

# FRIENDS



THE VICTOR CHANG CARDIAC RESEARCH INSTITUTE

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## VCCRI to honour Sisters of Charity at their 'Happy Heart' Ball

**♥ The Victor Chang 'Happy Heart' Ball ♥**

**Saturday July 14, 2007**

**Parkside Ballroom**

**Sydney Convention & Exhibition Centre,**

**Darling Harbour**

**Special tribute to**

**The Sisters of Charity on their**

**Sesquicentenary (150th anniversary)**

**Special Guest Performer**

**International Singing Star Ms Frances Yip**

**Featuring the John Pickworth Band**

**Tickets: \$300 each, Tables of 10 \$3,000**

**Corporate VIP tables: \$10,000**

**For further information please contact**

**The Fund Development Office on 8382 3022**

### 2007 Calendar of Events

The Victor Chang Cardiac Research Institute invites you to support the Institute at one or all of our fundraisers

♥  
May 19

Freshest Ball  
Le Montage, Leichhardt  
\$200 per ticket

♥

July 14

The Victor Chang 'Happy Heart' Ball  
Sydney Convention & Exhibition Centre with special tribute to the Sisters of Charity on their Sesquicentenary (150th Birthday)

♥

August

The Victor Chang Des Renford Memorial Channel Challenge (swim across the English Channel)

♥

October 13

Dinner Dance, Club Marconi

♥

November

Victor Chang Golf Day  
The Australian Golf Club

♥

November

Des Renford Gala Day  
Des Renford Aquatic Centre, Maroubra

For further information contact the Fund Development Office on  
Tel: (02) 8382 3022

## Special Guest Performer

Asia's leading lady of song, pop diva Frances Yip, will be the special guest performer at this year's major fundraiser the Victor Chang "Happy Heart" Ball.

Frances has performed in over 30 countries on five continents. Her performance venues have been as diverse as the Friendship Theatre in Guangzhou, China, a casino cabaret in Africa's Swaziland, Caesars Palace Hotel in Las Vegas, and the luxury liner QE2.

She has an impressive recording career having released more than 80 albums in English, Cantonese, Mandarin, Thai, Japanese and Polynesian.

Frances Yip's career spans record, television, movie, live concert and cabaret. It is no wonder she is admired by her many thousands of fans around the world. For further information about the ball please call the Fund Development Officer on (02) 8382 3022.



**Professor Robert Graham awarded the 2007 NHFA Research Medal**

Our Executive Director, Professor Robert Graham, has been awarded the 2007 National Heart Foundation of Australia Research Medal for lifetime research, service and teaching contributions to cardiovascular medicine. Only the second such medal to be given by the NHFA, the award was inaugurated in 2006.

# Westfield Belconnen

## 9th Charity Golf Day in aid of the VCCRI

Canberra once again put on a perfect day for the 9th Westfield Belconnen and Woden Charity Golf Day in aid of the Victor Chang Cardiac Research Institute.

Well over 100 golfers teed off at Yowani Country Club, the home of the Westfield Charity Golf Day for the past nine years, from early morning, including a team from the VCCRI vying for the honour to have their names added to the prestigious Westfield Trophy. A chipping competition on the ninth tee tempted all golfers with the prize being a bottle of Grange for the person who holed the ball.

Westfield's 'Little Professor', Victor Chang researcher Duncan Sparrow, updated guests on his research program with all ears attentively listening to what he had to say.

We congratulate each of the following on their wins:

- 1st Place** – Granite Transformations
  - 2nd Place** – Reflections Group
  - 3rd Place** – Bristol Paints
  - 4th Place** – David Chambers, Damien Anderson, Mike Sheeley, Steve Behan
  - Hackers/Bradmans** – Rod Firth, Rick Barnes
  - Nearest the Pin Par 3s**
  - 3rd hole – Craig Miller
  - 6th hole – Steve Lidbury
  - 12th hole – Albert Jamillio
  - 16th hole – Peter Doubtfire
  - Longest Drive 8th hole**
  - 'A' Grade – George Panagakis
  - 'B' Grade – Glenn Mowbray
  - Longest Drive Ladies** – Menka Zarzour
- Our sincere thanks go to the



Winners Westfield Belconnen Golf Day

following who help make the Westfield so successful:

Reflections Group Services, Bristol, Certified Building Solutions, Tiptons Shopfitters, Haden, Sylva Electrical, Simply Fresh, Westfield Shopping Centre Management, Holding Redlich, tma, Five Star Electrical, Westfield Human Resources, Dymocks Belconnen, Aqua Gass, Wormald, R & F Management, Members Equity, Popes, Westfield Belconnen, Westfield Woden, Table Top Belconnen, Chubb, Laser Colour Digital, City Time Belconnen, Goldman Travel, Norris Carpentry & Joinery, Koch Maintenance, Preventafall, Duncan's Plumbing, Tony Riches Golf professional.

