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

Charity Race Day

This year's charity race day was given a major fundraising boost thanks to the AMP Foundation, which has offered to dollar match 50 per cent of money raised on the day. A cheque for \$8,866 will be presented by the AMP Foundation next month. Their support enabled us to raise in excess of \$26,000!

Local AMP Financial Planner Brad Luke, of Advisory Group, said the funding was made available through AMP Foundation's National Community Fundraising Program, which allowed AMP Financial Planners to make a real difference in their local communities.

Since 1992, the AMP Foundation has donated more than \$38 million to community groups and charities.

Advisory Group has been a long time race sponsor and supporter of the HMF and Brad Luke was pleased to be able to make an application to the AMP Foundation on our behalf. Speaking with him at the race day, he said that he was delighted that, with the support of AMP, they were able to help us to continue the great work we do in the local community, especially in providing awareness to young people in our region about the dangers of melanoma.

He said that it gives them a great deal of pleasure to be able to give something back to such a worthy cause benefiting the community where we live and work.

Thank you also to our race sponsors and supporters who make it the successful day that it is.

Tomago Aluminium

Representing Tomago Aluminium employees, Anita Hugo, Gary Pond & Wayne Pringle met with Jenny, HMF committee member Linda Swain, Melanoma Unit Manager Kelly Crawford and myself in the Unit in May for the purpose of a cheque presentation. The cheque for the incredible amount of \$24,841 – came from the Tomago employee deduction scheme.

The scheme started in the mid 1980's and since that time over \$500,000 has been donated to local charities. Each year the employees vote for two recipients from a short list of applicants. Employees nominate to be part of the scheme and a \$1 weekly deduction is taken from their pay – at the end of the year this is matched by the company.

Their efforts certainly give new meaning to the saying 'every little bit counts'!



Chairman's Report

Paul Kolatchew - Chairman HMF

A well deserved Honour

Jennie Thomas is a long time supporter of a number of charities in the Hunter as well as the HMF and we were delighted when her generosity was recognised with the awarding of an Australia Medal in the Queen's Birthday list.

Jennie not only gives generously in monetary terms, she involves herself completely in all of her chosen projects or causes. Rather than leave a bequest, she prefers to give whilst still alive and can give with a 'warm hand' enabling her to see the results of her support.

Her support of the HMF enabled us to purchase our van that is equipped to attend outdoor events and schools. In the past we had a caravan that had to be garaged and towed to various events. As well as being costly to maintain, there was always the problem of arranging for someone to tow it to a particular event. Now, the van is packed and ready to go at any time.

Jennie is a very special lady whose generosity goes far beyond the Hunter and has impacted on many people both in Australia and overseas. I know she is humbled by this Award but from our point of view it could not have gone to a more deserving person. Congratulations Jennie from all at the HMF.



Jennie Thomas and partner David at the awards morning tea

We hope to be able to say 'thank you' to all at Tomago Aluminium by becoming involved in raising awareness with on-site posters and brochures and a melanoma awareness presentation to employees.



Tomago Aluminium representatives visiting the Melanoma Unit

These funds will enable us to develop a melanoma awareness program for high schools – targeting Year 8. Following the success of our sun safety education program for primary schools we have received a number of

enquiries to talk to local high school students. We are aware that we need to develop an entirely different program for teens and look forward to the challenge of finding the right way to get our message across.

Thank you to HMF

We recently received a letter from Kelly Crawford, Nurse Unit Manager, Calvary Mater Medical Centre and Melanoma Unit, acknowledging and thanking the HMF for our support (see "From the Unit"). Kelly's kind words are very much appreciated.

On behalf of the committee members and our many volunteers I thank Kelly for her kind words, they are very much appreciated. The knowledge that our efforts are, in some way, reducing the pain and suffering melanoma causes is, for many of us, all we need as motivation to donate our time and effort. Many have been touched by melanoma personally or through colleagues friends and relatives so it is gratifying to be able to make a difference.

