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Issue 64



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Redakteurs nota

Dames, skuif nader hier is iets wat julle nie mag misloop nie. Ons vier "Eva." Wat is Eva en hoe lyk die moderene Eva? .
Ons doen dit ten bate van "in my voetspore". Nooi 'n vriendin of twee, en kom geniet 'n heelike kuier saam met die Eva's. Dit gaan vet pret wees!!!!
Jy kan selfs aantrek in die manier hoe jy jouself as 'n Eva sien.
Ek is baie opgewonde oor hierdie dag. Dames dit gaan 'n dag propvol pret wees en die geldjies gaan vir minder bevoorregte mensies.
Sien die advertensie op bladsy 8 en koop vroegtydig jou kaartjie.
Kom aan girls, Sien jou daar.!!!

Been spoiled at the Body Sense Day Spa:

Pieter Fourie the Co-ordinator of Body Sense Day Spa in Sandton, Fourways invited myself and Charmaine the Owner and photographer of "Photo Dairy and Venue" to experience a ½ day Spa package. Wednesday at 9 am we arrived at the Spa.
Pieter received us with a warm welcome. We got to meet the staff, and then Pieter took us to the dinning room, where we were spoiled with a breakfast.
There after we went to the changing rooms to fit into a comfortable gown and slippers. Rebecca with (8 years experience) and Melissa with (13 years experience) started professionally with the treatment first of with a Hydrating Facial followed by Scalp, neck and shoulder massage which was heavenly. We prepared our selves for a pedicure whilst sipping on a Sherry. Bronwyn Craig is the Managing Director of the Body Sense groups that owns three branches namely Body Sens Boutique Cradlestone in Krugersdorp, Body Sens Boutique in Nikkolway Sandton and this one in Chartwell.

Beauty Therapist Rebecca is inspired and motivated by restoring energy and relaxation back into her clients body and mind. Beauty Therapist Melissa says the she is able to give peace relaxation and total satisfaction to her clients. This is two very special ladies, who value and care about their clients.


Mellisa and Rebeca

Top Vibe will most definitely advise our loyal readers to take the time to spoil yourself at Body Sense Day Spa.
We have great news one of our lucky readers can stand a chance to WIN the same amazing package, by sending us a e-mail telling us why YOU need to be spoiled.? Closing date: 23 September 2014.
Email: charmstopvibe@vodamail.co.za

I think that I should make this a more regularly experience instead of a once in a life time experience.
Thanx a million - Mwha xoxo

Charms
Xx



Left to right front: Melissa, Bronwyn, Rececca. Left to right back: Masline and Pieter.

Thank you for spoiling us !!!!!

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Body Sense DAY SPA



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Kosbaar

As jy n kansie het, lees die asb,dis regtig so kosbaar.

1. Die beste manier om iemand “terug te kry” is om te vergewe.

2. Voed jou geloof en jou twyfel sal sterf van die honger.

3. Tensy jy die hele skepping kan skep in 5 dae, is dit miskien nie so ‘n goeie idee om vir God voor te skryf nie.

4. Suksesvolle huwelike is nie om die regte persoon te vind nie maar om die regte persoon te wees.

5. As die Gras groener is aan die ander kant van die draad, kan jy verseker wees die waterrekening is ook hoër.

6. Woede is ’n toestand waar die tong vinniger werk as die verstand.

7. Jy kan nie die verlede verander nie, maar jy kan die huidige ruïneer deur te bekommer oor die toekoms.

8. God gee altyd Sy beste aan hulle wat die keuse aan Hom oorlaat.

9. Alle mense glimlag in dieselfde taal.

10. ’n Drukkie is ’n groot geskenk! “One size fits all”!

11. Almal verdien om bemin te word.... Veral hulle wat dit nie verdien nie.

12. Die werklike maatstaf vir ’n man se rykdom is wat hy belê het in die lewe hierna.

13. Elke een het skoonheid maar nie almal sien dit nie.

14. Dank God vir wat jy het en VERTROU HOM vir wat jy benodig.

15. Indien jy jou hart vul met verwyte oor gister en bekommernisse van môre, het jy geen vandag om voor dankbaar te wees nie.

