Top Vibe

ONLINE Magazine

ISSUE 116- 2019

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HAPPY NEW YEAR

2019



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Redakteurs Nota 2019

Die jaar 2019 is hier en dit is wat ons kan doen om dit 'n beter jaar te maak.

Ek hoop net dat volgende jaar 'n beter jaar sal wees!

Hierdie versugting is male sonder tal oor die TV en in die media geopper as mense oor hulle verwagtinge vir die nuwe jaar gepols is. Wat ek egter nie verstaan nie, is wat hulle met beter bedoel?

Soek hulle meer geld, beter gesondheid of 'n beter werk? En hoe kan 'n nuwe jaar sommer so op sy eie besluit dat dit beter sal wees as die vorige?
Gelukkig is die beter wees van 'n jaar nie iets waaroor 'n mens geen beheer het nie. Toegegee, daar is goed soos siekte, dood en ander peste waaroor niemand beheer het nie, maar dis algemene kennis dat die pawpaw die een of ander tyd ons almal se fan gaan tref.

Maar daar is genadiglik baie meer faktore, om van die nuwe jaar 'n beter een te maak as die vorige, waaroor ons beheer het. Bygesê, as die vorige een dan nie goed genoeg was nie.

Probeer gerus hierdie wenke vir 'n beter nuwe jaar:

#1: Moenie beloftes maak wat jy nie kan nakom nie. Nie aan jouself of aan ander nie. Ek het hierdie vakansie die waarheid opnuut besef toe Klasie, na herhaalde oproepe en aanmanings, nie my braaihout op Onrus kom aflewer het nie. Maar dit is nie net Klasie nie; ons doen dit ook deur goed aan onsself en ander te belowe wat ons weet net nie waar kan word nie.

#2: Bekommer jou oor die dinge waaroor jy wel beheer het en wat jy kan verander. Sien om na jou gesondheid, vriende en omgewing. Hou op om jou oor wat oor tien jaar van nou af kan gebeur te bekommer, want daardeur vergeet jy om nóú te leef.

#3: Leef ligter. Letterlik en figuurlik. Raak ontslae van goed wat jou denke beperk en besittings wat jou vaspen. Besef dat jy genoeg het en kyk net 'n bietjie om jou rond om te sien dat jy in elk geval baie meer as die deursnee Suid-Afrikaner besit. En gooi sommer 'n paar kilo's af!

#4: Leef hierdie jaar met dankbaarheid. Dankbaar dat jy nog 'n kans kry. Dankbaar vir elke genade wat jy ontvang en eintlik glad nie verdien nie.

#5: Moenie wag vir groot geleenthede om fees te vier nie. Maak van elke klein geleentheid 'n feestelikheid!

#6: Vergeet 'n slag van jouself en konsentreer op ander. Skop die eie ek onder sy jis en leef 'n slag vir ons.

#7: Soek 'n slagspreuk of motto vir hierdie jaar en plak dit iewers op waar jy dit elke dag van hierdie jaar kan sien (of maak dit jou screensaver). 'n Motto wat alles vasvat wat jy die jaar wil bereik.

My motto vir dié jaar is die volgende woorde van *Richard Branson*: ***The brave do not live forever, but the cautious do not live at all.***

Gesondheid, geluk en vrede op 'n beter 2019 is my wens vir jou!
Lewe voluit asof vandag jou laaste dag is.
Doen alles ter eer aan ons Hemelse Vader.

Februarie is natuulike die maand van liefde sê hulle, elke dag moet 'n dag vol liefde en omgee wees.

Top Vibe Magazine bied saam met ***Ocean Basket Vanderbijlpark*** 'n romantiese ete vir twee aan op Valentyn's dag aan.

Daar is ook iets vir die jongspan!!

Vriendelike Vibe groete, tot volgende maand.

