Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 60

vaal.mobi
topvibemag.mobi

TFM 102.2 RADIO
Info-Fun-Music

show me

Visit our Website:
www.topvibe.co.za





Redakteurs nota

Moedersdag wat 'n wondelike dag, en wat 'n voorreg om 'n ma te kan wees. Moet vir geen oomblik dink om ma te wees is maklik nie. Ma wees is 'n voltydse werk. Iets wat niemand anders as net 'n ma sal verstaan nie.

Gelukkige Moedersdag aan al ons mammas daar buite, geniet die dag en al die bederf wat daarmee saam gaan. My Moeder is vandag by Ons Hemelse Vader en ek wil weer eens hierdie gedig aan haar opdra. Ek deel graag die gedig met elke ma, ouma of dogter of kind.
Hierdie is 'n baie besonderse gedig.
Die gedig is op bl 3 beskikbaar, sny dit uit maak vir ma 'n kaartjie of skryf dit in jou eie handskrif.

Kinders waardeer julle Moeders, hulle is kosbaare engele van God. Bederf ma vandag onthou dit is die klein gebaartjie wat saak maak, die handgemaakte kaartjie, en blommetjie uit die tuin, dit is die gedagte wat saak maak. Dit gaan nie altyd oor die duur winkel geskenke nie. Mammas is tevrede met enige iets, selfs net 'n drukkie of 'n soentjie sal ook haar hart vinnig laat klop. Ma's hou van enige iets, 'n koppie koffie of tee is ook welkom. Onthou om deel te neem aan ons Moedersdag kompetisie.

Mag julle moedersdag besonder wees vanjaar…en mag julle lekker bederf word, onthou Vadersdag is ook om die draai.

Groete Charms xox

Charms xx

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
Twitter: charmaine@topvibemagazine
Website: www.topvibe.co.za
Competition sms line: "Topvibe" 45522

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:
Tersia - Afrikaans
Isabel - English

Editor's photo - Photographer:
Charmaine - Hoi Poloi Photo Studio

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

D J OSSEWA-Briljantie



D J Ossewa het meer as sewe jaar gelede ontstaan op die plaas Ossewarus. D J staan vir Daniel Jakobus, die musikale een en die brein agter die klompie Afrikaners. Die Ossewa spreek vanself, aangesien die groepie manne almal baie kultuur-vas is en dan nog op die plaas ook groot geword het.

Die groep het oorspronklik uit vier lede bestaan. Daniel Jakobus, Jerbus die Leeuboer, Piet Pompies en Raapie Knaapie. Gedurende 2010 is hulle geliefde broer en lid. Raapie Knaapie in 'n noodlottige motorongeluk oorlede. Hy sal altyd onthou word as deel van die groep en 'n legende in die Afrikaanse musiekbedryf, stelselmatig het dinge ook op die plaas verander en soos reg-oor die wêreld het die manne gevoel dit is tyd om so bietjie te "re-invent". Hulle het vir Vet Frik verwelkom.

Daniel, Vet Frik en Jerbes die leeuboer toer steeds die land vol, maar keer na elke vertoning terug na hulle geliefde plaaslewe en kuier gereeld saam op Ouma Sanna Beskuit se plaas waar almal steeds familie is.
D J Ossewa het reeds 'n wen resep beet! Lekker Afrikaanse dans musiek met 'n komiese lewendige vertoning. Met hulle polsende ritme en moderne Afrikaanse dans musiek sorg hulle met hul nuutste album BRILJANTIE alweer dat almal wat wil partytjie hou, bymekaar kom saam op die wa spring.
Die musiekvideo van Briljantie word eersdaags vrygestel en die manne hou reeds die koffie en beskuit gereed om fees te vier!
Met hulle skerpsinnigheid, gekombineer met lekker ritmiese Afrikaanse musiek, kry DJ Ossewa dit reg om jou vir 'n wyle van swaarkry, misdaad en bekommernisse te laat vergeet.

Rinèl Day



Met 22 nommer 1's op radio-stasies regoor Suid- Afrika in 2013 en 'n 16de plek by 'n internasionale kompetisie waarby Celine Deon 2de plek geëindig het, is dit duidelik: Die talentvolle Rinèl Day is een dinamiese sangeres om voortaan dop te hou.

Rinèl wil geen steen onaangeroer laat nie in haar droom om musiek te maak nie. Dus het sy nie geskroom om ook self te begin skryf aan die liedjies wat op haar pas vrygestelde album, *Dit staan in die sterre* verskyn nie.

"Ek het geen van die liedjies op my debuutalbum. Rinèl Day geskryf nie. Ek het egter help skryf aan, die liedjies vir my nuwe album , *Dit staan in die sterre*, en dit bevat soveel meer van my eie styl.
Die lirieke en melodieë van elke snit op die album vertel 'n storie", het Rinèl vertel.

