

Glamour Talk Mag

ONLINE

August 2023
Issue 36

Cover Model
Mariska Viljoen Smit

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

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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 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.



Happy womens day

REGULARS

1: COVER PAGE: 01

Our cover page model is the lovely Mariska Viljoen Smit

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

September issue summer.



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

Redakteurs Nota

Liewe lessers

Ons nooi alle dames om saam met ons te kom kuier op vrouedag 9 Aug dit gaan heerlijk wees daar is baie lekker pryse wat gewen kan word.

Dit sal heerlijk wees om saam met ons lessers te kuier.

Augustus maand is hier en die wind gaan vir ons waai en dan kom die somer waarop ons almal wag.

Hou ons Faceboek blad dop want dit is daar waar ons als aankondig wat gebeur.

Ek groet tot volgende maand.

Groete
Charms
L de Char

MEDIA HOUSE:

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

Our Ambassadors

Dear Readers

What is the point of meal replacement shakes? A meal replacement shake is designed to replace your breakfast, lunch, or dinner. They are often filled with nutrients but have fewer calories than you would eat during a meal. Look for a meal replacement shake high in protein if you want help managing your appetite. CML nutrition shakes have all the good things you could ever need. Shop now with <http://www.christelm.co.za/>

Remember our Women's day event on 9 Aug 2023. Join us it will be day day fill with fun...

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 are having a wonderful 2023 so far! We are in the middle of the year.

As promised, I will be sharing some very exciting news with you this month!

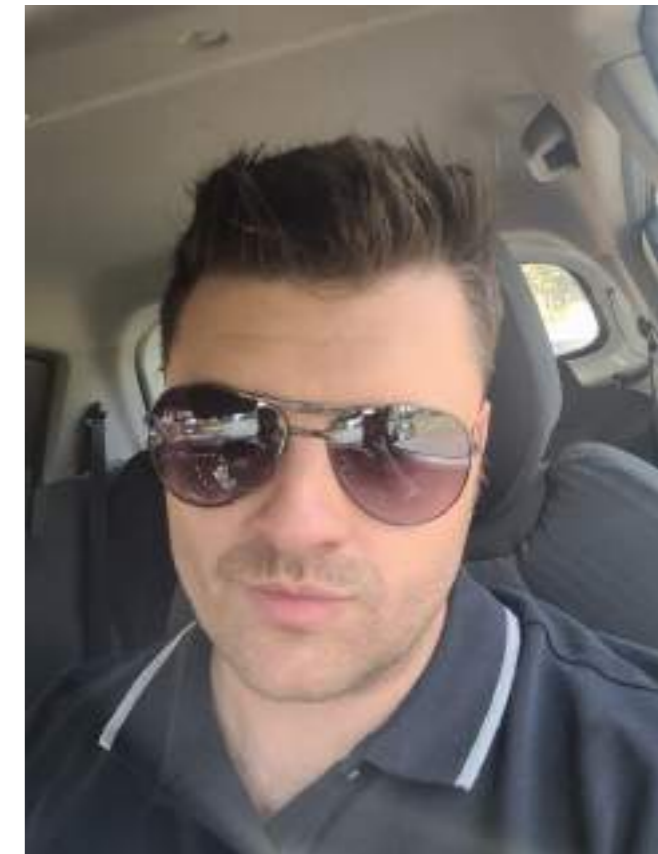
Please also remember to make donations for all our charity projects (all details are available on our Facebook pages).

It's Women's month buy your ticket from us and join our Women's Day event.

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

Warm Hugs

Wesley



**WESLEY
WESSELS**

**VALMARIE
VOLSCHEK**



FASHION MATTERS

By: Wesley Wessels



Since I can remember, I have always wanted to make a difference in the lives of others. I love helping people where I can. In 2022 I decided to start a project called 67 Dresses. The aim of this project is to help people especially young girls and brides who cannot afford a dress for their special occasions.

There is 2 very important days in a girl's life - The first important day is a matric farewell (many girls see this as a "rehearsal" for their wedding one day) and then obviously the second, and most important day is the wedding day.

However, not everyone can afford their dream dress. Special occasion fabric is very expensive and the time and effort that goes in to making a magnificent gown cannot be priced, so one can understand that a dress can't just be made for free or donated to every girl. So, I have been thinking of ways to overcome this and that is where it all started. The 67 dresses project has been brought to life to try and overcome these challenges.

