Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 41

To advertise
072 768 8582

Stop-Abuse

Website:
www.topvibe.co.za





Redakteurs nota....

Wow, die wonder van tegnologie

Soms staan ek verstom oor die wonder van tegnologie. Dat 'n mens slegs 'n paar knoppies op jou rekenaar kan druk en sie -daar, die wêreld lê oop voor jou. Jy kan letterlik enige iets google. Dankie vir wonderlike tegnologiese mense soos Louis en sy span van "showme" nou kan Top Vibe ook spog met 'n web tuiste.
Ja, dit wonder van tegnologie!!!!!!!

Tegnologie, is die toekoms. Deesdae kan mens net nie meer sonder jou selfoon, e-pos, face-book, twitter of 'n web tuiste nie.
Daar is dae dat ek letterlik met my hande in my hare sit, wanneer ek sukkel met die wonder van die wêreld. Gelukkig kan ons elke dag bietjie meer leer.
Wonder soms wat ons oupa's en ouma's sou sê oor die tegnologie?
Ek was seker so 9 -10 jaar oud toe my ouma my vertel dat brood R10 gaan kos!!! Ek het net gelag my kop geskud en gedink my ouma het nie 'n idee waarvan sy praat nie. Vandag is 'n brood al meer as R10 - gelukkig of ongelukkig is my ouma nie meer met ons nie... (Om dit te ervaar nie)
Wat nog van die tegnologie!!!!!!

Graag wil ons baie dankie sê aan Louis en sy span vir ons pragtige web tuiste. Gaan loer gerus en bly op hoogte van jou tydskrif!!

Charms Xx

Ja, die wonder van tegnologie, so amazing....maak ons lewe baie maklik, dit is nou te sê as jy weet hoe die goed werk. Lol !!!!

Groete tot ons volgende uitgawe.
Charms.

Top Vibe Magazine

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September blog!!!!

HELLO TOPVIBERS! PLEASE REMEMBER TO ADD A COMMENT TO OUR PHOTO FOR THE PHOTO BLOG AND THE BEST COMMENT WILL BE PUBLISHED IN THE NEXT ADDITION!

HAPPY BLOGGING!! HAVE FUN!!



What do you mean, is the men's room that way?

Face book photo blogger for September:
Linda Jansen van Rensburg!!!!

Photo blog by:- Photographer Louandi Smuts Cell: 084 817 7491

In Liefdevolle Herinnering aan: Etienne van Vuuren.





God laat alles ten goede meewerk vir die wat Hom liefhet en ons berus in die Wil van die Vader wat die lewe gee en die lewe neem. Tot aan die einde van ons lewenspad sal ons jou herinneringe altyd koester.
Dit sê Ek vir jou, sodat jy vrede kan vind in My. In hierdie wêreld het jy dit moeilik gehad, maar weet, Etienne, Ek het die wêreld vir jou oorwin.

Ek het nie woorde nie! Net 'n gat in my hart waar jy was my liefste seun. Ons gaan jou verskriklik mis!!!!!!



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

Top Vibe Magazine se onderhoud met Louis Eksteen - ShowMe - Vaal.

www.showme.co.za/vaal - Jou Vaaldriehoek op Een Plek!

ShowMe(TM) is 'n nasionale webwerf, wat spesialiseer in plaaslike gebeure. Die webwerf vir die Vaaldriehoek, www.showme.co.za/vaal is een van die jongte toevoegings tot die stal.

In die kort rukkie wat ShowMe(TM) Vaal aktief is in die Vaaldriehoek, het ons reeds duisende besoekers op die webwerf gehad en is Antonette, ons fotograaf,'n bekende gesig by al die geleenthede in ons omgewing met haar onblusbare entoesiasme en vlytige kamera. Al die geleenthede waar ons by betrokke is, se fotos is beskikbaar op die webwerf, waar al die mooi mense van die Vaaldriehoek hulle fotos kan gaan soek.

Die sukses van ShowMe(TM) lê daarin dat ons betrokke is by die Gemeenskap en sodoende 'n natuurlike besoekpunt skep waar besighede sinvol hul produkte en dienste kan bemark, aan die Gemeenskap waar hulle geleë is. Die wenresep werk so goed, dat die ShowMe(TM) webwerf tans onder die top 180 webwerwe in Suid Afrika is en onder die top 30 000 wêreldwyd. Ons is ook tans die 2de mees besoekte besigheidsportaal in die land. Verder is ons ook besonder susksesvol met Google soektogte, met meer as 50% van ons 200 000 maandelikse besoekers deur Google verwysings.

