

Top Vibe

Magazine

ONLINE
APRIL 2025
ISSUE 191

MEDIA HOUSE Projects 2025
Women's Day tickets available



***Essential items every Man
should have in his bag***

Top Vibe Magazine

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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1.

TOP VIBE MAGAZINE AMBASSADORS:

Welcome to our lovely ambassadors they will bring you something new every month

2.

EASTER :

It's Easter time so we celebrate it with friends and Family

3.

ADVERTISERS:

Support our advertisers, they support us.

4.

MEDIA HOUSE :PROJECTS

See page 12 & 13 for our upcoming events, join us in the fun



Me having some fun with the App REMINI

Redakteurs Nota

Liewe Leser,

Dit is Paasfees en ons weet almal wat die ware toedrag van sake is rondom die tyd van die jaar. Dit gaan oor die kruisiging en opstanding.

Maar ons bly maar mens en sal steeds in vervoering wees oor die sjokolade ge-deelte.

Ek persoonlik voel weereens dat dit 'n geld maak storie is nes Valentinesdag. Maar dit is hoe ek voel en nie noodwendig wat ander mense dink nie.

Ek koop nie paaseiers nie maar sê nie nee dankie wanneer ek kry nie, Lol.

Media House het 'n lekker Voorblad kompetisie vir Moedersdag so skryf gerus in en net dalk is jy op ons voorblad.

Kontak my by 072 768 8582 vir meer info.

Ek groet dan eers tot volgende maand.

Geniet die Paasfees.

Liefde

Charms

REGULARS

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Top Vibe Magazine it's Easter and we celebrate it with a colourful cover page

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Charmaine Britz Editors note updating you on what to expect in the magazine.

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Our Ambassadors for 2025 is Candice, and Charlotte.

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Support our advertisers. To advertise in the magazine call 072 768 8582.

5. MEDIA HOUSE EVENTS: 12

Support our events - part of the proceeds of our events go towards charity.

Our Ambassadors

Hello Top Vibe Readers,

Well what a change of weather it has been, Hot and cold days are among us and the natural variations in daily temperatures that occur are due to factors such as the Earth's rotation, weather patterns, and seasonal changes. However, the frequency and intensity of these temperature extremes have been influenced by climate change.

The Impact of Climate Change:

Hot days are becoming more frequent, and we see longer and more intense summer seasons in many parts of the world.

Cold days, while still occurring, may not be as severe or frequent as they used to be. However, changes in weather systems can sometimes cause unusual cold events, particularly in regions where warming disrupts normal weather patterns.

In the context of climate change, these temperature extremes are both dangerous and unpredictable, with hot days often leading to health crises (e.g., heat strokes, wildfires) and cold days affecting infrastructure and agriculture.

How is everything for all my lovely readers, are you experiencing HOT or COLD or both. I would love to hear from you by 078-614-4171 or email Candicetrietsch@gmail.com

Our Current Events:
EASTER PROJECT - Any donations of eggs are much appreciated and for a good cause. 11/04/2025

MOTHER'S DAY COMPETITION - 01/05/2025

SIP & PAINT - Enjoyable time to refresh and paint in good company. 1/06/2025

One event which I am most excited about is WOMEN'S DAY on 9th August - it will be naughty but nice... spaces fill up very quickly, so don't delay... Contact me (Candice) on 078-614-4171 for more information.

Love
Candice
Xx

Dear reader,

It's Easter and that means it's time for easter eggs. We have a Easter egg project where our Easter bunny will hand our Easter eggs for less fortunate children. Please support me in this project. I donated 2 boxes

I would like to call on all Ladies to join us on 9 August for the Women's day celebrations. It's going to be fun and games make sure to get your tickets from me. There is 50 free gifts for the 1st 50 tickets sold.

Please support us in the projects .

Take care

Charlotte



Candice Trietsch
Ambassador



Charlotte Malherbe
Ambassador



The way you treat your Mother



The way you treat your mother is the way life will treat you. A mother is the source of love and life.

