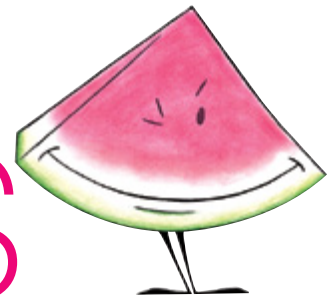




PIPS'N'PIECES



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JUN 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 |

New Committee Members

We would like to welcome new committee member Liz Macansh. After her first committee meeting, Liz nominated to help Claudia with the race day, getting invites out to her family and friends, selling raffle tickets on the day and of course, being one of the infamous flash mob chorus line. She may be feeling a little burnt out at the moment but I am sure her energy and enthusiasm will be reignited for future events.

It's a warm welcome back to the committee for Scott Stevenson. Scott held the position of Vice Chair of the HMF committee for a number of years and also participated in the initial sun safety presentations to primary schools, as well as providing entertainment and amusement at quite a few HMF race days. Scott left the committee 3 years ago due to other commitments. With more free time, Scott tells me that he had been thinking about reactivating his involvement and seeing the flash mob video on Facebook was all the persuasion he needed to come to our May meeting and renominate for the committee - on the proviso that he can be part of the flash mob for 2018.



Chairman's Report

Lawrie Hogg

Race Day

Our annual charity race day was held in April and thanks to our generous supporters, another great day was enjoyed by all. My biggest problem was not being able to be in two places at once and I missed the flash mob performance in the marquee as I was running the auction of the "barrier run" in the pavilion. Congratulations to Andrew Steele, the successful bidder of the barrier run. Andrew was joined by three friends for the unique experience of driving out to the barrier to see the horses gated at the start of the race and they all agreed it was a fantastic experience.

The flash mob was pure gold and if you missed the performance, make sure you take a look at the video on Facebook. Well done Claudia and her team for starting the day off with a bang.

The day just got better, the weather was perfect, there were more fantastic auctions, raffles and the 50/50 cash prize. Oh, and yes, I believe there were horses racing as well.

Thank you to our race sponsors and supporters who continue to make the day possible and to all those in attendance – your support enabled us to raise \$15,000 – funds that will contribute to our education and awareness programs.

An event not to be missed with plenty of fun for everyone, save the date for next year - 28th April 2018.

HMF 30th Anniversary

Next year is the 30th anniversary of the incorporation of the Hunter Melanoma Foundation and we definitely think this is cause for not only celebration, but acknowledgment of the role of the HMF over the past three decades.

It was in the mid 1980's, when the Melanoma Unit was situated at the old Wallsend Hospital in fairly basic conditions, that one of the patients, John Stevenson, realised that the only way to obtain funds to improve conditions was to form a registered charity. John called a meeting of interested parties and I

Diary Dates

JUN 29 Don't forget to make your tax deductible HMF donation before end of financial year!

AUG 16 Metropolitan Players presents "Les Miserables" - see page 6 for details.

OCT 08 Mad Hatter's High Tea see page 7 for details.

understand there was quite a turnout at that first meeting, all in support of forming a charitable organisation to raise and administer funds in support of melanoma in our region. The Hunter Melanoma Foundation was incorporated on 16th May 1988.

There have been many changes over the last 30 years but one thing that has never wavered is the commitment of the HMF to reducing the incidence and mortality rates of melanoma in our region through awareness, education, research and patient support.

The committee is planning a number of fundraising activities for 2018 including a gala ball and I hope you can join us in celebrating this significant milestone.



Treasurer's Report

Janelle Kirk

Thank you to everyone who supported our charity race day. It was once again a great day with a lot of fun, great frocks and gorgeous hats and fascinators and of course horses – and a fabulous (if I may say so myself) flash mob - what a great way to fundraise.

Our race sponsors make the day possible, so a huge thank you to **L'Oreal La Roche-Posay, Radford Shopfitters, McKanna Fabrications, Nationwide Super, Varleys, ShedBoss Hunter, RAMS Home Loans, family of the late Lance Hogg and friends of the late John Whitmore.** The day was also supported by **BridgeClimb, Beyond Bank, SmilelabNSW, Talulah, Optus Glendale and Domayne Kotara** who donated raffle prizes.

Congratulations to our raffle prize winners.

