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Treasurer: Janelle Kirk
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Linda Swain Rebecca Boyd
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Cecil Hill
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Chairman's Report

Paul Kolatchew - Chairman HMF

Every year more than 8,000 Australians will be diagnosed with melanoma & over 1,000 will die from the disease. Many of these melanoma victims will be young. The incidence of melanoma in NSW has been increasing over the past 10 years by 15% in men & 12% in women. The Cancer Institute of NSW estimates that by 2011 there will have been a 39.5% increase in the number of annual cases of melanoma in NSW.

If diagnosed early & treated appropriately, most people who develop a melanoma can be cured. **The tragedy is that many melanomas are not diagnosed early.** Our melanoma awareness campaign this year is particularly targeting young people with both the prevention & early detection messages.

Last newsletter we introduced you to surfer Jake Sylvester who is joining us in our summer awareness campaign. I am delighted to announce that Newcastle Knights player, Cory Paterson, will also be joining us in this campaign. Latest statistics tell us that melanoma is the most common cancer in males aged 25-54 & in females aged 15-29 years. Cory knows the truth of this as he lost his 27 year old uncle to melanoma. Because of this he wants to work with us in raising awareness and, hopefully, preventing other premature deaths. Read more about Cory on page 3.

Twelve years ago HMF purchased a UV monitor that was one of seven throughout Australia linked to the then Australian



Radiation Laboratory (ARL) in Victoria. The monitor is located on the roof of the Mater Hospital. Records of daily UV readings from these monitors are kept by the ARL and available to researchers. The ARL now goes under the name of Australian Radiation Protection & Nuclear Safety Agency (ARPANSA). In August this year ARPANSA offered to replace our UV monitor with a new one that would be linked to their website & provide "real time" UV readings. The hourly UV live reading can be obtained through www.arpansa.gov.au – go to UV Index then to Australian Real Time. Newcastle is one of only eight real time UV readings available in Australia. We hope that the media, especially during summer, will use this facility.

I want to take this opportunity to congratulate & thank the HMF 2007 committee for their support this past year. I know everyone is very busy, whether with work commitments or, as is the case with Ces and John, the numerous voluntary activities in which they are involved, so the time given to the HMF is very much appreciated.

We depend greatly on the support of our volunteers, without whom we would not be able to attend events such as surf championships, Tocal, charity golf days, the Balance Ball, Surfest, the Open Garden & the Home Show. Jenny Noblet always says that the best parts of her job are the volunteers she works with & the people she meets and, after spending time at some of these events, I have to agree with her.

One of our amazing volunteers is Mary Joliffe who has been fundraising for the HMF for more years than we can remember. Mary has held annual "garage sales" in Taree selling plants, craft, baked goods & any other miscellaneous objects she can manage to have donated. Her last garage sale was at the end of September and, due to health problems at the wonderful age of 73 (& under doctor's orders), she has said it will be her last. Thank you Mary for all your hard work over the years – you've certainly earned a rest. Thank you also to everyone who has supported the HMF over the past twelve months and best wishes for a safe & happy Christmas and a good 2008.



Treasurer's Report

Janelle Kirk

The audited financial statements for the year ended 30 June 2007 were tabled at the annual general meeting. Copies are available by contacting Jenny Noblet at the HMF office.

The 2007 accounts indicate an increase in donations, interest received & membership fees from the previous year. Expenditure during the year included the purchase of research equipment, the sun safety education program in schools and our summer awareness campaign as well as supporting staff and patients of the Newcastle Melanoma Unit.

A special thank you to the Maitland Cancer Appeal, Newcastle Permanent Charitable Foundation, Wests, Elmore Vale Lions, Adamstown/New Lambton Rotary, AMP Foundation, race day sponsors & supporters, Wendy Avard, Clark Rubber, Masonic Association, Lions & Rotary clubs in our district, HMF members & supporters – your continued support enables us to achieve our goal to actively reduce mortality rates from melanoma through research & education on prevention & early detection.

Fundraising events - 2008

There are already a number of fundraising events confirmed for next year and if you are able to, I urge you to support them.

