

Top Vibe Magazine

ONLINE

ISSUE 122- 2019

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Do you care?
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show 



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Redakteurs Nota

Wat 'n wonderlike voorreg om oud te word. Daar word nie verniet gesê saam met die grysheid kom die wysheid nie.

Ouderdom het "power" sommige mense gee jou voorkeur wanneer jy in 'n ry staan. Mense sal opstaan en vir jou op 'n stoel aanbied. Ha ha ha ek moet sê ek hou nogal daarvan.

Ag, dan het oud word ook sy ander voordele, dit pla jou nie meer oor hoe jy lyk nie, ook nie wat jy eet of drink nie selfs dit wat jy sê nie want dit is nie meer belangrik wat mense dink of van jou sê nie.

Solank jy "happy" is, is alles "hunky dory" jy meng selfs so nou en dan jou taal net om vir mense te wys jy is glad nie so oud as wat hulle dink nie.

Jy doen self so nou en dan iets verspot, lag soms lekker vir jousef en sien klein dingetjies raak van die lewe wat jy nooit gesien het toe jy jonger was nie.

Dit is so 'n voorreg want solank mens in God se hand is kan die wêreld maar sy gang gaan. Jy raak kallemer, wyser en soms stil, want jy sien die mens en die wêreld met ander oë. Die jongmense droom nog hulle drome, en jy weet daar is veel belangriker dinge wat saak maak in die lewe.

Gelukkig weet jy ook dat hulle ook ouer en wyser sal word eendag.

Saam met die ouderdom kom natuurlik die minder lekker dinge in die lewe. Dit is nou die pyne en skete maar tot daarvoor kan jy soms vir jousef lag.

Ek het net weer opniet besef dat ouderdom net 'n getal is. jy is so jonk soos wat jy voel. Ha ha ha soms voel jy sweet sixteen en dan weer eenhonder en tagtig.

Die dokter se spreukkamer en die apteek vervang jou dorp uitstappie.

Hoëhak-skoene lê en stof vergaar in die kas, jy wil net gemaklik wees. Jy wil plat op die aarde staan.

Jy soek vir ure na jou bril en dan sit dit op jou kop. Jy moet sit en aantrek want jy val dalk net om, want sien om op een been te staan is nou nie meer so maklik nie.

Jy raak rooi warm onder die "koller" oor die nuus op TV in die land. Jy praat saam en sê jou sê so asof hulle jou nou gaan hoor. Jy staar na mense te bang jy mis iets, vra vrae wat jy nooit andersins sou vra nie want jy is nuskiedig.

Dan maak so baie dinge wat jou ouers gesê het sin en jy wonder nie meer hoekom hulle sekere goed gesê het nie.



Redakteurs foto: Charmaine Britz
Fotograaf: Charmaine Janse van Rensburg

Want vandag is jy ouer, gryser en wyser.

Geniet jou oudword voor jy weet is jou draatjie kort geknip en gaan jy vir altyd rus.

Lag, dans, sing en wwees net verspot geniet als wat jy doen, eet goed wat jy nog nooit geeët het nie, jy mag net dalk daarvan hou.

Maak nou nog meer tyd vir jousef as ook, die kinders kan nou maar 'n bietjie vir jou wag. Jy het al die jare van kinders groot maak vir hulle gewag.

Tot volgende maand, soet wees en mooi bly hou jou warm en snoesig.

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Top Vibe Magazine

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Winter Blues

Lots of people get depressed in winter, or suffer from the "winter blues". The medical name for this winter depression is seasonal affective disorder (SAD).

If the short, dark days are getting you down, what can you do to feel like yourself again?

What causes winter depression?

Despite the fact that millions of us say we've suffered a winter-related low mood, it can feel as though the winter blues is just a myth.

But there's sound scientific evidence to support the idea that the season can affect our moods.

Most scientists believe that the problem is related to the way the body responds to daylight.

