

Glamour Talk Mag

ONLINE
December Issue 28

EARLY B

Planning Christmas Dinner

Summer Snack?

Cover page Model
Tamryn Hayward (15)

Photographer: Hannes Spookels



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Glamour Talk Magazine

COMMENTS:

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EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

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Our cover page model is Tamryn Hayward (15)

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Christmast gfts



*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 paarr goedjies om af te handel voor ons sluit op 15 Desember tot 15 Januarie.

Dit is dan wanneer daar hard gewerk word aan 2023 se projekte. Ons Ambassadeurs word bekend gestel vir 2023.

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 of liewer volgende jaar LOL.

Sit die kersfees boom op en maak jou plek feestelik Geseënde Kersfees.

Liefde *Charms*

Our 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,

Christmas is around the corner. Yes it's true. We had a long hard year and most of us tried to recover from Covid.

Looking forward to a new year, I'm very busy this time of the year with everything thats going on at the Family fun beach.

We make sure that everything is in order for the festive of season.

I would like to take the time to wish all our readers a wonderful Christmas and enjoy every moment with family and friends.

Love

Sherlain.



Xanè and Xavier Engelbrecht bring the crown home

Secunda Mpumalanga - Brother and sister attend their first International Pageant and walked away with the crown at the Qtium Hotel in Kusadasi Turkey.

XANÉ ENGELBRECHT

As an ambitious and goal orientated 12 year old who believes that beauty comes from your eyes and smile, and what comes from within is more important than appearance.

I believe in my motto,
Be the best you can be, believe to achieve.

I am Xanè Engelbrecht
I reside and attend school in Secunda Mpumalanga.

I was recently crowned as **Miss Mini Teen World South Africa 2022**, attending my first International pageant and was crowned as the new **Little Miss World 2022**, as well as received the award **Best Talent 2022** as well as **Miss Sympathy 2022 (Charity award)** and **Social Media Cover girl influencer 2022**.

My hobbies include modeling, dancing and playing sports, by sport I mean netball and hockey.

My biggest dream is to become an actress or a supermodel, because I want to become famous and be an inspiration to the younger generation.

My role model in life is Cindy Nel, because she is an inspiration to most South African women and she was there when my modeling career started.

If I could change something in this world, it would be lack of self confidence, because nothing holds you back more than your own insecurities. I want young individuals to believe in



themselves, and to let them know they are worth the world!

I am part of a non-profitable charity organization named "Taking Hands For Charity" where we gather food and items for the people and animals in need.

I would also like to start a campaign against ANTI-BULLYING because bullying is something that no one should ever experience.
Have a heart, lend a hand to help a friend.
Stop bullying!

Love Xanè

XAVIER ENGELBRECHT

Age is just a number, being young does not define you, I learnt this from my biggest role model, Mike Tyson.

Playing rugby, cricket, to be a part time model, visiting the gym on a regular basis is what I like to do in my free time.

I am the ambitious and energetic, Xavier Engelbrecht

As a 16 year old I attend school and reside in Secunda Mpumalanga who was recently crowned as **Mr Teen World South Africa 2022**, attended my first International pageant and was crowned as The **NEW Mr Teen World 2022**, as well as received the award of **Best of the best 2022** in my age division, which means he achieved the highest scores for Modelling, TV Star, Talent and Best overall in the competition in my age division.
If I could change something in this world it would be abuse against women and children, because I believe women and children deserve all respect.

I am part of a non-profitable charity organization named "Taking Hands For Charity" where we gather food and items for people and animals in need.

I believe you have to be brave and have to fight for what you believe in and make your dreams a reality. You don't become what you want, you become what you believe. Every act of kindness is worth more than the grandest intention.



My motto in life is, if you put Christ first you will never be last and even if you feel like you end up last, God says those who are last will be first, with Him by your side it's always a Win Win situation.

Thank you.

Xavier

EARLY B

EARLY B TO JOIN THE JACARANDA FM DRIVE TEAM

ON TRIP TO MAURITIUS!

In September this year the Jacaranda FM Drive team got an unexpected surprise invite during an interview with Marlin Magadani (Marketing Manager of World Leisure Holidays), to spend a week at the luxurious [Sugar Beach Resort](#) in Mauritius and broadcast live from there during the week of 21 – 28 January 2023.

It has just been announced that the hottest, dynamic rap artist from Port Elizabeth, Early B, will be joining the Drive team on their trip to Mauritius. Although the team will arrive on 21 January, Early B will join them from the 24th.