Die album bestaan uit 16 snitte en is 'n genotvolle kombinasie van beide ontspanne en opgewekte musiek. Die album is skaars vrygestel en vorder uitstekend.

Uitgereik deur: Vonk Musiek
Publisiteit en bemarking: Starburst Promosies
Vir meer inligting, kontak Alishia van Deventer
Sel: 083 635 4717 E-pos: alishia@starburstmusic.co.za

Gedig aan 'n Moeder.

Toe die Here Moeders geskape het, het daar 'n engel by Hom gestaan.

Die engel sê toe vir Hom U neem so lank met die een… Die Here sê toe Sy moet wasbaar wees, maar nie van plastiek nie, Sy moet 180 werkende dele hê almal vervangbaar sy moet met 'n soen alles herstel en sy moet ses paar hande hê, en dit is nie al nie ook 3 paar oë, 'n paar wat deur geslote deure kan sien nie, dan nog 'n paar agter haar kop wat sien wat sy nie kan sien nie, maar wat sy weet en die derde paar aan die voorkant waarmee sy na haar kind moet kyk en sê; "Ek verstaan en ek is lief vir jou" sonder om 'n woord met haar mond te sê.

Die engel sê toe vir die Vader dat Hy moet gaan rus en die volgende dag voort gaan. Toe sê die Here: "Ek kan nie , Ek is so na aan die skepping van iets so na aan MYSELF, Ek het reeds iemand wat haarself kan genees as sy siek is…. Wat 'n gesin van sewe kan versorg. "Die engel stap rond om die moeder en sê "te sag"

"Sag maar sterk sê die Here " Jy kan nie glo wat die moeder als kan verdra en doen nie. Sy kan dink, redeneer ooreenkomste aangaan"
Uiteindelik buk die engel vooroor en veë oor haar wang. "Daar is 'n lekkasie sê hy" "Ek het U gesê U probeer te veel in haar inbou. Toe sê die Here "Dit is geen lekkasie nie, dis 'n traan, Dit is vir vreugde, hartseer, teleurstelling, pyn, eensaamheid en trots!

"U is geniaal " sê die engel " Ek het nie die traan daar geplaas nie! Sê die Here!!!
Een van die mooiste gedigte wat ek nog ooit gehoor het, die gedig lê my baie na aan die hart.

Charms
Xox

NB: Hierdie gedig was gelees op my Moeder se begrafnis diens.



Embrace your curves and wear fashion that flatters your body type Part 2.


Deliwe Mulumba - Deeva Fab

Body shape is all about proportion, and fashion is all about dressing those proportions to look their very best. When you think about body types, don't focus on height and weight... focus on *shape*.
A slender gal can have the same body shape as a curvy gal, just as a short woman can have the same body shape as her taller friend. Each of us is unique — and our bodies are, too! Nevertheless, our body shapes are generally narrowed down to five general categories: pear, wedge, rectangle, apple and hourglass. You might fall into one category, or you might be a blend of two or more categories.

Once you've determined your body shape, you can begin to consider which fashion trends to embrace and which to avoid. Spend some time in front of the mirror and do a fair and honest assessment of your body. Then put these fashion tips to work for you!

Wedge body type


Wedge

Wedge-shaped celebs: Naomi Campbell, Demi Moore, Renee Zellweger, Teri Hatcher.

Wedge body traits: Also known as the inverted triangle, this body shape features a broad chest and wide shoulders which are large in proportion to a narrow waist and hips.
Your best asset: Your legs.
Your fashion goals: Accentuate your lower body while softening your shoulders and upper body.

Dos and don'ts

If you have a wedge body like Audrina Patridge's, then you want to draw attention downward to the narrower parts of your body, such as your waist and hips.

DO wear bright colors on bottom.
DO wear wide-leg pants.
DO wear full skirts.
DON'T wear spaghetti-strap tops.
DON'T wear boat neckline tops.
DO wear tops that call attention to your waistline.
DO experiment with high-waisted styles.
DO look for clothes that create the illusion of a waist.

Rectangle body shape


Rectangle

Rectangle-shaped Celebs:
Natalie Portman, Cameron Diaz, Kate Hudson, Hilary Swank.

Rectangle body traits: The waist, hip and shoulder widths are similar and are usually on the slim side. Slender rectangles have an athletic look about them.
Your best assets: Your arms and legs — and you don't have to minimize any body features.
Your fashion goals: Create curves and show off slender legs and arms.

