Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 58



Pad na jou Hart Primiere sien foto's bl 2

TFM 102.2 RADIO
Info · Fun · Music

Visit our Website:
www.topvibe.co.za

show me

To advertise
072 768 8582



Redakteurs nota

Pad na jou Hart premiere het plaas gevind op 30 Januarie 2014. Die rooi tapyt was uitgerol, vir 'n ware glans geleentheid.

Hierdie is 'n eg Suid-Afrikaanse film, wat met jou hart praat. Wat 'n voorreg vir *Top Vibe* om die geleendheid te kon bygewoon. Ek gee Pad na jou Hart 10/10. Dit is een van daai films wat jou laat lag en huil en sommer weer verlief maak om verlief te wees.

Ivan Botha en Donnalee Roberts vertolk die hoofrolle in die romantiese, avontuur film waar twee mense hulle ware noord vind.

"Pad na jou Hart" vat jou op 'n reis deur ons land waar jy weer ontdek hoe beeldskoon Suid Afrika is terwyl jy saam lag, saam huil en opnuut besef waaroor die lewe regtig gaan.

Die storie en draaiboek is geskryf deur Ivan Botha en Donnalee Roberts.
Die film is vervaardig deur The Film Factory se Danie Bester asook deur Ivan Botha en Donnalee Roberts van Memory Box Productions. Die regie is deur Jaco Smith behartig.

Graag wil ek die volgende persone bedank: *Deeva Fab* wat my geklee het vir die glans geleentheid, Monique van *Dashing Divas*, vir my hare en Charmaine van *Hoi Poloi Photo Studio* wat ingestaan het as fotograaf vir *Top Vibe*.

Maar seker dat jy die film gaan kyk. Hierdie is een wat 'n mens 'n paar maal sal wil sien. Pad na jou Hart het reeds met die opening R3,1miljoen gemaak.

Dit wil gedoen wees..

Baie geluk julle!! Pad na jou Hart is 'n wonderlike film.

Chalms xx



Pieter Koen & Charmaine *Top Vibe Magazine*



Joe Foster

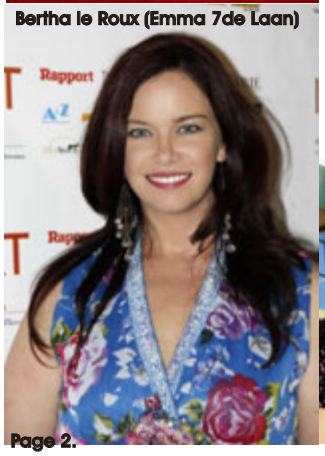


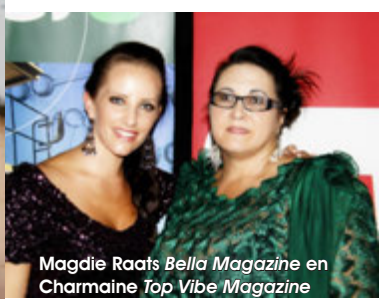
Lourene Liebenberg, Angelique Gerber en DeVille Vannik



ADAM

Bertha le Roux (Emma 7de Laan)





Magdie Raats *Bella Magazine* en Charmaine *Top Vibe Magazine*

Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
Charms
P.O. Box 60130
Vaalpark
1948
E -mail: charmaine@topvibe.co.za
Facebook: Topvibe-magazine Vaaltraingle
Twitter: charmaine@topvibemagazine
Website: www.topvibe.co.za
Competition sms line: "Topvibe" 45522

Find us on Facebook | twitter | show me

Copyright:
Content of Top Vibe Magazine is protected by copyright. No part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

Owner / Sales Rep:
Charmaine: 072 768 8582

Proofreaders:
Tersia - Afrikaans
Joelene - English

Editor's photo - Photographer:
Charmaine - Hoi Poloi Photo Studio

Disclaimer:
The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/or advertisement. ***The views of other writers or articles in this Magazine are not necessarily the view of the editor.***
Please support our advertisers ---- They support Top Vibe

AGENT 2000 THE FILM FACTORY in samewerking met BZOOT PRODUKSIES bied aan 'n Stefan Nieuwoudt film MET:

Paul Loots, Izél Bezuidenhout, Ruan Wessels, Janic Botha, David James, Karen Wessels, Shaleen Surtie-Richards en Amalia Uys.

Dis 'n nuwe skooljaar vir die Graad Aggies van Hoërskool Randburg, maar dit word vinnig duidelik dat die matrieks, puisies en ontgroening die minste van hulle probleme is. Die berugte skoolboelie, Die Laksman, is daarop uit om hulle te teister. Die voorsitter van die beheerliggaam, Doktor Naudé, dring daarop aan dat die skoolhoof, Mnr. Von Brakel, die onsmaaklike saak voor die einde van die groentjiekonsert oplos, of die skoolhoof is sy pos kwyt. Mnr. Von Brakel is moedeloos, maar sy assistent, Mnr. Vermaak, kom gou tot sy (oënskynlike) redding wanneer hy op die webwerf van 'n belowende jong speurder afkom: Agent 2000.

