



A message from the Choices team

We know that 2011 has been a very tough year for a lot of our patients and their families that we have seen here at Choices. The January floods only added to the stress and we hope that everyone who was affected is gradually getting back to normal. In the midst of the stress, Choices has continued to provide its clinical services including our calendar of regular activities, plus rural and regional workshops in Bundaberg, Kingaroy, Hervey Bay and Redcliffe, as well as visits to Dalby and Rockhampton; the introduction of Indian head massage to the complimentary therapy program; our extended counselling and peer support service; and our extensive work with QUT on the Pink Women's Wellness Program. The team have also spoken at

numerous events throughout Brisbane, Queensland and internationally. So, all in all, it's been a busy year with over 12,000 contacts recorded on our database.

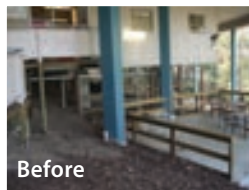
Our fundraising activities have taken a big hit this year having been influenced by the floods and the global financial situation which has affected us all. Thank you to everyone who still managed to find that little bit extra to attend our events, buy raffle tickets and merchandise and sponsor the Choices program. We thank you all for your continued support in these difficult financial times. A wrap up of all the fun from this year's events can be found on pages 5 and 6 along with some diary dates for 2012.

As we reflect on 2011, one of our biggest achievements this year has to be our new garden which we were delighted to unveil in October. For all the details check out our special feature on pages 2 and 3.

As the year draws to a close, we would like to remind you that although our programs have all finished for the year, we are still available if you need us on 07 3232 6548. We would like to wish you and your families a safe and happy festive season and we will see you back at Choices if you need us in 2012.

All the best. *The Choices Team*

The Choices' Garden Project: stage one is complete



The staff and volunteers at Choices are often blown away by the generosity of our patients, their families, local businesses and the wider community when it comes to helping us out. But we all feel that the Choices' Garden Project has been extra special. The support we have received has been absolutely incredible and we are so

delighted that after 18 months of hard work, we can finally say that Choices has a new garden, thanks to the support of so many people. We are thrilled with the results and are incredibly proud to show you how beautiful our new garden is. We hope as many of you as possible get a chance to come and enjoy our garden for yourselves. It is a place where our patients and their families can find a quiet spot to take some time out, and we also hope that it will get full use as an "outdoor room" where our various programs can be held throughout the year. Thank you to everyone involved in Stage One of the project – we're not sure how we can ever repay the kindness you have shown us in getting our garden this far. Thank you. Thank you. Thank you.



Planting day

On Saturday 1 October over 40 volunteers and Choices' staff reported for duty with their trowels, sun hats and green thumbs to help plant 1,009 plants in the garden. It seemed like such a daunting task at the start of the day but every single volunteer worked their socks off – fuelled by a sausage sizzle, icy poles and lots of cold drinks – and they did not give up until every plant was in the ground. Thank you to all our wonderful volunteers who helped out on the day, we could not have done it without you, and an extra special thanks to Jemma Lickorish who planted the very first plant in honour of her Mum who passed away last year.

Planting day volunteers:

Cherylle Allison; Conor Arnot; Jillian Coomb; Chrissy Davidson; Robyn Edwards; Ross Hall; Sylvia Henderson; Judith Hobbs; Russ Hooper; Sandra Hooper; Annette Irish; Liz Johnston; Roxanne Kennedy-Perriman; Arno King; Marja Knuuttila; Jemma Lickorish; Phil Lickorish; Ann Moran, David Moran; Greg O'Keeffe; Kim Woods-Rabbidge; Mark Rees, Sharon Russell, Donna Sands; Lucia Schulz; Joshua Spillane; Barbara Steiner; Marci Webster-Harrison; Honor Webster-Harrison; Ricky Williams; Vanessa Young.



