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<b>Patron:</b>	<b>Paul Cave AM</b>
<b>Committee:</b>	<b>Rebecca Boyd</b>
	<b>Cecil Hill</b>
	<b>Carole Hooper</b>
	<b>Lesley Irvine</b>
	<b>Elizabeth Slevin</b>
	<b>Linda Swain</b>

famous coathanger for a one-off event, the Young Presidents Organisation World Congress. After many setbacks, and a further nine years of jumping through a myriad of logistical & legal hoops his persistence paid off and BridgeClimb was officially launched.

Paul brought with him the famous De Groot sword. Insured for \$1million, this sword was used by Frank De Groot to boldly slash the ribbon (that NSW Premier Jack Lang was about to cut) at the opening the Sydney Harbour Bridge in 1932. The legendary status of the sword, how it was tracked down in Ireland is another "bridge" story in itself.

Paul was pleased to be returning to Newcastle and delighted to see a few familiar faces in the audience as well as meet members and supporters of the HMF

Thank you to the Newcastle Business Club for facilitating the luncheon and for their warm welcome to Paul.



## Chairman's Report

Peter Chapman

July was a very busy month with firstly the Newcastle Business Club luncheon on 19 July where HMF Patron Paul Cave AM was the speaker followed by our 'phantom' race day on the 23rd and attendance at the Newcastle Home Expo the last weekend in July.



Paul Cave with the De Groot Sword at the Newcastle Business Club luncheon.

### Paul Cave AM, Luncheon

Paul Cave, known to many as Founder of the famous Sydney Harbour BridgeClimb, recently accepted the role of Patron of the HMF. He was introduced to Novocastrians as special guest speaker at a Newcastle Business Club luncheon in July. Paul was interesting and inspirational as he recounted his life stories including everything from his own battle with melanoma, his early years in Newcastle, and the catalyst for his Bridge 'obsession' - his late, father-in-law's teenage adventure to the

city to purchase the very first ticket for the first rail crossing of the bridge on 20th March 1932. Paul inherited this ticket, numbered 00001, the beginning of an extensive bridge memorabilia collection.

Paul's dream of creating the BridgeClimb enterprise was born in 1989 when, after a great deal of persuading authorities he was able to secure the first organised climb across the



Paul with HMF Ambassador, Jake Sylvester.

### Charity Race Day 2011

This year's race day was a little different - for four days leading up to the event it rained nearly non-stop with one of the wettest Julys on record I believe. It did seem strange having the race day without any horses at Broadmeadow - a "Phantom Race Day" race goes call it. Both pavilion and marquee functions still went ahead, with the marquee people relocated to the Broadmeadow Bar. Although everyone still had an enjoyable day it was disappointing for our race sponsors who were unable to see their race run and have their photo taken with the winning connections.

The Newcastle Jockey Club were very accommodating and it was a very hectic time for them re-organising the day as well advising race sponsors and attendees of the changed circumstances.

Our race sponsors, with the exception of Harvey World Travel Warners Bay and Newcastle West who are only able to promote themselves in their own region, were transferred to the Cessnock race day on Monday 1 August. Unfortunately,

being a work day (although for some it was a bank holiday), not all of the sponsors could attend but McKanna Fabrications, friends of the late John Whitmore, friends of the late Arnold Smith and the Polglase family were able to join Jenny, Carole Hooper and myself for a fun day at Cessnock.

I would like to say a huge thank you to all of our sponsors and race attendees for their understanding and acceptance of the situation and also thank you to the NJC for their efforts to ensure everyone had a good day.



Ladies who lunch at the HMF Phantom Race Day.



Polglase Family with their winning connections at Cessnock

## Great News for Melanoma Research

The HMF has always strongly supported melanoma research conducted in the Newcastle Melanoma Unit and we are most fortunate to have Professor Peter Hersey leading that research team. Our belief is that if a cure is ever to be found for melanoma that it will only be through the continued efforts of researchers such as Prof Hersey.

Recently there has been some very good news in the latest advances in the fight against melanoma and these breakthroughs will be greatly beneficial for patients.

