

# Glamour Talk Mag

**ONLINE**  
**APRIL 2025**  
**Issue 56**

Happy  
Easter



***Please Support our Media  
House 2025 Projects.***



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# Glamour Talk Magazine

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# 1.

**MEDIA HOUSE PROJECTS 2025:**

Please support our Ambassadors

# 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money.

# 3.

**COVERPAGE OPPORTUNITY'S:**

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 9 Aug'25. For more inf call 0727688582



# REGULARS

**1: COVER PAGE: 01**

*Our cover page - Easter - Happy Easter*

**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 and Promise will keep you updated.*

**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 MAY 2025. Mother's Day*



# Redakteurs Nota

Liewe leser,

Graag wil ek jou herhinder dat Media House se Vrouedag kaartjies beskikbaar is dieen gaan 'n stout een wees. 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 naam op die lys wil sit kontak my by 072 768 8582 daar is 'n beperkte aantal kaartjies.

Dit is natuurlik Paasfees die kinders is baie opgewonder oor die paaseiers en ma en pa beplan 'n lang naweek wegbreek.

Wat ook al julle beplan wees veilig op die pad en waar ook al julle gaan.

Ons paaseier projek is aan die gang en ons wil 'n kind se hartjie bly maak wat dit nie breed het nie. Help ons om paaseier in te samel. Kontak my by 072 768 8582

Baie dankie vir elkeen van julle wat 'n bydrae gemaak het, met ons skryfbehoeftede projek waardeur dit opreg sien fotos bl 8 en 9.

Ek groet dan tot volgende maand, geniet als wat jy doen. Maak die beste van elke dag! Wees dankbaar

Liefde

# Charms

# Our Ambassadors

Liewe lesers,

Dinge gebeur net te vinnig dit voel vir my as ek my oë geknip het is een week verby. Dit is asof die dae net te min ure het. So baie wat gedoen moet word en net te min tyd.

Ons het net nou die anderdag mekaar voorspoedige nuwe jaar toegewens en ons nader nou Mei maand, die winter lê voor die deur.

Dankie aan die dames wat my altyd ondersteun met ons projekte. Ons dames dag klink nog baie vêr maar met die tyd wat so gou verby gaan kan jy nie 'n kans vat nie. Koop jou kaartjie vandag nog by my en jy kan dalk 'n gratis geskenk kry, sien slegs die eerste 50 kaartjies kry 'n geskenk.

Moet nie uitmis nie ek sien jou daar

Groete  
*Lettie*

Dear readers,

Would like to remind you about our Womens day event on 9 August this is something that all women should attend.

This is going to be amazing event. Please let me know if you would like to have tickets for this event.

There is our Easter project where we would like to ask for any donations to buy easter eggs for less fortunate children.

Please follow us on social media where you will find all our upcoming events.

Take care and look after yourself till next month

Love Promise



**Ambassador Lettie Botha**

**Ambassador Promise Mtshweni**

# Media House 2025 Projects.

Join us on 9 August 2025 for our Women's Day Event. Naughty but Nice... Get your early tickets for a free gift their Is only 50 gifts. Our Easter project and our Mother's Day project.

For more information call Charmaine on 072 768 8582



**MEDIA HOUSE**

## Easter Project

We are in need of Easter eggs to hand out to underprivileged children. The Easter bunny will be handing it out on 11 April 2025

Your donation would be appreciated call Charmaine 0727688582 or Carin 082 827 6556

