

# Top Vibe Magazine

ONLINE

ISSUE 110- 2018

## Celebrate Mandela Day 18 July 2018

## The art of Tattoos page 5

## WE FOCUS ON BUSINESS OWNERS

SHAUN - SOUL SHOCK TATTOOS PAGE 5

ORLANDO - REDLINE REPAIRS & CUSTOM CENTRE PAGE 9

show me
IFM 102.2
VAAL 24
I'M ON YOUR PHONE!!

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# Editors Note.



Photographer: Charmaine Janse van Rensburg

Crime in the Vaal escalates!

It's shocking when you come to think of the crime in the Vaal and how it escalated.

Nobody and nothing is safe anymore. Our neighbours were victims of two robberies in one month. The first time they broke into the garage and stole the motorbike. The second time was an armed robbery. In the early morning hours, the robbers gain access to the house, forced the people into the main bedroom. Demanded money, guns, cell phones and jewellery.
They kicked the lady and pulled her on her hair. Then they locked them in the main bedroom.
Thank God nobody was seriously harmed. The robbers got away with their new motor vehicle, phones and who knows what else.

The trauma that they went through. Even the other neighbours were traumatised by the armed robbery.

See page 10 and page 13 for our article on burglary.
Please don't think it will never happen to you.

Take the necessarily precautions to be safe. Make sure that your family know what to do in this sort of event.
These robberies is not just something that will happen at night but at any time even during the day.
Always lock your doors, make sure that you stay alert at all times.
Get contact details of neighbours, inform them when you go away. make sure you have all the relevant contact details incase of an emergency.
Stand up against crime in your neighbourhood. Get your neighbours to form a neighbourhood watch and start a "WhatsApp group".
Stay alert at all times. Don't become a victim of crime.

**Focus on Business owners:**

Please note that we place the focus on business owners and their businesses, don't miss out to be part of the focus.
To find out more about our magazine you can go to www.topvibe.co.za or www.topvibemag.mobi

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Top Vibe Magazine

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SPECIALS



# Fat Cake City

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RIBS & LARGE CHIPS R99

5 X RUSSIANS & LARGE CHIPS R60



CRUNCHY CHICKEN BURGER & CHIPS R34.99

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R35



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# 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.
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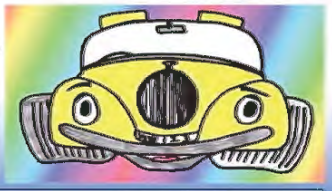
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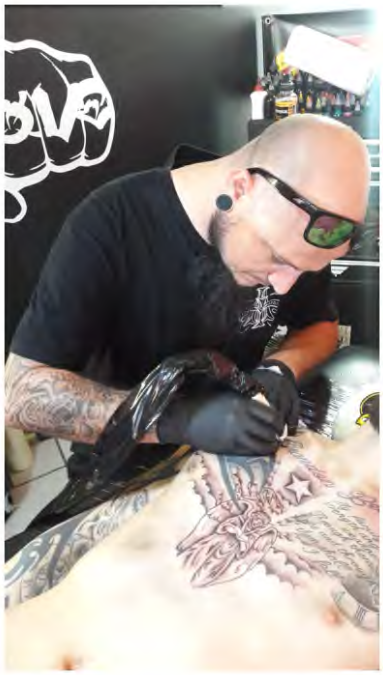
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**Photographer: Richard Smuts.**

# TATTOOS IS ART.

Tattoo artist Shaun, busy with a client, living out what he loves to do.

Charmaine of ***Top Vibe Magazine*** paid him a visit.

***Soul Shock Tattoos*** was established in 2015. ***Soul shock tattoo*** has been in the tattoo industry for over four (4) years.

They opened their first shop in Duncanville, Vereeniging and after their clientele base grew exponentially they decided to relocate to Meyerton where they now have a bigger primacies.

Their artist Shaun enjoys all styles of tattooing but specialize in black and grey and water color tattoos.

We are situated at the South End complex in Rothdene just off the Pierneef offramp they are about 40 kilometers away from Johannesburg so definitely keep that in mind if you are thinking of getting your own custom piece designed by our Artist.

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Take care of your tattoo, especially when expose to sunlight. Use a good quality sunblock to cover your tattoo.

Contact them on **076 1894904** for a quote or visit their Facebook page to view there profile.




Editor Charmaine, of ***Top Vibe Magazine*** will share her before and after tattoo in the next issue of the magazine. Together with the story behind her tattoo.

