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Issue 71

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TFM 102.2 RADIO
Info - Fun - Music

Marinna Joubert

Photo & venue Diary ~ by Charmaine

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Redakteurs nota


Charmaine (Editor Top Vibe) en Joshua na die Reën (Sanger)

Die "movie" Ballade vir 'n Enkeling.... Ek is seker die film lui vaag weg 'n klokkie by jou. *Top Vibe* was weer eens bevoorreg om die premiere van Ballade vir 'n Enkeling by te woon.
Wat 'n wondelike ervaring om jou held of heldin te ontmoet, en skouer te skuur met bekendes.
Die film is Amazing as mens dit met net een woord kan beskryf. Leon van Nierop het die TV reeks van ouds nou ook in film formaat vasgevang. Dit is 'n aan-grypende verhaal, 'n liefdes driehoek wat eintlik so onskuldig was met soveel hartseer en tog ook 'n bietjie humor.
Dit laat 'n mens dink oor die liefde. Die liefde kan soms so bitter seer maak en so onregverdig wees.
Ek het tot die slotsom gekom dat daar wel 'n fynlyn is tussen liefde en haat.
Hierdie is 'n fliek wat mens opnuut laat besef dat jy moet koester wat jy het. Hierdie film is een van daai moet sien movies!!!! Vat 'n sakdoek of sneusies saam jy gaan dit nodig kry.
Ballade vir 'n Enkeling is die fliek wat mens weer en weer kan kyk. Baie geluk aan die span wat hierdie film 'n groot sukses gemaak het. Die karakters was perfek gekies.
Charmaine (Red) is aangetrek deur: Pretty clothes for Pretty Lady (*Santjie*).
Grimering: Status Make up (*Charmaine van Rensburg*), Wimpers: *Adelle Snyman*.
Baie dankie julle !!!! Die fotograaf: *Charmaine Janse van Rensburg van Photo Diary & Venue.*.

Ek wil graag ons sake vroue uitnooi om ons te kontak ivm ons voorblad wat ook 'n artikel op bladsy drie of vier insluit. Ons plaas graag die fokus op ons dinamiese sake vroue in die Vaal Driehoek. Soms vergeet ons dat hierdie dames nie net sakevrou is nie maar ook vrou, en moeder is. Ons vertel julle graag meer oor hierdie sakevroue.

Vriendelike Vibe groete.Charms xoxox

Charms XOX



SAMA Nominasie vir talentvolle Pieter Koen.

Ons is super opgewonde om Pieter Koen by die Starburst familie te verwelkom en met dit saam het die aankondiging ook gekom dat hy vir 'n SAMA 2015 benoem is vir sy album *"Wat Die Hart Van Vol Is"*.

Baie geluk Pieter, met die nominasie ons hou styf duime vas vir jou!!

Pieter is een van daardie baie beskeie kunstenaars.

Foto van Pieter Koen verskaf:



Top Vibe Magazine

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Aesthetics



Week one: Guy versus Girl: Overall features
The girl's face looks like a heart. Her chin in pointy, her hairline round and her forehead straight up.
The guy has a squared form face with an M-hairline, broaden square jaw and forehead that slopes backwards.
The so called Adam's apple is more visible in men than in women. A combination of botulinum (guy's called Bro-tox) and dermal fillers like.

Week two: Guy versus Girl: Forehead

The girl's forehead, the brow bos.g. a 8 – 10 point liquid lift, can be used to enhance male and female features.sing (bone ridge running across the forehead) is less pronounced and flattened. In the guy there is prominent brow bossing.

Botulinum on the forehead makes men and women look younger, less fatigued and vibrant. Interesting we may need more of the neuromodulator (botulinum) for men as their muscles as stronger and bigger. Frown lines we use up to 8-16 units of Botulinum.