Thank you also to emcee and auctioneer, Phil Lynch, Westfield's Neil McCabe, Karen Noad, Jodie Lemmey, Stephanie Norris and, of course, Marc Harris, together with his colleagues put on a fabulous golf day. Your support and dedication to making this such a fantastic event as well as garnering friendships is very much appreciated by everyone at the Victor Chang.



Taubmans Team



Victor Chang Team



*Did you know...*  
Five times more women die from heart disease than breast cancer.



Professor Bob Graham

### From the EXECUTIVE DIRECTOR'S DESK

Dear Friends

Thus far 2007 has been a very eventful year for the Institute, with very major and significant discoveries having been reported in the world's leading biomedical journals, including Cell, Molecular Cell, Developmental Cell, The New England Journal of Medicine to highlight just a few. These discoveries include the finding by Dr Owen Prall and colleagues working in Professor Richard Harvey's laboratory, that certain congenital heart problems, such as a hole-in-the-heart, actually occur much earlier in the development of a baby than was previously thought – a finding that should lead to new ways to prevent heart defects. Such defects are the commonest at birth and are present in about one in every 800 children. In another study highlighted during a recent episode of Catalyst on the ABC, Drs Jennifer Cropley and Cath Suter discovered that the genes turned on or off in you and me, which may cause disease, are influenced by the food eaten

not by your mother but by your grandmother – a finding of considerable importance.

In addition to these highlights, our Deputy Director, Professor Richard Harvey, and one of our Board members, Professor Ian Dawes, were elected to Fellowship of the Australian Academy of Science, arguably the pinnacle of recognition, this is a very major accolade that we are very proud of. Richard was recognised for his contributions and international leadership in the understanding of heart development in health and disease, and Ian for seminal work into ageing and our responses at the cellular level to environmental stresses, such as oxidation.

Finally, I am pleased to report that the construction of our new building is proceeding very well and its completion has been moved up to around May 2008 – for pictures please see our website: [www.victorchang.edu.au](http://www.victorchang.edu.au)

Best wishes  
Bob Graham  
Executive Director

# BREAKTHROUGH DISCOVERIES...

## A CLUE TO UNDERSTANDING HEART PROBLEMS IN BABIES

Researchers at the Victor Chang Cardiac Research Institute (VCCRI) have made a breakthrough in heart research that addresses the origin of heart defects in babies by discovering that certain types of congenital heart problems occur at a much earlier stage in the development of a baby than ever expected.

The work, which has just been published in the prestigious biomedical journal "Cell", shows that the heart problems occur not during the development of the heart, as was previously thought, but instead at an earlier time in very immature cells that are still only destined to become the heart. These cells are called heart progenitor cells.

Congenital heart defects are responsible for more deaths in the first year of life than any other birth defect, yet for most there are still no therapies to treat these problems apart from major open-heart surgery.

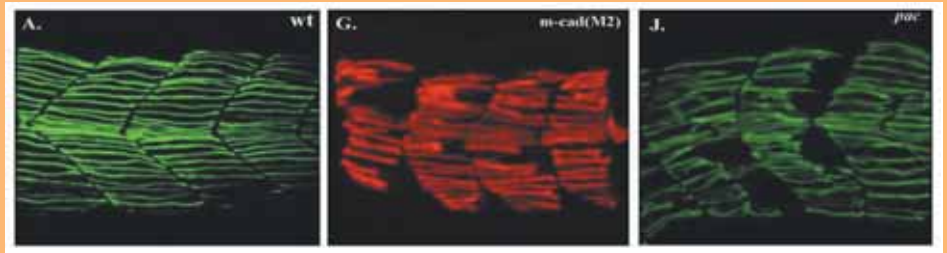
While this work helps us understand how certain defects occur, it may be some time before therapies can be developed to stop children developing these problems.

## CAN ZEBRAFISH HOLD THE CLUE TO MUSCLE REPAIR IN HUMANS?

The humble Zebrafish, normally found in the waters of India or in your local aquarium, could hold the key to understanding how muscles can be regenerated in humans suffering muscle degeneration.

Fish may be on a lower rung than humans on the evolutionary tree, but researchers Professor Peter Currie, Dr Georgina Hollway and co-workers in our Zebrafish laboratory, have found new evidence that they can repair damaged muscle more effectively than humans.

The key difference is thought to lie in the muscle stem cells of the Zebrafish which, unlike human muscle stem cells, are capable of not just repairing muscle but also producing new muscle fibres.



The long term goal of this research is to hopefully be able to learn from these findings so that one day we may be able to manipulate muscle development in humans, so people may also be able to regenerate muscle.

This finding was published in the prestigious international journal – Development Cell.

## A CASE OF THE TAIL WAGGING THE DOG

Next time you sit down to enjoy a beer and burger, just remember that the humble yeast organisms that you are enjoying may actually be advancing our understanding of how the cells in our body work.

