
Glamour Talk Mag
Online
November Issue 2021
14 November -
National
Diabetes Day
Matric's
2021
Cover page model
Elsjè Janse van Rensburg
CLAIRE HOPKINS KEEPER
DEBBIE DU PLOOY
PHOTOGRAPHY
facebook

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CONTENT

Glamour Talk Magazine

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1.

14 NOVEMBER DIABETES DAY:

It's National Diabetes Day on 14th November 2021.

2.

MATRIC'S 2021:

We bring you some of the Vaal's Matric's of 2021.

3.

CLAIRE HOPKINS - KEEPER:

New release of Claire Hopkins - Keeper. Page 8 & 9

4.

ADVERTS:

Adverts on page 6 & 7
Sparkling Neals by Michelle
Kate's Keto Meals

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

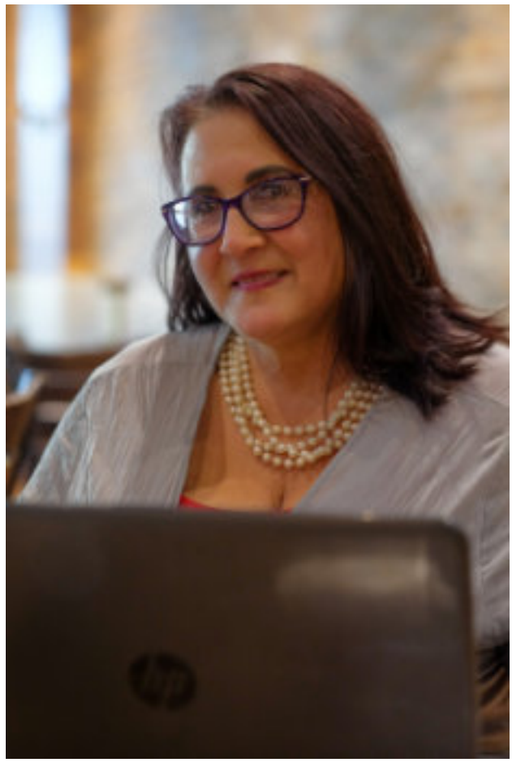
Our Glamour Talk Magazine Ambassador Sherlain Holmes will bring you something new every month.

4. COVER PAGE: 01

Elsjé Janse van Rensburg - Matric 2021

5. BACK PAGE MODEL 20

Photo provided by anonymous -



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

REDAKTEURS Nota

November maand is hier en uiteindelik is dit tyd om die Mr & Miss Vaal 2021 aan te kondig by 'n glans geleentheid wat plaas vind op 5 & 6 November by Emerald Casino & Resort.

Die jaar het soos blits verby gevlieg, en ons staan al weer einde se kant toe.

Loer gerus na ons pragtige Martiek leerders.

Volg ons op Facebook en Instagram.

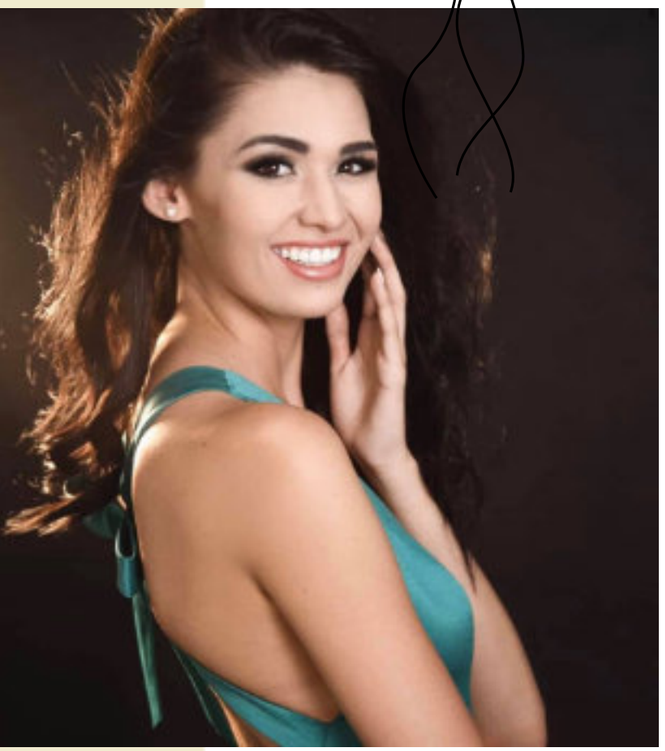
Bly veilig dra jou masker.