Een van die probleme wat die meeste besighede ondervind wanneer hulle 'n webwerf skep, is die nodigheid om dit gereeld op te dateer, sodat dit vars en aktueel is, terwyl hulle nie oor die hulpbronne of kundigheid beskik om dit te doen nie. Waar ShowMe(TM) van die gewone webontwerper verskil, is dat ons nie net 'n webwerf skep wat maklik opdateer kan word deur die kliënt nie, ons sorg ook dat die omgewing rondom 'n kliënt se webwerf lewendig en aktueel bly. Verder bied ons ook volledige bestuurspakkette aan vir beide sosiale media en internet reputasie, wat die effektiwiteit van 'n webwerf eksponensiëel verhoog.

Deur strategiese verbintenisse met belangrike rolspelers in plaaslike bemarking aan te gaan, soos byvoorbeeld IFM 102.2 en TopVibe, bied ons verdere waarde aan ons kliënte deur te verseker dat die ShowMe(TM) Vaal webwerf prominent adverteer word en gereeld besoek word. Ons skep inderdaad 'n besigheidsentrum waardeur duisende virtuele voete elke maand beweeg, terwyl elke besigheid die beste plasing vir sy spesifieke produk kry.

As jy al ooit gewonder het of dit die moeite werd is om jou besigheid op die internet ten toon te stel, is dit nou die tyd. Met pakette so goedkoop as R 199.50 per maand, kan selfs die kleinste besigheid dit bekostig om 'n sinvolle, lewendige web teenwoordigheid te hê.

Moet dus nie wag nie, kontak Irene nou by Irene@showme.co.za, of skakel haar by 076 422 5929 Om 'n afspraak te maak, sodat ons jou besigheid na nuwe hoogtes kan neem.

www.showme.co.za/vaal- Your Vaal Triangle in One Place!

ShowMe(TM) is a national website, specialising in local communities. The website for the Vaal Triangle, www.showme.co.za/vaal is one of the newest additions to the stable.

In the short period that ShowMe(TM) Vaal is active, we've already had thousands of visitors to our website and is Antonette, our photographer, a well-known face at all the events in our area, with her unquenchable enthusiasm and handy camera. All the photos of events that we attended is available on our website, where all the beautiful people of the Vaal Triangle can search for themselves.

The success of ShowMe(tm) lies in our involvement in our Community, creating a natural space for locals to visit, where businesses can market their products and services in a meaningful way to the Community where they are situated. This winning recipe is so succesful, that the ShowMe(TM) website currently falls under the top 180 websites in South Africa and under the top 30 000 worldwide! We are also the 2nd most visited business portal in the country. Furthermore we are extremely succesful with Google searches, with more than 50% of our 200 000+ visitors per month being referred by Google.

One of the biggest challenges encountered by business when they create a website, is the need to update it frequently, to keep the content fresh and actual, while they do not have the resources or skills to do this. What differentiates ShowMe from the normal web designer, is not only that we create a website that can be easily updated and manipulated by the client, we also ensure that the environment surrounding their website stay alive and fresh. We also offer complete online reputation management and social media packages to our clients, that increase the efficiency of their website exponentially. By entering into strategic relationships with important roleplayers in local marketing, like IFM 102.2 and TopVibe, we offer additional value to our clients by ensuring that the

ShowMe(TM) Vaal website is advertised prominently and is visited on a regular basis. We have actually created a business mall with thousands of virtual visitors passing through each month, with every business having the best possible spot for their particular product.
If you ever wondered if it is really worthwhile to showcase your business on the internet, now is the time to do so. With packages starting from R199.50 per month, even the smallest business can afford to have a proper functioning, live and valuable web presence.
Do not hesitate, contact Irene now at Irene@showme.co.za, or give her a call on 076 422 5929 to set an appointment, to allow us to take your business to new heights!
www.showme.co.za/vaal - Your Vaal Triangle in One Place!

