Top Vibe Magazine

ONLINE
ISSUE 128 2019



2020 Projects

EMPOWERMENT IN A BAG PAGE 3

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

www.topvibe.co.za / www.topvibemag.mobi

Editors Note

New Year Wishes: You may have had some really good memories about the past one, but you never know what's the new one is bringing for you. Its time to be hopeful, have new dreams and make some new resolutions for the new year in your life. Its time to connect with each other and make new year wishes. Its time to move on and embrace what's new.
New year means a lot of new dreams and new achievements. People throughout the world anticipate eagerly for this time of year to celebrate the memories they made in the past year and to welcome the new one. If you are excited about the new year that's soon to be taking place, its time to look at these unique new year messages and wishes because you really need to wish your dearest ones a happy new year!

May this new year bring you much joy and fun. May you find peace, love and success. Sending my heartiest new year wish for you!

I hope that the new year will be the best year of your life. May all your dreams come true and all your hopes be fulfilled!

I hope your life will be full of surprise and joy in the new year that's about to begin. May You be blessed with everything you want in life.

Happy new year to all my clients, readers and friends!!!

We at Top Vibe Magazine are busy with our new year dreams. Together with the Charms of Hope foundation we strive to make a deference in our community. To provide the hungry with food, they who have no cloths to provide them some. To give love where ever we go.

The Charms of Hope foundation is a NPO, we are constantly in need of cloths, toiletries, food, anything that you now longer have use for. We can help people that need it.

We are currently running two projects both end March. Sweet biscuits with 12 in a packet. Then we also need toys, books, puzzles ect.

If you have something that you would like to donate to us. Please drop it off at:
Models Unlimited 1 Macowen Street, Vanderbijlpark or call me on 072 768 8582



Thank you for your support, may God bless you and you family.

2020 is going to be one amazing year....

Charms of Hope Foundation:

Founder and CEO: Charmaine Britz 072 768 8582
Ambassador:
Queen of Africa 2020, Mrs S.A Globe 2019
Erika Breytenbach 072 777 2861

CHARMS OF HOPE FOUNDATION



Editor's picture: Charmaine Britz
Photographer: Charmaine Janse van Rensburg

Charm Xox

Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
Charms P. O. Box 60130 Vaalpark 1948

Copyright:
Content of Top Vibe Magazine is protected by copyright. No part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

Disclaimer:
The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/or advertisement.

The views of other writers or articles in this Magazine are not necessarily the view of the editor.

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



"Wall of Hope" Babe Safe Box!

Vaalpark: - You are not alone, and you don't have to abandon your baby. Give your baby a future, hope and love. NO questions asked, Nobody have to know.

Angel Wings is a safe house for abused and neglect toddlers from 1 year to 5 years to provide them with care and protection until a more permanent arrangement can be made for them by social welfare. We are registered to take care of 9 babies and 5 toddlers at one given time, and to take care of them.

Please don't panic, we can help you do not abandon your baby. We will provide you baby with a home fulled with love.
We would also like to advise you to use protection before having sex, protect yourself.

You deserve love, by protecting yourself.
Give your baby the love he/she deserve.

Blessings
The Angel Wings Team

Proud Media Sponsor of *Angel Wings*

"Quote: "You deserve love.."
- charms

Top Vibe Online Magazine

Bank details:
Angel Wings
FNB bank - Sasolburg
Account Number
627 657 64066
Branch code:250655

Angel Wings NPO
FNB Sasolburg
Account no:
627 657 64066

NPO no:
209 - 509 NPO

Contact details:
Angel Wings Founders

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

EMPOWERMENT IN A BAG

Help us to support women in our community. Together, we can help make this world a better place for everyone.

Donate a handbag with goodies, that you think a women needs.

For Example:

Facecloth
soap
shampoo & conditioner
under arm roll
something sweet
earrings.



Don't miss out to be part of this amazing project
For more information please call Kelly- Jean 074 371 4334, Erika 072 777 2861 OR Charmaine 072 768 8582

