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Mr. Africa Jaco Paulsen

Foto verskaf:

Redakteurs nota

Hulle sê oud word is nie vir sussies nie, MAAR
Ouma word is nie vir sussies nie!!!!



Ek weet nie waar om te begin nie, ek is so opgewonde oor die nuwe kleinding my kind se kind!! Ek weet nie of ek simpel is nie, en of dit is hoe 'n ouma moet voel nie Ek kan so goed onthou toe ek die dokter besoek het en hy vir my die nuus gegee het dat ek swanger is. Dit was die beste gevoel ooit. Ek moet sê toe die kinders die nuus met my deel was dit by vêre die beste gevoel.

Ek tel al die slapies af, beplan al lekker goed om te doen met my kleinkind.
So opgewonde loer al klaar in die winkels rond wat ek kan koop,"Google al vir ooivaar idees".... O tog, is dit wat ouma's doen.
Gelukking vir my het ek wonderlike kinders en hulle laat my toe om myself uit te leef.

Ek weet al klaar waarvoor ek hoop in my hart, maar ek sal net dankbaar wees as die klein mensie gesond en natuurlik normaal is. Dogtertjie of seuntjie maak nie saak nie. Dit is net amazing hoe mens se siening verander oor baie dinge in die lewe, hoe mens met ander oë na die lewe kyk.
Gister nog goeienuus gekry ouma mag saam gaan vir die eerste besoek by dokter!!! Wat 'n voorreg!!

Vriende spot lekker met my, "vra of ek nou gaan brei en hiekel"? Ek lag maar net en antwoord ek kan brei en hiekel sal dit maar nog 'n geheim hou of ek wel iets gaan maak.
Die winkels het tog die mooiste goedjies vir babas, sal maar so nou en dan daar gaan inloer.
Ja, kyk ek "shop" nou met ander oë, ek het my kinders so geniet as babas en ek kan voel die gevoel gaan ook so wees. Dit is net so flippen stunning!!!! Die kinders word groot en ons word ouer, maar moet ook sê saam met die grysheid kom die wysheid.

Ek hoop maar alle oumas voel soos ek, anders is daar fout met my Lol.
As daar oumas is wat ook so voel stuur gerus vir ons 'n e possie en vertel ons van jou opgewondenheid na charmaine@topvibe.co.za sal lekker wees om van julle te hoor of stuur 'n sms/ WhatsApp na 072 768 8582.

Ouma's en oupa's geniet julle kleinkinders!!! Hulle is 'n geskenk van God!

Groete tot volgende maand, een van die dae gaan die ouma besig wees met dingetjies wat net oumas kan doen.

Lekker lees en vertel ons van jou kleinkinders...

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Thank you Marius from *Up In Smoke* for your contribution to those in need, this is going to be a warm winter. *You and your business will be blessed!*

Dana Winner - dedicate new song to her South African fans: AS JY MY KON VERSTAAN.

Read more about Dana Winner "Special Arena Show on page 10.



Mnr. Afrika 2015

Jaco Paulsen.

En so is die sjarmante Jaco Paulsen van die Vaaldriehoek gekroon as die nuwe Mnr Afrika 2015 tydens 'n glansgeleentheid op 27 Junie 2015. Jaco was nie net die beoordelaars se gunstelling Mr Afrika finalis nie maar het ook met die volgende toekennings weggestap: Beste Nationale Kostuum, Beste Aandrag, Beste Model en Beste Onderhoud. Hy het ook 'n spesiaale toekenning "King of Africa" ontvang weens sy positiewe gesindheid. Ons het besluit om so bietjie by hom te gaan inloer om meer van hom uit te vind.



Die 23 jarige Jaco is gebore in die Vaaldriehoek en het in 2009 gematriekileer as leerling by Hoërskool Transvalia. Na skool het hy by Vaal Pukke begin studeer en vandag het hy n BCom Geoktrooieerde Rekenmeesterskap Graad en bestuur 'n Ouditeurs firma in Pretoria.
So tussen deur die leer en werk het hy besluit om die loopplank aan te durf en het in 2013 begin met modelwerk waar hy in 2014 Model of the Year gewen het en ook 2de plek by die Mnr Vaal 2014 kompetisie behaal het.

