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Issue 67

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Editor's note


Photo Diary - by Charmaine

It is almost Christmas, the shops have been decorated. Christmas fever is all over. Then one needs to sit down and think about the year that has passed.
What did you do the past year?
Take a long look back on the year that's almost come to an end. Learn from any mistakes you might have made. Do things next year that you could not do this year.

Give more, live more, be more positive and most of all, love more. Time passes by and one neglects things that are important. Don't wait until you loose someone close to you, and then realise "I should have made more time"

Don't let another year pass and ask the same questions. What if tomorrow never comes!!!

Christmas time is a time for giving, sharing and to be with loved ones.
Top Vibe will only be back at the end of January 2015. We have great ideas for 2015 and by the grace of God we will be back with new vibrant things. We having in interview with ***Marietta Theunessin*** in December and you can read all about it in the January issue of ***Top Vibe.***
Don't miss out remember you can download the magazine go to www.topvibemag.mobi or follow us on facebook.
I would like to wish our clients and loyal readers a Marry Christmas and a wonderful new year may all your dreams come true. Please don't drink and drive, don't use drugs!!!
Be safe until we meet again next year.

Lots of love Charms!!!! Xox

Charms Xx

Top Vibe Magazine

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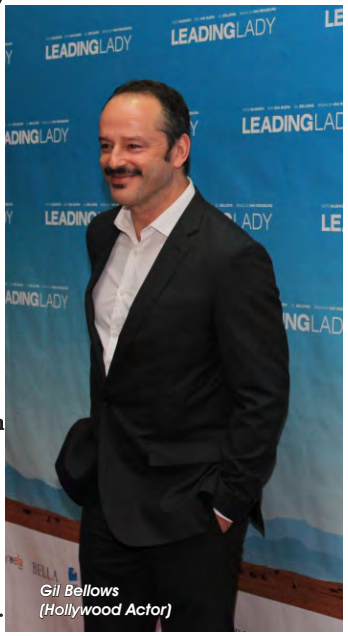
Leading Lady where Hollywood meets South Africa on Vaal siol.

Hosted for South African celebrities and personalities, not to mention Hollywood actor Gil Bellows and a performance by SA music sensation Matthew Mole - all in celebration of this cross romantic comedy that recently secured US distribution for 2015.

Leading Lady stars Andrè Stolz, Brumilda van Rensburg, Bok van Blerk and Katie McGrath (*Irish actress*).
Henk Pretorius the writer/producer/Director and Executive Producer. of Leading Lady, and Liewelynn Greeff Executive producer. Two very talented men.
The marketing was done by Alishia van Deventer from **Starburst Promotions** in the Vaal. Parts of the movie was filmed in places in the Vaal like Walkerville, Homestead, Basil McDougalls Farm, Colins Farm and HF Verwoerd street 54, Heidelberg.

It is an awesome movie, congratulations to everybody involved in the making of the movie. Thank you Alishia- **Starburst Promotions** for inviting **Top Vibe** to a wonderful première.!!

Good luck we trust there will be more movies on it's way!!!! Well done.


Gil Bellows (Hollywood Actor)


Charmaine Editor (Top Vibe Magazine) and Actress Brümilda van Rensburg
Photo Diary -by Charmaine


Henk Pretorius (Producer) and partner


Liewelynn Greeff (Production) and partner.


Doctor Quinton Fourie and Charmaine Editor Top Vibe Magazine
Photo Diary -b


Zetske van Pletzen and Altus Theart.
Photo Diary -by Charmaine

I got flowers today!!!

We are putting the spotlight on abuse against Women. Statistics shows that every six hours a women dies at the hand of the man in her life. One out of every three women has been abused by the man in her life.
More than seven hundred women went to jail, because they fought back.

Don't allow this to happen to you.

I got flowers today it wasn't my birthday or any other special day. We had our first argument last night, and he said a lot of cruel things that really hurt me.
I know he is sorry and didn't mean the things he said because he sent me flowers today.