Alison Kerry, from the mental health charity Mind, says: "With SAD, one theory is that light entering the eye causes changes in hormone levels in the body.

"In our bodies, light functions to stop the production of the sleep hormone melatonin, making us wake up. "It's thought that SAD sufferers are affected by shorter daylight hours in the winter. They produce higher melatonin, causing lethargy and symptoms of depression."

If you're going through a bout of winter blues, lack of daylight is probably playing a part.

Get more light for SAD

If the winter blues is about lack of daylight, it's no surprise that treatment usually involves getting more light into your life.

If you feel low in winter, get outside as often as you can, especially on bright days. Sitting by a window can also help.

You might be tempted to escape the dark winter days with a holiday somewhere sunny.

This can be effective for some, but other SAD sufferers have found that their condition gets worse when they return to the UK.

Light therapy is often used to treat SAD. This involves sitting in front of or beneath a light box that produces a very bright light. Your GP can give you more information.

Read more about treating SAD.

Eat yourself happier in winter

It's also important to eat well during the winter. Winter blues can make you crave sugary foods and carbohydrates such as chocolate, pasta and bread, but don't forget to include plenty of fresh fruit and vegetables in your diet.

Read more about how to get 5 A Day.

Get active to beat SAD

There's another weapon against the seasonal slump: keeping active.

Dr Andrew McCulloch is former chief executive of the Mental Health Foundation, which produced a report on the mental health benefits of exercise.



He says: "There's convincing evidence that 30 minutes of vigorous exercise 3 times a week is effective against depression, and anecdotal evidence that lighter exercise will have a beneficial effect, too.

"If you have a tendency towards SAD, outdoor exercise will have a double benefit, because you'll gain some daylight."

Activity is believed to change the level of the mood-regulating chemical serotonin in the brain.

It can also help by providing a pleasant change of scene, and helping you meet new people.

If you're suffering from SAD, your GP might be able to refer you to an exercise scheme. But if winter blues is your problem, why not get out and exercise independently?

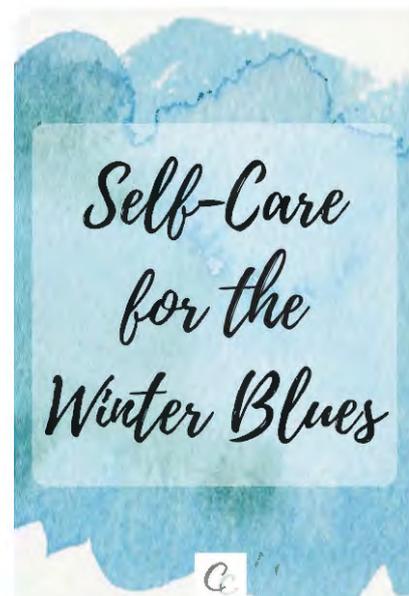
The charity Mind says research has shown that an hour-long walk in the middle of the day is an effective way to beat the winter blues.

Ramblers offers a Festival of Winter Walks each year, with routes ranging from 3 to 10 miles. They're a great way to enjoy some moderate daylight activity.

Do you suffer from winter blues?

Then it's time for you to do something about it. Go out with friends for a coffee, sit in the sun, just do something out of the house.

It will lift your mood.



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Coffee at Riverside Boulevard Wimpy.

The well known Mrs SA Globe 2019 - Erika Breytenbach just love Wimpy coffee.

"The Wimpy is known for their breakfast but what I love most about the Wimpy is their coffee," Erika said. While Erika and Charmaine from Top Vibe is having coffee with the owner Joe de Costa (who is just as well known in the Vaal) they approached Joe for a sponsorship for Madelein.

Joe said he would gladly help!.

The staff was all excited to have their picture taken with Erika.

You never know who you will see at the Wimpy. Looks like famous people in and around the Vaal have their coffee at Wimpy.

Pop in at a Wimpy close to you, you might be surprise to see who visits at a Wimpy.

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Please contact:
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Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.

