

# Glamour Talk Mag

**ONLINE**  
**November**  
**Issue 27**

## **EYE OF THE STORM**

**Wesley Wessels at the Vaal Designer of the year**

**Cover page model  
Danel Grobler**

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# Glamour Talk Magazine

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## 1.

**WESLEY WESSELS:**

Read about Wesley Wessels entering Vaal Designer of the year. See page 6 & 7.

## 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money.

## 3.

**EYE OF THE STORM:**

Lees meer oor JP ZIELIE en sy nuwe CD.

## 4.

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# REGULARS

**1: COVER PAGE: 01**

*Our cover page model is Danel Grobler.*

**2. EDITORS NOTE: 03**

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

**3.AMBASSADORS: 04**

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

**4. MEDICAL HELP: 14**

*Dr. Q Fourie - give some medical advise.*

**5. BACK PAGE MODEL: 20**

*Anonymous model.*



Photographer: Charmaine Janse van Rensburg  
Venue: Photo Diary & Venue

## Redakteurs Nota

Liewe leser,

**Die jaar staan einde se kant toe en ons het nog so baie om te doen. Media House hou ons jaareind funksie op 5 November en dan sluit ons kantore op 15 Desember tot 15 Januarie.**

**Dit is dan wanneer daar hard gewerk word aan 2023 se projekte.**

**Hoop julle geniet die uitgawe. Daar is baie nuwe dinge op die horison, so bly in kontak en lees jou Glamour Talk Mag.**

**Daar kom 'n kinder boek uit in 2023 dit is 'n boek van 'n ouma aan haar kleinkinders. Ek kan nie wag om die boek klaar te maak nie.**

**Met 'n vol program groet ek julle eers tot volgende maand.**

**Sit die kersfees boom op en maak jou plek feestelik.**

Liefde

*Charms*

# Ambassadors



Dear readers,

Andrew Visagie is a photographer with a totally different style, magical if you like. His photo's is very different from any other photographer.

Feel free to visit Andrew Visagie's Facebook page to see his work and to get in contact with him.

Book your Christmas magical photoshoot with him.

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*



Dear readers,

I'm 21 years old this year, what a wonderful blessing. I had fun like never before, it's great to know that there is a lot of people that care for you and love you.

I thank God for blessing me to be serounded by people that care. I would like to thank everybody for my birthday wishes.

This is a very busy time for the business people that want to come and relax and take a break at the family fun beach.

Please when you are out in the sun wear a hat and sunscreen, bring plenty of water and just enjoy the sun.

Love

*Sherlain.*





# Wesley Wessels at the Vaal Designer of the year

**I did not win, but I have realised my magic – and nothing is going to stop me now. Watch this space I will be back next year!**

**A** few weeks ago, I was scrolling through Facebook when I came across a post that immediately grabbed my attention and ignited a spark inside. It was a post by Vaal Mall advertising the Vaal Designer of the Year competition. The theme I chose was magic and instantaneously my head was filled with ideas for a garment that was filled with magic – and a hidden reveal.

I have always loved sewing and being creative, however I have never considered a career in fashion before as I always felt as a self-taught designer, I am not good enough. After matric I went to study BComm Financial Accounting and then got a job at an amazing firm in Vereeniging to complete my formal training to qualify as an associate general accountant. My colleagues have always been very supportive of my hobbies and always encouraged me to continue sewing and creating. When I saw the competition, I knew this was my chance to try. Maybe, just maybe I will have a chance.

I worked hard to try and complete my garment for the due date for entries which was the 26<sup>th</sup> of September however life happened, and I couldn't finish my garment in time. The morning of the 26<sup>th</sup> I messaged Renita Lombard (the organiser of the competition) to withdraw my entry as my garment was not completed. She sent me a message back and told even if it's not 100% completed I must still please enter. I decided I just have to enter this competition! We had a very busy time at work, but my boss approved my request to put in leave for the day to finish my dress.

