

Top Vibe Magazine



ONLINE

**December 2023
Issue 175**

**Face of Top Vibe Magazine'23
In our January 2024 Issue**

Africa Cover page winner

Linathi Makawu

Top Vibe Magazine

COMMENTS:
Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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1.

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REGULARS

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Redakteurs Nota

Liewe lesers,

So kom ons aan die einde van 2023 en die feestyd is voor ons deur.

Hier by ons gaan dit nog 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.

Ons is reed hard besig aan die beplanning vir 2024 se events.

Vir eers moet ek totsiens sê tot volgende maand bly gesond en sterkte met jou dingetjies wat gedoen moet word. Geseënde Feestyd geniet dit en maak die beste van elke oomblik.

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

Liefde
Charms

Our Ambassadors.



Dear reader,

This year has come to an end and its time for me to say my goodbye

Thank you dear readers I enjoyed my time with you. Take care and I'm sure that you are going to enjoy the person that will walk in my footsteps.

Have fun this holiday!

Blessings

Julien du Plessis



Hi Readers,

And so the year, 2023, comes to an end! It was a pleasure being an Ambassador for Media House during the past year and with sadness have to greet all readers as God has another journey planned out for me.

I want to leave you with the following quote "Success is not final; failure is not fatal: it is the courage to continue that counts." I hope your holiday season is full of peace, joy, and happiness; and a HAPPY NEW YEAR!

With love Bianca



Bianca Bezuidenhout

Events Ambassador



Carin Mulder

Beste Top Vibe Leesers,

Hier kom ons weereens aan die einde van 2023, en was dit nou vir jou 'n aangename en deurmekaar jaar.

Ek gaan ongelukkig ook moet groet as julle skrywer vir Top Vibe ek gaan bietjie konsentreer op Media House se "Charity Events" dit is 'n groot passie vir my om 'n verskil te maak aan ons samelewing en ek sien uit om saam ons nuwe Ambassadeers te werk.

Ek gaan dit verseker mis om te skryf en om verskillende interressante dinge met julle te kon deel, maar daar kom groot dinge vir 2024. Ons het amzing Ambassadeers gekry wat die liefde en passie het om soveel nuwe dinge met julle te deel, soos hulle so ... Watch the space

... 😊 Die nuwe Ambassadeers se harte is so mooi en groot en weet sommer dat 2024 een van die beste jare ooit gaan wees vir Media House.

Ons het 'n paar interressante Charity Events op die lys en sien uit daarna om 'n verskil te maak en om saam hooplik nuwe borge te kan werk wat ons so dan sal help 'n verskil maak in ons gemeenskap.

Vir die wat op vakansie gaan, ry veilig, buckle up en dra altyd die Here saam julle. Geseënde Kersfees en 'n Voorspoedige 2024!

Tot volgende keer
Carin



'N GEBED - God seën Afrika

Deur Jannes Erasmus

Ons word verenig, 'n land, 'n nasie, 'n volk, soos 'n groen wolk vir 80min in 'n trui en dan is dit verby Maandag tot Vrydag haat jy weer jou naaste meer as jousef maar Saterdag is game day dan sing ons Shosholoza ou pel, die enigste kleur wat jy sien is groen en goud en ek wonder, is dit dan moeilik om dit sò te hou?

Hoe kan 'n land in totale harmonie wees vir 80min en na die tyd weg stap en maak of dit nooit gebeur het nie...tot volgende week. Ons soek die probleme in die verlede maar die probleem lê in die hede wedersydse trots het elkeen aan die keel en ek haal eerder swaar asem want netnou het jy te veel besef die naweek hoe ons land saam kan staan elke vrou en kind en elke man die Here waarsku teen trots hê jou naaste lief soos jousef maar die probleem kom van binne daar waar ons sukkel om te delf ons gee 'n sport die eer maar dis eintlik iets wat binne ons gebeur dis tyd om hierdie nasie terug te draai wat dink brandewyn is nagmaal en die kerk is 'n braai die Here se vergifnis is groter as jou trots gaan op jou knieë, dis al wat dit kos ons vergeet Nkosi Sikelel' iAfrika is eintlik 'n gebed God seën Afrika

© Jannes Erasmus

📷 - Spiritual Sniper

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Hoe behandel jy jou geliefde

HOE BEHANDEL JY JOU GELIEFDE?

