

Glamour Talk Mag

ONLINE
JANUARY Issue 29

Summer Snack?

Nogal snaaks...

Happy New Year!!!!



INDEX

CONTENT

Glamour Talk Magazine

COMMENTS:

Please send an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

COPYRIGHT:

Content of Glamour Talk Magazine is protected by copyrights. NO part of this publication / online may be reproduced or used in any form whatsoever without prior settlement with the Editor.

DISCLAIMER:

The Editor or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and/ or advertisement.

The views of other writers or articles in this Magazine are not necessarily the view of the Editor.

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

MEDIA HOUSE PROJECTS 2023:

Please support our Ambassadors by helping us with donations.

2.

ADVERTISE YOUR BUSINESS HERE:

How to advertise your business here and save money.

3.

NOGAL SNAAKS:

Hoop jy geniet die sender is Magda Botha.

4.

SPOIL YOURSELF:

Spoil yourself learn to make time for yourself.



REGULARS

1: COVER PAGE: 01

Our cover page anonymous model is celebrating the new year.

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, Valmarie Volschenk and our new ambassador Wesley 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 2023 is hier en ek wens jou net die mooiste toe vir hierdie jaar.

Ek is hard aan die werk met 2023 se projekte. Ondersteun ons asseblief ons het julle nodig.

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

Wesley is ons mode ambassadeur ek is opgewonde om te sien wat hy vir ons gaan bring.

Met 'n vol program en opgewondenheid groet ek julle eers tot volgende maand. Kom ons pak die jaar aan met nuwe hoop en nuwe vooruitsigte.

Liefde

Charms

MEDIA HOUSE:

TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF



Our Ambassadors



Dear readers,

Im sure you wonder what does the word emissary even mean?

“Like missionaries, emissaries are sent on missions. However, emissaries are more likely to be representing governments, political leaders, and nonreligious institutions, and an emissary's mission is usually to negotiate or to gather information.”.

Werner Volschenk wanted to create a photogenic / face of the pageant which is called Emissary of CSAP (Central South African Pageant)

Focussing upon selecting a range of models who can contribute back towards their community in forms of social marketing on Various platforms like Facebook , Instagram and Tiktok.

This year the Emissaries will be open to anyone anywhere in South Afica. Entries are open, Who will be the next Emissary of CSAP.

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



Welcome all our regular and new readers .

A happy new year to you and your family we hope that this year will be filled with many blessings.

My name is Sherlain Holmes and I am 21 years old .. something quick about me is that I love to work with people , I am a young business owner as well as an actress . What you will find me writing about in Glamour Talk Magazine is motivational pieces to help you remind yourself of how beautiful you are . I will be sharing alot of my new year journey with you and we hope that it will excite you as much as it does with us.

Love

Sherlain.

I grew up in the Vaal and matriculated from Hoërskool Transvalia in 2014. After school I enrolled at the NWU Vaal campus where I completed my BComm Financial Accounting degree. Although I really enjoyed studying I kept on feeling something creative is missing.

So while I was still studying I started with a new hobby...sewing.

At first it was clothes for dolls, then dress up costumes for kids until eventually I got my first clients that trusts me to create their dream garments. Since starting I have learned a lot and am very grateful for my talent.

I am a self taught designer – I learned from Youtube, books and with the help of other designers I equipped myself with knowledge to create and construct the garments my clients dream about.

I hope to continue to develop my talents that God has given me and to continue bringing dreams to life!

I am very excited about 2023 and to be part of the Media house family!

Wishing you and your family a blessed 2023!

Love

Wesley

PROJECT 2023

Please support our 2023 projects. We need donations for dog food etc. Contact Charmaine on 072 768 8582 or any of our Ambassadors on Facebook.

MEDIA HOUSE
Top Vibe Magazine **Top Vibe Kids Magazine**
Glamour Talk Mag **50+ MAGAZINE / TYDSKRIF**

Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will **DROP OFF 4 June 2023**



Nogal snaaks...



Spesiaal vir pensioensrisse - 'n Bietjie humor vir julle.

Wanneer jy iemand op straat raakloop word daar mos gewoonlik gegroet. As jy graag tien teen een 'n liegstorie wil hoor, ...vra dan net vir die persoon hoe gaan dit. Natuurlik is die antwoord 'Goed dankie. Al gaan dit ver van goed af. Hier volg 'n paar komiese antwoorde op die vraag... Hoe gaan dit?

1. Baie goedek het vanoggend darem mos bo die grond wakker geskrik.
2. Wel, opgestaan en self aangetrek.
3. Ek het mooi opgestaan en my ou stokke dra my nog.
4. Nie te goed nie ... ek het soveel pyn dat ek nie eens plek het vir almal nie.
5. Ag my vriend, ek kla nie oor my pyne, want ek kry dit verniet.
6. Dit gaan baie goed, elke pyn is op sy regte plek.
7. Ek hou links en gaan regs verby.
8. Ek is darem nog padwaardig, maar moet net nie my "bonnet" oopmaak nie.

