



## First ever Academic Chair in Cancer Nursing for NSW



The PoCoG team would like to congratulate a member of our own Executive Committee, Professor Kate White, Associate Dean (Research), Faculty of Nursing and Midwifery at the University of Sydney, on her new appointment as the First Academic

Chair in Cancer Nursing for NSW. This appointment recognises the vital role of specialist nurses in cancer treatment.

Nurses are the largest professional group involved in cancer care. In NSW there are approximately 2,000 cancer and palliative care nurses with high level expertise in coordinating and managing patient diagnosis, treatment and recovery in both acute care and community settings. Their specialised knowledge enables them to provide better care which ultimately improves patient outcomes.

Professor White will provide leadership in areas of cancer nursing research, education, models of service provision and have state-wide influence on how to optimise cancer nursing services.

PoCoG would like to wish Kate every success in her new role and hopes she may lead and inspire other cancer nurses to improve patient outcomes.

*Adapted from the Cancer institute NSW Media Release 4 May 2009*

### In this issue

#### [Research and Clinical Service Interface](#) 2

#### **From the Executive Office**

[Meeting of the Executive Committee](#) 3

[Developing Research at PoCoG](#) 3

[An announcement from COSA](#) 3

[Travel Reimbursement Scheme](#) 4

[CALD Studies News](#) 5

[Quality of Life Office News](#) 6

#### **In Focus –**

[Educational Pathways Project](#) 6

#### **Psycho-oncology news in Australia**

[Dignity conserving therapy workshop](#) 7

[USYD Public Lecture on Cancer](#) 7

[CPCER News](#) 8

[Who's Who of PoCoG](#) 8

[Useful Resources](#) 9

[Call for Abstracts](#) 9

[Key Dates](#) 9

## Research and clinical service interface.

*OZPOS and PoCoG Psycho-oncology Professional Day*

PoCoG is proud to announce the first joint OZPOS and PoCoG Psycho-oncology Professional Day. The professional day aims to bring together researchers and clinicians working in the field of psycho-oncology to consider initiatives to promote quality cancer care and to share ideas so that research is clinically meaningful. It will also provide an opportunity for clinicians to gain access to innovative research ideas.

### The program of the day will include

- Plenary presentation by Barry D Bultz, PhD, R.Psych, Director, Department of Psychosocial Resources and Program Leader: Psychosocial Oncology, Supportive, Pain and Palliative Care, Tom Baker Cancer Centre, Calgary, Canada. Professor Bultz will provide an overview of the national implementation of screening for distress in Canada, and there will be opportunities to discuss the relevance of such initiatives in Australia.
- Clinical workshops will address issues of workforce and skill development in delivery of psychosocial care.
- Workshop and panel discussion-Implementation and Outreach. This session will include presentations by national stakeholders including Beyond Blue regarding the detection of distress and depression in cancer patients, and examine strategies for developing sustainable and systematic approaches to assessment and treatment.
- Research presentations will occur during concurrent sessions, abstracts being selected from submissions to the COSA ASM – further details to follow.
- The launch of a new PoCoG database of psychological measures.

### Who can attend?

We welcome registrations from all members of OZPOS and PoCoG. We especially encourage members to attend both the Professional Day and the COSA ASM.

### What is the cost?

This satellite event to the COSA ASM is jointly funded by Cancer Australia and COSA.

The registration to the First joint OZPOS and PoCoG Psycho-oncology Professional Day is free to all members of OZPOS and PoCoG.

Travel and accommodation costs will not be covered however PoCoG members are encouraged to seek funding through round 3 of the PoCoG Travel Reimbursement Scheme which will open in September 2009.

### When and where?

The First joint OZPOS and PoCoG Psycho-oncology Professional Day is a satellite event to the COSA Annual Scientific Meeting and will be held on

**Monday 16 November 2009 at the Gold Coast Convention Centre.**

Details about abstract submissions will be advised soon.

Registrations to the Professional Day will be processed through the PoCoG Executive Office who will act as the Professional Day's secretariat. Registration dates and forms will be published shortly.

### Meeting convenors:

Dr Jane Turner, President of the Psychosocial Oncology Group of COSA (OZPOS)  
Prof. Phyllis Butow, Chair of the Psycho-oncology Research Group (PoCoG).

