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Patron:	Paul Cave AM
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Leonie Murray	Tamara Tancred
Claudia Tolhurst	
Ambassadors:	
Holly Edmunds	Daniel Martine
Tracy Garner	Jake Sylvester
Erin Lewis	

I had the opportunity to meet our race sponsors, some who have been supporting our race day for over 15 years (Radford Shopfitters, McKanna Fabrications, Varley and friends of the late John Whitmore), others who sponsored for the first time last year and had such a great time they came back this year (ShedBoss Hunter and NSF Super) and new sponsors RAMS Home Loans. Without your sponsorships our race day wouldn't happen, so thank you for your support – I don't have to ask if you enjoyed yourselves as it was obvious on the day that everyone had a great time and I hope to see you back again next year. In particular, I am looking forward to seeing successful auction bidder, Aaron Walter of Century21 Edgeworth resplendent in his watermelon socks donated by Michael Ptolemy.

If you missed our movie night or race day I hope you can make it to our Mad Hatter's High Tea Party Sunday 24th July or join us for a fabulous performance of Wicked on Wednesday 24th August.

This year sees the completion of PhD HMF scholar Ryan Davey and Carol Foster scholar Chloe Warren. We look forward to their final report and wish them well in their future endeavours. A number of HMF committee member recently had the opportunity to join Dr Nikola Bowden and her melanoma research team for a morning tea and update.

I am pleased to announce our association with Beyond Bank - a customer owned bank supporting the local community - as a member of its Community Rewards Program. It's as simple as opening a Community Reward Account and nominating the Hunter Melanoma Foundation as your charity of choice. You receive the benefits of being a Beyond Bank customer - competitive interest rates, online banking, free transactions and no account keeping fees - and the HMF receives a donation from Beyond Bank at no cost to you. There is also a rewards program for home loans. Go to www.beyondbank.com.au for more information.



Chairman's Report

Lawrie Hogg

It has certainly been a busy first few months in the role as Chairman – but enjoyable and rewarding. Although My Big Fat Greek Wedding 2 is not a movie I would have had on my 'must see' list, I have to admit that it was a fun movie and everyone who came along to support the event thoroughly enjoyed themselves.



▲ Lawrie Hogg and family with winning connections of the Lance Hogg memorial race.

The HMF has been holding an annual charity race day for over 20 years and this year my brother Tony and I chose to sponsor a race in memory of our much loved dad and a wonderful grandfather – Lance Hogg. It was a family affair and a wonderful way for us to celebrate a very special person in our lives.

Diary Dates

JUN
30

HMF Membership Due

JUL
24

Mad Hatter's High Tea Party
see page 7 for details.

AUG
24

Metropolitan Players presents "Wicked"
see page 3 for more information.



Treasurer's Report

Janelle Kirk

My Big Fat Greek Wedding 2

This year's fundraising kicked off with the premiere of 'My Big Fat Greek Wedding 2'; a fun movie enjoyed by all who attended. Our Taste of Greece definitely lived up to their name providing tasty pre-movie nibbles accompanied by Greek music and dancers to get us in the mood.

A movie night fundraiser was a new experience for us and even though the timing of our event – the Thursday before the Easter break – meant that a number of people weren't able to attend, we had an almost full theatre. Thank you to all who supported the event, our volunteers and our generous donors; Kev Baldwin Confectionery (lolly bar), Wine Selector Magazine & Mor Cosmetics for helping us to raise in excess of \$3,000.



◀ The delicious lolly bar provided by Kev Baldwin Confectionery.

UV Camera

We were pleased to take delivery of our new UV diagnostic device recently which was purchased with funding from the Newcastle Permanent Charitable Foundation. It is very different from our old camera with the images displayed on an iPad which can then be emailed to the individual. It also provides 6 images highlighting sun damage to the skin. The camera is not a diagnostic tool, however, it is a way of demonstrating to people that they have a lot more sun damage to their skin than they think and why it is important to wear sunscreen every day.

The camera will be used at all community awareness events, taken to high schools as part of the Pit Stop program and it will also be available for melanoma unit staff to use for patient education.

In the past our UV camera has been very popular so it was disappointing when the Polaroid film required was discontinued. Thanks to the Newcastle Permanent Charitable Foundation we now have an updated high tech UV diagnostic device to assist us in raising awareness.



