Top Vibe Magazine

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Media House

Friday Club
Business Network

VCN NEWS
VAAL COMMUNITY NETWORK NEWS

How Many Outfits Does a Woman Really Need This Summer?

Gold or Silver Juwellery?

INDEX

CONTENT

Top Vibe

Magazine

TOP VIBE MAGAZINE
ISSUE 209 - OCT 2026

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1.

TOP VIBE MAGAZINE AMBASSADORS:

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

2.

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REGULARS

1. COVER PAGE: 01

Top Vibe Magazine Cover page is the Lovely classy lady.

2. EDITOR'S NOTE: 03

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

3. AMBASSADORS: 04

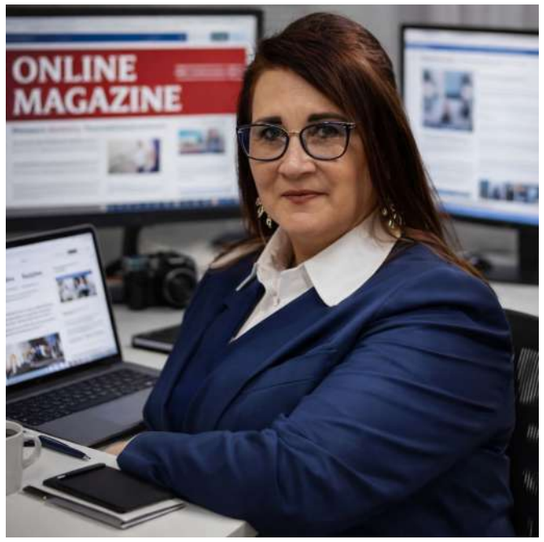
Our Ambassodor for 2026 is Candice and Sarel.

4. ADVERTS: 08

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5. GOLD OR SILVER?: 20

Celebrate the summer.



Charmaine Britz

Editors Note

Dear Readers,

This month we bring you interesting articles about Twins, and about coffee lovers. Gold or silver choosing the right jewellery for every age.

We also highlight the Media House projects that continue to support and uplift our community.

It's summer hope you are ready remember to protect your skin from the sun, and always wear a summer hat.

Remember to be safe around the pool especially with children, they should not run around the pool.

Enjoy this month's edition, and thank you for being part of the Media House family!

Looking forward to our next issue's

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





Please support our projects

Twins: Same Bond, Different Personalities

Twins share something incredibly special from the very beginning of life. They may look alike, but that does not mean they have the same personality, likes, dislikes or sense of style. It is very tempting for parents to dress twins in exactly the same outfits. Matching dresses, identical shirts and even the same shoes can look adorable, especially when they are little. But as twins grow, it is important to allow each child to develop their own identity. One twin may love pink while the other prefers blue. One might enjoy dresses and the other might feel more comfortable in jeans and a T-shirt. Why should they not be allowed to choose?

Dressing twins differently can be a simple way of teaching them that they are individuals. They can still have matching outfits occasionally for special occasions or family photographs, but everyday clothing can give each child the freedom to express who they are.

Parents can even make shopping fun by allowing each twin to choose a few items for themselves. They can have similar colours or styles without wearing exactly the same thing.

After all, twins may share a birthday, a home and an incredible connection, but they are still two different people. Let them be twins—but also let them be themselves. ❤



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Die gesonde een wat saam siek is

DIE GESONDE EEN WAT SAAM SIEK IS

Niemand praat eintlik oor hom nie.
Of haar nie.
Die een wat langs die siekbed sit,
die een wie se liggaam nog gesond is,
maar wie se hart lankal begin ingee het.
Die siek persoon dra die siekte.
Maar die gesonde een dra alles anders.

Hy dra die bekommernis wat niemand sien nie.
Die rekeninge.
Die petrol.
Die kos.
Die dokters.
Die medisyne.
Die werk wat ophoop.
Die vrae waarvoor daar geen antwoorde is nie.

