



FRIENDS

THE VICTOR CHANG CARDIAC RESEARCH INSTITUTE

SPRING 2002

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UPCOMING EVENTS

- November 4**
Princess' Lecture, VCCRI
- November 17**
Des Renford Swim Challenge,
Des Renford Aquatic Centre,
Maroubra
- November 23**
Des Renford Cocktail Party
and Auction
- February 2003**
Freshest Ball
- March 20**
Victor Chang Golf Day
Concord Golf Club
- April 11**
Schute Bell Steer Auction, Royal
Easter Show
- July 4**
Victor Chang Day Fundraiser
Tumbalong Ballroom
Sydney Convention and
Exhibition Centre,
Darling Harbour

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A Dedication To Philip Emlyn Thomas

You can imagine our surprise and delight when we were contacted through our website by Jennie Thomas who wanted to buy the Institute a piece of equipment in memory of her late husband Philip Emlyn Thomas.

Jennie's very generous donation enabled the Institute to purchase an echocardiograph. This machine is used to non-invasively gain critical information about the structure (architecture) of the heart and also to evaluate its function in the intact person. It's absolutely vital for understanding normal functioning and disorders of the heart including the contraction of the heart as well as the functioning of the heart valves.

At the unveiling of the plaque to commemorate the donation on May 13 Jennie gave us the opportunity to get to know her late husband (known as Em) in a very loving and poignant tribute.

We would like to share part of that tribute with you.

"Em's chosen career was in the scientific field of spectroscopy. He was just a young science student when the technology of atomic absorption spectrophotometry was invented at CSIRO, by Sir Alan Walsh. The development and advancement of this technique, and allied techniques in chemistry, became Em's life's work. In 1974, when Em was 34 years old, he was made Managing Director of Varian Techtron, a fast growing Australian scientific instrument company, based in Melbourne. He was thus responsible for the ongoing research in AA and UV spectroscopy and also for the design, manufacture and market-



Jennie Thomas watches Dr Diane Fatkin use the new echocardiograph machine.

ing of the instruments, exporting over 90% worldwide. From the very beginning, he used his position to make a difference - not just through the variety of applications for which the instruments were used - in medicine, mining, agriculture and food technologies to name a few, but, most importantly, through his 'people first' style of management.

The most basic element of his management policy was: "the need to treat all employees with dignity and respect, to give them opportunities, to free them from frustrations, and to pay them fairly... Not only does that make for a happy work environment, but it creates an effective team spirit; and it is this that results in good research and well designed, well-built products". His motto for the factory was: "Success through Excellence".

When Em had to retire early, at the age of 56, because of his heart problems, he had many hundreds of letters from those who had worked with him all

around the world. It was a very humbling experience for us both.

A great number of the letters came from scientists around the world, for Em was fortunate to work with many excellent chemists, physicists, engineers and computer and marketing experts. Many young graduates and PhDs came to Techtron thinking they would stay for 2 to 3 years. Most were there 20 years later, still being challenged in research projects, still developing new processes and applications, for Em was a good leader, mentor and motivator. He constantly encouraged people to stretch their horizons and to extend their capacities, to research new ideas.

Em was a quiet achiever, a very modest man who always shunned the limelight and preferred to live quietly. We shared a love of music and the arts, nature, sailing and tennis and we both enjoyed sharing our home with young people.

Before he died, Em asked me to try to continue his vision. I am here today in answer to that request - for, I believe, the work you do here in this Institute has made a difference to many - and will for many years to come. In a way, I am committed to Em's vision, just as you are to the vision of Victor Chang."

Jennie has become a member of our 'family', a friendship we truly value - we are indebted to her and to Em's generosity, vision and support of the research being conducted at the Institute.

Jennie, thank you, your gift has made a tremendous difference.

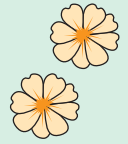


Jennie Thomas unveiling the dedication plaque in memory of her husband Philip Emlyn Thomas with Professor Bob Graham.



