Top Vibe Magazine

ONLINE
Issue 144 May 2021



Vaal Pageant 2021/2022

Gift ideas for MoM Mother's Day 9 May

HEALTH ISSUES

RAY DYLAN

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Top Vibe

Magazine

COMMENTS:
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MEDIA HOUSE - TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE

1.

Top Vibe Magazine Ambassadors

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

2.

Living Space

How to bring something new into you home. Our décor ideas will make a diffirence this winter. Make your home comfortable and cosy this winter.

3.

The Vaal Pageant 2021/2022

It's almost time for the Vaal Pageant 2021/2022 entries are open. Enter today…



REGULARS

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

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Find a few gift ideas for Mom on Mother's Day Mother's Day - 9 May 2021

t76FO



Editor's Desk

Our Mother's day Issue is close to my heart.. We all know that a mother is the person that keeps the family together.

Been a mother of three boys, I know the love that I have for them.
My children is my everything. There is no love stronger than the love of a mother.

I would like to wish all mothers and mothers to be a very blessed mothers day. Hope that you will be spoiled not only on mothers day but everyday.
May God keep you safe,bless you and give you the strength to carry on.
Happy mothers day!

Top Vibe Ambassadors

Meet the beautiful Top Vibe Magazine Ambassadors



CHANTELIZE VAN DEN BERG

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

"Life doesn't come with a manual it comes with a mother"

Daar is min mense in die lewe wat die waarde van opregte liefde verstaan, opregte liefde is die liefde wat deur die woorde omgee, bekommernis, dadeens. Beskryf kan word.

'n Ma is seker die grootste geskenk wat God aan ons gegee het, ek sien dit as die persoon wat Hy geweet het jou beste vriendin moet wees vir 'n leeftyd! Daai vriendin moet daar wees vandat jou eerste woorde gepraat word, tot en met jou eerste paar km's wat jy ry met jou kar.

Die persoon wat seker maak jy het die perfekte troudag en jou altyd sal bystaan as jou ondersteuningsnetwerk maak nie saak hoe moeilik die lewe raak nie.

Met Moedersdag die maand is daar soveel om voor dankbaar te wees, dis 'n dag wat jy kan gebruik om na elke klein daad van jou ma te kyk en haar karakter te ontleed in die fynste besonderhede. So besef mens wat, 'n ma werklik is. Dis die waardevolste besitting wat daar is.

- Waardeer haar
- Luister na haar
- Vertrou haar

Haar liefde is onvoorwaardelik!

My mother kept a garden

My Mother kept a garden, a garden of the heart. She planted all the good things, that gave my life it's start. She turned me to the sun-shine and encouraged me to dream. Fostering and nurturing, the seeds of self-esteem.

And when the winds and rain came, she protected me enough. But not to much because she knew I'd need to stand up strong and tough.

Her constant good example always taught me right from worng.
Makes for my pathway that will last, a lifetime long.

I'm my Mother's garden. I am her legacy and I hope today she feels the love reflected back from me.

Mom I love you with all my heart, every day must be a mother's day. I know that you are going to have the best mother's day….



VALMARIE VOLSCHENK



Major mental illnesses such as schizophrenia or boipolae discoder rarely appear “out of the blue” . Most often family, friends, teachers or individuals themselves begin to recognize small changes or a feeling that “ something is not quite right” about theirthinking, feelings or behavior before a illness appears in its full-blown form.

Learning about developing symtoms, or early warning signs, and taking action can help. Early intervention can help reduce the severity of an illness altogether.

Signs and symptoms

If several of the following are occurring, it may useful to follow up with a mental health professional.

- Sleep or appetite changes - Dramatic sleep and appetite changes or decline in personal care.
- Mood changes - Rapid or dramatic shifts in emotional or depressed feelings .
- Withdrawal - Recent social withdrawel and loss of interest in activities previously enjoyed.
- Drop in functioning - An unusual drop in functioning, at school, work or social activities, such as quitting sports, failing in school or difficulty performing familiar tasks.
- Problems thinking - Problems with concentration, memory or logical thoughts and speech that are hard to explain.
- Increased sensitivity - Heightened sensitivity to sights, sounds,smells or touch.

