Top Vibe Magazine

ONLINE
ISSUE 132
2020



Page 9



MoM

DO YOU HAVE WHAT IT TAKES TO BECOME OUR FACE OF ALOE FINESSE 2020/2021

Support our small Business owners page 7

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

Editors Note

My prayer to God

Me: Dear God, here's the thing, I'm scared but I'm trying not to be, but I'm.
God: I know and it is fine to be scared, talk to me.
Me: Do I need to, I mean you already know.
God: Let's talk about it anyway.... We've done this before.
Me: I know, I just like I should be bigger or stronger or something by now.
God: Waiting patiently, unhurried, undistracted and never annoyed.
Me: Okay, So, I'm afraid I'll do everything I can to protect my family and it won't be enough. I'm afraid of someone I love dying. I'm afraid the world won't go back to what it was before. I'm afraid my life is always going to feel a little bit unsettled. I'm afraid I miss my mom, she is in heaven know for 14 years and I still miss her.
God: Anything else?
Me: EVERYTHING ELSE!
God: Remember when you had the dream, and that you came running in die dark field whille there was a storm?
Me: Yes
God: There was a storm, with strong winds an rain, you were afraid. But then "You smell the perfume of your mother, as-if she was standing next to you" the storm went away.
Me: Yes
God: Exactly. I hear you my child It was me calming the storm around you, me who that let you smell you mother's perfume. To show you that with every storm in your life I will be there.
Me: Crying - Can we sit together awhile? Can we just sit here a minute before I go back to facing it all?
God: There's nothing I'd love more.

I have learned that no storm is to big when God in by your side.
Just Neal down and pray, and God will answer your.

Spoil MoM

Happy Mother's day

I would like to wish all Mother's and Mother's to be a wonderful Mother's day. May all your dreams come true. May our Father bless you, may your family spoil to and may you be loved every day.

If your Mother is in heaven, say a pray and wish her a happy mother's day. May God make you stronger every Mother's day. Let it be tears of the memories you had with your mother and nod tears of sadness.

Spoil your Mother this Mother's day see page 8 for gift idees.

God bless till next month
Love Charms.



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

Charms Xox

Top Vibe Magazine

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
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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

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

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

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Charms of Hope Foundation

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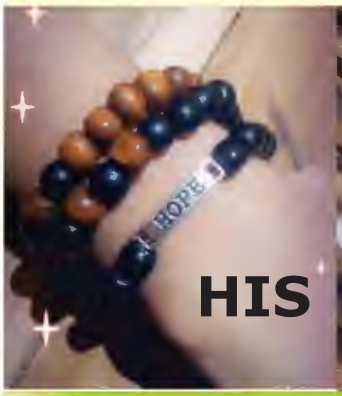
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Dignity Dream
Sanitary pads for Girls

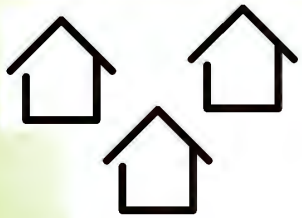


Emfuleni Shelter for Boys

Angel Wings



Jabes





CHARMS OF HOPE FOUNDATION

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Info - Fun - Music

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Work smarter, not harder

It 's 6:49 PM and you are still only halfway through your presentation. Despite working on it all day, you've only achieved roughly half of what you thought you would.
Yes, you're a diligent worker, but sometimes it's hard to focus, what with the interesting conversation that's happening two desk down or siren call of social media. Wishing there were more hours in a day has become a regular occurrence.

It doesn't have to be this way, though - try these six tips to boost productivity and tick the boxes on you to do list.

One thing at a time.

Multitasking always seems like a great idea. After all, you get so much more done, right?
Well, according to a study done at Stanford University, the answer is no. The study found that multitasking is less productive than doing one task at a time because the brain can only focus on one thing at a time. If you try to do more than that, the brain lacks capacity to efficiently do both tasks.
Life coach Amanda agrees.
Always give your full attention to what you're doing. Focusing on one task will allow you to be far more productive than if you let your brain wander.

Work with a buddy.

You may be concerned that you're a little too friendly with your colleagues - you don't want to seem unprofessional after all. However, life coach Amanda advises you make the most of work friendships and choose a productivity buddy.
Be accountable to each other for following through on deadlines, and plan rewards for when you succeed, helping to keep you motivated.

Make sleep a priority.

Pulling an all - nighter to get work done may have seemed like a good idea at the time, but unfortunately, running on very little sleep can inhibit concentration, cause anxiety and irritation, and affect your ability to retain information the next day. This is why Amanda suggests not only getting the right kind of sleep.
You need to make sure you wake up at the appropriate point in your sleep cycle so you feel rejuvenated. To understand when you should be waking up, you need to become familiar with your sleep cycles.
They consist of the rapid eye movement (REM) phase, which is when your brain is most active and people tend to have the most vivid dreams, and deep sleep (non-REM sleep), when your body gets the rest it needs to restore itself. Ideally, you should wake up during the lighter sleep cycle, as waking up during you REM cycle can make you feel sluggish.

Set a time limit.

Rather than making a simple to-do-list, set specific time aside for each activity, advises Amanda. This will help stay focused, as you know you only have a limited amount of time to get your task done.

Exercise.

The benefits of exercise extend beyond fitting into your jeans and being able to walk up stairs without breaking a sweat. It increase blood flow to your brain, which sharpens your awareness, it also kick- starts your energy and improved brain function.
All of these factors can help to increase your overall productivity. In fact, a study published in the *International Journal of Work place Health Management* showed that people who exercise during their workday are 23% more productive on those days than on day they don't exercise.

This doesn't mean you have to slog away in the gym, though Amanda says that any form of movement is enough, Find an exercise that makes your heart sing and you'll find the energy you need for a productive day.

