Top Vibe

ONLINE

Magazine

APRIL 2024
Issue 179

“Advertising your business”

Media House Projects 2024

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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.

WOMEN'S DAY EVENT:

3 Aug 2024 we celebrate Women's day - call 072 768 8582 for your ticket.

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.

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Liewe lesers,

Paasnaweek is hier en vir sommige mense gaan dit oor paaseiers en vir ander gaan dit oor die ware Christenfees hoe jy dit nou ookal vier die lang naweek is baie welkom.

Ons hier by Media House is lekker besig en dit is wonderlik om 'n verskil te maak aan ander se lewe. Jy mag niks misloop nie so dagboek solank ons vrouedag 3 Aug 2024. Die kaartjies is reeds beskikbaar.

Ons voorblad kompetisies elke maand bied jou die geleentheid om op ons voorblad te verskyn. Jy kan dalk op ons volgende voorblad wees. Hou ons Facebook blad dop. Glo my dit is 'n lekker gevoel.

Ek hoop julle geniet ons ambassadeurs asook hulle artikels. Daar wag nog baie verrassings op julle.

Totsiens tot volgende maand

Liefde
Charms

Our Ambassadors.

Lelizé Kriel

Liewe Lesers,

Die Paasfees is hier en dit is 'n groot gebeurtenis op ons kalender soms wonder ek of mense dit verstaan. Ek glo daar is maar daar is ook die wat glo in paaseiers.

Ek geniet die langnaweek en dankbaar vir die blaaskans, ons lewe vandag is so gejaag.

Ek wil jou nooi na my Facebook blad so sal jy op hoogte bly van wat ons aanpak.
Facebook skakel
https://www.facebook.com/lelize.kriel.75?Mibextid=ZbWKwL

Kom gesels saam op my blad.

Totsiens tot volgende maand.

Lelizé

Amanda Oosthuizen

FEITE VAN CHARLENE WAT NIE ALMAL VAN WEET NIE

Charlene is gebore in Brits maar woon tans in Pretoria. Op n tipiese lekker rusdag sal jy vir Charlene kry waar sy n vleisie braai met 'n heerlike glas coke in die hand op n warm dag. Wanneer dit bietjie kuier tyd is verkies sy n Sambuca.

Die dame hou van die natuur en beide die bos en die see loop hand aan hand met n sagte plekkie in haar hart. Haar droom is om te gaan cage diving, maar sy het nog nie die tyd gekry om die droom te berwaarheid nie.

Haar inspirasie is om n boodskap te deel met die gene wat voel hulle kan nie iets se nie, Sy wil die stem wees vir die wat nie n stem het nie.

melodie wat haar getref het en sy het van toe af geweet sy wil ook sulke great musiek maak.

Charlene skryf haar eie lirieke vir haar musiek en in elke liedjie kan jy die gevoel

