

Top Vibe Magazine

Free!

Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

Issue 52



28 September 2013

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Arno Jordaan @ Hooch Fox & Top Vibe Music Festival



Editors note..

There is something that has been bothering me for a while now. I wonder is it just me being funny or is it all about integrity. Which I am not sure that people understand. Competition's, Beauty pageants, Potjiekos Competition you name it.

My integrity tells me the following:

- *If a company hosts a competition, the company or sponsors are not allowed to enter the competition, nor any immediate family member.
- *Beauty Pageants! How can you sponsor a pageant and win the prize at the same time? How can you be part of any judging, when you daughter/son is participating in any pageant?

* If you are a media sponsor , you are not allowed to participate in any of the competitions.
(It would be unethical)

* People are not easily fooled, they can see it, and trust me it becomes the talk of the town.

* What happened to the good old days, when people had integrity.? I wonder!!

* Please write to us if you have something to add to this topic.

Charms (Integrate - Issue 52)

P.O. Box 60130

Vaalpark

1948

E- mail: charmstopvibe@vodamail.co.za

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Charms
xx



Face of the Vaal



Jacui Pringle Face of the Vaal July 2013

Jacqui Pringle is 14 jaar oud en woonagtig in Vereeniging. Ek doen al van graad 1 af model werk. Ek hou van model kompetisies. Ek het al SA's gedoen en 3 x Talent Africa. Het verskeie ere klere en medaljes verower. Op die sportveld is ek 'n gemotiveerde netbal speelster. Ek het ook al verskeie titels verower.

Ek is tans 'n graad 9 leerling van Hoërskool Overvaal. My droom is om eendag 'n top model te word soos vir FHM en om my land oorsee te gaan verteenwoordig. Om as model op verskeie top tydskrifte te voorblaaie te pronk.

Ek het in graad 1 begin met model werk nadat Mardo foto's my raak gesien het. Ek is 'n opgewerkte donker kop meisie, wat sag geard is en met almal oor die weg kom. Ek het verskeie model kompetisies al verower, soos Model van die jaar, Mej. Rainbow Nation, Mej. Valie.



www.faceofthevaal.bisn.us

Top Vibe Magazine

Comments:

Please write to us or contact us to share your opinion, ideas and comments.

Charms

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Charmaine: 072 768 8582

Tersia: 084 050 4826

Proofreaders:

Tersia: - Afrikaans.

Joelene - English

Photographer:

Sharon: 072 599 9066



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Joshua na die Reën

"Hartkranke is die mooiste musiek".

"... 'Nuwe klank wat nog nie in Afrikaans gehoor is nie: daar was lanklaas 'n mooi nuwe gesig en stem wat so gesout agter die klavier inskuif en die wêreld oorrumpel met sy songs!'"
Jak de Priester.

Joshua na die Reën is 'n sanger, musiekant en liedjieskrywer wonend in die Jakaranda Stad.

Die verhoogkunstenaar is beter bekend onder sy vriende as Jacques de Villiers en het reeds op negejarige ouderdom skoonskip gemaak in die vokale kategorie by die

Eisteddford. Sy duidelike gawe vir musiek is na geprys op Universiteit, waar hy in 2010 as die top Jazz student gegradueer het. Joshua na die Reën is reeds vrygestel.

In samewerking met musiek-vervaardiger, Ben Ludik, is die album vroeg in 2013 voltooi te Sunset Studios in Stellenbosch, waar vele bekendes al hul liedjies vasgelê het.

Kontak:

Alishia van Deventer

Sell: 083 635 471

E-pos:

alishia@stormrekordz.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.



My
cup
cake

Come and have a cup cake with me while we look into the History of the Vaal Triangle.

The information in this article was written by: Norman Acton - Last update 2008. - OVERVIEW:

The Vaal Triangle:

Traditionally, the Vaal Triangle has always been known as a triangular area of land formed by Vereeniging, Vanderbijlpark and Sasolburg - three small cities that together comprise a substantial urban industrial complex. Meyerton and Heidelberg, due to their close proximity, are also seen as part of the area.

The Vaal Triangle lies in the Highveld region of South Africa at an altitude of approximately 1500 meters above sea level and is home to about 1 million people.

