

# Glamour Talk Mag

MAY 2022

# POSDUIF

-SPINNEKOP-

HEALTH LAB



Make Mom's day special

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## Glamour Talk Magazine

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## 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 Mother's Day May 2022*

**5. BACK PAGE MODEL 20**

*Next Issue is Father's Day*



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

## Redakteurs Nota

Gelukkige Moedersdag aan al die mamas daar buite, 'n ma se taak is 'n voltydse taak die werk hou net nie op nie. Kom ons bring hulde aan hulle en bederf hulle vanjaar. Daar is baie wie se moeders nie meer met hulle is nie en dit is 'n hartseer dag onthou jou moeder en maak jou eie dag spesiaal ter eer aan haar.

Junie maand kry die pa's ook hulle beurt, hou gerus dop ons gaan vir julle 'n paar wenke gee oor hoe jy jou pa kan bederf.

Ons ambassadeurs pronk trots lanks hulle ma's en skryf dan ook 'n boodskap vir hulle, hulle deel dit graag.

Ek groet maar eers tot volgende maand. Ondersteun ons adverteerder hulle ondersteun ons.

Mooi bly en geniet al die bederfies wat jou kan toe kom.

Liefde

*Charms*

# AMBASSADORS 2022



Valmarie Volschenk

Dear Mom,

Thank you for always being so strong and kind. You always protect me and keep me safe from harm.

You are caring and gentle and tuck me into bed at the end of each day. You are my mother and I love you so. Happy Mother's Day!

Please Follow me on my social accounts  
tiktok valmarie\_v  
Facebook Valmarie volschenk and  
Facebook page: Valmarie volschenk  
Glamour talk ambassador  
Instagram: @valmarie\_v

Happy Mother's day to all our readers  
may you have fun and be spoiled rotten

Lots of Love

*Valmarie*



Sherlain Holmes

Dear Mother,

Today is a very special day for you and I would like to honour you for everything you have done and taught me. Thank you for teaching me to get up when I fall, to stand up for my values and forgive those around me.

Thank you for supporting me in everything that I do and have my back.

You are always ready to be a ear to listen and a shoulder to cry on.

Thank you for being the best mother.

I love you so much

*Sherlain.*



# Make Mom's day special



For many of us, our mums are our whole world. They are always there with open hearts, they listen, they help, they offer advice and with open arms they'll always offer the best hug. It's fitting that we pause for a day to celebrate our magnificent mums. We know this year Mother's Day will be a little different for many of us. on Mother's Day. We've put Your Mother may no longer be with you We put together a few suggestions to help you make sure your mum feels the love. If your mother is no longer with you., Lite up a candle and wish her a happy mothers day in heaven.

It may be too late to post a package...but it's the thought that counts too, especially at the moment, so if your sentiment is late, you can soften that with a phone call or a zoom call and give a hint that your mum can expect a delivery soon. If posting isn't necessary because your mum lives close by, how about delivering her a box of love. It may be as simple as a collection of things you know she likes from the supermarket, like a box of fresh fruit...or a selection of favourite indulgences like chocolates, cookies and wine. Perhaps is a love box of relaxation, a magazine, a book, her favourite tea, some bubble bath or soap and scented lotion...even a pair of warm socks. A box of love can truly be with things just

from your local supermarket.

Flowers are always a beautiful way to let your mum know you're thinking of her on Mother's Day. Deliveries are easy to arrange on-line or by a simple phone call and you can choose a bouquet of mums favourite flowers. A lovely and colourful surprise, especially if you can arrange an early delivery on Mother's Day. This will set the tone for her whole day.

The good news is, if it's safe to do so, you can have lunch at home with your mum, so long as we all abide by safe social distancing. It may not be the same as heading out to your favourite restaurant and indulging in a multi-course breakfast or lunch, however you can easily create a special menu at home. Many places are

also delivering so it might be a good idea to get an order in early if this is something your keen to try.

If your mum lives afar, you can arrange a Zoom or Skype lunch. Set the table and leave a spot for the smart device or laptop so you can chat as you enjoy a toast together. You can even invite extended family and have a bit of a virtual reunion. A great way to reconnect and show mum how much the entire family adores her. To make this really special, each family should go to a similar effort in creating a meal extravaganza that they can showcase on the call. It's great for conversation, especially homemade meals, giving everyone a chance to show-off their kitchen prowess! Don't forget to make your mum the centre of attention with a special toast and kind words from everyone on the call.

