



# PIPS'N'PIECES

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MAY 2018

|                                |                         |
|--------------------------------|-------------------------|
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| <b>Vice Chairman:</b>          | <b>Claudia Tolhurst</b> |
| <b>Executive Officer:</b>      | <b>Jenny Noblet</b>     |
| <b>Secretary:</b>              | <b>Rebecca Boyd</b>     |
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| <b>Patron:</b>                 | <b>Paul Cave AM</b>     |
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| <b>Elizabeth Macansh</b>       | <b>Scott Stevenson</b>  |
|                                | <b>Tracy Garner</b>     |
| <b>Ambassadors:</b>            |                         |
| <b>Holly Edmunds</b>           | <b>Daniel Martine</b>   |
| <b>Tracy Garner</b>            | <b>Jake Sylvester</b>   |
| <b>Erin Lewis</b>              | <b>Caitlin Rosser</b>   |

The volunteers who attended the Beaumont Street Carnivale were kept busy all day as the warm weather certainly brought out the crowds, many of them stopping for some sunscreen and the hats we were selling were also very popular.

I was away for the Kurri Kurri Bulldogs v Cessnock Goannas Charity Shield on 17th March. By all reports it was a huge day that was well supported by the generous rugby league community of Kurri Kurri and Cessnock raising over \$7,600. Once again there were a number of HMF volunteers who assisted on the day as well as staff from Beyond Bank also coming along to help out. Thanks to all involved for their help and support.

The HMF race day was another success this year. Thankfully the weather was in our favour with the sun shining on the day and some lucky winners in the Mounting Yard Marquee and Pavilion. Thank you to our wonderful sponsors, the NJC and of course, all of our guests for joining us.

Once again the marquee kicked off with an ad hoc performance from HMF committee and volunteers supporting the very talented Danielle on the ukulele.

A big thank you to sponsors, supporters and all involved – particularly those behind the scenes – Alana, Glynn & Tony from the NJC who ensured the day ran smoothly.

I know that everyone I spoke to assured me that they will back in 2019.

Plans are well underway for our 30th Anniversary 'Pearl Ball' to be held on Saturday 20th October 2018 with tickets available now. I hope you can join us as we acknowledge and celebrate the last 30 years.



## Chairman's Report

**Lawrie Hogg**

March was definitely a very busy month starting with Paddlefest on the 4th. My brother Tony and I both enjoy paddling and decided to sign up for the 10km paddle and I'm pleased to report that we both finished in reasonably good time.

The day started off fine and relatively calm but just before midday, the southerly came through with a vengeance and we were both thankful that our race was one of the early ones as conditions deteriorated rapidly to the extent that some of the final heats had to be cancelled.

It was about that time that it was getting difficult to keep the HMF shade from flying off so we decided that it was time for us to pack up. There was a constant line up to buy our watermelon slushies during the morning but we were even more popular when we offered free slushies to drain the machine so we could pack up.

The Rotary Club of Toronto Sunrise has been holding this annual event for a number of years and it is well organised and well attended and we thank them for choosing HMF as a beneficiary of this year's events, resulting in the generous donation of \$10,000.

Thanks also to the volunteers who helped out on the day and to DIY DJ Hire who donated the slushie machine and watermelon juice.



## Treasurer's Report

**Janelle Kirk**

### Kurri Kurri RLFC Charity Shield

Despite temperatures well into the 30s, there was an incredible community vibe at the Kurri Kurri RLFC Charity Shield in March with a continual flow of players and families through the gate all day.

The Under 6s kicked off the day at 8.30am with division games continuing throughout the day, culminating with the 1st Grade



▲ The victors - Kurri Kurri Bulldogs First Grade team celebrating a hard fought win.



▲ Jake Robinson.

match in the evening. It was a nail biter of a game with Kurri Kurri taking home the winners plaque for the 3rd year in a row.

Leanne Robinson made her son Jake's day when she won first prize in the raffle, the BMX bike from Ted's Bikes. Jake plays in the Under 10's for Cessnock and he and his family had left the ground

when the raffle was drawn but mum Leanne made a quick trip over to pick up the bike much to Jake's delight. The two electrical appliances donated by Kurri Kurri Betta Home Living were won by Steve Lawrence and Kay Fowler.

A big thank you to the Kurri Kurri RLFC for choosing HMF as the beneficiary of the day and to all who supported the event.

## HMF Race Day 2018

The race day raised in excess of \$17,000 and we would not have been able to achieve this without the wonderful support of our race sponsors. Some of them have been supporting our race day for over 20 years and it's lovely to see the familiar faces returning each year.

