

# Top

ONLINE

Issue 157 JUNE 2022

# Vibe

Magazine

Vir al die enkel Ma's  
wat pappa se skoene  
volstaan

Why you need  
to donate blood

Happy  
Father's  
Day



# Top Vibe Magazine

COMMENTS:  
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## 1.

### TOP VIBE MAGAZINE AMBASSADORS:

Messages from our lovely Ambassadors, they will bring you something new every month.

## 2.

### VIR AL DIE ENKEL MA'S:

Lees gerus 'n brief van 'n enkel ma en wat dit vat om pappa se skoene vol te staan.

## 3.

### ADVERTISING:

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## 4.

### MR & MISS TRANSVALIA:

Read about the Mr & Miss Transvalia. This article was done by:  
Dillan De Paiva  
Etienne Joseph  
Our Ambassadors

# Happy Father's Day



## REGULARS

### 1. EDITOR 03

Charmaine Britz Editors Note:

### 2. AMBASSADORS 04

Messages from our lovely Ambassadors, to their Father's. We welcome Jenny -Lee as our new Ambassador.

### 3. ADVERTISERS 10

Business people will have the opportunity to advertise in this magazine.

### 4. How to be a super DAD: 06

How to be a super dad to your children

### 5. COVER PAGE 01

Happy Father's day to all our Father's or Father's to be. Thank you and God Bless you all.



## Redakteurs Nota

Liewe lesers,

Met moedersdag agter die rug, sien ons uit daarna om all die pappas te bederf. Ek wil graag aan my twee seuns wat pappas is sê julle is wonderlike pa's vir my kleinkinders ek waardeer julle.

Media House het 'n spesiale foto sessie gehad met ons ambassadeurs en hulle Vaders vir hierdie uitgawe. Lees ook hulle boodskap aan hulle pa's.

Welkom Jenny- Lee by die span ons gaan lekker saam werk.

Ons het ook vir ons lesers die geleentheid gegee om vir ons te vertel waarom hulle pa 'n super pa is... Dan wil ek ook 'n beroep doen op pa's wat afwesig is asb wees daar vir jou kind, altyd.

Geniet ons uitgawe, en baie geluk aan ons Pappa's op Vadersdag hoop julle word lekker bederf.

Kan nie wag vir ons volgende uitgawe nie.

Liefde

Charms

# Our Ambassadors with their Dad's



Wat is n Pa vir jou?

'n Pa vir my is die sterk een in die huis, die een wat altyd daar is om iets reg te maak, die handy man, die FIXER, die plumber, die electrician.

Die een wat jou rug het en jou ondersteun vandat jy jou eeste tree gee, jou eerste skooldag het, jou drywer vir jou matriek afskeid en die een wat altyd vir jou die groter prentjie verduidelik voordat jy die groot stappe in die lewe neem.

Die groot stappe soos kar koop, huis koop, of self vrouvat soos my ma sal sê.

'n pa is die broek draer en die een wat alles by mekaar hou.

Gelukkige Vadersdag aan al die pappa lesers en ook aan my pa.

Liefde

**DILLAN**



## Dear Daddy:

In all the things I try to do,

I want to do them just like you.

I'm watching every move you make

And trying to take each step you take.

At though right now I'm sort of small,

When I'm with you, I feel ten feet tall.

Like you, I want to be brave and smart,

Cause I love you, Daddy, with all my heart.

When I am older, I'll be so glad

If I grow up to be

**JUST LIKE DAD**

Remember to spoil your DADS!! Cherish the moments you have and make the best out of them.

Till next time

**ETIENNE**



My pappa was al van kleins af my superhero. Hy is daar met elke berg wat voor my lê. Pappa is my raadgever. Ons kyk op na pappa. Een van die dae trou ek maar weet net pappa sal altyd my superhero wees. Lief vir pappa so vreeslik baie.

Tweedens vir al sie "Stiefpappas" WOW hoe amazing moet jy wees om, om te sien en om te help groot maak aan 'n ander man se kind omdat jy die mamma so lief het en weet die seuntjie of dogtertjie verdien ook liefde.

Dankie dat daar nog 'n handjie vol van julle is.

Gelukkige Vadersdag pappas!

Liefde

**Jenny ~ Lee.**

# Vir al die enkel Ma's wat pappa se skoene vol staan

Hier is 'n hartroerende brief van 'n enkel ma wat sukkel om 'n verhooring in onderhoud te kry....

