, not because we’ll benefit. But it sure is nice to know that when we do, we’re going to get quite a bit out of it.

JAN BLOHM

NONNIE

Few musicians have managed to capture the hearts of fans the way **Jan Blohm** has. His 2020 concept album, *Jenny*, tells the story of two teenagers who lives in the small conservative railway town, De Aar, in the 1980s and since its release listeners have enjoyed seeing the story unfold.

With his latest single, ***NONNIE***, he shares the next piece of this captivating puzzle. *"Jenny's parents used to call her* ***NONNIE*** *and this single is the next chapter in her story. It is another song that the young man across the street writes because he misses her,"* the singer explains about the song that he produced with John Masser and Vonk Musiek.

According to him, the message behind the fourth release from his latest album, is to hold on to the feeling of first love. *"I feel that you can always revisit those feelings and that it is the fear of getting hurt that prevents us from looking at love with child-like innocence."*

NONNIE follows in the footsteps of chart-topping hits like *Jenny*, *Ou Karoo* and *Levi Jeans*, which can still be heard on the radio.

Jan Blohm has been continuously revolutionizing the Afrikaans rock scene since making his debut in 2004 with the album, *Melkstraat Confessions*.

With ***NONNIE*** he continues strengthening his place in the hearts of local music lovers.

Download the song here:
https://lnk.to/qWJR7gaL

STARBURST PROMOTIONS

PUBLICITY & MARKETING
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JAN BLOHM CONTINUES JENNY'S STORY WITH NEW SINGLE, *NONNIE*



SOCIAL MEDIA LINKS

Facebook: https://www.facebook.com/janblohmfanpage/

Instagram: @janblohm2020

Twitter: @JanBlohm

THE IMPORTANCE OF RECOVERY PROCESS AFTER OPERATIONS



You should only do as much as you feel able to in the days after your operation. But it's important to try to move around as soon as possible and follow your doctor's advice on getting active again. This will encourage your blood to flow and your wounds to heal, and will build up strength in your muscles.

The recovery requires cold fluids as food for a day or two, followed by a few days of soft food, but most patients return to their normal activities within a week, two at the most.

In the case of an operation Doctor will inform you.

Follow Your Doctor's Instructions.

- Keep Your Follow-Up Appointments. ...
- Prevent Infection. ...
- Inspect Your Incision. ...
- Drink and Eat Properly. ...
- Cough and Sneeze Carefully. ...
- Care For Your Incision The Right Way. ...
- Know When To Go To the ER.

Look after your body you only have one.

Protein is very important to the healing process, so choose chicken, eggs and other proteins. Vitamin C found in fruits has also been shown to boost the healing process. Foods like fish and eggs, which contain iron and B12 help the body form needed new blood cells.

Avoid after surgery:

Added sugars. Food and drink with added sugar offer your taste buds a quick reward. ... Highly processed foods. After surgery, you may have a small appetite and be tempted to indulge in whatever sounds good. ...
Alcohol. You might look forward to having a drink to unwind or relax post-surgery.

It's normal to sleep a lot after surgery

Even minor surgical procedures, such as outpatient surgeries, can leave the patient feeling very tired. Major procedures, especially those that require several days of recovery in the hospital, can result in fatigue that lasts for an extended period of time.



Rest a lot your body needs to recover!

MAGAZINE



The look

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