



Time with Tracy

TRACY, A SWEET LOUISE MEMBER FROM TAURANGA SHARES WORDS ON HER BREAST CANCER JOURNEY, HOW SHE IS LEARNING TO LOOK AFTER HERSELF, AND WHAT ADVICE SHE WOULD GIVE TO WOMEN WHO HAVE JUST JOINED THE 'ADVANCED BREAST CANCER CLUB'.

I am originally from Canada and have been living in Tauranga since 1998. I live with my husband Dean, our dog, two cats and four chickens! I have two gorgeous stepchildren who live in Australia and a fantastic support network of friends and family who live close by.

My primary breast cancer diagnosis came along in November 2012. It was diagnosed as Stage 1 and I underwent all the standard procedures needed to get the cancer out. The idea that it would reoccur never crossed my mind.

On Friday 13 October 2017 though, unsettlingly also known as International Metastatic Breast Cancer Day, I was told my cancer had become "highly invasive metastatic breast cancer". It was back, and it was secondary.

After numerous transfusions, treatments and operations, I am now on daily Letrozole and things are stable.

Despite not having the energy to do all the things I love to do, as regularly as I did, I still make an effort to get out and enjoy what makes me smile.

My husband and I love dancing at Zumba, we just invested in new bikes so we can get out into fresh air, and we are big travellers. I went to Japan this year, which was a huge personal accomplishment as I was worried I wouldn't be well enough to travel.

Coping with cancer is always a journey but I am determined to not let this bloody disease ruin my life.

My oncologist tells me to 'trust my body'.

By that, I mean taking comfort in knowing my bloods are good and my scans look promising.

One of my oldest friends has also taught me to 'honour my feelings', which is essentially acknowledging when I'm feeling low, tired or sick and do something about it. Whether that be having a nap or sitting in the sun, it is really just about taking time out for myself.

The friendships and support I have made through Sweet Louise have been incredibly helpful too. I was so scared about going to my first meeting. I was nervous to see what other people were going through and felt like I had to keep to myself. I quickly learnt though that those meetings are the opposite to scary. There is so much positivity and support in them! I have taken so much out of chatting to other Sweet Louise members and sharing our

experiences. I think I would be lost without that support now.

For all of you who are new members to our unfortunate club, my advice would be this:

"Stay out of Dr. Google (there is a black hole of information out there you don't want to go down!), seek out positive stories as they will fill you with hope, and most of all, learn how to be selfish. You have to learn to take things in your own time and make your own self, top priority."



Merry Christmas and happy holidays from the Support Coordinators:

Wishing you all peace, joy and love at Christmas and always xx – **Jenny**

Wishing you each a Christmas filled with precious moments with those you love. Don't let the season overwhelm you, only do what's possible for you. Remember to relax, laugh and enjoy. – **Tracy**

Remember to take time for yourself. Try to live in the present; find joy in a little moment by focusing on the sights, smells and sounds of Christmas. My hope for you and those close to you, is that you experience love and peace. – **Nadine**

I'd like to wish everybody an enjoyable time with family and friends and a lovely

summer break. May your Christmas sparkle with moments of love, laughter and goodwill. – **Angela**

The pressures and cares of everyday life are with you throughout the year. This Christmas season I hope you experience the gifts of peace, love and happiness from those who hold you dear. Merry Christmas and hugs. – **Nicki**

Have a beautiful Christmas with those you love. Ask for help when you need it. Hug and be hugged. – **Jo**

Wishing you all a wonderful Christmas from everyone here at Sweet Louise! – **Philippa and the Team**



ISUBSCRIBE & COFFEE CLUB

You can now exchange your Sweet Louise vouchers for gift cards at Isubscribe and The Coffee Club!

Isubscribe is a magazine subscription service with a huge range of national and international magazines.

Visit: www.isubscribe.co.nz

The Coffee Club is a popular café franchise in New Zealand. They have cafes in 63 locations around the country.

Visit: www.thecoffeeclub.co.nz

If you would like to use your vouchers for either of these options talk to your Support Coordinator. Tell them the dollar amount you want, and your voucher numbers and we will place the order. We do this from our Auckland office once a month. The gift cards will then be posted out to you so you can then order your magazines online and visit The Coffee Club!



MEMBER SURVEY

Big thanks go to all of you who filled out the member survey in August. It was the best response rate we have ever had and are looking forward to using it to deliver the best services we can to you! We welcome feedback any time of the year, so don't hesitate to get in contact if you have any.

Happiest of birthdays to all our December and January members!

