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Issue 68/69

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Editor's note



With 2015 on the go, there is a lot of excitement going on. Top Vibe is starting off with a bang by the "Grace of God".

While most people had vacation, I had meetings with stunning people to bring our readers something new in 2015.

Top Vibe will be spreading our wings to the Pretoria area I am very excited!
With Alida as a Sub-editor for the Pretoria area, it is time for them to experience what the Vaal had for six years.
We are going to change our look!!!

Riette van Schalkwyk Owner of *Voyage Castle* will dress me for all functions in 2015. Thank you Riette you are amazing!!!

Charmaine Janse van Rensburg owner of *Photo Diary and Venue* will be responsible for the photography of the cover pages as well as our Red carpet events. Thank you Charmaine it's fun to work with you!!!

Celebrity Dr Quinton Fourie will bring us some great articles on health issues. Dr it's going to be fun working with you!!!! You are awesome.

Read exclusive about the discovery of Caves in the Vaal Triangle. The discovery of the Caves will unfold in every issue of the magazine starting with the first one on page 3, don't miss out, be the first to read all about the Caves.

Wedding bells are ringing...in the chapel in the month of April, it romaines a mystery. Matrices this is your year, big things are going happen, we will announce more detail as soon as it is available.

Make sure not to miss out on the magazine, should you not find a hard copy. Please go to www.topvibe.co.za or to www.topvibemag.mobi to download the magazine.

I would like to invite our loyal readers to come with us on a joy ride. Like they say "If you snooze you loose"

Thank you Lord for our blessings!!! XOX Till next month.

Top Vibe Magazine

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Happy Valentines



from Top Vibe

Discovery of Caves in the Vaal.



Rumors have it that these caves were dug during the "Boere War"

Yes there are caves, it is here on the banks of the Vaal River. The "Boere" used it as a hiding place in the war to be safe from attacks from the other side of the river.

Can you imagine if the enemy were riding on a horse at full speed and suddenly the horse in front just disappears. Well in those early days that might even be a spooky experience. Then to cap it all the horse and rider are all of a sudden behind you and now chasing you.

Apparently they also dug some rooms to hide away "steenkool" and food. There are some tunnels that were dug in a circle and every now and then it split up in three. This was done as the story goes to get the enemy disorientated and in the end lose their way. The "Boere" knowing the tunnels very well obviously then could either capture the enemy or get out on the other end to safety.

Walking in these tunnels is a nice experience and by doing so a lot of imagination and stories can be built or felt. Felt from the inside? Yes it is quite spooky and mysterious down there. There are even rooms that are closed down and one will always wonder what is behind the wall.

For the first time the caves can by investigated by you?

Valentine's day 14 February 2015

Bring your partner on Valentine's day to the caves for a once in a lifetime experience to capture some of the mystery, with a romantic picnic, with photos to remember this moment for ever.

Call: 071 683 1800 to make your booking

Read more about the caves as the mystery unfolds

Till next month.



Great Service

Thank you!! Thank you for great service. Mag & Tyre - Sasolburg go the extra mile to keep their clients happy, we put them to the test and was impressed with their friendly and professional service

Charmaine (Owner Top Vibe Magazine)

Top Vibe Magazine Calender 2015

Would you like to have the first Top Vibe digital calender for 2015?
Send an e-mail to charmstopvibe@vodamail.co.za with the subject "calender 2015" and we will mail the calender to you.

