Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 62



vaal.mobi
topvibemag.mobi

To advertise
072 768 8582

TFM 102.2 RADIO
Info-Fun-Music

show me

Visit our Website:
www.topvibe.co.za



Editors note

With the cold winter days surrounding us, I can not help to think of those who do not have what we have.
We are so blessed with warm clothes, food, blankets and roofs over our heads.

And still we are not happy with what we have we still want more. Just a week or two ago I met a young homeless man in his 20's. He is out on the streets and has nothing but the clothes on his back.

We took him some food, and clothes and a blanket. But in my heart I know it will not be nearly enough.
I wish that I could help him more.

With winter upon us we must try our best to reach out to help a person in need.

Remember when you are warm and happy there is somebody that is cold and hungry.

Things are tight out there, but I am sure we can make a difference to help a person in need.
Should you have an old blanket, anything that you do not use, please donate it!!! If you not sure where to go to donate, please contact us we will help you with the necessary contact details.

Top Vibe would like to hear from you if you would like to make any donations.

Thank you to the advertisers who is taking part in the SANCA - Vaal project !!! Be Blessed...

Take care till our next issue, keep warm!!!
Love Charms xoxo

Charms Xx

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 Vaaltriangle
Twitter: charmaine@topvibemagazine
Website: www.topvibe.co.za / topvibemag.mobi
Competition sms line: "Topvibe" 45522

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
Isabel - English

Editor's photo - Photographer:
Sharon @ 072 5999 066.

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



Blackie Swart
Lig jou glas.

Na twee-en-dertig jaar in die musiek bedryf, 14 albums later en verkope van altesaam meer as 600 000 het Blackie Swart nou al die gunstelinge van die afgelope sestien jaar op een album gesit. Saam met hierdie ou gunstelinge kan jy ook uitsien na splinternuwe liedjies wat sy siel as kunstenaar ontbloot. Die nuwe liedjies is naby aan sy hart en gebaseer op persoonlike ondervindinge en emosies.

Die eerste enkelsnit vrystelling vanaf sy nuwe album is LIG JOU GLAS. Hierdie liedjie vertel van die verhouding tussen Blackie en sy Pa. Die opgewekte oomblikke, sowel as die dag toe hy langs sy Pa se sterfbed gestaan het en daarna deur die foto-albums gegaan het, word alles deur die lirieke en musiek in hierdie liedjie vertel.

Blackie Swart en sy orkes, die Johnny Black Band is reeds jare lank al besig om gehore te vermaak met diversiteit wat geen gelyke ken ni,e en hy tree ook gereeld op saam met die uiters gewilde groep Ses Snare. Daarbenewens is hy ook saam met Jannie Moolman en die begaafde pianis, Engeli Le Roux in die groep, Classic Blue, waar Opera en Blues op 'n vernuftige wyse saam genooi word.
Blackie Swart is gebore met "daai dêng"... Ritme, note, akoorde, wysie en klanke... Lig jou glas (1997-2014 - Grootste Treffers) word gedurende Mei 2014 landswyd uitgereik.

Facebook: https://www.facebook.com/blackie.swart.9277

Uitgereik deur: Vonk Musiek
Publisiteit en bemarking: Starburst Promosies
Vir meer inligting, kontak Alishia van Deventer
Sel: 083 635 4717 E-pos: alishia@starburstmusic.co.za



ADAM - GOUD

Daar is opwindende dinge aan die gebeur met ADAM. In Januarie vanjaar het Kyle Grant by die groep aangesluit en dadelik by die ritme van ADAM aangepas.
Die drie manne, Reynardt Hugo, Hugo Ludik en Kyle het sommer groot planne om ADAM vanjaar tot nog hoër hoogtes te neem. Hierdie groep wat nou amper vier jaar bedrywig is, het reeds in 2011 gewys dat die mark honger is vir 'n groep van hulle kaliber toe hulle 'n Ghoema Toekenning gewen het as Beste Nuweling. Hulle is ook pas benoem vir die Huisgenoot Tempo toekenning 2014 vir hulle liedjie " Sal Oorlog vir jou maak" in die kategorie - liedjie van die jaar en hierdie liedjie pryk ook al sedert Januarie 2014 op talle radio stasies in Suid-Afrika se trefferparades.

