

Top Vibe

Magazine

ONLINE
MAY 2025
ISSUE 192

MEDIA HOUSE Projects 2025
Women's Day tickets available

Vlerk - sleep jy nog
by jou man/vrou.

Top Vibe Magazine

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TOP VIBE MAGAZINE
ISSUE 192 MAY 2025

1.

TOP VIBE MAGAZINE AMBASSADORS:

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

2.

MOTHER'S DAY:

Happy Mother's Day to all our Mother's and Mother's to be.

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



REGULARS

1. COVER PAGE: 01

Top Vibe Magazine it's celebrating Mother's Day

2. EDITOR'S NOTE: 03

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

3. AMBASSADORS: 04

Our Ambassadors for 2025 is Candice, and Charlotte.

4. ADVERTS: 08

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5. MEDIA HOUSE EVENTS: 12

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



Me having some fun with the App REMINI

Redakteurs Nota

Liewe Leser,

Dit is amper Moedersdag vir my is dit 'n hartseer tyd ek het ongelukkig nie meer 'n Moeder nie en elke jaar wens ek dat ek net vyf minute my ma weer kon sien haar vashou en haar vertel hoe lief ek haar het.

Glo my ek het als vir my Moeder gedoen en wens steeds vir daai vyf minute.

Indien jy nog 'n moeder het maak tyd vir haar, gee haar liefde en wys haar dat jy daar is vir haar. Gelukkige Moedersdag aan al ons mammas hoop julle word lekker bederf.

Dames onthou ons Vrouedag in Augustus asook ons Sip en Paint in Junie.

Kontak my by 072 768 8582 vir meer info.

Ek groet dan eers tot volgende maand.

Geniet Moedersdag!

Liefde

Charms

Our Ambassadors

Hello Top Vibe Readers,

I trust that you all are well, with Mother's Day on it's way, it's flowers gifts and all and all just a nice day.

I sure hope that you booked your seat for the Women's day event. I did and looking forward to see you there.

Then we have the Sip & Paint in the month of June. It's going to be loads of fun you can trust me you will enjoy it.

The mornings are cool and the same with the evenings. Winter is crawling slowly towards us.

Then our days are going to be cold and the nights even colder. I personally love the winter.

Hope you spoil your Mom this Mother's Day and if you are a Mom that you would be spoiled.

Take care till next time

Candice



Candice Trietsch
Ambassador

Liewe leser,

Met Moedersdag om die draai wil ek graag die tyd neem om vir elke moeder te sê baie gelukkige Moedersdag mag jy lekker bederf word en vir my moeder ek is so lief vir ma geniet die dag saam met ons en weet ons lief ma oneindig baie.

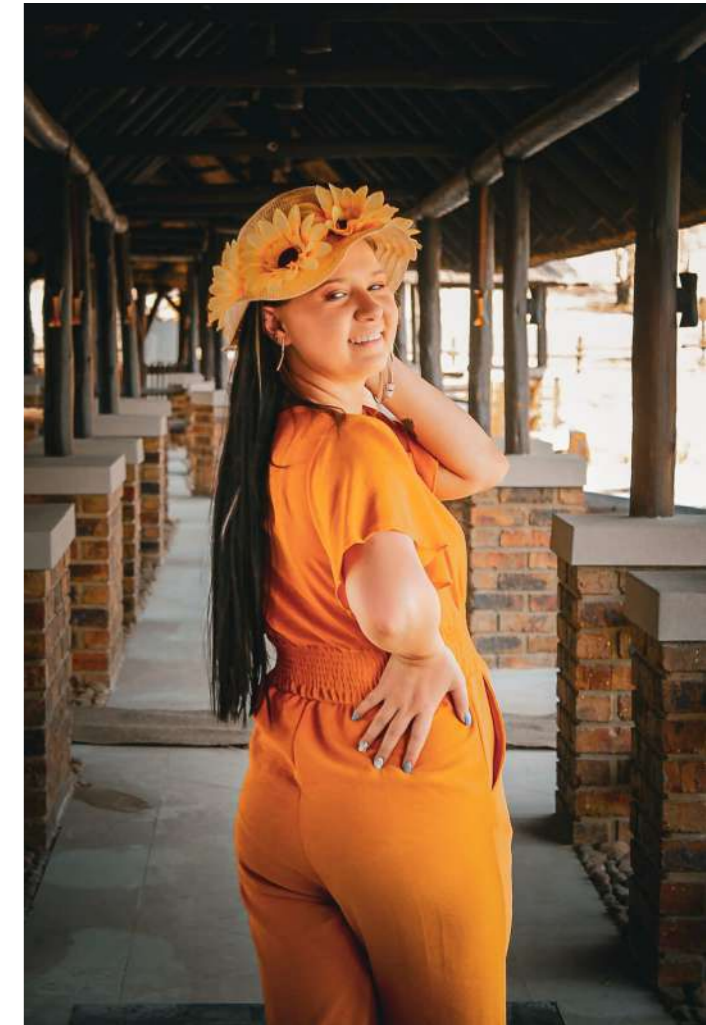
Dames onthou ons vrouedag op 9 Augustus kry jou kaartjie by my moet dit nie misloop nie.

