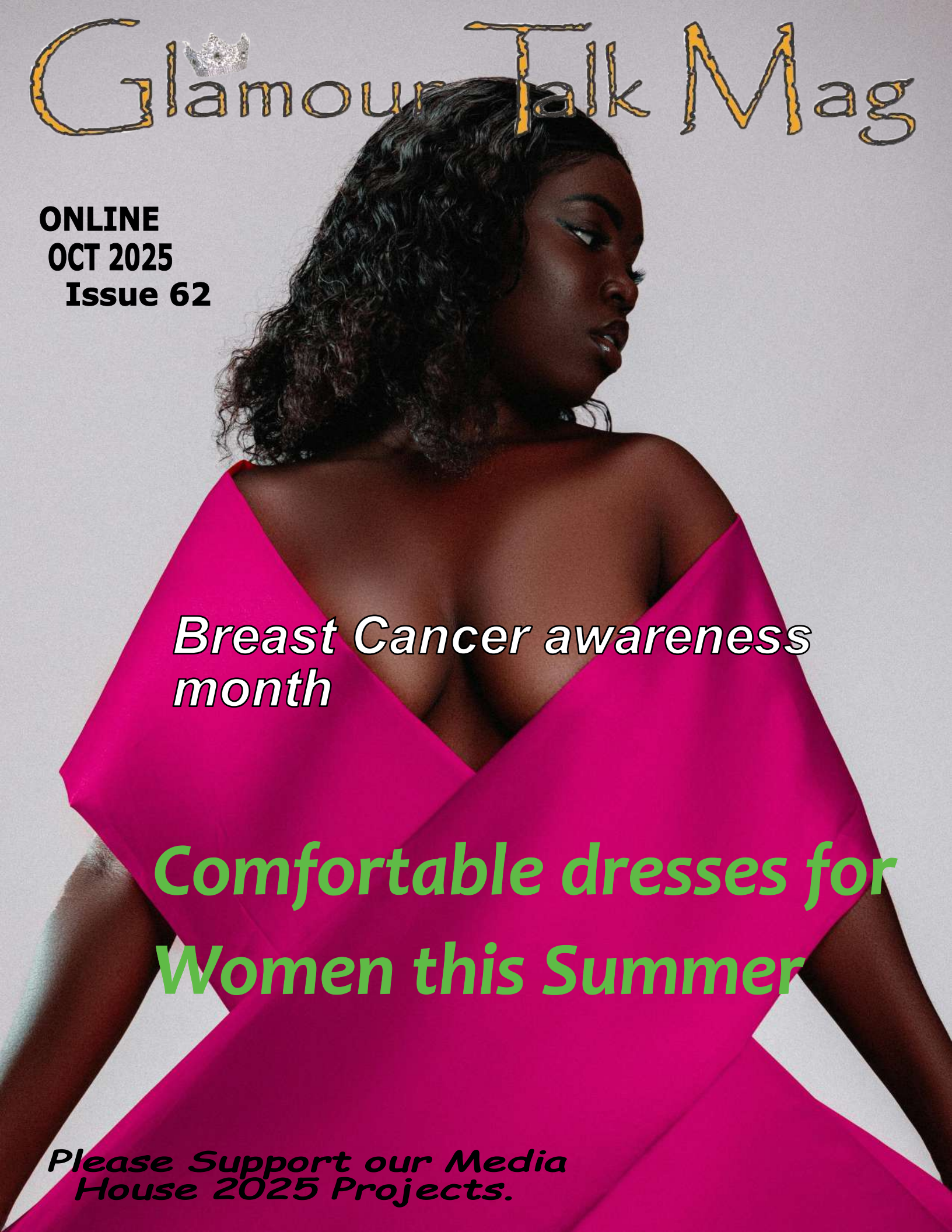
Glamour Talk Mag

ONLINE
OCT 2025
Issue 62



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Please Support our Media House 2025 Projects.

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

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MEDIA HOUSE PROJECTS 2025:

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3.

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

4.

WOMEN'S DAY EVENT:

Celebrate Women's day with us on 4 Oct '25. For more inf call 0727688582



REGULARS

1: COVER PAGE: 01

Our cover page - Pink ribbons for Breast Cancer month

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 Ambassadors Lettie Botha

4. 2025 PROJECTS: 08

Media House hosting projects during the year, part of funds will go towards our charity projects.

