Top Vibe ONLINE Magazine

ISSUE 113 - 2018

OCTOBER

BREAST CANCER MONTH



FOCUS ON BUSINESS WOMEN IN THE VAAL

- Sulè Loggenberg MMPS page 4
- Join us for a High Tea page 7
- Top Vibe Magazine 10th Birthday November

show me | IFM 102.2 | VAAL 24 | I'M ON YOUR PHONE!!

Redakteurs Nota.



Editors photo
Photographer: Charmaine Janse van Rensburg

Die jaar 2018 het so vinnig gevlieg ons is reeds by die Oktober uitgawe.
Daar is drie maande oor van die jaar en Kersfees lê voor ons deur.
Mens kan net nie meer tred hou nie als gebeur so vinnig, die dae word weke en die weke maande.
LOL ons word ouer en gryser...

Top Vibe Magazine vier ons 10de verjaarsdag in November 2018.
Ons sal in ons verjaarsdag uitgawe terugkyk oor 10 jaar se gebeure.

Hollywood Behandeling nou ook in Suid-Afrika!
Opgewonde het ek toe besoek gaan aflê by die bekende Sulè Loggenberg vir my stukkie Hollywood behandeling. Ek wou self die behandeling ervaar waaroor almal so gaande is.
Wel julle kan op bladsy 4 gaan lees hoe my ervaring was.

Top Vibe Magazine is die media borg vir ***"Angel Wings".***
Dit sal net 'n voorreg wees om deel te kan wees van iets so kosbaar.! Graag wil ons ook 'n beroep doen op ons lesers om ***"Angel Wings"*** te help waar moontlik.
Ongelukkig is daar finansies nodig om so instansie te bestuur.
Ons is opsoek na donateurs wat 'n maandelikse bydrae kan maak.
Enige bedrag sal help!

"Angel Wings" is 'n nie-winsgewende organisaie wat 'n tuiste in Vaalpark geopen het vir weggooi babas en kleuters.
Hulle bied 'n veilige hawe vir hierdie kleingoed.

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Stephnie Crause 071 682 8404
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Geniet julle magazine!
Die wat nou nog nie ons ***Top Vibe Kids Magazine*** gesien het nie gaan loer gerus- gaan na www.topvibe.co.za

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Children and Shyness!

I am Stella Jansen. I am a councillor that use Play Therapy with Children.
I have my own practice in Vanderbijlpark.
I want to talk about a shy child.

Shyness is often misunderstood because it is not one emotion, but a mixture of fear, tension, apprehension and/or embarrassment. Shy children seem to lack confidence and are self- conscious especially in new surroundings or when they are the center of attention. Symptoms of shyness may include gaze aversion, a soft tone of voice, and/or hesitant or trembling speech.
It is noteworthy that shyness is not necessarily a negative attribute. Many shy children exhibit an ability to please and think for themselves. Being reserved can also be a worthy personality trait.
It is when shyness is severe that educators need to be concerned.

The problem with a child being extremely shy is that he or she may be perceived by peers as unfriendly and disinterested. Children may avoid playing with ashy child, thus hampering his or her social development and increasing the chances of a child having low self- esteem. With few friendships or communication skills, shy children may become lonely and depressed, which can interfere with social development and learning, by helping them relate comfortably with others. If no assistance is provided, shyness my worsen.

What can educators do to facilitate the development of a shy child's social skills?

1. Create a caring relationship with the child by attempting to understand his or her thoughts, fears and other emotions. Reassure the child that all children feel in-hibited at times.

2. Since a shy student may become more self-conscios when confronted with a loud voice, speak softly and clearly.
Be prepared to wait patiently for a reply to a question because the child may need time to respond.

3. Be accepting of shy child's reticence to participate. Allow the child time to adjust to a situation. This will increase his or her sense of security and self-confidence.

4. Refrain from forcing a child to participate in group activities. Instead, provide nonthreatening ways for the child to interact with peers.

5. Notice and comment on a child's strengths including qualities such as kindness and athletic or academic ability. If you feel the attention will embarrass the child, make the compliment in private.

6. Help the child see that everyone makes mistakes and that no one is perfect.
Encourage him or her to keep trying by emphasizing that making an effort is what you consider important.

7. If you label a child as"shy", your description may become a permanent characteristic of the child.
Instead, say something like, "Everyone is different. Melissa is a thinker.
She watches and learns about what's happening before participating.

If the above measures are unsuccessful and extreme shyness and/or anxiety, persist, refer the child for additional professional help.

