Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 59



Hoi Poloi PHOTO STUDIO

Paul Loots en Ilze Bezuidenhout

vaal.mobi

topvibemag.mobi

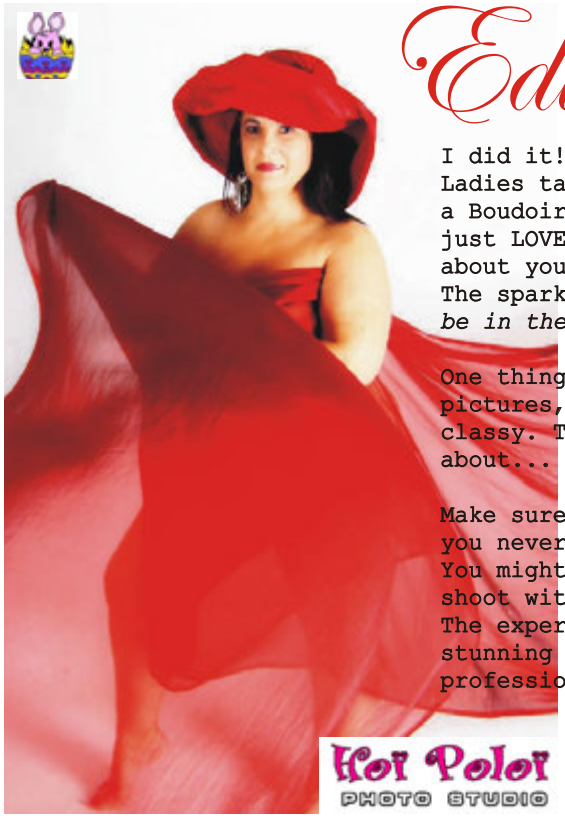
TFM 102.2 RADIO

Info-Fun-Music

show me

Visit our Website:
www.topvibe.co.za

AGENT 2000
Première sien
fotos bl. 11



Editors note..

I did it!!, WOW it was stunning!!!! Ladies take time, spoil yourself with a Boudoir photo shoot. Hubby will just LOVE it.. And you will be crazy about yourself after the shoot. The sparks will *fligh and Love will be in the air.*

One thing that I can say about these pictures,its, sensual, sexy but classy. This is what ***Top Vibe*** is all about...

Make sure to watch our facebook page you never know what is going to happen. You might just win yourself a photo shoot with the famous Hoi Poloi. The experience was absolutley stunning these ladies are very professional in what they do.

Thank you Charmaine ***(Hoi Poloi)*** I loved it, the best experience that I have had in a long time.

Have fun, remember one has only one life... Enjoy it be safe and take care, be responsible in what you do.

Vibe Love till next month.

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 Vaaltraingle
Twitter: charmaine@topvibemagazine
Website: www.topvibe.co.za
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 with out prior settlement with the editor.

Owner / Sales Rep:
Charmaine: 072 768 8582

Proofreader:
Tersia - Afrikaans.
Joelene - English

Editor's photo - Photographer:
Hoi Poloi Photo Studio - 083 681 1514

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



Times 2

Die talentvolle 17 jarige tweeling van Glen Marais, Zenodie en Saskia van der Spuy, het gedurende 2013 hulle eerste CD getiteld, *Klop diep vir jou*, voor 'n stampvol gehoor in die Barnyard Teater, Boksburg belendgestel. Uitendelik is die tyd nou hier om hulle amptelik aan die media en wyer publiek bekend te stel!!!. Hulle eerste enkelsnit uitreiking, *Klop diep vir jou* word tans aan radiostasies landwyd uitgereik en die terugvoer is oorweldigend. All die liedjies is geskryf en getoonset deur Zenobia en Saskia van der Spuy. Hulle het hard gewerk om hulle droom waar te maak en nie gewag daarvoor nie.

Hulle studeer tans an die College Campus of Performing Arts in Kensington waar hulle ondermeer onderrig ontvang in sang, besigheids-bestuur, kultuur, teorie en bemarking. Vir albei was 'n hoogtepunt om hulle CD verlede jaar voor 'n stampvol gehoor by die Barnyard Teater, Boksburg bekend te stel asook om daardie aand die verhoog met groot geeste soos Mauritz Lotz, Denny Lallouette en Bruce Wallace te kon deel.
Beide van hulle kyk op na hulle mentors, Andrew Massey by COPA, Bruce Wallace en hulle Ma - hulle "MoManager"

Die meisies sing oor hoe hulle voel of net oor hoe hulle as jongmense die lewe sien en het 'n unieke styl en eiesoortige klank.