1st Prize BridgeClimb for Two donated by BridgeClimb + \$300 Accommodation Voucher (donated by Beyond Bank)

Marion Byrne from Advisory Group

2nd Prize La Roche-Posay Gift Hamper donated by L'Oreal La Roche-Posay

Carol Nevin from Varleys

3rd Prize \$70 Voucher donated by Talulah at The Junction
Jan

4th Prize Gift Hamper Donated by Domayne Kotara + 2 bottles of wine

Susan McDermott

5th Prize Gift Hamper Donated by Domayne Kotara + 2 bottles of wine

Pamela Hart

6th Prize Gift Hamper Donated by Domayne Kotara + 2 bottles of wine

Jackie Donadei

Funds raised from the race day will support our education and awareness projects as we believe it is important to continually reinforce the sun safe message with young and old as well as the importance of regular skin checks.



▲ The "flash mobbers" Callum, Emily, Laura (choreographer), Emma, Megan, Sam.



▲ Best dressed female - Suzanne
Best dressed male - Christopher
Best headwear - Tina



▲ The pecker auction. Ja Davis and Claudia Tolhurst.

We have a lot of fun fundraising and we hope you enjoy yourselves participating in our events. We also get a great deal of enjoyment ensuring your funds are well spent. Our focus is on raising awareness through prevention and early detection as HMF believe that this is how it can make a significant difference to the incidence and mortality rate of melanoma in our region.

Raising Awareness

Funds received from Orica have enabled us to provide awareness posters in schools, GPs, and health professionals together with brochures and fridge magnets. We have commenced an awareness project in local bowling clubs with money received from Wests as part of the ClubGrants funding. Clubs have been provided with posters for change rooms as well as bar coasters and we will be meeting with club representatives to discuss other ways we can assist them in raising awareness.

Sponsorship from NCIG will enabled us to keep the HMF "Check Mate" bus on the road for another year. This bus is in memory of Scott Polglase and it was funding from the Gimme 5 money boxes that enabled us to initially get the two buses on the road.

We know firsthand the impact of the bus as the people featured in the advert regularly have friends and acquaintances make a comment about having seen it and on a couple of occasions have said that it has reminded them to have that overdue skin check.

We know that regular skin checks do save lives and that if a suspect lesion or mole is removed at an early stage there is up to a 95% cure rate. HMF sees the bus as an integral part of its community awareness and is grateful to NCIG for joining us in our campaign against melanoma.

Professional Development

With the advancement of treatment of melanoma it is fundamental that Melanoma Unit staff be kept up to date with current melanoma treatment and clinical trials. The HMF recently provided funding for three of the nursing staff to attend a Melanoma Nurses Conference at the Melanoma Institute Australia (MIA).

RN Kate Manning's role will soon be extending to include more patient support and the HMF was pleased to be able to assist Kate in taking on this new role by supporting her attendance at a counselling course.

Elmore Glen Retirement Village

There was a wonderful community spirit and lots of lively chatter when 120+ residents and guests gathered for a fundraising afternoon tea recently. The afternoon kicked off with the singing group performing its version of "We're fighting melanoma" to great applause.

Kevin's homemade sausage rolls were delicious – I'm still trying to get him to divulge his recipe – and together with a wide variety of sandwiches topped off with an array of delectable slices were enjoyed by all. A huge thank you to Maureen Holmes and her wonderful support group and everyone who donated prizes to the massive tombala contributing to over \$4500 being raised.

Membership Renewal

June is membership renewal time and forms are included with the newsletter. Membership fees remain at \$11.

Donations

Your donations and support enable us to keep on doing what we do best – raise awareness; support patients; educate and support nursing staff and support melanoma research.

Your donation to the HMF is tax deductible.

Membership renewal or donations can be made direct into the Hunter Melanoma Foundation bank account.

Account details: Hunter Melanoma Foundation
BSB: 082637 - Acct: 037112575.

Please forward Jenny an email – jenny@hmf.org.au to advise her of your payment and address for receipt.

Upcoming Events

HMF has an allocation of tickets for the opening night of the Metropolitan Players production of Les Miserables on August 16th. I know Les Mis is a favourite of many and can assure you that you will not be disappointed with this production. Bookings can be made through Trybooking for a reduced price of \$55 – see page 5 for details.

Last year a number of people were unable to attend our Mad Hatters High Tea due to venue size so this year the event has been relocated to Merewether Surfhouse to accommodate more people. The high tea will be on Sunday 8th October – save the date now and watch out for details on Facebook.

We would like to thank The Beach Hotel and Euro Patisserie for their support over the past 3 years.

**YOU COULD
BE ON A QUEST**

Join our quest to fight melanoma! Your bequest, large or small, will go directly to research into the treatment, prevention and cure of melanoma in the Hunter Region and beyond. **Where there's a will there's a way.**

Call Jenny now 02 4985 0103

Well Done Jay

A former truck driver, who has battled melanoma and won, Jay took on perhaps his biggest challenge yet in a bid to save others from the deadly disease.

