

# Glamour Talk Mag

**June 2023**  
**Issue 34**

**ONLINE**



Happy Father's Day



**Tips to stay "hot" this winter!**

**By: Wesley Wessels - Fashion Designer**

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## 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 will drop the donations 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.

**Dr Q FOURIE:**

Read about what the dr have to say.

# Happy Father's Day



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

# REGULARS

**1: COVER PAGE: 01**

*Our cover page model is the lovely Christel M lifecoach see page 18 & 19*

**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**

*Winter is upon us, there is nothing like a warm fire in the winter.*

# Redakteurs Nota

Liewe leser,

Junie maand die helfde van die jaar. Voor ons, ons oë uitvee is die jaar ook iets van die verlede.

Met 'n vol program en opgewondenheid oor ons opkomende projekte wil ons julle nou om betrokke te raak en saam met ons 'n verskil maak. Gaan loer gerus op ons Facebook blad wat daar aangaan ons sal al ons projekte daar plaas.

Ons deel graag fotos van ons projekte in die volgende uitgawe van die tydskrif.

Geseënde Vadersdag vir al ons pappas hoop julle word lekker bederf. Geniet elke oomblik van julle dag pappas!

Liefde *Charmaine*

# Our Ambassadors



**VALMARIE  
VOLSCHENK**

Dear reader,

Celebrating Father's day is a great opportunity to spoil your dad.

What a privilege to have a dad there is a lot of children who does have one and in some cases there is children that have dad but they are just in name there.

Hope you have a super dad like mine.

Happy Fatre's Day dad!

**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 had a wonderful month. Winter is upon us and this month I will be sharing some fashion tips specifically for winter so that you can stay hot and fashionable even in the cold weather!

Please remember to watch all our social media for details on all of our charity events and please continue to support us. We really appreciate each donation no matter how big or small.

Remember it's Fathers day 16 June spoil your Dad. Happy Father's day to all dad's

Warm Hugs

**Wesley**



**WESLEY  
WESSELS**

## Happy Fathers' Day



# FASHION MATTERS

By: Wesley Wessels



## Tips to stay “hot” this winter!

When we think of winter we immediately think of soft and plush joggers and sweaters – but this winter I want to encourage you to not allow the chilly weather to prevent you from looking your best. Thankfully there are tons of options this season! From magnificent faux fur coats, whimsical winter sweaters set in gorgeous mohair to cargo pants!

This season the focus is on large statement pieces such as large slacks, gender-neutral shapes and jackets lined with fleece and fur. Vests and cargo pants with an industrial feel are also a definite statement piece this winter!

Maxi skirts have dominated recent fashion shows and are trending

this winter. While denim maxi skirts have appeared to be spring and fall wardrobe must-haves, wool, corduroy, and velvet versions are nice winter options.

Oversized cargo pants continue to be in style while allowing to adopt a more gender-neutral style. Long jackets and small colorful bags will spice up your cargo pants this season.

The padded coat is now a companion to the much-loved sporty puffer jacket. Padded jacket offers a softer less technical take on winter design while still offering insulation and warmth when compared to the puffer. When in doubt – pick up either of these jackets and pair them with denims and high boots are you are sorted!

Faux fur jackets are also still a very versatile and glamorous way to stay warm this winter!

For more tips and advice make sure to read in the next edition of Glamour Talk Magazine.



# Media House Charity Events for 2023

## WOMEN'S DAY

9 AUG 2023

DATE: 9 AUGUST '23

VENUE:

Wine Barrel  
119 Vlei Street  
Stephanopark,  
Vanderbijlpark

TIME: 10H00

ENTRANCE FEE: R200 p/p

Snacks (platter)

Refreshments:

Juice/Coffee/Tea etc

WELCOME DRINK

FREE GIN

FREE GIFT

Bookings Essential:

Charmaine 072 768 8582

Carin 082 827 6556



MC:

JULIEN DU PLESSIS

MRS AFRICA 2023



MOTIVATIONAL SPEAKER

FREDRICKA STORM



CHARITY EVENT  
IN AID OF



Top Vibe Kids &  
Top Vibe Magazine '23

Date: 3 September '23

Time: 10H00 for 11H00

Venue: Bar with No Name (No Name Village)

Dress code: Summer

Category Boys & Girls:

10-12      13-15

16 - 18      19+

SUPREME OVERALL  
WINNER!

