

Mini - Top Vibe Magazine ^{Free!}

Monthly Magazine: Deneysville. Vaal Marina, Heilbron, Oranjeville & Villiers

Issue 10



"Life is like
a piano.
The white keys
are happy moments
& the black keys
are sad moments...
But always
remember that
both keys are
played together to
make sweet
music..."



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More and more women are becoming the breadwinners of the house. What does it mean for the family dynamic?

New world:

Among married couples with children in the US, the share of wives whose incomes outstrip their husbands' has soared from around four percent in 1960 to 23% in 2011, reports the Pew Research Centre. In South Africa, wives are breadwinners in 15% of households, according to 2011 census stats-and in some towns (such as Prince Albert in the Western Cape) up to 31%.

Analysts cite a host of factors ranging from women becoming better educated to more men being retrenched in today's tough economic times. In the mid-90's, when my man cheerfully embraced the then novel role of "Mr Mom", employment was just started to be an issue. The prime driver for our decision was our two sons.

Stay -at -home Dad:

We had our boys relatively late in life and didn't want to miss out on them growing up. We wanted at least one of us to be hands-on in raising them. And while I loved my job in journalism, my man was increasingly unhappy in a stressful electronics company. So when the option of a retrenchment package popped up at work, we weighed our financial and family considerations, and he took it.

Today he's been a stay-at-home dad for 16 years and it's worked a treat for our family in most ways. He ferries the kids to classes and activities, then shops, cooks, does the laundry and happily slots in collections and other office chores for me. He also budget, balances our books and pays bills from the joint account where the core of our earnings go.

Star –crossed gender roles:

Not all reverse –role couples do it this way-and they don't always work out. Even in these liberated times, a recent study by University of Chicago Booth School of Business suggests that both sexes struggle to ditch the idea that men should support, or out-earn, their partners.

Making it work:

There's no doubt that as the economy tightens and cost of living and children's education soar, the burden of being the breadwinner become's increasingly heavy. I would be fibbing if I said there weren't days when I wish it fell on my man's shoulders. Also, marvelous as he is, my dear man is no domestic goddess. His standards of home neatness and cleanliness are, well, not mine. But he does hunt down shopping bargains with the skill and single-mindedness of a caveman tracking mammoths, keep up to date and cook up a storm.

I do avoid telling him to do his job, hell, he doesn't tell me how to run my office.

A beautiful lie. Let's be honest, we all tell little untruths to protect the ones we love. But *Charms* find out where to draw the line between a "good fib and a BIG, fat lie.

White lies: Deception expert and psychologist Robert believes lying is a fundamental part of the way we socialise. Most of these aren't terrible lies, they are things we say to smooth over a social situation. In most cases, we're not doing this with any benign intent'. Robert says, in these situations, most people are unaware of the fact they're lying ore they're simply an engagement with social niceties. (How often are you really "fine" when someone asks you how you are ?) But in long-term relationships, something interesting happens.

A little goes a long way: When you become more comfortable with someone, your ability to put on a game face and abide by the little white "social niceties may decline. When there are lies in a long-term relationship, they tend to be very large ones, says Robert.

And here's the twist: he believes if a relationship starts out on a basis of "little white lies", it becomes easier to lie about important issues down the line. All these lies eventually affect the relationship. It's a slippery slope on which we start off with these "harmless" kinds of lies and it becomes easier and easier not to tell the truth.

Studies have revealed that the average child begins to tell lies between the ages of two and six, and if this behavior continues into adolescence, the chance they will grow up to become dishonest adults increases. For example, according to a study conducted by Josephson Institute Center for Youth Ethics in California, students who cheat on tests are twice as likely to lie to or deceive a future employer and one-and-a-half times more likely to be unfaithful to their partners, compared to teens who've never cheated. So, this begs the question, how many white lies does it take to break a heart?

Total impact: While you could argue the range that lying covers (half-truth and sneaky omissions aren't exactly the same as outright deception), the fact remains: anything that is not an accurate depiction of reality, is a lie-whether that's about how much you love the present your other half bought you, or about an affair.
Continue page 7.



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My sense is that (little white lies) are, in some ways, just as bad as bigger lies, because every lie creates an environment of distrust, says Robert. He believes even lying about liking a meal or your friends new dress creates deception. The question you need to ask yourself in these situations is: why do you feel the need to lie? Who are you protecting?

