



WEEKLY

KC VIBES.

16 SEPTEMBER 2022



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107.7

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THE SOUND THAT SETS YOU FREE

**FEEL GOOD
MONDAY
#KCBREAKFAST**

**WHAT'S ON
IN
KC LAND**

**JP DUMINY
JOINS
PAARL ROYALS**

WEEKLY
VIBES



FEEL GOOD MONDAY ON #KC BREAKFAST

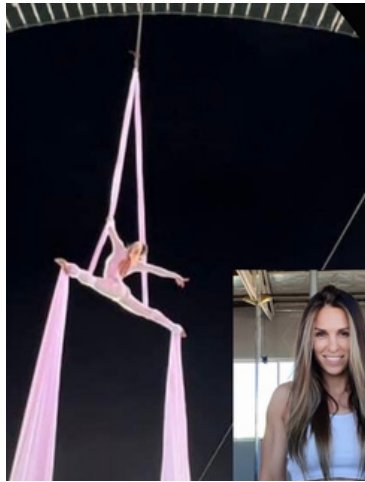
Feel Good Monday gets swinging

Feel Good Mondays hosted special guest bass guitarist Rubin David. He gave our listeners a taste of what to expect from his debut album which will be launched at the end of this month.

The #KCBreakfast team were carried away with some of the songs like Hou net Moed, Kan die Here jou Vertrou, Roep Hom nou aan and Snare na my Hart.

Expect some good vibes and sounds from this talented muso in the future.

Photo: Kuben David



DID YOU KNOW?

If you were at Greenpoint Stadium for the 7s this weekend, you probably saw amazing dancers suspended from the roof by pink cloth's

Well one of them was non other then talented dancer Leda Wright Botha from Paar!

Leda is a dancer and owner of @sirenstudioct - go check out her amazing routines online!

Keep being a inspiration Leda!



“I AM EXCITED TO OPEN DOORS IN CAMPS BAY CAPE TOWN“

INTERNATIONALLY ACCLAIMED DOCTOR SETS UP IN CAPE TOWN

Best known for his role in the advancement of Aesthetic Medicine, both locally and internationally, Dr Reza Mia is set to launch his very first practice in Cape Town this Heritage Month.

The Johannesburg-based aesthetics doctor spoke to Brad and SeanJ this week on KC Drive about opening his doors to Cape Town patients for the very first time.

“I am excited to open doors in Camps Bay in Cape Town. We have many patients that live in The Mother City and instead of them travelling all the time we decided that it might be a good idea to travel there to see them and we are open to new patients as well. It will be just in time for everyone to get summer ready and feel confident about their appearance.”

Dr. Reza added that due to the incredible ongoing demand from clients based in Cape Town for his services, it made sense for the business to branch out into Cape Town and expand its footprint internationally over time.



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The Power of Perfect and Radiant Skin
The seasons change affects the skin and so we need to change our skincare routine. From oils treatments to heavy moisturisers to a more light-weighted lotion. The problem with skin as we get older is the dark circles around the eyes and the dark marks that suddenly appear. The three major causes of dark marks are sun exposure, inflammation and hormonal changes. All these can trigger a melanin imbalance, leading to dark marks on the face.

The most affordable and light-weight product I have discovered is the Perfect and Radiant Luminous Anti Dark Marks Serum. It is dermatologically approved which means it is suitable for all types of skin. It is light and easy to use. Just follow your daily routine; cleanse, tone and then the serum followed by your daily moisturiser. It is easily absorbed so it acts on existing pigmentation which helps reduce dark marks and spots.

If you do feel a slight tingle that is just the ingredients working into the skin. Apply the serum to the whole face and neck and you could reapply if the need be.
The Perfect and Radiant Luminous Day Cream has triple protection. With an SPF50 it protects against dark marks, visible re-appearance of dark marks and photo aging. This cream is light and so gentle on the skin. It is easily absorbed and is not oily.

I personally love the protection this cream provides. It also has Vitamin E so the skin is left moisturised, mattified and smooth. You would need to use both products for at least 4 weeks to see the results. If you really want smooth, silky skin with less pigmentation then these are the best in the market. Products are available at your local pharmacy stores.

“ SELF CARE
STARTS WITH
SKIN CARE ”

Whats On

In KC Land ?

Klapmuts U-13 Sevens Tournament 2022

Klapmuts Primary School presents the U-13 Sevens tournament. There will be special guest appearances and food stalls. Admission – Adults R30, Children R10 and vehicles R10.

Date: 17 September 2022

Time: 7.30am to 5pm

Where: Klapmuts Sport Grounds

Cultural Talent Show

Celebrating Heritage Day at the Swartland Community Sport Centre. Closing date for registrations is 19 September.