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**Mrs SA Globe 2019
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Charmaine Britz**

Do you have what it takes to be a Model?

Visiting Models Unlimited I was in awe. I was surprised to see that modelling has so much more to offer than what the eye could see. Not only helping and teaching our youth of today from an early age to form them and to build their confidence.

Seeing how the very capable teachers interact with the children and making Models Unlimited their second home. Providing them with hands on training and modelling skills these children can grow from strengths to strengths.



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Models Unlimited teaches our youth to be strong, proud individuals and to give back to their community, by doing different kinds of charity works.

They are also the very proud owners of the Mr and Miss Vaal Pageant and recently expanded Models Unlimited and open their doors for NailsforU Training Academy.

To registration for the NailsforU Training are open for more information call Erika 082 777 2861 or Charmaine 072 76 88582.

Empower yourself to a better future.

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10 Quick Ways Women Can Empower Themselves

When you feel empowered, you can accomplish anything you desire. Empowerment for women doesn't mean you have to burn your bra or spit at the end of the bar. It doesn't mean you need to be aggressive or stare down the nearest competitor with vigor. But there are a few things you can do to set yourself on the road to empowerment.

Value relationships where you are an equal. This applies to both personal and professional relationships where you are respected and valued as a person for what you believe, and the ideas you bring to the table. Own your voice. Be assertive with your opinions. Expect that others will listen. This doesn't mean to interrupt, only if you need to, but rather it's about getting your message across with clarity and meaning. Identify words and language that support you, as well as men. Use words that show strength, willingness, and appreciation. Speak in a language that commands respect, honesty and openness. Refrain from succumbing to the naughty jokes or innuendos at work. Once you participate in such banter, your reputation suffers. You won't be taken seriously when you take on an issue. Focus on what is beneath appearances. Compliment someone on who they are, not what they look like or how they dress. "You really communicated your idea well in that meeting," goes a lot further than, "Gee, you looked good in there." Talk about instances of improper treatment of women. Let people know you are aware of how you appreciate being treated with a certain standard. Learn how to ask and negotiate. Be fair. Ask when you have earned it, not for any other reason. Be prepared to state your case and negotiate what will create a win-win situation. Be confident in planning your career. Visualize your advancement, who you want as a mentor, or continuing education that will keep you in the loop for a promotion. Be a risk taker. This will help you develop self-reliance in making decisions and solving problems. Know and take care of your money. There's nothing like have a rock solid healthy relationship with your money. If you support your money, it will support you. These are only a few of the ways women can begin to empower themselves in a world where they sometimes get passed over or go unnoticed. Empowerment means equality and recognition for the different gifts women bring to the table. You play a major role in setting the bar for how men and other women treat you, acknowledge your power and support you. Learn how to be stronger, confident, independent, and more decisive in your daily life. Learn new skills create your own work see page 10 on training courses.



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If you are an existing Nail Technician/Salon Owner and struggling to get your scheduler full and put money in the bank, then make sure that you get to one of our Small Business Marketing Workshops as soon as possible.

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About the Flu

Patients need a consultation with his/her doctor when having Flu (seasonal influenza) is a virus that can leave you feeling weak and unwell.

If you have a heart condition, you have a greater risk of becoming more seriously ill from the flu than the general population.

There is evidence that heart attacks happen more often during or immediately after an acute inflammatory illness, such as flu.

If you have a chronic heart condition, including heart failure or congenital heart disease, you are recommended to get the flu vaccination. If you think you have the flu you should contact your GP as soon as possible for advice.

Does the flu affect my medication?

If you take warfarin, it's important to know that if you have cold or flu like symptoms, it can affect your blood clotting rate (INR). So if you are feeling unwell, speak to your doctor or anticoagulation nurse about monitoring your INR.

Some medications to relieve the symptoms of flu can't be used when taking prescribed medicines for heart conditions, so contact your GP surgery or pharmacist before taking over-the-counter medicines such as painkillers and cough medicines.

