

SWEET Louise Reach Out

MEMBER NEWSLETTER - JUNE/JULY 2018

Being cantankerous

YOU MAY HAVE RECENTLY READ ABOUT AN AMERICAN WOMAN NAMED MARGARET "PEG" GEISLER WHO HAS LIVED WITH METASTATIC BREAST CANCER FOR 36 YEARS. AFTER SHE WAS DIAGNOSED WITH HER PRIMARY BREAST CANCER IN 1978, HER CANCER METASTASISED AND SPREAD TO HER BONES IN 1982. A DOCTOR TOLD HER SHE HAD ONLY A 15 PERCENT CHANCE OF LIVING ANOTHER FIVE YEARS.

But Geisler has now long outlived her initial prognosis and even her original oncologist. Peg has gone on to welcome grandchildren into the world and appreciated her supportive family and the time she has been given, saying, "The grass is greener; the sky is bluer; and faces of the people you love are dearer."

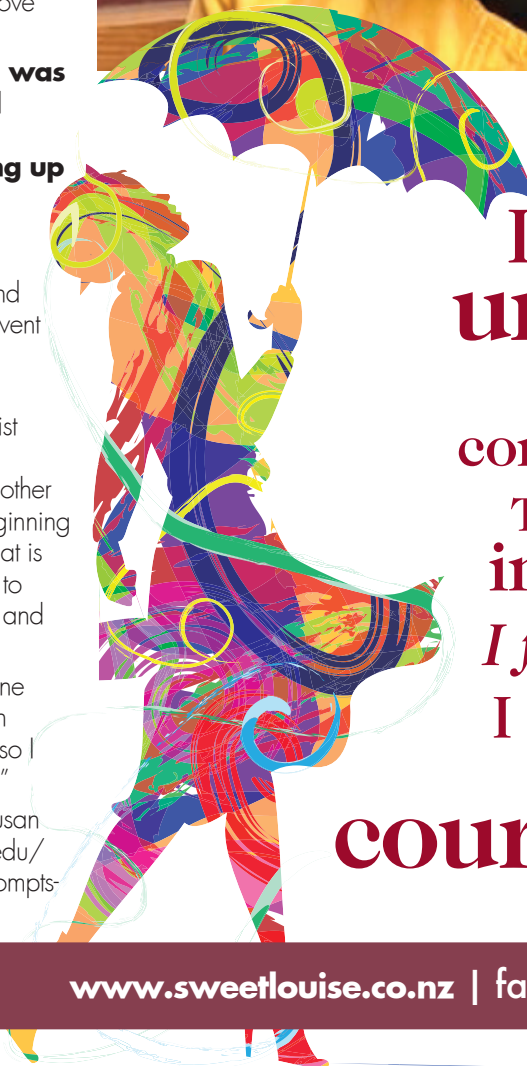
"Each time I was diagnosed, I was very aware that my statistical chances of long-term survival decreased ... but I kept waking up alive," Geisler says.

She's had a mastectomy, high-dose radiation, chemotherapy, the drug Tamoxifen when it was brand new, and later aromatase inhibitors that help prevent recurrence.

Still, many women have these same treatments and don't survive. Oncologist Mark Burkard wondered if there was something different about Geisler and other long-term survivors. Thus Burkard is beginning a large research project to find out what is different about Peg and others like her to inform and improve medical treatment and ultimately survival.

Peg Geisler says she already knows one secret to survival: "Research has shown that cantankerous patients live longer, so I resolved to be a cantankerous patient."

You can read the original article by Susan Lampert Smith on <https://news.wisc.edu/long-term-cancer-survivor-beats-odds-prompts-study/>



I choose to be unstoppable.

I am bigger than my concerns and worries.

The strength of others inspire me daily.

I focus on my goals.

**I trust my intuition
and live a**

courageous life.