Agent 2000, oftewel Walter du Toit, is 'n 14-jarige knaap wat aan geheime agent 007 herinner. Hy is slinks, hy is skerp en hy is beslis ongelooflik *cool*. Daar is nie sprake van skool tydens die voltooiing van al sy missies nie, en daarom verkies hy tuisonderrig. Buitendien, 'n jong speurder het nie tyd vir huiswerk of vriende nie en Walter verkies veel eerder om met nuwe tegnologiese uitvindsels te eksperimenteer. Wanneer hy egter gevra word om Die Laksman vas te trek, kom Walter voor 'n nuwe uitdaging te staan: publieke skool. Vas oortuig dat hy Die Laksman binne die eerste dag gaan 'ontmasker', vermom hy homself as 'n bleeksiel en durf hy sy eerste dag by Hoërskool Randburg vol selfvertroue aan.

Die Laksman is egter meer uitgeslape as wat Walter besef het en tot sy jonger sussies, Li'Miri en Madelie, se groot vermaak word hy verplig om terug te keer skool toe. Aanvanklik voel dit asof hy nie juis vordering maak met die soektog na Die Laksman nie, en boonop word hy deur die ander Graad Agts geboelie en deur die matrieks verneder. Dit is nie die tipe behandeling waaraan die *cool* Walter du Toit gewoond is nie...Ten spyte van al die druk wat Walter by die skool ervaar, begin hy dit tog geniet om te gaan – veel meer as wat hy bereid is om te erken. Hy vorm 'n hegte vriendskap met die koddige Balie en die blonde Chante-Amoré laat sy oë blink. Met die ondersteuning van sy nuwe vriende kom hy tog nader daaraan om Die Laksman te ontmasker. Wanneer hy egter bewysstukke by Die Laksman se huis probeer kry, vind 'n onaangename gebeurtenis plaas wat amper sy hele missie in die wiele ry. 'n Taak wat aanvanklik na kinderspeletjies gelyk het, ontaard gou in 'n nagmerrie.

Is Walter se identiteit as geheime agent daarmee heen en is hy in die proses ook sy beste vriend en die meisie van sy drome kwyt?

Gaan Walter du Toit uiteindelik Die Laksman se grootste teiken wees, of het Agent 2000 nog 'n laaste troefkaart in sy stryd teen Die Laksman?

Twitter: @Agent2000film en Facebook: agent2000
Die film open op 28 Maart in teaters landswyd, sien bladsy 8.

Fashion trend tips - Deeva Fab.


Deliwe Mulumda - Deeva Fab

Do you want to go Vintage this winter?

We all know that retro styles are trending this season because of their uniqueness and quality and also because they're cost effective. To stay ahead with this fashion trend that is cyclical you need to stay on top of your game and here are the tips in buying that stunning Vintage piece of fashion and get value for your money.

Be prepared: Arm yourself with garments that are easy to get out of, something you can slip on and off without fuss - my favourite uniform for vintage shopping is a button -down dress. Wear minimal make-up. Many vintage garments zip up at the side and have to go over your head, rather than over your hips, so whilst it's tempting to don a red lipstick to get into the split of things, its best not to smear it all over the neck of a yellow 50s frock.

Always hold garments up to the light: Have you noticed how dark vintage shops can be? Well, it's not always intentional (they can just be cluttered places), but it sure does make it harder to spot flaws. By holding it up to the light you can instantly see any holes or repairs. The light will also shine through any patches where the fabric has become too thin and delicate. With woollen garments, check the elbows to make sure there is not excessive wear.

Always check the armpits: As far as I am concerned, this is number one in terms of importance. I don't know why it took me so long to do this automatically! Before the days of deodorant, sweat had a habit of damaging fabric due to the acidic qualities of perspiration.

Look at the fastenings: Double -check that none of the buttons are missing and the zips are working properly. This may seem like a non brainer, but all too often I've gotten home only to discover that a crucial covered button has fallen off or a zip is faulty. Key areas to check fastenings are around the neck line where small buttons may be hidden under a collar, and also around the cuffs. Whilst you are there make sure the belt is still attached. If there are belt loops and no belt, it's OK to ask for a small discount because the garment is no longer complete.

Talk to the sales assistant: Don't be too proud to ask for advice in a shop, especially if you are looking for era-specific garments. This will speed up the learning process and before long you will be having a friendly debate on the age of a frock. Good shopkeepers should know their stock in side out and quite often they will keep special pieces behind for the right customer. It's also good to develop a relationship with the specific Vintage shop owner as they will start to look out for garments in your size and style. Most vintage sellers are passionate about what they do and are happy to talk to customers about stock, size and fair pricing.

Go for the best you can afford: Resist the temptation to buy in bulk. Despite years of collecting for the sake of it, I now wish I had stuck to buying garments that were 100% wearable and in my size. My repairs bag is huge and you can't "rescue" everything. The less you buy, the more you spend on those show- stopping items!

