

Top Vibe Magazine

ONLINE
Issue 148 September 2021

How to save money and budget for your family

KATE'S KETO MEALS

Business people under the Spotlight

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Top Vibe

Magazine

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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

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.

NEXT ISSUE VAAL PAGEANT FINALISTS:

We will announce the Finalists of the Vaal Pageant in the next issue.

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.

WHAT YOU NEED TO KNOW ABOUT FRUIT SALAD:

Summer is a time for fruit, find out more about fruit salads, like what to add and what not.



REGULARS

1. EDITOR 03

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

2. AMBASSADORS 05

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

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Business people will have the opportunity to advertise in this magazine.

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Business people under the spotlight.

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Anonymous.



Editor's Desk

Spring is finally here, it's time to get ready to enjoy the temperature rising again. We've had a cold winter this year.

September month give us a fresh new start, the month where we can look forward to hot summer day's. Time to relax around the pool, braai and just enjoy the outdoors with the sun on our body remember to use sunblock.

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

Do you want to be part of our business people under the spotlight? Call us on 072 768 8582.

Please take care follow us on our Facebook page.

Till next month

Charms

Top Vibe Ambassadors



With the record exams already started for so many matrics please keep in mind to eat properly. Your body needs the nutrients it gets from food in order to keep functioning properly. The food you eat affects how you feel both emotionally and physically. For example foods with lots of fats or sugars can make you feel heavy or sluggish. When our body has the fuel and nutrients it needs, it makes it a lot easier to manage feelings of stress and anxiety.

Sleep Well. Wind down before bed. Your bed is a sanctuary, not a desk. A good sleep helps you remember what you learned. Get enough sleep, especially in the days before your exams.

Exercise. Physical activity, like running will leave you feeling calm, fresh and energetic for hours. So build exercise into your timetable.

Positive Thoughts. Combat worry thoughts or negative thoughts with positive thoughts such as "I got this" or "I am going to try my best, I know my stuff". Write these positive statements out and post them around your study area.

Relaxation Techniques. Reduce feelings of stress or anxiety when studying or writing exams by using breathing exercises. For example: take a minute to close your eyes, inhale for a count of three, then exhale for a count of five and then repeat. It only takes a moment and helps your body and mind relax so you will be in a better frame of mind to concentrate.

Talk to someone. If you find that you are still feeling overly stressed, talk to someone you trust; whether it is a parent, teacher, counsellor or friend. Sometimes just talking about things can make you feel better and the person you talk to may help you put things into perspective.

Valmarie

Today 29 August 2021 the Teddy Bear Drive took place!

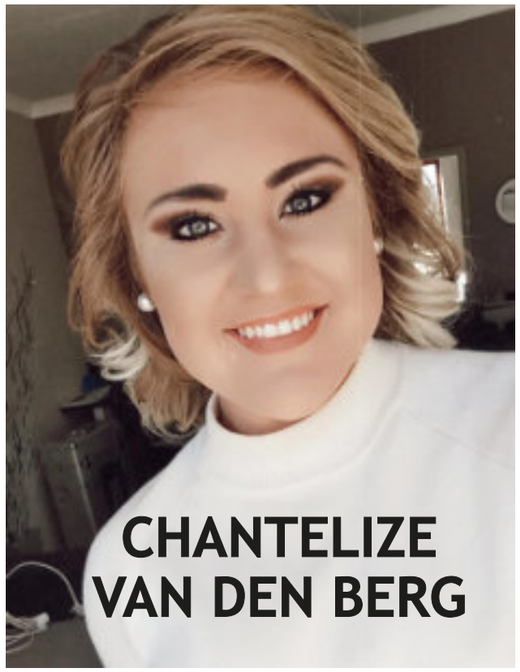
And what a heart warming feeling it was seeing the big smiles on little one's faces when they receive a Teddy Bear!

I would like to thank everyone who donated a Teddy!

You made a little one's day!! Follow me on Facebook for more pictures.

Love

Chantelize





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!

