Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 89
2016



STARBURST PROMOTIONS

show me

Visit our website
www.topvibe.co.za

TFM 102.2 RADIO

Visit our website
www.topvibemag.mobi

vaalcar

Alishia van Deventer

Photo credit: Renico van Rensburg



Editor's note.

September month, such a blessed month. It's amazing to know how many people care about you on your birthday.
Birthday wishes come from all over, it makes one's day even more special. The wonderful thing of getting older it that you can do what you want, when you want too. (It's my party and I can party if I want to).
I would like to take the time to thank each and every one who took the time to make my day special. Thank you Yolande from The Party Shop for my birthday cake, Wow what an peace of art work, and just as tasty.
Do you have a upcoming birthday please call Yolande at 076 134 1423.

Remember the celebrations keep going on because Top Vibe Magazine celebrate there eight birthday during the month of November... Don't miss out on the fun. Invite us on Facebook, Twitter, Instagram or go to our website's www.topvibe.co.za or www.topvibemag.mobi. There will be CD giveaways and products from Charms Body Products that you the reader can WIN during the month of November.

There is some interesting reading material, in this Issue.

* Movie review of "Noem My Skollie" page 3.
* Read about the lovely Alishia van Deventer, owner of Starburst Promotions on page 4.
* The results of the Foodblog on page 9.
* Don't let social media ruin you on page 10.

Enjoy reading the magazine, send us an e - mail if you would like to shear something with us.

Thank you, till next month
God bless.

Charms Xox



Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
Charms
P. O. Box 60130
Vaalpark
1948
E -mail: charmaine@topvibe.co.za
Facebook: Topvibe-magazine Vaaltriangle
Twitter: charmaine@topvibemagazine
Website: www.topvibe.co.za / topvibemag.mobi
Find us on social media:
Top vibe food blog
top vibe movie blog
Www.topvibe.co.za
www.topvibemag.mobi

Copyright:
Content of Top Vibe Magazine is protected by copyright. No part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

Owner / Sales Rep:
Charmaine: 072 768 8582

Proofreaders:
Tanja - Afrikaans
Veronica - English

Photographer:
Photo Dairy & Venue
Charmaine 083 681 1514.

Disclaimer:
The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/or advertisement. *The views of other writers or articles in this Magazine are not necessarily the view of the editor.*
Please support our advertisers
They support Top Vibe

PRINT / ONLINE / EVENTS
GOING DIGITAL SOON...

Little Vibe's
For only R250

Top Vibe
Food Reviews
To be reviewed call 081 526 7786

THE Party & Décor Shop
Tel: 016 931 0159
Next to Mc Donald's
Frans (owner) 082 854 2982
We offer you:
* Alterations on clothing
* Dress making * Costume designs
* Curtains * Video's, Photo's & Music

Lashes
Adelle 063 682 4107

Crystal Clear Car Wash
We are open 7 days a week for your convenience
8am - 5pm
Wash & Go Cars @ R40
SUV & 4X4@ R50
Wash and vacuum @ R65
SUV & 4X4 @ R75
WE ARE LOCATED AT
BLOUKRANS CENTRE, VAALPARK

TRIO LIQUOR STORE
For the friendliest service in Vanderbijlpark
Convenience Centrum,
Frikkie Meyer Blvd.
(Next to Mcdonalds)
Tel: (016) 931 1006
Specials in Store
Hours:
Week: 08h00 - 20h00
Saturday: 08h00 - 20h00
Sunday: 09h00 - 15h00
We are open
Public Holidays!!

Perfect Plumbing
All your plumbing requirements in the Vanderbijlpark, Vereeniging, Sasolburg, Vaalpark, Meyerton and Deneysville area
Geysers
Geyser Electrical
Taps
Burst Pipes
Solar Geysers
Blocked Drains
Toilets
For all your Plumbing requirements
Call: Andrè @ 082 856 2173 / Fax: 086 541 6924
E-mail: perfectplumbing.vantonder@gmail.com

Charms
Body Products
Call: 072 768 8582

EINTLIK NOGAL BAIE

Die nuwe Afrikaanse fliek, ***EINTLIK NOGAL BAIE***, se amptelike lokprent is pas bekendgestel!

Kyk die lokprent hier:
https://www.youtube.com/watch?v=XdDRgk3jWuI&feature=youtu.be



Eintlik Nogal Baie is gebaseer op die draaiboek, naamlik *Ally*, geskep deur Jarrod de Jong *(The Blanket, Die Laaste Ure, Babalas)*.