WARNING SIGNS:

Warning signs of Mental Illness
1. Sleep or appetite changes
2. Mood changes
3. Withdrawal
Seek medical help from your Doctor.

Avoidance of over - stimulating situations.

- Apathy - Loss of initiative or desire to participate in any activity.
- Feeling disconnected - A vague feeling of being disconnected from oneself or one’s surroundings, a sense of unreality.
- Illogical thinking - Unusual or exaggerated beliefs about personal powers to understand meanings or influences events, illogical or “magical” thinkingtypical of childhood in in a adult.
- Nervousness - Fear or suspi-ciousness of others or a strong nervous feeling.
- Unusual behavior - Odds, un-characteristic, peculiar behavior.

One or two of these symptoms alone can’t predict a mental illness but may indicate a need for further evaluation, If a person is experiencing several at one time and the symtoms are causing serious problems in the ability to study, work or relate to others, he/ she should be seen by a physician or mental health professional. People with suicidal thoughts or intent,or thoughts of harming others, need immediate attention.

“What are some types of mental illness?.”

What are some type of mental disorders?
. Anxiety disorder, including panic disorder, obsessive - compulsive disorder and phobias.
Eating disorder
Personality discorder
Post- traumatic stress disorder
Psychotic disorder, including schizophrenia.

HEALTH ISSUES

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.



"Advertising your business"



