

Glamour Talk Mag

Online

APRIL 2022

Tips for Saving Money

Happy
Easter



THE CHELTER

HEALTH LAB

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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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AMDASSADORS:

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

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THE SHELTER:

THE SHELTER is die breinkind van Johan Vorster en Jacomien de Villiers en is 'n platform wat daarop fokus om moderne aanbiddingsmusiek te skep

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HEALTH LAB:

Water / Detox

Happy Easter REGULARS

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 Easter - April 2022

5. BACK PAGE MODEL 20

Photo provided announymous



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

Redakteurs Nota

Voor ons weet staan die kosmos blommetjies langs die pad, en dit beteken dat die winter is oppad.

Die mense wat my ken sal weet dat ek glad nie 'n winter mens is nie. Ek hou net mooi niks van die winter nie, maar dit is een van ons vier seisoene en dit sal ook verby gaan.

Die tyd gaan so gou verby wanneer ons weer kyk is dit weer Kersfees en die jaar is verby. Soms raak mens bang vir als wat so vinnig gebeur.

Ek hoop van harte dat julle hierdie uitgawe gaan geniet. Ek het dit geniet om dit vir julle saam te stel.

Ek groet maar eers tot volgende maand.

Liefde

Charms

AMBASSADORS 2022



Valmarie Volschenk

Dear readers,

Join me in getting a great workout.

Monday and Wednesday 18:00 - 19:00 at Emerald Casino

Thursday at DR Malan High School Meyerton.

Saturday 07:00 at Emerald Casino

To join us Contact +2783388 0246

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

April, a very special month to most people

In this season of rebirth, may you feel your faith renewed and your heart made new with the hope Easter brings. This is the time where we can be thankful for everyone around us. The easter hunt is fun but have you ever wondered why it is in a egg? The egg represents new life and new birth . The weekend we celebrate the resurrection of Jesus.

Happy easter . A quick story of what I done in March , I joined life training school which is 3 weeks long , I really learned so much in the training school from forgiving others and yourself to understanding being a child of God. A small thought that I would like to leave with you is "speak up".

Lots of love

Sherlain.



Sherlain Holmes

Tips for Saving Money

Keep track of your spending.

...
Separate wants from needs.

...
Avoid using credit to pay your bills. ...

Save regularly. ...

Check your insurance policies. ...

Be careful about spending a significant amount of money on periodic purchases, like gifts and vacation. ...

Cut or downgrade your services.

Be specific with how much you want to save. From the start, set an amount that you want to have saved by next year. ...

Answer the big question of how you are going to save money. ...

Set mini-monthly goals. ...

Figure out where to put the new funds. ...

Stay strong and track your progress.

An emergency fund is a must.

...
Establish your budget. ...

Budget with cash and envelopes. ...

Don't just save money, save for your future. ...

Save automatically. ...

'Start Small. ...

Start saving for your retirement as early as possible. ...

Take full advantage of employer matches to your retirement plan

"I would definitely encourage people to save at least 10% of their income each month, if possible. If you can save more then absolutely save 20%, 30%, but I think the bare minimum everyone should try to always save is 10% of their income each month," she says.

Lower your cell phone bill. If your monthly cell phone bill competes with your monthly grocery budget, it's time to find ways to cut back. Save money on your cell service by getting rid of extras like costly data plans, phone insurance and useless warranties. And don't be afraid to haggle with or completely switch your provider! It might require a little persistence and research, but the savings are worth it.

Skip the coffee shop. Ouch. This one is painful—we get it! But instead of spending R29 on that daily latte, you can save money by just making your coffee at home. Listen, we're not saying you should only drink instant coffee (unless you're into that sort of thing). But even purchasing a bag of local beans from your neighborhood coffee shop and brewing it at home will save you a lot of money in the long run.



Be specific with how much you want to save. From the start, set an amount that you want to have saved by next year. ...

Answer the big question of how you are going to save money. ...

Set mini-monthly goals. ...

Figure out where to put the new funds. ...

Stay strong and track your progress.

The Rule is simple: If you see something you want, wait 30 days before buying it. After 30 days, if you still wish to buy the item, move ahead with the purchase. If you forget about it or realise that you don't need it, you will end up saving that expense. Money not spent is money saved.