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Top Vibe Magazine

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Contact details / Sales person:
Charmaine 072 768 8582

E-Mail: charmaine@topvibe.co.za
E-Mail: admin@topvibe.co.za

Social Media:

Facebook: Top vibe magazine (Charmaine Terisa)
Twitter: charmaine@topvibemagazine
Instagram:top_vibe_magazine
Wedsite: www.topvibe.co.za / www.topvibemag.mobi

Proof readers: Tanja and Daleen.
Photographer: Charmaine Janse van Rensburg
Photo Diary & Venue: 083 681 1514

Miss South Africa Globe 2019



Having just recently been gowned as Mrs South Africa Globe 2019 and 2nd runner up for the Mrs Africa Classic title, I was blown away. I could never have imagined that something like this could happen to me.
I was overwhelmed. I had the opportunity to reflect about my time spent during the last few months and never has it been so clear to me what I have to do.
If you want to change, reality starts with yourself first.
Attend to your own personal development and in doing so, problems give way to solutions.
Change must first take place from within and will only then have a ripple effect in the lives of others.

Therefore I am excited to start this new chapter in my life. Doing the work I love, to inspire and motivate people and telling my story. What I've learned is that when you tell your story, you free yourself and give other people permission to acknowledge their own story.

I will be available for motivational speeches for I do believe that together we can do so much more.
I also believe in defining yourself. Never let anyone define who you are and don't fear uniqueness, you are worthy.
It also gives me great honour to represent South Africa in China later in 2019 for the international Globe competition.
I am grateful and blessed for each and every person walking this journey with me.



Angel Wings

&



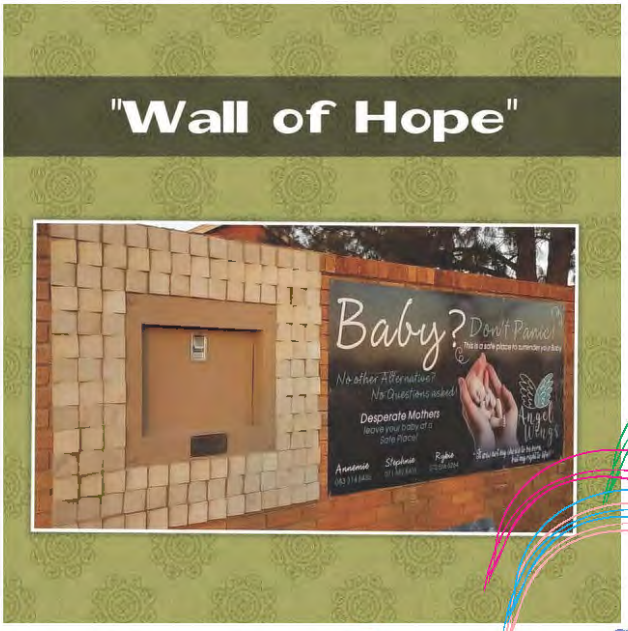
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If there is any companies that would like to make any donations please contact one of our founders.
Make a difference in a child's life!

If you are one of those who donate, we salute you and thank you! If not please donate!

Thank you
Blessings.

Angel Wings

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Quote: "You deserve love.."
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Bank details:
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Account Number 627 657 64066
Branch code:250655

Contact details:
Angel Wings Founders

Annemi Schoeman 083 314 6436
Stephnie Crause 071 682 8404
Rykie Pretorius 072 566 6264

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Charmaine 072 768 8582

E-mail: charmaine@topvibe.co.za

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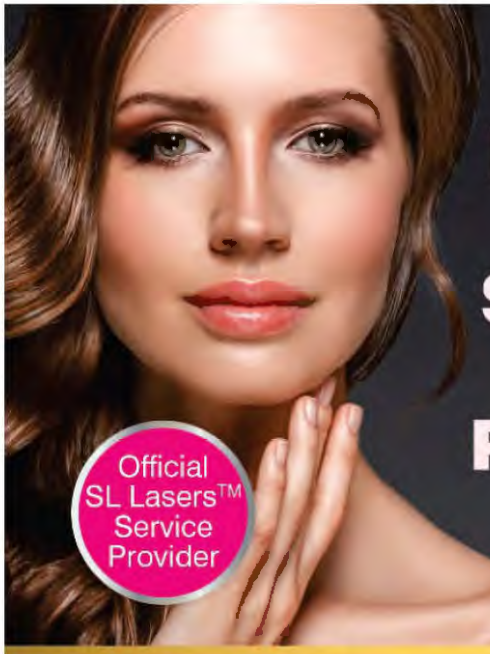


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"Seeing is believing! I could not believe my eyes!"