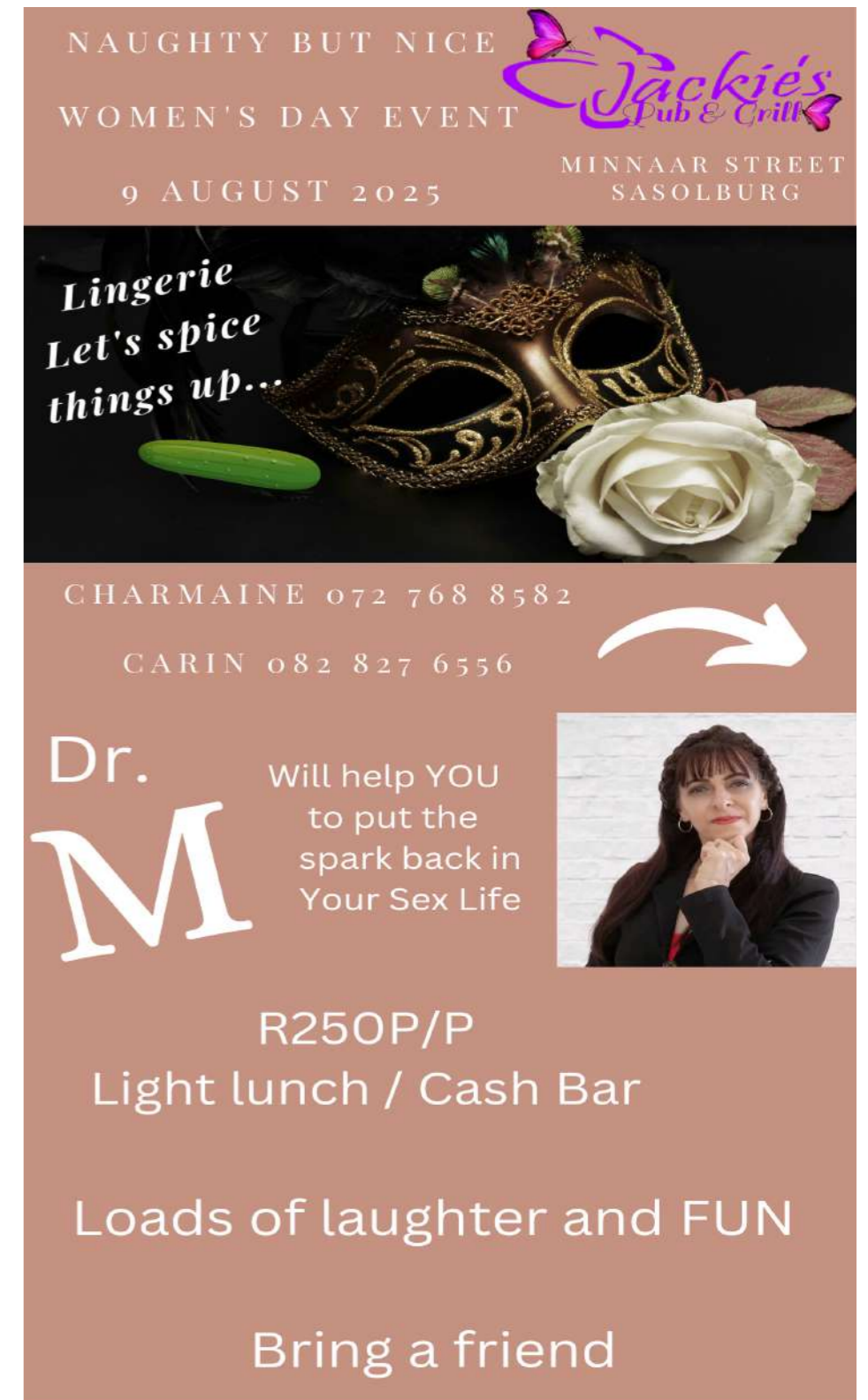


**MEDIA HOUSE**

## Mothers Day Cover page Competition

# How to enter:  
2 x portrait photos of mom and children / child  
# WhatsApp to 072 768 8582  
# Entry Fee R100 for 1st photo & R50 for 2nd

# Closing date: 25 April 2025  
# Bank details:  
Media House TymeBank Account 5300 2256 770  
Ref: Name & surname




NAUGHTY BUT NICE  
WOMEN'S DAY EVENT  
9 AUGUST 2025

Jackie's Pub & Grill  
MINNAAR STREET  
SASOLBURG

Lingerie  
Let's spice things up...

