

Top Vibe

Magazine

ONLINE
November Issue 162

Jan Rhaap

“Advertising your
business”

Cover page model:
Carin de Bruin



Top Vibe Magazine

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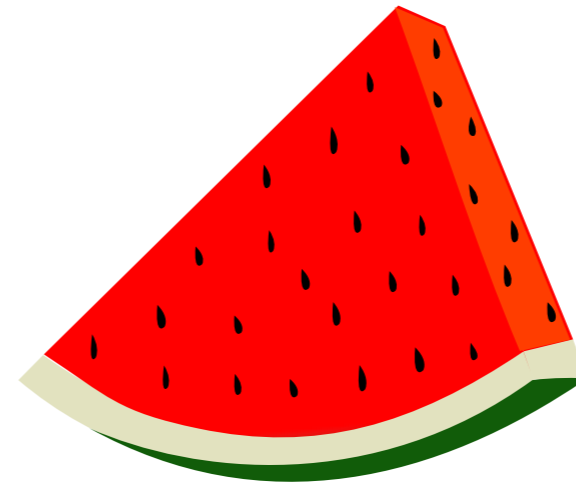
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MEDIA HOUSE - TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF

1.

TOP VIBE MAGAZINE AMBASSADORS:

Messages from our lovely Ambassadors, they will bring you something new every month. Welcome to the team Julien.



2.

TOP VIBE MAGAZINE CELEBRATE 15 YEARS IN BUSINESS:

Yes, it's 15 years and we are still going strong by the grace of our God.

3.

JAN RHAAP:

Vind meer uit oor hierdie stuning sanger en sy nuwe liedjie.

4.

63 CHARMS BOOK LAUNCH:

Read about the 63 Charms book launch, with photos.

REGULARS

1. COVER PAGE: 01

We dedicated our Cover page to the public our cover model is Carin de Bruin.

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassadors share with our readers.

4. ADVERTS: 08

Support our advertisers to advertise in the magazine call 072 768 8582.

5. LANIE'S LANE: 12

Read about what Lanies Lane is all about.



Redakteurs Nota

Liewe lesers,

Die jaar staan eide se kant toe, almal is besig om vakansie te beplan en hulle wil nou net tot ruste kom.

Die boek 63 Charms se bekendstelling is ook nou iets van die verlede, loer gerus na paar fotos op bladsy 18 en 19.

Ons is reeds besig met die beplanning van ons Charity event vir 2023. Hou ons Facebook blad dop en raak betrokke.

Maak seker jy kry jou tydskrif aanlyn die beste nuus is as jy een uitgawe gemis het kan jy dit aflaai by www.topvibe.co.za

Dit is amper in die "silly season" en dan raak dinge net nog maller. Wees veilig en op jou hoede vir skelms.

Totsiens tot volgende maand bly gesond en soet wees.

Liefde

Charms

Ambassadors.

17 September 2022

By Julien Du Plessis



Hi daar.

En so is dit weer 1 November.

Wat beteken dit in ons huishouding?

KERSBOOM 🎄

My gunsteling tyd van die jaar is om die kersboom op te slaan. Dis weer lekker om in die "malls" te loop om al die kersbome en versierings te sien. 🧑🏻‍🎄 Die begin van beplanning vir Kersfees.

**N_OT everyone gets you and its
O_KAY because when you
V_ALUE your time, attention and
E_NERGY, you attract people
M_ORE people who see your
B_EAUTY and worth. Own your
E_NOUGHNESS and the
R_IGHT ones will find you.**

Geniet die 2de laaste maand van die jaar.

❤️ **Happy November** 🌹

Liefde Jenny



Julien Du Plessis is MRS Vaal 2022, MRS Rainbow Nations 2022, MRS Africa finalist 2023
Brand ambassador for Refined Brows and Beauty
Brand ambassador for Top Vibe Magazine
Face of S.Fourie Photography
Proud Mommy of 2 beautiful boys and wife of a loving husband.
Franchise holder of Ascot diet clinic and financial manager for my husband's engineering company.
I'm a Sunday school teacher and ministry leader at Chrisma Fellowship.
My life purpose is to have Godly direction and through the word of God inspire people. To lead and direct with compassion, to be supportive, uplifting and loving.
My life motto is "Train your mind to see the good in every situation"

Dressed By: Designs by Marius
Hair By: Riaan Inside Out Hair Salon
Make up by: Refined Brows and Beauty
Nails by: Sacha Nails Nail Artist

Julien Du Plessis hosted a High Tea with a Purpose for the public.
The purpose of this even was to raise fund for the Africa Queen Foundation.