Don't pay any attention to the sizes on labels: Sizing is completely different nowadays, and if there is a size label I'm afraid the best option is to ignore it. Now, is this because women were smaller or are current brands changing sizes to make us feel better about ourselves? Lol! Another reason is because most of vintage clothes are from other countries where the sizes are very different to South African sizes.

Always check the bottom of shoes: More often than not, a heel tip will be missing. Check the leather around the buckle and strap for signs of wear and tear. If a leather strap looks creaked, it may break off easily. Make sure the shoe is not too bendy and will hold your weight- this can be achieved only by trying it on. In some cases the shoe's sole can be reinforced, but this can be costly. Avoid shoes where the leather has stiffened, as they will be uncomfortable to wear.

Don't buy anything that needs a lot of repairs: Don't be tempted to by garments that need altering above and beyond a simple strap shortening or a dropped hem. Scant few alteration shops will do it justice and if the fabric is raw, frayed or thin, it may not last even one cold wash!

Don't be scared to try anything on: If you like it on the hanger, then chances are you will like it on you, but you also shouldn't shy away from the bizarre, sometimes a hanger can't convey an item's true potential, so go get it on your body - also because most vintage shops have a " NO RETURN" policy and you don't want to get stuck with something you are unable to wear.
And finally..... Smile... And happy vintage shopping.

Thank you till next time, like Deeva Fab on facebook where you will find our style.
Deeva Fab dresses the Editor Charmaine of Top Vibe Magazine for 2014 to functions.

My Kommin Troon.



So gebeur dit dat ek verlede week by 'n baie 'grand' koffiewinkel/restaurant sit en wag vir die bemarkingsbestuurder.

Ek bestel my geliefde cafe late en bekyk die mense om my. Ek kies altyd 'n tafel in die hoek sodat ek 'n goeie 'view' van die mense om my kan hê.

By die tafel reg langs my sit 'n groepie vroue. Soos ek uit die gesprek kan aflui is dit ma, dogter en skoondogter. (Ek kan mos nou nie help om te luister nie, wat moet ek doen terwyl ek wag?)

Hulle is opgedress van kroontjie tot toontjie en die pinkies in die lug wanneer die teekoppie lippe toe gaan.

Terwyl die dames smul aan die cupcakes en tee hoor ek hoe die een vertel dat sy so gelukkig is met haar nuwe valstande. Die is gemaak en gepas deur 'n fantastiese tandarts wat spesialiseer in valstande en sy kan nie glo hoe gemaklik die nuwe tande sit nie. Geen probleme met tande wat los is en kosstukkies wat iewers vassit nie.

Die ma steek onmiddellik haar hand uit en vra om die tande aan te pas. Ek dag die vrou met die nuwe tande kry 'n oorval en val van haar stoel af want sy sê, hard genoeg vir die hele restaurant om te hoor, "Nee Ma, jy kan nie my tande in jou mond sit nie!" Die ma spring op en sê ewe hard: "Man, ek gaan nie die goed breek nie, ek wil net kyk hoe sit dit. Ek sal dit mooi skoon afspoel."

Die vrou met die nuwe tande het volstrek geweier, Ma is woedend oor die dogter se selfsug en die ander een sit met 'n rooi gesig en staar na die grond, seker met die hoop dat sy ingesluk sal word!

En van daar af is die atmosfeer lekker dik gewees.

Ek giggel nou nog oor die petalje, terwyl ek op my troon sit en sy armleunings streel met die wete dat ek binnekort dalk geen kontak meer met enige deel van hom gaan hê nie.

Betty Boob

Amazing animal facts:

A dragon fly has a life-span of 24hours.
A bee must visit 4,000 flowers in order to make one tablespoon of honey.
Humpback whales create the loudest sound of any living creature
Great White Sharks can go as long as three months without eating.
A zebra is white with black stripes.
Female fleas consume fifteen times their weight daily.
A cockroach can survive for about a week without its head before dying of starvation.
Dolphins sleep with one half of the brain at a time, and one eye closed.
The Galpagos Tortiose has a potential life span of 200 years.
#A crocodile cannot stick its tongue out.
The average outdoor cat has a life-span of about three years. Indoor cats can live sixteen years and longer.
The membranes in a dog's nose, if unfolded and laid out, would be larger than the dog itself.
#A chameleon's tongue is twice the length of its body.
#A flamingo can eat only when its head is upside down.
The poison-arrow frog has enough poison to kill about 2,200 people.
The largest snake is the reticulated python which can reach over 10 meters.
It is physically impossible for pigs to look up into the sky.

Facebook of (bakkiesblad)

Soos sommige mense dit noem.

Ai tog die mensdom is darem snaaks, ek gaan nou die anderdag op facebook, en met 'n groot skok lees ek iets wat iemand geplaas het. Die persoon vloek 'n ander van kop tot tone, onder die klere in.
Ek is skoon stom geslaan oor die snert wat sommige mense op facebook plaas. Maar daar is 'n speekwoord wat sê " it takes all kinds of people to make a world". Daar is seker die mense met niks ander het om te doen nie, en heeldag en aldag iets oor iemand anders te sê het. Die meisie en haar kêrel breek die kys, en nou moet almal op facbook hulle hartsake hoor.
Hoe sleg hy is of hoe sleg sy is.

