

PIP'S NPIECES

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JUNE 2008

Chairman: Paul Kolatchew
Secretary/Vice Chairman: Peter Chapman
Treasurer: Janelle Kirk
Education: Carole Hooper
Committee:
Linda Swain Trish Marjoribanks
Cecil Hill Rebecca Boyd
John Rumball Elizabeth Slevin



Chairman's Report

Paul Kolatchew - Chairman HMF

Our major fundraiser once again is the charity race day to be held on Saturday 26 July at Broadmeadow. Whether you are into horse racing or not this is always a fun day and I urge you to come along and support the day.

This year I was pleased to be able to participate in the **Elmore Vale Lions/Adamstown-New Lambton Rotary Charity Golf Day** held in March. Congratulations to the Lions and Rotarians for a very well organised event & great day of golf. Thank you also to the AMP Foundation for their support of the event.



Paul Kolatchew with Mustafa Baba, Phill West & Sally Blake at golf day cheque presentation

The HMF has participated in the Tocal Field Days for a number of years. The weekend provides an ideal opportunity for us to get the sun safe message to people working on the land, people who spend most of their day outdoors. This year was the 25th anniversary of the Field Days. Anyone who has been a regular

attendee over the years would be aware of how successful the weekend has become, attracting people from far and wide.

The untimely & very sad death of 26 year old Clare Oliver last year, from a melanoma that she felt was brought about by her use of solariums, has definitely provided the impetus for Cancer

Councils throughout Australia to lobby for stricter legislation regulating the use of solariums. It is pleasing to see that all states have now implemented regulations, some with harsh penalties.

With the extensive media coverage this has received, a lot more people are talking about solarium usage. I personally don't know anyone who uses them but have been quite surprised by the number of friends and acquaintances who, knowing my involvement with the HMF, tell me of their daughters and their friends who use them. Naturally they are concerned and with good reason. A recent study revealed that people under the age of 35 **raise their risk of getting a dangerous skin cancer by 98%** if they use solariums. The Australian Radiation Protection and Nuclear Safety Agency study also found an individual's chance of developing a melanoma increased by 22% if they used a solarium just once. My advice to my friends is to persuade these young people not to put their lives at risk and if they want to be brown, tell them to try a spray tan.

Although skin cancer is a major health issue in Australia, we are not alone, and many other countries, including the USA, have extremely high incidences of the disease. The Skin Cancer Foundation in New York has developed public education programs devoted to skin cancer in many countries. There is also an International Alliance Against Skin Cancer, a worldwide coalition of health organisations whose objectives are to urge public health officials throughout the world to place skin cancer education high on their agendas. International conferences provide the forum to exchange ideas and be updated on the latest treatments & research. As international conferences are not held in Australia very often, the committee was unanimous in its approval to fund the attendance of Melanoma Unit nursing staff Donna Owens and Sue Collins at the 6th Biennial International Sentinel Node Society Conference held in Sydney earlier in the year. We were delighted when Sue reported to the March committee meeting that it was one of the best conferences they had ever attended.

We wish our ambassador Jake Sylvester every success in France competing in the ISA World Junior Surfing Championships and look forward to hearing from him about this great experience.

Paul Kolatchew



Treasurer's Report

Janelle Kirk

● Race Day – 26 July

A big thank you to our race sponsors – **Radford Shopfitters, McKanna Fabrications, Luke Advisory Group, Friends of John Whitmore, ABB/Hydro, Harvey World Travel Warners Bay, Friends of Arnold Smith and Physio at Work** - your support makes the day possible.

If you would like to join us on the 26th – please contact Jenny as soon as possible. All tickets for the pavilion have been sold but there are still plenty of tickets available for the marquee (the fun tent as we like to call it). Tickets are \$50 which includes admittance to the track & marquee seating, a light lunch, snacks, coffee/tea, tote and bar facilities. Small or large groups are welcome.

