

Glamour Talk Mag

**ONLINE
DECEMBER 2025
Issue 64**

**Decorating Tip for
your Christmas tree..**

***Skoonheid en
Moderaad
vir 2026***



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INDEX

CONTENT

Glamour Talk Magazine

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1.

MEDIA HOUSE PROJECTS 2025:

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2.

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3.

COVERPAGE OPPORTUNITY'S:

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

4.

CHRISTMAS TIME IS HERE:

Christmas is here, a time to celebrate with friends and family



REGULARS

1: COVER PAGE: 01

Our cover page - Christmas trees

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 Lettie Botha

4. 2025 PROJECTS: 08

Media House projects is done and dusted for 2025 See you next year.

5. BACK PAGE: 20

Our back page is 'the month of January 2026.

Back to school



Redakteurs Nota

Liewe leser,

Die Face of Top Vibe Kids & Top Vibe Magazine 2026 is gekroon die twee susters gaan in 2026 baie dinge laat gebeur.

Ek is opgewonde en kan nie wag om die jaar af te sluit met ons jaareind funksie nie. Hou Facebook dop vir fotos. So kom ons dan ook aan die einde van die jaar wat hartseer is ons ambassadeur het aan die einde gekom van hulle tydperk.

Baie dankie vir julle onbaatsugtige liefde en hulp, julle is net amazing en ek weet julle sal altyd deel 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.

Mense wees veilig waar ook al jy gaan gedurende die feestyd. Dinge raak net elke jaar erger. Dit is nou die tyd waar rooftogte, kinder ontvoering en al die wilde dinge gebeur. Probeer om die kinders veilig by iemand te los wanneer jy Kersfees inkopies gaan doen.

Kan nie wag vir die vakansie nie, wil net bietjie ontspan dit was 'n lang besige jaar.

Ek groet tot volgende maand.

Geseënde Kersfees vir jou en jou familie van die span by Media House

Liefde

Charms

Our Ambassador



Ambassador Lettie Botha and Family



The Magic of Christmas: A Time for Joy, Giving, and Togetherness*

Christmas is a time of wonder, a season of joy, and a celebration of love and giving. It's a holiday that brings people together, filling homes with laughter, warmth, and the spirit of generosity.

The True Meaning of Christmas

At its core, Christmas is a celebration of the birth of Jesus Christ, a symbol of hope, peace, and love. For many, it's a time to reflect on the values of kindness, compassion, and selflessness.

Christmas Traditions

From decorating trees to exchanging gifts, Christmas traditions vary across cultures and families. Some enjoy festive feasts, while others delight in singing carols or watching classic holiday movies.

The Spirit of Giving

Christmas is a time for giving, sharing, and spreading joy to those around us. Whether through gifts, volunteering, or small acts of kindness, the spirit of giving is at the heart of the holiday season.

Making Memories

Christmas is a time for creating lasting memories with loved ones. From baking cookies to opening gifts on Christmas morning, these moments are treasured for a lifetime.

Wishing You a Joyous Christmas

As the holiday season approaches, we wish you and your loved ones a joyous Christmas filled with love, laughter, and all the magic of the season. May your heart be filled with warmth, your home be filled with joy, and your spirit be lifted by the true meaning of Christmas.

Your amazing team and ambassador

Lettie.

Dear Reader,

It's that time for me to say my final goodbye.

"As I move on, I want to thank each and every one of you for being an incredible magazine family.

I've learned so much from all of you, and I'll cherish the memories and experiences we've shared.

Your dedication is truly inspiring, and I have no doubt that you'll continue to thrive and make a lasting impact. Thank you again for the opportunity to be a part of this team."

Thank you to each and every person always reading the articles we shared with you. May this new year be a blessing to you all, and never stop what makes you happy.

Go out and make a difference, even if it's something small.

Until we see each other again.

All my love

Lettie

Donate the things that you don't use

You can donate items you don't use to local thrift stores, charities, or community centers, which helps reduce waste and support those in need. For specific items, consider animal shelters for linens, food pantries for non-perishable food, and organizations like Lions Club International for eyeglasses. Some organizations even offer pickup services for larger donations, and online platforms like Facebook's Buy Nothing groups are great for giving items away locally.

General donations

Local charities and thrift stores: These organizations use proceeds to fund community programs like helping the homeless or supporting animal shelters.

Community centers, churches, and schools: These institutions often accept a variety of items like books, working electronics, and furniture.

Habitat for Humanity ReStores: Accept furniture and household goods; some locations offer pickup for larger items.

Specific item donations

Food: Donate unexpired food to food pantries or shelters.

Linens, towels, and bedding: Animal shelters frequently need these items to provide comfort for animals.

Eyeglasses: Donate old prescription glasses to organizations like Lions Club International or ReSpectacle.

Electronics: Some organizations or local recycling centers may accept old electronics.