"Met 'n intieme rolverdeling van gesoute akteurs en 'n storie wat gelaai is met 'n goeie balans van romanse, komedie, aksie, spanning en tragedie, bring Eintlik Nogal aie 'n dwingende sjarme wat toewyding in ander inspireer," sê de Jong.
"Die storie handel oor Jay van Niekerk (André Lötter), 'n aantreklike, maar teruggetrokke strokiesboek-animeerder wat se lewe baie deeglik onder beheer het. Hy kom egter voor 'n kruispad te staan en wanneer hy vir Ally (Marisa Drummond) ontmoet met haar oorbeskermde pa en haar eks-kêrel, word sy lewe vir altyd verander op die mees dramatiese wyse. Kykers kan definitief genoeg sneusdoekkies byderhand hou wanneer hulle die film gaan kyk," voeg de Jong by.

Die rolverdeling sluit baie bekende en gewilde name soos André Lötter, Marisa Drummond, Zak Hendrikz, Ashmund Martin, Elsabé Daneel, Anton Dekker, Susanne Beyers, Themsi Times en Hein de Vries en ander in.

Die fliek is geskryf deur Jarrod de Jong en Pieter Oosthuizen (M4gic-J Entertainment) en vervaardig deur Jarrod de Jong. Die regie is behartig deur Jacques Brand (*The Blanket, Die Laaste Ure*).

De Jong vertrek eersdaags na Brussels, waar hy die opening van die Film Fest Gent gaan bywoon en waar *Eintlik Nogal Baie* op 11 Oktober 2016 vertoon sal word. In November 2016, sal *Eintlik Nogal Baie* ook by die Razor Reel Flanders Film Festival vertoon word. Die laasgenoemde fees bied aan filmmakers 'n platform en plaas die kollig op talentvolle nuwelinge uit die internasionale mark.

Die temalied van die fliek, *Eintlik Nogal Baie*, is vroeg in Augustus 2016 vrygestel en kan reeds op talle radiostasies landswyd gehoor word. Die liedjie word gesing deur die 1925Band, wat spesiaal deur die vervaardigers genader is om deel te wees van die projek. *"Die liedjie, met dieselfde titel as die film, is 'n liefdesverhaal en storie op sy eie, en 'n mooi ballade wat toewyding in ander inspireer. Dis catchy en het dieselfde effek as wat Roxette se It must've been love in Pretty Woman gehad het,"* sê de Jong.

1925Band bestaan uit drie musikale broers, Reno, Jeff en David-Lee Gericke, wat in 2010 besluit het om professioneel te begin musiekmaak. Hulle styl kan hoofsaaklik as akoestiese *folk* beskryf word en die harmonieuse manier waarop hulle stemme by mekaar inskakel, asook die gevoel wat in elke liedjie na vore kom, is juis wat hulle musiek so lekker maak om na te luister.

Eintlik Nogal Baie is vervaardig in samewerking met MadRobot, The National Film and Video Foundation en The DTI en word deur Times Media Films versprei. Die film word op 24 Augustus 2016 om 16h00 by die kykNET Silwerskermfees vertoon.

Eintlik Nogal Baie word landswyd uitgereik in teaters op 4 November 2016.

Vir enige media navrae, kontak vir Gizela Arndt op gizela101@gmail.com of 083 399 6869.

Sosialemediaskakels:

Webtuiste: www.eintliknogalbaie.co.za

Facebook: www.facebook.com/eintliknogalbaiemovie

Instagram: www.instagram.com/eintliknogalbaie

Twitter: @ENB_movie

Alishia van Deventer
alishia@starburstmusic.co.za / 083 635 4717

Starburst Promotions
Office: 083 635 4717
http://www.starburstmusic.co.za

Top Vibe & STERKINEKOR VAALMALL Movie Review

NOEM MY SKOLLIE



Cast: Dann Jacques Mouton, Sandi Schultz
Director: Dann Jacques Mouton, Sandi Schultz
Genre: Thriller Release
Our Rating: ★★★★★

Still deeply moved by #noemmyskollie. I have never experienced so much different emotions in one movie. Laughing, nail biting, shock, disgust, shame and sorrow! And this is not far-fetched fiction.

This is a true story! Respect Mr John W Fredericks! I honestly don't know if I would have had the same courage if I had to be in similar circumstances. Strongly recommend - if you are prepared to accept the reality of it all! Well done to all the cast - exceptional!