16. Indien iemand iets slegs van jou sê, leef so dat niemand dit glo nie.

17. Geduld is die vermoë om jou “engine te laat idle” terwyl jy voel jy wil jou” gears strip”.

18. Harde woorde breek nie bene nie maar wel harte.

19. Liefde word versterk deur saam deur konflik te werk.

20. Om uit die moeilikheid te kom, moet mens gewoonlik daardeur.

21. Ons neem as vanselfsprekend aan die dinge waarvoor ons moet dankie sê.

22. Liefde is die enigste ding wat verdeel kan word sonder dat dit minder word.

23. Neem tyd om te lag want dit is die musiek van die siel.



Lacking Motivation?

5 steps to get back on track.

By Dr. Ivan Misner.

Not long ago, a member asked me this question:
was wondering what do you do when your motivation level is lacking, as well as your self-esteem? What do you do to regain the motivation needed to move on with your plans and pursue your networking endeavors?

This is a great question, and here’s my answer:

First of all, let me say that I am as certain of what I’m about to say as anything in my life – **motivation comes from within you, not from outside you. No one can motivate you but yourself.** I’m speaking long-term motivation. Many years ago, author Frederick Herzberg wrote in the *Harvard Business Review* that others can motivate you but only in the short term. He called that KITA (Kick in the… Anatomy). That’s really what he called it!

On the other hand, long-term motivation comes from within. So, that begs the question – as a business person, how do you motivate yourself when your motivation is low? First, you should understand that virtually all people have to deal with this at some point throughout their professional lives. I’ve never met anyone who was immune to this. (I certainly am not.) So, what do I do as an entrepreneur and businessman when I feel down?

Here are some of the things that have helped me:
1. ***Minimize contact with negative people!*** That’s not always possible, but do it as much as you can, and at least for a short while. I believe that some people complain as though it were an Olympic event! Keep clear of them while you are trying to get your mojo back.

2. ***Maximize time with people who refuel your energy!*** You become most like the five or six people you hang out with the most. Hang out with people that make you want to “do” and “be” better. Set some meetings with them. Go to some business events together – anything that puts positive people around you.

3. ***Read/listen/watch positive things.*** If you are feeling down, read a positive book. Listen to an audiobook or podcast with a positive message. Watch something that makes you laugh! Surround yourself with things you love that influence you positively. Let them into your life as much as possible.

4. ***Prioritize the things you want to do and must do.*** Make a list. As a business man, I live by lists. The more I can get a handle on the things I need and want to do – the easier it is to tackle them.

5. ***Eat the elephant one bite at a time.*** Take that list you’ve created and tackle a few items EVERY DAY. If you really do this you will be amazed at how much you accomplish. The more you accomplish, the better you will feel. They feed each other.

There’s plenty more we can do to generate motivation, but I believe the list above is a good start. Also, keep this in mind: if your motivation is low it helps to step out of the small picture (the day-to-day) and remember the big picture – why you are doing what you do. Allow yourself to be motivated by your bigger vision, and let your goals drive you. Remembering *why* you are doing what you do in business can most certainly help you find some new energy to keep going.

If you’re still struggling with motivation after reading and trying the above, here’s a great suggestion from one of my friends: Let your to-do list (suggestion no. 4) be driven by a short term goal – what would you like to achieve in the next week or – at most – next month, that inspires you to act today? A small “win” can be very motivating.

Kaleidoskoop



Jouba en Anique Jordaan: dieselfde van, maar geen verwantskap, behalwe hul liefde en passie vir musiek. Twee plattelanders, oud-Maties met BSc grade wat opsy geskuif is om plek te maak vir 'n droom: Kaleidoskoop.