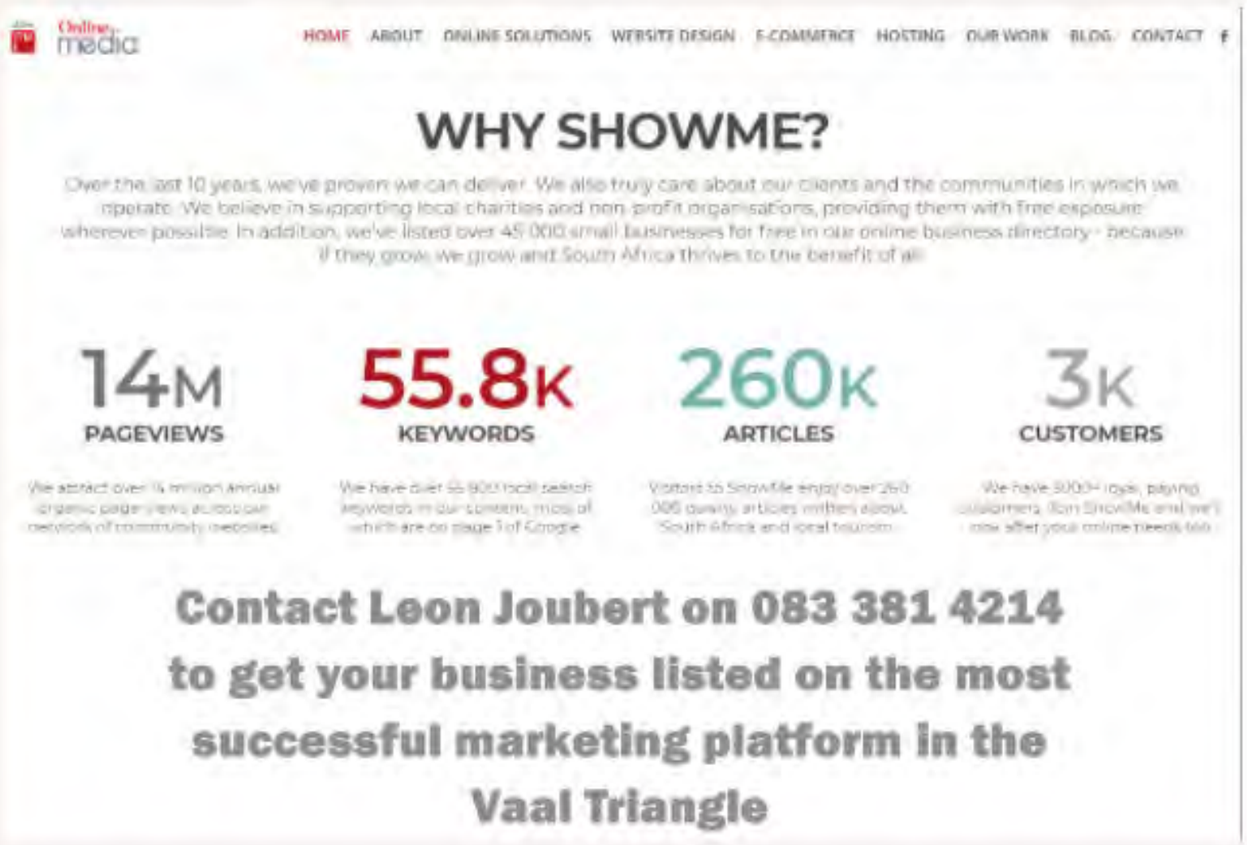
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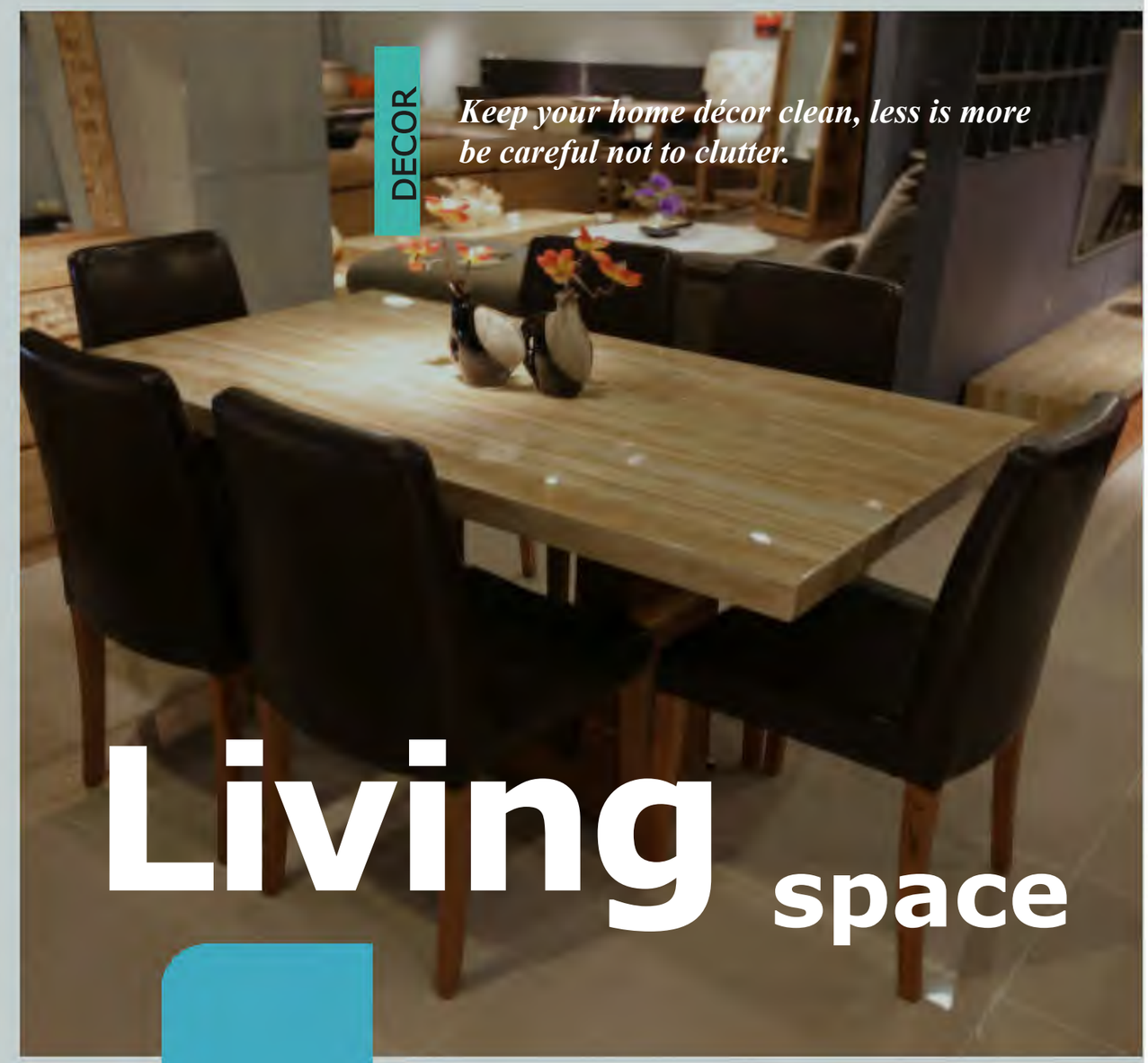
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DECOR