D.I Y Tip

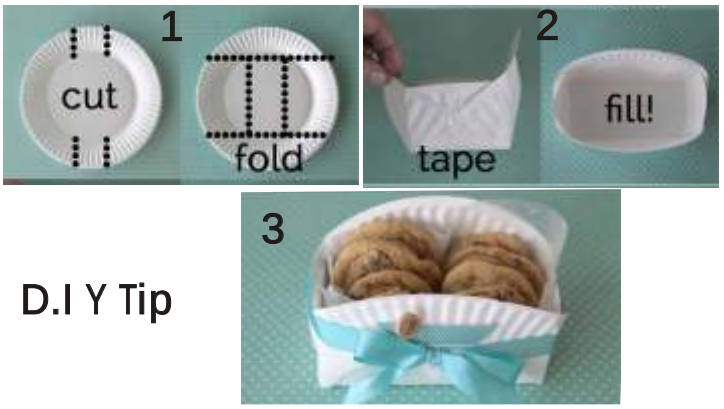


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My pad na 'n nuwe ek!- Jannien Muller.

Alles het begin een Donderdag middag in 'n haarsalon, ek was op 'n baie depressiewe stadium in my lewe, My vriendin en ook die Eienaar van ***Headlines*** haarsalon het my vertel van die bekende Dokter en sy dieet. Soos soveel keer tevore het ek gedink nog 'n dokter nog 'n dieet. So is die hare gedoen en alles, en oppad uit kom daar 'n Tannie op my af geloop (verskoon die plat Afrikaans, ek kom van die platteland af) en omhels my tot vandag ruik ek die skerp reuk van kaneel olie wat sy aan my gesmeer het, eers het ek dit baie vreemd gevind, aangesien ek haar van geen kant af ken nie, my vriendin het my verseker dat ek my oor niks hoef te bekommer nie. Wel twee weke terug dis 5 en half maande na my wonderlike reis vind ek uit die Kaneel-Olie-Tannie is 'n Pastoor en daardie dag in die Salon het sy my gesalf.

Die Here het haar daardie dag oor my pad gestuur met n spesifieke doel! Ek het toe Meneer Dokter gebel en die AFSPRAAK gemaak. Met baie vrees, vrae, onsekerheid en twyfel het hom op 3de Julie 2014 besoek, daar aangekom het hy my een kyk gegee en gevra hoe oud is jy, my gemeet, geweeg, en en en, my hele BIO, wou hy weet. Ek is 24, weeg 97.6kg en staan 'n volle 1.57m my skoentjies vol ek was 37.6kg oorgewig!! Sy woorde: "Met jou leefstyl wat jy nou handhaaf is jou gesondheid in gevaar (hart en cholesterol probleme) en kan jy dalk nie 30 sien nie. Die emosie wat deur jou gaan is onbeskyflik, ek wou in 'n hoekie inkruip en huil wag, eerder 'n berg uit hardloop klink beter. So hier sit ek op 24 jaar met 37.6kg om te verloor, waar begin mens? hoe begin mens? wat verander jy eerste, wat gaan die mense dink? Dis maar die begin van die vrae, wat op jou wag.

Die antwoord jy begin by jouself! Die lewe begin eers as jy uit jou "Comfort Zone" is! En gaan elke dag op jou knieë en vra die Here vir die wilskrag en uithou vermoë, want as Hy saam jou is, Wie kan teen jou wees? Ek het baie kritiek gekry, maar jy kom daar deur, ja daar was baie moelike dae, baie temtasie, maar die wenstreep is BAIE, BAIE meer die moeite werd!! Tot en met nou het ek al 32kg verloor van my 37.6kg wat ek moet verloor. Dankie vir elkeen se ondersteuning my aanstaande, vriende, familie en "Meneer Dokter"

Glo my as ek dit kan doen kan jy ook ja JY!

Ek wil graag van hulp wees, so as jy vrae het stuur dit asb aan Top Vibe charmstopvibe@vodamail.co.za ek sal julle vrae na die beste van my vermoë antwoord.

Foto's verskaf deur Jannien Muller.

Top Vibe wil jou geluk wens dit is 'n mylpaal, baie geluk en geniet die nuwe JY!!!



SANCA Vaal Triangle - Teen Addiction: Troubleshooting for Parents

Sanca Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. We often encounter families who desperately want to help a loved one (often a teen) to seek treatment for their addiction.

