

Top Vibe

Magazine

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Cover page models:

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Marinna Joubert

**Charmaine Janse
van Rensburg**

**The Importance
of Friendship**

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.
Welcome Julien to the team.

2.

HAYLEA HEYNS:

Haylea Heyns with a new CD. See page 16 & 17

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SUMMER FASHION:

Summer is a time for fun.
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THE IMPORTANCE OF FRIENDSHIP:

Why friendship is important.



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Redakteurs Nota

Liewe lesers,

Ek weet nie van julle nie maar dit voel of die tyd verby vlieg teen die spoed van wind. Ek kan nie glo dat ons reeds in Oktober maand is nie. Die jaar is amper verby.

My droom is bewaarheid na 16 jaar. Die boek 63 Charms se bekendstelling is op 8 Oktober 2022. (sien adv op bl 9) hoop ek sien jou daar.

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 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.

Begroting van 'n toekomstige bruid

Mev Wilken.....

"En hoe voel dit om Mev te wees?" is wat almal my

vra 😊 my antwoord "normaal" 😊

Ons troudag was net die perfekte dag gewees van lekker weer tot aantrek alles was perfek. Daars nie 1 iets wat ek anders wou gehad het nie. Die dag voor die troue was my man Baie gestres ek het net lekker gelag vir hom en toe die oggend van die troue begin ek toe stress en my maag; naar en toe weet ek hier is dit nou.

My pappa het nie Ons huwelik goedgekeur nie so dis hoekom my mamma my ingeloopt het by die serimonie.... Wat 'n emotionele sessie was dit vir my mamma ... Met n rowwe emosionele 2 maande voor die troue kon ek darm sê ek het my perfekte dag gehad waar ek voor die Here 'n belofte gemaak het om viraltyd saam my man te wees.

Natuurlik was die wittebrood net so amazing gewees.

My raad aan elke bruid:
Buiten al die emosies;

GENIET DIT GENIET DIT 🙏

Dis jou en jou man se dag 🥰

Ek bid dat elke vrou haar perfekte dag sal kry eendag saam 'n man wat haar met alles in hom lief het en vir die mamas met Kinders dat jou man jou kind ook met alles in hom lief sal he.

Vir my die belangrikste was om 'n man te kry wat my kind sal aanvaar en lief hê.

Tot volgende keer

📍 Mev Wilken 📍



I am Julien du Plessis, Mrs Vaal 2022, Mrs Rainbow Nations 2022 and Mrs Africa Finalist for 2023.

I often get asked why do you take part in these pageants? Well to be honest I didn't know these pageants excites and especially not for the Mrs Category until last year when I entered for Vaal Pageant.

Being in children's ministry and facilitator for 'Ivangeli curriculum, I was looking for a platform where I can live out my life purpose. My life purpose is to uplift and inspire people. By being a finalist has allowed me to meet people and get people involved and raise awareness. I believe in the Vaal pageant slogan "we rise by lifting others" I can do great things, but together we can accomplish so much more.

Having this platform creates opportunities, and you became part of a family that has the same vision and understanding as you do. as a woman who lives to take care of those in need and inspire people I am honoured to already be a part of the Africa pageant sisterhood as a finalist, because support is a priority and two is better than one

This journey has been amazing, and yes there were difficult times as well. I have laughed and cried many times. Some things I have seen on outreaches has brought so much sadness to my heart and at the same time inspired me to do more.

Become part of my journey where we bring a smile to a face by getting involved, donating or sponsoring.

Much love

Julien du Plessis



Baie geluk
julle twee!
van
MEDIA
HOUSE

Sakevennote, vriendinne Green Dandelion groei van krag tot krag

Dit het als begin met 'n gesprek oor 'n koppie cappuccino by The Red Cafe en binne'n paar dae, en baie gesprekke later, het **Green Dandelion** die lig gesien! Ons sien onself as twee middeljarige (sjoe dit klink erg!) vrouens wat al 'n fair share van die lewe se somers en winters deurleef het. Tussen ons twee het ons genoeg lewenservaring, ondervinding en kennis om vrouens holisties te kan help. Ons het op ons onderskeie lewenspaadjies so baie lewenslesse geleer...so baie foute gemaak...maar sterker geword en gegroei. Ons wil uitwaarts leef, as't ware HOOP aangee. Vandaar die GREEN Dandelion. Groen verteenwoordig LEWE, groei, 'n vars nuwe begin. Die keuse van 'Dandelion' is die feit dat die plantjie ons albei fassineer, dit het komplekse delikate vertakkings, nés vrouens!

