



# Glamour Talk Mag

ONLINE

**MARCH 2023**  
**Issue 31**

**FASHION MATTERS**  
**By: Wesley Wessels**

**Spoil yourself**

INDEX

CONTENT

# Glamour Talk Magazine

**COMMENTS:**

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

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## 1.

**MEDIA HOUSE PROJECTS 2023:**

Please support our Ambassadors by helping them with donations. We do a drop off ,of dogfood etc on 4 June '23

## 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money. Call 072 768 8582 to book your advert space.

## 3.

**FASHION MATTERS:**

Wesley Wessels will keep you informed about fashion matters.

## 4.

**SPOIL YOURSELF:**

Spoil yourself learn to make time for yourself.



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

# REGULARS

**1: COVER PAGE: 01**

*Our cover page anonymous model is celebrating the month of March.*

**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 Valmarie Volschenk and Wesley Wessels keep you updated.*

**4. MEDICAL HELP: 14**

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

**5. BACK PAGE MODEL: 20**

*Easter is coming up in April 2023*

## Redakteurs Nota

Liewe leser,

**Wesley se tweede artikel is uit hier kom nog baie dinge. Hier is fotos oor ons Gryse jeug projek. Ons het heerlk saam met hulle gekuier. Ag en die glimlagte is onvergeetlik**

**Ons spannetjie is aan die gang ons volgende projek is ons vier voetige vriende ons samed kos, komberse, speelgoed ens in vir hulle en gaan dit die 4de Junie afgee by Vaalpets. Ag ek vra mooi ondersteun ons ambassadeurs. Ons sal dit hoop op prys stel.**

**Ek hoop jy was lekker bederf met Valentyns dag! Myne was net rustig tuis met lekker kossies.**

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

Liefde

*Charms*

MEDIA HOUSE:

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



# Our Ambassadors



**VALMARIE  
VOLSCHENK**

Dear readers.

Our project was a great success it makes me so happy if we can make somebody else happy.

Remember to go to our Facebook page to find out more about our charity projects for the rest of the year.

**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,

It was a crazy month busy busy busy, but I love being busy.

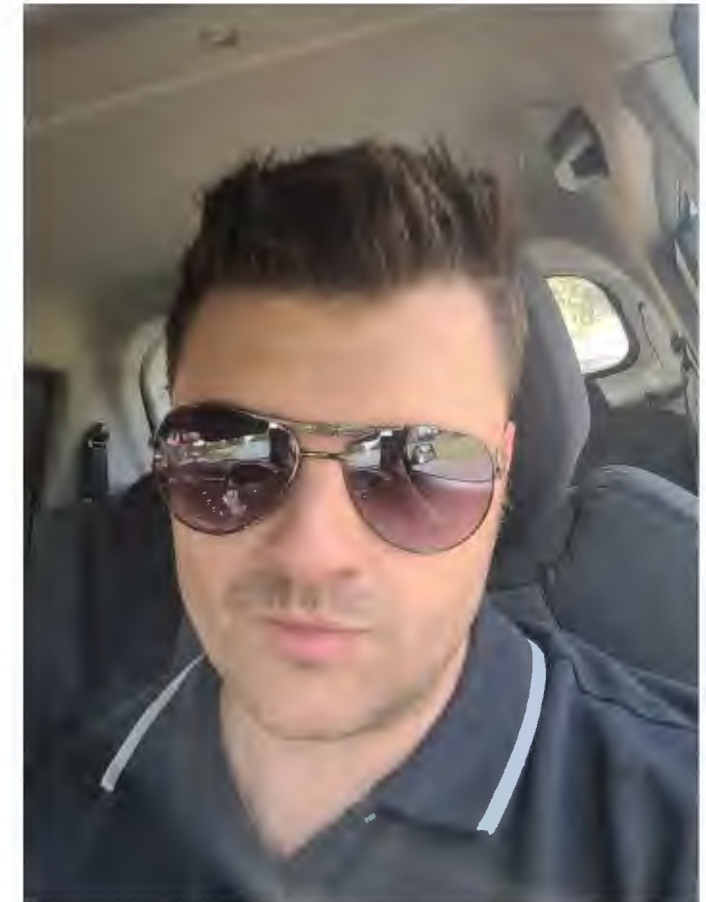
I could not make it to be part of the charity event for ons Gryse Jeug my Father was in hospital, I really wish that I could be there. But I will be visiting van Riebeeck old age home.

