Top Vibe Magazine

ONLINE
Issue 149 October 2021



STAAN REG
Fransien Scott

FINALISTS
MISS VAAL
MR VAAL 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.

VAAL PAGEANT FINALISTS:

We are proud to announce the Finalists of the Vaal Pageant 2021.

3.

KATE'S KETO MEALS:

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

4.

STAAN REG - FRANSIEN SCOTT:

Lees gerus meer oor Fransien Scott en haar nuwe enkel snit.



REGULARS

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

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Editor's Desk

We are proud to bring you the Vaal Pageant finalists 2021.
We would like to wish all the finalists the very best. The winners will be announced on 5 & 6 November 2021 at the Emerald Resort & Casino
Follow the pageant on their Social media pages.
With the summer finally here, we can now have laid back day's around the pool.

The feedback on our business people under the spotlight was overwhelming. Find out who will be next.

Please take care follow us on our Facebook page.

Till next month

Charms

Top Vibe Ambassadors



CHANTELIZE VAN DEN BERG



As we are only 4 weeks away from crowning the new Jnr Miss SA, I need your help to please vote for me!
Just sms J05 to 47087.
Your support would be much appreciated!
Please like, comment and SHARE.▫
Africa Pageants
#ThePowerOfTheSash
#TheReal #TheAuthentic
#SheIsAfrica
#AfricanBeautyQueensWithSubstance #AfricaPageants
#PageantsSA #MissJnrSA
#MrJnrSA #MissUniversalSA
#SirSA #MissTeenSouthAfrica
#MrAfrica #SirAfrica
#MissAfrica #MsAfrica
#MsAfricaElite #MrsAfrica
#MrsAfricaClassic
#QueenofAfrica
#AfricanQueenAmbassador
#TheAfricanQueenFoundation #ThisIsMe

Thank you

Chanelize❤

The month of October has been declared Mental Health Awareness month.

With the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

Most people does not want to talk about this, because they are not informed about this issues.

Please read more about Mental Health issues and if you know somebody having this issues, try and be more consideret towards them.

Take care follow me on Facebook to find out what is it that Im up to.

Thank you

Valmarie



VALMARIE VOLSCHENK

Our dream team!

Ambassadors with big heart's and passion for people.

How to save money and budget for your family

Key steps:

Plan!
Write up a meal plan.
Use your meal plan to make a shopping list.
Only buy what you need.
Don't be afraid of supermarket own brands.
Buy reusable items like nappies and sanitary products to save money long term.
Read our article on energy saving tips for more tips and to save money.
Budgeting is a powerful strategy if you wish to save money. From tracking your family expenses to controlling spending on food, there are a few actions that can help you start saving money. Here we'll show you how to save money in 8 simple steps.

What is a budget:

Before we share with you our money saving tips, it's important you know what a budget is. A budget is a plan to allocate money for different aspects of life. It's best to set yourself a budget at the beginning of the month, putting aside the amount you need for bills and deciding how to allocate the remaining balance.

For example, consider food, travel and other things you may need to pay for during the month. Once you've separated your money you will be able to put a little to one side for savings each month.

8 Simple ways to save money

If you're looking for the best way to save money, our 8 simple tips and tricks will help you start doing so today!

Plan ahead. When it comes to ways to save moneyplanning is key! This is a great step in starting to understand how to make a budget. The tips below will help (and we'll go into further detail for some of them)
Plan your food to budget your shopping and reduce waste.
Plan ahead for bills you need to pay out each month.

Plan your shopping and only buy what you need.
Plan as far in advance as possible if you have upcoming events.
Create a meal plan.
Knowing what you're going to be eating on each day will not only help you save money on your shopping but will reduce your food waste too, saving money on replacing wasted food.







Use your meal plan for shopping. Making a shopping list with your meal plan will ensure that your trip to the supermarket is not only budget friendly but minimises waste. By creating a shopping list, you'll only buy what you need.
Take a picnic. Did you know that one of the worst culprits for costing you a fortune is buying food and drinks when you're out? Whether it's sending a packed lunch to work or school, or taking a picnic for days out, save yourself some money by taking food with you instead of buying it.
Open a second bank account. Make sure you know what needs to be paid out and when, and consider having a separate bank account exclusively for paying bills. This will help you keep the money segregated. It will also help you know exactly what you have to spend on other things throughout the month.
Reduce, reuse and recycle. A great way to save money is by making sure you're efficient with your waste. For example:
Reuse old mason jars as a makeup brush holder.
Upcycle old brown paper as wrapping paper.

