Top Vibe Magazine

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue101
2017



BOSS'S DAY
16 OCTOBER

My vrou versoek my om 'n ander vrou vir ete te neem bl..9

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Info-Fun-Music



Editor's Note.

Some days are diamonds and some days are stones.
Song:- Don Williams who sadly passed away.
The original artist was Jhon Denver.

It's was a sad day, when Don Williams passed away.
I, always loved his music especially this song.
The song remind me of one's life. Some days are diamonds and some days are stones. Our life's are not that simple and it's complicated we have good days and bad days. I guess things happen for a reason they say.

Sometimes I think, this is how life should be, there are good days and there are bad days. Not sure which one score the most points.

They say life begin at 40? I wonder can it really be? As the years go by and we get older, you see things in a different light, you feel different about certain things. You no longer have time for the nitty gritty things in your life. You get fed up with the bullshit people tell you, you already know all the tricks of the trade in the book. You just want to enjoy life, and all you need or want in life is peace, and harmony.

For those how know the song - here is the lyrics.

When you ask how I've been here without you, I like to say I've been fine, and I do. But we both know the truth is hard to come by. And if I told the truth, that's not quite true. Some days are diamonds and some days are stones. Some times the hard times won't leave me alone. Some times the cold wind blow a chill in my bones, some days are diamonds and some days are stones.

Now the face that I see in my mirror, more and more is a stranger to me. More and more I can see there's a danger in becoming what I never thought I'd be. Some days are diamonds and some days are stones. Some times the hard times won't leave me alone. Some times the cold wind blow a chill in my bones, some days are diamonds and some days are stones.

Some days are diamonds and some days are stones. Some times the hard times won't leave me alone. Some times the cold wind blow a chill in my bones, some days are diamonds and some days are stones.

Wow, I'm sure you will agree with me, that this is truly a remarkable song.
This song might bring back memories for some of us and to others this song might mean a lot. Which every way the song remains special.

Have a blessed month, don't forget we celebrate our 10 th Birthday in November.

Charmn Xox

Top Vibe Magazine

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GOOD MORNING
Every day can be a new beginning.



KLIKKERLAND SE 4 DE CD IS HIER!!

Mammas en Pappas wees gereed en maak reg vir groot pret soos wat kinders landswys dolverlief raak op Klikkerlanders!

Huppel Hoepel, Boebel Babbel, Woepel Wappel, Rimmel Rammel, Tink Tinkie en Liela Loela is hier om te bly! Die Ghoema-benoemde (*Beste Kinderalbum of –DVD*) kinderreeks, ***KLIKKERLAND***, met sy kleurvolle karakters en prettige opvoedkundige aanslag, verower reeds kinderharte vandat *Volume 1* in 2013 bekendgestel is. Die vierde DVD in die seisoen is pas op die rak, en beloof om nie net voort te bou op die hoë gehalte musikale vermaak waarvoor dit bekendheid verwerf het nie, maar ook om die aandag van meer ouderdomsgroepe te trek.

Die nuwe vrystelling dek 'n wye verskeidenheid opwindende en moderne temas, wat wissel van die belangrikheid van insekte tot die towerkrag van die verbeelding. Dit bevat ook heerlike sang- en dansnommertjies, selfdoenprojekte, kos en uitstappies, waarby gehore sommer dadelik sal aanklank vind. *"**KLIKKERLAND** het gegroei van drie tot ses karakters. Met elke nuwe uitgawe, raak dit makliker om programme te skryf en te skep, omdat ons leer wat werk en wat die behoeftes van die aanhangers is. Ons musiek is vars, vrolik en lekker om mee saam te sing. Die karakters het hope pret, en kinders kan uitsien na splinternuwe poetse en planne wat Rimmel Rammel uitdink. Daar is ook 'n Engelse karakter ingewerk en die programme is nou voller met meer insetsels,"* vertel Marinda Fourie, een van die stigterslede van die projek. *"Die nuwe stories is pret en die temas is modern. Ouers sal baie hou van ons 'skoonmaak'-tema en die kinders sal dit geniet om die herwinningsprodukte te maak,"* voeg Carina Beukes, die ander lid van dié dinamiese duo, by.

