# Glamour Talk Mag

**ONLINE**
**AUG 2026**
**Issue 72**



## MEDIA HOUSE PROJECTS 2026

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# Glamour Talk Magazine

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**# TOP VIBE KIDS MAGAZINE**
**#GLAMOUR TALK MAGAZINE**
**# 50+ MAGAZINE / TYDSKRIF**

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**4.**

***SELF LOVE:***

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***Our cover page - Man doing a karate move***

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*Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine / Top Vibe Kids Magazine & 50+ Magazine*

**3. WELCOME AMBASSADORS:** 04

*Our Glamour Talk Magazine Ambassador Candice*

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*Media House projects for 2026*
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*Our back page will be a reminder of September.*



## Editors Note

**Dear readers,**

August – The Month of Wind 🌬️
August has arrived, and with it comes that familiar South African wind! 👍

Let's be honest — August is not everyone's favourite month. The wind blows, dust flies everywhere, hair has a mind of its own, and even a peaceful cup of coffee can become a battle against the breeze!

It's certainly not the most pleasant month, but there is one good thing about August: it means winter is almost behind us and spring is just around the corner. 🌸

So, hold onto your hats, close those windows and ride out the windy days — because brighter, warmer days are on their way!

Until next time,

The Editor
Glamour Magazine

*Charms*

# Our Ambassador



Ambassador
Candice Trietsch

Dear Readers,

As the cold winter days settle in this July, many families and elderly members of our community face the challenge of staying warm and having a nourishing meal. While some of us can easily switch on a heater or enjoy a hot bowl of soup, many are not as fortunate.

This winter, we invite individuals, families, and local businesses to join our **Soup & Bread Drive** on 11th July. A simple meal can provide warmth, comfort, and hope to someone who needs it most.

**Why are we helping?**

Many elderly people survive on limited incomes and struggle to afford nutritious meals during the colder months. A warm bowl of soup is more than just food—it is a reminder that they are valued, remembered, and cared for by their community.

**Every donation, no matter how big or small, makes a meaningful difference.**

Together, we can bring warmth, kindness, and hope to those who need it most this winter.

**Any donations are warmly welcomed and deeply appreciated. Let's share the warmth and show that our community cares.**

If you are able to assist in any way please get in contact with Candice 078-614-4171.

UPCOMING MEDIA HOUSE EVENTS

* Soup & Bread - 11 July

Kind Regards
Candice Trietsch
Glamour Ambassador
078-614-4171

# *Laughter: The Best Medicine for Life*



Life can be serious. Every day we face responsibilities, challenges, deadlines, and worries. Sometimes it feels as though the weight of the world is resting on our shoulders. Yet there is one simple thing that can instantly brighten our day and lighten our load: laughter.

Laughter is much more than a reaction to something funny. It is a powerful tool that helps us cope with life's ups and downs. When we laugh, our bodies relax, our mood improves, and for a few moments, our problems don't seem quite as overwhelming. Think about the last time you had a really good laugh. Perhaps it was with friends, family, or even while watching a funny video. Chances are you felt happier, more relaxed, and more connected to those around you. Laughter has a unique way of bringing people together and creating lasting memories.

Research has shown that laughter can reduce stress, improve mood, and even benefit our overall health. It helps us release tension and encourages a more positive outlook on life. While laughter may not solve our problems, it often gives us the strength and perspective needed to face them.

Children laugh naturally and often. As adults, however, we sometimes forget the importance of simply enjoying the moment. We become so focused on work, responsibilities, and daily pressures that we neglect one of life's greatest gifts—a good laugh.

The next time life feels overwhelming, find a reason to smile. Share a joke, spend time with people who make you laugh, or remember a funny memory. Give yourself permission to enjoy life's lighter moments.

After all, laughter costs nothing, takes only a moment, and yet its benefits can last a lifetime. In a world filled with challenges, perhaps laughter truly is one of the best medicines available.

So laugh often, smile freely, and remember that sometimes the simplest way to brighten your day is with a little humour.

# Disappointment Is Not the End of Your Story

Disappointment is something every person experiences. It doesn't matter who you are, where you come from, or how successful you may seem—life will sometimes not go according to plan. A missed opportunity, a broken relationship, the loss of a job, or an unfulfilled dream can leave us feeling discouraged.

