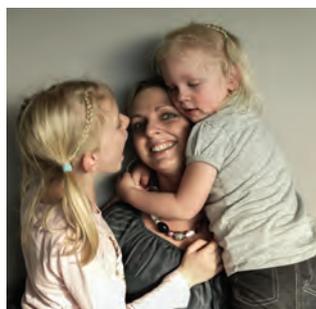


SWEET *Louise*

SUPPORT FOR
INCURABLE
BREAST CANCER



SPRING ISSUE



Honouring our members

LAST YEAR NIGEL SWINN PHOTOGRAPHED TEN SWEET LOUISE MEMBERS IN HONOUR OF THE SWEET LOUISE TENTH ANNIVERSARY. LOVING THE PROJECT AND THE PEOPLE HE MET, NIGEL CAME ON BOARD THIS YEAR TO PHOTOGRAPH TEN MORE OF OUR MEMBERS.

This year Nigel set out to capture their strength and resilience through his lens. Nigel travelled to Auckland, Wellington, Palmerston North and Christchurch and photographed members with their "rock".

This "rock" was anyone each member felt supported them, kept them going, made them feel safe or simply, was there with a smile and hug on those tough days. A big thank you to our members –

Pauline, Susan, Kelly, Tina, Mary-Margaret, Harriet, Jody, Marjorie, Sonya and Nicola – and their families for taking part in the project. Extending our gratitude, we are so thankful for Nigel and his camera. Nigel has done an amazing job of capturing not only the strength and resilience of our members, but their beauty and vulnerability all in one shot.

Calling her home

WHEN ASKED WHO HER "ROCK" WAS, PAULINE WAS QUICK TO ANSWER. "THAT WOULD BE MY GORGEOUS BOY, SHANNON!"

Shannon sits with Pauline for the photograph. Yet he is there in photograph form himself.

Pauline holds his picture in memory because Shannon passed away 5 years ago. Her only son, he died suddenly of a heart attack, age 34.

He was living in Australia but had just moved back home to New Zealand. Pauline, at the time, was over the moon her boy was moving home.

"He was working and enjoying life so much in Australia but I couldn't wait to have him home and hang out again. He

was my world".

The passing of Shannon was beyond difficult to deal with.

"I was dealing with a lot of grief and emotional pain ... When he died it felt like someone went ahead and ripped out my heart".

And then, 13 years after Pauline had battled with primary breast cancer, she was diagnosed with secondary breast cancer.

"To be honest, after the death of Shannon and then the diagnosis, I just wanted to give up."

Anyone who knows Pauline though, knows she is not one to ever give up.

One day, back in her home town of

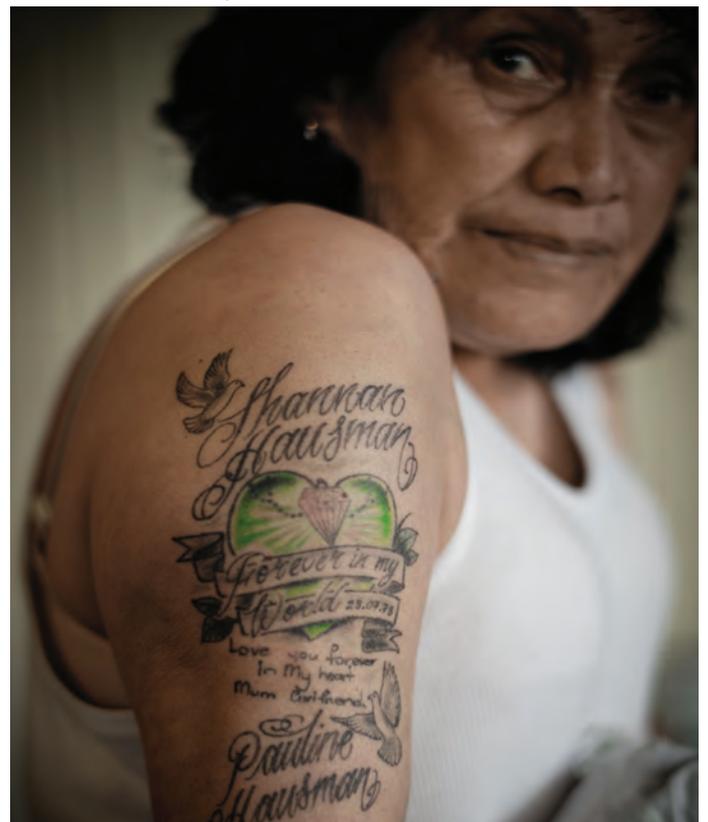
Whangarei after her secondary diagnosis, she was having a really low day. Suddenly, her sister turned to her and asked, "What would Shannon say to you if he was here?"

