FROM MY HEAD TO YOURS!

1 A woman's hair is an important characteristic and the focus of hours of regular, careful attention. To choose to cut it all off is one thing - to lose it to chemotherapy is another. Lise van Breda grew her hair for her wedding day, and shortly afterwards decided to cut it and donate it to the Cancer Association of South Africa (CANSA). 'It was not an act of bravery, but it was symbolic. It meant that one phase of my life was over, and marriage meant entering a new one. I also knew my hair would grow again." 3 Lise believes in giving. 'I donate blood every month. I am a stem cell donor and on the list for bone marrow donation for leukaemia. I still need to 10 become an organ donor. As long as I have a healthy lifestyle and can give something to someone who needs it, I will. I have good, strong hair, so why not give that?" 'I found instructions on the CANSA website on how to go about donating.' 4 she says. 'I thought you could not donate your hair if you colour it, but I 15 discovered that CANSA accepts it." 5 Lise hopes to encourage other women to donate their hair and help others. It is easy and non-threatening, so more people should be doing it. 6 According to statistics, 115 000 South Africans are diagnosed with cancer yearly, with breast cancer being the leading cancer in women. 20 7 CANSA runs awareness and fundraising campaigns. During the annual Shavaton people can donate their hair or pay to have it sprayed. The Shavatons take place at shopping centres around the country. 'People phone us to say they are growing their hair for us,' says Lucy, head of marketing and communication at CANSA. 25 We just cut the ponytail then they go to a hairdresser for a new hairstyle. They donate their hair because they want to show support and unity with cancer patients and survivors. 'It is a powerful, fascinating gift.' 9 Those who cut their hair at a salon, must tie it in a ponytail that is 25 cm or longer because length is lost when making a wig. It must be sealed in a 30 zip-lock bag and taken to a CANSA Care Centre. The hair is sent off to the wigmakers in batches of 300 g. It takes about ten ponytails to make a complete wig.

Grade 1exempler 2013 Of Eastern Cape

David Kirk

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Table of Contents Grade 1exempler 2013 Of Eastern Cape

- 1. Understanding the eBook Grade 1 exempler 2013 Of Eastern Cape
 - The Rise of Digital Reading Grade 1exempler 2013 Of Eastern Cape
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Grade 1exempler 2013 Of Eastern Cape
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Grade 1exempler 2013 Of Eastern Cape
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Grade 1exempler 2013 Of Eastern Cape
 - Personalized Recommendations
 - Grade 1exempler 2013 Of Eastern Cape User Reviews and Ratings

- Grade 1exempler 2013 Of Eastern Cape and Bestseller Lists
- 5. Accessing Grade 1exempler 2013 Of Eastern Cape Free and Paid eBooks
 - Grade 1exempler 2013 Of Eastern Cape Public Domain eBooks
 - Grade 1exempler 2013 Of Eastern Cape eBook Subscription Services
 - Grade 1exempler 2013 Of Eastern Cape Budget-Friendly Options
- 6. Navigating Grade 1exempler 2013 Of Eastern Cape eBook Formats
 - o ePub, PDF, MOBI, and More
 - Grade 1exempler 2013 Of Eastern Cape Compatibility with Devices
 - Grade 1exempler 2013 Of Eastern Cape Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Grade 1exempler 2013 Of Eastern Cape
 - Highlighting and Note-Taking Grade 1exempler 2013 Of Eastern Cape
 - Interactive Elements Grade 1exempler 2013 Of Eastern Cape
- 8. Staying Engaged with Grade 1exempler 2013 Of Eastern Cape
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Grade 1exempler 2013 Of Eastern Cape
- 9. Balancing eBooks and Physical Books Grade 1exempler 2013 Of Eastern Cape
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Grade 1exempler 2013 Of Eastern Cape
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Grade 1exempler 2013 Of Eastern Cape
 - Setting Reading Goals Grade 1exempler 2013 Of Eastern Cape
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Grade 1exempler 2013 Of Eastern Cape
 - Fact-Checking eBook Content of Grade 1exempler 2013 Of Eastern Cape
 - Distinguishing Credible Sources

- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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