

✦ A CELEBRATION OF BEAUTIFUL AND SEXY WOMEN AROUND THE WORLD ✦

# GLAM JAM

SEPTEMBER 2013 | GLAMJAMMAG.COM



**GLAM JAM DISCOVERY**

★★★★★★★★  
**SUMMER  
BERNARD**  
★★★★★★★★

BECOME THE NEXT  
**GLAM JAM**  
COVER MODEL!  
DETAILS ON THE  
BACK COVER!

# TAMAR LICALZI

**NO ROADBLOCK CAN  
STOP THIS WOMAN!**

+ **EUROPEAN BOMBSHELL**

**ADRIENN  
LEVAI**



**FLORIDA'S BABE OF THE MONTH**  
★★★★ **LEAH PATERNA** ★★★★★



## 6

### TAMAR LICALZI

An Italian-American fitness guru who has been in the industry motivating and inspiring many!



#### ON THE COVER

Model: Tamar Licalzi

Photographer: Urban Stylz Photography



#### EYE CANDY

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EUROPEAN BOMBSHELL

**ADRIENN  
LEVAI**

28



**LISA  
VANETTE**

34



GLAM JAM DISCOVERY

**SUMMER  
BERNARD**

44



FLORIDA'S BABE OF THE MONTH

**LEAH  
PATERNA**

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# EDITOR'S NOTE

BY PETE VALENTINO

This month in Glam Jam we celebrate the beauty of women with two very special stories. Tamar Licalzi shares her journey through multiple challenges and roadblocks through out her career. Her story has already inspire many to fight and continue on their path to success, and now she shares it with all of you! Also in this issue we are pleased to showcase once again the Hungarian DJ bombshell- Adrienn Levai aka DJ BabyLA. One look at her and you will fall in love with this European goddess.

As always, Jam is primarily a submission driven magazine to showcase the hottest new glamour photographers and models all over the world! This is your platform to finally get that valuable exposure to bring you to the next level in your craft, as a model or photographer! Get the visibility you deserve , politics-free and above all with the focus solely on beautiful women and great photography. The way it should always be!

A CELEBRATION OF **BEAUTIFUL AND SEXY WOMEN** AROUND THE WORLD!



THE FIGHT AGAINST YOUR OWN BODY

tamarlicolzi

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY





COVER  
★ GIRL ★



*Tamar LiCalzi, aka PlanetTamar started modeling in what most would consider to be late in life. At the ripe old age of 28 Tamar became a hit in the glamour, urban, and bikini markets, as her reputation for her dangerous curves caught the attention of many photographers. Tamar graced the pages of numerous international fitness magazines and calendars, was hired for spokesmodeling jobs, and had a popular video series on a major bodybuilding website.*

Life was not always glitz and glamour for this Florida native though. In 2006 Tamar started to experience severe health conditions. She was seeing numerous doctors and nobody could find the root cause. It wasn't until the day before her 30th birthday in 2007 that she was finally diagnosed with Celiac Sprue (gluten intolerance that effects your whole immune system, starting with the small intestinal tract). After years and years of being an athlete, training, and eating "clean" she was finally able to see her 6-pack with the removal of all gluten containing grains. Many of her health problems such as peripheral neuropathy, acid reflux, abdominal distension, joint pain, hair loss, tooth enamel loss, acne, brain fog, lethargy, depression, and bowel movement issues subsided. With prevailing health the competition bug bit her. She was ready to don the clear lucite heels and blinged out bikinis for the figure stage. Tamar competed successfully for 3 years as a figure and bikini athlete.

Unfortunately for Tamar, 2010/2011 proved to be very challenging as she went through some exceptionally stressful events one right after another. Her body, her prized possession, began to break down. Her immune system flared up with a vengeance even though she had maintained a strict gluten free diet. It was not until she appeared on Food Network's Restaurant: Impossible in late 2011 that she realized she was very ill and needed to seek medical care.

Tamar was blessed to meet a functional medicine practitioner in Ocala, Florida, that was able to properly diagnose her and treat her with minimal medicine. He primarily treated her with proper supplementation and a drastic dietary change.