Reduce single-use plastic by buying loose vegetables.
Make sure you plan meals to reduce food wastage.
Saving energy will save you money. Do you find your energy bills are expensive and taking up a chunk of your income? Not only is it good for your pocket, saving energy is also good for the environment! Read more with our article on everyday tips to go green.
Plan ahead for upcoming events and things that may cost a big chunk of your wages. Save a little each month to take the sting out of it and have the money ready for when you need it.
Examples of things you may need to save for include:
Your children need new school uniforms in the summer.
You have a birthday coming up in a month for a friend or family member and want to buy a card and gift.
You need a new dress for an upcoming wedding.
With our money saving tips, you now have 8 top tips and tricks to not only budget your money, but save some too!



"Advertising your business"

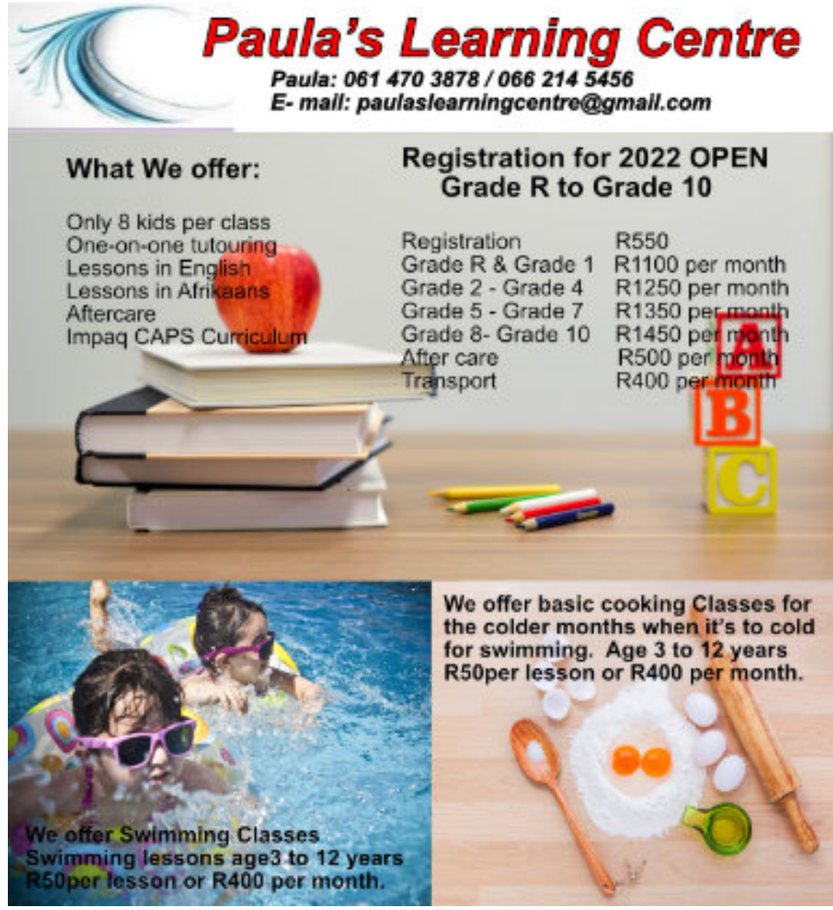






Kate's Keto Meals

Kate 078 599 1365



To advertise HERE
Call 072 768 8582

KATE'S KETO MEALS

Healthier meals for a healthier you



Kate is the owner of Kate's Keto meals.

She is one remarkable woman this is her story in short.

Kate was overweight from a young age. She and her Granny worked hard to loose weight.

She fell pregnant in 2014 with her first child and gained 42kg struggling with high bloodpresure and bloodsuger. She started a keto diet and lost half of the weight (21kg)

Pregnant with her second child she gained 12kg and after the birth of her second child at age 22 she had to wear her grannys clothes - not a good image.
It's not true what they say if you gain 12kg during pregnancy you will loose 12kg with the birth.