Yes I'm very excited for our Vaalpets projects, please help me by donating dog food, old blankets, washing powder, toys for the dogs anything will help.

Goodbye till next month

Love

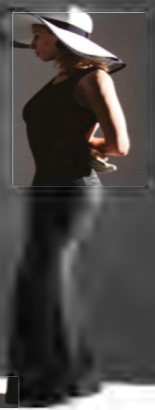
**Wesley**



**WESLEY  
WESSELS**

# FASHION MATTERS

By: Wesley Wessels



**T**he new year is here. Which means its time for new years resolutions. I want to encourage you to challenge yourself to learn a new skill this year. How about learning to sew?

Some of us were lucky enough to learn to sew at a young age - either at school or from a family member. However, in the current day and age sewing is no longer taught at schools. It has also become very easy to outsource basic tasks such as sewing on a button, shortening pants, or maybe altering a dress for a better fit.

I did some research and found a load of benefits of learning to sew!

1. Being able to sew yourself can save you money  
Knowing someone that you can

trust to alter your clothes can be wonderful. However, when you need a few alterations, maybe sew on a button or two or perhaps fix a few zips the costs add up. Some people don't even bother to try and get their broken zippers fixed – clothes just end up getting replaced/ Learning to sew can help you save money as you will be able to do these alterations/fixes yourself.

2. Sewing can benefit your emotional wellbeing  
When we create something ourselves we get a massive self confidence boost. Being able to create something you can wear or use in your house will be a constant reminder to yourself that you have created this from scratch. Sewing can reduce anxiety and stress as sewing makes you feel calm and happy.

Sewing also keeps your mind “alive” as you are constantly learning new things as you sew.

3. Sewing gives you an outlet to express yourself  
Being able to sew enables you to express yourself and your ideas and show them to the world. From the moment you choose the fabric and the pattern until the moment when you put on your creation – every aspect of sewing allows you to be creative. You can create clothes that no one else will be able to have. And then of course the best part is that moment when you get to say “Thanks, I made it myself”

4. Being able to sew can help you make unique gifts for your loved ones  
Never again will you have to buy the boring gifts the shops has to offer, NO you will be in charge to create and make the most

beautiful and unique custom gifts. After all nothing beats handmade gifts.

5. Being able to sew can reduce your environmental impact  
Instead of throwing away that pair of old jeans why not upcycle and create your own custom denim tote bag, or maybe you can use that old blanket and turn it into a cozy gown to wear while watching movies – the possibilities are literally endless. Nothing needs to be thrown away. Everything can be upcycled and turned into a unique piece which everyone will be jealous of.

6. Sewing can help you make new friends.  
Being able to sew and joining sewing groups/classes allows you to form part of a community of like minded individuals, with the



# FASHION MATTERS

By: Wesley Wessels

Same interests as you have. Sometimes these individuals become like family and very close lifelong friendships are formed.

There are so many free online resources, courses, Facebook groups etc. that will help you on your new journey to learn a skill with so many benefits!

So, what are you waiting for? Go grab that needle and thread or granny's sewing machine and start learning today! And remember to not get overwhelmed by work and life – Always find time for the things that make you happy to be alive. Take that one or two hours per week to destress and just focus on creating and unleashing all your creativity!



*Our Charity event - Please support us!*

## 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**

### VAALPETS





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## MEDIA HOUSE FOOD drive



Media House will spoil  
41 residence at  
Moredou old age home  
in Sasolburg  
with curry & rice on  
16 June '23

We @ Media House  
would like to  
request from the  
public to kindly  
assist us by  
sponsoring any non  
perishable foods  
and toiletries in  
order to make this  
food drive  
successful. Home  
of 41 elderly.

### Jar of hope



Health Heart and Home

Fill a coffee jar with the following ingredients... It can feed 4 people.



