

Top Vibe

Magazine

ONLINE
APRIL 2026
ISSUE 203

***Review your
insurance
policy regularly***

**Media House
projects 2026**



Top Vibe Magazine

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

COPYRIGHT:
Content of Top Vibe Magazine is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settlement with the Editor.

DISCLAIMER:
The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement.
The view of other writers or articles in this Magazine is not necessarily the view of the Editor.

EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

TOP VIBE MAGAZINE
ISSUE 203
APRIL 2026

1.

TOP VIBE MAGAZINE AMBASSADORS:

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

2.

MEDIA HOUSE SALES REPRESENTATIVES:

Sarel Botha - 074 409 3929
Candice - 078 614 4171

3.

ADVERTISERS:

Support our advertisers, they support us.

4.

FRIDAY CLUB VAAL:

Are you a business owner, visit the Friday Club Vaal where business people network. Call Charmaine on 072 768 8582 for more info



REGULARS

1. COVER PAGE: 01

Top Vibe Magazine Easter Bunny

2. EDITOR'S NOTE: 03

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

3. AMBASSADORS: 04

Our Ambassador for 2025 is Candice and Sarel.

4. ADVERTS: 08

Support our advertisers. To advertise in the magazine call Charmaine 072 768 8582 - Sarel 074 409 3929 OR Candice 078 614 4171

5. FRIDAY CLUB VAAL: 12

Are you a business owner, visit the Friday Club Vaal where business people network.



Editors Note

Dear reader,

It's April the month with a few holiday, and it's Easter. Children are excited about the easter eggs. But we all know what this month means.

Let's learn our children the true value of Easter.

If you are serious about business join us at the Friday Club it's where business people come together to network, we started in the Vaal in May 2025 and I promise you people do business in the network.

Don't stay in the dark join us and we can help you to grow your business. Be part of a group that support your business.

Remember our Koek & Tee 2 May 2026 only R150p/p with a comedy, you will have loads of fun.

Book your ticket 072 768 8582

See your next month

Ambassadors

Hallo guys,

Yes, it's April can you beleef it time flies. Before you know Christmas knock on our door once again.

Things are very busy at school, we have a lot of homework to do, but lucky for me I enjoy school. My friends are like me and that is what I like about them. School work always come first before anything els.

Remember to get your tickets for the Koek & Tee on 2 May 2026 R150pp we going to have cake and tee with loads of fun and laughter.

Take care till next month xox

Liewe Leser,

Ek is die ambassadeur vir Media House en hanteer die sosiale media asook die verkoop van advertensies.

Ek streef daarna om waardevolle en betekenis volle inhoud op ons Facebookblad te deel, raak deel van ons blad en bly op hoogte van alles wat aangaan.

Dit is vir my 'n absolute voorreg om dit te kan doen. Ek wil graag ons lesers beter leer ken en met julle interaksie hê. Like en share ons Facebook posts.

Baie dankie vir julle ondersteuning.

Sarel Botha



Sarel Botha
Social Media &- Ambassador



Bokamosa Bless

Face of Top Vibe & Ambassador

Media House projects 2026

Take part in the fun



Koek en Tee
R150PP

MEDIA HOUSE

2 Mei
2026

Tyd:
1uur



Kom Koek en Tee saam met ons!
Jou lagspiere word geprikkel

Plek:
58 van Wouw str,
Sasolburg

Kontak ons
Charmaine 072 768 8582
Carin 082 827 6556

Uitstallers hope pret!



COOL, CALM CANDY



MEDIA HOUSE

MEDIA HOUSE FOOD DRIVE

Please donate non-perishable foods, toiletries etc for underprivileged children.



DONATIONS

Donations will be handed over 30 May 2026.

Carin 082 827 6556 072 768 8582

MEDIA HOUSE AMBASSADORS FOR 2026

The spotlight is on our 2026 Ambassadors, we are blessed to have you on board.



My name is **Carin Mulder** your Events Ambassador. I'm based in Sasolburg. 2026 marks my first year as Events Ambassador for Media House, and I'm truly honoured to step into this role. First and foremost, I would like to thank everyone who supported and attended our charity events last year. Your presence made a meaningful difference. I love what I do, I invite you to take part in our charity events throughout the year.

Thank you - Carin



I'm **Sarel Botha** your Social Media / advertising Ambassador. Always busy and passionate about what I do. In addition to this role, I also run my own photography company, and I truly love capturing powerful moments through photos. If you are interesting in advertising in the magazines, please get in touch with me. Together, we can give your business the exposure it deserves.

Sarel 074 409 3929



My name is **Bokomosa Bless**, I'm the new Face of Top Vibe Magazine and a Ambassador for Top Vibe Magazine.

I'm proud to be the Face of the magazine. We have great charity events planned for the year, please follow us on social media.

We call on all grade 1 learners to take part in our competition. Looking forward to see your friendly face's in our magazine.

