

Top Vibe

Magazine

ONLINE

October 2023
Issue 173



In October We Wear
Pink
Breast Cancer Awareness

Enter our pageant today page 12 & 13

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Top Vibe Magazine

COMMENTS:
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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

1.

TOP VIBE MAGAZINE AMBASSADORS:

Our lovely ambassadors will bring you something new every month

2.

SUPPORT OUR CHARITY PROJECTS:

Help us with our charity projects, all our projects are for a good cause.

3.

ADVERTISERS:

Support our advertisers, they support us.

4.

FACE OF GLAMOUR TALK MAGAZINE:

Read about how to enter the face of Glamour Talk Magazine
Entries open.



REGULARS

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The Cover page Breast cancer Awareness month.

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Charmaine Britz Editors note.

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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 einde se kan toe, dit is nou 'n geskarrel, en 'n gewoel om als afgehandel te kry vir die vakansie. Die dae by die skool en werk is lank en daar word nou hard geleer vir die laaste eksamen. Hierdie kort vakansie is so welkom en almal kan nou hulle varkies op hok kry vir die groot eksamen wat voorlê.

Hier by ons gaan dit net so woes.. Daar sal 'n paar nuwe ambassadeurs wees vir volgende jaar.

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

Hou ons Facebook blad dop vir alles wat gebeur jy mag niks mis nie.

Liefde
Charms

Our Ambassadors.



Julien du Plessis

Dear reader,

They say time is flying when you have fun. Things are a bit crazy on my side, remember I'm a home school mom, we have a lot of fun together.

Ladies please remember it is Breast Cancer Awareness month.

Let's wear a pink ribbon to show our support.

This is a short school holiday, but welcome, after this its back to the books and then it's time for our December holiday.

Take care till next time, much Love

Julien du Plessis

Hello,

Recently I had to adapt to change and this made me wonder how you can prepare for something like this on an everyday basis.

I learned that you should firstly allow change to happen in your life. You cannot run away from it - change can be something as little as changing schools, having new modules or even starting a new daily routine. I also learned that you should take risks more often and not just stay in a space where you are comfortable in. The only way you can grow is by climbing out of your comfort zone and if you look at it in this way the risks will seem less scary. Lastly, I learner that your mind is a very strong and important factor during adaptability. It's not about the big change in your life, but rather the way you see it. You should change your mentality from "That's the way it has always been" to "For me to grow in this moment, let me try to change this to adapt".

Till next month

Bianca



Bianca Bezuidenhout

Events Ambassador



Carin Mulder

Beste Top Vibe Leesers,

Ek kan nie glo dat die tyd so gou verby gaan nie. Die einde van die jaar in om die draai en dit gaan net eenvoudig mal, om net elke dag se dingetjies gedoen te kry.

Dit voel soms of my hele wêreld op sy kop gedraai is, soms voel alles net te veel en dit voel soos 'n gejaag na wind.

Dit is huis take wat gedoen moet word, jou 100% gee by die werk, dan nog als tussen in, soms wonder ek net hoe ons dit gedoen kry en tog doen ons dit....

Ons praat weer volgende maand
Pas mekaar mooi op tot volgende keer.

Liefde
Carin 😊

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MEDIA HOUSE PROJECTS:

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



Entries Close
31 Oct 2023

Face of Glamour Talk Magazine 2023. Photogenic & Cover Model Competition.

Entry Fee:
R150 (main)

R30 per Extra
category

Photo/ Name/Surname.....
Age:..... Contact Nr:.....
Email:.....
Parents/Guardian:.....
POPI Act: I.....give the magazine permission to use my/
childs photo. Signature:.....
Male & Female age groups: 2-3..... 4-5.....6-7.....8-10.....11-13.....
14-16.....17-18.....19*..... Mrs..... Mr.....
Categories: Pose..... Fashion.....Black & White.....

All entries must be completed with payment to reach us before the closing date / NO late entries. Panel of Judges. Judges decision is final.

 072 768 8582

 admin@topvibe.co.za
Mail your entry form, proof of payment and photo to us..

Bank details:
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Do YOU want to become a birthday friend to a elderly person?



Media House are looking for people that would like to become a birthday friend to a elderly person in an oldage home.

If you want to become a birthday friend call Charmaine 072 768 8582 for info.