Myall for Melanoma - March 2008

The Myall for Melanoma, traditionally staged in November, has moved to March 2008. Stay tuned for more info on how you can join 100 (or so) hardy souls on the 35km paddle from Mungo Brush to Fly Point. Start practising on your surf ski, kayak or surf boat!

Lions/Rotary Charity Golf Day - 10 March 2008

The Elmore Vale Lions/Adamstown-New Lambton Rotary Charity Golf Day will be held at Merewether Golf Club in 2008. Hole Sponsorship is \$350 & cost per player \$55. HMF will be co-beneficiary with PCYC. If you are unable to play you may be able to assist with the donation of prizes. Contact Jenny Noblet on 4985 0103 if you wish to participate or donate.

HMF Race Day - July 2008

The last few months have been very difficult for the racing industry in NSW with Equine Influenza taking its toll. We were very lucky that our 2007 charity race day was not affected. Fortunately local racing should be back to normal in December so we'll keep you posted about our July 2008 charity race day.



"Gimme 5!"

The family & friends of **Scott Polglase** will celebrate the life of the man they loved on what would have been Scott's 30th birthday - January 26, 2008.

As part of their fundraising, the Polglase family have invited supporters to collect **5 cent pieces** in honour of Scott's memory.

Why 5 cent pieces I hear you ask? It turns out Scott had quite a quirky aversion to the little blighters & avoided these "minnows of our currency" wherever possible.

Initially an idea to raise money for this special event on January 26th, the 5 cent challenge has become a bigger, broader community campaign to not only keep Scott's memory alive but also to raise funds for the HMF and create awareness that this disease is a killer.

If you haven't already received your "Gimme 5" HMF donation box, or you would like more... call Jenny on 4985 0103 or email melafdn@tpg.com.au



Babies at risk

The majority of Australian parents mistakenly believe their baby needs direct exposure to sunlight, a recent study conducted by The Cancer Council NSW in conjunction with Huggies, suggested. "It's a real worry that almost 80% of parents quizzed believe their baby needs direct sunlight, when in fact we recommend babies are kept out of the sun as much as possible during this very vulnerable time in their lives," The Cancer Council NSW's skin cancer prevention manager Kay Coppa said. "This year we'll be working with Huggies Little Swimmers to help encourage parents to be safe in the sun with their babies."

The Cancer Council NSW's research shows unprotected exposure in the first 15 years of a child's life increases their risk of skin cancer in later years.



Foundation News

Jenny Noblet

Australian Open Garden

Two years ago Liz & Peter Burgess were approached by the ABC Australian Open Garden Scheme and asked if they would participate in the scheme by opening their garden to the public each year. Australia's Open Garden Scheme is dedicated to promoting the knowledge & pleasure of gardening. Part of the entry fee is used to fund community garden projects. The garden owners can nominate a charity they wish to support & a percentage of the entry fee is donated to that charity. Liz & Peter selected the Hunter Melanoma Foundation as the beneficiary of this year's event held on the weekend of 15/16 September.

It was a gorgeous spring weekend with beautiful displays of iris, daffodils, & seasonal annuals combined with the stunning mass display of deep pink azalea & lavender. The tulips were absolutely magnificent and I don't think there was one person who did not comment on them.

Other activities were held over the weekend such as a raffle & morning/afternoon teas to raise additional funds. A number of HMF volunteers assisted over the two days. Those selling the raffle tickets were very lucky as their job involved sitting in the extremely comfortable outdoor setting (with umbrella) donated by Clark Rubber, Kotara as first prize. Thanks also to Frucor for their generous donation of drinks which we sold as a fundraiser. All who helped agreed it was a lovely environment to be "working" in.

It is evident when you walk through their beautiful garden that Liz and Peter have developed it with a unique style & feel - it is definitely a garden to be used and enjoyed.



Liz & Peter Burgess & their magnificent gardens

Knights Player Promotes Sun Safety

When a disease like melanoma strikes a member of your immediate family, many people feel helpless. The need to take action to assist in any way possible can be very strong.

