

Debbie's Story

I am a solo mother of two teenage daughters (18 and 19yrs). We are a very close family and enjoy spending time together. I love going to the movies, reading, power walking, shopping and spending time with family and friends. I still work full time for an Orthodontist as the receptionist.

I was diagnosed with secondary breast cancer in September 2016. It came as a huge shock as I'd just gone through 5 years of remission. I'd had a sore neck since April, but thought I'd just done something power walking. After 8 physios, 4 osteos, an x-ray, and an MRI - nothing was picked up. Finally I went to have a cortisone injection in my neck for the pain and a mass was discovered in my C1. In early 2017 I was told it had spread again to my lower back and I had leptomeningeal disease. This is very rare form of cancer and not a good prognosis.

The impact of cancer on my Life...

I have coped with cancer through the 5 stages of grief

Denial - this isn't happening to me again

Anger - Reality sets in and I'm damn angry and worried about my daughter's future

Bargaining - During this stage I thought of things I could have done - walked more, drank less alcohol, ate different food. If only I'd been less stressed

Depression - I feel sadness as I think of not being in my daughters lives and missing out on their futures of marriages and children. I also feel sadness that I'll not grow old with my brothers

Acceptance - Acceptance that my illness is terminal, but hope that I can fight this and can live awhile longer and watch my girls grow into young adults.



Debbie (centre) and her daughters Tayla (left) Hannah (right)

My Current Goals...

I want to make memories with my family and friends and to live life to its fullest. I've made a bucket list and my family and friends are helping me to complete it. I'm aiming for more holidays to wonderful places I've never been to. Finally the biggest goal is to be here for both my daughters 21st birthdays.

How I stay Resilient...

I never give up!!! I research new facts, theories and alternative ideas to blend with current medical treatment. I keep to a routine with my girls so they are not burdened with my illness. Knowing my family love me and have my back gives me a lot of strength.

I can't do without...

My daughters - they give me the strength and hope to fight this disease.

What Sweet Louise has made possible for me...

Sweet Louise are an amazing support system and very generously help me with vouchers for cleaners as I cant bend down to do vacuuming/floors or clean the

shower. I have also used their vouchers for a meditation course which helps balance stress and stillness. I had the opportunity to attend their BC Forum in March this year. I was inspired by their amazing guest speakers and came away feeling motivated to tackle this disease in every way possible.

My best piece of Advice to Members...

Live your dream now, make memories that your family and friends will remember. Tell your family you love them every day. Have no regrets.

Debbie McVey



MBC Day



In October there is a flurry of pink that sweeps across New Zealand. Being Breast Cancer awareness month, support, advocacy and campaigning for breast cancer comes out in all shades of the colour. And although it is fantastic that breast cancer has this wave of awareness, for Stage Four cancer wearers sometimes the fit isn't quite pink.

There is a day however in October where we acknowledge Stage Four cancer and celebrate the women and their families who live with Metastatic Breast Cancer. The day is October 13th. This is Metastatic Breast Cancer Day, otherwise known as MBC Day.

MBC Day is a special day for Sweet Louise. It is a day that raises public awareness of secondary breast cancer, highlighting that not all breast cancer can be cured (which is often a perception), and those with secondary breast cancer have specific needs. Most importantly though, it is a day to celebrate the women and men who live with Metastatic Breast Cancer. It is a day to celebrate those who live and love in the face of adversity. It is a day to celebrate you.

This year, on October 13th, Sweet Louise is unveiling a giant bra chandelier at

Orakei Bay village (in Auckland). The bra will hang in the main foyer, and from it will swing 600 bras, each representing a person living with incurable breast cancer in New Zealand.

And because one day isn't enough, we will be at Orakei Bay Village for "Sweet Louise" week from October 13th to October 20th. There will be shop specials, fundraising events and prizes up for grabs. We'll also be sharing some member stories and calling on donations from the public during the week. If you are in Auckland, it would be fantastic to see you there, otherwise for those of you south of the Bombay's we will be keeping you up to date via Facebook.

MBC Day is for all of you. Whether you mark it or not, know that Sweet Louise is here to support you, not just on the 13th, but on every day of the year!!!

EXTERNAL SUPPORT SERVICES SHOUT OUT...

Metavivors

The Metavivors NZ Facebook group was set up by BCAC in early 2014 in order to advocate for better treatment and care for people with metastatic breast cancer.

The group is also a forum for those with metastatic breast cancer to connect and offer mutual support.

