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Issue 87  
2016



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# Chantell Steffens



# Redakteurs nota.

Hulle sê saam met die grysheid kom die wysheid. Dit is inderdaad so, mens kom op 'n punt in jou lewe op 'n sekere ouderdom, waar jy vir jouself sê, "basta met die res, die lewe gaan vir 'n slag oor my".

Mens leer om NEE, te sê al maak dit mense vies vir jou. Mens besef dat jy net geleende tyd oor het en dat elke oomblik van elke dag vir jou kosbaar is.

Jy leer mense se motiewe ken al klink dit hoe onskuldig. Daar sal altyd die mense wees wat jou wil lam lê. Bedoelende wat jou wil gebruik vir hulle gewin 'n gunsie hier en 'n gunsie daar.

Klink dit ook vir jou bekend.? "Mooi weers vriende", as hulle jou nodig het moet jy maar net daar wees. Wanneer jy 'n gunsie vra dan het hulle een honderd en tien verskonings, jy ken seker ook die gevoel. Ek sê mos "die lewe is soos 'n niekerbol, hard maar lekker". Mens kan boekdele skryf oor die lewe en die mense.

Sien daar is die een persoon wat ek ken, wat net so nou en dan 'n "Whatsapp" stuur en wat wil weet wat is nuut. Nou kyk ek is ook nou nie gister gebore nie, sien dit is nou plein uitvind wat nuut is in Top Vibe sodat hulle idees kan kry. Regtig!!! Ek het besluit om dit net eenvouding te ignoreer en my eie ding te doen - net om te vind die volgende maand is jou idee gebruik. Ek was al woedend, maar toe het ek kalm geword en besef siestog!!! Ek doen seker iets reg as ander my idees wil gebruik!! (steel) Dank die Vader ek kom op met nuwe idees maand vir maand. LOL

Die lewe is 'n lied, soms van wysie af maar die lewe bly 'n lied. Wil jy wals, rock and roll, tango of two step. Daai is jou keuse. Dan is daar natuurlik die opregte dierbare vriende, kennisse wat vir jou enige iets sal doen. Daar moet seker 'n balans wees. Sorg net dat dit 'n gesonde balans is.

Nou ja, soos julle seker nou al weet, probeer ons om elke maand iets nuuts te doen. **Top Vibe** en **Giramundo** bring vir jou die volgende. Nuut op hulle spyskaart **Top Vibe meal for two** kom ons kyk hoe gewild ons die maaltyd kan maak!! Kompetisie SMS die sleutelwoord: **Top Vibe meal for two** jou naam en aankope strokie nr na 081 526 7786 en staan 'n kans om 'n pak van 2 CD'S te WEN. Kompetisie begin 1 Augustus 2016 - 30 Augustus 2016. Wenner sal op 31ste Augustus 2016 aangekondig word.

Ek sê byvoorbaat dankie vir julle ondersteuning. Hou ook ons Foodblog dop !! Lekker eet en onthou kry jou naam in daai trekking, en wen met **Top Vibe**.

Groete Red - Charms

*Charm*  
Xox

## Top Vibe Magazine

### Comments:

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

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## MY FATHER'S WAR!!!

Hierdie tweetalige (Afrikaanse/Engelse) drama fokus op die gebroke verhouding tussen 'n pa en sy rebelse tienerseun.

Die rolprent speel in 2003 af en die 19-jarige Dap Smit (*Edwin van der Walt*), baklei aanhoudend met sy pa, Dawid (*Stian Bam*), 'n veteraan van die Grensoorlog. Die mans stem oor niks saam nie en daar is klaarblyklik geen hoop op versoening tussen hulle nie. Boonop is Dawid se vrou, Karina (*Erica Wessels*) in die middel van hul epiese worsteling vasgevang.

Dan kry Dap 'n reeks drome waarin hy 'n gevegsoldaat tydens die Grensoorlog in die 1980's is.

Daar ontmoet hy sy pa op sy ouderdom, en hierdie drome verander Dap se persepsie – en lewe – heeltemal. Daar is nie terugkeer nie. Maar wat is die pad vorentoe?

