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Vanderbijlpark, Vereeniging, Meyerton, Sasolburg en Vaalpark

Issue 47

Happy Easter

Top Vibe Magazine

Website:

www.topvibe.co.za



Drugs - amongst
our youth

**"SAY NO
TO DRUGS"**



RADIO

Info - Fun - Music

Redakteurs nota.....



Vriendskap

Kom ons praat vandag oor vriendskap en wat dit vir jou beteken.

Ek dink mens kry twee tipe vriendskappe, elkeen kan boekdele skryf op sy eie. Waar staan jy in jou vriendskap?

Daar is die ware vriendskap en minder ware vriendskap sou ek sê.

Ek persoonlik dink daar is bitter min ware vriendskappe. Vriendskap is vir my kosbaar en ek voel dat mens jou alles in 'n vriendskap sit (ware vriendskap). Maar my vraag is: hoekom is daar dan so min ware vriendskappe? Is dit ons gejaagde lewe? Wat veroorsaak dit?

Ek kan nog goed onthou as kind, as daar nuwe bure ingetrek het was almal opgewonde. Ma het koekies en tee oor gevat en ons het kennis

gemaak met die nuwe bure. Ken jy jou bure? Ek voel ware vriendskap is iets wat gekoester moet word. Sal jy in die middel van die nag 'n vriend in nood gaan bystaan? Of is jy net daar as 'n vriend wanneer dit jou pas?. Dit laat 'n mens nogal dink - kan jy iets vertroulik deel met jou vriendin of gaan dit die hele wêreld vol vertel word?.

Sien vriendskap, is 'n onderwerp op sy eie en kan mense vir ure lank laat praat daaroor.

Waar staan jy in jou vriendskap? Staan 'n tree terug en bekyk weer jou vriendskap. Ek dink mens moet baie vriende hê, maar net 'n paar uitsoek om daal ander band van vriendskap te hê. Mens kan tog nie als met almal deel nie. Jy het daal vriendin nodig wat saam met jou kan lag, huil en vir jou bid sonder jaloesie en jy vir haar. Vriendskap vir my gaan oor gee en neem - amper soos in 'n verhouding. Heg waarde aan vriendskap.

Ek persoonlik ken baie mense, het baie vriende/ vriendine maar kan op my een hand my ware vriendinne tel. Gelukkig was ek bevoorreg om onlangs nog 'n kosbare vriendin by te kry.....

Baie dankie aan my kosbare vriendinne, ek sal julle altyd met baie liefde en respek koester!!!!

Liefde Charms - tot volgende maand. xoxo

Charms
XOX

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 - Februarie 2013 Karien Viljoen

Karien Viljoen is woonagtig te Vereeniging, die 19 jarige blondiene geniet dit om met naals te eksperimenteer. In haar vrye tyd hou sy daar van om kreatief te wees.

Sy werk tans vir 'n makelaar in Vereeniging.

Haar droom is om eendag 'n gekwalifiseerde naal terapeut te word haar eie naal praktyk landswyd te kan hê.

Sy is 'n spontane meisie, wat hou van mense, en help graag mense in nood waar sy kan.

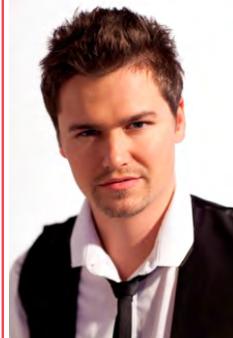
Sy speel ook "pool lga" dit laat haar baie dink en ontspan!!



Hou haar maar gerus dop sy laat nie op haar wag nie!!



www.faceofthevaal.bisn.us



Simeon "Rooirok"

Simeon Hamman staan op die drumpel om die Afrikaanse musiekmark te verower, en alhoewel hierdie opwindende jong kunstenaar 'n nuweling is in die industrie, is die industrie nie vir hom vreemd nie. Aangesien Simeon in 'n baie kreatiewe familie groot geword het, het hy sy pad in die musiek industrie begin stap op die jong ouderdom van 3 jaar langs sy ma en mentor, Sonja Herholdt.

Met die vrystelling van sy eerste album middel 2012, het Simeon, op 27 reeds twee van die snitte van die rolprent "Ordinary People" opgeneem wat vrygestel was in April vroeër die jaar. Hierdie aangrypende rolprent vertel die verhaal van 'n paar Suid - Afrikaanse gesinne wie se lewens beïnvloed en radikaal verander word deur Angus Buchan se kruistogte.