If a teenager starts behaving differently for no apparent reason - such as acting withdrawn, frequently tired or depressed, or hostile - it could be a sign he or she is developing a drug-related problem. Parents and others may overlook such signs, believing them to be a normal part of puberty.

Major signs of drug use:

. A change in peer group

· Carelessness with grooming

· Decline in academic performance

· Missing classes or skipping school

· Loss of interest in favourite activities .

. Trouble in school or with the law

· Changes in eating or sleeping habits

· Deteriorating relationships with family members and friends

Through scientific advances, we know more than ever before about how drugs work in the brain. We also know that addiction can be successfully treated to help young people stop abusing drugs and lead productive lives.

Intervening early when you first spot signs of drug use in your teen is critical; don't wait for your teen to become addicted before you seek help. However, if a teen is addicted, treatment is the next step.

Why can't some teens stop using drugs on their own?

Repeated drug use changes the brain. Brain-imaging studies of people with drug addictions show changes in areas of the brain that are critical to judgment, decision making, learning and memory, and behaviour control. Quitting is difficult, even for those who feel ready.

If my child refuses to cooperate, should the family conduct an intervention?

Most teens, and many young adults still being supported by their family, only enter treatment when they are compelled to by the pressure of their family, the juvenile justice, or other court system.

Oftentimes, young people will listen to professionals rather than family members, as the latter encounters can sometimes be driven by fear, accusations, and emotions.

I have heard that teens who use drugs could be "self-medicating" because they feel depressed - How do we handle that problem as well?

It is very possible your child needs to find treatment for both depression and addiction. This is very common. It is called "comorbidity" or "co-ocurrence" when you have more than one health problem at the same time. Parents should encourage their children to tell all of their health care providers about all of their symptoms and behaviours. There are many non-addictive drugs that can help with depression or other mental health issues. Sometimes health care providers do not communicate with each other as well as they should so you can be your child's advocate and make sure all relevant health care providers know about all of your child's health issues. Your child should be treated for all health issues at the same time.

For professional help in addiction and awareness talks, contact SANCA Vaal Triangle: Tel - (016) 933-2055

Facebook: Sanca Vaal Triangle

Blog: sancavaaltriangle.wordpress.com

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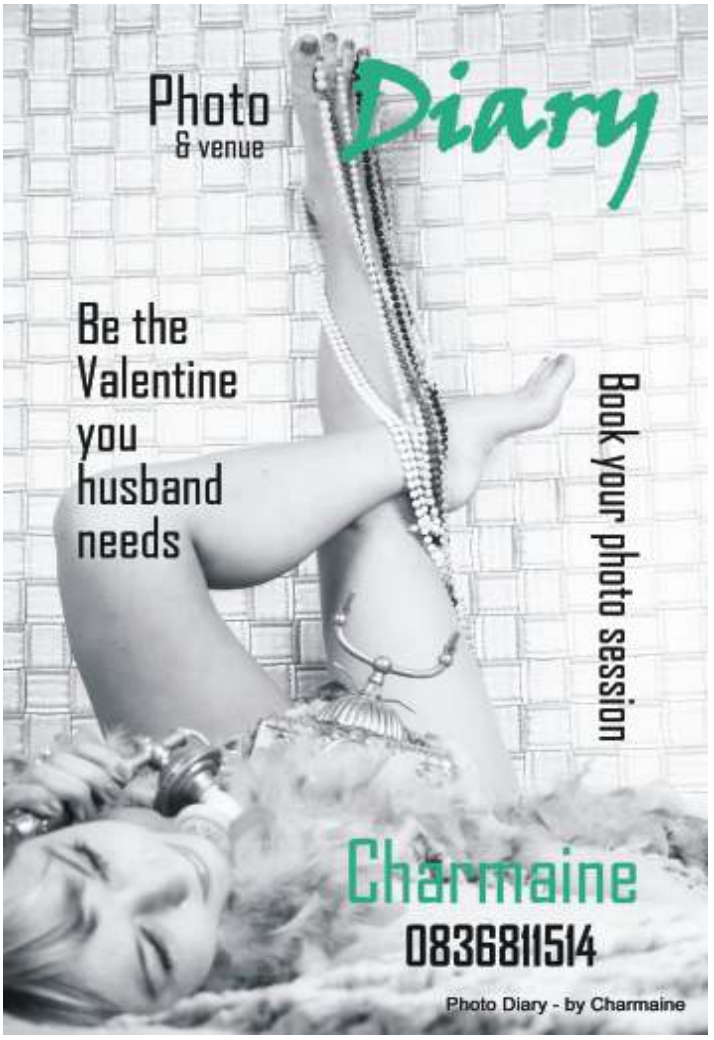