ADAM se splinternuwe album getiteld, GOUD, word aan die einde van Mei 2014 uitgereik. Alhoewel hulle droom van 'n DVD, wil hulle hê ADAM se musiek moet eers by die mense uitkom, en hulle sal dus weer vanjaar die land van noord tot suid deurkruis om oral musiek te maak. In April vanjaar het hulle geopen vir die groep Air Supply wat in Suid- Afrika kom optree het.
Later vanjaar is ADAM ook weer deel van Huisgenoot Skouspel by Sun City, en in die Kaap.

Hierdie groep gaan nog ons land aan die brand sing.

Website www.adamband.co.za
https://www.facebook.com/adamgroep
Twitter: Adamgroep

Uitgereik deur: Vonk Musiek
Publisiteit en bemarking: Starburst Promosies
Vir meer inligting, kontak Alishia van Deventer
Sel: 083 635 4717 E-pos: alishia@starburstmusic.co.za

Wake to wonder to release 2nd studio album entitled Descarify.

Wake To Wonder have been in studio for the last year writing and recording their latest album entitled 'Descarify' which is due for release in July 2013.

After the release of their debut album entitled 'Salubrious' in 2010, Wake To Wonder hit new strides and toured South Africa vigorously as well as ventured on a European tour in 2011 which included performances in countries such as Finland, Estonia, Latvia and Germany. This steady string of gigs and tours across 2 and a half years gained the band respect amongst their fans as well as some big name celebrities.

Wake To Wonder's latest album 'Descarify' includes 10 songs and 2 live bonus tracks which were recorded at Redroom Recording studios. The band also wrote and collaborated with Kwaito megastar Mandoza for one song called 'Nigimandla'. The song intertwines Wake To Wonder's rare brand of rock and Mandoza's rough vocals and is expected to propel the band across to a different target audience.

'I feel we have matured in our sound and lyrics, we put a lot into this album and inserted a lot of little sounds that the listener may only hear after several listens. The time spent in studio was well worth it and we are extremely happy with the end product. We cannot wait to start performing again after being cooped up in studio for so long' said vocalist Adam Boyd.

The band worked closely with award winning studio engineer 'Jared Gunston' who produced and recorded the album.

'Descarify' will be available online on Itunes, amazon, Look and listen as well as at shows on the bands upcoming tour



Leather is back with a bang!!!



By Deliwe Mulumba.

One of the reasons I just love vintage is because fashion is cyclical and tend to revolves Leather is totally having a comeback Faux leather popped up on high fashion runway during S.A. Fashion week and it continues to make a splash in this season's trends.

What I like most about faux leather is the fact that it doesn't cost as much as your entire winter wardrobe combined, plus it's generally authentic leather, and you can wear it a ton without worrying that it will look worn out like the real stuff, says Sandra Black, professor at the London College of fashion and author of *The Sustainable Fashion* Handbook.

And as anyone who owns leather knows, it's not a disaster if it gets wet or you spill something on it - you can wipe it off! Plus, faux leather adds a tough, sexy edge to pretty much any outfit.

I must also admit that leather can look "luxe" and "fun" not to mention it brings out that sexiness and fierce look in almost anybody wearing it, whether you are wearing a skirt, pants or even a faux leather dress it somehow gives you confidence with an attitude that says" I know my "worth"

I am sure faux leather or Pleather is a dream come true for most bikers or those addicted to motorcycles in that although a genuine leather motorcycle jacket might cost an arm and a leg to some, one can splurge out the different designs and styles of faux leather without having to rob a bank whilst maintaining the current trends and style.