To fulfill this need to help, Newcastle Knights second rower, Cory Paterson will join us as a HMF ambassador. In this role, Cory hopes to make a difference to as many lives as possible by spreading our messages about Sun Safety.

Cory was first made very aware of the repercussions of sun damage to the skin when his uncle had a spot removed about nine years ago. Having been a fruit picker, Cory's uncle spent a lot of time in the outdoors. The spot was a melanoma.



Newcastle Knights player Cory Paterson & Junior pro surfer Jake Sylvester

Unfortunately, about a year later, another lesion developed which turned out to be fatal. Cory's uncle passed away at 27.

Cory's cousin was born 3 weeks after Cory's uncle's death. Telling this story still affects Cory very strongly & probably explains his enthusiasm to communicate to teenagers & young adults the dangers of sunburn.

Although Cory has olive skin, he never goes into the sun without first applying 30+ blockout. Whether he's training for the Knights or out surfing at our local beaches, Cory is adamant about wearing sunscreen.

His approach to Steve Mount at the Knights about helping a charity, particularly one involved in the area of skin cancer, led him to the HMF. Cory felt his profile as a first grade player could help to increase awareness among all of our community. He has recently re-signed to the Knights for another 3 years, so we look forward to a long & rewarding association with Cory.

Look out for Cory & the HMF's other young ambassador, Jake Sylvester, in our 07/08 Summer Awareness Campaign.

Speaker Spot!

If you have an organisation or group who would be interested in a guest speaker on melanoma please contact Jenny Noblet on 4985 0103 and help spread the word.

District 41 Masonic Association

In October I had the pleasure of attending a mouth-watering dinner at Maitland TAFE. The dinner was prepared and served by TAFE students as part of their hospitality course.



Graham Boyce from masoniCare,
Jenny & John Moore District 41

As well as being a fundraiser for the Masons, I was there to receive a cheque representing a regional grant from masoniCare. This is part of the two year fundraising project undertaken by District 41 on behalf

of the HMF. masoniCare regional grants can be applied for by Masonic Districts on behalf of charities in their area and we are delighted that District 41 has chosen to support the HMF.

In Memory of Tim

West Wallsend Colliery recently lost one of its finest to melanoma – Tim Hind aged 55. Tim worked as a Deputy at the Colliery since 1988. There are few at the mine that were as highly respected and popular with his workmates than Tim.

Big Bob Oliver, the First Aid Attendant on day shift, who worked with Tim for many years, saw how Tim's passing affected his workmates. So Bob set about organising a voluntary levy from the workers who knew Tim. Bob received full support from employees at West Wallsend Colliery, employees of UGM contractors working at the Colliery and the owners.

They came up with a total of \$12,500 that was handed over to HMF on 15 November 2007. Bob, speaking on behalf of the donors, hoped that the money would be put to good use helping the HMF in their ongoing work against melanoma.



Bob Oliver & John Kortage from West Wallsend Colliery

Scone RSL Lady Bowlers

Their charity bowls day was once again well supported raising in excess of \$1,000. Thank you to all the lady bowlers in Scone for their support.

Jennie Thomas

It was lovely to catch up recently with long time friend & supporter of the HMF, Jennie Thomas. Jennie has been living in Canberra for the past four years but was delighted (and so very excited) to tell me that she has just bought a home in New Lambton Heights and will be moving back to Newcastle in the early part of 2008. Jennie supports a number of PhD students through the University of Newcastle & HMRI and she is very 'hands on' with her support. She has been spending so much time in Newcastle lately that she decided it was time to make the move permanently. All of her Newcastle friends are very pleased to have her back.



Education Report

Carole Hooper

Solariums

With so much information in the media highlighting the dangers of solariums over the last six months, it was surprising and disconcerting to find out that many young women are still using solariums on a regular basis. I recently came across this article from the Skin Cancer Foundation in New York and if you know of anyone who is using a solarium, I urge you to show them:

The case against indoor tanning

Indoor tanning is big business with tanning trade publications reporting this as a \$2 billion-a-year industry in the United States. According to industry estimates, 28 million Americans are tanning indoors annually at about 25,000 tanning salons around the country. In fact, a recent study of more than 10,000 teens across the US found that tanning bed use was increasing, especially among adolescent girls.