Opening night

Thank you to all our special guests who helped us celebrate the official opening of our new garden on Thursday 6 October. Even the rain could not dampen everyone's spirits and the garden looked stunning by candlelight. As we looked at a series of photographs taken throughout the project, it really was a night to reflect on all the hard work and to thank everyone who got behind us and supported the project. A massive thank you to each and every one of you for your donations, fundraising efforts, specialised skills and manual labour! It is estimated that the garden would have cost around \$70,000 so far if we had paid for this project, but the total budget has been a tiny fraction of this. So, thank you to EVERYONE involved.

Project managers: Deicke Richards

Landscape contractors: Dig It Landscapes; Mark Perriman Landscapes; SS Irrigation

Landscape suppliers: Ablatio; Akwika Plant Hire; Plant of Health Fertilisers; Centenary Landscaping Supplies; Toro; Veolia Environmental Services

Plant suppliers: Greenlife Solutions; Harts Nursery; Heatons Ferns; International Cordyline Society; Nova Gardens; Oud's Amazone Nursery; Oxford Park Nursery; Queensland Interior Foliage Nursery; Redlands Nursery; The Olive Branch;

Transportation: PDS (Plant Delivery Services)

Fundraisers: Col and Joanne Hodson; Ann and David Moran; The Perennial Poppies; Kim Woods-Rabbige

A special honour

We are beyond thrilled to announce that due to the hard work of the International Cordyline Society, who have been fabulous supporters of our garden, that three outstanding new cordylines have been named in honour of this project. They are Kim's Choice, named after Kim Walters and the work of the team at the Kim Walters Choices Program, Pink Ribbons of Hope, and Ann Moran, named after the very special woman who is responsible for getting this whole garden

project started. As well as being planted in the garden, all three plants were auctioned at the Tropical Foliage Festival held at Cleveland in November with the proceeds being donated back to Choices. Further plants will be released next year with a percentage from each sale going to Choices. If you would like to purchase one of these special pink cordylines please visit www.cordyline.org for more information.

Our new friends, Deicke Richards

A project such as this one brings together so many people. Choices is delighted that through the garden, we have been introduced to Deicke Richards, a medium-sized design practice based in Fortitude Valley which offers architecture, urban design, planning, landscape architecture and community design services. The generous directors have kindly donated us the services of Arno King, Associate Director, who has project-managed our garden brilliantly. The team at Choices would like to take this opportunity to thank Arno for his continued hard work, passion, knowledge and friendship which has driven this project to a place we never expected. We were therefore overjoyed to hear that Arno has been nominated for "Horticulturalist of the Year" by the Australian Institute of Horticulture for his involvement with this project. We all congratulate Arno on his nomination and eagerly await the results.



Eloise Atkinson, Director and Arno King, Associate Director from Deicke Richards

Choices' Garden Project: stage two

Work will continue with the garden over the coming months including the proposed Steve Weiss sculpture, the formation of the Friends of the Choices' Garden who plan to ensure the area is kept well-maintained, installation of outdoor lighting, and some new garden furniture. If you can help out in any of these areas please contact Choices on 07 3232 7092 and look out for further information in future newsletters.





Managing Menopause

At some point in every woman's life her hormone production drops below the level required to continue her periods, this usually happens when women are in their mid forties to mid fifties and is termed menopause.

Surgery, radiotherapy, chemotherapy and hormonal therapy may be used alone or in combination to treat breast cancer and some of these treatments affect the way the ovaries work this means that during and after active cancer treatment many women experience symptoms of menopause. For some women who are younger this is much earlier than anticipated, may be temporary and periods might return. For others this may be a permanent cessation of periods and some women who were through menopause may get a return of their menopausal symptoms.

Whether a person will experience menopausal symptoms and how severe they are will depend on the type of treatment they have and also genetic make up.

However, the frequency and severity of menopausal symptoms seems to be higher in women who have received breast cancer treatment compared to women who have not received treatment. This is because oestrogen levels reduce gradually over a number of years in women who have a natural menopause, but with breast cancer treatment can drop suddenly and dramatically which does not allow the body to adapt in the same way.

