Glamour Talk Mag

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Issue 75



Splash into summer! Swimwear for Every Age: What Should You Wear?

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50+ MAGAZINE / TYDSKRIF

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

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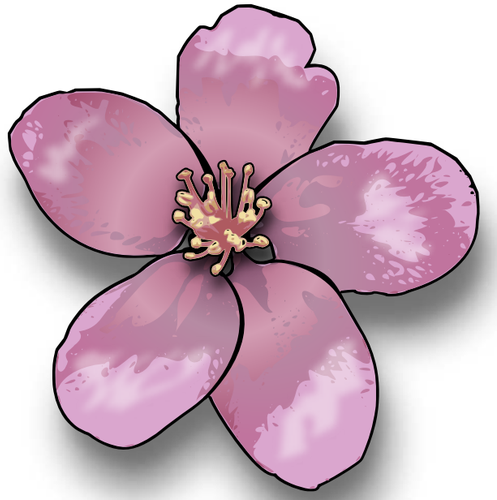
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REGULARS

1: COVER PAGE: 01
Our cover page - Beautiful lady showing off fashion

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. SPLASH INTO SUMMER: 08
Have fun this summer.

5. BACK PAGE: 20
Our back page will be a reminder of the month of December



Editors Note

Dear readers,

Editor's Note – November

Welcome to our November edition of Glamour Magazine!

November brings warmer days, beautiful summer fashion, fresh trends, and exciting preparations for the festive season.

It's the perfect time to refresh your wardrobe, embrace your own style, and let your inner beauty shine.
Enjoy this month's edition, and remember: glamour is not just what you wear, but how confidently you wear it!

When you are going to be in the sun - remember to take a hat, and use sunblock to protect your skin.

With love, looking forward to the December Issue.

The Glamour Team

Charms

Our Ambassador



Ambassador
Candice Trietsch

Dear Readers,

MORE THAN BEAUTY: THE TRUE MEANING OF GLAMOUR

“True glamour is not simply what the world sees when you walk into a room; it is what people feel, remember, and carry with them long after you have left.”

In a world where beauty is often measured by appearances, designer clothing, flawless photographs, and social media recognition, it is easy to forget what glamour truly means. While elegance and presentation certainly have their place, genuine glamour goes far beyond the surface. It is a reflection of confidence, character, kindness, integrity, and the way we choose to live our lives.

As we enter November, a month that invites us to reflect on the year behind us and the possibilities ahead, it is important to remind ourselves that every woman has something unique and beautiful to offer the world. Glamour is not reserved for celebrities, models, public figures, or those who can afford luxury. It belongs to every individual who understands their worth and chooses to walk through life with dignity, purpose, and grace.

GLAMOUR MEANS: -

- BEAUTY BEGINS WITHIN
- ELEGANCE IS AN ATTITUDE
- EMPOWERMENT: THE CROWN WE SHARE
- THE COURAGE TO BE AUTHENTIC

As 2026 draws closer to its conclusion, take a moment to reflect on the woman you have become. Consider the challenges you have faced, the lessons you have learned, the people you have encouraged, and the dreams you still hope to fulfil.
Do not measure your year only by the goals you achieved. Consider the strength you discovered, the boundaries you established, the relationships you nurtured, and the times you chose to rise again.

Perhaps your greatest achievement this year was simply finding the courage to continue. Perhaps you helped someone believe in themselves. Perhaps you discovered that starting over is not a sign of failure, but an opportunity to build differently.

Whatever your journey has looked like, remember that your worth extends far beyond your achievements, appearance, or position.

Let November be a reminder to invest in the person you are becoming. Develop your talents. Protect your integrity. Speak with purpose. Treat people with respect. Celebrate others sincerely, and never underestimate the power of using your presence to make a positive difference.

Kind Regards
Candice Trietsch
Glamour Ambassador
074-023-7446

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YOUR SAFETY COMES FIRST:

Your safety should always be a priority, especially when going shopping, visiting town, or travelling during the busy festive season. One important safety tip is to avoid carrying large amounts of cash with you.