Annual General Meeting – 1 December 2009

No sooner do we start a new year than it is almost over. It is hard to believe that our annual general meeting is almost upon us.

Our committee is quite diverse. From new mum of twins, Rebecca Boyd, who still manages to attend meetings and support fundraising events, to our 'retired' legends Ces Hill, John Rumball, Carole Hooper and Liz Slevin who help out whenever and wherever they can. There is also Peter Chapman, Janelle Kirk, Linda Swain, Scott Stevenson and myself who are still in the work force and contribute on an ad hoc basis. Linda and her group at Cactus Creative make an invaluable contribution with HMF graphic and creative design. Each contributes in their own unique way.

Committee meetings are held monthly and last no longer than an hour. If you have thought about getting involved I would urge you to speak to either Jenny, me or one of the committee as we are always eager to welcome new committee members.

Paul Kolatchew



Treasurer's Report

Janelle Kirk

Race Day

What a great start to the new financial year it has been with the fantastic success of our race day thanks to the AMP Foundation's support. Thank you also to our race sponsors and supporters. Our race sponsors are vital because without them we couldn't hold the event. A number of sponsors including **Advisory Group, Radford Shopfitters, McKanna Fabrications, Harvey World Travel Warners Bay and Marketown, Friends of the late Arnold Smith and Friends of the late John Whitmore** have been with us for many years. It was lovely to see the **Varley Group**, a past supporter of many years back and we welcomed a new sponsor **OAS Technology Group**. I am sure you and your guests enjoyed the day and we look forward to your continued support.

CDSE

The Community Development & Support Expenditure (CDSE) scheme is designed to ensure that larger registered clubs in NSW contribute financially (up to 1.5% of their gaming machine profits over \$1 million) to front-line services that support their local community.

This year's presentation held at Newcastle Panthers Club recognised the contribution to the local community of 45 not-for-profit organisations including the HMF who received funding from **Beresfield Bowling Club and Western Suburbs (N'cle) Leagues Club**. Cheques totalling \$543,132 were distributed from ten registered clubs in the Newcastle Local Government Area.



Jenny at the CDSE presentation with Owen Kilpatrick representing Wests and Councillor John Tate

The latest official figures issued by the Office of Liquor, Gaming and Racing confirm that the total amount of CDSE funding distributed by clubs to communities across NSW for the 2007-2008 year was \$62.6 million. This is an incredible amount of support and is actually \$26 million more than they are legally required to give.

Gimme 5 Money Boxes

Paul mentioned the expression 'every little bit counts' and it is certainly true in relation to our Gimme 5 money boxes. The balance of this account has just exceeded \$10,000!! I haven't taken the time to do the maths but it must be a lot of those little bitty coins – the 5 cent piece.



This is an ongoing fundraiser so please continue to collect your 5 cent pieces and if you need another money box, contact Jenny at the HMF office.

Fundraising with a difference



The colourful bags.

We received a generous donation recently from Marina Fardell of Tingira Heights who raises money by covering and selling shopping bags. She covers the bags with attractive fabric and has a number of close friends who assist her with sales. The

bags sell for \$15, contact Jenny for orders.

Lea Sanderson held a number of successful fundraisers for the HMF when she was a partner in Fisherman's Warehouse. Lea now has a new venture – WOW! Jewellery Design and she is holding an Open Day on 27 September with 10% of all sales going to the HMF. Prices range from \$8-\$50 plus there is great range of Pandora-style beads available.

IGA/Ritchies

This is the fundraising that you do when you don't even realise you are doing it. Just by arranging an IGA/Ritchies Community Benefit Card and nominating the Hunter Melanoma Foundation as your chosen charity – every time you shop at an IGA or Ritchies store they swipe your card and 1% of the purchase sale is donated by IGA/Ritchies to the HMF. The HMF receives a monthly donation from Ritchies.