Week three: Guy versus Girl: Eyebrow

The guy's eyebrow there is a straighter and thicker eyebrow. The eyebrows are just under the eye's upper rim. In the girl the eyebrow is higher than the eye rim, usually rounded and thinner. Her eyebrows can be adjusted by means of injecting Botox in different muscles to alter the appearance.

Side effects to the botulinum injections is that there could be for ptosis of the eyelid (hanging of the eyelid) or Mephisto (outer end of eyebrow is higher). Good assessment beforehand helps preventing these side effects.

Week four: Guy versus Girl: Nose

The girl's nose is generally smaller and thinner. She has a narrower bridge and nostrils. There is a more concave profile from the side and the tip of her nose is more pointing upwards and there is a blunter tip. In guys, they're noses are bigger with smaller mouth.

Between the outer nostril edge and the corner of the mouth is the nasolabial fold. These may sag and become deeper with ageing. This can be improved by means of dermal filler techniques. Giving a much younger look. The nasal bridge can also be straightened and corrected by dermal fillers. Lifting the tip of the nose a twofold technique of botulinum into the nasalis muscle and dermal filler at the base of the septum. The so called "bunny lines", which are wrinkles next to the nasal bridge when smiling of lifting your nose, can be softened by means of botulinum treatment.

Week 5: Guy versus Girl: Cheeks

The Girl's cheek bones as rounder and fuller together with the cheek bones that are higher and more forward. This gives her a more triangular face. The Guys usually has hollow cheeks because of flatter cheek bones and thus giving a more square face.

Using dermal fillers in the correct places the feminine cheek can be restored or enhanced and the men can look more masculine and youthful. Lifting the cheek bones may also improve the sulcus of the nasolabial fold.

Week 6: Guy versus girl: Lips

Although this area is seen as a supposedly easy, there are many ratios to take into account. In the Guy the distance between the nose base and the upper lip is longer than in the Girl. This area also has a backwards slope in the girl. At rest the girl's lip is more relaxed, slightly open and a bit of the top teeth is visibly. This gives a younger look.

However if too much teeth are shown especially when smiling, this is called the "gummy smile". This can be treated by botulinum injection into the correct muscle attaching to the upper lip.

If the mouth corners are pulling down, giving a saddened look, then these can also be released by injecting botulinum toxin into a specific muscle. Around the mouth, there are many therapies available to improve youthful look.

The Girls' upper lip is slightly longer than her lower lip, where the lower lip has more volume. Her upper lip has a backward slope. In the Guys' will almost see a rectangular shape, ratio of upper and lower lip more equal. When treating the lip with dermal filler, we can improve asymmetry, establish correct ratios, improve definition and by means of projecting and volume, augment the lips.

Week 7: Guy vs Girl: Jaw and chin

The jaw in an attractive Guy is usually more broadened and heavier built, where in the Girl it is pointy and narrow. The angle of the jaw in a Guy is usually more prominent and joint line drops down straight. In the girl, the joint line slopes gradually down to the chin.

With botulinum we can relax the chin that is puckered and lengthen it as it tends to lift upwards when we age. Dermal filler can also help to remove chin lines and improve the jowls and straighten out the Marionette lines (groove from the corner of the mouth to the jowl). Dermal filler can be used to help making the Girl chin thinner and pointy and in the Guy broader and stronger. In the chewing muscle botulinum toxin can be injected to improve spasm called bruxism. The corner of the jaw in the Guy can be made prominent making him look more masculine and attractive.

Week 8: Guy versus Girl: Eyes

In the Girl the eyes appear larger due to her flattened forehead, higher cheek bones and higher eyebrows. Larger eyes are considered to be more attractive and feminine.

The frown in between the eyebrows and the wrinkles around the eye (i.e. crow's feet) can be treated with botulinum. Irregularities or the tired looking eye can be opened up by means botulinum. Dermal fillers are used to treat the black rings under the eye called the tear troughs, as well as wrinkles on the forehead.