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## From the PoCoG Executive Office

### Meeting of the Executive Committee

The first meeting of the PoCoG Executive Committee for 2009 took place on Tuesday 24 March 2009. The main item on the agenda was succession planning for the Chair of PoCoG and the members of the committee. A draft policy has been prepared and is now in review stage. Once finalised, the new policy will be added to PoCoG's Policy and Procedures Manual. This and other governance documents are available on the PoCoG website.

### Developing Research at PoCoG

PoCoG's Concept Development Workshop in November 2008 resulted in the development of four projects. The themes of the four projects are:

- Fear of recurrence in cancer survivors
- Sleep disturbance
- Supporting patients with a poor prognosis
- Head & neck cancer – an intervention to improve psychosocial outcomes.

Working groups were formed by the workshop participants who expressed interest in being involved in these projects. PoCoG is fostering the development of these projects to funding stage by supporting the interest groups in various ways such as facilitating group meetings and teleconferences, providing administrative support, assisting with literature reviews and assisting with pilot projects.

The interest groups comprise writing teams headed by the nominated project leader, who are responsible for preparing the protocol and detailed research plan for funding applications and a wider membership of interested researchers and clinicians who expressed interest in being involved in the projects' rolling out phase.

PoCoG members are invited to join the interest groups. Interested members should contact the PoCoG Executive Officer Ms Monika Dzidowska by email at [monikad@psych.usyd.edu.au](mailto:monikad@psych.usyd.edu.au)

Outlined below are short progress reports on the development of these research concepts:

### *The Fear of Recurrence Project*

Project leader: Dr Belinda Thewes

This project aims to trial an intervention among patients with fear of recurrence of cancer. The intervention will be based on the principles of Meta-Cognitive therapy. The study leader, Dr Belinda Thewes has secured the involvement of Prof. Adrian Wells (University of Manchester, United Kingdom), an international leader in meta-cognitive therapy, as a Chief Investigator in this study.

In February 2009 Prof Phyllis Butow and Dr Belinda Thewes were invited speakers at an international colloquium on fear of recurrence, at the University of St Andrews, Scotland. Following that meeting we believe that the proposed intervention will provide a valuable contribution to international research efforts in this area as there is currently little published literature on interventions for fear of recurrence.

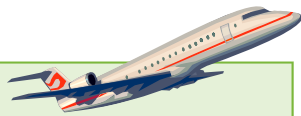
Invitations were issued in March 2009 to the chief and associate investigators. The team of investigators has now been confirmed. The 'Fear of Recurrence Interest Group' (16 members) was informed of the selection of the writing group and updated on the progress of the project via an emailed letter in May 2009.

It is intended that in June 2009 the first teleconference of the writing group will be held. A draft of the grant proposal is currently in preparation and will be circulated to the writing group for comments prior to the teleconference.

In collaboration with the PoCoG Executive Office the study leader has commenced a survey on clinician's attitudes towards treating and preferred intervention strategies for dealing with cancer patient fear of recurrence. It is intended that this project will add additional pilot data and guide the development of the proposed intervention.

### An announcement from COSA

The Commonwealth Government's recent budget has allocated \$2 billion to cancer care and research. Included in this Cancer Plan are a range of smaller cancer grants which will be distributed over four years. \$2.6 million of this budget will be allocated to the Building Cancer Support Networks Program which will fund up to 24 new support groups with cancer in the first year. A further \$6.8 million will go towards lung cancer care and research. \$4.2 million will fund a national cancer monitoring centre.



## PoCoG Travel Reimbursement Scheme 2009

PoCoG is offering a special round of the TRS to assist PoCoG members to attend the NHMRC Concept Development Workshop of Investigators. The scheme will reimburse activity registration (\$100) and reasonable economy travel expenses for out-of-state applicants and applicants coming from rural/remote areas to the value of \$600. The TRS is now open to PoCoG members who are Australian citizens or Permanent Residents and will close on the 25<sup>th</sup> of September 2009.

For eligibility conditions, application details and other announcements, please see the TRS page on the PoCoG website.

For more information about the workshop please visit the CTC website:  
<http://www.ctc.usyd.edu.au> .