Jaco is baie passievol oor mense en diere en het vroeg in sy lewe besef dat hy gebore is om 'n verskil op aarde te maak. Hy het besluit om aan Mr Afrika deel te neem juis omdat dit ' platform is waar hy die kans sal kry om die lewens van mens en dier aan te raak en te verbeter waar hy kan.

Jaco het besluit dat die tema vir sy jaar as Mr Afrika "VERANDERING" gaan wees en met elke projek wat hy aanpak gaan hy daarna streef om mense te inspireer om verandering in ander se lewens en omstandighede mee te bring.

Ons moet besef dat die aarde net aan ons geleen is en dit is in ons mag om die aarde te maak of te breek – As ons almal saam staan en werk aan dit wat ons kan verander kan als hier op aarde soveel anders wees. "Sê Jaco"

Julle kan vir Jaco Paulsen op Facebook en Twitter (@Jaco_Paulsen) volg waar julle meer oor hom en sy projekte kan uitvind.





Purrpaws for life

Jaco Paulsen was deel van die span wat op "Mandela Dag" sy deel vir iemand anders gedoen het. Vir diertjies wat nie kan praat nie en ook nie hulleself kan help nie.
Dit is wonderlik om te sien dat daar soveel mense is wat saam kan staan om 'n verskil te maak.
As jy jou hand in jou sak wil steek om 'n verskil te wil maak, kontak vir Jaco of vir Purrpaws for life.











Fotograaf: Charmaine Janse van Rensburg

Wat is jou vraag?

Dr. Quinten Fourie beantwoord jou vrae:



Is dit tyd om mangels uit te haal? Is dit regtig meer gevaarlik as jy ouer is om jou mangels uit te haal?

Die mangels is anti- intektiewe organe, en dien wel 'n doel. As hulle te veel werklike infeksies kry (meer as vyf infeksies per jaar), is dit 'n defnitiewe indikasie om dit te verwyder. Dit gaan dalk seerder wees, want soos 'n mens groei, verander die keelstruktuur.

Die mangels val dieper in die pharyngeal arches wat dit moeiliker en seeder maak om uit te haal.

Kan tandpyn inflammasie veroorsaak?
Dr. Pieter van Wyk, 'n bekende tandarts in Brits sê: "Nee, pyn is gewoonlik as gevolg van inflammasie, infeksie of van senuwee oorsprong en tandpyn sal meestal lokaal bly. Dis min dat dit sal verskuif. Hierdie pyn kan weer ander oorsake hê. Bruxis (chenching) kan ook die oorsaak wees.
Van 'n mediese oogpunt af kan pyn vanaf die kapebeen of gesig wat na die skouer 'n senuweeprobleem wees, soos trigeminale neuralge en senuwee bedrukking vanuit die nek asook ander neurologiese siektes en infeksies.
Die oorsaak kan ook wees van rumatiek in die kakebeen of iets wees soos 'n hartkramp. Ek stel voor jy gaan sien jou dokter om vas te stel wat fout is.



Laat sinus jou snork?
My man het op 'n staduim er gesnork, maar toe gaan dit beter. Nou het hy sinus en snork erger.

Ja, sinus kan jou laat snork en so ook hooikoors.
Oorgewig, rook en alkohol kan ook 'n oorsaak wees.
Daar kan fisiese struktuur verandering in die keel wees, soos byvoorbeeld 'n baie sagte verhemelte. Dit is egter belangrik dat dit ondersoek moet word om die regte oorsaak te vind. As manlief ophou asem haal ook (slaap apnee), kan dit gevaarlik wees. Gaan vir 'n ondersoek soos slaapstudie (poliesemnogram)
Maak ook seker hy verwys na 'n oor neus-en-keel spesialis.



Het ek dalk karpale tonelsindroom?
Die hand waarmee ek die muis van my rekenaar werk is ongelooflik seer en dit bly heeltyd yskoud. Wat kan die oorsaak wees,? Is dit gevaarlik,? en hoe kan mens dit behandel?