Morê is hulle weer vriende, maar die wêreld weet hoe hulle mekaar sleg gemaak het.

Ek wonder wat mense verstaan van "privaat " .
Dit beteken dat mens se lewe privaat is, en veronderstel is om te privaat te bly. Sommige goed word nou maar net nie so uitgeblaker in die pebliek nie.
Facebook is daar om vriende te maak, jou produk te verkoop of te adverteer en dan sou ek reken vir positiewe en opbouende goed.

So dink asseblief volgende keer voor jy sommer enige iets "post" op jou facebookblad.
Ek het eendag met 'n eienaar van 'n paar besighede gepraat en die gesprek was oor facebook.
Het jy al daaraan gedink dat jou werkgewer op jou facebook blad kan gaan en gaan lees wat jy daar plaas?. Wel die werkgewer het!!!! Sy werker bel in om te sê dat hy nie kan inkom werk toe nie, want hy is siek. Op sy facebook het hy fotos gesit waar hulle gekuier en baie gedrink het. Raai wat? Sy werkgewer het dit gelees en weet nou die waarheid oor waarom hy nie by die werk kon wees nie.
Ek dink die vertroue het skade gelei...

Dit is die gevaar van facebook!!!! Mens stel jou oop vir ander om als te lees oor jou lewe.
Daar is boewe en skurke daar buite, hulle lees ook facebook, en kyk waar hulle inligting kan kry oor jou. Baie mense plaas fotos van hulle huise, motors ens. Hierdie mense kan dit gebruik om by jou plek in te breek en jou rot en kaal te besteel.

Dink volgende keer oor wat jy op facebook plaas.
Geniet jou facebook blad...

i-Water

DOCTOR WARNS AGAINST TAP WATER

"A local doctor has warned members of the public not to drink tap water. Fifteen to 20 patients a day are falling ill, some of them needing to be hospitalised. This is colitis, which he believes is caused by drinking directly from taps."He warns the public to boil drinking water or to drink bottled water as there is even a danger of contagion". (2014 Feb 12-14: Vaal Weekblad:p 3)

DID YOU KNOW

Tap water contains chlorine and fluoride, both are toxins.
Chlorine is a known carcinogen.

Unpurified water can contain heavy metals such as mercury and/or arsenic

Underground (spring/mineral) water in some instances can have a high e-coli content

If you do not drink good quality water, no matter how much you drink, you are probably
NOT cleansing your body of impurities and toxins.

WATER PREPARED BY REVERSE OSMOSIS ENSURES PEACE OF MIND

- Removes 98-99% of metals (total dissolvable solids)
- Removes 99% of bacteria
- Cleanses body of impurities and toxins
- Contains no environmental contaminants
- Removes chlorine and smelly odours

ONLY SUPPLIER OF ALKALINE (pH 9,5) WATER IN THE VAAL

SASOLBURG: DEMSAGEBOU, NEXT TO EBENHAESER ACROSS GROOTFONTEIN CHECKERS
VANDERBIJLPARK: PALMS MALL, LOUIS TRICHARDT BLVD

Business Cards

Shop & Go
CAR WASH
E-mail: jacojb@absamail.co.za
S 26 44,065 E 27 50,470 GPS Format = Hh ggg mm.mmm
Riverside Blvd Shopping Centre
Frikkie Meyer Blvd, Next to Dros

ROMANTIC Dreams
073 657 77788 Antonnette

PROFINAN SERVICES
TAXATION · ADVICE · ACCOUNTING · AUDITS
REGISTRATIONS · ADMINISTRATIONS
SECRETARIAL SERVICES
Stefan Olivier
89 General Hertzog Road · Three Rivers 1929 · P.O. Box 263008 · Three Rivers 1935
Tel.: (016) 423-2314/3271 · Fax: (016) 423-1569 · E-mail.: info@profinan.co.za
Website: www.profinan.co.za

HOT POT
Paint & Hardware
108a Houtkop Road
Duncanville
PO Box 399, Vereeniging
1930, South Africa
FAX: 016 427 5525
VSH
Robbie Reid
BNI member
TEL: +27 (0)16 428 5525/1113 or 427 5518
CELL: +27 (0)83 258 3330
E:Mail: robbie@hotpotpaint.com
www.HotPotPaint.com
Like us on Facebook
www.HotPotPaint.com/facebook/

Verspreiding van Pamflette
Ons WAARBORG die verspreiding van jou pamflette!
Vanderbijlpark · Vaalpark
Sasolburg · Vereeniging
Kontak Charmaine - 072 768 8582

Scotty Gardens
For Friendly, Reliable Garden Services
Vir Vriendelike, Betroubare Tuindienste
082 491 2407

Vaal Precision Covers
VPC
PVC Products
Cargo nets
Tarpaulins
Pool covers
Lapa blinds
30 Mercury st
Naledi Ind park
Sasolburg
Ivy Stols
082 387 5098
Tel/Fax 016 971 1515
e-mail ivy@piv.co.za

