

Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 88
2016

National Braai Day
24 September 2016



**Mr. Vaal -
Riaan Jansen van Rensburg
en Ma Linda**



Visit our website
www.topvibe.co.za



Visit our website
www.topvibemag.mobi



Editor's note.



As summer is approaching, I'm so thankful that the winter is almost something of the past. With the summer almost here, one can look forward to plant flowers in the garden, having your morning coffee on the veranda, while listening to the birds while they are so chirpy ...What an amazing way to start your day.

Top Vibe would like to thank those of you who did buy the **Top Vibe meal for two**, stay posted on our **Food Blog** page on Facebook where we will share the **NEW meal** for the summer!!!!

Turn to page 11 to find out about the **Top Vibe Summer meal deal**.

With Women's Day celebrations behind us, and only four month's away to December holiday's there is still a lot to do. Remember that the magazine have celebrations of our own. The magazine will be celebrating our 8th birthday in the month of November 2016.

I have a lot to be thankful for, and everyday I realize it more and more. I thank our Father in Heaven every day for the amazing people that came across my life in the past eight years. We will keep you posted on our Birthday give away's that will take place over the month of November. Make sure that you are a Facebook friend, if not please become one. Be part of the birthday celebrations!!!!

Editor's photo was done by: Charmaine Janse van Rensburg 083 681 1514 you are welcome to book your Simplicity shoot.

Have fun, till next month.
Charms



Little Vibe's
For only R250



Top Vibe Magazine

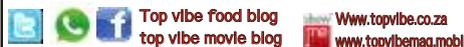
Comments:

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

Charms
P. O. Box 60130
Vaalpark
1948

E-mail: charmaine@topvibe.co.za
Facebook: [Topvibe-magazine Vaaltriangle](https://www.facebook.com/topvibe-magazine-Vaaltriangle)
Twitter: [charmaine@topvibemagazine](https://twitter.com/charmaine@topvibemagazine)
Website: [www.topvibe.co.za / topvibemag.mobi](http://www.topvibe.co.za/topvibemag.mobi)

Find us on social media:



Copyright:

Content of Top Vibe Magazine is protected by copyright. No part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

Owner / Sales Rep:

Charmaine: 072 768 8582

Proofreaders:

Tanja - Afrikaans
Veronica - English

Photographer:

Photo Dairy & Venue
Charmaine 083 681 1514.

Disclaimer:

The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/or advertisement. *The views of other writers or articles in this Magazine are not necessarily the view of the editor.*

Please support our advertisers

They support Top Vibe

PRINT / ONLINE / EVENTS
GOING DIGITAL SOON...

Top Vibe
Food Reviews

To be reviewed call 081 526 7786

THE Party & Decor Shop
Tel: 016 931 0159 Next to Mc Donald's

Frans (owner) 082 854 2982

We offer you:

- * Alterations on clothing
- * Dress making * Costume designs
- * Curtains * Video's, Photo's & Music

Lashes

Adelle 063 682 4107

Crystal Clear Car Wash

We are open 7 days a week for your convenience
8am - 5pm

Wash & Go Cars @ R40
SUV & 4X4 @ R50

Wash and vacuum @ R65
SUV & 4X4 @ R75

WE ARE LOCATED AT
BLOUKRANS CENTRE, VAALPARK

TRIO LIQUOR STORE
For the friendliest service in Vanderbijlpark

Robertson Sweet Rose 3L - Only R79.95

Convenience Centrum, Frikkie Meyer Blvd. (Next to McDonalds) Tel: (016) 931 1006

4th Street Sweet Rose 3L - Only R78.95

Hours:
Week: 08h00 - 20h00
Saturday: 08h00 - 20h00
Sunday: 09h00 - 15h00

We are open Public Holidays!!

Perfect Plumbing

All your plumbing requirements in the Vanderbijlpark, Vereeniging, Sasolburg, Vaalpark, Meyerton and Deneysville area

Geysers Solar Geysers
Geyser Electrical Blocked Drains
Taps Toilets
Burst Pipes

For all your Plumbing requirements

Call: André @ 082 856 2173 / Fax: 086 541 6924
E-mail: perfectplumbing.vantonder@gmail.com

Charms

Body Products

Call: 072 768 8582

Noem my Skollie-

The official trailer for the pioneering new film that celebrates the triumph of the human spirit and is based on the true story of a young man in the 1960's who became a storyteller in jail has just been released!

Watch the trailer here:
<https://youtu.be/fTr3ZNLJt-U>

South African cinema audiences can look forward to the release of Daryne Joshua's directorial debut, *Noem My Skollie*, which releases countrywide on Friday 2nd September 2016.

The film, set on the Cape Flats and in Pollsmoor prison is based on the life of scriptwriter Jhon W. Fredericks.