### *Head & neck cancer – an intervention to improve psychosocial outcomes*

Project leader: Dr Kerrie Clover

The initial meeting of the writing team was held on 6 April 2009. The tele-conference was organised by Dr Nicole Rankin of PoCoG and had representation from three States (NSW, Vic, WA).

It was agreed that the purpose of the team is to develop a program of work that leads to an intervention-based randomised controlled trial with head and neck cancer (HNC) patients in Australia. There was consensus that the timeframe for work was over the next two years, with the primary goal of grant submissions from March 2011. Additional goals for the group are to conduct an extensive literature review and produce a systematic review, establish collaborative relationships with relevant clinicians and researchers, conduct a pilot project

as a means of establishing a track record and developing a detailed protocol for the 2011 grant submission.

The PoCoG Executive Office is assisting the group in conducting a systematic literature review. Literature searches to date have confirmed that there are few randomised trials of psychological interventions in HNC. The next steps will be to rate the quality of published interventions and conduct searches for successful interventions in comparable fields.

### *Supporting patients with a poor prognosis*

Project leaders: Dr Lisbeth Lane and Dr Liz Lobb

While there is an emerging literature demonstrating increased levels of marital distress in dyads with, in particular, avoidant attachment styles, and negative and critical emotional support, little is known about how couples communicate and discuss the problems they face when coping with illness, and ultimately death. Interventions that incorporate the facilitation of the avoidant partner becoming more available for the spouse, and the anxious critical partner becoming less critical, may contribute significantly to an increase in marital functioning, cohesion, and the quality of the relational life.

The group identified a potential intervention using Emotionally Focussed Couple Therapy (EFT) with outcomes such as more effective communication, reduction in the experience of hopelessness, uncertainty, isolation, depression, anxiety, and more adaptive coping strategies to be considered

The interest group meets once a month. The group is in the process of establishing a writing team and is progressing with the development of a draft study protocol in time for the Concept Development Workshop in September 2009.

### IN FOCUS - Educational Pathways Project - Ronald McDonald House Charities

Ronald McDonald House Charities have launched an online survey for parents of children with cancer through their Educational Pathways Project. For more information please go to Page 6.

## News from the CALD studies co-ordinating Office

### Unmet Needs Study

Recruitment continues in New South Wales for our population-based study exploring unmet needs, quality of life, psychological distress and patterns of care in Chinese, Arabic, Greek and English speaking patients. Preliminary results for NSW will be presented at IPOS in Vienna this month. We will shortly commence recruitment through the Queensland and Victorian Cancer Registries.

Later this year we will be commencing recruitment through clinics and hospitals in NSW and Victoria for our companion study exploring similar issues in recently diagnosed patients from these same cultural backgrounds. Please contact Ming Sze on 9351 5023 if you are interested in assisting us with recruitment from your site.