I LOVE A GUY WHO CAN MAKE  
ME LAUGH AND SHOW ME  
NEW THINGS!





Tamar has managed to juggle her multiple autoimmune conditions, namely Hashimoto's Thyroiditis, Celiac Sprue, Pernicious Anemia, Rheumatoid arthritis, Asthma, Intestinal Permeability, and Adrenal Fatigue with a strict adherence to the Paleolithic Diet and a Paleolithic lifestyle. Tamar has had a few setbacks, all caused from excessively stressful events, but manages to get back up, work harder, and maintain a positive attitude about the whole situation. Instead of feeling sorry for herself, she wants to inspire other people to strive for their own personal goals, whether it be financial freedom, gracing the cover of a magazine, or achieving optimal health.

At 36, Tamar is honored to be part of GlamJam magazine. She is proof that age is just a number, health can turn around, and your mind is the most powerful tool you possess. With her devout passion for helping others and trying to empower other women, Tamar is starting an online lifestyle coaching business that is geared toward educating people on the benefits of the "Paleo diet", meal planning, and personal training services. She is also in the process of writing a detailed eBook that will be available on iTunes late 2013 or early 2014.

### HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING?

I became involved in glamour modeling in 2005 after I had my first shoot with the famed fitness photographer, Terry Goodlad. I was going to give it up after that shoot, but met Jeff Black, who invited me to his Tampa Shootout. Jeff basically took me under his wing and really helped me with obtaining a lot of great photos so that I was able to create online modeling portfolios. I have been blessed to have worked with some of the best, including but not limited to, G.W. Burns, Rich Cutrone, Todd Plinke, George Hoffman (Onyx), Daniel Andres, Mike Brochu, and eventually the great Peter of Urban Stylz Photography!

### WHO INSPIRED YOU TO BECOME A GLAMOUR MODEL?

The models that inspired me to get into modeling were Vida Guerra, Bobbi Billard, Brandy Dahl, Ava Cowan, and Marzia Prince.

### WHAT IS YOUR SECRET IN MAINTAINING SUCH AN INCREDIBLE SEXY BODY?

I maintain my body with a training routine that I vary each time I hit the gym, incorporating plyometrics, functional

training, weight training, and a lot of HIIT cardio. I also eat a very clean diet. I do not cheat often as there is little to cheat with. I ensure 7-9 hours of sleep nightly, even if that means going to bed at 8:30pm. My diet is a Ketogenic Paleolithic diet. I get plenty of carbs with green veggies. It is working very well for me and my health.

### WHAT PART OF THAT SEXY BODY ARE YOU THE MOST PROUD OF?

I would have to say my Abs when they are present. I never really lose my abs, they just can become more defined with a restricted calorie diet.

### TELL US ONE UNUSUAL OR UNIQUE THING ABOUT YOURSELF THAT OTHERS MAY NOT KNOW.

I am actually very conservative. Modeling is like acting to me. It's my alter ego. In my normal every day life I don't look like or dress like a model. I wear minimal makeup and dress casually.

### WHAT ARE YOU CURRENTLY WORKING ON AND WHAT ARE YOUR FUTURE GOALS?

I would like to be in many more magazines. I may be 36 but I look great in person and I have a great personality and am fun to be around! Nobody has ever complained about my work ethic as a model.

### WHERE CAN WE FIND OUT MORE ABOUT YOU?

WWW.TWITTER.COM/PLANETTAMAR  
WWW.FACEBOOK.COM/ASKTAMAR  
WWW.YOUTUBE.COM/PLANETTAMAR

#### STATISTICS

AGE:	36
LIVES IN:	Punta Gorda, FL (U.S.)
HEIGHT:	5' 10"
WEIGHT:	150 lbs
MEASUREMENTS:	34D-26-27
OCCUPATION:	Fitness Model, Personal Trainer, Entrepreneur













*Tamar  
xoxo*



**EUROPEAN BOMBSHELL**

**ADRIEN**






**N LEVAI**

**HUNGARY'S FINEST!**









**MY IDEAL FIRST DATE  
WOULD BE A NICE DINNER  
WITH SOME WINE IN A  
QUIET LOCATION.**





I REALLY LOVE A MAN  
WITH A SEXY SMILE  
AND GREAT EYES!