MEDIA HOUSE PROJECT



MEDIA HOUSE Projects

MEDIA HOUSE PROJECTS:

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



Face of

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

R250 ENTRY FEE

Entries are open will close 29 Nov'23.
Mail entry form to admin@topvibe.co.za attached with
one head & shoulder photo and POP

DRESS CODE - CASUAL SUMMER WEAR.
CATEGORIES BOYS & GIRLS

3-4 5-6 7-9 10-12 13-14 16-18 19+

Name and Surname.....

ID Number.....

Date of Birth..... Age.....

Category.....Address.....

Cell.....Email.....

Hobbies.....

Signature of Parents / Guardian.....

SUNDAY
3 Dec'23
TIME 10H00
BAR WITH
NO NAME



Charity:

Born2Care

Face of

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

RULES FOR THIS PAGEANT

1. Entries close 29 Nov'23 NO LATE ENTRIES.
2. Dress code summer casual - NO make up age 3 to 12
3. Winners must promote sponsors on social media.
4. There will be a Winner & 1st & 2nd Princess in each category.
5. There will be two overall WINNERS - Face of Top Vibe Kids & Face of Top Vibe Magazine.
- 6 The overall Winners will represent magazine's and will have the following duties. 1. Sponsor post on social media, 2.Be part of all our charity events. 3. Ambassador for the magazine's
7. The judges dicision is final.

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SUNDAY
3 Dec'23
TIME 10H00
Bar with No
Name Village
**Spectator's
Fee R50p/p**

Women's Month Every month...

By Lelanie van Niekerk

When the first National Women's Day was celebrated, I was working for a medical company.

In 2001, a few ladies were selected to attend the Women's Day seminar...

It was held at Gallagher Convention Centre, and if I recall, there were a few very well-known celebs there like Miss SA Jo-Ann Strauss that year, if I can recall both of us went into the bathroom at the same time and it was casual just a nob of the head like I know you and hello nothing like mad fans Lol...

Yes, our National Woman's Day if I can recall I did write about the origin of our National Woman's Day...

This year I got a few questions from our beloved opposites side..." Why is there not a men's Day?"

So, to all the GUYS! Everyday must be a men's day... to know that you are loved and appreciated by you family.... With love from Me.



around the world each year and it's and unanswered question.

So, with a bit research this is what I got...Lol

"You don't have to be an ardent feminist or militant women's libber to work out that women, unlike men, have had to fight untold battles to achieve gender equality for hundreds of years."

Ja!!! I don't think its okay to just say that this is the only reason, yes, it's not as easy for us to achieve certain things in life then it's for our opposite sides... But I would say this it does not excuse us from behaving that we don't need them in our lives...

Men in this age are not recognized enough by their families, work, government, and it's not about the skin color we are all God's children and we are woman need to up lift them... there is a saying behind every great man stands a good woman....

But this will come as a shock to you there is an International Men's Day and it started already back in the 1960's but first recorder in 1992, it's now held every 19th November.

International Men's Day was first celebrated in 1999 by Dr Jerome Teelucksingh, Professor of History, University of the West Indies in Trinidad, and Tobago, to commemorate his father's birth anniversary. He further encouraged everyone to use this day to bring up issues that concern men and boys.

However, International Men's Day was inaugurated in 1992 by Thomas Oaster. It was conceived a year earlier. The day owing to its importance was then revived in 1999 by Dr Jerome Teelucksingh, a history lecturer at University of the West Indies in Trinidad and Tobago. Dr Teelucksingh chose to host International Men's Day on November 19 to mark his father's birthday and to celebrate how on the same date, a decade earlier (1989) Trinidad and Tobago's soccer team had united the country to qualify for the soccer world cup .

So just a question why is Men's Day only focused on men's health and gender equality? If Men's Day was celebrated like Woman's Day things would have been different...

It's no wonder why God created them first is

because they are special none like them, I personally think we are not celebrating them enough we need to get our men back into the seat of ruler of their houses...

I have spoken to many men and it's not a racial thing it's every where that men think that they don't matter... the woman has taken the place of men and my feelings surrounding this is overwhelming to say the least...

How many of us get annoyed when our husband say's no... we end up getting what we want without thinking what we are doing...if I can take my own husband and talk about him... in the past 26 years of our relationship I don't think that I ever not listen to him maybe a few times... he is my everything and would do anything for him...

But looking at him closely somewhere he felt not worthy of our love, somewhere he felt not appreciated, somehow, he feels that his words does not mean anything...

