

Glamour Talk Mag

ONLINE
MARCH 2026
Issue 67

Having a night out
with friends

Media House 2026 projects

**ADVERTISE YOUR
BUSINESS HERE
SAREL 074 409 3929**

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

Cocktail workshop
7 March 2026
Stonehaven, Vanderbijlpark
Time 14:00

2.

ADVERTISE YOUR BUSINESS HERE:

How to advertise your business here and save money.
Sarel 074 409 3929
Candice 078 614 4171

3.

COVERPAGE OPPORTUNITY'S:

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

4.

HUMAN RIGHT'S DAY 21 MARCH:

Celebrate Human's right day



REGULARS

1: COVER PAGE: 01

Our cover page - Beautiful model

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. 2025 PROJECTS: 08

Media House projects for 2026

5. BACK PAGE: 20

Our back page Rose for you



Redakteurs Nota

Liewe leser,

Ek wonder so by myself, wie van julle het opgelet hoe laat dit lig word soggens en hoe vroeg dit reeds donker word.

Ons seisoen het gedraai en die winter is besig om stadig maar seker nader te kruip.

Mens kan nie glo dat tyd so gou verby gaan nie. Ons is reeds in die derde maand van die jaar en voor jy weet is die jaar ook verby.

Media House het aan die Mammas gedink, kom maak jou eie skemerkelkie (cocktail) net so vir 'n blaas kansie. 7 Maart 2026 moet dit nie misloop nie.

2 Mei hou ons Koek en Tee, kom kuier saam met ons baie uitstallers daar sal iets wees vir Moedersdag.

Ons kan nie wag om jou te ontmoet nie, kom kuier saam met ons, geniet elke oomblik van vrou wees of man wees.

Ons wil jou ontmoet saam lag en saam laf wees ons gaan Coctails maak dit gaan baie pret wees.



Liefde Charms

Our Ambassador

Sat, 21 Mar 2026

Hello all my Beautiful Readers,
Hope the start of this year has gone good for everyone and that the heat is being good to us all.

So as the year starts to pick up, I would like to encourage everyone to get involved and get out there and try new things.

Remember consistency is the key to move forward.

UPCOMING MEDIA HOUSE EVENTS

- Cocktail Workshop @ Stonehaven – 7th March

This is definitely an event not to be missed, learn how to make & taste your own cocktails.

- Koek en Tee - 2nd Mei @ Sasolburg.

Other Events

- Candice Toastmaster Speech Evening – Tuesday 17th February

Bargains

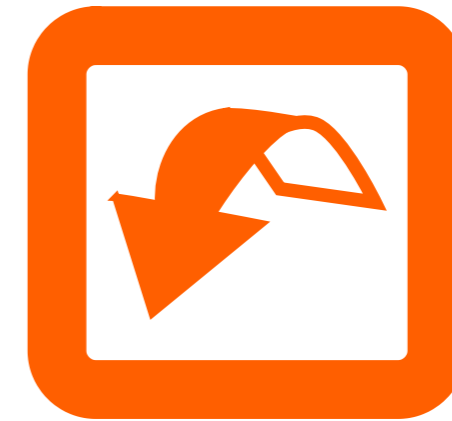
- Mount Champagne Drakensburg – 27 February – 6 March – BARGAIN -
- Auction Items with some real deals (want to Advertise, get in touch)

Please everyone I need the interaction so send me a message on 078-614-4171 or email if you prefer

candice.trietsch@gmail.com.

Lovies Candice

XXX



Ambassador
Candice Trietsch



Transform lives by donating in any form.

Donations have the power to transform lives and communities by providing immediate, life-saving aid—such as food, medical care, and shelter—while fostering long-term, sustainable solutions to systemic issues. Beyond financial impact, giving boosts donor happiness, strengthens social bonds, and drives positive societal change through collective action.

The Power of Small Giving: Consistent, small, recurring donations allow nonprofits to plan long-term projects and create a stable, reliable, and powerful force for change. **Benefits to the Donor:** Research shows that giving increases personal happiness, reduces stress, improves physical health, and provides a sense of purpose. **Forms of Giving:** Donations include money, goods (in-kind), time (volunteering), and even life-saving blood or organs.

