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Issue 53

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Mariska Crous



## Vaal Designer of the year 2013

# Redaktrise nota.....



Met die somer net om die draai, kan ons nie anders as om vrolik te voel nie. Die winter, en die winde is amper iets van die verlede. Ons kan die somersklere uitpak en die winter klere wegbêre.
Nou kan ons die huis skoon maak, gordyne was, kaste regpak en reg maak vir heerlike braai, kuier en baljaar in die swembad.Tuin maak is ook nog op die lysie en dit kan nogal baie pret wees.
Voor ons, ons oë uitvee is dit Kersfees en die jaar lê op sy rug. Dan is dit oujaar en nuwe jaar en daar begin ons alweer van voor af met 'n nuwe jaar kalender.
Daar hardloop ek sommer met die jaar na die eindstreep.

Soms kan ek nie help om vir myself te lag nie.
Die slim mense reken dit is goed om vir jouself te kan lag, glo my ek doen nogal gereeld.
Ek moet tog vir julle vertel wat met my gebeur het, nou die anderdag. Ek was by 'n dames funksie en het die lieflikste geskenksak gekry met die mooiste goedjies daarin. Nou as jy 'n vrou is sal jy verstaan. Een van die geskenke was 'n "Ceiling fan pull beaded chain" baie mooi!!! So ek kan mos nou nie wag dat dit gehang moet word nie. So wat gebeur ek doen dit sommer self. Ek staan op die bed, een is ingehak, baie trots op myself nou vir die tweede een, om dit in te hak- daar verloor my balans en daar val ek plat op my agterstewe. Ek lag so dat ek skaars kan op kom, maar wat die tweede hakkie wil inhak is ek. Ek het dit ook gedoen.
So as jy al vir jouself gelag het, dit kan nogal snaaks wees.

Charms XOX

## Dames dag - Walking your business.

1 November 2013 hou ons " Walking your business"dames oggend. Sien besonderhede op bl.8
Dit gaan baie pret wees!! Dit is ongelukkig vir besigheids vroue, want sien hulle gaan 'n gratis geskenksakkie kry wat dan nou spesiaal vir hulle verpak word. So jammer Mr die een is vir die dames....Madam kry vandag nog jou kaartjie.

Skakel: Charmaine 072 768 8582 Beperkte aantal kaartjies.








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# Hannes van Tonder

## Somer liefde.




Wanneer mens die term "minnesanger" naslaan, kom jy agter dat dit 'n ryk tradisie van lied en liriek saamweef.
Die rede hoekom ons by die aweregse punt begin, is omdat die onderwerp van hierdie mediavrystelling, **Hannes van Tonder,** sekerlik die Afrikaanse Musiekindustrie se voorste en tans enigste voorbeeld van hierdie edel genre is.
Sy nuwe album, ***Somer Liefde,*** is 'n weergalose plesier. Dit is nie sommer 'n lukraakte stelling nie: Hannes van Tonder se stem het 'n rare kwaliteit wat hom oomblike elen wanneer een van sy liedjies begin speel. Ja, daar is 'n sterk herinnering aan Bles Bridges in die klank en toon vir die wat dit sou opmerk.
Moet egter nie 'n fout maak om hom sommer goedsmoeds as gevolg daarvan te katgoriseer nie. **Hannes van Tonder** het sy ele identiteit en soos dinge tans verloop is dit 'n sterk een.

Om hierdie man te sien optree is 'n belewenis. Geen verhoog kan hom in toom hou nie. Daarmee bedoel ons dat wanneer **Hannes** optree hy onmiddelik interaksie met die gehoor bewerkstellig. Hulle word as't ware deel van die proses, van die liedjies en die uiteindelike suiwer plesier.

Daar is sekere Afrikaanse liedjies wat meesterlik stories vertel waarmee ons elkeen kan identifiseer **Hannes van Tonder** het daarin geslaag om met Somer Liefde die room van die oes vas te vang. Hannes kry 100% aanbeveeling sonder enige huiwering.
**Vir verdere navrae:**
Kontak Monica Ferreira Steyn (011) 614 1911
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# Come and have a cup cake with me while we look into the History of the Vaal Triangle, Part 2.