Edwin van der Walt sê dat hierdie vir hom 'n baie persoonlike film is en dat hy self baie geleer het oor liefde, verhoudings en die waarheid. *"Dit vorm deel van 'n seisoen in my lewe en om saam met my mentor, Stian Bam, te kon speel was en sal altyd vir my 'n hoogtepunt bly. Dit was 'n baie uitdagende proses, maar ongelooflik verrykend. Craig Gardner (Regisseur) het ons goed op ons tone gehou, gereeld poëtse gebak, maar wanneer ons gewerk het, het almal 120% gegee!"*

Oor sy hoop en verwagtinge vir die film sê Edwin: *"Ek hoop en glo dat die film 'n stap in die regte rigting kan wees vir mense om persoonlike verhoudings gesond te maak. Voordat ek 'n wond kan genees moet hy eers rou wees. Ek hoop almal leer meer oor die Grensoorlog en die effek wat dit op ons Oupas, Broers en Pa's gehad het."*

*"Ek hoop my eie pa, wat ook deel was van die Grensoorlog, kan soos 'n HERO voel wanneer hy daarna kyk"*.

Die fliëk kombineer die tema van 'n gebroke verhouding met dié van die Grensoorlog. Droomtonele is geskep en oorbrug die die gaping selfs al het die oorlog feitlik dertig jaar gelede plaasgevind.

Die fliëk sal aanklank vind by 'n wye publiek, maar ook by elkeen wat deur die oorlog geaffekteer is, soldate, vroue, mans, kinders en ouers. Dit sal herinneringe oproep, spoke wegdryf en help om meer begrip vir kykers te gee – selfs diegene wat niks met die oorlog te doen gehad het nie. Enige ouer en kind sal aanklank vind by hierdie fliëk op 'n persoonlike vlak.

Ander akteurs wat ook in die fliëk te sien sal wees is Neels Clasen, Hannes Muller, Meren Reddy, Fumini Shulubana, Jai' prakesh Shewram, Vian Singleton en David Rees.

*My Father's War* word op 5 Augustus 2016 landswyd in filmteaters vrygestel en word vervaardige deur Lion Mountain Films en uitgereik deur Ster-Kinekor Entertainment.

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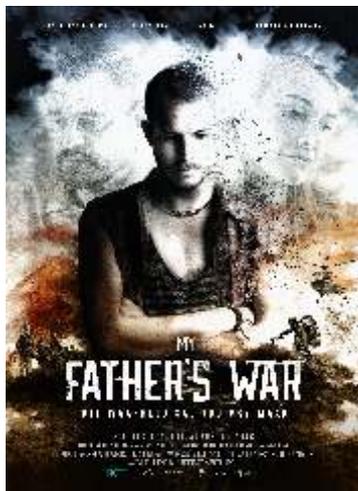
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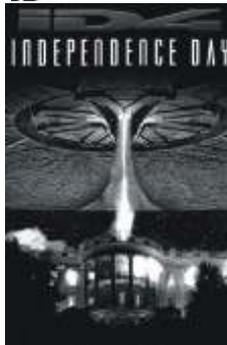
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## Top Vibe &



## Movie Review



### INDEPENDENCE DAY:

Director: Roland Emmerich.

Genre(s): Action, Adventure, Sci-Fi, Thriller

Rating: PG-13

Runtime: 145 min

Parents need to know that Independence Day is an action-packed science-fiction film filled with scenes of the fiery destruction of entire cities and the people who live in them, along with smaller scale personal fatalities

and some pretty grisly aliens.

The film makers take pains to introduce some very likeable characters, only to explode them soon afterward.

This movie was the gold standard of sci-fi effects and air battles when it was released in 1996, and older kids and teens that have a firm understanding of the difference between fantasy and reality will enjoy the ride. There's some swearing (i.e. "hell," "schmuck," "ass," "s--t," "bastard," "goddamn"), and one scene takes place in a strip club with scanty costumes. A man who claims to have been abducted by aliens is teased with comments like "Did they do any sexual things?" There's an unmarried couple in bed; teens talk about virginity.

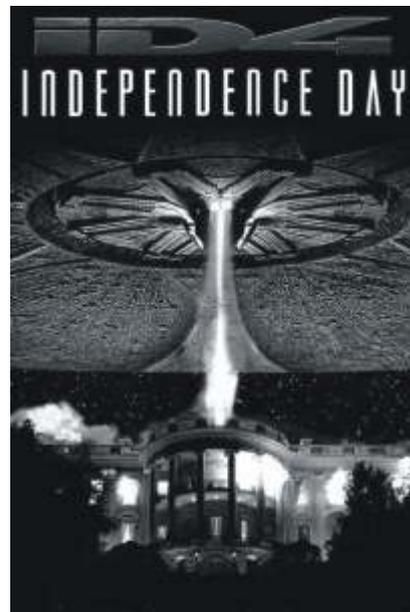
This is the film that sky-rocketed Smith to blockbuster action-hero status; it's clever, intensely thrilling, and, if you can recognize the stock stereotypes and movie plots, very funny.

