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Issue 78

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Top Vibe turns 7!

Editors note

Top Vibe Magazine celebrate 7 years in business.



What can I say, 7 years in business with amazing advertisers.
Thank you, from the bottom of my heart. I am so blessed with the best people that advertise with us, for your friendship and quick coffee's every now and again.
This allow us to bring you a magazine every month filled with interesting reading material and great business deals!.
Thank you Charmaine owner of Photo Diary and Venue for being the photographer of our cover page's over the past year, for attending most of the red carpet events we had loads of fun! Dr. Quinten Fourie, never to busy to answer the medical questions from our readers, thank you for your friendship. You'r the best!
Our loyal readers, thank you for your comment's by SMS, WhatsApp or your like on Facebook, it's great to get feedback from you! Big thank you for the special people that's in the background behind the scenes, (you know who you are) I love you to bits...
Thank you for the motivation, distribution and everything else. You make my world go around.

We had good times and bad times, laughter and joy. But every step of the way it was worth it.
Along the way we have been invited to red carpet events. Shook hands with the best actors, celebrities, the rich and famous. International super stars. The glamour's events!
But there was also the sad things to do, like charity for Cancer, charity work for children in need, drug and alcohol awareness, helping the elderly in need. We are great full for the opportunity, where we could make a difference but sad at the same time, wishing that one could do more.

We are still busy growing, and striving towards perfection. With the help of our clients and readers we will get there. Looking forward to another 7 blessed years of doing business.
Just a reminder that Top Vibe now also have a Movie and Food blog - don't forget to follow us on Facebook, where lots of fun things happen and where you can give your comments.
We are already busy planning new exciting things for 2016, make sure that you are part of it. We are very excited and will keep you posted as things develop.

Xox

Something only a few people know is when everybody is going away for the holidays in December we at Top Vibe do our planning for the next year.
We are still looking for freelance people for the marketing of the business, if you feel you got what it takes to become part of a vibrant team you know where to find me. Remember we are a fun magazine, LOL first work and then fun!!! Or is it now fun and then work join us and find out for yourself.

On a serious note, I thank our Father in heaven every day for all the blessings and for the wonderful and not so wonderful people who cross my path. I learn something new every day, understand people more and get to love some even. Life is so precious we need to stop and smell the roses, make time for one another, make every second count. We only have one life and we need to live it to the fullest.
Thank you to each and every one that crossed my path.
Till next month, Charms x0x

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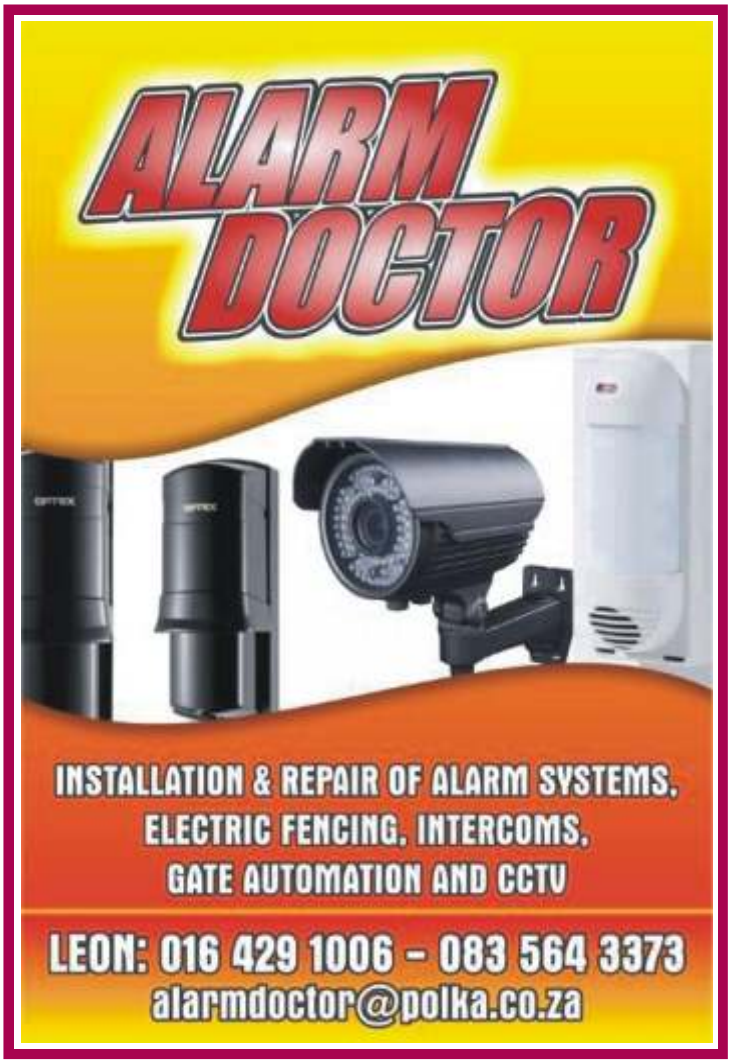
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Make your Money last