Klop diep vir jou sal ook eersdaags op itunes beskikbaar wees.

Facebook: https://www.facebook.com/Times2band

Alishia van Deventer
Starburst Promosies
Sel: 083 635 4717

Happy Easter



Top Vibe would like to wish you and your family a wonderful Easter weekend. Drive safe, make the best of the long weekend.

Don't forget to take part in our Easter competition.
All the information is on page 9.
Happy hunting for the Easter bunny.
Make sure you count all the bunny's including this Big one. they are hiding somewhere in the magazine - could also hide in a advert.

Let's not forget the real reason behind Easter. Mom, Dad tell your children what Easter is all about.



Happy Easter

Embrace your curves and wear fashion that flatters your body tipe - by Deeva Fab



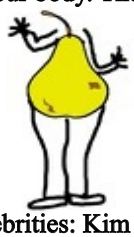
Body shape is all about proportion, and fashion is all about dressing those proportions to look their very best.

When you think about body types, don't focus on height and weight... focus on *shape.* A slender gal can have the same body shape as a curvy gal, just as a short woman can have the same body shape as her taller friend.

Each of us is unique — and our bodies are, too! Nevertheless, our body shapes are generally narrowed down to five general categories: pear, wedge, rectangle, apple and hourglass. You might fall into one category, or you might be a blend of two or more categories.

Once you've determined your body shape, you can begin to consider which fashion trends to embrace and which to avoid. Spend some time in front of the mirror and do a fair and honest assessment of your body. Then put these fashion tips to work for you!

1. Pear shape:



Pear-shaped celebrities: Kim Kardashian, Eva Mendes, Jennifer Love-Hewitt, Katherine Height.

 # Pear body traits: Your lower body is wider than your upper body — in other words, your hips are wider than your shoulders. Your bottom is rounded and your waist is well-defined.

 # Your best assets: Shoulders, torso and flat stomach

 # Your fashion goals: Emphasize your waist and arms, add volume to your shoulders and upper body and minimize your hips

Dos and don'ts for a Pear shape:

If your body is pear-shaped like Kim Kardashian's, then you want to minimize your lower half and focus attention upward.

DON'T wear clothing that draws attention to hips and thighs, such as cargo pants or print skirts.

DO try a-line skirts, which camouflage wider hips.

DO keep hems of pants, skirts and dresses wide to balance the hips.

DO experiment with light-colored tops and dark-colored bottoms for contrast.

DO look for boat neck tops, square and cowl necklines.

DO wear strapless dresses to show off arms and even out proportions.

DO try styles with ruffles on top.

DO wear jackets that hit right above the waist.

DO opt for pointy-toed shoes to elongate your legs.

Don't miss out in the next issue we will do the remaining shapes- stay stylish with Deeva Fab, like

Deeva Fab on facebook where you will find our style.

Deeva Fab dresses the Editor Charmaine of *Top Vibe Magazine* for 2014 functions.

Top Vibe Magazine nie 'n "charity" magazine nie.

Maak verskoning vir die taal wat gerbuik word Engels en Afrikaans gemeng asook wil ek noem as die skoen jou pas trek hom aan.

Graag wil ek net duidelikheid bring oor "Charity" die Engelse woord beskryf dit net beter.
Top Vibe Magazine doen wel "Charity" werk vir twee organisasies naamlik SANCA Vaal Triangle, en Life Line in die sin van Media borg.

Ek doen 'n beroep op die besigheids mense, BETAAL asb jou advertensie, 'n Ghristelike boodskap betaal nie jou advertensie of my rekeninge nie, nog minder sit dit kos op die tafel. Sogenaamde Ghristelike mense, gee Ghristendom 'n slegte naam.

Hiermee wil ek ook elke adverteerder wat getrou adverteer en betaal hartlik bedank, dit is wonderlik om met julle besigheid te doen. Ek waardeer julle opreg, sonder mense soos julle sou daar nie 'n *Top Vibe* kon wees nie.

Sjoe, dan word mens se inteligensie ook nog onderskat. Dit is iets wat my woedend maak om die minste te sê.

