Top Vibe

ONLINE

Magazine

JULY 2024
ISSUE 182



Getting frustrated?

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Top Vibe

Magazine

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1.

TOP VIBE MAGAZINE AMBASSADORS:

Welcome to our lovely ambassadors they will bring you something new every month

2.

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3.

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



REGULARS

1. COVER PAGE: 01

Our cover page is all about winter

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassodors for 2024 is Amanda, Lizlé and Lettie

4. ADVERTS: 08

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5. MOREDOU PHOTO'S: 12

See the photo's of our charity event Moredou.



Redakteurs Nota

Liewe lesers,

Ons besoek aan Moredou ouetehuis was so lekker, dit is lekker om te weet dat die inwoners al van 10uur af aantafel kom sit hulle geniet ons kuiertjie so baie.

Dit gee mens 'n warm gevoel om glimlagte te sien gesigte wat ophelder en dit vir geselskap, 'n heerlike warm sop en brood.
Ja daar is altyd 'n verrassing 'n geskenk pakkie sien fotos op bl 18 - 21.

Dankie aan Media House se wonderlike Ambassadeurs en ons borge daar is nie woorde om vir julle te bedank nie.

Ons volgende projek is ons vrouedag. Kom aan dames kry vir jou en manlief 'n kaarjie en kom kuier saam dit gaan pret wees. Kontak my vir kaartjies

Ek groet tot volgende maand

Liefde

Charms

Our Ambassadors.



Lelizé Kriel

Liewe leser,

My broerskinders is besig om oulike groot seuntjies te word, maar ongelukkig sonder 'n pappa na afloop van 'n karongeluk. So is daar baie seuntjies en dogtertjies en tannies en ooms wat sonder hul hero Vadersdag moet vier. Vir jul steek ek 'n kers aan, en bid hard dat hierdie einas vir jul ligter word, maar nie weggaan nie, want ons wil nie vergeet wie ons in ons harte styf vashou nie.

Vandag wil ek ook dankie sê aan elkeen wat gehelp het om die Moredou aftree oord se funksie en uitreik moontlik te maak. Ons ouer mense het nog so baie liefde om te gee, en hul staaltjies en stories hou ons aan die gang. Reik meer na hul uit, al gaan gee jy net bietjie van jou tyd om met hul te gesels, maak dit 'n ongelooflike verskil.

Ons volgende opkomende dinge is ons 'n vrouedag funksie met 'n verandering..... Skallywag is n dame wat maar mag sing 'n kaartjies vir pure plesier gaan jou R200 elk kos, en die manne is ook welkom. Hierdie is dag van heerlik jou hare laat sak en net te ontspan. Kom geniet dit asb saam met ons.

Daar is ook voorblaaie waarop jy Kan verskyn. Stuur jou foto volgens die Tema in saam jou inskryf geld en wees ons Oktober voorbladnooi.

Mag een en elkeen warm wees in hierdie winter en gesond bly.

Ek wil jou nooi na my Facebook blad so sal jy op hoogte bly van wat ons aanpak.
Facebook skakel
https://www.facebook.com/lelize.kriel.75?Mibextid=ZbWKwL

Kom gesels saam op my blad.

Totsiens tot volgende maand

Lelizé



Lettie Botha

Mental health includes our emotional, psychological, and social well - being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others. Mental health can affect your thinking, mood and behavior.

How can you take care of mental health?

1. Get regular exercise , just 30 minutes of walking every day.
2. Eat healthy
3. Make sleep a priority
4. Try a relaxing activity
5. Set goals and priorities
6. Practice gratitude
7. Focus on positivity
8. Stay connected

There are a few things you can do.

The 3 types of mental health?

Mood disorders (such as depression or bipolar disorder) , anxiety disorders and personality disorders.

A couple of tips to boost your mental health:

1.Track gratitude and achievement with a journal

2. Start your day with a nice cup of coffee

3. Set up a getaway (way not go for it)

4. You should just be relaxed for a good night's sleep

5. Experiment with a new recipe, write a poem, paint or try something new.

Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide, and poor quality of life.

Let us try being there for one another. If you see any changes talk to that person so that they can get help, don't hesitate to reach out.

Hope that this will help someone out there.

Your Ambassador

Lettie Botha.

