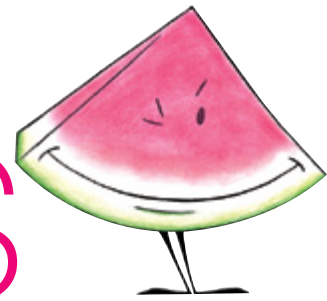




PIPS'N'PIECES



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OCT 2017

Chairman:	Lawrie Hogg
Vice Chairman:	Claudia Tolhurst
Executive Officer:	Jenny Noblet
Secretary:	Rebecca Boyd
Treasurer:	Janelle Kirk
Public Officer:	Claudia Tolhurst
Melanoma Support Group:	Lisa Hamilton
Patron:	Paul Cave AM
Committee:	
Kristy Brown	Leonie Murray
Elizabeth Macansh	Scott Stevenson
Ambassadors:	
Holly Edmunds	Daniel Martine
Tracy Garner	Jake Sylvester
Erin Lewis	Caitlin Rosser

Metropolitan Players - Les Miserables

Traditionally the opening night of the Metropolitan Players annual production is a 'charity night' whereby the organisers provide a number of local charities with tickets to sell. This year's production was the well known and long running West End favourite "Les Miserables". It was a spectacular performance enjoyed by all who attended. Thank you to the Metropolitan players for inviting HMF to be part of this impressive event.

Cardiff Bowling Club

And of course there are morning teas and bowls days that are always a great deal of hard work for the organisers but a lot of fun for those attending.

The competition was on between men and women at the Cardiff Bowling Club when members rolled up in pink and green for the charity bowls day in August. After bowls entertainment was provided by The Snape Brothers and the day raised \$3,500.

Elmore Glen Retirement Village

Maureen Holmes and Diane Fraser from Elmore Glen Retirement Village came to a recent committee meeting to present the proceeds of the morning tea held at the village. Another very successful event.

These events aren't just fundraisers, they're also an opportunity to raise awareness to the prevention and early detection of melanoma and a great way to help us spread the word.

HMF Mad Hatter's High Tea Party

Congratulations to Vice Chair Claudia and her high tea team for a very successful event.

I think we all agree that Claudia definitely knows how to put the "fun" into fundraising and we are all looking forward to finding out what she has planned for our 30th Anniversary year.

Don't forget to put these dates in your 2018 diary – **Race day 28th April 2018 – 30th Anniversary Ball 20th October 2018.**



Chairman's Report

Lawrie Hogg

The HMF has always received strong community support; usually in the form of donations, bequests or support of our fundraising events and there are also a number of people who fundraise on behalf of HMF.

Koalacrane

Up until a couple of weeks ago I had never heard of a "U-turn vending machine" but now I am aware of not only what they are but how they are helping to raise funds for the HMF.

It was a very difficult time for Jamie Croker and his young family when his wife Tanya died from melanoma and he has always felt that he wanted to do something in her memory to help others with melanoma.

Jamie and his second wife Karen are owner operators of Koalacrane, a business that provides vending machines to local businesses including the U-turn vending machine.

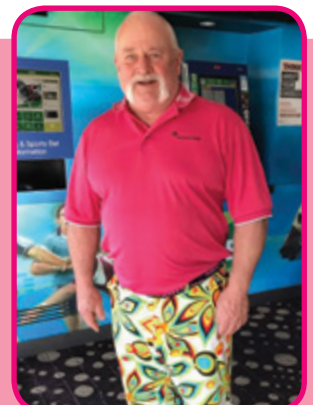
The U-turn machines are in 20 local businesses who support Jamie and Karen's decision that all profits from the U-turn machine will be donated to the HMF. To acknowledge their support these businesses have been given a "thank you" certificate from the HMF and Jamie & Karen to display in their business.

Newcastle 50's Rock 'n' Roll

The Newcastle 50's Rock'n'Roll club meets at Kahibah Sports Club every Tuesday night and as well as rock and rolling they hold a weekly raffle and allocate funds raised to be donated to various local charities and HMF was pleased to be a recent recipient.



▲ Maureen Holmes and Jenny at the Elmore Vale High Tea.



