Top Vibe Magazine

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 82
2016

After -
See Page 11

Before



Charmaine Janse van Rensburg

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kids 4 KIDS See page 2

#Selfie competition with a Top Vibe Magazine
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Redakteurs nota.



Die jaar 2016 is nou lekker op dreef en so baie goed is aan die gebeur.
Nuwe uitdagings en nuwe hoop.
Met die droogte in ons land het so baie saam gestaan om hulle deel te doen.
Dit was wonderlik om te sien dat ons kan saam staan om die boere in nood te kom help.
Dit laat jou hart vinniger klop om te sien dat ons kan saam staan, en ek is dankbaar daarvoor. Moet asseblief nie ophou om jou bydrae te maak nie.
Ek wil graag 'n beroep doen aan alle ouers wat klein kindertjies het. Hou altyd 'n oog oor jou kleinding, weet altyd waar hulle is en moet hulle nooit onder jou oë uit laat nie.
Dit is Sondag middag na 5 en 'n ma vra rond in ons straat of iemand haar 4 jarige seuntjie gesien het. Ons begin saam soek, toe stop daar 'n motor en hulle het haar kind gekry in die volgende straat.

Wat maak die kind in die straat, buite die erf? Dit is skrikwekkend so baie goed maal in jou kop oor waar die kind kan wees. Ons is net dankbaar dat sy hom veilig terug gekry het. Dit kon net sowel anders gewees het. Ons babakat is net so 3 weke gelede in ons straat dood gery. Die mense jaar vreeslik in ons straat.
Ouers maak nie saak waar julle is nie, maak seker dat julle kinders veilig is. Hulle is kosbaar en onvervangbaar!!

Op 'n meer prettige noot, ondersteun ***Kids4Kids*** dit gaan lekker pret wees vir die hele gesin. Daar is lekker vet pryse wat gewen kan word, maak seker jy stuur jou selfie in, stuur gerus een met 'n Top Vibe in die hand.
Besoek ***www.kids4kids.co.za*** vir meer besonderhede.

Geniet Maart uitgawe, en maak die beste van elke dag.
Laat weet vir ons of jy deel was van die water projek?
Ons hoor graag van jou. Vra ook jou vrae vir Dr Fourie.

Totsien tot volgende maand.

Xox

Top Vibe Magazine

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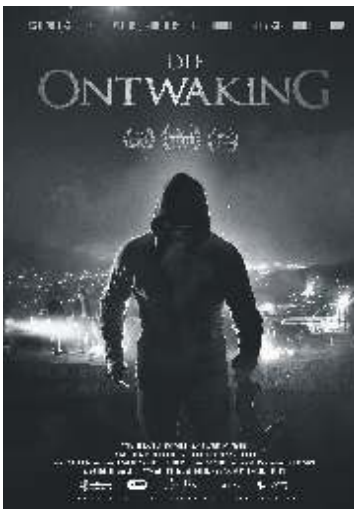


Die Ontwaking-'n Reis in die psige van 'n reeksmoordenaar.

Die Afrikaanse sielkundigeriller, Die Ontwaking, verken hoe gemeenskappe getraumatiseerde diep "gewonde" individue oplewer wat hulle uiteindelik tot gewelddadige gedrag wend- en selfs in psgopate kan ontaard.

Hierdie rolprent ondersoek die komplekse en dinamiese verhouding tussen die versteurde, tog simpatieke Abel Lotz Gys de Villiers), en 'n mooi jong speurder, Ella Nesser (Jaunita de Villers), wat pas aangestel is om moordsake op te los.

Abel hou Ella van 'n afstand af dop en is beide afgunstig op en gefassineers deur haar deursettingsvermoë en fokus - iets waaraan hy ook nie tekort het nie.



Soos die rolprent meer in die psige van 'n psigopaat delf, word die gehoor op die rand van hul stoele gehou en wonder 'n mens met elke nuwe onthulling wat presies in die kop van 'n psigopaat aangaan.

As Abel is Gys de Villiers se rol vir hom uitgeknip en moet hy as akteur self diep gaan nesskop in die kop van 'n psigopaat - 'n persoon wat psigies so verniel word deur die lewe dat hy of sy nie meer kan onderskei tussen die werklikheid en fantasie nie.

