Top Vibe

ONLINE

NOVEMBER ISSUE 139

2020

Magazine

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From the Editor's desk...

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WE CELEBRATE 13 YEARS IN BUSINESS

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Top Vibe Magazine celebrate 13 years in the media industry. This is a very difficult industry, where you work very hard to build up a magazine. Sometimes it is also full of challenges especially with technology, it can make life so much easier but it can also be very cruel at times.

I have encountered difficulties so many times with this technology and usually it will always give you problems at the worst possible time for me this always occurred during my deadline. Luckily I have always been fortunate enough to have amazing people on my side that is always willing to help and together we find a solution.

Difficult times or not, we are still celebrating our 13 years and it is such an amazing feeling.

Top Vibe Magazine will like to take this time to thank all of our loyal clients, readers and supporters, without you.
Top Vibe Magazine would not be here today so THANK YOU very much we really do appreciate your loyalty.

Everything is only possible by the Grace of our God. Without Him nothing is possible.

Thank you to the Dad's and their little girls who entered our Facebook competition see page 3.

Please follow us on Facebook there is more competitions to come.

Take care be safe, till next month.



Charms Xox

Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
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Dad's little girl

Just have a look at our dad's and their little girl. "Picture perfect". Not sure what happend to our Dad's they must have been busy and could not enter. But not to worry we will do this again.

Thank you to the Dad's for entering this competition. We will have more competitions to come. Congratulations to our WINNERS Dad Wian and his princess Marzè Visser.

They visited Wimpy and shared a picture on Facebook please go like them on Facebook.

Daddy's Little Girl



Wian and Marzè Visser



Paul and Zanè Britz

Daddy's Little Girl



Anton and Chantè- Lee Botha



Fabian and Caitie Rock

Daddy's Little Girl

Three divers doctors take hands to serve the community



Dr. Marius Bester

Dr. Marius Bester is the Owner and Director of Drs Mabude & Bester inc.
He started his private practice in Vanderbijlpark 2003 after he obtained his MBChB from Pretoria University in 2000. His passion for emergency medicine led him to Co-own and serve as the Clinical Director of Emfuleni Mediclinic and Lenmed Randfontein Hospital emergency rooms. He has a love for sport and fitness and represented the Golden Lions U19 and U21 level. This motivated him to complete his master's degree (Msc.) and graduated Cum Laude in 2016 from Pretoria University. He has also been invited to do his Ph.D.(doctoral) in Emergency medicine at Pretoria University, researching sudden cardiac death in athletes.

Dr. Bester's research thesis was accepted and was presented at 2018 FIMS World Sports Medicine Congress in Rio, Brazil. Dr. Bester is World Rugby and SA Rugby certified to serve as match day doctor. He has served in this position in numerous SA Rugby affiliated youth weeks as well as Chief Match Day Doctor for the Springboks during South Africa vs. England 2018 series. He also on occasion serves as Team Doctor for the Golden Lions Currie Cup Super 15 and U21 teams. He has a keen interest in sport related concussions and is looking forward to broadening his knowledge in this area. Besides sports medicine, he is also a very competent General practitioner with a busy practice in Vanderbijlpark treating various conditions and diseases. He also practices aesthetic medicine including botulinum toxin and dermal fillers. He uses regenerative medicine to treat so of his sport patients with Platelet Rich Plasma.

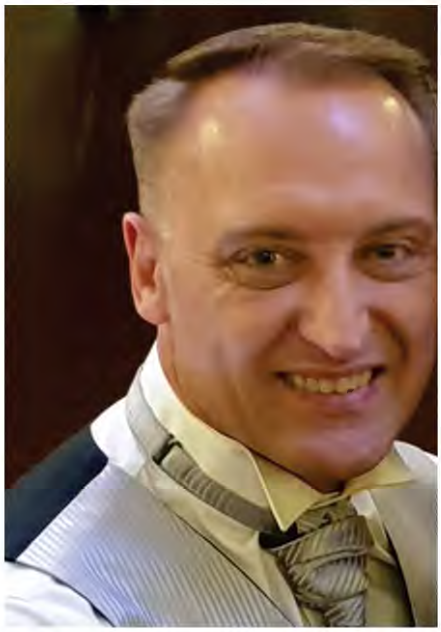
Dr. Quinten Fourie recently joined Dr. Bester's practice. His medical career started with Bsc Chemistry and Physiology and B.Cur (nursing) at Pretoria University, which he was the top student and obtained various awards. He was selected for medicine graduated with his MBBCh degree at Wits University in 2005.

General Practice made him realize that there are many fields he enjoys. He also developed an interest in Aesthetic including advanced botulinum toxin treatments, dermal fillers, threading, sclerotherapy, regenerative medicine with PRP, and sexual rejuvenation with P-and V shot.