Carrying cash can make you a target for criminals, particularly when they notice you withdrawing money from an ATM or paying for items in public.

Safety Tips to Remember

Avoid carrying cash: Use your bank card or secure digital payment methods whenever possible.

Be careful at ATMs: Always be aware of your surroundings and never accept help from strangers.

Keep your valuables hidden: Do not display expensive jewellery, phones, or other valuable items unnecessarily.

Stay alert: Be cautious of strangers who approach you or try to distract you.

Never share your PIN: Keep your banking details private and cover the keypad when entering your PIN.

Ask for assistance: If you are elderly or struggle to walk, consider taking a trusted family member or friend with you when shopping.

If you must carry cash, take only what you need and keep it safely out of sight. Never count your money in public.

Remember: Your life is worth far more than your money or possessions. Stay alert, be cautious, and take responsibility for your personal safety wherever you go.





Planning Your December Holiday: Enjoy More, Spend Less!

December is just around the corner, and many families are already dreaming about their well-deserved holiday. Whether you are planning a trip to the coast, visiting family, exploring the countryside, or simply taking a few days off at home, one thing is certain: a good holiday starts with good planning!

With petrol prices putting pressure on our pockets and the cost of living continuing to rise, many South Africans may have to rethink their December holiday plans. But don't let that take away your holiday spirit. You can still enjoy a wonderful festive season without spending a fortune.

Start Planning Early
The earlier you start planning, the better. Decide where you would like to go, how many days you can afford to be away, and what your budget will be. Remember to include accommodation, food, activities, petrol, toll fees and some extra money for unexpected expenses.
It is easy to focus on accommodation and forget about the smaller costs that can quickly add up.

Think About the Petrol!
Before packing your bags, work out how much fuel your journey will require. Compare the cost of driving to your destination with alternatives, such as travelling with family or friends and sharing the expenses.

If you are travelling a long distance, plan your route carefully. Avoid unnecessary detours, check your tyre pressure, have your vehicle serviced and make sure it is roadworthy before leaving. A well-maintained vehicle can help you travel more safely and avoid unexpected repair bills.

You could also consider a destination closer to home. Sometimes, the best holiday memories are made just a short drive away!
Set a Holiday Budget
Decide how much you can comfortably spend without starting the new year with unnecessary debt. Avoid using credit for holiday expenses that you cannot afford to repay.
Prepare some meals yourself, pack snacks and drinks for the road, and look for free or affordable activities. If you are visiting family, discuss sharing food and other expenses beforehand.

A holiday should leave you with happy memories, not a pile of bills waiting for you in January.
Consider a Staycation
Who says you have to travel hundreds of kilometres to enjoy a holiday? You can turn your own home into a holiday destination! Visit a nearby park, enjoy a picnic, explore local attractions, have a family braai, play board games or spend time doing things you normally never have time for. Children often remember the fun they had with their parents more than the price of the holiday.

Sometimes, an afternoon of swimming, laughter and ice cream is all it takes to make a special memory.
Don't Forget Your Home and Safety
If you are travelling away, arrange for someone you trust to keep an eye on your property. Secure your doors and windows, check your appliances and avoid announcing your absence to strangers or posting your travel plans publicly while you are away. Keep emergency numbers, your vehicle insurance details and roadside assistance information handy.
Make Time for What Matters
December is not only about travelling. It is also about spending time with the people we love, reflecting on the year that has passed and appreciating the blessings we have received.
If an expensive holiday is not possible this year, don't feel disappointed. There is no shame in choosing a simpler celebration that fits your budget.
Remember: You don't have to travel far to make memories, and you don't have to spend a fortune to have fun.
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Beach Safety: Keep Your Belongings Safe and Enjoy Your Day!

A day at the beach is all about relaxing, enjoying the sunshine, and having fun with family and friends. But while you are enjoying the waves and warm sand, remember to keep your personal belongings safe.
Leave your valuables at home. Avoid wearing expensive jewellery, such as gold chains, rings, bracelets, and large earrings.

