Top Vibe Magazine

ONLINE
Issue 146 July 2021



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Magazine

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MEDIA HOUSE - TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
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Relax at the beautiful Emerald Resort and Casino.



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

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Editor's Desk

July we are halfway in the year.
Sad to say the Covid-19 pandemic is still with us now more than ever. We try to be strong, be positive, stand up and all we really can do is to wear a mask, sanitize and pray.

The Covid-19 did not only take people into poverty and unemployment but also took so many peoples loved ones.
Sounds like we are not going to get rid of this virus anytime soon.

I urge people to rather stay home, be safe and keep on praying.
If we all stand together we can beat this.

Please take care follow us on our Facebook page.

Till next month

Charms

Top Vibe Ambassadors



CHANTELIZE VAN DEN BERG

Our dream team!
Ambassadors with big heart's and passion for people.

I am launching my first project called ***"Scent with love"***.
This project is close to my heart, I feel that every single woman out there has the oppertunity to feel beautiful, valued and previlliged.

I'm encouraging every person who has unused perfume or make up to donate it.
With this you can help another woman feel beautiful.
Please help me to make a difference in somebody's life.
my second project I am planning a Teddy Bear Drive, anyone who feels they want to be part of it please feel free to contact me.

Alot of children don't have the opportunity to experience the joy of having a teddy bear.
Help me to put a smile on a little ones face!

We all know what joy a teddy bear can bring us!
Please donate a teddy bear!



Meet the beautiful Top Vibe Magazine Ambassadors

Our Ambassadors are very busy each with their own projects.

Between the school work Valmarie, is extremely busy with her dancing classes, photoshoot and the list is endless.

Valmarie is always there to lend a helping hand, she will go out of her way to help you. Always friendly.

Please follow her on Facebook to find out what she is up to.

Take care wear your mask and stay home.





VALMARIE VOLSCHENK

MOVING ISSUES

Moving your elderly parent or parents to assisted living is an emotional decision – for them and for you. They may be anxious about losing their independence and you may have some guilty feelings about your decision.

However, if your parent's safety and comfort are at risk from living alone, or if you or your other parent aren't able to take care of them properly on your own, then a move to assisted living is most often the best option. As your parents begin to age, you will notice a number of subtle or obvious signs that it's time for them to move to assisted living. These include having trouble with daily tasks such as personal hygiene, dressing, eating balanced meals, staying hydrated and taking medication. Another cause for concern is whether reduced mobility has increased their risk of falling or hurting themselves. Should your parent be suffering from the early stages of dementia, they may also be exhibiting troubling behaviours such as aggression, irritability, confusion and wandering.

Consider the carer
The decision to move your parent to an assisted living facility should not only be based on their increasing needs. In many cases, their partner or children are the ones taking care of them. This can take a toll on the carer's wellbeing too. And as your parent's condition worsens over time, the emotional, mental and physical pressure on the carer may become too much. If you or your other parent begin to feel overwhelmed, isolated or even resentful, it's well worth considering a change of living arrangement for your elderly loved one.

Starting the conversation
Modern assisted living facilities are nothing like the neglectful, lonely nursing homes that most people imagine. Instead, they are vibrant communities with like-minded seniors who enjoy many social activities together. Before approaching your parent, do some research into suitable assisted living homes. When broaching the conversation, simply plant the idea with them. Don't rush them to make a decision. Wait for a moment when they may have had a close call or potential injury, then use it as a gentle suggestion for a need for assisted living. Mention the many benefits such as no need for housekeeping or cooking, socialising, safety, security and peace of mind. Take them for a visit to experience the options firsthand. Then give them time to consider it all before making a decision.

Moving to assisted living usually requires downsizing. This means you'll need to be selective about the furniture and personal possessions you bring along. Bring just a few favourite items (a bed set, armchair or beloved teacup), as well as some photos and prized mementoes with emotional value. It's also a good idea to bring some plants into the room. This livens up the space and also creates a sense of purpose in caring for them. While it might be tempting to buy new and exciting furnishings, keep in mind that familiarity is more likely to make your parent feel at home. So limit the number of new things you introduce into their new home.