Best Judge's gift  
Best Dressed  
Best Personality  
Best Contestant gift

Crown / Sash / Trophy  
Gifts

1. Judge's decision is final
2. No modeling experience needed
3. No make up 10-12 / Age 13 make up appropriate
4. Finalist to promote sponsors on Social Media
5. Each contestant to hand in stationary box at Registration: Pen, Pritt, pensile, colouring pencils etc.

Entries Open 1 March '23 - Entries Close 30 June '23

Entry Fee: R200 till end June / Late entries: R250 till end July '23

Spectator's Fee R50 p/p - Children under 13 FREE

Organizers:

Julien du Plessis

061 597 5503

Carin Mulder

082 827 6556

Charity

Born 2 care



Bank Details:

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Mrs C. T. Smuts

Saving Acc 1355 32 8487

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Category

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*Our Charity event - Please support us!*

**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**



Share a Jar of Hope

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

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



072 768 8582



MERCIA 083 287 3465  
CLARENS  
DM for pricelist

*Just be ...*

CARPETS 🌿 HANDBAGS 🌿 PLACEMATS  
BLANKETS 🌻 TROWS  
AND MANY MORE TO CHOOSE FROM



*Crochet with love*

ORDER 2 ITEMS AND PAY ONLY 50% COURIER FEE

# Christel M lifecoach...



- Life Coach
- Trauma & Marriage Counsellor
- CEO and Owner of CML

## Nutrition

- Trauma Survivor
- Nutritionist
- Motivational Speaker and MC
- Woman of Wonder Award

Winner 2022

### **The real joy of being a mother?**

Yes, it is true being a mommy comes with a lot of negative and positive thoughts every often: the lack of sleep, more vacations, and official sick days. Don't we all have inspirational stories about being a mommy? Let me share my story of being a mommy or is it called "the wicked STEPMOTHER"?

I never had my own biological children, I married my husband with his two children, a handsome boy and beautiful girl.

But - if someone would have told me being a stepmother was going to be this hard, I would have given the term "falling in love to soon" more consideration before diving in head

over heels into this relationship.

My husband has this theory about children that are indoctrinated that their stepmothers are malicious and evil and that they are only there to steal their happiness and big kingdom's. This indoctrination stems from children watching Disney movies like: Rapunzel, Snow White and Cinderella over and over.

Stepmothers are often not given a fair chance as this placebo are already imprinted into their minds. Not all stepmothers want to replace the biological mother, however stepmothers also need to be respected and loved for their contribution in the children's upbringing and the role she plays in the children's lives.

Don't get me wrong, I'm not saying that being a stepmom is horrible. I'm not saying I don't love stepchildren. However, let's keep it real and say the hard things no one really wants to say.

I have a type of love for my stepdaughter, so much that it feels

like she came from my own womb. I must however confess that her love for me was never the same. I am not sure why she is rebelling so much against me, I guess now I will never know. Maybe it took me longer than a few months, but I was able to find peace once I realized no matter how much love I show her, no matter how many sleepless nights I spend worrying about her, no matter how many tears I shed for her, regardless of the time, effort and support given to her, I am not her mom.

As time went on it only became tougher, when you feel under-appreciated, used, overlooked, and emotionally drained. It is not nice after all the time, energy, love, and commitment that you have put into this, to be over-looked on Mother's Day, on your birthday and/or other special occasions. It would have been nice to be recognised as being "called" the "bonus" parent and that you added great value to my life.

Maybe there is really a stigma in our society, that the challenge truly



# Dr Quinten Fourie give advice on weight loss and Collagen.

By Dr. Quinten D. Fourie, Integrative, aesthetic and General Practitioner.

MBBCh (Wits), PGPN(Boston)

## . HOW MUCH WEIGHT LOSS CAN I EXPECT?

It is important to note that results usually vary, because the goal is to help the patient to understand the importance of healthy lifestyle, exercise and only to treat what is necessary. Many treatments are dependent on exercise to work, and therefore it is therapeutic. Mostly one may expect a 5% to 10% loss of your current weight. Many patients will lose more, all depends on starting weight, sticking to diet and exercise, and continuing with medication and supplementations. Duration, also varies so I always mock the patient by telling them that the time it took you to gain the weight is the time it will take you to lose weight, but this is not entirely

true. Some may lose a lot initially, BUT the closer you get to your goal weight the harder it gets to lose more.

