Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg en Vaalpark

Issue 49

show me Top Vibe Magazine
www.topvibe.co.za

To advertise
Call: 072 768 8582

Niche Vibe Networx

Happy 18th Birthday
IFM 102.2





Redakteurs nota.....

Gelukkige Vadersdag



Vadersdag is vanjaar op 16 Junie en Pappas kry ook 'n beurt om bederf te word.
Graag wil ek al die pa's 'n baie gelukkige Vadersdag toe wens, sonder pa's sou daar nie kinders gewees het nie, dan was daar ook nie 'n Moedersdag nie.
Pappas julle is belangrik gehoor!!!!!

Bederf julle pa's ag, en sommer vir oupa ook, net omdat dit Pa se Pa is.

Miskien is jy 'n tiener en kan pa bederf om self die vleis te braai, met sy teenwoordigheid natuurlik. Ma kan 'n lekker nagereg maak en sussa kan vir Pa iets kouds ingooi. Hoe dit ookal sy, maak pa se dag onvergeetlik.

Vadersdag is daar om saam met Pa 'n dag vol pret te hê. Om vir Pa dankie te sê vir als wat hy vir jou elke dag doen en beteken. Al is pa's kwaai, hulle het maar almal klein hartjies. Soms raas hulle maar net so baie dat julle kinders ekstra soet moet wees , en dink hulle is baie kwaai. Iemand het eendag vir my gesê as hy kwaad word is die gevaar verby en dit is nogal waar.

Geniet julle Vadersdag!

Onthou asseblief die 16de Junie is Jeug dag ("Youth day") en dan is dit die kinders se beurt.

Kom besoek ons gerus 28 - 29 Junie 2013 by Riverside Boulevard Sentrum vir SANCA Vaal Triangel se " drug and alcohol awareness week" Kom ontmoet Top Vibe!!!!!

Charmaine
XOX

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 with out prior settlement with the editor.

Owner / Sales Rep:
Charmaine: 072 768 8582

Proofreaders:
Tersia (Showmevaal) Afrikaans
Hillary (Niche Vibe Networx) English

Photographer:
Sharon: 072 599 9066

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



Face of the Vaal



Face of the Vaal April 2013 - Nicole Mebino

Nicole Menino is 19 years old and from Vanderbijlpark.

My hobbies include drawing, modeling and quad bike riding. My interests are art, cars, fashion and history. I love learning things I don't know about.

I am currently a junior designer at Express Graphics, where I'm currently training.I would like to become a Free Lance designer and would like to peruse a career overseas.

My dream job would be to own a large graphic designing company where I can employ many people and inspire them the way my boss inspired me.

I am a young determinated 19 year old that has a passion to help others. I am a very easy going person and get along with many different people. I have the willpower to achieve all my dreams because I believe success isn't given its earned. I see life in my own perspective, every story has and end but in life every end is just a new beginning.

www.faceofthevaal.bisn.us

Ses Snare en vriende neem DVD op..



Die lang verwagte tweede DVD van die immergewilde groep Ses Snare is tydens 'n lewendige konsert op 12 Desember 2012 by die Atterbury Teater opgeneem.
Die Ses Snare het ook 'n paar vriende genooi om deel te wees van die opname; die uiters talentvolle groep Ch2, die kitaar-ghoeroe Greg Georgiades, asook Mel Botes en Mathys Roets.

Die groep laat gehore steeds brul soos beeste van lekkerkry!
Die suksesresep waarmee hulle die afgelope jare gehore regoor die land laat voete stamp het, het nie verander nie - die manne speel 'n kombinasie van bekende treffers asook vuurwarm oorspronklike musiek, meesal deur die lede self gekomponeer. Die DVD sluit ook 'n paar liedjies van Ses Snare se uiters suksesvolle Beatles show in.

Ses Snare bestaan uit Blackie Swart, Pieter Smith, MD Greyling, Thean Kotze, Pieter Hoven en Leon Ecroignard.
Sedert verlede jaar maak Ses Snare gebruik van "musikale swingers" wanneer een van die gereelde lede nie beskikbaar is nie. Vanjaar het Mel Botes, Mathys Roets en Wouter van de Venter gespeel wanneer een van die gereelde Snare nie beskikbaar was nie.

Die Ses Snare se lewendige DVD - SES SNARE Live is nou landwyd beskikbaar.

Navrae:
Alishia van Deventer
083 635 4717.

ALISHIA VAN DEVENTER
SEL / CELL: 083 635 4717
E-POS / E-MAIL: alishia@starburstmusic.co.za
FAKS / FAX: 086 618 7885
Twitter: Alishiavandev
Facebook: Starburst Promotions
Artist Management & Promotions
STAR BURST
RiSA SAMRO

Sien bl 10 om DVD te wen!!!!



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.





Join me for a cup of tea, let me tell you about the History of the Vaal Dam.

The Vaal Dam is located on the Vaal River some 56km south of Johannesburg, close to Vereeniging. The catchment area of the dam is approximately 38 500 km2 most of which is located in the Free State Province with the remainder in the North West, Gauteng and Mpumalanga provinces.

