Top Vibe Magazine

ONLINE
Issue 151 December 2021



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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.

SAAM MAAK ONS 'N SPAN:

Ma Sonja en seuns Tiaan en Mornè vat die Vaal pageant aan. Lees meer oor wat hulle sê.

3.

MARINDA - KINDERKOMBUIS BOEK:

Marinda se nuwe kinderboek is uit gaan koop gerus joune.

4.

KERSKOUS IDEES:

Hier is 'n paar kerskous idees gaan loer gerus doen vroegtydig jou inkopies.



REGULARS

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

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Anonymous.



Redakteurs Nota

Die jaar se uurglas is vinnig besig om leeg te loop, soms staan ek verstom om te dink dat tyd so gou verby gaan.

Nog net een uitgawe oor vir 2021.
Die matriek leerlinge is hard besig met die laaste voorbereiding vir eksamen. Die grootmens wêreld lê voor hulle.

Ons kan net bid vir hulle dat daar vir hulle werk geskep kan word. Met die werkloosheid syfers wat styg wonder mens wat van hulle gaan word.

Nietemin is dit amper vakansie tyd en vir nou kan ons maar net hoop op 'n welverdiende blaas kans.
Ons was winkels toe om vir jou kers kous idees bymekaar te maak, loer gerus op bl 16 en 17

Ons kantore sluit vanaf 10 Desember 2021 tot 10 Januarie 2022

Stuur vir ons 'n e-pos na admin-@topvibe.co.za of WhatsApp 072 768 8582.
Geseënde Kersfees!

Totsiens tot volgende maand.

Charms

Top Vibe Ambassadors



CHANTELIZE VAN DEN BERG

Soos wat ons nader aan die einde van 'n jaar kom, is dit ook tyd vir my om te groet.

Ek gaan volgende jaar al my aandag aan my loopbaan moet gee.

Baie dankie vir my tyd saam met *Top Vibe Magazine* ek het dit vreeslik baie geniet.

Ek sal steeds in kontak bly.

Volgende jaar gaan 'n uitdagende jaar weer maar ek weet ek kan dit doen.

Graag wil ek vir julle 'n Kersfees boodskap bring.

Kom laat ons juig oor die grootste geskenk van alle tye, Jesus Ghristus, ons Verlosser.
Mag Hy opnuut in elkeen se hart gebore word gedurende hierdie tyd van wonder.

Liefde, vrede en vreugde vir almal.

Geseënde Kersfees

Liefde

Chantelize

We have reached the end of the year 2021.
What a great year I had full of opportunities although it was a long year.

I would like to take the opportunity to thank our readers for the year that I have spend with you.

I am moving to *Glamour Talk Magazine* for the year of 2022. I am very excited and looking forward.

My Christmas wish to you

May the magic and the wonder of the holiday season stay with you throughout the coming year.

If you go away this holiday please be safe wear your mask.

With love

Valmarie



VALMARIE VOLSCHENK



Saam maak Ons 'n span!



Foto verskaf: voor Mornè, Ma Sonja en agter Tiaan Burger

My naam is Sonja Burger en ek is 'n trotse mamma van 3 seuns 5, 12 & 14. Dit is vir my altyd lekker om tyd saam met my kinders te spandeer en ek het altyd gedink dit is net 'n jammerte dat ek nie 'n dogtertjie ook gehad het nie, dan kon ek saam met haar in 'n pageant deel geneem het. Maar hierdie jaar toe ek baie siek in die bed was met Covid het ek maar my besig moes hou met sosiale media en ek het toe op 'n advertensie

Ma en seuns neem deel aan die gesogte Vaal Pageant.

afgekom van die Vaal Pageant en besef, maar dit is tog een waarin ek saam met my seuns kan deelneem.

Ek het nogal die seuns geterg en gesê mamma het julle in 'n pageant ingeskryf nog voordat ek het en toe is hulle sommer opgewonde. Ons het daar besluit dat dit regtig wonderlik sal wees om saam dit te doen en saam 'n verskil in die Vaal Driehoek sal wil maak. Dit was een van die beste journeys wat ek saam met twee van my seuns kon aanpak.

