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Issue 66

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6 YEARS OLD

Raai wie is die skrywer van Bettie boop?

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Editor's note

Loyal readers of ***Top Vibe Magazine***!

Thanks again for your kind support, time and effort in reading our magazine!!

After all, it's our readers and advertisers that make the magazine a big success.

Reading our magazine is not our prime purpose, we are currently working on a project in helping our own people, families and this could be your next door neighbour.

In our area we have a huge problem with drugs, alcohol and abused woman, ***Top Vibe Magazine*** had the huge blessing of being the media face for SANCA in our area, for those of the readers who don't know what SANCA is all about, we have a warm welcome to share with you. These are the people who help those who suffer from drugs, alcohol and abuse.

In these situations we need the help of our loyal readers please make donations us some of your unwanted goods, any sponsorship is welcomed with a warm heart. Together we can help prevent and treat addiction.

We are in desperate need of blankets, toothpaste, clothes, shampoo, bath soap, toys for children who suffer under the pressure of abuse. All of these donations that readers are prepared to make donations can be delivered to the SANCA centrum, or you can contact or e-mail Charmaine on charmstopvibe@vodamail.co.za.

For those readers who do not have the access to email can contact Charmaine directly on: her cell-phone 072 768 8582.

We as ***Top Vibe Magazine*** would love to thank every heart that has been touched in this matter of ANY DONATIONS!

Kind Regards, love and blessings to all our readers!

Charms XOX



Top Vibe Magazine

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Top Vibe Magazine 6 years

Time waits for nobody. *Top Vibe magazine* celebrates six years in business this month. I would like to take the opportunity to thank each and every person that supported me on my 6 year journey.
A special thanks to my advertisers- without you I (and Top Vibe Magazine) would not be here.
Our advertisers: Without you there cannot be a magazine you are the ones that believe in us and know what we do for your businesses.

There were times in the six years that I just wanted to give up, and wanted to work for a boss, times where I was so sick that I couldn't work, but thank God for the strength and wonderful advertisers that carried me through those rough times. I could not disappoint you and had to be strong. My loyal readers thank you for your letter, SMS, e-mail facebook you are all very special, no words can describe it.

In the past 6 years I have been blessed to represent *Top Vibe* at red carpet events and meeting many celebs famous people. I have also been involved in charity work and hopefully made a small difference within our community. We are proud to be part of changing peoples lives, and to put a smile on somebody's face.

We have great plans for 2015, taking Top Vibe to surrounding areas outside the Vaal, meaning greater visibility for our advertisers.
I don't want to spoil the surprise, by saying too much at this point but know that you will be the first to be in on it when the time comes.
Lastly remember that if you can't get a hard copy of *Top Vibe magazine* you can always catch up on the latest edition by visiting one of our two websites to download the magazine
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Enjoy your magazine and thank you that you are part of us.

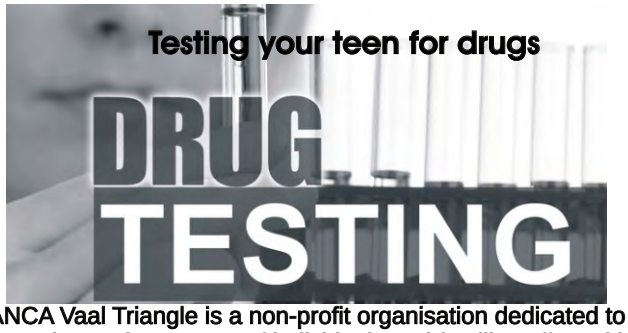




Some of our cover page's of 2014







SANCA Vaal Triangle is a non-profit organisation dedicated to the prevention and treatment of individuals and families affected by addiction. SANCA offers drug tests at its facility in 9 Einstein Street - Vanderbijlpark. If you are a parent who suspects that your teen may be abusing substances, it is best to not simply take your teen's word for it.

In fact, a group of researchers wanted to know how common it is for teens to lie about drugs. They asked 400 teenagers if they used cocaine, then took hair samples to test for traces of the drug. Even though they knew their answers were private, and that the drug test would prove them right or wrong, most teens who had cocaine in their systems denied using it. The hair samples revealed drug use 52 times more often than the teens admitted.