Sweet Louise in the Marlborough region

THE SERVICES FOR SWEET LOUISE MEMBER'S ARE GROWING AS WE MAKE OUR WAY INTO MORE REGIONS IN THE SOUTH ISLAND.

In 2018 Tracy Smith (pictured right), Support Coordinator for Wellington and the South Island, has started visiting both Nelson and Blenheim bi-monthly. In both February and April, Tracy met with Members in both towns.

Tracy was able to talk about Sweet Louise and the services that we offer to our Members. It was also an opportunity to hear Members thoughts and ideas.

Our wonderful Marlborough Members have been great in assisting to identify

a range of potential Service Providers including: a massage therapist; a Pilates practitioner; and a celebrant. There are more potential service providers that Tracy will follow up with in the coming weeks and months as we gradually build our services in this region, so watch this space!

We are also starting to build a strong



presence with healthcare professionals, visiting the region's hospitals, Cancer Society branches, and hospices.

If you are in the Nelson or Blenheim areas and would like to attend one of our members' meetings please come along; they are very relaxed and it's a great opportunity to make connections. See you in June!

19th June, Tuesday, Revival Cafe, Springlands, Middle Renwick Road, Blenheim, 1.30pm - 3pm

20th June, Wednesday, Melrose House Cafe, 1 Melrose Terrace, Nelson, 10.30am - 12 noon

Imogen's story... A PINK MONTH FOR MUM

ON DECEMBER 8TH LAST YEAR, PALMERSTON NORTH TEEN IMOGEN MCRAE CUT OFF HER LONG BROWN HAIR INTO A SHORT PIXIE CUT, AND DYED IT PINK. THUS BEGAN HER "PINK MONTH FOR MUM", A MONTH TO SPORT HER NEW 'DO' AND FUNDRAISE FOR SWEET LOUISE. AT THE END OF HER PINK MONTH, IMOGEN SHAVED ALL HER HAIR OFF.

Imogen, a bright and friendly 16 year old, lost her mother, Harriet, to secondary breast cancer last year.

"Doing the challenge really helped me get through the past few months, it gave me something to focus on", says Imogen.

"A couple of years ago I mentioned the idea to Mum and she was really supportive,

saying she would do it with me ... unfortunately, we never had the chance to do it together."

Imogen set up a online Givealittle page and took to the streets as well. She did an incredible job raising nearly \$4000 for Sweet Louise.

"Sweet Louise really helped my Mum. Sweet Louise is genuine, down to earth, and making a real impact to the lives of people living with stage four breast cancer."

Imogen says that all her friends and family have been really supportive.

"They've told me how proud they are of me, and think Mum would have been proud of me too."

And thoughts on her pink hair? "I loved it!" she says, "It was funky and flamboyant. It made me feel liberated."

The shave didn't instigate nerves either. "I was hardly

nervous at all, contrary to what people expect. I was looking forward to a low maintenance cut that would be cool in summer."

An eternal optimist, she concluded, "I was taking advantage of my bad situation and turning it into something positive."

A big thank you to Imogen and all those who supported her!

Inspired by Imogen? Feel like a challenge? Talk to us about fundraising for Sweet Louise - we'd love to hear from you! Email Eva on eva.foreman@sweetlouise.co.nz



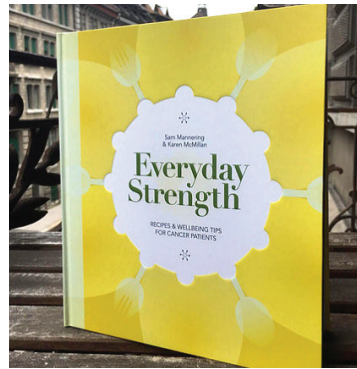
SWEET LOUISE MEMBERS CELEBRATING BIRTHDAYS IN JUNE AND JULY ARE:

Sarah A; Lorraine A; Heather B; Sharon B; Sherryl B; Ruth B; Diana B; Jo Ann B; Barbara C; Pru D; Julie D; Sarah E; Jackie E; Robyn F; Therese F; Michelle F; Kathleen F; Pat F; Christine G; Pauline G; Joan/Maree G; Yvonne G; Rachael G; Lyn G; Gaye H; Helga; H; Leith H; Helen H; Beth H; Anita H; Krystal H; June H; Dipika H; Charlotte H; Caroline H; Tessa J; Mary J; Susan K; Louise K; Tola K; Anne K; Pauline L; Shelley L; Alison L; Sita L; Nicky L; Kate M; Alyssa M; Melanie M; Julie M; Terre M; Aggie M; Esther M; Robyn M; Linda M; Cecelia M; Barbara M; Bronwyn M; Marieta N; MaryJane N; Carole O; Pam O; Lynette P; Tracey P; Karen P; Marlena Q; June R; Julia R; Kelly R; Jan R; Julie R; Joanne S; Marino S; Michelle S; Lin S; Nicola S; Krishna S; Emily S; Taii T; Barbara T; Lemau T; Raewyn T; Naira T; Kathryn T; Joanne V; Evi vdW; Janice W; Bridget W; Gillian W; Angela W/R; Isbell Z

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

Recipe and Give Away

THE RECIPE TO THE RIGHT IS FROM A RECENTLY PUBLISHED BOOK EVERYDAY STRENGTH WRITTEN BY SAM MANNERING AND KAREN MCMILLAN. THANKS TO BEATNICK PUBLISHERS WE HAVE 2 BOOKS TO GIVE AWAY!

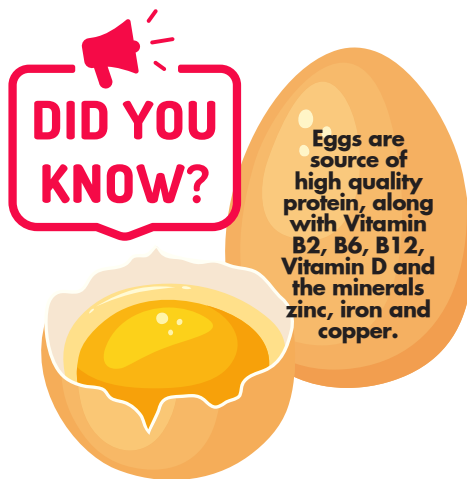


'Food for cancer patients is a fraught topic but food writer (and restaurateur) Sam Mannering has helped Karen McMillan to create recipes to inspire patients and their support people to eat good food. The pair avoid bombarding patients with cranky radical diets, instead focusing on flavours and ingredients that help offset the unpleasant days. With a preface by oncologist Reuben Broom, tips from cancer rehabilitation specialists, advice on exercise and asking for help, this is a sensible book.' **NZ Herald**

Everyday Strength is one of the NZ Listener Top Ten Cookbooks for 2017.

TO GO IN THE DRAW TO WIN ONE OF THE BOOKS

PLEASE EMAIL MEMBERS@SWEETLOUISE.CO.NZ WITH THE SUBJECT LINE EVERYDAY STRENGTH, AND YOUR NAME AND CONTACT DETAILS. WE WILL ADVISE THE WINNERS IN THE AUGUST/SEPTEMBER MEMBERS NEWSLETTER.



OMELETTE ARNOLD BENNETT

INGREDIENTS:

- 150ml cream
- 200ml milk
- Salt and pepper
- 1 bay leaf
- 200g (7oz) smoked white fish flaked
- 2 tbsp. butter
- 1 tbsp. flour
- 5 eggs
- Parmesan
- Chopped flatleaf parsley or chives, to serve

METHOD

In a saucepan over a moderate heat combine the cream, milk, a little salt and pepper, bay leaf and the flaked smoked fish, and poach gently for about 10 minutes, Strain the fish from the liquid, reserving the liquid. In a separate saucepan melt half the butter over a low heat for 2 minutes. Gradually whisk in the reserved poaching liquid and aloe the mixture to cook and thicken for another 5 minutes or so. Take off the heat, beat one of the eggs and whisk into the mixture, then return the fish to the pan.

