

Glamour Talk Mag

July 2023
Issue 35

ONLINE

HOE BEHANDEL JY JOU GELIEFDE?

**THE SEARCH IS ON FOR THE
FACE OF GLAMOUR TALK
Page 10**

Dr Quinten Fourie - SWINE FLU what you need to know.

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Glamour Talk Magazine

COMMENTS:

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1.

MEDIA HOUSE PROJECTS 2023:

Please support our Ambassadors by helping them with donations. We host a lovely event on Women's day

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 part 2.

4.

FACE OF GLAMOUR TALK MAGAZINE:

We are looking for the Face of Glamour Magazine see page 10.



Get well soon!

REGULARS

1: COVER PAGE: 01

Our cover page model anonymous. Enter our Cover page competition.

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 will keep you informed and updated.

4. MEDICAL HELP: 14

Dr. Q Fourie - give some medical advise.

5. BACK PAGE MODEL: 20

August is the month of winds



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

Redakteurs Nota

Liewe leser,

By ons gaan dit woes ons het sopas twee charity events agter die rug in een maand. Kan jy glo ons is in Julie die koudste maand van die winter. Gelukkig moet die winter ook verby gaan. Dankie tog daarvoor!

Augustus maand in natuurlik vrouemaand en ons nooi jou om saam met ons te kom kuier op 9 Augusts kontak my vir meer besonderhede by 072 768 8582. September maand het ons 'n charity jump waar die pragtige Hennette van Roodia Apteek 'n tandem jump gaan doen om fondse intes-amel vir Born2Care.

Kom ondersteun ons asseblief. Hou ons dop op Facebook. Dan groet ek eers tot volgende maand.

Liefde *Charms*

Our Ambassadors

Dear reader,
Nelson Mandela Day represents a cherished South African tradition that celebrates the life and ideals of a remarkable leader. It unites people across the nation, fostering a spirit of unity and inspiring acts of service that touch lives and create positive change. The Mandela Day Campaign message encourages people to use 67 minutes of their time to support a chosen charity or serve in their local community. We as media house have chosen our local old age home and have given them food and supplies. As an individual I will use my 67 minutes to help mediahouse magazine hand out and dish up all the food and supplies we have gathered.

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

Good day Readers,

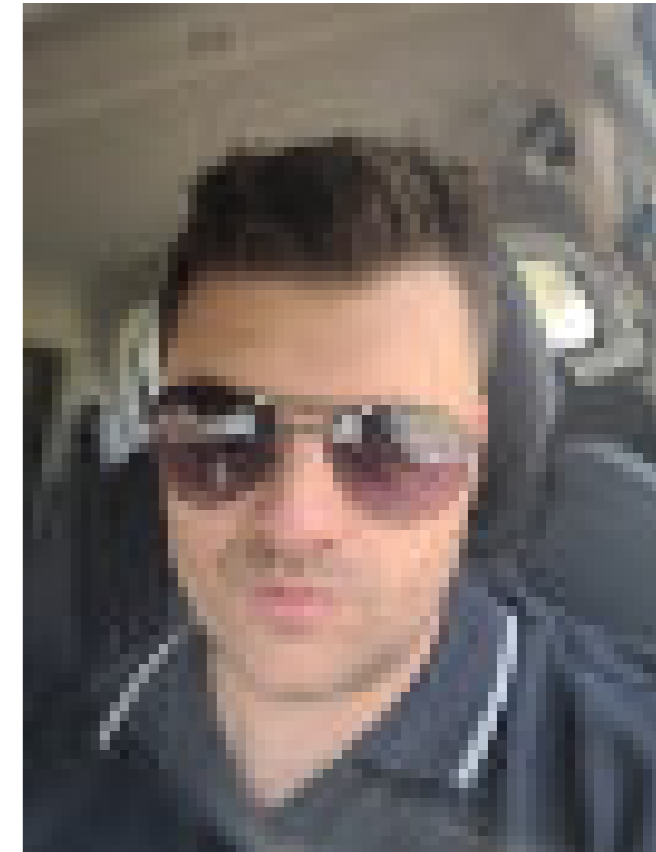
I hope you all are having a wonderful cold winter so far! This issue I will continue to share some tips to stay hot and glamorous in this cold weather.

Please remember to watch all our social media platforms for details on all our charity events and please continue to support us.