I got flowers today it wasn't our anniversary or any other special day. Last night he threw me into the wall, and started to choke me.
I couldn't believe it was real. I woke up this morning sore and bruised all over. I know he was sorry because he sent me flowers today.

I got flowers today it wasn't Mother's Day or any other special day. Last night he beat me up again, and it was much worse than all the other times. If I leave him, what will I do? How will I take care of my kids? I'm afraid of him and scared to leave. But I know he must be sorry because he sent me flowers today.

I got flowers today. Today was a very special day. It was the day of my funeral. Last night he finally killed me. He beat me to death. If only I have gathered enough courage and strength to leave him, I would not have gotten flowers today.

Stop abuse today.. Don't wait till it is to late.
There is help call Lifeline, talk to a friend, doctor anybody just get help before it is to late.



Marietta Theunissen



While our readers are planning there vacation in December I'm having an interview with Marietta Theunissen.
This is going to be very interesting I am so excited. I have been wanting to meet Marietta for as long as I can remember.

Marietta and her daughter Julia are from *Other Wolds Tomorrow.* These are is two very gifted ladies.
It is remarkable. I listened to the radio interview they had with Quinton of *IFM 102.2*. They were able to make a reading on someone just by reading the sms the person sent in. Telephonically the same. I was stunned when the person verifying everything that Marietta told her.
Do you believe that someone can make contact with somebody on the other side?
Did you lose a loved one and would like to know about them?
Please forward your questions to:
charmaine@topvibe.co.za
Red.

Health Matters

Remember every month should be breast cancer month.

Breast cancer - what you can do.

Breast cancer is the most common cancer among South African women.

It usually affects women aged 40 -50, but it is important for women of all ages to get screened regularly.

CANSA
Contact your nearest Care Center 0800226622 or canca.org.za / cansa-care-centres-cintack -details for info.



Women should check their breasts every month. ' Look for any changes to the size, skin or nipple and feel for lumps". If you haven't checked your breasts before, let the clinic nurse show you how.

If you notice any changes or feel a lump, don't panic. The lump could be a build-up of fatty tissue or an abscess.
And if you're breast feeding, it could be blocked milk duct.
The clinic staff will refer you to a hospital for a mammogram and further testing. If you are diagnosed with cancer, you usually have a few treatment options. You might need an operation to remove the lump or the whole breast, plus chemotherapy, hormone treatment and/or radiation.

This will be a traumatic time for you and your family, so get professional support. The Cancer Association of South Africa (CANCA) offers free counseling and support groups.

Die Grootste Liefde Ooit.

'n Brief aan my kleinkind.

*V*erlede jaar Oktober het ek verlief geraak, nie iets wat ek op my ouderdom verwag het nie, maar ek het dieselfde heerlike lighoofdige gevoel soos in my tienerjare ervaar.

Ek was vreemd senuweeagtig om my eerste kleinkind die eerste keer te ontmoet, maar die oomblik toe ek haar vashou en haar klein vuisie om my vinger vat, was ek verlore.

*E*k het geweet ek gaan vir die res van my lewe haar slaaf wees, dat ek sal straal van blydskap elke keer as ek haar sien, dat ek sal 'coo' met elke foto en in ekstase sal wees met als wat sy bereik en dat ek alles waarmee ek besig is net so sal los vir 'n kansie om tyd saam met haar te spandeer.

*E*k hoop dat ek en sy beste, beste vriendinne sal wees, geheime sal deel, prente boeke sal lees, kook, verf en lang ente gaan stap en sommer allerhande mal goed gaan doen wat ons nie sal waag om vir haar ouers te vertel nie.

Om ouma te wees gee my 'n tweede kans. Om meer te glimlag, meer geduldig te wees, om altyd goedaardig te wees en om als pret te maak.

*D*is onmoontlik om stil te bly oor my ouma-skap. Ek wil hê almal moet dit weet, want die trots wat ek voel met my nuwe status is kragtig en nie iets om geheim te hou nie.

Ek hoop dat ons baie tyd saam sal kan spandeer om hande vas te hou en net te lag en pret te hê en ek hoop dat ons verhouding vir haar net so verreikend sal wees as wat dit vir my is.

