

Ainette's Story

Living her best life under a shadow

THE DAY 36-YEAR-OLD AINETTE ESATI WAS TOLD SHE HAD BREAST CANCER WAS UNIMAGINABLE. THE SHOCKING NEWS OF HER INITIAL DIAGNOSIS WAS MADE EVEN WORSE BY THE KNOWLEDGE THAT HER CANCER WAS INCURABLE. AINETTE'S CANCER WAS NOT PICKED UP AT THE PRIMARY STAGE. UPON HER DIAGNOSIS, IT WAS SECONDARY AND HAD METASTASISED TO HER LIVER AND LUNGS. LOOKING BACK, AINETTE REALISES SHE'D HAD SYMPTOMS FOR A WHILE DESPITE HAVING DISCUSSED CONCERNS WITH HER DOCTOR SEVERAL TIMES.

"I was feeling cold most of the time and my nipple was sore. I was given the explanation that it was because I was having babies. They didn't think anything was wrong," Ainette says.

"It was annoying, all of my energy was being taken up with the pain, it was like I was being poked with a blunt knife."

Ainette was finally sent for a mammogram and biopsy in July 2017.

"I was gutted and angry when told the results after my symptoms had been fobbed off. I thought they should have known better."

Ainette's life has been turned upside down. The mother of five has gone from working in a rewarding career and saving with her husband Tuilima for a house, to living day to day. Ainette and Tuilima have five children, Peia (3), Epati (5), Elama (7), Seilah (8), and Kamasau (11). It upsets her that her husband, despite working full time, has to now take on the household chores.

"It takes all my energy to get the kids ready for school and look after them when they come home," Ainette says. Ainette's goal moving forward is to simply "be around for the kids" and to make sure

there is always something exciting to look forward to.

"My main goal now is to witness my kids graduate from high school, and to show them how much I love them as their mother, for as long as I can," she says.

Ainette regularly attends Sweet Louise member meetings in West Auckland. Anyone with a diagnosis of secondary breast cancer is eligible to become a "member" of Sweet Louise.

"I only miss the meetings if I am in hospital. It's something to look forward to - I love meeting other ladies going through the same thing. It makes me feel like I am not the only one."

She talks honestly about the cancer with her kids. "I have been trying my best to explain to them as much as I can, at their level. They know I have cancer and it is incurable."

Ainette learned in March 2019 that the cancer had spread to her brain. She has since had radiation and chemotherapy to shrink the tumour and is happy to say

that the tumour is responding well; it has shrunk and is stable. Other comments Ainette made are:

She likes to be treated as normally as possible and for people to help her get on with life.

Ainette looks forward to the monthly Sweet Louise Member meetings; she enjoys meeting other women with cancer and chatting with them, knowing they understand what it's like to live with this. She feels she belongs. Ainette keeps herself busy going to the Kowhai group that's part of west Auckland hospice. There she enjoys relaxing massages and participating in an art group - she draws using her imagination and her family proudly display her art on the walls at home.

Each year Sweet Louise Support Coordinators provide 800 members nationwide, like Ainette, with face-to-face and telephone contact, regular member meetings and emotional support. Sweet Louise also provides vouchers tailored to members' practical needs. Sweet Louise receives no government funding and relies totally on the generosity of New Zealanders like you.



The Sweet October Cookbook – 31 Recipes, 31 Days

ON OCTOBER 1ST, SWEET LOUISE UNVEILED THE SWEET OCTOBER COOKBOOK AT A SPECIAL BREAKFAST LAUNCH EVENT IN PONSONBY. WE WERE THRILLED TO HAVE CHEF AND RESTAURATEUR AL BROWN AND SWEET LOUISE AMBASSADOR HANNAH BARRETT IN ATTENDANCE WHO CONTRIBUTED THEIR DELICIOUS 'APPLE PIE WITH LEMON CURD CREAM' AND "KITCHEN SINK SALAD' RECIPES TO THE COOKBOOK.



It was a wonderful morning celebrating with all those who had made contributions and letting everyone know that by purchasing this beautiful, sustainable e-cookbook for \$31 they would be helping us continue our work to support those living with incurable breast cancer.

The Sweet October Cookbook is a modern kitchen keepsake brimming with a special collection of recipes from Al Brown, Sarah Gandy, Jesse Mulligan, Matilda Green, Shavaughn Ruakere, Karla Goodwin (Bluebells Cakery), Jordan Rondel (The Caker), esteemed dietitian Angela Berrill and Hannah Barrett as well as our Sweet Louise members and supporters.