Preheat the oven grill to the highest setting. Beat together with the remaining 4 eggs with a little salt and pepper.

Get a good oven-proof frying pan going over a high heat, then add the remaining butter and let it melt and sizzle. At this point, you can either make one large omelette or two smaller ones, in which case you would do the following in two batches: Pour in the beaten egg and shake the pan around a bit, moving the runny egg around so that it spreads and cooks. When the egg is almost cooked but still wobbly, pour the fish mixture over the egg, grate some parmesan over the top, then pop it under the grill and let it cook for several minutes until it is puffy and golden.

Serve immediately, with some chopped parsley or chives and a little extra parmesan grated over the top.

And the winners are...
MAREE C; EVI V and HELEN H
CONGRATULATIONS!

naturalwear
www.naturalwear.co.nz

SERVICE PROVIDER INFORMATION:

NEW, UPDATES AND CHANGES

NATIONWIDE PROVIDERS

Hoyts (Update)
Please note there is a **new email address** to send requests to for CineVouchers. Please use vouchersales@hoyts.co.nz to order CineVouchers.

Freedom Drivers (Update)
Please note there is a **new franchisee in Upper Hutt**. Contact: Kristopher Whiting. Phone: 0800 956 956 (from Landlines), email: upperhutt@freedomdrivers.co.nz

Naturalwear (Update)
Below we have listed the locations that we cover nationwide. For those that are less mobile we also do home visits by appointment.
Locations: Auckland Showroom: 120 Symonds St, Royal Oak
Website: www.naturalwear.co.nz, **Facebook:** facebook.com/nznaturalwear, **Instagram:** @nznaturalwear

BY APPOINTMENT FOR THE FOLLOWING LOCATIONS:

Auckland: Takapuna, Albany, West Auckland, East Auckland, South Auckland - Phone 0800 612 612 or 021 434 946
Upper North Island: Orewa, Warkworth, Whangarei, Kerikeri,

For more details contact the Service Provider or look online www.sweetlouse.co.nz or contact your Support Coordinator.

MORE ON BACK PAGE

Kaitia - Phone 0800 612 612 or 021 434 946
Waikato, Bay of Plenty and Coromandel: Hamilton, Cambridge, Te Kuiti, Tauranga, The Mount, Te Puke, Papamoa, Waihi, Katikati, Whakatane, Opatiki, Matamata, Morrinsville, Thames, Tairua, Whangamata - Phone 0800 882 892
Central and Lower North Island: Rotorua, Waipukurau, Palmerston North, Feilding, Levin, Foxton, Whanganui, Kapiti Coast, Wellington, Masterton, New Plymouth, Hawera, Hawkes Bay, Gisborne, Taumarunui, Taupo - Phone 0800 622 397
South Island: Nelson, Blenheim, Kaikoura, Christchurch, West Coast, Ashburton, Timaru, Dunedin, Oamaru, Invercargill, Wanaka, Queenstown

June/July 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 karri.reading@sweetlouise.co.nz. Transport is available for some meetings, please check with your support coordinator. Please note times for individual meetings. Morning tea is provided.

Auckland West/North Shore/Warkworth/Northland Meetings

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** Monday July 16, 9:30am – 11:00am, Kings Plant Barn, 224 Universal Drive, Henderson.
- 📍 **Matakana/Warkworth** Tuesday June 5, 10:00am – 11:30am @ Ringawera Café, 48 Tongue Farm Road, Matakana.
- 📍 **Mid-Winter High Tea** Tuesday June 26, 10am – 12:00pm @ Cornwall Park Bistro, Cornwall Park, Michael Horton Dr, Epsom. RSVP required.
- 📍 **North Shore/Orewa/Silverdale Combined** Thursday 12 July, 10:00am – 11:30am @ Cafe Botannix, Palmers Albany, 65 Greville Road, Albany.
- 📍 **Whangarei** Tuesday June 12, 10:30am – 12:00pm, Tuesday July 10, 10:30am – 12:00pm @ Daffodil House, 73 Kamo Rd, Kensington.