CORINE VAN HEERDEN

Why is Medical Aid Important?

Health is something that we take for granted and tend not to think about until something goes wrong. That's why you need to be with a good medical aid provider who can help you protect both your health and your wallet.

Choosing a medical aid plan to fit your needs can be tricky. Follow these steps to ensure you choose a plan that best meets your unique needs.

Finding the right medical aid plan is a balancing act.
We often look at our budgets first when deciding on a medical aid plan. But in reality it's a balancing act between your healthcare needs and your pocket. It is essential that the plan or option you select is able to meet the unique needs of you and your loved ones.

Start off by looking at your healthcare needs.
A quick personal healthcare needs analysis will help you determine what level of cover you need. If you're going to have dependents or beneficiaries on your plan, you'll need to check that their needs are covered too. Consider how much you and your family have spent on medical expenses for the last year to help you.

Ask yourself:

How often do you and your family visit the doctor?
Do you and your family require medicine often?
Do you or your dependents need to visit a specialist or gynaecologist?
Do you and your loved ones need extra cover for cancer, renal dialysis, HIV AIDS or any other condition?
Look at your medical claims and expenses over the past few years. If you find that you haven't claimed at all or have had few medical expenses and are unlikely to claim unless a major medical emergency then you will require a low level of coverage. If, however, you find that you have incurred a mountain of medical expenses then you will require a higher level of cover.

Decide if you want to work with a network of preferred providers. Some plans require you to use a specific GP and hospital network or a selection of preferred providers. This helps to keep your costs as low as possible, however, it can be difficult to stick to the network. If you would prefer to have freedom of choice and use any provider you choose, you may need to opt for a more expensive plan.

Get professional advice:

A financial advisor or broker will help you to determine which plan best suits your needs and is most affordable for you.

Mr Jan Bekker from ***CompMed Medical Aid*** is just the person you need to contact regarding help in this matter. He will give you the medical plan you need for your family. ***CompMed Medical Aid Services*** is based in Vanderbijlpark. ***Mr Bekker*** will make an appointment with you and in the comfort of your own home he will help you to get the medical you need.

CompMed Medical Aid will give you the peace of mind you and your family need.



The reality is that your health, and that of your family, holds immeasurable value to you. It's also the least predictable factor in your life. This unpredictability is precisely what makes medical aid so important, because you can't tell for certain when you'll need it. Sports injuries, road accidents, stress-related illnesses, and terminal illnesses are not examples of things that afflict the elderly. Rather, they're representative of what can go wrong in anyone's health at any time.

Having a good, reputable medical aid is an essential part of alleviating the stress of worrying what's behind every proverbial corner. More importantly, it provides you with the necessary financial cover when you need it.

Fortunately, there are a wide variety of plans for you to choose from within each medical scheme, making it easy to buy the level of cover that you need and can afford. These range from basic and relatively inexpensive hospital plans to the more all-inclusive, comprehensive plans.

When it comes to choosing your ideal plan, it's best to assess your life and understand what the implications would be if you needed medical treatment. For instance, if you're single and have no dependents, then at the very least a good hospital plan is a practical option as the most expensive comprehensive plan might not be necessary.

Of course, if you're the sole breadwinner with a few dependents then it goes to reason that you will need more cover to protect your family's financial safety while you are treated.

At the end of the day you can't know when or if something will happen, and unless you have considerable financial funds to help you pay for medical costs, you might have a problem if you don't have medical aid.

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, SE 2, Vanderbijlpark

Eerste skooldag wenke.



Wenke vir jou kind se eerste skooldag

Wanneer jou kind 'n nuwe omgewing betree, of die sprong maak van laerskool na hoërskool, kan die eerste paar weke voor die skuif gevul wees met angs, maar ook met opwinding. Die volgende wenke sal jou help om jou kind se oorgang na (hoër)skool gladder te laat verloop.

Maak 'n spanpoging.
Wanneer daar 'n keuse is tussen verskillende skole, praat met jou kind oor wat elkeen van hulle te biede het.