These items can attract unwanted attention and make you a target for thieves. Keep your beach look simple and comfortable!
Protect your cellphone. Your phone is valuable and contains personal information. Keep it in a secure, waterproof pouch or a locked compartment, and never leave it lying unattended on your towel while you swim. Avoid leaving your phone, wallet, car keys, and handbag visible inside your vehicle.

If possible, take turns swimming with family or friends so someone can keep an eye on your belongings. Never assume that your possessions are safe just because you are nearby.

Remember, a beach holiday should be about making beautiful memories, not dealing with the stress of stolen belongings.

Enjoy the sun, enjoy the sea, and stay alert! A little extra care can help make your beach day a safe and happy one.

1. Leave Your Valuables at Home.

2. Keep Your Cellphone Safe

3. Carry Only What You Need

4. Never Leave Your Belongings Unattended

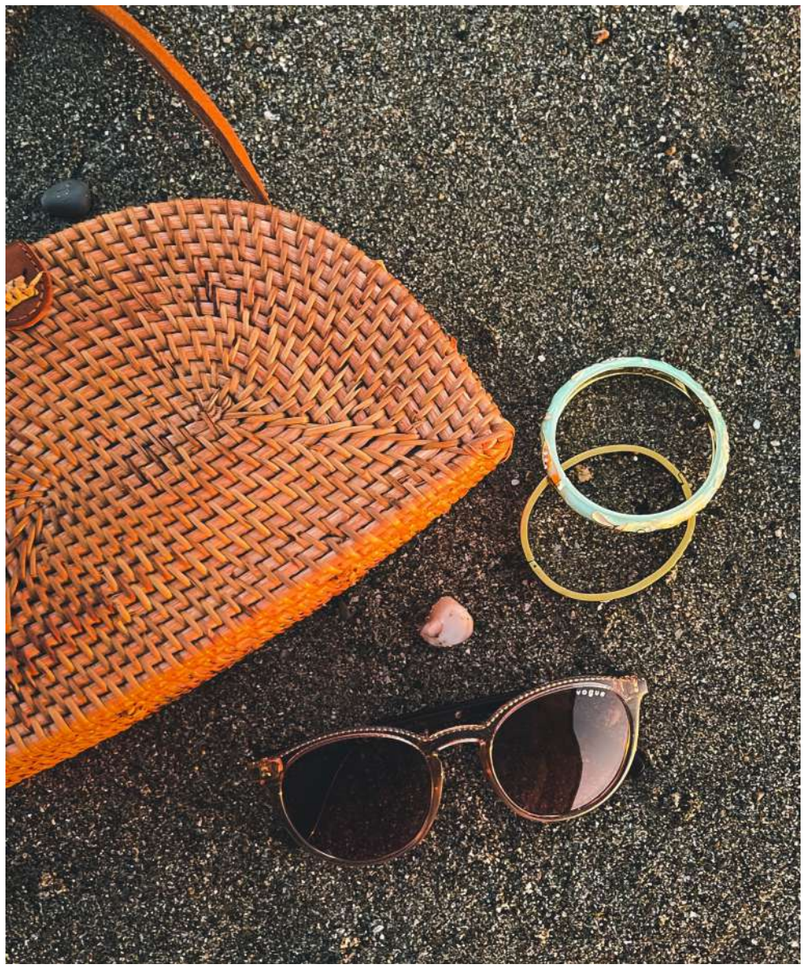
5. Be Careful Where You Leave Your Car

6. Stay Alert and Aware of Your Surroundings

7. Follow Practical Beach Safety Rules

8. Protect Your Personal Information

Avoid sharing your live location or posting that your home.



Splash into summer! Swimwear for Every Age: What Should You Wear?



Swimwear for Every Age: What Should You Wear?

Summer is here, the sun is shining, and swimming pools, beaches and holiday destinations are calling! But before you pack your beach bag, there is one question many people ask themselves: What swimwear should I wear?