Ready to rock the comeback trend? Check out these top leather pieces on sale now at *DEEVA FAB* (pick and order your style today on our facebook page *DEEVA FAB*) from leather dresses (short or maxi) fashionable peplum tops, box pleats skater skirts and leather pants that won't cost half your dinner.

Because you are a DIVA!!

Deeva Fab is the official sylist of the Editor Charmaine of *Top Vibe Magazine* for 2014 function.

Deeva Fab

Comrades endurance.

Our biggest obstacles are not on the path ahead of us but inside us.

I remember running my 1st Comrades marathon at the age of 20 with a pair of borrowed shoes. The road was hard but at 23km to go my wheels fell of totally. I had blisters the size of old R1 coins under my feet and my muscles were in extreme pain.

The last 23km is mostly downhill and actually an easy run but it was the longest 23km of my life. This was unfamiliar territory. The battle in my body and mind and to keep going was one of the biggest battles I ever fought. It was here where I learnt the most simple Christian lesson. When we humbly admit our weakness God can take over and become our strength. I never prayed so much before in my life. I knew I could not go on anymore but soon God was moving me. God resists the proud but gives strength to the humble. The biggest challenge was not the road ahead of me but the obstacles inside me including my own strength which I had nothing left of.

As Christians we build a fence around us. This fence separates what we believe we are capable of doing and what we cannot do due to our fears. We become limited by our fears.

By: Rory Hodgkinson.

You cannot get away with murder or keep dirty secrets.

One of the most silent fears people have which is not commonly used because most people are in denial and that is the fear of being exposed. This is a form of pride.

So to pacify this fear people develop a closet personality. Sins are not exposed to others in order to request forgiveness. These sins are hidden in closets. Many will refer to it as skeletons in the closet. Sooner or later when they least expect it the closet door will opened by satan and skeletons will fall out. Satan also knows the exact time when it can cause the most destruction.

The closet fill quickly with even the so called "small things" eg lies, wrong desires, cursing, disrespect, etc.

This full close of unconfessed sins becomes part of the impurity of one's soul and God requires us to work towards a pure heart.

One of the greatest lies of the enemy is that we can do things in secret and even hide from God; that we can hide our sins and it will never be found out. This is not true, but a lie of they enemy. God's word tells us that everything that is done in secret or in the darkness will see the full light of day. (1 Cor 4:5) So your closet door will be opened even if you like it or not.

If walls could talk, what would they say? No, silly, not the walls around you but the walls of your heart, your mind, and your soul?

Why are we allowing sin to arrest us and hold us hostage within our own bodies? Is it guilt, embarrassment, shame, pride? Or is it because we want to live in sin and pretend it doesn't exist? Sin HURTS God. Sin hurts not only you, but others involved.

So expose your sins and turn it to a testimony.

s

By: Rory Hodgkinson

SANCA Drug awareness week

23- 27 Junie 2014.

Greetings

SANCA is proud to present SANCA Drug Awareness Week 2014 and invites the community to take part.

What is it?

SANCA Week is a week dedicated to building awareness regarding substance abuse in South Africa. It coincides with the International Day against Drug Abuse and Trafficking (26 June).

When is it?

23 – 27 June 2014

What can you do to support?

o Decorate a tree in your area with yellow material or ribbons.