HMF SUPPORT

As far as the HMF committee is concerned, the best part about the generous donations we receive and the success of our fundraising events is the ability this gives us to support melanoma projects in our region.

• David Wroblewski

We are delighted to be sponsoring PhD melanoma researcher David Wroblewski for a second year.

• Patient Support

We have recently funded the printing of new folders for melanoma information and support education as well as the purchase of eggshell mattresses.

• Nursing Staff support

We continue to support the Unit staff by funding their attendance at various conferences.

• Sun Safe Awareness

As well as the successful sun safety education program for primary schools we are in the process of developing a program suitable to teenagers.

Donation Envelopes

On a number of occasions we have been asked if we have donation envelopes. The majority of these requests have been for a funeral or memorial service when, in lieu of flowers, the family has asked for a donation to the HMF.

The purpose of the envelope is to make making a donation easier.

HMF donation envelopes are now available and one has been enclosed with your newsletter.



Foundation News

Jenny Noblet

Nurses still giving

The Mater Graduate Nurses Association was formed over 60 years ago. It has an annual reunion for its members who are nurses who graduated from the Mater Hospital in Newcastle. The reunion is held on the second Sunday in November.

For many years the reunion was held at the Mater Hospital with the nuns in attendance. The nurses enjoyed gathering at their Alma Mater and it was a wonderful opportunity to catch up and reminisce.

There is an annual membership fee which enables the association to make a donation of equipment or funds each year – in the past these donations were made to the Mater Hospital.

Donations are now made to a variety of medical related charities in our region voted on by the Association's committee.

This year the HMRI and Hunter Melanoma Foundation each received a generous donation from the Mater Graduate Nurses Association at a morning tea held at the Melanoma Unit in May.

It was lovely to meet committee members and hear some of their stories about the hospital during their time here.

Obviously, with the introduction of the University Nursing Degree and the end of nurses being hospital trained, they no longer have a source of new membership. However if you are a Mater Newcastle graduate nurse, they would love to hear from you and invite you to join them for their 63rd reunion function in November this year which will be held on 8 November.

For further information you can contact the Association's Secretary Virginia Smith direct on 4943 6286.



The Association committee presenting their cheque to Jenny and Sue Collins

HMF Charity Race Day

It was a day of frocks, fillies, fascinators, flappers and fun. After a few days of rain and cold weather we were so fortunate to have a beautiful sunny day on 25 July. The great weather brought a huge crowd to Broadmeadow for a great day of racing and fundraising.

The pavilion sponsors and guests were entertained and hosted by Gary Harley and enjoyed a day of wining and dining.

A number of the marquee attendees really got into the spirit and fun of the day with some amazing outfits and hat creations that made it very difficult to choose a winner.

Allen Hardes, Greg Frame and friends gathered once again to celebrate the life of friend and team mate John Whitmore in a marquee adjacent to ours.

Race Day Raffle Results

Congratulations to our winners and a big thank you to **BridgeClimb, Rydges North Sydney, John Lewis & the Newcastle Knights** for their generosity.

- **1st Prize** - *BridgeClimb for 2 and Rydges North Sydney Accommodation package*
Winner - Mrs Beatty, New Lambton Heights
- **2nd Prize** - *\$100 Voucher Scratchley's Restaurant*
Winner - Natlie Myles
- **3rd Prize** - *Wine Pack*
Winner - Kylie Fogarty, Tingira Heights
- **4th Prize** - *6 x Knights Grandstand & general entry tickets*
Winner - B Martin, Metford
- **5th Prize** - *6 x Knights Grandstand & general entry tickets*
Winner - Colleen Harper, Sydney

Diary Dates

September

- **WOW! Designer Jewellery** - 27 September, 11-3pm
181 Northcote Ave, Swansea
10% sales go to HMF
- **Port Stephens Uniting Church Flower Show**
19 September - from 10am
Salamander Way, Salamander Bay

December

- **Annual General Meeting** - Tuesday 1 December
6pm at PSI Charlestown



Education Report

Carole Hooper

School Visits

A reminder that if you wish HMF to visit your primary school with the Sun Safe message you will need to make a booking as soon as possible by ringing Jenny Noblet on 49850103.

