

Life Force Foundation is a non-profit organisation providing emotional/psychosocial support for people dealing with the experience of cancer, through group therapy and meditation, counselling, special workshops and retreats.

# Life Force Foundation

CFN 15707

ABN 61 068 056 682

DGR. 428809

EASTERN SUBURBS

NORTHERN SUBURBS

INNER WEST

P.O. Box 1663

Bondi Junction NSW 1355

Tel: (02) 9389 3834

Gabi Hollows

Patrons:

Prof. Michael Friedlander

Fax: (02) 8354 0096 Email: lforce@netspace.net.au Internet: www.netspace.net.au/~lforce

# NEWSLETTER

## May the Force be with you

It has been a busy year for Life Force Foundation; LFF has developed its range of services for people affected by cancer to assist them to become full participants in their own healing process, and improve the quality of their lives.

We are also committed to help educate the health care profession about the importance of incorporating psychosocial support as an adjunct to medical treatment, and I believe in this way Life Force serves as a model of health promotion in the community.

Its strength lies in the fact that it is a community organisation for "consumers" and with consumers at the helm, but with a committed team of trained counsellors and therapists and a strong body of advisors.

Our program of support is broad, encompassing as it does, support groups for patients as well as for family and carers, country retreats, telephone and individual counselling by qualified professionals, including home and hospital visits, workshops for people affected by cancer as well as training programs for health care professionals.

Life Force also holds memorial services for members and will also act as celebrant for funeral services.

### Our Counselling Team

This year we welcomed Sabina Rabold who joined Margie Cawood, Maria Vaccaro, Jane Gillespie, Jilly Pascoe and Georgie Guinness as a member of the counselling team. Sabina also runs the family and carers group together with Maria Vaccaro.

Christmas greetings and good wishes for the New Year from all the Life Force mob.



Maria Vaccaro Margie Cawood Jane Gillespie



Jilly Pascoe Caro Jonas Sabina Rabold



*"We are the boat, we are the sea, I sail in you, you sail in me."  
...and healings and blessings from Angey.*

DEC  
2000

Please do not throw this newsletter in the bin. Pass it on to someone who may benefit from it, or give it to your doctor, dentist or other health professionals. You may wish to put the support group information up on a noticeboard. In this way you may be able to help someone in need. Thankyou.

## *Cancer Voices NSW*

A newly formed organisation for consumers and carers, this is a long awaited advocacy group for all people affected by cancer. They want to reach as many cancer consumers and carers as possible. An interim committee has been formed consisting of Sally Crossing (Breast Cancer Action Group NSW), Max Gardner (Association of Prostate Cancer Support Groups), Felicity Lehmann (Following the Fenceline and Wagga Breast Cancer Support Group), Emma Sayers (CanYa), Jane Cruickshank (Life Force Cancer Support Foundation), Sue Westcott (Bowel Cancer Support Network) and Des Rowley (Goulburn Cancer Action Group). An initiative suggested to the NSW Cancer Council by Les Robinson of the Sutherland Cancer Support Group, to form a collective of existing community cancer organisations and support services has been brought into being.

Cancer patients are a disparate group needing a central body for advocacy and networking. It is pleasing to see these people with energy and commitment setting up just such a worthwhile organisation. Aim: To provide a voice for all people affected by cancer. This new peak consumer organisation is very interested in feedback and expressions of interest from organisations and individuals. If you would like to get in touch, please contact our LFF representative Jane Cruickshank on (02) 9948 1577 or Ron Gayle (02) 9334 1877 at the New South Wales Cancer Council.

## *LFF involvement in other activities during 2000*

During the year, Life Force founder Jilly Pascoe, addressed a meeting of the BCAG re support groups for cancer people. She also ran a workshop at the National Breast Care Nurses' Conference at the Sydney Hilton in March, and in addition to the Life Force workshops, she has been involved in training programs for Health Care Professionals at the Nepean Cancer Centre, the Sacred Heart Hospice and St. Vincent's Hospital with the Sydney Psychological Medicine Group - psychologist Michael Parle and psychiatrist Mark Ryan.

