Look Good…Feel Better

April 2010 **NEWS** Volume 5

Already we are almost at the end of April and are well caught up in SA's Soccer World Cup mania!
Our concern is will it affect our workshops?

New Members

We welcome **Philip Kingsley**, a well known company to LGFB UK, and look forward to working with them and thank them for their support.

New Platinum Sponsor

We are very proud to welcome **Oh So Heavenly** as our new Platinum Sponsor, donating R100 000 to LGFB.
In addition they are launching an exciting new range, **Positively Pink,** and R3.00 from each purchase of the **Positively Pink Complete Care Pack** will be donated to LGFB. Our challenge to you is to support this new range and in doing so you will be enabling LGFB to reach out to more women battling the disease of cancer. Our heart-felt thanks to Oh So Heavenly for choosing LGFB.

Look Good…Feel Better Workshops

To date 775 patients have attended one of 66 Look Good…Feel Better workshops in SA this year bringing the total since we began five years ago to well over 8000 patients!
Good news! Both Donald Gordon and Clinton Clinic have come on board and had their first workshops in March.
All clinic workshops are held monthly but those at Addington (Durban); Bloemfontein National; Steve Biko, Pretoria Academic; Charlotte Maxeke Johannesburg Academic; Groote Schuur (Cape Town) are held twice a month to accommodate the ever increasing numbers of women needing to benefit from attend a LGFB workshop.

Meetings with Oncology Teams

I have had the opportunity to meet with several oncology teams at hospitals at which the LGFB programme is offered and have been honoured to receive nothing but praise for the wonderful work done by the LGFB volunteers. Thank you to our wonderful teams for your dedication and commitment to making a difference to these deserving women. I know you go the extra mile. It is important for you to know that the oncologists and their teams see the LGFB programme as a truly valued support programme and one that it making a significant difference to their patients. Well done and thank you!

Volunteer Training

We are privileged to have Charmaine van Schalkwyk, National Workshop Coordinator, who is passionate about LGFB and has dedicated hours to researching and developing an excellent training programme. She has trained volunteers in each of the regions this year empowering them to optimise the benefit and time they have with patients at each workshop. Thank you to Indigo Cosmetics; St Georges Hospital, Port Elizabeth; Mediclinic, Bloemfontein and Avon Justine for hosting LGFB training.

Beauty Editors

Thank you to Clarins for inviting LGFB to meet with and update the Beauty Editors in Johannesburg and Cape Town on the LGFB programme. We value this opportunity and look forward to working closely with the Beauty Editors to promote what is the SA Cosmetic Industry's specific charity programme, one we can all be proud of and know that it makes a real difference to many deserving SA women.

News from the Regions

With deep sadness we pay tribute to three special women who will be remembered fondly by LGFB;
Carole Messaris, one of our first Cape Town Volunteers who was very active at the Constantia Oncology and Panorama workshops and one of the 'stars' in the Rooi Rose LGFB article; Mavis Murphy stalwart bag packer in Durban and our Regional Coordinator, Lesley Tooley's beloved Mum, both of whom died of cancer; and Ronel Kapp, who was instrumental in making our last DVD a reality, who died tragically on 31 March. They will all be sorely missed but will be remembered with fondness for the very special part they played in our lives. We send our deepest condolences to their loved ones.

Fund Raising

Cape Town's 2nd Golf Day was held on11 March at Steenberg Golf Club. 100 players from CT and Jo'burg were welcomed at the Elizabeth Arden Registration table; sipped Redespresso; relaxed at Halfway House thanks to Indigo Cosmetics then partied at the 19th hole! R 68,994.78 was raised for LGFB.
Prize giving was a fun event with MC Matthew Pearce regaling rugby stories! All left for home laden with goodie bags, hampers, happy memories of another LGFB Golf Day and plans to be at LGFB's J'burg Golf Day on 3 August.
Once more LGFB received phenomenal support for our golf day. Thank you to our wonderful CT volunteers and sponsors - Alberta Culver, Aloe Ferox Africa, Annique, Berco, Biedouw Valley, CABS, Clarins, Clos Malverne, Cosmotech, Elizabeth Arden, Environ, Estée Lauder Companies, Firmenich, Gatineau Orleans Distributor, Golf Club Resorts, Incolabs, Indigo Cosmetics, Interbrand, Jenny Handley, Johnson & Johnson , Kiwi Freight, Merck, Modern Hair, Monate Lodge, Redespresso, Revlon, SAB Miller, Schwarzkopf Professional, Sharon Bolel, Sh'zen, Steenberg Vineyards, Steenberg Golf Club, Southern Sun, Union Swiss.

Goodbye and Welcome

We say goodbye to Pam Dillon, Executive Director of CTFA and thank her for the contribution she has made to the LGFB programme. Our best wishes go with her as she relocates to Cape Town to build a business with her husband. Welcome to Sally Gnodde, a well known personality in the cosmetic industry. We look forward to working with Sally and introducing her to the exciting and rewarding world of LGFB.

Dates to Diarise

Golf Days

Tuesday 3 August	Johannesburg Golf Day	Randpark Golf Club
Tuesday 12 October	Durban Golf Day	Zimbali Country Club

IThemba Avon Justine Ladies' Days

Saturday 28 August	Johannesburg	Summer Place

One in four South African women will face cancer during their lifetime. LGFB has the privilege of giving what could be a life changing experience by helping them to face the world and cope with their disease. We need your support to reach even more women battling the disease of cancer. Help us to put a smile on their faces so that they can face cancer with confidence.

Thank you to our Board of Trustees, CTFA, Members of our Steering Committee, Volunteers and Hospital Staff

Our generous Members

Founder Members: **Amway, Avon Justine, Avroy Shlain, Clarins, Colgate Palmolive, Elizabeth Arden, Environ, Estée Lauder Companies, Fascination Wigs, Indigo Cosmetics, L'Oréal, Procter & Gamble, Revlon, Sara Lee, Unilever**

Members: **African Sales, Annique, Beiersdorf, Black Like Me, I-Slices Innovations, Johnson & Johnson, Ladine, Modern Hair, NCP Alcohols, The Prestige Cosmetics Group, Reckitt Benckiser, Sharon Bolel, SDV Pharmaceuticals, Sh'Zen, Union Swiss, Vanda Cosmetics**

Associate Members: **Galderma, Philip Kingsley, The Sorbet Experience,**

Platinum Sponsor: **New Clicks, Oh So Heavenly**

And valued Sponsors

Southern Sun Hotels, Cosmotech, CosmeticWeb, Professional Beauty, Bairds Renaissance, Corporate Communication, Lifestyle Nursery, Chubb, Netcad, Executive Carpark

"Look Good…Feel Better is like a makeover for the spirit and that is a beautiful thing."