Bly positief!
Wanneer die eerste dag nader kom, begin praat met jou kind oor haar verwagtinge, hoop, en vrese vir die komende skooljaar. Stel haar gerus dat ander kinders net soos sy voel en dat sy ongetwyfeld 'n baie lekker jaar gaan hê. Verduidelik vir haar dat skool 'n plek is waar sy nuwe dinge sal leer en baie vriende sal maak.

Moedig betrokkenheid aan van buitemuurse-aktiwiteite. Hoewel jy nie jou kind wil ooreis nie, is deelname aan een of twee aktiwiteite belangrik, veral aktiwiteite wat sy belangstelling prikkel. Hy sal ook meer geneig wees om beter akademiese insette te gee indien hy verbind voel aan die skool deur middel van 'n skoolaktiwiteit, klub, of sport. Praat met hom oor sy doelwitte vir die jaar en hoe hy graag betrokke sou wou wees by die skool buite die klaskamer.

Kry genoeg slaap en rus.
Indien jou kind 'n lang vakansie geniet het, van laat nagte en lui oggende, gaan die aanpassing groot wees om hom vroeg wakker en uitgerus te hê vir die eerste skooldag. Help om hierdie oorgang makliker te maak deur die skool-roetine 'n week of twee vantevore in te stel.

Doen 'n proeflopie.
Indien jou kind die oorgang moet maak van laerskool na hoërskool, maak seker dat jou kind weet waarheen om te gaan en wat om te doen op die eerste oggend. Vir nuwe leerders is dit altyd gerusstellend om te weet waar die bushalte is, of indien sy loop, die kaart vir hoe om die vinnigste en veiligste by die skool uit te kom. Vermy verlate plekke, of plekke waar daar nie baie mense is nie. Waarsku jou kind om altyd met 'n vriend of vriendin te loop en uit te kyk vir veilige plekke in geval van nood.

Skryfbehoeftes en benodigdhede.
Maak seker dat julle presies weet watter skryfbehoeftes en benodigdhede van die skool vereis word. Die meeste skole stuur 'n handige lys uit vir die laer grade, maar indien nie, neem dit op jouself om te vra en doen dan die aankoop van die items so gou as moontlik. Hoërskoolleerders moet verseker 'n dagboek en pen saambring op die eerste dag.

Voorbereiding vir skooldag.
Ten einde die oggend stormloop te vermy, organiseer die aand van te vore. Lê klere uit, sit kospakkies in vir pouse en pak jou skooltas. Maak seker dat almal vroeg wakker is sodat daar genoeg tyd is om klaar te maak.

Maak 'n gesonde begin.
Moedig jou kind aan om 'n goeie ontbyt te eet en pak 'n gesonde versnapering in sodat sy/haar energievlakke goed is gedurende die dag. Vermy soetgoed en gaskoeldrank.

Vergesel jou kleintjie en maak kennis.

Selfs as jou laërskoolkind gedurende die jaar busry of te voet skooltoe gaan, is dit belangrik dat jy jou kind skooltoe neem op die eerste dag, veral as dit lyk of hy senuweeagtig is. Jong kinders is dikwels ook skaam om 'n nuwe onderwyser te ontmoet. Vergesel jou kind die eerste dag na die klaskamer. Stel die onderwyser in kennis indien daar enige spesiale belange of uitdagings is wat jou kind het.

Doen navorsing oor skool.

Deur saam met jou kind boekies te lees oor wat skool is, is 'n goeie manier om die leesgewoonte te vestig, maar ook om gesprekke oor die opwinding en vrese rondom skool te begin.

Top Vibe Kids Magazine kan afgelaai word by www.topvibe.co.za

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MY EERSTE SKOOLDAG

4 Ways to be positive this NEW year...

With the New Year in sight, you may be starting to think about making resolutions. While entrepreneurs often think success will bring happiness, happiness expert *Shawn Achor, author of The Happiness Advantage* (2010: Crown Business) and Before Happiness (2013: Crown Business) says it's actually the other way around.

Having a sunny outlook can help you make better resolutions and be more successful in achieving them. "When the brain is positive, [it] releases neurochemical called success accelerates like dopamine and they turn on part of the brain that allow you to perceive more possibilities [and] process more information," says *Achor*. A pessimistic mind set, by contrast, causes the brain to feel threatened, closing it off to new opportunities.

