

Top Vibe

Magazine

ONLINE
MARCH 2026
ISSUE 202

**Media House
projects 2026**

***Sakgeld vir Kinders:
Hoeveel, Wanneer en Waarom?.***

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 202
MARCH 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



1. COVER PAGE: 01

Top Vibe Magazine beautiful Woman.

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 readers,

Did you enter?

One lucky couple that got engaged can win a photoshoot sponsored by Dreamteam Wedding photography & service. Go to our Facebook page

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.

See your next month

Charms

Ambassadors

KONFYT BLOKKIES

Deeg

- 250 ml margarien (kamertemperatuur)
- 2 eiergele (kamertemperatuur)
- 250 ml suiker
- 500 ml meel
- 5 ml bakpoeier
- 1,25 ml sout

★ Metode – baie duidelik uiteengesit

1. Voorverhit die oond tot 190°C.
2. Klits die margarien tot dit lig en romerig is.
3. Voeg die eiergele by en klits goed in.
4. Voeg die suiker geleidelik by terwyl jy aanhou klits.
5. Meng die droë bestanddele (meel, bakpoeier, sout) in 'n aparte bak saam.
6. Voeg die droë mengsel by die margariemengsel en meng met 'n houtlepel tot 'n klewerige deeg vorm.
7. Verdeel die deeg in twee gelyke dele en bedek elke deel met kleefplastiek.
8. Plaas die twee dele in die vrieskas totdat dit hard word, maar nie gevries is nie.
9. Rasper een helfte van die deeg met die growwe kant van 'n rasper in die bodem van 'n gesmeerde 20 cm vierkantige bak.
10. Druk die gerasperde deeg effens vas, sodat enige gaatjies toe druk.
11. Smeer 'n dikte laag konfyt of karamelkondensmelk oor die bodem.
12. Rasper die ander helfte van die deeg oor die konfyt/kondensmelk-laag.
13. Bak vir 15 minute teen 190°C.
14. Verlaag die hitte na 180°C en bak vir 'n verdere 30 minute of totdat dit goudbruin is.

Liewe Leser,

En hanteerons sosiale My naam is Sarel Botha. Ek is die ambassadeur vir Media House en hanteer die sosiale media asook die verkoop van advertensies.

Ek streef daarna om waardevolle en betekenisvolle inhoud op ons Facebookblad te deel,

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



KONFYT BLOKKIES

Media House projects 2026

Take part in the fun



MEDIA HOUSE



Dreamteam
Wedding photography & services

Gratis Verlowings fotosessie
Sarel 074 409 3929

Dreamteam Wedding Photography is opsoek na een baie spesial paartjie vir wie ons 'n gratis verlowings fotosessie kan doen.

Die sessie moet in Vanderbijlpark of omgewing plaasvind en sal vir 60 minute duur en jy sal 20 fotos in sagteware formaat kry.

As jou idee vir so 'n sessie ons kan oortuig dat ons jou moet kies, stuur dan Whatsapp met jou idee na 074 409 3929



MEDIA HOUSE
COCKTAIL WORKSHOP

1x Cocktail R160 2 x Cocktails R250

DATE: SATURDAY 7 MARCH 2026
VENUE: STONEHAVEN, VANDERBIJLPARK
TIME: 14:00

RSVP before 2nd March
Carin 082 827 6556
Charmaine 072 768 8582

cheers!



MEDIA HOUSE
Koek en Tee R150PP

2 Mei 2026
Tyd: 1uur

Plek: 58 van Wouw str, Sasolburg

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

Kontak ons
Charmaine 072 768 8582
Carin 082 827 6556

Uitstallers hope pret!


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”



MH
MEDIA HOUSE

COCKTAIL WORKSHOP

1x Cocktail R160 2 x Cocktails R250

DATE: SATURDAY 7 MARCH 2026
VENUE: STONEHAVEN,
VANDERBIJLPARK
TIME: 14:00

RSVP before 2nd March
Carin 082 827 6556
Charmaine 072 768 8582

cheers!