Vir al die enkel mammas.

So hier sit ek vir die hoeveelste keer in die hof vir ons onderhouds hofsaak. My maag spoel, eks naar, kop is seer en wil net hê als moet tot 'n einde kom.

Ek het my kind se pa hof toe gevat vir maintainance. Ja Hy betaal 'n bedrag al vir amper 3jaar lank. (Let wel hy betaal daai selfde bedrag al 7jr lank vir sy ander kind)

Die bedrag kan nie eers my kind se skoolfonds betaal nie.. Nie vir klere nie.. Kos Sweeties Melk bederfie. Almal sê vir my "darm kry jy iets" ja dis seker waar. Maar waarheid alles is duur en word net duurder.. Wat ek nie kan verstaan nie is.! Alles gaan op vir jou kind maar hy kan nie eers R100 meer betaal nie! Oh ja DAARS GEEN LOGIKA!

Hy soek kontak tyd maar kan nie eers 10% Finansieël bydra tot sy kind se uitgawes nie. Of nee die mammas moet Mos maar sorg finansieël emosioneel en fisies geestelik.

My kind is op sy medies. Maar wat is n medies deesdae? Wie moet al die bybetalings betaal?

Mamma!!!!

Mamma ek Soek n koekie?

Mamma ek Soek n roomys?

Mamma ek Wil Playball speel?

Mamma dis pizza dag by die skool vir R20?

Mamma dis roomys Kar dag by skool vir R15?

Mamma my lang broek is te kort?

Mamma my onderbroeke maak my seer?

Mamma my skoene maak my seer?

Mamma moet maar vir daai gesiggie sê sorry my liefie.

Pappa sien Mos nie daai gesiggie nie.

Pappa is Mos nie daar om te sê nee my liefie daars nie nou geld vir roomys nie.

Winters klere? Ek kry R500 April en R500 November. Ek moes laas week n rekening gaan oopmaak by Ackermans om vir my seuntjie n nuwe winters klerekas te koop. R2500 later. So dis regverdig dat die pa R500 gee en mamma R2000?

Daar word nou n hele finansiële ondersoek op al my goedjies insluitend my eie besigheid wat nie eers wins maak nie.

Hy't ook 'n besigheid op die kant wat ewe skielik nie meer bestaan nie maar sy Facebook

page se "very responsive" wat beteken hys Baie aktief op sy page. Dis Mos nou maklik om alles na sy meisie se goed te skyf dat dit lyk of Hy niks meer inkry nie.

Die klere wat die pa aantrek hof toe... Dis Wildebees orals vellie skoene fancy horlosie? Beteken dit niks? Oh ja die meisie van hom koop seker als vir hom dat dit nie op sy bankstate wys nie. Die meisie met nog 4 ander Kinders.

Hoe amazing is dit dat n ander man my verloofde vir my se "liefie Los dit Ons sal self uitkom en Ons seuntjie groot maak"

Die pa kry seker so lekker... Want dis presies wat Hy wou gehad het.. Hyt gewen... En dit maak my siek...

Maar wat my die meeste siek maak is die depressie as die hofsaak nader kom... Die emosionele toestand waarin ek is n week voor en n week na die hofsaak waar my gesin ook onderlei. Jou seuntjie voel dit aan Hy sien jou huil.

Mens Hou so baie in. Na elke hofsaak huil ek eers my oë uit en dan vee ek my trane af en gaan haal my seuntjie en praat met familie asof alles fine is want die lewe gaan aan almal het hulle uitdagings maar hier binne jou is jy stukkend.

Jys kwaad vir die wêreld. Jys kwaad vir jouself want jyt jouself in die posisie gesit!!!! En dan in my 2de asem... Wat sal ek sonder my seuntjie doen? Die blessing wat Hy vir ons familie gebring het en steeds is.

Ek was vandag hof toe met die wete dat ek gaan onttrek.. Ek en my verloofde het besluit

Ons maak anyway Ons seuntjie self groot so dis wat ons gaan aanvaar vir die res van ons lewe.

Vir n jaar lank gaan ek n prokureur moet afbetaal en wat het my kind gekry? Wat het Ons bereik met al daai geld wat ek nou moet afbetaal. LEKKERTE VAN DIE PA SEKER!

Ons trou September en daars soveel exciting goed wat nog oppad is maar binne my is ek stukkend. Maar vandag was die laaste. Ek onttrek. Ek en my verloofde gaan alles in ons vermoë doen om Ons seuntjie alles te gee wat Hy nodig het met n bederfie.

