

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

Branching Out

The Foundation continues to develop its services, and we are pleased to be offering further ways of supporting people in the community affected by cancer, as well as generally providing ongoing education and support to the health care community.

New Course for cancer survivors

Our most recent initiative in collaboration with Ryde College of TAFE Outreach has been hailed as a welcome addition to our existing programme of support.

Commencing on May 14, the course - "Life Skills for Cancer Survivors" is proving of great benefit in assisting cancer survivors and their families adjust to life after cancer. Run by Denise Lavell and Jessica Medd, with guest speakers Mark Ryan and Michael Parle from the Sydney Psychological Medicine Group and TAFE's Mary Perrottet and Robyn Faggotter, the course is clearly fulfilling a great need in the community.

Following the enthusiastic response to this first series of sessions, Life Force will continue to run these courses with TAFE, in addition to our

regular support groups, representing another stage of development in life after cancer.

We will keep you posted re: dates and times. Always check out our website in between newsletters for regular updates on all our Life Force workshops and support programmes, retreats and courses.

Port Macquarie Group

A new group formed up north to come under the umbrella of Life Force Foundation - more info. soon.

Italian speaking group

In the pipeline, another Life Force/TAFE collaboration. Maria Vaccaro, LFF counsellor and group leader is looking at setting up a group for the Italian community.

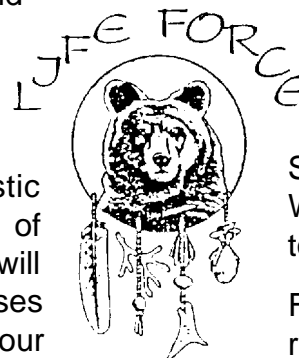
Workshop & Retreat dates:

Facing Death, Embracing Life Workshop, June 23 & 24

Winter Retreat, August 24 to 26

Support Group Facilitators Workshop, October 19 to 21.

For more info. and to register, phone: 9389 3834.



JUNE
2001

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.

We also like to bring you information on other programmes in the community that can be of benefit.

Telegroup Counselling for Teenagers who have a parent with cancer. To be run jointly by NSW Cancer Council and Carers NSW, this will be a telephone hookup over 8 weeks for one hour each Wednesday night commencing sometime in June - dates to be notified. If you know of any young people in this position who would benefit from this

excellent service, contact the LFF office: 9389 3834 or phone Kim Pearce at the NSW Cancer Council: 9334 1755.

Cancer Voices

Next meeting to be held on 21st June at 2.30 pm in the offices of Baker & McKenzie, Level 26, 50 Bridge Street, Near Circular Quay (i.e. new AMP Building) anyone is welcome to attend. Also anyone interested in the Consumer Advocacy Training (CAT) Program - it is on 29 & 30 Sept and 13 October - three full days and free of charge.

Evening of Poetry & Prose



Evening of Poetry & Prose

April 22 was a sensational night at our Evening of Poetry and Prose, wonderful entertainment from our fantastic guest presenters, superb supper by Belinda Franks Catering, and to top it all off, our own mini Logies Night when John Howard won the Outstanding Actor category at this year's Logies and was announced the winner and presented with the Logie in a live cross-over from Melbourne to the Wharf Theatre. We all squealed and shouted and drank a congratulatory toast to John on his win. What a great bit of fun to round off a marvellous night! Gracing the stage were Lisa Forrest, Michael Caine, Angie Milliken, Arthur Dignam, Leah Purcell and John Howard. It was once again a magical experience, and we have many people to thank for making it all possible!!

Our fabulous guest presenters as mentioned above for giving their time so generously to support LFF, the many people listed below for their donations, and the wonderful LFF Angels whose contribution to the smooth running of the event was just amazing. A lot of work goes into staging such a fundraiser, before during and after, and all those people who put in such a wonderful effort need to be congratulated for the great success of the evening. We are very proud of their efforts in raising \$28,000 for Life Force Foundation.

Acknowledgements

An event of this magnitude takes a lot of effort by many people. Life Force Foundation would like to thank the following organisations for their generous contributions

Auction \ Raffle \ Lucky Door Prizes

2UE

All About Face, Randwick

Anas, Ashfield

Bistro Moncur, Woollahra

Clarence Street Cyclery

Eastsail Sydney

Echo Designs, East Sydney

Energy Australia

Fighting Fit Health Consultancy

Fox Creek Vineyards

Galaxy Bookshop

Gardener's Delight Nursery, Emu Plains

Hiss and Snakes Graphic Design

Julia Jane Pty. Ltd.