Redaksie:

Dit is wonderlik om so bief te ontvang van 'n ouma aan haar kleinkind, ek glo dit is 'n voorreg en kom net eenmaal in 'n mens se lewe oor jou pad. Gryp die geleentheid vandag aan as daar 'n ouma of oupa daar buite is wat nie die kans het om met hulle kleinkinders te spandeer nie. Verander dit vandag, maak tyd.

Dit is jou kind se kind. Hoe kosbaar kan dit nou wees!!

Ek het 'n traan gepik toe ek die brief lees en dit goed gedink om die brief te plaas in Top Vibe en ek is seker hierdie ouma gaan dit bewaar vir haar kosbare kleinkind.

Dankie Tersia jy is 'n liewe ouma xox

Red.



My pad na 'n nuwe ek!- Jannien Muller.

Alles het begin een Donderdag middag in 'n haarsalon, ek was op 'n baie depressiewe stadium in my lewe, My vriendin en ook die Eienaar van ***Headlines*** haarsalon het my vertel van die bekende Dokter en sy dieet. Soos soveel keer tevore het ek gedink nog 'n dokter nog 'n dieet. So is die hare gedoen en alles, en oppad uit kom daar 'n Tannie op my af geloop (verskoon die plat Afrikaans, ek kom van die platteland af) en omhels my tot vandag ruik ek die skerp reuk van kaneel olie wat sy aan my gesmeer het, eers het ek dit baie vreemd gevind, aangesien ek haar van geen kant af ken nie, my vriendin het my verseker dat ek my oor niks hoef te bekommer nie. Wel twee weke terug dis 5 en half maande na my wonderlike reis vind ek uit die Kaneel-Olie-Tannie is 'n Pastoor en daardie dag in die Salon het sy my gesalf.

Die Here het haar daardie dag oor my pad gestuur met n spesifieke doel! Ek het toe Meneer Dokter gebel en die AFSPRAAK gemaak. Met baie vrees, vrae, onsekerheid en twyfel het hom op 3de Julie 2014 besoek, daar aangekom het hy my een kyk gegee en gevra hoe oud is jy, my gemeet, geweeg, en en en, my hele BIO, wou hy weet. Ek is 24, weeg 97.6kg en staan 'n volle 1.57m my skoentjies vol ek was 37.6kg oorgewig!! Sy woorde: "Met jou leefstyl wat jy nou handhaf is jou gesondheid in gevaar(hart en cholesterol probleme) en kan jy dalk nie 30 sien nie.Die emosie wat deur jou gaan is onbeskyflik, ek wou in 'n hoekie inkruip en huil wag, eerder 'n berg uit hardloop klink beter. So hier sit ek op 24 jaar met 37.6kg om te verloor, waar begin mens? hoe begin mens? wat verander jy eerste, wat gaan die mense dink? Dis maar die begin van die vrae, wat op jou wag.

Die antwoord jy begin by jouself! Die lewe begin eers as jy uit jou "Comfort Zone" is! En gaan elke dag op jou knieë en vra die Here vir die wilskrag en uithou vermoë, want as Hy saam jou is, Wie kan teen jou wees? Ek het baie krietisie gekry, maar jy kom daar deur, ja daar was baie moelike dae, baie temtasie, maar die wenstreep is BAIE, BAIE meer die moeite werd!! Tot en met nou het ek al 32kg verloor van my 37.6kg wat ek moet verloor. Dankie vir elkeen se ondersteuning my aanstaande, vriende, familie en "Meneer Dokter"

Glo my as ek dit kan doen kan jy, ook ja JY!

Ek wil graag van hulp wees, so as jy vrae het stuur dit asb aan Top Vibe charmstopvibe@vodamail.co.za ek sal julle vrae na die beste van my vermoeë antwoord.

Foto's verskaf deur Jannien Muller.