Totsiens tot volgende maand

Charms

AMBASSADORS





November month.

November month is a month where we can cast our VOTES!

It's also National Diabetes day on the 14 th of November.

Be aware of what you eat and drink you don't want to be struggling with diabetes.

I'm looking forward to the hollidays and Christmas I just love gifts.

Remenber wwe must rather give than to receive.

You can follow me on Social Media.

Take care be safe wear your mask .

Have a super month goodbye till next time.

Love

Ane



November.

The month of being grateful for what you have.
We always live in such a race and sometimes we just need to take a moment and see what we can be grateful for.

Ways on how you can spend sometime with yourself and family.

- **sit around a table and speak to one another.**
- **take some time to just relax in the bath.**
- **have a tan outside with ice cold water and enjoy the nature.**
- **uplift others around you and give them a compliment.**

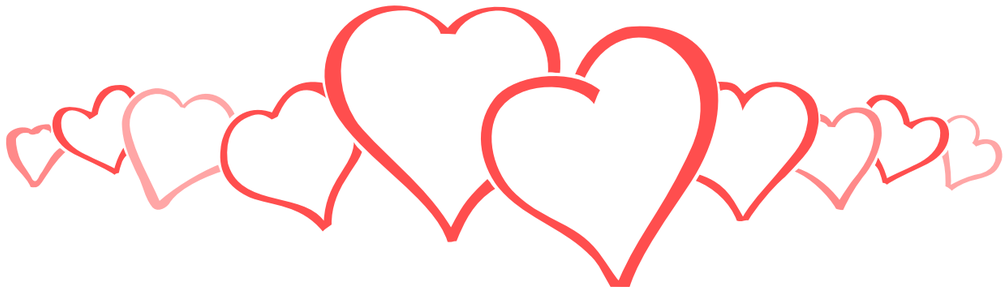
Take a moment and see what you are grateful for.

Every day is a blessing we, need to embrace it.

Please take care till next month.

Love

Sherlain.





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CLAIRE HOPKINS STEL POSITIEWE NUWE COUNTRY-/ POPSNIT, KEEPER, BEKEND



Volgens Die Woordeboek, is ’n “keeper” iemand met goeie eienskappe waarmee jy ’n blywende verhouding kan hê. Dit is presies wat die sanger en liedjieskrywer, Claire Hopkins, gevind het toe sy haar kêrel Stuart ontmoet het en hy is ook die inspirasie agter haar eerste oorspronklike enkelsnit.

KEEPER is dié beeldskone jong kunstenaar se eerste oorspronklike liedjie, maar haar derde vrystelling – sy het vroeër vanjaar weergawes van Drunk en Undo It uitgereik.

Haar tweede oorspronklike snit word reeds vervaardig en ‘n musiekvideo *KEEPER* sal ook binnekort bekendgestel word.

KEEPER is ’n country-/ popsnit, wat haar stem soos ‘n handskoen pas. Dit gaan daaroor om iemand spesiaal te ontmoet en dadelik te weet dat julle vir mekaar bedoel is. “Nadat ek uiteindelik die moed bymekaar geskraap het om weg te stap van ’n onstuimige vyfjaar lange verhouding, het ek byna heeltemal vergeet wie ek is,” deel sy. “So, toe ek vir Stuart ontmoet het kon ek amper nie glo dat iemand soos hy in my belangstel nie. Hy is baie volwasse, goedhartig, gaaf, liefdevol, ondersteunend

en gedrewe. Ons het baie pret saam en kan net onsself wees in

mekaar se geselskap.”

“Buiten daarvoor dat die liedjie baie persoonlik is, weerspieël die wysie en tempo die pret en geluk wat ons deel,” sê Claire. KEEPER is opreg, rou en outentiek en die lirieke vertel hoe sy die liefde van haar lewe ontmoet het. Sy glo dat dit goed ontvang sal word, juis omdat dit so lighartig, positief en prettig is. “Gedurende ’n tyd waarin ons konstant omring word deur slegte nuus en negatiwiteit, is my wens dat KEEPER vir ander mense hoop en vreugde sal bring. Dit moet luisteraars laat goed voel, al is dit dan nou net vir ’n paar minute.”

