

SWEET Louise Reach Out

MEMBER'S NEWSLETTER - FEBRUARY AND MARCH 2018



Raising Boys to Become Awesome Men

"MY SONS ARE TOTALLY THE REASON I KEEP GOING. THEY MAKE ME FEEL NEEDED, WANTED AND LOVED."

Sonya, a Sweet Louise member from Christchurch, is pictured with her two boys, Jayden and Zediah. As a single mum, they are her "rocks", and loving, cheerful ones at that.

"Watching them grow up and mature into kind people is such a gift to me. Jayden is so clever at crafting things. He is very funny, caring and inquisitive. Zediah is so adorable... he thinks everyone is his friend. He is so talkative and friendly ... the amount of conversations he'll have in the supermarket! It's so touching to see the smile he puts on people's faces."

Sonya was firstly diagnosed with primary breast cancer in 2010, age 35. Jayden was five and desperately wanted a baby brother or sister.

Sonya did what she could do to fight her cancer, including undergoing a double mastectomy and breast reconstruction. Zediah came along in 2014, as a "light" in Sonya's life.

A year later Sonya felt surging pain in her body. The pain persisted without an answer.

One day Sonya said, "I think it's in my bones".

She knew before the doctors did, and sure enough, a MRI scan confirmed the cancer had spread. It was diagnosed as stage four breast cancer.

Since her secondary diagnosis Sonya has joined Sweet Louise, which she counts as a "blessing". She travelled up to Auckland last year for the Sweet Louise forum.

"The conference was a real gift. I met a group of beautiful women, with fighting spirits and infectious energy. I learnt information about different treatments and I cried thinking of making a will and who would look after my children."

Back home in Christchurch, Sonya is bringing her all into raising her boys.

"I am teaching them to be good people, to be kind and caring in life, to not judge people for their differences and to help others as much as they can.

Both my boys are on their way to being awesome men. I am so proud of them both. My love for them is overwhelming."

Race4Life Grants Wishes!

DID YOU KNOW THAT YOU CAN GET A WISH GRANTED BY RACE4LIFE?

Viv James and her team at Race4Life are real live Fairy Godmothers at this amazing charity, granting wishes for palliative care patients. This means that as a Member of Sweet Louise you are eligible to have a wish granted. Check out the stories on the Race4Life website of previous wishes that have been granted for others. These have included arranging a family trip to Wellington to see the Gallipoli exhibition, an electric bike to get out an about on, a helicopter ride, lunch with friends in a stretch limo, even a new set of teeth!

Apply for your wish directly at
www.race4life.co.nz/Apply-for-a-WishList/



Race4Life Track Day

AS WELL AS GRANTING WISHES, RACE4LIFE IS HOLDING AN ANNUAL TRACK DAY EVENT ON THE 19TH MARCH 2018 AT HAMPTON DOWNS, SOUTH OF AUCKLAND IN TE KAUWHATA.

This awesome day offers rides around the racetrack in fancy cars, motorbikes, big trucks, and rides in a helicopter! Yummy lunch is provided. If you are keen to attend this fabulous day contact Viv at viv@race4life.co.nz or call 0800 RACE4LIFE.



SWEET LOUISE IS EXCITED TO PRESENT A RARE OPPORTUNITY TO VISIT GIBBS FARM SCULPTURE PARK ON A SATURDAY AND WE WOULD LOVE YOU TO COME ALONG!

Gibbs Farm open-air sculpture park is home to a series of major site-specific artworks commissioned from some of the world's most significant artists including Andy Goldsworthy, Ralph Hotere, Anish Kapoor, Len Lye and Richard Serra. The park is also home to exotic animals including giraffes, zebras and emus.

Bring your walking shoes, pack a picnic lunch or pre-order one with your ticket and enjoy a special day out with Sweet Louise.

Tickets are available via:

www.iticket.co.nz/events/2018/mar/saturday-sculpture-trail-at-gibbs-farm



FOOD TO LOVE'S

Easy Mango Jelly Cheesecake

Ingredients

- 1 & 1/2 packets of wine biscuits
- 75g butter
- 1 tbsp gelatine, plus 1/4 cup water
- 2 x 45g tins mango slices in juice
- 1/2 cup icing sugar
- 1 tbsp gelatine, plus 1/4 cup water
- 500g cream cheese, softened
- 1 cup icing sugar
- 1 tsp vanilla essence
- 1 cup cream
- fresh mango and berries