The project works on a donation basis - Many people still have their own matric dance dress or wedding dress that has been sitting somewhere in a cupboard for many years and will most likely never be worn by them again. So, I have created this project as a way for people to make a difference for other people. These old dresses can be donated to me, I then add them to the 67 dresses collection and make repairs or alterations if needed. Shoes, clutch bags, accessories etc. can also be donated. This also helps the concept of renewable and sustainable fashion which prevents these beautiful garments to just sit in a cupboard and never be worn again.

Being a self taught designer I also add dresses I make to the 67 dresses collection, so some dresses are brand new!

When a girl comes to see me for a dress, I will then ask a small deposit fee (which is fully refundable upon return of the dress) and borrow them a dress, shoes, accessories etc. to make their matric farewell dreams come true!



The idea is to ensure that no girl gets left behind or end up not going to their matric farewell due to money constraints. The project is still growing, and I have many more ideas for this project.

I want to expand the project to be able to assist boys as well and not only focus on girls but on everyone.

For any donations, ideas on how we can expand this project or to arrange to come and see me to find your perfect dress please feel free to contact me on 061 478 8500 or email me on 67dresses@gmail.com

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





CHARITY SKYDIVE



MEDIA HOUSE PROJECT
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HENNETTE JUMP FOR BORN2CARE CHARITY

SEPTEMBER DATE WILL BE ANNOUNCED VIA MEDIA / RADIO



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Mariska Viljoen Smit

Glamour Talk Magazine se voorblad gesig behoort aan die beeldskone 33 jarige Mariska, sy is 'n mamma van 'n pragtige seuntjie en sy leer by hom hoe ware liefde voel.

Mariska is nie net 'n beeldskone vrou nie sy is slim daarby.

Sy is onderwyser in murg en been, baie lief vir kinders en die jeug.

Mariska is ook 'n hokkie afrigter met 'n baie groot liefde vir die sport en kos vir die siel.

Sy het 'n graad in sielkunde en sosiologie het 'n kop vir besigheid, sy is ook 'n image konseltant wat haar kursus by SAIA gedoen het.

Die laaste agt jaar was baie uitdagend in terme van verhoudings, gesondheid maar met God se genade het ek my weg oop geveg.

Om vrou te wees moet ons soveel rolle vertolk en dit verg baie energie en ek put my energy uit die bron van genade GOD.

My ander passie en liefde is vir mode, grimering en die modelbedryf.

Ek moes as vrou opstaan en baklei vir myself as gevolg van die feit dat ek afgebreek is tot in die grond.

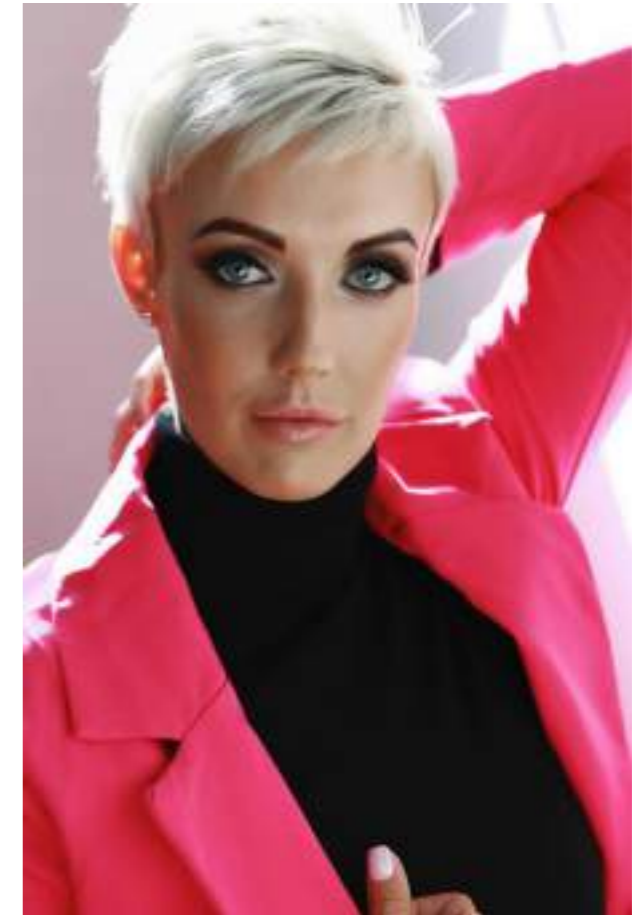
Dit het my 'n sterk vrou gemaak ek is bang vir niks want uitgagings gee ons ruimte om te groei.