<u>Gesprek tussen my en die betrokke klient:</u>

Kliënt: "Ek het die advertensie geld gebank" Ek: "Goed dit is snaaks ek sou 'n SMS ontvang het wat sê die geld is in my bankrekening. Kliënt: "Ek bel jou oor 'n uur". Ek "goed dankie." Twee ure verloop geen oproep. Ek: Bel die kliënt sy foon is af. Na omtrent 6 of 7 oproepe geen antwoord, voicemail.
Paar dae later: probeer ek weer skakel. Kliënt: " More hoe gaan dit", Ek: "Nie goed nie, wag nog vir jou betaling" Kliënt: "Jy kan dit so 9 uur kom haal" Ek: "Baie dankie sien jou 9uur." Op pad na die kliënt toe, lui my foon. Kliënt: "Jammer ek wag net vir die bestuurder laat weet jy as jy die geld kom haal."

So gaan dit nou van November 2013. Ag nee man regtig!!! Ek glo jy sal ook woedend wees, nes ek nou is. Ek praat in tale wat ek nie gedink het bestaan nie. (Vreemde tale) Plaas jouself vir een oomblik in my skoene.

Ek betaal om die tydskrif te laat druk, gooi ook brandstof in my motor net soos jy, betaal dieselfde prys vir 'n brood om dat dit *Top Vibe* is kry ek dit nie GRATIS nie. *Top Vibe* is wel 'n GRATIS magazine om uit te gee aan die publiek. Maar weet jy ek betaal ook vir my goed. En ongelukkig plaas JY my ook in 'n swak lig, want sien as jy my nie betaal nie kan ek nie my goed betaal nie. Maar gelukkig het ek integriteit ek maak 'n reëling, ons almal weet dit is menslik om van tyd tot tyd 'n geldelike probleempie te hê.
Maar maak tenminste dan net 'n reëling oor betaling.

So kom ons maak nou die potloodjies skerp (net ingeval jy dalk nie die skerpste potlood in die pakkie is nie).
Wees nou 'n verantwoordelike Ghristelike mens en betaal jou advertensie asseblief.

Dankie weer eens vir die kliënte wat die ware sin van besigheid verstaan. Charmaine.

Dwelemgebruik: Skokkende syfers.



Parys Gazette:

Skokkende syfers toon dat dwelmverwante oortredings die afgelope nege maande met tot 25% in Parys alleen toegeneem het teenoor die voorafgaande nege maande, met 135 arrestasies wat hier gemaak is.(Tumahole en Schonkenville uitgesluit).
Ongelukkig is die probleem dikwels groter op kleiner dorpies weens handelaars wat maklik uitwyk na hierdie dorpe.

Tussen 1992 en 1996 het dwelmgebruik by tieners oor die algemeen al met 600% gestyg. Vandag word geskat dat tot 15% Suid - Afrikaners 'n dwelm probleem het.

Hoewel die stygende tendens landwyd is, is sogenaamde harde dwelms soos Mandrax, Kokaïne, Crystal Meth en Tik wat vroeër net in die geïsoleerde gevalle hier gekry is, nou vrylik in die dorp bekombaar met gebruikers van wie die ouderdomme van 14 tot volwassenes wissel.

Die grootste probleem is veral dagga, kokaïne en heroïne. Die afgelope maand is agt mense gearresteer waarvan twee vir die handel in spesifiek Crystal Meth was 'n dwelm met baie ernstige en skadelike newe-effekte en wat met net een keer se gebruik meestal afhanklikheid tot gevolg het.
Handelaars konsentreer spesifiek op bymekaarkomplekke van veral jongmense soos by kuierplekke, sportbyeenkomste en in die omgewing van skole.

Daar is baie redes waarom mense hul toevlug na dwelms neem. Dikwels begin dit met sogenaamde "gateway" drugs-alkohol en dagga.
Die rede - jong mense wat dikwels voel dat daar nie na hulle geluister word nie, verveeldheid, groepsdruk, die behoefte na aanvaarding en om iewers te behoort, 'n gebrek aan liefde en tyd maar 'n oormaat van geld en tè besige ouers, of probleme wat mense nie weet hoe om te hanteer nie.

Met die toename in dwelmverwante oortredings in die dorp is daar juis die afgelope maand spesiale Misdaadvoorkomingsaksie gehou wat op hierdie oortredings gefokus het.
Moet nie eers probeer om dwelms te toets nie, jy gaan die toets dop.
Indien jy weet van iemand wat hulp nodig het, help hulle SANCA te kontak besonderhede is op bl 10 beskikbaar.

Daar is hulp daar buite, vra net en hulle kan jou help.



SANCA Vaal Triangle.



What is drug/alcohol detox?

SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction.
You or a loved one may be suffering from an addiction to drugs and/ or alcohol. When seeking help, you may hear the word detox (detoxification). But what is detox? Let's demystify the term detox and make it more practical to understand.

What is detox?
The goal of drug detox is to rid the body of toxins accumulated by drug or alcohol abuse.

So what can be expected when starting a detox process?
The first step of drug detox is drug withdrawal. This can be uncomfortable as you or your loved one starts to have physical and/or mental withdrawal symptoms when stopping alcohol or drugs.
The definition of withdrawal is "discontinuation of the use of an addictive substance, and the physiological and mental readjustment that accompanies such discontinuation." Once an individual has discontinued using drugs, physical and behavioral withdrawal symptoms may follow.

Important: withdrawal from certain drugs and alcohol must be supervised by professionals as it can be potentially life threatening if detox is not done correctly and with the appropriate medication.

In fact, alcohol and tranquilisers produce the most dangerous physical withdrawal. Suddenly stopping alcohol or tranquilizers can lead to seizures, strokes or heart attacks in high risk patients.
A medically supervised detox can minimize your withdrawal symptoms and reduce the risk of dangerous complications. Some of the dangerous symptoms of alcohol and tranquilliser withdrawal are: Grand mal seizures, Heart attacks, Strokes, Hallucinations, Delirium trements (Dts).

Withdrawal from opiates like heroin and oxycontin is extremely uncomfortable, but not dangerous unless they are mixed with other drugs. Heroin withdrawal on its own does not produce seizures, heart attacks, strokes or delirium tremens.
(Reference: wwwAddictionsAndRecovery.org)

So what is detox like?

At SANCA Vaal Triangle, we try to make detoxification and substance abuse treatment as comfortable as possible for our patients. We are an outpatient treatment centre so you visit the centre daily at first for your medical care. The duration depends on the type of substance being abused. We are not a hospital or a psychiatric ward, so our patients are not locked in. We help you to be responsible for your own recovery and this is supported by professional therapy and group support held weekly.
For more details regarding clinic times and other services, please visit our blog: sancavaaltriangle.wordpress.com

When is detox necessary?

Detox is needed when you or a loved one is abusing alcohol, nyaope, heroin, cocaine, kat, tik, dagga, pain pills, sleeping tablets, anti-anxiety pills or other addictive substances.
When someone consumes large amounts of alcohol on a daily basis, they can become dependent on it. This is the same with street drugs and addictive medications which also may require detox.

To continue on page 10



Talent al die pad van Deneysville.

Adel Duvenage is 'n dame van Deneysville met vele talente. Hier is haar eerste water skildery voltooi, dit wil gedoen word. Adel is baie talentvol. Die skildery gee dit baie duidelik te kenne. Sy staan ook bekend in die Vaaldriehoek as die snore suster, dus, indien jy of jou maat snork sal Adel tot die redding kom.

Sy is natuurlik 'n Moeder, beroeps vrou, en ook nou 'n student. Adel het ook nou besluit dat sy haar kennis wil verbreed en sy studeer nou verder. Waar sy die tyd kry in haar besige dag weet geen mens. Verder spandeer sy tyd met haar gesin, ry graag motorfiets en lewe 'n gelukkige vol lewe.

Adel, maak ook tyd vir ander mense en geniet dit om ander te help. Sy hou van mense en as mens Adel raak loop iewers is daar altyd 'n tydjie vir 'n kort geselsie.

Top Vibe & Mini-Top Vibe Magazine for all your advertising needs in the Vaal Triangle and surrounding areas.
Call: Charmaine 072 768 8582 for more information.
Visit our website www.topvibe.co.za or www.topvibemag.mobi



Business Cards

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

ROMANTIC Dreams 073 657 77788 Antonnette

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

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

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

huns 'n Craft
Rosie van Pype
082 563 2500
Shop No.4
Saamtrek Building
Carter St, Vdbp
Stockists of:
*Artists material
*Beads
*Polymer Clay
*Modge Podge range
*Paint for acrylic, craft, fabric, oils
*Crisitex paint
*Scrapbooking material
*Tokren products
*Wooden craft products

SQUARE DEAL Auto
9 Troost Street
Duncanville
Vereeniging
072 288 8057

SNOETE & SNORRE HONDE BADHUIS
Ria
083 261 0161
Neem honde in vir bad/sny tot 2uur.
Maak asb 'n afspraak om teleurstelling te voorkom.
Maplestraat 9
S.E.3
Vanderbijlpark
Kom haal en aflaai diens beskikbaar