**The information in this article was written by: Norman Acton - Last update 2008. - OVERVIEW:**

## Railway Links:

Sammy Marks was to play an important role in the growth of Vereeniging in it's early days. He managed to persuade Kruger to rout the railway from the Cape into the Transvaal via Vereeniging instead of Potchefstroom. In November 1892, the railway line from Bloemfontein to Johannesburg was completed and the first train from Cape crossed the new bridge over the Vaal River and steamed into Johannesburg.
In the same year, a railway siding was built which was to supply railway services to a large number of industries over the next hundred years.


Dickenson Railway Bridge

## The growth of Vereeniging:

The coal mines and water from the Vaal River were vital ingredients which enhanced the growth of the town, especially after the 1886 discovery of gold in Johannesburg. Prospectors flocked to this newly established gold mining town and Vereeniging become its main source of coal.
After the Boer War, it was a time for consolidating the existing industries. Apart from the coal and clay industries, the only other industry in the early 1900's was a grain milling industry which supplied the needs for the town.

One significant event which had an impact on the future of the area was the building of the weir by Leslie in 1905. This impoundment dammed back the water for distance of 8 miles and, for the first time, Vereeniging was assured of a "reasonable and continuous" supply of water.
Although this weir was originally built to supply the irrigation needs for the development of the plantations and farmlands of Maccauvlei, it was last used to supply the water requirements of the Victoria Falls Power Station erected in 1911. Vereeniging, which acquire the status of a major municipality in 1912, now had the key elements for industrial expansion - coal, water and electric power - and was poised to become the hub of the industrial centre of South Africa.

## The steel Industry:

In 1911, Horace Wight purchased 150000 ton of scrap iron and together with Sammy Marks formed the Union Steel Corporation of South Africa (Usco - now Malesela Taihan Electric Cables). The site chosen for the steelworks was on the banks of the Vaal River and September 1913, the first steel ingot was cast and rolled. This was the beginning of Mark's dream to establish a steel industry on the African sub continent (Usco) which was to transform Vereeniging a colliery village into a major centre for steel and engineering industries.

World War I saw the collieries and the steelworks pressed into war production efforts and this led to the expansion of the works in 1917 with the installation of the war and the steel crisis in 1927. The corporation began to manufacture new production lines in the world wide depression of the early 1930's and went on to become one of the world's leading manufacturers of hollow-drill steel. Stewart and Lloydes, the tube making company, came to Vereeniging in 1927 and together with Usco become the primary industries which attracted many ancillary industries.
A few years prior to the outbreak of the Second World War, McKinnon Chain and African Cables were established in Peacehaven, Vereeniging .
During World War 11,the global conflict created a new and more pressing need for steel. By 1943, construction began on establishing Iscor's (now Mittal Steel SA) second fully integrated steel mill at Vanderbijlpark and within a few years, the desolate Vanderbijlpark landscape was transformed into one of the world's most modern steel works.

Make sure that you don't miss out on the next Issue to learn more about the History of the Vaal Triangle.
For some this might be useful information, and for others this might not be.

Our next Issue will be the overview part 3.

1. Power
2. Water



# What is addiction?

SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. When people hear the word addiction they immediately think of illegal drug abuse. However, any substance and/or behaviour can be the basis for addiction. We at SANCA see patients whose addictions range from substances to compulsive behaviours like gambling.

If this is the case, then what is addiction? Addiction is a condition that results when someone uses a substance (alcohol, drugs, medication, nicotine) or engages in an activity (like sex or gambling) that can be pleasurable - but the continued use of which becomes compulsive and interferes with ordinary life. This means that an addict fails to meet responsibilities, such as work or relationships, or health. An addict usually may not initially be aware that their behaviour is out of control. And that their behaviour is negatively affecting themselves and others around them.

Addiction can describe a physical addiction. This is a biological state in which the body adapts to the presence of a drug so that drug no longer has the same effect; this is known as tolerance. Because of tolerance, there is a biological reaction when the drug is withdrawn. Another form of physical addiction is the phenomenon of overreaction by the brain to drugs (or to cues associated with the drugs). An alcoholic walking into a bar, for instance, will feel an extra pull to have a drink because of these cues.

Most addictive behaviour though is not related to either physical tolerance. People compulsively use drugs, gamble, or shop nearly always in reaction to emotional stress. The focus of the addiction isn't really what matters; it's the need to take action under certain kinds of stress. To treat this kind of addiction requires an understanding of how it works psychologically.

