

Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 44/45



Christo du Plessis

Photographer: Jaco Boshoff



Valentine's day
14 Feb 2013



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Redakteurs nota..

Die jaar 2013

Die jaar wat verby is, was vol dinge - tye wat ons nooit weer wil terug hê nie en mense wat ons nooit sal vergeet nie. Daar was baie vreugde in klein goedjies en baie tranes in ander. Ons het mense verloor en nuwe verhoudings opgebou, langs oop grafte gekniel en gelag oor 'n nuwe lewetjie. Vriende wat die pad die moeite werd gemaak het en ander wie se boek ons toegeslaan het.

Aande wat ons gelag het tot dit seer was, en dae wat ons die tyd om gebid het, en so het nog 'n jaar in ons lewe verby gegaan.

Met die nuwe jaar volstoom aan die gang het die jaar 2013 - 365 nuwe dae, 'n nuwe bladsy vir 'n nuwe dag, 'n nuwe kans in ons lewe. Wat gaan ek en jy in daai bladsye skryf met ons eie lewenspen?.

Hoe was ons gesindheid teenoor ander,? het ons hulle behandel soos wat ons behandel wil wees? Het ons vergewe en vergeet, om ook self vergewe en vergeet te word? Hoe gereeld het ons met God gepraat?. Het ons gegee vir die wat nie het nie? Aan die einde van 2013 sal ons hierdie vrae beantwoord.

Mag hierdie 'n wonderlike jaar wees vir elk een, en mag ons aan die einde van 'n jaar kom waar ons kan terug kyk op ons 365 bladsye en weet dat ons 'n stuning jaar agter die rug het.

Die blaas kansie was so welkom, lekker gekuier saam met familie en vriende. Ons is terug met baie nuwe dinge en planne vir die jaar. As jy 'n nuwe leser of adverteerder is van die tydskrif, wil ons vir jou baie welkom sê en ons weet dat jy dit baie gaan geniet. Ons gereelde lessers en adverteerders welkom terug.

Ta- Ta tot volgende maand.....

Groete
Charms xx



Top Vibe Magazine

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What does the readers say about Top Vibe - on face-book?

Daleen de Lange: "Top Vibe Magazine is upper class!!!! Everything I Love It"

Kobi Uzzal: "I love this magazine read it from website".

Linda Jansen van Rensburg: "Nou net deur die web ge-gaan stunning magazine."

Lillian: "I just love the magazine- can not wait for it every month!!!!."

Louren: "I enjoy my Top Vibe magazine..."

Tony Manuel: Dear Top Vibe, one day I brecclate throe the website an stumbled on to your magazine, wow I was so amazed what a lovely magazine. (Face -book Inbox)

Ryan Taylor: I enjoy the magazine, wish it was a weekly one!

Sher: I love it, and my hubby also enjoys the magazine.

Lynette Henning: Oh yes and thank you Topvibe Magazine I stole the pic from you the other day.



Spoil your loved one.....





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

Top Vibe Magazine interview our local Christo du Plessis.

Question:

Tell us about what you have been up to since your last interview in Top Vibe Magazine one year ago?

Answer:

Well 2012 was once again a great year for me. Some of the most recognisable would probably be being on "The Expresso show" for USN and the hit reality show called "The Bar one Manhunt".

Question:

Tell us a little more about "The Bar one Manhunt".

Answer:

It's a reality show to see who is the ultimate man. Every episode will have a different challenge and they test you on all aspects of life. Like we had to go to the SA Navy to test our fitness by doing the Navy's obstacle course but then on the next challenge you have to plan and host a whole event to test our organisation skills and to see how well you perform under pressure. I did really well but unfortunately did not walk away with the Million.

Question:

Being an ambassador for USN can you please tell us more about the supplements that you use?

