

Top Vibe

ONLINE

Issue 153 March 2022

Magazine

ARIOSE - SAAM MET JOU

“Advertising your business”

MARK

MARKETING AND CASTINGS

Erika Labushagne

Top Vibe Magazine

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

COPYRIGHT:
Content of Top Vibe Magazine is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settlement with the Editor.

DISCLAIMER:
The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement.
The view of other writers or articles in this Magazine is not necessarily the view of the Editor.

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.

ERIKA LABUSCHAGNE:

Find out more about Erika and what she is up to.

3.

ADVERTISING:

Support our advertisers they support us!

4.

LANIE'S LANE:

What does Lanie have to say - see page 11



21 March Down syndrome day

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.

3. ADVERTISERS 10

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

4. DOWN SYNDROME DAY: 12

We challenge you to be part of Down Syndrome day by wearing different socks.

5. COVER PAGE 01

Erika Labuchagne - Queen of Afrika / Mrs South Africa 2019



Redakteurs Nota

Maart maand is hier en die winter kruip stadig maar seker nader, ek sien die kosmosse staan al plek, plek lanks die pad. Dit is die teken dat ons winter nader kom.

Dit is die 21st Maart Down syndrome dag en ons gaan pret hê om bewustheid te bring ons daag almal uit om onpaar kouse te dra vir daardie dag. Plaas jou foto op ons Facebook blad en deel so in die pret.

Ek gaan vir so bitter kort vakansie voor julle my mis is ek terug. Ek het dit so nodig, ek sal op Facebook 'n foto of twee deel.

Gaan besoek gerus ons Facebook blad en kyk wat ons als doen en beplan.

Sien julle volgende maand weer

Mooi bly....

Liefde

Charms

Top Vibe Ambassadors



Hallo again,

What an awesome month we had with all the love in the air.

Can you believe we approaching slowly but sureley the winter we must enjoy the last bit of summer.

I'm exited for our up coming issue, because it's Easter, just love chocolates.

Don't miss out on any of our issues, we are busy behind the scenes.

Please have fun with us on the 21st of March by wearing mismatched socks.

Follow us on Facebook to find out about up coming events.

I need to run off chat next month.

Take care



Dear Readers,

A little 40 second passage to change your perspective:

Why is the way you think about a situation important?

Because it Wil impact your mind and your mental health.

Live is so short why not go through it with good energy and by focusing on the positive things in your life.

We take so much for granted... Family, health etc. Imagine waking up and having nobody, nothing just yourself.

What would there be to live for? Try new things, appreciate the people in your live and forget about negative stuff. Do that thing you wanted to do yesterday because we never know if there's a tomorrow. I challenge you this month to think positively, love unconditionally and be grateful.

Love

Chanel



Hallo julle,

In my persoonlike lewe gaan dinge maar bietjie woese, ek het verlede jaar my matriek gedoen en het nou begin werk. Dit het 'n tydjie gevat om my voete te vind. Gelukkig het ek en dit gaan goed met my. My dae is vol en ek geniet elke oomblik daarvan.

Hierdie uitgawe is propvol interessante leesstof. Ek sien uit na ons Moedersdag en Vadersdag uitgawe ons is reeds besig met die beplanning daarvan. Kan nie wag nie.

Vergewe my as ek nie so baie op Facebook aktief is nie, ek is maar pootuit saans.

Dit is altyd so lekker om met ons lesers te kan praat.

Dankie vir julle saam kuier!

Ons praat gou weer

Groete Dillan

Erika Labuschagne

Relocate to the coast!!

The lovely Erika Labuschagne, relocated to the Coast, the Vaal now has less sparkle.

Charmaine Top Vibe Magazine interviewed Erika to find out about what the future has in store for the Beauty Queen.

What was the reason for you relocating to the coast?

After I lost both my parents last year I decided that it is time for me to seek new ventures in my life. The memories of being in the Vaal and my parents not being there became just too unbearable and I know that this is what they would have wanted for me as well. To start over and start living again.

Do you have any family in the coast?

My sister is staying here, she helped raise me when my mother became very ill with my birth. We have a very close relationship more like a mother and daughter bond.

Any new business ventures?

