



WEEKLY

KC VIBES.

#CANCERAWRENESSMONTH

21 OCTOBER 2022



**THE PAIN OF
A MOTHER
#KCLUNCH**

**CANCER
VICTOR ON
KC@WORK**

**FEEL GOOD
MONDAY
#KCBREAKFAST**

VIBES



THE PAIN OF A MOTHER

Euhiniza Koopman, mother of our little champ Byrone, her eldest daughter Lechante and community worker Leezil Laubscher visited Avril on #KCLunch.

They spoke about how 8 year old Byrone died in a fire in a Wendy house.

It was an extremely emotional time when Euhiniza described her deepest feelings during her last minutes with her son. For the mum, Byrone was a real hero, a champ, great sportsman and man of the match(mini cricket).

The winning medal is all they have as a reminder of their lost son as they embark on their healing.

They want to thank Radio KC for the thoughtful opportunity given to them to share their grief.



CANCER VICTOR ON KC@WORK

19 October 2020, Catherine Carolus refused to believe the doctor's when they announced the lump in her throat to be cancerous. When the doctor announced it to be cancer, Catherine was not dismayed whatsoever. Concerned of Catherine's unusual reaction to her diagnosis, the doctor doubled check if Catherine was alright . " I am more than fine doctor" she responded.

She referenced her religious upbringing that shaped the strong woman she is today. " I have negative friends, saying Cathy when you cough blood, it's cancer and you will die, but that is why I believed God's promises, that by His stripes, I am healed" she added.

Post her diagnosis, Catherine underwent chemo once and never went again. Now 2 years later, she feels like " a new person". Sharing her story with a smile, she continues to believe that God has healed her.



FEEL GOOD MONDAY ON #KCBREAKFAST

Relaxation is always a topic on our minds but we often forget about relaxing our it.

With the focus on Mental Health #KCBreakfast was honoured to have Bronwen Bayman from Mindful Practice in studio this week.

Bronwen Bayman explained the importance of a healthy mind and correct breathing techniques.

With a background in finance, Bronwen is well placed to offer her Mindfulness Workshops for groups. Bronwen can be contacted on 0799219457.





STORMERS, BOK STAR WILLEMSE TO CASH IN WITH MEGA CONTRACT

A third-party agreement has reportedly helped make Damian Willemse one of the highest-paid rugby players in South Africa.

The Springbok utility back recently signed a five-year deal with WP Rugby that will keep him at the Stormers until at least 2027.

Last week, the 24-year-old also reached an agreement with international glass packaging giants Ardagh, which bought Consol Glass for R10.1 billion in 2021. According to Afrikaans newspaper Rapport, the monetary value of the deal is not known but the publication described it as "the biggest yet for a South African rugby player".

Willemse will join Siya Kolisi and Eben Etzebeth as the highest-paid rugby players plying their trade in South Africa.

"Ardagh Africa has signed an agreement with Springbok rugby player @iamdamaingaza, who will undertake various public brand ambassador roles for Ardagh," the company said in a statement. "This will include supporting the company's social sustainability programmes.

This is further proof of Ardagh's commitment to South Africa and our local communities." Rapport added that Ardagh was also in the running to become a new shareholder of WP Rugby.



**LEKKER BIRTHDAY
RIB PROMO**
300G RIB PROMO. VALID FROM 21 - 23 OCT 2022

89⁹⁰

SPUR LEKKER BIRTHDAY RIB PROMO, 300G SPUR RIBS WITH CHIPS AND ONION RINGS FOR ONLY R89.90.

VALID FROM 21 - 23 OCT 2022 AT PASADENA SPUR & RED MOUNTAIN SPUR.

HAPPY 55TH BIRTHDAY SPUR, ITS GONNA BE A CELEBRATION YOU DONT WANT TO MISS.



HERE COMES THE SUN ☀️

Lentils and Lace 19/10/2022
www.lentilsandlace.com
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There is nothing like the outdoors in summer and feeling the warmth of the sun tingling on your skin. But too much of UV can lead to pigmentation and wrinkles and in some cases skin cancer.

According to the WHO, up to 90 percent of visible changes commonly attributed to ageing may be caused by sun exposure. UV levels can be so intense that it can cause skin damage in as little as 15 minutes.

That is why it so important to always wear a sunscreen. Whether you just taking a stroll on the beach or working in your backyard garden, it is absolutely important to wear a high SPF sunscreen which will protect your skin.

