Glamour Talk Mag

Online

December Issue 2021



Are YOU Selfish?

HEALTH LAB

MERRY CHRISTMAS

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Glamour Talk Magazine

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

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1.

AMDASSADORS:

Go to our Facebook page to meet our NEW Ambassadors for 2022.

2.

ARE YOU SELFISH?:

Go to page 14 & 15 to find out if you are selffish or not...

3.

SPOIL YOURSELF:

Spoil yourself this Christmas find out what gift ideas we have your you.

4.

TRIVENO SMITH:

Lees als oor Triveno Smith se nuwe enkelsnit.



REGULARS

1. EDITORS NOTE 03

Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine and Top Vibe Kids Magazine & 50+ Magazine

2. AMBASSADOR 04

Our Glamour Talk Magazine Ambassador Ané Oosthuysen will bring you something new every month.

3. AMBASSADOR 05

Our Glamour Talk Magazine Ambassador Sherlain Holmes will bring you something new every month.

4. COVER PAGE: 01

Summer is here - our cover model anonymous.

5. BACK PAGE MODEL 20

Photo provided by anonymous -



Photographer: Albertus Kriel
Venue: Turn 'n Tender Vaal mall

Redakteurs Nota

Desember maand is hier en dit beteken die jaar is verby. Nou is daar weer nuwe hoop op 'n nuwe jaar. Dit is mos hoe dit gaan elke jaar hoop ons vir 'n beter jaar as die een wat verby is, en so gaan ons van jaar na jaar.

Glamour Talk Magazine groet vir Anè en kry dan ook 'n nuwe Ambassadeur vir 2022.

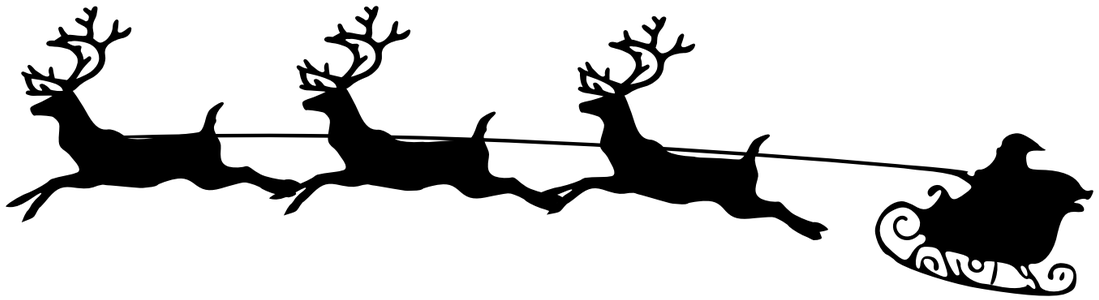
Indien julle vanjaar weg gaan met vakansie, wees net veilig waar ookal julle gaan.

Ons kantoor sluit vanaf die 10de Desember tot en met 10 Januarie 2022.

Geniet julle Kersfees en mag julle net gebless word van dag tot dag.

Geseënde Kersfees
Liefde
Charms

AMBASSADORS



The time has come for me to move on from next year I, will not be able to be Ambassador for Glamour Talk Magazine.

I'm starting my career as a full time teacher.

I'm thankful for the time that I have spend with the magazine, it was a time that I had enjoyed.
We will be in contact.

Love Anè



Anè Oosthuysen

Thank you!

Where do one start, to say thank you! Anè thank you for always being there, you are so special to us and yes we will keep contact.

We would like to wish you the very best for next year. I know you will make a success of anything.

Take care, love you always Charmaine - Glamour Talk Magazine.

To our readers we will announce our new Ambassador in 2022.

Merry Christmas Family and Friends.

We hope that you will have a wonderful December with your family and friends.

From our side of the Glamour Talk Magazine we thank you for sharing this year with us .
We can not wait to start the new year with you and share very exciting new things coming your way.

May Father Christmas give you lots of presents this year,
and may God bless you and your family.

Wherever you are please be safe, drive safe and be careful in the sun.