Tips to Help Move Your Elderly Parent To Assisted Living

How often you should visit depends on your parent's personality. Some may appreciate frequent visits, while others may need more space in order to get familiar with their surroundings. If your parent requires frequent visits but you aren't always available, reach out to relatives and ask them to pop in from time to time too.
It's important to acknowledge when your parent is feeling anxious or has a specific complaint about their new living arrangement. While focusing on the positive aspects is important, try not to minimise their feelings, and even approach the staff to find solutions where relevant. While your parent may seem to be settling in well, there will be times when they ask to come home or feel lonely. In these instances, comfort them as much as possible but be firm in the knowledge that this decision was the best for their comfort and safety. In time, they will become used to their surroundings, make friends and come to enjoy their new lives.
At Totalcare, we offer seven sophisticated retirement villages perfectly equipped to make your loved one feel at home. Our beautiful Assisted Living units and extensive facilities add a true sense of comfort and safety while providing you with peace of mind that all their personal, social and medical needs are being met.



“Advertising your business”













SPECIAL EDITON

Emerald RESORT & CASINO

BREAK AWAY



Break away and relax in the heart of the Vaal - Emerald Resort & Casino

From exclusive rooms for two to family-sized lodges

Whether you're craving a four-star hotel sanctuary, a deluxe safari-style lodge, or want to self-cater in comfort, you'll discover exceptional style in all our choices of accommodation.

All rooms, chalets, and lodges are located in Emerald's beautiful grounds on the banks of the Vaal river, with easy access to a wide range of the resort's dining experiences and entertainment.
A sanctuary within reach of the bustling city

This four-star hotel's 78 rooms and suites offer you spacious comfort, free WiFi and all the amenities you need to begin your adventure here at Emerald Resort & Casino.

For every night booked in this luxurious Kenyan-style-

JEWEL OF THE VAAL

For your safety limited capacity & times will apply.
Take a dip in the warm waters of the indoor, climate-controlled Aquadome.

There are pools to suit everyone, whether you just want to relax or have a splashing good time. Kids love the waterslide and shipwreck, and everyone enjoys drifting along in our lazy river.
Safety is a priority and our trained, experienced lifeguards will ensure your kids are well looked after..

RIVER RESORT CHALETS:

Our comfortable, self-catering River Resort Chalets provide two, four and six sleeper accommodation - ideal for weekend getaways or longer stays.

The chalets offer easy access to a range of adventures including boat launching facilities for watersports enthusiasts, fishing and access to a private swimming pool. Boat lockers are available for R950.00 per month. For more information please contact info@emeraldcasino.co.za.

Other facilities available at Emerald Resort & Casino include Putt Putt, Wall Climbing, Pins Bowling Alley and Animal World zoo.

Should you have special requirements you can email the team on info@emeraldcasino.co.za during office hours or call 016- 982 8000





Business people under the spotlight

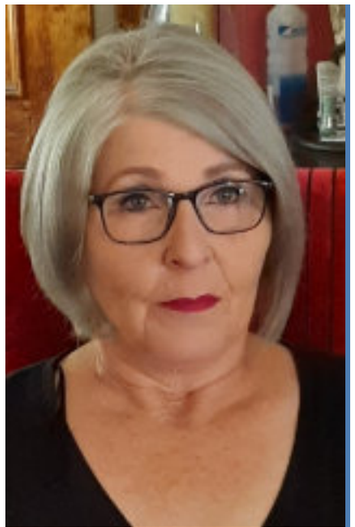


Albertus Kriel

Albertus Kriel is in Vereeniging.
He is well-known in the Vaal for his photograher skills. They say he's the best…
His photos will speak for themself, they will be in the Vaal Weekblad on a regular basis

He is always friendly and willing to help. Photography started for him as a hobby. His video camera was stolen in a house break. He then decided to buy a camera and the rest is history.

Albertus is the guy if you need a photographer.



