Top Vibe Magazine

ONLINE
AUG 2026
ISSUE 207



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Moord rym nie
- Deur Eugene Pienaar

Media House projects 2026

VCN NEWS
VAAL COMMUNITY NETWORK NEWS

MH MEDIA HOUSE

Friday Club
Business Network

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TOP VIBE MAGAZINE
ISSUE 207
AUG 2026

1.

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Celebrate Women's day



Charmaine Britz

Editors Note

Dear Readers,

The month of August has arrived! August is known as the windy month, but this year it certainly surprised us with a whole week of winter cold.

Luckily, it looks like winter has finally gone for good, and we can now look forward to celebrating the beautiful arrival of spring! 🌸💐 May this new season bring you sunshine, fresh beginnings, happiness and plenty of reasons to smile.

Happy Spring, dear readers!

With love,

The Editor

Charms

Ambassadors



Bokamosa Bless

Face of Top Vibe & Ambassador

Dear readers,

As the Face and Ambassador of Top Vibe Magazine, I would like to personally thank Carin and Charmaine for the platform that we can work on and reach out to the 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.

Thank goodness the winter is behind us, looking forward to hot sunny day's.

Take care till next time

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

Media House projects 2026





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The word Hope

Hope: The Light That Keeps Us Going

Hope is one of the most powerful gifts we possess. It cannot be bought, borrowed, or inherited, yet it has the power to transform lives. When hope is alive, we find the strength to keep moving forward. Without hope, even the brightest day can seem dark.

Life is filled with challenges. We all experience disappointment, loss, failure, heartbreak, and uncertainty. There are days when the road ahead seems impossible to travel. But hope whispers, "Keep going. Better days are coming."

Hope is not pretending that life is perfect. It is believing that tomorrow can be better than today. It is having faith that every storm eventually passes and that every setback is an opportunity to begin again.

Think about the people who have overcome great adversity. Many faced circumstances that seemed impossible. What carried them through was not luck or easy answers—it was hope. Hope gave them the courage to take one more step, make one more attempt, and believe that their story was not over.

Hope also inspires us to dream. It encourages students to work toward their goals, parents to provide a better future for their children, entrepreneurs to build businesses, and communities to rebuild after hardship. Every great achievement begins with someone believing that something better is possible.

There will always be moments when hope feels distant. During those times, lean on the people who love you. Read stories that inspire you. Celebrate small victories. Remember the obstacles you have already overcome. Sometimes hope begins with simply believing that today does not define your future.

Hope is contagious. A kind word, a helping hand, or a smile can restore hope in someone who feels forgotten. You may never know how much your encouragement means to another person. One act of kindness can change the direction of someone's day—or even their life.



As we journey through life, there will be seasons of joy and seasons of struggle. Hold on to hope through both. It gives us purpose when we feel lost, courage when we are afraid, and strength when we are tired.

Never underestimate the power of hope. It is the spark that keeps dreams alive, the courage behind every new beginning, and the quiet voice that reminds us that no matter how difficult today may be, tomorrow still holds endless possibilities.

Without hope, we have very little to hold on to. But with hope, anything is possible.

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When you put on your Mask and pretending everything is fine

Not the kind that covers our face, but the invisible one that hides our emotions, our fears, our pain, and sometimes even our true selves.

How many times have you smiled while your heart was breaking? How often have you said, "I'm fine," when you were anything but fine? We laugh at jokes, go to work, attend social events, and post happy photos on social media, while inside we may be struggling with sadness, loneliness, anxiety, disappointment, or anger.

Society has taught us that we should always be happy, positive, and strong. We are often made to believe that showing emotion is a sign of weakness. So instead of asking for help, we wear a mask. We smile through the tears. We hide our struggles. We pretend everything is okay.

But pretending comes at a cost.

The longer we wear our masks, the more disconnected we become from ourselves. We become exhausted trying to meet other people's expectations instead of living authentically. Behind many cheerful faces are silent battles that no one knows about.

Imagine a world where people felt safe enough to say, "Today I'm not okay." A world where kindness replaced judgment, where listening was more important than pretending, and where vulnerability was seen as courage instead of weakness.

Perhaps the greatest gift we can give one another is permission to remove our masks.

You don't have to be happy every moment of every day. You don't have to carry every burden alone.

It's okay to cry. It's okay to feel angry, disappointed, or overwhelmed. Those emotions don't make you weak—they make you human.

The next time someone asks, "How are you?" maybe we should be brave enough to answer honestly. And maybe we should be kind enough to truly listen to the answer.

Because behind every smile is a story, and behind every mask is a person longing to be seen, accepted, and loved for who they truly are.