6 Tips for Parents of Teens

1. Trust your instincts.

Many parents discount their concerns about their child's behaviour. They say things like, "I'm probably just being an obsessive parent." Or "Maybe I'm being hypersensitive." But parents know their children. "If a parent's gut is telling them something is off, there has got to be a reason,"

2. Educate yourself.

Drugs rise and fall in popularity over time. It's possible you have never heard of your child's drug of choice. With time and research you can get to know the different substances available to kids today.

3. Don't take it personally.

If you find out your child is lying about drugs, you may see red. You may feel hurt, angry, guilty, and betrayed. All of these emotions are understandable. And none of them will help you help your child.

"First, recognise that lying is a normal teen behaviour," advises Turner. He goes on to say that normal or not, parents can and should teach their kids that lying is unacceptable. Your conversation with your child could cover the following ground:

*Explore the reasons your child lied

*Understand what is going on

*Let your child know that lying is not OK

*Talk about how to be honest in the future

4. Get help.

A lot of parents try to keep their child's drug use within the family,

Like diabetes or a broken bone, treating drug abuse requires expertise most parents don't have. If your child is using drugs, you'll have your hands full, even with a professional involved. Start by talking to your family doctor or visit/contact SANCA Vaal for advice

5. Leave room to rebuild trust.

When parents don't trust their children, problems like drug abuse can snowball. Strained parent-child relations typically cast a negative tone on any and all interactions. Families tend to do fewer things together, leaving teens fewer opportunities to feel connected to their parents.

Try not to let the lies you've been told overshadow every conversation you have with your teenager.

6. Expand your parenting style.

A lot of parents are at one end of the spectrum or the other: overly permissive, or overly aggressive.. Substance abuse requires a variety of parenting styles. Sometimes your child will need you to be warm and loving. Other times, you will have to enforce rules your child considers unfair.

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.

E: sancavaal@mweb.co.za . W: www.showme.co.za/sanca

Changed Hearts ~ Changed Minds ~ Changed Lives

Top Vibe makeover winner- Christelle Swarts did charity work for SANCA Vaal.



Top Vibe Magazine and SANCA-Vaal would like to thank Christelle for her part in charity work for SANCA.

The project: "Together, we can help prevent and treat addiction".

Christelle helped by getting wonderful caring people together and asked them to donate drug kits.
Hennie's Pharmacy gave her discount on the drug tests. Below is a list of the people how cared and helped Christelle to make a difference.

Thank you may God bless you and your loved ones!

Bianca de Beer
Christelle Swarts
Francois Fourie
Ilza Botes
Cornelius Nel
Piet Du Toit
Wayne Cochrane
Jan van der Merwe
Rita van Niekerk
Christine Swart
Willie Jooste
Jhonny Fourie
Gerrie Pretorius
Kobus Herbst
Riaan Germishuizen
David Moolman
Ruaan Du Toit
Hans De Leeuw
Irma Supra
Andrè Du Plessis
Christiaan Grane
Frans Turnmill
Danie de Wet

The makeover team:
Thank you to the team for an amazing makeover.

Facials was done by:
Satten faces - Natalie 084 400 1255



Hair by:
Lady Manroes - Christelle 071 184 7566

Makeup and Photo by:
Photo Dairy and Venue
Charmaine 083 6811514



DO IT YOUR SELF



Bekostigbaar - kuier weer saam met vriendinne.



Iemand het gesê dat 'n man se beste bate sy vrou is en dat 'n vrou se beste bate haar vriendinne is.
En is ons almal nie net mal oor 'n lekker kuier saam met die *girls* nie?

Met die lewenskostes wat so drasties styg, word die kuiertjies wat mens so geniet en nodig het, so min!
As ons nou eerlik wil wees is dit net een maal te duur om elke week te kuier en nuus op te vang met 'n vriendin.

Hier is 'n paar wenke en idees om juis sulke kuiertjies bekostigbaar te maak. Vriendinne is goud werd, doen moeite om te kuier.

