

Top Vibe Magazine

ONLINE

ISSUE 115- 2018

*Geseënde Nersfees
Merry Christmas*



PRESS RELEASE
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**BLACK
DIAMOND**
LASER TREATMENT™
by SL Lasers™

**HOW TO BREAK
THE SILENCE
OF ABUSE** -page 4



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show 



VAAL 24

I'M ON YOUR
PHONE!!

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Redakteurs Nota.

Tyd vlieg so gou verby, die jaar is amper op sy rug en Kersfees lê voor ons deur. En voor ons weet is dit 'n nuwe jaar en ons het weer nuwe vooruitsigte vir die jaar. Dit is ongelooflik hoe vinnig die tyd verby gaan.

Vakansie tyd, son, see en net lekker rustig wees. Die van julle wat op die paaie gaan wees, wees maar versigtig en onthou, geen alkohol nie. Hou die spoed van die pad en stop gereeld om bene te rek.

Ongelukkig saam met die blink liggies van Kersfees kom ook die donker kant. Daar is motorongelukke, selfmoord, eensaamheid van bejaardes, verwaarlosing van kinders en mishandeling van vroue en kinders en diere wat agter bly wat onversorg gelaat word. Kersfees is nie blink en mooi vir almal nie.

Ons wens aan jou is, mag als wat mooi is op jou pad kom. Ons vra dat ons Hemel Vader julle seën en veilig bewaar. Mag elkeen heerlik uitrus en die nuwe jaar welkom roep. Geniet jou vakansie en famielie tyd saam. Wees veilig, en gee 'n glimlag waar jy gaan.

Baie dankie aan al ons adverteerders vir die jaar wat verby is se ondersteuning. Saam pak ons weer volgende jaar 'n nuwe jaar aan.

Geseënde Kersfees en als wat mooi is vir die feestyd.

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Contact details / Sales person:

Charmaine 072 768 8582

E-Mail: charmaine@topvibe.co.za
E-Mail: admin@topvibe.co.za

Social Media:

Facebook: Top vibe magazine (Charmaine Terisa)
Twitter: [charmaine@topvibemagazine](https://twitter.com/charmaine@topvibemagazine)
Instagram: [top_vibe_magazine](https://www.instagram.com/top_vibe_magazine)
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Proof readers: Tanja and Daleen.
Photographer: Charmaine Janse van Rensburg
Photo Diary & Venue: 083 681 1514

EL Gosling - My journey, capturing my soul more than my beauty.

CEO of the Foundation NPC. Inspirational Confidence Speaker Educator.

EL Gosling the #1 Confidence coach in SA knows how important it is to embrace live and glorify God daily. EL Gosling is an inspirational public speaker and the author of the book **"How to break the silence of abuse"** The book already received two authors awards this year.

EL Gosling a specialist in human capital development, ministry and has a Bed Hons in Education. EL Gosling is the CEO and Founder member of the South African registered company, the **EL FOUNDATION NPC**. The EL Foundation NPC has empowering projects and is also partnering with companies to ensure sustainability community development.

EL Gosling is also the title holder of two prestige's crowns which is Mrs Africa Classic 2018 and Mrs United Nation International 2018, 1st runner up. These titles enable her to walk on international stages as a phenomenal woman with a vision, experience, courage and commitment. She sees herself as a role model to empower women of all ages and envisions that more women and children can get out of abusive relationships or situations all over Africa especially those who have felt the loss of living in abundance. Those who are stuck and want back their authority over their lives and their circumstances - to life a meaning full life. EL Gosling says "it might take some time to plan it, but the results are more important- to live your life to your full potential".

EL "says at the end of the day it's about what you have given back. It's not about what you have or even what you've accomplished...It's how you've lifted up, who you've made better. The road to success for 2019 is Be Confident SA be authentically you.



EL is the wife of Lloyd, mother of two extraordinary children. She believe God's plan for her is to educate and empower women and children. EL is "Living life" to the influence people and make a difference

EL use Mathew 21:22 as a life motto.

See page 4 The book "How to break the silence of abuse"

**el@iconnection.co.za
+ 27 (0) 798858884**

**CEO of the EL FOUNDATION NPC
Inspirational Speaker
Confidence coach
Educator
Author of the book "How to break the silence of abuse"
Award : Top 100 Difference Makers SA
Mrs Africa Classic 2018**

Denzel Washington says "At the end of the day it is not what you have or even what you have accomplished... It is about who you lifted up, who you have made better what you have give back".

