

# Top Vibe

ONLINE

Issue 155 APRIL 2022

Magazine

HOW TO RELAX YOUR MIND

**Reggie Peace is terug  
met 'n nuwe  
enkelsnit,**

Media House

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Happy Easter



# Top Vibe Magazine

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**EDITOR:**  
Charmaine Britz

**CONTACT DETAIL:**  
Cell: 072 768 8582

**WEBSITE:**  
[www.topvibe.co.za](http://www.topvibe.co.za)

## 1.

**TOP VIBE MAGAZINE AMBASSADORS:**

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

## 2.

**FEITE OOR FEBRUARIE 2022**

Lees gerus hier dit is baie interessant.

## 3.

**ADVERTISING:**

Support our advertisers they support us!

## 4.

**REGGIE PEACE - NUWE ENKELSNIET**

Lees op bl 16 -17 meer oor Reggie Peace en sy nuwe enkelsnit.



# REGULARS

1. EDITOR 03

*Charmaine Britz Editors Note:*

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. SUPER MOM: 12

*Tell us about your Mom.*

5. COVER PAGE 01

*Flowers, remeber it's Mothers day in May*



## Redakteurs Nota

Liewe lesers,

Ons was in 'n bevoorregte posiesie om bietjie weg te kon gaan vir so tien dae met vakansie. Ons het begin om by die mooiste Clarens tuis te gaan by Mercia en Johan eienaars van Honeysuckle. Nou ek moet baie eerlik wees ek is verlief op die plek. Ons gasheer en gasvrou het natuurlik bitter diep in ons harte gekruip.

Ons het soooo bitter lekker gekuier. Toe ons groet pik ons 'n traan en vat die pad Suidkus toe. Waar ons vir die volgende agt dae sou bly. Die see maak mens kalm en maak jou nietig voor God. Die klimaat is so lekker meeste van ons dae was bewolk maar steeds lekker.

Ons het by Ci-bali restaurant die heerlikste vis geëet, ek mis klaar die plek. Ag en voor jy weet is die vakansie verby en die pad huis toe lê voor.

Die Paas naweek is om die draai en ek wil vra dat julle veilig moet wees op ons paai. Mooi ry en mooi bly tot volgende maand....

Liefde

*Charms*

# Top Vibe Ambassadors



Etienne

*In This edition of Top Vibe Magazine, it's all about Easter, jokes, pranks, and fun.*

What is April known for?

*April is known for beautiful spring weather, the start of colder weather, and right about the time when the Easter bunny will make an appearance!*

*April Fool's Day: 1 April*

Think about the following:

*What do you think is The best April Fool's joke ever...?*

*Where do you get ideas for April Fool's jokes?*

*When someone played an April Fool's joke on you, how did you feel...?*

*Easter Sunday: 17 April*

What is the main message of Easter?

*Easter is the day that Christians believe that Christ rose from the dead, bringing life eternal to followers. miracle, following his crucifixion on what's called Good Friday, it is a time of rejoicing and rebirth*

*It's that time of the year again, let's enjoy it with some easter eggs, buns and have fun.*

*Buy some easter eggs (ps. it will be on a special) #Let's keep the tradition going with our families.*



Love  
Etienne



Dear readers, did you know about autism?

Please help us by creating awareness

World Autism Awareness Day 2022,  
Saturday, 2 April

Throughout the month, we focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support.

Love

Chanel



APRIL IS NATIONAL  
**AUTISM**  
AWARENESS  
MONTH



Good day to all you beautiful readers. As you know it's the 4<sup>th</sup> month of this amazing NEW YEAR 2022, it is also the 16<sup>th</sup> edition that I have been part of the Top vibe/Media House team.

We all see easter as the fun time to hide easter eggs for our children or even take them out to see the easter bunny.

Do we even know the true meaning behind the celebration of what this long weekend truly is ?

Just a reminder of what the true meaning of easter is, **The most important and oldest festival of the Christian Church, celebrating the resurrection of Christ and held (in the Western Church) between 21 March and 25 April, on the first Sunday after the first full moon following the northern spring equinox.**

Let us celebrate Easter this Year with the true meaning in mind and teach our children what it truly is about.

To the readers: My birthday is on the 27<sup>th</sup> of April and I would like to end off with the joke that I tell all my friends about my birthday, 27 April is known as Freedom day, the day that Nelson Mandela got released from the prison on Roben Eiland. The same day a few years later I decided to escape my prison.

Have a great month and a blessed easter!

All my love

Dillan



# Mooiste verhaal

LEES EN GEE MY JOU ANTWOORD:

'n Weduwee-ma verlaat haar huis en gaan haal water, en laat haar enigste kind aan die slaap. Met haar terugkeer het sy 'n groot skare rondom haar brandende huis gevind.

