Top Vibe

ONLINE

Magazine

ISSUE 117- 2019

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Redakteurs Nota



Redakteurs foto: Charmaine Britz
Fotograaf: Charmaine Janse van Rensburg

Die tweede maand van die nuwe jaar, kan jy glo. Die ou jaar klink bitter vêr en die nuwe jaar nog lank. Voor jy behoorlik weet wat jou getref het is ons in die helfte van die jaar en die winter is op ons.

Februarie maand staan bekend as die maand van liefde.

Bloedrooi rose se pryse is amper duurder as petrol pryse en die winkels se rakke kreun van sjokolades en hartversierings, koffie bekers met romantiese boodskappe op en allerlei plante en blomme om kopers te motiveer om tog weer 'n keer dié jaar op 14 Februarie hulle Valentyn te bederf!

Die wêreld is gaande oor Valentynsdag en oraloor word geliefdes herinner aan dié spesiale dag van die liefde.

Tog kan ek nie help om hartseer te wonder waarom daar so op liefde gefokus word slegs een maal 'n jaar nie. Moenie my verkeerd verstaan nie – ek is versot op sjokolade, hartjies, rose en die romantiese gedagte van liefde, maar my groot bekommernis is dat daar nie soveel moeite met die liefde gedoen word die res van die jaar nie, veral in huwelike.

'n Huwelik is konstante werk en moeite doen, en my droom is dat daar nie net één dag van die jaar liefde, hartjies, blomme en bederfies aangedra moet word nie, maar dat dit elke dag van die jaar aangedra sal word.

Nou ja, ons weet almal dat dit onmoontlik is om 365 dae van die jaar sjokolade te eet, maar daar is ander liefdesdade en liefdestale wat ons kan gebruik om ons maats elke dag te verseker van ons liefde en toewyding.

Sommige mense hou van mooi en opbouende woorde of diensbaarheid, terwyl ander weer hou van aanraking en nog ander weer van kwaliteit tyd saam hou.

Liefde is tog 'n huwelik se fondament. Dit is hoe God ons in liefde bymekaar gesit het tot die dood ons skei en selfs daarna.

Maar, dis tog so maklik om deesdae te skei of om in 'n "geriefshuwelik" saam te leef wanneer liefde selfsugtig geraak het, en dit te veel moeite geword het en ons verval het in ons eie slegte gewoontes en patrone terwyl ons op die ander party se swakhede fokus.

'n Baie bekende prediker sê nou die dag: "Jy diens tog nie 'n kar wanneer hy eers gebreek het nie, maar jy diens hom sodat hy nie breek nie – so waarom belê ons nie in ons huwelike voor daar moeilikheid is nie. 'n Mens is so geneig om eers hulp te kry as die moeilikheid daar is en soms is dit alreeds te laat."

Die Bybel gee ons duidelike riglyne vir die huweliks diensplan in 1 Korintiërs 13:4-7: "Die liefde is lankmoedig en vriendelik; die liefde is nie jaloers nie; die liefde praat nie groot nie, is nie opgeblase nie, handel nie onwelvoeglik nie, soek nie sy eie belang nie, word nie verbitterd nie, reken die kwaad nie toe nie, is nie bly oor die ongeregtigheid nie, maar is bly saam met die waarheid. Dit bedek alles, glo alles, hoop alles, verdra alles."

Soms vergeet ons as getroudes hierdie spesifieke woorde oor vriendelikheid, jaloesie, opgeblasenheid, verbitterdheid, verdraagsaamheid en soveel meer en dalk is tyd om dit net weer in ons gedagtes vas te maak en na te dink oor hoe ons dit kan toepas teenoor ons huweliksmaats.

Elke dag moet 'n dag vol liefde wees nie net 14 Februarie nie.
Wees lief vir mekaar en vir God bo alles.

Geniet julle maand en onthou ons kompetisie op bladsy 3. Neem gerus deel.

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Top Vibe Magazine

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How to WIN a Romantic Dinner for 2 on 14 February 2019.

1. Send an e-mail to admin@topvibe.co.za with you name and contact details.
2. Tell us how you met the love of your life.
3. Competition close 8 February 2019.
4. The winning couple will be announced on 10 February 2019.
5. The winning couple will be spoiled at the Ocean Basket Vanderbijlpark on Valentines day.

