Glamour Talk Mag

Online
May Issue 2021



"A MOTHER'S LOVE IS UNCONDITIONAL"

Happy Mother's Day

9 May 2021

Media House

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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:

Media House:
Meet the owner Charmaine Britz and the Ambassadors of the Media House

2.

Royal Swan Bridal Boutique bring you your dream winter wedding.

Meet Mariska Venter owner of Royal Swan Bridal Boutique in Vanderbijlpark.
Wedding in the winter.

Are you planning a winter wedding this winter? Then you need to visit Royal Swan Bridal Boutique for all your wedding and evening wear.

3.

Heidi Barkley owner of Hydes Centre ladies gym.

Meet the beautiful Heidi Barkley personal trainer for a few tips on how to stay fit this coming winter.



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

2. AMBASSADOR 04

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

3. AMBASSADOR 10

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

4. COVER PAGE MODEL 12

Mom and Baby - photo provided by anonymous

5. BACK PAGE MODEL 20

Anonymous - Ladie having coffee.



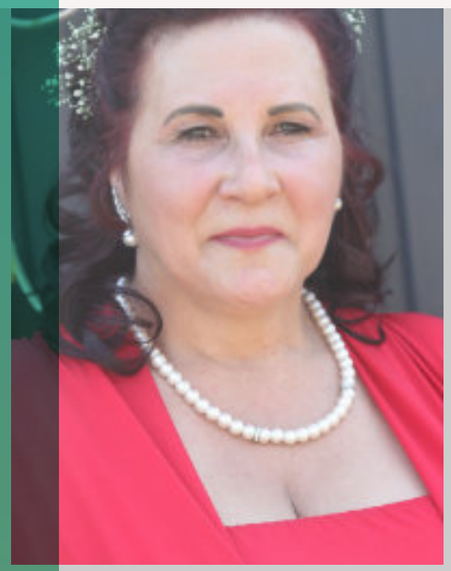
EDITORS NOTE

It's the month of May, I am so excited to bring You our reader the NEW look Magazine.
I trust that you will love it like I do.

Those of you who knows the magazine will notice the difference. Glamour Talk Magazine is still in our baby shoes, slowley but surely we will get there.

We would like some feed back from you. We have big dreams for this magazine.
We will soon celebrate our 1st birthday.

Media House



CEO - Charmaine Britz

MEET THE MEDIA HOUSE TEAM

Business woman Charmaine Britz started her career in media 21 years ago. She said never in her life did she think that she would become a business women let alone in the media industry.
Today it's her passion and she love what she is doing. With a great team of Ambassadors there is allot more to come.
This is not just any team, this is a dream team. Young Ambassadors with brilliant ideas.

It's very exciting work, every day something new, each page a creation.

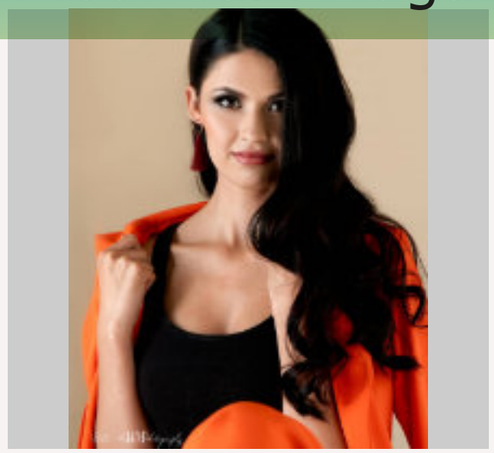
It makes you feel good when you get feed back from people saying they love the magazine.

I just Love what I do, we have great ideas for the month's to come. We trust that you will love what we have to offer you.

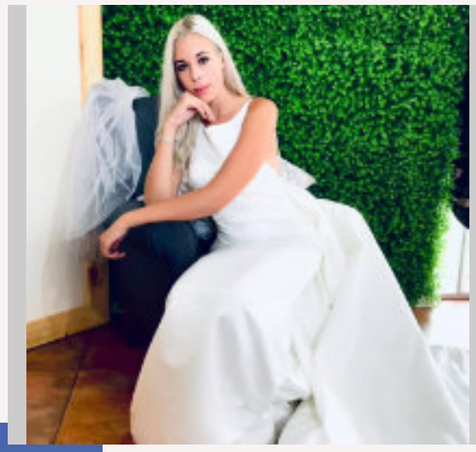
Blessed we are indeed, greatful for each day that we get to creat something new.