Make sure not to miss the next issue. There is many different reasons why people get tattoos and I will share my reasons as well as the experience that I, had whilst going for this tattoo.

I'm so excited!!!

**A**ccording to the Australian National Health and Medical Research Council, 22% of Australian men and 29% of women aged 20 to 29 have at least one tattoo.

In a 2013 survey conducted by Sydney-based McCrindle Research, a third of people with tattoos regretted them to some extent, and 14% had looked into or started the removal process. Laser removal has become cheaper and more readily available, but there are serious safety concerns around cheap lasers, poorly-trained operators and the risk of serious burns and scars to clients.

Currently, guidelines on who can operate lasers and IPL machines vary widely by state. The Sydney Morning Herald reported yesterday that national guidelines drawn up by the Australian Radiation Protection and Nuclear Safety Agency are due to go out for public consultation later this month.
Sad to say there was no survey done in South Africa.

But there's a bigger picture here. If 14% of people have looked into tattoo removal, and a third of those inked regret the decision to some extent, a clear majority seem happy with their choice. And in this, they form part of a rich and meaningful history.

**The history of the tattoo:**
The word "tattoo" comes from the Samoan word "tatau" and was communicated back to Europe by explorers, to denote acts of scarring, pricking, painting and staining of the body that was pursued by various Polynesian cultures.

An illustration that interprets traditional Polynesian tattoos. John Curran/Flickr. Tattooing existed in various traditional societies – such as Japan and India – but it was Polynesia that really intrigued European explorers and sailors. The impact of Polynesian tattooing upon Western consciousness is evident in Herman Melville's Moby Dick (1851). The heavily-tattooed character Queequeg, is from an elite family (he is the son of a chieftan) who enthrals his comrades with stories of cannibalism.

His tattoos are described by the narrator as "twisted," and a "patchwork quilt", and take on great significance throughout the novel.

Way back in the old day's tattoos was associated with people in prison and those who are in gangs.

Today tattoos, is fashion related and people can tell a story, mark special occasions in their life's. Like the birth date of a child or a name.
Tattooing is not for everyone and it also depends on what you get done, you must remember it's going to be part of you for a lifetime.

Make sure to visit a professional tattoo artist, look at previous work that was done by this artist, somebody that you can trust and that uses new needles every time.
Think it through before you get a tattoo, like I said it's permanent. Choose the right tattoo for you.
Talk it through with the tattoo artist and ask his opinion.
Remember it's their passion, they will give you the best advice.




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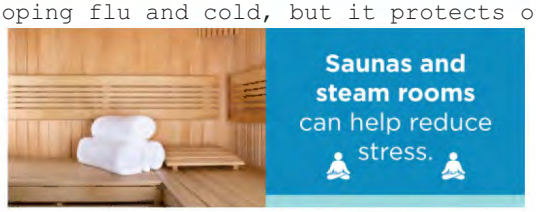
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# Winter Wellness



Here are some mental health and general wellness tips for winter so you can stay healthy during the colder, darker season:

**1. Frequent Hand Washing**
Though it sounds like a broken record, frequent hand washing throughout the day is an absolute must in maintaining your health during the winter. It not only helps protect your immune system and prevent you from developing flu and cold, but it protects others




**2. Head to a Sauna or Steam Room**
If you begin to feel yourself experiencing depression or higher levels of stress during and after the holiday season, steam rooms and saunas can help. They help tense muscles to relax which can alleviate feelings of stress. The high temperatures also get you working up a sweat, which is a great way to detoxify your body and your skin.

**3. Take Vitamin Supplements**
Consuming lots of vitamin C during the winter will help your body to battle cold and flu symptoms if you do experience them. Vitamin D helps to supplement the lack of light experienced during winter, but it's still important to get out in the sun whenever it does appear. Vitamin D helps to absorb other important vitamins like vitamin A, iron and calcium.

**4. Drink Herbal Teas**
There are many types of herbal teas that can help you stay healthy. Herbal teas like lemon and chamomile can ease depression and anxiety by calming nerves and relaxing your body. They can also help you sleep better. Some herbal teas like green and Rooibos are great as antioxidants. For the most benefit be sure to look for organic teas made from high-quality ingredients.

**5. Sleep Longer and Better**
When the days get shorter, your body will naturally want to sleep longer and will adjust its rhythm to the hours of daylight. Use the longer evenings to wind down and begin relaxing before bed. Try to go to bed as early as possible to give your body enough rest during the times it craves it the most.