**TAMMAR**  
**LICALZI**





# LISA VANETTE

PHOTOGRAPHY: CRAIG HILL



## **STATS**

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**AGE:** 33

**HEIGHT:** 5' 7"

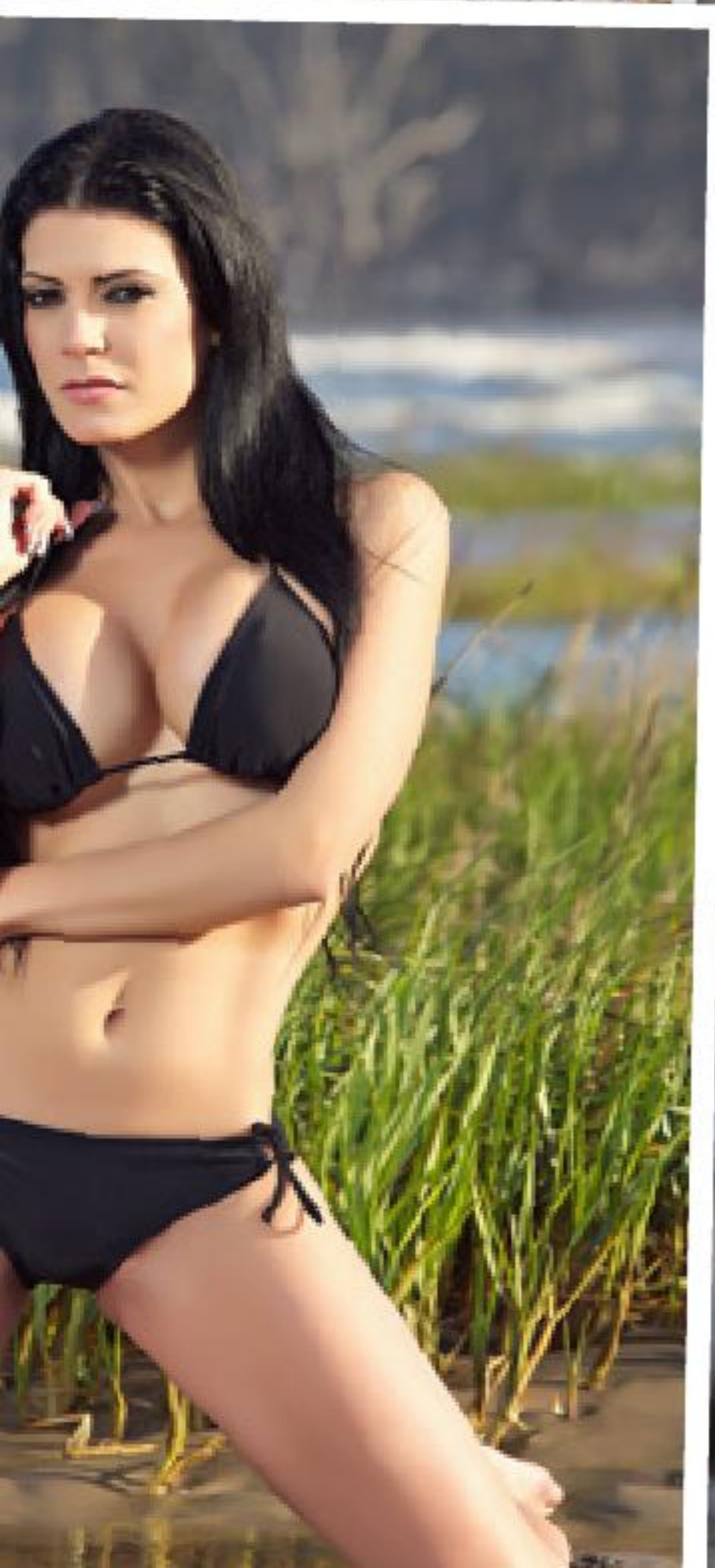
**MEASUREMENTS:** 36-26-36

**HOMETOWN:** Bayamon, Puerto Rico (U.S.)

**WEIGHT:** 118 lbs

**OCCUPATION:** Model













**DISCOVERY OF THE MONTH!**

# SUMMER BERNARD

**AN IFBB PRO FITNESS MODEL**  
**THAT WILL KNOCK YOU OUT**  
**WITH HER TIGHT CURVES!**

## **STATS**

AGE: 29

HEIGHT: 5' 3"

MEASUREMENTS: 36-24-34

LIVES IN: Perth (AUSTRALIA)

WEIGHT: 121 lbs

OCCUPATION: Sales and Marketing  
Manager for Muscle Worx Australia

PHOTOGRAPHY: NICK KRZYWDZINSKI

# Q&A WITH SUMMER

## HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING?

My interest began over 10 years ago when I first competed in modeling competitions in Australia. I loved having my body in fantastic shape and have always been proud of that. I have come along way from the small beach town girl I used to be. My strength and determination lead me to the world of fitness, I am an IFBB Bikini Professional Athlete and Fitness Model.

## WHAT PART OF THAT SEXY BODY ARE YOU THE MOST PROUD OF?

My gorgeous friend Emma Brown first inspired me to take on modeling many moons ago. I love glamour photography and meeting such a talented photographer as Nick, I thought it would be the best way to show off my hard work.

## HOW DO YOU MANAGE TO MAINTAIN SUCH AN INCREDIBLY SEXY BODY?

A lot of hardwork! It's a lifestyle that I maintain all year round. I eat healthy, unprocessed and organic foods. You will always find me in the gym and everyday is about my health.

## WHAT PART OF THAT SEXY BODY ARE YOU PROUD OF?

My butt! Only because I have worked so hard to build it my booty. Weight training and specific exercises make a huge difference of having a booty or not. I am not 100% happy with it but its getting there.