Follow us on Social Media.

Glamour Talk Magazine

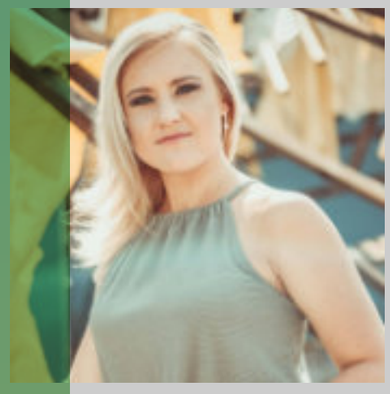


Ané Oosthuysen



Sherlain Holmes

Top Vibe Magazine

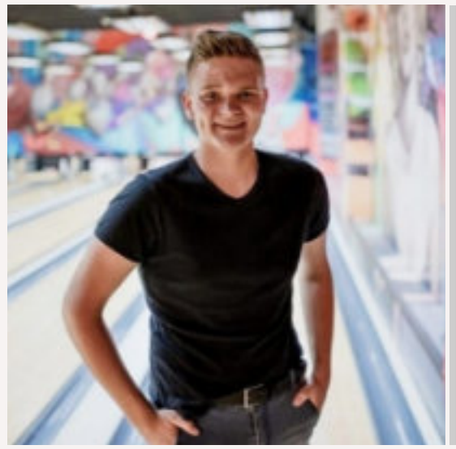


Chantelize van den Berg

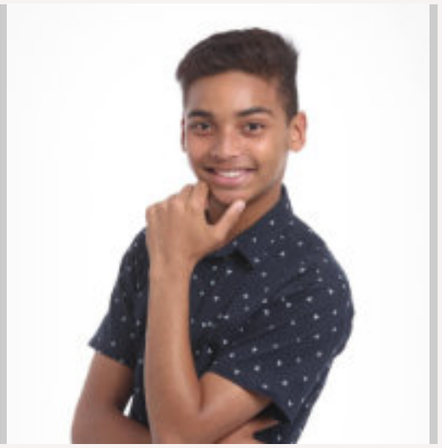


Valmarie Volschenk

Top Vibe Kids Magazine



Dillan Dè Paiva



Etienne Joseph



Chanel Rautenbach

“Boost your immune system with Baobab superfruit power”

organic-baobab-fruit-powder



NUTRITIONAL INFORMATION

BAOBAB POWDER

	Per 100 g	Per Single 10 g 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.

“A mother's love is unconditional”

Of all types of love, a mother’s is the strongest. The love between mother and child arises instantly, as a bond uniting two bodies and souls. A mother’s love is unconditional and eternal.

A mother’s instinct to protect her offspring begins from the moment she knows she is pregnant.
Over the following nine months, although she is yet to see her child, he or she becomes the most precious thing in the world.

Babies have a certain servival instinct. They are born with a handful of strategies or “tricks” that encourage the adult around them to protect and care for them. The relationship between mother and child is different. It goes beyond the baby’s survival instinct.

Mother’s offer unconditional love, which diesn’t depend on the child’s circumstances or charecteristics. A child’s relationship with their mother also beigins from a place of love.

A child do not have to win a mother’s love every child deserve to be loved.

When we take on the role of motherhood,we reveal a new part of ourselves. We are stronger, capable of sacrificing everything for our children.









As a biological mechanism, this bond is vital. Babies are not capable of surviving alone and need an adult to feed, protect and care for them until they are capable of taking on life on their own.

The protection we get from this unconditional love helps us to grow up with an emotional safety net.

Our Mother’s love sustains us, just as we are, without changing, and helps us move forward with self - confidence.

“Unconditional Love, Eternal Love - A Mother’s Love”

Royal Swan
Bridal Boutique

Royal Swan Bridal Boutique
Your dream Wedding and Evening wear



WEDDING
IN THE WINTER

SPECIAL EDITON

Winter weddings can be just as beautiful as any other time of the year. The best thing about winter weddings is saving money. Wedding Venues are considerably cheaper out of “weding season” but many vendors and wedding services providers offer winter wedding specials to boost the business during this quiet.

