# Top Vibe Magazine

ONLINE
Issue 150 November 2021



Advertise your Business

Matric's 2021

KATE'S KETO MEALS

Business people under the Spotlight

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**Top Vibe**

**Magazine**

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

**1.**

***TOP VIBE MAGAZINE AMBASSADORS:***

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

**2.**

***MATRIC'S 2021:***

Meet some of the Martic's of 2021 who entered on our Facebook page.

**3.**

***KATE'S KETO MEALS:***

Kate owner of Kate's Keto Meals, shared her story with us. Find out about the Kate's Keto meal.

**4.**

***HERMAN KLEINHANS:***

Herman Kleinhans sing weer die Gewilde temalied - Alles Malan.



# REGULARS

**1. EDITOR** 03

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

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*Business people under the spotlight.*

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*Anonymous.*





## Redakteurs Nota

Die jaar se uurglas is vinnig besig om leeg te loop, soms staan ek verstom om te dink dat tyd so gou verby gaan.

Nog net een uitgawe oor vir 2021.
Die matriek leerlinge is hard besig met die laaste voorbereiding vir eksamen. Die grootmens wêreld lê voor hulle.

Ons kan net bid vir hulle dat daar vir hulle werk geskep kan word. Met die werkloosheid syfers wat styg wonder mens wat van hulle gaan word.

Nietemin is dit amper vakansie tyd en vir nou kan ons maar net hoop op 'n welverdiende blaas kans.

Ons kantore sluit vanaf 6 Desember 2021 tot 10 Januarie 2022

Stuur vir ons 'n e-pos na admin-@topvibe.co.za of WhatsApp 072 768 8582.

Totsiens tot volgende maand.

**Charms**

# Top Vibe Ambassadors



CHANTELIZE VAN DEN BERG

**November's traditional birthstone is the topaz, usually a yellow to amber color. The ancient Greeks believed that topaz could make a wearer invisible. A symbol of honor and strength, topaz was also believed to bring longevity and wisdom.**

**November's birth flower is the chrysanthemum. Generally, chrysanthemums represent cheerfulness. A red one conveys "I love you." White symbolizes truth or pure love. A yellow one indicates slighted love. Learn more about the birth flower of November.**

**1st November is Election Day, go out and make a diffirence.**

**Till next month.**

*Chanelize*

# OUR DREAM TEAM!



## *Interesting Day's in November*

**1 November: Vegan Day:**

**Vegan food isn't just tofu and veggies. There are tons of alternatives for your favorite non-vegan foods, from desserts to bacon and burgers. Sample vegan fare with some tasty dishes, such as vegan chili "cheese" dip, tofu "crab" cakes, and dairy-free cheese-cake. You won't even miss the animal products in these plant-based foods.**

**1 November: Voting Day**

**It's also a day for us to vote.**

**5 November: Doughnut Day:**

**Although the origin of the doughnut is hotly debated, basic doughnuts—or rings of fried dough—first began to appear in literature in the mid-19th century. Since then, they've only gotten better. Try your doughnuts frosted, stuffed with marshmallows, or topped with bacon. Or go with the simple glazed doughnuts that have stood the test of time to celebrate the day.**

**Just a few day's in November to celebrate.**

**Till next month.**

*Valmarie*



VALMARIE VOLSCHENK

# Matric's 2021

***They have BIG dreams for the future***



Valmarie & Mevesh



Etienne Joseph



Dillan Dè Paiva




Jessie & Valmarie




## NAILS:

Full Set Tips with Acrylic Overlay – R250.00

Acrylic Overlay on Own Nails – R220.00

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Gel Overlay on Own Nails – R180.00

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EVERY GIRL DESERVES A LITTLE SPARKLE





# Charms

## "Cute" Boutique @ 072 768 8582



What is Charms "Cute" Boutique?

It's a clothing collection from newborn to the age of 8 years old for both boys and girls.

We have our own unique designs, but we want you to be part of our collection and therefore we will print any design on our collection. "cute" it's all in the name.

Funny, cute, something that would make you smile. New to our collection is something for mom, handcrafted bracelets and earrings.