Auckland Central/East/South Meetings

Please RSVP to Jo if you can come along on 027 328 8003 or call our free phone 0800 11 22 77, or email

joanna.harris@sweetlouise.co.nz (Transport for Epsom meetings available on request.)

- 📍 **Central Auckland** Tuesday July 24, 10:30am – 12:00pm @ Mercy Centre, 104 The Drive, Epsom.
- 📍 **Mid-Winter High Tea** Tuesday June 26, 10am – 12:00pm @ Cornwall Park Bistro, Cornwall Park, Michael Horton Dr, Epsom. RSVP required.
- 📍 **Pukekohe** Thursday June 7, 10:30am – 12:00pm @ Petals 'n' Pots Café, 25 Paerata Rd, Pukekohe.

Waikato & BOP Meetings

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.

- 📍 **Hamilton** Friday July 27, 10:30am – 12:00pm @ Lion's Cancer Lodge, Corner of Lake Road and Tainui Street, Hamilton.
- 📍 **Matamata** Wednesday June 6, 10:30am – 12:00pm @ Robert Harris Café, 47 Broadway Matamata.
- 📍 **Rotorua** Thursday July 26, 10:30am – 12:00pm @ Pavillion Cafe, Distinction Rotorua Hotel, Cnr Sala St and Fenton St, Rotorua.
- 📍 **Tauranga** Friday June 22, 10:30am–12:00pm @ Nourish Café, 4 Te Puna Rd, Te Puna.

- 📍 **Thames** Thursday July 6, 11:00am – 12:30pm @ Tastebud Café, Aeroview Garden Centre, 382 Ngati Maru Highway, RD 1, Thames.

- 📍 **Taupo** Tuesday June 26, 10:30am - 12:00pm @ Cafe 99, 99 Tongariro St, Taupo (Member led meeting).

Mid-Central Meetings

Please RSVP to Nicky Roy if you can come along on 027 328 8008, call our free phone 0800 11 22 77 or email

nicola.roy@sweetlouise.co.nz.

- 📍 **Gisborne** Friday June 29, 10:00am – 12:00pm @ PBC Cafe, 38 Childers Rd, Gisborne.
- 📍 **Hawkes Bay** Wednesday July 18, 10:30am – 12:00pm @ Venue tbc.
- 📍 **Palmerston North** Thursday June 7, 10:30am – 12:00pm; Thursday July 12, 10:30am – 12:00pm @ The Cooperage Café, 723 Main Street.

Wellington

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.

- 📍 **Hutt Valley** Friday June 8, 10:30am – 12:00pm; Friday July 13 @ 10:30am – 12:00pm @ Espresso Garden Cafe, Mitre 10 Mega, 25 Bouverie St, Petone.
- 📍 **Kapiti** Friday July 27, 10:30am – 12:00pm @ No. 6 Licensed Café, 6 Alexander Road, Raumati Beach.
- 📍 **Wairarapa** Tuesday June 5, 10:30am – 12:00pm @ Clareville Bakery, SH 2 Carterton.
- 📍 **Wellington** Monday June 18, 10:30am – 12:00pm; Monday July 23 @ 10:30am – 12:00pm @ Simmer Café, 103 Westchester Drive, Churton Park.

South Island

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

- 📍 **Blenheim** Tuesday June 19, 1:30pm – 3:00pm @ Revival Café, Springlands, Middle Renwick Road, Blenheim.
- 📍 **Nelson** Wednesday June 20, 10:30am – 12:00pm @ Melrose House Café, 1 Melrose Terrace, Nelson.
- 📍 **Christchurch** Tuesday July 31, 10:30am – 12:00pm @ Untouched World Café, 155 Roydvale Ave, Burnside.