Melanoma Institute Australia Community Coordinator, Jay Allen embarked on The Longest Melanoma March from Brisbane to Sydney from March 5 to April 2.

Jay was just 32 when he was diagnosed with melanoma. He was your typical Aussie bloke: a husband, dad, son and mate to many. Overnight he went from being a truck driver to a cancer patient. It was a diagnosis that changed his life.

"I just never thought it would happen to me," Jay said. "I had a mole on my ankle that looked unusual and kept rubbing on my work boots and bleeding. My wife persisted that I get it checked, and luckily I took her advice. It turned out to be a melanoma which was 1.95mm deep and had spread to my lymph nodes."

Jay underwent immediate surgery and treatment. Eight years on he is fighting fit and is now fighting for another cause: to help raise awareness and find a cure for melanoma. The number one cancer killer of Australians aged 20-39.

In his role as Community Coordinator with Melanoma Institute Australia, Jay devotes much of his time talking to school and community groups about sun-safe behaviours and the importance of early detection.

"I had no idea how deadly melanoma could be. My diagnosis was life changing for me and my family."

The Longest Melanoma March started in Brisbane at Suncorp Stadium on March 5 and ended in Sydney at Barangaroo on April 2.



Foundation News

Jenny Noblet

It's been a busy few months and I can't believe how quickly the weeks are flying by.

Last year, the HMF received a funding grant from Orica for an awareness project and I spent a couple of days in the Stockton, Mayfield, Waratah, Carrington area dropping off posters to schools and pharmacies and posters, brochures and fridge magnets to GPs and health professionals.

It was an opportunity to meet and chat with a number of people and the information was well received by everyone I visited, with most schools booking a sun safe presentation for term 3 or term 4.

I also dropped into an Early Learning Centre on the Stockton foreshore to leave some posters and got a very warm reception and an invite to return later in the week to talk to the children.

I was most impressed when told that every morning the children check the UV index and have an understanding as to what the number means and they also all apply their sunscreen together before going outside. I really felt that there wasn't much more that I could tell them but they all sat very quietly during my talk and were delighted with their HMF bag to take home.



Melanoma continues to take too many lives far too soon and it sadly still impacts on our young people. This was brought home to us recently with the passing of 24 year old Emma Betts who many

knew through her Dear Melanoma blog. Right up until her death, Emma was a strong campaigner, raising funds for melanoma research and awareness about the risks of melanoma, particularly amongst younger people. We send our deepest sympathies to her family.

Bowling Clubs - ClubGrant

Fellow committee member Leonie Murray and I have also been calling in on local bowling clubs to provide them with melanoma awareness posters and coasters as part of the **ClubGrants** project to raise awareness to prevention and early detection of melanoma with bowlers.

I will be meeting with bowling club representatives to discuss other resources we can provide to raise awareness including score cards and outdoor signage.

Full marks to Wests Bowling Club who has a fabulous cover on its greens.

Presentations

One of the most enjoyable aspects of my job is having the opportunity to get out into the community and talk to various groups or organisations.

I recently had the pleasure of visiting Woodlands Self Care Village at Wallsend and a trip to Cessnock to speak to the Prostate Cancer Support Group. Pit Stop for Year 9's at Maitland High in April was a big day with eight health related groups presenting to 140 students. I also spent a lovely afternoon with the Elermore Glen residents.

Race Day

This years race day was another fabulous day and I have to say a huge thank you to Vice Chair Claudia Tolhurst, who took on the co-ordination of the event without even having been to a previous race day. She did a great job ensuring that it was a fun day and everyone who attended thoroughly enjoyed themselves. Claudia wrote the words for the flash mob which was a pleasant surprise for the punters in the marquee. The words were "We're Fighting Melanoma" to Billy Joel's "We didn't start the Fire". Committee members Janelle, Leonie and Liz together with my husband Geoff were part of the 'chorus line' and under the expert guidance and support of the beautiful and talented Laura Dawson managed to put together an awesome performance – and they nailed it with only three rehearsals!

Our 50/50 cash raffle was a huge hit and the inaugural 'pecker race' was the featured race of the day and was great fun for all who participated or watched the race.

After struggling for a few years to fill the Marquee, it was great to see this year's event was a sell out.

The location of the Marquee was excellent bringing us closer to our sponsors in the Pavilion and provided a great view of the finishing post.

The generosity of our supporters never ceases to amaze me and I hope to see you all again next year.



Melanoma News

The Sun Safety Message is making a difference

Source: Cancer in the News 2017

The slip, slop, slap message is proving to be effective with melanoma rates plummeting in the past 18 years.

