



WEEKLY

KC VIBES

11 NOVEMBER 2022



**FOUNDATION
HELPING
YOUTH IN
MBEKWENI**

**RAY DYLAN
'KAP DIT UIT!
WITH NEW
SINGLE**

**MUNSTER MAKE
HISTORY
AGAINST
SA 'A'**

VIBES



FOUNDATION HELPING YOUTH IN MBEKWENI

Anathi and Siphokazi Silandela Maseti are the Founders of the Ikamva Foundation in Paarl which is located in Mbekweni.

They are doing anti-bullying workshops for children in Primary level. They also help grade 12 with their tertiary applications.

Mental Health Awareness is also a focus for them and they are planning a Mental Health awareness fun walk on the 27 November 2022.

For more information please contact Sipokhazi on 084 346 1410 or Anathi on 084 207 0736. Email enquiries can be sent to ikamvafoundation87@gmail.com



"KEEP MBEKWENI CLEAN"

Community liaison officer, film maker and radio production student, Bulelani Ndzuzo is passionate about clean communities.

This passion then birthed a clean-up project in Mbekweni called 'Keep Mbekweni Clean'.

With the support of the local government, he is grateful that the project is coming into fruition.

"This project enabled me to open up my fruit & veg stall " said a young entrepreneur in Mbekweni who also somewhat followed in Bulelani's steps, by beautifying the fruit & veg vicinity.



Bulelani plans to collaborate with other "Green Buddies" in nearby communities, with hopes to bring illegal dumping awareness, education on its pros and cons and overall visible change in our communities.

To follow his journey and/or for collaboration, catch him on "Keep Mbekweni Clean" on Facebook.

<p>MAD SPECIAL!! mad 100 TABLETS FOODS</p> <p>ASTONISH ALL IN 1 DISHWASHER TABLETS</p> <p>ONLY R250 EACH</p> 	<p>MAD SPECIAL!! MAD Try Me I'm New! FOODS</p> <p>Shreddies</p> <p>NISSHE FAMILYPACK 560g ck 560g</p> <p>Shre Shreddies Idies</p> <p>Only R45 each!</p> 	<p>MAD SPECIAL!! mad Try Me I'm New! FOODS</p> <p>DOUWE EGBERTS</p> <p>Pure Gold</p> <p>400g</p> <p>ONLY R199.99 EACH</p> 	<p>MAD SPECIAL!! mad FOODS</p> <p>LANCEWOOD WHITE CHEDDAR & WHITE CHEDDAR 900G</p> <p>ONLY R95 EACH</p> 
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WEEKLY

VIBES



RAY DYLAN 'KAP DIT UIT!' WITH NEW SINGLE

After more than three decades in the music industry, Ray Dylan knows the winning recipe for the perfect hit.

Therefore it comes as no surprise that his latest single, EK WENS, has already made waves in the industry before even being released.

This pop song, written by Sunette Bridges and produced in the USA, is about the kind of love that gives you butterflies, and he is excited to finally share it with his fans.

In an interview with Brad and SeanJ on KC Drive this week, the SA hit maker said,

“The song makes me feel like a child who is looking for that special (out of this world) kind of love that everyone is talking about,” he explains.

“After hearing it for the first time, I immediately knew that this was going to be a hit song.”

EK WENS is one of those songs that stays in your head after hearing it for the first time and reminds you that true love still exists.



WEEKLY

VIBES



HOW TO MAKE THE PERFECT FRUIT CAKE

Lentils and Lace 9th November 2022

www.lentilsandlace.com

Facebook: Lentils and Lace

Instagram: Lentils and Lace

It's almost Christmas time and now is the time to bake our much-loved fruit cakes and put them away. Over the years of baking and selling my baked fruit cakes, I realised that the longer the cake stands the more delicious and moister it becomes.

Fruit cakes need not be heavy by putting in too much of fruit, the balance must be just right. I love walnuts and almonds but you can put any nuts which you prefer.

Some times I even put in some cranberries and the slight bitterness just adds to the flavour. I use pomegranate juice as a preservative and it works perfectly. This is my version of a fruit cake.

