

Top Vibe Magazine

ONLINE
JANUARY 2023 Issue 163

Happy New Year!

IT'S A NEW YEAR A NEW ME

**"Advertising your
business"**

Andriëtte

Top Vibe Magazine

COMMENTS:
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1.

TOP VIBE MAGAZINE AMBASSADORS:

Messages from our lovely Ambassadors, they will bring you something new every month. Welcome back Jullien and welcome to Amanda and Bianca our two new ambassadors.

2.

ANDRIËTTE:

Read about Andriëtte's new CD. Pge 16 & 17

3.

WHAT DO YOU THINK OF NEW YEARS RESOLUTIONS:

On page 18 & 19 you can read about new years resolutions.

4.

ITS A NEW YEAR A NEW ME:

This is how you could make changes in your life for a new you.



REGULARS

1. COVER PAGE: 01

We celebrate the new year. Model anonymous

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassadors for 2023 is Julien, Amanda and Bianca.

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,

Welkom 2023, ons ontvang jou met ope arms en vertrou dat jy ons goed sal behandel.

Maak die beste van jou laaste paar dae voor als weer na normaal terug keer. Mamma em pappa gaan terug werk toe en die kinders gaan terug skool toe. 'n Nuwe jaar vol hoop en afwagting.

Vanjaar het ons, ons Gryse jeug ouetehuis projek en ons vra indien enige iemand ons kan help sal dit opreg waardeer word.

Ons is hard besig om vir jou ons leser die beste lees stof bymekaar te kry met interessante dinge.

Vir eers moet ek totsiens sê tot volgende keer bly gesond en sterkte vir jou dingetjies.

Liefde

Charms

Our Ambassadors.



New Year's Resolution

Every year we start off with a bang, setting so many new goals with the hope that we will start fresh, but we are just setting ourselves up for failure.

Don't get me wrong, it's good to have goals. But I want to challenge you in 2023, instead of making new year resolutions for example, I want to lose weight and go to the gym etc., rather focus on one word and make it a prophetic action where you pray about it the entire year, for example Health. This way you can become more consistent and not setting yourself up for failure. With prayer we can conquer anything.

From me to you, Happy New Year!

Julien du



Dear reader,
My name is Amanda Mokake and I'm 21 years of age. I'm a full time student at Rosebank College and a part time model. I am all about big or thick girl power and trying to inspire big girls to love themselves no matter the nasty comments. I feel they should feel comfortable in their own body and skin despite what people say. I am definitely going to make a difference in the modeling industry and then the world. Believe that!
Looking forward to be part of the Media House team and to be an ambassador for the magazine

♥ Love

Amanda



Hi everyone!

I'm the 22 year old Bianca Bezuidenhout from Three Rivers.

I am a 4th year education student at the University of Pretoria and love the pageant and model industry.

I'm so excited to be one of the new ambassadors for Top Vibe Magazine, and I'm looking forward to seeing what this year will bring for us.

I would like to wish you all a blessed 2023 may all your dreams come true

Love

Bianca

IT'S A NEW YEAR A NEW ME

How do you know if you need a change?

To help you make your decision, we've outlined the nine most common signs that it is time for you to finally make a change!

You live in the past or dream of your 'someday' future. ...

You live in fear. ...

You're becoming a person you don't like. ...

You feel numbed and your passion for life has gone. ...

You feel stuck.

What should I do when I feel like I need a change?

Stop complaining.

Be honest with yourself.

Remind yourself that you have the ability to choose.

Continue to look forward.

Don't compare yourself to others.

Be kind to yourself.

What kind of change is necessary in life?

Change your priorities

This is important if you want to live a balanced, fulfilling life.

Many people are successful in their career but don't have good relationships with their spouse or family because of wrong priorities. They put things like money and reputation above their relationships. Don't let it happen to you.

Why do I crave change?

When the craving for change surfaces, it's usually because there's something else going on. Something I can't control. Work, home, or life has thrown too much at me, and giving myself a choice is like giving myself control

Is change good for mental health?

Change is necessary to improve and thrive. It's how we adapt to our surroundings and grow personally and professionally. It's not always easy to accept change, but it's essential if you want to see positive results.

What are the 4 types of change?

There are distinct types of change, and the style of change management needed differs between them.

...

The Four Kinds of Change

Mission Changes. ...

Strategic Changes. ...

Operational Changes. ...

Technological Changes.

Can change make you happier?