Cultural & Ethical Impact: Giving is considered a moral duty in many cultures and religions, fostering a culture of empathy and social responsibility.

Whether funding medical research or supporting a local charity, every donation, regardless of size, plays a crucial role in tackling global and local challenges.

Have a heart to heart with you loved once when you die It's not a shock to them.

Reach out and get involved with our food drive. We collect tins of food, cleaning products, toiletries etc.



MEDIA HOUSE

FOOD DRIVE

Our Food drive start
1 February 2026
- end 1 May 2026

Please support us we need non -
perishable food for underprivileged
children

Carin 082 827 6556 OR
Charmaine 072 768 8582

The poster features a central illustration of a smiling child sitting at a table with various food items including a bowl of noodles, a jar of pickles, a can of soda, a loaf of bread, a carton of juice, and a carton of milk. The background is a warm orange color with a pattern of small white dots.

Media House 2026 projects

Media House wil 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 succes.

We welcome your participation and involvment. 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

Dreamteam
Wedding photography & services

Free Engagement Photoshoot
Sarel 074 409 3929

Dreamteam Wedding Photography is opsoek na een baie spesial paartjie vir wie ons 'n gratis verlowings fotosessie kan doen.

Die sessie moet in Vanderbijlpark of omgewing plaasvind en sal vir 60 minute duur en jy sal 20 fotos in sagteware formaat kry.

As jou idee vir so 'n sessie ons kan oortuig dat ons jou moet kies, stuur dan Whatsapp met jou idee na 074 409 3929



MEDIA HOUSE

COCKTAIL WORKSHOP

1x Cocktail R160 **2 x Cocktails R250**

DATE: SATURDAY 7 MARCH 2026
VENUE: STONEHAVEN, VANDERBIJLPARK
TIME: 14:00

RSVP before 2nd March

Carin 082 827 6556
Charmaine 072 768 8582

cheers!

ADVERTISE YOUR BUSINESS HERE



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



MEDIA HOUSE ONLINE MAGAZINE'S

☎ 072 768 8582
✉ admin@topvibe.co.za
🌐 www.topvibe.co.za



Friday Club
Business Network

Contact Charmaine 072 768 8582



DREAMTEAM
WEDDING/FUNCTION MUSIC



DJ: 3500
DJ/One man band: R4500



Whatsapp 074 409 3929

Stay calm during a fight - don't speak, listen

To stay calm during a fight—physical or verbal—control your breathing by taking slow, deep breaths to activate your parasympathetic nervous system. Keep your voice low and slow, relax your facial muscles, and, if in a physical confrontation, focus on distance and movement rather than just attacking

Control Breathing: Slow, deep breaths reduce adrenaline, preventing you from gassing out and keeping you focused.
Relax Facial Muscles: Unclench your jaw and relax your forehead to help the rest of your body relax.
Create Space: Use footwork to create space and manage the range, which allows for better decision-making.

Train Under Stress: Sparring frequently, especially when tired, builds "comfort" in uncomfortable situations, allowing you to stay calm, say Reddit users.
Visualize Success: Visualize not just the win, but staying calm and in control during the fight.