After Shock: The effects of fibbing are as nuanced as the range the person being lied to: won't have all the data needed to make a free and informed decision about the matter on their own terms. So instead of facing discomfort with difficult reality, it's easier to fib to protect the other person's feelings. In truth, you are simply protecting your own ego and insecurities. Ultimately, lies diminish trust in a relationship.

The liar: could find him or herself suffering from severe stress, particularly if the lying becomes a pattern. When you venture into the territory of extreme lies-making up stories about your life or skills, for instance-you always have to be on guard for keeping up appearances and keeping your story straight.

When is it a problem:? Admittedly, radical honesty –a form of communication that is always 100% direct and authentic-might be a tight fit for most of us who are used to employing little white lies or social niceties. Assess your trust choices with this rule of thumb: ask yourself how you'd feel being on the receiving end of the little (or big) untruth.

Pants on fire

Can you spot a lie? Watch for these telltale signs:

Changes in voice speed, body movements and breathing: Telling a complex lie takes a lot of thought, and a liar will have to mark their words very carefully to avoid tripping up. Since lying on a large scale is risky business, their breathing pattern may change to accommodate a racing heartbeat. And forget fidgeting—a liar's upper body is more likely to stiffen up.

Far more detail than necessary: Lying is about creating, not remembering. The margin for error in recreating an imaginary tale, with all it's different facet's -people, places, events-is far bigger than dipping into your memory bank to retrieve existing data. A liar will have some trouble remembering the whole story or retelling it back.

Eye contact: Don't be fooled by that notion that liars never make eye contact. In major fabrication, a liar is more likely to watch you closely to gauge whether you're buying the story or not.

When you doubt, follow your gut.....

Good Morning!
Have a nice day.



DOCTOR WARNS AGAINST TAP WATER

"A local doctor has warned members of the public not to drink tap water. Fifteen to 20 patients a day are falling ill, some of them needing to be hospitalised. This is colitis, which he believes is caused by drinking directly from taps. He warns the public to boil drinking water or to drink bottled water as there is even a danger of contagion". (2014 Feb 12-14: Vaal Weekblad;p 3)

DID YOU KNOW

Tap water contains chlorine and fluoride, both are toxins.
Chlorine is a known carcinogen.



Unpurified water can contain heavy metals such as mercury and/or arsenic



Underground (spring/mineral) water in some instances can have a high e-coli content



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Team standing together:

A little mouse living on a farm was looking through a crack in the wall one day and saw the farmer and his wife opening a package. The mouse was intrigued by what food the package may contain. He was aghast to discover that it was a mouse trap. The mouse ran to the farmyard warning everyone "there is a mouse trap in the house, there is a mouse trap in the house."

The chicken raised his head and said "Mr. Mouse, I can tell you this trap is a grave concern to you, but it has no consequence to me and I cannot be bothered with it." The mouse turned to the pig, "I am so very sorry Mr. Mouse, but the trap is no concern of mine either."

The mouse then turned to the bull. "Sounds like you have a problem, Mr. Mouse," the bull said, "but not one that concerns me." The mouse returned to the house, head down and dejected that no one would help him or was concerned about his dilemma. He knew he had to face the trap on his own.

That night the sound of a trap catching its prey was heard throughout the house. The farmer's wife rushed to see what was caught. In the darkness she could not see that it was a venomous snake who's tail the trap had caught. The snake bit the farmer's wife.

The wife developed a bad fever and the farmer knew the best way to treat a fever was with chicken soup. He took his hatchet to the farmyard to get the soup's main ingredient. The wife got sicker and friends and neighbors came by to take turns sitting with her round the clock. The farmer knew he had to feed them, so he butchered the pig. The farmer's wife did not get better, however. In fact she died, and so many friends and family came to her funeral that the farmer had to slaughter the bull to feed all of them.

So - the next time you hear that one of your team-mates is facing a problem and think it does not concern or affect you, remember that when anyone of your team is in trouble, we are all at risk.



Fun page....

Question: Give the name's of our two representatives ?

Vraag: Gee die name van ons twee verteenwoordigers?

SMS the correct answer, your name and contact details to "Top Vibe" 0727688582. before 20 March 2014. Winner will be notified by SMS on 24 March 2014

SMS die korrekte antwoord, jou naam en kontak besonderhede na "Top Vibe" 0727688582 voor 20 Maart 2014. Wenner sal per sms in kennis gestel word op 24 Maart 2014.

Win...



Well...

Did you know?

If you put Saturn in water it would float: The density of Saturn is so low that if you were to put it in giant glass of water it would float. At the equator Saturn has a radius of 60,268 +/- 4km –which means you would need to test this out.

