



pips 'n' pieces

FEBRUARY 2019



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Chair's Report Janelle Kirk

Welcome to our first newsletter of 2019. As we look forward to an exciting new year, it is timely that we look back and acknowledge outgoing Chairman Lawrie Hogg and thank him for his five years of service to the Foundation. We wish Lawrie well with his 'sea change' to beautiful Nelson Bay and semi-retirement.

Tracy Garner is also leaving the committee. Tracy is a working mum with two young children and a RAAF husband who spends quite a bit of time away from home but she still finds the time to help at community and fundraising events including being on Mad Hatters High Tea and Pearl Ball committees. Tracy, we don't know how you find the time but we certainly appreciate your involvement, and know that although you will no longer be on the HMF committee, you will continue your participation and support of events.

It is with great pleasure that we welcome new committee members Michele Whitbourne and Jacquie Evans and also thank Kristy Brown for taking on the position of Treasurer.

Having been a member of the HMF committee for a number of years, including holding the position of Treasurer since 2005, I didn't hesitate to accept nomination for the position of Chairperson when past Chair Lawrie Hogg submitted his resignation to the 2018 Annual General Meeting.

Lawrie has spoken often of his family's history with melanoma and his commitment to joining the HMF committee working towards raising awareness and making a difference. He didn't hesitate to be part of the Check Mate campaign, even that it meant his face would be seen on billboards, bus shelters and the HMF Bus.

Each of the HMF committee has been touched by melanoma. Until I was diagnosed with a melanoma on my thigh over 30 years ago, although I was aware of "skin cancer", I knew very little about melanoma, in particular that it could be life-threatening.

I soon found out how fortunate I was to have had my melanoma detected and treated at an early stage and the importance of sun protection and regular skin checks.

There has been quite a number of media stories this summer about melanoma and in particular we are hearing about young people with melanoma.



▲ 2019 Committee members – L-R Jacqueline Evans, Chair Janelle Kirk, Treasurer Kristy Brown, Michele Whitbourne and Vice Chair Claudia Tolhurst. Not present: Leonie Murray, Liz Macansh and Rebecca Boyd

HMF 2019 Committee

Chairperson	Janelle Kirk
Vice Chair	Claudia Tolhurst
Executive Officer	Jenny Noblet
Secretary	Rebecca Boyd
Treasurer	Kristy Brown
Public Officer	Claudia Tolhurst
Melanoma Support	Lisa Hamilton

Committee	Leonie Murray Liz Macansh Michele Whitbourne Jacquie Evans
Patron	Paul Cave AM

Ambassadors	Holly Edmunds Tracy Garner Daniel Martine Erin Lewis
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Community events are an ideal opportunity for HMF to raise awareness by providing information and answering questions

Sadly, melanoma does continue to be a concern for both males and females aged 15-39 years and there still remains a lack of awareness in this age group, especially with teens and young adults.

HMF is looking to address this with a project involving a role play and developed specifically for Year 8 students.

The project was piloted in three local high schools in December and feedback has been very positive from both the teachers and the students. The students were asked to complete a survey prior to the presentation and will also complete a second survey on returning to school after the summer break. We will then begin working towards finalising the project.

The pilot project was funded with the support of ClubGrants.

Community events are an ideal opportunity for HMF to raise awareness by providing information and answering questions and last year we attended Hamilton Carnivale, Tocal Field Days, Stockton Fair and the Twilight Markets. This year we will be attending Hamilton Carnivale and Tocal Field Days and no doubt other community events that arise throughout the year.

The HMF Charity Race Day is on **27th April 2019** and we are looking forward to another successful event. I know there are a number of regulars who have been supporting the race day for many years, including race sponsors **Radford Shopfitters, McKanna Fabrications, Varley Group, ShedBoss Hunter, RAMS Home Loans and friends of the late John Whitmore, Nationwide Super** and this year we welcome **Century21 Edgeworth** as a race sponsor.

The coming year will be a significant one for the HMF. Jenny's retirement in July and the task of appointing her replacement will be a priority for the new committee. As well, with the significant changes in the not for profit sector, including a substantial increase in local charities, it is also opportune for the HMF to redefine its vision for the future.