With Christmas round the corner, set some rules on festive - season spending now, to reduce stress next month.

We all look forward to the end-of-year holidays, but if we aren't careful this month it can spoil all the fun, not to mention get the new year off to a bad start.
If you start putting saving strategies in place in November, you will thank yourself later.

STICK TO YOUR GUNS!

To ensure that you have maximum spending power in December, take the time to create a budget, and stick to it.
"Prioritise your normal expenses first and any debt repayments you currently have", says certified financial advisor Gerald Mwandiambira. Include the money you plan to spend on gifts, entertainment and holiday expenses.
Consider easing the pressure on your festive budget by setting aside money in a saving account this month.
"A third of people who go insolvent during the first three months of the year have been tipped over the edge by excessive Christmas spending" says business coach Izak Strauss.

ADVANCE PLANNING:

If you're crafty, you can start making your festive-season gifts for friends and loved ones now. Pinterest is crammed with great ideas (www.pinterest.com) - with everything from Christmas card designs to sewing patterns for a kids playhouse tent.
You can also start a collection of unwanted birthday presents that can easily be re-gifted come Christmas time.
Another way to save money on gifts is to the 'Secret Santa' route, and the earlier you start the better, because that way each person will receive a really special gift that's had thought put into it. This means each family member draws a name from a hat and then gets a gift from that person. There's usually a price limit on the gifts too." You can set a price range for the gifts, and save even more money as only one gift is required of you, says Mwandiambira
However, this means you can afford slightly more on the one gift you buy, so everyone scores.

BULK BUYING IS YOUR FRIEND:

Planning ahead when it comes to festive meals is also a great way to save money. Buy in bulk in advance, and stock up on essential items in November, making use of sales and special offers. You can also look out for coupons in Sunday newspapers- this could result in substantial savings on your food bill. Spread food shopping evenly across family members, and ask everyone to bring a dish or dishes to be shared, so that the person who host the festive meals isn't lumped with all the expenses.

IT IS THE THOUGHT THAT COUNTS:

As Strauss puts it " Spending time with the people you love might be enough of a gift". Here's to clever saving this month, and happy end of year holidays









Nuut "Top Vibe Movies" op Facebook

Top Vibe hou jou ophoogte van gebeure in teaters - rooi tapyt funksies, bekendes en nog meer. Word 'n vriend op ons facebook blad !!!

Die Sneeukoningin is 'n internasionale animasie fliek wat vir die eerste keer eksklusief in Afrikaans deur Indigenous Film Distribution www.indigenpusfilm.co.za reeds op 30 Oktober 2015 in Suid- Afrika vrygestel. Dit is gebaseer op die oorspronklike, klassieke feëverhaal deur Hans Christian Andersen, wat in 1845 vir die eerste keer gepubliseer is.

Die storie handel oor 'n dogtertjie en seuntjie, Gerda en haar broer Kai, wat die stryd aansê tussen goed en kwaad.
Die pragtige tonele, klassieke verhaal en wonderlike, hoë gehalte animasie van die animasie maatskappy, Wizart, sorg dat hierdie 'n klassieke avontuurrolprent is wat 'n internasionale gehoor sal bekoor.

Kyk die lokprent hier:

https://www.youtube.com/watch?v=B4zz1cBE5W8

Sosiale Media:

Facebook:
https://www.facebook.com/pages/ Sneeukoninging/ 480055375448638 2?fref=ts

Boere raad en verbruikers wenke:

In gestuur deur: Lilly

Eiers:

*Maar seker die eiers is op 'n koelplek as jy dit aankoop, dit voorkom dat organismes groei.

*Moet nie gekraakte of vuil eiers koop nie.