Thank you to Woolworths Limited for the very kind donation of a gift voucher that is being used towards the purchase of a big screen LCD television for first prize in our raffle held in conjunction with the race day. Other fabulous prizes include a pampering package generously donated by Kokum, dinner for two at the Albion Hotel, also donated and a wine package. Tickets are \$2 each or 3 for \$5 – contact Jenny Noblet on 49 850 103 if you would like some tickets sent to you.

Race Day Raffle

Tickets \$2 each or 3 for \$5

- 1st prize** 106cm LCD Television
- 2nd prize** \$100 pampering package from Kokum
- 3rd prize** Dinner for two at the Albion Hotel
- 4th prize** Wine Package

Tickets are available by contacting Jenny and will be drawn on Monday 28 July.

● Teeing off for a worthy cause

Elmore Vale Lions/Adamstown-New Lambton Rotary Charity Golf Day - 10 March 2008

We were pleased to be advised in September last year that we would once again be a beneficiary, together with PCYC, of this event. Last year AMP Foundation matched funds raised dollar for dollar up to \$10,000. Sally Blake from Premier Financial Planners at Charlestown was more than happy to apply for a second time on behalf of HMF and PCYC. We were all delighted in December when the AMP Foundation notified Sally that the application was successful and that they would once again match funds raised dollar for dollar up to \$10,000. As you can imagine this gave the organisers every incentive to raise at least \$10,000. Last year's event raised \$12,600 and they were determined to beat that. Their hard work certainly paid off as they raised \$16,200!!

After having such a great time last year, there were a number of familiar faces on the course. The event was well supported with forty teams participating - it was literally a very full day of golf. Many were wise enough to have pre-ordered their golf carts well in advance whilst others enjoyed the walk.

It was a beautiful day requiring copious slopping of sunscreen and slapping of hats. The ladies team had wonderful UV reflective golf umbrellas. All in all no major sunburns were reported.

The gambling (donation) holes were well supported and the golfers who did land their ball on the green or within the circles willingly gave their winnings as a donation.

PCYC volunteers ably assisted by Lions members were kept busy with the sausage sizzle and drinks bar for most of the day. HMF volunteers Trish, Jane, John, Liz and Kim were kept busy on the gambling holes.

After a great day of golf, the air-conditioned comfort of the Merewether Golf clubhouse was enjoyed by the many who stayed for the scrumptious dinner of a super-sized chicken schnitzel and delicious array of salads.

Sally Blake presented the winning team with the **AMP Foundation Trophy** and the losing team accepted the "World's Worst Golfers" prize in the spirit of fun that it was intended.

Our ambassadors Cory Paterson & Jake Sylvester called in to chat and commiserate with those whose bodies were feeling the stress and pain of the day.

A HUGE thank you to the Lions and Rotarians involved, they have been holding this event for a number of years & are to be commended on the well run, finely tuned event it has become.

Thank you also to our sponsors, **PSI, NAB, Allweld Services, Ross Philp (in memory of Scott Polglase), Kim & Garry**



Win or lose, it was a great day at the Golf

Polglase (in memory of Scott), Masterton Constructions, Garis Accountants, UTR Law and AMP Foundation.

- **Gimme 5 – money boxes**

If you need a replacement please give Jenny a call. Thank you to everyone for the tremendous support of this campaign. When you are depositing your money box at any Newcastle Permanent branch please quote account no. 983726602. Also, if you would like a receipt issued, contact Jenny with your details and she will forward one to you.

- **Membership Renewal**

A membership renewal form is enclosed with this newsletter. All membership renewals are due on 30 June. Membership fees remain at \$11. We encourage you to introduce friends & relatives to HMF to help us in the fight against melanoma. If you need more membership forms please contact Jenny.

- **Tax deductible donations**

A reply paid envelope is enclosed if you wish to make a tax deductible donation **before 30 June**. Your support is appreciated & will assist us in funding PhD scholar David Wroblewski - a key member of Professor Peter Hersey's melanoma research team.