Keep your home décor clean, less is more be careful not to clutter.

Living space

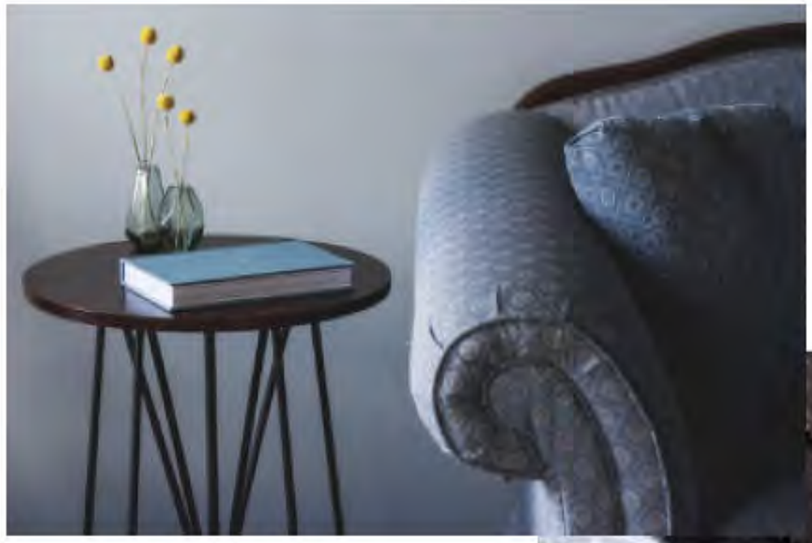
SPECIAL EDITON

There are a few things more inviting than a beatiful diningroom. Get creative in your home. Warm colors will bring a warm feeling to the room. Buy some shatter cushions with diffirent textures and colour. When your home feel cosy you will feel warm.
Invest in a portable fireplace.

Create tabletop centerpieces with some winter plants. Place a few rugs, surround yourself in softness. If the house is dark during winter time, bring in more light not too bright.

HOME DECOR

When you planning your home décor, keep in mind that the season will change. As the seasons change - try to change small things in your home. With the winter approtching use warm colors it will give your home a warm feeling