Top Vibe wil jou geluk wens dit is 'n mylpaal, baie geluk en geniet die nuwe JY!!!





elbax

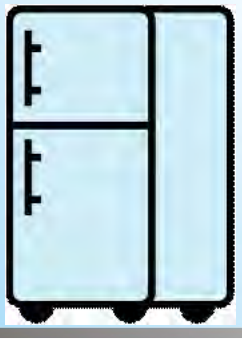
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Top Vibe Magazine

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To all the BNI members and their family's all the best for 2015.

Our loyal readers, may you and your families have a blessed Christmas and a propres new year.



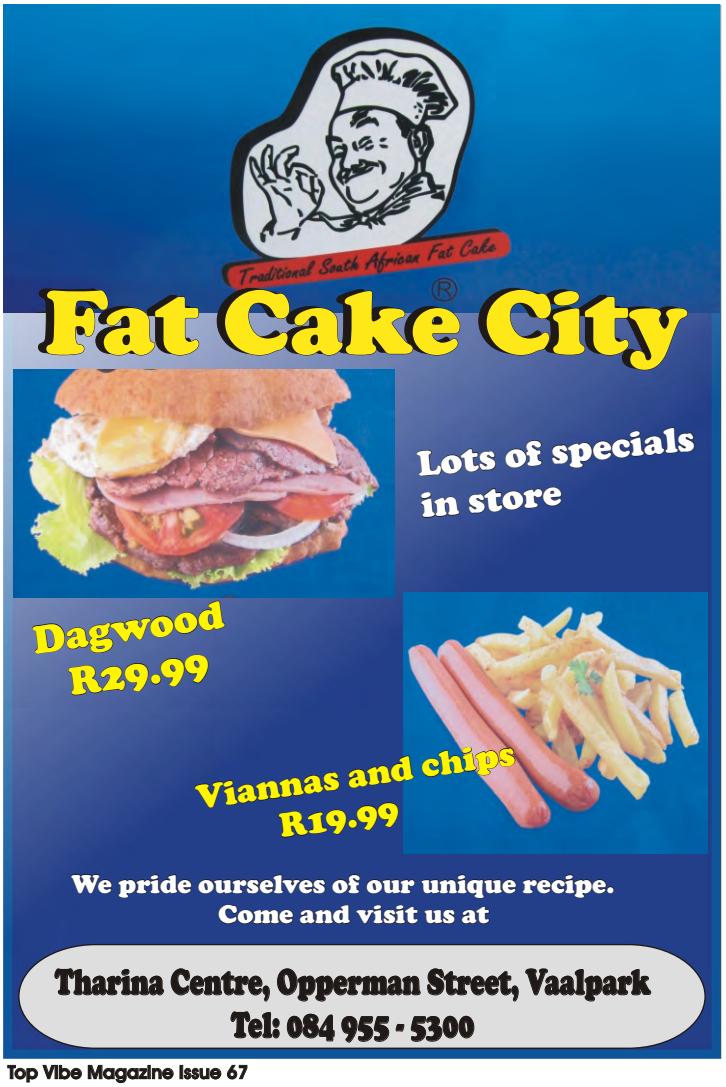
Top Vibe will be back in 2015 with a bang!!! With a new look!!



Wil jy 'n eier lê?

Stuur vir ons 'n e pos na charmaine @topvibe.co.za en vertel ons waar oor jy 'n eier wil lê.







Tip for the Xmas period. By: Becky Maxidor

In a criminals mind the Christmas period is a time for taking not giving, make sure you follow these simple steps to keep your family and property secure.

* Keep gifts cash and valuables safe and well hidden so they can not be seen or reached by criminals.
* Don't leave handbags in the Kitchen.
* Lock doors and windows before you go out. Don't forget to set your alarm.
* Leave outside lights on, when going out leave inside lights on and close your curtains.
* If you are going on holiday ask a neighbour to collect your mail and newspapers.
* Inform your neighbours and alarm company if you are going on holiday.
* If anyone you don't know want to enter your property ask for ID.
* Don't leave empty boxes outside advertising what you have just bought.
* Never leave any hand or garden tools lying around.
* Always keep security doors locked even if you are in the property.

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Wie is die skrywer van Bettie Boop?