Vir al die enkel mammas daar buite... As ek julle raad kan gee. Die hof.... Prokureurs (julle Prokureurs is duur en als word net uitgestel en

... As ek julle raad kan gee. Die hof.... Prokureurs (julle Prokureurs is duur en als word net uitgestel en weer uitgestel).

My raad vir maintainance:

Los die prokureurs

Los die hele maintainance saak

Probeer om te sny waar jy kan... Sluk jou trots en vra vir ouma of tannie vir n R100 of vir n pak Koekies vir jou kind.

Die alles is nie jou depressie emosionele welstand en geestelike welstand werd nie!!!! Okay mammas as julle die geld het (BAIE BAIE GELD) gaan baklei Dan vir Meer onderhoud vir jou kind. Dan is jy Baie bevoorreg. Ek wens ek kon.

80% van die pappas daar buite is slagpat.

MAAR

Mammas! Daar is mans daar buite wat jou kind sal aanvaar as hul eie. Wat jou kind gaan help grootmaak sonder jou kind se pa of dit finansiële is of emosioneel.

As ek die Lotto Moes wen.... Sal ek Ander mammas help met regs kostes wat dit nie kan bekostig nie. Maar weereens...

EMOSIONEEL IS DIT NIE WERD NIE!!!!!!

Vertrou op die Here want Hy sorg vir ons!

Van 'n enkel mamma

Pappa vir jou wat te min of glad nie onderhoud betaal nie, wil ek die volgende vra.

Wat gaan jy eendag vir jou kind sê wanneer hy/Sy voor jou staan?

Of wanneer hulle jou nie eens wil ken nie?

As jy en mamma skei of uitmekaar gaan, moet nie jou kind straf nie. Wees daar vir jou kind.

Ek is nie hier om te oordeel nie, want dit is Nie werk nie.

Weet jy hoe belangrik 'n pa se rol in 'n kind se lewe is. Jou dogter gaan eendag 'n Man vat en sy gaan tien teen een 'n man vat Soos haar pa. (want jy het nie vir haar 'n voorbeeld gestel nie.) Jou seun gaan ook tien teen een kinders maak en nie na hulle kyk nie

Wees 'n pa vir jou kind in alle fasete van die Lewe.

Ek gaan nou weer 'n paar oproepe kry oor pa's wat sê alle pa's is nie so nie, spaar jou Airtime Ek weet dit, as jy 'n pa is en nie Onderhoud betaal nie of maar dit is te min.

Dan praat ek met jou.

Dame as jy aan die sy is van so 'n pa pasop!

Hy gaan dit met jou ook doen.

Moet nie in die pad staan van 'n pa en sy kinders nie. Moedig hom aan om daar te wees vir sy kinders finansieel en emosioneel.

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# Die maand wat was....



Deur: Dilla De Paiva.

Wat 'n indrukwekkende Vaaldriehoek trek plyster gehou deur Hoërskool Transvalia. Met 'n 4 dae prop vol skeudule wat Dinsdag 10 Mei afgeskop is deur MNR en MEV Voogde, met die Opedag gehou op Woensdag en Donderdag 12 Mei se ASEMROWENDE MNR en MEJ Valia gevolg deur Vrydag se optrede deur die alombekende SPOEGWOLF en afgesluit is op Saturday 14 Mei deur die bekende kunstenaars Appel, Irene-Louise Van Wyk, Elvis Blue, Iven Roux en Jay.

Wat 'n INDRUKWEKKENDE vertoning was MNR en MEJ Valia nie. Groot eer word aan die organiseerders gegee wat so 'n vertoning kon laat gebeur. Aan Natasha Menino-Costa van Ace Models Vaal tesame met haar helpers Nika Taylor, Tanita De Gouveia, Deline Krog en Mariska Smit as organiseerder van Transvalia se kant af, julle het met die eerste buitelig MNR en MEJ Valia

die standaard hoog gestel vir die opkomende MNR en MEJ Valia.