A long time melanoma researcher, Prof Hersey has worked on and followed up a number of promising leads in the past and he is very excited about these latest drugs that tackle the melanoma cells at the genetic level.

Melanoma is a cancer that in the past has proven hard to treat with conventional chemotherapy but little by little advances are being made and in a region such as ours where we have one of the highest incidences of melanoma in the world, this is certainly great news.

For a number of years the HMF's commitment to research has included PhD sponsorship of a melanoma researcher. We have just completed sponsorship of David Wroblewski who is the third PhD scholar that the HMF has sponsored and we are pleased to say that David will be continuing his work in melanoma research and we wish him well.

We are currently in the process of awarding a new PhD scholarship and look forward to bringing you more news on this in the next newsletter.

## Master Builders Association Charity Ball 2012

Simon Webber from the MBA attended our September committee meeting to tell us that the HMF will be the beneficiary of the MBA ball to be held on Friday 2 March 2012 at City Hall. Simon said that the building industry is very aware that its workers are at a greater risk of skin cancer and this prompted the decision to raise funds on our behalf.

This will be the third ball held by the MBA and Simon is very confident that all who attend will have a great night. Tickets at \$135 per head include dinner and drinks and can be purchased through Jenny at the HMF office.

## Ambassador Cory Paterson

Cory has been an Ambassador for the HMF for a number of years and during that time has been involved in talking to school children and junior surf club members about sun safety and melanoma awareness. He was also involved in our media awareness campaigns and we are most appreciative of the time and effort he put in to support the HMF during his time as an Ambassador.

We were very sorry to see Cory leave the Knights and relocate to far north Queensland to join the Cowboys and we wish him every success in this new phase in his life.

## Annual General Meeting – 6th December 2011

Annual general meetings seem to come around faster each year. We are always interested in welcoming new committee members and can assure you that our monthly meetings are 5.30pm – 7pm. Any further commitment you would like to make through involvement with community awareness, other education programs or fundraising activities is up to you. Please contact Jenny for more information about joining the HMF committee.



## Treasurer's Report

Janelle Kirk

Normally our new financial year kicks off to a great start with funds from our race day. Unfortunately this is not the case this year and although we did make a small amount – all thanks to our wonderful supporters who sponsored a race or attended

on the day – the total income was approximately a third of what we would normally raise.

## ClubsNSW CDSE

I am pleased to announce however that in August we received \$8,000 from Western Suburbs Leagues Club under the CDSE scheme. This year \$560,937 was distributed to local charities by 11 registered clubs in the Newcastle local government area.

We have been a recipient of CDSE funds for a number of years now and are most appreciative of the support given to us by Wests Leagues Club.

Funds this year will be used to develop a sun safety program to be part of the Hunter Surf Lifesaving annual Water Safe program for primary schools.

## Newcastle Permanent Charitable Foundation

Earlier this year we were asked by Dr Levy to consider funding the purchase of an Ultrasound machine for use in the Melanoma Unit. The ultrasound would be used in assessing abnormal lymph nodes and/or subcutaneous nodules as well as for post-operative drainage procedures following lymph gland dissection.

Pre-surgery it would enable a more accurate biopsy to be taken and therefore reduce the risk of contamination and the need for a repeat biopsy which can be very stressful for the patient as well as delay surgery.

Post-operatively it would enable accurate needle drainage after gland dissection or stop the incidence of bleeding into the wound after drainage.

It would provide a number of benefits to patients including:

- Alleviating discomfort
- Accurate drainage of lymph glands
- Alleviating need for hospital stay
- Promoting quicker recovery
- Faster diagnosis and follow up surgery
- More accurate assessment of abnormal lymph nodes
- Providing more timely information and required procedures.

The HMF committee agreed that it would definitely be a worthwhile addition to the Melanoma Unit and application was made to the Newcastle Permanent Charitable Foundation for a grant to assist with the purchase.

We were advised in August that our application was successful. The Ultrasound has been ordered and should be in use in the Melanoma Unit very shortly.

On behalf of the staff and patients, we say a huge thank you to the Newcastle Permanent Charitable Foundation and we are most grateful for their on-going support.

