

### October Wrap-up

AS OCTOBER COMES TO A CLOSE, WE WANT TO THANK ALL THE MEMBERS WHO SHARED THEIR STORIES SO WILLINGLY. It was our aim to get Sweet Louise stories out into the wider public and we achieved that, with some great coverage. We very much appreciate our members' honesty and commitment to talking about living life with incurable breast cancer and hopefully helping others in similar situations.

### Sorry!

WE ARE REALLY SORRY FOR HOW LATE THE NEWSLETTER WAS LAST MONTH – WE ARE A SMALL TEAM AND THINGS JUST GOT BEHIND. Going forward, we will make sure we include the upcoming meetings for the next two months – so please hold on to them for a little while.

# ...MOST ANNOYING QUESTION YOU GET ASKED ABOUT CANCER?

KELLEIGH, AN AUCKLAND MEMBER, SHARED HER STORY IN 12 QUESTIONS (NZ HERALD) AND BELOW WAS ONE OF THE QUESTIONS ASKED OF HER.

"How are you?" If I want to talk about it I will. I know that sounds quite selfish but you have to be. Otherwise you can just talk about it all bloody day and it's only going to get people down.

I'd much rather people asked,

"What have you been up to lately?"
The only time I think about cancer is when I'm doing my treatment. The rest of the time I just want to be a normal mum, running round after my

The only thing I can change is how I live my life on a daily basis.

three active girls and cleaning my messy house.

I've accepted that I will die from cancer but I don't want to spend any more energy worrying about what I can't change.

The only thing I can change is how I live

my life on a daily basis. I have my shitty days and sleepless nights like everybody else but in general I feel grateful to be alive.



THIS IS A NEW GROUP SET UP BY TWO FRIENDS IN AUCKLAND AND WELLINGTON AND ALREADY HAS ALMOST 5,000 MEMBERS.

The aim is to help out other mums (and

dads) with cooked meals and baking. All you need to do is join and ask (or offer) – amazing kindness.

Meike, one of the two founders, says
"The group is there to help everyone and

anyone. I don't want people to think they have to have a really awful story because everyone's struggles are valid."
To join, search Meals for Mum on Facebook and request to join the group.

## 10th Anniversary Art Auction





THANKS TO THE AWAZING
GENEROSITY OF GALLERISTS,
ARTISTS, DONORS AND BUYERS,
WE RAISED \$100K FOR SWEET
LOUISE AT OUR 10<sup>TH</sup> ANNIVERSARY
ART AUCTION.

At the same time Nigel Swinn also exhibited his beautiful photos of 10 Members.

A couple of other galleries (one in Wellington and another in Auckland) have expressed interest in exhibiting Nigel's photos in 2017 – we'll keep you posted.





# Westfield and street collections

THANKS TO MANY OF YOU AND OTHER VOLUNTEERS, WE COLLECTED AT WESTFIELD MALLS IN AUCKLAND (AS WELL AS REMUERA AND ST HELIERS), HAMILTON AND WELLINGTON.

We met a lot of people who were happy to find out more about Sweet Louise and had their own stories to share. Thank you everybody.

# NEW SERVICE PROVIDERS

- Nationwide: PIONEER ORCHIDS, 021 204 7964, nzpioneerorchids@gmail.com
- Christchurch: RELISH NAILS & BEAUTY, 76 Kendal Ave, Burnside, 0274 313 779, andrea@relishnails.co.nz
- Auckland: KO NAILS & BEAUTY, 34 Maclaurin St, Blockhouse Bay, 09 6262 077 or you can book online at www.konailsbeauty.wixsite. com/konailsbeauty
- Tauranga: AETIOLOGY (lymphatic Enhancement Technology), 24 Twelfth Ave, Tauranga South, 0800 459 674 desiree@aetiology.co.nz
- Pukekohe: Total Physiotherapy, 143 Queen Street, 09 239 1856, info@totalphysiotherapy.co.nz

### SERVICE PROVIDERS NO LONGER OPERATING:

- Valerie Clarke Therapeutic Massage, Te Awamutu
- Pure Skin and Body, Wellington
- Ktizo Hair & Spa, Hamilton

# Recipe of the Month



### **Lentil Dahl**

This recipe can be served on its own, topped with coriander and yoghurt on naah bread or with a side of basmati rice and green.

#### **INGREDIENTS**

- 1 & 1/8 cups brown lentils, washed and picked over
- 1 small onion, cut in half
- 2 garlic cloves, cut in half
- 1 bay leaf
- 4 cups water (more if necessary)
- 2 tablespoons canola or peanut oil
- 1. teaspoon cumin seeds, lightly toasted and ground
- ½ teaspoon chili powder.
- ½ teaspoon turmeric
- 1 to 2 teaspoons curry powder, to taste
- Salt, preferably kosher salt, to taste
- ½ cup plain low-fat yogurt
- Chopped cilantro for garnish

#### METHOD

1. Combine the lentils, onion, garlic, bay leaf, and water in a medium

pot. Bring to a boil, then reduce the heat, cover and simmer 30 minutes. Add salt to taste (under-salt slightly because you will be reducing the liquid), and continue to simmer for another 15 minutes, until the lentils are falling apart tender and fragrant. Remove the onion and garlic and discard.

2. Heat the oil in a large, heavy nonstick skillet over medium-high heat. Add the spices and stir as they cook for about 30 seconds. Add the lentils with their liquid and cook, stirring and mashing with the back of a wooden spoon, until the mixture thickens. Add salt to taste. Once the mixture has reduced to the desired consistency spoon onto plates and top each serving with a generous spoonful of yogurt and a sprinkling of chopped cilantro (coriander).