The catchment area has an average annual precipitation (MAP) of approximately 700mm with a corresponding annual potential evaporation (Symons Pan) in order of 1 500mm.
At full supply level, the Vaal Dam can store 2 536 million m3/a with a surface area of approximately 320km2 making it a relatively large and shallow reservoir. The natural inflow to Vaal Dam is approximately 1 950 million m3/a although the upstream *Grootdraai and Sterkfontein* dams reduce the resulting natural inflow to approximately 1 400 million m3/a making the Vaal Dam a 1.7 MAR dam.

Vaal Dam forms the central storage reservoir for the Vaal River water supply system which supplies water to the industrial powerhouse of the whole country. The area supplied from the Vaal River System, generates more than 50% of South Africa's gross geographical product (GGP), more than 80% of the country's electricity and including some of the largest gold, platinum and coal mines in the world. Vaal Dam is therefore of great importance to South Africa and key component of the water supply infrastructure for Gauteng and the surrounding provinces.

Due to the increasing demands in the Vaal River System Supply Area, the natural resources of the Vaal Dam catchment are unable to supply the full water requirement. Various inter-basin transfers already exist transfer that water from areas with excess resources to the Vaal Dam catchment and new schemes are continually being developed. The first phase of the largest and most impressive transfer scheme , the *Lesotho Highlands Water Project,* is currently nearing completion and the first water transfers from the scheme was scheduled for 1998. Only the first phase of the LHWP has been approved and no decision regarding possible future phases has yet (1997) been taken.



The construction of Vaal Dam started during the depression of the early thirties and the dam was completed in 1938 with a well height of 54.2m above lowest foundation and full supply capacity of 994 million m3. The dam is a concrete gravity structure with an earthfill section on the right flank. It was built as a venture by Rand Water and Department of Irrigation (now known as Department of Water Affairs and Forestry.)

The dam was subsequently raised in the early fifties to a height of 60.3m which increased the capacity to 2 188 million m 3. A second raising took place in 1985 when the wall was raised by further 3.05m to 63.4m above lowest foundation.
The capacity to 2 536 million m3 and a further 663 million m3 or 26 % can be stored temporarily for flood attenuation.

The flood attenuation properties of the dam were severely tested in February 1996 when the largest flood ever recorded at the Vaal Dam site was experienced. An inflow of over 4 700m3/s was measured into the Vaal Dam which was already at full capacity due to good rains and it was only through the expert management of the Hydrology staff at DWAF that the maximum flood released from the dam was limited to 2 300m3/s. Flows above 2 300m3/s would have caused serious damage downstream of Vaal Dam and the situation during the 1996 flood became extremely tense as the storage in the reservoir peaked at 118.5% of Full Supply Capacity on 19 February 1996 i.e. only 194 million m3 of flood absorption capacity remained before the full inflow would have been released causing massive damage.

During the period from 15 December 1995 to 15 March 1996, the inflow volume to Vaal dam was estimated at 7 605 million m3 - sufficient to fill the dam three times over.
The inflow peak was estimated to have a return period of 70 years while the outflow peak was estimated to have a return period of only 20 years.

Info : htt://www.dwaf.gov.za/orange/Vaal/vaaldam.htm msivehttp://www.dwaf.gov.za/orange/Vaal/vaaldam.htm







SANCA Vaal Triangle: Surviving a Relapse

Moving beyond the shame.....

SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. Many addicts and their loved ones believe that participation of initial treatment program offers a cure and that relapsing is not normal.
Research clearly shows that addiction makes big changes to the brain. This means that addiction is not a curable disease, but rather a chronic condition that must be managed. Aftercare is 80% of recovery success and initial treatment only accounts for 20% recovery success.

This is not dissimilar to managing diabetes or hypertension. Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. Relapse, however, doesn't indicate that treatment has been a failure rather, it indicates that treatment should be adjusted or that an alternative treatment is needed to help the individual regain control and recover.

A relapse can be devastating for the addict and their loved ones. Recovering addicts who relapse typically feel embarrassed, disappointed and even angry with themselves.
Wanting to give up at this point can feel almost overwhelming.

However, if well managed, post relapse recovery can be reinforced by using key lessons learnt so as to avoid a future relapse. Knowing that a relapse does not signal the end of recovery is vital. In fact, a relapse might be one of the steps in an addict's recovery process.

Don't give up and don't let shame speak!

It is important that the recovering addict not rationalise the slip as a signal to do it again or to enter into binging session.

Reenter a sober environment!

The recovering addict must ensure that their environment is clean and without unnecessary triggers.

Surrender to help!

A recovering addict who has relapsed needs to check back into an aftercare recovery centre. Whether inpatient or outpatient, the recovering addict needs to talk with an addiction therapist to identify the reason why a relapse occurred so as to curb a future relapse

Restart recovery with overwhelming force!