What is Africa Foundation?
The African Queen Foundation is a 234-676 NPO - NPC 2019/005148/08 Reusable Sanitary Wear Initiative.
The African Queen Foundation's motto is "Dignity for all" and we believe that if you can give one-person dignity, you have made a difference; and what is more dignified than providing disadvantaged girls and women with sanitary wear?
The African Continent is burdened with very poor communities who do not have access or funds for disposable sanitary wear. Many girls miss out on their education whilst menstruating because they do not have access to sanitary wear and cannot go to school whilst menstruating.
Our goal is to provide as many girls and women with reusable sanitary wear to give them back their dignity and allow them to continue with their daily lives. Menstruation is not an illness, it is not dirty or undignified, but having to go through menstruation without wear is undignified.

The African Queen Foundation in association with Africa Pageants has taken on this initiative to tackle the African Continents' lack of sanitary supplies, one girl at a time and with the help of the Africa Pageants Finalists each year, we are proud to say that to date, we have helped over 5 000 girls and women with a sustainable and reusable solution.
We have partnered with Dignity Dreams. Each finalist is encouraged to purchase as many Dignity Dreams packs as possible and hand them out to their charity, school or community of choice; bringing dignity back to the Africa Continent, one person at a time.

Guest Speakers was Marita Seyffert, Bianca Birnie (Mrs Glamour Africa 2017, Queen of Africa 2018), Laurette Marias (Mrs Africa Classic 2019), Carolyn Baldwin Botha (CEO of PAGEANTS SA & AFRICA PAGEANTS) MC Monique Taylor - Mrs/Ms Royal International Finalist 2023.
Special Thanks to Manna Deli for the beautiful venue and delicious food.
Thank you to All Sponsors. Aloe Finesse Products, S. Fourie Photography / Fotografie, Ascot diet clinic 3 Rivers, #bombIT, Sacha Nails Nail Artist, Lizette – LVR, Refined Brows & Beauty, Rock 'n Tan, Beautruchia Nail & Beauty, Be Gorgeous, Sweet Surprises, Cedar Hair, J L Laser Clinic

Photos by: S.Fourie Photography

Much love

Julien du Plessis





Top Vibe Magazine is 15 jaar oud



Ek het my plekkie in die son gevat en die beste daarvan gemaak.

Dit bly altyd 'n voorreg om skouers te skuur met bekendes, sangers, akteurs en om daardie herhinneringe te bou.

Ek het al fotosesies gehad met twee briljante fotografe naamlik Charmaine Janse van Rensburg en Albertus Kriel ek glo daar gaan nog fotografe wees in die toekoms.

Ons beplan reeds ons liefdadigheids projekte vir 2023. Eerste op ons lys is Ons gryse Jeug dan Vaalpets. Dan het die publiek gevra en ons het geluister ons bring 'n Mr en Mej Top Vibe Magazine asook 'n Mr en Mej Top Vibe Kids Magazine.

Daar heers baie opgewondenheid!

Vir die wat nie weet nie Media House is die sambreel vir die Magazine's.

Dit is wonderlik ons met so span saam te werk. Vroeg in Desember stel ons al die ambassadeurs bekend vir 2023 op ons Facebook blad, volg ons gerus om te sien wie hulle is.

Ek is vandag trots om te kan sê dat ons 15 jaar oud is. Ek het ook onlangs 'n mal perd opgesaal en nog 'n droom van my waar gemaak naamlik 'n boek 63 Charms Gepubliseer en bekendgestel op 8 Oktober 2022, dit is 'n boek met Inspirational quotes.

Ek werk tans aan 'n boek van 'n ouma aan haar kleinkinders. Ek is baie opgewonde oor die boek en kan die wag om hom te publiseer nie.

Volg ons op social media of stuur vir my 'n e-pos na admin@topvibe.co.za my WhatsApp nommer is 072 768 8582.

Baie dankie aan ons adverteerders wat ons vertrou om julle besigheid te bemark, sonder julle is ons minder kleurvol. Ons lesers, wat 'n voorreg om vir julle elke maand 'n tydskrif te bring

En te weet dat julle dit geniet.

Vir 2023 het ons 'n model ambassadeur, 'n skoonheid ambassadeur asook 'n mediese ambassadeur bo en behalwe ons ander ambassadeurs.

Ek dank ons Hemel se Vader vir dit wat ek kan doen en dat dit my passie is.

Dit is so lekker om te doen waarvoor jy lief is. Ek is dankbaar vir Sy liefde en genade.

Liefde Charmaine (Charms)



Dit is 15 jaar later en daar is nog baie drome vir die toekoms.