Kaas en wyn aand:
Elke vriendin bring 'n botteltjie wyn, en 'n pak soutkoekies, jy sit 'n kaasie en 'n paar vrugte by en jy het 'n wenner!!

Pizza aand:
Elke vriendin kan iets bring om as 'n topping op 'n pizza te sit, koop vooraf pizza deeg en bak en brou saam, dit kan ure se pret wees.

Piekniek:
As die vriendekring groot is werk dit baie lekker, maak groeppies van twee of meer en laat elke groep dan 'n piekniekmandjie pak. Ontmoet iewers by iemand met 'n groot tuin en kuier lekker saam.

Cupcake aand:
O dit kan ontaard in 'n lekkerte, elkeen kan vooraf cupcakes bak en dit saambring na die gasvrou, waar julle dan saam versiering kan maak en die cupcakes saam versier en lekker kuier met 'n koffie of 'n tee.

Somerslaai:
Dit is heerlik vra elkeen om 'n bakkie slaai saam te bring, bespreek vooraf wat, wie gaan bring. Siedaar heerlik!!! En gesond.

Movie en popcorn:
Wie hou nie van 'n lekker "love storie" nie, 'n "chick" fliek? Spring popcorn en onthou die tissues die girls gaan nou fliek en 'n traanpik.

Fruit en cocktail aand:
Sny vars vrugte op en ryg dit in stokkies, maak cocktails dit is 'n heerlike manier om saam met vriendinne te kuier. Dit is somer, julle kan selfs om die swembad kuier. Onthou net die sonbrand room!

Foto aand:
Wie sou nou ooit dink dat vriendine kan kuier met foto's? Dit is nou 'n prettige spul. Elke vrou bring haar foto's, en julle kuier lekker deur julle foto's met mekaar te deel. Go my julle gaan lag en dalk self 'n traan stort. her- roep daai herhinneringe op, en wat beter as om dit met vriendinne te deel.?

Girls daar is nou geen verskoning om nie te kan kuier nie, maak 'n punt daarvan om ten minste een maal per maand 'n kuiertjie te reël. Met hierdie wenke kan julle nie anders asom dit te doen nie. Kuiertyd saam met vriendine hoef nie duur te wees nie!

Spring sommer dadelik aan die werk en reël 'n paar kuier sessies. Ons vroue is mos bekend vir lekker kuier.

Ek is skoon opgewonde, en gaan verseker 'n vriendin of twee nader sleep vir so kuiertjie.

Geniet julle bekostigbare kuiertjies!

FATHER, I WANTED A CAR, NOT A BIBLE

You might have read this in a e mail or in a whatsApp message please take the time to read this.

A young man was getting ready to graduate from college. For many months he had admired a beautiful sports car in a dealers showroom, and knowing his father could well afford it, he told him that was all he wanted. As Graduation Day approached, the young man awaited signs that his father had purchased the car. Finally, on the morning of his graduation, his father called him into his private study, told him how proud he was to have such a fine son, and how much he loved him. He handed him a beautifully wrapped gift box. Curious, but somewhat disappointed, the young man opened the box and found a lovely, leather-bound Bible, with his name embossed in gold. Angrily, he raised his voice to his father and said,"With all your money you give me a Bible?"

He stormed out of the house, leaving the Bible behind.

Many years passed and the young man was very successful in business. He had a beautiful home and wonderful family, but realized his father was very old. He thought perhaps he should go to him.

He had not seen him since that graduation day. But before he could make arrangements, he received a telegram telling him his father had passed away, and willed all of his possessions to him. He needed to come home immediately and take care of things. When he arrived at his father's house, sadness and regret filled his heart. He began to search through his father's important documents and saw the Bible, new, just as he had left it years ago.

With tears, he opened the Bible and began to turn the pages. As he opened the Bible a car key dropped from the back of the Bible. It had a tag with the dealers name, the same dealer who had the sports car he had desired. On the tag was the date of his graduation, and the words...PAID IN FULL.

