

Chairman:	Lawrie Hogg
Vice Chairman:	Trish Marjoribanks
Executive Officer:	Jenny Noblet
Secretary:	Rebecca Boyd
Treasurer:	Janelle Kirk
Public Officer:	Janelle Kirk
Melanoma Support Group:	Lisa Hamilton
Patron:	Paul Cave AM
Committee:	
Kristy Brown	Linda Swain
Leonie Murray	Tamara Tancred
Elizabeth Slevin	Claudia Tolhurst
Ambassadors:	
Holly Edmunds	Daniel Martine
Tracy Garner	Jake Sylvester
Erin Lewis	

own and getting the message across to them is a big concern to us especially once they reach their teens.

Interestingly, this age group was mentioned in the Parliamentary enquiry into Skin Cancer in Australia report as one that requires more focus. The HMF agrees and vows to continue work in education and awareness targeting teens through high school programs, social media and digital channels.

Other groups that the report suggested would benefit from an increase in sun safety awareness were **sports people** and the **workforce** - two areas that we plan to focus on as well. If you are involved with a sporting body or are responsible for health and safety in the workplace and would like a presentation for your teams or colleagues, posters or other information - please contact Jenny at the HMF office. We know how important the prevention and early detection message is and it will continue to be a priority for us in these three focus groups.

To enable us to expand on these projects we will be increasing our fundraising efforts with a variety of events planned for 2016 including the movie premiere for **My Big Fat Greek Wedding 2** on **24th March**; our annual **Charity Race Day** brought forward to **30th April**; **High Tea** on **24th July** and we are very pleased to have tickets allocated for the charity night of the **Metropolitan Players "Wicked"** on **24th August** at the Civic Theatre. We have a busy year planned and I hope you are able to join us for these fun events.

Welcome to our first newsletter of 2016. As we look forward to an exciting new year, it is timely that we look back and acknowledge outgoing Chairman Peter Chapman and thank him for his five years of service to the Foundation. We wish Peter and his wife Linda well with their new venture at Blueys Beach.

It is with great pleasure that we welcome a new Chairman, Lawrie Hogg as well as Vice Chair, Trish Marjoribanks and new committee member Claudia Tolhurst.

We thank the committee for continuing to support the Foundation's work towards our goals to create awareness about prevention and early detection and support research to ultimately cure melanoma.



Chairman's Report

Lawrie Hogg



▲ Introducing our new Chairman - Lawrie Hogg.

It wasn't a hard decision for me to agree to take on the role of Chairman. Many of you would be familiar with my face from the HMF "CheckMate" campaign - raising awareness about the importance of early detection through skin checks. Though targeted at men over 40, it is an important message for all adults.

Melanoma has had a huge impact on my family. I've lost

both parents to melanoma and my brother Tony and I have both been diagnosed with a melanoma. Tony and I have kids of our

Diary Dates

MAR 4-6 **HMF at the Newcastle Show**
call in and visit

MAR 24 **Movie Premiere:**
My Big Fat Greek Wedding 2
see page 2 for ticket information.

APR 28 **Melanoma Support Group Meeting**
for more info contact Lisa Hamilton on 0448458880.

APR 30 **HMF Race Day**
see page 7 for details.

JUL 24 **Mad Hatter's High Tea Party**
see back page for details.

AUG 24 **Metropolitan Players presents "Wicked"**
see page 3 for more information.

In conclusion I would like to reiterate that the HMF is not a government-funded body. We rely totally on the generosity of donations from the public and private sectors, fundraising events and bequests for us to carry out our various programs.

We are always on the lookout for funding opportunities and suggestions. So if you are in business, part of a sporting organisation or have in some way been exposed to the disease melanoma, I would urge and appreciate your consider of the Hunter Melanoma Foundation as your local charity organisation where all funds raised are invested back into the local Newcastle and Hunter Regions.



Treasurer's Report

Janelle Kirk

The HMF continues to support melanoma research with the committee approving funding extensions of six months for both Ryan Davey and Chloe Warren to enable them to complete their PhD's (refer Nikola Bowden's research report).

