

Top Vibe Magazine

ONLINE
MARCH 2023
Issue 165

Support our Vaalpets project



Ons Gryse jeug Valentyns projek
The Midvaal FAST ONE
Cycle Challenge

Top Vibe Magazine

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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.

2.

ONS GRYSE JEUG PROJEK:

Lees gerus hierdie artikel van Ons Gryse Jeug.

3.

ADVERTISERS:

Support our advertisers, they support us.

4.

THE MIDVAAL FAST ONE CYCLE CHALLENGE:

Read about the Midvaal fast one cycle challenge see page 14 - 17



REGULARS

1. COVER PAGE: 01

*We celebrate life.
Models anonymous celebrating life.*

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassadors for 2023 is Julien, Amanda and Bianca.

4. ADVERTS: 08

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5. LANIE'S LANE: 12

Read about what Lanies Lane is all about.



Redakteurs Nota

Liewe lesers,

Ons, Gryse jeug ouetehuis projek was 'n groot sukses ons is baie dankbaar vir borge en natuurlik vir ons ambassadeurs sonder hulle sou dit nie moontlik gewees het nie. Sien fotos in die uitgawe.

Soos altyd is ons hard besig om vir ons lesers die beste lees stof bymekaar te kry met interessante dinge. Hoop julle gaan dit geniet.

Geniet die maand van Maart onthou, wees eers lief vir jouself en dan vir ander. Die winter sluip stadig maar seker nader.

Vir eers moet ek totsiens sê tot volgende maand bly gesond en sterkte met jou dingetjies wat gedoen moet word.

Liefde

Charms

Our Ambassadors.



Julien du Plessis

Fun Motivation

Life is full of twists and turns,
next time when you feel like nothing
is going right...just turn left.

I would like to thank *Derm-oholic* and *Nao Ha gentle come agents* for your generous donation towards *Top Vibe Magazine (Media House)* Valentine's Day project for Onse Gryse Jeug old age home. See artical on page 6 &7 and 10 & 11.

Much Love till next month

Julien du Plessis



Bianca

Dear readers.

You are good enough! If you were looking for a sign to start the journey you have been setting aside because you are scared of what people might think and their judgement, this is that sign. Have you ever wondered how far you could have been if you started when you said you wanted to. Now is the time to pick your head up and do it. As you have already noticed, time flies by - we are in March! You are strong enough, brave enough, smart enough and good enough. I hope next time we meet here you can look back at the past month and see how much you have grown!

Love

Bianca



Support our Vaalpets project

Ons Gryse jeug Valentyns projek

Valentyns Dag het vroeg gekom vir Sasolburg Ons Gryse Jeug inwonners. Op 'n nat reënirige Saterdag 11 Februarie het Media House ons eerste liefdadigheids projek gehou.

Wat 'n wonderlike voorreg was dit om saam met hulle tyd te kon spandeer, soms vergeet mense van ons gryse jeug.

Baie dankie aan ons Borge vir hierdie projek julle is amazing. Elke een van Media House Ambassadeurs so baie dankie vir julle bydraes. Ek is so bevoorreg om julle as deel van hierdie span te kan hê.

Soos almal weet is dit harde werk om so 'n projek suksesvol te kan afhandel. Maar vir ons is diet 'n liefdes taak.

Ons Gryse Jeug ouetehuis het 114 inwonners en ons kon vir

elkeen bederf het met 'n geskenkpakkie / boks met 'n koppie koffie /tee en verversings (happies) waarvan 3 soet en 3 sout.

Ek was verstom soos die bybel verhaal waar Jesus die bord en die vissies gedeel het, so kon ons 'n gesin van vier mense ook bederf het met 'n pakkie en gaan Saterdag 18 Februarie vir 47 bejaardes in van Riebeek ouetehuis in Sasolburg bederg met wol, tydskrifte koekies koffie en tee.

Nogmals baie dankie vir elke borg sy vrygewigheid. Julle is vir ons GOUD werd.

Volg ons op sosiale media of kontak ons gerus by 072 768 8585 indien jy dal betrokke wil raak by ons projekte.



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Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will DROP OFF 4 June 2023

VAALPETS



Ons Gryse jeug Valentyns projek



Baie dankie aan ons wonderlike borge, mag julle geseën word dankie dat julle, julle hande en harte oop maak om 'n verskil te maak in ons gemeenskap.



