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Issue 79

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Editors note



It's Christmas time, where family get together spending quality time. The year 2015 is almost in the past and one get to start a new year.
You can start a brand new year with a new bucket list, and by the end of the year you can tick off and hopefully you can give yourself a pat on the back and that everything on your list is ticked off.

This time of year road safety is always a very big concern with everyone being in the festive spirt drinking and having fun with their family and friends. One have to remember that when you drink and drive you aren't just putting your own life in danger but everyone around you as well.

The roadworthiness of your vehicle is very important, remember that at certain garages you can get your vehicle inspected for free where they do a safety check on majority of components on your vehicle after you have done this please rectify all the findings that where found during the inspection, so that you can hit the long road with peace of mind.

Please drive safe and be safe in everything you do, don't carry large amounts of money with you. Make sure your children is under adult supervision at all time. Use sun block whenever you plan a outdoor day. Make sure your pets are well looked after when you are going away on vacation. Ensure to sharpen up your home security, ask friends or family to look after your house, empty the letter box, switch lights on and put off your geyser whilst on holiday.

We at Top Vibe Magazine would like to wish our advertisers and readers a Merry Christmas and a prosperous NEW year may all your wishes come true.



Please take note that our offices will be closed from 15 December 2015 till 5 January 2016. We will be active on Facebook and Twitter, don't forget to give your comment on our Food and Movie blog.

Happy holiday's - Love Charms

Xox

Top Vibe Magazine

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Fotograaf: Charmaine Janse van Rensburg

Wat is jou vraag?

Dr. Quinten Fourie beantwoord ou vrae:

Vraag:

Hoe ge-maak met bloeddruk wat lol? Alhoewel ek chroniese bloeddrukmedikasie gebruik, kry ek steeds dae wat my bloeddruk geneig is om te val. Wat kan ek doen om seker te maak my bloeddruk bly konstant?

Antwoord:

Daar is baie faktore wat bloedruk beïnvloed, soos jou gemoed, jou siklus, wat jy eet, en watter tyd van die dag dit is.'n Southappie soos 'n Marmite-broodjie kan help om jou bloeddruk te lig, of jy kan jou vererg vir jou man as sy klere weer die hele wêreld vol lê. Skryf gereëlde bloeddruk - leesings neer en bespreek dit met jou dokter.
Dalk moet jou medikasie net aangepas word. Ander moontlike mediese oorsake moet ook ondersoek word.

Vraag:



Is daar raad vir swaminfeksies? Ek kry gereeld swaminfeksies, van my voete en hande tot op my lyf. Kan mens keer dat dit bly terugkom - Ek wil nie soveel medisyne drink nie!.

Antwoord:

Swamme is opportunistiese organisme wat groeie wanneer hulle die geleentheid kry. Dan is dit 'n gesukkel om daarvan ontslae te raak!. Dit kan te doen hê met jou immunieteit, die organsmes op die vel, asook die tipe behandeling wat toegepas word. Die swamspore kan selfs dormant lê in jou skoene.. *chuck* dit en koop 'n nuwe paar. As jy gereeld vaginale swaminfeksie kry moet jou partner ook behandel word omdat mans draers van die spore kan wees, al kry hulle nie self infeksie nie.
Moet hom asseblief nie *chuck* nie!



Het jy vrae en is te skaam om dit vir dr. van aangesig tot aangesig te vra?
Hier is jou kans, stuur nou jou e-pos aan: *charmaine@topvibe.co.za* en vra jou vraag, jy sal anoniem bly, die vraag sal gevra word en dr sal dit antwoord.
Baie dankie vir die vrae wat ons ontvang het, jou vraag kan dalk iemand anders help.

Dankie Dr. Quinten Fourie vir 'n wonderlike jaar vol vrae en antwoorde en sien uit na 2016 en wat dit vir ons mag inhou.

Let asb op dat Dr. Quinten Fourie se spreekkamer besonderhede hieronder is. Kontak hulle gerus indien jy 'n mediese dokter se diens benodig.

Dr. Quinten Fourie & Dr. Sias Searle
MBBCh (Wits) MBChB (UOVS)
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Stiaan Reynierse - SONDE



Stiaan Reynierse is in 2015 benoem vir Huisgenoot Tempo Toekenning as "Beste Nuweling" en sy allbum, "Sonde", is gedurende Maart 2015 vrygestel.