5. BACK PAGE: 20

Our back page is 'the month of NOV 2025.



Redakteurs Nota

Liewe leser,

Graag wil ek jou herinner dat Media House se Vrouedag kaartjies beskikbaar is. Die eerste 50 kaartjies verkoop ontvang `n geskenk... kry jou vriende almal bymekaar en kom geniet die tyd saam met ons.

Indien jy vroegtyding jou kaartjie wil kry kontak my by 072 768 8582 daar is `n beperkte aantal kaartjies. 4 Oktober 2025.

Oktober maand is Bors kanker maand, ek wil `n beroep doen dat elke dame wat die lees julle borste sal laat toets. Gaan doen jou mammogram ek het.

Die skole sluit ook die 3de Oktober vir `n kort rukkie. En daarna is dit volstoom tot Desember maand.

Moet net nie vergeet van ons Face of Top Vibe Kids & Top Vibe Magazine 2026 nie. As jy nog nie ingeskryf het nie dan moet jy spring tyd raak min.

Ons staan stadig maar seker nader aan die einde van die jaar. Ek is nogal dankbaar dit was `n lang besige jaar ek kan doen met `n ruskans.

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.

Ek groet tot volgende maand.

Liefde
Charms

Our Ambassador



Ambassador Lettie Botha

October falls in South Africa's spring going on Summer, with warm temperatures throughout and little rain. It is the perfect time to visit Johannesburg, Cape Town, and Kruger National Park.

The best places to Visit in South Africa in October
October is the perfect time of the year to visit much of the country, given that the weather is warm and mostly dry throughout the country.

Go visit the following places:
Taste Regional Wines in Stellenbosch and Franschhoek
They are well known to be home to some of the most delicious wines, and there are plenty of vineyards and wineries to visit around the area.
2. Go on a Safari at Kruger National Park
Regardless of the fact that October is when Kruger National Park gets warmer, they will still highly recommend visiting them. It is one of the most memorable things to go in South Africa.
3. Learn about South Africa's History in Johannesburg
Johannesburg is South Africa's biggest city, and there are so many opportunities to learn about the past.
4. Mountain Bike in the Langkloof
Langkloof is a long valley in South Africa between the cities of George and Gqeberha, and it is a very popular destination with
Mountain bikers, mountaineers, and hikers, as well as photographers.

Enjoy every moment of our wonderful place and enjoy spring.
Till next time.

Lettie

SPYT KOM TE LAAT.

'n Vriend van ons en sy vrou was baie lief vir mekaar, maar ai hulle het altyd oor die kleinste goed baklei. Sy wil nie na sy Ouers gaan nie en anders om, oor brood wat gekoop moet word, oor wie moet die kinders bad, wie betaal wat, wie skottelgoed moet was ens. Dan het sy altyd haarself onttrek, en hy het homself onttrek.

Een Sondag middag het ons gaan koffie drink by hulle. Die man het die melk opgebruik, en daar was nie melk vir die koffie nie, sy was woedend. Hy het verskoning gemaak en gery om gou melk te gaan koop. Toe hy weg is, het sy weer so te kere gegaan oor hoe sleg en lui hy is. Hy bly toe te lank weg na haar sin en sy is toe van vooraf boos.

Ons wou net verskoning maak om te ry, toe die polisie daar stil hou met die nuus dat hy in 'n ongeluk was met 'n groot trok. Hy was opslag dood.

Ek het aangebied om haar te neem na die toneel, waar die voertuig nog onder die trok gestaan het, op die agter sitplek was die houer melk, saam met blomme met 'n klein kaartjie. Wat op daardie kaartjie gestaan het, sal ek nooit vergeet.

"Bokkie ek is jammer ek maak jou so kwaad, ek het jou baie lief, so lief as jy my wil los sal ek nou van jou skei".

Die vrou het in 'n inrigting opgeëindig en die kinders is by die groot ouers in pleegsorg geplaas.
Haar skuldgevoelens het te veel geword vir haar, en sy is kort daarna oorlede nadat sy 'n oordosis pille geneem het.

WAT JY HIERUIT KAN LEER:

Die lewe is so kosbaar en KORT, dink voor jy oor onbelangrike goed kwaad word en baklei. Wees maar altyd die minste en gaan slaap nooit kwaad vir jou vrou of man nie. Al is dit soms HOE moeilik om saam met mekaar se geite te lewe, dit is op die ou einde die moeite werd.