9. Wel wel wel..., ek kners op my agtertande en glimlag met my voortande.

10. Ek drink uit die piering, want die beker loop oor.

11. Vandat ons laas gesien het, het ek nog nie nuwe klagtes bygekry nie.

12. Ek voel vandag soos 'n kriek wat Doom ingekry het, ek beur al na die eenkant toe.

13. Ek voel soos 'n appelkis wat met swak spykers aanmekaar geslaan is.

14. Dit gaan op en af en heen en weer soos met 'n bak jellie wat onrustig is.

15. Dit gaan tussen sleg en verskriklik.

16. Ek druk maar deur al maak dit seer.

17. My punte lê maar laag.

18. Nee, vandag is ek nie Daan nie, ek is gedaan.

19. Ag my maat, my enkels is geswel, my knieë pyn verskriklik, my heupe gee probleme deesdae is my nek en my rug ook nie so lekker nie en dan is ek nog siek OOK.

Ontvang van: Magda Botha

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

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

Instagram: @jacadrive

Website: www.jacarandafm.com

WORLD LEISURE HOLIDAYS

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

Instagram: @worldleisureholidays

Website: www.wlh.co.za

EARLY B

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

Instagram: <https://instagram.com/earlybmusic?igshid=YmMyMTA2M2Y=>



PUBLICITY & MARKETING

Starburst Promotions

Alani Coetsee

Cell: 072 442 6918

E-mail: Alani@starburstmusic.co.za

Website: www.starburstmusic.co.za



ADVERTISE YOUR BUSINESS HERE



Open in January 2023



072 768 8582

Senior Valentine's Shoebox

Each box will contain the following products:

Men Box:

- Razors
- Shaving Cream
- Body lotion
- Deodorant
- Shampoo
- Face Cloth
- Soap

Ladies Box:

- Tissues
- Hand Cream
- Body lotion
- Deodorant
- Shampoo
- Face Cloth
- Soap

TREATS:

- Small juice / Chrisps / Wine gums / Mints
- Sweets / any Biscuits / Slab chocolates



In aid of
Ons Gryse Jeug old
age home - Sasolburg

Contact persons:
Charmaine 072 768 8582
Carin: 082 827 6556

This event will take place on 11 February 2023.
Donations can be paid into the following
account.

BANK DETAILS:

C.T. SMUTS
CAPITEC BANK
ACC: 1355 32 8487
REF: your name / Valentine's Shoebox

It pays to advertise

Ways to save money on food

When buying food, especially meat, always be on the lookout for manager markdowns.

"Manager markdowns offer savings of up to 50% off on meat, poultry and fish nearing its expiration date," said Andrea Woroch, a consumer and money-saving expert. "Plan your meal around these manager markdowns, then cook what you want to eat right away and freeze the rest for later so it doesn't spoil."

Meat can very well be the priciest part of your grocery purchase. If you buy during a 50% markdown, you could easily save money each month.

If you want to save big, go generic — there's a big window for savings.

"Canned goods, dried pasta, cereal, baking staples like flour and sugar, and even spices are good examples of generic or store brands that are just as good as name brands," said Woroch. And nowadays, every big-box store has its own brand, which is usually half the cost. Woroch said this strategy can save you 30% to 50% on your grocery bill.

Just because you're trying to cut your grocery bill doesn't mean you should skip buying items you don't need at the moment if they're on sale.

Say you go grocery shopping once a week, and there is something you know you'll need on an upcoming camping trip in two weeks. When you go into the supermarket, you find that item is on sale now. Instead of waiting until next week to buy the item, make the exception and buy it now.

"Watch for a great sale, combine it with coupons and store offers, and buy in a higher quantity," said Elledge. "You can easily cut 50% or more off the things you normally buy shopping this way."

How to save money on groceries
Pay with a grocery rewards card.
Sign up for the loyalty program.
Clip coupons.
Join a wholesale club.
Go in with a list and stick to it.
Buy items on sale.
Avoid pre-packaged or processed items.
Compare prices between stores.

Make a shopping list This is pretty obvious, but we can't stress how important it is. There's nothing worse for your bank balance than an aimless wander around the supermarket. We're all guilty of quickly jotting down a few ideas and not really considering what we really need. A well-thought-out list will ensure that you don't stray away from the food you will really use. Remember that supermarkets want to make you spend, so a shopping list can help you focus on your essentials.

Set yourself a budget It's good to know how much you are planning to spend before you even leave the house. This will help you decide if you really need that expensive product. Setting yourself a budget will also make you feel more in control of what you are buying and should hopefully avoid any shocks when you come to check out.

See what you already have in your cupboards Before heading to the shops, it's good to really look through your cupboards, fridge and freezer to see what you already have in. There could be something lurking in the back, that you don't want to double up on. Do a monthly clear-out of your cupboards and freezer so you can find items that you might've forgotten

Don't shop hungry We've all been there. Forgotten to eat lunch before the big shop and suddenly that cake aisle is calling! A full stomach will help you view food in a more practical way, rather than your brain thinking about what to eat now.



Food prices go up every month you can see the prices go up.