To join the Metavivors NZ Facebook group please email: bcac@breastcancer.org.nz

Men's Evening at Dove House, Auckland

This event is for men who are either diagnosed with, or support someone, with a life threatening illness. It is on Wednesday 18th October at 6pm. Supper and drinks are provided. Please call Dove House on 09 57 5 4555 for more information and to register.



Race for Life Trust

This is an amazing organisation who offers a Wish List Service that our Members can apply to have a wish granted. The Trust has organised many wishes for people including, brand new teeth, family weekends away, flights in helicopters and rides in fancy cars. Race for Life operates throughout New Zealand. See their website <http://race4life.co.nz/> for examples of wish stories and application forms.

46 x Happy Birthdays to You!

MEMBERS CELEBRATING BIRTHDAYS IN OCTOBER ARE:

J Addison; L Anderson; M Apelu; M Bankier; M Bell; C Bjorklund; J Blair; K Brown; P Bryant; R Bullas; K Burkett; J Cooper; R Cummings; D Cunningham-Adams; R Davies; L Eagles; T Elliott; F Elton; M Farquhar; J Finegan; A Golder; L Greenfield; M Gregory; H Hager; M Hooker; T Johnston; P Mareikura; S Martin-Smith; J Mayall; S McPhail; T Mealamu; C Munro; E Overton; B Pen; D Peters; L Pihama; T Piniata; S Prime; D Ross; J Ross; J Setiu; R Seymour; J Short; A Skelton; A Southern; T Tairua; F Tangatapoto; A Tingey; D Tolra; S Tucker; J Webb; J Wiseman.

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



Coconut and lemongrass chicken salad

THIS IS A FRESH, FRAGRANT AND TASTY RECIPE TO CELEBRATE SPRING WITH. THE ONLY COOKING REQUIRED IS COOKING THE CHICKEN IN THE COCONUT MILK – THE REST IS CHOPPING AND MIXING! ENJOY!!

Ingredients

- 2 medium Chicken Breast Fillets
- 400ml can light coconut milk
- 1 tablespoon lemongrass paste
- 1/2 wombok (Chinese cabbage), finely shredded
- 1 carrot, peeled, cut into long matchsticks
- 2 cups bean sprouts, ends trimmed
- 1 red onion, very thinly sliced
- 1 cup coriander leaves
- 1 cup mint leaves
- 1/2 cup (70g) peanuts, toasted, coarsely chopped

NUOC CHAM

- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 2 tablespoons rice wine vinegar
- 2 tablespoons brown sugar
- 1 red chilli, seeded, finely chopped

Method

1. Combine chicken, coconut milk and lemongrass in a medium frying pan over medium-high heat. Bring to a simmer. Reduce heat to low and cook, turning occasionally, for 10-12 mins or until chicken is cooked through. Set aside in the poaching liquid to cool slightly.
2. Drain the chicken, reserving 2 tablespoons of the poaching liquid. Coarsely shred. Place in a large bowl with the wombok, carrot, bean sprouts, onion, coriander, mint and peanut. Toss to combine.
3. To make the nuoc cham, combine fish sauce, lime juice, vinegar, sugar, chilli and 1 tablespoon water in a jug. Stir until sugar dissolves. Stir in reserved poaching liquid. Drizzle over the salad. Toss to combine. Divide among serving bowls.



Recipe borrowed from <http://www.taste.com.au>

SERVICE PROVIDER INFORMATION

NATIONWIDE PROVIDERS

BBQUICK (NEW PROVIDER)

Location: 2 Hocken Street, Kenmore, Dunedin
www.bbquick.co.nz / tara@bbcatering.co.nz

Services Provided: Frozen Meals delivered. Various meal packages available.

The minimum order of meals is 8 per pack and the lowest priced set pack is \$49.00, shipping is North Island \$17.90 and South Island \$9.90, rural fee is \$4.90

Please see website: www.bbquick.co.nz

Operating Hours: Mon-Fri 7.30am-6.00pm

How to Book: Phone 03 453 1000 for help with online ordering www.bbquick.co.nz

AUCKLAND AND NORTH

KAREN'S REFLEXOLOGY (UPDATE)

Location: 6B Topliss Drive Northcross/Torbay Auckland. www.karensreflexology.co.nz.

Operating Hours: Tuesday - Friday: 9am - 7pm; Saturday: 9am - 3pm

Booking Info: Bookings can be made by phone or email Mobile: 021 174 6543 Email: karensreflex@gmail.com.