Dis beter om 'n stukkie brood in vrede te eet as 'n hele maaltyd wat met rusies gepaard gaan. Selfbeheersing is 'n groot noodsaaklikheid vir 'n Christen se lewe.

Lewe elke dag asof dit jou laaste dag is, hanteer mekaar met liefde en geduld.

Media House 2025 Projects.

Join us on 4 October 2025 for our Women's Day Event.
Breast canser awareness... Get your early tickets for a free gift their
Is only 50 gifts.

Business women we have a event coming up next year and
You should not miss out on this one.

Entry's are open for The Face of the Magazine!!!

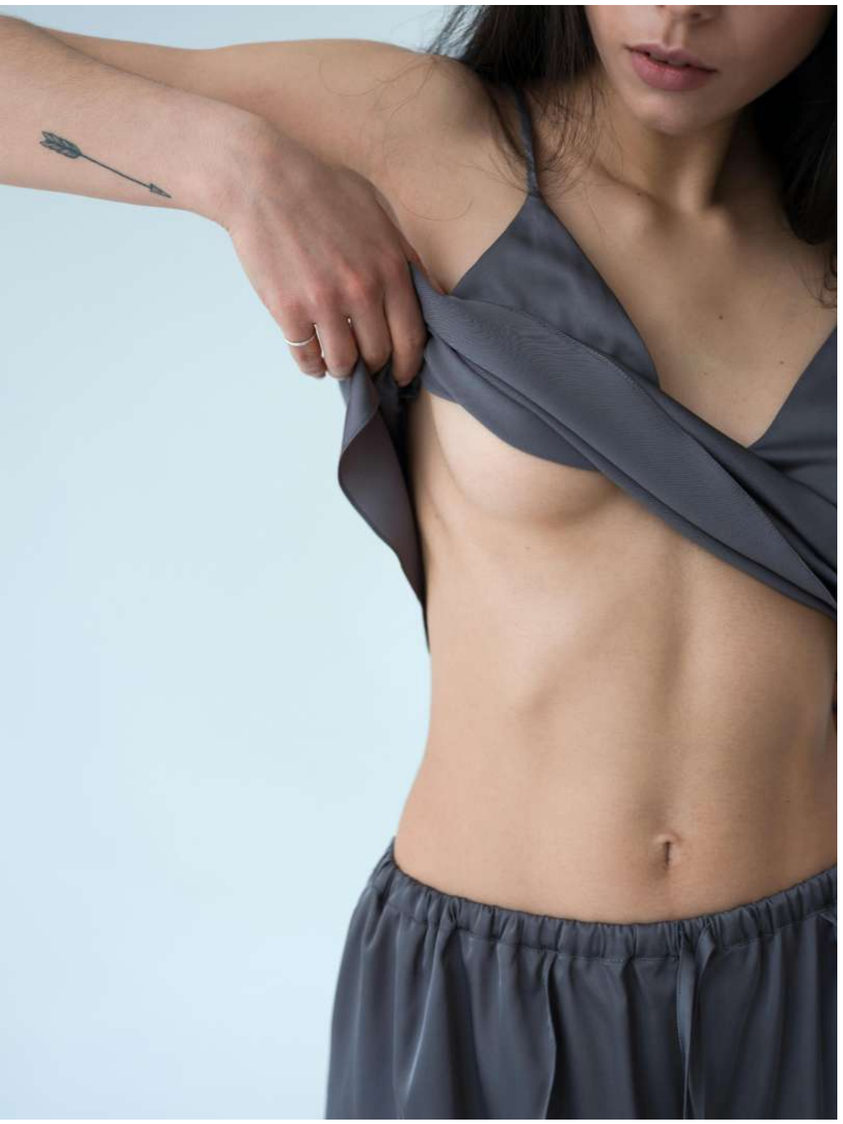
For more information call Charmaine on 072 768 8582







Breast Cancer awareness month



In South Africa, breast cancer awareness is primarily observed during Breast Cancer Awareness Month, which takes place annually throughout October (from the 1st to the 31st). This nationwide campaign aims to educate the public about the risks, signs, and symptoms of breast cancer, promote early detection through screening and self-examination, and raise funds for research and treatment.

Why is October a pink month?

