

The Victor Chang Cardiac Research Institute  
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# FRIENDS

THE VICTOR CHANG CARDIAC RESEARCH INSTITUTE



SPRING 2003



Professor Bob Graham

**From the EXECUTIVE DIRECTOR'S DESK**


***A Decade of Discovery***



In 2004, it will be ten years since the Victor Chang Cardiac Research Institute was established. We hope that many of you, our Friends, will be able to join us as we celebrate this important milestone, either at our major Victor Chang Day Gala Dinner on July 4, or at one of our other functions, or institute tours. Now and over the coming year, I intend to use this forum to highlight for you some of our achievements over the past 10 years that I believe amply warrant the designation, a decade of discovery. For example, research from Prof Harvey's laboratory has revealed for the first time a gene abnormality that causes one of the commonest causes of congenital heart disease, an atrial septal defect or hole-in-the-heart. This work has recently been extended to the discovery of abnormalities in three other genes, some of which occur commonly in our population. This is a very major achievement that promises to provide a screening test for this important heart condition - a problem that can usually be easily treated, but if left undetected, can go on to cause a stroke in adolescence or later in life. Another major achievement by Associate Professor Peter Macdonald's group was the development of nitric oxide gas as a treatment of patients with very severe lung failure following a lung transplant - a treatment that has revolutionised our

management of such seriously ill patients. Finally, work from Dr Fatkin's laboratory has resulted in the discovery of gene abnormalities that cause our hearts to become severely dilated and to fail - a condition that often requires treatment with a heart transplant. Importantly, as an extension of this work, Dr Fatkin and her colleagues at St Vincent's Hospital are now attempting to prevent the progress of this disease in those people who have the gene abnormality, but who still have normal heart function.


Also in 2004, we will be undertaking a capital campaign to raise funds for the Institute's proposed permanent and expanded facility, and we will be welcoming our Scientific Advisory Committee, who will again be undertaking a detailed review of our progress. This Committee is comprised of seven of the world's leading researchers, including Professor John Mattick, Director, Institute of Molecular Biosciences, University of Queensland, who will be chairing the Committee; Professor Janet Rossant, Samuel Luenenfeld Institute, Toronto, Canada; Professor Greg Petsko, Brandeis University, Boston; Professor Dennis Dougherty, California Institute of Technology; Professor Michael Schneider, University of Texas Medical Centre, Houston; Professor Richard Walsh, Case Western Reserve University, Cleveland and Professor Mark Groudine, Fred Hutchinson Cancer Research Centre, Seattle. We look forward to their evaluation, which I will share with you next year.

Robert M Graham



**The Victor Chang Cardiac Research Institute**

Invites you to

**Breakfast with Special Guest Speaker**  
**Mr John O'Neill**  
*Managing Director & Chief Executive Officer*  
*Australian Rugby Union*

on

**Wednesday, October 29, 2003**  
**Tattersall's Club**  
**181 Elizabeth Street, Sydney**  
**7.15am-9.00am**

**Master of Ceremonies**  
**Mr Russell Fairfax**


**Entertainment**  
**Mr Nick Penn**


**Tickets: \$75 each or**  
**Tables \$750**

*Parking Available Piccadilly Parking Station*  
*\$10 (validate ticket at Tattersall's)*


**For bookings please contact**  
**The Victor Chang Fund Development Office Tel: (02) 8382 3022**












# ‘COME TO THE CABARET’

## July 4 Fundraiser

**C**ome to the Cabaret, our July 4 fundraiser, enticed over 580 Victor Chang Friends and Supporters to celebrate the life and achievements of Victor Chang on the 12th anniversary of his death.

During pre dinner drinks guests were treated to a rock performance by 15 year old Tamworth musicians, The Baileys, having just graduated from the Talent Development Project. Seventeen year old Pennant Hills High School Student, David Sanders, also a graduate of the Talent Development Project, mesmerised the audience with his interpretation of the National Anthem.

A very warm welcome was extended to Sir William and Lady Deane who graced the occasion with their presence as our Guests of Honour with Sir William delivering a poignant key note address during the evening.

