

# SWEET Louise Reach Out

MEMBER'S NEWSLETTER - SEPTEMBER 2017

## The "New Normal"

MY REFLECTIONS ON LIVING WITH INCURABLE BREAST CANCER. WRITTEN BY JO DAWKINS

I had already survived and won a significant stoush with breast cancer 6 years ago. When I was diagnosed with incurable metastatic breast cancer last year though, I had a major reality check. Suddenly, my previous breast cancer seemed like a walk in the park.

With the previous cancer my surgeon told me to treat it like a job for a year and project manage the hell out of it. That advice was perfect for my organised brain – and I took it literally; ticking off the surgery, chemotherapy and radiation treatments until the job was successfully done.

**This time however we were advised by our oncologist that this cancer was the "new normal". Living with cancer and treatments would soon become a way of life.**

What has surprised me is how quickly I have managed to deal with the shock, distress and overwhelming sense that life would never be the same.

Sure, like everyone I've had bad days and bad nights. I have struggled with the fact that future plans and dreams probably won't happen. Retirement options are not even worth considering. I've done the bargaining with God or anyone listening, been angry and grief stricken. But maybe because this is my second time, I've seemed to process all that and move through it fairly rapidly.

**I have resolved to enjoy what I've got rather than break my heart over what I will miss.** I have two great step kids with partners, a new grandchild and another on the way, a loving husband, a teenage son and friends and family too special and supportive to count. In short, **I have decided to stop sweating the small stuff and start enjoying myself** before it's too late. Life will never be the same but it's still life right? While I've got it, I'll enjoy it.

I know one day there will be no treatment options left, no energy left to fight, and no time left, but until that time I intend to live with it before I die from it.



Jo and her son Rohan

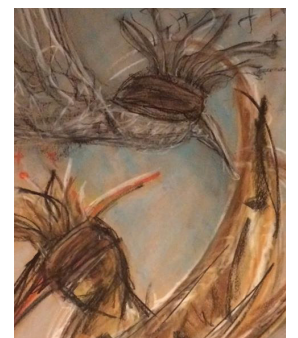


## Sharing Your Voice

Creativity is a wonderful way of making sense of difficulties in your life.

If you have written any stories or poems or made a piece of art relating to your cancer journey we would love to see them and possibly publish them in our newsletter.

Send them to Joanna Harris on [joanna.harris@sweetlouise.co.nz](mailto:joanna.harris@sweetlouise.co.nz).



# The Basics of Mindful Practice

Mindfulness and meditation are current buzzwords in holistic wellness. There is a great Mindfulness website called [www.mindful.org](http://www.mindful.org). This website has fabulous information written at a very accessible level. They also have sound clips you can listen to and be guided through some mindfulness meditation.

This is the Mindfulness.org guide on how to meditate:

This meditation focuses on the breath, not because there is anything special about it, but because the physical sensation of breathing is always there and you can use it as an anchor to the present moment. Throughout the practice you may find yourself caught up in thoughts, emotions, and sounds—wherever your mind goes, simply come back again to the next breath. Even if you only come back once, that's okay.

## A Simple Meditation Practice


1. Sit comfortably. Find a spot that gives you a stable, solid, comfortable seat.
2. Notice what your arms are doing. Situate your upper arms parallel to your upper body. Rest the palms of your hands on your legs wherever it feels most natural.

3. Soften your gaze. Drop your chin a little and let your gaze fall gently downward. It's not necessary to close your eyes. You can simply let what appears before your eyes be there without focusing on it.
4. Feel your breath. Bring your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly, or your chest.
5. Notice when your mind wanders from your breath. Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking. When you notice your mind wandering gently return your attention to the breath.
6. Be kind about your wandering mind. You may find your mind wandering constantly—that's normal, too. Instead of wrestling with your thoughts, practice observing them without reacting. Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back to your breath over and over again, without judgment or expectation.
7. When you're ready, gently lift your gaze (if your eyes are closed, open

them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

For more information and guides go to [www.mindful.org/meditation/mindfulness-getting-started/](http://www.mindful.org/meditation/mindfulness-getting-started/)

We look forward to hearing how your Meditation practice goes!



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**46 x Happy Birthdays to You!**

MEMBERS CELEBRATING BIRTHDAYS THIS MONTH ARE:

Jennifer A; Sheryl A; Joan B; Rosalind B; Sue B; Judith B; Grace B; MaryEllen B; Trista B; Christine C; Sarah C; Sonya C; Sharon C; Janet D; Cherie D; Susan D; Janie F; Peggy G; Lorina G; Susie G; Margaret H; Jose H; Dianne H; Sandy H; Thi H; Colleen K; Tracey K; Aileen K; Jacoba L; Louise L; Maria M; Rae M; Lois M; Rosalina M; Lynne N; Eileen P; Gayel P; Claire R; Lee R; Diane R; Fatima S; Ganore S; Faalua S; Lynn T; Naleecia W; Brenda Y

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



# Citrus Delicious Pudding



IT'S TIME FOR SOMETHING SWEET! DONNA HAY'S YUMMY DESERT IS SO SIMPLE THAT EVEN I COULD MAKE IT! IT MAKES USE OF THE ABUNDANT AMOUNTS OF LEMONS AND ORANGES ON THE TREES AT THIS TIME OF YEAR.