▲ The Observ Skin Diagnostic Device

Orica Grant

Thank you to Orica for their recent grant for a melanoma prevention and early detection project in the local community.

Conference Attendance Support

We were pleased to be able to assist Dr Moira Graves, who is part of the HMRI melanoma research team, with travel costs to attend a recent melanoma conference in the USA. See Dr Graves report on page 4.

Membership Renewals/End of Financial Year Donations

Lastly, it is that time of year when membership fees are due and also time to think of possibly making a tax deductible donation. For your convenience forms are included together with a reply paid envelope. If you would prefer to make a direct deposit into the HMF account the details are:

Name: Hunter Melanoma Foundation

BSB: 082637 **Account number:** 037112575

And don't forget to let Jenny know where to forward your receipt - jenny@hmf.org.au. Join us in our fight against melanoma.



Foundation News

Jenny Noblet

Shortland Waters Golf Club – Lady Golfers

It was a beautiful day to be on the golf course with over 20 teams participating and a shot gun start. Those ladies unable to play were busy in the club house manning the trade stall offering delicious cakes, slices, chutney, jam and other homemade items. Congratulations to the winning team from the Hunter Valley Golf Club and huge thank you to the Ladies Committee for their hard work in ensuring a successful day.



▲ Darrin Cassen, William Waite, Andrew Fensom and Marc McGee from the winning golf team.



▲ Jenny Noblet with Shortland Waters Golf Club Lady Members President, Colleen French.

Race Day 2016

It was another successful day thanks to our race sponsors and supporters who helped us raise just under \$10,000. Thank you also to Domayne, Gemelli Estate, The Body Shop Kotara, Avon and John Lewis for their generous donations to our raffle and guest gift bags.

Congratulations to our lucky raffle winners:

- | | |
|--|--------------------|
| 1st Prize Apple watch | S Radford |
| 2nd Prize \$150 Surf House Voucher | M Stewart |
| 3rd Prize Wine Pack | D Cameron |
| 4th Prize Wine Pack | K Galbraith |
| 5th Prize Robert Gordon tea cup and saucer
+ Gemelli Voucher | K Armstrong |
| 6th Prize Robert Gordon tea cup and saucer
+ Gemelli Voucher | T Hogg |
| 7th Prize Robert Gordon tea cup and saucer set | L Peterson |



Race goes enjoying their day at Newcastle Jockey Club.

Full Marks Barnsley Public School

On the last day of term I visited Barnsley school for a sun safe presentation and although the Kinders were more interested in what they were going to get in their HMF bag – and also very excited that it was the last day of school for a couple of weeks – the senior students were very attentive asking a number of relevant questions at the end of presentation.

Thank you Barnsley students – it was a pleasure to visit your school.

Our new partner - Beyond Bank

Beyond the call.

Like us, Beyond Bank sees the important value in providing assistance and support to those going through their cancer journey, as well providing education services to reduce and prevent melanoma in the future. Beyond Bank is committed to supporting not for profit organisations to help improve our local communities.

Here's a little bit about Beyond Bank:

Why they exist.

Beyond Bank are a 100% customer owned bank which means they exist to return value to their customers and the communities where they live.

How they do it.

Beyond Bank have a team dedicated to community, the team work collaboratively as partners with not-for-profits to help further their cause and achieve their goals.

METROPOLITAN PLAYERS INC.

production of

WICKED

THE UNTOLD STORY OF THE WITCHES OF OZ

24 August

Civic Theatre Newcastle

\$55/ticket

Music & Lyrics by
Stephen Schwartz

Book by
Winnie Holzman

Based on the novel by Gregory Macguire

Orchestrations by William David Bohn
Music Arrangements by Alex Lacamoire & Stephen Oremus

By arrangement with Hal Leonard Australia Pty Ltd Exclusive agent for Music Theatre International (NY)

Secure your tickets today at hmf.org.au/bookings.php



What they do.

Beyond Bank offer exclusive products and services to those connected to a community organisation like Hunter Melanoma Foundation (HMF). Just by choosing to bank with Beyond Bank you could be assisting Hunter Melanoma Foundation with financial rewards, at no cost to you.