In a paper published in the prestigious international journal Molecular Cell, the VCCRI's Associate Professor Thomas Preiss and Dr Traude Beilharz, along with colleagues from the Wellcome Trust Sanger Institute and the University of Cambridge, showed that the way cells 'turn on' and 'switch off' is a multistep process that is tightly controlled on many different levels. Control on each level is important to allow for more flexible and adaptable cell function and, when it breaks down, disease occurs. What makes

this work so unique is that it had never been shown before, either in yeast or in any organism how surprisingly widespread the extent is, of the orchestration of different layers of control of the genes in our genomes.

A major challenge is to understand the inner workings of the cells that make up the human body and it is difficult to come up with smart ways to treat diseases when we don't understand the cellular processes that went wrong in the disease.

Genome Science gives us the opportunity to study how thousands of genes in a cell work together, rather than study one at a time.

The major contribution to the collaborative study by Associate Professor Preiss' lab was to measure the length of 'tails' on the

messenger (mRNA) molecules that are generated from each gene to serve as a blueprint in making proteins – the building blocks of life.

These 'tails' have a big impact on how long the mRNA's stay around in cells and how much protein is made from them. In this way it is a case of the tail wagging the dog. Since nearly every mRNA in every human cell has these tails, it is not surprising that controlling their length turns out to be quite important. It is known to be involved in embryonic development and during learning and memory in the brain, for instance. The mRNA tails also seem to be the target for recently discovered cellular brakes called microRNA's. Failure of these brakes contributes to human diseases, such as heart defects and cancer.

## ATRIAL FIBRILLATION – HEART DISEASE THAT MAY BE PREVENTED

Victor Chang Researchers Assoc Prof Jamie Vandenberg, Assoc Prof Diane Fatkin, Dr Robyn Otway and co-workers have found that interactions between inherited gene changes and stretch or dilatation of the low pressure upper chambers of the heart, the atria, may be important in the onset of atrial fibrillation, which is the most common heart rhythm abnormality in our community and is a major risk factor for stroke and heart failure.

The work, which has been published in the prestigious Journal of the American College of Cardiology, suggests that aggressive treatment of underlying conditions, such as high blood pressure that cause atrial enlargement, may prevent the onset

of atrial fibrillation.

There are two distinct types of patients who develop atrial fibrillation. The first type of patient develops the disease at a young age and in them it is clearly due to genetic factors. The second type of patient develops the disease later in life. In such patients, it has always been thought that they just 'acquire' the disease, and that there is no genetic basis.

The study has found that this may not be the case. Even people who develop atrial fibrillation later in life may actually inherit the susceptibility to get the disease. It is only after another event where the heart is stressed, such as developing high blood pressure, that brings on atrial fibrillation.

This is an exciting advance in heart

research as it suggests that by controlling a person's environment, and with aggressive treatment, some people with a family history of atrial fibrillation may be able to avoid the onset of the disease.

This study brings hope to families who have a family history of atrial fibrillation as it suggests that just by aggressively treating factors such as high blood pressure, they may be able to avoid the disease altogether.

The research team has called for volunteers willing to participate in a future study. If you have atrial fibrillation and you are part of a large family who has a genetic history of the condition and you are interested in taking part in the study, please contact the VCCRI on (02) 8382 3786 or d.fatkin@victorchang.edu.au.



# NAB AND KERRY PINNACLE CO-SPONSOR THE 2007 VICTOR CHANG CHARITY GOLF DAY



**N**inety-six golfing enthusiasts braved the heat on a picture perfect March day when they teed-off at the 9th Annual Victor Chang Charity Golf Day co-sponsored by the NAB and Kerry Pinnacle at the magnificent Manly Golf Course.

As John Pickworth's jazz combo played, teams were able to talk tactics in preparation for the day's play ahead whilst enjoying brunch. Australian Long Drive Champion John Noble gave players a few last minute tips before they headed off to their designated tee for the start of the Four Ball Ambrose.

The third and thirteenth tees were the fundraising holes – 'Nearest the Pin' and 'Use the Pro Shot' – without prompting, golfers dug deep to the tune of an additional \$1,300 being raised.

The 19th hole proved to be most popular after the day's heat giving golfers the chance to swap stories over a few relaxing drinks before settling down in the air conditioned luxury of the clubhouse for the barbeque and presentation of prizes.

Emcee, Frank Barrett, welcomed Special Guest Michael Renford who fondly recalled some of the antics his father Des got up to in his heyday and told those present of his intention to honour his father's memory on the anniversary of his 80th birthday and 30th anniversary of his first Channel Crossing by swimming the English Channel himself in August. Remax sponsored Mr Sold, auctioneer Scott Gibbons, quickly enticed dinner guests to part with some of their hard earned cash with a lively auction.

The following received prizes on the night:

**1st Place Team Award** – John Tsoutsas, Anthony Soravia, Angelo Pavlin, Garry Claypole with a net score of 52 1/8.

**2nd Place Team Award** – Marcus Chang, Paul Gross, Ian Barnes, Chris Allen with a net score of 53 5/8.

**3rd Place Team Award** – Robert Hanna, James Robinson, Adam Somerville and Matthew Pilkington with a net score of 54 7/8.