▶ Bruce McKinnon was one of the more colourful characters at Cardiff Bowling Club's recent fundraiser.

Annual General Meeting

It really is hard to believe that the year is winding down and that the Annual General Meeting is almost upon us. The date of the AGM is Monday 4th December at 6pm in the Melanoma Unit.

New committee members are valued and made to feel welcome because they bring new ideas and have the ability to re-energise the committee. They also bring a new group of contacts – family, friends or work colleagues helping us to grow our information and support base. Please contact Jenny or myself if you would like more information on how you can be involved and assist us in our fight against melanoma.



HMF Retrospective

Dr Bob Sillar - Founder & former director of Newcastle Melanoma Unit

I've had the opportunity to observe the Hunter Melanoma Foundation (HMF) from day one when in the mid 1980's an enthusiastic group of patients of the Newcastle Melanoma Unit decided to form a charitable organisation for the purpose of raising funds to address the melanoma problem in our region.

They were dedicated in their efforts in supporting two NBN Telethons, funds from which contributed to the current Mater Institute housing breast cancer screening and the melanoma unit.

The melanoma unit was established at the Wallsend Hospital campus in 1981 following extensive lobbying on behalf of Dr Chris Howe and myself to convince NSW Health that due to the high incidence of melanoma in our region a dedicated unit that would enable patients to be treated locally was greatly needed.

The formation of the HMF in 1986 provided the melanoma unit with much needed funds for equipment and patient facilities as well as educational resources.

Requests to speak at various health related, sporting or social groups were frequent and the medical and nursing staff had a roster and would present to the group with a carousel of slides – yes these were the dark days pre digital.

The HMF has always been well supported by the local community and I believe this is probably because there are very few of us that have not been touched by melanoma in one way or another.

During its first 5 years the HMF was run on a voluntary basis and due to an increase in workload in 1993 the decision was made to appoint a full time employee and this is when Jenny Noblet joined the HMF.

Having a full time employee enabled the HMF to increase its fundraising activities as well as address raising awareness to the prevention and early detection of melanoma in the community.

Our region has a very strong surfing culture and for many years the HMF would join the medical and nursing staff at surf lifesaving championships providing educational information as the medicos did skin checks.

Members of the HMF gradually took on the role of speaking to organisations and for many they were speaking from their personal perspective which I believe has more of an impact on people than a 'talk/lecture' about melanoma from a health professional.

The HMF funded database for the melanoma unit became an invaluable source of information enabling quick access to melanoma statistics by age or sex.

With these statistics and the assistance of the melanoma unit staff the HMF has been in the forefront of addressing melanoma issues, for example it developed the program "Don't Get Cut" for high schools and young adults over 6 years ago when stats indicated that 10% of the unit's patients were under 25 years of age. It is now a well known fact that melanoma is one of the most common cancers of males and females aged 15-29 years and there have been a number of campaigns targeting this age group in recent years.

Similarly, the Check Mate project which encourages an annual skin check, was developed when it became apparent that more than 60% of deaths from melanoma occurred in men over the age of 50.

HMF was also one of the first to actually get out into the community to raise awareness regularly attending community events and visiting primary schools with the Sun Safe presentation.

For almost 30 years the HMF has strived to make a difference in the incidence and mortality rates of melanoma in our region and although there may not be a big a drop in the statistics the trend is definitely indicating a decrease in both the incidence of melanoma and the mortality rate from melanoma in this region and I believe the efforts of the HMF have contributed to this downward trend.

As well as investing in awareness and educational projects the HMF assists with patient amenities, professional development of melanoma unit staff and has always provided strong support to melanoma research and clinical trials.

A small community based charity that relies entirely upon the generosity of the local community for its income the HMF ensures that its funds are spent wisely.

Although I retired a couple of years ago, I still maintain an interest in the HMF and my wife Jean and I made the decision last year to make a substantial annual donation to the HMF as we consider it provides an invaluable service to the local community and we want to see them continue the great work they've been doing for the past 30 years.

Chairman's note: Neither the Newcastle Melanoma Unit or the HMF would exist with if not for the vision, tenacity and generosity of Dr Bob Sillar. His support, both financially and intellectual, is greatly appreciated. His and Jean's input cannot be overstated.