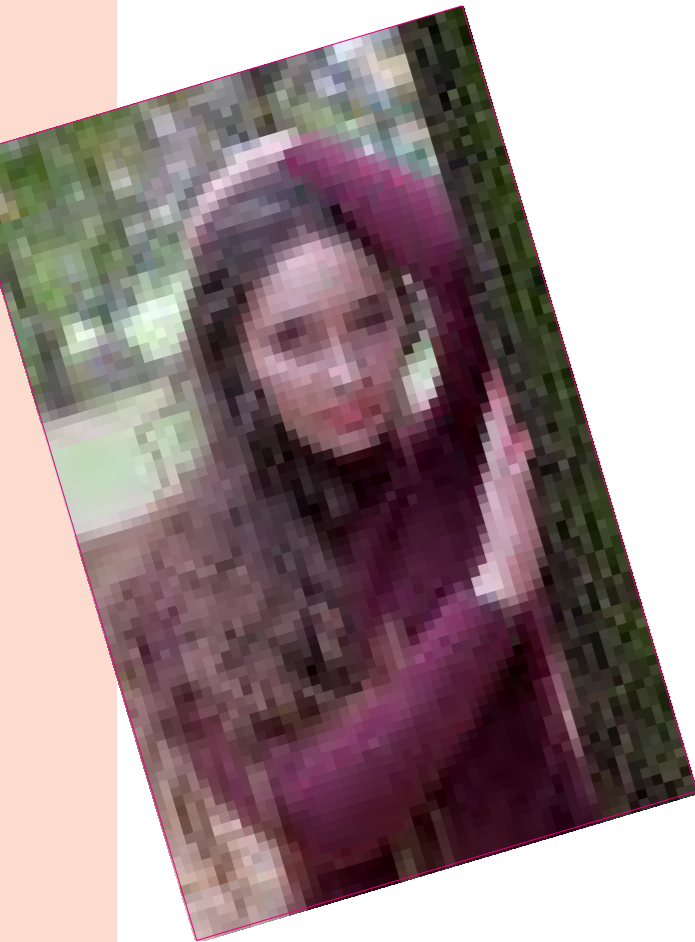
Unfortunately I could not made it to ou June month charitys, but I did my part of donations.

Warm Hugs

Wesley



**WESLEY
WESSELS**



**VALMARIE
VOLSCHEK**

FASHION MATTERS

By: Wesley Wessels

Tips to stay “hot” this winter part 2!

This month I will continue to give you some “hot” tips. One of the biggest trends for 2023 is leather – real and faux. So, make sure to get yourself a leather blazer now if you don’t already have one. They are highly adaptable and extremely fashionable.

Athleisure is one of the few good things that COVID brought is – and the good news is that it is here to stay! Tracksuits and sweatpants are in style and have been updated with larger silhouettes and cropped sweaters. Be sure to bring those white sneakers out as this will make a great combo!

Another item that is trending this year is silk scarves. This

This versatile accessory can be used as a belt, a head wrap, hair tie and the list goes on.

Sweater dresses look both cozy and cute and one can never go wrong with these as they are outfits that need little or no work. Wear them plain or dress them up with a few simple accessories for a very stylish but minimalist look.

We have come a long way from the time when contrasting hues were a major fashion mistake. Color blocking is making a very strong comeback this season – the flashy, flamboyant ensembles are a hit with our Insta-friendly generation.

Last but definitely not least is corset tops and belts. They reappear every few seasons but has made a comeback this season!

but has made a comeback this season! Gone are the days when corsets were seen as excessive. They are now commonly worn with loose-fitting joggers, sweatpants, cargo pants and even layered over button down shirts.