Treasurer's Report

Kristy Brown

Although I have been a member of the HMF committee for seven years now, I am looking forward to my new role as Treasurer. I hope that I can continue to help the team raise awareness and raise well needed funds to do the work we are so passionate about. I look forward to seeing you all at our different events throughout the year.

Race Day – Saturday 27th April

Our first major fundraiser is the annual charity race day and having attended this event for many years I can attest to the great day that it is. The only other thing I can say is – 'make sure you get your tickets early so you don't miss out!' Tickets available on Trybooking – see flyer with details.

Mad Hatters High Tea - Sunday 16th June

What's not to like about getting together with your girl-friends, enjoying a delicious high tea at Surf House, overlooking beautiful Merewether Beach?

Raffle Prizes

We love organising and holding fun events for your enjoyment but if you are unable to attend a great way that you can support the event is by donating a raffle prize.

Any support you are able to offer is greatly appreciated.

Grill'd The Junction

A big shout out and thank you to Grill'd The Junction who nominated HMF as one of its charities to support during the month of February – my family can strongly recommend the Grill'd fabulous burgers!

Thanks Grill'd The Junction

Girls Fun Bus

We love it when people put the "fun" into fundraising and a local group of lovely ladies do just that on their annual bus trip to Sydney choosing a different local charity to support each year. HMF was the beneficiary of the 2018 trip and we're all keen to get a seat on this year's bus!

Thank you ladies for your support and congratulations on the idea of combining a (no doubt well earned) girls weekend away with fundraising for a worthy cause.

Donating made easier

For a quick and easy way to make a donation to the HMF, just go to our new website and click on the 'To Donate' button. Your donation will be processed and a receipt issued.



I hope you all had a relaxing and enjoyable Christmas and New Year and that 2019 is a good year for you.

With my retirement a couple of months away I've been spending a lot of January time getting 'my house (office) in order'. I've realised that I am quite the hoarder and I'm beginning to wonder if I have actually thrown anything out over the past 25 years! And I haven't even started on the storage shed!

I know the next couple of months are going to just fly by with plenty to keep me busy including the race day and high tea. As well attending Hamilton Carnivale and Tocal Field Days, I have a number of school visits booked and will also be following up local bowling clubs.

It was disappointing to be advised at the end of 2018 that the Pit Stop program that has been running in Hunter high schools for the past five years will no longer continue due to lack of funding. The program had been funded by BHP Billiton. The program targeted Year 9 students and focussed on 10 key health and social issues relating to this age group and based on our involvement in the program provided the kids with an interesting and interactive learning experience.

We have been visiting primary schools for the past 12 years with the sun safe message and whilst we are happy to continue to do this at the request from the schools, we feel that the early childhood centres and primary schools have this pretty well covered now.

When we first started our school visits it was due to the number of requests received from schools to help them implement the 'no hat – no play' and 'play in the shade' rules and we developed a 20-minute presentation that included an HMF bag of information for each student.

The kids are now learning about good sun safe behaviour in early childhood and carry on these practises in primary school where there are plenty of shaded areas for playing and lunch breaks.

Unfortunately, the sun safe behaviour is not carried on into high school and this is a problem we want to address.

Teens are not an easy audience to present a message to especially if you want the message to have an impression on them.

We held a brainstorming session that included three teenagers as we knew their input was needed. The kids were unanimous in what got their attention and more importantly – affected them. During their years at school they had attended a number of presentations and it was the "role-plays" that had the most significant impact on them.

It was with this in mind that we sought the help of Aspire drama students, one of its members being Kristy Brown's daughter Jasmine.

These amazing talented kids led by Anna didn't hesitate to take up the challenge of not only presenting a melanoma awareness role-play but writing the script.

The project was piloted at three local high schools in early December with very positive feedback.



Lemon Tree Passage Women Bowlers

The Lemon Tree Passage Women Bowlers have been long-time supporters of the HMF so it was lovely to visit the club to meet them recently and say a big thank you in person. I also had the opportunity to talk to them about HMF and melanoma awareness prior to their bowls.

◀ The ladies hold a number of fundraising events throughout the year and I was delighted to be presented with a cheque for \$1,000 from Club President Sharon.