Answer:

As you know we are all genetically different, so what works for me might not work for someone else. For instance I have a very slow metabolism. For that reason I build muscle very easily but need to avoid carbs to not bulk too much and keep my bodyfat at around 8-10%. Before my morning training session I use USN X4 creatine, USN Phedra-cut Hardcore and USN Fast Grow Amino stack. Directly after training I will drink a Hardcore. Why? Protein shake just to put all the protein back in my system quickly. During the day I drink one USN IGF -1 Pure Protein shake and then before my evening workout I'll have a Pre-workout drink called USN Anabolic Nitro-X and USN BCAA Vitargo as a internal workout drink and then Whey protein shake afterwards.

Question:

Has your training regime changed at all throughout the years at all?

Answer:

Yes it has. When I started out I did a lot of heavy weights and competed in the physique division in fitness competitions. Now I focus more on fitness and being a more rounded athlete. I'll compete in the model or model plus divisions and want to start to compete in Crossfit competition. I even have my own garage gym these days and one of my dreams is to open my own Crossfit gym, in my home town one day.

Questions:

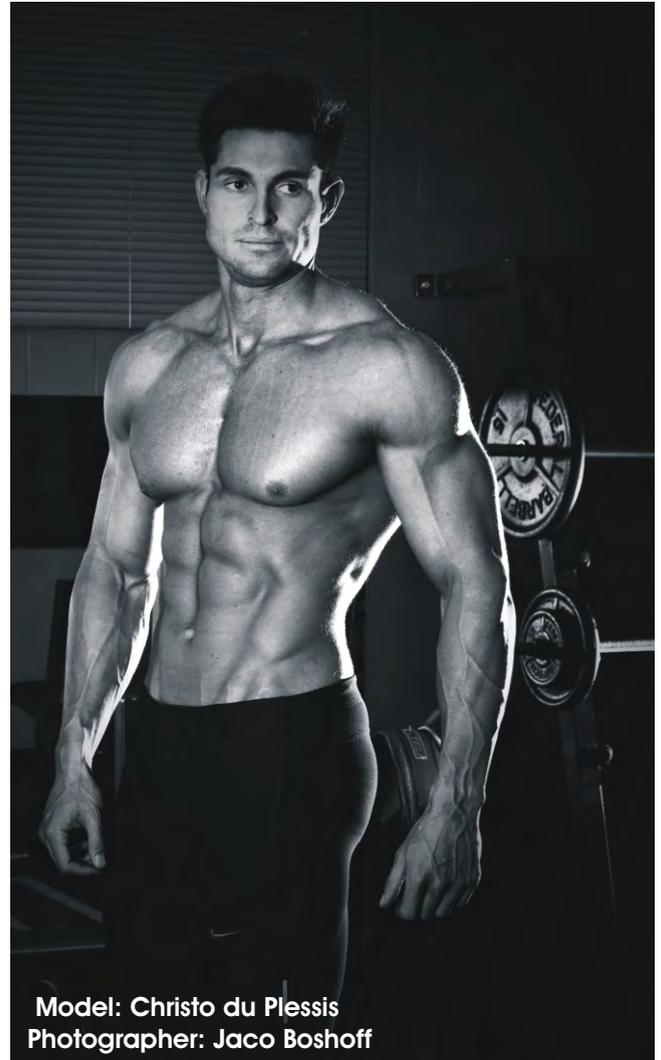
Anything else you would like to add to the interview?

Answer:

I would just like to thank everyone for all the support. For those of you that would like to stay up to date with all the things I get up to, please follow me on Twitter: @Christodp or join my facebook page: Christo du Plessis.

Special thanks goes to my family, friends and everyone at USN, Paint Busters, Chem-guard Coatings and B-spolit for their on going support, to keep my dream alive!

Thank you Top Vibe Magazine for the interview!!!



Model: Christo du Plessis
Photographer: Jaco Boshoff



Winners of our competition.....

Congratulations to our winners of the December Issue:

Winner of the FREE Meal at Farmhouse Delight!