There are many non-irritating formulas that contain the highest broad-spectrum protection and these are just perfect for sensitive skins. Mist sprays are designed to protect your skin while you wear makeup.

It won't ruin your makeup as it is a matte spray and can be re sprayed every 80 minutes just to be safe. If you are the sporty type then a natural mineral sunscreen lotion would be the way to go.

This water-resistant formula will keep your skin protected for longer, even you are in and out of the water. If you hate heavy sunscreens try a protective oil mist with a UVA and UVB30 protection which will also leave your skin dry and non-greasy.

Be careful when buying a sunscreen. Always check the dates as sunscreen definitely has a shelf life. Never use a sunscreen which has expired or has changed colour, it can irritate the skin and cause an unnecessary rash.

Any protect which you buy must be used efficiently and the average is six to twelve months. Always stay sun-savvy by wearing a broad-brimmed hat that shields your ears, nose and neck areas.

Whatever sunscreen you choose this summer make sure that it is safe to use every day, has a broad spectrum of SPF50 and one that has a UVA, UVB and blue-protection. Enjoy you summer!



CANSA

08:00 – 13:00

PAINT PAARL PINK for BREAST CANCER AWARENESS

26 OCTOBER 2022



- FREE Clinical Breast Examinations
- Pink Sprayathon
- Wear something pink and join us to form a 1km chain on Main road



In partnership
with Radio KC



**BOOKINGS ADVISABLE
WALK-INS WELCOME**



CANSA PAARL Care Centre

No.2 Monte Rosa building, 276 Main Road, Paarl

For bookings or more information contact:

Paarl CANSA Care Centre - 021 873 6358 /

Naomi Philander - 061 209 9426

Radio KC: Naushad Khan - 0837910433

* Pap smear - screening test for early diagnosis of cervical cancer
* PSA - Prostate Specific Antigen (PSA) test - finger prick/blood test to help detect prostate abnormalities

**#CANSAscreening
#CANSACareAndSupport**



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071 867 3530 Afrikaans
Toll-free 0800 22 66 22
www.cansa.org.za



SHELL
wingback chair
-elegantly upholstered to add sophistication & style to any home
was R10 499
Save R4 500
R5 999ea



PIPER
modern occasional chair
-100% genuine leather
was R10 299
Save R4 300
R5 999ea



LOFTY
5 piece stainless steel bar set
-sleekly designed table with 4 modern high bar stools
was R12 499
Save R4 500
R7 999

also available in

Get That Distinctive Designer Look

DEALS VALID 20 - 23 OCTOBER 2022

With Ranges Exclusive to UFO

UFO

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BEDDING • HOUSEWARES • FURNITURE

SHOP AT OUR NEW ONLINE STORE @ www.unitedfurnitureoutlets.co.za



COVENTRY
3 piece - 3 action lounge suite
-upholstered in a durable taupe fabric made to look and feel like leather with contrast stitching
was R34 999
Save R10 000
R24 999

NEW TO OUR RANGE

DAVOS
4 piece corner suite
-upholstered in a durable fabric that adds style & comfort to any living space
was R39 999
Save R15 000
R24 999



INCLUDES DRESSER WITH MIRROR

LOUIS PHILIPPE
5 piece cherry sleigh bedroom suite
-includes 2 x 2 drawer pedestals & dresser with mirror
-excludes base set & accessories
was R25 999
Save R9 000
R16 999



ONYX
queen sleigh bed
-upholstered in a luxurious velvet with deep buttoned features
-excludes base set & accessories
was R29 999
Save R13 000
R16 999

GUARANTEED 48 HOUR DELIVERY IN GAUTENG & 5 DAY DELIVERY IN ALL OTHER AREAS!