A huge thank you to **Radford Shopfitters, McKanna Fabs, Varley Group, Nationwide Super, RAMS Home Loans, ShedBoss Hunter, Friends of John Whitmore** and the **Hogg Family**.

This year we made the decision to draw the race day raffle on the day after the 7th race. First prize of an accommodation and breakfast package for two was donated by The Mercure Hunter Valley. Thank you also to Bliss Beauty who donated a pamper voucher, the NJC for a reservation for 4 people in Chevals Restaurant and John Lewis for a mixed wine package.

First and second prize winners were in the Members Stand and had purchased their tickets from HMF volunteers at the entry gate – congratulations to Maria and Julie.

Third, fourth & fifth prizes were won by people attending in the HMF marquee – congratulations to Neil, Emily and Donna.



▲ L-R back row: Steve Tolhurst, Denise Rutledge, Jenny Tolhurst, Lynne Tiedman & Craig Gideman.  
L-R front row: Keith Dumbrell, Rhonda White & Kay Dumbrell.



▲ Jodi the lucky 50/50 winner.



▲ Dimitra Walton & Kristy Brown.

## Metropolitan Players – “We Will Rock You” – Wednesday 22nd August

The Metropolitan Players will rock you with their fabulous new production. In what's sure to be a popular event celebrating the music of Queen, tickets to We Will Rock You are sure to sell quickly. Join us for a special charity performance on opening night, Wednesday 22nd August.

This year we have been advised that all bookings must go through Ticketek. There are specific seats reserved for HMF and seats from this allocation will be allotted to you on purchase.

To book your tickets; go to the Ticketek site, search for We Will Rock You, choose Newcastle and 22nd August. Finally, select the number of tickets that you wish to purchase from the Hunter Melanoma option on the right hand side.

We suggest that you do one booking for your group to ensure that you are all sitting together and only incur the one booking fee. If you have any problems please don't hesitate to contact Jenny at the HMF office.

### Diary Dates

|              |   |
|--------------|---|
| 24th June    | Mad Hatter's High Tea                     |
| 22nd August  | Metropolitan Players – “We Will Rock You” |
| 20th October | 30th Anniversary “Pearl Ball”             |



# HMF

Hunter Melanoma Foundation

PRESENTS:

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BOOTS  
BOOTS

# WE WILL ROCK YOU

BY QUEEN AND BEN ELTON

**ONE NIGHT ONLY!**  
LIMITED TICKETS AT THIS PRICE.

8pm Wednesday 22nd August  
Civic Theatre Newcastle

Bookings can be made via [ticketek.com.au](http://ticketek.com.au) or 4929 1977  
Special charity price \$61.30 + Booking Fee

BY ARRANGEMENT WITH DAVID SPICER PRODUCTIONS [WWW.DAVIDSPICER.COM.AU](http://WWW.DAVIDSPICER.COM.AU)

## 30th Anniversary Pearl Ball – 20th October 2018

Tickets are now available on Trybooking for the 'Pearl Ball' and you are able to make your booking for a specific table with tables numbered 1 through to 40.

Jenny is able to put your name on a table if you give her your details or you can tell others who will be joining your table your table number.

If you have any problems or questions don't hesitate to give Jenny a call – 0402832497.

## Membership Renewal

Membership renewal forms are included with this newsletter together with a reply paid envelope. Membership fee remains at \$11.



## Foundation News

Jenny Noblet

It was good to see that everyone who registered for Paddlefest was well protected and well covered from the sun and although we had a good supply of sunscreen available there wasn't much demand for it- unlike the watermelon slushies that were very popular.

There were a number of very keen Scouts eagerly assembling their vessels from early in the morning but unfortunately by the time they were ready to hit the water the southerly had taken hold and it was pretty rough going for them as they battled the waves.

We were kept busy for most of the morning giving away HMF information bags and answering questions.

Congratulations to the organisers of The Beaumont Street Carnivale. It was a great success, well organised and well attended with something for everyone. We were once again very busy and actually ran out of HMF giveaway bags before midday with many people stopping to have a chat, buy a hat, put on some sunscreen or buy a raffle ticket.

We sold raffle tickets for a HMF prize pack of watermelon goodies at both Paddlefest and Carnivale. Kirrily Corbett was the lucky winner of the pack which included a lovely watermelon circular beach towel. Kirrily is no stranger to the HMF; her father-in-law, Paul Corbett passed away from melanoma 15 years ago and her musician husband, Bob Corbett has supported a number of HMF fundraising events.