Jouba, oorskronklik van 'n klein dorpie met die naam Kremetart, het skoolgegaan en gematrukileer op Swellendam waar sport sy eerste liefde en die musiek droom geduldig dormant was in sy lewe.
Op universiteit het daardie droom ontkiem toe hy die eerste keer iemand lewendig sien kitaar speel het. Nie lank daarna nie koop hy sy eerste kitaar, leer homself speel en die liedjies vloei uit sy pen uit... Saam met koshuis-vriende vorm hy 'n kleinsang-groepie "4 Oaks" wat vir loslekkers onder meisies-koshuis se vensters speel en later stig hy en een van die lede Kaleidoskoop.
Nooit sou hy dink sy BSc Wingerd en Wynkunde graad sou moes plekmaak vir die groeiende musiek-droom se wortels nie.

Anique Jordaan - wyn-plaasmeisie van die dorp Rowsonville in die Boland - se musiek en sang droom neem vroeg vorm aan toe sy op elf-jarige ouderdom haar baletskoene ophang en ruil vir sanglesse en 'n mikrofoon. Op skool neem sy vir elf jaar klavier lesse en slaag die UNISA graad sewe eksamen.
Sy matrikuleer aan Hoërskool Goudini en voltooi haar BSc Hanneurs graad in Fisiologie terwyl sy haar koshuis Metanaia, se serenade-groep die Metanooiens-lei en 'n lid is van die Universiteits-koor van Stellenbosch.

Die twee lede van Kaleidoskoop se paaie kruis toe Anique 'n Kaleidoskoop vertoning bywoon waarna sy nie kon help om 'n volsiae aanhanger te word nie. Noodeloos om te sê is dit met groot opwinding wat sy instem om hulle uit te help op 'n geleentheid waar een van die sangers moes toets skryf en Jouba haar vra om die aand saam te sing.

Vandaar het Anique gereeld as gaskunstenaar saam met hulle opgetree. In 2009 word Anique uiteindelik lid van die musiekgroep nadat Jouba terugkeer van 'n jaar se wynmaak in Australie en die ander lid sy studie-beurs elders moes af-werk.



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but a woman of strength gives the best of her to everyone…

A strong woman makes mistakes and avoids the same in the future…
a woman of strength realizes life's mistakes can also be God's blessings and capitalizes on them…

A strong woman walks sure fetidly …
but a woman of strength knows God will catch her when she falls…

A strong woman wears the look of confidence on her face …
but a woman of strength wears grace…

A strong woman has faith that she is strong enough for the journey …
but a woman of strength has faith that it is in the journey that she will become strong…

A strong woman is one who gets her heart broken time and time again and still has the strength to gather the pieces to create a new life for herself.

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DATE:
16 September

TIME:
7:30 (Breakfast will be served)

VENUE:
VUT Southern Gauteng Science and Technology Park, Sebokeng

WHO SHOULD ATTEND?
Whether you are the leader of an established company or the founder of a small business, a researcher or a university professor, or a local government manager, if your goal is to make a difference in the region, please join us.

For further information please contact
Adrie El Mohamadi @ adrie@sgrif.co.za
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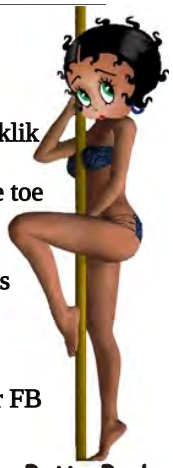
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My Kommin Troon



Ek kan vreeslik vloek. Die woordjie f** kan maklik 'n komma word in my sinne as ek nou goed om ge-ellie is en dus probeer ek die slegte gewoonte toe nou die afgelope paar weke af leer.

Ek het ook ernstig hard gewerk om nie sarkasties te wees as ek wakker is nie. (ek is nie altyd sarkasties nie, soms slaap ek). Met al die goeie, positiewe voornemens het ek ook my sosiale kommentaar op my Bakkiesblad (mooi naam vir FB ne?) En bbm status tot nul beperk....

Betty Boob

Die meeste mense wat my ken was baie verbaas oor die drastiese verandering en sommige het tot vir my begin rotten ecards aanstuur, want die arme drommels het gedink ek het uit ecards gehardloop.

Ek het Yoga probeer, fietsry, borrelbaddens, Indian head massages en ja, selfs Prozac, maar ek wou nog steeds iemand aanrand en nou voel ek of ek gaan bars. My bloeddruk is so hoog dat my ore pyn en suis soos iemand met middeloor ontsteking!!