Wouldn't this e-cookbook make the perfect Christmas gift? Just head to www.sweetlouise.co.nz and download it now or gift it to a friend and you'll be doing your bit to support all those living with advanced breast cancer.

A big thank you to all those involved in the production of The Sweet October Cookbook.



Silver Fern Farms

A BIG THANK YOU TO SILVER FERN FARMS FOR CONTRIBUTING THEIR DELICIOUS "MIDDLE EASTERN LAMB WITH WARM ROASTED MOROCCAN VEGETABLE SALAD" RECIPE TO THE SWEET OCTOBER COOKBOOK, THEIR GENEROUS DONATION TO SWEET LOUISE AND PROVIDING PRODUCT VOUCHERS.

We are so grateful for their recent support during Sweet October, our biggest fundraising month this year and look forward to working together in the future.



Loaf

Handcrafted by
Loaf

LOAF HAS BEEN A PROUD SUPPORTER OF SWEET LOUISE FOR OVER 7 YEARS AND WE WERE THRILLED THAT CHEF AND LOAF'S FOUNDER, SEAN ARMSTRONG, SHARED HIS RECIPE FOR THE UTTERLY DELECTABLE "PULLED PORK SLIDERS" IN OUR E-COOKBOOK.

Loaf continues to support Sweet Louise by providing bags and bags of irresistible bites and slices for any Sweet Louise fundraiser and you can now visit www.loafshop.co.nz and get their classic kiwi home baking delivered. Your order will be delivered to your door for \$5 NZ wide, or free for orders over \$75. Their products freeze well so why not stock up?

Bird On A Wire

WE HAVE BEEN VERY FORTUNATE TO HAVE BIRD ON A WIRE SUPPORTING SWEET LOUISE FOR THREE YEARS IN A ROW AS THEIR PARTNERING CHARITY.

A big thank you to the Bird on a Wire team for hosting our Sweet October Cookbook launch event held on the morning of Tuesday 1st October at their wonderful Ponsonby Central location. As in previous years, the Bird on a Wire menu featured a special 'Sweet Louise salad' during October with proceeds coming back to us. Their Ponsonby Central, Takapuna, Tauranga and Orakei stores also displayed a black and white portrait series of our members. We thank Kelly and the team for their amazing generosity and support and look forward to our continued partnership.



BELGIAN BISCUITS

LOUISE PERKINS' FAVOURITE RECIPE (AS SEEN IN THE E-BOOK)



Louise's love of Belgian Biscuits began when her Aunt May made them for her. "Sweet with spice and share with someone nice" is what her friends imagine Louise would say about these delightful treats. When Louise and her friends would go out for lunch, she would always sneak one for last. It was the stylish blend of brown and pink with the twist of red that made them look so good. We've dedicated this delicious recipe to the memory of Louise – we are sure she would approve.

BISCUITS

250g butter, softened
1½ cups soft brown sugar, well packed
1 egg
2¾ cups plain flour
3 tsp baking powder
2½ tsp mixed spice
1½ tsp ground cinnamon
½ tsp ground nutmeg

RASPBERRY JAM

500g frozen raspberries
500g caster sugar

ICING

Add pink or red food colouring if desired
1 cup icing sugar
1 tsp butter, melted
1 tbsp milk

BISCUITS

Preheat oven to 180°C. Line 2-3 baking trays with baking paper.

Cream the butter and sugar in a cake mixer until well creamed. Add the egg and mix well.

Sift the flour, baking powder and spices together and using a spatula, mix into the butter mixture until it all comes together to form a dough. Divide the dough in half. Wrap individually in plastic wrap and refrigerate for 30 minutes or until firm.

Roll each half of the dough between two sheets of baking paper to about 5mm in thickness. Using a 5-6cm fluted cookie cutter, cut out the biscuits and place on the baking trays. Repeat with all the remaining dough. Bake for 10-15 minutes or until lightly browned. Leave to cool on the tray before transferring to a wire rack to cool.

Spread half the biscuits with the raspberry jam and sandwich together with the other half.

For the icing, sift the icing sugar into a bowl then add the butter and milk and mix until combined. Add a touch of pink or red colouring to get the desired colour. If too stiff, add a little more milk. Ice each biscuit and sprinkle with the coloured sugar or raspberry jelly crystals. These biscuits are also delicious just on their own.

