Top Vibe Magazine

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Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 97
2017



Suhane Bosch

Youth Day 16 June

HAPPY FATHER'S DAY

Photo & venue Diary
- by Charmaine 083 681 1514

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In Junie uitgawe van ***Top Vibe***.
Ons is opgewonde oor die nuutste toevoeging naamlik ***"Vibe News"***. Nou kan ons elke 2de Maandag vir jou lekker nuus bring.
Die ***"Vibe News"*** sal op ons Facebook blad asook op ons webtuiste wees. Gaan loer gerus by www.topvibe.co.za.
Omdat ***Top Vibe*** 'n maandelikse tydskrif is, het ons die leemte gesien, en nou kan ons dit vul met die nuus brief. Ek is seker dat julle dit net so gaan geniet.
Met Moedersdag agter die rug en Vadersdag wat voor lê, word daar gewoel om vir die Pa's net so spesiaal te laat voel op Vadersdag.
Top Vibe het dan ook 'n Vadersdag blad asook 'n Jeugblad.

Charmazel het met leerlinge gaan praat om te hoor wat hulle te sê het oor hulle pa's. Dit is nou nogal interessant. Ons lesers is versot op Charmazel se artikel.
Dokter Quinten Fourie, vertel ons meer oor hoe Jy na jou innerlike moet omsien om 'n beter uiterlike te weerspiëel. Ongelukkig gaan hierdie artikel volg in die volgende uitgawe.

Die winter is nou hier, en hoewel ons dit nie kan weg wens nie moet ons maar sterk staan en warm aantrek. Gelukkig hou dit ook nie vir altyd aan nie. Hoe sê hulle alles kom tot 'n einde. Wees gewaarsku, eet matig die winter en probeer maar oefen sodat jy darem die somer kan spog met 'n gesonde, jy. Gebruik jou vitamines en minerale en bly gesond.

Ek weet dit is makliker gesê as gedaan. Maar ons moet maar as jy 'n beter gesonder mens wil wees.
Besoek jou dokter vroegtydig indien jy nie te wel voel nie, sodat hy jou die regte medikasie kan gee, en jy gou weer jou ou self kan wees!
Tot volgede maand.

Charms Xox

Top Vibe Magazine

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Suhane Bosch



Suhane Bosch
Fotograaf: Charmaine Photo Diary & Venue



"No dream is too big and no dreamer is too small."
Author unknown.

Dit was die woorde van Suhane Bosch, toe sy as 3- jarige dogtertjie, vir die eerste keer op die loopplank verskyn het.

Sedertdien spog sy met 'n hele aantal titels, soos:

* Intern National IMTA Finalist 2013-2015
* Miss Congeniality 2014 en 2015
* Mej DF Malherbe snr 2014
* IMTA New York Finalist 2014 en 2015 Top 10 scorer
* Figures Debutant 2015
* Mej Driehoek jnr 2016
* Finalis Mej Teen Vaal Top 8 2016
* Finalis Mej Gauteng Teen 2016
* Miss Festive Season 2016
* Miss Overall Face Ultimate Productions 2017
* Mej Driehoek snr 2de prinses 2017
* Overall Top Model Award at the International Arts Talent showcase Auditions - May 2017

In Junie 2017, wat bekend staan as die maand van die jeug, hou hierdie jong model nie op met droom nie.

Sy is gekies om deel van ACE MODELS Vanderbijlpark, aan die Nasionale ACE Konferensie in Bloemfontein te gaan deelneem. "ACE - Become your dream."

Suhane is tans 'n 16 jarige, Gr. 10 leerder in Hoërskool Driehoek en streef nogsteeds na haar groot droom... om eendag haar no 6 skoene, as Mej SA vol te staan!

Natuurlik is niks onmoontlik nie, solank jy droom en glo in jouself is enige iets moontlik. Met harde werk en die fokus op jou doelwit is niks onmoontlik nie. Jy moet jou droom maak werk. En met die woorde wat JY reeds as 3 jarige dogterjie gespreek het, hoe dan nou anders.

