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Issue 72

Happy Mothers Day



Charmaine Janse van Rensburg

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Editors note

Load shedding

The word "load shedding" is on everybody's lips.

One need to plan our day accordingly to the load shedding schedule. There is just one problem, I wish they could stick to their own schedule.

Now is the time to buy gas bottle's, candles etc. I am not used to the dark ages. I heard a joke about the word "LOL". There is a new meaning to the word Laugh out Loud. It now means Lots of load shedding.

But I can assure you this is no laughing matter, when you are in the middle of work on your computer and there is load shedding. When your dinner is almost done, and the power goes off.

All I can say is "be prepared, seems like this is going to be with as for quite a while". With winter on our doorstep it's not going to be easy. This is the time where we need to work smart, to try and overcome the load shedding. Businesses are suffering, crime seams to increase. This is a nightmare. One thing is for sure you are not going to get discount on your electricity bull, we got an account of R14000. Can you believe this, but apparently they there is a mistake. Yes there is a big mistake!!!!

On a lighter note, It is almost Mothers day. I am sure you know what to do. Spoil your Mother but not only on Mothers day do it every day. Mom's are very special people "I think they are God's angels". Mothers just know what to say, they give a smile when you need it most, mom's love will never stop. No matter what!!!

Happy Mothers day to all the Mothers. May all your dreams come true.
Mom take time to spoil yourself every day.

Charms xoxo

Charms XOX

Top Vibe Magazine

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Happy Mother's Day



Happy Mother's day Mom!

My Mom will celebrate Mother's day in Heaven where she did for the past nine years.
I wish Heaven had visiting hours, Mom I miss you sooo much there is no words that can begin to describe the way I miss you.

You are the best dressed angel, a remarkable women and mother. Once again I will miss you on Mother's day.

But you will always be in my heart.....
Love you forever!
Xox

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Wie is Charmaine Janse van Rensburg, die vrou agter die kamera?



Pieter -Charmaine se man het sy lyf fotograaf gehou!

As jy al ooit vir n foto sessie by Photo Diary & venue gegaan het, sal jy weet, dis die een fotograaf wat jou regtig op jou gemak laat voel. Sy maak seker die spesiale oomblikke word vasgevang, en bring die beste na vore in elke peroon.

Maar waar het die kreatiewe fotografie begin?

Ek het vir n groot korporatiewe maatskappy gewerk as aankoper, en dit ook baie geniet, maar die 8 tot 5 ure het lank geword en die tyd by my kinders net korter en korter. Ek was nog altyd ‘n besige mensie met klomp hooi op my vurk, en het al n hele paar dingetjies gedoen.

Fotografie het begin as ‘n stokperdjie.

‘n Vriendin van my het besluit om by Port Edward te trou , so 4 jaar gelede, en my sommer dadelik ingespan vir die fotograaf. Ek moet erken dit was ‘n heerlike diepkant swem! Hoe groot was my (en haar) vreugde toe sy as bruid van die maand aangewys is! Dit was ‘n heerlike triomfanklike gevoel.

Daarna het ek fotografieklasse deeltyds geloop en kursusse begin doen. Die stokperdjie het groter en groter geword....

Ek het uiteindelik die besluit gedoen om finaal te bedank en voltyds in die fotografie in te gaan. En was dit ‘n leerskool! Klomp verskillende mense met verskillende idees maar altyd iets nuuts en opwindend.

Tans het Photo Diary ‘n interessante binne foto studio met klomp verskillende hoekies asook die buite venue, waar kliente veilig kan parkeer en avontuurlustige fotosessies kan geniet.

Ek sal myself as ‘n plat op die aarde fotograaf beskryf, een wat oomblikke wil vasvang hoe dit op daardie moment was.

Een van my baie gewilde foto sessies is die ~ Sexy Lady Boudoir.

Dit word slegs vir die dames gedoen, en sjoe, dan kuier ons diep!!! Die vrou se mooi sagte sensualiteit word vasgevang op kamera...’n sessie wat baie meer is as net ‘n perfekte foto. Ek leer ken die persoon, voor my kamera, en ons raak vriendinne. Sulke foto sessies is kosbaar vir my.

Sukses word nooit alleen bereik nie, daars altyd ander persone ook verantwoordlik, my man Pieter, my seun Mark en my dogter Charmazel.