"Your brain is three times more creative in a positive state," says *Achor*. While a positive mind set is crucial all year round, it's particularly important towards the end of the year, when we begin to reflect on the past and set our goals for the year ahead.

Related: 10 Strategies for Overcoming Creativity Block

Before making your 2019 goals, follow these four tips to get into a positive state of mind.

1. Don't start at zero. When making resolutions, start by listing your accomplishments in the previous year. "The brain accelerates towards goals the closer it perceives success," says *Achor.* For the same reason that marathon runners tend to pick up speed at 26.1 miles, our brains release chemicals called success accelerants, that give us more energy as we perceive being closer to the finish line. Starting your resolution list with a blank sheet of paper means you lose the advantage of these success accelerants.

This strategy can be used on a daily basis throughout the rest of the year. Instead of making a list of all the things you have left to accomplish in the day, start by writing down all the things you've already accomplished and checking those off. When your brain sees the checkmarks, it releases these success accelerates, putting you in a positive mind set and allowing you to speed towards achieving the rest of the goals on the list.

Related: How to Stick to Your New Year's Resolutions

2. Start your day with a positive email. Do you start off your day by scanning your inbox for the most urgent emails? How often are those urgent messages positive? To start your day in a positive mind set, *Achor* suggests writing a positive email to a friend, co-worker, client or even a stranger. *Achor* once sent an email to a former high-school teacher telling him how his class affected his life. By sending these positive emails, your brain is starting the day not with a threat (a negative email), but with a social connection, something *Achor* says is the greatest predictor of happiness.

3. Use positive language in goal-setting. While many of us make resolutions to stop a negative behavior such as smoking or eating junk food, *Achor* says we should instead focus on positive habits to replace the negative



one you want to break. Rather than making a resolution to avoid the office vending machine, resolve to bring healthy snacks to work every day. By changing the language of your resolution from a negative to a positive, your brain doesn't waste its resources dwelling on the negative habit you're trying to avoid but instead uses its energy towards the new positive habit.

4. Focus on positive habits. Incorporate positive habits into your daily routine and experience the benefits of an optimistic outlook. Some positive habits that *Achor* says have proven effective include writing down three things you're grateful for every day, meditating by paying attention to the movement of your breath, or Journaling about a positive experience. When *Achor* asked a group of KPMG employees to choose one of these positive habits to do for two minutes over 21 consecutive days, he found significantly higher levels of job satisfaction, job effectiveness and lower stress levels.





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Love TIPS on how to survive in love

Once you've lost your heart to someone special there is always the chance of having it broken!
Almost all who have enjoyed the trill of young love have also discovered what heartache is.

@ Always be honest with each
@ Celebrate little anniversaries - 3, 6 months ect
@ Don't always analyse your relationship. This can create problems that weren't there before.
@ Be upfront and direct when something really bothers you so you can nip the annoyance in the bud.
@ Learn to compromise especially if something is very important to your partner.
@ Compliment each other sincerely.
@ Be private. Don't blab about anything that happen between you.
@ Spend time alone. It's important to get on with each other's mates, but couples also need quality time together.
@ Don't ever act jealous or possessive. A little makes your partner feel wanted, but too much is major turnoff.
@ Laugh together.
@ Take a break from each other. To make time together can destroy a new relationship.
@ Always show affection. Nothing says "I love you more than an unexpected hug or kiss.





Movie Review



ELLIOT THE LITTLE REINDEER

Cast:
Josh Hutcherson as Elliot
Samantha Bee as Hazel
George Buza as Santa
Jeff Dunham as Clyde/Peanutbutter
Morena Baccarin as Corkie
Director:
Jennifer Westcott
Writer:
Jennifer Westcott
Editor:
Ali Lynette-Krech
Our rating:

ELLIOT The little Reindeer - It's just four days until Christmas and Blitzen the reindeer has abruptly announced his retirement from pulling Santa's sleigh so he can pursue his lifelong dream of running a juice bar. At the press conference, a journalist has an urgent question: "Is he the one behind Dancer's conscious uncoupling?"