Dit bring 'n unieke klank na die mark. Hiervan getuig die titelsnit en die ander oorspronklike liedjies, elkeen met unieke lewering en klank, wat jou beslis twee keer sal laat luister.

Stiaan was baie opgewonde om te werk aan "Genadewater", saam net die legendariese, Richard van der Westhuizen en sy weergawe van " Voshaarnooi" laat 'n mens in vervoering. Net wanneer jy sou dink dat slegs die oorspronklike weergawe kunstenaar behoorlik lewe kan gee aan hul eie treffers, maak Stiaan Johnny Cash se "Hurt" en Simon & Garfunkel se " Bridge Over Troubled Water" sy eie, asof dit sy eie emosies was wat na die papier gevloei het.

"Muddelburg my Lanie" verg dat jy 'n paar maal daarna luister om die diepte daarvan te verstaan en "Song vir Livan" laat ouers na hul eie kinders verlang.

Stiaan het sy kind-wees wortels in Middelburg, Mpumalanga geskiet, waar hy in ruil vir 'n glasie wyn wat hy met sy snoepie geld vir sy oupa gekoop het, kitaar-lesse by hom gekry het. Alhoewel hy op jong ouderdom reeds talent getoon het, het hy eers sy staal getoets as amateur bokser, totdat hy die geroep van die verhoog nie langer kon ignoreer nie.
Tydens 1997 tot 1999 was hy lid van die Mpumalanga Prestige Jeugkoor en tot en met 2000 ook 'n lid van die Mpumalanga Prestige Orkes.
Tussendeur het hy sy talent geslyp op verskeie feeste se verhoë en by funksies.

Stiaan se liefde vir musiek strek oor byna al die genre's, maar dit is "rock", "blues" en so tikkie "country" wat hom spesifiek na aan die hart lê. Terwyl hy aan ander internasionale sterre en musiek gemaklik sy eie interprestasie en uniekheid verleen, tref sy eie skeppings die hart hoofsaaklik, omdat dit vir die luisteraar 'n kykie gee in sy wedervaringe met die lewe, liefde en God.

Hy beskou dit as 'n voorreg om al op van die land se grootste verhoë (Oppikoppi, Aardklop, Innibos) te kon optree en te deel met welbekende kunstenaars soos Koos Kombuis, Dozi en Deon van der Merwe.
Sedert 2011 is hy 'n bekende gesig en stem by baie kuierplekke in Pretoria, Nelspruit en Middelburg. Die vooruitsig is om sommer gou regoor die land te toer.

Die produksie van die album is gedoen deur die ervare Andrew Roos van Brak Musiek, terwyl die musikale talent van Vinnie Henrico, Johan Rautenbach, Theo Klassen en Andrew self, ingespan is om die note in te kleur.

Hierdie album beloof om liefhebbers van Afrikaanse musiek meetevoer met waardeering.

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From

STARBURST PROMOTIONS

Boodskap van Mark 'n tiener seun aan sy Ma op haar Verjaarsdag!!



Foto verskaf: Charmaine (Ma) en Mark (seun)

Geskryf deur:
Mark Jansen van Rensburg

Wens ek kon die brief net so plaas soos wat dit geskryf is, maar mense sal negatiewe kommentaar lewe. Daarom word die afkortings uithaal. Mark jy is 'n wonderlike voorbeeld vir vandag se tiener seuns.
Redaksie.

KYK MY AWESOME BOODSKAP VAN MY TIENERSEUN AF.....:

Hi my maiQi ... en vandag is mamma nog 'n dag jonger .. en raai wat ek is nog meer lief vi mamma ... baie dankie vir alles wat ma vir ons doen ons besef nie altyd wat agter die skerms aan gaan nie maar ek weet een ding dat ma die beste ma is en ek is baie baie lief vi ma .. ma is die mens met die sagste hartjie wat daar is ..
ja mamma kan dalk kwaai wees soms, maar dit kom maar in die pakket van ma wees ...

Pappa is verskrikkelik bevooreg om 'n vrou soos ma te hè .. mamma is die beste voorbeeld vir Charmazel van ma wees ... ek het mamma en pappa sien speel gister dit my hart so laat glimlag ek kon net nie help maar om te glimlag nie ..
Ek wens so ek het eendag so wonderlike vrou soos ma ...mamma is die mees inspereendste vrou wat ek ken .. my vriende geniet ma verskrikkelik geen mens kan help maar om mamma lief te hê..ons baklei soms ja, dis maar net die duiwel daai en mamma is beter as dit want mamma is 'n prinsess van God ...
Mamma is verskriklike sterk persoon veg vir ma se reg ek dink mamma moet president word hehe .. ek het 'n alphhabet wat mamma vir my beskryf.

