Top Vibe Magazine

ONLINE
Issue 145 June 2021



"Sandri's Showroom"

HAPPY FATHER'S DAY

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SAARKIE

RIVER BLUES

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Top Vibe Magazine

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admin@topvibe.co.za
to share your opinion, ideas and comments.

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

1.

TOP VIBE MAGAZINE AMBASSADORS

Messages from our lovely Ambassadors, they will bring you something new every month.

2.

TURN'N TENDER CELEBRATE 44 YEARS

Treat yourself to the delicious food at Turn 'n Tender Vaal Mall.
The BEST steaks in town.

3.

SANDRI'S SHOWROOM

Visit Sandri's Showroom for the most beautiful handbags, Babydolls etc.



REGULARS

1. EDITOR 03

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

2. HEALTH ISSUES 07

Alzheimer's - South Africa facing the challenge of dementia.

3. LIVING SPACE 10

Stay warm this winter by making your home cosy for the winter.

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River blue is the latest CD on offer by Saartie



Editor's Desk

Our fathers day Issue is here.
We all know that a mother is the person that keeps the family together but the father also have a very important role to play.

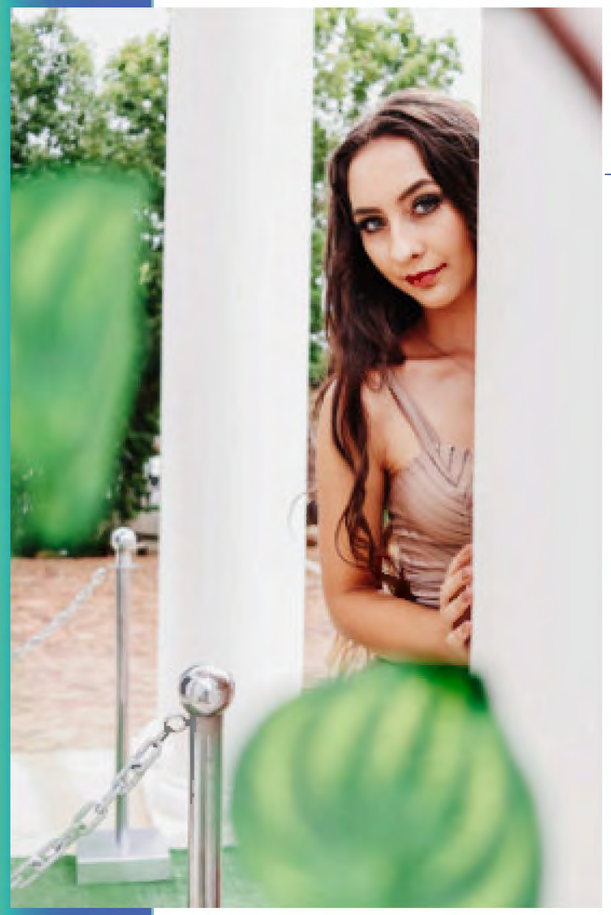
There is so many great fathers out there that one can see they clearly love their family and will do anything to keep them safe.

I would like to wish all fathers and fathers to be a very happy fathers day. Hope that you will be spoiled on this special day.

May God keep you and your family safe from all the dangers out there.

Happy fathers day!

Top Vibe Ambassadors



VALMARIE VOLSCHENK

Our dream team! Ambassadors with big hearts and passion for people.

Health and wellness

Since Father's Day falls in June, it makes sense that June also is Men's Health Month. June also serves as the national month for many other health issues.

Alzheimer's and brain awareness.
You have the power to educate yourself about Alzheimer's and dementia

Whether you are caring for someone who has the disease, have a friend or family member about whom you're concerned. Or against Alzheimer's education is a critically important "weapon"

Too often people dismiss the importance of Alzheimer's education. 'It's not going to change the diagnosis.

I'm better off not knowing what's ahead , I can't handle it, How hard can caregiving be?"

Inform yourself and help to make this world a better place.

Read the rest of this article on page 12.