It is called "Pink October" as people around the world adopt the pink colour and display a pink ribbon to raise awareness about the importance of prevention and routine screening for the early diagnosis of breast cancer, now the second most commonly diagnosed cancer globally.

What is the month of October known for in South Africa?

October month has been referred to as suicide month in the Kruger National Park. Conditions are hot, dry and dusty, bleak, barren and dead. It is also the time of the year for bushfires. The hot dry windy conditions are perfect for fires and almost every year large parts of the Kruger National Park burn.

Breast cancer is caused by changes (mutations) in the DNA of breast cells, which lead to uncontrolled cell growth and tumor formation, but the exact triggers are often unknown. Key risk factors include increasing age, family history, inherited genetic mutations like BRCA1 and BRCA2, and certain lifestyle choices such as obesity, heavy alcohol use, and smoking. Other factors like hormone exposure, breast density, and previous radiation therapy also increase risk.

What is the best age to get a mammogram?

Mammogram Age Guidelines: What You Need to Know
A: The Society of Breast Imaging recommends that a woman at average risk for breast cancer women begin getting annual mammograms at age 40.
A: Data show that one out of six new breast cancers develop in people who are in the age range of 40 to 50.

The 5 main warning signs of breast cancer are a new lump or thickening in the breast or armpit, changes in the breast's size or shape, skin changes such as dimpling or redness, nipple changes including inversion, rash, or discharge, and persistent pain in the breast or nipple area. If you notice any of these signs, you should see a healthcare professional.

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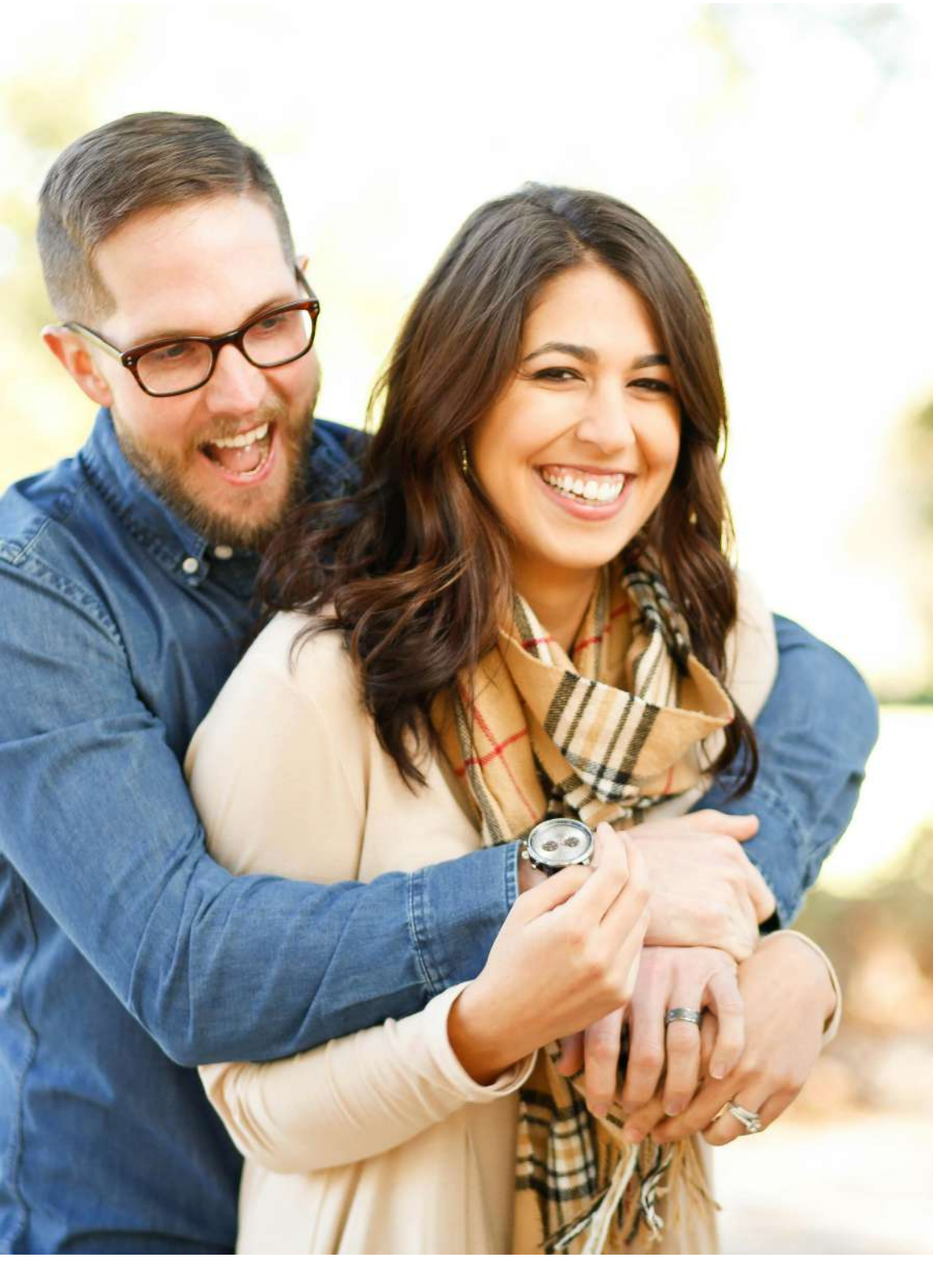