Dos and don'ts

If your body is rectangle-shaped like Natalie Portman's, then you want to create curves where they don't necessarily exist.
DO wear scoop neck and sweetheart tops to create curves.
DO wear long jackets to create a lean look.
DO wear tops with collars, ruffles and details to flatter your chest.
DO wear a good bra that will make the most of what you have.
DON'T wear overwhelming styles.
DO layer to add more dimensions.
DO wear dresses with rucking. Cinches on sides are ideal.
DO have fun with colorful bottoms... feel free to experiment.

Don't miss the next issue where we will discuss the remaining dos and Don'ts of the remaining shapes. Like Deeva Fab on Facebook and stay stylish with Deeva Fab.

Deeva Fab is the official stylist of the Editor Charmaine of *Top Vibe Magazine* for 2014 functions.

PYRAMID SCHEMES

THE GOOD, THE BAD AND THE UGLY…

This article is dedicated to all of those who want to become rich, extremely rich… without much input or hard work A.S.A.P.!

Doesn't that sound like the perfect dream that many of us reach for and chase after for most of our lives?

Even though the harsh reality of financial dips and disappointments may lead to temporary disillusion, this dream always seems to secretly remain in our strive to wealth and success.

That's why most South Africans are gullible and easily susceptible to any advice,no matter what the source, that promises a better financial lifestyle.

Keeping that in mind, we want to focus your attention on the following pitfalls. There are many opportunities promising wealth with little effort- most of these schemes are illegal and it is imperative to acquire sound financial advice regarding these opportunities.

To make the best financial decisions, you need to understand the difference between Pyramid Schemes and Ponzi Schemes.*(In this issue we will focus in depth on the Ponzi Scheme (please don't miss the next issue*

where we will focus on the Pyramid Scheme)

PONZI SCHEMES:

Ponzi Schemes are unsuitable business modules promising the participant payments, by involving other people into the scheme, rather than supplying any real investment/product.

People are deceived into believing that by giving money they will make more money, however:

· No wealth has been created

· No product has been sold

· No investment has been made

· No service has been provided

A Ponzi Scheme generates income as long as the pool of investment capital increases at a faster pace than the accrued debt. These schemes are mathematically doomed to collapse, which makes these

schemes illegal. The classic Ponzi Scheme will be exposed immediately in any audit, as there is no source of revenue.

The investment pool is used to pay debts and according to generally accepted accounting procedures (GAAP),

the Ponzi Scheme is insolvent from the start and becomes even more insolvent as the scheme operates.

The focus of the Ponzi Scheme is investment. The scheme's operator usually claims to have a very "complex" system or a proprietary secret. The explanation of "how the system works" seems to be irrelevant, in comparison to the promise of incredible rates of return that is promised. The classic signs to watch out for is exquisitely tailored suits,

elaborate offices, generosity toward charity organizations and even involvement with the church. Many times

these signs are chassis "window dressing" that creates a false impression.

Ponzi Schemes are typically extremely successful at the start, but only until they collapse. In the beginning, everyone is

making money and everyone who wants their money gets paid out, until the regulators shut it down.

Please keep the following in mind, before giving the go-ahead to any financial opportunity:

1. Always be highly skeptical of schemes involving miracle products or the promise of enormous earnings at no or low risk.

2. Always decline to pay for anything or sign any contracts in pressure-filled situations.

3. Be diligent in checking claims, backgrounds and references.

4. Always get information about the investment in writing before investing. Any legitimate investment opportunity should

have an offering circular with specific, detailed information about the company and the investment.

5. If the promoter claims that the information is too complicated to understand, or if time is of the essence, pick another

investment opportunity.

6. Do not believe in secret strategies, proprietary programs or any other mysterious offerings – nobody should ever invest in

anything they do not understand.

7. Remember that no matter how good a product and how solid the market plan may appear to be, there is no "get rich quick" scheme.

If you are unsure about any financial opportunity presented to you, or if you need any financial advice, please do not hesitate to contact us at Profinan Services at (016) 423-2314

See advert on page 6.

CHANGING FACE IS BACK WITH A BRAND NEW ALBUM!



