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Issue 51



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Happy
Women's
day





Redakteurs nota....

Nasionale vroue maand

Vanjaar is daar weereens 'n uitsondering gemaak op die sosiale kalender, 9 Augustus is Nasionale vroue dag.

Op hierdie dag, landswyd, word daar hulde gebring aan vroue, en weereens word die klem op "mishandeling van vroue gelê".

Vroue dit is julle maand, wees trots daarop om 'n vrou te wees!



Graag wil ek die volgende boodskap aan elke vrou gee, die boodskap is in Engels sodat almal dit kan verstaan.



To Women:



A good Woman is proud of herself. She respects herself and others. She is aware of who she is. She neither seeks definition from the person she is with, nor does she expect anybody to read her mind. She is quite capable of articulating her needs. She is a Woman. Created by God, to bring life in to this world. She is strong, in mind. She gives a lot of love, she cares for those in need. She is a Woman.

Happy Women's day!!!!

Charmaine

XOX



Mwha!



Face of the Vaal



Etresia van der Merwe is 19jaar oud en woonagtig

in Vanderbijlpark. Sy het 'n paar Stokperdjies & Belangstellings. Sy hou van sing, speel graag instrumente, en is dol oor musiek! Sy hou van kos maak en gedigte skryf. Etresia is 'n diere liefhebber, en is ook 'n mense mens.

Sy kuier graag saam met vriende en is iemand wat hou van lag en grappies maak. Sy hou van foto's en geniet dit om net haarself te kan wees.

Etresia studeer tans Hotelbestuur by die Vaal Universiteit van Tegnologie. Ek wil bitter graag 'n bestuurder van 'n lodge of gashuis wees, vertel sy. Ek sal baie graag my eie lodge op 'n wildspaa wil hê en te kan sê, ek's die trotse eienaar daarvan.

Ek's 'n baie hardwerkende meisie. Ek sien myself nie as 'n "girly-girl" nie, omdat ek baie lief is vir die veld en natuur. Ek is baie plat op die aarde en geniet nuwe uitdagings!



www.faceofthevaal.biz.nu

Top Vibe Magazine

Comments:

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

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Hulle is jonk, sexy en vol lewenslus. Hulle is "trendy, hip" en "cute" hulle is. Mwha!! Soos in "soentjies"! Talana Vuren, Charmé Brits en Loriska Bubb is gekies uit 100 meisies wat oudisies afgelê het om die kans te staan om deel te wees van Mwha.

Julle kan juisself maar regmaak vir groot dinge, belowe die drie. Ons eerste enkelsnit vrystelling vanaf ons album Waarvoor wag jy? het reeds talle trefferparades se nr een bereik. Ons eerste enkelsnit wat pas uitgeruik is, is GEE, GEE, GEE. Mwha, gaan die wêreld nog aan die brand sing.



MARINUS van rooyen

Marinus van Rooyen.

Marinus is gebore in 'n klein dorpje in die Oos-Kaap genaamd Despatch. Musiek was nog altyd deel van sy lewe. By 'n vriende se troue sien Brian Wilkenson, Operasie Bestuurder - The Broadwalk, hom raak toe hy hulle toesing by die seremonie. Hy word genooi vir 'n oudisie by die Broadwalk en slaag daarin om 'n permanente

posisie op hul naweek kalender vermaak los te sing. Hy skryf sy eerste liedjie en met die ondersteuning van Jacques Arendt, bekende radio persoonlikheid en stasiebestuurder van Bay FM 107.9. Nog liedjies volg en hy palm al wat 'n toekening is in.

Met sy debuut album, DIE HELE BOKSEMDDAIS(2013) bring hy vir mense van die stukkie van sy lewe. Elke liedjie iets nuut met 'n nuwe storie daarin gebêre vir die luisteraar om te ontdek.

Top Vibe gee een van Mwha se cd's weg en twee van Marinus se cd's weg.





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.



The History of the Vredefort Dome..

News flash - 2005 July 14 - The Vredefort Dome is declared a World Heritage Site.

One hundred kilometers South West of Johannesburg, is situated towns of Vredefort and Parys, the latter lying next to the Vaal river. These towns are a short deviation from the N1 highway to Cape Town. Across to the north and west of the towns is a partial ring of hills, some 70 kilometers in diameter. The hills are centred on Vredefort, and is known as the "Vredefort Dome".