Jou simptome kan moontlik 'n bloedvat oorsprong hê. Dit kan ook vanuit die nek kom, aangesien die nek senuwees die bo-a... van bloedvloei voorsien. Die ulnêre senuwee (skokbeentjie) kan ook meganies vasgedruk word op die en jou dan die simplome gee. Die pyn kan ook wees as gevolg van rumatiek in die gewrig. Ek stel voor jy gaan raadpleeg jou dokter, omdat die bloedvoorsiening dalk ingekort mag wees.

Is daar dalk fout met my longe?
Dit is reeds die derde keer hierdie jaar dat ek met brongitis sit en elke keer as ek dink ek word gesond, word ek weer siek, wat is fout met my longe?

Gereelde infeksie kan baie oorsake hê, insluitend die immuniteit, sistemiese siektes asook longsiektes soos asthma.Damas met gediagnoseerde longsiektes, moet gereeld kontrole van die siekte beoefen.
Bydraende faktore is alergieë, jou werk en leefgewoontes.
Allergieë soos diere, wat vermy kan word, is partymaal die enigste opsie.... Verder is gesonde eetgewoontes, oefening en die drink van ordentlike vitamienes belangrik. As die diagnose moeilik is, vra jou dokter om jou na 'n longspesialis te verwys.

Stuur gerus jou vrae vir Dr. Qiunton Fourie na charmaine@topvibe.co.za

Baie dankie vir die vrae wat ons ontvang het.
Dr. Quinton baie dankie vir jou tyd.
Dit word opreg waardeer.





Vaughan Gardiner

Sit vanaand op herhaal.

Met trefferliedjies soos " Gooi jou arms om my", "Vir jou", en hoe wys 'n man sy hart" het Vaughan Gardiner homself reeds lankal as gevestigdemusikant, liedjieskrywer, sanger, akteur en vervaardiger bewys.
Vaughan se tweede enkelsnit, *Sit vanaand op herhaal*, vanaf sy splinternuwe, en derde album, met die selfde titel wat pas uitgereik is, is gedurende Februarie 2015 aan radiostasies landwyd uitgereik. Die lied pruik al vir meer as agttien weke bo aan trefferparades van stasies soos Overvaal Stereo, Bok Radio, Radio Helderberg, GrootFM, Bosveld Stereo, Suid- Kaap FM, 90.6 VCR, Radio Laeveld en Maroela Media. Aanhangers het lank gewag vir nog 'n Vaughan Gardiner album en hy het beslis nie teleur gestel nie.

Die liedjie, *Sit vanaand op herhaal*, vertel die storie van daardie een perfekte aand wat 'n mens eenmaal in 'n leeftyd beleef. Met sy voet-jeukritme wat perfek is vir die dansbaan, vertel die enkelsnit van 'n aand waar 'n man sy hart verloor op 'n meisie wie skielik elke liefdeslied se woorde laat sin maak, en al wat hy wens is dat hierdie aand, wat soos 'n fliek verloop het, net herhaal moet word.
Die musiekvideo vir hierdie liedjie is ook tans te sien op nasionaletelevisie. Kyk die video hier: https//www.youtube.com/watch?v=FDL8cqi-zQ

Vaughan is in 1987 in Johannesburg gebore, maar bring die meeste van sy kinderjare in die Kaap deur. Sy liefde vir musiek het op 'n jong ouderdom ontluik en hom aangespoor om elektrise en akoestiese kitaar en klavier te leer speel.
Op 16- jarige ouderdom slaan Vaughan sy eerste teaterrol los in Oedipus the Tyrant. In dieselfde jaar sien Mozi Records hom raak en ses jaar later, nadat hy 'n B.Rek -graad aan die Universiteit van Stellenbosch verwerf het, begin hy saam met Sean Else en Johan Vorster werk aan sy eerste album. In 2009 word sy debuutalbum *Wie ek is*, vrygestel.

