



# Alopecia Areata Support Association (Vic) Inc

PO Box 89 Camberwell 3124  
03 9513 8580  
<http://home.vicnet.net.au/~aasa>  
Registration No. 0017172V

February 2007



## President's Report

On behalf of the management team and Committee at AASA may I firstly say happy New Year to all of you.

I hope that the festive season was all that you were looking for.

As I alluded to in the last newsletter, we are committed this year to undertake projects that will broaden the support we provide to alopecia sufferers and their friends/family.

One of the initiatives was to somehow "get out to" regional areas, understanding the difficulty many have in travelling to Melbourne. I am very pleased to announce that, due the amazing efforts of Terrie Ridley, we are having our first gathering in Moe on Saturday 10 February, 1 – 3 pm, at Latrobe Community Health Service, Moe Centre, 42 Fowler Street, Moe (See notice on page 2)

Terrie has been at the forefront of this initiative and its great to see the first signs/fruits of her labour!

If you have any other ideas as to how we might better serve our member base and the broader community, please let's know. Remember any idea is a good one

and will be well received and duly responded to.

We look forward to seeing as many of you as possible at our meetings this year, or hearing from you by whatever means you choose.

Julie Billings  
President  
Alopecia Areata Support Association



## Our Stars for February

**Sheree and Terry at Moomba! Thankyou.**

And also AASA's Terrie Ridley, Jenny Juni and Juliet Aspden for helping Sheree and Terry

Read more on pages 5 and 6



### In this issue:

President's Report

News:

AASA's first regional meeting

New format for member meetings

Dieting under stress

Fundraiser for AASA at Moomba in South Australia

Membership Form

### Disclaimer:

AASA provides information as a resource only and does not endorse the products or services being offered.

**February 2007****Housekeeping Notes:**

**Your newsletter editor:** Pat Crotty  
**E-mail address:** editor@quotidian.net  
**Postal address:**  
 PO Box 89  
 Camberwell 3124

4 newsletters a year and all contributions by:

Mid April for May edition  
 Mid July for August edition  
 Mid October for November edition  
 Mid January for February edition

**2007 Meeting****Dates:**

All meetings are on the last Saturday of the month, commencing at 2.00pm.  
 Skin and Cancer Foundation,  
 95 Rathdowne St,  
 Carlton

24 February  
 First Meeting 2007 then...  
 26 May  
 25 August  
 24 November

See more on our meetings on page 3!

**AASA's first regional meeting.**

Community Notice which appeared in the local Moe newspaper in January

**Community Announcement**

12/1/07

Alopecia Forum

According to the Community Health Nurse those who develop alopecia know only too well the loneliness and distress it can cause. Latrobe Community Health Service is pleased to offer, for the first time in the Valley, an information session about this condition. It will be run in conjunction with the Alopecia Areata Support Association [Vic].

Alopecia is the medical term for hair loss, however it is not the same as male pattern baldness and can encompass relatively few patches to whole body hair loss. It can affect men, women and children at any age. Representatives from the group will outline the four types of alopecia, how they are able to provide support in coping with day to day difficulties, share information and ideas about such diverse things as enhancing self esteem and communication skills.

The forum will be on Saturday 10 February, 1 – 3 pm, at Latrobe Community Health Service, Moe Centre, 42 Fowler Street, Moe. There will be time for questions and literature available. The opportunity to form a local support group will be discussed. A gold coin donation would be appreciated. To book in please contact the Health Centre by 7 Feb., ph. 5127 9100.

Contact Community Health Nurse, Julie Parker  
 Latrobe Community Health Service Inc.  
 Address PO Box 63  
 MOE, VIC 3825  
 Phone: 51279100  
 Fax : 57277002

You will be able to catch up with how the meeting went at the February meeting!



And remember this!

You know you're really drunk if you can't lie on the floor without holding on.

And this!

If at first you don't succeed, skydiving is not for you!

<http://www.jokeaday.com/lasificacion.asp?ID=64>

**February 2007****Meetings in 2007**

In keeping with our efforts to be as relevant as possible to member needs we have revamped the format of our quarterly meetings in February, May and November. Rather than have them as a formally structured General Meetings, with minutes and reports, 2007 meetings will be less formal with more emphasis on a relaxed and informative social gathering (See more about the meeting on February 24th below)

We intend to include a speaker or a presentation relevant to us, and would welcome suggestions from you as to what you would find interesting. The General Meeting before the Annual General meeting in August must remain as a formal meeting, as is required by our constitution. The Annual General Meeting also remains unchanged for the same reason.

It is important that members are kept up to date on the running of AASA by the Management group (President, Vice President, Secretary and Treasurer) and the whole committee. The Newsletter will remain an important way in which you will be kept informed of committee decisions, and the committee will be meeting more frequently as our new programs 'take off'. It is hoped that there will be opportunities for non-committee members to participate in the planning and management of these programs, through a sub committee system. Please ask us about the possibilities as this year progresses. For example you may be interested in helping in the roll out of the regional meetings program which Terrie Ridley is leading.