This does not bode well for the health of the nation. In 1994, a Swedish study found that women 18-30 years old who visited tanning salons 10 times or more a year had seven times greater incidence of melanoma than women who did not use tanning salons. In another study, people exposed to 10 full-body tanning salon sessions had a significant increase in skin repair proteins typically associated with sun damage, indicating that ultraviolet (UV) radiation from indoor tanning is as

dangerous as UV from the sun. And in 2002, a study from Dartmouth Medical School found that tanning device users had a 2.5 times the risk of squamous cell carcinoma and 1.5 times the risk of basal cell carcinoma. And yet, even with all this evidence, the tanning salons remain unrepentant.



Solarium tanning is highly dangerous

The tanning industry relies on two misleading arguments: first, that since melanoma is mainly caused by sunburn, “controlled” tanning helps prevent melanoma by building up the protective pigment melanin; second, that UV exposure makes the skin produce vitamin D, which helps prevent breast, prostate & colon cancer, as well as other diseases.

Medical experts refute these arguments. They point out that our diet (especially vitamin D-rich foods such as dairy products & salmon) generally provides all the vitamin D we need. Furthermore, tanning to increase melanin is counterproductive. Tanning, like burning, causes genetic damage to skin cells. “You can’t protect the skin by damaging it,” said James Spencer, MD, director of dermatologic surgery at Mount Sinai Medical Centre in New York City. “Tanning not only increases the risk of melanoma and squamous cell carcinoma, but accelerates skin ageing.”

There have been several attempts made to regulate the industry, by physician groups as well as state & national congress people and the World Health Organisation, with limited success. The FDA is weighing stricter controls over tanning devices, but has not yet instituted any changes. The tanning industry has fought all these measures.

Unfortunately, even when regulation has occurred, it won’t solve the problems. “Regulation can’t make tanning safe,” declared Michael Franzblau, MD clinical professor of dermatology, University of California School of Medicine, San Francisco. “Banning salons is the only answer.”

He should know, because he was instrumental in the passage of legislation regulating tanning facilities in California. The law, passed in 1988, unfortunately had no mechanism for registration of tanning salons or collection of fees from owners. “Hence, there is no enforcement,” notes Dr Franzblau.

Some states require salons to provide UV-protective eyewear or have machine operators remain present throughout a client’s session. Others require a sign on the booth warning people who always sunburn that tanning puts them at high risk for skin damage. Whatever the regulations, says Dr Franzblau, there’s no assurance they will be complied with. “I’ve taken teams of scientists into salons where not one requirement was being followed.” Other studies have shown that tanning salons frequently exceed “safe” UV limits. The average salon patron in North Carolina was recently found to exceed FDA limits by 95%.

Is banning salons outright the only answer? Dr Franzblau believes that eliminating tanning salons “would be 100% more effective” than regulating them. And it could save millions of lives.

The facts

- Ultraviolet radiation (UVR) is a proven human carcinogen
- Exposure to tanning beds before age 35 increases melanoma risk by 75 percent
- People who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma & 1.5 times more likely to develop basal cell carcinoma.
- Occasional use of tanning beds almost triples the chances of developing melanoma.
- New high-pressure sunlamps emit doses of UVR that can be as much as 15 times that of the sun.
- Up to 90 percent of the visible skin changes commonly attributed to ageing are caused by the sun.

As you can see, the trend in Australia is very similar to that in the US, with specialists just as concerned with the growing use of tanning beds/solariums.

Sunscreen

For many people it’s all too confusing: SPF’s, broad spectrum, zincs, oxides and sunscreen foundation. How do you pick the right sunscreen? The following article from the Sun Herald may help you make the right choice.

Stephen Shumack, honorary secretary of the Australasian College of Dermatologists, says sunscreens have changed vastly in the past two decades and are now divided into two groups: physical blockers (such as zinc and titanium oxide) & chemical blockers (such as sunscreens).

