Top Vibe Magazine

ONLINE

ISSUE 121- 2019

HAPPY FATHER'S DAY!

New Career change in the beauty industry see page 10

10 Tips how to have ME time ~ page 8

Fathers & Sons: How to Be a Great Dad

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

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Editors Note

I took the time to take note what happens in one month. To be quite honest a lot. Like the month of May, We celebrated Workers Day and Mother's Day.
We held a 3 Homes of Hope drive hosted by Gas-Monkey see page 5.
Then comes the month of June.
Erika Breytenbach Mrs SA Globe 2019 did a jump for the children. It's almost Father' s Day then the Wine Route and before we know it the winter is properly upon us.

July will be the half way mark for the year.

With Father's Day around the corner we would like to wish all our Father's and Father's to be the very best for Father's day. Hope that you will get spoiled and that your day will be special.

We are involved with a few charity drives and we would appreciate all the support we can get. If you can find it in your heart to make any donations we will gladly take it with open arms. We need anything from food, clothes, blankets, toiletries just about anything we can use.

Please people I would like to ask you if there is second hand clothes, make sure one can use it, please don't send clothes that is not wearable.
Less fortunate people might be poor but please don't take away their dignity. Sad to say I had clothes donated to me and I had to wash it and repair it before we could use it. Some of the clothes could not be used at all.

We also do the Charms of Hope Foundation where you can buy a His or Her's bracelet set of three bracelets and we donate R60 per set to the "3 Homes of Hope". For those of you who don't know what the "3 Homes of Hope" is. We identified three houses where there is 50+ orphanage children in the three houses. We try to help them with food, clothes, ect ect.

Our Dignity Dream is where we sell washable pads that can be used for 4 years and it cost R250 each.
For poor people there is no money for sanitary pads, they make use of old news papers or old clothes and there is a health risk in using these objects as pads.
Poor people will rather buy bread than pads because they are hungry and the stomach will always win.

Please support us and help us to give a girl her dignity back.

For more information please call.
Erika Breytenbach - Mrs SA Globe 2019 on 072 777 2861
Charmaine on 072 768 8582



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

Please be so kind and help us so we can help others. What ever you give will come back to you, so you don't have to think of it again the secret of live is giving. Because when you give you will receive.

Thank you and may God Bless you and your family.

Love Charms xox

Charms Xox





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

Top Vibe Magazine

Comments:
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Charms of Hope Foundation

Please be kind and support this drive to raise munch needed funds for "3 Homes of Hope" for with 50+ orphanage children.

R120 set of 3

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Mrs SA Globe 2019 -Erika 072 777 2861

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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.

We would like to approach companies to please get involved with Angel Wings. Your donation will make a difference in a child's life.

Please see our contact details below.

Support us on our Golf Day! We need all the help we can get.

Blessings
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3 Homes of Hope Breakfast Run

Vanderbijlpark - 3 Homes of Hope Breakfast Run was hosted by GasMonkey on Saturday 18 May 2019.

The breakfast run, was a day set aside to spoil less fortunate children to put a smile on each little face. DJ Louis of IFM102.2 was responsible for the music on the day.
They got spoiled by GasMonkey with Hamburger & chips, cooldrink's, milkshakes, sweet, chocolates and chips.
The GasMonkey Management and staff did a fantastic job entertaining these children and their customers all at the same time

The day was a huge success with a jumping castle, bike rides and to top it off Lt Col Mgcina, Cpt Lubbe and their team of the Vaal - Flying squid took the kids for a ride in the police vehicles. They made sure that everybody was safe. The kids just loved it and they simply couldn't get enough.
Sponge-bob and Garfield also joined in the fun, they loved the kids and the kids loved them. Face painting was also part of the fun.

Bikes of the Mac's and the 45's clubs had a blast, by taking the kids for a ride on their bikes and also took the opportunity to spend time with them.