I had 6 hours remaining to finish my dress! I rushed home and started sewing like I have never sewn before! At 15:30 I stopped sewing, zipped my garment up in a bag and left home and rushed to the mall to be in time for submission at 16:00.

I handed in my garment and then waited with the other designers to hear who made it to the top 10 in each category. Eventually they called me – I was in! I made it to the top 10. The feeling was amazing, and excitement filled me.

I entered the fitting room and then I had to choose a model. I saw the most beautiful model and knew she was the last piece of magic needed to complete a magic garment!

Then came the night of the fashion show – I was in total awe by all the amazing garments the other designers created.

I have never seen such an abundance of creativity and skills! Backstage I was busy helping my model getting ready – once again I realised that she was meant for my garment! She made my dress come alive. As they announced my name when my model walked out on the runway. I felt immensely proud of myself – not only for creating a garment that I loved, but for persevering and not letting anything get in my way. She stepped out on the runway and released the cord to reveal the lights inside my dress – a hidden message: if we look deep enough everyone has magic inside of them, we just must look inside and release our magic.

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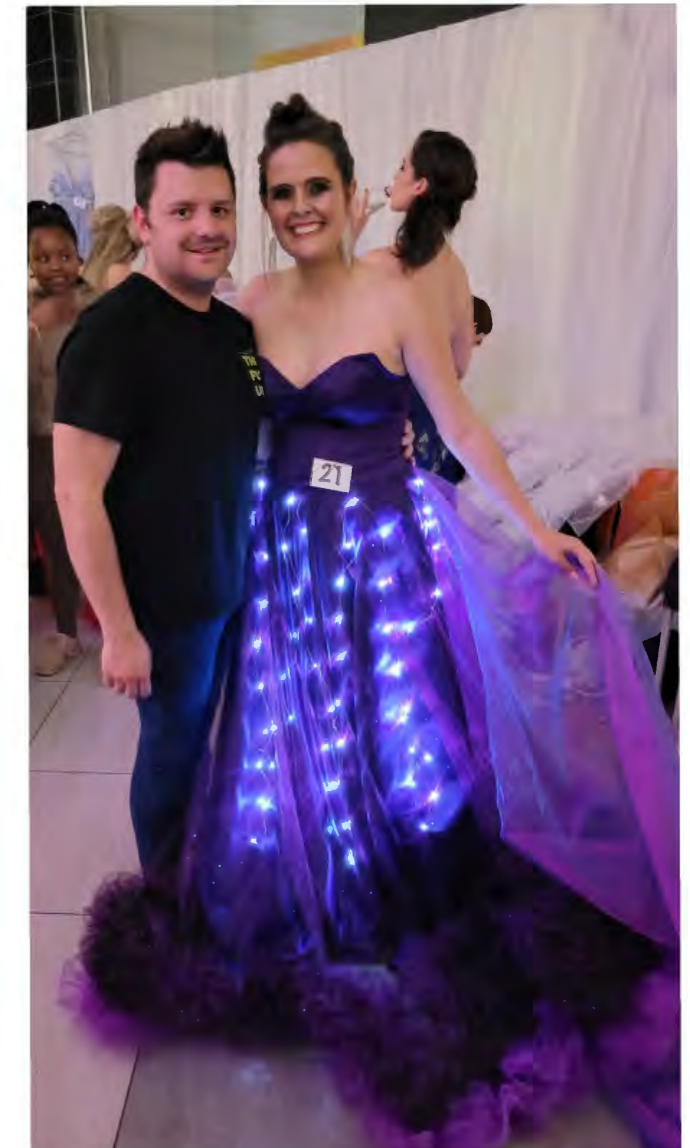
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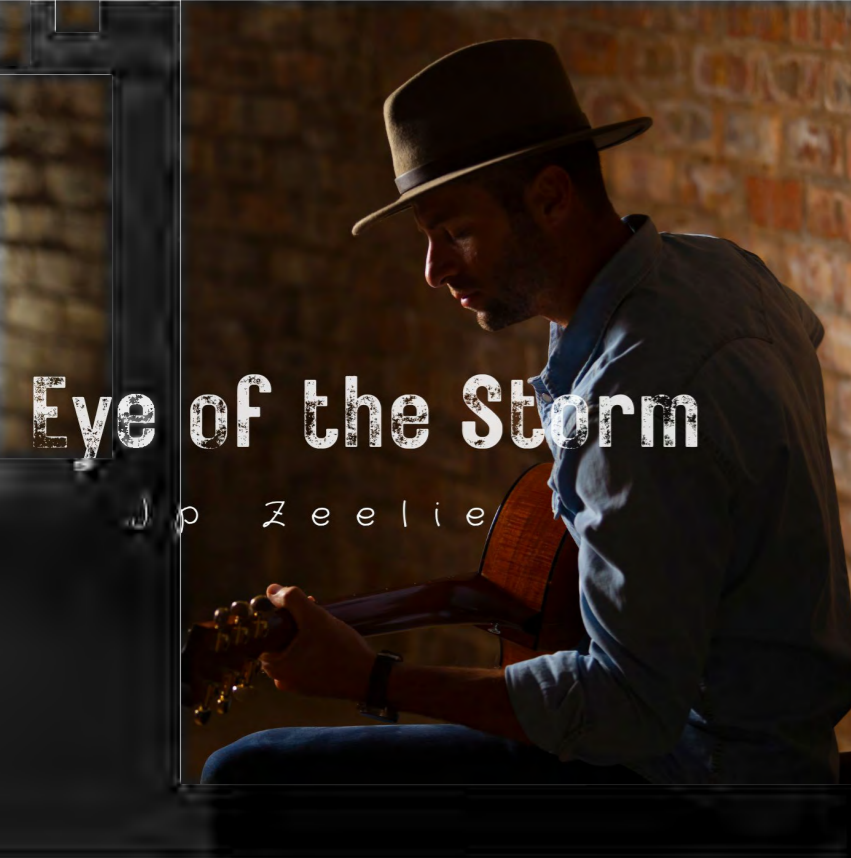
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I did not win, but I have realised my magic – and nothing is going to stop me now. I am so grateful to have had the chance to be part of such an amazing competition. It was a journey of helping me discover who I am and what I really want to do. A journey where I met fellow talented designers as well as very hard-working models. I will continue to work on my dream and to create garments.