## **TELL US ONE UNUSUAL OR UNIQUE THING ABOUT YOURSELF THAT OTHERS MAY NOT KNOW**

My surname is actually Zonfrilo and not Bernard. Our surname was changed when my family moved to Australia from Italy to seek employment and to be accepted as a part of this country.

## **WHAT IS THE MOST ADVENTUROUS THING YOU HAVE EVERY DONE?**

Been a passenger in a rally car for a lap around the track. Totally blew my mind, would much preferred to be the one driving though!

## **WHAT OTHER ACHIEVEMENTS AND GOALS ARE YOU SEEKING IN THE GLAMOUR INDUSTRY?**

I would love to travel the world shooting with amazing photographers in exotic locations and being published in many more magazines.

## **TO FIND OUR MORE ABOUT SUMER**

Facebook - Summer Bernard IFBB Pro

Instagram - @summerbernard

Twitter - @summer\_ifbbpro

Website - [www.summerbernard.com](http://www.summerbernard.com)

YouTube - SummerBernardIFBBPro

*Summer  
xoxo*












A banner for "Florida's Babe of the Month" featuring a stylized orange map of Florida, palm trees, and a blue sky with clouds. The text "FLORIDA'S BABE OF THE MONTH" is written in large, bold, orange letters with a white outline.

# FLORIDA'S BABE OF THE MONTH

## THIS IS MY STORY

For as long as I can remember, I have always loved proving people wrong. I prefer to have my actions speak on my behalf rather than my words and show others that anything is possible. Being a single mother of two I am now in the best shape of my life and have learned to balance my love of fitness and caring for my family resulting in the happiest I have ever been.

## COMPETITION LIFE

A few months after committing to transform my body I looked to other fitness inspirations locally like my beautiful friend, Tamar LiCalzi, and also to other nationally published fitness models for motivation and encouragement. These ladies inspired me daily not only to get fit but also sparked my interest in competing in a bikini fitness competition.