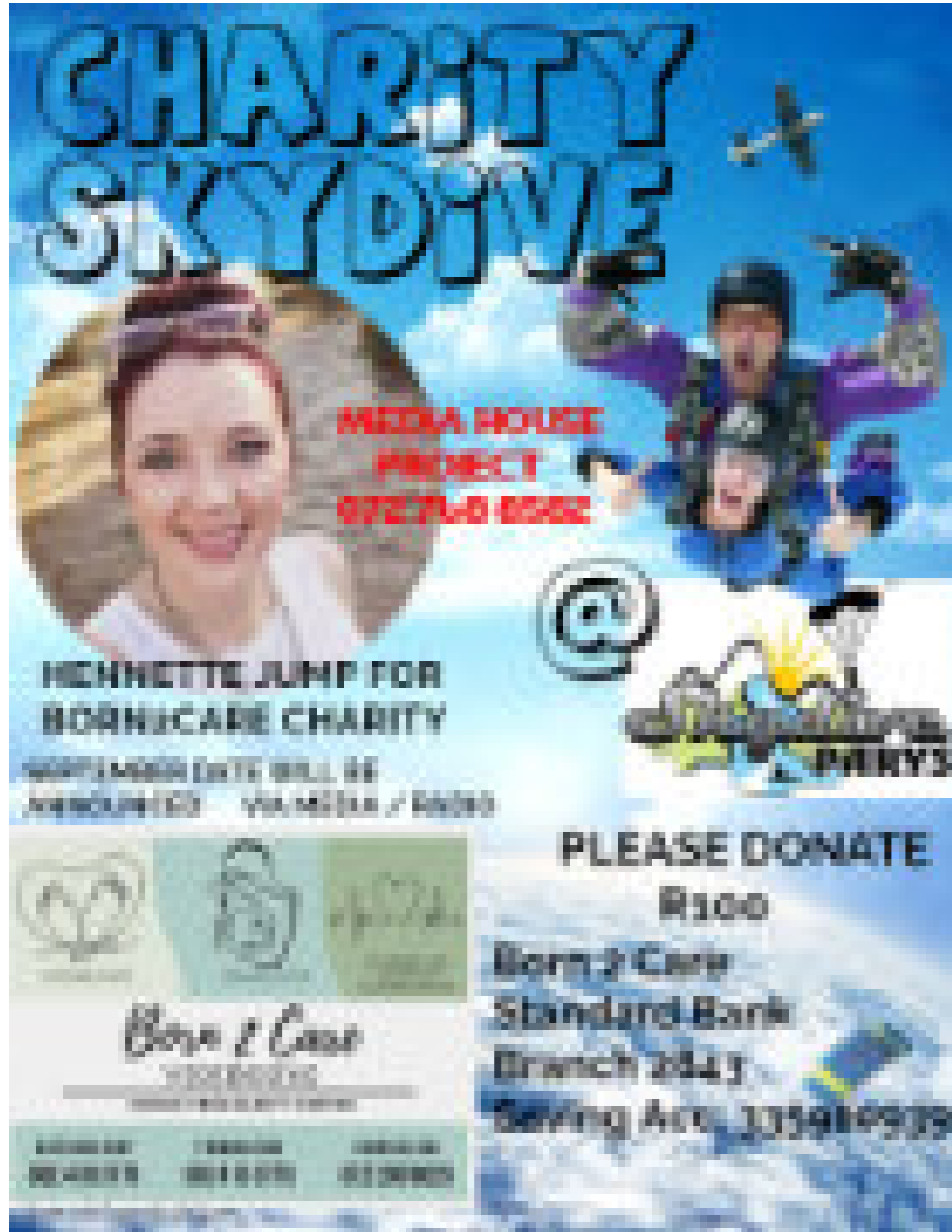
The winter 2023 trends show a never-ending love for all of the classic statement pieces while allowing for a little creativity.



