



WEEKLY

# KC VIBES.

02 DECEMBER 2022



**BUILDING  
A DREAM  
FOR  
LANQUEDOC**

**JUMP  
FOR  
CHARITY!**

**BOLAND  
CLUB  
RUGBY  
FINALS IS  
HERE**



# VIBES



## BUILDING A DREAM FOR LANQUEDOC

Lorraine Muwuya, photojournalist from Zimbabwe, currently part of 20 Warrior's without Weapons group with participants from as far as India, Brazil, Costa Rica and South Africa.

The team recently visited the community of Lanquedoc to facilitate a collective dream. In various meetings with Lorraine, the community came up with having their own clinic, community centre, market place to sell goods, a creche, playground and vegetable garden. Lorraine's team was able to create the playground & vegetable garden in a period of two days with donations received from businesses.

Lorraine and team, looks forward to assisting other communities to achieve their community dream. Community leaders can contact

Lorraine on: IG: elosbrasil  
 FB: guerreirossemarmas@institutoelos



## 'JUMP FOR CHARITY!'

Brad and SeanJ were proud to be joined by an amazing lady with an amazing talent and drive for life, this week on KC Drive.

She currently holds the Guinness World Record for accomplishing 23 bungee jumps in one hour! HOW ABOUT THAT!!!

The adventurous and ambitious Linda Potgieter, a loving Mom and Wife who has travelled and worked in 44 countries and has dedicated her career to empowering women to get up, dress up and shine bright!

Linda reflected on her amazing bungee jumps in one hour at Bloukrans Bridge.

She was motivated in raising substantial funds for a local charity through this event and did just that.

'I would do 100 jumps if I could; even if my legs turn to jelly,' she said.

Linda aims to maximise support for community centres through this event, and is passionate about encouraging people, especially women to take a leap of faith in life!

**MAD SPECIAL!!**  
**MAD Foods**  
 Yammaei Prawns 700g  
 ONLY R99,99 PER BOX



**MAD SPECIAL!!**  
**MAD Foods** NOT EXPIRED  
 Soy Milk 1ltr  
**12 FOR R90**

**MAD SPECIAL!!**  
**MAD Foods**  
 CRACKER MIX  
**ONLY R45 EACH**

**MAD SPECIAL!!**  
**MAD Foods**  
 Dessert Topping 500ml  
**ONLY R69,99 EACH**

**MAD SPECIAL!!**  
**MAD Foods**  
 CRUMBED CALAMARI STRIPS 800g  
**Only R79,99 each**



# VIBES



## OLIVIA WHITE LIFTS HER WAY TO SILVER

Paarl power lifter, Olivia White, walked away with a silver medal at the 2022 Powerlifting Commonwealth Championships in Auckland, NZ!

Olivia competed in the bench press, deadlift and squat, beating some of the best in world!

Well done Olivia.



# WHATS ON IN KC LAND ?

**CELEBRATE THE Season IN STYLE**  
**UFO FURNITURE OUTLETS**  
 DEALS VALID 1-4 DECEMBER 2022  
 EXCLUSIVE RANGES JUST IN TIME FOR THE HOLIDAYS  
 SHOP AT OUR NEW ONLINE STORE @ [www.ufofurnitureoutlets.co.za](http://www.ufofurnitureoutlets.co.za)  
 Fabulous Festive deals December

**KC 107.7**  
**Christmas CAROLS**  
**SUNDAY, 04 DEC 18:00**  
 'DIE STOEPE' KLEIN DRAKENSTEIN ROAD  
**BRING YOUR OWN CHAIR**  
 #SingSaam #WeSingTogether  
 PROUDLY BROUGHT TO YOU BY  
 Willy's & Gallo's FUNERAL SERVICES  
 Cell C