Hy begin ook vir ander kunstenaars (onderandere Izak Davel, Bok van Blerk, Liani May, Jannie Moolman, Kayla, David Fourie) musiek vervaardig, liedjieskryf en kitaar speel.
Vaughan word in 2009 vir Huisgenoot Tempo- en Vonk- toekenning genomineer, hy word gekies as een van Vaal Hit Radio Station se top tien kunstenaars van 2009 en die liedjie "Vê van jou" behaal die 6de plek op Radio Rippel se treffersparade.
In 2010 ontvang hy die MK Toekenning vir Beste Solo kunstenaar - 'n toekenning waarvoor hy weer in 2011 genomineer word. In 2010 slaag hy 'n oudisie vir die hoofrol in die musiek blyspel Jock in the Bushveld. Vir sy vertolking van Jock ontvang hy 'n Naledi Theatre Award nominasie. In 2011 speel Vaughn 'n hoofrol in Deon Opperman se musiekblyspel *"Tree Aan!: Die Grensoorlog musiekblyspel"*.
In November 2011 vertolk Vaughan 'n hoofrol in die musiekfliek, *Platteland* waarvoor hy ook die temalied, gesing deur Steve Hofmyer en Bok van Blerk, geskryf het. Vaughan was ook in kykNET se dramareeks *Hartland* te sien as Gerhard Naude In 2012 is Vaughan tesien in die musiekblyspel *Lied van my hart*, hy komponeer ook die temalied vir hierdie musiekblyspel. In dieselfde jaar maak Vaughan sy verskyning in die treffer kykNET reeks *Getroud met rugby*.

Vaughan spog ook as liedjieskrywer met lied ervaring hy het liedjies geskryf vir Steve Hofmyer, Bok van Blerk, Lianie May, Karlien van Jaarsveld, Nicholis Louw, Kurt Darren , Elizma Theron, Nadine, Kayla, Andriette Norman, David Fourie,Izak Davel, Riaan Grobler, Dirk van der Westhuizen, Karen Ferreira en Willem Botha.
In 2013 is Vaughan die musiek vervaardiger en musiek regisseur vir die tiener reeks *Liefste Kayla*. Ook in 2013, vertolk hy die rol van Koos Kombuis in die teaterstuk, *Kytie- 'n Koos Kombuis Storie*. Sy 2de solo album *"Hoe wys 'n man sy hart"* is in September 2012 vrygestel.
Sy nuutste album is pas uitgereik en sluit in treffers soos *"Jou hart klop in my ritme"*, *"Sit vanaand op herhaal"* en 'n paar heerlike verrassings. Vaughan het ook onlangs sy A-graad in intellektuele goedere graad aan die Universiteit van Stellenbosch met Cvm Lavde voltooi. Hy bly tans in Johannesburg waar hy ook deel is van die muse Production span saam met Hugo Ludik van die groep ADAM.

Sosiale platforms:
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Webtuiste: www.vaughangardiner.co.za

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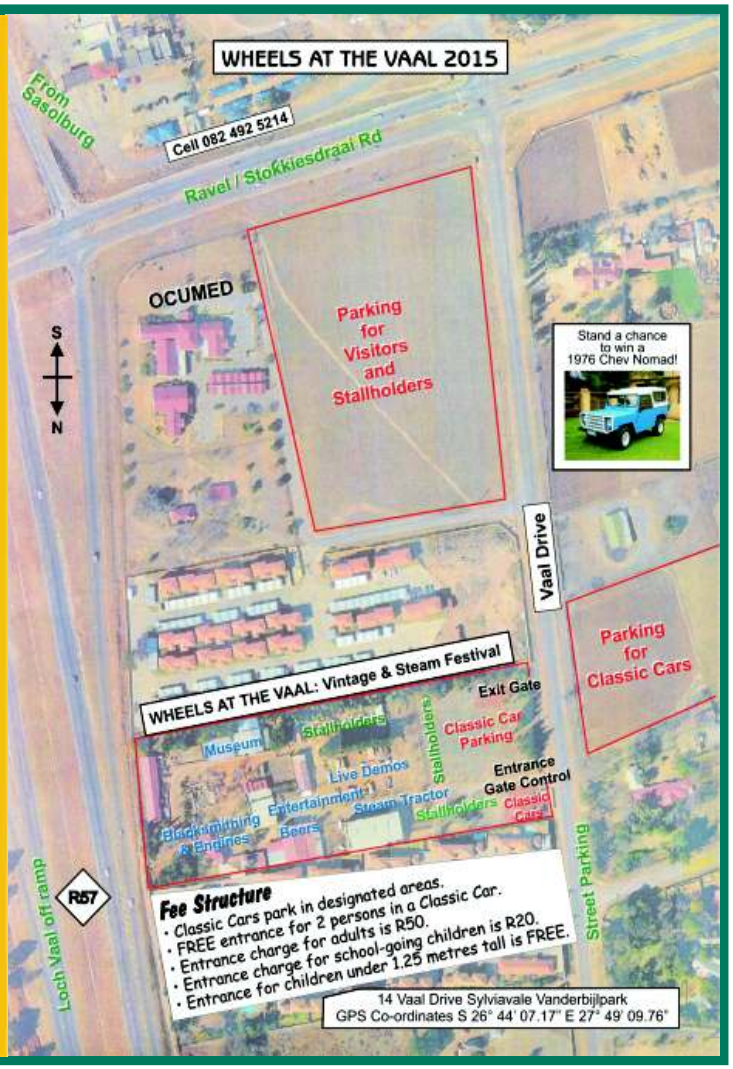