Love is in the air

PHOTO COMPETITION:

Best Dressed Valentine Competition

ENTRY FORM:
Name and Surname parent/ guardian: ----------

Name & Surname of the contestant: ----------

Age:------- Boy/Girl:------- Contact Nr:----------

E-mail Address:----------

AGE CATEGORIES
4 - 5 6 - 9
Boys and Girls

Love to dress up?

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Charmaine 072 768 8582



Bank details:
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Ref: Valentine Comp
Entry Free R100

AGE CATEGORIES
10 - 12 13-15
Boys and Girls

Closing date:
22 February 2019

Competition Rules:

1. Entry fees must be deposited into bank account.
2. Proof of payment, entry form and 1 x photos must be e-mailed to admin@topvibe.co.za
3. NO unpaid entries will be judged.
4. Entry fees are not refundable.
5. NO LATE ENTRIES.
6. Organisers has the right to change categories depending on entries.
7. Judges decision will be announced on 25 February 2019.

Photo's of the Winners will be in the Top Vibe Kids Magazine and on all social media platforms.

Ocean Basket OB
Vanderbijlpark 016 - 932 3149



Top Vibe ONLINE Magazine
Charmaine 072 768 8582

WIN A ROMANTIC DINNER FOR 2

The Winning Couple must use this prize on Valentines's Day!
(Prize only valid on)
14 February 2019

Closing date:
08 February 2019

Winner will be announced on 10 February 2019

Enter with two easy steps:

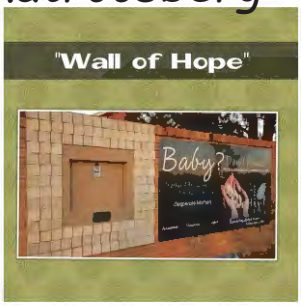
1. Tell us how you have met the love of your life.

2. Mail your story together with your name and contact details to:
admin@topvibe.co.za

Ocean Basket OB

**Riverside Boulevard Shopping Centre
Cnr Frikkie Meyer Boulevard & Chopin Street, Vanderbijlpark.
Tel: 016 932 3149**

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"Wall of Hope" Babe Safe Box!

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The "Wall of Hope" is a baby safe box - you open the box and put your baby in, it's like a baby crip with a blanked and a toy.
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An alarm will go off by sending an SMS to the founders and in less than 5 - 10minutes somebody will collect the baby.

Angel Wings is a safe house for abused and neglect toddlers from 1 year to 5 years to provide them with care and protection until a more permanent arrangement can be made for them by social welfare. We are registered to take care of 9 babies and 5 toddlers at one given time, and to take care of them.

It is so sad, that babies get dumped and abandon.
There is hope!

If you don't have transport please send an SMS to any of the founders and they will make sure that your child gets to the safe house.

We would like to approach Companies, we need your help in donations to keep this safe house open.
If there is any companies that would like to make any donations please contact one of our founders.
Make a difference in a child's life!
If you are one of those who donate, we salute you and thank you! If not please donate!

Thank you
Blessings.

Angel Wings



Bank details:
Angel Wings
FNB bank - Sasolburg
Account Number
627 657 64066
Branch code:250655

Contact details:
Angel Wings Founders

Annemi Schoeman 083 314 6436
Stephnie Crause 071 682 8404
Rykie Pretorius 072 566 6264

Proud Media Sponsor of *Angel Wings*

Top Vibe Online Magazine

Quote: "You deserve love.."
- charms

Erika Breytenbach
Mrs South Africa Globe 2019



The lovely Erika Breytenbach Mrs South Africa Globe 2019 will Jump for the Children charity event.

Brave Erika, want to raise funds for the children in the Vaal. This fundraising will be in aid of Angel Wings and Sasolburg Child and Youth centre.

"I never did Jump out of a plane I'm nervous and afraid but Im doing this to raise money for children in need" Erika said.

We would like to hear for companies that would be interested to get involved by making donations.

This event will be covered in the Top Vibe Magazine and on social media, all companies involved will get exposure.

We will keep you informed with all the relevant details as soon as it is finalised.
Don't miss out to be part of an amazing event where YOU can make a difference.

