

AMMF

News

RAISING FUNDS FOR RESEARCH INTO CANCER

WINTER 2009/10

WE HAD A BALL! (DESPITE IT ALL)

It seemed credit crunch and recession were left at the door as guests assembled at the Radisson Hotel, Stansted airport, for AMMF's eighth Summer Ball on Saturday, 4th July 2009.

True, there were fewer guests than in previous years, due no doubt to the economic climate, but everyone seemed determined to have a good time and, if the atmosphere was anything to go by, they certainly did and were still dancing well after 1.00 am!

During dinner a presentation of the charity's work and events was shown on large screens and, once dinner was over,

the band began and the popular Raffle Tree was opened for guests to try their luck. No one leaves the Raffle Tree empty handed – one lucky guest walked away with a diamond and white gold ring and others were delighted to win prizes such as a week in a Tenerife holiday apartment, champagnes, wines, perfumes, toiletries and more.

Professor David Adams, from the University of Birmingham, and his wife Ros were AMMF's guests for the evening. Professor Adams leads the team working

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on immunotherapy treatment for primary liver cancer, and AMMF has supported this work over the last few years. Just before the auctioneer Harry Corrigan started the auction, Professor Adams spoke of the work he is involved in, and just how important the help we give to them is. That was really gratifying to hear, and no doubt encouraged people to dig just that bit deeper at the auction than they had intended to.

A beautiful three stone diamond ring and a signed Arsenal shirt brought out the competitive spirit in several guests. There was also a closely fought battle for the night's Silent Auction offering – a presentation mounted, signed copy of Bruce Springsteen's Born in the USA LP.

A thoroughly enjoyable night which, thanks to Professor Adams, once again raised the awareness of the need of funding for research into the rarer cancers.

The next Summer Ball will be held on Saturday, 17th July 2010, at the Radisson Hotel, Stansted airport.



Professor David Adams

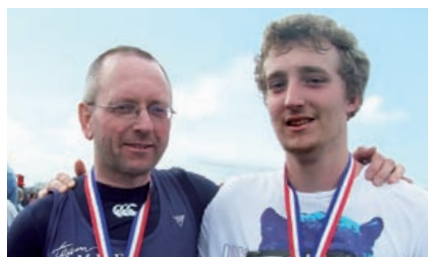


Images courtesy of Cinnamon Photography

Fundraising in 2009

The stories of some of the people who have raised funds for AMMF during 2009 are told on these pages. Many thanks go to everyone for their tremendous commitment in taking part in various sponsored runs throughout the year, to everyone who has raised funds in a variety of other ways, and to everyone who so generously supported and sponsored them.

Silverstone Half Marathon



Trevor (l), and Tom – Just wait until next year, Trevor!

The Silverstone Half Marathon, Britain's finest half marathon, is the official warm-up race for the London Marathon, and with just six weeks to go to this world famous event, the 13.1 miles run around the historic F1 circuit is seen as the ideal preparation.

On 15th March 2009, as the famous chequered flag dropped to start the 6,801

runners across the grid, for once conditions were ideal for the race, both for runners and the thousands of spectators who witnessed the event bathed in glorious sunshine.

Last year a challenge was set up between Team AMMF's Trevor Sibley and Tom Sale as Tom, on his first outing for the charity, crossed the line in a red hot 1:53.54, beating Trevor by almost 5 minutes. This year the tables turned however, and Trevor scorched home in 1:50:18, ahead of Tom by 10 minutes. Looking forward to next year, guys!

If you are interested in joining us at Silverstone on Sunday 14th March 2010, or would like to take part in any other sporting event on behalf of AMMF, please email: info@ammf.org.uk

AMMF Girls Race for Life

This summer, once again the Team AMMF girls joined more than 735,000 women taking part in Cancer Research UK's 5k Race for Life events across the country.