Top Vibe Magazine would like to make use of this opportunity to thank everyone responsible for making this special day possible. It is highly appreciated.

Big thank you to all the sponsors, we need you guys to make events like this happen.







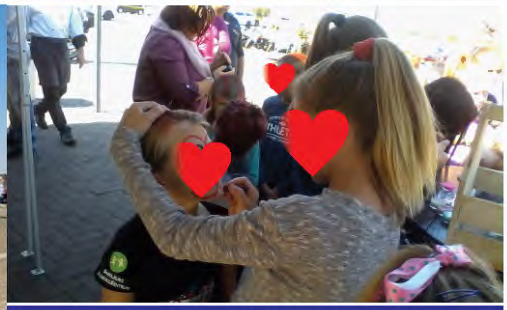












Thank You from the 3 Homes of Hope















9 August 2019
Women's Day

Call: Charmaine 072 768 8582 OR Erika 072 777 2861

Remember Women's Day

9 August 2019

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Racism springs from ignorance! Say no to racism!

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With the crowning of 2014 winner the beautiful Janet Potgieter, came new opportunities, dynamics and movement to give dignity back. “Think about what you will say to someone if you can’t give then hope.” The truth behind these came back to haunt Janet when she stood between 42 000 people in Bulengo Displacement Camp in North - Kivu in the Eastern Democratic Republic of the Congo, a mere 6 weeks after won this prestigious title.

Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.

Let’s stand together and get INVOLVED in making a difference in someone’s life and give back their dignity.

By donating you can keep a girl child in school during menstrual cycles for up to 4 years.

A section 18A will be issued to you for the total amount.

Please contact:
Mrs SA Globe 2019 - Erika Breytenbach 072 777 2861

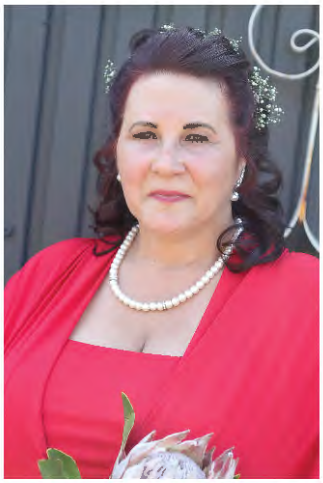
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Mrs SA Globe 2019
Erika Breytenbach



Dignity Dreams & Charms of Hope Foundation
Erika 072 777 2861 or Charmaine 072 768 8582



CEO Top Vibe Magazine
Charmaine Britz



10 Tips how to have ME time

Many people view alone time as the best thing ever. But you? You view it as a fate worse than death. Instead of relaxing and enjoying spending time by yourself, you pass the hours pacing your apartment, or wondering what the heck to do with yourself.

It's not an ideal reaction, but it is a totally normal one. I mean, think about it: If you're used to being connected on a 24/7 basis, then of course the idea of going solo will feel a bit scary. Not to mention, it's always a tad unnerving to see what the ol' brain will cook up once it's sans distractions.

In fact, that latter point is a big reason why so many people hate the idea of spending time all by their lonesome. "Some people struggle with being alone because they cannot be alone with their thoughts," says Nicole Martinez, Psy.D., LCPC, in an email to Bustle. "They feel that if they keep moving, and stay distracted with other things, they will not have to deal with this material."

