Top Vibe

Magazine

ONLINE
FEBRUARY 2026
ISSUE 201



Media House projects 2026

Make time for yourself

INDEX

CONTENT

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Magazine

TOP VIBE MAGAZINE
ISSUE 201
FEBRUARY 2026

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MEDIA HOUSE - TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF

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



REGULARS

1. COVER PAGE: 01

Top Vibe Magazine celebrate the LOVE.

2. EDITOR'S NOTE: 03

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

3. AMBASSADORS: 04

Our Ambassodor 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,

The month of Love! February is the month of Love.
Let's celebrate love in all its beautiful forms, love for one another, love for family and friends, self love, and love for what we do. May this month be filled with kindness.

One lucky couple that got engaged can win a photoshoot sponsored by Dreamteam Wedding photography & service.

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.

Happy Valentyne's Day

See your next month

Charms

Ambassadors



Bokamosa Bless

Face of Top Vibe & Ambassador

Support Her. Empower Her. Pad Her.

Dear Readers,

This month, we are proud to share that our ambassador, Bokamoso Bless, will be part of a pads drive hosted by the MM Foundation — an initiative rooted in care, dignity, and confidence. This February issue shines a light on a cause that reminds us that no girl should miss school or feel ashamed simply because she cannot afford menstrual products.

Menstrual hygiene is not a luxury; it is a basic necessity. When girls feel clean and protected, they are able to move freely, participate in class, and engage confidently without fear or embarrassment. One pad can restore dignity. A small act can change a life.

We invite you to stand with us. The MM Foundation is calling on the community to donate sanitary pads, make financial contributions, or volunteer their time. Every contribution, no matter how small, helps support, empower, and uplift a girl in need.

📍 Vaal
📅 February 2026
📞 Donations & Volunteering: 078 316 9044



Liewe Leser,

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

Ek streef daarna om waardevolle en betekenis volle 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.

Baie dankie vir julle ondersteuning

Sarel Botha



Sarel Botha

Social Media &- Ambassador

Media House projects 2026

Take part in the fun



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 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 honourd to step into this role.
First and formost, 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 passoinate about what I do. In additional 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 frendly 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”



SAREL BOTHA

SALES REPRESENTATIVE

074 409 3929

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We will manage your business
Social media
Call 072 768 8582

Grow your business with us



Friday Club

Business Network

Charmaine 072 768 8582



CANDICE

SALES REPRESENTATIVE

078 614 4171

MEDIA HOUSE

Adult child move back to the parants.

Having an adult child move back home requires establishing clear boundaries, open communication, and treating them as an adult tenant or partner to avoid conflict. Set specific, agreed-upon rules for chores, rent, and household contributions early on to ensure mutual respect and prevent resentment.
Key considerations for a successful arrangement include:
Establish Ground Rules Immediately: Discuss expectations regarding noise levels, guests, house cleaning, and food/groceries. Put these in writing if needed.

Financial Contributions: Require rent or contributions to household bills, even if small, to reinforce responsibility.
Encourage Productivity: Set expectations for active job hunting or, if unemployed, daily household responsibilities (chores, cooking, maintenance).
Respect Privacy: Establish boundaries regarding shared spaces and, for example, knocking before entering their room.
Set a Timeline: Define the duration of the living arrangement to encourage your child to work toward independence.

How to deal with adult children living in your house?
How to Deal with Your Adult Children Moving Back Home
Recognize that you're all adults now. ...
Support their career goals. ...
Encourage activity. ...
Promote financial well-being. ...
Look for signs they're getting too comfortable. ...
Lead by example.

What happens to an adult child living at home when their parents pass away?
If the home is jointly owned with the child, and the joint ownership includes survivorship rights, the home will pass automatically to the child when the parent dies, bypassing the probate process. However, adding an adult child to the property title can have potential tax and financial implications.



Make time for yourself

"Me time" refers to dedicated, personal time set aside for oneself to relax, recharge, and engage in enjoyable, low-stress activities away from daily obligations. It is crucial for mental, emotional, and physical well-being, allowing individuals to escape stress, practice mindfulness, and, in some cases, enjoy solitude.
ey Aspects of "Me Time"
Purpose: The focus is on self-care, reducing stress, and fostering happiness.

