



# Glamour Talk Mag

**ONLINE - SEP 2022**

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BUSINESS HERE**

**MAGRIET GROENEWALD**

**COVER PAGE MODEL- Tyque Nelson**

**from Centurion page 6 -7**

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## Glamour Talk Magazine

**COMMENTS:**

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# 1.

**AMDASSADORS:**

Go to our Facebook page to learn more about our Ambassadors.

# 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money.

# 3.

**MEDICAL HELP:**

Doctor Q Fourie give us some mediical help

# 4.

**MAGRIET GROENEWALD:**

Lees oor Magriet social media expert.



## 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 MODEL: 01**

*Our cover page model is Tersia Tyque Nelson from Centurion.*

**5. BACK PAGE MODEL: 20**

*Anonymous model.*



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

## Redakteurs Nota

**Dames hier is 'n paar fotos van ons vrouedag, hoop julle geniet dit daar is nog meer fotos in Top Vibe Magazine.**

**Met ons vrouedag funksie agter die rug, ek ek nou besig om my boek bekendstelling te reël so gou gerus ons Facebook blad dop vir meer inligting.**

**Hoop julle geniet ons somer mode reeks wat ons gekies het. Dit is gemaklik en koel vir die warm dae wat voorlê.**

**Opgewonde oor die res van die jaar vertel julle binnekort waarmee ons besig is.**

**Totsiens tot volgende maand**

Liefde

*Charms*

# Ambassadors



VIBE

Dear readers,

Vibe clothing has something for every girl. We have a wide range of beautiful costumes Full and bikini.

We also have fashionable dresses and tops that every Women will love and feel super confident in.

Give us a call at +27 84 250 4000.

Follow me on social media.

tiktok valmarie\_v  
Facebook Valmarie volschenk and  
Facebook page: Valmarie volschenk Glamour talk  
ambassador  
Instagram: @valmarie\_v

Lots of Love

*Valmarie*



Model:

He ght 171cm / 67in

Bust 85cm / 33.5in

Wa st 64cm / 25.2in

Hi ps 90cm / 35.4in

Size: S

Care for each other.

A quick story that I would like to share with you is the story of a man that fell in a hole.

So this man was stuck inside of the hole and he was shouting for help "someone help me I an stuck in the hole" the first man walks past and ignores him , the second man walks past and looks inside the whole and says to him I will get help just stay there and he never comes back. The 3rd time the other man jumps in the whole with him and the man that was in the hole said to him "why did you jump in the hole , now we are both stuck in this hole" . The other man says "I have been in the hole before let me show you how to get out". So you see somethings people need us to walk the journey alongside them not infront of them telling them what to do or giving them false hope.



Follow me on my social media to see what I am getting up with.

Love

*Sherlain.*



# Cover page model - Tyque Nelson

Tyque Nelson, is our cover page model here is what she had to say.

I'm often asked how I got into modelling. Reason being, I was a private, shy, "soft spoken", reserved and caring individual. I also had difficulty with self-confidence when doing speeches at school and generally around strangers. So with a little assistance from my parents I started my modelling career (with my supportive sister) in October 2012.

I was pleasantly surprised by being chosen as Figures National Model of the Year Top 5 (10-12) in 2012/13 after only 3 months of training and participation, and again after a full year to mature, Figures National Model of the Year (10-12) Top 3 2103/14 and again a Top 3 place in Figures National Model of the Year 2014/15 (75 contestants).. I also qualified for the IMTA which again managed a Top Five in the National finals (12-15), thereby qualifying for the IMTA convention in NY.

I then decided to support my younger sister (my biggest supporter), in taking part in Pageants in order to keep my passion for the ramp alive. Initially, I entered numerous large competitions over the next 3 year period, resulting in Top 3 in all comps except 3 which Top 5 was achieved. This success totally inspired me and I then realised the love for the "elegant feeling of gliding down the ramp" was in my blood.. Additionally, I absolutely love Photography (often accused of being the "Selfie Queen") in general and as a result entered some Top photogenic competitions as model, where I was blessed to win the major photogenic awards namely: SA Spring Beauties: (13-17) incl. Senior Overall, and World Gem Intl. (13-17) incl. Senior Overall. Since I started with Modelling, Pageants and Photogenic competitions, I was blessed to have been "scouted" many a time and additionally received formal invites to the International Talent Showcase (ITS) NY, "ARTS" in NY, Orlando showcases and Conventions, IMTA in New York and being invited to Italy in 2016 and 2017 and approached by numerous Agencies.

