

Top Vibe

Magazine

ONLINE
Issue 156 May 2022

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Top Vibe Magazine

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1.

TOP VIBE MAGAZINE AMBASSADORS:

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

2.

SUPER MOM:

Letters from our readers - why they think their mom is a super mom.

3.

BERNICE WEST:

Lees als oor Bernice West se nuwe CD JONA.

4.

HONEYSUCKLE - CLARENS:

Winter weekend away. Make time to spoil your partner with a winter weekend in Clarens at Honeysuckle.

Happy Mother's Day



REGULARS

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Charmaine Britz Editors Note:

2. AMBASSADORS 04

Messages from our lovely Ambassadors, to their Mother's.

3. ADVERTISERS 10

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

4. SUPER MOM: 12

Readers telling us about their super mom.

5. COVER PAGE 01

Happy Mother's day to all our Mother's or Mother's to be. Thank you and God Bless you all.



Redakteurs Nota

Liewe lesers,

Mei maand bly 'n spesiale maand, dit is die maand waar ons hulde bring aan ons Moeders.

My Moeder is ongelukkig nie meer met ons nie en ek mis haar so oneindig baie. So vandag wil ek graag aan elke kind daar buite vra - bederf jou Moeder elke dag want niemand van ons weet of ons gespaar gaan wees vir 'n volgende dag nie.

Media House het 'n spesiale foto sessie gehad met ons ambassadeurs en hulle Moeders vir hierdie uitgawe. Lees ook hulle boodskap aan hulle moeders.

Ons het ook vir ons lesers die geleentheid gegee om vir ons te vertel waarom hulle ma 'n super ma is...

Geniet ons uitgawe, en baie geluk aan ons Moeders op Moedersdag hoop julle word lekker bederf.

Volgende maand is dit ons Pa's se beurt.

Liefde

Charms

Ambassadors with their Mom's



MOTHER'S DAY- Sunday 8 May

Mother's Day is a celebration, honoring the mother of the family. My mother is my everything, my rock, my go-to

Motivation for the month: *self love*

- GOD first.
- No negativity only POSITIVITY.
- Be YOURSELF.
- SPEAK up.
- Be CONTENT.
- Be BOLD.
- Be OPEN-MINDED and EVOLVE.
- DO what YOU need to DO to get WHAT you NEED and WANT.
- Become your dream.
- Become a better version of yourself everyday.

Thank you for reading. Keep sharing, and remember to spoil your Mother!!

Etienne



Chanel Rautenbach

For being part of our MEDIA HOUSE Ambassador team, We want to thank you for your time and the work that you have put in.

We are going to miss you.
Wishing you all the best
Spread your wings and fly.

Top Vibe
Kids Magazine Ambassador 2021

Top Vibe
Magazine Ambassador 2022



My vraag is soos volg: Wat is 'n ma vir jou, of wat is jy vir jou ma?

'n Ondersteunings pilaar, 'n skouer om op te huil of n beste vriendin, iemand met wie jy alles kan deel en wat jou binne en buite ken.

wat met 'n kyk kan sien dat iets fout is en met n drukkie alles kan beter maak.

Aan al die mamma lesers GELUKKIGE MOEDERSDAG!!

Aan my Mamma, Moeksie, Moeder, Ma dankie vir al die liefde, omgee, geduld, en raad. Lief vir jou Mamma.

Dankie aan al die lesers wat getrou ons tydskrif lees, gaan LIKE gerus ons Facebook blad en deel dit sommer met al jou Facebook Vriende.

Alle Liefde



Super MOM

Our Facebook followers shared their messages to their Mother's for Mother's Day

Mothers Day in Heaven 🙏

I send this balloon 🎈 with a huge and kiss, to my Mother Elsa Kendrick in heaven that I love and miss dearly. I'm sharing this balloon

🎈 in loving memory of my Mother and all Mothers who are in Heaven this Mothers Day.

I miss you, I think about you, I will never forget you.... Gone but never forgotten.

With all my love...

Carin Mulder.



My Mom, Madelein Bronkhorst

I have no words to describe, she is just the at most amazing person God could have blessed me with. The love and support from her, I could not have asked for better as God has already blessed me with the best. She is caring, supportive and most loving person I know. I am thankful everyday.

Thank you Mom for being part of me and my life growing up the woman you have raised me to be

❤ Bianca de Klerk

To my deares Mom Lisinda Oosthuizen,

I think my mother is a super mom because She is always here for me, she open up her arms when I need a hug, she give me pieces of her puzzle when she sees that I need it.

The Lord give me her because because she is someone who would understand what I say and do, and who will cover up all my mistakes with love and to find only find the best in what I do.

With her warm and caring nature towering above the rest.

Though adversity and prosperity will be a friend to me. She has deep values and sincere Love, she is my role model. She has real tears and true joy, she makes me feel happy. Because she is the mother I want to be for my children one day when I grow up and have children of my own. Dhe is my inspiration. That is way I think my mom is a super mom.