Craft and art supplies: Community craft groups or gardens may use broken crockery for mosaics, offcuts of materials, or old tools.

Other options

Online groups: Use platforms like "Buy Nothing" on Facebook to give items away to people in your local community.

Textile recycling: Consider textile recycling for damaged clothing or linens that can't be donated.

Local council website: For items that cannot be donated, check your local council's website for information on how to dispose of them, which may include booking an appointment at a recycling center.

Many organizations gladly accept donations of items you no longer use. Common donation options include:

Charity Shops/Thrift Stores: Organizations like Goodwill, Salvation Army, and local hospice shops accept a wide variety of items, including clothing, furniture, household goods, and books. These are then sold to raise funds for their

programs

Homeless Shelters: These shelters often need specific items such as clean clothing (especially socks and underwear), toiletries, blankets, and non-perishable food

Food Banks: They accept non-perishable food items to distribute to those in need

Specific Item Charities: There are specialized charities for items like:
Books: Local libraries or organizations like Books for Africa may accept book donations.
Electronics: Some charities or local recycling programs accept working electronics



Maak jou en jou Dokter se lewe maklik

Ek persoonlik het 'n nota boek wat ek die helfde gedeel het en dit dien dan as my en my man se Dokters afspraak boek.

Tydens 'n Dokters besoek word die inligting daar in genoteur soos bv..

1. Dokter afspraak by watter Doker en die tyd.

2. Waarom ek die Dokter besoek.

3. In die boek sal al die medikasie wees wat ek tans gebruik

4. Enige allergiee sal aan geteken word.

5 Vorige operasies

6. Bloed uitslae.

7. Sodoende kan jy boek hou van wat aangaan met jou gesondheid

Raad:

Indien jou hospitaal toe moet gaan neem 'n lys van mediekasie wat jy tans gebruik asook die mediekasie - veral as die kroniese mediekasie is.

Bloëddruk / Diabetes

Indien jy hoëbloeddruk het, monitor dit en skryf dit af vir so 2 of 3 dae voor jou Dokters afspraak dit sal hom help om te sien wat jou bloëddruk meet.

So ook met jou suiker toets, dit maak net dat jou Dokter 'n ingelugte besluit neem.

Hospitaal tassie:

Pak 'n hospitaal tassie in en maak seker almal in die huis weet waar dit is - in 'n noodgeval kan dit baie tyd spaar en maak net mens se lewe makliker.

Veral wanneer jy 'n gesondheid probleem het.



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**ALL AMBASSADORS of
MEDIA HOUSE**

**Reunion
Breakfast**

FEB | 07 | 7:20 P.M

**BREAKFAST @ RIVERSIDE SUN HOTEL
RSVP BEFORE 30 JANUARY 2026**

Skoonheid en Moderaad

vir 2026



Hoe kan ek minder geld spandeer op klere en steeds goed lyk?

1. Vra jouself af of dit die geld werd is. Hou jy regtig van die item en het jy dit nodig?

2. Belê in gehalte - goedkoop is duurkoop.

3. Betaal in kontant en los jou krediet kaart tuis.

4. Besluit wat jy nodig het voor jy winkels toe gaan.

5. Kyk uit vir winskopies -koop dan twee or drie van dieselfde items in ander kleure.

6. Koop goed wat jy kan meng en pas sodoende het jy meer klere.

7. Neem jou tyd gaan alleen winkels toe.

8. Koop klere wat gemaklik sit aan jou.

Onderklere:

1. Maak seker dat wanneer jy onderklere koop dit pas en gemaklik sit.

Skoene:

1. Skoene moet gemaklik wees. Koop 'n skoen met 'n hak wat nie te hoog is nie.

2. Koop skoene op uitverkoop en as jy skoene kry wat lekker pas koop 2 pare.

Skoonheid - parfum

1. Koop geure wat sag en lig is. 'n sagte blomgeur is vroulik sonder om oordadig te wees.

2. 'n Sitrusgeur laat jou weer op en wakker voel en lig jou gemoed.

3. 'n Skoon vars geur dui op goeie persoonlike versorging.

Hare:

Die laag-op- laag- voorkoms bly gewild in mode.

Dit is nou mode om sagte lae en 'n versnipperde voorkoms te kombineer met skerp, moderne elemente, byvoorbeeld 'n versnipperde kuif by 'n soliede bob of lang veerligte lae met 'n sterk kleur.

Revamp your bathroom with style



A coat of paint alone can transform the space.

2. Upgrade Your Mirror

Swapping your old mirror for:

A round frameless mirror

A black-frame geometric mirror

A backlit LED mirror

This instantly elevates the room and makes it look bigger and brighter.

3. Refresh Your Shower Area

Add a rain shower head (affordable and stylish)

Use a frameless glass shower door for a clean, open look

Choose a textured or patterned shower curtain if on a budget

4. Lighting Makes a Huge Difference

Try:

Warm LED strip lights under the vanity

Modern pendant or glass globe lights.

