

Top Vibe

Magazine

ONLINE

November 2023
Issue 174

Top Vibe Africa Cover page entrie page 7

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Top Vibe Magazine

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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:

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4.

FACE OF GLAMOUR TALK MAGAZINE:

Congrats to our Face of Glamour '23 Michelle van den Berg.



Redakteurs Nota

Liewe lesers,

November en dan Desember maand die jaar is so waar amper verby.

Daar is nog so baie dinge om te doen vir die res van die jaar.

Hier by ons gaan dit net so woes.. Daar sal 'n paar nuwe ambassadeurs wees vir volgende jaar. En dan praat ek nog nie eers van die charity events vir 2024 nie

Vir eers moet ek totsiens 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

REGULARS

1. COVER PAGE: 01

The Cover page Breast cancer Awareness month.

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassadors for 2023 is Julien, Carin and Bianca

4. ADVERTS: 08

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5. LANIE'S LANE: 12

Read about what Lanies Lane is all about.

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.

The year is coming to an end. Thank goodness, it was a crazy year.

With the holiday around the corner there is still so much to do.

Please stay safe and look after yourself 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 learned 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

Good day Top Vibe Readers

I hoped you all had a nice relaxing short school holiday and that you are all recharged and ready for the final couple of weeks still left in this year of 2023. Can you believe only 7 weeks until Christmas, they say times flies when you having fun.

I've done some researched and found some interesting facts about the month of November of which I did not even know. Did you know that November starts with the same day of the week as February and March they all started with week day Wednesday this year.

November has 2 x zodiac signs namely Scorpio and Sagittarius. My son is a Scorpio and definity has a strong will and mind. Did you know that William Shakespeare never mentioned November in any of his plays and sonnets, not sure why maybe he forgot there is twelve months in a year.

If you love eating here is a few special days you can enjoy your favorite food. On the 3rd of November you can enjoy your favorite sandwich, on the 6th of November it is Nacho Day and if you love pickles like my son, you can enjoy a bottle or two on the 14th of November. On the 28th it is National French toast day and for those who love a lemon cream pie you can take a break and have your delicious pie on the 29th of November.

I am not sure about you guys but we as a family still enjoy playing board games as a family and what better way than the 19th of November to play Monopoly. This has been made National play Monopoly Day.

The game was invented more than 118 years ago and still been loved by so many families.

Well, this is all from me for now take care of yourself, be kind and pay it forward. Remember a small act of kindness makes a big difference in the world.

Take care
Love Carin



Carin Mulder

ENTRIE CLOSE
28 Nov'23

Top Vibe
Magazine

AFRICA
cover page

Name & Surname..... **Entry Fee**
Contact detail..... **R150**
Age.....E mail.....

POPI ACT: I,..... give this magazine permission to publich my photo Signature:.....

MALE / FEMALE



All age groups can enter.
Only one portrait picture per entry.
All entries must be completed with payment to reach us before the closing date. NO late entries.
Judges decision is final.

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Mail entrie to admin@topvibe.co.za

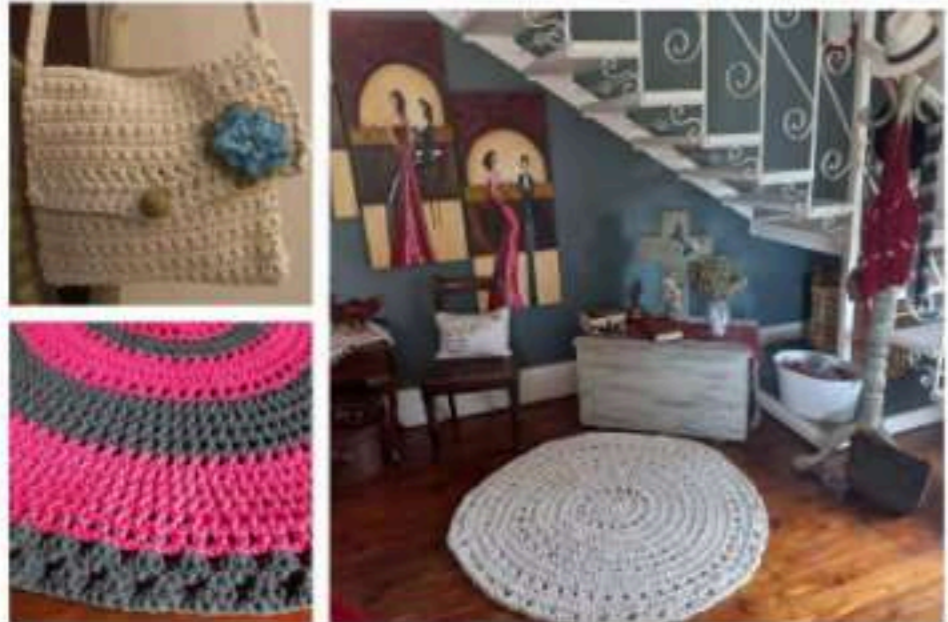
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Face of

