

Top Vibe

ONLINE
JUNE 2026
ISSUE 205

Magazine

Happy Father's Day

Media House
projects 2026

*The
Scoop
Sisters*

PAGE 12

Top Vibe Magazine

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to share your opinion, ideas and comments.

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Editor.

EDITOR:

Charmaine Britz

CONTACT DETAIL:

Cell: 072 768 8582

WEBSITE:

www.topvibe.co.za

TOP VIBE MAGAZINE
ISSUE 205
JUNE 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:

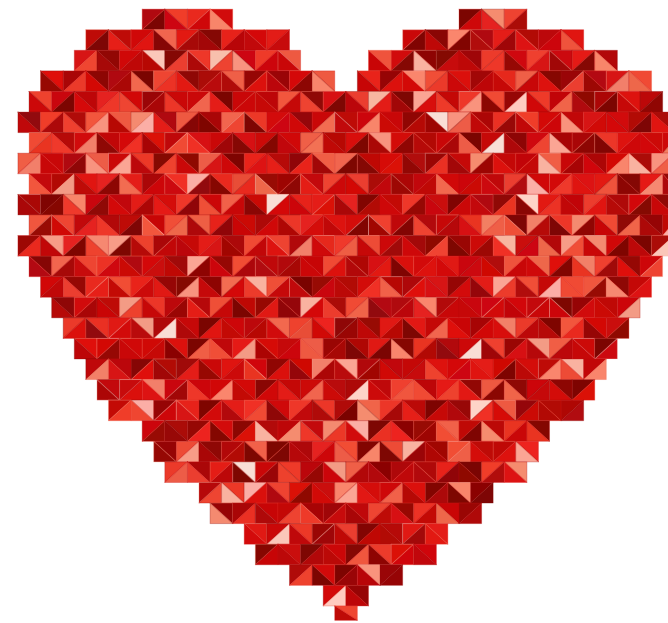
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4.

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

Happy Father's Day 21 June



REGULARS

1. COVER PAGE: 01

*Top Vibe Magazine Cover page is the Lovely
couple cozy and warm.*

2. EDITOR'S NOTE: 03

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

3. AMBASSADORS: 04

*Our Ambassodor for 2026 is Candice and
Sarel.*

4. ADVERTS: 08

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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.



Charmaine Britz

Editors Note

Dear Readers,

As we approach the heart of winter, the
cold is certainly making itself known. With
all the rain we have experienced, they say
this winter will be one of the coldest yet.
During this season, let us remember the
importance of warmth, kindness, and
community.

To all the fathers, we would like to wish
you a very Happy Father's Day. May you
be blessed abundantly. Thank you for your
strength, your guidance, and for
continuing to do what you do best for your
families.

See our winter pojects on page 6 and 7

Please help us..
See your next month

Charms

Ambassadors

Dear readers,

Father's Day 21 June.

Father's Day is a special day to celebrate and thank our fathers for everything they do. Fathers help and support their families every day.

Many people spend time with their dads, give gifts, or write cards to show appreciation. I think Father's Day is important because it reminds us to show love and respect to our fathers.

Remember Youth Day on 16 June 2026. Let's celebrate the future and not dwell in the past.

Happy Father's DAY!!

Regards

Bokamoso Bless

Welcome dear reader,

I am the ambassador for Media House and proudly manage the social side of our community outreach. It is truly an honor to share all our events and activities on our Facebook page.

We would love for you to interact with us, share our posts, and take part in our charity events and community projects. Together, we can make a positive difference in the lives of others.

Thank you very much for your support and kindness.

Sarel Botha



Sarel Botha

Social Media &- Ambassador



Bokamosa Bless

Face of Top Vibe & Ambassador

Media House projects 2026

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comfort

TOGETHER,
we can make a
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DIFFERENCE

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Every item
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Share kindness.
Share warmth.
Share hope.



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TOGETHER,
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We need YOUR help to bring smiles
and hope to unprivileged kids.

DATE TO HANDOVER:
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PLEASE MAKE A DONATION.
Every item makes a difference!