Kerri-Anne Kennerley graciously gave of her time to act as our emcee – her exuberance and bubbly personality shone as she charmed all those present.

No-one went home empty handed. Guests were showered with gifts courtesy of Orotan, Cobram Estate Olive Oil and Crestbrook Natural Springs Spring Water as a momento of the evening.

Our Chairman Mr Wran, after welcoming our guests, was recalled to the stage to make a very special announcement. It was his pleasant duty to announce that Professor Robert Graham had been appointed by the University of NSW as the prestigious Des Renford Chair of Heart Research which will focus on adult stem cell research.

We were honoured to have **Maestro Tommy Tycho** and the Sydney International Orchestra with special guest performances from star of Phantom of the Opera and Jolson, **Rob Guest**, star of Chicago & Get Happy, **Chelsea Gibb**, renowned Clarinet and Saxophone musician **Andy Firth** and special guest vocalist **Larry Stellar**.

Tommy, who celebrated his 75th birthday earlier this year and 57 years in the entertainment industry, was a patient of Victor's some 23 years ago and is testament to Victor's skill. We are very grateful to Tommy for donating his time and talent and bringing so much joy to all our guests with his beautiful music. As the first note was struck guests filled the dance floor not returning to their seats before the entertainment was finished. Thank you also to Rob Guest, Chelsea Gibb, Andy Firth and Larry Stellar for supporting our cause.

Our auction, once again conducted by our good friend, Century 21 auctioneer, Mr Sold titleholder Scott Gibbs, enticed our very generous guests to delve deeply into their pockets to snap up some fabulous auction items.

Our treasure chest containing a beautiful strand of gold baroque south sea pearls, kindly donated by Ann Middleton of Chez Jewels, proved very popular. The chance to buy a key in expectation of winning such a fabulous prize had key buyers lined up in anticipation. There were a lot of disappointed faces when keys failed to secure the treasure! But the winner was ecstatic.

Without the support and generosity of the following people and companies this event would not have been so successful.

Firstly, to our very good friend Ken Laing who produced, directed and sourced all of the entertainment. Thank you. We would be lost without him. To Tommy Tycho, Kerri Anne Kennerley and Scott Gibbons, thank you for your generosity and support. To Rob Guest, Chelsea Gibb, Andy Firth, Larry Stellar, Jerry Liu, John Pickworth, Helen Fenton, Paul Griffith, The Baileys, David Sanders, Caramba and the Sydney International Orchestra thank you for entertaining our guests with your outstanding performances.

To auction/treasure chest donors, Double Island, Ann Middleton, Chez Jewels, Peugeot, Steve Costi

Seafoods, Krispy Kreme Donoughts, Bizzi Beez, Florida Keys Locksmiths, Martha Kennedy, and LK Jewellery, our heartfelt thanks for your generosity.

To Orotan, Cobram Estate Olive Oil, Crestbrook Mountain Springs Natural Spring Water and Rosemount Estate Wines, thank you for your generosity and support.

To Lucky Door Prize donors Tiffany & Co, Park Hyatt Sydney, Lorena Severi, Lilianfels, Tyrrell's Wines, Hills Industries, Andrea Connolly, Hoyts Cinemas, Hunt Leather and Mount Eyre Wines – thank you.

To Brian Pascoe Design, Beaver Press, Spicers Paper and Lindt Chocolate – thank you.

To everyone at the Sydney Convention & Exhibition Centre for their tolerance and patience and to Steve Costi Seafoods for supplying the seafood – a big thank you.

To the organising committee so ably chaired by Barbara Ell, our special helpers from the Institute, Monica Graham and everyone who bought tickets, made donations and pledges thank you, we just wouldn't exist without your support.

The 2004 event will be the 10 year anniversary of the Victor Chang Cardiac Research Institute with our theme being – ‘**A Decade of Discovery**’. As July 4 falls on a Sunday next year our event is scheduled to be held on Saturday July 3, 2004.

We look forward to welcoming you.