EL Gosling's road to success for 2019 is her workshops on "Be Confident SA, Be Authentically you".



How to Break the Silence of Abuse.

Written by: EL Gosling and Prof John C. Mbuya. - Stop it in it's tracks - it is in your hands.

Women and child abuse must be completely stopped in its tracks, yes men and boys are not excluded from this problem and it even includes the elderly and people with disabilities. Because we are not equipped to help someone or ourselves we give up, give it a "blind eye" or stay stuck in the circumstance. The book "How to Break the Silence of Abuse" is written by EL Gosling, Mrs Africa Classic 2018 and Prof John C. Mbuya.

Who must read this book?

The book is written to help educators and trainers to educate people or individuals. The book will help you to identify the difference kinds of abuse and a possible way to deal with it. It's a guide with legal information that can support every individual school, parent or workplace. The book includes real life case studies from our courts which make it easy to see how abuse affects us and our society we all live in. Stop abuse in its tracks it is in your hands to speak up and expose the deep route problem in our homes, schools, and workplaces.

The individual who wants to know what and how to identify abuse will find the self-help plan to step up, step out and step forward easy to read.

This book is the perfect gift for a friend or colleague in need. It can also be a value adding guide for any parenting style that inhibit leadership and self-worth development of children's self-esteem.

Fear is the most powerful weapon that abusers use to break a victim down. Without self-esteem, self-image and self-worth there is not enough "inner power" or inner strength to pull you out of the situation.

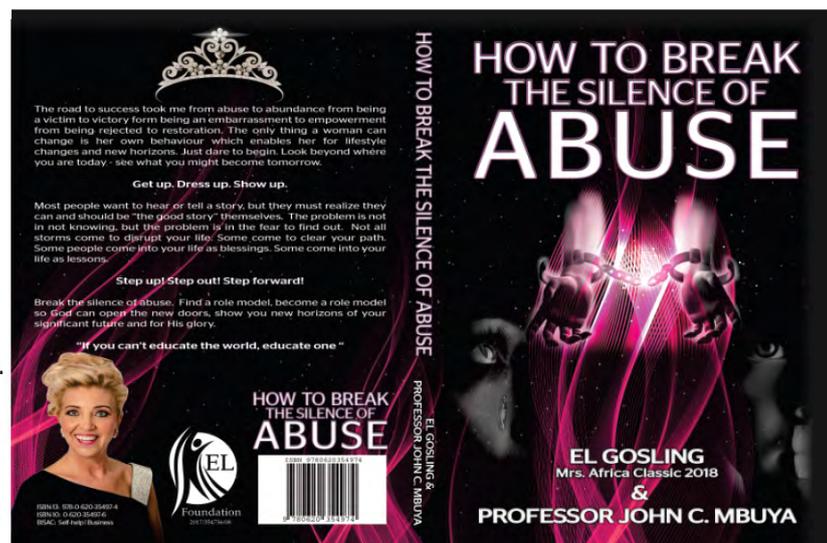
We perish because of the lack of knowledge. That is why education on what ABUSE is important for self knowledge and a key to break the silence of abuse.

The important factor is that the only thing a women can change is her own behaviour and reactions. Women do not have to accept what is happening to them nor should children - but they don't know the way out and stay in the vicious circle. Jim Rohn said "If you don't design your own life plan, chances are you will fall into someone else's, and guess what, they have planned for you? Not much,"

et, we do not have accurate statistics of all the abuse cases being resolved, but we learn daily that we have women and children who keep the abuse "a secret" in fear of what can happen to them if they speak about it. They sometimes report it to authorities e.g. a school teacher, CMR, police, trustworthy family or friend and or just live with it, as if it is "normal". The most likely situation that occurs is that the abused women or child goes to make a statement at the police station after

after the incident, but a few days later the statement is withdrawn, or the case is with-drawn.

Sometimes they will act in such a way that nothing seems to be wrong. These kinds of actions always leave the gap for even more manipulation and intimidation or cause the victim to be financially hampered with no way out. This form of abuse can lead to difficulty in finding the answers to the root cause of the problem that they are facing.



