



WEEKLY

# KC VIBES.

23 SEPTEMBER 2022

**SOLOMON KEEPS  
MOVING TO THE  
TOP  
#KCBREAKFAST**

**KC 107.7  
26TH  
BIRTHDAY  
CELEBRATION**

**A DOCTOR  
WITH A  
PASSION TO  
TEACH**



### A DOCTOR WITH A PASSION TO TEACH

KC Drive was honoured to be joined by Dr Natalie Benjamin-Damon from Johannesburg who has been elected as Deputy President at the South African Society of Physiotherapy.

After graduating with a BSc in Physiotherapy from the University of Cape Town in 2000, Dr Natalie entered the clinical world to pursue her passion for paediatrics, adult neurology and pelvic health.

She has extensive experience in paediatric rehabilitation as well as medico-legal work and has obtained both MSc (2010) and PhD (2018) in paediatric physiotherapy from Wits.

She is currently working as a Senior Lecturer at the University of the Witwatersrand where she is focused on undergraduate teaching, postgraduate teaching and supervision and research in the field of childhood disability.

She also volunteers at the South African Society of Physiotherapy where she assist with research and writing of evidence-based statements.

Dr Natalie is happily married with three beautiful boys and three dogs. They love going for walks, watching movies and reading together. When she is not working or attending meetings, she enjoys baking with the boys.



### SOLOMON KAYNE MOVING TO THE TOP

Solomon Kayne is a Zimbabwean and relocated to Paarl in 2009. He shared his journey with #KCBreakfast remembering the highs and lows that has kept him going.

He is currently employed by eCombat Security Services as Supervisor and also works as a Foreign Language Court Interpreter at the Cape Town Magistrate's Court.

Solomon Kayne is determined to reach higher and is currently in his final semester at UNISA finishing his LLB degree.

Solomon is passionate about health and is a ASA licenced long distance runner. He is a member of the Adventist Athletics Club Western Cape.

His running journey began as a way of staying fit and healthy during the lockdown. He loved outdoor running and never looked back. To keep himself motivated and running he runs different races.

In 2022 he started with the 10km Vitality Tyger run and the 10km ABSA Cape Town. He missed the Two Oceans Marathon but plans to run it next year.

He then ran the Blouberg Marathon as his first official marathon and Comrades qualifier. Solomon's Comrades journey was inspired by his son Nqobile who was born prematurely and by God's grace survived.

He then ran the Blouberg Marathon as his first official marathon and Comrades qualifier. Solomon's Comrades journey was inspired by his son Nqobile who was born prematurely and by God's grace survived. He wants to do it for his son and "Through Christ who gives him strength," he successfully completed his first Comrades ultramarathon, running the gruelling 90km from Pietermaritzburg to Durban in 10hrs 47min.

Solomon is passionate about healthy living and encourages everyone to be healthy and to enjoy life to the fullest. He says "Walk, run, swim, just move and keep moving to stay healthy." He urges all Paarlites to join the 5km Paarl Park run/walk every Saturday at 8am at the Paarl Arboretum, it's fun and exciting.





Nestled in the historic Tulbagh Valley, lie self-catering cottages surrounded by mountain views. Close to restaurants, and owner run you can be guaranteed to

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KC 107.7

26TH

BIRTHDAY



CELEBRATION

2022





# KC107.7 CELEBRATES 26 YEARS IN TRUE HOLLYWOOD STYLE



It was the party of the year in Paarl last Friday 16 September to celebrate the 26th year of KC107.7 being on air. Billed as a double celebration because the 25th birthday had to be a smaller affair in 2021, the event was SOLD OUT within days in July already.

The Radio KC management team and volunteers are an exceptional group of people, and we have wonderful disagreements and beautiful arguments but, in the end, it is always about finding new and better ways to serve the people and the principle

360 guests including KYKNET stars Esther Von Waltsleben (Elana Naude-Suidooster), Shermon Pharo (Thys Cupido-Arendsvlei), Charlene Le Roux (Yvette Ross-Arendsvlei) and Dean Smith (Wade Daniels-Suidooster), captains of industry, community leaders, clients, friends and loyal listeners all gathered at the beautiful Kronenburg Estate in Paarl.

Tonight, we remember those near and dear to our station who passed away during Covid. Peter Daniels, Tom Pedro, Allie Claasen and Jennifer Tuff. Brave and committed soldiers of our movement. Our hearts are also with the Billings family, who are present here tonight in that all the frames and ottomans is the handwork of the late Mr Billings. One of founder members, Franklin Huizies also lost his mother earlier in the month. "

Guests were welcomed on the red carpet in true Hollywood glam style. The fashion economy in Paarl definitely got a boost last week as we could not pick a best dressed among the hundreds of elegant ladies and gentlemen.

Three Lifetime Achievement Awards were presented for 25 years of loyal service to the station. The recipients were Casper Adams, Vernon Jacobs and Graham Tuff.