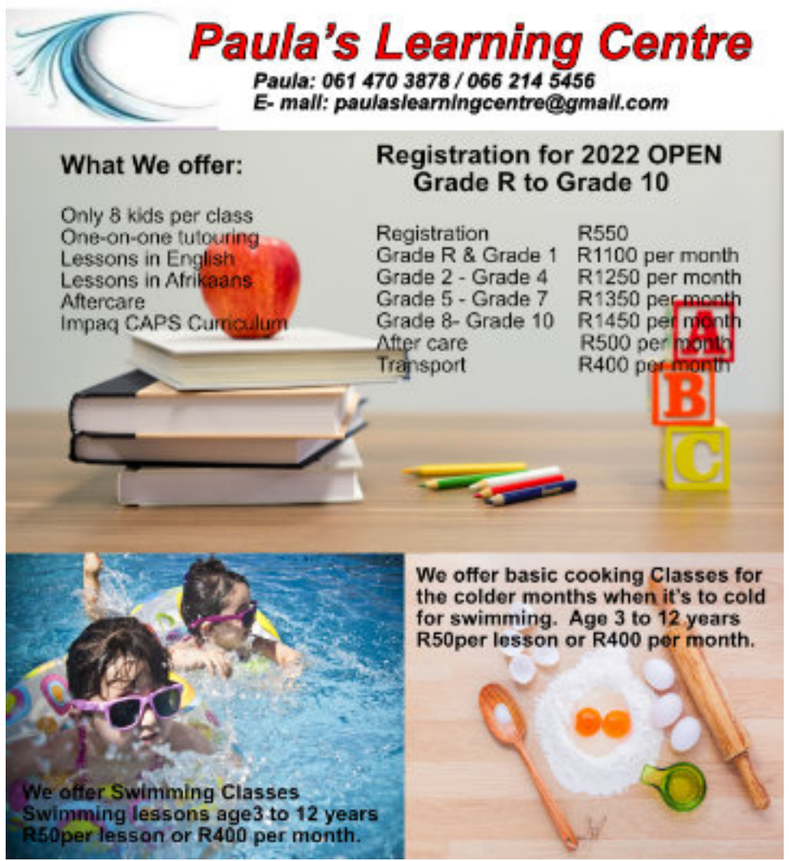
“Advertising your business”

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 a remarkable lady who from early in life struggled with finding ways to loose the extra weight... Kate had her first baby in 2014. She gained 42kg. Struggling with high blood preasure and other health conditions she really battled to loose the extra weight. With her 2nd child she gained another 12 kilograms and also battled to shake that weight off.

"I started a Reastaurant in Henley on Klip and people asked for a healthier food option. I thought a lot about this.

We then had to unfortunately close down the business because of the impact Covid 19 had on our business.

Being at home, having my 3rd baby on her way, thinking of what I could do to earn a living, keep me healthy, help my family stay healthy; my sister in law who is very healthy and lean asked me if I could help her by preparing Keto meals for her. She did not have the time to prepare the meals herself and this forced her to eat unhealthy.

I gladly accepted, this was a way of earning some sort of income for us.

I started researching and told friends and family about the meals. I offered to prepare the meals for them, I tried and tested many recipes...

I soon received many testimonials of where people in good health, people with high blood preasure, gluten intolerance, high and low blood sugar, low blood preasure, after covid medicine weight gain, diabetes 2, unsulim resistance (to name a few) started to loose weight. They became healthier and joyful for the battle with weight that is being won!

Honestly the biggest success to me was that they all ate well! They lived Kate's Keto meals and their families also enjoyed the food.

I researched more and more, tried and tested more new recipes. It is then when the programme and challenge for weight lost was born.

I have had the recipes and programmes checked by various fitness and health care professionals and they all agreed that joining Kate's Keto meal weight loss challenge will cause no harm, only weight loss in individuals who needs it.

The success part is that healthy people on their goal weight can also take part and maintain excellent physical condition.
We all know that when our body feels well we are more positive and successful and this is my goal, helping others feel beautiful, "full" and happy.





