Top Vibe Magazine

ONLINE
SEPTEMBER 2025
ISSUE 196



WHEELS @
THE VAAL
30-31 OCTOBER!

HENNIE'S COMPUTERS

Hustle like an Immigrant
By: Vinesh Maharaj - 3 Octber in the Vaal
Bookings at 072 768 8582

INDEX

CONTENT

Top Vibe

Magazine

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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.

BREAST CANCER AWARENESS:

October month is breats Cancer Awareness.

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 focus on October breast Cancer month

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 Elibie.

4. ADVERTS: 08

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

5. MEDIA HOUSE EVENTS: 12

Face of Top Vibe Magazine Closing date 20 September.
Women's Day event 4 October.



Me having some fun with the App REMINI

Redakteurs Nota

Liewe lesers,

Die winter is stadig maar seker besig om einde se kant toe te staan. Die vreeslike winde is nog oppad en ek haat die wind natuurlik.

Ons by Media House is opgewonde daar is nog twee projekte wat voorlê.
Daar is natuurlik ons Vrouedag 4 Oktober en dan is ons weer opsoek na die Face of Top Vibe Magazine.

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

Ons het reeds idees waaraan ons werk vir 2026. Ons het ook besluit om minder projekte aan te pak vir die jaar.

Ons hoop om jou by die Vrouedag te sien. Kontak my by 072 768 8582 en bespreek jou sitplek.

Indien jy 'n idee het laat weet vir ons en jy kan saam met ons werk aan die idee.

Ek groet tot volgende maand.

Charms

Ambassadors



Candice Trietsch
Ambassador

Hello Everyone,

Embracing the Change: September as a Month of Transition and Opportunity
As the ninth month of the year rolls in, September brings with it a sense of change. The long, warm days of summer begin to fade, and a refreshing crispness creeps into the air. For many, September marks a return to routine—whether it's back to school, back to work after vacation, or a renewed focus on goals set earlier in the year.

Nature mirrors this shift beautifully. Leaves begin to show hints of gold and crimson, reminding us that transformation is both natural and necessary. It's a time to reflect on what's passed and prepare for what's ahead.
In many cultures, September is seen as a time for productivity. With fewer distractions and a clearer schedule, it becomes the perfect month to reset intentions, start new projects, or re-engage with long-term goals. It's also a great time for personal reflection: What have you accomplished so far this year? What still needs attention?

Whether you're a student settling into a new semester, a professional recharging your focus, or simply someone looking to make the most of the changing season, September offers the perfect balance of energy and calm.

So take a deep breath, embrace the shift, and let September be your launchpad into the final quarter of the year—with purpose, clarity, and momentum.

Events not to be missed is our Women's Day on 4th October - contact me on 078-614-4171.

Lovies

Candice

As a model in the Pageantry industry. It can be misleading to others . It isn't just sparkling dresses, crowns and sashes they are so much more. They don't see the girls walking out of the dressing rooms shaking, trying to remember their words or their ramps trying not to mess up. Working so hard that when you don't get the placing you wanted they can't stop the tears from rolling down their cheeks. No one sees the other girls backstage giving each other pep talks telling each other that "you've got this! Just believe in yourself."
They don't see the shaking hands, the silent prayers before entering the stage, the nerves and they don't see us holding our breath waiting for our names to be called. They don't see the hours, the prepping, the early mornings, the late nights, the courage, the tears. They don't see the girl showing up Pageant after Pageant even if she didn't place, never giving up and always showing up.
Pageants can be misleading!



Elibie Uitenweerder
Ambassador

The search is on for the new Face of Top Vibe Magazine



Katelynn Pienaar

It's almost time for the beautiful Katelynn Pienaar to hand over her title to the NEW Face of Top Vibe Magazine.

The search is on for the new Face of the Magazine - The interviews will take place 13 September then our finalists will promote our sponsors and the Crowning will take place on 8 November 2025.
For more information on how to enter please send a WhatsApp to 072 768 8582 and you will receive all the info you need.





There is two categories

Top Vibe Kids Magazine age 10 - 15

Top Vibe Magazine age 16 -30

ENTRIES CLOSE 11 SEPTEMBER 2025

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The Tyranny of Social Media Spoilers;
When the Internet Ruins Your Weekend

You've carved out a perfect weekend to catch up on your favourite sports. The DVR is loaded, snacks are prepared, and you're ready to immerse yourself in the thrill of the game. Then, like a punch to the gut, you open your phone, and some random post on X or Google screams the final score before you've even hit play. Your carefully planned escape into sports is shattered.

Sound familiar? Welcome to the modern nightmare of social media spoilers—a phenomenon that feels like a small but real assault on personal freedom.