Aan die binnekant is haar seun op die punt om in die brand te sterf. Sy gooi haar bak water op die vloer, en huil, wil sy in die brandende huis ingaan om na haar seun te soek. Almal bly sê: "Jy gaan ook dood, vuur is baie groot." Sy ontsnap uit hul hande, gaan die vuur binne en draai haar seun in 'n kombers toe. Die kind, styf teen haar bors, word nie deur die vuur aangeraak nie. Mamma kom erg verbrand uit en word net-net gered; danksy die versorging van die hospitaal, maar sy leef met letsels en onherkenbaar.

Baie jare het verbygegaan. Die kind het onder leiding van sy ma sy studies voltooi en is as predikant aangestel. Hy het op sy afspraak 'n partytjie by sy villa gereël en al die hooggeplaastes van die stad en sy vriende genooi. Terwyl hulle in volle geselskap was, is geluide by die deur van die ingang na die villa gehoor. Die seun is gedwing om die situasie te gaan oplos.

Hy het gevind dat die veiligheidsbeamptes sy ma verhinder om by die partytjie aan te sluit. Hy het haar nie genooi nie, maar sy wou ook by die partytjie aansluit. Gekonfronteer met hierdie situasie voor sy gaste, het hy sag aan sy ma gesê: "Asseblief, Ma, ek sal skaam wees om jou voor my vriende te laat verskyn. Ons kan later bespreek." En in die geheim het hy die veiligheidsdienste beveel

het hy die veiligheidsdienste beveel om gooi sy ma uit as gevolg van

haar letsels ... Wat inspireer jou in hierdie storie? Hierdie vrou verteenwoordig Jesus Christus wat homself opgeoffer het vir jou en ek. Vandag, watter plek gee jy hom in

jou lewe? Dit is Hy wat die letsels ontvang het as gevolg van jou en my. As jy jou vir Hom skaam, hou hierdie boodskap en moet dit vir niemand stuur nie. As jy nie skaam is oor die letsels van Jesus Christus nie, as jy Hom as jou Here en Verlosser in jou hart ontvang het, dra hierdie boodskap aan twaalf persone oor.

Jesus Christus sê vir ons in Markus 8, 38: "... Want elkeen wat hom vir My en my woorde skaam in hierdie owerspelige en sondige geslag, hom sal die Seun van die mens hom ook skaam wanneer Hy kom in die heerlijkheid van sy Vader met die

Heilige engele. "🌟🍌 Jy het nog tyd om vir ten minste 12 mense te vertel dat Jesus vir hulle lief is. Wat my betref, ek het hierdie sending saam met jou begin.

Psalm 126. God het my gevra om vir jou te sê: Dat alles van nou af reg sal wees... Jy gaan oorwin en al jou doelwitte bereik. Vandag het Jesus Christus jou huis besoek. Op pad uit het hy al jou probleme saam met hom geneem. Doen my 'n guns. Vertrou God en deel hierdie boodskap met twaalf vriende van jou, moenie ignoreer nie en kyk binne 4 minute, jy sal 'n baie goeie nuus ontvang. Dit het niks gekos om te deel nie.

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# FEITE OOR FEBRUARIE 2022

Februarie 2022 sal jy nooit weer in jou lewe beleef nie.

Het jy geweet daar is:

- 4 Sondag
- 4 Maandae
- 4 Dinsdae
- 4 Woensdae
- 4 Donderdae
- 4 Vrydae en
- 4 Saterdag



Dit kom net eenkeer elke 823 jaar voor en word n miraclein genoem.



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*"Arrive as guests, leave as friends"*



# SUPER MOM

**CRACK!**

**BOOM!**

**POW!**

Tell us about your Mom and why you think you have a SUPER MOM. The best story will be published in our May Issue of Top Vibe Magazine  
**CLOSING DATE 23 APRIL 2022**  
**SEND VIA WHATSAPP TO 072 768 8582 OR BY E-MAIL TO [admin@topvibe.co.za](mailto:admin@topvibe.co.za)**

*Sandri's Showroom*

**Sandri 082332 4393**  
**Charmaine 072 768 8582**

**APRIL SPECIAL**



## Family Recipes

By Lelanie van Niekerk

Yes...Yes and another YES!!!

**BIG SECRETS!!!! BIG, HUGE like the famous Pretty woman eish Lol!!!**

What are these big secrets about family recipes, we do not want to share please tell me!!! I am convinced that each woman in South Africa has one or more family recipe that they say it is and looking at it, half an hour before guest arrives, we rock up something and "WA LA" it's called a Family Recipe...