**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 dication is final.

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SUNDAY
3 Dec'23
TIME 10H00
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Fee R50p/p**

LADIES WEEKEND!!!



Lelanie van Niekerk

It's time to grab your bags, gather your gal-pals, and get out of town. Prioritizing a girl's weekend can do more for your mental health than you realize.

What is it about a girl's getaway that supercharges us in a way nothing else can?

There is something powerful in connecting with friends who can truly empathize with what you're feeling - because she's either been there or is going through it right along with you. Which is why a girl's weekend is so important. Getting away from the daily grind with your friends can recharge you in a way nothing else can.

8 Ways Your Tribe Can Help YOU

1 | *Laughter*

How long has it been since you laughed until your side hurt (or maybe peed your pants)? If it's been more than a year, it's time for a weekend away!

Have you ever noticed how much closer you feel with someone after sharing a good laugh? Laughter triggers an increase in endorphins, the feel-good chemical, which helps us bond. It's true, laughter not only burns calories, but it relieves stress, relaxes our body, and even improves circulation. Imagine how many health benefits an entire weekend full of laughter with your girlfriends might have.

2 | *Connection*

Social isolation is a growing epidemic, creating pathological loneliness. The reasons are clearly related to technology, social media, and social comparison. But with your besties, you can put those **feelings of isolation aside** and connect in a real and personal

way. Our time together is one of acceptance and love. There is no room for criticism. I feel loved despite my bedhead and snoring. Makeup is optional.

3 | *Embrace Your Silly Side*

There's no judgment and total acceptance when I'm together with my friends. Admit it. Life can be too serious, and an opportunity to let go of the normal and unleash the silly is a welcome change. Typically, our weekends include a few hours of shopping, and at some point, we all end up in the same fitting room trying on anything from bras to formal wear. We've given belly dancing a giggle and pulled into a full downward dog when we practiced yoga - all with no worries of being self-conscious. Letting go of our somber side can be an instant boost for anyone.

4 | *Girl Talk*

I'm not one to stay up into the wee hours of the night, but when I'm with my gang time seems to lose all meaning. We get talking about problems we need to be solved, the aches and pains of growing older, the latest books we've read, or even a new spiritual insight we've gained. And sometimes we just need to vent.

Two days of girl talk can leave you feeling like a load has been lifted from your shoulders. You feel inspired to be better, and the things you came with — the ones you thought were bringing you down — are but a distant memory.

There is nothing better than sharing with a group of women who appreciate and understand.

5 | *Exercise*

When you're away with the girls there aren't any restrictions or arrangements to be made if you want to go exercise. We love going on a morning hike. With the mountains right at our doorstep, we can jump on the trail and go until we want to turn around. Some of us go farther, but the beautiful thing is you have a built-in

training buddy. Escaping my daily commitments and schedule makes exercise without the pressure so much more enjoyable.

6 | *Encouragement and Confidence Boost*

Who could ask for a better group of cheerleaders! In fact, as I started writing this article, I sent out a MarcoPolo. Not only did I need a little reassurance this was a good topic, but I also wanted their input about our time together. It's wonderful to be connected to a group of ladies who love me for who I am, cheer for my success and cry with me when I fail. Our girl's weekend is a safe place full of encouragement for building a happier marriage, support for untangling tricky family messes, and a boost in our confidence as we continue in the process of becoming our best self.

7 | *Favorite Things*

One of our traditions is to share a favorite thing. It's a tad like Christmas morning when we all pull out our gifts. There is an excitement in the air, but it's not because we are eager to get a

little token from the weekend. No, it's about learning a new little tidbit about my friends. Our favorite things have helped us understand and connect in an unexpected way. We learn about new favorite books, hair tips, comfy jammies, gadgets to make life easier and share our love of simple things..