But here's the important truth: Disappointment does not determine your future.

It is only a chapter in your story, not the final page.

When disappointment strikes, it's natural to feel hurt, frustrated, or even angry. Give yourself permission to acknowledge those feelings, but don't allow them to become permanent. Staying trapped in disappointment can prevent you from seeing the opportunities that still lie ahead.

One of the greatest lessons disappointment teaches us is resilience. It reminds us that success is rarely a straight road. Many of the world's most successful people faced rejection, failure, and setbacks before achieving their dreams. What made the difference was that they chose to keep going.

Instead of asking, "Why did this happen to me?" try asking, "What can I learn from this?" Every setback has the potential to teach patience, wisdom, strength, or a new perspective. Sometimes the closed door you're standing in front of is directing you toward a better one.

It is also important to avoid comparing your journey with someone else's. Everyone's timeline is different. While others may appear to be moving ahead, your season of growth may simply look different. Stay focused on your own path and trust that consistent effort will eventually bring results.

Surround yourself with people who encourage you rather than discourage you. Positive friends, family members, or mentors can remind you of your strengths when you've forgotten them yourself. Their support can make all the difference during difficult times.

Most importantly, never lose hope. Today's disappointment may become tomorrow's blessing. Many people can look back on a setback and realise it led them to something even better than they had originally planned.

Life is full of unexpected turns. Some will bring joy, while others will bring disappointment. The key is not to let one difficult moment define the rest of your life.

Remember these simple truths:

- Accept disappointment, but don't live in it.
- Learn from every setback.
- Keep believing in yourself.
- Stay focused on your goals.
- Never stop moving forward.

Your future is not written by your disappointments. It is shaped by your determination, your attitude, and your willingness to rise every time life knocks you down.

Disappointment may slow you down, but it never has to stop you. The best chapters of your life may still be waiting to be written.



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# MEDIA HOUSE PROJECTS 2026






# A little black dress is more than just a piece of clothing



Fashion trends come and go, but one item has stood the test of time for generations: the little black dress, often simply called the "LBD." Elegant, versatile, and timeless, it is one of the most important pieces a woman can have in her wardrobe.

A little black dress is more than just a piece of clothing. It is a confidence booster, a fashion lifesaver, and a trusted companion for countless occasions. Whether you're attending a formal event, a business function, a dinner date, or a family celebration, a black dress can be styled to suit the moment perfectly.

One of the greatest advantages of a black dress is its versatility. With the right accessories, it can be transformed from a simple daytime look into a glamorous evening outfit. Add a statement necklace, a colourful scarf, elegant heels, or a stylish handbag, and suddenly the same dress takes on an entirely new personality.

Black is also known for its flattering qualities. It suits every skin tone, every age, and every body shape. It creates a sleek, sophisticated look that never feels out of place.
For many women, slipping into a favourite black dress instantly brings a sense of confidence and elegance.
Another reason every woman should own a little black dress is practicality. Life often presents unexpected invitations and last-minute events. Instead of worrying about what to wear, you can rely on your trusted black dress to look polished and appropriate every time.

Fashion icons, celebrities, and everyday women alike have embraced the little black dress for decades. Its enduring popularity proves that true style doesn't depend on following every trend. Sometimes, the simplest pieces make the biggest statement.
If there is one item worth investing in, it is a black dress that makes you feel comfortable, beautiful, and confident. Choose a style that reflects your personality, fits you well, and can be worn for years to come.