Dankbaar is ek dat **Top Vibe Magazine** gegroei het daar is nou **Top Vibe Kids Magazine, Glamour Talk Mag en 50+ Magazine** en al hierdie magazine's is aanlyn.

Die media bedryf is nie 'n maklike bedryf nie maar dit is lekker en dit verg baie harde werk.

Mens ontmoet so baie mense en kliente raak jou vriende.

Op my eerste rooitapyt funksie was ek maar bang en senuweeagtig jy staan lanks groot name soos Huisgenoot en Sarie maar aan die einde van die aand het ek besef daar is 'n plekkie in die son vir almal.

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The Importance of Friendship

Friendship makes life more enjoyable and enriches one's everyday experiences.

Finding friends can be challenging but can be often achieved by approaching others with mutual interests.

The first criteria one should look for in a partner is someone who is ultimately a good friend to them

As we move through life, we find that there are many things out of our control. We can't choose our parents, our genetics, or control the things that happen in the world around us. One thing that we can control is who our friends are, and this decision can either make our lives so much richer and beautiful, or more stressful and disappointing. Today we'll focus on how to choose friends who enrich our lives and make them more beautiful.

Why friends are so important

Having solid friendships is important for two main reasons. First, they make life more enjoyable. We get to share the beautiful aspects of life with people who we love, which can enrich our everyday experiences. Second, our friends help us through the difficult times. Having friends to support us through hard times can make unimaginably difficult situations seem more tolerable.

The most beautiful part about pouring our time and energy into friendships is that not only do friends help enrich our lives, but we enrich theirs too! Friendships get us through the tough times in life, make things more fun and enjoyable, and all-around make our lives better. I urge you to take stock of your friendships and ask yourself if your current friends people build you up and support you, or is the friendship more one-sided?

As we explore friendships today, these are also inclusive of our partners. I believe that the foundation for any healthy relationship is friendship. So it's important to group our romantic partners into this conversation too.

So, where do we find friends? This might sound silly, but finding friends can be challenging! When I first moved to California for my Ph.D., I didn't have any friends out here. There were quite a few people in my program that I enjoyed spending time with. But, towards the end of school, they became very busy and were no longer able to dedicate time to hang out anymore. Thankfully, through the help of a very good therapist, I learned that it was important to enjoy life instead of striving for excellence all of the time. As a result, I learned how important it was to carve out time in my life for friends

Unfortunately, the people I had dedicated time to thus far were achievement-oriented and were pouring their time into work and not our friendships. This forced me to seek out other ways to form connections with people. I ended up finding a local hiking group with the hopes of meeting people with similar interests. During one of these hikes, I met Jim, one of my best friends to this day.

We became instant friends. We have continued to support each other over the years, and even more importantly, we always make time for one another. We both view the friendship as one that makes each other's lives better, therefore it's always worth the time and energy. The backbone of any successful friendship is one where both sides put in equal effort and support.



Planning for Christmas...Second Phase

By Lelanie van Niekerk

So, we continue this month with recap of Planning for Christmas.... Last article we ended 3 weeks until Christmas for those who did not read last month's issue, please download from the Top Vibe website to get the full article.

2 WEEKS BEFORE CHRISTMAS (DECEMBER 11TH)

Plan Your Christmas Eve & Christmas Day Menus: As part of your Christmas planning 2022, make sure to accommodate for the dietary restrictions of everyone you'll be serving. Consider what dishes your family members like and dislike. When you're finished, run the tentative menu by one or two people to see if they have any suggestions before finalizing it.

CHRISTMAS WEEK (DECEMBER 21 - 25)

Wrap Your Gifts: This item on the Christmas to-do list always takes longer than you anticipate. This is a seemingly easy task, but you'll be glad you didn't wait until Christmas Eve when you check it off your holiday planning checklist early.

Make a Christmas Playlist: Let everyone in the family contribute their favorite holiday tunes to the playlist, and keep it playing in your house.

Perform a Final House Inspection: If you're hosting, do a final check of your home. Check your holiday organizer to see if there's anything else you need to do to make sure your place is ready for guests.

CHRISTMAS EVE (DECEMBER 24TH)

Turn on the Christmas Movies: As you approach the end of your Christmas countdown, have a Christmas movie marathon! Christmas movies are jolly, family-friendly, and are great for setting the holiday mood.

Charge Your Camera and/or Video Camera: Make sure you don't miss documenting any of the memorable holiday events.

