

Glamour Talk Mag

Online

January 2022

*Why You Should Never
Stop Dreaming?*

AMBASSADORS 2022

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Glamour Talk Magazine

COMMENTS:

Please send an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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1.

AMDASSADORS:

Go to our Facebook page to meet our NEW Ambassadors for 2022.

2.

STARTING A NEW JOB:

Starting a new job go to page 10 - 11

3.

TREATYOURSELF:

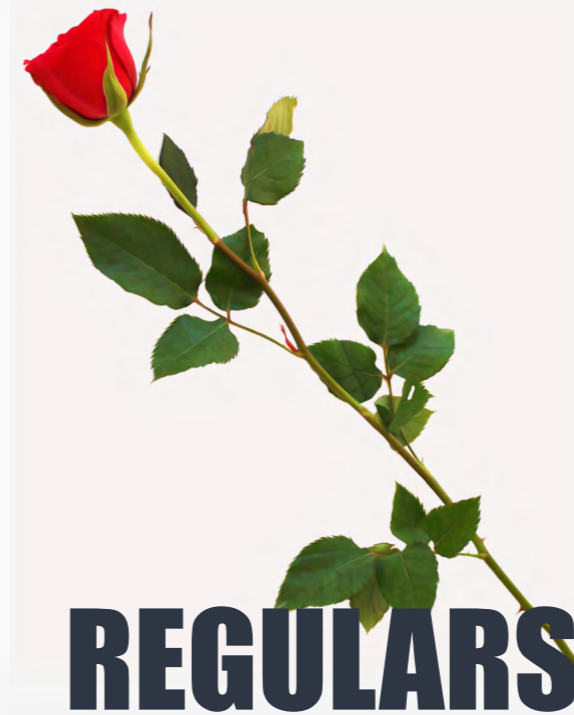
Treat yourself with a coffe or have coffee with a friend.

4.

POSDUIF:

Lees als oor Posduif se nuwe enkelsnit.

Happy NEW Year!!!



1. EDITORS NOTE: 03

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

2. AMBASSADORS: 04

Our Glamour Talk Magazine Ambassadors Sherlain Holmes and Valmarie Volschenk will bring you something new every month.

3. STARBURST PROMOTION: 08

Starburst promotion bring you a new artist every month.

4. COVER PAGE: 01

Happy new year - cheese and wine platter.

5. BACK PAGE MODEL 20

Photo provided by anonymous -



Photographer: Albertus Kriel
Venue: Turn 'n Tender Vaal mall

Redakteurs Nota

1 Januarie 2022, klop aan ons deur, en ek wonder heimlik wat gaan die nuwe jaar vir ons oplewer. Kersfees is verby en ons hoop op nuut vir 'n beter toekoms.

'n Nuwe skool jaar vir baie kinders, 'n nuwe Hoërskool vir baie en ook 'n laaste skooljaar vir vanjaar se martieks.

Miskien 'n nuwe werk vir jou, of dalk begin jy jou eie besigheid - wat ook al jy beplan om te doen, ons vertrou dat dit goed sal gaan met jou.

Ons nuwe ambassadeurs pak vanjaar aan met baie idees. Ons hoop vanjaar om baie nuwe lessers by te kry en ons gaan als in ons vermoë doen om vir julle lekker lees stof te bring.

Ek groet vir eers tot volgende maand.
Liefde

Charms

MEDIA HOUSE:

TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF

AMBASSADORS 2022



Valmarie Volschenk

I was Miss Teen Vaal Public Choice 2021. Previous ambassador for Top Vibe Magazine and the newly appointed Glamour Talk Magazine's ambassador.

I am also an ambassador for Alphabeast fitness wear and ozone spa and beauty salon.

I am a racer by heart and will swap my high heels for a pair of sneakers in a heartbeat. I have always loved the stage as a dancer in various styles so modeling comes naturally. I love to work with people and with the community and will always go that extra mile to make a difference in somebody's life, even a small gesture will go a long way.