Die motief van "vel" word sterk in die film beklemtoon, en dit verwys na meer as dit wat die liggaam bedek. Dit is ook 'n vergelyking met die maniere waarop ons onsself sien, hoe ons deur ander gesien word, en hoe ons ondervindings in ons velle ingeëts word.

'n Sterbelaaide rolprent met onder meer Gèrard Roedolf, Paul Eilers, Mornè Visser en Armand Aucamp in uiteenlopende rolle verleen swaartekrag aan die film.

Die Ontwaking is Juanita de Villiers en Jaco Muller se "uitbreek-rolle" en hul kwyt hul uitsteekend van hul taak teenoord bekroonde en gesoute akteurs soos Roedolf en Visser.
By die 2015 kykNET Silverskermfees, is Roedolf bekroon vir sy werk in die kortfilm, Vryslag, en word hy as Beste Akteur aangewys, terwyl Visser vir sy spel in Dis ek, Anna die toekenning ontvang het vir Beste Akteur in 'n Speelfilm 'n Ou bekende wat weer gesig wys op die skerm is Tertius Meintjies, wat 'n taamlike grillerige taak het om te vervul nadat Abel uiting aan sy donkerste begeertes gee.

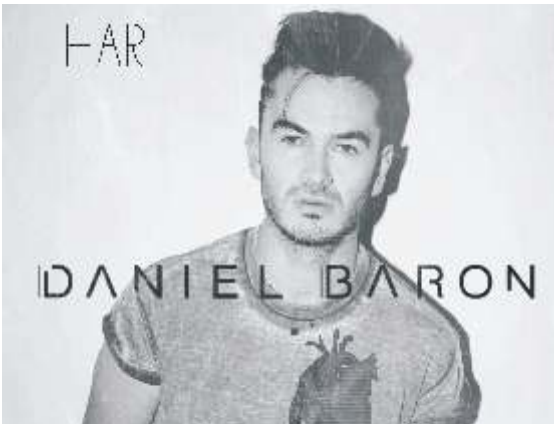
Gebaseer op die eerste boek van 'n trilogie deur ervare skrywer Chris Karsten, is ***Die Ontwaking*** veelbekroonde produksie ontwerper Johnny Breedt se regisseurs debuut. Vlokkie Gordon het die film vervaardig.

Die Ontwaking word op 28 Februarie 2016 landswyd deur Indigenous Film Distribution uitgereik.

Maak seker dat jy hierdie fliek nie misloop nie.
Die Ontwaking gaan jou op die punt van jou stoel laat sit!

DIE
ONTWAKING

Hou die ***Top Vibe Movie blog*** op Facebook dop vir die premierè fotos.



Bekroonde sanger Daniel Baron reik eerste Afrikaanse enkelsnit uit.

Die gewilde Suid-Afrikaanse trefferlyskoning, Daniel Baron, het sy eerste Afrikaanse enkelsnit, HART, 'n betenisvolle ballade op 22 Januarie 2016 op Itune uitgereik: https://itun.es/za/o2H

Baron beskryf HART, 'n baanbrekerskuif in sy loopbaan, as 'n liedjie wat handel oor 'n langafstand vriendskap en hoe ware liefde nooit kwyn nie, ongeag vas hoe vêr 'n mens van die een vir wie jy lief is".

Hoewel hierdie sanger en liedjieskrywer al verskeie musiek-hoogtes bereik het, betree hy nou nuwe grond wat steeds vir die luisteraar hoendervleis gaan gee asgevolg van Baron se kenmerkende klank, onmiskenbare stem en diep lerieke.

"Ek is 'n groot ondersteuner van Afrikaanse musiek en hoewel ek 'n Engelse kunstenaar is, wou ek nog altyd my eie Afrikaanse liedjies skryf en vervaardig."
Daniel Baron is een van die gewildste Suid-Afrikaanse sangers op eie bodem en ook in Amerika en Brittanje.
Sy trefferliedjie *Indestructible* is onlangs vanaf sy jongste album *Apollo* vrygestel en word gereeld op radiostasies gehoor.
Kort na die triomf van*Indestuctible* ,het Baron nog sukses bereik met die liedjie *Say What You Want* wat hy saam met die immergewilde Afrikaanse popgroep ADAM (Hugo Ludik, Kyle Grant en Reynardt Hugo) opgeneem het.
Die leidjie vorm deel van hulle kortspeler, *Yound and Wild*, wat einde 2015 uitgereik is en is ook as deel van die klank-baan in die rolprent *Vir Altyd*, wat landswyd op 12 Februarie 2016 uitgereik word, opgeneem.