Marlene van Wyk - Vanderbijlpark.

Winners of the 10 FREE Sunbed sessions at Face and Body!

Desiree Blignaut - Vanderbijlpark.

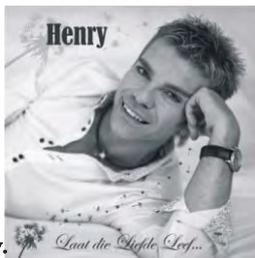
Thank you for everybody that took part in the give aways.
Thank you to the sponsors for the prizes in our give away.

Competition: Cd's to win!!!!

2 cd's of Henry up for grabs!!!!!!!!!!!!

Question:

What is the name of Henry's first album?



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

Entries close 22 February 2013.
Winner will be notified by SMS on 25 February 2013.
You may enter as many times as you wish to increase your chances of winning.

Good Luck!! Thank you to "Star Burst" sponsoring the cd's.



Upcoming Events in



FEBRUARY

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		

Korfbal Oefentye:

Klubs Oefen Maandae, Woensdae en Donderdae.
Kontak persoon: Marie Myburgh 072 232 3761.

31 January 2013:- Jakkie Louw & Kevin Leo @ Barnyard R100 per person. (016) 454 8388.

9 February 2013:- Snotkop @ Barnyard R120.00 per person (016) 454 8388.

16 February 2013:- Doulos Care Centre is organizing a breakfast of Love. RSVP before 11 February 2013. R120 p/p Contact: 079 2435 185

16 February 2013:- Die Campbells @ Barnyard R120p/p (016) 454 8388.

27 February 2013:- HTS Sasolburg bied aan Juanita du Plessis@ DP de Villiers Stadion R80 p/p Contact: (016) 976 0760.

28 February 2013: - Manie Jackson @ Barnyard R80p/p.

Enter the Face of the Vaal competition. For more information go to www.showme.co.za

The showme Vaal team will keep you updated on all the events in and around the Vaal.

Read your Top Vibe Magazine on the website www.topvibe.co.za



Face of the Vaal



Chantelle Pretorius Face of the Vaal - November 2012

Chantelle Pretorius is 19 jaar oud en is woonagtig in Vanderbijlpark. Ek spandeer graag tyd om handgemaakte kaartjies, briefies en geskenkies te maak. Ek is tans 'n eerste jaar B.Ed student op NWU Vaal Kampus.

My stokperdjies is soos volg, ek geniet dit om te teken en te verf maar ook om perd te ry. Ek wil die beste Afrikaans en Wiskunde Geletterdheid onderwyseres wees wat hierdie planeet nog ooit gesien het!

My droomwerk is 'n mentor / onderwyser in 'n land waar jou kennis en vaardighede benodig word, soos bv Korea. Daar is baie lande waar kinders nie die geleentheid tot suksesvolle opvoeding en opleiding het nie.

Ek is van peuters tyd af die mees vriendelike mens ooit. Ek het 'n "bubbly" persoonlikheid en spandeer graag tyd om 'n vuurtjie met lekker musiek en goeie geselskap van vriende en familie.

Daar is ook altyd plek vir nuwe mense in my lewe.

My vriende en familie is baie belangrik en my vriende ken my ook as "crazy as you can get!" Ek is baie lief vir hokkie en is soos 'n mal has op die veld.

Ek as mens glo jy moet met alles wat jy doen jou beste gee.

Die beste raad wat ek ooit vir iemand kan gee vir enige situasie, is: "Die lewe is 'n lied - jy moet net leer om in die reën te dans!"



www.faceofthevaal.bisn.us

Face of the Vaal



Chelain van der Merwe Face of the Vaal - Desember 2012



Chelain van der Merwe is 'n 21jarige student by NWU - Vaal kampus, sy studeer VOO onderwys en is in Vereniging woonagtig.