PAINT BUSTERS
YOUR PAINT SPECIALIST
Chris du Plessis
082 895 0709

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

54 Fitzsimons Street, SE6 Vanderbijlpark.

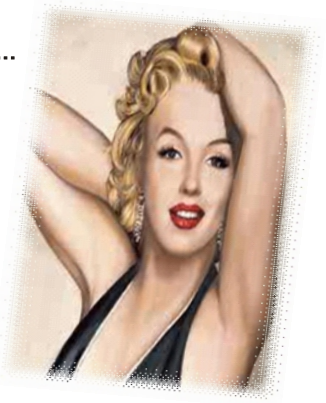
Cell: Monique @ 074 9128 652
Cell: Winonia @ 082 8309442

Spoil yourself with our avertable prices.

Divas Love to be spoiled.....

with a Dash of colour .....

don't delay come and spoil yourself today.....



Ocean Basket
your sole provider

Van der Bijl Park
Shop 25, Riverside Boulevard
C/O Frikkie Meyer & Chopin St, Van der Bijl Park
Tel: 016 932 3149, Fax: 016 932 3157

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

E2 Designs
Fashion House

Designer: Elizna Ebertsöhn
Mobile: 082 560 4017
E-mail: info@e2designs.co.za
website: www.e2designs.co.za



Specialists in Wedding Gowns & Matric Farewell Dresses

HOT POT
Paint & Hardware
VSH

108a Houtkop Road
Duncanville
PO Box 399, Vereeniging
1930, South Africa
FAX: 016 427 5525

Robbie Reid

TEL: +27 (0)16 428 5525/1113 or 427 5518
CELL: +27 (0)83 258 3330
E-Mail: robbie@hotpotpaint.com
www.HotPotPaint.com

BNI member
Like us on Facebook
www.HotPotPaint.com/facebook/

AIR-CON World

Financing Available

Supply & Installation of:
AIRCONDITIONING UNITS
@ Great prices!

www.floorsblinds.co.za
Tel: (016) 932-5622 Fax: (016) 932-5609
info@floorsblinds.co.za

Visit us @
Frikkie Meyer Boulevard, Vanderbijlpark

ICED*
Identity * Commerce * Entertainment * Directory
magazine

Your guide to local hotspots and great specials along with all the latest in local entertainment and business news

ICED Magazine is owned by Franc dos Santos. To advertise in ICED, please call Franc on 076 9666 764 or email franc@icedmagazine.co.za

---

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

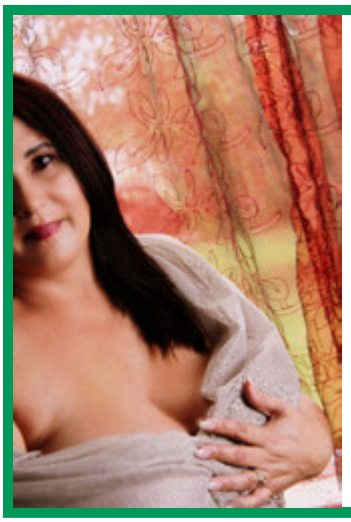
show me
Restaurants Entertainment Jobs Classifieds
Local News Business Events Tourism Lifestyle Property
Your World In One Place !
www.showme.co.za/vaal
Property Classifieds Lifestyle Restaurants
Jobs Local News Business Tourism
Entertainment Events

Massage

Back and neck massage. I was spoiled by Grace the owner of Glam 101 world class beauty care salon with a massage.
Albert uses the Japanese massage technic, he learned to do it in Indonesia. It is a well known technic.

Albert explained to me that could be very dangerous, if its not done by a professional person. He also recommends that one should take a massage at least twice a month, and sleep for 10 to 15 minutes thereafter.

Should you like to find out more about the massages they offer see advert on page 12. Glam 101.



Hoi Polloi
PHOTO STUDIO
Hint of the month.
Surprise your hubby, with a sexy boudoir photo shoot...
Make up your own private album and name it "for your eyes only"
Trust me he will LOVE it....

Call to make your booking:
Charmaine: 083 681 1514
Irene: 082 885 8153

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

ONE WAY COOLING

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

Top Vibe Giveaways.

Competition WIN a bunch of flowers Value R200



Question:

Spot the Easter Bunny (how many Easter bunnies can you count in this issue of *Top Vibe*)? Remember to count all the bunnies.

