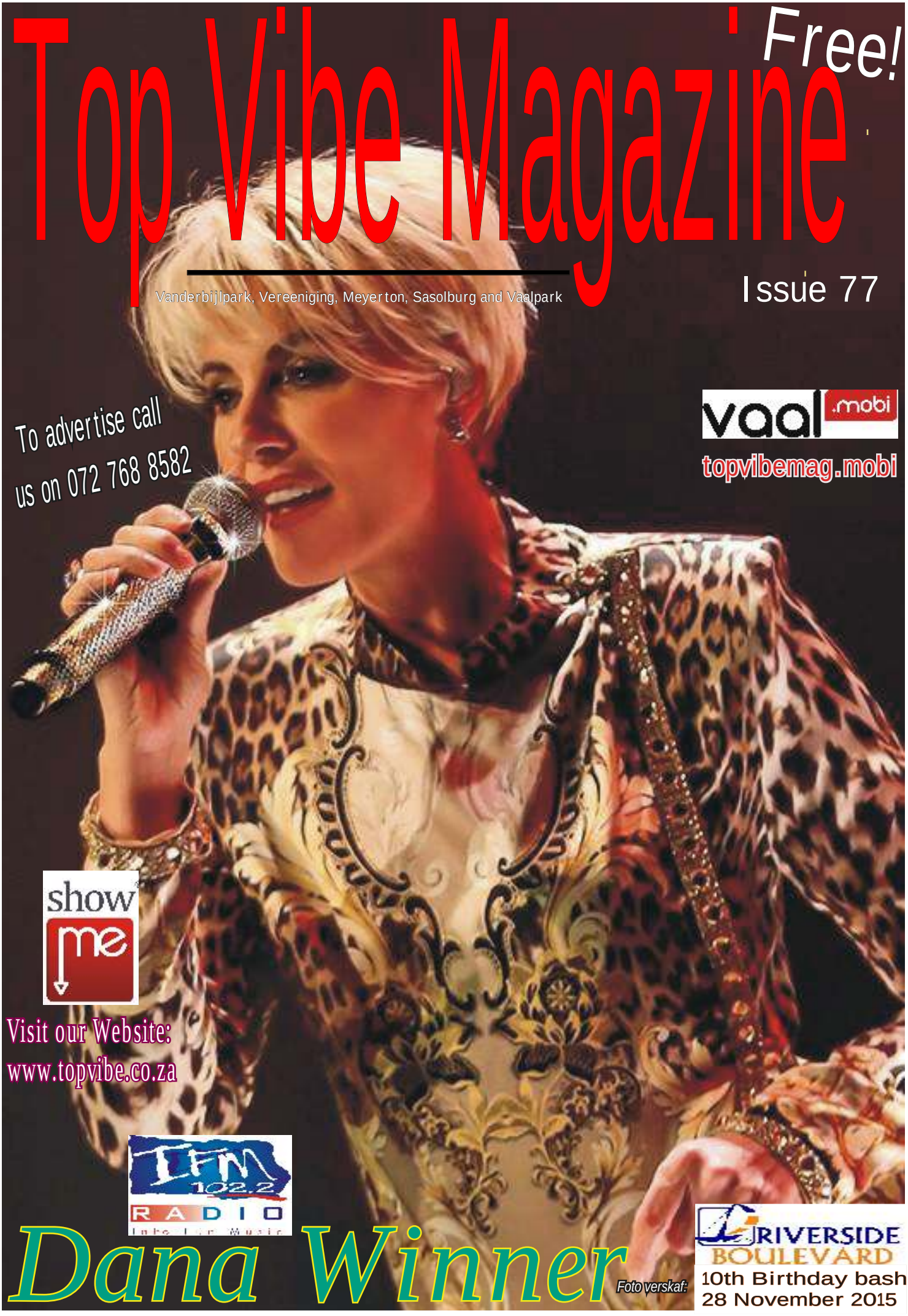
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Dana Winner

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RIVERSIDE BOULEVARD

10th Birthday bash
28 November 2015

Editors note

Breast Cancer awareness month



The incidence of breast cancer amongst South African women is increasing and it is one of the most common cancers among women in South Africa. It is the most prevalent cancer amongst white and Asian women and the second most common cancer amongst black and coloured women.