Ons het ook 'n Sip en Paint dag in Junie, dit gaan baie pret wees.

Daar is so baie dinge aan die gebeur wens net daar was meer tyd sodat mens by als kan uitkom.

Geniet Mei maand ons praat weer.

Charlotte



Charlotte Malherbe
Ambassador

Mossie maar man (meisie) twee leesstukke

.Het jy al ooit teen 'n reus baklei? En hom oorwin? Ek bedoel nou nie 'n regte reus nie, maar 'n reus in die vorm van 'n groot probleem waarvoor jy in jou lewe te staan gekom het en wat jy uiteindelik oorkom het? Miskien was jou reus 'n kêrel wat nie nee vir 'n antwoord wou vat nie wat jy op sy plek gesit het. Of die eksamenmonster wat jy nek omgedraai het deur harder en met meer toewyding te leer.

In die Bybel lees ons van 'n jong seun wat voor 'n rêrige reus te staan gekom het. Dit is die verhaal van Dawid en Goliat. Terwyl geharde soldate staan en bewe en hom bangpraat en die reus hom slegsê omdat by hom durf aankom met 'n slingervel na hom toe te kom, neem Dawid houtgerus korrel en klits die reus tussen die oë en daar slaan hy neer - mordsdood. Hoe het Dawid dit reggekry? Hy't vir God aan sy kant gehad. Terwyl die Filistyne met stokke en swaarde wou veg, het Dawid in die Naam van die Here gegaan, want hy het geweet 'n muis kan net dapper wees as hy iemand baie groter het wat agter hom staan.

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.



What is an abusive relationship.

What is an abusive relationship?
Abuse means treating someone with violence, disrespect, cruelty, harm, or force. When someone treats their partner in any of these ways, it's called an abusive relationship. Abuse in a relationship can be physical, sexual, or emotional. Or it could be all of these.

What are the 5 signs of emotional abuse?

AI Overview

Five signs of emotional abuse include: constant criticism and put-downs, controlling behaviors, threats and intimidation, manipulation and gaslighting, and isolation from friends and family.

Here's a more detailed explanation of each sign:

Constant Criticism and Put-Downs:

This involves the abuser consistently demeaning the victim's worth, intelligence, or abilities, making them feel worthless or inadequate.

Controlling Behaviors:

This encompasses the abuser attempting to dictate the victim's actions, choices, and whereabouts, often restricting their freedom and independence.

Threats and Intimidation:

This includes making threats of harm, either to the victim or those they care about, or using intimidation tactics to instill fear and control.

Manipulation and Gaslighting:

This involves the abuser using deceptive

deceptive tactics to control the victim's perceptions of reality, often questioning their sanity or memory of events.

Isolation from Friends and Family:

The abuser may discourage or prevent the victim from spending time with loved ones, creating a sense of isolation and dependence.

How to get out of abusive relationships?

Here are some key actions you have to take for leaving an abusive relationship safely.

Communicate with someone you trust. ...

Identify the safe areas in your house. ...

... Establish a safe communication line. .

.. Know your abuser's triggers, tendencies, and red flags. ...

Be ready to leave immediately. ...

Get medication ahead of time.

How do you describe an abusive person?

Abusive people will expect their partner to meet all their needs. He expects a perfect wife, mother, lover, and friend. The abuser will say things such as "if you love, I'm all you need, and you're all I need." The abuser expects his partner to take care of everything for him emotionally and in the home.

How to stop an emotional abuser?

How to deal with emotional abuse

Don't try to fix them. ...

Avoid self-blame. ...

Prioritize your needs. ...

Avoid engaging with them. ...

Set personal boundaries. ...

Build a support network. ...

Exit the relationship or circumstance. .

.. Give yourself time to heal.

Do abusers ever change?

In discussing why abusers abuse, it's clear that a lot of the causal factors behind these behaviors are learned attitudes and feelings of entitlement and privilege — which can be extremely difficult to truly change. Because of this, there's a very low percentage of abusers who truly do change their ways.

How to break up with an abusive person?

Tell them their abusive behavior is why you are ending it. Remember that you deserve a healthy respectful relationship. They have probably made excuses for their abusive behavior in the past; let them know that your decision is final. If someone has been abusive, remember that it is not your fault.