Baie sterkte met jou deelname in die Nasionale Konferensie in Bloemfontein, ons hou styf duim vas vir jou!! Jy kan dit doen ons glo in jou!! Wat 'n voorreg vir ***Top Vibe*** om vanjaar jong pragtige talentvolle meisies op ons voorblaaie te kon hê.

Ons wil jou net die beste toewens met jou loopbaan, mag jy groot hoogtes bereik met jou voete plat op die aarde.

Stella



Boervrou met 'n goue stem.
"Nuwe Morê"

Elkeen van ons smag die een of ander tyd na 'n nuwe begin, 'n tweede kans om ons drome waar te maak. Stella se dubuut solo-album, Nuwe More, verteenwoordig nie net die nuwe rigting waarin haar musiekloopbaan gaan nie, maar is ook iets waarby luiteraars sal aanklank vind. Die CD bestaan uit twaalf hoendervleis mooi oorspronklike kontemporêre snitte, wat haar gevoelvolle stem komplimenteer en selfs die kritieste oor in vervoering sal hê.
Die talentvolle sangeres en liedjieskrywer is beslis geen nuweling in die musiekbedryf nie. Sy is deel van die gospelgroep.Duis:lig, wat in 2015 'n Ghoema-toekenning vir Beste Gospel Album gewen het en onlangs weer dieselfde toekenning ontvang het. Die groep het ook reeds twee Huisgennot Tempo-toekennings ontvang. As sangeres, is sy self ook genomineer vir twee SAMA's en 'n Huisgenoot Tempo-toekenning onder haar vorige verhoognaam, KissTel. Sy het egter later besluit om saam met die bekroonde vervaardiger en klank-ingenieur, Jake Odendaal (wat al die afgelope vyftien jaar saam met kunstenaars soos Joe Niemand, Jhon Ellis van Tree63, Elvis Blue en Joe Foster werk), ookte begin bou aan 'n nuwe solo-loopbaan.

Haar eerste enkelsnit en musiekvideo, ***Nuwe More,*** is in April 2016 bekendgestel. Beide is ongelooflik goed ontvang deur radiostasies, met 'n plek in die top 20 van talletrefferparades, en ook gereeld op die kassie gesien word.
Die tweede enkelsnit, ***Deur Die Liefde en Die Seer***, is pas uitgereik en gaan voortbou op die sukses wat sy reeds bereik het. " *Hierdie liedjie is vir al die paartjies wat klippe kou...Die huwelik is nie altyd maanskyn en rose nie.Dit is so maklik om perspektief te verloor en heeltemal te vergeet hoekom julle oorspronklik verlief geraak het. Dit is belangrik om 'n anker te hê, veral in die moeilike tye!.Ek en my man het ook al groot klippe gekou, maar die liedjie het ek spesifiek geskryf toe 'n hele paar van my vriende almal gelyktydig deur onstuimige waters in hulle huwelike gegaan het. Ek hoop dat dit, wie ook al met die liedjie kan identifiseer, sal help om die mure aftebreek en weer te probeer,"* sê sy.

Haar vollengte album is op 28 April 2017 bekendgestel sy beskryf dit as modern en kontemporêr met bietjie Pop-en Folk-elemente.
STELLA, oftewel Christelle Combrink, het in Welkom groot geword. Sy was van kleins af lief vir musiek. Net soos haar veelsydige stem, is STELLA ook 'n vrou van velle talente en met baie hooi op haar vurk. Wanner sy nie haar lyf musikant hou nie, is sy ook boervrouop haar plaas in Carolina en ma van 'n agtmaande oue dogtertjie. Sy is ook mede-bestuuredr van hulle gastehuis en trou-venue, Acorn Guest Farm. " Ek is bevoorreg genoeg om altwee goed te doen waarvoor ek lief is".

Die musiekbedryf het haar geleer oor die jare om geduldig te wees en jouself te omring met die regte span mense.

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Charmazel Janse Van Rensburg gesels met leerlinge van verskeie skole oor Vaders-dag en hoe hulle, hulle Pa sien.
Dit is so 'n wonderlike ervaring om te lees wat tieners dink van hulle ouers.

Dankie aan elke een wat deel was van hierdie vrae en antwoord lys. Ek is seker julle lesers gaan dit baie geniet.