# POSDUIF

## -SPINNEKOP-

Die gewilde groep, POSDUIF, se sewende enkelsnit – *SPINNEKOP* – is pas vrygestel en luisteraars is in vervoering!

Hierdie treffer, uit die pen van James Boland en Nick Jordaan, is 'n prettige pop-rocksnit oor 'n pragtige meisie uit die Vrystaat. "Almal is verlief op haar, maar sy is onbereikbaar," verduidelik Boland. "Sy maak die reëls, ongeag van hoe hard die ouens probeer om haar guns te wen."

*SPINNEKOP* is nie net vir die groep lekker om te doen by vertonings nie, maar is ook 'n opgewekte liedjie wat eie is aan die styl waarvoor hulle bekend is. "Die enkelsnit vang die klank van die groep perfek vas en trek die gehoor in. 'n Man sal mos enigiets probeer om die meisie se aandag te trek van wie hy hou! Meisies vind natuurlik ook aanklank by die lied, omdat hulle weet dat hulle in beheer is."

Die tydsberekening van hierdie vrystelling is baie gepas en kom saam met 'n opwindende aankondiging – POSDUIF het pas 'n platekontrak gesluit met Sony en Platinum Musiek.

"Hierdie is 'n ongelooflike mylpaal in ons loopbaan," sê Boland. "Ons is baie opgewonde om 'n pad te stap met Platinum Musiek se Kosie van Niekerk, 'n legende in die musiekbedryf, asook Ernst en die span by Sony. Met hulle kennis, leiding en ondervinding in die bedryf, gaan POSDUIF beslis nuwe hoogtes bereik! Ons kan so baie by hulle leer en sien uit na hierdie wonderlike avontuur."

Van Niekerk is net so opgewonde om met die groep te werk: "Dit is met groot plesier en opgewondenheid wat ek aankondig dat ons 'n platekontrak met POSDUIF gesluit het. Ek het die voorreg gehad om hulle verskeie kere te sien optree en hulle is ongelooflik talentvol. Ek kan nie wag om saam met hulle te werk nie. Hou dié spatie dop!"

Verder het hulle ook borgskapooëenkomst met [WP Motors](#) en [Spier](#) gesluit. "Ons sien uit daarna om saam met Spier en WP Motors te werk. Ons gaan opwindende veldtogte van stapel stuur om aan hierdie handelsmerke unieke blootstelling te gee, terwyl ons besig is om ons musiek te versprei en aan ons eie handelsmerk te bou," sê Boland.

"Ek en die hele WP Motors-span is baie trots om, as borg, by POSDUIF betrokke te wees," sê besturende direkteur Philip van der Merwe. "Die groep is ongelooflik en so ook elke lid op sy eie manier. Die manne gaan ongetwyfeld nog groot hoogtes bereik en ons is opgewonde om 'n pad saam met hulle te stap."

Spier se CEO, Frans Smit, stem saam: "Dit is 'n plesier en voorreg

om saam met talent soos *POSDUIF* te werk! Ons het dieselfde waardes en ons is opgewonde om beide handelsmerke te sien groei."

POSDUIF het beslis baie om te vier en gaan dit doen met 'n groot vertoning by Weiveld in Pretoria op 23 April 2022. Kaartjies vir dié konsert, wat om 21h30



begin en R100 per kaartjie kos, kan aanlyn bespreek word by <https://bit.ly/23AprilWeiveld>

POSDUIF is in 2018 gestig en het hulle debuut gemaak met die liedjie [Brandy Special](#), wat meer as 400 000 trefslae op sosiale media gehad het. Sedertdien, het hulle verskeie ander treffers vrygestel en is hulle deur Bok Radio benoem as Groep van die Jaar en vir Liedjie van die Jaar.

Die groep bestaan uit Boland (hoofsanger en kitaarspeler), Nick Jordaan (ritmekitaarspeler en sanger), Amiel Gopal (baskitaarspeler), Brendan Campbell (vervaardiger en hoofkitaarspeler) en Nick McCreadie op die dromme.

Buiten daarvoor om gereeld op te tree, is die groep ook besig om te werk aan materiaal vir hulle volgende enkelsnitte saam met Platinum en Sony en opwindende projekte saam met hulle borge.