No matter which kind of addiction is being referred to, it is important to realise that its cause is not simply a search for pleasure, and addiction has nothing to do with one's morality or strength of character. It changes patterns in the brain, which needs to be managed always. For this reason, if you or a loved one is suffering from an addiction, come and visit SANCA Vaal Triangle. Our team is there to help!

**This article is based on information available on [www.psychologytoday.com](http://www.psychologytoday.com).**

**SANCA Vaal Triangle is a Non-Profit Organisation**

**For professional help to addiction and awareness talks.**

**Contact: SANCA Vaal Triangle (016) 933 2050**

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***Changed hearts -***

***Changed Minds-***

***Changed Lives.***

# *Designer of the year 2013*

## *- Mariska Crous.*



Mariska Crouse is woonagtig in Vanderbijlpark, hier skool gegaan en ook hier met haar loopbaan begin as modeontwerper.
Sy is 21 jaar oud, maar moet vir gee oomblik dink dat sy dalk baie jonk is nie, sy het 'n natuurlike aanleg daar voor.

Mariska se kleure reeks wat haar die titel as " Vaal Designer of the year 2013" besorg het is asemrowend.
Die beste is dat haar uitrustings selfs op straat gedra kan word.(Prakties)

Mariska vertel dat sy klere gemaak het vir haar Babiepoppe, en dat sy tog te lief was om iets te maak van lap. Sy vertel dat sy van kleintyd af geteken het net soos ander kinders ook maar doen, al verskil is sy het rokke geteken prentjies van klere.

Mariska werk tans saam met ontwerper Maruis en vertel dat hulle druk besig is met die matriekafskeid wat net om die draai is.
Mariska staan bietjie uit bo van die ontwerpers, sy doen dinge anders.
Dit is vir haar 'n passie, sy geniet elke oomblik van haar werk. Haar oë glinster sodra sy jou vertel van die uitrustings wat sy reeds gemaak het.
Sy kyk ook na wat sy sou betaal het, vir 'n uitrusting so net omdat Mariska 'n ontwerper is, is sy nie nootwendig duur nie.

Sy wys my 'n foto van 'n trourok wat sy ontwerp het vir 'n vriendin, dit is prentjie mooi.
Sjoe dit sal 'n voorreg wees om een van haar rokke te kan dra.
Mariska kan nie uitgepraat raak oor haar ontwerpe nie, en ek hang behoorlik aan haar lippe om te luister.
Dan kan ek my ore nie glo nie, sy vertel dat dit vir haar 'n uitdagging is om vir die voller vrou te ontwerp. Ek ek besef dit is wat haar juis so anders maak, uniek en dit laat haar uitstaan bo ander ontwerpers.

Die " Vaal Designer of the year 2013" toekenning het nie na haar kop toe gegaan nie, sy staan nog met altwee haar voete plat op die aarde.
Sy vertel dit is waar sy sal bly. Daar is darem plek vir 'n besondere man in haar besige lewe, trouplanne verseker net nie nou al nie.
Sy gaan natuurlik haar eie trourok maak. Mariska wil graag dogtertjies hê, want sy gaan hulle aantrek en glo my hulle sal net die beste dra.

Die tyd het ons ingehaal en ek gaan weer 'n afspraak maak met Mariska ek wil baie graag een van haar skeppings wil dra.

Vir al die jong dames wat nou besig is om matreikafskeid uitrustings te beplan, hou op om rond te jaag, iemand te soek, los dit in die bekwame hande van Mariska sy sal jou uitrusting maak.

Jy sal soos 'n prinses lyk, en dit teen sakpas pryse!

Maak seker dat jy vandag nog jou afspraak maak en laat die res aan haar oor.

***Kontak Mariska - "Vaal Designer of the year 2013" by:***

***Mariska cell: 082 058 8249.***
***E-pos: mariskacrous@yahoo.com***

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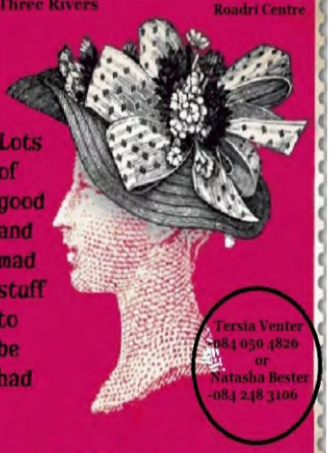
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# "Walking your business"




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# Vera - Marie



Moet haar beslis nie miskyk nie - sy is eg Suid-Afrikaans en ons kan trots wees.!!