Drop off zone:
1 Macowen Street, Vanderbijlpark



CHARMS OF HOPE FOUNDATION



Mrs Charmaine Britz
CEO Top Vibe Magazine

Call: 072 768 8582
Call: 072 777 2861

Mrs S.A. Globe 2019
Mrs Erika Breytenbach







Evadne Michelle Tamieke

Ambassadors



Angel Wings



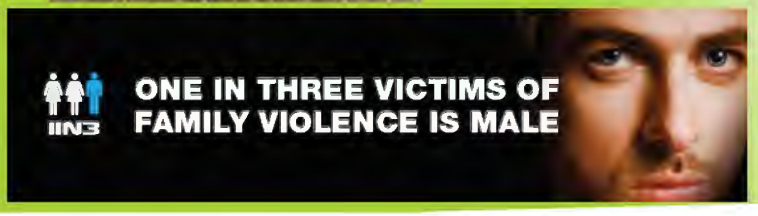


Dignity Dream
Sanitary pads for Girls



3 Homes of Hope





CHARMS OF HOPE FOUNDATION

IFM 102.2 RADIO
Info - Fun - Music

SUPPORTS

Listen to IFM
Wednesday Mornings
08:30
Louis & Co-host
Erika Breytenbach

Models Unlimited
Tel:016 982 1364 www.modelsunlimited.co.za

BEST WISHES FOR 2020



Wimpy River Square
6 Nile Dr Three Rivers, Vereeniging
016 4232440

WIMPY

Wimpy Riverside Boulevard
Frikkie Meyer Blvd & Chopin Street,
SW 5, Vanderbijlpark
016 932 1876

Wimpy President Hyper
Cnr Ascot on Vaal & Flay Fair Blvd
Vanderbijlpark
016 985 1073

ELIZE NELL
EIENDOMME / PROPERTIES

Looking for properties



Elmarie Malan
084 578 7278
elmarie91@gmail.com

HBL GROUP
Reg:2016/160250/07 Vat no: 4810283160
B-BBEE LEVEL TWO
Airconditioning & Blinds
Installation & Services
LG SAMSUNG Carrier
www.hblgroup.co.za
016 9322429
Munnik street
VANDERBIJLPARK
Office: 016 9322429
Email. Juan.hbl@vodamail.co.za
www.hblgroup.co.za

DISTRIBUTION OF FLYERS

Distribution Areas:

Vanderbijlpark - Vaalpark - Sasolburg
Meyerton - Vereeniging - Townships

Contact Charmaine 072 768 8582

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

CHARMS OF HOPE FOUNDATION

Models Unlimited

Top Vibe ONLINE Magazine

Charmaine 072 768 8582

PUZZLE PROJECT

Donate your old puzzle (with all the pieces) or Sponsor a NEW puzzle for our project.

All puzzles will go to old age homes. AND any puzzles for children will go to children

DROP OFF ZONE

Nr 1 Macowen Street, Vanderbijlpark
Call: Charms of Hope Ambassador
Rachelle 066 214 2642

New Year's Resolutions

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

Exercise more
Lose weight
Get organized
Learn a new skill or hobby
Live life to the fullest
Save more money / spend less money
Quit smoking
Spend more time with family and friends
Travel more
Read more

However once the glow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the Journal of Clinical Psychology, only 46% of people who made New Year's resolutions were successful. That means over half of the people who set a goal for the new year will fail!

The study also involved non-resolvers, people who did not make a New Year's resolution, but had a goal they wanted to achieve that year. Only 4% of non-resolvers were successful at achieving their goals, a far bleaker result than those who did make a New Year's resolution.

Naturally, we don't want to be in the camp of folks that fail to achieve their aspirations and dreams for 2020, so we've put together an exhaustive plan for following through on your resolution.

If you want to realize your New Year's resolution this year, follow these 10 steps:

1. Mentally prepare for change
Changing ingrained habits is no easy task, so before diving head-first into your New Year's resolution, it is important to take a step back and get ready for that impending change.

The first breakthrough in change is taking a personal inventory. Being that it's the end of one year and the beginning of the next; it's perfect timing to take stock in the past year's accomplishments. Think about the following:

What did I set out to do in the past year?
Where did I make progress?
Where didn't I see progress?
Naturally, your resolution may focus on areas that lack progress, but don't forget to savor the progress made, and find some small way to celebrate. Those happy feelings are useful! If possible, try to associate them with an object or word related to your accomplishment.

You will want to keep upbeat with your new resolution, so you can use that positive association with last year's accomplishments to remind you of those good feelings when you are feeling challenged.

As you start thinking about the changes you want to implement, make sure to do the following:

Stay positive
Try not to make big/quick changes
Change should be gradual
Build on smaller changes
Allow a little room for error
2. Set a goal that motivates you
You would be surprised how often people set goals that are not for themselves. These goals could be dictated or coerced by a manager, spouse, or parental / peer pressure.

While it's nice to have some external support, if you don't share the same passion, the resolution has a small chance of succeeding and could even be dead on arrival.

To do this, you need to make sure the goal you set is important to you and only you and that there is value or benefit for you in achieving the goal. It is these two things that will provide the reason and willingness to take action. This is also known as motivation!

Thus, it's a safe bet if your resolutions align with the following:

Your goals
Your priorities
Your dreams
Your aspirations
Not only should you align around your inner-most desires, but you should also make sure the resolutions align around your top priorities. This will lead to a "must do" attitude.