Professor Bob Graham

From the EXECUTIVE DIRECTOR'S DESK



Many will have read of the recent interest and debate about stem cell research. The former reflects the enormous potential that stem cell-based therapies have for treating a wide range of diseases, including heart disease – a potential, however, that will likely take much detailed and careful research over many years before it is realised. The latter largely reflects honest and deeply held ethical concerns about the use of stem cells, but in some instances the issues are clouded by a lack of understanding of the complex biology involved. I would like to take the opportunity to briefly review these issues, as well as the Institute's current involvement in stem cell research.

What are stem cells? Stem cells are cells that have the ability to mature into one or more of the specialised types of cells that form our various tissues and organs. The most primitive of these cells can potentially form any organ or, indeed, an entire person or animal. Such stem cells are called "totipotent". They are the earliest cells that have formed immediately after fertilisation of the egg (or ovum) by a sperm. Others, called "pluripotent" or "multipotent", have already matured to some extent, but can still be further specialised to form a more limited number of tissues. These are formed later during development of the embryo. Other, more specialised types of stem cells are those that

can be obtained from foetal tissues (generally foetus resulting from naturally-occurring or induced abortions). Although these cells are called "germ cells" they are just another type of stem cell. All of these different types of stem cells mentioned so far, that are obtained from embryos or foetuses, are sometimes, loosely all classified as embryonic stem cells or ES cells.

Additionally, throughout adult life some of our organs have a pool of immature cells that can be called upon at times of tissue injury, for example, to allow repair of the tissue by their maturation into specialised cells. Examples of tissues with such stem cells are skeletal muscle and bone marrow. Interestingly, it has recently been shown that some such stem cells, for example, from bone marrow, can not only mature into blood cells (as would be expected), but also into the specialised cells of many other tissues such as liver and pancreas (the insulin-forming organ). Since these cells are present in, and can be obtained from adult tissues, they are called adult stem cells.

How do medical researchers obtain stem cells? Embryonic stem cells are generally obtained from the fertilised eggs produced for *in vitro* fertilisation (IVF) programs. Of necessity, an excess of such fertilised eggs must be made and those not used either have to be destroyed or can be used to generate stem cells for medical research. Germ cells, as indicated above, are obtained from foetal tissues. Adult stem cells are obtained by directly sampling a tissue, for example, muscle or bone marrow.

Which type of stem cell is the most useful – adult or embryonic? The answer is we just don't know. Although many people, particularly those with no training in biomedical research, will express strong opinions about this issue, the reality is that at present we do not know which type of stem cell will be the most useful. Indeed, it is quite possible that one may be better for a certain problem and the other better for a different condition.

What are the advantages and disadvantages of embryonic versus adult stem cell? Embryonic stem cells can potentially form a wider variety of different specialised cells than adult stem cells. However, their use is more contentious on ethical grounds as they have to be obtained from embryos. This is not the case with adult stem cells. Also, since adult stem cells can potentially be obtained and used in the same person requiring treatment, they are more likely to survive, as they will not be rejected. Embryonic stem cells, on the other hand, will be seen to be foreign by the patient receiving them and will be rejected unless immunosuppressive treatment is given at the same time to prevent this rejection.

Is the VCCRI involved in stem cell research? Yes, we have a number of active stem cell research programmes and we hope to soon be undertaking adult stem cell studies in patients. However, the VCCRI does not undertake any research with human ES cells.

Robert M Graham



GENEROUS DONOR FUNDS THE SR BERNICE HUMAN GENETICS LABORATORY

An anonymous donation of \$1,000,000 (\$250,000 p.a. for 4 years) made at our July 4 Victor Chang Day fundraiser will enable our Human Genetics Laboratory to be named in honour of Sr Mary Bernice Elphick, RSC, AM, OBE.

Headed by Dr Diane Fatkin, the major focus of research in this laboratory is the study of cardiomyopathies – inherited disorders of heart muscle that not uncommonly lead to heart failure and

even death. The primary objectives of the research are the identification of known gene defects, as well as the discovery and characterisation of new disease-causing genes. Currently over 30 families are being evaluated in who candidate gene screening is being performed.