Dr. Quinten D Fourie

[https://amazon.co.za/author/drqfourie\\_medicalwrite\\_teach](https://amazon.co.za/author/drqfourie_medicalwrite_teach)  
#weightloss #weightlosstips  
#weightlosshelp #weightlossgoals  
#weightlosssupport #weightlossjourney  
#weightlosschallenge  
#weightlossmotivation  
#weightlossinspiration  
#weightlosstransformation



SCULPTRA from Galderma is a new type of "filler" that is a collagen biostimulator. More than 17 years use and available in SA since last year. It contains polylactic acid that attracts multiple fibroblasts to site of injection that allows increased collagen and elastase production by the fibroblasts. It has 3 main effects: it lifts naturally, causes volumization and better skin and skin laxity. It lasts 3 years. Only 3 initial injections. Very natural effect and very low discomfort. Almost no downtime. Affordable compared to fillers over the long run. Easy to inject. Real patient satisfaction compared to threads.

Dr. Quinten D. Fourie

#sculptra #sculptrafacial  
#galdermaaesthetics #biostimulator  
#aesthetics





# Charity Media House

## 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**  
Public drop off  
THE BAR WITH NO NAME

We DROP OFF 4 JUNE 2023 @ Vaalpets

Midvaal PRIVATE HOSPITAL

# 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.



# Christel M lifecoach...

exists of finding your place in a family that was created before you. But the only comfort I have in my heart, is that my loving husband supported me unconditionally and that between him and myself were never in a high-conflict relationship with each other.

Hopefully there are more woman out there with the same problems with their stepchildren. I would love to hear from you. Send your story to the editor and owner of this magazine and let us know what your struggle is – we will keep your identity confidential.

## Some informative info about MENTAL HEALTH and being a woman?



## WHAT IS THE DEFINITION OF MENTAL HEALTH?

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to his or her community.”

## INTERESTING MEDICAL FACT FOR WOMAN.....

Does hormones and Mental Health have something in common? Maybe / Yes / Debatable, over the years there have been a lot of studies/research and debates that connects female hormones with mental health issues. Thyroid-glandes produces hormones called the T3 & T4. The T3 receptor that mainly occurs in the brain is responsible for our mental health. Easily know as: underactive thyroid and over-active thyroid. This may cause mood problems – like



the T3 & T4. The T3 receptor that mainly occurs in the brain is responsible for our mental health. Easily know as: underactive thyroid and over-active thyroid. This may cause mood problems – like aggression. Medication used for thyroid imbalances may also cause problems, which again leads to restlessness and irritation (“being grumpy”). Inflammation is also another common hormonal imbalance that can be linked with mental health imbalance. It is also know that “stress” is one of the main culprits to generate and/or to worsen mental-ill-health.

## Can we cure hormonal mental health imbalances?

What are we used to?

- Prescribed psychiatric medication
- Anti-depressants
- Regular psychiatric talk therapy / counselling
- Drug treatments for hormonal malfunctioning
- In some cases, the appropriate solution can be, to block them in some centres of the brain.
- Why this solution? The purpose for this is to fight off the overproducing

- “serotonin” that occurs that is mainly responsible for: using of alcohol, drugs, over eating or no eating, gambling and excessive shopping etcetera
- Historic feminists discovered that there were a huge “gender bias” when doing these medical research. They used to do more mental health tests on the male biology than on the female anatomy.
- Hence the new discovery of for the psychiatric conditions that woman have long been suffering throughout the ages.

## BEST ADVISE

It cannot be understated of how important it is to listen to someone with mental health issues. It carries great value for you just the be there for them.

**Supporting mental health means more awareness.**

## CONCLUSION

Mental health is an “every day” occurrence – it requires constant action plans to maintain a healthy and balanced state of sound mind. There is NO such thing as talking to much with someone and/or about mental health.

If, and should you have strategies in place for yourself and/or a person you know that is struggling with mental health – can only build on a positive outcome.

To have strategies and to put them in place may be difficult for some people. In these cases, it is always recommended - ABOVE ALL – to refer a person to a medical professional, a trained counsellor, and a psychiatrist.



# MAGAZINE

## Media House



**NEXT ISSUE JULY 2023**

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