Alhoewel die koue ons bekruipt het, het die Hungergame tema en koreografi ons hare laat optaan tesame met die klank en die extas om ons op die punte van ons stoele te hou soos die beheerde gas vlamme en die atmosfeer stellende musiek. Aan Martin Bester wat die MC was, jy het jouself goed van jou taak gekwyd.

oë vasgenael op die vermaak wat deur Deline Krog met haar dansers, Rori, Gia, Kaylin, Tsoelo en Zanlinka met hulle lope in gepasde HUNGERGAME klere van Ace Models Vaal en ook die Cheerleaders van Transvalia, wil ons as Ambassadeurs van Media House/Top Vibe Magazine vir julle 'n besondere dankie sê! 'n Mens kon sien dat dit nie net julle talent is nie maar ook julle passie.

Baie geluk aan elkeen van die finaliste wat dit deur gemaak het om deel te wees van die besondere gebeurtenis, maar 'n besondere geluk gaan uit aan die wenners van die jaar se MNR en MEJ Valia.

MEJ Valia JNR, as MNR Valia JNR, Anton Van Dam as MNR Valia, Shalaine Van Den Berg as MEJ Valia.

Dan wil ek ook baie geluk sê aan die 1ste & 2de Prinsesse in beide MEJ Valia JNR en MEJ Valia SNR en ook aan die 1ste en 2de Prinse van beide MNR Valia JNR en MNR Valia SNR.

Een van die vele hoogte punte van die aand was vir ons MJ Reimers wat die enigste deelnemer was wat 2 titels op die aand verower het, MNR Persoonlikheid en Debutant. Vir al die Finaliste wat die jaar nie 'n title verower het nie los ek julle met my lewens mot: Don't give up until you succeed.

By: Etienne Joseph

In this edition of Top Vibe Magazine, all eyes are on Hoërskool Transvalia.

Where do I begin...lights, camera, action oh, and before I forget FIRE!!

On the 12<sup>th</sup> of May, Hoërskool Transvalia held their annual Mr en Miss Valia. It was a spectacular event full of action, walks, and more FIRE!!

The theme was Hunger games. Natasha Menino-Costa was the organizer, director, and pageant coach from ACE Models Vaal who came up with this wonderful idea that blew everyone away. It was out of this world. Along with Mariska Smith the organizer from Hoërskool Transvalia. They have set the bar high this year with their first-ever outdoor show.

The finalist had amazing sequences and they all looked breathtaking with their evening wear all dressed in red, and the guys look awesome in their outfits.

Congratulations to all the finalists and winners.

Big applause for the outstanding performance by Deline Krog who took center stage and danced the night away, as well as Zalika, Rori, Kaylin, Tseolo, and Gia from ACE models Vaal who showed us how it's done with their model walk.

The music was on point, along with the one and only Martin Bester the MC who talked the talk and kept everyone entertained.

This will definitely be something for the books and everyone will remember it. Last but not least the crowd was amazing, cheered everyone on, and was full of energy.



This is the first event covered by our Ambassadors.

Thank you

Ed

# The Ultimate guide on How to be a Super DAD

# POW

A super-hero always rises when the world or indeed the odds are against him. He (or she) laughs in the face of adversity and keeps coming back from the lows with a single-minded focus to achieve his objective. Hence the concept of super-dads.

The world is much bigger, and at times scarier, than it once was. Dads far and wide of every nationality, race, religion and colour need to come together exactly like the Avengers to secure a brighter future for our children. Nobody can afford to go it alone, so here are 10 tips from DaddiLife to help you become a 'super-dad' to cope with modern day society. We believe in you.

So you have just finished a long stressful day at work. You get home from the busy traffic and you are starving and exhausted. At that point, the only human being in the world that could force you to drink a fake cup of tea from an empty plastic cup is your child. Being a super dad, is all about being able to smile and enjoy moments like that.

As a dad today, you will be tested by your children almost all the time. There are more outside influences than ever before and whilst you may feel the pressure and stress, just try and stay calm and patient. Your temperament and how you manage your stress levels are likely to be passed on to your kids in more ways than one and will also help how you bond as they grow.

Although science is yet to confirm but ask any dad today and they will tell you, 'dads love cuddles'. It obviously stems from a young age and the more open and affectionate you are with your child, they will reciprocate this back to you as they get older. Make it a routine, whether it's when you come home from work or you wake up in the morning so they know that daddy cuddles are constant and consistent.

There are some reading this who may be thinking but doesn't it depend on whether you have a son or daughter? The answer is NOT AT ALL. Whether you have a son or daughter, both will enjoy the fact that you tell them you love them and want to hold them when they need you or in general. It helps them feel secure, safe and assets a belief that they can turn to you anytime they need you.