So, keep an eye out for me as I believe this was just the beginning of big things. Ralph Lauren once said that he doesn't design clothes – he designs dreams. And that is exactly what I aim to achieve. I want to make people's dreams come true by helping them creating their dream garments, whether it is for their matric farewells, wedding or simply just because – after all fashion is the armour to survive the reality of everyday life! I want to encourage you to always follow your dreams – no matter how big you might think they are.

Wesley Wessels and Yolane Pienaar (model)





# EYE OF THE STORM

## JP ZEELIE

Hy verklap verder dat die laaste versie geskryf is vir diegene vir wie dit uitwerk en wat mekaar bo hulle verskillende wêreld kies.

“Dis vir my ’n baie spesiale liedjie, omdat dit die eerste een is wat ek met die publiek deel en die begin van my musiekloopbaan is. Ek dink COLLIDE gaan met tyd meer en meer op mense groei, net soos wat dit ook op my het.”

Met sy tweede vrystelling, EYE OF THE STORM, wil hy luisteraars aanmoedig om

nie moed op te gee nie en aan te hou hoop. Dis ’n kontemporêre country-liedjie met ’n geestelike aanslag wat hy self geskryf het in ’n tyd waarin hy self baie teleurstellings beleef het.

“In die klein kamertjie waarin ek op daardie stadium gebly het, het ek een middag my kitaar opgetel en ’n melodie begin speel wat die tema geword het van die liedjie. Daarna het ek probeer om my ervaring in lirieke vas te vang. Die koorgedeelte het eers later gekom,” vertel hy. “Die liedjie beskryf hoe ons almal deur moeilike oomblikke gaan, want dis deel van menswees. In daardie tye van chaos, is daar altyd ’n kern in die storm waarin daar absolute vrede is. Ek het besef dat waarin jy glo vir jou ware vrede kan bring. As dit nie doen nie, is dit seker nie die waarheid nie, want die waarheid bring vrede. Elke storm het ’n kern. Mag jy joune vind. Vir my was dit geloof.”

Dié snit wat kan kers vashou met internasionale treffers, is deur Sunset

Recording Studios vervaardig, en gaan beslis met harte praat omdat almal by die boodskap sal aanklank vind en baie van ons hoop nodig het in die tye waarin ons vandag leef. “Dis ’n ervaring om na te luister, veral op goeie klank, en lekker om dit vir mense te sing. Die liedjie verbaas my nou nog,” verduidelik die sanger en liedjieskrywer.

Alhoewel die musikant eers ’n jaar gelede die musiekmark professioneel betree het, is hy al vir jare doenig in die bedryf en het hy in 2011 die bedryf en het hy in 2011 deelgeneem aan seisoen sewe van Idols en die kykNET-realiteitsreeks, Die Sanger, in 2012. Hy het ook onlangs by die Winterfees in Limpopo opgetree saam met groot name soos Brendan Peyper, Franja du Plessis, Elandré en meer.

Verder spog dié veelsydige man ook met ’n kommersiële vlieglicensie. Wanneer hy nie op die verhoog is nie, gee hy vliegopleiding in die Kaap en geniet hy dit om tyd te spandeer in die buitelug.

Hy hou van musiek waarby hyaanklank vind en het groot bewondering vir kunstenaars soos Elvis Blue, Arno Carstens, Jesse Clegg, Riana Nel, Riaan Benadè, Roan Ash, Bruce Springsteen, Chris Stapleton, Kip Moore, Patrik Droney en Zach Brown.

Dit is vir hom belangrik om oorspronklik te wees en goeie verhoudings te bou, omdat dit vir jou goud werd kan wees.

Tans skryf hy aan nuwe materiaal en is hy besig om ’n band bymekaar te sit waarmee hy die land vol wil toer. Daar is min plaaslike kunstenaars wat dit regkry om country-musiek te bemeester, maar JP Zeelie slaag beslis in hierdie doel op geestelike en sekulêre vlak. “Vir my is EYE OF THE STORM ’n ware storie van hoop en dankbaarheid. As ek nie die kitaar opgetel het en geloof gehad dat dié liedjie my plekke sou vat nie, was ek seker nou nog vasgevang in ’n wêreld van teleurstellings. Ek hoop om met COLLIDE en die res van my werk weer die egtheid van musiek uit te bring en vir luisteraars meer te gee as net ’n lekker wysie,” sluit hy af.

Albei liedjies en die kortspeelplaat is nou

aanlyn beskikbaar. Kry dit hier :

EP:

Apple Music: <https://music.apple.com/za/album/close-to-you-ep/1640707726?ls>

Spotify: [https://open.spotify.com/album/4d87cVKNkKb7A6eieRh1al?si=hvPESkFTfWg\\_92Vzm25dg&utm\\_source=whatsapp](https://open.spotify.com/album/4d87cVKNkKb7A6eieRh1al?si=hvPESkFTfWg_92Vzm25dg&utm_source=whatsapp)

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It pays to advertise

# 63 Charms book launch

By: Sandri Gouws

We had the book launch of my dear friend Charmaine, 63 Charms on the 8<sup>th</sup> of October at The Red Cafè in Vanderbijlpark.

I was so blessed to be part of this special event. Please support Charmaine in buying her book it's the perfect gift.