What created the Vredefort Dome?

Evidence has been found by geologists that the cause of this upliftment was an extreme impact event caused by an asteroid some 10 kilometers in diameter some 3000 to 3400 million years ago. The ring of hills we see now are the eroded remains of a dome created by the rebound of the rock below the impact site after the asteroid hit. Some 70 cubic kilometers of rock would have been vaporised in the impact.

The oldest Impacts:



The Vredefort structure is currently regarded as one of the biggest and oldest clearly visible impact structures on Earth. Evidence of four impacts even older occurred 3.2 to 3.5 billion years ago, has been found in the green stone rocks around Barberton. However, these impacts are no longer recognisable as structures on the surface like Vredefort's dome.

What is the evidence of the impact at Vredefort?

Within the ring of hills at Vredefort is found granitic gneiss rock which is dated at some 3200 million years old.

The Barberton granite exposed within the ring of hills is estimated to have been seven to ten kilometers beneath the surface when the impact occurred, which is dated at 2000 million years ago. The date was established from zircon crystals found in the pseudotachylite and granophyre. All the covering rock has since been removed by erosion. The force of the impact produced deep fractures in the underlying rock. Rock melted by the impact flowed down into the cracks, producing what are now exposed as ridges of hard dark rock - the granophyre dykes. This contrasts with normal geological dykes, whereby molten rock from deeper in the earth has flowed upwards through cracks in the rock above.

The hills uplifted around the Dome:

This area was mined for gold in the 1880's. However, the concentration of gold was much poorer than at Johannesburg, and as a result the diggings were soon abandoned. Old mine debris are still to be seen in the hills. This is the Amazon Reef.

Vredefort Area Information:

To go to Parys and Vredefort from Johannesburg or Tshwane / Pretoria, take the N1 south from Gauteng. Turn off at the Parys offramp shortly after crossing the Vaal river. You will drive through part of the impact structure in reaching these two towns.

The Vredefort Dome: vredefortdome.org vdome.co.za
Parys Tourist information: Tel: 056 811 4000
Website: parys.info.co.za

To view the photos on this article go to <http://www.hartrao.ac.za/other/vredefort/vredefort.html>

Niche Vibe Networx Present SERIES OF WORKSHOPS

BACK 2 BASICS

Investing in YOU!

Hello to all of our Niche Vibe Networx members and fellow loyal readers.

As an affiliate networking circle, Niche Vibe Networx connects and partners with entrepreneurs in the Vaal Triangle area. One thing is for sure, life is not getting any simpler. We are living and working in an increasingly fast, connected and global world.

We easily forget the basic fundamentals of a successful life. It becomes all too easy to focus on more superficial goals at the expense of our own growth and development. To assist you in achieving success, Niche Vibe Networx will be hosting a special workshop in August 2013.

Who is it for?

The Back to Basics workshop is for individuals dedicated to maximising their personal and professional effectiveness through living with a purpose. Facilitated by a professional trainer and a life coach, the workshop is especially for those of you who wish to:

- Understand the importance of living with a purpose.
- Discover your purpose and what drives you to action by using practical and relevant questionnaires provided on the day of training.
- Develop a Life Plan that speaks back to your purpose and passion.
- Turn your goals into practical and measurable action steps.
- Make transitions in career or professional direction.
- Explore life's possibilities and create a plan that acknowledges this.

What is it?

The Back to Basics Workshop will allow you to go through a process of visioning and goal setting in the major aspects of your life. You will develop your own tailored Life Plan that turns your goals into actionable steps!

Workshop details...

Date: 24 August 2013

Time: 10:00 – 16:00

Venue: Corner of Boswell & Carlyle Street, Vanderbijlpark

Cost: R 350.00 p/p (discount for groups of 5 or more). Niche Vibe Networx members pay R250 p/p.

Booking: Delene – 082 772 0296

delene@excelgrow.co.za

Kevin – 083 322 4281 holfcroftsa@gmail.com

Tough love in treating addiction.



SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. We meet and counsel many families of addicts who want to take serious action to assist their loved ones but don't want to seem cruel in doing so. However, when dealing with loved ones who is addicted to drugs and/or alcohol, tough love is needed. When family members protect an addicted loved one against the consequences of his or her behaviour, you are actually enabling the addiction further.

Examples include:

- # Bailing the addict out of jail.
- # Paying their bills.
- # Phoning their employer to say he or she is ill to cover up absenteeism.