Fairly typically menopausal symptoms include, lowered libido, dry vagina, mood swings, weight gain, sleeplessness and hot flushes. Long term issues can include osteoporosis, vascular and heart disease.

Coping with early menopause or menopausal

symptoms can be difficult when you are already dealing with a cancer diagnosis, particularly as Hormone Replacement Therapy (HRT) (a therapy that can ease menopausal symptoms) is contraindicated for women who have been diagnosed and treated for breast cancer. However there are ways to manage symptoms and live more comfortably with menopause. Approaches range from lifestyle modifications including, diet, exercise, attitude and complementary therapies such as breathing and relaxation techniques to conventional medicine that may include specific medication. Most effective therapies have side effects but the benefits should outweigh them. The best approach is to start with the simplest remedy with the least number of side effects and gradually move on to more complex treatments if they are not successful.

Careful exercise is an ideal example of an effective measure with minimal disadvantages. Exercise strengthens your bones and heart, controls weight, lessens hot flushes, improves your sleep, boosts your energy, helps increase libido (sex drive) and increases endorphins ("feel good chemicals" from the brain) to reduce irritability and mood swings.

Hot flushes are one of the most common and frustrating menopausal symptoms and can vary from a mild feeling of warmth in the face to a drenching night sweat

Getting too warm, drinking tea, coffee, alcohol, or eating certain foods may bring on a hot flush. Reducing caffeine and increasing water intake to at least 8 glasses a day can help reduce hot flushes. Complementary therapies such as acupuncture or learning a slow controlled breathing technique (paced respiration) are also effective methods for some women.

There are some specific medications that need to be prescribed by a doctor. These include low doses of antidepressants such as Venlafaxine (Effexor) or anti epilepsy drugs, specifically Gabapentin, or Clonidine which is a blood pressure medication that may reduce the number and severity of hot flushes by about half in some women.

Many women complain of vaginal dryness, water-based lubricants such as "Wet Stuff", "Astroglide" "Sylk" and vaginal moisturisers such as "Replens" can help with this problem. There are also products that contain a small amount of oestrogen such as Ovestin

or Vagifem. It's important to talk to the specialist or breast care nurse before you use any products containing oestrogen as the long-term risks of using products containing oestrogen after breast cancer aren't known. However, many breast specialists think that very little of the oestrogen in the creams and pessaries is absorbed by the body. If they're prescribed for you they should be used in the lowest possible dose and for a limited time.

The issues above are just a few of the symptoms that can occur and how to manage them. Your General Practitioner, Specialist or Breast Care Nurse should also be able to advise you on managing symptoms and where to find support.

Some useful resources for more detailed explanation and strategies to manage symptoms are;

www.macmillan.org.uk

www.breastcancercare.org

Breast cancer and early menopause – A Guide for Younger Women – National Breast and Ovarian Cancer Centre www.nbocc.org.au (NB this booklet is a useful resource for older women too) Breast cancer and sexual wellbeing – Breast Cancer Network of Australia www.jeanhailes.org.au –The Jean Hailes Foundation for Women's Health

With many women experiencing menopausal symptoms after treatment for breast cancer, a research project led by QUT has received funding from the Cancer Council Queensland to study the effects of a lifestyle program on menopause-related health issues.

The research team, led by Professor Debra Anderson of QUT's School of Nursing, is working in conjunction with the Kim Walters Choices Program to undertake this research project in 2011.

The project is called the Pink Women's Wellness Program and focuses on healthy lifestyle behaviours such as exercise and healthy eating. The research team is looking for women who are interested in participating in the research program. If you have completed treatment for breast cancer in the last 12 months and would like more information about the study, please contact Janine-Porter Steele at Choices:

Phone: 07 3232 7064

Email: janine.porter-steele@uhealth.com.au

Or Amanda McGuire (QUT)

phone: 07 3721 1723.