SNOETE & SNORRE
HONDE BADHUIS
Ria
083 261 0161
Neem honde in vir bad/sny tot 2uur.
Maak asb 'n afspraak om teleurstelling te voorkom.
Maplestraat 9
S.E.3
Vanderbijlpark
Kom haal en aflaai diens beskikbaar

Sanlam
Fritz Fourie B.Com, MBA, CFP®, IQA
Senior Financial Planner
PO Box 14178, Zuurfontein, 1912
Tel: (016) 932 1750
Fax: 086 688 4433
Cell: 082 572 6300
Email: fritzfourie@sanlam4u.co.za
Sanlam Life is a Licensed Financial Service Provider

Top Vibe Magazine
FREE Magazine to read.
Adverts & advertorials to tell the readers more about your business.
Charmaine
072 768 8582
charmstopvibe@vodamail.co.za
Mini Top Vibe now available in Deneysville and Oranjeville area.

Business Cards

Dashing Divas Hair Studio & Beauty 2 Perfection Beauty Salon

54 Fitzsimons Street, SE6 Vanderbijlpark.

Cell: Monique @ 074 9128 652
Cell: Winonia @ 082 8309442

Spoil yourself with our avertable prices.

Divas Love to be spoiled.....

with a Dash of colour .....

don't delay come and spoil yourself today.....



SOS SIGNS PTY (LTD)

Servicing the SASOLBURG and surrounding areas for 14 years and counting

- A: 23 Venus str, Naledi Ind Park
- T: +27 (0) 16 971 3771
- F: +27 (0) 16 971 3039 Isabel van Niekerk
- E: marketing1@sossigns.co.za
- W: www.sossigns.co.za



Where Quality, Service and Prices meet!

CompMed Medical Aid Services

Jan Bekker: 082 881 8307
(016) 423 5796



H/V ORWELL 16 &
GENERAL HERTZOGWEG
VEREENIGING
E- mail: bekker@compmed.co.za

ENSCO MOTOR ENGINEERING (PTY)LTD. MOTOR ENGENEURSWERKE (EMDS) LTD.

Japie Enslin
083 451 3226

4 EDISON BLVD • P. O. BOX 1150
VANDERBIJLPARK • 1900
TEL: (016) 931-1738/39 • FAX: (016) 981-8413

* Reboring * Crank grinding Cylinder head
* Skimming / Repairs * Engine rebuilding

Minuteman Press. Vanderbijlpark

The First & Last Step In Printing.

Tel: 016 982 2021
Fax: 016 982 2022

Hennie van der Merwe
(Owner)
083 783 6677
Email: hennie.vdm@minutemanpress.com

www. vanderbijlpark.minutemanpress.co.za
Shop 28b, Riverside Shopping Centre
C/O Frikkie Meyer & Chopin Street
Vanderbijlpark

Financing Available

AIR-CON World

Supply & Installation of:
AIRCONDITIONING UNITS
@ Great prices!

www.floorsblinds.co.za
Tel: (016) 932-5622 Fax: (016) 932-5609
info@floorsblinds.co.za

Visit us @
Frikkie Meyer Boulevard, Vanderbijlpark

ICED magazine

Identity * Commerce * Entertainment * Directory

Your guide to local hotspots and great specials along with all the latest in local entertainment and business news

ICED Magazine is owned by Franc dos Santos. To advertise in ICED, please call Franc on 076 9666 764 or email franc@icedmagazine.co.za