The Spoiler Culture: A Digital Dictatorship?

Let's call it what it is: the internet, particularly social media, can sometimes act like an overbearing overlord, dictating what you know and when you know it. The term "fascism" might sound extreme, but there's something oddly authoritarian about how platforms like Google flood our feeds with unfiltered, unwanted information. It's not just about sports scores—it's the broader sense that our ability to curate our own experiences is slipping away. Every device, every app, seems hell-bent on spoiling your day, forcing you to confront realities you're not ready for.

Tech Tip of the Month

Fighting Back: How to Reclaim Your Spoiler-Free Zone

- **Mute Keywords on X**: X lets you mute specific words or phrases, like team names, "final score," or "game results." Head to your settings, navigate to "Privacy and security," and add these to your muted words list. It's not foolproof, but it helps filter out the noise.
- **Curate Your Feed Ruthlessly**: Unfollow or mute accounts that post spoilers carelessly. Stick to following official team accounts or sports outlets that are mindful about spoiler warnings.
- **Go Offline Strategically**: If you're saving a game for later, consider a temporary social media blackout. Turn off notifications or enable "Do Not Disturb" mode on your phone to avoid accidental exposure.
- **Seek Spoiler-Free Communities**: Some apps and fan forums are built with spoiler-conscious users in mind. Look for platforms or groups that prioritize delayed viewing, where members agree to hold off on posting results.
- **Set Boundaries with Friends**: Politely let your buddies know you're watching games on delay. A quick "Hey, no spoilers, please!" in your group chat can go a long way.

Choose One day a Month, Switch off everything electronic...
Sit down, breathe. Take a moment to remember.

The moment you get bored, you will remember the one thing, that you forgot, you wanted to do!

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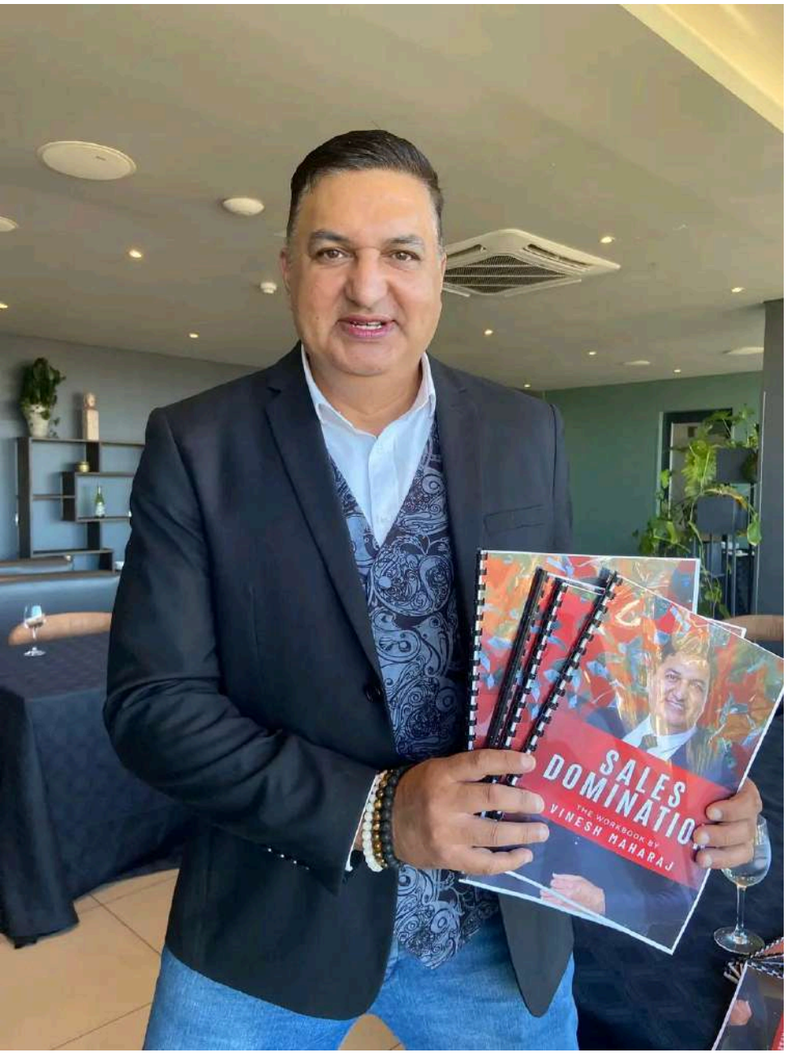
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Hustle like an Immigrant



Vinesh Maharaj

I love immigrants. I love the fact that they are willing to hustle. They are committed to doing whatever it takes.