Okay, so it doesn't mean you have to be a comedian all of a sudden but being able to make your children laugh and smile should be a crucial objective in making them happy. Every child is different but showing dad has a fun and lighter side will build trust and break down more barriers in your relationship.

In general, from a personal perspective, having a sense of humour about most of what you are faced in parenthood, is a great way of staying in control and coping with stressful situations. So don't be afraid to make a fool of yourselves and have a good laugh at the man in the mirror. Just a note, kids love impressions, funny faces and voices. Get practicing.

Fatherhood often separates the men from the boys so to speak. You are more often than not, out of your comfort zone in terms of knowledge and skills. For example, 2 years before being a dad, who would sit there and think, 'I need to learn to do nappies today'....

To elaborate on this, nappy changing dads are a great example of how by dads who are willing to learn, are really helping to progress our society.

You learn to become adaptable in terms of skills sets and you very quickly learn, that you have to be willing to learn (pun intended). It's all about attitude and it will help you develop as a dad faced with modern day challenges as you try to stay ahead of the game but also in your personal life and career helping you to cope better with new situations.

So you hate arts and crafts or if Peppa Pig is not your thing, your children will still need their super dad to be a part of their childhood experiences. Get involved in every aspect of their life so they know that no matter what, daddy will always be there and he cares.

In a selfish kind of way, it's also for your own benefit to fully enjoy fatherhood and build great memories for your family. As kids grow so fast, they move from one thing to another and you can blink if you miss it. That's what makes it even more important to become involved if you want to keep the bond between you strong.

As much as you would like to be 'fun dad' all the time, sometimes our children need their fathers to show strength in discipline. As dads, it is our responsibility to show our kids the difference between right and wrong, good and bad.

This is a grey area in terms of advice regarding how to discipline your children but the 'punishment' if we must call it that should reflect the behaviour it is referred to. Some dads prefer the 'naughty step' which helps the children associate and recognise that the behaviour is not acceptable. Other

parents may prefer more traditional forms of 'grounding' i.e no tablet or toys, perhaps something else they love to do. It really depends on what works for you and the personality of your child.

The most important tip in becoming a super-dad is to be yourself. After all, that is exactly what we teach our kids when we tell them they are unique and special. That doesn't change when you become a man or a father.

Your children want to get to know your interests and hobbies as well, they want to know what makes you tick and love you for the wonderful person you are. Yes there are rules, guidance and improvements you want to make when it comes to your children but it shouldn't take away the core of your personality. If you love football, make time for it and share it. If you enjoy cooking, make some time to cook together. It really doesn't matter what it is as long as it's true to yourself.



# Making it in Johannesburg!!!

By Lelanie van Niekerk

For most of us, our hometown is only known until the day we die.

Then there are people who have no choice in the matter and must find a way to prosper for themselves and their family. Here in Benoni, I have met a person like that she is here before anyone else and leaves late at night. Her name is Nomsa Kgabo. She grew up in Springs and now lives in Daveyton, Emaphupheni and runs a food vendor trailer in Benoni.

As the sun begins to show its glorious face, Nomsa is preparing for the day's orders. If you want to sample her deep-fried chicken and salads, make sure you order before noon or you will forfeit this meal.

Among the offerings of Nomsa are steak and boerewors rolls

Every now and then, we all find ourselves at a crossroads to decide left or right, one has a known outcome, the other has an unknown outcome - Nomsa did come to that crossroads once and chose to choose the unknown road - I'm sure that every day was not sunny, work hard early hours and had young children at the time. Whether she is a woman or a human being,

Nomsa's influence goes beyond her gender.

As Nomsa told me, her story is about the day that she decided that her past will not define her future, and then she started her business in a tent after getting retrenched from her job.

As Nomsa told me, she has the food trailer now and one of her children just started her second year at NWU University.

Nomsa's life decision on the road was unexpected to her but had been planned by God.

As we talked through the interview, I asked her, Nomsa: besides the food truck, what is your favorite thing to do in your spare time? She laughed and answered, it's going to church.

At Nomsa food trailers during lunch times, the soft gospel music hits you even if you don't understand a word, it's the peach fullness of being around Nomsa.

From a general worker with not much experience Nomsa made a change in her and her family's lives influencing a lot of people around her.