Email: Amanda.mcguire@qut.edu.au

2011 Think pink events in pictures

The Think Pink fundraising team have had a fantastic year organising a vast array of events which have raised money and awareness for The Kim Walters Choices Program. These events would not be possible without the efforts of so many people. Mel Hendrix is one such supporter and attends many of our events as our official photographer. All these fantastic images are provided courtesy of Hendrix Photography and we would like to say a massive thank you to Mel for all her support throughout 2011. For more information visit www.hendrixphotography.com.au



B105 Outside Broadcast, Monday, 18 July 2011:

B105 did an amazing job of raising over \$20,000 in three hours on their breakfast radio show to launch our Think Pink Week this year, before hosting the outside broadcast at Reddacliffe Place. Guests at the event included Channel Seven's Sharyn Ghidella, Kay McGrath and Shane Webke and Kim Walter's cousin Melissa Cronk also raised over \$1,000 by having her head shaved on the day.

SAVE THE DATE: Think Pink Week, 16 – 22 July 2012

Pink in the City Tea Party, Wednesday, 20 July 2011:

The Treasury Heritage Hotel once again hosted a beautiful afternoon tea – complete with finger sandwiches, petite cakes and delicious chocolate fountain – to raise funds for Choices. With fantastic prizes up for grabs, complimentary massage, hair and make up touch-ups, and the not-to-be-missed style workshop provided by Brisbane stylist Di Cant, the afternoon was a massive hit with all who attended. Thanks Treasury Heritage Hotel.



SAVE THE DATE: Pink in the City Tea Party, Wednesday, 18 July 2012



Think Pink Cabaret Ball, Saturday, 23 July 2011:

Oh what a night! Everyone had a great time at this year's Ball which is always a highlight of our social calendar. With great food, awesome entertainment from Brown Suga and Size Duzz Matter AND an amazing assortment of prizes up for grabs, there was no reason not to have fun. Thanks to everyone who partied the night away, raising much-needed funds for Choices in the process.

SAVE THE DATE: Think Pink Ball, Saturday, 21 July 2012

Think Pink Trivia Night, Saturday, 13 August 2011:

If a picture tells a thousand words then its clear for all to see that a great night was had by all at this year's annual Think Pink Trivia Night hosted by the brilliant Ian Skippen. Everyone entered into the spirit of the evening with amazing pink costumes on display as far as the eye could see. Here's to an even bigger and better night next year.



SAVE THE DATE: Think Pink Trivia Night, Saturday, 13 August 2012



Choices Fashion Parade 2011: Come fly with me, Thursday, 20 October 2011:

Our fantastic models, who have all been diagnosed with breast or gynaecological cancer, once again stole the show at this year's Choices Fashion Parade, modelling clothes from Living Silk, Lorna Jane, Claire Louise Bridal and Formal and George Gross and Harry Who. Wearing stunning evening gowns from George Gross and Harry Who and escorted by Qantas pilots, the models wowed the crowds in the finale accompanied by a show-stopping performance from the amazing singer James Shaw. Thanks to everyone who helped make it such a special night.

SAVE THE DATE: Choices Fashion Parade, Thursday, 18 October 2012

Christmas gift ideas

If you are stuck for some Christmas gift inspiration and want to support a charity at the same time, why not check out the following Choices' Christmas gift ideas. There's something for everyone and you will be spreading a little extra festive joy by helping our fundraising efforts and therefore supporting a family on their cancer journey.

Food for Thought: Thoughts of Food Recipe Book

The Sisters After STRETCH launched their new fundraising recipe book at their hugely successful cake and craft stall held at The Wesley Hospital in October. The Choices' team would like to thank everyone who donated their time, skills, cakes and craft for the occasion. Not only did they sell \$2,000-worth of cake and craft on the day, but the recipe book was also flying off the shelves. Here, we take a closer look at the story behind the book with its co-creator Barbara Quinn, plus our readers get a sneak peak at one of the delicious recipes.