Immigrants don't have any Social Security or "SASSA" to fall back on. They don't generally have friends or relatives who can put them up for too long. They often only have the determination to make a better life for themselves and their loved ones here and those back home.

Over the millennia, migrant workers have fuelled economic growth through doing from the most menial to the most profitable work. Starting with nothing in most cases but the dream of a better life. Be it the British, French, Italians of over 300 years ago who found New York.

Or, in the recent past the Mexicans, the Zimbabweans, Polish, Ukrainians and the rest of the world. Back home, here in South Africa we have seen a huge influx of migrant workers, much like Dubai, Australia and Canada to mention but a few we have seen in the last decade or two. Why am I so pro immigrant? They have the Hustle Muscle, the hunger, the determination, the work ethic which our forefathers too once had. Sadly we became complacent with our cushy middle class salaries and the mediocre comforts of suburbia.

Here are 5 lessons we can all learn from immigrants:

1. Don't Settle - Settling means quitting on yourself, your potential, your dreams and your aspirations. Settling means surrendering. Don't settle. You and your family deserves better. Never settle...ever.

2. Be Willing To Fight For It - We are led to believe that fighting is bad. Now is it really bad? The caveman had to fight for dinner, his wife, for his family to keep them safe from both prey and predators or foreign invaders. Nothing's changed today. Fortunately, we don't have to slay our competition. We are modern day pirates who slay results, not people. Be willing to fight for your success. It's not going fall into your lap.

3. Be Relentless - In the pursuit of happiness, can you slow down, stop or take a break? Ask any immigrant and s/he will swear by consistent, persistent hard work. They often begin in menial jobs even while in possession of degrees in science, mathematics, accountancy etc. Just to put

FOLLOW NEXT PAGE

Hustle like an Immigrant

bread on the table while they grow their networks and understand the landscape better, until they grow their knowledge and start seeing gaps and opportunities. When they see them they are relentless at filling them, going on often, to become millionaires in one generation.

4. Take Risks - When you have a "nothing to lose" attitude, you can take risks. Immigrants have their lives to lose yet they still bank everything they have on the dream of a better life. Ask yourself...what are you risking? Don't confuse activity with risk. Risk means you're stacking against the house, against the odds of the average. Suburbians are too happy to play it safe. Stay within the confines of security. Wake up, there is no security in the future. There is only opportunity. Those who take it, will own the future.

5. Keep Fuelling The Dream - Immigrants are dreamers. They dream of a better life, always. They keep fuelling the dream, contrasting their reality and are always working towards achievement. Staying inspired, motivated and taking action are the keys to their success. So keep on fuelling your dreams.

Your business lives and dies by sales. It's the most important metric in your business. You can only reduce expenses to zero, but you can grow revenue to infinity. With an immigrant mindset and work ethic you can create the life you love!
Vinesh Maharaj is considered South Africa's Leading Sales Evangelist whether at Sales conferences, or in sales training. From humble beginnings the streets of Cape Town to the bustling boardrooms of Sandton he helps businesses blow up their revenue by challenging conventional thing, setting new targets of inspiration and unstoppable sales skills that make bank!
Are you ready to "Hustle like an immigrant "to give yourself, your family and community a life of prosperity?

Join us LIVE on XXX at The Friday Club where Vinesh Maharaj will share with you "How To Double Your Income in 90 Days"
Date 3 October 2025
Book your seat @ 072 768 8582

By: Vinesh Maharaj

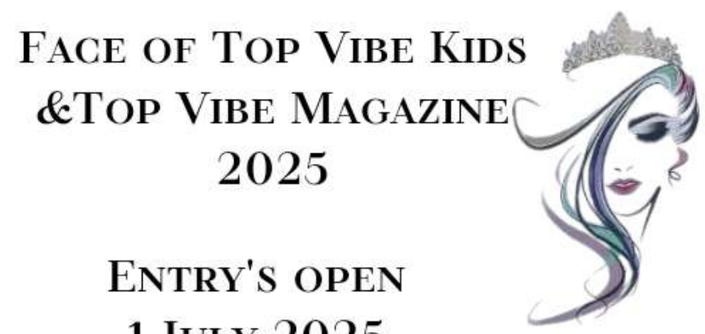
MEDIA HOUSE Projects 2025



MEDIA HOUSE PROJECTS:

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

Women's Day Event 4 October 2025 / Face of Top Vibe Magazine.







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Get your feet ready for the su er!

Get your feet ready for summer, focus on cleaning, exfoliating, moisturizing, and protecting them. Regularly cleanse, exfoliate to remove dead skin, and moisturize to prevent dryness and cracking. Protect your feet from the sun and wear appropriate footwear to prevent blisters and other issues.

Cleansing and Exfoliation:

Soak:

Start with a warm water soak to soften the skin, making it easier to clean and exfoliate.