We are still busy expanding our collection.

Looking forward to be of service to you.















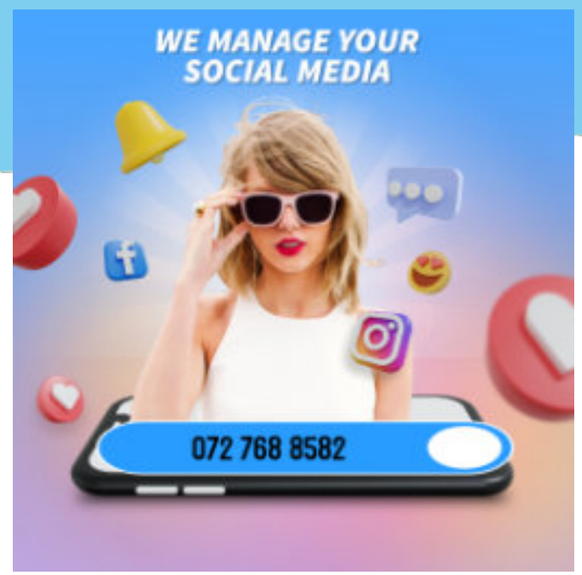



# "Advertising your business"





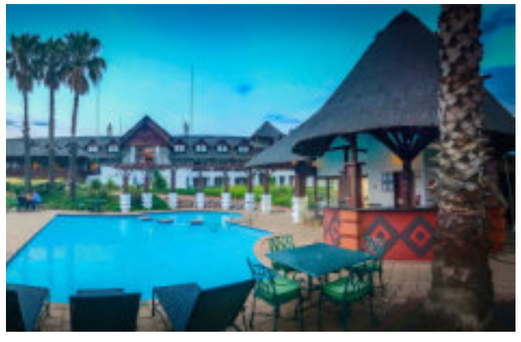





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# KATE'S KETO MEALS

**Healthier meals for a healthier you**








# Business people under the spotlight



**Tersia Venter**

I have been a driven community activist and impassioned advocate, who builds alliances with everyone, fighting for issues that affect our quality of life, and make communities stronger since 2017.
I fearlessly fight for what is right.

I have decided to stand as an independent as I am not a professional politician, I am an activist who do not have the time or patience to impress political party leaders. I am a fighter for the community, who will do the right thing for my constituents to secure a better quality of life.
A servant leader.
My community activities started in Peacehaven and Three Rivers where I was involved as Marketing manager for Proudly Three Rivers.

I then moved on to Emfuleni for Change where I saw the broader picture of what was really wrong in our area.
ELM has humiliated and

reduced councillors to call information.
Politics don't belong in a municipality.

Municipalities are the link between the community they SERVE and the government. Good communication is key.
Transparency is of the utmost importance.

As New Horizon Movement, we want to depoliticize and professionalize the municipality.

Take care!
Tersia Venter.



**Lizl Giacomozzi**

Lizl Bornman Giacomozzi - Woman distiller of the year 2021
Well done Lizl you did it, the Vaal Triangle is proud of you.

Have you tried the Comozzi Gin?
If not make sure you do you will make every event perfect with this remarkable tast.
Lizl loves what she do this is her passion.

**"Want to be in the spotlight Call: Charmaine @ 072 768 8582."**






***The Big World of Teeny-Tiny Things***

**By Lelanie van Niekerk.**

So recently I move from the Vaal and became a Benonier or like some would like to call a "Brakpanner" which is not even close, BUT I will stay a true Vallie.

Dollhouses are the ultimate pint-size pandemic hobby here in Joburg…All thanks to covid

Through the years, I have tried a few different hobbies nothing long lasting or worth writing about. Until a year ago, I had no idea this world of miniatures existed. I love it more than I imagined I Would!!!

A week or so ago I saw a hardware/hobby shop in Benoni Northmed where these magnificent sections of doll houses was displayed in the shops window, and it was love at first site…

The following day I did my research and found the perfect little kitchen for a hopper saving of two hundred rand, these tiny doll houses can become expensive and if you are interested in taking u's p this hoppy of the "Miniature World" you would need to do your research.