I stand all amazed! Sold out cinemas! Jumping into the top 10! Huge accolades! WOW!

Words from Mr John W Fredericks "once upon a time in the late 90's I, was working as a Security Officer for House of Representatives on various sites. The last of my 13 years at Ottery School of Industries. Lots of youth at risk there and I could share my wisdom of the bad side of gang life with them. Then I was invited to speak to a group of sentenced and awaiting trial prisoners at Pollsmoor Prison.

A place where my blood, sweat and tears lies buried in the foundation of that Prison. When I entered that prison yard that sunny day, I was transported back to the days of my troubled youth. Looking at them, I identified myself amongst them. I was moved and I felt a stirring deep inside my soul. I spoke from the heart and a hush ascended in the courtyard, even the Warders were attentive. I was back in time, mesmerizing prisoners, and I could see the tears pooling in their eyes.

I think that was another MAJOR turning point in my life. My Mother's words echoed in my brain; "Djy moet waaksaam wees Johnie, jy het 'n calling". So I gave up my day job to go and work for a pittance as a creative writing Facilitator with CRED in various prisons across the Western Cape. I was 50 years old. And now NMS. THIS is my CALLING, telling stories to a global audience. Hosh JA!

Wow this is one movie that I personally will never forget. My wish is that every person should go and watch this movie.



ADAM- HOOGTEVREES

Na drie suksesvolle albums en 'n kortspeler saam met Daniel Baron, is die popgroep ADAM (Hugo Ludik, Reynardt Hugo en Kyle Grant) se splinternuwe album *Hoogtevrees* , pas uitgereik.
Die titelsnit van die album is reeds 'n paar weke gelede uitgereik en pruik op talle radiostasies landwyd se trefferparades. Die musiekvideo vir die liefdjie is ook vandag bekendgestel.

Kyk die video hier: http://www.youtube.com/watch?v=n13TZP7HpPg

Die meeste mense sal kan identifiseer met die liedjie *Hoogtevrees*, vertel Hugo Ludiek wat dit saam met sy sangmaat Reynardt Hugo geskryf het. "Dit gaan oor 'n romantiese verhouding wat by 'n kruispad kom en jy dan wonder of dit gaan werk of nie. Hugo verduidelik dat is dan dat jy soms maar net jou oë moet toeknyp en 'n geloofsprong maak. "Jy moet van die verlede vergeet en op 'n skoon bladsy begin," is sy advies.

Hy beskryf Hoogtevrees as 'n "polsende popliedjie met 'n vinnige tempo waarop jy lekker kan dans."



Oor die uitreiking van die album is die mannene so opgewonde. Hugo vertel dat hulle twee jaar lank aan hom gewerk het, en daarom is dit beslis die album met die sterkste liedjies op. " Dit sis in 'n tipiese ADAM-styl waaraan ons ondersteuners gewoond is. Ons het daardie fondament behou maar tog ook 'n paar nuwe klanke ingebring"
ADAM is sekerlik een van die mees produktiefste groepe vandag in Suid - Afrika. Na hul eerste album ADAM, in 2011 verskyn het, het hulle Vir Jou gemaak (2012) en daarna Goud (2014) uitgereik. Al drie hierdie albums het goue status bereik.
In 2014 sing hulle die liedjie Sal oorlog vir jou maak in die plaaslike lokettreffer-fliek, Pad na jou hart, wat 'n oornag sukses vir hulle word.

Volg ADAM op sosiale media:

ADAM
www.adamband.co.za
https://www.facebook.com/adamgroep
Twitter: @adamgroep

Die album is ook op iTunes beskikbaar: ADAM.Ink.to/Hoogtevrees

Starburst Promotions



Photo credit: Renico van Rensburg

Owner Alishia van Deventer.

Top Vibe Magazine interviewed the lovely Alishia van Deventer owner of *Starburst Promotions.*
Alishia is one remarkable woman, nothing in life can get her down.

She is a very strong person that always treat people around her with allot of respect, she is very professional and definitely the best in the business.

With no project that is to big or to small for her she always finds a way to make a big success from it.

Starburst Promotions is a company specializing in artist career development, public relations and marketing, project management, administration and advises for companies such as Universal Music South Africa, Luisternet Musiek, Kanada Records, Vonk Musiek, Indigenous Film Distribution, Ster Kinekor, The Film Factory and other independent artists, labels, production houses and corporate companies.