**Nearest the Pin (Mens and Womens)** – Matt Pilkington and Carmen Findlay.

**Longest Drive (Mens and Womens)** – David Lomax and Fiona Watson.

**Charity Nearest the Pin** – Greg Becker.

Congratulations to all of them!

We extend our heartfelt thanks to major sponsors **NAB** and **Kerry Pinnacle**, especially Linda Duncombe, Michael White, Tammy Bakker, Kylie Hawker, Cate Sefton, Gary Dawson and Catherine Williams, hole sponsors **Crane Group**, **iPlex Pipelines**,

**Tradelink**, **Austral Wright Metals**, **Hungerford Hill Wines**, **Westfield Group**, **James N. Kirby Holdings**, **D.H.G. International**, **UBS Wealth Management**, and **Krispy Kreme**; sponsors, **Jacobs Creek**, **Bullant Sports**, **Lion Nathan**, **Bullant Sports**, **Southern Cross Sports Marketing**, emcee **Frank Barrett** special guest **Michael Renford**, auctioneer **Scott Gibbons** and to everyone else who played or supported the day. Without hesitation you support us time and time again, we are indebted to you for your loyalty, generosity and interest in the research we do. Thank you. We extend also our thanks to Manly Golf Course for allowing us to use their course and their support.

There wouldn't be a golf day without Margaret Ingram, one of our long standing and ardent supporters and member of our Appeals Committee, whose dedication and commitment to making this day so successful is unquestioned.

We hope you will join us for our 2008 Golf Day and look forward to welcoming you.



1st John Tsoutsas, Anthony Soravia, Angelo Pavlin & Garry Claypole



2nd Marcus Chang, Paul Gross, Ian Barnes & Chris Allen



3rd Robert Hanna, James Robinson, Adam Somerville & Matthew Pilkington

## Did you know...

Migrants from India and the sub continent have a higher incidence of heart disease due largely to their diets and genetic makeup.



# Des Renford Memorial Channel Challenge



In August this year, Michael Renford, Des' youngest son, will swim the English Channel in memory and honour of his father's 80th birthday and the 30th anniversary of his first Channel swim.

Des was an ardent supporter of the VCCRI and when we lost him back in 1999, Michael took his place on the Victor Chang Appeals Committee.

So this swim is not only for Des but to raise much needed funds and awareness for the VCCRI.

In the lead up to the channel swim 'Murph', as he is affectionately known will, as a part of his training programme, compete in a number of other races. His first challenge was the 'Men's Health' 11km Sydney Harbour Bridge to Manly Wharf Swim which he successfully completed in 2 hours and 30 minutes giving him time to arrive at the Prince of Wales Hospital for the birth of his first child, a beautiful daughter Lily Grace.

His second challenge, on April 22, was 20 laps (16km) of South Maroubra Beach. He completed this in 4 hours and 5 mins and had up to 50 people swimming with him at various times during the swim, whilst doing this he managed to raise over \$4,000.

Murph's next challenge will be the Bondi Beach to Watson's Bay swim on May 20. This is a 10km swim but once

Murph reaches Watson's Bay he will be turning around and heading straight back to Bondi thus making this a 20 km swim challenge.

John Fordham of The Fordham Company, which is widely regarded as one of the most dynamic and versatile media, sport and entertainment management agencies in Australia, has offered his help to ensure Murph gets the support and the sponsorship to make this a very successful and profitable venture.

John has already had success with Qantas who have come on board by kindly donating return airfares to London for Murph and his crew. Other supporters to date include Walsh's Village Pharmacy and Look Design Signs & T-Shirts.

If you would like to support Murph or find out more about his swim please contact the VC Fund Development Office on (02) 8382 3022.

## Institute Tours

If you would like to visit the Institute to experience first hand the research being conducted, then contact The Fund Development Office on 8382 3022 and we will make arrangements for either your group, or if an individual, include you in an already organised tour, on a mutually convenient date. Tours are held in the morning on Wednesday and last approximately 1-2 hours. Firstly you will be served morning tea, then a senior member of the Institute will address the group to give an overall explanation of the research being conducted and then you will be broken up into smaller groups and taken around the laboratories where you will be able to speak to the researchers who will explain in layman terms the projects they are working on. Large groups can be accommodated. Tours of the Institute are free.



## Welcome – Dr Daniela Stock, Laboratory Head, Structural and Computational Biology Program

At the end of 2006 the VCCRI established a new research program called the Structural and Computational Biology Program. The aim of the program is to understand the function of the heart in health and disease at the molecular level. The program combined the original Biocomputing Group

with the new Structural Biology Group headed by Dr Daniela Stock.