The recovering addict needs to review and in most cases rewrite their relapse prevention plan (a key section of any good sobriety plan). This includes: identifying risk factors leading to relapse and identifying where changes are required.

For professional help in addiction and awareness talks
Contact: SANCA Vaal Triangle (016) 933 2055
Facebook: Sanca Vaal Triangle.
E mail: sancavaal@mweb.co.za

FOMO is real…but it doesn't have to be.



Hello to all of our Niche Vibe Networx members and Fellow loyal readers. As an affiliate networking circle, Niche Vibe Networx connects and partners with entrepreneurs in the Vaal Triangle area. We also believe in imparting knowledge and skills to empower business owners to be the best that they can be.

A running theme we are exploring here at Niche Vibe Networx is the notion of getting back to basics. In essence it's about staying true to the fundamentals of life and business as opposed to over-complicating things. There seems to be a perception that smartphones, smart gadgets, apps, social media and the like are enabling us to focus more intently. Is this necessarily the case though? We are certainly more connected and instant (information) gratification is only a click or a status update away. Our ability to communicate and explore is advancing at an unprecedented pace.
However, this does not necessarily mean that we are becoming more focused though.

It would appear that the 'smart' era in which we live in may have its drawbacks. If not well managed, the inundation of information, news, notifications, texts, e- mails and the like can actually distract us from our true priorities in life. In a more connected and globalised world, we instantly know what is happening in multiple locations and what the next big thing will be. A relatively new phenomenon has arisen because of this and it's called FOMO – Fear Of Missing Out. We all seem to suffer from some degree of FOMO in this day and age. We almost become anxious as we wonder whether we should really be reading online business news or whether instead we should be immersed in our Facebook news feed. Perhaps it's about whether to attend party A when attending party B could perhaps be more satisfying.

The paradox of choice (and information) theory implies that the more choices and information we have, the more indecisive we become. The fear of wanting to be all things to all people (and ourselves) at all times can actually stall our ability to make a prioritised decision and thus act accordingly.

So how can getting back to basics help? Well, getting back to basics is not about 'dumbing' down when 'smart' is in. We cannot escape the digital era and why should we when the benefits far outweigh the drawbacks. By learning healthy habits that strips away dysfunctional complexity and restores us to be better health cannot be a bad thing. It simply means maintaining an on-going reality check in an increasingly virtual world. It further means returning to the core of our values and skills. Relearning to leverage our strengths and enhancing our areas of development as unique individuals.

Niche Vibe Networx is excited to introduce a set of themed workshops that will be introduced towards the end of June 2013. Professional trainers and coaches will be facilitating back to basics workshops aimed at developing a personal vision prioritising and avoiding all the above-mentioned lifestyle traps. We are committed to enabling and empowering our members and interested individuals in gaining access to such knowledge and skills.

If you are keen to attend and find out more about joining Niche Vibe Networx or attending our workshops, please contact us! We are passionate about developing and connecting with fellow entrepreneurs and business owners in the Vaal Triangle.

Written by *Kevin Holcroft* (Life Coach & Business Consultant)
a- Niche Vibe Networx member.

(See the advert on page 5 for more info.

BACK 2 BASICS

Contact Details:
Hillary 082-347-9533
nichenetworx@gmail.com
www.nichevibenetworx.co.za

Charmaine 072-768-8582
charmstopvibe@vodamail.co.za
www.topvibe.co.za

Business Cards

Gemsbok Auto C.C.

Tune-up Centre



Repair to Most Makes of Vehicles • Minor / Major Lube Services
Engin & Clutch Overhauls • Steering Racks • Shocks • Ball Joints
Brakes • Propshafts • Wheel Bearings • Fuel Diagnostics
Road Worthy To All Makes of Vehicles

Albert: 083 3557912

RMI APPROVED
Tel: 016 981 5517

Dashing Divas Hair Studio & Dashing Divas Beauty Salon

54 Fitzsimons Street, SE6 Vanderbijlpark.

Cell: Monique @ 074 9128 652

Cell: Winonia @ 082 8309 442

Brazilian Special:

1 June - 30 June 2013 R1050 (incl. Shampoo & Conditioner)
Contact: Ruzaan @ 071 215 7789 for appointment.



Life Coach



Until you get back to basics, it can be difficult to move forward.

* Self-confidence & self-esteem
* Career development
* Overcoming anxiety & depression
* Improving health & fitness
* Lifestyle issues & relationships.

BACK 2 BASICS

Contact: Kevin 083 322 4281(holcroftsa@gmail.com)



Michelle: 076 716 8111
Tel: (016) 3712091

E-mail: michelle@dilectaevents.co.za
Web: www.dilectaevents.co.za

Dilecta Events

Verspreiding van Pamflette

Ons WAARBORG die verspreiding van jou pamflette!

Vanderbijlpark · Vaalpark
Sasolburg · Vereeniging

Kontak Charmaine - 072 768 8582

OPENING SOON!

Body Fuel EXPRESS

OPENING SOON!