Word die Nuwe gesig van Glamour Talk Magazine'24



Our Ambassador

Liewe lesers,

Ons besoek aan Moredou ouetehuis was ‘n groot sukses, ek en my sus was verantwoordelik vir die maak van die sop danksy borge vir die vleis en die groente was ons werk maklik.
My sus het haar eie besigheid en kosmaak is haar ding…

Ek was verantwoordelik vir die fotos neem of die dag, jinne was dit nou lekker om ‘n verskil te maak in iemand anders se lewe.

Ons volgende projek is ons vrouedag. Kom aan dames kry vir jou en manlief ‘n kaarjie en kom kuier saam dit gaan pret wees. Kontak my vir kaartjies.

Kom aan Vaaldriehoek kom help ons om ‘n verskil te maak!!

Ek groet tot volgende maand

Liefde

Amanda



Amanda Oosthuizen

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Did you know how alcohol and anger affects the body

How alcohol affects the body:

Can cause hearing loss

Thins bones, depletes muscles

Shrinks the brain within 30 seconds

Causes diarrhea and heartburn

Trows off heart rhythm

Slows your reflexes

Weakens immune system

Lower body temperature

Creates more stomach acid

Disrupts sleep

Cancause diabetes, damage pancreas.

Changes hormonal balance



What anger does to your body:

Anger waekens your liver.

Grief weakens your lungs.

Worry weakens your stomach.

Fear weakens your kidneys.

Stress weakens your heart and brain



Vyf vingers

DIE VYF VINGER TOETS

1. Die Duim: Dit is die vinger naaste aan jouself. Bid dus eerste vir die persone naaste aan jou. Hulle is die wat jy die maklikste kan onthou. Dit is my en jou plig om vir hulle te bid.

2. Die Wys vinger: Bid vir hulle wat onderrig, bevele gee en genees. Onderwysers, Dokters, Predikante word ook hierby ingesluit. Hulle het wysheid en ondersteuning nodig om ander in die regte rigting te stuur.

3. Die Middel vinger: Dit is die langste vinger. Dit herinner ons aan ons leiers. Bid dus hier vir die President en regering, die Besigheidsleiers en Plaaslike owerhede. Hierdie mense vorm die nasie en lei deur publieke opinie. Hulle het God se leiding nodig.

4. Die Ring vinger: Hierdie is ons swakste vinger van die hand. Dit moet ons herinner aan ons huwelike en gesinne en hulle wat swak en siek is. Ons kan nooit genoeg bid vir hulle nie.

5. Die Pinkie: Laastens kom die kleinste vinger. Dit is ook hoe ek myself in verhouding met God en andere moet plaas. Die Bybel sê "Die minste sal die grootste tye onder julle wees." Jou pinkie moet jou herinner om vir jouself te bid. Wanneer jy eers vir die ander vier groepe gebid het, sal jou eie behoeftes in perspektief geplaas wees en daarom sal jy dan meer effektief vir jouself kan bid.

Skrywer onbekend



Car Care

Check every month:

Oil level
Add oil if low, and check for leaks.

Hoses
Replace if bulging, rotten or brittle.

Belts
Repace if worn, frayed or glazed.

Tire Pressure
Add air if too low.

Coolant or antifreeze
Add if low, and check for leaks

Air filter
Replace if dirty

Inspect Tires
For damage, bulges or uneven wear.



Check every 3 months:

Oil and oil filter
Change every 3,000 km or as recommended by manufacturer.

Windshield washer fluid
Ad fluid if low

Transmission fluid.
Add fluid if low.

Battery Terminals & cables
Clean if corroded.

Lights.
Ensure all lights and turn signals work.

Every 6 months

Wiper blades
Horn
Brakes
Spare tire
Exhaust system
Shocks

Getting frustrated?

"When you become frustrated with older people because of what they cannot do, think of how frustrated they must feel because they can no longer do it."

It's easy to feel a surge of frustration when an older loved one struggles with tasks that once seemed simple for them.

Watching them grapple with technology, forgetful moments, or physical limitations can test our patience. However, in these moments, it's essential to remember that our frustration is but a shadow of what they must be experiencing internally.

In the grand tapestry of life, the roles we play often shift. Today, we may be the ones offering support; tomorrow, we might find ourselves in need of it.