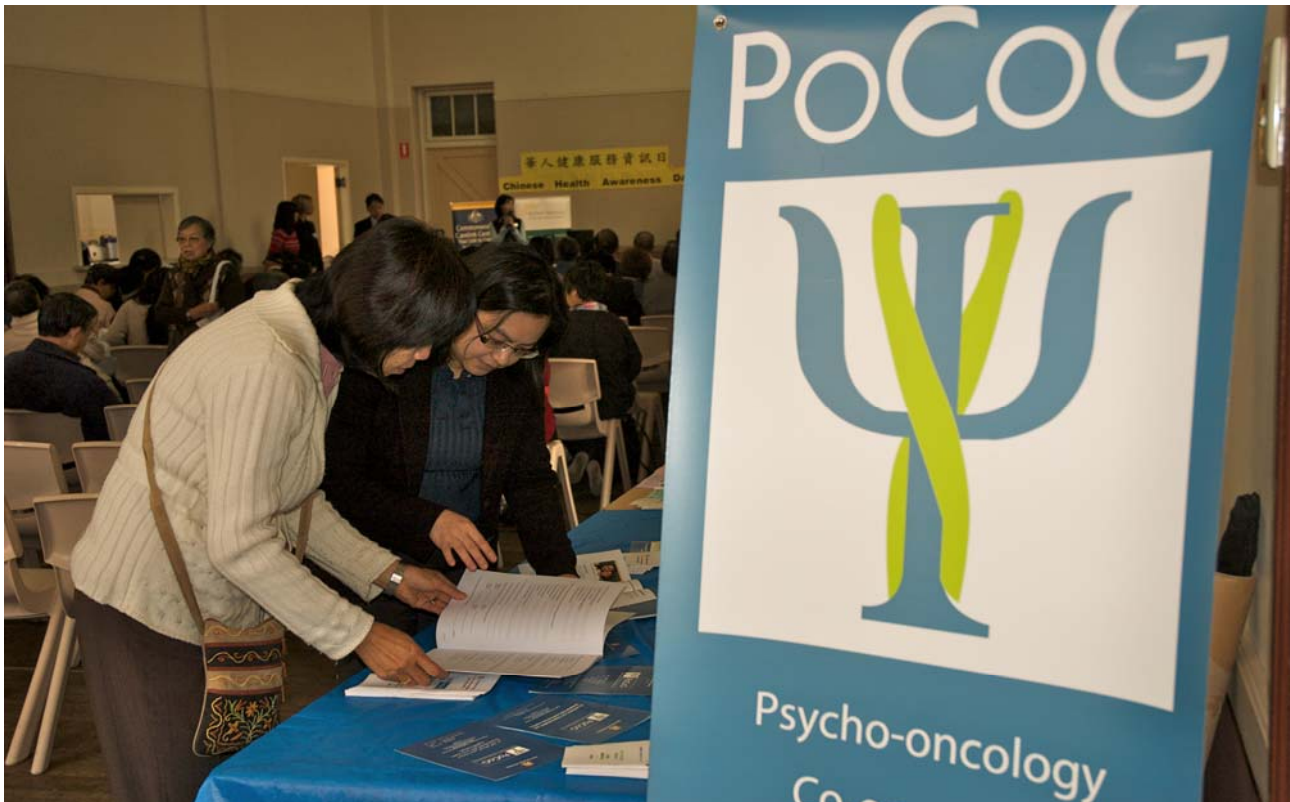
### Interpreters Study

Last year we conducted four focus groups with interpreters in NSW and Victoria, to explore the experiences and challenges of interpreters involved in oncology consultations. Results will be presented this month at IPOS in Vienna, and at MASCC/ISOO in Rome.

### Prognosis Study

This study has been running for 2.5 years and recruitment is now officially completed. We have successfully recruited 48 CALD participants and a control group of 32 Caucasian participants. Recruitment in CALD populations is challenging, yet our experience has informed us about methodological issues in conducting cross-cultural cancer research. Data analysis is ongoing and we have identified some important and significant issues in communication with migrant cancer patients. We are hoping to share our findings with you in the near future.

In May 2009 Ms Ming Sze, one of the CALD project's research coordinators attended a Chinese Health Day as an exhibitor representing PoCoG. PoCoG's exhibition stand raised a lot of interest among the community and Ms Sze made valuable links with the Chinese community leaders who were interested in assisting with rolling out and conducting of the CALD project in their community. PoCoG's CALD project is now seeking similar opportunities in the Greek and Arabic speaking communities.



Ms Ming Sze introducing the CALD study to a visitor at the Chinese Health Day Expo, Ashfield, May 2009



## News from the Quality of Life Office

In May two new casual research assistants began work on PoCoG quality of life-related projects. Mayumi Oguchi is assisting with a systematic review of outcomes assessment in RCTs evaluating psychosocial interventions; this work was commissioned by the Cancer Institute NSW. Stacey Gelgor is collating quality of life data routinely collected at the Cancer Therapy Centre at Liverpool Hospital for use in Phase 1 of the development of multi-attribute utility instruments from the EORTC QLQ-C30 and FACT-G; this work is funded by a Cancer Institute NSW Innovation Grant.

Two further projects have received ethics approval from NSW Health: the ANZUP-PoCoG collaborative study of psychosocial sequelae of surviving testicular cancer, and its sub-study, in which data will be used for the validation of the European Organisation for Research and Treatment of Cancer's (EORTC) new testicular cancer-specific quality of life questionnaire, the QLQ-TC26. Ethics approval is pending for a further EORTC collaboration, this time collecting data to calibrate their fatigue item pool for future developments in computer adaptive testing.

