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Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 99
2017



So waarom Botox? Bl 4

Women's Day
9 August

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Kruispad - links of regs.

Elkeen van ons kom een of ander tyd in ons lewe voor 'n kruispad tot stilstand, dan wonder 'n mens, wat nou? Gaan jy links of gaan jy regs?
Hierdie besluit is dalk maklik of moeilik, en tog moet jy alleen besluit, niemand kan dit vir jou doen nie.

Dit is nooit lekker nie, maar mens moet net rustig wees wanneer jy daai besluit maak. Maak dit 'n gebed saak.
Dit is skrikwekkend oor hoeveel mense daagliks sterf op ons land se paaie, plaasaanvalle, geweld, hartaanvale.
So baie jongmense sterf en dan wonder mens oor die lewe en ons vra hoekom en waarom?
Nou kyk, ek wil nou nie preek nie, maar ek wil tog my gedagtes met jou deel.
Wanneer die dood aan ons deur klop, of naby aan jou, dan gaan daar so baie dinge deur mens se kop. Ek het dit nou weer gesien, mens dink dit sal nooit met my of ons familie gebeur nie. Glo my dit gebeur wel, dit is onvermydelik.

My vrae is soos volg:

Is jou testament is plek? Het jy 'n begrafnisplan? Het jy 'n lewenspolis? As jy NEE geantwoord het op een van die vrae, maak dit vandag reg! Jy weet nie of jy more hier gaan wees nie.
Die wat agterbly moet geld gaan leen vir jou begrafnis - jy kan dit nie afbetaal nie.
Jy moet die kontant neersit en niemand het vandag daai tiepe geld wat rond lê nie.

Dit is onregverdig, NEE, selfsugtig van jou om dit aan die wat agterbly te doen.
Sorg dat jy nie dit aan 'n geliefde doen nie, dit is erg genoeg om met die hartseer en jou heengaan te "cope",wat nog van die finansieële stres wat daarmee saam gaan.
Onthou van uitstel kom afstel doen dit vandag.
Gee jou geliefdes finansieële gemoedsrus.

Groete tot volgende maand Charms xox

Charms Xox

Top Vibe Magazine

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This remarkable drama tells the story of a feisty, bright, young eleven-year old girl (Charis Williams), who is removed from her close-knit Khoi tribe to serve Jan van Riebeeck (Armand Aucamp), her uncle's trading partner. She is brought into the first Fort, established by the Dutch East India Company in 1652. There she grows into a visionary young woman, who assimilates the Dutch language and culture so well that she rises to become an influential interpreter for van Riebeeck, who became the first Governor of the Cape Colony. **KROTOA** (Crystal-Donna Roberts) ends up being rejected by her own Khoi people and destroyed by the Dutch, when she tries to find the middle way between the two cultures.

KROTOA has already won eight coveted awards, including an *Award of Excellence* at the International Film Festival for Women, Social Issues and Zero Discrimination; a *Best of Show* at the Depth of Field International Film Festival; a *Platinum Award* at the International Movie Awards; a *Diamond Award* at the Filmmakers World Festival; a *Best of Show* at the IndieFEST Film Awards; an *Award of Excellence Special Mention: Women Filmmakers* at the Accolade Global Film Competition; a *World Platinum Award* at the World Woman Awards and an award for *Best Film* at the Harlem International Film Festival held in New York. The movie has also received six official selections at international film festivals around the globe and was also included in the prestigious Female Eye Festival, which focuses on female filmmakers and stories about women.

The film, written by Kaye Ann Williams and Margaret Goldsmid, was created by a dynamic team of women, with acclaimed film maker Roberta Durrant as director and producer. Roberta is the creator of various award-winning South African television series and sitcoms, as well as the children's film, *Felix*, which won seventeen international film awards.

KROTOA is inspired by real-life historical events.

