Glamour Talk Mag

Online

September Issue 2021



CALTEX RIEMLAND
UNDER NEW MANAGEMENT

ZAAN SONNEKUS

HOOG

Summer Wellness

Tips for Healthy Living

INDEX

CONTENT

Glamour Talk Magazine

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

COPYRIGHT:
Content of Glamour Talk Magazine is protected by copyrights. NO part of this publication / online may be reproduced or used in any form whatsoever without prior settlement with the Editor.

DISCLAIMER:
The Editor or the publisher cannot be held responsoble for damages or consequences of any errors or omisions neither do they stand warranty for the performance of any article, letter and/ or advertisment.
The views of other writers or articles in this Magazine are not necessarily the view of the Editor.

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

ZAAN SONNEKUS - HOOG:

Lees gerus oor hierdie kunstenaar wat vroëer die jaar 'n pragstuk naamlik "Ek kan net Bid" uitgebring het.

2.

NEXT ISSUE VAAL PAGEANT FINALISTS:

Don't miss out on our October Issue where we will intreduce to you the finalists of the Vaal Pageant 2021

3.

BIRTHDAY CELEBRATIONS:

Glamour Talk Mag share some pictures of our 1st birthday celebration with you.

4.

CALTEX RIEMLAND:

Caltex Riemland in Vaalpark is under NEW management. You are welcome to visit them and find out more about their specials.



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**

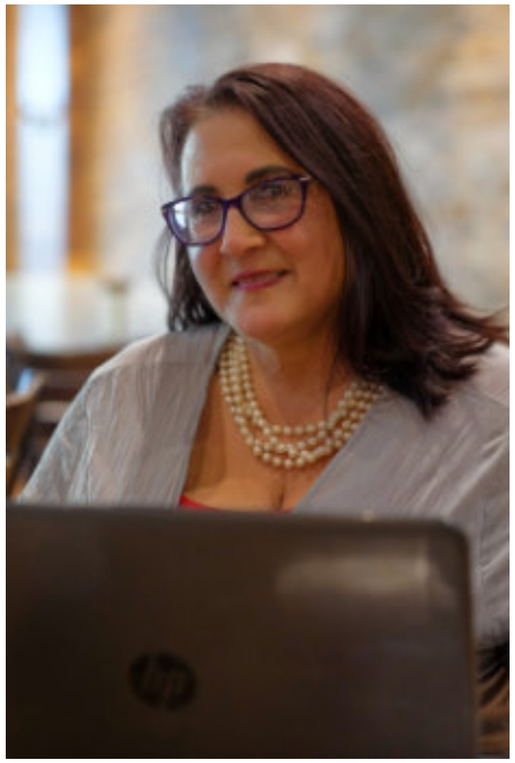
Our Glamour Talk Magazine Ambassador Sherlain Holmes will bring you something new every month.

4. COVER PAGE: **01**

Summer is here - our cover model anonymous.

5. BACK PAGE MODEL **26**

Photo provided by anonymous -



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

EDITORS NOTE

I am so excited to share the Vaal Pageant finalists of 2021 in the October Issue.

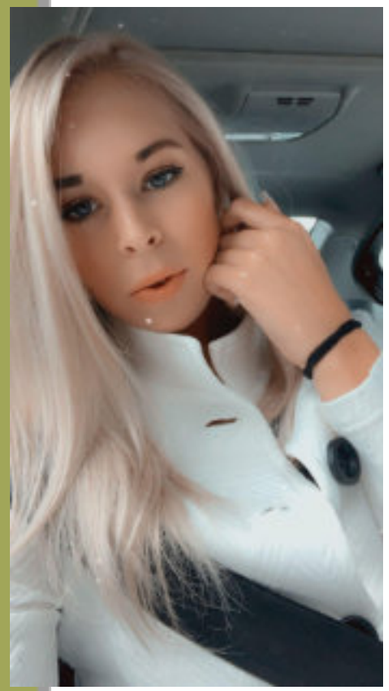
Glamour bring you the Finalists in the Vaal pageant in the following Categories:
Miss Petite
Mr Petite
Miss Pre- Teen
Mr Pre-Teen
Miss Teen
Mr Teen

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



Sherlain Holmes

Sherlain Holmes & Ané Oosthuysen





What a absolute blessing to have the opportunity to feed 300 people in a informal settlement on 4 August.