THE CHELTER

Die bekende gospelsanger, **Arnold de Wet**, het pas sy eerste enkelsnit vrygestel onder die gewilde Afrikaanse platemaatskappy, [Inhoud Huis Musiek](#), se splinternuwe been, **THE SHELTER**.

THE SHELTER is die breinkind van Johan Vorster en Jacomien de Villiers en is 'n platform wat daarop fokus om moderne aanbiddingsmusiek te skep en te versprei.

"Die idee is om vir plaaslike lofprysings- en aanbiddingsleiers die geleentheid te gee om saam met Inhoud Huis Musiek te werk om hulle musiek daar buite te kry," verduidelik Johan, wat al verskeie bekroonde albums vir bekende sekulêre kunstenaars soos Bok van Blerk, Lianie May, Dewald Wasserfall, Karlien van Jaarsveld, Appel, Roan Ash en meer vervaardig het. *"Ons wil ook nuwe geestelike musiek skryf en vervaardig wat in kerke regoor die wêreld opgeneem kan word as deel van hulle dienste."*

Arnold is die eerste kunstenaar wat musiek onder hierdie vaandel vrystel en Bernice West is kort op sy hakke. Buiten vir Johan en Jacomien, is Robin Keilly ook voltyds aan boord as vervaardiger.

"Arnold is 'n opgeleide pastoor en aanbiddingsleier wat in die bediening staan. Dit was vir ons belangrik om die mark te betree met iemand wat 'n goeie kennis het van Die Woord en sy eie musiek skryf wat drup van die salwing van die Heilige Gees," sê Vorster.

THIS IS WHO I AM WITHOUT YOU is 'n gesamentlike poging deur Arnold, Johan en Jacomien, wat geïnspireer is deur 'n donker tydperk in Arnold se lewe waarin hy besef het hoeveel hy God in sy lewe nodig het.

Kyk gerus na hierdie kort video met 'n treffende boodskap deur Arnold wat inskakel by die enkelsnit: <https://youtu.be/IA5COYdKaKs> Hierdie Christelike kontemporêre snit is in 2021 voltooi en het 'n opbouwende boodskap, wat luisteraars sal herinner om hulle fokus op die regte plek te plaas.

Volgens Johan bevat hierdie liedjie die perfekte bestanddele wat nodig was om **THE SHELTER** mee bekend te stel: *"Dit maak die treffende stelling dat ons verlore is sonder die Here se genade en dat ons nie goed in ons eie vermoë hoef te vermag nie en die kommersiële melodie is 'n lekker oorwurm wat lank in jou kop bly."*

'n Musiekvideo van die snit is ook reeds op die kassie te sien en is deur Dan en Jannes van Fokkid Media in Verneukpan verfilm. Hierdie area is simbolies van 'n plek waar jy jou pad kan verloor sonder dat jy dit besef,

wat mooi aansluit by die tema van die lied.

"Die pan strek vir kilometers ver en het 'n gevoel van leegheid en verlatenheid geskep," deel Arnold oor die idee agter die video. *"Dit is 'n ongelooflike plek, wat almal ten minste een keer in hulle lewe moet besoek as hulle kan."*

Kyk die video hier: <https://youtu.be/SiMHhwpHM44>

Arnold het in Hartbeespoortdam grootgeword en is die seun van die bekende sanger, Jan de Wet. As kind, was hy altyd omring deur musikante wat ook sy passie vir musiek laat vlam vat het.

Hy het meer as twee dekades gelede die musiekmark betree met die vrystelling van 'n album saam met die destydse platemaatskappy, Maranatha, waarna hy vir sewentien jaar sy musiekdroom opsy geskuif het.

Dit het eers onlangs weer vlam gevat en na die opname van sy vorige enkelsnit, [Run](#), het sy paaie met die van Inhoud Huis Musiek gekruis en het hulle hom genader om deel te wees van hulle nuwe projek.

Oor die vooruitsig om betrokke te wees by **THE SHELTER**, sê hy: *"Ek voel bevoorreg om deel te wees van hierdie platform en sien uit daarna om wonderlike inhoud te skep vir die plaaslike en internasionale gospelmark. Ons doel is om die liedjies in ons harte om te skakel in temaliedjies vir kerke regoor die wêreld."*

THE SHELTER is doelgerig om lewens te verander deur middel van musiek en met 'n liedjie soos **THIS IS WHO I AM WITHOUT YOU** is hulle beslis op die regte pad.