Hierdie enkelsnit is op 6 Junie 2015 in Suid- Afrika, Holland, België en Luxenbourg vrygestel en het oornag 'n treffer geword- binne 'n paar uur na die vrystelling daarvan het dit die nommer 13-posisie op die iTunes Coco Cola Top 40 bereik.
Afgesien van vele ander benoemings het Baron 'n Wawela Musiek Toekenning vir Beste Manlike Kunstenaar en Liedjie-skrywer ontvang en is hy genomineer as Beste Skrywer en Kunstenaar vir Beste Klankbaan in 'n Vollengte Rolprent of Teaterale Dokumentêr vir *Stuck.*

Nou met sy toetrede tot die Afrikaanse mark, hou almal asem op om te sien watter hoogtes hy steeds gaan bereik.
Baron sluit af: *"My ondersteuners dring nou al vir 'n ruk daar-op aan dat en 'n Afrikaanse enkelsnit opneem, en ek is regtig opgewonde om dit finaal vry te stel!"*

STARBURST PROMOTIONS

Volg Daniel Baron op sosiale media:
Website: www.danielbaron.co.za
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The public's reviews have been tallied and some of the Restaurant stars has been shattered. Above is the up-dated results of the reviews.

Keep on sending your review.

Wat is jou vraag?


Fotograaf: Charmaine Janse van Rensburg

Dr. Quinten Fourie beantwoord jou vrae:

Stuur jou vraag aan:

charmaine@topvibe.co.za
gemerk vrae vir Dr.

Hou die volgende uitgawe dop en kry daar jou antwoord, gewoonlik wanneer mens Dr besoek vergeet mens goed wat jy Dr wou vra.

Hier is die geleentheid om nou daai vrae te vra. Dink net aan die persoon wat dalk te skaam is om sekere vrae te vra, net dalk vra jy daai vraag en sodoende help jy iemand anders.

Sien meer besonderhede oor waar Dr. Fourie se spreek kamers geleë is (sien bladsy 5).

Top Vibe bedank Dr. Fourie vir sy kosbare tyd om vir ons lesers met raad en daad by te staan. Dankie dok dat jy altyd tyd maak vir *Top Vibe* dit word opreg waardeer.

Hou jou Top Vibe dop en bly op hoogte van wat Dr sê!!!!





Len Muller:



Gewilde Afrikaanse sanger Len Muller se nuwe enkelsnit ***Vir Die Een Wat Geval Het*** word op 22 Februarie 2016 landswyd aan radiostasies uitgereik.

Die lied het vir die jong sanger baie persoonlike betekenis.

"Dit is een oggend geskep nadat ek 'n verskriklike droom gehad het. Ek het gedroom dat ek op my eie begrafnis was.

Die begrafnisondernemer het gepraat oor geure en dat ons elkeen 'n sekere geur agterlaat. Ek onthou ek het so vir myself gestaar wat daar in die kis gelê het en ek het gewonder wat my lewe beteken het… Dit het my laat dink aan my nalatenskap."

"Toe ek wakker word die oggend het ek toevallig 'n skryfsessie met my goeie vriend Jattie de Beer geskeduleer. Hy het die oggend ingestap, by die klavier gaan sit en Vir Die Een Wat Geval Het se inleiding begin speel. Ons het binne twee ure saam die lied geskryf."

Nadat Len sy debuut-album ***Doodgewone Avontuur*** in 2015 uitgereik het, toer hierdie jong talentvolle sanger die land plat en tree hy by al wat 'n fees is op. Sy liedjies kan gereeld op radiostasies regoor Suid-Afrika gehoor word en aan entoesiasme en talent ontbreek hierdie jong sanger glad nie!