Noem My Skollie tells the story of four teenagers, AB (*Austin Rose*) and his three best friends Gimba (*Ethan Patton*), Gif (*Joshua Vraagom*) and Shorty (*Valentino de Klerk*) who grow up on the impoverished ganglands of Cape Flats in the 1960s.

Despite their circumstances, the children try to avoid the gangsters who infiltrate their daily lives but when AB goes through a traumatic experience they decide to form a gang to protect themselves.

The four friends, now like brothers, do not commit serious crimes, but the police keep a close watch on them as they grow from teenagers into popular young men. Eventually the now older AB (*Dann-jacques Mouton*) and Gimba (*Gantane Kusch*) are arrested whilst breaking into a shop and sentenced to two years in jail.

It is here, in the vicious world of prison, that AB decides to use his storytelling talent to entertain the hardened prisoners and raise his status whilst his friend, Gimba engages on a very different path to ensure his own safety...

When AB is released from prison he picks up on the relationship with his beautiful childhood sweetheart, Jenny (*Tarryn Wyngaard*) and so tries to focus on writing his stories to impress her, but his gang friends persuade him to join them one last time, a decision that leads to shocking consequences for all of them.

Noem My Skollie is a true big-screen cinematic experience that will keep viewers spellbound in a world that has never before been depicted in such an authentic way.

The film is beautifully shot with intricate attention to the detail and mood of the 1960's period and presents convincing performances from a host of celebrated South African actors and refreshing new talent.

Most importantly the film is engaging and entertaining throughout and delivers a massive emotional impact.

Noem My Skollie delivers on the themes of friendship, betrayal, forgiveness, acceptance, the desire for a better life, hope and love. The title of the film plays on the old adage that one should not judge a book by its cover and promotes the view that everyone has a gift even if sometimes hard to find and even if that gift comes at a price.

John W. Fredericks, left school as a teenager and spent many years of his youth in jail and yet he has managed in his sixties to write a major world-class screenplay.

This film will resonate with all South African audiences but particularly those who are able to confront the violent reality of the world of the story and are willing to celebrate the triumph of the human spirit.

The entire script is written in Afrikaans but the film is presented with English sub-titles.

The powerful score was composed by internationally renowned Cape Town musician, Kyle Shepherd - winner of the *Standard Bank young artist of the year award* in 2014.

The cast also comprises, among others, Christian Bennett, Gershwin Mias, Oscar Peterson, Abdu Adams, Peter Butler, Charlton George, Jill Levenberg, Denise Newman, Sandi Schultz, Andre Roothman, Paul du Toit and Irshaad Ally and a stellar performance by newcomer David Manuel who plays the jail-boss and who was still serving his parole whilst the film was being made.



Noem My Skollie was produced by David Max Brown and Moshidi Motshegwa (Maxi-D Productions) in association with M-Net, kykNET the NFVF and the DTI and distributed by Ster Kinekor Entertainment.

Social media links:

Facebook: <https://www.facebook.com/NoemMySkollieFilm/?ref=ts>

Twitter: @noemmyskollie

Please share the trailer link with your followers, readers, viewers and listeners.

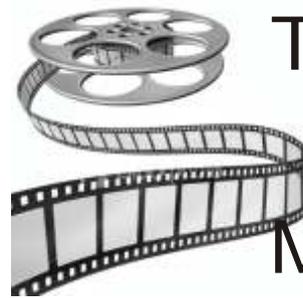
Alishia van Deventer

alishia@starburstmusic.co.za / 083 635 4717

Starburst Promotions

Office: 083 635 4717

<http://www.starburstmusic.co.za>



Top Vibe &



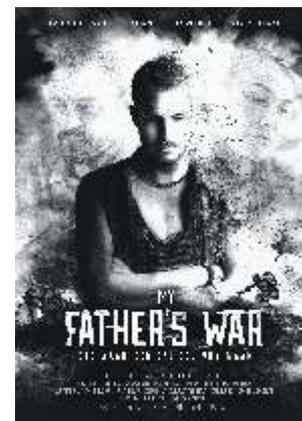
Movie Review

My Father's War



This drama focuses on the broken relationship between a father and his rebellious teenage son.

The film is set in 2003 and 19-year-old Dap Smit (*Edwin van der Walt*) is constantly fighting with his father, Dawid (*Stian Bam*), a veteran of the Border War. The men don't see eye to eye on anything, and there seems to be no hope for reconciliation between them.



Dawid's wife, Karina (*Erica Wessels*) is caught in the middle of their epic battle.

Then Dap has a series of dreams in which he is a combat soldier in the Border War in the 1980s. There he meets his father at the same age, and those dreams turn young Dap's perception – and life – completely upside down. There's no going back. But what is the way forward?