The committee also agreed to assist with travel expenses for researcher Dr Moira Graves to attend the American Association of Cancer Meeting in April.

HMF Buses

I don't think there is anyone in Newcastle that hasn't seen our buses. This year we will continue to promote awareness with two buses but have changed the Ewuburn bus to a Melon bus similar to our van. Funding from the Gimme 5 money boxes in memory of Scott Polglase enables us to keep these buses on the road.

So please continue to fill those money boxes with your five cent pieces - at schools, shop counter tops and at home. It's phenomenal to think this campaign has raised over \$40,000! That's a lot of five cent pieces!!



▲ Stuck in traffic? Don't get the pips! Get some tips... from the HMF Bus!

Booking tickets online

As Lawrie mentioned, we have a number of fundraising events planned for the coming year and we have joined trybooking.com (a secure online ticketing service) to streamline our ticketing & payment process. Visit hmf.org.au/bookings.php to purchase tickets to any HMF event. (Direct payment into the HMF account and credit card facilities are still available if required)

Dick Smith Foods – Charity Nomination

Dick Smith Foods continue to support community based charities and they are asking YOU to nominate who you think they should support.

We ask you to support the HMF simply by sending an email to charity@dicksmithfoods.com.au with the subject **“Charity nomination for support”** and ask that the Hunter Melanoma

Get your Greek on! **Thursday 24 March** for the premiere of

MY BIG FAT GREEK WEDDING 2

**GREEK FOOD
GREEK DANCING**

**LOLLY BAR FROM 5.15
MOVIE PREMIERE @ 6.30**

EVENT CINEMAS GLENDALE
\$30 adults / \$15 children

Tickets on sale now at hmf.org.au/bookings.php

Foundation (yes, the full registered charity name required) be added to the list of charities to be considered for support in 2016. (Please note that only one nomination per email address will be accepted so please ask your family and friends for their support.

Caves Beach Primary School



▲ Gold Coin Day at Caves Beach Primary School

A big thank you to the pupils of Caves Beach Primary school who held a gold coin day in support of the HMF at the end of last year.

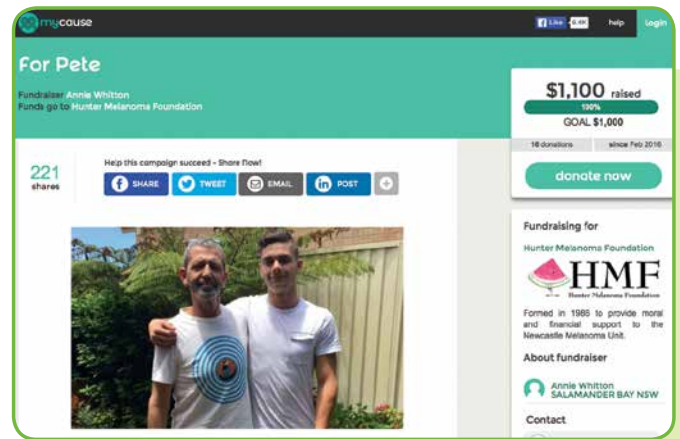
Jenny went to the school to collect the cheque from Lochlin Smith, a member of the school's Parliament, and was overwhelmed by the donation of over \$600.

Well done and thank you!

For Pete's sake

Annie Whitton from Salamander Bay, is running her first half marathon on the Gold Coast in July. She thought she would turn all her training and effort into some sponsorship money to help her ex-husband and friend, Pete, who is suffering from Melanoma.

Annie simply went to our "mycause" page, set up her event and invited family and friends to support her by making a donation to



▲ Annie's "mycause" fundraising event "For Pete"

the HMF. She was only hoping for a few hundred dollars. At last check, Annie's supporters had raised over \$1000.

You too can set up your own fundraiser for the HMF and invite your supporters to sponsor you in any event! Go to the "mycause" page and you'll see how easy it is.

