

# PIPS 'n' PIECES

PO Box 278 Waratah NSW 2298 • P: 02 4985 0103 • F: 02 4985 0101 • E: info@hmf.org.au • W: hmf.org.au  
Facebook: facebook.com/hmf.newcastle • You Tube: HMFmelanoma • Instagram: hmfnewcastle

FEBRUARY 2022



## Happy New Year Everyone and welcome to 2022

We all like to start the new year afresh with new goals and resolutions. This year, HMF challenge you to make 2022 the year you prioritise your skin. There are 4 simple rules you can follow to take action:

1. Always protect your skin when outdoors,
2. Complete a self skin check at the beginning of each season,
3. Book your annual professional skin check with your GP or skin specialist
4. Challenge a friend to do the same.

Together we can defeat melanoma.

The HMF AGM was held on the 6th of December 2021 and it is with regret that we accepted the resignation of one of our valued committee members – Vice Chair, Andrew McMahon.

Andrew has taken on a rather heavy and time-consuming workload with a commitment to finishing a PhD in the mental health field. We thank Andrew for his commitment and service to HMF and wish him all the best for his future studies. We know he will still be around if we need his expertise and hope to see him re-join the committee in the future when his workload is not quite so time consuming.

Andrew's resignation resulted in Michele Whitbourne taking on the role of Vice Chair, and we welcome a new committee member in Paige Hawkins.

### HMF COMMITTEE 2022

CHAIRPERSON – Janelle Kirk

VICE CHAIR – Michele Whitbourne

EXECUTIVE OFFICER – Claudia Tolhurst

TREASURER – Jacqueline Evans

PUBLIC OFFICER – Jacqueline Evans

MELANOMA SUPPORT GROUP FACILITATOR – Lisa Hamilton

GENERAL COMMITTEE – Leonie Murray, Hannah Stanton, Jason Brown, Paige Hawkins

PATRON – Paul Cave AM

AMBASSADORS – Holly Edmunds, Tracy Garner, Patrick Langlois, Daniel Martine, Erin Lewis, Bella Williams.

## Chairs Report

JANELLE KIRK

I would like to take this opportunity to thank all the HMF Committee, Members, Supporters, Partners and Ambassadors for their support during 2021. Your continued dedication is helping us in our quest to defeat melanoma.

2021 has seen a continuation of change due to the COVID pandemic and Executive Officer, Claudia Tolhurst, continues to adapt with those changes if and as needed.

We were lucky with the timing of our events which resulted in successful fundraising events including our annual Race Day, which we missed in 2020. The re-launch of our Gimme 5! fundraiser was also a well-planned and financially successful event which was able to go ahead despite restrictions in place due to a Covid lockdown.

We continue to work towards raising the profile of the foundation and therefore broadening our sun safe and early detection audience. We signed on a new Ambassador, Bella Williams and we look forward to growing our sun safe awareness campaigns with her assistance in the future. Bella is a Surf Life Saving star on the rise. She already has both Australian and State titles to her name and was given the opportunity to race in the first round of the 2022 Nutri Grain Iron Woman series in January this year. Welcome Bella, we look forward to collaborating with you and watching you excel at the sport you love.

In closing, I would like to acknowledge and thank Lisa Hamilton, our Support Group Facilitator who does a remarkable job running the HMF support group meetings. Lisa provides support to many families in our region in this voluntary role and always goes above and beyond to ensure everyone feels supported through their melanoma journey.

## Treasurers Report

JACQUIE EVANS

2021 saw us looking outside the square when it came to fundraising. With some good luck around timing, and some adaptations made to make fundraising events "Covid friendly," I am pleased to report that our fundraising in 2021 was much improved on the previous year.

We started the year partnering with the Hunter Breast Cancer Foundation (HBCF) in February for our Knockers + Moles event raising much needed funds for both charities.

In May, our annual Race Day proceeded, and although there were restrictions in place around capacity, we still managed to fill both the Trackside Marquee and the Pavilion with around 350 guests making it one of our most successful Race Days to date.

If there is one thing we know about fundraising it is that all the small amounts add up. This has been the case with our Gimme 5 campaign, which over the last 15 years has raised over \$47,000 from our generous community saving and donating five cent pieces in memory of Scott Polglase. The re-vamp of the Gimme 5 campaign this year was launched with the view to ensuring Scott's legacy continues when five cent pieces become a thing of the past. We continue to encourage our supporters to save and donate their five cent pieces and other coins, but we now have an annual event up and running that is suitable for everyone to participate in.