The reality is that sometimes it is necessary for the family to set very strict boundaries and by doing so, fast tracking the addict's experience of reaching "rock bottom".

Once an addict reaches "rock bottom", it is far more likely that he or she will accept help.

Tough love in action:

- # Don't allow contact with any old friends, places or things - these are triggers for the addict and can lead him or her into relapse.
- # Alcohol is drug and is not to be used - even if the addict has a problem with drugs, alcohol will be a trigger and it is dangerous to allow him or her to drink.
- # Drug testing should take place at least once a week in the home - don't stop testing even though months have passed by.
- # If the addict refuses a test you can safely assume that he or she is positive for substance abuse.
- # A consequence must be set up and put in place in the event of a relapse.
- # Control of ALL money should be handed over to the supporter - the addict in recovery can't make any purchases alone. Money is a trigger and is many times the cause of a relapse.
- # No unsupervised transport for 6 months if it is at all possible.
- # If the person steals from you, a criminal case must be opened at the SAPS. Don't bail your loved one out of jail - rather ask the state prosecutor to refer the person to a drug treatment program.

SANCA Vaal Triangle is a Non-Profit Organisation. For professional help in addiction and awareness talks.



Contact: SANCA Vaal Triangle (016) 933 2050
Facebook: SANCAVaal Traingle.
E-mail: sancavaal@mweb.co.za

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Top Vibe need 63 quotes - the best will be published in a booklet - 63 "Charms"

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We will keep you update on Twitter and Facebook.



To my children,

If I had to choose between loving you and breathing...

I would use my last breath to tell you... *I Love You*



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SOUP

Minestrone Soup

BREADS

A Selection of Cocktail Rolls

HOT BUFFET

Roast Leg of Lamb | Roast Gammon | Rich Beef Oxtail | Battered Hake fillets with Lemon & Parsi Sauce | Chicken Curry Served with Sambals | Roast Potatoes | Honey Glazed Carrots | Creamed Spinach | Oven Roasted Butternut | Herbed Macaroni & Cheese | Steamed Rice

DESSERT BUFFET

Malva Pudding with Custard | Mini Milk Tartlets | Dark Chocolate Brownies | Berry Mousse | Individual Apple Strudel | Mini Pavlovas

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- Self-confidence & self-esteem
- Career development
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- Improving health & fitness
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BACK 2 BASICS

Contact: Kevin 083 322 4281 (holcrofts@gmail.com)



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Workshop
Invest in YOU!

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Getting BACK to BASICS

BACK 2 BASICS

Date: 24 Augustus 2013 10:00 – 16:00
Venue: Corner of Boswell & Carlyle Street, Vanderbijlpark
Cost: R 350.00 p/p (discount for groups of 5 or more)
Booking: Delene – 082 772 0296 delene@excelgrow.co.za
Kevin – 083 322 4281 holcrofts@gaol.com

Lunch Included

- 3 Turn your personal goals into ACTION
- 2 Do you have a LIFE PLAN?
- 1 What is your PURPOSE in life?

Hosted by:



Presenters

Kevin
Life Coach
Delene
Training Facilitator

Until you get back to basics, it can be difficult to move forward.

Make your start ~ up a success

Want to be your own boss? Take business start-up tips from the experts.

Basic requirements:

Mike Anderson CEO and founder of the National Small Business Chamber (NSBC), says passion, self-belief and relevant industry experience are key building blocks when you start a business. If you can check off these requirements, the next step is to draw up a business plan to present to your bank.

"Securing funding will depend on your own contribution, and sound business plan, financial credibility, and your ability to repay the loan", he adds.

Stay focused:

Mike points out that as a business owner, you inevitably face obstacles, but you must be determined to tough it out. He advises, "Keep building a healthy customer base to make sales. And commit to efficient business management by keeping track of all transactions, knowing what's in the bank, and your debtors and creditors are. Don't be intimidated by inflation and other economic "noise". Focus on continuing to adapt to your customers, changing needs.

Tax talk:

Small business owners must comply with various types of tax. Within the standard tax system, you may have to account for VAT, income tax, provisional tax, capital gains tax (CGT), and secondary tax on companies (STC). However, the simplified tax system for small businesses has introduced turnover tax with qualifying criteria as an alternative. It requires no record-keeping and assessment start at an annual turnover of R150 000. If your wages bill exceeds R5000 000, you're also liable for monthly Pay As You Earn (PAYE), and Skills Development Levy (SDL).

