Glamour Talk Mag

Online

October Issue 2021



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

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1.

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

2.

FINALISTS VAAL PAGEANT:

Meet the lovely finalists in the Vaal pageant - see page 12 to 25

3.

RELAX BY THE POOL:

It's summer and time to relax by the pool

4.

GERDUAN KEMP:

Langpad na morê, lees gerus meer oor hom.



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**

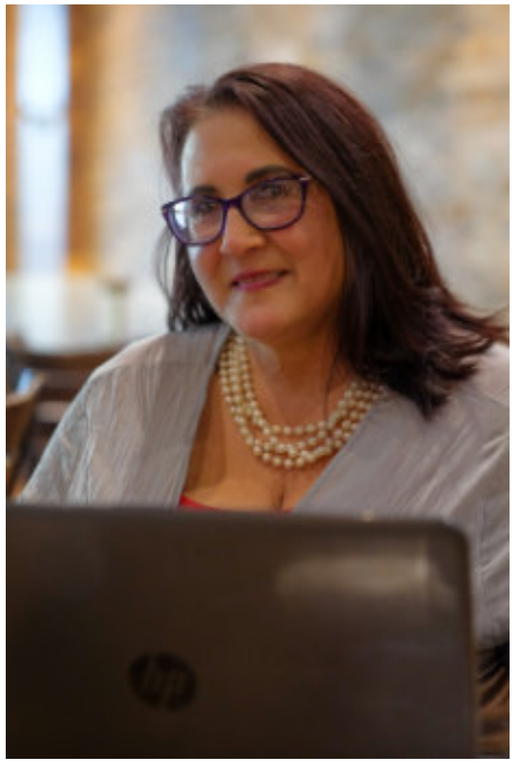
Our Glamour Talk Magazine Ambassador Sherlain Holmes will bring you something new every month.

4. COVER PAGE: **01**

Summer is here - our cover model anonymous.

5. BACK PAGE MODEL **38**

Photo provided by anonymous -



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

EDITORS NOTE

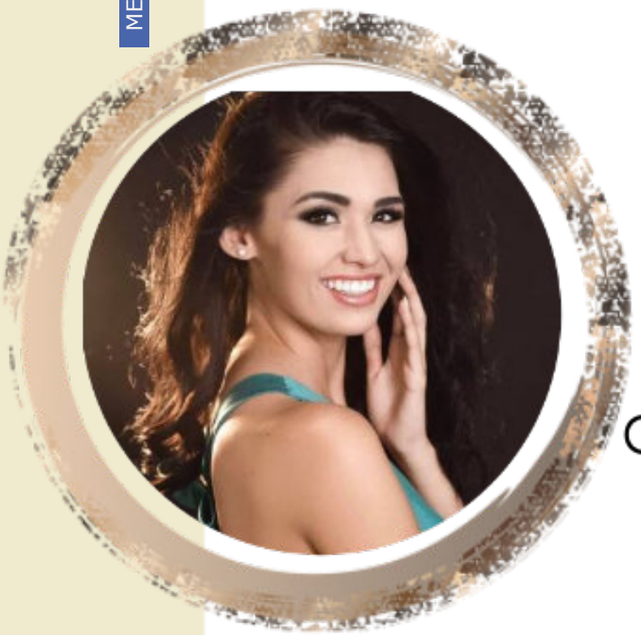
Glamour Talk Magazine bring you the Finalists of the Vaal pageant in the following Categories:
Miss Petite
Mr Petite
Miss Pre- Teen
Mr Pre-Teen
Miss Teen
Mr Teen
Congratulations to you all.
We are proud to announce that we are a Sponsor for the Vaal Pageant.

Follow us on our Social media pages.

Take care
Love

Charms

AMBASSADORS



Brand Ambassador

Ane Oosthuysen

Finally the summer is here and we are busy getting ready for long lazy hours around the pool.

It's almost school holiday and Im sure the learners will enjoy the holiday after such a strange time that they had with Covid.

Every day is just more of a challenge than the day before.

Make sure to stay safe be positive and never give up on your dreams.

You can follow me on Social Media.

Have a super month goodbye till next time.