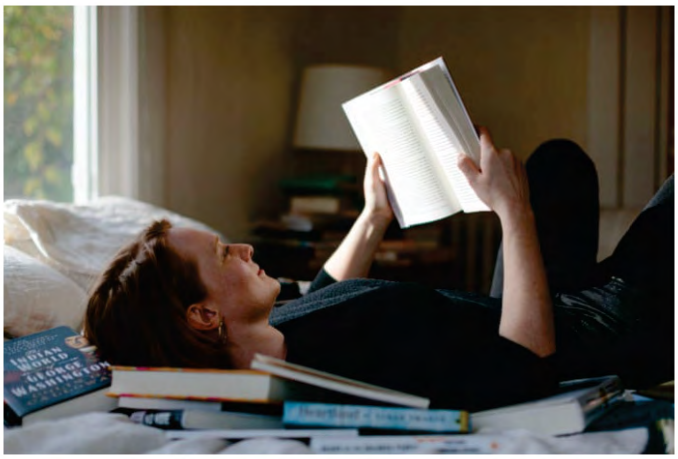
If that's the case for you, it could definitely explain why it feels so wrong to spend an evening at home, or to go a few hours without checking your phone. But, even though it's kinda painful, that's even more of a reason to practice being with yourself. Below are some tips for successfully doing just that, and actually enjoying it.

1. Ease Into Alone Time

If the thought of spending time alone makes your blood run cold, then start off slowly. "Don't jump right into a weekend long Netflix marathon," Martinez says. "Build up your tolerance and find activities that you enjoy that also serve to calm and distract while you are alone." Before long, larger swaths of solitude won't feel so scary. And hey — you might even find it enjoyable.

2. Be Your Own Source Of Validation

Yes, it feels pretty great to get constant texts, and to have constant plans. But take a second and ask yourself why you crave this 24/7 attention. Could it be you don't know how to give yourself validation? If that's the case, try spending time alone — without your phone, tablet, or laptop — and really tune into yourself. You'll soon realize you don't really need anybody else but yourself.



3. Don't Check Your Phone

If you've made the commitment to spend some with yourself, then make a point to leave your phone out of it. Checking it not only defeats the purpose of alone time, but you'll likely eye a status update that makes you feel lonely and left out. Save yourself the pain or feelings of FOMO, and tuck your phone out of sight.

4. Realize It's Time To Be Your Truest Self

I used to hate spending time alone until I realized, with absolute glee, that an evening by myself meant I could do anything. Isn't that an exciting prospect? Alone time is your chance to be your truest self, so dance around in your underwear, marathon that embarrassing cartoon, and snack away on whatever you want. It's really what "me" time is all about.

5. Go Out On The Town

No one ever said spending time alone meant locking your door and camping out at home. "If you hate being alone because you feel stir crazy at home, a change in location could do the trick," said Hall. Go grab a coffee, walk around town, or read in the park. This still counts as "alone time," even though you're not technically by yourself.

6. Use The Time To Your Advantage

OK, so chores might not be at the top of your "fun things to do" list, but a weekend alone is an excellent opportunity to get sh*t done. Turn on some music, put our hair in a ponytail, and get to cleaning. In a few hours, your apartment will look amazing and you'll have successfully passed the time. Go you.

7. Tell Yourself "This Is Good For Me"

"By spending time with yourself and gaining a better understanding of who you are and what you desire in life, you're more likely to make better choices about who you want to be around. Keep that in mind when if you start to feel lonely, or like you're missing out.

8. Use The Time For Self Improvement

You've been telling yourself for ages that you need to update your blog, or go for a run, or practice the piano. Well, what better time, right? Having alone time means getting to focus on yourself and all your personal to-do lists.

9. Work On Your Relationships

Spending time all by your lonesome is way easier when you know there are people out there who care. But when that's not the case, alone can become quite the painful prospect. "A lack of depth and connection can make you feel less heard, understood, appreciated or secure in the fact that you do have someone to call should you need to.

10. Enjoy The Ultimate Relaxation

While there's nothing wrong with running around and doing things for others, it is necessary to occasionally cancel plans, kick back at home, and really pamper yourself. The moment you climb into a bubble bath is the moment you forget why you hated spending time alone.

Dr Danny Dennewill

Vanderbijlpark - *Charmaine van Top Vibe Magazine* het onlangs gaan inloer by Dr. D Dennewill wat nou sy praktyk geopen het by Dr Marius Bester.