Local rock group, **Changing Face,** were first introduced to the SA music industry when they released one of their biggest hits, *Everything Changes.* Not surprisingly, their second single, *Forever or Ever Young* followed suit and hit the charts - even making it onto a national radio commercial.
7 Years down the line and **Changing Face** - more promising than ever are taking off where they last left off by releasing their long anticipated self-titled third studio album.
The beginning of **Changing Face** lies deep in the heart of the Vaal Triangle. Formally known as **Lloyd,** a one-man acoustic act, the need grew for more than a solo setup. **Changing Face** was formed and in 2006 they released their debut album, *Blind Fold,* followed by *So Real* in 2009.
The group is made up of four individuals from different backgrounds, but all with one thing in common. They live and breathe music. The key to this band is a combination of confidence hard work and talent. The group consists of Lloyd Peltier on lead vocals and guitar born in SA, bred in the US and now back in SA; Sam Moka on drums - originally from Nigeria; Ugo Moka on percussion - Sam's younger brother and newest member, Bruno dos Santos on bass guitar and vocals - born and bred in Vanderbijlpark. As diverse as the members of the group, this 13-track album that both fans, old and new, will appreciate. Known for their polished and energetic songs, each song offers an original and different experience. Together the band creates a fantastic up-tempo rhythm fused with Lloyd's smooth vocal work.
The album opens with the ballad, *Freedom Song* and picks up with the well-arranged track, *Giving In.* Lyrics of up-tempo tracks such as second single, *Fire with Fire, Soul on Fire* and *Lullaby* are accompanied by catchy guitar riffs. *Facing Changes* is a more solemn piece while rockier tracks like *Letters from Heaven* and *It's About You* showcase the band's masterful guitar work and harmonies. The album also contains other engaging and enjoyable tracks such as *Dusty Road* and the album's closing song, *Loaded Gun* (first single and music video).
The album was produced and recorded by Wayne Joshua Hirschson at Dream space Recording Studios in Cape Town. All four members of **Changing Face** co-wrote on the album."We rely heavily on our tight bond that we share as friends. We can write songs individually but we know how to tap into each other's experiences and talents to craft a great song together," says Lloyd.

They have collaborated with the likes of Lindsay McGuire, Mark Beling, Johan Laas and UMOJA and have shared the stage with some of South Africa's top musicians.The band takes their inspiration from the likes of Collective Soul, Pearl Jam, Dave Matthews Band, David Gray, Foo Fighters, Prime Circle and the like.
Changing Face always gives an unparalleled energetic performance. **Changing Face** regularly performs at various venues and events across South Africa and has even ventured abroad. When asked what they loved most about doing what they do, frontman Lloyd responded, "Playing music all over; seeing new places; meeting new people - life doesn't get better than this."
: About Entertainment (Jenny Valsecchi)
Website - www.changingface.co.za
Facebook - https://www.facebook.com/pages/Changing-Face/53754964640 **Twitter** - @ChangingFaceSA
MySpace - www.myspace.com/changingfaceband
Loaded Gun Music Video - http://www.youtube.com/watch?v=RsBj1Kp8Dgw **Everything Changes Music Video** - http://www.youtube.com/watch?v=4HxVam7nEdI



Ek Joke net 2.

Die poetsbakkers van *Ek Joke Net* is terug vir 'n tweede rondte se molês maak en hierdie keer is daar geen genade nie. Hoe reageer die niks-vermoedende slagoffers wanneer hulle hulself vasloop in die *Ek Joke Net 2* "pranksters"?

As goedgelowige lid van die publiek sal jy enigiets doen om tot 'n medemens se hulp te kom, maar wat gebeur wanneer die situasie heeltemal absurd raak en jy jou eie realiteit begin bevraagteken? Net voordat jy voel jy het heeltemal kop verloor, spring iemand met 'n kamera uit en heelaas, jy is uitgevang. Die poetsbakkers van *Ek Joke Net* is terug en hulle het weer 'n string slagoffers vir hulle kerfstok. Rondte twee bring 'n hele reeks nuwe poetse na die groot skerm en danksy die handjie vol weldoeners wat (onwetend) volhartig deelneem, is *Ek Joke Net 2* die lekkerste lekker van versteekte kamera genot. EK JOKE NET 2 begin op 2 Mei in teaters landswyd draai.

Akteurs:

Hannes Brummer
Solomon Cupido
Lelia Etsebeth
Richard Lukunku
Thokozani Ntulu
Yolandi Malherbe

Moet dit nie misloop nie.. Ooooo dit is vet pret, kry jou Popcorn en coke sit terug en geniet die fliek....

Business Cards





PROFINAN SERVICES
TAXATION • ADVICE • ACCOUNTING • AUDITS
REGISTRATIONS • ADMINISTRATIONS
SECRETARIAL SERVICES

Stefan Olivier

89 General Hertzog Road • Three Rivers 1929 • P.O. Box 263008 • Three Rivers 1935
Tel.: (016) 423-2314/3271 • Fax: (016) 423-1569 • E-mail.: info@profinan.co.za
Website: www.profinan.co.za

HOT POT
Paint & Hardware
VSH

108a Houtkop Road
Duncanville
PO Box 399, Vereeniging
1930, South Africa
FAX: 016 427 5525

Robbie Reid

TEL: +27 (0)16 428 5525/1113 or 427 5518
CELL: +27 (0)83 258 3330
E:Mail: robbie@hotpotpaint.com
www.HotPotPaint.com

BNI member
Like us on Facebook
www.HotPotPaint.com/facebook/

Verspreiding van Pamflette

Ons WAARBORG die verspreiding van jou pamflette!