KLIKKERLAND is in die hartjie van die Tuinroete gebore toe 'n groep kunstenaars, met 'n passie vir kindervermaak en teater, mekaar by die Oakhurst Insurance George Arts Theatre ontmoet het en besluit het om 'n opvoedkundige reeks vir kinders tussen die ouderdom van drie en nege uit te bring. Die teater huisves ook tans die ***KLIKKERLAND***-stel. Liedjies is getoonset, draaiboeke is geskryf en die kleurvolle karakters is ontwikkel. Laasgenoemde is goed beplan, sodat daar 'n persoonlikheidstipe vir elke kind is. Selfs die name van die karakters is gekies om te help om kindertongetjies te oefen om moeilike klanke uit te spreek, wat dit ook ideaal maak vir kykers wie se huistaal nie Afrikaans is nie.

Huppel Hoepel is baie gaaf en gaan uit haar pad uit om ander te help, terwyl *Boebel Babbel*

meer ondeund en versot is op rekenaarspeletjies. *Woepel Wappel* is oefen- en reismal en bang vir die donker, terwyl *Rimmel Rammel* weer hou van poetse bak en die musikant van die groep is. *Tink Tinkie* is die slimkop wat gereeld lees en verduidelik maar ook skaam is en *Liela Loela* praat Engels en hou van kosmaak. Met hierdie oulike karakters in plek, en baie hulp en gunsies, is die eerste DVD van die reeks opgeneem. *"Ons wou altyd seker wees dat die produk geskik is vir die ouderdom kind wat ons wou bereik, en het baie moeite gedoen om alle aspekte van die produk by kinders te toets. Die naam moes 'n verbeeldingswêreld verteenwoordig, waar enigiets moontlik kan wees, en waar kinders verlore kan raak in die avontuur en verlief kan raak op die karakters,"* verklap die dames.

Volume 1, wat hoofsaaklik gefokus het op troeteldiere en hoe om vrese te hanteer, was 'n groot sukses. Die tweede aflewering het kort daarna gevolg en kykers op 'n uitstappie na 'n melkplaas geneem en hulle ook meer geleer oor oefening. Elke DVD bestaan uit twee dertig minuut-stories en lewendige musiekvideos wat by die tema pas. Na een van die oorspronklike skeppers van ***KLIKKERLAND*** verhuis het en dus moes onttrek uit die produksieproses, moes Carina en Marinda hergroepeer en het hulle die res van die reeks aangepak.

In die derde deel van die seisoen, is nuwe karakters aan kinderogies voorgestel en is hulle op reis geneem na 'n Volstruisplaas, terwyl Rimmel Rammel saam met haaie gaan swem het. Hierdie is dan ook die reeks se grootste suksesverhaal, omdat dit in 2017 benoem is vir 'n gesogte Ghoematoekenning. *"Ons ontwikkel self elke episode, doen navorsing oor die onderwerpe, spreek relevante kwessies aan en hou ook onderwystemas in gedagte. Dinkskrumsessies word gedoen en idees word heen-en-weer gestuur totdat ons tevrede is. Die temas is belangrik, want dit is dinge waarmee kinders elke dag te doen kry en daarom sal dit ook help om Afrikaanse woordeskat en uitspraak te verbeter. Ons wil kinders vermaak en laat speel, beweeg en lag."*