Met die wintermaande wat ons nou betree deel ek graag die resep van my gunsteling ete met julle:

MELKKOS

2 Liter Melk

310 ml koekmeel

3 ml sout

45ml botter

Kaneelsuiker, om mee voor te sit.

Verhit die melk in 'n groot kastrol tot net onder kookpunt. Terwyl die melk warm word, meng die meel en sout saam in 'n bak en vryf die botter daarby in met jou vingerpunte (jy kan dit ook in 'n voedselverwerker doen).
Sprinkel die meelmengsel bo op die kookende melk en roer dit met 'n houtlepel tot goed gemeng.

Prut oor lae hitte vir ongeveer 10 minute terwyl jy roer, tot verdik en gaar.
Die mengsel moenie 'n gladde sous wees nie. As daar egter te groot klonte vorm, gebruik 'n draadklitser om dit op te breek.

Sprinkel 'n lepel kaneelsuiker onder in elke bakkie, skep die kookende melkos bo-op en sprinkel nog kaneelsuiker bo-op.
Lewer 6-8 porsies



CHANTELIZE VAN DEN BERG



Turn 'n Tender

Celebrating 44 years

SPECIAL EDITON

Turn 'n Tender finally reached the tender age of 44.

We'll provide the space for you to celebrate in your own style. Whether it's a private party, year-end function, birthday celebration or anniversary. Make sure to book your table and make it legendary.

The service is excilent and the food is out of this world. For the best steak in town you need to experience it for yourself.

If you haven't visited Turn 'n Tender yet, you need to.

Sunday's were made for burgers, end your week with a treat for your tastebuds.

You will love us...

HAPPY BIRTHDAY TURN 'N TENDER

Glamour Talk Magazine would like to wish you the best birthday ever, may your business grow from strenth to strenth. May your business be blessed. Thank you for excilent service and the best steaks in town.





The BEST steaks is served at Turn 'n Tender - WAGYU BEEF



Glamour Talk Mag visited Turn 'nTender to celebrte their 44th birthday.

We were fortunate enough to have been able to celebrate Turn N Tenders birthday with them.

The special that was served was so increadibly delicious that one can not even begin to describe just how amazing the food is and the service is top notch.



Sandri Gouws - CEO of Sandri's Showroom
Photographer: Albertus Kriel

"Sandri's Showroom"

MEET SANDRI GOUWS

Sandri Gouws the CEO of Sandri's Showroom

Sandri Gouws a remarkable woman, she is "Sandri's Showroom"

Sandri's Showroom is located at 19 Van Bruggen St, Sasolburg.

We stock beautiful unique clothing, shoes, and accessories at affordable prices.

The winter stock has arrived it is comfortable and unique.

Sandri's Showroom works on an appointment basis for viewing and fitting on all clothing, shoes and accessories.

The Babydolls is Sandri's pride and joy.

She wears her clothing, shoes and accessories.

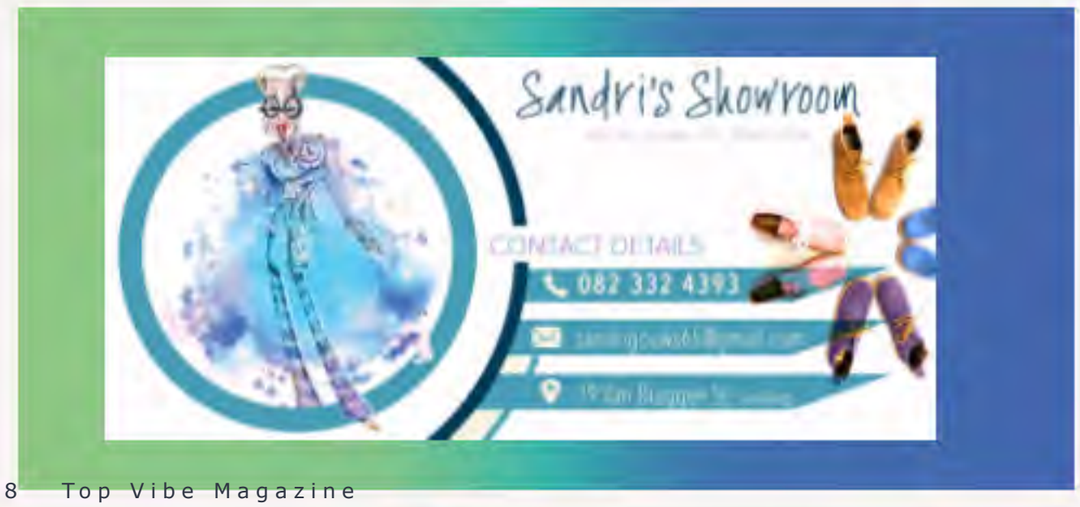
The NEW handbag range has arrived and this is totally unique.

