

Top Vibe

Magazine

ONLINE

Issue 152 February 2022

Quiz: How Romantic
Are You? Are you a
true romantic?
Take this quiz to
find out!

Cover page:

Etienne, Dillan & Charmaine

Photographer: Albertus Kriel

Venue: 9 On Kromellenboog

Guesthouse Sasolburg



Happy Valentine's Day

Top Vibe Magazine

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

1.

TOP VIBE MAGAZINE AMBASSADORS:

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

2.

SANDRI SHOWROOM:

Sandri Showroom have a Unique style of Vellies, Baby dolls out of Africa and pumps see page 6 & 7

3.

MESSAGES OF LOVE:

Messages from our readers to their loved ones.

4.

LANIE'S LANE:

What does Lanie have to say about the month of love - see page 13



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

4. UNDER THE SPOTLIGHT 14

Business people under the spotlight.

5. COVER PAGE 01

CEO Charmaine, Ettiene (Ambassador) Dillan (Ambassador) Chanel could not make the photo shoot. Photographer Albertus Kriel Venue: 9 on Kromellenboog Guest House Sasolburg



Redakteurs Nota

Julle wonder seker wat vang ons klomp aan, wel ons het 'n stunning Februarie voorblad fotosessie gehad met ons ambassadeurs.

Ons fotograaf Albertus Kriel en die venue 9 On Kromellenboog gaste huis in Sasolburg.

Ongelukkig kon twee van ons ambassadeur dit nie bywoon nie.

Ons het 'n heerlike dag saam geniet, ek het mos vir julle gesê ons gaan baie pret hê die jaar.

So waarvoor wag jy, hou ons Facebook blad dop en kyk waarmee is ons besig.

Geniet julle Valentyns dag en maak elke dag 'n dag van liefde en omgee.

Ons praat weer binnekort met julle!

Mooi bly....



Top Vibe Ambassadors



Dear readers,

Welcome February

Wishing you a month filled with love, peace and joy.

It's all about L ♥ VE.

Spoil your loved ones with nice dinner, cards, flowers, chocolates and more, get creative remember it's the thought that counts.

The month of love has come to be known as the day to celebrate love in all forms, from friendships to relationships.

So spread some love!!!

All you need is love and to be struck by one of Cupid's arrows.

Laat alles by julle in liefde geskied- 1 Korintiërs 16:14

Love Till next month



♥ HAPPY
Valentine's
DAY ♥

Chanel



Hallo Top Vibe maats,

Vir Wie is jy lief?

Daar is verskillende soorte liefde.

Liefde vir familie, vir jou Ander helfde, vir jou vriende, vir kos ... Maar liefde waaroor ons min praat is ons "self-love"

Die maand daag ek jou uit om net bietjie meer op jousef te fokus, koop vir jou daai chocolate, doen iets wat JY geniet.

Kyk in die spieël en sien die beste weergawe van jousef. Want wanneer jy lief is vir jousef straal jou liefde vir ander net nog meer uit.

En sê vir die mense wie jy lief het dat jy hulle lief het want die woorde "eks lief vir jou" kan 'n hart tog so vinnig laat klop.



Hallo julle,

Liefde is 'n tree in die onbekende in. Lief is vir almal anders, almal beskryf dit anders maar steeds gee dit vir almal dieselfde gevoel.

Tog kry ons nie 'n mens nie waardelik die definisie van liefde op die internet nie want vir almal beteken dit iets anders.

Al beskryf mense liefde as 'n gevoel is dit n keuse vir elke een van ons elke dag.

Gee die maand van liefde vir jou naaste mense jou eie liefde. Ek groet tot volgende maand.

Hugs

Dillon

Liefde

bly stil oor ander se foute,
dit bly steeds vertrou,
dit hou aan hoop,
dit verduur alles.



Sandri's Showroom

55 Valley Road
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Complex Nr 13
Hennospark
Sandri 082 332 4393

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PUMPS
BABY DOLLS
OUT OF AFRICA
BABY DOLLS



we courier



Sanè Sandri

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Sandri & Sanè Mom &
Daughter Dream Team

web.Facebook.com/SandriGouwsShowroom

Mc Coy
Pierre Cardin
Safari Vellies



WE COURIER





Messages of Love

Aan my Bokkie Bekkie Baby, ek het jou lief soos die see, ons is soos 'n kettie en 'n klip.
Love you always... jy weet wie

My kinders en kleinkinders
Julle is die liefde van my lewe, weet ek het julle oneindig lief!!!
Ma / Ouma - Terisa

My vrou tjie Sonja
Ek is baie lief vir jou...
Elke dag net meer en meer....
Dankie dat ek jou myne kan noem...
Liefde David.

