

# Glamour Talk Mag

ONLINE  
JANUARY 2026  
Issue 65

COVER MODEL-  
VALMARIE VOLSCHENK

Miss Global South Africa 2025  
Debutant title Winner

*Media House 2026 projects*

Happy New year!

ADVERTISE YOUR  
BUSINESS HERE  
SAREL 074 409 3929

20  
26

INDEX

CONTENT

# Glamour Talk Magazine

COMMENTS:

Please send an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

COPYRIGHT:

Content of Glamour Talk Magazine is protected by copyrights. NO part of this publication / online may be reproduced or used in any form whatsoever without prior settlement with the Editor.

DISCLAIMER:

The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/ or advertisement.

The views of other writers or articles in this Magazine are not necessarily the view of the Editor.

EDITOR:

Charmaine Britz

CONTACT DETAILS:

Cell: 072 768 8582

E- MAIL:

admin@topvibe.co.za

WEBSITE:

www.topvibe.co.za

# 1.

## MEDIA HOUSE PROJECTS 2026:

Please support our Ambassadors # Photogenic & Cover page Model Competition. # Back to school Photo Competition. Only 10 Spots

# 2.

## ADVERTISE YOUR BUSINESS HERE:

How to advertise your business here and save money. Sarel 074 409 3929

# 3.

## COVERPAGE OPPORTUNITY'S:

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

# 4.

## BACK TO SCHOOL:

Back to school is here, a time to celebrate your first day at school.

# 2026

## REGULARS

### 1: COVER PAGE: 01

*Our cover page - Valmarie Volschenk - Miss Global South Africa 2025 Debutant title Winner*

### 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 Candace*

### 4. 2025 PROJECTS: 08

*Media House projects for 2026*

### 5. BACK PAGE: 20

*Our back page is "the month of February 2026 the month of Love.."*



## Redakteurs Nota

Liewe leser,

Media House het ons jaareindfunksie gehad op 20 Desember, heerlijk saam gekuier en gelag. Ons het nie afskeid geneem nie. Ons Ambassadeurs van 2025 sal altyd daar wees wanneer ons hulle benodig.

Net weer baie dankie vir julle onbaatsugtige liefde en hulp, julle is net amazing en dankie dat julle altyd deel sal wees van die Media House familie.

Ek is baie opgewonde oor 2026 ons is reeds besig met ons beplanning vir wat ons wil aanbied. Julle moet ons dop hou en sien wat gaan gebeur.

Wees deel van ons "back to school foto kompetisie" Daar sal slegs 10 plekke wees die kinders sal in die Top Vibe Kids Magazine verskyn.

Ek het die kort welverdiende vakansie geniet, maar ek is een van die mense wat nie vir te lank kan stil sit nie. Daar is altyd iets wat ek vind om te doen.

Geseënde nuwe jaar vir jou en jou familie, mag ju is. Ie 'n wonderlike 2026 geniet vol hoop, vrede en geluk van die span by Media House.

Wees veilig en geniet elke dag of dit jou laaste dag!

Liefde Charms

# Our Ambassador

Happy New Year to all the Glamorous People on 2026.

My name is Candice Trietsch, 39 years old (this year we celebrate my 40th Birthday) and 2 years as an Ambassador.

I'd like to interact with everyone on what things you are looking to celebrate this year, goals, inspirations and vision to help motivate each other. So every January, becomes the same familiar pressure: become someone new. New habits. New mindset. New body. New everything... Transformation is sold to us as a requirement for a "successful" year – especially at the beginning of the year. Social feeds fill with dramatic before-and-afters, ambitious routines, and declarations about finally becoming the best version of ourselves.

The message is subtle but constant: who you were last year wasn't enough. So this year, I decided I'm opting out, not chasing transformation, I'm choosing consistency. It will start in the smallest of decisions: drinking water most days, returning to something even after skipping it, continuing with announcing it. By doing the same things over and over again until they become a part of me. Consistency allows room for me to miss days, motivation to have peaks and doesn't punish me for slipping up – it just asks me to return when ready. Consistency helps with more productivity. More confidence. More selfoptimization.

Consistency says: you don't need to overhaul your life to move forward and move at my own pace.