## Morelli Wines, Berry

Last year Daniel Gilbert organised a golf day at Nowra in support of the HMF and in memory of his dad Peter. This year with the support of friends Chris Morris and Isaac Ellis from Morelli Wines in Berry, he planned a fun-filled 3 days over the

June long weekend. Unfortunately the bad weather meant that they were only able to run the event on the Saturday which was very disappointing for them.

We can definitely relate to how they felt having their plans spoiled by inclement weather - they did however raise some funds for the HMF as well as raise awareness and we thank them for their support.



Fundraising event at Morelli Winery in Berry.

## C-Mac Industries

In our February 2009 Pips'nPieces we told the story of the late Cliff McMaster whose wife Margaret after Cliff's death made a donation at his request for \$10,000 representing \$1,000 for every year that Cliff had survived following his surgery for melanoma.

Cliff's legacy lives on as the family company that he founded – C-Mac Industries – continues to make a regular donation to the HMF in memory of Cliff, from sales of their scrap metal.

Thank you to the McMaster family and C-Mac Industries for their on-going support.

## Calvary Mater Physical Therapies Department – Lymphoedema Clinic

Following the removal of lymph glands many melanoma patients require treatment for lymphoedema – and this can often be more debilitating than the surgery.

The Calvary Mater Lymphoedema Clinic provides on-going treatment and support to many melanoma patients so the HMF was pleased to be able to assist them recently with the purchase of two much needed compression pumps and two arm garments.





# Foundation News

Jenny Noblet

## Race Day

If you were a betting person, you would say the odds have been very much in our favour for the past 16 years so we should not have been surprised to have a complete wash out this year. We have only had one other race day when it rained (but not enough to call the races off) and I just hope it is the first and last time that it happens!

Thank you to everyone who supported the day despite the non-stop rain – it was certainly a very different take on a day at the races and it was good to see that all who attended in both the pavilion and the Broadmeadow Bar enjoyed themselves with many still getting into the spirit of the day by putting on their best hat or fascinator. It was a hard job to pick a winner as there really were some striking hats – as you can see.



Hats on Track - Winners of the Best Hat prizes

## Race Day Raffle

The lack of general public at the races meant that our raffle sales were considerably lower this year – much better odds for those who did buy a ticket. Congratulations to the lucky winners and thank you to BridgeClimb, Rydges North Sydney, Gemelli Estate, John Lewis and the Knights for their support.

1st Prize – Linda Clayton from Bulahdelah

2nd Prize – Mike Ellis from Singleton

3rd Prize – Gayna Farrell from Valentine

4th Prize – Megan Disney from North Lambton

## Read any good books lately?

Recent visitors to the Melanoma unit have been enjoying the interesting choice of books available for sale at reception. HMF member Alan Rice has donated a number of books in excellent condition from well known authors as he was keen to find a good home for them. The winter months are obviously a great time to settle in with a good book as sales have been very good. Thank you Alan, you have provided a lot of pleasurable hours for a number of people – and yes, they have all gone to good homes.



Melanoma Institute Australia

## Melanoma Community Forum – Melanoma Institute Australia

In May Lisa Hamilton and I attended a Melanoma Community Forum held at the Melanoma Institute of Australia in the new Poche Centre opposite the Mater Hospital at North Sydney.

There were four presenters – Dr Michael Quinn, Prof Fran Boyle, Dr Teresa Lee and Kylie Darmanin.

The following is a brief summary of the forum. I was particularly interested in Prof Fran Boyle's comments in relation to Vitamin D deficiency and very surprised when she said that she found that she was Vitamin D deficient and is now required to take supplements.

### MELANOMA - OVERVIEW - Dr Michael Quinn

It is the 4th most common cancer in Australia and affects 1 in 14 males and 1 in 23 females.

In the last decade the incidence has increased 16% in males and 24% in females.

There is a survival rate of 96% for 5 years if the disease is localised.

There has been an increased mortality in men over 50 years since 2001 – this group make up 15% of the population but 50% of the deaths.

50% of melanomas are diagnosed by the patient from change in an existing mole/lesion and 50% from the appearance of a new suspicious mole/lesion.