Ane



I have a busy schedule, trying to manage everything.

With the Family Fun Beach that opend on the 4th September things are a bit hectic but nothing that I can not handle.

We would like to invite you and your family to join us. There is a lot to do and the kids love it. Pack a coolbox and come join us.

Please visit my Facebook page to find out more about what we have to offer you.

The summer is here so make the best of it, remember to bring a hat and sunblock

See you soon, take care and be safe

Sherlain

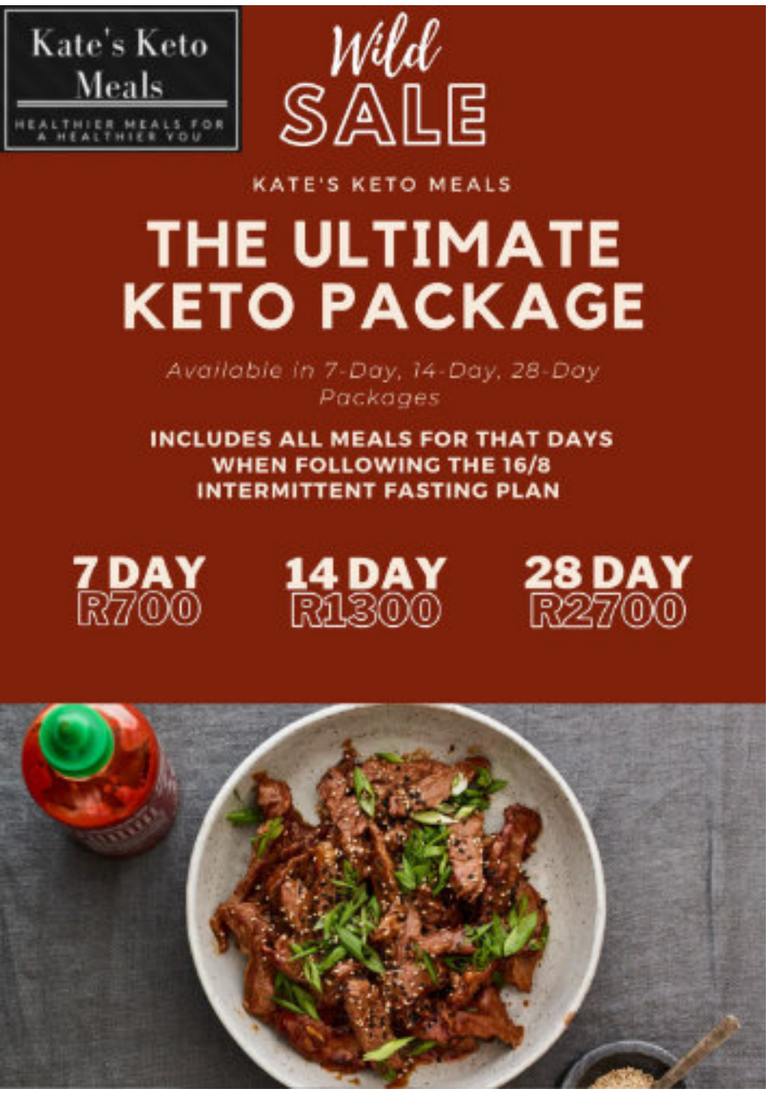


Brand Ambassador

Sherlain Holmes



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LANGPAD NA MORÊ
Gerduan Kemp



"Soms moet jy ou bagasie agterlaat om nuwe hoofstukke in jou lewe te bereik," sê Gerduan Kemp oor die betekenis agter sy splinternuwe enkelsnit, LANGPAD NA MÔRE, wat hy saam met ADAM se Hugo Ludik en Rubber Duc se Nick Jordaan geskryf het.

Hierdie lekkerluister Afrikaanse pop-rocksnit is geïnspireer deur dié veelsydige Bloemfonteinse musikant se moeilike besluit om die Rosestad agter te laat vir 'n nuwe en opwindende toekoms in Pretoria.