Method

1. Using a food processor, whiz the biscuits to fine crumbs, then add the melted butter and pulse until well mixed. Press evenly into the base of a 23cm spring form tin and chill.
2. Sprinkle the gelatine over the water and let swell for 5 minutes, then microwave for 30 seconds or heat over a cup of boiling water until dissolved and smooth. Whiz the mango slices, juice and icing sugar until smooth, then blend in the gelatine. Transfer to a jug.
3. Sprinkle the second measure of gelatine over the water and let swell for 5 minutes, then microwave for 30 seconds or heat over a cup of boiling water until dissolved and smooth.
4. In the food processor, whiz the cream cheese, icing sugar and vanilla until smooth, then add the cream and pulse until slightly thickened and well mixed. Transfer to a jug.
5. Pour half the cream cheese mix over the chilled base, then smooth and chill for 20 minutes. Pour over half the mango mix and chill for 20 minutes before repeating the final two layers. Chill the cheesecake for 2 hours before cutting.
6. Run a sharp knife around the cake and release the tin. Transfer to a plate and decorate with mango and fresh berries.

Check out www.foodtolove.co.nz for more yummy and quick recipes to make.

Happy Birthday Members

SWEET LOUISE MEMBERS CELEBRATING BIRTHDAYS IN FEBRUARY AND MARCH ARE:

Sharon A; Natalia A; Karen B; Sheila B; Sue B; Eirene B; Shelley B; Sharon B; Lyn C; Maree C; Peggy-Anne C; Nicole C; Joanne D; Margaret D; Eileen D; Adele D; Diana E; Aine E; Alison F; Nicky F; Robyn F; Catherine F; Paula F; Denise G; Carol G; Usha G; Jade G; Taro H; Thelma H; Mihi H; Elizabeth HL; Yvonne H; Lorraine J; Fay J; Sandra J; Joan J; Maeria K; Carmen L; Jennifer L; Tania L; Elaine L; Venus M; Diane M; Terri M; Kay M; Christine M; Deborah M; Margaret M; Bronwyn O; Ann O; Sofia P; Cheryl P; Huia P; Trudy P; Sneh P; Margaret P; Wendy R; Rosemary R; Jean R; Donna R; Christine R; Helen R; Raewynne S; Mary Margaret S; Keyul S; Gail S; Adoration S; Deborah S; Linda S; Carole S; Polly S; Heather S; Denise T; Susan T; Mary T; Mary U; Catherine VB; Patricia W; Evelyn W; Esmurelda W; Eunice W; and Ruth W!

We hope you all have a special and fabulous day with those you love!



Feb/Mar 2018 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 karrri.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 Please RSVP to Jenny if you can come along on 027 371 8686, or call our free phone 0800 11 22 77 or email jenny.cade@sweetlouise.co.nz

- Henderson:** Thursday 8th February, 9.30am – 11.00am, Kings Plant Barn, 224 Universal Drive, Henderson.
- North Shore:** Thursday 22nd February, 10.00am – 11.30am, Kings Plant Barn Cafe, 11-13 Porana Road, Wairau Valley.
- Silverdale/Orewa:** Tuesday 23rd January, 10.00am – 11.30am Walnut Cottage Café, 498 Hibiscus Coast Highway, Orewa. **Tuesday 13th March**, 10.00am – 11.30am, Kings Plant Barn, Cnr East Coast Bays Road and State Highway 1, Silverdale.
- Warkworth:** Wednesday 7 February, 10.00am – 11.30am, The Pottery Café, 48 Tongue Farm Road, Matakana.
- Whangarei:** Tuesday 13 February and Tuesday 13 March, 10.30am – 12.00pm, Daffodil House, 73 Kamo Road, Kensington, Whangarei.

AUCKLAND: Central, East and South Contact Jo on joanna.harris@sweetlouise.co.nz 027 328 8003 or 0800 11 22 77. Transport for Epsom meetings available on request.

- Auckland Central:** Friday 23rd February, 10.30am to 12pm, Kings Plant Barn, 228 Orakei Rd, Remuera. **Tuesday 20th March**, 10.30am to 12pm, Mercy Centre, 104 The Drive, Epsom - Creative Art with Jo.
- Pukekohe:** Tuesday 13th February, 10.30am to 12pm, Petals 'n' Pots Cafe, 25 Paerata Rd, Pukekohe.
- Auckland South:** Thursday 8th February, 10.30am to 12pm, Columbus Coffee,

Mitre 10 Mega, 61 Lambie Drive, Manakau. **Wednesday 7th March**, 10.30am to 12pm, Cafe Miko, Manurewa Gardens, 100 Hill Rd, Manurewa.