## UPCOMING MEDIA HOUSE EVENTS

- Photogenic & Cover Page Model Competition 23/01/2026
- Back to School Photo Competition 31/01/2026

## Other Events

- Media Queens Goal Setting Hike – February T.B.C

## Bargains

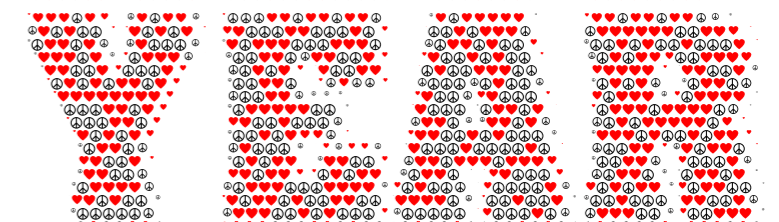
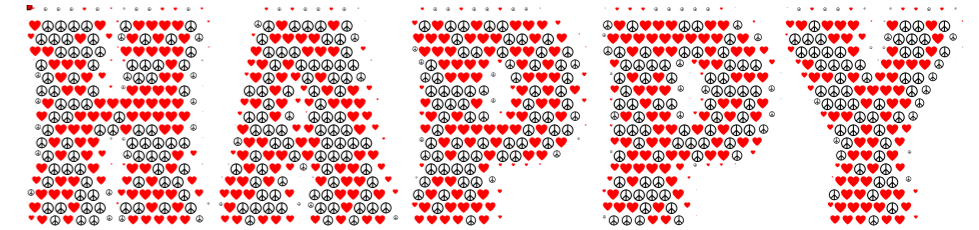
- Mount Champagne Drakesburg – 27 February – 6 March

• Auction Items with some real deals I am so excited to begin the Year with everyone and I hope that a lot of people get in touch with me – Send me a quick \*HI\* and Your Name to 078-614-4171.



Ambassador  
Candice Trietsch

Lovies Candice  
xxx



# Valmarie Volschenk Miss Global

## South Africa 2025 - Debutant

I entered Miss Global South Africa 2025 not fully knowing what to expect, and in many ways, that uncertainty defined my journey. This was my first all-female pageant, and while I ultimately won the Debutant title (Thanks to my sponsors: Flowerspot, Grace makeup artistry by Abigail, The V-Line, The Crown Academy, Rock 'n tan, MW Photography and Studio, Firefly Boutique, Perfect Lines, Nailz by C), the experience itself taught me far more than any sash or crown ever could.

Our journey began at Swazulu Guest Lodge, and from the very first day, things did not go according to plan. It was pouring with rain when I arrived, and I remember feeling completely overwhelmed as my clothes and electronics were drenched. In that moment, I felt scared, out of place, and very aware that I was stepping into a world that didn't naturally feel like mine. Almost immediately, I knew I wasn't a "pageant girl" in the traditional sense, and I made peace with the idea that I probably wasn't going to win. That realisation oddly brought relief. I stopped trying to be overly proper or fit into a mould that didn't feel authentic to me.

As the week unfolded, the experience became lighter and more enjoyable. We were given opportunities that I will always be grateful for — from game drives and driving our sponsored LDV Bakkies, to my very first time shooting a gun during target practice. We also enjoyed a unique gin-making experience hosted by Love Gin, which added a fun and creative element to the week. We took part in memorable photoshoots, including one with a horse, and shared an unforgettable dinner prepared for us on the klip at Swazulu. One of the highlights for me was acrobanching — a fun, challenging experience that reminded me how important it is to enjoy the moment rather than overthink everything.

Later in the week, we moved to a new location to prepare for the finale. We shared a relaxed pajama evening with Bianca Cosmo, made even more special by the delicious food sponsored by Food Inc. This was followed by interviews and final preparations. On finale night, we wore beautiful Dian Daniels dresses and truly looked stunning. It was a moment where everything came together, and regardless of outcomes, it felt special to be part of something so professionally executed.

Throughout the entire pageant, what stood out to me most was the effort and dedication behind the scenes. I could genuinely feel how much work our pageant director, Nelius, put into creating this experience.

His commitment, along with the support of the sponsors, played a huge role in making the week what it was. I am especially grateful to my sponsors, who and supporters, whose support contributed directly to my journey and to me being awarded the Debutant title.

The Debutant title was an honour, but I would be lying if I said it defined the journey for me. I worked hard — harder than what that title alone represents — and the real reward was the lesson I walked away with. I learnt that if you are not happy doing something for the journey and the experience itself, then there is no point in doing it at all. Titles fade, but growth stays.