We will manage your
business
Social media
Call 072 768 8582

Grow your business with
US



MH
MEDIA HOUSE

FOOD DRIVE

Our Food drive start
1 February 2026
- end 1 May 2026

Please support us we need non -
perishable food for underprivileged
children



Carin 082 827 6556 OR
Charmaine 072 768 8582



MH
MEDIA HOUSE

Koek en Tee

2 Mei 2026
Tyd: 11uur

R150PP

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

Plek:
58 van Wouw str,
Sasolburg

Kontak ons
Charmaine 072 768 8582
Carin 082 827 6556



FC

Friday Club

Business Network

Charmaine 072 768 8582

Sakgeld vir Kinders: Hoeveel, Wanneer en Waarom?.

Sakgeld is 'n onderwerp waaroor baie ouers menings het. Hoeveel is genoeg? Op watter ouderdom behoort kinders dit te kry, en watter take moet hulle doen om dit te verdien? Kom ons kyk na 'n paar perspektiewe uit die sosiale media en kombineer dit met beste praktyke vir 'n gebalanseerde benadering.

Die Bedrag en Ouderdom van Sakgeld

Die bedrag sakgeld wat kinders kry, verskil drasties van huis tot huis. Sommige ouers gee so min as R50 per maand, terwyl ander tot R500 of meer betaal. 'n Algemene beginsel is om die kind se ouderdom as 'n riglyn te gebruik. Byvoorbeeld, 'n 8-jarige kry R80, 'n 9-jarige R90, ensovoorts. Hierdie metode maak voorsiening vir 'n stelselmatige toename namate die kind ouer word en meer finansiële verantwoordelikheid kan hanteer.

Verantwoordelikhede vir Sakgeld

Die vraag of sakgeld met take verbind moet word, verdeel ouers. Sommige voel dat kinders nie betaal moet word vir huiswerk nie, aangesien hulle deel is van die gesin en dus 'n verantwoordelikheid het om take in die huis te doen. Ander meen dat dit belangrik is om 'n verband te trek tussen werk en vergoeding, omdat dit kinders aanmoedig om die waarde van geld en werk te verstaan.

Take wat dikwels aan sakgeld gekoppel word, sluit in kombuisskoonmaak, beddens opmaak, honde kos gee en vullissakke uitsit. Vir ouers met 'n besige skedule of wat dikwels reis, dien hierdie take as 'n manier om die kinders se onafhanklikheid te bevorder.

Die Lesse van Sakgeld
Meer as net geld gee, leer sakgeld kinders belangrike lesse. Kinders moet leer hoe om hul

begroting te beplan en spaardoelwitte te stel. Deur hulle aan te moedig om te spaar, selfs 'n deel van hul sakgeld, kan hulle uiteindelik spaar vir iets groter soos 'n selfoon of 'n speelding. Dit bou 'n sin van waarde en prestasie, aangesien hulle trots is op wat hulle self kon koop.

Wat Pas in Jou Huis?

Elke gesin se finansiële situasie en opvoedkundige filosofie is anders. Sommige ouers verkies om hul kinders met klein speelgoed of lekkers te beloon in plaas van sakgeld. Ander gee glad nie sakgeld nie en verseker dat die kinders alles kry wat hulle nodig het. Dit is belangrik om 'n metode te vind wat die beste by jou gesin se waardes en omstandighede pas.

Slotgedagtes

Die besluit oor sakgeld moet gebaseer wees op jou gesin se unieke behoeftes.

Stop verkoue vinnig in sy spoor

Om 'n verkoue vinnig in sy spoor te stop of te verlig, is dit noodsaaklik om dadelik op te tree met 'n kombinasie van rus, voeding en natuurlike middels. Verkoues is virusse en kan nie met antibiotika behandel word nie.

Hier is praktiese wenke om 'n verkoue te smoor:

Onmiddellike Optrede (Eerste 24-48 uur):

Rus baie: Laat jou liggaam toe om sy energie te gebruik om die virus te beveg.

Verhoog vitamien C en sink: Neem aanvullings of eet vrugte soos lemoene, naartjies en kiwivrugte.

Knoffel: Gebruik vars knoffel of knoffelplementjies, aangesien dit kan help om die duur van die verkoue te verminder.

Hidrasie: Drink baie vloeistowwe soos water, verdunde vrugtesap of warm rooibostee.

