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Issue 70



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Photo Competition
see page 3

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Redakteurs nota



Ooo, die mensdom darem!!! Kan maar net lekker lag oor als. Sien ek ken mos nou heelwat mense wat weer mense ken. En daar is mos nou maar altyd die wat nooit niks goeds van 'n ander kan sê nie. Dan word daar nog stertjies aangelas en die storie word so verdraai - klink soos 'n riller.

Ek luister maar net in stilte en wonder wat daar oor my gesê word wanneer ek my rug draai. Interessant elke dag is daar 'n nuwe dag met 'n nuwe storie.
Gelukkig het die Liewe Vader ons almal lief, met ons geite, grille, foute en volmaaktheid.

Ek ontmoet toe mos nou die ander dag, 'n man sy naam is Marius hy woon in Bethlehem. Maruis is 'n "Body Talker" ek was "speechless" om die minste te sê. Hy kan jou vertel wat fout is met die liggaam deur slegs aan jou pols te vat. Sy linker brein skakel in met jou regter brein. Glo my dit is waar!!! Indien jy meer wil weet of self met Marius wil praat kontak my by 072 768 8582 vir meer inligting.

Elke dag is daar nuwe dinge, nuwe mense om te ontmoet ooo die lewe is 'n prop vol nuwe uitdagings! Hou dop vir ons volgende uitgawe, ons vat jou see toe! Nie regtig nie maar ek gaan julle meer vertel van 'n plekkie wat julle sal betower. Ons het onlangs besoek gaan aflê en ek moet sê stunning verby....

Amper vergeet ek van die belangrikste, ons besoek aan die grotte. Ek en liefie was Valentyns dag vir 'n romantiese picnic by die grotte. Ons was verwelkom met 'n vrugtesap en daarna deur die grotte geneem, deur Chrissi wat as toergids opgetree het.
Binne in die grotte was dit 'n ongelooflike ervaring. Amper onmoontlik om te glo dat daar grotte op eie bodem is. Na die toer het Charmaine van *Photo Diary* vir ons 'n picnic mandjie oorhandig en ons kon heerlik in die pragtige tuin gaan sit het, die kos was heerlik, met liefde verpak en bedien. Daarna het ons gegaan vir 'n kort foto sessie. Die aand is afgesluit met die heerlikste nagereg.
Wat kan nou beter wees as om saam met die liefde van jou lewe so 'n wonderlike ervaring te deel.
Slegs vyftig persone in die Vaal was bevoorreg om Valentyns dag die grotte uitstappie te kon ervaar.,

Top Vibe Magazine

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Launch of the Hair follicle Simulation

Kyalami Private Room date 12 February 2015 it is the official Champagne Breakfast Launch of the Hair follicle Simulation the first in South Africa. It was a great morning event fresh and vibrant! The lovely Amor Vittone was the MC, she entertained the guests with her charming personality.

A new world to permanent Makeup opened. Moshe Alul was the guest speaker, he also did a live demonstration of the Oron 57 machine.

Sulé would like to thank everyone that attend this event. Read more about Sulé on page 3.



Sulé Loggenberg and Moshe Alul.
Photographer: Charmaine Janse van Rensburg (Photo Diary & Venue)



Sulé Loggenberg and Amor Vittone (MC / Artist)
Photographer: Charmaine Janse van Rensburg (Photo Diary & Venue)



Houlson Twins and Charmaine Janse van Rensburg
(Owner Photo Diary & Venue)





Sulé and Charmaine (Owner Top Vibe Magazine)



Meet business woman Sulé Loggenberg.

By: Sulé Loggenberg.
Photogropher: Charmaine Photo Diary & Venue.

From Johannesburg to Pretoria, from Bloemfontein to Cape Town, if you had permanent makeup done or thinking of having it done you should have heard of Sulé Loggenberg One can easily say she is "the permanent makeup expert".

The name Sulé is synonymous to permanent makeup not only in South Africa but have even been mentioned in class rooms in the USA.

Our local girls has been in the permanent makeup industry for over a decade and have created waves locally and international with her passionate approach towards permanent makeup as well as her inquisitive nature of always wanting to improve permanent make-up. She completed her Master Specialist and Training certificate in micro pigmentation (permanent makeup) in 2008 in Washington State USA, but it was the long six years of hard work and dedication prior to this that got her on track to become the formidable businesswoman she is today.

Her dedication to her work has found her smiling when some of her twins first words where "eyebrows",mimicking her every move in her local permanent makeup clinic.