By Dr. Quinten D Fourie (MBBCh, Wits)
Algemene, intergratiewe en estetiese dokter
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Top Vibe Magazine

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Guess who is going to be on the next Cover page?
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Watch this space for the behind photo shoot ' scenes"



SANCA Vaal Triangle : In addiction knowledge is power!

If you have a loved one suffering from an addiction, we at SANCA Vaal believe that to truly be t, one needs to know what addiction actually is.

Also, how is addiction different from a steady habit?

What Is Addiction?

What Causes Addiction?

People with an addiction do not have control over what they are doing, taking or using. Their addiction may reach a point at which it is harmful.

Addictions do not only include physical things we consume, such as drugs or alcohol, but may include virtually anything, behaviours like gambling to seemingly harmless products, such as chocolate - in other words, addiction may refer to a substance dependence (e.g. drug addiction) or behavioral addiction (e.g. gambling addiction). In this article, we are focusing on addiction to physical substances.

In the past addiction used to refer just to psychoactive substances that cross the blood-brain barrier, temporarily altering the chemical balance of the brain; this would include alcohol, tobacco and some drugs.

A considerable number of psychologists, other health care professionals and lay people now insist that psychological dependency, as may be the case with gambling, sex, internet, work, exercise, etc. should also be counted as addictions, because they can also lead to feelings of guilt, shame, hopelessness, despair, failure, rejection, anxiety and/or humiliation.

When a person is addicted to something they cannot control how they use it, and become dependent on it to cope with daily life.

A habit may eventually develop into an addiction Many of us can use substances or become engaged in activities without any significant problems. Some people, however, may experience damaging psychological and/or physical effects when their habit becomes an addiction.

So what is the difference between a habit and an addiction?

Addiction - there is a psychological/physical component; the person is unable to control the aspects of the addiction without help because of the mental or physical conditions involved.

Habit - it is done by choice. The person with the habit can choose to stop, and will subsequently stop successfully if they want to. The psychological/physical component is not an issue as it is with an addiction. Put simply - with a habit you are in control of your choices, with an addiction you are not in control of your choices.

Addiction to substances or activities can sometimes lead to serious problems at home, work, school and socially. The causes of addiction vary considerably, and are not often fully understood. They are generally caused by a combination of physical, mental, circumstantial and emotional factors.

Addiction, often referred to as dependency often leads to tolerance - the addicted person needs larger and more regular amounts of whatever they are addicted to in order to receive the same effect. Often, the initial reward is no longer felt, and the addiction continues because withdrawal is so unpleasant and beyond voluntary control.

Withdrawal has many meanings, one of which is A psychological and/or physical syndrome caused by the abrupt cessation of the use of a drug in an habituated manner. When an individual persists in use of alcohol or other drugs despite problems related to use of the substance, substance dependence may be diagnosed.

Compulsive and repetitive use may result in tolerance to the effect of the drug and withdrawal symptoms when use is reduced or stopped. This, along with Substance Abuse are considered Substance Use Disorders.. Addiction may include prescription medications

Most people think of illegal drugs when they hear the word "addiction". However, prescription drug addiction is becoming a serious public health problem.

If you suspect that a loved one may be an addict, contact us and we peruse our blog: sancavaal.wordpress.com to arm yourself with as much information possible.

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http://za.linkedin.com/pub/kevin-holcroft/77/47/788/



Meet Business Woman Marinna Joubert.

“Beautiful, Captivating, Lovely, Worthy.....these are some of the words that comes to mind when I think of women.

The sad thing about this is that most of them don't believe it..

Becoming Myself Image Consultancy is a God-given gift..a gift to empower and uplift, to build and to motivate.."

Marinna Joubert have a passion for women and the upliftment of them since she can remember...to help her friends to believe in themselves was always very important to her, even when she was still a young school girl.

After 15 years as a chemist at SASOL, she decided that the time has come to move on and qualify herself as an Image Consultant.

