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**2008 Calendar of Events**

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

♥

**July 4**  
Young at Heart High Tea  
The Tea Room,  
QVB Building  
Tickets: \$50 each  
Bookings: 1300 Victor  
(1300 842 867)

♥

**August 2**  
'Swing into the New Era'  
Major Fundraiser  
Special Guest:  
Lisa Curry-Kenny  
MC: Deborah Hutton  
Entertainment:  
Mr Tom Burlinson & The  
Sydney All Star Big Band

♥

**September**  
Marconi Club fundraiser

♥

**October**  
Royal Diwali Ball (TBC)

♥

**School Science Awards**

♥

**November 2**  
Des Renford Gala Day,  
Des Renford Aquatic Centre,  
Maroubra

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



*Professor Bob Graham*

**From the EXECUTIVE DIRECTOR'S DESK**

I am pleased to report that research productivity from the Institute reached a new high last year, with almost 90 papers published including peer-reviewed articles in the very highest calibre biomedical science journals. Having our work published in journals of such distinction, in some cases representing the culmination of up to 6 years of research, is a clear reflection not only of the Institute's international standing but our researchers' tenacity in addressing contemporary issues in biology and medicine, mechanistically and in the most rigorous manner.

Not surprisingly given these research achievements, the Institute's investigators were again very successful in securing peer-reviewed grant funding, as well as fellowship and scholarship support. Our faculty were also recognised by many awards and honours. Collaborations within the Institute, and with other institutions in Australia and internationally remains strong.

I'd like to take this opportunity to welcome Dr Filip Knop, our inaugural Prince Christian Fellowship winner. The Fellowship, which provides the opportunity for a Danish doctor or scientist to train in cardiovascular research at the Institute and has been very generously supported by the Moeller/Maersk Foundation, was established to honour the birth of Prince Christian to Crown Prince Frederik and Crown Princess Mary of Denmark – the Crown Princess being an Honorary Life Governor of the Institute. Indeed, in March I attended a function to celebrate Filip's selection as the inaugural recipient of the award, which was kindly hosted by the Royal Academy of Sciences and Letters in Copenhagen. Her Highness Crown Princess Mary attended the

ceremony and kindly presented the award certificate to Dr. Knop. Filip has exceptional academic qualifications, has had many of his articles and abstracts published in prestigious science journals, demonstrated leadership qualities and will be a welcome addition to the scientific staff at the Victor Chang Cardiac Research Institute. He has joined A/Prof. Diane Fatkin's laboratory in the Molecular Cardiology & Biophysics Division, where he is working on the mechanisms and genetics of atrial fibrillation, the commonest disorder of the heart's electrical system; a debilitating condition that can cause heart failure, strokes or death.

A new era is about to begin for the Institute, our new home, which started as a hole in the ground in 2006, has grown into a multi storey building that is nearing completion. We expect to start moving into the building in August this year.

Sadly, our Chairman, the Honourable Neville K. Wran, AC, QC will be retiring at the end of July. We owe Mr Wran an enormous debt of gratitude. Thanks to his outstanding leadership, passion, dedication and drive, the Institute now enjoys both a national and international reputation of excellence in cardiovascular research and training. We are delighted that he has agreed to continue to be involved with the Institute as a Patron. We also welcome Mr. Steven Lowy, who has kindly agreed to take on the Chairmanship of the Institute, having already provided enormous service to us over the past 14 years as a Board Member.

I hope all 'Friends' of the Victor Chang Cardiac Research Institute will visit our new home at some stage – this is your Institute and our work would not be possible without the continued warm and generous support of you, our *Friends*.