Claim back expenses:

Small business owners can claim back legitimate business expenses from SARS. For example, if you work from a home office, you can submit claims for rent or interest on the bond of the premises, phone and cleaning bills, office equipment, stationary, wear and tear and repairs. In some cases, you may only claim the VAT portion of the expenses. Generally, if you can justify an expense as necessary to earn income, you can deduct it.

SARS runs free tax education workshops nationwide.
For a schedule, see www.sars.gov.za

Manage your cash:

Don't supply your product or service without payment unless you've checked your customer in creditworthy.

Track your billing and have a system in place for following up on unpaid bills.

Keep a separate bank account for your business.

Trace business expenses. A credit card used solely for business expenses can be basic accounting system.

Have bookkeeping system and record deposits'

Put money aside for paying throughout the year.

Get Support:

There are various resources available to small businesses. You can get help with drawing up a business plan, finding funding, accessing online tools or general business management.

National Small Business Chamber: 0861 72 67722 or www.nsb.org.za
SARS: 0800 00 7277 or www.sars.gov.za
Business Partners Limited: 011 713 6600 or www.businesspartners.co.za
Companies and Intellectual Property Commission: 086 100 2472 or www.cipc.co.za
SME Toolkit: www.southafrica.smetoolkit.org

Five things you should never say to your client:

Compiled by Tersia Venter.

Although research shows that words make up 10% of communication and body language and tone of voice 90% of the whole communication, words are critically important in business.

So, here are 5 things you should never say to your client:

1. Do not mangle a client's name:

Nothing frustrates people more than hearing their name pronounced incorrectly or called by another name altogether. This is perceived as a clear sign that you don't care. Know the names and pronunciations of the people you will be working with and when you meet new people write down their names along with the phonetic spelling or simply ask them how the is pronounced to save yourself embarrassment.

2. 'I am sorry, but':

The word "but" gets interpreted as "I won't make the effort". The word "but" signals "I give up". Instead use the word 'and' - for example, "I am sorry, and there is the solution I've come up with".

Related: Mistakes you have to avoid when starting a business.

3. "We really need this project"

This tells the client one thing - your business is unstable. While you may think that you are signifying to the customer that you will do everything to cater to him, he's hearing that you are desperate. Nothing gets customers running to the competition like a vendor who is financially or otherwise unstable. Instead, say "Delivering on your every need is our top priority".

4. "What does your company do"?

Asking questions and listening is essential when building relationships, unless the questions suggest that you haven't prepared in advance. Clients want vendors who are prepared so instead say "from my research I understand that you do financial consulting. Tell me more"

5. 'We will put our A- Team on your project':

Even if it sounds like you are catering to the client, it indicates that the rest of your company is the B-team. Instead, tell your client "Our entire company is made up of the best people in the industry. I have cherry picked specific team members who have strong backgrounds in your specific needs".



Die "Divas" van Dashing Divas Hair Studio WEN 2de plek in die Make - Over by Stone-Haven se Mammoerfees.

Dashing Divas Hair & Beauty Studio was een van vier (4) haarkapster wat deur is na die finale. Daar was 'n salon van Alberton, een van Vereeniging en twee van Vanderbijlpark, wat met mekaar meeding het.

Monique en Winonia van Dashing Divas, is gewoon aan die kollig hulle doen dit met gemak "amper toe o" Hulle was baie suksesvol verlede jaar met hulle 'Matric and Wedding Hair show, wat hulle aangebied het.

Met Matriekafskeid om die draai behoort hierdie dames bo aan jou lysie van "Make-over" / salon te wees!!