Run, swim, cycle, walk or climb, host a high tea, or maybe organise an out of uniform day, or watermelon eating comp at school. You can even ask for donations to the HMF in lieu of gifts.

Choose any event, occasion or challenge you like. Email and let us know and we may be able to help get more supporters for your fundraiser!

www.mycause.com.au/charity/6389/HunterMelanomaFoundation

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



Research Report

Nikola Bowden's Research Team

We have had another very successful and busy year. We have been regularly meeting with Dr Andre van der Westhuizen from the Newcastle Melanoma Unit and we are very happy that our results from the lab have continued to support an idea for a clinical trial we have been discussing for over 12 months. Tim Budden has completed the 3rd year of his PhD focussing on testing our idea of combining 2 old chemotherapy drugs to kill melanoma cells. So far the combination is killing melanoma cells in the lab as well as stopping their growth. Tim has presented his data twice in the USA this year and at multiple local conferences, it is really exciting new data.

We welcomed Dr Moira Graves to the team in April. Moira recently completed her PhD investigating multiple sclerosis, she brings a wealth of immunology experience to our team. Dr Natalie Beveridge joined us last year and has continued to get established and develop her own research projects within our team.

Chloe Warren, HMF Carol Foster Memorial PhD scholarship recipient, is about to complete her 3rd year of her PhD. Chloe has worked tirelessly on a very difficult but new area of melanoma research, looking at a gene that controls cell death. Not much is known about a very rare form of the gene BCL2 and Chloe has designed highly specialised experiments to find the rare and common forms of the gene in melanoma tumours. She has found the rare form of BCL2 is present in less aggressive melanomas where patients survive for longer. In the long-term this might lead to a test to determine more accurate prognosis for patients.

Ryan Davey, our HMF PhD scholarship recipient is due to complete his PhD in January 2016. Ryan has spent the last 3.5 years collecting data on DNA repair genes in melanoma tumours and he has just had his first paper published, a review of all the melanoma treatments that have been used and a prediction of what will happen in the next few years. Ryan worked really hard on the paper and both Andre and I are very pleased it has been published. Davey, R.J., van der Westhuizen, A and Bowden N. A. "Metastatic melanoma treatment: combining old and new therapies". Critical Reviews in Oncology/Hematology, In Press

We had a successful year presenting our research at the international cell death conference in Brazil and 5 of us presented posters at the International Society for Melanoma Research Congress in San Francisco, USA. We also received a \$600,000 fellowship and project grant from the Cancer Institute of NSW and a Ramaciotti Foundation Health Investment Grant to fund the first part of our clinical trial in 2016.

We continue to be very grateful for the support the HMF gives us each year for scholarships, equipment and travel. These are areas that we cannot get funding for from any other organisation. Thank-you again for your ongoing support.



Foundation News

New Committee

The 2016 committee has two new committee members: Claudia Tolhurst and Trish Marjoribanks.

Trish is no stranger to the HMF. A committee member in the past who assisted with a number of fundraising events (as well as being involved in the initial sun safety primary school awareness project). Trish has participated in many HMF awareness activities. It is great to see her back on the committee taking on the role of vice-chair.

Claudia works for Beyond Bank and is married with two teenage daughters. She has been involved with fundraising for a number of sporting clubs, schools and charities over the years organising movie nights, trivia nights and golf days.

After her eldest sister had a melanoma removed about 30 years ago and she lost a dear friend to melanoma 2 years ago, Claudia became interested in supporting the HMF. Not one to do anything in half measures, she nominated for the committee straightaway.

Peter Chapman

After 5 years in the role, Peter Chapman has resigned as Chairman of the HMF. Peter and wife Linda made a bold decision mid 2015 and have opted for a lifestyle change to beautiful Blueys Beach.

Peter joined the HMF committee after losing his first wife, Margo, to melanoma in 2004. Prior to serving as Chairman, Peter served 4 years as a committee member. As a solicitor he made a great contribution with his pragmatic approach. Knowing the importance of raising awareness he was pleased to be involved in two successful awareness campaigns: "CheckMate" and "Ewwburn".