The Vaal River, which forms the border between the Free State and Gauteng provinces, separates Sasolburg (which lies on the river's southern banks in the northernmost corner of the Free State) from Vereeniging and Vanderbijlpark (located on the north banks of the Vaal River in southern Gauteng). For over 100 years, the area has been a weekend getaway and recreation playground destination for many visitors attracted to its river and dam waters.

Early History of the Area:

With the advent of the Voortrekkers into the interior of Africa in the 1830's, two provinces - the Orange Free State and Transvaal - were proclaimed. Potchefstroom, established in 1838, was the first town north of the Vaal River and was the original capital of the Transvaal Province. The historical town of Heidelberg was established as a trading station for people traveling from the Province of Natal to Potchefstroom.

Although Vereeniging was only established in the 1880's, after coal was discovered in the area, a significant event that happened more than thirty years earlier in 1857 was the announcement that 'Hans Viljoen had a ferry on the Vaal River and that he will carry over wagons, horses, large and small stock at reasonable prices' Thus was established a crossing of the Vaal River which later came to be known as Viljoensdrift.

Coal:

The geologist, George William Stow, discovered coal deposits in the bed of the Vaal River in 1878. Sammy Marks realised the importance of Stow's coal discovery as the Kimberley diamond rush had led to a shortage of fuel to power their mining operations. He employed Stow to purchase all the farms in the area which were considered coal bearing as he believed he could transport coal from Vereeniging to Kimberley by floating it down- river by a series of weirs to his diamond claims. This as it turned out was impractical and he had to resort to using ox- wagons as a method of transport in stead.

Marks & Lewis who at that time owned a quarter of all the Kimberley diamond claims sold most of their Kimberley claims to concentrate on the coal finds through their newly formed mining company, the Zuid- Afrikaansche en Oranje Vrystaatsche Mineralen en Mijnbouvereeniging (later to become the Vereeniging Estates Limited).

In 1892, the small village of Vereeniging was formally established, although it was another seven years before the State Secretary signed the final document which led to the founding of the town.

The First Industry:

The first Industry to become established in the town dates back to 1882 when building bricks were made from the clay deposits near the coal workings. A fireclay found under the coal seams led to the erection of a factory to produce fireclay bricks, the first bricks being produced in 1891. In 1903 the company began manufacturing salt glazed earthenware pipes and fittings for sewer reticulation. The company (now called Vereeniging Refractories) was at one time one of the major manufacturers of refractory products in South Africa.

Make sure that you don't miss out on the next Issue to learn more about the History of the Vaal Triangle. For some this might be useful information, and for others this might not be.

Our next Issue will be the overview part 2.

1. Railway Links
2. The Growth of Vereeniging



My
cup
cake

Top Vibe Give aways.....

Congratulations to our CD winners!!!!

Winner of our CD give away Issue 51 -ADAM:

Mev. T de Wet: - Vereeniging

Winner of our CD give away Issue 52 -MWAH:

Mnr. Hennie Terblanche:- Vanderbijlpark.

Winner of our CD give away Issue 52 - Marninus:

Mev. Lettie Paliello - Vanderbijlpark.

**Thank you for everybody that took part in the giveaways.
Thank you to the sponsors for the prizes in our giveaway.**



Competition: Win Cd's "Joshau na die Reën"

Question:

Where does Joshau lives?

Win by simply answering the question correctly.
SMS **"Topvibe"** the answer, your name and contact details to
45522 SMS'S cost R1.50 PER SMS.

Entries close 22 September 2013. Winner will be notified by SMS on 23 September 2013. You may enter as many times as you wish to in order to Increase your chance of winning.

Good Luck!!!!!!!!!!!!

Thank you to Alishia van Deventer at "Star Burst" for sponsoring the cd's.



September - Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

5 September:	Exotica @ Barnyard Vereeniging R100p/p
12 September:	Chris Cameleon @ Barnyard Vereeniging R110.00p/p
14 September:	Clint & CO @ Barnyard Vereeniging R100p/p
21-22 Sep:	Steve Hofmeyr @ Barnyard Vereeniging R140p/p
26 September:	Wynand & Cheree @ Barnyard Vereeniging R100p/p
28 September:	Hooch Fox & Top Vibe Music Festival @ The Shack

For more info on upcoming events go to:
www.showmevaal.co.za/vaal
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Top Vibe Magazine

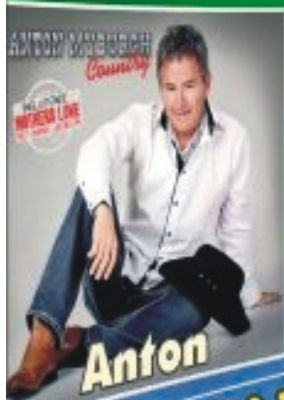


**Summer Time
is here!!!!**



HOOCH & Top Vibe

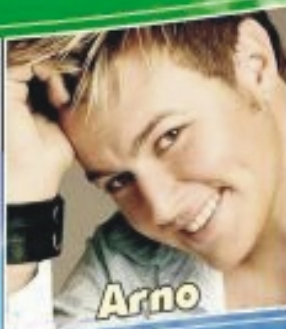
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- * Career development
- * Overcoming anxiety & depression
- * Improving health & fitness
- * Lifestyle Issues & relationships.

**BACK
2
BASICS**

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You are one year old this year!!!!

To the ICED team..
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With Love.....

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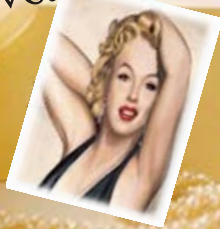
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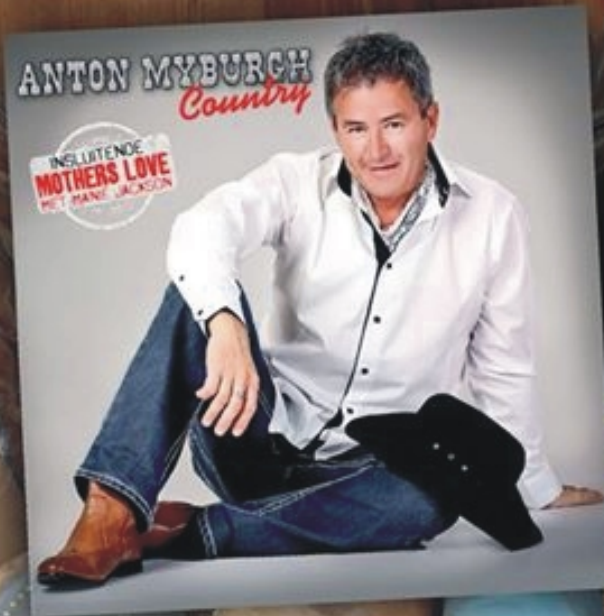
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Workshop
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Getting BACK to BASICS

BACK
2
BASICS

Date: Saturday 12 October 2013
Venue: Auditorium, 2 Stuttaford Street (SE2)
Vanderbijlpark
Time: 10:00 - 16:00
Coat: R350.00p/p (discount for groups of 5 or more)
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Booking: Delene- 082 772 0296 delene@excelgrow.co.za
Kevin - 083 322 4281 holcroftsa@gmail.com

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Discover

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Kevin
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Delene
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Until you get back to basics, it can be difficult to move forward.



"Respek word verdien"

"Liefde word gegee"



There is still hope after a relapse.

Relapse can be a dire affair for the loved ones of an addict. Many loved ones of addicts end up feeling helpless and desperate when a relapse occurs. However, recovery is still possible if an addict enters into treatment. It is important to realise that relapse can happen during the recovery process. Addiction is a chronic brain disease after all.

With respect to alcohol addiction, relapse occurs in two thirds of recovering addicts. A third of recovering addicts will encounter one or even a few isolated incidences of relapse. An additional third of recovering addicts will suffer from a chronic pattern of relapse. For those suffering from opioid addiction, relapse rates are much higher. It has to be seen in the context that chemical substance abuse leads to profound functional and structural neurological changes which affects control of behaviour, understanding and motivation.

One of the primary reasons that an addict relapses is a lack of education regarding relapse prevention. Addicts in recovery achieve much greater success when they participate in long term treatment and after-care programmes which include therapy. According to the latest South African Guidelines for the management of opioids, managing an opioid addiction requires even longer-term treatment plans to reduce the chances of chronic relapsing.