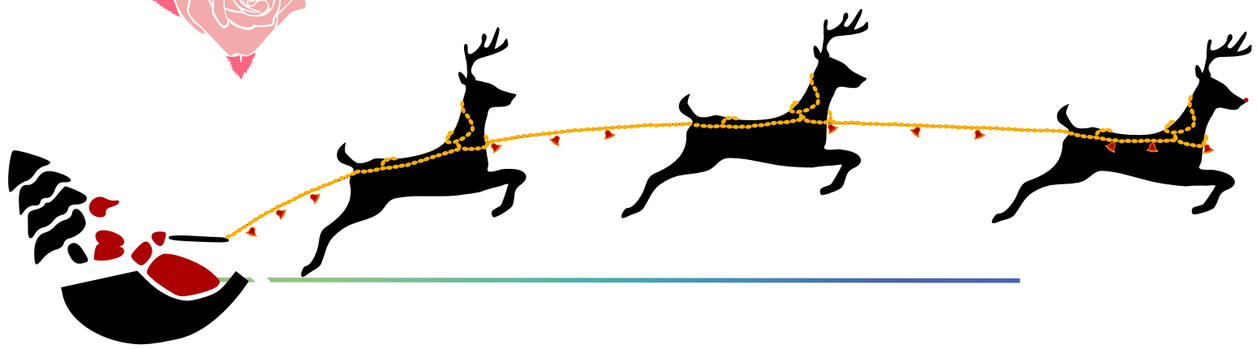


Sherlain Holmes

Lots of Love

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TRIVENO MAAK VREDE MET SY REALITEIT IN NUWE EMOSIEBELAAIDE ENKELSNIT



Twee jaar na die vrystelling van sy gewilde 2019-treffer, *Not Perfect*, is die Suid-Afrikaanse sanger en liedjieskrywer – **Triveno Smith** – terug met ’n nuwe emosiebelaaide enkelsnit wat harte gaan verower.

WALKING TALL (ook die titelsnit van die album), wat deur die kunstenaar self geskryf is tydens sy vrou se stryd met kanker, is ’n country-popsnit met ’n blues-aanslag. Dit gaan daaroor om vrede te maak met jou realiteit en nie op

te gee wanneer dit swaar gaan nie.

“My eerste vrou, Alecia, is in 2017 oorlede. Ons was vir elf jaar getroud. Alhoewel WALKING TALL reeds voor haar dood geskryf is, herinner dit my om nooit op te gee nie – al gebeur wat,” deel hy.

“Wanneer die lewe struikelblokke op jou pad sit, word jou grootste nagmerrie waar. Myne was dat my vrou sou doodgaan en ek en ons sesjarige dogter, Gabriella, alleen sou agterbly. Toe dit gebeur, het my lewe uitmekaar geval. Gelukkig het my situasie met tyd verbeter en was ek gelukkig genoeg om weer liefde te vind. Ek en Christelle het vanjaar ’n pragtige babaseuntjie, Matthew Steven, ryker geword.”

Alhoewel die tema universeel is, is sy nuutste vrystelling baie persoonlik en na aan die hart. “Ek het die snit geskryf, om myself en my vriende te bemoedig, toe ek ’n persoonlike krisis moes oorkom,” verduidelik die sanger. “Die lewe is soms moeilik, maar daar is altyd hoop dat dit weer sal beter gaan. Soms moet ons deur moeilike tye gaan om te besef wat regtig belangrik is.”

Hy glo dat dit sal aanklank vind by ’n wye gehoor. “Die musiek is spesifiek verwerk en gemeng om die emosie van die liedjie na vore te bring. ’n Opgewekte koor sal bewonderaars laat glimlag en hoop gee vir diegene wat daarna luister.”

Die musiekvideo, waarvan die regie deur Zunaid Allie van Native Indian Films behartig is, neem die kyker op reis deur Paarl en kry dit reg om die emosie van die liedjie perfek vas te vang. “Ek wou tonele uit my geboortestad en Lantanastraat, waar ek grootgeword het, insluit. Die idee was om deur die hele video te loop (WALKING TALL) om die tema en boodskap van die liedjie te komplementeer,” vertel die musikant. “Die eerste ding wat ek vir Zunaid gevra het was dat daar baie emosie in die video moes wees. Ek dink ons het goeie werk gedoen en dat dit almal se harte sal raak wat daarna kyk.”

Triveno is in Paarl (Weskaap) gebore en het grootgeword met gospelmusiek en het as tiener begin kitaar speel en musiek skryf.

Hy werk reeds vir sewentien jaar in die musiekbedryf en het sy eerste professionele opname in 2012 by Franschhoek Recording Studios gedoen met die hulp van Uys Visser en Helmut Meijer.

In 2014 is sy eerste album, Brighter Day, vrygestel waarna talle gewilde liedjies en ’n sessnit-kortspeelplaat saam met Southern Lights gevolg het.