Business people under the spotlight



Heidi de Wet

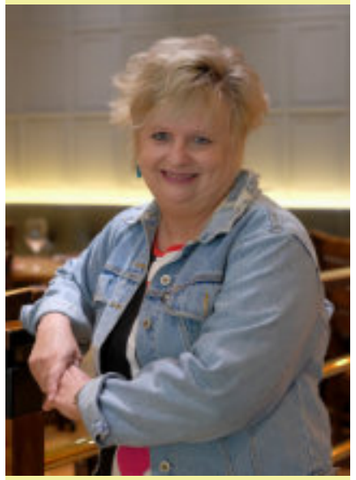
Heidi de Wet is a personal trainer and owner of Hydes Centre Ladies Gym in Three Rivers.

Where ladies get together for a work out and with no men around, they can train and just enjoy their gym time.

Heidi will help you to get your body in shape for the summer holiday.

Find her ons Facebook

facebook.com/search/top?q=heidi%20dewet



Sandri Gouws

Sandri Gouws is the owner of Sandri's Showroom. They have the most beautiful shoes and handbags, stuff that women dream about.

Sad to say Sandri is relocating to Pretoria, she will courier your order to your doorstep.

Don't miss out on her stunning collection of unique Ted Baker handbags.

Follow her on Facebook facebook.com/search/top?q=sandri's%20showroom



Dr. Danny Dennewill

Dr. Danny Dennewill 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. He returned to South Africa to continue his dentistry career in the Vaal triangle as a General Dental Surgeon.

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

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

CALTEX RIEMLAND UNDER NEW MANAGEMENT



VAAL PAGEANT

UP COMING EVENTS







Planting veggies

What can you plant in the summer:

Cucumbers
Tomatoes
Peppers
Squash
Sorrels
Beans
Greens
Berries
Sweet Potatoes
Southern Peas
Okra
Manoa Lettuce
Eggplant
Amaranth
Malabar Spinach
Corn
Melons
Shallots

Salad Leaves.
Crunchy fresh leaves with a fantastic range of textures and flavours.
Radishes.
Spice up your salads with crunchy, peppery radishes.

Potatoes.
Peas.
Spring onions.
Broad Beans.
Runner Beans.
Onions and Garlic.

Nothing says "summer" quite like a flourishing garden full of blossoming plants ready for harvest. Learn more about which plants do best in the heat of summer and get some tips and tricks on how to ensure your garden is bountiful. You will also find out what to plant with each of your summer favorites to encourage growth and resist disease.

Is tires to plant veggies?

YES - The shorthe thick rubber material of tires will protect your tomatoes, potatoes, eggplants, peppers, or other veggies from harsh winds and elements.

Using tires also helps to warm and dry soil quickly, providing the perfect environment for growing tomatoes and sweet potatoes. The water drains more effectively from the tire than it does from poor-quality soil. It also allows for deeper soil if you have hard-packed ground.

Enjoy your gardening



ROLENE STRAUSS EN DANIEL STRAUSS BIED EERSDAAGS KRAGTIGE DEURBRAAK-SEMINARE AAN

Dink jy dat verandering in ’n oogwink kan gebeur? Vir die dinamiese paartjie, Daniel en Rolene Strauss, is die antwoord ja!

Omdat hulle glo dat deurbrake kragtig is en groot verandering in jou lewe teweeg kan bring, het hulle besluit om twee Breakthrough Intensive-seminare, in Stellenbosch en Johannesburg, aan te bied. Die doel hiervan is om hulle harte, siele en kennis te deel met diegene wat op soek is na transformasie in hulle persoonlike lewe, loopbaan of besigheid.

Daniel en Rolene word beskou as een van die mees produktiewe en doelgerigte paartjies in die land – en in die laaste drie jaar het hulle drie besighede begin, gehelp om bestaande besighede uit te brei, drie boeke tussen die twee van hulle geskryf, as gassprekers opgetree regoor die wêreld en daagliks gegroei... en dit alles terwyl hulle boonop nog twee seuns ook grootmaak.

Hulle erken egter dat dit nie altyd die geval was nie.

