



Life Force Foundation Limited

PO Box 331

Westgate NSW 2048

Tel: 02 9568 0747

Fax: 02 8354 0096

ABN 61 068 056 682

CFN 15707 DGR 428809

To all our long-standing and new supporters:

Another challenging year has come and almost gone and the Life Force Board of Management would once again like to thank everyone who has stood by us during this year.

There have been some changes to our Board during 2005. Pamela Chalmers, our long-standing Director & Treasurer, stepped aside, after six years of dedication to Life Force. Thanks again Pamela. Two new Board Members joined us - Ian Henderson, who brings a wealth of experience to his role as a Director and Lisa Humphries. Lisa has her own small fund-raising committee, Pink for life that she has dedicated to raising money for Life Force.

Early in the year, we put in an application for Federal Government funding. This was a mammoth task taken on by Jane Gillespie and Caro Jonas, our group facilitators, with assistance from the Cancer Council NSW. Unfortunately, we were unsuccessful in our submission, with only fourteen of over forty applicants receiving grants.

Thankfully, Lisa had joined us by this time and she swung into action. The PINK for life FORCE event in October was a fabulous, fun afternoon held at the Loft on King Street Wharf. Heartfelt thanks to both Lisa and her 'pinkies'. They were successful in raising enough funds to keep Life Force going well into 2006. This event helped us to broaden our support base considerably. We hope to repeat this fundraiser every year, together with our famous Poetry & Prose evenings.

This fundraising as well as other generous donations has meant that the work of Life Force has continued throughout the year, providing a unique service to cancer patients and their families. There is now worldwide recognition that psychosocial support is an essential part of cancer care. Life Force has provided exactly this kind of support to the community in Sydney over the past 12 years.

We are grateful for a small one-off grant from Willoughby Council, which will enable us to offer a new support group early next year in the northern suburbs for people affected by cancer. We hope to be able to continue this group throughout 2006, so we are once again seeking your support to ensure that we can keep providing our services to as many people as possible.

One in three men and one in four women will be diagnosed with cancer during their lifetime. This means that everyone will be affected either personally or through someone they know. If you would like to support the Life Force Cancer Foundation this Christmas, please make a donation today. Whether it's a single amount or a regular monthly donation, any amount will be much appreciated.

Again, thank you for your support this year and from all of us at Life Force and from those who continue to benefit from your support we wish you all the best this festive season.

Yours sincerely

Cary Giezekamp
Director, Life Force Foundation

PINK for life FORCE acknowledgments:

Thanks to all the people who so generously donated the wonderful prizes for PINK for life FORCE.



• Adobe • After Work • All Electrical Appliance Repair • All Pest Solutions • Ana's Hair • Apollo Painting Service • Stefan Baartman • Battaglia Plumbing Service • Peter Bracher • Braus Activewear • Bridge Climb • Cherri Jam • Clarence St. Cyclery • Conveyancing Solution • Elysium • Emergency Hot Water Repairs • Fitness First • Gambit Developments • Garden Smart • Kathy Golski • Nadya Golski • Havaianas • Jon Hawley • J. H. Fisher & Sons Solicitors • JMD Ross Insurance Brokers Pty Ltd • Jakk • Jump Start Outdoor Training • Kaffee Klatsch • Kisara • The Loft • Longrain Restaurant • Loveable • O'leary Electrical • One of a Kind • One Teaspoon • Praline Chocolates • Pyramid Hill Wines • Maria Vaccaro • Queens Park Art School • Reads of Woollahra • Scenic Hills Riding Ranch • St. George • Susie Sherwood Beauty Therapy • Tanya Challenor • The Tea Room QVB • Trend Micro • Ultraceuticals • Y-Not Property Maintenance • Yoga Synergy •

To our Fundraising triumvirate *Lisa Humphries, Lucy Forster & Sally Felton-Taylor* and our host of Angels, thank you so much for your tireless effort on behalf of Life Force. Thank you also to *Meldi Arkinstall* for her inspiring story at the event & our wonderful MC *Bessie Bardot*.

Host of Angels

• Anne-Maree Badger • Kirstin Benade • Lucy Carroll • Pamela Chalmers • Sandy Chandler • Renee Englert • Cary & Rosie Giezekamp • David Giezekamp • Jane Gillespie • Charlie Haig • Ian Henderson • Angel Ioannou • Caro Jonas • Ernest Kemm • Stephanie Maraz • Vince Morello • Nicole Murray • Mandi O'Sullivan • Jilly Pascoe • Thomas Inglis •

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Our thanks to the following people
for their recent donations to Life Force.