Becoming Myself Image Consultancy was formed in 2014 with the aim to uplift and transform women with a holistic focus and intent. With the backing of professional training with *Retah McPherson Image Academy* and *SA Image Academy*, the consultancy has formed a credible avisory base.

"If I can help a woman to feel better about herself by just helping her to find her best colour or wearing the correct clothes according to her unique figure, then I have accomplished..."

But why Becoming Myself? "We are so bombarded with the media and social network, from all over the message is clear- we need to be perfect, slim and pretty to be accepted in society...what happens is that we as women always compare ourselves with other women, we figuratively speaking weigh ourselves and almost always we are found to be too light.

The heart of this consultancy is to softly touch the heart of a woman and influence her to become herself. Only when you start this journey towards yourself and start excepting yourself, true happiness for the unique woman you are will come."

Becoming Myself Image Consultancy is of the opinion that women and girls from as young as 12 can greatly benefit from this life-transforming secrets.

Services:

What can you expect from a color consultation?

YOU RECEIVE: Your own personalised colour swatch (incl. 60 different colours) plus a 36-page A4 colour book, which includes all the following information:

** Which 1 of 12 different colour groups you are.*

** Your required Contrast Level(s) for clothes and hair colour.*
** Which Fabrics and Patterns suit you best.*
**Your Hair Colour and Eye Colour options.*
**How to wear black.*

** Discover the link between Your Personality and Your Colouring.*

** Your Face Shape to help you select eyewear, hairstyles, earrings, hats etc.*

** Make-up using your correct colours.*

** Our Swatches are now also PERSONALISED for your specific skin tone*

What to expect from a Style Analysis:

** Will help a person overcome shopping difficulties.*

** Is designed for any age, weight, shape or size.*

** Covers garment and accessory types including necklines, hem lengths, jacket lengths, skirts, pants, shoes, swimwear and even lingerie.*

** Also includes your Dress Personality and how to dress to appear 1 size smaller!*

What to expect from Wardrobe Planning

** To clear out some of the “dead wood”*

** Determine what works and what does not*

** Identifying the gaps in your wardrobe*

** To co-ordinate clothes which will mix and match easily and effortlessly to meet your lifestyle needs*

** To determine what items you need to purchase to fill in any gaps*

Style and Image Talks

** 45 minutes to 1 hour of entertainment*

** Basic style aspects: why women make mistakes, horizontal and vertical body types, influence of bone structure on your wardrobe, face shapes*

** Basic colour aspects: warm and cool seasons – where do you fit in, how to use colour to your advantage, creating focal points, how to cheat*

** Shopping: Helpful hints – what to do, what to expect, how to approach it*

** Ideal for ladies mornings, mother-and-daughter teas, etc.*

Services also available:

* Matric Farewell Dress Assistance

* Teenage Girl Parties

Marinna is looking forward to hear from you and would be honoured to help you to become YOURSELF.

To get in contact with her you can email her at marinnajoubert@gmail.com or contact her at 079 130 3530.



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Bettie Boop is bekommerd oor haar troon!

My kommin Troon.



Betty Boop

Somtyds is die mense wat jy ontmoet baie snaaks. Ek kon nie help om te dink aan die storie van so paar jaar terug nie.

Ek het by die Landdroskantoor op 'n klein dorpie gewerk. Hoekom die staatsdiens dit op daardie stadium goed geag het om die domste van dom mense aan te stel vir sekuriteitswagte, weet geen mens nie, maar so gebeur dit dat ek elke middag moet bank toe loop met een van die skepsels.

Die een se naam is Bekker*

Nou Bekker en sy vrou sukkel al baie lank om kinders te kry en ongelukkig moet almal by die Landdroskantoor die hele tyd na al die stories luister, of ons nou wou of nie.