Originally from Germany, Dr Stock gained her PhD from the Max Planck Institute of Biochemistry before travelling to England to work as a Postdoctoral Fellow in the MRC Laboratory of Molecular Biology. After an outstanding 4 years Dr Stock was promoted to a group leader position where she continued her work, visualising the structure of ATPases (the energy pumps of a cell).

Dr Stock has received numerous awards – the Otto Hahn Medal of the Max Planck Society, the Max Perutz Prize and the coveted EMBO Young Investigators Award and, combined with her numerous publications, she was a prime candidate for the position of Head of the new Structural Biology Laboratory.

At the VCCRI Dr Stock's lab works on the structural component of the program so their work involves using X-ray crystallography to visualise proteins. This is a means of getting very high-resolution pictures of proteins at near atomic resolution, and is important as this often helps us understand how the proteins work or why they don't work and what needs to be done to fix them.

At present the main focus of Dr Stock's lab is work relating to proton pumps but she is also working with Professor Robert Graham's lab to visualize a heart protein called the  $\alpha 1$  adrenergic receptor, and with Associate Professor Jamie Vandenberg's lab to visualise certain ion channels, and she is also working on other collaborative projects with VCCRI colleagues.



## Did you know...

By 2015, almost 20 million people will die from cardiovascular disease globally. Cardiovascular disease will remain the single leading cause of death.

## Innovative Initiatives

Australia is a multicultural society and its national health profile is significantly determined by the health of its immigrants. It is apparent that the mortality rate from Cardiovascular Heart Disease amongst immigrant groups in Australia is lower than that of the Australian-born. This is explained by the stringent selection processes involved in migration approvals where only healthy strong immigrants are selected to come to Australia. However, there is increasing incidence of coronary heart disease amongst migrant Australians after they've lived in Australia for over ten years. Data reveals that the ethnic aged who have spent a considerable part of their lives in Australia, tend to blend into the Australian culture and adopt risk behaviours common to native Australians.

We have partnered with several community organisations in our attempts to spread information about heart issues. The Ethnic Communities Council of NSW is a non-government peak body representing many organisations and people from the multicultural community in NSW. Professor Robert Graham was a special guest at their meeting and discussed heart issues within migrant groups.

The Institute regularly holds information sessions for the community. This involves letting the communities know about the pioneering research work done at the Institute, creating awareness on heart issues and building the Victor Chang brand.

We have been actively involved in raising our profile with the ethnic communities through regular radio programs on SBS Radio. The Victor Chang Cardiac Research Institute is privileged to have research scientists from different ethnic backgrounds working at the Institute. We have had speakers in Portuguese, Tamil, Mandarin and Indonesian who have all been interviewed by SBS Radio in their native language.



*Dr Guangan Gao interviewed by Mr Danny Yi (Broadcaster/Journalist Mandarin Language Program SBS Radio - Sydney)*



*Jack Passaris, Chairperson Ethnic Communities Council, and Professor Bob Graham*



## Did you know...

Heart disease is a NOW problem, not a later problem?

## ST VINCENT'S SESQUICENTENARY

This year marks the 150th anniversary of St Vincent's Hospital and the Sisters of Charity. Celebrations began in January with a special liturgy in the Xavier Gardens and many more events are planned during the year.

St Vincent's Hospital was founded by the Sisters of Charity in 1857 at 'Tarmons' in Potts Point. The Hospital was moved to its current location on Victoria Street Darlinghurst in 1870 and has continued to grow ever since.

On Saturday May 26 the St Vincent's Hospital Sesquicentenary Open Day will be held from 10.00 am-4.00 pm. It is open to all staff and friends and will have stalls, tours, information displays and demonstrations.

The Victor Chang Cardiac Research Institute will be paying a special tribute to the Sisters of Charity at their annual Gala Ball on July 14. Details of the event can be found on the front page of this newsletter.



## Induction of Life Governors and Ambassadors

A new ambassador and two life governors were inducted into the Institute in December by our Chairman, the Hon Neville Wran.

We are delighted and honoured to welcome Ambassadors, Scott & Rhonda Gibbons and Life Governors, Mark Johnson and Lance Rosenberg.

Their generous support and encouragement of our research is matched only by their friendship and promotion of the Institute.



*Mark Johnson & Hon Neville Wran, AC QC*



*Scott & Rhonda Gibbons & Hon Neville Wran, AC QC*



## 9TH STEER AUCTION

'Transplant' was the name given to this year's steer by students at Southern NSW's Murrumburrah High School. The students, members of the MHS Farm Club, once again helped prepare the steer for auction at this year's Royal East Show.

Donated by Victor Chang Ambassador, Schute Bell, and prepared and presented by Harvey Jones, the 13 month old Charolais steer caused quite a sensation due his white coat.

After months of nurturing 'Transplant' to ensure he was in tip top condition, the auction day arrived. The amphitheatre was crowded and the bidding lively. Eventual winners were Victor Chang good friends, Russell & Julieanne Cooper of Goulburn with a winning bid of \$19,000.