*Die kleur van die eier het nie noodwendig 'n negatiewe uitwerking nie.

*Kyk wanneer is hulle vervaldatum, Januarie word byvoorbeeld aangedui as 0001 en Desember as 365.

*Eiers wat bo dryf in 'n pot as jy dit kook is nie altyd so vars nie.

*As jy die eier oopbreek om dit gaar te maak, gooi dit eers in 'n piering anders kan jy die ander eiers bederf as daar 'n slegte eier is.

*As jy 'n eier oopbreek om dit gaar te maak en die eiergeel loop dadelik dan is die eier nie baie vars nie.

*Eiers bly langer vars as hulle by 'n tempratuur van 5 grade C en by 'n vog gehalte van 70% tot 80% bewaar word.

*Dop gekookte eiers dadelik af om te keer dat swartkringe om die eiergeel vorm.

*Bêre eiergeel in 'n koppie in die yskas en bedek met koue water om te keer dat 'n skil vorm, gebruik binne vier dae.



Wat is jou vraag?

Dr. Quinten Fourie beantwoord jou vrae:

Wat kan ek doen om PMS te beheer?
Ek kry baie erg PMS wanneer dit daai tyd van die maand is. Dit gaan al vir jare so aan , maar dit word net al hoe erger. Is daar 'n natuurlike manier om die simptone minder te maak of onder beheer te kry?

Fotograaf: Charmaine Janse van Rensburg

Dit is belangrik om te weet dat PMS elke maand anders kan wees, en dat jou voorbehoedmiddel die simptome kan aanhelp of vererger. Om jou voorbehoedmiddel te vaeander kan help- laat ook jou hormone, insluitend vroulike testosteroon, DHEAS en skildklier, check. Daar is ook verskeie natuurlike produkte beskikbaar, maar dit werk nie vir almal nie. Elke vrou reageer anders, en elke vrou kan verskillende bydreande faktore hê.



Hoe beskerm ek myself teen melaria?
Ons gaan hierdie Kersfees in 'n malaria-gebied vakansie hou. 'n Vriendin van my sê dit is beter om nie voorkomende medisyne te drink nie. Maar ek wil myself beskerm.
Wat kan ek doen en wanner moet ek begin?

Die belangrikste is om te voorkom dat muskiete jou byt, so neem iets saam om muskiete af te weer,. Muskiete byt van dusk to dawn, so probeer dan binne bly of dra langmou klere as jy uitgaan. Medisyne voorkom nie noodwendig malaria nie, dit verminder net die graad van die siekte.
Daar is egter verskillende tipes medikasie met verskillende newe-effekte asook kontra-indikasies wat geneem word.



Hoekom is ek heetyd moeg?
Alhoewel ek genoeg slaap en nie sukkel met slaaploosheid nie, bly ek regtig die heeltyd moeg en uitgeput. Dit raak erger by die dag.
Ek het donker kronge onder my oë.
Wat veroorsaak dit en hoe behandel ek dit?

Slaap gaan oor kwaliteit sowel as kwantiteit, en iets soos rustelose bene kan kwaliteit affekteer sonder dat mens bewis is daarvan.
Chroniese moegheid en kringe onder die oë klink soos 'n tekort aan vitamien B12 en fosfaat, asook yster.
Baie ander dinge kan ook moegheid veroorsaak, soos bv. 'n onderaktiewe skildklier, bloedarmoede, diabetes en hoë cholestrol.

Vra gerus jou vrae wat pla. Dr. Quinten Fourie beantwoord hraag jou vrae.
Stuur 'n e pos na charmaine@topvibe.co.za en hou Top Vibe dop vir die antwoord.

Dankie Dr. Quinton dat jy kosbare tyd afstaan om hierdie vrae van ons lesers te antwoord. Indien jy Dr persoonlik wil sien maak gerus 'n afspraak by sy kamers.



Dr. Quinten Fourie & Dr. Sias Searle
MBBCh (Wits) MBChB (UOVS)
Practice number: 0059080

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Neil Somers reik langverwagte album, HIERDIE HANDE, uit. 'n Kontemporêre album vol stories en emosie



Hoendervleismooi is die perfekte woord om Neil Somers se splinternuwe album, Hierdie Hande, op te som.