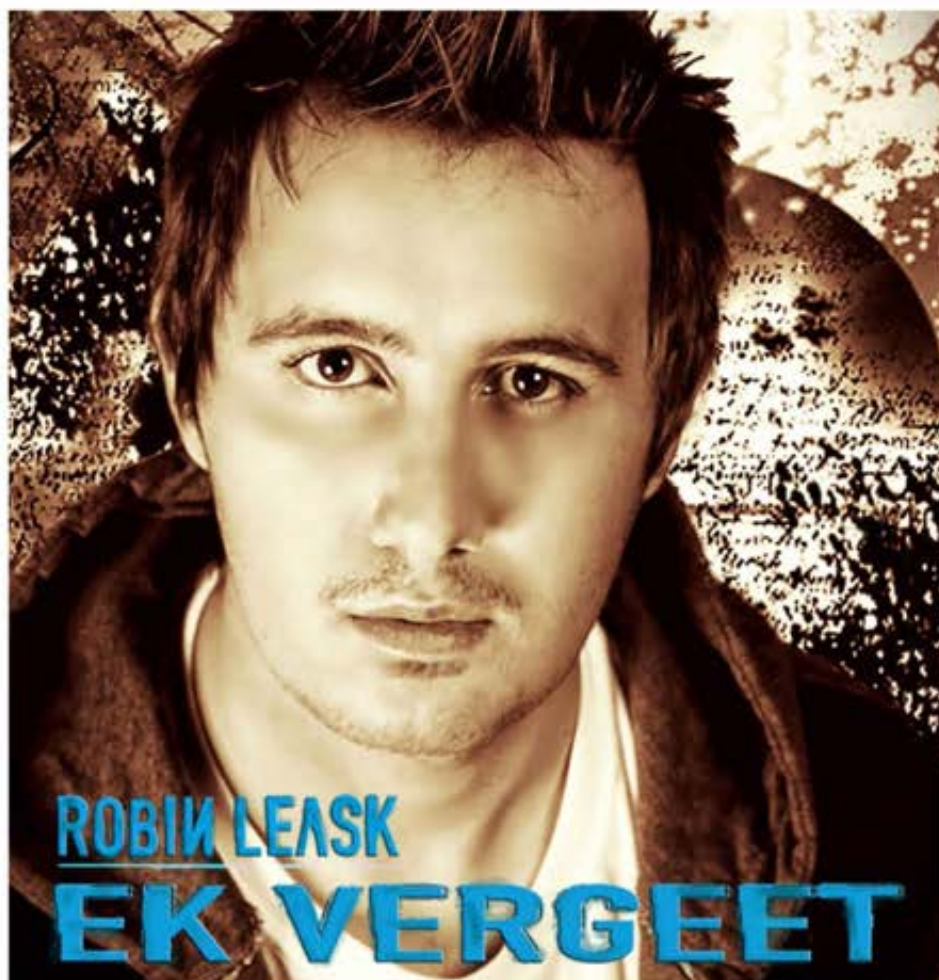
Hulle bied matriekafskeid pakette aan en is reeds besig om afspraak te maak. Om teleurstelling te voorkom maak vandag nog jou afspraak. Geniet jou matriekafskeid en weet dat jy soos 'n "Diva" sal lyk!!!!, Net met Dashing Divas.

Hulle is geleë te 54 Fitzsimons Street, SE6 Vanderbijlpark.

Kontak: Monique @ 074 9128 652 / Winonia @082 8309 442



Model: Christelle Kruger van Vanderbijlpark.



Robin Leask

Robin Leask is 21 years old, he has been singing for more than eight (8) years. In 2009 Robin won the Take 22 Production Music Video Competition and found that music is really his passion and that is where he started his music career.

In 2010 he recorded his first single album called "Tydloos" written by Toni Ridgeway. A music video of Robin's song, "Tydloos", was also filmed in Cape Town.

Through his singing career he shared the stage with artist like Dozi, Jakkie Louw, Theuns Jordaan, Eden, Monique, David Fourie and many more.

Robin was also invited to make a guest appearance on the NEW teen television talk-show called "Tienerzone" as well as a international radio station based in the Netherlands where he will be talking about his **NEW- CD** being released on the **7th of September 2013**. To a cheese and wine event together with other artist. Listen to his interview, tune into www.hosaradio.com on the 5th August 2013 at 20:00

Bookings: Rika Leask @ 082 330 8298
Email: robinleask@gmail.com
Website: www.robinleask.co.za

CD LAUNCH

DATUM: 7 SEPTEMBER 2013 R120.00 p.p
TYD: 18:00 R1000.00 per tafel

PLEK: MEVERTON STADSAAL

BESPREKINGS: Rika Leask @ 0823308298 / robinleask@gmail.com

www.robinleask.co.za



Top Vibe Give aways

Deu to a technical problem, we did not received our winners name for this CD. We will announce and publish the winner in the next Issue.

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



Upcoming Events in August 2013



SU	MO	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

Competition: Cd's to win!!!!