Our sincere thanks go to the students of Murrumburrah High, teacher Jan Young



and Farm Assistants David Manwarring and Bob Stewart for their guidance and support.

To Russell & Julieanne Cooper, Schute Bell's Robert Ryan and Keith Prosser, thank you, we are so very lucky to have you as members of the Victor Chang family.

## Are you looking for a Guest Speaker?

If you are looking for a guest speaker at your next meeting, school assembly or event, then why not contact the Victor Chang Cardiac Research Institute (VCCRI). We will be happy to provide a Senior Member of the Institute to address your group on the research being conducted at the VCCRI and on the dangers of heart disease and the benefits of living a healthy lifestyle. Please contact the Fund Development Office on (02) 8382 3022 to make the arrangements.



## With every purchase you are supporting heart research...



Crestbrook Mountain Springs has been continually pumping spring water from a stream 130 metres beneath the earth's surface through solid rock in the Blue Mountains of New South Wales for the past 14 years, with no sign of variation in quality or quantity.

It has been used in both plain and flavoured drinks, bottled under various labels, for the past 12 years.

Through the generosity of the owner Gerry Commerford, Crestbrook Mountain Springs will donate to the Victor Chang Cardiac Research Institute the following amounts on all their water and coolers sold carrying the Victor Chang logo:

- 5 cents for every 600 ml bottle water sold
  - 25 cents for every 10 litre bottle water sold
  - 50 cents for every 15 litre bottle water sold
- The spring water carries the Heart Foundation Tick of Approval and the Australian Made logo.

If you are interested in purchasing or retailing one or all of the following Crestbrook Mountain Springs Pty Ltd water products, please phone Gerry (0428 647 218).

We sincerely thank Gerry for giving us this opportunity and for their support and as a token of our appreciation Crestbrook Mountain Springs has been bestowed the honour of Ambassador.

Remember, with every bottle you buy, you are supporting the work of the Victor Chang Cardiac Research Institute.



## FISH – Good for Your Heart Health

What you eat is important. It may help prevent a heart attack or stroke.

Healthy food habits can help you reduce three of the major risk factors for heart attack – high blood cholesterol, high blood pressure and excess body weight. It will also help reduce the risk of stroke because heart disease and high blood pressure are major risk factors for stroke.

By eating two serves of baked or grilled fish per week, you can help reduce your risk of having a heart attack or stroke. Fish is a good source of protein without the high saturated fat found in fatty meat products. Oily fish like Swordfish, Salmon, Mackerel, Sardines and Sea Perch are also high in two kinds of omega-3 fatty acids.

Omega-3 fatty acids benefit the heart health of not only healthy people, but also those at high risk of cardiovascular disease and those who already have cardiovascular disease. Fish and other marine life are rich sources of these polyunsaturated fatty acids.

Steve Costi Seafoods is an avid supporter of the VCCRI and was recently bestowed the honour of Ambassador. We are very grateful to Steve and his colleagues for their generosity and support.

### SEAFOOD TIPS

For the purpose of meal planning, seafood includes all fish and shellfish from the sea, as well as freshwater fish.

When choosing fish avoid fishy-smelling seafood.

Look for:

- Moist bright and lustrous surface
- Clean smell
- Free of dry spots and discolouration
- Whole fish at their freshest have:
  - Bright clear eyes
  - Shiny, well attached scales
  - Bright, pink or red gills
  - Firm, springy flesh

### Storing

Keep seafood cold. Securely wrap fresh fish and shellfish in a plastic bag or moisture proof paper, and store in the coldest part of your refrigerator. Use fresh fish within 2 days and preferably within 1 day of purchase. Store frozen seafood up to 3 months for lean varieties and 1 month for fattier fish, such as Salmon and Tuna. Defrost frozen seafood in the refrigerator just before cooking. Cook frozen fish within 1 day of defrosting.

### Cooking

Take care not to overcook fish. As a general rule, allow 10 minutes of cooking time for every inch of thickness for medium-cooked fish. To see if it's done use the tip of a small, sharp knife to cut the flesh – it should separate into flakes and be opaque throughout.

## COBRAM ESTATE SUPPORTS THE VCCRI



Cobram Estate is a family owned olive grove located on the Murray River in Victoria.

The grove comprises 25,000 trees of Italian, Spanish and Israeli origin.

Like an estate wine, Cobram Estate Extra Virgin Olive Oil is grown, harvested, pressed and bottled on the Estate ensuring the oil is amongst the freshest produced. Nothing is added to the oil and nothing is taken away. It is award winning, true Extra Virgin oil, containing less than 1% free fatty acid.

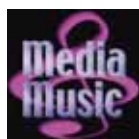
Cobram Estate Extra Virgin Olive Oil is available from The Vital Ingredient (03) 9696 3511, The Essential Ingredient (02) 9557 2388, and selected good food stores. Enquiries can be made on Freecall 1300 558 828.

The Victor Chang Cardiac Research Institute thanks Cobram Estate for its generous support.