Die sms'e het ingestroom maar ongelukkig was daar geen korrekte antwoord nie.!
Daar is besluit om nog nie die skrywer bekend te maak nie. Ons sal wel hier en daar 'n leidraad gee na elke Kommin troon in 2015. Sit jou leidrade bymekaar en stuur weer jou sms vir ons!!!

My Kommin Troon

Ek staan nou die dag by een van die winkels wat foto's ontwikkel en wag geduldig my beurt af.

Die ou voor my is baie ontsteld want hy het die vorige dag foto's kom afhaal en sy vrou het hom terug gestuur omdat daar 17 foto's kort en dis juis die wat sy nou wou hê.

Hy is sommer ongeskik met die girl wat daar werk en trap haar uit van 'n kant af oor hoe onnosel hulle is dat hulle nie kan byhou met mense se goed nie en soos hy spoed vang, raak hy al hoe meer histeries. (Sy vrou was seker regtig op sy case.)

Die foon lui en ongeag hoe sy nou net behandel is, antwoord sy baie vriendelik en professioneel. (Ek noem dit, want dit gebeur nie meer nie).

"Thank you for calling ABC, how can I help you?"

Ek hoor die ou aan die anderkant., want die is net so ontsteld. "Ek was gister middag daar en die ou voor my het 17 foto's op die toonbank gelos en ek het dit per ongeluk saam met my foto's geneem. Watse ******* idioot los sy goed op 'n toonbank?"

Sy het baie kalm die foon gevat, dit vir die ongeskikte man in die winkel aan gegee en gesê: "Meneer, dis vir jou.

Ek het geloop, want ek kon my lag nie hou nie.

Die mensdom darm ai, Bettie Boop wil al die lesers 'n Geseënde Kersfees en als wat mooi is vir 2015 toewens.

Raai maar lekker wie ek is, vir nou is ek Bettie Boop tot my ware identiteid bekend word.

Groete BB

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? Happy Holidays!!!



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05 Dec :-	Nelson Mandela Business Memorial.
06 Dec:-	Janine Setzer - Live your dream Charity Concert Barnyard Vereeniging
15 Dec:-	Printers close Top Vibe Magazine will be out end of January 2015
01-30 Dec:-	Year end shows I'll be your substitute - Barnyard Vereeniging

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Vaalpark: *Tarina Center, Dr Fourie, Henberg, Pizza Boss, Spar, Face and Body, My seepwinkel*
Naledi Industrial Park: *Restaurant, and all the businesses.*
Sasolburg: *Wimpy, Nando's, Checkers Center, Scooters Pizza, JM'S Spears.*
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.



Leading Lady tells a story of an idealistic British drama school teacher, Jodi Rutherford, who persuades an initial reserved and rather dour South African farmer, Kobus Willemse, to prepare her for the role in a major film as an Afrikaans war heroine.
In return, Jodi undertakes to organize and direct the annual concert on the Willemse farm.

Jodi's interaction with the quirky small- town citizen and stubborn Kobus teaches her that there is more to life than "lights, camera.. .. action!" Or is there...?

Leading Lady staring Jurassic World's Katie McGrath and South Africa Alpha boer, Bok van Blerk, will release in South Africa on 28 November 2014 already in the USA summer holiday in 2015.

Top Vibe was at the movie premier of Leading Lady. I would like to congratulate Alishia van Deventer (*Starburst promotions*) for remarkable work on promoting the movie.
As always it was a well organised event. Alishia is well known in the music industry, she is making her mark in the movie industry and is doing it with flyng colours. She is a very hard working lady and doesn't like to be in the spotlight. I would like to just give her some credit for the work she does.
Alishia is one amazing women!! Well done Alishia.

The movie is awesome!!! Hollywood meets South Africa on home soil, or is it just the other way around.?
Leading Lady is one of those movies that you want to see again and again. One has to applaud the producers. This is a spectacular movie for the whole family to enjoy,. Laughter is what we need now a days. Life is so serious, we need to laugh more, and this is exactly what this movie is all about

I would recommend this movie 100% go out with your family and friends and have fun!!!!
I am definitely going to see Leading Lady again!!!

