# Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg en Vaalpark

Issue 40

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# Redakteurs nota....

## Lent in die lig.





Fotograaf: Louandi Smuts.

Lente is in die lug,

bloeisels net waar jy kyk,
en ja glo dit of nie,
uiteindelik is die somer
hier!!!!

Nou kry als en almal
sommer lewe ,en is lus
om dinge te doen. Blomme
te plant, tuin nat te maak -
en ag sommer net pret te hê.

*Top Vibe* het goeie nuus, ons het nou ook ons eie web blad, www.topvibe.co.za.
Gaan loer gerus en lees nou die tydskrif aan lyn - dit stel ons adverteerders dan ook aan 'n wyer blootstelling bloot. Ons het ook nou 'n "photo blog" op facebook, waar jy nou jou opienie kan gee, en dalk kies ons jou vir die volgede uitgawe. Daar is baie nuwe dinge aan die broei.....maak seker jy kry jou tydskrif sodat jy niks mis nie, of gaan aanlyn.

**Hier is 'n paar nota's - oor hoe om vrede te vind.**

Die Here is my Herder, ek kom niks kort nie. Hy laat my rus in groen weivelde.
Hy bring my by water waar daar vrede is, Hy gee my nuwe krag. Psalm: 23:1 -3

* Wees nederig. * Luister meer, praat minde. * Weet wanner om iets te sê.
* Weet wanneer om nie iets te sê nie. * Wees vriendelik teenoor ander mense.
* Wees self vriendelik teenoor onvriendelike mense. * Erken jou foute en beweeg aan.

Liefde tot volgende maand.

Redaksie.

Charms XOX

# Top Vibe Magazine


**Comments:**
Please write to us or contact us to share your opinion, ideas & comments.
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Web side: www.topvibe.co.za



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# "Photo blog" on facebook

## Topvibe-MagazineVaaltraingle

**Post your comment on our monthly photo, on our facebook page and we will pick a comment to be published with the photo in our following addition!!!!**



**Photo blog by: Photographer- Louandi Smuts. Cell:084 817 7491**


face & body beauty salon

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(016) 9711331
Cell: 083 393 5820

**WE DO THE FOLLOWING**

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1. Full set Nails & Make-up R400
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4. Sunbed sessions (15) R160

# Sê jou Sê...

Het jy gedagtes, menings, stories of voorstelle om met ons te deel?
Stuur 'n e-pos: charmstopvibe@vodamail .co.za. Of pos 'n brief na Posbus 60130 Vaalpark 1946

## Top Vibe Magazine se onderhoud met Anton Myburgh.




Musiek vloei al van kindsbeenaf deur Anton se bloed. Sy stiefma was die bekende Cora Marie, wat ook saam met Cupido liedjies opgeneem het. Anton was 16 toe hy die lied Ek Kan Lewe vir haar geskryf het. " Sy is die een wat hom aangemoeding het om te skryf".

Sy pa, Corrie, het kunstenaars soos Tommy Dell en Cora Marie se plate uitgereik en Anton het van kleintyd af in die ateljee geboer "Ek het musiek nooit ernstig oorweeg vir 'n loopbaan nie. Ek het myself leer kitaar speel, en toe Cora agterkom ek tokkel-tokkel en skryf my eie liedjies, het sy gevra ek moet 'n liedjie vir haar skryf".

Na skool het Anton regte by Tukkies studeer en tydens sy twee jaar diensplig in die lugmag sy regsgraad deur Unisa voltooi. "Ek het vir n rukkie as prokureur gewerk, maar dit was nie vir my nie!"

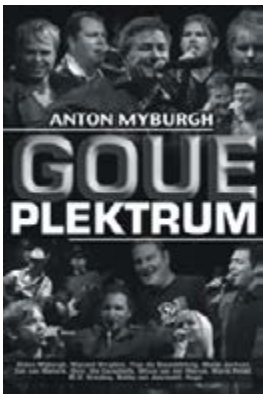
My sang loopbaan het in 2002 in alle erns lewe gekry toe ek my eerste CD onder my bynaam, Murgpyp, uitgee.
Deur die jare het ek vir verskeie kunstenaars geskryf, maar toe Hugo Deur die Straights 'n treffer maak, het ek al meer vir bekende sangers begin skryf.