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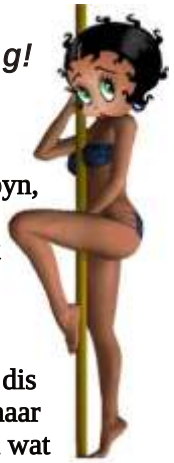
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Bettie Boop is vol dinge vir die nuwe jaar, julle gaan nog lekker lag!



My kommin Troon.

Ek voel gister nie te lekker nie, als wat kan pyn, pyn en dit wat nie pyn nie is ook seer.
Dus sit ek maar rustig in die sitkamer en kyk krieket, want lê kan ek ook nie omdat ek vir iemand wag.

Terwyl ek TV kyk bly my oog op die hek en dis toe ek die karretjie sien talm voor ons hek, maar ek ken nie die kar nie en weet dis nie die girl wat ek voor wag nie - en so kyk ek verder krieket! Betty Boop

Eventually kos dit my wragtag op staan om te gaan kyk wie en wat die kar nou eintlik daar doen want hulle bleddie ry nie.

By die hek aan gekom sien ek die vrou lyk bekend, sy klim uit en los skielik so skrille plesier gilletjie en sê "oe, ek kan nie glo jy's my buurvrou nie!"

Berge val op my, asb, onmiddellik....

Die vrou wat so bly is, is die een met die "push-up" bra en Spice Girl Platforms wat my een dag so in die winkel bekyk het....

Dus weet ek nie hoe ek op my troon gaan bly met die m***se kompetisie reg langs my nie....

Betty Boop

SOMETIMES I JUST WISH
I HAD THE WISDOM OF
A 90 YEAR OLD, THE BODY
OF A 20 YEAR OLD AND
THE ENERGY OF 3 YEAR OLD!



FUN PAGE!!

Top Vibe is planning a lot of fun things over the next months to come. Are you a facebook friend? If not make sure that you are!! Because most of the Fun things will be posted on our facebook page!!!!
Download your Top Vibe Magazine from our mobisite go to www.topvibemag.mobi.



What is Happening in the Vaal?

29 Jan:-	Mel Botes Barnyard Vereeninging
31 Jan :-	1ste Birthday Bash @ Mac's Vaal clubhouse 084 529 0580
14 Feb:-	Valentine's day Romantic Picnic in the Caves Contact: 071 683 1800
05 Mar:-	Team Ashley Foundation Contact: 082 856 8131

For more info about these events go to:
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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.



SAARKIE is steeds die enigste "All-girl_rockband" in Suid Afrika wat vir elke aspek van hulle musiek en uitvoering daarvan verantwoordelik is. Met hulle eiesoortige styl en "vibe" bied hulle vertonings vermeng in Afrikaans en Engels aan. Hulle musiek is 'n kombinasie van talent en passievolle energie wat met dinamika, sinergie en talent oortuig!