For more information:

Erika 072 777 2861
Charmaine 072 768 8582

E- mail: admin@topvibe.co.za for companies logo's



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Charmaine Janse van Rensburg
Cell: 083 681 1514

PHOTO COMPETITION:

Mr & Miss Vibes

HOSTED BY: Top Vibe Online KIDS Magazine
Charmaine 072 768 8582

Closing date:
09 February 2019

AGE CATEGORIES
0 - 1 2 - 3
4 - 5 6 - 9
Boys and Girls

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Acc 1355 32 8487
Ref: Mr & Miss Vibes
Entry Free R150

Send proof of payment together with the photo and entry form to admin@topvibe.co.za

JUDGES
4 Independent Celebrity Judges

Judges decision is final and NO correspondence will be entered into thereafter.

Winner Announcement
14 February 2019

ENTRY FORM:
Name and Surname parent/ guardian: ----------

Name & Surname of the contestant: ----------

Age:------- Boy/Girl:------- Contact Nr:----------

E-mail Address:----------

Competition Rules:

1. Entry fees must be deposited into bank account.
2. Proof of payment, entry form and 2 x photos must be e-mailed to admin@topvibe.co.za
3. NO unpaid entries will be judged.
4. Entry fees are not refundable.
5. NO LATE ENTRIES.
6. Organisers has the right to change categories depending on entries.
7. Judges decision will be announced in 14 February 2019.

Photo of the Winners will be in the Top Vibe Kids Magazine and all social media platforms.

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Tomorrow starts today

5 ways to wrap up your workday



You probably have a morning ritual - a strong cup of coffee, meditation, mabe a favourite podcast for the commute - to make sure you kick your day off right
But chances are, come knock-off time, things are a little less organised. If you invest a bit more energy and thought into how you end your workday, you will reap the benefits tomorrow. Here's how.

Write a To- do list:



Instead of using the morning to plan your day ahead, save the end of today for tomorrow. This way you can drive straight in with a fresh brain in the morning, focus on high-value tasks immediately and get more done in less time.

Team work:

If you are working in a team, have a stand up meeting at the end of the day. This is simply a short meeting where everyone - you guessed it stand up and say what they are working on and how it is going.

Sweep your inbox:

"I prefer to spend as little time as possible on emails.
Try sending less e mails to receive less.
However, if you absolutely have to reply on it sort through your inbox at the end of the day, adding urgent, high -value emails to your to do list.

Clean up your workspace.

We have all had that one co-worker who insist that their messy desk is actually just creative chaos, without which they wouldn't be able to function. But for most of us, a neat workspace means greater productivity.
Researchers discovered that a messy, cluttered workspace dramatically reduced your ability to focus.



Review your day.

All these steps are gearing you up for a better tomorrow, but it's also important to take stock of everything you have accomplished today.
A little mental pat on the back once in a while for what you have achieved, which help you to self- motivate tomorrow.

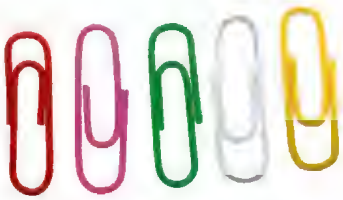
Turn off your work brain.

When you leave the office behind, do you really leave the office behind? If this is something you struggle to do, you could try physically separating yourself from your workday.

For example, change your clothes as soon as you're home, hit the gym to relieve stress, or meet up with friends (but resist talking about work).

Cooking dinner for the family.
Do fun things with the children.
Sit down and watch TV.

Some greatest work ideas sometimes come as I'm switching off.



Start every day fresh, do what you can to the best of your ability.
Work hard and play even harder.

Good luck for 2019.



Home make over

Give your space an upgrade with these super simple and affordable DIY hacks.



1. Make it NEW

Hit up local vintage and second-hand markets for cheap and stylish home items.
Whether is old crockery or furniture, you can always use paint, glue and other easy fixes to breath new life into and old piece, and it doesn't have to be used for its original purpose.

2. Recycle

Use old jars to store key kitchen ingredients such as coffee, tea bags, grain or cereal.
You can print labels and stick them on, or grab some chalk paint at your local craft store. Paint a patch on each jar, and write your desired label.

3. Do it yourself

Jazz up your walls using stencils instead of expensive art pieces or a completely new coat of paint.
Pick a pattern or image, stick it against your desired wall area and spray -paint over the stencil. Be sure to cover up areas you don't want painted with masking tape and newspaper.

4. Liner ladder

If you run out of linen space, you can use a ladder to make a hanger for towels or blankets. They save space and can add to your decor as sleek and modern detail. The ladder also makes it easier to grab and go!