Physical blockers work by forming a layer on the skin that reflects UV rays. The advantage of physical blockers is that they contain fewer chemicals & therefore the likelihood of irritation or

allergies is much lower. The disadvantage is that they are visible on the skin. Chemical blockers work by being absorbed into the skin and neutralizing the effects of UV rays before they hit the cells. The advantage of chemical blockers is that they are invisible; conversely they are more likely to cause irritations.

“More & more chemical products are now being reinvented to include titanium oxide, which gives the user the advantage of having the best of both worlds,” Shumack says.

“Both forms of protection have their benefits. For day-to-day use without much sun exposure, it’s obvious the chemical blockers will suit better, from a cosmetic point of view. But if someone is planning to spend a full day in the sun, the physical blockers are recommended.”

The Cancer Council Australia has just released a classic sunscreen with SPF 30+ protection that is just what Shumack recommends: zinc-cream protection without the white sheen. The sunscreen range, which includes the Classic Sunscreen and the low-irritant Natural Sunscreen, contain 100 per cent active invisible zinc ingredients, giving users the benefit of a physical blocker with cosmetic appeal.

When it comes to choosing the correct SPF factor, Shumack says SPF30+ is always the way to go. “Regardless of skin colour, we recommend SPF30+ for everyone.”

“An SPF of 30+ means that it will take 30 times more UV radiation to give you sunburn with the blocker on than if you were not wearing anything,” he says. “People mistakenly think that if they wear an SPF30+ blocker they can spend more time in the sun without reapplying, but this is wrong”.

What about cosmetic brands that claim their products offer sun protection? Shumack says foreign cosmetic brands are under no legal obligation to ensure their products meet Australian regulations and sometimes their claims can be misleading. “When you buy a sunscreen, you know that the SPF factor is the one listed on the bottle. With cosmetics, the brands are not obliged to test the products to our standards & therefore their reliability comes into question. “That’s why it’s always advised that, if you are going to be out in the sun, put on a sunscreen under a cosmetic product such as a foundation.”

Shumack’s tips for choosing sunscreen: look for SPF30+ & the words “Broad spectrum”, which means the product protects against UVA rays as well, which affect skin immunity & ageing.

Check out our new website @
www.hmf.org.au

Kinder eyes sunnies

A Melbourne preschool has become the first in Victoria to make sunglasses compulsory. Lalor East Preschool has told children to wear sunglasses, shirt, sunscreen and hat to avoid harmful UV rays. Children will not be allowed in the playground this summer unless they are wearing the glasses.

This follows a move to make sunglasses part of the uniform at Victorian schools.

The Cancer Council wants children & even babies to wear sunglasses. SunSmart program manager Kylie Strong said while hats were still the main protection, blocking out 50% of UV rays, sunglasses boosted protection to 98%. “We applaud any kindergartens & primary schools that include them as part of their sun protection policies,” she said.

Clare's warning lives on

Cancer campaigner Clare Oliver's dying message continues to inspire a new campaign & laws aimed at saving others from the dangers of using solariums. Two months after the 26-year-old lost her battle with melanoma, her legacy has inspired a campaign warning of the risks associated with sunbed tanning.

Launching the "Solariums - Fashion to Die For" campaign yesterday, Victorian Health Minister Daniel Andrews said mandatory regulations for solarium use would be in place before January 1. Under the laws solarium operators must be licensed with the Department of Human Services, health warnings must be displayed, under 15s are banned and under 18s must have parental consent.

The campaign will include posters & brochures distributed state-wide at beauty salons, gyms, chemists, health centres and schools, depicting skin cancer scars as ugly "fashion accessories". Ms Oliver's Oncologist, Professor Grant McArthur, welcomed the campaign. "This is a remarkable feat in a short time & Clare especially has to be congratulated, but also the Government for being so prompt."

Mr Andrews said the regulations aimed to allow people to make an informed decision about using solariums and not to eliminate the industry.

The HMF would like to see all states and territories follow Victoria's lead.



