

# Glamour Talk Mag

JUNE 2022



Happy Father's Day

**DANGEROUS**

DEUR: ERIK KRUGER

Make Dad's day special

*Wie dra die broek in die huis?*

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## Glamour Talk Magazine

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# 1.

**AMDASSADORS:**

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# 2.

**ADVERTISE YOUR BUSINESS HERE:**

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Die nuwe boek waaroor almal praat, DANGEROUS is eindelijk hier

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**WIE DRA DIE BROEK IN JOU HUIS:**

Vind uit wie die broek dra in julle huis.



# 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 Father's Day May 2022*

**5. BACK PAGE MODEL 20**

*Next Issue is JULY.*



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

## Redakteurs Nota

**Gelukkige Vadersdag aan al die pappa's daar buite. Kom ons bring hulde aan hulle en bederf hulle vanjaar. Daar is baie mense wie se Vaders nie meer met hulle is nie en dit is 'n hartseer dag onthou jou pa en maak jou eie dag spesiaal ter eer aan hom.**

**Junie maand is dit pa's se beurt gelukkige vadersdag geniet elke oomblik daarvan.**

**Ons ambassadeurs pronk trots lanks hulle pa'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 and their Dad's

Sherlain Holmes

*Sherlain.*

Happy Father's Day

*Valmarie*

Valmarie Valchenko

As a mom, I know how hard it is to be a dad. I know how hard it is to be a dad who is not a dad. I know how hard it is to be a dad who is not a dad. I know how hard it is to be a dad who is not a dad.

Happy Father's Day to all the dads out there who are making a difference in the world.

Happy Father's Day to all the dads out there who are making a difference in the world.

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# Make Dad's day special

**Spend time with him. It can be difficult to spend time with your dad, especially during school days as your schedule is busy and your dad is at work. Making that extra effort to spend time with him and share your opinions and thoughts will strengthen the bond between you. Try to have at least one meal with him in a day. This can be a great time to talk and discuss the events of the day, anything that you're worried about or anything that's important. If your dad shares things too, show him you were listening by asking him about it later.**

**Learn about his life. Take time to ask your dad about his youth, his dreams, his career, his favourite memories. These are stories to cherish as you grow older. They might also help you understand his values. Listen to him and be genuinely**

**curious. Listening shows you care and helps you connect with your dad more.**

**Show affection. Show your dad that you love him. Speak to him in caring words, in a warm tone of voice, or show him affection through hugs and kisses. Some dads don't like being too affectionate and even you might find it strange to be physically affectionate. Know that caring human touch is a basic need.**

**Sometimes boys especially tend to shy away from showing affection to their parents. Try to find a level that you're comfortable with. You don't have to hug your dad in public if you don't like to. Make a list of what you think are your dad's values. Think of phrases your dad repeatedly says, such as, 'Always tell the truth,' or,**

**'Try to do to your best'. These indicate the values he's teaching (honesty and hard work, in these two examples). It might be that your dad doesn't say these things all the time but once sit you down for a talk about these principles. Think of the way he lives his life. Notice if he does his best to be punctual or if he's always well-dressed. Try to live your life by these principles.**

**It can be difficult not to answer back, especially if you don't agree with something your dad is saying or if he's not granting you permission for something you desperately want. Exercise some self-discipline and wait to have a discussion when you're calm. If you're feeling angry, take slow, deep breaths to help you calm down. If you can, sit down and have a drink of cool**

**water. This should help you calm down. Always seek to understand your dad's point of view. He may have a valid reason for not allowing you to do something or for thinking a different way. What you may see as a restriction may be his way of protection. If your dad is upset, try to think of other reasons that he could be upset. Is he tired? Did he have a long day at work? Is he stressed out about something? He may not be upset because of you.**



# DANGEROUS

DEUR: ERIK KRUGER



**DIE NUWE BOEK WAAROM ALMAL PRAAT, DANGEROUS, DEUR ERIK KRUGER, IS EINDELIK HIER!**

Hierdie boek se tydsberekening kon nie beter wees nie, veral met die aanslae en uitdagings wat Suid-Afrikaners tans beleef en nooi jou uit om uit oorlewingsmodus te tree en 'n meer formidabele weergawe van jouself te wees.