STELLA JANSEN
FAMILY MEDIATOR & THERAPIST
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Going the Hollywood way in South - Africa



Charmaine Britz -Editor of Top Vibe Magazine was keen to visit the well know ***Sulè Loggenberg*** for her Hollywood treatment at the SL Laser head office in Sasolburg - Free State.

On my arrival at the SL Laser clinic, receiving a whom welcome, I immediately felt at ease and my nerves settled down.

Sulè Loggenberg explained to me that the treatment is also know as the Carbon Laser Peel and/or the "China Doll Peel".
"That's because of the porcelain, doll-like finish the skin exhibits post treatment, continued Sulè.
This treatment is an innovative laser resurfacing treatment that utilises forced light beams to treat skin imperfections. It works to restore skin balance whilst promoting a fresh and even glow. As the treated skin regenerates, the appearance of uneven spots and pigment are visibly lessened and more uniform in texture".

With ageing and sun damage over the years, I just wanted to have a glow and smoothness over my face again.



I asked Sulè if there is any side effects?
Sulè assured me that they are minimal.
With only slight redness and tingling a few hours post treatment.
My next question was is it painful?
Sulè smiled and said it is pain-free, and that I will only experience a slight tingling and warmth on the skin as the laser zapped away the thin layer of carbon.
"A temporary hair loss on the treated area can occur and some individuals experience a mild outbreak the week following the treatment," said Sulè.

After the treatment I could actually see that my skin looked smoother and refreshed with a glow.

SL Laser recommends spacing out treatments between two to three weeks to allow for the regeneration of collagen and elastin of skin tissue.
"The effectiveness of the treatment will depend on the individual, however a course of between two and six treatments will produce superior results. Maintenance treatment after your initial course are recommended every one to three months," said Sulè.

I personally would recommend the Hollywoord treatment.
I was carious to find out from Sulè, what other treatment she have to offer.
I was embraced to find out that she offers a huge variety of skin treatments, to mention just a few of them.
Acne treatment, Exfoliates and refreshes, Large pore reduction and firm skin. Pigmentations and age spots removal, Blackhead removal, Tattoo, PMU and birthmark removal.

The Ultimate Hollywood treatment is a favourite treatment by celebs before a red carpet event!

I, personally think Sulè is the Queen when it comes to beauty.
It was a wonderful experience, and every woman needs to be pampered every now and again.

What are you waiting for? Book your Hollywood treatment today.
Thank you Sulè I, enjoyed the visit.

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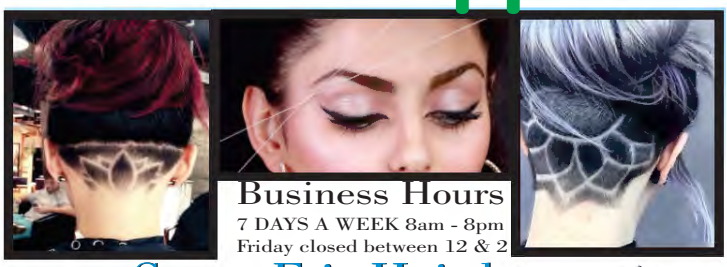
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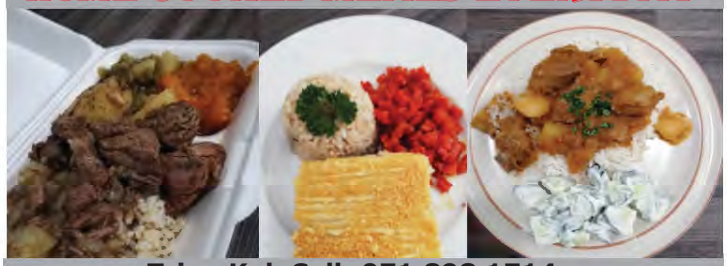


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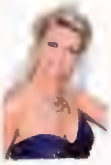

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10th Birthday the month of November 2018

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MARISKA

'n Stroopsoet eerste album vir Mariska

Mariska glo dat musiek met die hart praat op 'n manier wat woorde alleen nie kan en dit is beslis 'n raak beskrywing van hierdie nuweling se treffende aanslag, wat beloof om groot opslae te maak in Afrikaanse Musiekbedryf.

Haar stroopsoet stem, passie vir wat sy doen en sielvolle lirieke is die kragtige bestanddele agter haar debuut-album, ***DANKIE***, wat vroeër die jaar bekendgestel is, pronk reeds op al wat 'n musiekliefhebber is se CD-rak.