Kort na die voltooiing van sy hoërskoolloopbaan het Simeon vertrek na Europa waar hy twee jaar gewerk en opgetree het in Londen voordat hy terug gekom het om sy studies te voltooi by die Suid-Afrikaanse Musiekinstituut. Hierdie internasionale sabbats-tydperk het hom nie net opwindende geleenthede gebied, waarvan een was om vir Bryan Adams in 2008 by die Excel Centre in Londen te open nie, maar dit het hom ook die geleentheid gegee om sy eie musiek-identiteit te ontwikkel.

Vir meer inligting kontak:

Alishia van Deventer

Sel: 083 635 4717

E-pos: alishia@stormrekordz.co.za

Fax: 086 618 7885

Twee cd's van Simeon kan gewen word (bl 10)





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.



Come and have a cup of tea with me. We need to talk about a gorgeous (but not fake) smile.

Your smile is a big part of your personality, so don't bleach and straighten yourself into clone-dom! These subtle improvements are so much prettier.



5 Ways to stay far away from your dentist.

1. Brush right: Only 11% of young women have never had a cavity. To protect your teeth, target the most vulnerable areas - between your teeth and spot where teeth meet gums, says oral surgeon Dr David Pettit. The best way to do that is to floss, but an electric toothbrush can also reach tough spots. Whether you use an electric or manual brush, choose a soft bristled one and point it at your gum line so that bristles slide under the gums.

2. Don't ignore bad breath: If you have bad breath more than once or twice a week, see your dentist. "It can be a sign of major gum disease or cavities," says Dr Pettit. Try to breathe through your nose instead of your mouth if at all possible. Mouth breathing evaporates saliva, which helps wash away odour- and decay-causing bacteria, according to a recent study.

3. Go for regular checkups: Untreated cavities and cracks can lead to infections inside teeth. The fix is root canal, the feared procedure in which a dentist drills into a tooth and scrapes out infected tissue. You may be able to avoid to catch trouble early, says Dr Terry Propper, an endodontist who specialises in the tissue surrounding teeth roots.

4. Drink more water: "Enamel naturally yellows or grey a bit as we age," says Dr Howard S Glazer. "The most common cause of stains are coffee, tea, wine and tobacco." His advice: brush your teeth after drinking any of these or smoking; if you can't brush, drink water to remove surface stains. And if you smoke, quit! Hard-to-brush places between teeth are the most stain prone, says Dr Pettit. Run floss through whitening toothpaste first - before you floss.

5. Ask for X-rays: A little-known cause of gum disease is your wisdom teeth, "Women should get X-rays to check for this once their teeth stop setting, usually between 18 and 25," says Dr Raymond White. If you are over 25 and haven't been checked, do it now before wisdom teeth cause problems.

Do's and don'ts of whitening....

Do realise you don't have to use every whitening strip in the pack. **Don't** determine the whiteness of your teeth in the bathroom mirror-dim lights can make anyone whiten too much. **Do** a brightness check in broad daylight with a compact mirror.

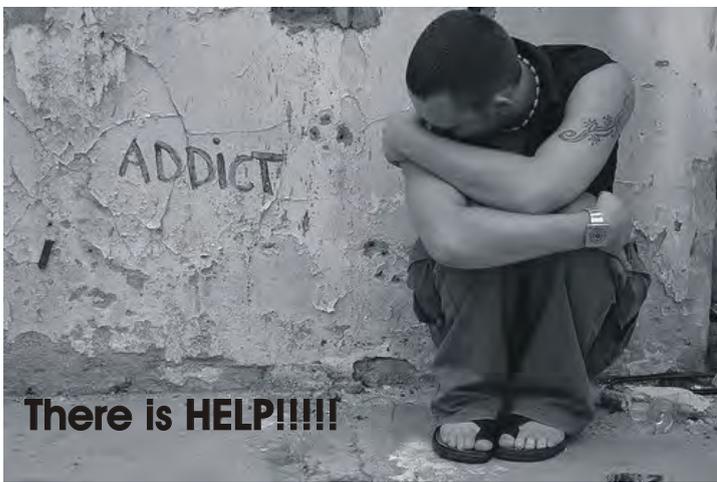
Don't down red wine, coffee or soy sauce for two days after a pro bleach job, or when you're using whitening strips (if you strip up, rinse with water and brush ASAP). Also avoid dark lipstick during this time. **Do** limit bleaching to once or twice a year; overdoing it can give teeth a greyish cast - not pretty.