Vanderbijlpark • Vaalpark
Sasolburg • Vereeniging

Kontak Charmaine - 072 768 8582



Hennie's Computers
"Rest assured, Quality you WILL receive!"

- Professional & Friendly, Experienced Computer Services
- Internet Protection & Security - Home & Business
- Virus Removal & Prevention
- Internet domains, e-mail, ADSL & Gigs, Mega Surf (farms)
- FREE fax to email - www.hennies.myfreefax.co.za
- Networks & Computers, Proper Setup
- Graphic, logo, video & Website design
- Databases & Software
- R114/m for 2GB, automatic online backup - FREE for home*
- Pastel, Quickbooks, Docs ANY data

★ Terms and conditions apply all prices excl labour

Have a look at www.myrolo.co.za

For ALL computer or IT needs
Hennie Roets
081 4322 306
support@henniescomputers.co.za
www.henniescomputers.co.za

SNOETE & SNORRE HONDE BADHUIS

Ria
083 261 0161

Neem honde in vir bad/snv tot 2uur.

Maak asb 'n afspraak om teleurstelling te voorkom.



Maplestraat 9
S.E.3
Vanderbijlpark

Kom haal en aflaai diens beskikbaar

Sanlam

Fritz Fourie B.Com, MBA, CFP®, IQA
Senior Financial Planner

PO Box 14178, Zuurfontein, 1912
Tel: (016) 932 1750
Fax: 086 688 4433
Cell: 082 572 6300
Email: fritzfourie@sanlam4u.co.za
Sanlam Life is a Licensed Financial Service Provider



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 avaiable in Deneysville and Oranjeville area.

Business Cards

Dashing Divas Hair Studio & Beauty 2 Perfection Beauty Salon

NEW ADDRESS

191 Louis Trichardt Blvd, SE6 Vanderbijlpark.

Cell: Monique @ 074 9128 652
Cell: Winonia @ 082 8309442

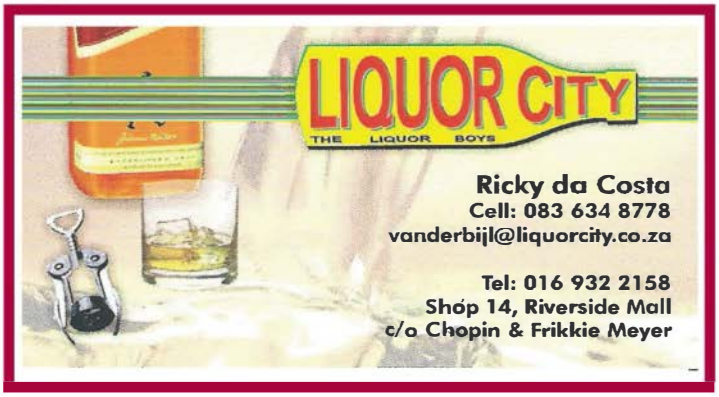
Spoil yourself with our avertab

Divas Love to be spoiled.....

with a Dash of colour .....

don't delay come and spoil yourself today.....





CompMed Medical Aid Services

Jan Bekker: 082 881 8307
(016) 423 5796



H/V ORWELL 16 &
GENERAL HERTZOGWEG
VEREENIGING
E- mail: bekker@compmed.co.za

Grow your Business
Be wise and advertise



PAINT BUSTERS
YOUR PAINT SPECIALIST
Chris du Plessis
082 895 0709





Ultimate Door
The Ultimate Retractable Security Door
SECURE YOUR WORLD
072 874 8228
jaco.jordaan@ultimatedoors.com
Jesus is Lord

Win with

Fathers day Competition.

Ocean Basket
your sole provider

Van der Bijl Park
Shop 25, Rive side Boulevard
C/O F ikkie Meyer & Chopin St, Van der Bijl Park
Tel: 016 932 3149, Fax: 016 932 3157

How to enter:

* Write a short fishing story, about you and Dad gone fishing.
* The story can be in English or Afrikaans.
* Please add your name and contact details.
* Send your story to: charmstopvibe@vodamail.co.za
* Closing date: 20 May 2014
* Winner will be contacted by Phone 6 June 2014

You can Win...

* 1st Prize Ocean Basket Voucher - Value R100 the winning letter will be publish in Top Vibe Magazine
* 2nd Prize Ocean Basket Voucher- R100
* 3rd Prize Ocean Basket Voucher - R100

Send your fishing stories, ask Dad to help you!!



Good Luck !!!



FUN PAGE!!

Top Vibe Mother's day winner of the flowers:

Stephen Jansen van Rensburg- there was 27 Easter bunnies. Congratulations to Stephen and thank you for all the SMS's.