Cancer Co-operative Trials Group (CCTG)-related activities include contributions by the Cancer

Australia Chair in Cancer Quality of Life, Professor Madeleine King, to recent annual scientific meetings (ASM) of ANZGOG and TROG, and to the strategic research planning day of the ANZBCTG Board. A proposal for a new concept presented at ANZGOG's ASM has been accepted subject to feasibility testing. If it proceeds, this study will collect data from women with gynaecological cancer for the calibration of item pools developed by the NIH initiative, the Patient Reported Outcomes Measurement Information System (PROMIS). Madeleine is an investigator on a recent Mayo Clinic led application to the NIH for Round 2 funding of PROMIS, submitted in March this year. Madeleine was also a faculty member at a recent health economics workshop for CCTG representatives run by the newly formed Clinical Trials Development Unit.

Finally, PoCoG has joined the Centre for Medical Psychology and Evidence-based Decision-making (CeMPED) and the Support and Advocacy Committee of the Prostate Cancer Foundation of Australia to seek funds from COSA/Sanofi Aventis for a project aimed at identifying optimal resources for supporting treatment decision making in men with early stage prostate cancer.

### In Focus - Educational Pathways Project - Ronald McDonald House Charities

Ronald McDonald House Charities have launched an online survey for parents of children with cancer through their Educational Pathways Project. The Educational Pathways Project aims to develop greater clarity about the associations between cancer type, treatment duration, school absences, educational areas of need, and general support approaches provided by schools and other community groups. The project combines the resources of Sydney Children's Hospital; The Children's Hospital at Westmead; Kaleidoscope, John Hunter Children's Hospital; and Ronald McDonald House Charities in order to gain a better understanding of school and educational implications associated with a diagnosis of cancer in childhood and adolescence.

The Educational Pathways Project has undergone a full ethical review and parents of a child diagnosed with cancer and enrolled in a school at some time in the past ten years are encouraged to complete the survey. Invitations to participate in this research will be dis-

played in oncology wards in the three major children's hospitals in NSW and sent to parents involved in the Ronald McDonald Learning Program. The Educational Pathways survey can be accessed from the Ronald McDonald House Charities website ([www.rmhc.org.au](http://www.rmhc.org.au)). An overview of the project and preliminary results from the survey are to be presented in a poster session at the 11<sup>th</sup> World Conference of Psycho-Oncology to be held in Vienna, Austria, in June 2009.

Further information regarding the project can be obtained from the Educational Pathways Project Officer, Barb Donnan on 0428 330090 or via email: [barbdonnan@rmhnewcastle.org.au](mailto:barbdonnan@rmhnewcastle.org.au). Barb is an Educational and Developmental Psychologist with a background in assessment, counselling and teaching. She is a member of PoCoG and is based at Ronald McDonald House in the Hunter which is located on the site of the John Hunter Children's Hospital in Newcastle, NSW



## PSYCHO-ONCOLOGY NEWS IN AUSTRALIA

### Dignity conserving therapy workshop in Sydney is an Australian first.

Professor Harvey Chochinov will be conducting a Dignity Conserving Therapy Workshop on Monday 2 – Tuesday 3 November 2009 in Sydney. This is the first time that dignity conserving therapy has been taught to health professionals in Australia outside of a research setting. The technique will be taught in two days of intensive inter-active training to experienced health care professionals who have strong communication and counselling skills. The two-day workshop will be held at the Swiss Grande at Bondi Beach, Sydney in conjunction with the Inaugural Whole Person Care National Symposium (Friday 30-Saturday 31 October 2009).

Prof Harvey Max Chochinov is Professor of Psychiatry and Community Health Sciences at the University of Manitoba, and Director of the Manitoba Palliative Care Research Unit at

CancerCare Manitoba. He holds the only Canada Research Chair in Palliative Care.

Professor Chochinov will also be a key note speaker at the “Whole Person Care National Symposium: Responding to the challenge of whole person care in clinical practice”. The aim of the Symposium is to introduce the concept of whole person care to health professionals and to provide insight into strategies to improve patients well being, and to allow healthcare professionals to reflect on their own clinical practices.