Sy nuutste album, Walking Tall, het verskeie groot treffers (Not Perfect, Foreign Land, Ignite en Lost In Berlin) opgelewer, wat deur groot radiostasies, soos RSG, Radio Tygerberg, CCFM, Groot FM en meer, gespeel is.

Oor die jare het Triveno die voorreg gehad om die verhoog te deel met bekende name soos Joshua Na die Reën, Jesse Clegg, Mel Botes, Hot Water, Emo Adams en Jonathan Rubain, en by van die land se grootste musiekfeeste opgetree.

Musikante soos Steven Curtis Chapman, Eric Clapton, MW Smith en Coldplay het die grootste invloed gehad op sy musiek sover, maar hy erken dat hy hard besig is om sy eie klank in die plaaslike musiekmark te vestig.

Volgens die kunstenaar, put hy inspirasie vir sy musiek uit die lewe, liefde, verlies en geloof. “Die lewe is kort en moenie as vanselfsprekend aanvaar word nie. My opinie oor baie dinge het verander toe my vrou oorlede is. Kom ons leef in die oomblik en wees dankbaar vir wat ons het, want dit kan alles in ’n oogwink verander.”

Triveno het nog baie planne vir die toekoms, wat ’n Afrikaanse album insluit. Vir nou, geniet hy dit egter om pa te wees en soveel op te tree as moontlik.

WALKING TALL is nou beskikbaar op alle digitale platforms. Laai dit hier af:
https://music.apple.com/za/album/walking-tall/1585068235?i=1585068240
https://open.spotify.com/track/4MODocFTrAT1rxwXt4oHga?si=6fe8293bdaf74f4b

SOSIALEMEDIASKAKELS:

Facebook: https://www.facebook.com/trivenomusic

Instagram: @trivenomusic

Twitter: @trivenomusic

Webblad: www.triveno.co.za

YouTube: https://www.youtube.com/Trivenos

TikTok: https://www.tiktok.com/@trivenomusic

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Fun things to do if your summer holiday has been cancelled



If your 2021vacation has been put on hold, don't worry. We've got a list of great ideas to keep you engaged and energised through the summer months. Sadly, the COVID-19 pandemic has put a stop to such grand plans. With travel restrictions and social distancing, summer 2021 will be quite different from what we're all used to.

However, it doesn't have to be a write-off. We've put together some inspiration for fun things to do if your summer holiday has been cancelled. Whether you've got kids or not, these ideas can keep you entertained during the warmer months.

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. Have a holiday-themed day
You might not make it to your dream destination this year, but you can try your best to recreate it at home. There are plenty of things you can do to get you in that holiday spirit. Why not order in some of the nation's cuisine or even cook some yourself? You can also check out some of the local music, you might find a new favourite.

Now is also a good time to learn the language. Just think, if you learn now, you can have a chat with the locals when you finally make it on your trip!

Have a home spa day
Even if a 5-star resort isn't on the cards this summer, you can still take some time out to pamper yourself or someone special in your life. Buy (or make) some relaxing face masks, put on some chill music, and take a nice relaxing soak.

You can also keep the healthy living theme going by learning about and creating some healthy meals. Before you know it, you'll have your very own mindfulness retreat – the perfect remedy to a summer of social distancing.
Write a summer romance novel
For you budding writers out there, now is an opportune time to write on your summer passion project. An in-person summer romance might not be viable, but that doesn't stop you creating a fictional one. If you're not sure where to start, our course on how to start writing fiction can help set you on the right path.

Take a 'you' day:

Sometimes it's nice to just have a day that's all about you. Whether your birthday is coming up or is long since passed, you still deserve to treat yourself. So, why not draw up a list of all the things you like and tick off as many as possible.

Throw on your favourite film, order your ideal meal (or get someone to cook it for you!), mix your favourite cocktail. Do all of the things that make you happy, and get as many people in your household to join you as possible. You can even have a day for each of them too.



Make time to relax at home.....