"January is personally a very exciting month for me, and I want to scream of excitement to be part of this trip! This is the best way to kick off a new year. Thank you World Leisure Holidays, Mauritius Tourism and Jacaranda FM 94.2".

World Leisure Holidays in partnership with Mauritius Tourism compiled a very special package for listeners who want to join the Drive team on this adventure.

The package is now available at R27 500 per person sharing. This is a massive R12 000 saving per booking and includes flights, accommodation, breakfast, dinner, transfers, and airport taxes. This deal is exclusive to Jacaranda FM listeners and can only be booked by using this link: wlh.co.za/jacaranda-fm/

Just recently the Mauritian hotel group, Sun Resorts also announced an exciting new rebrand, unveiling the new **Sunlife**, not just a new name but a reimagined philosophy and culture across all areas of the guest experience, building on the brand's 45 plus years of history and heritage. The rebrand includes the newly launched 'Come Alive Collection' – a range of unique in resort experiences for guests to enjoy including Energy Gym, Sega Zoomba and Putting on the Ritz to name just a few.

The newly launched **Come Alive Collection** is a part of the transformation, introducing a range of special experiences available across all the **Sunlife** resorts with clear messages around the core values of **Sunlife**.

Five-star **Sugar Beach** has created a fusion of the past and present, bringing together the glamorous pleasures of yesteryear with the luxurious indulgences of today, creating an opulent and glamorous holiday experience. In keeping with the rebrand, the resort has also undergone a complete renovation with all rooms and suites stylishly remodelled, and restaurants and public area redesigned and updated, adding a distinctive touch of west-coast glamour.

There's definitely no better way to kick off the new year with a holiday on an exotic island at an affordable price and share sundowners with Rob Forbes, Rozanne McKenzie, Early B and the rest of **The Drive with Rob & Roz**-team.

Don't miss out on this once in a lifetime experience! Click here wlh.co.za/jacaranda-fm/ for the exclusive offer.

For full details on the **Come Alive Collection**, visit: <https://www.yoursunlife.com/experiences/> For more information about Sunlife, visit: www.wlh.co.za

THE DRIVE WITH ROB & ROZ

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EARLY B

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PUBLICITY & MARKETING

Starburst Promotions

Alani Coetsee

Cell: 072 442 6918

E-mail: Alani@starburstmusic.co.za

Website: www.starburstmusic.co.za



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Planning Christmas Dinner



A special occasion like Christmas calls for extraordinary food. Whether your gathering is big or small, casual or formal, here's the Christmas dinner planning guide you need to create a crowd-pleasing holiday feast



Traditional Christmas dinner features turkey with stuffing, mashed potatoes, gravy, cranberry sauce, and vegetables. Other types of poultry, roast beef, or ham, are also used. Pumpkin or apple pie, raisin pudding, Christmas pudding, or fruitcake are staples for dessert.

Prime rib. Prime rib, otherwise known as classic roast beef with bones, was always my meat of choice as a kid, simply because it was so much juicier than turkey. ...

The Christmas Turkey. ...
Stuffing. ...
Cranberry sauce. ...
Mashed potatoes. ...
Christmas Cornbread. ...
Biscuits. ...
Sweet potato casserole.

What is the best part of Christmas dinner?

Image result for best part of Christmas is having family dinner
But, the turkey itself is not the item on the festive plate that most people are excited about according to new research carried out to discover the most important aspect of Christmas dinner. In fact, it's been revealed that pigs in blankets are the nation's favourite part of the annual meal.

What should I say for Christmas dinner?

Image result for best part of Christmas is having family dinner
Dear God, we give thanks for this time when we can all be together. We give thanks for this food which is bountiful and delicious. We give thanks for this joyful holiday when we can celebrate our Savior and his love for us. With joy we pray, Amen.

What are some nice things to say for Christmas?

Image result
"Wishing you a season full of light and laughter for you and your family." "Best wishes for a joyous Christmas filled with love, happiness and prosperity!" "May all that is beautiful, meaningful and brings you joy be yours this holiday season and throughout the coming year!" "Merry Christmas!"

How do you make someone feel special for Christmas?

Christmas is a wonderful time to spend together with family, friends and loved ones.

...
Here are six ways you can brighten someone else's Christmas.
Call your loved ones. ...
Make Christmas dinner. ...
Invite someone over. ...
Donate a gift. ...
Volunteer in the morning. ...
Have a conversation.

Why do people like Christmas the most?

Image result
Whether you like it or not, one of the important parts of Christmas, for most people, is giving and receiving gifts. While trying to get something for everyone and making sure you balance your spending can be hard, many people love Christmas because they get to buy meaningful gifts for everyone.