**ReIMAGINE Chicago**  
 WE'VE REIMAGINED TOGETHER - NOW LET'S TAKE ACTION!  
**SAVE THE DATE**  
**CHICAGO FIX YOUR SPACE**  
 Painting, planting trees, fixing fences, installing lighting & more!  
 DATE: Friday 9 December & Saturday 10 December 2022  
 VENUE: Springbok Street between Blesbok & Klipbok Streets, Chicago, Paarl  
 TIME: Full days (times to be confirmed)  
 FOR MORE INFO: Email [amy@ranyaka.co.za](mailto:amy@ranyaka.co.za) or WhatsApp 084 431 7691  
 Please contact us if you would like to donate financially or in kind, or volunteer hands-on on either of these days!  
 Proud of Town, BU CO, KC 107.7, Nederburg, Nedbank, Ranyaka

**SPECIAL OCCASIONS**  
**2-COURSE MENU** Starter & Main or Main & Dessert **R217<sup>90</sup>**  
**3-COURSE MENU** Starter, Main & Dessert **R269<sup>90</sup>**  
 Special Steak Ranchie

WEEKLY

# VIBES



## NIVEA DEEP FRAGRANCE SPRAY

Lentils and Lace

[www.lentilsandlace.com](http://www.lentilsandlace.com)

Facebook: Lentils and Lace

Instagram: LentilsandLace

Body care is so important especially in summer. Luke warm water for showers is the best. Too hot showers will strip the skin of its natural oils leaving the skin dry and itchy. Change your heavy oily bodycreams that you used in winter for light weighted body lotions.

Stay confident and fresh with Nivea Deep Fragrance body spray. These were carefully developed in partnership with fragrance experts to bring you 48hour freshness with a premium and modern fragrance.

Nivea Deep Fragrance Achieve has an exclusive, masculine fragrance made up of spicy citrus and vanilla notes, with a warm woody undertone.

There are four variants available namely the success, the drive, the achieve and the spirit. All of these are a non-sticky formula to give you a burst of freshness on application and all-day freshness.

To stand a chance of winning one of these amazing sprays log on to my Facebook page Lentils and Lace; "LIKE" and "SHARE". Watch out for this great competition. Winners will be announced on the Lentils and Lace page.



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DAY-BY-DAY & WIN THIS SUMMER





## BIG NAMES FALL AT FIFA WORLD CUP 2022



A night of drama and agony involved simultaneous group games as the focus switched between Al-Bayt and Khalifa stadiums in Qatar. Germany had needed a favour from Spain but the 2010 world champions lost to Japan - and still went through.

At one point Spain were heading out as well when Germany were losing to Costa Rica. Spain manager Luis Enrique said: "If I had found out, I would have had a heart attack."

At least Germany could share the spotlight of pain for heavyweights - with Belgium also eliminated on Thursday.

Belgium have been ranked as the world's best team for four years in a row by FIFA.

But they showed in Qatar why a trophy has never been won. The parting shot was a 0-0 draw with Croatia but the damage was caused by losing to Morocco after opening with a win over Canada.

## BOLAND CLUB RUGBY FINALS IS HERE



Brace yourself Boland the Finals of the Club Rugby competition is here!

It's been a wonderful and fears competition so far with teams leaving it all on the field when that kickoff whistle blows.

The fans have been amazing as well with their continued support throughout the Boland Top12 competition showing up in numbers.

We wish all the teams well for the finals and may the best teams and sportsmanship win on the day.

The first game kicks off at 12:00 (Saturday)

## SALMAAN MOERAT TO LEAD STORMERS AGAINST DRAGONS



Springbok lock Salmaan Moerat will lead the Stormers in Saturday's URC clash against Welsh side Dragons in Gqeberha.

Moerat is joined in the second row by fellow Springbok lock Marvin Orie, while flyhalf Manie Libbok and replacement loose forward Deon Fourie also make their return from national duty.

Regular No 8 Evan Roos is sidelined with a rib injury picked up during the Springboks' year-end European tour.