In 2007 het ek my derde CD, die eerste CD onder my eie naam, uitgegee en nou is ek terug met Jy's die Water - 'n CD vol ritmiese sielsmusiek.
Sy RASPERSTEM laat jou dadelik aan Theuns Jordaan of Wynand Strydom dink. Dis diep, ryk en gelaai met emosies.

Maar Anton Myburgh is 'n kunstenaar uit eie reg, besef jy gou wanneer jy na sy jongste CD, Jy's die Water, luister. "Nee wat, ek probeer nie soos Theuns en Wynand sing nie. Ek het maar net 'n diep stem", vertel Anton.
Anton is reeds nege jaar in die bedryf en amper meer bekend as liedjieskrywer as sanger. Meer as 200 liedjies het al uit sy pen gevloei en kunstenaars soos Thys die Bosveldklong, Pieter Koen, Hugo, Wynand Strydom, Dozi en Die Campbells het al van sy pennevrugte opgeneem.
As liedjies soos Deur die Straights, Saartjie van Biesiesvlei en Tattoo by jou 'n klokkie lui, hulle is almal uit Anton se pen. En met soveel liedjies in sy kop, is dit g'n wonder al 17 snitte op Jy's die Water is sy eie werk nie.

Anton en sy vrou, Carol woon in Vereeniging. Sy seuntie, Ceejay (10), en Carol se seun, Lorin Blake- Zwarts, is die twee ligpunte in hul lewe. Hulle het ook 'n sake onderneming in Vanderbijlpark, Oppinoot waar jy al jou gunsteling kunstenaars se CD'S kan kry, en as dit nie in die winkel is nie dan kry Carol dit vir jou.

Anton se DVD "Goue Plektrum is ook beskikbaar by Oppinoot.




**Wen 'n CD....**

Twee lesers sal Anton se CD Jy's die Water wen.
SMS die antwoord op die vraag, jou naam en kontak besonderhede voor 21 September 2012 na 072 768 8582.
Vraag: Wie was Anton se stiefma?
Wenner sal per SMS gekontak word op 24 September 2012.



**DON'T WASTE THAT LEMON PEEL/HEALTH BENEFITS:**

**APPEARS POSSIBLY 10,000 TIMES STRONGER THAN CHEMOTHERAPY.**

(PLEASE MAKE COPIES & SHARE/ WORTH A TRY!)

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted.

***How can you use the whole lemon without waste?***

Simple..place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your whisky, wine, vegetable salad, ice cream, soup, noodles, spaghetti sauce, rice, sushi, fish dishes. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before.

Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

***What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?***

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself.

And yes, that's what you've been wasting. But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also good that lemon peels are health rejuvenations in eradicating toxic elements in the body.

So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer!

That's the lemon secret! Better late than NEVER! The surprising benefits of lemon! Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

***Why do we not know about that?***

Because there are laboratories interested in making a synthetic version that will bring them huge profits.

You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy.

How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

As you know, the lemon tree is known for its variety of lemons and limes. You can eat the fruit in different ways: you can eat the pulps, juice press, prepare drinks, sorbets, pastries, etc...

It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors.

This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer.

It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that it destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ...

The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells.

And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.




# Brief van 'n Moeder aan haar kind....

## My kind weet jy dat Mamma's ook huil

My kind, weet jy dat Mamma's ook soms huil.....maar dat ons trane agter ons glimlagte skuil..... Weet jy dat Mamma's se harte ook soms wil breek.....maar dat ons dit so vêr weg steek..... Weet jy dat ons soms sit met so min hoop..... en dat ons so hard moet keer dat ons trane loop..... My kind, as jou hart soms so seer is..... en daar niks aan te keer is.....is Mammas die een wat by jul staan.....en dis Mamma's wat jul harte so goed verstaan.....Mamma's moet sterk wees vir haar kind..... en soms is dit so hard om die regte woorde te vind.....want as ons jul moet troos en vashou.....huil ons net so hard in ons mou.... My kind soms is dit so hartseer om jou te sien huil..... en soms dink mamma's terug aan jou kinderdae met jou gesiggie so vuil.....soms verlang ons ook na iemand om ons by te staan..... En soms wil ons arms hê wat om ons gaan..... My kind maar ter wille van jou staan ons sterk.....al maak jou hartseer in ons harte ook n merk.....weet jy dat ons net die beste vir jul soek.....en ons liefde soos 'n storieboek.....want elke bladsy vertel sy eie verhaal..... .van 'n Mamma wat haar kind nooit sal faal.....en wanneer jul trane in jul ogies skyn.....My kind weet jy dat Mamma's dan ook wil huil.....

