

Glamour Talk Mag

ONLINE
MAY 2025
Issue 57

*Celesté en
Karlien Bam*

Fotograaf: Chantel Meyer



Dry skin is common in winter...

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Glamour Talk Mag

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EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

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Please support our Ambassadors

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ADVERTISE YOUR BUSINESS HERE:

How to advertise your business here and save money.

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COVERPAGE OPPORTUNITY'S:

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

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Celebrate Women's day with us on 9 Aug'25. For more inf call 0727688582



REGULARS

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Our cover page - Mothersday

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Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine / Top Vibe Kids Magazine & 50+ Magazine

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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 peojects.

5. BACK PAGE: 20

Our back page is 'the month of JUNE 2025. WINTER



Redakteurs Nota

Liewe leser,

Graag wil ek jou herhinder dat Media House se Vrouedag kaartjies beskikbaar is die een 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.

Dankie aan die persone wat deel was van ons Moedersdag kompetisie op ons voorblad pruiik die pragtige Celesté en Karlien eerste keer mamma. Vanjaar sal dit die eerste Moedersdag en Vadersdag wees vir julle, mag daar baie wees.

Geniet Karlien hulle word so gou groot.

Dames behalwe van ons vrouedag is daar die Sip en Paint dit gaan heerlik wees kry jou kaartjie vandag nog.

Met die winter op pad, bly gesond eet gesond en bly warm.

Ek groet dan tot volgende maand, geniet als wat jy doen. Maak die beste van elke dag! Wees dankbaar vir dit wat jy het al het jy nie baie nie, daar is mense wat minder het as jy.

Liefde Charms

Our Ambassadors

Dear reader,

We are celebrating mother's day soon. A mother's love is often described as unconditional, deeply caring, and self-sacrificing, a natural instinct to protect and nurture, and a source of immense comfort and support for her children. Mother's love lasts a lifetime, even though difficult times.

More than just love:

A mother's love can manifest in many ways, including:

- . Worrying about their children: Mothers often worry about their children's well-being and safety.
- . Being a confidante, cheerleader, and best friend:

Mothers often serve as a source of support, encouragement, and understanding for their children.

- . Standing up for their children: Mothers are often fiercely protective of their children and will stand up for them when necessary.

. Fighting away their fears: Mothers often try to protect their children from harm and help them overcome their fears.

- . Loving their children until the end of time:

Mother's love for their children is often described as eternal.

The day when I became a mom was the best blessing ever. You make me so proud in what you do. You are this amazing gentleman and may I say handsome as well. Thank you for the man you became, you are there to help and just to bring out the best in a person. Thank you for my mother's day gift, YOU. Love you Taygan Botha.

Lettie.

Dear readers,

With Mothersday around the corner, it's time to think of what you are going to do for mothersday?

All our children will get together for Mothersday at our mom's place we make food and just enjoy the day together as a family.

Ladies remember our Women's day event, make sure to get your tickets.

The winter is on it's way please make sure that you are prepared with warm bedding and lots of vitamins.

Stay healthy, eat fruit and vegetables.

Till next month

Love

Promise

Ambassador Promise Mtshweni



Ambassador Lettie Botha



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.

Sip and Paint join us it's going to be fun.

For more information call Charmaine on 072 768 8582



LET'S ALL GET TOGETHER FOR A

Sip n Paint

Claire Jones
PROFESSIONAL HAIR ARTIST
INSIDE OUT
HAIR SALON

MH
MEDIA HOUSE

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TIME : 15H00
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NAUGHTY BUT NICE
WOMEN'S DAY EVENT
9 AUGUST 2025




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Loads of laughter and FUN
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What is the concept of time in the workplace

What is the concept of time in the workplace?

Time management is a critical skill in the workplace. It is essential for achieving productivity, reducing stress, and maintaining a healthy work-life balance. In today's fast-paced work environment, effective time management can be the difference between success and burnout.

How do companies track your time? Digital time sheets A digital time sheet shows an employer the number of hours an hourly employee has worked so that the employer knows how much to pay that employee. However, unlike a traditional time sheet, a digital time sheet integrates an employer's attendance and time data with their payroll processing software. "Time ethics" refers to the study of ethical considerations related to the use, allocation, and value of time, encompassing how individuals and societies make decisions about time and its impact on others.

What is time in ethics? Time is essential to ethics. Time enables attachment and loss, and decision-making, and regret. With time, you can change your mind. We must each decide what to do with our time, and our decisions affect benefit and harm others, as well as consuming their time to greater or lesser extent.