The victim can also be isolated and so the vicious cycle of abusive patterns in the relationship, household and society never stops.

We are convinced about the fact that abuse can be stopped through awareness, education, sustainable projects and specially involvement of authorities and media.

Women of all ages need guidance on how to cope with fast growing economic demands and the challenges we face in South Africa and elsewhere in the world.

We cannot express it more clearly - Get to know what kind of abuse you experience and work the plan around your newly gained knowledge and act upon it. Without a plan of action you will stay a victim so will your friend, family member and our society.

The problem is not in not knowing, but it is in the fear to find out. Not all storms come to disrupt your life, Some come to clear your path. Some people come into your life as blessings. Some come in your life as lessons.

Read the book and you can make a difference.

**To order this book:
Send an to E-mail: el@iconnection.co.za**

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A wise man's actions speak for himself.



BLACK DIAMOND LASER TREATMENT™
 by SL Lasers™

Celebrities like *Lianie May, Elzette Maarschalk, Zetske van Pletzen and Werner Dey* have fallen in love with the SL Laser™ treatments including Black Diamond Laser Treatment™ (Hollywood Treatment™)

Please see the **PRESS RELEASE** introduction to this revolutionary development in the beauty industry on page 7.

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"Wall of Hope"



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The "Wall of Hope" is a baby safe box - you open the box and put your baby in, it's like a baby crib with a blanket and a toy.

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Angel Wings is a safe house for abused and neglect toddlers from 1 year to 5 years to provide them with care and protection until a more permanent arrangement can be made for them by social welfare.

We are registered to take care of 9 babies and 5 toddlers at one given time, and to take care of them.

Your child will be taken care of while waiting for adoption parents to take him/her home.

Life is the only best thing you can give your baby if you can not take care of him/her. By knowing that your child is safe and been taken care of you will have some peace of mind.



It is so sad, that babies get dumped and abandon.
There is hope!

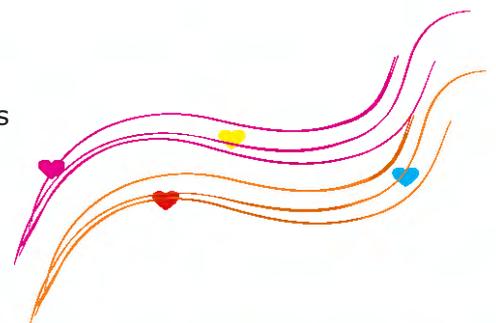
If you don't have transport please send an SMS to any of the founders and they will make sure that your child gets to the safe house.

We would like to approach Companies, we need your help in donations to keep this safe house open. If there is any companies that would like to make any donations please contact one of our founders. Make a difference in a child's life!

If you are one of those who donate, we salute you and thank you! If not please donate!

Thank you
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Angel Wings



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Branch code:250655

Contact details: Angel Wings Founders

Annemi Schoeman 083 314 6436
Stephnie Crause 071 682 8404
Rykie Pretorius 072 566 6264



BLACK DIAMOND

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by SL Lasers™

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FRIDAY, 23 NOVEMBER 2018, SOUTH AFRICA
NEW, REVOLUTIONARY DEVICES AND TREATMENTS BY SL LASERS™

At SL Lasers we firmly believe that every woman has the right to feel beautiful and look her best. We believe in the highest quality products to achieve the best results at an affordable price. We are all about quality and innovation! Taking this as the motivating spirit of our brand, we recently announced the launch of our new Carbon peel procedure - Black Diamond Laser Treatment™.

This treatment is a popular choice among celebrities before red carpet events worldwide and, regularly mentioned and discussed by Hollywood stars and beauty experts in the media (Also known as the Hollywood Treatment™).

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- Uses a third generation technology - major engineering improvements on previous technologies. The result is a non-invasive treatment with no risk of burning the skin as the Q-switch is removed.
- Not an imitation but the original technology as used in Hollywood!
- The Black Diamond Laser Treatment and Hollywood Treatment™ are trademark protected by SL Lasers.
- Uses medical grade activated Carbon.