Follow me on my social accounts
 tiktok valmarie_v
 Facebook Valmarie volschenk and
 Facebook page: Valmarie volschenk
 Glamour talk ambassador
 Instagram: @valmarie_v



Lots of Love
Valmarie



W elcome to our new and regular readers!

My name is Sherlain Holmes , I am 20 years old.
 I am an actress, Queen of Social Media.

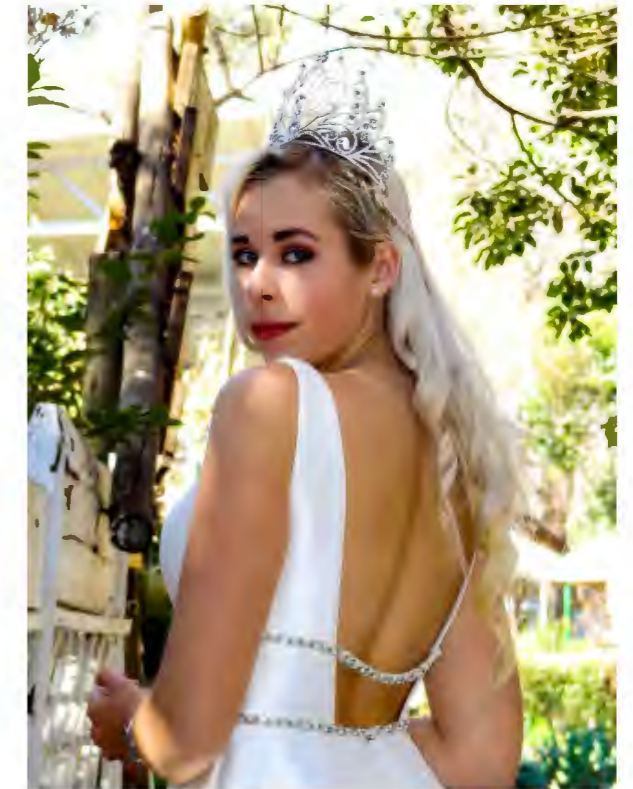
Something to know about me , I am determined, caring and have compassion and a passion to motivate others.

I am back this year as the brand ambassador for *Glamour Talk Magazine* with the beautiful Valmarie Volschenk .

I hope everyone had such a wonderful and blessed Christmas and new years eve.

New year resolutions is a big thing and my new year resolution for *Glamour Talk Magazine* is to bring something Glamorous, exciting and valuable to our readers.

Lots of Love
Sherlain.



Sherlain Holmes



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New Year's Resolution

By Lanelle van Niekerk

There are a variety of reasons why people fail to meet their New Year's Resolutions.

One of the most common reasons is a lack of motivation or trying to work on too many resolutions at once. Once people fail to work at their resolution once, they often lose motivation completely and give up until next year.

A good New Year's Resolution can be funny, inspiring, challenging, or a recommitment to your core values. If you take the time to really think about your resolution and create a detailed plan to get yourself there, you will have a greater chance of succeeding.

The best New Year's resolutions are ones that resonate with you and encourage you to achieve your goals. Looking at lists of ideas can help you brainstorm and create personalized resolutions.

Choose your New Year's resolutions based on what you want to achieve in the new year, not what you think others want you to achieve. Forget what you see on your social media or what you read in giant lists of resolutions - pick goals and dreams that inspire you rather than trying to inspire yourself to meet the ideals of others.

The right New Year's resolution doesn't have to be serious or a lofty goal; even funny or light-hearted. New Year's resolutions can help you get and stay motivated in 2022. Whatever resolution you choose, make sure it's something you can see yourself committing to for an entire year.

Once you've found the right New Year's resolution for you, set aside time to sit down and write out a plan. Your plan should have a clear beginning with steps you can take throughout the year until you reach your goal or hold yourself to your new resolution. Use SMART goals, those that are specific, measurable, attainable, realistic, and time-based. These will give your plan structure and help motivate you to reach your New Year's resolution in 2022. One of the most common reasons that New Year's resolutions fail is because people lose motivation or feel like their resolutions lack consequences.