How did we get to that point that our men that was born to lead, don't feel they can....

If you are not married, divorced, and have a son think about this... teach your son's to be leaders at heart we need good men in our lives today and for the future of our country...

And don't get me wrong I'm not saying Woman's Day is not write it's how we as woman

interoperate it.. I would gladly say if it was not for the first woman's day I attended back in 2001 don't think I would have been the woman I am today... that day many things changed for me...

But like that day our men needs that from us too...

Let's reset and rebuild our men of today



Why did Jesus fold the napkin?

Why Did Jesus Fold the Napkin?

This is one I can honestly say I have never seen circulating so; if this touches you, you may want to forward it.

Why did Jesus fold the linen burial cloth after His resurrection? I never noticed this....

The Gospel of John (20:7) tells us that the napkin, which was placed over the face of Jesus, was not just thrown aside like the grave clothes. The Bible takes an entire verse to tell us that the napkin was neatly folded, and was placed separate from the grave clothes. Early Sunday morning, while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, 'They have taken the Lord's body out of the tomb, and I don't know where they have put him!' Peter and the other disciple ran to the tomb to see.. The other disciple

outran Peter and got there first. He stooped and looked in and saw the linen cloth lying there, but he didn't go in.

Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, while the cloth that had covered Jesus' head was folded up and lying to the side.

Was that important? Absolutely!

Is it really significant? Yes!

In order to understand the significance of the folded napkin, you have to understand a little bit about Hebrew tradition of that day. The folded napkin had to do with the Master and Servant, and every Jewish boy knew this tradition.

When the servant set the dinner table for the master, he made sure that it was exactly the way the master wanted it...

The table was furnished perfectly, and then the servant would wait, just out

of sight, until the master had finished eating, and the servant would not dare touch that table, until the master was finished. Now, if the master were done eating, he would rise from the table, wipe his fingers, his mouth, and clean his beard, and would wad up that napkin and toss it onto the table.

The servant would then know to clear the table. For in those days, the wadded napkin meant, 'I'm done.'

But if the master got up from the table, and folded his napkin, and laid it beside his plate, the servant would not dare touch the table, because..... The folded napkin meant, 'I'm coming back!'

He is Coming Back!

So; if this touches you, you may want to forward it. And praise the name of Jesus!

October is Breast Cancer Awareness month.

What are the 5 warning signs of breast cancer?

New lump in the breast or underarm (armpit).
Thickening or swelling of part of the breast.
Irritation or dimpling of breast skin.
Redness or flaky skin in the nipple area or the breast.
Pulling in of the nipple or pain in the nipple area.

How does breast cancer start?

Doctors know that breast cancer occurs when some breast cells begin to grow abnormally. These cells divide more rapidly than healthy cells do and continue to accumulate, forming a lump or mass. Cells may spread (metastasize) through your breast to your lymph nodes or to other parts of your body.

What age does breast cancer start?

The risk for breast cancer increases with age. Most breast cancers are diagnosed after age 50. Genetic mutations. Women who have inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2, are at higher risk of breast and ovarian cancer.

What are the 4 stages of breast cancer?

T1 (includes T1a, T1b, and T1c): Tumor is 2 cm (3/4 of an inch) or less across. T2: Tumor is more than 2 cm but not more than 5 cm (2 inches) across. T3: Tumor is more than 5 cm across. T4 (includes T4a, T4b, T4c, and T4d): Tumor of any size growing into the chest wall or skin.

What does Stage 1 breast cancer feel like?

Symptoms of stage 1 breast cancer include skin irritation or dimpling, swelling/redness/scaling/flaking/thickening of the nipple or breast skin,

change in the size or the shape of the breast, nipple turning inward, change in the appearance of a nipple, nipple discharge that is not breast milk, breast pain, nipple pain,

What is Stage 1 breast cancer?

Stage 1 breast cancer means that the cancer is small and only in the breast tissue or it might be found in lymph nodes close to the breast. It is an early stage breast cancer. The stage of a cancer tells you how big it is and how far it has spread. It helps your doctor decide the best treatment for you.

How can I check myself for breast cancer?

Breast Self-Exam - National Breast Cancer Foundation
With the pads/flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes. Should anything feel different see your Doctor.



Go for a Mammogram.

MAGAZINE

MEDIA HOUSE



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