Meriska Posthumus- Mondhigienes

My naam is Meriska Posthumus. Ek het my Diploma in Mondhigiene gedoen aan die Universiteit van Pretoria in 2009. In 2013 het ek ook by die Universiteit van Pretoria my uitgebreide funksies diploma gedoen. Ek het ook reeds 14jaar se Ortodonsie ervaring..Die eerste twee vrae wat baie mense my vra is..Hoe het jy besluit op die beroep? Hoe kan jy heeldag in iemand se mond werk?
Op vraag een het ek steeds nie n presiese antwoord nie. In Gr 9 het ons beroepsvoorligting gehad en moes vak keuses maak,die onderwyseres het n paar voorbeelde genoem en een was Mondhigienis. Dit het my gefasineer en ek het meer navorsing gaan doen daaroor en daar besluit dit is wat ek wil word. Ek was baie bevoorreg om keuring te kry by die universiteit toe dit by aansoeke kom aangesien net 20 kandidate n jaar by tukkies gekeur word. Vandaar is dit geskiedenis wat my by die tweede vraag uitbring..Ek doen dit elke dag omdat dit vir my lekker is. Dit is lekker om n pasient se vertroue te wen en hulle te kan onderrig in mondgesondheid. Ék het meer navorsing gaan doen daaroor en daar besluit dit is wat ek wil word. Ek was baie bevoorreg om keuring te kry by die universiteit toe dit by aansoeke kom aangesien net 20 kandidate n jaar by tukkies gekeur word. Vandaar is dit geskiedenis wat my by die tweede vraag uitbring. Ek doen dit elke dag omdat dit vir my lekker is. Dit is lekker om n pasient se vertroue te wen en hulle te kan onderrig in mondgesondheid. Dit is so lekker om te sien n bang pasient wat in jou stoel sit en benoud loer na alles om hulle stap uit met selfvertroue en n glimlag.
Waarom moet jy n Mondhigienis gaan besoek?
Dit is ons doel om ons pasiente te leer van goeie mondhigiene en mondgesondheid. Hoe om gaatjies en tandvleis ontstekking te voorkom, en van kleins af n goeie tandeborsel roetine te leer. As kinders van n jong ouderdom af die Mondhigienis besoek elke 6 maande is hul vrees baie minder vir die dag wat hul in die tandarts se stoel moet gaan sit. Ons leer hul van klein af hoe om tande te borsel en die belangrike deel, hoekom hulle dit moet doen. Ons leer hul van die goggas wat lekker partytjie hou daar in hulle mond en gewoonlik rek hul ogies en wil dadelik weet hoe kan hulle die goggas weg kry.
Volwasse pasiente se roetine besoek elke 6 maande kan groot tandheelkunde werk voorkom aangesien ek as mondhigienis jou mond ondersoek en kyk vir probleme, help jou as jy sensitiwiteit het en gee raad oor regte tipe tandeborsel, tandepasta, mondspoel en vlos. Ek kan jou dan verwys na n tandarts as ek iets sien wat nie reg is nie. In so geval is dit net soms n klein gaatjie omdat ons dit vroeg opgetel het. Mondgesondheid speel ook n baie groot rol in algemene gesondheid.
Die gesondheid van jou tandvleis en tande is direk gekoppel aan die gesondheid van jou hart, longe en diabetes. Dit is dus sinvol dat jy tandvleis en tande gesond kan hou op meer as een manier tot goeie gesondheid
Ek weet die tandheelkunde spreekkamer is n plek wat meeste mense baie angstig en bang maak en dis ook hoekom hul net die spreekkamer besoek waneer daar iets pyn en dan is dit soms te laat vir daardie tand. Ek as mondhigienis probeer elke afspraak so pynloos as moontelik te laat verloop. Ek probeer n rustige omgewing skep aangesien ek baie lief is vir my pasiente en n groot passie het vir hulle. Daardie pasiente wat ek elke 6 maande sien word soos my tandheelkunde familie en stap ons n lekker pad saam.
Die laaste raad van my as mondhigienis aan jou as pasient is: Kom besoek my elke 6 maande, kry n goeie mondhigiene roetine by die huis en gee om vir jouself en jou tande. Bring die kinders dat ons hul gewoond maak aan die omgewing, klanke en toerusting.

"You do not have to brush all your teeth, just the once you want to keep"

Kom kuier gerus by my spreek kamer 12 Doon Drive, Drie Riviere. Vereeniging
Meriska
087 1532959

Deur: Lettie Botha

ONS LEER KEN VIR

Scallywag

AKA CHARLENE VAN ROOYEN

Die 40 jarige donkerkop met die skamerige glimlag het begin sing op die ouderdom van 3.

Tamboryn in die hand by ouetehuise. Vandaar het haar sangloop baan uitgebrei en het die mensdom eers groot bewus geraak van die ekstrovert se talente met lockdown en die bekende sosiale media sensasie TIKTOK.

HOEKOM SCALLYWAG EN NIE CHARLENE NIE?

"Ek was in my jonger dae (19 amper 20) by 'n show en n ouerige dame het my gesien en gese 'Jy is 'n regte Scallywag'. Wat beteken

STOUT MAAR GELIEFD
op straat herken mense haar maklik en vra vir fotos en handtekeninge, Charlene sê syvoel geëerd om op straat herken te word, sy word gevra vir 'n selfie of twee en 'n vinnige instap by die'Spar raak dan nie meer vinnig nie maar sy Verstaan wanneer jy in die vermaak bedryf is dat n privaat lewe nie altyd moontlik is nie. Solank sy die gelukkige gesiggies om haar kan gelukkig hou is sy ook gelukkig. Scallywag tree die 3de Aug 2024 op by Bar Sonder Naam/ The Bar with No Name. Vaalpark Kaartjies beloop teen R200 per person en die dames wat vooraf bespreek kry 'n spesiale geskenkie Scallywag bring ook vir ons 'n paar geskenkies wat uit gedeel gaan word. Waarvan 'n getekende brand T- hemp deelmaak.

Ek groet julle eers met Scally se gunsteling sê ding so legit soos dit en awe awe

Tot 'n volgende keer.

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27 April is Freedom day in South Africa

What is special about April in South Africa?
South Africa celebrates Freedom Month during April. April will forever resonate in the history of our nation as the month that saw the first democratic elections in 1994 that gave birth to freedom and constitutional democracy in South Africa.
What happened on April 27th in South Africa?