With so many styles, colours and designs available, choosing the right swimming costume can be exciting — but sometimes a little overwhelming. The good news is that swimwear is available for every age, shape and personal style. You do not have to follow every fashion trend to look and feel fabulous!

Little Swimmers: Babies and Young Children

For little ones, comfort and sun protection should come first. Bright colours, playful prints, animal designs and favourite characters can make swimming even more exciting.

One-piece costumes, rash vests and swim shorts are practical choices for children who spend hours playing in the water. Long-sleeved swimwear with a good ultraviolet protection factor (UPF) can help protect their skin from the sun.

Remember to supervise children closely around water and use sunscreen, hats and shade when they are out of the pool.

Tweens and Teenagers: Fun, Fresh and Fashionable

As children grow into teenagers, they often want to express their personalities through fashion. Popular options include high-waisted bikinis, sporty two-piece sets, colourful one-piece costumes and tankinis.

Tropical prints, bright colours, stripes and textured fabrics can add a trendy touch. For teenagers who enjoy water sports or swimming games, secure straps and comfortable designs are important.

Parents can help young people choose swimwear that suits their activities and makes them feel confident without pressuring them to look a certain way. After all, enjoying summer is far more important than trying to look like somebody else!

In Your 20s and 30s: Make a Style Statement

This is a wonderful time to experiment with different looks. Bikinis, one-piece costumes, cut-out designs and mix-and-match separates all offer opportunities to show off your personal style.

Bold colours, animal prints, tropical patterns and retro-inspired designs can make a statement. High-waisted bikini bottoms are another option for those who enjoy a vintage look.

Planning an active beach holiday? Choose swimwear that stays securely in place when swimming, playing volleyball or enjoying water activities. If you prefer relaxing beside the pool, you might choose something more decorative.

Finish your look with a wide-brimmed hat, sunglasses and a lightweight sarong.

In Your 40s: Comfort Meets Confidence

Your body and preferences may change over the years, and that is perfectly normal. Your swimwear should work for you, rather than making you feel that you must change yourself to suit it.

A supportive one-piece, a stylish tankini or a high-waisted two-piece can be an excellent choice. Look for adjustable straps, comfortable fabric and suitable bust support.

Ruching, wrap fronts and textured materials are fashionable options if you enjoy those details. Do not be afraid of colour, either! Turquoise, coral, royal blue and tropical prints can bring a lovely summer feeling to your wardrobe.

Fabulous at 50, 60 and Beyond!

Who says fashion has an age limit? Women over 50, 60 and beyond can look stylish in just about any swimwear design they love.

A classic one-piece remains a popular choice because it offers coverage and support. However, tankinis, high-waisted bikinis and swim dresses are equally worth considering if they suit your taste.

Look for wider straps, supportive cups and soft, stretchy fabric if these features make you more comfortable. Dark colours such as navy, black and burgundy are timeless, but bright colours and cheerful prints can be just as beautiful.

Splash into summer! Swimwear for Every Age: What Should You Wear?

The secret is not to hide your age or your body. It is to find something that fits properly, feels comfortable and allows you to enjoy your summer without worrying about your appearance.

And What About the Men?

Men also have plenty of swimwear choices! Classic swim shorts, board shorts and fitted swimming trunks are all popular options.

For family holidays and relaxed days beside the pool, colourful prints and tropical designs can add some fun. Men who swim regularly may prefer streamlined, chlorine-resistant swimwear designed for exercise.

Choose the right length and fit for your activities, and remember that comfort matters just as much as style.

Five Tips Before Buying Your Next Swimming Costume

1. Choose the right size. Swimwear should feel secure without digging into your skin or restricting your movement.

2. Think about your activities. A costume for swimming laps may differ from one designed for lounging beside the pool.

3. Try something new. You might discover that a colour or style you never considered looks wonderful on you.

4. Protect yourself from the sun. Wear suitable sunscreen, seek shade and consider UPF-rated swimwear, especially for children and long days outdoors.

5. Wear it with confidence. Do not buy something simply because it is fashionable. Choose what makes you feel happy and comfortable.