Mense ek het hard probeer, maar dit maak nie saak hoe hard ek probeer om nice te wees (en te bly nie) een of ander idioot kry altyd daai "FU" knoppie!!

Dus, watch out, die ou ek is terug, in al my kommin glorie. As julle voorheen gedink het ek was erg, gee kans.

Ek sit my troon vol en die een wat my probeer af kry het groot ... (Kom ons se maar moeilikheid...

Betty Boob





What is Happening in the Vaal?

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13 Sep:-	**Cat Stevens Tribute @ 20:00 R90 p/p Barnyard Vereeniging**
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04 Oct:-	**Comedy & Rugby!!!! Radio Raps R100p/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.

Kaleidoskoop



Die groot besluit om sy werk middel 2009 te bedank het Jouba nog nooit berou nie. Nadat Anique haar studies voltooi het, begin die twee in 2010 voltyds aan Kaleidoskoop skaaf en trek in 2012 van die mooi Kaap na Pretoria.

Alles om hul kleurryke stories van die lewe, liefde en menswees te kan vertel.

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Take a break
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Enjoy life you only have one!!

Former drug addicts spend a week back on the streets.

Writes Shaun Smillie - The Times.

On Burgers Park Lane Barry van der Vyver tallies the dead.
Oom Daan is dead, he is told. So is Susan, and Casper too. He died about a month ago.
The killers that stalk this road in the Pretoria inner-city are bad: Herion and hepatitis C. The deadly liver disease travels in shared hypodermic needles.

Here the junkies mainline heroin, and two years ago Van der Vyver was one of them. Last week Van der Vyver was back on the streets trying to encourage some of his old friends to kick the habit that had held him for 39 years.
Like his old friends, Van der Vyver would once again be sleeping on the hard pavement of Pretoria, but this time he would have the protection of 24/7 armed guards and be FREE of drugs.

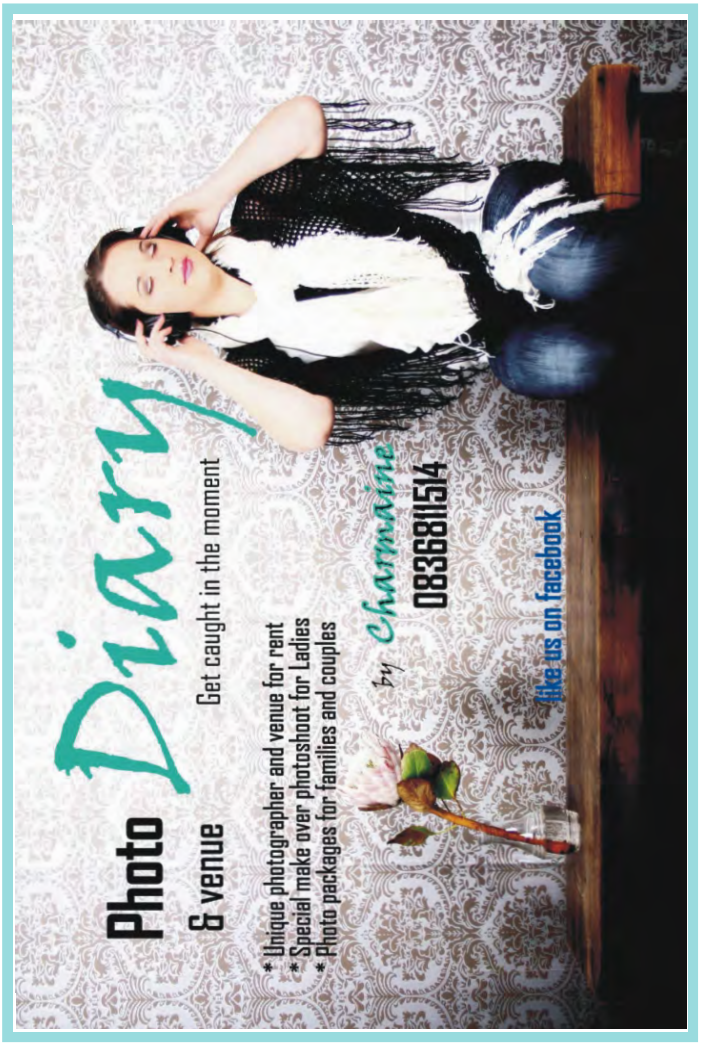
He is part of an initiative organised by the anti-drug organisation Moeggesukkel. A group of men former drug addicts and some of them homeless, aimed spend a week living on the street of Pretoria.
There would be rules: "We want to see if it is possible to lead an honest life on the streets," said Moeggesukkel's founder, Jacques Papenfus. That meant no begging.
But Papenfus quickly discovered the outreach meant dealing with street politics. When the Tanzanian drug dealers, whose turf is the Pretoria CDB, heard that there would be strangers on the streets, they sent out a message. A couple of drug approached Areshaad and Ziyaad, two homeless men "hosting" Moeggesukkel, the one night., " They said we were to burn everything and burn us," said Ziyaard. " You must sleep light, they told us." Areshaad and Ziyaad allowed the group to sleep on the "Mayor's Porch" - a section of Minnaar Street that runs past the Pretoria City Hall.
Parpenfus had to get the message out that they were pastors and they were not trying to muscle in the local drug business. To play it safe they organised armed guards. Night one on the streets was hard. Parpenfus hardly slept. " There is a lot of noise here at night," he said.
Van der Vyver slipped back into his old ways. He slept with his tekkies on. " If you don't have them on, they are stolen, my friend."
That night a couple of plain -clothes policemen paid a visit, searching the camera crew's vehicle. They were sent by Spook(Van der Berg, a cop in the drug unit of Pretoria Central police station) according to the consensus on Mayor's Porch. He is called Spook because he suddenly appears when junkies least expect him.