Share a Jar of Hope

- 1/2 cup rice
- 1/2 cup soup mix
- 1/2 cup lentils
- 1 unwrapped stock cube
- 1 pkt soup powder

Instructions: Boil 2 and 1/2 litres of water and add the jar contents. Keep stirring and enjoy.

## It pays to advertise



# Valentine's Day came a little early for Ons Gryse Jeug Old age home in Sasolburg

Media House visit Ons Gryse Jeug old age home in Sasolburg on Saturday 11 February'23.

We spoild them with a snack box with sweet and savoury treats served with coffe and tea. We handed out gift bags / shoeboxe's packed with treats, shampoo, facecloth, roll-on, body cream etc.

Although it was a rainy day it was warm inside fulfilled with love.

What a honour for me and the ambassadors to be able to visit the elderly, people tend to forget about them.

We would like to once again thank our sponsors for making this possible, you are angels and we where blessed to have you on board.

We would like to spoil them again on 24 September'23 National braai day with a braai. I know we will find sponsors!

More photo's of our visit to Ons Gryse Jeug Old age home in Sasolburg on page 18 & 19







# Medical Help by Dr. Q Fourie

the lips too much with the first injection. you may cause permanent damage. A slow natural process is recommended. Dr. Quinten D Fourie (Author of "Managing weight loss in patients", and freelance writer.

#dermalfiller #dermalfillers #dermalfillers #dermalfillersuk #dermalfillerlips #lipanesthetics #lipaesthetics #lipaesthetics #painfreelipfiller #painfreelipfillers #dermalfillersperth #dermalfillerinjectations #naturallips #naturallips

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Ever considered having a lip filler done?  
Too scared?  
Think it will be costly?  
It is too painful!  
I don't want to look unnatural!  
Lip filler has many techniques as many approaches to the patient. Filler is just a gel called hyaluronic acid, a natural substance found in human soft tissue. The fact that people are scared has a twofold meaning, they have seen too many botched results as it is a very common procedure OR the possibility of excruciating pain (untrue - we use a Tripple local anesthetic cream) OR it is too expensive (not true) OR I will end up with two Tyre wheels. Important, the correct lip filler needs to be used for the right patient's age, lip volume. lip definition and lip aesthetics..  
The approach to the lip should be subtle, and it larger is expected it is done naturally over a period of time.  
Any person will feel scared with a procedure that was done on them for the first time, the same you will feel for a possible surgery for something.  
We try to ease the pain to apply anesthetic cream early, give it time to sink in and use ice packs for pain and inflammation,  
In our area it is not as expensive as in other areas like JHB and PTA, where you have people only injecting lips. A quote can always be arranged. We always go for natural first. It is not healthy to stretch

**KISSABLE**

Lips

Mhwa!

Ever considered having a lip filler done?

- Dr. Quinten D. Fourie



MERCIA 083 287 3465

CLARENS

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BLANKETS 🌻 THROWS  
AND MANY MORE TO CHOOSE FROM



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# Spoil yourself



Some people use foot soaks as an opportunity to relax and certain essential oils may boost this effect. According to a 2015 review, geranium, roman chamomil, and lavender have links with relaxation.

Ingredients:

1/2 cup of Epsom salt  
3-6 drops of essential oil, such as lavender, chamomile, or geranium  
1 tbsp of carrier oil, such as jojoba oil

Instructions:

add the Epsom salt to the foot bath and stir to dissolve  
mix the carrier oil and essential oils into a bowl  
add the essential oil mixture to the foot bath  
soak the feet

A DIY foot soak can help someone relax and soothe tired or aching muscles. They can be an easy way to care for the feet at home, and may also help with conditions such as dry skin.

DIY foot soaks should not substitute medical treatments. If a person has persistent itchiness, cracked skin, or signs of infection on their feet, they should speak with a doctor.





More photo's of our visit to Ons Gryse Jeug Old age home in Sasolburg.



*Thank you to our sponsors*  
*You're a Star!*

*Valentine's Day* **2023**  
*comes early*  
**MEDIA HOUSE AMBASSADORS**  
will spoil "Ons Gryse Jeug"  
old age home in Sasolburg.



Handy 072 460 5476





# MAGAZINE Media House

Good  
Luck

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2 0