## Did you know...

Around 3.67 million Australians are affected by heart, stroke and vascular diseases.



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special effects including stage sets and pyrotechnics, guest speakers, photography, audio visuals, musical co-ordination, entertainment from a soloist to an orchestra, dancers, choirs and comedians – can be organised.

Media Music is repeatedly re-contracted by its clients from Government Bodies, Corporations, Television Networks, Entertainment Industry Groups, Sporting Associations, Educational organisations, Charities and leading citizens.

For further information please telephone (02) 9525 8600, fax (02) 9531 2008 or email: [info@mediamusic.com.au](mailto:info@mediamusic.com.au)

Media Music supports the Victor Chang Cardiac Research Institute for which we are very grateful.



# UNITED

## UNITED AIR MILES HELP VCCRI

See your miles go further than you ever dreamed imaginable.

Your miles can build a future. Provide relief. And offer help. Through United's Charity Miles Program, it's easy to show you care. You can donate your Mileage Plus® miles to the Victor Chang Cardiac Research Institute. Simply call United Airlines and start redeeming miles for something truly rewarding.



## The Victor Chang Cardiac Research Institute And Citibank Rewards

Citibank provides the opportunity for all Citibank Cardholders to redeem their Citibank Rewards points in the form of donations to the Victor Chang Cardiac Research Institute. Just 6,700 points will let you make a \$50 donation to the Institute which goes directly into research

into heart disease.

This initiative is another example of how the Victor Chang Cardiac Research Institute widens its fundraising activities to help continue the pioneering work of the late Dr Victor Chang.

Every contribution counts. So, look out for the Victor Chang Cardiac Research Institute in the Citibank Rewards Catalogue. For more information, please call the Citibank Rewards Service Centre on 1300 655 025.



## Did you know...

The health and economic burden of cardiovascular disease (CVD) exceeds that of any other disease.

## Bequests

Thank you to the following Estates for leaving  
Bequests to the Institute

*Estate of the Late Irene Michelsohn*  
*Estate of the Late John Mervyn O'Brien*  
*Estate of the Late Joan Mary Ellerington*  
*Estate of the Late Tace Anne Megarvey*  
*Estate of the Late Rex Owen Banks*  
*Estate of the Late Harold Ernest Court*  
*Estate of the Late Allan James Hunter*  
*Estate of the Late Robert Huntly Scott*  
*Estate of the Late Robin L Rowan*  
*Estate of the Late Shelia Winifred Harrison*  
*Estate of the Late Mary Agnes Gerldine Medcalf*  
*Estate of the Late Kay-Lyn Benedick*  
*Estate of the Late Mary Patricia Bridget Kennedy*  
*Estate of the Late Rose Ellen Jones*  
*Estate of the Late Glen Laurence Williams*  
*Estate of the Late Father James Hugh Boland*  
*Estate of the Late June Kathleen Russell*  
*Estate of the Late James Herbert White*  
*Estate of the Late Veronica Burdon*



## BEQUESTS

One of the joys in the world is helping others. You may not have been able to help as much as you would have liked to during your lifetime, due to commitments or financial restraints.

Your Will offers you the chance to help others, your family, your friends, your loved ones, long after you are gone.

### What is my estate?

A first step would be to list all the possessions that you own. Your property (home, car, furniture, collections, etc.) savings, pension and annuities. All of these things make up your 'Estate'.

Then add up the estimated present value of these things you own. Subtract what you owe in the way of mortgage and debts. The net amount is your Estate.

### Who will benefit?

This is up to you. You need to decide to whom you wish to leave your assets – your family, and/or friends. These people are called the Beneficiaries of your Estate.

You may also wish to leave money to a charity(s), once all your family and friends are cared for. We hope that you will consider The Victor Chang Cardiac Research Institute.

### Who should prepare my Will?

Your solicitor or a trustee company. This is the best way to make sure your Will is legal, and does what you want it to do.

The best way to ensure that your Will remains valid is to have it checked by your solicitor or trustee company every few years. Any change in your personal circumstances may make a change in your Will necessary or desirable.

### What is an executor?

An executor is someone you appoint in your Will to see that your wishes and instructions are carried out after your death. Many people choose a family member, a friend or a solicitor.

### How can I add to or change my existing Will?

If you have a limited change to make to your Will – to add a bequest to a charity for example, you don't need to start all over again. You can do so quickly and easily by adding a codicil. A codicil is an instruction which becomes part of the Will. Your solicitor or trust officer should advise you.

### What wording should a solicitor use?

If you are considering a bequest to The Victor Chang Cardiac Research Institute, the following forms of wording, depending on the type of bequest, are as follows:

"I give to The Victor Chang Cardiac Research Institute, Victoria Street, Darlinghurst, NSW  
a) The sum of \$ ..... or  
b) .....% of my estate or  
c) residue of my estate  
(insert a, b or c) to be used for the purposes of research

and I direct that the receipt of the Executive Director of the Victor Chang Cardiac Research Institute shall be sufficient discharge to my Executor(s)."