It will be all about teaching people how to change their happiness levels. Despite controversy over the past several decades about whether or not it's even possible

to get happier in the long run, recent research has reached the overwhelming conclusion that yes, it is.

How do I find joy in life?

How to find joy

Let go of the past. ...

Practice gratitude. ...

Use the law of attraction. ...

Surround yourself with positive people. ...

Change your physiology. ...

Create positive daily rituals. ...

Be fully present. ...

Find your purpose.

Why is there no joy in my life?

Anhedonia, or the inability to derive joy or happiness from anything around us, is a common indication of an underlying mental health issue like depression, post traumatic stress disorder or anxiety.

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- Deodorant
- Shampoo
- Face Cloth
- Soap

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- Body lotion
- Deodorant
- Shampoo
- Face Cloth
- Soap

TREATS:

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YOUR HAPPY PLACE AT HOME

Which place in your home is your happy place



What makes your home a happy place?

Which room in your house is your happy place

Make it smell great

It's a good habit to open the windows once a day to air it out. You can also burn candles, diffuse essential oils (citrus scents are the best mood enhancers for energy and happiness) or plug-in scent makers. It's a simple thing that will instantly improve the mood of your home. Where or what is your happy place?

Your happy place is subjective. It is a place that makes your mind smile, calm down, and feel positive. It is a place that is safe, secure, and problem free.

Where can I find my happiness?

Tips to Find Your Own Happy Place

We all need a sanctuary in this busy world. Recall places where you've appreciated the sounds. Summon up the places where you've enjoyed visual images. Choose a place where you can experience the elements that contribute to happiness. Make your home a happy place.

JANUARY 2023!!!

By Lelanie van Niekerk

It's a NEW YEAR it's a NEW DAY!!!!

Yes 2023 is here and hopefully everyone has embraced this new and exciting year as I have...

The last year was not all roses for some... One thing that I have learned over the years is that it is never good to dwell on the past as it has never done anyone any good...

So this year is harvest year, and I want to share my views on this...

I strongly believe that all the seeds that you have sown over the years praying and staying steadfast not moved by anything will have the harvest...

So, it came to me to share a little bit about myself and have to start at the beginning being the second oldest child in my family have always been the quite one just observing my surroundings...

Being raised by single parent I believe "MOM" did the best she knew how to...

Getting older by the years life happened good years and some bad once... the year I really want to share with you is from 2013

So in March 2013 I was scheduled for an operation "Hysterectomy" at the age of 36 I was scared to go and did not fully realized the full scale of what was about to happen.



Early Friday morning on the 13th of March 2013 I was booked in waiting my slot to the slaughter house Lol... so the story goes went in, come out and normally you stay three days and if all it well you can go home...NOT in my case after the 3rd day which a fairly remember was rushed to ICU and was place under a medically induced coma...

The days in ICU physically I can't remember much, but my husband told me all the gory details, I was losing blood internally and the Doctors, Specialist did not understand why after three slaughter house visits the established that one of my organs was bleeding...

But coming back to the coma the LEKKER sleep time I had it's the only operation in my whole life went in and came out with no pain which was cool



I in its own little obscured way.

The best part of the SLEEPING BEAUTY story was the experience I had under the medically induced coma... I knew that there was something special about the fact "My Plan for You" scripture...

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

So, 2023 will be about practical things that we were born with to in light the fact where we come from and where we are going to. In my almost a month in ICU I was visited, shown things the experience was out of this world...I would love to go into all the details but then I would need loads more paper..

All that I want to say is that if you don't know that God loves you, I want to help you understand His great and powerful love He has for you...

love to go into all the details but then I would need loads more paper..

All that I want to say is that if you don't know that God loves you, I want to help you understand His great and powerful love He has for you...

During my journey since 2013, I realized that it is up to us to ask see one thing that God made very clear is that we have a free will to choose...maybe you have been a devoted follower and still don't understand His amazing love for you well it's time to ask so that He can show you...

His love is all around us even in your biggest enemy...See I'm maybe over and above average optimistic when it comes to people, their behaviors and that is all to do because I understand His love for me, I believe with my whole entire begging that He loves me if this is the only thing to hold onto, I'm holding on for dear life...

I don't normally talk about religion never about politics Lol... Like we were born and raised that this is the two subjects we don't talk unless you stand in front of the Church or running for President...

