Top Vibe Magazine

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Skole begin binnekort! Moenie paniekerig raak nie!

Face of Top Vibe Magazine
2024 / 2025
Katelynn Pienaar

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Top Vibe

Magazine

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1.

TOP VIBE MAGAZINE AMBASSADORS:

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

2.

SKOOL BEGIN BINNEKORT:

Skool begin binnekort moet nie stress nie sien bl 16 en 17

3.

ADVERTISERS:

Support our advertisers, they support us.

4.

MEDIA HOUSE :PROJECTS

See page 12 & 13 for our upcoming events, join us in the fun



REGULARS

1. COVER PAGE: 01

Top Vibe Magazine the new face is the lovely Tatelynn Pienaar

2. EDITOR'S NOTE: 03

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

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Our Ambassodors for 2025 is Candice, and Charlotte.

4. ADVERTS: 08

Support our advertisers. To advertise in the magazine call 072 768 8582.

5. MEDIA HOUSE EVENTS: 12

Stationery for children in need. Help us by donating stationary. The drop of will be on 13 January 2025.



Me having some fun with the App REMINI

Redakteurs Nota

Liewe lesers,

2025 'n nuwe jaar vol hoop, ons kan net vertrou dat die jaar beter sal wees as 2024. Elke jaar het natuurlik sy uitdagings nie die jaar maak dit nie anders nie.

Ons by Media House is opgewonde daar is nuwe projekte wat voorlê. Vanjaar fokus ons op kinders waar ons verlede jaar op bejaardes ge fokus het.

Graag wil ons vra dat julle ons projekte sal ondersteun dit gaan vir 'n goeie doel.

Ons het afgeskop met ons skryfbehoefde projek, ons vra vir enige donasies dit sal help. Dan in Februarie het ons vir mammas 'n lekker projek maak jou eie lipstiffie.

Ons hopp om jou daar te sien. Kontak my by 072 768 8582 en bespreek jou sitplek.

Ek groet tot volgende maand.

Charms

Ambassadors



Candice Trietsch
Ambassador

Happy New Year Glamorous People....

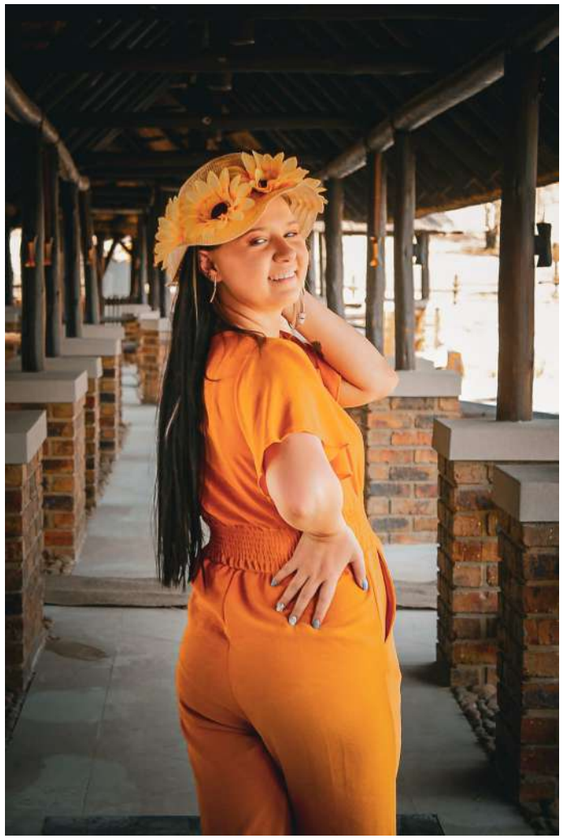
My name is Candice Trietsch and I am 38 years old. I work in as backgrounds for different movies, commercials and music videos, so look out for me and give me a message when you see me somewhere please!!! I am a fun loving person and enjoy helping others wherever I can.

Let's let 2025 be the Go-Getter Year and let January slide by with good achievements, which I would love for you to reach out and let me know.

