

PIPS'N'PIECES

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MAR 2017

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Ambassadors:	
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Tracy Garner	Jake

Holly Edmunds Tracy Garner Erin Lewis Lawrie Hogg Claudia Tolhurst Jenny Noblet Rebecca Boyd Janelle Kirk Claudia Tolhurst Lisa Hamilton Paul Cave AM

Leonie Murray

Daniel Martine Jake Sylvester Caitlin Rosser



Chairman's Report

Lawrie Hogg

Sadly, the 2017 year will commence without two of our past committee members, Trish Marjoribanks and Linda Swain, who due to family commitments, were unable to renominate at the Annual General Meeting.

It was through the persuasive efforts of her friend Linda Swain that Trish joined the HMF about 10 years ago and quickly became involved in both community awareness projects and fundraising events. Most notably, she was involved in the development of the primary school sun safe presentations, the marquee event at our annual race day and memorable Mad Hatter's High Teas and a valued Vice Chairman. Our thanks go to Trish for her input and hard work in support of HMF over the years.

I know for Jenny and long standing committee members, our meetings will not be the same without Linda's presence as she has been a committee member since the mid 1990s.

You would all be aware of our awareness campaigns – "Don't Get Cut", "Check Mate" and "Ewwburn" and it is Linda who we have to thank for these as well as all of our HMF promotional material.

Having had a melanoma in her 20s, and a brother who has also had a number of melanomas removed, Linda is committed to getting the prevention and early detection message out there. After hearing my family's story, it was Linda who convinced me that I needed to be involved with the Check Mate campaign as she believes that there is no greater impact than a personal story.

This is definitely not a farewell to Linda as she will still be doing what she does best – fighting the good fight against melanoma – we just won't have the pleasure of her company at our committee meetings.

Beach Ball

Congratulations to Kylie, Tracy and Meaghan who did a fantastic job in organising the inaugural Beach Ball, held at Merewether Surf House in October. I wasn't able to attend but received plenty of positive feedback from the committee members who helped out on the night.

Kylie and Tracy came to our AGM to present the proceeds of the night totalling an amazing \$26,400 and I had the opportunity to personally thank them for their efforts.

Well done ladies and thank you again for organising such a wonderful event.



▲ Wonderful event organisers L- R: Meaghan, Tracy and & Kylie

Diary Dates

Don't forget to make your HMF donation before end of financial year!

Save the date! Charity Race Day 2017 – 29th April

The annual HMF charity race day will be held on Saturday 29th April. Our race day is a great day out and an excuse to frock up, catch up with friends and raise much needed funds for your favourite local charity. This year, the day will be made possible by the support of our race sponsors **Radford Shopfitters, McKanna Fabrications, ShedBoss Hunter, Varley Group, Friends of the late John Whitmore, Nationwide Super, RAMS Home Loans and Tony & Lawrie Hogg in memory of Lance Hogg.**

A big thank you also to **BridgeClimb Sydney** and **Domayne Kotara** for their generous support of our race day raffle.

This year we have decided to hold our marquee event in the new Mounting Yard Marquee adjacent to the Pavilion and I understand Vice Chairman Claudia, has a number of fun events planned.

Tickets can be purchased online at https://www.trybooking.com/OSYJ

Pauline Hanrahan

Following the family move to Sydney at the end of 2016 Pauline Hanrahan made the decision to take up a position with the Juvenile Diabetes Research Foundation based in St Leonards.

Pauline has been associated with the Newcastle Melanoma Unit through melanoma research and clinical trials for almost 25 years. During this time her caring, compassionate and cheerful nature has been a great comfort to all those she came in contact with.

My families association with Pauline Hanrahan goes back many years to firstly when my mother Pat was being treated for metastatic melanoma then more recently my father Lance. I know she will be missed by both patients and staff at the melanoma unit.