Die realiteit van die lewe is dat jy nie van bedreigings kan ontsnap nie; bedreigings vir jou besigheid, jou verhoudings, jou potensiaal en jou gesondheid. Trouens word alles wat jy liefhet bedreig. Die vraag is, wat gaan jy daaromtrent doen? "Ons word almal voortdurend bedreig. Dit mag dalk morbied klink, maar in werklikheid is dit 'n uitnodiging om 'n beter weergawe van jou te word," sê Erik Kruger, 'n internasionale spreker en die skrywer van die nuwe lewensveranderende boek, DANGEROUS, waarom almal tans praat.

"Hoe jy jouself leer om op dreigemente te reageer, bepaal die verloop van jou lewe. As jy kragloos, energieloos en willoos reageer, sal jy heel waarskynlik op 'n bekende plek beland – oorlewingsmodus. Baie van ons ken hierdie ruimte alte goed. Ek het saam met ongelooflike sakeleiers, sportmanne en sportvroue, professionele persone en leiers in hul velde gewerk en almal – selfs die suksesvolstes onder ons – beland een of ander tyd in oorlewingsmodus," gaan hy voort.

Hy verduidelik dat oorlewingsmodus 'n fisiese plek en toestand van bestaan is. Dit begin soms binne en vloei dan uit na die oppervlak, of andersom. Volgens Erik kan jy nie altyd uit 'n oppervlakkige waarneming aan die buitekant sê of iemand in oorlewingsmodus is of nie. Dit kan die entrepreneur wees wie se

uitmekaar val. Dit kan met enigeen van ons gebeur.

In DANGEROUS, wat nou in gedrukte en digitale formaat beskikbaar is, verduidelik Erik die verskil tussen diegene wat gevaarlik en diegene wat skadeloos is. Hoe dit gebeur dat ons onskadelik en oneffektief raak teen die bedreigings wat ons in die gesig staar, en sodoende – teruggetrokke en broos – in oorlewingsmodus beland. Hy verduidelik die drie verskillende toestande waarin jy op enige tyd stip kan bestaan, onskadelik, gevaarlik of roekeloos.

"Ons word baiekeer in 'n hoek gedryf deur dit wat rondom ons gebeur. Dan verval ons in 'n oorlewingsmodus en word dit die manier waarop ons die wêreld benader. Ons verloor ons dryfkrag, veggees en motivering. Maar soos Seth Godin sou sê – is dit nie genoeg om net te oorleef nie," deel hy oor die inspirasie agter sy nuutste boek.

In DANGEROUS deel hy – deur middel van kort insiggewende brokkies, wat versamel is uit neuro-wetenskappe, afrigtingsriglyne en kontak met uitsonderlike sakeleiers – hoe jy 'n bedreiging kan word vir dit wat jou bedreig. Aangesien hy glo dat aanpasbaarheid 'n vaardigheid is wat gekweek en gebruik moet word soos nodig, leer hy lesers om vreesloos op te tree.

Hy herinner jou daaraan dat jy iets kan doen aan die dinge wat in jou lewe gebeur. Dit sluit die besluite in wat jy neem, hoe jy optree en die gevolge daarvan. Hy beklemtoon dat jy die geleentheid het om op te tree in enige situasie waarin jy jouself

bevind. Jy is nie die slagoffer nie. Jy is nie net 'n passiewe ontvanger van wat in jou lewe gebeur nie. Boonop daag hy jou ook uit om bo die vlak van jou uitdagings te styg, maar verwag nie dat jy dit alleen moet doen nie. Hy verskaf die gereedskap wat nodig is om die beste te maak van jou dapperheid, doel, gevoelens, optrede en vermoë om jou denke te herkalibreer.

"Jy word bedreig en moet iets daaraan doen. Dit is nie net 'n opsie nie, dit is 'n verantwoordelikheid. As jy versuim om op hierdie dreigemente te reageer, faal jy jouself en die mense rondom jou en jou potensiaal gaan verlore. Ons gee dikwels op wanneer ons met swaarkry gekonfronteer word. Ons kies bewustelik of onbewustelik om onskadelik te wees. En 'n onskadelike lewe, is glad nie 'n lewe nie. DANGEROUS herinner jou dat jy formidabel kan wees in tye van onsekerheid en wanneer jy bedreig word. Trouens, oefen jy hoe jy dink, voel en optree sodat jy 'n bedreiging vir die bedreiging en 'n gevaar vir die gevaar kan word. Jy kan weer gevaarlik wees", verduidelik Erik.