Another objective is to find out more about how gene mutations actually result in heart muscle disease. Although many genes are identified as disease-causing, the characteristics of

the genes themselves and the function of the abnormal proteins produced by these genes are frequently unknown.

The third objective is to apply molecular genetics to patient management by developing new drug therapies specifically designed to entirely prevent or at least halt the progression of the disease.

We believe that the laboratory's work and the potential to find new cures and treatments for those suffering from heart disease is a very fitting tribute to Sr Bernice, a truly remarkable person, who, like Victor Chang, has dedicated her life to the care of the sick.



JULY 4 TRIBUTE TO SR BERNICE

Six hundred guests joined Ann, Vanessa, Matthew and Marcus Chang on July 4 in the Tumbalong Ballroom Darling Harbour to not only pay tribute to the late Dr Victor Chang but to Sr Mary Bernice Elphick, RSC, AM, OBE for the enormous contribution she has made to health care over the past 56 years.

The evening began with our Guest of Honour being heralded into the Ballroom by two costumed fanfare trumpeters followed by the arrival of Her Excellency Professor Marie Bashir, AC, Governor of New South Wales and Sir Nicholas Shehadie.

Renowned Australian journalist and broadcaster, winner of two Penguin Awards and a United Nations Media Peace Prize, Geraldine Doogue was the perfect Master of Ceremonies. Her warmth and personality charmed guests from the moment she appeared on stage.

Wollongong High School of the Performing Arts protégé, Shannon Brown, signalled the start of the night's proceedings when he performed a moving rendition of the National Anthem.

Not too many people can command the presence of Australia's only two

members attended the dinner – her sister Marie McGrath and nephews Barry McGrath, Chris Lloyd, Greg Lloyd, Matthew Lloyd and brother-in-law John Lloyd.

Guests were entertained by John Morrison and his Swing City Big Band with special guest performer Daryl Somers. We sincerely thank Daryl for 'coming out of retirement' to perform especially for us – this was his first 'gig' since his television days.

As a part of our tribute to Sr Bernice a rose was named in her honour. The Sr Bernice Rose™ is an apricot and pink double petal shrub that blooms in clusters and has a mild rose scent. As it is new to Australia supply of the shrub is very limited for this year but it will eventually be sold throughout Australia in garden stores and centres.

Following the announcement of the rose a very special surprise awaited Sr Bernice – a special song for a special person sung by Sr Bernice's long time friend, international recording artist, John MacNally.

Our very generous guests delved deeply into their pockets to either pledge money, buy lucky envelopes or engage in the very spirited bidding for the



Sr Bernice Rose™

Denise Lane (design), Media Music (entertainment, technical & production), Colorific (film), Spicers Paper, Monica Graham, Jane Luedecke, Greg Benness (for your patience and many hours of hard work), Emma Quick and Michelle Parker (Flowers), The Australian Women's Weekly (Michael Sheather's article on Sr Bernice), Don & Marea Burke, Burke's Backyard Magazine, Corporate Roses, Beaver Press, Darrell Lea and Media Establishment.

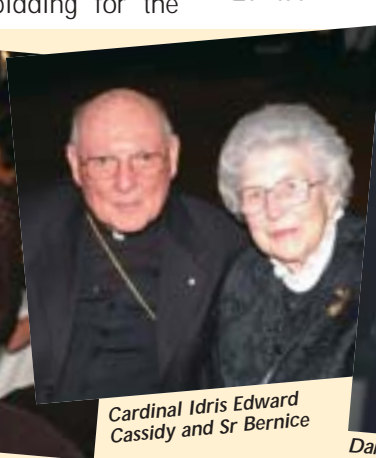
Secondly, to all the Auction item donors – Chez Jewel's Ann Middleton for the Diamond Cross; Rupert Richardson, AM for his magnificent painting; Sarah, the Duchess of York – the Wedgwood Platter; Lee's Fortuna Court for the Seafood Buffet; Burrawang Station; Qantas Link, Harvey World Travel,



Mary Dwyer and Professor Bob Graham



Sr Bernice, Her Excellency Prof Marie Bashir, AC, Governor of NSW, Beverley Fong and Sew Hong Ong



Cardinal Idris Edward Cassidy and Sr Bernice



Daryl Somers

Cardinals, His Eminence Cardinal Idris Edward Cassidy (who said Grace) and His Eminence Cardinal Edward Clancy but both of them were delighted to be present on such a special occasion.