Bob Graham  
Executive Director

 **The Victor Chang Cardiac Research Institute's**

*'Swing into the New Era' Ball*



**Saturday August 2, 2008**  
Parkside Ballroom, Sydney Convention & Exhibition Centre, Darling Harbour  
Black Tie—7 pm

**MC :** Deborah Hutton  
**Special Guest:** Lisa Curry-Kenny  
**Entertainment:** Tom Burlinson & the Sydney All Star Big Band  
**Enquiries:** 1300 Victor (1300 842 867)

# Westfield

## 10th Charity Golf Day in aid of the VCCRI



Canberra once again put on a perfect day for the 10th Anniversary Westfield Belconnen and Woden Charity Golf Day in aid of the Victor Chang Cardiac

Research Institute.

A record 100 golfers teed off at Yowani Country Club, the home of the Westfield Charity Golf Day for a shotgun start all 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 and for the first time in 10 years someone won it!

120 golfers and guests attended the presentation dinner with Westfield's 'Little Professor' Victor Chang researcher Duncan Sparrow, speaking passionately about his research and the results achieved over the past 12 months. Guests were also entertained by the Scared Little Weird Guys who put all present in the right frame of mind for the auction that followed.

We congratulate each of the following on their wins.



**1st Place** – David Menegon, Theo Vasslakis, Gordon Spence, Keith Eikenhout

**2nd Place** – Craig Miller, George Panagakis, Craig Smith, Damon Welsford

**3rd Place** - Matt Harrison, Michael Martin, John McKay, Corey Curtis

**Low Gross:** Peter Doubtfire, Malcolm Creswell, Peter Ryan, Michael Maroney

**Bradmans** - Nunzio Rinaudo, Brendan Moore, John De Marco, Wayne McAlister

**Nearest the Pin**

3rd hole – Kevin Kesby

6th hole – Douglas Pastesos

12th hole – Brendan Moore

**Longest Drive 8th hole**

'A' Grade – Bob Bugden

'B' Grade – Glenn Mowbray

**Longest Drive Ladies** – Menka Zarzour

Our sincere thanks go to the following sponsors for your support and generosity:

Reflections, TMA, Wormald Fire, Tiptons Shopfitting, Norris Carpentry & Joinery, Popes Electrical, Sylva Electrical, Bright Lights, Dorma, Five Star Electrical, JPK Fencing, Members Equity/Rest Superannation, Salafia, Holding Redlich, Aqua Gass Plumbing, Preventafall, XL Group Services, JP Verdon.

Thank you also to emcee and auctioneer, David Gilliard, Westfield's Neil McCabe, Dwayne Lord, Stephanie Norris, Jodie Lemmey, 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. Next year's Westfield Charity Golf Day is scheduled for March 16, 2009. We look forward to seeing you then.



The Victor Chang Cardiac Research Institute invites you to attend its inaugural

### Young at Heart High Tea

Friday July 4, 2008  
12.00 pm till 2.30 pm

The Tea Room, Queen Victoria Building, Sydney  
Master of Ceremonies:  
Sports Journalist & SBS's The World Game presenter  
Mariana Rudan

Tickets: \$50 per person or \$500 per table of 10  
Dress: Smart Casual with a dash of red

Win a Makeover  
from Image by Design will give guests tips on  
Professional Dressing

For bookings and further information call  
Ms Vidya Muthanna on 8382 3415 or 0409 39  
v.muthanna@victorchang.edu.au

### 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.

## The Institute mourns the loss of two very special 'Friends'



**Mr Ken Lee - 1933-2007**

Co-founder of Electrical Group Bing Lee, Ken Lee's association with the VCCRI spans many years. His father Bing, was a patient of Dr Victor Chang, which sparked his interest in our research with him ultimately becoming a generous benefactor and supporter.

In 2006 Ken was invited to join the board of the Victor Chang Institute which he very humbly accepted. He worked tirelessly in encouraging his industry colleagues to follow his lead and support the Institute's work. On December 5, the Institute bestowed upon Ken a Life Governorship in recognition of his outstanding support. We are so very pleased that he was able to accept the award which was presented to him at Government House.

We extend our sincere condolences to his wife Yenda and children Lionel & Greg and their families.