There's a few plans that I have here, the first one seeing the light will be EzMark Marketing and Casting. I strongly believe that you have to have a few eggs in the basket and for the rest, it's still a little bit of a secret that I will reveal later on. Still busy with Armour for men and Boerrumoer both products available online.

Will you participate in any upcoming pageants?

I think for now I will put all my energy in the new businesses and time for pageants will not really be on my side.

Any personal plans for 2022?

My plans for 2022 to focus on the new businesses. I'm excited to be appointed as HON. Chairperson of the South Africa WIO Global Women Award Academy.

I want to live my life to the fullest, follow my dreams, love dearly and to stay humble.

Spend more time with loved ones, and go for long walks on the beach with Toy (my dog).



Erika Labuschagne - CEO Vaal Pageant / Queen of Africa 2022
Mrs South Africa Globe 2019. / HON. Chairperson of the South Africa WIO Global Women Award Academy 2022.

WIO GLOBAL WOMEN'S AWARD ACADEMY

We are glad that **Erika Labuschagne** has joined us as **Hon. Chairperson, Country Office South Africa WIO Award Academy®**

WIO is ready to lead in year 2022 with new projects, campaigns and social causes.

<https://www.facebook.com/WIOAwardAcademy>



“Advertising your business”

To advertise HERE
Call 072 768 8582



GRIFFIN
INTERNET SERVICES

Get your own DOMAIN!

show[™]
me

Are you still using a gmail address?
For as little as R55-00 per month you
can own your exclusive:
www.yourowndomain.co.za
and
5 email addresses

UNLIMITED STORAGE!

leon@showmevaal.co.za

083 381 4214 / 068 585 4793

www.griffininternet.co.za



Charms 072 768 8582

Charms
"Cute" Boutique
The perfect touch



Sparkling Nails
by *Michelle*

Cell: 074 958 6402

Healthier you!

By Lelanie van Niekerk.

Most of us in 2022 may be made this new year's resolution to become more healthier, going to the gym eating healthier food... For me this was something I always wanted to do even at my age of 45.

To be the better version of yourselves I think its much more than just and action it's a whole new mind set.

My youngest son moved to Benoni in January as our 3-year plan did not fall exactly into place as we hoped it would, but it's a good thing as we all know our plan sometimes is not God's plan for us. SO!!! starting the month of February my son was invited with new friends he made here to join the local gym in Benoni.

One week of free access to the gym he went everyday after school, and he really enjoyed this new found venture...

As all the older ladies maybe are aware of taking your husband to a gym and be much more exhausted then even stepping into a gym...but I worked that mind of his convincing him that it's a good thing for us and its something we can do as a couple and a family...well it worked

Yes, we are now gym members and starting our first week, It is defiantly a mindset worth the while exploring,

Wellness can be described in many ways. It is a concept that means something different to everyone.

How we imagine wellness on an individual level varies from how our family and friends see their respective pictures of wellness.

LANIE'S
Lane
Attract a ritzy crowd



Identify the dimensions of your personal wellness, prioritizes, and begin to understand more deeply what wellness means to you.

Wellness is defiantly not just fitting into your cloths or getting that new swim suite. Having some inspiration is often the best way to motivate yourself towards your fitness goals.

For me my inspiration is...I am not getting younger and I would love to see my sons grow older, get married and have kids of their own being a grandmother a proper one.

So, what ever your inspiration is to be the better version of yourselves follow through on it I promise you that at the end it would have been worth the while.

Maybe your wellness is something totally deferent than mine or the person next to you, just make sure you make that change!!!

MISMATCHED SOCKS



We at MEDIA HOUSE challenge YOU to wear mismatched socks on 21 March to create Down Syndrome Awareness!!!

21 MARCH
DOWN
SYNDROME
DAY

TAKE A PICTURE OF YOU WITH YOUR MISMATCHED SOCKS AND POST IT ON OUR FACEBOOK PAGE <https://web.facebook.com/topvibemagazine.vaaltriangle/>



ENTER TODAY!

Werner: 076 260 8620

Handelien: 083 445 31827

Are you our next Emissary of CSAP?

For Only an entry fee of R200 you stand a chance to become an emissary of brand new Bold, Ambitious, Divergent Pageant from any other you have ever seen before.