Straight away Pauline knew what his answer would be...

"Girlfriend, get up off that couch. Don't you give up!"

Something shifted in Pauline that day. She listened to Shannon, moved down to Auckland and started getting help with her cancer.

Pauline now lives in a flat in West Auckland. She keeps Shannon close to her heart, carrying his photograph wherever she goes, waiting till he calls her home.



Your support saw their love through to the end

HARRIET AND GRANT LOVED GOING ON MOTORBIKE TRIPS. OVER THE PAST 28 YEARS THEY COVERED MORE THAN 200,000 KILOMETERS ON THEIR BIKES, TOURING FROM ONE END OF THE COUNTRY TO THE OTHER. MEETING FRIENDS ALONG THE WAY, THEY WOULD FIND BOTH FUN AND COMFORT ON THEIR JOURNEYS.

Their journey took another route when Harriet was diagnosed with breast cancer in 2012. At the time of her diagnosis the cancer had already progressed aggressively, and she was diagnosed with stage four, incurable breast cancer.

Despite the hospital appointments, chemotherapy sessions and all round change in lifestyle, Harriet kept on as best she could, being mum to her two teenage children, Finlay and Imogen, and partner to Grant. They lived in Palmerston North and kept busy, with school, work and family commitments.

Harriet joined Sweet Louise soon after her diagnosis.

She loved the monthly meetings and the fellowship and understanding from the other members. Your support helped to connect Harriet with other members and find comfort in the meetings.

She really appreciated Gerry, her support coordinator, and they developed a great friendship over the past 5 years. Sometimes it was easier for Harriet to 'unload' on Gerry rather than her husband Grant.

Grant, who is pictured with Harriet says, "All I could do was offer my support where I could see it was needed".

Grant and Harriet met nearly three decades ago and cultivated a life full of fun, understanding and respect for each other.

"I loved her sense of humour and her bright and happy demeanor. She almost always had something good to say about everyone."

Harriet's secondary diagnosis was difficult for the whole family.

"The past five years have had both highs and lows. Sometimes it was hard to remain positive when it was becoming apparent we were losing more than winning."

The losses couldn't be more apparent when last month, Harriet passed away.

Harriet's passing has been an impossible loss for Grant.

"Nothing prepared me for her passing, and the incredible sense of loss I felt at the end... She was my soul mate and best friend for 28 years and now she is gone."



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 diagnosed firstly 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 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 answer or know how.

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 earlier this 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."

With your help, Sweet Louise will continue to help Sonya spend quality time with her boys.

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



Shining a light on Stage Four Breast Cancer

IN OCTOBER SWEET LOUISE DESIGNED A GIANT BRA CHANDELIER TO SHED LIGHT ON THOSE LIVING WITH INCURABLE BREAST CANCER. MANY OF THESE BRAS CAME FROM YOUR HOMES!

The chandelier, which was unveiled at Orakei Bay Village, Auckland, was created as a conversation starter.

Sweet Louise teamed up with Claudine Nalesu, an AUT Creative Technologies student, to design the chandelier.

"I got involved in this project because it relates to my creative technology philosophy of creating projects that start discussion, raise awareness, and educates people about a topic. I loved how this project encompassed all of my creative tech skills to help a great cause", said Claudine.

Starting back in June at Mystery Creek Fielddays, many of you started sending in your bras, with the aim to collect 600 to represent the number of Sweet Louise members.