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We would like you to join us for the next 34 years



C/o Opperman and Brandberg Street, Vaalpark

Musieklegende - Jannie Du Toit

Met musiekstyle en tendense wat konstant verander, vat dit 'n merwaardige musikant om relevant te bly vir byna vyf dekades. Afrikaanse musieklegende, Jannie Du Toit, is een van daardie kunstenaars wat die toets van tyd kon deurstaan. Hy het homself oor die afgelope paar jaar daarop toegespits om musiek van sy gunsteling -musiekante, soos Jacques Brel, Jules de Cort, Koos du Plessis en Lucas Marelle te sing, maar het besluit dat dit weer tyd is om op sy eerste liefde en passie te fokus - naamlik om Afrikaanse liefjies te skryf en na die verhoog te bring. Die resultaat hiervan, is 'n splinternuwe album: **OESJAAR**.

Die eerste en knelsnit vanaf die album, 'n aangrypende liefdesballade - *Jy Kyk Sag*, is vir sy vrou geskryf - hy en Therina Wentze is in Junie vanjaar getroud. 'Ek het die liedjie vir haar geskryf en moet erken dat dit my persoonlike gunsteling is,' verklap hy. "Buiten vir die feit dat dit 'n mooi liefdesliedjie is, het dit ook 'n lekker 60's folk-aanslag, wat dit vandag anders maak as die deursnee, "Vriende en aangers wat dit al gehoor het, stem saam dat dit dalk mooier is as Jannie se grootste treffer, 'n *Liedjie Vir Jou*."

Die nuwe album word November vanjaar vrygestel. "**OESJAAR** 'n hoogtepunt en biering van agt -en -veertig jaar as 'n Afrikaanse kunstenaar, maar dit bevat sleg materiaal wat hierdie jaar geskryf is. Dit gaan oor wat ek glo, goed waarvoor ek hoop en oor die mense, plekke en dinge wat 'n verskil in my lewe gemaak het en steeds maak. Ek is vol vertroue dat die eindresultaat nie sal teleurstel nie," sê hy.

Die nuutste vrystelling spreek 'n wye verskeidenheid temas aan. Daar is 'n huldeblyk aan die oorlede klavierlegende, Christa Steyn, wat vir vyf-en-twintig jaar Jannie se goeie vriendin, begeleier, mede-komponis, musiekverwerker op sy albums en musikvennoot op wêreldwye reise was. Die titel van die liedjie is die woorde wat Christa self in haar laaste hartroerende televisie onderhoud - vir Coenie de Villiers gesê het: *Sy Genade is Genoeg*.

Koffiekafeetje is 'n nostalgiese onthou liedjie oor 'n koffiewinkel in Melville wat gereeld in die 1990's deur kunstenaars besoek is, maar ook oor Badia Isaacs, die dame wat die hart en siel van die plekkie was. *Vat Die Pad* gaan oor musiekreise saam met Christa, maar ook saam met my huidige musiekkollegas oor meeronlangse ervarings. Dan is daar ons doek 'n Tata, opgedra aan Madiba en op die titelsnit, **OESJAAR** gebruik Jannie 'n wingerd as beeld van sy musiekloopbaan: "Hierdie wingerd is my gawe, my passella reg van Bo. Hierdie wingerd daag my uit om hard te werk en vas te glo. Hierdie wingerd is my hawe, sorg vir brood en sorg vir hoop. Stuur my weg op ver ver paaie, vir die hart op op te loop..."

OESJAAR bevat ook 'n paar bonus snitte - van vroeëre liedjies uit sy wingerd, waaronder Karen Zoid se opwindende rockverwerking van 'n *liedjie Vir Jou*. Die liedjie is presies veertig jaar gelede deur Jannie geskryf en dit het vanjaar opslae gemaak nadat Karen en Jannie dit opgeneem het vir haar program. *Die Republiek van Zoid Afrika*. Binne 'n uur na die uitsending, het die opname bo-aan iTunes se treffersparade gepronk.



OESJAAR, wat deur briljante Clinton Zerf verwerk is, sal bekendgestel word tydens twee spesiale vertonings by Mothership Studios in Philadelphia in die Wes-Kaap en by die Atterbury Teater in Pretoria. Die album sal via Vonk musiek en iTunes asook by uitgesoekte musiek winkels wees.