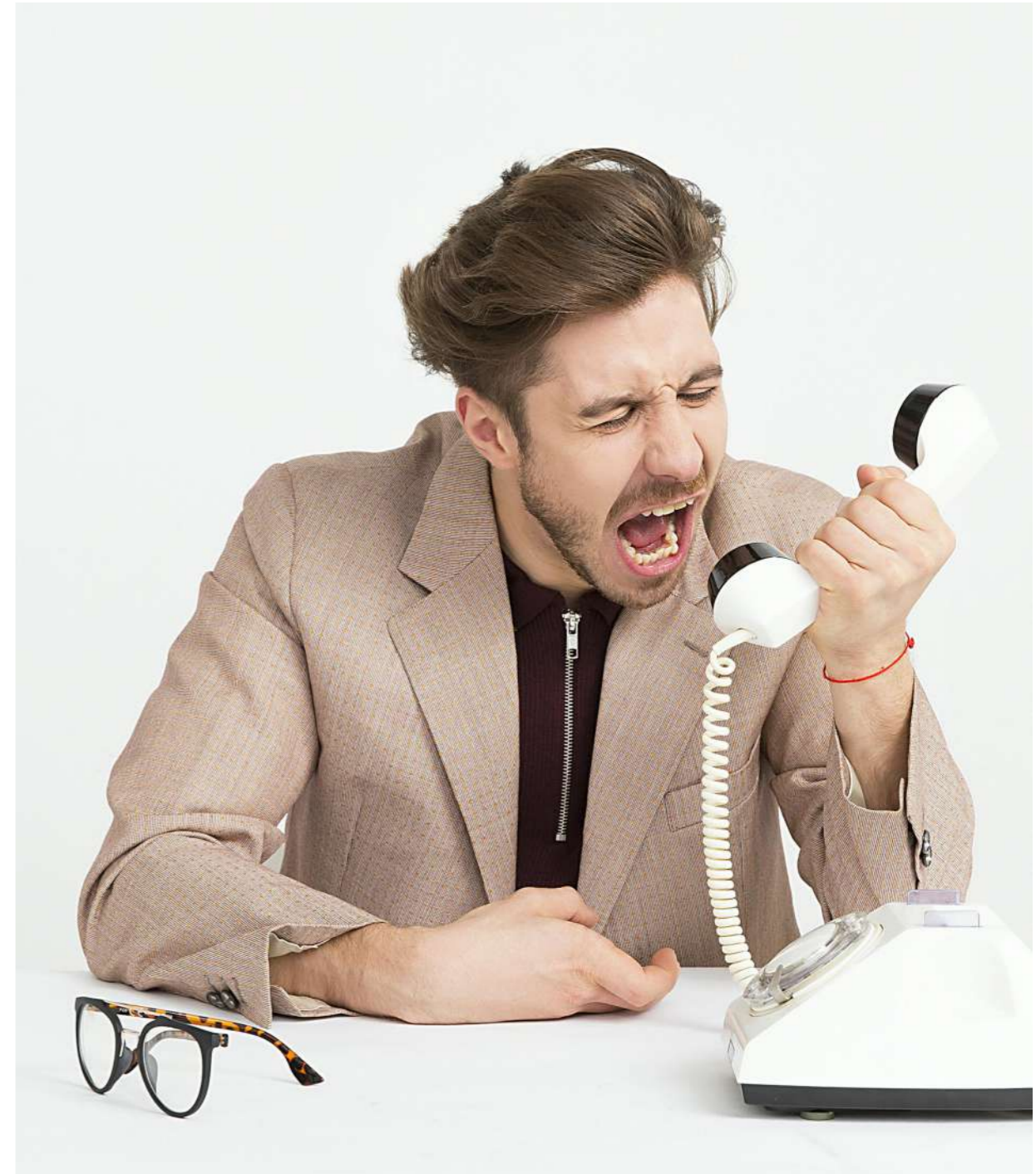
Verbal Argument Tips
Lower Your Voice: A quieter voice forces others to focus on your words and reduces the intensity.
Pause Before Reacting: Take a moment to think rather than

immediately reacting emotionally.
Listen Actively: Focus on understanding the other person's perspective rather than just preparing your rebuttal.
Use De-escalation Phrases: Say, "I want to understand, not argue" or "Let's take a break and come back to this"

Adopt an Object Mindset: Treat the opponent or the argument as an object or a puzzle to solve rather than a personal attack, which removes emotional involvement.

Find Humour: Thinking of something funny can reduce stress hormones and help you regain composure.
Know When to Walk Away: If the situation becomes toxic or circular, stepping away is a sign of control, not weakness.

Calming your body can help you calm your mind. During a time out, try to do something soothing. Take a walk, listen to music, practice deep breathing, smell your favorite candle, take a shower—whatever helps your heart rate slow back down and your blood pressure return to normal.



Saving money each month



Saving money each month is best achieved by creating a strict budget, prioritizing automatic savings transfers upon receiving income, and reducing discretionary spending. Key strategies include tracking expenses to cut unnecessary costs, cooking at home, canceling unused subscriptions, and using energy-efficient practices to lower utility bills.

Create and Track a Budget: Outline a monthly budget to understand spending, and use spreadsheets to track expenses.

Automate Savings: Set up automatic transfers to savings immediately after payday, treating it as a non-negotiable expense.