A:- Amazing
B:- Betrou baar
C:- Christin
D:- Droom vrou
E:- Engel wat die Here ons leen
F:- Freak as musiek begin speel
G:- Gifted met al die beste talente
H:- Heel beste ma
I:- Intressant baie baie
J:- Juweel van die Here
K:- Kosbaar vir MY
L:- Liefdes blom dis al wat ma doen word net elke dag groter en sterker
M:- Moet altyd bly glimlag
N:- Nooit skuldig as mamma se manetjie ma help ??
O:- Ongelooflik oulikkkk
P:- Piet se vroutjie
Q:- Quit dit doen Ma nie somer nie
R:- Ryk in soene
S: - Sonskyn in almal se dag
T:- The fittest person I know??
U:- Uniek in ma se eie manier
V:- Verskrikkelike mooi persoonlikheid
W:- Wil net nie moeg raak vir werk nie
X:- Xtreme as dit my MA kom wees
Y:- You make the best food
Z:- Pappa se ZING ..!!

NOU JA mamma ek hoop ek's eerste .. weet net mamma beteken bitter baie vir my. Oupa het een HECK OF 'n oulike kuiken.



So uit die hart van 'n tiener seun aan sy Ma.



YOUNG AND WILD:

After the success of ADAM (Hugo Ludik, Reynardt Hugo, Kyle Grant) and Daniel Baron's smash hit collaboration, *SAY WHAT YOU WANT,* the *YOUNG AND WILD* EP continues this chapter. Because of the nationwide support and public demand, this single (that was merely going to be a once-off), turned into a collection of six English songs that will take the listener on an incredible journey. From up tempo anthems to emotional ballads, this EP is bound to give you goosebumps.

Throughout the EP it is clear that both ADAM and Daniel Baron's different sounds have joined cohesively to become something recognizable and fresh at the same time.

YOUNG AND WILD carries the positive message that life is short, so we all need to kiss the ground, have a good time, fall in love, and live it up like we're young and wild.

"When two or more minds start to collaborate and create songs, the product usually turns into something larger than expected, and working on Young & Wild, I feel we have combined our crafts to create some of the best songs we have ever written. In the end, all that we have set out to do is create good songs that relate to where we are in our lives and they happen to be easy to sing along to. We hope the world will enjoy it as much as we enjoyed creating it." – Daniel Baron

"This EP brings together two very distinct sounds in ADAM and Daniel and yet with the final product it sounds like we have been writing and performing together forever. Definitely the most exhilarating project we've ever worked on and with some of our most personal songs yet; combined with the production genius of Robin Kiely, makes this an album that we will forever be proud of." Hugo Ludik – ADAM

"I love that the guys are open to exploring the industry. They teamed up for a song, it became a hit and now, they're making it work to their advantage. I'm super stoked to hear what the guys have come up with" - El Broide – People Magazine

The next single release from the EP titled, *How did it get to this*, will be released to radio shortly and the EP will be available on iTunes from Friday 30 October 2015 as well as in selected retail stores and will be released by Universal Music SA. It features their smash hit alongside five other original tracks.

Follow ADAM on Facebook: https://www.facebook.com/adamgroep?fref=ts

Follow ADAM on Twitter: @adamgroep

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RIVERSIDE BOULEVARD



Vanderbijlpark- The Riverside Boulevard celebrated their 10th birthday on Saturday 28 November 2015. Mr. George Papavarnavas, owner of the complex and the centre managers Mr. Marc and Ms. Lettie Paoliello thank the public for their support over the past 10 years.

Big prizes with a total value of R53 000 was given away on the day as token of appreciation to the public for their support. The fun-full day started with well known Cordelia and ended with Juan Boucher. Everybody enjoyed a day full of excitement. Mr. & Miss Riverside 2015 was crowned, it was presented in collaboration with Figures Models & Talent International.

Looking forward to the next 10 years!!!

Photographer: Charmaine Top Vibe Magazine.