Janette A, Susan A, Te Paea A, Nicki B, Srimathi B, Marie-Louise B, Jennifer B, Jenny B, Dedre B, Leanne B, Jennell B, Ruth B, Gayle B, Lorraine B, Julie B, Anne C, Carolyn C, Iris C, Kerrin C, Susan C, Meagan C, Janice C, Raewyn D, Dorothy D, Michaela D, Sandra D, Vanessa F, Claire F, Sonya G, Janice G, Jasmine G, Ngaire H, Lynne H, Dianne H, Deborah H, Doris H, Lisa H, Wendy H, Billie I, Kay J, Donna J, Raewyn J, Heather J, Dawn K, Christine K, Eseta L, Annalisa L, Constance L, Barbara L, Christine M, Ann M, Donna M, Clare-Marie M, Trudy M, Anne M, Anna M, Darlene M, Patricia M, Charmaine M, Glenise N, Teresa N, Paula N, Teresa N, Shona N, Tusiga P-M, Mary P, Sharyn P, Lorraine P, Sarah P, Mary P, Sanya R, Jezreel R, Grace R, Ingrid R, Ethel R, Annie R, Margaret R, Violet R, Cheryl R, Judy R, Lina R, Leonie R, Olivia S, Nancy S, Susan S, Nadia S, Louise S, Chui Wa SC, Geraldine S, Juanita S, Margaret T, Luana T, Tracy T, Jane T, Marion T, Yvonne W, Carolyn W, Margaret W, Avalon W, Christine W, Jessica W, Neroli W, Tania W, Li-Ping X, Joyce Y.

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



Nadia Lim's Charred Corn Salad



THIS CHARRED CORN SALAD SCREAMS OF SUMMER! IT'S A PERFECT BARBECUE FARE, BEST ENJOYED SITTING OUTSIDE WITH FRIENDS AND FAMILY.

Ingredients

SALAD

- 4 large corn cobs, husks and silks removed
- 2 large handfuls of baby spinach leaves or mesclun
- 1 punnet cherry tomatoes
- 100g feta
- 3 spring onions
- 1 ripe avocado
- oil for brushing

DRESSING

- juice of 1 lime
- 1/4 cup sour cream
- 1 1/2-2 tsp chipotle sauce

Method

1. Preheat barbecue grill to high. Lightly brush corn with oil. Cook for about 10 minutes, turning now and again, until bright yellow and lightly charred. When cool enough to handle, stand cob on end on a board and run a sharp knife down the sides to remove the kernels in chunks.
2. While corn is cooking, halve tomatoes, crumble feta, thinly slice spring onions and slice avocado. Combine in a large bowl or platter with corn and spinach.
3. For dressing, whisk lime juice, sour cream and chipotle sauce in a small bowl until smooth. Loosen with a little water. Drizzle over salad just prior to serving.

You can find this recipe at Nadialim.com.

GIVEAWAY!

We have a beautiful book, *Dear Boobs*, to giveaway to one lucky member! The book, compiled by Emily Searle, contains 100 letters to breasts written by women affected by breast cancer.

TO ENTER, simply email members@sweetlouise.co.nz with your name and 'dear boobs'. We will pick one lucky winner just before Christmas!



SERVICE PROVIDER INFORMATION

AUCKLAND AND NORTH

THT CHINESE MEDICINE – FRANK WANG (NEW PROVIDER)

Location: 197A Chivalry Road, Glenfield, Auckland

Services Provided: Therapeutic Massage and/or Acupuncture (30 minutes) \$45; Therapeutic Massage and/or Acupuncture (45 minutes) \$60

Operating Hours: Mon to Fri 9am - 5pm

How to Book: By Phone 09 443 3580. Bookings essential. Please cancel by phone.

BODY BALANCE in Whangarei will no longer be a service provider for Sweet Louise.

WAIKATO & CENTRAL NORTH

KATE'S CUISINE is no longer a service provider for Sweet Louise.

ZOE ALFORD, Counsellor, will no longer be providing services for Sweet Louise.

PALMERSTON NORTH & MID-CENTRAL

PRYME SHIATSU is no longer a service provider for Sweet Louise.

WELLINGTON REGION

PRYME SHIATSU is no longer a service provider for Sweet Louise.

REVEREND JINNY KEAN has retired and is no longer a service provider for Sweet Louise.

TRALEE CLARK THERAPY (UPDATE)

Location: Ruru Remedial Care, 136 Main Road, Wainuiomata (formally Bella Beauty)

Service Amount: Relaxation and therapeutic massage: 30 min - \$40; 45 min - \$60; 60 min - \$80; 90 min - \$110

How to Book: <https://rururemedialcare.wixsite.com/tralee> or 027 644 4652

SARAH SHELLARD LYMPHODEMA (NEW PROVIDER)

Location: Mobile – In home Treatment in Hutt Valley/Wairarapa

Services Provided: Manual lymphatic drainage MLD, Lymph taping, Measurement for garments, Education to clients and family on self-care - \$80 per hour. There is travel cost, varying on distance.

Operating Hours: Thursday and Friday (other days by negotiation)

How to Book: Email: sarahshellard.therapist@gmail.com; Call or Text: 021 125 9439

SOUTH ISLAND

KORU HEALING (NEW PROVIDER)

Location: Wholebody Health, 140 Colombo Street, Beckenham Christchurch 8023

Services Provided: For specific symptoms and/or general relaxation/destress. Acupuncture \$80/hour; Massage \$80/hour; Reiki \$80/hour; Combined treatment \$80/hour.

