

Top Vibe

Magazine

ONLINE
April 2023
Issue 166

*Please support
Our Charity!
Page 7*



Support our Vaalpets charity



Pageant with a difference page 18 & 19

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.

SUPPORT OUR CHARITY PROJECTS:

Help us with our charity projects

3.

ADVERTISERS:

Support our advertisers, they support us.

4.

FACE OF TOP VIBE KIDS & TOP VIBE MAGAZINE:

Read about our pageant with a difference see page 18 - 19 Entries open.



REGULARS

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Easter cover page.
The three crosses on Galatia

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassadors for 2023 is Julien and Bianca.

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

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Read about what Lanies Lane is all about.



Redakteurs Nota

Liewe lesers,

Met Paasfees om die draai wil ek graag jou en jou gesin 'n wonderlike Paasfees toewens.

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

Die winter sluip stadig maar seker nader. Wil jy ons asseblief ondersteun met ons Vaalpets projek? Ons benodig kos vir die honde, komberse, handoeke die handoeke kan maar oud wees. Enige iets wat ons kan gebruik sal welkom wees.

As jy die paasfees gaan ry vir 'n wegbreek wees baie veilig, pas jou kinders mooi op hou hulle altyd onder oë.

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

Liefde

Charmaine

Our Ambassadors.



Mirror Mirror on the Wall

What do you see when you look in the mirror, or shall I ask how do you feel when you look in the mirror? Most woman are afraid of a mirror, we don't like what we see and become a victim of negative self-talk which can lead to depression and low self-confidence.

How do we overcome negative self-talk, God has given His Word as a tool for us in life.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Learn to love your body, it has brought you this far in life.

Read more about biblical Self-talk

<https://thinkingonscripture.com/2021/03/15/biblical-self-talk/>

Much Love

Julien du Plessis

Dear readers.

2023 is sprinting through time, and it just makes me realize how you should appreciate the time you have and live in the moment. Take this month to spend with your family, go away for the long weekend, organize a braai, hide Easter eggs and make it a day full of fun and laughter. Don't take this precious time for granted and look back when it's too late.

Happy Easter!

Love

Bianca



Bianca Bezuidenhout



Events Ambassador

Dearest Readers

My name is Carin Mulder, I recently moved over from the Top Vibe Kids Magazine to Top Vibe Magazine and I am excited to be part of the online magazine and I really hope you will enjoy all the interesting topics and fun facts that I will be sharing every month.

April is the fourth month of the year in the calendar. It is the first of four months to have a length of 30 days, and the second of five months to have a length of less than 31 days. It is also the month we celebrate easter. It marks the Resurrection of Jesus three days after his death by crucifixion where he paid for our sins on the cross.

April is commonly associated with the season of autumn and last until May when the winter starts. It is generally warm and dry with days getting shorter and the temperature cooling. If it is your birthday in April - Happy Birthday from all of us at Top Vibe Magazine may your birthday be filled with love, joy and prosperity.

Have you ever asked the question? Why are woman special:

Women are special for many reasons. They are the most sensitive, caring and maternal people in the world. Women are very sympathetic towards people and things. They use both sides of the brain and men don't. The most important things about being a woman are about believing ourselves. About embracing our own inherent power. About manifesting our dreams into reality. About standing strong in the most terrifying moments. To be a woman in the workplace means to let your talent and passion thrive, regardless of your age, looks or gender. It means standing up for what you believe in. It means pushing for results and success. It means change and action into whatever you're doing.

Take care of yourself and your loved once, until next time.

Love Carin



Carin Mulder

MEDIA HOUSE
Top Vibe Magazine Top Vibe Kids Magazine

Glamour Talk Mag 50+ MAGAZINE / TYDSKRIF

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**



“Advertising your business”

A new way of thinking, a new way of living...

Sacrd
FEMME COLLECTIVE

Supporting An awakened and conscious generation of young women that is able to adapt to a new way of thinking about how we take care of our environment to secure a cleaner more beautiful future. Small changes to our monthly menstrual products can have a huge impact on our environmental landscape. We invite all young women to be a part of this movement to create a better future...make the switch to reusable menstrual products today!

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- Comfortable
- Convenient

Be the light in the darkness...