In addition to the Just Water Group manufacturers and distributors our Body Fuel Express stores caters for the increasing demand for a ***safe, healthy and affordable source of drinking water and supporting products. These products includes Pre-filled and refillable water products as well as the Just Water*** *and Giant beverage.*

Our Still & Sparkling water, Flavoured Sparkling drinks and Ice Tea products are **endorsed by the *Heart Foundation, Low in Kilojoules, Diabetic Friendly and Aspartame free.***

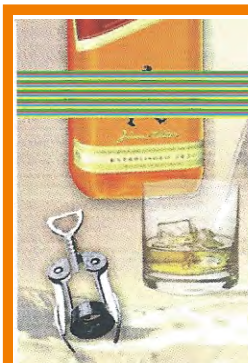
Have a ***personalised label designed for your company*** and sponsor water at event with your company logo.

Refill water containers at extremely affordable prices



LIQUOR CITY

THE LIQUOR BOYS



Ricky da Costa
Cell: 083 634 8778
vanderbijl@liquorcity.co.za

Tel: 016 932 2158
Shop 14, Riverside Mall
c/o Chopin & Frikkie Meyer

WIMPY

Wimpy Riverside Boulevard 016 932 1876
Free Delivery

BREAKFAST COMBO DEALS



W001 **CLASSIC BREKKIE BUN COMBO***
with
regular Famous Wimpy Coffee
R31.50

W002 mega Famous Wimpy Coffee
+R5.00



W003 **WRAP-IT-UP BREAKFAST COMBO***
with
regular Famous Wimpy Coffee
R49.50

W004 mega Famous Wimpy Coffee
+R5.00

* Served with streaky bacon

LIGHTER BREAKFASTS

W005 **FRENCH TOAST** **R34.00**
W006 Remove the meat for a vegetarian friendly option Veg **R25.00**

BURGERS

		With Chips		
WIMPY BURGER	W007	**R27.00**	W008	**R39.00**
CHEESE BURGER	W009	**R30.50**	W010	**R42.50**
CHICKEN FILLET BURGER	W011	**R32.50**	W012	**R45.00**
GENEROUS JOE	W013	**R35.50**	W014	**R48.50**
DOUBLE CHEESE BURGER	W015	**R45.50**	W016	**R58.50**

ADD IT ON



W017 **REGULAR CHIPS** **R13.50**

W018 **MEGA CHIPS** **R22.50**

BURGER COMBO DEALS



W019 **WIMPY BURGER COMBO**
with
regular chips & regular soda
R50.00

W020 mega chips & mega soda
+R11.00



W021 **CHEESE BURGER COMBO**
with
regular chips & regular soda
R53.50

W022 mega chips & mega soda
+R11.00



W023 **GENEROUS JOE COMBO**
with
regular chips & regular soda
R58.50

W024 mega chips & mega soda
+R11.00



W025 **DOUBLE WIMPY BURGER COMBO**
with
regular chips & regular soda
R64.50

W026 mega chips & mega soda
+R11.00

COLD BEVERAGES



SODA
Coca-Cola, Coke Zero, Fanta or Creme Soda

regular	W027	**R16.00**
mega	W028	**R18.00**

FRUIT JUICE
Apple, Orange, Mango or Guava

regular	W029	**R16.50**
mega	W030	**R18.50**

MINERAL WATER 500ml Still W031 **R13.00**

FUZE TEA 330ml Still W032 **R16.00**

T's & C's apply. All prices inclusive. No Limit Soda not applicable on take away beverage option. Combos are available as take away only. No substitutes on products offered. The visuals are for descriptive purposes only.

Chicken

1/4 Chicken	R23.90
1/2 Chicken	R46.90
Full Chicken	R89.90
3 Wings	R23.90
Breast Fillet	R15.90
2 Breast Fillets & Rice	R39.90



Chicken Burgers

Burger	R25.90
Double Burger	R39.90
Cheese Burger	R29.90
Double Cheese Burger	R43.90
Chicken Prego	R21.90

Giramundo

Flame grilled CHICKEN

FREE DELIVERY
GIRAMUNDO RIVERSIDE
Shop 19A, Riverside Boulevard,
Emfuleni Drive, Vanderbijlpark
Tel: 016 932 1242

PERFECTA MEALS



1/4 Chicken & Regular Chips
R31.90



Burger & Regular Chips
R35.90



1/4 Chicken , Regular Chips & Roll
R33.90



1/2 Chicken & Regular Chips
R54.90



1/2 Chicken, Medium Chips & 2 Rolls
R64.90



1/2 Chicken, 2 Burgers & Large Chips
R114.90



Full Chicken, Medium Chips & 4 Rolls
R119.90



Full Chicken, 2 Burgers & 2 Large Chips
R169.90

Salads

Green Salad	R16.90
Chicken Salad	R29.90
Coleslaw	R13.90

Perfecta Dips

Piri-Piri Mayo	R 5.90
Creamy Mayo	R 5.90

Sides

Chips Regular	R13.90
Chips Medium	R17.90
Chips Large	R22.90
Portuguese Roll	R 3.90
Corn on the Cob	R10.90
Savoury Rice	R14.90
Extra Piri-Piri Sauce	R 3.00

Business Cards



Mini - Top Vibe Magazine

To advertise in Mini- Top Vibe Magazine

Deneysville,Oranjeville, Vaal Marina area.