Rolene het ’n moeilike jaar gehad net nadat sy haar mediese studies voltooi het (met ’n pasgebore baba). *“Ek moes besluit of ek iets in die mediese rigting gaan doen of van die wonderlike platform gebruik gaan maak wat die Mej. Wêreld-titel my gegee het. Die wêreld was my oester, maar ek het nie geweet wat om daarmee te doen nie!”*

PUBLICITY & MARKETING
STARBURST PROMOTIONS

Alishia van Deventer
Cell: 083 635 4717

E-mail: alishia@starburstmusic.co.za
Wesite: www.starburstmusic.co.za

SOSIALEMEDIASKAKELS:

DANIEL STRAUSS

Instagram: @officialdanielstrauss

ROLENE STRAUSS

Facebook: https://www.facebook.com/OfficialRoleneStrauss/

Twitter: @Rolene Strauss

Instagram: @rolenestrauss

Webblad: www.rolenestrauss.com

Die wêreld was my oester, maar ek het nie geweet wat om daarmee te doen nie!” **Haar groot deurbraak het gekom na maande se navorsing, persoonlike groei en afrigting gedurende die tyd waarin sy haar meestersgraad in Filosofie en Bestuursafrigting by Universiteit van Stellenbosch se Besigheidskool voltooi het.**

Sy het uiteindelik haar lewensdoel ontdek en reeds duisende individue gehelp deur middel van haar aanlyn kursusse.

Daniel het ook deur ’n moeilike tyd gegaan. *“Hy kon nie werk kry nie, ten spyte van sy kwalifikasies, en het soos ’n mislukking gevoel. Sy deurbraak het gekom tydens ’n seminaar oor lewensveranderende persoonlike groei, asook finansiële en besigheidsgeheime. Dit is een van die redes hoekom hy so passievol is oor Breakthrough Intensive,”* verduidelik Rolene. *“Hy het eerstehands ervaar hoe kragtig seminare en deurbrake kan wees.”*

Die eerste tweedag-seminaar sal plaasvind by Lanzerac-wynlandgoed in Stellenbosch op 24 en 25 September (van 08h30 tot 17h00), en die tweede by die Hilton Hotel, Sandton in Johannesburg op 22 en 23 Oktober (van 08h30 tot 17h00). Deelnemers kan ’n intensiewe en transformerende ervaring verwag en kan uitsien na gesprekke oor:



. Denkwyse, hoe om jou lewensdoel te vind en selfvertroue te bou deur Rolene Strauss;

. Om soos ’n miljardêr te dink, entrepreneurskap, besigheid, loopbaan en finansies deur Daniel Strauss . Verhoudings: Persoonlik en professioneel deur Rolene en Daniel Strauss; en . Holistiese welstand deur Dr Ledivia Strauss.

“Hierdie seminaar is ideaal vir mans, vroue en/ of paartjies wat op soek is na ’n deurbraak, hetsy in hulle persoonlike of professionele lewe,”* verduidelik hulle. *“Jy kan ’n transformerende en intensiewe twee-dag ervaring verwag by een van die land se mooiste wynplase of mees gesogte hotelle. Kom met hoë verwagtinge vir ’n intensiewe deurbraak en duidelikheid oor die volgende stap in jou lewe.”

WHAT YOU NEED TO KNOW

ABOUT FRUIT SALAD



What are the best fruit combinations?

So go ahead, mix it up and enjoy!
Starfruit and strawberries.
Avocado and papaya.
Bittergourd, apple and lemon.
Cucumber, kale and pear.
Avocado, celery, cucumber and lemon.
Mango, cherry and dragonfruit. ...
Sugarcane and carrot. ...
Papaya, pineapple and lemon.

Lemon juice keep fruit salad fresh.

As a natural antioxidant, lemon juice can help prolong the life of your fruit salad (as well as its aesthetic appeal) "Specifically, it helps to inactivate the enzyme polyphenol oxidase, which is responsible for the browning."Beyond keeping fruit salad fresh, lemon can also help enhance its flavor.

Which fruits can not be eaten together?

Try not to mix acidic fruits, such as grapefruits and strawberries, or sub-acidic foods such as apples, pomegranates and peaches, with sweet fruits, such as bananas and raisins for a better digestion. However, you can mix acidic with sub-acidic fruits. For a similar reason, you should not mix guavas and bananas.

Make fruit kebabs:

When you having friends over ask what fruits they don't eat then you can make fruit kebabs and each person can have there own fruit ion a stick.

Have fun this summer with healty fruit.



Fruit Kebabs

MAGAZINE



The look

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