SERVICE PROVIDER INFORMATION: NEW, UPDATES AND CHANGES

AUCKLAND AND NORTH

Kaipara Cleaning Co. (New Service Provider)
Location: 26 Te Pahi River Drive, RD 1, Paparaoa 0583 (Kaipara District 50km radius of Paparaoa)
Services Provided: Pest control; Carpet and upholstery cleaning; Interior and Exterior cleaning; One off or routine service.
How to Book: 021 114 6729 or email kaiparacleaningco@gmail.com

New Look Beauty & Skin Care Clinic (Update)
Location: 28 Law Street, Torbay, Auckland 0630
Services Provided: Beauty treatments
How to Book: 021 026 11104

Liz Currey (Update)
Location: 47 Edmund Street, St. Heliers, Auckland 1071
Services Provided: Reiki
How to Book: Phone 09 585 2103 or 021 871 208

Photographers Inc (Update)
Location: 37 George Street, Newmarket, Auckland 1023
Services Provided: Beauty makeover and Family portrait photography
How to Book: Email info@photographersinc.co.nz or phone 09 360 1669 or 021 022 19653

WAIKATO & NORTH CENTRAL

Evolve Therapeutic (Update – Formally Aetiology)
Location: 104 Freyberg Street, Otumoetai, Tauranga 3100
Services Provided: Oncology massage (Home visits possible)
How to Book: 021 055 6395

Path to Vitality (New Provider)
Location: 1200 Hinemoa Street, Rotorua 3010
Services Provided: Swedish Massage; Reiki.
How to Book: Phone: 07 460 1575; Website: www.pathtovitalityclinic.co.nz

Annette's Electrolysis & Beauty Clinic (New Provider)
Location: 126 Tamamutu Street, Taupo, 3330
Services Provided: Cosmetic Tattooing; Electrolysis; IPL treatments; Beauty treatments.
How to Book: Phone: 07 377 0363 or 021 077 4452 or Email: annettestaupo@xtra.co.nz

Cambridge Foot Clinic Ltd (New Provider)
Location: 50b Alpha Street, Cambridge 3434
Services Provided: Podiatry Services
How to Book: Call 07 823 4042, Email admin@cambridgefootclinic.co.nz or pop into the clinic

PALMERSTON NORTH & MID-CENTRAL

ReflexionsNZ (New Provider)
Location: 69 Pitama Road, Awapuni, Palmerston North 4412
Services Provided: Counselling (individual and relationship); Reflexology; Lymphatic Drainage; Facial Rejuvenation (Natural Facelift massage).
How to Book: Phone: 021 086 85097; Email: karen@reflexionsnz.co.nz; Facebook: <https://www.facebook.com/reflexionsnz>

Purple Petals (New Provider)
Location: 5 Paul Street, Wairoa 4108
Services Provided: Florist Services, Skincare products, Gifts – Prices variable
Phone 027 404 2921, or www.Direct2Florist.com

SOUTH ISLAND

Body Waves (New Provider)
Location: 27 Admiralty Place, Waikawa, Picton 7220
Services Provided: Oncology Massage; Lymphoedema Treatments. Reiki, Reflexology, Indian Head Massage, Aromatherapy.
How to Book: Email: bodywaves@hotmail.co.nz or Phone: 021 0261 8208

Astonish Hair and Beauty (New Provider)
Location: 13/544 Memorial Avenue (Spiffire Square), Christchurch Airport, Christchurch 8053
Services Provided: Hair Services; Beauty Services; Massage
How to Book: Call 03 358 2007 or 021 866 819 or via Facebook message <https://www.facebook.com/Astonishhairandbeauty>

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, Level 1, 1 Prosford Street, Ponsonby, Auckland 1011

WRITE TO US: Sweet Louise, PO Box 137 343, Parnell, Auckland 1151