Alishia van Deventer and her team established and manages the public profiles and marketing of clients such as award winning acts ADAM, Joshua na die Reën, Len Muller, Touch of Class, Cordelia, Saarkie and many others.

A strong corporate background is combined with that of the entertainment industry and always aiming for success. Combined, Starburst's clients can be heard and seen on every single radio and television station in South Africa due to strong interpersonal relationship with the South African media.

Alishia has been operating in the Music & Film Industry for over 12 years and worked with many artists, groups and actors. Starburst is a member of the Ghoema Council, RISA, SAMRO and also involved with the Theatre Benevolent Fund. Starburst Artist Management & Promotions is also a Proudly South African company.

Starburst handled the publicity for movies like:

BABALAS, PAD NA JOU HART, AGENT 2000, EK JOKE NET 2, BALLADE VIR 'N ENKELING, LEADING LADY, HOLLYWOOD IN MY HUIS, SNEEUKONINGIN, VIR ALTYD, MODDER EN BLOED, UITVLUCHT, 'N PAWPAW VIR MY DARLING, TWEE GRADE VAN MOORD, MY FATHER'S WAR, NOEM MY SKOLLIE.

Upcoming releases include:

EINTLIK NOGAL BAIE (4 November 2016), SNEEUKONINGIN 2 (25 November 2016), VIR DIE VOëLS (25 November 2016), JOU ROMEO (23 December 2016), HOENER MET DIE ROOI SKOENE (27 January 2017), KROTOA (2017) and VASELINETJIE (2017).

Top Vibe Magazine would like to thank Alishia and her team for all the invites to the red carpet events. It's always an honor the be part of events like these. These events are always very well organised and also a lot of fun!

Top Vibe Magazine would like to wish you and your company the very best for the future. Keep up with the wonderful work!!!

Alishia Van Deventer

E- mail: alishia@starburstmusic.co.za

Publisiteit & Bemarking:
Starburst Promotions
Alishia van Deventer
E-pos: alishia@starburstmusic.co.za

SALON
HAIR • NAILS • BEAUTY
NOW OFFERING
SPRAY TAN
Book a spray tan and look younger, healthier and feel sexy.
The perfect combination for only R300.
Contact Salon G - 063 102 7015
33 Riemland Street Sasolburg

Photo Diary
Sexy Lady Boudoir Shoot
from R680-
Charmaine
0836811514
Call Charmaine 083 681 1514



-- Die Vaalpark Kothuis -- Mark --
Aangebied deur :
Henry en Marlene Franck
Te : Privêre Skool Lumière
Vaalpark
Tel : (016) 971 - 2790
Faks : (016) 971 - 3362
Sel : 083 - 231 - 7273

Hou 28 & 29 Oktober 2016 oop vir die somermark;
ons het vir jou ook plek – nes in Noag se ark.
Kyk uit vir geborduurde linne, konfyt van pampoen,
mosaiëk, selfdoen-vintage, kindertentjies, ag man – alles -
van 'n draadkar tot 'n manne-oondhandskoen

Kry nuwe woema vir jou lyf en klerekas met slim
bykomstighede, organiese lyf-en handeroom;
blinkgoed en leersakkke om van te droom.
Daar's 'n laning stalletjies vir die lief-vir-buite-wees mense
met tuin- en vuurmaakgoed, sandsteen, ougoed,
piekniekmandjies, kruieplantjies, potbrood-in-'n-sakkie,
vars blomme, smelt-innie-mond boerewors warmbrakke
en ander liplekker eetgoed uit ons kosstalmense se spense.
Kom sit en eet in die Teetuin 'n Quiche Lorraine
of kry 'n Petrus Steyn pastoriehoendertjie
en voel hoe jou hongerpyne kwyn…
Ons is 'n ware sak-pas handewerkmark en is oop vir koop;
jy mis nou mos verseker baie as jy ons verbyry of-loop!

www.kothuismark.co.za info@kothuismark.co.za
https://www.facebook.com / Die -Vaalpark- Kothuismark 437790563088967/

Tye: Vrydag, 28 Okt: 9:30 - 19;00 Saterdag, 29, Okt: 08:00 - 15:00

DMT TRAINING
& JOBS AGENTS

DO TRAINING ON ANY MACHINE AND GET YOUR FORKLIFT TRAINING FREE.

