



Foundation honours the memory of Sunshine Coast mum Cindy Mackenzie and supports local families living with breast cancer. The charity helped Sandra's family in many ways. "Things were tight and they helped with bills," Sandra said. "They sent me some beautiful bouquets of flowers at various times; they sent me a Christmas hamper, and every week they would ring me and see how I was doing." The Sunshine Coast Grammar School also helped out after Cindy Mackenzie provided them with Sandra's details. "They came and did practically everything outside," Sandra said. "They made new garden beds, planted shrubs and flowers, cleaned the gutters, cleaned up, mowed, hired a skip and removed a lot of rubbish. It was fabulous, they did a magic job." Just when it seemed things couldn't get worse, they did. Adding to Sandra's breast cancer, Phil's hospitalisation, and Jonathon's special needs, the older children in the house "fell off the rails". "My teens found it extremely difficult and went a bit haywire," Sandra said. "They weren't attending school; they were going off at night. We were both in hospital, sick, and they thought why bother? Life's just crap!" But, as it does, life goes on and time heals. Sandra is now cleared from the oncology unit. "They don't use the word 'cured' until five years post surgery, but they took one lymph

node and it was clear so, as far as they're concerned, I just need yearly check ups and yearly mammograms," Sandra said. Phil is out of hospital and improving. "He's not too bad now. He's still on a disability pension, and he's pottering around doing some gardening." And the kids are doing much better. "They're attending school pretty regularly; they've got goals and my son wants to start uni; their lives have got a purpose and they can look forward." And, most importantly, Sandra has somehow maintained her optimism and believes she has grown from the experience. "It has helped me." "I'm very independent and I had to ask people for help, so I have no pride anymore," Sandra laughed. "I've learnt that if you need help, ask for it and, I feel that, even though times are hard for us, there are still good things to focus on and the sun still shines. "And of course I learnt that family – whether it's immediate or extended – is so important." "On one hand with my husband in hospital I felt like I was dealing with this alone, but on the other hand I had family, church, school, and Cindy Mackenzie as well." "The last year was the worst year of my entire life and I made it with the help of others. "I know now I can do anything, anything I want." And after surviving the last year, Sandra Bailey is probably right.

PINKTOBER

With just a couple of weeks to go until PINKTOBER® for the Cindy Mackenzie Breast Cancer Foundation kicks off, the Sunshine Coast community has the opportunity to once again get involved with a purely grassroots charity. The Cindy Mackenzie Breast Cancer Foundation along with a few of its sponsors and media partners Hot 91, WIN and the Sunshine Coast Daily are in full-swing preparing for their busiest month of the year, October. While the month of October is recognised nationally as breast cancer month, the PINKTOBER® for Cindy Mackenzie Breast Cancer Foundation campaign is the only one which aims at raising funds for Sunshine Coast families living with breast cancer. Cindy Mackenzie Breast Cancer Foundation co-founder and vice president, Kylie Perkin said the Foundation created and trademarked 'PINKTOBER®' in 2008 as an extension of the Cindy Mackenzie Breast Cancer Foundation. "Everyone gets behind a breast cancer or cause in October, however, PINKTOBER® is really focussed on raising further awareness for the foundation and its work within the Sunshine Coast community to support local families living with breast cancer," she said.

Founding sponsor, Infocus Money Management Sunshine Coast have set the ball rolling in a bid to educate local families about the importance of critical illness insurance. During October, locals can make an appointment to meet with an Infocus financial adviser to take advantage of a complimentary Financial Assessment. Following the initial consultation, a Statement of Advice (normally valued at \$1,100) will be presented to the client. Should the critical illness insurance component of the Statement of Advice be accepted, Infocus will donate \$220 to the Foundation. This PINKTOBER®, schools, sporting clubs and workplaces can show their support for local families affected by breast cancer by hosting a fundraising event, making a donation, purchasing merchandise or by attending any of the PINKTOBER®, events being held around the Sunshine Coast throughout October. If you would like more information on the only registered Sunshine Coast charity providing practical and financial support to local families living with breast cancer, visit the website on www.cmbcf.com.au or phone 1300 55 77 10.