WAIKATO & BAY OF PLENTY Please RSVP to Angela if you can come along on 027 3288009, or call our free phone 0800 11 22 77 or email angela.jackson@sweetlouise.co.nz.

- Gisborne:** Thursday 1st March, 10.30am – 12.00pm, Poverty Bay Club, 38 Childers Road, Gisborne.
- Hamilton:** Friday 16th February, 10.30am – 12pm, Lions Cancer Lodge, Lake Rd, Hamilton.
- Matamata:** Wednesday 7th February, 10.30am – 12.00pm, Robert Harris Café, 47 Broadway, Matamata.
- Rotorua:** Thursday 15th February, Thursday 15th March, 10.30 – 12.00pm, Lime Cafeteria, Cnr Whakaue St and Fenton St, Rotorua.
- Tauranga:** Friday 23rd February, Friday 23rd March, 10.30am – 12.00pm, Nourish Café, 4 Te Puna Road, Te Puna.

MID CENTRAL 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.

- Hawkes Bay:** Tuesday 13th February, 10.30am – 12.00pm, Birdwood Cafe, 298 Middle road Havelock North. **Wednesday 14th March**, 10.30am – 12pm, Port O Call Cafe, Shop 2, Nelson Quay, Ahuriri.
- Palmerston North:** Thursday 8th February, Thursday 15th March, 10.30am – 12.00pm, The Cooperage Café, 723

Main Street, Palmerston North.

- Whanganui:** Thursday 15th February, 10.30am – 12.00pm, Springvale Garden Centre Cafe, 18 Devon Road, Springvale.
- New Plymouth:** Thursday 22nd February, 10.30am – 12.00pm, Bach Café on Breakwater, Ocean View Parade, New Plymouth.

WELLINGTON & CHRISTCHURCH 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 if available.

- Christchurch:** Tuesday 30th January, 10.30 – 12.00pm, Blackcurrant at Berryfields Café, 161 Gardiners Road, Harewood. **Tuesday 27th March**, 10.30 – 12.00pm, Venue to be confirmed.
- Kapiti:** Friday 26th January, 10.30 – 12.00pm, No. 6 Licensed Cafe, 6 Alexander Road, Raumati Beach.
- Hutt Valley:** Friday 16th February, Friday 16th March, 10.30 – 12.00pm, Alfred Coles House Café, 83-85 Hutt Road, Petone.
- Wairarapa:** Wednesday 7th February, 10.30 – 12.00pm, Clareville Bakery, SH2 Carterton.
- Marlborough:** Tuesday 13th February, 1.30pm – 3pm, Kotare Cafe, Springlands, Middle Renwick Road, Blenheim. **Wednesday 14th February**, 10.30am – 12pm, River Kitchen, 81 Trafalgar St, Nelson
- Wellington:** Monday 19th February, 10.30am – 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park. **Monday 19th March**, 10.30am – 12.00pm, Venue to be confirmed.

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



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Service Providers

NEW, UPDATES AND CHANGES

WAIKATO & BOP

DRIFTWOOD DAY SPA (NEW SERVICE PROVIDER)

Location: 227 Gladstone Rd, Gisborne 4010

Services provided:

Seed + Soul Facial - \$45;
Beach Feet (foot soak, scrub, massage) - \$45;
Hair conditioning treatment - \$25;
Guided Meditation - \$25.

Operating Hours: Monday - Friday
10am - 4pm; Saturday 10am - 2pm.

How to Book: Phone: 06 863 0991,

Mobile: 021 062 7165;

Email: driftwood@outlook.co.nz;

Website: driftwood.wordpress.com;

Facebook: DriftwoodGisborne

Cancellation Policy:

Please provide 24 hour notice.

MID-CENTRAL

WIGS BY HAIRCREATIONS (UPDATE)

Carmel Drysdale is no longer providing wig services for the Palmerston North area.

WELLINGTON

LENE PETERSEN REFLEXOLOGY (UPDATE)

Location: 67 Old Karori Road, Karori, Wellington 6012

Services Provided: Reflexology - \$95

Operating Hours: By Appointment

How to Book: Phone: 01 844 394,

Email: lene.p@xtra.co.nz,

Website: [www.naturaltherapypages.co.nz/
therapist/1159](http://www.naturaltherapypages.co.nz/therapist/1159)

BOBBIE-JOE WILSON (UPDATE)

BobbieJoe Wilson is no longer providing massage services for the Wellington area.