Luister *SPINNEKOP* hier: <https://youtu.be/aCofSVHMjoA>

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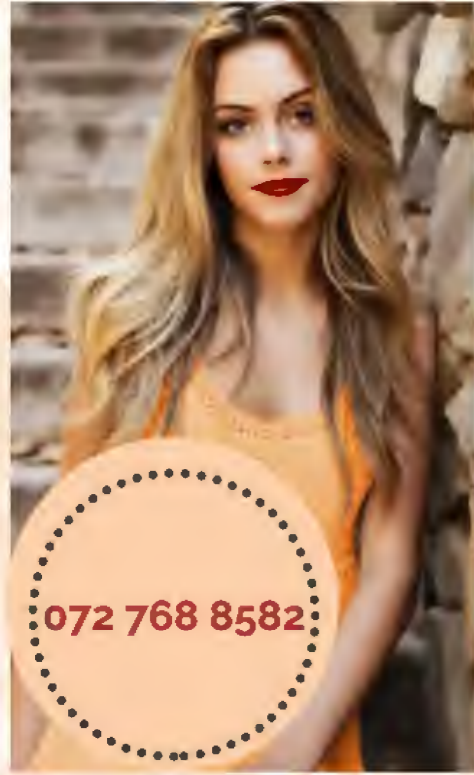
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# Moedersdag WEN BRIEF



Tydens my gesprek met die Shrink vroeër hierdie maand het sy my gevra wie ek die meeste vertrou in my lewe. My antwoord was, "My Mom".

Ek het versies nageslaan, gedigte gesoek, definisies van wat die woord Moeder beteken, in 'n desperate poging om ander se woorde te leen, want my eie woorde voel nie genoeg nie.

Hoe bring 'n mense hulde aan al die Mammias op hierdie Moedersdag? 'n Ma is iemand wat jou altyd lief het. Daar is niks so groot en onvoorwaardelik soos 'n Ma se liefde nie. Dr. Errol het baie vir my in die hospitaal gesê: "Remember you as a Mom must give Tough Love". Daar word

juis vertel dat God Mammias geskape het, omdat hy nie oral kon wees nie. Sy is die een wat altyd na jou sal op let. Her hands are always soft doesn't matter how hard she works. She feels your pain, she knows your heart. Her smile so soft and her tears so quiet. Her eyes see so much more than what you are telling her and her love and support is never ending, even without you asking.

'n Ma ken altyd haar kind se huil. Sy ken jou geheime nog voordat jy dit sê en is altyd bereid om te gee wat jy wil hê (binne perke natuurlik). Vir haar kind sal 'n Ma alles doen, van skoene koop tot voete soen (onthou julle die klein verrimpelde voetjies toe hulle gebore is?).

On 13 February 1976 God called for one of His Angels. He

broke off her wings and said to her: "I need you to be a Mom for this child I am going to give you". That Angel is you, Mom. He called you as a Mom and gave you a child. He called me as child and gave me a Mom... And a best friend, a friend I can laugh with, a friend I can cry with, a soul mate. A patient ear that won't ask unnecessary questions when you know my tears are close but an interested Mom that will ask all the important questions when you know I am dying to tell you something. A Mom that loves me unconditionally with all my flaws, tantrums and "leave me alone" days.

Ma, jy het nog altyd in my geglo en gesorg al is jou pad hoe donker, jy jou vingers sal verbrand om die kers vir my pad te verlig. Jy vertrou my genoeg om my toe te laat om myself te wees. Ongeag hoe ek lyk, wat ek doen of hoe ek voel, vir jou bly ek altyd mooi. Hoe sê ek dankie vir alles wat jy vir my doen, gee en opoffer? Hoe gee ek voldoende erkenning aan elke sms wat sê "ek

is lief vir jou, en ek kan nie wag om

ou weer te sien nie." Die wyse waarop jy my drome respekteer al maak julle jou soms bang, my geheime bewaar asof hulle jou eie is. Die manier waarop ek uit jou voorbeeld leer en wens ek was meer soos jy. Ma, ek kan vir jou 'n boek skryf. Jy beteken die wêreld vir my want jy is die universe wat my planete in plek hou. Ek wens vir jou 'n baie gelukkige Moedersdag toe. Ek wens ek was 'n breukdeel van 'n dogter van die Ma wat jy vir my is. Aan elke Ma wil ek sê: "You are a Masterpiece, handmade by God and under your feet 'Handle with care' is written. 'n Ruiker vol van die soetste geure en mooiste kleure vas gestik met liefde aan elke ma, ouma, aanneemma, peetma en ja, ook aan elke skoonma op Sondag, want sonder julle sou die lewe maar baie vaal en kleurloos gewees het.