Operating Hours: Mon/Wed: 9am – 5pm; Tuesday/Thursday/Friday: 9am - 3pm

How to Book: Phone/text: 03 388 9785 or 0210 269 5523; email: tracey@koruhealing.co.nz; Website: www.koruhealing.co.nz

WELL & GOOD HEALTH (NEW PROVIDER)

Location: 1 Grove Road, Blenheim, Marlborough

Services Provided: PINC & Steel provider. Physiotherapy \$99/60 minutes, \$49/30 minutes; Massage therapy \$80/60 minutes, \$50/30 minutes; Yoga/Pilates \$15 per class; Personal Training - \$variable.

Operating Hours: Mon – Fri 8.30am – 5pm

How to Book: Phone 03 577 89999, email hello@wellandgoodhealth.co.nz, online at website www.wellandgoodhealth.co.nz

Snapshots of Member Meetings 2018



December 2018/January 2019 meetings

DETAILS OF ALL MEMBER MEETINGS ARE ALSO POSTED ON THE SWEET LOUISE WEBSITE.

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: Whangarei

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

📍 **Whangarei:** Tuesday December 4 @ 10:30 am – 12:00 pm, Milk & Honey Café, 533 Kamo Rd, Whangarei.

📍 **Silverdale/Orewa & North Shore Combined Christmas meeting:** Wednesday December 5 @ 10:00 am – 11:30 am, Walnut Café, 498 Hibiscus Coast Hwy, Stanmore Bay, Orewa.

📍 **North Shore:** Thursday January 24 @ 10:00 am – 12:00 pm, Kings Plant Barn, 11-13 Porana Road, Wairau Valley.

AUCKLAND: CENTRAL, EAST & SOUTH

Please RSVP to Nadine if you can come along on 027 525 1985 or call our free phone 0800 11 22 77, or email nadine.morton@sweetlouise.co.nz (Transport for Epsom meetings available on request.)

📍 **Auckland Combined Christmas Meeting:** Friday December 14 @ 10:30 am – 12:00 pm, Mercy Centre, 104 The Drive, Epsom. Music by Cellismo (a duo of cellists)

📍 **Auckland Central:** Tuesday January 22 @ 10:30 am – 12:00 pm, Kings Plant Barn, 228 Orakei Road, Remuera

📍 **South Auckland:** Wednesday January 23 @ 10:30 am – 12:00 pm, Columbus Coffee, Mitre 10 Mega, 61 Lambie Drive, Manukau

📍 **Pukekohe:** Thursday January 31 @ 10:30 am – 12:00 pm, Petals n Pots, 25 Paerata Road, Pukekohe

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.

📍 **Matamata:** Friday December 7 @ 10:30 am – 12:00 pm, Robert Harris Café, 47/49 Broadway, Matamata

📍 **Rotorua:** Wednesday January 23 @ 10:30 am – 12:00 pm, Arts Village Café (RAVE), 1240 Hinemaru Street Rotorua

📍 **Hamilton:** Thursday January 24 @ 10:30 am – 12:00 pm, Café Agora, Agora Building, 13 Kent St Frankton

📍 **Tauranga:** Wednesday January 30 @ 10:30 am – 12:00 pm, Pacifica Garden Centre, 112 Tara Rd Papamoa Beach, Papamoa

MID-CENTRAL

Please RSVP to Nicki 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.

📍 **Hawkes Bay:** Thursday December 6 @ 10:30 am – 12:00 pm, Birdwood Café, 298 Middle Rd, Havelock North

📍 **Palmerston North, Levin, and Whanganui Combined Christmas meeting:** Thursday December 13 @ 10:30 am – 12:00 pm, The Cooperage Café, 723 Main Street, Palmerston North

WELLINGTON, CHRISTCHURCH & MARLBOROUGH

Please RSVP to Tracy on 021 328 835, call our free phone 0800 11 22 77 or email tracy.smith@sweetlouise.co.nz.

📍 **Blenheim:** Tuesday December 4 @ 12:30 pm – 2:00 pm, St. Clair Vineyard Kitchen, 13 Selmes Road, RD3, Rapaura, Blenheim

📍 **Nelson:** Wednesday December 5 @ 10:30 am – 12:00 pm, Melrose House Café, 1 Melrose Tce, Nelson

📍 **Wellington:** Friday December 7 @ 10:30 am – 12:00 pm, Martha's Pantry, 276 Cuba Street and Karo Drive, Te Aro

📍 **Kapiti:** Friday January 25 @ 10:30 am – 12:00 pm, No. 6 Licensed Café, 6 Alexander Road, Raumati Beach

📍 **Wairarapa:** Tuesday January 29 @ 10:30 am – 12:00 pm, Clareville Bakery, SH2 Carterton

Contact us

EMAIL:

- members@sweetlouise.co.nz for member related queries
- eva.foreman@sweetlouise.co.nz for donation or fundraising queries
- christine.healy@sweetlouise.co.nz for any accounting queries

TELEPHONE: 0800 11 22 77

VISIT US AT: Sweet Louise, level 1, 1 Prosford Street, Ponsonby, Auckland, 1011.

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