A mother is made of unconditional love, a love that no one else can give you. Don't judge her. How many times have you sat down to listen to her? To have a conversation with her about her past? Perhaps she never told you about the miserable life she had to endure before you came along.

Maybe she never shared the wounds she carries, the scars that reopen every time she remembers them... the painful childhood and adolescence she lived through. The difficult moments she endured when no one listened to her, when she was mistreated, leaving traces of harsh words, poverty, fears, and abuse.

How many hidden sorrows does she carry in her heart, ones she never shared with you—so you wouldn't have a distorted image of her life? Out of love, she chose not to tell you, or perhaps silence became her refuge to avoid suffering further.

Treat her well, like the unique treasure she is in your life. Doing so will bring you blessings, peace, joy, stability, and a long life.

And remember, the way you treat your mother is how others will treat you. People around you will learn from your actions and the love you show. There is only one mother—if you don't value her now, you may regret it in the future when sleepless nights haunt you.

It won't be your mother keeping you awake—it will be your own demons of disobedience and disrespect that refuse to let you rest.

Essential Items Every Man Should Have in His Bag

Active modern men will often encounter situations that they are unprepared for, and it is mostly due to the fact that they can't carry all the items they need inside the pockets of their skinny jeans or jacket. You don't have to be paranoid and always ready to face a zombie apocalypse, but a good man bag will allow you to comfortably carry all the useful little items that will make your life a lot easier. You never know what challenges you will face in the urban jungle and where you will end up at the end of the day, so make sure you have these nine essential items with you when you leave the house.

An extra pair of socks, underpants and a clean t-shirt tucked away in your messenger bag can be a real life-saver if you end up unexpectedly spending the night at someone else's apartment or if you decide to go out for drinks with friends right after work.

Wet and Dry Wipes

Stuck at work, in a train or an airplane for several hours? Running errands around town during a hot summer day? Pull out some wet wipes, refresh yourself and throw on a clean t-shirt, and you're ready to face new challenges. Dry wipes will help you out when you spill something, have a runny nose or need to wipe away the sweat from your forehead.

Deodorant

A quick fix for those times when you know you will be out about town for the entire day. Go with one of the higher-end brands and dab the area with dry wipes to ensure that there isn't too much of the deodorant left, which will reduce the chances of staining your clothes. It is a matter of statistical certainty that you will, during the course of your work week, encounter plenty of little problems that require specialized tools to solve. Now, you can't be expected to carry several screwdrivers, pliers, bottle openers and scissors, but you can have all these tools in a compact and lightweight package. There are tons of great Swiss army knives and Leatherman tools that will cover most of your basic needs.

Small Knife

An elegant pocket knife can be a great gentleman's tool, as well as a lovely accessory. The knife is an incredibly versatile tool - you can use it for everything from food preparation and opening packages to small prying tasks and stripping cables. It will probably be the most used tool in your bag.

Small First Aid Kit

Get a small container and throw in some gauze pads, bandages, band aids, antiseptic spray, adhesive tape, tweezers, cotton wool and a few drugs like painkillers, antibiotics and

anti-inflammatories – this will be enough to cover most minor injuries, and can even help you save a life.

Quality Pen and Notepad

Although we all use smartphone apps such as Evernote these days, it is still good to have a decent gentleman's pen and a small notepad. It helps you show bit of class, and can be incredibly useful when your phone's battery runs out or if you want to hand someone a hand-written note as a more personal gesture.

Mints

Making sure your breath is fresh is paramount for anyone who will be dealing with other people, and it is always a good idea to have a couple of extra packs squared away in your bag, as you never know when you might meet an interesting and attractive person on whom you will want to leave a good first impression.

A Snack

It is very easy to get so caught up with different obligations and worries and forget to eat for hours on end. A rumbling stomach will leave you feeling irritable, fatigued and unable to focus – a light snack will ensure that you keep pushing on. Some good options are bananas, protein bars, some walnuts or almonds and dried fruit. If you know you will be out for long periods of time, bring a sandwich or even a whole little meal in a plastic container.