Dr. Fourie also has a special interest in musculoskeletal injuries including as sport and have been involved in multiple(ante- aging) as a holistic approach to his patients. He is also involved in medical media being involved in multiple magazines writing informative articles. Currently, he is the Health Expert for BLOSS and BLOSS Africa magazines. Dr, Fourie obtained multiple certificates in Travel (Yellow Fever licensed), Dispensing (DOH), Aesthetic, Integrative medicine, Genetics and Paediatric Nutrition (Boston,)



Dr. Quinten Fourie



Dr. Danny Dennewill has joined Dr. Marius Bester in 2019.
He obtained a Bsc. Human physiology from the University of Pretoria in 1997, after which he studied dentistry and obtained his BChD at Pretoria University in 2002.

He spend 15 years in the Netherlands as a general dentist. Twelve of these years he had his own private practice. He returned to South Africa to continue his dentistry career in the Vaal Triangle as General Dental Surgeon.

He has special interests in Aesthetic dentistry including botulinum toxin, facial, and lip dermal fillers.
He also offers endodontology (diseases and injuries of the soft tissue inside a tooth), as well as prosthodontics like crowns and bridges.

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5 Ways to Keep Little Hands Clean



Because small children are natural, effective, and indiscriminate germ-spreaders, keeping them healthy requires diligence. The single most important disease-prevention strategy is hand washing. Not fingertip washing, but whole-hand washing, back and front.
Germs and viruses like all the hiding places on our hands — between fingers, under nails, and around cuticles. Model frequent, thorough hand washing.

The following suggestions will help you teach your child to take an active role in preventing the spread of germs.

Read the book Germs Make Me Sick to help reinforce the importance of hand washing. Or, share this instructional printable on hand washing, which reviews the five steps involved in cleaning hands.

Make sure hand washing supplies are easily accessible: clean towels; liquid soap, somewhat diluted for easy sudsing and rinsing; and non allergenic hand lotion, to keep skin moisturized so it's less likely to crack and harbor germs.

Make tissues readily available for runny noses and sneezing. Encourage your child to use his upper arm to catch coughs, rather than his hands, and to wash his hands after using tissues.
Wash toys together periodically. Place plastic and wooden toys in the kitchen sink or bathtub and have a good time cleaning them off.

5 Easy steps to keep your hands clean....



97 143 Teenage mothers gave birth last year, Stats South Africa



Durban - Shocking statistics have revealed that more than 3 000 girl children aged between 10 and 14 became mothers in South Africa last year.

The Recorded Live Births report, which is commissioned by Statistics South Africa, showed that a total of 3 261 girl children aged between 10 and 14 were registered as mothers in South Africa last year. Of the 3 261, 1 959 registered the births late, which meant the babies were born earlier, but alerted government of their births last year.

The report also showed that there were more than 100 000 teenagers who gave birth last year.

The report showed that 119 645 young women aged between 15 - 19, registered births in 2017. Of the 119 645 births, more than 97 000 births were from 2017, while 22 000 were registered late - which meant the children were not born on the year of their registration with government.

"The high proportion of births registered later than the year of occurrence were observed for age groups 10–14 years and 50–54 years is also observed in the unspecified or age category outside 10–54 years."

"For this age group (50-54) about 72% of the births were registered later than the year of occurrence. It is possible that those registering these births might not be the biological parents of the children and hence the late registrations," the report stated.



Girls this is shocking, please think before you jump in bed with somebody.
When a boy say he love you, and you say NO to sex and he no longer want to see you. It's not love.

Please don't have sex while in school. Think about what it will do to your live if you should fall pregnant while in school.
You don't want to be part of the stats....

There will be more than enough time to have sex when you are older and mature. Trust me it's not worth it.
Give yourself the chance to have the best in live before you even think about having sex.

Talk to an adult that you can trust.

Here's advice on how to help your pregnant teen:
Keep your anger in check. It's natural for you to feel angry and disappointed. ...
Support them. Offer your daughter emotional, physical and financial support. ...
Consider all the options. Remind your daughter she has options. ...
Help them stay in school. ...
Get some help.

What should a parent to?

Here are 5 ways you can support your daughter through her teen pregnancy:

Love.
Support. ...
Validate. ...
Empathize. Empathy is the ability to feel or relate to what another person is feeling. ...
Listen. Telling you that she is pregnant is one of the most difficult things your daughter will do. ...

How are parents affected by teenage pregnancy?

In addition to its other effects, teen parenting is likely to hinder a child's social and emotional well being. When a baby is born to a teenage mother, he is likely to have more difficulty acquiring cognitive and language skills as well as social and emotional skills like self-control and self-confidence.



DREAM HOLIDAY

IT ALL STARTS WITH A DREAM



Life can be incredibly demanding. We all deserve a break now and again to recharge our batteries, spend quality time with our loved ones and enjoy the fruits of our hard work.

Holiday facility that assurance and security, which ensures that you always have the opportunity to take a well-deserved break when you need it the most.
Make sure to hand-picked you holiday accommodation across exclusive resorts in South Africa.

Many will never go on their dream holiday. They'll daydream, saying 'One day', but then they'll put it off for a time that may never come. Today, we're saying no to that sentiment and yes to putting our money where our mouth is.