Give away and CD winners:

Congratulations to our winners of the September Issue:

Winner of the FREE facial!
Lena Swanepoel:- Vanderbijlpark.

Winners of Anton Myburgh CD!
Hanlie Gouws: - Sasolburg.
Leon van Wyk:- Vaalpark.

Thank you for every body that took part in the give away's please do not stop sending your SMS. It is easy to win in Top Vibe.

Thank you to the sponsors for the prize's in our give away.

Give away

Win one (1) FREE Facial to the value of R300, sponsored by 2nd Youth and Vonna Hair. (See advert on page 7.)

Question:
Where is Vonna Hair?

Win simply by answering the question correct.
SMS **"Topvibe"** the answer, your name and contact details to **45522 sms's cost R1.50 PER SMS.**

Entry's close 26 October 2012.
Winner will be notified by SMS on 27 October 2012.
You may enter as many times as you wish to in cease your chances of winning.
Good Luck!!!!!!!!!!











Upcoming Events in

October 2012

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

6 October:- IMTA Models talent Search Africa,
Vaal Maal Shopping Center from 10h00 - 13h00 FREE AUDITIONS Actors, Singers, Models, Dancers and Songwriters.
www.imta.co.za / info@imta.co.za or BBM 23BB044E
Contact details: 074 112 6123.

6 October:- Hoërskool Taalbos Reunie.
Vir onderwysers en skoliere vanaf 1962 tot 2012.

8 -14 October:- AQHA / SAQHA Show

8 -9 October:- Ride MTB Expo.

9 October :- Parys River Joi 25km & 10km

13 October:- Matt's Foundation Garage sale & potjie day.
Potjiekos will be available at R30 per plate - Live entertainment will be Bruno & Lloyd.

21 October:- The Powerade "Tough One" Cycle Challenge.

26 October:- Designer of the Year.
Jean Prieur du Plessis @082 958 9401

For more information on any events go to:
www.showme.co.za/vaal









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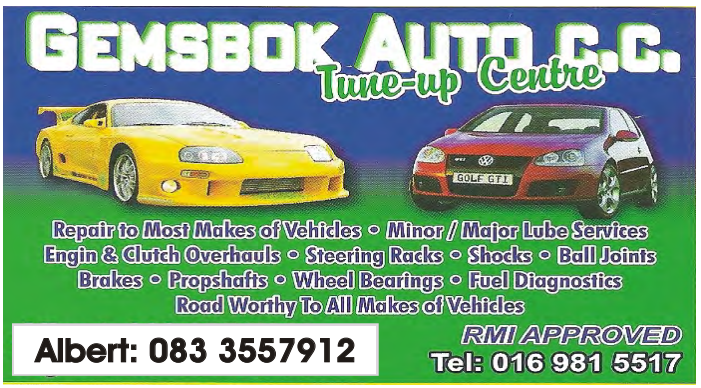
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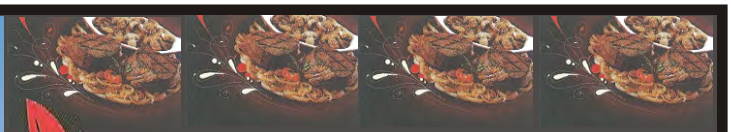


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- Haarlemensies: niere en blaas
- Paragoriese-Elikser: diarree, maagpyn en hoes (Beste vir maagpyn)
- Rooipoeier: hardlywigheid (en mangels – sien raad)
- Tandpyndruppels: tandpyn
- Wonderkroonessens: hardlywigheid, winde en slegte spysvertering (Beste!)
- Balsum sulphiris : hardlywigheid
- Behoedmiddel: diarree, maagpyn, hoes (beste)
- Bruindulsies: nier en blaasonsteking.
- Lewensessens: ooreet of hardlywigheid.
- Peppermintdruppels: maagpyn, koliek en winde.
- Staaldruppels: stop van bloeding op snye – bloedarmoede, duiseligheid
- Witdulsies Lae bloeddruk, wintershande en voete, maagpyn, Koliek.

