Top Vibe Magazine

ONLINE
JANUARY ISSUE 141
2021

"My lewe in 'n storie"
Lorraine Smit (Boek)
page 4



Our Ambassadors page 4 - 5

show me
IFM 102.2
VAAL 24
I'M ON YOUR PHONE!!



From the Editor's desk...

This will be our first Issue for 2021.
We pray that this year will be better than last year.

We need to be positive and work hard to achieve our goals for 2021.

INSIDE OF THIS ISSUE:

* Meet our Ambassador Chantelize on - page 3
* Meet our Ambassador Valmarie on - page 4
* Lorriane Smit's book "My lewe in 'n storie" page 4.
* Clean your home for the new year page 9

I'm so proud to announce that ***Top Vibe Magazine*** have two new Ambassadors for 2021.
The lovely young ladies are excited to be part of the team together we will make dreams come true. see page 3 / 4

Please note that we will be active on all our Social media platforms now more than ever. Pop in chat with us, share and like us on Facebook.

I would like to wish all our clients, readers and social media friends the best ever for 2021 . Dream BIG and work hard to achieve your goals. May all your dreams come true.
May the faith of God be with you this year.
May the peace of God surround you and may you be blessed each day! Happy new year.

To our Ambassadors thank you for your time and great idea's. Our readers will definitely enjoy all the new content from a younger generation.

It's almost back to school time. A new year with new beginnings.

Take care be safe, don't drink and drive.
Till next month, God Bless.

Love
Charms

Charms Xox

Wish to our Ambassadors:

My wish for you this new year is that every day will be filled with success, happiness and prosperity. May our God protect you and guide you.

Happy new year!!
Love Charms



Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
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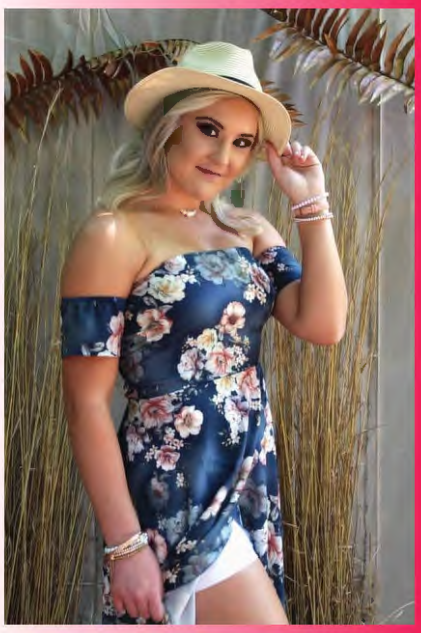
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Chantelize van den Berg Ambassador



"Faith and fear don't go together"...
This is the words one very important person in my life taught me this year!
That day I was blown away, and speechless because those words never occurred to me in that order!
From the day that I heard those words it stuck with me, there is not a day that goes by without me thinking about it!
It brought me to believe that we live in such a world where we pray about almost everything but we also fear everything we pray for afterwards, as if we say we put our faith in God but not completely all of it.

Although I remind myself about those words I still struggle to put those words into actions.
This is the life quote that I'm going in to 2021 with. I want to encourage each and every person to remind themselves that the words faith and fear don't go together, ones you've left it in God's hands, have faith.
I had the amazing privilege to be chosen as a Miss Jnr SA finalist, which will take place in the month of April 2021.
Keep an eye on my journey, I would love for you to experience every moment with me.
Facebook:
https://web.facebook.com/Chantelize-van-den-Berg_-Miss-Vaal-1st-Princess-20202021-107047391263549



Food that make you HAPPY



Strawberries

They contain anthocyanin witch reduce stress



Avocado

It contains serotonin a feel good neurotransmitter.

Tomato

Tomato contains lycopene which reduces irritation





Green Tea

It has thiamine a calming agent.