On behalf of the HMF committee and members I extend a big thank you to Peter and wish him and Linda well in this new phase of their lives.

Health Pit Stop for Year 9

We will once again be involved with the Health Pit Stop in Hunter High Schools this year with a number of schools already booked. A great vehicle to educate teens about Melanoma prevention.

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**.



San Clemente High

After coming to our High Tea Kate, a teacher at San Clemente, contacted me for resources they could use in the school to help raise awareness to sun safety. She was also interested in someone speaking to the students and Caitlin Rosser and myself spoke to two groups of Year 10 just prior to Christmas.

This was Caitlin's first speaking engagement and, though nervous at first, she became more comfortable as she told her melanoma story to a captivated audience. She answered a lot of questions as the teens were interested to know more about her treatment, ongoing checkups & how having melanoma at 18 had affected her.

Caitlin wants to help raise awareness in teens and young adults and, although she is doing a double degree at Newcastle University and is working at the Cancer Council retail outlet, she is able to schedule school visits into her free time.

Hamilton South Primary

Sun safety has always been a priority for Hamilton South Primary and every year at the beginning of summer they ensure the children have a sun safety lesson and HMF last year provided them with wristbands, stickers and fridge magnets as a reminder of the sun safe message.

They also have some fun 'watermelon' days when they raise funds for the HMF and get to eat a lot of watermelon.

UV Camera

Unfortunately Polaroid film for this camera is no longer being made. The camera has been used as an educational tool over past years and although it does not give a diagnosis of skin cancer it indicates the sun damage to the skin below the surface which is not visible to the naked eye. Most people are shocked to see how much sun damage there is on their face and it is a useful way for us to educate people on the importance of using sunscreen on a daily basis in our climate.

We are currently investigating other UV reflective camera options but, as the equipment is now state of the art and computerised, they are much more expensive than our current model.

Relay for Life 2015

We were all very relieved that it was a much nicer day than the previous year, when gusty wind and storms kept a lot of people away. Once again we were kept very busy with the UV camera,



▲ Caitlin & Wendy Rosser man the HMF booth at the Relay for Life event.



in fact we ran out of film towards the end of the day. It was a very successful event with over \$140,000 raised for the Cancer Council.

Workplace Awareness

It's pleasing to see that some workplaces are including sun safety in their employee health and safety management.

Transpac allocated a week to sun safety promotion and I spoke to the employees at Thale late last year and provided them with resources for their staff common rooms.

To book your workplace Melanoma presentation call Jenny on 4985 0103. This is a free service provided by the HMF but naturally any donation is greatly appreciated.

CheckMate magnets on the move

CheckMate magnets have made their way to doctors' surgeries in Gunnedah, Coffs Harbour and Pt Macquarie as well as a number of workplaces.

Race Day 2016

Unfortunately last year due to storm damage we were not able to utilise the marquee area. The marquees have now been beautifully refurbished and upgraded providing a roomy and protected venue with a lovely veranda.

Guests in the pavilion will be familiar with regular HMF race attendee Mike Ptolemy - you can't miss him as he is usually wearing a bright green suit. Well this year you are definitely in for a treat as Mike will be wearing his watermelon jacket. He debuted the jacket at last year's Melbourne Cup and it attracted a lot of attention.



▲ Mike Ptolemy looking wonderful in watermelon at the 2015 Melbourne Cup. Images published on Daily Mail.



▲ Enjoying the verandah in the refurbished marquees.

Nodular Melanoma

I recently received a letter from Evelyn, one of our members, asking that the HMF feature "Nodular Melanoma" in its education and brochures to alert people to this little known type of melanoma. Nodular melanoma is not a common form of melanoma but it is a very aggressive and fast growing melanoma that can be hard to detect.

It was in 2006 that Evelyn was alerted to the small flesh coloured ball on her right shoulder by her massage therapist who had noted its quick appearance, she had it checked out and was assured that it wasn't anything to worry about. However as she was concerned about it Evelyn asked that it be removed and it was a 2.4mm nodular melanoma.