RASPBERRY JAM TO SANDWICH:

Homemade has the best flavour and is very easy to make.

Put the frozen raspberries in a saucepan and gently bring to the boil. Add the caster sugar and boil for 20 minutes. Cool.

MAKES: 24 biscuits

Gibbs Farm Fundraiser

FOR THE THIRD YEAR RUNNING SWEET LOUISE IS EXCITED TO PRESENT A RARE OPPORTUNITY TO VISIT GIBBS FARM SCULPTURE PARK ON SATURDAY THE 22ND FEBRUARY 2020.

Gibbs Farm open-air sculpture park is home to a series of major site-specific artworks commissioned from some of the world's most significant artists including Andy Goldsworthy, Ralph Hotere, Anish Kapoor, Len Lye and Richard Serra.

Pack a picnic lunch, or pre-order one with your ticket and enjoy a family day out, wandering around the park admiring the sculptures and exotic animals, including giraffes and zebras!

There will be no sales at the gate so get in early to avoid disappointment – the first 200 tickets sold will be discounted by \$10!

All proceeds from this event will go towards supporting Kiwis living with incurable breast cancer.

This could also be the perfect Christmas gift so please head to www.iticket.co.nz and purchase your tickets in time for Christmas.

Please note Gibbs Farm is a private property open by appointment only on scheduled monthly visitor days bookable through their website. No entry fee is applicable when visiting Gibbs Farm by appointment; the Trustees of Gibbs Farm have generously allowed us to arrange this event as an important fundraiser to support Sweet Louise.