My hartklomp bly my gesin, dis hulle wat ook altyd help as ek nuwe idees wil oefen of regmaak vir ‘n foto klient. My man sal vining die studio help inrig met nuwe idees, of buitekant hekke neersit of paadjies maak. Die kinders help met props aandra, en hul ogies is ook al netso geoefen om nuwe props raak te sien of n mooi foto idee vir ma te kom wys.

‘n Dankbare hart is wat ek het teenoor God, my gesin en my moeder.

Mei maand is Moedersdag maand en ek wil graag vir al die moeders n spesiale fotosessie aanbied. Kontak my gerus by 0836811514 of charmainejvr7@gmail.com om ‘n studio sessie te kry vir slegs R350-

Daar is ook n goeie pakket beskikbaar vir die ~Sexy Lady Boudoir vir slegs R580-

Natuurlik wil mammas mos liewer hulle hele familie bring vir ‘n familie sessie...wel dit kan ook gereël word! Mei maand is juis ‘n lekker maand vir familie fotos, met die blare wat val en die seisoen wat draai, is dit die perfekte tyd.

Maak seker julle neem genoeg fotos, spandeer genoeg tyd saam die persone wat belangrik is, die lewe is te kort.

~ Om te kan leef, is die skaarste ding op aarde. Die meeste mense bestaan, dis al ~ Oscar Wilde.

JorineRich boerseun.



Die twintigjarige Jorine Rich is in Mei 1095 in Pretoria gebore. Op die ouderdom van agt jaar, het haar gesin na Botswana verhuis. Sy was bevoorreg om vir twee jaar lank tuisonderrig te ontvang en sodoende Botswana saam met haar pa te verken. Op die ouderdom van tienjaar is Jorine terug skool toe.

Sy het haar hoërskool opleiding voltooi aan die Hoërskool Elisras in Limpopo waar sy ook Hoofmeisie van die koshuis was. “ Ek het groot-geword tussen Khaki hemde, Cruisers en John Deer Trekkers” skerts Jorine.
Sy het vokale, optrede en liedjie skryfopleiding ontvang by Studio Cha en sing al van dat sy kan onthou maar dit is eerd vanaf die ouderdom van sestien wat haar sang in die rigting van ‘n loopbaan begin beweeg het toe sy by verskeie geleenthede die verhoog met groot kunstenaars soos Jakkie Louw, Mathys Roets, Gerhard Steyn, Willem Botha en vele ander bekendes begin deel het.
‘N Paar jaar later kruis haar paaie met die van Heinz Winckler en onder sy ongelooflike leiding voltooi sy gedurende 2014 haar pop rock debuut album, *Boerseun* by Studio Cha in Pretoria.

Boerseun word gedurende April 2015 by die Absa KKNK in Oudtshoorn bekendgestel, waartydens Jorine heelwat optredes sal doen. Haar doelwit met die album was om in Afrikaanse pop rock te vertel wies sy is en waar sy vandaan kom.

Die eerste enkelsnit vanaf die album ook getiteld Boerseun, word aan die radiostasies landwyd uitgereik.

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Ander passie:-
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Queen / Tina Turner.

Gunsteling tydverdryf:-
Tyd met familie en kreatiewe ontwerpe.

Belangstellings:-
Bak en koek versiering / Tuin uitleg en ontwerp/ netbal / jag / drama.

Gunsteling kos:-
Pizza.

Wat maak haar gelukkig:-
Sukses.

Wat maak haar ongelukkig:-
Om te misluk.

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SANCA Vaal Triangle -: The stigma of addiction.

Sanca Vaal Triangle is a Non- Profit Organisation in Vanderbijlpark. SANCA is an addiction Centre focusing on the prevention, treatment and management of addiction in the Vaal Triangle.
We particularly focus on helping those addicted to alcohol and drugs.

We see too often the stigma associated with addiction. Little education and the pain that addiction causes leads many to assume that an addict is a weak individual and lacking in morals and will power.

The trust is that addiction makes major changes to the brain of an addict, which in turn leads to a chronic condition requiring an addict to learn and implement skills to manage cravings and minimise relapsing.

In fact, the biggest barriers to patients getting help is the stigma of addiction. The stigma is so pervasive that many family members also resist seeking help for a loved ons and for themselves out of fear of discrimination, shame from feeling like a failure or embarrassment from being judged by others. This happens too often resulting in too many families destroyed.

Addiction affects many individuals and families. But, it doesn't have to be this way. And it begins with sharing stories, better public education and broader sense of acceptance as a treatable disease (similar to diabetes,heart disease, etc.).