LOVE YOU MOM ALWAYS

Lichè Oosthuizen.

My dearest Mom Marie West

When God gave me to You, He gave me the BEST Mom in the World. You know celebrate Birthday's, Mother's day and Christmas in Heaven.

I miss you every day, but I know you would want me to smile, you gave me everything that I am today, and I will always be greatfull to You.

Love You Mom
Your daughter Charmaine



My liefste Skoondogter Michelle,

Ek is dankbaar dat jy my skoondogter is, ek waardeer die dingetjies wat jy vir my doen. Altyd vriendelik en behulpsaam.

Jy is 'n wonderlike vrou vir my seun en 'n uitstekende ma vir my kleinkind.

Dit is 'n riem onder 'n ma se hart om te weet dat mens op jou kan staatmaak. Met jou kan praat sonder dat dit oor vertel word.

Dankie, dankie, dankie, Jy moet jou Moedersdag geniet ek weet ons sal saam wees.

Weet ek is altyd daar vir jou.

Liefde jou skoonma
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“Advertising your business”

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CLASS 14 MAY 2022

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Honeysuckle

CLARENS - Mercia 083 287 3465

Winter Weekend

WE WILL KEEP YOU WARM

The winter months can be very romantic, especially at Honeysuckle in Clarens.

They will keep you warm. Honeysuckle is more than home away from home... With the peaceful surroundings and beautiful landscape you will feel like you are in a winter wonderland.

With a fireplace, cozy blanket in the selfcatering "Workshop" you can enjoy yourself with warm drinks, snack platters and cuddle up.

Honeysuckle is very popular so make your booking well in advance to avoid disappointment.

Take your partner on a winter weekend away.

***Booking:
Mercia & Johan
Cell: 083 287 3465***

Why date nights are important



Couples who build date nights into their relationships experience better communication, greater affection and gratitude for the other, and a desire to spend more time together. Date night provides a welcome entertainment so couples can return to focusing on important issues without distractions.

Why is it important to date Your spouse?

By dating your spouse, you are telling him or her that he or she is a priority, and that this relationship is valuable. When you are intentional about creating that space, that time for one another, you strengthen your marital bond.

How often should you have date nights?

"Set aside time for a regular date night once a week so you can continue to get to know each other, it doesn't need to be fancy, especially at only one month in, but if you are married once a month.

Are dates necessary in a relationship?

Image result for why date nights are important
Are date nights really that important in your relationship? The short answer is yes! It's so important to remember that courting, dating, and keeping intimacy and connection alive in your relationship. It's essential to the wellbeing and overall relationship happiness.

How long should a date last?

Fifty-seven minutes is the perfect amount of time to grab one round of drinks, sip down one coffee, and figure out if your dating app match has any sisters or not. This is about the same length of a workout class, a boring work meeting, or how long you spend talking to your mom on the phone.

What is the purpose of a date?

One of the main purposes of dating is for two or more people to evaluate one another's suitability as a long term companion or spouse. Often physical characteristics, personality, financial status, and other aspects of the involved persons are judged and, as a result, feelings can be hurt and confidence shaken.

What are the advantage of dating?

Dating provides an opportunity for individuals to learn how to relate to others and experience the joys and sorrows of developing a "couple" relationship. Dating permits couples to interact in various settings, to test compatibility and to learn what tolerance and commitment are all about.



The BIG move

By Lelanie van Niekerk

The BIG Move!!!!

Most of you who have been reading my blog for the last few months know that I'm a Vaall'ie at heart, but moved to Benoni last year...supporting hubby
Trust me when I say it was not fun or easy since September of last year
After our youngest son decided to stay and finish school, our oldest son won a competition to look after his younger brother...what a mistake...so in December last year I was school shopping for the youngest since all the plans were on a road completely unknown to me. Since we are in Afrikaans-speaking schools, we would be welcomed by these schools, but the old English school here welcomed us warmly...
He was in grade ten last year, going to grade eleven this year, but unfortunately the new school advised him to re-do his grade 10. I am proud of my youngest for that he agreed and taking two new subjects which, he had no experience with.
We re-located him in December of last year and he began attending his new English school...I strongly recommend it to parents...we normally like to do things the way we believe is the right way, but it's worth looking into...
We had no need to keep the house after our youngest moved in, so we put it up for sale in February and it sold shortly after.

...and now we come to the real, honest truth: you gave up everything you know! That was a harsh reality check!

It's easy to sell within your city, but I tell you, try moving out of it. The feeling of being alone and belonging to nowhere is the feeling you wake up to one day and it's there. You can say what you want, but if you have not experienced such a change, don't even go there... I have this saying I will never say to anyone I understand if I have not experience it for myself...so to everyone reading and have experience this I UNDERSTAND...

Easter weekend turn out to be a moving weekend when we moved from a comfortable home to a lock up storage unit that held your entire life packed into a single garage sized space.