Spending Christmas with family

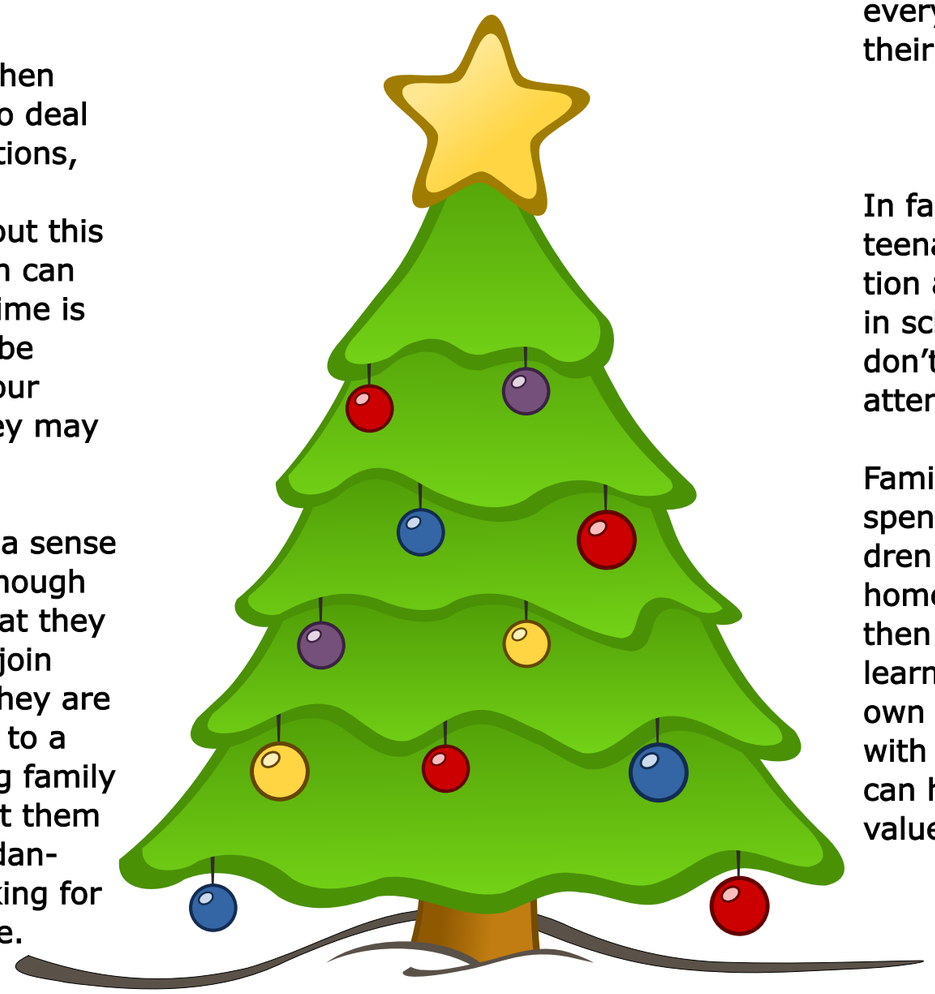


While holidays and family gatherings are intended to be a fun and special time, sometimes they can unfortunately be a stressful experience. Perhaps now is the time to change things up and try something new to make this holiday season the best one yet. For those who have lost a loved one, the holiday time can be an especially tough time, but that's exactly why it's more important than ever to support each other and be together. Here are some useful tips to make spending time with family something you'll surely look forward to.
t's easy to convince yourself that you should work more and more. But if you've ever thought to yourself that working and earning money is more valuable than spending time with family, you are very mistaken. Spending time with family is the most precious thing in the world, and here's why.

What family means has shifted over the years, but one thing that will always remain is the importance of family.

Family time is the time when your children learn how to deal with all kinds of life situations, and where they learn innumerable lessons. Without this crucial time, your children can be left very lost. Family time is something that needs to be made and blocked into your schedules, as busy as they may be.

Everyone needs to have a sense of belonging, feeling as though they have a safe place that they can trust. Children often join gangs to feel as though they are part of something similar to a family. By having a strong family bond, it's likely to prevent them from getting involved in dangerous activities and looking for that connection elsewhere.



Affection is shown differently by everyone. For some it means holding hands, others giving hugs, and sometimes it just means doing a nice gesture. Spending time with family gives everyone the chance to express their affection.

In fact, it's been found that teenagers who are shown affection are more likely to do better in school compared to those that don't receive this type of family attention.

Family values come from spending time with family. Children copy what they see at home. If a parent is not around, then that's exactly what they will learn to do when they have their own children. Spending time with family as much as possible can help develop positive family values.

Are YOU Selfish?

You might feel jealous of your partner's accomplishments or don't want the best for them. These could be signs that you're being selfish in your relationship. "Consider how often you think about making your partner happy, or caring about what your partner wants or feels. There should be a balance and mutuality.
How do you know if you are selfish in a relationship?