On 21st June, a warm Sunday morning, a group of AMMF girls undertook the 5k challenge in the beautiful setting of Hylands Park, Chelmsford. The course through undulating parkland was hard going at times, but everyone successfully completed it with Michaela Morement first to cross the finish line in just over 30 minutes.

A couple of weeks later on Wednesday, 8th July, a second group of Team AMMF girls took part in the 5k event at Donnington Park motor racing circuit. It rained heavily whilst the girls were waiting for the start, but that didn't dampen their spirits. The rain eased off once they got started and, fortunately, as the course was on the tarmac race track, the going was good. Although the girls may have been a little slower than the cars and bikes that usually race round that track, they all safely crossed the finish line!

Over the last eight years, the Team AMMF girls have raised over £20,000 in 5k sponsorship which has gone directly to Cancer Research UK.

If you would like to join the Team AMMF girls in 2010, please email: helen@ammf.org.uk



Virgin London Marathon 2010 – AMMF's One Guaranteed Place!

Whilst the waiting to become registered as a participating charity in the London Marathon goes on, AMMF has been allocated one guaranteed place for the 2010 Marathon.

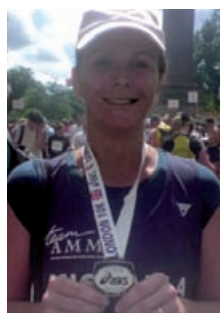
This is now on offer to the person offering the highest guaranteed sponsorship for AMMF – if you would like this place, please contact Helen (details below) with your bid. Bidding will close on 31st December 2009, at which time the highest bidder will be awarded the place.

AMMF would also like to hear from anyone who has been successful in gaining an individual place for 2010 and would like to run for the charity.

Sponsor forms, an online fundraising page, vest and sweatshirts with the AMMF logo are all available for participants.

Please contact Helen on 01371 811811, email helen@ammf.org.uk.

Michaela's 10k is a piece of cake ...



Now where's the cake...

Michaela Morement has joined the Team AMMF girls in several of their 5k outings and last year took the plunge with the Silverstone Half Marathon, which she successfully completed. At the time, she vowed once was enough for that, but took on another challenge this year, the ASICS British 10k in London on 12 July.

After the finish, Michaela commented, "The event went really well although I'm feeling a bit tired now! There were about 30,000 people at the run, but it was really well organised. There was a great atmosphere with spectators all along the route. Right now I'm off to put my feet up and have some fudge cake!"

Well done Michaela, you deserve that cake!



Mark dons the lycra for AMMF!

On Sunday, 26th July, Mark Gentry donned his lycra once again for AMMF, ready to undertake the London to Southend bike ride. This was the culmination of several months dedicated training, interrupted just a couple of weeks before the event when he had a serious fall from his bike in wet conditions and sustained some really painful injuries.

With his leg and arm barely healed, Mark went ahead and took part in the 60 mile ride. His determination certainly paid off as he crossed the finish line in a scorching 3hrs 34mins, a personal best! Well done Mark, and many thanks from AMMF.

Lynda and Bob's Coffee Morning

Lynda and Bob Webb opened their beautiful garden on a gloriously sunny morning in June and entertained their numerous friends



and neighbours to coffee and delicious homemade cakes, and tempted them with a bring and buy, all in support of AMMF.

Over the past couple of years, Lynda and Bob, staunch supporters of AMMF since the charity's inception, have raised several hundred pounds for the charity with their coffee mornings, marking Bob's 60th birthday with a garden party and donations to AMMF in lieu of presents, and even the novel idea of selling their garden produce to raise funds! Their continued generous support for the charity is greatly appreciated.

Quiz Nights 2009

Two Quiz Nights were held during the year, both at John's Hall, Loughton. They were well attended, with experienced quiz goers and beginners alike determined to pit their wits on general knowledge and music questions, enjoy a light supper and try their luck in the raffle.

At the Spring Quiz Night, by a very slim margin, Mike Edwards-Smith's team were the victors and they retained their position, once again by a similar margin, at the Christmas Quiz Night.

