Top Vibe Magazine

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Issue 63



Celebrate Women's Day
Win a Make- Over Page 2

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Editors note

Women's month.

August the 9th is Women's day. Luckily I am a Women, and I can enjoy this special day that has been put a side just for us ladies. ***Top Vibe*** know's how to spoil a lady.

Go out and celebrate this day, it is an honor to be a Women. Have fun with your friends and make the most of it, life is short make the best of every day.

Top Vibe received a invite from ***"Body Sense Day Spa"*** in Four ways to enjoy a ½ day at the Spa.

Top Vibe and ***Body Sense Day Spa*** is going to run a competition soon. Make sure you get to read your magazine. Don't miss out on lovely prices to be won!!!! Ladies love to be spoiled!!!

Women's day Competition!!!!!

Come on ladies ***"Photo Dairy"*** and ***Top Vibe Magazine*** give away one make-over. To the value of R950 with a Top Vibe "cover page" to one special lady. ***"Status cosmetic"*** will be used to give you, your best look. With stunning photos to make your friends jealous.

To enter:

Step 1: Like the ***"Photo Dairy"*** facebook page, and comment " I'm a Women and I love it"

Step 2: Like the ***"Top Vibe Magazine"*** facebook page, and comment " I'm a Woman and Love it"

Entry's close: 22 August 2014. **Winner:** Will be telephonically contacted.

PLEASE DO NOT ENTER IF YOU DON'T WANT TO BE ON THE COVER PAGE OF THE MAGAZINE.

Charmaine xx

Top Vibe Magazine

Comments:

Please write to us or contact us to share your opinion, ideas & comments.

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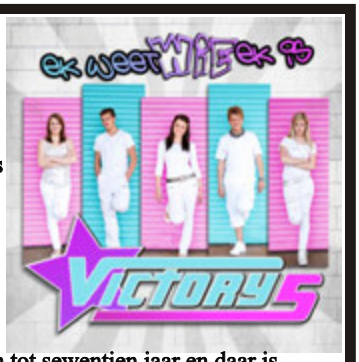
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Victory 5



Ons leef in 'n wêreld waar goeie, positiewe rolmodelle vir ons kinders skaars is, maar hier is vier tieners wat vasbeslote is om positiewe indruk op ons land se jeug te maak deur middel van hul getuienisse en musiek.

Victory 5 bestaan uit vier tieners tussen die ouderdomme van veertien tot sewentien jaar en daar is niemand wat die hartklop van 'n tiener beter kan verstaan as 'n tiener self nie!

Martinet (16), Dillon (17), Justin (14) en Alida (16) se aanslag is jonk, ennergiek en vars en hulle sing oor die alledaagse kwessies wat tieners kwel en opgewonde maak. Deur hulle musiek en optredes spreek hulle direk tot tieners se harte regoor Suid-Afrika.

Hulle eerste enkelsnit *Dance* is vroeg in 2014 aan radiostasies landswyd uitgereik en is ongelooflik goed ontvang. Meer as veertig stasies speel die liedjie op 'n gereelde basis. Hulle verskyn gereeld op Kruiskyk en sal ook op 18 Julie hulle verskyning op ETV Sunrise maak. Iets waarna ondersteuners gerus kan uitsien is die akoestiese optrede in die program "n Spesiale aand met…" wat gedurende September op IMPAK Kruiskyk uitgesaai sal word.

Daar word tans 'n film vervaardig deur Xrossbeat Media "Droom & Glo" oor hulle jong lewens, uitdagings en getuienisse wat later in die jaar uitgereik sal word.

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An outpatient rehab centre treating addiction in the Vaal Triangle (A registered NPO). The following provides information about the outpatient program used by SANCA Vaal Triangle to treat, coach and support addicts in recovery.

Our approach:

* We believe in empowering recovering addicts with knowledge.

* Our co-active coaching style enables those in recovery to work through the emotional impact of addiction. More than this, our program arms such individuals with practical coping skills and strategies for maintaining sobriety.