Meet our new committee members

Jacquie Evans

Melanoma has affected my family since 2000 when I lost my aunty who was only 39 – it was a very short battle of just 3 months. I didn't really have an understanding of melanoma at the time and it wasn't until January 2013 when both my dad and his older sister were diagnosed within weeks of each other that I became more aware of the disease. Sadly, my dad at the age of 65 lost his battle in August 2016, and my aunty is still currently undergoing immune therapy treatment. 6 weeks after my dad passed away, my older brother who was only 44 at the time had a melanoma removed from his cheek and is now under review and monitoring.

My dad was my absolute world and best mate, and watching him suffer and deteriorate with this cruel and brutal disease was heart breaking. My dad was a patient at the Melanoma Unit, and the support that not only he received but also our whole family was just amazing. After my dad passed away, I found the passion and drive to want to try and make a difference in the community and promote melanoma awareness and research. I joined the Melanoma Institute of Australia and walked from Newcastle to Gateshead as part of the Longest Melanoma March 2017 and I organised the Newcastle Melanoma March 2018.

After organising these two very successful events I decided I wanted to support the great work being done locally by the HMF and became a member of the HMF 30th Anniversary Pearl Ball 2018 Committee.

“ My dad was a patient at the Melanoma Unit, and the support that not only he received but also our whole family was just amazing. JACQUIE

I very much enjoyed my involvement with the ball committee which gave me the opportunity to meet and work with other HMF Committee members and volunteers and when invited to attend the HMF AGM it was an absolute honour and privilege to accept nomination for the 2019 HMF Committee.

I am looking forward to a year of promoting melanoma awareness in the Newcastle/Hunter Area, and to also assist in raising vital funds for research, clinical trials and education.

Jacquie



▲ Jacqueline Evans



▲ Michele Whitbourne

“ I hope through the activities & fund raising of the HMF I can make a small contribution in assisting in raising awareness of regular skin checks across the Hunter. MICHELE

Michele Whitbourne

I live in Warner's Bay after moving from the Central Coast in 2015. I have 3 adult children with partners & all have fur babies. I currently work for NSW Government in project implementation.

I got involved with the HMF last year after a conversation with Jenny Noblet at the Mad Hatters High Tea. I was looking for something to get involved in that supported the community and that had significance to me.

My melanoma story started in Feb 2017 after my regular skin check up with my dermatologist. I have fair skin & a number of moles so have had skin checks for the last 15 years.

The dermatologist wanted to check a small dark spot within a mole on my abdomen. The biopsy revealed a 1.2mm melanoma and a referral to the Melanoma Unit. A wide excision was done in March 2017 with a follow up wide excision in July to widen the margin.

I hope through the activities & fund raising of the HMF I can make a small contribution in assisting in raising awareness of regular skin checks across the Hunter.

Michele

YOU'RE INVITED TO
kick up your heels

AT THE



HMF
Hunter Melanoma Foundation

RACE DAY

SATURDAY APRIL 27, 2019

MY HOOVES
ARE KILLING ME...



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 Stables Marquee tickets today!

Tickets **\$80pp** includes
entry to the track and to the marquee
with a delicious buffet lunch,
complimentary drink on arrival and
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/ZUPE

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

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Melanoma in the Media

This summer there has been a number of melanoma stories in the media relating to young people and these stories underpin our concerns for not only the lack of sun safe behaviour in teens and young adults but also their awareness of the importance of any changes on their skin. Below is an excerpt of one of these stories.

Perth Teen warns peers of suntan dangers PerthNow 18/11/18

WHILE Amelia Davies-Waddell's friends were looking forward to hanging out at the beach in the summer holidays, the then 12-year-old was dizzy with thoughts about her fair skin.

One pink spot near Amelia's left elbow was causing particular anxiety for her mother, Jenny Davies of Redcliffe.

"My mum had this strange gut instinct that told her something wasn't quite right about that spot," said Amelia, now aged 16 and studying medical sciences at the University of WA.

"Just two days before Christmas in 2013, my mum was told it was malignant spitz melanoma, which is very rare, particularly in children. She was told the prognosis was poor.

"But she didn't tell me straight away because she wanted me to have a 'normal' Christmas.