Read what these five parents on http://www.drugfree.org/the-stigma-of-drug addiction/ had to say about the stigma of addiction.

Susan: "I have felt shame a bout having a child who is an addict. It's one of the toughest emotions I've had to deal with. The ignorance of others; neighbours, friends, family, ect., Is frustrating and can make you feel bad about yourself. I've found that reading the intervene blog and going to meetings have been a big help."

Colleen: "Family members and friends do not understand. They try, but society and media have them convinced that there is something amoral or weak about addicts. I get asked, "Why would he do this to you?" "Why do you allow him to live this way?" I am perceived as a bad parent by many, and I have been completely torn apart by some neighbours on a very public social network.
My son is considered by many to just be a problem that society doesn't need. I tell my friends and family, " It was his choice to try heroin the first time. That was his very bad choice. After that, he had no choice. No one would choose death or jail if it wasn't a disease. Any one who can't see that, well they are the problem."

Ron: " We spend years hiding from our son's addiction. We denied it, we were ashamed of it and we tried protecting him from it. If we could have disappeared we would have. That strategy served on one well.
When we were able to overcome our shame we were finally able to take the first step forward in helping ourselves and being in a place to help him when the time comes. We also began to realise that when people ask about our son it was because they cared about us and they cared about him. It isn't fair to shut out there people that care for us because we are ashamed and embarrassed."

Manatee Mom: " For me, sometimes the hardest part is the isolation. There are so few people with whom I can share my thoughts and feelings about this. Unless someone lives with addiction, it is hard to relate. Even the most caring person hardly knows what to say. Granted, most people who say the "wrong" things are simply uninformed. But I barely have the strength to cope with my situation much less have to hear these (often) well-meaning, but usually off the mark comments. So rather than expose myself to more pain, I have learned to limit my sharing. I am trying harder to be grateful for those I do have with whom I can share. And I am looking for an avenue to influence a shift in society's attitude towards addiction."

Carol Ann: I noticed something about being the parent of an addict. It is a very lonely thing. If my child had any other disease, the people in my life would be surrounding me with comfort and support. Because my son has the disease of addiction I am left to deal with it on my own... I notice that even if I have a problem with my son that does NOT concern addiction, the others in my life still don't seem to want to help because of what I assume to be trouble he has caused in the past because of his addiction."

As an addict or the loved one of an addict, you don't have to live in isolation and fear. Ensure that you surround yourself with supportive and enlightened team of supporters. If you reside in the Vaal Triangle, do not hesitate to contact SANCA Vaal Triangle. We have a dedicated team to arm you with knowledge and skills to empower you to treat and manage addiction appropriately.

SANCA Vaal Triangle
9 Einstein Street
Vanderbijlpark.
Tel: 016 933 2055

Facebook: Sanca Vaal Triangle *** Blog: sancavaaltriangle.wordpress.com
E mail: sancavaal@mweb.co.za



Vra gerus vrae wat pla, Dr Quinten sal dit antwoord.



Wonderlike nuus!!!

Dr. Quinten Fourie gaan nou weer beskikbaar wees by VAAL PARK NETCARE sessie kamers. Die rooster is reeds by die kamers beskikbaar.

Is daar vrae wat pla? Stuur gerus jou vraag na *charmaine@topvibe.co.za* bv.
Vrae wat pla? Jou naam en e pos adres gevolg met jou vraag.
Let asb daarop dat slegs 2 vrae per persoon gevra mag word.

Jou vrae sal dan beantwoord word, hoop om spoedig van jou te hoor.
Laat weet ook vir ons of daar spesifieke onderwerpe is waar oor julle wil hê Dr moet skryf.

Met die winter om die draai, glo ek die vraag op almal se lippe is hoe bly mens gesond die winter?.



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Top Vibe Magazine would like to thank those who took part in our focus on Tharina Center. If you missed out don't worry there will always be a next time.





Focus END on Tharina Centre Opperman Street, Vaalpark







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Bettie Boop is bekommerd oor haar troon!



Betty Boop

My kommin Troon.

So word ons toe mos genooi na 'n "grand troue" in Pietersburg. O, die klere moet net reg wees, die suites word ge-dryclean, die outfits is gestoom, kar is gepak en ons val in die pad soos bees mis...