"Ek is iemand wat baie van my emosies in my liedjies oordra. Hierdie een lê my juis na aan die hart omdat dit die gevoelens wat ek ervaar het toe ek my tuisdorp moes agterlaat vir die stad weergee. My doel is ook om die liedjie te gebruik om ander mense te bemoedig om nie groot geleenthede deur hulle vingers te laat glip omdat die keuses wat daarmee saam gaan dalk angswekkend kan wees nie," verduidelik hy. "Die liedjie het mooi lirieke, waarby almal sal aanklank vind en die wysie sal jou uitnooi om saam te sing en dit kliphard te luister in jou kar."

LANGPAD NA MÔRE is die tweede enkelsnit vanaf sy debuut-album, Sesde Sintuig, wat op 8 Oktober 2021 beskikbaar sal wees en volgens die gesoute ore in die musiekbedryf wat dit reeds gehoor het gaan dit iets wees wat selfs die kieskeurigste oor tevrede sal stel. "Al die liedjies is geïnspireer deur goed wat in my lewe gebeur het. Dit vertel basies die storie van my lewe tot dusver en hoe dit wat al in my lewe gebeur het my gevorm het en gebring het tot waar ek vandag is," deel Gerduan. "Ek was betrokke by die skryf van nege van die tien liedjies en het die voorreg gehad om saam met talentvolle liedjieskrywers te werk soos Hugo Ludik, Nick Jordaan, Riaan Benadé, Petrus van Wyk, Johan Oberholzer en Emil Robert. Die album het lank gevat om op te neem en ek is opgewonde om te sien wat die publiek van my nuwe musiek gaan dink."

Die titelsnit van die album is verlede jaar uitgereik. Dit was dadelik baie gewild en het bo-aan die treffersparades van verskeie radiostasies gekuier, terwyl die hoendervleismooi musiekvideo reeds deur meer as 26 000 mense op YouTube gekyk is.

"Die terugvoer op my vorige enkelsnit was ongelooflik goed. Die lied kan steeds op verskeie radiostasies regoor die land gehoor word en daar is gereeld mense wat vir my sê dat dit hulle gunsteling-vasdansliedjie is," vertel hy oor hierdie hoogtepunt in sy loopbaan.

Gerduan, wat sy eie foto- en videografiebesigheid – GK Kreativ Productions – bestuur wanneer hy nie op die verhoog is nie, sing al vandat hy klein is en het in graad twee begin kitaarlesse neem. Hy het egter eers in sy finale jaar op universiteit, waar hy besig was om Kommunikasiemedia en Joernalistiek te studeer, besluit om 'n voltydse loopbaan van musiek te maak. Sedertdien het hy al die verhoog met verskeie groot name gedeel en by talle feeste en funksies opgetree. Hy wil graag hê dat sy musiek mense se harte moet raak en met LANGPAD NA MÔRE oortref hy nie net hierdie doelwit nie, maar kry hy dit ook reg om bewonderaars met opgewondenheid te laat uitsien na al die opwindende dinge wat hy vir die toekoms beplan.

LANGPAD NA MÔRE is nou op alle digitale platforms beskikbaar. Laai die enkelsnit hier af: https://lnk.to/LangpadNaMoreMB

SOSIALEMEDIASKAKELS:

Facebook: https://www.facebook.com/gerduankemp
Instagram: https://www.instagram.com/gerduan_kemp/
YouTube: https://www.youtube.com/channel/UCXPRZ8V6lklGKjA_F0hbKFA

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Relax by the pool



Summer is in full swing, and with COVID-19 cases still on the rise across the country, it looks like our time at home won't be decreasing any time soon. While this isn't how you might have hoped to spend your summer, there are plenty of ways to come up with fun ideas for activities at home. If you're looking for ways to enjoy your home, one of the easiest ways to kick back and relax is to take advantage of your backyard, starting with your pool. Read these easy tips on how to get ultimate relaxation right from your backyard!

Make sure to keep a refreshing beverage with you at all times. No matter how cool your pool is, the summer heat will have you fading fast if you don't keep a thirst quencher nearby at all times. Bring a cooler with a few waters to keep poolside so you don't have to keep making trips into the house. And if you want to throw in a hard seltzer or a wine cooler for good measure, by all means do so!