Stokperdjies en belangstellings is soos volg: Ek hou daarvan om aktief te wees. 'n Dag buite in die natuur is vir my 'n perfekte dag. Modelwerk is een van my grootste belangstellings.

Ek wil graag eendag 'n suksesvolle dosent by 'n universiteit wees.

Ek is 'n aktiewe persoon en hou van uitdagings. Ek glo 'n gesonde liggaam huisves 'n gesonde gees en daarom gym ek elke dag van die week.

Skoonheid speel nie vir my 'n groot rol in die lewe nie, maar vriendelikheid en eerlikheid doen meer. Ek glo as mens iets begin sit jy alles in tot dit verby is.

Gee as wat jy kan met ander woorde jou beste.

Sy het nie net 'n mooi koppie op daai lyf nie, sy is slim ook!!!!



www.faceofthevaal.bisn.us

Verjaarsdag Hoekie....



Verjaarsdag wense vir die maand van Februarie. Geluk met jou verjaarsdag geniet hierdie daggie!!! Saam met familie en vriende.

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Tips to keep your hair healthy while swimming.

1. Before diving in, soak your hair with clean water. (Wet hair absorbs less chlorine), or comd in either a conditioner or some oil, baby, coconut or olive oil will all do.
2. Wear a swimming cap.
3. After swimming wash your hair with clarifying shampoo and repair any damage by using a leave-in conditioning mask.
4. Avoid perms, colouring and chemical straighteners if you're a regular swimmer.
5. It is best to wear ethnic hair in beads or corn-rows if you'll be doing a lot of swimming. Keep hair that has just been chemically relaxed out of the water for a while.
6. Always wear protection on your head, especially after the summer holiday.
7. Do not go to bed with wet hair, you can tangle your hair while sleeping.

Enjoy your swimming without any worries of your hair getting damaged ever!!!!



Germans - Vanderbijlpark

Theuns Jordaan en Hugo, het Germans behoorlik laat lewe. Die reën het nie eers die mense afgesit nie, hulle het nie omgee om nat te reën nie.

Theuns het die mense vermaak met musiek vanaf sy nuutste cd.

Hugo het self nie op hom laat wag nie, hy het die mense net in die regte luim gekry en toe dit Theuns se beurt was, was hulle op hulle voete en die partytjie het behoorlik begin.

"Stunning show" deur "great" kunstenaars.



Germans



Henry

Henry se nuwe album slaan asems weg

deur Moira Burger
Executive Marketing Mix.

Henry van Dyk - 'n jong en vars talent en benadering tot die Suid - Afrikaanse musiek industrie. Almal stem heelhartig saam- dit is Afrikaanse musiek met styl!

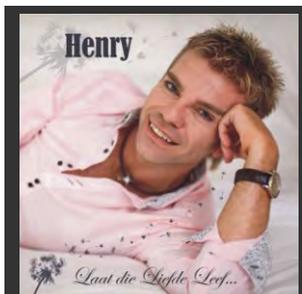
Henry neem nou sy musiekloopbaan na nuwe hoogtes. Hy het vir homself as kunstenaar 'n totale nuwe beeld en handelsmerk ontwikkel. Die soete klanke van sy stem en die unieke genre van sy musiek inspireer en betower elkeen wat daarna luister. Sy musiek praat met jou hart, jou lewe en fokus jou gemoed op die belangrike aspekte wat elkeen van ons lewens aanraak - liefde, vriendskap hartseer, pyn. Hoop en geloof in ons Skepper.

Sy boodskap is eenvoudig- hy wil die wêreld 'n beter plek maak - mense inspireer en nuwe hoop gee deur sy musiek.

Henry speel ook klavier, orrel en kitaar. Sy debuut CD getitel "Love's presence lingers" was vrygestel in 2009.

Henry se nuwe baie inspirerende CD/ DVD kombinasie - "Laat die Liefde Leef" was vrygestel op 25 Oktober 2012.