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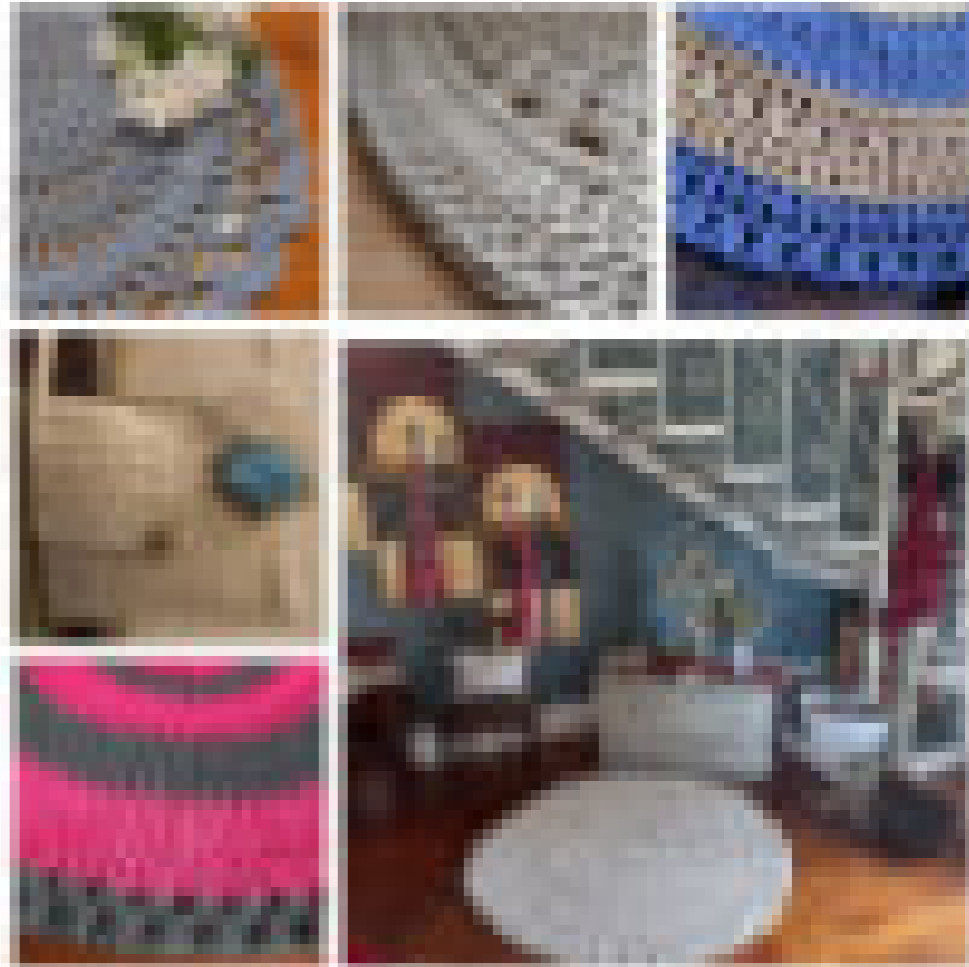


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The search is on...

The search is on for the Face of Gamour Talk Magazine.

Entries are open and we are so excited to find out who the Face of Glamour will be.

The idea behind this is to give a person the oppertoinaty not only to be the Face of the magazine but to be on the cover page together with an artical inside of the magazine.

Do you think you have what it takes to be on the cover, then you need to enter.

Please follow us on our social media to find out about any other events, competition ect.

For more info send a e mail to admin@topvibe.co.za OR
WhatsApp us at 072 768 8582.

Entries Close
13 Oct 2013

Face of Glamour Talk Magazine 2013.
Photogenic & Cover Model Competition.

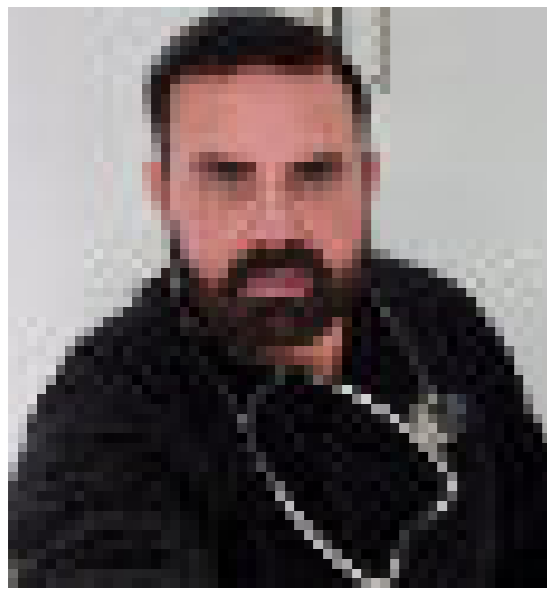
Entry Fee
R150 (main)

R50 per Extra
category

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Face of Glamour
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Bot: F&M/1000



Dr Quinten Fourie - SWINE FLU what you need to know.

By Dr. Quinten D. Fourie, IntegraCve, aestheCc and General PracCConer.

MBBCh (Wits), PGPN(Boston)

WHAT IS THE CONFUSION AROUND SWINE FLU?

Swine flu is part of the Group A Influenza viruses. A positive Group A Influenza does NOT mean you may have swine flu.

Investigation thereof has changed and it is only important in the really very ill, in-hospital patients, mostly requested by the Specialist.

Yes, it can look like flu, or a combination of flue with gastro-enteritis, but there is no outstanding symptoms for Swine flu.

