

Top Vibe

Magazine

ONLINE
JULY 2026
ISSUE 206

Maritza Victor
Helping people
is her passion
Page 16

Deur: Alida De Bruyn
Boekresensie van Frenette van Wyk, Om weer te dans

Top Vibe Magazine

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TOP VIBE MAGAZINE
ISSUE 206
JULY 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.

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4.

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Friday Club Vaal where business
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REGULARS

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2. EDITOR'S NOTE: 03

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Sarel.*

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074 409 3929 OR Candice 078 614 4171*

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What is the difference between a Father and
a Dad?



Charmaine Britz

Editors Note

Dear reader,

July arrives with crisp winter mornings,
warm hearts, and a spirit of giving. As we
celebrate Christmas in July, we are
reminded of the joy that kindness and
community bring during the colder
months.

July is also Nelson Mandela Month, a time
to honour Madiba's legacy by dedicating
67 minutes to making a positive difference
in the lives of others. Whether through a
simple act of kindness, lending a helping
hand, or supporting a worthy cause, every
gesture matters.

May this month inspire warmth,
compassion, and hope in all that we do.

Charms

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Ambassadors

Dear readers,

As the Face and Ambassador of Top Vibe Magazine, I would like to personally invite you to join us this July for our special charity event. Together, we will be sharing warm soup and fresh bread with the elderly in our community, spreading kindness and hope during the winter season.

We would love for you to get involved and become part of the Top Vibe family. Every helping hand and every act of generosity makes a meaningful difference.

I look forward to meeting you all and sharing this special day together. Let's make this winter a little warmer—one bowl of soup, one loaf of bread, and one act of kindness at a time.

See you in July!

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



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

 **Share kindness. Share hope. Share a meal.**

Every bit helps a lot!



We need **GLOVES, WINTER SCARVES & KNEE BLANKETS**
for the elderly

We need your help,
PLEASE MAKE A DONATION!

 **USED OR NEW!**

 **GLOVES**
to warm cold hands

 **WINTER SCARVES**
to bring warmth

 **KNEE BLANKETS**
to bring comfort

 **DATE TO HANDOVER TO THE ELDERLY:**
15 JUNE 2026

♥ **TOGETHER, we can make a BIG DIFFERENCE**

♥ **Your kindness warms lives!**

Please make a donation.
Every item makes a difference!

 **082 827 6556**
OR
 **072 768 8582**

 **Share kindness. Share warmth. Share hope.**

Please support our projects

Boekresensie van Frenette van Wyk, Om weer te dans



Deur: Alida De Bruyn

Biografie – Frenette van Wyk
Frenette van Wyk is 'n geliefde Suid-Afrikaanse skrywer wat reeds 26 romanses, 6 superromanses, 4 kortverhale en 2 fantasieverhale vir jeug en jong volwassenes gepubliseer het. Haar eerste boek, Kruisvaart na Liefde, het in 2006 verskyn. Sy skryf inspirerende verhale vol liefde, hoop, geloof en tweede kanse. Haar nuutste Christelike historiese romans, Stryd vir Liefde en Om weer te dans, vorm deel van 'n reeks wat sy beplan. Voor haar skryfloopbaan was Frenette 'n hoërskoolonderwyseres in Afrikaans, Engels, Frans en Latyn.

Sy woon saam met haar man, Etienne, in Pretoria en geniet dit om te verf, te reis en navorsing vir haar stories te doen.

Outeur: Frenette van Wyk

Boek: Om weer te Dans

“Barabas, kan jy my hartklop hoor?

Voel jy die verlange ook in elke polsing van jou hart? Fluister jy soms nog my naam op die wind of in die kwynende strale van die ondergaande son?”

Is dit nie net van die mees romantiese woorde ooit nie? Jy voel sommer die passie waarmee Zivah dit sê. Die omgewing wat Frenette skep, wek dadelik 'n gevoel van nostalgie — die rotsagtige koppies, gespikkelde kleurvolle veldblommetjies, dadels, olywe, karob-, vy- en granaatbome wat oral op die plaas staan waar sy en Barabas mekaar ontmoet en hul liefde verklaar het.

Maar Barabas se verlede en die seer wat die Romeine veroorsaak het, het 'n haat in hom ontwikkel wat tussen hom en Zivah se geluk staan.