* We provide the recipe towards achieving and sustaining sobriety. However, we also believe every addict in recovery needs to take individual accountability for their own recovery (although our support is always at hand).

SANCA FORMULA:



Changed Hearts:

Emotional skills to cope and reintegrate back into society place.

Changed Minds:

New knowledge to manage the addiction moving forward.

Changed Lives:

New beginnings!

SERVICE:

Initial Assessment:

Consultation with the medical team to assess the type and extent of the addiction.

This may include urine and saliva testing.

Detoxification:

This process involves cleansing the addict's system of toxins. The duration of this step varies according to the type of substance abused and severity of the addiction. Medical supervision is vital for certain kinds of substance withdrawal.

Not bending the tree

I am not a keen gardener and did not attend to 4 small fruit trees at the back of my garden very well. Instead of growing up straight they grew at an angle or V shaped, when they produced fruit or had any additional pressure from wind they broke and hit the ground. Due to the tree been on the ground, parasites freely climbed onto the tree. Due to the break at the stem the trees eventually started to die.

We get many children who have been blessed with many talents as well many inherited ungodly characteristics.

The parents as they have not dealt with those same ungodly characteristics in their own life cannot deal with it in their children's lives so they ignore the wrong in their children

Due to the parent not bending the tree while it is young the tree grows at an angle. The child may have an awesome talent but the ungodly characteristics in the child result in the pressure to produce good results start to weigh the child down.

I have seen hundreds of young school boys and girls who could play sport at the highest level due to their talent but never get there. Many will blame the fact that they never had the opportunity, but this statement is untrue as you need only one opportunity in life to succeed and God has given us many. Therefore the main reason for failure is the ungodly characteristics in a child.

Many top schools work on these ungodly characteristics in a child as they know this will be the stumbling block for success.

We need to work on the impurities in our children to help them succeed but we need to start with ourselves first.

Proverbs 23:14

If you strike him with the rod, you will save his soul from Sheol. (Sheol means the under world of the dead)

So we must start with ourselves and then correct and children to prevent our children from a dead life where no talent can be used by God and they land up in hell.

By: Rory Hodgkinson.

SANCA Vaal Triangle

Counselling:

SANCA Vaal Triangle offers person-centric therapeutic services. Highly qualified therapists offer non-judgmental counseling services to individuals and families affected by addiction (1 session per week over 10 weeks).

After Care Programs:

SANCA Vaal Triangle offers support groups for recovering addicts and their families. Held weekly, support groups offer a means for recovering addicts to support one another and learn key knowledge and skills in order to be able to manage their addiction and ensure sobriety.

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CORRUPTION IN OUR COURT AND S.A.P.D.

This is the very same people that is suppose to serve and protect us in this country. It is sad to say that there is NO service nor pride. There might be a few that are obligated to their work.

You have no right to ask anything, yet they say you have rights. What became of ethics? When somebody speaks to you in a certain language - that you should answer the person back in the same language.
English is the international language. But they speak in their own foreign language.
Then they look at you as if you are stupid.

When last have you been to your nearest police station? There is one pen to wright an avadavat between 2 police officers. They treat you as if you are the scum of the earth. That is not all, bribery is something they do right in front of you. And there is nothing that you can do. Where will you complain?

What happened to law and order?
For example: A firearm licence how long does it take?
Their are people that wait seven years for a firearm licence, and some even longer.
Then the documentation got lost, or some document was not complected.

In our courts:
Their is bribery taking place in the courts. Police give drugs to a "drug user" in the holding sell in court. If you have money to pay any docked can disappear from court or the police station.
Drug dealers has been arrested for more than ten times and they just walk **free** again. Why?

This is the people once protected us, serve our country. They make more money with corruption, then what their salary is.
Why would they stop? Like they say it is easy money.

My question is can you trust the police? Do you feel like you are not protected? What do you think about this article?

If you answer yes to any of these questions, send a email and tell us about your experience.

Please write to us and tel us how you feel about this subject.