In light of the above, it is tragic that so many addicts in recovery do not complete the full treatment and after-care programs.

We are proud of our after-care members, some of whom have remained sober for as long as twelve years.

These recovering addicts attribute much of their success to working the program and routinely attending the after-care sessions at SANCA Vaal Triangle.

Dedication and Commitment:

I must at this point share the dedication and commitment of one of our patients.

For three months, Jan walked +26km to work the program at SANCA Vaal Triangle. He showed up for his treatment, underwent therapy and participated in after-care group sessions.

His transformation is inspiring to say the least. Towards the end of his treatment plan, he began exuding a new sense of purpose. After three months of treatment, he returned to work. However, he still attended the after-care group sessions.

We wish to acknowledge and thank his employer who supported him throughout his rehabilitation.

Jan, you truly inspired the SANCA team with your commitment and dedication and serve as an example for all addicts in recovery!

by Magriet Botha (CEO of SANCA Vaal Triangle)

Jan, Top Vibe Magazine salute you..!!!!

Stay strong, You have truly inspired use.

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9-10 years		
11-12 years		

6-8 years		For a GIRL Wrapped in Love
9-10 years		
11-12 years		

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Dare to be Different!

- By Joyce Meyer.

Are you tired of playing games, wearing masks or trying to be someone other than yourself? Wouldn't you like the freedom to just be accepted for who you are, without the pressure to be someone you really don't know how to be? Would you like to learn how to embrace your uniqueness and resist the pull to be like everyone else?

God knew what He was doing when He made you. You are a unique individual - God created you the way you are! It's time that we dare to accept ourselves as different and stop being insecure about who we are.

Be Courageous:

If you're going to overcome insecurities and be the person God's called you to be, you must have the courage to be different. Unhappiness and frustration happens when we reject our uniqueness and try to be like each other. If you're going to be successful at completely you, then you're going to have to take a chance on not be like everyone else. You must ask yourself, Am I a people pleaser or a God pleaser?

Who Decides Your Worth?

Becoming a people pleaser is one of the easiest things we can do. But it can ultimately make us very unhappy. When we pleasing others, we going to hear comments that make us feel good about ourselves. That's okay as long as we don't derive our sense of worth from it. People are too fickle for us to place our sense of worth in their opinions. We're worth something because God says we're worth something - not because of what people think or say about us. People pleasers allow others to control their lives in order to gain acceptance and approval. But God doesn't want us to be easily manipulated or controlled by others. We shouldn't let other people's opinions of us control our actions.

Walking in love:

At the same time, we must walk in love. We can't just do anything we want, whenever we want, with total disregard for the feelings of others. We can't say, "I'm going to do this, and if you don't like it, that's tough - that's your problem!"

The Bible command us to love others, and love doesn't behave that way. However, we must not allow people to manipulate and control us to the point that we're never free to be who we are. If we do, we'll always try to become the person we think others expect us to be.

Break out of the mold:

The world (those) we know and deal with on a daily basis who may be family, friends, people in the neighbourhood or even in the church, is continually trying to conform us to its image. The word conform means "to be similar in form or character, to behave in accordance with prevailing modes or customs." Romans 12.2 says, Do not be conformed to this world (this age)....but be transformed (changed) by the (entire) renewal of your mind... It's then that we find the good and acceptable will of God for our lives.

People will always try to fit us into their mold, partly due to their own insecurity. It makes them feel better about what they are doing if they can get someone else to do it too. Very few people have the ability to be who they are and let everybody else be who they are. Can you imagine how nice the world would be if we would all do that? Each person would be secure in who he is and let others be who they are. We would not have to try to be imitations of each other.

Unique for a Purpose:

God wants to take us, with all our weaknesses and inabilities, and transform us, by working from the inside out, to do something powerful in this earth. If we're going to overcome insecurities and succeed at being ourselves, we can't continue to be afraid of what everybody else may think. We can't continue to allow others to fit us into their mold. We are different! We are unique! God created us this way to accomplish His purposes here on earth.

Project Management Helps Us In Everyday Life Too

- By Joeline Walters.