Self examination is therefore very important and using the ABCD's is helpful – Asymetry, Border, Colour, Diameter

15% of melanomas are nodular in which case the EFG's elevated, firm, growing are an indication of something that needs urgent attention.

Treatment and outcome is based on the thickness and depth of melanoma. Treatment usually includes a wide excision and quite often a sentinel node biopsy

A high risk factor is the number of moles an individual has – 100+ moles is 7 x the risk of someone with 15 moles

12% of melanoma patients will develop a 2nd melanoma within 10 years.

## CARE & RESEARCH - Prof Fran Boyle

Fran likened a cancer diagnosis to an earthquake – shock – rescue – after affects – affects others – hard to get back on track – difficult to know what's ahead – aftershocks (new spot, any aches or pains).

She spoke of the need to shockproof yourself by understanding risk, optimising treatment and care, monitoring the threat, looking after your well being, rebuilding your resilience and managing fear.

Risk of recurrence – there are a number of contributing factors

**Spread** – the thickness, whether nodular, and whether there is ulceration are big factors. Also the speed of division of the melanoma cells, the health of your immune system and Vitamin D levels. An interesting comment that she made was that melanomas diagnosed in winter appear to be more serious than those diagnosed in summer.

### Risk of a 2nd melanoma

Family history, number of moles, skin type and the amount of sun exposure you receive are all contributing factors.

### Family implications can increase the risk of recurrence

A high risk gene may be inherited, early age onset of first melanoma increase the need to monitor. The gene may not be inherited but in all likelihood the family has a similar skin type and quite often similar lifestyle.

To reduce risk of recurrence it is important to protect your skin and your eyes.

**Vitamin D** – controls cell division (ensures cells obey the rules) – deficiency increasingly common in Australia – deficiency linked to several types of cancer including melanoma – good to have Vitamin D levels checked – supplements to correct low level. Current trials are testing whether raising levels of Vitamin D can be used as prevention.

**Immune System** – affects risk of spread, melanoma often has a spontaneous remission of metastases not found in other cancers. Interferon (immune modifier) given after high risk melanoma to reduce risk of recurrence – side effects flu like. Ipilimumab (Yervoy)– stimulates anticancer T cells, improves disease control but stimulates immune system.

**Metastatic** – spread via lymph and blood – very variable (long time after primary removed/slow to spread or can be very fast)

Treatment includes:

- \*Surgery (lymph, lung, brain, small bowel, skin)
- \*Radiotherapy to reduce size of tumour
- \*Chemotherapy when multiple secondaries (different to other forms of chemo).
- \*BRAF inhibitors – 50% of melanomas have a mutation in gene that switches on cell growth ie over rides usual stop signs.

BRAF can slow growth and control for a time, assists in treatment of brain metastases. There is a dramatic response to the treatment but unsure how long the benefit will be for but seems to prevent the melanoma from recurring.

- \*Meditation – stress management – exercise – support.

## LYMPHOEDEMA – Dr Teresa Lee

Discussed causes and treatment of lymphoedema following lymph node surgery also provided websites and support contacts.

## PATIENT PERSPECTIVE - Kylie Darmanin

This 33 year old mother of two was diagnosed with Stage III melanoma in October 2010.

She spoke of her personal experience. As a beauty therapist she now talks to beauty therapist groups.

Following afternoon tea there was a question and answer session.

On the whole it was an informative forum and Lisa Hamilton and I found it worthwhile. The next Melanoma Forum will be held at the Melanoma Institute of Australia on Monday 24 October. If you are interested in attending please let me know.

## Diary Dates

### Friday 28 October

Newcastle Business Club Golf Day  
Merewether Golf Club

### Tuesday 6 December 5.30pm

HMF Annual General Meeting – Melanoma Unit

### Friday 2 March 2012

MBA Charity Ball – Newcastle City Hall



## Research Update

### Yervoy

Australia has approved the world's first drug to prolong the lives of people with advanced melanoma. The drug Yervoy received the nod from the Therapeutics Good Association (TGA) recently amid hopes it could add two years to the life of people with the deadliest form of skin cancer but for whom other treatments have failed.