The designated month of October as "Breast Cancer Awareness Month" in South Africa reflects a nationwide drive by public and private healthcare structures, to raise awareness of this disease across all races and class structures.

Regular self-breast examination and regular mammograms are key to early detection.

Early detection of the condition can lead to effective treatment and a positive prognosis.
About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages.
To support breast cancer month, wear your pink ribbon for the month of October.

To all men out there, I would like to ask you to support your wife, fiancè, girlfriend, sister or mother by wearing a pink ribbon during the month of October.

On a more exciting subject, we have something NEW for our readers and facebook friends.
Top Vibe started with a Food blog as well as a Movie blog .This is how it is going to work. The Food blog will be about Restaurants in the Vaal. The Restaurant will be rated on four different criteria's where you as the public can also give your comment. Rating: Cleanliness, Restroom's, Service and Value for money.
With the Movie blog we can give you exclusive sneak peaks on new South African movies.
With pictures and interviews about the red carpet movie premiers.
Like and follow us on Facebook @ Top Vibe Food blog - Vaal Triangle and Top Vibe Movies - Vaal Triangle.

Don't miss out on this fun!!!!!
Remember our 7th Birthday is in the month of November.

Charmaine Xox



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Rugby BOK KOORS Een span een droom

Met die rugby wêreldbeker net om die draai loop bokkoors hoog! Almal droom van een span wat die beker huistoe sal bring! Van ons land se voorste sangers het saam gespan om hulle eens-gesindheid en ondersteuning deur musiek aan die Bokke te bewys.

Hierdie album is vol musiek wat sal aanklank vind by enige rugby onder-steuning,het sy om 'n braaivleis vuur of op die pawiljoen of vasgenaak voor die televisie.

Al die liedjies op die album is daar opgerig om ons as Suid- Afrikaner weer in die regte gees te kry om ons span te ondersteun en ons droom te gaan haal. Bok koors bestaan uit 21 Springbok rugby treffers waar van 15 splinter nuut is en groot aanklank by luisteraars gaan vind.

Facebook:https://www.facebook.com/Bokkoors

Die album word uitereik deur Vonk Musiek in samewerking met kykNET en word versprei deur Real Music Distribution.

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Baie geluk aan ons wenners,geniet julle BOK KOORS CD.

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Hande van ‘n Moeder.

Hierdie stukkie kom van “Facebook” af weet nie waar dit oorspronklik vandaan kom nie, maar wil dit graag met julle deel.



‘n Jong man het aansoek gedoen vir ‘n bestuurspos by ‘n groot maatskappy.
Hy het die eerste onderhoud suksesvol afgelê, en daar was ‘n opvolg onderhoud gereël sodat hy die direkteur van die maatskappy kon ontmoet.
Na aanleiding van sy CV het die direkteur gesien dat die jong man se akademiese prestasies van uitstekende gehalte was.

Die direkteur het na die jong man gekyk en vir hom gevra: "Het jy enige beurse gehad waarmee jy gestudeer het? "en die jong man het geantwoord :

"Nee" "Was dit jou vader wat al jou studie geld betaal het""Nee," sê die jong man weer , "My vader is oorlede toe ek een jaar oud was, dit was my moeder wat vir al my studies betaal het." " Waar het jou moeder gewerk?""My moeder het ander mense se klere gewas"

Die direkteur vra toe die jong man om sy hande vir hom te wys. Die jong man het sy hande uitgesteek en verbaas na die direkteur gekyk. Wat sou sy hande met die onderhoud te doen hê. Die direkteur het na die jong man se hande gekyk, hulle was glad en perfek versorg.
" Het jy ooit jou moeder gehelp om die wasgoed te was?
“Nooit, my moeder wou altyd hê ek moet lees en studeer, en buitendien kan my moeder wasgoed baie vinniger en skoner was as wat ek ooit kon droom om dit te doen."

Die direkteur sê toe vir die jong man, "Ek wil hê jy moet eers huis toe gaan en jy moet jou moeder se hande met room smeer, dan sien ek jou weer môre oggend hier"
Die jong man het gevoel hy kan dalk die werk kry, en hy is huis toe om vir sy moeder te vertel van die onderhoud. Toe hy later by haar sit, sê hy vir sy moeder hy wil graag haar hande room smeer. Vir die moeder was dit ‘n snaakse versoek, maar met gemengde gevoelens het sy die buisie room na hom toe uitgehou, en toe haar hande uitgesteek na hom toe.
Die jong man het sy moeder se hande in syne geneem, en toe begin die trane oor haar hande rol, vir die eerste keer in sy lewe het hy gesien hoe vol plooi en eelte sy moeder se hande was. Plek - plek was die hande oopgebars en het sy ineengetrek toe hy dit saggies met room begin invryf.