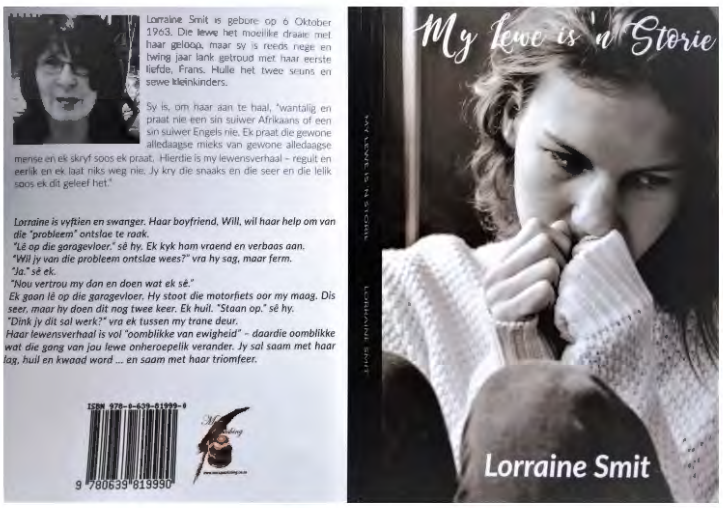
My lewe in 'n storie

Deur: Lorraine Smith

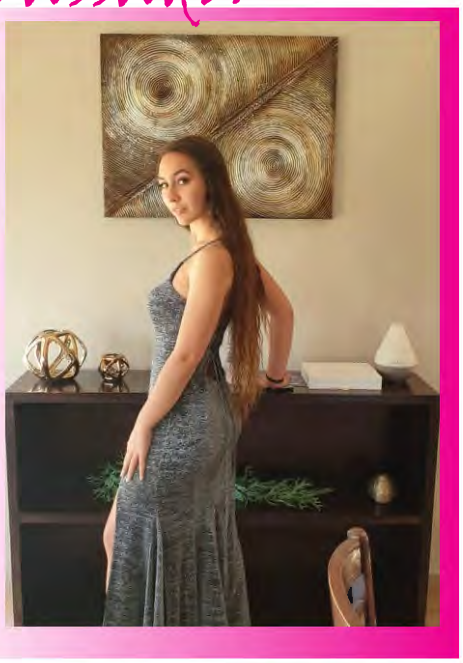
Lorraine Smith deel hierdie boek "My lewe in 'n storie" met haar lesers.
Jy mag nie hierdie boek mis nie, kry jou kopie en lees dit.

MY LEWE IS 'n STORIE is nie sommer net 'n storieboek nie - dit is my lewensverhaal – reguit en eerlik en ek laat niks weg nie. Jy kry die snaaks en die seer en die lelik soos ek dit geleef het."
NOG 'n UITTREKSEL
Ek sit styf teen Will agterop die motorfiets. Ek is jonk, ek is verlief, die wind is in my hare en 'n lied in my hart! Die lewe is mooi…
Ons lê in die draaie en Will ry lekker vining waar die pad buite om die property dit toelaat. Dit is heerlik! Daar is drie draaie voor in die pad. Nie te naby aan mekaar nie, ook nie te ver uit mekaar nie. Regs, links, regs… swiep, swiep, swiep. Toe ons in die linkerkantste draai inlê, skuur die feet rest teen die pad. Will bring die motorfiets vining regop om te keer dat ons gly. Te vining. Die motorfiets hel te ver regs oor. Weer probeer Will die beweging teenwerk, maar hierdie keer verloor hy beheer. Die hele tyd sit my hart in my keel. Ek kan sien ons gaan val. Ek probeer skree, maar ek kan geen enkele geluid uit kry nie!
Ek maak myself klein agter Will se rug. Ek tel die bome langs die straat waar ons deur die takke skeur. Een, twee, drie…. voor ons die vierde boom tref (of TOE ons die vierde boom tref?) is daar 'n helse slag! En toe…niks. Ek weet nie hoe lank ek uit was nie. Dit kon nie langer as 'n minuut of twee gewees het nie, want toe ek my oë oopmaak, sien ek vir Will in die lig van die straatlamp lê. Hy lê net daar. Daar kom bloed by sy neus en ore uit… Hy haal hortend asem.

Sjoe ek het die boek lees ek kon dit nie neer sit nie. Glo jy gaan ook vir jou een aanskaf. Ek is dankbaar om te hoor daar is 'n opvolg.



Valmarie Volschenk Ambassador



The lovely Valmarie, is Miss Teen Vaal Public Choice 2021. She is a racer by heart and she will swap her high heels for a pear of sneakers in a heartbeat.

She have always loved the stage. She is a dancer in various styles so modeling comes naturally. She loves to work with people and will always go that extra mile to make a difference in somebody's life.

We are fortuned to have Valmarie as a Ambassador for the magazine. She is also Ambassador for Wicker Clothing.

Don't miss out on any of your Issues for 2021, there is a great deal of fun thing coming your way.

Follow Valmarie Volschenk on her social media.

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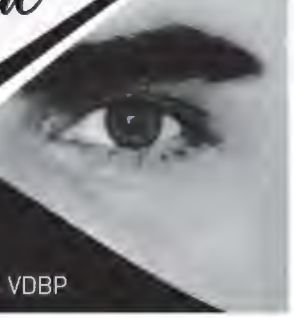
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What the Heck is CBD?

CBD stands for Cannabidiol (pronounced "canna-bid-DYE-all"), a naturally occurring element of the marijuana plant, or more properly, Cannabis Sativa. There is an entire class of molecules called "cannabinoids".