Simply open a Community Reward Account and nominate the HMF as your chosen charity - not only will you reap the benefits of competitive rates, lots of free transactions and no account keeping fees but - you'll also be helping the Foundation. Each year Beyond Bank will donate a percentage of your annual average balance to the HMF - all at no cost to you. The more you save the more Beyond Bank will donate to the HMF. We call that Win! Win! The more people that sign up and nominate the HMF, the bigger the cheque we receive each year to continue our work in the community.

Beyond Bank AUSTRALIA

Visit www.beyondbank.com.au or call direct to our Community Team on **0429 300881** or kdaniels@beyondbank.com.au

Newcastle Show

It was once again 3 days of warm weather with most attendees without hats or sunscreen. This year we were prepared and took a number of the hats donated by Jasper Rose. We sold out on the first day but I was able to restock and we sold out again on the Saturday. Our free sunscreen was very much in demand as well.



▲ Newcastle Show goes lapping up the free sunscreen.

Pit Stops for Year 9/10

We are once again participating in Pit Stops in Hunter high schools and I really can't understand what happens in the transition from primary school to high school as the kids seem to leave the sun safe message behind. In our group discussions when questioned, it's evident that the kids all know what they should be doing but for various reasons aren't doing it.

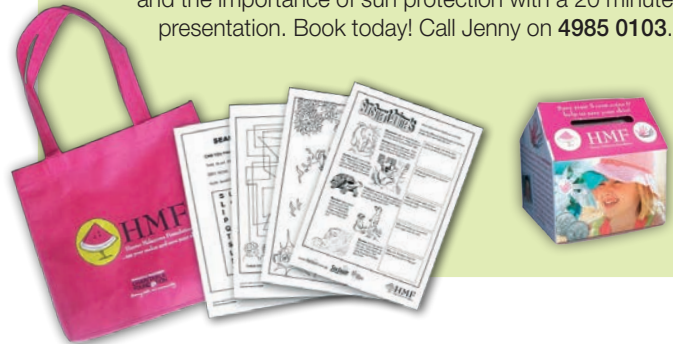
Sadly, melanoma is not just an old person's disease and remains one of the most common cancers of both males and

females aged 15-39 years. But for us, this age group is proving the toughest to get the prevention and early detection message across to. But we will definitely keep trying!

Sun Safe Schools Visits

A valuable lesson!

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**.



Research Report

Nikola Bowden's Research Team

Clinical Trials

Dr Moira Graves

I would to thank the Hunter Melanoma Foundation for giving me the opportunity to travel to the American Association for Cancer Research in New Orleans. Here are some of the latest clinical trial outcomes delivered for the first time at the conference.

The results of the Phase II trial comparing ipilimumab (Yervoy) and nivolumab (Opdivo) compared with ipilimumab (Yervoy) monotherapy alone were released, presenting a two-year overall survival of 64 % with the combination of Opdivo and Yervoy versus 54 % for those treated with Yervoy alone. Within the trial, patients with BRAF wild type melanoma, (those without the mutation), the 2-year overall survival was 69% with the combination compared to 53% with Yervoy alone. The responses to the combination therapy remain durable although the adverse events (reactions to the combination therapy) are more severe than that of Yervoy alone.

CheckMate-067 trial was Opdivo alone or a combination of Opdivo and Yervoy versus Yervoy alone in metastatic melanoma patients who have had no previous treatment. The combination of Opdivo and Yervoy had better overall response rates and longer progression free survival time than Opdivo which was better than Yervoy alone. The most extensive follow-up on long-term overall survival following Opdivo monotherapy in previously treated patients with advanced melanoma has shown a 34 % overall survival observed with no new deaths or safety signals five years after discontinuing treatment. In a follow-up to KEYNOTE-006 - a phase III trial - demonstrated superior outcomes following treatment with Keytruda (anti-PD-1) compared with Yervoy as a first-line therapy for advanced melanoma.



Melanoma News

Don't become another Aussie sun statistic

Melbourne Melanoma Update March 2016

There's really nothing more typically Australian than a bronzed tradie, working with his hands under the beating sun.

Or the grizzly old farmer, skin like leather, starting work as the sun's rays appear on the horizon and finishing as they sneak away for the night.