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 Sacrdfemmecollective.Company.site



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MEDIA HOUSE Projects

MEDIA HOUSE PROJECTS:

Top Vibe Magazine / Top Vibe Kids Magazine / Glamour Talk Mag and 50+ Magazine

MEDIA HOUSE
FOOD *drive*



Media House will spoil 41 residence at Moredou old age home in Sasolburg with curry & rice on 16 June '23

We @ Media House would like to request from the public to kindly assist us by sponsoring any non perishable foods and toiletries in order to make this food drive successful. Home of 41 elderly.

Jar of hope



Health Heart and Home

Fill a coffee jar with the following ingredients... It can feed 4 people!

Share a Jar of Hope

- 1/2 cup rice
- 1/2 cup soup mix
- 1/2 cup lentils
- 1 unwrapped stock cube
- 1 pkt soup powder

Instructions: Add 2 and 1/2 litres of water and add the jar contents, top stirring and enjoy

WOMEN'S DAY
9 AUG 2023

DATE: 9 AUGUST '23
VENUE:

Wine Barrel
119 Vlei Street
Stephanopark,
Vanderbijlpark

TIME: 10H00
ENTRANCE FEE: R200 p/p

Snacks (platter)
Refreshments:
Juice/Coffee/Tea etc

WELCOME DRINK
FREE GIN
FREE GIFT

Bookings Essential:
Charmaine 072 768 8582
Carin 082 827 6556



MC:
JULIEN DU PLESSIS
MRS AFRICA 2023



MOTIVATIONAL SPEAKER
FREDRICKA STORM



CHARITY EVENT
IN AID OF





GERMANY SIEGEN VISIT

By Lelanie van Niekerk

Wow, what a great way to start the April issue of Lanie's Lane!

You may remember that we moved from the Vaal to the East Rand, given the chance, in 2021.

I have exciting news: we're going to Siegen in Germany. It never occurred to me that this would happen in 2023, not even once, flying for the first time, and seeing a new country...WOW

The feeling of excitement, denial, and unreal were some of the emotions I felt.

Passports done, must say it was an experience from applying to receiving the passports took about a week, workdays impressive may I add.

Next step was getting all the documents to apply for the visa, luckily for us this was not something we had to do but our company PA, so now we where in our second week all the documents was ready, passports collected and scheduled to do the visa, biometric scanning...So for those of you that don't know this applying for your visa it not just filling in some paper work and submitting NOPE, not at all...

Applying for your visa to entre a foreign country is a whole other ball game....

To explain to you there is two different process you go through, first application check to make sure all your document that is required is attached, then questions! So these people have the right to process your application and to stop at any time if they feel that you are not who you

say you are....Millions of finger prints later, if this was a few years ago our finger prints would have been marked with black ink for life, we were sitting in a enclosed cubical for the second process Biometric scanning at this stage you are now being scanned into a system where James Bond can trace you anywhere in the world.... They ask questions, and you feel like a criminal defending your information Lol...

With the visa application done and dusted, the next step was planning on our side keeping in mind we have never left the country!

Suitcases, cloths cause Germany is going into the spring the minimum temperature is anything from -2 to 7 and a max of 17 degrees, our South African winter temperature is nothing like Germany and its rainy session...

You can not just buy the first thing you see, we had to shop to make sure we don't overpay, Third week in we have our suitcases, cloths and the planning for this week will be checking to make sure we have everything we have to take with, now being a first-time flyer we have no idee what we can pack and what is not allowed.

I must say the information on the internet is well planned out for travelers, but the important information we only get once your flight is booked and you have received all the documentation and ticket which we will most likely have before the end of this week...

Siegen the town, city we are visiting where our Companies Head Office is situated about a

seven hour drive from the capital City of Berlin and five and half hours train ride, For the people that knows me well if we travel on holiday I always do research on the place we are visiting and the surrounding areas, which is no difference in this case. Siegen population is just over one hundred thought people, which is not a lot looking at our cities its situated on the southmost side of Germany was named in 2012 "a university town".Siegen falls in the top 10 tourist destinations



in Germany, it's a beautiful town with a lot of history the city goes back to 1079 its very old from the YouTube video's and the general history of the city that I research it gives me the feeling of medieval times castles, old houses and historic churches...

Siegen seems to be a beautiful city, and with much to tell underneath all the beauty which I hope I can capture for you during our visit... So, till Lanie's Lane's next issue hold thumbs for our first flight that I don't start snoring during our 11-hour flight... LOL

Facts About Suicide ...

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions.

Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk. Being connected to family and community support and having easy access to health care can decrease suicidal thoughts and behaviors.

Suicide is death caused by injuring oneself with the intent to die. A suicide attempt is when someone harms themselves with any intent to end their life, but they do not

Suicide rates increased 30% between 2000-2018, and declined in 2019 and 2020. Suicide is a leading cause of death in the United States,³ with 45,979 deaths in 2020. This is about one death every 11 minutes.³ The number of people who think about or attempt suicide is even higher. In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.

Suicide affects all ages. In 2020, suicide was among the top 9 leading causes of death for people ages 10-64. Suicide was the second leading cause of death for people ages 10-14 and 25-34.³

Some groups have higher suicide rates than others. Suicide rates vary by race/ethnicity,

the groups with the highest rates were non-Hispanic American Indian/Alaska Native and non-Hispanic White populations.³ Other Americans with higher than average rates of suicide are veterans, people who live in rural areas, and workers in certain industries and occupations like mining and construction.^{5,6} Young people who identify as lesbian, gay, or bisexual have higher rates of suicidal thoughts and behavior compared to their peers who identify as heterosexual.

Suicide and suicide attempts cause serious emotional, physical, and economic impacts. People who attempt suicide and survive may experience serious injuries that can have long-term effects on their health. They may also experience depression and other mental health concerns.⁸ The good news is that more than 90% of people who attempt suicide and

survive never go on to die by suicide.

Suicide and suicide attempts affect the health and well-being of friends, loved ones, co-workers, and the community. When people die by suicide, their surviving family and friends may experience shock, anger, guilt, symptoms of depression or anxiety, and may even experience thoughts of suicide themselves.⁸

The financial toll of suicide on society is also costly. In 2019, suicide and nonfatal self-harm cost the nation nearly \$490 billion in medical costs, work loss costs, value of statistical life, and quality of life costs.

Suicide Crisis Line

Hours: Available 24 hours.

Languages: All 11 official languages of South Africa are supported **0800 567 567**

KOM HOU VAKANSIE IN MAURITIUS SAAM MET WYNAND & CHEREÉ EN DIE AKTEURS VAN DIEPE WATERS !

Kykers wat bespreek het om in April vanjaar saam met die akteurs van die gewilde telenovela, *Diepe Waters*, Mauritius toe te gaan, kan nou uitsien na nóg meer opwinding!

kykNET en **World Leisure Holidays** het pas bevestig dat die gewilde Afrikaanse getroude sangpaar, **Wynand** en **Chereé Strydom**, nou óók gaan deel wees van hierdie eksotiese eiland-wegbreek saam met Werner Coetser (Jacques) en Eloise Cupido (Rose).

Indien jy nog nie jou plek bespreek het nie moet jy opskud, want teen slegs R30 000 per persoon wat 'n *deluxe*-kamer deel, kan jy – vanaf 26 April tot 3 Mei 2023 – by dié gesellige geselskap aansluit. Hierdie eksklusiewe pakket sluit vlugte, verblyf, ontbyt, aandete, vervoerkostes en lughawebelasting in.

Dit gaan 'n jolige en heerlike tyd van uitspan wees by die luukse **Sugar Beach Resort** in Mauritius en die tydsberekening is perfek, want die datums strek ook oor 'n langnaweek! So daar is geen rede waarom jy nie van hierdie geleentheid gebruik kan maak om, teen 'n bekostigbare prys, hierdie asemrowende eiland te besoek nie!

“Ek kan eintlik nie eers glo ons kry hierdie ongelooflike geleentheid nie! Ons droom al lankal oor 'n vakansie in Mauritius en hier word dit waar. Die feit dat ons saam met kykNET, die akteurs van 'Diepe Waters', en natuurlik die publiek kan kuier, is net een groot kersie op die koek,” sê Chereé oor die geleentheid om vir 'n week lank by 'n luukse vyfster-oord te ontspan.

“As ek eerlik moet wees, dan sien ek seker die meeste uit om 'n bietjie alleen tyd saam met Wynand te spandeer. Ons het dit nodig na 'n baie besige jaar sover. Ek sien ook uit om nuwe mense te ontmoet, lekker te sing en nuwe vriende te maak saam met almal wat saam reis op hierdie droomvakansie!” voeg sy by.

Een gelukkige vakansieganger wat vir twee persone bespreek, staan ook 'n kans staan om sy/ haar volle pakket-geld terug te wen. So moenie wag nie, bespreek nou by <https://www.wlh.co.za/kyknet/>!