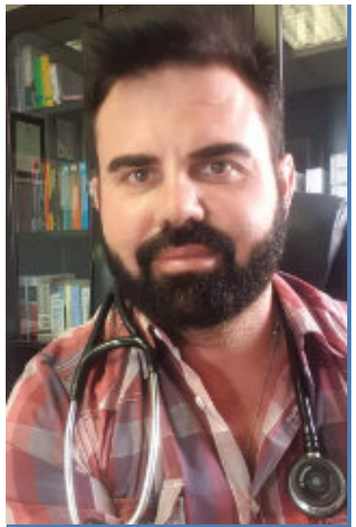
Lorraine Smit

Lorraine Smit, author of the book "My lewe is 'n storie" she tells her life story, leaving nothing out.

Lorraine is a very inspiring person and when you meet her for the first time it feels as if you've known her your whole life.

She is a busy body always busy with something new. She is Ambassador for an online magazine 50+, she writes articles for this magazine

Make sure you grab the book you won't regret it.



Dr. Quinten Fourie

Dr. Quinten Fourie he is a GP, Aesthetic and Integrative doctor at Dr M Bester Medical Centre.

Proud Dad of two beautiful daughters.

He writes medical articles for BLOSS AFRICA and 50+ Magazine.

Dr Quinten Fourie is one of those doctors who will go the extra mile for his patients. He is helpful and professional.

If you don't have a doctor see Dr Q Fourie.



Susara Van Zijl

What an amazing woman Susara is.

Susara has her own skin care range called ***Susara***. It's time for you to move to the new skin innovation that is all natural. ***Susara*** made with Africa's secret Baobab oil.

She also have a range of Satin pillow cases.

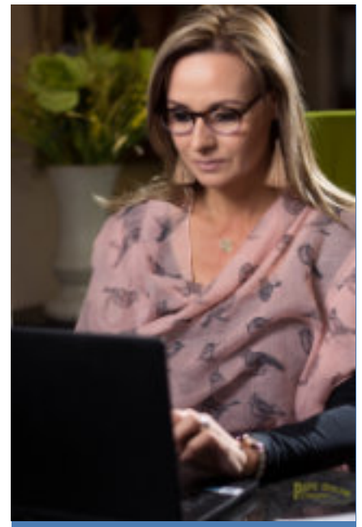
Susara is the face of the brand and she hopes to build relationships with every client.



Alwyn Burger

Alwyn Burger is a Life Coach and Mentor.
He loves people and bringing change. "I feel strong about my believes and values and God is my centre" he said.

Alwyn made a huge impact in peoples life.
He will go the extra mile to make sure you are in a positive place.
He is the founder of "Be Remarkable" and offers different courses that will be life changing for you.



Erika Labuschagne

Erika Labuschagne is the CEO of the Vaal Pageant / Queen of Africa 2020 / Mrs South Africa Globe 2019.

She is a loving caring person with a heart of gold. Erika is always busy with something!

She is a brand Ambassador for a few businesses in the Vaal. You can catch her on IFM 102.2 every Wednesday with "Die ABC van vrou wees" as co - host with Louis Fourie

Follow her on social media.

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

DATE NIGHTS...

.When is the last time you had a date night with your spouse? More than in any other relationship, married couples need regular date nights. Date nights allow you to focus solely on one another, strengthening your connection, energizing your bond, and simply helping you make wonderful memories together.

But what happens when you're bored with just dinner and a movie? Don't you worry, because I've got 17 fabulous ideas for you and your partner. Whether you want to stay in or go out for a fun evening on the town, these are some of our favorite date night ideas for married couples, perfect for igniting sparks of romance and affection in your marriage.
This is a simple and cheap date idea, but it's one that's easy to forget about. Museums and art galleries can be a whole lot of fun, and exploring them together is extra enjoyable.

You might see if there is a special exhibit going on to enjoy together. Or spice up a regular museum visit with a quirky twist, like a game of art museum bingo.
If you opt to visit an art museum, stop before each work of art and discuss what it means to you, or what you think the artist was trying to portray. You'll likely learn something about your spouse, even if you've been married for years, and you'll definitely learn some-thing about art.



Remember one of the happiest moments of your life together? Your wedding day was such an amazing experience, it deserves attention, not just on your anniversary.

For a sweet date night, spend time together reminiscing about your wedding and what your marriage has grown to become. Pull out the photo albums, watch your wedding video, and talk about the entire day in detail. If you have special mementos from your day, bring those out as well.