Laai die enkelsnit hier af: <https://TheShelter.lnk.to/ThisIsWhoIAmSingle>

SOSIALEMEDIASKAKELS
ARNOLD DE WET

Facebook: <https://www.facebook.com/Arnolddewetmusic>

Instagram: @arnolddewetmusic

YouTube: https://www.youtube.com/channel/UCIH3t_e4rNoRbOaeMyw2w

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Celebrity Gossip!.....

By: Carin Mulder

Sarah Michelle Gellar thinks
Zendaya should be the next
Buffy the Vampire Slayer



Sarah Michelle Gellar thinks
Zendaya should be the next
Buffy the Vampire Slayer



Riddles.....

Riddles!

There are three houses. One is red, one is blue and one is white. If the red house is in the middle, and the blue house is to the right, where is the white house?

Answer: In Washington, D.C.!

You are in a cabin and it is pitch black. You have one match on you. Which do you light first, the newspaper, the lamp, the candle or the fire?

Answer: You light the match first!

Who is bigger: Mr Bigger, Mrs Bigger, or the baby?

Answer: The baby, because he is a little bigger

Mike is a bitcher. He is 5'10" tall. What does he weigh?

Answer: Meat

A farmer has 17 sheep and all but nine die. How many are left?

Answer: Nine

By: Carin Mulder

Ask the
Dr.



Struggling with weight loss?

One of the ways Dr. Fourie helps his patients, after a full assessment, is to suggest a Weight Loss Drip. This is a multi-nutraceutical drip to aid in weight loss, specifically targeted at fat loss. How it works is that it induces balancing the glucose levels, fat mobilization via the liver as well as excretion. It contains a potent anti-oxidant to remove toxins from fat and allow fat breakdown. It also contains important vitamins that are important and needed in weight loss.

#weightloss #weightlosstips #weightlossgoals
#weightlosssupport #weightlossjourney
#weightlosschallenge #weightlossmotivation
#weightlossinspiration #weightlosstransformation
#weightlossdrip #nutraceuticals #nutraceuticals
#healthandwellness #healthandwellnessgoals
#healthandwellnessjourney

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What Botox may help with on the Face?

Botox is a brand name rather, we call botulinum toxin that is acquired from the bacteria Clostridium botulinum. This toxin was initially FDA approved for use of contractures in stroke patients and cerebral palsy.

Millions of injections have been given to relax muscles and improve wrinkles in the face.

So where do we inject?

The Frown (there are 3 muscles involved) and 5 places we inject. The Forehead (two major muscles involved) and 6 to 8 places to inject.

The Crows feet (laugh lines), two circular muscles to inject in 6 to 8 places to inject.

The lower face has minimal indications and is

#botoxfrownlines #botoxfrown
#botoxfrownline
#botoxfrownlines👉
#botoxfrownlinesstudy
#botoxfrownlinesarea
#botoxforehead #botoxforehead
#botoxforeheadline
#botoxforeheadplease
#botoxforeheadwrinkles
#botoxforeheadtreatment
#botoxcrows #botoxcrowsfeet
#botoxcrowsfeetlines
#botoxcrowsfeetbeforeandafter
#botoxcrowsfeetnext
#botoxcrowsfeettreatment only for the experienced hand.
#botoxface #botoxfacial
#botoxinjections
#botoxbeforeandafter #botox
#botoxfacial #botulinuminjections
Dr. Quinten Daniël Fourie

Effect of Botulinum Toxin (AKA Botox)



@quintenfourie

Treat yourself

With flowers



When you treat yourself to flowers, it's quite an empowering and enjoyable feeling. Firstly, you have full control so you get to choose exactly what you want. If you don't like a particular type of flower or colour, then you can simply choose something else instead.

There are several studies that have already proven that receiving, living, or being in the mere presence of real flowers can improve your mood almost instantaneously.

If you're a mom, you don't need to wait for your kids to buy you your favorite flowers. Single or partnered? You don't need to wait for your S.O. to gift you a bouquet of roses. Anyone can feel free to buy fresh cut flowers just for yourself.

HEALTH LAB

Wellness and nutrition, at your fingertips

Water Detox: How to Refresh Your Body The Healthy Way

The Water Detox.
Keep it short:

A few days is best. ...
Drink plenty of cool, filtered water. ...
Supplement your H2O with fruits and vegetables that are high in water content.