Verlig 'n seer keel: Gorrel met loutewarm water en 'n halwe teelepel koeksoda, of drink

warm water met suurlemoensap en heuning.

Stoom: 'n Warm stort of stoom met bloekomolie kan help om 'n toe neus oop te maak.

Wat om te vermy:

Oefening: Moenie fisies oefen as jy siek voel nie; rus is belangriker.

Te veel suiwel: Beperk suiwelprodukte aangesien dit hoë suiker kan bevat.

Antibiotika: Dit werk nie teen virale infeksies nie.

Wanneer om 'n dokter te sien: As die simptome na 3 dae vererger.

As jy 'n hoë koors ontwikkel of erge hoofpyn het Voorkoming: Was gereeld hande.

Gebruik 'n masker indien nodig. Eet gesond en kry genoeg slaap



Renovations add value to your home

Renovations that add the most value to a home in South Africa include kitchen and bathroom remodels, enhancing outdoor entertainment spaces, and updating fixtures like doors and windows with durable, energy-efficient materials. Basic, cost-effective improvements such as repainting, upgrading lighting, and fixing structural issues like cracks and guttering are essential for maintenance and aesthetic appeal.

Key Areas for Home Renovation

Bathrooms & Kitchens: These are high-priority areas for increasing value. Key updates include replacing old vanity units, installing modern taps, updating shower screens, and refreshing tilework.

Outdoor Living Spaces: Building a deck or patio can significantly enhance property value.

Flooring & Painting: Installing modern tiles, laminate flooring, or carpets, combined with a fresh

coat of paint, can dramatically improve the home's interior.

Windows & Doors: Replacing old timber frames with aluminum increases energy efficiency and modernizes the home.

Structural & Cosmetic Improvements: Fixing cracks, roof leaks, and cleaning gutters are essential to maintain and improve the home's value.

Estimated Costs (South Africa)
Basic (Paint, flooring): R50,000 – R150,000 (small) to R300,000 (large).

Mid-Range (Kitchen/bathroom): R150,000 – R500,000 (small) to R1,000,000+ (large).

High-End (Pools, major upgrades): R500,000 – R5,000,000+

Tips for Success

Budgeting: Set aside an extra 10-20% for unexpected expenses.

Planning: It is often more efficient to renovate all at once rather than in stages.

Energy Efficiency: Prioritize improvements that reduce, for instance, heating and cooling costs.



Couples should communicate ...

Couples should communicate by fostering open, honest, and respectful dialogue, utilizing "I" statements to express feelings without blame. Key practices include active listening, setting aside distraction-free time, maintaining a soft, non-defensive tone, and practicing empathy to understand each other's needs. Regular, constructive check-ins help maintain connection.

Essential Communication Strategies

Use "I" Statements": Focus on your own feelings and needs (e.g., "I feel..." rather than "You did...") to prevent partners from feeling attacked.

Active Listening: Listen to understand, not just to reply.

Summarize what your partner said to ensure accuracy.

Softened Startup: Initiate difficult conversations gently, avoiding criticism or immediate complaints, to reduce defensiveness.

Non-Verbal Cues: Pay attention to body language, eye contact, and tone, as these convey as much meaning as words.

Schedule Time: Dedicate uninterrupted time to talk, free from phones, television, or work distractions.

Schedule Time:

Dedicate uninterrupted time to talk, free from phones, television, or work distractions.

Key Behavioral Habits

Show Appreciation:

Regularly share positive feelings, compliments, and admiration to strengthen the bond.

Manage Emotions:

Take breaks if discussions become too heated to avoid saying harmful things.

Compromise: Aim for "win-win" solutions rather than needing to be "right".

Address Issues Directly:

Avoid passive-aggressive behavior; address conflicts openly and respectfully.

Understand Love Languages: Learn how your partner best receives love and appreciation to improve connection.

A collection of rules for efficient communication is known as the "7 Cs of communication." This includes clarity, completeness, conciseness, correctness, courtesy, consideration, and concreteness. communication because it makes sure the intended message is delivered accurately and effectively.



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.





MAGAZINE MEDIA HOUSE

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