How many times do we miss God's blessings because they are not packaged as we expected? If this touched your heart, please pass it on!! My name is God. You hardly have time for me. I love you and always bless u. I am always with you. I need you to spend 30mins of your time with Me today. Don't pray. Just praise.

SELFMOORD..



Jy kry die nuus, 'n geliefde het selfmoord gepleeg. Op die toneel met ander belangstellendes is jou mond droog van die skok, jou lippe voel of daar 'n dik laag bitter jellie op is wat verhoed dat jy woorde ordentlik kan vorm en jou hart is so stukkend dat jy nie kan asem haal nie. Trane loop onwillekeurig en die naarheid wat jou beet het, maak jou nog meer verbouereerd, want jy moet vrae antwoord, sterk wees vir die ander en jou eie emosies skommel tussen hartseer en woede. Water help niks, rook proe jy in jou ore en die simpatiseerders verbouereer jou meer as wat hulle help.

Wat het jou besiel?! Hoe kon jy dit aan ons doen?! Jy het ons ontneem van jou teenwoordigheid…jy het ons gelaat met so 'n groot leemte dat ons nie weet hoe ons dit ooit gaan gevul kry met net herinneringe nie.

Hoe is dit dat jy nie geweet het wat jy vir ons beteken nie? Hoe is dit dat jy nie besef het wat die invloed was wat jy op ons lewens gehad het nie? Hoe het jy nie geweet wat jy vir ons beteken nie? Hoekom het jy niks gesê nie?

Ek probeer dink aan die goeie tye, maar al wat ek voel is woede. Ek is so kwaad vir jou ek wens ek kon jou verwurg…..

Ek probeer bid, maar ek weet nie hoe moet ek bid nie, ek het nie die regte woorde nie. Ek het maar gevra dat God die blanko dele invul, want ek is kwaad en ek is seer…

My hart is stukkend, my lyf is seer, Jou geliefde stem hoor ons nooit weer.

'n man, 'n broer, 'n vriend, 'n pa, Ons kon jou help jou sorge dra.

As jy net wou sê, Waar die pyn en hartseer by jou lê

Ons kon dalk saam aan 'n uitweg dink afgryse, woede, selfverwyt…..

Nou moet die werklikheid van jou dood in sink.

Dink voor jy selfmoord pleeg, daar is mense wat gaan seerkry.

elbax

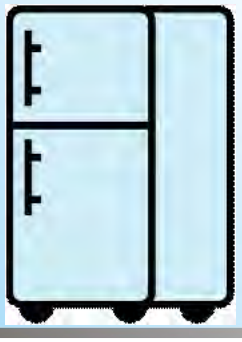
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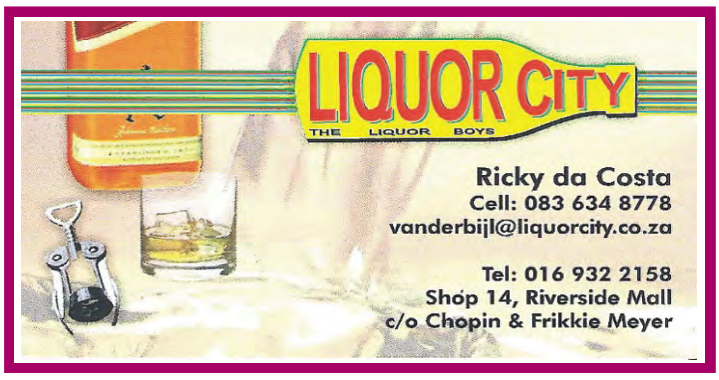












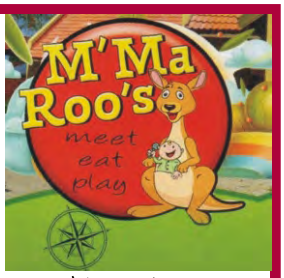






Business Cards

M' Ma Roo's



will be hosting a Christmas party for 63 children of the Shalom Children Group (www.shalomchildren.co.za)

We are depending on donations to bless these children with a lunch and Santa goodie bag. To pledge a donation, please phone the office (016) 987 3162 or Riana at 082 452 2024





