

# Mini - Top Vibe Magazine <sup>Free!</sup>

**Monthly Magazine:** Deneyville. Vaal Marina, Heilbron, Oranjeville & Villiers

Issue 9

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**Be my Valentine**

## Mars and Venus at work: Continue:-

And the solution? “ Women need to realize the power of sponsorship as opposed to mentorship, says Colleen, “ Most women want a mentor or a life/work coach, which is great and important, but then they ignore the role of sponsorship. Sponsorship is used to great effect by men and works by way of people in senior positions looking out for and positively endorsing rising star.”

It's a method that worked well for powerhouse Dana Perino, who served as press secretary of President George W Bush during his time in the White House. Recognising the need to mentor young females, she started Minutementoring.com an online service that assists women in achieving their goals and ambitions using the advice and battle scare of prominent, powerful women who succeeded against the odds.

“We cannot view our problems in the workplace as a “ Women's issue”



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# Liefde is.....

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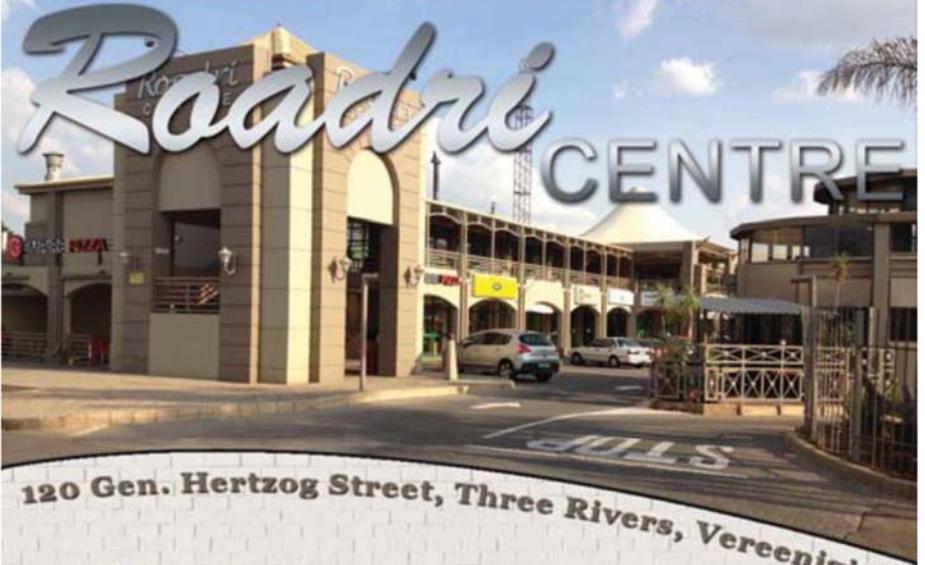
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shawn@mtncell.co.za

## REGISTRATION WEEKEND

8th and 9th February 2014

This will be the last chance to register to vote in the National and Provincial election in 2014. Normally the President proclaims the election and shortly after the second registration weekend and then the voters roll will close until the election

## Bambi neem sy intrek in Deneysville.

Bambi is seker die mees gewildste takbokkie in die wêreld , en is seker bekend aan almal. Tot voordeel van die inwoners van die Vaaldam en omgewing het hy nou besluit om sy intrek te maak. Op die lifelike vakansie dorpie, gaan hy nou rustig daar aftreë.



Send any Deneysville news to [charmaine@topvibe.co.za](mailto:charmaine@topvibe.co.za)



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## 5 ways to save money.

- **Make a budget and stick to it.**  
Use a finance book to plan, record and balance your monthly budget.
- **Plan meals shop clever.**  
Keep till slips from your shopping so you know what you've spend and where.
- **Teach your kids to be money-wise.**  
Learn them to start their own budget book. Give them a set amount of money to spend. Learn them to save money.
- **Draw a set amount:**  
Draw a set amount of cash per week and place limits on your credit card so you can't overspend.
- **Pack a lunch box for work:** Make lunch boxes for the family to school and work. Take aways is expensive.