1. How did Thoughts of Food come about?

Thoughts of Food came about through our group of friends as a way to share the fun and parties we have when we met. Not every

meeting is meant to be a party but somehow it turns out to be that way, we constantly talk recipes, ideas and our love of food. Not everyone is a great cook, so imagine the gasps when we began our project and asked everyone to contribute, somehow we all found recipes that had been in our families for many years and when put together it made interesting reading.

2. What makes this recipe book special?

This book is special because of the people involved - great cooks, time poor cooks, try hard cooks, mums, daughters, grandmothers, sons and husbands, and not forgetting our dearest children and grandchildren who just love being in the kitchen - forget the mess it will clean up, its all about the experience and licking the bowl! Personally I wanted to do this book in memory of my dearest friend, who throughout her breast cancer journey

was very conscious of eating well and where possible organic but always with a little bit of naughtiness thrown in - "A spoonful of sugar makes the medicine go down." We know there are a million cookbooks out there but when a book is done with love it stands out from the crowd.

3. How can people get hold of the book if they want to buy copies as Christmas presents?

Copies can be bought at Choices, in the hospital gift shop or contact me directly on 07 3344 4603 or email b.quinn1@bigpond.com. At \$15 it is a good buy, perfect for Secret Santa gifts, family member gifts and new cooks of all ages. Remember we are all so busy these days its nice to have a cookbook with recipes that are simple and easy to create at the end of a busy day or when we have been asked to bring a plate!!! You may even be asked to share your secret recipe.

Kim Walters
Choices Program
recipe book
ONLY \$15

thoughts of food

food for thought

lovingly collected and shared by friends of



- Wholesome, family friendly recipes
- Easy to follow with readily available ingredients
- Tried and tested recipes
- Easy to read and understand
- Perfect for time poor families
- Special child-friendly section

To purchase your \$15 copy visit the Choices Rooms, phone 3232 7092 or email thinkpink@uhealth.com.au

Prawn salad

Source: Jenny Hill

Servings: 4 – 6

- | | |
|-------------------------------|----------------------------|
| 1kg fresh king prawns, peeled | 1 cup whole egg mayonnaise |
| 1 pkt lettuce leaves | 2 tbsp mango chutney |
| 2 avocados peeled and sliced | ¼ cup chopped coriander |
| 2 mangoes peeled and sliced | |

Method:

Whisk together mayonnaise, mango chutney and two slices of fresh mango (more if you desire). Set aside in fridge.

Assemble lettuce, mango and avocado on a large platter. Arrange prawns on top and just before serving drizzle dressing over the top.

Sprinkle with chopped coriander.

Taste kitchen comments: *a divine salad, only needs a crusty bread roll for a complete summer main course, a great looking dish to impress any visitor. 10/10 for freshness.*

Unique Gone Dotti jewellery

If you have visited the Choices' rooms recently, you will have seen the beautiful black and white bird brooches designed by Megan from Gone Dotti, exclusively for Choices. Each little bird brooch is engraved with the words "Think Pink" but the reason they are so special is that no two are alike – the pattern is different on every single one. For just \$10 you can buy a totally unique, one-of-a-kind piece of jewellery. What a great idea for a Christmas gift.



Christmas card and greeting card packs

We still have a limited supply of both our Christmas cards and our greeting cards packs for sale at Choices for only \$5 for a pack of 10 cards and envelopes. All cards have been designed by our patients who attended our art program which makes them that extra bit special. So why not buy a pack of our Christmas cards and show your friends you are supporting Choices this Christmas, or grab a pack of the beautiful greetings cards, decorated with butterflies and flowers, to give as a little Christmas gift? All available from the Choices' rooms or contact us and we can arrange to post them to you – 07 3232 7092.



Think Pink merchandise

Of course there's always our great range of merchandise on offer but some items have sold out or are almost sold out so get in quick if you have your eye on something in particular for Christmas. Our summer goodies include thongs (for only \$5 a pair), beach towels, metal water bottles and great little pink cooler bags. Or as stocking fillers you may be tempted by our pink or blue flashing bling rings, men's or women's socks, stubby coolers, mugs, pens or a cute little teddy or puppy for the younger members of your family. Pop into Choices or visit our website to view the full range: www.uhealth.com.au/thinkpink or call 07 3232 7092 for further information.