Marriman Bld,312 Voortrek Street, (opp Cash Crusaders)
www.diemnyandoros.co.za

Bring 1 Student and get R50 Free!
Call and we will pick you up - with the company car!
We place our clients and students after training!

We do Training in:

Welding R4000
Rigging R450
Co2 Welding
Boiler maker's R5500 (1month)
Fluxcorn Welding
Gas Cutting
Auto Electrician
Construction Supervision
Cleaning
Double coded welding R5900 (1month)
Motor Mechanic
Plumbing
Arcon Welding
Fitter & Turner
Panel Beating
CNC Programing
Stainless Steel
Safety
Litho Printing Mahine

Call: 076 927 9085
Call: 079 594 8737
072 954 7705
Tel: (016) 422 42 64

FREE Accommodation
All Certificates are Red Seal

300 Jobs available & apprentice
We do job placements @ DMT

Business Vibe's





CompMed Medical Aid Services

Jan Bekker 082 881 8307
Tel: 016 932 2061
Tel: 016 932 2917
Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE2, Vanderbijlpark

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

Adress:Suite 4 Tel: (016) 971 - 1040
40 Karas Avenue Cell: 062 624 3233
Netcare Vaalpark Hospital
Fax: 086 550 4849 E-mail: deona@lantic.net







CTS Cooling (Pty) Ltd

Service and Installation of all Aircon's

* Major Service on all aircon's

* 12000 BTU R6500 (with installation).



30 Watermeyer Street Cell: 084 989 1065
SE 6, Vanderbijlpark

LAMINATEDFLOORING.CO.ZA

87 Rossini Blvd
Vanderbijlpark, SW1
1911
Gauteng

Blinds SA Kumeshni & Rish

Phone: (+27) 84 029 6036
Phone: (+27) 84 870 3196 Email: info@laminatedflooring.co.za



Business Vibe's









To Advertise call
Charl 084 871 8811







Rotary Charity Winkel

Faraday Sentrum winkel 11, Faraday Blvd
Vanderbijlpark CW 6. Cell: 078 032 2812

Enige hulp sal welkom wees, tweedehandse klere, baba klere, line, breekware, skoene.
AS JY DIT NIE KAN GEBRUIK NIE ONS KAN - GEE DIT ASB VIR ONS.!!!

Vaal Decking (PTY) LTD

Reg No: 2016/242759/07
Vat No: 9348599185

Contact us on
083 381 9800 Vannessa
083 578 2520 Gert
Email: vaaldecking@gmail.com



"10 YEARS GUARANTEE NO MAINTENANCE"

Giramundo

VANDERBIJLPARK
(016) 932 1242

Flame-grilled CHICKEN

"Top Vibe Summer meal deal"

A refreshing meal consists of:

½ Chicken, Portuguese salad with Feta & Olives, coleslaw and corn on the cob with a FREE 1 Ltr coke all for only R141.70



ALARM DOCTOR

SECURE YOUR HOME

INSTALLATION & REPAIR OF ALARM SYSTEMS, ELECTRIC FENCING, INTERCOMS, GATE AUTOMATION AND CCTV



LEON:
☎016 429 1006
083 564 3373
alarmdoctor@polka.co.za



Roses Party Rentals
FOR ALL YOUR CATERING AND PARTY NEEDS
www.rosespartyrentals.co.za

We are here to meet all your Party & Catering Needs.



We Offer All Inclusive Wedding Packages to suit your Budget!

We Cater & Hire Out Marquees, Tents, Glasses & Cutlery

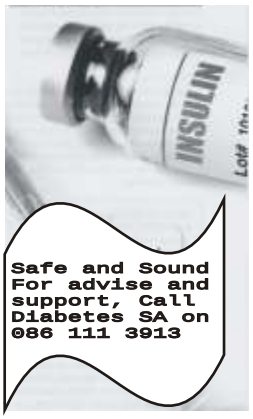
We Cater for all occasions - From Small & Intimate to Big Corporate Events

Jumping Castles as well as all your function equipment & products



Contact Rosemary: 083 325 6942
rose@rosespartyrentals.co.za

Sugar Rush



Could the "silent killer" be stalking you? Commemorate world diabetes day is on 14 November 2016.
Taking these steps to be safe.

Part 2 follow up article.

Watch your diet:

Studies have shown that managing your weight with sensible eating and exercise can halve your risk of diabetes, and control it as effectively as medication.
You can cut your risk by 80 to 100% just by losing five percent of your body weight.