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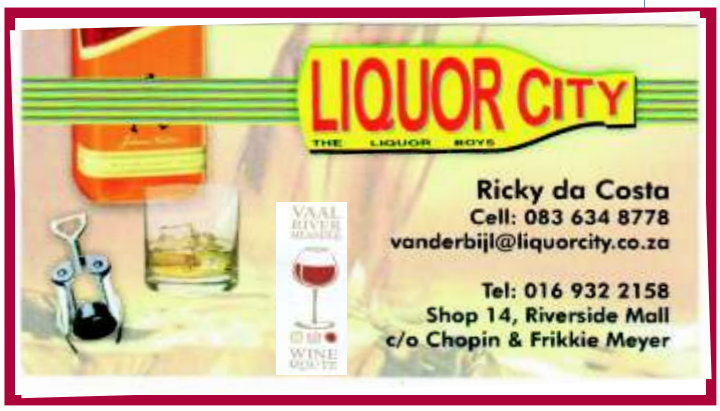


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Willie's se skoonmaak diens op matte en "upholstery"

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kontak my op 076 876 2606 of whatsapp is ook welkom jul sal sooooo aangenaam verras wees



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Die lewe..

Die lewe ja, ek is seker ons kan almal ‘n storie vertel oor hoe die lewe mens behandel. Met al sy uitdagings elke dag. Dae wat dit goed gaan en dae wat dit minder goed gaan.
Dit is wat ons daarvan maak. Daar is die wat sê wees positief en daar is die wat wil selfmoord pleeg en dan is daar ook die wat maar in stilte probeer sterk staan. Nou ja jy kan lag of huil of bitter wees of vriendelik dit is ook jou keuse natuurlik.

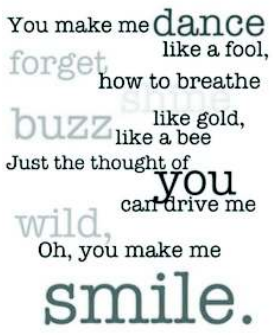
Ek kan maar net my kop skud en soms lag vir die mensdom, gelukkig kan ek vir myself ook lag. Ek stap noudie dag by ‘n bekende ketting winkel in, om so paar goedjies te koop sopgroente ens. Soos altyd is ek haastig en beweeg tussen die rakke in met die spoed van wind.
Ek het klaar gekry wat ek moes en staan in die ry om te betaal. Dit is hier waar die probleem toe ontstaan, want sien ons het mos die wêreld se tyd, beweeg op ‘n slakke pas.
Voor my staan ‘n man met sy waantjie goed (nie baie goed nie) maar ,vrek is die man suur sal sweer die wêreld en die mense skuld hom iets. Ongeskuk kyk almal op en af of die kat jou ingesleep het.
Dit is sy beurt om te betaal, maar kla oor elke ding se prys soos wat dit ‘ge scan” word.
Was sy oë dan toe, terwyl hy die goed in die waantjie gepak het? Dit is toe dat hy die land met sy mense verwens en skel oor diens, en wie weet wat als.