Your guests will be able to have cheaper accomodations. If you plan a formal wedding, you bet you’ll hear much less complaining from the guests in black - tie attire when it’s cold outside.

You will have less stress, there will be no rain. The venue will have more dates at better rates available. The venue’s is more flexibil the setup can be done early and the break down later.

ROYAL SWAN BRIDAL BOUTIQUE

Make use of a boutique that can offer you your wedding dress and the bridsmade dresses. It’s just less stressful to stop at one shop to do the fitting and to collect everything before the big day.







WEDDING CAKE

Wedding Cake options: Most people take a wedding cake and give it as desert. That you you don’t can take the desert of the menu.
Cupcakes is ideal for your guests that way everbody gets there own cake.

Planning your winter wedding:

- Checking the average minimum wintet tempertures of the wedding destinations you’re considering before deciding on one.
- In cooler areas of the country, or those affected by winter rainfall, look for a warm and cosy inside wedding venue, preferably with a large fire-place and/or artificial heating.
- In milder areas, an outside venue is still possible but do make sure that there are plenty of patio heaters and blankets available.
- Thinking about having the service and reception in the warmer daylight hours, instead of in the evening.
- Make sure there’s an area where guests can safely store their jackets and coats while they’re enjoying your hospitality.

"People of all ages, fitness levels and income levels are hiring personal trainers to help them meet their health and wellness goals".

A trainer can help you get in shape, lose weight. Personal trainers can help you with a exercise program and a healthy eat plan.

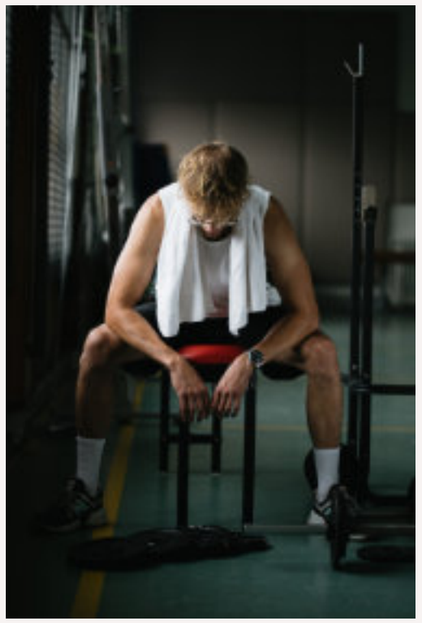
Not seeing results:
Great tips for an effective workout " If you've been exercising consistently for several weeks or months and ar'nt loosing weight reaching your goals, there are a few ways a trainer can help.

- Evaluate your current program.
- Examin your goals. Is your goals realistic?
- Help you stay motivated.
- Push you a little harder.
- Hold you accountable
- Teach you how to lift weights properly.

You may find that you are getting results - just not in the way you expected. A personal trainer can see your situation more clearly from the outside and can offer you a new perspective.
You might decide that you only need a few sessions with a trainer to tone your skills or get inspired.Once you get some new ideas for exercises and workouts, you might be ready to get back to a routine on your own.

You need a personal trainer to get the results you want.

"Personal Trainer Do you need one?"





GET A PERSONAL TRAINER

It's best to get a personal trainer, that way he/ she can help you to reach your goal sooner.

Things to do:

- Drink about 8 glasses of water every day.
- Eat healthy food.
- Get enouth sleep and make time to rest.
- Make fruit part of your diet.
- Stay possitive.
- Keep on training during the winter months.



1. NEED A FITNESS FIX?

You can do this! Get the body that you always wanted.

2. GET THE BODY YOU WANT:

Get the body that you always wanted with Hard work and dedication.

THE VERTICAL LIPS



“Lips - let your lips do the talking ”

Lips - Creating the illusion of fuller lips by using two different shades from the same colour. Use the darker shade on the outside and the lighter shade on the center of the lips.

Wear different shades in different seasons. Bright colours in the summer, softer colours in the winter - warm pink or bronz can by very attractive in the winter..

Working late?