The scriptwriter tried to stay true to facts and deductions made about her life, having first made a documentary about **KROTOA's** life with the help of various historians and cultural advisors like Dr. Yvette Abrahams, Prof Jatti Bredenkamp, Dr. Vertrees Malherbe and Ron Martin. The narrative feature film script is inspired by historical facts and deductions made about her life. Bradley van Sitters and Dorothea Davids advised in terms of the Khoisan language, Khoekhoegowab, which is one of the languages spoken in the film along with Afrikaans. *"**KROTOA's** story was created by a crew of dynamic women. It was imperative that her story not only be told by curatives from the community, but also from a female perspective. This feature film is the culmination of three years of research, scripting and, most importantly, actively engaging with top historians on the subject. Because of the importance of the story the film enjoyed the support and endorsement of The National Film and Video Foundation (NFVF), in association with M-Net and the Department of Trade and Industry (DTI). Every effort was made to honor this heroin's life and memory,"* says Kaye Ann Williams, who created the script for the film as a result of a documentary she produced and directed on **KROTOA's** life.

*"In comparison to men, very few women have been acknowledged for having an impact on South African history. **KROTOA** (Eva) is the tragic heroin of this movie. It is not only important to tell her story because of all her great achievements, but it is also necessary to highlight that she was caught between two ways of life and constantly forced to choose between these two cultures. Identity, a sense of belonging and reconciliation are strong, universal themes in this powerful tale. Especially because the identity of someone, who is in between two cultures, is very relevant in any multi cultural society,"* Durrant adds.

Crystal-Donna Roberts, known for movies such as *Endless River*, *Die Ongelooflike Avonture van Hanna Hoekom* and *Skeem*; as well as television series like *7de Laan*, *Montana*, *Vallei van die Sluiers*, *Getroud met Rugby*, *Boland Moorde* and *Byl*, plays **KROTOA**, while SAFTA acclaimed actor, Armand Aucamp - who is renowned for his work in *Ballade vir 'n Enkeling* and *Die Boekklub* – portrays the role of Jan van Riebeeck. Jacques Bessenger, Doen Lotz, Marcel van Heerden, Roeline Daneel, Brendon Daniels and Ernest St Clair also star in this critically acclaimed film. Sy word na die eerste Fort geneem, wat in 1652 deur die Oos-Indiese Kompanjie gevestig is. Hier word sy groot as 'n visionêre jong dame, wat die Nederlandse taal en kultuur so goed verstaan, dat sy 'n invloedryke tolk word vir van Riebeeck – die eerste goewerneur van die Kaapkolonie. Krotoa word egter op die ou einde deur haar eie Khoi-mense verwerp en deur die Hollanders vernietig wanneer sy probeer om 'n middeweg tussen die twee kulture te vind.

KROTOA is a striking tale about a woman, who was prepared to sacrifice everything, to give birth to the great nation we all share today. It not only has a powerful message, which anyone can relate to, but also promises to take moviegoers on an epic adventure back in time.

KROTOA was produced by the SAFTA Award-winning film company, Penguin Films, in association with kykNET. The film will be released in cinemas, nationwide, on 4 August 2017, and is distributed by Ster-Kinekor Entertainment.

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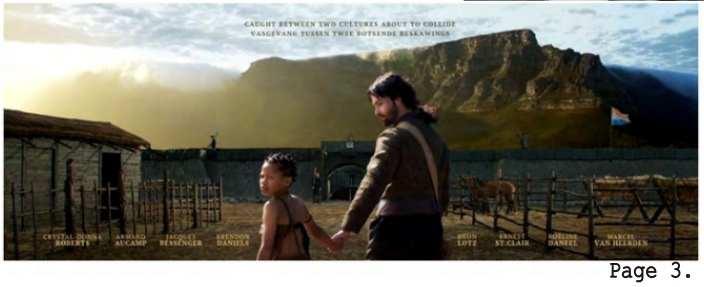
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Vrouedag..



Fotograaf: Charmaine Janse van Rensburg

Deur: Charmazel Janse van Rensburg.

Hoe oud moet 'n meisie wees om ook Vrouedag te kan geniet?
Wat is die reëls vir "VROUEDAG"?
Moet jy getroud wees..., Of 'n ma wees?
Na baie wonder het ek besef , die reëls vir vrouedag is JY moet net vrou wees

Jy moet net 'n gelukkige JY wees.
Om vrou te wees begin sodra jy in die rondte draai met jou eerste somer rokkie aan.
Hoe oud moet 'n meisie wees om ook Vrouedag te kan geniet?
Wat is die reëls vir "VROUEDAG"?
Moet jy getroud wees..., Of 'n ma wees?
Miskien moet jy mooi wees, die beste haar of kiere styl hê..
of 'n groot groep vriendinne met die regte invloede, dalk kan 'n hunky sexy kêrel ook help.
Na baie wonder het ek besef...die rëel vir vrouedag is... JY moet net Vrou wees. Jy moet net 'n gelukkige JY wees.
Om vrou te wees begin sodra jy in die rondte draai met jou eerste somer rokkie aan. Om jou trots wees op vrouwees met almal te deel, geluk ooral rond te strooi en jou kroon wat God jou gegee het as sy prinses te dra teen beste van jou vermoë.
Vrou wees is 'n gawe en voorreg van God wat ons tot die beste van ons vermoë moet benut ...soo wees die beste JY wat Jy kan wees.