Vicky:





## GEVAARLIKE SPINNEKOP -

Kry spuitgoed en spuit jul huise binne deeglik. Veral agter die toilet ook.

Die sakspinnekope is nou volop in, en om die huise.

3 mense is al dood van die spinnekop byt. Jul gordyne, beddegoed en linne is hul broeiplekke. As jy regtig omgee vir jou familie, tref voorsorg nou..


**Dashing Divas Hair Studio & Beauty 2 perfection Beauty Salon**

54 Fitzsimons Street, SE6 Vanderbijlpark. Cell: Monique @ 074 9128 652 Cell: Winonia @ 082 8309442



Matric Farewell Combo's

Combo 1:
Nails - Up style & proof -Make up & proof
R880

Combo 2:
Nails (tips)
Up Style & proof
R650

Combo 3:
Up Style & proof
Make Up & proof = R630

Combo 4
Nails ( tips ) - Toes gel
R360

Combo 5:
Eyebrow Shape & tint
Up Style & proof R450

Combo 6:
Guys cut, high lights & Style.
R150



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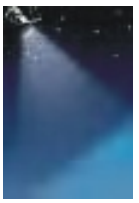
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# Business Cards











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**Niche** profiling **Vibe** media **Networx** networking

**Would you like to know more about the networx? Call: Hillary 082 347 9533**

**Verspreiding van Pamflette**

***Ons WAARBORG die verspreiding van jou pamflette!***

Vanderbijlpark · Vaalpark
Sasolburg · Vereeniging

***Kontak Charmaine - 072 768 8582***







**Loch Vaal Kennels &**
***Plot 2, Mirravaal, (016) 9 87-1807***
**Stephano Park Kennels**
***81 Stephano Park, Tel: (016) 987-3002***



Boarding kennels for dogs, cats and birds.
Grooming of cats & dogs.
We pick up and deliver.
Vet on site.



In season kennelling as usual at Stephano Park -Kennels. Boarding kennels for cats, dog available. Own vet on standby. Out of season Bookings will be taken at Loch Vaal Kennels.

***Cautery and Dog Grooming Parlour***

# Business Cards



























# Niche Vibe Networx - Lady's day Breakfast.



Paula Mahlase

The lovely, business Women of the Vaal joined Neche Vibe Networx for a lady's day breakfast at Vanderbijlpark Dros.This is were business women and men, can join hands and to grow here business. Where people do networking and get to know the person behind the business.



Paula Mahlase ( life-couch ) was the motivation speaker and she gave us the meaning of the word **WOMAN.**, And this is what it stands for.

**W - Wealth.**
**O - Opportunity.**
**M - Master what you are doing.**
**A - Adapt with the latest technology.**
**N - Never give up.**



Do you own your own business?
Are you a Niche Vibe Member?
Join the Niche Vibe Team today !!
For more info:
Call Hillary: 082 347 9533.

# Snow in the Vaal

Tuesday 7th August it snowed in the Vaal-Triangle. It was bitterly cold, with every thing covered in white, it did not stop people having fun - making snowman.
This is something that the Vaal don't see often, it was like a ferry tail come true.
It was absolutely beautiful....





Andre







Lillian - Vaalpark



Socks for Africa snowman/ woman



# How to love yourself after long battle in an abusive relationship.




Abuse part 2.

Seek counslling to help you to process and deal with the whirlwind of emotions that leaving an abusive relationship produces.
Talking with friends is helpful, however, it is important to have someone who is completely non-baised. Someone who has no emotional ties to you or your abuser. Many areas have abuse counseling or shelters available at little or no charge.

Be patient with yourself. Abusers chip away at their victims self-respect and self -image.
It will take time to repair and rebuild the damage from the abuse so please be gentle with yourself, and don't expect it to happen all at once.

Treat yourself. Do something that you enjoy, whether it's a hot bath or favorite movie, it's important to allow yourself little extras during this healing process.

Especially indulge everything your abuser forbade. You really can put your favorite music on and dance to it while you clean up, laugh at your favorite comedian, enjoy eating the foods you abuser hated. Reclaim those small joys in life one by one for yourself.