Teeth friendly foods: Snack on these and save your teeth....

Aged cheeses: like cheddar, Swiss and gouda retard cavity formation, especially around receding gum-lines. Raw veggie's and fruit help exercise your gums and produces saliva.

Saliva fights bacteria and flushes food particles out of your mouth.

Come on you can Smile!!!!



Drugs - amongst our youth

There is a new and unforgiving drug in town!

SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. Addiction is not limited to any particularly vulnerable to peer pressure and the seemingly endless supply of drugs in schools and recreational areas.

The effects on the family unit can be devastating if not professionally managed. Just recently, SANCA was witness to the selfless love of a mother who trudged for kilometers with her ill son strapped to her back! The young man clearly dying from his severe addiction to drugs. An ambulance was immediately requested given his waning pulse and emaciated physique.

Later that day SANCA was informed that he unfortunately didn't survive the disease of addiction.

His death was not the result of an overdose. His addiction had weakened his health to such an extent that it is believed he suffered organ failure.

Our team was deeply affected by this incident although unfortunately the debilitating effects of addiction are not foreign to us.

Our local schools are rapidly becoming the new havens for drug use and dealing:

- * Almost three in every 10 pupils have tried use illicit drugs, dagga the most popular.
- * School kids who use alcohol; or drugs are three times more involved with violent crimes. (CDA)
- * The youngest known drug dealer in SA was 8 years old.
- * Studies show that the average age of drug dependency in South Africa to be 12 years old, and dropping
- * 60% of Grade 8 - 11 learners in Cape schools that misuse alcohol had repeat their grade. (CDA, 2008)
- * 35% of High school kids are problem drinkers who drink at least nine unites spirits, one litre wine or two litres of beer. (Rapport, 11.05.2008)
- * Dagga in South African schools is even abused during breaks and severely hampers concentration and scholastic performance.



For professional help in addiction and awareness talks:
Contact: SANCA Vaal Triangle (016) 933 2055

Changed Hearts - Changed Minds - Changed Lives.

Top Vibe Magazine will keep you informed!!!!

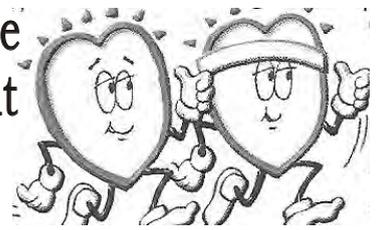
Maybe you have time on hand - phone SANCA -Vaal Triangle and offer your time as a volunteer worker, or maybe you can make a donation to help them to help others.

By: SANCA Vaal Triangle

Page 4.



Ways to exercise at home without any equipment.



Now you have no more excuses! Here are great exercises that you can do at home, without the need for any equipment:

Walking:

If the weather is nice, it's wonderful to get outside and enjoy the scenery around you while you exercise. However, if the weather has other ideas, you can just as easily get an effective walking workout at home. If you have a flight of stairs, go up and down them a few times. This will help to tone up your legs, while getting some low impact aerobic exercise as well. If you don't have any stairs available, just walk around the house a few times - it may not be very exciting, but it will do the job!

Jumping Jacks:

These are always fun, as they bring back memories of being a kid! Who hasn't done jumping jacks for fun as a child? Well, surprise - they are also great cardio exercises.

Pushups:

Probably not the most favourite exercise of many people, but while they can be hard to do, you can find easier ways to do them. You don't need to pretend you're Rocky, and do them with one hand; just do what works for you. Do them on your knees, instead of keeping your legs straight, or do them standing up against a wall. You will be building up arm strength and working out muscles in your chest area.

Stomach Crunches:

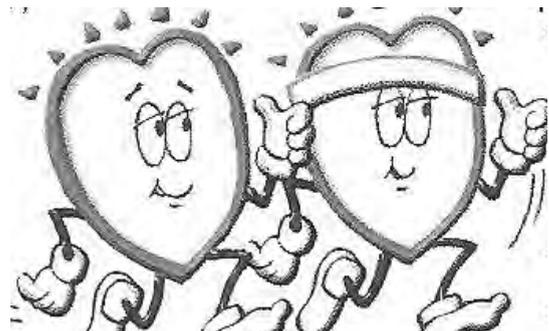
The best exercise for building up and strengthening abdominal muscles: When you're just getting started, don't worry about getting your head all the way up. So long as you're going up until you feel the stretching of the muscles, you will see some benefit.