Claire is in Durban gebore en het saam met haar gesin na Johannesburg verhuis toe sy vier was. Sy was haar hele lewe lank passievol oor musiek en het reeds op hoërskool professionele sanglesse ontvang. Op sewentien, het sy haar weergawe van Adele se Someone Like You professioneel laat opneem.

Tans is sy besig met haar internskap in Opvoedkundige Sielkunde en spog sy met ’n Onderwysdiploma, twee honneursgrade (Opvoedkundige Sielkunde en Remediërende Terapie) en ’n meestersgraad (Opvoedkundige Sielkunde).

Vir Claire, hou haar liefde vir musiek nou verband met haar loopbaan. “As ’n sielkundige, werk ek daagliks met mense se stories, gevoelens, emosies en ervaringe. Op dieselfde manier, skep musiek ’n platform vir mense om hulleself uit te druk en hulle stories te vertel.”

Sy voeg by: “My liefde vir musiek is multidimensioneel. Eerstens skep dit ’n geleentheid om met ander mense te kommunikeer; tweedens is daar ’n genre vir elke bui; derdens is daar ’n liedjie vir elke lewenservaring; en laastens skep dit ’n platform om jou ervaringe te deel en jouself uit te druk. Vanuit ’n kuns- en professionele perspektief, is my doel om ander te laat goed voel. Ek wil hulle ondersteun en laat besef dat hulle nie alleen is nie.”

Haar familie, vriende en verhoudings inspireer haar, asook die begeerte om vreugde, hoop en positiwiteit te versprei. Alhoewel sy eintlik net ’n paar liedjies wou opneem vir haar familie om te geniet, het die geleentheid om haar eie liedjie te skryf en op te neem haar uit haar gemaksone gedruk en laat besef dat haar musiek potensiaal het. “Dit was sover ’n baie lonende en vervullende reis en ek is dankbaar vir die kans om hierdie aspek van myself te ontwikkel.”

Wat haar planne vir die toekoms aanbetref, verklap sy dat sy dinge gaan vat soos dit kom en kyk waarheen die lewe haar lei.

KEEPER is nou beskikbaar op alle digitale platforms. Kry dit hier:
https://music.apple.com/za/album/keeper-single/1587180630
https://open.spotify.com/track/4khFeBjVBhn1jGnv8x3tAN?si=lX0KtFxzTAKtfRyaxAxh_w
https://music.youtube.com/watch?v=-_A4OMLNp8g&feature=share

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Jaundice is yellowing of the eyes and skin. Most people with pancreatic cancer (and nearly all people with ampullary cancer) will have Jaundice as one of their first symptoms.

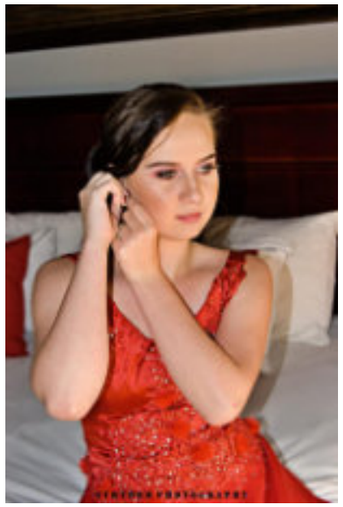
Jaundice is caused by the buildup of bilirubin, a dark yellow-brown substance made in the liver. Normally, the liver releases a liquid called bile that contains bilirubin. Bile goes through the common bile duct into the intestines, where it helps break down fats. It eventually leaves the body in the stool. When the common bile duct becomes blocked, bile can't reach the intestines, and the amount of bilirubin in the body builds up.

Cancers that start in the head of the pancreas are near the common bile duct. These cancers can press on the duct and cause jaundice while they are still fairly small, which can sometimes lead to these tumors being found at an early stage. But cancers that start in the body or tail of the pancreas don't press on the duct until they have spread through the pancreas. By this time, the cancer has often spread beyond the pancreas.

When pancreatic cancer spreads, it often goes to the liver. This can also cause jaundice.
There are other signs of jaundice as well as the yellowing of the eyes and skin:
Dark urine: Sometimes, the first sign of jaundice is darker urine. As bilirubin levels in the blood increase, the urine becomes brown in color.
Pain in the abdomen (belly) or back is common in pancreatic cancer. Cancers that start in the body or tail of the pancreas can grow fairly large and start to press on other nearby organs, causing pain. The cancer may also spread to the nerves surrounding the pancreas, which often causes back pain. Pain in the abdomen or back is fairly common and is most often caused by something other than pancreatic cancer.
Unintended weight loss is very common in people with pancreatic cancer. These people often have little or no appetite.