Dink net as daardie delikaat-vrou-vertakkings gesond kan wees, selfs gesond kan wórd en dit kan aangee na 'n volgende vrouehart. Ons glo die wêreld het meer sulke gesonde-hart vrouens nodig. Om daar te kom is egter nie 'n quick-fix nie, dis 'n proses. Om te help met die stillering van hierdie proses bied ons verskeie opwindende pakkette aan, om net 'n paar te noem:

- #Figuur- en kleur analyses sodat jy kan weet watter klere en kleure om te dra. Dit is bewys dat as jy goed lyk jy sommer beter voel oor jouself.
- #Hulp met die bepaling van jou styl persoonlikheid, JA! Jy het selfs iets soos 'n styl persoonlikheid.
- #'n Styled Photoshoot waar daar stunning fotos van jou geneem word.
- #Ons doen ook Professional Profiling waar 'n vrou dalk 'n paar professionele fotos nodig

het vir haar besigheid of beroep. Ons stilleer hare en grimering en sorg dat sy pragtige fotos het om te kan gebruik.

- #Ons bied Inside out werswinkels aan waar ons aan die uiterlike aandag gee maar ook op die innerlike wêreld fokus deur meer te leer oor self-awareness, personality types en Wie is ek regtig? Hier staan ons regtig stil en delf diep. Vrouens wat hierdie al gedoen het het dit beskryf as 'n bevryende ervaring!
- #Het jy nodig om jou besigheid te bemark? Ons help ook graag hiermee. Kontak ons gerus en ons kom kuier vir jou en doen 'n onderhoud met jou en bemark jou op Sosiale Media. Nouja dames Green Dandelion is hier om vrouens te motiveer en inspireer!

Ons het gróót opwindende planne vir Oktober!!

Volg op op ons Facebook: **Green Dandelion** en Instagram **@green_dandelion.cm** blaai vir meer info hieroor!
Ons kan ook gekontak word: Green Dandelion 079 130 3530/ 083 681 1514



“Advertising your business”

Top Vibe Magazine

Theme:
Nov - Fun
Dec - Festival



You will be disqualified:
* More than 1 photo
* Photo with na name or surmane

November & December Issue

We dedicate our Cover page to the public.

Post your Portrait photo (ONLY 1) under this post with your name and surname



BOEK BEKENDSTELLING

Datum: 8 Oktober 2022

Plek: The Red Cafe
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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.



Stress FREE

By Lelanie van Niekerk



to them or to their friends to see what they're interested in. If you need gift inspiration for any children, ask them to write a gift wish list for Santa Claus. In fact, writing a letter to Santa can be a fun part of the entire family's Christmas countdown, along with sending holiday cheer to armed services members who are away from their loved ones.

Also want to pick something up just for fun, such as holiday-themed napkins. **Check Your Wrapping Paper:** The last thing you want is to be short on wrapping paper in the middle of wrapping gifts! If you need more wrapping paper or just want some new designs, consider getting a mix of anything.

7 WEEKS BEFORE CHRISTMAS (NOVEMBER 6TH)

Create a Holiday Calendar: Piece together a thorough holiday calendar for yourself so that you stay on track for all your Christmas preparations. To maximize efficiency, reference this calendar frequently. Be sure to list out any family dinners, school recitals, and work parties so you can have a good understanding of what days will be free to accomplish some of your important planning tasks.
Order Online Gifts: Get ahead of the game and begin ordering presents that must be purchased online by consulting the Christmas prep list you made in the earlier steps of this holiday organizer. They may take a long time to arrive, so the sooner you order, the better.

4 WEEKS BEFORE CHRISTMAS (NOVEMBER 27TH)

Shop Black Friday: Be sure to take advantage of the great sales that many companies launch during the following days to purchase gifts for your friends and family. Be mindful of your budget and keep your gift lists on hand. In addition to gifts and holiday supplies, you may consider buying other things like Christmas decorations, gingerbread house-making kits, or advent calendars.
Purchase a Few Extra Gifts: It's always a good idea to buy some additional presents to have on hand. It never hurts to have an extra bottle of wine or a box of chocolates to give to someone who unexpectedly shows up, or to someone you don't have as many gifts for.
Stock up on Batteries: One of the most forgotten, yet one of the most versatile, items for any Christmas preparation list is batteries. It may be beneficial to purchase some spare batteries, even if you're positive you don't need them – you may end up saving the day for somebody else.