Dr Danny Dennewill, het afgestudeer in 2002 op Tukkies en ongeveer 'n jaar ge-locum in Pretoria.
Sy kwalifikasies is soos volg BcD(Pret) en BsC (Pret).
Sy passie lê in tandheelkunde, en hy geniet dit wat hy doen.
Daarna het hy sy vlerke gesprei en het Neederland toe verhuis, waar hy vyftien (15) jaar gewoon en gewerk het.

Waarvan hy Twaalf (12) jaar sy eie praktyk gehad het.
Hy het ook baie onderviding opgedoen in Europa vertel Dr Dennewill.

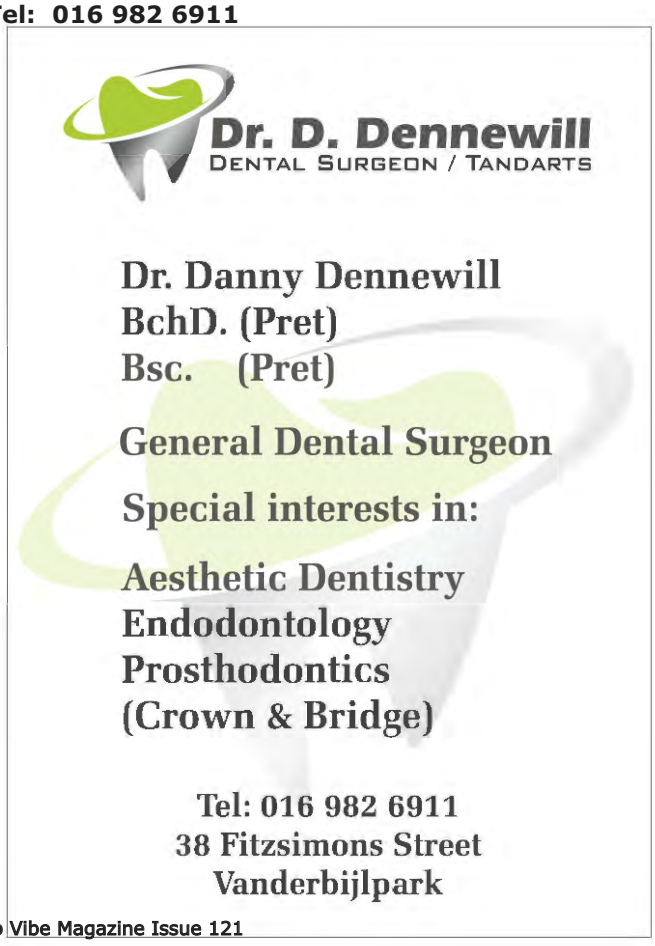
Nou na vyftien(15) jaar keer hy terug na die Vaaldriehoek Hy is terug om hier nuwe uitdagings aan te pak. Dr Danny Dennewill wil graag sy jare lange ervaring met die Vaaldriehoek deel.

Sy nuwe praktyk het sowat drie weke gelede die deure geopen in dieselfde gebou waar bekende Dr Marius Bester is.
Top Vibe Magazine mag dalk net weer inloer by Dr Danny Dennewill en uitvind hoe dit by sy praktyk gaan.
Hier is so bietjie raad oor hoe om jou kleinding van jongs af te leer oor tandesorg.

Dr Dennewill nooi jou om te kom inloer by die praktyk en kennis te kom maak.

Die praktyk het heelwat veilige parkeerplek en is geleë by:

Dr. D Dennewill Tandarts / Dental Surgeon
38 Fitzsimons Straat, Vanderbijlpark
Tel: 016 982 6911



Berei jou kind voor vir die eerste tandarts besoek



As 'n tandartsbesoek vir jou 'n spanningsvolle gebeurtenis is, dink net hoe vreesaanjaend veral die eerste besoek vir 'n kind moet wees. Dit hoef egter nie die geval te wees nie. Indien jy jou kind deeglik voorberei, sal die eerste tandartsbesoek en al die daaropvolgende afsprake nie iets wees waaroor jou kind uit pure angs vreesbevange sal wees nie.