Research Update

**C/ Professor Peter Hersey
Research Director Newcastle Melanoma Unit**

A number of different types of drugs are used to prevent or treat ulcers in the stomach including antibiotics, antihistamines and antacids. One of the most frequently used class of drugs are so-called proton pump inhibitors (e.g. Losec), which prevent the cells lining the stomach from secreting acid. Fast growing melanoma cells undergo metabolic changes which result in production of lactic acid somewhat similar to what happens in muscle cells during severe exercise. This results in acidification of the environment around and in tumors, which may be one of the reasons that melanoma is resistant to a variety of treatments.

In view of this it has been suggested that proton pump inhibitors (PPI) may prevent melanoma cells from secreting acid and that the acid retained in the cells may result in their death. Our studies show that melanoma cells treated with PPI in the laboratory indeed undergo cell death. Others have shown that certain human cancers growing in mice are also killed by PPI. Yet other studies have shown that PPI increase the sensitivity of melanoma cells to chemotherapy.

This evidence is, we believe, sufficiently strong to test whether PPI may have antitumor effects in patients with melanoma. High doses of the PPI would be needed and preliminary studies are planned to assess whether this may result in unwanted & severe side effects. We hope we will have some positive results to report to you.



Foundation News

Jenny Noblet

Although I hadn't been anticipating warm weather, I definitely hadn't expected (or prepared) for snow – an English spring is certainly a lot different to an Australian one! After snow on my first weekend, most days were fine but cold with the highest temperature reached being 12 degrees – quite often 2-3 degrees of an evening. It is just as well I was going for the sole purpose of seeing my family and not for the weather. I had a wonderful 3 weeks & it was lovely to be there to celebrate my youngest grandson Harrison's first birthday. I also enjoyed getting reacquainted with Joshua who is now 5½. I earned my nana stripes by going down the BIG slippery slide at Magicland, watching Napoleon (an Australian DVD about a puppy) at least 10 times, doing the "Can you find it" pirate book (which I'm still doing in my sleep) more times than I care to remember, lots of games in the park & kicking the football around, jigsaw puzzles and reading books & of course a visit to the cinema (where I fell asleep) and this was just with Joshua! The time went too quickly and it was very hard to say goodbye.



My English family

Bush Poet Night

A big red tractor, the nearly accurate knife thrower (and his many assistants), life from a horse's perspective, a cockroach rap and many more interesting tales. A bush poet night was a new experience for me and I really didn't know what to expect but I certainly didn't expect any of the above.

Award winning Australian poet Carol Heuchan kept her audience entertained, enthralled and in stitches with her amazing tales of life from an Aussie's point of view.



Julie Symes and Carol Heuchan

More than fifty people attended the evening organised by Ivan Cutler from Newcastle Oasis Club. Club treasurer and long time friend, Warwick Symes, died from melanoma in March 2006. Ivan, Warwick and their wives got hooked on bush poetry a number of years ago while at the Tamworth Country Festival. On getting back to Newcastle they found out that a monthly Bush Poets night is held at Ducks Crossing. They became regular attendees and over the years have introduced many of their friends to the delights of bush poetry.

Ivan said that he couldn't think of a better way to remember Warwick and also raise funds for the HMF. Julie, Warwick's wife, attended. She said she was unsure how she would feel about the night but, after seeing how much laughter and enjoyment there was in the room, she agreed that it was an appropriate way to remember Warwick.

The night raised \$2,160. This was achieved only by the tremendous support received from BridgeClimb, Ducks Crossing, Carol Heuchan and Newcastle Oasis members.

QBE - Staff Day

Trish and I had a most enjoyable day meeting & chatting to QBE staff at Mayfield in March as part of their staff health and well being day. It was a fun and relaxing day for staff, a day all about education, entertainment and pampering. There was information on nutrition, melanoma and other health issues but with fun things like balloon modelling and jewellery making and was greatly enhanced by the 10 minute massages & wine tasting.

We spoke to small groups of staff about the importance of checking your skin on a regular basis and noting any changes or suspicious looking lesions - most were very surprised to hear that melanoma can appear anywhere on the body and I am sure there was a lot of checking of the soles of the feet and between the toes when they got home that evening.