Hy dra die nagte.
Die ure waarin almal slaap maar hy wakker lê
en na daardie asemhaling luister.

Elke hoes laat hom regop sit.
Elke stilte laat hom wonder
of dit dalk nou is.

Hy leer die geluid van pyn ken.
of dit dalk nou is.

Hy leer die geluid van pyn ken.
Die verskil tussen “ek is okay” en
“ek sê net ek is okay want ek wil jou nie
bekommer nie.”
Hy staan op wanneer die sieke roep.
Hy bring water.
Hy maak kos.
Hy was klere.
Hy maak die huis reg.
Hy bel die dokter.
Hy hou die hand vas.
En wanneer iemand vra:
“Hoe gaan dit met jou?”

sê hy:
“Dit gaan goed.” Want daar is nie tyd
vir die gesonde een om ook siek te wees nie.
Niemand sien hoe sy lewe ook stadig tot
stilstand kom nie.
Planne word uitgestel.
Vakansies verdwyn.
Drome word kleiner.
Werk word tweede.
Vriende raak minder.
Want jy kan nie altyd ver wees wanneer iemand
vir wie jy lief is
besig is om te verdwyn nie.
En miskien is dit die wreedste deel, om iemand
lief te hê terwyl jy niks kan doen om hulle te
red nie.
Om elke dag 'n bietjie meer van hulle te verloor
terwyl hulle nog voor jou sit.
Eers verloor jy die energie.
Dan die eetlus.
Dan die lag.
Dan die dinge wat hulle altyd gedoen het.
En een dag kyk jy na hulle en besef:
Ek mis jou terwyl jy nog hier is.
Hoe groet 'n mens iemand wat nog asemhaal
maar stadig besig isom uit jou lewe uit te stap?
Hoe aanvaar jy dat liefde alleen nie altyd
genoeg is nie?
So sit die gesonde een langs die bed.
Met sy hand om 'n hand wat al hoe kouer word.
Hy glimlag wanneer hy moet.
Hy is sterk wanneer hy moet.
Hy sê:
“Ons sal deurkom.”
Selfs wanneer hy self nie meer weet hoe nie.
En wanneer die wêreld later sê:
“Sy was so sterk.” sal niemand dalk vra
wie haar sterk gehou het toe sy nie meer self
kon nie.

Niemand praat oor die gesonde persoon
wat saam siek was nie.
Die een wie se liggaam nie die siekte gedra het
nie, maar wie se hart elke dag 'n bietjie daarvan
gedra het.
Hy was nie die pasiënt nie.
Maar hy het ook 'n lewe verloor.
Bietjie vir bietjie. En miskien is dit hoekom
ons moet begin vra:
“Hoe gaan dit met jou?”
Nie net vir die een in die hospitaalbed nie.

Maar ook vir die een wat elke aand
die lig afsit, die kombers regtrek, die hand
vashou,en in die donker stilweg bid:

“Here, gee my asseblief net genoeg krag
vir môre.”
Want soms is daar twee mense wat siek word.
Een se liggaam dra die siekte.

En die ander een dra die wêreld.



Coffee Lovers – More Than Just a Cup



For some people, coffee is not simply a drink — it is a little daily ritual! The smell of freshly brewed coffee, the warmth of the cup and that first delicious sip can make the morning feel just a little better.

But why are some people so passionate about coffee? Coffee contains caffeine, which can increase alertness and help us feel more awake. Over time, people can also develop a strong preference for certain flavours, aromas and ways of preparing their coffee.

Then there are the coffee connoisseurs — people who love discovering different coffees and learning about where the beans come from, how they are roasted and how they are prepared. From espresso and cappuccino to latte, flat white and filter coffee, every method can create a different taste and experience.

Some enjoy their coffee strong and black, while others prefer milk, foam, sugar or a touch of flavour. And just like wine lovers, coffee enthusiasts may notice hints of chocolate, nuts, fruit or caramel in different beans.