Call: Charmaine @ 072 768 8582
Call: Hillary @ 082 347 9533



Niche profiling **Vibe** media **Networx** networking

Join the Networx today and we will help you to network and promote your business.

Hillary 082 347 9533
E-mail: nichnetworx@gmail.com
Charmaine: 072 768 8582
E-mail: charmaine@topvibe.co.za

SNOETE & SNORRE HONDE BADHUIS



Ria
083 261 0161

Kom haal en aflaai diens beskikbaar

Maplestraat 9
S.E.3
Vanderbijlpark

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**









Bandanas

To order call:
Charms 072 768 8582

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

How to deal with stress at work.

Accept fear and stress:

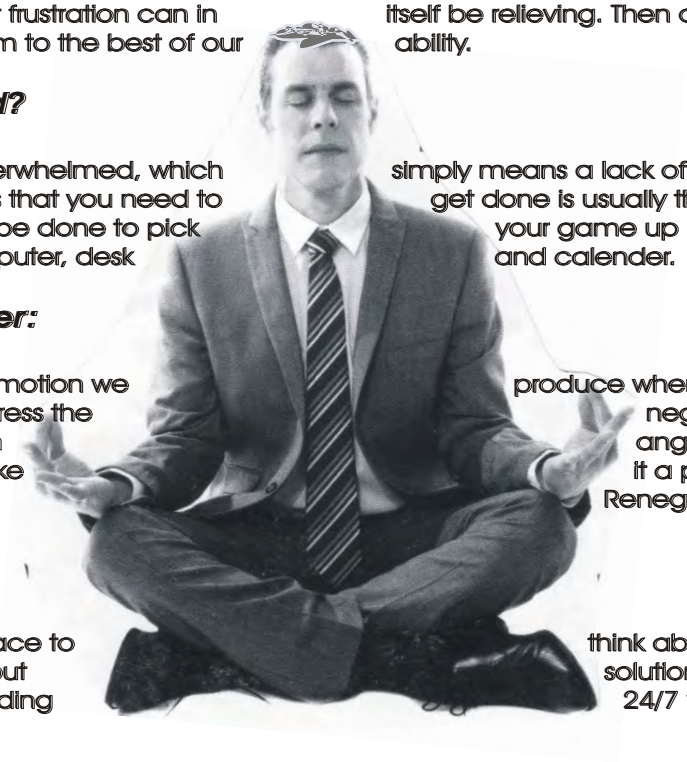
Small amounts of stress are needed in life to push you beyond limits. Small amounts of fear and stress let us know we're alive and moving in the right direction. Feeling the fear and doing something anyway can be exhilarating and rewarding. Let the fear and stress bring you closer to your goals.

Constructive criticism:

Criticism is something we cannot digest; it picks a nerve and insults your knowledge. But accepting criticisms positively can relieve stress. When you get feedback from your bosses, instead of looking at it as criticism, think about the bigger picture for the company you are in and notice if there is anything you truly can do to improve your game instead of getting flustered or upset.

Why are you frustrated?

We need to identify WHY we are frustrated in the1st place. Is it something to do with our work, our personal lives? Identifying the source of our frustration can in itself be relieving. Then once we know why, we must work to alleviate the problem to the best of our ability.



Are you overwhelmed?

Stress is a sign of feeling overwhelmed, which simply means a lack of structure. Writing a list of all the important and urgent things that you need to get done is usually the first step to alleviating a lot of stress. Do what needs to be done to pick your game up - be on time, clean up your clutter on your phone, computer, desk and calender.

How to deal with anger:

This is common form and emotion we produce when stressed; you tend to snap at people around you or suppress the negative emotions. When your stress causes you to react in anger because you are running late or caught in traffic, make it a point to just play good music in your car and relax instead. Renegotiate your commitments if you have to.

Don't worry all day:

Give yourself a time and place to think about your personal challenges. You will be able to think about solutions and ways to cope better after hours rather than spending 24/7 worrying.

Relieve stress:

We always have a choice , and you are working where you are because for now, with the resources and know how you have, it is the best option available. You are there for some of the pay-offs, it could be work, the people, the salary, perks, timing, location or opportunity of growth it is providing. Make sure you can see that you are working there by choice and make the most of it.

Learn to relax:

Make to relax, read a book, take a long bath or shower. Make time for yourself. Take a long work through the park, play with the dog do what ever it takes just to let your mind go.





Top Vibe Give aways



Congratulations to our CD winners of Issue 48

The Zandre CD Winners is:!

Mr. Hennie Terblanche:- Vanderbijlpark.
Mr. Martin Niewenhuis:- Sasolburg.

Thank you to everybody that took part in the giveaways.
Thank you to the sponsors for the prizes in our giveaways.