Some Days Are Diamonds, Some Days Are Stone

Some Days Are Diamonds,
Some Days Are Stone

Life has a way of reminding us that not every day is meant to shine.

Some days we wake up with a smile on our faces and a lightness in our hearts. Everything seems to fall into place. We laugh a little louder, appreciate the little things, and feel as though the world is on our side.

Those are our diamond days.

But then there are other days.

Days when getting out of bed feels harder than usual. Days when our hearts are heavy, our thoughts are tired, and nothing seems to go according to plan. We may smile at people, carry on with our responsibilities and tell everyone that we are fine—but deep inside, we are simply trying to get through the day.

Those are our stone days.

And perhaps the greatest lesson life teaches us is that both kinds of days are necessary.

We often put pressure on ourselves to be happy all the time. Society tells us to smile, to be positive, to be strong and to keep going. But being strong doesn't mean that we never struggle. It doesn't mean we never cry, feel disappointed, become angry or simply need a moment to ourselves.

Sometimes being strong means admitting:

“Today is not a good day for me.”

And that's okay.

A bad day does not mean you have a bad life.

A difficult season does not mean your story is over.

A broken heart does not mean you will never love again.

And a stone-filled day does not mean that tomorrow won't bring diamonds.

Life is made up of moments. Some beautiful, some painful, some unforgettable and some we'd rather forget. But each one becomes part of who we are.

The difficult days often teach us things that the easy days never could. They teach us patience. They teach us compassion. They teach us to appreciate the people who stand beside us when we have nothing to give in return.

They teach us that sometimes simply getting through the day is an achievement.

So, if today is one of your diamond days, enjoy it. Laugh. Love. Celebrate. Be grateful. Don't feel guilty for being happy.

And if today is one of your stone days, be gentle with yourself.

You don't have to pretend.
You don't have to wear a mask.

You don't have to convince everyone that you're okay.
Take a breath. Take one step at a time. Rest if you need to. Cry if you need to. Ask for help if you need it.

Tomorrow is another day.
And perhaps tomorrow, the stone will become a diamond.
Because that's the strange and beautiful thing about life:

We cannot appreciate the diamonds without knowing what the stones feel like.

So embrace every day—the good ones and the difficult ones.

The laughter and the tears.

Resensie Moord rym nie - Deur Eugene Pienaar



Deur: Alida De Bruyn

Resensie: Moord Rym Nie deur Eugene Pienaar

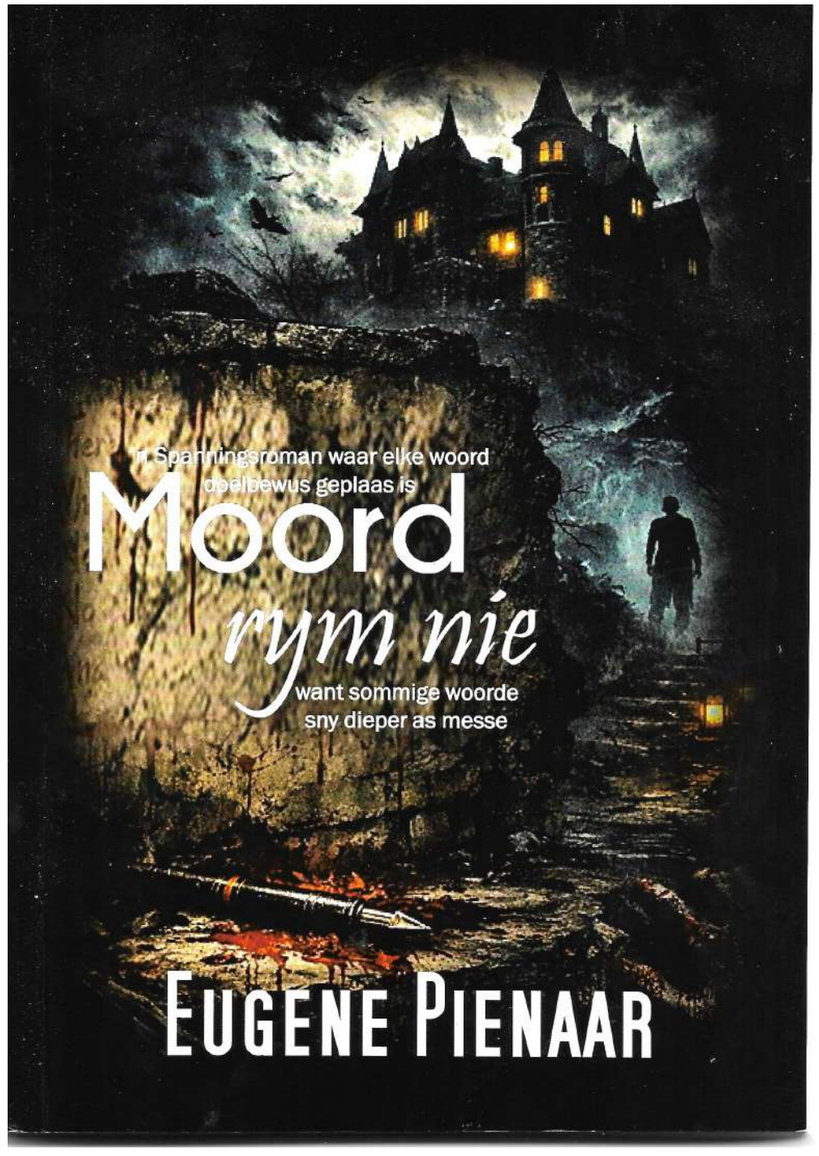
Eugene Pienaar, ’n pensioenaris uit Lichtenburg in Noordwes, het eers ná sy aftrede begin skryf, maar het reeds merkwaardig diep spore in die Afrikaanse skryfwêreld getrap. Verskeie van sy kortverhale het in publikasies en bundels verskyn, onder meer in *101 Stories* en *Inkspraak*. LitNet het een van sy verhale gekies vir ’n aanlyn slypskool vir opkomende skrywers, terwyl ’n ander verhaal tweede plek in ’n nasionale skryfkompetisie behaal het. Eugene was ook twee keer ’n finalis in die jaarlikse RSG en ATKV-radiodrama-skryfkompetisie, en het later eers plek verower in Radio Suidkus se kort radiodrama-kompetisie. Hy is ’n wewenaar met ’n dogter, en wy sy tyd daaraan om sy stem as skrywer verder te ontwikkel.

