Glamour Talk Mag

ONLINE
SEP 2026
Issue 73



HELLO SUMMER!
TIME TO ENJOY THE SUNSHINE

MEDIA HOUSE PROJECTS 2026

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Glamour Talk Magazine

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

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1.

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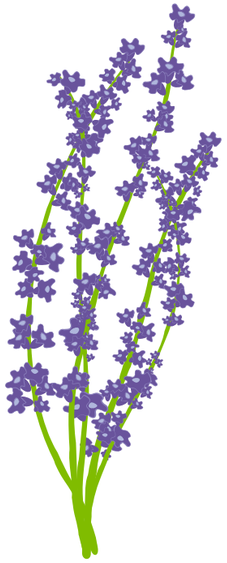
COVERPAGE OPPORTUNITY'S:

You can be on one of our cover pages just follow us on Facebook for more information.

4.

MATRIC FAREWELL:

Read about it on page 16 - 19



REGULARS

1: COVER PAGE: 01
Our cover page - lady showing off fashion

2. EDITORS NOTE: 03
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

4. 2026 PROJECTS: 08
Media House projects for 2026
See page 12 & 13

5. BACK PAGE: 20
Our back page will be a reminder of September.



Editors Note

Dear readers,

Glamour Magazine – Editor's Note

🌸 Hello, Summer!

Summer is finally here! After those cold winter days, it's time to pack away the warm clothes, rearrange your cupboard and make room for something lighter, brighter and more colourful.

Bring out those little floral dresses, sandals and summer favourites, and let the sunshine put a smile on your face. 🌺🌞

Enjoy the outdoors, have fun, feel beautiful and, most importantly, be happy!

Here's to a wonderful, fun-filled summer!
Add simple summer safety reminders
Make the tone more glamorous
Add a cheerful reader call-to-action

Until next time,

The Editor
Glamour Magazine

Charms

Our Ambassador



Ambassador
Candice Trietsch

Dear Readers,

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. Our soup drive went well, thank you to people involved.

UPCOMING MEDIA HOUSE EVENT
Face of the Magazine 2027.

September is a month worth celebrating! It brings the promise of spring, new beginnings and fresh opportunities. After the cold winter months, we welcome warmer days, blooming flowers and a little more sunshine.

September reminds us that every season changes—and so can we. It's the perfect time to refresh our goals, embrace new ideas, spend time with loved ones and simply enjoy the beauty around us.

Kind Regards

Candice Trietsch
Glamour Ambassador
078-614-4171

OLD-FASHIONED JAM AND COCONUT BARS

A soft buttery base, a generous layer of apricot jam and a golden coconut topping—these nostalgic teatime bars taste as though they came straight from Grandma's kitchen.

Makes approximately 20 bars

BASE

*** 125 g soft butter or baking margarine**
*** ½ cup sugar**
*** 1 large egg**
*** 1 teaspoon vanilla essence**
*** 1½ cups cake flour**
*** 1½ teaspoons baking powder**
*** Pinch of salt**

FILLING

*** ¾ cup smooth apricot jam**

COCONUT TOPPING

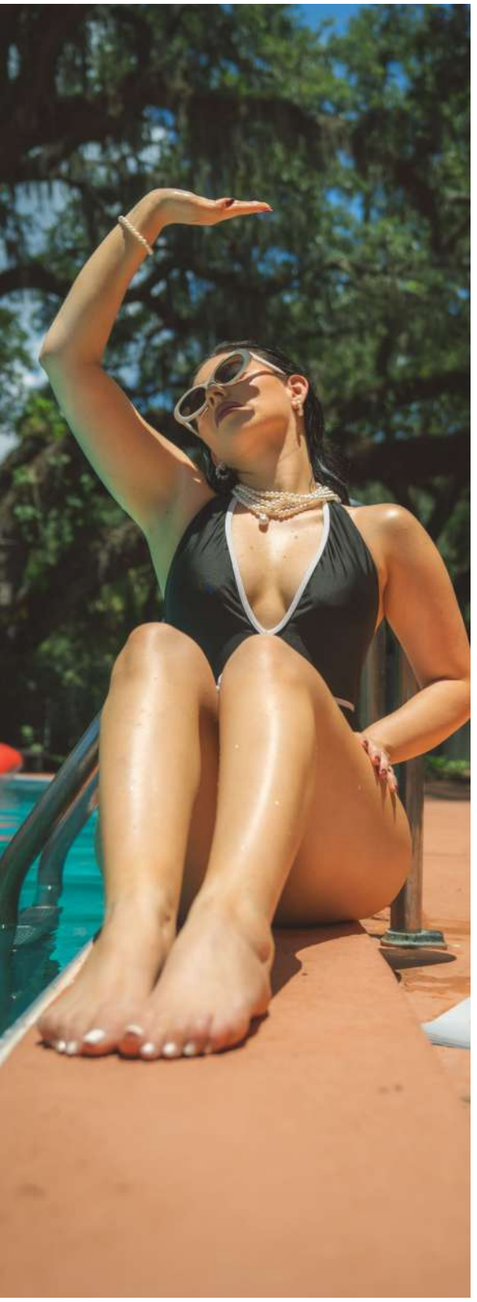
*** 2 large eggs**
*** ½ cup sugar**
*** 2 cups desiccated coconut**
*** ½ teaspoon vanilla essence**
*** Pinch of salt**