Sy kenmerkerkende diep stem, is die perfekte pasmaat vir elke sielvolle liriek en die eindresultaat sal luisteraars van die eerste noot af in vervoering hê.

Die eerste enkelsnit, *Eendag op 'n Reëndag*, is onlangs vrygestel en is reeds besig om die trefferleer te klim. Net soos die res van die album, is hierdie liedjie 'n mengsel van roerende lirieke en aangrypende melodieë, wat nie net in jou kop kom vassteek nie, maar jou ook onwillekeurig sal laat saam neurie. Anders as sy eerste album, *Anderkant Atlantis*, is Hierdie Hande minder ernstig, maar die musiek kry dit steeds reg om diep binne in jou hart te kom nesskop. *"Ek dink ons het dit reggekry om 'n lekker balans tussen diep rustige en lekker kuiermusiek te skep. Maar elke liedjie vertel tog 'n storie en dis wat vir my belangrik is - dat mense na die lirieke moet luister en dit hulle harte moet aanraak, hetsy op 'n gelukkige of hartseer manier. Solank dit net met die hart praat en emosie ontlok"* vertel Neil.

Die musiekvideo van *Eendag op 'n Reëndag* is ook pas vrygestel. Kyk die video hier:

http://www.youtube.com/watch?v=DzR_ZMD7U0E

Die CD bestaan uit dertien snitte, waarvan meer as ses liedjies uit Neil se eie pen kom. *"Ek het letterlik 'n aandeel in die skep van twaalf van die dertien liedjies gehad – party het ek self geskryf en ander net getoonset. Ek voel regtig goed oor elke liedjie, so ek kan nie een uitsonder in my hart nie, maar as ek gunstelinge moet kies, sou ek Skipper en Die Kaap se Wyn kies. Die eerste een is deur my boetie geskryf en laasgenoemde het my pa, wat self 'n musikant is, help skryf wat dit baie spesiaal maak."*

Hierdie Hande is die perfekte kombinasie tussen roerende hartsmusiek en lighartige saamsingmusiek, met titels soos *Somergirl*, *Winterhart*, *Hartland*, *Pêrels en Saffier* en *Middernagland* wat jou nuuskierig deur die speellys sal laat kuier. *Jy slaan my asem weg* is besonders treffend en behoort 'n groot gunsteling te wees onder paartjies wat eersdaags gaan trou en 'n betekenisvolle liedjie soek om die dansbaan mee te open.

Volgens Neil put hy die inspirasie vir sy musiek uit allerdaagse dinge soos mense se stories, die natuur en ander realiteite. *"Gewoonlik tref 'n idee vir 'n liedjie my wanneer ek regtig moeg is, dan staan ek op en gaan skryf dit dadelik want môre is daardie goeie liriek of melodie dalk weg"*, verklap hy. Aangesien hy lief is vir jag en die natuur, is tye rondom die kampvuur ook vir hom 'n wonderlike skeppings geleentheid.

Buiten vir 'n *country*-album in die toekoms, was Neil se een groot droom nog altyd om mense se lewens te verander met musiek. Sy gunstelingaanhaling is: *"Music makes the world go round"* en dit is so gepas, want sy nuwe album gaan beslis 'n omwenteling veroorsaak in die Suid-Afrikaanse musiekbedryf.

Sosiale media skakels:

Facebook: https://www.facebook.com/pages/Neil-Somers/128036245754'

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Top Vibe Magazine
072 768 8582

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Sleepers Paradise...

Follow our tips and turn your bedroom into a peaceful sanctuary where dreams are made.

LUXURIOUS LINEN:

You can really make a statement with the fabrics, colours and textures of your linen. Don't be afraid to play around with bold colours, geometric print and floral's.
Use bold focus points to punctuate your space, with smaller items according to the sophisticated appearance of the room.

PILES OF PILLOWS:

Go overboard or keep it minimalistic. The fun part is that you can change the look of your room in a flash by adding or removing pillows and cushions.
You might want to add a luxurious pile to your bed in the winter, and store most of them away for the summer. Cushions make a great decorative touch you can tie a theme together with colours, print or other design elements.
Using pillows and different shapes and sizes also makes an interesting, textured look.

DRESS IT UP:

If you have an old side table that has seen more days than you have, now is a good time to liberate your creative genius. A bright new coat of paint, or white wash or marble effect can give a tired, dated-looking piece a complete facelift.
A couple of photos frames, a vase of flowers or a candle or two add the final touches.