Admission: R50 per group and R15 per person

Date: 23 September 2022

Time: 4pm to 8pm

Where: Swartland Community Sport Centre

Contact: Luyanda -0767752236



KLAPMUTS PRIMARY SCHOOL PRESENTS:

KLAPMUTS U/13 SEVENS TOURNAMENT 2022

KLAPMUTS SPORT GROUNDS
17 SEPTEMBER 2022
TIME : 07:30 - 17:00
ENTRY FEE: ADULTS R30
CHILDREN R10
VEHICLE R10

SPECIAL GUESTS
FOOD STALLS

Proudly Partnering with

CaylixSPORT develop manage organise
CHILL BEVERAGES
JOWA'S
NEDBANK
Ranyaka Advancing Communities
Forward Foundation
VAL DE VIE FOUNDATION
Stellenbosch Academy of Sport
Cell C

Missions Expo

Come and visit the Expo! Be encouraged, motivated, and get equipped. To PRAY, to GO, to GIVE, or to SEND!

Considering a Gap year? The Expo is the place to be. So many opportunities under one roof!

Meet missionaries and hear testimonies from 24 international organizations focused on reaching and supporting the unreached and most persecuted nations.

Admission - Free

Date: 16 and 17 September.

Time: 4pm to 8pm and 10am to 4pm

Where: EG Kerk Tygerberg. Uys Krige Drive. Lovenstein

Bergrivier NGK Primary presents a Sports Day.

Netball, soccer and rugby matches will be played.

Admission: Adults R20 and children R10.

Date: 17 September 2022

Time: 9am to 2pm

Where: Sandrivier Landgoed



ANNUAL RADIO AWARDS
NOMINATION

BEST DRIVE SHOW
COMMUNITY RADIO

KC DRIVE WITH BRAD, SAKHE
AND SEAN J

2022



ANNUAL RADIO AWARDS
NOMINATION

BEST MUSIC SHOW
COMMUNITY RADIO

DEREK SWART

2022





JP JOINS PAARL ROYALS

JP Duminy Joins Paarl Royals as Head Coach for Inaugural Season of SA20

Paarl Royals is the Royal Sports Group-owned franchise which will compete in the inaugural edition the SA20.

Former South Africa all-rounder JP Duminy has been named head coach of Paarl Royals, the Royal Sports Group-owned franchise for the inaugural edition of Cricket South Africa's officially sanctioned league - SA20, which is scheduled to kick off in January 2023.

Duminy - known for his explosive and impactful batting in the middle order, wily off-spin and energetic demeanour on the field will be joined by a coaching team of Richard Das Neves, Mandla Mashimbyi, Mark Charlton, Lisa Keightley, and Russel Aspeling in their respective roles.



MARIUS SCHOEMAN SEVENS IS BACK

The 2022 Marius Schoeman 7s Sports Festival is **officially underway**, with the handover of team kits to sponsored teams taking place on Wednesday. Game's kicked off at 2pm yesterday. We wish all the teams good luck, and look forward to 3 days of exceptional sportsmanship, determination, and fun. Why not come down to Paarl Gimnasium and join in the fun?



RODGER FEDERER ANOUNCES RETIREMENT

Tennis superstar Roger Federer has announced his retirement from the sport after 24 years as a professional.

Federer, who has won 20 Grand Slam titles, made the announcement on his Twitter account on Thursday afternoon

The 41-year-old said in his statement that the Laver Cup in London will be his final ATP appearance. He plans to play more tennis in future, but not in any Grand Slams.

Federer said the numerous injuries and surgeries he has endured over the last three years convinced him it was time to put his racquet away.

"I've worked hard to return to full competitive form. But I also know my body's capacities and limits, and its message to me lately has been clear. I am 41 years old. I have played more than 1 500 matches over 24 years... and now I must recognise when it is time to end my competitive career," he said.



CASTLE LAGER

THE RUGBY
CHAMPIONSHIP



ARGENTINA VS SOUTH AFRICA

17 SEPTEMBER | 21H10

ESTADIO LIBERTADORES DE AMÉRICA

LIVE ON Rugby

STARTING XV

1. STEVEN KITSHOFF
2. MALCOLM MARX
3. FRANS MALHERBE
4. EBEN ETZEBETH
5. LOOD DE JAGER
6. SIYA KOLISI (c)
7. FRANCO MOSTERT
8. JASPER WIESE
9. JADEN HENDRIKSE
10. DAMIAN WILLEMSE
11. MAKAZOLE MAPIMPI
12. DAMIAN DE ALLENDE
13. JESSE KRIEL
14. CANAN MOODIE
15. WILLIE LE ROUX

REPLACEMENTS:

16. DEON FOURIE
17. OX NCHE
18. TREVOR NYAKANE
19. ELRIGH LOUW
20. KWAGGA SMITH
21. FAF DE KLERK
22. ANDRE ESTERHUIZEN
23. FRANS STEYN

HEAD COACH
JACQUES NIENABER



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 - PERI-PERI
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- LEMON & HERB



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