Newcastle Home Expo

HMF volunteers were present for the three days over the last weekend in July. It was a very busy weekend with attendance numbers exceeding past records.

We were kept very busy providing information on melanoma and answering questions.

Thank you to PJ Promotions who provided an exhibition site to us at the event free of charge.



Glenyce Towers at Expo.

Sun beds

It has now been officially confirmed – sunbeds have been branded a major cause of skin cancer, confirming what many of us have long suspected.

The International Agency for Research on Cancer has put tanning machines into its top cancer risk category.

University of Sydney Professor of Public Health, Bruce Armstrong, was a member of the agency working group that reviewed ionizing and solar radiation, and rated sunbeds as “carcinogenic to humans”.

“We can now say unequivocally that artificial sources of solar radiation, including ultraviolet-emitting tanning devices, can cause both skin and eye melanoma,” Professor Armstrong said.

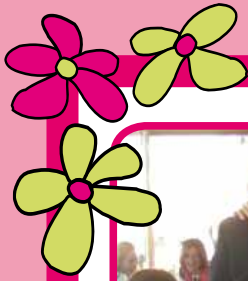
“Tanning devices emitting ultraviolet (UV) rays are dangerous and can cause cancer”, he said.

From the Unit

The following letter was received from Kelly Crawford, Nurse Unit Manager, Medical Centre and Melanoma Unit:

“I would just like to take the opportunity to thank the Hunter Melanoma Foundation for your ongoing support of our Melanoma Unit. Your generous donations have enabled my staff to attend the Clinical Oncological Society of Australia conference, they have also been supported by you to attend the Sentinel Node Biopsy and launching of the Melanoma Guidelines Workshops as well as ongoing education over the last year.

You have also generously donated a range of equipment to the Unit including Dermatoscopes and more recently funding our new folders to be given to patients with their melanoma information



and support education to take home. Your kind donations have also helped patients in their care and comfort while at home including the use of eggshell mattresses and other equipment for personal hygiene.

It is obvious that you are committed to increasing the awareness of melanoma in the community and providing education about prevention and early detection as well. You are passionate, dedicated and very committed to the work that you all do on the HMF committee which is evident to us all in the Melanoma Unit.

I would like to thank you for this ongoing support and your tireless efforts in all that you do to assist our patients in enhancing their life and health as they journey through their treatments.

I would also like to thank you for your continued support of my staff in the Melanoma Unit as they progress their ongoing education and increase their knowledge when attending workshops and conferences supported by the HMF.



Research Update

C/ Professor Peter Hersey
Conjoint Professor in Oncology

A Ray of Light in the Treatment of Metastatic Melanoma

Good quality surgical treatment of primary melanoma results in the cure of melanoma in approximately 90% of patients. In the remainder, melanoma spreads beyond the skin to other body sites (metastasizes), resulting in their death. The standard treatment of metastatic melanoma has been chemotherapy with an agent called Dacarbazine (DTIC), which reduces the extent of the disease in about 12% of patients but cure rates are very low. Tests continue with agents that may make DTIC more effective but in the meantime much research has been carried out to identify the driver(s) of malignancy in melanoma

A key finding was reported by a group of scientists in England in 2002 (Davies et al). They reported that gene coding for an important signal protein (BRAF) was mutated in about 50-60% of melanoma and that this resulted in continual signal activation causing continued division and growth of melanoma. Not surprisingly, this resulted in the production of a number of drugs to inhibit the activity of this protein. We have tested one drug called Sorafenib several years ago without great success but that drug is now known to have very little inhibitory activity against BRAF.