Advanced melanoma is extremely difficult for doctors to treat, with the average patient surviving just six months say experts. At present the drug will only be available to patients with similar medical backgrounds to those in the study because that is what the TGA based its approval on. But there are hopes it could be made more widely available.

The research team recruited 676 people with previously treated or inoperable melanoma and found that 45 per cent of patients given Yervoy were still alive after one year. More than 20 per cent lived at least two years, with a small number managing to survive for six years.

Yervoy works by attacking and destroying cancer cells. The

drug would be given by an intravenous drip once every three weeks for a total of four doses. While it may improve survival rates, Yervoy can produce side effects from diarrhoea and vomiting to serious blood infections and kidney failure .

Professor Peter Hersey, consultant immunologist to the Melanoma Institute Australia, said no other drug had improved survival rates like Yervoy. "Not all patients respond to it but those who do have a good chance of living longer than they would have otherwise," he said. "It has been many years since a new therapy for metastatic melanoma has been approved in Australia and oncologists have had to rely on access to clinical trials for potential treatment options," he added. Cancer Council Australia chief executive Ian Olver said the drug was "a very big deal. We have really lacked treatment once the melanoma has spread beyond the skin."

Bristol-Myers Squibb has applied to the Government's Pharmaceutical Benefits Scheme review committee for Yervoy to be subsidized in Australia. In the meantime, it is being made available free through a patient access program.

## World News

Cancer research remains a priority throughout the world and the following comments from a recent oncology conference in the UK reinforce our belief in the importance of supporting melanoma research in our own region.

Cancer treatment is getting up close and personal – the days of one-size-fits-all therapies are disappearing and we are entering a new era of tailor-made medicines that will be more effective and have fewer side effects. That was the message in a report from a major oncology conference held in the UK recently and reported on in the International Express.

Prof Justin Stebbing, a consultant based at London's Imperial College Hospital says "We generally make progress in small steps not giant leaps as we are not waging a single war against a single enemy – it is literally hundreds of different diseases. In every domain of cancer there is a puzzle to be figured out".

The conference covered all forms of cancer and comments in relation to skin cancer reported on the break through treatment success with BRAF and Yervoy.

Clinical Oncologist Professor George Sledge said that he believes some cancers are smarter than others and that the less intelligent ones have a single gene mutation that is straightforward to target and knock out, while the clever ones carry an arsenal of different mutations which give them resistance to treatments.

Professor Stebbing added "Yes, cancer cells are pretty smart as they are really good at switching their allegiances and adapting to change. The process which transforms healthy cells into deadly cancers relies on a complex series of chemical signals and messengers known as pathways and we've learnt that it's not as simple as just blocking one pathway as the signals will just find another way to get through. What we are learning now is that we are going to have to target multiple pathways".



# Education Report

Carole Hooper

## Pit Stop for Year 9

During July and August Jenny and I participated in Pit Stop for Year 9 boys at Singleton, Mt View, Cessnock and Kurri Kurri High Schools. This program has been running for a number of years now in these schools and the feedback is always very positive in fact there has been a request for a similar program to be developed for year 9 girls.



Carole Hooper at Kurri Kurri High with Pit Stop for Year 9 .

## Primary schools – Sun Safety presentation

If you would like HMF to give a presentation to your school – please contact Jenny at the HMF office to arrange for a suitable time. The presentation is approximately 20 minutes and each student is given a HMF bag of information following the presentation.



## High Schools – Don't Get Cut DVD

The DVD is available at no cost and we urge all high schools to consider including it in the Personal Development, Health and PE curriculum for Year 8 although it is appropriate for Years 8-12. Contact Jenny if you would like a copy for your school.

## Encouraging secondary schools to step up sun safety

Following on from our awareness in high schools with the "Don't Get Cut" DVD and Pit Stop presentations, we believe it is also

important to urge secondary schools to address ultraviolet (UV) protection for students by providing adequate shade on school grounds and continuing to encourage students to practise sun safe behaviours.

Sun safety starts in pre-school and is continued in primary school, but when the time comes to start secondary school, the importance of sun protection is often no longer emphasised. There is potential for all the good habits instilled since early childhood to be forgotten.