Independence Day harks back to the classic alien-invasion movies of the 1950s and 1960s, as well as the disaster movies of the 1970s. These sources provide campy material for the film to quote from as well as advanced special-effects technology.

References to The War of the Worlds (1953), The Day the Earth Stood Still, and imagery from Earthquake and The Towering Inferno provide chuckles to knowing audiences. Overblown performances by Smith, Brent Spiner (as an addled scientist from Area 54), Hirsch, and Fierstein will no doubt tease a few guffaws, as well.

If you love action movies, then this is a must, make it a date not to be missed. Take a friend go alone as long as you go.

Grab your popcorn and Enjoy Independence Day!!!



# Chantell Steffens

Photographer: Charmaine Photo Diary

I'm staying in Vanderbijlpark for 17 years, this little town is my home town and I love it. I'm a single parent for 13 years already. I'm 32 years old, have a baby with no support from the father. I thought I cannot do anything anymore my life is over, but was I wrong having my daughter? She was my inspiration, Motivation and my blessings together we are a great team.

I'm working for a Rigging Company on Sasol - in Sasolburg since 2009 do date as a Safety Officer, not because I have to, because they have become my family and I, love what I, do.

In 2002 I, decided to open my own business and opened a Skilled develop Centre, to help the people outside to get a better education and live a better lifestyle. I, have helped a lot of people and I'm grateful but I, have realised there's not a lot of work opportunities in the world and the beginning of June 2016 I, have decided I, must open a Rigging and Crane company as part of Job creation, although it haven't started and I'm still busy in the process.

I, know I can help a little more people in the world. Thanks to my wonderful business partner and friends support I, know this company will be a great success.

I, have always believed that because I'm a woman, will never be able to do anything, but with time I, wanted to proof to the world it doesn't matter if you're a woman or a man if you really want to do something in life and you work hard to get it anything is possible.

And to all the women in the wold this message is for you:



### ***I believe:***

I, believe in strong women. I, believe in the woman who is able to stand up for herself. I, believe in the woman who doesn't need to hide behind her husband's back. I, believe that if you have problems, as a woman you deal with them, you don't play victim, you don't make yourself look pitiful, you don't point fingers. You stand up and deal with it.

You face the world with a head held high and you carry the universe in your heart.

This is what I believe!!!!

We are busy with the final arrangement on the Rigging and Crane company as soon as everything is in place we will be ready to Advertise the company.

My photo's was done by Charmaine owner of Photo Diary and Venue.

Thank you Charmaine for the stunning pictures.



Photographer: Charmaine Photo Diary

# THE WARRIOR

## MIND SET

By:- Herman Rousseau.

Have you ever felt down and depressed? With low self-esteem and demotivated? We have all been there, trust me and it is in times like these that your character gets tested and you truly realize what you are made of. It is when life asks you: "Herman, are you ready? I am not waiting for you..."



My answer to life's questions are that I am a Warrior.

The moment you make that decision and commit yourself, your perspective on life changes and you become a Warrior for life. You inspire and motivate people to be a better version of themselves. And through your actions people notice that you are a Warrior for life.

It all started one early, misty Saturday morning in Krugersdorp when I ran my first Warrior race, a 10km Commando. During the race, I made new friends for life and afterwards I knew that this was the start of something new. Warrior races teaches you discipline, respect and a mutual love for your fellow Warrior. It teaches you to never give up. Never give up on your dreams and to pull yourself out of that Mud Pit and fly of the Tower Of Rage.

Warrior races cater for all age groups and even my mother is doing her first one on the 20 August 2016 in Hazeldean, Pretoria.

We would like you invite you, if you are new to the scene, try a 5km Rookie. If you feel you can handle a challenge, the 10km Commando is for you and if you feel like you want to conquer the world, do the 15km Black Ops.

Take back your life and become who you were always destined to be... Become a Warrior.

For more information and event details, go to their Facebook page at **The Warrior Race** or call 087 150 3144.

All event photos are available at [www.warrior.co.za](http://www.warrior.co.za)

This is a fun day out for the entire family and they even offer a miniature obstacle course for children called 'The Bratz'.