**Mr Bruno Riccio - 1944-2007**

Bruno was a fundraising stalwart for the Institute over the past 14 years having raised with his Freshest Group colleagues over \$1 million for our research into heart disease.

Bruno was made a Life Governor of the VCCRI in 2000. In 2003 he was awarded a Papal Knighthood for his charitable work. Sadly, Bruno will not be around to receive the 2008 Australia Day honour he has been awarded but fortunately he had received advice from the Governor-General and accepted the honour prior to his passing.

Bruno died suddenly on New Years Eve 2007; his passing has been felt by all of us at the Institute. Our heartfelt sympathy goes to his much loved wife Angela and children Mark, Leanne, Caterina & Daniela, his grandchildren Vinnie, Karla & Isabella and family members.

*Our hearts are heavy at their passing –  
their contribution to the Institute was bountiful, their support will never be forgotten.*

## Toast to Prof Sally Dunwoodie

### Inaugural Australia and New Zealand Society for Cell and Developmental Biology 'Young Investigator Award'



Associate Professor Sally Dunwoodie is a laboratory head in the Developmental Biology Division at the Victor Chang Cardiac Research Institute and an Associate Professor (conjoint) in the Faculties of Science and Medicine at the University of New South Wales. She was recently awarded the inaugural ANZSCDB Young Investigator Award.

This award will be presented at the society's annual ComBio conference at the National Convention Centre in Canberra in September. In addition to delivering a symposium talk at ComBio, the award sponsors Sally to present her research at the renowned Peter MacCallum Cancer Centre in Melbourne and the Queensland Brain Institute, later this year. This provides opportunities for her work to be highlighted nationally.

Sally established a laboratory at the Victor Chang Cardiac

Research Institute in 2000 within the Developmental Biology Division. Developmental biologists unravel the processes that occur as a fertilized egg develops into a fully formed organism. Sally's research focuses on identifying the genes that orchestrate processes such as the formation of the heart, placenta and spine. She has shown that a gene called Cited2 tells the heart which way to loop as it transitions from a simple pump to a complex organ. This is critical information if we are to understand the genetic causes of congenital heart defects, which are the most common form of birth defect.

"I am delighted that my research is being recognized with this award, and am very grateful to have received so much support from the Institute, my colleagues and my family."

Sally manages to juggle a young family and the long hours of scientific research with a smile. Sally's children are 5 and 9 years old; her son thinks "it would be more fun (for him) if she worked in a video store" but agrees with his sister who likes the fact that her mother "knows everything because she is a scientist."

## Annual Report

If you would like a copy of the latest Victor Chang Annual Report please contact the Fund Development Office on 1300 Victor (1300 842 867). The design, photography, printing and paper were all very kindly donated by the following:

B Creative Graphic Design  
Ian Barnes Photography  
Offset Alpine Printing  
Spicers Paper



## Prince Christian Fellowship

We are delighted to announce that the inaugural Prince Christian Fellow sponsored by The A.P. Møller – Mærsk Group was awarded to talented Danish clinician scientist Dr Filip Knop by Her Royal Highness Crown Princess Mary of Denmark at a Ceremony recently held in Denmark.

Dr Knop has arrived in Australia and has taken up his position in the Molecular Cardiology & Biophysics Program.





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



**E**ighty golfing enthusiasts teed-off on a picture perfect March day at the 10th Anniversary Victor Chang Charity Golf Day co-sponsored by the NAB and Kerry Pinnacle at the magnificent Concord Golf Course.

A solo guitarist ensured that teams were able to talk tactics in a relaxed atmosphere in preparation for the days play ahead whilst enjoying brunch. Professional Golfer Mark Bylsma gave players a few last minute tips before they headed off to their designated tee for the shotgun start of the Four Ball Ambrose.

The ninth and seventeenth tees were designated additional fundraising holes as 'Nearest the Pin' and 'Use the Pro Shot' – without prompting, golfers dug deep to the tune of an additional \$1,460 being raised.