Entertainment: Cordelia







Entertainment: Juan Boucher





Mr. Africa 2015 - Jaco Paulsen with the youngest Miss Riverside Boulevard







Owner Mr. George Papavarnavas and Lettie Paolietto center manager





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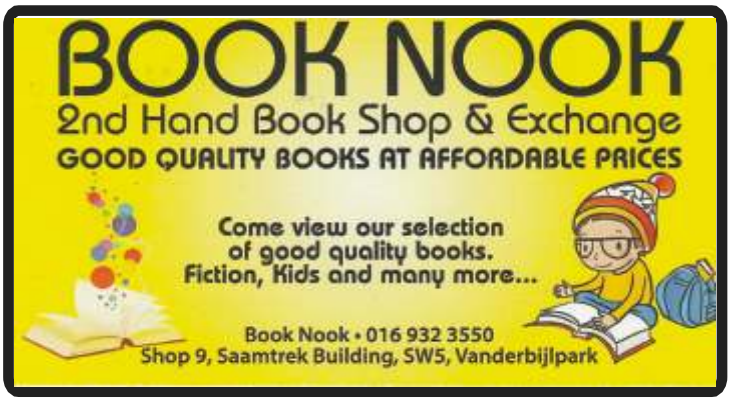




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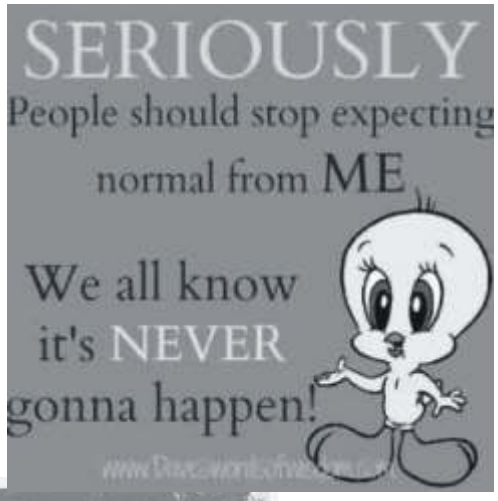




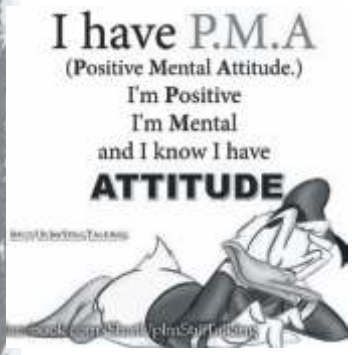




Laugh out loud!....

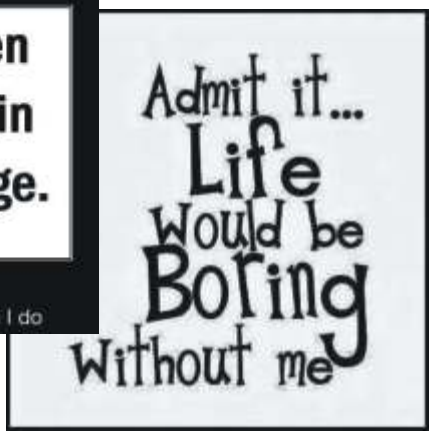






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E-MAIL **Sê jou Sê:** Het jy gedagtes, menings, stories of voorstelle om met ons te deel? Stuur 'n e-pos: charmaine@topvibe.co.za of pos 'n brief na Posbus 60130 Vaalpark 1946 GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.

WOW JULLE EK WIL GRAAG DIE MET ALMAL DEEL!

Vyf vriende het al gesterf.
"Jy's soos 'n robot, al waaraan jy dink is jouself en jou volgende fix, jy worry niks oor niemand nie, jy eet nie, jy bad nie, jy gee net nie om nie, jy steel, jy lieg en bedrieg oral waar jy kom, jy raak aggressief en manipulerend, jy soek jou fix en jy sal enige iets doen. Selfs 'n onskuldige vrou met 'n shifting oor die kop wetter en haar roof," sê 'n blondekop meisie met seegroen oë.

Gerhard Rheeder | February 10, 2015
Monique Germishuizen na heroïen. Haar naam is Monique Germishuizen.
Op die rug van die draak met 'n shifting in die hand, het sy geroof en geplunder soos 'n Viking van ouds. Tipies van 'n jong tiener, het sy presies gedoen wat diegene in die "know-how" vir haar gesê het om nié te doen nie.

Monique praat prontuit oor haar verslawing en dit wat met jou "sal" gebeur.