Lesley Mckay Bookshop

Longrain Restaurant, Surry Hills

Michael Angangan

Paul Stevens. Combined Aviation Services

Raft- it Australia
Scenic Hills Riding Ranch
Sydney Kings
Sydney Theatre Company
Zotica Jewellery

Catering

Belinda Franks Catering, Alexandria
Demcos Seafoods, Alexandria
Game Farm Poultry, Galston
Top Cut Meats, Marrickville

Wine

Annandale Carpets, Annandale
Battaglia Plumbing Services, Ashfield
Bortex-Martin, Maroubra
Callaghers Real Estate, Annandale
JH Fisher & Sons Solicitors, Annandale
Kaffee Klatsch, Annandale
Lennet Studios, Alexandria
O'Leary Electrical, Five Dock
Rendosi Construction, Hurstville
Sky Line Glass, Glebe
Stan & Sons, Croydon Park
Suburban Maintenance, Concord
Tones Painting and Decorating, Casula
Vintage Cellars, Annandale
WDA-Scott, Chippendale

Venue

Sydney Theatre Company
The Wharf Restaurant

and special thanks to our patrons, Gabi Hollows and Prof. Michael Friedlander, Sue Adler, Paul Tiller, David Giezekamp and the Giezekamp Family.

Verbal Auction

- 1 Shirt signed by all 14 world surfing champions
- top bid \$1000 by Julia Jane Pty Ltd
2. Mountain Bike
- top bid \$900 by Gosia Dobrowolska
3. Adventure / Fitness Package
- top bid \$360 by Anita Kornmehl
4. Harbour Flight
- top bid \$200 by Sharon Flannagan
5. Celebrity Book
-top bid \$100 by Amanda Mussett

Congratulations to all our prize winners....

Lucky Door Prizes: two quality bottles of wine won by John Taylor and Jennifer Gibson

Raffle Prizes:

- TV Cabinet courtesy Echo Designs won by Jan Bray
- Thredbo weekend courtesy Julia Jane Pty Ltd won by Dianne Davis
- Freshwater pearl necklace courtesy Zotica Designs was won by Nicole's mum. Kav Murrav



Autumn Retreat

Our Autumn Retreat was just wonderful, as always, much healing took place at the beautiful retreat premises in the country. A great group of people enjoyed a blissful experience - a little bit of paradise at the end of the road!

Thanks.....

Sunday Afternoon Concert

A special treat for our members. There are some very lovely people in the world

On May 13, Katie Reid & Christopher Hazel opened up their lovely home in Paddington where we were treated to a beautiful concert. We thank them for their generosity and hospitality and special thanks to the wonderful and talented group of musicians; Katie herself (piano); Adriana von Runic (flute); Matthew Samarin (violin); Beryl Potter (piano); Vanessa Downing (voice), who gave us such pleasure and delight.

Also special thanks to

Paddington Fresh Foods, Paris Cake Shop and Queen St. Deli, local businesses whose generous support is very much appreciated. They donated the scrumptious cakes and pastries for our afternoon tea.

Angel s Party

On Saturday 19th May two special angels; Nicole Murray & Pamela Chalmers gave a party at their place for all the Angels, to celebrate and acknowledge their terrific efforts. Thank you Nicole and Pamela for a lovely day.

Art Exhibition

On May 20, an exciting new exhibition of paintings and sculpture by Paddington artists Kathy Golski and Francesco Petrolo, celebrating Mother's Day and in recognition of Life Force Foundation, was opened by our patron Gabi Hollows at the Petrolo Gallery: 15 Glenmore Rd. Paddington (ph. 8300 5464). Part of the proceeds will go towards helping Life Force Foundation. Special thanks to the artists.

Thankyou to the following donors:

B'nai B'rith Players, J A Bentzen, Bronwen Brereton, A/Prof & Mrs. David Bryant, Charles Clarkson, Maree D'Arcy, I N Ewin, Jane Gillespie, William Hutzemakers, Ms. G Jones, Life Tools Australia Pty.Ltd., Natasha Marshall, Jenny Maunsell, Ross McLean, Rena Nagy, Natural Health Magazines, Alice O'Donnell, Paul Rosenrauch, Jody Somogy, Austin Steele, Christine Stovelaar, Rosalind Tindale, Irene Tzannes, John Van Es, Robin Woods.

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 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 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 3 July 19 to Sep 6 (8 weeks)
Term 4 Oct 11 to Nov 29 (8 weeks)

Family & Carers Group

meets weekly (subject to numbers) at:

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

Thursday evenings: 5.45pm - 7.45 pm

Term 3 July 19 to Sep 6 (8 weeks)
Term 4 Oct 11 to Nov 29 (8 weeks)