Mandy 072 460 5476



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Top Vibe Kids Magazine

Glamour Talk Mag en 50+ Magazine

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WHERE ARE YOU!!!

By Lelanie van Niekerk

We are now in March of 2023, and I am pretty sure everyone was excited for this to be the year?

Right!

This is already the third month of 2023, and I already wish it away.

The year has had a rough start...for some South Africans, not what was expected at all. For others, it is a low blow already, and it's only the third month.

Obviously, I'm not trying to discourage anyone who reads this, but what I'm trying to say is, WHERE ARE YOU!!!

How do we reset 2023?

Getting quiet, prayer and worshiping

Letting God in and unfold His magnificent plan to you willingly to listen and to do...

There is no recipe for this, it takes you to choose it's the only way less of you and more of Him.... I have spoken to many people and everyone has a right to his or her opinion but in the end its all about Him and His love for all of us.

Starting the year NEW is to know certain things so that you know who and what you are dealing with that 99% of the time creates these negative feels... Yes you guessed it I'm referring to the one and only devil...

If you don't know by now how he operates, I what to share a little inside scope of my life....

So, you see I were once a person that was very afraid of a lot of things but one fear that stood out above all was the fear of something to happen to my children which I think most of us have experience this fear at some stage,

My fear was stretch out to the brim of no return it was consuming me the fear got to a stage where it was not just my children but the whole of something bad to happen even driving with someone being in a state of panic...

The devil uses these weakness we have and turn a 380 on you, after my ICU sleep I was struck by fear unimaginable to afraid to leaf my own house at nigh it was the worse for me...

I guess the whole idee was for me to identify this learn from it and to understand that this feeling, emotion was not coming

from God... this was concurred by understanding the love God has for me and that He made promises He always keep.

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Look sometimes the devil still tries to bring back those feelings and sometimes he succeeds merely because of my own weakness.

Resting 2023 is that you need to get to a place to be quiet and listen even if this takes you the rest of 2023 to hear...

This year starting with floods, the Boksburg explosion more floods the earthquake in Turkey and Syria, so its not just at our doorstep but it's global...

We all want a new fresh start in life, but not willing to offer up our own time, not willing to go the extra mile and I will tell you the reason it's because it's much easier to take and to ask... it's too easy... the quick fix generation!!

I honestly still believe that this year and the coming years is thee HEARVEST years, but we will have to change we will not be able to receive this greatness from God if we keep on doing as we are doing...

One thing that I have learned from God is that He loves us more than anything, understanding His love for us must be the first goal understanding His love changes everything, the way you treat others it really changes everything...

Its like following a recipe you can not get the perfect cake with no baking powder, and people are trying to life by certain things like example "Ask in my name and you shall receive" and people get angry when they don't receive...

But everything comes back to this one conclusion, we are falling because of not knowing not trying hard enough not enough love...

I will say this is not any easy road to walk but it's worth everything... I don't do this often but I have the feeling that I need to if there is anyone that read this and need prayer, help or just even someone to talk to you are more than welcome to send a message to lelani37.lvn@gmail.com

So again, WHERE ARE YOU NOW?



The Midvaal FAST ONE Cycle Challenge

29 January 2023, way before sunrise, over 120 marshals from various charity organisations (from Rotary Clubs of Meyerton /Henley-on-Klip, Germiston, Johannesburg 101, Roodepoort and Vanderbijlpark Club, Inner Circle, Round Table Vereeniging, Lions Club of Henley on Klip, Round Table Vereeniging, Henley at Heart), came together to assist in marshalling for the Midvaal Fast One Cycle Challenge. At 2 o'clock that morning the last potholes were filled ensuring a safe race. The whole force of Midvaal Traffic Department was deployed as from 2h00 that morning, including Road Rangers and Ambulance services of Hamnet Amateur Radio Emergency Communications. This year over 1800 cyclists entered the Midvaal Fast One Cycle Challenge, from across the country, and across the continent from Botswana and Swaziland and even a cyclist from as far afield as France.

The top male winners were Franco Ferreira followed by Martin van Wyk in Second and

Drikus van der Walt taking third. The top three Ladies were Tanit Kruger followed by Erika Potgieter followed by Mamello Letsie in Third. 103km new route had to be set out due to the severity of the road surface along the previous 97km route. The race was **stopped for a short while on the 103km route** from that point due to thunder, lightning **and severe wind** which could have been a potential risk to the field of cyclists still out on the road.