It’s one of the most taboo things you could do at the office. No, not getting drunk and mouthing off to you boss. This is a practice so scandalous that even Facebook’s CEO hestitated before finally spilling her little secret. ‘I walk out of the office every day at 5 pm” In todays job market, it takes a brave women to confess ahe leaves the office when the clock strikes five.

How much is too much?

You may feel that the boss is judging you whenever you leave at five on the dot, even if you know all your projects are completed. There are few workplaces that are free of tension and politics, but unless you are slacking off during work hours and staying late to catch up, you should not be afraid at the end of your scheduled work day.
Only you can stop this.

Drawing a line.

Saying NO can be dificult - especially when the tone is being set from high up. Know what is expected of you. Find out what your deliverables are and what the expectations are with regards to quality and timelines.

You are allowed to take you tea time and lunch time make use of it….

1. IT’S 6:30 PM AND YOU STILL AT WORK

Just like every other night, staying on at work.

2. HOW MUCH IS TOO MUCH?

You have to put a end to staying on late at work!

Health & Well- being

1.BELLY BLAST

Eat healthy stay, healthy

Belly Blast

DID YOU KNOW?

People with thicker waists and more fat around their middle section than average are at a high risk of death, even if they’re no actually considered overweight, studys shown.

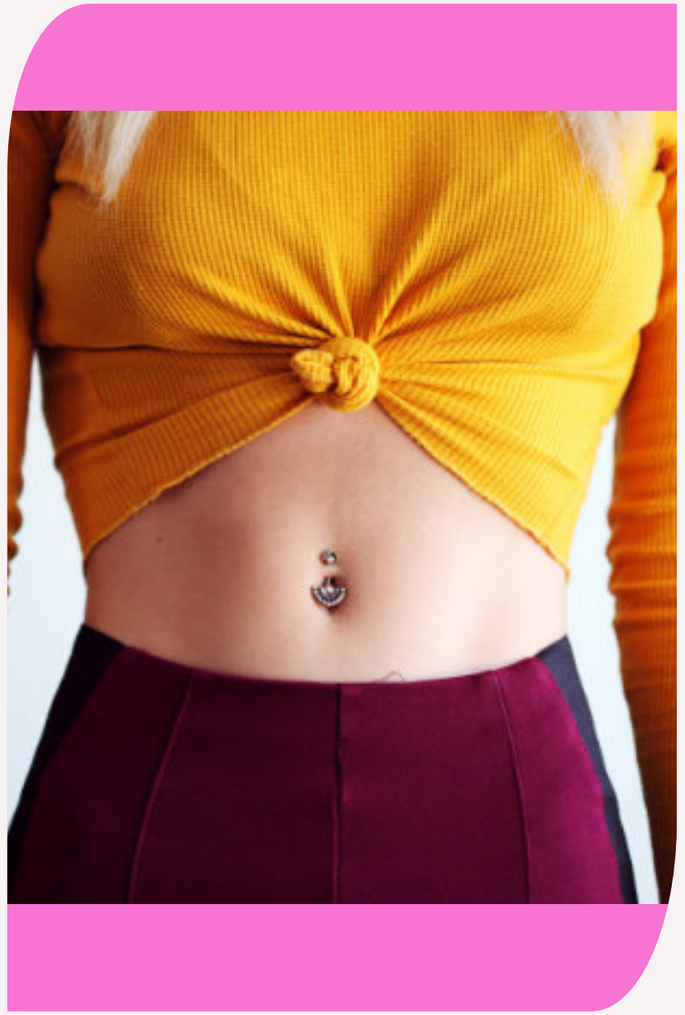
How to tell?

For women, a waist measurement of 89cm or more indicate a change in your lifestyl may be necessary.

Start here!