Vraag 1: Wat maak jou Pa, anders as ander Pa's?

TJ van Hoërskool Driehoek: Hy staan by my as ek in die moeilikheid is en hy sal my altyd die beste raad gee! Hy is 'n sterk pa en sal my altyd ondersteun met alles wat ek doen. Baie dankie Pappa vir als wat pa vir my doen, pappa is regtig 'n awesome pa.

Chenies Kruger van Hoërskool Driehoek: My pa is altyd daar as ek iemand nodig het, hy help my met my probleme. My pa wil net die beste vir my hê. Hy het altyd 'n grappie om te vertel. Hy het altyd raad oor alles, en hy weet presies wanneer iets pla. Hy is ook my grootste rolmodel. Ek is super lief vir pappa.

Vraag 2: As jou pa 'n super hero was, watter een sou hy wees en hoekom?

Kayla Smith van Hoërskool Driehoek: Superman, want hy is altyd daar om iemand te help,hy is vriendelik en hy maak altyd tyd vir ander mense. My pa is amazing en ek is baie lief vir hom!

Janica Vermeulen van Hoërskool Driehoek: Spiderman, want hy sal altyd mense help waar hy kan en hy doen dit uit sy hart uit, hy is baie vriendelik en liefdevol. My pa is amazing en ek is baie lief vir hom.

Charmazel Janse van Rensburg van Hoërskool Driehoek: Ek sal sê my pa is Hulk, want hy is hard aan die buite kant en sag aan die binnekant. Hy kan kwaai wees as hy moet maar ook liefdevol. Hy is baie sterk en sit altyd 'n glimlag op sy gesig, hy sal my altyd uithelp waar hy moet en vir my die beste raad gee. Hy maak my gelukkig. Ek is bly ek het so 'n pa gekry soos myne. Hy is een uit 'n miljoen en hy is my pa. Dit is hoekom ek hom lief het en hoekom ek dink hy is Hulk.

Vraag 3: Beskryf jou pa in drie woorde en hoekom in daai drie woorde.?

Melissa van der Berg van Hoërskool Sasol: Vriendelik want, hy is altyd happy en sal altyd 'n sagte plekkie hê vir minderbevoorregtes en hy sal altyd daar wees vir jou, vir jou baklei en jou help waar hy kan.Ondersteunend, hy staan my by met als wat ek doen al is dit dans en sing, al is ek tog nou nie so goed nie, maar hy sal dink ek is perfek! Hardwerkend, Hy werk baie hard oor naweke ook. Hy is baie slim, so ja, hy is regtig 'n Amazing pa. Ek is baie lief vir Pa.

Zennique Douglas van Vereeniging Gimnasium: Braaf, hy sal altyd die familie eerste sit. Hardkoppig, Daar is net een manier en dit is sy manier. Dit help nooit om te stry nie, want hy wen altyd die oorlog. Liefdevol, deur die braaf en hard-koppige hart van hom is hy sag en liefdevol. Hy is altyd daar as jy kom nodig het 'n nee is nie altyd 'n antwoord nie dit kan dalk ja ook wees.

Jeanine van der Berg van Hoërskool Driehoek: Ondersteunend - hy is altyd daar vir my maak nie saak wat die omstandighede is nie. Snaaks hy laat my lag as ek 'n afdag het. Liefdevol - hy is die tipe persoon wie se liefde vir my nooit sal ophou nie - hy gee my moed vir elke dag. Ek is baie lief vir hom.

Sarieta Muller van Hoërskool Driehoek: Vriendelik help my altyd en gee my 'n tweede kans. Slim, hy kan enige probleem oplos. Liefdevol hy is lief vir ons gesin en familie. Hy beteken baie vir ons.

Liance Greyling van Hoërskool Driehoek: Snaaks as ek "upset" is laat hy my lag. Ondersteunend - enige iets wat ek aanpak sal hy help en my aanmoedig. Energiek jy sal my pa nooit sien stil sit nie, hy sal altyd besig wees met iets in en om die huis.

Gelukkige Vadersdag / Happy Father's Day

Die innerlike JY.
Hoe kan JY dit behou.