Your kindness
warms
lives!

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THANK YOU!

Share kindness.
Share warmth.
Share hope.



Soup
& Bread
for the elderly

We need you help,
PLEASE MAKE A DONATION.

Your kindness
brings warmth,
dignity & hope.

DATE TO SERVE
THE ELDERLY
11 JULY 2026

TOGETHER,
we can make a
BIG DIFFERENCE.

072 768 8582
OR
082 827 6556

Every bit helps
a lot!

Share kindness.
Share hope.
Share a meal.



Please support our projects

“Winter blues” is a very real, common phenomenon

The "winter blues" is a very real, common phenomenon. More formally recognized as Seasonal Affective Disorder (SAD) or major depressive disorder with a seasonal pattern, it is triggered by the shorter days and reduced exposure to sunlight during the colder months.

You can find professional guidance and tips for coping with changing moods through the South African Depression and Anxiety Group (SADAG).

Winter Blues vs. Seasonal Affective Disorder (SAD)
Understanding the intensity of your symptoms helps determine if you're experiencing a mild seasonal dip or a clinical condition:
Winter Blues: A temporary, mild dip in energy and mood. You feel a bit more lethargic or unmotivated, but you are still fully able to function, go to work, and enjoy your relationships.

SAD (Seasonal Affective Disorder): A clinically recognized form of depression. It can cause extreme fatigue, loss of interest in activities you usually love, difficulty concentrating, changes in appetite, and feelings of hopelessness. It significantly impairs your daily functioning.

Common Symptoms

Persistent low mood or feelings of sadness

Low energy and extreme fatigue, even after plenty of sleep

Social withdrawal or not wanting to leave the house

Craving carbohydrates and an increase in appetite

Sleeping more than usual.

How to Manage It

If you are feeling a bit down or sluggish, several strategies can help boost your mood and energy:

Get Outside: Maximize your exposure to natural daylight by taking walks during the sunniest parts of the day.

Stay Active: Regular physical

exercise—even short, brisk walks—releases endorphins that help improve your overall mood.

Maintain Connections: Fight the urge to isolate yourself. Stay in touch with friends and family, and schedule social outings.

Eat Healthily: While it is tempting to load up on heavy carbs and sugars, doing so can cause energy crashes. Prioritize a balanced diet.

Winter blues is a general term, not a medical diagnosis. It's fairly common, and it's more mild than serious.



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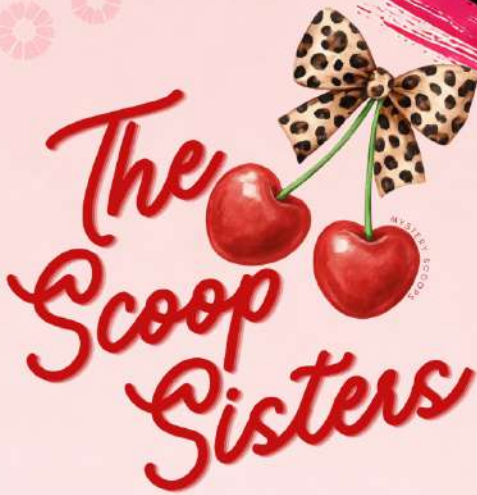
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BASED IN SOUTH AFRICA
EVERY MOMENT COUNTS

Becoming Grandaprents for the first - time is an exciting milestone

Becoming a first-time grandparent is an exciting milestone! To ensure a smooth transition, focus on asking the new parents exactly how they want to be supported, respect modern safety rules (like bare-crib sleeping), and offer help with meals or chores rather than just holding the baby.

Update Your Knowledge

Childcare practices have evolved significantly since you raised your children. It helps immensely to familiarize yourself with modern guidelines before the baby arrives:

Sleep Safety: Babies should sleep alone on a firm, flat mattress with no pillows, blankets, or bumpers.

Car Seats & Feeding: Guidelines for car seat positioning and solid food introduction change rapidly, so rely on the parents to share current pediatrician recommendations.

