



#### CANCER HEROES DOING IT FOR THE CHILDREN

FABIAN ADONIS, Founder member of Cancer Heroes NPO in Wellington, visited Avril on KC Lunch to share more about it.

Cancer Heroes focus on children with cancer and their families. Every family who has a child with cancer has their unique challenges.

Because a child has to face at least a two to three year battle, one parent needs to give up his or her job.

Cancer Heroes are there to assist the parents and the children. They host various events to raise awareness and support for their programmes.

They are having a Toy Drive at St Albans Primary School on the 3 December. The community is invited to come and enjoy the afternoon with them and to bring a toy. These will be given to the children with cancer. For more info contact Fabian at 066 252 2165.





# KC107.7 SHOWS IN THE FINALS OF RADIO AWARDS

Being in the finals in the annual Radio Awards is an honour all radio stations strive towards. KC107.7 is extremely proud to have two finalists in this year's awards which takes place in Johannesburg this week. Congratulations to the Drive Show team of Brad, Sean and Sakhe and Derek's Classic.

The Radio Awards honour and recognise exceptional and innovative excellence in the South African radio industry. It sets a benchmark for all radio stations and professionals to strive towards.

This programme is dedicated to fairness and integrity and is focused on being a credible, well-judged and transparent programme. Broadcast Monday to Friday from 4 to 6pm, KC Drive with Brad and SeanJ keep listeners entertained with the latest news, sport and entertainment buzz accompanied by the coolest sounds.

It is the show to take you home or get you into the groove to wind down your day.

A delighted Brad said, "the biggest honour goes to the team for the continued hard work everyone puts in every day. We are all one, broadcasting under one roof with one goal in mind.

There are still great things to come from this KC family as we continue to strive to be the leader in broadcasting in the Winelands. Well done KC."

Derek's Classic is the perfect midweek slot that is hosted by Derek Swart who is also headmaster of Paarl Boys High.

The show is broadcast every Wednesday between 7 and 8pm.

"KC107.7 is a great station with lots of knowledgeable people and lots of expertise. Thank you for the opportunity to be on air," says Derek.

We wish all our finalists all the best, you have made us proud on the big stage already.

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### BEATING THE ODDS LIKE ROCKY

Zahier Samsodien aka 'Rocky Sams' from the Bo Kaap shared the stage with big acts like The Boyz, De Ja Vu and JAG.

He started singing at the age of 16 in boybands like '4U' for a few years, then moved to another boyband called 'Joie de Vivre 'till 2009.

Rocky Sams joined Brad and SeanJ on KC Drive this week, where he spoke about the tragic car accident he was involved in back in 2010.

This accident left him paralysed from the waste down. This did not stop Rocky Sams as he raised above his challenging circumstances and pursued a career in music.

Today, the young aspiring man is proud to release his new single 'Don't be a na na na'; available on all digital platforms.



# WHATS ON IN KC LAND?



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#### INVITATION

YOU ARE CORDIALLY INVITED TO ATTEND THE MBEKWENI TOURISM MARKET DAY WHERE YOU WILL EXPERIENCE AUTHENTIC KASI HOSPITALITY AND BUILD LOCAL BUSINESS LINKAGES.

> Date: 26 November 2022 Time: 10:00 - 14:00 Venue: Wamkilekile Business Hive, Mbekweni

TIME: 18H00

4 DECEMBER PAARL
11 DECEMBER WELLINGTON

#SINGSAAM #WEALLSINGTOGETHER





Drakenstein Municipality continues to focus on building local tourism products, and we encourage locals to support us on this journey.







#### SHOPPING RIGHT THIS FESTIVE SEASON

The holiday season is simply the best time of the year. There is always lots of entertainment to be found, relaxing moments on the beach, lots of cooking (to be done and to look forward to) and best of all shopping. This is also the time when most retail and clothing stores aim to reach their targets and use smart tricks to entice customers. But beware of false advertising and get wise to what they are doing to part you with your cash.

Big, colourful and flashy boards are always around this time of the year and they usually advertise huge discounts and massive savings. But there is almost always small print, especially those tricks of the trade where you are enticed into buying multiple items so that you can get one free. Try to avoid deliberately misleading tactics by following these few simple tips.

Compare prices: when visiting your local supermarket, you are most often greeted by isles of fresh produce, pre-packed bags of mixed vegetables and a large sign which usually reads "only R10". Loose vegetables are much cheaper than the pre-packed ones and the best part of this is that you are able to choose how many you require and also select the perfect, firm items. Make sure that you go for the cheaper option in order that you save money.

Choose cans from the back of the shelves: the staff take utmost care in packing the shelves and they make sure that all old canned foods and other items are packed in the front and fresh items are stored in the back. Reach out for those at the back of the shelf and check the dates.

Canned foods should have an expiry date of two weeks or more. It is also important to check dates on bakery products and fresh produce in order that you prevent wastage and save money. Make sure that you look at the 'use-by' date.

Aisle promotions: big signs such as 'save' and 'special offer' may not always be a saving at all. Some supermarkets have a separate promotional aisle for certain products, but this may not always be the case. Check the regular price first before you buy. This is a clever tactic to confuse shoppers.



Eye level products: more expensive items are kept at eye level where you can see them clearly. Look for the similar items on the shelves below and compare prices. There are also some colourful items aimed at the kids and put at their eye line, so make sure that you look at the bottom shelves for cheaper options.

Bulk buying: non-perishables such as toilet paper, soap and washing powder will save you money in the long run, but do not be tempted to buy products that you cannot freeze or use by the expiry date. You will end up throwing them away and lose a lot of money.

The most basic rule is to never shop when you are hungry as you will end up buying products that you do not need. Make use of vouchers and loyalty cards to get the best offers and save money. Plan your meals and make a grocery list before shopping – this will save you time and money. Take control of your money and be wise when shopping this season.

#### ENGLAND AND NETHERLANDS EYE KNOCKOUT PHASE



England, Netherlands eye last-16 berths at World Cup England head into their second match of the World Cup against the United States on Friday knowing victory would secure a place in the last 16, while the Netherlands could also qualify for the knockout phase.

Gareth Southgate's men kicked off their campaign with a 6-2 rout of Iran who take on Wales in Friday's first Group B game.

Regardless of the result of that match, England would progress by beating the Americans, but will have to overcome a talented young side and the weight of history.

#### BOLAND TOP 12 SEMI FINAL SPOTS DECIDED



Massive occasion for all the teams participating this weekend. Who who will be playing in the Finals of the Boland Top 12 competition

It's been a wonderfull competition so far, all made possible by the sponsors Metropolitan, Agrimark & Clubsmart.

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

The four teams from the Boland Groot Uitdaag competition that's playing the semi's is; Saldanha, Hawston, Bella Vista and Wesbank

#### KURT-LEE ARENDSE LIGHTING UP SPRINGBOK YEAR END TOUR



Kurt-lee Arendse from Paarl has put World Rugby on notice with one of the most complete performances by a winger in recent times.

Deadly on attack, resolute in defence and a menace in general play. The ex learner from Paulus Joubert ran the show against a good Italy side and scored as soon as the second minute.

The man of the match on the day scored two tries, assisted one and was involved in all significant moments for the Boks The fleet footed Paarliet is now 6 from 6 in his young test career. This was a breakthrough tour for Arendse who has grown immensely with every game and has cemented his place in the Springbok side for the World Cup.

He has certainly put his name on the World Rugby map and is on his way to becoming a global Super Star.

Kurt-lee is in action again this weekend as the Boks takes on England at Twikenham for their last match on the European tour.