Many people choose to use light boxes that operate on a timer and turn on gradually when it's time to wake up. This helps your body feel like it is morning. Using this method means that over time, it will be easier to wake up, even if it's dark outside.

**6. Practice Meditation and Relaxation**
When you start to feel the winter blues, anxiety and stress, it's important to know how to manage it in a healthy way. Going for a walk outdoors whenever weather permits will drastically improve your stress levels, even if it's just once around the block. You may also want to develop the habit of deep breathing whenever you feel anxiety mounting. Meditation and mindfulness are great practices for managing stress as well.

Find a dark room to sit in by yourself and close your eyes. Relax your muscles, and focus on being present — emptying your mind of all thoughts.

**7. Get Social**
During the holidays, it's easy to find lots of things to do. Local community Christmas programs and events like parades, tree lightings, ice skating and craft fairs abound. But after the holidays, many people start to feel lonely as the activity and buzz die down. This is the perfect time to reconnect with old friends. Plan dinner and movie nights or a day for winter-themed crafts. Organizing family game nights is also a great way to stay connected with loved ones.

**Plan A Winter Vacation**
**8. Plan a Vacation**
A winter vacation is a great way to shake off the winter blues and recharge yourself in a healthy way. Planning a getaway to a warmer climate will help lift your spirits and give you something to look forward to.

Even if going on vacation isn't in the budget, simply researching ideal destination spots and browsing through travel packages will make you feel better. Hit up travel websites and check out the reviews on top hotels in tropical locations. Make a list of the top holiday spots, and explore them on Google Streetview. Then make a long-term plan to visit the spot that interests you most.

Planning for a Safe, Healthy and Fit Winter
Many of these tips are easy to implement in your daily life if you add them in slowly. And assessing your own health and well-being during the winter will help you to find your own areas for improvement.








# Orlando Rodrigues

Orlando Rodrigues, well known business man in the Vaal. He studied at Vaal University of Technology, Vanderbijlpark.

Orlando is the owner and founder of Redline Repair and custom center in Powerville Vereeniging.

Orlando is not only husband and Father he has a passion for what he does."It started at a very young age and I, alway wanted to live my dream, today I, can look back give myself a pat on the shoulder and know that I live my dream", he said.
His son and daughter is part of the business.
"We work as a team together side by side", he said.
What a privilege that we can work together as a family.

I, enjoy what I do, when a vehicle was in a accident and nobody have any hope for the vehicle, we rebuild, repair, respray. The amazing part of my job is to see the before and after.

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## Home : Safety Tips Safety Awareness at Home:-




**Fences/Walls:**

A high fence around the house with lockable gates, is much safer than a high wall due to the advantage of the improved visibility it provides. The primary aim of the fence is to make access/intrusion difficult and to allow dogs to move freely around the house.
Ensure that your gates are locked at all times and that the keys cannot be reached easily and are not lying around uncontrolled.
Security gates with sturdy locks in front of each outer door as well as burglar proofing covering all windows, are recommended.

**The following devices prevent easy access:**

* Window bars
* Security doors
* Security gates
* Razor wire
* Additional locking devices on doors
* Strengthening of doors
* Peepholes in the doors
* Safety chains to doors
* Intercom system between the home and gate, front door or garage

**Alarm Systems**

An alarm system, preferably connected to an armed response company, can act as an effective deterrent.
In the rural environment a siren/alarm on the roof that can be heard over a long distance and that can be activated by means of a switch/panic button in the house, is recommended. A few switches/panic buttons in different rooms of the house should preferably be installed.
An alarm must also have the capability to warn the occupants of any intrusion into the house.

**Examples of alarm systems:**

* Mechanical and/or electrical (purchased types)
* Improvised systems
* Threaded tins
* Threaded pieces of iron
* Gravel on window pains, pathways or around the home
* Obstacles that can make a noise when moved
* Biological Systems:
* Dogs * Geese * Ostriches

**Security Lights**:

Security lights on the outside of the house improve the physical protection of a house, farm or smallholding.

The lights must be directed away from the house and must allow the occupants to use the windows without being observed from outside.
Be aware of possible shadows and blind spots.

Artical follow on page 13

## 'N MUSIKANT SE HARTSLIED -"AFSTAND TUSSEN JOU & MY"

# Wikus Botha

## bekoor met sy nuutste hartsnaar lied.




Wikus Botha stel sy nuutste enkelsnit "Afstandtussen jou en my" bekend in samewerking met Manley Studios (Sean Manley) en liedjieskrywer Zanda Traut en Monica Maree. Hierdie enkelsnit is geinspireer deur die rou emosies wat kunstenaars belff wanneer hulle hul geliefdes moet agterlaat en die alleengevoel op die pad waarmee hul worstel wanneer hulle op toer gaan.