The Governor, a former pupil of Sr Bernice's, delivered a poignant address followed by a mini 'This is Your Life' video tribute, courtesy of Channel Nine.

Chairman of the Victor Chang Cardiac Research Institute, the Hon Neville Wran, kept everyone amused as he recalled some witty stories of his encounters with Sr Bernice during his reign as Premier of New South Wales.

But the biggest surprise for Sr Bernice was the appearance of her niece Mary Dwyer who had flown out from Holland just for the dinner. Anyone who knows Sister will know how difficult it is to keep anything from her but we are pleased to report that this was an overwhelming shock. As well as Mary, a number of other family

auction items; the auction being superbly conducted by 'Mr Sold' Scott Gibbons. One guest on each table had the opportunity to win a bottle of Rosemount Wine kindly donated by Southcorp Wines and each guest had a ticket to win the lucky door prize, a Giorgio Armani Suit, kindly donated by Mary Chiew of Giorgio Armani.

It takes many people and the generosity of many organisations to put together an event of this magnitude, so we would like to thank the following for their expertise, support and philanthropy.

Firstly, to Sr Anthea Groves and John Baker (who helped us open many doors), Ken Laing (our producer/director), Prue MacSween and Carly Morrison (for PR), Channel 9 (especially Steve Bibb, Chantelle Hughes and Roz Rubbo), Geraldine Doogue, Daryl Somers, Shannon Brown, Scott Gibbons, Cobram Estate (for donating the bottles of Olive Oil), Rosemount Estate/Southcorp Wines (lucky table prizes), Brian Pascoe and

Tamworth; Oakhampton Homestead, Manilla; Manilla Paragliding and the Rotary Club of Manilla Inc.

Thirdly, to Mary Chiew of Giorgio Armani for donating the lucky door prize.

Fourthly, to all the lucky envelope donors – Hunt Leather, Georg Jensen, Waterford Crystal, Park Hyatt Sydney, Fitness First, Forty One Restaurant, Sony Music, Lillianfels, The Windsor Hotel, Melbourne; Breville, Crave, Hoyts Cinemas, Michel's Patisserie, Hiscoes Fitness Centre, Florida Keys Locksmiths, Tyrrell's Wines, Fairfax, Hills Industries, Orotan, Mount Eyre Wines, BMW Sydney, Lorena Severi, Roses Only, Chanel, Warner Music Australia, Bates Bikes Hurstville and Buon Ricordo.

Last, but definitely not least, to everyone who bought tickets or tables, lucky envelopes, auction items and made donations – we just wouldn't exist without your support.

Our heartfelt thanks go to you all. We hope you will continue to support our Institute and our July 4, 2003 fundraiser.

Port Macquarie Supports Jack's Birthday Ride



Jack Griffin and Friends, photo courtesy of the Port Macquarie News.

To celebrate his 70th birthday, former professional cyclist, Jack Griffin of Port Macquarie, decided to mark this milestone with a 210 km fundraising ride – that's 3 km for every year of his age and the lucky

beneficiary of his feat was The Victor Chang Cardiac Research Institute.

Jack, who began his cycling career in 1948, became a member of a four man speedwell pro-cycling team in 1952, represented NSW in numerous championships, road titles and tours, played a major role in cycling administration from 1958 to 1999 and is a well respected community leader having been an Alderman, Deputy Mayor, Citizen of the Year and a 15 year member and past president of the Rotary Club of Inverell when he lived there.

Just prior to his retirement, Jack suffered two mild strokes and unstable angina and was forced to reassess his general health. Not being a lover of diets he knew that the only way he could lose weight was to rekindle his passion for cycling. Now trim, taut, terrific and fit at 85 kg, Jack has cycled in excess of 56,000 km during the past six years including four RTA Big NSW Bike Rides.