Kenners gee raad.

Tandartse beveel aan dat jy jou baba so gou moontlik nadat die eerste tand sy verskyning gemaak het, of en minste voor sy een jaar is, vir 'n roetine-ondersoek neem. Die eerste afspraak bied aan die tandarts die geleentheid om aan jou te wys presies hoe om jou baba/peuter/kleuter se tande te borsel, 'n tandsorgprogram voor te stel en om raad te gee oor etes en snoeperye wat gesond is vir haar tande. Dit bied ook die geleentheid om vroeë probleme waar te neem en betyds reg te stel. Hoe vroeër die eerste afspraak is, hoe meer waarskynlik sal latere probleme voorkom word. Volg die raad en instruksies van die tandarts getrou.
Indien moontlik, neem haar na 'n pediatriese tandarts. Hul spreekkamers en toerusting is gewoonlik kindervriendelik. Andersins, neem haar na jul gesinstandarts, mits hy by jou vertroue inboesem.
Lees vooraf vir haar storieboeke en wys vir haar prentjies/foto's van kinders by die tandarts. YouTube is ook 'n uitstekende bron van visuele inligting.
Indien moontlik, kan sy eers saam met Mamma of Pappa of 'n boetie/sussie gaan wanneer julle die tandarts besoek. Doen dit slegs as julle self nie angstig is oor die besoek nie. Jy wil nie dat jou eie vrees haar afskrik nie.
Vertel vir haar wat sy te wagte kan wees – dat 'n oom/tannie met 'n masker op haar gaan help om altyd 'n mooi en gesonde glimlag te hê; dat sy op 'n hoë stoel gaan sit en dat die tandarts met blink instrumente in haar mond gaan kyk om te sien of haar tande en tandvleise gesond is. Moenie sê: 'Dit gaan nie seer wees nie." Dit skep die indruk dat 'n tandarts iemand is wat haar dalk kan seermaak en dit kan aanleiding gee tot vrees.
Moenie 'n ophef van die besoek maak nie – laat sy dit as iets positief en normaal en as deel van haar roetine beleef.
Neem 'n gunsteling speelding, troetelkombersie of 'n boek saam om haar op haar gemak te stel.
Skeduleer die afspraak vir 'n tyd wanneer sy nie moeg of honger is nie. Wees betyds sodat sy eers rustig met die omgewing vertroud kan raak. Moenie vir haar kort voor die afspraak kafeïne of suiker gee nie.
Borsel haar tande deeglik voor die afspraak.
Indien sy, ondanks jou voorbereiding en jou en die tandarts en sy/haar assistent se beste pogings, angstig en ontsteld is en nie wil saamwerk nie, laat dit eerder tot 'n volgende keer oorstaan.
Beloon haar vir haar samewerking – natuurlik met enigiets behalwe lekkers of roomys. 'n Nuwe speelding of 'n uitstappie na haar gunsteling speelparkie is 'n ideale manier om haar te bederf.
Mamma/Pappa, kyk gereeld in haar mond, om haar daaraan gewoond te maak voordat die tandarts dit doen.

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If you are an existing Nail Technician/Salon Owner and struggling to get your scheduler full and put money in the bank, then make sure that you get to one of our Small Business Marketing Workshops as soon as possible.