Hulle was albei in die Mr Pre-Teen kategorie gewees en het deur gegaan tot by die Gala aand 5 November 2021, en het ongelukkig uitgeval.

Ek is nie 'n skaam mens nie en wil altyd almal help, ek het in die Mrs Curve Vaal ingeskryf want 'n pageant gaan oor meer as net 'n mooi lyfie. Ek het dit ook gemaak tot by die Gala 6 November 2021 en was so Geseënd gewees om toe gekroon te word as die Tweede Prinses asook die titel gewen vir Public Choice.

Die kinders is baie opgewonde omrede hulle nogsteeds vir die volgede jaar wat voorlê saam met my betrokke gaan wees in die gemeenskap ook al het hulle uitgeval.

Ek het hulle geleer dit is nie 'n skande om te verloor nie, 'n mens kan nie net altyd wen in die lewe nie.

Indien jy verloor dank jy God dat jy die geleentheid gehad het om deel te kon wees van so iets.

Baie geluk! Julle ons is trots op julle.

Red

Dit was vet pret!





NAILS:

Full Set Tips with Acrylic Overlay – R250.00

Acrylic Overlay on Own Nails – R220.00

Clear Acrylic Base Tips & Gel Overlay – R200.00

Gel Overlay on Own Nails – R180.00

EXTRAS:

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Soak Off – R80.00

Basic Nail Art – R10.00 per Nail

TOES:

Gel Toes – R150.00

EVERY GIRL DESERVES A LITTLE SPARKLE



Charms "Cute" Boutique @ 072 768 8582



What is Charms "Cute" Boutique?

It's a clothing collection from newborn to the age of 8 years old for both boys and girls.

We have our own unique designs, but we want you to be part of our collection and therefore we will print any design on our collection. "cute" it's all in the name.

Funny, cute, something that would make you smile. New to our collection is something for mom, handcrafted bracelets and earrings.

We are still busy expanding our collection.

Looking forward to be of service to you.

















"Advertising your business"

To advertise HERE
Call 072 768 8582



Charms
"Cute" Boutique
The perfect touch
072 768 8582



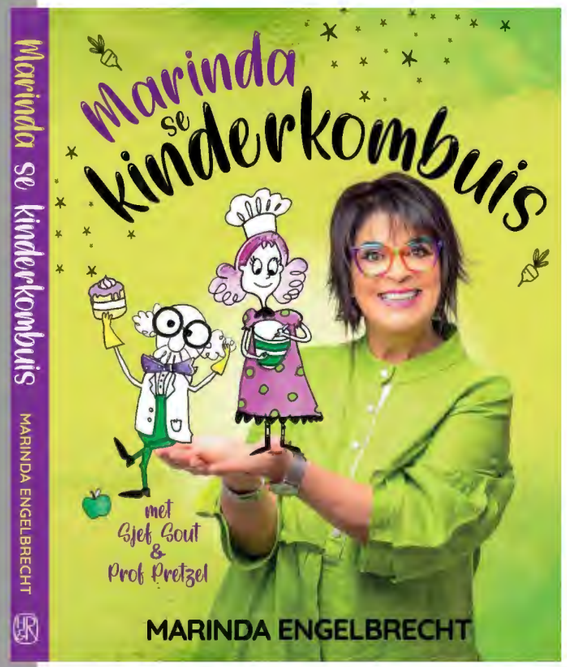


Sandi's Showroom

082 332 4393

Marinda doen dit weer

Marinda Engelbrect, het geen bekendstelling nodig nie, sy is 'n hardwerkende vrou met 'n hupel in haar stap. Sy voer altyd iets in die mou, alles lyk altyd maklik met Marinda.



Die kinderkookboek waarop almal gewag het.
MARINDA SE KINDERKOMBUIS MET SJEF SOUT EN PROF PRETZEL.

Uit die hart as 'n ma, ouma en onderwyseres vir elke kind in ons pragtige land.

Heerlike resepte plus eksperimente wat kinders in die kombuis kan doen met alledaagse bestanddele. Ek leer hul lees met begrip, speel wiskunde en wetenskap, bou selfvertroue en ontwikkel kreatiwiteit.

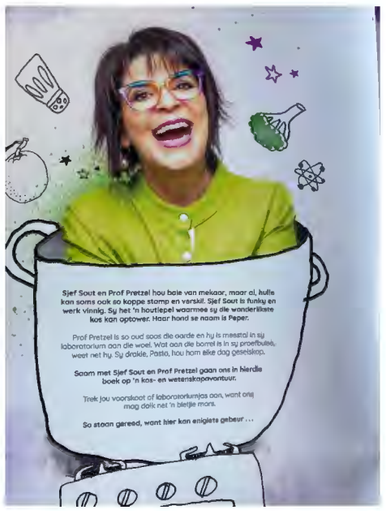
Sjef Sout en Prof Pretzel gaan ure se genot verskaf. *Lindy Samery* jy is die beste uitgewer. *Margie Burger* jy is die beste stillis. *Donna Lewis* jy is die beste fotograaf. *Hannes Koegelenberg* jou illustrasies het my kopprentjies lewe gegee.
Eben respek vir jou bemarking.
Die boek sal vanaf volgende week beskikbaar by Exclusive Books, Bargain Books of aanlyn by Takealot of Loot. Net reg vir die kerskous

'n Boek hou vir ewig.
Geskik vir ouderdom 4 tot 14.

Baie geluk Marinda met jou boek!
Elke huis verdien om so boek te hê

Red.

Prefekte Kersfees geskenk



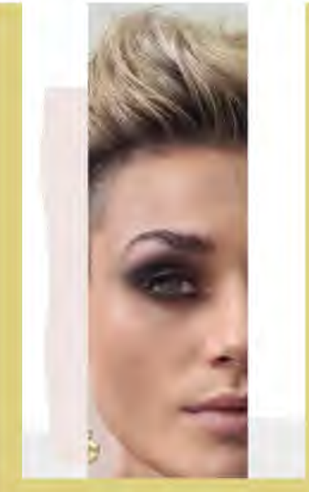


Allergic - Hay fever

ALLERGIC (hay fever)
Allergy is a reaction of the body (mostly orchestrated by immunity) to fight foreign materials in our body, especially mucous membranes like the nose, throat, eyes, lungs and the digestive system.
This is a common presentation in a GP's practice, and there are definitely very good anti-histamines to use pharmacologically. But what else can we do naturally?

First thing would be to know if there might be a surface antibody deficiency (IgA), common blood test, and many children might outgrow it. Treatment with antibodies is not needed, but supplementation with colostrum may help. Other Nutraceuticals that tend to help, one Particularly is Quercetin (960-1200mg/ day). If there is no sensitivity to Sulphur, MSM (methyl sulphonyl methane - 2600mg) can also be supplemented. In the Vitamin range Vitamin B5, Vitamin C (1 - 3g), or Vitamin E can be supplemented.
If this is helpful, share with friends and family that may benefit!

Business people under the spotlight



Chèrize Henning

Reez Beauty and Brow Bar is owned by Chèrize Henning.

Chèrize is passionate about beauty, for her there is nothing more beautiful than making a woman feel beautiful!

Reez Beauty and Brow specialise in Brows and Lashes and will be extending our services soon.
If you are passionate about beauty come and visit us at the salon.

For more information call 082 330 7466 or to make your appointment.

Looking forward to meet you.



Sherlain Holmes

Sherlain owner of the Family Fun Beach.

Invite you to enjoy a day with your family & friends.

Low facility pool.
We have picnic area , a waterpark.
-no glass allowed on the premises.
-picnic basket allowed
-kids under 2 FREE
-braai facilities available
-we also have a skatepark for the skaters of the Vaal.