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.

At the American Society of Clinical Oncology Meeting in June this year preliminary results were reported from an early study on another drug (PLX4032) which appears highly active against the mutated form of BRAF.

Fifteen of 16 patients had significant reduction in their melanoma. These results are very promising and it is hoped will lead to more effective treatment of melanoma in patients that have the mutated BRAF form of melanoma.

Our Ethics Committee has approved further study of this treatment and we hope to commence the trial in several weeks.



In the media

Extracts Courtesy of Molemap

• Melanoma doesn't hibernate

During winter when our bodies are covered for warmth it is easy to forget to do a regular skin check.

The trouble is skin cancer, and particularly melanoma, isn't the result of yesterday's sun, but rather the accumulation of UV radiation damage over the years.

This means that there is no "season" for a melanoma, but rather, they can arise at any time.

Your risk is what it is, regardless of the time of the year, so those practices you have for managing that risk (self checks, or visits with your doctor etc) should continue throughout the year.

If you do find a mole that is changing, or worrying you, get it checked immediately.

• Self-Examination Is The First Step Towards Early Detection

A full body self examination enables you to detect any suspicious lesions. Thinking **ABCD** can help you remember what to watch out for:

Asymmetry - The shape of one half does not match the other.

Border - The edges are often ragged, notched, blurred, or irregular in outline.

Colour - The colour is uneven. Shades of black, brown and tan may be present. Areas of white, grey, red, pink, or blue may also be seen.

Diameter - Size changes and usually increases.

Some melanomas do not fit the ABCD rule described above so if you notice a mole that:

- itches or bleeds
- is changing shape, size or colour
- is new
- is different from others

Don't delay, it needs immediate professional attention!

When detected and treated early, melanoma skin cancer is nearly 100% curable.

WOW! Designer Jewellery Open Day

When: **Sun 27th Sept, 11am - 3pm**

Where: 181 Northcote Avenue, Swansea

10% of sales go towards the HMF!

- Gold coin entry • Lucky door prize



• That Beautiful Spring Weather

As summer nears it is time once again to become vigilant with your sun protection. After winter it is always lovely to spend a beautiful spring day outdoors but although you are not exposed to the full force of the sun's rays and it may take a little longer to get 'pink', you can still get sun damage.

It is important to remember that UV exposure can also occur through your windows and for those who drive for a living or spend time on the road, it is important to understand that UVA penetrates car windows and can cause skin problems over the years. Many people have extra sun damage on the right side of the face because of sun exposure through the car window.

• New research indicates six major melanoma risk factors

New evidence which identified six factors that helped predict the risk of getting melanoma was recently presented by Dr Darrell Rigel, clinical professor of the New York University Medical Centre.

The evidence came from a study that captured data from 600 individuals, half of whom had a history of melanoma, to determine which factors were most often linked with the development of melanoma. From the findings, Dr Rigel was able to create a new model of the risk factors that could eventually help screen individuals to determine their risk level.

The six factors identified were:

1. **History of blistering sunburns as a teenager**
2. **Red or blonde hair**
3. **Marked freckling on the upper back - a sign of excessive sun exposure**
4. **Family history of melanoma**
5. **History of Actinic Keratoses (also known as solar keratoses)**
6. **Outdoor summer jobs for three or more years as a teenager**

If you have one of these risk factors then the risk of you getting a melanoma goes up two-three fold over the general population. Individuals with two of these risk factors have a five-ten fold increased chance of getting melanoma and people with at least three risk factors are up to 10 - 20 times more likely to develop melanoma.

Sun safety at school

The HMF Education Team 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 over 80 primary schools & distributed more than 6000 Sun Safety Education Kits, the team is stocked up and ready to hit the playgrounds in 2009.



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 **4985 0103** or email **melafdn@tpg.com.au** Kits are provided thanks to the very generous support of the Newcastle Permanent Charitable Foundation. If you would like one of our HMF ambassadors, Jake or Cory to visit as well - please advise.