18 January 2013



'n Aantreklike man met 'n vars elegante benadering tot musiek in Afrikaans. 'n Uitsonderlike stem, altyd 'n vriendelike glimlag vir elkeen wat oor sy pad kom. Afrikaans het styl - en Henry is die bewys.

Die vrystelling van sy tweede Cd het by die Brooklyntheater in Pretoria plaasgevind. Die bekende sanger Sonja Heroldt het as gasvrou opgetree.

Henry het die titelsnit "Laat die Liefde Leef" self geskryf en gekomponeer asook die christenlied "Hoor jy as Hy roep" hy sing ook liedjies van Christa Steyn, Jannie du Toit, Lize Breekman, Marlise Scheepers, Piet van Wyk de Vries en Carel Cronje..

Henry doen ook vertonings - vir besprekings van vertonings kontak sy Bustuur: Moina Burger by moina@henryvandyk.co.za of 082 4990 619.

Media Navrae: Alishia van Deventer 083 6354 717.

Hierdie album is 'n moet vir elke musiek liefhebber. Jy kan een van 2 Cd's wen!!!!!!

Gaan loer op bladsy 4, stuur jou antwoord na die SMS nommer en dalk is jy die gelukkige persoon wat een van hierdie Cd's joune kan maak.

Volgende uitgawe gee Top Vibe insamewerking met "Star Burst" 2 Cd's van Ella Kritzinger -Gebede vir vroue weg.



The Importance of Managing Cash Flows

Managing Cash Flows - Why is it Important for your (small) business?

You have a great business, one that you know has the potential to earn big. You have a good business strategy, a great business location, great products or services, in fact everything is just...well, great. You start your business that, albeit still small, you know will eventually grow big one day.

Everything is going along just fine as you embark on the road of business and entrepreneurship, and then suddenly you wake up one day to the reality: Your business is floundering! You're unable to pay your suppliers, your employees' salaries, and your loans. You're not even able to pay yourself!

You ask yourself what went wrong? You're a great people's person, you manage your time and business well, you are so into your business idea that it is just not possible that you are suddenly suffering illiquidity or insolvency or even bankruptcy. The answer: You were not able to plot and implement a good system of cash flow management. In short, you forgot to manage your cash flow well.

A good system of managing one's cash flow or cash flow management can spell the difference between a successful business and a failed one. This is true whether the business is big or small in any business venture, cash is always King....



Manage your cash flow, some tips on how to manage cash flows - How to cash flow "forecasting". But my business is profitable, why should I bother with managing my cash flow....

First of, a profitable business does not mean a cash - rich business. You can be profitable but your cash flow is always in the negative. **Why?** Because there is what accountants would call "timing difference"

Timing difference, in relation to profits and cash flows, is basically the difference between the date when you sold an item and the date when you collected the proceeds from selling that item (your cash flow). Timing difference exists if you offer credit terms to your customers (like 30 day's, 60 day's, or even 90 days)

In relation to expenses and cash flow, timing difference is the difference between the date when you actually purchased the item or when you availed of the services and the date when you paid for those items or services (your cash outflow). This, in turn means credit was extended to you by your suppliers.

So what does the above mean?

It means that you can see lots of sales on your profit and loss statement (the statement which tells you how profitable your business is.) But you haven't really collected all of them. It also means you can see lots of expenses on the same statement but you haven't really paid for all of them.

So where does managing cash flow enter into the scenario (and believe me, it's a common one)? Managing your cash will ensure that you will pay everything on time, every time even when you don't collect everything all the time. Bit of a tongue twister there, eh? In short, even if your cash inflow or collections are not good, you are still able to pay off all your suppliers, employees, expenses and other debt. In other words, properly managing your cash flow will ensure that you will avoid illiquidity and, even bankruptcy.

Okay, I hear yah!! Tell me more! - Take it easy!. I'm getting there.