Communication and Boundaries
Ask Before Advising: Let the new parents take the lead and avoid giving unsolicited advice. If you aren't sure about a routine, ask, "How do you guys usually handle this?"

Be a Helper, Not a Guest: The most valuable thing you can do is make the parents' lives easier. Wash dishes, do a load of laundry, or bring over a pre-cooked meal.

Respect Their Space: Be prepared for them to set boundaries. If they need space to bond as a new nuclear family, accept it graciously and be patient.

BabyCenter

Build a Lasting Bond

Give It Time: If you live nearby, visit, but be prepared to make the effort to travel. If you live further away, build a bond through daily video calls or reading books together over the screen.

Invest in Experiences: Instead of spoiling the baby with too many material items, focus on giving them your time, attention, and presence.

For more specific, localized resources, you can use the Raising Children Network for great family relationship advice, or check out Taking Cara Babies for a great refresher on modern baby care.

Of all the grandparenting styles, the compassionate grandparent is the most common and balanced. If this is your approach, you are likely close to your grandchildren, both emotionally and in terms of distance



Regular eye tests are vital - early detection of diseases

Regular eye tests are vital because they do more than just update your prescription. They serve as a crucial preventative health measure, catching symptomless diseases like glaucoma, diabetes, and high blood pressure early. Getting your eyes checked regularly is a fundamental part of maintaining your overall health and quality of life. Here is a breakdown of why it matters and what you should know:

Why Regular Testing is Essential Early Detection of Disease:

Your eyes are the only place in the body where a doctor can directly view your blood vessels without surgery. This allows optometrists to spot early indicators of serious conditions, such as high blood pressure, diabetes.

Preventing Vision Loss: Many severe eye conditions (like glaucoma or macular degeneration) progress slowly

without showing obvious early symptoms. Routine exams ensure these are caught when treatments are most effective.

Safety and Comfort: Updating your prescription regularly reduces eye strain, headaches, and visual fatigue. It is also essential for maintaining the visual sharpness required to safely drive.

How Often Should You Go? While specific needs vary based on your medical history, most professionals and health authorities follow these general guidelines:

Affinity Health

Adults (18 to 60): At least every 1 to 2 years, even if you do not wear corrective lenses.

Seniors (65+): Every year, as the risk for conditions like cataracts and age-related macular degeneration increases.

Children: An infant's first exam should happen between 6 and 12 months, followed by checks

before starting school and annually thereafter.

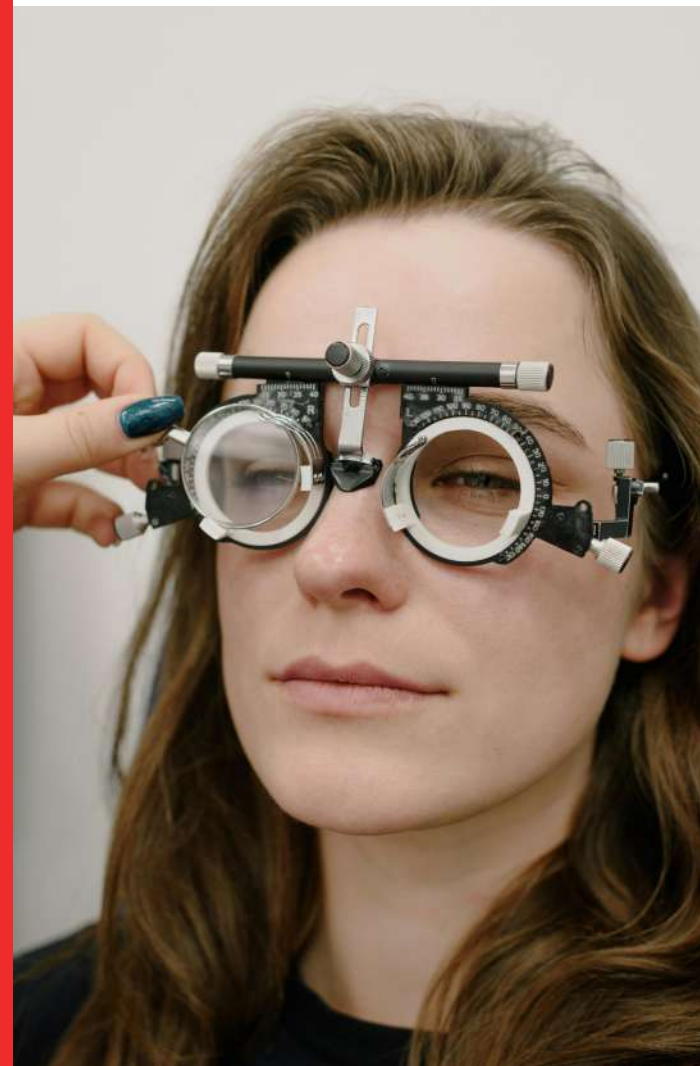
You should see your eye care professional annually—or as often as recommended—if you:

All About Vision

Wear glasses or contact lenses.

Have chronic health conditions like diabetes, high blood pressure, or a family history of eye disease.

Work in a visually demanding or hazardous field.



Celebrate Father's Day with quality time

Celebrate Father's Day by focusing on quality time and pampering, such as serving breakfast in bed, planning a relaxing spa day at home, or arranging a family brunch. Other meaningful gestures include writing a letter of gratitude, organizing a family photoshoot, hiking, or gifting handmade items.

Enjoy nature:

Go for a family hike, a leisurely walk in a botanical garden, or a picnic in the park.

Plan an experience: Book a wine tasting session, a pottery/painting class, or tickets to a local event.

Special meal:

Take her out for Father's Day brunch or host a backyard cookout.

Getaway: Plan a short weekend trip or a day of antiquing.

Thoughtful at-Home Activities

Pamper him: Give him a "day off" from chores, allowing her to

relax, or set up a home spa experience.

Homemade brunch: Serve breakfast in bed or cook his favorite meal.

Family fun: Host a movie night, play board games, or do a family photoshoot.

Garden together: Spend the day planting flowers or doing yard work as a family.

Letters of gratitude:

Write a heartfelt letter or email detailing why you appreciate him.

Memory creation:

Create a scrapbook or photo collage of favorite family moments.

Customized gifts: Create handmade, personalized items that he can cherish.