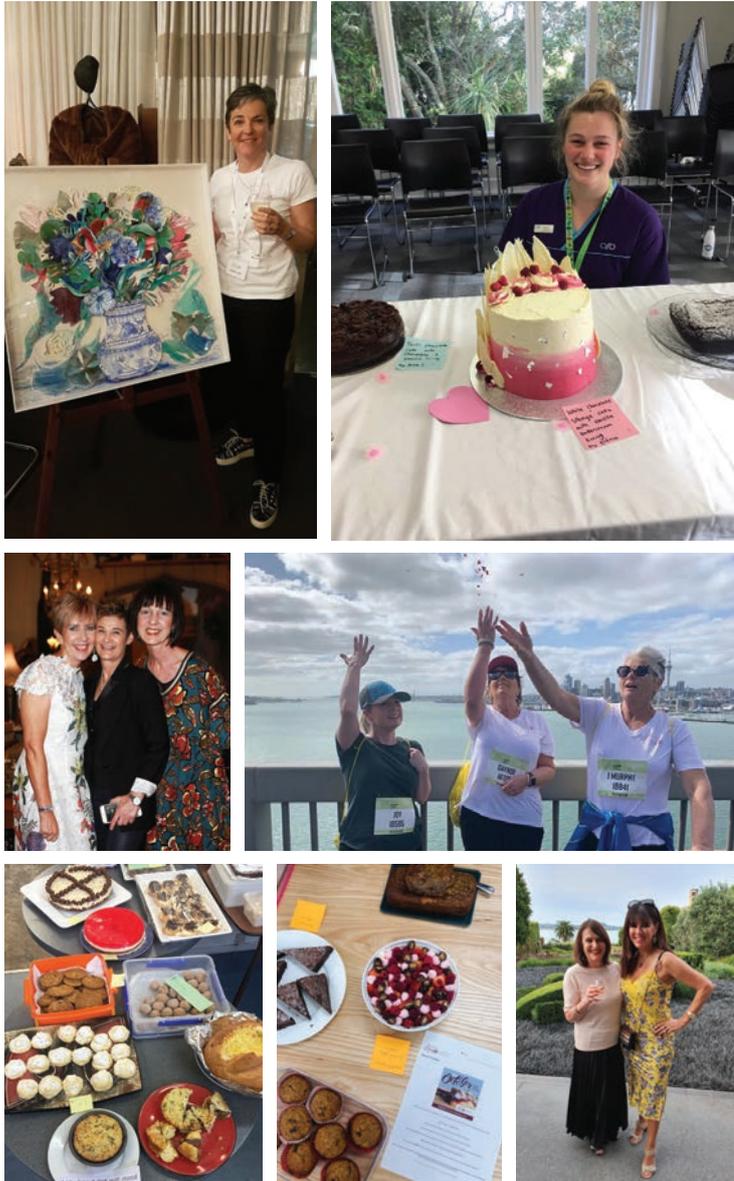


Celebrating the heroes amongst us

A SPECIAL THANK YOU TO ALL THOSE WHO HAVE HELPED FUNDRAISE FOR SWEET LOUISE DURING SWEET OCTOBER. WE HAVE BEEN OVERWHELMED WITH THE FUNDRAISING EFFORTS BY THOSE WHO TOOK PART IN THE AUCKLAND MARATHON, ATTENDED THE AROHA IBERICA, BLUSH BRUNCH, BELLE BOUTIQUE AND ELLE+RILEY EVENTS, HELD MORNING TEAS, AND DROVE IN THE V8 CAR CRUISE. THANK YOU ALL SO MUCH!



Celebrating the heroes amongst us *continued*



Limited Edition **The Sweet Louise Collection**



Bracelet - \$59*
18.5cm (includes a 3cm adjustable link)

Necklace - \$69*
45cm (includes a 3cm adjustable link)

Featuring a stunning necklace and bracelet in both 14ct Gold and Rose Gold plate, this special collection is exclusive to Sweet Louise and available in limited quantities. Beautifully presented in a custom designed gift box, any piece from this collection will make the perfect Christmas gift for you or someone you love.

All proceeds will help Sweet Louise support men and women living with incurable breast cancer.



TO ORDER PLEASE VISIT WWW.SWEETLOUISE.CO.NZ

*Tracked delivery costs of \$10 for order up to 4 items apply



Yes, I would like to support women and men living with incurable breast cancer

DONATION DETAILS Here is my gift of:

- \$100 - to give a family like Ainette's a special day out
- \$50 - to give a member a fridge full of home cooked meals
- \$25 - to help run a member meeting
- 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
 Expiry CVC (3 digits on back of card)
 Name on Card
 Signature

OR:

- Cheque: Please make cheques out to 'Sweet Louise'
- 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

Good in the Hood

DID YOU MANAGE TO FILL UP AT Z SERVICE STATIONS AROUND THE COUNTRY THIS SEPTEMBER DURING THE Z ENERGY GOOD IN THE HOOD PROMOTION?

Sweet Louise was very fortunate to be one of the chosen community groups to be in 15 stations throughout New Zealand and we are thrilled to let you know we have received \$13,971 for being part of this promotion. A big thank you to Z Energy and the following stations for their support and also to those who volunteered their time in the stations raising Sweet Louise's profile and of course to all those who voted for us!



- Auckland Central** - Keba Road, Sylvia Park, Glen Innes
- Auckland South** - Skyway, Takanini
- Auckland West** - Avondale, Green Bay, Massey North
- Auckland North** - Warkworth
- Hawkes Bay** - Taradale
- Christchurch** - Shirley
- Palmerston North** - Terrace End
- Tauranga** - 15th Avenue
- Wellington** - VIC Corner Lower Hutt, Broadway

Trusts and Foundations

WE ARE SO GRATEFUL TO THE CHARITABLE TRUSTS AND FOUNDATIONS THAT HELP FUND SWEET LOUISE. MANY OF THESE TRUSTS HAVE SUPPORTED SWEET LOUISE FOR A NUMBER OF YEARS. WE ARE PARTICULARLY GRATEFUL FOR RECENT GRANTS FROM:



Hugh Green Foundation funded our support coordinators and member meetings in Auckland.

COGs committees around the country have supported Sweet Louise: Auckland City, Hutt Valley, Wellington, Waitakere, Papakura/Franklin, Manukau, Rodney/North Shore, Waikato West, Tauranga Moana, Rotorua, Kahungunu Ki Heretaunga, Tamatea/Tamaki-nui-a-rua, Whitiorea, North Taranaki, Whanganui/Waimarino/Rangitikei, Waikato South, Coastal Otago/Waitaki, Tongariro, and Mataatua.

Maurice Paykel Charitable Trust helped fund our service voucher scheme.

Rotorua Energy Trust funded our support coordinator in Rotorua.

New Zealand Lottery Grants Board provided nationwide funding for our support coordinators.

IN 2019 HELD:

SWEET LOUISE: **205** member meetings throughout the country

TALKED FOR:

219 hours on our 0800 number to members

WELCOMED:

262 New members

We could not and cannot do any of this without you!!

Thank you for your continuous generosity and support towards those living with incurable breast cancer.

WE THANK THESE SPONSORS WHO HAVE SO GENEROUSLY SUPPORTED US:

