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Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 48



Happy Mothersday....



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Editors note..

Mothers day 12 May

Once again it is Mothers' day the time for you and I to celebrate Mothers' day. I would like to wish all the mother a wonderful mothers day, may God keep you safe and bless you in abundantly! A mothers love know no end. In fact I personally believe there is only one love, the love between a mother and child. God created a mother with all the love in the world. I had the best mother in the whole wilde world, but she is now in a better place. I miss my mom with all my heart. God called and needed you more than me.

There is not a day that goes by that I don't miss her. To have a mother is the greatest gift of all. Make your mom's Mothers' day special. Give her all your love now, while you can. Tomorrow may never come, and then her place on earth will be empty for ever. Give her all the roses today, pamper your mother, but most of all give her hugs and kisses that she deserves and tell her that you love her with all your heart forever.

I must say I thank God every day for my children, they are the Best!!! They will always come to me no matter what, and they still think that I can create miracles. I can see through their walls, I can make them feel better when they're sick. I can help them work out their love life as I am always there with my words and advice and wisdom. I will do this for the rest of my life... This is mothers' love and the joy of being a mother...

They spoil me a lot, not as much as I spoil them, but nobody is keeping score. I thank God that I have the opportunity to be their mother. The greatest gift of all, is to be a mother.

Happy Mothers day.....from one mother to another

Remember Fathers day 16 June 2013

Charm
XX

Top Vibe Magazine

Comments:

Please write to us or contact us to share your opinion, Ideas & comments.

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Face of the Vaal March 2013. Ikona Ismail.



Ilona Ismail is 22 years old and was born and raised in

Vereeniging, more specifically Rust-ter-Vaal.

Ilona graduated from the University of Johannesburg with a BA in humanities and is busy job hunting. She would definitely love to travel and see the world!

I would love to become a aviation as a flight attendant. One of my interests would be the camp / organisation that I am part of, Camp CTK, here we teach kids and teens to have fun in a Christian manner.

Hobbies that I like is to play games with the Sunday school kids, swimming, reading and writhing.



www.faceofthevaal.bisn.us

Zandrè -

Alice in Nashville

Daar is min twyfel dat hierdie talentvolle Kaapse meisie, vinnig op pad is as een van Suid-Afrika se veelsydigste en gesogste vroue kunstenaars van ons tyd.

Sy het op die ouderdom van 13 reeds sang toekennings verwerf by haar plaaslike musiekskool.

Sy het die voorreg gehad om twee keer in die Suid - Afrikaanse kampioenskappe vir uitvoerende kunste deel te neem. Waar sy gekies is as deel van die Suid- Afrikaanse kampioenskappe vir uitvoerende kunste in Los Angeles, Amerika, waar daar 52 lande deelgeneem het. Haar prestasie het ingesluit, 'n goue, silwer en 'n "Industry Award" vir uitsonderlike verhoog optrede.

Zandrè het ook al 'n landwye ATKV toer saam met Gerhard Steyn en Joe F agter die blad. Sy woon tans in Pretoria en kan op al die bekende feeste gesien word.

Sy het pas haar tweede CD vrygestel wat 'n kommersiële Country CD is genaamd "Somer Soene". Sy het self die titel snit geskryf. Dit is ongetwyfeld dat Zandrè hier is om te bly en sy gaan nog groot opslae maak.

Hierdie album, "Alice in Nashville" is by Dennis East opgeneem en nou landswyd beskikbaar. Zandrè is pas benoem vir 'n Ghoema 2013 in die afdeling - Beste Country Album!

Top Vibe gee twee van Zandrè se "Alice in Nashville" Cd's weg. Kompetisie besonderhede op bl. 10 of gaan na www.topvibe.co.za

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Vir meer besonderhede oor Zandrè.
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Sê jou Sê: Het jy gedagtes, menings, stories of voorstelle om met ons te deel? Stuur 'n e-pos: charmaine@topvibe.co.za of pos 'n brief na Posbus 60130 Vaalpark 1946
GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.

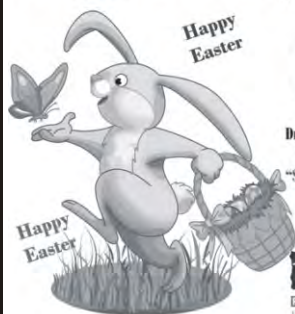


Wat sê die lessers van Top Vibe op facebook en Twitter....



Happy Easter

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Drugs - amongst
our youth
"SAY NO
TO DRUGS"



Anoniem: Ek wil graag sê dankie, vir 'n lekker lees tydskrif, baie dankie vir die bewusmaking van dwelms by die ouers - mense verkies om nie daar oor te praat nie. Dankie Top Vibe dat julle braaf genoeg is om die saak aan te roer. (Mamma van 'n tiener) (facebook inbox)

Annemarie: Baie dankie vir die sonstraat tydskrif. Ons geniet dit baie, my kinders was gek oor die hasie op die voorblad. Die artikel oor vriendskap baie geniet. (SMS)

Anton de Beer: Dankie Top Vibe ek geniet die magazine so van die web af. Dankie vir die DIY wenk ek gaan vir vrouleef maak vir moedersdag. (facebook inbox)

Chris: Wow I just love this magazine ---- sow arty!!!

Daleen: Thank you Charmaine for meeting you in person, that was great. (Facebook inbox)

Thank you Daleen it was just as great, meeting you!!!!

Dankie aan ons lesers, facebook vriende en Twitter vriende vir julle kommentaar. Altyd lekker om van julle te hoor.

*Give you comment on
facebook or Twitter.
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My
cup
cake

*Come and have a cup cake with me. We need to talk about
your partner... Put the spark back in your relationship.*

6 Easy steps to keep your partner happy.

1. Call each other by pet names.

Always have special names for each other. It is so special when you and your partner have pet names for one another.

2. Have breakfast together.

Surprise him/ her with a breakfast in bed, even if it's just toast, coffee, and the morning paper. Being pampered is always a treat. Take him / her out for a breakfast in town, hold hands and have fun.

3. Ask questions.

Ask each other open - ended questions, and then you should attentively listen to the answer. It is important to learn to really listen to what your partner is saying. We have to be slow in answering, but good listeners.

4. Refuse to use some words.

Refuse to use words like "I told you so", "You make me mad", "I don't want to see you", "What are you doing?", "Where were you?". All of these words are question words, and phrases which one should never use with your partner. Instead of using these words, change them to "I love you"

5. Remember anniversaries and birthdays

Keep important anniversary dates, it is the little things means a lot like remember to bring a single rose for your anniversary or birthday date.. Smile and tell your partner that you love them more everyday as time goes past.

6. Always hold hands send love messages to each other.

Make a point of holding hands in public, wherever you go show every body that you love one another.

Send love messages every now and again, say thank you for the love and care that you share. Tell your partner that he/ she are the best thing that could have ever happened to you.

Thank you for sharing my cup cake with me.....next Issue I will share my cup of tea with you.

Top Vibe Give aways.....

Congratulations to our CD winners of Issue 47

Winners of Simeon's "Rooirok" CD is:

Mev. Belinda vd Westhuizen - Vanderbijlpark
Mev. Maggie Brand - Vanderbijlpark

**Thank you for everybody that took part in the giveaways.
Thank you to the sponsors for the prizes in our giveaway.**

Competition Cd's to win!!

Win 2 Cd's of Zandrè - Alice in Nashville.

Question:

At what age did Zandrè win her first award?

Win by simply answering the question correctly.
SMS **"Topvibe"** the answer, your name and contact details to
45522 SMS'S cost R1.50 PER SMS.

Entries close 23 May 2013. Winner will be notified by SMS on 24 May 2013. You may enter as many times as you wish to in order to increase your chance of winning.

Good Luck!!!!!!!!!!!!

Thank you to Alishia van Deventer at "Star Burst" for sponsoring the cd's.



Upcoming Events in

MAY

1. Workers' Day

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1-2 May:-	Barnyard - Elvis & Friends R100 p/p Contact (016) 454 8388
4 May:-	Barnyard - Elvis & Friends R100 p/p Contact (016) 454 8388
4 May:-	Matric Reunion - HTS Karel de Wet Contact: Susan 084 414 8572
4 May:-	Barnyard - Two Cowboys & a Pop Star. R80 p/p Contact: (016) 454 8388.
18 May:-	Barnyard - Old Friends Simon & Garfunkel Tribute. R100 p/p Contact: (016) 454 8388.
20 May:-	The Storm Riders:- Barnyard Vereeniging (016) 454 85 72
25-26 May:	Barnyard -Steve Hofmeyer R140 p/p Contact: (016) 454 8388.
30 May :-	Barnyard - Nipple Caps & G- Strings