MAKE YOUR HOME COSY

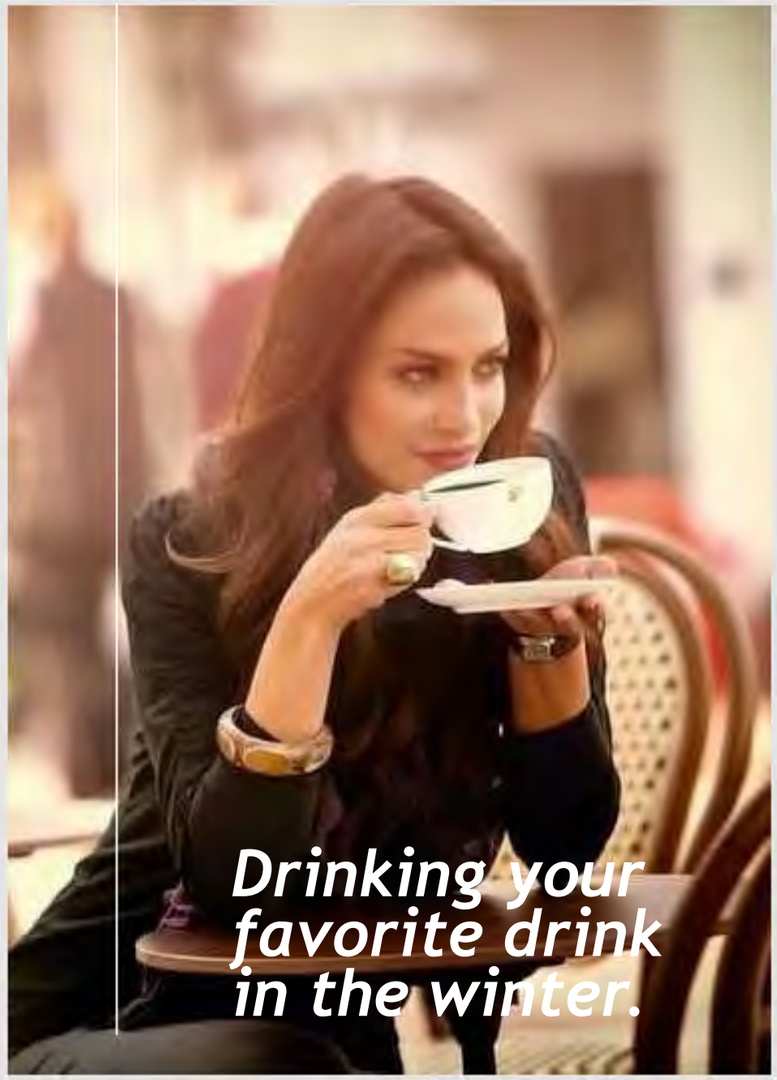
There is a wide range of colors to use in your home - always try to mix and match that way you will not spend a lot of money on décor for your house.



There is a few things you need to remeber especially during winter. Choose a sunny spot for a cosy look decorated with wooden and furry textures and plenty of comfy pillows.

Sit back, relax and take it all in..

Make your house a comfortable home, where your family and friends will feel welcome.





SPICY COFFEE:

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

“Winter warmers Stay warm this winter.”

Most people do not like to go out during the winter, they prefer to stay home. It’s improtent to go out during the winter, visit your favorite coffe shop or a friend. If you stay home you can become moody.

This winter there is a few healthy warm drinks that you can have daily. Fresh ginger tea. Warming, spicy ginger tea has a long history of use for stomach ache and nausea. ...
Fruit tea. If you fancy something fruity, flavour some fruit tea is a good low-calorie option.
Fresh mint tea with no milk
Hot chocolate.
Coffee.
Hot lemon drink.
Green tea.
Chai tea.

Which is the best alcoholic drink in winter?
Mulled wine. It wouldn't be winter without a steaming mug of mulled wine, complete with a glug of sloe gin for a sweet twist.
Winter whisky sour.
Peppermint hot chocolate.
Cinnamon buttered rum.
Mulled pear & cranberry punch.
Mudslide.
Winter Pimm's punch.
Irish coffee.



Erika Labuschagne CEO of The Vaal Pageant.
Mrs South Africa Globe 2019 and Queen of Africa 2020.

The Vaal Pageant is not only a pageant but a “Change Maker” and strive to make a positive impact in the Vaal.
As former Mrs South Africa Globe 2019, and Queen of Africa 2020 Erika Labuschagne definitely brought her a game when taking ownnership of the Vaal’s most prestigious pageant and become the new CEO of the Vaal Pageant in 2019.

Erika is a qualified beautican, educator and makeup artist.
She has also featured in TV Series Getroud met Rugby and Binnelanders and is a co-host of a Woman Talk Show “Die ABC van Vrouwees” on IFM 102.2

Erika asked Carolyn Baldwin Botha, CEO of Africa Pageants to be a mentor for the pageant as Carolyn does roughly 14 pageants a year without fail, and also has a license for about 52 Iinernational Pageants.

In 2020 Africa Pageants become an official sponsor of the Vaal Pageant.



The current Mr Vaal 2020/2021- Werner Volschenk.



The current Miss Vaal 2020/2021 - Franzé Janse van Rensburg.