We were fortunate to have a doctor volunteering at both Paddlefest and Carnivale events. Dr Vee Varitsara contacted me late last year to say that she was interested in volunteering with the HMF as she would like to specialise in skin cancer. She was also able to join us at Tocal Field Days, along with Dr Sillar.

This year the HMF was the event's chosen charity to support

and it was a great opportunity for us to meet and talk to the people of the Upper Hunter. Always a popular event this year was no different with the lovely weather bringing the crowds with attendance higher than last year.

We are all getting very excited about the Pearl Ball on 20th October – it's hard to believe that it's nearly 20 years since we held our last ball and I am often asked when we will be holding another one – well make a note – it's this year!

We have a great Ball Committee working very hard to obtain sponsorship and prizes suitable for raffles or auctions and if you are able to assist in any way please let me know.



## In The Media

A "highly accurate" online skin cancer test that can identify people at high risk of melanoma in 90 seconds has been developed by Queensland researchers. **Townsville Bulletin March 2018**

The test predicts the likelihood of developing the killer disease over the next three-and-a-half years.

It was developed for people aged 40 to 70, based on data collected from the world's largest skin cancer study run by the QIMR Berghofer Medical Research Institute.



▲ Blemishes like this are typical of skin lesions likely to be melanomas. (Supplied: Dr Richard Johns FSCCA)

I don't know if you have done the online test but I thought that I should do it so that I knew what it was about if anyone asked me.

Surprisingly my risk factor of developing melanoma in the next 3.5 years is "below average" but that could be because I have dramatically changed my sun behaviour habits since starting work with the HMF in 1993.

There were a number of questions NOT asked that I was surprised about, for example, can you recall how many bad sunburns you had before you were 15 (I would have to say lots to this one). Also, the use of solariums was not mentioned and

we know that there could be quite a few people in the 40+ age bracket that may have experimented with a sunbed or solarium when they were popular.

A “below average” risk factor definitely does not mean that you can be complacent; it is an indication that you are doing the right thing and should continue to do so.

I have received some feedback from QIMR Berghofer with some stats indicating that nearly 200,000 people have completed the online Melanoma Risk Predictor and a summary of risk scores indicating:

- 27% Very much below average
- 22% Below average
- 9% About average
- 5% Above average
- 17% Very much above average

**14,320 Australians are predicted to be diagnosed with melanoma this year, and 1,905 will die from melanoma – let’s hope that the risk factor predictor will help in reducing these statistics.**

## It's as Easy as A B C –

### Melanoma in the News April 2018

While many of us have moles and freckles on our skin, few among us spend much time analysing these moles and paying close attention to how they look and whether they've changed.

With Australia currently enjoying an Indian summer, it is a good time to remind people to continue to protect their skin but also be aware of any changes in their moles, spots or freckles.

The easiest way to remember how to check your moles is to follow the popular alphabet guide, which lists a few of the signs and symptoms that might portray a melanoma

#### The alphabet mole guide:

- A** - Asymmetry: Look out for details that your mole is uneven in shape.
- B** - Border: Notice whether the edges of your mole are irregular, jagged or blurred.
- C** - Colour: Is the colour of your mole even, patchy or different shades? Does it contain hints of pink, red or brown?
- D** - Diameter: Is your mole less than six millimetres and is it raised?
- E** - Evolution: Has your mole changed in size, shape, thickness or colour?

Many skin cancer experts believe that you should do a thorough skin check once a month at home, including behind your ears and hard to reach places and that you should couple this with a check with your GP or skin specialist around once a year.

“Different coloured moles means that it's something called atypical, rather than it's one that's likely to become a melanoma,” Sydney-based dermatologist, Dr Hanna Kuchel, explained in a recent Beauty Heaven YouTube video.

Many dermatologists say that skin cancer is one of the few cancers that can be seen with the naked eye, the so-called 'ugly duckling mole': 'It looks different to all of your other moles, Dr Kuchel said.

'Raised soft moles are far less likely to become a melanoma than flat ones. Everyone notes these large, raised moles because they're the ones that are the most prominent and you can feel them.

But they're much less likely to become a melanoma than the flat ones.'

She also explained that if you notice anything abnormal, you should contact your GP or dermatologist, or skin specialist right away.

'Melanomas have different growth rates, some can appear over weeks and others may slowly enlarge over years,' Dr Kuchel explained.

'Most melanomas - around 85 per cent - are superficial spreading, growing slowly and flat along the skin. There is time to pick these up. Lumpy melanomas are more serious and usually more aggressive.