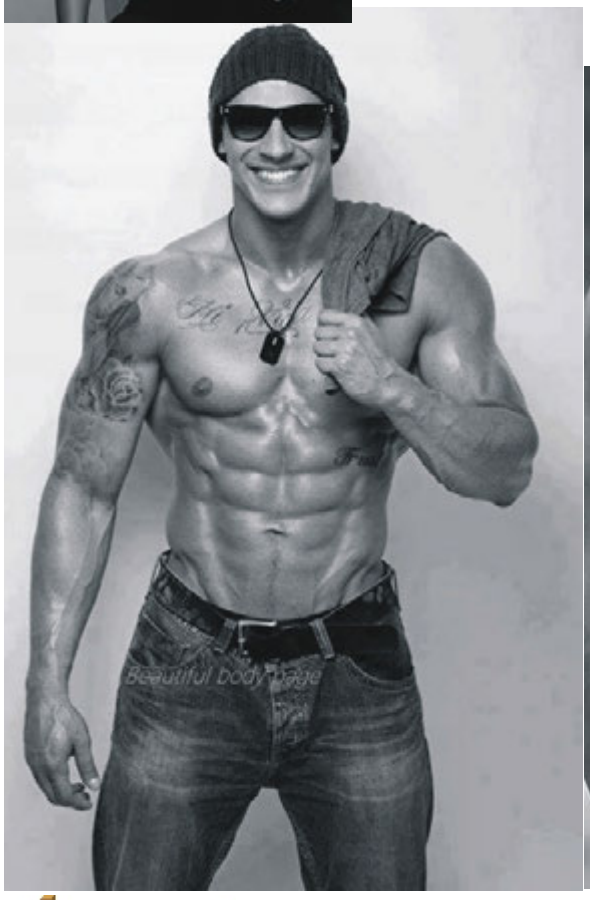
Win by simply answering the question correctly. SMS **"Topvibe"** the answer, your name and contact details to **072 768 8582** **SMS'S cost R1.50 PER SMS.**

Entries close 25 April 2014. Winner will be notified by SMS on 30 April 2014. You may enter as many times as you wish in order to increase your chances of winning. Good Luck!!!!!!!!!!











Upcoming Events

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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			



03 April:-	Nipple Caps & G Strings R120.00p/p NO UNDER 18 Barnyard Vereeniging.
05 April:-	Die Heuwels Fantasties R130p/p Barnyard Vereeniging.
12 April:-	Mathys Roets R80p/p Barnyard Vereeniging.
12 April:-	Fanatic Fishing/ Hengel Kompetisie - Hannes 082 6836184
12April:-	Damestee, Laerskool Oospark - Antoinette 072 887 5840

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, IFM 102. RadioStation and Barnyard Vereeniging.

show me



Top Vibe Magazine
072 768 8582

IFM 102.2 RADIO

BARNYARD VEREENIGING

(016) 454 8380







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.



How long does detox take?

The exact answer depends on the type and amount of a drug being used so our team will help determine the best course of action on a case by case basis. A person's age and health condition also plays a role.

Contacts SANCA Vaal Triangle for more details.

Www.sancavaaltriangle.wordpress.com

SANCA Vaal Triangle

sancavaal@mweb.co.za

(016) 933 2055

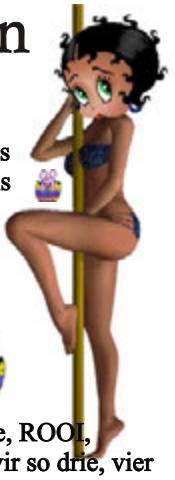
D.I.Y TIPS....



If you celebrate your Birthday in the month of April, happy birthday, have fun!!!!



My Kommin Troon



Mense, soos ek alreeds gesê het, ons het almal iemand in ons familie wat effe kommin is.

Ons kuier by my Pa-hulle en die oggend vroeg is hy en my seuntjie in die tuin besig. Nou my pa is nie 'n gewone oupa nie, hy hou homself besig met sy eie dinge en die kleinkinders moet maar inval.

Uit die bloute uit vra my pa:

"Boet, weet jy hoe om 'n beer te vang?"

My seuntjie: "Nee Oupa"

My pa: "Well, eerste soek jy 'n rooi, nie geel nie, ROOI, mielie. Dan sit jy dit in 'n houer met kook olie vir so drie, vier dae. Dan as jy die beer sien, bekruip jy hom van agter, druk die mielie in sy agterent op en wikkel dit vir 'n paar minute. Ek belowe jou, die beer sal nooit weer terug kom nie."