So, whether you enjoy one simple cup every morning or love exploring new coffees, there is one thing most coffee lovers can agree on: sometimes, a good cup of coffee is more than a drink — it is a moment to enjoy.



How Many Outfits Does a Woman Really Need This Summer

Summer is here, and that often means looking into your wardrobe and thinking, "I have nothing to wear!" — while your cupboard is actually full of clothes. The secret is not having more clothes; it is having the right clothes that can be mixed and matched.

Build a summer wardrobe that works for you

For most women, around 12–15 main clothing pieces can create a very versatile summer wardrobe. You don't need a new outfit for every day.

A good starting point could be:

4–5 tops – choose different styles and colours that work with several bottoms.

2–3 pairs of shorts or skirts – neutral colours are particularly easy to mix.

2 pairs of comfortable summer trousers – linen or lightweight cotton are great choices.

2–3 summer dresses – one casual, one slightly smarter and one for special occasions.

1 lightweight jacket or cardigan – for cooler mornings and evenings.

1 smart outfit – something you can wear to a meeting, lunch or an occasion.

Of course, your wardrobe should depend on your lifestyle. A woman who works in an office will need different clothing from someone who works from home or spends most of her time outdoors.

Think "mix and match"

Before buying something new, ask yourself:

"Can I wear this with at least three things I already own?"

If the answer is no, think twice before buying it.

Choose a few basic colours such as white, black, beige, navy or denim, and then add brighter summer colours through tops, dresses and accessories. This makes it much easier to create several outfits from a small number of pieces.

For example, one pair of white trousers can be worn with a pink top, a blue blouse, a patterned shirt or a simple T-shirt. Add different shoes and jewellery, and the outfit can look completely different.

Don't forget the accessories

Accessories can make a small wardrobe feel much bigger.

A summer wardrobe can be transformed with two or three handbags, a sun hat, a few scarves, belts, sunglasses and some jewellery. You don't need dozens of accessories — just pieces that work with your clothing.

Buy less, choose better

Summer is not a reason to go shopping every weekend. Before buying anything, look at what you already have and make a list of what is actually missing.

Choose clothing that is comfortable, washable, practical and suitable for your lifestyle. Quality basics that can be worn in several ways are often a better investment than trendy pieces that you may only wear once.

The perfect summer wardrobe isn't the biggest wardrobe. It's the one where almost everything works together.

So this summer, clear out what you don't wear, keep the pieces you love, and build a wardrobe where you can mix, match and create something new every day.

Make the outfit count clearer

Add underwear and shoe basics

Make the wardrobe age-inclusive



Makeup - there is no expiry date on beauty.

Makeup After 50: There Is No Expiry Date on Beauty

At what age should a woman stop wearing makeup? The answer is simple: there is no expiry date on makeup!

Whether you are 50, 60, 70 or 80, if wearing makeup makes you feel good, then wear it. Growing older does not mean we have to stop caring about our appearance. In fact, getting ready in the morning, putting on a little lipstick and adding some colour to our face can be a wonderful part of feeling confident and feminine.

But there is one important difference: the way we apply makeup may need to change as we get older.

After 50, our skin often becomes drier and more delicate, particularly around menopause. Fine lines become more visible and the skin may not have the same firmness or moisture it had when we were younger.

Less can be more

The makeup that looked beautiful at 25 may not have the same effect at 55.

Instead of applying a thick layer of foundation, try a lightweight, moisturising foundation or tinted moisturiser. Apply a small amount and build coverage only where you need it. Heavy foundation can settle into lines and draw attention to texture.

Moisturise first. Dermatologists recommend moisturising mature skin because it can help reduce the appearance of fine lines and give the complexion a fresher appearance. During the day, sunscreen should also be part of your routine; the American Academy of Dermatology recommends broad-spectrum SPF 30 or higher.

What about the eyes?

Your eyes can still be the centre of your face, but you don't necessarily need dramatic eye makeup.