Soos jy hier sit en lees, sê Monique, is daar talle wat dink, "ag shame sy kon nie haar drugs handle nie, maar ek kan, ek sal dit verantwoordelik gebruik".
"Almal begin verantwoordelik bietjies-bietjies, 'n dagga dampie hier en daar, 'n pilletjie of twee dié kant, en 'n acid of twee daai kant, want wat is 'n klub of house party met laser shows nou sonder 'n Red Heart trip?". Maar dan raak dit vervelig en volgende kom die Cat – "n ding wat laf raak en rondspring in jou, soos op 'n warm sinkplaat". Soos enige troeteldier soek dié Cat al meer van jou aandag, jou tyd, jou geld.

Monique Germishuizen op heroïen.
"Die afkomslag is hectic!" sê sy, "dan kom die raad van jou bra's en die lyne Coke word voor jou getrek vir daai beter vibe".
"Hier moet jy klaar weet, jy's lankal al besig om toktokkie te speel op die duiwel se stoep," sê Monique.
Maar, die drang na nog beter, dié beste, knaag soos daai Cat aan die Catnip.

"Getrou aan die natuur van die partytjie dier wat jy nou is, versuip jy jouself naweek in en uit, want dis awesomeness om in te wees, klap net 'n paar lyne dan's jy weer nugter en reg vir die volgende jol".
Maar daar het dit ook nie laat staan vir Monique nie.
Sy's voorgestel aan Crack kokaïen, oftewel Rocks, soos die junkies dit noem, en Monique was trashed, pure junkie op junk en skunk.

"Dis hier waar jy die duiwel se donderende voetvalle van die trappe af hoor, hy kom vir jou oopmaak!".
Sy sê Rocks is naas heroïen die verslawendste dwelm wat sy nog gebruik het, en sy's deur die hele spektrum van tandjiepoeier tot die regte Poppy pret.
Monique was al so desperaat vir 'n stukkie Rock, dat sy op die mat in die kamer, wat sy met 20 Nigeriërs gedeel het, handeviervoet sou rondkruip, met haar neus op die urinedeurdrenkte mat – "jy mis niks op die mat nie!"
Stukkie in die hand, laai sy hom met spoed op haar pypie, net om uit te vind dis 'n stuk klipharde brood, dis die mees aanvaarbare opsie waaraan sy kan dink, want was dit nie.
Monique Germishuizen voor heroïen.
Kort na die Rocks kom heroïen, dis hoe die draak met Monique sou werk. Sy slaan die foto-album oop, "die sere om my mond en in my gesig is van 'n vuil housepipe wat ek met nog vuiler mense gedeel het," verduidelik sy jou skok weg.
"Die blou oog het ek gekry in 'n fight vir 'n heroïen fix," brei sy uit oor die tyd wat sy rondgeswerf het op straat, as geraamte van 35kg.
"Ek het begin spuit vir die dood, die duiwel se deur was vir my oop."

Die Here was haar egter genadig, sy weet dit en sê dit, sy glo sodat sy haar stories kan deel.
"Ek wil nie deel wees van die statistiek nie, maar dis bewys, net twee persent van heroïnslawe kan dit -los en skoon bly.
"Net vir die rekord, ek het al vyf vriende die laaste vier maande sien sak in die graf," tref sy weer. ***Maar Monique is nou skoon.***
Sonder glasuursel of fluisterings van sweet nothings waarsku sy:
"As jy vandag, of whenever daaraan dink om cool te wees en 'n zolletjie te rook, of 'n E te pop, of 'n acid te drop, dink weer, dis net die begin van 'n lang-ellendige stryd, wat jou in niemandsland sal vergeet, en uiteindelik jou lewe sal neem"



Van 'n vriendin:

Vanoggend toe ek wakker word was my een pantoffel skoon Weg.
Ek wou eers die maklikste uitweg vat en kaalvoet oor die koue Teëls loop, my moed het my begewe
en toe maar besluit om op my kniëe te gaan en onder die bed te kyk.
O ja daar lê hy toe vir my en loer, ek steek my arm in en trek hom uit. Ek raak toe bietjie duiselig en kniëlend lê ek toe sommer met my kop op my arms op die bed en doen sommer my oggendgebed.