How can I avoid the flu?

Getting a flu vaccination or the 'flu jab' helps protect you from getting the flu. No vaccine can protect you completely, but you are strongly encouraged to get vaccinated if you have a heart condition or are in one or more of the following groups:

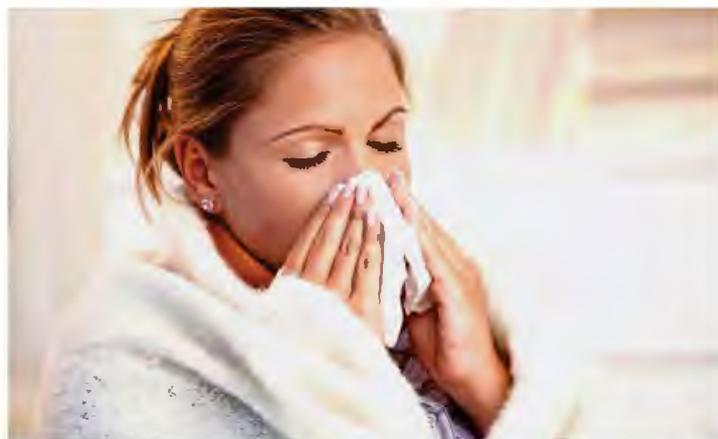
- * People with heart disease
- * People over the age of 65 years
- * Those with diabetes, chronic liver or chronic kidney disease
- * Pregnant women
- * Those with respiratory diseases, such as chronic asthma
- * Those with a weakened immune system.

These groups of people are not more likely to catch the flu than others, but they are more likely to become very ill from the flu. Your GP or practice nurse can tell you more about the vaccine and how to get it. It's also a good idea to avoid close contact with friends or relatives who have already got the virus.

If you're aged 65 and over or have a long-term health condition, such as a heart condition, then you're also eligible for the pneumococcal vaccine. This will help to protect you from diseases such as pneumonia.

Is the flu vaccine safe?

Yes, for most people the flu vaccine is considered safe and would not be used if it was considered unsafe in any way. Your GP or practice nurse will talk to you about any risks or potential side effects that may affect you.



How do I know if I've got the flu?

The flu is a debilitating illness that has similar symptoms to a common cold. However, the symptoms of flu last a lot longer and are more severe.

Some symptoms you may have with the flu are:

- a runny nose
- a sore throat
- headache
- muscle aches and pain
- a fever
- a cough.

Some people also develop complications to the flu such as a bacterial lung infection or bronchitis.

How long does the flu last?

Most people recover within a week of getting the flu. However, as with any illness, it will depend on your general health and how soon you get treatment. You should speak to your GP practice as soon as you feel unwell or if you think you have been exposed to the flu.

Swine flu and Bird flu

Swine flu is the H1N1 virus - a strain of flu that is carried by pigs. It doesn't normally affect humans, but this particular strain has mutated and can infect humans. It can now be passed from human to human. There is no evidence that pigs in the UK carry the infection. In the autumn/winter of 2019 the seasonal flu vaccine included the swine flu vaccine.

Bird flu (also called avian flu) is the H7N9 virus. This virus can infect humans, but it happens rarely and hardly ever passes from human to human.

The Health Protection Agency has more information on swine and bird flu.





Movie Review



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Some friendships transcend lifetimes.

A DOGS JOURNEY



Cast: Dennis Quaid as Ethan
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Josh Gad as Bailey (voice)
Abby Ryder Fortson as Young
CJ Marg Helgenberger as
Hannah Hathryn Prescott as
CJ Ian Chen as Young Trent
Daniela Barbosa as Liesl
Jake Manley as Shane

Director: Gail Mancuso

Writer: (book)W. Bruce
Cameron.

Our rating: ★★★★★

Is "A Dog's Journey" one of the sweetest canine films out there, or one of the meanest? While I generally favor the latter reading, the gentle sniffing mixed with occasional awws and chuckles that broke out during my screening suggests the majority of the audiences will understandably lean otherwise, as they did with the film's 2017 predecessor, "A Dog's Purpose."