Ons vroue moet opstaan vir onself want as ons dit nie gaan doen nie gaan niemand dit doen nie.

Dit is nasionale vrouedag op 9 Augustus ons vrou moet vrouwees vier en mekaar motifeer en komplimenteer.

Ek sal my storie met julle deel so hou maar die spasioe dop.

Groete Mariksa Viljoen Smit.



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Entries Close
31 Oct 2023

Face of Glamour Talk Magazine 2023. Photogenic & Cover Model Competition.

Entry Fee:
R150 (main)

R30 per Extra
category



Photo/ Name/Surname.....
Age:..... Contact Nr:.....
Email:.....
Parents/Guardian:.....
POPI Act: I.....give the magazine permission to use my/
childs photo. Signature:.....
Male & Female age groups: 2-3..... 4-5.....6-7.....8-10.....11-13.....
14-16.....17-18.....19+..... Mrs..... Mr.....
Categories: Pose..... Fashion.....Black & White.....

All entries must be completed with payment to reach us before the closing date / NO late entries. Panel of Judges. Judges decision is final.

 072 768 8582

 admin@topvibe.co.za
Mail your entry form, proof of payment and photo to us..

Bank details:
C.T. Smuts
Capitec Sav acc
Acc: 1355 32 8487
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Dr Quinten Fourie - Supplements

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

MBBCh (Wits), PGPN(Boston)

It has weight stabilizing effect in the 7-keto bondage

Dr. Quinten D. Fourie
Tel (w): 016 982 6911
Tel (w): 016 982 1637
WhatsApp (w) 061 537 3198



Which supplements I would suggest to women over 50, keeping to the bare minimum?
1. Vitamin D - this is actually a hormone that stabilizes hormones, it plays an important role in the skin, immunity, carbohydrate metabolism. It is important for brain health and especially important to helping put the calcium in the bone.
2. Omega 3 - is naturally an anti-inflammatory and anti-auto-immunity properties. It is a natural blood thinner and important for raising the good cholesterol and maintaining cardiovascular health.
3. Collagen I and II is important in the maintenance of hair, nails, bone, cartilage in joints as well as the heart and the gut.
4. The whole combination of calcium, magnesium, vitamin D and K is maintaining bone density. Each supplement also has other positive contributions to the body.
5. Why DHEA? This is to maintain libido, maintenance of estrogen and testosterone.



Emissary of CSAP title holder for 2023. The judges has spoken!

What an hounor to have the lovely Emissary of CSAP futuring in Glamour Talk magazine.

All clothing for Emissary 2023 was sponsored by Sheer Elegance from evening wear to the suite for the men.



I am the 16 year old Jessica Rademan, your Miss Teen Emissary of CSAP 2023, as well as your Miss Teen Debutant 2022. I am currently a grade 11 student, planning on studying to become an English teacher after finishing high school.

I also want to continue with modeling and someday in a few years represent South Africa. I am the most kind hearted person and care so much for others. I am inspired by women helping each other, coaching, mentoring, and providing tips to one another. Modeling has helped me gain confidence and I strongly believe that it doesn't matter how many times you fall, you can always get up and try again. I try to inspire others by showing them that it's okay to overcome your fears, and that they shouldn't be hard on themselves for something they could succeed at the first try. With that being said, my motto is "Don't just be an echo, be a voice."



As your current Mr. Teen Emissary 2023 of CSAP second year running, I am honored to represent the intelligence, talent, and charm of the Central South African pageant.

I am committed to using my platform to inspire positive change and make a difference in our community.

I am also a proud Ambassador for Top Vibe Kids Magazine since January 2023.