Sy mees onlangse projექ- voordat hy die uitdaging aangepak het om **OESJAAR** te skep was maar konsert reeks in België en Nederland in 2017. Intussen gaan sy programme soos *Doep Is Nie Dood Nie*, *Bonjour Monsieur Brel*, Kiekies se liedjies en *Die eggo van jou Oë voort*, In November word sy jaarlikse produksie, In Kersfeestyd, ook weer aangebied.

Om **OESJAAR** verder bekend te stel, onderneem hy in Desember 'n uitgebreide toer deur die Kaap. Hy sal begelei word deur sy top-ensemble: Susan Mouton (tjello), Chanie Jonker (klavier/ trekklavier en Theuns Botha (perkussies).

BESPREKINGS EN NAVRAE:

Jopie Koen
Sel: 072 460 5568
E-pos: jopie@pierneefteater.co.za

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Top Vibe Magazine Issue 115

How to beat inflation..

When you are faced with inflation, you may be wondering how you are going to continue to be able to meet your financial goals and obligations with the cost of living rising. Inflation generally hits items that you buy on a regular basis, such as food and gas, but it can affect nearly every purchase that you make. If you do not take steps to handle it, you may end up relying on credit cards and going deeper into debt. Here are five things that can help you handle inflation.

Get on a Budget:

One of the best ways to beat inflation is to follow a budget or spending plan. This will make sure that you are watching what you spend, and help you to continue to save money. Save your money at the beginning of the month, and then stick to the spending limits you have set. You can be flexible by adjusting the spending amounts between categories, but try to leave your savings, and debt payment amounts alone. Your budget will help you come up with spending priorities, which can help you decide what items are the most important for you to spend money on.

Look for Cheaper Alternatives or Try New Stores:

You can beat inflation by becoming creative in your purchases. You can look to alternate resources to meet some of your usual expenses. You can try less expensive or store brand foods, cleaning products and hair products. You may discover that there isn't a huge difference in the quality or taste. You can also try using coupons to help your dollar stretch a little bit farther each month. You may also want to switch to a less expensive grocery store to save some money. You may also use an option like shopping at a food co-op or doing container gardening so you can reduce your food bill.

Cut Unnecessary Expenses:

If inflation seems to be overwhelming your budget, be willing to cut out unnecessary expenses. You can work out at the gym of your apartment complex and cancel your gym membership. You may be able to stretch the length of time between hair appointments by a week or two. You may be able to save on gas by taking advantage of public transportation a few times a week. You can carpool, as well. You may also want to cut out back on your sodas or coffee, and find cheaper ways to purchase these items. For example, if you plan ahead and buy in bulk, you will pay a lot less than if you visit the convenience store each day.

Look for Free Alternatives:

You can save money and beat inflation while still having fun by exploring free and cheap things to do in your area. You can take advantage of any museums that offers free admission or free concerts in your area. Your friends may be dealing with the same issues, so you may choose to stay in and rent a movie instead of going out to one. Instead of eating out, you may have a night where you cook for each other.

Remember Your Priorities:

During times of inflation it is important to keep your priorities straight. You do not want to continue to run up debt and deal with the consequences later. Taking the time now to lower your expenses will help you to succeed financially. You should continue to save and invest your money, especially towards retirement.

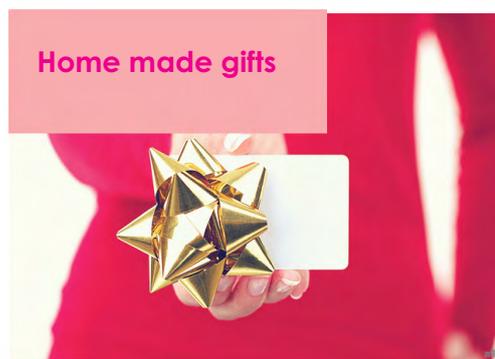
You do not have control over economic conditions, but you do have control over your spending and saving habits. The same advice will help you during times of deflation. When times are difficult, it is important that you be much more strict than you normally would.

Birthday and Christmas gifts:

Sure you can still shop for those special gift. Buy gifts on a sale you can save a lot of money. Go you a nursery you can but pot plants as a gift or buy a gift voucher. Make home made gifts there is a lot of ideas and you can save money doing so.

Save on vacations:

Plan your vacation out of season to save money. Put money away every month to make sure you can service the car before going away or use your motor plan. Make food for the road trip avoid buying food it can be expensive. Buy sweets in bulk and save by putting it in the lunch box to school and save on tuckshop money.