In theory, this unconditional affection seems mighty unjust for a shameless family franchise that kills an average of four to five dogs per movie, sometimes, in unspeakably wretched fashions—seriously, where is John Wick when you need him? And yet, as visually uninspired and ideologically conservative as it may be, there seems to be something beguiling about the series that keeps one (including myself, admittedly) on a short leash.

Turns out, very few are immune to the sneaky suggestion that certain dogs and humans are meant for each other for life.



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Vliesvretende - bakterieë, Madelein benodig hulp!

Vanderbijlpark - Madelein Carelse (42) moeder van twee jong kinders is tans in die hospitaal waar sy behandeling ontvang vir 'n vleisvreetende bakterieë.

Wat begin het as 'n tandpyn het vir Madelein in 'n nagmerrie ontaard. Die tandpyn het in 'n abses verander en op Maandag 11 Junie het die eenkant van haar gesig begin swel.

Haar man Jacques, het haar na 'n plaaslike dokter geneem wat antibiotica voorgeskryf het. Dokter het aan hulle gesê indien die antibiotica nie teen daai Donderdag resultate toon nie, sy hospitaal toe sou moes gaan, "vertel Charlotte Rossouw, Madeleine se beste vriendin van die afgelope tien jaar.

Dinsdag verskyn daar drie swart kolletjies op Madelein se geswelde gesig. Teen Woensdag was die hele geswelde deel swart en Madelein het begin sukkel om asem te haal.

Jacques het haar na Mediclinic Emfuleni geneem. Die dokter wat haar ondersoek het, het dadelik besef dat dit as net 'n abses is. Hy het haar na een van die top chirurge by die Sebokeng-hospitaal, Dr. Mabude, verwys.

'n Noodoperasie is dadelik op haar gedoen. Die vel moes weggesny word en dit is bevind dat Madelein se skokkende toestand deur vleisvretende - bakterieë veroorsaak is.

"Madelein het kort na die operasie nog nie besef hoe erg haar gesig geskend is nie. Sy is 'n vrou wat ingestel is op haar voorkoms en ek vermoed dat sy berading sal moet kry," se Charlotte.

Madeliën was in Sebokeng Hospitaal tot en met Dinsdag 2 Julie 2019. Dankie vir die Amazing Bestuur Andre Joubert en sy span wat haar onder hulle sorg ingeneem het. Graag doen ons 'n beroep op besighede en die publiek om te help sodat daar fondse ingesamel kan word vir mediese koste, aangesien Madelein geen mediese fonds het nie.

Indien daar enige iemand is wat kan hulp aanbied Kontak Charlotte by 083 330 1410.

Charmaine by 072 768 8582. of Erika 072 777 2861

Graag wens ons Madelein 'n spoedige herstel toe, en

sterkte aan haar gesin vriende en familie wat haar tans bystaan in hierdie donker tyd.



Madelein Carelse (fotos verskaf)



Women's Day 9 August 2019

You are invited

Join us on Women's Day!

We celebrate Women's Day in aid of Charms of Hope Foundation, We raise funds for Children's Homes

Date: 9 August 2019

Place: Memories
 Vaalview 251, Loch Vaal, Vanderbijlpark
 GPS: S26°45.300' 027°44.138'

Time: 10:00 - 13:00

Entrance fee: R200 (Gift)
 Including Snacks & Refreshments

Bank details:

Charms 4 Hope
 Capitec Bank
 Savings Acc: 137 308 6684
 REF: Your Surname

Book your ticket
 Erika 072 777 2861
 Charmaine 072 768 8585

**Heavy is the crown and yet, she wears it as if it were a feather.
 There is strength in her heart, determination in her soul.
 She is YOU. - A Warrior. - A Champion. - A Fighter. - A QUEEN.**

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