Complete Any Christmas Eve Traditions: If you don't have any, start a new one! For example, have each child in the family sign their name with the year on the back of a new ornament and

then hang it on the Christmas tree. Or consider

then hang it on the Christmas tree. Or consider adding some holiday traditions from around the world to your Christmas 2022 plans.

Display the Presents: Sneakily put all the gifts under the tree after the children have gone to sleep.

CHRISTMAS DAY (DECEMBER 25TH)

Open Presents! This should be hard to forget!

AFTER CHRISTMAS

Enjoy all the leftovers to minimize food waste.

Whether you're having an intimate Christmas gathering or a huge Christmas party, this Christmas countdown checklist will ensure that you remember everything you need for a successful holiday season. Although the end of the year can feel rushed and stressful, staying organized and sticking to this list will make the months go by as smoothly as possible. Don't forget to have fun with your Christmas activities and enjoy being around the people you love as the most important part of preparing for Christmas!

Hope you enjoyed the article make the Christmas experience your own I can remember when I was young the feeling of Christmas, let us celebrate Christmas for all the right reasons, Love, giving, Family and compassion for others



After doing this, make a cooking timeline. Which items can you cook a few days in advance and freeze, and which must wait until the day of?

1 WEEK BEFORE CHRISTMAS (DECEMBER 18TH)

Go On the Final Big Grocery Run: Go grocery shopping at the end of this week or the beginning of the next one -- and don't forget to take your Christmas to-do list with you! You'll want to buy your perishable groceries about 3 to 4 days in advance. While you're at the grocery store, take off some of your stress by buying pre-made treats – like unfrosted gingerbread cookies – that can be frozen until Christmas.

Begin Cooking: Stick to your cooking timeline and cook the dishes that you can freeze. Don't leave all of the cooking

until Christmas Eve.

Xoliso Mgwevu is in the run for Mrs Universe South Africa 2022/2023



My name is Xoli Mgwevu, a 40 year old old blessed mother of 3. I am currently based in the Vaal, I was born born and bred in KZN Newcastle in Madadeni. I am a strong willed woman, who is passionate about humanity.

I love going out and experiencing new places. I am a Travel Office Manager by profession, I have been in the Travel industry for aver 20years now. My recent and biggest achievement was losing over 10kg. In the past 2 years I have been, learning more about health and wellness and it has become a passison for me.

As I have mentioned, humanity means a lot to me, so I enjoy doing community work and helping where I can. Some of the things that I do, is with my team, we offer free bootcamps where anyone can gather exercise, and we also educate people about the importance of taking care of your wellbeing from an warly age.

There is also an Orphanage, where we organise clothes and school uniform for the kids. We also raise funds during the festive season, so that we can give them a X mas lunch and some gifts, we feel it is very important, for them to feel loved especially during that time, as we all know it's a season for love and family.

There is a lot of things, I still want to achieve and I am positive that everything happens in good time, if you are persistent and are willing to put in the work.

Interesting Facts!

1. Most people cannot lick their elbows. (Try it!)
2. You cannot sneeze with your eyes open. (Try this, too!)
3. The Olympics used to give medals for art, not just sports.
4. A jar of Nutella is sold every 2.5 seconds.
5. French fries are Belgian, not French.
6. Before alarm clocks, people would pay someone to knock on their window and wake them up. They were called knocker-uppers.
7. There are 31,557,600 seconds in a year.
8. Arithmophobia is the fear of numbers.
9. Speaking of numbers, the opposite sides of a die (one of a pair of dice) will always equal 7.
10. Your nose may not grow like Pinocchio's, but it does get warmer when you tell a lie.
11. Tomatoes and avocados are fruits, not vegetables
12. The Queen of England had two birthdays.
13. The number four is the only number to have the same number of letters as its value.
14. Every human has a unique tongue print. (Like snowflakes, no two are alike!)
15. In your lifetime, you will spend 25 years sleeping.
16. You cannot smell while you sleep.
17. Brown is the most common eye colour.
18. You will get cell phone service on the top of Mount Everest.
19. You can buy a square watermelon in Japan.
20. Newborn babies are colour-blind.



Jan Rhaap

JAN RHAAP VERKLAP JAGNAWEEK-GEHEIME

IN NUWE ENKELSNIT

Vonk Musiek en Coolerbox was aan die stuur van die musiekvideo, op Mbizi Game Lodge net buite Bela-Bela, verfilm is en die humoristiese tema van die liedjie perfek komplementeer. "Die video vertel die storie van drie jagters wat op hulle jagnaweek is en hoe elkeen se karakter verskil, maar tog nodig is om die jag 'n sukses te maak. Hierdie video gee die vrouens 'n vinnig kykie oor die gebeure wat plaasvind op so jagnaweek," vertel hy. "In plaas van akteurs, het ek eerder vriende gekry om regtig te kom jag op die plaas. Die video beloof om 'n glimlag op mense se gesigte te sit."