Keep motivated by creating a list of things that you notice

Improving.
Weight Loss- Here are 5 best detox waters to help you burn fat during the summers:

Lemon And Mint Detox Water. Lemon is the most used fruit during summers. ...
Cucumber Detox Water. ...
Apple And Cinnamon Detox Water. ...
Grapefruit Detox Water. ...
Orange Detox Water.



How to Quiet Your Mind

Breathe:

We do this all the time, but to use your breathing to find stillness, be more careful and conscious about it. Pay attention to the rhythm. If you take short, quick breaths, try to move toward slower, deeper ones. Put your hand on your belly: You should feel it rise and expand as you draw air in, and fall as you let it out. Shoot for about six breaths a minute.

Watch Fish Swim:

People with home aquariums say they feel calmer, more relaxed, and less stressed when they gaze at their fish, and science backs it up. It isn't just the water, although that alone helps. A study using a tank hundreds of times larger found that the more types of marine life that were added, the happier people got. Heart rates and blood pressures dropped, too

Exercise:

Just 5 minutes of aerobic exercise, like a brisk walk, could start to calm your mind. It releases endorphins -- chemicals that make you feel good and can help improve your mood, focus, and sleep. High-intensity interval training (HIIT) can give you a big dose of them in a short time. After warming up, alternate 20- to 30-second bursts of pushing yourself

with equal amounts of rest.

Listen to Music:

It literally calms the activity in your brain. Fewer neurons fire in your amygdala (the part of your brain that responds to fear), which may lead to fewer signals sent to other parts of your brain. Music is a good thing to try if you're distracted by pain. Listen closely, not just as background. The more you notice, the less you'll dwell on your other thoughts.

Help Someone:

It lights up parts of your brain that make you feel pleasure and connection. Doing something nice for someone lowers stress and lessens feelings of loneliness. It may even boost your heart health and immune response. Fun fact: When you spend money on other people, your body releases more endorphins (the same chemicals from exercise) than when you spend on yourself.

Go Outdoors:

Being in and around nature often makes people think more clearly and feel more relaxed and refreshed. Your brain doesn't have to work as hard in a greener environment. In one study, after 20 minutes in a park, children with ADHD were able to concentrate better. Spending time outside can also bring down your heart rate, blood pressure, stress hormones, and even muscle tension.

Progressive Muscle Relaxation:

Use the connection with your body to soothe your mind. Pick a body part -- foot, leg, mouth, eyes -- and tense it for a few seconds. Then release and relax for 10 seconds or so. Notice how that feels different. Switch to another part, and keep going until you've done your whole body. This can also improve sleep and may even ease headaches and stomachaches.

Hang Out With a Dog:

Whether it's a member of your family or a therapy dog, a friendly pooch can make you feel less anxious, tense, confused, and restless. When you pet and play with them, it seems to lower levels of stress hormones. One reason could be that your body releases oxytocin, a hormone that plays a role in bonding and trust. (Although not studied as much, cats can calm you, too.)

Guided Imagery:

Think of a favorite spot, real or imagined, that makes you calm and happy: perhaps a beach at sunset, a comfy chair in front of a fireplace, or a stream in the forest. Focus on details. Can you smell pine needles, for example? See bubbles in the water? Hear the gurgle and splashing? There are audio recordings and apps that can help you through this process.

Take a Break:

When you find your mind racing full-speed or spiraling down a rabbit hole, change your focus: stretch, daydream, walk around, get a snack, or chat with a friend. Take at least 5 minutes to recharge and reset. You'll be more centered and clear-headed. If you're going to be working intently, set a timer or use an app to remind you to stop every 90 minutes or so.

Dig in the Dirt:

It's not just the great outdoors and the exercise at work here. The soil itself has microorganisms that might help you focus and lift your mood. Gardeners are less depressed and anxious, and they feel more connected to their communities.



A close-up portrait of a woman with dark hair styled in an updo. She is holding a white daisy flower with a yellow center over her right eye. She has a soft smile and is looking towards the camera. Her hands are resting near her face. The background is a bright, slightly blurred indoor setting with a white lattice pattern.

MAGAZINE

Media House

NEXT ISSUE MAY 2022 - www.topvibe.co.za