My seuntjie: "Nou hoe weet Oupa dit?"

My pa, met 'n baie ernstige, uitdrukkinglose gesig: "Stupid vrae, verdien stupid antwoorde"

My seuntjie, toe omtrent 8, was uit die veld geslaan met die gesprek en al wat hy kon uitkry is:

"O, Oupa...." en toe loop hy maar, want hy kon self nie verstaan wat aangaan nie.

Betty Boob

TOP VIBE & MINI TOP VIBE MAGAZINE -PETS COMPETITION OVER 2 MONTHS STARTING 1ste of April 2014 and will END 22ste of May 2014.

5 FINALIST IN EACH CATEGORY WILL BE POSTED ON FACEBOOK ON THE 23de MAY 2014. Public will then vote for the winner.
THERE WILL BE ONLY ONE WINNER IN EACH CATEGORY.



How to enter:
*Send one picture of your pet, dog, bird or cat big or small.
ONLY BY EMAIL.
Email addres: charmstopvibe@vodamail.co.za
SUBJECT: MY PET.
* The name of your pet, with a short description of what you love about your pet.
* Your name and contact details.
* You have to be a facebook friend of Top Vibe Magazine. To enter -If not invite us

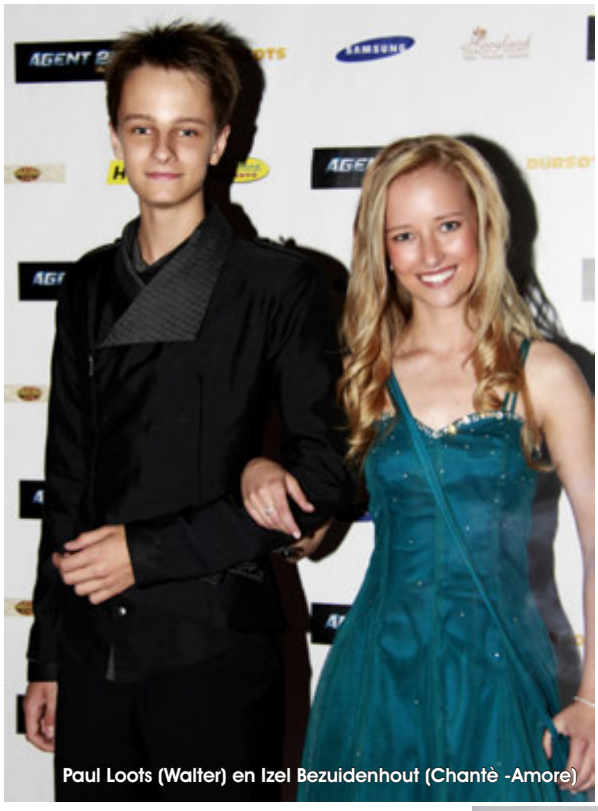




Competition rules:
* Only one entry per pet.
(If you have a dog cat and a bird- you can only enter one)
* Entry is FREE.
* There will be three categories. One for cats and one for dogs and one for birds.
* 5 in each category will go through to the finals.
*They will be posted on Top Vibe's facebook page **Topvibe-Magazine Vaaltriangle.**
* The public will then **vote.** The pet with the most **"Likes"** will win. Your friends and families are allowed to vote, BUT NOT THE OWNER OF THE PET.
* Should you like to enter this competition, make sure that you join our facebook page.

PRIZE ONE HAMPER FOR YOUR PET TO THE VALUE OF R400.00 IN EACH CATEGORY.

AGENT 2000


Paul Loots (Walter) en Izel Bezuidenhout (Chantè -Amore)

AGENT 2000 - se bekendstelling het plaasgevind 19 Maart 2014 te Irene Village Mall. *Top Vibe* het hierdie glansryke geleentheid bygewoon.

AGENT 2000 is 'n film met 'n "twist", van komies tot ernstig.
Hierdie is jou tipiese fliek wat jou, die kyker in die duister hou oor wie die "laksman" nou eintlik is. Ons gaan ook nie die nou al die aap uit die mou laat nie. Gaan kyk gerus jy sal net so opgewonde wees oor die film. Hierdie is een van daai 10/10 films 'n gesinssfliek. Hoogs aanbeveel vir alle ouderdomsgroepe.