Service Amount: Initial Consultation - Clinic \$95.00; Subsequent Appointment - Clinic \$80.00

INTOUCH HEALTH (UPDATE)

Change of location: 107 Williamson Ave, Grey Lynn and 238 Okura River Road, Albany, Auckland

Private tuition: Teaching a family member/care-giver to provide safe and loving touch/gentle massage to loved ones living with

secondary breast cancer.

Clinic visit 1 hour: \$80; Home visit 1 hour: \$110; Private tuition: Teaching a range of relaxation techniques including guided visualisation, body awareness and breathing techniques to members (and their family).

PALMERSTON NORTH & MID-CENTRAL

GEORGIES WIG SHOP (UPDATE AND NEW LOCATION)

Location(s): 570 Barbadoes Street, St. Albans, Christchurch 8013

89 Ruahine Street, Palmerston North 4414

Services Provided: Haircut from \$45; Headwear from \$30; Head Massage \$50; Lash tint: \$15; Brow tint: \$15; Wigs from \$410; Wig maintenance from \$60; Wig repair from \$10

Operating Hours:

Christchurch: Monday - Friday: 9am - 3pm
Palmerston North: Mon-Sat: 9am-5pm

How to Book: Phone: 0800 009 447 or 03 385 6696 (Chch) or 06 358 3084 (PN)
Email: georgieswigs@xtra.co.nz or online:

www.georgieshair.co.nz

On Facebook: Georgies Wigs; Walk - in; Please phone to cancel

LUSH LASHES (NEW PROVIDER)

Location: Suite 8, 723 Main Street, Palmerston North 4414

Services Provided: Standard Full Set of Lashes (85 lashes per eye): \$98; Volumising Full Set of Lashes (125 lashes per eye): \$125; Volumising plus Full set (150 - 300 lashes per

eye): \$150; Standard In-fill (45 - 60 lashes per eye): \$65; Volumising In-fill (85 lashes per eye) \$85; Volumising plus In-fill (125 - 250 lashes per eye): \$125

Operating Hours: Mon - Fri: 9am - 8pm; Saturday/Sunday: 9am - 6pm

How to Book: Online: <https://lushlash.gettimely.co./book>

Phone: 0800 Lush Lashes or 022 406 0571

NU IMAGE HAIR LTD (NEW PROVIDER)

Location: 102 Parsons Street, Springvale, Wanganui 4501

Services Provided: Hair salon specialising in all aspects of hairdressing, Cut: \$30; Wash and cut: \$35; Blow Wave: from \$25; Wash/treatment: \$5; Cut/Blow Wave: from \$40

Operating Hours: Tues & Thurs: 9am - 5pm; Wednesday: 9am - 7pm; Friday: 9am - 4pm; Saturday: 9am - 12pm

How to Book: Phone: 06 345 0247

WELLINGTON REGION

HOUSE OF BEAUTY DAY SPA (NEW OWNERSHIP)

Location: Unit 11, 99 Mana Esplanade, Mana. Services remain the same.

How to Book: Appointments to be made by phone 04 233 8678 or 027 272 8776

SOUTH ISLAND

GEORGIES WIG SHOP (UPDATE)

Location(s): 570 Barbadoes Street, St. Albans, Christchurch 8013

Details, please see above



FOLLOW US
ON FACEBOOK
facebook.com
sweetlouiseNZ

Sweet Louise added 7 new photos.
1 September at 12:40

Sovereign NZ have created amazing 'beautiful busts' for Sweet Louise. Six teams designed and created a bust in honour of Sweet Louise members. Vote for your best bust by hitting the like button on your favourite creation and the winning team will get a prize! Voting ends Monday 12 noon.



Like Comment Share

Sweet Louise
8 September at 15:18

We'd be very grateful if you would text GIVE to 2447 to donate \$3. Your donation goes directly to supporting our members... thank you so much for your kindness x



Sweet Louise
Charity

Send Message

Sweet Louise
28 August at 12:16

Two more tickets to win to the NZ Fashion Week show!! Resene Designer Runway Show this Sunday at 1pm. Open to everybody! Just go to The Coast and enter your details. Big thanks to Coast: Love The Music and New Zealand Fashion Week.



Win Tickets to 'New Zealand Fashion Week' Thanks to Sweet Louise

Win a Double Pass to New Zealand Fashion Week all thanks to Sweet Louise,...