Bekker het al verskeie ander van sy kennisse op die klein dorpie gevra of hulle nie wou instaan om sy vrou swanger te maak nie en niemand was te vinde vir daai een nie!
Dis na al die episodes wat ek en Bekker die dag bank toe stap terwyl hy my baie opgewonde vertel sy vrou 'demonstreer' nie meer nie.

Ek probeer my bes om kop of stert van die gesprek uit te maak, maar niks! Uiteindelik kom ek agter, soos wat hy praat, dat hy eintlik bedoel sy menstrueer nie meer nie, dus moet sy swanger wees!

Ek kon my lag nie hou nie.

Groete Bettie Boop.

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30 May:-	Ray Dylan R110 p/p Barnyard Vereeniging.
03 June:-	Barry Hilton R120 p/p Show not to be missed Barnyard
27 June:-	Riana Nel R120 p/p Barnyard Vereeniging (016) 454 8388

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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.

P J Cruz
Maak nasionale debuut met TE GOED OM WAAR TE WEES!!



The Hit Factory Records is verantwoordelik vir vele Afrikaanse #1 Albums en stel met trots bekend: P J Cruz - TE GOED OM WAAR TE WEES. Hierdie is Cruz se nasionaledebuut album en dwing beslis respek af. Die musiek spreek tot 'n inklusiewe Afrikaanse gehoor en met sy rasperstem, alombekendheid op die platteland en sy aantreklike Afrikaner -man voorkoms wag daar beslis 'n blink toekoms vir P J in die Suid-Afrikaanse musiekbedryf.

P J het vir hierdie album sy lyf skrywer gehou maar ook befaamde skrywer soos Christoph Kotze, Ampie du Preezen, Johan Oberholzer ingespan. Onderleiding van vervaardiger, Murray Lubbe, kom hier 'n unieke debuut wat 'n heerlike eksklusiewe klank mee bring en beslis tot die Afrikaanse publiek gaan spreek. Dit het hy reeds bewys tydens sy onlangse optredes in London en Suid- Afrika as deel van London Goes SA en SA Goes London waar hy die verhoog met talle van ons land se grootste sterre gedeel het.

P J is die enigste seun van drie kinders en is op 5 Januarie 1977 in Bethal gebore. Hy het skool gegaan by Learskool Kallie de Haas en Hoërskole Wagpos Brits en HoëveldMorgenzon en groot geword in 'n musikale familie wat hom deur en tyd blootgestel het aan verskeidenheid musiekstyle. Hierdie blootstelling het bygedrae tot die eie uniekestyl wat hy vandag het.

Op skool het hy op provinsialevlak in sport uitgeblink en sy liefde vir musiek moes eers op sy geskuif word, maar op die ouderdom van 25, na 'n jaar in London, besluit hy om homself te leer kitaarspeel, 'n besluit waar oor hy nog nie vir 'n oomblik spyt was nie. Hy het sy eerste liedjie geskryf en weereens besef dat musiek sy groot passie is! So het sy solo loopbaan afgeskop en kort voor lank het hy talle getroue aangangers gehad.

1000 optredes later en met meer as 'n 100 liedjies uit sy pen, is P J 'n gevestige kunstenaar en liedjie skrywer wie se populariteit bly toeneem. Hy het ook in 2010 die top 10 gehaal in Huigenoot Tempo se liedjie skrywer kompetisie. Hoogtepunte tot op datum sluit in optredes by Innibos Nelspruit, London Goes SA by die Apollo Teater Hammersmith London en SA Goes London by Carnival City.

Kits feite:
Belangstellings: Jag, golf, diepsee hengel en sports
Gunsteling tydverdryf: Middag slappie
Mentors: Murray Lubbe / Ampie du Preez
Gunsteling sanger: Neil Daimond en enige country musiek.
Gunstelling kos: Sushi

P J woon tans in Pretoria -Oos en droom tans daarvan om die Volkslied op Loftus te kan sing.'n Droom wat heel moontlik in die nabye toekoms vir hom bewaarheid sal word!. Kyk gerus uit vir P J op Jukebox 4 April 2015 en op Toks & Tjops op 17 April 2015.