Remember that good New Year's resolution ideas are those that truly speak to you and inspire you to be a better person. If you take the time to work out what your resolution entails and create a detailed plan, you can be wildly successful with your resolutions. Reaching your resolution requires a good support system, rewards and penalties, and time-based goals to keep you on track. Make sure that the plan you create is realistic, but also challenges and inspires you. A great resolution is one that you'll need to work hard to achieve, but that you'll remember completing for the rest of your life.

POSDUIF



POSDUIF het lank gewag en hard gewerk vir die dag wat hulle, hul debuut-album met hulle aanhangers en die publiek kan deel.

NIKS VERGELYK, word op 28 Oktober uiteindelik bekendgestel en belooft om eie te wees aan POSDUIF se klank. Dit sal iets hê om elke oor tevrede te stel. "Elke liedjie wat ons ingesluit het, is vol en interessant en vertel stories waarmee luisteraars kan vereenselwig", sê James Boland, voorsanger van die groep.

Hulle het beplan om die album verlede jaar vry te stel, maar die pandemie en inperkingsmaatreëls het hierdie planne in die wiele gery. Soos altyd het hulle dit reggekry om iets positief daarvan te maak en 'n album saamgestel waarop hulle regtig trots is.

"Die album bied 'n kombinasie van liedjies, wat jou sal laat saamsing of emosioneel sal maak. Dit is 'n versameling stories oor die lewe en elke liedjie het 'n dieper betekenis," sê Boland. "Die idee was om 'n album te skep wat jy van begin tot einde kan luister, sonder om belangstelling te verloor. Daarom het elke liedjie 'n unieke klank en storie", gaan Boland voort.

POSDUIF het nou maar een maal die unieke gawe om hulle gedagtes en gevoelens op 'n manier weer te gee, wat so lekker is om na te luister, dat almal daarby aanklank vind. Hulle nuutste enkelsnit, NIKS VERGELYK, is geen uitsondering nie. In tipiese POSDUIF-styl, kry hierdie liedjie dit reg om iets te vier wat baie van ons vriendskap!

vriendskap! Hierdie lekker saamsing-liedjie uit die pen van James Boland en kitaarspeler, Nick Jordaan is op 30 September uitgereik en kan reeds op nasionale radiostasies landswyd gehoor word en het reeds die trefferparades van verskeie radiostasies betree.

Die opwindende musiekvideo is deur die SAMA-benoemde vervaardiger, Kyle White, vervaardig en het 'n tagtigs-aanslag met 'n prettige verhoogoptrede-konsep.

KYK DIE VIDEO HIER: <https://youtu.be/YBqUKMmNxGw>
POSDUIF is in 2018 gestig en somer vinnig deur Bok Radio benoem as Groep van die Jaar en vir Liedjie van die Jaar.

Die groep bestaan uit Boland, Jordaan, Gopal, Campbell en nuweling, Nick McCreadie, op die dromme.

LYS VAN SNITTE OP DIE ALBUM

1. Laat val die Water
2. Stellenbosch Somersaand
3. Engeland
4. Niks Vergelyk
5. Valskerms
6. Herinner My
7. Braai Song
8. Spinnekop
9. Wat van Jou
10. My Gesin

Bonussnitte op die fisiese album:

11. Brandy Special
12. Een vir My

NIKS VERGELYK is nou beskikbaar op alle digitale platforms. Laai dit hier af: <https://Posduif.lnk.to/NiksVergelykAlbumMB>

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Twitter: @Posduif14
Webblad: <https://posduif.live/>

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Starting a new job

Starting a new job is scary. Whether you're straight out of college or have been in the workforce for 20 years, entering into a new work environment can make you feel as if you've stepped foot on another planet. In order to succeed, both socially and professionally, you're expected to learn the lingo, follow the dress code, and pick up on the acceptable behaviors. That's a whole lot to do without help.

When it comes to feeling comfortable in a new job, comprehensive onboarding is essential. In fact, the consulting firm BCG found that, of the 21 human resource programs it looked at, onboarding had the second most significant business impact. This is not surprising, but organizations often fall short on helping new hires assimilate to their new office environments. New hire orientation programs are frequently too brief. Ideally, they should include more than the common one-off meeting.