Upcoming Events...
22 February - Make your own lipstick - R370
If anyone is interested in attending these just let me know asap

I would like to reach out and invite people to share the magazine which I write in every month... And I would love if people communicated if there is something you would like for me to share in my next article.
Please reach out to me on:
WhatsApp 0786144171
Email:
candicetrietsch@gmail.com
https://www.facebook.com/profile.php?id=61560702163057
https://x.com/CandiceTrietsch?t=AErsBbKfl0sTnsG0s1os4g&s=09
https://www.instagram.com/lovebirds182023?igsh=MW1sNjRnaWUycGdpOA==

Lovies all my Glamour Readers
Candice
Xxx



Charlotte Malherbe
Ambassador

Liewe leser,

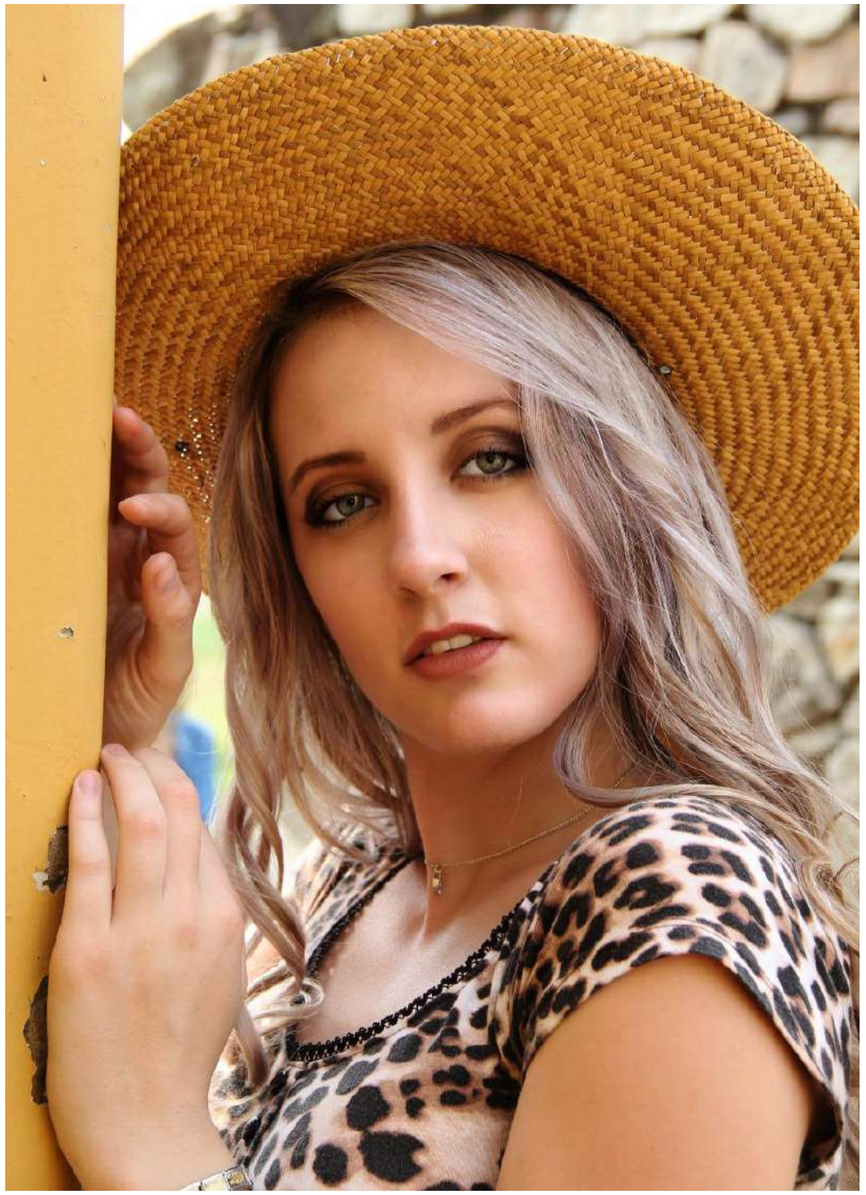
Media House verwelkom ons nuwe ambassadeur vir 2025 Charlotte Malherbe.

Chartotte is van Parys en 'n model by Elite Models South Africa. Sy is 'n dinamiese jong dame haar hande staan vir niks verkeerd nie.
Sy palm die skoonheids titels een na die ander in.
Sy is passievol oor als wat sy doen.

Charlotte sê sy is baie opgewonde om vanjaar saam met Media House te kan werk.

Groete
Charlotte

The Face of Top Vibe Magazine Katelynn Pienaar



The new Face of Top Vibe Magazine 2025 belongs to the beautiful Katelynn Pienaar. The crowing took place on 7 December 2024 at the Bar with no Name in Vaalpark.

We as Media House is so proud of you and looking forword to work together.

She is 23-year-old from Meyerton.