Enter Today !!

www.centralsouthafricanpageant.com

Meet Our Miss FOCSAP
YOUR PICTURE COULD BE HERE

MISS PRE-TEEN
MISS TEEN
MISS MRS.

Meet Our MR FOCSAP
YOUR PICTURE COULD BE HERE

MR PRE-TEEN
MR TEEN
MR

For more info contact
Werner - 076 260 8620
Handelien - 083 443 1827



BABY DOLLS



072 768 8582 - Vaal

082 332 4393 - Pretoria

Become the Best version of yourself?

Become the best version of yourself

What does it mean to be the best version of yourself? Does it mean living up to your potential – or is there more to it? If you're like most people, these are the questions you've pondered as you search for identity, confidence and fulfilment in life. When the answers you find fall short of your expectations, you need to start asking the really important questions that lead you to understand how to maximize personal growth and become the best version of yourself. In this blog we really look into how you can start making small changes in your life currently to help you to start building the best version of you!

What does it mean to 'become the best version of yourself'?

The statement gets thrown around a lot when reading through confidence building blogs, but what does it actually mean? Becoming the best version of yourself means getting back to your quintessential self. As straightforward as that sounds, it's anything but: Authentic self-discovery takes courage and tenacity.

To approach your essential self, you must turn away from distracting false beliefs that cloud or distort your self-perception. (If you're feeling anxious about self-improvement, please remember; every person is completely unique. Someone else's life path cannot be your benchmark of success, since they have different dreams, passions and skills. There is also no roadmap or ideal outcome in life, because everyone's path is theirs

and theirs alone.)
Rediscovering the 'real you'

Before you can start building the best version of yourself, you need to uncover the foundations of what essentially makes you, you. Foundations like your values, interests and passions that define who you are and where you place yourself in the world. You can try sitting in front of a mirror and ask yourself:

What activities do you enjoy?
Who do you enjoy being around?
What impact do you want to make on the world?
What is your happiest memory? (Be sincere and honest in your answers!)
As you ask yourself these questions, pay attention to the way you're feeling; if you notice negative emotions like anxiety or anger, you're subtly telling yourself negative messages that obscure the conversation. Now let's dig deeper into what's driving those feelings;

Are you afraid you'll fail at finding yourself?

Are you afraid of what you'll find when you dig deep?

As easy and tempting it is to feel inadequate; the truth is that each of us is fully complete just as we are. It's getting in touch with this essential self that will eventually free you from barriers, allowing you to become the best version of yourself. How do you become the best version of yourself? Once you've identified the person you want to be, you can plan how to become the best version of yourself.

Start with the end in mind – your ideal self – and take concrete steps to get there; read on for 12 steps on how to start bettering yourself.

1. Let go of limiting beliefs You know who you are – but do you know who you could be?

Most of us are held back by limiting beliefs: untrue thoughts we have about ourselves. By learning to recognise and let go of whatever limiting beliefs are keeping you from becoming the best version of yourself, you're able to push forward and find the person you really are.

2. Amplify your strengths

Focus on your strengths and you'll get even stronger in those areas, becoming more fully yourself along the way. Focusing on your strengths is also essential when you hit roadblocks – which you inevitably will – we all do, it's normal. When you amplify your strengths, you remember what you're bringing to the table, and you'll crush the obstacles in your path.

3. Develop a growth mindset

No one is made up of only strengths. We all have personal issues that require attention if you want to be the best version of yourself. Successful people tackle this by having a growth mindset (A growth mindset means you enjoy taking on new challenges. You're willing to put in the work to gain new abilities or increase your intelligence.). They believe that there are no weaknesses. There are only opportunities for improvement. Rather than focusing on what they do badly, they focus on how they can

ARIOSE - SAAM MET JOU

ARIOSE

SAAM MET JOU



Ariose, 'n passieprojek tussen drie musikante wat in Oktober 2020 gestig is, het reeds twee baie suksesvolle treffers – [Bly Jy Hier](#) en [Jy](#) – opgelewer.

Dié trio laat ook nie gras onder hulle voete groei nie en het besluit om die maand van liefde behoorlik te vier met nóg 'n oorspronklike vrystelling wat somer diep in musiekharte gaan nesskop.