Activities: Common examples include reading, taking a bath, exercising, enjoying a hobby, or simply doing nothing.

Context: It is often viewed as a necessary break for busy individuals to prevent burnout.
"Make Time" (Idiom Definition)
"To make time" is a related, but different, phrase meaning to consciously rearrange a schedule or prioritize a specific activity, or prioritize a specific activity, person, or hobby despite having a busy agenda.
Common Ways to Practice "Me Time"
Going for a walk or a jog.
Reading a book or magazine.
Engaging in a creative outlet (painting, writing, cooking).
Unplugging from technology and social media.
Getting a haircut, manicure, or massage.

Men remenber you can must also make some ”Me Time” have a foot massage spoil yourself with a back and neck massage.

Have fun...



Renovating your Bathroom

Renovating a bathroom involves planning, demolition, plumbing/electrical updates, wall/floor work, and installing new fixtures, ranging from cosmetic updates to major structural changes that affect cost and timeline. Start by defining your budget and design, then tackle demolition, rough-in plumbing/electrical (keeping layouts the same saves money), waterproofing, installing new tubs/showers/vanities, flooring, tiling, painting, and final fixture installation. Key decisions include layout changes (costly) vs. staying put, fixture choices, and whether to DIY or hire professionals for complex tasks like electrical and plumbing

Planning & Design
Define Scope: Cosmetic (paint, fixtures) vs. Structural (layout change, moving plumbing/electrical).
Budget: Allocate funds for materials, labor, and contingency; plumbing/electrical are major costs.
Layout: Keeping fixtures in place saves significant cost.
Style: Choose finishes, colors, and fixtures (vanity, toilet, shower).
Order Products: Get new items before starting demolition.

Demolition & Rough-In
Dismantle: Remove old fixtures, tiles, and potentially drywall.
Plumbing/Electrical: Relocate pipes/wires if changing layout; install new shower valves and drains at correct depths; add wiring for lights/fans.
Waterproofing: Crucial for wet areas (showers/tubs).

Installation & Finishing
Walls/Ceiling: Hang new drywall (moisture-resistant), plaster, paint.
Flooring: Lay new floor covering (tile, vinyl).
Fixtures: Install vanity, cabinets, toilet, shower/tub.
Fittings: Install lighting, faucets, showerheads, accessories.
Final Touches: Grouting, sealing, final paint touch-ups, hardware.



Things to do as a Couple ...

Couples can do many things together, from at-home activities like cooking, games, and DIY projects to going out for classes (cooking, art, dance), exploring nature (hiking, picnics, stargazing), trying new things (escape rooms, concerts, sports), and planning future goals (vision boards, travel). The key is shared experiences, whether simple routines or new adventures, to build connection and fun, focusing on teamwork and quality time.

At Home & Low-Key

Cook or Bake: Try a new recipe, have a bake-off, or make fancy cocktails.
Game Night: Board games, card games, video games (like Mario Kart), or puzzles.
DIY & Crafts: Build furniture, paint, do a craft, or start a garden.
Movie/TV Night: Build a blanket fort, have a themed movie marathon, or project a movie outside.
Spa Night: Give each other massages or do at-home spa treatments.
Vision Boards: Create boards for future goals and dreams.

Out & About

Explore: Visit a new town, explore a botanical garden, go thrift shopping, or tour a local brewery/ winery.
Classes: Take a cooking, dance, art, or even DJing class.
Entertainment: See a movie, attend a concert, go to a comedy show, or find a local trivia night.
Active Fun: Go hiking, biking, rock climbing, roller skating, or try a new workout class.
Volunteer: Help at an animal shelter or join a local organization.

Creative & Unique

Photo Shoot: Have a themed photo session with funny outfits.
Visit Hometowns: Explore where your partner grew up.
Learn Together: Start a new language, instrument, or even homebrewing.
Write Together: Create a story or even invent your own board game.
Connection & Intimacy
Have Deep Talks: Ask conversation starter questions or talk about your future.
Shared Rituals: Pray, exercise, or even do chores like washing dishes together.
Be Spontaneous: Plan surprise dates for each other.



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.

Friday Club
Business Network

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