Glamour Talk Mag

Online

September 2020

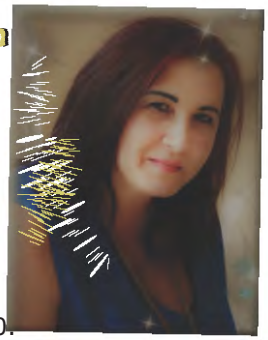


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Message from the Editors desk...



Glamour Talk Mag is proud to announce that this year we are the media sponsor for Mr & Miss Vaal 2020.

Our next cover page will be dedicated to the Winners of Mr & Miss Vaal 2020, together with all the winners in the different categories. This is something not to be missed.

There is just something about the Vaal this is where people get together, stand up and re-build.
We have beautiful young people that can be great ambassadors for the Vaal.

Our colours for October was white and yellow, looks like a very popular colour we have three pages to share with you. We also had a couple competition on our Facebook page where the winning couple got a R500 voucher with complements of Turn 'n Tender see page 7.

We have big dreams and great things for our readers so please be part of our Facebook family where we will keep you updated on competitions and much more.

Drop us an mail our e-mail address:
E mail: **admin@topvibe.co.za**

Take care and don't miss out on the fun we have on Facebook. Like us share us love us....

Glamour greetings till next time

Charmaine

Our God is Glamorous



By: Charmaine

This is my story, I'm sure you had the same thing going through your mind somewhere in your lifetime.

I was at a very bad place in my life where everything just went wrong. I prayed and prayed and no answer and one day I just had enough and I ask God where are you God you just don't care do you. I need you but you just don't care. I asked myself is there a God?

Two or three days went past I will never forget this. It was a Saturday evening my son asked me if he can just drive to a friends house to give him back his school books. I said yes, all thou he did not have a drivers licence he is a very good driver.

About an hour after he and his brother left, I had a funny feeling but did not think any thing of it. Then the house phone rang the voice on the other side said to me that my sons were in a accident. It felt as if my whole world came to a end.

My eldest son and I rushed to where the accident took place. The ambulance was at the scene they said I can take them to hospital, which we did my son who drove the car had miner injuries but his brother had a very bad bump ons his head and it was swollen double his size.

After all the stress and drama we went to the panel beaters the next morning. My car was a wreck and only then it struck me. I saw it for the first time.

God saved both my sons, "He answered me and said 'I am here never doubt me. I'm alway with you even when you think there is no hope no help I'm with you".

Lesson learned, never will I doubt God again.

Thank you Dear God for saving my sons on that day. I'm grateful to you forever.

Thank you
Charmaine

Glamour Talk Mag

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
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The views of other writers or articles in this Magazine are not necessarily the view of the editor.



October colours
White & Yellow colours

Have a look at the beautiful young ladies. Who took part in the October colour challenge. White and Yellow is the colours for the month of October.

Follow us on Facebook to find out what's the colours for the November month.



Larusche Scheepers
Photographer:
Llana Scheepers



Chantenique Kruger



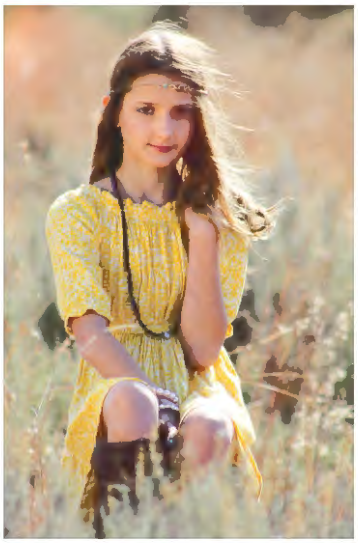
Alassa Van Der Merwe
Photographer:
Nadia Langedyk



Michaela Chatwind
Photographer: Moments in Focus



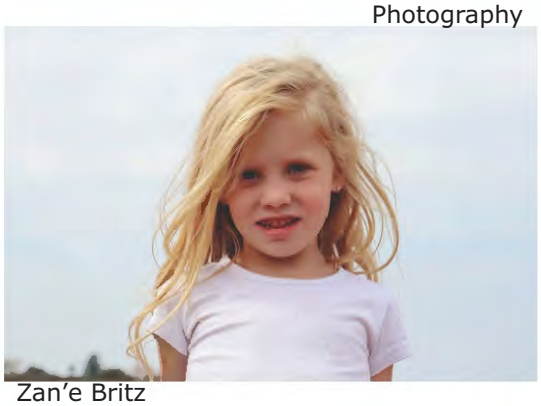
Micheala Jeffrey



Elumè Jansen van Rensburg
Fantasy B Photography



Malea - Photographer N.O. Photography



Zan'e Britz



Danè vd Westhuizen
Photographer; Nadia Langedyk

White & Yellow colours



Belinda Fouchè
Photographer Roxy's Photography



Tamryn Hayward
Photographer John David
Filmatter



Madelaine Coetzee Snyman



Klaredyn Erasmus



Lehanke Beets
Ihana Grace Photography



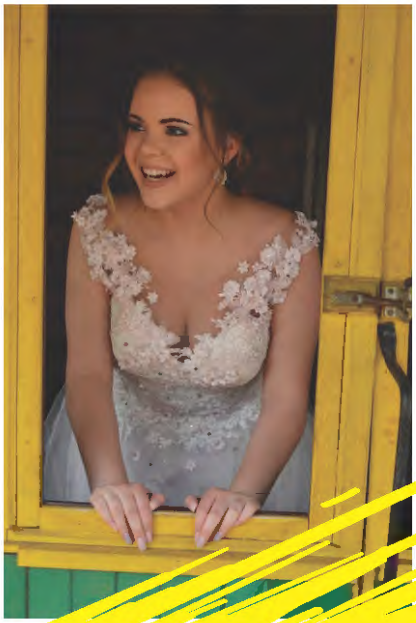
Lee - Mary Collins - Photographer Este Pretorius