We started a restaurant in Henly on klip and people would ask for a healthier food option on the menu.

Then I started researching Keto and decided to start with the intermittent fasting 16/8 28 day's process.

My mother struggled with bloodsuger and she started with the keto meals and lost weight.

Then Lockdown came and we had to close the business.

Staying home, I then started to make food for people like lesagne etc.

My sister in law is a gym fanatic and asked if I will be able to prepare her food as she haven't got the time to make food.

This was the moment that I have decided to start with Kate's Keto Meals, I did some research to determin if there is other people that would be interested in healthier meals and the reaction was overwelming.

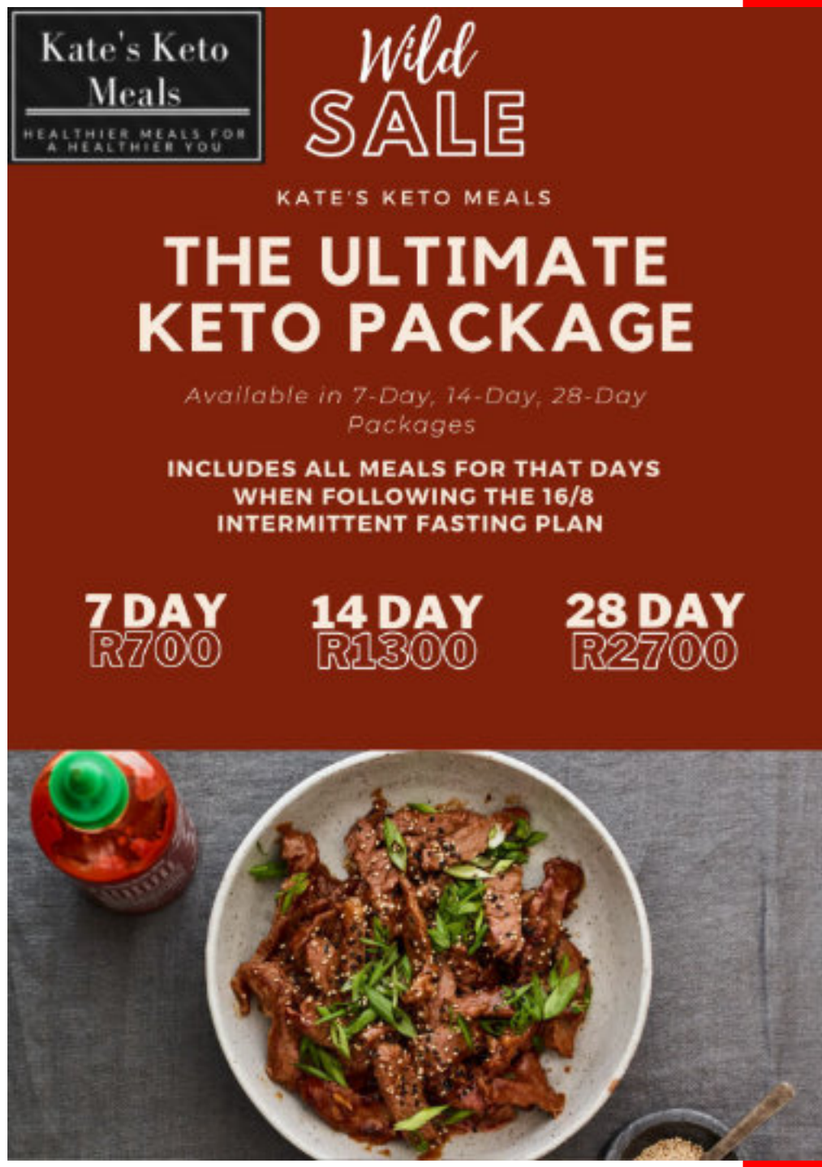
There is different meal options.

Do you need to loose weight? Or just looking for a healthier lifestyle.

Be yourself with more confidence.

Contact details:

Kate's Keto Meals
Kate 078 599 1365



Business people under the spotlight



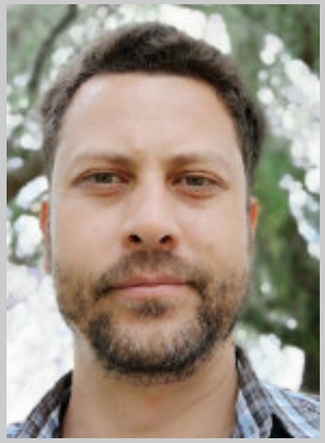
Michelle Smuts

Michelle Smuts business owner of ***Sparkling Nails by Michelle*** the salon is situated in Meyerton.