For more info contact

Charmaine - CEO Top Vibe Magazine -
072 768 8582

Erika - Mrs South Africa Globe 2019
072 777 2861





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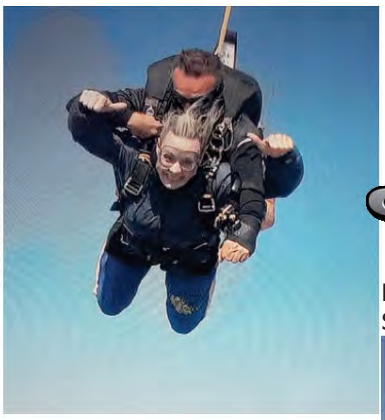
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Erika Breytenbach
Mrs South Africa Globe 2019





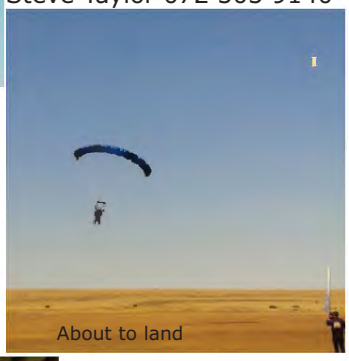
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About to land



Erika, received a certificate with a DVD of the tandem skydive. Here she is with the instructor *Chris Moller* standing for a picture with a big smile and thumbs up!

Jumped for the children



Mrs SA Globe 2019 - Erika Breytenbach did the skydive jump for the children on Saturday 1st June 2019.

Charmaine from *Top Vibe Magazine*, asked Erika before the jump how she felt, "she explained that she is a bit nerves but that she is fine". She had a solid support group of friends her parents and then the support of the children. A very brave Erika did the jump but said she will not do it again soon.
Thank you Erika you are our hero!

Erika is such an amazing person and would almost do anything to help children. She take a lot of time out of her busy schedule to make time for children an people that she cares about.

We salute you Erika, you are the best. Thank you for all your hard work and charity work you do.
May all your dreams come true.

Support group









Top Vibe & Magazine

GREAT MOMENTS AT THEIR GREATEST

VAALMALL

Movie Review



JHON WICK CHAPTER 3

★★★★

Directed by:
Chad Stahelski

Cast:
Keanu Reeves,
Hall Berry

Action movie

Our Rating ★★★★

In cinemas - all over the world and throughout the history of movies - we've come across plenty of men with guns seeking revenge or running for their lives. But we've never encountered anyone quite like Jhon Wick.

The third Jhon Wick movie, by director Chad Stahelski, is everything but a sedate stroll in the park.
Even the full title, ***JHON WICK: CHAPTER 3 - PARA-BELLUM***, hits at the carnage in store. The subtitle derives from Latin phase Si vis pacem, para bellum, meaning *"If you want peace prepare for war."* And, apparently, it's war we shall have.

In the third instalment of the adrenaline-fueled franchise Keanu Reeves returns as the eternally embattled super-assassin Jhon Wick. *At the end of Jhon Wick: Chapter 2* he wasn't in the best shape. *"The third chapter is literally connected to second and start with Jhon Wick on the run,"* says Reeves, who has enveloped himself in intense training to make his portrayal as realistic as possible. *"It goes crazy from there.*

This is on of those action movies not to be missed.
Grab the popcorn and go see the movie.
We warned this is a action movie with a lot of action so don't let your popcorn fly all over the movie cinema.

Give us some feedback on how you enjoyed the movie.
We rated this movie 4 stars, what is your rating?

GREAT MOMENTS AT THEIR GREATEST

VAALMALL

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Fathers & Sons: How to Be a Great Dad

Put them together in a same room with their children and it is easy to see how fathers are different from mothers. The fathers are more physical - throwing the baby up in the air much to the mothers horror. They are more direct and action oriented - Do it now! - while mother seems to explain and explain - I'm only saying this because when you get older and you.... - not seeing their child's eyes glazing over. It's said that children learn their sense of humor from their fathers, humor often serving as a male defense against difficult emotions. Fathers teach their kids how to take charge.

Be a Man, Do It Right

Obviously no two fathers are alike - their style is a blend of their unique personalities and strengths - but good fathers do have certain traits in common. Here are some of the better ways to do fatherhood right:

Work both sides. The common adage is that Moms may make the rules, but Dads enforce them. Dad are tough, moms are soft. Children need both nurturance and structure - the support and the stern - but it's easy for parents to wind up splitting the jobs, rather than both doing both.