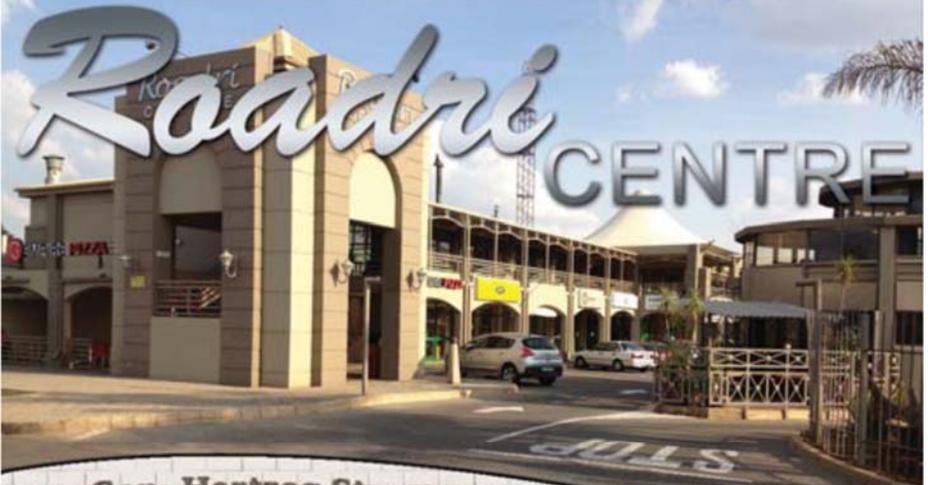
Did you know?:

Every Russian and American space voyage has included chocolate bars.

We are moving through space at the rate of 530km a second. Our Galaxy-the Milky Way is spinning at a rate of 225 kilometers per second. In addition, the galaxy is travelling through space at the rate of 305 kilometers per second. This means that we are traveling at a total speed of 530 kilometers (330miles) per second. That means that in one minute you are about 19 thousand kilometers away from where you were.

The moon is drifting away from Earth:

Every year the moon moves about 3.8 cm further away from the Earth. This is caused by tidal effects. Consequently, the earth is slowing in rotation by about 0.002 seconds per day per century.



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D.I.Y easy to make, winter time is almost here and this is the perfect time to do this at home.

Every woman would love to have one of this shoe closet..



D.I.Y. How to make décor for a birthday party for a little girl - even for a baby shower if it is a little girl.



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NUDITY....

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom! That lady isn't wearing a seat belt!"

HONESTY....

My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago".

OPINIONS.....

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

KETCHUP.....

A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

MORE NUDITY.....

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter haven't you ever seen a little boy before?"

POLICE # 1.....

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report. "My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her. "Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"

POLICE # 2.....

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

ELDERLY.....

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

DRESS-UP.....

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" he asked. She replied, "You know that always gives you a headache the next morning."



Redakteur: Charmaine (*Top Vibe Magazine*)
 Aangetrek deur: Dee - *Deena Fab*
 Hare: Monique - *Dashing Dinas*
 Fotograaf: Charmaine Hoi Poloi Photo studio

Pad na jou Hart premiere.

Donderdag aand 30 Januarie 2014. Die rooi-tapyt is uitgerol vir die glans geleentheid.

Dit was 'n voorreg gewees om hierdie geleentheid by te woon.

“Pad na jou Hart” is 'n fliiek so na aan 'n mens se hart. Dit is 'n moet om te sien. Dit is 'n humoristiese rolprent wat praat met jou hartsnare. Dit is eg Afrikaans met mooi waardes en vir die hele gesin.

Dit is wonderlik om te sien dat ons Suid-Afrikaners stunning fliieks kan vervaardig en het nie nodig om terug te staan vir Hollywood glans nie.

Ons Suid Afrikaners mag maar.!!!

Ons het wonderlike akteurs en aktrises, en hulle kan met trots op die rooi tapyt stap.

Glitz en glamour!!! Ons eie mense.

Welgedaan aan Ivan Botha en Donnalee Roberts!!! Alishia jy's 'n stêr in eie reg....

Gaan loer gerus op ons facebook blad na die fotos van die fliiek premiere Pad na jou Hart geneem deur Charmaine van Hoi Poloi wat opgetree het as Top Vibe Magazine se fotograaf.

Groete Red.

Mini—Top Vibe Magazine

Charmaine
xx



Comments:

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

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