## Backyard Solariums – The 7.30 Report

It really is hard to believe that after all of the publicity relating to the dangers of solariums, in particular the increased risk of melanoma for users under 30 years of age, together with the Government eight years ago making commercial solariums illegal, that there is still a big black market for personal sunbeds. For people using solariums or sunbeds, the risk of melanoma is seven times higher than average but despite this increased risk there is still people keen to use them.

Many people seek out illegal operators and others have gone so far as purchasing their own personal solarium. It is alarming to think that so many (mainly young women) are putting themselves at risk for the sake of a tan.

## UV Confusion – Most Australians Don't Know When They Need Sunscreen

### Melanoma in the News April 2018

It's the sunburnt country, but an astonishing 92 per cent of Australians do not know they need to start protecting themselves from the sun's harsh rays when the UV level reaches three or above, new Cancer Council research shows.

Despite widespread awareness that ultraviolet radiation causes skin cancer, most Australians didn't know they must start "slipping on protective clothing, slopping on sunscreen, slapping on a hat, seeking shade and sliding on sunglasses" when the UV level hit 3, which at present occurs about 10.30am.

"You should take all five steps at the UV index value of 3 because that's the level at which skin and eyes can start getting damaged and the little amounts of damage can add up and lead to cancer," Heather Walker, chair of Cancer Council's National Skin Cancer Committee, said.

UV radiation is a known carcinogen and the sun's UV rays are thought to account for 95 per cent of melanoma cases in Australia. Nearly 2000 Australians are expected to die from melanoma this year.

The long-running National Sun Protection Survey worryingly showed the public's understanding of UV levels has stagnated, with 93 per cent in 2013-14 not knowing when sun protection was required.

The latest survey also showed 24 per cent incorrectly thought they could judge their sunburn risk by the temperature, while 23 per cent mistakenly cited conditions such as cloud cover, wind conditions or humidity.



▲ Recent studies have found most Australians are unsure of when they need to apply sunscreen.

Only 39 per cent correctly said UV rays was the only way to determine their risk of sunburn.

While UV rays can be reduced by some types of clouds, it can bounce off others, giving the skin a "double dose".

UV rays can't be seen or felt so Australians are being encouraged to check the daily UV Index charts published by the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) or Bureau of Meteorology (BoM).

This month in Sydney, the UV level will pass 3 about 10.30am and fall below it about 4.30pm.

An ARPANSA spokeswoman told Fairfax Media the strength of UV rays had not increased over the past 20 years, but it needed further data and time to confirm this, as there was year to year variation.

"The average strength of UV is influenced by cyclical periods of certain weather and environmental factors such as ozone, bushfires, pollution, storms and cloud cover, aerosols and El Nino and La Nina events," she said.

She said its UV index combined both UVA and UVB, though

UVB, which is mostly associated with cancer, is given greater weight.

A BoM spokesman said the levels of UV radiation changed throughout the day.

"On any day the greatest amount of UV reaches the Earth around midday when the sun is at its highest point," he said.

"When the sun is low in the sky, solar energy must travel a greater distance through the atmosphere and more UV is scattered and absorbed. This applies to UVA and UVB at the Earth's surface."

Professor David Whiteman, convenor of the Sunscreen Summit, which was held in April in Brisbane, said getting Australians to protect their skin was an ongoing challenge.

For example, sunscreen could prevent skin cancer, yet many people didn't know when or how to properly use it. About 85 per cent don't apply it correctly.

"We're hoping to develop new strategies to educate Australians about sunscreen's role in sun protection and find new ways to improve public understanding of how to prevent skin cancer," Professor Whiteman, also head of the Cancer Control group at QIMR Berghofer Medical Research Institute, said.

#### **When UV levels are 3 or above, Cancer Council recommends:**

- Slip on protective clothing
- Slop on SPF30 or higher, broad spectrum, water resistant sunscreen
- Slap on a broadbrim hat
- Seek shade
- Slide on sunglasses
- Australians can also use the SunSmart app to see sun protection times each day

## **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.**





# PEARL BALL

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*Celebrating 30 years*

6.30PM

SATURDAY. 20. OCTOBER


STARLIGHT ROOM - WESTS NEW LAMBTON

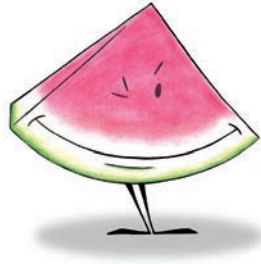
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