What is most important thing is that it is treated the same as the common flu. All depends on what your doctor thinks. It is important to know that sometimes an antibiotic with immune modulating effect is added and not for a bacterial infection, depending on the type of antibiotic. So sometimes we have a reason for the adding an antibiotic.

There are specific criteria we use to admit patients, so a possibility of the disease does not indicate that the patient needs to be admitted. Isolating and hygiene is the most important. Rehydrating often. Good rest and yogurt or a probiotic for the antibiotic.

Therefore, the presentation, like COVID is mild to severe. Immune support with Vitamin C-ester, Vitamin D3, Zinc picolinate and Selenium is the most important, but many other vitamins and nutraceuticals may help too.

Although classified as one of the common flu's, it is not a good idea to expose other people to the virus.

Please take care this winter. Get immunized if you can tolerate it, keep on sanitising and keeping distance and physical contact. Our bodies need to adapt to viruses that have changed during the COVID period when we protected ourselves with mask and social

social distancing.

I hope this makes it a bit clearer. Share with other people who might have questions about it.

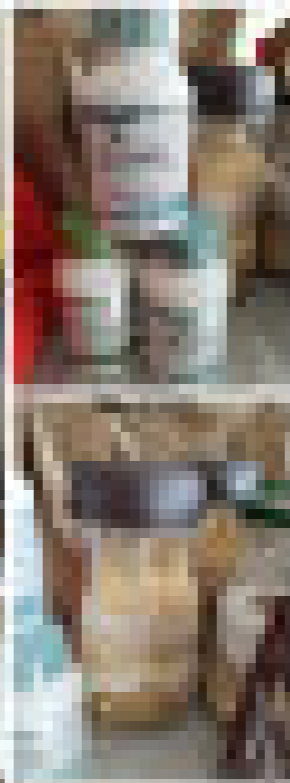
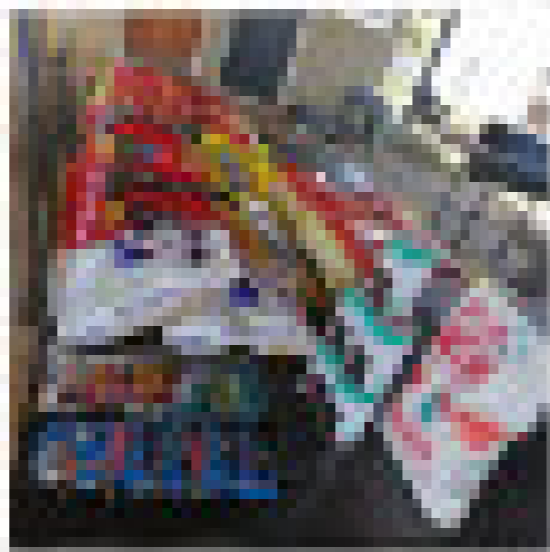
Stay safe and try to keep healthy by eating well, enough rest and sleep, exercising and taking the correct type of vitamins.