Moenie op mekaar skreeu wanneer julle verskil nie. Dit doen skade aan julle verhouding. (Spreeke 15:1)

Moenie kwaad praat van mekaar by ander nie. Jou woorde het krag. (Gen. 2:19)

Deel nie mekaar se intimiteit met ander nie. Dis owerspel. (Matt. 5:28)

Vergelyk nie jou maat met ander nie. Jou maat was en is jou keuse. (2 Kor. 10:12)

Weerhou nie intimiteit van mekaar nie. Jul liggame behoort aan mekaar. (1 Kor. 7:5)

Wees sag en liefdevol. Julle het albei immers jul lewens vir mekaar opgeoffer. Dit maak seer wanneer julle ongeskik en onbeskof teenoor mekaar is omdat julle geirriteerd

is. Wees sag. (Efe. 4:2)
Gee nie plek vir geheime nie. Julle is een. Geheime veroorsaak verdeeltheid. (Gen. 2:25)

Negatiewe kommentaar teenoor mekaar is afbrekend en doen skade aan jul verhouding sekuriteit. Julle wil veilig voel bymekaar en mekaar op bou.

Jou maat se liggaamsbou bepaal nie hul waarde nie. Waardeer en bemin mekaar tot jul oud is. (Efe. 5:29)

Behandel mekaar met respek voor ander en ook wanneer jul alleen is. Hanteer verskille met liefde en oop kommunikasie wanneer julle privaat is, nie voor ander en nie voor kinders nie. (Matt. 1:19)

Sê gereeld vir mekaar julle waardeer mekaar en respekteer mekaar en dat julle mekaar se moeite en opofferings waardeer. (1 Tes 5:18)

Maak saam kos sonder kritiek en geniet die samesyn in die kombuis of wys waardeerings vir mekaar se kookkuns. (Spr. 31:14)

Stel nie die kinders se belange voor mekaar nie. Julle het mekaar eerste immers lief. Stel ook nie die famielie eerste nie. (Gen. 2:24)

Belé in mekaar se geestelike groei deur geestelike leestof aan te skaf en bid vir mekaar. Jou en jou maat se verhouding met God is baie belangrik. (Efe. 5:26)

Spandeer kwaliteit tyd bymekaar en laat mekaar belangrik voel. (Jak. 5:16)

Maak tyd om met mekaar te speel en te lag. Die lewe het genoeg stres en dinge. Julle skryf die verhaal van mooi in jul lewens en julle is daar om mekaar gelukkig te hou. Doen dit terwyl julle kan. (Pred. 9:9)

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Lelanie van Niekerk

WHAT A YEAR 2023!!!

echoing my sentiments from the previous year, which was challenging for me.

I've deliberately decided not to let the unfavorable memories of this year overshadow the positive ones. Although we need the difficult experiences to learn, grow, and become stronger, it's crucial to remember that they don't define us.

Recently, our oldest son and his fiancée visited us, reflecting on the evolution of their relationship over the past few years. Like all young individuals, they faced challenges, set goals, experienced breakups, and reconciled. As a family, we witnessed their journey, recognizing that these experiences molded not only their relationship but also themselves.

During our conversation, my son's fiancée acknowledged that our relationship wasn't great at the beginning, but it has significantly

improved. This made me ponder for a moment, realizing that while our children are young, we, as parents, strive to guide and protect them, treating their partners as if they were our own. It may be challenging for them to comprehend our approach initially, but our intentions are always well-meaning.

Looking back, I understand that difficult times may persist, and it takes time for challenges to subside. Reflecting on both our experiences, it seems that each year brings its own set of incomprehensible events. Perhaps, in the coming year, we should reassess our relationship with ourselves, making wise choices even when they are difficult. Listening attentively, especially to our children, is essential.

As 2023 draws to a close, I set out to create a timeline of the year's events. However, upon reflection, it became evident that this year hasn't been particularly great for many of us. Instead of dwelling on the challenges, I've chosen to focus on the positive aspects of 2023.