We need your backing to continue the fight against melanoma

The recent articles reporting a decline in the mortality rates from melanoma in both males and females is indeed very good news, in particular the prediction that by 2050 the melanoma death rate will be half than in the peak years of the 1990s and 2000s. The research indicates that the UV protection of children is definitely the reason for this decline.

The HMF sees its UV or Sun Safe message to children as an integral part of community education and by providing each child with a take home bag of information and reminders to be sun safe, this message is also being shared with their families.

It is also heartening to read recent stories of patients with metastatic melanoma obtaining incredible results with the latest immunotherapy drug treatments. It's important to remember that these results come about after a great deal of research and in every way reinforces our commitment to continuing our support of melanoma research. HMF is proud to have been able to sponsor six melanoma research PhD scholarships over the past 20 years – and this has only been possible through the generosity of our community. Your help helps us to make a difference.

Fundraising, donations, bequests are all essential to enable us to continue to make a difference in our local community. The saying 'every little bit helps' is certainly true especially when you consider the Gimme5 moneyboxes for 5 cent pieces that have raised in excess of \$50,000 to assist us in raising awareness.

Every little bit certainly does add up and there are a number of small ways that you can support the HMF:

- Have a Gimme5 money box at home for your small change

 you will be surprised at how quickly it adds up. When it's
 full take it to the Newcastle Permanent Building Society and
 deposit in the account detailed on the bottom of the box
- Take a bundle of money boxes to your workplace and hand them around to work mates
- Become a member of the HMF for just \$11 per year
- Commit to making a small monthly donation we have a number of regular donors donating from \$15 per month
- Support our fundraising events and have a great time doing so
- Hold your own fundraising event we'll work with you to ensure it's a success
- Consider a bequest to the HMF. Recent PhD Melanoma Research Scholar Chloe Warren's achievements certainly attest to the value for money of a bequest, not only in the short term but well into the future
- Join the HMF Committee and work with us to make a difference
- Nominate HMF as a beneficiary if your workplace has an employee deduction scheme

Don't hesitate to contact Jenny at the HMF office if you wish to discuss any of the above.

I look forward to catching up with you at the race day.



The audited financial statements for the year ended 30 June 2016 were tabled at the Annual General Meeting on 5th December, 2016. It was pleasing to note an increase in income from the previous year and this was due mainly to the increased fundraising events held plus a generous donation and bequest.

Funds raised during the year supported the final year of sponsorship of two PhD melanoma researchers, maintained two HMF awareness buses and the Check Mate awareness campaign.

Dick Smith Foods Foundation

A very generous donation from Dick Smith Foods Foundation will assist us in developing an awareness strategy targeting teens and young adults.

All Dick Smith Foods profits are donated to charity and since beginning in 1989 Dick Smith Foods has donated over \$8 Million to more than 400 charitable organisations – a good reason to look for the Dick Smith Foods range when you are doing your grocery shopping!

Bequest

Sadly, Stephen Shelley lost his battle with melanoma but in acknowledgment of the care and treatment that he received and to also assist research to help future generations, the HMF received a bequest of \$5,000 from his Estate.

12 Days of Christmas

Christmas in Australia means a lot of things including long, hot summer days. To remind us of all the things we should be doing to protect our most precious organ – our skin - over the Summer months, committee member Claudia Tolhurst's introduced a **12 Days of Christmas** initiative providing a sun safety tip for each day and the opportunity to win a sun safety hamper valued at over \$400.

Congratulations to our lucky winner, Laurie and thank you to Edgey Specs, Chemmart Pharmacy Edgeworth Oasis, Bunnings Warehouse Argenton, Hair Warehouse Stockland Glendale, Tan by Roxy @ Floraville and Cancer Council NSW for their generous donations.

Once again there has been a variety of fundraising events from The Cove morning tea to the health and weight loss challenge, the Christmas raffle held by Curves Charlestown social committee to the 12 Days of Christmas – a huge thank you to organisers, participants and supporters of these events helping us make a difference.

Taking up the challenge for a worthy cause

Committee member Kristy Brown

Our North Coast family often travel down from Kempsey to attend HMF fundraising events like the Race Day and High Tea. This year my cousin Bec entered a competition at the Kempsey Shire Club which was a Be Healthy/Weight Loss challenge and the winning prize was a \$1000 donation to the charity of choice. Bec didn't tell me about this challenge but with my mother Linda on her mind and the fact that she could help the HMF to raise awareness about melanoma, she set her sights on the win and started working hard. On the 27th October, Bec was surprised to find out that she had actually won the challenge. The next morning Bec was so excited when she got to call me and tell me all about it as it was actually the 6th anniversary of mums passing that day. With tears all around it was wonderful to know that the support from everyone of us helps to make such a difference with the work that can be done by the HMF. I am honoured that she is giving this donation to us and so very proud of her efforts. Well done Cuzzie!



Bec with her winnings at Kempsey Shire Club.



From the Unit

Sue Collins, Clinical Nurse Consultant Melanoma

Report on The Australasian Melanoma Conference in Sydney hosted by the Melanoma Institute of Australia on Friday 28th October and Saturday 29th October.

I wish to thank the Hunter Melanoma Foundation for funding the registration fee for RN Kate Manning and myself to The Australasian Melanoma Conference in Sydney hosted by the Melanoma Institute of Australia on Friday 28th October and Saturday 29th October.

The programme was a very full 2 days for Kate and I which we thoroughly enjoyed. We learnt so much to assist us with care of our patients as well as challenged our thinking. We attended the sessions on both days as well as the breakfast sessions and lunch sessions and did not finish up until approximately 6pm on both days.

We were joined at the conference by other Unit members Dr Richard Levy, Dr Andre Van Der Westhuizen and Dr Linda Fenton. As well we were joined by other Newcastle participants, Dr Tony Azzi GP/Skin clinic, Dr Mark Formby (Pathologist for the Unit) and Prof Peter Hersey.

There were world leaders presenting from Australia and overseas in particular Vern Sondak a surgeon from Moffitt Cancer Centre Florida in the USA, Dr Tom Gajewski from the University of Chicago, Dr Jennifer Wargo from the MD Anderson Cancer Centre Texas to name a few. Presenters from Australia included Professor Richard Scolyer, Professor Rick Kefford, Dr Robyn Saw, Dr Alex Menzies, Dr Scott Menzies and Professor Georgina Long from the Melanoma Institute of Australia along with many others.

I particularly enjoyed and learnt so much from Dr Vern Sondak's presentations.

There were presentations ranging from diagnoses of melanoma, use of dermatoscope, prevention and autoimmunity and sun protection through to surgical management, follow up, supportive care and drug treatments and management of side effects. There was also a lot of discussion on the future and where to from here as there is still a way to go with management of metastatic melanoma, in particular brain metastases. There were also many presentations on research into new treatments.

I always enjoy and learn so much each time from Scott Menzies presentations on the use of the dermatoscope.

Dr Robyn Saws and Dr Omgo Nieweg presentations on follow up and follow up investigations was very topical. It was reassuring to see that the Newcastle Melanoma Unit follows the guidelines as recommended in this presentation – ie Sunsmart education for patients, train patients to perform self skin and nodal field examination, Share Care with GPs, and a set follow up programme that all surgeons follow in the unit. Share care with GPs was encouraged, supporting our share care program.

There was an interesting "Supportive care in cancer and focused on melanoma" presentation which was excellent to see and showed how far we have come in providing patient support as a routine. Supportive care is the prevention and management of the adverse effects of cancer including management of physical and psychological symptoms and side effects across the continuum from pre diagnoses to survivorship.

Supportive care needs include physical psychological, social, spiritual and informational needs. There was discussion on information needs and the need for this to be provided to all patients in a clear, timely and comprehensive way. It was good to see the model of care here in the Melanoma Unit supported.

Grant McArthur Director of Peter Mac Victorian Melanoma Unit presented from ESMO that over 5000 patients worldwide do not have access to the new Melanoma drugs – Braf inhibitors and immunotherapy. This was a challenging thought and I realised how lucky in Australia we are. (I understand New Zealand is one of the countries without access).

He also discussed the large problem we have with these drugs of resistance to the drugs developing – hence treatments stop working. With PD1 inhibitors (immunotherapy) this is around 40%. Of interest were the discussions on the continued challenge of when to stop these drugs after a patient is in remission and the excitement that people are now talking of cure for some of these patients.

There was also a number of papers and discussion on the use of these drugs in the adjuvant setting –ie to prevent a patient developing metastases.

There was also quite a bit of discussion and presentation on the role of surgery for metastases and lymphnodes in this day and age of available drug treatments.

I found particularly interesting and informative the presentation by Dr Brindha Shivalingam a Sydney neurosurgeon. She presented "How I treat brain metastases". This was excellent for helping with patient explanations and for helping patients to understand their treatment plan.

Professor John Thompson the Director of the Melanoma Institute of Australia (MIA) presented the New Australian Guidelines for the Diagnosis and clinical management of melanoma. He reported that this is a very time consuming exercise and so far the first 3 chapters are on the internet. This will allow timely changes to occur. He also presented the new world staging guidelines.

Melanoma Institute Australia presented a new online book– Melanoma Principles and Practice - A comprehensive Guide to Melanoma. All those who attended were given a "copy".

The afternoon of Saturday wound up with a panel discussing challenging cases in melanoma management.

The program was a very full 2 days, most interesting and informative to assist with our care of patients in the Melanoma

Unit ensuring we are up to date with care management.

Once again thank you to the Hunter Melanoma Foundation.



No doubt you would have heard on the news of the soaring temperatures in Adelaide over the Christmas/New Year period – well I can assure you that they were correct and it was hot – actually 41 on Christmas day but fortunately this was spent mainly inside (with air con).

Hot conditions aside, it was lovely to have a couple of weeks in Adelaide catching up with family and friends and although we only managed to visit one winery at Langhorne Creek, my sister who lives in the Barossa Valley made sure my brother's wine cellar was well stocked.

It was certainly a most welcome break after a hectic few weeks leading up to Christmas with a full diary that included:

- A number of sun safe visits to primary schools and a pre-school
- A visit to San Clemente with HMF Ambassador Caitlin Rosser whose story never fails to grab the kids attention.
- A presentation to Tomaree Probus members
- Pit Stops in Hunter high schools
- A fundraising morning tea at The Cove
- A melanoma awareness presentation to Orica employees
- Attendance at the Stockton School Fair
- Attending the Lake Macquarie Relay for Life
- Attending a presentation by Dr Rhy Thomas at the Newcastle
 Institute
- An ACNC (Australian Charities and Not-for-Profits Commission)
 workshop
- Assisting at the Beach Ball

Beach Ball

Committee members Leonie, Kristy & Claudia and I volunteered to assist at the Beach Ball to enable organisers Tracy, Kylie and

Meaghan to enjoy the event with their friends and family. It was a fabulous night with a lot of hard work and long hours put in by Tracy, Kylie and Meaghan who were overwhelmed by the tremendous amount of support the event received. The room at Merewether Surf House was a buzz all evening and it was obvious that all who attended had a great night.



L-R: Kristy, Leonie, Claudia and Jenny.

Grill'd Local Matters

Grill'd is a great supporter of the local community and Local Matters is the Grill'd community program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between three nominated local community groups and voted on by patrons who place their Local Matters token in voting jar.

Thank you to Grill'd Charlestown who recently donated \$100 to HMF as one of their charities to receive a Local Matters donation.

The Generous Community at The Cove

The Cove community gathered in late September for a spectacular morning tea to raise funds for the HMF - raising in excess of \$4,000! The food was made and donated by a group of the residents ably led by my friend Maggie Smith and her very supportive friends Sue Wallace, Judith Dark and Lyn Usher. Many local businesses very generously donated prizes for the raffle and The Cove's craft group held a craft stall that raised over \$400.