Michelle believes every woman deserves a little sparkle. If you feel like spoiling yourself make your appointment with Michelle.

She has the most beautiful colours for the summer, from bright to pastle colours with or without bling.

Visite her Facebook page https://web.facebook.com/groups/801491997116677 OR Call 074 958 6402



Hennie Roets

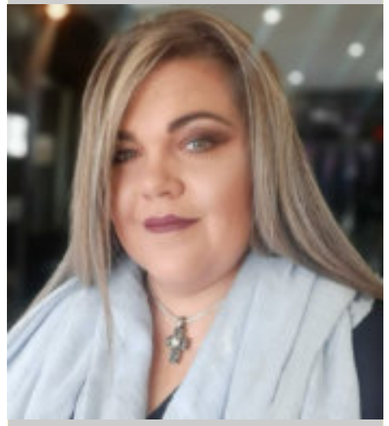
Hennie Roets, is the owner of ***Hennie's Computer & Consulting*** IT services.

We Believe that people come first, then under-standing of computers.

We believe that technology should support and enhance your business. You are welcome to call me for your fibre internet needs.

Free router, Free instalation & Free connec-tion & activation.

Call Hennie on 081 432 2306



Monique van der Merwe

Monique owner of ***Dashing Divas Hair Salon*** in Vanderbijlpark.

Monique is one of those hairdressers that is passionate about being a hairdresser.
She love what she's doing!

You feel and look like a million bucks when you walk out of her salon.

She is well known in the Vaal community.

To make your appointment call Monique 074 912 8652

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



FINALISTS

MISS VAAL 2021

















FINALISTS

MISS VAAL 2021



















FINALISTS

MISS VAAL 2021

















FINALISTS









MR VAAL 2021









FINALISTS MR VAAL 2021





Congratulations
to all finalists of the Vaal
Pageant 2021



FINALISTS











MRS VAAL 2021













FINALISTS

MRS CURVÉ 2021















Maak tuin die somer

Die lente is hier en dit is tyd om daardie dooie blare weg te hark, die kante netjies te maak en jou tuin reg te kry vir die somer.

Heel eerste, stap deur jou tuin en kyk watter areas benodig werk. Miskien is dit nou hierdie jaar tyd om daardie besproeiingstelsel te installeer en die nodige tuingereedskap aan te skaf.

Kry jou grasperk gereed vir die somer

Volgens Garden Master is die eerste stap in die voorbereiding van jou grasperk vir die somer om jou grassnymasjien en rantsnyer (weed-eater) na ’n betroubare agentskap te neem vir ’n behoorlike diens. “Sny die gras so kort as moontlik af! As jy hier en daar die lopers en kaal grond kan sien, is dit omtrent net reg.”

Die volgende stap is om die hele grasperk met oorgawe te hark en dan met óf ’n holtand-vurk óf ’n gewone tuinvurk so elke 20 tot 30 cms diep gate in die grond te steek. “Hierdie belugtingstegniek help dat lug, voedingstowwe en water die wortelstelsel makliker kan bereik. Die volgende stap is om die grasperk te voed en onmiddellik daarná deeglik nat te maak.”

Snoei en skoonmaak

Sny weg alle beskadigde, dooie en droë takke. Maak seker jy verstaan jou tuin, byvoorbeeld watter eenjarige plante is en watter meerjarig is, en wanneer die verskillende bome en struike blom. Verwyder enige dooie eenjarige plante wat oor die winter agtergebly het, snoei die meerjarige plante en sny hulle terug. Vroeglente is ook ’n goeie tyd om bietjie onkruid uit te trek. Ruim op en verwyder al die dooie blare en ander afval uit die blombeddings.

Planttyd

Lente beteken dis tyd om te plant. Sit kompos in die blombeddings en voeg ook ’n organiese stadig vrystellende (slow-release) kunsmis by. Struike wat in die somer blom kan vroeg in die lente geplant word vir ’n kleurryke vertoning in die somer. Lente is ook die ideale tyd om plante te verdeel of uit te plant.