Treasurer's Report

Janelle Kirk

ClubGrants

At the recent ClubGrants presentation HMF received funding to continue its project to raise awareness in local bowling clubs by providing score cards and outdoor signage. There was \$593,288 of Category 1 funding distributed from ten registered clubs in the Newcastle Local Government Area to 32 local not-for-profit organisations.

Beyond Bank

Thanks to everyone who saves their money in support of HMF with Beyond Bank this year HMF received over \$1300! The Community Reward Account in support of HMF allows our supporters to earn a great interest rate on their savings. And the more you save, the more we get back in an annual donation from Beyond Bank (at no cost to you).

Also a big thank you to those who voted for HMF, one of three charities nominated in the Beyond Bank's Cause for Celebration public voting campaign and congratulations to Beyond Bank for receiving "Best Bank for our Community" award.

New HMF Website

We are in the process of developing a new look website that will be more informative, user friendly and offer more flexibility.

Patient Information Folders

The HMF is funding the reprint of the melanoma unit patient information folders that are given to all new patients. These are a valuable resource given to new patients to take home to assist them to understand about melanoma and also provide details of assistance available.

HMF Brochure

We are also in the process of revamping the HMF brochure giving it a lighter and brighter look and providing updated information on melanoma.



Foundation News

Jenny Noblet

RN Donna Owens on long service leave

A lovely afternoon tea was held to farewell Donna Owens as she begins 12 months long service leave. RN Kate Manning will be taking on Donna's role in her absence. Kate has been with the unit for some time now and I am sure is well known to most patients.

Pit Stop

July and August are always busy months with Pit Stops for Year 9's in Hunter Valley high schools. I've found the UV camera a

valuable tool to demonstrate sun damaged skin and on my visit to Singleton High students from each group volunteered to have 2 photos taken, the first without sunscreen and the second one after an application of sunscreen. They had a great time testing the various sun screen products – when you have sunscreen on the UV camera cannot penetrate it so the photo is a masked look. It was very pleasing to note that all the sunscreens used passed with flying colours and many of the kids will now be wearing sunscreen regularly.

It was also interesting to see how many missed a number of spots when applying the sunscreen as these showed up on the photo.

One of the teachers volunteered to have her photo taken and was surprised by the result. Even though she had makeup on, the damage to her skin was still evident and the photo indicated that her makeup contained no sun protection at all. She has vowed to wear sunscreen on a daily basis from now on and she was keen for her photo to be shown to the students as she felt that it was an effective way to get the sun protection message across to them. She also asked if she could organise a HMF visit to her children's primary school later this year.

Speaking with the students I was surprised that while most of them were aware that Ultraviolet Radiation (UVR) causes skin cancer, very few had heard of or knew what the UV index was and that if the UV Index was 3 or above sun protection was recommended.



▲ The Singleton High Pit Stop team.

Cardiff Bowling Club Charity Day

Vice-Chair Claudia and I had a most enjoyable day at Cardiff Bowling Club for the clubs charity bowls day at the end of August. It was a relaxed fun day of competition between the club's men and women bowlers. Post bowls entertainment was by the Snape Brothers.

Melanoma Support Group

I'm not always able to get to the Melanoma Support group bi-monthly meetings but managed to make it to both the June and August meetings. In June Dr Nikola Bowden provided an informative talk on melanoma clinical trials. Nikola stayed to chat and enjoy some afternoon tea and also answered a number of questions from the group. The August meeting was a casual lunch at Kahibah Sports club and was a good opportunity for everyone to catch up on each other's news.

The support group meets bi-monthly on the last Thursday of the month at 3pm. Whether you are a new patient, have been treated for melanoma or are undergoing treatment or you may be a family member or carer – all are most welcome to attend the meetings. It is a comfortable environment where you can ask questions, share experiences or just enjoy a cuppa with others in a similar situation. Please contact facilitator Lisa Hamilton 0448458880 if you would like more information.

From overseas –

USA resolves to raise awareness in schools

I was interested to read recently that US Congress recently successfully submitted a resolution which takes steps to address the importance of raising awareness of sun protection in school children. When you consider that the Cancer Council's Sun Smart program was introduced into most Australian schools over 20 years ago – one can't help but ask the USA "what took you so long?"