Join us for more info call 083 321 9142



Brandon Erxleben

Brandon owner of The Styling Loft.
The Styling Loft is based in Vanderbijlpark, with quick and friendly service at reasonable prices.

The Styling Loft is a unisex Hair, Nail & Beauty salon that believes Excellence will always be Personified.

We looking forward to meet you while we pamper you, you can sit back and enjoy a cup of coffee with us

To make your booking call

079 449 6906

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

LANIE'S Lane
Attract a ritzy crowd



Why I Wanted to Go to a Farmers Market

By Lelanie van Niekerk

So, everyone who read my previous blog knows that I moved from the Vaal to Benoni, so here in the greater part of Gauteng _ Johannesburg Markets is the TO-GO-TO weekend entertainment. They even have a TOP 10 list, were in the Vaal if I can recall we had one big market once a year and then small once here and there…

Here it's running your own business within a business I never realized how BIG this industry was,

My real attraction to a Farmers Market is the fresh produce and the FOOD yes, the FOOD…

So, end of last month we had a planned visit from my sister and her husband for the whole weekend and I thought I should investigate taking them to a farmers' market… ended up asking everyone at work what is the best one to take them… We ended up going to Irene Village Market it's a good thirty-minute drive from where we stay that is if you take the detours and listen to your husband Lol…but if you take the N12 it's a short and sweet fifteen minutes' drive from Rynfield Benoni…from anywhere in the Vaal it will be a bit longer one to an hour and a half.

It's like taking a Sunday trip to Harties we all have managed to pull that on a Sunday,

So early Saturday morning ready as ever can be packed and seated we left Rynfield, Benoni back roads thirty minutes later we arrived at Irene Village Market entrance is twenty rands a vehicle, which in my own opinion is not bad. It was packed "the first thing I told everyone…" Guys you know the markets you only get to see on Kwela or Top Vibe those days, THIS IS ONE OF THEM."

Geared and cash at our disposal we entered… With higher than higher expectations…

The first thing as I walked in was a small fresh produce stall box ticked and spend my first fifty rands on the freshest asparagus, and best of all they keep it for you until you leave the market so you end up collecting as you leave COOL right!

The next highlight at the market was this refreshing drink with dry ice in it… Yup dry ice the girls get flowers in their drinks and a crème, golden straw to go… very hip and cool if I was twenty but I had to try it…

Let me say this there was not one stall that was the same from homemade soaps, to jewelry…a proudly south African invention space saver "MIGAFTOR" for your clothes…

The best highlights are the FOOD… a gourmet sandwich that will drop your plastic tab with a hundred and eight bugs depending on your choice of fillings…let me say my husband was the first to see this stall crazy that was the next day or two topics for discussion.

All and all a farmers' market are not all that they proclaim it to be, in my opinion, it's better all those preparations they do, and standing there hoping for someone to buy their products is amazing…

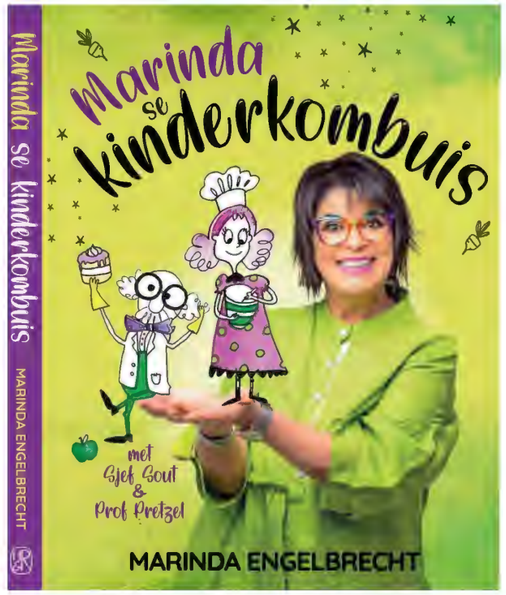
I have done markets before and know what goes into it, this is real South Africans bring a new culture

The most wonderful part of the experience was getting to soak in the good vibes that come standard at the Famers' Market on early Saturday morning. The happy chatter between the stall owner and their local customers. The bad playing covers on an acoustic guitar. The pretty brisk morning melted away into a gorgeous sunny day… and happy in knowing we supported these good folks and their lovely lifestyle.