Vaal Pageant

The Vaal Pageant produce creative and quality events that offer both the enjoyment of competition and personal growth for our participants providing them the ideal platform to establish themselve as a change maker, influencer, and public figure.

We operate with the highest level of integrity and professionalism. Our annual Vaal Pageant is judged by professional, qualified judges with the necessary skill sets to ensure a fair competition.

Entry form to The Vaal Pageant 2021/2022
www.vaalpageant.co.za
The Vaal Pageant 5 & 6 November 2021.

Enter the Mr, Miss & Mrs Vaal pageant today!
We will be selecting 10 Males and 10 Femails in each category as finalists.

Entry Fees

This Entry is Free - Entries close 30 June 2021.
If you qualify for the Top 25 there will be an entry fee of R200 (Top 25 will be announced on 5 July 2021. If you qualify for the Top 10 there will be an entry fee of R200 & 10 tickets for the gala event. (Top 10 will be abbounced on 3 Septemeber 2021)

Categories:
Mr & Miss Petite Vaal 7-9 years
Mr & Miss Pre Teen Vaal 11-13 years
Mr & Miss Teen Vaal 14-17 years
Mr & Miss Vaal 18-25 years
Mrs Vaal 26-39 years
Mrs Vaal Curve 26-39 years

1. PRESTIGIOUS PAGEANT

The Vaal Pageant is one of the most prestigious pageants in the Vaal Triangle since 2006.





The current Mrs Vaal 2020/2021 Thando Morabe









Gift Ideas For MoM







Mother's are the soul of every home.
What is a house without a MoM?
She is the glue that keeps the family together.
Spoil your mother this Mother's Day.
Wishing all mother's a wonderfull mother's day. Be blessed, be loved….

Happy Mother's Day



RAY DYLAN

BY JOU VOETE LÊ, IS ONE OF THOSE SONGS THAT IS SURE TO GET THE DANCE FLOOR BUZZING!

Fans who have been waiting for a new Ray Dylan dance hit for years can definitely look forward to the release of his latest single, *BY JOU VOETE Lê,* which once again shows why he is considered the crown prince and guitar king of Afrikaans "sokkie music.

This upbeat pop song, which he co-wrote with Piet Farrell during lockdown, was inspired by a friend's experience abroad and is about South Africans who work abroad and miss home.

"I felt that it was time to show my fans that after fourteen years I am still staying true to my original sound and style", "explains the forty-two-year old star. It is important to understand your fans and that their expectations are. I am sure that they will not be disappointed by my latest release. BY JOU VOETE Lê *is one of those songs that is going to be an instant hit on the dance floor".*

This exciting new song is complemented by an equally impressive music video, which was filmed in Parys nd produced by Vonk's Wian van der Walt. It tells the story of a couple who has been together for a long time and the man has flash backs of the good times they have shared together.

"We alternate between performance shots and flashbacks of the couple having fun together," shares Wian. *"I enjoyed filming the boat and motorcycle scenes the most".*