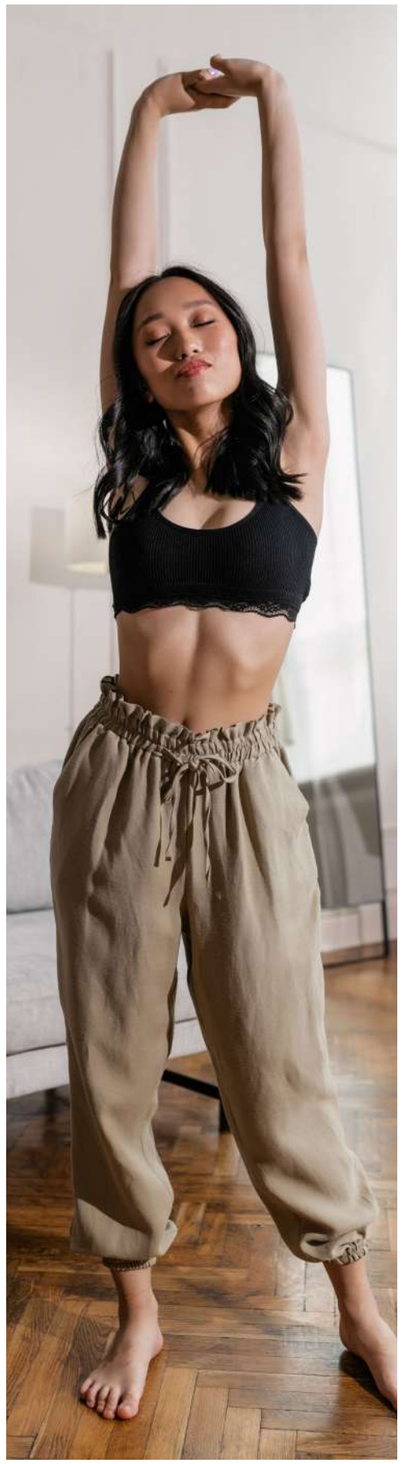
After all, every woman deserves that one special dress hanging in her cupboard—the dress that is always ready, always elegant, and always in fashion.

Glamour Tip:

A little black dress is not just an outfit; it's a timeless investment in style, confidence, and elegance.



# *Healthy Body, Strong Finances: The Best Investment You'll Ever Make*



We often hear people say that health is wealth. The truth is, both your physical health and your financial health are equally important. One without the other can make life far more challenging, especially as we grow older.

The best time to start building both is not when you retire—it's when you're young.

A healthy body doesn't happen overnight. It is built through years of making smart choices: eating nutritious food, exercising regularly, getting enough sleep, and having regular medical check-ups. These habits help reduce the risk of chronic illnesses and allow you to enjoy an active, independent life well into your golden years.

Financial wellness works in much the same way. Saving a little each month, avoiding unnecessary debt, investing wisely, and planning for retirement may seem difficult when you're young, but these small steps add up over time. Thanks to the power of compound growth, even modest savings can become a valuable nest egg.

Sadly, many people only begin thinking about their health after receiving bad news from a doctor, or about their finances when retirement is just around the corner. By then, catching up can be much harder.



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Imagine reaching your retirement years with the freedom to travel, spend time with family, enjoy your hobbies, and live without constant financial stress. Now imagine being healthy enough to truly enjoy those experiences. That is the reward of planning ahead.

Parents also have an important role to play. Teaching children healthy eating habits, encouraging physical activity, and introducing them to basic money management can set them on a path to lifelong success. Learning the value of saving, budgeting, and making wise choices from an early age gives young people a significant advantage.

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Life is unpredictable, but preparing for the future gives us greater confidence and peace of mind. Every healthy meal, every walk, every rand saved, and every smart financial decision is an investment in the life you want to live.

Your golden years should be a time of freedom, not worry. By taking care of your body and your finances today, you are giving your future self the greatest gift of all—a healthier, happier, and more secure tomorrow.

Remember: Start young, stay consistent, and invest in yourself. Your future will thank you.

# "Self-Love: The Most Important Love of All"

In a world where we are constantly caring for others, meeting deadlines, and trying to live up to expectations, we often forget one very important person: ourselves.

Self-love is not about being selfish or thinking you are better than others. It is about valuing yourself, respecting yourself, and recognizing that you are worthy of love, kindness, and care.

Many people spend their lives looking for love, acceptance, and validation from others. Yet the most important relationship we will ever have is the relationship with ourselves. If we constantly criticize ourselves, doubt our abilities, or believe we are not good enough, it becomes difficult to experience true happiness.

When you love yourself, you begin to understand your worth. You set healthy boundaries, make better decisions, and treat yourself with the same kindness you would offer a friend. Self-love gives you confidence to pursue your dreams and the strength to overcome life's challenges.

There is a saying: "You cannot pour from an empty cup."