3. Limit resolutions to a manageable amount
A common mistake in resolution setting is having too many and spreading yourself too thin. We all want to learn 25 different languages, 15 new job skills, and eliminate 5 bad habits, but we are not superheroes. We only have so much attention span we can dedicate to self-improvement, so having too many resolutions is a great way not to achieve the many goals you have set out for yourself.

Thus, you should make a short list of resolutions that you can manage in the upcoming year. Knowing that short list of priorities is the hard part. The key here is understanding how to prioritize.

Here is an exercise that you can undertake to help you figure out what is most important in your life. All you need is a post-it pad, a pen, and a wall.

Write anything you want to accomplish for self-improvement purposes on a post-it
Each post-it only gets one discreet tactic
Place each post-it on the wall
Go crazy - use as many post-its as possible
Group together similar post-its
Place the topics you feel strongly about at the top of the wall
Put the topics you feel "meh" about on the bottom
Spend a lot of time thinking about the order of the first 3-5 post-it (groups)
As you might suspect, #8 is the most time-consuming, because it will determine what resolutions you are

because it will determine what resolutions you are going to take on this year.

The final piece of the puzzle here is knowing your limitations and personal bandwidth. With that in mind, you should focus on your top priorities while balancing how much attention you can honestly devote to a resolution.

Final thought: It's better to tackle one resolution well going to take on this year.

The final piece of the puzzle here is knowing your limitations and personal bandwidth. With that in mind, you should focus on your top priorities while balancing how much attention you can honestly devote to a resolution.

Final thought: It's better to tackle one resolution well than multiple resolutions poorly.

4. Be specific
When it comes to setting resolutions, it's easy to set bad goals that could lead to poor follow through. Fortunately, SMART goal setting framework can help you craft better goals.

SMART goals are:

Specific - Articulate the resolution as clearly as possible. For example, quitting smoking is better than being healthy. While "being healthy" is great, the wording can be interpreted in many ways.
Measurable - Quantify your resolution if possible, i.e. I will lose 10% of my body weight.
Attainable - Choose a goal within the realm of possibility, but yet challenging. Making 100 friends this year would be amazing, but probably pretty hard to do. On the other, making 10 new friends is doable.
Relevant - Keep it relevant to your priorities and goals. See motivation section above!
Time-sensitive - Give yourself a time-frame in which to achieve a goal. A deadline will instill some urgency and provide a time when you can celebrate your success.
5. Break up big goals into smaller goals
A lot of us tend to be over eager and grandiose when it comes to resolutions. We have the best of intentions and may accidentally take on a goal that is too big to achieve. Thus, it's helpful to divide a big goal into smaller goals that are more achievable.

Let's say you are the leader of an alien race, and your resolution for 2020 is capturing the planet Earth. That is a huge goal!! You can't just tell your intergalactic fleet of spaceships "take over planet Earth" and expect success.

You have to chunk up this big crazy feat into smaller more management accomplishments:
By breaking your tactical plan into discrete steps, you now have a pretty good chance of world domination by the end of the year.

Now chunking up a big goal is easier said than done. Here are a few tips to help you make your massive goal more achievable:

Create a list of sub-tasks
Prioritize and order them
Use a visual map to display
Assign milestones to each task
Decide how much time each task requires
Allocate resources accordingly
Focus on the next step, not the big goal

Create a list of sub-tasks
Prioritize and order them

6. Write down your goals
While it's great to have goals, it is critical to document them in some way. Here are six reasons to write down your goals:

They are easy to forget. While that may seem silly, we are human, and it is human to be easily distracted and forgetful.
Writing down your resolutions helps you clarify what it is you want to achieve. It forces you to make decisions and be precise with your words.
Writing establishes intention, but action needs to be taken to achieve your resolution. Having a written account of your goals is a constant reminder to take action.
Written goals can act as a filter and guiding light for what opportunities to pursue. On any given day, there are a million decisions to make. When in doubt, refer to the goals you have set to dictate the way forward.
Documented goals will help you overcome resistance to progress. We set goals to move forward, but there is a natural resistance to change. Your written goals spur you forward when you hit a speed bump or obstacle.
Finally, written goals are a reminder of how far you have come and what you have achieved. It's a nice feeling to look at back at the end of next year, and know your resolution has come to fruition. It's a reason to crack open that bottle of champagne and celebrate.
Here are a few ways you can document your resolutions for 2020:

Write them in a journal
Draft an email to yourself
Store in Ever-note or some other note-taking tool
Print and tape to the wall
7. Share your resolutions with others
"If a tree falls in a forest and no one is around to hear it, does it make a sound?"

It's great to make a resolution for yourself and maybe even write it down, but if no one else knows about it, it's easy to forget about or even ignore. And when you don't achieve it, no one will notice or care.