Thank you for your support

Carina Junior Rugby League Football Club; The Wesley Hospital; The Pink Ladies; St Andrews Hospital; QPS; Chemist Warehouse - Tingalpa; NAK Hair; QLD Country Womens Association- Samford; QCWA - Moggill Branch; Ms. Karina Almeroth; Brothers Leagues Club - Ipswich; Mr. Nick Armitstead; Ms. Nancy Atkins; Ms. Shan Au; Ms. Leisa M. Balme; Ms. Ann Barraud; Mr. Grant Bartholomew; Tripak Pharmaceuticals; Amalgamated Pest Control; All Flooring Solutions; Ms. Sally E. Bennett; Ms. Toni Bennett; Ms. Gayle Berkeley; Ms. Susan Beven; Mr & Mrs Birchley; Stitched Up Australia II Cross Stitch Club Inc; Ms. Jade Blyth-Marshall; Ms. Kathryn Boocock; Mr. Mitch Braund; Kambu Medical Centre; Ms. Marion Burgold; Ms. Cheryl Cabrera; Woodcrest State College; Mr & Mrs Colin & Bev Campbell; Ms. Sharon Campbell; PCRG; Ms. Jenny Clifford; Ms. Anne Clifton; Mr. Peter Colin; Killarney State School; Ms. Gloria Cornick; Coles - Springfield; Ms. Melissa Cronk; Ms. Robyn Cronk; Xcentuate Personal Training Studio; Peninsula Slimdowners; Mr. Brad Cutler; Ms. Catherine Dark; Ms. Natalie Davidson; Ms. Cilla Davie; Allied Gold Limited; Ms. Lainie Diacof; Women With Assets"; Ms. Lisa Doust; Ms. Tania Dujmovic; Mr & Mrs Gordon & Daphne Dunkley; Ms. Patricia Dunn; Darling Point Special School; Ellison Specialised Properties; Ms. Elyse Eu; Ms. Chantel Finch; Ms. Christine Franco; Ms. Yola Fraser; Mrs. Tenille Galea; Little Kookas; Ms. Rebecca J. Gibb; Clayton Utz Foundation; Ms. Lashika Gonsalkoral; Thynne & Macartney; Ms. Anne Goulding; Ms. Mary Graham; Ms. Tina Graham; Ms. Valerie Graham; Mrs. Noela Gray; Ms. Jill Greenaway; Carina State School; Ms. Sallyann Griffith; Mr. Geoff Gunter; Ms. Cheryl Hamilton; Ms. Rachel Harley; Ms. Samantha Harris-Hughes; Ipswich Grammar; Ms. Danielle Healey; Norths Junior Rugby Union; Ms. Jacqueline Hendry; Ms. Elizabeth Herron; Ms. Fiona Holden; Mr. Gavin Holdway; Pollen Florist; Baby N Things; Ms. Amber Johnson; Ms. Zoe Johnston; Australian Air Express; Ms. Kellie Josephs; Ms. Victoria Kakies; Aspley State High School; INTIMO; All Urban Rentals; Goodlife Health Club - Hyperdome; Ms. Margaret Lalor; Ms. Amy