Dit was die eerste keer dat die jong man besef het dat daardie paar hande wat soveel bondels wasgoed gewas het, vir sy studiegeld betaal het. In ysige winter koue en stomende somer hitte, het sy onverpoosd gewerk. Daardie vereelte hande het sy toekoms rooskleurig geverf.
Daardie stukkende hande het gesorg vir ‘n uitstekende geleerdheid.
Na hy sy moeder se hande goed gesmeer het, het hy die volgende bondel wasgoed opgetel en stil - stil daarmee verdwyn om dit vir haar te gaan was.

Daardie aand het moeder en seun tot baie laat gesels.
Die volgende dag het die jong man weer aangemeld by die direkteur vir sy onderhoud.
Hy het gesien die trane sit nog baie vlak in die jong man se oë.
"Het jy toe gedoen wat ek vir jou gesê het?" vra die direkteur die jong man.

"Ja, ek het my moeder se hande room gevryf, en toe het ek die res van die wasgoed vir haar gewas. Ek het nou eers besef dat ek nooit waardering gehad het vir dit wat sy al die jare vir my gedoen het nie. Sonder haar sou ek nie vandag vir hierdie pos kon aansoek doen nie. En toe ek gister daardie vreeslike bondel wasgoed was, voel dit asof my skouers wil afskeur. Toe besef ek eers hoe groot haar opoffering was deur al die jare.

"Die pos is joune," antwoord die direkteur, “eers as iemand waardering en dankbaarheid kan betoon, is hy gereed vir ‘n pos met soveel verantwoordelikhede. Kyk vandag om jou rond, daar is baie mense wat baie opgeoffer het in die lewe om ons te gee wat ons vandag het.

En dan is daar ‘n Hemelse Vader wat alles opgeoffer het, sodat ek en jy nie nodig het om gestraf te word vir al ons verkeerde dade nie. Kyk na Sy Hande vandag, Hulle dra die merke van hoe Hy vir ons gely het, hoe Sy liefde ons straf gedra het. Het ons al vir Hom die nodige dank en waardering gewys vir die merke op Sy Hande? Kom ons maak hierdie dag anders,

Kom ons wys waardering aan al ons geliefdes, en ons wys dankbaarheid en waardering aan ons Hemelse Vader wat so mooi na ons kyk.
Sonder Sy opoffering sou ons lewens baie anders verloop het.

Dana Winner in South Africa at The Big To Arena - Carnival City.



The Belgian super star Dana Winner took the stage at The Big Top Arena at Carnival City , it was a spectacular show. It was a almost sold out show. If you missed out on it, make sure to book your ticket when she is back in South Africa.

The Top Vibe Winner of the CD and double ticket give away was Susan Bosch from Vanderbijlpark. Congratulations!!



Make sure that you get the CD of Dana Winner in your CD collection the new song for her fans in South Africa “ AS JY MY KON VERSTAAN” is on this CD.

Dana is in love with South Africa like she said “its my second home”



R50 noot

n Baie bekende spreker het sy seminaar begin deur ’n nuwe R50 noot in die lug te hou. In die saal was 200 mense teenwoordig terwyl hy vra, “Wie wil graag die R50 noot hê?”

Hande begin op te gaan in die gehoor.

Hy sê, “Ek gaan die R50 noot aan een van julle gee, maar laat my eers toe om die volgende te doen.” Hy gaan voort en frommel die R50 noot op sodat dit sleg en gekreukeld voorkom.

Hy vra toe, “Wie wil steeds die R50 noot hê?”

Steeds is die hande van die gehoor in die lug.

“Wel,” antwoord, “Wat daarvan as ek dit doen?” En hy gooi die R50 noot op die vloer en trap en vryf die noot met sy skoen in die vuiligheid op die vloer.

Hy tel die noot op, nou erg verfrommeld en vuil. “Nou, wie stel nog belang in die R50 noot?”
Steeds is die hande in die lug.