Ek moes seker bietjie aan die slaap geraak het, want ek droom toe van die mooiste veld vol blomme waarvan ek armsvol gepluk het en vasgebind het in bosse. Ek het gewonder wat ek daarmee sou doen aangesien ek nie genoeg potte het om dit in te sit nie.

Ek het begin bid en gevra Here wat sal ek hiermee doen en skielik staan van my vriende voor my. Hy neem toe 'n bos uit my arms en gee vir elk 'n bos, waarop Hy verduidelik:
Blomme is soos die lewe, dit bring vreugde wat almal kan geniet, al het sommiges dorings en maak soms seer.

Skoenlappers en bye kry nektar daaruit maar elkeen om 'n ander rede. Skoenlappers bestuif ander plante en bome en bye maak heuning.
Soms val luise die plante of wurms broei uit en probeer die plant verwoes, so is daar mense wat dieselfde aan ander doen. As die eienaar oplettend is sal hy gou die plaag uitroei en die plant sterk herstel, maar so is dit jul plig om mense Lewens aan te raak.
Julle mag nie huiwer om iemand reg te help as hy iets verkeerd sê of doen nie, maar doen dit met liefde en respek.

Hy sê toe: Die lewe is soos 'n blom, dit is nie vir ewig nie. Ek het aan elkeen 'n lewenstydperk gegee, sommiges langer as ander Moenie vrae vra nie want ek het My beplanning perfek uitgewerk.

Ek laat jul soms bedroef agter, maar Ek is jul Trooster, ek heel gebroke harte. So My kinders gaan in vrede en deel dit met almal, saai vreugde en jul lewe sal 'n liefdestuin wees. 'N papnat kol op my laken was die getuie van die wonderlike ervaring, Daarom wil ek vandag vir jou 'n bos blomme gee.



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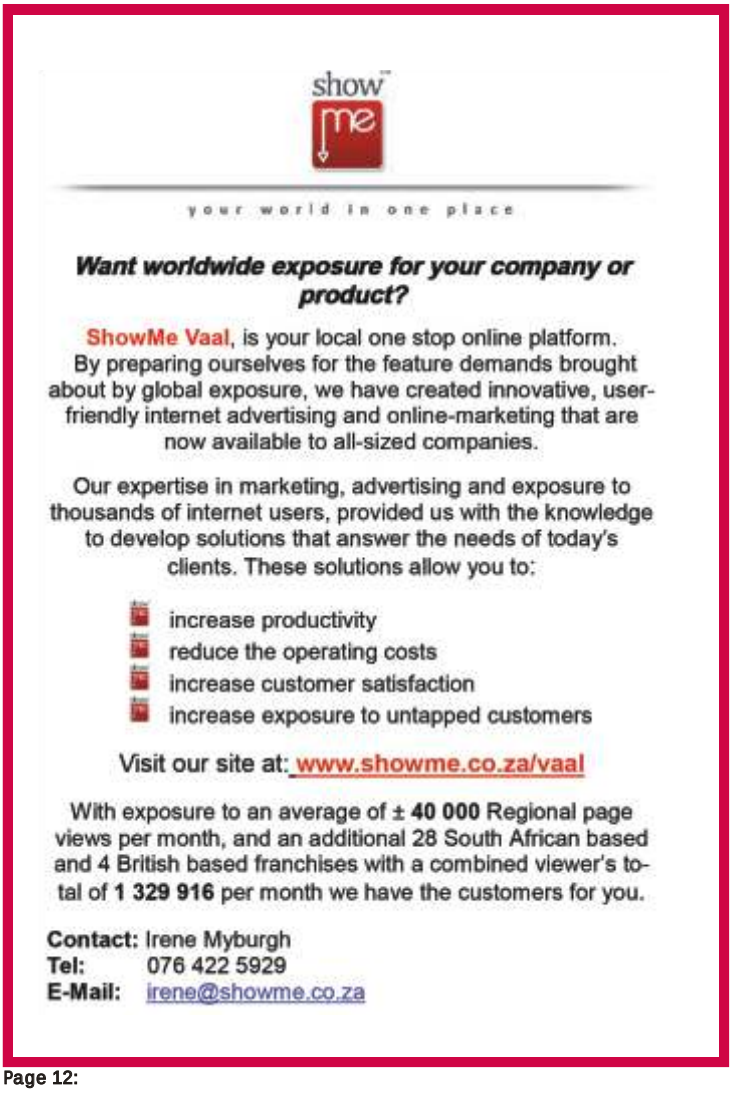
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