Your bra donations continued and have come far and wide from all over New Zealand.

Jacinda Ardern, Ali Mau, Rachel Hunter and Sweet Louise ambassador, Brodie Kane, also handed over their bras as support.

"It's sobering to think that the bras collected represents the number of Kiwis living with incurable breast cancer. My heartfelt wishes go out to each and every one of them," Jacinda said.

Ali Mau donated one of her favourites, saying "it will be particularly nice to see all those 'instruments of torture'

used to create a beautiful work of bra art." Thank you to all those who donated a bra, shared your story and helped with the project – we're shining a light on incurable breast cancer one bra at a time.



Orakei Bay Village

ORAKEI BAY VILLAGE IS A NEW BOUTIQUE HOT SPOT IN AUCKLAND. IT'S A PLACE FOR COFFEE, BEER, CLOTHES AND EXCELLENT VIEWS OF THE HARBOUR. IN OCTOBER, IT WAS ALSO THE PLACE TO SUPPORT, LEARN ABOUT AND DONATE TO SWEET LOUISE.

Orakei Bay Village hosted 'Sweet Louise Week' from Friday 13th until October 20th. A week full of support for Sweet Louise, it ran adjacent to Breast Cancer Awareness month and kicked off on the 13th, which is Metastatic Breast Cancer Day (MBC Day).

The week started bright and early on Friday, with a 6am yoga event run by coffee and smoothie bowl wonders, Bowl and Arrow. The yoga class, which was accompanied by live music and followed by breakfast, took place in the middle of the Village under our giant bra chandelier.

Many of the retailers were eager to get involved. Some of the eateries like Bird On A Wire and Ampersand created special salads, slices and cocktails with proceeds going to Sweet Louise. Others had donation boxes at the till.

Kings Plant Barn went above and beyond and turned the week

into a month, asking customers to donate \$3 at the till, creating café specials and hosting an eye-catching bra fence for the length of October!

Those visiting the village also had the opportunity to win fabulous prizes.

A huge thank you to all the retailers and customers who got involved. You have not only helped our members today, but garnered a public awareness about secondary breast cancer which we can only hope grows from here.

Last, but certainly not least, thank you to the team at Equinox and Kerry Knight, who generously gave us the use of the OBU space and supported us through the entire process.



Lovely Lonely and their Lingerie

DESPITE IT BEING THE MIDDLE OF AUTUMN, THE DAY OF THE SWEET LOUISE AND LONELY LINGERIE COLLABORATION SAW THE SUN BEAMING, WARMING UP THE CRISP AIR AND OUR THREE BRAVE SWEET LOUISE MEMBERS WHO WERE ABOUT TO BE PHOTOGRAPHED IN THEIR UNDERWEAR.

Having never done anything quite like it, Marian, Maggie and Jo put their hands up to be photographed by Lonely.

Turns out, the day couldn't have gone any better.

Shot in Maggie's gorgeous backyard, our models were photographed in a range of Lonely's lovely lingerie.

This October the photographs have been used by both Lonely and Sweet Louise to raise awareness and support for our members. The photographs have been shared on Lonely's social media outlets and website and have featured in publications like the New Zealand Herald's Viva magazine.

Maggie, who has gained thousands of "likes" and hundreds of comments of support on Instagram says, "I thought I might be self-conscious and embarrassed on the day but not at all ... I

loved the day and the lingerie ...

To be able to participate in something so different is one of the fantastic opportunities that being a Sweet Louise member affords me."

As part of the shoot, Maggie, Marian and Jo courageously opened up about their personal breast cancer journeys and their insights are very moving.

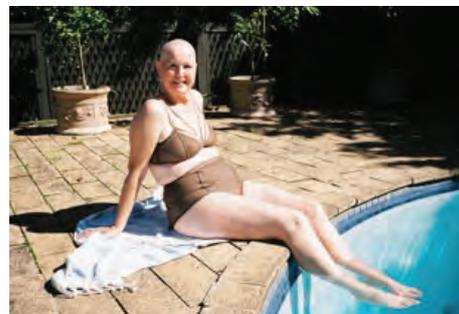
"I tended to take things and people for granted and felt bullet proof. Now I see breast cancer as a gift. The reason I feel it's a gift is, unlike sudden death, you have time to right wrongs and put things in order. I'm also grateful it's me and not my daughters." says Marian.