SAAM MET JOU is deur Xander Filmalter, die manlike stem in die groep, geskryf en vervaardig deur hulle kitaarspeler en talentvolle musikant, Renier Henning. Heidi Henning, die roos tussen die dorings, het ook oudergewoonte vir soet hoendervleismooi oomblikke gesorg met haar unieke stem

en aanslag.

“Vir my gaan die liedjie oor daardie oomblik wat jy voor die liefde van jou lewe staan en met alles binne jou weet dat niks ooit weer dieselfde gaan wees nie, ongeag van wat in die toekoms gebeur,” verduidelik Xander. “Ek sien 'n vierjarige seuntjie in sy Batman-kostuum wat elke keer oor die bank duik as die buurdogtertjie kom kuier of die bruidegom wat sukkel om sy emosies te beheer wanneer hy in sy bruid se oë kyk. Natuurlik is die oomblik omring deur 'n groter storie, maar iewers tussen teleurstellings en oorwinnings, kom daar 'n punt waar twee mense besef dat hulle nie so ver sou kom sonder mekaar nie.”

Alhoewel die snit diep lirieke het, meen die drie dat dit sal aanklank vind by 'n wye gehoor en dat luisteraars die lekker energie en ritme sal geniet.

Volgens Renier het hy van die begin af geweet dat hierdie 'n liedjie is wat mense moet hoor: “Die koorgedeelte, wat eindig op 'ek is soveel meer hier saam met jou' maak dat jy jou vrou wil nader trek en herinner wil word aan hoekom jy haar gekies het. Ek hoop dat dit dieselfde effek sal hê op almal wat daarna luister, want dit is immers altyd lekker om 'n liedjie te luister wat jou armhare laat regop staan van lekkerte.”

Heidi stem saam dat hierdie duet soos die stukkie van 'n legkaart bymekaar gekom het om die perfekte eindresultaat te skep. “Liefde is so 'n opwindende reis en ek dink ons het dit mooi vasgevang in die liedjie wat amper soos 'n kinderlike sprokiesverhaal afspeel,” sê sy.

Die musiekvideo is deur die groep self verfilm en vervaardig en het reeds in Renier se verbeelding afgespeel voordat dit op kamera vasgevang is. Dit het 'n sprokiesverhaaltjema en speel af in 'n woudagtige omgewing wat Xander na aan die hart lê.

“Ek dink die natuur/ woud is 'n metafoor vir die meeste verhoudings. Dis wild en wonderlik, maar jy kan verdwaal en weet nooit wat om die volgende draai vir jou wag nie,” deel Xander. “Die staproete waar die video verfilm is, is 'n plek waarheen ek en my honde gaan om te ontsnap van die alledaagse lewe en is daarom vir my baie spesiaal.”

Renier voeg by: “Ek wou al lankal 'n video in die natuur skiet en die prentjie van kronkelpaaie, hoë bome en lig wat deur die takke skyn van bo af, was altyd in my kop. Die sprokiestema wat deur die liedjie vleg, het die konsep lekker laat ontwikkel en my visuele konsep is gebaseer op The Brothers Grimm se prinsesse wat deur die woud

hardloop.”

Kyk die video hier: <https://www.youtube.com/watch?v=0qTEZV1-0NU>

Oor die afgelope twee jaar, het Ariose baie geleer oor die musiekbedryf en dit geniet om hulle musiek oor die radio te hoor, hulle video's op die kassie te sien en met verskeie joernaliste en radio-omroepers te gesels... maar dis nog lank nie die einde nie, want buiten vir hulle afsonderlike projekte (Xander se solo-loopbaan en Renier en Heidi se gospelgroep King's Collective) het hulle nog baie planne vir die toekoms.

“2021 was 'n moeilike jaar vir baie mense, ons inklusief, en baie dinge wat ons wou doen het nooit gerealiseer nie. Tans werk ons hard aan vier of vyf nuwe liedjies en musiekvideo's en is ons besig om aan ons lewendige optredes te slyp. 2022 voel soos 'n jaar waarin ons kan 'reset' en dinge anders aanpak,” sê Renier.

Ariose, wat melodie beteken, se doel was nog altyd om goeie Afrikaanse musiek te maak en SAAM MET JOU is 'n baie goeie bewys daarvan.