I knew I did not have the knowledge to adequately prepare myself for a competition so I found my current coach and WBFF Bikini Pro, Colleen Gallagher. I joined Team KNOCKOUT, she coached me via online training by providing me my workouts and meal plan through e-mail with weekly check-ins. This type of training worked best for me as it is difficult to schedule one-on-one training when your schedule is so demanding.

I pushed myself with her support and guidance and placed 2nd in my class at the Amanda Marinelli Classic on November 17, 2012 qualifying for a national show. It felt amazing doing so well my first time competing and loved every minute on stage.

My coach suggested that I try competing in a WBFF show in May of this year. I was drawn to the WBFF because of the amazing shows they put on with lights, music, and glamour. I prepared for this show a little differently as the WBFF and NPC are looking for different kinds of physiques. I did not place during this show, but I loved every minute of it and was able to meet other online training teammates making friends for life. This show was the most fun I had, and I felt like a superstar on stage. I am hoping to compete with the WBFF again in the future but as a figure competitor.

## BALANCING FAMILY LIFE

Preparing for a fitness competition is difficult no matter who you are but being a mom adds its own unique challenges. Balancing training and food preparation while not sacrificing time with your children can be tricky, but it is all about time management. What helped me was that I go to a gym that has child care. Constantly trying to figure a way that you can have someone watch your kids while you work out will give you plenty of excuses not to train. When you can take your kids with you, there is no excuse.

Also, in preparing your meals, it is wise to do so ahead of time. If you are not prepared you are more likely to fail in your plan. Of course, kids do not want to eat plain chicken breast and asparagus so I would prepare the same food for them but would add flavoring or extra condiments. Sometimes I would cook meals for them completely different from mine if there was something they would like me to make.

## IF I CAN DO IT, YOU CAN

I like to share my experiences as being positive, because although it has been very hard to accomplish, I was able to accomplish it. I am a single mother who works full-time as a paralegal, part-time student, and bikini competitor. So many women use the excuse that having children is the reason for weight gain and not having enough time to take care of themselves. Anyone is capable of achieving their goals, and I am living proof of that. All it takes is determination, hard work, and no excuses.

*How did you get involved with glamour modeling?*  
My friend, Tamar LiCalzi, had told me at the gym one day that she was doing a photoshoot in Fort Lauderdale

# LEAH PATERNA

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY >>>>>



## STATISTICS

AGE: 25

HEIGHT: 5'6"

WEIGHT: 135 lbs

MEASUREMENTS: 32-25-37

HOMETOWN: Bangor, (ME) U.S.

OCCUPATION: Model

and knowing that I was interested suggested I contact Urban Stylz Photography. I went with her to the photo-shoot, and we had a blast!

**Who inspired you into becoming a glamour model?**

Tamar LiCalzi

**How do you manage to maintain such an incredibly sexy body?**

Clean eating together with weight training and HIIT cardio all provided by coach, Colleen Gallagher.

**What part of your body are you the most proud of?**

I am most proud up my upper body and mostly my shoulders. Well proportioned shoulders give you an hour glass look.

**Tell us one unusual or unique thing about yourself that others may not know.**

I have a black belt in Taekwondo.

**What is the most adventurous thing you've ever done?**

Bikini competitions! They definitely take you out of your comfort zone and push you to the limit.

**What other achievements and goals are you seeking in the glamour industry?**

Aside from being published in Glam Jam Magazine, I would like to be published in other magazines as well. My goal is to show other mothers that you can be fit and sexy!

**For those interested, where can we find more about you?**

I have a facebook page, twitter account, and my Instagram user name is: lift\_like\_a\_mother

**What turns you on in a man?**

The first thing I look for in a man is nice teeth! Aside from that a man has to smell good. Nothing turns me on more than cologne.

**What would be the ideal first date?**

A sporting event like a football or baseball game.

**What is your man turn off in a man?**

Cockiness.