I only discovered the miniature world in the last year, and my curiosity was triggered by the movie Downsize but during my research and all the DIY's I come across interesting facts about the miniature world…

***Did you know:***

In the third millennium B.C ancient Egyptians was buried in tombs with tiny wooden models of their furnishings, boats, and livestock apparently was to ensure comfort in the afterlife.

Jean Fouquet in 1400s painted miniature portraits measuring 7,5 centimeters across.

This is the coolest one, in 1928 Colleen Moore, a silent-film star from the 1920s, builds an intricate miniature castle with floor-to-ceiling stained glass and flickering lights and toured around the United States to raise money for children's charities.

People often say our love of miniatures is about control, that we find pleasure in being large and able to manipulate the small. We learn it as children, with dollhouses. You are empowered to put the bed in the bedroom or put the toilet in the bedroom if you want. I think there is something to that, but in terms of our psycho-emotional relationship to tiny things.

That something can be that small is a wonder.

The world of miniatures is like anything creative. It brings you into the moment and it keeps you in the moment, where creation works its magic…

# Summer glow up




**Summer glow up: a checklist to reset & rejuvinate**
**Eat healthier.**

**Has your quarantine been feeling like an endless snack session filled with Bagel Bites and frozen pizza? ...**
**Show your skin some love. ...**
**Meditate. ...**
**Try out a new hairstyle. ...**
**Write in a journal. ...**
**Heal your hair. ...**
**Schedule regular sweat sessions. ...**
**Deep clean your space.**

**Glow ups are usually complete as early as the summer before your junior year or as late as the summer after your senior year.**
**Please note that glow up does not mean you should wear a bunch of makeup at 13, so that you suddenly look like a senior in high school.**

**Say positive affirmations every day to help build good self-esteem. A huge part of your glow up is learning to believe in your-self! Write down recurrent, negative thoughts and then write positive, logical affirmations as a counter-argument. Practice saying these positive affirmations aloud every day.**

**Simply take your new favourite bronzer, highlighter and blush and sweep across your face to create a fresh, natural look. As this summer is all about the glow, finish off your base with a few drops of the Tan-Luxe Super Gloss Serum to leave you with a radiant finish.**

**How can I glow in 1 month?**

**I dare you to complete this 30 days glow up challenge!**

**Sleep 8 hours nightly**

**Meditate for 10 minutes upon waking**

**Drink 2L minimum water per day (high pH if possible)**

**Get 20 minutes of sun daily**
**Reduce sugar intake (ideally NO sugar if possible!)**

**Read for 30 minutes a day something NOT online (newspaper articles, books, even magazines... Stay off the screen and pick up something made of paper)**

**Reduce overall screen time by 1 hour per day. (Go into your phone's app settings – you can set it to tell you how long you've spent on each app).**

**Exercise 3x week for 30-60 minutes (even something simple like a brisk walk while holding hand weights counts!)**

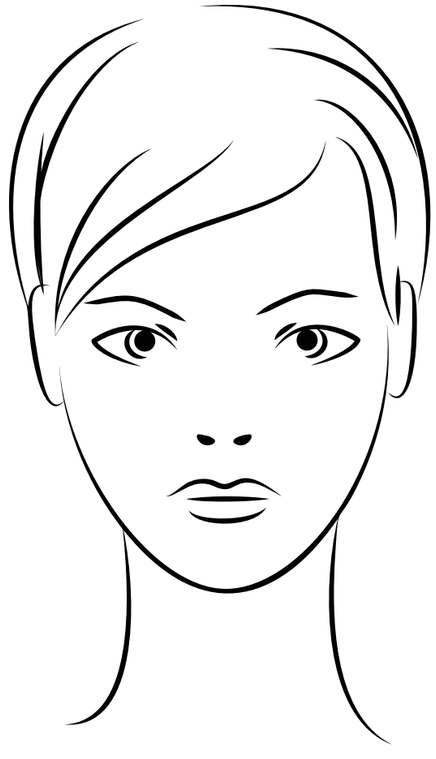
**Eat portions of fruit and vegetables daily. (especially the dark ones which are highest in nutrients and antioxidants)**