Die verkeer is nag, ons senuwees is gedaan, ek wil elke sestig kilometer toilet toe gaan, en daar is nie toilette nie, ons is op die highway en die tannie op die GPS gaan te kere as ons net dink om verkeerd te ry.

So knyp ons nou maar al die pad. Einde ten laaste kom ons daar aan, oë swem nou al van die nood, groet net vinnig en vra waar is die toilet. O, snak ek van verligting nou is die blaas leeg.

Ons tasse word na die spaar kamer geneem. Hier kom die gasvrou met 'n skinkbord met tee, koffie en iets om te eet.

Daar is ook nie te veel tyd vir klets nie, daar moet gebad en aangetrek word vir die troue. Ons is maar stil en teruggetrokke ken nie juis die mense nie.
Na al die vormaliteite, gaan ons saal toe, die saal is darm net vyftien kilometers van die kerk af, die wat rook soos ek trek natuurlik nou daai sigaret se kooltjie bloedrooi.
By die saal word ons sitplek aangedui, en toe word daar mos nou ge speach, Elke troue het mos 'n oom Kosie en tant Sannie, die oom wil tog net met die ou jongetjies dans, en tant Sannie is bang sy mis iets. Oom Kosie wil tog net n paar fotos neem, dit lyk of hy en die fotograwe kompetisie hou, terwyl tant Santjie uitvind waar pas wie in.

Nou is die speaches gedoen en daar word nou so bietjie gedans. Die paartjie open die vloer, en voor iemand kan keer val Oom Kosie en die tannie weg... Hulle dans asof die vloer aan hulle behoort.

Ek sit maar net en vergaap my aan die mense, eenhonderd gaste, sjoe bietjie baie sou ek dink. Ek sit al klaar en maak somme oor wat die gedoente gekos het.
Tyd om te gaan kos skep, ek sit darm nog stewig op my troon, ek kan sien dat ek vanaand baie styf moet vas hou of ek is my troon kwyt. Hier is 'n paar kommin mense.
By die kospotte staan ek nou en bekyk maar die wat voor my staan, daar word gevra wat is die? "Boontjies Mr" nou ja as jy nie eers weet hie flippen boontjies lyk nie dan weet ek nou nie.

Voor my staan 'n oom wat kla sy tande maak hom seer, ai tog ouderdom is 'n pes dink ek.
Sooo raak die saal stil en almal is nou vreetsaam. Na die ete trek die DJ mos weg met 'n paar lekker nommertjies, en daar gaan oom Kosie en die tannie, eerste op die dans baan.

Moet sê die troue was nogal lekker kommin en all, die drank het gevloei en toe raak hulle mos nou al hoe meer kommin.

Ek sit maar doodstil klou so vas aan my troon, my vingers kramp skoon.

Groete Bettie Boop

Lag 'n slag!....

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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.

Sowat tien jaar gelede het die Afrikaanse rock- en kontemporêre sanger en liedjieskrywer, Albert de Wet, sy toetrede tot die Suid-Afrikaanse musiekbedryf gemaak. Van 2006 tot 2012 het hy vyf albums vrygestel en treffers soos onder meer *7de Laan, Bang vir die Donker, 1924, Wat het gebeur by Aliwal-Noord?* en *Highway to your Heart* opgelewer. 'n Lys van nominasies vir gesogte musiektoekennings het gevolg en hy het ook 'n paar van hierdie toekennings gewen. Dié prestasies hoort reeds vir jou te sê dat hierdie sanger van Pretoria meer as net jou deursnee-Afrikaanse sanger is. Sy talent is in beide Afrikaanse én Engelse musiek duidelik. Daarom is dit ook nou met groot vooruitsigte wat sy nuutste album, *Yswarm*, vrygestel word.

Dié album is anders as Albert se voriges weens die feit dat hy vir die eerste keer regtig die insette van musiekkenners verwelkom het. "Ek het al die jare saam gewerk aan elke aspek, waar ek nou vertroue in ander geplaas het en hulle die kreatiewe vryheid gegee het om kuns te maak," het hy gesê.

Daar is vier splinternuwe liedjies op die album naamlik *Yswarm, Heildronk, Daaroor Hieroor Hoekom* en *Roadtrip na jou Hart*. Hierdie liedjies verskyn saam met 'n mengsel van 'n paar van Albert se vroeëre oorspronklike snitte wat deur die loop van sy loopbaan goed ontvang was.