KERS KOUS IDEES



























Idees vir die kersfees kous vanjaar!

Hier is geskenk idees vir baba, kinders, ma en pa selfs vir ouma en oupa.
Vul `n bottle met lekkernye wat jy self gemaak het uit  Marinda se kinderkombuis boek en gee dit as `n geskenk.





ROCKGROEP - DIE EINDSTE, STEL SPLINTERNUWE ENKELSNIT, ASOOK DEBUUT-ALBUM VRY!



Die Gauntengse rockgroep, Die Eindste, se eerste enkelsnit – *L* – het groot opslae gemaak in musiekkringe toe dit vroeër vanjaar uitgereik is.

Nou kom dié vars briesie in die plaaslike musiekmark om luisteraars weereens te beïndruk met die vrystelling van 'n splinternuwe liedjie, ***JOU OPTOG***, wat beloof om die sukses van hulle debuut-enkelsnit te oortref.

Hierdie snit, uit die pen van die groep se voorsanger en akoestiese kitaarspeler André Faurie, gaan oor die angs van sosiale verwerping en die impak wat so 'n ingesteldheid op jou lewe en selfvertroue kan hê. *"Die liedjie vertel die storie van iemand wat as gevolg van sosiale angs nie die selfvertroue het om te veg vir die meisie van sy drome nie. Dit veroorsaak dat sy hom verwerp en iemand anders bo hom kies,"* verduidelik Faurie. *"Hy sit dan letterlik en hoop en wag dat sy van plan verander, alhoewel hy diep binne-in homself weet dat hulle nie vir mekaar bedoel is nie."*

Die lied, wat beskryf kan word as alternatiewe rock, val lekker op die oor en sal aanklank vind by luisteraars van alle ouderdomme. Volgens Faurie, is die boodskap agter die lirieke dat luisteraars nie hulle waarde moet koppel aan ander mense se opinies nie en hulleself moet aanvaar nes hulle is.

"Daar is altyd hoop dat wanneer jy jouself aanvaar, jou selfvertroue sal toeneem en alles op die ou einde sal beter uitwerk. Soos ons in die liedjie sing, kan die ou dalk eendag genoeg moed hê om die meisie weer te nader."

'n Musiekvideo van die snit word vir vroeg volgende jaar beplan en gaan deur Bow Tie Media verfilm word by 'n ligtoring in die Weskaap.

JOU OPTOG is die tweede enkelsnitvrystelling vanaf hulle debuut-album, ***GRYS***, wat deur Markus Els van Mark7Studios vervaardig is.

GRYS is spesifiek as titel gekies om as metafoor te dien vir die emosies wat deur elke liedjie weerspieël word en waarby luisteraars kan aanklank vind. *"Dit is 'n donker kleur, met 'n bietjie hoop."*

Die album bestaan uit elf oorspronklike alternatiewe rock-snitte wat sorgvuldig geskep is om verskeie temas, soos sosiale angs, verwerping, hoop, aanvaarding en liefde, aan te spreek en is geïnspireer deur Damien Rice se musiek waarby die groep baie aanklank vind.

"Ons wil graag hê dat ons musiek mense moet laat dink en iets moet laat voel wat hulle nie altyd bereid is om te erken nie. Niemand is altyd gelukkig nie en worstel soms met emosionele kwessies. Maar daar is altyd hoop, al gaan jy deur 'n moeilike tyd. Die son kom altyd weer op na 'n wintersaand," sê die driemanskap.

Hulle gunsteling-liedjies op die album is ***Myself of Almal*** en ***Reën***. Omdat die twee snitte heeltemal van mekaar verskil, vang dit die kreatiwiteit, veelsydigheid, diversiteit en dinamiek van die groep vas en stel dit André se talent en vaardighede as sanger en liedjieskrywer behoorlik ten toon.