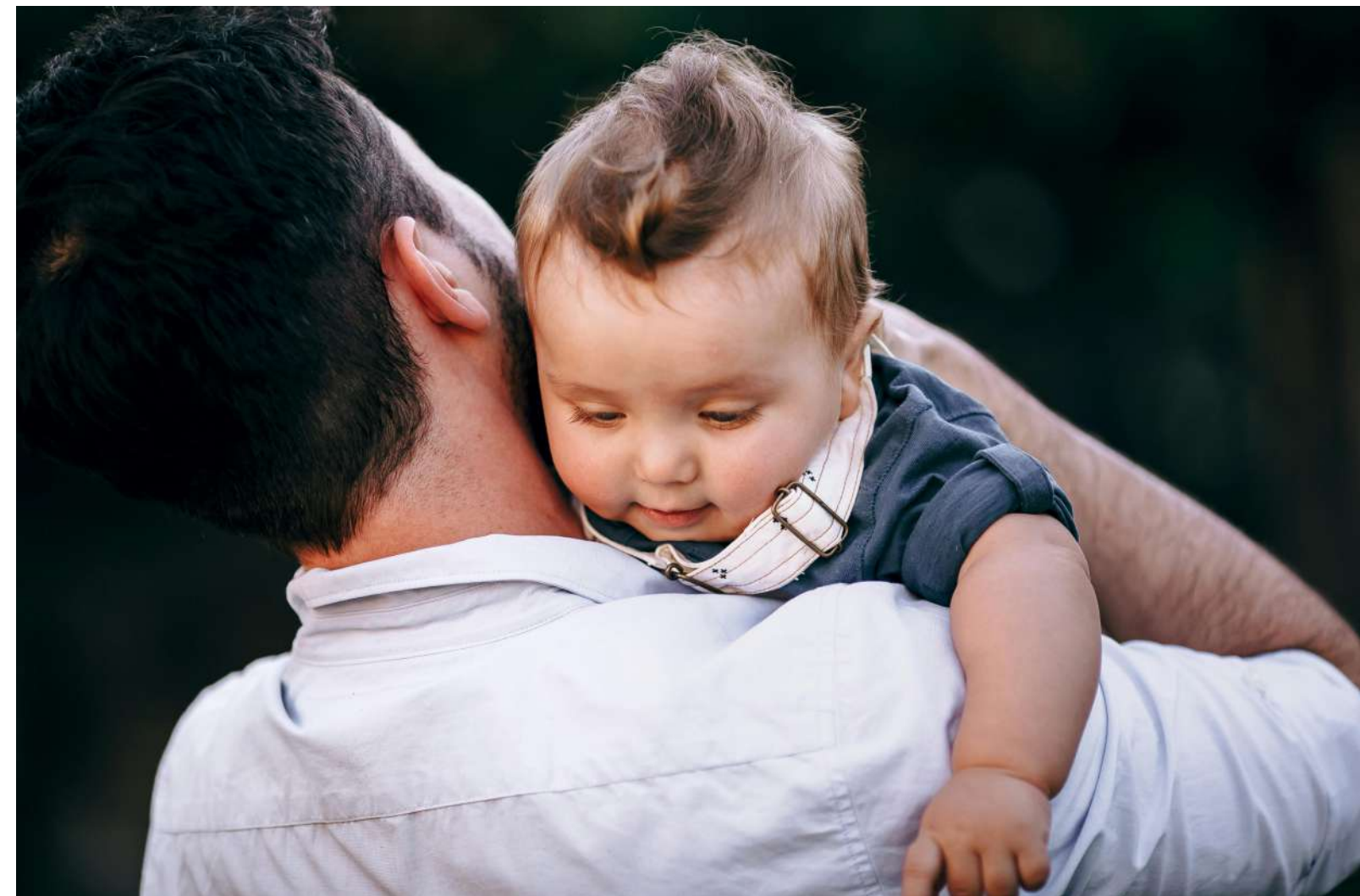
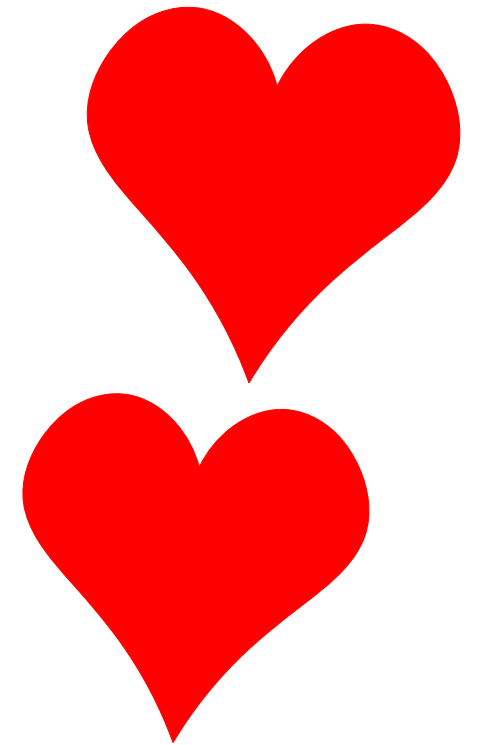
Virtual Celebrations (If Far Away)

Video chat: Organize a virtual family reunion or a long chat over tea.

Virtual class: Participate in a virtual yoga or cooking class together.

Ask what he wants: Sometimes, the best gift is having his requests met, such as choosing the television programs or enjoying peace and quiet.

Involve the kids: Have children create homemade cards or help with chores.



Business networking is important part 2

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.