Four pool floats in a clear blue swimming poolKeep a few floats on hand. Finding the perfect float can be difficult, and when you've finally found the perfect one, it's often unexpectedly carried away by the wind in a storm or popped by a rowdy kid. That's why it's important to do your research and keep a spare float or two tucked away. Things to take into consideration when finding the perfect float: how much you want to be submerged in the pool vs. out of the pool? Do you want a soft or firm float? There's all the extra bells and whistles to think about too (drink holder, speaker, dry area for your phone, etc). Once you've decided on your float necessities, you can make sure you have the ultimate relaxation float on hand at all times.

Have pool snacks nearby at all times. Ideally, snacks won't be messy or in a container that will blow away in the wind. Here's a list of easy recipes for easy poolside snacking, including snacks such as trail mixes and granola bars. Having simple, grabbable foods that you can leave out nearby will also be a great way to keep the kids occupied so you can get back to relaxing.

Invest in comfy outdoor chairs. If you're committed to having a relaxing day by the pool, you'll need to invest in comfortable pool chairs. This is where you'll be spending most of your time, so it's important to make sure you're comfortable.

Create a relaxing poolside playlist. Whether your preference is simple steel drums in the background, or a hot country countdown playlist, having background music that makes you feel like you're on vacation is key. Online streaming services like Amazon Music or Spotify have some great options for poolside playlists to set the mood. Close your eyes, relax, and transport yourself from your backyard to that Caribbean beach you've been dreaming about!

Time to relax by the pool this summer

Finalists

Miss Petite 2021

















Finalists

Miss Petite 2021

















Finalists

Mr Petite 2021













Finalists

Miss Pre - Teen 2021

















Finalists

Miss Pre Teen 2021















Finalists

Mr Pre Teen 2021

















Finalists

Miss Teen 2021

















Finalists

Miss Teen 2021

















Finalists Miss Teen 2021













Finalists

Mr Teen 2021









Congratulations

to all finalists of the Vaal

Pageant 2021

Top Vibe Magazine

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October month adopt a shalter for dogs / cats



October is the month every year when we turn our hearts toward the hopeful dogs and cats waiting to find forever homes during Adopt a Shelter Dog Month. The American Society for the Prevention of Cruelty to Animals (ASPCA) sponsors and promotes Adopt a Shelter Dog Month every October, while the American Humane Society has celebrated a month-long October campaign encouraging the adoption of shelter dog/cat in 1981. Community shelters make it a priority to match each dog with a compatible owner and environment to support the dog's best second chance at a loving and stable forever home.

No one knows the exact number of dogs that find safe harbor and temporary housing in community animal shelters each year. But these shelters are the last hope for an estimated 3.3 – 4.5 million misunderstood, unwanted, abused, or neglected dogs in need of a fresh start with a compassionate human friend.

But lost, abandoned or unwanted dogs have not always had shelters where caring humans provide help and hope. As we celebrate Adopt a Shelter Dog/cat Month, we would be remiss to not recognize the founder of America's first animal shelter, Mrs. Caroline Earl White. Mrs. White and a group of 30 female animal rights activists formed the "Women's Humane Society" in 1869 in Philadelphia, Pennsylvania. The Society's initial mission focused on advocating for the humane treatment of carriage horses on city streets. Horses were considered beasts of burden for industrial purposes at the time, and carriage horses were often seen being treated harshly on city streets, frequently denied access to clean water and medical care.

After success in advocating for more humane treatment of horses, the women turned their attention later that year to smaller domestic animals when they opened a shelter where lost dogs could be found and reclaimed by their owners or placed in new homes. As their commitment to cause continued, the Women's Humane Society began the first formal educational program about the humane treatment of animals. In 1909 they raised enough money to open and support a dispensary where owners could bring their dogs and other small animals for medical attention.

Today there are approximately 5,000 community animal shelters nationwide and perhaps as many as 10,000 when including rescue groups and animal sanctuaries in the count. Knowing there are so many places of refuge for unwanted dogs gives us hope that every dog in every shelter will be adopted into a loving permanent home during Adopt a Shelter Dog/Cat Month



Give them a loving HOME

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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The look

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