*Pictures, left to right, top row: Jill Wran, Prof Bob Graham, Lady Mary Fairfax, AM, OBE; Tommy Tycho, AM, MBE; Sir William and Lady Deane and The Hon Neville Wran, AC, QC.*

*Left to right, bottom row: Kerri Anne Kennerley and Scott Gibbons; Andy Firth, Rob Guest, Chelsea Gibb and Larry Stellar; Marcus, Ann, Vanessa and Matthew Chang.*



## Lady Mary Fairfax's Heartfelt \$1 million Donation

In a surprise philanthropic gesture, Lady Mary Fairfax, AM, OBE donated \$1 million to the Victor Chang Cardiac Research Institute at our July 4 Victor Chang Day fundraiser.

As the Chairman of the Victor Chang Cardiac Research Institute, the Hon Neville Wran, AC, QC, made the announcement the Tumbalong ball-room at the Sydney Convention and Exhibition Centre erupted in loud applause as guests rose to their feet to give Lady Mary a standing ovation for her generosity.

Our heartfelt thanks go to Lady Mary for her generosity, which will enable our research into heart muscle disease to continue benefiting generations to come.



Lady Mary Fairfax, AM, OBE

## At Last... Deductions For 'Dinner' Donations

From 1 July 2004 individuals will, in certain circumstances, be able to receive a tax deduction for the net amount of a donation made to a deductible gift recipient, which has an associated minor benefit. The deduction will be available for cash donations above \$250, where the value of the benefit received by the donor is not more than 10% of the donation or \$100, whichever is less.

Currently, if a deductible gift recipient holds a fundraising dinner, none of the cost of attending the dinner is deductible even if some of the payment is intended as a donation. Under this measure people will receive a tax deduction for the donation component of any

payments to a deductible gift recipient.

For example, if a fundraising dinner cost \$1000, but the market value of the dinner was \$100, participants will be entitled to a \$900 tax deduction.

This measure will not apply to fundraising events held by political parties, which are not deductible gift recipients.

The new arrangements will enhance the ability of deductible gift recipients in Australia to use special events, such as dinners, to fundraise.

This new initiative was announced by the Prime Minister on September 9, 2003 and is based on the work of the Prime Minister's Community Business Partnership (PMCBP) programme.



## The Victor Chang Hunter Valley Indulgence

The ultimate indulgence is planned for next March in the Hunter Valley. The ultra exclusive indulgence for 100 people only, will start off with a Car Rally from Sydney – at the assembly point an envelope containing your 'Mission Impossible' instructions will be handed out with participants collecting items and answering questions until you reach your destination of Cypress Lakes.

After check-in guests will be transferred by car/coach to Peppertree Vineyard for an exclusive international wine tasting and sumptuous black tie dinner co-hosted by two of the world's leading winemakers, one French, the other, one of Australia's Jimmy Watson Trophy winners, before returning to Cypress Lakes for a blissful rest before the start of a hectic second day.

Day two starts with an Ambrose team event at Cypress Lakes golf course or a visit to the Golden Door or perhaps a visit to another vineyard, the Hunter Valley Gardens or a spot of shopping. The day finishes with a casual dinner with presentations for golf and car rally, auction, entertainment, a special guest speaker and dancing.

Day three guests can either check out or can stay on at a special rate.

Planning is still in its infancy but should be finalised in the not too distant future. If you are interested in being pampered, indulging in good food and wine and love a game of golf at a fantastic course, please contact The Fund Development Office, on telephone (02) 8382 3022.



## '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 4th Des Renford Swim Challenge at the Des Renford Aquatic Centre, Corner Robey Street and Jersey Road, Maroubra on Sunday November 23, 2003.

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 29 at Wylies Baths, Coogee. 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 the Swim Challenge on 0417 063 062. For details on the Cocktail Party call Ben Rutherford on 0415 496 233 or Mitchell Loadman on 0403 025 197. We're sure you'll have a great day and night!