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What most women want in a man



Most women seek a reliable, honest, respectful, and emotionally available man who possesses integrity, confidence, and a good sense of humor. Key traits include kindness, maturity, good communication, emotional intelligence, and a sense of purpose or drive. While individual preferences vary, qualities that demonstrate stability, trustworthiness, and genuine care are consistently valued in a romantic partner, according to resources like Brides and Psychology Today.

Integrity and Honesty:

Being truthful, trustworthy, and taking responsibility for actions builds a foundation of trust.

Respect:

Treating a woman with mutual respect, avoiding patronization, and valuing her as an equal are crucial.

Confidence:

Self-assurance is attractive, reflecting emotional maturity and making a woman feel safe. Emotional Intelligence: The ability to understand and manage emotions, both one's own and others', is a highly desirable trait in a partner.

Communication:

Open, honest, and tactful communication is essential for a healthy relationship, notes Psychology Today.

Kindness and Compassion:

A sincere, caring, and compassionate nature is often more attractive than good looks, especially for long-term relationships.

Maturity:

A high level of maturity prevents conflicts from escalating and shows a capacity to handle disagreements constructively. Sense of Humor: The ability to make a woman laugh and be optimistic is a significant positive attribute.

Emotional Availability:

Being able to connect on an emotional level and share feelings fosters a deeper bond. Independence: Valuing a partner's separate identity, interests, and life outside the relationship is important.

How to choose a perfume - find your signature scent...

To choose a perfume, consider your personal preferences, the occasion, and the season. Start by identifying which fragrance families (floral, fruity, woody, oriental) you are most drawn to.

Then, test the fragrance on your skin, as it will smell different on everyone, and allow it to develop over time to see how the scent evolves. Consider the intensity of the perfume (e.g., Eau de Parfum, Eau de Toilette) and whether it matches the occasion or season.

Don't be afraid to experiment with layering different scents to create a unique fragrance.

Understand Fragrance Families:

Floral: Classic, feminine, often includes notes of roses, jasmine, lilies, etc.

Fruity: Light, refreshing, sweet, with notes of berries, citrus, etc.
Woody: Earthy, warm, with notes of sandalwood, cedarwood, vetiver, etc.

Oriental: Rich, exotic, spicy, with notes of vanilla, amber, musk, etc.

Test the Fragrance:

Skin Test:

Apply the perfume to your wrist or inner elbow. This allows you to experience how the fragrance reacts with your body chemistry, as scents can smell different on everyone.

Allow Time:

Wait for the fragrance to settle and develop over a few hours. This allows you to experience the top, middle, and base notes, and see how long it lasts.

Consider the Season:

Light, fresh scents are generally better for summer, while richer, deeper scents are more suitable for winter.

Consider the Occasion:

Everyday: Choose a light, fresh, or subtle scent for daytime wear.
Special Occasions: Opt for a more intense, sophisticated scent for evenings or special events.

Don't Be Afraid to Experiment:
Layering:

Try layering different scents to create a unique fragrance that reflects your personality.

Sample Sizes:

Start with samples or travel-sized bottles to test out new fragrances before committing to a full-sized bottle.

5. Trust Your Instincts:

Personal Preference: Ultimately, choose a fragrance that you love and that makes you feel confident and comfortable.