**Eat portions of fruit and vegetables daily. (especially the dark ones which are highest in nutrients and antioxidants)**

**Wash your face daily before bed. (don't sleep in your makeup!) + moisturize after cleansing.**

**Go 1 day per week without makeup (if you wear makeup a lot!)**

**Go 1 day per week without coffee (if you're a coffee person!) – switch to hot green tea.**



# DIE kykNET-REEKS, ALLES MALAN, IS TERUG EN HERMAN KLEINHANS SING WEER DIE GEWILDE TEMALIED!




**Herman Kleinhans** is ’n Ghoema-bekroonde musikant wat aanvanklik bekendheid verwerf het as Afri-Visie-wenner en vir sy betrokkenheid by die groep, TWEE.

In 2020 het hy die enkelsnitte, *Vliegtuig* en *Dankie*, vrygestel wat vandag nog gereeld oor radiostasies landswyd gespeel word.

Nou is dié veelsydige musikant terug in die kollig met die vrystelling van sy nuutste enkelsnit, ***HAAL ’N BIETJIE ASEM***, wat ook die temalied is van die gewilde kykNET-reeks, *Alles Malan*, wat einde November 2021 weer op die kassie te sien is.

Volgens Kleinhans, wat dié liedjie spesiaal vir die reeks geskryf het, is die tema universeel en spog dit met ’n lekkerluister-deuntjie wat jou dadelik intrek. *“Die lewe dikwels vol haakplekke en seer, maar dit raak makliker wanneer jy saam met jou mense staan,”* verduidelik hy. *Die Malans van ‘Alles Malan’ is ’n goeie voorbeeld hiervan. Solank daar eenheid is, kan niemand jou onderkry nie,”* sê hy.

Dit was vir hom ’n groot voorreg om deur Corné en René van Rooyen genader te word vir hierdie projek en hy beskou dit as ’n groot mylpaal in sy loopbaan om deel te wees van ’n reeks wat al soveel rekords gebreek het.

*“Net om genader te word, was reeds ’n groot veer in my hoed. Nadat ek die draaiboek gelees het, het die res vanself gebeur,”* verklap hy

Die liedjie is deur Tertius Human van Vonk Musiek by Coolerbox Brothers Studio vervaardig en is die derde enkelsnitvrystelling vanaf sy album, *Ruite Oop*, wat aanlyn beskikbaar is by: https://lnk.to/081txIZY. Dit is saam met sy eie toepassing, ShareTime, uitgereik.

*“TWEE het die Afri-Visie-kompetisie gewen. Van die staanspoor af, was ons mal oor hulle klank. Herman het ’n manier om met jou menswees te resoneer en ’n diep gegronde emosie binne jou te ontlok. Dit het ons geïnspireer en was die gevoel wat ons in ‘Alles Malan’ wou ontgin”,* sê vervaardiger René van Rooyen oor hulle keuse om hom te nader oor die temalied.

Volgens René, kan kykers uitsien na nog meer beproewinge vir die Malan-familie in die volgende seisoen van dié gewilde program. *“Nico en Lee-Anne gaan ’n baba hê, terwyl Frik sukkel met Malan Vervoer en Tessa se werk floreer. Brenda probeer die besigheidswêreld betree, terwyl Elani in haar liefde tussen Johan en ’n nuwe man moet kies. Freek raak smoorverlief op die skool se gewildste meisie, maar moet haar eers uit die kloue van ’n gevaarlike matriekseun red,”* deel sy. *“So ons ondersoek die veranderende manlike rol in baie moderne Afrikaanse gesinne.”*

***HAAL ’N BIETJIE ASEM*** word ook gekomplementeer deur ’n musiekvideo wat wys hoe verskillende gesinne en enkellopendes in hulle sitkamers saamkom om *Alles Malan* te kyk en Herman loop onopsigtelik deur elkeen se sitkamer.