Miss Global South Africa 2025 challenged me, humbled me, and reminded me to stay true to myself even in spaces where I don't quite fit the expected image. While parts of the experience felt forced at times, it also gave me clarity, resilience, and perspective. For that, I will always be grateful.

Media House would like to wish you the very best for 2026.



# Kerrie Boontjies

## INGELEGDE KERRIE BOONTJUES

1 Kg Gekerfde Groenboontjies  
500g Gekerfde Uie  
15ml Kerrie poeier  
10ml Borrie  
15ml Maizena  
375ml Asyn  
1 Koppie suiker  
10ml Sout  
5ml Mostert poeier (opsioneel)

Kook boontjies en uie tot sag en dreineer  
Meng Kerrie poeier Borrie en Mostert  
poeier en Maizena saam met bietjie water  
Kook asyn en suiker saam tot opgelos  
Roer nou kerrie mengsel by indien jy  
dikker verkies voeg nog bietjie maizena by  
nie te veel nie.

Voeg nou boontjies en uie by kerrie en asyn  
mengsel meng goed deur en prut vir paar  
minute  
Skep in gesteriliseerde bottels  
Ek het net 1 bottel en nog bietjie uitgekry  
Laat bietjie afkoel en plaas in yskas

Ek verkies om alles in my yskas te plaas

## BRON FACEBOOK



# Media House 2026 projects

Media House will be launching several exciting projects throughout 2026., and we invite business owners and the public to engage with us and be part of making these projects a success.

We welcome your participation and involvement. Businesses that partner with us will receive valuable exposure and recognition as sponsors.

Join us in creating meaningful impactful, and successful projects in 2026.

For more information call Charmaine 072 768 8582 or Carin 082 827 6556



**MEDIA HOUSE**

**Closing date**  
**23 January 2026**

**R100.00**

Bankdetails  
Media House  
Tymebank  
Acc:  
530022567770  
Ref Name

**Photogenic & cover  
page model  
competition**

**WhatsApp**  
**072 768 8582**



**CLOSE 31  
JANUARY  
2026**

**MEDIA HOUSE**

**ONLY 10  
SPOTS**

**BACK TO  
SCHOOL!  
PHOTO COMPETITION**

Send your foto to  
Whatsapp 072 768 8582

**R100**

Bank details:  
Media House  
Tymebank  
Acc: 53002256770  
Ref: Your name

# ADVERTISE YOUR BUSINESS HERE

---



**MEDIA HOUSE**  
072 768 8582  
www.topvibe.co.za



016 454 6000



*SJ Botha Photography*  
074 409 3929  
**Let's have photo fun**



Contact Charmaine 072 768 8582

**Dreamteam**  
Wedding photography & services

Photography/Video/Editing  
Drone photo/Video  
DJ, Live Music, MC's  
Photo printing, Framing  
Gifts, MUA, hairstylists  
Dressmakers  
Venues, Decor hire, Catering

PHONE: 074 409 3929

# Planning Valentine's day ahead

Planning Valentine's Day ahead means personalizing to your partner's interests (hikes, museums, games) and handling logistics early, like booking restaurants, ordering flowers for delivery to avoid crowds, or prepping DIY gifts like hot fudge. Focus on shared experiences—whether it's a cozy night in with themed activities or a fun outing like mini-golf—and set a budget to keep things stress-free, making memories over spending big.

**Early Planning & Logistics (Now - Jan/Feb):**

**Budget:** Decide how much you want to spend to guide your choices.

**Preferences:** Think about what your partner loves—art, nature, games, or quiet nights.

**Bookings:** Reserve tables at popular restaurants or book experiences (like couple's massages) in advance.

**Gifts:** Order flowers or special items for delivery to save time later.

**At-Home Ideas (Low-Key & Cozy):**

**DIY Spa Night:** Book mobile massages or create a spa ambiance at home with candles and music.

**Themed Dinner:** Cook a favorite meal or try a new recipe together.

**Game Night:** Play board games, cards, or even video games.

**Movie Marathon:** Create a cozy cinema with popcorn and favorite films.

**Out & About Ideas (Active & Fun):**  
**Coffee/Food Truck Date:** Grab coffee and pastries or hit a food truck, then take a walk.