METHOD

1. Preheat the oven to 180°C. Line a baking pan of approximately 20 × 30 cm with baking paper.
2. Cream the butter and sugar until light and fluffy.
3. Add the egg and vanilla and beat well.
4. Sift in the flour, baking powder and salt. Mix only until a soft dough forms.
5. Press the dough evenly over the base of the pan.
6. Stir the apricot jam until smooth. Carefully spread it over the dough, leaving a narrow border around the edges.
7. Whisk the eggs, sugar, vanilla and salt for the topping.
8. Stir in the coconut until evenly moistened.
9. Spoon small mounds of the coconut mixture over the jam and spread it lightly. Do not press it down firmly.
10. Bake for 25–30 minutes, until the topping is golden and the base is cooked.
11. Cool completely in the pan before cutting into bars.

RINA'S TIP: Warm the jam in the microwave for about 15 seconds. It will spread over the soft

🌼 HELLO SUMMER! TIME TO ENJOY THE SUNSHINE 🌸



After a very, very cold winter, summer is finally here! It’s time to pack away those thick jackets, open the windows, get outside and enjoy the sunshine.
Summer brings longer days, warmer weather and the perfect opportunity to spend more time outdoors with family and friends. Whether you enjoy swimming, walking, gardening, having a braai, visiting the beach or simply relaxing in the sunshine, there is something special about summertime.
But while we enjoy the sun, we also need to look after our bodies.

🌞 Take care in the sun
The summer sun can be wonderful, but too much exposure can damage your skin. Use sunscreen with a suitable SPF and remember to reapply it, especially after swimming or sweating.
A hat, sunglasses and lightweight clothing can also help protect you. Try to avoid spending long periods in direct sunlight during the hottest part of the day, and make use of shade whenever possible.
And don't forget your lips — a lip balm with sun protection can help prevent dry, sun-damaged lips.

💧 Keep your body hydrated
When temperatures rise, your body loses more water through sweating. Make water your best friend!
Carry a bottle of water with you and drink regularly throughout the day. Don't wait until you are extremely thirsty before drinking.
Fresh fruit such as watermelon, oranges and strawberries can also be a delicious way to add fluids and nutrients to your summer diet.

🥗 Eat fresh and light
Summer is a wonderful time to enjoy fresh salads, vegetables and seasonal fruit. Try to include a variety of colourful foods in your meals.

And yes, enjoy that ice cream too! Summer is about enjoying life — just remember that treats are best enjoyed as part of a balanced diet.

🏡 Get moving!
Take advantage of the beautiful weather and get your body moving. Go for a morning walk, swim, ride a bicycle, play with the children or spend some time working in the garden.
You don't have to spend hours at the gym. Even simple activities can help you feel healthier, happier and more energetic.

👙 Prepare your summer essentials
Before you head outdoors, make sure you have your summer basics ready:
- Sunscreen
- Hat and sunglasses
- Water bottle
- Comfortable, cool clothing
- Comfortable shoes
- A towel and swimming costume
- Insect repellent where needed
- A light jacket for those unexpected cool evenings

❤️ Enjoy summer — safely
Summer is about making memories. Have that family picnic, enjoy a braai with friends, take the children swimming and spend time outdoors. Just remember: enjoy the sunshine, but respect the sun.
After the cold winter we have just experienced, we deserve to enjoy every beautiful summer day. So get outside, breathe in the fresh air, put a smile on your face and make the most of the season.

Welcome, summer! We have been waiting for you! 🌞🌺
Add family-friendly summer safety tips
Include advice for protecting children
Add a stronger South African summer feel



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





Lite 2 Night - Grace in motion.



As part of raising funds for Grace in Motion NPC, Tavis and I will be taking on this year's Lite2Nite 12-hour circuit race.

Grace in Motion exists to help those affected by addiction, helping people get into rehabilitation, supporting those coming out of rehab, and assisting where possible with the practical things that can make rebuilding a life possible.

Every cent raised goes towards that purpose. We're not running to raise money for ourselves; we're running for those who are still struggling, those trying to start again, and those who need someone to believe in them

If you can, please pledge an amount per lap. But even if you can't pledge, please share this far and wide. Every lap counts. Every pledge counts. Every share could reach someone who can make a difference.
Let's run for a greater purpose
♂️

Grace in Motion — helping those affected by addiction.

Let's support Ehrard, he is putting a lot of work into this, lets support him.

