

# Top Vibe Magazine

**ONLINE**

**January 2024  
Issue 176**

*New Year*

*New*

**2024**



**Meet our 2024 Ambassadors & The Face of Top Vibe Magazine'23**

*Happy*

**Warm water / Koue water**

# 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:

Welcome to our lovely ambassadors they 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.

### COVER PAGE COMPETITIONS:

We will run every month a cover page competition, follow us on Facebook for more info.

# Happy New Year 2024



## Redakteurs Nota

Liewe lesers,

Welkom 2024 behandel ons mooi verlede jaar was lank en moeilik. Danie welkom aan ons 2024 Ambassadeurs ek weet ons gaan baie pret saam hê, ek is baie opgewonde vir die nuwe jaar.

Help ons groot asseblief met ons liefdadigheids werk vanjaar ons sal dit opreg waardeer.

Dit is 'n eerste skooljaar vir baie kindertjies asook 'n matriek jaar vir baie. Here ons vra dat U elke ouer en kind sal dra in 2024. Seën ons Ambassadeur.

Vir eers moet ek totsiens sê tot volgende maand bly gesond en as jy nog op vakansie is geniet die laaste tydjie maak die beste daarvan.

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

Liefde

Charms

## REGULARS

### 1. COVER PAGE: 01

*The Cover page Happt new year may 2024 be a blessed year for all.*

### 2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

### 3. AMBASSADORS: 04

*Our Ambassadors for 2024 is Amanda, Lizlé and Lettie*

### 4. ADVERTS: 08

*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.*

# Our Ambassadors.

Goeiedag aan almal

Graag wil ek myself aan jul bekendstel. My naam is Lelize Kriel, maar meeste mense ken my as "Sunshine". Die bynaam kom van een van hokkie kinders wat gesê het my lag is soos die son as hy op sy helderste skyn....

Ek is 'n onderwyseres van beroep, wat tans skoolhou vir leerders met 'n agterstand in 'n Laërskool in die dorp.

Ek is gebore in Johannesburg op 21 Augustus, en is toe vir die res van my lewe tot dusver baie gelukkig in Vanderbijlpark. Ek was in Laerskool Parksig, en daarna in Hoërskool Vanderbijlpark tot ek gematrikuleer het in 1997. Ek is die oudste van twee kinders, maar my broer is ongelukkig in 2020 oorlede in 'n frats karongeluk as 'n passasier, pappa van 2 pragtige seuns en man van 'n wonderlike skoonsuster.

My ma en pa het my grootgemaak om die lewe te geniet, en die mooi raak te sien in die algemene daaglikse doen en late van die lewe ook. Ek het 'n passie vir kinders en om hul te ontwikkel tot hul volle potensiaal op akademiese, sport en kultuur gebied.

My motto in die lewe is "Werk slim en speel hard, geniet als ten volle en gee jou oor aan die natuur."

Ek dra ook my lewe op aan my ouers, waarvan mamma, Alta Kriel, onlangs oorlede is, en ek haar nie genoeg kon bedank vir wat sy in my lewe gedoen en beteken het, asook hoe hard sy op haar kniee was vir my nie.

Ek is 'n hokkie skeidsregter in my vrye tyd wat vir Suid Gauteng, asook SA al geblaas het, is 'n gereelde skeidsregter vir skole in D8 en rig tans D8 Seuns en dogters 0/12 vir 2023 af saam met Izandri en Carla.

In my vrye tyd is ek baie lief vir kunstig verkeer, koffie te drink saam vriendinne, dans en model kompetisies by te woon, en ook markte te besoek.

Die lewe is te kort om in onmin en vol hartseer te leef, leef hard, speel hard en geniet elke klein dingetjie wat die liewe Vader vir jou byvoeg...

Groete Lelize



Lelizé Kriel

Hello almal

Waar begin ek, wie is ek?

My naam is Lettie ek is gebore in Vanderbijlpark en het groot geword hier. Later verhuis na Oos Londen in die Oos Kaap waar ek die liefde van my lewe ontmoet het Ettiene Botha. Ons is getroud in 2005 en het ons eerste en enigste seun in 2009 Taygan Botha, die huidige Mr Teen Emmasary CentralSouth Africanpageant en ook 'n ambassadeur vir Top Vibe kidz Magazine.

Ek is vir die laaste 20 jaar al 'n stoel Assistent en werk huidiglik vir Dr. J Palm die tandarts.

My titles was en is die volgende :

- \* 2022 Mrs CentralSouth Africanpageant Csap
- \* 2023 was ek deel van die SterStatus S5
- \* Huidiglik is ek 2023/24 Mrs Vaalpageant Curve
- \* En die jaar 2024 neem ek deel in Opulent Models Mrs Curve.



Lettie Botha

# Events Ambassador

# Face of Top Vibe Magazine'23 Jordan Petersen



**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

Dear Top Vibe readers,

**My name is Jordan Petersen  
I am the Face of Top Vibe  
Magazine 2023 & Mr Teen  
Central south african pageant.**

**My goal in life is too one day  
be able too run my own  
restaurant while still pursuing  
my modeling career and  
becoming Mr Global  
International.**

**I believe that anything is  
possible if you are willing too  
put in the hard work.**

**I would like to wish you all a  
prosprise new year, may all  
your dreams for 2024 come  
true.**

**Hard work payes off...**

**Jordan**



**Jordan Petersen**

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## MEDIA HOUSE PROJECTS:

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Ambassadeur uitdaging!