I firstly would like to give all the Honour and Glory to God for opening the hearts of the people for sponsoring everything needed for the soup and bread.

In exactly 2 days we got 70 breads and all the ingredients to make 2 big pots of soup as well as 1000 polystyrene cups and plates . Something I learnt out of this journey was that there was always people supporting the informal settlements but now due to covid 19, they are not able to support them every week.

While feeding the people I took the time to physically speak to everyone and hear their stories.

The manners that each one of them had gave me a joy of overflow they all had their masks on and stood in rows. It was truly something God had planned for us to do.

I know that this was only the beginning

Follow me on Social Media.

Sherlain

Velsorg wenke vir die Lente



Na maande se ysige temperature, is die lente uiteindelik op die horison.

Terwyl ons die winter met ‘n droë, jeukende vel moes deurbring en ‘n velsorg-roetine wat bestaan het uit serums, balsems en olies, beteken die warmer lug en verhoogde humiditeit dat ons vel ander produkte gaan benodig.

Hier volg ‘n paar wenke oor hoe om 'n gesonde, pragtige vel te kry, net betyds vir die lente.

- **Terwyl die gebruik van 'n bevogtiger met 'n SPF 30 goed is vir die winter, is dit belangrik om ‘n sonskerm aan te wend, apart van die wat in vele grimeringprodukte gevind word.**
- **Die dooie vel van die winter moet verwyder word met 'n sagte afskilferingsmiddel, eerder as met harde skropmiddels.**
- **Gooi alles wat meer as ses maande oud is, weg. Ou produkte kan 'n opbou van bakterieë veroorsaak, wat tot verstopte porieë en 'n dooie vel kan lei.**
- **Die grimering roetine vir die lente is ook baie eenvodig, en ‘n getinte bevogtiger is 'n perfekte plaasvervanger vir 'n swaar onderlaag.**

Follow me on Social Media.

Ané Oosthuysen



“Advertise your business HERE”







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.

ZAAN SONNEKUS HOOG



PUBLICITY
Starburst Promotions / Alishia van Deventer / Cell: 083 635 4717
E-mail: alishia@starburstmusic.co.za
www.starburstmusic.co.za

Zaan Sonnekus, met sy donker lokke en poëtiese lirieke, het 'n omwenteling in die plaaslike musiekmark veroorsaak met sy treffer, Ek Kan Net Bid, wat vroeër vanjaar vrygestel is en steeds op elke prominente radiostasie gehoor kan word.

Nóú is hierdie twee-en-twintig-jarige rocksensasie terug met nog 'n liedjie wat luisteraars se asems gaan wegslaan.

HOOG is 'n alternatiewe folk-snit, uit dié Pretorianer met sy kunstige versameling tatoes se eie pen, en kan beskryf word as 'n hoopvolle goedvoel-liedjie met 'n donker laag.

"Die lewe is crazy. Ek dink ons almal probeer nog onsself vind, of ten minste net weer ons voete vind, in tye soos vandag... dinge is nie meer so eenvoudig nie. Baiekeer moet jy in die soektog na jouself eers verlore raak," verduidelik hy. "Jy soek na jouself as jy hoog is (op kruine) en soms as jy laag is (in 'n trog) en is dan oneerlik, want jy gee voor dat jy okay is omdat jy nie wil hê mense moet weet hoe jy regtig voel nie. In hierdie "soektog" na jouself stoot jy dalk mense weg en verloor hulle in die proses, al was dit nie jou bedoeling nie. Hulle is hoog en laag op hulle eie tyd en die hartseer ding is dat hulle nie altyd vir jou kan of wil wag om jou voete te vind nie."

Dit is die musikant se tweede snit saam met Tertius Human van CoolerBox Brothers en dit is nader aan die klank wat hy graag wil weergee as sy vorige werk. "HOOG is anders as enige van my vorige songs, maar definitief nader aan die klank waarheen ek wil beweeg en ek dink dis iets wat oud en jonk sal geniet," sê hy. "Die liedjie gaan hulle laat goed voel en ek is seker van die lirieke sal aanklank vind in hulle lewens. Ons almal gaan deur hoogte- en laagtepunte."

Die musiekvideo sal in September vrygestel word.