First step, you need to remember that proper management of cash flow does not mean that you have lots of cash on hand (or in your bank account) at all times. It means that even if you don't have lots of cash today, you will get enough tomorrow to pay off everything that is due (or that you owe.)

Secondly, managing your cash flow does not mean you ensure that all cash inflow will come from your operations as sales. You can also get cash inflow from other sources like your investments and, even your bank (through a bank loan.) So make sure you have a good relationship with a bank. You never know, you might run to them for a bank loan when you see you are about to face a problem paying off your suppliers.

Thirdly, learning to manage your cash flow will not happen overnight. It is not something that you can just snap your fingers at and then you will magically know how to manage your cash flow. And no, you don't have to take a business or accounting course to know how to manage your cash flow.

What you need to know is where your cash is really coming from and when will you get it and where your cash is really going to and when will you release (or disburse) it. To do these, you have to study and observe your business and the movement of your cash. Sounds easy? Heck, no.

As you can see, we are at the end of the page. Next month we will follow up by telling you - how do I manage my cash flow. Do not miss the next issue of Top Vibe Magazine.

By: Alwyn Burger.

Niche Vibe Networx

Hi there, all our **Niche Vibe Networx** members and readers here is hoping that you had a lovely festive season together with a well deserved rest.

We also would like to wish you compliments of the season !en goeie voerspoed vir die jaar 2013.

Here is wishing that 2013 will be a year filled with happiness, health and wealth together with many more wonderful **Niche Vibe** moments and memories!

Our first event of the year went off very successfully and we were very touched by your sincere and authentic comments shared on the positive benefits you have all gained from the **Niche Vibe Networx** events and membership throughout the previous year.

We all shared in the Christmas spirit a party buffet delightfully presented and laid out by Hannelie of Farmhouse delights in Vanderbijlpark.

We all were emotionally moved as we watched the children from SANCA Vaal dressed in their new outfits excitedly opening all their gifts which were so kindly sponsored and donated by our patrons.

Our last Christmas event of the year went off very successfully and we were very touched by your sincere and authentic comments shared on the positive benefits you have all gained from the **Niche Vibe Networx** events and membership throughout the previous year.

A special mention of thanks also goes to Annerie of Go purple for accommodating us with the use of your venue and a heartfelt praise goes to Esmaree from "Manna Bakery" for the absolute magnificent **Niche Vibe** Christmas cake that was the highlight of everyone's day!

We also would like to thank all of our **Niche Vibe** members once again concerning your generous discounts of all your products and services given to our network family to make use of and benefit from this year!

These donations will also be used to promote your services and business in our raffles, competitions that will be held at our future events as well as within the upcoming issues of Top Vibe together with our partner Showme vaal website www.showme.co.za for further promotions and branding of your business.

Your commitment and support given to the **Niche Vibe Networx** has been **invaluable** and we hope and pray that your continued support will be of an added advantage and benefit to you as we continue to work together in growing and expanding our **Niche Vibe Networx** family in 2013.

www.topvibe.co.za and www.nichevibe.networx.co.za

If you are keen to attend and find out more about the happening Niche Vibe Network and events please contact for more information or any queries

Bring a friend to share in our presentations and events.

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

www.topvibe.co.za and www.nichevibe.networx.co.za

Drinking alcohol is extremely dangerous...

By **SANCA Vaal Triangle**:

In South Africa binge drinking alcohol is a major problem. It is not a surprise because we have a culture of excessive drinking, especially over weekends.

Some of us call it "kuier" and even think it is cool to be drunk!! According to Dr Ray Eberlein, acting chairman of the Central Drug Authority, 37% of South Africans are drunk over weekends. On Monday about 10% of the drivers on the road are still under the influence.

Binge or extreme drinking is the consumption of five or more drinks in a row by men - or four or more drinks in a row by women. These numbers of drinks will be less for children.

Binge drinking is irresponsible and dangerous because it affects your behaviour, responses and body. It can lead to risky behaviour (e.g. Unprotected sex), liver damage, violence, alcohol poisoning and accidents. More than 50% of unnatural death cases, are due to the abuse of alcohol.