To all my Ambassadors
I love you...
Thank you for everything you do...
Love Charms

My vrou tjie Amanda
Jy is die beste ding in my lewe
Love you always... Ben

Santie,
Jy laat my glimlag, jy gee my hoop
Ek is baie lief vir jou...
Liefde André.

My liefste man,
Dankie vr als wat jy vir my doen, jy is die beste pa vir ons kinders. Ek gaan jou bietjie bederf.
Liefde jou vrou Karin.

My man Faan,
Ons is al 45 jaar saam, en ons het geleer om mekaar elke dag lief te hê. Ek is lief vir jou.
Jou vrou tjie Marie.

Baie dankie vir elkeen se boodskap, mag julle 'n wonderlike daggie geniet, wees elke dag lief vir mekaar.
Bederf mekaar met die klein dingetjies in die lewe. Red

Chanel Rautenbach

Do we have a new upcoming Designer?
Chanel Rautenbach is a matric student with loads of talents.
She loved to cut her T -shirt (even new T -shirts) to create a new look, it started at a very young age.
Here is her designs done at Villioti Fashion Institute.

Keep your eye on this young lady.
Congratulations Chanel you make the Vaal proud.



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Facts about February

Fun Facts about February.

It is the shortest month of the year. The Welsh call February "y mis bach" which means "little month".

It is the third month of winter. In the Southern Hemisphere February is a summer month the equivalent of August.

The month is named for the Latin word februum which means purification.

February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in leap years such as 2020 and 2024. January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period.

What is February month known for? February is full of romance and food, and many of the days celebrated in

national- month events during February are food-oriented. However, February also hosts women's history and Black history month, two important causes that many businesses and non-profits can easily play into.



The Love Month

By Lelanie van Niekerk

February comes from the Latin word februa, which means "to cleanse."

The month was named after the Roman Februalia, which was a month-long festival of purification and atonement that took place this time of year.

Did you know:

February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in leap years such as 2020 and 2024.

January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period. Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.

February Calendar:

February 1 marks the Lunar New Year, also known as Chinese New Year. This year is the Year of the Tiger! February 14 is always Valentine's Day. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate.

February's Birthstone:


Like the violet, February's birthstone is a purple color. It's the beautiful amethyst. This gem is a form of quartz; it can range from a pale lilac color to a deep, rich purple. The name is based on a Greek myth that speaks of a nymph named Amethyst who was inadvertently turned into white stone; in remorse, the Greek god Bacchus poured wine over her to turn her a beautiful purple. The amethyst was thought to prevent intoxication and keep its wearer thinking sharply. It was worn by English royalty in the Middle Ages.

The Love Month

14th Feb the day that celebrates love. Although the holiday has a history of unusual matchmaking and fertility rituals, in modern times the day has evolved into sharing anything that expresses love, including cards, red hearts, flowers, and chocolates. Show your loved ones how much you care for them today and every day.

LANIE'S
Lane
Attract a ritzy crowd





“Die liefde is geduldig, die liefde is vriendelik; dit is nie afgunstig nie, is nie grootpraterig nie, is nie verwaand nie. Dit handel nie onwelvoeglik nie, soek nie sy eie belang nie, is nie liggeraak nie, hou nie boek van die kwaad nie. Dit verbly hom nie oor onreg nie, maar verheug hom oor die waarheid. Dit bedek alles, glo alles, hoop alles, verdra alles.”

1 Korinthiërs 14: 4 – 7

Quiz: How Romantic Are You?

1. Do you believe in love at first sight?

- ♥ Absolutely! It happens every day.
- ♥ I suppose it's possible.
- ♥ Maybe, but not for me.
- ♥ I don't think it's a real thing.

2. If you could choose any movie genre to watch, what would it be?

- ♥ A romantic drama.
- ♥ A romantic comedy.
- ♥ It doesn't really matter.
- ♥ Anything but romance.