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Eric - 072 444 4922
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MEDIA HOUSE Projects 2025

MEDIA HOUSE PROJECTS:

Top Vibe Magazine / Top Vibe Kids Magazine / Glamour Talk Mag and 50+ Magazine



Easter Project

We are in need of Easter eggs to hand out to underprivileged children. The Easter bunny will be handing it out on 11 April 2025

Your donation would be appreciated call Charmaine 0727688582 or Carin 082 827 6556



Mothers Day Cover page Competition

How to enter:
2 x portrait photos of mom and children / child
WhatsApp to 072 768 8582
Entry Fee R100 for 1st photo & R50 for 2nd

Closing date: 25 April 2025
Bank details:
Media House TymeBank Account 5300 2256 770
Ref: Name & surname

NAUGHTY BUT NICE
WOMEN'S DAY EVENT
9 AUGUST 2025

MINNAAR STREET
SASOLBURG

*Lingerie
Let's spice
things up...*

CHARMAINE 072 768 8582
CARIN 082 827 6556

Dr. **M** Will help YOU to put the spark back in Your Sex Life

R250P/P
Light lunch / Cash Bar

Loads of laughter and FUN

Bring a friend

Things in a Women's handbag.

Our purse is none less than our best friend who always stays by our side and is almost a savior in difficult times. Whenever we step outside, we need to be prepared for unexpected circumstances that can knock us at any moment.

If you always get confused about what to carry in your purse, don't worry we've got you covered. We've prepared a list of all the purse essential items to make you ready for every outside situation. Our purse essentials list contains products from categories such as Beauty, Hygiene, Wallet, and others that are important to all of us.

Whenever we step outside we should always try to look presentable, it doesn't only reveal our personality but also boosts our confidence level. There are times when we encounter sudden moments where we need to showcase our best selves, then we surely are prepared for them. Some beauty and skincare products are important to keep your skin protected and fresh throughout the day.

Check out the list of beauty products for purse essentials on a daily basis:

Sunscreen

Our face is the most sensitive and delicate area of our body and it requires extra care. Sunscreen is a product that you should never forget, despite of any weather or your skin texture. A good SPF sunscreen should always be in your handbag so that you can re-apply it at any time of the day.

Pocket Perfume

We should always smell good. It doesn't only set a good impression on others but it also makes us feel good and confident. It is not necessary to keep your favorite heavy bottles of perfume inside your purse, but a pocket perfume can also do the same for you.

Lip Balm

Who loves cracky and dry lips? I know at least you don't! No matter whether the weather is cold or warm, your soft lips always need care. The polluted and cold air can make your lips chap and irritate you the whole day. Lip balms are surely a savior for them. A good quality lip balm is a must-have product for your handbag. A perk of having lip balms is that they come in different tints and fragrances that you can select according to your mood.

Lipstick

No matter what occasion you're going outside, a little touch-up with your favourite shade of lipstick will make you ready for every situation. Even, when you don't have your make-up kit prepared in your hands at that moment. You can carry any shade of your choice but some nude, red, and coral colors would do wonders on regular days.

Hair Ties

Who doesn't love open-flowing hair, but the harsh weather and outside pollution do not favor us? You should always carry some lovely and comfortable scrunchies or hair ties in your purse to make them look more manageable.

Wet Wipes/ Tissues

Sweaty days are hard to bear and it even ruins our appearance. For that, wet wipes come into being to keep you fresh with their pleasant fragrance and often to clean your spilled food. That's why these come into the list of one of the most essentials that must be by your side.

Compact Mirror

For touch-ups or just to check your appearance, a compact-size mirror must be there in your bag. A flip portable mirror is easy to carry in a limited space.

Sunglasses.

You can't escape heat but you can protect your eyes from dust and debris. Sunglasses also act as a protectant for your eyes from harmful UV radiation. So, don't miss it while staying outside, no matter what the weather calls.

Arguments for several reasons.