Our Twitter Handles: #LeadingLadyMovie

#BritVsBoer

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STARBURST PROMOTIONS



How Can I Help An Addict, Even If It's Me?

SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. The first question usually asked at SANCA is how to stop an addiction.

The first step to stop the process is to admit there is a problem. This has to be an honest and clear admission – not something I say today and deny tomorrow. Not only the addict denies, but their loved ones also ignore the realities. A mother, father, or spouse doesn't want to face the possibility that things won't just work out on their own.

What loved ones typically do is punish the user, thinking that somehow that will wake them up. The only thing accomplished is that the addict gets a bit better at concealing their habit. They will lie, cheat and steal to avoid the consequences and keep using.

Punishment isn't the answer. Help is needed. We know a great deal more in the new millennium about how to treat addiction than we knew even ten years ago. That is why admitting the problem is so important.
Step one is admission, and the next step is to seek real help.

Knowledge is power:

If you or a loved one is addicted, it is time to get educated. Not all addictions are the same. Some require serious medical intervention. The Internet is a good source of information. It doesn't replace professional help, but it can keep you from making obvious mistakes. SANCA is always willing to assist and educate where necessary. An online support group or forum where you can ask questions may also prove useful. There are many recovering addicts out there who are ready and willing to listen. It is a powerful thing to talk to someone who has traveled the same road.

Join a support group:

SANCA offers a support group as does Alcoholics Anonymous and Narcotics Anonymous. One of the obstacles to recovery is a feeling of isolation. The support group will give needed encouragement, education and support.

Seek professional help:

Addiction is a medical condition. When the habit has become well rooted in someone's life, it is extremely hard to simply change. The path to recovery requires a guide. Modern rehabilitation involves withdrawal followed by therapy to teach the skills needed to stay on track.

Don't give up:

Studies show that professional treatment followed by group meetings is the best chance for real change. Even so, many addicts will relapse. Some will relapse and need in-patient treatment many times before they get any long-term recovery. But the alternative - untreated addiction – is too dire to simply surrender. It is a mistake to think you've plumbed the depths of how bad an addiction can get. Without a serious and continuing effort, it will get worse… and then still worse.

A wise, recovering alcoholic once put it this way, "The disease of addiction is like riding an elevator down into hell. The elevator is slow, but it only goes down. What I wish people could realize… the thing their addiction tries to hide from them… is that you can get off the elevator any time. You don't have to ride it all the way down."

Courtesy of MyAddiction.com

Remember, SANCA Vaal Triangle is there to assist you!

Follow our blog: http://sancavaaltriangle.wordpress.com

SANCA Vaal Triangle is a Non-Profit Organisation.

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

T: 016 933-2055. Facebook: SANCA Vaal Triangle.

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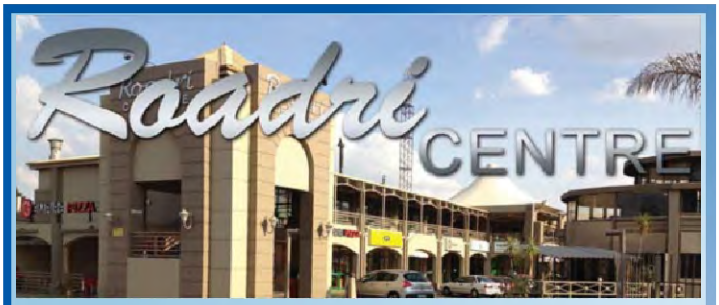


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Wishing our clients all the best for 2015!!!!!!



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- Road Construction companies
- Interested Entrepreneurs
- Any other companies with residual waste or resources
- (NB: 1 representative per company)

For further information or to book your seat please contact Adrie El Mohamadi @ Email: adrie@sgrif.co.za | Cell: 082 902 4083

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A World of Good Wishes to all our loyal listeners and advertisers. One of the real joys this holiday season is the opportunity to say thank you and wish you the very best for the new year!

May 2015 be our best year yet!

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