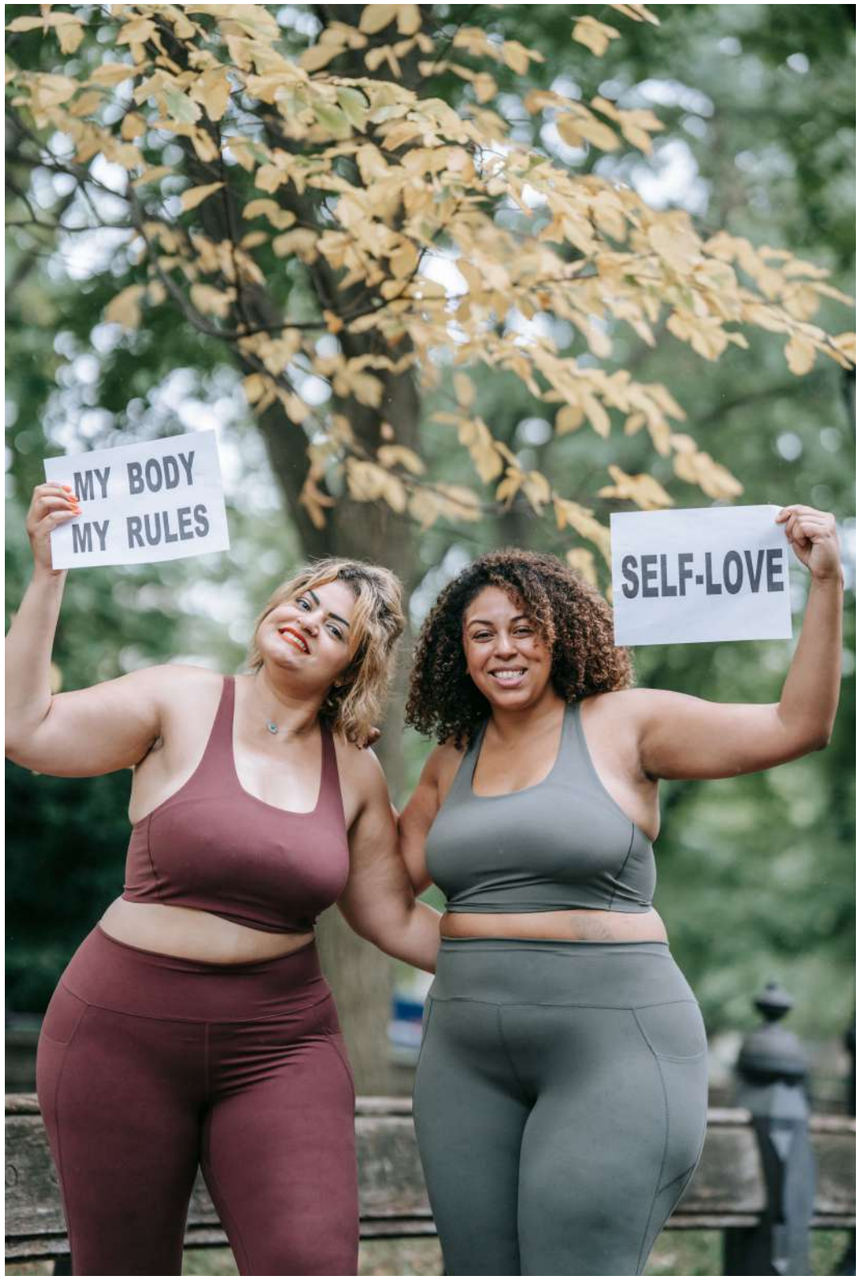
This means that if you are emotionally exhausted and neglecting your own needs, it becomes difficult to give your best to others. By taking care of yourself first, you have more energy, patience, and love to share with those around you.

Loving yourself also affects your relationships. When you value yourself, you are less likely to accept disrespect or unhealthy treatment from others. You learn to build relationships based on mutual respect rather than fear, insecurity, or the need for approval.

Self-love does not mean you think you are perfect. It means accepting yourself, flaws and all. It means understanding that mistakes are part of life and that your value as a person is not determined by your failures. Every day, take a moment to appreciate who you are. Celebrate your strengths, forgive your mistakes, and remember how far you have come. Speak kindly to yourself, take care of your health, and make time for things that bring you joy.

The journey to self-love is not always easy, but it is one of the most important journeys you will ever take. When you learn to love yourself, you create a strong foundation for a happier, healthier, and more fulfilling life.

Because at the end of the day, the love you give yourself sets the standard for the love you accept from others.



# MAGAZINE

## Media House



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