Foto: Dr. Q D Fourie
Fotograaf: Charmaine Photo Diary & Venue

<u>Deur Dr. Q D Fourie: - Artikel 1 van 2</u>

Daar word deesdae baie gefokus op uiterlike skoonheid. Egter is daar 'n klein geheimpie.
Jy gaan nie jou uiterlike skoonheid kan behou as jy nie na jou innerlike gesondheid om sien nie.
Water byvoorbeeld is ongelooflik belangrik vir die ligaam in alle opsigte, omdat jou liggaam uit 70% daarvan bestaan. S diè preek is al vele kere deurgehardloop.
Gemiddeld 1.5 liter water of 8 glase water is die minimum per dag.
Dit hidreer die vel en voorkom dat krake vorm.

Volg 'n gebalanseerde dieet. Onthou kleurvollevrugter en groentes.
Die basiese reël is groen groentes bevat basies amper alles, #smilyface.
Probeer om hardlywigheid te voorkom. Dames, meer vloeistowwe, beter kosse en oefeninge is so essentieel. Kry dus genoeg vesel, vrugte, groente, bone, "clear soups"en vrugte sappe in.
Onthou dit wat in jou derms aangaan is dit wat jou vel gaan wys.

Die volgende supplimente dra by tot ante-ageing wat jou outer beaty sal enhance.
Probiotikums herstel derm bakteries. Daarby is dit ook belangrik om allergene soos byvoorbeeld gluten en neute te vermy. Vitamine B12 gee energie en brein helderheid en hyalorunic acid bnd die vogtigheid in die vel wat dit meer plumber (volume) laat kry. Dit help ook met die proses van herstel en nuwe generasie van die vel.
Dan natuurlikis die anti-oxidante ongelooflik belngrik, want dit beveg siektes, dit is ante-ageing en dra bevorder toksiese afbraak produkte teen te staan.

Co-ensiem Q10 help met energie e dra ook by tot ante-ageing.
Dames onthou om altyd jou Omega 3 supplimente asook krill olie te drink.
Dit is essentiele vetsure wat veroudering vertraag. Onthou Vitamiene c penetreer die vel en stimuleer kollageen vorming. Dit is 'n sterk anti-oksidant en dra baie by tot die verjonging van die vel asook immuniteit.

Probeer maniere vind om jou stres te verminder. Met stres verwys na fisiese en geestelike onhanteerbare druk. Dit verhoog die stres-hormone (soos kortisol) wat derhalwe dan die breakouts in jou gesig kan veroorsaak.
Verhoogde kortisol wat af-geskei word deur die by-niere is 'n probleem omdat dit jou DHEA (dehydroepiandrosterone) hormoon kan onderdruk.
Dit is well bekend vir ante-ageing effekte wat dit het.
Dit speel 'n belangrike rol in immuniteit asook gemoed. Dit stabiliseer die koolhidraat metabolisme en intergratiewegeneesheers gebruik dit in auto-immuun en ander siektes.

Die versteurde verhouding van DHEA, en nie net die absolute waarde nie, kan die volgende symtome veroorsaak: 'n depressiewe gemoed, moegheid, matige angstigheid, verlaagde libido, die verlies van sekseule vervulling, vermindering in aksillêre asook pubiese hare, droë vel, hare en neals.
Dit kan jou toleransie vir geraas en spanning verminder.
Dit kan selfs die oorsaak wees van verswakde ereksies in mans.
Lae DHEA hormoonvlakke is sterk verband aan sekere kankers, tipe II diabetes, inflammatories siektes asook heart siektes soos hart aanvalle.

Sjoe hierdie is 'n baie interessante artikel- ongelukkig moet die res oorstaan vir die volgende uitgawe.
Maak seker dat jy dit nie mis nie, so hou asseblief deel een en lees dit weer wanneer jy deel 2 kry.

Sien Dr. Q D Fourie se kontak besonderhede op bl 5.

Bly gesond en volg Dr. se raad!!!

Onthou drink maar jou water en vitamines



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UR Cycling

Monthly Snippet Edition 4/5

Bike Maintenance Basic: Part 2 of 3.