Scrub:

Gently exfoliate with a foot scrub or pumice stone to remove dead skin cells and smooth rough patches.

Focus:

Pay attention to areas prone to dryness and cracking, like heels and the balls of your feet.

2. Moisturizing:

Hydrate: Use a rich foot cream or lotion to moisturize and lock in hydration.

Frequency: Moisturize daily, especially after showering, to maintain soft, supple skin.

Application: Apply generously, paying extra attention to heels and other dry areas, and avoid putting cream between toes to prevent maceration.

3. Nail and Cuticle Care:

Trim:

Keep toenails neatly trimmed and shaped to prevent ingrown nails and discomfort.

Cuticles:

Don't forget about your cuticles – push them back gently after a soak and consider using a cuticle oil.

4. Sun Protection:

Sunscreen: Apply sunscreen to the tops of your feet and ankles, especially when wearing sandals or spending time outdoors.

Reapply: Reapply sunscreen after swimming or sweating.

5. Footwear Considerations:

Support:

Choose supportive shoes that provide cushioning and arch support, especially for extended periods.

Fit:

Ensure your shoes fit well and don't cause friction, which can lead to blisters.

Breathability:

Opt for breathable materials like cotton or leather to help prevent moisture buildup and odor.

6. Addressing Specific Issues:

Cracked Heels: Use a heel balm or cream to treat and heal cracked heels.

Fungal Infections: If you suspect a fungal infection, use an appropriate antifungal treatment.

Bunion or Corns: If you have bunions or corns, consider using padding or cushions to relieve pressure and discomfort.

7. Maintain Good Foot Hygiene:

Dry Thoroughly: After washing, dry your feet thoroughly, especially between your toes, to prevent fungal infections.

Manage Moisture: Use foot powder or antiperspirant to help manage moisture and odor.

Public Spaces: Wear flip-flops or sandals in public spaces like locker rooms and showers to avoid potential infections.



Vleis wenke wat jy moet ken, maak jou lewe makliker

VLEIS WENKE WAT JY MOET KEN.

•As kerrie te sterk gemaak is, voeg ‘n bietjie suurlemoensap by.

•As vleis aangebrand het, voeg bietjie melk daarby en kook weer. Dit neem die brand smaak weg.

•Die vel van tong sal maklik aftrek indien daar asyn by die water gegooi word as die gekook word.

•Doop wors in kookwater voordat jy dit bak, dan sal dit nie oopbars nie.

•Draai vleispasteitjies in botterpapier toe voor jy dit bak.
Dit hou die korsies sag.

•Gooi ‘n teelepel water by wanneer jy maalvleis braai.

wanneer jy maalvleis braai. Dit help om die vet uit die maalvleis te kry.

•Gooi suurlemoensap/asyn by vleis om dit sag te maak.

•Gooi vars melk oor gebrande vleis om die brandsmaak te verminder.

•Maak die smaak van ‘n kerriegereg anders deur ‘n fyn gekapte nartjieskil by te voeg.
Droog die skil uit deur dit in die yskas te bêre.

•Moet nooit braaivleis met ‘n vurk steek wanneer jy dit op die kole omdraai nie, gebruik eerder ‘n braaitang.

•’n Bietjie asyn in die olie verhoed dat vleis wat in krummels gerol is gou vasbrand in die pan.

In Heerlike manier om ‘n varkboud gaar te maak is om ‘n blikkie Coke in die pan te gooi.
Maak die vark boud toe in foelie.
Bak die vark boud tot net so ‘n halfuur voor gaar.
Verwyder die foelie en bak vir die laaste halfuur.
Die sous van die vark boud en die Coke meng dan om ‘n heerlike sous te maak.

•Natuurlike jogurt is ‘n natuurlike vleissagmaakmiddel.
Sit biefstuk of hoender in joghurt en los vir 8 ure in die yskas.

•Om hoendervleis sag en sappig te hou, gooi ‘n koppie suurlemoensap oor voordat dit gaargemaak word.

•Om vleis sag te maak wanneer jy dit stowe, gooi 2 teelepels gemmer by.

•Smeer asyn en sout aan vleis. dit versag die vleis en sal verhoed dat die dit gou bederf.

•Spek sal nie omkrul as dit in kookwater gedoop word voordat dit gebraai word nie.

•Sprinkel ‘n bietjie sout in die braaipan om gespat te voorkom. Plaas ‘n vergiettes onderstebo oor die pan sodat stoom kan ontsnap maar vet nie uitspat.

•Strooi fyn gemmer oor gebraaide vark vleis – dit gee ‘n heerlike geur.

•Taai vleis kan saggemaak word deur vooraf bakpoeier oor te sprinkel.

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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