Dancing:

A wonderful exercise, which is great for your heart. Not only that, but it can lift your spirits as well, and give your overall feeling a boost.

Have fun!:

Have fun - while you exercise.....you can enjoy it. Do these exercises everyday.



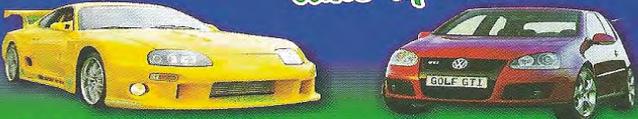


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Join the Network today and we will help you to network and promote your business.

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Meet the Niche Vibe Network - Partners.



Left to Right: Hillary and Charmaine partners in Niche Vibe Network.

Niche Vibe Network partners are Charmaine (Owner / editor of Top Vibe magazine) Hillary (Owner of Niche Consultancy)

These dynamic and inspirational partners offers our Niche Vibe members the once in a lifetime opportunity to become part of a bigger networking circle and puzzle.

The Niche Vibe Network provides the platform and for SMME's and New venture creation businesses to get their foot in the door, linking them with dynamic promotional opportunities through the provision of professional marketing media tools and resources made available to our Niche Vibe members.

Our aim is to provide the chance and promotional opportunity for their business concern to have more of an access to have a strong visibility and presence through advertising their brand, logo, business card and profile with our marketing media partners at economical market rates and discounts i.e.: giving our Niche Vibe members the competitive advantage and edge to get promoted and known amongst mainstream business and industry.

These Niche Vibe networking corporate functions, forums and exhibitions provide the favourable conditions and circumstances for our Niche Vibe members to meet and establish permanent contacts and relationships with key enablers, motivators and door openers for future business prospects and possibilities.

Niche Profiling with passion and purpose!

I Hillary Miller-Dubery decided to take up the vision and opportunity of establishing and broadening my profiling and networking skills in establishing my consultancy called "Niche" within the Vaal and surrounding area working closely with my partners and affiliates.

My aim is to promote individuals, SMME's, businesses that need the opportunity to be profiled, promoted with passion, purpose, possibility and prospects.

Through the medium of business and personal profiling one is able to share and spread your business and personal message which can connect with many individuals as well as businesses nationally and globally in a unique, innovative and creative way!

Niche Profiles will take one on a journey through the corridors of the lives of those who are impacting their generation, making in-roads in business, community, NGOs and Government.

Profiling can be used effectively in many various ways both personally and professionally as it puts you and your business on the map, acting as the catalyst to thereby create the atmosphere for yourself personally and your business in finding a voice to be able to share its vision, values, message in a profound and competitive way by making a statement and creating a larger impact on your target audience and market reach.

Through the medium of individual and personal profiling, these editorials give emphasis to your success, testimonials and documentation of your journey along the way including your image and branding placing yourself and your business in a positive light creating a lasting impact of your "essence" who you really are and how people perceive you and your business to be as the face and heart behind the business.

These profiles are a catalyst, conduit and vehicle to pave the way for more communication and interactions with your audience, customers, service-providers and possible future clientele.

These Niche personal profiles will assist you and your business further in becoming known and recognised by the community at large by gaining publicity, advertising, endorsements, promotions of products and services.

These personalised profiles connect with many individuals from diverse backgrounds, cultures globally in a creatively, innovative and interactive way!

A Niche business profile is an important marketing tool as it will be used to **Top Vibe Magazine Issue 47**

These Niche personal profile will assist you and your business further in becoming known and recognised by the community at large by gaining publicity, advertising endorsements, promotions of products and services. These personalised profiles Connect with many individuals from diverse backgrounds, cultures globally in creatively, innovative and interactive way!

A Niche business profile is an important marketing tool as it will be used to enhance your competitive edge and give you the advantage over your competitors in terms of branding, image as well as unique selling points. These profiles can also be used as communication channels used to communicate concepts and ideas to your colleagues, customers and clientele in a diplomatic and culturally sensitive way. The above encompasses what your business stands for, enabling it to be at a competitive advantage and cutting edge!

Niche profiles will help you, as a Niche member, individual client or business achieve your communication needs by offering a custom -made, personalised and professional write up and editorial about you and your business at a discounted price. So take advantage of this opportunity!