With diabetes, you need to eat sensibly for life. It's about being aware of what you're eating and learning to compensate.
Restrict your overall fat intake to just about a teaspoon at each meal and avoid saturated animal fat altogether." Have a quarter avo in your salad or use a teaspoon of oil in dressing, but never have both" Beware of commercial diabetic food, which may be sugar-free, but is often high in hidden fats. Always read the labels.

Base your meals around whole grains, vegetables and fruit. Favor slow-releasing carbohydrates with a low glycaemic index, such as dense bread , rolled oats, sweet potatoes and durum wheat pasta. Choose bright coloured fruit and vegetables, which are very high in antioxidants - perfect for combating a degenerative disease such as diabetes.

Keep you blood sugar levels constant by eating roughly the same quantity of food at the same time each day - especially carbohydrates, as they have the biggest effect on your blood sugar.

Stop the stimulants:

Reduce your alcohol intake as it can increase fat around your mid-section."Not all fat is the same and fat is the abdomen is highly metabolically active and blocks the effect of insulin" Alcohol is also high in sugar and upsets your insulin balance. Diabetes who smoke have 50% higher risk of dying from the condition, as it increases the already high chance of heart disease, stroke and circulation problems. So the solution is obvious -quit!!!

Spot it:- Signs of diabetes include:



. Increased thirst and hunger
. Fatigue and weakness
. Frequent urination
.Inexplicable weight loss
.Itchy skin
.Numbness in hands and feet
.Blurred vision
.Delayed healing of cuts and bruises
. Chronic infection such as bronchitis.

Risk factors:
The following put you at high risk.
. Is there diabetes in your family?
.Do you have high blood pressure or cholesterol problems?
. Are you over weight or obese?
.Are you over 40?
. If you're a mother did you have diabetes during pregnancy?

Save and sound for advice and support, call Diabetes SA on 086 111 3913 or visit www.diabetessa.co.za

Top Vibe Food Reviews

Panarottis, Vaal Mall -(016) 931 2009	★★★
Ocean Basket, Riverside Blvd -(016) 932 3149	★★★★
Nando's, Vanderbijlpark -(016) 933 3060	★★★★
Horse & River, Vanderbijlpark -(016) 932 3095	★★★★
Cappello, Riverside -(016)932 0120	★
Steers, Vaalpark -(016) 971 2866	★
Wimpy, President Hyper -(016) 985 1240	★★
Panarottis, The Zone Rosebank Mall -(011) 325 8085	★
Faraday Pub&Grill, Vanderbijlpark -(016)931 3961	★
Girumondo, Vanderbijlpark -(016) 932 1242	★★★★
Pavillion, Sasolburg (Watergat) 072 914 7536	★★★★
Pub AB's Grill, Parys - 079 636 6861	**CLOSED**
Jimmy Jagger, Parys -(056) 8114535	★★★★
Stone Haven On Vaal - (016) 982 2951	★★★★
River Palace, Vanderbijlpark 082 442 7259	★★★★

NOT YET RATED

Be My Guest- Vaalpark -	not yet rated
J&B Pub & Grill- Vanderbijlpark	not yet rated
Dros - Vanderbijlpark	not yet rated

SMS your review to 081 468 6594 - Restaurant Name + Rating out of 5. ONLY SMS'S FOR RATING.

For more information on Vaal Triangle Food Review's call 081 468 6594 or go to our Facebook page.

The public's review's have been tallied and some of the Restaurant stars has been shattered.

Above is the up-dated results of the review's.

Keep on sending your review's.







Distribution:

Should you have missed a hard copy, of the magazine go to our website's www.topvibe.co.za or www.topvibemag.mobi we distribute 25000 copies with an average of 125000 readers every month.

Vanderbijlpark:
Palms shopping Center, Riverside Blvd shopping Center, Junction shopping Center, Slap Chips, Cormed, Riverside Hotel, Saspark Center, Butcher Boys, Dashing Divas, Pick a Pay, Park Auto, Liquor City, Dros, Riaan Pools, Wimpy, IFM 102.2, Vaal.mobi.

Vereeniging:
Liquor City, River Square shopping Center, Wimpy, Bon Hotel, Medic- Cross, Hot pot paints, Burger Box.

Meyerton:
Hardware & Supermarket, Multi- Save, Pick a Pay and Wimpy.