I, continued taking part in Pageant competitions, but on a very selective basis and here after success in Miss Courageous 2016 Overall Supreme, Miss Iceland 2016, Miss Jnr Continents 2016, Miss Iceland Golden Heart 2017 and after a lengthy sabbatical, following my passion for my sport namely, Hockey, Miss World Intl Queen Teen 2018 (Senior Overall & Supreme Queen) after which I decided that this "chapter" in my life had come to an end. I simply had reached a point where I needed something new and so "officially retired" from pageants and found an increased passion forming, in the form of Fashion Shows, Photographic/Commercial modelling and being Brand Ambassadors. I love representing brands and put great effort into promoting these in order for the brands to grow and become established, which also helps me grow as an individual and hone my entrepreneurial skills for the future. I am regularly asked whether I would return to Pageants, this is a simple one for me, I enjoyed Pageants to a point but that is past, so "No" to pageants, but I love modelling, so due to this passion I will always be available for Fashion shows, Photoshoots and Ambassadorial roles.

Finally, my sister and I are the founder members of the Young People Care (YPC) which was established in 2014. A NPC that's initiatives strive in aiding charities in support of the Environment, Aged, Children and Animals through the use of the pageant title holders, models and participants to create awareness and promote these causes. We both have a passion for giving back and this will always be my "Golden Heart Moments".

**Credits as follows:**

**Model: Tyque Nelson**

**From: Centurion, RSA**

**Photographer: Jacqui Calitz (HS Photography)**

**MUA: Freeja MakeUp Artistry**

# MAGRIET GROENEWALD

**"There is a Tsunami of online buyers heading our way, and we have to be ready for them", says renowned SA social media expert, MAGRIET GROENEWALD**

**"Brands that haven't figured out how to reach consumers in the online space better catch up fast, or they will be left behind and lose out on this massive opportunity heading our way", says renowned SA social media expert, Magriet Groenewald.**

**"Our generation is the last generation that grew up with one foot in the 'before computers era' and the other in the fast growing ever evolving online space. Our children grew up with online technology and it is normal for them to rather buy online than to visit a brick-and-mortar store to make a purchase. The shift to online retail is real, and it is going to explode in the next few years. The reason being that the Gen Z's and those after them will have the buying power in the future. We can already see a massive increase in online sales, so it is already happening. A lot of the big retailers all over the world have also identified this trend and have already made some huge changes in their approach to tap into this new opportunity. We have to be ready for them otherwise we are going to miss the train", warns Groenewald.**

**This creative guru is passionate about empowering entrepreneurs, business owners, and influencers to show up online, connect authentically and sell more.**

**She urges business owners and entrepreneurs to get their online presence in place and to make the necessary changes in their businesses to benefit from this wave of online users coming our way.**

**Business owners and entrepreneurs should make sure that:**

- 1. Their social media profiles are set up correctly;**
- 2. They have clarity on who their ideal client is, where they hang out and what language they speak;**
- 3. They know exactly what they have to offer their customers;**
- 4. They have clarity on what problems/ pain points they are solving with their product or service;**
- 5. They have clarity on their brand and what it stands for; and**
- 6. They serve their followers and give them value.**

**"If you miss one of the above or do not have perfect clarity on it, you have a problem and you will not be doing nearly as good with your social media marketing as someone that has all the boxes ticked and has that clarity", says Magriet.**

**"Social media is all about giving value to your followers and when you get that right, you are well on your way to create an engaging account that will eventually lead to more sales of your product or service."**

**During her seven exciting years in the industry, she has been the expert driving force behind numerous successful marketing campaigns for well-known clients, including Schalk Bezuidenhout, Minki van der Westhuizen, Hykie Berg, Karlien van Jaarsveld, Simoné Pretorius (Nortmann), Leandie du Randt, Anel Alexander, Ernst Grundling, Neels van Jaarsveld, Nic Rabinowitz, dr Kobus Neethling, Katinka die Kat, Angelique Gerber, Tumi Morake, Nico Panagio, Wouter Snyman, Rob van Vuuren, Andriëtte Norman, Suna, Dozi and more.**

**In addition to obtaining her honours degree in marketing at university, she also enrolled for several international social media marketing courses.**

**SOCIAL MEDIA LINKS:**  
TikTok: @Magrietgroenewald  
Facebook: <https://www.facebook.com/magrietgroenewaldsocial>  
Instagram: @Magriet.co  
Twitter: @Magriet.co  
Website: [www.magriet.co](http://www.magriet.co)  
YouTube: Magriet Groenewald



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# ADVERTISE YOUR BUSINESS HERE

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To advertise YOUR  
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Call: 072 768 8582

**COLOR FUN RUN**

**Saturday**  
**8 October 2022**  
Registration, 08h30  
Start, 10h00

**MARGATE MAIN BEACH**  
Live Music

Launch of the South Coast Pageant

South Coast PAGEANT Organization

**comfort cool** AIRCONDITIONING  
**Frogfoot** JUST COME  
**PROVEN PACK MENTALITY WOLF SECURITY**  
**PORT EDWARD SUPERSPAR** tops!  
**THE GROVE RESTAURANT**  
**SHELLY BEACH SUPERSPAR**