Wynand, wie se splinternuwe enkelsnit ook einde April bekendgestel word, sien vreeslik baie uit na 'n blaaskans in sy besige skedule en sê: *“Die vooruitsig om in Mauritius te gaan kuier voel redelik onwerklik. Om dit saam met die span van kykNET se 'Diepe Waters' te kan doen is 'n absolute voorreg. Ek sien verskriklik uit na die samesyn en om dit saam met my bruid te gaan geniet. Ons het nog nooit 'n wittebrood*

gehad nie en na 13 jaar se getroude lewe voel dit asof ons nou uiteindelik die geleentheid gaan kry.”

Die Mauritius-hotelgroep, Sun Resorts, het onlangs 'n transformasie ondergaan en spog deesdae met 'n splinternuwe voorkoms en handelsnaam, **Sunlife**.

Hierdie vernuwing gaan oor meer as net 'n nuwe naam, en sluit ook 'n nuwe filosofie en kultuur in met betrekking tot alle aspekte van die gaste-ervaring, en bou voort op meer as 45-jaar van trotse geskiedenis en erfenis. Hierdie nuwe hoofstuk sluit ook die bekendstelling in van die **Come Alive Collection** – 'n reeks unieke oord-ervarings vir gaste om te geniet, insluitend a Energy Gym, Sega Zumba en Putting on the Ritz, om maar net 'n paar te noem.

Sugar Beach bied 'n opwindende kombinasie van die verlede en die hede, met glansryke elemente van gister en moderne luukshede van vandag vir 'n onvergeetlike vakansie-ervaring. Om aan te pas by die nuwe voorkoms, is dié oord se kamers en leefareas ook onlangs opgeknip om 'n tikkie weskus-glans weer te gee.

Vir meer oor die **Come Alive Collection**, besoek: <https://www.yoursunlife.com/experiences/>.

Vir meer inligting oor **Sun life**, besoek: www.wlh.co.za.

Dis nie elke dag wat jy die kans kry om oor 'n langnaweek, teen 'n baie bekostigbare prys, vakansie te hou by 'n luukse oord in Mauritius saam met jou gunsteling-sangers en -akteurs nie.

kykNET

Facebook: <https://web.facebook.com/kyknet>

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PUBLISITEIT EN BEMARKING

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Pageant with a difference enter today

Do you have what it takes to be the Face of Top Vibe Kids & Top Vibe Magazine? Then you need to enter today.

The Face of Top Vibe Kids & Top Vibe Magazine'23 is a pageant with a difference.

It's NOT about beauty
It's Not about modeling
It's about caring

The supreme over all winner will be the face of the magazine's and will be a Ambassador for Charity

Top Vibe Kids & Top Vibe Magazine will give you the opportunity to make a difference in someone else's life.

We have four categories for boys and girls.

Our Organizers is available for any questions,

Our Judge's is excellent in Judging. We have two social media Judges.

Two photographers that will make sure your memories will be captured.

Great sponsors with lovely prizes to be won.
Up for grabs is a crown / sash trophy and gifts.

This is something not to be missed.

Looking forward to meet you!





**Face of
Top Vibe Kids &
Top Vibe Magazine'23**

**Date: 2 September'23
Time: 10H00 for 11H00
Venue: Bar with No Name (No Name Village)
Dress code: Summer**

Category Boys & Girls:
10-12 13-15
16 - 18 19+

Supreme Overall Winner!
Best Judge's gift
Best Dressed
Best Personality
Best Contestant gift
Crown / Sash/ Trophy
Gifts

**1. Judge's decision is final
2. No modeling experience needed
3. No make up 10- 12 / Age 13 make up appropriate
4. Finalist to promote sponsors on Social Media
5. Each contestant to hand in stationary box at Registration: Pen, Pritt, pensile, colouring pencils etc.**

**Entries Open 1 March'23 - Entries Close 30 June'23
Entry Fee: R200 till end June / Late entries: R250 till end July'23
Spectator's Fee R50 p/p - Children under 13 FREE**

Organizers:
Julien du Plessis
061 597 5503
Carin Mulder
082 827 6556
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MAGAZINE MEDIA HOUSE

***NEXT ISSUE MAY 2023 TO
DOWNLOAD GO TO www.topvibe.co.za
Remember Mother's Day 14 May'23***