Sulé studied permanent makeup in London, UK, the USA and South Africa, and is still continuing to push the boundaries in permanent makeup, learning, testing and developing new techniques.

She strongly believes that permanent makeup should look natural. Her portfolio (on Pinterest - permanent makeup technology) with her natural looking results got her invited to be part of, "The Permanent makeup Manual" from Beauty Research Industries in California, USA. You will find pictures of her work and some of her techniques in this manual created for the Permanent Makeup Specialist.

The demand for Sulé permanent makeup procedures is coming from all over South Africa. She is in proud association with IMC (Integrative Medical Centre) in Sandton where she performs permanent makeup procedures every Wednesday. She had clients flying in from as far as Cape Town and Knysna to have their permanent makeup done. Celebrities such as Alexis Fox, Leanie May, mother of Corlea Botha etc. Have also joined Sulé's clients list of having permanent makeup done.

Her most recent accomplishment in permanent makeup was becoming the sole distributor of the brand new ORON 57 Permanent Makeup and Hair Follicle Machine.

The Hair Follicle Simulation treatment is the new revolutionary permanent makeup treatment never before seen in South Africa. This treatment creates the illusion of hair growth and ultimately stimulates hair growth as well, giving the answer to baldness in men and women.

What is next for Sulé? She recently opened a new permanent makeup training centre with her trainer Kerry - Ann in the bustling city of Potchefstroom. Her aim is to continue to teach people the most advance and correct way of doing permanent makeup.

She strongly feels that setting a high standard for permanent make-up is crucial. Her training course together with the requirements of her local permanent makeup and international permanent makeup society ensures that the students have the advantage of knowing the most advanced techniques with the highest standards.

Not only is Sulé a successful business women, she is a wife and mother.

Visit www.pmutech.co.za / www.facebook.com /PMUTech for more information on Sulé's permanent makeup procedures and how you can become a permanent makeup artist.

PHOTOGRAPHER: Charmaine Janse van Rensburg.

Discovery of Caves in the Vaal.



Walking in these tunnels is a nice experience and by doing so a lot of imagination and stories can be built or felt. Felt from the inside? Yes it is quite spooky and mysterious down there.

There are even rooms that are closed down and one will always wonder what is behind the walls, there will always be a mystery around the caves.

Another story from the past was that there were some people like pirates on the river and by ruling the river and running maybe with diamonds or gold or whatever was of value they then steered their boats into the tunnels. Hiding or getting an escape route when needed.

We can just dream about what could have been there, what story we can think of and tell or just let your imagination go.

There is good news about the caves and surrounding areas. You can now for the first time ever come and experience the place for yourself.

There is a beautiful garden with a small chapel that gives an ambiance to the place where you just want to sit and relax. Enjoying what nature can give.

This place is exclusive and they will now open it for you to have your wedding or corporate function. You can then tell a story that no one else could in a long time in the Vanderbijlpark area. The venue was opened for the first time ever on Valentines Day for only fifty people with had a romantic picnic in the lovely gardens and a tour in the caves. It was totally breathtaking.





AARTAPPELSKYFIES:

'n Klein seuntjie wil bitter graag die Hemelse Vader ontmoet. Hy besef dat dit sal tyd neem om te reis na waar die Here woon! Dus pak hy in sy tas 'n pakkie aartappelskyfies en 'n 6-pak vrugtesap en toe begin hy met sy reis.
Ongeveer drie blokke van sy huis af ontmoet hy 'n ouerige man. Die man het in die speelpark gesit en stilweg na die duiwe gestaar wat op die grond rondloop.
Die seun gaan langs die oom sit en maak sy tas oop. Hy was van plan om van sy vrugtesap te drink, toe hy opmerk dat die ou man honger voorkom. Hy bied toe vir die oom van die skyfies aan. Dankbaar neem die ou man dit, terwyl 'n vriendelike sagte glimlag oor die ou man se gesig versprei, soos hy na die seuntjie kyk.
Die ou man se glimlag was verskriklik mooi dat die seuntjie dit weer wou sien, en hy bied vir die oom 'n blikkie koeldrank aan. Weereens glimlag die ou man teenoor die seuntjie. Die mannetjie was verheugd!