In a research among learners it was found that the occurrence of violent behaviour was + 50% higher where they have used alcohol. People who are drinking excessively on a regular basis is at risk to become addicted to alcohol over time.

Harmful drinking leads to physical changes in the body and brain. At some stage a person's ability to stop is ruined forever. He or she then lost control over their intake of alcohol.

May 2013 be:- a year for you to start to drink responsibly when you are not addicted yet. South Africa's standard for "safe drinking" is:
No more than two standard drinks (340ml or a half quart beer) per day for women and no more than three standard drinks per day for men (**not safe enough to drink and drive!!!**)

If you admit that you are drinking too much, that you have a problem or is already addicted to alcohol seek help!

For more information:

Contact SANCA Vaal Triangle, Outpatients clinic for Alcohol and Drugs at : (016) 933 2055.

They offer very affordable and professional treatment.
Address: 9 Einstein Street, Vanderbijlpark.

♥ Life is too short
to wake up with regrets.
Love the people who treat you right &
forget the ones who don't!
Believe that everything
happens for a reason.
If you get a chance - take it
If it changes your life - let it
Nobody said life would be easy
they just promised
it would be worth it ♥





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Naamlose briewe - sal voortaan reguit na file 13 gaan sonder om ge lees te word!!!!!!!!!!!!

Neem kennis dat GEEN naamlose briewe ge lees sal word nie. Dit spruit uit 'n brief wat ons ontvang het.

Ek wil die volgende daarop sê: Ken jy my? Ek ken God! En God ken my beter as enige iemand anders. My vraag is ken jy God? Wie is jy om te oordeel? Die bybel sê: Matt 7 vers 1-3: "Moenie oordeel nie, sodat julle nie geoordeel word nie. Want met die oordeel waarmee julle oordeel, sal julle geoordeel word; en met die maat waarmee julle meet, sal weer vir julle gemeet word. En waarom sien jy die splinter in die oog van jou broeder, maar die balk in jou eie oog merk jy nie op nie? "

Joh 8 vers 7: "Laat die een van julle wat sonder sonde is, die eerste 'n klip op haar gooi"!!!!!!

Waarom 'n lafhard wees? Nie jou naam noem nie, of 'n kontak nommer nie, net 'n naamlose brief skryf. Kinders van God doen nie sulke goed nie. !!!!
Redaksie.



General Ranking Dakar 2013

Bike: 1 Despres (FRA) 2 Faria (PORT)

3 Chaleco Lopez (CHL)

Quad: 1. Parronelli (ARG) 2. Casale (CHL)

3. Sonik (POL)

Car: 1. Peterhansel (FRA) 2. Geniel de Villiers

(ZAF) 3. Novitskiy (RUS)

Truck: 1. Nikolaev (RUS) 2. Madeev (RUS)

3. Kargnov (RUS)



Stephane Peterhansel wins his 11th Dakar title.



Happy Valentines's day !

I love you because you esteem others above your own self

Love builds bridges where there are no one.

I Love you because you give God all the Glory

Liefde...

Love is the mater key that opens the gate of happiness.

Soentjie...

Gee komplimente...

Drukies.....

Love bears all things, believes all things, hopes all things, endures all things...

I

Love....

Not where I breathe, but where I love, I live.

Love is like a smile -it has no value unless given away.

I love you because you offer your life to the needy.

Gee mekaar drukies sommer so in die verby stap!!!!!!

Love

You & Me

Love is the beauty of the soul

Me & You

You...

Soentjie...

Skryf briefies vir mekaar!!!!!!

Sê vir mekaar dat julle mekaar lief het!!!!!!

Take her breakfast. Even if it's just toast, coffee, and the news paper - being pampered is always a treat

Hou handjies vas!!!!!!!!!!

Gelukkige Valentyn's dag!