Hoe oud moet 'n meisie wees om ook Vrouedag te kan geniet?
Wat is die reëls vir "VROUEDAG"?
Moet jy getroud wees..., Of 'n ma wees?
Na baie wonder het ek besef...die rëel vir vrouedag is... JY moet net Vrou wees. Jy moet net 'n gelukkige JY wees.
Om vrou te wees begin sodra jy in die rondte draai met jou eerste somer rokkie aan. Vir somige van ons begin vrouwees heelwat vroeg... ons sit mos sommer al vroeg mamma se lipstick aan en trek haar hoëhakskoene aan, ons wil mooi wees en ons voel trots as ons moeite raak gesien word. Ons as vroue-vriendinne moet mekaar bemoedig, oplig en motiveer, ons verstaan mekaar die beste wanneer hartseer en teleurstelling aan ons deur kom klop.
Vrou wees is 'n gawe en voorreg van God wat ons tot die beste van ons vermoë moet benut... So wees net die beste wat JY kan wees. Vir elke dogtertjie, tienermeisie en vrou geniet, nie net die vroudag nie maar ook die hele vrouemaand.
Wees geseënd en onthou, om juis JY te wees, in jou eie geheime krag waarmee jy die wêreld moet aandurf.



Estesiese en Intergratiewe Behandeling.



Fotograaf: Charmaine Janse van Rensburg

Deur: Dr Q D Fourie.

Die eintlike oorsprong van Botox kom van die bakterie Clostridium boltulinum. Hierdoe bakterie is verantwoordelik vir die voedselvergiftiging. Die bakterie vorm nege (9) toksienes met verskeie effekte op die liggaam.

Mediese behandeling was die eerste oorsprong vir die gebruik van Botox en nie Estetiese behandelings nie. Die toksiene A van die bakterie is dus Botox wat gebruik word. Die effek is verlamming van die spier.
Daarom word Botox meestal in die Estetiese wêreld gebruik om plooie te verminder.
Dus die spier word verlam om sodoende die plooi glad te maak Egter vir fyner plooitjies is daar verskeie ander dinge wat gedoen moet word om 'n gladde jonger en varser vel te hê. Ander behandelings sluit in goeie aanvullings, ordentlike gesigsproduk wat altyd SPF moet bevat, asook laser, "chemical peels" of meso-terapie.

So waarom Botox? Dit is vandag 'n baie algemene terapie wat vrouens en mans ondergaan vir verbetering van hul voorkoms. In die moderne wêreld is 'n goeie voorkoms, 'n bewys van sukses, ambissie, geloof in jouself en sterk self vertroue. Dit is die rede vir die dryf van Estetiese behandelings en Estetiese verbeterings.
Daar is ook 'n duidelike internasionale tendens deesdae dat mans beter na hulself begin kyk. 'n Goeie Amerikaanse studie het nou bewys dat Amerikaanse mans meer begin fokus op verbetering van hul algehele as-ook Estetiese voorkoms. So 'n goeie verskuiwing is na gesonder lewe, oefen, gewigverlies en jeugdige voorkoms. Alhoewel hierdie 'n positiewe verskuiwing is, kan dit somtyds weer neig na die oor-obsessies wat weer ook nie goed is nie.