Ingredients

250 grams flour
250 grams walnuts or almonds
1 tsp mixed spice
1tsp cinnamon powder
1 tsp baking powder
½ tsp salt
3 eggs
1tsp vanilla essence
250 grams brown sugar
250 grams butter
1 packet mixed fruit
1 cup pomegranate juice
¾ water

Method

Soak fruit overnight in pomegranate juice. This will help to soften the fruit. Next sift all dry ingredients and set aside. Transfer soaked fruit into a pot and add sugar, cook on low heat till fruit is soft. When mixture is cool, add butter, eggs, butter, salt, eggs, vanilla essence and water. Lastly add sifted flour and form a cake batter. Pour batter in tin and decorate with almonds. Bake at 160 degrees for 2 hours.

Allow cake to cool completely before cutting. Store in the fridge. Lasts for up to 3 months or more.

Enjoy this recipe. I love a slice with warm custard or just plain with a hot cup of coffee.

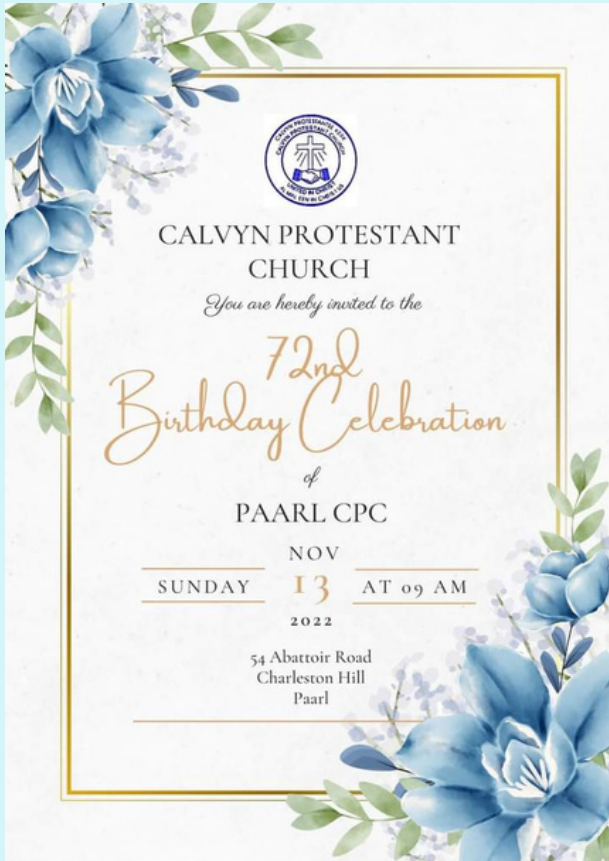
Follow me on my Facebook page Lentils and Lace for more hints, tips on cooking and delicious recipes.




WEEKLY

VIBES

WHATS ON IN KC LAND ?




CALVYN PROTESTANT
CHURCH
You are hereby invited to the
72nd
Birthday Celebration
of
PAARL CPC
NOV
SUNDAY **13** AT 09 AM
2022
54 Abattoir Road
Charleston Hill
Paarl




Frank Pietersen
Music Centre Musieksentrum Iziko Lomculo
Funky Hats
**BEGINNERS
CONCERT**
November 25, 2022
Frank Pietersen Music Centre Hall
17:30
Free Entry
Donations Welcome!



PLATINUM LOUNGE / SEVENS PRESENTS
**DEBUTANT
Fundraiser**
WITH PERFORMANCES BY
JAYDE KAY
COLLINECIA HAWKER - ANTONIE
EVENT STARTS AT 8PM
FRIDAY, 11 NOVEMBER 2022
371 MAIN ROAD PAARL
TABLE BOOKINGS ESSENTIAL
LIVE DJ'S
DJ SPARTAN & MILLZ THE DJ
TICKETS R70 PER PERSON
CONTACT FOR TICKETS: 072 422
7077
PEADON




**LIVE BROADCASTING
FROM PAARL MALL**
🎀 16 NOVEMBER 2022 🎀
TIME : 10H00 - 16H00
PAARLMALL
WELCOME HOME

VIBES

ENGLAND DEMOLISH INDIA TO SET UP FINAL AGAINST PAKISTAN



Alex Hales and Jos Buttler hammered brilliant unbeaten half-centuries as England crushed India by 10 wickets on Thursday to set up a Twenty20 World Cup final with Pakistan.

Chasing 169 for victory in the second semi-final in Adelaide, Hales smashed seven sixes in his 86 and Buttler, who made 80, hit three in a spellbinding batting performance to cruise into Sunday's final in Melbourne with four overs to spare.