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LET'S ALL GET TOGETHER FOR A

Sip n Paint



CLAIRE JONES
PROFESSIONAL MAKE-UP ARTIST
INSIDE OUT
HAIR SALON



MEDIA HOUSE

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TIME : 15H00

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Bring a friend



Vlerk - sleep jy nog by jou man/vrou.

Die uitdrukking vlerk-sleep het eers 'n paar dae gelede werklik vir my betekenis gekry toe ek dit in aksie gesien het – letterlik en figuurlik.

Ek kyk die duif so en roep benoud vir manlief dat hy moet kom help, ek dink die duif se vlerk is seer. Nee man, sê manlief, hy sleep vlerk. En nie ver van hom af nie, merk ek toe die wyfie op. Die mannetjie haal sy beste bewegings uit, maar sy steur haar nie regtig aan hom nie. Hy stoei egter voort in die son, dan dié vlerk en dan daai vlerk, tot die stertvere ook pragtig uitgesprei is.

Ek voel of ek die wyfie-duif met 'n klip kan gooi dat sy tog net kan sien hoeveel moeite hy doen. Dan sien ek 'n ouerige man en vrou stap – hand aan hand. Die vrou loop bietjie agter hom en dit is amper of hy haar bietjie vorentoe trek. Hulle gaan staan later bietjie om te rus en manlief vra of hulle nie bietjie by ons wil kom sit nie. Nee, sê die man, ons stap maar bietjie en dan rus ons weer bietjie.

Terwyl die vrou asemskep, vertel die man ons sy vrou het kanker gehad en die chemoterapie het haar maar bietjie verniel. Die stap doen haar egter baie goed, sy was nog altyd lief vir stap. Hy staan geduldig en wag totdat sy weer reg is en hulle stap so verder.

Toe hulle 'n entjie weg is, gaan staan hulle weer, maar die keer om te lag. En ek kan nie help om te dink hoe dierbaar dit is nie. “In sick-ness and in health,” ná al die tyd sleep die man steeds nog vlerk. Aanvanklik is vlerksleep maklik in 'n verhouding of

huwelik, maar met die jare raak 'n mens mekaar so gewoond en doen jy nie meer altyd moeite met die

vlerkslepery nie, of sien jy dit nie meer raak as dit nog wel gebeur nie. Leer sommer daarom die vlerksleep-gewoonte vroeg in jou 20's aan en bekoor die spesiale persoon in jou lewe daarmee – “till death do us part”.



How to pamper MoM some ideas.



To pamper mom, consider a spa day at home with a DIY facial or massage, offer to babysit for a break, or create a personalized gift like a photo book or a handwritten letter expressing your appreciation.

Here are some more ideas to help you pamper your mom:

At-Home Pampering:

DIY Spa Day:

Facial: Use natural ingredients like honey, yogurt, or avocado for a homemade face mask.

Massage: Gently massage her hands, feet, or back with a moisturizing lotion.

Bubble Bath: Create a relaxing atmosphere with scented candles, soft lighting, and soothing music.

Breakfast in Bed: Start her day with a delicious homemade breakfast served right to her bedside.

Clean Her House: Surprise her with a clean and tidy home, giving her space to relax and recharge.

Cook Her Favorite Meal: Prepare a meal she loves, showing her you care and appreciate her.

Handwritten Letter: Express your love and appreciation in a heartfelt letter.

Create a Memory Book: Collect photos and write down special memories together.

Flower Arrangement: A beautiful bouquet can brighten her day.

Bake Something Together: Spend quality time in the kitchen, baking a special treat.

Gifts and Experiences:

Spa Gift Certificate: Allow her to choose her own relaxing treatments.

Personalized Gift: A customized gift like a photo book, a piece of jewelry with her name, or a mug with a special message.

Comfortable Slippers:

A good pair of slippers encourages relaxation and self-care.

Relaxing Getaway: Plan a trip or a weekend staycation to a local hotel.

Babysitting: Offer to babysit so she can have some time to herself.

Run Errands: Take on some of her to-do list, like grocery shopping or picking up dry cleaning.

Take Her Out: Enjoy a special lunch or dinner together.

Outdoor Adventure: Plan a picnic or a walk in nature.

Experience Something New Together: Try a new hobby or activity, like a cooking class or a pottery workshop.

Remember to personalize these ideas to your mom's preferences and needs.

Breakfast in Bed. Start her day with a delicious homemade breakfast served right to her bedside. ...

DIY Spa Day. ...

Handwritten Letter. ...

Memory Book. ...

Flower Arrangement. ...

Cook Her Favorite Meal. ...

Customized Gift. ...

Outdoor Adventure.Feed her! ...

Plan a family photo session or maybe one for just you and her. ...

Treat her to breakfast in bed! ...

Show mom how much you appreciate her by taking some of the stress off mom's shoulders! ...

Experience something new together! ...

Every mom has a honey-do list.



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 JUNE 2025 TO 25 TO
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