“Hierdie is 'n gemaklike popliedjie wat mense in hulle karre, sitkamers en saam met vriende kan luister. Dit het 'n lekkerluister wysie en betekenisvolle lirieke, wat enige persoon wat al ooit verlief was sal verstaan,” sluit Xander af.

Die enkelsnit is nou op alle digitale platforms beskikbaar. Kry dit hier: <https://music.apple.com/za/album/saam-met-jou-single/1607698455>

SOSIALEMEDIASKAKELS

Facebook: <https://www.facebook.com/ArioseBand/>
Instagram: ariose_sa

PUBLICITY & MARKETING
STARBURST PROMOTIONS

Alishia van Deventer
Cell: 083 635 4717

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



Become the Best version of yourself? Part 2

improve – and take action to get there.

4. Throw out set expectations

What you believe creates your own personal view of the world, but unfortunately, sometimes our beliefs are not our own. Like most of us, you've built at least part of your identity based on others' expectations. The process of internalising others' values is unconscious, and bringing it to consciousness is the essence of learning how to be the best version of yourself. Your vision for who you want to be must be yours – no one else's, so own who you want to be and don't be swayed by others' views!

5. Be willing to shed your old identity

When you are determined to find your ideal self, you're essentially raising the bar – for yourself and the people you know. Your "old self" will resist this due to feelings of insecurity and fear of the unknown. Resist the urge to cling to the familiar – the identity that's been holding you back – and embrace a new can-do attitude

6. Tame your fears

Fear is a sneaky enemy that robs us of our in-built courage and distracts us from the present moment. Taming your fears is possible, and is necessary to better yourself. When you feel anxious, identify what you're afraid of and write it down. Then, write down an alternative explanation that's less scary while still being realistic. Even if your feelings don't change right away, your mind will register the rationale. In time, the process of fact-checking your fears becomes habitual, and you

become less swayed by anxiety.

7. Prioritise outcomes

Since understanding how to be the best version of yourself requires looking inward for wisdom, you won't find yourself by gathering tons of information. Let your ideal self set the goal. Pick something plain, simple and achievable, like getting organised or reading more fiction. Making a measurable goal is one of the most effective ways to get out of your head and help start building your confidence.

8. Set reasonable goals

Prevent overwhelming yourself by setting small, measurable goals. If you'd like to lose 10 pounds and increase your productivity by 30%, break those down into smaller steps, like exercising for 20 minutes a day or setting a clear daily routine. Each time you take a step toward your goal, you build self-confidence to become the best version of yourself.

9. Create empowering rituals

No one would argue that the world's most successful athletes, entrepreneurs and leaders haven't become the best versions of themselves. There's one thing they all have in common: they've developed habits that make them great. This could mean meditation or goal visualisation to put you in an empowered state of being. It always includes eating healthy and exercising. And more often than not, it includes practicing gratitude in your everyday activities.

10. Have compassion for yourself

Remember, being the best version of

yourself is about you – not other people. Stop comparing yourself to others and recognise that everyone is on their own different path. If you're not where you'd like to be, have compassion for yourself. If you're at a crossroads, that's fine; recognise and accept that, to then move forward and progress. Instead of scrolling through social media or getting down about a recent setback, practice self-love. Get outside and go for a walk. Do something you enjoy. Always remember to check negative self-talk and replace it with empowering words.

11. Manage yourself effectively

Part of understanding how to be the best version of yourself is learning to be your own boss through effective self-management. Effective time management sets you free from stress, steers you toward your ideal self and relieves you of others' expectations. To stay accountable and in control of your resources, check in on your progress weekly, monthly, and yearly. Becoming your own best boss, whether that be managing your free time or your study time, makes for better all-round wellbeing!

12. Stay positive!

As you learn how to be the best version of yourself, you're sure to hit roadblocks and obstacles. Instead of getting discouraged, cultivate positive emotions like passion, curiosity and flexibility. Look at obstacles as opportunities instead of defeats. By staying positive, you'll find creative solutions you'd miss if you had remained bogged down in self-defeating thoughts.



MAGAZINE

MEDIA HOUSE

**NEXT ISSUE - APRIL 2022 TO
DOWNLOAD GO TO www.topvibe.co.za**