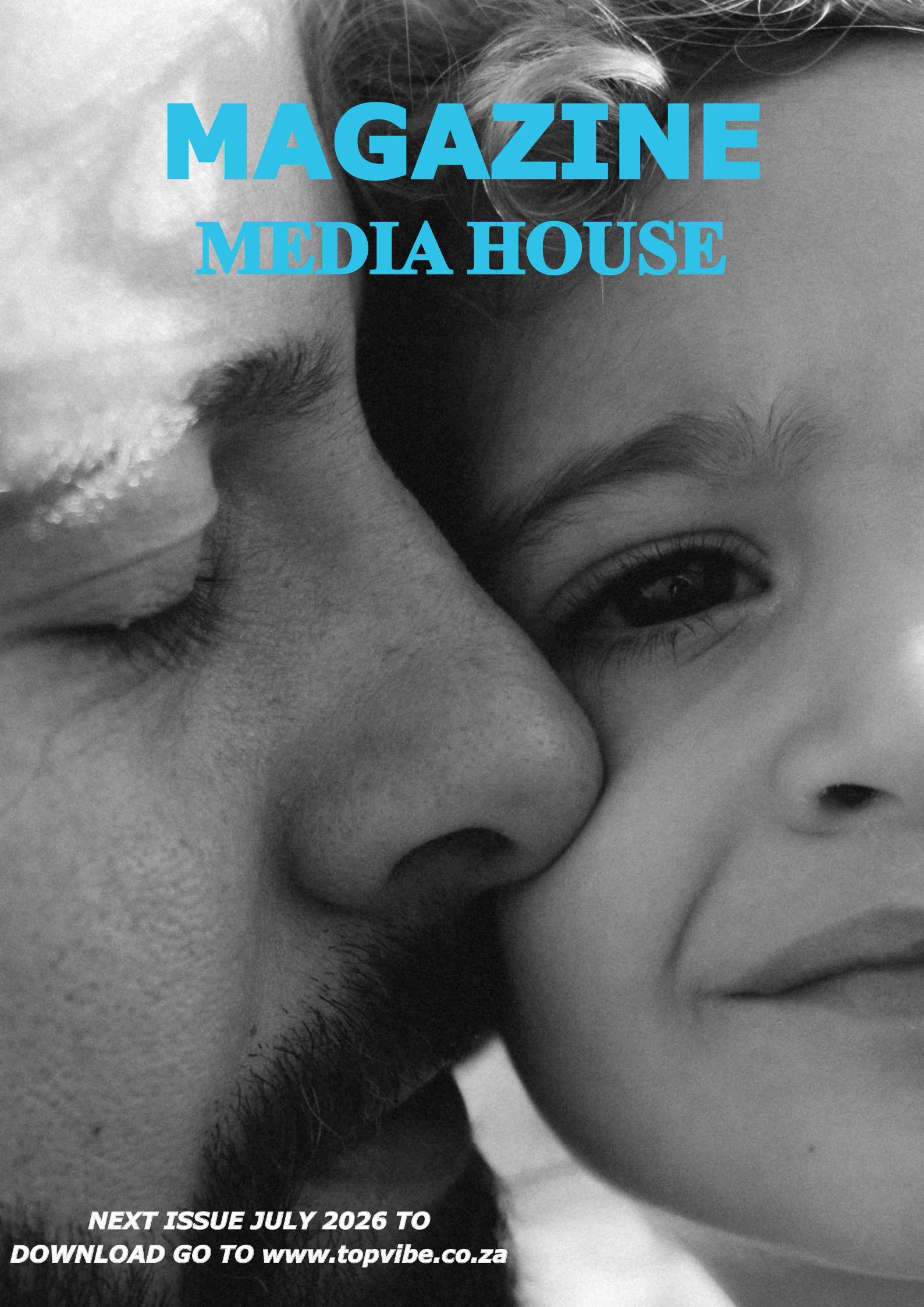
Mentorship: Building a strong network connects you with experienced professionals who can offer guidance, expert advice, and fresh perspectives on complex challenges.

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 black and white close-up photograph of a man and a woman's faces. The man's face is on the left, partially visible, with his nose and mouth in focus. The woman's face is on the right, looking directly at the camera with a slight smile. The text 'MAGAZINE MEDIA HOUSE' is overlaid in bright blue at the top.

MAGAZINE MEDIA HOUSE

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