**What is it about you that men go crazy over you?**

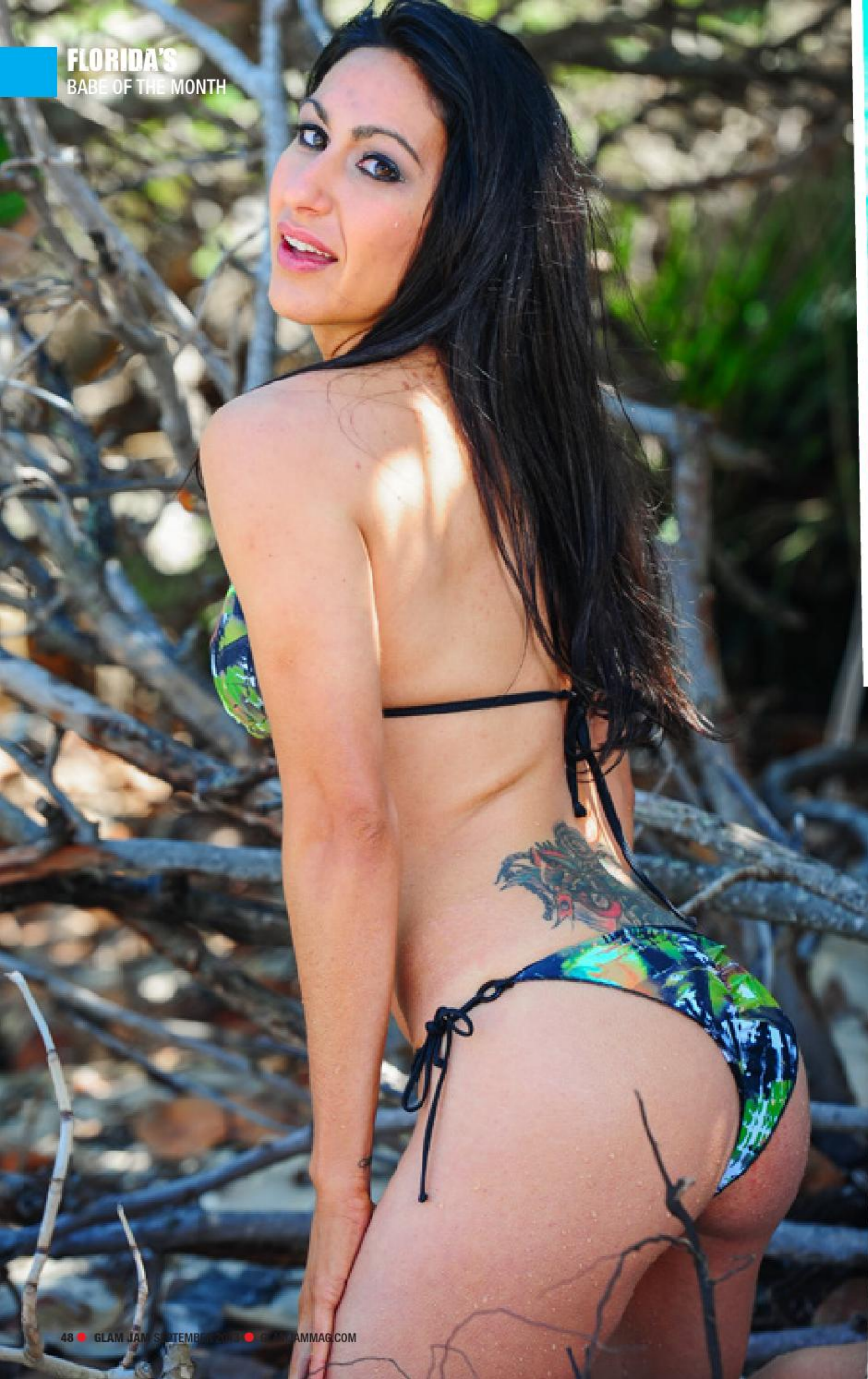
I think that it is my intelligence and sense of humor. I am more than just a pretty face and can actually carry a conversation.