She currently is a psychology student, she decided to study psychology for my great passion that she have for children.

She is also a kindergarten teacher where she believe that big hearts shape little minds.
Her advice for girls out there is : Ignore that voice inside that tells you you're not qualified for this, or not good enough for that, and go for it!

She is Miss Sedibeng 2023, and now the Face of Top Vibe Magazine 2025.

She would lik to wish all our readers the very best for 2025, may all your dreams come true.



Katelynn Pienaar

To be the best role model..

Acknowledge and improve your weaknesses while owning up to your mistakes.
Respect and empathize with everyone around you.
Communicate openly, honestly, and directly. Listen to what others have to say with respect and consideration.
Demonstrate confidence and leadership. Be positive, calm, and confident in yourself.
Don't be afraid to be unique. Show your personality and values.

Live, breathe and practice what you preach. This is one of the mottos I live by. Social media has allowed me to reach hundreds of thousands of people worldwide, and it could be used to influence either positivity or negativity. As a personal brand, I share 100 percent authenticity. I share not only the successes, but also the failures that are happening in my life: business, fitness and even relationships.

It's important to let others know that it's OK to not be 100 percent confident in some areas and show that you want to improve. It's all about being genuine and honest with ourselves. Just like in real life, honesty goes a long way. Rather than trying to cover up your weaknesses or mistakes, own up to them and you'll set a good example for the team.

If you're really clear on what your values are and what habits you want to have, you can remind yourself to follow them. You can put visual cues in your office to keep you on track. This will help you be a role model for yourself and for others by helping you become the best value-driven version of yourself.
Be a lifelong learner. The workplace can bring change and criticism. Display your integrity by meeting these challenges head-on. Rather than complain, learn and adapt. Not only is this a positive quality to have in yourself, but it can be a positive example to others in your workplace too. It may be especially important for younger workers to see you model your willingness to adapt and change.
Be accessible and add value to people's lives. You can't operate in a silo. You have to be visible, and you need to be helpful, useful and giving of yourself. That means you need to be interested in what other people have to say and you need to engage with them on more than a cursory level. Focus on doing good and being good, and a positive reputation as a role model will follow.

One way that I've worked to become a positive role model has been to volunteer. Whether I'm sitting on an advisory committee or taking a position within a nonprofit organization, being involved and giving back is a great way to be a role model for others while also

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MEDIA HOUSE Projects 2025

MEDIA HOUSE PROJECTS:

Top Vibe Magazine / Top Vibe Kids Magazine / Glamour Talk Mag and 50+ Magazine

Media House

✦ Upcoming events

JAN 13 — Drop off stationery for underprivileged children

FEB 22 — Make your own lipstick

072 768 8582





Be the best friend you can be!

A best friend is your nearest and dearest companion, and it's a special relationship to share with your closest pal. But "best friend" is more than a title—it's something you earn by being a kind, empathetic, and honest friend. Do you want to be a good best friend but don't know how? Do you want to be the best best friend you can be? By following the tips below, you can become a great best friend and strengthen your relationship with your bestie.

Spend time with your friend and reach out to them often. Be present when you're together and listen to what they have to say.
Be trustworthy and loyal to your best friend. Keep their secrets and stick up for them when they need support.
Communicate openly and honestly and work together to resolve any conflicts in your friendship.

Spend time with your best friend.
Hang out on the weekends, plan activities together, do homework together and chat during the break at school. You don't have to live in each others' pockets, but make sure you spend some quality time together with your best friend to make the friendship grow and become stronger.

Bring humor and laughter to their life.

There is nothing like laughing and smiling to bring people together. Besides, when you're really best friends, you can laugh at the silliest stuff, and it doesn't really matter. Take time out of your day to appreciate the funny things in life.

Show up for your friend when they need you.

Let them sit with their emotions without trying to fix things for them right away. Ask them how they need support and be willing to cancel other plans to spend time with them.

Support your friend during their low points as much as you celebrate them when they've done something amazing. Being a best friend is all about being there for both the highs and lows!

Show your friend that you care.
If your best friend is upset, ask them what's wrong. They might not tell you immediately, but they should in the end. If they don't tell you, don't get angry at them. Understand that certain things are private, and trust that they'd be just as patient with you if you were in their shoes.[5]
Show your friend physical care by giving them a hug. However, not everyone finds physical touch comforting, so be sure to ask first.
If your best friend is upset after a breakup, reassure them that they will find someone who loves them for who they are.Accept that your friend is human and can't be there for you 100% of the time. Don't be quick to pick them apart or make the assumption that they don't care about you.
Show gratitude for what your best friend does do for you and express your appreciation to them directly.