Yes, this is an animated Christmas fable for children with a joke about Gwyneth Paltrow's Goop-ish euphemism for divorce. There are also references to "Braveheart" and "Dirty Dancing," sure to delight the kiddies. Most perplexingly, a key element of the plot concerns illegal doping to win an athletic competition. And when a character cheerfully says he won't need to learn to climb a snowdrift because "global warming will make this a non-issue," another replies, "I don't think our strategy should be predicated on an ecological catastrophe from which the world will never recover." That should lead to some awkward questions as families frost the Christmas cookies.

This is a movie for young and old for the whole family bring Grandma en Grand pa with, they two will enjoy it. We rated this move (4) stars... What is your rating?



GREAT MOMENTS AT THEIR GREATEST VAALMALL

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Strawberries

They contain anthocyanin witch reduce stress



Avocado

It contains serotonin a feel good neurotransmitter.

Tomato

Tomato contains lycopene which reduces irritation





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It has thiamine a calming agent.

Clean the house.



Bringing in the New Year

One of the things I like best about the holidays is the symbolism. From the star on the top of the Christmas tree to the menorah of Hanukkah, it's the symbols that remind us that there are things in this world larger than ourselves. One of those symbols is our home. Our home is the place where we gather with our families, share our burdens, our successes, and it's the stage where our lives play out. I guess that's why home has always been so important to me, and why I think of our spaces as living spaces.

Because of this, the New Year is an important symbolic time in our family. I make a special effort to bring the house back to its original state, taking down decorations before ringing in the New Year. In fact, I have quite a list of preparations that I go through each New Year because these activities remind me that we're at the dawn of another opportunity to begin anew, and I like to bring my house into the New Year with a fresh start, too.

Here is my personal list of New Year's household preparations that I hope you enjoy.

Out with the old

1. De-clutter as much as possible.
Clean out old magazines, food, clothing, and anything that hasn't been used or is broken.

2. Clean the floors.
Get the old energy out by vacuuming and mopping the floors on New Year's Eve.

3. Do the laundry. You don't want to go into the New Year with dirty clothes hanging around. Be sure to fold and put the clean clothes away.

4. Clean the bathroom.
It only takes a few minutes and you won't have a nasty mess to greet the next year of your life.

5. Empty all trashcans.
Get everyone to pitch in so last year's trash isn't hanging around.

6. Clean out the refrigerator.
You don't want old food or a moldy science project lurking in the fridge.

7. Clear out visual clutter.
Clear off the counters in the bathrooms and kitchen. Clear off your desk and dust it. Pitch the sticky notes and papers and things taped everywhere. Don't forget the refrigerator. Make it a blank slate.

8. Clean up the yard.
Make sure the yard is picked up and the front doorstep is swept and clear.

9. Change the sheets and towels.
Put clean sheets on all the beds on New Year's Eve and clean towels in the bathroom and kitchen.

10.Take down the Christmas decorations. This is the tough one. Most of us dread the New Year because we have to take all the decorations down. Make it a point to take them down two days before New Year's Day. Then, you can go into the New Year without that mistletoe hanging over your head.

For everyone who thinks you can't do it, just think how great you'll feel when you wake up New Year's Day and you don't have all those decorations to put away. You could actually watch the Rose Parade. Trust me, you'll never know how great New Year's Day can be if you don't have to haul the tree to the curb.

In with the New

To mark the new beginning, I make sure that the refrigerator and the pantry is stocked and that I have plenty of sweets and citrus around the house. The Chinese believe that oranges symbolize gold and good news and often roll them into the house at the lunar New Year. I buy a big bag of oranges and do this with my own kids. I also buy flowers or a new plant to greet the New Year to symbolize a healthy, lush start. Think about what you can do to symbolize a new prosperous beginning at your home.

It is a new start, for you to start a new year leaving the old year behind. If you had bad memories about the old year now is the time to make peace with it and start over.

Make some new friends in the new year, don't neglect the old once but one need to make new friends

Start every day on a positive note, and make sure you end it that way.

Make time for yourself, and don't let others spoil it for you. Give a little of your time for charity make a difference in somebody's life.

Buy less and save more in the new year. The little things in life make you happy.

Smile every day, it cost nothing and can give hope to a person, no matter how big the problem remember God is bigger.

Happy new your may all your dreams come true and enjoy every day to the fullest.

God bless.



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