From my understanding a family recipe is something past on from one generation to the next... I just want to set the record straight if you indeed make a family recipe or just a "WA LA" dish and one of your guests ask for the recipe PLEASE SHARE, it's with the lack of sharing that we end up making the same food for our families over and over and YES over!!! LOL

I would say that I am a good cook, but there are great recipes out there that just end up in someone's recipe book faded handwriting from OUMA and by the end of the day is lost...and could not even be past on to your children or maybe the GREAT sister-in-law that kept asking for it AND now its LOST forever...

Well, I decided to share one with you guys the origin to me is my Dad making this dish which in our family comes from his Granny and my great Granny which I never met, it's a pasta dish and can not be compromised other than the ingredients and instructions if have tried does not taste the same.

\*\*\*



**LANIE'S**  
*Lane*  
*Attract a ritzy crowd*

## Lelanie's Family Lamp & Spaghetti Ragu Recipe

### Ingredients

1. Lamb meat (any) chopped in goulash size (qty how many people you feeding)
2. Spaghetti
3. Fresh Red, Yellow, Green Peppers (for yourself)
4. Fresh Pack of Denny mushrooms (for yourself)
5. 2 x lamb stock (for yourself) 1l hot boiled water
6. Onion (1 of yourself) 2 if for more people

- Chop lamb meat (mix in bowl with olive oil, smoke paprika, steak and chops spice, soya sauce) mix the meat that every part is covered
  - Chop all fresh veggies like stir-fry veggies
  - Cook your spaghetti (secret! the spaghetti is the main character in a story) for yourself half a pack or more if you want
- The meat should be done in a large pot to make space when you add the cooked spaghetti
- Fry onion and add smoke paprika
  - Add your meaty mix and seal your meat ± 10min on medium heat
  - Add your stock stir put on 4 and close the lid ± 20min while checking now and again meat should be tender if not add more stock and leave until meat is tender
  - Last add all the freshly chopped veggies IMPORTANT DO NOT STIR the veggies into the meat leave on top ±10min just check on the meat also make sure it does not burn just gently lift from the bottom
  - After 10min stir in the veggies through the meat add little bit of stock stir and leave for about 20min lid closed and stove switch off
  - Pasta should be done drain mix little bit of olive oil over the pasta so it doesn't stick
  - After 20min mix in the Spaghetti mix well
- I, did however google a picture I'm for sure not a professional photographer Lol!!! but it's defiantly not doing it justice...Try it and let me know [LaniesLane77@gmail.com](mailto:LaniesLane77@gmail.com)

Remember SHARING IS CARING 12



# Reggie Peace is terug met 'n nuwe enkelsnit, Is jy Nca?



„Dit is 'n baie prettige liedjie, wat gemaak is om mense te laat dans,“ sê **Reggie Peace** (Reginald Hufkie) oor die derde enkelsnit vanaf sy debuut-album, *Nuwe Lewe. New Life*.

Volgens dié talentvolle musikant, wat al meer as 'n dekade in die vermaakbedryf werk, gaan **IS JY NCA?** oor 'n groep vriende wat hulle beste klere aantrek en saam uitgaan om die aand te geniet.

„Die dansvloer is aan die brand wanneer die groep by die kuierplek aankom. Soos gewoonlik lei dit tot 'n danskompetisie waaraan hulle deelneem,“ vertel hy oor dié kletsrym-nommertjie wat deur DJ Darkness (Calvin Botha) vervaardig is. „Tydens die kompetisie, vang 'n meisie die hoofkarakter se oog, maar sy verdwyn ongelukkig kort daarna en hulle kuier verder.“

Die musiekvideo is in Linden in Johannesburg deur Wesley West verfilm en beeld die basiese storie uit wat deur die lirieke vertel word. Al verskil is dat dit Reggie en 'n groep dansers is wat uitgaan om in die strate te gaan dans. „My karakter probeer 'n meisie oorreed om hom 'n kans te gee. Sy sê eers nee, maar later verander sy van plan. Dit is 'n 'fun' storie om by die gevoel van die liedjie te pas,“ verduidelik dié nege-en-twintigjarige ster van Schauderville in Port Elizabeth.

**Kyk die video hier:** <https://www.youtube.com/watch?v=9P7rQDSfXg>

**IS JY NCA?** volg in die voetspore van enkelsnitte soos *Frequency*, *Do It – Peacemaker*, *Hoekom?*, *Kos Op Die Tafel (KODT)*, *All That Matters*, *Better*, *Move*, *The Struggle is Over*

én *African Queen* wat hy saam met ander musikante vrygestel het.

Wanneer hy nie musiek maak nie, hou hy ook sy lyf akteur en was hy al te sien in verskeie bekende reekse, waaronder *Generations: The Legacy* (Luke), *Die Spreeus* en *Huis Lelieveld* (Spanner).

Hy is tans besig om te skiet aan 'n nuwe komediereeks wat in April op kykNET begin wys en werk ook aan sy eerste rolprentdraaiboek.