6 WEEKS BEFORE CHRISTMAS (NOVEMBER 13TH)

Finalize Christmas Day Plans: Decide who among your family/friends is going to host Christmas. If you're not hosting, prepare for Christmas by buying a ticket as soon as possible if travel is required to get to your host. Make any other travel arrangements you'll need as well, like booking a pet sitter and adding packing to your Christmas to-do list. If you are hosting, start planning the guest list. If there's any chance guests will be staying in your home, plan where they'll stay, and see if you need to do anything else to accommodate them.

3 WEEKS BEFORE CHRISTMAS

Clean up the House: At the beginning of December, clean your home thoroughly. Cleaning early will prepare you for a much more organized Christmas week. Try to keep everything clean until Christmas. Don't forget to clean out your refrigerator and pantry. Throw out old or expired items from Thanksgiving and take it as an opportunity to reset before the New Year.

5 WEEKS BEFORE CHRISTMAS (NOVEMBER 20TH)

Audit Your Christmas Decorations/Supplies: You may be planning to shop on Black Friday or Cyber Monday after Thanksgiving. If so, check your stowed away boxes to see what Christmas supplies you already have from last year before preparing for Christmas with new decorations. Additionally see if you need anything for your home, especially if you're the host. Write down everything you need. You might

So, till next month... if you can't start now maybe do it for next year!!!!

Planning for Christmas

It's almost THAT time of the year again, wonder how many of us say "I'm going to start buying presents early each year" ... but come Christmas and everything is pushed into the December budget...

Well, I did some research planning for Christmas some good ideas if you are too late for this year, there is always next year...

2 OR MORE MONTHS BEFORE CHRISTMAS (OCTOBER 20TH - 31ST)

Set a Budget: The first step for Christmas planning is to make a holiday budget that you can commit to. When planning your budget, consider the prices of gifts, holiday cards, decorations, travel, and Christmas Day and Christmas Eve meals. Looking at prices online is an easy way of gauging how much everything will cost.
Create a Gift List: Start thinking about gifts early in your Christmas prep. Make a list of everyone you want to purchase gifts for, and then brainstorm ideas for each person. Planning your gifts ahead will help ensure that you have enough gifts for every person. Thinking about gifts far in advance is also important in case you need to buy something early, such as tickets to a popular play or sports game. Don't forget that practical gifts – such as soaps, spices, books, or phone stands – are appreciated just as much as fun gifts. Also consider educational gifts, such as books, especially for children.
Start Your Gifting Research: If you are struggling to think of gifts for someone, reach out to them or to their friends to see what they're interested in. If you need gift inspiration for any children, ask them to write a gift wish list for Santa Claus. In fact, writing a letter to Santa can be a fun part of the entire family's Christmas countdown, along with sending holiday cheer to armed services members who are away from their loved ones.

Ways To Protect Your Hair From The Summer Sun

In this article, we will go through the harmful effects of the sun on your hair and what you can do to protect yourself.

We understand that the intense summer heat is detrimental to your skin, which requires appropriate precautions to keep your skin protected. However, it has a negative impact on the hair too. The heat from the sun causes weathering and oxidative damage to the hair, making it dry, brittle, and stiff so, how to protect your hair from the summer sun?

Effects Of The Summer Sun On Your Hair

The UV rays can penetrate the hair cuticles, causing damage like dryness, brittleness, and weathering .

The UV radiation reaches the cortex and causes pigmentation loss and protein degradation, which can cause severe hair damage.

The heat from the summer sun can turn your hair lifeless and

limp. This happens because of the high humidity in the atmosphere . This humidity may settle on your hair and weigh it down, resulting in limp hair. The sweat and dust contributed by summers increase hair problems like dandruff, split ends, frizziness, and increased hair fall.

Summers can be harsh on your scalp, causing dryness and sunburn. The hair helps cover the skin (near the ear) from sun damage and may also protect the scalp from it . Dry scalp may end up damaging the hair roots. Exposure to sunlight can lead to serious hair damage, like dryness . Temperatures are higher in summer, and this may make your hair dryer than usual. You end up over conditioning and over-treating your hair, which is a big mistake. During summer, you may notice your hair looking a tad lighter.

This is because the UV rays affect the melanin in your hair While dark hair might lighten just a fraction, the lighter shades of hair tend to fade more due to pheomelanin.