3. Do you use pet names for your partner?

- ♥ Yes, I love to create personalized and endearing names just for him or her.
- ♥ I use typical pet names like baby, sweetie and honey.
- ♥ Not really, it's sort of embarrassing.
- ♥ No way, those are awful.

4. Your anniversary is coming up, so you:

- ♥ Plan a candlelight dinner followed by dancing, a jazz club and intimate time together.
- ♥ Go to dinner and a movie. Will figure something out.
- ♥ Don't do anything. It's just another day.

5. Do you enjoy handholding, spooning and cuddling?

- ♥ Yes, and I initiate it.
- ♥ Yes, but I don't initiate it.
- ♥ Sometimes, if the situation is right. Never, it's way too lovey-dovey for me.

6. Have you ever made breakfast in bed for your partner?

- ♥ All of the time. I look for different recipes, ingredients and dishes to try, sometimes on special occasions.
- ♥ If my partner is sick, I try to help out.
- ♥ Never, it's too much work.

7. Do you remember your first kiss?

- ♥ Yes, I know who it was with, how old I was, where we were and even what I was wearing.
- ♥ I know who it was with, but not many other details.
- ♥ I think I possibly remember who it was with, but that's all.
- ♥ I don't remember it at all.

8. Would your friends consider you a romantic person?

- ♥ Yes, they come to me for advice with their love-lives.
- ♥ I think so.
- ♥ I'm not really sure.
- ♥ Not at all. That's not my thing.

9. When you go to a sporting event or concert with your partner, you:

- ♥ Hold on to the ticket stub and buy other memorabilia to have as mementos.
- ♥ Keep the ticket stub as a reminder. Try to keep the ticket stub, but if not, it's not a big deal.
- ♥ Throw it out. Who cares?

10. Do you do special favors, give gifts and/or go out of your way to surprise your partner?

- ♥ Definitely. It brings me joy to make him or her happy.
- ♥ Sometimes I'll try to.
- ♥ Once in a while when it's convenient for me.
- ♥ Rarely. Who has the time?



DARYN'S GYM GEKIES VIR DIE 51^{ste} INTERNASIONALE ROLPRENTFEES IN ROTTERDAM!



DARYN'S GYM, die komedie deur skrywer en regisseur – Brett Michael Innes, is gekies om deel te wees van die 51^{ste} IFFR (Internasionale Rolprentfees in Rotterdam), waar dit aan die wêreld bekendgestel gaan word as deel van die Grootkerm-kompetisie afdeling van die program.

Die Grootkerm-kompetisie is 'n resultaat van die samewerking tussen die IFFR en VPRO, wat gewilde-, klassieke- en kunsvlieks kombineer en sestien rolprente, van regoor die wêreld, aan 'n uitgesoekte gehoor (wat as beoordelaars optree) vertoon

"Ek is aangenaam verras," sê Innes oor die geleentheid om deel te wees van hierdie fees. "Dit is baie moeilik vir 'n komedie om gekies te word vir so 'n fees, omdat dit gewoonlik uitgelaat word vir ernstiger materiaal. Die meeste Suid-Afrikaanse rolprente wat al hier vertoon is, het gefokus op die land se pyn trauma, so dit is regtig 'n groot pluimpie dat hierdie flik – wat menslikheid vier – deel vorm van hierdie geleentheid." Voor die pandemie, sou rolprentvervaardigers Rotterdam toe gaan om die flik vir gehore te wys, maar as gevolg van die onlangse afsonderingsmaatreëls in Nederland is hulle genoodsaak om 'n aanlyn-fee te hou. Dit sal vanaf 26 Januarie tot 6 Februarie 2022 plaasvind en sal meesterklasse en ander inhoud insluit.

"Ons is natuurlik teleurgestel dat ons die fees nie in persoon kan beleef nie," sê vervaardiger, Paulo Areal. "Ek was bevoorreg om dit in 2018 by te woon toe my flik 'ELLEN: DIE STORIE VAN ELLEN PAKKIES' deel was van die program en die fees se liefde en ondersteuning aan filmmakers het my baie beïndruk."