While it's natural to remember the hardships, I encourage you to recall the good moments, no matter how small or seemingly insignificant they may be. Personally, 2023 was a memorable year for me; we traveled and had so much fun that I doubt I'll ever forget it. It's disheartening to think that some people in South Africa are wishing away this year, echoing my

Personally, I've spent the past few years trying to lose weight, but towards the end of 2023, I realized the importance of not being too hard on myself. With a bit of self-acceptance and support, I found myself on a path to weight loss. The key, it seems, is to take a step back, breathe, trust where trust is due, and observe how things unfold.

It's crucial to remember that we are not always in control, and sometimes, relinquishing control can lead to unexpected positive outcomes.

Regardless of whether our victory is by a single point, it's crucial to remember that we are all creations of God. South Africa, our proud and beautiful country, serves as a testament to our collective spirit. The Rugby World Cup exemplifies the strength we possess when united. Despite facing challenges that almost prevented us from participating, we choose to focus on the fact that we did make it, and we

are poised to continue this journey for many more years.

As long as we have the gift of breath and countless reasons to be grateful, 2023 is not yet over. It's time to align our mindset, not just for the approaching year of 2024, but for the entirety of our lives. The resilience demonstrated in the rugby arena is a reflection of our potential when we stand together, and it serves as an inspiration for the challenges and triumphs that lie ahead.



Goodbye 2023!!!

The Human Body- our creator is wonderful....

OUR CREATOR IS A WONDERFUL GOD!!!

THE HUMAN BODY:

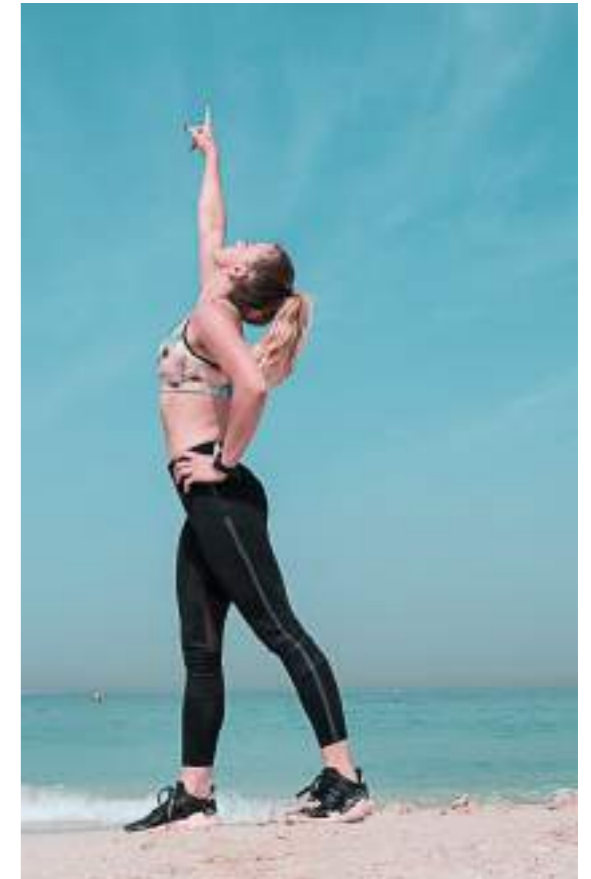
- 1: Number of bones: 206
- 2: Number of muscles: 639
- 3: Number of kidneys: 2
- 4: Number of milk teeth: 20
- 5: Number of ribs: 24 (12 pair)
- 6: Heart chamber number: 4
- 7: Largest artery: Aorta
- 8: Normal blood pressure: 120/80 MmHg
- 9: Blood Ph: 7.4
- 10: Number of vertebrae in spinal column: 33
- 11: Number of vertebrae in the neck: 7
- 12: Number of bones in middle ear: 6
- 13: Number of bones in face: 14
- 14: Number of bones in skull: 22
- 15: Number of bones in chest: 25
- 16: Number of bones in arms: 6
- 17: Number of muscles in the human arm: 72
- 18: Number of pumps in the heart: 2
- 19: Largest organ: Skin
- 20: Largest gland: Liver
- 21: Largest cell: female ovum