However, while it's the company's job to help you learn about the office culture, much of your success at a new job rides on you. Below are seven tips to help you succeed

at your new job the right way from day one.

You've heard it time and time again during the job interview process — from the moment you step foot into the office, you are representing yourself and your personal brand.

Now that you're starting your first day as an employee, don't downplay the importance of first impressions. Your first 90 days on the job are often treated as an extension of the interview. That means you should use every interaction to prove that you're a respectful, professional, and diligent worker, but also that you're someone who your colleagues will enjoy spending eight hours a day with.

From a conversation with your manager to your first department meeting to your first company happy hour with coworkers, every office task is an opportunity to learn, grow, and represent yourself in a positive light.

Some new hires start a new job with demands their first week of work, from how they want their schedules handled to how they'll handle their work, and more. Tread lightly here. Trust is earned. When you prove yourself by showing up and doing your work well, you will be given much more leniency on how you handle your schedule and work in general.

This career tip is one that can take some time to understand, but it's worth mentioning so you're aware of the importance of setting healthy boundaries in regards to work. When you set healthy boundaries, you are clarifying what is acceptable and unacceptable to you in regards to how late you're willing to work, the total number of hours you're willing to work, how you'll deal with saying "no" when needed, and how personal you're willing to allow your work relationships to be. Once you set the example that you're willing to do certain things, it's hard to go back. In other words, if your manager sends you emails over the weekend, and you respond, then you may unknowingly set the expectation that you will always be willing to work on weekends

Plenty of employees make themselves look bad by trying to involve themselves in work matters that are none of their business. Work environments can be quite the tangled web of 'frenemies,' cliques, and gossip, all of which the savvy and wise new hire will avoid. Unless you are a supervisor, your work is the only work you're responsible for.

The exception to this rule is if someone is doing something unethical, creating an unsafe work environment due to harassment or bullying, is doing something unsafe, or is negatively impacting your ability to do your job. These scenarios warrant further action on your part by bringing the concern to the attention of your supervisor or HR.

Give your best at all time's.....



How to Take Time for Yourself and Restore Your Energy

Do you ever find yourself longing to take time for yourself? Many of us are so busy with work, school, and home life that often there is no time left over to do something that you enjoy. What follows are some ways to carve out that essential time you need to slow down, enjoy life, and rejuvenate your mental and physical health. In today's on-the-go society, taking time for yourself is often looked upon as being selfish or unproductive. You have a job to do, kids to take care of, meals to cook, bills to pay, and the list goes on. How can you possibly justify taking time out for self-care without feeling guilty[1]?

The truth is that without self-care, you're not giving yourself a fighting chance to give your best to each aspect of your life. If you don't take care of your own needs first, you'll find yourself burnt out and struggling in

Shift your perspective and accept that taking time for self-care is key if you truly want to live a productive, happy, and successful life.

Finding time to focus on self-care can be difficult, especially with the demands of work and family life. Often, scheduling time before you need it can be a great way to ensure you don't skimp on the all-important personal time. Here are a few simple ways to take time for yourself.

Try to save certain weeknights just for you. If others ask you to do things those nights, just tell them you have plans. Use the time for gardening, reading, exercise, thinking, or the ultimate luxury of doing nothing!

Schedule a treat for yourself once a month. It could be on your lunch break, a weekend, or it could be leaving work early. Maybe you get a spa treatment, go see a movie, a haircut, play

golf, or whatever treat you're always thinking about but rarely get to do.

Schedule it in at least a month before to ensure that nothing gets in the way of that time.

Buy tickets for a rugby game, theater production, concert, or any other event you would enjoy. Having the tickets already in hand will force you to make it happen!

This is one of the simplest things you can do when you're craving personal time. Many of us stay at work late on a regular basis. If this is you, make it a point to leave work exactly on time at least once a week, if not more[3]. And then enjoy that time by participating in your favorite hobby or spending time with a friend you rarely see. If you feel like you need to take time for yourself and relieve stress, there are many ways to do it. Even if you have a chaotic life where there seems to be only seconds to spare on any given day, it's possible to carve out time for yourself by simply planning ahead. Make this a monthly occurrence to begin a healthy self-care habit.