Securing Bike Bolts:

Bicycles are held together by dozens of nuts and bolts. Maintaining a "tight ship" is important because loose (or improperly tightened) bike parts can lead to serious wear and tear, cause poor performance and create safety hazard.
When tightening bike bolts, consult your owner's manual for proper toque specs.
Over- tightening can lead to component damage or failure.

Cleaning and Lubricating: Your Bike.

A regular schedule of maintenance (monthly, weekly, or more often depending on your type of riding) is important. If you spend a lot of time riding more frequently. Keeping your bike parts properly cleaned and lubricated is crucial for good performance.
Lubrication protects moving parts from excessive wear caused by friction, prevents them from "freezing up," and helps keep rust and corrosion at bay. Be careful, though over- lubricating can lead to poor performance and component damage (excess lubricant will attract dirt and other abrasive particles). As a general rule, excess lube should always be carefully wiped away before the bicycle is ridden.

Tip: When lubricating a number of parts at once, remember the order will in which you apply the lubricants. Wiping off excess lube in the same order will give the lubricants time to soak in.

Basic Supplies:

These simple items address most cleaning and lubing tasks:

Clean Rags: Keep plenty of these on hand for grease ,oil and wax-related task and for general cleaning and drying.

Brushes: Have several sizes and shapes to get into hard-to-hard reach places to remove the grime that rinsing alone can't get. Old toothbrushes work great.

Water: When used carefully, water can be a handy tool, but be careful here. Water, especially when coming from a high-pressure hose can damage to sensitive bearing systems throughout you bike.

Soap/ general cleaner:
Use diluted dishwashing soap or pre-formulated bike wash cleaner for frame cleaning.

De-greaser:
A bike- specific de-greaser (avoid kerosene or turpentine) will clean up gummy parts like your bike chain. Choose a solvent that is easy on the environment (and you). Dispose of all solvents properly.

To be continue in the next Issue. (Final)
Go to www.topvibe.co.za for the previous Issue

For all your cycling requirements get in contact with the experienced Urcycling team.

We moved in to a bigger and better shop for improved service delivery.
We specialize in bicycle service/ maintenance, bicycle setups, fork services, accessory sales, new bicycle sales and an indoor training facility.

Our new address is UR cycling, Shop 2, 70 Chopin Street, SW 5, Vanderbijlpark.

Contact us per email at:
Ian@urcycling.co.za or pierrie@urcycling.co.za

Per phone:
Ian- 082 895 3866 or Pierre - 072 939 4138

Watch the space for the next edition
Urcycling team



Top Vibe Food Reviews

Panarottis, Vaal Mall -(016) 931 2009	★★★★½
Ocean Basket, Riverside Blvd -(016) 932 3149	★★★★½
Nando's, Vanderbijlpark -(016) 933 3060	★★★★
Horse & River, Vanderbijlpark -(016) 932 3095	★
Cappello, Riverside -(016)932 0120	★
Steers, Vaalpark -(016) 971 2866	★★
Wimpy,President Hyper -(016) 985 1240	★
Panarottis, The Zone Rosebank Mall -(011) 325 8085	★★
Faraday Pub&Grill, Vdb -(016)931 3961	★★★★½
Girumondo, Vanderbijlpark -(016) 932 1242	★★★★
Pavillion, Sasolburg (Watergat) 072 914 7536	★★★★
Stone Haven On Vaal - (016) 982 2951	★★★
River Palace, Vanderbijlpark 082 442 7259	★★★★
Be My Guest, Vaalpark (016) 971 3650	★
Cock & Bull Pub & Grub - Vdb	★★★★
J&B Pub & Grill- Vanderbijlpark	★★★★
Fisherman's Grill - Vdb (016) 933 2155	★★★★
The Rossi Sprots bar - Vdb 0788111218	★★★★
Chesa Nyama - South East Blvd 079 506 1097	★★★★
NOT YET RATED	
Dros - Vanderbijlpark	not yet rated
Pukka - Vanderbijlpark	not yet rated

SMS your review to 081 468 6594 - Restaurant Name + Rating out of 5. ONLY SMS'S FOR RATING.

For more information on Vaal Triangle Food Review's call 081 468 6594 or go to our Facebook page.

The public's review's have been tallied and some of the Restaurant stars has been shattered.