Maggie says, "It is coming up 10 years now since I was diagnosed, and I think about it every day. The day my husband

and I were told at best I had a 10% chance of survival was an absolute nightmare. I wasn't and am not ready to give up on that 10%. My family means the world to me and I have not yet seen enough of what my two fantastic children will achieve in their lives to stop watching. There is too much to do yet."

Jo, who is pictured wearing her "scars proudly", says "I now know that I can't do everything and that's OK; I now ask for help. Belonging to Sweet Louise makes me feel special and to use vouchers on pampering is my idea of being loved no matter the fact that I have incurable cancer".

An inspiring change to the wash of pink campaigns we see in October, Maggie, Marian and Jo are a celebration of the strength, bravery and beauty we see in our members.



Yes, I would like to support Women and Men living with incurable breast cancer

DONATION DETAILS I would like to donate:

- \$30 - will help a member like Pauline get fresh meals delivered
- \$50 - will help members welcome regular visits from Sweet Louise
- \$100 - will help a member like Sonya have a fun day out with her kids
- Your choice:
- Tick here to receive information on how to become a regular giver.

PAYMENT DETAILS

I would like to pay by: Visa Mastercard Amex
 Card Number (3 didgits on back of card)
 Expiry CW
 Name on Card
 Signature

OR:

Cheque: Please make cheques out to 'Sweet Louise'

OR

Direct Credit to Sweet Louise: 12 - 3198 - 0032019 - 00

CONTACT DETAILS

Name.....
 Address.....
 Postcode
 Phone
 Email

PLEASE RETURN TO

Sweet Louise, PO Box 137-343, Parnell, Auckland 1151
 Thank you for your generous support

Putting their best foot forward

This year, on October 29th, 32 Sweet Louise supporters set their alarms for a very early Sunday morning wake up. It was the morning of the Auckland Marathon and our runners were up before the birds, getting ready to hit the pavement in support of our members.

There were eighteen 12km runners and walkers, 12 determined half marathon goers and 2 brave souls who ran the full marathon. We had a mix of those running by themselves, in pairs or in teams.

Sharon, a half marathon walker, said that there was "something very special about arriving in Devonport at 5.30 am amongst the buzz of the other competitors and in such perfect weather conditions."

Liam, who ran the half marathon, says the day was "exhilarating". "I was pretty nervous on Saturday, but once I got into the thick of it, it was really exciting. My phone vibrated in my pocket a few times while I ran. Two of these instances were emails with fresh donations. That really drove home the point of the day!"

Emily Stein, a Sweet Louise member from Blenheim, had a big group of family and friends running in her honour. Emily's husband,

mum, aunts, cousins and friends formed a team to support Emily and other Sweet Louise members.

Emily's mum, Liz, said she thought of Emily every step up the bridge.

"If I can do anything, no matter how tough, to ease the journey for her, I can and I will!"

Emily's husband, Chris, who ran the full marathon, said that

"what made the marathon even better was being able to support Sweet Louise who have been such a great help to Emily and I through our journey. I know that the money raised will go towards Sweet Louise helping many more families in the same situation as us."

Thank you so much to all those who gave generously and a big congratulations and thanks to all of the runners and walkers!

All that training and tireless fundraising has paid off because collectively they raised \$22,760!! An absolutely amazing effort, we are thrilled with the result!



Your help is always appreciated

We have a few fundraising events coming up and we need your help!! Do you have any items, gifts, tickets or experiences you could donate to us? We'd love to auction off some wonderful treasures, all in support of our members. If you'd like to get involved please contact Liz at liz.henry@sweetlouise.co.nz / 021 146 0860. Thank you.

WE THANK THESE SPONSORS WHO HAVE SO GENEROUSLY SUPPORTED US:

