
Glamour Talk Mag
Online
June Issue 2021
Happy Father's Day!
Turn 'n Tender
celebrate 44
BAOBAB
SUPER FRUIT
POWDER
FOTOGRAAF
Albertus Kriel

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.

Baobab:

Stay healthy by eating healthy. Baobab super fruit suport your immune system fights inflammation and enhances digestion while you enjoy the light subtly tangy flavor

2.

Turn 'n Tender celebrate 44 years:

Turn 'n Tender celebrate their 44th birthday.

For more information:
Call: 016 100 4261

3.

Adoption options:

There is a few adoption options for you, should you want to adopt a child.

4.

Having your eye's tested:

Having your eye's tested regaulary if you are diabetic. Imran Tilly optometrist will see to your needs.



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 MODEL **01**

- *photo provided by anonymous*

5. BACK PAGE MODEL **26**

Anonymous -



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

EDITORS NOTE

What a great month I had with loads of fun.

We joined Turn 'n Tender for their 44th birthday celebrations.

I had a wonderful photo shoot at Turn 'n Tender Vaal mall with photographer Albertus Kriel, he is well known in and around the Vaal.

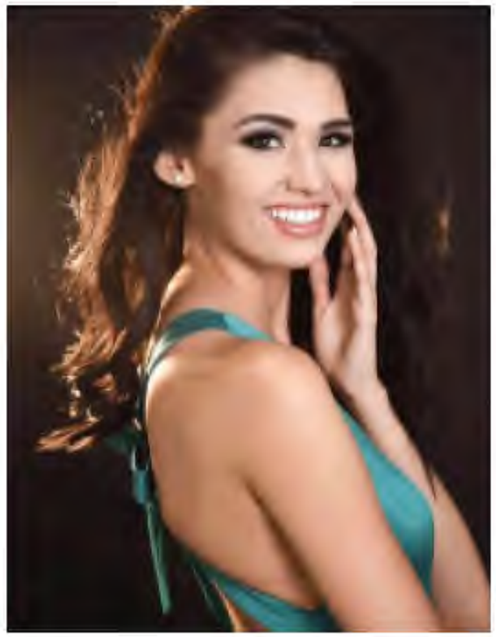
We are busy with some winter projects and would love to get the public involved by making donations.

- Soup in a Bag projects
- Soap project
- Blanket Drive.

Have a blessed month, stay safe and stay warm.

Ambassadors

Ané Oosthuysen & Sherlain Holmes



Ané Oosthuysen

As the winter is fast approatching I really feel that it has been laid upon my heart to start another project in order to give back to the community.

With the help of family and friends, I already managed to collect over 100 packets of 2 minute noodles and few bags of clothing items.

If you feel that you are in a position to donate anything to give back to people in need, please feel free to contact me On 083 529 1125 only Via WhatsApp.

If we all take hands and work together, we can really make an impact in our community during these trying times…

Follow me on Social Media.



Ané Oosthuysen and Simoné Egen 1st Princess Miss Teen Vaal 2021

“Life is not about you or who you are”

Life is not about you or who you are. It is about helping someone else mentally, physically and emotionally.
In these times that we are living in now, people want to prove to someone else when they are doing good to others or tell people what they have done for others.

We have all been put here for a purpose and all our disappointments, failures, and achieve-ments are there to uplift someone els.

Maybe someone is going through some-thing that you have been through a few years ago and you are able to give them advice and use your story to show them the light behind the tunnel.

Always try and look at the bigger picture when something happen to you.

Follow me on Social Media.



Sherlain Holmes



“Boost your immune system with Baobab superfruit power”



NUTRITIONAL INFORMATION		
BAOBAB POWDER		
	Per 100g	Per Serving (10g Serving)
Energy (kJ)	914	91
Protein (g)	3.6	0.4
Carbohydrate (g)	26	3
of which total sugar (g)	0	0
Total Fat (g)	0.2	0
of which saturated fat (g)	0.1	0
Dietary Fibre AOAC 991.43 (g)	49.2	5
Total Sodium (mg)	2	0

BOOST YOUR IMMUNE SYSTEM

Stay healthy boost your immune system with Baobab superfruit powder.

A low suger, nutriet-dense organic superfruit power for smoothies; mix with water for a natural sports drink, add to oatmeal, baked goods or yoghurt. Adds antioxidants, fiber and electrolytes.
Bursting with antioxidants
Contains 50% more antioxidants than blueberries, pomegrante, goji berries or acai.