Do you live in a regional area which would welcome a local meeting?

Seeking information or support?

Phone our MessageBank on (03) 9513-8580.

A group member will return your call within 24 hours.

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**February Meeting**  
Saturday February 24th at 2pm

As usual we will meet at 95 Rathdowne St in Carlton

Our guest is Pam Stickels of 'Head Wraps'  
Come along, relax with friends and learn about some great headware



## February 2007

## Does anyone look at our website?

Website page 'hits' for 2006

Jan 2276

Feb 2016

March 2414

April 2263

May 970

June 2054

July 2631

August 2916

Sept 2671

Oct 3549

Nov 4033

Dec 3650

The average number of page hits per month for 2006 was 2427.

The increased interest in our site seems set to continue with a record high of 4045 hits in January this year.

## Dieting Under Stress

This diet is designed to help you cope with daily stress.

### Breakfast

Half grapefruit  
1 slice wholemeal toast  
300ml skim milk  
Decaffeinated coffee

### Lunch

80 grams grilled chicken breast  
1 serve steamed carrots  
1 cup herb tea  
1 Tim Tam

### Afternoon Tea

Rest of Tim Tams  
2 litres ice cream  
1 jar fudge sauce  
Nuts, cherries, whipped cream

### Dinner

2 loaves garlic bread  
1 large sausage pizza  
6 beers  
3 Milky Ways

### Evening snack while watching TV

Entire frozen cheesecake directly from freezer

### Rules for this Diet

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soft drink when eating sweets, the diet drink cancels out any calories in the sweets.
3. When eating with someone else, your calories don't count if you eat less than they do.
4. Calories in food used for medical purposes NEVER count. For example: hot chocolate, brandy, cheesecake.
5. Movie related foods do not add calories because they are part of the entire entertainment package. For example: Jaffas, buttered popcorn, Minties.
6. Biscuit pieces contain no calories because the process of breakage causes calorie leakage.
7. Things licked off knives and spoons have no calories if you are in the process of preparing something. For example: peanut butter on a knife, ice cream on a spoon.
8. Foods that have the same colour have the same number of calories. Examples are spinach and pistachio ice cream; mushrooms and white chocolate. Note: Since brown is a universal colour, chocolate may be substituted for any other food colour.

*Thanks to Jenny Juni for this!*

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February 2007

## Moomba Gas Fields Fund Raiser

In November last year the AASA Support Line ((03) 9513-8580) received a call from Sheree, the manager of the staff canteen at Moomba oil fields in far north eastern South Australia. She asked whether she could help raise funds for alopecia research. The reason for this was the wish to provide support for one of the Moomba workers (Terry) whose 14 year old daughter had recently been diagnosed with alopecia areata.

Dad, Terry, planned to organize to have his head shaved on the 1st December, and get other staff members to sponsor him, along with raffles and tin rattles. They hoped to raise approximately \$1000 to donate to 'the cause'.

Some creative hard work produced an item which could be sold to workers as the focus for the fund raiser and a 'Fun Night' at which the dad Terry, would have his head shaved to support his daughter.

The stubbie holder, designed by an AASA 'outreach group' has on it 2 slogans 'Bald, Bold and Beautiful' and 'Supporting Alopecia Associations'.

Both Sheree and Terry (the young girl's dad) liked the design. The holders were popular with the Moomba workers and Sheree reported that the first consignment of 50 sold within 1/2 an hour!

By early December Terrie (AASA) was able to report that Sheree and Terry had raised about \$4,500 plus \$400 odd from the stubbie holders. "It's a fantastic effort, and the AASA are the recipients" Terrie said.

Sheree sent some photos which you can see on page 6.

It is intended that some of the money will go to the South Australian alopecia support group, as it was 'raised' on their territory! But an important item for the committee is to now decide how to commit the money to projects that will be most beneficial.

You can hear more about this at the February meeting. We value members' ideas!

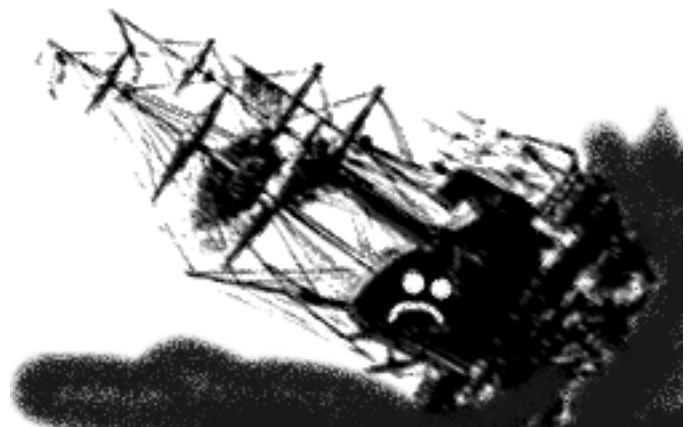
Make a bid!  
We have limited number of stubbie holders available - be lucky - be one of the highest bidders! (however we do have a reserve price on them!)