For more info about these events go to:

www.showmevaal.co.za/vaal

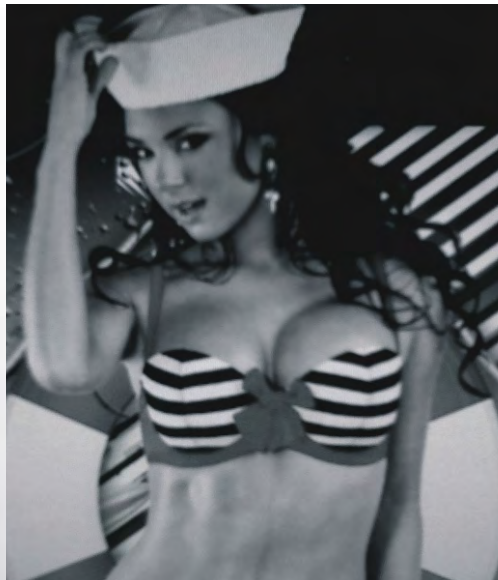
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Easy to make: Chocolate Lip Gloss:



**Pamper
Mom....**

Ingredients:

- 3 Tablespoon- Cocoa Butter
- 4-5 Chocolate Chips
- 1 capsule, Vitamin E

Melt and blend ingredients with a spoon until smooth, put into a container refrigerate for 20min ready to use.

*Pamper
yourself*

Bath bag..

Ingredients

- 1 x 7 inc square piece of muslin or other light fabric.
- 12 inc length of ribbon
- 1c Potpourri (make a potpourri of equal amounts of comfrey and chamomile. Place the potpourri in the bag and hang in on your tap

LUSA COMMUNITY CHEST INVITES YOU TO BECOME INVOLVED IN THE

WINTERWARM project 2013

Winter is fast approaching, the chill in the air can be felt and most of us are preparing to keep the cold weather at bay. But what about the 1000 children from 25 children organisations in the Vaal triangle who also need to be kept warm this winter? To make these rejected children feel that there is a community who cares, we would like to provide each child with a personalised winter parcel.

We would like to invite any company, school, church or individual to help by taking hands in this huge effort. We want to make a warm difference to the orphaned, disabled, sick and needy children housed in care centres throughout the Vaal Region. LUSA Community Chest would like to thank our loyal community partners who have already committed themselves to be part of this worthy project.

HOW TO DONATE AND BECOME INVOLVED:

- 1) Sponsor one or more children by contributing R100 per child into LUSA Community Chest's Bank Account.
- 2) As a company you may invest or raise funds from employees to sponsor a few children, to buy the winter parcel for each child.
- 3) Companies / Schools can organise a team to partake in the spinathon (4th May @ Vaal Mall) to raise funds for this project, sponsoring a few children with money raised.

Cash donations may be deposited into LUSA Community Chest's bank account:

Bank: ABSA

Type of account: Cheque

Branch code: 632005

Account No: 1003260344

Name: LUSA Community Chest

Reference: WINTER WARM / Company name

The above reference is important to ensure that the money will be used for the Winter Warm Campaign.

Please note that for a donation of R 500, 00 or more towards this project one qualifies to receive a Section 18A tax certificate. Monies thus donated must be deposited into the Section 18A account No: 4060258455. Should you require further information please contact me at 016 9760933.

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Eskom's energy saving tips - around the house

Every household in South Africa can save electricity and money through the efficient, effective and wise use of energy in their homes.

Eskom has some tips for energy - saving you

energy and money!



Geysers:

- * Set thermostat of electrical geyser at 55 - 60 degrees C. Make sure the geyser and all hot water steel pipes in the roof are well insulated by using fibreglass or even newspaper.
- * Solar heating units could reduce the geyser's electricity consumption by 40% to 50%. This would result in saving amounting to 200 kWk to 250 kWk of electricity per month, depending on the number of geysers and size of the family.

Lights:

- * Switch lights off when they are not needed.
- * Use fewer bulbs with higher wattages. For instance, one 100 watt bulb produces the same light as two 60 watt bulbs.
- * Dimming switches reduce electricity consumption.
- * Use compact fluorescent lamps (CFL) instead of ordinary bulbs.
- * Use low - energy lamps for exterior lighting.



Heating:

- * Use the correct heating. Infrared electricity heaters are more effective and efficient. An oil heater is the safest type of heater to use and have in your home.
- * Insulate the ceiling and seal air gaps in the home.
- * Ensure that all your heaters have working thermostats.
- * Use electric blankets but turn them off when in bed as it is dangerous to sleep while they are on.

General:

- * Do not buy larger and more powerful appliances than is actually needed and required.
- * Do not fill a kettle if only a small quantity of boiling water is required. It is sufficient to put in only enough water to cover the element.
- * It is more economical to boil water in a kettle rather than in a pot on the stove.
- * Operate swimming pool filter pumps for minimum periods.
- * Paint the walls of your home a light colours. Dark colours tend to absorb light, requiring you to use more energy from light bulbs in order to achieve the same effect.