Die hele middag sit die twee daar eet en glimlag teenoor mekaar – sonder om 'n woord te sê. Toe dit skemer word, besef die seuntjie hoe moeg hy was en hy staan op om te loop. Skaars het hy 'n paar treë gegee, of hy swaai om. Hy hardloop na die ou man terug en gee hom 'n drukkie. Hy kyk op na die ou man en gee hom die grootste glimlag ooit . . .

Toe die seuntjie na 'n kort tydjie die voordeur van hul huis oopmaak, was sy moeder verbaas om die vrolike gesiggie te sien. Sy vra hom: "Wat het jy vandag gedoen wat jou so gelukkig maak?" Hy reageer spontaan: "Ek het middagete met God gehad." Nog voordat sy moeder kon reageer, voeg hy by: "Weet jy wat, Ma? Hy besit die mooiste glimlag wat ek nog gesien het!" Intussen het die ou man, ook oorweldig van geluk by sy huis aangekom.

Sy seun was verstom oor die blik van tevredenheid op sy Pa se gesig. Hy vra: "Pa wat het jy vandag gedoen wat jou so gelukkig maak? "Die ou man antwoord: "Ek het aartappelskyfies saam met die Here in die park geëet. "Voordat sy seun kon reageer, voeg hy by: "Weet jy, hy is veel jonger as wat ek verwag het!" Te dikwels onderskat ons die krag van 'n aanraking, 'n glimlag, 'n vriendelike woord, 'n geopende oor, 'n eerlike kompliment of die kleinste omgee-daad, almal het die vermoë om die lewe te verander.
Mense kom in ons lewens vir 'n rede, 'n seisoen, of lewenslank! Omhels almal gelykwaardig!! Geniet middagete met God . . . . bring skyfies. Stuur hierdie leesstuk aan die mense wie jou lewe op 'n spesiale manier geraak het. Laat hulle besef hoe belangrik hulle is. Ek het!!! God sit steeds op Sy troon. Jy mag deur 'n moeilike tyd gaan nou, maar die Hemelse Vader is gereed om jou te seën op so 'n wyse wat Hy alleen kan doen. Behou die geloof! My opdrag was om die met mense te deel, wat ek graag wil hê die Here moet seën.

Wees geseënd ! Ek het dit baie geniet dankie Beatrix van Drie-Riviere wat hierdie stukkie met ons gedeel het.



SANCA Vaal Triangle - TeenAddiction: Troubleshooting for Parents.

Sanca Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. We often encounter families who desperately want to help a loved one (often a teen) to seek treatment for their addiction.
If a teenager starts behaving differently for no apparent reason - such as acting withdrawn, frequently tired and depressed or hostile - it could be a sign he or she is developing a drug- related problem. Parents and others they overlook such signs, believing them to be a normal part of puberty.

Major sign of drug use:

* A change in peer group
* Carelessness with grooming
* Decline in academic performance
* Missing classes or skipping school
* Loss of interest in favourite activities.
* Trouble in school or with the law
* Changes in eating or sleeping habits.
* Deteriorating relationships with family members and friends.

Through scientific advances, we know more than ever before about how drugs work in the brain. We also know that addiction can be successfully treated to help young people stop abusing drugs and lead productive lives.
Intervening early when you first spot signs of drug use in your teen is critical, don't wait for your teen to become addicted before you seek help. However, if a teen is addicted, treatment is the next step.

Why can't some teens stop using drugs on their own?

Repeated drug use change the brain. Brain -imaging studies of people with drug addictions show changes in areas of the brain that are critical to judgment, decision making, learning and memory, and behaviour control. Quitting is difficult, even for those who feel ready.

If my child refuses to cooperate, should the family conduct an intervention?

Most teens, and many young adults still being supported by their family, only enter treatment when they compelled to by pressure of their family, the juvenile justice, or other court system.

Oftentimes, young people will listen to professionals rather than family members, as the latter encounters can sometimes be driven by fear, accusations, and emotions.

I have heard that teens who use drugs could be " self- medicating" because they feel depressed - How do we handle that problem as well?

It is very possible your child needs to find treatment for both depression and addiction. This is very common. It is called " comorbidity" or " co- ocourrence" when you have more than one health problem at the same time.
Parents should encourage their children to tell all of their health care providers about all of their symptoms and behaviors. There are many non- addictive drugs that can help with depression or other mental health issues. Sometimes health care providers do not communicate with each other as well as they should so you can be your child's advocate and make sure all relevant health care providers know about all your child's health issues. Your child should be treated for all health issues at the same time.

For professional help in addiction and awareness talks, contact SANCA Vaal Triangle.