What makes Christmas magical?
As children, part of the reason why Christmas is so magical is because everything is new and exciting. We get swept up in the mystery of Christmas – the sights, the sounds, the smells and the atmosphere.

Why is Christmas the most meaningful?
Christmas is important because it is a celebration of the birth of Jesus Christ of Nazareth, the Son of God who came to redeem all mankind and call them to himself

What you love most about Christmas?
Fairy lights and pretty decorations. New lights and fresh decorations mixed with old ones give a feeling of warmth and happiness. When these are up, everyone knows that Christmas is near, and this is enough to brighten even the most gloomiest of moods.





Medical Help by Dr. Q Fourie

Why monitoring your weight is so important!

We think the process is always straightforward.

At times progress can stall or even seems to backtrack. This is frustrating and discouraging, but remember that weight loss is a complex process, and there are many factors that can affect it.

Monitoring progress regularly is therefore crucial, because it can help you to identify any potential obstacles.

If progress does stall, the plan of action needs to be adjusted to get things moving again. This involves making changes to the diet or exercise routine or even seeking professional help, checking up on causes that inhibit you to lose weight. Always go back to your practitioner, weight loss is an individual journey.

So it is important to persevere, and it is usually possible to get back on track and achieve the desired results even when the strategy needs to change.

#weightloss #weightlossjourney
#weightlosstransformation #weightloss
#weightlosstips #weightlosshelp
#weightlossinspiration #strategize #implement
#weightlossdoctor #weightlossdoctors
#weightlossdoctor #nevergiveup #nevergiveup
#nevergiveup👍

Here is how to improve your sleep naturally.

1. Use blue-light blockers for phones/computers.
2. Use Magnesium glycinate as it is the best magnesium for sleep.
3. Use lavender oil in an oil-friendly humidifier or with a few drops on your pillow.
4. Use tats cherry juice.
5. Less TV and more reading.
6. Get active outside.
7. Supplement with adaptogens like Reishi and Ashwagandha.
8. CBD oil from a safe supplier mixed in correct oils and has a delivery dose.
9. Lower your carbohydrate and increase your good fats and proteins.

10. Use a weighted blanket.
11. Minimize and decrease light before bed.
#sleep #sleeping #sleephygiene
#sleephygienetips #naturalsleep
#naturalsleepaid

Dr. Quinten Daniël Fourie
Insta: quintenfourie
Twitter: DrQFourie
016 982 1677
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Are you struggling to sleep?

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@drQFourie

Spoil yourself

You owe it to yourself



Start your day with a healthy breakfast

Eggs make a simple, nutritious breakfast choice.

Greek yogurt is a great option if you're looking for a quick breakfast.

Coffee. Aside from water, coffee is the world's most popular beverage.

Oatmeal with keep you fuller for the day.

Chia seeds can be used in a smoothy with berries

Cottage cheese on whole wheat toast.

Eat every day a breakfast, spoil yourself and a friend.

Summer Snack?

Berries. Though berries are around for the whole year, summer brings a windfall of peak-season sweet blueberries, strawberries, raspberries and blackberries.

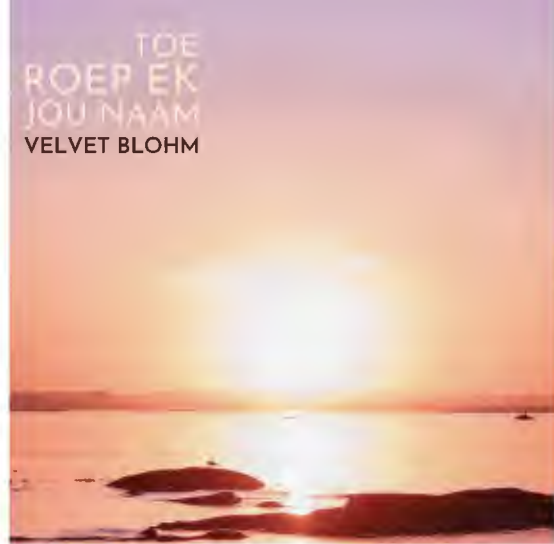
Cherries. Cherry season is on now, and it's short but so sweet.
Summer Squashes, Corn, Cantaloupe and Honeydew Melons and Stone Fruits.

Tomatoes with cold meat is a nice snack.

Watermelons slices on a hot summer's day.

Mix you favourite fruit together as a summer snack.