Ek voel ek wil my kop iewers gaan indruk vir sy part. Ag nee Mr as jy met die verkeerde voet uit die bed geklim het bly dan asseblief by jou huis. Jy maak als onaangenaam.
Einde ten laaste is hy uit en ek betaal my goedjies en storm daar uit soos die wind want met al die ouman se gekerm is ek opgehou.

Wil jy meer, kom aangestap na my motor en wie staan regs lang my Mr suurknol. Ag nee regtig moet my dag nou so deurmekaar wees.
Hier trek hy los en kla oor die parkeer plek en hoekom moet hy geld gee vir die motorwagte. Dit is toe net daar wat ek besluit dat iemand die man in die bek moet ruk.

Ek sê toe “ ag nee Mr regtig dit is onnodig om so aan te gaan, as jy net jouself kan sien dan sal jy wraggies jou mond toe hou” met die klim ek in my motor en trek uit die parkeering uit, voordat hy iets kan sê maar loer in my tru-spiel en dit is toe dat ek begin lag die ouman is stil en klim in sy motor en daar gaan hy.

Ek dink so tussen die gelag dit is mos nou so onnodig die lewe is stresvol genoeg probeer maar om die beste daarvan te maak, instede om by te dra tot die warboel van die lewe.
Almal het maar hulle ou probleempies, solank elke ou syne self uitsorteer en nie syne joune maak nie.





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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.



Dana Winner

- dedicate new song to her South African fans: AS JY MY KON VERSTAAN.



Two months prior to her Special Arena Shows in Johannesburg and Cape Town, Dana Winner released a song dedicated especially to her fans in South Africa. *"As Jy My Kon Verstaan"* is a beautiful composed melody infused with powerful lyrics full of passion and true, meaningful love. This song will definitely remind the people of South Africa about Dana's first, initial successes in the country with her chart topping hit *"Droom van my geluk"* and *"You don't bring me flowers anymore"*

"As jy my kon verstaan" is the second featured single from the album *"Bloom"* that is currently available and rapidly selling at all leading South Africa retailers. With the release of the album *"Bloom"* it was accompanied by its amazing, inspirational lead single *"Lied van hoop"* which was highlighted at the Ghoema Awards evening earlier this year. ALMOST INSTANTLY *"Lied Van Hoop"* put South Africa's most loved Belgian singer back on the local chart.

During her promotional, thousands of fans showed Dana that she is still deep in the hart of so many South Africans.
"As jy my kon verstaan" will surely be one of the highlights when Dana reclaim the stage and South Africa heart at Carnival City, Johannesburg as well as the Grand Arena, Cape Town for her exclusive "Special Arena Show"! "I cant wait to share this one night only experience with my fans in my second home. Both venues are extraordinary and give me goos bumps. I will also be accompanied by my full orchestra and team to bring you all my hits which has given me such wonderful memories of beautiful South Africa over the years" says Dana.

Belgian Super Star DANA WINNER will be in South Africa for two spectacular concerts, the 11th of September at Big Top Arena, Carnival City, Johannesburg and September 12 Grand Arena, Grand West, Cape Town. Her SPECIAL ARENA SHOW includes her biggest hits (*"In love with you, "Sproetjies", "You don't bring me flowers anymore", " Lied van Hoop", 'Africa", " Sewe Reënboë)*, including a superb stage design and immaculate decor as well as her fantastic orchestra and some surprises!!!