---

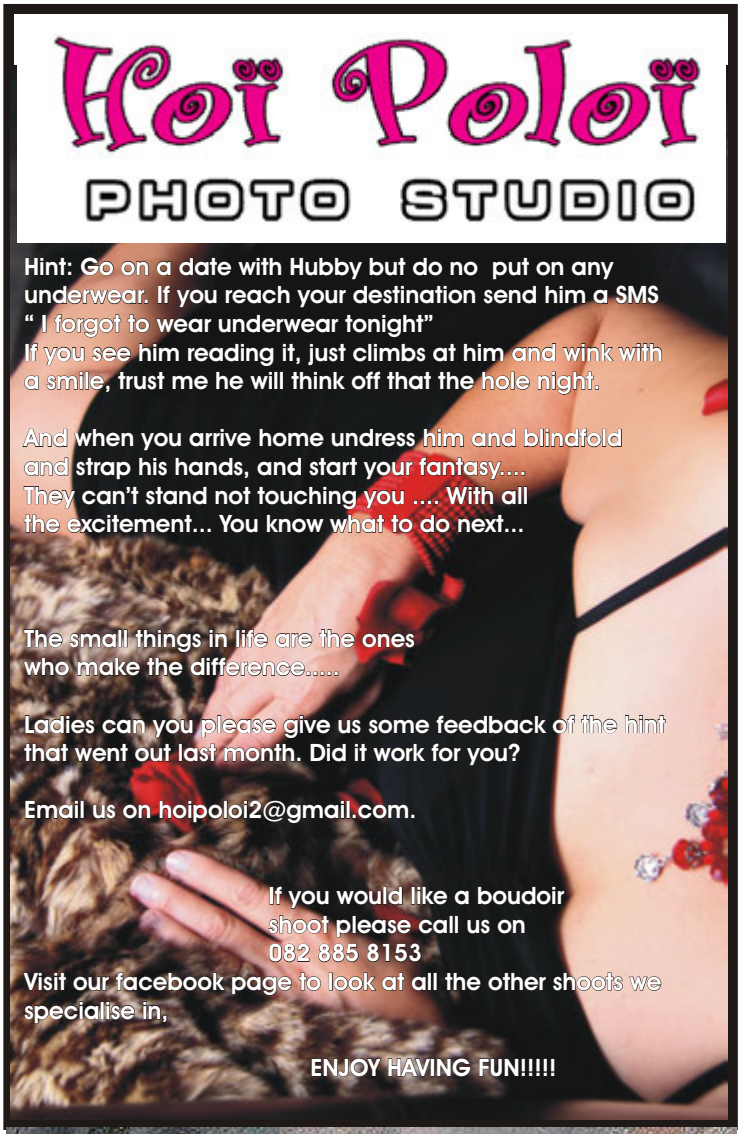
WYNANDS Auto Electrical & Mechanical

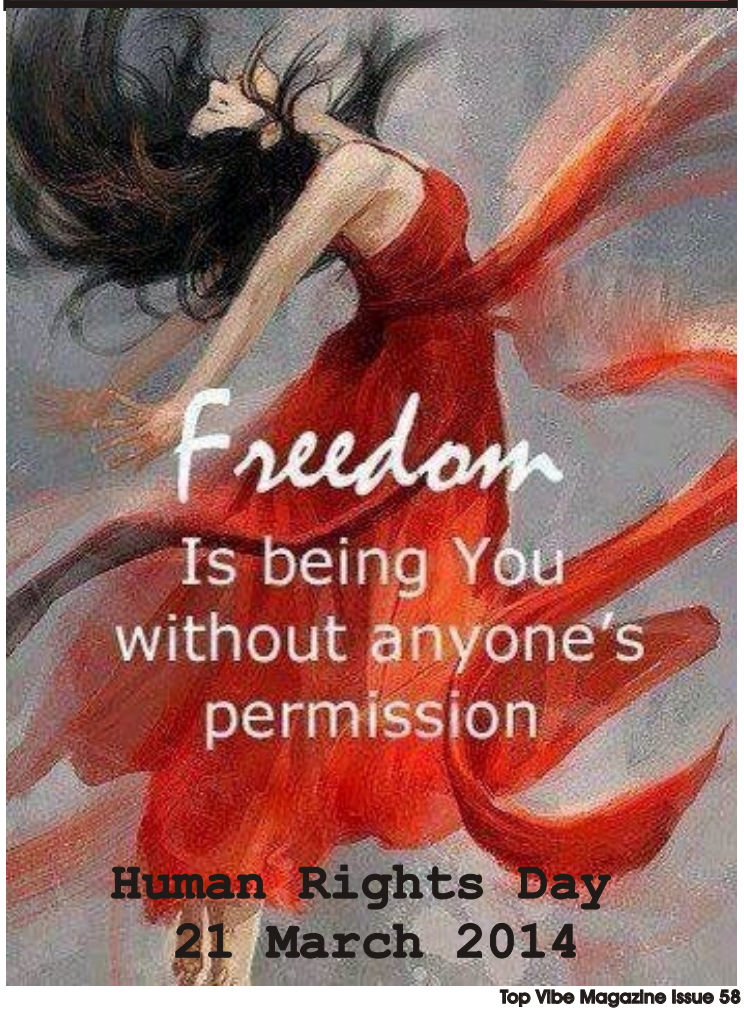
REPAIR TO MOST VEHICLES
MINOR / MAJOR LUBE SERVICE
*ENGINE & CLUTCH OVERHAULS
*STEERING RACKS
*WHEEL BEARINGS
*FUEL DIAGNOSTICS
ROADWORTHY TO ALL MAKES OF VEHICLES

016 933 3294
082 548 6513

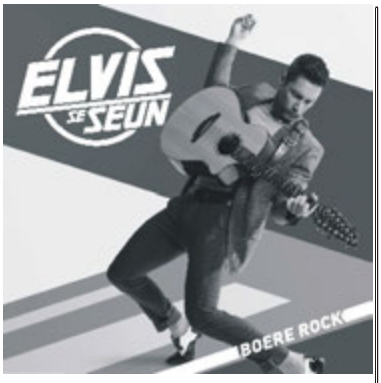

Top Vibe Magazine
To do list...
Book your advert today
072 768 8582
Deadline: 20 March /17 April


ONTHOU HIERDIE DATUM!
THE FILM FACTORY, BZOOT PRODUKSIES EN KYKNET NOOI U EN 'N METGESEL NA DIE PREMIERE VAN
THE FILM FACTORY, BZOOT PRODUCTIONS AND KYKNET INVITE YOU AND A PARTNER TO THE PREMIERE OF
AGENT 2000
DIE LAKSMAN
DATUM/DATE: 19 MAR 2014
TYD/TIME: 18:30 VIR/FOR 19:00
PLEK/VENUE: STER KINEKOR, IRENE VILLAGE MALL
SK STERKINEKOR ENTERTAINMENT