Tel: 016 933-2055
Facebook: Sanca Vaal Triangle
Blog: sancavaaltriangle.wordpress.com
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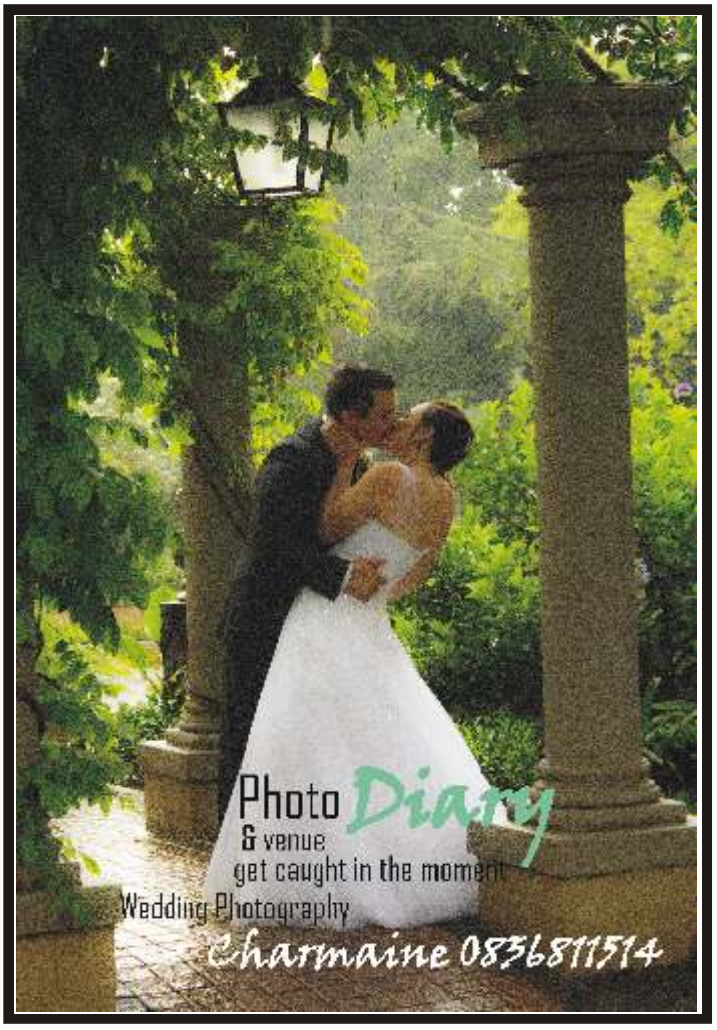
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Bettie Boop is vol dinge vir die nuwe jaar, julle gaan nog lekker lag!



Betty Boop

My kommin Troon.

Dit word al hoe moeiliker om my posisisie op my troon te behou. Die kompetisie is styf.

So is ek op 'n kursus. Die room van die room is daar en ek moet myself mooi aan trek en baie mooi gedra.

Ek kom by die venue aan, uit gedos in my beste vere, lyk soos 'n koningin! en wat sal ek kry, al die ander is gemaklik met denims, kortbroeke en T-hemde, maar dis mos almal grand mense so ek sê niks.

Die een dame, baie Ingels en goed ge-make-up, is baie hoogmoedig en skroom ook nie om my aan te gluur asof ek van 'n ander planeet is nie. Die baas van die plaas se vrou.

Elkeen kry 'n beurt om iets te sê, 'n voorlegging te doen – want ons moet ons bydra lewer tot die hele gedoente en soos die duiwel dit wil hê, is die groot baas te vrou eerste.

Nou sit ons almal en wag vir die geleerde, grand vrou om te begin, want ons gaan uit ons kouse verras word met 'n asemrowende voorlegging……En so gaan staan sy voor by die podium, maak haar notas oop, sit haar fancy bril op en gee ons so een uit die hoogte kyk bo-oor haar brille en begin.

Berge val op my – asb! daar val haar tande uit!!!!!!!!!!!!!

Met die geskarrel om die tande te kry, trek haar broek so laag oor haar boude, dat ons die groen bloomer wat sy aan het duidelik kan sien – met die gat wat nie daar moes wees nie en soos sy probeer tande terug sit, broek bo hou, word sy so rooi soos 'n tamatie.

Nou wat moet ek hierop sê?

Groete

Betty Boop



FUN PAGE!!