UK Report praises Australia's Sun Smart initiative

A recent article from the UK said that the UK now has one of the highest incidences of melanoma in Europe with more than 15,000 cases reported annually. The article went on to say that melanoma appears to be rising in most higher risk populations in the world, except Australia. Australia topped the table for the highest rates of melanoma for decades and while the incidence rates continue to rise in countries like the UK, Sweden, Norway and the USA, Australia has managed to buck the trend with rates gradually falling since 2005.

The reduction means that Australia no longer has the highest incidence with New Zealand now taking on this mantle.

It takes decades for the benefits of sun safe behavior campaigns to become apparent but the results certainly indicate they are working and an investment in the long term reduction in all skin cancer.

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.



2017 Mad Hatter's Tea Party

The 4th annual HMF Mad Hatters Tea Party was held at Merewether Surf House this year to accommodate our growing number of guests as it was disappointing to have to say no to people last year.

220 ladies and 4 gentlemen joined us for an afternoon of fun, food, entertainment and fundraising. Photographer Wayne Ford from **Images by Wayne F Ford** donated his time and was at the door as guests arrived to take their group photo.

We even had a visit from Kath & Kim who spotted our event whilst taking a constitutional on the Merewether promenade and just had to drop in to see what all the noise was about.

They surprised us with their knowledge of melanoma then decided to lighten things up by teaching a few of the guests how to line dance – more lessons are required.

Sarah from Oh So Coco set up a table of her lush soaps and skin products and Sacha from Aussie Bronze told us why she decided to formulate a natural, toxin free, self tanning lotion when her teenage daughter wanted to use fake tan and she couldn't find anything that was natural or felt safe to use.

Aussie Bronze is made from natural and organic ingredients and is DHA and toxin free.

Both Sacha and Sarah had their products available for sampling and for sale and donated 10% of their sales to HMF.

There were many guests interested in testing Sacha's Aussie Bronze and I can attest that it gives a lovely glow to your skin, is easy to apply with no streaking or orange tinge and a big plus is the lovely lime and coconut fragrance.

Sarah's stall was also very popular for a lot of pre-Christmas shopping with her gorgeous watermelon soap a big seller.

On-line sales are available for both Aussie Bronze and Ohsococo.

Committee member Kristy and her friend Dimity volunteered to assist on the day and after helping decorate the room and tables – the table decorations were beautifully handcrafted by our very talented Vice Chair Claudia and received many admiring comments – Kristy and Dim were kept busy for the remainder of the day selling raffle tickets and 50/50 tickets. With 206 50/50 tickets sold the cash prize was \$1030. This was won by Vicki Parker. Vicki lost her brother Glen Ryan to melanoma 2 years ago and donated her prize back to HMF in his memory.

There was a huge array of lovely raffle prizes generously donated as well as a number of lovely paintings donated for the silent auction.

Each guest received a sample of Sunsense 50+ as a reminder of the importance of using sunscreen on a daily basis as well as a delicious sweet treat handmade by Margaret Newell.

From the atmosphere in the room it was evident that all who attended had a great day with some reluctant to leave.

Thank you to everyone for their support and their donations in particular the generous donation received from the Orrett Family enabling us to raise an incredible \$15,000!!



▲ Top I-r: our best dressed winners; table decorations; Kath and Kim showing guests their moves; some of our lovely guests; Claudia with Vicky Parker.

Beyond Bank

Thank you to everyone who voted for us in Beyond Bank's Vote for Good. As a not-for-profit organisation, we do rely on your ongoing support even through a simple vote. We are extremely grateful for our \$10,000 grant from Beyond Bank. The money will enable us to continue raising awareness to the prevention and early detection of melanoma – to reduce the incidence and mortality rate – as melanoma is preventable and treatable if detected early.

We would also congratulate the other worthy winners - Cessnock Volunteer Rescue Association and Harry Meyn Foundation.



▲ Left to right. Ray O'Brien - Beyond Bank Chief Risk Officer, Kylie Daniels - Beyond Bank Hunter Region Community Manager, Vice Chair Claudia, Executive Officer Jenny & Peter Rutter - Beyond Bank National Community Manager





In The Media

Now known not all melanomas are linked to the sun

When speaking to various groups a question that often comes up is why melanoma can develop anywhere on the body and not just the sun exposed areas so I found the following article of interest.