Competition: DVD to win!!!!



2 DVD'S of "Ses Snare- Live" are up for grabs!!!!!!!!!

Question:

What is the name's of three of the "Ses Snare"
Any three names.

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 21 June2013.
Winner will be notified by SMS on 22 June 2013.
You may enter as many times as you wish to incease your chances of winning.

Good Luck!!
Thank you to "Star Burst" for sponsoring the DVD's.







Upcomming events

JUNE

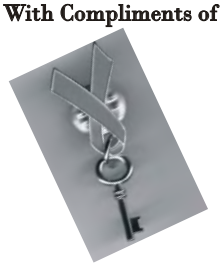
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

9 June:-	Anton Myburgh Country Show Barnyard (016) 454 8388
15 June:-	Bob Dylan Tribute R100 p/p Barnyard (016) 454 8388
16 June:-	Youth Day
21 -23 June	John Cleese Live in S.A Teatro @ Monte Casino R280 - R510 p/p
29 June:-	Ultimate Raceway
24 - 29 June	SANCA Vaal Triangle National Drug Awareness week.

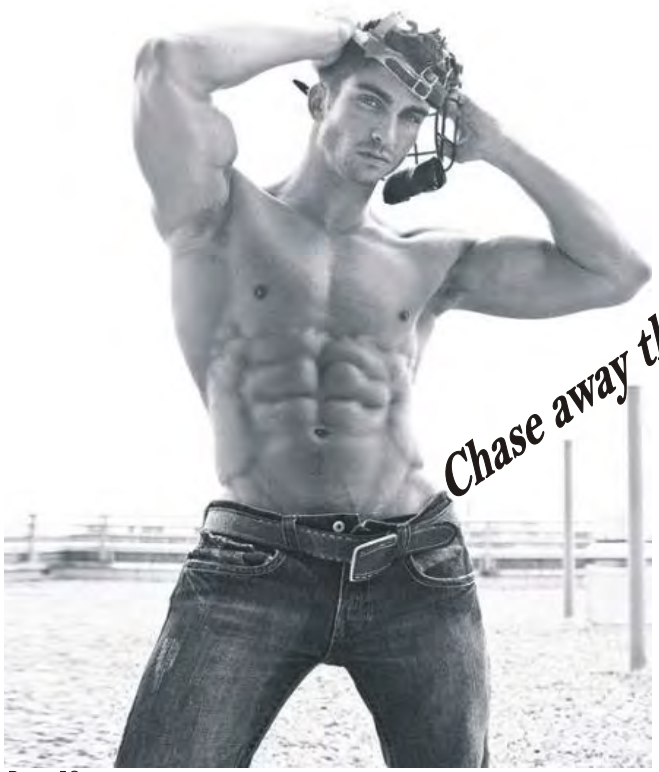
For more information on upcoming events go to
www.showmevaal.co.za/vaal
www.ifmradio.co.za
www.topvibe.co.za

Tune into the BEST radio station in town IFM 102.2

With Compliments of showme, IFM 102.2 and Top Vibe Magazine.