KLIKKERLAND se plesier is egter nie net beperk tot DVD-opnames nie, maar kan ook as verhoogproduksies ervaar word, wat aan kinders die geleentheid bied om hulle gunsteling-karakters in persoon te ontmoet. Die produksie het ook al draai gemaak by van die land se voorste feeste, wat die Knysna Oesterfees, Woordfees, Bloeiselfees, George Skou, New Castle Winterfees, Oesfees, Diaz Somerfees, Afrikaans Gaan Klein, KKNK en Innibos insluit. Hulle is ook later in die jaar te sien by die Kierieklapper Kunstefees, East Rand Expo en vele ander geleenthede. Daar is ook onlangs 'n CD vrygestel, wat al die musiek uit *Volume 1* tot *4* insluit, asook 'n musiekvideoversameling op DVD. Die inhoud van die eerste drie DVD's is ook in episodes verdeel en word tans op kykNET uitgesaai as deel van die kindervermaak.

Die ***KLIKKERLANDERS*** het nog baie planne en doelwitte vir die toekoms, wat DVD 5 en 6 van die reeks insluit. *"Die nuwe programme volg die wenresep van musiek, handwerk, poetse, stories, grappies en nou ook eksperimente, en kykers kan uitsien na splinternuwe polsende ritmes. Ons wil **KLIKKERLAND** aan die hele Suid-Afrika bekendstel en die positiewe boodskap van ons karakters versprei. Ons wil kinders laat speel, dans en leer om gemaklik te wees met hulleself."* Hulle sou ook baie graag eendag saam met Elvis Blue en Carike Keuzenkamp wou kuier op die verhoog.

KLIKKERLAND se reeks opvoedkundige DVD's is beskikbaar by uitgesoekte musiekwinkels, soos Musica, en word versprei deur WOW Music Distrubition.

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Photographer: Charmaine Janse van Rensburg.

SEISOEN "SOMER"

Deur: Suhanè Bosch

Stap saam met my deur die seisoen, waar oor die meeste mense so mal oor is.

Vind uit wat jy die somer kan doen, en hoe na jouself om te sien wanneer jy in die son is.
Ek is seker jy weet dit reeds, maak 'n punt daarvan om dit toe te pas.

SOMER! - 'n heerlike pretvolle seisoen.

Die meeste mense is mal oor die seisoen -"Somer!".

Dis nou die tyd waar jy jou lang, ongemaklike, warm klere in die kas kan weg pak en net daai cool somers klere uithaal.
Somer is my gunsteling seisoen, en as jy nou mooi daaroor dink begin als met 'n "S" Somer, Son, Strand, Swem en See.

Daar is net wonderlike dinge wat gebeur in die somer maande, want dit is heerlik warm en mens is lus om goed te doen.

Jy kan jou vakansies begin beplan, en as jy by die see gaan wees is dit baie belangrik dat jy die regte goed saam neem.

.

Hier is 'n paar idees van goed wat noodsaaklik is:

* Eerstens moet jy na 'n baie veilige swem strand toe gaan.

*Lekker cool klere is baie belangrik, want dit kan vreeslik warm word.

*Sonbrandroom - dit is belangrik dat jy jou vel teen die son beskerm, dra 'n hoed vir ekstra beskerming.

* Plakkies -Moet nooit die groot fout maak om kaalvoet op die strand te loop nie. Daardie sand kan net te warm wees en jy kan blase brand.

* Natuurlik is die items noodsaaklik- Handoeke, sambrele, sonbrille, balle. Soveel goed wat jy op die strand saam jou kan hê. Net om die dag nog meer spesialer te maak.

* Koue vrugtige drankies. Dis altyd lekker om iets kouds naby jou te hê as jy 'n dag op die strand is neem baie vloeistof in.

* 'n Mens moet altyd onthou : Somer kan lekker wees, maar daardie sonnetjie kan partykeer wreed wees en jy kan sonsteek kry.
Daarom moet jy altyd onthou om sonskerm room aan te smeer, vat maar 'n klein noodhulp kussie saam met asook medisyne vir koors ,mens weet nooit jy dalk mag nodig kry nie.