Take care Bokomosa



I'm **Nombulelo Bless**, the new Face of Top Vibe Kids Magazine and a Ambassador for Top Vibe Kids Magazine.

You'll be seeing a lot of me as I take part in all our charity events and exciting projects. Follow our Facebook page And join me on this beautiful journey.

There's so much in store for you!.

Love Nombulelo xx



My name is **Candice Trietch** your Glamour Talk Magazine Ambassador.

I will be a freelance sales representative for Media House. If you are interested in marketing your business please feel free to contact me. I would be happy to assist you.

You can contact me on 082 922 0490

Take care Candice!

“Advertising your business”



We will manage your
business
Social media
Call 072 768 8582

Grow your business with
us

Friday Club
Vaal Business Expo

Date: 25 April 2026 Time: 9:00
Venue: Pappa D's 1 Minnaar str Vaalpark

Own Table, Chair & Gazebo
Friday Club members R100 stall
Friday Club Visitors R150 stall
All other exhibitors R150 stall

5 x Power points R50 **No food stalls**

Book your stall 
072 768 8582



CJC Electrical
Residential & Commercial
Electrical Maintenance

Cornè Claasen
Cell: 082 079 8837
E-mail: Claasencorne@gmail.com

Qualified Electrician

Friday Club
Business Network

Charmaine 072 768 8582

Fuel price hike are being described as - a blow to households

Based on consumer sentiment and reports from March 2026, the anticipated fuel price hikes are being described as a "catastrophic" and "record-setting" blow to households already struggling with high costs of living. Consumers and industry bodies are expressing deep concern that these increases, driven by global oil shocks and local tax hikes, will cause a ripple effect, driving up food prices, transport fares, and general inflation.

Here is what consumers are saying and how they are reacting:

Financial Pressure and Distress: Many feel that their budgets have no room left to absorb another major cost increase. The situation is creating significant strain on middle-income families and forcing poorer households into deeper debt.

"Grudge Purchase" Sentiment: Consumers view fuel as a necessity with no substitutes, making them feel powerless against the increases.

Changes in Daily Behavior: To cope, consumers are cutting back on non-essential driving, combining trips, and planning routes more carefully. There is a growing trend of people considering switching to more fuel-efficient or electric vehicles.

Calls for Action: There is widespread frustration and calls for government intervention, such as suspending or removing the fuel levy.

"Queflation" Anxiety: While fuel is available, the high cost is causing anxiety about the knock-on effects, often leading to increased prices at the till.

Key Concerns:

Double Whammy: The fuel hike coincides with higher electricity

tariffs (Eskom's 8.76% hike), creating a "triple shock" (fuel, electricity, and indirect food inflation).

Cost of Living Crisis: The rising costs are threatening to make it unsustainable for many to commute to work.



Review your insurance policy regularly

Regularly reviewing insurance policies is essential to ensure they still align with your current needs, with an annual review recommended as a best practice. Failing to update policies can lead to being under-insured or paying too much for unnecessary coverage.

When to Review Your Policies Annually: Even if no major events have occurred, a yearly review of life, home, and car insurance is recommended to check for premium changes, updated terms, or better deals.
When Life Changes: Key milestones, such as getting married, divorced, having a child, or changing jobs, should trigger a review.

When Assets Change: Purchasing a new home, buying expensive items (like electronics or jewelry), or completing home

renovations require updating your coverage.

Before Renewal: Review your car or home insurance about one month before it expires to compare quotes and avoid automatic, higher premiums.

Why You Should Review Your Insurance

Protect Against Inflation: The cost of replacing items (like cars or rebuilding a house) can increase, meaning your old coverage amount might not be sufficient.

Update Beneficiaries: For life insurance, it is critical to keep beneficiary details up to date, especially after divorces or family additions.

Save Money: You might find better rates, discounts, or bundled services that could save you money, particularly if your lifestyle has become less risky (e.g., driving less, installing security systems).

Avoid Claim Denials: If your car

is being used for business but is only insured for private use, a claim could be rejected.

Key Tips for the Review

Check the Fine Print: Look for changes in coverage limits, deductibles (excess), and exclusions.

Use Digital Tools: Many insurers offer online portals or WhatsApp services to quickly check your policy.

Consult an Expert: If you are unsure, speak with a financial advisor or broker to ensure your coverage is optimal.



Why you should play games on your phone

Computer games offer numerous benefits by stimulating cognitive function, improving problem-solving, and boosting memory and spatial skills. They can enhance reaction times and multitasking capabilities, while providing stress relief, encouraging social interaction, and fostering emotional regulation. Regular, moderate gaming can also increase gray matter in key brain regions.

Research shows that games can be effective for rebalancing your mood – often boosting it more than other activities such as reading, cooking, or listening to music.

This is partly because of the immersive nature of games, which capture our attention often more fully than many other activities.

Learning games can help inspire creativity, encourage problem-solving and prompt children to be more engaged in a particular topic or school subject. One of the keys is supporting children with the right games that offer a good blend of fun and learning.