Larkin; Ms. Roberta Lawrie; Mr. Mark Leftley; St Joseph's College (toowoomba); Ms. Leigh Lucht; Ms. Lyne Tilt MacSporran; Ms. Nathalie Marcal; Ms. Melissa Markarn; Mr & Mrs Brenton & Janine Marshan; Ms. Leanne Martell; Runcorn State School; Ms. Maryanne Martin; Pest It; Ms. Jan McClure; Ms. Anne McConnell; Ms. Angela McCormack; West Redcliffe Hospital; Ms. Julie McDonald; Mrs. Muriel McPhail; Agserv; Ms. Elizabeth Mellick; Karumba State School; KMs. Lisa Miles; KPMG; Ms. Natalie Moble; Mr. Laurie Morag; Ms. B Moran; Morgan's Family Clothing; "St Patricks School; Gooburrun State School; Ms. Prudence Moss; Ms. Chris Mugaioni; Ms. Joan Murtagh; Ms. Jodie Neal; Ms. Janette Neuman; Ms. Elda Newbury; Ms. Sallee Nichols; Mrs. Betty Nicol; Mercy Aged Care Services - Palm Court Respite; Mrs. Valerie Ogilvie; Ms. Tanya O'Keefe; Ms. Kathy Orterfield; Dye Naturally Hair Studio; Ms. Sue Panuccio; Ms. Nancy Pavoski; Red Cross Blood Service; Ms. Marilyn Podlich; Mr & Mrs Glen & Glenda Price; ANZ; Mr. Paul Rendle; Ms. Annie Reynolds; Mr. Phillip Reynolds; Ms. Jan Richter; Mr. Chris Rider; Ms. C Rido; Ms. Kelly Robbins; QR National; Ms. Pam Ross; Mr. Andrew Rother; Ultratune - Ashgrove; Ms. Moya Sankey; Mr. Alan Savage; Ms. J Schmidt; Ms. Anette Seegel; Mr. Ray Seidel; Mr. Egor Shagin; Ms. Shalini Sharma; Ms. Lisa Shopin; Ms. Nola & June Sippel & Burnell; Shailer Park State School; Benevolent Aged Care; Ms. Sandy Smart; Ms. Jo Smith; Ms. Sandra Taraborrelli; Ms. Melissa Tate; Beenleigh Yatala Chamber of Commerce Inc; Ms. K Temple-Watts; Kings Jewellers - Chermerside; Ms. Nikki Turner; Ms. Jessica Tweed; Ms. Lisa Urquhart; Ms. Lyn Vandentteurel; Ms. Nita Vasilescu; Mr. Aaron Vicent; Ms. Emma Vowels; Ms. Kathy Wain"; Ormiston College; Ms. Elizabeth Wangman; Ms. Penny Webb; Ms. Rebecca Webb; Ms. Jennifer Wegener; Ms. Megan Welchman; Ms. Elaine M. White; Ms. Jeanne Wilkins; UMG Sports & Social Club; Mt Gravatt Soccer Club; Ms. Danah Wiseman; Mrs. Sandra Wood; Cannon Hill Anglican College; Mrs. Jan Wotherspoon; Mayfair Medical Centre; Scenic Rim Regional Council; Ms. Renee Young; Ms. Robin Zenelind; Lion; Coke a Cola Amital; and Jephson Hotel.