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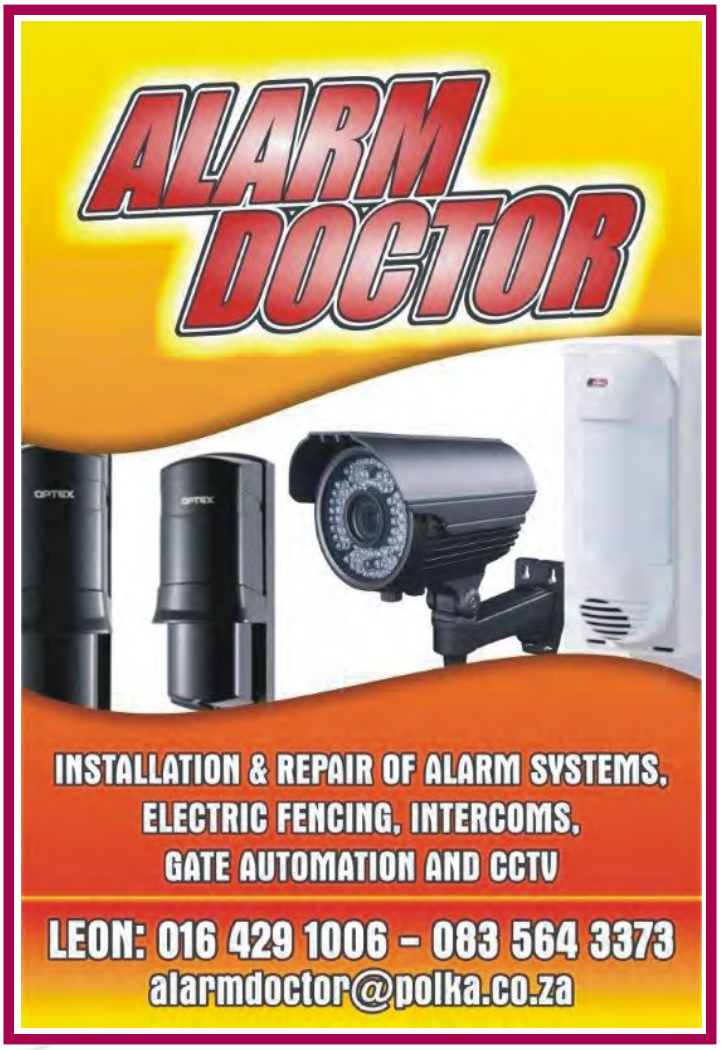
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Miss VUT FM 2014

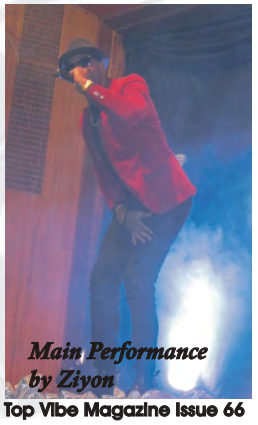
Congratulations to Miss VUT FM



Sisa Mdoda - Miss VUT 2014, Ashley Ohweneemeng - 1st Princes and Moratuna Motsemme 2nd Princes Miss Confidence Etresia van der Merwe. All the contestants was dressed by Deeva Fab.



MC Bennie Langa and Nolanga



Main Performance by Ziyon

My Kommin Troon



Betty Boop

Die skool vakansie was lekker kort, maar net lank genoeg om lekker geïrriteerd te raak met die kinders.
Ek dink elke ma weet waarvan ek praat as ek dit sê….

Met die gesukkel om myne besig te hou, gaan loop ons een dag rond in een van die vele 'shopping centres'- wat my seun natuurlik baie vervelig vind, want Ma doen net 'shoe shopping'.

Ek besluit om hom te beloon met 'n lekker roomys – ook om hom om te koop dat hy nie vir Pa vertel hoeveel geld ek spandeer het op die skoene nie – maar ek moet seker ook betaling kry vir my harde werk om kinders op te pas?