Anger can People have arguments for several reasons:

Conflict of Goals: Arguments often arise when individuals have conflicting goals or desires, leading them to attempt to change each other's behavior.

psychologs.com

Lack of Empathy: A lack of empathy and mutual understanding can exacerbate disagreements, making it difficult for individuals to see the other's perspective.

psychologs.com

Social Process: Arguments are a social process where individuals respond to each other's claims, modifying or defending their positions, which can lead to conflict.

pitt.edu

Facilitating Awareness: Engaging in arguments can also facilitate awareness of another's perspective, suggesting that conflict can have constructive outcomes.

psychologytoday.com

These factors illustrate that arguments are a complex interplay of personal, social, and emotional dynamics. impact the body by causing increased heart rate, blood pressure, muscle tension, headaches, digestive issues, sleep disturbances, weakened immune system, and potentially contributing to more serious health problems like heart disease and stroke, especially when left unmanaged and becomes chronic anger. significantly impact the body by causing increased heart rate, blood pressure, muscle tension, headaches, digestive issues, sleep disturbances, weakened immune system, and potentially contributing to more serious health problems like

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heart disease and stroke, especially when left unmanaged.

Did you ever have a fight that you really didn't want? It doesn't have to happen ever again. It may take some practice, but it will work. And, by the way, it will help you with any kind of negotiation or conflict resolution in any place, almost without exception. I'll even tell you about the few exceptions.

The cause of arguments and fights is a lack of mutual, empathic understanding. When empathy is not engaged, then people revert to a self-protective mode and become judgmental. The result is a bad feeling on both sides and no happy ending.

Here is how empathy so commonly gets bypassed. We all tend to want to get to the "bottom line," the solution that will resolve the conflict. That's exactly the wrong thing to focus on, at least at first.

Imagine that you are feeling short-changed. You dare to say something about it: "I don't think you are paying your fair share." Your partner is immediately on the defensive and begins to present a case for why he/she did nothing wrong. You don't agree, but your partner isn't even listening to the counterargument. From then on, things escalate unless someone decides to break it off. Either way, nothing is decided.

If that was a business negotiation. It might result in a compromise, but it wouldn't leave either party feeling good. What is missing is an understanding of the others' motivations, likes, and dislikes.

Why have each of you taken the position you have? This isn't unfamiliar. We all want to be understood.

When you really feel that you understand the other person and they understand you, then it is completely natural to be willing to give and take. In fact, the bottom line becomes easy rather than hard. A happy compromise becomes quite obvious.

So here's the rule: You are not allowed to say a word about any possible solution until you have a thorough understanding of the other person's feelings and feel equally understood by them. Until then, you have to keep working towards that understanding.

Of course, that is a tough rule, but if you can't achieve understanding, then you may not have a good outcome. So here's how to get there.

Understanding feelings is quite unnatural for many of us, especially men. Humans are often not used to understanding their own feelings and would rather fix (can you see the premature bottom line coming?) a problem than understand feelings. They may even have principles against delving into feelings, so it may require some teaching or even convincing at the outset that understanding each other is really the best way to arrive at a win-win. solution. After all, winning is about feeling. It means feeling good about the outcome, and that only happens when you understand and feel understood.

How to do it is to "interview" the other person about his or her feelings, and when you have a thorough understanding, then ask if the other person would like to hear about your point of view.

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Drie leesstukke om te deel

WARE LIEFDE ..('n Dokter se nota) Moet Lees en deel :)

Dit was ongeveer 08:30 op 'n besige oggend toe 'n bejaarde oom in sy tagtigs opgedaag het om steke van sy duim te laat verwyder.

Hy het gesê dat hy haastig was aangesien hy om 09:00 'n afspraak gehad het. Ek het sy besonderhede geneem en hom laat sit. Ek het geweet dit sou meer as 'n uur neem voordat iemand na hom sou kon aandag gee.

Ek het hom gesien kyk angstig op sy horlosie vir die tyd en besluit om sy wond te evalueer aangesien ek nie met 'n ander pasiënt besig was nie. By ondersoek was die wond goed genees. Daarom het ek met een van die dokters gepraat om die voorraad te kry om sy steke te verwyder van sy wond.