Extremely high bioavailability so your body absorbs the ant-oixidant goodness Nutrient & Fiber Powerhouse - 50% fiber (the majority soluble fiber) to help lower inflammation in the body.

An excellent source of electrolytes,more potassium and magnesium than bananas or coconut water

- Organic
- Raw -
- Vagan- Sustainable
- Gluten-free - Whole Food.
- Re-sealable pouch contains 200 grams of powder

Where can you find this product?

African Health Products web-site
www.africanhealthproducts.co.za

BAOBAB

SUPER FRUIT POWDER

The high omega-3 fatty acid in baobab oil is also good for your hair. When used as a hair mask or a leave-in conditioner. Baobab oil may help moisturize dry hair and strenghten weak brittle hair.

Baobab powder comes from the fruit of the baobab tree, which has been revered from centuries as “the Tree of Life”.

Baobabs grow wild throughout Africa and can become massive - the largest recorded baobab tree is 98 feet tall and 36 feet in diameter.



Stay healthy by eating healthy.
Baobab super fruit powder supports you immune system fights inflammation and enhances digestion while you enjoy the light subtly tangy flavor.

“Albertus Kriel Fotograaf”



Albertus Kriel
Fotograaf: Francois Booyens

Die welbekende Albertus Kriel het 10 jaar gelede besluit om fotografie te probeer.

Hierdie man lyk net so goed voor die kamera as daar agter.

Nadat hy sy videokamera tydens ‘n huis inbraak verloor het, het hy vir hom ‘n DSLR kamera aangeskaf en ‘n fotografiekursus bygewoon.

Die res is geskiedenis hy en sy kamera is onafskeidbaar.

Albertus se foto’s verskyn gereeld in die plaaslike media. Hy neem professioneel foto’s by troues en verlowings en word ook as korporatiewe fotograaf ingespan.

Albertus word as een van die Vaaldriehoek se BESTE fotograwe beskou.
Hy geniet dit die meeste om monochroom (wit en swart) foto’s te neem.

Hy sê dat hy deur sy fotografie mense wil bewus maak om alles rondom hulle regtig waar te neem en te waardeer.

Ek was in die bevoorregte posisie om my lyf model te hou voor sy kamera lens.

Gelukkig is Albertus ‘n baie gemaklike persoon en laat jou op jou gemak voel, ‘n foto sessie saam met hom was soos”*a walk in the park”.*

Ek het elke oomblik geniet en ek is gek oor my foto’s.

Hou gerus hierdie stil beskeie man dop want sy passie as fotograaf is bitter groot.

Hier is ‘n paar van Albertus se foto’s wat in die Vaalweekblad verskein het.

“Albertus word as een van die Beste fotograwe beskou”









Albertus Kriel van Vereeniging het die treffende foto geneem. Albertus neem professioneel foto’s en belangstellendes kan hom kontak by 083 469 3942.



Turn ‘n Tender

Celebrating 44 years

SPECIAL EDITON

Turn ‘n Tender finally reached the tender age of 44.

We’ll provide the space for you to celebrate in your own style. Whether it’s a private party, year-end function, birthday celebration or anniversary. Make sure to book your table and make it legendary.

The service is excilent and the food is out of this world. For the best steak in town you need to experience it for yourself.

If you haven't visited Turn ‘n Tender yet, you need to.

Sunday’s were made for burgers, end your week with a treat for your tastebuds.

You will love us…

HAPPY BIRTHDAY TURN ‘N TENDER

Glamour Talk Magazine would like to wish you the best birthday ever, may your business grow from strenth to strenth.
May your business be blessed. Thank you for excilent service and the best steaks in town.





The BEST steaks is served at Turn ‘n Tender - WAGYU BEEF



Glamour Talk Mag visited Turn ’nTender to celebrte their 44th birthday.

We were fortunate enough to have been able to celebrate Turn N Tenders birthday with them.

The special that was served was so increadibly delicious that one can not even begin to describe just how amazing the food is and the service is top notch.

"Bottomless BUBBLES Hotel Lounge Area?"



Enjoy bottomless Bubbly every Saturday and Sunday, 15h00 - 18h00, at High Stakes Restaurant or Emerald Hotel Lounge Area, guests will be able to enjoy BOTTOMLESS, that's correct BOTTOMLESS Krone Sparkling Wine for R190 per person. T&C's apply.

High Stakes Restaurant (016) 982 8355

BLANKET Drive

Collecting **BLANKETS** to warm up the needy this winter.