Thank you to the many businesses who continue to support our fundraising efforts through sponsorship and/or prize donations. We cannot do it without your support.

Beyond Bank held a "double donation" day on behalf of the HMF on the 16th & 17th November. 100% of donations made to the Beyond Bank Foundation were donated to HMF and dollar matched up to \$10,000. Thanks to everyone who contributed to make this a successful event.

Grant funding also played a part in our financial success in 2021. We received funding from Novartis Pharmaceuticals to run our life saving Spot Check Program. The West Group, through NSW Club Grants were generous in providing funding for our Workplace Spot Check pilot program and Nova Alliance Bank again provided funding for sunscreen samples for us to include in our information bags at community events.

## Chats with Pat

Chats with Pat is a local business owned and operated by Pat Gleeson.

Pat offers a service providing people with the opportunity to have a chat about their life and tell the story of their own personal history, all recorded on video for family members to keep and cherish in the future.

Pat works with a vast range of people from diverse backgrounds including the elderly who want to leave their story behind for future generations, to the terminally ill who wish to leave message for their loved ones to cherish, and people who just have an amazing story that needs to be told.

You can contact Pat for a chat via email [chatswithpat@outlook.com.au](mailto:chatswithpat@outlook.com.au) or give him a call on 0411 685429.







## Our Needs

One of the things we have been working towards is replacing the HMF Van. The purchase of the original van was funded by a grant from the Newcastle Permanent Charitable Foundation back in 2013.

The work we do in the community is highly dependant on the Van and often it is packed to the rafters – especially when setting up a Spot Check clinic in the community or workplace. It plays a vital role in being able to continue with our community activations.

Whilst we have applied for funding from various sources, none of these have been successful to date and we are now getting to the point where we need to take action.

If you think you can help us with this, or know someone who can, we would love to hear from you. Please contact Claudia on 0412 955934 or via email [claudia@hmf.org.au](mailto:claudia@hmf.org.au)

## Bella Williams

HMF ambassador Bella Williams doesn't do things by halves. Bella was over the moon to be given the opportunity to race in the Nutri Grain Ironwoman series opening rounds in January. Fellow athlete, Georgia Miller, was ruled out of

the rounds following medical advice which presented Bella with the opportunity to race against a team of elite athletes including her all-time favourite, Courtney Hancock. "I'm so excited to race against the elite girls, especially Courtney, I really look up



## Coming Up

Knockers + Moles – our joint fundraising event with the Hunter Breast Cancer Foundation was scheduled to go ahead on Saturday 5th February at Ironbark Hill Estate in the Hunter Valley. Given the current COVID numbers in the area, we want to ensure the safety of our guests, staff and volunteers as a priority and as such the event has been postponed and will now take place on Saturday 10th September 2022. You can still purchase tickets via the HMF or HBCF website.

The HMF Annual Race Day is scheduled to take place on Saturday 14th May 2022 at Newcastle Racecourse. Tickets will be available to purchase in March via the HMF website – [hmf.org.au](http://hmf.org.au), and through our Social Media platforms – Facebook, Instagram, and Linked In.



to her," Williams said. "To be able to say that I've raced against her in the series is so incredible."

Whilst completing her HSC at Newcastle Grammar School, last year Bella competed in the Nutri Grain Next Gen Series, and narrowly missed out on a full time position in the 2022 Nutri Grain Ironwoman series. 20 athletes competed at North Bondi over the weekend of January 14/15/16 and Bella finished in 13th spot, showing she certainly has what it takes to be part of the series and mix it with the best in the sport.

We look forward to watching Bella's star rise in the future.

# Foundation News

CLAUDIA TOLHURST

## WELLNESS DAY

It's time to put your health first!

Wellness Day is an initiative of the team at Novartis Pharmaceuticals, encouraging workplaces to provide the gift of time to their employees to prioritise their health and get a health check. Covid 19 has caused a significant shift in the way that people are engaging with the healthcare system, often delaying or avoiding routine checks.

Wellness Day acts as a catalyst for people to put their health first and arrange those tests that they have been delaying.