Ander by apteek:

- Omega 3,6 & 9 kapsules: help met omtrent alles (die moeite werd)
- Krokkasalf Eelte
- Oorpyndruppels
- Samboksalf: aambeie
- Aluin vir mangels (saam met rooipoeier)
- Oogdruppels
- Pleisters
- Mercurachrome: sere

Huishoudelike moet’s:

- Apelasyn: vir hoë bloeddruk/puisies/sweetreuke (onder arms)
- Cayenne peper: vir omtrent alles.
- Donker sjokolade: vir hoë bloeddruk.
- Lemoene/Kiwi: Vit C.
- Tamatiesous: Anti-oksidant.
- . Borrie: vir voorkoming van borskanker
- Kaneel en Heuning: vir rumatiek en verskeie ander kwale.
- Knoffelhuisies: algehele gesondheid.
- Suurlemoensap: verskeie – sien raad
- Vars suurlemoene: vir alles

IN YSKAS: (vir algehele gesondheid)

1 X 2 LITER WATER MET 2 EETL HEUNING EN 1 EETL KANEEL, DRINK GEREELD
1 X 2 LITER WATER MET 1 EETL BORRIE EN 1 EETL GEMMER, DRINK GEREELD

Verskeie raad word gegee. Gebruik wat vir JOU werk OP EIE RISIKO – elke persoon is anders – daarom sal sekere raad help vir een persoon maar nie vir die ander een nie.

BELANGRIK:



BLOEDDRUK: 120/80 normaal.
BLOEDTELLING: tussen 150-400 wees.
CHOLESTEROL: 5 mmol/L of laer
BLOEDSUIKER: 3.3 TOT 5.9 mmol/l
EKG: Moet een laat neem as jy hartprobleme het of oor 40 is.

ALGEHELE GESONDHEID:

(As jy ’n diabeet is, kry eers mediese raad)
- Vital se Omega 3, 6 & 9 kapsules (3 vette balanseer, 6 nodige vis olies, 9 gesonde are en hartsisteem) NIE VIR JIGLYERS NIE ASB.

Multivitamiene:
- Suurlemoensap in glas louwarm water op leë maag elke oggend (gooi klein bietjie Cayenne Peper daarin)
- ’n heel knoffelhuisie 3 x per dag
- 1 x 2 liter water met 1 eetl borrie in, sit in yskas – drink elke dag
- 1 x 2 liter water met 2 eetl heuning en 1 eetl kaneel, sit in yskas en drink elke dag
- 1 eetl. Tamatiesous 3 x per dag of 4 blokkies donkersjokolade ‘n dag (hart)
- Swart rooibos tee of groentee of gewone tee (baie goed) en baie water
- Rooi druiwesap elke dag (Bloeddruk)

AAMBEIE:

- Smeer Samboksalf gereeld binne en buite tot pyn verdwyn. (Werk fantasties!). Indien hardlywig, kan dit weer probleme gee.

Kan selfs samboksalf eet om die derm end-uit te help genees.
- Sit 2 eetl. Engelse sout in 2liter water in yskas en vat elke oggend ’n sluk daarvan.

AARVERKALKING/VERNOUING (Voorkomend)

- **HOU OP ROOK:**

- Drink Vital se Omega 3,6 & 9 OF net 9), groentee en elke oggend appelasyn in louwarm water op nugter maag
- Eet BAIE neute, drink tee, sitrusvrugte, donker groen groente (BAIE BELANGRIK) en vermy vetterige kos
- Neem Folic-acid tablette (help met voorkoming van verkalking van are)
- Vernouing – eet appels, oats, bruin rys,

ABSESSE – MOND
- 1 tl sout in warm water (moenie brand nie) of verdunde suurlemoensap - spoel mond ‘n volle minuut met ‘n slukkie uit, spoeg uit, neem weer ‘n slukkie en spoel weer vir ‘n minuut voor uitspoeg. Herhaal tot glas leeg is.
- Sit warmwatersak op wang

ALLERGIEë
- Drink Vit C as antihistamien en smeer Vicks bo-op neus vir moontlike allergieë.

Verbal abuse...



Although the effects of physical abuse are devastating - in time, the bones heal and the pain and the bruises fade.

However, the impact of being verbally abused can have devastating and far- reaching consequences. It can take a lifetime to rebuild, your sense of self- to feel attractive again, to feel intelligent, to interact socially with other people.

Years of hearing that you are "fat", "ugly", " useless", "stupid" - that you deserve the beatings because of who and what you are, start to become believable. You actually start believing that everything he says is true. You are never thin enough, your cooking skills are nonexistent and you sound stupid when you talk.