Versorg jou tuin in die somer

Watergee is ’n baie belangrike deel van die versorging van jou tuin in die somerhitte. Volgens Hecker Nursery, is dit beter om minder dikwels water te gee, maar liewer meer water op ’n slag te gee as bietjie-bietjie elke dag. “Om water op hierdie manier te gee sal verseker dat die water diep tot by die wortels indring, in plaas van bloot die oppervlak nat te maak. Nog ’n slim wenk by die water-geeproses is om die grond rondom jou plante op te bou, sodat dit ’n dammetjie kan vorm wat sal voorkom dat die water wegloop en so help dat dit tot by die wortels kom.”

Meerjarige blomme, bloei die hele somer - dit is 'n ware droom van elke tuinier en somer inwoner. Om so 'n pragtige blombed te skep, is nie maklik nie, maar as jy die meerjarige plante korrek kies - kan alles uitkom.+

Die voordele van die groeiende meerjarige blomme in jou blombedding
Wat is meerjariges
Hoogte klassifikasie
Sorteer op voortplanting
Lys van die gewildste meerjarige blomme: foto's en name
gestyg
angelier
lelie
Delphinium
hiasint
gesiggies
pioen
Phlox paniculata
Reëls vir die ligging van meerjarige in die land.

Plant groente



STAAN REG

Fransien Scott



Daar is niks wat ons moraal so kan lig, ons kan laat lag en droom, of ons emosies so kan uitbeeld soos musiek nie. Dit is juis hierdie emosionele verbintenis met musiek wat die Suid-Afrikaanse sanger en liedjieskrywer, wat in Brittanje woon, Fransien Scott, geïnspireer het om 'n moderne ballade te skryf wat met die hart praat. STAAN REG gaan daaroor om bereid te wees om te vergeet wanneer verlies te moeilik is om te verwerk.

Volgens Fransien, wat die liedjie geskryf het nadat haar ma met Alzheimer se Siekte gediagnoseer is, was die inspirasie agter die liedjie die verliese wat die mensdom regdeur die lewe ervaar. "Dit is beslis 'n romantisering van die siekte wat natuurlik glad nie so verloop nie, maar dit handel wel oor die verlies van 'n verhouding, van dinge wat jy kan onthou van iemand wat vir jou spesiaal is, of selfs jou behoefte om eerder te vergeet wanneer die waarheid te moeilik is om te aanvaar."

Fransien skryf gereeld oor emosies. "Verlies is 'n baie bekende emosie vir ons elkeen. Ek skryf graag oor emosies, oor dinge waarmee ons elkeen worstel en kan vereenselwig. Om verlies te hanteer, of dit nou is as gevolg van Alzheimer se Siekte of 'n verhouding wat eindig, 'n baie realistiese tragiese situasie wat baie ervaar. STAAN REG is so geskryf dat dit aanklank kan vind met verskeie situasies."

Die enkelsnit word gekomplementeer deur 'n musiekvideo, wat volgens die sanger 'n onvergeetlike ervaring was. Dit is in Portugal geskiet en vertel die verhaal van 'n ouer paartjie – wat haar ouers verteenwoordig – se spesiale verhouding. "Ek wou oorspronklik my ma in die video gehad het, maar as gevolg van Covid het ek besluit om dierbare vriende van my hier in Portugal te vra om die rol van my ouers te vertolk. Ek wou graag opregte diep liefde en verhoudings uitbeeld deur twee ouer mense te gebruik wat mekaar reeds jare lank liefhet. Wanneer verlies hier plaasvind, raak dit ons op 'n baie dieper plek in ons binneste, aangesien ons die waarde van hierdie liefde respekteer en besef."

Sy verduidelik verder dat sy baie versigtig moes wees met die emosies wat sy in die video oordra. "Toe ek dink aan verhoudinge wat reeds jare gevestig is en twee mense wat al deur soveel moeilike en goeie jare mekaar steeds liefhet, het ek besef dat dit juis die ding is wat jongmense vandag kan respekteer en na kan uitsien – om saam oud te word."