Hardik Pandya's 33-ball 63 guided India to 168-6, but the total proved inadequate for an inspired opening pair, as England chase their second T20 crown after their 2010 triumph.

England captain Buttler smashed Bhuvneshwar Kumar for three boundaries in the opening over of their chase and his side never looked back.

170/0 - 168/6
England won by 10 wickets

MUNSTER MAKES HISTORY



Munster make history by beating South Africa for the first time.

It adds to the club's proud history of also beating the All Blacks and Wallabies in the past.

They thoroughly deserved their win, having put SA A to the sword with some impressive backline moves and an impressive high-tempo game despite the driving Cork rain.

It was a disjointed effort from SA A and they'll have to markedly improve if they are to get the better of Bristol Bears next week.

Scorers:

Munster 28 (21)

Tries: Shane Daly, Simon Zebo, Diarmuid Barron, Mike Haley

Conversions: Ben Healy (4)

SA A 14 (7)

Tries: Apehele Fassi, Sikhumbuzo Notshe
Conversions: Johan Goosen, Gianni Lombard

DU-WAYNE GESELS MET SHANE-LEE KENNED VAN ROSES UNITED



Hierdie Maandag het Du-Wayne ingestaan op Die Sportshow en het gesels met Shane-Lee Kennedy, Roses United loskopstut aangaande hul voorbereiding vir Boland top12.

Roses United lê tans 5de in hul algehele groep, met Wesbank wat die voortou neem.

Kennedy het gesê dat hulle weet Top12 gaan nie maklik wees nie en dus hoekom hulle hard moet werk om die jaar goed af te sluit en die Roses ondersteuners trots te maak.

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DEALS VALID 10 - 13 NOVEMBER 2022

48 HOUR DELIVERY IN CAPE TOWN & 5 DAY DELIVERY IN ALL OTHER AREAS.

SCAN ME TO SEE ALL DEALS

Feel like New BASE SET November deals

See our 47 great locations

VIBES

AUTUMN NATIONS

ROUND THREE FIXTURES

ITALY	13:00	AUSTRALIA
12 NOV 2022		
IRELAND	13:00	FIJI
12 NOV 2022		
ENGLAND	15:15	JAPAN
12 NOV 2022		
WALES	17:30	ARGENTINA
12 NOV 2022		
FRANCE	20:00	SOUTH AFRICA
12 NOV 2022		
SCOTLAND	14:15	NEW ZEALAND
13 NOV 2022		

SPRINGBOKS VS France

12 November 2022
Marseille

A grid of 23 player portraits for the Springboks team, numbered 1 through 23. The players are arranged in four rows: Row 1 (1-5), Row 2 (6-10), Row 3 (11-15), and Row 4 (16-23). Each player's name is printed below their portrait.

- 1 Ox Nche
- 2 Bongsi Mbonambi
- 3 Frans Malherbe
- 4 Eben Etzebeth
- 5 Franco Mostert
- 6 Siya Kolisi (c)
- 7 Pieter-Steph du Toit
- 8 Jasper Wiese
- 9 Faf de Klerk
- 10 Damián Willemse
- 11 Kurt-Lee Arendse
- 12 Damián de Allende
- 13 Jesse Kriel
- 14 Cheslin Kolbe
- 15 Willie le Roux
- 16 Marx
- 17 Kitshoff
- 18 Koch
- 19 Orie
- 20 Smith
- 21 Reinach
- 22 Libbok
- 23 Mapimpi

BOLAND TOP 12

ROUND 4 FIXTURES

CITRUSDAL	VS	ROSES
[November 12, 2022 14:00 PM]		
BELLA VISTA	VS	SALDANHA
[November 12, 2022 15:30]		
WESBANK	VS	HAWSTON
[November 12, 2022 16:00 PM]		
RANGERS ROBERTSON	VS	ST. HELENA
[November 12, 2022 16:00 PM]		
DELICIOUS	VS	DARLING
[November 12, 2022 16:00 PM]		
CALEDON	VS	MONTAGU
[November 12, 2022 16:00 PM]		

AGRIMARK METROPOLITAN CLBSMAR

PAKISTAN VS ENGLAND

FINAL

13 NOVEMBER. 1:00 PM (PKT)
MCG MELBOURNE

A promotional poster for the T20 World Cup Final between Pakistan and England. It features portraits of players from both teams on either side of a large silver trophy. The background is a mix of green and red with a star and crescent moon.