Met *Moord Rym Nie* bewys Eugene dat hy weet hoe om spanning stadig, maar genadeloos, op te bou. Van die eerste bladsy af besef jy dat hierdie nie ’n gewone verhaal gaan wees nie. Daar is dadelik iets onheilspellends in die atmosfeer; iets wat fluister dat die leser versigtig moet trap. Die verhaal begin wanneer De Wet deur sy suster genooi word om tydens die Covid-inperking saam met ses ander mense in ’n afgeleë kasteel te gaan woon. Op die oog af klink dit na die ideale wegbreekplek: ’n sprokiesagtige kasteel, stilte, afsondering en die kans om aan sy boek te werk. Maar die oomblik wanneer hy daar aankom, voel hy dat iets nie pluis is nie. Die kasteel is nie net oud en indrukwekkend nie; dit dra ’n koue, donker teenwoordigheid wat byna soos ’n karakter op sy eie voel. Kort nadat al die gaste opgedaag het, ontvang elkeen ’n geheimsinnige limeriek. Wat aanvanklik vreemd en ongemaklik voorkom, word gou dreigend. Die rympies word donkerder, beskuldigings begin rondvlieg, en die spanning tussen die gaste neem toe.

Wat hierdie boek besonder sterk maak, is die manier waarop Eugene elke karakter ’n unieke stem gee. Niemand voel soos ’n herhaling van ’n ander nie. Elke persoon dra sy eie verlede, sy eie skuld en sy eie geheime saam.

Resensie Moord rym nie - Deur Eugene Pienaar

Dan gebeur die eerste moord.
'n Liggaam word ontdek — saam met nóg 'n limeriek. Skielik is die kasteel nie meer 'n toevlug nie, maar 'n tronk. Die gaste besef daar is geen selfoonsein nie, en die enigste pad uit die gebied is versper. Of dit deur 'n rotsstorting gebeur het, en of iemand dit doelbewus beplan het, bly 'n onheilspellende vraag. Die Covid-inperking het hulle reeds van die wêreld afgesonder, maar nou hou die moordenaar hulle gevange in 'n veel gevaarliker spel. Gert, 'n afgetrede polisieman, probeer die ondersoek lei, maar hy kry min samewerking. Almal is bang. Almal is verdag. En almal het iets om weg te steek. Hoe meer De Wet stilweg begin waarneem, hoe meer besef hy dat hierdie groep mense waarskynlik nie toevallig bymekaar gebring is nie. Iemand ken hulle geheime. Iemand luister. Iemand beweeg tussen hulle soos 'n skim in die donker. Die kapel se klok begin later lui — asof dit 'n nuwe ramp aankondig. Nog 'n moord volg. Nog 'n limeriek. Die gevoel van vasgevang wees raak byna tasbaar. Jy lees met 'n knop in jou maag, want elke bladsy laat jou wonder wie volgende gaan val en wie agter die donker spel sit.
Moord Rym Nie is een van daardie boeke wat jou regop laat sit. Die spanning is soms so intens dat jy die boek wil toemaak net om asem te haal, maar terselfdertyd kan jy nie ophou lees nie. Jy móét weet. Jy móét uitvind wie in die skaduwees skuil.
Eugene Pienaar beskik oor 'n besondere talent vir atmosfeer. Sy woorde pen jou vas. Die kasteel word koud, stil en gevul met skaduwees wat amper lewe kry wanneer niemand kyk nie. Die verhaal lees soos 'n film wat stadig voor jou afspeel — donker, geheimsinnig en vol verrassings.
As jy hou van speurverhale, misterie, 'n tikkie bonatuurlike spanning en selfs 'n sweempie romanse, is hierdie boek beslis vir jou. *Moord Rym Nie* is nie bloot 'n speurverhaal nie; dit is 'n donker reis deur skuld, geheime en vrees.
Eugene Pienaar het nie net 'n riller geskryf nie. Hy het 'n verhaal geskep wat soos mis onder 'n deur insluip en lank ná die laaste bladsy nog in die donker hoeke van jou gedagtes bly rondbeweeg.