Lucia Arlotta • Mr. P. & Mrs. E. Barboza • Katie Barton • J. Bentzen • Judy Burrige • Richard de Carvalho • Pamela Chalmers • Agnes Chan • Margaret Cody • Carole Crane • Maree D'arcy • Dr. Lynne Davis • Durty Nelly's Hotel, Paddington • Patricia Evans • M. L. Ferla • C. Fleming • Peter Forbes • Richard Gale • Bob Ganter • Alexa Gilbert-Obrart • Jane Gillespie • N. V. Gillespie • Aurora Hammond • Liz Harry • Ian Henderson • Lawrence Hinchliffe • Helena Hinden • Lisa Humphries • Angel Ioannou • Philippa Jackson • Jocellin Jansson • Les Jennings • John Bell Pharmacy, Paddington • Gloria Jones • Gary Kastanias • Ruth



Kellerman • Janice Lam • Lawrence, Bennett, Portelli Accountants Mudgee • Robyn Lees • Y. Lohan • Mary Maraz • Jenny Maunsell • Kerry May • Nicole Murray • Sally Murray • Felizitas Parr • Cecile Pauly • Marian & Peter Phelan • Gabrielle Prentice • Gabrielle Prest • Rizk Hairdressing, Paddington • Annabel Ritchie • Kerry Robertson • Bert & Pauline Rosenberg • Mark Ryan • Swami Amarananda Saraswati • Con Siouroumis • Mollie Striglioni • J. C. Taylor • John Thacker • Ian Thorpe • Maria Vaccaro – in memory of Vince Lombardo • Leona Watson • Anne Wilson • Sharon Windle • Robin Woods •



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Christmas Appeal 2005

Your donation will help ensure that we can continue to provide the services we offer in this vitally important area of cancer care

If you would like to support Life Force Foundation this end of year, please make a donation today. Any amount will do. Or consider becoming a "Friend for Life" by making a regular donation. A number of people are now donating \$25 or more a month to Life Force Foundation to fund its work, and if you can do this too, it would really help.

YES, I would like to make a tax deductible donation to Life Force Cancer Foundation. I would like to give:

\$25 \$50 \$75 \$100 Other: \$_____

AND/OR

YES, I want to become a "FRIEND FOR LIFE". I want to make a difference to the lives of people and their loved ones living with cancer.

YOUR DETAILS

TITLE	
NAME	
ADDRESS	
TOWN/SUBURB	
STATE/POSTCODE	
DAYTIME PHONE	
MOBILE PHONE	
EMAIL	

I would like to support the essential and ongoing work of Life Force Foundation by making a monthly pledge of:

- \$25 (\$25 per month over a year will provide a patient with a fully funded retreat)
 \$50 (\$50 per month over a year will provide a patient/carer with monthly individual counselling)
 \$75 (\$75 per month over a year will provide 2 dedicated cancer care health professionals with a fully funded retreat)
 \$100 (\$100 per month over a year will provide 3 patients/carers with weekly support groups)

YOUR PAYMENT: Please choose one of the following payment options:

OPTION 1 – Monthly Credit Card Payment:

VISA MASTERCARD BANKCARD AMEX

Credit Card Number _____ / _____ / _____ / _____ Expiry Date ____ / ____ (security code _____)

NAME ON CARD (please print) _____

SIGNATURE _____

I, the above signed, authorise Life Force Foundation to deduct \$_____ from my credit card every month

OPTION 2 – Direct Debit from my bank account

I am interested in organising a direct debit from my monthly pledge.

Please call me on (daytime phone number) _____

PLEASE RETURN THIS FORM TO LIFE FORCE FOUNDATION

Reply Paid 331 Westgate, NSW 2048

(NO STAMP REQUIRED IF POSTED IN AUSTRALIA)

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Next year we are extending our support group terms from eight to ten weeks. This means that people making enquiries about joining a group towards the end of a term will not have to wait so long before they can start. Our current group members have also commented regularly over the last couple of years that they find the gap between terms too long.

2006 Term Dates for Patients and Carers Groups
 For information contact Caro Jonas on 9564 3289 or Jane on 9908 1702

Patients Groups

Carers Groups

Edgecliff
 Weekly meetings
Monday evenings 5.45 – 7.45 p.m.

Annandale
 Weekly meetings
Tuesday evenings 5.45 – 7.45 p.m.

Term 1: 30 Jan – 03 Apr
 Term 2: 24 Apr – 26 June
 Term 3: 17 July – 18 Sept
 Term 4: 09 Oct – 11 Dec

Term 1: 31 Jan – 04 Apr
 Term 2: 25 Apr – 27 June
 Term 3: 18 July – 19 Sept
 Term 4: 10 Oct – 12 Dec

Annandale
 Weekly meetings
Thursday evenings 5.45 – 7.45 p.m.

Chatswood
 Weekly meetings
Wednesdays 10.30 a.m. – 12.30 p.m.

Term 1: 02 Feb – 06 Apr
 Term 2: 27 Apr – 29 June
 Term 3: 20 July – 21 Sept
 Term 4: 12 Oct – 14 Dec

Term 1: 01 Feb – 05 Apr
 Term 2: 26 Apr – 28 June
 Term 3: 19 July – 20 Sept
 Term 4: 11 Oct – 13 Dec

2006 Retreat Dates *

Patients Retreats

Carers Retreats

Retreats for Health Professionals

03-05 March
 26-28 May
 25-27 August
 24-26 November

07-09 April
 01-03 September

23-25 June
 27-29 October