Hy sê oor *Vir Die Een Wat Geval Het* se musiekvideo wat eksklusief op 5 Maart 2016 op kykNET se program *Jukebox* uitgereik word: *"Die idee vir die konsep van die musiekvideo het ontstaan as gevolg van 'n belewenis wat ek 'n paar jaar terug gehad het. Ek was in 'n ernstige karongeluk omdat my vriend dronk bestuur het.*

"Ek het gevoel ek wil die lied se sterk boodskap koppel aan iets wat 'n verskil in mense se lewens kan maak. Dit het my laat dink dat om op jou selfoon te tik en te bestuur net so sleg soos dronkbestuur is, omdat dit nie net jou eie lewe in gevaar stel nie, maar ook die van ander mense op die pad.

Ek is vreeslik skuldig daaraan, maar die lied gaan oor tweede kanse en in die musiekvideo probeer ons dit ook so uitbeeld."

Len is besig om wel 'n sterk nalatenskap in die musiekbedryf te skep en alle oë en ore is op hom terwyl hy stelselmatig sy merk as een van Suid-Afrika se gewildste jong sterre maak.

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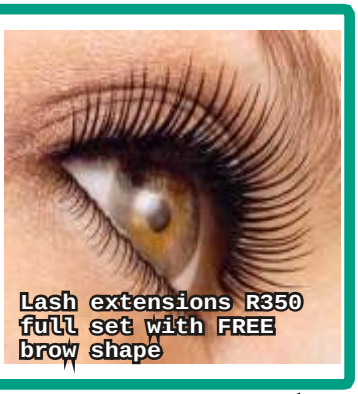
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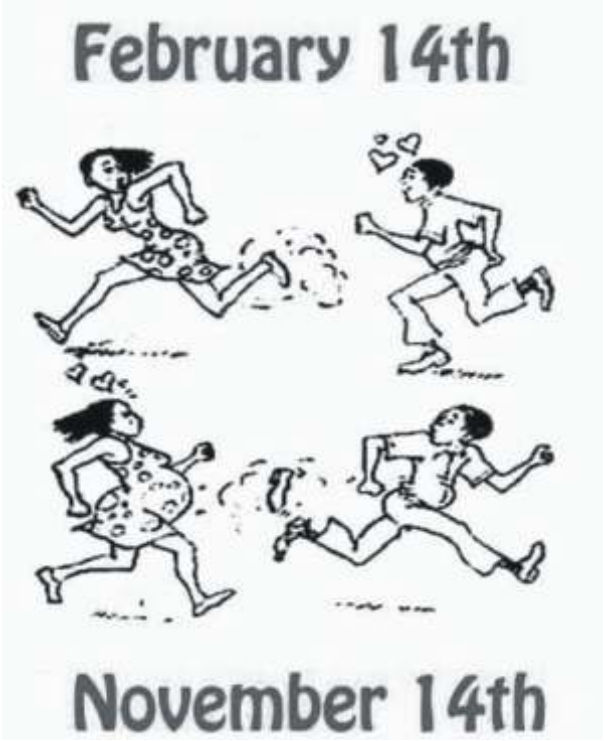
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All advertising clients do get a copy.

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.

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SIZE:

FRONT: 110/80 R19
REAR: 150/ 70 R17

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Is jy opsoek na 'n: ***"Girl Friday"*** vir jou Administrasie werk?

Ek is beskikbaar vir enige aantal ure per week wat jy benodig, van halfdag, Voldag of selfs 'n uur of twee per dag, week of maand.

Kontak:

Cell: 081 526 7786

Analytically Scanner:

My personal experience on the Analytically Scan:

By: Charmaine - Editor Top Vibe Magazine.

I am very greatfull for taking time off my busy schedule to have the Analytical scan done. I was shocked to find that a machine can identify 36 different spots in your body, and to say te least, I realised that one think that you are healthy, but your body tells other wise.

I personally can recommend this scan. It's less that 15 minutes of your time for the scan and it only cost R150 which includes a FREE detox session. It's not painful, and like I say " you only have one body. Look after it, it's never to late".

The scan looks at the various organs, and determine whether you have any abnormalities or shortages in the body. Analyzing cardiovascular and cerebro - vascular conditions, bone mineral density, trace elements, blood lead, rheumatism, lung and respiratory tracts, nephropathy, blood sugar, stomach and intestines, liver and gall, cranial nerves, gynecology, prostate, bone disease, the trace elements of selenium, iron, zinc and calcium. It makes an easy and non-invasive way to keep an eye on your health.

The scan will also help to diagnose genetic pre-disposition, allergens, acid/alkali balance in tissues and vitamin deficiencies.