“Vriende, julle het almal vandag ’n waardevolle les geleer. Maak nie saak wat ek gedoen het met die geld nie, julle het steeds daarin belang gestel want die noot het nie enige van sy waarde verloor nie. Dit was steeds R50 werd. Baie keer in ons lewens word ons verfrommel, laat val en in die grond in getrap deur besluite wat ons gemaak het en omstandighede wat oor ons pad kom.

Dit voel of ons nutteloos is, sonder enige waarde. Maar maak nie saak wat het gebeur nie of wat sal nog met jou gebeur nie, jy sal nooit waarde verloor nie.

Jy is spesiaal – Moet dit nooit vergeet nie!”

Wow, laat ‘n mens dink, ek sal nou elke slag wanneer ek ‘n R50 noot sien met ander oë daarna kyk.....



Fotograaf: Charmaine Janse van Rensburg

Wat is jou vraag?

Dr. Quinten Fourie beantwoord jou vrae:

Hoekom is my vel so lelik?
Ek het nou al alles probeer....van die duurste velsorgprodukte tot Diane 35, niks help nie. Hoekom slaan ek so uit?



Dit kan wees asgevolg van hormonale versteurings dat jou vel so uitslaan. Immuungebrek siektes kan dit ook veroorsaak soos diabetes en IgA antiliggaam gebrek. Die gebruik van antibakteriële seep kan ook die normale flora van die vel versteur en die risiko vir infeksie verhoog. Voorkomende antibiotikas kan geneem word hiervoor. Bekende Roaculane en soortgelyke behandeling kan ook gebruik word as geen ander oorsaak gevind word of ander medikasie nie help nie. Vra jou dokter om jou na 'n dermaloloog te verwys indien nodig.

Hoe kan ek iemand help wat VIGS het?
My huishulp het onlangs vir my vertel dat sy HIV positief is. Ek gee baie om vir haar en wil graag weet hoe ek haar kan help?



Die belangrikste is dat sy gesond te eet, oefening te doen en anti- HIV medikasie en vitamines in te neem. Sy moet enige siektes vinnig behandel en medikasie gereeld drink om haar immuunstelsel te versterk. Sodra haar CD4 telling laag genoeg is moet sy die regte regimen ant-HIV medikasie begin neem. Dit is baie gelangrik dat medikasie elke dag geneem word! Verder kan jy haar net ondersteun en moed inpraat, 'n positiewe houding en 'n goeie ondersteunings netwerk is wat die meeste HIV pasiënte deurdra.



Wat veroorsaak blasies op my hande?
Wanneer ek baie gespanne raak of te veel sweet, kry ek blasies op my hande. Hoekom gebeur dit?

Dit kan die reaksie wees op die verhoogde korlisol in jou sisteem as gevolg van die stres. Hierdie is meestal 'n atopiese dematitis of 'n ekseem neiging. Ons behandel dit meestal met kortisoonsalf of somer 'n orale kortisoon. Dit kan ook verwar word met die Coxackie virus infeksie. Maak altyd net seker jy gebruik niks wat jou vel irriteer en die moontlike oorsaak kan wees nie.

Is dit dalk my blindederm wat pla?
Ek kry gereeld 'n steekpyn in my regtersy en my rug. Kan dit dalk my blinde-derm wees en hoe weet ek of dit naby is om te bars?

'n Blindederm- infeksie is 'n akute siekte wat jou vinnig naar maak, koors gee, vinnige pols en pyn in jou regtersy.
Die blindederm bars nie regtig nie, dis net geneig om 'n abses te vorm of etterigheid rondom die blindederm.
Dit kan veroorsaak dat jy baie ernstige siek word. Die gereelde steekpyn veral in die middel van die siklus kan net 'n pynlike ovulasie wees wat algemeen is by sekere vroue. Iets soos 'n kroniese endometriose kan ook pyn daar veroorsaak in die meeste gevalle is dit kieste (cyst) van die eierstok of ander vrouedele.
Dit kan ook gewasse wees wat die pyn veroorsaak of selfs iets soos nierstene of nierpyponsteeking en natuurlik algemene kondisie soos prikkelbare dermsindroom.

Stuur gerus jou vrae vir Dr. Quinten Fourie na charmaine@topvibe.co.za

Baie dankie vir julle vrae!! Baie dankie Dr. Quinten vir jou tyd om hierdie vrae te beantwoord.