Dit word treffend weerspieël in die musiekvideo wat deur die immer gewilde Juan Boucher vervaardig is, en afspeel teen die agtergrond van die prag landskap van Parys, Vrystaat.Dit het die mag om jou mee te voer en jou midde in die emosies van 'n kunstenaar op die langpad te plaas. "Afstand tussen jou en my" is waarlik 'n lied wat Wikus se talente weerspieël. In sy eie woorde beskryf hy dit so: "Shanè, my geliefde, het altyd vir my padkos ingepak en vir my gebid voor ek moes ry. Dit was maar vir ons altwee moeilik en daar was nie 'n beter manier as om dit in 'n song te verduidelik nie."

Sedert die ouderdom van 14 jaar, deur middel van verskeie optredes en kompetisies, werk hy daaraan om sy musiekkuns aan die wêreld ten toon te stel. Die lied "Afstand tussen jou en my" lewer hy as produk van sy musiekale reis.

Op 30 April maak die musiekvideo van hierdie oor-stelende lied sy verskyning op Youtube, en sal dus ook beskikbaar wees op alle aanlyn musiek kanale,

Hier is al die informasie en skakels oor Wikus Botma en die liedji

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**The Vaal Wine Expo will be held on June 23 at Stonehaven on Vaal and Riverside Sun Hotel. (Entrance at Stonehaven). For R200 ticket you will be treated wine tasting over 200 wines at over 50 different wine estates, a cruise and a wine tasting glass to take home.**

**The programme for the day starts at 12:00 to 17:00 The Vaal Wine Meander Wine Route officially starts on June 24 and will end on August 5. More than a dozen venues in and around the Vaal River can be visited every Saturday and Sunday from 12:00 to 18:00.**

**Come and enjoy wine tasting at only R20 per tasting of 8 wines.**
**Lots of interesting food pairing and add on attractions are also available.**

**For more information please contact 016 982 2952**







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12h00 to 18h00

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# Top Vibe Magazine &

GREAT MOMENTS AT THEIR GREATEST

VAALMALL

## Movie Review




## SAMSON

★★★★

**Cast:**
Jackson Rathbone as Rallah
Billy Zane as King Balek
Taylor James as Samson
Rutger Hauer as Manoah
Caitlin Leahy as Delilah
Lindsay Wagner as Zealphonis

**Director:**
Bruce MacDonald
Gabriel Sabloff.

**Our rating:** ★★★★

"Samson," the latest cinematic incarnation of the famous Biblical story, is a film that frankly wants to come across as a tribute to the big religious epics that Hollywood cranked out during the '50s and '60s. Personally, I have always had a soft spot for such films, partly for the cheerfully shameless manner in which they blend the key elements of sex, sin and salvation, and partly for the moments of genuine power and grace that would occasionally shine through the luridness. The problem with "Samson" is that while it cannot be faulted for its sincerity, it can be faulted for its sluggish pacing, inconsistent performances and lack of cinematic style that gives the proceedings a tacky feel throughout.

Set in Gaza circa 1170 BC, the film opens with the Hebrews enslaved by the Philistines, led by the vile King Balek (Billy Zane … yes, Billy Zane) and his even more monstrous son Rallah (Jackson Rathbone). The Jews do have an ace in their pocket in the form of Samson (Taylor James), who was the product of a miraculous birth that foretold that he would one day lead his people to freedom with the aid of his gift of superhuman strength. However, Samson is not so sure about all of that—he has pledged to follow a pious life (one that forbids drinking alcohol, touching the dead or cutting his hair) in thanks for his God-granted gifts but thinks that there must be a more peaceful way for his people to deal with their oppressors. This attitude does not endear him to his mother and father (Lindsay Wagner and Rutger Hauer) and they are even less thrilled when he announces his attentions to marry the beautiful Philistine Taren (Frances Sholto-Douglas). Unfortunately, Rallah has by now recognized Samson to be the warrior destined to overthrow the Philistines and decides to wreak havoc at the wedding, leading to Samson finally calling on his powers and single-handedly delivering a beatdown of hundreds of Philistine soldiers armed with nothing but the jawbone of a donkey.

Go watch the movie!!

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# Top Vibe Magazine

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