Reduce Discretionary Spending:

Cook at home: Reduce takeout and restaurant visits.

Cancel subscriptions: Review and cancel streaming services or memberships not in regular use.

"No-spend" days/weeks: Limit spending to essentials only.

Buy in bulk: Purchase groceries and household goods in larger quantities.

Optimize Household Expenses:

Save on utilities: Switch to LED bulbs, unplug appliances not in use, and manage heating/cooling.

DIY Tasks: Perform beauty treatments, home maintenance, or cleaning yourself instead of paying for services.

Manage Debt and Banking:

Pay high-interest debt: Focus on paying off debt to free up future cash flow.

Reduce fees: Switch to bank accounts with lower fees or use ATM networks that don't charge.

Adopt the 50/30/20 Rule: Allocate 50% of income to needs, 30% to wants, and 20% to savings.

Don't go to the shop every day for bread, milk etc.

Rather go once a week, that way you will save money.

Don't go to the shop when you are hungry, then you buy things that you don't need.



Having a night out with friends

Drinking with friends is best approached with a focus on moderation, safety, and respect for others, ensuring the social, enjoyable, and memorable atmosphere is maintained. The most appropriate way involves pacing oneself, eating beforehand, staying hydrated, and never pressuring others to drink.

Plan transportation: Arrange a designated driver or use ride-sharing services before the first drink.

Know your limits: Set a specific drink limit for yourself and stick to it.

Don't drink on an empty stomach: Eat before and during drinking to slow the absorption of alcohol into your bloodstream.

Pace yourself: Aim to consume no more than one standard drink per hour.

Alternate with water: Drink a glass of water in between every alcoholic drink to stay hydrated and slow down consumption.

Avoid high-risk habits: Skip drinking games, shots, and rapid "sculling" (chugging),

which are designed to get you intoxicated quickly.
Measure your drinks: If drinking at home, use a measure for spirits rather than free-pouring.

Respect others' choices: Never pressure friends to drink, and accept a "no" gracefully.

Don't keep up with others: Drink at your own pace, not the pace of the fastest drinker in the group.

Don't force top-ups: Let your friends finish their glass before offering more, rather than constantly topping them up.

Be a good guest/host: If you bring a bottle, it is intended to be shared or left for the host.

Guidelines for Safer Drinking
Responsible drinking guidelines suggest limiting the number of drinks consumed within a specific timeframe. It is generally recommended to have drink-free days each week.

Note on Professional Settings: If drinking with colleagues or at a work event, it is generally advised to have a very modest amount or none at all, as you want to maintain professional behavior



How often do you buy flowers?



There is no strict rule for buying flowers, but a common, thoughtful approach is to give them 2–4 times a year for special occasions, or as a surprise "just because" to keep the gesture meaningful. Some partners prefer more frequent, smaller, or monthly bouquets, while others prefer them only for birthdays, anniversaries, or Valentine's Day.

"Just Because" (High Impact): Giving flowers unexpectedly, perhaps 2–4 times a year, is often considered more impactful than only on holidays.

Monthly or Regular: Some individuals buy flowers every 2–4 weeks to keep their home decorated, though others find this too frequent.

Key Occasions: Focusing on birthdays, anniversaries, and Valentine's Day ensures the gesture is expected and appreciated.

Tips for Gifting Flowers

Surprise Matters: To keep the gesture special, avoid a strict, predictable schedule.

Know Her Preference: Some people love fresh flowers, while others may prefer plants or alternative, non-wilting gifts.

Contextual Moments: Giving flowers when she is having a bad day, or to celebrate a specific, non-calendar achievement, can be highly appreciated.

Pair with Notes: A handwritten note often adds more value to the flowers.

Milestones: It is generally safe and well-received to bring flowers by the second or third date to show serious interest without being "too much too soon".

After Arguments: While flowers can help as part of an apology, they are most effective when given during happy times so they aren't exclusively associated with conflict.

Give flowers today don't wait the person may not be here tomorrow.

Get your flowers from Flower Spot 59 Rossini Blvd, Vanderbijlpark Cell: 083 666 1541



MAGAZINE

Media House



NEXT ISSUE MARCH 2026

DOWNLOAD GO TO www.topvibe.co.za