Daar is jy nou gepak vir 'n lekker, warm vakansie by die see! Gelukkig is daar nog twee somervakansies in 2017 oor.

Skoolvakansie:

Skool sluit: Op 29 September en open weer op 9 Oktober
Skool sluit: 8 Desember 2017.

Kan jy glo die jaar lê amper op sy rug, en voor ons ons oë uitvee is dit Kersfees en dan 2018.

Deel jou vakansie pret met my, stuur jou storie na admin@topvibe.co.za en vir aandag Suhanè

"Some of the best memories are made in flip flops"



MEDI LEAN
Medical wellness and weight loss



Photographer: Charmaine Janse van Rensburg.

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By: Dr. Quinten Fourie.

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Medi-Lean information sheet at DR Q AESTHETIC AWE INC.

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Our dietician uses a specialized scale to assess fat percentage, water distribution, lean muscle mass and fat lost. For that reason, it is essential to be weighed but it is not compulsory. Each plan is formulated as per the individual's needs, therefore the price differs too.

Pre-consultation weighing at the dietician is a good idea.
Thereafter you will consult with the doctor, and if bloods are necessary they will be requested. The plan can be initiated immediately, and depending on results, additional corrective therapy may be added as well as addressing medical issues. Booster injections are administered two weekly together with daily injections.

A break at six weeks is taken, where a two week interval of another injection is suggested but not compulsory. Phase one is cycled until the client's ideal weight is reached.
Thereafter, you may go on the stabilizing plan. After the stabilization plan, you may proceed to the maintaining plan.
If weight increase returns due to poor lifestyle, phase one can be initiated again.

It is important to note that the main goal is to improve health to an optimal level and not only lose weight. It is essential to adjust your lifestyle to keep the weight stable.

This remains hard work and motivating yourself daily - it is not just an easy way out or a quick fix. The fundamental goal is improving health while maintaining an acceptable weight.

See contact details on page 7 - loose weight with the help of a medical doctor, rather to use a product on the market that you know nothing about.

It is not safe to use any diet medication, it can be harmful to you.

Feel free to call and make an appointment. Remember it is never too late to start.

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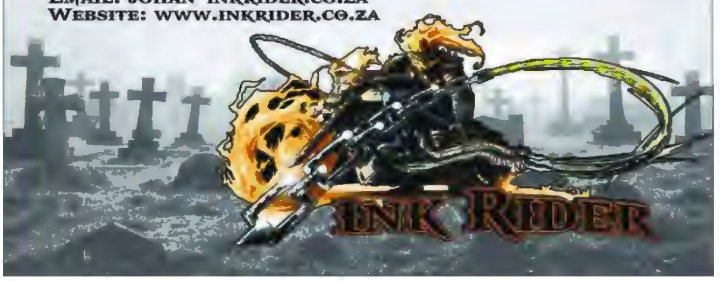


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SL ACADEMY



"People don't leave jobs, they leave bosses"

If your staff keep resigning, could it be down to your management style.

You're a manager.

The work is dynamic and exciting, and everyone on your team is happy with their salary. What could go wrong? Nothing, you think- until your hardest and best worker resigns. Then another member of the team resigns, and another... Well, perhaps the work isn't as dynamic or exciting as you thought. It couldn't possibly have anything to do with you, right? Not so fast.

While you may have a list of reasons to explain your high staff turnover, it is good to remember that old nugget of truth: People don't leave job's, they leave bosses. With this in mind here are some management do's and don'ts.

Do's:

Encourage growth:

We all know the importance of developing valuable skills and experience at work. 'Not only does it make you more marketable, it actually helps make the job more interesting"
If your staff don't find their job interesting, you're going to have trouble. Bored employees or those who feel they have not been learning or growing for some time will start looking around for other job's.
Give them projects that will allow them to develop their skills or gain new ones. Send them on courses or for training. Then they will have the skills to do so much more for you.

Recognise good work:

Employees want to know that their efforts are appreciated and aren't being overlooked.