**Shop Early for  
Christmas**

**63 Charms is a A5 book  
with inspirational quotes**

**To order:  
Charmaine 072 768 8582**

# Medical Help

## OCTOBER WAS BREAST CANCER AWARENESS MONTH!

It is very essential for all women to self-examine their breasts regularly.

This includes all ages of women, it is unfortunately not just a disease of old women. It is currently the most common cancer in females as 2% of all breast cancers do occur in MEN. Get to your doctor to get screened.

Never neglect yourself, you are worthy to be healthy,

#cancer #cancerfighter #cancerwarrior  
#cancerawareness #Breastcancer  
#breastcancer #breastcancersupport  
#breastcancerawareness  
#breastcancerawareness  
#BreastCancerAwarenessMonth  
#breastcancerawarenessmonth

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016 982 6911  
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drqfourie.myhousedoctor@gmail.com



## WHY IS B12 DEFICIENCY ON AN OPTIMAL DIET?

1. Food is produced on mass production and there is a possibility that it is deficient in Vitamin B12.

2. Some people (especially certain ethnic groups) may suffer from pernicious anemia where the person does not have the (intrinsic) factor to help carry and absorb Vitamin B12.

3. There is a definite increase of autoimmunity against certain (parietal) cells that decreases the formation of intrinsic factors.

4. Patients with any type of small bowel disease or previous surgery may also suffer from Vitamin B 12 deficiency.

5. We do not know if there are any environmental causes that may influence the absorption of Vitamin B12, by possibly binding to it.

#vitaminb12 #vitaminb12shot  
#vitaminb12shots #vitaminb12boost  
#vitaminb12foods

Dr. Quinten Daniël Fourie  
Insta: quintenfourie  
Twitter: DrQFourie  
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016 982 6911  
Whatsapp: 061 537 3198  
drqfourie.myhousedoctor@gmail.com

## Why is there a B12 deficiency if I am on an optimal diet?

Poor quality food  
Pernicious anemia  
Auto-immunity  
Poor absorption  
Environmental



DR BESTER MEDICAL CENTER



@DrQFourie



# Spoil yourself

You owe it to yourself



## **Are foot spa's good for your feet?**

**A foot massage has proven medical benefits - it boosts your circulation and releases endorphins, which can help reduce pain. And it's great for stress relief, which can aid recovery from illness.**

## **Do you put hot or cold water in a foot spa?**

**Soaking your feet in warm water is good for relaxation. It can help you fall asleep easier because warm water can stimulate blood circulation**

## **What does soaking your feet in vinegar do?**

**Sometimes, foot odor is made worse by the growth of bacteria and fungi on the feet and in footwear. Because vinegar is antimicrobial, soaking the feet in a vinegar bath for 10 to 20 minutes may help to kill the bacteria or fungi contributing towards foot odor.**

# Healthiest summer Snack?

**What is the healthiest thing to snack on?**

**Tips for Healthy Snacking**

**Fresh fruits and vegetables.**

**Frozen fruit.**

**Fruits canned in water or their own juice.**

**Whole grain bread, crackers and cereals.**

**Lower fat yogurt.**

**Lower fat cheese.**

**Unsalted nuts and seeds and their butters.**

**Hummus.**

**The following are some of the best snacks for weight loss.**

**Hummus and vegetables. Hummus is a traditional Mediterranean dish that people make from pureed chickpeas. ...**

**Celery sticks and nut butter. Celery is a low-calorie vegetable. ...**

**Fruit and nut butter. ...**

**Low-fat cheese. ...**

**Nuts. ...**

**Hard-boiled eggs. ...**

**Greek yogurt with berries. ...**

**Edamame.**



# Christmas gift ideas - buy early to avoid the rush

**Do your Christmas shopping early to avoid the rush.**

**Christmas is a stressful time do your shopping early while the children are in school.**

**Always be safe with cash rather pay with a bank card and avoid to carry a handbag.**



**Order 072 768 8582**



# **MAGAZINE**

# **Media House**



**NEXT ISSUE DECEMBER 2022**

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