SHAKIRA
large modular corner suite
-100% genuine leather uppers
-chrome feet, adjustable headrests & cupholders
was R48 999
Save R15 000
R31 999



Also available in single, three quarter, double, king & extra length

SICILY MKII
queen base set
-cross luxury memory foam for comfort & support
-comfort stabiliser foam core for added stability
was R7 499
Save R1 000
R6 499

NEW TO OUR RANGE



ZARA
ultra modern 2 piece lounge suite
-upholstered in 100% genuine leather uppers
-stainless steel legs
was R45 999
Save R6 000
R39 999

Outstanding BASE SET deals October
this

Purchase any base set from UFO during the month of October & stand a chance to win a weekly R5 000 UFO voucher



SCAN ME TO SEE ALL DEALS



AQUELLA
3 piece lounge suite
-upholstered in 100% genuine leather
-padded arms & seating ensure you will relax in comfort
was R55 999
Save R11 000
R44 999



Also available in single, three quarter, double, king & extra length

TORONTO
queen base set
-classic bonnell spring system provides pressure point relief
-marvelous middle system provides extra support where needed most
was R7 999
Save R1 000
R6 999



ALASKA
7 piece dining room suite
-glass dining table - two tone wood & stainless steel base
-high back chairs with stainless steel legs
was R26 499
Save R8 500
R17 999



SWAN
9 piece high gloss dining room suite
-rectangular table & 8 matching chairs with silver inserts
was R56 999
Save R12 000
R44 999



Also available in single, three quarter, double, king & extra length

GALAXY
queen base set
-delivering on quality, comfort & support of the double offset spring system's durable edge support -designed and built in South Africa
was R8 999
Save R1 000
R7 999

See our 47 great locations

ALBERTON ALBERTON CITY	AMANZIMTOTI RHOHL CROSSING REHA CENTRE 2 BRUNNEN ROAD	BEHOUW LAURENCE HALL	BLOEMFONTEIN LOCAL KNOW WATERBURG	BLIKSBURG THE TOWNERS 100 BURTON ROAD	CENTURION CENTURION MALL	CRESTA THE TOWNERS SHOPPING CENTRE	DURBAN FLORINA INDUSTRIAL PARK ONE IN CHURCHILL AVE. TRUCKS BUSINESS PARK	DURBAN SPRINGFIELD NEWMANNS HALL	EAST LONDON NEWMANNS HALL	FAIRWAYS FAIRWAYS CROSSING REHA CENTRE	GEORGE LEER WAGNER LEIFERTS CENTRE KORSAAL RD	GIYAM MESHUNTO MALL	GOODWOOD NO CITY HALL LOUNT JACOBSON DRIVE	HAZYVIEW BLUE HAZE HALL	KEMPTON PARK FESTIVAL MALL	KIMBERLEY NORTH CAPE HALL	KLERKSDOOP FLAMMIAUX MALL SHOPPING CENTRE	KOLLOMVADE REHA PARK	KRUGERSDOOP KEY WEST SHOPPING CENTRE	MAGOPANE CENTRAL CITY SHOPPING CENTRE E GORRA ROAD	MALL OF CAROLINA CALAMPORT DEL HEIDENBERG & NORTON DELFOUR BRIDGE	MAMELODI MAMELODI HALL	MENLYN MIDEN HILL SHOPPING CENTRE	MIDLAND BOULDERS THE HOLLERS SHOPPING CENTRE
MTSHATHA ST WAZERS CITY	NELSPOORT FERRISIDE JUNCTION	NELSPOORT SKIP JA BRUNNEN STREET	PAARL PARAL MALL JAMES SITE	PARK MEADOWS (BRIMA) PARAL MALL SHOPPING CENTRE KESKONCH	PIETERMARITZBURG MAGDO CENTRE	PINETOWN PINE CREST CENTRE 17 KING ROAD	POLKOVANE GAME CENTRE	POLKOVANE SABANNA HALL	PORT ELIZABETH BAYVIEW MALL	QUEENSTOWN MIDWEST MALL KUMAL SITE	RICHARDS BAY BAYVIEW MALL SHOPPING CENTRE	RUSTENBURG MIDWEST MALL VALLE WOUT	SANDTON 116 EASTERN SERVICE ROAD KALD PRETORIA DEL WAGNER RD	SOUTHGATE SOUTHGATE VALLE WOUT	SPRUITO PRINCE ALER MALL CHR ISSA & PULFA ROAD	THOHYANDANO GAME SHOPPING CENTRE WAG BLAD	TZANEEN 3 SARAFI BUILDING 18 WILSON STREET	VEREENINGING REHEARDEN CENTRE	UTENHAGE CROMWELL SQUARE SHOPPING MALL BUNIA DRIVE	WESTGATE WESTGATE SHOPPING CENTRE	WITBANK FAIR CREST SHOPPING CENTRE	WINDERSPARK FAIR CREST SHOPPING CENTRE		