You give your partner the silent treatment

Instead of having difficult conversations in a mature manner, you always decide to stay silent no matter how much your partner wants to have a discussion with you. It is self-centered to not make an attempt to communicate when you are hurt or angry at your partner.

What are the signs of a selfish person?
7 Signs of a Selfish Person That You Should Pay Attention to ...
They Always Ask for Favors.
They Think They Deserve Special Treatment.
They Are Very Friendly.
They Use Others.
They Barely Say Thank You.
You Can Spot Their Fakeness.
They Try to Confuse You.

Can you love someone and be selfish?

Love only hurts when it's selfish. ... For this reason, selfish people can never truly love another, because they will be less willing to compromise. This will inevitably lead to one partner giving more of themselves than the other, which can cause resentment or confusion about feelings that are or aren't expressed.

How do you deal with an inconsiderate partner?
11 Ways to Deal With a Selfish Partner in a Relationship
Give yourself the attention you were giving them.
Explain the benefits of changing.
Understand why this is happening.
Establish Turn-Taking.
Reconnect With Your Value.
Bring Up Past Successes.
Establish What You Are Willing To Deal With.
Express yourself.

Can a self centered person love?
Image result
Self-centered people can make you feel special, protected, loved and even cherished – until you are not! Most people think that self-centered people have such glaring defects they must be easy to spot in the first date or meeting.

How do I break up with someone I love?

Break-up Do's and Don'ts
Think over what you want and why you want it. Take time to consider your feelings and the reasons for your decision. ...
Think about what you'll say and how the other person might react. ...
Have good intentions. ...
Be honest — but not brutal. ...
Say it in person. ...
If it helps, confide in someone you trust.

How do you know if a relationship is worth saving?

Image result
The first way to know if your relationship is worth saving is that you are both committed to growth, individually and together. When couples reach out for support, they are often in a difficult time of heightened conflict, betrayal, or disconnect.



Is our relationship Worth saving?

Spoil yourself

This Christmas with the smelll YOU Love



With a few days to go till Christmas day we are all feeling a little overwhelmed (or is it just me?). Keep reading to find out why it's important to treat yourself this season.

With schedules filled with festive commitments such as attending social events, making time for family and friends, then finally the pressure of gift-giving. I wanted to share why I think it's important to treat yourself during the festive season. My guilty pleasure is a treating myself to a new scent this year.

The best present to buy yourself, from you, with love…is perfume. Nobody else quite knows the exact notes you prefer, nor can they tell how the fragrance settles onto your skin. We have our favourites of course, and one is the Lanvin Modern Princess perfume. A floral fruity fragrance, this scent is perfect for any modern day princess.

Spoil yourself!

Home made soap

Handmade soap retains all the moisturizing natural glycerin which also helps produce a rich luxurious lather. Thus skin-nourishing ingredients, plus superfatting and natural saponification create a soap bar full of moisturizing, natural oils, and natural glycerin.

What is the recipe for homemade soap?
Ingredients
⅔ cup unrefined coconut oil (to produce good lather)
⅔ cup olive oil (which makes a hard and mild bar)
⅔ cup almond oil (grape-seed, sunflower, or safflower oil will also work, just make sure it's a liquid oil)
¼ cup lye (100% sodium hydroxide … you can also find at local hardware stores) how to make soap in our next issue





Gift ideas for Christmas







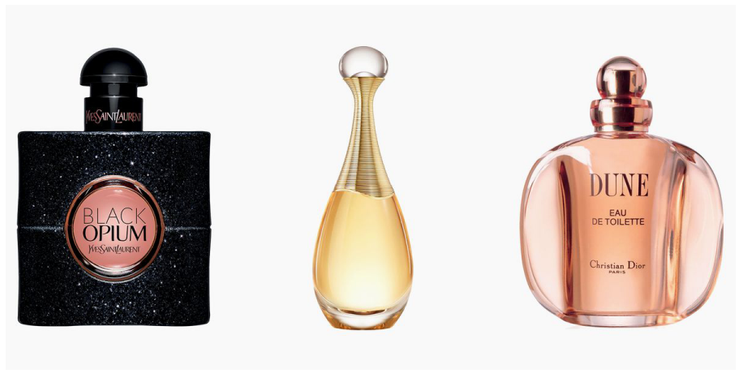
Gifts for the family















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