5. Lights on

Give your lights an upgrade by switching out the lampshade for new pieces, that match the current season. This is an inexpensive and lovely way to add some colour and life to a room.

6. Mirror, mirror

Create more natural lighting and add to your decor with mirrors. Placing a mirror on the wall opposite a window the light to be reflected, creating a brighter space. They also add to your decor to create a fuller effect without having a cluttered look.

7. Pillow talk

Replacing your pillow cases every so often is not only hygienic, but also an easy way of adding new colour and life to your home decor. Opt for bright colours and fun patterns that are mixed and matched on your couch and chairs to put you in the mood for summer months ahead.

8. Shelf life

Refresh an old cabinet or shelf with a fresh coat of paint. If you choose the same colour as the walls, it gives the appearance that they were built in with the house, but if you want to be more exciting, you can go for a bold and match it to the decor.

9. Three's allowed

An easy trick to create an appealing and eye catching display is to group your decorations and ornaments in odd numbers of three or five.
This creates a visually stimulating effect that will be the centre of attention in the room.

10. Switch around

Going for new look? Simply move some of your furniture and decor around to create a completely different feel in any room. Now that we are in a new year.
Add some greenery for a fresh feeling.

HUWELIKSADVIES



1. Kiès om mekaar lief te hê. VERAL gedurende die oomblikke waar jy sukkel om selfs net te hòu van jou maat. Liefde is toewyding - nie net 'n gevoel nie.

2. Antwoord ALTYD die foon wanneer jou man of vrou jou bel, en probeer so ver as wat dit moontlik is om jou selfoon af te skakel wanneer jy en jou maat kwaliteit-tyd saam spandeer.

3. Maak kwaliteit-tyd saam 'n prioriteit. Begroot vir 'n ordentlike "date-night" tenminste een keer 'n maand. Belê gereeld TYD in jou huwelik.

4. Omring jouself met vriende wat jou huwelik sal versterk en verwyder jouself van mense wat jou in die versoeking sal stel om dinge buite jou karakter en die grense van jou huwelik te doen.

5. Maak "lag" altyd deel van julle huwelik. Deel in oomblikke van vreugde en onthou om selfs in die moeilike tye redes te vind om saam te lag.

6. Herinner jouself tydens elke aurgument dat daar nie 'n "wenner" en 'n "verloorder" is nie. Julle is spanmaats in als wat julle doen of deurmaak, so julle sal altyd SAAM wen of verloor. Werk eerder saam om 'n oplossing te vind vir die probleem. Onthou, dis julle twee tèèn die probleem. Nie julle twee teen mekaar nie.

7. Onthou dat 'n sterk huwelik selde twee sterk persone terselfde tyd het. Dit bestaan gewoonlik uit 'n man en 'n vrou wat beurte maak om sterk te wees vir die een, wanneer die ander een "swak" voel.

8. Maak dit wat in die slaapkamer gebeur, 'n prioriteit. Dit vat baie meer as seks om 'n gesonde, sterk huwelik te bou, maar dis bykans onmoontlik om 'n gesonde en sterk huwelik sònder dit te bou!

9. Onthou dat die huwelik nie 50-50 is nie. Egskeiding is 50-50. Die huwelik moet 100-100 wees! Dit gaan nie daaroor om als in die helfte op te deel nie, maar eerder dat beide maats hulle ALLES gee.

10. Gee jou absolute beste vir jou maat. Nie die oorblyfsels, nadat jy jou beste vir almal anders gegee het nie.

11. Leer van ander mense, maar moet nooit voel dat jy jou lewe of julle huwelik moet vergelyk met ander mense s'n nie. God se plan vir jou lewe en huwelik is absoluut uniek!

12. Moenie jou huwelik eenkant toe skuif wanneer kinders deel word daarvan nie. Om kinders groot te maak is harde werk, ja, maar as julle nie die huwelik 'n prioriteit gaan maak nie, gaan julle eendag met 'n leë huis EN 'n leë huwelik sit.

13. Moet NOOIT, onder enige omstandighede, enige geheime hou van mekaar nie. Geheime is die vyand van intimiteit.

14. Moet NOOIT, onder enige omstandighede, vir mekaar jok nie. Leuens verbreek vertroue, en vertroue is die fondasie van 'n sterk huwelik.