Kyk die video hier: <https://youtu.be/I6wFVImQawQ>

[I6wFVImQawQ](https://youtu.be/I6wFVImQawQ)

JAGVAT volg kort op die hakke van Jan ek kan nie dans nie, waarvan die

[musiekvideo](#) meer as 'n miljoen trefslae op YouTube gehad het.

Beide enkelsnitte volg in die suksesvolle voetspore van treffers soos [Huisie in die](#)

[Bos](#), wat hy saam met Juan Boucher

geskryf het en waarvan die video reeds meer as 4.6-miljoen kyke op YouTube

gehad het, en [Ramskilpad](#) wat op verskeie treffersparades gepronk het en ook reeds

deur meer as 1.5-miljoen mense gesien

is.

JAGVAT is ook die titelsnit van dié

talentvolle sanger en liedjieskrywer se nuwe kortspeelplaat wat bestaan uit ses

snitte, wat spog met Jan Rhaap se kenmerkende country-pop-rock-klank.

Dit is vervaardig deur Tertius Human en is geïnspireer deur die mense en dinge

waarvoor hy lief is. "Sommige liedjies is lekker om op te kuier, ander sal jou

inspireer en dan is daar ook

liefdesliedjies," deel hy.

Jan Rhaap (38), oftewel Werner Burger,

woon tans in die Noordkaap saam met sy

gesin. Wanneer hy nie op die verhoog is nie,

help hy sy pa en ouboet boer net buite

Niekerkshoop; 'n klein dorpie tussen

Griekwastad en Prieska.

Hy kom uit 'n baie musikale gesin en het oor

die jare verskeie loopbaanhoogtepunte gehad,

liefdesliedjies," deel hy.

Jan Rhaap (38), oftewel Werner Burger, woon tans in die Noordkaap saam met sy

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Griekwastad en Prieska.

Hy kom uit 'n baie musikale gesin en het

oor die jare verskeie

loopbaanhoogtepunte gehad, waaronder

Ghoema-benoemings vir Nuweling van die

Jaar (2015) en Beste Alternatiewe Album

van die Jaar (2017). Net voor grendeltyd,

het die musikant ook saam met ander

bekendes op die 2020-Bokboot gekuier.

Tans is die sanger, wat daarvan hou om

soveel tyd as moontlik saam met sy gesin

te spandeer en in Desember pa word van

'n babadogtertjie, besig om te werk aan

nuwe musiek wat hy binnekort met

bewonderaars wil deel. Hy probeer ook

om soveel as moontlik op te tree nou dat

dit weer moontlik is.

Jan is lief vir kultuur en tradisie en hou

daarvan om te sing oor onderwerpe

waarby mense aanklank vind. Daarom lê

JAN RHAAP VERKLAP JAGNAWEEK-
GEHEIME IN NUWE ENKELSNIT

Jan Rhaap, met sy rasperstem en

lekkerluistermusiek, vermaak gehore al

vir meer as 'n dekade en hy het nog baie

opwindende planne vir die toekoms.

Met sy nuutste enkelsnit, JAGVAT, bewys

hy net weereens hoekom sy musiek so

gewild is.

Die snit kan beskryf word as 'n opgewekte

country-pop-liedjie wat elemente van

boeremusiek bevat en is deur Tertius

Human van Coolerbox Studios vervaardig.

"Ons het oor die jare al baie jagters

gehad wat by ons kom jag het op die

plaas. So 'n jaggroep bestaan altyd uit

dieselfde 'karakters', hulle name verskil

net van groep tot groep. Die manne praat

gewoonlik nie baie uit oor so 'n naweek

nie, maar met hierdie liedjie sal die

vrouens nou ook weet wat min of meer op

so jagnaweek gebeur. As ek nou so

daaroor dink, het ek eintlik die liedjie vir

die vrouens geskryf," verduidelik hy oor

die nuutste vrystelling uit sy eie pen.

**PUBLICITY & MARKETING
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Website: www.starburstmusic.co.za**

63 Charms book launch



Dream came true, this was my dream since 2006 to bring out a inspirational quote book. We had the book launch on 8 October 2022 at The Red Café in Vanderbijlpark.

**I was joined by friends and family, this was a day to remember. Thank you to each and every person who took the time to celebrate with me. To order your copy of 63 Charms call me on:
072 768 8582**

MAGAZINE MEDIA HOUSE



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