## Ingredients

- 90g butter, softened
- 1 ½ cup (330g) caster (superfine) sugar
- 1 ½ cup (375ml) milk
- 3 eggs
- ½ cup (125ml) lemon juice
- ½ cup (75g) plain (all-purpose) flour
- 1 teaspoon baking powder
- 1 teaspoon finely grated orange rind
- Icing (confectioner's) sugar, for dusting

## Method

1. Preheat oven to 180°C (355°F). Place the butter, sugar, milk, eggs, lemon juice, flour, baking powder and orange rind in the bowl of a food processor and process until smooth.
2. Pour into a lightly greased 5 cup-capacity (1.25 litre) ovenproof dish and bake for 1 hour or until golden.

## Serve

Dust with icing sugar to serve and eat! Serves 6

See more delicious Donna Hay recipes on her website:  
[www.donnahay.com.au](http://www.donnahay.com.au)

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## SERVICE PROVIDERS

NEW, UPDATES AND CHANGES

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### AUCKLAND AND NORTHLAND

#### INTOUCH HEALTH (Update)

**Two Locations:** 28 Elgin Street, Grey Lynn and 238 Okura River Road, Albany

**Services:** Craniosacral Therapy (1 hour clinic visit) \$80.00; (1 hour home/hospital visit) \$110.

Oncology massage: (1 hour clinic visit) \$80.00; (1 hour home/hospital visit) \$110.

Lymphoedema therapy: (1 hour clinic visit) \$80.00; (1 hour home/hospital visit) \$110.

Bookings can be made by phone: 021 299 1054 or email [nicky@intouchhealth.co.nz](mailto:nicky@intouchhealth.co.nz)

**Operating hours:** Monday and Thursday: 10am - 7pm; Saturday: 10am - 4pm (28 Elgin Street, Grey Lynn) Tuesday: 1pm - 7pm (238 Okura River Road, Albany) Please provide 24-hours cancellation notice.

#### STEPH GOWAN (Update)

**Location:** Clinic: 148 Orakei Rd, Remuera, Auckland

**Booking Info:** Ph: 524 7632 Mobile: 021 2877400

Email: [gowan@xtra.co.nz](mailto:gowan@xtra.co.nz). Service Amount: Initial Consultation - Clinic \$95.00 Subsequent Appointment \$80.00

#### KO NAILS & BEAUTY (Update)

**Location:** 34 Maclaurin Street, Blockhouse Bay, Auckland

Basic Manicure/Pedicure: \$20/\$30; Deluxe Manicure/Pedicure: \$30/\$50; Gel polish Hand/Feet: \$30/\$40 Basic Facial: \$30; Deluxe Facial: \$50; Special Facial: \$70 Skin Care products available Reiki: \$50 (1 hour)

**Operating Hours:** Mon - Fri: 9am - 9pm Sat: 9am - 8pm Sun: 9am - 6pm Open by appointment

**How to Book:** Online: [www.konailsbeauty.wix.com/konailsbeauty](http://www.konailsbeauty.wix.com/konailsbeauty) Call: 09 6262 077 or 022 187 5915

### PALMERSTON NORTH & MID-CENTRAL

**Bronwynne Anderson** has been listed on the website and in the service directory as a service provider for reflexology. She is no longer a service provider. We apologise for any inconvenience.

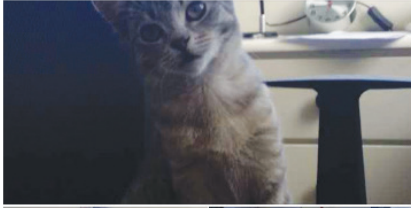
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FOLLOW US  
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Sweet Louise added 3 new photos.  
17 August at 19:35

Tracy would like to introduce her new office assistant/time waster in Wellington. Her name is Billie and she is 4 months old. She and Tracy are currently in discussion as to who has rights to the only office chair. Billie is standing by to answer any calls!



Like Comment

Sweet Louise  
13 August at 20:01

On Saturday, recently passed member Caroline Horton's friend Jan and Caroline's partner Jon honoured her generous spirit with a fundraising event (sale of secondhand clothes and accessories). Huge thanks to Jan and Jon and all those that helped to raise around \$2k! Thank you to all those who attended, it sounded like a lot of fun. In the clip below, Jan talks about Caroline and completing her fundraising plans for her.