Then there are our truckies – right arm hanging out the window as they cruise down endless highways.

These three sectors of the community are also three of the most over-represented when it comes to melanoma rates.

Working long hours outdoors and not taking enough care of themselves is resulting in skin cancer becoming a silent epidemic among these groups.

Men are generally less likely to slip, slop, slap. Unlike their female counterparts, they are not as likely to lather up in sunscreen and don't cover up – to be honest, a singlet and shorts is the uniform of choice.

What makes this worse is the fact men are also well-known for dodging the doctor. So when skin cancers are finally detected, it's at a later stage when treatment is more difficult.

Melanoma is the most common cancer in Australia and the most dangerous form of skin cancer. About 11,000 Aussies will be affected by the disease and 1800 of those people will die as a result this year.

Thanks to our love affair with the sun, these rates are 12-times higher than the global average.

Melanoma is also the most common cancer among 15 to 39 year-olds and kills more Australian 20 to 34 year-olds than any other cancer.

While we usually bemoan political correctness and red tape, the recent advent of employers being held responsible for employees' sun exposure will have a significant impact on our outdoor workers in future.

Sure, they probably don't like pulling on a high-vis, long-sleeved shirt as they head onto the building site on a day nudging 40 in the shade but when you consider the alternative, it's not that bad.

Many fit, young tradies feel bullet-proof – they're at the prime of their life. But no one is immune from melanoma even people with dark skin pigmentation. Reggae legend Bob Marley was struck down at the tender age of 36 after a malignant melanoma under his toe nail moved to his lungs and brain.

His final words to son Ziggy were "money can't buy life". He's right, but it can buy sunscreen, hats and sunsafe clothing.

Sun Smart

Australia no longer leads the world as the country with the highest melanoma rates, losing the mantle to New Zealand.

A study has found per capita rates of the deadly skin cancer in Australia have fallen steadily since 2005 to 48 cases per 100,000 people in 2011, and are predicted to keep dropping during the next 15 years.

New Zealand rates are still on the rise and were 50 cases per 100,000 in 2011.

Population health expert David Whiteman led the study of six populations with moderate to high melanoma incidence, including the UK, Norway, Sweden and caucasian Americans.

He said Australia was the only one of the six where melanoma rates had started to fall, putting the decline down to effective sun smart campaigns since the 1980s and measures introduced into schools, child care centres and work places to decrease ultraviolet radiation exposure.

Professor Whiteman said Slip, Slop, Slap had contributed to a decline in melanoma rates for people aged 50 and under, but were still increasing in older Australians who had most likely already sustained sun damage before the public health campaigns began.

Sunscreen Q & A's

We may have said goodbye to summer and packed the swimmers away but we definitely should not be putting our sunscreen in the cupboard.

The following article is from the MIA March 2016 newsletter and MIA's Dermatologist Associate Professor Pascale Guitera answers the most commonly-asked questions about sunscreen.

Why is it important to wear sunscreen every day?

Ultraviolet (UV) sun damage accumulates on an everyday basis and even if you have no serious sunburns, over a long period of time it ages the skin, creates sunspots, and eventually skin cancers and melanoma can develop. UV radiation is damaging skin cells – it causes mutations in your DNA. Sunscreen acts as a barrier, reducing the amount of UV radiation that reaches your cells.

Regardless of what the days in Australia the UV index is quite high. It depends on where the sun is in the sky. Midday sun is the harshest but you really should try and avoid being in direct sunlight between 10am and 3pm if possible.



Do you need to wear sunscreen even when the sun isn't out?

UV can penetrate clouds so even on a cool or cloudy day or at the snow for example, the UV index can still be high. Be aware of the daily UV index and protect yourself appropriately with sunscreen

and other forms of sun protection such as seeking shade and wearing protective clothing like hats, long sleeves and sunglasses.

Does it matter how much sunscreen you put on?

Yes, it certainly does. As a guide, you need a shot glass full of sunscreen to cover your whole body and face. Most people put less than half the recommended amount of sunscreen on which means they aren't getting adequate protection. It is often easier to protect with hats and clothing than it is with sunscreen.

Do you need sunscreen every day if you work inside?