Hoï Poloï
PHOTO STUDIO
Hint: Go on a date with Hubby but do no put on any underwear. If you reach your destination send him a SMS " I forgot to wear underwear tonight"
If you see him reading it, just climbs at him and wink with a smile, trust me he will think off that the hole night.
And when you arrive home undress him and blindfold and strap his hands, and start your fantasy....
They can't stand not touching you .... With all the excitement... You know what to do next...
The small things in life are the ones who make the difference.....
Ladies can you please give us some feedback of the hint that went out last month. Did it work for you?
Email us on hoipoloi2@gmail.com.
If you would like a boudoir shoot please call us on 082 885 8153
Visit our facebook page to look at all the other shoots we specialise in,
ENJOY HAVING FUN!!!!!


Freedom
Is being You without anyone's permission
Human Rights Day
21 March 2014

Top Vibe Giveaways.



Competition Cd's to win!!

Win 2 Cd's of "Elvis se Seun"

Question:

What is the name of the CD?

Win by simply answering the question correctly. SMS **"Topvibe"** the answer, your name and contact details to **45522**
SMS'S cost R1.50 PER SMS.

Entries close 20 March 2014. Winner will be notified by SMS on 24 March 2014. You may enter as many times as you wish to in order to increase your chance of winning. Good Luck!!!!!!!!!!

Thank you to Alishia van Deventer at "Star Burst" for sponsoring the cd's.



AGENT 2000

Die laksman

Begin 13 Maart in 'n Ster Kinekor naby jou.

Artist Management & Promotions STAR BURST

Upcoming Events



March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

07 March:-	Die Campbells R80p/p Leeuwspruit laerskool (016) 976 5030
13 March:-	Dewald Wasserfall Barnyard Vereeniging R80p/p
19-22 March:	Michael Jackson, The immortal Word Tour www.bigconcert.co.za
24 March:-	Beyond Hair workshop for Hairdressers and Salon's. Bookings: Charmaine 0782 768 8582 Book before 20 March.
27 March:-	The Awakening Barnyard Vereeniging (016) 454 8380

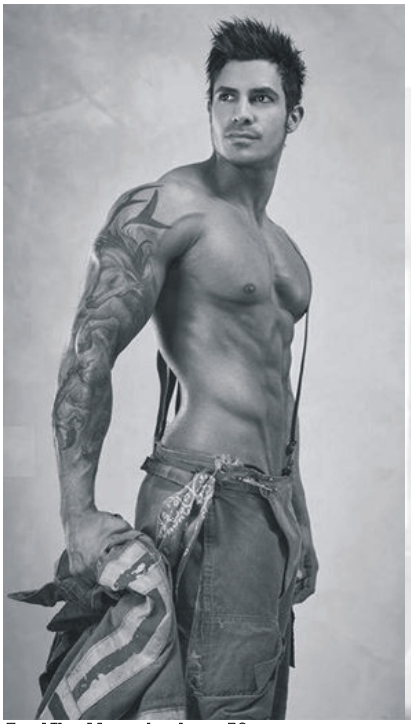
For more info about these events go to:
www.showmevaal.co.za/vaal
www.ifmradio.co.za
www.topvibe.co.za Stay tuned to the best radio station in the Vaal IFM 102.2
With Complements of Showmevaal , Top Vibe Magazine and IFM 102.2 Radio Station and Barnyard Vereeniging.

show me™

Top Vibe Magazine
072 768 8582

IFM 102.2 RADIO Info-Fun-Music

BARNYARD VEREENIGING







SANCA Vaal Triangle.

Tips for dealing with an alcoholic or drug addicted spouse.



SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and families affected by addiction. Often times, marriage and personal partnerships can be a difficult road. While most of us don't expect it to be perfect all the time, there are times when it is downright painful. For instance, if you're dealing with an alcoholic or drug addicted spouse - it can be one of the hardest things you've ever had to deal with. The following are some important tips for dealing with an alcoholic or drug addicted spouse.

codependencyfreedom.com suggests the following tips:

Don't enable your spouse by making excuses:

One of the worst things we can do is making excuses for our spouses because we don't want to accept the real truth. You might say, "He's stressed out right now and the alcohol allows him to relax and calm down".
You might even go as far as saying, " She's not hurting anyone with her drug usage, so what's the big deal? The truth is that spouses do this all too often. If you're making excuses for your addicted spouse, stop now!!

The truth is that your addicted spouse is probably hurting someone - including you, and your marriage. If you have children, it's even worse. In fact, you could be allowing your children to live in danger. No one wants to hurt their spouse or alienate them, but enabling them could be tragic. Step back and take a hard look at situation. Refuse to make excuses for your spouse any longer.