But like I said once, I'm not a Christian I'm a follower of faith So let January be the month where all of us choose to be loved by God, even if it looks impossible to you it's just a few



What Parents Should Know Before Their Kid Starts School

When I was pregnant with my oldest daughter, it was the one time in my life that I felt somewhat prepared. From birth and baby classes to parenting books, I absorbed all of this new information to help me get ready to be a parent. Everyone from friends and family to strangers at the grocery store would offer advice on how to best prepare for our new arrival. As it turned out, we needed every bit of that information. Bringing home a new baby is hard!

The newborn stage is not the only time parenting is challenging. As parents, we need all the help we can get at every stage of the experience. My youngest child entered kindergarten this year, and I was reminded just how much can change as kids transition out of the preschool years and head into elementary school. I didn't receive nearly as much advice for this stage as I did for the baby phase. Looking back at when my oldest started kindergarten, there's so much I'd have done differently.

In the spirit of sharing collective knowledge and experience, we asked you, our readers, to share your advice about what you wish you'd known before your kids headed into those important and change-filled elementary years. We've collected your parent wisdom here and encourage everyone to read and pass it on.

Get the lay of the land.

“Go visit the school and check out the playground. See where the buses will pull up and talk about where they will enter the building, etc. Try to meet friends who will be in the same grade at the same school. If there's a summer camp being held at the school, sign up so that your kid can get comfortable in the classrooms and on campus.”

“Allow your child to make as many choices as possible; which new backpack, first-day outfit, legal name or nickname, lunch/snack options, etc.”

“Attend all the open houses. Meet the teacher and map out as much as possible exactly how the day will go. We

started the tradition of a 'first-day' cake as well, complete with a song.

Something to look forward to, and [it] gave this mama something to do besides worry.”

How to handle the first day.

“Children, in general, are resilient. I know that the first day was much more difficult for me than them. Try to keep your emotions in check when dropping them off — this lets your child know that you believe in them and that it will be okay.”

“Don't linger long — it makes it tough for everyone, including the teachers.”

“If you can take the day off, try to schedule a meet-up with other new kindergarten parent friends after drop-off. It allows you to commiserate over the anxiety of sending them to school for the first time, and also ensures that you don't hover in the classroom!”

“I put a small family pic in my kiddo's pencil box on the first day. On the back, I wrote a note of love and

encouragement. I also put a little note in her lunch box along with her favorite treat.

“Be involved in school functions, set a consistent volunteer schedule and be in the classroom. If every parent could volunteer just one day for a few hours every other month, the teacher would have extra hands and eyes every day.”

“Get as involved as your schedule allows. My kids have loved seeing me at the school regularly and have learned about how much background work goes into all the fun events they enjoy.”

“Your kid will likely be just fine in kindergarten. Even if he's used to eating eight times a day, he will adjust. He doesn't follow directions or sit still? He will learn. He doesn't know all his letters? He will get there. They learn so much from their peers. Kindergarten is scary, but most do okay and they learn how to do circle time and independent play, how to eat lunch quickly and how to make the most of recess.”

“Science fair projects aren't the end of the world. It just feels like it.”



**DIE MUSIEKVIDEO VAN ANDRIËTTE
SE NUUTSTE
TREFFER IS NOU BESIKKBAAR!**

Andriëtte se nuutste enkelsnit, **SONDER LIEFDE**, is onlangs uitgereik en reeds besig om die trefferleer te klim.

Daarom is dit heel gepas om by te dra tot die opwinding, met die vrystelling van 'n musiekvideo wat net so mooi is soos die liedjie waaroor dit gaan.

Die enkelsnit, uit die pen van Noa Milan en ateljee van Dirk van Niekerk, gaan oor hoe liefde al is wat oor is in die moeilike tye waarin ons vandag leef en dat die gee en neem daarvan is wat ons staande hou.

Dieselfde boodskap, dat niemand sonder

liefde kan klaarkom nie, word in die pragtige musiekvideo vasgevang wat vir dié snit verfilm is.

“Ons beeld oomblikke uit van hoe dit iemand se dag kan opkikker deur net liefde te toon en tyd aan hulle te gee,” verduidelik sy.

Andriëtte

Die video is nou op die kassie te sien. Kyk dit hier: youtu.be/7NsxNvIoRhA

SONDER LIEFDE, wat die sangeres se fluweelstem soos 'n handskoen pas, volg in die voetspore van talle radiotreffers, waaronder *Mis jou Meer*, *Dink aan My*, *Vat my hoër*, *Sewe Oseane*, *Napoleon*, *My Kind*, *Bittersoet van Liefde*, *Dinge*, *Druppel in die See* en vele meer.