Met die staan ons by een van daai 'fabulous frozen yoghurt' stalletjies waar jy jou self kan help met die verskillende geure.

Daar is ook 'n ander vrou met haar tjokkers en diè is besig om haar goed onder te kry want sy bespring die arme ou agter die toonbank met 'n "Hey jy, jy moet die kinders dop hou, hulle speel met hulle vingers in die yoghurt en dis vuil en ongesond!"

Die arme man kyk verward rond en sien niemand anders behalwe die vrou en myself in die winkel nie en vra vir haar: "Mev, is dit jou kinders?"

Sy antwoord: "Ja, maar jy moet kyk, dis jou werk"

Ek het ook maar net gegiggel, want ek kon goed simpatiseer met daai een.

Bettie Boop

Raai wie is die skrywer van Bettie Boop? En wen 3 cd's



Almal wil graag weet wie die skrywer van Bettie Boop is!
Raai wie Bettie Boop is en staan 'n kans om 3 Cd's te wen.

Is dit: 1. Tersia? 2. Leon? 3. Sonja?

Stuur jou antwoord gevolg met die woord Bettie Boop en jou naam na 072 768 8582 voor 21 Noverber 2014.

Lekker raai!!! Stuur daai smse in dit is 'n stunning CD pak wat jy JOUNE kan maak!!



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?



05 Nov:-	**Gert Koevert R120 p/p Barnyard Vereeniging.**
08 Nov:-	**Snotkop R80 p/p Barnyard Vereeniging**
19 Nov:-	**Top Vibe Magazine celebrate 6 years in business.**
26 Nov:-	**BNI Insider year end function - Tersia**
12-30 Nov:-	**Year end shows I'll be your substitute - Barnyard Vereeniging**

For more info about these events go to:
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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.





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.



SHARONEY - In ons fairytale

"If you can dream it you can do it" - Walt Disney



Gedurende 2014 is Sharoney aan die Suid- Afrikaanse publiek bekend gestel met die uitreiking van haar heel eerste enkelsnit Een keer, geskryf deur Hugo Ludik en Reynardt Hugo van die gewilde groep ADAM. Sommer baie vinnig het hierdie liedjie die treffer parades van radio stasies regoor Suid-Afrika gehaal en vir 'n lang tyd net daar gebly.
Die musiekvideo van hierdie liedjie kan ook gereeld op kykNET, SABC 2 en ASTV gesien word.

Die tyd het egter nou aangebreek om Sharoney se debuut album IN ONS FAIRYTALE uit te reik en die opgewondenheid loop hoog! Saam met die uitreiking van haar album kom ook die amptelike uitreiking van haar tweede enkelsnit, PRINSES, weereens uit die penne van Hugo Ludik en Rynardt Hugo.

Die meester brein agter hierdie uitreiking is Hugo Ludik - Muse Production www.museproduction.co.za 'n stigterslid van die uiters populêre groep ADAM). Hugo het Sharoney se talent raakgesien toe sy vir die groep ADAM 'n voorvertoning gedoen het en ook vir Alishia van Deventer van Starburst Promosies, wat die publisiteit vir kunstenaars soos ADAM, Mwah!, Joshua na die reën, Elvis se Seun en vele ander behartig, nader getrek, www.starburstmusic.co.za Die vrug van daardie aand is 'n album wat "special "vir Sharoney is en nou in Oktober 2014 deur Luisternet Musiek uitgereik en deur Next Music versprei word.

Sharoney is 19 jaar oud, vol lewenslus en het in 2013 gematrikuleer aan die Hoërskool Hugenote in Springs waar sy ook grootgeword het.
Haar droom is om in 2015 regte te gaan studeer. Sommer met die intrap-slag besef mens dat Sharoney 'n alles of niks mens is en dat sy nie daarin glo om kort paaie te neem nie.Vir hierdie talentvolle sangeres is 'n droom besig om bewaarheid te word.