Through this initiative, and with funding from the West's Group (NSW Club Grants), we were able to partner with the team at Quarry Mining in early December to deliver free skin checks to their staff.

Sixty-two people participated in the skin checks and from those, 3 possible melanomas were located in 2 patients which were referred on for biopsy.

Alarmingly, 35% of the patients examined had never had a skin check before, and for a further



46%, it had been more than 12 months since their last skin check.

Early detection is vital in the successful treatment of melanoma, so if you have been putting off your skin or other health checks, now is

the time to take action.

If your workplace is interested in participating in the Wellness Day program, we would love to hear from you.

## CANCER SERVICES COLLABORATION

HMF were delighted to be invited to participate in The Newcastle Cancer Services Collaboration Project. The project is the brainchild of the local Canteen team and has been developed to improve service access for families in Newcastle & the Hunter Region who have been impacted by Cancer. The project also increases collaboration between cancer services, thereby increasing and/or maintaining available resources for local families.

One day each month, Canteen will host Collaborative Workdays at the Kotara centre (The Cancer Hub) where it is co-located with Camp Quality. On these days, local cancer services will meet to discuss services available for families in needs and how, collectively, we can meet those needs, by opening

referral pathways for clients.

These days will also be used as a Community Open Day where the doors will be opened to families impacted by cancer who would like community support. The vision is for families and individuals to be able to come to one welcoming location where they can find information about and speak to staff from a range of services that are available to them.

Canteen are funding the project with funds from a Community Grant through the Newcastle Permanent Charitable Foundation.

We look forward to participating in this important and much needed project. Keep an eye on our Social Media pages and web site for news of the grand opening.



## Call it out



The following story went to air on NBN news recently and is very similar to the story we shared in 2020 about our own local melanoma patient David Wallace.

Brian Hamilton is on the staff of the Vancouver Canucks Ice Hockey team and was working behind the bench at a game in October when he noticed a fan trying to get his attention. The fan, Nadia Popovici, showed him a message on her phone, telling him he should see a doctor about a mole on his neck as she suspected it could be cancerous.

At the time, Hamilton was

concentrating on the game at hand, but gave Nadia a nod of acknowledgement. He later asked the team Doctor to take a look at the mole. The doctor was also concerned and immediately made an appointment for Hamilton to have the mole removed and tested.

When the results came back, Hamilton was advised that it was a malignant melanoma, but because it had been spotted and removed early, he was cancer free.

The Vancouver Canucks started a social media campaign to find the fan Hamilton credits with saving his life. Popovici was found and she

was able to meet Hamilton at an upcoming game, where he thanked her for her persistence in trying to get his attention and for alerting him to the mole.

Turns out, Popovici is an aspiring medical student who had learned about skin cancer while volunteering at an oncology centre.

The hockey team wanted to show their gratitude for the gesture and gifted her \$10,000 to help with her medical studies.

I guess the moral to this story is, if you see something suspicious, start the conversation. You have the potential to save a life.

## EDUCATION

Our most successful education program in previous years is by far our popular Spot Check FREE skin check clinics. We had planned to hold them again over the summer of 2021/2022, but unfortunately COVID again made it difficult to plan anything. We will continue to plan to hold the clinics at some time during the year as we know the impact they have on saving lives through early detection. Keep an eye on our website or social media pages for new dates to be announced.

In November, during a break in 'lockdowns,' we were able to deliver our High School program "Danny". The team at St Bede's Catholic College, Chisolm, invited us to participate in their Year 10 education week. We teamed up with Canteen and delivered an informative talk on the importance of sun protection and early detection of melanoma, while Canteen informed the group on how to support someone who is dealing with the impact of a cancer diagnosis amongst their family or friends.

**NEWCASTLE**  
RACECOURSE  
• EST 1907 •



**HMF**

*race day*

SATURDAY 14TH MAY 2022

[hmf.org.au](http://hmf.org.au)

## Triathlete's compete for HMF

In May 2020, Mick Tolhurst was set to compete in his 10th Ironman Australia triathlon event in Port Macquarie. With 3 postponements due to COVID and 1 due to flooding in the Port Macquarie region, Mick and many other triathletes, are hopeful they will get the chance to race on the first Sunday in May this year. Mick will be wearing the HMF colours and raising funds to help increase awareness about sun safety and the importance of early detection of melanoma. As the husband of our Executive Officer, Claudia, Mick is very aware of the high melanoma rates we have in Australia and wants to do his bit to help the cause. The Ironman triathlon consists of a 3.8km swim, 180km bike ride and finishes with a 42.2km marathon.