Dermale Filler behandeling is anders as Botox. Dit is meer 'n gel tipe stof, Hyaluronic acid, wat natuurlik voorkom in die vel struktuur en wat bevogtiging, gladde gesonde vel en gesig voorkoms gee.
Daar is baie verskillende tipes op die mark, met verskillende persentasie verbindings wat verantwoordelik is vir verskeie resultate en duur van resultate. Die Filler is meer om gesig te herstruktureer en seker aspekte van die gesig te bevorder, en die negatiewe effek van gravitasie op ouderdom teë te werk. Daar is ook mediese redes waar ons Fillers gebruik, maar weereens is die mark vir die Estetiese voorkoms. Fillers het baie gebruike en die gesig kan selks vervroulik word of vermanlik word.
Fillers kan defekte opvul, dit kan help met neus en vorm verbeter, dit kan die verhoudings tussen gesigstrukture ook herstel. Tans kan 'n Filler "facelift" ook gedoen word, veral in die jonger persoon waar chirurgie nog nie 'n opsie is nie.
Waar pas die intergratiewe gedeelte dan in hierdie Estetiese oordondering dan in? Mens moet ook in ag neem, dat Estetiese behandeling ook 'n manier is om na jouself te kyk. Dit is nie verkeerd om mooi na jou voorkoms te kyk nie, so ook die liggaam self asook die siel.
Die benadering in intergratiewe medisyne is om gesond te verouder en die liggaam ook van binne instand te hou. Die karretjie word ouer, maar ons bly hom aanhou diens. Daarom moet mens na sekere aspekte kyk soos byvoorbeeld hormone en aanvullings wat nodig is. Jy kan Botox en Fillers in ongelooflike hoeveelhede gee, maar om die effektiewiteit en die algemene gesondheid van die persoon te behou, is gesonde veroudering essensieël.
Dus verleng en verbeter intergratiewe behandeling en effektiwiteit van die Estetiese behandeling.

Sien advertensie en kontak besonderhede op bladsy 6.

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Photographer: Charmaine Janse van Rensburg

Pamper your pets.

By: Suhanè Bosch.

Ten tips how to spoil your pet.
You want to spoil your best friend but don't spoil them with chocolate and other sweet bites.
When looking for treats rather look for mulated pet chocolates, suitable for pet consumption.

Everyone loves to be pampered... and that includes our furry friends. They're always there to listen to us, love us, and snuggle with us; it's only fair to return the favor by indulging them in a way that will make them happy and feel special at the same time.

Here are 10 ways to spoil your pets and show them just how much you love having them in your life.

1. *Make Homemade Treats:*

Make sure it's the best treats and stick to a healthy diet.



2. *Schedule a Spa Day:*



Spoil your pet with a day at the Palour at least once a month. Remember to ask for a short hair cut in the summer.

3. *Plan a Luxury Vacation:*

When you and your family plan to go on a vacation find out if they are pet friendly and take your pets with.



4. *Spring for Doggy Daycare:*



Should you work every day put your dog in daycare, two or Three day's a week.

5. *Go for Glamour Shots:*

Take photo's of your pets because they are part of the family.



6. *Get a Cozy Bed:*



Give them a clean a comfortable bed, to sleep in. Make sure it's warm in the winter.

7. *Plan Activities:*

Keep your pet active, make sure they have toys to play with when you not home.



8. *Schedule Regular Checkups:*



Make regular visits to the vet, for professional advice. make sure they get all the Vitamins they need.

9. *Schedule a Soothing Massage:*

Pamper them with regular massages. They are active and need the relaxation.



10. *Build a Backyard Paradise:*



Make sure you backyard is big enove and safe for your animal to play in.

If you care for your dog he will protect you forever. Dogs ask for so little and deserve so much.

Look after your pet, make sure to love them, spoil them and give them everything they need.

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Top Vibe & SK GREAT MOMENTS AT THEIR GREATEST VAALMALL Movie Review



ONCE UPON A TIME IN VENICE

★★★★½

Cast: Bruce Willis as Steve, Jason Momoa as Spider, Thomas Middleditch,Famke Janssen Elisabeth Rohm as Ann Phillips, Colin Kane as Phill and John Goodman
Director: Mark Cullen
Writer: Mark Cullen and Robb Cullen.

Our rating: ★★★★½

After decades of kicking ass and taking names as one of America's foremost action stars, it's somewhat easy to forget that Bruce Willis began his career as a comic actor. Before "Die Hard," there was "Moonlighting," where Willis, alongside Cybill Shepherd, perfected casual, barbed banter as well as his sly wit. He still employs the latter in many of his features, usually in one-liners in between shootouts, but it's rare that a film asks him to prioritize his comedic talents over his considerable action prowess.