The film combines the theme of a broken relationship with the Border War through instrumental dream sequences and overcomes the gap between a father and his son even though the war occurred almost thirty years ago.

Director, Craig Gardiner says: "Each dream was created to facilitate the unfolding story. Therefore, there are no gratuitous battle scenes. Rather, the war dreams are microcosms of real events married with fiction in order to reveal character or advance the storyline – little 'mini-stories' within the bigger story."

Director: Graig Gardiner.

Stian Bam - Dawid

Erica Wessels - Dawid's wife Karina

Edwin van der Walt - Dap Smith



Do not miss this movie

Mnr Vaal - Riaan Jansen van Rensburg

Ons huidige Mnr Vaal, Riaan Janse van Rensburg, Model by Models Unlimited asook Ferdi in 7de Laan en het as gaskunstenaar gespeel in 'Getroude met Rugby'.

Riaan is tans besig met sy projekte as Mnr Vaal en is besig om talle organisasies by te staan met fondsinsameling.

Riaan is druk besig met sy kursusse. Hy help sy ma om die **Rotary Charity Winkel** te bestuur. Rotary het die winkel begin om goeie tweedehandse klêre te verkoop teen 'n baie billike prys om minder-bevoorregte mense te help om ook goeie klêre aan te skaf. As gevolg van ons ekonomie is baie mense werkloos en kan hulle nie bekostig om nuwe klêre te koop nie.

Die opbrengste hieruit word gebruik vir hulle **Baba-projek** waar hulle klêre en baba benodighede aanskaf om mammas te help wat in die nood is. Die winkel is afhanklik van skenkings van die publiek van goeie tweedehandse klêre, skoene, speelgoed en enige ander huishoudelike produkte wat hulle nie meer gebruik nie.

Het jy enige iets wat jy kan skenk aan die winkel? Die winkel is geleë in Faraday Sentrum, winkel no 11, Faraday Boulevard, CW6, Vanderbijlpark. Tel: 078 032 2812.

Riaan doen 'n beroep op die publiek se hulp en ondersteuning. Om hulle harte oop te maak om hulle sodoende te help om van hierdie winkel 'n sukses te maak en ander minder-bevoorregtes te kan help.

Kom Vaaldriehoek, kom ons vat hande en maak 'n verskil. Kom ons help mense wat hulle self nie kan help nie. Ons nooi maatskapye uit om betrokke te raak!!

Riaan is bekend vir sy liefdadigheids werk, kom ons help hom.



Glaucoma



Key Facts about Glaucoma.

- Glaucoma is a progressive disease causing irreversible visual loss, usually without warning until relatively advanced.
- 50% of affected people in the developed world and 90% in developing countries do not know they have Glaucoma.
- The main risk factors to develop Glaucoma are a positive family history of Glaucoma, people of African descent, myopia (short sightedness).
- Regular eye examinations will detect the Glaucoma disease in the early stages and avoid visual impairment.

Everything you need to know about Glaucoma:

Glaucoma is one of the world's leading causes of blindness. In South Africa, 4 out of 50 people over 40 have this condition. Glaucoma is not curable, but blindness is preventable if Glaucoma is diagnosed and treated early. While there are usually no warning signs, regular eye tests will help detect the onset of the disease.

What is Glaucoma:

Glaucoma is an eye condition characterized by loss of vision due to damage to optic nerve results in damage to sight. Usually, but not always to the brain, and any damage occurs because pressure within the eye increases and presses on the nerve, which damages it.

Will I go blind from Glaucoma?

If you have been diagnosed with Glaucoma, this does not mean you will go blind, especially if you have diagnosed at an early stage in the disease. Eye drops and sometimes operations can stabilize the Glaucoma, and with regular check-ups, you will be able to manage the condition.

Can the damage to the optic nerve be reversed?

No. In Glaucoma, once the optic fibers have been damaged, they die and they never grow back or recover. The loss of these fibres causes your eyesight to get worse and can lead to blindness. The key to preventing optic nerve damage or blindness from Glaucoma is early diagnosis and adequate treatment.

Common questions about Glaucoma:

Is there any way to prevent Glaucoma?

No, but regular check-ups will enable early detection and treatment.

Can I continue to drive?

The law requires you to have both good central vision and an adequate field of vision. To drive when you are unable to meet the standards is an offence and may invalidate your insurance. You should not drive until you have confirmation from your ophthalmologist that your vision meets the standards.

How did I get Glaucoma?