Quiz Masters Mick and Richard, who generously donate their services to AMMF, kept both evenings moving along at a lively pace and cheerfully controlled the good-natured rivalry between the various teams.

Two great nights which resulted in over £1,000 raised for AMMF.



Sunshine and magic at the Barbecue



Mark and Janet Elnaugh's lovely garden was the venue for the Chelmsford Central business networking group BNI's barbecue, held in support of AMMF on a sunny Saturday in mid July.

Whilst some guests and their children had fun testing their skills on games such as the coconut shy, pitch and putt, horseshoes and toss the beanbag, others were being baffled by the close-up magic of Richard Graham, and the barbecue was being skilfully managed by Chris Bushell and Geoff Todd, who kept the food coming. A really enjoyable family afternoon!

Many thanks go to Karen Lambert for organising this event.

And all that Jazz...

Irene and Peter Wall are enjoying their retirement in Suffolk, combining their new found leisure time and their passion for jazz to benefit good causes.

This September they organised a "Jazz through Time" event at which their friend Hugh Ledigo, a professional musician,

composer and arranger who plays with the Kenny Ball Jazz Band, performed with his own trio.

Each of Irene and Peter's jazz evenings benefits cancer charities, and this year AMMF was one of the chosen ones. Many thanks go to them for this generous support.

Charity Golf Day

The Essex Events Company held a Charity Golf Day at the Lexden Wood Golf Centre, Colchester, on 19th August in aid of AMMF.

The day proved to be one of the hottest of the summer, but the golfers weren't deterred. Steve, the overall winner on the day, commented:

"The golf day was extremely hot and so was my putter! We began with bacon rolls, followed by group tuition with two of the resident golf pros, which was helpful. When we got going, you could see everybody getting nervous as they were filmed taking their tee shot on the first hole.

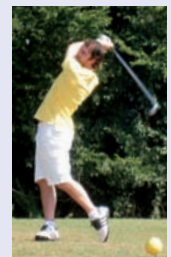
We were pleased to see Karen and Sam, the event organisers, at the 9th tee with much needed drinks and sun cream –

that, and being greeted by a complimentary drink back at the bar, was a nice touch.

Afterwards, we were all complaining how unlucky we had been, until the video of our swings was played and it became obvious it was a lack of talent rather than bad luck for so many lost balls!

We finished with an auction and a tasty BBQ, which was a great way to end a really enjoyable and well organised day."

Many thanks go to Karen and Sam (www.theessexeventscompany.co.uk) for organising and hosting this day which resulted in £375.00 for AMMF.



About AMMF



Alan died from cholangiocarcinoma, a rare form of liver cancer, at the end of the year 2000. In order to do something positive in his memory AMMF (The Alan Morement Memorial Fund) was set up and registered as a charity with the aim of raising funds for research into cancer, particularly into the causes, treatments and cures for cancers of the gastrointestinal tract and especially cholangiocarcinoma.

Being considered a rare cancer which affected relatively few people, very little research has been undertaken into cholangiocarcinoma. However over the last few years, an enormous and extremely worrying increase in the incidence of this cancer has been flagged and research into its causes (one of which is now thought to be environmental toxins) is beginning in earnest. This research is something AMMF aims to support.

There are well-publicised, large charities working to fund their own

research into many different areas of cancer, but we were spurred on to form AMMF because we wanted to be able to support those research teams, usually small and highly specialised, working in specific areas.

All of us involved with AMMF know that there are so many people today whose lives have been touched in one way or another by cancer and that the key to a cure is out there somewhere – our aim is to do what we can to support the people seeking the answers.

In Memory ...

This year AMMF was honoured to receive substantial donations in memory of John A Smith and Bill Parker.

John A Smith, 03.08.36 – 28.06.09



John was diagnosed with cholangiocarcinoma in early May 2009 and after initially being told nothing could be done, his surgeon then decided he could offer a liver resection. Sadly, after undergoing eleven hours of surgery, John failed to

regain consciousness, and died very peacefully nine days later with his loving wife Anne, daughter Elizabeth and son Richard by his side.