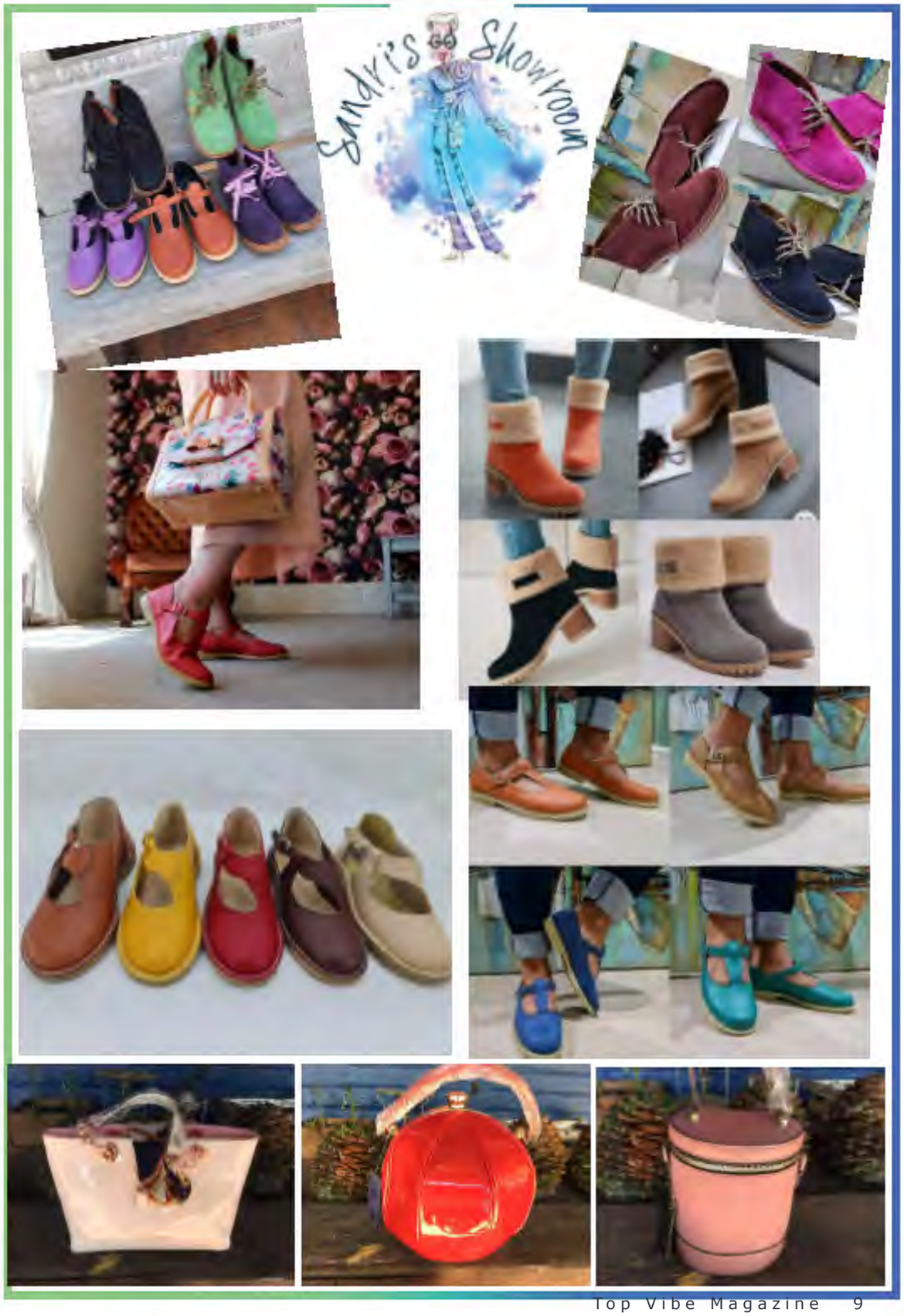
You simply have to own one of the handbags, you will make a statement when you walk in a room with one of these beauty's on your side.