Send your letter to us:
Email: *charmstopvibe@vodamail.co.za*

Your opinion will stay confidential.
We need to stand together and make our voice count.

I know you most probably are going to say, "why do I need to put effort into this."? Why not!!!!!

The more people who come forward complaining the more something can be done about this situation..

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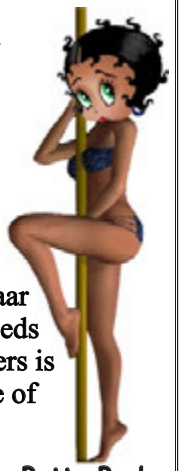




FUN PAGE!!

Top Vibe are 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 post on our facebook page!!!!
Download your Top Vibe Magazine from our mobisite go to www.topvibemag.mobi.

My Kommin Troon



Betty Boob

My Kommin Troon Julie

Om te se mense is kommin is so 'common' in vandag se lewe en die woord word vir als gebruik, maar dat ek trots daarop is om kommin te wees, is 'n feit.
Ek is al baie lank in die besigheidswêreld waar ek met baie grand mense werk, maar nog steeds bly die kommin streek. Ook maar goed, anders is ek my troon kwyt, maar mense, dis so hittete of ek verloor hom.

En so is ek by 'n baie 'grand' geleentheid waar 'n klomp besigheidsmense bymekaar kom om te netwerk en kontakte op te tel.

Die een persoon is 'n hoogdrawende Engelsman wat so 'grand' is dat hy glad nie Afrikaans kan praat of verstaan nie en sy bolip is so styf dat g'n mens kan hoor wat hy se nie en die aksent!!! Mense en hy wil net gesels oor hoeveel kontakte hy het – maar ons moenie vergeet nie, die kontakte is nie in Suid-Afrika nie, dis almal in Nigerië – Wow!!! Asof ons sou omgee.

Toe hy uiteindelik iemand anders die geleentheid gee om sy sê te sê, gaan hy badkamer toe – almal is verlig want toe kan ons 'relax' en ons eie taal praat.

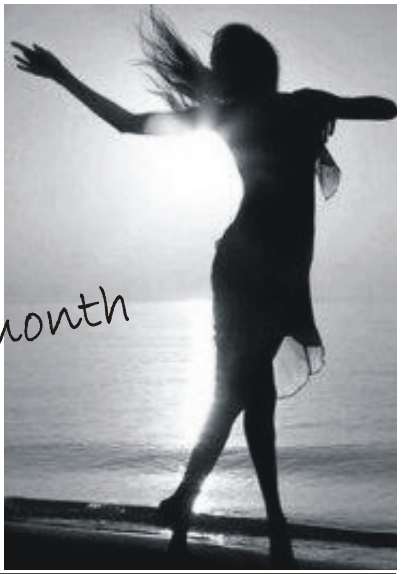
So paar minute later storm hy weer die vertrek binne, want almal moet weet hy's terug, maar o gaats, sy hele broek voor is nat! en ek belowe, dit was nie water nie….

Die hele vertrek was dood stil, want ons het nie regtig geweet hoe om dit te hanteer nie. En toe, iewers in die hoek begin iemand giggel…..

Ek het die Engelsman nooit weer daarna gesien nie.

Bettie Boob

What is Happening in the Vaal? Celebrate Women's month 9 August.



09 Aug:-	National Women's Day
06 Aug:-	BNI Networking Tersia 082 498 3094
28 Aug :-	Theuns Jordaan Barnyard Vereeniging (016) 454 8380
03 Sep:-	Bobby van Jaarsveld Barnyard Vereeniging (016) 454 8380
13 Sep:-	Tribute - Cat Stevens Barnyard Vereeniging (016) 454 8380

For more info about these events go to:
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GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.



The Quality of Your Life Depends on the people in Your life. Who will you let Into your "room" and who Will you keep in the foyer?

By Dr. Ivan Misner.