Die album wat hoofsaaklik oor die verskillende fasette van die liefde gaan, het 'n kontemporêre popklank en is die resultate van ses jaar se harde werk. Dit spog met twaalf oorspronklike treffers, uit die penne van bekende liriek-skrywers soos Vaughan Gardiner, Johan Oberholzer en Rudi Claase, wat wissel tussen opgewekte lekker luister deuntjies en dieper harts musiek met meer klassieke aanslag. "Die inhoud van die CD vertel iets oor die lewe en die liefde en het die mooiste lirieke wat met die hart praat. Alles is oorspronklik geskryf. Elke liedjie se storie is soos 'n hoofstuk en die album is die boek. Die doel was om iets te skep wat luisteraars se aandag van begin tot einde sou hou. verduidelik die donkerkop. " Dit was 'n lang proses, maar ek moes myself eers as musiekant en wil eerlike musiek maak waarmee luisteraars kan identifiseer."

Alhoewel sy nie regtig 'n gusteling wil uitsonder nie, sê sy dat *Woestyn* haar baie na aan die hart lê omdat sy self met die konsep vorendag gekom het en Vaughan Gardiner dit vir haar in 'n liedjie omskep het. Sy glo ook dat *Hoofrol* by gehore sal aanklank vind omdat ons elkeen tog die hoofrol in ons eie verhaal vertolk, terwyl *Ek Gee Jou My Hart* ook die jonger oor sal beïndruk.

Dankie, die titel - en eerste enkelsnit vrystelling, is deur Johan Oberholzer geskryf en het 'n lekker ritme en betekenisvolle lirieke. Dit gaan daaroor om dankbaar te leef. "Sê 'n mens ooit genoeg dankie? Dit is op my hart om dankie te sê vir so baie dinge in die lewe. Vir die Here omdat Hy my drome waar maak, vir aanhangers wat my musiek gaan luiste en ondersteun en vir almal wat hard gewerk het om my tot op die punt te bring, "sê die sangeres. " Die lied kom uit my hart uit en ek tel elke dag my seëninge, want alles is net genade.

Mariska het op 'n plaas buite Hoedspruit grootgeword en is reeds vandat sy vyf jaar oud is in vervoering met klasieke musiek.
Sy het begin met sanglesse toe sy in graad 1 was en het daarna ook vinnig instrumente soos die klavier, viool en klawerbord bemeester, waarvoor sy 'n hele string toekennings verwerf het by die Eisteddfod in haar matriek jaar.

Op sewentien reik sy haar eie demo album uit, Optelmeisiekind, uit met ses-en-dertig Afrikaanse en Engelse snitte. Dit het gelei tot die vrystelling van twee musiekvideos in 2011, Reënboog Hart en Alles Vir Liefde - 'n duet met Rian Ungerer wat ook gekies is om Afrika te verteenwoordig in 'n Eurovision musiekvideo kompetisie.



Laasgenoemde maak ook deel uit van Select Musiek se album en DVD - samestelling, Ons sing Duet.

Soet soos suiker, haar heel eersre amptelike enkelsnit, is baie goed ontvang en kan vandag nog oor die radio gehoor word. Die musiekvideo, wat deur Hartiwood Films (Liefling - Die movie, Pretville) vervaardig is en onderwatertonele insluit, het baie aandag getrek en haar 'n kuier op die musiekprogram, DKNT, besorg.

Gedurende hierdie tyd, kruis haar paaie ook met Rudi Claase wat haar nie net help om aanlyn album, A Tribute to Enya (2016), uite te ruik nie, maar ook vir haar geestelike liedjie, Vrede, skryf.

Hierdie snit verskyn ook op haar nuwe album en die musiekvideo is reeds deur heelwat mense op YouTube gekry. Die ster wat ook spog met musiekopleiding van The Campus Of Performing Arts, tree reeds by musiek-geleenthede op en was deel van feeste soos Liggiefees, Hoedspruit Wildfees en die Tierlantynkie Fees, om maar net 'n paar te noem.

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Angel Wings Wall of Hope!

Is jy dalk swanger en desperaat? of weet jy van iemand wat swanger is. ***Angel Wings*** is in Vaalpark geleë hulle het die ***"Wall of Hope"*** waar jy jou baba kan neerlê wanneer jy nie na hom/haar kan kyk nie. Met gemoedsrus in jou hart weet jy jou bondeljie sal versorg word.
Daar is hoop, jy is nie alleen nie, jou kleinding kan nou 'n regverdige kans in die lewe kry. 'n Kans op liefde, sorg, geleerdheid en dalk baie meer as wat jy hom/haar kan bied. Daar word nie vrae gevra nie, jy word nie geoordeel nie, hulle help jou om jouself en jou kind te help.