LANIE'S
Lane

Attract a ritzy crowd



My thought was cloudy on Sunday and I thought about everything in the worst possible light...but knowing myself, it doesn't last long and I got my head in order quickly...being negative is not my nature.

Focusing on the bigger picture, the plan God has for us moving and starting fresh, and He will not place anything in your path that you cannot handle...

The big move turned out to be just another lesson for us, another situation that couldn't break us as a family... Sometimes the plan God has for you is not what you expect, all sunshine and blue skies...



Bernice West – JONA



Bernice West, met haar borrelende persoonlikheid en uitsonderlike musiek talent, het die musiekbedryf stormgeloop sedert sy in 2019 as naaswenner aangewys is van die realiteitsreeks, Maak My Famous.

Dié een-en-twintig-jarige "liefkind van Afrikaanse musiek" het reeds 'n rits sekulêre treffers agter haar naam en is baie opgewonde om nou, JONA, die eerste radiovrystelling vanaf haar komende album (met dieselfde naam) met die publiek en aanhangers te deel.

Hierdie nuwe enkelsnit, uit die Pretorianer se eie pen, is geïnspireer deur 'n bekende Bybelse verhaal. "Baie keer het jy 'n 'calling' of 'n daad wat op jou hart druk, maar wat jy bang is om uit te voer... soms kies jy

dan jou eie paadjie, ten spyte van dit wat God jou voor geroep het, en dan sluk die walvis van die lewe jou in. Die dag wat jy vrede maak met jou calling, kry jy ook vrede in jou hart," verduidelik sy oor die betekenis agter die snit. "Jona se verhaal lê my juis na aan die hart, omdat dit nie maklik is om altyd jou roeping uit te leef nie, maar jy vind wel vrede in die wete dat jy besig is om die regte ding te doen."

Robin Keilly was die vervaardiger van hierdie titelsnit – wat elemente van pop, alternatiewe- en tagtigs-musiek kombineer – en sal aanklank vind by 'n wye gehoor.

net, en dan sluk die walvis van die lewe jou in. Die dag wat jy vrede maak met jou calling, kry jy ook vrede in jou hart," verduidelik sy oor die betekenis agter die snit. "Jona se verhaal lê my juis na aan die hart, omdat dit nie maklik is om altyd jou roeping uit te leef nie, maar jy vind wel vrede in die wete dat jy besig is om die regte ding te doen."

"Soms het jy nie nodig om 'n konsep te oordink nie en wie weet, dalk sien jy 'n walvis in die water," sê die sangeres. "Die lekkerste deel van die opname was om tyd te spandeer saam met ongelooflike mense wat my baie laat lag."

Kyk die video hier: <https://youtu.be/J-FR81Ajfcw>

Bernice het in Swartruggens grootgeword en is al van kleins af mal daarvoor om te sing en te perform.

Haar musiekloopbaan het in 2019 amptelik afgeskop met haar deelname aan Emo Adams se program, Maak My Famous, en sy het nog net van krag-tot-krag gegaan.

Op die ouderdom van negentien het sy Suid-Afrika verteenwoordig deur die nasionale Volkslied te sing voor die toetswedstryd tussen die Springbokke en Argentinië.

Sedertdien het sy al 'n suksesvolle album, Net Geleen, en verskeie nommer een-trefferliedjies, waaronder [Sonop-Blom](#) (wat vir tien maande nommer 1 op Apple Music se ranglys was) en [Die Hart](#), vrygestel. Haar musiekvideo's is ook al meer as 14-miljoen keer gestroom op YouTube.

Buiten vir talle Aitsa-musiektoekenningbenoemings, is Bernice ook die jongste Afrikaanse sanger wat nog ooit vir 'n SAMA genomineer is.

"Die feit dat ek deur Covid 'n loopbaan kon begin en vandag op die voorstoep van 'n tweede album kan staan, is 'n groot hoogtepunt. Dit is 'n voorreg om 'n musiekloopbaan te hê en soveel by die mense te leer wat dit ondersteun," deel sy.

Bernice het 'n wye musieksmaak en sê Twenty One Pilots het die grootste invloed gehad op haar eie musiekstyl en dat sy nog graag eendag saam met plaaslike name soos Spoegwolf, Karen Zoid, Early B, Francois van Coke, Elandré, Tarryn Lamb en Die Heuwels Fantasties wil werk.

Sy het geleer om elke dag te vat soos dit kom. Tans is sy besig om nuwe musiek te skryf, opnames te doen vir haar tweede album en optredes te beplan. Sy is ook binnekort te sien Die Geloof: 'n Musiekblyspel, wat vanaf 6 Mei by die AfriForum Teater op die planke is.

Bernice wil graag mense se harte raak met haar musiek, en met JONA se rou aanslag en betekenisvolle lirieke gaan sy dit beslis regkry.

Die liedjie is nou beskikbaar op alle digitale platforms. Laai dit hier af: <https://bernicewest.lnk.to/JonaSingle>

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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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