DARYN'S GYM speel af in 'n familiegimnasium in Randburg en vertel die storie van Daryn Jnr se struwelinge met die genadelose eienaar van 'n multinasionale fiksheidsentrum. Nuweling, Clifford Joshua Young, speel die hoofrol, terwyl ander akteurs soos Hlubi Mboya, Natasha Sutherland, Siv Ngesi en Deon Coetzee ook in ondersteunende rolle te sien is.

Die rolprent is landswyd beskikbaar op eVOD (<https://watch.evod.co.za>) vir almal om te geniet.

Kyk DARYN'S GYM se lokprent hier onder: https://www.youtube.com/watch?v=By_u3qlcIvE&feature=youtu.be

eVOD is eMedia se nuutste aanlyn-stromingsdiens, wat in Augustus vanjaar geloods is, waarop kykers sonder 'n maandelikse intekening dramas, rolprente en dokumentêre kan kyk met die opsie om op te gradeer na 'n premium-kykervaring. "Ons is passievol daarvoor om in plaaslike talent en vervaardigde vermaak te belê," sê eMedia.

DARYN'S GYM word met trots aangebied deur eVOD, in samewerking met Nostalgia Productions en TMPC.

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PUBLICITY & MARKETING STARBURST PROMOTIONS

Alishia van Deventer
Cell: 083 635 4717

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



How to Have a Better Relationship

Healthy relationships have been shown to increase our happiness, improve health and reduce stress. Studies show that people with healthy relationships have more happiness and less stress. There are basic ways to make relationships healthy, even though each relationship is different. These tips apply to all kinds of relationships: friendships, work and family relationships, and romantic partnerships.

1. Keep expectations realistic. No one can be everything we might want them to be. Healthy relationships mean accepting people as they are and not trying to change them.

2. Talk with each other. It can't be said enough: communication is essential to healthy relationships.

Take the time. Really be there. Genuinely listen. Do not interrupt or plan what you're going to say next. Try to fully understand their perspective. Ask questions. Show you are interested. Ask about their experiences, feelings, opinions, and interests. Share information. Studies show that sharing information helps relationships begin. Let people know who you are, but don't overwhelm with too much personal information too soon.

3. Be flexible. It is natural to feel uneasy about changes. Healthy relationships allow for change and growth.

4. Take care of yourself, too. Healthy relationships are mutual, with room for both people's needs.

5. Be dependable. If you make plans with someone, follow through. If you take on a responsibility, complete it. Healthy relationships are trustworthy.

6. Fight fair. Most relationships have some conflict. It only means you disagree about something; it does not have to mean you don't like each other.

Cool down before talking. The conversation will be more productive if you have it when your emotions have cooled off a little, so you don't say something you may regret later.

Use "I statements." Share how you feel and what you want without assigning blame or motives. E.g. "When you don't call me, I start to feel like you don't care about me" vs. "You never call me when you're away. I guess I'm the only one who cares about this relationship."

Keep your language clear and specific. Try to factually describe behavior that you are upset with, avoiding criticism and judgment. Attack the problem, not the person.

Focus on the current issue. The conversation is likely to get bogged down if you pile on everything that bothers you. Avoid using "always" and "never" language and address one issue at a time.

Take responsibility for mistakes. Apologize if you have done something wrong; it goes a long way toward setting things right again. Recognize some problems are not easily solved. Not all differences or difficulties can be resolved. You are different people, and your values, beliefs, habits, and personality may not always be in alignment.

Communication goes a long way toward helping you understand each other and address concerns, but some things are deeply rooted and may not change significantly. It is important to figure out for yourself what you can accept, or when a relationship is no longer healthy for you.

7. Be affirming. According to relationship researcher John Gottman, happy couples have a ratio of 5 positive interactions or feelings for every 1 negative interaction or feeling. Express warmth and affection!

8. Keep your life balanced. Other people help make our lives satisfying but they cannot meet every need. Find what interests you and become involved. Healthy relationships have room for outside activities.

9. It's a process. It might look like everyone on campus is confident and connected, but most people share concerns about fitting in and getting along with others. It takes time to meet people and get to know them. Healthy relationships can be learned and practiced, and keep getting better.

10. Be yourself! It's much easier and more fun to be authentic than to pretend to be something or someone else. Healthy relationships are made of real people.



Be yourself

MAGAZINE



MEDIA HOUSE

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