Places in the Dignity Conserving Therapy workshop will be limited. For more information please visit the Conference website:

<http://www.iceaustralia.com/wholeperson09/index.html>

### Inaugural University of Sydney Public Lecture on Cancer, presented by Professor Rick Kefford

On Thursday 9<sup>th</sup> of July 2009, the University of Sydney Cancer Research Network will be launching their Public Lecture Series on Cancer. The Series is an important opportunity for members of the public and cancer researchers to come together and learn about and discuss current findings in cancer research.

The inaugural lecture titled ‘Cancer: Hitting the Target’, will be presented by Professor Rick Kefford. It is kindly supported by the Cancer Council NSW.

Professor Kefford said, “In the past five years there has been massive progress in drug treatment for patients with most forms of cancer, paralleled by dramatic reductions in cancer mortality.”

“Unlike traditional chemotherapy, new “smart” drugs target specific abnormalities in the software of cancer cells. These molecular targets are collectively cancer’s “Achilles’ heel”. They offer great hope for controlling a disease that is notorious for its ability to evade the normally robust biochemical mechanisms for ridding the body of faulty cells.”

Professor Kefford is Chair of Medicine at the University of Sydney, Westmead Hospital; Director of the Westmead Institute for Cancer Research; and Chair of the Division of Medicine at Westmead Hospital. He founded the Department of Medical Oncology at Westmead Hospital (1986), the Familial Cancer Service at Westmead (1992) and the Westmead Institute for Cancer Research

(1996). Professor Kefford has been Principal or Chief Investigator on over 30 clinical trials in melanoma, and author of over 150 peer-reviewed journal articles.

#### EVENT DETAILS

Thursday 9 July 2009

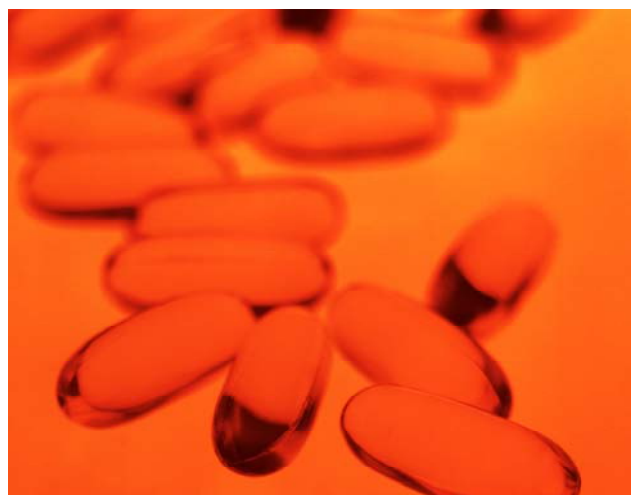
5.30pm lecture starts

6.30pm drinks & canapés

Venue: Eastern Avenue Auditorium, The University of Sydney

Cost: Free

Registration: Please email your name to Merilyn Heuschkel at [merilynh@health.usyd.edu.au](mailto:merilynh@health.usyd.edu.au)





## News from the Centre for Palliative Care Education and Research (CPCER)

Recently, the Centre for Palliative Care Education and Research (CPCER) developed a Family Carer Resource Pack. This includes an educational DVD, clinical guidelines and an information booklet.

**Family Carer Group Education program: A resource for health professionals working in palliative care** is a DVD designed to assist health professionals to conduct The Family Carer Group Education Program. This program has been developed to provide information and guidance to individuals who identify as a carer of someone receiving palliative care.

**Family meetings in palliative care: Multidisciplinary clinical practice guidelines**

developed to provide a framework for health professionals who are facilitating family meetings.

**Supporting a person who needs palliative care: A guide for family and friends** provides information to individuals who are assisting someone who is receiving palliative care, including tips to assist with care and ways of providing self-care.

The response to the resources, from both consumers and health professionals, has been very positive. If you would like to access any of the resources, please visit the website:

[www.pallcare.unimelb.edu.au](http://www.pallcare.unimelb.edu.au) or contact Rachel Zordan at [rachel.zordan@svhm.org.au](mailto:rachel.zordan@svhm.org.au)

## Who is Who of PoCoG



**Name:**

Ming Sze

**Position:**

Project co-ordinator, CALD studies coordinating office, PoCoG

**Research interests:**

Migrant mental health issues, currently psychosocial aspects of CALD cancer patients

**Q: Tell us something about yourself:**

I am very multicultural. Prior to my current residency in Australia, I have lived in a number of different countries, including Mainland China, Hong Kong SAR, the UK, USA, Singapore and Taiwan. This does help me to gain some insight into the differences between Western and Eastern cultures (especially Eastern culture in different political systems) and issues around being a new migrant, international student, short-term exchange student, and/or an expatriate working in a culture other than one's own.