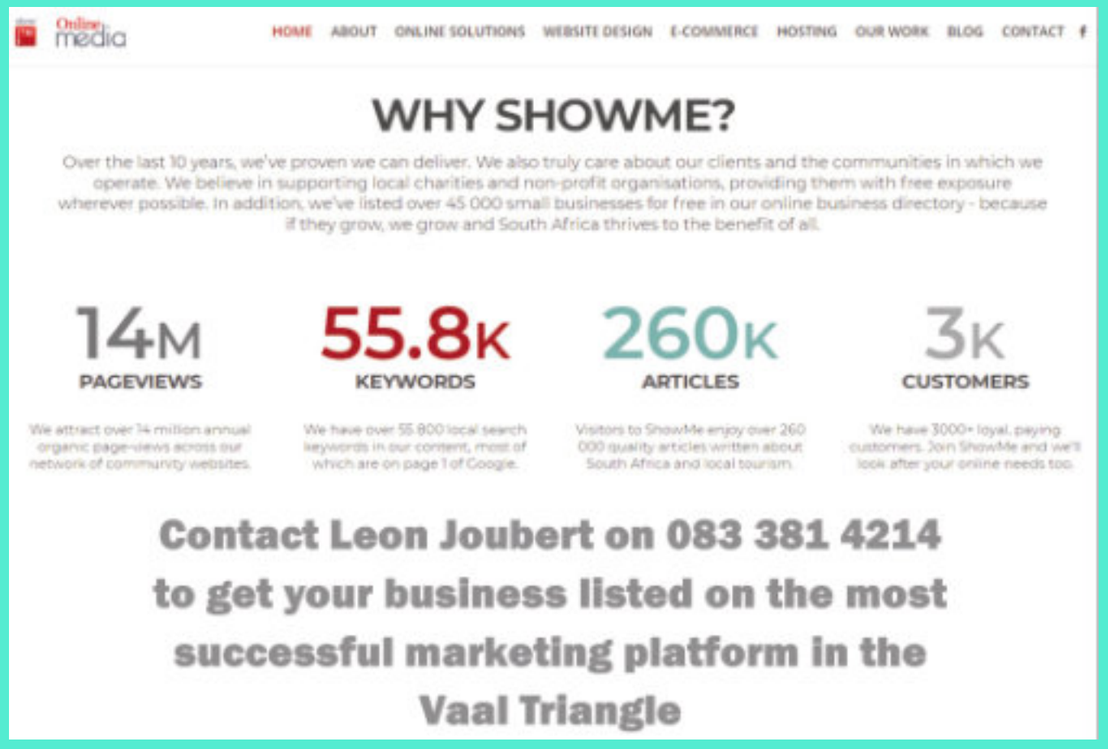
Exercise alone won’t work start with a healthy, well
- Balanced eating plan

Do a comination of cardio and weight training to melt fat.



"ADVERTISE YOUR BUSINESS - SUPPORT OUR ADVERTISERS."





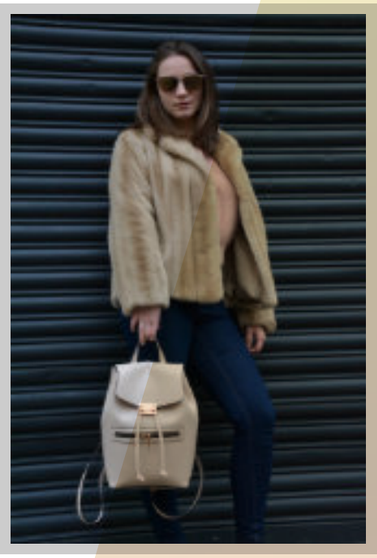




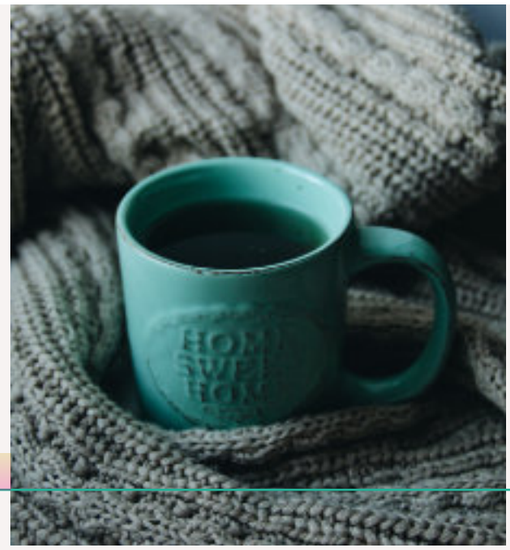












WINTER SECTION



STAY WARM THIS WINTER

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

Stay warm this winter







Winter doesn’t have to be doom and gloom. Stay warm this winter!