Haar familie is vir haar uiters belangrik. Hulle is 'n baie hegte gesin en kuier gereeld saam. Sy is baie lief vir sport en het op vele geleenthede vir haar skool se hokkie span uit gedraf en is ook 'n passie volle rugby en biltong geesdriftige, hou daarvan om kaalvoet te loop, te dans, te kuier en te lag!. Sharoney is 'n gewone meisie wat hou van gewone dinge. Sy is lief vir haar land, taal, volk en mense en sy is gelukkig, hier en nou.
Sy raak wel ongelukkig wanneer die mensdom nie respek vir die skepping toon nie.
Sy kyk op na haar pa. Hy is haar mentor. Hy het haar geleer van hard werk en uithou, al is die hoe moeilik. Hiedie meisie van Springs staan met haar voete plat op die aarde. Sy is beslis op pad om in Suid-Afrika se harte in te kruip met haar pragtige glimlag, ennergieke uitkyk op die lewe en mooiste stem! Sharoney het ook al intussen gesig gewys op IMPAK Tv kruisKYK en SABC 3 PlayNetwork en kan eersdaags gesien word op Be Your Dream kykNET 146. Thswane TV Kwaai Musiek, JAM Nuweling (2November) en Jukebox op 13 Desember 2014.

Facebook: https://www.facebook.com/www.sharoney.co.za
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Want alle mans is mos dieselfde?

Mamma ek wil 'n man hê of nie?

Ja, ons girls is nogal lief daarvoor om te veralgemeen en te sê "mans is almal dieselfde".Waar kom dit vandaan en hoeveel warheid lê daar in hierdie stelling?

Soos ons ouer word met 'n paar "break-ups" is ons nogal lief daarvoor om te veralgemeen en te sê dat alle mans dieselfde is. Ons weet al van kleintyd af dat dogterjies en seuntjies anders is. Nie net fisies nie maar op ander vlakke ook. Soos byvoorbeeld - mans bereik volwassenheid later as vroue, hulle het 'n ding genaamd "the nothing box" en hulle kan nie "multi- task" nie.

Na 'n hele debat met 'n paar dames, kan ons nou met sekerheid sê dat alle mans nie dieselfde is nie.

Dit is asof ons generasie "girls" baie "insecure" is. Grootliks omdat hulle al seer gekry het in vorige verhoudings maar ook omdat hulle nie goed genoeg voel oor hulle self nie. Ons lees elke dag dat ons nie maer genoeg of mooi genoeg is nie. Wees net jouself!

Gee elke man wat oor jou pad kom 'n regverdige kans, gaan oopkop in 'n verhouding in.
Die verlede is die verlede en laat dit presies net daar.

Girls moet nie vaskyk in "looks" en geld nie, die persoon moet belangrik wees. Dit is die klein dingetjies wat saak maak in die lewe. Girls julle mag ook maar so af en toe die man in jou lewe bietjie komplimenteer.
Daar is niks fout daarmee nie.

Alle mans is nie dieselfde nie.

Daar is natuurlik die mans wat mens nooit sal kan "happy" hou nie...van hulle praat ons nie eers nie.

Girls hou julle verhouding romanties, doen 'n "date night", maak tyd om te luister.
Spandeer tyd weg van mekaar, gee mekaar so bietjie ruimte, asem haal tyd as jy dit so wil noem.
Maak jouself mooi en hou die verhouding interressant, met "spices". Ons girls weet mos al te goed hoe om dit te doen.
Geniet vrou wees!



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.



November and December specials



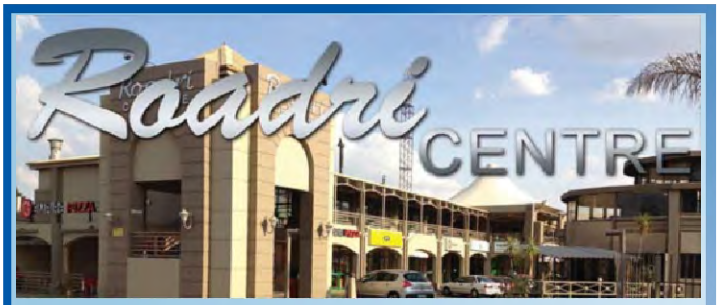
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