Rediscover your favorite things, explore activities and interests that your abuser shut down by telling you that you were no good at them, it's a stupid thing to do, etc. Chances are those are exactly the things you shine in that make you feel good about yourself. Even personal choices like what to eat or how to arrange your clothes are things you can indulge yourself in and appreciate having them without fear or conflict.

Do things that you like to do.....

1. This is a time to have the peanut butter and banana sandwich or watch that "dumb" genre of movie you like so much.
2. Take care to surround yourself with positive and supportive people.
3. Seek support groups for people who shared your situation - They've been there and understand, they won't mind hearing about it more than once as you rebuild who you are.
4. Make friends within these groups and go out doing things you enjoy.
5. Spend time just socializing too, it doesn't all have to be about the abuse.

As you become stronger emotionally, your abuser will likely try to win you back. Limit or completely, your abuser will likely try to regardless of how charming or sweet their actions seem to be.
Healing from abuse is a very vulnerable time. It is natural for humans to need love, especially during times of transition. Surround yourself with friends, animals or new experiences as opposed to responding to any offers that may be made by your abuser.

It is better to be alone than abused.

Recovering from abuse is a painful process. It cannot be rushed nor should it be minimized. Healing is worth the work, and there is a whole world waiting for you!!!!!

Remember above all:

The abuse that you endured was not your fault. There is never and justification for abuse. All people deserve to be treated with dignity and respect.
Top Vibe Magazine is going to cover this subject over a period. If you are a victim of any form of abuse you are more than welcome to write to us: ( will be treated confidentially) or if you would like to give your opinion on this matter.

Write to us:

Abuse against Women
P.O.Box 60130
Vaalpark
1946

Take care, and may God bless you.

Real men don't hit Women

# Give away's

**Win one FREE Facial to the value of R300 Sponsored by 2nd Youth and Vonna Hair. (See advert on page 6)**

**Question:**
**Name one of the sponsors?**




**Send your answer, name and sure name, the town that you live in and your number to: 072 768 8582.**
**Entries close 21 September 2012,**
**Winner will be notified by sms on the 24 September 2012.**

**Good luck!!!!!!!**















# Upcoming Events in

**1- 2 September:-** Kinetic Full Moon Adventure.

**1 - 2 September:-** Wheels on the Vaal.

**7 - September:-** Loslit dag.

**7-8 September:-** Tekkiefees.

**8 September:-** Dames tee saam met Ronel Erasmus.

**9 September:-** Countrywide Medals Summer Cycle Challenge.

**22 September: -** Ope Hengelkompetisie.

**22 September:-** NG Klipkerk Konsert.

**28 September:-** Celtic Women Live in JHB.

**29 September:-** Mr & Mej Medicross.

**30 September:-** Krank'd up.

**30 September:-** Springbok Plant Hire Cycle Challenge.

**For more info on events and contact details go to:**

show me
**www.showme.co.za**
**www.topvibe.co.za**
**www.ifmradio.co.za**







# Vaal SMME Conference

Emerald Foundation, hosted the 4th Vaal SMME Conference on the 15 & 16 August 2012.
If you have a small business, this Conference is a must for every person that own's a company or thinking of starting their own business.

The Conference focuses an all aspects of business requirements and how to improve and grow your business. The conference included presentations, interactive, Q & A as well as an exhibition area.
There were some outstanding speakers over the two day's of the Conference. Dr Ruben Richards ( Owner & Chairperson of Centre for African Managerial Leadership) and Mr Eric Tocknell (Founder Wimpy Group) only to mention two of the speakers.



The one thing which stand out was the Topic of Mr Eric Tocknell "Never give up"!!!!!!! When you own a business and things get tough never give up.....never give up.
Make sure that you are part of the Vaal SMME Conference next year.

For more information on how to register for next year.
contact: thanu@lusa.co.za
The conference will take place in mid August 2013.








# Liefde

**Ek sal eerder oë hê wat nie kan sien nie,ore wat nie kan hoor nie,lippe wat nie kan praat nie as'n hart wat nie kan liefhê nie.**

**If you don't get what you like, try to like what you get!!!!**

**Failure is just an opportunity to try again!!!**

**Read now your Top Vibe Magazine on www.topvibe.co.za**