In Om weer te dans is Zivah iemand met 'n groot passie vir die maak van parfuum met lelie-olie, mirre, hisop en granaatblom. Sy het 'n ware talent

daarvoor. Haar herinneringe aan die intieme oomblikke wat sy en Barabas gedeel het, was haar dryfkrag, maar het haar ook stukkend gelaat. Sy vlug na 'n plaas wat aan Ezra, haar ma se neef, behoort — 'n veilige hawe vir gebroke vroue.

Maar Zivah kry nie rus vir haar hart nie. Sy sien Barabas oral raak — sy sterk manlikheid, die manier waarop hy sy tuniek gedra het. Sy kan nie vergeet hoe sy aanraking 'n polsende hittegolf deur haar laat trek het nie. Ezra ken haar geheime, en sy bystand in haar hartseer is vir haar soos die geur van teerheid, geduld en troos wat sy in roosblaarolie ruik. Sy weet hy sal haar nie in die steek laat nie. Daarom vra sy hom ook om haar te help om die Messias te soek.

Zivah se begeerte om die Messias te sien sodat Hy haar sondes kan vergewe, word al hoe sterker. Die oomblik toe sy sien hoe 'n verlamde se sondes vergewe word en hy opstaan en weer loop, het dieselfde begeerte in haar hart ontstaan. Maar die vrees dat dit nooit vir haar sal gebeur nie, omdat sy glo haar sonde is te groot om vergewe te word, verteer haar. dit nooit vir haar sal gebeur nie, omdat

sy glo haar sonde is te groot om vergewe te word, verteer haar.

Terugflitse na Barabas en Zivah se liefde laat jou amper broos voel, asof jy die geur van die olie wat sy spesiaal vir hom gemaak het, self kan ruik. Die soet reuk hang oor elke bladsy. Al leef Barabas 'n gevaarlike lewe en word hy daagliks aan geweld blootgestel, probeer Zivah die stemmetjie van waarskuwing in haar stilmaak, want hy het haar nog altyd veiligheid gebied. Maar Barabas dra ook sy eie hartseer — 'n pyn wat hom dryf om wraak teen die Romeine te neem. Zivah het 'n vrymoedigheid om haar hart teenoor hom oop te maak. Daar is 'n intieme oomblik waar sy haarself volkome aan hom toewy om hom van haar liefde te verseker. Maar Barabas se drang na wraak neem hom op 'n onbekende pad en ruk hom weg van Zivah af.

Zivah ervaar oorweldigende hartseer, en haar soeke na die Messias vir vergifnis raak net al dringender. Wanneer sy uiteindelik die geleentheid kry om met die Messias te praat, kan jy as leser nie help om self 'n traan af te nie.

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Boekresensie van Frenette van Wyk, Om weer te dans

Dit voel asof die Messias reguit met jǒu praat. Op daardie manier raak jy deel van Zivah se storie — asof dit eintlik jou eie storie is. Ek het myself telkemale betrap dat ek myself in Zivah sien.

Temidde van haar hartseer en haar voortdurende verlange na Barabas se liefde, word Ezra se wysheid en ondersteuning vir haar van onskatbare waarde. Die dag toe Zivah hoor dat Barabas in hegtenis geneem is, is vir haar 'n geweldige skok. Sy wraak teenoor die Romeine het uiteindelik sy tol geëis.

Dit is 'n dag van pyn en smart waar Zivah beseft dat die einde van haar liefdesverhaal met Barabas moontlik aangebreek het. Hulle liefde voel soos 'n bitter olyf. Barabas se bittersoet beloftes en haar verpulpte drome vloei soos kosbare druppels suiwer olie verlore weg.

Die seisoen saam met hom is verby. Maar God se planne is nie altyd wat ons verwag nie, en hulle kry weer 'n kans. Tog kom daardie kans nie sonder hartseer nie. Sal hulle liefde mekaar weer vind? Sal Barabas en Zivah se

hartseer nie. Sal hulle liefde mekaar weer vind? Sal Barabas en Zivah se liefdesverhaal 'n nuwe seisoen ontvang?

Hierdie storie is gevul met liefde, hoop en geloof. Dit gaan oor baklei vir dit waarin jy glo. Dit is 'n verhaal van vergifnis, tweede kanse en selfs derde kanse. Liefde seëvier altyd.