Vaalpark:
Tarina Center, Dr Fourie, Henberg, Pizza Boss, Spar, Face and Body, My seepwinkel, Fat Cake City and Spice.

Naledi Industrial Park:
Restaurant, and all the businesses.

Sasolburg:
Wimpy, Checkers Center, Scooters, Pizza, JM'S Spears, Salon G, Hoofkantoor Pub & Grill, Slap Chips and MTN.

All advertising clients do get a copy.

FACEBOOK INFO:

Become our friend on facebook, because most of the Fun things will be posted on our facebook page!!!!
We have a Top Vibe Food blog, Top Vibe Movie blog. Top Vibe-Ster Kinekor movie review.

Websites: **Top Vibe Magazine on your phone.**

Download your Top Vibe Magazine from our mobisite go to www.topvibemag.mobi or to www.topvibe.co.za







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.

DON'T let social media ruin you





Social media - Twitter, Facebook, Instagram and WhatsApp - have made it easy to keep in touch with friends and family and share our opinions with people we might not even know. But this can also land you in hot water- even if you were "only joking".

When in February two women students from Stellenbosch University painted their faces purple for a theme party and posted the picture on Instagram, all hell broke loose. The end result, though, was red faces all round. The girls were suspended for "blackfacing" (because that is what the colour appeared to be). When it was revealed it was in fact purple paint and event a space and aliens party, the university had to publicly apologise to Christine (Poekie) Briedenhann and Jo- Anne Cloete, re-admit them to their residence and classes, and reinstate Poekie as a student mentor.

A month earlier an there was the Penny Sparrow story and Gareth Cliff. These story blew up even more. It's become so easy to quickly post a remark, a joke or a picture without really thinking what you're saying... until you land in trouble.

So what can you and can't you say on social media?

Emma Sadleir, a lawyer specialising in social media and co-author of the book Don't film yourself having sex and other legal advice for the age of social media, has one golden rule: 'If you won't put it on a billboard, then don't say it on social media!! You're safer complaining to a best friend!

But what does it mean in reality?



You have to have proof, even if your intent is honorable.
There is a new trend of naming and shaming sugar daddies. The post often go: "If your dad's name is xxxxx and he drives a G-Wagon registration xxx, he wants to be my sugar daddy.
Regulate your father please. Even if you believe it's important to warn other girls, the man in question can take legal action against you because you haven't shown any proof of those allegations. Therefore it would be seen as defamation.

You can't invade someone's privacy, even if you have good reason to.

Even if you caught your boyfriend in bed with someone, you cannot take pictures and post to Facebook to publicly shame him. Not only are you infringing on his and (as strange as it sounds) her privacy, but depending on the nature of those pictures, you could be charged with distributing pornography.

You could be held responsible even if you didn't post it.

If you like, share or are tagged in a post that breaks the above laws and don't delete it, you are just as much in the wrong as the person who posted it - it's like you published it yourself.
Last year, numerous users shared a *Daily Sun* video of a woman beating a nyatsi (mistress) she found in bed with her husband. The woman was sjambokking her as she ran down the street naked. Sharing that would make you guilty of distributing pornography and infringing on someone's privacy.

You can follow the rest of this article in the next Issue of *Top Vibe* about what the LAW say and what to do if you're the target.

Make sure not to miss it, this is something every body should know. Keep this article so you could read it again and again.

Think twice before posting anything on social media.















Not For Sale To Persons Under The Age Of 18. Liquor City Supports Responsible Drinking.



show me

your world in one place

Want worldwide exposure for your company or product?

ShowMe Vaal, is your local one stop online platform. By preparing ourselves for the feature demands brought about by global exposure, we have created innovative, user-friendly internet advertising and online-marketing that are now available to all-sized companies.

Our expertise in marketing, advertising and exposure to thousands of internet users, provided us with the knowledge to develop solutions that answer the needs of today's clients. These solutions allow you to:

- increase productivity
- reduce the operating costs
- increase customer satisfaction
- increase exposure to untapped customers

Visit our site at: www.showme.co.za/vaal

With exposure to an average of ± **40 000** Regional page views per month, and an additional 28 South African based and 4 British based franchises with a combined viewer's total of **1 329 916** per month we have the customers for you.

Contact: Irene Myburgh
Tel: 076 422 5929
E-Mail: irene@showme.co.za



need a car?

90-6 FM THE VAAL'S HIT STATION

vaalcar.co.za