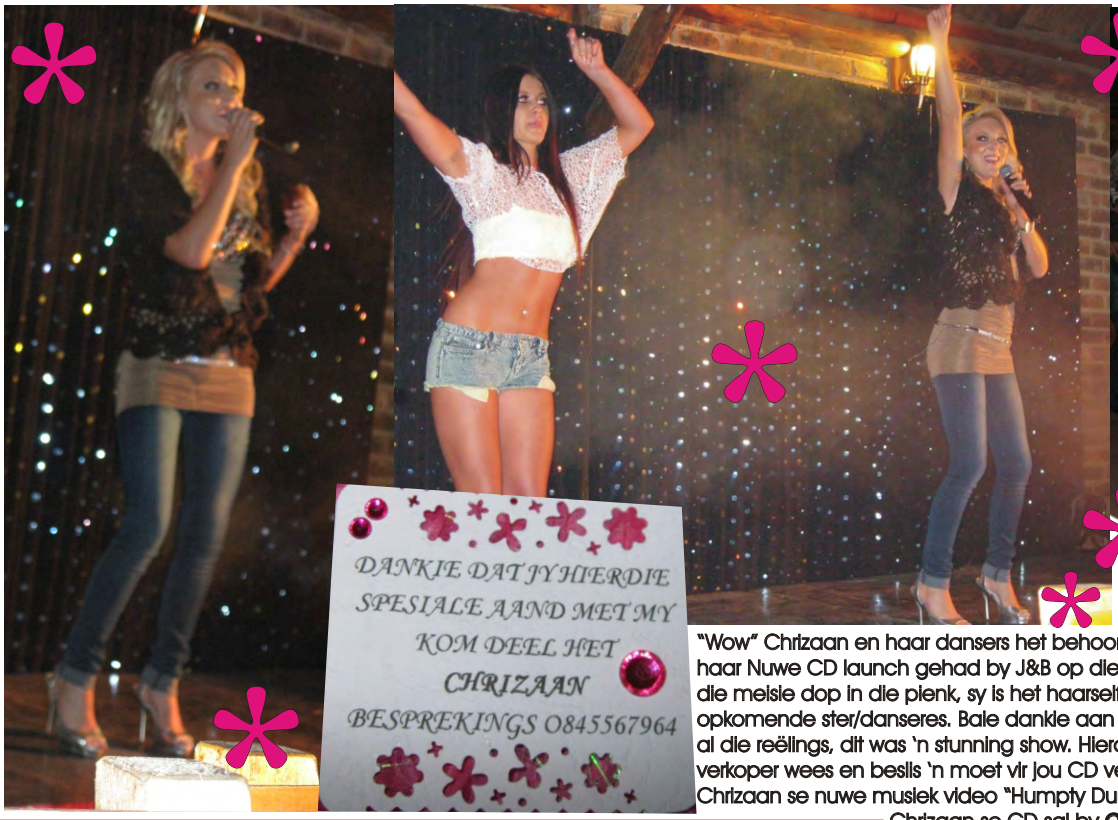


National Drug Awareness week:
Show your support by buying a SANCA Vaal pendant on the 28 - 29 June for 10:00 - 14:00 at Riverside Boulevard. (Page 11)
IT IS COOL TO SAY NO TO DRUGS!!!!!





Chrizaan





"Wow" Chrizaan en haar dansers het behoorlik "gerock" Chrizaan het haar Nuwe CD launch gehad by J&B op die 3de Mei 2013. Hou gerus die meisie dop in die plenk, sy is het haarself behoorlik geniet 'n opkomende ster/danseres. Baie dankie aan **Carol** van ***Oppinoot*** met al die reëlings, dit was 'n stunning show. Hierdie cd gaan 'n top verkoper wees en beslis 'n moet vir jou CD versameling.
Chrizaan se nuwe musiek video "Humpty Dumpty" is klaar opgeneem.
Chrizaan se CD sal by ***Oppinoot*** Cd winkel in Vanderbijlpark en Vaalpark beskikbaar wees.
Besprekings: 084 556 7964





South African National Council on Alcoholism & Drug Dependance National Drug Awareness Week

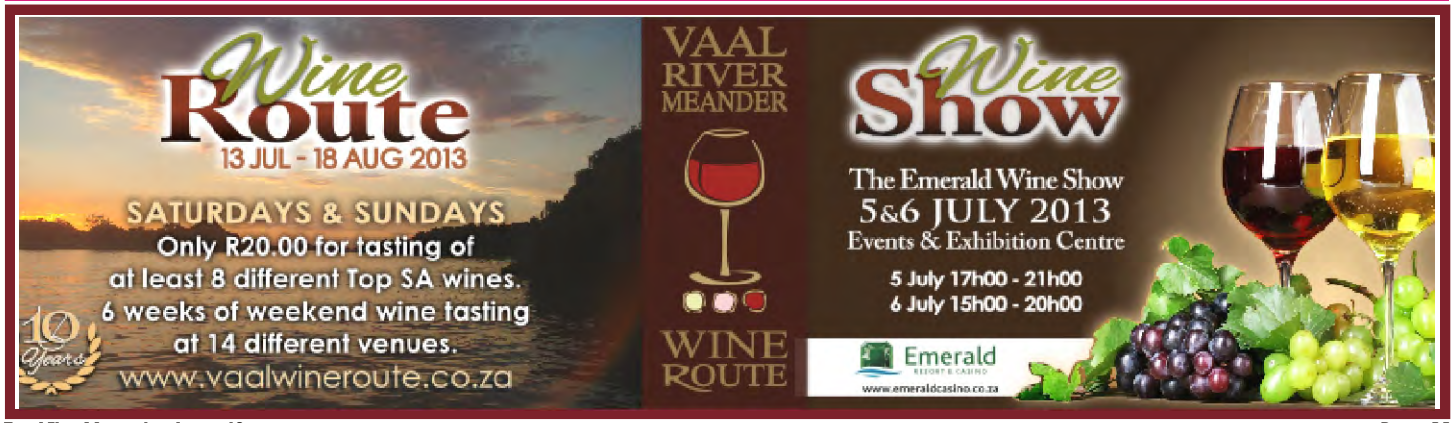
For professional help in addiction and awareness call:
SANCA Vaal Triangle: (016) 933 2055 Facebook: SANCA Vaal Triangle
E-mail: sancavaal@mweb.co.za