On Sunday August 25 with the support of the Rotary Club of Port Macquarie Sunrise, the Port Macquarie News, Gordon Street Cycles, Port Push

Bikes, Graham Seers Cyclery, Terry White Pharmacy, Kevin Baker Pharmacy, North Coast Auto Accessories, Netti-Atom Cycling Clothing, Brad Wardrop and Constable Printing, Prime TV, NBN TV and especially Janine Buesnel, Helen Byrne, Andrew Campbell, Joy Griffin and his many 'friends' who sponsored, supported and encouraged him, Jack's quest was met in 7 hours 9 mins and 58 sec – an average of 30km per hour.

Thanks to Jack's commitment, many hours of hard training and dedication he has raised over \$12,000 to further heart research at the Victor Chang Institute.

On behalf of everyone here Jack, thank you, may the next 70 years be as good as the first. Happy Birthday.



SANITARIUM PROMOTION BENEFITS HEART RESEARCH



Cheque Presentation with Prof Bob Graham, David Wooley and Kerry James.

David Wooley, General Manager Corporate, The Sanitarium Health Food Company, presented the Victor Chang Cardiac Research Institute with a cheque for \$30,000 representing the proceeds from a recent promotion.

The promotion, held in conjunction with Coles Supermarkets at the end of June, focussed on their So Good and Soy Healthy products with 10 cents from every pack sold being donated to the VCCRI to benefit vital heart research.

Hamish Thomson, Trade Marketing Manager, Beverages and Meals, was delighted with the success of the promotion and advised that next year Sanitarium would ensure the promotion would be bigger and better.

Our heartfelt thanks go to Sanitarium for their commitment to our research.



'DO IT FOR DES'



It's time to dust off your swimsuit, cap and goggles or anything else that will get you into the pool to practice for the 3rd Des Renford Swim Challenge at the Des Renford Aquatic Centre, Cnr Robey Street and Jersey Road, Maroubra on Sunday November 17, 2002.

It doesn't matter if you're a champion or a novice – come along and have some fun with the whole family.

There will be market stalls, sausage sizzles, entertainment and you might even get to rub shoulders with some of your favourite sporting celebrities. The Mayor of Randwick, Cr Dominic Sullivan is this event's patron and has generously pledged his full support for this annual event.

The 'Challenge' will be a 1km individual swim event or 3km Team Swim Event (4 members). An entry fee will apply and each participant

is encouraged to garner their own sponsors be it family members, friends, workmates or your local greengrocer.

In return all participants will be rewarded with a Challenge Swim Pack which will contain great products.

For those not taking the 'Challenge' entry to the complex will be \$2 which will be collected at the gate.

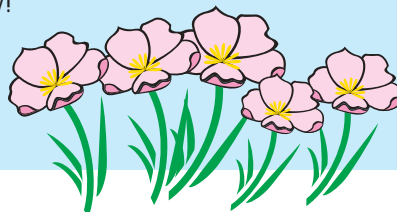
All proceeds will go to funding the Des Renford Chair of Heart Research at the Institute.

If you can't make it that day a Cocktail Party will be held on Saturday November 23 (venue to be advised) where you will be entertained by comedian Lawrence Mooney, band Cool Bananas and guest speaker Australian Rugby League Coach Chris Anderson.

You will also be able to snap up some much sought after sporting memorabilia during the auction.

Why not call Sharlene Melville at the Des Renford Aquatic Centre who will fill you in on all the missing details on 9349 1106.

We're sure you'll have a great day!



NEW TAX INCENTIVE – SPREADING DEDUCTIONS FOR PROPERTY GIFTS

On March 30, 2001 the Prime Minister announced that a new tax initiative would be introduced to make it more attractive for taxpayers to donate 'property' to deductible gift recipients.

A deductible gift recipient is an entity, such as the Victor Chang Cardiac Research Institute (VCCRI), entitled to receive income tax deductible gifts.

The ATO has now agreed that any donations in kind will qualify for full tax relief to the donor. This means that if someone donates to the Institute 'property' it should be possible for them to claim tax relief on the current value.