Tickets for this unique experience are available at COMPUTICKET.
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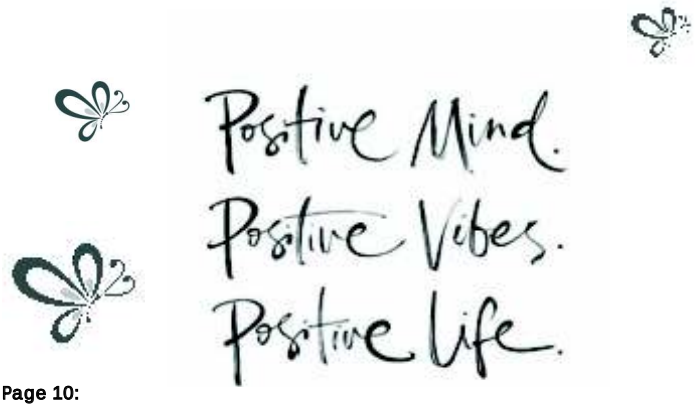
Dana Winner - Top Vibe Competition

Win: 1x Double ticket + 1x Signed CD.

Question: Name the title of the new song that Dana Winner dedicated to her fans in South Africa?

Send you answer to 072 768 8582 followed with Dana Winner the answer and your name and contact details.

Competition close on 21 August 2015 at midnight. Winner will be announced by the organizers



Do you have a loved one recovering from an addiction?



Here are 4 important reasons to encourage exercise during addiction recovery.

SANCA Vaal Triangle is an outpatient rehab centre treating addiction in the Vaal Triangle (a registered NPO). Everyday, we assist addicts and their families to recover from the devastating effects of addiction.

Addictions includes the likes of substance abuse such as alcohol, prescription medicines and illegal street drugs. However, addiction also includes potentially addictive behaviours that can develop such as gambling and sex addiction.

As an organisation, we believe in imparting knowledge and practical tools, which addicts in recovery can use to maintain their sobriety.

One extremely beneficial tool, which is freely available for all addicts in recovery, is exercise. It is one of nature's most powerful tools - and its free! Scientific studies also show that the benefits of exercise on mood, particularly depression, are equivalent to benefits gleaned from major anti-depressant medications.

Exercise can be anything from daily walking, running, weight training, playing cricket and any other form of physical activity.

Many who abuse drugs or alcohol neglect important components of daily health, wreaking havoc on both emotional and physical well being. It is important to repair the psychological and physical damage of chemical dependency as well as the damaged mind-body connection. Exercise in addiction treatment especially serves many purposes, but there are some primary benefits a recovering addict can get from exercise during treatment and recovery.

1. Exercise relieves and reduces stress.

Exercise has been shown to alleviate both physical and psychological stress. Tension builds in our bodies when we're at work, during everyday interactions, and even when we're watching television. This tension can come from having poor posture at work or having a bad interaction with a co-worker. Moving your body alleviates this tension, and allows one to get rid of any negative emotions that have been kept inside. Focused exercise uses both physical and emotional energy, that might otherwise find unhealthy ways of escaping.

2. Exercise naturally and positively alters one's brain chemistry.

When an individual exercises, the body releases endorphins which create a natural high. These are the same endorphins a recovering addict's body released while abusing substances. However, abuse of drugs and alcohol causes an imbalance that interferes with a person's ability to feel pleasure, happiness, and satisfaction. Dedicated physical activity during treatment and recovery will help a recovering addict to reintroduce natural levels of endorphins into their system. This not only helps your loved one to feel better, but reteaches their body that it is capable of regulating its own brain chemistry and mood in healthy, natural ways.

3. "Exercise is meditation in motion."

The Mayo Clinic has described exercise as "meditation in motion," meaning by concentrating on the physical we can experience the psychological and emotional benefits of meditation. Through movement, we can refocus our thoughts on our own well-being and forget, at least briefly, all that is going on in our lives. This means that your loved one in recovery may leave their work-out with a clearer mind, feeling more rejuvenated and optimistic. Finding this clarity within chaos can make recovery for your loved one much more manageable.

4. Exercise improves outlook.

Those who exercise regularly report increased feelings of self-confidence and optimism and reduced feelings of depression and anxiety. This is in part has to do with the body regulating and calibrating itself during exercise, but it also has to do with feelings of accomplishment, pride, and self worth as the body transforms and an individual's goals are reached.

In addition, regular exercise fosters improved sleep, greater energy, and enhanced feelings of well being, all which make life much more manageable and enjoyable and recovery that much more possible and sustainable.

Researched elements courtesy of Bradford Health Services 2015

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