Uitdaging begin van 1 Januarie'24 tot 30 November'24

Die Ambassadeur wat die meeste knippies en proppies insamel wen 'n prys

*Kom ons kry 'n rolstoel en maak 'n verskil*



**MEDIA HOUSE 2024**

# CHARITY SKYDIVE



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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. (Spreek 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 waardeering 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

# HAPPY NEW YEAR!!

## **New Year, Same Me**

By Lelanie van Niekerk

It's usually at this time of year that there's an influx of 'New Year, New Me' blog posts, newsletters and Instagram captions flying around but this year I don't fancy finding a new me, I'm happy as I am.

### **WORK**

I have such a different attitude to work than I used to. Between 2022 and 2023 I was all about getting more and doing more. Growing my stats, growing the number of jobs I did, increasing the amount of content I made and for a while it was exciting and I was thriving, full of motivation. 2016 was completely different for me and I don't know

what changed other than that I grew up and started to prioritize what really matters in life. I realized that although I am so lucky to have a job that I'm so passionate about, life isn't about just work and that my priority over anything else is happiness. When the negative parts of my job started to outshine the positive, I knew I had to take a step back, have a bit of reality check and find a way to be happy in my job. I'd rather have smaller numbers, less content and possibly miss out on press opportunities if that means me a) having a more loyal, positive audience and b) being happier in myself and my work/life balance. This year I want to continue to take that attitude; I want to be more flexible and spontaneous with my content, take it less seriously (whilst still being professional of course) and always remember why I started in the first

place and the reasons I love my job so much. Here's to another year of just being me and setting my own rules!

### **LIFE**

I can't really be bothered for New Year's resolutions this year if I'm honest. I feel like when you're younger setting goals like 'exercise more' or 'learn how to paint' are somewhat achievable and fun to tick off a list. But for me, the things I want to achieve in 2018 are so big and daunting, I don't want to put that pressure on myself. The list of big things I want to do this year is huge including publishing my book (which I know will happen so I can tick that) and doing a house renovation,



# Our Ambassador

so I'd rather just take it a step at a time instead of overwhelming myself with things to achieve. Being a grown up means always having a list of to-do's and possibly never really feeling satisfied so I'm not looking too far ahead, let's just figure what to do in January for now. I've achieved so much in the last 10 years and to be starting the new year as a married 46-year-old with a great career and a proper grown up house is mad. Life seems to go so fast so this year I want to always remember to live in the moment, not think too far ahead, appreciate what I have, spend time with the people that matter and 100% be myself at all times.

Here's the a new year and the same old me because why constantly try to change something when instead you can just learn to accept yourself for who you are and just enjoy life.



Hallo Readers,

I'm Amanda your new ambassador for 2024

It's a new month, new intentions, new goals, new love, new light, and new beginnings." "I wish you a beautiful new month from the first day of this month to the last day." "Be willing to be a beginner every single morning." "Stay away from what might have been, and look at what can be."

January marks the beginning of a new year. And with a new year comes new hope, new goals, and new intentions. And here we are all again, we say. But January is not just a fresh start. It's also the time to think about how you can make a difference in your life. For example, if New Year resolutions don't work for you, make weekly plans this year instead and start small. On the contrary, if you need time to recover from the holiday chaos, take a breath before jumping on a new project or role.

Be strong all my followers. Sometimes we worry about things that may be not happening at all. In the night the future always looks darker than in the morning light. Believe in yourself when adding goals to your new month. Start small and keep going.

See you in Feb.

Take care Amanda



**Amanda  
Oosthuizen**

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

**OUR CREATOR IS A WONDERFUL GOD!!!**

**THE HUMAN BODY:**

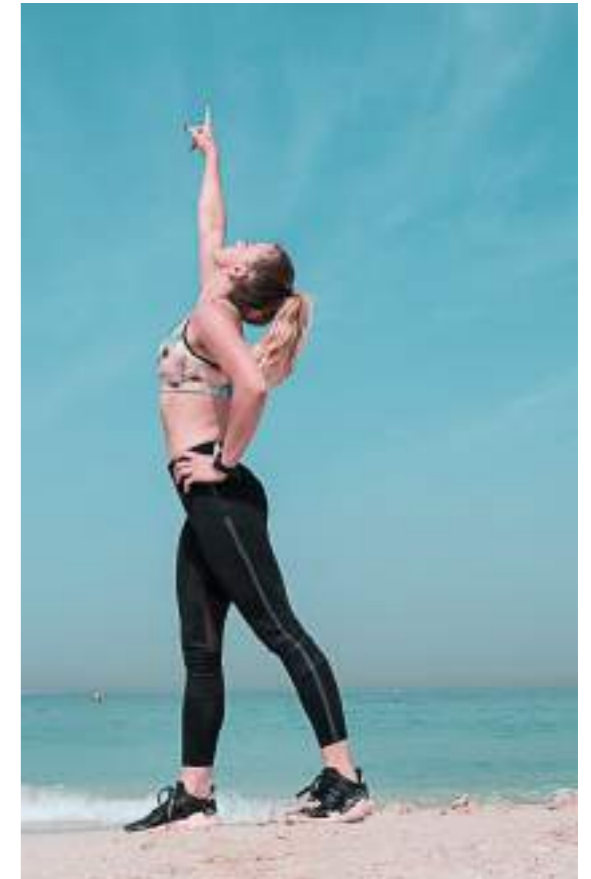
- 1: Number of bones: 206
- 2: Number of muscles: 639
- 3: Number of kidneys: 2
- 4: Number of milk teeth: 20
- 5: Number of ribs: 24 (12 pair)
- 6: Heart chamber number: 4
- 7: Largest artery: Aorta
- 8: Normal blood pressure: 120/80 MmHg
- 9: Blood Ph: 7.4
- 10: Number of vertebrae in spinal column: 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



***NEXT ISSUE FEBRUARY 2024 TO  
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