And so you stop talking to people, afraid that you will "sound" as stupid as he says you are. You start dressing differently, trying to hide the "ugly body" he so often refers to.
You try and work for his approval, believing that if you were smarter, prettier, a more efficient woman he will love you- you long for his approval. BUT THAT NEVER HAPPENS.

The abuser now have you exactly where he wants you, you have now become his very own personal punching bag.
Stripped of your confidence he has manipulated you into a position where he has robbed you of your power.
The most important thing to remember, is that the fault does not lie with you - it is just of te sick game he plays to get what he wants.

Once you have broken away from him it is of vital importance to empower yourself once again.
It is a slow and painful process, but well worth the effort. The first thing to do, is to seek trauma counseling - speak to therapist - work through your issues. Build up a new social circle of people with whom you have a lot in common, people who like you for who you are.

Treat yourself:

Treat yourself a little - get a new hairdo, paint your nails or invest in a new wardrobe - start liking yourself again.
Take on a new challenge - enrol for a course at your local community college, do some charity work. Join social clubs, reading or book groups, your local church.

Every morning wake up, take a look at yourself and say: 'I am wonderful, how could I not be? After all, God created me"

Remember above all:

The abuse that you endured was not your fault. There is never and justification for abuse. All people deserve to be treated with dignity and respect.
Top Vibe Magazine is going to cover this subject over a period of time. If you are a victim of any abuse you are more than welcome to write to us. (will be treated confidentially) or if you would like to give your opinion on this matter.

Write to us:

Abuse against Women
P.O.Box 60130
Vaalpark 1946

E-mail: charmaine@topvibe.co.za.



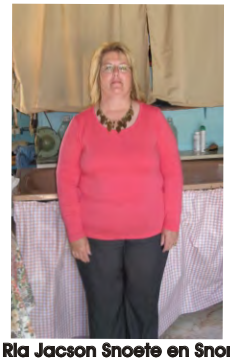
Real men don't hit Women

Mr & Miss Vaal Christian School



Happy - Birthday

We would like to wish you and your company, the best of luck for the future!!!!!!!!



Ria Jacson Snoete en Snore

SNOETE & SNORRE HONDE BADHUIS

6 Years old





Dashing Divas 1 Years old



Monique - Dashing Divas

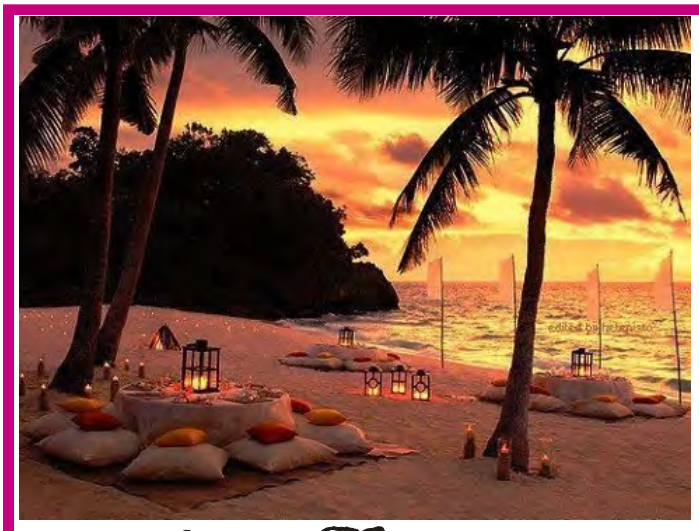




3 Years old

SOCKS FOR Africa

Jannine and Melanie - Socks for Africa



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Thank you- Lillian!!!

Just a note to thank you for my surprise Birthday cake... Wow what a surprise!!!! You made my day special.... Thank you, and may God bless you!

It reminded me that as a grown up I only had two cake's baked for me one today, by you and one many moons ago I was pregnant with my eldest - and wanted him to be borne on my birth day - I cried and cried but he dissuaded to come four day's later. - and a friend baked me a Birthday cake to make me feel better!!!! Xox Charmaine

Niche Vibe Networx

Join the networx today and we will help you to network and promote your business.

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Charmaine: 072 768 8582 - E-mail:charmaine@topvibe.co.za