Glaucoma is not contagious, and is not caused by diet, work or other factors. Many people get Glaucoma as they get older, and it seems to be part of the natural ageing process. Some groups are known to be at more risk: - relatives of someone diagnosed with Glaucoma (particularly siblings) - people of African descent, and people with severe myopia (short sightedness)

Further information about Glaucoma:

South African Glaucoma Society - www.sags.co.za
International Glaucoma Association - www.glaucoma-association.com
The Glaucoma Foundation - www.glaucomafoundation.org



SALON

HAIR • NAILS • BEAUTY

**NOW OFFERING
SPRAY TAN**

Book a spray tan and look younger, healthier and feel sexy.
The perfect combination for only R300.

Contact Salon G - 063 102 7015
33 Rieënland Street Sasolburg



Golden Feather Boutique

10% off any purchase on Matric Farewell Dresses & Accessories

Important Shinning Silver Jewellery for Matric Farewells
& all Other Occasions!

- Matric Farewell & Special Occasions
- Dresses including Handbags & Shoes
- Matric Farewell-After-Party Dresses



FREE

Riëtte will give you a
FREE Image
Consultation & Dress
you like a Princess.

For more of the Fashion
Shoes go to our Facebook
page Riëtte van Schalkwyk
and Golden Feather Boutique

16A Orange Drive
THREE RIVERS PROPER
RIËTTE VAN SCHALKWYK
063 296 5147



PRETTYCONFIDENT.RVS@GMAIL.COM

LOCH VAAL HOTEL
RESTAURANT • EVENTS • CONFERENCES

LIQUOR CITY
THE LIQUOR BOYS

Presents

HWA

HONOUR WRESTLING
ASSOCIATION

**Zizzou
Middoux**
The Party Boy

VS

X - Terminator
The Machine

WHEN EGOS COLLIDE

Also in action will be : Blizzard , Gravity, The Ripper,
Steve Eden & Thierry Middoux.

SATURDAY 3rd of SEPT

CNR R42 & Loch Ave Vanderbijlpark **Loch Vaal Hotel**

Craft
Fun, Relaxed and Artistic
Market

Arts & Crafts
Live Entertainment
Secure Kids Play Area
Scrumptious Restaurant and Pub Lunches

-Join us for the Perfect Family Day-

Contact Wilma on 061 484 3265 for Additional Info

Every 2nd Sunday of the Month
The Loch Vaal Hotel



LOCH VAAL HOTEL
RESTAURANT • EVENTS • CONFERENCES

081 249 0014

Business Vibe's

Shop & Go
CAR WASH

Best prices in the Vaal

Riverside Blvd Shopping Centre
Frikkie Meyer Blvd. Next to Dros



Distribution of Flyers

We **GUARANTEE** the distribution of your flyers!

Vanderbijlpark · Vaalpark
Sasolburg · Vereeniging

Contact Charmaine: 072 768 8582

CompMed Medical Aid Services 

Jan Bekker 082 881 8307
Tel: 016 932 2061
Tel: 016 932 2917
Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE2, Vanderbijlpark

Dr. Quinten Fourie & Dr. Sias Searle
MBBCh (Wits) MBChB (UOVS)
Practice number: 0059080



Address: Suite 4 Tel: (016) 971 - 1040
40 Karas Avenue Cell: 062 624 3233
Netcare Vaalpark Hospital
Fax: 086 550 4849 E-mail: deona@lantic.net

To advertise call 072 768 8582

ALARM DOCTOR

SECURE YOUR HOME

INSTALLATION & REPAIR OF ALARM SYSTEMS, ELECTRIC FENCING, INTERCOMS, GATE AUTOMATION AND CCTV





LEON:
☎ 016 429 1006
☎ 083 564 3373
✉ alarmdoctor@polka.co.za




Fat Cake City

Shop 4, Top Level Spar Center,
Fitz Simmons Street, Vanderbijlpark
Cell: 071 102 3268

CTS Cooling (Pty) Ltd

Service and Installation of all Aircon's

- * 'Major Service R250.00' per-aircon Special end 30 September 2016
- * 12000 BTU R6500 (with installation).



30 Watermeyer Street Cell: 084 989 1065
SE 6, Vanderbijlpark



Top Vibe Magazine

FREE Magazine to read.
Adverts & advertorials to tell the readers more about your business.

Charmaine
072 768 8582
charmstopvibe@vodamail.co.za

Mini Top Vibe now available in Deonysville and Orangeville area.

Business Vibe's

ONTO
Beauty Salon & Diet Clinic
4 Alberts Street
Vaalpark Sasolburg
Riana Janse van Vuuren
Contact me or Whatsapp me
016 971 1256 076 828 6099

Body Scrub:
Orange, Almond, Babe
Rose & Vanilla Fudge.

Bath Salt:
Orange, Lavender,
Vanilla Fudge, Green Tea
& Baby Rose.