Why You Should Never Stop Dreaming?



At some point in your life, you have probably been told to be more practical. Maybe someone close to you has urged you to stop dreaming and look at your life more realistically. After hearing this advice, it is easy to stop dreaming and accept your life as it is. But that is just one individual's opinion. Another is that you should never stop dreaming.

Everyone has a dream no matter how big or small. Maybe you dream of excelling in your workplace or changing careers. Alternatively, maybe you dream of spending more time with your family and friends.

No matter what your dream is, it is important to keep it alive. You should never stop dreaming or stop your ambition to achieve those dreams, even if they seem fanciful or indulgent.

Dreams are the cornerstone of success and happiness. So in this post, we'll discuss six reasons why you should never stop dreaming.

Dreams are important for all individuals. This is especially true if you want to cultivate a sense of hope in your life. Everyone can use a little bit of hope.

So whether you are trying to achieve your goals, or you are stuck in a standstill, you should keep dreaming. This way, you have a reason to keep going, a reason to fix and improve your life.

Life doesn't always go according to your own plans. I'm sure you can draw on instances where circumstances seemed like they were against you. In these moments, it's good to have something to hope for.

Dreams are a promise that things can get better. They are a beacon of light when all seems lost.

Like you, people all around the world are hoping for a better life, for a different way to live, for more success. When you stop dreaming, you stop having hope for that better life.

Individuals may think they are being pragmatic when they give up on their dreams. In reality, they are letting go of their hope and settling for less.

You could settle for what you have and try to come to terms with your life as it is. However, this might not be the path that you are meant to walk.

You could settle for what you have and try to come to terms with your life as it is. However, this might not be the path that you are meant to walk.

Dreams not only provide you with a sense of hope, they can help you move past your own limitations.

People often think of a dream as something that is unachievable or impossible. Some believe dreams are a fantasy and that dwelling on them has no merit.

However, if you don't have dreams in the first place, how are you supposed to change your life? Dreams give you the ability to view yourself and the world around you in a different light.

When you allow yourself to dream fully, you are finally able to imagine a different reality for yourself.

You aren't stuck on where you are in the present moment. You don't think about what you are unable to do. Instead, dreams give you a chance to see a version of yourself that is more successful and happy.

In short, as you dream, you open your mind to new possibilities in your life. You allow yourself the chance to grow into something new and different.

Dreams are the seeds that help you create ideas and goals that will transform you.

Essentially, dreams are all about overcoming your circumstances and believing in a better version of yourself.

As beliefs dictate the reality you create, by following your dreams, you challenge your old beliefs about your capabilities. This is why it is crucial to keep dreaming.

If you only think practically and stop yourself from dreaming, you prevent true growth and a chance to reach your full potential.

You need a reason to keep living, everyone does. And dreams are a great way to give your life purpose.

In modern society, many individuals have fallen prey to hollow lives without purpose.

Many stay at jobs that they hate and continue lifestyles that are counter to their desires. Often, this happens because they gave up and stopped dreaming.

If you want to avoid this kind of life and live with purpose, continuing to dream is essential. If you don't stop dreaming you have the chance to change the course of your life.

You can imbue your own meaning into your life. When you dream of being happier, having more money, or accomplishing something you love, you can aim your life in the direction you want.

You aren't leaving the outcome of your life to the people or the institutions around you. You decide on how you live as you dream and strive towards those dreams. What could be more meaningful than that?

If you already have a dream and you are working towards it. You can still keep dreaming. Dreams do come true eventually.

Dream BIG....

Treat yourself

You owe it to yourself



Mom's are busy, no matter what their lifestyle and coffee is the primary reason many of us are able to remain upright. Like you, my life is ALL-CAPS BUSY - I have three kids, five (contract) jobs, one husband and one home currently up for sale. My husband is also working towards a Masters degree - it's a real party at my place, folks! Which means that the burden of keeping our household running smoothly currently falls on my shoulders.