Peter Hodgson lives and breathes triathlon. He is a legend of the sport having completed 24 Ironman races and now runs his own training squad "Just Dig Deeper". Pete has set himself a different challenge this year and is off to Noosa in May to compete in the Ultraman Australia triathlon. The Ultraman event is a 515km endurance race over 3 days, with a 12-hour cut off on each day.

Day one is a 10km swim plus a 140km bike ride. Day 2 consists of a 281.1km bike ride, and on the final day, it all finishes with an 84.3km run.

On day 2, whilst pedalling 281.1km, Pete and his support crew of 5 will be kitted out in the HMF colours helping us to raise awareness about melanoma. Pete has always been community minded and has supported many charity



Mick Tolhurst



Peter Hodgson

organisations and we are grateful to have him on board wearing the HMF colours.

We'll make sure Mick & Peter have plenty of HMF sunscreen to keep them protected out on their respective courses and wish them both the best of luck.

## Yes, I would like to become a member of the Hunter Melanoma Foundation

Hunter Melanoma Foundation Inc    CFN 11111    ABN 75 185 968 305

New Membership     Membership renewal     Donation

I, \_\_\_\_\_

of, \_\_\_\_\_

hereby apply to become a member of the above named incorporated association. In the event of my admission as a member, I agree to be bound by the Rules of the association for the time being in force.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_ (m) \_\_\_\_\_

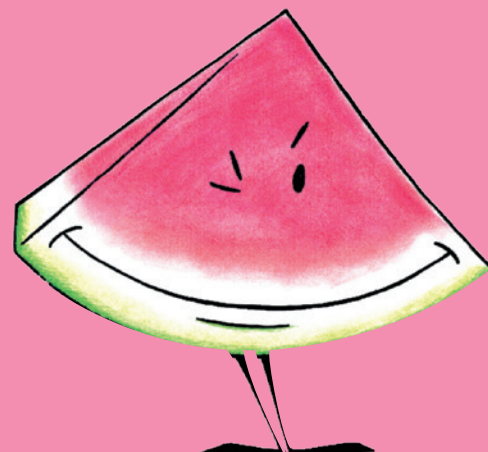
Email address \_\_\_\_\_

Occupation \_\_\_\_\_ Date of Birth \_\_\_\_\_

Membership fees are **\$11.00 per year** (including GST) payable on 1 July each year. Members receive a regular newsletter.







# Thank you FOR YOUR SUPPORT

Rachel Allan  
John Aspinall  
Sue Avar  
Lesley Bayliss  
Jenny Bazley  
Barbara Bernasconi  
Sylvia Byles  
Les & Jacky Campbell  
John & Julienne Cooper  
Veronica Corbett  
Frank Gill  
Warren Handley

Colin Hanlan  
Murray Heddles  
Cecil Hill  
Wayne Jackson  
Janice McKay  
Valda McKim  
Susan Morris  
Barbara Murdoch  
Rosemary Neave  
Michael Nichols  
Diane Outram  
Vicki Parker

Douglas Peters  
Glenn Reilly  
Colin Ross  
John Rumball  
Rita Ryan  
Cornelia Schulze  
Ellen Skelton  
Lorraine Tolhurst  
Eunice Vaughan  
Diane Vercoe  
Linda Waters  
Joyce Watt

**PKF**

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

## Payment Details

PLEASE COMPLETE BOTH SIDES OF FORM & RETURN TO ADDRESS BELOW OR IN REPLY PAID ENVELOPE

I enclose payment for \$11 membership  I would also like to make a donation of \$ \_\_\_\_\_ Total amount: \_\_\_\_\_

A cheque made payable to Hunter Melanoma Foundation is enclosed OR please charge my  Bankcard  Visa  Mastercard

Card Number                 Expiry Date   /

Signature \_\_\_\_\_ Date \_\_\_\_\_

Thank you!

Yes, I would like to receive regular copies of the HMF newsletter  posted to the address overleaf  Via Email

Please send me information about leaving a bequest to the HMF  please remove my details from the HMF mailing list

Yes, I would like to find out more about becoming a HMF Volunteer. Please contact me.