Onder die gaste wat die geleentheid bygewoon het was die bekende vroue groep Mwha!,Jennifer Jones, radio persoonlikhede Hendri Myburgh en Izaan Steenkamp van Groot FM was ook op die rooi tapyt te sien. *Top Vibe* het ook 3 dubbele kaartjies op hulle facebook blad weg gegee, en drie gelukkige paartjies kon ook deel in die aand se glans. Irene van Hoi Poloi is *Top Vibe* se fotograaf vir die geleentheid.
Hou gerus hulle Facebook blad dop vir die foto's

AGENT 2000 begin die 28 ste Maart in 'n teater naby jou. Maak seker dat jy vroegtydig jou kaartjies kry. Baie geluk aan die vervaardigers, hierdie is 'n wenner, dit is wonderlik om te weet dat daar so baie opkomende talent is en dit op eie bodem.
Baie geluk aan *Top Vibe* se wenners, dit was baie lekker om julle daar te kon hê. Ons glo julle het die aand terdeë geniet saam met ons.

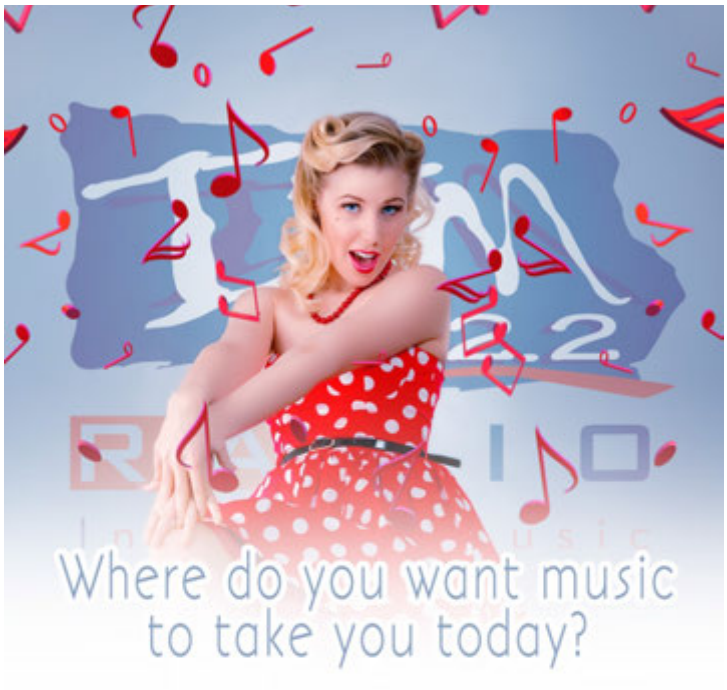

Charmaine *Top vibe*, Johan Scholtz en Mev. Scholtz


Mwha!


Hendri Myburgh *Groot FM*, Jennifer Jones en Izaan Steenkamp *Groot FM*







Studio: 0839021022 Office: 0168892014
Fax: 0862261022 SMS: 41022 R1.50 p.sms
Marketing: 0168894384/4404/4407/3488/2380
www.lfmradio.co.za

LFM 102.2 RADIO
In Fo - Fun - Music

Anna's Kitchen - Food Review.

Anna's Kitchen, situated in Golf Road, Three Rivers Vereeniging, right next to Three Rivers Lodge is an opulently decorated restaurant that offers uncomplicated, fresh fare.

The root of their food is derived from Italian and French cuisine, with a South African flair. All meals are freshly prepared and they keep the menu seasonal, changing items accordingly and thereby ensuring they maintain the highest standards.

I had the fresh line fish, grilled and served with seasonal vegetables and topped with the chef's sauce of the day. The price was good and the food excellent. The wait staff was pleasant, polite and helpful and a real positive part of the dining experience.

Our waitress went over and above the call of duty, topping up water, checking up on the dining experience, but not excessively and working with haste.

Overall I would give the dining experience a 10/10 as food and service is a passion for Anna's Kitchen and there is no compromise on quality and customer service is definitely a focus within this business.

Thank you Anna's Kitchen for great service end great food.

This review was done by: Tersia Venter.





Fish dish, out of Anna's Kitchen. Photo: Tersia Venter.

grow your business

We have the network to connect your business to a wide range of mobile websites in the Vaal that generates more than 1.3 million hits per month, and that means immediate exposure for your business! Call us today if you have the urge to increase sales or if you would like to expose your business to the 30 million cell phone users in South Africa. Why you ask?

Because we are all mobile...

[T] 082 8111 990
[T] 082 332 8550
[E] info@vaal.mobi

vaal.mobi