This means Hacjivah Dayimani will start at No 8. Flankers Willie Engelbrecht and Nama Xaba also come into the starting line-up, as well as loosehead prop Kwenzo Blose.

In the backline, Tristan Leyds makes his first appearance of the season at right wing, along with outside centre Ruhan Nel who returns from an injury picked up in pre-season.

Springbok Herschel Jantjies starts at scrumhalf to form a halfback combination with Libbok, while utility back Mnombo Zwelendaba is set to make his Stormers debut from the bench.

# VIBES

## FIXTURES

### ROUND 9

<b>CELTIC SHARKS</b>		<b>FRI 2 DEC</b> 17:10 GMT		<b>OSPREYS</b>
<b>EDINBURGH</b>		<b>FRI 2 DEC</b> 19:35 GMT		<b>MUNSTER</b>
<b>DHL STORMERS</b>		<b>SAT 3 DEC</b> 12:00 GMT		<b>DRAGONS RFC</b>
<b>ZEBRE PARMA</b>		<b>SAT 3 DEC</b> 13:00 GMT		<b>GLASGOW WARRIORS</b>
<b>CONNACHT</b>		<b>SAT 3 DEC</b> 15:15 GMT		<b>BENNETTON</b>
<b>VODACOM BULLS</b>		<b>SAT 3 DEC</b> 18:00 GMT		<b>CARDIFF RUGBY</b>
<b>LEINSTER</b>		<b>SAT 3 DEC</b> 19:35 GMT		<b>ULSTER</b>
<b>EMIRATES LIONS</b>		<b>SUN 4 DEC</b> 11:30 GMT		<b>SCARLETS</b>

| QATAR AIRWAYS  
Global Partner

## 02 Daily Schedule

	<b>South Korea</b>	<b>GROUP - H</b>	<b>VS</b>	<b>Portugal</b>	
Education City Stadium		06 : 00 pm			
	<b>Ghana</b>	<b>GROUP - H</b>	<b>VS</b>	<b>Uruguay</b>	
Al Janoub Stadium		06 : 00 pm			
	<b>Serbia</b>	<b>GROUP - G</b>	<b>VS</b>	<b>Switzerland</b>	
Stadium 974 - Ras Abu Aboud		10 : 00 pm			
	<b>Cameroon</b>	<b>GROUP - G</b>	<b>VS</b>	<b>Brazil</b>	
Lusail Stadium		10 : 00 pm			

022 GULF

## BOLAND CLUB RUGBY FINALS DAY

	<b>SALDANHA BAY</b>	<b>VS</b>	<b>BELLA VISTA</b>	
Kick-Off 16:00				
	<b>RIVIERSONDEREND</b>	<b>VS</b>	<b>BONNIEVALE BLUEBIRDS</b>	
Kick-Off 14:00				
	<b>YOUNG WARRIORS</b>	<b>VS</b>	<b>ALBERTS RFC</b>	
Kick-Off 12:00				

Saturday 3 December | Boland Stadium | Gates open: 10am

- No parking allowed in the streets around the stadium.
- Parking is free on the B Field
- Please follow the signs.
- Security and parking marshals will direct the cars to the B Field.
- Busses drop-off and pick-up on corner of Willem Basson and Fontein Street

## The Rocks CSA ONE DAY CUP BOLAND PARK PAARL HOME FIXTURES

<b>2</b> FRI DEC	<b>HOLLYWOODBETS DOLPHINS</b> BOLAND PARK, PAARL 13H00	<b>9</b> FRI DEC	<b>MOMENTUM MULTIPLY TITANS</b> BOLAND PARK, PAARL 13H00
<b>21</b> WED DEC	<b>NORTH WEST DRAGONS</b> BOLAND PARK, PAARL 13H00	<b>23</b> FRI DEC	<b>SIX GUN GRILL WESTERN PROVINCE</b> BOLAND PARK, PAARL 13H00

**GET YOUR TICKETS FROM R20 AT TICKETPROS.CO.ZA OR AT THE GATE**





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