"It must have been hard for her not to tell me, but getting a cancer diagnosis is really life changing, so I'm very grateful to have had one last normal cancer-free Christmas."

After getting the bad news, Amelia had surgery to remove the cancer.

Over four years, lymph nodes were removed in her left arm and various suspicious-looking lesions were also removed as a precaution.

Despite the stress and distraction of operations and countless scans, Amelia graduated from high school when she was 15. She aims to gain a medicine degree after six years at university and is leaning towards specialising in oncology.

Faced with an 80 per cent chance of recurring melanoma, Amelia is regularly scanned.

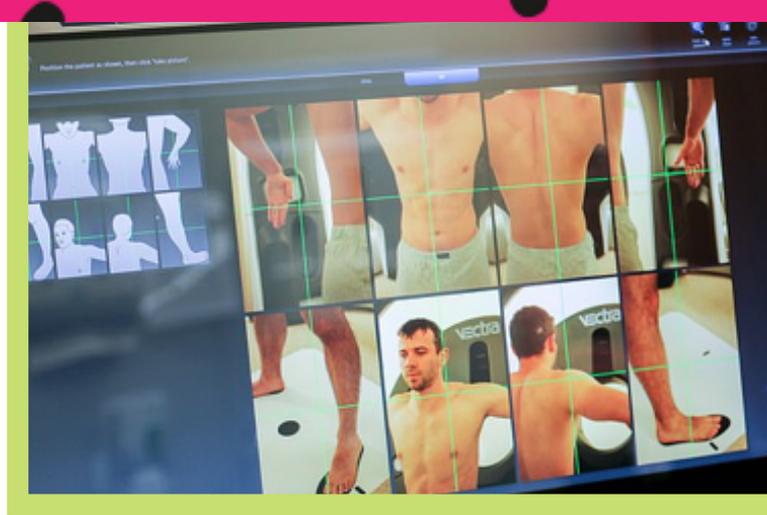
Armed with personal experience of skin cancer, Amelia wants to warn other teenagers about the dangers of getting a tan, coinciding with the Cancer Council's #OwnYourTone campaign.

She is scheduled to give sun-safety presentations at various schools next year

"There's still this sense that we equate beauty with being tanned. You see that perpetuated a lot on Instagram and Facebook," she said.

"But having had melanoma, it can be really frightening and I was very lucky. Some people aren't so lucky and they don't survive.

"I think teenagers should love the skin they're in and embrace their complexion because everyone is beautiful. You don't need to get a sun tan, particularly when it carries such risk of getting a potentially deadly cancer."



Aid to Early Detection

We know how important early detection is and there has been a number of advances from the hand-held Dermatoscope using state of the art technology.

Cutting-edge technology is set to revolutionise skin cancer detection and could save thousands of lives a year. **Daily Mail Australia 29/11/2018**

The 'spectacular' 3D imaging machines scan the body to create an avatar, which doctors will use to track skin spots.

The University of Queensland will lead the establishment the ACRF Australian Centre of Excellence in Melanoma Imaging and Diagnosis at the UQ Diamantina Institute.

The new department will collect and collate data across all three states.

More than 350 people die from skin cancer in Queensland each year and it is known as the 'cancer capital' of Australia.

A director from UQ Diamantina Institute said: 'A flagship diagnostic centre to improve the early detection of melanoma will be established with a major \$9.9 million grant.

'The ACRF Australian Centre of Excellence in Melanoma Imaging and Diagnosis is set to revolutionise the early detection of melanoma.'

The 3D imaging system takes a total body image in milliseconds and dermatologists will be able to diagnose patients from the other side of the country.

Approximately 100,000 individual scans from high-risk groups will be completed in the first three years.

According to the Australian Cancer Research Foundation, the cutting-edge imaging technology will significantly enhance the capability of clinicians and researchers to detect and understand melanoma.

Melanomas can occur anywhere on the body and symptoms might include a new, unusual growth or a change in an existing mole.

Australians experience 12 times the global incidence of melanoma. On average, 30 Australians will be diagnosed with the disease every day.

Over 1,200 people nationwide die from the disease every year and it is the most common cancer in Australians aged 15 to 39.