Ons het 'n gesprek begin voer terwyl ek besig was om sy wond te versorg. Ek het hom gevra of hy later weer 'n doktersafspraak het aangesien hy so haastig was. Die omie het vir my nee gesê en gesê dat hy na die ouetehuis moet gaan om saam met sy vrou ontbyt te eet.

Ek het navraag gedoen oor haar gesondheid. Hy het my vertel dat sy al 'n rukkie in die ouetehuis was aangesien sy 'n slagoffer van Alzheimer se siekte was. Ek het verder gesoek en gevra of sy ontsteld sou wees as hy effens laat was. Hy het geantwoord dat sy nie meer weet wie hy is nie en sy kon hom sedert vyf jaar gelede nie herken nie.

Ek het hom verbaas gevra, "En jy gaan nog elke oggend, al weet sy nie wie jy nie is?" Hy glimlag toe hy my hand klop en sê: "Sy ken my nie, maar ek weet steeds wie sy is." Ek moes my trane terughou toe hy weg is.

Ek het hoendervleis op my arm gehad, en ek het gedink, "Dit is die soort liefde wat ek in my lewe wil hê."

Ware liefde is nie fisies nóg romanties nie. Ware liefde is 'n aanvaarding van alles wat is, was, sal wees en nie sal wees nie.

When we are young, we want to look older.
And when we are old, we want to look younger.
And there is a window in the middle of it all when we're supposed to look as we wish.
But we waste that time wishing we were taller or thinner or curvier, our hair was longer or shinier, curlier, parts of our body were firmer and perkier and we'd started to use anti-wrinkle cream earlier.
And by the time we realize we were perfect just as we were, the window has closed. It's too late. Too late to realize that all those things never really mattered in the first place.
But it's never too late to start letting go.
To stop wanting, stop wishing. It's never too late to accept yourself.
To look in the mirror and realize that all along, you never needed to look older or younger or anything else.
You just needed to look like you.



DIE HOUT STOMP

'n Plantasie eienaar het eendag begin om van die ou dooie houtstompe uit te roei. Hy het hulle almal op 'n hoop gegooi en was van plan om hulle te verbrand. Daar het 'n man verby gestap en die hoop ou stompe gesien, en die plantasie eienaar gevra of hy die een stomp kan kry.

"Ja seker, sê die eienaar, ek was in elke geval van plan om hulle te vernietig"

Die man het die stomp opgetel en dit na sy huis gedra, daar het hy om die stomp geloop, en dit bekyk, dan weer omgeloop en hier gevoel en daar gevat, en toe gaan haal hy sy gereedskap en spring aan die werk. Na 'n paar dae se werk het hy die mooiste arend uitgebeitel.

Hy het die arend buite toe gedra en dit voor sy huis neergesit. Nie lank daarna nie, het die plantasie eienaar daar verby gestap en die die arend gesien.

"Wow", sê hy vir die man, "hierdie is die mooiste arend wat ek nog ooit gesien het, kan ek dit koop?"

"Nee", sê die man, "Dit is nie te kope nie"

"Ek sal jou enigeiets hiervoor betaal, maak net jou prys!"

Die man het so bietjie gestaan en dink, en toe sê hy, "Goed jy kan my R3000 daarvoor gee"

Die eienaar het die geld oorhandig en die arend opgetel, en toe sê die man vir hom, "Ek wil jou net sê, dit is jou eie weggooi houtstomp wat jy nou vir hierdie groot som geld teruggekoop het."

God neem die wêreld se weggooi goed, en dan verander Hy dit in 'n kunswerk wat baie werd is. Moenie jouself gering skat nie, Laat die Meester Beeldhouer aan jou skaaf, en kap en beitel, dis soms seer, maar die eindproduk is so waardevol dat Hy jou waardig geag het om Sy Seun se lewe vir jou op te offer.

Jy is uniek, jy is kosbaar, jy is van onskatbare waarde in God se oë.

MAGAZINE

MEDIA HOUSE



NEXT ISSUE MAY 2025 TO 25 TO
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