Men's range:
Foot soak, Body Scrub
& Cuticle cream

Body Products
Call: 072 745 8982

**SNOETE & SNORRE
HONDE BADHUIS**

Ria
083 261 0161

Neem honde in vir bad/sny
tot 2uur.

Maak asb 'n afspraak om
teleurstelling te voorkom.

Kom haal en
aflaai diens
beskikbaar

Maplestraat 9
S.E.3
Vanderbijlpark

Fat Cake City
THARINA CENTER, OPPERMAN STREET,
VAALPARK - CELL: 084 955 5300

Wedding photography
Photo **Diary**
by Charmaine
0826811577

- Price R4500 -

**Make
Memories**
083 681 1514

Family Photo Session
2015 Thanksgiving
The **Diary**
RECAP

Top Vibe Magazine
celebrate 8
years in
business
November
2016

LIQUOR CITY
THE LIQUOR BOYS
Your Favourite Liquor Store!

Liquor City Vanderbijlpark

016 932 2158 www.liquorcity.co.za

liquorcitysa liquorcity vanderbijl@liquorcity.co.za

Not For Sale To Persons Under The Age Of 18. Liquor City Supports Responsible Drinking.

Marno Van der Merwe

Gebore om te vermaak

Hierdie veelsydige kunstenaar, Marno van der Merwe, het van dag een af diep spore kom trap in die harte van aanhangers regoor die land. Vandag is die 31-jarige blondkop'n gevestigde naam in die vermaaklikheidsbedryf met talle verhoog-, TV- en fliekrolle op sy kerfstok. Hy het ook onlangs TV aanbieder en solo-kunstenaar by sy, reeds indrukwekkende, CV gevoeg en het nog hope planne en drome vir die toekoms.



Alhoewel hy gaan formele teater-opleiding of ondervinding het nie, was dit nog altyd sy droom om mense te vermaak en het hy reeds van jongs af begin gaan vir oudisies. Sy loopbaan het begin vlamvat, toe hy in 2008 uiteindelik 'n rol in 'n Barnyard- produksie losgeslaan het. Dit was so 'n groot sukses dat nog tien produksies daarna gevolg het saam met dieselfde maaskappy. Hierdie ondervinding het hom ook gehelp om voor te berei vir verskeie verhoogproduksies in Pretoria Staatsteaters, waaronder *Ester* (2011), *Dawid* (2012), *Jesus* (2013 en *Liefling* (2013).

Marno se talent is egter nie net beperk tot verhoog nie en in 2011 maak hy sy debuut in die kykNET-dramareeks, *Hartland*, en in 2012 sy buiging op die silverskerm in die rol van Frank Fouchè in die lokettreffer *Pretville*. "Ek het die rol van Frank vreeslik geniet omdat ek nog altyd daai tipe dinge wou doen en Frank het geen beperkings nie. Ek hoop ek kan hom weer eendag speel en met 'n groter storielyn. Ek dink hy sal altyd 'n kyker-gunsteling wees", vertel hy trots. Sy indrukwekkende vertolking van die opkomende sanger met psigopatiese neigings in *Die Ballade van Robbie de Wee* het groot opslae gemaak in 2013 en hom 'n gesogte keuse gemaak onder film- en televisieregisseurs. Twee jaar daarvan kry hy die rol as hoofkarakter, *Dillion Pretorius*, in die SABC-reeks *Roer jou voete*, wat vir sesmaande lank op die kassie was en word hy ook 'n huishoudelike naam as die sanger, Brad Jooste, in die eerste (2014) en tweede seisoen (2016) van die kykNET-reeks *Sterlopers*.

In Sean Else se dramatiese Anglo-Boereoorlog flied *Modder en Bloed*, vertolk hy ook die karakter JJ Ratel Wessels. "Ek is trots op die flied", sê Marno, "veral omdat ek nog altyd graag in 'n geskiedkundige storie wou speel.

Marno is ook onlangs aangewys as die aanbieder van die kykNET-koor-kompetisie, *Varsity Sing*, waarvoor hy baie opgewonde is.

Alhoewel hy mal is oor toneelspeel, was sing nog altyd sy eerste passie en hy het sy kinderdroom in 2016 waar gemaak, met die uitreiking van sy debuut-album, *O My liefde*, "Dit bestaan uit lekker- luister-musiek wat mens emosioneel sal maak," vertel Marno.

Die eerste enkelsnit, *Uitverkoop aan ons*, is baie goed ontvang en kan gereeld oor die radio gehoor word. Die liedjie, met musiek en lirieke deur Marno, openbaar sy siening oor die liefde. Hier sing hy: "Ek sien jy skets jou storie. Moenie teken sonder my nie." "Liefde is iets wat nie ligtelik op geneem moet word nie, want dit is veronderstel om permanent te wees", verduidelik hy.