Jane Mills and Jilly Pascoe represented consumers on the NSW Health Dept. Consumer and Community Participation Implementation Group.

## *Future Directions for LFF*

- In collaboration with Ryde Campus of TAFE outreach program, Life Force Foundation will be conducting a support group for cancer patients after hospital treatment has finished, to assist in picking up the pieces and rebuilding their lives.  
The support group will be held at the Ryde TAFE Telopea Centre next year. Further information will be available when arrangements have been finalised.
- A new group may be run at Crows Nest in the new year. Sabina Rabold is keen to set up a group for children who have a parent with cancer.
- LFF hopes to set up further training programs for HCP's at metropolitan hospitals in 2001.

## *Fundraiser*

We need to gear up now for our 2001 fundraiser - Evening of Poetry & Prose. There is a possibility that it will be held earlier in the year than usual - about mid April? Stay tuned for information on the mystery guests!! and line up all your friends for what is always a really special event - not to be missed.



## *Musical Event*

Katie Reid and friends who gave us such a treat last year want to do another next year for Life Force members, families and friends. We will keep you posted regarding this delightful entertainment.

---

**S O S ... S O S ... S O S ...**

We urgently need extra admin. support at the Life Force office.

If anyone can help out, please telephone **9389 3834** ASAP. Thanks.

# Thanks... Thanks... Thanks

Life Force would like to acknowledge all the marvellous people who have helped us to keep going over the year, whether it be by financial donations or by giving of their time and personal resources to the Foundation.

We would especially like to thank...

**Pamela Chalmers** for her amazing energy, ability and ongoing commitment to Life Force over the years

**Cary, Rosie** and all the **Giezekamp family** for their untiring support

The **Carroll Family** for never-ending support

**Anne Schofield** for continued support

**John Balazs** for legal advice and support

Our patrons **Gabi Hollows** and **Professor Michael Friedlander**

All the **LFF Angels** for their enthusiastic support for the fundraiser and ongoing commitment to the cause.....**We couldn't do it without you!**

Our gratitude also to our wonderful team of counsellors and group facilitators who provide support with such dedication and compassion to people facing one of the most challenging times in their lives. **Caro Jonas & Jilly Pascoe** who have worked together since Life Force was first set up in 1993, **Jane Gillespie, Maria Vaccaro, Sabina Rabold, Margie Cawood & Georgie Guinness.**

**Life Force is all of us, the people who make up this marvellous team, our supporters, and of course the cancer patients themselves and their families.**

Our gratitude and love to the cancer patients who are our inspiration, and who never cease to amaze with their courage, humour, honesty and wisdom. As our dear friend Inge said in her own eulogy: *"May the Life Force be with you and protect you for the rest of your days."*

---

## Other Acknowledgments

John Van Es  
Dorothy Prentice  
B'nai B'rith Players  
Glenda Murray  
Viki Aivaliotes  
Stephanie Maraz  
Avis Australia  
Kwik Kopy Bondi Junction  
Callaghers Real Estate, Annandale  
Real Estate, Edgecliff  
Coates Bennett Accountants, Mudgee  
Les Morrison Insurance, Mudgee



## Casper (Bichon Frise) by Dulcie

You were my friend when I felt down  
You always welcomed me home after being in town  
I could tell you things and you wouldn't tell  
When I was sick you lay with me till I was well  
You laughed with me you cried with me  
We'd go for walks, we'd talk, we'd watch TV  
It was just us two, You and Me.