"You say 'Spook' and the people start running," said Ziyaad.
To organise their first meal on the street the men from Moeggesukkel washed a shop-front window. Later they raised more money by shining shoes.
By the morning of day three the group smelled similar to the rest of the inhabitants of Mayor's Porch. But, as the group preached their anti-drug message, druggies shot up openly on Minnaar Street.

Nyaope, the poor-grade herion that is smoked with dagga, has become the drug of choice on the street.
" Mainlining is now just a sideline for the drug dealers," said Van der Vyver . Mainliners are a dying breed of addict. It is among this dying breed that Van der Vyver hopes he will find someone who will do what he did and leave the streets.

Do you have a drug problem or do you know of somebody that has? Call SANCA - Vaal Triangle advert on page 7 to get HELP!!!!

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Hosting Miss Frozen 2014



Riverside Boulevard Center - *Vanderbijlpark* hosted the Miss Frozen 2014 beauty pageant.
Congratulations to the winners and their princesses. Alizia Steynberg and Michelle Rodrigues organizers of this event would like to thank the sponsors who made this event possible.

SPONSORS:

*Riverside Boulevard shopping Center for hosting the event.
*Bellisima for our crowns, Coca - Cola truck and the Miss Frozen banner.
* Body Feul express for prices for the winner and the Judges water bottles.
* Photo shoots from Mardo's, Mags Photography and C & R Photography.
* Meal vouchers from Ocean Basket, Capello's, Wimpy and Dros.
* Lettie Paolillio for the making of the sashes.
* VDBP Fresh Cut Flower for the prizes for our winners
* The Kollege Park pom - pom girls entertainment.
* Glamour vouchers from Roellen.
* Roxanne Lethan and Kotie Crause for the photos taken on the day.
* C & R Photography for the video of the day.
* Models/ Dance Unlimited for entertainment as well as prizes for the winners.

JUDGES:

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* Rochelle Swart - Two time Miss Mardi Grass Winner *(Owner Bellisima)*
* Charmaine Smuts - *Owner/ Editor Top Vibe Magazine*
* Monja Appercryn - *Auditor from Sasolburg - Points coordinator.*

All the proceedings of the day went to the Vanderbijlpark SPCA. The dog food was handed over to the SPCA by Alizia Steynberg and Michelle Rodrigues Organisers of the Miss Frozen 2014.

SPCA Thank you.....



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