Shylah Romaine Atherstone

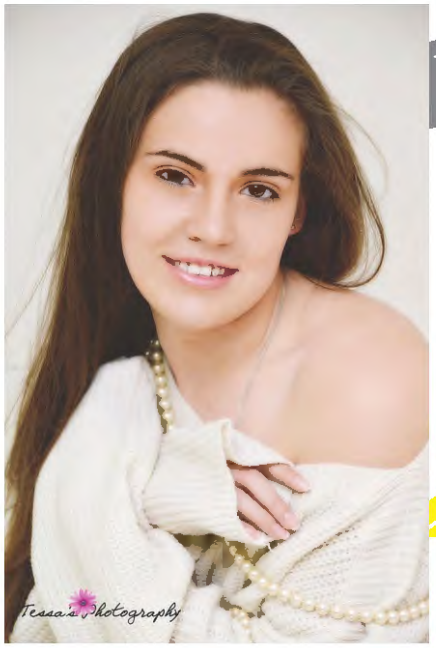


Ariska Engelbrecht



Lou-Lique de Koker
Photographer Joel Smuts

White & Yellow colours



Talitha Jenkins - Photographer Tessa



Imaan Davids -
Photographer Charlyn



Lee - Ann Van Aswegen
Photographer Carel Van Vuuren



Sharica Bondesio -
Photographer:
Carel van Vuuren MUA EA Academy



Nicolene Muller



Anita Bothma

7 Relationship Maintenance Tips for Healthy Couples

The question of what makes a healthy couple has been the subject of much research, writing, and theorizing. Through her years of experience as a couple therapist, Dr. Ellen Wachtel has come up with the seven qualities that she believes make for the kind of relationship we all strive for, or wish we had.

The following seven tips have been adapted from Wachtel's book, The Heart of Couple Therapy: Knowing What to Do and How to Do It.

Tip #1:
Aim to make your partner feel good about themselves.
It's not the responsibility of one partner to build up the other's low self-esteem or lack of self-worth, but for those with a generally healthy sense of self it's important to engage in behaviors that build one another up.

Being mindful of how often you're criticizing your partner, and aiming instead to engage in positive reinforcement and authentic compliments can go a long way. Criticism is likely to slip out every so often, but it shouldn't be the dominant form of feedback you're giving or receiving.

Tip #2:
Do things together that you genuinely enjoy.
While "date nights" are popularly offered as a tip for struggling couples, pressure and obligation of forced time together every week can zap the fun out of what's meant to be enjoyable.

Instead of obligatory date nights, try coming up with things that you genuinely enjoy doing together, and do more of those.

Tip #3:
Have a healthy competition around who can say "yes" more.
For the most part, healthy couples get along well. No two people will agree one hundred percent of the time, but those who are a good match for one another are generally in agreement on day-to-day activities as well as bigger or longer term plans. We suggests that couples aim to say "yes" to one another's ideas as often as possible.

Of course, this should not apply to situations in which one partner feels unsafe or as if a boundary is being crossed, but shifting to agreeability in areas where it's appropriate and safe can have significant positive impacts on improving a relationship.

Tip #4:
Communicate your love physically.
As relationships mature, affection may give way to avoidance of physical contact, particularly if there has been a betrayal or other life event that has caused a couple to grow apart.

For those who may be in need of some ice breaking, We suggests starting small and in private. Put your hand on your partner's arm or back when you walk past them, or commit to giving them a kiss in the morning or before bed at night.

Tip #5: Validate each other.
Security is a key component of a healthy relationship, and emotional security is a key part of feeling safe. Practice listening to your partner when they are distressed without giving in to the urge to fix, solve, or evaluate things.

No feeling is invalid, so even if you don't agree with your partner's point of view, you can always say, "I hear you," or "I can understand why you would feel that way," or "I can tell this is really hard for you," when they are upset. Unconditionally validating your partner lets them know that you are a safe ally, and are on their side. This can work wonders in terms of establishing a secure relationship.

Tip #6:
Stay interesting.
Even as time passes, Wachtel says that healthy couples are concerned with being attractive to one another. This isn't only about physical attractiveness, it applies also to intellectual and energetic attractiveness as well. If you wouldn't talk for hours on end about drama between coworkers to a friend, what makes you think your partner is interested in hearing it?

Wachtel suggests that couples make efforts to stay interesting to one another. Bring new ideas and perspectives, consider talking about things that are genuinely engaging to your partner, and in general, act like you care what they think.

Tip #7:
Drop the perfectionism.
In The Heart of Couple Therapy, Wachtel reminds her readers that even the healthiest couples are not perfect. It's simply not realistic to expect that all of our needs will be met one hundred percent of the time. Unrealistic expectations can be toxic to relationships, so leaving space for imperfection is an important part of having a healthy relationship.

For more about healthy couples, check out Dr. Ellen Wachtel's book The Heart of Couple Therapy: Knowing What to Do and How to Do It.



Our Facebook Couples competition

Glamour Talk Mag had a couple competition on our Facebook page. Thank you for entering our competitions. Big thank you to Turn 'n Tender for the R500 voucher. We wish everybody could be winners. Congratulations to our winning couple Quinten and Michele Minnaar.
Keep on following us on Facebook, like and share our page there is more competitions to come. You can be our next winner.



Juan and Nicole Du Randt



Winners: Quinten and Michele Minnaar





Gys en Susan Fourie



Natascha and Rudi Trauernicht





Kylie and Stephan van Vuuren





Martin - Lee and Michele Smuts

MR | MISS | MRS
VAAL PAGEANT
SINCE 2004

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Pink is beautiful