Top Vibe is planning a lot of fun things over the next months to come. Are you a facebook friend? If not make sure that you are!! Because most of the Fun things will be posted on our facebook page!!!!

Download your Top Vibe Magazine from our mobisite go to www.topvibemag.mobi.



What is Happening in the Vaal?

4 March:-	Bobby van Jaarsveld - R140 p/p - Barnyard Vereeniging
12 March:-	Jack Parow Ft Francois van Coke R150 p/p Barnyard Vereeniging Call: 016 - 454 8388
14 March:-	Simon & Garfunkel R120 p/p Barnyard Vereeniging. MOVED 28 MEI 2015
28 March:-	Kahn - Salt CD Launch R130 p/p - Barnyard Vereeniging.
25 April:-	Lollos 7 Barnyard Vereeniging R70 p/p Call: 016- 454 8388
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For more info about these events go to:
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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.

Bekendes laat Ballade vir 'n Enkeling – Treffers herleef.



Vanaf 20 Maart 2015 kan Suid Afrikaners weer die nostalgie agter Ballade vir 'n Enkeling herleef nes in die jare tagtigs - die keer op die groot skerm met 'n nuwe en vars benadering tot hierdie legendariese storie.
Bekende Suid - Afrikaanse akteurs soos Donnalee Roberts, Roland Marais, Armand Aucamp en Jacques Bessenger, asook nuweling Christia Visser, Edwin van der Walt, Luan Jacobs, Miles Petzer en ander het saam met The Film Factory se gesoute filmspan 'n nuwe baadjie vir die ikoniese TV-reeks aangetrek.

Hierdie treffer -reeks, wat in 1987 kykrekords laat spat het, se storie word nou weer vertel - die slag onder leiding van die knap jong regisseur, Quentin Krog.

Krog was reeds betrokke by baie van Suid - Afrika se voorste film, televisie en teater projekte.
Sy onlangse optredes as rolprentakteur sluit in Blitzpatrollie, asook kykNET se dramareekse Donkerland, Vloeksteen en Boland Moorde, asook Swartwater (SABC) en die kykNET- kortfilm Buurwag, Sy mees onlangse reeks as regisseur was die TV -reeks Sterlopers.

Ballade vir 'n Enkeling word ook onthou vir die treffer temas Voshaarnooi, geskryf deur Louis van Rensburg en Ballade vir 'n Enkeling, geskryf deur Richard van der Westhuizen. Louis en Richard het ook saamgewerk aan die klankbaan vir hierdie reeks wat goue status bereik het.

Nou, in 2015, word hierdie treffers in 'n nuwe gedaante aangebied deur Joshua na die Reën en Die Heuwels Fantasties. Joshua na die Reën, met sy vars en unieke klank, is verantwoordelik vir 'n nuwe weergawe van Voshaarnooi se enkelsnit tref radiostasies op 29 Januarie 2015 en sal gevolg word deur die uitreiking van die musiekvideo eksklusief op Jukebox kykNET 146 OP 21 Februarie 2015. Ballade vir 'n Enkeling se enkelsnit word ook gedurende Februarie 2015 uitgereik met die opvolg-video wat vroeg in Maart gewys sal word.

Ballade vir 'n Enkeling is 'n romantiese speurverhaal en sal die nostalgie uit die tagtigerjare weer opnuut laat opvlam, maar gaan die keer ook 'n nuwe geslag betrek. Die geheimsinnigheid, gekoppel aan die liefdesverhaal, sal elkeen wat daarna kyk van voor af betower. Niemand sal onaangeraak hier uitstap nie. Die storie en die draaiboek is geskryf deur Leon van Nierop en is vervaardig deur Danie Bester van The Film Factory met die bekroonde kinematograaf Tom Marais agter die kamera.
Die roman, wat ook deur Leon van Nierop geskryf is en deur Tafelberg Uitgewers uitgegee is, is reeds vanaf Augustus 2014 op die rakke.

Ballade vir 'n Enkeling word plaaslik op 20 Maart 2015 op die grootskerm uitgereik. Ster Kinekor Entertainment is die verspreiders.

Publieke skakels:
Webwerf: www.ballaefilm.co.za

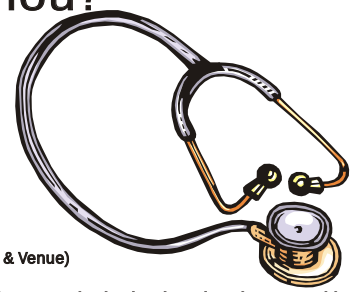
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Joshua na die Reën



As iets fishy is! Wat? Vaginale afskeiding? Wat nou?