Your little black nose would smell chocs or smackos  
And be there at my feet before I could get them out of  
their packets  
Now before Christmas you have left me  
You will be missed my darling dog

Although I know you are in a nice place  
I still can't come to terms with not having you here with me  
Your little white body, we called you "wool mat" or the  
"Grubby one"  
But only with love, Casper, only with love

You gave so freely of your love  
No restrictions, no jealousy  
And all you needed was a hug and three feeds a day  
Your bedclothes washed and your basket aired

God has you now my little white pal  
And I am left to mourn you  
Goodbye my friend, I will never forget you.

Casper was 13 years old when he died on the 22nd  
December, 1999

## *Important Dates for 2001*

---

### *Retreat Dates*

Summer Retreat: 16<sup>th</sup> – 18<sup>th</sup> February 2001

### *Workshop dates*

Facing Death Embracing Life Workshop  
17<sup>th</sup> & 18<sup>th</sup> March  
5<sup>th</sup> & 6<sup>th</sup> June

Support Group Facilitators Workshop  
19<sup>th</sup>-20<sup>th</sup>-21<sup>st</sup> October

For further information & bookings for any of the above, phone 9389 3834

### *A Special Announcement*

Elaine and Drina from 'djwarra gunyah' (meaning the hair place) are giving a special to all LFF members for one year. You will need to register with LFF so we can put you on the list.

## *World Cancer Day*

To be held on February 4, 2001 in the Great Hall, University of Sydney.

A conference known as the World Summit Against Cancer was held in Paris in February 2000, to focus attention on the rights of people affected by cancer.

As part of the follow-up it was proposed to establish an annual observance of World Cancer Day on February 4.

One of the events in Paris was a Spiritual Concert in the Cathedral of Notre Dame.

The Australian Cancer Society has arranged an inter-faith event in Australia on February 4, 2001.

### **djwarra gunyah**

Shop 10 8 Waters Rd, Neutral Bay.  
9904 0325 • Please ask for Elaine or Drina

### **The offer :**

First haircut/consultation free (up to 1 hour).  
15% discount on all services for one year.  
Tues – Fri 10am – 6.00pm

---

## *Life Force Foundation Support Groups*

### **2001 Term Dates**

**Note:** It is important to register for all support groups, before turning up, in order to check on numbers and confirm that details are correct. Telephone the LFF number: **9389 3834**.

### **Eastern Suburbs**

meets weekly at:

**St. Joseph's Parish Centre  
10 Albert St, Edgecliff**

Monday evenings: 5:45pm - 7:45pm

Term 1 Feb 12 to April 2 (8 weeks)  
Term 2 May 7 to June 25 (8 weeks)  
Term 3 July 16 to Sep 3 (8 weeks)  
Term 4 Oct 15 to Dec 3 (8 weeks)

### **Northern Suburbs**

meets weekly at:

**Chatswood Church of Christ Hall  
365 Victoria Ave, Chatswood  
Jane Gillespie: 9960 3213**

Friday mornings 10.30am - 12.30pm

Term 1 Feb 9 to Mar 30 (8 weeks)  
Term 2 May 4 to Jun 22 (8 weeks)  
Term 3 July 20 to Sep 7 (8 weeks)  
Term 4 Oct 12 to Nov 30 (8 weeks)

### **Inner West**

meets weekly at:

**Annandale Neighbourhood Centre  
79 Johnston St, Annandale**

Thursday evenings: 5:45pm - 7:45pm

Term 1 Feb 8 to Mar 29 (8 weeks)  
Term 2 May 3 to June 21 (8 weeks)  
Term 3 July 19 to Sep 6 (8 weeks)  
Term 4 Oct 11 to Nov 29 (8 weeks)

### **Family & Carers Group**

meets weekly at:

**Annandale Neighbourhood Centre  
79 Johnston St, Annandale**

Thursday evenings: 5.45pm - 7.45 pm

Term 1 Feb 8 to Mar 29 (8 weeks)  
Term 2 May 3 to Jun 21 (8 weeks)  
Term 3 July 19 to Sep 6 (8 weeks)  
Term 4 Oct 11 to Nov 29 (8 weeks)