



WEEKLY

KC VIBES.

#CANCERAWRENESSMONTH

14 OCTOBER 2022



**A TEACHER
WITH A
DIFFERENCE
#KC@WORK**

**BROKEN
CRAYONS CAN
STILL COLOUR
#KCLUNCH**

**RUGBY TENS
CHAMPS
LAUNCH
IN SA**



BROKEN CRAYONS CAN STILL COLOUR

Dalene Davids and Past Josua Freeman joined #KCLunch with Avril Esterhuizen this week to share news about their event, "Broken Crayons can still Colour".

Their message is that although a mishap happened in your life doesn't mean that you are valueless.

Past Josua spoke about his early life as a gangster and drug abuser.

He was lucky that someone spoke to him telling him that he still has value and can still influence people positively.

This encouraged him to go to study at a tertiary institution and today he is living testimony that, "Broken Crayons can still Colour".



A TEACHER WITH A DIFFERENCE

Teacher Feziwe Ntshakaza Tshazi, poured her heart out on #KC@WORK. An experience in the shower in March 2020, changed her life for good, after feeling a lump on her breast.

"I just knew what it was, but I was not ready for that life" she expressed to Sakhe.

She shared how her diagnosis of breast cancer altered her marriage, relationships and philosophies.

For instance Feziwe believed in independence so much, however she admitted that her cancer journey taught her to rely on other people.

She couldn't hold back tears when she heard the surprise messages from her two children, Bombo and Mbali.

Feziwe lives to teach in her profession and to teach through her journey with cancer, by empowering women with similar journeys. Thanking family and friends for support, she acknowledged God as the ultimate source of her strength.

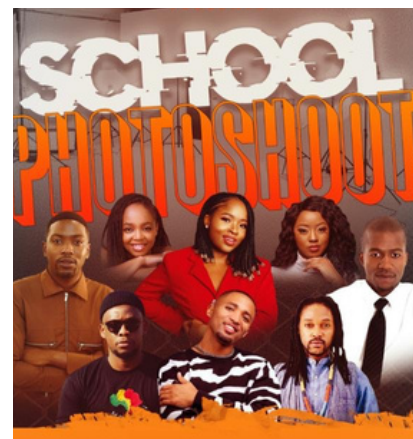
FUNDRAISING CELEBRITY PHOTOSHOOT AT MBEKWENI PRIMARY

KC@WORK will broadcast live from Mbekweni Primary school on Friday for their celebrity photoshoot day.

A fundraising event towards building their school hall. Actor Simphiwe Majazi from uZalo on SABC1 is the Celebrity guest.

Entry fee is R20 for all primary school learners.

The school has managed raised over R45000 without any sponsorship, since the launch of the school hall project back in February 2022. The school is calling for sponsors to help achieve their dream.



VIBES



10 REASONS TO SEE THE RUGBY TENS CHAMPIONSHIP SOUTH AFRICA

The professional competition, the Rugby Tens Championship arrives in Stellenbosch this weekend, 14 and 15 October at the Danie Craven Stadium and gates open at 9am each day.

All KC107.7 listeners can use Gate 4 and 5 to access FREE entry. Use code KC107.7.

The Rugby Tens Championship is a professional rugby 10s competition which offers opportunities to athletes across the world.

The Championships, which host events across the world, has five franchises, each having a men's, women's, boys' and girls' teams.

Here are some of the names you will be seeing at Danie Craven Stadium this weekend.

1 – Branco du Preez (South Africa): A Blitzbok for the past 12 years, Branco du Preez has proven himself to be one of the most consistent playmakers in the HSBC World Rugby Sevens Series.

In his international career, Du Preez has won two World Rugby Sevens Series, won a Commonwealth gold medal in 2014, represented South Africa at the 2013 Rugby World Cup Sevens, and played at the 2020 Summer Olympics.

2 – Kyle Brown (South Africa): Having retired in 2019, Kyle Brown will be stepping into the broadcast booth as R10C makes its way to his home country.

Representing the Blitzboks for 11 years, Brown made over 300 appearances for his country, won gold at the 2014 Commonwealth Games in Glasgow and won a bronze medal at the 2016 Olympic Games at Rio de Janeiro.

Even winning three World Rugby Sevens Series, and playing at two Rugby World Cup Sevens, the 35-year-old will be adding his insight to the broadcast booth in Pretoria and Stellenbosch.

3– Cecil Afrika (South Africa): For the past 13 years, Cecil Afrika has been one of the faces of rugby sevens.

Making his debut in South Africa in 2009, the playmaker played at two Rugby World Cup Sevens, the most recent of which coming this year in Cape Town, where the 34-year-old was called into the Blitzbok squad after two years away from the team. A 2014 Commonwealth Games gold medalist and two-time World Rugby Sevens Series winner, Afrika will be lending his years of experience to Cape Town Wild Dogs as an assistant coach.

4– Mathrin Simmers (South Africa): Fresh from representing South Africa at the World Rugby World Cup Sevens in Cape Town, Mathrin Simmers will bring with her plenty of experience. This includes having representing her country at two Commonwealth Games and two World Cups. Captaining the Balkans Honey Badgers last year in Lisbon, Portugal, Simmers is due to be one of the leading lights at the Rugby Tens Championship.

You can learn more about the competition by visiting rugbytens.com, or on Twitter, Instagram and Facebook.



RUGBY TENS CHAMPIONSHIP



DECLUTTER YOUR CLOSET

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Declutter Your Closet

It's Spring and now is the best time to declutter your closet spaces. During winter we all have practically the similar clothing such as jerseys, jackets, polo neck jerseys and sweat pants. These are chunky and often take up a lot of space. Start by getting organised, create a space where your summer clothing is easy to find. Remove clutter and believe me you will actually feel good.

Rule number one is to go through each item of clothing. Ask yourself:

1. Do I love it?
2. Do I still wear it?
3. Does it scratch or itch?
4. Is it mouldy, smelly or stained?
5. Does it still fit?

We are all guilty of keeping items which we love because we feel that it will fit us one day or that it might come back into the next season. This however, may not be the case. Donate what you no longer need or want.

There are several orphanages and second-hand clothing stores who will gladly take the things that you do not want anymore. You could also sell your pre-loved clothes online and make some extra cash.

if you take 15 to 20 minutes everyday you will be able to get rid of the declutter quickly.

Take everything out of your closet, wipe it clean, vacuum if the need be.

Pack everything back on the closet by hanging and sorting by colour with the most-worn items in the front. Take all alterations and cleaning to the tailor and dry cleaner. Maximise your space by folding and stacking the items you need within reach.

Utilise the closet door by installing hooks for your most-worn jewellery and scarves. Consider adding inexpensive shelving if your closet does not have much hanging space or shoe organisers to make most of your space.

Decluttering clothes can be hard especially if the item was a gift but the smaller and more simplified your closet is, the easier it would be to find what you need to wear.

You can now enjoy a simple and streamlined wardrobe which you love.





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





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COMMUNITY RADIO FOR THE GREATER PAARL VALLEY