8 | *Happiness*

I think the most important benefit of our girls' weekends is how I feel when I walk away. As women, we can find something every day to be happy about, but after a weekend away all the good in my life seems to be 100% brighter. I feel a renewed joy at the good all around me. The hard and not so fun stuff is still there, but I have a new perspective about digging in to tackle it all. True happiness opens our heart to explore new possibilities in our everyday life.

In my next addition I will share my girls weekend with you and my personal experience and yes some pictures of my Tribe

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Patricia Queen is passionate about people



Patricia Queen Lesooana

Patricia Queen Lesooana, is one remarkable women. At aged 44 she is passionate about life, people are close to her heart.

She was born and rise in Pimville Zone 2, in Soweto by two strong women her mother and her granny.

I'm still fortunate as my mother is still alive, my dad passed on when I was 21 she said she is the oldest of two children.

Currently I'm working for the South African Social Security Agency (SASSA), working as a grant administrator. I enjoy my work.

Queen is a mother of 2 children aged 20 and 9, both girls and a stepson aged 20.

She is not only the queen of her house but also a queen to the people around her. I'm very loving and giving.

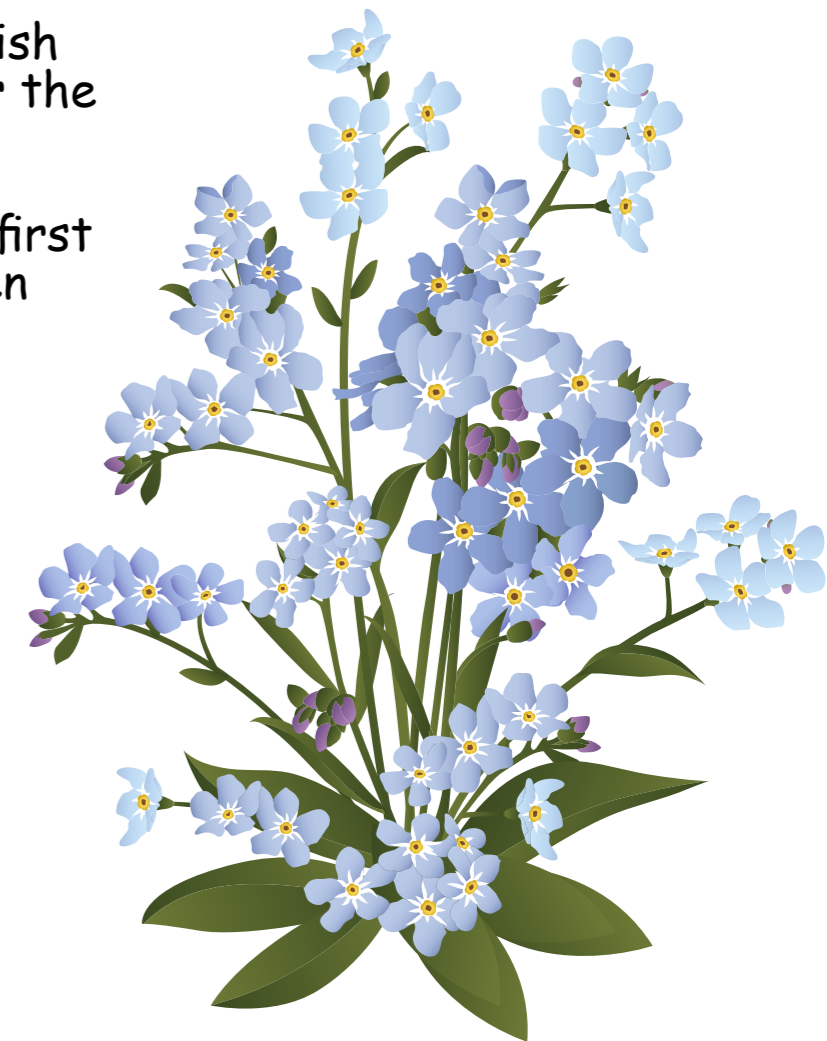
She is a very loving and giving person queen enjoy going on holidays, thats how she destress.

I was privileged to have a interview with her, she is inead a loving person, always ready to help people.

All her colleague at work cares about her.

Thank you Queen for your time and I would like to wish you just the very best for the future.

Take care and remember first look after yourself en then after others.



MAGAZINE

MEDIA HOUSE



***NEXT ISSUE DECEMBER 2023 TO
DOWNLOAD GO TO www.topvibe.co.za***