Like Comment Share

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

Upcoming Members 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 Meetings

Contact Joanna 027 371 8686 or 0800 11 22 77

- Henderson:** Monday 6 November, 9.30am - 11.00am, Kings Plant Barn Cafe Henderson, 224 Universal Drive Henderson.
- Matakana:** Tuesday 14 November, 10.00am - 11.30am, The Pottery Café, Matakana, 48 Tongue Farm Road.
- North Shore:** Tuesday 10 October, 10.00am - 11.30am, The Snug Knightsbridge Village, 21 Graham Collins Drive, Mairangi Bay.
- Orewa:** Wednesday 4 October, Wednesday 6 December, 9.30am - 11.00am, Walnut Cottage, 498 Hibiscus Coast Highway Orewa.
- Silverdale:** Tuesday 7 November, 9.30am - 11.00am, Kings Plant Barn Cafe Silverdale, Cnr East Coast Bays Rd & State Highway 1.
- Whangarei:** Tuesday 3 October, Tuesday 5 December, 10.30am - 12pm, Daffodil House, 73 Kamo Rd, Kensington.

Auckland Central/East/ South Meetings

Contact Nicki at nicola.roy@sweetlouise.co.nz 027 328 8008 or 0800 11 22 77.

Transport for Epsom meetings available on request.

- Auckland:** Friday 20 October, 10.30am - 12.00pm, Greenfingers Cafe at Palmers Gardenworld, 176 Shore Road, Remuera.
- Auckland:** Tuesday 14 October, 10.30 - 12.00pm, Mercy Centre, 104 The Drive, Epsom
- Pukekohe:** Tuesday 17 October, Tuesday 28 November, 10.30am - 12.00pm, Petals 'n' Pots Café, 25 Paerata Rd.
- South Auckland:** Tuesday 3 October, 10.30am - 12.00pm, Columbus Coffee Mitre 10, 61 Lambie Drive, Manukau.
- South Auckland:** Tuesday 7 November, 10.30 - 12.00pm, Cafe Miko, Manurewa Gardens, 100 Hill Road, Manurewa.

Waikato 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 27 October, Friday 24 November, 10.30am - 12.00pm, Lion's Cancer Lodge, Corner of Lake Road and Tainui Street, Hamilton.
- Tauranga:** Monday 23 October, Friday 1 December, 10.30am - 12.00pm, Nourish Café, 4 Te Puna Road, Te Puna.
- Rotorua:** Thursday 26 October, Thursday 23 November, 10.30am - 12.00pm,

Columbus Mitre 10, Amohau Street, Rotorua.

- Matamata:** Tuesday 7 November, 10.30am - 12.00pm, Robert Harris Café, 47 Broadway, Matamata.
- Tokoroa:** Tuesday 7 November, 10.30pm - 12.00pm, Sweet Rose Café, 47 Bridge Street, Tokoroa.
- Thames:** Thursday 9 November, 10.30am - 12.00pm, The Wharf Café, Queen Street/ Shortland Wharf, Thames.
- Taupo:** Tuesday 14 November, 10.30am - 12.00pm, Columbus Mitre 10, 99 Bella George Rd (off Taupo/ Napier Rd), Taupo.

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.

- Hawkes Bay:** Thursday 19 October, 10.30am - 12.00pm, Port O Call Cafe, Shop 2, Nelson Quay, Ahuriri.
- Hawkes Bay:** Tuesday 14 November, 10.30am - 12.00pm, Clubs Hastings, 308 Victoria Street, Hastings.
- New Plymouth:** Thursday 30 November, 10.30am - 12.00pm, Bach café, Breakwater, Ocean Parade.
- Palmerston North:** Thursday 12 October, Thursday 9 November, 10.30am - 12.00pm, The Cooperage Café, 723 Main Street.
- Wanganui:** Wednesday 11 October, 10.30am - 12.00pm, Springvale Garden Centre Cafe, 18 Devon Road, Springvale.
- Wanganui:** Wednesday 6 December, 10.30am - 12.00pm, Cancer Society, 3 Koromiko Road, Whanganui.

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 if available.

- Christchurch:** Wednesday 22 November, 10.00am - 12.30pm, Blackcurrant at Berryfields Café, 161 Gardiners Road, Harewood.
- Hutt Valley:** Friday 13 October, Friday 10 November, 10.30am - 12.00pm, Location to be confirmed.
- Kapiti:** Friday 17 November, 10.30am - 12.00pm, Timeri Café, 340 Rosetta Road, Raumati Beach.
- Wairarapa:** Tuesday 10 October, Tuesday 5 December, 10.30 - 12.00pm, Clareville Bakery, SH 2 Carterton.
- Wellington:** Tuesday 24 October, Monday 27 November, 10.30am - 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.