Every year on April 27, South Africans celebrate Freedom Day. The day is in honor of the first election in which South Africans of all races could vote. In that election, in 1994, Nelson Mandela (on the right) was elected president of the country.

As a new dawn ushered in this day, the 27th of April 1994, few of us could suppress the welling of emotion, as we were reminded of the terrible past from which we come as a nation; the great possibilities that we now have; and the bright future that beckons us. And so we assemble here today, and in other parts of the country, to mark a historic day in the life of our nation. Wherever South Africans are across the globe, our hearts beat as one, as we renew our common loyalty to our country and our commitment to its future.

Freedom Day is an annual celebration held on April 27 in South Africa. The day reminds South Africans of the immeasurable sacrifices made by individuals and nations to break them away from the chains of unjust segregation by a selected few. It reminds them of the efforts of their national heroes, particularly Nelson Mandela. He is regarded as a champion of freedom, not only in South Africa but the entire world. It is a day that not only marks the emancipation of South Africans from apartheid but also returned their essential human rights in 1994.[4]

Something you might have not known

Must read very useful:

😴😀 SOMETHING YOU MIGHT HAVE NOT KNOWN And NEED TO KNOW ‼

🐜 Ants Problem:
Ants hate Cucumbers.
"KEEP the skin of Cucumbers near the Place where they are or at Ant Hole.

To make the Mirror Shine:
"Clean with Sprite"

To remove Chewing Gum from Clothes:
"Keep the Cloth in the Freezer for One Hour"

💭 To Whiten White Clothes:
"Soak White Clothes in hot water with a Slice of Lemon for 10 Minutes"

To give a Shine to your Hair:
"Add one Teaspoon of Vinegar to Hair, then wash Hair"

🍋 To get maximum Juice out of Lemons:
"Soak Lemons in Hot Water for One Hour, and then juice them"

🍞 To avoid smell of Cabbage while cooking:
"Keep a piece of Bread on the Cabbage in the Vessel while cooking"

👕 To remove Ink from Clothes:
"Put Toothpaste on the Ink Spots generously and let it dry completely, then wash on the Ink Spots

🐀 To get rid of Mice or Rats:
"Sprinkle Black Pepper in places where you find Mice & Rats. They will run away"

🍸 Take Water Before Bedtime..
"About 90% of Heart Attacks occur Early in the Morning & it can be reduced if one takes a Glass or two of Water before going to bed at Night"

💐 We Know Water is important but never knew about the Special Times one has to drink it.. ‼

Did you ???

Drinking Water at the Right Time ⏰ Maximizes its effectiveness on the Human Body;

1⃣ 1 Glass of Water after waking up - 🕕⛅ helps to activate internal organs..

2⃣ 1 Glass of Water 30 Minutes 🕧 before a Meal - helps digestion..

3⃣ 1 Glass of Water before taking a Bath 🚿 - helps lower your blood pressure.

4⃣ 1 Glass of Water before going to Bed - 🕘 avoids Stroke or Heart Attack :

'When someone shares something of value share it

Rus is noodsaaklikheid

Ag, April is uiteindelik op ons! Die maand waar diegene wat slim genoeg is om vooruit te beplan, waarskynlik gebruik gemaak het van hul verlofdae en hulle uitgestrek het om perfek saam te val met die verskeidenheid openbare vakansiedae, wat 'n salige wegbreek van die daaglikse “grind” geskep het.

Maar moenie vrees nie, want selfs as jy jouself in die skoene van “Jan Tuisbly Se Karretjie” soos ek bevind, is daar nog baie opwinding om te hê! Alhoewel sommige hierdie tyd dalk gebruik om lang-verwaarloosde take aan te pak, het ek 'n ander agenda in gedagte — een gevul met die aantrekkingskrag van “chill” op die rusbank en smul aan die nuutste aanbiedinge uit die wêreld van vermaak. O ja, my liewe lesers, April bring nuwe vrystellings wat eenvoudig te aanloklik is om te weerstaan.

Eerste op my “watch list” is die hoogs verwagte voortsetting van "American Horror Story: Delicate Part Two." Met sy angswekkende spanning en boeiende storievertelling, sal dit my verseker op die punt van my stoel hou en elke draai en draai gretig verwag.

Maar wag, daar is meer! Nog 'n juweel wat hierdie maand sy debuut maak, is "Wish the Movie." Intrige titel, is dit nie? Ek kan eenvoudig nie wag om die raaisels te ontrafel en te verwonder oor die magie wat hierdie film beloof om te lewer nie.