Hierdie was vir my 'n ongelooflike leeservaring, en ek nooi almal uit om hierdie boek saam met 'n koppie rooibos tee te geniet. Hierdie boek is vir enige iemand wat in romanse glo — 'n verhaal wat jou sal wegvoer na 'n wêreld wat jy nooit gedink het bestaan nie.

Ek wens ek kon werklik beskryf watter impak Om weer te dans op my gehad het.

Frenette, jy het 'n ongelooflike storie geskryf.

Dankie dat jy jou woorde met ons deel.



Ek is nou dik vir poeier en 'n kwas, vir 'n bra wat jou seermaak

Ek is nou dik vir poeier en kwas

MARINDA SWANPOEL – Lag 'n slag vir jousef.

Daar kom 'n tyd in elke vrou se lewe waar sy eenvoudig net ophou onderhandel met die wêreld. Nie dramaties nie. Nie met 'n persverklaring of 'n spirituele retreat in Clarens nie.

Net stilweg. So tussen die derde grys haar en die sewende bra wat skielik voel soos 'n middeleeuse marteltoestel.

Ek het onlangs besef ek is nou amptelik dik vir poeier en kwas. Klaar. Finished. Daai fabriek het toegemaak. Daar was 'n tyd toe ek twee ure vroeër opgestaan het om my gesig te “doen.” Base. Concealer. Highlighter. Contour. Goed wat klink soos gereedskap in 'n

hardewarewinkel.

Nou kyk ek soggens na my make-up sakkie soos iemand wat belastingvorms moet invul. Dis net te veel emosionele arbeid. En die ergste is ... mans dink steeds vroue “doen dit vir hulself.”

Nee, Koos. Niemand sit vrywillig met 'n warm haardroër teen hul nek in Desember vir personal growth nie. Ek het ook die stadium bereik waar ek nie meer belangstel om my liggaam konstant strategies weg te steek nie.

As my tieties wil hang, dan hang hulle. Hulle het hul diensplig gedoen. Daardie soldate het deur push-up bras, draadbras, strapless bras en minstens drie nasionale rampe gegaan. Hulle verdien nou pensioen en sagte materiaal.

Ek wil nie meer “ingetrek” wees nie.

Elke vrou ken daardie asemophou-oomblik wanneer jy jeans aantrek en jou organe vir 'n paar sekondes fisies herorganiseer. Vir wie presies doen ons dit? Ek wil nou klere dra wat voel soos 'n sagte verskoning. Linnebroeke. Los T-hemde. Onderklere wat nie lyk asof dit deur NASA ontwerp is nie. En eerlikwaar? Ek wil ook uit die publieke oog verdwyn. Nie permanent nie. Net genoeg dat niemand onverwags by my hek opdaag en sê: “Ons was in die area!” nie. Want nou moet ek 'n bra aantrek én maak asof ek mense geniet.

Nee dankie. My droom is eintlik om daardie geheimsinnige vrou op 'n kleinhoewe te word wat net sporadies in die dorp verskyn met 'n reuse sonbril en

hondekos in haar trollie. Mense sal fluister: “Sy was eens baie sosiaal.” En hulle sal reg wees. Maar ouderdom bring 'n vreemde soort vrede saam. Jy besef skielik hoe min belangrik baie dinge eintlik is. Perfekte eyeliner? Onnodig. Hoë hakke? Krimineel. Ander mense se opinies? Ag nee wat. Niemand wil heeldag ongemaklik wees nie, as hul wou sou jy 'n plastiese tuinstoel gewees het. So nee, ek gaan nie meer sukkel nie.

Die tieties hang.
Die hare word grys.
Die bra kom af teen 17:00.

En as iemand my soek, sal ek by die huis wees – sonder mascara, sonder stres, en heel moontlik sonder 'n behoorlike bra.



Maritza Victor helping people is her passion



Maritza Victor, helping others heal and grow is far more than a profession. It is not just her passion, but her calling.

As the founder of *Maritza Victor Holistic Wellness* in South Africa, Maritza has dedicated her life to empowering individuals and organisations to overcome challenges, shift limiting transformation occurs when the mind, body, and

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beliefs, and rediscover their inner strength. Her mission is simple yet profound: to help people turn pain into purpose and create lives filled with hope, healing, and meaning.

With qualifications and experience in neuro coaching, life coaching, executive coaching, biofeedback, Access Bars and colour therapy Maritza embraces a holistic approach to well-being, recognising that lasting transformation occurs when the mind, body, and spirit are nurtured together.