Get help for your spouse and yourself:

The second step is to get help. Chance are, you're not going to be able to help your spouse alone. There are many, many individuals who are suffering with addiction as well as their spouses. Being around others who have overcome drug addictions or who are working on it can really help your spouse find the inspiration to get through this. If you're unable to convince your spouse to get help, force them to get help. Issue an ultimatum by saying that they volunteer to get help or you call the police, leave, ect.... by issuing an ultimatum like this, you could be saving your spouse's life.

Be supportive:

Although sometimes this kind of situation requires a lot of tough love, it's essential for you to support your spouse at this time. Overcoming a drug or alcohol addiction is not easy at all. Without your support, your spouse could easily relapse, wonder why they should even try or become discouraged. Remind them of the great things in your life and how much you love them . This will be the fuel they need to get through this and come out the other side as a clean and sober person.

Dealing with alcohol or drug addicted spouse is very painful an difficult.

Don't neglect yourself at this time!
Find support so you can stay strong enough to help your spouse get through this. By using the tips and suggestions above, you can help your spouse overcome their addiction and restore happiness and peace to your family and marriage.

Develop an open, strong and trusting relationship with your child, one without judgment. Be ready to assist him or her when they have a drug problem. Feel free to contact SANCA Vaal Triangle for more advice and support.

www.sancavaaltriangle.wordpress.com
SANCA Vaal Triangle
Sancavaal@mweb.co.za
016 - 933 2055

Changed Hearts - Changed Minds - Changed Lives

Budget speech

By Profinan Services:

After a tough 2013, characterised by slow economic growth and labour unrest, all eyes and ears will be on the man who steers the national economy, Mr Pravin Gordhan.
On the 26th of February 2014, the Minister of Finance, will present his 5th budget speech to parliament in Cape Town.

The budget speech is critically important and there will be no room for playing around. The speech deals with income and expenses over the next year, and also covers medium term spending, and the long-term implications for the consumers' financial situation.
The Minister will give us a glimpse of changes that will affect certain benefits we receive, including medical and retirement benefits.

The governments' responsibility is to ensure that the economy keeps on growing, providing more employment and increasing money in the pocket of its population. Healthcare, education and infrastructure are also the responsibility of government and it is important to know where the government is allocating its revenue.
With economic growth forecasts likely to be revised to a lower level and tax revenue growth expected to slow down, government needs to control its spending.

Taxpayers should be prepared both for increases in certain taxes and possible tax breaks. The combined impact of the changes to the different tax systems will affect your salary (income tax and deductions), how much you pay for certain items (VAT and sin taxes), and also how much you need to pay when selling certain assets (Capital Gains Tax).

As the global recession has proven - it is very difficult to thrive economically in a country or world that is suffering economically.
Working on your own personal budget, monitoring where you pay taxes, and re- assessing your lifestyle to implement certain changes or sacrifices, is imperative.

In addition, where and how the state is spends money will affect both you personally, as well as your business.

Keep up to date and stay informed on government spending -it will enable you to make informed decisions when the next election rolls around.

PROFINAN SERVICES.
Tel: (016) 423 2314/3271

See advert on page 6





Beyond Hair Workshop

Date: 24 March 2014

Place: Quest Conference Estate
Curie Boulevard, Vanderbijlpark.

Time: 9:00 till 14:00

Entrance fee: R430 p/p + Free Gift-bag
(Including refreshments on arrival, Light Lunch & mid- afternoon refreshments)

Quest CONFERENCE ESTATE
Curie Boulevard, Vanderbijlpark, 1911
P.O. Box 13, Vanderbijlpark, 1900
Phone: +27 16 910 3001
Fax: +27 16 933 4715
Email: questinfo@nwu.ac.za
Web: www.questconference.co.za

ONE WAY COOLING



For all your cooling & refrigerating needs, there's only one way... And it's the RIGHT way!

Repairs, Installation & Maintenance of all makes of air con units. Cold rooms & Freezer rooms - Residential, Commercial & Industrial. Chillers Commercial & Industrial. Building maintenance & Electrical Installations.

24 Hour response. All work guaranteed.

Tommie: 082 875 8167 Service Manager

Louis: 082 946 0969 Manager

One Way Cooling (Pty) Ltd
Email: onewaycooling@gmail.com

KOOS & MIKE USED CARS

WE BUY & SELL CARS FOR CASH


Golf Chico 1996 - R43,900


Corsa 2010 R99,900


Golf 3 1995 - R45,000

give US a call


Mercedes Kompressor 2004 R99,900

Koos - 084 526 8605
Mike - 082 329 9851


DAEWOO - Martiz 1999 R35,900

Competitions
News
Entertainment
Sport
Health
Music
Artists
Finance
Movies
Advertising
Pets
Cooking
Traffic
Employment
Housing
Community

The Vaal's Preferred Choice!

Office: 016 889 2014
Studio: 083 902 1022
Fax: 086 226 1022
Marketing: 016 889 4304/
4404/4407/3488/2380
sms: 41022 (R1.50 p.sms)
www.ifmradio.co.za

IFM 102.2
RADIO
Info-Fun-Music

I regret nothing in my life even if my past was full of hurt, I still look back and smile, Because it made me who i am today...

Gr8 ppl , Gr8 thoughts



Smile