Some days I feel like I'm pin-wheeling through life.

How do I cope? The same way many of you do, and the way nature intended: Coffee.

Go out make time to have that cup of coffee with a friend.

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Home made soap

Handmade soap retains all the moisturizing natural glycerin which also helps produce a rich luxurious lather. Thus skin-nourishing ingredients, plus superfatting and natural saponification create a soap bar full of moisturizing, natural oils, and natural glycerin.

What is the recipe for homemade soap?

Ingredients

$\frac{2}{3}$ cup unrefined coconut oil (to produce good lather)

$\frac{2}{3}$ cup olive oil (which makes a hard and mild bar)

$\frac{2}{3}$ cup almond oil (grapeseed, sunflower, or safflower oil will also work, just make sure it's a liquid oil)

$\frac{1}{4}$ cup lye (100% sodium hydroxide ... you can also find at local hardware stores) how to make soap in our next issue



Leef voluit!

Die slawe moet in alle opsigte aan hulle eie eienaars onderdanig wees en hulle tevrede hou. Hulle moet nie teëstribbel of steel nie, maar toon dat hulle goed en ten volle betroubaar is. Op só 'n manier sal hulle in alles wat hulle aanpak, die onderrig oor ons Verlosser aantreklik maak.

Iemand het gesê: "Almal wat lewe, haal asem, maar nie almal wat asemhaal, het al die lewe ontdek nie." Elkeen van ons kan egter sinvol en voluit lewe in die tydjie wat God ons op aarde gee. Mense wat hierdie geheim geleer het, het nie tyd om moedeloos en depressief te wees nie; hulle is te besig om hul seëninge te tel en God daarvoor te loof.

Die lewe is altyd die moeite werd, selfs al twyfel jy soms daaraan as dit werklik sleg gaan met jou. Leer jouself om die klein, alledaagse vreugdes te herontdek: Wees weer verwonderd oor haelwit wolkepatrone teen 'n felblou lug, loop in die winkels rond en "koop" alles wat jy nie kan bekostig nie met jou oë, steek 'n kers aan en tap vir jou 'n geurige borrelbad, koop 'n warm brood of 'n yskoue waatlemoen. Gebruik elkeen van jou sinuie om al die heerlikhede te geniet.

Selfs al het jy al baie seergekry en baie dinge verloor, bly jou herinneringe van die goeie tye steeds. Selfs al is jy oud en eensaam, is God steeds by jou. Hy is genoeg om elke dag vir jou positief in te kleur. Jy kan selfs drie maal lewe, skryf Johan Heyns: "Die mens wat vandag met vreugde mens is; wat hom kan verheug in sy herinnering van gister en met verwagting na môre kan uitsien, is 'n mens wat drie maal lewe. Maar nie almal lewe drie maal nie. Daar is mense wat selfs nie een maal lewe nie."

Lewe eendag op 'n slag

Daar is 'n paar dinge wat jy kan probeer wat jou lewe sal verryk: Begin elke dag met optimisme en geloof in jou binnekamer. Besluit watter dinge vir jou lekker en belangrik is en doen dit. Aanvaar die uitdagings wat na jou kant toe kom, al wil jy eerder vir hulle weghardloop. Moenie die dinge wat jy vandag kan doen, uitstel na môre nie. Lewe met passie en verwondering, lewe een dag op 'n slag, so sal jy in krisistye kan oorleef. Gebruik elke geleentheid wat oor jou pad kom. Los jou bekommernisse vir môre en maak die meeste van vandag. Vergeet van jou mislukkings van gister en konsentreer op vandag.

Hemelse Vader, baie dankie dat ek reeds die lewe kan kies. Dis so goed om te weet dat U vir my 'n volheidslewe beplan. Help my om U lief te hê, U met my hele hart te dien en U elke dag die middelpunt van my lewe te maak. Amen.



MAGAZINE

Happy New Year

Media House

NEXT ISSUE FEBRUARIE 2022
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