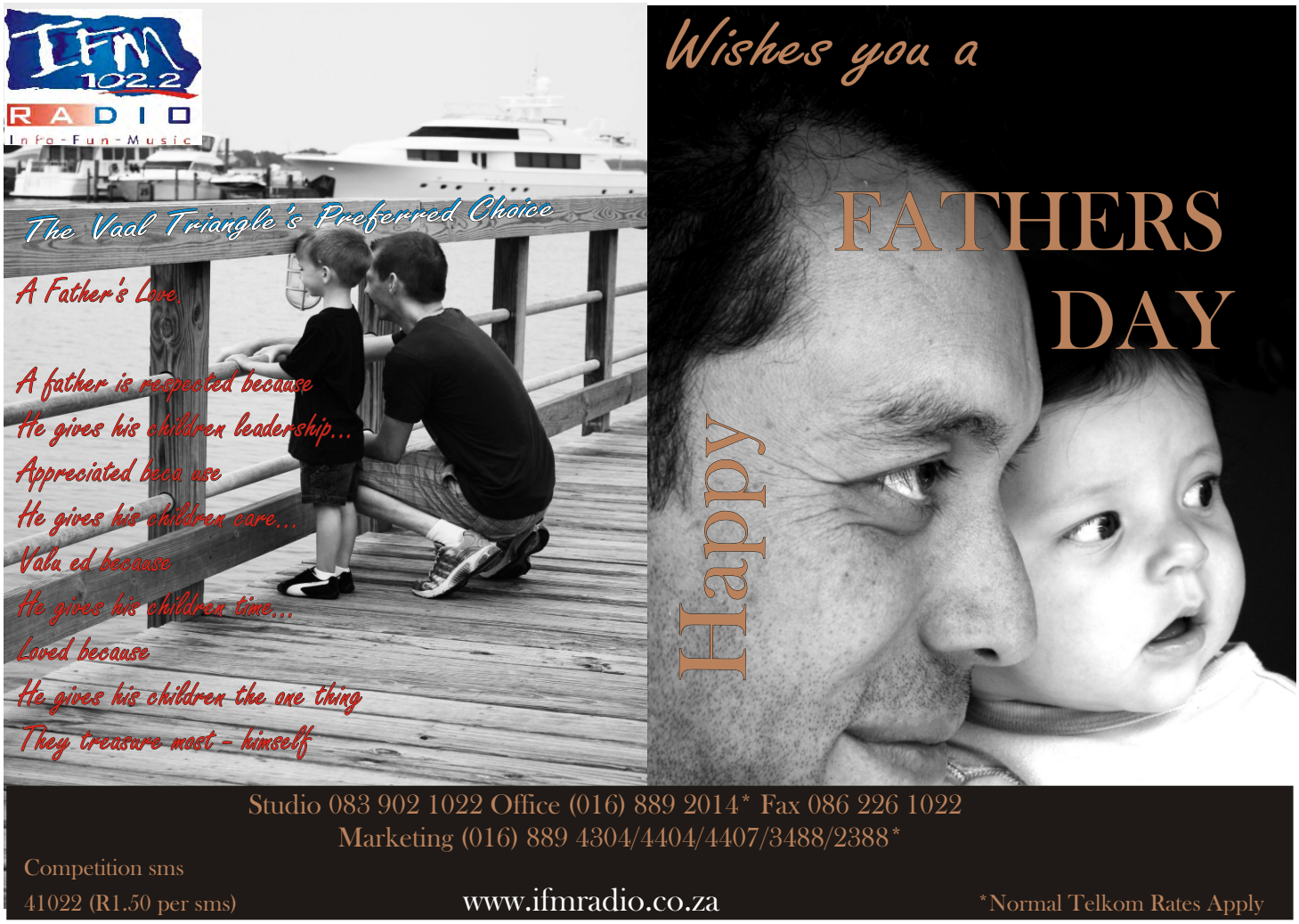
SANCA Vaal Triangle
9 Einstein Street,
Vanderbijlpark.
Tel: (016) 9332055

Clinic hours:
8:00 - 10:00
15:00 - 17:00

Changed Hearts + Changed Minds = Changed Lives

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





Studio 083 902 1022 Office (016) 889 2014* Fax 086 226 1022
Marketing (016) 889 4304/4404/4407/3488/2388*

Competition sms
41022 (R1.50 per sms)

www.ifmradio.co.za

*Normal Telkom Rates Apply



What does the readers say about Top Vibe Magazine?
And soon about Mini-Top Vibe Magazine?

Sonja: Top Vibe "wow" I love this Magazine and now soon a Mini-Top Vibe.

Susan van Tonder: Hi baie dankie vir ons reunie in die Top Vibe dagboek, jy's 'n stêr. (facebook)

Carol Myburgh: Beautiful.!!!! (facebook)

Johann: Ek lief die Magazine, lees Top Vibe op die web. (Facebook inbox)

Dankie vir kommentaar, waardeer. Johann dankie vir jou (Johann is in die Kaap) dat jy ons plaaslike tydskrif lees!!!!!!!!

Give your Comment on facebook or Twitter!!!! We will publish it>>>>



Read your Top Vibe Magazine on the website www.topvibe.co.za

NEW Magazine, **Mini-Top Vibe Magazine** in Deneysville, Oranjeville, Villiers, Vaal Marina and Heidelberg. For more info or advertising space in **Mini-Top Vibe Magazine** call: Charmaine @ 072 768 8582 or Hillary @ 082 347 9533 **Deadline Issue 2- 21 June 2013.**