HOOG is die tweede enkelsnit vanaf sy komende album, wat in Oktober uitgereik word, waaroor hy baie opgewonde is. "Ek dink ek het êrens in 2020 uiteindelik my klank gevind en mense sal dit hoor in die album wat op pad is. Hierdie snit is 'n goeie inleiding daarvoor."

Zaan het in Bloemfontein grootgeword en was nog altyd versot op musiek. Toe hy sy eerste kitaar kry op die ouderdom van tien, was daar vir hom geen twyfel oor wat hy met die res van sy lewe wou doen nie en daarom het hy na skool musiekvervaardiging gaan studeer by COPA.

Hierdie sielvolle liedjieskrywer en veelsydige musikant, met sy leerbaadjie en unieke stem, se droom is om betekenisvolle musiek terug te bring na die Afrikaanse mark en nuwe lewe in die bedryf te blaas... en met wat ons reeds die afgelope ruk van hom gehoor het, gaan hy beslis hierdie doelwit bereik.

HOOG is nou aanlyn op alle digitale platforms beskikbaar. Laai dit hier af: https://zaansonnekus.hearnow.com/hoog

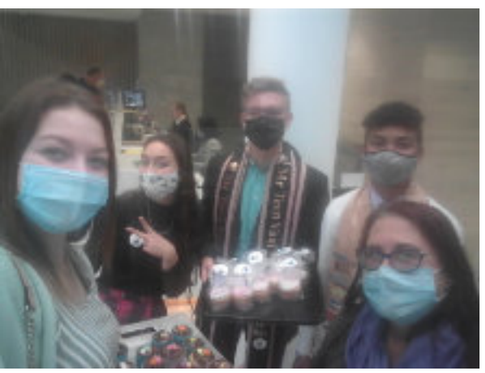
SOSIALEMEDIASKAKELS:
Facebook: https://www.facebook.com/ZaanSonnekus.music
Instagram: @Zaan_Sonnekus
Webblad: www.zaansonnekus.com
YouTube: https://www.youtube.com/channel/UCCZIFQkm_94s3jtwi81kM_g
SoundCloud: https://soundcloud.com/zaan-sonnekus

Our 1st Birthday celebrations!









Celebrating our 1st birthday was a great success.

Part of our celebrations was to hand out 200 cup cakes on Women's Day at Cormed Hospital in Vanderbijlpark.

The staff enjoyed it very much all though we could not go into all the wards due to the Covid.

There were cupcakes left and we decided to give the out at Medi clinic Vanderbijlpark for the staff and in the children ward.

We celebrated our birthday dinner at Heron Banks in Vaalpark, with delicious food and drinks. Every occasion should be celebrated with Comozzi Gin.

Thank you to Heron Banks for the beautiful Venue and delicious food. Gomozzi Gin for our welcome drinks. To each and every one who joined in celebrating. To my ambassadors you are the best thank you for the cup cakes.





EVERY DAY IS A GLAMOROUS DAY WITH GLAMOUR TALK MAG



heron banks
GOLF AND RIVER ESTATE



Thank you Heron Banks, Comozzi Gin & Chicago Gin Apple for making our 1st birthday specail



Caltex Riemland under NEW management







Summer Wellness Tips for Healthy Living



Vitamin D is an essential nutrient needed to support properly bodily functioning—everything from immunity to mood to defending cells against cancer! Though most of the nutrients our body needs are available via the food we eat, vitamin D is actually primarily obtained via sun exposure.

Unfortunately, for various reasons (including indoor lifestyles and the invention of sunscreen), vitamin D is one of the most common nutrient deficiencies in modern society. Here's more about the symptoms of vitamin D deficiency and how lack of

Eat your sunscreen No, not the lotion in a tube! But real food is actually some of the best sunscreen around.

That's because sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Your diet can increase or decrease your skin's sensitivity to UV rays, as well as its ability to repair itself when it does get damaged.

To reduce your sun-sensitivity and risk of sun damage, make sure you're eating enough anti-inflammatory foods like:

Healthy fats rich in Omega-3s: Omega-3s help to reduce inflammation in your body and promote healing. Good sources include fish (like sardines and salmon), eggs, flaxseed and walnuts. Omega-3s are also available in supplement form via fish oil and flaxseed oil (vegan).

Other healthy saturated fats: Choose healthy saturated fats like coconut oil, avocado oil and organic grass-fed butter. Saturated fats are the building blocks of healthy skin (and hair and nails).