The eighth hole proved very challenging as golfers were tempted to sample an array of Hungerford Hill wines.

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 dinner and presentation of prizes.

Emcee, Jon Harker, who had played during the day, welcomed Special Guest Geoff Harvey who had also played in the tournament. Geoff had everyone laughing with his witty banter and recollections of his days at Channel Nine and the various surgeries he had undergone especially his surgery to have a stent inserted. Mr Sold, auctioneer extraordinaire, 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** – Team Westfield – Graham Maher, Garry Pinter, Martin Jones and Jack Hanrahan

**2nd Place Team Award** – Cunneen Signs – David Cunneen, Owen Smith, Robert Moir and Rob Pedersen

**3rd Place Team Award** – Hark Attack – Tim Dugan, Jon Harker, Owen Dally & Mick Court

**Scratch** - Team Blu Print – Robert Hanna, Matt Pilkington, Adam Somerville, James Robinson

**Nearest the Pin (Mens)** - Nicholas Vasili (Kerry Pinnacle)

**Longest Drive (Mens and Womens)** - Rob Pedersen (Cunneen Signs) and Yenda Lee  
Congratulations to all of them!

We extend our heartfelt thanks to major sponsors **NAB** and **Kerry Pinnacle**, especially Kylie Hawker, Steve Alcock, Peter Burleigh, Gary Dawson, Doug May and Daniele De Silva, hole sponsors **AW Edwards, Hungerford Hill Wines, Westfield Group, Krispy Kreme, Cunneen Signs, Ingham Enterprises and Lion Nathan;** sponsors, **Hungerford Hill, Bullant Sports, Lion Nathan, emcee Jon Harker special guest Geoff Harvey, 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 Taleah Neowhouse from Southern Cross Sports Marketing and Concord Golf Course for allowing us to use their course and their support.

We hope you will join us for our 2009 Golf Day and look forward to welcoming you.



Special Guest Geoff Harvey and Emcee Jon Harker



Winning Team Members

## MicroRNA a Macro Challenge

It's widely known that our genes, which carry the blueprint of life, are made of DNA (deoxyribonucleic acid). What is less well known is that DNA encodes RNA (ribonucleic acid molecules) or more specifically messenger RNA or mRNA molecules, which are then translated into proteins. Proteins, in turn function as the engines and the building blocks of our cells. Surprisingly, as found only fairly recently our DNA not only encodes mRNA but also small RNAs – the hottest new kids on the biomedical research block! Research into small RNAs is now being carried out within several divisions of the Victor Chang Cardiac Research Institute.

A/Prof Thomas Preiss in the Molecular Genetics Division caught the 'miRNA bug' early on, as his lab specialises in all things RNA. His team reported their findings on how, in molecular terms, miRNAs carry out their role in gene regulation. This work placed them at the forefront of RNA research both in Australia and internationally. Says A/Prof Preiss, 'These tiny RNAi's act as 'brakes' to very cleverly slow down the translation of longer messenger mRNAs into protein. There is still much to be learnt, though, as we do not know all the molecular players involved.

Identifying micromiRNA that have gone 'bad' and the consequences for gene expression in heart disease is increasingly a topic of interest

in the Molecular Cardiology and Biophysics Division. 'miRNA is clearly a force to be reckoned with in heart disease' says A/Prof Diane Fatkin, 'and we have the expertise here at the VCCRI to explore their role in the genetics of heart disease.' Researchers in A/Prof Peter Curries lab are tracing the expression of miRNAs during muscle development, and Prof Richard Harvey takes a keen interest in the role of small RNA in stem cell biology. They are joined in their efforts by colleagues from the Molecular Genetics Division run by Dr Cath Suter, who heads the Epigenetic lab, 'the success of stem cell-based therapies may well hinge on scientists being able to understand these mighty small molecules', she says.

There is certainly much fascinating work being done collaboratively between the various laboratories within the Victor Chang Cardiac Research Institute, as it continues to perform research that is which is sure to contribute to its mission to be at the cutting edge.