- 22: Smallest cell: Sperm
- 23: Smallest bone: Stapes middle ear
- 24: First transplanted organ: Kidney
- 25: Average length of small intestine: 7m
- 26: Average length of large intestine: 1.5 m
- 27: Average weight of newborn baby: 3 kg
- 28: Pulse rate in one minute: 72 times
- 29: Normal body temperature: 37 C ° (98.4 f °)
- 30: Average blood volume: 4 to 5 LITERS
- 31: LIFETIME Red blood cells: 120 days
- 32: LIFETIME White blood cells: 10 to 15 days
- 33: Pregnancy period: 280 days (40 weeks)
- 34: Number of bones in human foot: 26
- 35: Number of bones in each wrist: 8
- 36: Number of bones in hand: 27
- 37: Largest endocrine gland: Thyroid
- 38: Largest lymphatic organ: Spleen
- 40: Largest and strongest bone: Femur
- 41: Smallest muscle: Stapedius (middle ear)
- 41: Chromosome number: 46 (23 pair)

- 42: Number of newborn baby bones: 306
 - 43: Blood viscosity: 4.5 to 5.5
 - 44: Universal donor blood group: O
 - 45: Universal recipient blood group: AB
 - 46: Largest white blood cell: Monocyte
 - 47: Smallest white blood cell: Lymphocyte
 - 48: The increased red blood cell count is called: Polycythemia
 - 49: Blood bank in the body is: Spleen
 - 50: River of Life is called: Blood
 - 51: Normal blood cholesterol level: 100 mg / dl
 - 52: Fluid part of blood is: Plasma
- A perfectly designed machine that allows you to enjoy this adventure is called life. Take care of it. Do not damage it with vices and excesses.

Don't forget also to thank the God of heavens, for all these items or various parts listed above are the works of His hands.

Praising Him always is the best way to appreciate and communicate with Him



Don't pass by without saying Lord almighty I bless your name for making and creating me in your likeness and image or you can simply say Lord I thank You for creating me perfectly.

Warm water / Koue water

WARM WATER

DEEL DIT ASSEBLIEF MET FAMILIE EN VRIENDE, DIT IS BAIE BELANGRIK EN KAN IEMAND SE LEWE RED.

Dokters het bevestig dat warm water 100% effektief is om gesondheidsprobleme op te los, soos:

- 1 Migraine
- 2 Hoë bloeddruk
- 3 Lae bloeddruk
- 4 Pyn aan gewrigte
- 5 Skielike toename en afname in hartklop
- 6 Epilepsie
- 7 Toenemende vlak van cholesterol
- 8 Hoes
- 9 Liggaamlike ongemak
- 10 Golu pyn
- 11 Asma
- 12 Hoes hoes
- 13 Blokkering van are

14 Siekte wat verband hou met baarmoeder en urine.

15 Maagprobleme

16 Swak eetlus

17 Ook alle siektes wat verband hou met die oë, oor en keel.



18 Hoofpyn

HOE OM WARM WATER TE GEBRUIK

Staan vroegoggend op en drink ongeveer 2 glase warm water as die maag leeg is. U kan dalk nie aan die begin 2 glase maak nie, maar stadigaan sal u dit doen.

OPMERKING:
MOET NIE 45 minute eet nadat u die water geneem het nie.
Die warmwater terapie sal die gesondheidsprobleme binne ñ redelike tydperk oplos.

KOUE WATER IS SLEG VIR JOU !!!

As koue water u nie op jong ouderdom beïnvloed nie, sal dit u op ouderdom benadeel.
* Koue water sluit 4 are van die  en veroorsaak ñ  aanval.
Koeldrank is die hoofrede vir ñ hartaanval.

* Dit skep ook probleme in die lewer. Dit maak vet vas aan die lewer. Die meeste mense wat op leweroorplanting wag, is die slagoffers van drinkwater in koue water.

* Koue water beïnvloed die binnemure van die maag. Dit beïnvloed die dikderm en lei tot kanker.



MAGAZINE

MEDIA HOUSE



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