Die musiekvideo gaan ook binnekort vrygestel word. Dit is vir hom lekker om te doen waarvoor hy lief is, so vir nou leef hy in die oomblik en maak die beste van elke geleentheid wat oor sy pad kom.

SOSIALE MEDIA SKAKEL:

Facebook: <https://www.facebook.com/marnovdm/fref=ts>
Twitter: @ marnovdmerwe
Webblad: www.marno.co.za
Instagram: MARNOVDMERWE

NAVRAE- BESPREKINGS:

Music Profile Magazement
Tel: 012 991 4102
E-pos: zinta@musicprofile.co.za / irene@musicprofile.co.za

PUBLISITEIT EN BEMARKING:

Starburst Promosies
Alishia van Deventer
Sel: 083 635 4717 E -pos: alishia@starburstmusic.co.za



Giramundo

VAN DER BIJLPARK
(016) 932 1242

Flame-grilled CHICKEN

"Top Vibe Summer meal deal"

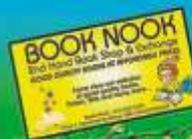
A refreshing meal consists of:

½ Chicken, Portuguese salad with Feta & Olives, coleslaw and corn on the cob with a FREE 1 Ltr coke all for only R141.70



Saamtrek Building

Carter Street, Vanderbijlpark



3 SEPTEMBER 2016

SPRING Bash

COME HAVE A Family Fun Day



Sugar Rush

Could the "silent killer" be stalking you? Commemorate world diabetes day is on 14 November. Taking the steps to be safe.



Safe and Sound For advise and support, Call Diabetes SA on 086 111 3913

Are you one of the estimated three million South Africans with diabetes?

You may not know it, as it can creep up undetected, with devastating effects - from heart disease and strokes to blindness, renal failure and limb amputation.

By the time you pick up the signs, it may have done its damage already, so don't wait. If your are at risk, ask your doctor about having a fasting blood glucose these preventative steps.

Get informed:

Type 1, or insulin- dependent, diabetes is usually diagnosed in childhood, but you can develop it at any time - even if you're perfectly healthy in other respects. It is caused by your pancreas producing no insulin because your immune system attacks the cells responsible for insulin production.

This can be caused by viruses or trauma. There is no cure for Type 1 diabetes, but it can be kept under control with insulin injections and life-style management. The injections are almost painless, and the needles are ultra fine and specially coated and can be injected into the stomach, which has fewer nerve endings. There is also an insulin pump device that constantly feeds the body insulin.

Type 2, diabetes is far more common (accounting for around 90 to 95% of cases). With this type, the pancreas produces insulin, but less effectively than normal, and your body is unable to use it to reduce blood sugar levels. Type 2 has a strong hereditary factor. You can prevent it by changing your lifestyle.

This condition is also influenced by ethnicity (Asian people are at greater risk), as well as age. You are more prone to developing Type 2 diabetes after 40, but it's increasingly becoming common in youth if they are inactive and overweight. High cholesterol and blood pressure are also contributing factors.

While Type 2 diabetes can be prevented, there's no cure for it. But it can be managed and controlled effectively to ensure you live a long and complication -free life.

Don't miss the follow-up article on diabetes in our next issue. We are going to look at diet what you should eat and what not.

Watch your diet!

How to spot diabetes?

Risk factors?



Top Vibe Food Reviews



Panarottis, Vaal Mall -(016) 931 2009	☆☆☆
Ocean Basket, Riverside Blvd -(016) 932 3149	☆☆☆☆
Nando's, Vanderbijlpark -(016) 933 3060	☆☆☆☆
Horse & River, Vanderbijlpark -(016) 932 3095	☆☆☆☆
Cappello, Riverside -(016)932 0120	☆☆
Steers, Vaalpark -(016) 971 2866	☆☆
Wimpy, President Hyper -(016) 985 1240	☆☆
Panarottis, The Zone Rosebank Mall -(011) 325 8085	☆☆
Faraday Pub&Grill, Vanderbijlpark -(016)931 3961	☆☆
Girumondo, Vanderbijlpark -(016) 932 1242	☆☆☆☆
Pavillion, Sasolburg (Watergat) 072 914 7536	☆☆☆☆
Pub AB's Grill, Parys - 079 636 6861	CLOSED
Jimmy Jagger, Parys -(056) 8114535	☆☆☆☆
Stone Haven On Vaal - (016) 982 2951	☆☆☆☆
River Palace, Vanderbijlpark 082 442 7259	☆☆☆☆

NOT YET RATED

Be My Guest- Vaalpark -	not yet rated
J&B Pub & Grill- Vanderbijlpark	not yet rated
Dros - Vanderbijlpark	not yet rated

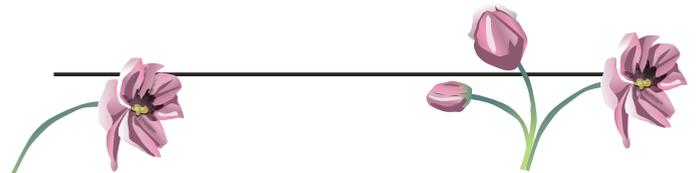
SMS your review to 081 468 6594 - Restaurant Name + Rating out of 5. ONLY SMS'S FOR RATING.