### **Dashing Divas Hair Studio & Dashing Divas Beauty Salon**

54 Fitzsimons Street, SE6 Vanderbijlpark.

Cell: Monique @ 074 9128 652

Cell: Winonia @ 082 6509 442



# Memories to a life time...

Take the time to build memories that will last a life time, what better than a professional photo shoot for the family album. Surprise the family with a photo shoot . It is a lot of fun, something that the family can enjoy together.

You can have a “funny face” shoot, something serious, sporty, what ever you decide to do.

Take the grandparents with, make it an outing with the family and you will have memories for a life time....



**Hot Poloi**  
**PHOTO STUDIO**

*Attention all ladies*  
Watch this space every month. We will provide you with a hint that will ensure a treat for him and a must for you....

First Hint: This is the month of love  
Be up early one morning.  
Place Lingerie on his car's rear view mirror.  
Intrigue him for the whole day by sending a sexy afternoon sms.  
Make alternative arrangements for kids.

*Irene*                      *Charmaine*  
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Happy Valentine's Day





# Shall we dance? Workshop

Date: 22 February 2014

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Top Vibe Magazine is hosting a unique workshop for hair stylists (hair salons) in the Vaal Triangle .

The day will kick off with a practical hair styling demonstration (Icon product) Thereafter, Kevin Holcroft will be facilitating a session on how to live your business brand– Holcroft Consulting.

Delene Voster of Excelgrow will be facilitating a session on how to link your personal brand to your business. The aim is to focus on developing skills to assist you in growing your business, given that your business success extends to more than just being able to cut and style hair. You will gain marketing skills and personal branding skills

The workshop includes lunch and a gift hamper, to make your booking call Charmaine on 072 768 8582. Take note there is a limited tickets available. Make sure to book your seat in time to avoid disappointment.

**Next workshop:** “Shall we dance” this is for couples 23 February 2014 call Charmaine for more information.



## Beyond Hair Workshop

Date: 24 March 2014

Place: Quest Conference Estate  
Curie Boulevard, Vanderbijlpark.

Time: 9:00 till 14:00

Entrance fee: R430 p/p + Free Gift-bag  
(Including refreshments on arrival, Light Lunch & mid-afternoon refreshments)

**FOR BOOKINGS CALL: 072 768 8582**

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Web: [www.questconference.co.za](http://www.questconference.co.za)



Question: How old is Top Vibe Magazine.? Is it 2years?, 7 years? or 5years?

Vraag: Hoe oud is Top Vibe Magazine? Is dit 2jaar?, 7 jaar? Of 5 jaar?

SMS the correct answer, your name and contact details to "Top Vibe" 45522. before 23 February 2014. Winner will be notified by SMS on 24 February 2014. SMS'S cost R1.50 per SMS.

SMS die korrekte antwoord, jou naam en kontak besonderhede na "Top Vibe" 45522 voor 23 Februarie 2014. Wenner sal per sms in kennis gestel word op 23 Februarie 2014. SMS'e kos R1.50 per SMS.



Wen Vera se cd.. Enter and win....



## PAD NA JOU HART:

Die film Pad Na Jou Hart begin op 14 Februarie in teaters landswyd draai. Ivan Botha en Donnalee Roberts vertolk die hoofrolle en hierdie film word beskryf as die film van die jaar. "Vind jou ware noord". Saam met hierdie film word ook 'n klankbaan uitgereik getiteld PAD NA JOU HART wat die temalied "Pad na jou hart" gesing deur Joe Foster, insluit, asook SAL OORLOG VIR JOU MAAK deur ADAM en verskeie ander liedjies deur Karen Zoid, Die Heuwels Fantasties, Bouwer Bosch en vele meer.

[www.padnajouhartfilm.co.za](http://www.padnajouhartfilm.co.za)

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## Wanneer jou gedagtes in 'n draaikolk vasgevang is...