**Active Fun:** Go ice skating, bowling, mini-golfing, or on a scenic hike.

**Cultural Outing:** Visit a museum, art gallery, or try a cooking class.

**Personal Touches (DIY & Sentimental):**

**Make Ahead:** Prepare treats like homemade hot fudge to serve later.

**Create Traditions:** Find meaningful spots or activities that become "your" thing.

**Personalize:** Tailor the day to their specific hobbies, like a picnic if they love nature.

**Key Takeaway:** The best Valentine's Day is personalized and shows you care, whether it's a grand gesture or a simple, thoughtful evening at home.



# Revamp your Livingroom with small changes



To revamp your living room cheap, focus on high-impact, low-cost changes like rearranging furniture, adding fresh textiles (pillows, throws, curtains), improving lighting, decluttering, and using plants/mirrors to brighten the space and create a new feel without major spending. Repurposing items, adding pops of color with accessories, and DIY art are also great ways to personalize on a budget, say design experts.

## High-Impact, Low-Cost Strategies:

**Rearrange Furniture:** A new layout instantly changes the feel; move pieces to create better flow and discover hidden corners.

**Update Textiles:** Swap throw pillows, blankets, and rugs for new colors or patterns to redefine the space affordably.

**Lighting:** Add lamps to eliminate dark spots, use brighter bulbs, or repurpose items like old belts as curtain tiebacks for charm.

**Declutter & Curate:** Remove everything from shelves and tables, then put back only loved items in intentional groupings (3, 5, 7 rule) for a fresh, uncluttered look.

**Add Greenery:** Potted plants or an olive tree can fill empty corners and add life and texture.

**Use Mirrors:** Hang mirrors to reflect light and make the room feel larger, or use window film for privacy without blocking light.

## DIY & Repurposing Ideas:

**DIY Art:** Create a large, abstract painting to fill a big wall space.

**Repurpose Decor:** Use old serving dishes for shelf decor or a rug as wall art for unique texture.

**Creative Window Treatments:** Hang curtains high and wide to make windows look bigger; layer with Roman shades.

## Focus on Key Areas:

**Walls:** Paint or add texture with a wooden accent wall.

**Floors:** Rotate rugs to hide wear or use an inexpensive outdoor rug for pattern.

**Furniture:** Add storage with an ottoman or use accent furniture from other rooms.

# Start the new year as a better You!

To start the New Year as a better you, focus on small, positive habits, reflect on past lessons, set realistic goals with actionable steps (like daily walks or saving a small amount), and cultivate a growth mindset by celebrating wins and learning from setbacks, ensuring you prioritize self-care and meaningful connections.

## **Reflect & Reset**

**Look Back, Not Just Forward:** Ask what last year taught you and where your energy was spent.  
**Let Go of the Past:** Forgive others and yourself to start with a lighter heart, ready to receive new positivity, says.

## **Define Your Own Success:**

Forget external pressures; figure out what truly brings you purpose and joy.

## **Set Smart Goals**

**Atomic Habits:** Break big goals into tiny, manageable actions (e.g., 20-minute walk instead of "get fit").

## **Make it Easy & Attractive:**

Pair new habits with enjoyable things (podcast while walking) and use visual cues.

## **SMART Goals:**

Make them Specific, Measurable, Achievable, Relevant, and Time-bound.

## **New Habits**

**Move More:** Take the stairs, walk during lunch; feel the energy boost.

**Your Mind:** Learn something new, spend time in nature, and focus on what you can change.

**Connect Deeply:** Make time for supportive friends and family, and surround yourself with uplifting people.

## **Be Kind to Yourself:**

Celebrate small wins, allow for imperfections, and remember progress over perfection.

## **Mindset Shift**

**Positive Outlook:** Consciously remove negative thoughts.

**Growth Mindset:** View mistakes as learning opportunities, not failures.

**Be Present:** Don't let worry about the future or past prevent you from enjoying today.



# Tips to store your Christmas Decorations

**T**o store Christmas decorations, use clear plastic bins (not cardboard), protect fragile items in egg cartons or with bubble wrap, organize with compartments or Ziploc bags, wrap lights around toilet paper rolls, and label everything clearly for easy retrieval next year, storing in a dry, accessible place like a loft or basement.

## Plastic Bins:

Opt for clear, sealable plastic totes over cardboard to prevent moisture, insects, and mildew.