*“Die idee was om verskillende sitkamers te wys waar ‘Alles Malan’ gekyk word, maar sonder mure om die idee te gee dat mense dié reeks in hulle binnekamers toelaat, net soos wat die kykers in die Malans se wêreld en verhoudings toegelaat word wanneer hulle die storie kyk,”* verduidelik vervaardiger Megan Gannon. *“Ons het*

**Kyk die video hier:** https://youtu.be/2RWcJQm_ifk

**Laai die lied hier af:** https://lnk.to/081txIZY

**SOSIALE MEDIA SKAKELS**
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# 7 scary things that can happen when you wear heels too much



Wearing high heels can take a serious toll on your feet.
Though heels often aren't the most comfortable footwear option you have available to you, there are plenty of times when no other style will do.
Knowing some of the potential effects you're risking when you wear high heels, especially over longer periods of time, and how to potentially ward off some of those effects can help you take of yourself and your feet.

High heels aren't often considered to be the most comfortable shoes in your closet, but sometimes you need or want to wear them. You're likely intimately familiar with the pain and blisters that can (and often do) come along with wearing high heels, but you might not realize that your shoe choice can have a real effect on you beyond just the temporary pain associated with squeezing your feet into the shoes.

If you're going to wear high heels, you need to know not only what sorts of things your choice of shoes might be causing, but also how to help address those issues.

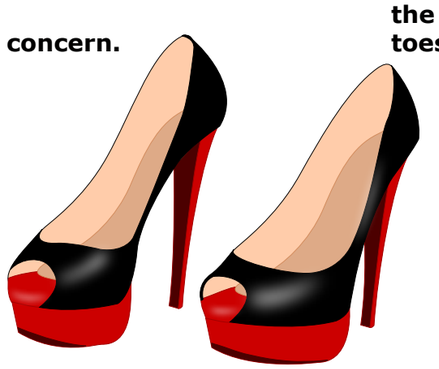
1. You could injure an ankle or end up with stress fractures.
Even if you only have your shoes on for a minute or two, you could potentially hurt yourself.

"[Y]ou could've just put on the shoe and headed out, literally take one step and step on a pebble, and then turn your foot inward and then either strain or break the ligament structures around what we call the lateral side of the ankle — so the outer part of the ankle — and it's called a lateral ankle sprain," Dr. Yolanda Ragland, a podiatrist and the founder of Fix Your Feet, told INSIDER.

You don't have to spend a long time in your heels in order to feel the effects. Though this type of injury probably isn't the very worst thing in the world, it's undoubtedly painful and healing takes time (and sometimes some effort). An injury like this one is a potential for anyone who wears high heels for even a minute or two, but can be especially risky for people who wear heels only seldomly.
"[I]f you aren't use to wearing heels most people are at a greater risk of an injury like an ankle sprain because the stabilizing muscles of the feet, ankles, and lower leg that protect us aren't strong enough to balance our body in very different gait," Matt Ferguson, the co-founder and president of Progressive Health Innovations Inc., told INSIDER.

Practicing walking in heels — and learning how to do it — might not sound as silly know as it may have before.

2. Arthritis is a real concern.



Ragland said that the joints in your knees or further down into your foot can become arthritic if you wear heels too much because the way that you're compensating while standing or walking can cause the cartilage in these joints to wear down. That's something that you might not consider all that often when determining what sort of shoes to wear or how often to wear high heels, but it's something to keep in mind.

3. You could make existing foot problems worse.
If you already have things like hammer toes, ingrown toenails, corns, bunions, and more, you might notice that wearing high heels can make those things worse.

"[W]earing shoes and having hammer toes at the same time will increase your chances of having corns on top of those hammer toes because again, the joint is bending, it's rubbing up against the shoe, the skin wants to protect itself, actually, it has two options: it can either protect itself and form a callus, which is the lesser of the two evils, or it can break down and ulcerate, so the wiser thing that your body does is form the calluses and that's where the corns come from hammer toes," Ragland explained.

# MAGAZINE



# The look

***NEXT ISSUE - DECEMBER 2021 TO***

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