Extensive surgery followed including the removal of her lymph nodes and she continues to have regular checks and scans.

Her concern is that nodular melanoma is never mentioned in melanoma awareness literature. Now that Evelyn has brought it to our attention we will look at including it in future awareness material and campaigns.

Because they present differently, nodular melanomas are often called "the melanoma you're not looking for". Nodular melanoma is often very firm to touch and can be dark blue, or reddish-blue or may have no colour at all. The most common sites for nodular melanoma is the neck, head and trunk areas.

Some skin specialists say that detecting nodular melanoma when doing a skin check requires adding more letters to the ABCD model, such as "E" for evolving, or rapidly changing over weeks or months. They also added "F" and "G" to describe nodular melanoma's tendency to show up as firm, and growing rapidly.



Melanoma News

UV - It all adds up

A new summer campaign from SunSmart Victoria

As skin cancer awareness increases, the tide is going out on the beach as a skin cancer hotspot.

It's not just regular tanners or sunbakers who are at risk of skin cancer. Research indicates that half of weekend sunburns are now occurring while people are doing chores around the home like gardening, or having a BBQ, reading, or doing outdoor sport. Your skin is like a memory bank – it remembers all the sunburns, all the tans and all the time you spent exposed to the sun's ultraviolet (UV) radiation, without sun protection.

Every time you expose your skin to UV radiation, changes take place in the structure and function of your skin cells. You can't always see the damage, but it is irreversible and will worsen with every exposure.

Over time, this skin damage can result in premature ageing, eye damage, sunspots, and at worst, skin cancer.

Sunscreens in the spotlight

Choice recently tested five well known sunscreen brands for their SPF effectiveness and found that only two lived up to their SPF claim. This comes as a surprise as sunscreens come under the Therapeutic Goods Administration and are tested according to the Australian Standard for quality, stability and consistency and are subject to regular and on-going testing.

Current testing guidelines include human subjects, which can result in some variability. The standard involves testing how long it takes for human skin to burn when the sunscreen is applied and it is important to remember that different individuals can burn at different rates, resulting in different results in small sample sizes.

It is worth noting that both SPF30+ and SPF50+ sunscreens offered high levels of protection, with the former filtering out 96.7 per cent of UV radiation and SPF 50+ filtering out 98 per cent.

How to determine the effectiveness of sunscreens

The effectiveness of sunscreen is determined by its age and where you stored it during the winter. Before you throw last year's sunscreen in your beach bag - **STOP and ask yourself this question: How old is my sunscreen?**

If you don't know the answer - throw it away. Just like any medication, the effectiveness of sunscreen will deteriorate over time. Sunscreen does have an expiry date.

Here are a few tips to make sure your sunscreen is still effective:

1. Look for an Expiration date.
 - If you can't find one – TOSS IT and buy a new one.
2. Sunscreens have a shelf life of 2-3 years from the date of manufacture.
 - However, the manufacture date and the date you bought it are two different things. Sometimes sunscreen sits on the store shelf for 6 months to a year before you buy it.
 - To be on the safe side, buy your sunscreen at the beginning of each season when the store shelves have just been re-stocked with new merchandise.
 - Use a permanent marker to note your own "use by" date.
3. Sunscreen should be stored at a temperature of about 25° C.
 - When stored at high temperature – the effectiveness of sunscreen decreases and becomes less stable and reliable.
 - Replace your sunscreen if you kept it in your car, boat, garage, golf bag, or beach bag last year.
 - Keep your sunscreen in your cooler when you go to the beach, lake or any outdoor activity.
4. Don't buy sunscreen "on sale" at the end of the season.
 - Do not buy sunscreen in bulk unless you and your family go through a couple of bottles of sunscreen a season.

Bottom line: To be on the safe side, buy new sunscreen every year

And remember, sunscreen is just one part of skin protection strategy. Stay out of the sun in the hottest part of the day stay in the shade, wear a hat, long sleeve shirt and

sunnies. Not all clothing provides the same amount of sun protection

Did you know that you can get sunburnt through clothing?