Gelukkige Moedersdag  
Liefde Tania



Ask the Dr.



Thank You,  
Dr. Q  
Fourie

Feeling tired, fatigued, lethargic and can not concentrate?

So, when last did you check your Vitamin B12 levels. If you have, did your health practitioner tell you that it is optimal?

Why we need Vitamin B12?

Feeling tired, fatigued, lethargic, and can not concentrate?

Vitamin B12 aids in the aging process. It plays an important role in the cardiovascular system. It prevents hearing loss and certain eye conditions.

It improves fatigue a lot, not just acutely, but also any Chronic Fatigue Syndrome as it increases energy levels. Neurologically Vitamin B12 helps with abstract reasoning, aggressiveness, mood disorders like anxiety, panic disorder, depression and OCD. Vitamin B12 also helps with learning and memory and prevents damage to nerve cells and interneuron connections. Vitamin B12 also helps with nerve pain, touch and vertigo. Other systems it is involved in is immunity, metabolism, oral health, sexual system and skin / nails.

#vitaminb12 #vitaminb12shot  
#vitaminb12shots #fatigue #fatigue  
#chronicfatigue #chronicfatiguesyndrome

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Motivational Reminder

"Do not leave shoulder pain. and issues unattended."

@quintenfourie



Why not ignore shoulder pain?

If you wait for longer, you may cause more damage to your joints and tendons. We think we may delay the pain, but in the long term it may end up in referral to a specialist and possible surgery. There are many conditions of the shoulder, so a clear diagnosis is optimal. Shoulder pain may also be referred pain, which is not a condition of the shoulder. Examples would be a heart attack, especially if there is a pressing pain, pain radiating in the inner arm as well as pain referred to the joint. A stomach ulcer may also present the same way, as well as inflammation of the stomach wall (gastritis), or a hernia of the diaphragm (hiatus hernia). Therefore, it is important to pinpoint the diagnosis.

#shoulderpain #shoulderpain  
#shoulderpains  
#shoulderpainsucks

#checkup #checkupvascular  
#rotatorcuff #rotatorcuffpain  
#rotatorcufftear  
#rotatorcuffrepair  
#rotatorcuffinjury #shoul-  
derarthritis #acjoint #heart-  
attack #heartattacks  
#gastritis #gastritissucks  
#hiatushernia

Dr. Quinten Daniël Fourie



# Treat yourself



It's okay  
to treat  
yourself  
with food!

## Comfort food

Yes, sometimes you need to spoil yourself with food. If it's a milkshake, cake, chocolate or what ever your choice.

Comfort food is food that provides a nostalgic or sentimental value to someone, and may be characterized by its high caloric nature, high carbohydrate level, or simple preparation. The nostalgia may be specific to an individual, or it may apply to a specific culture.

A recent study in the journal of Psychological Science reports that turning to comfort foods can improve your mood.

Data from this research showed that consuming foods that are associated with good thoughts and warm feelings not only improves a sense of well-being, they also decrease loneliness.

# HEALTH LAB

Wellness and nutrition, at your fingertips

They say a apple a day will keep the doctor away....

Eat a apple a day, it is healthy and you can make a diffirent snack every day.

Slice your apple and eat it with peanut butter.

Apple with yougert.

Sharp Cheddar Cheese. Apple slice with cheddar cheese.

Pair you apple with; Sharp Cheddar Cheese. Apple slice with cheddar cheese.

Almond Butter + Orange Marmalade.

Plain Yogurt + Honey + Cinnamon.

Cream Cheese + Sweet Pickle Relish.

Ricotta + Lemon Zest + Chopped Pistachios.

Balsamic Vinegar + Brown Sugar + Ground Pepper.

Berry Vinaigrette + Walnuts.

Arugula + Bacon.



# 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.



# MAGAZINE

# Media House



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