Australian scientists have discovered that the danger of melanoma is not just related to sun exposure.

▶ New subtypes of melanoma can be found on nails and internal surfaces such as the mouth.



New research by the QIMR Berghofer Medical Research Institute has found that two rarer forms of melanoma have different causes to skin melanoma.

But what those causes are needs further investigation.

The two forms examined as part of the research were acral and mucosal melanoma.

They are not caused by sunlight, unlike melanoma of the skin (cutaneous melanoma), which is strongly linked to UV radiation.

Acral melanoma occurs on the palms of the hands, soles of the feet and nails, while mucosal melanoma occurs on internal surfaces including the respiratory, gastrointestinal tracts and the mouth.



◀ Melanoma of the skin.

John Pearson, lead of the genome informatics group and co-author of the paper Whole-Genome Landscapes of Major Melanoma Subtypes, said they now know melanoma was not just associated with skin and sun exposure.

"The way we divide melanoma up is where it occurs on the body,

the sort of melanoma people are used to is the skin version, but these are much rarer versions and they are much harder to detect and that's why we're paying more attention to them.

They are only about 3 per cent of all melanomas that we see in Australia, but that means that this year we would see more than 400 people with new diagnosis. Acral melanoma was what killed Bob Marley".

Fellow researcher Professor Richard Scolyer, of the Melanoma Institute of Australia, said the study was the biggest genomic study or DNA study of melanoma to date.

Scientists hope the study will help give them a better chance of finding more targeted treatment for the rare melanomas.

"These new subtypes are being driven by something else and what we predict is that the sort of treatment that would come up for the classic skin cancer wouldn't work for these subtypes." Mr Pearson said.

Mr Pearson added that scientists hoped to find the missing piece of the puzzle — the cause of the melanomas — with further research.

"An ounce of prevention is worth a pound of cure as the most common form of melanoma is still the skin version," he said.

"We want to find a slip, slop, slap equivalent for acral and mucosal melanoma.

What the UV rating really means for your skin

By Kylie Bartholomew, Annie Gaffney and Rob Blackmore

It would not surprise anyone to hear that last summer's UV index was higher than in previous years.

Extreme UV ratings of 16 and 17 were recorded in most Australian states.

Dr Rick Tinker from the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) said the December 2016 daily maximum UV index average was 12.4, compared to 10.8 in December 2015.

He said the agency's highest ever recorded average figure was 12.5 in 2009.

"The average for summer does range from 12 to 14, however from a protective perspective we really require protective action for anything above a UV of three," he said.

"Based on some of the historical data that ARPANSA has collected over the last 20 years, the levels do seem to be higher this year than last year."

ARPANSA has monitoring stations in six locations throughout Australia and collates data from an 'actual' ground UV index, compared with the Bureau of Meteorology's 'predictive' model, which is based on clear sky conditions.

Dr Tinker said, for this reason, ARPANSA's measurement would always be equal to, or less than, the forecast number.

The UV Index is a scale used to describe the intensity of ultraviolet radiation that penetrates the atmosphere and reaches the earth's surface.

Developed in Canada in the early 1980s, the levels range from 1 or low exposure to 11+, which is considered extreme.

The danger with ultraviolet radiation is that it is not felt on the skin by heat or discomfort at the time.

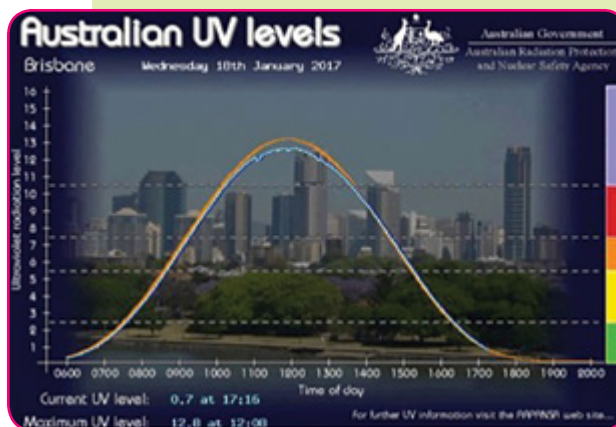
It is only evident afterwards in the form of sunburn, but a growing area of research is focusing on instances where unprotected skin was exposed to the sun without obvious sunburn.