Adèle Fouchè is die hoofsanger, speel kitaar en mondfluitjie. Lila Botha speel dromme en is ook agtergrondstem. Lourene Mostert speel die baskitaar, klawerboard en is ook agtergrondstem. Beide Adèle en Lila is van Boksburg afkomstig en sedert kleuterskool al vriendinne. Hulle is saam na Laerskoon Baanbreker en vandaar saam na Dr EG Jansen. Lourene is van Centurion, het eers op Messina gewoon, maar toe behoorlik haar wortels in Centurion gevestig.

Hulle het gedurende Oktober 2014, hulle eerste enkelsnit getiteld "Dullstroom" vanaf hulle splinternuwe en derde album, REISIGER, bekendgestel. Die album word nou, vroeg in 2015 uitgereik en is vervaardig deur Sean Manley en Zanda Greeff. Die album bestaan uit 12 liedjies en sluit in onder andere Afrikaland, Freefalling, Vroue van Afrika, Reisiger, Chuck Norris, Trust, One Love, Dullstroom, My jeug, Kamers van my hart, Ai my lam, en Nader aan my.

Dullstroom gaan oor die onvergeetlike herinneringe wat in daardie klein dorpie in Mpumalanga gemaak is. Dit vertel van die beeldskone natuur, die doodse stilte in die winternagte, die kuier en lag by die plaaslike boerdery, die munte op die treinspoor... Elke gedeelde oomblik wat jy ry gaan deur jou hart en jy sal nooit wil laat gaan nie. 'n Herinnering wat jou deur al die seisoene van die lewe vat.

SAARKIE vertel meer oor die vervaardiging van hulle splinternuwe album: "Ons as Saarkie is baie trots en opgewonde om terug te kan kyk na die harde werk en moeite wat almal inge sit het om van ons derde album, Reisiger, 'n sukses te maak. Dit was 'n ongelooflike ervaring en 'n leerskool wat ons deur diep waters gevat het maar ook gemotiveer het om hard te werk en dinge op te offer vir wat jy in die lewe wil hê. Ons toer gereeld deur die land sien soms die intressantste mense. Wanneer ons nie op die pad was nie, het ons "liedjies skryf wegbreke" gehad na plekke soos Botswana en Mosambiek of sommer net 'n lekker kamp langs die dam. Ons album gaan oor die reise van die lewe asook die reise na die plekke wat soveel stories en herinneringe in ons hart ingekerf het.
Om 'n suksesvolle album te maak in hierdie kompeterende industrie is baie uitdagend, maar ons het elke dag tree vir tree die struikelblokke oorkom en die inspirasie gekry om te skryf oor ons ervarings. Dit is so lekker om ons passie te kan uitleef en dit met ons liedjies met die mense te deel. Ons is baie dankbaar vir ons span.

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Wanneer daai hoofpyn- 'n pyn in die "alie" word!

Dr Quinten Fourie.
(Photographer: Charmaine Photo Dairy & Venue)



Hoofpyn is verseker een van die mees grootste klagte waar oor pasiente sal bekommerd wees.
Waar begin mens en wanneer is dit 'n gevaar?
Mense moet onthou dat hoofpyne oor die algemeen meestal buite die brein is.
Ons is geneig om te dink dit kom van binne die brein.
Alhoewel daar baie oorsake is, fokus ons op die belangrikes.
Die skielikerge hoofpyn is een vaarvoor mens versigtig wees. Dit kan wees as gevolg van 'n vergrotendeaneurisme.
Dit is 'n aar, in die geval van hoofpyn is dit in die brein, wat verwyd is. Dit is 'n teken dat die aar dalk kan bars.
Die skielike hoofpyn wat agter die kop is kan 'n sub- aragniedale (mid breinvlies) bloeding wees, wat gewoonlik salwees na een of ander hoof besering. As die hoofpyn algemeen oor die hele kop is, met gepaardgaan met koors, nekstyfheid en ligsensitiwiteit, dan is dit baie seggestief van breinvliesontsteking.