For further information you can telephone  
The Fund Development Office on (02) 8382 3022.

## In Memoriam

*We would like to thank the family and friends of  
the following people who have donated to the  
Institute in their memory:*

*Mr Neville Bailey, AM MBE Mrs Marion Audrey Beattie*  
*Mrs Gwen Birse Mrs Elizabeth Caffrey*  
*Mrs Elva N Carmichael Mr George Charitou Ky-Son Chau*  
*Dr Lloyd Coats Mr Ron Condon Mr Ronald Dakin Condon*  
*Mrs Huong Do Mrs May Ell Mrs Eve Schwartz*  
*Mrs Betty Flack Mrs Margaret Flaws Mr Gerald Saunders*  
*Mr Francis William (Bob) Hine Mrs Gloria Horton*  
*Dr Alan Kaiser Mr Tom Kerr Mr George Killalea*  
*Mr Raymond Killalea Mr Eric Korda Mr John Koyman*  
*Mr Barton Ling Fung Lam Mr Robert Large*  
*Wai Ngee Lau Mr Lau Mr Tony Lazzaro*  
*Mr Nigel Norman Mainwaring Mrs Agnes McEwan*  
*Mr Sydney Carl Merchant Mr Geoffrey John Monk*  
*Mr Robert Frank Muzic Mrs Noleen Van Den Bosch*  
*Mr Thomas William Pinchin Mr Denis Rhodes*  
*Mr Sigurd Sjoquist Mr Edgar C Skead Mr Stanley Snelson*  
*Mr Henry John Valentine Taylor Mr Arthur Turner*  
*Mr Glen Laurence Williams Mr Phillip David Arundell Wright*

## Workplace Giving

*As the purse is emptied, the heart is filled – Victor Hugo*

**D**id you know that as an employer you can help the Victor Chang Cardiac Research Institute raise much needed funds for research by encouraging your employees to donate through the Australian Charities Fund Workplace Giving Program?

### What is workplace giving?

Workplace giving allows employees to donate money on a regular basis to one or more deductible gift recipients (DGRs) directly through their pay. A DGR is a charity or other organisation that is entitled to receive tax deductible donations.

### How does workplace giving work?

Employers invite their employees to enter into a workplace giving arrangement. Employees nominate their preferred DGR from the selection of DGRs provided by their employers, the frequency of their donations (for example fortnightly, monthly, etc.) and the donation amount. The donation is paid directly by the employer to the DGR.

When employers calculate the amount to be withheld from the employee's salary for a pay period, they should deduct the employee's donation amount from the gross salary before referring to the appropriate tax table.

For each income year employers should provide each employee with confirmation of the employee's donation to DGRs. The employee will need this confirmation to claim their tax deduction. The confirmation can be shown on the employee's payment summary (formerly known as a group certificate). Alternatively, the confirmation can be provided in another written or electronic form.

It is the employer's responsibility to check a charity or other organisation's DGR status.

### Benefits of Workplace Giving Program

For charitable organisations, workplace giving provides long term, stable funding for core programs. This funding requires little or no administrative cost – no receipts, no cost of attracting donors, targeted communications. Workplace giving can also provide access to the skills and volunteer time of employees.

For employees, workplace giving enables affordable giving, through a transparent and trustworthy program, with no reduction in impact through costly fundraising. Employees are able to make donations in an efficient and tax-effective manner, eliminating the need to collect receipts or wait until the end of the year to claim a tax refund.

For employers, workplace giving can provide a low cost, administratively simple way to create community-business partnerships and build employee morale, through mobilising significant funding and through volunteer involvement.

For further information on how to implement the Workplace Giving Program please visit [www.australiancharitiesfund.org.au](http://www.australiancharitiesfund.org.au)

## MACQUARIE BANK FOUNDATION DONATES \$100,000 TO MATCH EMPLOYEE DONATION

The Institute is very grateful to the Macquarie Bank Foundation for matching a personal gift of \$100,000 by one of its staff members.

Both donations will be used to fit out a laboratory in the new Victor Chang Building. Everyone at the Victor Chang Cardiac Research Institute sincerely thanks the staff member and the Macquarie Bank Foundation for their support, generosity and help to find a cure for heart disease.

The Victor Chang Cardiac Research Institute collects information relating to its donors for the sole purpose of fundraising for the Victor Chang Cardiac Research Institute including appeal letters, newsletters and advice of Victor Chang fundraising events. The Institute does not disclose the name and address or any other personal information of any donor to any other organisation or body nor does it share its database. While we seek to recognise our donor's support at times in Victor Chang VCCR publications, we will not display the name of the donor if the donor requests. Details are strictly confidential and used only for the purposes set out above. Donor anonymity is practiced when requested. If you would like access to the personal information we hold about you, or to have your name removed from our database, or further information about the VCCR please contact us on (02) 8382 3022.