### Contact us

We love hearing from our friends, Members, supporters and anyone interested in learning more about secondary breast cancer.

#### EMAIL:

- members@sweetlouise.co.nz for member related queries
- fundraising@sweetlouise.co.nz for donation, event or fundraising queries
- accounts@sweetlouise.co.nz for any accounting queries
- info@sweetlouise.co.nz for anything else.

TELEPHONE: 0800 11 22 77

VISIT US AT: Sweet Louise, Ground Floor, 23 Union Street, Auckland Central, Auckland 1010 WRITE TO US: Sweet Louise, PO Box 137 343, Parnell, Auckland 1151

### Follow us...

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Sweet Louise
Cotober 16 at 3/49pm · 
This morning Wallace Chapman at RNZ spoke with Paula, a member who has been living with incurable breast cancer for six years. Along with Fiona, our CEO, she talks about what it's like living with the uncertainty of her diagnosis.



podcast.radionz.co.nz



Today is dedicated to our Members. October 13 is Metastatic Breast Cancer Day, a day not only to raise awareness but to honour our Members. Here's a story featuring two of our Christchurch Members that absolutely reflects what Sweet Louise aims to do...and the amazing attitudes that our Members have.



"I want to live as long as I can"

A charity that supports women with incurable breast cancer has extended its services to Canierbury.

STUFFCONZ.



# **Members Meetings**

MEMBER MEETINGS - DETAILS OF ALL MEMBER MEETINGS ARE ALSO POSTED ON THE SWEET LOUISE WEBSITE If you have any questions about Auckland and Northland meetings, please email your Auckland Support Coordinator or email karri.reading@sweetlouise.co.nz to see if transport is available. Please note times for individual meetings. Morning tea is provided.

### AUCKLAND: West, North Shore, Warkworth & Northland

Sarah on sarah.thomson@sweetlouise. co.nz 027 371 8686 or 0800 11 22 77

- Henderson: Monday 7 November, 9:30-11 am Kings Plant Barn, 224 Universal Drive.
- North Shore: Monday 12 December, 10:30-12pm The Snug Knightsbridge Village, 21 Graham Collins drive, Mairangi Bay. Christmas Morning Tea.
- Silverdale: Monday 5 December 9:30
   − 1 1 am, Kings Plant Barn, East Coast Road & Hibiscus Highway
- Warkworth: Monday 21 November, 10:00-11:30am The Honey Centre, 7 Perry Road
- Whangarei: Tuesday 6 December 10:30-12pm Daffodil House, 73 Kamo Road. Christmas Morning Tea

#### **AUCKLAND: Central, East**

- **& South.** Nicky on nicola.roy @ sweetlouise.co.nz 027 328 8008 or 0800 11 22 77
- Central Auckland: Thursday 8 December 10.30-12pm, The Mercy Centre, 104 The Drive, Epsom. Christmas Morning Tea
- Central Auckland: Monday 14 November 10:30-12pm The Mercy Centre, 104 The Drive, Epsom. Speaker: Ciska on Lymphoedema Therapy.
- Pukekohe: Tuesday 8 November 10:30-12pm Petals n Pots Café, 25 Paerata Road.

#### **WAIKATO** Meetings.

Please RSVP to Lyn if you plan to attend and let her know if you require help with transport. lyn.little@sweetlouise.co.nz or phone 0800 11 22 77.

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  ♥ Hamilton: Friday 25 November,
  10.30-12pm Lion's Cancer Lodge, Cnr
  Lake Rd & Tainui St. Christmas Morning
- Matamata: Friday 9 December 2pm-3.30pm Robert Harris Café, 47/49 Broadway.
- Rotorua: Thursday 10 November 10:30-12pm Columbus Café in Mitre 10, 1542 Amohau Street

#### **WAIKATO Meetings cont...**

▼ Tokoroa: Thursday 10 November 2-3.30pm Sweet Rose Café, 47 Bridge Street.

#### Mid Central Meetings.

Please RSVP to Geraldine if you can come along on 021 328 838, call our free phone 0800 11 22 77 or email geraldine.carswell@sweetlouise.co.nz.

- New Plymouth: Thursday 1 December 10:30-12pm The Bach Café, Ocean Parade
- Hawkes Bay: Thursday 17 November 10:30-12pm Port O Call, Shop 2, Nelson Quay, Ahuriri, Napier
- Hawkes Bay: Tuesday 13 December 10:30-12pm Birdwood Café, 298 Middle Road, Havelock North.
- P/North: Thursday 10 November, 10.30-12pm, The Cooperage Café. 723 Main St.
- P/North Thursday 15 December
   10.30-12pm, The Cooperage Café.
   723 Main St. Christmas Morning Tea
- Wanganui: Tuesday 29 November 10:30-12pm, Cancer Society, 3 Koromiko Road. Christmas Morning Tea

### Wellington/Christchurch

**Meetings.** Please RSVP to Tracy on 021 328 835 or tracy.smith@sweetlouise. co.nz so we can arrange catering and try to arrange transport for you.

- Christchurch: Tuesday 8 November, 10.30-12pm. Cancer Society, 97 Fitzgerald Ave. Speaker Nicola from Breast Care Products
- Hutt Valley: Friday 11 November, 10.30-12pm Blue Orange Café, California Home & Garden, 316 Waiwhetu Road, Fairfield.
- Kapiti: Friday 9 December, 10.30-12pm. One Day Café, 340 Rosetta Road, Raumati Beach, Kapiti.
- Wellington: Tuesday 29 November 10.30-12pm, Gear Café, 1 Okowai Road, Aotea, Christmas Morning Tea
- Wairarapa: Tuesday 22 November, 10.30-12pm, Clareville Bakery, 3340 SH 2, Clareville, Carterton.