Voel jy somtyds dat jy die onvermoë het om jou aandag te vestig en dan fokus te behou, of dat jy impulsief dinge doen of glad nie kan stilstaan, of partymaal sommer alles in een ondervind? Dan sukkel jy dalk met aandagafleibaarheid –hieper-aktiwiteit sindroom (ADHD). Hierdie toestand is wel bekend onder kinders, maar 30 tot 50% van kinders ontgroei nooit die sindroom nie.

**D**ie simptome word beheer deur verskillende dele van die prefrontale korteks, of die heel voorste deel van die brein. Dopamien en noradrenalin is die twee chemiese oordragstowwe in die brein wat funksies soos aandag, konsentrasie, oordeel, insig en ander uitvoerende breinfunksies beheer. Van die algemeenste simptome by volwassenes is die vermoë om enige taak te begin of om projekte te voltooi, impulsiewe besluitneming met betrekking tot verhoudings, loopbaan en geldbestuur. Hulle vind dit moeilik om prioriteite te stel en sinvolle besluite te neem. Studies wys dat 4,4% van die bevolking aan hierdie versteuring ly en dat slegs 17% daarvan behandeling kry.

**D**ie uitwerking van onderbehandelde ADHD op mense se lewens is ingrypend-dit kan 'n tornado in hulle persoonlike, sowel as professionele lewens veroorsaak. So is die eg-skeidingsyfer onder lyers byvoorbeeld hoër. Hulle word nie maklik bevorder nie, verloor soms hulle werk, en die administrasie van persoonlike en werksake is deurmekaar. Van die lyers stel take tot op die laaste minuut uit, wat veroorsaak dat hulle nie tot volle potensiaal kan presteer nie. Daar kan ook onstabielheid van gemoed met byvoorbeeld woede uitbarstings en iesegrimmigheid voorkom. Die bestuur en behandeling van die toestand behels presiese diagnose, medikasie en kognitiewe-en gedragsterapie. Daar moet ook leefstylaanpassings wees in terme van struktuur en roetine (slaap, voeding en oefening). Ondersteuningsgroepe kan baie behulpsaam wees.

**D**aar is net een stimulant beskikbaar in Suid-Afrika en dit is metielfenidaat. Dit is baie doeltreffend en beskikbaar in drie formuleringe: kortwerkend, medium en langdurige vrystelling. Nie-stimulante sluit in sekere antidepressante en atomoxetine.

Hierdie middels verhoog die beskikbare dopamien en noradrenalin in die prefrontale korteks, en die doeltreffendheid is oor die algemeen laer as die stimulant s'n. Dit is belangrik om te onthou dat individue verskillend reageer en dat medikasie vir elke persoon aangepas moet word.

Ongelukkig erken die meeste mediese fondse nie hierdie toestand nie en dit word nie uit die acute voordeel betaal nie.

Aandagafleibaarheid-hiperaktiwiteitsindroom is ook 'n werklikheid by volwassenes. Moenie dat die draaikolk van jou gedagtes jou verhoed om jou volle potensiaal te bereik nie—daar is doeltreffende behandeling en hulp beskikbaar.



SANCA Vaal Triangle:

### Do you suspect your child is using drugs?

SANCA Vaal Triangle is a non-profit organization dedicated to the prevention and treatment of individuals and families affected by addiction. Schools and the youth are increasingly being exposed to more drugs most of the time. Do not irrationally believe that your child could not be exposed to drugs. If such a habit is not curbed at a young age, your child will have to manage chronic addiction issues for the rest of their life. So what do you do if you suspect that your child may be taking drugs?