With a few jeans, scarfs and jackets you will be ready for the winter. When you go out to buy some winter clothing you need to bare in mind that you already have most of the clothing that you will need, so you only need to buy a few accessories to keep your look unique and stylish.

Make sure to buy comfortable boots that will match most of your outfits, You will also need to get yourself a few pairs of thick and warm socks as boots usually hurt your feet especially when they are new.

Try to mix and match most of your clothing that way you don’t need to spend a huge amount on winter clothing.

The best way to go shopping when you are shopping on a budget is to make a list of items that you have and a list of items that you require. That way you won’t end up spending unnecessary money on stuff that you really don’t need.

CHANGE MAKER



Erika Labuschagne

The Vaal Pageant is not only a pageant but a "Change Maker" and strive to make a positive impact in the Vaal.
As former Mrs South Africa Globe 2019, and Queen of Africa 2020 Erika Labuschagne definitely brought her a game when taking ownership of the Vaal's most prestigious pageant and become the new CEO of the Vaal Pageant in 2019.

Erika is a qualified beautican, educator and makeup artist.
She has also featured in TV Series Getroud met Rugby and Binnelanders and is a co-host of a Woman Talk Show "Die ABC van Vrouwees" on IFM 102.2

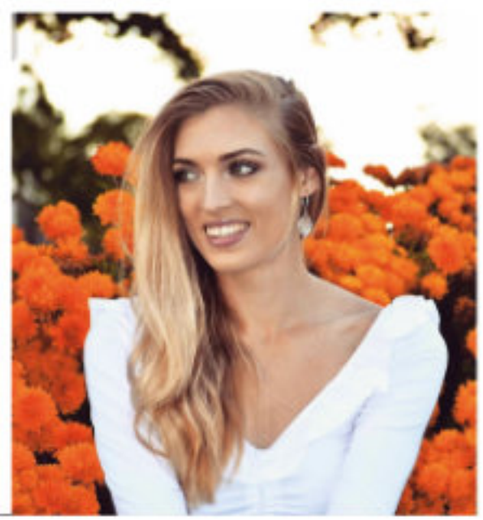
Erika asked Carolyn Baldwin Botha, CEO of Africa Pageants to be a mentor for the pageant as Carolyn does roughly 14 pageants a year without fail, and also has a license for about 52 linernational Pageants.

In 2020 Africa Pageants become an official sponsor of the Vaal Pageant.

Erika Labuschagne CEO of The Vaal Pageant.
Mrs South Africa Globe 2019 and Queen of Africa 2020.



The current Mr Vaal 2020/2021- Werner Volschenk.



The current Miss Vaal 2020/2021 - Franzé Janse van Rensburg.

Vaal Pageant

The Vaal Pageant produce creative and quality events that offer both the enjoyment of competition and personal growth for our participants providing them the ideal platform to establish themselve as a change maker, influencer, and public figure.

We operate with the highest level of integrity and professionalism. Our annual Vaal Pageant is judged by professional, qualified judges with the necessary skill sets to ensure a fair competition.

Entry form to The Vaal Pageant 2021/2022
www.vaalpageant.co.za
The Vaal Pageant 5 & 6 November 2021.

Enter the Mr, Miss & Mrs Vaal pageant today!
We will be selecting 10 Males and 10 Femails in each category as finalists.

Entry Fees

This Entry is Free - Entries close 30 June 2021.
If you qualify for the Top 25 there will be an entry fee of R200 (Top 25 will be announced on 5 July 2021. If you qualify for the Top 10 there will be an entry fee of R200 & 10 tickets for the gala event. (Top 10 will be abbounced on 3 Septemeber 2021)

Categories:
Mr & Miss Petite Vaal 7-9 years
Mr & Miss Pre Teen Vaal 11-13 years
Mr & Miss Teen Vaal 14-17 years
Mr & Miss Vaal 18-25 years
Mrs Vaal 26-39 years
Mrs Vaal Curve 26-39 years

1. PRESTIGIOUS PAGEANT

The Vaal Pageant is one of the most prestigious pageants in the Vaal Triangle since 2006.





The current Mrs Vaal 2020/2021 Thando Marabe



MAGAZINE

The look

Winter is approaching, look out for our Winter look!
Home décor, winter food, and may more…..