Top Vibe Father's day competition:

See our Fathers day competitions on page 8 & 11.
Sponsored by:
Ocean Basket, Liquor City, Hoi Poloi, IFM 102.2 and Top Vibe.

Entries close 20 May 2014. Winner will be notified by SMS on 26 June 2014. You may enter as many times as you wish to in order to increase your chance of winning. Good Luck!!!!!!!!!!

My Kommin troon



Ek weet daar is alle tipes mense daar buite, die Engelse gesegde is mos "It takes all sorts to make up a world" maar ek kan nie help om soms stom geslaan te wees deur mense se stupidgeid nie.

Ek staan die dag in die hardeware winkel en kyk te lekker na al die verskillende verwe en produkte en saam met my is daar 'n vrou wat met 'n tydskrif loop en sy is op soek na die spesifieke produk wat in die tydskrif aangegee word.

Soos ek nou maar is kan ek nie help om 'n geselsie aan te knoop nie en kyk na die foto in die tydskrif. Dis die mooiste gestreepte wat teen die mure geverf is en ek stem saam met haar dat dit pragtig gaan lyk in haar slaapkamer.

Die outjie wat help in die verf afdeling kom uiteindelik daar aan en vra vir haar waarmee hy kan help. Sy vra of hulle die spesifieke verf produk aanhou en hy se ja. Sy wys hom ook die foto en die volgende oomblik vra sy "Kom die verf uit met die strepe?"

Hy vra: "Bedoel u dat wanneer u die produk gebruik, die strepe dan wonderbaarlik vanself verskyn?"

Sy antwoord toe "Ja"

Ek het my hande voor my gesig geslaan en weg gehol, want ek kon my lag nie hou nie!

Dus mense, nes ek dink ek sit rustig en veilig, kom ek op sulke gesprekke af en besef, my troon is in gevaar…..

Betty Boop





01 May:-	Jakkie Louw and Band Barnyard Vereeniging (016) 454 8380
07 May:-	Liani May Barnyard Vereeniging R100 p/p (016) 454 8380
10- 11 May:-	Steve Hofmeyr Barnyard Vereeniging R140 p/p (016) 454 8380
23 May:-	NG Driehoek bied aan Riana Nel. R110p/p tel: (016) 932 3218
28 May- 08 June:-	Winner Takes it all - ABBA Tribute show.

For more info about these events go to:
www.showmevaal.co.za/vaal
www.ifmradio.co.za
www.topvibe.co.za Stay tuned to the best radio station in the Vaal IFM 102.2
With Complements of Showmevaal , Top Vibe Magazine and IFM 102.2 Radio Station and Barnyard Vereeniging.

BARNYARD VEREENIGING
MUSICALS • ROCK SHOWS • LIVE BANDS

show me

Top Vibe Magazine
072 768 8582

IFM 102.2 RADIO
Info-Fun-Music

Distribution: ***Should you missed a hard copy, of the magazine go to our website www.topvibe.co.za or www.topvibemag.mobi we distribute 25000 copy's every month.***
Vanderbijlpark: *Palms shopping Center, Riverside Blvd shopping Center, Junction shopping Center, Nando's, Slap Chips, Corned, Riverside Hotel, Saspark Center, Butcher Boys, Dashing Divas, Pick a Pay, Cattle fish, Park Auto, Liquor City, Dros, Riaan Pools, Wimpy, IFM 102.2, Vaal.mobi.*
Vereeniging: *Liquor City, River Square shopping Center, Nando's, Wimpy, Rivera on Vaal, Medic- Cross, Hot pot paints, Burger Box.*
Meyerton: *Hardware & Supermarket, Multi- Save, Pick a Pay and Wimpy.*
Vaalpark: *Tarina Center, Dr Fourie, Henberg, Pizza Boss, Spar, Face and Body, My seepwinkel*
Naledi Industrial Park: *Restaurant, and all the businesses.*
Sasolburg: *Wimpy, Nando's, Checkers Center, Scooters Pizza, JM'S Spears.*
All advertising clients do get a copy.



E-MAIL **Sê jou Sê:** Het jy gedagtes, menings, stories of voorstelle om met ons te deel? Stuur 'n e-pos: charmaine@topvibe.co.za of pos 'n brief na Posbus 60130 Vaalpark 1946 GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.

Top 10 Risk Factors for Teen Addiction

SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. If you are a parent of a teenager, one of your major fears may be that your child experiments with alcohol and drugs, resulting in the development of an addiction.

Drug use is common among teenagers. By late adolescence, a recent study published in the Archives of General Psychiatry showed that as many as 78 percent of teens have abused alcohol and over 40 percent have used other drugs. No teenager is immune to the possibility of becoming an addict. However, there are certain factors that can increase this possibility.