Remind yourself that lending a helping hand to your best friend doesn't really cost you anything—and your best friend would do the same for you in your time of need.
If your friend is away from home, send them cards or care packages to show that you care.

Always be there when your friend need you!

Skole begin binnekort! Moenie paniekerig raak nie!

Die skole begin binnekort! Dit bied opwindende nuwe uitdagings. Jou kinders het die geleentheid om weer hul maats by die skool te sien, om nuwe vriende te maak... en natuurlik om iets nuut te leer!

Die terugkeer skool toe beteken egter harde werk en lang ure. Moenie angstig voel oor die uitdagings wat voorlê nie!

Hier is 20 kreatiewe maniere hoe jy jou kinders kan inspireer om hul beste in die skool te gee:
1. 20 Maniere om jou kinders op skool te inspireer.
2. Sluit aan by ons.
1. 20 maniere om jou kinders op skool te inspireer.

Wens hulle 'n wonderlike dag toe vroeg in die oggend wanneer jy hulle wakker maak.
Sê dat jy trots op hulle is wanneer jy hulle by die skool of bus aflaai.
Plaas ’n kort briefie in hul skooltas om te sê dat jy hulle lief het.
Los ’n bemoedigende nota op ’n stukkie papier in hul kosblik wat hul kan lees gedurende pouse. Onthou om ’n kosblik te pak met gesonde happies wat vir hulle energie sal gee en nie net lekkernye nie.

Los ’n plakpapiertjie op hul lessenaar wat hul sal motiveer om huiswerk te doen.

Stuur ’n inspirerende prentjie aan hulle as hulle ’n selfoon het (wat hulle definitief nie gedurende die klas moet gebruik nie!).

Vra wat hulle wil hê vir aandete. Maak een van hul gunsteling geregte indien hulle hard gewerk het.

As jy hulle saans sien, vra uit oor hul dag en noem dat jy na hulle verlang het.

Vra of hul enige hulp benodig met skoolwerk of huiswerk.

Maak seker dat hulle jou kan nader indien hulle advies benodig oor enige iets wat nie met die skool verband hou nie.

Vertel vir hulle stories oor jou skooldae en hoe jy as kind struikelblokke oorkom het.

Deel jou entoesiasme om nuwe dinge te leer.

Koop/Neem boeke uit die biblioteek uit oor onderwerpe wat hulle interessant vind.

Kyk saam met hulle opvoedkundige dokumentêre programme oor onderwerpe waaroor hulle op skool leer.

Leer ken ander ouers wat vir hul kinders inspirerend is. Om deel te wees van 'n groep ouers wat omgee kan ’n groot verskil maak om u kind te help as jy dit nodig het.

Moedig jou kind aan om vriende te wees met klasmaats wat ook hardwerkend is en hul opvoeding ernstig opneem. Hoe meer hulle mekaar ondersteun en ’n positiewe omgewing skep hoe beter vir almal.

Ontmoet jou kinders se onderwysers.

Toon belangstelling in en neem deel aan enige geleenthede wat die skool reël.

Beloon hulle elke nou en dan met iets spesiaals as jy sien dat hulle hard gewerk het en dit verdien het. Dit hoef nie altyd uitspattige geskenke te wees nie. Dit kan so eenvoudig wees as om jou tyd te gee om met hulle te gesels of hulle vir ’n roomys neem.

Moedig hulle aan om nuwe dinge uit te probeer en nooit bang te wees om hul drome te volg nie... Al sien hul klasmaats dit nie altyd so nie. Groot risiko’s kan tot groot belonings lei. As hulle val met die eerste probeerslag sal jy daar wees om hulle weer op te help.



POSDUIF BREATHES NEW LIFE INTO AN AFRIKAANS CLASSIC

After a busy and thrilling year of nationwide performances – including opening for legendary Kip Moore – the SAMA award-winning band **POSDUIF** is excited to wrap up 2024 on a high note with a fresh and unique cover of Bles Bridges' popular hit, ***RUITER VAN DIE WINDJIE***.

This iconic song, as intrinsic to South African culture as melktert and koeksisters, celebrates adventure, freedom, and the pursuit of dreams – a theme that resonates deeply with the band members, which inspired them to give the track a new, modern twist.