Take a break.

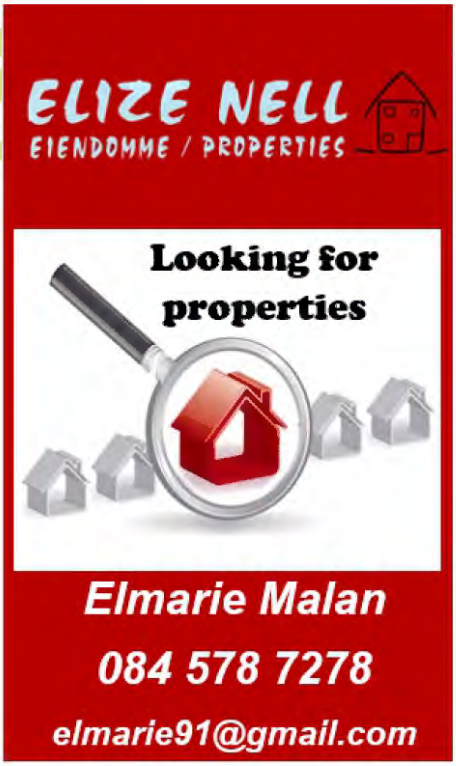
On a busy day, it may seem counter - intuitive to take a break, but this can actually help with productivity. Even something as small as looking up from your computer and taking a minute to clear your mind allows your brain to rest so you can move on to the next task with your full attention.

So work smarter not harder!
Work with a to-do -list



Support our small Business owners





















GIFT IDEAS





I LOVE YOU MOM

























HAPPY MOTHER'S DAY

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Do you have what it takes to become our Face of Aloe Finesse 2020/2021?

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Competition Rules:

Entries between the ages of 18 and 35 years of age.
You need to be a South African Citizen
3 Photos needs to be emailed to info@aloefinesse.com with your entry form and proof of payment for the R250 entry fee. Photos need to be submitted in JPEG format, and should be portrait style, no landscape photos will be accepted. Please also note no digital filters are allowed on photos.
Both married and single applicants can enter
By entering the Face Of Aloe Finesse you understand that you will have to be available for your portfolio shoot, and agree that all photos taken may be used for marketing purposes by the Aloe Finesse Skincare Group.
No prizes are exchangeable for cash
Your entry will only be valid if Aloe Finesse has received your entry photos as well as the applicable R250 entry fee.
The judges decision is final
Entries close on 31 May 2020

Finalists will be judged on the following Criteria
Social Media activity and presence for the duration of the competition
Sponsor & Product Knowledge
Ability to represent the brand across various platforms
The prizes consist of the following:

Spa Treatments for one year from the Aloe Finesse Day Spa
Skincare Products for one year from Aloe Finesse Products
Hair Treatments for one year from Gezelle
Portfolio of photos
Top Vibe Magazine Spread
Exclusive interview on IFM 102.2 Radio
Models Unlimited - modeling classes for one year to each winner.
Total prize Value Of R 60 000 up for GRABS!!

What will be expected of the winners:

Winners in both the male & female categories will be expected to do one social media post per week, tagging the competition sponsors.
You will be expected to be available for your Portfolio Shoot, Radio Interview as well as the interview for the Top Vibe Magazine Spread.

How To Enter:
Email the following details to info@aloefinesse.com

Name
Surname
Gender
Age
Marital Status
Contact Number
Email Address
Active Social Media Platforms
3 Portrait Photos
After we have received all the information we will acknowledge submission of your entry and forward banking details for the entry fee. As soon as we have received proof of payment for the R250 entry fee we will confirm successful submission of your entry to be the next Face Of Aloe Finesse 2020.





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Top Vibe Magazine &

SK GREAT MOMENTS AT THEIR GREATEST VAALMALL

Movie Review



Vergeet my nie

★★★★

Regisseur:
Andre Velts

Vervaardiger:
Danie Bester

Ons stêre: ★★★★

Mardaleen, a strikingly cultured student stuck in the small town of Potchefstroom, yearns for the lights and culture of London. After a dreadful break up she packs her bags and sets off to her dream city with her best friend, Lara. They stay in House Konettie, along with five other South Africans working in London. An unexpected romance blossoms between Mardaleen and Namibian born housemate, Hugo. It seems too good to be true and the moment things start getting too serious and aren't going quite as she'd planned, her insecurities and fears get the better of her. She bails and heads home. Their romance is rekindled when they meet two years later, followed by an invitation from Hugo for Mardaleen to visit him in Namibia. Her weekend in Swakopmund turns into a rollercoaster nightmare. Despite this, Hugo asks her to stay and build a life together, but she has other plans and a stubborn mindset. Mardaleen wants culture, the city and its lights - a farm is no place for a girl like her.



SK GREAT MOMENTS AT THEIR GREATEST VAALMALL

"Dis 'n Sad Sad Song as dit reën op die dak"

Ek sit en luister; als om my is stil.
Die warboel van 'n gejaagde lewe is stil.
Al die bekende geluide het stil geraak.
My binneste wil skree, "wat gaan aan, waarheen het als verdwyn" wat het gebeur?

Ek gooi my gedagtes op ys....ek kyk deur die venster, dis 'n donderwolk wat ek sien...en ewe skielik die geluid van reën.

Dis 'n Sad Sad Song as dit reën op die dak sing ek in my kop, ek soek 'n antwoord in elke druppel wat ek hoor maar vir nou, vir nou is dit net 'n geluid.
'n Geluid wat my laat dink aan skoon was....
Skoon was van my lewe, van my gedagtes.

Hoeveel skoon was het ons wêreld nie nodig nie, het ons te vêr gegaan?

My binneste skree " Here wees ons genadig"

Deur: Erika Breytenbach



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