For more information on Vaal Triangle Food Review's call 081 468 6594 or go to our Facebook page.

The public's review's have been tallied and some of the Restaurant stars has been shattered.

Above is the up-dated results of the review's.

Keep on sending your review's.



Distribution:

Should you have missed a hard copy, of the magazine go to our website's www.topvibe.co.za or www.topvibemag.mobi we distribute 25000 copies with an average of 125000 readers every month.

Vanderbijlpark:

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, Bon Hotel, 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, Fat Cake City and Spice.

Naledi Industrial Park:

Restaurant, and all the businesses.

Sasolburg:

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

All advertising clients do get a copy.

FACEBOOK INFO:

Become our friend on facebook, because most of the Fun things will be posted on our facebook page!!!!
We have a Top Vibe Food blog, Top Vibe Movie blog. Top Vibe-Ster Kinekor movie review.

Websites: Top Vibe Magazine on your phone.

Download your Top Vibe Magazine from our mobisite go to www.topvibemag.mobi or to www.topvibe.co.za



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 kovert.

Page 10:

The eighth emotions of Retirement.

By [Alan Maguire](#).

There is a common belief system about retirement – that it is our opportunity to sit back and smell the roses, that it is a time of perpetual bliss, where we don't have to do anything we don't want to do. But in the background there is another belief – that we are old and useless, sick and frail and waiting to die.

Both are true – and both are false. But it is our opportunity to be our-self. We can make of this opportunity whatever we want it to be. However there is an emotional journey that we have to take before we can realise that opportunity.

The first is **anticipation** – many of us have looked forward to our retirement day for years – and that can be little sad because it suggests that our working life has been unfulfilling. And unfortunately for many of us that is true. So we see our retirement as a release and an opportunity to do the things we really love doing. I will no longer need to get up early, fight the traffic and work for an ever demanding boss or customer.

The second is **excitement** – as I plan the things I've always wanted to do – the holidays in exotic places, the trips to see the grand kids, a chance to catch up with old friends, giving proper attention to my hobbies, enjoying quiet coffees in my favorite café, the books I want to read!

The third is **contentment** – as I settle into a life of leisure. What a pleasure to be able to lay back and to enjoy the 4 "G"s of retirement – Golf, Gardening, Grand-kids, and Google.

The fourth is **disquiet** – as the days stretch out ahead of me and I find myself pottering around doing nothing really. This is reminiscent of my school days – particularly that lovely long summer holiday. The first 4 weeks were great, the fifth was a bit boring and by the sixth I couldn't wait to get back to school – even though I didn't enjoy school much.

The fifth is **concern** – this is a 20 year holiday! What am I going to do for the next 20 years? Pottering around and the 4 "G"s ain't gonna cut it for me.

The sixth is **depression** – what's the point? What's the point of getting up, getting dressed then flopping in front of the TV for the next 10 hours? "Maybe I can go for a walk – but it's dangerous out there, someone was mugged on the street corner just the other day". "Haven't seen the kids for ages and haven't got together with friends for quite a while". "My knees hurt and my tummy's not working properly". I've nothing real to do and I just seem to get under people's feet. What am I going to do for the next 20 years?

The seventh is **fear** – is this it? These are old-age years – will I be healthy? Will my life have meaning as I get older? What does it mean to get frail? What does it mean to die? And loneliness – how will I cope if I'm left alone; through death of my partner, through my kids moving away to follow work opportunities, through friends unvisited for months and years?

The eighth is **acceptance** – not resignation, but acceptance. Frailty and death **will** come – but until then who do I want to be? How do I want to be in the world? How can I be of service? It is in acceptance that I can look to the contribution I want to make.

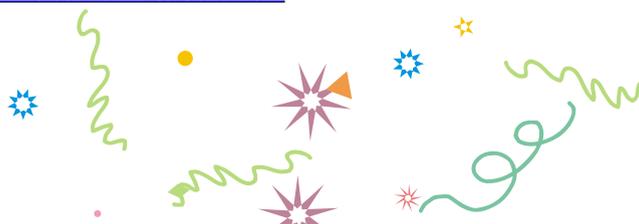
So, who am I (without my career to define me)? Where does my passion lie? What is it that gives me a "rev"? What makes my blood race? What makes it boil? How do I be there to make a difference?