The definition of property is its normal dictionary meaning, that is: 'something that one owns; possession of a particular owner, including goods,

land or a building. Also a country property, farm station, orchard, etc., or something used by or belonging to a person, group of people or the public.' Also includes jewellery, motor vehicles, shares, paintings, furniture.

From July 1, 2002 taxpayers may choose to apportion deductions for certain gifts of 'property' over a period of up to 5 income years to deductible gift recipients. The election must be made in writing in the approved form. The Commissioner may require that the approved form sets out the percentage of the deduction to be claimed in each income year. If an election is made, the apportionment will commence in the year in which the gift is made and may cover up to 4 of the immediately following income years.

INAUGURAL FREEDMAN FOUNDATION POST- DOCTORAL FELLOW NAMED

Thanks to the generosity of the Freedman Foundation, Dr Merridee Wouters has been awarded the inaugural Freedman Foundation Post-Doctoral Fellowship.

Merridee is one of our brightest and most innovative trainees. In addition to her PhD training in physics she has considerable expertise in biology and biochemistry.

More recently, given her computational expertise, she is working in collaboration with our Human Genetics Laboratory to apply biocomputing to the data generated from the Human Genome Project to discover and characterise potential gene abnormalities that could cause inherited forms of heart disease.

The Institute is indebted to the Freedman Foundation for its very generous support and leadership in fostering biomedical research in Australia.



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

Estate of Blanche De Vries
Estate of K M Latta
Estate of Keith Stobo Fleming
Estate of Enid Vivian Morris
Estate of Maisie I Foster
Estate of George McDougall
Estate of
Shirley Yvonne Collins

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 Jack Andrews
Mr Cole Bradley
Mr David Breckenridge
Mr Keith Reginald Brown
Mr Thomas Byrne
Mr Gordon Christian
Mr Francesco Dimarco
Mr Anthony John Ellis
Mr Neville Eynstone-Hinkins
Mr Peter Feros
Mr John Gairns
Mrs Nell Gairns
Mr Greg Giancott
Mrs Gloria Horton
Mr Dominic Inzitari
Mr Andrew Jefferson
Mr Joseph Khoury
Mr Keith Anthony (Tony) King
Mrs Celia Larkin
Mr Aubrey Lashear
Mr Raymond Lee
Mr Hamilton James (Gary) Lowe
Mr Duncan McKay McLaren
Mr David Paul Meagher
Mr Bernard W O'Donoghue
Mr David Ohlmus
Mr Wal Planer
Mr Peter Rossiter
Mr Tim Russell
Mr Raymond Shoemark
Mrs Patricia Stennett
Mr Ian Story
Ms Cristina Suarez
Dr Pieter Van Den Bosch

SIMPLY SENSATIONAL is a worthy successor to the first two award winning Victor Chang Cardiac Research Institute cookbooks. Close on the heels of Fresh & Healthy, which won the best Healthy Cookbook category of the American Culinary Institute Awards, Simply Sensational follows up with more imaginative and healthy recipes for you and the family.

In this book Sally James creates healthy, wonderful recipes with a seasonal theme. Sally

maintains that by buying the produce that's in season, it creates fresher, more flavoursome results. Not only are the recipes wonderful they are of course good for you too. All recipes have a nutritional analysis which includes fat and sodium counts as well as kilojoules and calories.

Simply Sensational will be on sale November 2002 at all good bookstores and newsagents and thru the Victor Chang Cardiac Research Institute Fund Development Office. For further information call (02) 8382 3022.





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Media Music supports the Victor Chang Cardiac Research Institute.

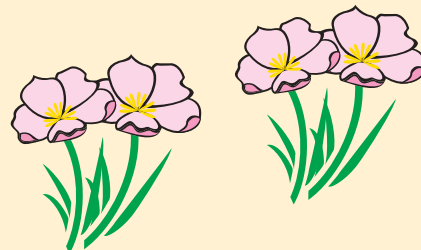


Tee Up for Charity...

Do you use golf balls to advertise your company or product? If so then why not generate funds for the Victor Chang Cardiac Research Institute by buying your golf balls from Logo for Life and have part of the purchase price donated to the VCCRI.

How? By participating in the Ultimate Charity Golf Ball Programme.

For further information contact Logo for Life, Level 6, 10 Help Street, Chatswood, NSW 2067, Tel: **02 9410 9988** or visit their website www.logoforlife.com



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.



If you can't come to Our Shops we come to you!

Here is your opportunity to experience buying Fresh Fruit and Vegetables and Natural products over the internet with FREE delivery.

Log on to www.freshvegies.net, place your order and 1% of your total buy will come to the Victor Chang Cardiac Research Institute.

Participating Sydney shops include: Frenchs Forest Fruit World, Frenchs Forest; The World of Fruit, Campsie; Paradise Markets, Crows Nest; Hornsby Markets, Hornsby; Sutherland Best Fresh & Gynea Best Fresh, Sylvania Waters Fruit Centre, Sylvania Waters; Minto Fruit Orchards, Minto; Growers Market, Penrith Plaza.

ACT: Go Troppo Fruit Markets, Fyshwick Markets
Qld: Forest Village Fruit & Veg, Forest Lake Village Shopping Centre, Forest Lakes
SA: Merc's Fruit Markets, Sheidow Park; Caruso's Adams Apple, West Lakes Mall, West Lakes

citibank

**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 6,050 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.

**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.

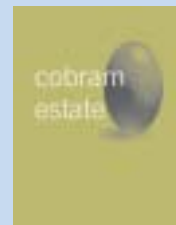
Like an estate wine, Cobram Estate Extra Virgin Olive Oil is grown, harvested, pressed and bottled on the Estate ensuring the oil is amongst the freshest produced.

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.





The Rock Eisteddfod Challenge Supports the VCCRI



The VCCRI is pleased to be associated with the Rock Eisteddfod Challenge which encourages young people to live healthy lifestyles in a drug free environment.

What is the Rock Eisteddfod Challenge?

It is a unique and exciting opportunity for secondary school students to take part in a dance, drama and design spectacular and experience the buzz of performing in a professional environment.

The focus of this friendly and vibrant competition is on young people leading healthy lifestyles and enjoying a 100% drug free experience. Students, teachers, parents and communities work together helping to prepare their schools' 8 minute performance, where up to 140 students take part in an exhilarating and exhausting day culminating in a live performance for up to 10,000 people whilst being judged by a panel of experienced industry leaders.

What does the Rock Eisteddfod Challenge Achieve?

Students come away from this experience feeling positive about making healthy lifestyle choices. It also helps them on a social level, building self esteem, boosting confidence and demonstrating just how well co-operation and team work can pay off.

Practical skills are also enhanced through the event. Want to become a carpenter? – why not practice on the Rock sets – Design? Try a hand at costumes. The Rock Eisteddfod Challenge offers something for everyone's skills and interests from dance and drama through to music production, choreography, lighting and stage management.

Results, to date, from the 2002 Rock Eisteddfod Challenge are as follows for the Victor Chang Award of Excellence for Choreography:

Adelaide:	Heat 1	Seaford 6-12 School, Le Fevre High School, Merbein High School, Salisbury High School, Xavier College, Seaview High School
	Heat 2	Sacred Hearts College Senior School
	Heat 3	Annesley College, Tatchilla Lutheran College
	Grand Final	Seaview High School
Bathurst		Bathurst High School, Forbes High School, Gulargambone Central School, Kelso High School, MLC School
Brisbane	Heat 2	Whitsunday Anglican School, Christian Outreach College, Kenmore State High School
	Heat 3	Miles State High School, Shalom Catholic College, Dalby District Schools, Urangan State High School
	Grand Final	Palm Beach-Currumbin State High School
Cairns		Malanda State High School, Cairns State High School
Canberra	Heat 1	Merici College
	Heat 2	Cootamundra Secondary Schools, The Canberra College (Achievement)
	Heat 3	Monaro High School, St Edmund's College, Erindale College, St Joseph's Catholic School, Canberra High School
	Grand Final	Merici College
Hobart		St Patrick's College
Mackay		North Rockhampton High School, Whitsunday Anglican Church
Longreach		Barcardine State School
Melbourne	Heat 1	Diamond Valley College, Maordialloc College
	Heat 2	Gisborne Secondary College, St Helena Secondary College