Veggies: The vitamins and antioxidants in veggies help to protect cells from the effects of UV radiation. Leafy greens and tomatoes are particularly good.

Other antioxidant-rich foods: Antioxidants help reduce inflammation and free radicals in your cells, as well as protect against sunburn and skin damage. In addition to veggies, berries, beans, nuts and green or black tea have high antioxidant properties.

Though the first step of good sun protection is keeping your skin healthy from the inside out, it's also important to protect your skin with the proper amount of exposure and coverage.

Proper hydration is important any time of year (the human body is about two-thirds water, and we need it for all bodily functioning!)—but it's especially important in the summertime sun and heat.

In general, you'll want to drink about two-thirds of your body weight in ounces of water each day. (In other words, a person weighing 100 pounds would aim for 67 ounces of water daily).

And, remember to boost your water take if you spend time in the heat—especially exercising or exerting yourself in the heat.

Summer is one of the best times to start a new wellness routine—the longer days, brighter sunshine, fresh air tend to help us feel more energetic and optimistic and better able to set and reach our personal goals.

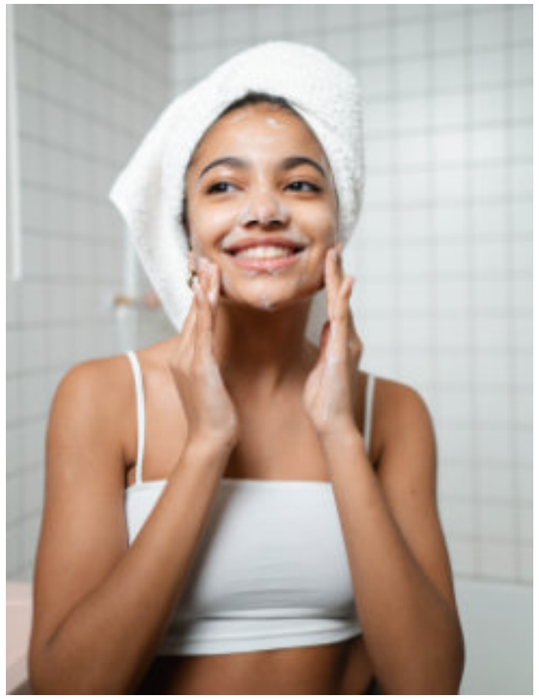
That means it's a perfect time to get started with a new healthy lifestyle habit that you'd like to continue carrying into the colder, wintery months too.

HEALTHIER YOU

Spoil yourself

WITH THESE EASY HOME SPA TREATMENTS





Cucumber mask for oily skin:

Ingrediants:

½ cucumber
1 egg white
1 Tablespoon lemon juice
1 Teaspoon dried mint flakes

Puree all ingrediants in blender
Refrigerate for 10 minutes
Apply mixture to face
Leave on for 15 minutes
Rinse with hot water, then cold water.

Banana mask for dry skin:

Ingrediants:

¼ cup plain yogurt
2 Tablespoons honey
1 medium Banana

Mash all ingrediants together with fork until smooth and apply onto face and neck
Leave for 10 minutes, then rinse off.

HEALTH LAB

Wellness and nutrition, at your fingertips

Drinking Water

Drinking water, whether from the tap or a bottle, is the best source of fluid for the body. Milk and juices are also good sources of fluid, but beverages containing alcohol and caffeine, such as soft drinks, coffee, and beer, are not ideal because they often contain empty calories.

Benefits of drinking water
carrying nutrients and oxygen to your cells.
flushing bacteria from your bladder.
aiding digestion.
preventing constipation.
normalizing blood pressure.
stabilizing the heartbeat.
cushioning joints.
protecting organs and tissues.



Flowers for every occasion

Vanderbijl Fresh

Cut Flowers



Flowers for every occation, everybody love flowers.

Vanderbijl Fresh Cut Flowers is situated in Vanderbijlpark.

It is your one stop flower shop where you will find everything you need for wedding, birthday, office, Funeral etc.

They will deliver for your convenience.

With fresh flowers every day from the market your flowers will last longer.

Make every day colourful with Fresh Cut Flowers.



Vanderbijl Fresh Cut Flowers.

202 Louis Trichardt Boulevard, Vanderbijlpark

Cell: 062 286 7582

MAGAZINE



The look

NEXT ISSUE OCTOBER to download go to www.topvibe.co.za