Sy broer, Roman, wat ook in sy musiekvideo te sien is, gaan ook binnekort saam met hom in 'n fliek verskyn.

Reggie het nog altyd hard gewerk om bo sy moeilike omstandighede uit te styg en is dankbaar vir elkeen wat sy

loopbaan ondersteun.

**IS JY NCA?** is 'n moderne kletsrym-liedjie met 'n ritmiese aanslag, wat nog lank gaan koning kraai op die dansvloer.

**Die liedjie is beskikbaar op sy album hier:** <https://distrokid.com/hyperfollow/reggiepeace/nuwe-lewew-new-life>

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# HOW TO RELAX YOUR MIND

## Easy ways to relax

**Breathe it out.** Breathing exercises are one of the simplest relaxation strategies, and can effectively calm your stressed-out body and mind anywhere at any time. ...

**Release physical tension.** ...

**Write down your thoughts.** ...

**Make a list.** ...

**Visualize your calm.** ...

**Connect to nature.**

## Why relaxing is so important

There's no doubt that today's modern lifestyle can be stressful. Between work, family, and social obligations, it can be hard to make time for yourself. But it's important to find the time.

Relaxing can help keep you healthy, in both your body and mind, helping you recover from the everyday stresses that life throws at you. Luckily, no matter how busy you are, it's simple to learn how to create time for chilling and also how to best relax.

## Easy ways to relax

When it comes to relaxation strategies, the easier the better! If you can find five minutes of your day for yourself, you can easily slip in a simple relaxation strategy. Here are some easy ways to help relax:

**Breathe it out.** Breathing exercises are one of the simplest relaxation strategies, and can effectively calm your stressed-out body and mind anywhere at any time. Sit or lay down in a quiet and safe place such as on your bed or the floor in your home and put one of your hands on your belly. Breathe in to a slow count of three, and then breathe out to the same slow count of three. Feel your belly rise and fall as you breathe in and out. Repeat five times, or as long as you need to feel relaxed.

**belly rise and fall as you breathe in and out.** Repeat five times, or as long as you need to feel relaxed.

**Release physical tension.** When we feel mentally stressed, we often feel physically stressed as well. Releasing any physical tension can help relieve stress in your body and mind. Lay on a soft surface, such as your bed, a carpet, or a yoga mat. Tense up one part of your body at a time, and then slowly release your muscles. As you do this, notice how your body sensations change. Many people start either with the muscles in their face or those their toes, and then work their way through the muscles across their bodies to the opposite end. Shop for a yoga mat

**Write down your thoughts.** Getting things off your mind by writing them down may help you relax. When you feel stressed, take a few minutes to write down some short notes about how you're feeling or how your day is going. You might do this in a notebook or in a notes app on your smartphone. Don't worry about being poetic or spelling everything correctly. Just focus on expressing yourself to help release some of your stress. Shop for a journal

**Make a list.** Making a list about what you're grateful for can help some people feel relaxed. Experts say that when we're stressed, we tend to focus on the negative parts of life rather than the positive. Thinking about the positive parts of your life and writing them down may help you chill out. Try to think of three good things that happened to you today and write them down, even if they're small things like getting to work on time or eating a delicious lunch. Shop for a gratitude book

for a gratitude book.

**Visualize your calm.** Have you ever heard the expression "find your happy place"? Sit in a quiet and safe place, such as your bedroom, and begin to think about a place in the world where you feel most calm. Close your eyes and imagine all the details linked to that place: the sights, sounds, smells, tastes, and tactile feelings. For example, if you think of the beach, you might imagine calm waves, the sound of children playing in the sand, the smell of sunscreen, the taste of cool ice cream and the feel of gritty sand under your feet. The more you get into your visualization, the more you can relax.

**Connect to nature.** Spending just a few minutes in nature when you feel stressed may help you relax. When you're feeling stressed, take a step outside and go for a short walk, or simply sit in nature. But you don't necessarily need to be in nature to feel its stress-reducing effects. Scientists have found that simply looking at images of nature Trusted Source with greenery for five minutes on a computer screen can help calm you down. So, thanks to technology, even people living and working in big cities far from nature can still experience its calming effects. Shop for nature sounds.

## RISKS OF TOO MUCH STRESS:

frequent headaches and pain throughout the body  
sleeping problems, such as insomnia or nightmares  
forgetfulness and confusion  
chest pain and heart problems  
stress-related illness  
increased or decreased appetite, often with weight gain or loss  
social isolation and loneliness  
increased use of drugs, tobacco, and alcohol.  
crying spells and feelings of depression, sometimes with thoughts of suicide  
loss of interest in punctuality and appearance  
increased irritability and overreaction to small annoyances  
poor performance at work or in school



# MAGAZINE



**MEDIA HOUSE**

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