Chairman of the board of KC107.7 Dr Harlan Cloete said "Tonight, we celebrate the crown birthday of KC, a quarter of a century of KC and the 26th birthday all in one. We are delighted that so many of you came out to support our cause. This event has its genesis at the Bethel Congregational church hall and look how far we have come. Tonight, is our opportunity to show off. This is our biggest gathering since those humble beginnings - 360 strong and growing.

KC107.7 wishes to thank all those that have supported them over the past 26 years. From loyal listeners, financial supporters, advertisers, volunteers and community leaders, you have all made a contribution in our success.

The management of KC107.07 wishes to thank the various partners who supported the 26th Birthday celebration through various sponsorships from décor, wine, sound and their time.



My job here is to thank the Lord Jesus Christ firstly for the strength courage and that he saw it fit to choose us to establish His work. The board of Directors of KC, Mpumi Lali, Spencer Tonkin, Cobus Kritzinger, Lazlo Adams and Heinrich Bailey for your commitment and servant hearts and willingness to share your professional skills with the organisation.

The celebration continues this Sunday 25 September at 9am with a special Coffee Koesister and Koesisters and special service at the NG Church, Denneberg Antoinette Street in Paarl. Everyone is invited to attend.

#KC26thBirthday



### Repair Dry Skin with Epi-max

The Epi-max range of emollient products is ideal for any climate and people of all ages with dry skin and dry skin conditions like eczema and psoriasis. From newborn to ageing skin, Epi-max is a gentle all-purpose moisturiser and emollient cream. A cost-effective solution for dry skin that is gentle and mild enough for the whole family.

In addition to our trusted emollient cream, your skin can also benefit from Epi-max Bathe bath and shower oil and Epi-max® Lotion.

Epi-max Bathe bath and shower oil is used to moisturise extensive areas of dryness. People of all ages can use it in the bath, or apply to the skin whilst having a shower, especially in winter. It contains Evening Primrose oil, Vitamin E and pure Lavender oil. It can be used by people with eczema and other dry skin conditions.

A gentle pH balance emollient body was for all types of skin including dry skin. It soothes and moisturises in dry skin conditions such as eczema and psoriasis. Free from fragrance, colourant and sodium lauryl sulfate. It can be used daily by the whole family to cleanse, soothe, moisturise and prevent dryness.

Epi-max Lotion is lightweight enough for summer and is ideal for the more humid months.

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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





## SHANNEN BARTLETT TO REPRESENT SOUTH AFRICA

Wellington netballer Shannen Bartlett has been included in the Fast5 SA Team to play at the Fast5 Netball World Series in New Zealand Next month!!

This will be Shannen's first time representing her country. What a proud moment is must be for the Wellingtoner who is one of the top netball talents in the country.

This is a massive and exiting achievement for Shannen who always had a dream of playing in the colors of her country.

Great to see that we have such good role models and influencers in our communities.

#GoShannen



## SA20: TRISTAN STUBBS THE MOST EXPENSIVE PLAYER IN INAUGURAL AUCTION

Tristan Stubbs was the most expensive player in the auction for the inaugural SA20, as Sunrisers Eastern Cape paid 9.2 million rand (\$520,000) for the middle-order batter.

The 22-year-old only made his debut for South Africa in June, and has played six T20 internationals.



## CAN THE SPRINGBOKS WIN THE RUGBY CHAMPIONSHIP ?

The Springboks could leave Durban with the Rugby Championship on Saturday when they take on Argentina at Kings Park Stadium.

The Springboks are tied on points with the All Blacks at the top of the log but are behind the score difference.

They will know what will be required to win the title after New Zealand's match against Australia at Eden Park on Saturday morning.

If the All Blacks win with a bonus point, then SA need a bonus point too and a score difference greater than New Zealand. That difference is currently 13 points.

Argentinian coach Michael Cheika said they wanted to represent their country with pride.

"Number one, we must represent the country with pride. Number two is to make sure we back each other up," he said.



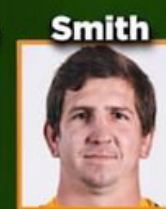
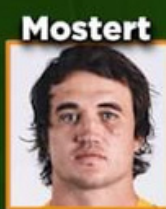
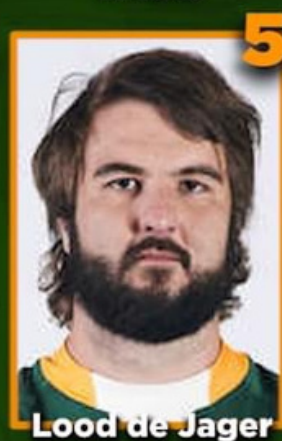
# SPRINGBOKS vs Argentina

24 September 2022

Durban

17:05

WORLD RUGBY





# #OnseMense TOUR

26 September 2022 - 30 September 2022

**LIVE BROADCASTING FROM:**

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We listened to you and we are coming BACK!



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# COMMUNITY RADIO FOR THE GREATER PAARL VALLEY