Win - One Mwha cd and two Marinus cd's are up for grabs!!!!!!!

Questions:

Mwha CD: Give the names of the Mwha girls?

Marinus CD: What is the name of Marinus new cd?

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 26 July 2013.

Winner will be notified by SMS on 29 July 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.

For more information on Mwha an Marinus Call: Alishia van Deventer (Storm Recordz). Sel: 083 635 4717

"Music is life and life is music"

Jan Bekker



1 August:-	Tom Jones Tribute Barnyard Vereeniging - (016) 454 8388
3 August:-	Vaal Highland Festival - Dick Fourie Stadium Contact: 082 337 8586
17 August:-	Mike and the Mechanics in Concert Sun City Superbowl - tickets @ Computicket.
21 August:-	Juanita du Plessis Barnyard Vereeniging (016) 454 8388
22 August:-	Juanita du Plessis Barnyard Vereeniging (016) 454 8388
29-30 August:-	Bonnie Tyler - Live @ Emperors Palace.

31 August:- Ultimate Raceway - National Racing.

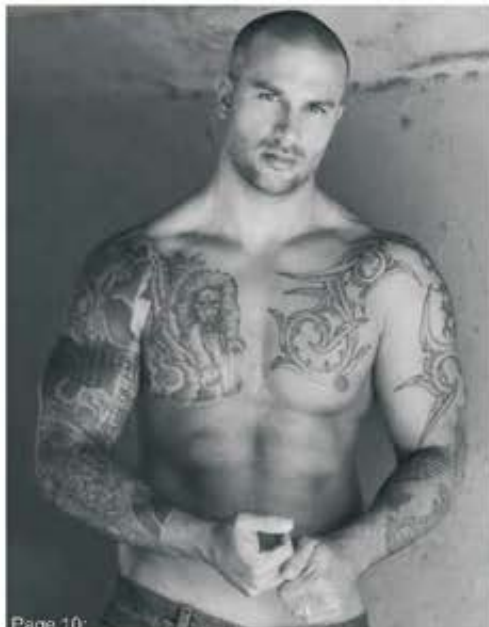
For more info on Upcoming events go to:

www.showmevaal.co.za/vaal

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BABALAS PREMIERE



BABALAS Première

Aangebied deur: Emperors Palace.

Wat 'n uitstekende eg Suid- Afrikaanse fiek, die fiek laat jou vergeet van jou daaglikse bestaan, van stygende brandstofpryse, stakings politiek ens, jy kan letterlik net terug sit en ontspan. Jou lagspiere gaan natuurlik oortyd werk. Ons kan doen met hierdie tipe vermaak, die lewe is gans en al te erinstig.

Ek persoonlik sal die fiek verseker, 'n 10 uit 10 gee! Welgedaan....

BABALAS-movie begin 2 Augustus in Ster-Kinekor Theatres landswyd draai. Ek wil nie te veel verrai oor die fiek nie, maar as jy die drie manne wat 'n dekade of twee gelede in die Castrol GTX, "Can of the Best" advertensieveldtog kan onthou Boet, Swaer en Moegae, sal jy weet dat jy in is vir 'n "ding" . Ja, swaer sê ek vir jou jy is in vir 'n ding....

Met Regisseurs FC Hamman en Peter Scott aan die stuur, is dit "so waar as wat parra mane dra" is 'n "great movie" . Met Ian Roberts (Boet), Norman Anstey (Swear), Fat Bookholane (Moegae) en moet nie van Jack Parrow of Tammy-Anne Fortuin (Mia) vergeet nie. Definitief 'n moet om te sien.



BABALAS



Wat sê ons lesers van Mini- Top Vibe .

Ria Jacson: Ek hou baie van Mini- Top Vibe Magazine. (Vanderbijlpark)

Elsa Oosthuizen: Ek geniet die Mini Top Vibe baie, en het 'n paar vir 'n vriend gegee wat in Deneysville woon en gevra waar is Deneysville mense se advertensies. (Vaalpark)

Ronel Vermaak: Uiteindelik my eie handsak Mini - Top Vibe!!!! (Sasolburg)

Marietjie Boomstraat: Dit is moeilik om te besluit. "Lol" ek hou van altwee die Top Vibe. Kan nog nie besluit maar ek geniet om hulle te lees. Daar is altyd iets in waarvan ek hou. (Vereeniging)

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