Perhaps you want to explore your own backyard or venture further abroad to soak in exotic destinations. The world is packed with stunning vistas, charming towns, and fascinating cultures just waiting to be discovered and enjoyed.

So, where do you get started? From booking accommodation to sorting out your passport or visa, planning that dream holiday can be somewhat overwhelming – not to mention that thought that often creeps in when you're about to fall asleep at night: Have I forgotten something?
That's why we've created the ultimate step-by-step travel guide for planning your dream holiday end-to-end. Take a look at the topics below to get started!

We've got you covered:

Choose your destination
Do your research
Check your passport & visa requirements
Protect your holiday
Book flights & accommodation
Visit your doctor
Pack & secure your bags
Plan how you'll get around
Make your travel budget fly further

1. Choose your dream destination Ask your friends and family

When planning your vacation, the first step is to decide where you'd like to go and what you'd like to do. Are you looking to head overseas, or would you prefer to explore Australia? If you're unsure, asking family and friends is often a good place to start as they can provide recommendations based on their own experiences and what they think you'll enjoy. From these conversations, you may whittle down your list of potential destinations to your top five.

The most popular overseas travel destinations
If you are heading overseas, another way you can refine your list of potential destinations is to see where other Aussie travellers tend to frequent.

HONEYSUCKLE
Accommodation in Clarens

CLARENS

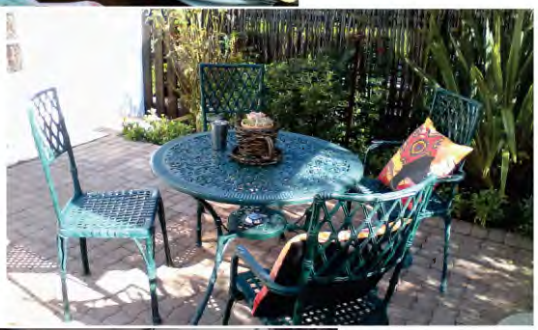
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Vacation Safety

As the warm weather approaches and thoughts turn to getting away for a few days, being safe while on summer vacation helps ensure that you and your loved ones only have good memories of your time away from home. There are many things you can do to keep yourself, your family and your valuables safe.

Use a broad spectrum sunscreen that protects against both UV-A and UV-B radiation from the sun. It should have an SPF rating of 15 or higher. Apply the sunscreen 15-30 minutes before going out in the sun and reapply it often. Always reapply the sunscreen after swimming or any physical activity.
According to the American Optometric Association you should wear sunglasses whenever you are outside in the sun. The minimum requirements for proper protection for

Summer Vacation Safety Starts Before You Leave Home
Make copies of all of your credit cards, important identification information, including your medical insurance cards, and your traveler's checks. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.
Take only a little cash with you. Bring most of your money in the form of traveler's checks or plan to use your credit cards while on vacation.
Never put your home address on your luggage tags. Write your phone number instead.
Make sure all of the doors and windows to your home are secured and locked. If your home has an alarm system, arm it when you leave for your vacation.
Never post your travel plans on social networks such as Facebook, MySpace or Twitter.
Have your mail held at the post office and your newspaper delivery put on hold or ask a family member, a trusted friend or neighbor to pick those items up for you.
Set automatic timers to turn your lights and a radio on and off.
Protect Your Valuables and Yourself
Park your car in areas that are well lit and as close to your destination as possible.
Always close all of the windows and lock the car doors.
Keep all valuables out of view by locking them in the trunk, tucking them under the seat or placing on the floor and covering them with a blanket.
Never leave your wallet, pocketbook or checkbook in the car. Always keep them with you.
If you are driving and become lost, do not stop on the side of the road to check the map. Drive to a brightly lit, public place to do so.
Never leave your car unattended with the motor running.
If you are going out sightseeing, ask at the hotel front desk if there are any areas you should avoid.
Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe.
Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.
When you check into your room, make a mental note of the locations of the stairs and fire exits.
Protection from the Sun
Whether you are traveling to a tropical beach or a snow-covered mountain, there are things you can do to keep your skin and eyes safe from the dangers of the sun.



Safe Riding:

It's important for your child to wear a helmet while biking. Choose a bike helmet with a Consumer Product Safety Commission (CPSC) safety seal on it, because they set the safety standards. You can also keep your child safe by making sure their bike is the right size. There are recommended sizes for children's bikes based on your child's age and height. It might be easiest to have your child go with you when choosing a bike.

Bee Stings and Bug Bites:

Try to avoid having contact with bugs that bite or sting. Bees and mosquitoes can be attracted to sweet-smelling things such as lotions and sugary drinks. When bees are buzzing, tell your child to remain calm and avoid swatting, so the bee does not feel threatened. The best way to avoid mosquitoes is to play away from pools of standing water and stay indoors during dawn and dusk.

Have fun



Be safe

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It's our 13th Birthday



BIG thank you to all our loyal clients, readers and Facebook followers. But most of all to our heavenly Father for all my blessings every day



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