Regards,

Dr Quinten D Fourie

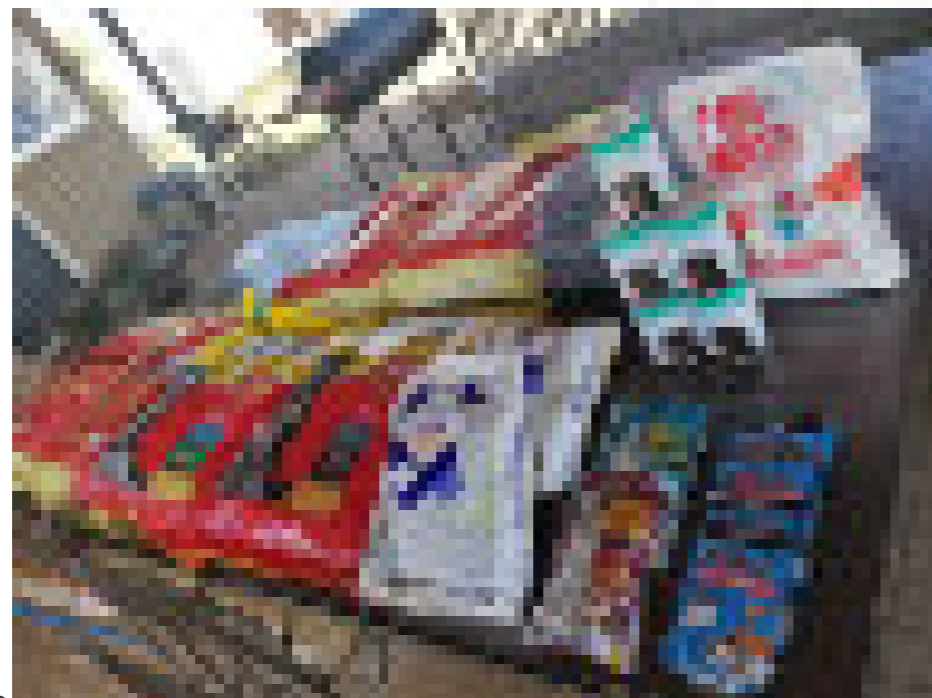


Vaalpets & Moredou Events



Media House is grateful for making a difference in our community we had two events in the month of June. We dropped off food and blankets at Vaalpets and then we spoilt our elderly with curry and rice and a gift bag.

Thank you to our sponsors and ambassadors for the effort that you all put in to make this charity events special.



HOE BEHANDEL JY JOU GELIEFDE?

HOE BEHANDEL JY JOU GELIEFDE?

Moenie op mekaar skreeu wanneer julle verskil nie. Dit doen skade aan julle verhouding. (Spreek 15:1)

Moenie kwaad praat van mekaar by ander nie. Jou woorde het krag. (Gen. 2:19)

Deel nie mekaar se intimiteit met ander nie. Dis owerspel. (Matt. 5:28)

Vergelyk nie jou maat met ander nie. Jou maat was en is jou keuse. (2 Kor. 10:12)

Weerhou nie intimiteit van mekaar nie. Jul liggame behoort aan mekaar. (1 Kor. 7:5)

Wees sag en liefdevol. Julle het albei immers jul lewens vir mekaar opgeoffer. Dit maak seer wanneer julle ongeskik en onbeskof teenoor mekaar is omdat julle geirriteerd is. Wees sag. (Efe. 4:2)

Gee nie plek vir geheime nie. Julle is een. Geheime veroorsaak verdeeltheid. (Gen. 2:25)

Negatiewe kommentaar teenoor mekaar is afbrekend en doen skade aan jul verhouding sekuriteit. Julle wil veilig voel bymekaar en mekaar op bou.

Jou maat se liggaamsbou bepaal nie hul waarde nie. Waardeer en bemin mekaar tot jul oud is. (Efe. 5:29)

Behandel mekaar met respek voor ander en ook wanneer jul alleen is. Hanteer verskille met liefde en oop kommunikasie wanneer julle privaat is, nie voor ander en nie voor kinders nie. (Matt. 1:19)

Sê gereeld vir mekaar julle waardeer mekaar en respekteer mekaar en dat julle mekaar se moeite en opofferings waardeer. (1 Tes 5:18)

Maak saam kos sonder kritiek en geniet die samesyn in die kombuis of wys waardeering vir mekaar se

kookkuns. (Spr. 31:14)

Stel nie die kinders se belange voor mekaar nie. Julle het mekaar eerste immers lief. Stel ook nie die famielie eerste nie. (Gen. 2:24)

Belé in mekaar se geestelike groei deur geestelike leestof aan te skaf en bid vir mekaar. Jou en jou maat se verhouding met God is baie belangrik. (Efe. 5:26)

Spandeer kwaliteit tyd bymekaar en laat mekaar belangrik voel. (Jak. 5:16)

Maak tyd om met mekaar te speel en te lag. Die lewe het genoeg stres en dinge. Julle skryf die verhaal van mooi in jul lewens en julle is daar om mekaar gelukkig te hou. Doen dit terwyl julle kan. (Pred. 9:9)

Moenie dat geld julle vreugde bepaal nie. Maak seker dat dit nie n wapen teen mekaar is nie en onthou jul albei verdien die inkomste al is net een op n payroll. (1 Pet. 3:7)