Parents often express concerns that their children went to their local primary school, which was a SunSmart school, so they knew sun protection was high on the agenda for the school. Hats were an essential element of playtime, UV awareness was included in the curriculum, the primary school had a clear sun protection policy and shade in the playground was plentiful. But when their children started high school, the sun safety rules no longer applied. We know there are many challenges when it comes to students being sun savvy at secondary schools but growing community expectations exist for the well-practised primary school habits to continue to be encouraged within the secondary setting.

Adolescence is a time for seeking independence and wanting to be a part of the group. It's a big call to expect individual students to act independently and use sun protection if it is not already a part of the school's culture.

Shade is particularly important in secondary schools as it offers up to 75% protection from UV exposure. Importantly for this age group shade doesn't impact on concerns about peer image and fashion, which may occur with the use of protective clothing, hats and sunscreens.

Melanoma is one of the most common cancers among young people in Australia and the sun exposure students receive in their secondary years can play a key role in determining their future risk of skin cancer.

Some secondary schools are already working with student groups, OHS representatives, health committees and parents to develop strategies to promote this health issue. The response from high schools to receive the HMF "Don't Get Cut" DVD to include in the schools PD Health & PE curriculum was very high and indicates that many high schools are keen to get this message out to the students and hopefully engage them in setting some of the sun safety strategies for the school.

As adolescents begin to take more responsibility for their own health behaviours, secondary schools provide the ideal environment to reinforce the importance of sun protection in a manner which can engage adolescents and help them develop skills to make healthy choices.

## Not just an Australian Problem

Although Australia does have the highest incidence of skin cancer in the world, the UK is also facing an explosion in skin cancer with two people under 35 diagnosed every day. A recent article in the International Express said that melanoma among young people has soared by 10 per cent in just a year with experts believing that the trend, especially with girls, to have a year round tan is largely to blame for the surge.

Among all age groups 11,700 cases are now being diagnosed in the UK each year – a jump of 8.5 per cent.

A Cancer Research UK spokesperson said that "the explosion in melanoma rates currently seen reflects people's tanning behavior in the past and the desire to sport a suntan – a trend that began in the Seventies with the advent of cheap package holidays to sunny climates".

She added that "while some sun is good for us, going red and burning can be very dangerous and greatly increase your risk of melanoma".

Sunbeds are also a big problem with warnings that under-35's should never use them.

## Sunburn – Don't risk it!

### Why you shouldn't burn

With the arrival of spring and the warmer weather, it is a good time to remind everyone of the importance of protecting their skin. The days are getting longer and the urge to spend more time outside is hard to resist, especially when the days aren't too hot – and this can be a big problem as we tend to stay out longer and quite often forget about sun protection. So be sure to remember your hat, shirt, sunglasses and sunscreen when venturing outside.

## Shade at Sporting Grounds

A recent survey by Suncorp SunWise found that 74 percent of NSW residents believed that they did not have adequate shade at their local sports ground.

Interestingly though about 40 percent of respondents said that they never or hardly ever wear a hat when they went outside and almost 50 percent said they did not apply sunscreen if they were heading outdoors and planned to be in the shade.

There probably is a lack of shade at many sporting venues but it is also important to remember to be prepared when you are going to a sporting event whether as a spectator or participant.

During summer months you will no doubt enjoy cricket and tennis and would be very aware of the need for sun protection – unless you are a couch spectator.

However, when the cooler weather arrives bringing the winter sports, although the days may not be as hot – you can still get sunburnt, so you still need to remember to take care.

You may think that cheering on your favourite team is a safe enough pastime, but sitting in the stands can be dangerous and it's easy to forget sunscreen when you are going to the game.

A baseball cap may announce the team you support but does little to protect the back of your neck and your ears – the parts of the body that sustain the most sun damage and the most common sites for sun spots and skin cancers.

If possible the best strategy is to sit in the shade. Also remember to dress the part – the more skin covered, the better. Long sleeved cotton shirts and long pants protect the skin and are perfect for the autumn weather.

And don't forget your sunglasses and sunscreen.



# THANKYOU for your support

- |                        |               |                          |                        |                    |
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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

Card Number                      Expiry

Name \_\_\_\_\_

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