She has a special interest in trauma support, grief coaching, and personal development, creating a safe and compassionate space where people can heal, grow, and reconnect with their authentic selves. Her work is centred on the belief that every challenge holds the potential for growth and that healing is possible for everyone.

In addition to working with individuals, Maritza is

passionate about supporting businesses through executive coaching and employee wellness programmes. She understands that healthy, resilient employees are the foundation of successful organisations. By helping leaders and teams develop healthier ways of thinking, improve emotional well-being, and cultivate a growth mindset, she assists companies in enhancing workplace culture, increasing engagement, and improving overall productivity and performance.

Maritza is also an inspirational speaker and workshop facilitator, sharing messages of hope, resilience, and transformation. Through her presentations and coaching, she encourages others to move beyond limiting beliefs and embrace lives of purpose and significance.

Those who know Maritza describe her as someone who listens deeply, leads with

compassion, and genuinely cares about the people she serves. Her greatest reward is witnessing lives transformed and seeing individuals discover that their struggles do not define them, but can become the very foundation upon which they build a brighter future. For Maritza Victor, wellness is about more than feeling better. It is about helping people rediscover their inner spark, embrace their potential, and turn life's difficulties into opportunities for growth.

Because for her, this work is not simply a career.

It is a calling.

And through that calling, she continues to help others turn pain into purpose.

Maritza Victor

083 456 2096

Father or Dad: Is There a Difference?

As Father's Day approaches, I find myself wondering about something that many people have debated over the years: What is the difference between a father and a dad?

A father is someone who gives life to a child. That is a biological fact. But being a dad seems to be something much bigger than biology.

A dad is present. He is there for his wife, his children, and his family. He is the person his family can rely on when times are difficult. He provides guidance, support, protection, and love. He celebrates the victories and helps carry the burdens when life becomes challenging.

Being a dad is not an easy task. There are responsibilities that never end. There are bills to pay, children to raise,

lessons to teach, and a family to care for. A dad often puts the needs of his family before his own. He works hard to build a future and create opportunities for those he loves.

Many families see the father as the foundation of the home. Just as God is often referred to as our Father in Heaven, many people believe a father should be a godly example within his household—leading with wisdom, love, patience, and integrity.

Of course, nobody is perfect. Every father makes mistakes. Every dad has moments when he feels he could have done better. Yet perhaps what truly defines a dad is not perfection, but his willingness to keep showing up, keep loving, and keep trying.

Her and child

Maybe the difference between a father and a dad is simple. A father is a title. A dad is a relationship.

A father can exist without being involved. A dad chooses to be present.

This is not a statement but rather a conversation. What do you think? Is there a difference between being a father and being a dad? Or are the two one and the same?

I would love to hear your



The Reality of Running a Small Business

Many people dream of owning their own business. They see the freedom, the flexibility, and the opportunity to be their own boss. What many don't see are the long hours, sleepless nights, financial pressures, and personal sacrifices that come with being a business owner.

Running a business is not easy. It requires commitment, determination, and an incredible amount of hard work. There is no such thing as a paid sick day when you are the owner. If you are ill, the business still needs to operate. If you take a vacation, your mind often remains at work, worrying about customers, staff, finances, and growth.

Employees play an important role in every business, but they often have a different perspective. They arrive at work, complete their tasks, and at the end of the month expect

their salary. Business owners, on the other hand, carry the responsibility of ensuring those salaries can be paid. They shoulder the risks, manage the challenges, and constantly look for ways to keep the business moving forward.

Every successful business has a story of struggle behind it. Whether it's finding customers, managing cash flow, dealing with rising costs, handling competition, or balancing work and family life, business owners face challenges every day.

One of the most important factors in growing a business is marketing. No matter how good your product or service may be, people need to know about it. Networking and building relationships with other business owners can also make a significant difference. Learning from

others, sharing experiences, and supporting one another can help businesses grow stronger together.

We would like to hear from local business owners. What are the biggest challenges you face? What keeps you awake at night? What support do you need to help your business succeed?

Get in contact with us and share your story. Together, we can explore possible solutions, connect you with resources, and highlight the realities of entrepreneurship.

Owning a business is not easy, but it is possible. Behind every small business is a person with a dream, a passion, and the determination to keep going despite the obstacles.

We want to hear your story. Visit Friday Club for more information call 072 768 8582

MAGAZINE



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