Word opreg waardeer. Red.

Jannie du Toit

Die eggo van jou oë 25 van Jannie se mooiste opnames.



44 jaar op die pad van Afrikaanse musiek het tientalle opnames opgelewer wat sorg dat Jannie du Toit se stem steeds landswyd op radiostasies gehoor word.
Die jongste gunsteling is Gisela de Villiers se aangrypende DIE EGGO VAN JOU Oë, wat as titelsnit vir die versamel album gekies is. Terwyl sy eie komposisie, 'N LIEDJIE VIR JOU, sedert 1980 gehoor kon word op alle stasies wat Afrikaanse musiek speel, is daar deur die jare talle ander opnames gemaak waaraan hy ook onthou word: onder andere MADELEINE, GEE ONS VREDE, EENVOUD, SOMERKERSFEES en PIE JESU saam met Coenie de Villiers en Chris Chameleon 'n paar jaar gelede.

DIE EGGO VAN JOU Oë lê klem op die liedjies wat deur die jare speellyste gehaal het, maar daar is ook 'n paar van die kunstenaars se eie gunstelinge wat dikwels vir fynproewers die naaste aan die hart lê. Daaronder tel VOLGENDE WINTER, IK ZOUWEL EENS WILLEN WETEN, EK WIL VIR JOU, LEEUSPRUIT en AFDRAAIPAD, wat hy saam met Christa Steyn geskryf en opgeneem het.

Jannie du Toit het in die vroeë sewentigerjare as lid van die folks-groep TRILOGIE die eerste keer onder die aandag van Afrikaanse luisteraars gekom. Die groep is in 1973 op Sarel Myburgh se STUDENTEVARIA gehoor en in 1975 kom hulle TV-debuut reeds tydens die toetsuitsendings van die ou SATV.
Daarna is hy deel van dei Musiek- en Liriekbeweging saam met mense soos Koos Doep, Laurika, Coenie en Anton wat tussen 1979 en 1981 'n groot omwenteling in Afrikaanse musiek bewerkstellig het. Hy verlaat die regsberoep en skryf in die vroeë tagtigerjare in diens van Tukkies musiekblyspele vir 'n studentegroep - onder andere LOELOERAAI en GANSDANS.
Daarna stel Stephan Bouwer hom aan die kabaretverhoog bekend toe hy saam met Laurika Rauch die uiters gewilde VAN BERLYN TOT BAPSFONTEIN aangebied. Hy werk vir 25 jaar saam met Christa Steyn as begeleier, medeskrywer en verwerker, - vanaf 1986 totdat sy in 2011 met terminale kanker gediagnoseer is. Hulle treë wêreldwyd in meer as 20 lande op en vier in 2007 hulle 21 jaar van saamwerking met die produksie JANNIE EN DIE TANNIE.
Benewens talle eie komposisies gee hulle baie aandag aan Nederlandse nusiek, asook aan die musiek van Koos du Plessis. Jannie se mees onlange sukses is met DOEP IS NIE DOOD NIE, waarmee Koos se afsterwe van 30 jaar gelede herdenk word.
Die program sal binnekort deur kykNET uitgesaai word nadat daar in 'n jaar se tyd meer as 90 optredes landswyd was. Op die oomblik is hy ook nog saam met die tjellis Susan Mouton in HARTSNAAR op die verhoog te sien saam met Lochner de Kock in 'n kosprogram, DIE CORDON BROERS SE KOSSêRT, wat vanjaar 'n draai by Innibos maak.

Jannie het die Innibos Lewenslange Toekenning vir 2012 ontvang en dit is dus heelgepas dat hy by diè Fees sy nuwe album vrystel. Dit word beplan vir 18H00 op Donderdag 2 Julie wanneer hy by die 'LEGENDES-AAND" op die hoofverhoog optree saam met ou vriende soos Sonja, Rina, Laurika en Anton. Al die liedjies wat hy daardie aand gaan sing kan natuurlik op die nuwe vrystelling gehoor word.

DIE EGGO VAN JOU Oë word deur JNS Musiek vrygestel en deur REAL Music in die handel versprei. Die album is reeds vanaf 25 Junie landswyd beskikbaar.