What we know as a project manager is useful in every day activities. We shouldn't forget our discipline as we dive into other aspects of life. We might want to ask ourselves "if this was a project, would I be doing it this way?" as a method of reality checking how we are working with other people in other environments. I think we will find that the project management discipline works well in circumstances other than just classic projects.

I would like to relate to you a recent incident that reminded me of Project Management in our everyday life.

As we are visiting my Mom that has been taken up in hospital for a medical procedure and we are experiencing chaos and concern, it all seemed very familiar, then it hit me, it's like a project gone out of control.

All my Mom's friends, church members and everyone in the family wants to know the "status" on Mom just about every minute of every day. When we talk to the medical staff (nurse, doctor, someone with a badge, at random) who can't give us immediate details of her pulse, blood pressure, bowel movements and how she is doing, is labelled incompetent or "nobody knows anything." This reminded me of the project environment where the customer is constantly phoning for progress and the project team does not have any answers at any given time.

It feels like being in the middle of a major but chaotic project! As I do my due diligence, I find things are both good and bad on both sides of the shouting (and this is typical). My family is not talking to the right people and don't know who the right people are. The medical team is not letting them know who the right people are, or that the right people have changed, or when they can see the right people (have a status meeting or update!).

When it comes to the "status meeting" no one is in agreement with what information should be available. I listen to the medical staff ask "what do you mean by that?" to a family question that the family is sure is a critical thing anyone should be able to answer. It was interesting after one incident of "nobody knows what is going on" that my family then gets a call from what seems like the "project manager" to talk about the next medical steps for my Mom. Why didn't the medical staff explain that this would happen and who would be calling them? When this "project manager" is bombarded by detailed questions, she pulls in the lead nurse, who nobody in the family seemed to have heard of ("lead nurse, he has a lead nurse?"). The nurse answers the detailed questions with apparent expertise and in some cases repeats "that is not happening here" when asked about something or other that had happened at the hospital or elsewhere (e.g., when she was still home). Once we got the right people talking together the frustration level was a lot lower.

We, the family, came to a conclusion that it would be handy to have a simple status chart that is kept up to date each day (as activities happen) that the family could look at.

So from today onwards, stop and give everything you do a thought.....

For more Information on Project Management

Contact: Joeline Walters: 076 053 8180



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Minestrone Soup

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Top Vibe need "63 quotes"- the best will be published in a booklet

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SMS your quote to "Top Vibe" 445522 with you name, surname together with the name of the town that you reside in.
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We will keep you posted on facebook and Twitter!!



*With
Love*



Wat sê die lessers van **Mini- Top Vibe....**

Hierdie Magazine het gekom om te bly, die mense is versot op die Mini-Top Vibe, die magazine staan ook bekend as die handsak Top Vibe!!!! Met slegs die 4de uitgawe is dit 'n uitgemaakte saak dit hierdie A5 groote boek 'n wenresep is. Wat hierdie magazine juis so gewild maak, is die feit dat dit in die Deneysville, Oranjeville, Villiers, Heilbron en Vaal Marina area beskikbaar is. Ons is geneig om van daardie deel van die Vaal te vergeet, en dit is 'n juweel van die Vaal. Mini - Top Vibe sal moeite doen om daar gesien te word. Hier is iets wat ons lesers te sê het oor die magazine.

Meggan: Dankie vir die "piekante" magazine, ek geniet dit omtrent en lees hom van hoek tot kant.

Karin van der Merwe: Ek geniet alby die Top Vibe's, dankie dat ons ge-bless kon word met nog een....

Dave: Thank you for having the opportunity, to have this 2 lovely magazine's.

Letter from Sebo -Top Vibe Magazine

Hello Charmaine!

I am a radio DJ at campus radio station North West University Vaal. On my show we end every show with inspirational quotes. I wanted to know will the 63 charms book be sold or it will be a free copy. And probably just securing a copy in advance.

I love Top Vibe Magazine, and I want to know as well if you read out an article or one of the quotes will this be seen as reproducing the magazines material.. For example I liked the '5 things Not to say to a client'

Regard Loyal Reader
 Sebo

Gee jou kommentaar op facebook, Twitter of per e-pos en ons plaas dit.....



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