**Specialized Organizers:** Use compartment boxes for baubles and ornament boxes for smaller items.

**Repurpose Containers:** Egg cartons hold small ornaments, while plastic jugs prevent tangled garlands.

**Protect & Organize Fragile Items**

**Wrap Delicates:** Use newspaper, tissue paper, or bubble wrap for fragile ornaments and figurines.

**Compartmentalize:** Place delicate items in Ziploc bags or individual compartments within bins.

**Lights:** Wrap string lights around toilet paper rolls or use dowels to hang them tangle-free.

**Layering:** Put heavier items at the bottom and lighter, more fragile ones on top.

**Label & Locate**

**Label Everything:** Use a label maker or tape to clearly mark bins with contents and even take photos (using QR codes linked to photos is a tech-savvy option!).

**Keep it Visible:** Store items in clear bins so you can see contents easily, notes the storage blog StoneGable.

**Choose the Right Spot**

**Dry & Accessible:** Store in a cool, dry place like a basement, attic, or garage.

**Elevate:** Keep boxes off the floor on shelves or pallets to avoid moisture issues.

**Don't Forget the Extras**

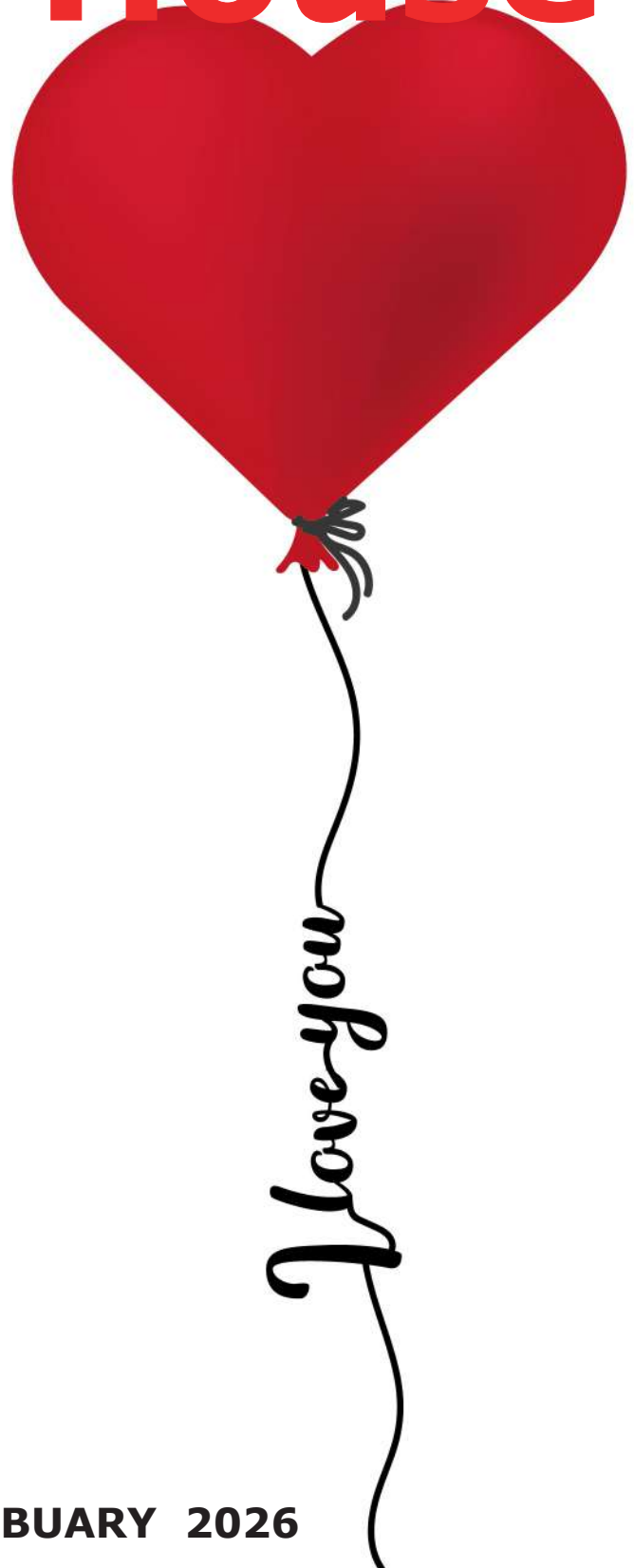
**Wrapping Paper:** Store rolls in a long tube or garment bag to prevent crushing.

**Trees & Wreaths:** Use dedicated storage bags for easier transport and protection.



# MAGAZINE

# Media House



**NEXT ISSUE FEBUARY 2026**

**DOWNLOAD GO TO [www.topvibe.co.za](http://www.topvibe.co.za)**