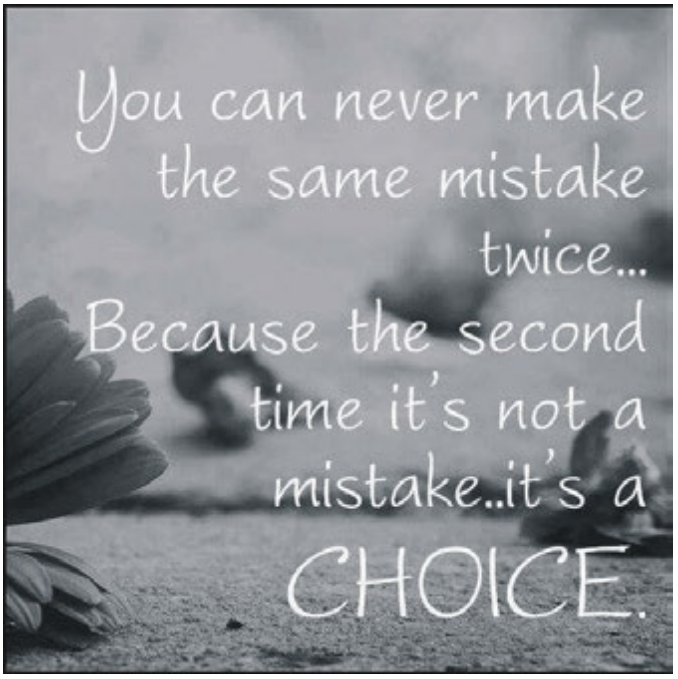
* Quit 1 habit for 1 week to experience how difficult it is to change your lifestyle,

(e.g. Coffee, Coke, sugar….)

* Or buy a lapel drug awareness pin @ R20 (available at SANCA, 9 Einstein St, Vanderbijlpark)

Please support the SANCA Week. These initiatives have been structured in a way so as to draw attention to the challenges faced by addicts and overcoming the stigmas associated with addiction. Challenge you colleagues, friends or family to take part.

We thank you in advance for your support.



Be wise...

SAY NO TO DRUGS.

Vir die Vrou

'n Mooi vrou **SOOS JY** is soos gras, groei altyd weer nuut uit as mense dit vertrap het. Soos fonteinwater, altyd weer helder, NIEMAND kry dit reg om sy modderspore vir altyd daarin te laat nie. Soos rooidag se mooi na die donker nag, so staan sy op, en geen storm kan dit bedreig nie. Soos 'n goeie boom lewer sy goeie vrugte met elke woord wat sy sê - geen gogga kan dit wegvreet nie.

Liewe Vader,
Beskerm asseblief vandag my vriendin, hou haar veilig onder U vlerk, en dankie vir die geleentheid wat ek vandag het om vir haar te kan vertel dat sy **SPESIAAL** en **KOSBAAR** is. Seën haar en almal wat haar aangaan. Seën haar ook in haar werk en vir die Vrou wat sy is.



AMEN

Onthou Nationale Vroue dag 9 Augustus 2014.





Business Cards

Shop & Go
CAR WASH
40% DISCOUNT TO PENSIONERS
Riverside Blvd Shopping Centre
Frikkie Meyer Blvd, Next to Dros

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

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

527 weight loss
No exercize
Not a starvation Diet
Eat with your family
Easy, Safe, Effective!!!!!
Lose weight Now! Call:
YVONNE STIMIE
VAAL DISTRIBUTOR
Tel: 016 423 6670
Paula
084 454 2229

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

NEED TO SECURE YOURSELF?
BD SECURE
* Centurion Gate Motors
* Electric Fencing
* Remotes
* Intercom Systems
* Palisades
* Light Building
* Garage Doors Automation
* Alarm Systems
* Security Cameras
Bertie
083 651 1580

Hennie's Computers
"Rest assured, Quality you WILL receive!"
- Professional & Friendly, Experienced Computer Services
- Internet Protection & Security - Home & Business
- Virus Removal & Prevention
- Internet domains, e-mail, ADSL & Gigs, Mega Surf (farms)
- FREE fax to email - www.hennies.myfreefax.co.za
- Networks & Computers, Proper Setup
- Graphic, logo, video & Website design
- Databases & Software
- R114/m for 2GB, automatic online backup - FREE for home*
- Pastel, Quickbooks, Docs ANY data
* Terms and conditions apply all prices excl labour
Have a look at www.myrolo.co.za
For ALL computer or IT needs
Hennie Roets
081 4322 306
support@henniescomputers.co.za
www.henniescomputers.co.za

SNOETE & SNORRE HONDE BADHUIS
Neem honde in vir bad/sny tot 2uur.
Maak asb 'n afspraak om teleurstelling te voorkom.
Maplestraat 9
S.E.3
Vanderbijlpark
Ria
083 261 0161
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 avaiable in Deneysville and Oranjeville area.