It was heartening that the majority of women we spoke with were using sun protective products on a regular basis and were very aware of the long term skin damage caused by the sun.

We were alarmed to hear from one young woman that her husband, who is a NSW Rugby referee, is not allowed to wear zinc as a sunscreen. She said this makes it very difficult because he is unable to find a suitable sunscreen that won't



Trish gives advice to a QBE staff member

run when he perspires heavily. We were able to recommend a couple of products that might be suitable and have taken her contact details so that we can follow through on this matter.

Thank you to QBE for providing us with a tasty (and healthy) lunch and allowing us the opportunity to talk to their staff.

Cessnock Rotary

It was a very pleasant & unexpected surprise to be presented with a cheque from President David Farrell when I spoke to the Club recently. David said that club members had enthusiastically taken up the "Gimme 5" challenge with a sizeable result but instead of handing over a large container of coins, it was decided to bank the coins and write a cheque. Having worked at Cessnock Hospital while living in Cessnock in the early 1970's, I was amazed to see some familiar faces including Dr Brad Dewhurst who although now retired, is still living locally. I also had a good chat and catch up with a number of other members. It was a lovely evening with a superb meal provided by the Potters Tavern.



President David presents Jenny with the Club's cheque

Vale John Horsley

Our involvement with the Dudley-Redhead Lions Club goes back to the early 1990's when they started holding an annual golf day for us at the Charlestown Golf Club. John Horsley, a long time member of the club, was always actively involved with the event. Over the years due to their hard work and commitment they raised in excess of \$50,000. The club is only small and eventually it became too difficult for them to hold the annual event. Our relationship continued with their support of our skin checks and education at annual Redhead surf carnivals. John was a familiar friendly face, always there to lend a hand. Sadly, John died in March and our deepest sympathy goes to his loving family, friends and fellow Lions.

Help Needed!

Volunteers are needed to help at the following events:

- **Newcastle Home Show**

Friday 25th, Saturday 26th & Sunday 27th July

Help needed in the morning or afternoon

- **Charity Race Day**

Saturday 26th July – Broadmeadow Race course

Help needed from 11am-1pm to sell raffle tickets at the gate

Please contact Jenny Noblet on 4985 0103 if you are able to help on any of these days.

Participate in a new skin cancer study

Approximately 9,500 Australians are diagnosed with melanoma each year - the highest rate in the world. To help prevent skin cancer, more information is needed about people's sun exposure habits.

Australian researchers from The Prince of Wales Hospital and the Westmead Institute for Cancer Research have teamed up with leading scientists from all around the world to conduct an exciting new online survey, focusing on people's behaviours in the sun. With your help, this will be the largest survey of its kind in the world, and it will allow the development of more sophisticated ways of communicating with people about skin cancer and sun protection.

Even if you don't spend very much time in the sun, you are invited to complete the survey. The researchers are interested in collecting responses from as many different people as possible. To find out more about this new study, or if you are interested in taking part in the survey, please visit the website at www.genomel.org or call Dr Nadine Kasparian on 1800 814 403 (free call number).

Second chance for Sea World

On 1 April last year Wendy & John Avard held a fundraiser for the HMF in memory of Wendy's sister Jo, at their home at Bonnells Bay. The event was well supported with numerous prizes donated. One lovely raffle prize was a trip to Sea World and the lucky winner was Angela Hill.

Angela contacted Wendy in February to tell her that she had been unable to take her prize as she had relocated to Quirindi to open a new business and was not able to find the time for the trip. She generously gave the prize back to Wendy as she wanted someone to enjoy it.

The voucher was due to expire March 2008 so Wendy contacted Sea World to ask if it was possible to get an extension. Sea World was more than happy to offer a 12 month extension so Wendy decided to re-affle the prize. Wendy rang me recently to tell me the story & let me know that the raffle had raised \$600.

A big thank you to Angela, Sea World, Wendy and everyone who bought tickets in the raffle.