A true English gentleman, John was loved and respected by all who knew him. He was transferred to the USA in 1985, working for an American company. As an automotive engineer, his occupation allowed him to indulge his passion for cars and motor racing. In his teens he and a friend actually built a car!

John and Anne retired to the Florida sunshine in 2000. Always a devoted family man, living near Disney ensured plenty of visits from his four grandchildren, Katie, Adam, Matthew and Eleanor, from the UK.

After retiring, cruising the high seas and driving through Europe, especially in France, (where he chose mountainous roads whenever possible!) were John's hobbies.

John's daughter, Elizabeth, has created an In Memory page on the Justgiving site where family and friends have kindly made donations for AMMF and left messages (see www.justgiving.co.uk/lizheywood-dad).

Elizabeth summed up the whole family's feelings on losing a beloved father, husband and grandfather: "We miss him more than words can say..."

Bill Parker, 03.01.49 – 18.03.09



Bill died on 18th March 2009 from cholangiocarcinoma. He was diagnosed in April 2008 and, following various tests and some confusion over the results, Bill bravely decided against any further treatment so that he could spend his remaining days with his family.

A committed family man, Bill and his wife Shirley had four children, Garry, Deborah, Susan and Graham, and five grandchildren, Kris, Alex, Marc, Emily and Hana.

After school, Bill spent twelve years in the army before joining the Post Office. He took early retirement in 2000 and with Shirley enjoyed his more leisurely life, taking frequent holidays as he loved to travel. He also enjoyed spending time on his hobbies, computer games and puzzles of all sorts, in his garden (especially growing tomatoes!) and with his family.

A quiet man, Bill was old fashioned in his values, loyal and generous with his family and friends. He and Shirley were a very united couple who, at Bill's suggestion, renewed their wedding vows two years ago at Gretna Green on their Silver Anniversary – a wonderful day that has given Shirley cherished memories.

Bill's daughter Deborah said that family and friends chose to donate to AMMF in his memory, "in the hope that some progress can be made through research so that others can be diagnosed earlier and have a better chance of surviving than he had."

Grants Made

AMMF's aim, since inception, is to raise funds to support research into cancers of the gastrointestinal tract and especially cholangiocarcinoma.

Amongst the research teams we have given grants over the last couple of years are two whose work we aim to continue to support in as much as we can:

A total of £29,000 has now been given to Professor Simon Taylor-Robinson and his team at Imperial College who have been working on research into the causes of cholangiocarcinoma, preliminary results of which have shown genetic and environmental toxin implications. Also, preliminary results on further new research are showing that proteomic profiling may assist with earlier diagnosis. Presently, diagnosis of this fatal disease is often very late, ruling out the only effective therapy currently available, surgical resection.

A total of £21,000 has now been given to Professor David Adams and his team at the University of Birmingham whose work on immunotherapy-based treatments for primary liver cancer has initially shown very promising results. This work is to continue.

The Team AMMF girls who took part in two 5k Race for Life events in summer 2009 raised in the region of £3,000 which has gone directly to Cancer Research UK.

Why not support AMMF with an event of your own?

By holding a coffee morning, afternoon tea, barbecue, pamper party or similar event, you could help us to raise much needed funds.

Contact Helen at AMMF, email: helen@ammf.org.uk, tel: 01371 811811

AMMF's Aim ...

Our aim at AMMF is simple – to raise money to support those who are seeking the key to treatments and cures for cancer on our behalf. So, come and join us in 2010 at one of our events, have a good time and know you are doing good, too!

In Appreciation

AMMF would like to express its gratitude to those who have generously supported the production of this newsletter without cost to the charity – for design and artwork, AJM Design Associates Ltd (www.ajmdesign.biz) and printers, Swallowmax Ltd (www.swallowmax.co.uk). Also, many thanks go to fundraisers who kindly allowed the use of their photographs.