If the cancer presses on the far end of the stomach it can partly block it, making it hard for food to get through. This can cause nausea, vomiting, and pain that tend to be worse after eating.

Matric's 2021



Charlotte Malherbe



Juanique Smith



Valmarie & Mevesh



Jessie & Valmarie



Elsjè Janse van Rensburg



Melene Pretorius



Dillan Dè Paiva



Etienne Joshep

14 November - National Diabetes Day



National Diabetes Day occurs every November, with World Diabetes Day on November 14. November has been designated for diabetes awareness since 1975, according to the American Diabetes Association (ADA)

World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

Join us in observing National Diabetes Awareness Month by getting involved in one of these efforts: Find a World Diabetes Day event near you led by the International Diabetes Federation. Post about National Diabetes Awareness Month on social media using hashtags #NDAM and #DiabetesAwarenessMonth.

Can I donate blood if diabetic?
People with type 1 and type 2 diabetes are eligible to give blood donations. You should have your condition under control and be in otherwise good health before you donate blood. Having your diabetes under control means that you maintain healthy blood sugar levels.

How can we promote diabetes awareness?
10 ways to raise diabetes awareness
Use social media to educate people. ...
Create your own fundraiser or event. ...
Find or start a diabetes support group. ...
Sign petitions or write to your representatives. ...
Call Congress. ...
Keep learning about diabetes. ...
Do something good for your health. ...
Wear blue.

What foods can diabetics eat freely?

The 21 Best Snack Ideas If You Have Diabetes
Choosing healthy snacks can be difficult when you have diabetes. The key is to choose snacks that are high in fiber, protein and healthy fats. ...
Hard-Boiled Eggs. ...
Yogurt with Berries. ...
Handful of Almonds. ...
Veggies and Hummus. ...
Avocado. ...
Sliced Apples with Peanut Butter. ...
Beef Sticks.

What are the 5 worst foods for diabetics?

Sugar-sweetened beverages. Sugary beverages are the worst drink choice for someone with diabetes. ...
Trans fats. Artificial trans fats are extremely unhealthy. ...
White bread, rice, and pasta. ...
Fruit-flavored yogurt. ...
Sweetened breakfast cereals. ...
Flavored coffee drinks. ...
Honey, agave nectar, and maple syrup. ...
Dried fruit.



Spoil yourself

WITH THESE EASY HOME SPA TREATMENTS



For those who have tired achy feet, these baths can help bring some relief and a reduction of stress. A foot Spa can help provide circulation, muscle relaxation, a reduction in inflammation, relief from arthritis, and therapy for light injuries such as sprains. It brings relief for many by helping relieve aches.

Fill a basin or foot spa with enough warm water to cover the feet up to the ankles. Add half or three-quarters of a cup of Epsom salt to the water. Place the feet in the soak for about 20 to 30 minutes. Dry thoroughly after the soak and then moisturize the feet.

Baking soda:

Baking soda is a popular at-home treatment for the removal of dead skin from the feet. But some dermatologists warn that baking soda can be irritating, cause redness, and dry out the skin further. That's because it may disrupt the skin's natural pH balance.

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



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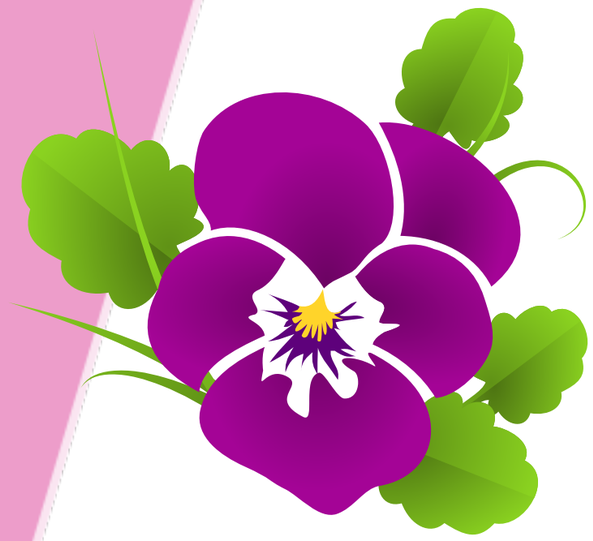
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