The Cove's charity morning tea is an annual event with a different charity chosen each year and HMF wish to say a big thank you for choosing HMF as your 2016 beneficiary.

▲ Jenny and Lyn Usher

Vale Mary Maughan

I first met Mary Maughan in 2004, when as Chairman of the One to One Committee, she contacted me to tell me that HMF would be the beneficiary of the committee's fundraising events for 2005.

It was a pleasure to work alongside Mary and her One to One Committee and a total of \$18,000 was raised through the three events held that year.

A tireless charity worker, Mary was passionate about supporting local community organisations, in particular the smaller charities and not for profits.

UV Alert - Extreme!

When temperatures hit the high 30's or 40's we aren't surprised to see the UV index as high as 17 but it's important to remember that when the temperature drops a day or two laterthe UV Index doesn't drop and remains at an extreme of 15 or more and this is the time when we can easily forget about sunscreen and hats as we don't have the intense heat to remind us.

Sun protection is recommended when the UV Index is over 3 and with our climate that is almost every day of the year so getting into the habit of putting sunscreen on every day is a good one. I was surprised at the extent of early sun damage on the faces of high school students photographed with the UV camera, particularly because the Sun Smart program was introduced into primary schools more than 20 years ago and these students would have attended schools with the 'no hat no play' and 'play in the shade' policies. When the kids reach high school the sun safe policies no longer apply and it seems apparent from the UV photos that the kids no longer bother to wear either a hat or sunscreen.

We have found that the best way to reach high school children is through peer-to-peer communication which is why we place such importance on our 'Don't Get Cut' video and 'Ewwburn' campaign and ongoing social media. With continued fundraising support, we plan to introduce new campaigns to raise awareness of the importance of protecting skin from UV damage amongst this key demographic.

There have been various reports in the media this summer about people saying they received bad sunburn to experiencing bad skin reactions after applying certain brands of sunscreen. In most instances when people get sunburnt, even after applying sunscreen, it is due to firstly not applying enough and secondly not reapplying the sunscreen every 2 hours. A good tip if you are going to be out in the sun for sport or recreation is to make your first application a double application to ensure you don't miss any spots, this is also especially a good idea for children.

Some people do have very sensitive skin and can have a bad reaction to particular chemicals in sunscreen. If you are one of those people you may have to invest in a sunscreen such as Actinica or La Roche Posay that are especially formulated for sensitive skin.

Sun Safe Schools Visits

A valuable lesson – Book in now!

Now is a good time to get your primary school to book in their sun safe visit. Each child will receive a HMF Sun Safe bag of goodies and students will learn about the dangers of the sun and the importance of sun protection with a 20 minute presentation.

Book today! Call Jenny on 4985 0103 for more info.





Training Spotting

A mystery man who came to the rescue of another man by alerting him to a possibly cancerous mark on his left cheek has been found.

69-year-old Allen Lette says he was sitting on a train to Southern Cross last month when a fellow passenger suggested he get a check up on a 2 millimetre spot on his face. The spot was stage one melanoma.

Mr Lette was on a mission to find the Good Samaritan to thank him, he spoke with 3AW Breakfast on Monday. The man in question has since come forward.

Dermatologist Dr Robin Marks told 3AW Breakfast's Justin and Kate, Allen was startled when he approached.

"He was shocked because I came out of the blue and told him.

"I didn't say it was a Melanoma, I just told him he should have it looked at."

Dr Marks says, "It's always a difficult thing to do to know whether or not someone's going to punch you in the face!"

Allen offered to take Dr Marks and his wife out for dinner in thanks.

Source: Oncology Nurse Advisor, December 2016

A higher risk of invasive melanoma is associated with consumption of alcohol among white men and women; the association is with white wine, in particular, and lesions are more likely to develop in areas of the body that get less sun exposure, a study in the journal Cancer Epidemiology, Biomarkers & Prevention has shown.

