

WEEKLY

KCVIBES.

30 SEPTEMBER 2022



#ONSEMENSETOUR2022

VIBES



NOLETHU NDUDE FROM WEMATTER JOINED SAKHE DUKA ON #KC@WORK

Focus on World Contraceptive Day Monday 26 September was World Contraception Day. Nolethu Ndude from WeMatter joined Sakhe Duka on #KC@Work this week to share more information aboutcontraceptives.

She discussed the various available contraceptives, when young girls are legally eligible to use them (which is 12years and older) and the importance of contraceptives.

According to the Health Improvement Network, the vision and mission behind World Contraception Day is to improve awareness of contraception and to enable young people to make informed choices on their sexual and reproductive health.

Nolethu emphasized the role contraceptives play, regarding planned and wanted pregnancies. She also implored caregivers to foster a safe space in their homes so that conversations which are considered taboo, like introducing contraception, can be held.





#ONSEMENSE TOUR 2022

After an overwhelming response from all the communities that KC107.7 visited in 2021 as part of the inaugural #OnseMenseTour, the station decided to grow this with a live broadcast from ten locations across the Drakenstein region this year.

With the support of our partners Vodacom, Nedbank and Ranyaka, the #OnseMenseTour2022 got underway with the #KCBreakfast show from Gouda on Monday this week. Despite a few technical glitches the show went on and the wheels remained in motion throughout the week.

The KC107.7 team were welcomed with open arms in Saron, Riebeek West and Riebeek Kasteel, Wellington, Paarl, SImondium and Pniel. Thank you to all the hosts, stakeholders and loyal listeners for making this year's tour amazing.

"The feedback and comments that we received along the way is invaluable for our development. We will take all this information and use it to better serve our community. Thank you for all our accommodation partners for making sure the team had a good night's rest along the way," said Eddie Williams, Project Lead on the #OnseMenseTour.











VIBES



BRAD AND SEANJ HIT THE ROAD

In Celebration of an amazing and unforgettable 26 years, the KC Crew hit the road this week for their exciting and much awaited Onse Mense Tour!

On Thursday, Brad and SeanJ got goosebumps as they went back to where it all started 26 years ago, 'Die Stoepe'!

Community members showed up in numbers to meet and greet the team, as the KC Drive show built up to the candlelight ceremony for the late Mia Botha at Nederburg Primary.

Eddie and his activation team checked in throughout the show with updates of some of the activities that was performed by youngsters at the school during the day.

It was a priceless nostalgic moment for KC listeners, as KC came back home for the day.



PROTEAS HOST SRI LANKA IN ICC T20 WWC OPENER

South Africa will host and open the ICC T20 Women's World Cup against Sri Lanka at Newlands on Friday, 10 February 2023.

Fans can now buy tickets for all 23 matches as the top 10 teams in the world vie for the renowned ICC trophy, with the final set for Newlands on Sunday, 26 February.

Ticket prices start at R60 discounts available for scholars and pensioners while families can make the most of the action with kids under six allowed into all venues free of charge.



SA TEAMS RUN RIOT IN URC

The SA teams again swept all comers in the Vodacom United Rugby Championship, ending round three with a haul of 19 log points out of a possible 20.

The action started on Friday night, when the Vodacom Bulls defeated Connacht 28-14 for a third straight win and their second successive bonus-point victory.

The SA momentum was maintained in Wales, where the Emirates Lions completed a Welsh double by defeating Cardiff by 31-18, with the men from Joburg securing the bonus-point try late on.

The defending champions(Stormers) won 34-18 in a repeat of last season's quarter-final in the shadow of Table Mountain.

In the final match of the weekend, the Cell C Sharks showed big character to fight back from 19-6 down to score two late converted tries for a 20-19 win over Dragons in Newport

In other weekend results, Leinster beat Irish rivals Ulster 20-13, Benetton got the better of Scarlets (34-23), Ospreys were too strong for Glasgow Warriors (32-17), while Munster bounced back to winning ways with a hardfought 21-5 win over Zebre.



ONSEMENSE LOUR

































LENTILS AND LACE BY ROXYK WWW.LENTILSANDLACE.COM FACEBOOK: LENTILS AND LACE INSTAGRAM: LENTILSANDLACE TWITTER: LENTILS AND LACE BENEFITS OF BEAUTY MASKS

FACIAL MASKS, CLAY MASKS AND MASK SHEETS ARE SOME OF MY FAVOURITE SKINCARE PRODUCTS.

THEY ARE EASY TO APPLY AND A GREAT WAY FOR DELIVERING RESULTS. THE BEST THING EVER IS THE WAY IN WHICH THE INGREDIENTS WORK DEEP INTO THE SKIN LEAVING IT TONED, TIGHTENED AND SUPPLE. I THINK THAT BOTH MEN AND WOMEN CAN BENEFIT FROM USING MASKS. MASKS ARE A PERFECT SKIN TREATMENT AND HELP WITH DIFFERENT SKIN CONCERNS. THEY CAN BE USED FOR:

- . HYDRATING AND MOISTURISING THE SKIN
- . REMOVING EXCESS OIL
- . IMPROVING THE APPEARANCE OF PORES
- . GETTING RID OF IMPURITIES
- . HELPS REDUCE SIGNS OF AGING

FOR ME, I JUST LOVE THE BENEFIT OF BEING PAMPERED LIKE BEING AT A SPA BUT IN THE COMFORT OF YOUR HOME. FACE MASKS CAN ALSO BE QUITE THERAPEUTIC ESPECIALLY WHEN IT IS INFUSED WITH ESSENTIAL OILS LIKE MINT AND ROSEMARY, THE AROMAS CAN LIFT THE SPIRIT BY STIMULATING THE SENSES. SET ASIDE 20 TO 30 MINUTES OF "ME TIME" WHEN YOU APPLY A MASK. YOU WILL BE DRAWN INTO A WONDERFUL SENSORY EXPERIENCE THAT WILL RELAX THE MIND AND LEAVE YOUR SKIN LOOKING FABULOUS.

THE SUPER HYDRATING AND ANTI-DARK SPOT MASK SHEETS BY SKINREPUBLIC ARE SO EFFECTIVE AND EASY TO USE. THEY ARE DERMATOLOGIST TESTED AND CAREFULLY FORMULATED WITH NATURAL PLANT EXTRACTS. THE CONCENTRATED NUTRIENT RICH INGREDIENTS SUCH AS VITAMINS C, E AND 7 PLANT EXTRACTS NOURISH AND HYDRATE, HELPING YOU MAINTAIN HEALTHY LOOKING SKIN.

APPLY THE MASK TO THE FACE AND THE EXCESS SERUM CAN BE APPLIED TO THE DE'ÇOLLETAGE AND HANDS." LEAVE ON FOR 15 TO 20 MINUTES AND THEN REMOVE. DO NOT RINSE OFF THE SERUM, LEAVE IT ON TO WORKS ITS MAGIC. THE SKIN IS FEELS FIRMER, BRIGHTER AND HYDRATED. THE MASK SHEETS BY SKINREPUBLIC ARE SO EASY TO CARRY AND CAN BE TAKEN OR USED ON A PLANE OR IN YOUR CAR WHILE TRAVELLING. IF YOU WANT RADIANT AND A LUMINOUS COMPLEXION USE AN INTENSIVE FACIAL MASK FOR BETTER RESULTS. REGULAR FACIAL MASKS WILL HELP TO KEEP THE SKIN SURFACE CLEAN AND YOUR PORES UNCLOGGED. THIS IS AN EXCELLENT REASON TO USE A FACE MASK RIGHT NOW.









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