Calculating your electricity usage:

To calculate the monthly cost of each of your appliances, use the following formula:

Appliance electrical rating in kW x Hours per day x Days per kWh

- * Please note that cost per kWh can differ depending upon the tariff charged by your municipality in your area.
- * The kW rating should be marked on your appliance.

Start to calculate your electrical usage and save money !!!!

Brought to you by Eskom.



BACK 2 BASICS

Getting Back to Basics



Hello to all of our **Niche Vibe Networkx** members and fellow loyal readers. As an affiliate networking circle, **Niche Vibe Networkx** connects and partners with entrepreneurs in the Vaal Triangle area. One thing is for sure though, global borders have dissipated and entrepreneurs face a unique set of challenges (and rewards). Entrepreneurs are the employer as well as the employee. We need to operate in an increasingly fast, connected and global business world. It's a brave new world!

Niche Vibe Networkx accepts that the above is a reality. With the right set of knowledge and skills though, the current business landscape can be an exciting reality too! All too often, in a quest to keep up with the times, we end up unnecessarily over-complicating our lives and businesses. Perhaps the answer that escapes us the most is one that advocates getting **back to the basics**. You have developed a business plan. Great, but do you have a life plan and vision in place? You invest money, time and resources into your business. Do you do the same for yourself though? It is more likely that the majority of us do not invest enough in managing our own health, stress and most importantly personal growth. Getting **back to basics** includes getting back to the authentic and original you. Being the best you can be and investing in yourself may just result in being your business's ultimate competitive advantage.

Niche Vibe Networkx is excited to introduce a Back to Basics themed programme that will be introduced on the 26th of April. We are committed to enabling and empowering our members and interested individuals in gaining access to such knowledge and skills. We are partnering with life coach and business consultant, Kevin Holcroft, to do just that. Kevin shared key moments in his life when getting **back to basics** helped him move past intense challenges that he was left facing. Together with **Niche Vibe Networkx**, Kevin Holcroft will be coaching members and interested parties towards being the best that they can be helping them find their best niche both in their business and life!

If you are keen to attend and find out more about the above coaching and other **Niche Vibe Networkx** events, please contact us! We are passionate about developing and connecting with fellow entrepreneurs and business owners in the Vaal Triangle.

Remember, Going **back 2 basics** is the journey whereby one can find and reach the best *niche both within one's self, business and life!*

Written and compiled by Kevin Holcroft (Back 2 Basics coaching) & Hillary M Dubery (Niche Vibe)

*Would you like to become part of Niche Vibe Networkx?
Give us a buzz...*

Contact details:

Hillary 082 347 95 33 - nichenetworkx@gmail.com
www.nichevibenetworkx.co.za

Charmaine 072 768 8582 - charmaine@topvibe.co.za
www.topvibe.co.za



How to Confront an Addicted Loved One

SANCA Vaal Triangle.



SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. We often encounter families who desperately want to help a loved one to seek treatment for their addiction. However, confronting a family member who is suffering from an addiction (substance abuse and/or addictive behaviours) is never an easy task. In this article, we offer some handy steps to help families confront their addicted loved one and so encourage the addict to seek treatment.

Step 1: Learn more about the addiction.

Take the time to plan for an intervention. Begin by learning as much as you can about your loved one's addiction. This helps you and the rest of the family to better understand the severity of the addiction.

Step 2: Compile the right team!

If you choose the wrong people to comfort the addict, the intervention could go very badly. Try and choose between three and six people who are most important to the addict. However, if there is a fear that the addict could react violently, it may be best to include an addiction professional.

Step 3: Choose what to say:

Each family member needs to think of past scenarios and/or behaviours that have been the cause of strain, hurt and even financial pressures. However, it is important to clarify that each family member needs to support what they say with a message of concern and love. Be well prepared.

Step 4: Establish boundaries (tough love)

Choose boundaries and consequences moving forward. It has to be made clear (tough love) that should the addict not wish to go for treatment, that unacceptable behaviours will no longer be supported (e.g. financial support.)

Step 5: Get the timing right!

The person must not be under influence at that moment. It helps to have an intervention after a major event occurs in the addict's life. Examples include: an arrest, an overdose and theft.



For professional help in addiction and awareness talks, contact SANCA Vaal Triangle:

Tel: (016) 933 2055 Facebook: SANCA Vaal Triangle
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