CHARMAINE 072 768 8582  
CARIN 082 827 6556

Dr. **M** Will help YOU to put the spark back in Your Sex Life



R250P/P  
Light lunch / Cash Bar  
Loads of laughter and FUN  
Bring a friend

# Drie leesstukke maak tyd om dit te lees

*Mooiste boodskap wat ek in n lang tyd gelees het.*

*God sê: My kind die foute wat jy gemaak het, bepaal nie wie jy is nie... Wie jou gemaak het bepaal wie jy is.. En dis EK, jou hemelse Vader. Die prys waarvoor iets gekoop word bepaal die waarde van 'n item... En die enigste prys waarmee Ek jou kon koop was met My lewe.. Kom kyk vir 'n slag na jouself deur My oë. Ek ken jou potensiaal,*

*Ek weet waartoe jy instaat is. Ek ken die wenner binne in jou. Ek ken jou mooi hart. Ek ken jou sagte persoonlikheid. Ek sien 'n pragtige mens wanneer Ek na jou kyk.. Dalk was daar dae wat jy gesê het jy glo nie in My nie, maar Ek sê vandag vir jou: Ek glo in jou!! Ek wil jou seer wegvat, jou glimlag weer terug sit op jou gesig. Ek wil jou weer laat glo jy kan .*

*Ek wil jou optel en styf teen My bors vasdruk en vir jou wys Ek beplan vir jou 'n mooi toekoms. Bly altyd glo...want dis Hemel op aarde saam met My xxx*

*Geleen van Facebook*

*The way you treat your mother is the way life will treat you. A mother is the source of love and life.*

*A mother is made of unconditional love, a love that no one else can give you. Don't judge her. How many times have you sat down to listen to her? To have a conversation with her about her past? Perhaps she never told you about the miserable life she had to endure before you came along. Maybe she never shared the wounds she carries, the scars that reopen every time she remembers them... the painful childhood and adolescence she lived through. The difficult moments she endured when no one listened to her, when she was mistreated, leaving traces of harsh words, poverty, fears, and abuse.*

*How many hidden sorrows does she carry in her heart, ones she never shared with you—so you wouldn't have a distorted image of her life? Out of love, she chose not to tell you, or perhaps silence became her refuge to avoid suffering further. Treat her well, like the unique treasure she is in your life. Doing so will bring you blessings, peace, joy, stability, and a long life. And remember, the way you treat your mother is how others will treat you. People around you will learn from your actions and the love you show. There is only one mother—if you don't value her now, you may regret it in the future when sleepless nights haunt you. It won't be your mother keeping you awake—it will be your own demons of disobedience and disrespect that refuse to let you rest.*



# ADVERTISE YOUR BUSINESS HERE

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*Midvaal*



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# Taking care of your feet



To take good care of your feet, prioritize daily hygiene by washing and drying them thoroughly, especially between the toes. Regularly check for any issues, wear supportive shoes, and keep your toenails trimmed straight across.

Here's a more detailed breakdown of foot care:

**Daily Hygiene:**

**Wash and Dry:**

Wash your feet daily with soap and warm water, paying close attention to the areas between your toes.

**Thoroughly Dry:**

After washing, dry your feet completely, especially between the toes, to prevent fungal infections.

**Moisturize:**

Apply a moisturizer to your feet, but avoid applying it between the toes, as this can lead to infections.

**Change Socks:**

Change your socks daily to prevent moisture buildup and foot odor.

**Nail Care:**

**Trim Toenails Regularly:** Trim your toenails straight across to prevent ingrown toenails.

**File Edges:** Use an emery board or nail file to smooth the edges of your toenails after trimming.

**Avoid Soaking:** Avoid soaking your feet, as this can dry out the skin and make it more prone to cracking.

**Footwear:**

**Wear Supportive Shoes:** Choose shoes that fit well and provide adequate support for your feet.

**Rotate Shoes:** Rotate your shoes to allow them to dry out completely between wears.

**Avoid Tight Shoes:** Avoid wearing shoes that are too tight, as this can lead to blisters, corns, and other foot problems.

**Regular Checks:**

**Inspect Feet Daily:**

Check your feet daily for any signs of cuts, sores, swelling, or infected toenails.

**Seek Professional Help:**

If you notice any concerning signs or have any foot problems, consult a podiatrist or other healthcare professional.



# How to be an Active Father

An active father plays a crucial role in a child's development, fostering emotional security, boosting self-esteem, and promoting social and academic success by being present, engaged, and a positive role model.