Business Cards

Dashing Divas Hair Studio & Beauty 2 Perfection Beauty Salon

PLEASE TAKE NOTE WE MOVED

191 Louis Trichardt Blvd, 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.....





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

One way Laundromat

to lighten your load.



Wash, dry and iron.



Call: Stephnie @ 076 199 2117
E- mail: stephnievanstaden@gmail.com
Deliveries & Contracts

SANCA Vaal Triangle

9 Einstein street
Vanderbijlpark
Tel: (016) 933 2055



Top Vibe Magazine

Support SANCA Vaal by donating R50 of your business card advert to SANCA.
To show your support we will post the SANCA logo in your advert. Business card R450

Please support us!!!!



Pro-Sec Projects (Pty) Ltd
Embroidery

Johanna Dreyer
Vanderbijlpark
082 842 5925
prosec.projects@hotmail.com



Tersia Venter Director Consultant
Vaal Triangle

Changing the Way the World Does Busines

email;tersia@bni.co.za
mobile: 084 050 4826



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

face & body beauty salon

WE DO THE FOLLOWING:

* GEL AND ACRILIC NAILS
* MANICURE AND PEDICURES
* FACIALS AND MASSAGES
* SPRAY TAN AND SUNBED

AND MUCH MORE SEE IN STORE

THARINA CENTRE, VAALPARK
Tel: (016) 9711331

Grow your Business
Be wise and advertise

show me

Restaurants Entertainment Business Events Tourism Lifestyle
Local News
Your World In One Place !
Restaurants
Classifieds
www.showme.co.za/vaal
Lifestyle
Local News
Jobs
Entertainment Local News Events

SANCA'S Drug awareness started on Monday 23 June 2014. Please decorate a tree with a yellow ribbon, to show your support.

Help us to make people aware of drugs. Please support us with this project. We would like to challenge companies to help us to create a Drug FREE environment. Let's take hands and cover all the trees with yellow ribbons.



FUN PAGE!!

Top Vibe Father's day winner of Ocean Basket competition: Congratulations and thank you for the 123 e-mails we received

1st Prize winner: Ockert Bosch
2nd Prize winner: Melanie Pretorius
3rde Prize winner: Jolande van Vuuren

Top Vibe Father's day winner of Liqour City, Hoi Poloi, IFM 102.2 & Top Vibe Magazine competition:

Congratulations to Jeana Labuchagne you are the winner of the big PRIZE.
Have Fun with the photo shoot, and please show off your photos on our facebook page.

Sponsored by:

Ocean Basket, Liquor City, Hoi Poloi, IFM 102.2 and Top Vibe.

A warm thank you to our sponsors, it is always a pleasure to have you guys on board. We received 143 entries for this competition.

Thank you for each and every e mail, It was a lot of FUN... Reading the e-mails







Happenings in the Vaal

04 July:-	Opening of the Wine Route @ Emerald Casino R70 p/p
12 July 17 Aug	Wine Route (see advert on page 12) more info.
9 Aug:-	National Women's Day
24 Sep:-	National Braai Day

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.

Top Vibe Magazine
072 768 8582

Distribution: ***Should you missed a hard copy, of the magazine go to our website www.topvibe.co.za or www.topvibemag.mobi we distribute 25000 copy's every month.***
Vanderbijlpark: *Palms shopping Center, Riverside Blvd shopping Center, Junction shopping Center, Nando's, Slap Chips, Cormed, Riverside Hotel, Saspark Center, Butcher Boys, Dashing Divas, Pick a Pay, Cattle fish, Park Auto, Liquor City, Dros, Riaan Pools, Wimpy, IFM 102.2, Vaal.mobi.*
Vereeniging: *Liquor City, River Square shopping Center, Nando's, Wimpy, Rivera on Vaal, Medic- Cross, Hot pot paints, Burger Box.*
Meyerton: *Hardware & Supermarket, Multi- Save, Pick a Pay and Wimpy.*
Vaalpark: *Tarina Center, Dr Fourie, Henberg, Pizza Boss, Spar, Face and Body, My seepwinkel*
Naledi Industrial Park: *Restaurant, and all the businesses.*
Sasolburg: *Wimpy, Nando's, Checkers Center, Scooters Pizza, JM'S Spears.*
All advertising clients do get a copy.



