Top Vibe

Magazine

ONLINE

March Issue 143

2021



Win R500 Meal voucher from Turn 'n Tender Vaal Mall

National Spinach Day Page 4

www.topvibe.co.za

TFM 102.2 RADIO

I'M ON YOUR PHONE



Editors Note

They say all good things come to an end. That is very true. I personaly experianced it with the program which I have used for the past 21 years designing the magazine in.

The program crashed a few times over the years and in the beging of February again. So I had it with the stress and everything that comes with it.

I got a new program and to my surprise I have learned it in no time. You will see that there is a lot of changes in this issue.

Sometimes you find yourself in a comfort zone and are afraid to try something new. My advice would be go for it, make changes if you need to.

We have exciting news WIN a cake this Easter. simply follow the rules to satand a chance to win - see competition on page 5

Then we have the "Love Selfies" competition where you can win a R500 meal voucher from Turn 'n Tender - see page 6.

We have a whole lot of exciting things for you in the months to come. Make sure you do not miss out on any of the things we do.

It's good bye till next month, take care and stay safe. Keep on using hand sanitiser and wear your mask.

Remember to follow us on Facebook

Love
Charms

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Contact us on
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Hunger is a problem We can end

Top Vibe Magazine

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NATIONAL POTATO CHIP DAY

National Potato Chip Day on March 14th celebrates America's #1 snack food. Millions will enjoy their favorite chip this holiday. It's a good thing there are so many to choose from, too!

Saratoga Chips

On August 24, 1853, an unhappy restaurant customer kept sending his potatoes back to the kitchen, complaining they were thick and soggy. Chef George Crum decided to slice the potatoes as thin as possible, frying them until crisp and added extra salt. To the chef's surprise, the customer loved them. The crispy potatoes soon became a regular item on the restaurant's menu under the name of "Saratoga Chips."

Other explanations point for the existence of the potato chip point to recipes in Shilling Cookery for the People by Alexis Soyer (1845) or Mary Randolph's The Virginia House-Wife (1824). While many references between these dates sliced potatoes and fried them in grease, uncertainty remains whether the potatoes were fried to a crisp.

However, by the late 1870s, menus across the country used the term "Saratoga Chips" on train cars, hotel restaurants, and street carts. The name carried into grocers when bakeries made the chips in larger batches. They shipped them by wagon to the restaurants and grocers by the barrel. The grocers sold them to private families by the pound. Folks were instructed to bake the chips in a hot oven for a few minutes, and the chips would be as crisp as if fried that same day.



National Spinach Day

Remember this?

"I'm Popeye the Sailor Man

I'm Popeye the Sailor Man

I'm strong to the finich

'Cause I eats me spinach…"

We're quoting the world's best-loved animated sailor since it's National Spinach Day on March 26! Not only does spinach provide iron, it's also an excellent source of vitamin K, vitamin A, and vitamin C — not to mention manganese and magnesium. Join us as we cook up some delicious ways to enjoy.

We will keep you posted with interesting facts about what is going on in and around the World

Eat your spinach.





OH YEAH

IT'S COMPETITION TIME

"Love Selfies"

WIN R500 Meal Voucher from Turn 'n Tender STEAKHOUSE Vaal Mall



Take a "Selfie" infront of Turn 'n Tender entrance at Vaal Mall with the name Turn 'n Tender in the background.

Post your "Selfie" in our comment section with your name and surname.

ENTRIES CLOSE 31 MARCH 2021

Glamour Talk Magazine









Valmarie Ambassador



Happy Birthday

Valmarie, may all your

dreams come true...

May you be blessed!

With love from all the

Ambassadors.





6 March 2021





Chantelize Ambasadeur



Dinge om te doen wanneer jy bekommerd is:

Deel jou bekommernis met 'n vriendin, en bid saam daaroor.

Maak 'n lyste van tien dinge waarvoor jy dankbaar kan wees.

Maak die keuse om God vandag te vertrou.

Leef een dag op 'n slag - dank God vir die voorsiening vir vandag.

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Noodle project

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