Heat 3	De La Salle (Malvern), Beacon Hills College, Kilbreda College & St Bede's College Combined, Mount Clear College, Overnewton Anglican Community College, Bellarine Secondary College
Heat 4	Fairhills High School, Pascoe Vale Girls Secondary College, Frankston High School, Monterey Secondary College, Geelong Northern Education Complex
Heat 5	Red Cliffs Secondary College, Melton Secondary College, Belmont High School, Ringwood Secondary College, Oberon School, Mowbray College

Grand Final September 13, 2002

Perth	Heat 2	Yanchep District High School, Dongara District High School, Balga Senior High School, Servite College
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Grand Final September 20, 2002

Sydney	Heat 1	St Andrew's College
	Heat 2	Randwick Girls/Boys High School
	Heat 3	St Peters Catholic College (For Achievement), Stella Maris College, Lis High School
	Heat 4	Terrigal High School
	Heat 5	Pittwater High School (Achievement), Woolgoolga High School, Mackellar Girls High School
	Heat 6	Pymble Ladies College, Terra Sancta College, Yamuloong Community Group

Grand Final Open Engadine High School

Grand Final Premier Randwick Girls/Boys High School

Toowoomba		Dalby District Schools, Jandowae State School, Miles State High School, West Moreton Anglican College
Wollongong		Davidson High School, Engadine High School

Congratulations to all the winners.

Want to know more – then telephone the Rock Challenge office on (02) 9417 4122 or visit www.rockchallenge.com.au



Get the Best seats at the best events... and help The Victor Chang Cardiac Research Institute

As a Friend of the VCCRI you have the opportunity to join this corporate preferred seating programme for premium services and tickets to the best concerts, shows and sporting events in Australia or worldwide. Your joining fee will be donated in full to The Victor Chang Cardiac Research Institute.

With Corporate Preferred Seating, you'll also get up-to-date news on the latest events, reviews and specials offers with our regular web letters. For special events we can even arrange your limousine, pre- and post-show drinks and supper.

For further information as to how you can take advantage of this special offer please call (02) 9352 3904.

MAKING A WILL

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

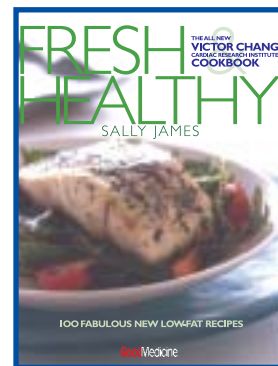
(insert a, b or c) to be used for the purposes of research and I direct that the receipt of the Executive Director of the Victor Chang Cardiac Research Institute shall be sufficient discharge to my Executor(s)."

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

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.

MERCHANDISE

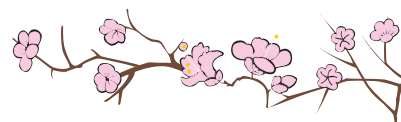
- ♥ VCCRI "Fresh and Healthy" Cookbook – \$28 plus postage
- ♥ Polo Shirt – Navy, White – \$16.50 – Very limited sizes available
- ♥ Gift boxed Victor Chang Silk Tie – \$44
- ♥ Vanessa Chang Book – \$18 plus postage



To order merchandise or enquire about making a donation or a bequest please call (02) 8382 3022

INSTITUTE TOURS

If you would like to visit the Institute to experience first hand the research being conducted, then please 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 either a Tuesday, Wednesday or Friday and last approximately 1½ 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.



VCCRI Princess' Lecture

This year's Princess' Lecture will be held on Monday, November 4 and will be delivered by Don Engelman, PhD, Eugene Higgins, Professor, Yale University together with two other international speakers and Australian Biomedical scientists. The post symposium dinner will be held in the Galleria with Cr Lucy Turnbull, Deputy Lord Mayor of Sydney and Chair, NSW Biotechnology Committee will be the after dinner speaker. For enquiries please contact Heather Nobbs on telephone 9295 8502.