By approaching our older loved ones with empathy, we honor their journey and enrich our own, creating a legacy of compassion that transcends generations. ❤️🌞

~Tips that can change your life,



Keep a newborn Baby warm in winter

Welcoming a newborn into your family is an exciting and joyous event, but it also comes with a host of new challenges, especially if your little one arrives during the chilly winter months. Keeping your newborn warm and cozy is crucial for their health and comfort. Here are a few tips for new parents to ensure their baby stays snug and safe during the cold season.

1. **Layer Smartly and Use the Right Fabrics:**

   Dress your newborn in layers using breathable, natural fabrics like cotton and wool to trap heat and regulate temperature effectively.

2. **Maintain a Comfortable Room Temperature:**

   Keep the baby's room at a comfortable temperature between 20-22°C and use tools like a room thermometer and baby sleeping bags to ensure a consistent and safe sleeping environment.

3. **Stay Mindful of Overheating and Baby's Cues:**

   While keeping your baby warm is essential, be cautious of overheating and pay attention to your baby's cues to adjust their clothing and environment as needed for their comfort and safety.

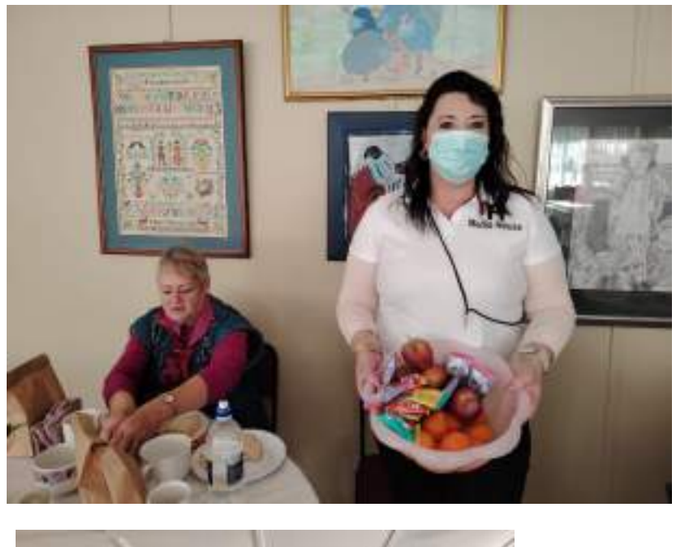
Keeping your newborn warm during the winter is like trying to find the perfect balance in a game of "Goldilocks and the Three Bears"—not too hot, not too cold, but just right. With these tips, you'll have your baby snug as a bug in a rug, and you'll be the superhero of winter warmth! Stay warm and cuddle on!

By: Celesté Bam



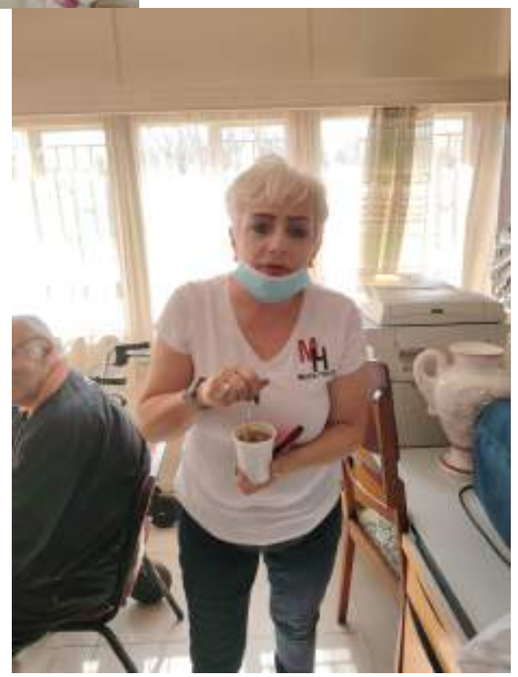
Media House bederf Moredou

MEDIA HOUSE bederf Moredou bejaardes op Saterdag 8st Junie `24met heerlike warm sop en brood. Baie dankie aan Media House se Ambassadeurs wat diedag moonitlike gemaak het asook ons borge..















Media House bederf Moredou

















MAGAZINE

MEDIA HOUSE



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