On the flip side, your counterparts who decided to tell someone about their goal, feel something different. Now that they've gone public with their goal, they feel a sense of obligation and accountability. Essentially, if you don't follow through, they are going to let everyone down.
Crazy as it sounds, this sense of guilt is often more powerful than self-motivation. The upshot here is that when you do succeed, the people you shared with will celebrate with you!
If you want to take goal sharing to the next level, you could organize a mastermind group. A mastermind group is a collection of highly motivated people who share a common goal and are looking to encourage and help each other improve. Meet regularly (weekly or monthly depending on level of commitment) Share setbacks and progress Stay motivated! Now if you don't have the time or inclination to do the above, another way to achieve the same result is to make a Facebook post declaring your intentions to all your friends. You can bet people will cheer you on and ask about your progress over the course of the year!

True love's the gift
which God has given to
man alone beneath
the Heaven.

The silver link, the silken tie,
which heart to heart, and
mind to mind, in body and
in soul can bind.....



Charms of Hope Projek

Aandag alle bakkers

Ons loods 'n projek vir 2020 - Sluitings datum is 30 April 2020.



Ons wil graag 500 pakkies van 12 soetkoekies in bymekaar maak vir minderbevooregde gesine

Bak jy? Wil jy betrokke raak? Help ons om 'n verskil te maak

Kontak: Charmaine - 072 768 8582
Erika Breytenbach - 072 777 2861

Afset punt

1 Macowen street, Vanderbijlpark

Erika Breytenbach - Queen of Africa 2020
Mrs SA Globe 2019
Ambassador Charms of Hope Foundation

PLEASE SUPPORT US



Brei jy graag?

Ons loods 'n projek vir 2020
Sluitings datum is 30 April 2020.

Ons wil Teddies bymekaar maak vir 300 minderbevooregde kinders.

Is jy lief vir brei? Wil jy betrokke raak?

Kontak: Charmaine - 072 768 8582
Erika Breytenbach - 072 777 2861

Erika Breytenbach - Queen of Africa 2020
Mrs SA Globe 2019

Top Vibe Magazine &

GREAT MOMENTS AT THEIR GREATEST VAALMALL

Movie Review





BAD BOYS FOR LIFE

★★★★

Directed by: Adil El Arb & Bilall Fallah

Writing Credits:
Chris Bremner, Peter Craig, Joe Carnahan and George Gallo

Our rating: ★★★★

Old-school cops Mike Lowery and Marcus Burnett team up to take down the vicious leader of a Miami drug cartel. Newly created elite team AMMO of the Miami police department along with Mike and Marcus go up against the ruthless Armando Armas.

Marcus Burnett is now a police inspector and Mike Lowery is in a mid-life crisis. They unite again when an Albanian mercenary, whose brother they killed, promises them an important bonus.

They are bad, very bad you don't want to mess with them.

Make sure you don't miss out on this movie!

RIDE TOGETHER DIE TOGETHER



GREAT MOMENTS AT THEIR GREATEST VAALMALL



TO



Call

Charmaine @ 072 768 8582
or E-mail: admin@topvibe.co.za

PRINT SPOT
Charmaine 072 768 8582
E-mail: charmaine@topvibe.co.za



Enterprise Email Solutions

With crime on the increase you business simply cannot afford a robbery. Losing years of email data will put your business at huge risk.
Act now and take control of your future!

VAAL 24
www.vaal24.com

IFM 102.2 RADIO
Info - Fun - Music

SUPPORTS

Listen to IFM
Wednesday Mornings
08:30
Louis & Co-host
Erika Breytenbach

Models Unlimited
Tel:016 982 1364 www.modelsunlimited.co.za

SMS: 41022 (R1.50 p. SMS)
Studio: 016 889 6000
Office: 016 889 2014
Marketing: 016 889 4304 / 4404 / 4407 / 3488 / 2014
www.ifmradio.co.za

QDC WASTE MANAGEMENT
PROFESSIONAL GARBAGE DISPOSAL

PREMISES CLEANING & GARBAGE REMOVAL SERVICES

Professional Garbage Disposal

Small holdings or in town?
Business, Complex or School?

We specialize in professional garbage removal on a once off, weekly or monthly basis.
We also do once-off premises clean-up.

For more information or quote please contact us at

Gideon: 082 805 0253
Kim: 071 353 7740

Office: 016 065 0044
E-Mail: service@qdctrading.co.za

SHOW ME VAAL

Get 50% off your ShowMe listing!

- Website design
- Future Listing
- Basic Plus Listing
- Basic Listing

show me

www.showme.showmevaal.co.za
to view full feature of each listing and monthly rates.
Call: Leon @ 083 381 4214