Addiction has no single cause, but rather is the result of a combination of factors. According to psychiatrist, David Sack, M.D., there are ten major factors affecting teen addiction.

Here are the top 10 risk factors for teen drug addiction:

#1 Family history of addiction
Addiction has a strong genetic component. If a parent, grandparent, sibling or other blood relative has struggled with some form of addiction (drugs, alcohol, gambling, food, sex), your child is at greater risk as well. For example, children of alcoholics are two to four times more likely than other children to become alcoholics themselves.

#2 Impulsive personality
Early problems with impulsivity (the inability to control actions) and seeking thrills are associated with a higher risk for later drug and alcohol problems.

#3 Stress
Teens suffering from high stress are twice as likely to turn to alcohol and illegal substances. Boredom also puts teens at risk for drug and alcohol abuse.

#4 Having a mental health condition
Research increasingly shows that teens use drugs to find a solution to negative feelings or moods. Those who have depression, anxiety, personality disorders or other mental health conditions are at greater risk for self-medicating with drugs. Some of the disorders most commonly associated with addictions include attention deficit hyperactivity disorder, depression and anxiety disorders.

#5 Lack of parental involvement
Teens who do not have a close relationship with their parents, or who receive little parental monitoring or supervision, have an increased risk of addiction. Other related risk factors include low or unrealistically high parental expectations, inconsistent or severe punishment, and high levels of family conflict.

#6 Having friends who use drugs and alcohol
Peer pressure is a strong factor in the initiation of teen drug use. In an effort to fit in, look cool or just to satisfy their curiosity, teens are more likely to use drugs if their friends are using or have favourable attitudes toward drug use. The earlier a teen starts drinking or using drugs (often by age 10-12), the greater the risk of later addiction.

#7 Childhood trauma
Early childhood abuse, neglect and other forms of trauma are associated with greater risk for later addiction. Trauma can include emotional, physical and sexual abuse, neglect, having a mentally ill or addicted parent, losing a parent to death or divorce and violence. The more traumatic experiences a child has, the higher the chance of drug or alcohol problems.

#8 Perceptions about drugs
A teen who believes that drugs and alcohol aren't very harmful or that their parents approve of their drug use is far more likely to become addicted to drugs. Prescription drug abuse has been rising among teens, and they often believe these drugs are safe because doctors prescribe them. Most teens get prescription drugs from the medicine cabinet in their home or the homes of friends.

Teens also tend to look to celebrities to decide what is cool or trendy. Research increasingly shows that media influences and celebrity role models play a role by glamorising drug use.

#9 School problems
Teenagers who struggle in school are more likely to become involved with drugs or alcohol, particularly if their academic difficulties begin as early as primary school. Warning signs include having a learning disability, poor grades, bunking school, low motivation and poor bonding with classmates and teachers.

#10 Lack of community support
Living in a low-income community or one where drugs are easily accessible and recreation and sports programs are unavailable has been associated with higher levels of drug use.

Fortunately, each risk factor can be combated with protective factors, such as a strong parent-child relationship, opportunities for social involvement, academic support and clear standards for behaviour. Even in the teenage years, parents are extremely influential. By taking steps to shift the balance in favor of protection rather than risk, you can help your teen avoid a lifetime struggle with addiction. Contact SANCA Vaal for professional guidance in this regard.

SANCA Vaal Triangle is a Non-Profit Organisation. For professional help in addiction and awareness talks, contact SANCA Vaal Triangle: T: 016 933-2055. Facebook: SANCA Vaal Triangle. E: sancavaal@mweb.co.za . W: www.showme.co.za/sanca
Changed Hearts ~ Changed Minds ~ Changed Lives

Mans en hulle doedelsak

Ek sit toe mos nou een dag in 'n vergadering, en bekyk nou maar so na almal in die verloop van die vergadering en my oë val toe mos nou op twee mans mense. Maar kyk kan hulle nou vir jou woel in daai doedelsak. Mens sou sweer hulle het rooimiere. Kort, kort word daar gegrou en gesoek en geloer.

Dit is toe dat die vraag by my opkom. Wat sal 'n man nou in sy sak pak.? Ek kan nou maar raai so uit 'n vrou se oogpunt.
Ek sou dink miskien 'n lekkernuik ding, 'n knipmes, 'n sakdoek, 'n kam dalk 'n brilkassie, foon, beursie, miskien 'n pil vir so deur die loop van die dag... Sien dit is nou maar wat ek dink. Nou ja ek het maar net geglimlag en gewonder wat in daai sak aangaan. Dit hou vir hulle darm baie besig.