Learn the children to save some of there monthly pocket money for spending money when going on vacation. That way they have their own spending money.

Grow your own veggie's:

By growing your own veggie's you will save money and it is something the whole family can enjoy. Even if you can grow just a few veggie's like tomatoes, onions, carrots ect. they grow easy and only needs water twice a day.

Water and lights:

It is a big cut out of you monthly income. It's summer now and it's hot rather burn a candle instead of a light. By preparing light meals you don't have to use the stove, boil the kettle and pore the warm water in a flask then there is no need to boil the kettle again. Rain or bath water can we used for pot plants. Rather take a shower, the kids will enjoy it that way you will save on you electricity bill.

Fuel savings:

If you are lucky and the shops are close from your home rather walk to the shop. ask around if there is kids in your nighbourhood who is going to the same school as your kids. Go see the parents and arrange a lift club and make turns to drive the kids to and from school. Choose one day in the week to do your shopping and plan your route ahead.

If you need family time away from home plan in advance and make sure that you are not going to drive around unnecessary. Because before you know it you did not save anything and did spend more.

Good luck it's not easy I know, but you have to get your mind set right.



VENOM



Cast:
 Tom Hardy, Michelle Williams,
 Riz Ahmed.

Director: Ruben Fleischer.

Studio: Sony Pictures
 Releasing.

Our Rating. ★★★★★

WHAT'S THE STORY?

In VENOM, a spaceship containing alien specimens crashes on Earth. One of the samples, a symbiote, gets away, while the others are taken to San Francisco for testing by the Life Foundation and its wealthy CEO, Carlton Drake (Riz Ahmed). Meanwhile, investigative reporter Eddie Brock (Tom Hardy) discovers damaging information about Drake on a computer belonging to his lawyer girlfriend, Anne (Michelle Williams), and tries to use it during an interview with Drake. The choice costs him his job -- and his relationship. Later, Drake's assistant (Jenny Slate) starts to feel guilty about what's going on at Life Foundation and sneaks Eddie onto the premises. There, he becomes the host for another symbiote and turns into the powerful Venom. But Drake wants the creature back and will stop at nothing to get it.

Parents need to know that Venom is a violent, disappointing comic-book action movie starring Tom Hardy that's based on a villain from the Spider-Man universe, though Spidey isn't mentioned here. The violence, while mostly bloodless, is frequent and intense, with fighting, hitting, punching, and bashing, guns and shooting, stabbing and slicing, car chases, explosions, etc. Some characters die on-screen, and many die offscreen. Plus, there are jump scares, and Venom himself (itself?) is pretty scary to look at, with his giant fangs, and there's no real consequence for his brutality. Language includes several uses of "s--t" and "bulls--t," a use of "f--k," a use of "p---y," and more. A couple kiss frequently, and sex is suggested. The main character drinks whiskey in a bar and beer at home. Unfortunately, it's an uninspired mess, though perhaps some teens will enjoy the effects, sci-fi imagery, and Hardy's performance.

We rated the VENOM 4 tell us what you think of the movie [send your review to admin@topvibe.co.za](mailto:admin@topvibe.co.za)

Vibe Summer
Cocktail

Blue Vodka

Ingredients:
 1 1/2 tot UV Blue Vodka
 1 scoop raspberry sherbet
 2 ounces lemon-lime soda
 mint to garnish



Melon Vodka

Ingredients:

2 tots vodka
 1 tots melon liqueur
 4 tots pineapple juice
 (or enough to top off glass)
 Garnish: maraschino cherry
 Garnish: pineapple chunk
 Garnish: lemon wedge



Vodka & Cranberry

Ingredients:

1 x 1/2 tots vodka
 3 x tots Cranberry juice
 1 x tot orange juice
 Garnish: lime wedge



Margarita

Ingredients:

2 x tots tequila
 1 x tot Cointreau
 1 x tot fresh lime juice
 Lime wedge Salt rim optional

Road Safety Tips!