In other words what happens when people go out in the sun, get UV exposure but don't get sunburnt and what does that mean for their skin cancer risk?

What we do know is that every little bit of UV exposure counts and is cumulative. No sunburn? Don't be fooled; although the sunburn may not be evident underneath the skin the UV is interacting with our DNA causing changes, causing damage that our body is rapidly trying to repair.

If we get a lot of what is called sub-sunburn exposure, that is UVA damage below the surface of the skin without sunburn, it is believed that it increases the risk of melanoma.

▼ Typical UV Summer Index (Supplied: ARPANSA)



The HMF purchased a UV monitor in the mid 1990's. The monitor was later converted by ARPANSA to provide a 'live' UV reading making Newcastle one of the six locations in Australia that provides a live UV index reading. The UV monitor is located on the roof of the Calvary Mater Hospital.

NOTICE OF ANNUAL GENERAL MEETING

Annual General Meeting 2017 Hunter Melanoma Foundation Incorporated

- Commencing at 6.00pm
- Monday 4th December 2016
- Newcastle Melanoma Unit, Waratah
- RSVP attendance to Jenny Noblet - 49850103

The HMF board consists of Chairman, Vice Chairman, Secretary, Treasurer, Melanoma Unit Liaison and four committee members. The HMF board enables the Foundation to continue its commitment to funding melanoma research, community education and awareness programs and patient facilities. If you are interested in supporting the HMF by becoming a board member please complete the bottom section of the nomination form below and return it to PO Box 278 Waratah NSW 2298.

HUNTER MELANOMA FOUNDATION INC – NOMINATION FORM

I, of..... and

I, of.....

Being financial members of the Hunter Melanoma Foundation Inc. do hereby nominate:

..... for the position of

I, accept this nomination

Signature Dated:



THANKYOU for your support

Diane Outram	George Liggins	D Farmer	H & M Astle	J O'Loughlin	J Macbeth
John Drinkwater	Geoff Graham	M Nesbitt	O Vinson	L Wardle	E Parker
W. Harvey	West's	Ian Jones	J & V Stevenson	A & A Rice	A & M Cummins
Judy Patterson	Cardiff Bowling	K Fallon	D Cronin	J Deas	Glenis Ball
Ellen Skelton	Club	C Moran	K & L Duggan	K Hawking	D Outram
Marg Mathieu	Marjory Bray	Gwandalan Lioness	G Silcock	G Mercuri	O Streitberger
Fay Welsh	Arthur Steel	B Dennett	D Vercoe	D Peters	V Shoesmith
Orrett Family	D Paviour-Smith	V McKim	R Jenkins	W Jackson	A George
J Macbeth	Sue Avard	Newcastle Lions	A Davies	Sylvia Byles	P Chojenta
M Smith	V Plumb	K Knight	J McKay	B Murdoch	P Manners
G Smith	Beyond Bank	A Bailey	J Aspinall	M Heddles	Ann Eades
Myall Coast Rotary	Ritchies	B Murphy	Cessnock Lions	R Heaney	NCIG
Fay Penn	Jamie & Karen	B Bayliss	B Bernasconi	T Smith	Maryland OOSH
A Howden	Croker	A Bailey	A Goodwin	B & Z Grace	Branxton Lions
A Manhood	R Neave	E Czyzewski	M Smithson	Bruce Laws	The Happy Six
E Lizasoan	R Seston	J Rumball	Dr J Smith	L Atkins	M Pearson
G Winsen	G Logan	B Collister	C Ross	R Burgess	Lois Bujack
J Martin	J Drysdale	B Tyler	J & J Cooper	C Hayes	M Stickens
V Corbett	M O'Donoghue	P McIntyre	T Maddern	L Bowen	C Standing
E Tampake	Mary O'Donnell	J Graham	B Durham	A Beckett	

PKF | A special **THANK YOU** to PKF Accountants and Business Advisers for their support.

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.**