When Trauma lives in the Body

When Trauma Lives in the Body: Can We Heal and Become Ourselves Again?

Trauma is something we often think of as an emotional wound. We imagine the memories, the sadness, the fear and the anxiety that can follow a painful experience. But trauma can also live in the body.

Sometimes, long after the event has passed, the body still behaves as though the danger is present.
You may find yourself constantly tense, easily startled, struggling to sleep, feeling exhausted, having difficulty concentrating, or finding it hard to relax.

You may feel numb or disconnected from yourself. You may even wonder, "Why am I still feeling like this? The event is over. Why can't I just move on?"
The answer is that trauma is not simply something we can tell ourselves to forget.

What happens to the body after trauma?
When we experience something frightening or overwhelming, our nervous system can go into survival mode. Our body prepares to protect us through its natural fight, flight, freeze or other survival responses.
For some people, that response settles once they are safe again. For others, the nervous system can remain sensitive long after the danger has passed.
This doesn't mean that you are weak, broken or "going crazy."

It means your body may still be trying to protect you.
Can I get rid of trauma by myself?
There are things you can do to support your body and nervous system, and these can become an important part of healing. But you don't have to—and shouldn't feel that you have to—heal everything alone.

Simple grounding techniques can help you reconnect with the present moment. Try slowing your breathing, particularly by making your exhale a little longer than your inhale. Look around you and name things you can see, hear and

touch. Put your feet firmly on the floor and remind yourself:

"I am here. I am safe in this moment. What happened is not happening right now."
Gentle movement, walking, stretching, regular sleep, nourishing food, time in nature and being around people you trust can also help create a sense of safety.
These techniques don't magically erase trauma. They can, however, help your body learn that it is possible to feel safe again.
Don't be afraid to ask for help
One of the strongest things you can do is say, "I need help."
A psychologist, counsellor, psychiatrist or other appropriately trained mental-health professional can help you understand what you are experiencing and work through it safely. Trauma-focused therapies, including trauma-focused cognitive behavioural therapy and EMDR, are among the approaches used to help people process traumatic experiences.
Asking for help doesn't mean you have failed.
It means you have decided that your healing matters.
Will I ever be myself again?
This is perhaps one of the biggest questions after trauma.
"Will I ever feel like me again?"
The answer can be yes—but healing doesn't always mean becoming exactly the person you were before.
Trauma can change us. But change doesn't have to mean losing ourselves forever.
With time, support and appropriate treatment, many people learn to feel safe again, reconnect with their emotions, rebuild relationships and regain confidence in their bodies and themselves.

You may discover that healing is not about forgetting what happened. It is about reaching a point where what happened to you is part of your story, but it no longer controls your entire story.

Healing takes time
There is no stopwatch on healing.
Some days you may feel strong. Other days, something small may bring back an unexpected emotion or memory.

That doesn't necessarily mean you are going backwards.
Healing isn't always a straight line.
Be patient with yourself.
Your body has spent time learning how to survive. It may need time to learn that it is safe to live again.

And perhaps the most important thing to remember is this:

You are not your trauma.
You are the person who survived it.
You are still here.

And with the right support, patience and compassion for yourself, there can be life, laughter, peace and a sense of yourself beyond what happened.
A final thought
Sometimes we spend years asking, "Why can't I just get over it?"
Perhaps the better question is:
"What does my body need to feel safe enough to heal?"

That question can be the beginning of a very different journey.



MAGAZINE



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