Planning the Journey / Rules of the Road:

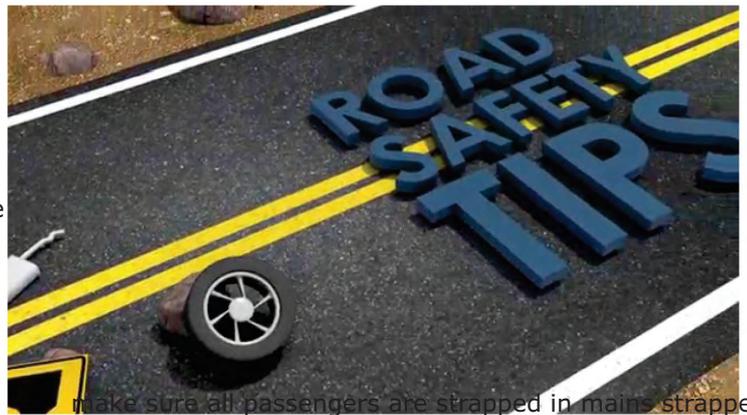
1. Obey the rules of the road and carry your driver's licence with you.
2. Plan the route to your holiday destination and give yourself enough time to reach the destination.
3. Use a GPS navigation tool or a road atlas to plan your trip in advance.
4. For peace of mind, try to stick to major routes or toll roads - If you are going to travel on the back roads identify the towns along the route and what the distance is between them.
5. Do not get stranded without fuel - Always plan ahead where you will refuel.
6. Plan rest stops along the way and if you are travelling with kids it is a great way to let them know when and where you will be stopping.
7. Always ensure that a friend or family member, who is not travelling with you, is aware of the route that you are planning to travel. Ideally, you should also update them on your progress of the journey and let them know when you have reached your destination safely.
8. Try to avoid driving after dark if possible.
9. Expect others not to be as obedient to the law as yourself.

Vehicle Fitness / Roadworthiness:

1. Make sure that your vehicle is in a roadworthy condition before departure.
2. All lights and indicators, windscreen wipers, brakes, steering, exhaust system and tyres should be carefully examined for faults.
3. Take your vehicle for a full check before embarking on your holiday travels!
4. Do not overload your vehicle.

Driver Fitness / Driver Fatigue:

1. Have a good rest before you embark on your journey.
2. Take safety breaks every 2 hours or 200km
3. Do not drink and drive. If you intend to consume alcohol make alternative arrangements so you will not be behind the wheel.
4. Remain alert at all times and avoid Driver Distractions such as cellular conversations, texting etc!
5. Be responsible for seatbelt wearing - Always wear your seat belt and see that everyone in the car is wearing theirs.
6. The South African law requires each passenger being transported in a motor vehicle to make use of the seatbelts and strap themselves in. It is the driver's responsibility to



make sure all passengers are strapped in main's strapped in while travelling. It is a criminal offence for an adult to allow a child younger than 14 years to travel unrestrained in a vehicle equipped with seatbelts or a car safety seat.

7. Infants and children under the age of 12 should travel in the back seat of a vehicle and should be buckled up, either in a car seat, booster seat or use the car's seatbelt, depending on the age and weight of the child.

8. Infants between 0 months and one year of age, or up to 10kg in weight, should travel in a rear-facing car seat in the back of a car. In the event of an accident, the impact will be on the seat and not on the infant.

Defensive Driving Behaviour:

1. Drive defensively! Risk takers are collision makers!
2. Avoid all distractions - Keep both eyes on the road and hands on the steering wheel!
3. Be visible - drive with your lights on!
4. Headlights should be dipped well before an approaching vehicle is within range of the main beam.
5. Stay within the speed limit at all times.
6. Be especially alert when approaching traffic lights, intersections and level crossings.
7. Only overtake when it is absolutely safe to do so!
8. Maintain at least a 3-second following distance - this distance should be increased at night, in foggy or rainy conditions and when the road is wet.
9. Avoid driving on the blind spot of other vehicles.
10. Be courteous towards fellow road users - keep your temper and resist the temptation to retaliate.
11. Be cautious when driving alone, and avoid stopping in remote areas.

Avoiding Criminals on the road:

1. Remain alert to any areas that might present a threat of criminal activity such as hijacking and smash-and-grab.
2. Always place your valuables in the boot of your car and never leave items such as cell phones and wallets in open sight, unattended, or on the seat of a car

Happy holiday's



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Merry Christmas

Enjoy the best music this Summer!



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