Ek het een van die mans gevra, en dit was sy antwoord oor dit wat in sy doedelsak is. Dankie Mr dat jy dit met ons deel. Skryfbehoeftes, kommunikasietools, onderarmsproei, bemarkingsmateriaal. "That's it!!!!!
Nou ja, daar kan nog lank bespiegel word oor wat nog in daai sak is. Ons almal weet natuurlik dat 'n man se doedelsak nes 'n vrou se handsak privaat is. Vir die wat nie weet wat 'n doedelsak is nie, dit is 'n man se handsak/ drasak, of so noem ek dit....

Vroue se handsake is natuurlik gebaseer op " 'n survivor kid" sy sal maklik kan oorleef vir 'n tydjie met als wat in haar handsak is. Party maal voel dit of jy 'n bodybuilder wil aanstelom jou handsak te dra, so swaar is die ding. Dames kom deel in die pret stuur vir ons 'n e pos en vertel vir ons wat dra jy als in jou handsak rond, jy kan anoniem bly - 'n dame se handsak is immers privaat. Ons sal nie jou naam noem nie wil net graag weet wat julle rondra saam met julle.
Stuur jou epos na: charmstopvibe@vodamail.co.za
Vertel ook vir ons of daar iets in jou handsak is waarsonder jy nie kan klaar kom nie? Die artikel 'n vrou se handsak - survivor kid sal in die volgende uitgawe geplaas word, sien baie uit daarna dit kan baie intressant wees.Maak seker dat jy dit nie misloop nie.

-- Die Vaalpark Kothuis -- Mark --

Aangebied deur :
Henry en Marlene Franck
Te : Primêre Skool Lumière
Vaalpark
Tel / Faks : (016) 971 - 2500
Sel : 083 - 231 - 7273



Teken tog aan op jou kalender, my Ou: vir almal wat hulle kriatiwe siele gelukkig wil hou staan Vaalpark Korhuismark se uitstalers op 30 & 31 Mei 2014 in die tou!
Met hulle handige hande en fluitige gaan hulle jou help om jou aftik-geskenklysie kaf te draf- daarmee kan jy hulle verseker vertrou. Wie wil in elk geval nou staan en aanlyn koop as jy op jou gemak deur ons stalletjies kan loop?



Ons ondersteun "pragtig en plaaslik" en hier loop die stroom van kuns en mooi stories dik: van droom op 'n swartbord, tot gekiek, geverf en getik... Kry hier teël decor verleidelike soetgoed, aweregse hiekelwerk, sandkunsklasse, vintage-memorabilia, houtwerkmssksels, hondejassies,handgemaakte kinderklere soos in 'n dogtertjieboetiek, tafelversierings van kaalkop se ontwerper, Nico Moolman se nuwe kinderboek- en bo alles - in die Teetuin 'n heerlike stukkie tuisgebakte koek!

TYE: Vrydag, 30 Mei: 09:30-18:00 Saterdag, 31 Mei: 8:30-15:30
www.xhibitors.co.za/vaalparkkothuismark





For all your cooling & refrigerating needs, there's only one way... And it's the RIGHT way!

Repairs, Installation & Maintenance of all makes of air con units. Cold rooms & Freezer rooms - Residential, Commercial & Industrial. Chillers Commercial & Industrial. Building maintenance & Electrical Installations.

24 Hour response. All work guaranteed.

Tommie: 082 875 8167 Service Manager

Louis: 082 946 0969 Manager

One Way Cooling (Pty) Ltd
Email: onewaycooling@gmail.com

Father's Day Competition

How to enter:
Did something funny happened to you and/or your Dad? Tell us about it!!
Send your funny story to: *charmstopvibe@vodamail.co.za* together with your name and contact details.

Competition rules:
Judge's decision is final.
No immediate family of any of the sponsors are allowed to take part in this competition.
Competition closes 11 June 2014. The winner will be announced 13 June 2014 on IFM 102.2

Prizes:- The winner will receive the following prizes:
Voucher R500 -*Liquor City.*
Photo shoot Voucher - R650 *Hoi Poloi.*
Short Radio interview on *IFM 102.2* with a picture in Top Vibe Magazine.

Hurry up and enter today!!..... make sure to listen to IFM... You can be a winner!!!!!!!!

Sponsors:

LIQUOR CITY
THE LIQUOR BOYS

Hoi Poloi
PHOTO STUDIO

IFM 102.2 RADIO
Info-Fun-Music

Top Vibe Magazine
072 7688 582







grow your business

We have the network to connect your business to a wide range of mobile websites in the Vaal that generates more than 1.3 million hits per month, and that means immediate exposure for your business! Call us today if you have the urge to increase sales or if you would like to expose your business to the 30 million cell phone users in South Africa. Why you ask?

Because we are all mobile...

[T] 082 8111 990
[T] 082 332 8550
[E] info@vaal.mobi

vaal.mobi