Here's a breakdown of why an active father is so important:

## 1. Emotional Security and Self-Esteem:

### Building a Strong Bond:

Active fathers who spend quality time with their children, engaging in shared activities and showing genuine interest, help build a strong emotional bond and a sense of security.

### Positive Self-Image:

Children with involved fathers tend to have higher self-esteem and a more positive self-image, knowing they are loved and valued.

### Emotional Intelligence:

Active fathers can listen and support their child's emotional experiences, helping them develop emotional intelligence and the ability to understand and manage their own feelings.

## Role Modeling and Guidance:

### Positive Role Model:

Fathers serve as role models, demonstrating positive behaviors, values, and life skills that children will learn and emulate.

## Setting Boundaries and Expectations:

Active fathers help children understand boundaries, expectations, and responsibilities, which is crucial for their development and future success. **Providing Guidance and Support:** They offer guidance and support as children navigate challenges and make decisions, helping them develop problem-solving skills and resilience.

## 3. Social and Academic Success:

### Social Skills:

Fathers who are actively involved in their children's lives help them develop social skills, learn how to interact with others, and build healthy relationships.

### Academic Achievement:

Children with involved fathers tend to do better academically, as fathers can help with homework, attend school events, and encourage a love of learning.

### Confidence and Resilience:

Active fathers help children develop confidence and resilience, which are essential for navigating challenges and achieving their goals.

## Other Key Aspects of Active Fatherhood:

**Nurturing and Caregiving:** Active fathers take on nurturing and caregiving responsibilities, from changing diapers to comforting during late-night crying fits, strengthening the bond between father and child.

**Being Present:** Being present for important events, school activities, and milestones shows that you care and value your child, regardless of your other responsibilities.

**Respect and Communication:** Fathers who show respect for their children and their mother, and communicate openly and honestly, create a positive and supportive family environment.

**Shared Activities:** Engaging in shared activities, whether it's playing sports, reading books, or simply spending time together, strengthens the father-child bond and creates lasting memories.



# Psychological effects of not having a Father

The psychological effects of growing up without a father can include low self-esteem, difficulty with identity formation, emotional instability, and challenges in forming healthy relationships, potentially leading to long-term mental health issues. Here's a more detailed look at the potential psychological impacts:

**Emotional and Psychological Challenges:**

**Low Self-Esteem and Self-Worth:** The absence of a father figure can negatively impact a child's sense of self-worth and self-esteem, leading to feelings of inadequacy and self-doubt.

**Identity Formation Difficulties:** Children may struggle with understanding their own identity and place in the world without the guidance and influence of a father figure.

**Emotional Instability and Anxiety:** The lack of a consistent and supportive father figure can lead to emotional instability, anxiety, and difficulties in regulating emotions.

**Fear of Abandonment:** The absence of a father can create a sense of insecurity and fear of abandonment, potentially leading to difficulties in forming and maintaining healthy relationships.

**Relationship Difficulties:** Children may struggle with forming healthy relationships, both romantic and platonic, due to the lack of a positive male role model and experiences with attachment and intimacy.

**Increased Risk of Mental Health Issues:** Fatherlessness is linked to higher rates of depression, anxiety, and other mental health problems, which can persist into adulthood.

**Behavioral Problems:** Children may exhibit behavioral problems, such as acting out, aggression, or difficulty with social skills, as a result of the emotional challenges associated with father absence.

**Anger and Resentment:** Some children may develop anger and resentment towards paternal figures or authority figures in general, stemming from feelings of abandonment or lack of support.

**Craving Male Attention or Approval:** Individuals raised without a father may develop a strong need for male attention and approval, potentially leading to unhealthy relationship patterns.

**Important Considerations:**

**Individual Experiences Vary:** The impact of father absence can vary significantly depending on

individual circumstances, coping mechanisms, and the support systems available to the child.

**Focus on Solutions:** It's crucial to focus on providing support and resources to children who have experienced father absence, helping them develop healthy coping mechanisms and build positive relationships.

**The Role of Other Caregivers:** While the absence of a father can have a significant impact, the presence of other positive role models and caregivers can help mitigate some of the negative effects.