Dr Quinten D. Fourie. (Fotograaf Photo Dairy & Venue)

Normale afskeiding is roomkleurig of wit en NIE jeukerig nie. Dit gebeur veral in die mid- menstruele siklus tydens ovulasie. Normale afskeiding is a.g.v balans in die vagina tussen swamme en bakterië.

Abnormale afskeiding is wanneer die normale afskeiding beïnvloed word deur antibiotika, die pil, suikersiekte, swangerskap, stress, borsvoeding en as jy jouself *douche*.

Bruin en bloederige afskeiding is wanneer daar abnormale siklus is, servikale of baarmoeder kanker en verdere ondersoek is nodig. Dit kan gepaard gaan met pyn en abnormale bloeding.

'n Troebel of geel afskeiding is gewoonlik gonorrhoea, 'n seksueel oorgraagbare siekte (STI) wat antibiotika benodig.
Dit kan ook bloeding tussen siklusse veroorsaak asook lekking van die blaas.

Wanneer die afskeiding skuimerig, geel of groen en sleg ruik is dit *Trichomonas* wat 'n (STI) is en antobiotika word benodig. Dit is gewoonlik pynlik en jeukerig tydens urinering.

'n Pienk afskeiding gebeur na die geboorte van 'n kind as die baarmoeder se belying afgeskei word.

'n Wit, dik en kaserige afskeiding is gewoonlik a.g.v. 'n fungus infeksie soos Candida. Daar is gewoonlik swelling en pyn rondom skaamlippe, erge jeukerigheid en pynlike seks. Dit word behandel met antifungus medikasie of room.

'n wit, geel afskeiding met 'n baie visserige reuk is a.g.v. bakletiele vaginose, 'n bakteriële infeksie van die vagina wat met 'n antibiotika gel of medikasie behandel kan word.
Daar is kontroversie onder ginekoloë of dit wel behandel moet word of nie.

Meeste STI's word sindromies behandel, dus ons gee verskeie antibiotikas om alle organismes te dek. Enige bekommernisse moet altyd met jou dokter of ginekoloog bespreek word.
Ander STI's is soos vaginale of anale vratte wat a.g.v die MPV / HPV (menslike papilloma virus) is, waarvoor daar verskeie maniere van behandeling is. Daar is nou ook immunisasie teen vratte as ook vaginale, anale en penale kanker. Tans is die bivilant (2 serotipe) immunisasie darem deel van die regimen van immunisasie vir dogters op ouderdom van nege jaar. In die staat en is verpligtend. Dit is ook essensieel dat seuns daarteen geimmuniseer word.
Die quadrivilante (4 sepotipe) is in private sektor beskikbaar.
Hierdie immunisasie ie redelik effektief tot ouderdom van vier en twintig en minder effektief tot ouderdom vyf en dertig. Drie inspuitings moet gegee word om die kursus vir immuniteit te voltooi.

Genitale seertjies (ulcers) wat pynlik is a.g.v. Herpes 2 en word met antivirale medikasie behandel. As die seertjies nie seer is nie (chancre), kan dit wees a.g.v. sifillis wat deur antibiotika behandel word. Geswelde kliere in die lieste kan wees a.g.v. 'n Clamydia bakteriele infeksie wat met antibiotika behandel word.

Hoe om vaginale infeksie te voorkom:

* Was jou vagina gereeld met sagte, matige sterkte seep en warm water.
* Vermy gegeurde sepe asook vroulike vaginale sproei asook borrelbad seep.
* Vee altyd die vagina af van voor-na-agter na urinering, omdat dit bakteries na die vagina en uretra (piepie gaatjie) voorkom.
* Dra 100% katoen onderklere wat nie styf sit nie.

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Photo provided: Tony Steinhobel and Lettie Paoliello Center Manager.

Riverside Boulevard Centre in conjunction with 90.6 Radio Station are proud to announce our lucky Durban Spa winner Mr Tony Steinhobel. Congratulations!!! We are thrilled to have you as the winner at Durban Spa trust that you and your family will have a pleasant stay and looking forward to seeing you again at our Centre.
The 7 day Durban Spa accommodation was sponsored by Mr George Papavarnavas.



"I have cherished the ideal of a democratic and free society in whichall persons live together in harmony and with equal opportunities."
- Nelson Mandela

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