Vera-Marie is 'n klassiek opgeleide sangeres en het Opera studeer by die Technikon van Pretoria en die Universiteit van Kaapstad.
In 1998 word sy genooi na die San Francisco Konservatorium se Somer werkswinkel. 'n Jaar later word sy gekies as lid van die Elite Suid-Afrikaanse Klassieke Groep die Black Tie Ensemble onder leiding van Mimi Coetse saam met wie sy al gereis het na verskeie dele van die land asook die wêreld.

Vera-Marie toer en tree gereeld op as solis saam met Richard Cock in assosiasie met die Johannesburg Fesitival Orchestras.
Alhoewel Opera Vera-Marie se eerste liefde is, is sy ook lief daarvoor om ander style te ondersoek en te kombineer met haar ongelooflike Opera stem, soos wat gehoor kan word met hierdie Afrikaanse weergawe van La Voix.

Sy was ook genooi om hierdie jaar in Augustus saam met die wêreld bekende Pretty Yende op te tree tydens haar eerste Suid-Afrikaanse konserte waartydens sy saam met Pretty en Nonhlanhla Yende duette in twee konserte vol wonderlike liede van Rossini, Puccini, Offenbach en vele meer gesing het.

Haar musiekvideo "Diep Spore" sal binnekort vrygestel word en haar splinternuwe CD sal vroeg in 2014 beskikbaar wees.

Gaan loer gerus in op haar facebook blad: Vera-Marie
Twitter: @VeramarieM

**Vir meer inligting kontak:**

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# The Science and Art of Project Management.

- By Joelene Walters.

Project Management is both a science and an art. The science part is learning how to co-ordinate, define and document the work. The art side is developing your judgment and learning how to lead people. You have to learn to pay attention to detail but not get wrapped up in them.

I will give you 24 tips to help you manage your projects. I have learned these tips from an author named Gary R. Heerkens.

1. Understand the Project Manager's role
2. Build a solid team
3. Understand the true need
4. Perform a financial analysis
5. Conduct a formal kickoff
6. Pause for reality checks
7. Terminate unworthy projects
8. Develop a logical plan
9. Leave room for learning
10. Understand team dynamics
11. Manage all project stakeholders
12. Measure against a baseline
13. Be objective about threats
14. Actively manage communication channels
15. Optimise project excellence
16. Consider post-project issues
17. Manage interfaces
18. Practice self-management
19. Recognise multiple success metrics
20. Use documentation wisely
21. Reward excellent term behaviours
22. Maximise learning from closure
23. Transfer your "lessons learned"

In my career as Project Manager these tips really came in handy.

*"One of the biggest shifts in behaviour and thinking you as a Project Manager will encounter will be the need to rely upon others to get things done. You will quickly discover that there's far too much for you to do alone, yet delegation will prove to be a challenge. Empowering others, and then trusting them to follow through, may be unsettling."*

***For more Information on Project Management.***

***Contact:***

***Joelene Walters: 076 053 8180***

# Handy Household hints:

To restore finished wood furniture, steep two tea bags in hot water for 10 minutes. Let cool, then dampen a clean soft cloth with tea and wipe over wood furniture. It will bring out the woods natural colour and shine.

Soak limp lettuce leaves, celery and carrots in ice water for an hour. They will become crisper.
Fill a scorched pan halfway with water and 50 grams of baking soda. Boil for 10 minutes and the burnt food will loosen and float to the top.

Put candles in the freezer before using them. They will last longer.
Thread needle with ease by dipping the end of the thread into colorless nail polish beforehand.

Since the dirt rings in collars are oil stains, shampoo for oily hair will remove them. Rub it into the fabric before washing the garment.
Spray WD40 on cloth and wipe over leather shoes or leather boots, then buff with a soft clean cloth to shine and make them waterproof.