All blankets to be collected Between 20 May - 6 June 2021



For more information contact
Meriska 083 643 4262
Or Charmaine 072 768 8582

ADOPTION OPTIONS



"If your biological children are older, it's important to keep them as involved in the process as possible, so that when the baby arrives, everyone is ready".

What is the 4 types of adoptions?

Children now living in foster care. These are children whose birth parents cannot care for them and whose parental rights have been terminated.

The main categories of adoption are:

- Adoption by step parents
- Adoption by foster parents
- Adoption by relatives
- Adoption from care
- Adoption by a single person
- Same sex couple adoption
- International adoption.

All prospective parents are required to undergo a screening and preparation process.
Once the child has been with the new parents for a period of time and the social worker has assessed the adoption to be in the best intrests of the child, the adoption is finalised through the Children's Court.

Things you need to know before starting the adoption process:

- Be patient
- Decide on an agency or lawyer
- Decide on a closed or open adoption
- Prepare your paperwork
- Talk to other adoptive parents
- Get your finances in order
- Be hopeful
- Get on the same page with your pearents
- Consider the child you want.
- Do some re surch

"Adopting a child "

HAVE YOUR EYE'S TESTED



It may surprise you that having your eyes tested regularly may result in early detection of a serious illness.

Eyes are sensitive indicators And may reveal vision problems, eye diseases and general health irregularities.

How often should you get your eyes tested?

It's recommended that most people should get their eyes tested, every 2 years.

Regular eye examination are important because having your vision corrected can

Improve the quality of day-to-day life. Testing regularly will help detect certain eye conditions such as cataracts, glaucoma and age-related macular degeneration, which could lead to sight loss.

Imran Tilly Optometrist for ALL your eye testings needs.

We have four branches in the Vaal for your convenience.

We strive to give you the best service & quality.

We have a variety of fashionable frames.

"Imran Tilly Optometrist"

"Fashionable Eye wear "

Imran Tilly Optometrist does ALL types of eye testings.

We have four branches for your convenience.

- Vereeniging (016) 422135/2533
- Three Rivers (016) 454 0667
- Meyerton (010) 630 0530
- Sasolburg (016) 976 9530

We strive to give you the best service & quality.

Don't delay have your eyes tested today at one of our four branches.







Spoil yourself

WITH THESE EASY HOME SPA TREATMENTS



Relaxing Bath treatment:

1 x Quarter cup rose water
1 x Quarter cup coconut oil

Soothing Face mask:

2 x Teaspoons Honey
1 x Quarter cup Oatmeal

Body Scrub:

1 x Cup brown suger
1 x Cup Olive oilAG

Anti - redness blemish treatment:

1 x Raw egg yolk
Few drops lemon juice.

Spoil yourself once in a while with these easy home spa treatment, invite a few friends over make healthy snacks and enjoy a day with your friends.

HEALTH LAB

Wellness and nutrition, at your fingertips

Sneezing = sorted

Allergues are the worst! So we have some simple precautions that you can take to help keep the sneezing at bay, all day.

Sunny or not, keep those shades on when you leave home because
Pollen can enter your body through your eyes.

Big day at work? Do some breathing, stress tends to trigger allergies more often.

Since pollen can latch on to your clothing, try to change your outfit when you get home and leave your shoes at the door.

Rather take a shower to rinse off any residual allergens.

Rather keep your windos closed.

Keep your medication close and rather use it when you start feeling the allergies.



"ADVERTISE YOUR BUSINESS - SUPPORT OUR ADVERTISERS."





















Grandfather, Son & Grandchild

Happy Father's Day

"Be the HERO your child wants you to be"!
Be their for your child every step of the way no matter what.

Happy Fathers Day, to all Grandfathers, Fathers and Fathers to be

We celabrate Fathers Day world wide to recognize the contribution that Fathers and Father figures give to the lives of their children.

Spoil your Father with something nice this Fathers Day.

The quality of a Father can be seen in the goals, dreams and aspiration he sets not only for himself but for his family aswel.

Being a father is a very important role in a family, There is so much that a father should do like providing for his family physically, mentally, emotionally and also financially. This is usually easier said than done so thank you to the great fathers out there

WINTER FASHION FOR MEN



WINTER SECTION

Winter is slowly approaching us, this is going to be one of those cold winters.

Stay warm this winter!











Dress comfortable, Buy clothes that you can mix and match.

Make sure to stay warm this winter.



MAGAZINE

The look

NEXT ISSUE: Grandchildren, Making some Me time
Men's winter Fashion