Alcohol consumption is associated with greater incidence of several cancers including in the digestive tract, liver, pancreas, colon, rectum, and breast. In this study, researchers sought to determine whether alcohol increases the risk of melanoma.

Data used in this study were from a total of 210,252 participants involved with 3 large, prospective cohort studies who were followed for a mean of 18.3 years. Alcohol consumption was determined via review of food-frequency questionnaires. A standard drink was defined as 12.8g of alcohol.

Olivia Newton-John Cancer Research Institute Release: Melanoma Blood Test Saves Lives

Source: Bio Space, November 2016

The Olivia Newton-John Cancer Research Institute has become the first laboratory in Australia to be NATA accredited for a breakthrough technology to perform blood tests for melanoma patients to detect and analyse cancer genes. This new approach is already saving lives.

This new blood test is called a liquid biopsy, because it can often

replace the need for a much slower, and often invasive, surgical biopsy. From a blood sample, researchers can identify whether a melanoma patient will respond to a specific treatment, and also learn when a treatment stops working and new treatment options need to be explored.

Medical Director of the Olivia Newton-John Cancer Wellness & Research Centre and ONJCRI, Professor Jonathan Cebon said "These tests are done quickly, and without surgery so there is no pain and reduced anxiety for the patient. We can make treatment recommendations sooner and we can monitor treatment response regularly rather than waiting for the next scan, which might be months away."

Cancer Institute NSW Gives Shocking Message To Millennials

Source: B & T, November 2016

Today, the Cancer Institute NSW launches its 2016-17 summer campaign, Your Time in the Sun, an integrated, content-led campaign set to educate young people on the seriousness of melanoma and the importance of developing daily sunprotection habits to prevent life being cut short by skin cancer.

The confronting campaign sees the team behind the highly successful Pretty Shady take a radical new approach to messaging – aimed at increasing millennials' awareness and understanding of melanoma as a disease which can affect not only the skin but the lungs, brain, heart and bones.

The Institute is leveraging the insight that Australian millennials are an ambitious generation, and by encouraging them to consider what it would be like to have their "time in the sun" cut short before having the chance to experience all that life has to offer, it aims to resonate with them on a different level.

WA Funding to Prevent Skin Cancer in Surfer

Source: Australian Associated Press, December 2016

West Australian surfer Mark Lane has spent his life in the sunshine and never believed he was in danger of skin cancer - until a health scare six months ago.

Mr Lane had non-invasive melanomas removed from the side of his temple and is now more vigilant than ever.

"I honestly freaked and then it was like, wow, this thing's got me - what am I going to do now?" he told reporters on Wednesday. "I'm sure I've probably got a couple more catching up over the next few years."

Mr Lane, who is the chief executive of Surfing WA, has welcomed a \$288,000 Healthway grant for a skin cancer prevention program targeting young surfers.

He has learned his lesson and hopes to raise further awareness.

"Look after yourself in the sun - it all adds up."

Cancer Council's Mark Strickland said skin cancer was not just an "old people's disease" and was the most common cancer for people aged 12 to 24.

YOU'RE INVITED TO kick up your heels AT THE



WEAR YOUR SILLIEST, BIGGEST, OR BRIGHTEST HAT AND HAVE A FLUTTER AT A FUN-FILLED DAY OF FASHION, FILLIES, FRIENDS & FUNDRAISING.

Get your group together and book your Mounting Yard Marquee tickets today!

Tickets **\$70pp** includes entry to the track and to the marquee with a delicious buffet lunch and cheese platters, tote & bar facilities.

Prizes for best hat and best dressed.

BOOK NOW

Call Jenny to reserve your table on 4985 0103 or book online at www.trybooking.com/OSYJ

TryBooking is proud to sponsor this event and will donate back all booking fees. Trybooking



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