In the media

A tan to die for – Cancer in the news

According to the recently released Cancer Institute's Lifestyle & Cancer Survey, 68% of 13-17 year olds & 62% of 18-24 year olds want a tan. Only 11% regularly use a sunscreen. To make sun protection advice more meaningful, researchers are developing a web-based melanoma risk calculator. The researchers are from the Westmead Institute for Cancer Research, the University of Sydney and the Department of Medical Oncology at the Prince of Wales Hospital in Randwick.



"Slip Slop Slap" this summer!

In an online melanoma risk survey – a world first – they have been collecting responses to questions about individual risk factors & types of behaviour in the sun from

10,000 people in 10 countries, including 1000 Australians, which will be used to design a risk calculator and contribute to prevention strategies and educational resources.

Lead researcher and psychologist Dr Nadine Kasparian says existing sun protection guidelines & campaigns such as 'Slip, Slop, Slap' have gone a long way in educating people about skin cancer and sun protection, but information needs to be customised to target different risk groups.

"Young people with a family history of melanoma are still sunbathing regularly, using solariums & getting sunburnt," she says. "What we are hoping to do is look not only at people's skin type but also at their family history, beliefs, lifestyle & geographic location in order to give people messages about sun protection that apply to them and that fit in with their psychology as well as their genetic makeup." Bruce Armstrong, Professor of Public Health at the University of Sydney & director of research at the Sydney Cancer Centre, says it is important people understand their risk factors for skin cancer. One of the key questions the survey will address is why people fail to put their knowledge about sun protection into practice. "There is a huge gap between what people know and what people do & our research is going to target what is happening in that gap." Dr Kasparian says.

Sun safety at school

The HMF Education Team - Jenny, Trish, Carole & Ces - are ready to spread the Sun Safety Message accross the region.

As evidence linking the occurrence of melanoma to sunburns & sun exposure in childhood & adolescence has recently come to light - it is even more important to continue the sun safety message to kids.

Having visited 47 primary schools & distributed over 5000 Sun Safety Education Kits, the team is stocked up & ready to hit the playgrounds in 2008. If you know of a primary school



that would like us to visit, provide a short assembly presentation about the importance of sun safety, as well as a sun safety education kit for every child - please contact Jenny on 49850103 or email melafdn@tpg.com.au (kits are provided thanks to the very generous support of the Newcastle Permanent Charitable Foundation. Kit comprise: 1 x large reuseable bag, wrist band, magnet, tattoo, sticker, & Sun Safety work sheet tailored to each group)

Tell a friend!

If you think you might have some friends or relatives interested in: receiving free HMF newsletters; becoming a member of the foundation; volunteering or donating, please send us their contact details & we'll send them a newsletter. Contact Jenny Noblet on 4985 0103 or melafdn@tpg.com.au

Diary Dates 2008

Saturday January 12

Think Pink Day - 10am Gwandalan Lioness Park

Saturday February 2

Hunter Branch Junior Surf Lifesaving Carnival - Redhead Beach

Monday 10 March

Charity Golf Day - Merewether Golf Club (see pg 2 for details)

March

Myall for Melanoma



THANKYOU for your support

- | | | | |
|----------------------------|------------------------|-------------------|---|
| Mrs R Wylie | NJ Appleby | V Owen | Walcha Lions |
| OZ Homes 4 You | J Clarence | C Hind | M Scott |
| Mrs Mahorcic | A Lynch | D Soltau | F Smith |
| Mrs D Tickle | S Stewart | R & M Kelly | West Wallsend Colliery |
| Sugarloaf Fellowship Group | R Edwards | J Rossington | UGM Engineers |
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Yes, I would like to help fight melanoma.

Enclosed is my gift to be used for research, treatment, education, service and care for melanoma patients in our region.

Please find enclosed my tax deductible donation for \$ _____

I have enclosed my cheque / money order made payable to: **Hunter Melanoma Foundation**

OR please charge my credit card Bankcard Visa Mastercard

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Address _____ Postcode _____

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Please return your gift to: **Hunter Melanoma Foundation PO Box 278 Waratah NSW 2298.**