Clothing can have varying degrees of protection depending on the fabric used, with some clothes leaving your skin exposed to harmful UV rays.

How protective a fabric is can be determined using the UV Protection Factor (UPF) rating system, which measures the UV protection provided by the fabric. It is very similar to the SPF rating system used for sunscreen – UPF50+ is equivalent to wearing SPF50+ sunscreen. Some clothes might only have a UPF of 5, providing minimal protection.

UPF Rating

UPF	Protection Category
15 or 20	Good Protection
25, 30 or 35	Very Good Protection
40, 50 or 50+	Excellent Protection

What does UPF50 mean?

UPF measures the amount of UV rays that pass through fabrics when exposed to UV radiation. UPF50 only allows 1/50th of UV radiation to pass through a garment – it blocks out 49/50 ie 98% of UV radiation.

What factors affect the UV protection of fabric?

- Weave – higher is better
- Colour – darker is better
- Weight – heavier is better
- Stretch – less is better

Common fabrics that provide better protection:

- Specially manufactured fabrics for sun protection. Genuine sun protective clothing must be made from fabric that complies with the standard AS/NZS4399:1996. Clothing that has met this standard will carry a label stating one of the UPF ratings as shown in the table to the left.
- Blue or black denim jeans
- Merino wool garments
- 100% polyester
- Shiny polyester blends
- Satin-finish silk of any weight
- Tightly woven fabrics
- Unbleached cotton

Common fabrics that don't provide adequate protection:

- Polyester crepe
- Bleached cotton
- Viscose
- Knits, especially loosely woven
- Undyed, white denim jeans
- Threadbare, worn fabric

You're invited...

...to The 2016 Hunter Melanoma Foundation Race Day

Saturday 30 April

Wear your silliest, biggest, or brightest hat and have a flutter at a fun-filled day of fashion, fillies and friends. Get your group together and book your Marquee tickets today!

Tickets **\$65pp** includes entry to the track and to the HMF function with two course lunch, tote & bar facilities. Tables of ten available for reservation.

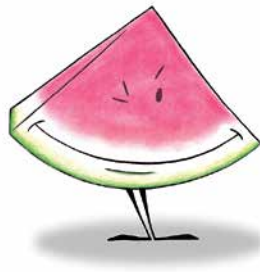
Great prizes! Great racing! Great cause!



Call Jenny to reserve your seat or table on **49850103**

email melafdn@tpg.com.au

visit hmf.org.au/bookings.php



THANKYOU

for your support

- | | |
|------------------------|------------------------|
| R & S Hancock | M Sullivan |
| Wangi Mah Jong | J Price |
| Kowald Family | R Edwards |
| J Hogg | S Herd |
| A Howden | L Kaiser |
| Newcastle Uni Rugby | C Williams |
| D T Washington | R Davies |
| Hogg Family | C Griffiths |
| V Corbett | Bob Seston |
| R Parker | Caves Beach School |
| Cecelia Moran | E Strachan |
| Maitland Bridge Club | D Courtney |
| Merewether High | Muswellbrook Lionesses |
| Ritchies | Newcastle Ladies Golf |
| Miss York | Quirindi Lions |
| I Pfennigworth | V Owen |
| G Davis | V McKim |
| BRU Maitland | E Skelton |
| W Rosser | M Smithson |
| Ladies Mid Week Tennis | K Knight |
| C Ross | P Cave AM |
| A Rice | Delforce Family |
| M Dunn | K Harrison |
| W Jackson | Lowlands Lady Bowlers |
| R & K Jenkins | Est. Bessie Magill |
| F Proudlock | R&J Sillar |
| B Thornton | |



SAVE THE DATE

for Hunter Melanoma Foundation's
Mad Hatters^{High} Tea Party!



24 July 2016

Tickets on sale now for \$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!



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 _____

Address _____ Postcode _____

Signature _____

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