HEADS UP:

Don't have the budget to buy a new headboard? Give your old one a new lease on life with a coat of paint (even a mural-style painting if you have the talent) or cover it with fabric in a texture, colours and design that complement your decor.

TURN IT AROUND:

A clever trick for a mini-makeover is simply to move your furniture around.
Your space can be transformed just by moving your bed to the other side of the room, or a cupboard or dresser into a different corner.

TOP TIPS - CARING FOR YOUR MATTRESS:

. Every few months, flip your mattress over from one side to the other or turn it over from top to bottom if you own a pillow top mattress. This means the weight on the mattress will be more evenly distributed so it won't develop bumps, lumps and hollows.

. Naturally disinfect you mattress by placing it in the sun for a couple of hours each month if possible.

. Using a mattress cover will prolong the life of your mattress by protecting it from spills and stains.

. A mirror opposite a window can make a room seem bigger. Or place a mirror on the wall above a dresser or other surface on which there's a lamp.
The reflection light will create the illusion of a bigger space.





Hi my name is - HEROIN.

I destroy homes and tear families apart,
I'll take your children and that's just the start.

More costly than diamonds, more costly than gold, the sorrow I'll bring is a sight to behold, if you need me remember.
I'm easily found, I live all, around in your schools in your town.
I live with the rich I live with the poor I live down the street and maybe next door, my power is awesome try me you'll see.
But be warned if you do you'll never break free, try me once and I might let you go, try me twice an I'll own your soul, when I possess you you'll steal & lie and do what you must just to get high, crimes you'll commit for the narcotic charms, you'll lie to your mother and steal from your dad.

You'll see their tears but wont feel sad, you'll forget your morals and how you were raised, I'll be your conscience, I'll teach u my ways, I'll take kids from their parents and parents from kids, turn people from God heaven forbid, I'll take everything from you your looks and your pride, I'll be with you always right by your side, you'll give up everything your family your home, your friends your money you'll be all alone, I'll take & take 'till you have nothing more and when I'm finished you'll be lucky to live.

If you try me be warned this isn't a game, given the chance I'll drive you insane, I'll ravish your body and control your mind, I'll own you completely your soul will be mine, nightmares I'll give as you lay in your bed, voices you'll hear from inside your head, sweats & shakes bad visions you'll see, I want you to know these are all gifts from me, and when it's too late you'll know that your mine, you'll regret that you tried me that very first time, you came to me and not I to you, you knew this would happen, surely not to you? You challenged my power, you chose to be brave, you could've said no and just walked away, if you could live that day over what would u say? Can I be your master will you be my slave? I promise I'll stay with you and on to your grave.

So now that you've have met me what will you do? Will you try me or not? It's all up to you, I'll bring you more misery than words can ever tell, come take my hand.....I'll lead you through hell. so true.

I know this might be cruel but they say you have to be cruel to be kind.
Don't do drugs please!!!!!

Say NO to drugs
Rather be save than sorry

The difference between Oo and oO.

Two young guys appear in court after being arrested for smoking dope.
The judge says, "You seem like nice young men, and I'd like to give you a second chance instead of jail time.
I want you to go out this weekend and try to convince others of the evils of drug use.
I'll see you back in court Monday.
On Monday, the judge asks the first guy, "How did you do over the weekend?"
"Well, your honor, I persuaded 17 people to give up drugs forever."
"Seventeen people? That's wonderful. How did you do it? "
"I used a diagram, your honor.
I drew two circles like this: O o .
Then I told them that the big circle is your brain before drugs and the small circle is your brain after drugs."
"That's admirable," says the judge.
Then he turns to the second guy. "And how did you do?"
"Well, your honor, I persuaded 156 people to give up drugs forever."
"Wow!" says the judge. "156 people! How did you manage to do that?"
"Well, I used a similar diagram," the guy says.
"I drew two circles like this: o O .
Then I pointed to the little circle and said, 'This is your asshole before prison....."





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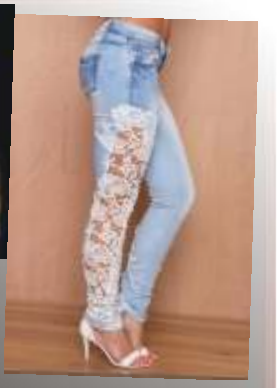
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