Comfortable dresses for Women this Summer

Comfortable dresses for women look for styles with relaxed silhouettes like maxi dresses, shirt dresses, and A-line dresses, and choose soft, breathable fabrics like cotton or jersey. A good fit that allows for easy movement is more important than following trends.
Types of comfortable dresses.

Maxi dress
A long, flowing dress that reaches the ankle, the maxi offers an elegant look with an airy, relaxed fit. Made in fabrics like chiffon, silk, or jersey, it is versatile enough for both casual outings and more formal events.

Shirt dress
Combining the classic look of a button-down shirt with the ease of a dress, the shirt dress can be dressed up or down. A tie or belt at the waist can create a flattering shape while maintaining comfort.

A-line dress
Fitted at the waist and flaring out to the hem, the A-line creates a universally flattering silhouette that is both comfortable and stylish. It offers comfortable room for the hips and thighs and can be worn for many occasions.

Wrap dress
This open-front style wraps one side over the other and ties at the waist, creating a figure-flattering V-neckline. Often made from lightweight jersey, the wrap dress is adjustable, easy to wear, and comfortable for all body types.

Shift dress
The shift dress has a straight, loose fit that skims the body without clinging to curves. It offers a relaxed and casual silhouette that still looks chic.

T-shirt dress
For ultimate casual comfort, a T-shirt dress has a simple, relaxed design that feels like a long T-shirt. It is perfect for everyday wear and can be found in various lengths and prints.

With a waistline just below the chest, this dress features a skirt that flows gracefully from the high waist. It is comfortable and flattering, drawing attention away from the







Hairstyle trends this summer

In 2025, the chopped hairstyle trend has evolved from its origins in the punk style, making its way into mainstream culture with a modern, edgy and rebellious twist. Characterized by its daring and asymmetrical cuts, the chopped hairstyle embraces a sense of individuality and self-expression.

Curly Hairstyle

Here’s just a stylish hairstyle trend idea for curly hair lovers: the afro hairstyle. This 2025 hairstyle will add volume and effect to your look with just a few professional hair products and a pretty simple technique. Here's a tutorial about how to get afro curls

Ponytail Hairstyle

One of the most popular hairstyles for women in 2025 will be ponytails. You’ll look stunning and elegant with this choice, no matter the occasion! For more tips about how to get the perfect ponytail, you should watch this video below. It will change the way you used to do it so far!

Butterfly Hairstyle

Layered cuts give a unique volume effect to your hair. If you need a fresh haircut, but you feel totally uninspired in this period, I'd recommend you to go for a modern layered cut. It's one of the best hairstyle trends in 2025 after all.

Headbands

If you’ve got thin and greasy hair, it can be hard work trying to give it some volume and keep it looking good for more than 3 days. The good news is that there are some hair products and accessories to keep it good looking

Middle Part Hairstyle

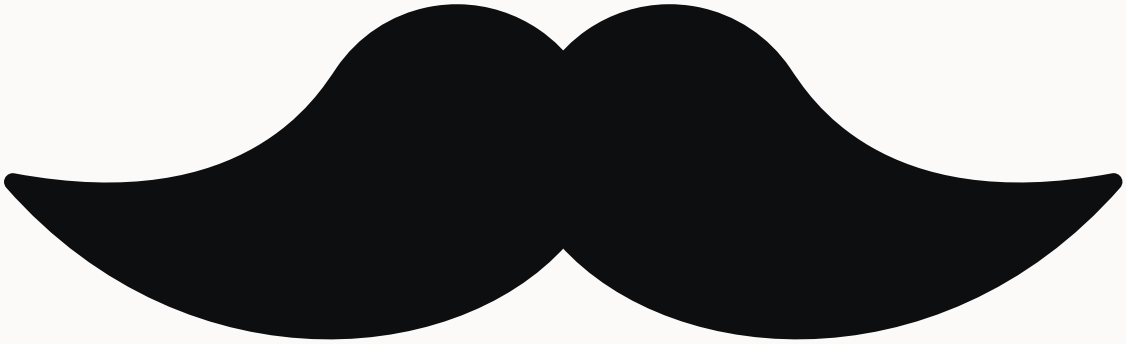
This is a universal truth: the best hair part is the one that fits you best. Anyway, there are some trends regarding it. In 2025, the center part hairstyle is having its glory moment, with all the celebrities adopting it at the beginning of this year. Well, if you don't feel ready for a new haircut from the 2025 trending list, you can switch your hair part, and you're already in style.







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