Have a mini vow renewal. Dance to your wedding song in the living room. Heck, put on your wedding dress, if you'd like to! However you choose to commemorate this awesome special occasion, as you spend time together, you'll remember why you chose to marry this special person.

One of my favorite suggested date nights is to design a bucket list together. What should go on this? The sky's the limit, really, but I recommend including a range of

video, and talk about the entire day in detail. If you have special mementos from your day, bring those out as well.

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One of my favorite suggested date nights is to design a bucket list together. What should go on this? The sky's the limit, really, but I recommend including a range of goals: some that will be easier to achieve and others that our dreams you may need to work hard for. Doing this side by side is not only super fun, but it gets you thinking more deeply about your shared life together.

MAKE TIME



Friendship is Important.



Good friends are vitally important to your mental health and to the quality of your life. To live and to love are inseparable from each other. Friendship is an opportunity to love, to learn about yourself, to mature as a human being, and to open up to the full experience of life.

Everyone needs special people to laugh, share secrets and celebrate life with, but friendships aren't just about enjoying good times together. Maintaining true friendships is important for physical, emotional and spiritual well being—having good friends also means being one. Let these quotes inspire you to find and cherish meaningful friendships while being a nurturing and loving friend to those around you.

Holding onto anger and resentment drains your energy and prevents you from enjoying happiness in other parts of your life. Use compassion, kindness and generosity to transform a difficult relationship into a positive one. You may end up forming a new bond, but even if you don't become close you will at least know that you did everything you could to show love.

It's easy to be friends when life is easy, but a real friend never allows someone they care about to go through difficulties alone. Whatever hardships the world has in store, true friends stick together and get through them together.

Developing real and lasting friendships means being open and honest with each other. If you only show the best of yourself to constantly try to impress someone, or don't express your most honest thoughts, the relationship will never develop beyond the surface level. Not only will you prevent yourself form having a true friend, you will rob them of the opportunity to know the real you.

Friendship is one of the best gifts life has to offer. When you find it, hold onto it, nurture it, and value it because a true friendship can bring immense joy throughout all of life's stages.

Make time for one another.
Go out for those coffee dates, or wine what evr you have in mind to do aslong as you are with a friend.

Mack Rapapali & Christiaan Baartman

‘N VRIEND SOOS JY

Wie sou nou ooit kon droom dat die gewilde aanbieder & platejoggie, **Mack Rapapali** en die talentvolle sanger, musikant en liedjieskrywer, **Christiaan Baartman** sou kragte saamsnoer en daarmee saam ‘n treffende enkelsnit getiteld, *‘N VRIEND SOOS JY* vrystel!? Wel, dit is presies wat nou gebeur en hier is dit nou!

PUBLICITY & MARKETING
STARBURST PROMOTIONS

Alishia van Deventer
Cell: 083 635 4717

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Wesite: www.starburstmusic.co.za

Christiaan en **Mack** het by ‘n onderhoud ontmoet en hulle het dadelik baie goed oor die weg gekom. ‘n Kortruk daarna het hulle mekaar weer raakgeloop by ‘n kuier saam met gemeenskaplike vriende.

“Ek het dadelik gesê hoe lekker dit vir my was om Mack se vriendin ook te ontmoet en hoe skaars ware vriende is. Net daar het ek die inspirasie vir die liedjie gekry en sommer die lirieke in die badkamer geskyf en die liedjie vir Mack gespeel. Ons het net daar besluit om die lied saam op te neem. Dit voel of ek vir Mack al jare ken – van sy werksetiek tot sy hart vir mense – als waarna ek ook streef,” voeg **Christiaan** by.

“Ek en Christiaan het ‘n baie sterk konneksie. Ons is soos Brannas en Coke,” skerts **Mack**. *“Een van die snaakste ervarings was met die opname van die liedjie, moes ek met ‘n pennetjie op my neus sing. Vir ‘n minuut lank het ek soos ‘n Chipmunk geklink, maar dit het my baie gehelp om my ware stem uit te bring.”*

Christiaan het self die lied geskryf en die klankversorging is deur Sean Manley behartig.