Natuurlik, te midde van al die opwinding van hierdie nuwe vrystellings, kan ek eenvoudig nie die drang weerstaan om ou gunstelinge te herbesoek nie. En watter beter manier om dit te doen as om myself weer in die opwindende reis van die Springbokke in "Chasing The Sun 2" te verdiep. Ja, ek weet die vrystellingsdatum was tegnies in Maart, maar wie kan ons kwalik neem dat ons heeltemal versot is op ons geliefde Springbokke? Dit is 'n verhaal van triomf en deursettingsvermoë wat nooit nalaat om die hart te verwarm nie.

Nou, soveel as wat ek my gesellige aande in aanbid, kom daar 'n punt waar selfs ek die wêreld moet te doen as die belofte van 'n heerlike pizza saam met 'n verfrissende “cocktail”? Alhoewel, met die hitte wat ons deesdae het, is 'n yskoffie dalk net die perfekte alternatief om af te koel en te herlaai.

Te midde van dit alles, laat ons nie die belangrikheid van rus vergeet nie. Terwyl ons koester in die vreugdes van April, laat ons die geleentheid aangryp om ons gedagtes, liggame en siele te verjong. Want rus is nie bloot 'n luukse nie; dit is 'n noodsaaklikheid - 'n kans om ons geeste te vul en verfris en herleef na vore te kom.

So hier is 'n wonderlike April, gevul met lag, ontspanning, en miskien 'n paar onverwagte avonture langs die pad.

Groete,
Celesté Bam

UNDERSTANDING BISEXUALITY

UNDERSTANDING BISEXUALITY

By Dr. M. Basson (Ph.D.)

Bisexuality is a topic that is mostly avoided for any number of reasons. Although it is still considered a taboo subject in some social circles, it requires some airtime, particularly as we start navigating the changing face of sexuality and relationships in South Africa.

The gender binary identifies the value that society assigns to "real" men and women. We distinguish between the "hegemonic" male (the dominant male or ruler) and "emphasized" female (nurturer and caregiver). The sexuality binary emphasises heterosexuality as "normal", thereby pathologizing other forms of sexual behaviour, such as bisexuality. Heteronormativity may therefore reinforce the ideology that heterosexuality is the normal or preferred sexual orientation, which may result in heterosexism, which is a prejudice against homosexuality. The family binary recognises the heteronormative value of a family and its legal ties as genuine, compared to other "pseudo" forms of relating, such as living together.

Having said that, one of the needs participants in my research suggested, is the need to explore bisexuality.

Exploring bisexuality is not necessarily possible in a heterosexual relationship (a man and a woman). My research suggest that engaging in CNM facilitates the meeting of other parties who may be willing to engage in this type of sexual activity.

In some instances, the need to explore bisexuality originates from one or both individuals wanting to explore a sexual fantasy. This fantasy motivates the person to explore platforms where they could live out this bisexual fantasy – mostly in the context of a threesome. My research also alluded to the bisexual element of engaging with so-called "she-males" .

It was evident from the interviews that two views were represented with the theme of acceptance of male bisexuality. On the one hand, CNM is reportedly a safe space to explore sexual fluidity and bisexuality, conversely, the other view suggests a

UNDERSTANDING BISEXUALITY

a strong heteronormative undercurrent, where particularly heterosexual males were adamant they would not tolerate any form of homosexuality. This view is not only prevalent among heterosexual men, it seems to surface among the heterosexual women too.

Bisexual/homosexual men tend to lable this attitude as machisimo. Some extend the notion to the fact that some heterosexual males deny their bisexualy because they are too scared to admit they have bisexual fantasies, or justify their heteronormative stance through their religiousity. It is not uncommon for bisexual/homosexual men to renounce draconian indoctrination due to the sex negativity enforced by the doctrine.

While bisexuality is not unique to either gender, my research suggests that there is a gender bias in the fulfilment of bisexual curiosities in men. The findings of this study showed that women are more likely to express the need to explore bisexuality than males. While female bisexuality is regarded as more acceptable than male bisexuality, it is suggested that male bisexuality is deemed as an example of men negating their hegemonic and dominant masculinity ideals. For a woman to be bisexual does not change her female essence. But there is this machisimo that comes down to as blunt as “men have sex with women and if you don’t have sex with women you are not a man. The latter provides one reason why men’s bisexuality is not socially tolerated. Furthermore, the repercussions of the intolerance becomes tangible when the bisexual man experiences fear of rejection from their friends and society if they express a desire to pursue or explore bisexuality. Therefore male bisexuals are not as willing to express their desire to explore bisexuality for fear of rejection by their social groups and peers.

MAGAZINE

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