A soft neutral eyeshadow, neatly defined brows and a little mascara can open up the eyes beautifully. If your eyelids have become more hooded or your skin is more textured, a softer application can look more flattering than thick layers of shadow.

And don't forget your eyebrows. As we age, brows can become thinner, so gently filling in sparse areas can make a surprisingly big difference.

Blush is your friend

A little blush can bring warmth and life back to the complexion.

Choose a soft, natural shade and apply it gently to the cheeks. You don't need a lot. The aim is to look fresh rather than heavily made up.

Never underestimate lipstick

Lipstick is one of the easiest ways to brighten the face.

You don't have to choose a bright red if that isn't your style. Pink, berry, coral, nude and soft red shades can all look beautiful. If your lips have become drier, use a moisturising lip product or lip balm underneath.

Makeup should enhance — not hide — you

Getting older is not something that needs to be hidden under layers of makeup.

Those little lines around your eyes are part of your story. The changes in your face show that you have laughed, cried, loved, worked, worried and lived.

Makeup should be used to enhance the woman you are today, not try to turn you back into the woman you were at 25.

And remember: there is absolutely nothing wrong with going makeup-free either.

Some mornings you may want your full makeup routine. Other days, moisturiser, sunscreen, a little mascara and lipstick may be all you need.

So, when should a woman stop wearing makeup?

Whenever she wants to — and not because somebody else says she is too old.

There is no age limit on lipstick. No retirement age for mascara. No rule that says a woman over 50 must stop wearing makeup.

If putting on makeup makes you feel happy, confident and ready to face the world

Gold or Silver Juwellery

Jewellery has a wonderful way of making us feel beautiful, confident and dressed up. But when it comes to choosing between gold and silver, does your age really matter?
The answer is: not as much as you may think! Both gold and silver can look beautiful on a young woman, a mature woman or a grandmother. The secret is choosing the right style, size and colour for your personality.