Broad Spectrum Treatments

Bone/Osteo Regeneration: A program to treat Gout, Arthritis and Osteoporosis, also for bone growth

Cancer (Basic set): A program that includes the basic Cancer destroying frequencies, that Dr. Rife discovered (See the book the Cancer Cure That Worked by Barry Lynes).We have wide range of frequencies for the different types of Cancer.

Circulation: A program to address high blood pressure, Swelling, Low blood sugar, Oedema and general circulatory problems. Excellent for Diabetes. It also helps the Lymphatic System to remove toxins from your body.

Chronic Fatigue Syndrome (CFS): A program to address the causes of Chronic Fatigue Syndrome and lack of energy. Also use the neuro programs.

Detox: This program will help to clean your Kidney and the Liver, as well as your Lymphatic System. The Detox treatment should be repeated at least once a Month.

Fungus and Moulds: A program that addresses problems such as Candida Albicans, Sinisitus, Vertiligo, feet problems (fungus).

Infections: A program to address the common pathogens that cause Infections. Treat any ailment that is described with the medical terminology suffix as an "-itis". Such as: Tonsillitis, Bronchitis, Sinusitis, Laryngitis etc.

Neuro: The program features frequencies that relates to the Neurological System, as well as the frequencies that treat Pain. Used for Depression, Relaxation, Anxiety as well as an Energy Boost.

Parasites: A program to treat the most common parasites. Parasites contribute up to 75% of all illnesses. Treat yourself on a regular basis with this programme especially in cases of Fibromyalgia, Muscle Pain, Asthma, Endometriosis, Cystic Fibrosis and Bacterial Infections.

Respiratory: A program to treat the most common causes of respiratory ailments such as Coughing, General Flu, Asthma, Bronchitis, Pneumonia and Tuberculosis.

Skin Problems: A general program to treat skin problems such as Psoriasis, Eczema, Boils and Acne.

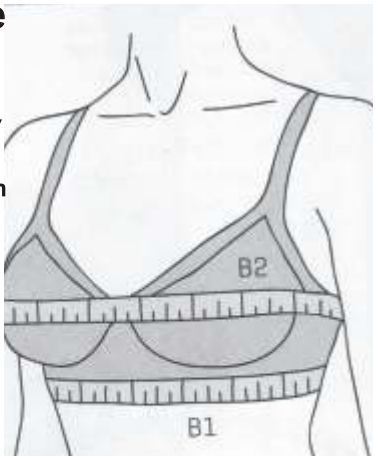
Wound Healing: This Programme helps with the Healing of Cuts, Sores and even Scars. A very good programme to use just after an operation. It helps healing the incision marks or keloids, and all other affected areas.

Contact us today for your scan for the best price in Gauteng.
Only R150 a scan which includes a FREE detox session.

ELIZE AUCAMP

Cell: 079 352 0841

For good measure



You've probably been buying the same bra size for years, not giving it too much thought.
But did you know, most women are wearing the wrong size? This can cause headaches or back pain. Find the perfect fit: you just need a tape measure with inches (the unit used for bras)

BAND SIZE:(B1)

. Wrap the measuring tape around your ribs, just under your bust. Make sure it is level and fits lightly but comfortably.
. Round off the result to the nearest whole number.
. If it's even, add 4, if it's odd, add 5. For example if you are 28 inches, your size is 35, if you are 31 inches, your size is 36.

BUST SIZE: (B2)

. Wrap around the tape at about nipple level.
. Round off your result to the nearest whole number.
. Subtract the band size from the bust size, then use the chart below to determine your cup size.

WHAT'S YOUR BUST SIZE?

0	1	2	3	4	5	6	7
AA	A	B	C	D	DD	E	F

Happily Married



A man and woman had been married for more than 60 years.
They had shared everything.
They had talked about everything.
They had kept no secrets from each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.
For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.
In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling $95,000.
He asked her about the contents.
'When we were to be married,' she said, ' my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll.'
The little old man was so moved; he had to fight back tears. Only two Precious dolls were in the box. She had only been angry with him two Times in all those years of living and loving. He almost burst with Happiness.
'Honey,' he said, 'that explains the doll, but what about all of this money? Where did it come from?'
'Oh,' she said, 'that's the money I made from selling the dolls.'

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