Hy het drie jaar gelede 'n album vrygestel (*Bang vir die Donker)* en meen dat die ruskans nodig was. "Ek studeer regte deeltyds en het besluit om meer tyd aan my studies te spandeer. Ek het nodig gehad om die druk van voltydse musikant-wees te vervang met die passie wat my aanvanklik na musiek gelei het. Op 'n stadium was my passie besig om te verdwyn, daarom was die breek nodig. Ek skryf egter weer en het my liefde vir musiek herontdek."

Waar hy voorheen al sy liedjies self geskryf het, het die 28-jarige besluit om 'n ander benadering te volg. "Ek het saam met skrywers soos Johan Oberholzer en vervaardigers soos Murray Lubbe gewerk en aan hulle volle kreatiewe vryheid gegee. Ek luister vir die eerste keer nie absoluut krities na my eie musiek nie, maar geniet dit bloot vir wat dit is – 'n klompie musiekliefhebbers wat uit die liefde vir die saak iets mooi probeer maak. Ek skryf tans lekkerder as ooit van tevore, maar het nodig gehad om ander invloede betrokke te kry," vertel hy.

Johan het die album se titelsnit geskryf. Volgens Albert was die idee met *Yswarm* juis om ruimte vir kreatiwiteit te skep deur die onderwerp op kontraste te baseer. Dis ook hierdie kontraste op die album wat vir verskeidenheid sorg. Boonop fokus Albert nie op een spesifieke genre nie. "Ek skryf wat ek voel. Ek voel nie altyd dieselfde nie. Dus verskil my genre ook van liedjie tot liedjie."

Yswarm is 'n treffende, vars lied met 'n moderne aanslag en skerp lirieke. Die koor se lirieke lui: "*Jy is yswarm, jy is sop droog, ek is dood onseker ek's die appel van jou oog. Jy is yswarm, jy is klipsag, ek is dood onseker ek gaan stokoud saam jou raak. Ek is dood onseker dis 'n ingemaakte saak*". Boonop is die gewone resep van Afrikaanse musiek afwesig in hierdie uitstekende lied.

Heildronk handel daaroor dat dit die moeite werd is om 'n glasie op die liefde te klink. En wanneer die glasie leeg is, sê die lied, moet ons dronk raak op liefde alleen. Die kreatiwiteit borrel soos vonkelwyn in hierdie lied; die lirieke, melodieë en orkestrasie werk saam om 'n lied te vorm waaraan 'n mens verslaaf kan raak. Hierdie lied sal ook Albert se eerste nuwe enkelsnit wees om op radiostasies te verskyn en dit sal binnekort deur 'n musiekvideo opgevolg word.

Johan het ook *Daarom Hieroor Hoekom* vir die album geskryf en gekomponeer. Johan se liedjies en Albert se stem wérk net. Elke lied is besonders. Nog 'n lied wat uitstaan is *Roadtrip na jou Hart*, met Albert en El-Ben Schutte as medeskrywers.

Dis voorwaar 'n plesier om na dié album te luister. 'n Mens kan amper voel watter energie daar ingesit is. Albert is terug, met mening. "Die lewe het heelwat struikelblokke in my pad gesteek, maar na al die jare het ek besef dat, sonder passie en 'n lus om musiek te maak, is daar regtig nie veel punt daaraan nie. Ek het besef dat ek wel ongelooflik geseënd is en met 'n nuwe vlam in my hart is ek reg om die land aan die brand te sing!"

Facebook: Albert De Wet Twitter: @AlbertDeWet

CD Tracklisting:

1. Heildronk	2. Daarom, Hieroor, Hoekom
3. Yswarm	4. 7de Laan
5. Bang vir die Donker	6. Bietjie van Jou
7. Die Vensters na my Siel	8. Alles en Meer
9. Voel Jy Dieselfde	10. Juliet
11. My Baby Blue	12. Roadtrip na my Hart
13. Ons Troumars	

Music Video – Heildronk:
https://www.youtube.com/watch?v=sdCRKj7YdUk

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As jy jou weer kom kry, dink jy dis nog Maart,
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29 & 30 Mei 2015 maar weer nét hiér kom kry!
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en geniet in die Teetuin die gebak van ons eie hande.

https://www.facebook.com/homesteadguesthouseandcoffeeshoppe
www.xhibitors.co.za/vaalparkkothuismark

Tye: Vrydag, 29 Mei: 09:30–18:00, Saterdag, 30 Mei: 08:30–15:30

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