*Price list*

Booking Essential 074 958 6402

**NAILS:**  
Full Set Tips with Acrylic Liquid/Acrylic Dip - R280.00  
Acrylic Liquid/Acrylic Dip Overlay on Own Nails - R240.00  
Full Set Tips with Gel Overlay - R220.00  
Gel Overlay on Own Nails - R200.00

**EXTRAS:**  
2 Week Fill (Same Colour - Acrylic or Gel) - R160.00  
Soak/File off - R50.00  
Basic Nail Art/Stickers/Foils - R10.00 per Nail

**TOES:**  
Gel Toes - R150.00

(CERTIFIED PNB NAIL TECHNICIAN)  
EVERY GIRLS DESERVES A LITTLE SPARKLE

*Sparkling Nails by Michelle*  
Cells 074 958 6402

It pays to advertise

# Media House celebrated Women's Day

Thank you to all the women who attended our women's day event on 9 Aug 2022  
It was a successful event, thank you Carin Mulder our Media House events Ambassador for making  
This event possible. Thank you to all our sponsors for the gifts to each women.

Venue: Bar with No Name

Photographer: Albertus Kriel

Motivational speaker Delene Voster

Country leagand - Jeffrey de Bruyn

Flowers: Fresh cut flowers



# Medical Help

## **Integrative Medicine:**

**Fifteen signs that your thyroid may not be working properly.**

1. Irregular bowel movements.
2. Hair that is visibly thinning.
3. Hair that won't grow.
4. High cholesterol levels.
5. Waking up with a headache.
6. Can't lose weight.
7. Difficulty in gaining weight.
8. Cold hands and feet.
9. Fatigue that does not go away
10. Lack of motivation and drive
11. Dry skin and scalp.
12. Heart palpitations
13. Anxiety and / or extreme emotions.
14. Insomnia.
15. Night sweats.

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## *Integrative Medicine:*

Gut Health : The seven Vitamins that affects your thyroid medication.

The seven Vitamins that affects your thyroid medication and supports the reason why thyroid medication should be taken on an empty stomach early morning, and then only start eating / drinking an hour afterwards:

1. Magnesium – inhibits certain thyroid supplementations.
2. Vitamin B's – help with absorption.
3. Vitamin B12 – People with thyroid disease are less likely to absorb optimal Vitamin B12
4. Iron – inhibits thyroid medication absorption.
5. Calcium – inhibits thyroid medication absorption.
6. Vitamin A – the precursor of Vitamin A, carotene, is difficult to absorb in people with an underactive thyroid.
7. Zinc – Zinc deficiency is common in people with under-active as well as overactive thyroid glands.

Tip: Always take thyroid medication on an empty

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# Bederf jouself

Met die gemaklikste skoene .....



**Sandri's Showroom** het die mooiste en mees gemaklikste skoene.

Wie het gesê vroue mag nie vellies dra nie, kyk net na die mooiste vellies, daar is Pierre Cardin, Baby dolls in alle kleure en grotes.

Sandri lewer puik diens en haar kliente is haar eerste prioriteit.

Sandri is die trotse eienaar van **Sandri's Showroom**.

Sandri kry binnekort haar somer voorraad van skoene in.

Gaan besoek gerus haar Facebook blad en jy kan seker wees van die beste diens.

Sandri maak ook gebruik van 'n courier diens en indien jy buite die Vaal is en jy bestel skoene by haar word dit by jou huis afgelewer.

Kontak Sandri by  
082 332 4393

# Healthiest summer fruit?

Litchi and mango are the two fruits that you get only during the summer. Try and make good utilisation of both the fruits during the summer season. Litchis are a great source of potassium, polyphenols, and vitamins. They help regular blood pressure and sodium levels

What is the healthiest summer fruit?

Fruits

Blueberries. Low in calories, blueberries are packed with anthocyanins, powerful antioxidants that fight cell damage and reduce inflammation.

Cherries.

Peaches.

Raspberries.

Watermelon.



# InStyle - Summer fashion



**Some fashion trends for this summer.**

**Cropped vests. Sexy workwear is at the top of the summer 2022 fashion trends list and has been spotted on some of our favorite celebrities, with menswear-style vests reigning. Wear one with jeans for a night out or with wide-leg pants to the office.**

**What is the color trend for 2022?**

**Pantone revealed in December that Very Peri, a blue-purple hue, is its color of 2022. The shade is described as a "warm and friendly blue hue with a carefree confidence and joyful attitude." Very Peri is just one shade of blue Pantone predicts will be big in 2022.**

# MAGAZINE

# Media House



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