What if you lived your entire life in one room? Whoever you want to interact with in life is in this room. You continually change your room to include any and all of the new possibilities you might like to have in your life. However, there is one unique feature to this room that will never change – it has only one door. It is a one-way door with a sign that says, "Enter Only." *There is no exit.*

Whoever is in your room stays in your room. Whoever comes into your room and whatever they bring with them, cannot leave – ever. They will remain in your room, with you, forever. If this were true, would you be more selective about the people you let into your room? When I've asked people this question, people have resounded, *"Yes, I would be a lot more selective!"*
So, what kind of room have you created? If you live a life with drama all around you, then what people did you let into your life that created that drama? If your life is full of chaos, who was it that brought that chaos into the room? Are there harsh, angry, or toxic people in your room? If so, who allowed them in? Does your life feel frenetic and complex? Could it be that you let too many people (especially the wrong ones) into your room?
I can visualize the wheels turning and people's expressions shifting while they think about the type of room they reside in. One woman when asked this question, responded, "My life is like the waiting room of an ER. I keep letting in one wreck after another!"

Stop for a moment and ask, "Who's in my room?" Take a quick inventory. Ask yourself how you might have lived differently had you known that anybody you let into your room might actually be there forever. Then think about how, going forward, you will determine which people to let into your room and which you'll keep in the foyer.

Who Is Your Doorman Letting In?

The people in your room profoundly affect the view you have of yourself and your life. It doesn't actually matter how any of the people in your room got there, what came in with them, or whether you can get them out. You may have invited them in or they may have pushed their way in.

They may be in your room because they are family or because you *think* you need them. If they are in your room, one way or another, their presence greatly impacts the quality of your life– for better or worse.

Going forward you can become vigilant and attentive to who's knocking on your door. You can learn to manage who and what has already gained entry. You can set better guidelines that determine who you let inside as well as how to manage their occupancy and what they brought with them. You might not be able to permanently kick out people or things that are already in your room, but you can definitely – permanently – change how those people and things occupy your space.
The quality of your life is a direct reflection of who is in your room. How you manage who you let into your room, your life, or your network is very important. How do you go about choosing who you let in?

The answer is a metaphorical doorman - or a conscious awareness of your values and passions. Do you know what they are? If not, you need to spend time thinking about the values you hold dear and the kind of people you want to be around. Nobody gets in who doesn't meet your personal values.
Ask yourself, "Are there people close to me who don't live by my values? Would I have let them in if I had thought about this concept before letting them close to me?"
This concept fits perfectly with building a powerful personal network. The people we bring in close to us should be people we want to work with. They should be people who share our values and our passions. Understanding this simple concept can help us choose between a person who we think has a skill set we need versus a value set we wish to emulate.
We design the room we live in. We can do that consciously or by happenstance. The choice is ours. "Who's in your room?" Knowing this concept now – what would you do different in the future?
Called the "father of modern networking" by CNN, Dr. Ivan Misner is a New York Times bestselling author. He is the Founder and Chairman of BNI (www.BNI.com), the world's largest business networking organization. His book, Who's in Your Room, *can be viewed at the BNI Store at www.BNI.com. Dr. Misner is also the Sr. Partner for the Referral Institute, an international referral training company.*



SGRIF

"What would happen if each large company in the region shifted 15% more of their spending to the Vaal region?"

Date: 28 August 2014
Venue: Old Mutual, Building 6, NWU Vaal
Time: 18:00
Who should attend:
Directors & Business Owners
Procurement managers
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For further information please contact Adrie El Mohamadi @
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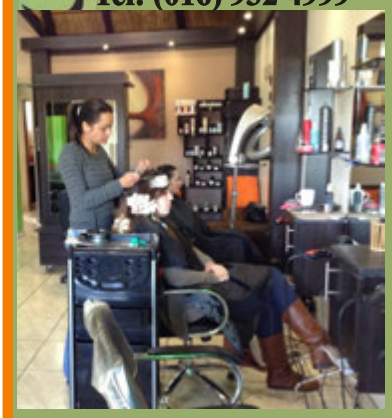




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