# The 14<sup>th</sup> Freshest Ball

## *Friends for Life*

The newest venue in Sydney, The Grand Pavillion at Rosehill Racecourse, played host to the 14th Annual Freshest Ball in aid of the VCCRI.

This years' theme, *Friends for Life* paid tribute to the ball's founder, Bruno Riccio, who died suddenly on New Years Eve, 2007 from the disease that he so fervently fundraised for.

Over 420 guests were wined, dined and entertained during the evening by Angelica, the Di Heaton Dancers, and Peppermint Jam. International singing sensation Brian McFadden, one of the most successful performers of his generation, gave guests a preview of the songs from his new album. Star of the evening was 14 year old Mark Vincent, the grandson of Bruno Riccio, who paid tribute to his grandfather through the songs he sang. Emcee, Glenn Wheeler, asked guests throughout the evening to

support the Institute in its quest to find a cure for heart disease. To entice guests to be fit and healthy, three sporting personalities joined Glenn on the stage, Olympic swimming hero Craig Stevens, Roosters player Anthony Minichello and boxing icon Jeff Fenech to chat about their sporting careers. Mr Sold, Scott Gibbons, urged guests to empty their pockets in order to snap up some bargain items during the auction.

The room was hushed as a poignant tribute was made both verbally and visually to Bruno Riccio who worked tirelessly to make this fundraiser such a success over the preceding years.

An event such as this just doesn't happen. To Danielle Riccio who has borne the brunt of the work over the years, thank you for the enormous effort and time you put into putting this Ball together and for all the challenges you



The 14th Freshest Ball

tackled so ably and for keeping your father's spirit alive. Thank you also to Glenn Wheeler, Scott Gibbons, George Bruno and all the artists who performed for your generosity and support.

Last but not least, to Frank and Claude, and to everyone who purchased tickets and tables, auction items and/or donated, thank you for your continued support, your generosity and for your passion about our research and the need to find better ways of treating heart disease.



Mark Vincent



Craig Stevens and Anthony Minichello



Brian McFadden



Jeff Fenech and Craig Stevens



### STAFF PROFILE

Christiana Leimena is a young PhD student who has been involved with the Victor Chang Institute for over seven years. She works in the 'Sr Bernice Research Program in Inherited Heart Disease' lab under the Molecular Cardiology laboratory.

Christiana did her training at UTS where she completed a three year bio-medical science degree with one year of honors. After that she joined the Victor Chang Cardiac Research Institute.

"What I like about research is the learning of something new every day. For me it is stimulating and not boring. Often in jobs if you are doing the same thing over and over again it gets mundane but in science the learning stimulates my interest."

She has been with the Victor Chang Institute since the 'Sr Bernice Research Program in Inherited Heart Disease' lab was set up about seven years ago. She started her career as a research assistant with the Institute. After working at the Institute for four years she had a brief break away from and moved interstate to pursue other fields in research. She returned to the Institute to do her PhD. "I love working with people and that's what I like about working at the VCCRI, you are not isolated. And it's working on a project with a great team and that is fantastic". Christiana is currently working on a K' channel gene and its role in cardiac cell and disease with a group of highly committed and experienced scientists.

"VCCRI has international exposures and my hope is to travel overseas to US or Germany with the skills I have gained and the project I have done here".

She finds working at the Victor Chang Institute a great experience. "The standard is high with more responsibility and load but it pays off as there will be recognition in terms of the publication quality. When I have completed my project I know that having worked at the Victor Chang Institute will put me in good stead as it has the reputation of being a centre-of-excellence".

"I would recommend that if any one wants to do honors to apply to the VCCRI. Firstly it is good experience with high standards, it's very competitive, and it's not just national competition but international. And secondly, you will learn much; there are lots of guest speakers and world leaders in their fields who visit the Institute. There is higher opportunity of networking in this institute."