Wall sconces next to the mirror

Good lighting = luxurious bathroom.

5. Add Stylish Storage

Floating wooden shelves

Woven baskets

A small ladder shelf for towels

Glass jars for cotton pads, ear buds, etc.

Functional and decorative at the same time.

6. Bring Nature In

Add a plant like a snake plant, pothos, or fern (they love humidity)

Wooden accents (bath tray, stool, shelf)

Pebble mats or bamboo bath mats

This adds calm, freshness, and style.

7. Upgrade the Small Details

Sometimes the little changes make the biggest difference:

New towel hooks or bars (gold, matte black, brushed silver)

Matching soap dispensers and tooth brush holders

Coordinated towels in bold colours

New bath mats

8. Add Art or a Statement Wall

Waterproof framed prints

One wall painted in a statement colour

Wallpaper (moisture-safe) behind the vanity

This gives your bathroom personality.

9. Vanity Makeover

If you don't want to buy a new vanity:

Paint the existing one (white, charcoal, navy)

Replace old handles with modern pulls

Add a quartz/butcher block countertop

Install a vessel bowl sink

Looks brand new without replacing everything.

10. Create a Mini Spa Corner

Scented candles

Essential oil diffuser

Soft rolled towels

Bamboo bath tray

Neutral colour textures

Neutral colour textures

Instant relaxation vibes.

If you want, I can give you a personalised design plan based on your current bathroom — just tell me:

The size of your bathroom

The colours you prefer

Whether you want budget-friendly or luxury

What things you want to keep or replace

Happy to help you style it beautifully!



Tired of your old bathroom?

Give it a fresh, elegant, and stylish new look! Yes it's long overdue.

Here is some stylish and affordable ideas to revamp my bathroom - whether you want a full makeover or just a quick refresh.

1. Go for a Clean, Modern Colour Palette

White + wood for a spa feel

Black + gold accents for a luxury look

Soft pastels (mint, blush, sky blue) for a calm, relaxing bathroom

Grey + charcoal for a sleek hotel vibe

Are date nights important in a marriage?

Are date nights important in marriage?

The report highlights five ways date nights are likely to foster stronger marriages and relationships: Communication.

Date nights enable couples to discuss important topics, shared dreams and future plans as their relationship develops without the distraction of children or employment responsibilities.

What is the date night rule for marriage?

The 2-2-2 rule is a relationship strategy designed to help couples maintain closeness by creating regular moments of connection.

The concept is simple: every two weeks, go on a date; every two months, plan a weekend getaway; and every two years, go on a longer trip together.

How often should married couples have date nights?

Based on the above studies, it's clear that weekly date nights are important for maintaining a happy and healthy relationship. While we know every couple's

schedules and circumstances are different, aim to have at least one dedicated date night per week

What happens to a marriage when there is no intimacy?

The Impact of a Lack of Intimacy

Emotional effects: Partners may feel lonely, disconnected, or even resentful. Over time, unresolved feelings can create barriers to communication and trust.

Physical effects: A lack of affection can decrease bonding hormones like oxytocin, further contributing to feelings of distance.

Is it normal for a husband to not kiss his wife?

This relationship stage is widespread, with couples in long-term relationships for years.

The halt of kissing each other on the lips in many long-term relationships does not necessarily indicate a problem in the relationship. It might just be a normal phase experienced in most long-term relationships.

What are the 4 signs a marriage will end in divorce?

According to Gottman, the four behaviors that frequently prove to be the kiss of death for a marriage include contempt, defensiveness, criticism and stonewalling.



Decorating Tip for your Christmas tree..

Decorating tips and order
Fluff the tree:

Before adding any decorations, make sure to fluff out the branches to give the tree a full look.

Lights first: Add your lights first, weaving them through the branches for even coverage.

Garland and ribbon next: Drape garland or ribbon around the tree to add structure and a base for other decorations.

Ornaments: Start with your largest ornaments and work your way down to the smallest, placing them deeper into the branches to hide the wires.
Topper and skirt: Finish with a tree topper and a tree skirt to complete the look.

Popular themes and styles

Color schemes: You can choose a color scheme that complements your home, like a white or gold tree for a neutral aesthetic.

Themed trees: Picking a theme can help tie your decorations together. Some popular themes include reindeer, snowflakes, or a specific color palette.

Minimalist style: For a simpler look, try the "Scandi" style, which involves using fairy lights and a simple topper, with minimal other ornaments.

Creative and DIY ideas
DIY ornaments:

Create your own from materials like cardboard, dried pasta, or wooden monograms.

Unusual toppers: Instead of a traditional angel or star, consider a large present as a topper.

Different textures: Use a variety of textures to add depth, such as wood, glass, or even faux flowers.

Ribbon and picks: Use ribbon to make a statement by weaving it through the branches, and add picks to fill in gaps and add shape and volume to the tree