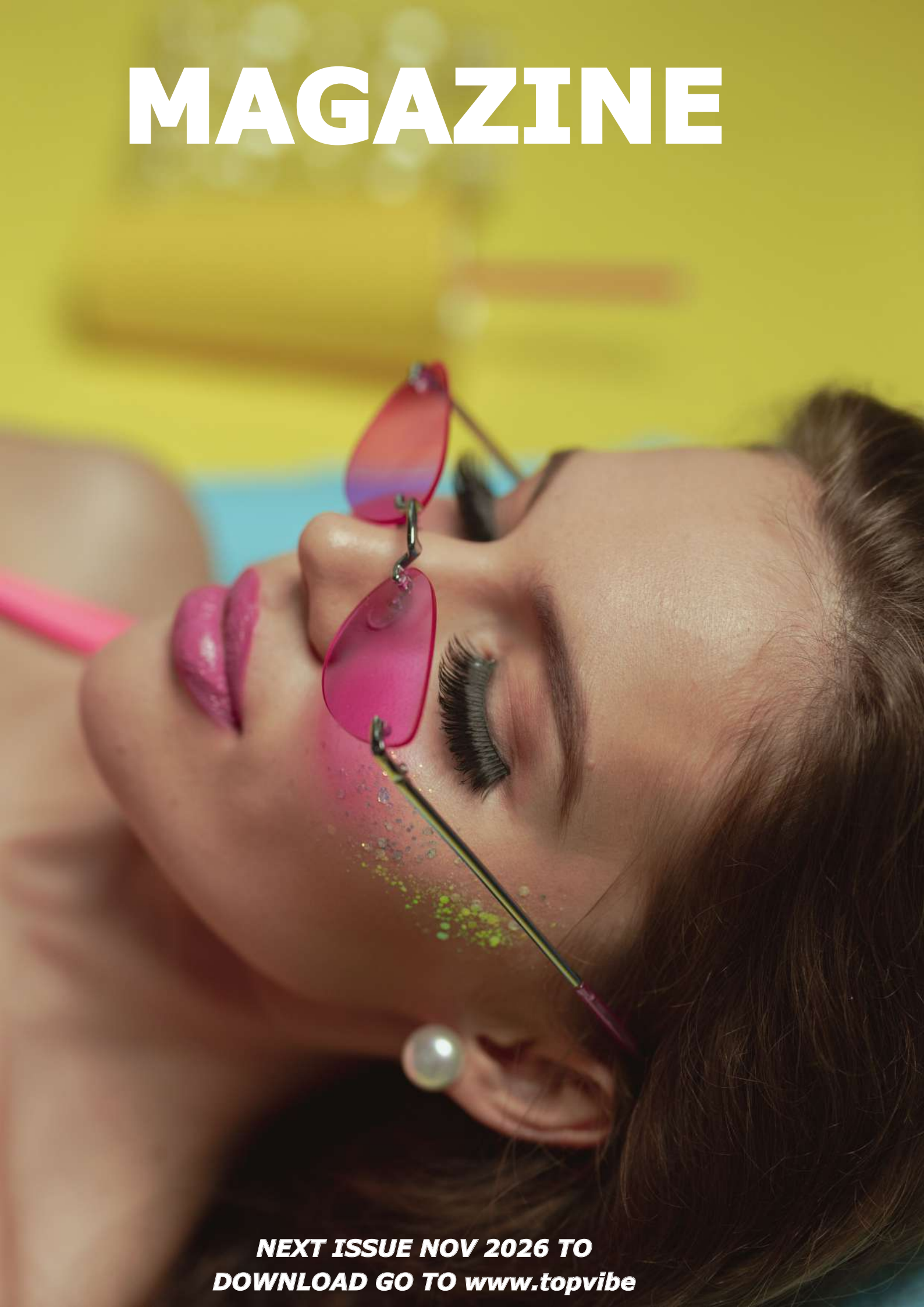
✨ Gold – Classic and Timeless
Gold has always been associated with elegance and tradition. Yellow gold, in particular, has a warm, classic appearance and can look beautiful with both everyday clothing and formal outfits.
For an older woman, a delicate gold chain, small gold earrings, a classic bracelet or an elegant ring can create a sophisticated look without being too heavy. Gold can also be a wonderful choice for jewellery that is treasured and passed down through the family.
For younger women, gold can be worn in a much more modern way. Think delicate layered necklaces, small hoops, fine bracelets or several simple rings worn together.
Gold also comes in different colours, including yellow, white and rose gold, so there is plenty of choice.

🤍 Silver – Fresh and Modern
Silver has a cool, bright appearance and is often associated with a fresh and contemporary style. Sterling silver is also generally more affordable than gold, making it possible to own several different pieces without spending a fortune.
Silver can be particularly attractive on younger women who enjoy modern, fashionable jewellery. Statement earrings, layered necklaces and unusual rings can create a youthful and trendy appearance.
But silver certainly isn't only for young women! An older woman can look wonderfully elegant in silver, especially when it is combined with pearls, diamonds or other sparkling stones.

🤩 What About Older Women?
There is no rule saying that older women should wear gold and younger women should wear silver.
However, comfort becomes increasingly important. Very heavy earrings, complicated necklaces or bulky bracelets may not be comfortable for everyday wear. A beautiful medium-sized earring, a simple pendant or an elegant bracelet can often create a polished look without becoming uncomfortable.
Gold can be particularly practical for jewellery worn frequently because it doesn't tarnish in the same way sterling silver does. Silver can develop tarnish over time and may need polishing to bring back its shine.

👩 Young Ladies - Have Fun With Jewellery!
Young women don't have to stick to one metal either. Silver, gold, rose gold and even combinations of different metals can create beautiful modern looks.
Try a fine gold necklace with a casual outfit, silver hoops with jeans, or several delicate bracelets for a layered look.
And don't be afraid to experiment!

MAGAZINE



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