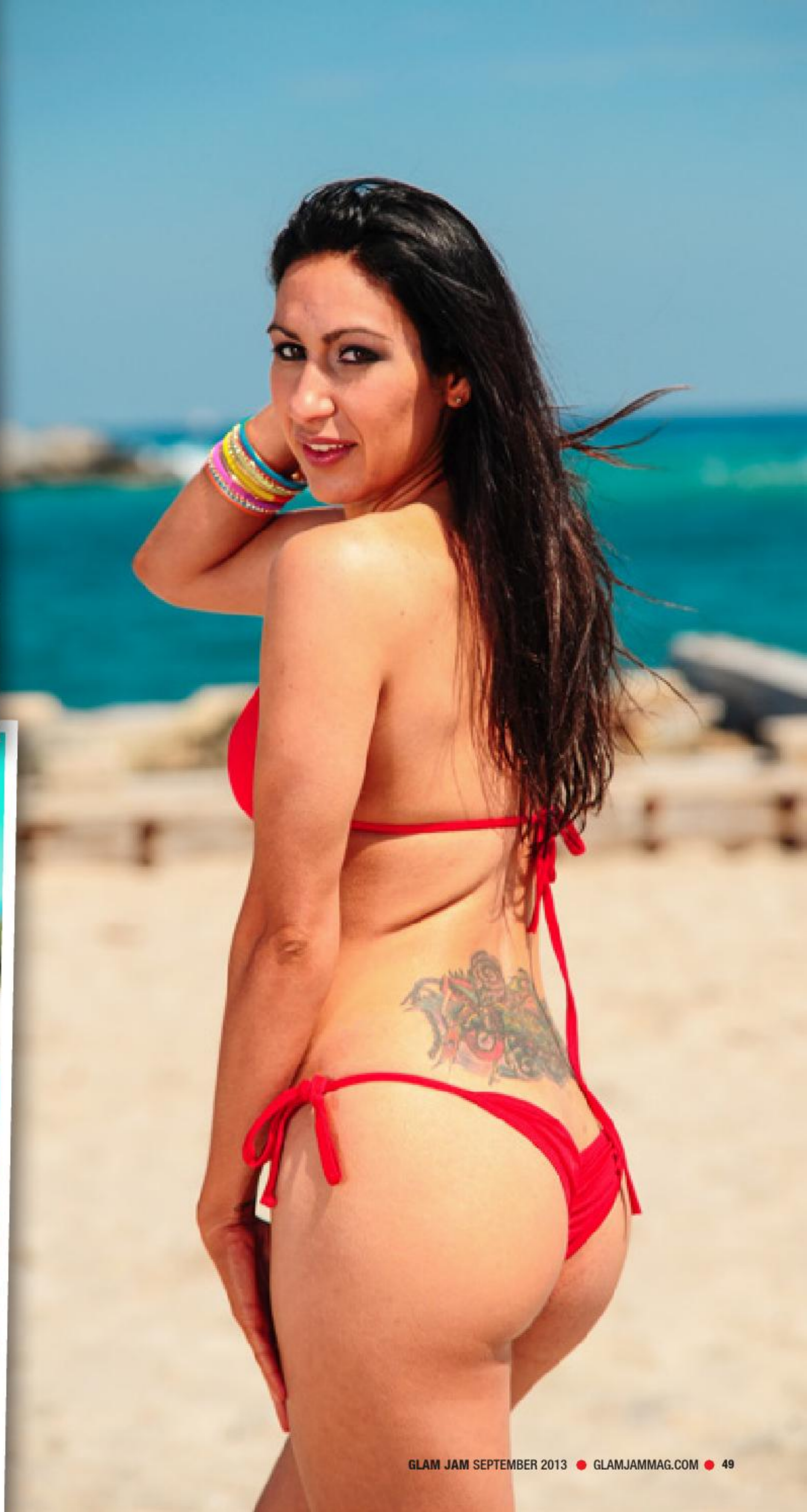


*Leah  
xoxo*

**FLORIDA'S**  
BABE OF THE MONTH









*GOT YOUR COPY OF **BIKINI HEAVEN** 2013?*





**WANT TO BE A  
FEATURED  
MODEL?**

Just fill out the  
submission form on  
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