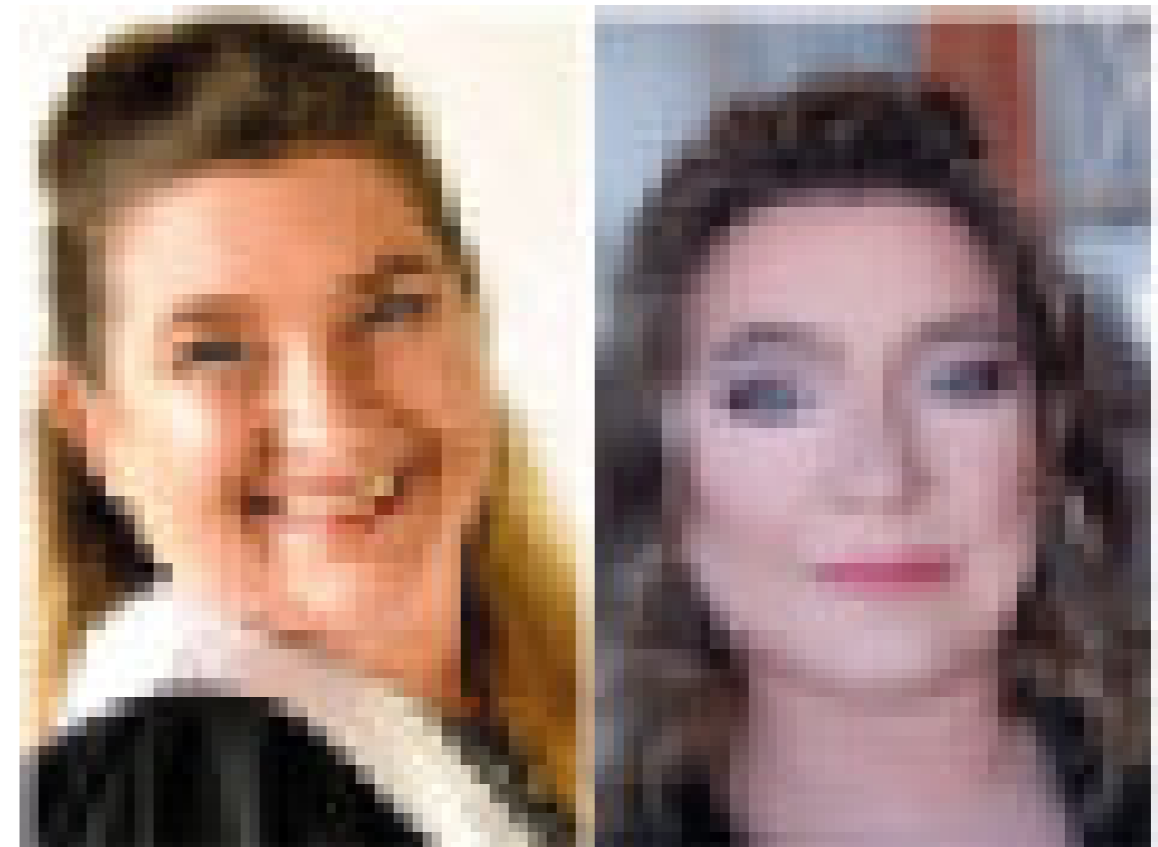
Moenie mekaar se swakhede blootstel nie maar bedek dit eerder, jy kan jou eie swakheid so blootstel en jouself sleg laat lyk. Beskerm mekaar, dit sal jou waarde verhoog. (Efe. 5:30)

Eer mekaar se ouers en reik uit na die kinders. (Hoogl 8:2)

Moet nooit nalaat om haar te vertel dat jy haar lief het nie. Sy wil dit altyd hoor. (Efe. 5:25)

Groei in jou Christenskap, dis die enigste manier hoe jy n goeie en Goddelike man en vrou kan wees. (Rom. 8:29)

Beeldskone Handelien Volschenk?



Ontmoet die beeldskone Handalien Volschenk, sy is 'n vrou en moeder van 'n pragtige dogter Valmarie Volschenk.

Handalien was die ma wat haar dogter rond gery het na model klasse, en skoonheids kompetisies nooit gedink sy sal haar lyk model hou nie.

Hier is sy tydens die "Sedibeng Pageant" en kyk net hoe beeldskoon. Sy is altyd daar om enige iemand by te staan met hulp of raad, sy maak tyd vir ander, daar is min van haar

soort. Sy is net altyd daar.

Handalien jy is nie net mooi van buite nie maar ook van binne.

Jy goeie werke gaan nie ongesiens verby nie. Moet nooit toelaat dat mense jou verander nie.

Haar grimeering regs is gedoen deur Stephan Venter. Hou Handalien dop op sosiale media.

MAGAZINE

Media House



NEXT ISSUE AUGUST 2023

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