Call: Hillary - Niche Profiling 082-347-9533

Call: Charmaine - Top Vibe Magazine 072 768 8582

10 Things you should know about your business partner before you get into bed together!!!!



People often ask how you know if you've picked the right business partners. Of course the obvious answer is that you have no idea, and even when you think you do, you can still get derailed by the most unexpected things! But there are certain questions that you should ask yourself. Then at least you have a damn good chance of not screwing it up. These are emotive questions. After all this will be a bumpy ride and chock full of emotions!

So here's a summary of what you need to know. It's gleaned from watching a lot of start-ups and from doing a fair few myself. These won't be what you read in a business text book, but they work. You need to be able to answer "YES" to at least 8 out of 10 if you want to get it right.

1. Will they pull an all-nighter for you if you need it? And will they do it more than once without you having to beg and plead with them?
2. Do they think about what's right for you and not just for themselves?
3. Will they keep going when things get rough? Do they have the Cojones for the ride?
4. Does their loved one think it's a good idea, whether this is their husband, wife, boyfriend or girlfriend? Will he or she vouch for you? (And don't say you haven't met them or I'll scream!)
5. Do you know about their weaknesses and have you talked openly about these and how you're going to manage them? (And I would expect them to do the same with you and your weaknesses!)
6. Are you clear about why they value you and does it make sense?
7. Do the people you trust – either at home or at work – think they're a good fit for you? (you need independent verification)
8. Do you like having a beer together? Do you enjoy working together and being in each other's company? (If the answer is you can't stand being in the same room together, then please start again.)
9. Do their skills differ from yours and do you to you compliment each other ?
10. Do they treat juniors or people with less experience than them, well, or are you ashamed by how they behave with business colleagues?

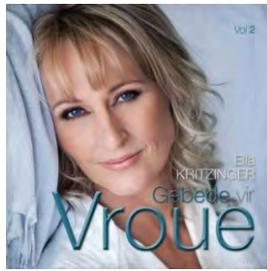
By: Alwyn Burger.

Top Vibe Give aways

Congratulations to our CD winners of Issue 46:

The "Gebede vir Vroue" CD Winners is:!

Mev. Wilma La Cock:-Vanderbijlpark
Mnr. Robert Jackson:- Vanderbijlpark



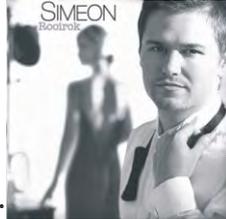
Thank you for everybody that took part in the give away.
Thank you to the sponsors for the prizes in our give away.

Competition: Cd's to win!!!!

2 cd's of Simeon - "Rooirok" are up for grabs!!!!!!!

Question:

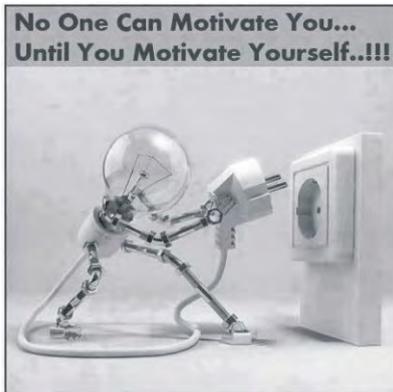
Simeon's mother is well known in the music industry - Who is she? Give her name and surname.



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 22 April 2013.
Winner will be notified by SMS on 24 April 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.



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What does the readers say about **Top Vibe** on facebook, Twitter.....



Cindy Hindmarsh: Hi daar Charmaine moet net sê goele werk op topvibe ek geniet die maandeliks uitgawe saam met my gesin. Ek wil graag sien dat die magazine nog groter en sterker groei. (Facebook Inbox)

Fransien: Baie dankie vir 'n lekker lees tydskrif, ek het veral die medisynekas baie geniet.

Kobi Uzzal: I love this magazine, read it for the website. But my son showed me how to print it. Thank you!!!!

Gerda Vermaak: Die tydskrif is so waar bo baas!!!! Ek kan net nie genoeg van hom kry nie....

To advertise Call: 072 768 8582 **Valarie Breedt:** Good work!!!! Please don't forget my copy (Twitter)

Yolande: Ek is verlaaf aan Top Vibe Lol - nog nooit een uitgawe gemis nie!!! (WhatsApp)

Carol van Graan: Dankie ek geniet die magazine!!!!

Thank you to your readers for the comment.....

Every day Top Vibe will post a question on facebook and Twitter. It is fun!!!!!! Give your overall comment and we will publish it.....



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