There are 2 cannabinoids that are the most abundant: CBD & THC. Tetrahydrocannabinol (THC) is the psychoactive (mind-altering) "get high" molecule. Cannabidiol (CBD) is the "get well" molecule – it provides many healing effects and is not psychoactive at all. If you took a large dose of CBD, you may not even notice the effect – although some people might feel relaxed or sleepy.

CBD has been scientifically investigated far the past 14 years and has been shown to have positive effects on a wide range of health problems, including treatment of rheumatoid arthritis and other auto-immune diseases, diabetes, nausea, bowel disorders, epilepsy, nervous disorders, and cancer.

Cannabidiol can have a sedative effect and is known to ease several symptoms from difficult conditions, such as relieving the awful feelings that follow chemotherapy.

Scientists have discovered that cannabidiol is a potent inhibitor of cancer cell proliferation, metastasis, and tumor growth. Based on these studies, it is thought that CBD may be an effective way to switch off the cancer-causing gene, providing patients with a non-toxic therapy to treat aggressive forms of cancer.

What is CBD Oil?



CBD can be derived from many parts of the cannabis plant and there are many ways of extracting it. For example, you can extract CBD from the flowers of the cannabis strains that contain high amounts of the CBD

CannaMed.org.za
Healing with Cannabis

molecule. It can also be extracted from the stalks of the hemp plant, a fibrous variety of cannabis with long, strong stalks, and few flowering buds, which is grown for industrial purposes.



You can use chemicals such as alcohol or butane to extract the CBD, or you can use high pressure and CO_2 (Carbon Dioxide), or you can use edible oils, such as olive, sunflower, or coconut. Some of these methods are more extreme and therefore efficient (such as butane), but they can leave harsh chemicals in the finished "oil", which you would not want to consume, especially if you are already sick.

Always look for cannabis that has been extracted with an edible oil or alcohol – substances that you will normally eat, or CO2, which is the safest of the extreme extraction methods. ***Avoid any CBD that is extracted with any industrial chemical.***

How does CBD taste?

Marijuana tastes like... well, marijuana. It's a pungent green plant with a very particular smell (although the smell varies widely, depending on the terpene profile of the particular strain). It's not the sort of thing you would naturally pop into your mouth, like you would blueberries or ice-cream. Most people can tolerate the taste, and even develop "an acquired taste", in a short period of time.

Do you need any more information? **Contact Louis on 083 274 3471 or** cannabis@eksteen.biz and he will get one of our trained Consultants to assist you!
Or visit www.cannabisoilresearch.com

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.



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.

Clean the house.

Bringing in the New Year

One of the things I like best about the holidays is the symbolism. From the star on the top of the Christmas tree to the menorah of Hanukkah, it's the symbols that remind us that there are things in this world larger than ourselves. One of those symbols is our home. Our home is the place where we gather with our families, share our burdens, our successes, and it's the stage where our lives play out. I guess that's why home has always been so important to me, and why I think of our spaces as living spaces.

Because of this, the New Year is an important symbolic time in our family. I make a special effort to bring the house back to its original state, taking down decorations before ringing in the New Year. In fact, I have quite a list of preparations that I go through each New Year because these activities remind me that we're at the dawn of another opportunity to begin anew, and I like to bring my house into the New Year with a fresh start, too.

Here is my personal list of New Year's household preparations that I hope you enjoy.

Out with the old

1. De-clutter as much as possible.
Clean out old magazines, food, clothing, and anything that hasn't been used or is broken.

2. Clean the floors.
Get the old energy out by vacuuming and mopping the floors on New Year's Eve.

3. Do the laundry. You don't want to go into the New Year with dirty clothes hanging around. Be sure to fold and put the clean clothes away.

4. Clean the bathroom.
It only takes a few minutes and you won't have a nasty mess to greet the next year of your life.

5. Empty all trashcans.
Get everyone to pitch in so last year's trash isn't hanging around.

6. Clean out the refrigerator.
You don't want old food or a moldy science project lurking in the fridge.

7. Clear out visual clutter.
Clear off the counters in the bathrooms and kitchen. Clear off your desk and dust it. Pitch the sticky notes and papers and things taped everywhere. Don't forget the refrigerator. Make it a blank slate.

8. Clean up the yard.
Make sure the yard is picked up and the front doorstep is swept and clear.

9. Change the sheets and towels.
Put clean sheets on all the beds on New Year's Eve and clean towels in the bathroom and kitchen.



10. Take down the Christmas decorations. This is the tough one. Most of us dread the New Year because we have to take all the decorations down. Make it a point to take them down two days before New Year's Day. Then, you can go into the New Year without that mistletoe hanging over your head.