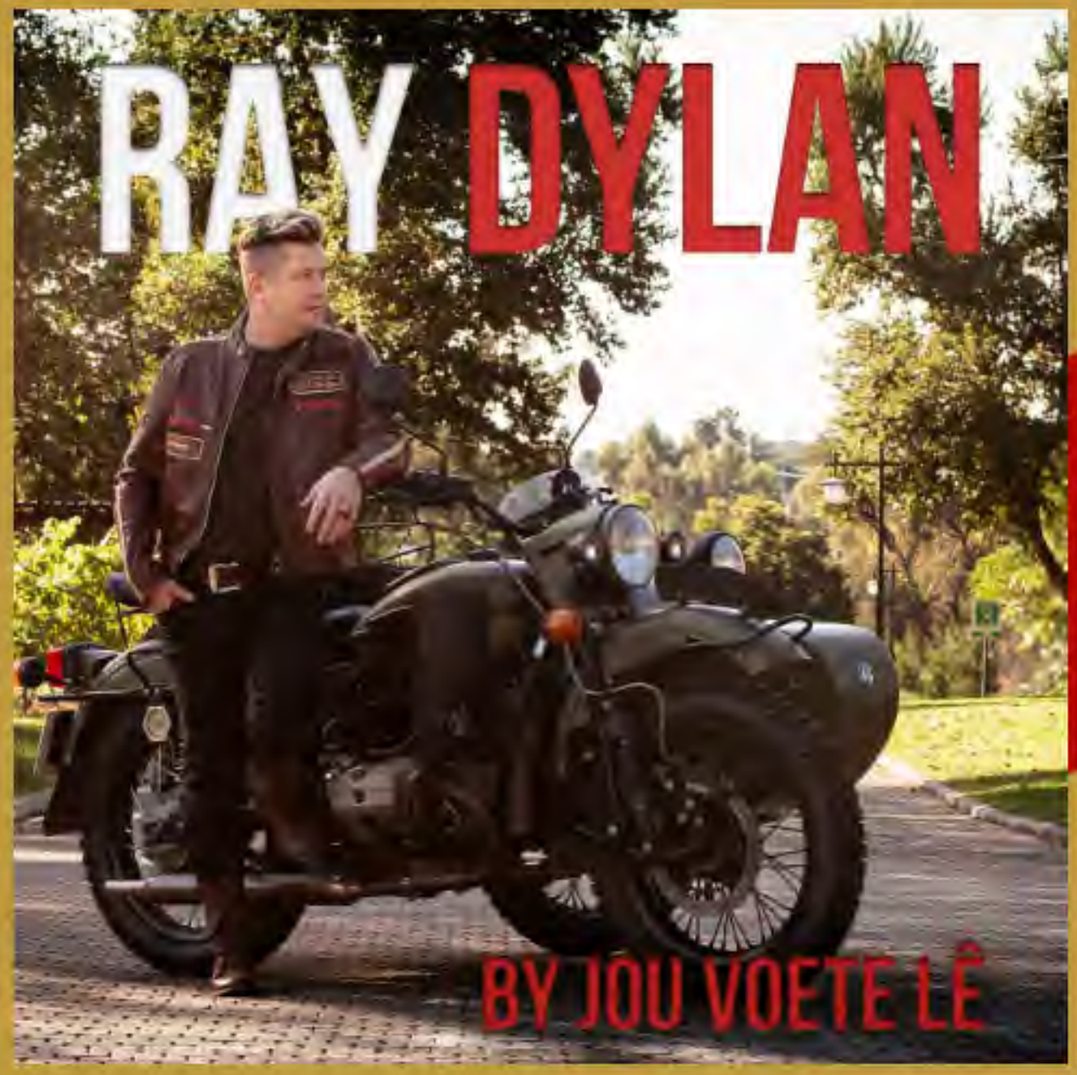


Photo credit: Tarien Laubscher

STARBURST PROMOTIONS

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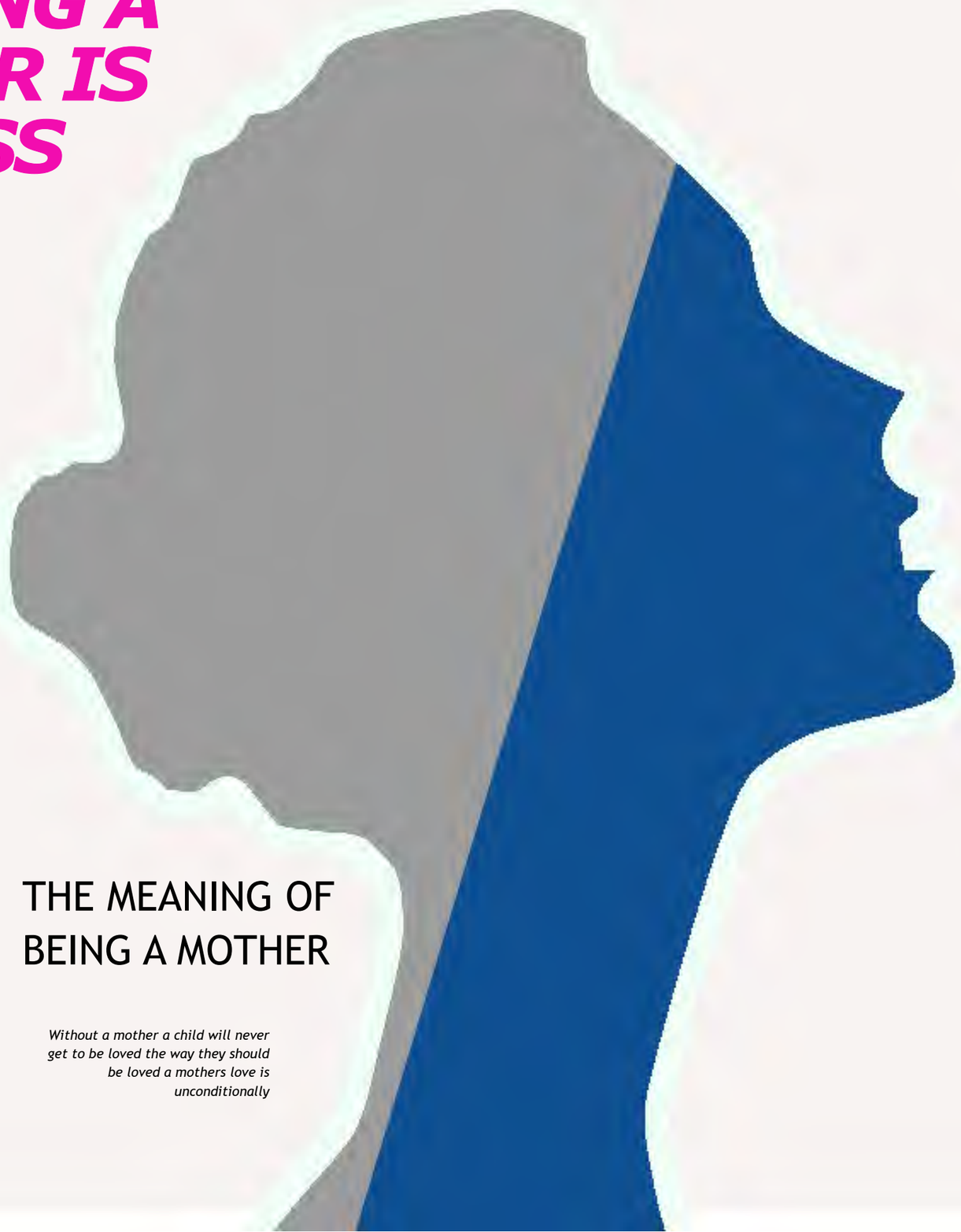
THE MEANING OF BEING A MOTHER IS ENDLESS

The meaning of being a mother is virtually endless. A mother is a protector, disciplinarian and friend.

A mother is a selfless, loving human who must sacrifice many of their wants and needs for the wants and needs of their children. ... Being a mother is perhaps the hardest, most rewarding job a woman will ever experience.

Being a mother means being relied upon to know how to do things you may not know how to do, how to make things you may never have heard of, how to fix things without the right tools and how to soothe the darkest fears imaginable within your child without any light to guide you at all.

A mother's love for her children Is the only true love……



THE MEANING OF BEING A MOTHER

Without a mother a child will never get to be loved the way they should be loved a mothers love is unconditionally

HAPPY MOTHER'S DAY

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



The bond between you and your child is unconditional. The endless hugs, kisses, and loving gestures from your child remind you every day of the love that you share from even before he/she were born. ... Being a mom changes your life completely and yet you love

What Are The Qualities Of A Good Mother?

1. Be A Good Role Model. You are the first person your child ever knows.
2. Set Boundaries and Rules. Children need boundaries to thrive.
3 – Be Respectful. Respect is two sided. ...
4 – Be Supportive and Loving. It can be tough growing up.
5 – Be Patient. Learning to be patient.

For me motherhood is seeing the profound value in learning about who your children are, and then encouraging and teaching them to be the best versions of themselves.

It is the greatest hope that this acceptance and unconditional love will empower and streanthen your children as well as foster Self - confidence and kindness.





MAGAZINE

The look

June Issue: Winter fashion / Stay warm this winter