The Final Splash!

There is no single swimming costume that is perfect for every person of a particular age. Trends come and go, but feeling good in your own skin never goes out of fashion.

Whether you love a bright bikini, a sporty swimsuit, classic swimming trunks or an elegant one-piece, the best choice is the one that suits your body, your lifestyle and your personality.

So, get your beach bag ready, grab your sunglasses and enjoy the sunshine. Summer is for making memories, spending time with loved ones and having fun in the water — not worrying about what other people think!

Remember: Confidence is your best summer accessory, and you are never too old or too young to enjoy a splash of style!

Making memories this summer holiday



Make a Fashion Statement on the Beach with the Perfect Summer Hat



Make a Fashion Statement on the Beach with the Perfect Summer Hat

Summer is here, the sun is shining, and it is time to bring out those beautiful summer hats! Whether you are heading to the beach, relaxing beside the swimming pool, enjoying a seaside holiday or taking a stroll along the promenade, a summer hat can be the perfect finishing touch to your outfit. But a summer hat is more than just a fashion accessory. It is also an important way to help protect your face, ears and neck from the sun. So why not combine style with sun protection and make your hat the star of your summer look?

Which Summer Hat Suits Your Style?

The Classic Wide-Brimmed Hat

If you want to look elegant and glamorous on the beach, a wide-brimmed hat is a wonderful choice. It pairs beautifully with a flowing summer dress, a swimsuit or a colourful sarong. Choose a natural straw colour for a timeless look, or go bold with a hat decorated with a ribbon, flowers or a stylish bow.

The Trendy Straw Hat

Nothing says summer quite like a straw hat! From natural woven designs to modern shapes with decorative bands, straw hats are ideal for creating that relaxed holiday look. Match yours with sunglasses, sandals and your favourite beach bag.

The Floppy Beach Hat

Want to feel like a movie star on holiday? A floppy hat adds a touch of glamour to almost any beach outfit. Choose a neutral shade for classic elegance or a bright colour to stand out from the crowd.

The Bucket Hat

For those who prefer a casual, youthful style, the bucket hat is a fun option. Available in floral prints, tropical patterns and bright colours, it is perfect for beach walks, outdoor markets and summer adventures. Look for a version with a suitable brim and sun-protective fabric.

The Colourful Statement Hat

Why settle for ordinary when you can make a statement? Think bright pink, turquoise, yellow, red or even a playful tropical print. Your hat can be , the highlight of your outfit, especially when paired with simple swimwear or a plain summer dress.

How to Match Your Hat to Your Beach Outfit

Fashion is all about having fun and expressing your personality. A large straw hat looks lovely with a flowing dress, while a colourful bucket hat can complement shorts and a T-shirt.

For a coordinated look, match your hat to your swimsuit, beach bag or sandals. Alternatively, choose a contrasting colour that makes your hat stand out.

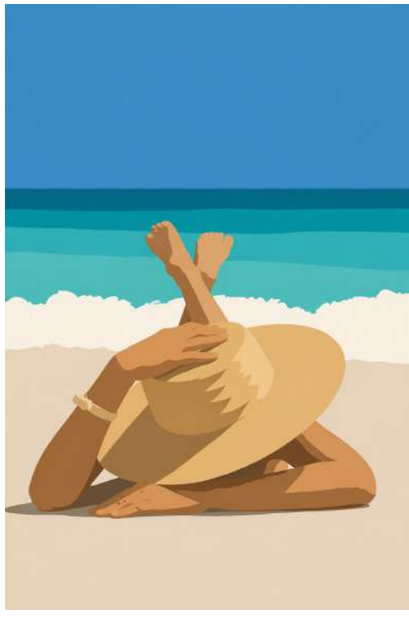


And do not forget your sunglasses! Together, a hat and a good pair of sunglasses create a stylish summer look while helping shield your eyes and face from direct sunlight.

Choose a Hat That Protects You

While looking fashionable is wonderful, sun safety should always come first.

Choose a hat with a wide brim that shades your face, ears and neck.




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