**Seeking Professional Help:** If children or adults are struggling with the psychological effects of father absence, seeking professional help from therapists or counselors can be beneficial.

# The bond between mother and child.

The bond between a mother and child is a profound and fundamental human relationship, built on love, care, and a deep connection, starting during pregnancy and continuing throughout their lives, significantly impacting the child's development.

## **Developmental Importance:**

The mother-child bond is crucial for a child's physical, cognitive, social, and emotional development.

It fosters a sense of security, positive self-esteem, and contributes to good nutrition, academic performance, emotional regulation, and the development of various skills.

The first five years of life, or early childhood, are particularly critical for establishing a healthy bond. **Biological Basis:** During pregnancy, a biological connection is established between the mother and the fetus, with the mother's body

providing nourishment and protection. Hormones like oxytocin, prolactin, and vasopressin are released after birth, promoting bonding and creating a strong emotional connection.

The mother's body undergoes changes to support the developing fetus, including alterations in the immune system and nutrition, to ensure the baby's healthy development.

## **Emotional Connection:**

The mother-child bond is often strengthened through caregiving, such as breastfeeding, cuddling, and responding to the child's needs. Mothers are often the first point of contact for their children when they need comfort, advice, or encouragement. A strong mother-child bond can influence a child's future relationships and their sense of self-worth.

## **Attachment Theory:**

The emotional bond between an infant and mother is called attachment, and it's essential for normal social and emotional development.

A secure attachment with a primary caregiver, like a mother, provides a foundation for future relationships.

**Strengthening the Bond:** Spending quality time together, engaging in activities, and having open conversations can strengthen the parent-child bond.

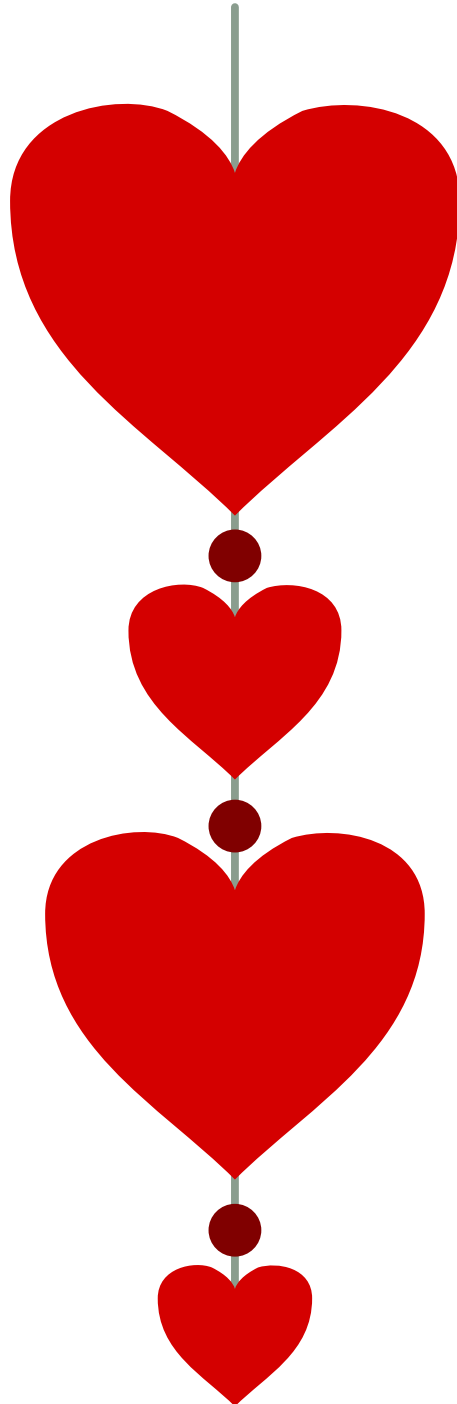
Responding to a child's needs, providing comfort, and meeting their basic needs can also foster a strong bond.

## **Beyond Biology:**

The bond between a mother and child is not just biological; it's also a deeply emotional and social relationship. Mothers are often the primary caregivers and nurturers, providing love, care, and support to their children.

# MAGAZINE

# Media House



**NEXT ISSUE MAY 2025**

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