Facebook: https://www.facebook.com/pages/ PJ-Cruz/311146675633463
Twitter: @pjcruzlive
Verspreiding: Coleske Artists
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Abigail van Niekerk Palm die titels in.



Foto van Abigail verskaf

Abigail van Niekerk het haar model loopbaan begin in 2009 by ChanteniqueSjarme en Afrondingskool.
Sy het dadelik aan kompetisies begin deelneem naamlik.

Miss Queen of the Universe
(1ste Prinses in 2011)
Miss Denim & Jeans (1ste Prinses 2012)
Miss Medicross (Wen in 2012.)
Mej Valentyn (Wen 2014)
Mej Outdoor - X (Wen in 2014)
Mej Rainbow Nation (1ste Prinses 2013 en 1ste Prinses 2014.)
Mej Nations (1ste Prinses 2011)
Miss Exquisite Valentine (Miss Congeniality 2013)
Miss World (1ste Prinses 2013, Wen 2015)
Miss Pageant (Top 5 - 2013)
Miss Queen of the Vaal Dam (Wen 2013, Photogenic, Best Ramp Model)

SA Championship (1x Silver in 2010, 1x Gold, 1x Silver, 1x Bronse in 2011, 2x Silver,3x Bronse in 2012, 1x Gold, 1 Bronse in 2013 en 1x Silver, 1x Bronse in 2014)
Lalent Africa (1x Silver, 3x Goud, Top 10, 1ste Prinses in 2013, 5x Goud, 1x Dubbel Goud, Beste Runway, Beste Junior, Top 10, 5 jaar, Wenner in 2014)

Mej Unitaspark (Wen 2013)
Miss JNR SA (2nd Prinses, Top 10 votingline in 2013, 1st Prinses, Top 10 voting, Wen Pre-Teen Gauteng en Miss Congeniality in 2014)
Miss Ultra Mix (Miss Photogenic 2013)
Miss Winter (Wen 2013)
Miss CIBS (Wen 2013)
Mej Lente (2de Prinses 2013)
Little Miss SA (Top 10 in 2011, Top 10 in 2012, Top 10 in 2013 en Top 4 in 2014)
Miss Dros (1ste Prinses in 2014)
Mej JNR Skole (Top 5 in 2014)

SA Talent Model Champion (1x Goud, 1 x Bronse, 6 x Silver medalje's. Talent Wenner en Overall Talent Model Wenner in 2014. 1x Goud, 6x Silver Overall Talent Model Wenner in 2015.
Little Miss Tourism Vereeniging (Wen in 2013)
IMTA (Top 20 in 2015.)
Miss Petite World SA (Wen 2015)

Hoogtepunte:

2012 - Bulgaria - Little Miss Planet, 2de Prinses en Wen Little Miss Model.
2013 - New York - Talent America, Wen Miss Talent America Youth Model en Most Professional Youth Model.
2014 - Portuguese Island - MFC Cruise, Wen Queen of the Ocean en Best Model en Overall Wenner.
2015 - Terkey: Ons vra asseblief vir enige borge sodat Abigail vanaf 6 - 16 Mei 2015 in Turkey kan gaan deelneem aan Miss Universe en Suid Afrika te gaan verteenwoordig.

Abigail is nie net 'n model nie, met uitstekende akademie doen sy ook Netbal, Hokkie Landloop, Hekkies, Hoogspring en Langafstande.
Sy doen ook graag drama, dans en speel ook bietjie kitaar.

Hierdie meisiekind het hope talent, sy is maar net 10 jaar oud en is in Laerskool Vryheidsmonument.

Abigail se droom is om eendag as Top model en aktrise in New York te gaan werk.

Ek is seker dit is nie onmoontlik nie. Baie geluk Abigail met so baie wat jy vermag het en dit in so kort tydperk.

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