Andriëtte het die musiekmark in 2007 betree nadat sy as naaswenner aangewys is van die Suid-Afrikaanse weergawe van die musiekprogram, **IDOLS**.

Kort daarna is haar eerste album, *Diamant*, uitgereik waarvoor sy in 2008 'n Vonk-toekenning ontvang het vir Beste vroulike kontemporêre album gewen het. Nog ses suksesvolle albums het gevolg, waaronder *Wat Rym met Liefde*, wat 'n Ghoema toekenning gewen het in 2014 vir Beste vroulike kontemporêre album. Verder was sy ook al deel van van die grootste musiekkonserte in die land, waaronder *Huisgenoot Skouspel* en *Krone*.

Dié 36-jarige Kapenaar, gebore en getoë in Brackenfell, woon tans in Durbanville saam met haar man en drie seuns. Na skool het sy eers in die skoonheidsbedryf gewerk voordat die musiekgogga haar gebyt het. Tans ontvang sy verder musiekopleiding by Amanda Luyt. Volgens haar, sing sy graag oor die dieper dinge wat haar hart raak, soos die liefde, natuur, familie en herinneringe. Daarom lê haar jongste enkelsnit haar so na aan die hart.

SONDER LIEFDE is 'n hoendervleismooi liefdesliedjie met 'n inspirerende boodskap wat nog vir baie lank gewild gaan wees onder Afrikaanse musiek liefhebbers.

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What do you think of NEW years resolutions

Do you think new year resolution is important?

New Year's resolutions are always a good idea. A fresh start and a clean canvas provide an opportunity for change. When you commit to change, whether verbalized or not, you are taking the first step to whatever it is you want to accomplish. Change can be a rocky road with many bumps along the way.

What is your new year's Resolution answer?

So, New Year's resolutions are made at the end of a year, just before you start a new year and here are some really common examples: I want to loose weight! I want to get fit! I want to spend more time with my family and friends

Why is resolution important in life?

Resolutions Offer Opportunities for Change

As the definitive ending of one thing and the beginning of the next, for many, this can act as the hard reset they need to make the changes they want. Humans are

How important is the resolution?

Resolution is an important factor to measure the visual quality of digital images, photos and videos. A higher resolution signifies the picture contains more pixels, which means it can display more visual information. As a result, a high-resolution picture is sharper and clearer than a low-resolution one

What is the best resolution for new year?

65 Rewarding New Year's Resolutions for a Healthy, Happy Life
Build a better budget. Axel Bueckert / EyeEm/Getty Images. ...
Practice mindfulness. ...
Cook something new each week. ...
Read more books. ...
Create a cleaning schedule you'll stick to. ...
Drink less alcohol. ...
Commit to a healthier sleep routine. ...
Join a club.

How do you keep new year's resolution?
10 Tips to Help You Keep Your New Year's Resolution

Be Realistic. The surest way to fall short of your goal is to make your goal unattainable. ...
Plan Ahead. Don't make your resolution on New Year's Eve. ...
Outline Your Plan. ...
Make a "Pros" and "Cons" List. ...
Talk About It. ...
Reward Yourself. ...
Track Your Progress. ...
Stick to It. o resolutions matter?
Higher resolutions mean that there more pixels per inch (PPI), resulting in more pixel information and creating a high-quality, crisp image. Images with lower resolutions have fewer pixels, and if those few pixels are too large (usually when an image is stretched), they can become visible like the image below

Why are resolutions better than goals?

The reason that goals are more beneficial than resolutions is that goals are more specific and action oriented than resolutions, which makes it easier to create a plan to achieve them. Here's how to set goals that will set you up for success in the new year: Be specific

Is resolution A feeling?

The feeling of resolution can be defined simply as the feeling that is stimulated when an inserted task is solved. It can be thought that first investigating the feeling of resolution is appropriate for clarifying the relation between the surprising feeling of resolution and the revelation effect.

s a resolution a goal?

Image result
Essentially, a resolution is something you will constantly be working toward, while a goal is specific and finite. Resolutions are made up of goals. While there is a difference between goals and resolutions, they are relevant and intertwined.

Is resolution a decision?

There is often confusion in as to the difference between a resolution and a decision. Both are equal in legislative weight, and both require formal adoption by the intergovernmental body. Although there is no legislative distinction between a resolution and a decision





MAGAZINE

MEDIA HOUSE

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