"We didn't want to alter the song or just use parts of it. Instead, we decided to record the entire track and infuse it with our own style and energy," they explain. *"It was thrilling to take something classic and introduce it to a new generation. The song's themes of freedom and the drive to follow the wind really resonated with us. It reminds us to stay curious and embrace life with open arms."*

The band believes this distinctive blend of nostalgic and contemporary elements perfectly reflects the two sides of POSDUIF, featuring James Boland (lead vocals and guitar), Nick Jordaan (rhythm guitar and vocals), Amiel Gopal (bass guitar), Brendan Campbell (producer and lead guitar), and Nick McCreadie (drums).

*"We love combining past and present. By giving classic songs like **RUITER VAN DIE WINDJIE** a fresh sound, we're creating a bridge between generations. It also reflects who we are—we respect tradition but are always seeking new ways to express ourselves."*

Their latest single follows in the footsteps of *Kaalvoet Kinders* and *Voetfout*, both recent releases that regularly feature on the radio.

POSDUIF was founded in 2018 and made their debut with the song *Brandy Special*, which became an instant hit. Since then, they have released several other hits and were nominated by Bok Radio as *Group of the Year* and for *Song of the Year*. Their previous album, *Niks Vergelyk*, won the SAMA in 2022 for *Best Pop Album*.

"The award was a huge honour that deeply touched us," they say. *"It not only recognized our hard work but motivated us to aim even higher. It's inspired us to keep innovating and take our music to the next level."*

This release solidifies POSDUIF's role as pioneers in modern Afrikaans music. Fans can look forward to their upcoming *Bitterlekker Tour* in the Cape as well as collaborations with other local artists.

We believe music can inspire people to pursue their dreams and embark on their own life journeys," they conclude. *"That's exactly what **RUITER VAN DIE WINDJIE** did for us, and we hope it can mean the same for others."*

The single is now available on all digital streaming platforms.

Get it here: https://posduif.lnk.to/RuiterVanDieWindjie

You can also watch the lyric video here: https://youtu.be/_JGvKlkOsIg?si=SKuOJ39ktiKZtflw

SOCIAL MEDIA LINKS

Facebook: https://www.facebook.com/PosduifLive/

Instagram: @posduif_live

Twitter: @Posduif14

Website: https://posduif.live/

PUBLICITY & MARKETING

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E-mail: danelle@starburstmusic.co.za

Website: www.starburstmusic.co.za

STARBURST PROMOTIONS



Wat as ek dit nie gekies het nie.....

Soms gebeur dinge met jou wat jy nie slef gekies het nie. Die keuse lê by jou of jy gaan toelaat dat enige tekortkominge jou regeer en of jy beheer gaan neem en iets moois daaruit laat vloei.

Om blind te word:

Die eerste vraag wat opkom is wat het ek gedoen om dit te verdien, wat ek ek verkeerd gedoen.
Jy het niks verkeerd gedoen nie,
God plaat dinge oor jou pad sodat jy dalk iemand ander sal help wat nie weet hoe nie, dat jy ‘n steen pilaar vir iemand anders kan wees.

Al voel dit vir jou of jou lewe ineen stort, daar is krag van bo, en as jy jou mind daarop sit is niks onmoontlik nie - waar daar ‘n wil is , is daar ‘n weg.

Soms gebeur die dinge met ons en ons verstaan dit nie maar God het ‘n groter plan met jou en my.
Aanvaar mense om jou se omgee hulle is lief vir jou en wil daar wees vir jou.

Prostaat kanker:

Medies het so baie verbeter en daar is altyd hoop. Meneer dit maak jou nie minder man nie. Daar is so baie ander maniere om verby die probleem te kom. Sien daar is altyd ‘n oplossing.
Keuses jy kan kies om jammer vir jouself te voel of jy kan daarmee lewe.
Maak ‘n lysie en dink so daar aan
Ja jy het prostaat kanker, daar is mediese hulp.
Jy mag dalk sex probleme hê op die pad voorentoe.
En en en...
Maar wees dankbaar jy kan sien , hoor en dat jy lewe want sonder die lewe het jy niks.
Man wees gaan oor baie meer dinge as net sex. Moet nie jou maat weg stoot nie, praat oor hoe jy voel aanvaar as sy vir jou omgee dit is nie jammerte nie. Liefde is opreg en het nie plek vir jammer nie, so tel op jou kop kyk die wêreld virkantig in die oë.



MAGAZINE

MEDIA HOUSE



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