Above is the up-dated results of the review's.
Keep on sending your review's.

Distribution:

Should you have missed a hard copy, of the magazine go to our website's www.topvibe.co.za or www.topvibemag.mobi we distribute 25000 copies with an average of 125000 readers every month.

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Palms shopping Center, Riverside Blvd shopping Center, Junction shopping Center, Slap Chips, Cormed, Riverside Hotel, Saspark Center, Butcher Boys, Dashing Divas, Pick a Pay, Park Auto, Liquor City, Dros, Riaan Pools, Wimpy, IFM 102.2, Vaal.mobi.

Vereeniging:
Liquor City, River Square shopping Center, Wimpy, Bon Hotel, 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, Fat Cake City and Spice Shop.

Naledi Industrial Park:
Restaurant, and all the businesses.

Sasolburg:
Wimpy, Checkers Center, Scooters, Pizza, JM'S Spears, Salon G, Hoofkantoor Pub & Grill, Slap Chips and MTN.

All advertising clients do get a copy.

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We have a Top Vibe Food blog, Top Vibe Movie blog. Top Vibe-Ster Kinekor movie review.

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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.
GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.



Top Vibe & SK GREAT MOMENTS AT THEIR GREATEST VAALMALL Movie Review

FAST & FURIOUS 8





Director: F. Gary Gray

Music composed by: Brian Tyler
Producers: Vin Diesel, Neal H. Moritz, Michael Fottrell

Production companies: One Race Films, Original Film, Perfect World Pictures, China Film Group Corporation.

Release date: 14 April 2017 (South Africa)

Our rating: ★★★★

Opening weekend, Fast & Furious 8 (otherwise known as The Fate of the Furious, Fast 8 or even just F8) set the international record for the largest film opening, having grossed over $531,99-million (a whopping R7,086-billion).

Fans of the franchise can rest assured that after watching Fast 8 they will not be left disappointed. The storyline may seem somewhat thin and even illogical to some moviegoers, but for fans this film represents the beginning of a new chapter for their beloved characters and is billed as the first episode of the final trilogy of the Fast & Furious saga.
The charismatic characters, explosive action scenes, extreme stunts and, of course, absolutely outrageous cars remain for the duration of the 136-minute film.

Interestingly, The Fate of the Furious features a new director in the form of F. Gary Gray, the world's highest-grossing African-American director and the man who brought us the 2003 remake of The Italian Job.
Two Academy Award-winning actresses – Dame Helen Mirren and SA-born Charlize Theron – are also brought into the fold for the new film. Here, Theron is the antagonist and performs well in the role of Cypher, a terrorist hacker who seeks to make life rather difficult for the Fast & Furious crew.
Vin Diesel's character, Dominic Toretto, stays true to his past and even finds himself in a 1960s Dodge Charger towards the end of the film. This particular Charger is fitted with wide wheel-arches, all-wheel drive (needed to conquer a frozen lake) and, naturally, large quantities of nitrous. And, from the sound of it, Dom's latest Charger is also fitted with a hefty supercharger.
The rest of the Fast 8 cast also have the opportunity to choose their wheels, each opting for a vehicle that seemingly suits their character. A wide-body Subaru BRZ, a Mercedes-AMG GT S, a Jaguar F-Type R, a Subaru Impreza WRX STI and a luminous orange Lamborghini Murciélago are some of the cars you can expect to see.
Letty (played by Michelle Rodriguez) chooses a red wide-body C2 Chevrolet Corvette Stingray with black wheels, arguably the best-looking car of the film.
So, if you're looking for an intelligent and objectively correct cinematic experience, best you look elsewhere. However, if you're a fan of the earlier Fast films, you will no doubt enjoy Fast 8. Rapid cars, enormous explosions, dramatic plot twists, mysterious new characters and big Hollywood egos define this film, and fans certainly won't leave the cinema feeling short-changed.
"But this is only my view, so watch the movie at Ster-Kinekor Vaalmall and give us some feedback on what your review is about the movie".

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From left to right: Jacques, Nelanie, Morné, Lee & Klaas
Photographer: Charmaine Smuts (Top Vibe Magazine)

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