They are really very special as we only had 100 produced so it is truly a limited edition!

They will be available at the meeting on February 24th.

Q: What sits on the bottom of the ocean and twitches?

A: A nervous wreck!



February 2007

### ALOPECIA FUND RAISING NIGHT IN MOOMBA



Moomba workers raised over \$4000 for AASA

**February 2007**

Not much in this world  
is free

So, For all the help and  
support you seek

We have to charge a  
small fee

And to keep a resource  
here for comfort

For all who need, to  
use

Everyone who is a  
member

**Must be sure to pay  
their dues**

(verse: Pauline Dargan)

See enclosed form.  
Thankyou for supporting  
AASA!!

Your Committee for  
2006-7 is  
Amrita Arn  
Juliet Aspden  
Julie Billings (President)  
Pat Crotty (Secretary)  
Pauline Dargan (Public  
Officer)  
Jenny Juni (Treasurer)  
Zenia Nestor  
Terrie Ridley (Vice  
President)

A special thanks  
from the editor to  
everyone who  
contributed items  
for the newsletter.

**Our sponsors for 2006/7****Angel Wigs**

Contact Angela: 03 9523 1131

**Andrew and Rhonda Barnett**

Hand made & Fashion wigs  
Contact Andrew on: 03 9428 9855

**Sandy Bower**

Permanent make-up  
Contact: Sandy on 03 9809 1988

**Beau Chapeaux**

Head gear  
Contact Eileen on: 02 4271 5213

**Head Complements**

Fashion wigs  
Contact Rita: 03 9870 7743

**Cosy Caps**

Julie Mansell  
Ph/Fax: (03) 9551 5941  
Email:  
julesmansell@optusnet.com.au  
Web: <http://www.cosycaps.com/>

**Creative Hair Products**

Mr Lourie & the team: 03 9654 7383

**Dr Hope Dinh****Freedom Wigs**

NZ Suction based wigs  
Contact via Angela 03 9523 1131

**Head wraps**

Pam Stickels  
<http://www.headwraps.com.au/>  
[enquiries@headwraps.com.au](mailto:enquiries@headwraps.com.au)  
P O Box 396 Lilydale  
VIC 3140  
03 9735 9474

**Prof. Rod and Mrs. Ellen Sinclair****Skin and Cancer Foundation**

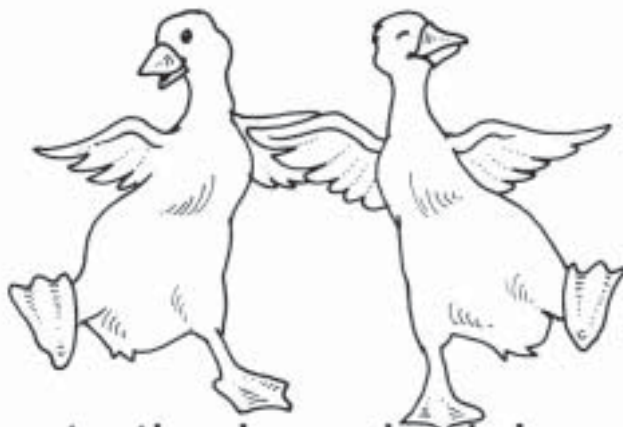
95 Rathdowne Street Carlton

**Waks Wigs**

New Salon No: 03 9827 0002  
533 Toorak Road Toorak  
[www.wakswigs.com](http://www.wakswigs.com)

**Your Hat Shop**

117 Auburn Rd  
Hawthorn 3122  
9882 9488



**Come to the 'new look' meeting  
on Feb 24th.**

**We'll be excited to see you!!**

**Alopecia Areata Support Association (Vic) Inc.  
Membership Form**

**(Fill in, Print out and Mail this form)**

Please enroll me with the Association for the financial year 200...

I am a sufferer of: Areata  Totalis  Universalis  Other

Parent of sufferer  Child's Name.....

Supporter

Surname: Mr / Mrs / Miss / Ms .....

First Name: .....

Address (for minutes of meetings):.....  
.....

Tel. No: ..... Post Code: .....

Date of Birth (of sufferer) ..... / ..... / ..... Male  Female

No of years / months as a sufferer .....

Occupation: ..... or / Pensioner No .....

**Membership Category:**

Full Membership: \$25.00 per year (July/June)

Associate Member: \$25.00 per year (Supporter)

Student/Pensioners/Children: \$15.00 per year Min. donation suggested

Money order / cheque enclosed made payable to "Alopecia Areata Support Association (Vic) Inc." \$..... (No cash through mail please.)

Signature: .....Date: .....

E-mail address .....

**Please mail to : AASA (Vic) Inc.  
Marked Attention of:  
New Membership, Treasurer  
PO Box 89  
Camberwell Vic 3124**

**Office Use Only**

Date Received: .... / .... / 200....

Secretary sighted: .... / .... / 200....

**Treasurer:**

Receipt No:

Date:.