TOE
ROEP EK
JOU NAAM
VELVET BLOHM

Toe roep ek jou naam - Velvetblohm

VELVETBLOHM SE EERSTE ALBUM GAAN

LUISTERAARS SE VERWAGTINGE

OORTREF

Jan Blohm en Ryno Velvet het oor die afgelope paar maande bewys wat gedoen kan word wanneer jy talent op die regte manier kombineer.

Hulle gesamentlike projek, Velvetblohm, het sedert dit vroeër vanjaar afgeskop het groot opslae in musiekkringe gemaak en hulle eerste twee enkelsnitte is baie goed ontvang.

Om dinge nog meer opwindend te maak, het dié begaafde duo pas hulle eerste album saam uitgereik en dis reeds besig om soos 'n veldbrand onder bewonderaars te versprei!

TOE ROEP EK JOU NAAM is 'n kontemporêre Afrikaanse rock-album, uit die kunstenaars se eie pen, en kan beskryf word as 'n "eerlike samevatting van emosie, bestaan, verstaan en weerloosheid... of ten minste 'n hoofstuk daarvan".

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Volgens Velvet het hulle die titelsnit as naam gekies vir die album, omdat hulle graag die skryfproses en die geleentheid om saam te werk wou eer.

"Die kern waaruit ons inspirasie spruit was om saam te kon werk. Toe die stof gaan lê na ons besluit het om 'n album te doen, was daar niks anders as om in die oorlogkamer te vergader, ons koppe op 'n blok te sit en te begin skryf nie. Ons was op die regte tyd en plek om 'n album saam met Tertius Human te vervaardig," sê hy.

TOE ROEP EK JOU NAAM bestaan uit 11 puik snitte, wat noukeurig saamgestel en gekies is om met die hart te praat. Daar is verskeie nuwe snitte, waaronder Tussen Die Lyne en Kaap wat reeds gehoor kan word op verskeie radiostasies, asook herverwerkings van hulle grootste treffers.

"Om een snit uit te sonder as ons gunsteling is onmoontlik. Die proses om elke liedjie te kon sien groei, het ons verlief gemaak op ieder en elk. Ons kan nie meer trots en tevrede wees met die finale produk

nie. Daar is 'n baie talentvolle groep mense ingespan om dit bo verwagting te laat klink. Om Floors Oosthuizen, Vinnie Henrico en Denny Lalouette op die album te kan hoor is fenomenaal," verduidelik hulle. Alhoewel Blohm en Velvet reeds in 2006 en 2009 saam getoer het, het die idee vir 'n amptelike Velvetblohm-produksie eers aan die einde van 2021 posgevat toe hulle weer besluit het om saam op te tree. Wat begin het as 'n manier om hulle grootste treffers op 'n besondere manier met bewonderaars te deel, het saam met Kobie Koen van Vonk Musiek ontwikkel tot 'n geleentheid om nuwe materiaal op te neem en vry te stel.

Die duo sien baie uit om nog meer musiek saam uit te bring en is baie opgewonde om in Desember weer saam te toer.

Wanneer hy nie op die verhoog is nie, geniet Jan dit om te skilder en beeldhouwerk te doen. Hy is ook die eienaar van Jan Blohm-kunsgalery en Blohmhuis-teater in die Strand.

As Ryno nie sing nie, hou hy sy lyf grafiese ontwerper en fotograaf en geniet hy dit om musiek te vervaardig vir spesiale projekte.

TOE ROEP EK JOU NAAM is 'n aangrypende stukkie werk deur twee van die land se mees veelsydige liedjieskrywers en musikante en is hopelik net die begin van nog baie saam.

"Ons sal graag wil hê luisteraars moet aanklank vind by die musiek. Hierdie album is vir hulle, die mense wat ons wil hoor of iets buite die boks wil ontdek. Ons het 'n goeie idee wat musiek vir ons aanhangers beteken en wil graag hulle ondersteuning regverdig deur 'n goeie album op te lewer wat hulle kan geniet en om ook saam met ons hierdie hoofstuk te vier," sluit hulle af. Die album is nou aanlyn beskikbaar, kry dit hier: <https://linktr.ee/velvetblohm>

SOSIALEMEDIASKAKELS

JAN BLOHM

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

Instagram : @janblohm2020

Twitter : @JanBlohm

RYNO VELVET

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

Instagram : @rynovelvet

Twitter : @rynovelvet

PUBLISITEIT & BEMARKING

Starburst Promosies

Gizela Sharim Sel: 083 399 6869

E-pos: gizela@starburstmusic.co.za

Glamour Talk Mag 19
Webwerf: www.starburstmusic.co.za



MAGAZINE **Media House**

NEXT ISSUE JANUARY 2023

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