My name is Wynand Bezuidenhout

I am 12 years old and in grade 6

In 2020 I took part in Mr Petite Vaal (for fun) . To my surprise I won Mr Petite Vaal 20/21. In 2021/2022 i was 1st Prince Mr Pre-Teen SA

I was Mr Pre-Teen Emissary of CSAP 2022, where I met my other family

In 2022 I participated in figures model of the Year and took 2nd place boys 2-12 (Open Category)

I am currently Mr Pre-Teen Emissary of CSAP 2023 and enjoying every moment of my journey with the wonderful people of CSAP

I am currently Mr Kollegepark Senior 1ste prince of 2023

Other than Pageants I am a very sporty boy. I love playing rugby and hockey.

My motto in life is: It's not about being the best it's about being better than you were yesterday



My name is Chelsey Bezuidenhout

-Miss pre teen Vaal Public Choice 2021
-Figures Vanderbijlpark Debutante 2020/2021/2022

-Mnr and Mej Driehoek 1st Princess 2022
-CSAP pageant Miss Pre Teen Photogenic 2022

-Mnr and Mej skole top 10 in 2023
-Project Aim Convention 2023
I am currently a learner in Hoërskool Driehoek in Gr 9.

I live to play sports such as hockey and athletics.
I am currently a 100,200 and 400m athlete.

And with that being said my motto in life is "live life to the fullest"



I'm the 19 year old Brandon Bigmore, your Mr Emissary 2023.

I'm currently working for my father's businesses. Have a passion for modeling and acting and wanna continue to study drama and take my knowledge that I've learned, overseas and continue to build on my future.

My motto is Without failure you'll have no success ✨



I am Celeste Podde.

I am 43 years old and proud to be Mrs Emissary 2023.

I work in aviation and have been competing in fitness competitions for the past three years.

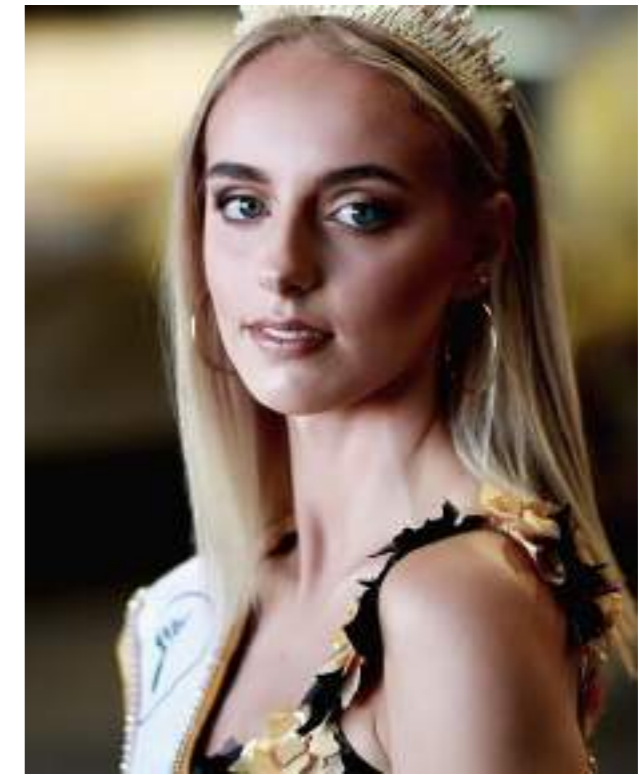
My other passions besides competing and pageantry include modelling, four wheelers and all water sports.

I love people and have a passion for uplifting others despite age or gender.

I believe the human connection is extremely important.

I hope to be a healthy and balanced example to others.

I believe that experience is everything and nothing that is worth knowing can be taught. ❤️



I am the 18 year old Michelle van den Berg , your Miss Emissary '23 .

I am currently in Matric, planning on studying Physical therapy/Radiology/ Human genetics. I am inspired by the human anatomy and seeing the world.

The human anatomy refers to my passion for helping people to accomplish something new/something that they've been struggling with ,experiencing pure joy in the little things in life and how unique every person is ,seeing the world refers to my new found passion of perusing Modeling and experiencing the different cultures all around the world.

It represent what I plan to accomplish with my life. My motto in life is " I walk by faith even when I cannot see"

MAGAZINE

Media House



NEXT ISSUE SEPTEMBER 2023

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