Diary Dates

Saturday July 26

HMF Race Day

Friday - Sunday July 25, 26, 27

Newcastle Home Show

Melanoma Unit Volunteer

Bronwyn Douglas has been a volunteer at the Newcastle Melanoma Unit for 18 months. She has always enjoyed volunteering and was previously with the Volunteer Centre. When long time friend Trish Sara (Melanoma Unit receptionist) told her of a vacancy at the Unit, she jumped at the opportunity. Her role includes helping reception and general clerical duties ranging from photocopying, assembling information packs to ordering brochures & stock. She also volunteers a 1/2 day a week in the bookings office of the hospital.



Bronwyn gives a helping hand



Education Report

Carole Hooper

Tocal Field Days

We participated again this year as part of the Lower Hunter Area Health exhibit covering rural health and safety.

Volunteers were kept very busy over the three days with the lovely weather bringing out the crowds. On Friday there were a number of school groups and also seniors who took the opportunity to visit on a less hectic day. Saturday and Sunday were our busiest days and over those two days we met and talked to a lot of farmers. It is interesting to note that although they spend nearly all day, everyday outdoors, or possibly because of it, most farmers we spoke to had well looked after skin and they were very aware of wearing a hat and long sleeve shirt every day of the year. They know the harsh reality of the sun and some said they had hats in numerous places on their property so that they would never get caught without one. Their livelihood depends on them working outdoors and they can't afford to have a day off with sunburn let alone have time off to have skin cancers treated. Everyone who visited our stand received a HMF information pack.

Sun Safety in Schools

Our sun safety education program in primary schools continues but the incredible number of rainy days experienced this past summer has seen a drop in the number of requests for visits. We expect to see an increase later in the year & if you would like HMF to visit your school you will need to make your booking early.

Edgeworth is a sun-safe school

Well done Edgeworth Public School for its new surfie style school bucket hat. Aware that unprotected sun exposure in the early years when children are at school, greatly increased the risk of skin cancer, the school decided to introduce a sun-safe hat as part of the official uniform. It replaces the baseball cap as the school's official hat.



Young Edgeworth pupils model their new hat

We visited the school in early May with the sun safety program and congratulated them on switching to the bucket hat that not only protects your head and nose but ears & back of the neck as well.

Gory adverts have desired effect

In the 1980's the Cancer Council introduced us to Sid the Seagull and his "slip, slop, slap" sun smart campaign – a very successful campaign that started the sun prevention message that is still used today with young children.

This year we saw the gory footage of young melanoma patients under the knife replace the loveable Sid in an effort to shock and confront sun lovers, particularly teenagers. The ads warn that too much sun is a killer and urge not to just slip, slop, slap but to wear wrap-around sunglasses and sit in the shade. The latest news is that this aggressive television campaign has prompted an overwhelming number of young people to make an appointment for a skin check, with skin cancer clinics in Sydney booked out for the next three months.

Although a lot of us may have cringed when we saw the ads, it is good to know that they have had the desired effect on young ones. However, I also hope that it has prompted them to be more aware of protecting their skin.

Self Examination

Early detection is the best defence against all forms of skin cancer. A monthly self-exam of your skin is easy, takes about 10 minutes and could save your life.

Look specifically for new growth or any skin changes and be sure to examine yourself from head to toes – you may need some help with the hard to see areas like your back.

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.

Sun safety at school

The HMF Education Team - Jenny, Trish, Carole & Ces - are ready to spread the Sun Safety Message across 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 80 primary schools & distributed over 6000 Sun Safety Education Kits, the team is stocked up and 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. Kits comprise: 1 x large reuseable bag, wrist band, magnet, tattoo, sticker, & Sun Safety worksheets tailored to each group)



Surfest Calendar girls take cover for Melanoma Awareness

David Cromarty, Surfest Marketing manager and the 2008 Miss Surfest Finalists have joined forces with the HMF to create a fundraising calendar.

"If you are looking for a bikini girl calendar for the garage, this probably isn't it!