Musiekvideo: https://www.youtube.com/watch?v=M18ASZnwDcA
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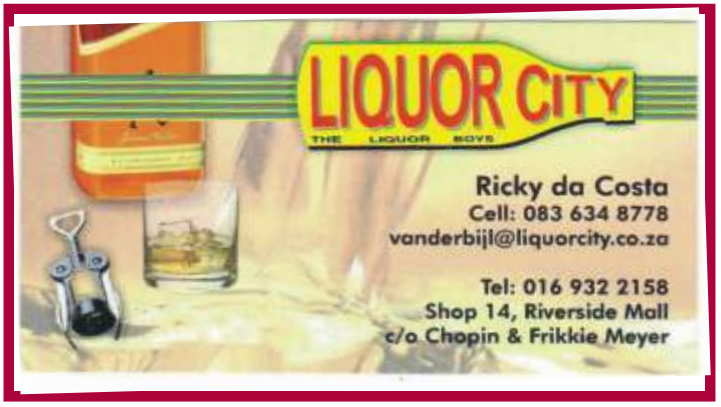
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Lag ‘n slag!....

Twee boeties "'n moet lees"!

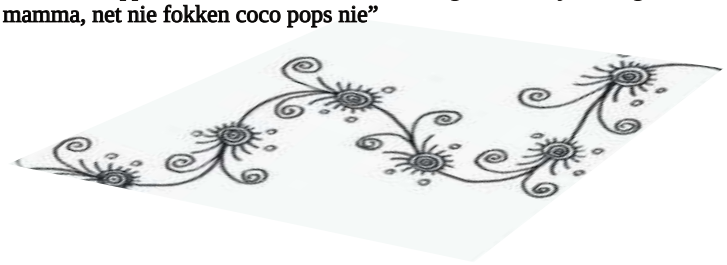
Twee boeties, een van so ses jaar oud en die ander een so 4 jaar oud, lê in die bed en praat. " Weet jy," sê die oudste "ek dink ons is nou oud genoeg om te vloek - wat dink jy?"

"Ek dink ook so" sê die jongste een.
"Goed, morê oggend as ons gaan eet dan sal ek eerste vloek en dan moet jy vloek "sê die oudste. "Ok" sê die jongetjie.

Die volgende oggend gaan hulle na ontbyt toe en die ma vra vir die oudste een "Boetie wat wil jy vir ontbyt hê? “Hy dink so bietjie en sê toe. "Ag bliksem ma, gee my maar coco pops asseblief".

Die ma hak af en klap hom bo van die stoel af dat hy so hik en teen die muur val. Hy staan op en loop huilend na sy kamer toe.

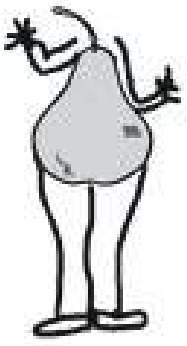
"En jy jong man - wat wil jy hê "vra sy vir die jongste een. Hy kyk haar aan met 'n lippie wat bewe en sê met 'n bewerige stemmetjie "Enige iets mamma, net nie fokken coco pops nie”











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Before YOU HIT SEND....

Remembering a few key rules will help you and your co-workers get the best from e mail communication.

In a world where abbreviations and emoojis have taken over electronic communication, it is important to remember the need to maintain a different tone when communicating professionally.
The way you respond to a work e mail says a lot about you, both personally and professionally. It may be electronic, but it will last forever.

Mailing your Manager:
A great general rule for email is that you should not say something in writing to someone that you wouldn't say to their face.
In the vast majority of cases, it is best to speak to your boss about a problem or suggestion face-to-face. Use email to set up a meeting where you can have your say, and then follow up with an email. You'll be able to gauge their response, take their views on board and present a more balanced reply, which is what you'll put in writing.
TIP: Be concise. Nobody likes a rambling five- page when a short paragraph will suffice. Your boss isn't only managing you, they have the rest of the team to think about and their time is precious.
Take a moment to distill your point or request, and say it in a few words as possible. There's much better chance it will be read and understood, instead of sitting in their inbox.

Client communication:
Beware of making any comments about your client or their company in any internal email's. Many people get caught out by an innocent 'forward" made by colleague, which includes a mal trail with your (possibly true, but still) career-limiting remarks about the marketing manager's new haircut.
Use the subject line to our advantage, but don't oversell it. By including "Urgent" or "Action" required you'll help them prioritise your message.
For example, don't bury your urgent request for a PO in the body of your email - or someone's not getting paid!
TIP: Never reply to a contentious e mail in the heat of the moment.
There is no quicker way to burn an expensive bridge than by reacting petulantly - and in writing! Go for a walk, have a cup of tea or even sleep on it.