What leads up to an event like this is hard team work and can only be compared to many hands make light work, to pull this day together, everyone needed to come together, meetings and organisation skills. Midvaal Fast One Cycle Challenge's main sponsor was the Midvaal Local Municipality who assisted tremendously in the task of road surfaces and assisting with planning and marketing the day.

This project run by the Rotary Club of Riverside, is now in its 26th year and is their largest fundraiser which contributes to so

many worthwhile projects that the club does throughout the year. Projects that are assisted by funds raised from the Midvaal Fast One Cycle Challenge are: The Mapheo Project (early childhood development for 27 Schools, this includes teacher training and vegetable garden farming assisting with nutrition),

Knitting Angels at Pioneer house assisting them with wool. **Bophelong** water and sanitation and a Rotary Ann's Charity Store situated in Three Rivers.

Photos taken by Action in Motion and are available on their website.

More photos on the next page.





Photos taken by Action in Motion and are available on their website.



Why it's important to have your eyes tested

Eyes are sensitive indicators and may reveal vision problems, eye diseases and general health irregularities long before any obvious physical symptoms exist. Health care professionals recommend that all people should have periodic and thorough eye tests as part of their routine primary health care.

Why is it important to get your eyes checked?

Regular eye examinations are important because: having your vision corrected can improve the quality of day-to-day life. they will help detect certain eye conditions such as cataracts, glaucoma and age-related macular degeneration, which could lead to sight loss. poor vision could be a risk for falls.

What illnesses can be detected by an eye test?

8 Health Problems That Can Be Detected Through an Eye Exam

High blood pressure.

Heart disease.

Diabetes.

Rheumatoid arthritis.

Thyroid disorder

Parkinson's disease.

Cancer.

Multiple sclerosis.

Can an eye test detect serious problems?

Many diseases often begin with little or no obvious symptoms, yet they can be picked up in a routine eye test. If spotted early, a diagnosis of one of these devastating illnesses can be life-saving. We recommend having an eye test every two years to check the health of your eyes.

At what age should you get your eyes checked?

I generally recommend an exam from birth to 2 years old if there is suspicion

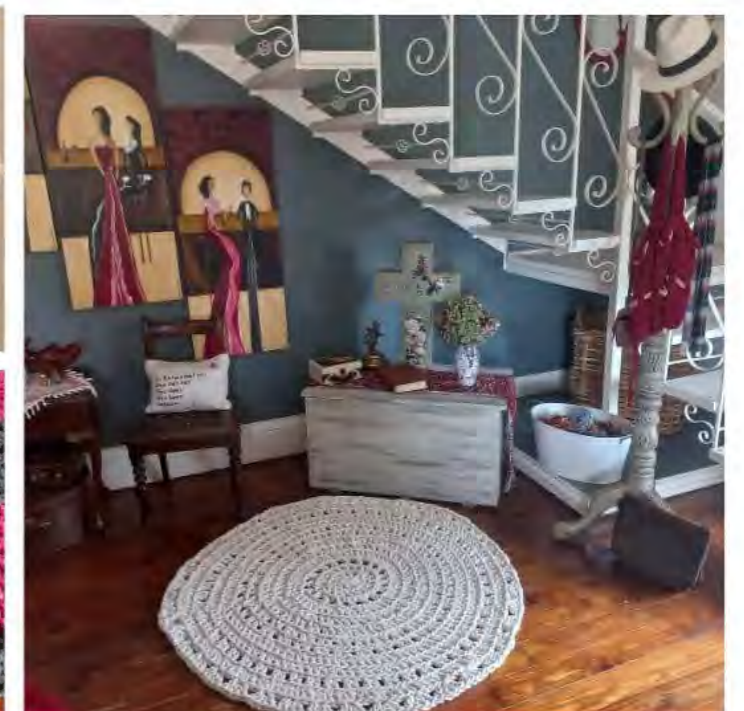
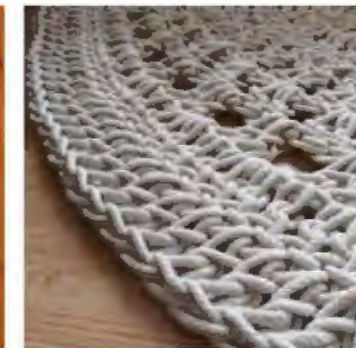
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Easter

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