For everyone who thinks you can't do it, just think how great you'll feel when you wake up New Year's Day and you don't have all those decorations to put away. You could actually watch the Rose Parade. Trust me, you'll never know how great New Year's Day can be if you don't have to haul the tree to the curb.

In with the New

To mark the new beginning, I make sure that the refrigerator and the pantry is stocked and that I have plenty of sweets and citrus around the house. The Chinese believe that oranges symbolize gold and good news and often roll them into the house at the lunar New Year. I buy a big bag of oranges and do this with my own kids. I also buy flowers or a new plant to greet the New Year to symbolize a healthy, lush start. Think about what you can do to symbolize a new prosperous beginning at your home.

It is a new start, for you to start a new year leaving the old year behind. If you had bad memories about the old year now is the time to make peace with it and start over.

Make some new friends in the new year, don't neglect the old once but one need to make new friends

Start every day on a positive note, and make sure you end it that way.

Make time for yourself, and don't let others spoil it for you. Give a little of your time for charity make a difference in somebody's life.

Buy less and save more in the new year. The little things in life make you happy.

Smile every day, it cost nothing and can give hope to a person, no matter how big the problem remember God is bigger.

Happy new your may all your dreams come true and enjoy every day to the fullest.

God bless.

True love's the gift
which God has given to
man alone beneath
the Heaven.

The silver link, the silken tie,
which heart to heart, and
mind to mind, in body and
in soul can bind.....



Healthy ways to deal with grief

At one point or another we all face loss and the grief that comes with it. Whether it's from a break-up, a friendship dissolving or the death of someone near and dear. Loss and grief are very real parts of what we go through as humans. As much as we would like to, we can't avoid this, but what we can control is how we deal with it and allow the grieving process to help us heal and inevitably make us stronger. There are many unhealthy ways of dealing with grief, things like over- or under- eating, staying in denial over what has happened, lashing out emotionally at those close to you, bottling your feelings up, taking part in dangerous or risky activities, and even becoming depressed or anxious. None of this will actually help you in the grieving process, in fact, it may end up taking longer to heal and possibly damage you further in the process. Instead, here are some healthy ways to cope with your grief:

Embrace your emotions, don't bottle them up

Keeping your feelings bottled up keeps you from working through them and finding the closure you need. Don't feel embarrassed by them. Fully express yourself and know that it's ok to feel the way you do, and to cry. Yes, not everyone cries when they're experiencing grief, but if you need to cry, do it.

Talk to someone you trust, or a counsellor

Just like letting your feelings out, talking about them creates a place for you to heal and work through all the stuff going on in your head. Find someone you can talk to, whether it's a close friend, family member, or even a counsellor such as LifeLine and SADAC.

Join a support group
Sometimes you need to feel part of a group to find the closure you need, there are all sorts of support groups out there to help people who are going through the same experiences to connect and learn from each other. Not only are you getting a safe confidential space to talk about how you're feeling with people who really understand it, you'll also benefit from the insights they have to offer. And, bonus, you might be able to help someone else in the process.

Take part in rituals
When losing a loved one, it's important to maintain the rituals in the grieving process, in the case of the death of a loved one, this helps us feel that we gave them a good send off and creates a space for the family to grieve together and strengthen their bonds.

Preserve the memories
Focus on the good times, keep them strong in your heart, but be aware that you're not fixating on the bad times.

Don't hide behind unhealthy behavior (alcohol and drugs)
I know when you're hurting inside, it's tempting to dull the pain with alcohol and drugs, but the truth is, they'll still be there when it wears off. Chemicals don't solve your problems or heal your pain; and in fact it just makes it a whole lot worse.



Creative expression

Creativity heals.. Spend time exploring your creativity through art, dance, music, writing in a journal, or anything really – it'll do wonders for your mental state.

Travel and new experiences

New experiences broaden the mind, literally - they create new neural pathways. When you grieve, you can easily find yourself in a rut. Get up and out and expose yourself to the world outside. Even if it's about exploring a new local town, or trying out a new experience, a new sport or activity; something that you've never tried before.

Exercise

Get moving. Exercise such as walking, running and jogging pumps all sorts of feel-good hormones into your body, guaranteed to make you feel better. It also helps you to clear your head and work through your emotions.

Sleep

It can be hard to get any rest when you're grieving Choma but your body needs the rest to avoid sickness and to able to restore itself. It's true. If you're struggling to sleep, try relaxation methods like meditation and listening to soothing music. Try to distract yourself from the stresses of the day by reading or winding down with a hot bath. Remember Choma: healthy body, healthy mind.

Finally, and most importantly: Give yourself time
Ignore people who tell you to "just get over it". Your feelings are valid and important to you and you need to take the time you need to heal from your loss. Big or small, your loss and your feelings are yours and no one has the right to tell you how long your healing process should take. Good luck Choma and stay strong.



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