*“Ons almal het daardie een mens/ vriend in jou lewe wat jou van binne en buite ken, al jou sterk- en swakpunte. Die eerste persoon wat jy bel wanneer jy in die moeilikheid is en die eerste persoon wat jy bel om goeie nuus mee te deel. Dìt, is **‘N VRIEND SOOS JY**, “* vertel **Christiaan**.

“Soms word ons vasgevang in toksiese vriendskappe, waar die een meer vat as wat hy gee. Vriendskappe waar beide partye werklik vir jou die beste gun, is skaars. Dis tyd om vals mense te laat gaan en om meer plek vir opregte mense in jou lewe te gee,” voeg **Mack** by.

Christiaan en **Mack** verseker luisteraars en aanhangers dat hierdie slegs die begin is vir hierdie twee goeie vriende en kameraadskap en dat daar nog baie in die pyplyn is.

‘N VRIEND SOOS JY is nou op alle digitale platforms hier beskikbaar. Laai dit hier af: https://distrokid.com/hyperfollow/christiaanbaartman/n-vriend-soos-jy-feat-mack-rapapali



SOSIALE MEDIA SKAKELS:

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Instagram:@christiaanbaartman

YouTube:https://www.youtube.com/user/ChristiaanRock/featured?view_as=subscriber

MACK RAPAPALI

Instagram: https://www.instagram.com/mackrapapali/?hl=en

Twitter: https://twitter.com/MackRapapali

RED FLAG ON THE FIRST DATE

When you are dating someone new, it can take a while for certain deal breakers — like an inability to help with chores or bad financial habits — to become apparent.
But some red flags can show up as soon as you meet someone. You just need to know what to look out for.

To help make sure you notice them sooner rather than later, INSIDER talked with Rori Sassoon, founder of Platinum Poire matchmaking service, to find out which red flags you can spot on a first date.
Issues with traffic or public transportation are inevitable for most people, so tardiness isn't always a red flag.

But if your date is more than a few minutes late — and doesn't seem to care that you've been waiting for a lengthy period of time — consider that a first strike.

"I am a little bit of a stickler for time," Sassoon told INSIDER. "I don't mean five minutes, but if someone is running 15 minutes late I definitely expect a call or a text. If someone doesn't do that, it's a red flag in the sense that there's a lack of respect for the other person's time."

"When you're on a first date with someone, and the conversation turns to sex really quickly, stay away," Sassoon told INSIDER.

There are obvious exceptions to this, like if you are there specifically to hook up and have communicated that with your date ahead of time.

But if your date immediately begins making lewd sexual remarks or getting more touchy-feely than you'd like during a casual outing, that's a sign they may not be respectful of your boundaries — both now and in the future.

To deal with this, let your date know you aren't comfortable discussing sex quite yet. If they don't back off, you are well Your date may try to convince you that they deserve to be invited back to your place because they bought you a drink or spent some time with you.

"If they're insisting on inviting you to their place, or pushing to go over to yours, that's a bad sign," Sassoon told INSIDER. "They don't need to know where you live right now."

They get too personal too fast.
bad first date.There's nothing wrong with opening up to someone new, but it shouldn't all come out at once.

"When people start telling you stuff that is really personal really quickly, it displays a kind of neediness and clinginess that shows they're just going to use you as a vehicle for unloading for the relationship," Sassoon told INSIDER. "It's all about them, they don't ask a question, they don't really care, they just want to vomit about their whole entire life."

Basically, if a first date feels like a therapy session — one in which you have unwittingly become the therapist — get out ASAP.



When you go on a date, it's possible that politics, religion, and other taboo topics may come up. But if a healthy debate turns into a one-sided screaming match, it's probably safe to cut your losses with this particular person.

"It's OK to agree to disagree on some things," Sassoon told INSIDER. "But not everyone gets that, and if they make it clear on a first date, get out."

One red flag may show up before a first date even happens — an ability (or lack thereof) to actually commit to a day and time to meet.

This is especially vital to think about when it comes to online dating, which often makes it necessary to message back and forth with a match to figure out if you even want to go on a date with them. This is fine unless you come across a person who is content to exchange tons of text messages without ever actually committing to a date.