From the outset this calendar was to be about educating people on the dangers of melanoma & the importance of sun safety. Each month will feature a gorgeous surfest model but instead of the usual sun-worshipping bikini babe - she will deliver an important sun safety message aimed at creating greater awareness in the community about the dangers we face," David Cromarty said.

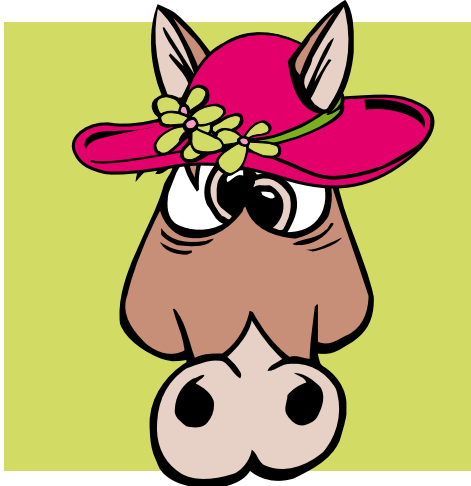
For David the fundraising opportunity is a personal commitment made to help others avoid the dangers of the sun, after his own family tragedy.

David lost his brother to melanoma two years ago and, at the time, was frustrated by the inability to do anything to help him. David sees the calendar as the opportunity to help educate people about the importance of sun protection 365 days a year and, in doing so, potentially save others from the disease.

The HMF would like to thank David Cromarty, photographer Brent Mail, the Surfest models, Brooke Cross and the Cactus Creative team for offering their time and talents free of charge for this project.



You're invited...



HATSONTRACK
For Melanoma

...to The Hunter Melanoma Foundation Race Day

Hats on Track for Melanoma
Saturday 26 July 2008

Broadmeadow Racecourse

Wear your silliest, biggest, brightest, trendiest or best hat and have a flutter at a fun-filled day of fashion, fillies and friends. Get your group together and book your tickets today! \$50pp includes entry to the track and to the HMF Marquee with light lunch, tote & bar facilities.

Great prizes! Great racing! Great cause!
Call Jenny to reserve your seat
on **49850103** or email
melafdn@tpg.com.au (tables of ten
available for reservation). Payment by
cash, cheque or credit card.



If we get enough pre-orders we may be able to increase our print run and raise more funds for our on-going education & awareness programs.

Order yours today! Email or phone Jenny (credit cards accepted) on 4985 0103 or melafdn@tpg.com.au

2009 calendars will be priced at a very reasonable **\$15 each**.
Great gift idea in time for Christmas!



In the media

The following article is an edited summary of a news item relating to melanoma or skin cancer. It does not necessarily represent the view of the HMF.

• Alarm as melanoma rate jumps 19% (Vic)

Melanoma rates have hit their highest recorded level in Victoria, with the skin disease overtaking lung cancer among the most commonly diagnosed cancers. Experts say a 19% jump in cases is cause for "extreme concern" after soaring temperatures in February & March.

Six Victorians a week are being diagnosed with the potentially fatal condition & researchers say the trend looks set to continue. Latest figures from The Cancer Council show a

steep rise in cases, with 2347 in 2005 - a jump of 388 on the previous year.

Peter Foley, associate professor of dermatology at St Vincent's Hospital, said the rates are unlikely to have gone down in the past two years. "This is not just a blip. It is a trend that will continue....so it's important for us to keep pushing the message in terms of prevention & early detection," he said. "Some of the research The Cancer Council has done has shown that in the few years since advertising campaigns dropped off a bit, more people were getting sunburnt and the concern is that in a few years' time we'll see more skin cancers as a result."

The new figures to be released today come just weeks after The Age revealed that St Vincent's Hospital had opened Australia's first free skin cancer triage clinic amid fears that life-threatening lesions were going undiagnosed.

Kylie Strong, manager of The Cancer Council's SunSmart program, labelled it "extremely concerning" that melanoma had overtaken lung cancer. But she said the good news was that 75% of new cases were early-stage melanoma, which can be more easily treated.

Age, 12/3/08, p5

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