Messages for your minions:
If you are manager of a team, use e mail to give them clear directions.
Summarise a meeting with the a follow-up mail, but instead of leaving the action points for last, start with them. If you need to clarify anything including en explanation at the end.
TIP: Be cautious of using humor in your email.
Even if you just trying to give the team a lift.
Not everyone may understand the context of what you're trying to say - at best, you'll come across as lame, at worst, you could offend someone.
The same goes for sarcasm and irony.

Co- workers correspondence:
Nothing cues eye-rolling and muttered cursing quite like an unnecessary "reply all". The person who sent the original is ore than likely capable of collating responses if required, so just reply to them directly, instead of colgging everyone's inbox with unnecessary messages.
TIP: If you need to share a large file, share it via Dropbox or Hightail.
Tell your colleagues where they can find it on the company server.
Sending a massive presentation packed with audio and video files to a group of people an do frightening things to the internal network.

Read your email thru before you hit the send button!!!



Family members can't control a loved one's addiction.

SANCA Vaal Triangle is an outpatient Rehab Centre treating addiction in the Vaal Triangle (a registered NPO). Everyday, we bear witness to the fact that addiction affects not just the addict but also their loved ones. In a way to help, loved ones often inadvertently enable the addiction to continue.

You see, one of the truths about addiction is that no person drinks or uses drugs in a vacuum.

Relatives easily find themselves very anxious over a family member's substance use, and their sincere efforts to arrest the problem may only deepen it.

Judy's (fictional name) story offers an example. "We'd been married for about 20 years, and he drank just about the entire time," she said, speaking of her former husband. "You start to think: Is it really my fault? Maybe I should be spending more time with him. Maybe if I kept the house cleaner or spent less time with the kids, things would change."

Judy's attempts to control her husband's drinking included hiding his liquor. Then it occurred to her that he might be using the same strategy to hide any evidence of alcoholism. "It got to the point where I'd see some liquor in the house and ask 'Is this what I'm hiding, or is this what he's hiding?'"

Underlying most of Judy's efforts were two ideas: that she was somehow at fault for her husband's drinking, and that by behaving differently she could control his problem.

However, Judy turned her reasoning around. This is the step that calls on alcoholics and drug addicts to admit that life has become unmanageable, that they are powerlessness over the substance.

"Then it hit me," she recalled. "I finally realised what that was all about. I saw that I don't have to worry. I don't have a problem with alcohol. And I have no control over my husband's use of alcohol. It simply was not my fault."

Judy saw that her behavior actually enabled her husband's addiction to continue. The terms "enabling" and "adapting" has become a popular term over the years - not to blame loved ones but to reverse guilty feelings and well intentioned actions - none of which actually helps an addicted loved one recover.

Basically, adapting means that families make it comfortable for an addicted person to use. And the family's intention is not to do this at all. Most often, adapting is just a last-ditch effort. They simply don't know what else to do.

Examples of adapting are as varied as families themselves. In many families, the focus of attention narrows itself to the addicted person. Instead of family members focusing on being the best they can be, they focus on blaming the addicted person. They're so focused this person that they can lose sight of themselves.

An alternative to adapting is detachment with love. This means responding to our own needs while being caring and considerate of another's needs. It means that we can be responsible to them, but not for them. And as a result, we no longer shield people from the consequences of their behavior.

Most family members of an addicted person tried for a long time to change that person and it didn't work. The fact is that we are involved with other people, but we don't control them. We can't prohibit them from doing some things."

How does Judy translate this into daily living? "A lot of it has to do with the Serenity Prayer, which reminds us to change the things we can and accept the rest. In other words, what do we actually have control over, and what don't we? That's something I'm still working on. But when you don't have that responsibility to control another person, it takes a lot of weight off your shoulders."

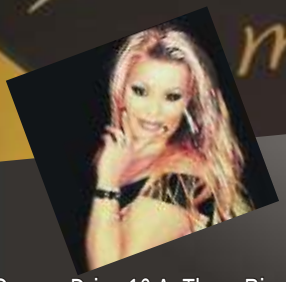
Acknowledgment the Hazelden Organisation for Judy's specific example.

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