Die hoofpyn wat stadigvormend is, moet mens dink aan letsels wat stadig groot word in die brein.
Dit kan enige kwaadaardige of nie kwaadaardige vergroeisel wees.
Selfs 'n stadige bloeding soos subdurale bloeding moet oorweeg word veral in die ouerpasiënt met onlangse geskiedenis van val of hoofbeserings.In 'n jong oorgewig vrou, kan daar begin verhoogde intercreindruk verhoging wees. In die ouer pasiënt wat hoofpyn veroorsaak sal temporale arteritis wees.

'n Goeie geskiedenis en deeglike ondersoek is beter as om die pasient te oor ondersoek. Daar kan baie maal 'n gekombineerde oorsaak wees. Servikale (nek) disfunksie is ook algemene oorsaak. Moet ook nie vergeet van bloeddruk wat ook 'n baie algemene oorsaak is. Mens moet ook nie net antibiotika vir hoofpyn en koors gee as jy nie seker is daar is breinvliesontsteking.

Spanningshoofpyn moet ook nie dadelik gesien word as 'n breingewas nie. Daar is sekere medikasie wat ook baie geneig is om hoofpyne te veroorsaak, so vertel altyd jou dokter watter medikasie wat jy gebruik. Onthou pyn medikasie self kan ook paradoksikale hoofpyn veroorsaak, dus die ontrekking van die pyn medikasie wat die hoofpyn veroorsaak.

Hou dop die patroon van jou hoofpyn. As dit saam jou menstruasiegeskied kan dit menstruele migraines wees. Migraine kom met tye voor verdwyn heeltemal. Troshoofpyne kom gereeld in 'n siklus en is skielik erge hoofpyn, meestal in mans en geskied in die vroeë oggende.
Dit kom vinning en gaan weer vinnig.

Sinus hoofpyn kom met seisoeneveranderinge en wanneer daar aanvalle is. Nek spondilose kry erge hoofpyne en dan 'n paar ligter.

Die sielkundige aspek moet ook nie vergeet word nie. Depressie veroorsaak gereeld hoofpyne en druk en stres veroorsaak spannings tipehoofpyne. Dit is partymaal moeilik om te behandel. Baie maal is die grootste "challenge" om die pasient te oorreed dat die hoofpyn nie 'n brein gewas is nie.
Mens se postuur waar jy sit staan en werk, of hoe jy swot (soos op 'n bed/ by lessenaar) kan 'n maklike misbare oorsaak van nek (servikale) hoofpyne wees. Die erge kners op tande wat meestal gebeur as jy slaap kan ook ergekant (temporale) hoofpyn veroorsaak. Dit is bekend as bruksisme (bruxism). Dan is daar die bekende migraine. Daar is verskeie tipes wat tipies of atipies kan wees. Meestal is dit kloppend en eensydig, veroorsaak naarheid en braking en ook lig sensitiwiteit. Onthou dat vyf persent van kinders al migraines hê by die ouderdom van 11 jaar en sewentig persent van migraine lyers het familie geskiedenis van hoofpyn.
Dus is die tydperk van die hoofpyn die mees belangrikste indikasie van gevaarlike hoofpyne. Ander tekens wat vir jou op jou hoede sit is gepaardgaande koors, veranderende bewustheid asook nek styfheid.
Mens wil nie veralgemeen nie, maar is dit noodsaaklik om jou dokter te gaan spreek sodat die oorsaak vasgestel kan word.

Dr Quinten D Fourie (MBBCh, Wits)
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Baie geluk!





Foto: verskaf (facebook)

Baie geluk Quentin en Nicolene Venter met julle pragtige baba seuntjie. Mag julle kleinding net vrede en geluk bring. Met ousus om 'n ogie te hou kan dinge net goed gaan. Geniet hulle!!!!

Innige meegevoel



Aan Karlien en Derick Hougard wat hulle dogterjie Evah verloor het.

Ons gebede gaan uit aan julle in hierdie moeilike tyd, baie sterkte vir julle.

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