Look Good...Feel Better: award for Choices

The Look Good...Feel Better Program is a Cosmetic Industry Community Service Program that teaches women diagnosed with cancer, skills such as make up application and wig fitting/maintenance so that they can learn how to "look good" and therefore "feel better" at a time in their lives when their self esteem may have taken a tremendous blow. There are

37 accredited centres in Queensland where this program is run, including Choices where the program is held every month plus on four Saturdays a year. Choices was delighted to be named Queensland Hospital/Centre of the Year for 2010 when Carol Fazel, State Manager for the Look Good...Feel Better Program, visited Choices back in August. Choices scored highly

for criteria such as "goes above and beyond role requirements", "extra effort to make the workshop a success" and "displays beliefs and enthusiasm for the Look Good...Feel Better Program." If you would like to find out more about this program please contact Choices on 07 3232 6548 or Carol Fazel at Look Good...Feel Better on 3272 3875.

Felicity's Wish



The Choices' team would like to congratulate the Felicity's Wish Foundation on organising their highly successful 3rd Annual Fundraising Cocktail Party in August which raised a staggering \$73,000 for various charities and organisations. The charity was established in 2008 as a memorial to Felicity Purcell, who passed away from breast cancer in August of that year. Her family and friends continue to honour her memory by raising money to donate to charities who carry out work in areas Felicity was passion about. Choices was absolutely

thrilled to receive a fully installed multi-media package which is being put to great use for presentations and seminars held in the Choices' rooms. A donation such as this has an enormous impact at Choices as so many staff, patients, visitors, volunteers and supporters can reap the benefits. Therefore, we would like to extend a massive thank you to the Felicity's Wish Foundation for choosing to support families on their cancer journey. Your support has made a real difference to us. Find out more about the foundation at www.felicityswish.com.au

Australian air Express Flies High with Think Pink!



Travellers at Brisbane Airport saw a unique promotion during October's Breast Cancer Awareness month, thanks to a rather conspicuous Australian air Express (AaE) freight towing tractor.

Towing tractors (or 'tugs') are used to tow airline freight containers to domestic and international terminals, and Brisbane airport AaE employees thought this was the most striking way to show their support for Think Pink Month. The tug was kindly given a bright pink makeover by Toyota Material Handling (TMH) who were only too happy to help out. AaE Queensland airports Manager Steve Brodby said this will mean thousands of airline customers will see the breast cancer message

every day, from the terminal lounges and while waiting for take-off.

"We at AaE all know someone who has been touched by this common cancer in one way or the other, so each year we've been doing our part to raise awareness of this common cancer," he said. "This year, we decided to lift our effort to the next level."

To celebrate, a huge barbeque was held under a marquee for all AaE staff and local suppliers (including Brisbane Airport Corporation, Qantas, Jetstar, TNT, Star Track Express, and Resolve FM). Everyone was awash in pink, and the day helped raise a whisker over \$6000.00 for The Kim Walters Choices Program. Congratulations Australian air Express!

Pink Way Round



Back in June we were excited to report on the amazing trip-of-a-lifetime being undertaken by the Pink Way Round team. They were travelling the world on their motorbikes and planning to raise awareness of breast cancer, and raise money for Choices during their tour. We are delighted to announce that Andrew Treloar raised a staggering \$25,000 through his efforts on The Pink Way Round. Wow. What a phenomenal achievement. We will bring you more of his amazing story next year.



High Quay Studio



If you attended one of our signature events in 2011 then you will have seen the new Choices' information DVD which was produced this year. The DVD was designed as an introduction to the services provided by Choices in the words of those who know it best – Janine Porter-Steele, Manager of Choices; Kerry Asquith, a patient; Suzanne Brown, a volunteer; Professor Owen Ung, a breast surgeon at The Wesley and St Andrews War Memorial Hospitals; Paul Zernicke, Principal of Milton State School and Think Pink fundraiser; and Ian Skippen, host of MMMs breakfast show and a great supporter of Choices. Thank you to all of those who donated their time to take part, and an extra special thank you to the team at High Quay Studio who produced the DVD for us free of charge. High Quay Studio have also donated their time to help us with photography at various events throughout the year and have even been dragged in to help us out with some heavy lifting and carrying when we have needed that little bit of extra help at events. Thank you for all your support, it is much appreciated.

High Quay Studio is a Brisbane based photography studio offering event, wedding, commercial and portrait photography. For more information visit www.highquaystudio.com

CHOICES' DONATION FORM

The Kim Walters Choices Program relies entirely on the generosity of the community for funding. To make a donation please complete the form below and return to The Kim Walters Choices Program, PO Box 499, Toowong, QLD 4066

Yes, I would like to help

Name: _____

Address: _____

Postcode: _____

Telephone: _____ Mobile: _____

Email: _____

My appreciation gift: \$10 \$20 \$50 \$100 \$200 \$500 \$1000 Other \$ _____

Ongoing support, please charge monthly to my credit card until advised otherwise \$ _____

Card holder's details

Cheque / Money Order Please make cheque payable to The Kim Walters Choices Program

Diners Mastercard Visa Amex

Name on card: _____

Card number: _____

Expiry date: _____

Cardholder's signature: _____

Thank you for your kind donation. A tax receipt will be posted to you.

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