**Q: One thing you enjoy most about your work:**

I like travelling and presenting our work at professional conferences. This gives me a chance to take a glimpse of other cities (hopefully countries in the future) with minimum cost. How brilliant!!!

**Q: Your professional/ psycho-oncology/ research pet hate:**

The more you find out, the more questions arise, and you want to find out more... That means I am basically trapped in this loop, but I guess this is also why people are fascinated by research.

**Q: Favourite quote/ motto:**

"My momma always said, 'life was like a box of chocolates. You never know what you're gonna get.'" - Forrest Gump.

**Q: Your first ever job:**

I worked as an administrative assistant over the summer vacation when I had just graduated from high school. I found myself inept at typing so I swore to my parents that I would study hard to be able to have a secretary to type for me in the future. I now still need to type by myself, but I think my parents were quite happy with my study motivation.

**Q: What advice would you give to someone commencing the same line of work as yours?**

Be very nice to the general staff at the hospitals where you are recruiting. They can be very helpful and also make you feel less awkward as an outsider.



## Useful Resources

### Research Australia Philanthropy Register

Research Australia has recently launched the 'Research Australia Philanthropy Register'. Researchers may lodge a summary of their research proposal on the register to allow Research Australia to find philanthropic organisations interested in investing in their research. For further information, please visit the website:

<http://www.researchaustraliaphilanthropy.org/Philanthropy/PhilanthropyRegister.aspx>

## Call for Abstracts

### 10<sup>th</sup> Biennial Behavioural Research in Cancer Control Conference

The Cancer Council WA is hosting the 10<sup>th</sup> Biennial Research in Cancer Control Conference on the 14<sup>th</sup>-16<sup>th</sup> of April 2010 at the Esplanade Hotel, Fremantle, WA.

The Call for abstracts and registrations open on Tuesday 1<sup>st</sup> of October 2009. Abstract submission closes on the 13<sup>th</sup> of November 2009 and early bird registration closes on the 19<sup>th</sup> of February 2010.

For more information, please visit the website: [www.cancerwa.asn.au/research/brcc2010](http://www.cancerwa.asn.au/research/brcc2010) or email [brcc2010@cancerwa.asn.au](mailto:brcc2010@cancerwa.asn.au)

## Key dates

### 5<sup>th</sup> June 2009

CPCRE 8<sup>th</sup> Annual Research Conference: "Palliative Care in the Community". Education Centre Auditorium at Royal Brisbane Women's Hospital.

### 18<sup>th</sup> - 20<sup>th</sup> June 2009

12th Winter Congress 2009 Heart Mind and Voice: A Shared Vision-The Cancer Nurses Society of Australia, The Civic Precinct, Newcastle. Visit the website for details: <http://www.ctc.usyd.edu.au>

### 15<sup>th</sup> - 18<sup>th</sup> July 2009

ANZBCTG 31<sup>st</sup> Annual Scientific Meeting The Darwin Convention Centre, Darwin.

### 12<sup>th</sup> - 15<sup>th</sup> August 2009

MOGA's 30th Anniversary ASM, Canberra.

### 15<sup>th</sup> - 16<sup>th</sup> August 2009

MOGA's 'Best of ASCO Meeting', The Hyatt Hotel, Canberra.

### 26<sup>th</sup> - 28<sup>th</sup> August 2009

The Australasian Gastro-Intestinal Trials Group's 11<sup>th</sup> Annual Scientific Meeting, Brisbane

### 30<sup>th</sup> - 31<sup>st</sup> October 2009

Whole Person Care National Symposium, Swiss Grande, Bondi Beach, Sydney.

### 2<sup>nd</sup> - 3<sup>rd</sup> November 2009

Dignity Conserving Therapy Workshop Swiss Grande, Bondi Beach, Sydney.

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