And about doing a PhD she says "it is a seven day 24 hour project and you have to keep working all the time. There is less reward in terms of payment in terms of the amount of work you put in. You need to be passionate and you need to love what you do. There is no material side to it like bonuses, or mobile phones or lap tops or cars for work." She says with a smile.

"My supervisor always told me at times when our experiments don't work out and we get frustrated it is "CHARACTER DEVELOPMENT TIME". You need perseverance. Everyday is problem solving".

And finally she adds, "My biggest fear is that somebody somewhere in the world is doing exactly what I am doing, the same project and you may never know that till they get their work published and then I have to change the tactic... that is tough."



## 10TH STEER AUCTION

Little did the Victor Chang know that a meeting in December 1997 with members of the RAS and Schute Bell would result in a long and financially successful partnership and enduring friendship.



The meeting, instigated by Schute Bell, was to put forward a proposal that would see the Institute be the beneficiary of a steer auction. The idea being that Schute Bell would purchase a steer, have it professionally fed and prepared for competition at the Royal Easter Show. After competing and following the judging of the Young Auctioneer competition, the steer would be auctioned with the proceeds from the sale being donated to the Victor Chang Cardiac Research Institute.

Schute Bell Badgerylumby is one of the oldest and most recognised and respected company names in Rural Australia offering a professional and personalised service in wool, livestock, property, finance and insurance.

Once again this year the job of feeding and preparation was given to the Farm Club at Murrumburrah High School. As part of their school curriculum students prepare steers for Royal Shows and school parades. The students always pick a nickname for the steer, first year it was 'Victor', the next 'Transplant' and this year the steer was named 'Cardiac'.

After some spirited bidding the eventual winners were Victor Chang Ambassadors Russell & Julieanne Cooper. This is the fifth time the Cooper's have been the highest bidders. They are ardent supporters of the Institute and the research we conduct and we thank them sincerely for their support and generosity. Nearly \$200,000 has been raised over the years from the Schute Bell Steer Auction.



We thank Schute Bell for their continued support and look forward to the years ahead and the continuation of our partnership and friendship.

## Induction of Life Governors and Ambassadors

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

We were delighted & honoured to welcome Ambassadors, John & Margaret Ingram and Russell & Julieanne Cooper and Life Governors, Ken Lee, David & Diana Ritchie, & The Atlantic Philanthropies into the Victor Chang family.



*Hon Neville Wran, Yenda & Ken Lee, Ann Chang & Lionel Lee*

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

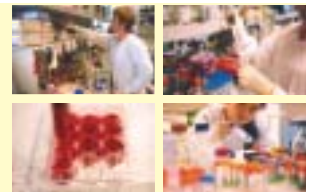


*Julianne & Russell Cooper*



*Margaret & John Ingram*

## 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.

## Aussie Heart Patient to Cycle across United States

Australian heart patient Steve Quinn, 39 is preparing to cycle across the United States in June 2008 to raise awareness for little understood heart conditions that affects over 200,000 Australians and 2 million Americans. These potentially life threatening conditions of the heart's electrical activity, atrial Flutter and atrial Fibrillation, can affect both adults and children and part of the money he raises will be coming to the VCCRI.

Steve has battled these debilitating heart conditions for some years. The condition affected all aspects of his life, and, as a 39 year old with a young family, his condition really took a toll on his loved ones as well.

With his conditions now under control, Steve has decided to channel his energy into making more people aware of the conditions and raising money to learn more about the causes and to improve treatments. He started cycling during his rehabilitation and it's become a passion.

"I've really grown to love cycling and it has helped me enormously

on the road to recovery. I really want to make a difference and thought, what can I do that is significant enough and raises awareness dramatically. So the idea of riding across United States grew from there." said Steve.

Steve sets out from San Francisco on June 1st 2008 and arrives in Portsmouth NH some seven weeks later on July 22nd 2008 after covering 3836 gruelling miles.