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

My Kommin Troon.



Die heel lekkerste tydverdryf vir my is om in 'n "bar" of restaurant mense dop te hou. Ek kies ook altyd vir my 'n hoekie van waar ek die hele plek kan sien. Nou die aand sit ek en my man in 'n 'ladies bar' en geniet 'n paar drankies en met die sien ek die groepie manne wat by die toonbank lekker sit en kuier.

Soos dit vandag gaan, moet daar een wees wat homself gedra en nie drink nie, sodat hy vir die ander manne kan sorg - en dis ook wat hulle doen en met 'n langnaweek wat voorlê, is die wêreld besaai met verkeerspolisie wat nie kan wag om 'n paar dronkies te vang nie

Ek het vir lank die storie sit en dophou, maar soos die aand aangaan loop die ouens wat gedrink het een vir een en die nugter ou sit.

Ek sê vir my man dis vir my snaaks, maar na so rukkie staan die ou ook op maar hy slinger behoorlik rond.

Dis nou iets wat ek nie wou mis nie en tot my man se verleentheid loop ek al agter die ou aan om te kyk wat hy doen. Soos hy by die deur uitgaan, is hy nog dronker en slinger van die een kar na die volgende.

Hy kry uiteindelik sy eie kar en val in die sitplek. Die 'wipers' gaan aan, die hoeter raas, die flickers' en ligte gaan aan en toe hy dit uiteindelik regkry om sy kar aan die gang te kry, bestorm die verkeersbeampte hom en se hy moet uitklim en in die 'pypie blaas'.

Die ou doen dit en die uitkoms is dat die ou dood nugter is!

Die verkeersbeampte is woedend en wil die man op die plek polisiestasie toe vat om die apparaat te toets, want dit moet stukkend wees.

Die man het op gekyk, geglimlag en gesê: "Ek dink nie so nie, ek is die 'designated decoy' vir die aand".

Ek het maar in gegaan, want ek wou nie sien wat die verkeersbeampte met die man doen nie…..

Kyk my troon is darm &*%$# sterk!

Betty Boob



Betty Boob is dalk binnekort in jou omgewing……

Mental and Physical abuse:



Mental and Physical abuse is common in our society this is "a slow death" something that our law does not recognised as a crime.

It is sad to think that there are people that get away with this. Even more sad to know that there are people in our society with this behaviour.

Emotional abuse:- includes non-physical behaviours such as threats, insults, constant monitoring or "checking in," excessive texting, humiliation, intimidation, isolation or stalking.
A relationship can be unhealthy or abusive even without physical violence, abuse may not cause physical damage, but it does cause emotional pain and scarring. It can also lead to physical violence if the relationship continues on the unhealthy path it's on. Sometimes verbal abuse is so bad that you actually start believing what your partner says. You begin to think you're stupid, ugly or fat. You agree that nobody else would ever want to be in a relationship with you. Constantly being criticised and told you aren't good enough causes you to lose confidence and lowers your self esteem. As a result, you may start to blame yourself for your partner's abusive behaviour.
Remember -- emotional abuse is never your fault. In fact, your partner may just be trying to control or manipulate you into staying in the relationship.

Physical abuse:- is an act of another party involving contact intended to cause feelings of physical pain, injury, or other physical suffering like bodily harm. In most cases, women and children are the victims of physical abuse, but adults can be sufferers too. Physically abused children are at risk for later interpersonal problems involving aggressive behaviour, and adolescents are at a much greater risk for substance abuse. In addition, symptoms of depression, emotional distress, and suicidal ideation are also common features of people who have been physically abused.