Do you find your hair constantly greasy? This is because of excessive sweat and sunscreen near your hairline.

How To Protect Hair In Summer While you reach out for all products that work wonders on your hair, remember to check out a few things:

Scalp type – Oily, dry, dandruff, itchy, combination or any other medical condition.

Hair type – Straight, curly, wavy, colored, treated, permed, straightened, or any other.

1. Avoid Too Many Cosmetics Summers already dry your hair out and cause damage. A study shows that colored hair can show significant changes from

shows that colored hair can show significant changes from the effects of heat . Hence, make sure you go easy on any chemical hair treatments during this period. Avoid too much coloring, whether at the spa or home.

If you want to color your hair or change the color during summer, try and do it a month or two before the sun hits hard. You can also try organic ingredients to color your locks.

2. Use Conditioner

While the sun is drying out your hair, make sure you help restore some moisture and life to it by using a rinse-out conditioner Get one that suits your hair type and texture. If you are going for a swim, remember to put on a leave-in conditioner on your hair and wear a swimming cap.



HAYLEA HEYNS

Die gesprek het gelei tot selfondersoek en 'n paar weke later het sy **JUST FRIENDS** geskryf met die hulp van Thomas Watkeys.

"Hoewel die liedjie inderwaarheid 'n hartsgesprek tussen my en 'n vriendin is, weerspieël dit ook gesprekke wat ek al in die verlede met myself gehad het – ek raak altyd verlief op die verkeerde ou. Die lirieke is my raad aan my vriendin en aan my jonger self."

Haylea gebruik die liedjie om haar siening oor die wyd gedebatteerde onderwerp te deel of 'n suiwer platoniese vriendskap tussen 'n man en 'n vrou kan bestaan. "Ek het altyd in hierdie situasie bevraagteken of daar een persoon is wat in die geheim iets meer wil hê, en die liedjie delf dieper in hierdie idee," sê sy. Op 'n meer persoonlike vlak herinner dit Haylea aan haar persoonlike onsekerhede en vorige seerkry.

Hierdie volwasse kontemporêre poplied het 'n 80's-gevoel, met klanke en klassieke Phil Collins-styl dromme wat hulde bring aan daardie klassieke era. "Ek is mal oor 80's-musiek en dit was lekker om hierdie genre te probeer en elemente te kies om in te sluit in die finale produk. Dit was egter 'n uitdaging om nie die 80s-inspirasie te vêr te vat nie en om dit steeds relevant te maak in die moderne era."

Die snit het 'n vars en interessante 80's-aanslag wat anders is as enigiets wat dié sanger en liedjieskrywer as vantevore geskryf het. Wanneer jy egter daarna luister en haar pragtige stem hoor wat betekenisvolle lirieke deur die melodie weef, weet jy dadelik dis Haylea.

Met **JUST FRIENDS** bereik sy 'n spesiale mylpaal, omdat dit haar tiende oorspronklike enkelsnit is wat vrygestel word. Dit volg in die voetspore van *Sorry* en *Cold Water*, wat goed ontvang is en speelyd gekry het op verskeie radiostasies, en gaan beslis haar posisie in die mark versterk.

Haylea het in Empangeni grootgeword en was nog altyd passievol oor musiek. Na skool, het sy BA Musiek en Drama studeer en haar graad met lof verwerf.

JUST FRIENDS is nou aanlyn beskikbaar by: <https://HayleaHeyns.lnk.to/JustFriends>

SOSIALEMEDIASKAKELS:

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Instagram: @hayleaheyms

Twitter: @hayleaheyms

Webblad: www.hayleaheyms.co.za

NUWE HAYLEA HEYNS ENKELSNIT

**VRA DIE EEU-OUE VRAAG:
KAN 'N MAN EN VROU NÉT
"VRIENDE" WEES?**

Die eeu-oue debat of 'n platoniese vriendskap moontlik is tussen 'n man en vrou word ondersoek in **Haylea Heyns** se nuwe enkelsnit, **JUST FRIENDS**.

Die idee vir die snit is geïnspireer deur 'n gesellige kuier saam met 'n vriendin. "My vriendin het verlief geraak op iemand in 'n vaste verhouding en ons het in diepte daaroor gesels en probeer uitpluis wat sy moet doen," verduidelik Haylea.

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Casual party wear

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LOUD LOGOS. ...
HYBRIDISATION OF THE WARDROBE.

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