Professor Robert Graham, Executive Director of the VCCRI said that much work was needed to help more people like Steve, which is why the Institute had developed major and active programs into gene abnormalities causing these disorders.

We wish Steve every success with his ride across the US and thank him for supporting our research. You can track Steve's progress on [www.ride4rhythm.com](http://www.ride4rhythm.com) and can make a donation by following the links.

**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.



**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.



**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 a Victor Chang Ambassador and generously donates all the seafood for any event we stage. We are very grateful to Steve and his colleagues for his support.

**PARK HYATT  
SYDNEY**



We are pleased to advise that the Park Hyatt Sydney has become a supporter of the VCCRI and to celebrate that support they are offering 'Friends' of the VCCRI the opportunity to experience their 'Park Life Package'.

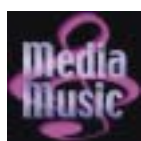
Park Hyatt Sydney's 'Park Life' package bursts with valuable inclusions for an indulgent getaway in Sydney including overnight accommodation, breakfast for two in harbourkitchen&bar, a bottle of sparkling wine, valet parking, \$100 value to spend in either of the hotel's two chic bars or the harbour side restaurant plus a music CD to enjoy when you are back at home or work. And all from just AU\$665.\*

Seated majestically in the dress circle to one of the world's most glittering harbours, Park

Hyatt Sydney offers a sanctuary of luxury and refined unobtrusive service with most of the hotel's 158 guestrooms enjoying private balconies with views overlooking Sydney's spectacular harbour, Opera House and/or Harbour Bridge.

For further information please call 131234 and ask for the Park Life Package and quote PL850.

\*This special offer is available until September 30, 2008. Check in time is 2 pm and check out is 11am. Prices are subject to availability of room type, cancellations must be made by 2pm at least 48 hours in advance to avoid cancellation fee.



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Conscious of cost effectiveness in today's economic climate Media Music takes pride in its reputation and proven track record of value for money.

No event is too large or too small – whatever your need – selection of an appropriate venue, décor, catering, lighting and sound systems,

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.

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.



**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

# Bequests

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

*Estate of Joan Phyllis Banfie*

*Estate of Geoffrey William Drover*

*Estate of Isobel Alston Johnston*

*Estate of Robert Johnston*

*Estate of Marjorie Grace Lawn*

*Estate of Edith Lewandowski*

*Estate of Sydney Thomas Metcher*

*Estate of Rowena Vaughan Milgrove*

*Estate of Helen Milone*

*Estate of John Pascoe Fawkner Scard*

*Estate of Raymond George Smith*

*Estate of Lorna Gladys Steele*

*Estate of Keith John Timmins*

*Estate of John Cyril Williams*



## 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

- The sum of \$ ..... or
- .....% of my estate or
- 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 Jim Fawcett Mrs Ferguson

Mr Barry Francis Mr Ronald Charles Gregory

Mrs Lillian Alice Rosalie Harriss Mr Ian Russell Henry

Mr Arthur James Mr George Killalea

Mr Raymond Killalea Mr Ken Lee

Mr KA Lind Mr Vassili Macris

Mr Matthew De Vroome Mrs Blanche Mounier

Mr Vic Mushan Mr Patrick (Neil) O'Shea

Mr John Pritchard Mr Bruno Riccio

Mrs Teresa Eleanor Schmude Mrs Lois Mabel Simmons

Ms Linda Stern Mr Gordon Henry Traversi

Mr Stan Varipatis Ms Jennifer Ann Warren

Mr Ross Arthur Wignell Mrs Edna Wun

## 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)

## MERCHANDISE

The following items would make great presents and help the VCCRI at the same time:

### Geneva Watch Set

Contains a Watch, Key Ring, Pen and Swiss Army Knife  
– \$25 plus postage



### Victor Chang Golf Umbrella

– \$35 plus postage



### Fresh & Healthy Cookbook

– \$28 plus postage



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 VCCRI 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 VCCRI please contact us on (02) 8382 3022.