What does ethics mean? ethics, the discipline concerned with what is morally good and bad and morally right and wrong. The term is also applied to any system or theory of moral values or principles.

Personal ethics refers to the ethics that a person identifies with in respect to people and situations that they deal with in everyday life. Professional ethics refers to the ethics that a person must adhere to in respect of their interactions and business dealings in their professional life.

Time is money Always be 15 minutes early before a meeting starts. Don't be late it set a bad impression. It's create a negative perception or feeling in someone else, often due to actions, words or behavior.

Always be on time.



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Dry skin is common in winter...

Dry skin is common in winter due to lower humidity and colder temperatures, which can strip moisture from the skin and lead to dryness, flakiness, and even cracking. To combat this, focus on moisturizing, using a humidifier, and protecting your skin from harsh weather conditions.

Here's a more detailed look at why winter can cause dry skin and how to address it:

Why Winter Causes Dry Skin:

Low Humidity:

In winter, the air naturally has less moisture, and this dry air draws moisture from your skin, leading to dehydration.

Indoor Heating:

Turning up the heat indoors can further dry out the air, exacerbating the problem.

Cold Weather:

Exposure to cold temperatures can also contribute to moisture loss in the skin.

Harsh Weather:

Strong winds and cold temperatures can strip the skin of its natural oils.

Tips to Prevent and Treat Dry Skin in Winter:

Moisturize Regularly:

Apply moisturizer several times a day, especially after showering or bathing.

Choose a thick, cream-based moisturizer or petroleum-based products for optimal hydration.

Consider using a moisturizer with

ingredients like hyaluronic acid or ceramides, which help retain moisture.

Use a Humidifier:

Adding moisture to the air can help prevent your skin from drying out. Place a humidifier in your bedroom or other areas where you spend a lot of time.

Protect Your Skin from the Elements:

Wear warm clothing, including gloves and scarves, to protect your skin from the cold and wind.

Use a lip balm to prevent chapped lips.

Limit Hot Showers and Baths:

Hot water can strip your skin of its natural oils, so take shorter, lukewarm showers or baths.

Use a gentle, fragrance-free cleanser.

Stay Hydrated:

Drink plenty of water throughout the day to keep your skin hydrated from the inside out.

Exfoliate Gently:

Regularly exfoliate to remove dead skin cells and prevent buildup, which can make dry skin worse.

Choose the Right Skincare Products:

Opt for gentle, fragrance-free skincare products that are designed for dry or sensitive skin.

Avoid harsh soaps and detergents that can further dry out your skin.

Consider a Vitamin D Supplement:

Reduced sun exposure in winter

can lead to lower vitamin D levels, which can affect skin health.

Talk to your doctor about whether a vitamin D supplement is right for you.



How to stay healthy this winter

To stay healthy during winter focus on boosting your immune system with a balanced diet, getting enough sleep, staying hydrated, and exercising regularly. Also, prioritize mental well-being, stay warm, and take measures to prevent illness. Here's a more detailed breakdown of how to stay healthy during the winter:

Boost Your Immune System: Eat a balanced diet: Include plenty of fruits, vegetables, and lean protein to provide your body with the necessary nutrients. Get enough sleep: Aim for 7-9 hours of sleep each night to allow your body to rest and repair. Stay hydrated: Drink plenty of water throughout the day, even when it's cold.

Consider supplements: Vitamin C, vitamin D, and zinc can support your immune health. Get vaccinated: Ensure you're up-to-date on your flu and COVID-19 vaccinations. Prioritize Mental Well-being: Stay active: Exercise regularly, even if it's just a brisk walk or a workout at home. Connect with others: Socialize with friends and family to combat feelings of isolation.

Practice relaxation techniques: Engage in activities that help you reduce stress, such as yoga, meditation, or spending time in nature. Get enough sunlight: During the shorter winter days, make an effort to get outside and expose yourself to natural light.

Stay Warm and Prevent Illness: Dress warmly: Layer your clothes to stay warm and protect yourself from the cold. Limit time in the cold: If you must be outside in the cold, do so for short periods and take precautions to avoid frostbite or hypothermia.

Wash your hands frequently: Wash your hands with soap and water regularly, especially after being outside or in contact with others. Stay home if you're sick: Avoid spreading germs by staying home if you're feeling unwell. Maintain good hygiene: Practice good hygiene, such as washing your hands frequently and covering your mouth when you cough or sneeze. **Protect Your Skin:** Moisturize regularly: Use a moisturizer to prevent dry and cracked skin. Limit exposure to cold and wind: Protect your skin from the harsh winter elements.