The best thing that can be said about ***"Once Upon a Time in Venice,"*** a very light action comedy from Mark and Robb Cullen, is that it allows Willis to cut loose and have fun. He plays Steve Ford, a private eye in Venice Beach who appears to mostly just skateboard, sleep around, talk shop with his recently-divorced, mildly depressed best friend Dave (John Goodman, also cutting loose and having fun), and occasionally solve minor mysteries.
The film mostly consists of two-hander scenes where Willis gets to crack wise with various character actors, and generally be a likable screen presence. It's genuinely nice to see him work in that mode.

But though Willis, Goodman, and roughly half of the large supporting cast (which includes Thomas Middleditch, Adam Goldberg, Wood Harris, and Kal Penn, just to name a few) acquit themselves well, ***"Once Upon a Time in Venice"*** largely suffers from profound laziness.
It's bare bones plot isn't the issue (Willis' beloved pup has been stolen by Jason Momoa and his drug gang) since it mostly strives for an ambling, shaggy dog tone, but it has no rhythm. It awkwardly shuffles along from scene to scene while introducing various inane plot points that abruptly conclude before they're developed.

There are plenty of thinly-sketched characters whom the film discards or forgets at will until they're suddenly necessary for any given scene.
It's amiable and pleasant, but never exactly funny. It features a completely unnecessary, wholly smug voice over, courtesy of Middleditch. Plus, for a 90-minute film, there's way too much padding to speak of, especially in the first "act," if you can call it that.

The Cullens clearly wanted to tell a character-based story starring Willis as a lax private dick who acts his shoe size rather than his age, and to their mild credit, they have all the material for that kind of feature. Willis fits the part well and they pepper the film with enough incident to both keep the story afloat and allow a threaded character study.

Unfortunately, the Cullens deal primarily in the superficial, which all but negates this effort. They do the bare minimum to ground Willis' character in reality without going through the effort to give him much characterization, let alone depth. They hint at some back story (he's a disgraced cop and there's suggestion of a troubled past home life), but they mostly want to ignore the work of development and skip right over to the fun stuff. In other words, this ain't "The Long Goodbye."

Fun, action movie to watch, I must worn you be careful while eating your popcorn...

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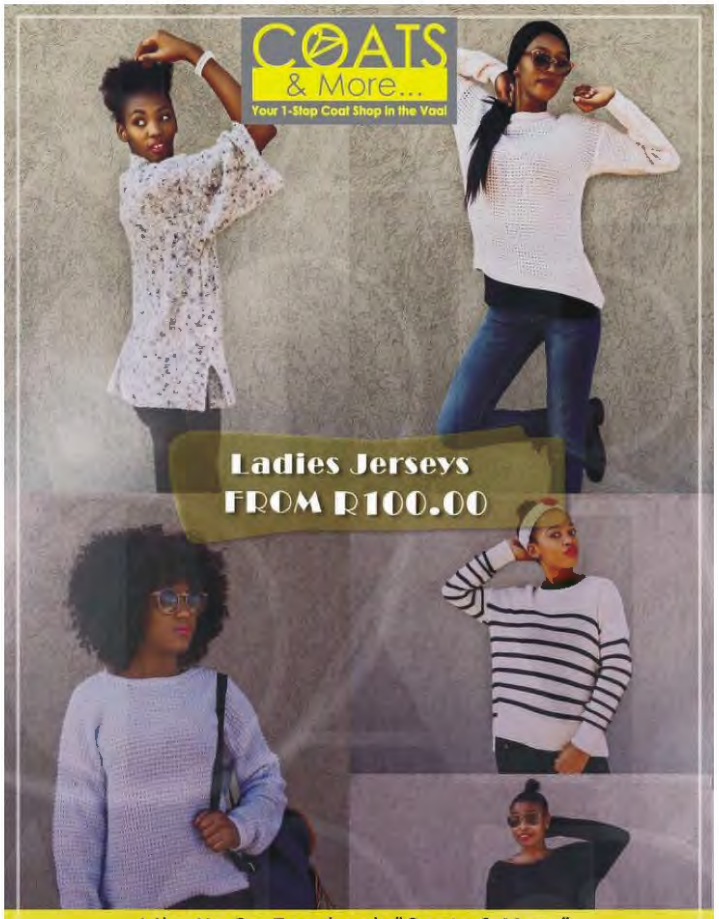




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