Indien daar enige iemand is wat 'n donateer wil wees, kontak ons gerus. Ons nooi jou uit om betrokke te raak en saam kan ons 'n verskil te maak in 'n baba se lewe.
Die lewe kom van God en al wat ek en jy kan doen is om dit te koester en liefde te gee.
Elkeen ongeag van wie jy is, verdien 'n kans op lewe en liefde.

Top Vibe Magazine is die media borg vir ***"Angel Wings".***
Dit is 'n voorreg om deel te kan wees van iets so kosbaar.! Graag wil ons ook 'n beroep doen op ons lesers om ***"Angel Wings"*** te help waar moontlik.
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ELLEN, DIE ELLEN PAKKIES STORIE is op Vrydag, 7 September 2018, amptelik vrygestel in plaaslike bioskope en het ongelooflike ondersteuning en terugvoer vanaf die Suid-Afrikaanse publiek en media ontvang!.

Die skeppers van hierdie aangrypende rolprent isongelooflik dankbaar vir die suksesvolle openingsnaweek van hierdie langverwagte speelfilm.

Die bekroonde prent het R968 408 verdien gedurende die openingsnaweek, wat voorafbespreekte kaartjies insluit. Dit was ook in die sesde plek by die loket.

Dit beteken dat meer as 14 808 kykers reeds hierdie ongelooflike fliek ondersteun he, wat drie toekennings by vanjaar se Silwerskermfees gewen het, waaronder Beste Draaiboek- Amy Jephta: Best Aktrise - Jill Levenberg en Best Aktateur.

Rolprentkenners was ook gaande oor die film en Leon van Nierop het dit 10/10 gradering gegee en die fliek beskryf as "'n lewensveranderende ervaring wat gesien moet word".

"Hierdie is 'n lewensveranderende film. Daryne Joshua het 'n rolprent van internasionale standaard gemaak".- Leon van Nierop.

STARBURST PROMOTIONS

URGENT WARNING TO ALL PARENTS!

Parents please be aware this is serious.
Child trafficking is a reality and a serious issue in South-Africa. Nobody wants to think of this or talk about this, some people would think this happens to other people and will never happen to us.
Get a wake up call, this is something that happens on a daily basses. Sad but true.

Parents please DO NOT post any pictures of your children on social media, especially if they are in their school uniform.

Traffickers have turned to social media to target kids.
Anything that makes your kids location identifiable should be kept OFF SOCIAL MEDIA.
Your kids photos are being sold to the highest bidder.
The number of child abduction has never been this high in all of history.

Parents please put safety percussions in place. Always be alert make sure you are keep your child safe.

***Top Vibe Kids Magazine* will focus on the safety percussions for you and your child in Issue 4.**

To download the Kids Magazine go to www.topvibe.co.za



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Top Vibe Magazine &

GREAT MOMENTS AT THEIR GREATEST VAALMALL

Movie Review



MAMMA MIA!

★★★★

Director: Phyllida Lloyd
Box office: 615,7 million USD Production companies:

Universal Pictures

Our rating: ★★★★

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends.
Meanwhile Sophie, the spirited bride, has a plan.
She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

You will enjoy this movie, but please do not go alone take some girlfriends with.
I can promise you that you and your friends will have the time of you life.

We rated this movie 4 stars but don't take my word for it go and decide for yourself, what would your rating be?
Send your rating to admin@topvibe.co.za



GREAT MOMENTS AT THEIR GREATEST VAALMALL

Vibe Wrap!



Chicken Wrap

Ingredients:

1/2 cup garlic-herb spreadable cheese.
4 flavored flour tortillas of your choice (8 inches), room temperature.
4 large lettuce leaves.
3 plum tomatoes, cut into thin slices.
1 package (6 ounces) thinly sliced deli smoked chicken breast.
1 medium cucumber, cut lengthwise into thin slices.
1/2 cup shredded carrot.

Mix all the ingredients together, all your favourite sous and put it in your torillas and fold over.

Vibe Healthy Mary



2 x Large Tomatoes.
1/2 Cucumber.
4 x Stalks Celery.
1/4 cup Cilantro.
1 x Jalapeno, seeded.
1/4 Lemon peel removed.

Put tomatoes, cucumber, cilantro, jalapeno and lemon peel in blender and blend.
Serve chill use celery as decoration in glass with a slice of cucumber.

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