Follow him on Facebook or call Ehrard on 072 228 1602

📚 *Three Months to Go – Give It Your Best!*

Can you believe there are only three months left of 2026? The year has flown by, and for our scholars, that means one important thing: the end-of-year exams are just around the corner!
This is the time to put your head down, focus, and learn, learn, learn! 📖✏️
Give your studies your very best. Revise your work, ask questions when you don't understand something, and don't be afraid to ask your teachers or parents for help. Every little bit of studying you do now can make a difference when you sit down for those exams.

Remember, you don't have to be perfect – just give it your best effort. Believe in yourself and keep going, even when you feel tired or the work seems difficult.
And there is something exciting waiting for you on the other side of those exams… a LONG holiday!
☀️ 🏖️ 🍦
Then, when you return to school after the holiday, you will be starting a new class, a new grade and a whole new adventure, with new things to learn, new challenges and plenty of fun.
So, scholars, the finish line is in sight!
Study hard.
Stay focused.
Believe in yourself.
Give it your best.
And most importantly…
📚 LEARN, LEARN, LEARN, 📚
You can do it! Your future is worth the effort. 🌟
Make the exam advice more practical
Use child-friendly wording throughout
Strengthen the encouraging ending

Matric farewell should be about celebrating an end of an important chapter.



A matric farewell should be about celebrating the learners, their achievements and the end of an important chapter—not about who can spend the most money. Here is a magazine-style article that addresses the issue sensitively.

Matric Farewell: A Night to Remember, Not a Night to Compete
Matric Farewell: A Night to Remember, Not a Night to Compete
The matric farewell is one of those special moments that many young people look forward to for years. It marks the end of their school journey and the beginning of a new chapter in life. It is a time to dress up, celebrate with friends, take photographs and create memories that will last a lifetime.

But does a matric farewell have to be expensive and glamorous to be special?
The answer is no.
Unfortunately, the pressure surrounding matric farewells can sometimes become overwhelming. Expensive dresses and suits, professional hair and makeup, luxury cars, expensive venues, elaborate photographs and costly accessories can turn what should be a happy occasion into a financial burden for families.

And we must remember that not every family can afford it.
A young person should never feel embarrassed or left out because their parents cannot spend thousands of rands on one evening.
It's about the memory, not the price tag.

A beautiful dress does not make a person beautiful. An expensive suit does not make someone more successful. And arriving in a luxury car does not make the evening more memorable.

What matters is being surrounded by friends, teachers and family, celebrating how far the learners have come.
A simple outfit worn with confidence can look just as wonderful as a designer outfit. Sometimes a dress can even be borrowed, rented or bought second-hand and styled beautifully with the right accessories.
What can parents do?
Parents should talk openly with their children about what they can realistically afford.

Set a budget together and make it clear that there is no shame in keeping things simple.
There are many ways to save money:
Consider renting a dress or suit instead of buying one.
Look at second-hand clothing or clothing swaps.
Borrow accessories from family or friends.

Do hair and makeup at home or ask a talented friend or family member for help.
Take photographs at beautiful, free outdoor locations.
Share transport with friends where possible.
Avoid unnecessary extras that are only being purchased because "everyone else has them."
Most importantly, parents should remind their children that their value is not measured by the amount of money spent on their farewell.
What can schools do?
Schools also have an important role to play.

Why not create a matric farewell where every learner has the opportunity to feel special, regardless of their family's financial circumstances?
Schools could negotiate affordable venues, catering and entertainment packages. They could organise dress and suit donation drives, clothing swaps or partnerships with local businesses.

Local hairdressers, beauticians, photographers, clothing stores and businesses may also be willing to sponsor or offer discounted services to learners who need assistance.
Schools could even create a small Matric Farewell Fund supported by sponsors and community members to quietly assist learners who cannot afford the costs.

And perhaps most importantly, schools should discourage unnecessary competition.
There is no need for a "who has the most expensive dress", "who arrived in the fanciest car" or "who spent the most money" mentality.

Let's make everyone feel included
Imagine a matric farewell where every learner walks through the doors feeling proud, beautiful, handsome, confident and included.
That is what a farewell should be.
It should not matter whether a learner arrives in a luxury vehicle

Matric farewell should be about celebrating an end of an important chapter.

their parent's car. It should not matter whether their outfit cost R500 or R5,000.

They are all matric learners. They have all worked hard. They all deserve to celebrate.

The best farewell is not necessarily the most glamorous one.
It is the one where everyone can laugh, dance, take photographs, enjoy their friends and go home with wonderful memories.

A final thought
Parents, don't put yourselves under financial pressure just to impress other people.

Schools, don't create expectations that families cannot afford.
And learners, remember this:
Your matric farewell is one night.
Your future is a lifetime.
Celebrate your achievement. Dress up. Have fun. Take those photographs. Dance until your feet hurt!

But don't let the price tag determine how special your night will be.
A beautiful memory doesn't need to be expensive. ❤️
Add affordable farewell ideas
Make the tone more balanced
Strengthen the school action plan
Charmaine



MAGAZINE

Media House



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