Wat die maak van die video nog meer spesiaal gemaak het, was dat Fransien saam met 'n wonderlike span gewerk het wat gehelp het om haar idee in 'n realiteit te omskep. Volgens haar herinner Portugal haar ook baie aan Suid-Afrika.

Kyk die video hier: https://

youtu.be/6yzTMBjAtnE

Dié sangeres en liedjieskrywer het in 'n musikale huis grootgeword en met lirieke en melodieë begin eksperimenteer, op haar sussie se klavier, toe sy elf was. Alhoewel sy in drama gespesialiseer het op skool, het sy elke vry oomblik in die musiekafdeling deurgebring waar sy saam met haar vriende liedjies gekomponeer en geharmoniseer het.

Na skool, het sy die groep – Niche – gestig wat deurgedring het na die semi-finaal van die ATKV Crescendo-kompetisie met hulle liedjie, Roei, wat sy met die hulp van die legende, Lucas Maree, geskryf het.

Sy het Besigheidsbestuur en Sielkunde studeer by die Randse Afrikaanse Universiteit en ook haar nagraadse studie voltooi in Hoër Onderwys, waarna sy vir 'n jaar skoolgegee het voordat sy en haar man Engeland toe is vir, wat sy geglo het, 'n kort avontuur sou wees.

Twintig jaar later, woon die paartjie en hulle kinders steeds oorsee. Buiten vir Engeland, het hulle ook vir sewe jaar in

Switserland en drie jaar in Spanje gewoon.

Alhoewel sy reeds twee dekades oorsee woon, verkies sy om in haar moedertaal te skryf en sing. "Afrikaans nie net 'n taal nie, maar 'n passie. Ek dink, sing en funksioneer in Afrikaans en het dit ook vir my kinders geleer. Ek glo dat dit noodsaaklik is vir hulle om hulle herkoms te verstaan en te waardeer."

Verder is sy ook die stigterslid van die vrouebediening, KeeperSoul (vernoem na haar ma se gunsteling-boom, die Kiepersol), skryf sy meestal oor sake van die hart. Sy vind inspirasie in die stories van die dapper vroue, wat hulle ervaringe, suksesse en mislukkings deel tydens KeeperSoul se vrouekampe.

Sy beplan om 'n nuwe album vry te stel later vanjaar, maar bestuur ook 'n liefdadigheidsprojek, Hope-full Boxes, wat behoeftige gesinne in die Filippyne ondersteun.

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Webblad: www.fransienscott.com
YouTube: https://www.youtube.com/channel/UCXkdIw3ypRAGrcI2OrcXIGQ

SoundCloud: https://soundcloud.com/user62525715

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Snacks for a pool party



What should a guest bring to a pool party?

Today's top headlines Bring along your own suntan/sunscreen lotion and make sure it is in a non-breakable container. Wear shoes that are "pool appropriate; i.e., flip flops or sandals. Be certain to wear or bring a pair of sunglasses; ... Add a couple of small plastic bottles of water in your swim bag.

Something to drink.





Bacon-and-Romaine Skewers with Blue Cheese Dressing. ...
Sliced Fresh Guava with Shaved Coconut. ...
Three-Queso Dip. ...
Shrimp Cakes. ...
Lobster Sliders. ...
Double-Decker Dr Pepper Chicken Tacos. ...
Garlic Bread "Fries" with Marinara "Ketchup" ...
German Soft Pretzel Sticks.
Meatballs. They're quick, easy, and perfect for any party! ...
Potato Skins. ...
Sausage Rolls. ...
Chocolate Truffles. ...
Chicken Empanadas. ...
Steak and Cheese Quesadilla. ...
Parmesan Crusted Baby Potatoes. ...

Healthy Snacks

Help your children eat healthy by packing snacks. Chop fruit into pieces and put them on skewers for a nutritious nibble, or stuff sliced grapes, bananas and strawberries into waffle cones.
Mini Pizzas: Choose Your Own Toppings. Everyone loves pizza, so having mini pizzas is a safe bet for any kid's birthday party. ...
Taco Bar. ...
Veggie Platters. ...
Fruit Made Fun. ...
Colorful Pretzel Wands. ...
There's no Party Without Party Sandwiches. ...
Tortilla Chips and Dips. ...
Apple Dipper Sticks.

MAGAZINE



The look

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