Use a humidifier: A humidifier can help to add moisture to the air, which can help to prevent dry skin.

Stay Active in the Winter: Find activities you enjoy: Explore winter activities such as snowshoeing, cross-country skiing, or ice skating. Exercise indoors: If the weather is too harsh, find ways to exercise indoors, such as joining a gym, taking online classes, or creating a home gym. Stay active during the day: Take nature walks, go for a bike ride, or do some chores around the house. v



Psychological effects of not having a Mother

What are the psychological effects of no mother?

Emotional Impact : Many people may feel a profound sense of loss or emptiness. The absence of a nurturing figure can lead to feelings of sadness, abandonment, or loneliness.

Role Models : Without a mother figure, individuals might struggle to find female role models. **Family Dynamics :** The absen

What does not having a mom do to you?

Those who 'survive' are plagued by mental health issues and vulnerable to exploitation and criminal behavior. Sadly, the vast majority of maternally deprived adults seeking therapeutic treatment evidence signs of relational trauma and present with developmental disasters, addictions, mood disorders and complex trauma.

What happens when children grow up without a mother? If the attachment is lost or weakened such as parental absence, it may be detrimental to the physical and mental development of children and ultimately affect physical and mental health of children for a long time.

What happens to girls without mothers? The impact of mother absence on a daughter's emotional and psychological well-being is profound. Daughters may struggle with feelings of neglect and abandonment, leading to long-term challenges in self-worth, trust, and emotional security.

What happens to a woman's body if she never get pregnant? Women who have never been pregnant or have never given birth may have a higher risk of early menopause. Pregnancy history may also affect menopause symptoms like hot flashes, vaginal dryness, and

mood. Menopause before the age of 45 increases the risk of certain health conditions.

What happens if you don't have a mother?

Our mothers are usually the first, and most significant relationship that we have as humans. Not having a mother present in our childhood, or having a relationship that was too damaging to hold on to, can impact on our sense of loss and lead us to feel more vulnerable when becoming a new parent ourselves.



Why are some women so obsessed with shoes?

What do shoes tell you about a person?

Footwear can convey various messages about a person's personality, social status, and style. Research indicates that people may notice shoes early in an interaction because they are a prominent aspect of one's outfit and can reflect personal taste, lifestyle, and even attention to detail.

Why are shoes so important to women?

Women and girls like shoes for various reasons, including fashion, self-expression, and comfort. Shoes can also be a way for women to feel confident and empowered, and they can help complete an outfit or make a statement.

What gender buys the most shoes?

Perhaps contrary to pop culture tropes, men were the greater purchasers of more shoes in the past year: 42% said they bought 3 or more pairs of shoes including 11% who bought 6 or more pairs compared to the 39% of women who bought 3 or more pairs of shoes including 9% who bought 6 or more pairs.

Self-Expression and Identity

One of the primary reasons we love buying shoes is that they allow us to express our identity and personal style. Shoes are more than just functional items; they're fashion statements

As the first layer between our bodies and the earth, shoes serve as symbols of how we navigate life itself, grounding us while enabling forward motion. They carry archetypal significance as mediators between the instincts of the body and the aspirations of the spirit.

Why are shoes special?

A shoe is an item of footwear intended to protect and comfort the human foot. Though the human foot can adapt to varied terrains and climate conditions, it is vulnerable, and shoes provide protection. Form was originally tied to function, but over time, shoes also became fashion items.

Trendy Shoes Women Prefer on Men

Classic Leather Dress Shoes. There is something timeless and sophisticated about a man wearing a pair of classic leather dress shoes. ...

White Sneakers. ...

Chelsea Boots. ...

Loafers. ...

Desert Boots. ...

Boat Shoes. ...

Monk Strap Shoes. ...

High-Top Sneakers.

What is the psychology behind buying shoes?

Psychologically, the shoes we wear can influence our confidence and self-esteem. Additionally, shoes often serve as a means of self-expression, allowing us to convey aspects of our identity and style to the world. The world of shoe shopping is heavily influenced by marketing strategies and ever-changing trends.

Men aged 18-34 own the most number of shoes. In this age group, the average is 15 pairs per person. 11 is the average number of shoes owned by men aged 35-44. Additionally, men between the ages of 45 and 54 own about 9 pairs of shoes.



MAGAZINE

Media House



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