Watch: Cancer victim's legacy carries on  
After Caroline Horton lost her battle with breast cancer, her friends decided to carry on her unfinished fundraising projects.  
STAR.KIWI

Like Comment Share

Sweet Louise  
10 August at 20:19

Book tickets now for a Leadership Talk on 16 October with one of the best line-ups of NZ leaders in the business world. Joan Withers, Sir John Key, Scott Perkins, Mai Chen...and more... Pay online below or email fiona.hatton@sweetlouise.co.nz for an invoice. An event not to be missed, with all proceeds coming to Sweet Louise!



Leadership Talk - SWEET LOUISE  
To read more about the speakers, click here.

SWEETLOUISE.CO.NZ

Learn More

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 4 September, Monday 6 November, 9.30am - 11.00am, KPB Henderson, 224 Universal Drive Henderson.
- Matakana:** Tuesday 12 September, Tuesday 14 November, 10.00am - 11.30am, The Pottery Café, Matakana, 48 Tongue Farm Road.
- North Shore:** Tuesday 10 October, Tuesday 28 November, 10.00am - 11.30am, The Snug Knightsbridge Village, 21 Graham Collins Drive, Mairangi Bay.
- Orewa:** Wednesday 4 October, 9.30am - 11.00am, Walnut Cottage, 498 Hibiscus Coast Highway Orewa.
- Silverdale:** Tuesday 5 September, Tuesday 7 November, 9.30am - 11.00am, KPB Silverdale, Cnr East Coast Bays Rd & State Highway 1.
- Whangarei:** Tuesday 3 October, 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:** Wednesday 13 September, 10.30am - 12.00pm, Mercy Centre, 104 The Drive, Epsom.
- Auckland:** Friday 20 October, Greenfingers Cafe at Palmers Gardenworld, 176 Shore Road, Remuera.
- Pukekohe:** Thursday 7 September, Tuesday 17 October, 10.30am - 12.00pm, Petals 'n' Pots Café, 25 Paerata Rd.
- South Auckland:** Wednesday 6 September, 10.30 - 12.00pm, Cafe Miko, Manurewa Gardens, 100 Hill Road, Manurewa.
- South Auckland:** Tuesday 3 October, 10.30am - 12.00pm, Columbus Coffee Mitre 10, 61 Lambie Drive, Manukau.

## 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 22 September, Friday 27 October, 10.30am - 12.00pm, Lion's Cancer Lodge, Corner of Lake Road and Tainui Street, Hamilton.
- Tauranga:** Friday 1 September, Friday 29 September, 10.30am - 12.00pm, Nourish Café, 4 Te Puna Road, Te Puna.
- Rotorua:** Thursday 21 September, Thursday 26 October, 10.30am - 12.00pm, Columbus Mitre 10, Amohau Street, Rotorua.
- Matamata:** Tuesday 5 September,

Tuesday 7 November, 10.30am - 12.00pm, Robert Harris Café, 47 Broadway, Matamata.

- Tokaroa:** Tuesday 5 September, Tuesday 7 November, 1:30pm - 3.00pm, Sweet Rose Café, 47 Bridge Street, Tokaroa.
- Cambridge:** Thursday 7 September, Thursday 9 November, 10.30am - 12.00pm, The Wharf Café, Queen Street/ Shortland Wharf, Cambridge.
- Taupo:** Tuesday 12 September, 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:** Tuesday 19 September, 10.30am - 12.00pm, Clubs Hastings, 308 Victoria Street, Hastings.
- Hawkes Bay:** Thursday 19 October, 10.30am - 12.00pm, Location in Napier to be confirmed.
- New Plymouth:** Thursday 30 November, 10.30am - 12.00pm, Bach café, Breakwater, Ocean Parade.
- Palmerston North:** Thursday 14 September, Thursday 12 October, 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, 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:** Tuesday 19 September, 10.00am - 12.30pm, Blackcurrant at Berryfields Café, 161 Gardiners Road, Harewood.  
Wednesday 22 November, 10.00am - 12.30pm, Location to be confirmed.
- Hutt Valley:** Friday 8 September, 10.30am - 12.00pm, Alfred Coles House Cafe, 83-85 Hutt Road, Petone.  
Friday 13 October, 10.30am - 12.00pm, Location to be confirmed.
- Kapiti:** Friday 15 September, Friday 17 November, 10.30am - 12.00pm, Timeri Café, 340 Rosetta Road, Raumati Beach.
- Wairarapa:** Tuesday 10 October, 10.30 - 12.00pm, Clareville Bakery, SH 2 Carterton.
- Wellington:** Monday 25 September, 10.30am - 12.00pm, Simmer Café, 103 Westchester Drive, Churton Park.  
Tuesday 24 October, 10.30am - 12.00pm, Location to be confirmed.