Are you abusing somebody?
If your answer yes, seek help because you have a problem..
The bible teaches us to be good listeners and slow talkers. Be conscious of what you say. Words are powerful. Think before you hurt somebody, "spoken words" can never be taken back…

Are you being abused?

Confide in a close friend or a teacher that you trust and find a way to end this terrible cycle.

Facebook page: **Charms Love**

Ultimate Door
The Ultimate Retractable Security Door
SECURE YOUR WORLD
072 874 8228
jaco.jordaan@ultimatedoors.com
Jesus is Lord

THIS WINTER
DON'T LET THE COLD GET YOU DOWN.
KEEP WARM.
& LISTEN TO
www.ifmradio.co.za
Marketing: 016 889 4304/ 4404/4407/3488
IFM 102.2 RADIO
Info-Fun-Music
Studio: 083 902 1022 Office: 016 889 2014
Fax: 086 226 1022 SMS: 41022 (R1.50 p.sms)



Pa Steve en Jeana (foto verskaf)

Vadersdag kompetisie wenner!!!

Baie geluk aan Pa en dogter, ons het hierdie storie geniet dit is sowaar 'n wen storie, kort en kragtig.
Geniet julle wonderlike pryse geborg deur *Liquor City, Hoi Poloi, IFM 102.2 en Top Vibe Magazine.*

Baie dankie vir al die inskrywings, dit was heerlik om almal se stories te lees. Hou ons dop binnekort gaan daar weer 'n heerlike kompetisie wees.

Julle tweetjies kan maar gerus spog met julle fotos op ons facebook blad. As jy nog nie 'n vriend is nie, word gerus een gaan na Top-vibemagazine Vaaltriangle.
Baie dankie aan ons wonderlike borge!!!! Julle is great!!!!

Die is my en my pa se visvang storie.

Ek was 10 jaar oud toe ek en my broer gaan visvang het by Oranjevile saam ons pa. Almal het al 'n vis gevang behalwe ek, my pa stuur ons toe gou winkel toe. Hy het intussen 'n klein vissie gevang en nie gesien ons is terug nie toe vat hy sy klein vis wat hy gevang het in sit hom op my visstok se hoek. Maar toe hy om kyk to staan ek agter hom. Ons het so lekker gelag hy het so skaam gekry omdat ek hom uitgevang het .

Name : Jeana Labuschagne en Pa Steve

Sponsors:

LIQUOR CITY
Hoi Poloi PHOTO STUDIO
IFM 102.2 RADIO Info-Fun-Music
Top Vibe Magazine
072 7688 582



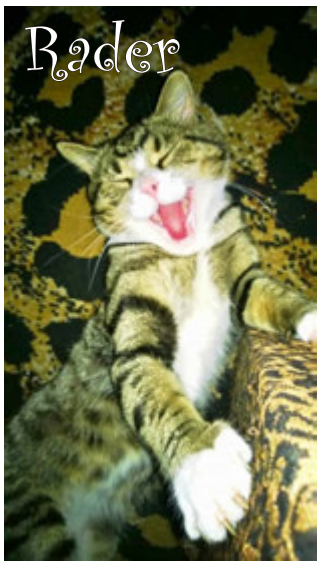


Congratulations...

To the winners of our "My Pet Competition"



Lynne, Oscar se mense ouers bars van trots, die klein Oscar het stof in die ander deelnemers se oë geskop.
Wie kan nou nie van hom hou nie.
Teen druktyd weet ons nog nie wat hulle gekoop het nie.



Rader se ouers Mel en Divid is baie trots op hom.
Ooooo ek gaan so lekker eet aan my kossies geborg deur Groovey Pet Products en Top Vibe Magazine
Ek is die kat se snore!!!!

Thank you to our Sponsor
Groovy Pet Products.