### Here is some tips to help you:

- **Lock the liquor cabinet.** We find that children are experimenting with alcohol and drugs as early as 13 years of age (sometimes younger). Research has shown that high percentages of learners use alcohol regularly. This may occur especially when you are out of the house for extended periods of time. Your child may at such time raid the liquor cabinet. They often choose clear liquor because it is easiest to replace with water.
- **Check their bedrooms:** Good places to look for drugs and equipment that goes with drug using: under mattresses, under dressers, under cabinets, or even attached to the back of the drawers. Look out for small bundles with white/brown powder or crystals in glad wrap, glass pipes, bulbs, burnt or bent teaspoons, pieces of foil, syringes, dagga leaves and seeds or little plastic straws with crystal like powder.
- Look closely at your child: To cover up the physical signs, children/teens may push their hat down over their eyes, put gum in their mouth, and put eye drops in their eyes to take away any redness. Your child may start to avoid conversation by using short yes or no answers only.

More advice and support in the next issue:



[www.sancavaaltriangle.wordpress.com](http://www.sancavaaltriangle.wordpress.com)



SANCA Vaal Triangle



[sancavaal@mweb.co.za](mailto:sancavaal@mweb.co.za)



016 933 2055

**SAY NO TO DRUGS!!**

## Mars and Venus at work.

**D**o women behave differently to men in office - and how do we affect each other's productivity? By Candice Naidoo.

Studies –old and new-show that men and women bring all of their core differences to the workplace. It's a theme that relationship expert and author John Gray explore in his book *Mars and Venus in the workplace*. For example, when faced with a problem, "A man's first reaction is to reach out and include others through talking about it, he writes. It's just one of many ways men and women work differently, he points out. Still, it doesn't have to be a battle of the sexes, there are practical solutions that can be applied to make the working environment a harmonious one for both genders.

### **Leveling the playing field:**

The key, perhaps, lies in creating an environment where differences are celebrated. Barbara Annis, a US expert on gender issues in the workplace, gives credence to this theory. She says, "We have moved from "great minds think alike" to the very opposite. "A gender –intelligent workplace –which is what she would like to see our offices moving towards-is a work environment that recognizes the core differences between men and women and accommodates them. John agrees. And yes, while some of the ideas proposed are drawn from stereotypes that won't apply to all gender dynamics, the advice rings true. For example, if you're dealing with a typical male chauvinist, John says, "It is best to talk less about the problem and more about the solution, he will think you are unable to come up with one".

Successfully navigating these blind spots comes down to collaboration and understanding, he says. "Men can do simple things such as ask questions to make women feel more appreciated' Similarly, in the right context, 'Women will understand that a lot of the behaviors that are making them feel underappreciated and excluded are not done intentionally, so they will not take offence.

### **Confidence is key:**

Inherent confidence also plays a huge role in the workplace, says Colleen Larsen from Business Engage, an initiative that focuses on identifying and improving gender inequality, and empowering and mentoring workers in corporate South Africa. International studies have identified that women are less likely to accept a promotion or even apply for a job if they feel they are not 100% equipped for the position.

### **Whose problem is it anyway?**

If we are coming from different places-or from different planets, if you take it to John's literary extreme-how do we navigate these differences? Colleen says we shouldn't be looking at this in a "female" concern. "We can not view our problems in the workplace as a "women's issue", it is generally well accepted that gender diversity is a business issue.



## *Happy Valentine's day.*

*The month of LOVE... every day showed be a day of love. We all know the story of Romeo and Juliet. What a love story. Love one another and write your own love story.*

*Top Vibe Magazine would like to wish you a month full of love, and joy.*

*Put the spark back into your love life, by making use of "Hoi Poloi" photo studio. This is definitely something that one should do.*

*"The boudior" photo shoot is "kinky but nice" very sexy - something that you can show with pride. Call Charmaine 083 681 1514. Watch this space we are going to have a stunning competition soon sponsored by "Hoi Poloi."*

*Celebrate, Valentine's Day 14 February in style, spoil your loved one!!!!*

*Top Vibe Magazine is hosting a event called "Shall we dance?" on 22 February form more information Call Charmaine 072 768 8582*

*Take care till next month – Charms xox*

## Mini—Top Vibe Magazine

*Charms*  
xox

### Comments:

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

Charms, P.O. Box 60130, Vaalpark 1948



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