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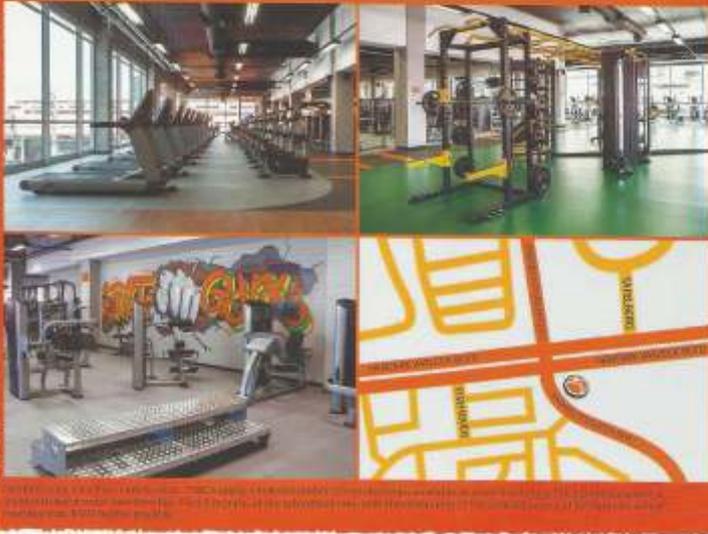
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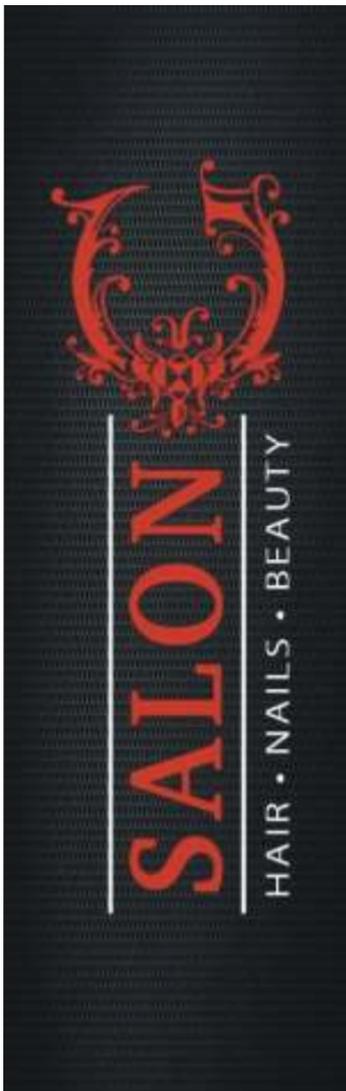


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# The Art Farm



## Vaal River Meander Wine Route 2016.

The **Top Vibe Magazine** would like to congratulate **The Art Farm** and **Landzicht Wines** for receiving best venue stand & wine award at the Vaal River Meander Wine Route Launch on 8&9 July 2016. What a great achievement! Folks are welcome to enjoy wine tasting at the Art Farm as part of the wine route which started on 16 July 2016 - 21 August 2016.

**The Art Farm**, was established in 2014. It is a farm filled with a breath-taking art, decor, crafts pottery, food, wine and coffee. Musicians, writers and art lovers flock to this place.

The **Vintage hall and rustic bar** are a unique venue that create a vintage experience for weddings, birthday parties, conferences, workshops and exhibitions. Their chapel, a new development "in the making" promises to be 'WOW' to all their brides-to-be.

Many families and friends unwind and relax at the **Restaurant**, enjoying mouth-watering meals and boutique wines on the 'stoep' or in one of their private rooms overlooking the relaxing pool and cocktail bar.

The **Coffee Shop** epitomises the tranquillity of the farm. Guests sit in the farmhouse with its original wood and thatch interior. The unique library situated in the loft is a place to lose yourself in the 7000 books, a composer, writer or book lover's dream. The lapas surrounding the coffee shop can be hired for your special baby shower, kitchen tea or an unforgettable kiddies party!.

On the farm, the kids experience an entire farm environment-pushing their imagination to the limits in the astounding **Play area**. Options are never-ending from enjoying a guided tour, feeding their farm animals or even planting seeds in the **Gardens**, watering it and waiting for the harvest in a few weeks.

The display of visual arts and crafts can be viewed over weekends in their **Art stalls**. It is a creative space for artists to exhibit their talents, through painting, sculpting and art workshops. Sharing their creativity will inspire any artist to pursue his passion. At the pottery stall one can experiment with clay throwing, painting and glazing. A definite work of art.