Encourage creativity:

You can start with simply asking open -ended questions and beginning to listen actively to your team's input. Any approved ideas can be given a reward. This will be a great start to getting those creative juices flowing.

Don't:

Overwork people:

We get it: Sometimes a last minute project comes in and you have to ask your team to work late. But it isn't the norm, and they know that. There are many other scenarios, however, when overworking your team is just plain wrong.

Micro manage:

Discouraging is the ultimate confidence killer.
Nobody likes to be micro managed. You may know this already, but still feel as though you need to control every aspect of your team. We assure you, you don't. Let go!

As a manager be clear on the output you want and allow your employees to do the work on their own to get there.
Let them know you're there for them if they have any questions, but let them get on with the job.
Not only will this take the pressure off you, it'll result in more competent and happy employees.

That sounds like a win-win, doesn't it?

Talk to your employees, about their dream's and what they won't to accomplish in life.

My vrou versoek my om 'n ander vrou Vir ete te neem.

Deur: Charmazel Janse van Rensburg



Fotograaf: Charmaine Janse van Rensburg

Na 21 jaar van getroude lewe, versoek my vrou my om 'n ander vrou uit te neem vir ete en 'n fliek. Sy sê sy is lief vir my maar sy weet van hierdie ander vrou wat my lief het en baie graag tyd saam met my wil spandeer.

Die ander vrou was my moeder, weduwee van 19 jaar. Die eise van my werk en kinders het slegs toegelaat dat ek haar per geleentheid kon besoek. Daardie aand het ek haar gekontak en uitgenooi vir 'n ete en 'n fliek. "Wat is fout, is als reg?" het sy gevra. Sy is die tipe vrou wat onraad vermoed met 'n laataand oproep en 'n verrassings uitnodiging sien as 'n teken van slegte nuus.
"Ek het maar net gedink dit sal lekker wees om saam met jou tyd te spandeer, net die twee van ons." stel ek haar gerus. Sy het vir 'n oomblik daaroor nagedink en toe geantwoord: "Dit sal baie lekker wees, dankie my kind."

Vrydag, na werk, ry ek oor om haar te gaan optel. Ek was 'n bietjie angstig. Toe ek by haar huis stop, sien ek dat sy ook angstig voorkom. Sy wag in die voordeur met haar jas aan.
Sy het haar hare gekrul en het 'n rokkie aangehad wat sy met haar laaste huweliksherdenking gedra het. Sy het geglimlag en op haar gesig het 'n glans geskyn soos die van 'n engel.

"Ek het my vriendinne vertel ek gaan saam met my seun uit op 'n afspraak, en hulle was baie beïndruk met my." sê sy toe sy in my kar klim, "Hulle kan nie wag om alles van ons afspraak te hoor nie."

Ons het by die restaurant ingestap wat, alhoewel nie eksklusief nie, tog warm en gesellig was. My moeder het by my arm ingehaak asof sy die koningin is. Nadat ons gaan sit het moes ek die spyskaart vir haar uitlees. Groot druk. Halfpad deur die name van die disse, kyk ek op en sien hoe sy met 'n nostalgiese glimlag na my staar.
"Ek onthou toe ek altyd vir jou die spyskaart moes lees toe jy klein was." sê sy. "Maar dan is dit goed dat moeder kan ontspan en ek 'n guns kan bewys" antwoord ek haar.

Gedurende ete het ons 'n aangename geselskap gevoer, niks buiten-gewoon nie, sommer net opgevang met onlangse gebeure in mekaar se lewens. Ons het egter so lekker gesels dat ons die fliek gemis het.
Toe ons tuis arriver sê sy: "Ek sal weer saam met jou uitgaan, maar slegs as jy my sal toelaat om jou hierdie keer uit te nooi." Ek het ingestem.
"Hoe was jou afspraak?" vra my vrou toe ek by die huis kom.
"Baie lekker, meer as wat ek dink het" antwoord ek haar.