DANGEROUS gaan daarvoor om beheer terug te neem en jou mag te gebruik. Dit is van toepassing op almal, van verpleegsters tot pastore, ouers, uitvoerende hoofde, entrepreneurs, onderwysers en paartjies. Ons behoort almal gevaarlik te wees. Ons moet almal optree op maniere wat ons in staat stel om die bedreigings wat ons in die gesig staar te oorkom. Wanneer ons dit doen, is ons ook besig om diegene na wie ons omsien te beskerm.

As jy doeltreffend wil optree teen die bedreigings in jou lewe, en as jy daarin belangstel om nie net die uitdagings en struikelblokke wat die lewe op jou pad plaas te omhels nie, maar om hulle te sien vir wat hulle werklik is, dan is hierdie boek jou beste gids.

"Ek onthou nog die eerste keer wat Erik sy idee met my gedeel het om

gevaarlik te wees teenoor dit wat jou bedreig. Dit het dadelik my manier

van dink verander en my veggees aangewakker – om gevaarlik te wees motiveer my om nie weer te verval in my ou denkpattone nie. Ek beveel aan dat jy die boek lees om te verstaan watter impak hierdie denkwysse en benadering op jou lewe kan hê". - John Sanei: topverkoper-skrywer, internasionale spreker, besigheidsadviseur DANGEROUS is Erik se tweede boek.

"Die tydsberekening van die boek is goed. Die mensdom het reeds oor die afgelope twee jaar geleer hoe om in oorlewingsmodus te wees. So ek hoop dat hierdie boek almal sal aanspoor om weer beheer te neem en dat hulle sal onthou dat oorlewing nie die enigste opsie is nie," sluit hy

af. DANGEROUS word uitgegee deur Tracey McDonald Publishers en is beskikbaar in goeie boekwinkels en aanlyn by:

<https://www.loot.co.za/product/dangerous/cpyn-7631-g3a0>

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# Iris Khosana



Iris, entered Mrs Sedibeng Pageant 2022 in February, the auditions took place in March where she was nominated as a finalist.

When asked Iris, why she entered? "I entered the Pageant because modeling is a hobby that I loved from childhood and participated in. I won quite a few titles in my youth days".

I entered the Pageant to show women out there that:

Age ain't nothing but a number especially when you have what it takes (personality, confidence, outer/inner beauty & intelligence)

Our Mrs category has 9 ladies 3 African and 6 white ladies. I would like to encourage all African Queens out there, get out of your

comfort zone, love yourself and explore good things in life.

It is important to believe in yourself, she said, follow your heart and enjoy life. We only have one life to live and tomorrow is not guaranteed.

Iris is a local successful business woman, she is a role model to many women. Entering this competition will encourage other women to stand up and embrace life no matter their situations.

What will you change should you win this competition? "Should I win this competition, I will continue with women and youth Empowerment programs the objective being to impart the skill, create jobs and alleviate poverty".



I will incorporate more black owned businesses in my business as their mentor like the three I'm currently hosting at my premises i.e The Beauty Lounge, Luv Luv Cosmetics and Drip Therapy Centre.

We would like to wish you all the best and we would like to ask the public to vote for Iris in the picture below is all the information on how to vote.





Ask the Dr.



Thank You,  
Dr. Q  
Fourie

**Integrative Medicine**

**Exercise & Diet by Dr Quinten D Fourie**

There is a definite tendency of adapting your exercise according to your age as well as what genetic reference recommends.

A plain example is that before the age of 40, one can focus on both resistant and cardio exercises, but after 40 it is more indicated to do resistant training and much fewer cardio exercises.

Diet usually would involve either a low carbohydrate diet, high protein diet and a Mediterranean diet. Here again, besides your genetic make-up, more complex carbohydrates are needed than protein, but after the age of forty a higher protein diet would be recommended.