Don't. If you're always and only the drill sergeant, your sons wind up seeing you as only that - tough, rigid, intimidating. While in your own mind you're doing what you're doing because you care and are worried, what they see is a guy who is always on their back, always nitpicking, always on edge.

It's this impression that will be imprinted on them, and which they are likely to pass along to their own sons. Give your sons more than a one-dimensional view of you and fatherhood. Do it all - nurture and be tough when you need to - and help your partner to do the same.

Understand your own father to better understand yourself. Just as you want your sons to see the complexity that is you, it's helpful for you to move beyond the one-dimensional view of your father that you probably walked out of your childhood with. Updating your view of him can help you change your view of yourself, and reduce your fear of making his mistakes. So go beyond How's work, how's the car, how's the weather talk, and ask your father about his past struggles, present fears, his life-long passions to shake up your old assumptions and discover what made him tick.

And if he has moved out of your life, or passed away, spend some time doing some reflecting. Help recover and heal your past by writing him a letter saying whatever you wished to say before he died but couldn't, and then write a letter back from him to you saying what you wish he would have said. Though emotionally challenging, this process can help heal old wounds, and allow you to move on to be a father of your own making.

Help your son understand the man cave. As Men Are From Mars, Women Are From Venus has pointed out to now generations of newly married couples, men and women tend approach problems differently. Women process and ultimately make sense of emotions and problems by talking them through.

Men go into their cave and, well, mull, for what can seem like a long time. They work out the problem in their heads and eventually come out an issue the punchline - I want to do this, we need to do that - often skipping the back-story, much to the frustration of their partners.

If you tend to be this type of guy, be sensitive to the fact that your son may not understand what you are doing. He can take your mulling and withdrawal personally, misinterpret your behavior as somehow tied to him, or cause him to be worried about you. If you need to withdrawn, let him (and the rest of your family) know what is going on - that I'm okay and it's not about you, I just need to sort some things out and think about them by myself.

Teach your son how to do. My grown son was with me at the hospital when my father was on life-support. My stepmother was understandably over-wrought about what to do next. I was able to calm her down, and stepped up and made a clear decision based on what I felt my father would have wanted. A few weeks later my son called me to say how much he valued being there with me, and seeing how I sensitively but clearly handled the situation. He felt it was a good model for him on how to do the same.

He had an opportunity to learn a lesson perhaps about managing one of life's transitions, but these opportunities and lessons are always there. There is a Buddhist saying - How you do anything is how you do everything - and successfully navigating through life is about the how of what you do rather than the what. This is what you want to teach your son. Help him understand how you think, how you tackle problems, life's stresses and strains - how you react when someone cuts you off in traffic, when someone gives you the wrong change at a store, when you feel frustrated with a job or task and don't know what to do next.

Teach him how to stand up and be assertive about things that he feels are important, about how to recover when you've been discouraged or defeated, or how to take action and solve a problem when you feel emotionally overwhelmed. Tell him stories about times when you struggled, when you had doubts, when you did something courageous. Help him learn how to steer the boat that is his life by letting him see how you steer yours.

Give time. It's really the only thing that you truly can control and give. Money can always be lost, but time is lost only if you let it. It's not the quantity that's important but the quality - it needs to be dedicated solely to him. Stanley Greenspan, the famous child psychiatrist and pediatrician, urged parents to do what he called "Floor Time:" Dedicate a certain amount of time everyday - half hour, hour, 15 minutes - for 1:1 time with your son and let him decide what you will both do together. You may play a video-game together, you might wrestle, watch TV, read a book, bake a cake. It doesn't matter. He gets your undivided attention, he gets, for a change, to be in control, and you get to discover the inner life of your son. Do this everyday, don't ever cancel it as punishment. It's for him.



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