Remove onion smell from your hands by first washing them with soap and water. Then while hands are still wet rub them over the faucet spout. "No more smelly hands"

Cotton dipped in alcohol will clean dirty photographs.
Hard, refrigerated butter will soften in the microwave in 30 seconds on the defrost setting. But stand there and watch it a few seconds too long, and you could have runny mess.

Bend a wire coat hanger in half and hang wet tackiest on it to dry.

Buy all your toddler's socks in the same colour. That way you will never have a problem of not being able to find the mythical "other sock"



## ***STRESS MANAGEMENT TECHNIQUE***

*Just in case you are having a rough day, here is a stress management technique recommended in all the latest psychological journals.*

***The funny thing is that it really does work and will make you smile.***

***1.*** *Picture yourself lying on your belly on a warm rock that hangs out over a crystal clear stream.*
***2.*** *Picture yourself with both your hands dangling in the cool running water.*

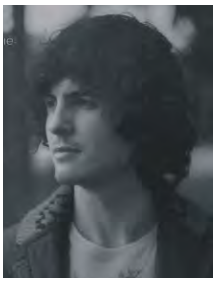
***3.*** *Birds are sweetly singing in the cool mountain air.*
***4.*** *No one knows your secret place.*

***5.*** *You are in total seclusion from that hectic place called the world.*
***6.*** *The soothing sound of a gentle water fall fills the air with a cascade of serenity.*

***7.*** *The water is so clear that you can easily make out the face of the person you are holding underwater.*

***There!! See? It really does work. You're smiling already.***

# Top Vibe Give aways



**Congratulations to our CD winners of Issue 52**

Mr. M Paoliello - Vanberbijlpark

Thank you to everybody that took part in the giveaways.
Thank you to the sponsors for the prizes in our giveaways.

# Competition:

## Win Hannes van Tonder CD!!!!




**2 CD'S** of Hannes van Tonder
"Somer Liefde" are up for grabs!!!!!!!!!

Question:

Hannes is known to sing like?

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

Entries close 25 October 2013.
Winner will be notified by SMS on 28 October 2013.
You may enter as many times as you wish to incease your chances of winning.

Good Luck!!
Thank you to "Star Burst" for sponsoring the Cd's.







# Upcomming events



October 2013

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | 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 | | |

| | |
|---|---|
| 2 October:- | 5th SMME Conference at Emerald Casino<br>Call: LUSA (016) 976 0933 |
| 3 October:- | Dewald Wasserfall<br>R100p/p Barnyard (016) 454 8388 |
| 5 October:- | Elvis se Seun<br>R100 p/p Barnyard (016) 454 8388 |
| 5 October:- | Fakkel Skool Reunie<br>1998 - 1999 Amorita: 076 483 0104 |
| 9 October:- | Van Coke Kartel<br>R80p/p Barnyard |
| 17 October:- | Theuns Jordaan@ Barnyard. |
| 19 October:- | Charlize Berg R100p/p @ Barnyard. |

For more information on upcoming events go to
www.showmevaal.co.za/vaal
www.ifmradio.co.za
www.topvibe.co.za

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**Top Vibe Magazine**








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# *Wet & Wild*

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## What does the readers say about Top Vibe Magazine? - Mini-Top Vibe Magazine?

**Rita**: Ek is versot op die twee, tydskrifte, glo my ek mis nie een uitgawe nie. (facebook inbox)

**Sanet van Tonder:** Ek geniet die magazine wens net dat dit elke week beskikbaar was.(SMS)

**Johann:** Ek geniet die artikels in die magazine, dit maak Top Vibe anders as die ander boeke. Dit is nie net advertensies nie. (WhatsApp)

**Rina Barnard:** Ek hou baie van die Mini_Top Vibe Magazine (facbook inbox)

**Natasha:** Just one word. Fabulous!!!!.

**Patric West:** I am crazy about this magazine, I enjoy the articles and what I like most of all is the positive vibe this magazine carry's out. (WhatsApp)

**Chantell:** I watched all the comments for the last few months, and I am going to say this - the sexy guys in the magazine is just soooo hot. Thank you for some eye candy. (And I might add very professional and discreet)

**Please feel FREE to give your comment on facbook, Twitter, WhatsApp or by e- mail. We would gladly publish it in our next issue of Top Vibe.**