These emotions will come and go, perhaps in a nice orderly way, more likely in a disruptive, roller-coaster sort of way. Feeling one today, another tomorrow, and a couple of others in between. And it can be lonely. Everybody else looks OK. What is wrong with me?

So, how can I make that emotional energy work for me rather than against me?

Alan Maguire is a Retirement Coach. He works with people to help them deal with the emotions that retirement brings. He can be contacted at alan@theeldersjourney.com

[News24 Voices Terms & Conditions](#)




Roses Party Rentals
 FOR ALL YOUR CATERING AND PARTY NEEDS
 www.rosespartyrentals.co.za

We are here to meet all your Party & Catering Needs.



We Offer All Inclusive Wedding Packages to suit your Budget!



We Cater & Hire Out Marquees, Tents, Glasses & Cutlery



We Cater for all occasions - From Small & Intimate to Big Corporate Events



Jumping Castles as well as all your function equipment & products



*Contact Rosemary: 083 325 6942
rose@rosespartyrentals.co.za*

Ocean Basket - Vanderbijlpark give back to the community.

The friendly team of Ocean Basket, decided to give something back to the community. What better way to start with teachers at our local schools. The schools who benefit from this is Transvalia, Driehoek, DF Malherbe, Emfuleni, Kollege park, Eligwa and Tjokkerland 1.

A total of three hundred and ninety-four (394)- R50.00 vouchers was handed out to teachers in these schools, to salute them for their hard work and to say thank you.

The Ocean Basket team have some more surprises up their sleeve. Visit them to find out more about the new additions to the menu.



Adore
Hair Studio

Samantha Harmse 079 798 6455
www.adorehairstudio.co.za
Join us on Facebook @ adore hair studio

Macowen Str. Nr. 1
Vanderbijlpark

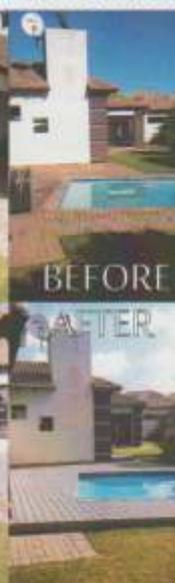
Vaal Decking (PTY) LTD

Reg No: 2016/242759/07
Var No: 9340599185

Contact us on
083 381 9800 Vanessa
083 578 2520 Gert
Email: vaaldecking@gmail.com



BEFORE
AFTER



BEFORE
AFTER



BEFORE
AFTER

" 10 YEARS GUARANTEE NO MAINTENANCE "

Glam Pooch
Divas
Nicky Botha
082 466 4400

pikaninieyorkies@vodamail.co.za
Nicky Botha Glam-Pooch diva's

Hound Dog & Alley Cats

PET Grooming
Accessories
Food

016 932 2999
071 454 0672
Mitzsimons Street * Vanderbijlpark

Spit- braai & Year-end Functions

River
MEAT MARKET
QUALITY MEATS

SASPARK - GOLDEN GOOSE
MON - SAT: 08H00 - 19H00
SUNDAY: 9H00 - 14H00
CALL: LOUISE @ 071 713 4610

Your MUSIC, Your MOVES

We serve our community
and that includes your right to bust a move!

SMS: 41022 (R1.50 per sms)
Studio: 016 889 6000
Office: 016 889 2014 / 2262
Fax: 086 226 1022
Marketing: 016 889 4304 /
4404 / 4407 / 3488
www.ifmradio.co.za



your world in one place

Want worldwide exposure for your company or product?

ShowMe Vaal, is your local one stop online platform. By preparing ourselves for the feature demands brought about by global exposure, we have created innovative, user-friendly internet advertising and online-marketing that are now available to all-sized companies.

Our expertise in marketing, advertising and exposure to thousands of internet users, provided us with the knowledge to develop solutions that answer the needs of today's clients. These solutions allow you to:

- increase productivity
- reduce the operating costs
- increase customer satisfaction
- increase exposure to untapped customers

Visit our site at: www.showme.co.za/vaal

With exposure to an average of ± 40 000 Regional page views per month, and an additional 28 South African based and 4 British based franchises with a combined viewer's total of 1 329 916 per month we have the customers for you.

Contact: Irene Myburgh
Tel: 076 422 5929
E-Mail: irene@showme.co.za

MOENIE HIERDIE FANTASTIESE FLIEKS BY STER-KINEKOR VAAL MALL MISLOOP NIE!



Colours: sin-rytelling, oordrewepe sin, wraandoring



SK South African
KINEKOR

need a car?



vaalcar

.CO.ZA