Medical Help by Dr. Q Fourie

NOVEMBER WAS MEN'S HEALTH MONTH IF YOU MISSED IT PLEASE GET A CHECK UP

The most common cancer in men is prostate cancer but is the second most common cancer that causes death in men. Yes, many early-detected prostate cancers are treatable and curable. Therefore, men over the age of 40 need to get their prostates checked. The most common way patients prefer is by blood testing called the PSA (prostate-specific antigen), although in medical school we are taught that the physical examination is the most sensitive. Now, we compare PSA to age and look at the age-specific PSA count. Important that there have been very few cases under the age of forty. It is not genetic, but however, there may be a genetic link to cancers in the family. Furthermore, lifestyle, hormonal (testosterone and estrogen), environment, and food are all risk factors. Men, please get your prostate checked, even if it is just to ask your doctor to do the PSA level.

#prostatecancer #prostate #prostatehealth #prostateawareness #prostatecancerawareness #ProstateCancerAwarenessMonth #menshealth #MensHealthMonth #menshealthmonth #MensHealthMatters #menshealthawareness

Dr. Quinten Daniël Fourie
Insta: quintenfourie
Twitter: DrQFourie
016 982 1677
016 982 6911
Whatsapp: 061 537 3198
drqfourie.myhousedoctor@gmail.com

HOW MUCH BOTOX DO YOU NEED?

Botulinum toxin, commonly referred to as Botox, is measured in units, and for each person or Botox type, the amount is different. Botox is measured in IU, international units. Every brand is mixed differently. There is no percentage of strength, it must be 100%, which means for a certain ml, you get a certain amount of units.

Cost may not be disclosed publicly, as this is an HPCSA rule in South Africa. Generally, I can say that doctors may ask anything from R60 to R100 per unit depending on their level of expertise, area, and type of clients. Note that some doctors may ask for a certain amount per area, and it will not

include the dose of units that they actually inject. Always try to find out how many units were injected. Studies show that for the average above 40-year-old female, 60 units for full upper face might be needed. This includes the forehead, frown, and Crow's feet. On average I will start such a patient on 42 units and titrate up with each visit. Many men will average 72 units, but I have given up to 200 units to some men, as they have stronger muscles than women. Generally, three visits will allow us to establish the best dose and plan for the client, as everyone likes things differently and there is no set rule to injection.

#botulinum_toxin #Botulinumtoxin #botulinumtoxin #BOTULINUMTOXIN #botulinumtoxineducation #botulinumtoxininjections #bótox #botox #botoxday #botoxface #botoxinjections #botoxtreatment #botoxfacial #botoxunits #botoxfrownlines #botoxforehead #botoxcrowsfeet

How much botox is needed?



Spoil yourself

Start your new year positive



*Start your new year on a positive note.
Spoil yourself with a spa day early in the new year.*

One your to do list should be:

Myself

Myself

Myself

*Yes you have to look after yourself before you can
look after others.*

Summer Snack?

Although 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.

Stone Fruits.

Tomatoes.

Watermelons.



God, Money, and Entrepreneurship
Conference

Growth Is The Way To
Becoming Extraordinary

with Lizette Volkwyn



**GOD, MONEY AND ENTREPRENEURSHIP
CONFERENCE – with LIZETTE VOLKWYN**

A **FREE virtual conference for entrepreneurs** who want more prosperity, soul connection, and the courage to share their unique gifts with the world.

This is for the passionate entrepreneur who wants to live authentically and not compromise their values and spiritual principles on the way to the top.

Lizette Volkwyn is one of 12 dynamic women who has interviewed top experts on this online event called: God, Money, and Entrepreneurship Conference - Secrets to Authentic Success and Joy

Herewith a few points that will be covered in the event:

- o Why finding your own voice is key to building your business
- o How our past challenges can be transformed to
- o Finding a balance between family and work is essential to an abundance mindset others
- o Prosperity can be defined in different ways but you can only have it if you do these SPECIFIC things

o What all successful entrepreneurs know about building a business beyond six and seven figures that you don't hear about on social media

o Spirituality is the fuel for your dreams - learn how to tap into your divine wisdom and stay in the flow to create anything you desire

o Learn how to be a courageous leader and a worthy influencer raising the consciousness of our planet through sharing your God-given gifts

Should you use more financial and emotional freedom in your life? Do you want to build your business with joy and reach your wildest dreams? If so, you're going to love this conference!

Click here if you would like to sign up for more prosperity: <https://godmoneyandentrepreneurshipconference.com/lizettevolkwyn>

FOLLOW LIZETTE ON SOCIAL MEDIA:

Facebook: www.facebook.com/confidentlyfindingme

Instagram: @lizette_volkwyn

Twitter: @LizetteVolkwyn

Website: www.lizettevolkwyn.com

Photographer: Willem Botha

Valentine's Day
comes early



2023

MEDIA HOUSE AMBASSADORS

will spoil "Ons Gryse Jeug" old age home in Sasolburg.

Date: Saturday 11 February 2023

Venue: Ons Gryse Jeug
28 Van Eck, Street, Sasolburg

Time: 9h30 - 10h30



Sponsors:

Ambassadors
of
MEDIA HOUSE



MAGAZINE

Media House

NEXT ISSUE FEBRUARY 2023

TO DOWNLOAD GO TO www.topvibe.co.za