'n Paar dae later het my moeder aan 'n massiewe hartaanval gesterf. Dit het so skielik gebeur dat ek nie eens kans gehad het om vir haar enige iets te kon doen nie. 'n Paar weke later, ontvang ek 'n koevert deur die pos met 'n afskrif van 'n restaurant betalingsbewys van dieselfde plek waar ek en my moeder geëet het. Aangeheg is 'n nota wat lees: "Ek het hierdie rekening vooruit betaal. Ek was nie seker of ek hier sou wees nie. Nietemin, ek het vir twee persone betaal – vir jou en jou vrou.

Jy sal nooit weet hoeveel daardie aand vir my beteken het nie. Ek is lief vir jou my seun."
Op daardie oomblik het ek die belangrikheid daarvan verstaan om te sê: "EK IS LIEF VIR JOU", terwyl ons nog kan.

Vandag is vir ons geleen, morê mag dalk nie vir ons beskore wees nie. Bederf jou Moeder!! Jy weet nie vir hoelank sy nog aan jou geleen word nie.

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Top Vibe & SK GREAT MOMENTS AT THEIR GREATEST VAALMALL Movie Review



GIRLS TRIP

★★★★

Director: Malcolm D. Lee
Composer: David Newma.

Rated: ★★★★

Sit back, take a deep cleansing breath and let go of any pent-up anxiety. That is, for those who can handle hard-R-rated content such as an act of intimacy known as "grape fruiting" that does for citrus what "There's Something About Mary" did for hair gel. Judging by the contagious outbursts of shock, awe and guffaws at my raucous screening of "Girls Trip," courtesy of a full house of primarily African-American women along with a smattering of men folk who were invited for the occasion, the best way to exhale these days is to simply laugh as one.

"Girls Trip" is the ladies-on-the-loose comedy that everyone needs right now, even if they don't know it yet. Yes, this is another equal-opportunity ensemble of females gone wild, most recently observed in the subpar "Bad Moms" and "Rough Night." While "Bridesmaids" and the "Sex and the City" franchise might have redefined such bosom-buddy bonding while trafficking in the usual raunchy, rude and rowdy behavior, "Girls Trip," with its epic two-hour length, apparently aims to be the "Lord of the Rings" of sisters doing it for themselves, one that gets a whole lot right that the others too often get wrong.

By now, director Malcolm D. Lee knows how to stock a cast full of top-shelf talent as proven by "The Best Man" films and "Barbershop: The Next Cut." But he outdoes himself as a matchmaker this time by gathering an insanely likable and capable quartet of actresses to play the college chums who proudly proclaim themselves as the Flossy Posse. Headlining these grads of the class of 1995 is Regina Hall, a regular in Lee's "Best Man" films, who is promoted to lead as Ryan Pierce, a sleekly pulled-together self-help guru and best-selling author of a book, You Can Have It All—which, for her, includes her retired NFL star husband and business partner, Stewart (Mike Colter of Netflix's "Luke Cage"). But, of course, her "all" is not what it seems and she suddenly gets the urge to use her appearance as a keynote speaker at the Essence Festival in New Orleans to reunite with her friends after many years apart and allow them to share in her luxury accommodations.
They include Queen Latifah as Sasha, a celebrity gossip blogger who fell out with Ryan after she nixed their website deal, and Jada Pinkett Smith as Lisa, a prim and proper divorced nurse and mother of two who used to be a sexual dynamo back in the day. This is the pair's first outing together since 1996's bank-heist thriller "Set It Off" and don't think "Girls Trip" doesn't duly sneak in a reference to that oldie. But they and everyone else are forced to take a backseat to the film's motor-mouth of mass dysfunction known as Tiffany Haddish.

What a stunning movie bring your friends with and don't miss this movie. This is our review, please tell as what you think of the movie. You can watch the movie at Ster Kinekor - Vaalmall

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