Applying sunscreen every day is a good habit to get into whether you work in an office or outside in the elements. Working outside you need to be reapplying sunscreen every few hours. If you work inside, remember the most intense UV radiation is around midday so if you plan on going out at lunchtime or when you finish work in the afternoons, you should reapply your sunscreen.

What are the effects of not wearing sunscreen every day?

You will end up with chronic sun damage and everything that goes with it: wrinkles, sunspots and skin cancers including potential melanomas. Sadly the areas that are chronically sun damaged are typically the nose, scalp and ears; these are not the places you want scars from surgery. Remember a little bit of sun exposure every day, even without obvious sunburn contributes to premature ageing.

My skin is naturally dark so am I protected from developing skin cancer?

As a general rule anyone can develop skin cancer but people with darker skin tones have a higher threshold. Even these individuals can develop melanoma in areas that are not pigmented in particular such as palms of the hands and soles of the feet, or under the finger and toenails.



Skin phototype is the term we use to describe different skin types and how they react to sun exposure. This scale varies greatly from person-to-person. Depending on your heritage and hair colour, you might have a higher or lower risk but overall, anyone can get skin cancer.

MAKE UP

Is wearing make-up or moisturiser with SPF protection enough to keep me protected?

Yes, but you need to use a high SPF product, applying it liberally in the morning and then ensure that you reapply it throughout the day. Even SPF 50+ should be reapplied every two hours or so.

Is there any impact of applying make-up on top of my sunscreen?

You should let the sunscreen dry or absorb properly before applying make-up so you don't accidentally remove it. Generally

speaking it is good to have make-up on top of your sunscreen as it creates an additional mineral filter on your skin.

How bad is it to apply sunscreen every day for my skin? Will it clog my pores?

No. If this is a concern for you, look for products which are suitable for sensitive or acne-prone skin. Labels will say non-comodogenic which means it won't clog pores. If you do have acne-prone skin and you don't apply sunscreen, sun exposure can exacerbate the problem as UV exposure causes the skin to thicken. This process typically clogs pores, hence the intense flare-up of acne some people have at the end of a holiday.

AGEING

What are the effects of sun damage on my face?

Wrinkles, pigmentation, sun spots and if that isn't bad enough, an increased risk of skin cancers including melanoma.

Can we measure the impact of the sun on skin ageing?

Yes. It is the major risk factor for ageing. Typically "Australian skin" looks five years older than "European" skin. The most effective way to fight skin ageing is to use sun protection.

Are the visible signs of ageing dependent on the amount of sunshine we are exposed to?

Yes. The more sun exposure you have the more aged your skin will appear. As discussed above, the phototype of your skin and the moisturiser you use can also play a role in how your skin ages.

Is it too late to start applying sunscreen every day?

It's never too late, as the damage is cumulative; whenever you start, it will help reduce the impact of UV damage in the longer term.

This Winter use your melon, stay dry (and look cool!)



HMF umbrellas on sale at HMF Platt Street, Waratah or call Jenny 4985 0103.

\$25



YOU'RE INVITED

to Hunter Melanoma Foundation's
M.A.D Hatter's^{High} Tea Party!



24 July 2016

1:00pm • \$55 • The Beach Hotel Merewether



We're all mad here.

You're mad, I'm mad & it would be mad to miss a high tea like this!



To book, visit: hmf.org.au/bookings.php or use form below.

Yes we'd love to join you at M.A.D Hatters Tea Party! Please book ___ tickets @ \$55 per ticket. I enclose a cheque for \$ _____ OR charge my credit card: Visa Mastercard

Number Expiry

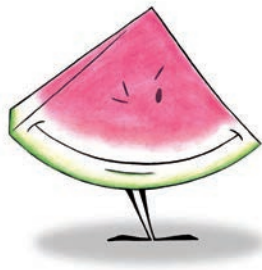
Name _____

Signature: _____ Phone (BH): _____

Address: _____ Postcode: _____

Email: _____ Company: _____

Please post to: Hunter Melanoma Foundation PO Box 278 Waratah NSW 2298. or fax to: 4985 0101



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Newcastle District Bowls Association

RAMS Home Loans

Marks Point Lady Bowlers

Ncle Sunrise Rotary

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 Visa Mastercard

Card Number Expiry

Name _____

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