A long-term study of teenagers and young adults has revealed the cases of melanoma in young people fell 5 per cent each year from 2000 to 2010.

Research leader Adele Green said it showed the effectiveness of sun safety messages.

Prof Green has been studying skin cancer at QIMR Beghofer Medical Research Institute in Queensland for more than three decades.

She and her team looked at melanoma cases among 15 to 24 year olds in Queensland from 1982 to 2010.

It's been one of the most successful cancer prevention campaigns,' Prof Green said of the slip, slop, slap campaign.

Results could also be similar across the rest of Australia, she added.

According to the study published online in the International Journal of Cancer, the rate of melanoma cases has fallen from 25 per 100,000 in 1996 to 14 per 100,000 in 2010 among people aged 20 to 24.

It follows data released by the institute in April that showed a decline in the most common skin cancers, basal cell carcinoma and squamous cell carcinoma, among people aged up to 45.

'This shows the improvements are broader than just the adolescents and young adults in the melanoma study,' Prof Green said.

'The effectiveness of the sun safe message is up there with the anti-smoking and the asbestos campaigns. The culture is changing. Australians know the sun is dangerous as well as wonderful.'

Cancer Council CEO Ian Olver said people still needed to be vigilant with their sun safety –

'Australia is known for its high rate of melanoma, but it has been able to lead the world in prevention,' he said.

'We are into the second generation with the sun smart message and the important thing is to keep the message going - this is not a time to relax just because it is working.'

35 years of Community Support

Congratulations to the Maitland Cancer Appeal celebrating its 35th anniversary of support of the local community. The Rutherford based organisation runs a popular op-shop at the East Mall and over the past 35 years has provided generous donations to numerous local charities including the HMF. The op-shop is managed and run by volunteers some who have been with the organisation from day one and they all generously give their time which has enabled the Appeal to raise nearly \$700,000 over the past five years.

Protection Against UVA: An Absolute Necessity - Not all sunscreens are the same

Ann Johnson from L'Oreal La Roche-Posay recently gave an informative presentation on its skin care range to me and the unit nursing staff. The range includes more than just sunscreen and addresses a number of skin problems from acne to psoriasis as well as sensitive skin.

However, it was the sunscreen information that was of most interest to us in particular the role of UVA and the fact that not all sunscreens necessarily provide a high level of protection from UVA regardless of the SPF.

Without the right protection UVB and UVA rays can both trigger deterioration at the heart of our cells and damage their DNA. If repeated, in the long term, this invisible damage can lead to the development of skin cancer.

Not all sun protection products are equal. SPF (Sun Protection Factor) specifies the sunscreen's ability to block UVB rays. However, two products with the same SPF may provide different levels of UVA protection.

UVB rays (B as Bronzing or Burn) represent 5% of the UV rays on the earth's surface, they are responsible for sunburn. They burn our skin as a warning we have had too much sun exposure.

UVA rays (A as Age or Allergy) represent 95% of UV rays on the earth's surface.

They penetrate deeper into the skin than UVB, and cannot be felt on the skin.

Unlike UVB, they are present from sunrise to sunset, even in cloudy weather and they can travel through windows.

They accelerate skin ageing, can cause skin to become sun-reactive (redness, itching, polymorphous light eruption).

The La Roche-Posay sunscreen range provides a high level of protection from UVA without a high chemical content so is ideal for all skin types.



HMF

Hunter Melanoma Foundation

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8 October 2017

Don't be late for this very important date! Join us for a fabulous afternoon fit for the Queen, of hearts, that is, with plenty of fun, 50/50 cash raffle plus other great raffles and prizes for the maddest hat.


1:30pm • \$60 • Merewether Surfhouse

Includes a complimentary glass of bubbles on arrival.

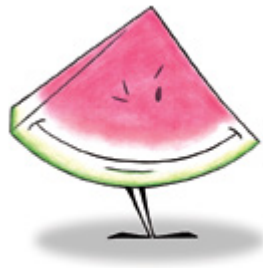


We're all mad here.

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

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





THANKYOU for your support

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Lemon Tree Passage Lady Bowlers

V Corbett

Ritchies

I Dawson

Bundarra Lions

J Martin

M Parker-Wood

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S & C Meadows

F Welsh

Newcastle Dist Bowls Assoc

J Watt

K Mitchell

C Hill

Tranter Lawyers

K Schmierer

B & C Marshall

W Jackson

B Dalton

L Bayliss

Muswellbrook Lioness Club

M Dick

Ladies Mid Week Tennis

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In memory of Leanne Davies

C Moore

In memory of John Campigli

Theresa Day

Emma Steele Occupational Therapy

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Ray Standing



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