15. Wanner jy 'n fout gemaak het, erken dit en vra nederig vir jou maat se vergifnis. Sê vir jou maat, "Ek was verkeerd. Ek is jammer. Vergewe my asb."

16. Wanneer jou man of vrou jou vertroue verbreek, vergewe hom/haar dadelik. Dit sal die helingsproses aanspoedig en die geleentheid skep om weer die vetroue tussen julle op te bou. Probeer so gou as moontlik sê, "Ek is lief vir jou. Ek vergewe jou. Kom ons beweeg nou vorentoe."

17. Wees geduldig met mekaar!

18. Beeld altyd die tipe huwelik uit wat sal maak dat jou seun eendag 'n goeie man vir sy vrou sal wil wees, en jou dogter eendag 'n goeie vrou vir haar man sal wil wees.

19. Wees jou maat se grootste "fan" en ondersteuner - nie die een wat hom/haar altyd uitwys op sy/haar foute en tekortkominge nie. Wees die een wie jou maat se trane afvee - nie die een wat die trane veroorsaak nie.

20. Moet nooit sleg praat van jou maat by ander mense nie. Beskerm jou maat ten alle tye, in alle situasies.

21. Dra ALTYD jou trouring. Dit sal jou herinner daaraan dat jy vir ewig verbind is aan jou eggenoot en dit sal die res van die wêreld laat verstaan dat jy "off limits" is!

22. Skakel in by 'n kerk en selfs by 'n selgroep. 'n Goeie kerk sal die wêreld se verskil maak in julle huwelik en gesin.

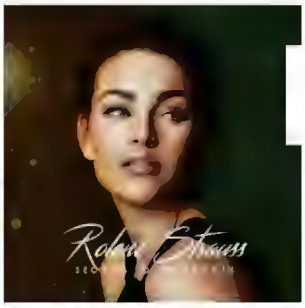
23. BID SAAM. 'n Huwelik is automaties sterker wanneer God die middelpunt en fondasie daarvan is. Onthou - iets met 'n stewige fondasie sal nie sommer kraak en verval nie!

24. Wanneer jy moet kies tussen om iets lelik vir jou maat te sê, of eerder niks te sê nie - kies altyd laasgenoemde!

25. Moet nooit skei as 'n opsie sien nie. Onthou dat die "volmaakte huwelik" bestaan uit twee onvolmaakte mense wat elke dag die keuse maak om mekaar onvoorwaarlik lief te hê, te werk aan hulle huwelik, en weier om op te gee op mekaar!



ROLENE STRAUSS



STARBURST

Alishia: 083 635 4717

Voormalige Mej Suid-Afrika en Mej Wêreld - Rolene Strauss se inspirerende gesels-album *SECRETS TO MY GROWTH* is pas vrygestel!

Die inspirasie-album wat gesproke woord is, is dalk ietwat ongewoon vir die Suid-Afrikaanse mark, maar die lesse wat sy deel is universeel maak dit verseker dat hierdie die ideale geskenk is vir al die speciale vroue daarbuite vir Kersfees.

Die album is op alle digitale platforms beskikbaar en sal in alle goeie musiekwinkels landswyd te koop wees.

Koop die album hier:
https://inhoudhuis.Ink.to/RoleneStrauss

"*SECRETS TO MY GROWTH*" is 'n versameling van lewens lesse en stories wat ek met my mense wil deel;dit is die dinge wat ek wens ek geweet het toe ek jonger was.
Die album het my instaat gestel om my te ontbloot soos nog nooit tevore nie en aspekte van myself te deel wat niemand nog ooit gesien het nie", sê Rolene.

Die boodskappe op *SECRETS TO MY GROWTH* word gekomplementeer deur pragtige video- insetsels, wat deur Inhoud Huis Musiek vervaardig is en op Rolene se YouTube kanaal gekyk kan word.
Rolene meen egter dat die beelde slegs daar is om die woorde aan te vul en dat, alhoewel die beeldmateriaal by die stukkie pas, dit nie die storie in hulle geheel vasvang nie.

"Die idee met die video's is nie om die hele storie te vertel nie, maar net hier en daar 'n saadjie te plant. Dit is dus slegs bydraend en minimalisties.
Elke individu moet die boodskappe kan interpreteer, soos nodig, in spesifieke stadiums van sy of haar lewe", vertel Rolene verder.