Ten spyte van baie uitdagings en struikelblokke, is hulle baie trots en verlig om hulle album uiteindelik met bewonderaars te deel.

Die Eindste, waarvan die naam uit 'n gesprek tussen die groeplede ontstaan het, is in 2019 gestig toe 'n groep skoolvriende (André Faurie, Ruan Pieterse en Ian Putter) besluit het om saam musiek te maak as gevolg van hulle gedeelde passie vir Afrikaanse musiek waarby luisteraars kan aanklank vind.

Hulle beskou die vrystelling van hulle eerste album as die hoogtepunt van hulle musiekloopbaan, wat almal op die oomblik deeltyds beoefen, sover en wil graag so gou as moontlik nog een uitbring as ***GRYS*** goed ontvang word.

Die groep het nog baie planne en drome vir die toekoms, wat meer lewendige vertonings insluit, en hulle sal ook graag eendag die verhoog met kunstenaars soos Jan Blohm, Francois van Coke en Spoegwolf wil deel.

"Ons glo dat mense ons musiek sal geniet, omdat dit nuut en anders is as wat oor die algemeen in Afrikaans beskikbaar is. As ons sien dat mense nog daarvan soek, sal ons dit beslis vir hulle gee. Vir nou fokus ons daarop om ons nuwe album te bemark en soveel gigs as moontlik te doen," sê Faurie.

Die aanslag van Die Eindste se album en enkelsnit is vars en modern en is maar net die begin van groot en opwindende dinge wat op hulle wag.

"Elkeen van ons het ons eie musieksmaak, so dit was nogal 'n uitdaging om 'n unieke klank te skep, maar ons is tevrede met die eindresultaat en opgewonde om dit met die publiek te deel," sluit hulle af.

Die album is nou aanlyn beskikbaar. Kry dit hier: https://distrokid.com/hyperfollow/dieeindste/grys

SOSIALEMEDIASKAKELS:
Facebook: https://www.facebook.com/die.eindste
Instagram: @die_eindste_band

PUBLICITY & MARKETING
STARBURST PROMOTIONS

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Wesite: www.starburstmusic.co.za

Vacation Checklist

Vacation is most excellent, but packing bags for the whole family is not so fun. This vacation packing checklist makes quick work of packing up the family so you can get on to vacation, without forgetting the toothbrush.

Vacation Packing Checklist:

CLOTHING
One casual outfit per day of travel (up to 4) per person
One dressy outfit
One sweater or jacket
Underwear, delicates
Socks
Pajamas
Swimwear
Belt
Coat / Hat / Gloves / Scarf.

TOILETRIES
Comb / Brush
Deodorant
Shampoo / Conditioner
Hairstyling products
Soap / Face wash
Hand sanitizer
Toothbrush / Toothpaste / Floss
Makeup
Razors
Shaving cream
Lotion
Glasses / Contact lens supplies
Personal hygiene supplies
Sunscreen
Nail clippers

MEDICATION:
Aspirin / Pain reliever
Cold medicine
Prescriptions.

ESSENTIALS:
Credit / Debit cards / Cash
First aid kit (travel size)
Camera / Video camera / Charger
Pillow case
Towel
Umbrella / Poncho
Everyday bag (for carrying day items)
Sunglasses
Electrical converter
Travel alarm / Watch
Laundry bag
Cell phone / Charger
Laptop / Charger.

DOCUMENTS:
Tickets (airplane, train, etc)
Itinerary
Reservations for hotel / Car rental
Directions to hotel
Passport
Identification
Address book
Guidebooks
Map
Travel journal
Lightweight book or magazine to read.

AMUSEMENTS:
Toys
Notebook / Washable colors
Travel size magnetic board for drawing
Playing / Flash cards
Books
Handheld electronic games
Coloring / Activity books / Pencil
Snacks



The list will make your life easy

MAGAZINE



MEDIA HOUSE

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