Should you ever be in die surrounding area of Golden Drive make a turn at Nomsa food trailer and make sure you get the deep-fried chicken and salads



## Meet Nomsa





# *Sincerely Anne stel musiekvideo vir Dying To Love You bekend*

**D**ie super-talentvolle kunstenaar, Sincerely Anne , het pas 'n splinternuwe enkelsnit vrygestel wat baie goed ontvang word deur top radiostasies en onmiddellik as 'n "HOT HIT" op Jacaranda 94.2 FM bekendgestel is!

**DYING TO LOVE YOU** , wat sy beskryf as 'n " waardevolle les wat sy in die lewe geleer het ", gaan daaroor om te aanvaar wanneer 'n verhouding nie werk nie en dit te laat gaan.

Die kunstenaar komplementeer die snit met 'n indrukwekkende musiekvideo wat by Victoria Yards verfilm is deur Ilse Moore, ondersteun deur Matthew Levings.

Anne het self met die konsep opgekom. Dit vertel die verhaal van 'n komplekse verhouding tussen 'n man en vrou, maar flitse van hulle realiteit laat haar beseft dat sy eintlik in 'n verhouding is met 'n winkelpop en nie 'n man nie. In haar poging om meer soos hierdie pop te word, beseft sy dat hy eerder in die winkelveenster hoort as by haar. Sy pak dan die reis aan om

hom te laat gaan en haar eie identiteit te hervestig. " Daar is baie waardevolle boodskappe en lesse in dié video vasgevang; van om te beseft wanneer jy moet laat gaan omdat jy besig is om die 'dans van liefde alleen te dans', tot om jou selfvertroue, mag en identiteit te hervestig en om dapper genoeg te wees om net jousef te wees," verduidelik sy.

Kyk die video hier: <https://youtu.be/aY9ILQAzB1o>

**DYING TO LOVE YOU** is haar vierde enkelsnit en volg in die suksesvolle voetspore van haar vorige treffer; **She's On Fire, Poison** en **Transcend**.

Die sanger werk tans aan haar debuut-album, wat later vanjaar beskikbaar sal wees.

**Die liedjie is nou op alle digitale platforms beskikbaar.**

**Apple Music:**

<https://music.apple.com/za/album/dying-to-love-you/1619778050?i=1619778051>

**Spotify:**

<https://open.spotify.com/album/4Th93RMI40jjIXqKcv0LLu?si=30NxfnAAS0uB3jHSBUL9Iw>

**Youtube Music:**

<https://music.youtube.com/watch?v=-DYSjyjDGEc&feature=share>

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# Why you need to donate blood

The Red Cross provides about 40% of our nation's blood and blood cell components to donors.

Your blood donations are used for patients in need of surgery, cancer treatment and transfusions for blood loss from traumatic injuries.

Want to know more about the blood supply in the SA Visit the Facts About blood donations on our SANB page.

**Why Cancer Patients Need Blood**  
For cancer patients, blood transfusions can act as a resource to implement platelets back into the body after heavy treatments such as chemo or radiation therapy.

For cancer patients, blood cells that are made in the bone marrow are often at risk. This lack of blood cell production can cause chronic diseases over time which may affect organs such as the kidneys, spleen and liver.

### Whole Blood Donation vs. Power Red Donation

As the name implies, "whole blood" donation includes all of the contents within the blood. This includes red blood cells, white blood cells, platelets and plasma. Whole blood donations are typically used to help patients fight cancer, blood disorders and traumatic injuries.

The Power Red donation enables the donor to safely donate two units of red blood cells at just one appointment! The Power Red

donation is similar to the whole blood donation, except a phlebotomist uses a special machine to ensure two units of exclusively red blood cells are collected. The machine returns the other blood components to you.

Think of it as a more efficient way to yield more fuel for patients. The Red Cross highly encourages donors with O+, O-, A- and B- blood types to try a Power Red donation. For more information on eligibility to donate visit the power red donations information page.

### Plasma Donation:

During a plasma donation, called plasmapheresis, blood is drawn from one arm and sent to the centrifuge that separates out the plasma. The red blood cells and platelets are then returned to you in the same arm. Plasma is used to help patients with severe burns, cancer or other potentially life-threatening conditions.

The Red Cross encourages donors with the AB blood type to donate plasma, as this is the universal plasma donor type. One donation provides up to four units of plasma for patients in need.

As you can see, blood donations are one of the most important things you can do to help others in need. There is no substitute for blood, and it can't be manufactured. Every day, blood donors help patients of all ages from all backgrounds.

**SAVE A LIFE PLEASE DONATE BLOOD.**

# Save a Life

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