The small fresh baked delicacies from the **Bakery** fills the air on the farm. Platters, a variety of breads or croissants are available at your request.

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Another future development will be their own wine making and brewing of craft beers. The **Winery** currently stocks unique wines, including the Landzicht wines which gives you a wine farm experience on your doorstep!

**The Farmers Crafters Market**, open every Saturday from 09:00-15:00, boasts 45 stalls. They have a combination of Farmer's products, crafts, plants, earth probiotics, natural health products and much more.

**The Art in the Garden**, open on the first Saturday of every month, promises spectacular artwork from various artists. The exhibition creates an artistic atmosphere and can be appreciated by anyone visiting.

For more information, please do not hesitate to contact them.  
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The public's reviews have been tallied and some of the Restaurant stars has been shattered. Above is the up-dated results of the reviews.

Keep on sending your review.

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Palms shopping Center, Riverside Blvd shopping Center, Junction shopping Center, Slap Chips, Cormed, Riverside Hotel, Saspark Center, Butcher Boys, Dashing Divas, Pick a Pay, Park Auto, Liquor City, Dros, Riaan Pools, Wimpy, IFM 102.2, Vaal.mobi.

### Vereeniging:

Liquor City, River Square shopping Center, Wimpy, Rivera on Vaal, Medic- Cross, Hot pot paints, Burger Box.

### Meyerton:

Hardware & Supermarket, Multi- Save, Pick a Pay and Wimpy.

### Vaalpark:

Tarina Center, Dr Fourie, Henberg, Pizza Boss, Spar, Face and Body, My Seepwinkel and Homesteads.

### Naledi Industrial Park:

Restaurant, and all the businesses.

### Sasolburg:

Wimpy, Checkers Center, Scooters, Pizza, JM'S Spears, Rib's, Salon G, Hoofkantoor Pub & Grill, Slap Chips, MTN and Liquor City.

All advertising clients do get a copy.

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**Sê jou Sê:** Het jy gedagtes, menings,

stories of voorstelle om met om te deel? Stuur 'n e-pos: [charmalne@topvibe.co.za](mailto:charmalne@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.

Dankie vir die briewe wat ons ontvang het, lekker gelag vir 'n paar en terselfde tyd 'n trane in die oë gekry.

Hou aan om vir ons te skryf dit is lekker om te weet met vandag se tegnologie is daar darm nog mense wat wel, briewe skryf!!



## 5 REASONS WHY YOU MUST ADVERTISE

By: John Jantsch

Sending email is free, creating a Facebook page is free, Twitter outreach is free, cold-calling is free, publicity is free, referrals are free, and advertising costs money.

So why is it that even with all of these wonderfully low cost and free ways to promote your business I contend that you must make advertising one of your core lead generation tactics? (Actually one could argue if anything is free, but the items listed above don't come with a direct cost.)

Advertising is in fact one of the marketing tactics that comes with an invoice. You must write a check to run ads or send direct mail, often before seeing any results. In my experience people shy away from advertising, not because of the cost, because they don't know how to get results and they don't understand the long-term residual effects. Think about it, if you knew that for every \$100 you spent you could produce \$200, you would get out your check book and spend away, right?

### To get results from advertising today you must

Be laser focused on a specific ideal client  
Create awareness for valuable content with a call to action  
Measure leads and conversion fanatically  
But, that's a topic for another post, today I want to first get the leverage to help you understand why you must add advertising to mix and then we can start to talk about how.

### When done effectively advertising is an essential part of mix because:

Advertising is the only medium you can control - if you want your message to hit on the day a product launches or event is about to happen, this is the only vehicle you control completely. Advertising allows you to target ideal customers only - when you match a very personal message to a very select audience you get far greater connection.

Advertising creates awareness for your content - The force that drives a great deal of conversion and trust building these days is educational content - ebooks, seminars and blog posts - advertising is a great way to help get that content found and consumed once you've gone to the effort to produce it.

Advertising adds credibility to your message - Don't ask me why this is exactly, but every time I run advertising people comment that business must be going well. The perception that you can afford advertising is often enough to sell and resell prospects and customers alike and makes it easier to get attention for your entire message.

Advertising amplifies everything else you're doing - When you are using advertising to create awareness for your content you automatically create more awareness for everything you are doing. Journalists find companies that advertise, referral sources remember companies that advertise, people fan and follow and friend from ads, and employees can point to well-placed ads as a source of pride in place they work.

**Keep on advertising!!!**

The Art Farm  
Editorial on page 9

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