**Dr. Quinten Daniël Fourie**

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# Treat yourself

To warm soup this winter



## 5 Best Soups To Prepare This Winter Season:

**Tomato And Jasmine Tea Soup.** The goodness of jasmine tea combines with the tanginess of fresh tomato puree, this is a perfect winter soup to relish at home.

**Mulligatawny Soup.**

**Almond And Mushroom Soup.**

**Beetroot Soup.**  
**Carrot Ginger Soup.**

## Why is soup a winter food?

The warmth! A hot bowl of soup is sure to warm you right up, even when the thermometer has dipped into the negative numbers.

Hot soup warms your body from within, giving you a core warmth that's sure to spread to every part of your body. There's a reason they call winter soup season!

# HEALTH LAB

Wellness and nutrition, at your fingertips

## Healthy drinks besides water

### 8 healthy drinks besides water:

Green tea.

Mint tea.

Black coffee.

Fat-free milk.

Soy milk or almond milk.

Hot chocolate.

Orange or lemon juice.

Homemade smoothies.



# Wie dra die broek in die huis?

Charmaine kyk na Adam, sy vyeblaar en hoe sake vandag staan.....

Ons het op 'n punt van ons lewens gekom, waar ons moes besluit: waarheen nou?

Ons moet kies tussen Botswana en SA. nie 'n maklike besluit nie.

Vir die ander mense is dit so 'n maklike antwoord: Botswana Natuurlik, julle is mal as julle terugkom. maar dit gaan hier om diep dinge.

Eerstens natuurlik die mediese fasiliteite hierso. vandat ek swanger geraak het, is dit al waaraan ek dink, sê nou ek verloor die babatjie agv mediese fasiliteite. Die naaste hospitaal is 400km van ons af. nie te ver nie, maar die paaie is swak en daar is ongelooflik baie donkies en beeste op die paaie. vir 50% van die pad, mag jy in elk geval net 60km ry. Wat gaan gebeur as die kleinding siek raak – geen ongevalle naby in die nag nie.

Hoe kies jy tussen geld en gesondheid. die geld is goed in Botswana – ons word in \$ betaal, maar gaan dit my kleingood lewendig hou?

Ag, en natuurlik is daar nog ander kleiner redes ook: Seun moet kleuterskool toe gaan – hy raak nou gatvol vir sy ma. Ma wil weer werk, maar mag nie hierso werk nie.

Maar my man is gelukkig by sy werk. ons is actually gelukkig in Botswana. of is ons?

Op die regte tyd maak sy gewese werk hom 'n aanbod. die pay is goed. ons sal met baie minder geld oor die weg moet kom, maar ons hartjies is gelukkig. Ons sal terug wees by almal en alles wat vir ons bekend is, so, die besluit is: ons gaan terug SA toe....

Die nuus het baie vinnig versprei tussen die expaerts. die vrouens bel my en vra hoekom.

Hulle stemme is anders, bespeur ek envy..... en ek begin dink aan al die SA vrouens hierso. Hulle lyk altyd so 100% gelukkig hierso, maar is hulle?

Hoekom is hulle dan so baie in SA?. Hoekom gaan hulle elke maand vir 2 weke SA toe en sê dan dit was hopeloos te kort? is hulle dan werklik gelukkig hierso, of bly hulle maar net hierso ter wille van hulle mans?

help my asb reg as ek dalk verkeerd is maar wie sê

geluk is belangrik in die huwelik?

Die man s'n?  
Die vrou s'n?  
Die kids s'n?

Wie maak die grootste besluit in jou huwelik? dalk is dit omdat ek sonder 'n pa groot geword het, dat ek baie onafhanklik is maar in ons huis, besluit ons altwee oor groot besluite. ons albei (en die kids) se geluk is almal ewe belangrik.

Ons spot altyd en sê: my man dra die onderbroek en ek die pantie. ons is gelyk en dis hoe ons dit verkies.

Maar ek kom agter dat baie ander huwelike (veral hierso in Botswana) nie so werk nie. die mans swaai die septer. hulle woord is wet ten spyte oor hoe hulle vrouens voel.

Ek wonder of hulle ooit weet hoe voel hulle vrouens... of is Geld so belangrik?

Wie dra die broek in jou huis?





# MAGAZINE

# Media House

**NEXT ISSUE JULY 2022 - [www.topvibe.co.za](http://www.topvibe.co.za)**