Sandri's Showroom have gift vouchers for a special person in your life,
If you not sure what to buy.
With a catalogue available you can take your time in the comfort of your own home to shop for fashion needs.

The beautiful Sandri is a very unique lady, she is quiet but with a heart of gold.

Her Showroom is beautiful and you feel welcome.





"Advertising your business"



1 Macowen Street, Vanderbijlpark















alzheimer's
South Africa
facing the challenge of dementia

HEALTH ISSUES

SPECIAL EDITON

Equiping yourself with information about dementia will dramatically improve your quality of life as a caregiver and that of the person with the disease.
Alzheimer's disease is the most common cause of dementia . Dementia is a collective name for conditions in which progressive degeneration of the brain affects memory, thinking, behaviosly routine tasks personality and mood changes.

Dementia is not a normal part of ageing. It knows no social, economic, ethmic or geographical boundaries.

Although individuals are unable to care for themselves and need help with all aspects of daily life. There is currently no cure.
For more information or to request a copy of our newsletter, booklets or poster, please send e-mail info@alzheimers.org.za

Walk 4 km for CANSA





Drinking healthy drinks in the winter.

Drinking healthy drinks in the winter will keep the doctor away. Strawberries is an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.

Strawberries are very rich in anti-oxidants and plant compounds, which may have benefits for heart health and bloodsugar control.

Blueberries contain a plant compound called anthocyanin. This gives blue-berries both their blue color and many of their health benefits.

Blueberries can help heart health, bone strenght, skin health, blood pressure, diabetes management, cancer prevention, and mental health.

Stay healthy by eating and drinking healthy.

Fresh cut Strawberries & Frozen Blueberries.



SPICY COFFEE:

1 Tea spoon coffee
Pinch of ginger
Pinch of cinnamon
Add boiled water with milk

FOR ALL ORDERS:
Contact Michelle 074 958 6402

Strawberries R85.00 per KG
Frozen Blueberries R95.00 per KG

All orders need to be placed:

Monday to Thursday before 17h00.

COLLECTION IN SANDTON AREA - ONLY ON REQUEST

Collection in Meyerton:
Saturday's only from 08h00-11h00 for All confirmed orders.

CASH ONLY - PAY ON COLLECTION

"Winter time is Movie time at Ster-Kinecor - Vaal Mall."



Attention all Men



BoerRUMoer

New rage of products for men buy Online





ARMOUR FOR MEN

Armour for men - will soon be available New rage of products for men buy Online

"Albertus Kriel Fotograaf"



Albertus Kriel
Fotograaf: Francois Basyens

Die welbekende Albertus Kriel het 10 jaar gelede besluit om fotografie te probeer.

Hierdie man lyk net so goed voor die kamera as daar agter.

Nadat hy sy videokamera tydens 'n huis inbraak verloor het, het hy vir hom 'n DSLR kamera aangeskaf en 'n fotografiekursus bygewoon.

Die res is geskiedenis hy en sy kamera is onafskeidbaar.

Albertus se foto's verskyn gereeld in die plaaslike media. Hy neem professioneel foto's by troues en verlowings en word ook as korporatiewe fotograaf ingespan.

Albertus word as een van die Vaaldriehoek se BESTE fotograwe beskou.
Hy geniet dit die meeste om monochroom (wit en swart) foto's te neem.

Hy sê dat hy deur sy fotografie mense wil bewus maak om alles rondom hulle regtig waar te neem en te waardeer.