Based on that research here are ten reasons why you should make play a part of your everyday life.

Play Strengthens You.

Play Makes You Smarter.

Play Helps You Solve Problems.

Play Boosts Creativity.

Play Reduces Stress.

Play Helps You Make Friends.

Play Enhances Attractiveness.

Play Builds Resilience.

Global Communities: Multiplayer games allow players to connect with friends and strangers worldwide, fostering teamwork and community.

Social Refuge: For some, games offer a safe space to form friendships, especially for those

who struggle with in-person social interactions.

Brain Stimulation: Games improve cognitive functions such as tracking objects, filtering irrelevant information, and switching between tasks.

Problem-Solving & Strategy: Many games, such as puzzles and strategy titles, enhance decision-making skills and adaptability.

Immediate Feedback: Games provide rapid rewards (medals, levels, bonuses), which boosts motivation and satisfaction.

"Flow State": Games provide a "mental downtime" where players can "zone out" and forget their surroundings, leading to a sense of relaxation and joy.

This is very relaxing, to play a game or two before bedtime.

The loss of a loved one ...

The loss of a loved one is a deeply personal experience involving profound grief, sadness, and often, shock or anger. Coping involves allowing yourself to feel these emotions, seeking support from friends, family, or support groups, and being patient with the long, non-linear healing process. There is no fixed timeline for grief.

Acknowledge the Pain:

It is normal to feel overwhelmed, confused, or angry, and to experience physical symptoms like poor sleep or lack of energy.

Allow Time:

There is no "right" way or time to grieve. Grief can be intense and last for months or years, with sudden "grief bursts".

Support Center.

Seek Support: Sharing memories, talking with trusted individuals, or joining support groups can

help.

Self-Care:

Maintain regular routines as much as possible, including healthy eating, rest, and avoiding major life changes immediately after the loss.

Honor Their Memory:

Creating rituals, looking at photos, or carrying on a loved one's legacy can bring comfort and foster a sense of continued connection, note this.

When to Seek Professional Help

If you are unable to perform daily tasks (sleeping, eating).

If your grief feels impossible to bear or is not easing with time.

Checking in on someone grieving requires consistency, patience, and low-pressure communication. Reach out regularly with simple, open-ended messages—like "Thinking of you"—that do not require a response. Offer specific

help (e.g., "I'm bringing dinner Thursday") rather than generic offers, and continue checking in weeks or months later, as grief is a long process.

What is the 40 day rule after death?

The 40-day rule after death is a belief found in various religious and cultural traditions, including Orthodox Christianity, Islam, and Andean customs. This period represents the time the soul completes its transition and separates from the earthly plane. It also symbolizes purification and spiritual preparation.

Beliefs regarding how long a soul stays after death vary by tradition, often citing 13 days for detachment from the physical body or 40 days for the soul to transition and receive judgment. These periods are generally considered symbolic, with some traditions indicating the soul visits familiar places before moving on.



Business networking is important

Business networking is building and nurturing professional relationships for mutual benefit, involving connecting with peers, potential clients, partners, or mentors through in-person events (like expos, seminars) or online platforms (like LinkedIn) to gain insights, find opportunities, and foster growth. It's about creating a web of contacts for advice, support, and referrals, leading to new ventures, shared knowledge, and career advancement.

Key aspects of business networking:

Purpose: To exchange information, find collaborators, get advice, build rapport, and generate business opportunities.

Methods:

Offline: Industry conferences, trade shows, local chamber of commerce events, workshops.

Online: Social media (LinkedIn), professional forums, webinars,

Benefits:

Access to new markets and clients.

Mentorship and support.

Industry insights and trends.

Increased self-confidence for business owners.

How it works: It's a long-term strategy focused on building genuine, mutually beneficial relationships, not just collecting contacts.

Referrals: Networking is a highly cost-effective marketing method because referrals often come "pre-qualified" by a trusted source, leading to higher conversion rates than traditional advertising.

Access to Decision-Makers: It provides direct pathways to influential leaders and potential clients who might otherwise be inaccessible through standard sales channels.

Mentorship: Building a strong network connects you with experienced professionals who can offer guidance, expert advice, and fresh perspectives on complex challenges.

Confidence Building: Continually stepping outside your comfort zone to meet new people improves social skills and self-assurance, which are vital for leadership and negotiation.

Resource Sharing: It facilitates access to funding, reliable suppliers, and talented potential employees.

Join Friday Club Vaal, we meet every Friday morning to network Contact Charmaine on 072 768 8582 for more information.



A background image of several pink cosmos flowers with yellow centers, set against a soft, out-of-focus light blue and white sky. The flowers are in various stages of bloom, with some in sharp focus and others blurred.

MAGAZINE

MEDIA HOUSE

***NEXT ISSUE MAY 2026 TO
DOWNLOAD GO TO www.topvibe.co.za***