Kyk gerus na Pretty Hunts en You Are op Roleene se You Tube kanaal:
htt://www.youtube.com/channel/UC sZt1Iz57B 39Gmy8gPPhw

Spoken Word (Gesproke Woord), as 'n genre, is baie gewild oorsee en word beskryf as digkuns vir lewendige optredes. *SECRETS TO MY GROWTH* is' een van die eerste pogings wat plaaslik aangewend word om 'n album in hierdie styl uit te bring.

SOSIALEMEDIASKAKEL:

Facebook: https://www.facebook.com/OfficialRoleneStrauss/
Twitter: @Rolene Strauss
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Movie Review

GREED 11



Genre: Action & Adventure, Drama, Sports & Fitness.

Directed By:Steven Caple Jr.

Written By:Sascha Penn, Cheo Hodari Coker, Juel Taylor, Sylvester Stallone.

Our rating:

Life has become a balancing act for Adonis Creed. Between personal obligations and training for his next big fight, he is up against the challenge of his life. Facing an opponent with ties to his family's past only intensifies his impending battle in the ring.

Rocky Balboa is there by his side through it all and, together, Rocky and Adonis will confront their shared legacy, question what's worth fighting for, and discover that nothing's more important than family.

Creed II is about going back to basics to rediscover what made you a champion in the first place, and remembering that, no matter where you go, you can't escape your history.
Rating: Our 4 stars

We enjoyed the movie hope you will two, so don't miss out make sure to watch this one.



Food that make you HAPPY

Spinach

Spinach contains folic acid which can boost your mood.





Salmon

It is full f Omega 3s that fight mood swings.

Almonds

Almonds contain tyrosine, which stimulates good feelings





Pineapple

It contains the B Vitamin Thiamin that boosts energy

Orange

Oranges is rich in Vitamin C eat an orange a day



Chocolate

Chocolate triggers a serotonin release a feel good effect



Ticked Off?

Has your cat came home with a tick? Remove it from their skin as soon as possible to minimise the risk of disease and infection. Follow our TOP tips.



Take your cat to the vet have the ticks removed

OR



If your vet has shown you how to use a tick hook to remove it

Don't



Don't burn, apply alcohol or petroleum jelly to the attached tick



Don't leave the tick attached for longer than necessary or crush the tick, either while attached or after removal this can increase the risk of desease.

After you've removed a tick:



Make sure none of the mouthparts remain on your cat. Consult your vet if they do- they could cause an infection or adscess



Dispose of the tick by folding it in a strip of sticky tape and putting it in an outside bin



If you live in a high risk area (wood, grass or heath land), check your cat for ticks regularly

Wash your hand when all the ticks is taken off your cat.

How do I know if my cat has a tick?



Ticks are small, spider-like creatures. Once attached, thy look like small, grey lumps on your cat's skin, often around your cat's head or neck

Regular visits to your vet



Speak to your vet in order to protect your cat from ticks



Ticks are tiny arachnids, or eight-legged, spineless creatures, that attach to the skin of mammals such as dogs, deer, rodents and cats, and feed on their host's blood. While feeding on infected animals, ticks become carriers of various diseases, and can infect the next animal they bite -- which could be your cat. Keeping your cat indoors and out of tick range is the best defense, but what if a tick finds its way onto your cat anyway? Here's what you need to know to successfully tackle the tick problem.

The best way to prevent ticks from latching onto your cat is to keep him indoors year round. Even cats that go outside in an enclosed area are vulnerable to ticks, so inspect yours carefully after every outing and remove ticks promptly. Treat your cat with a tick-preventative spray or powder and make sure he wears a flea and tick collar. Keep your lawn mowed, and your bushes trimmed, because ticks are attracted to taller grasses and shrubs. Treat the garden areas with a pet-safe insecticide. Inside your home, inspect your carpet, closets, furniture, walls, drapery, baseboards and storage areas for ticks and treat

Apple cider vinegar with fresh water. A more proven method for helping your dog repel ticks is to use vinegar on his fur, which Natchez Trace Veterinary Services does recommend: Mix equal parts apple cider vinegar and water in a spray bottle, and spray your dog's coat before going out.

Homemade:

Tick and Insect Repellent – Try this simple recipe. Just mix and apply to exposed skin before heading outdoors:

9 drops citronella essential oil
6 drops Tea Tree essential oil
6 drops Peppermint essential oils
1 tablespoon almond oil or jojoba oil







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