Ek was in die bevoorregte posisie om my lyf model te hou voor sy kamera lens.

Gelukkig is Albertus 'n baie gemaklike persoon en laat jou op jou gemak voel, 'n foto sessie saam met hom was soos*"a walk in the park"*.

Ek het elke oomblik geniet en ek is gek oor my foto's.

Hou gerus hierdie stil beskeie man dop want sy passie as fotograaf is bitter groot.

Hier is 'n paar van Albertus se foto's wat in die Vaalweekblad verskein het.

"Albertus word as een van die Beste fotograwe beskou"









Albertus Kriel van Vereeniging het die treffende foto geneem. Albertus neem professioneel foto's en belangstellendes kan hom kontak by 083 469 3942.

SAARKIE

RIVER BLUES

Die gewilde en talentvolle rock-groep, SAARKIE, se nuwe treffer, RIVER BLUE, is pas bekendgestel en volg in die suksesvolle voetspore van hulle vorige vrystellings Suidwes- Afrika, Vir Altyd en Langpad, wat vir weke op die trefferparades gepronk het.

Mjon van Blommestein, lid van die groep, het hierdie liedjie geskryf oor die Oranje Rivier, wat 'n dubbel - betekenis het oor roei, maar ook die lewe. Die meisies het in Desember 2018 na 'n maandlange toer in die Kaap, die Oranje Rivier gaan roei op die grens van Namibia. Die liedjie gaan oor die hindernisse wat in die lewe oor jou pad kom en jy weet nooit regtig waarheen jy oppad is nie, maar jy het 'n idee en 'n visie waarheen jy moet gaan.
Jy vertrou dit is mooi aan die ander kant of dat jou moeite en harde werk die sout sal werd wees, vertel Mjon.

Ons het die 5-dag opsie gekies en langs die rivier geslaap vir 4 nagte.
Dit was ongelooflik warm en elke oggend omtrent 05h00 begin met ontbyt en 06h00 was ons op die water.
Ons het in totaal 50km geroei. Ons het aande om die kampvuur gesit en gesels en gesing. Dit was 'n belewenis.
Die eerste 2 dae het ons baie wind van vooraf gekry en ons het gesukkel om te roei.

RIVER BLUES is beskikbaar op alle digitale platforms.

STARBURST PROMOTIONS

PUBLICITY & MARKETING
STARBURST PROMOTIONS

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Jessica Dylan - Jersick
Sel: 083 399 6869
E- mail: gizela101@gmail.com
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THE MEANING OF BEING A FATHER

HAPPY FATHER'S DAY

Wishing all Father's and Father's to be a wonderful Father's Day. Our Father God we ask you to bless our Father's give them comfort and strength today, tomorrow and every other day Amen.

There is a difference between being a dad and a father. A dad is someone that is there for his children. A dad watches and actively Participates in their lives. A dad helps them grow up, raises them, nurture them, attends dance recitals and rugby games and is present.

A father on the other hand is someone who believes that by donating his sperm for your creation, he has done his duty in life… He realizes his job is to make his children productive citizens, and to do that, he can't alays be his child's friend.

Then there is the father that denise that the child is his. When every thing go's the way the father want's is to go then the child is his when something go's wrong its not his child. They just don't care about there children.

A dad will put his family first in everthing, and a father thinks if he provides for his family he did everything



THE MEANING OF BEING A FATHER

Every child needs a Father, Boy's look up to there Father and they dream to one day be like there Father.

Nothing impacts a child like the love of a Dad. Use your influence on your children well

Always be there for your children in good or bad day's.

Welcoming an new baby into your home and becoming a first-time dad can be a scary experience.

It's okey if you don'y know what to do. Mommy will guide you.

Here is a few guid lines:

- Dad get hands on from the beginning.
- Learn your baby's cues
- Connect through touch.
- Talk to your baby as often as you can.
- Have some one on one time.
- Share bottle duties.
- If you not working take a night shift and look after the baby.

Just a few tips for you.

Dad just love your child, be there every step of the way.



MAGAZINE



The look

July Issue:
Health Issues / Movies / Music just to mention a few