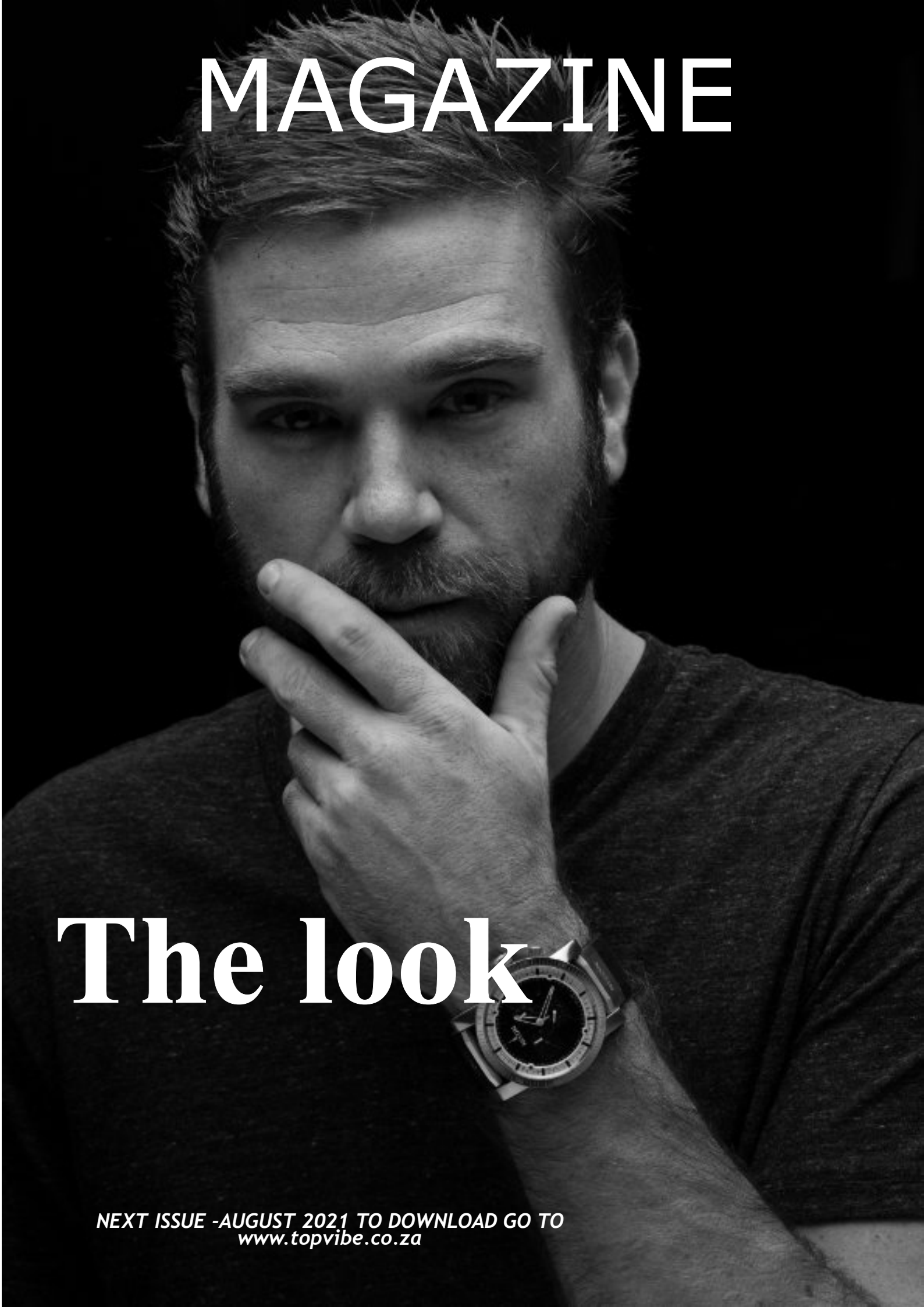
"If you want to meet someone, you'll give them a few times that work [for you]," Sassoon told INSIDER. "If they can't give you a clear answer in response, it's clear you aren't a priority."

So, if you've been messaging someone for a while without planning a date, ask them straight-up if they'd like to grab coffee. If they waffle, don't keep hassling them. They'll let you know when (and if) they actually want to meet up.

If that doesn't happen, move on to someone else.

One RED FLAG may show up before a first date even

MAGAZINE



The look

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