Of course these are not the only known melanoma risk factors and there are many other potential contributing causes including:

- **a genetic predisposition for melanoma (as yet scientists have not been able to identify the gene responsible for causing melanoma)**
- **use of tanning beds has been shown to increase the risk of getting melanoma**
- **people with atypical or funny looking moles and /or a large number of moles**
- **higher socio economic classes have been linked to an increase incidence of melanoma. This has been attributed to spending more time in the sun whilst on summer holidays.**

"Dermatologists continually look for clues as to who is most likely to develop melanoma and this ongoing research will likely help more people understand their own risk factors and may convince them to get regular skin cancer screens" said Dr Rigel.

Anyone with one or more known melanoma risk factors should conduct regular self skin checks and visit their health provider for a regular skin check.



Holiday sunburns increase the risk of skin cancer.



THANKYOU for your support

AMP Foundation

Woolworths Warabrook

Quirindi Lions

J & T Dickson

M Meres

S Jeffries

R Faint

D Rees

J Gill

Tomago Aluminium

C Mangan

P Duncan

O McLellan

K Ward

D Harman

A Davies

D Farmer

N Goggins

N Gates

AH James

G Stick

J Deas

J Aspinall

R Neave

Narrabri High School

S Lucas

R Stone

J Stevenson

R Kelly

J Thornton

W Bennett

A Bailey

P James

M Dunn

V Ronayne

R & D Leggett

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D Paviour-Smith

B O'Connor

O Streitberger

B & R Murdoch

T Smith

D Jackson

Radford Shopfitters

Ian Dawson

Harvey World Travel

Warners Bay/Marketown

E A Manhood

K Clarke

I McKenzie

Gosford Lions

F B Ireland

A O'Donnell

M Clayton

K Freeston

S McKinley

Natural Tucker

D Avery

G Bull

Newcastle Lions

S Cahey

Michael & Mary

Whelan Trust

W & C Millar

Lodge 400 UGL

A & K Kardell

P Andrews

Karen Spink

P Pettersson

Morriset Rotary

B Gardiner

F Welsh

M Grunsell

N Blanch

Miss McLennan

E Carroll

J Kisi

C Avery

P & M Alcock

Jeni Wood-Eggins

L Atkins

Charmhaven Lions

S Verdon

Maitland Basketball

Toronto Tigers

G & M Valentine

J Patterson

K Warner

Rebel Sport Hornsby

J Kentish

Gunnedah Lions

OAS Technology Group

Varley Group

Jennie Thomas

Myall Coast Rotary

D Lambkin

D Jones

G Hamilton

East Maitland Lions

V Plumb

G Crane

J Haggarty

H Wolrige

B Preston

Warners Bay Lions

E Lizasoain

The Entrance Lions

Woy Woy Lions

Bill Harvey

W Hawthorne

L Soper

B Marshall

C Grant

D Hales

T Campbell

Jean Tucker

Tracey Jones

West's Leagues

Lyn Farrell

P & M Browne

Amanda Warren

Vemba Melville

C Touzell

B Byrne

J & L Price

A Mitchell

C Saltwell

Janalle Oliver

C Roberts

Rowan Lowrey

Maria Astorga

P Dart

K Cawthorne

L Bayliss

M Mathieu

Newcastle Knights

J Lenton

F Smith

H Gregory

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Eliza Stephens

Hannah Stephens

K Roberts

E Carroll

C Standing

J Datson

D Jackson

C Hobbins

L Wallace

L Alley

Bones Bakery

A Preston

Brent Jones

Peter Jones

Cheryl Hind

Lyn Griffin

Curves Charlestown

Betty Boyd

VBD

P McIntyre

M Dunne

F Stanbridge

B Verschelden

M Hodgins

Cynthia Roberts

Wednesday

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