## CLUB 74

Presents

**THE 30th ANNIVERSARY  
WORLD CUP 74 CHARITY DINNER**

**THURSDAY, 13th NOVEMBER 2003**  
7pm-12midnight

**LE MONTAGE FUNCTION CENTRE  
38 FRAZER ST, LEICHHARDT**

**Meet the 1974 Australian Socceros  
at this prestigious event  
PLUS many current sports stars**

### Entertainment

70's live cover band – Comedians

Prizes to be won

Exclusive memorabilia items for auction

**Tickets range from \$250 to \$500  
per person (up to 10 to a table)**

**Corporate and individual ticket  
packages are available**

To purchase tickets

phone the former World Cup 74 coach  
**RALE RASIC on 0416 288 627**

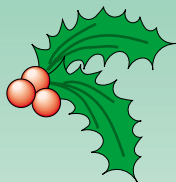
Or via our secure website

**[www.worldcup74.com](http://www.worldcup74.com)**

**ALL PROFITS GO TOWARDS  
THE VICTOR CHANG CARDIAC  
RESEARCH INSTITUTE**



## Ann Middleton's Chez Jewels



### Looking for a Very Special Christmas Gift?

Then on Tuesday December 9 between 6-8pm you will find it.

Ann Middleton of Chez Jewels, an ardent supporter of the Victor Chang Institute, will be visiting Sydney to showcase her latest collection of fabulous jewellery.

Ann has walked the international stage for more than 25 years. She has established her designs in the jewellery capitals of the world – New York, Aspen, Florida, New Orleans, Basel and throughout Asia. Commissions from royalty and Heads of State are an enduring tribute to her skills.

Today, she is a welcome visitor wherever excellence in jewellery design is celebrated. If you would like an invitation to this exclusive and private showing please contact the Fund Development Office on (02) 8382 3022. A percentage from the sale of the Jewellery at the showing will be donated to the VCCRI.

## SCHUTE BELL STEER AUCTION

We are indebted once again to Robert Ryan and Keith Prosser from Schute Bell Badgery Lumby for donating the steer auctioned at this year's Royal Easter Show.

The Poll Hereford Steer was prepared by Greg Williams from 'Elfdale' Poll Hereford Stud at Windsor.

And what an auction it was. Very spirited bidding lifted the sale amount to \$20,000 – a record donation for this event!

Our heartfelt thanks go to Russell & Julieanne Cooper from Goulburn who were the successful bidders. Thanks also to John & Marcelle Marskell who entered into the spirit of the event with their competitive bidding.



From left to right Steve Ridley, Elders Wollongong, Russell & Julieanne Cooper, Kerry James, VCCRI, John Fryer, Auctioneer, Greg Williams, Elfdale Stud, Windsor



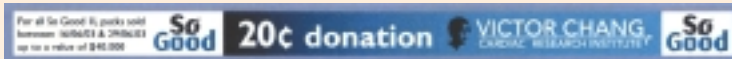
## SANITARIUM PROMOTION BENEFITS HEART RESEARCH

David Woolley, General Manager Corporate, The Sanitarium Health Food Company, presented the Victor Chang Cardiac Research Institute with a cheque for \$40,000 representing the proceeds from a recent promotion.

The promotion, held in conjunction with Coles Supermarkets in June, focussed on their So Good products with 20 cents from every one litre pack sold being donated to the VCCRI to benefit vital heart research.

The promotion was supported with point of sale material throughout Coles Supermarkets and in the Coles catalogue.

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



David Woolley, General Manager Corporate, Sanitarium; Kerry James, Chairman Victor Chang Appeals Committee; John Kean, Board Member Victor Chang; Patrick Little, State Merchandise Manager Coles and Professor Bob Graham, Executive Director, Victor Chang Cardiac Research



## EVENTS CALENDAR

### October 29, 2003

Rugby Breakfast – Tattersalls Club  
Elizabeth Street, Sydney  
Guest Speaker: John O'Neill, CEO  
Australian Rugby  
Cost: \$75 per person Tables: \$750  
7.15 am for 7.30 am  
Concludes 9.00 am  
Contact Rob Tunchon for  
further details: 0412 545 677

### November 13

Celebration of the 30th Anniversary of  
the Socceroos qualifying for the  
1974 World Cup in West Germany  
Le Montage – Leichhardt  
Proceeds after expenses to the  
Victor Chang Institute  
Contact Jeff Purser: 0408 401 076

### November 23 & 29

Des Renford Swim Challenge  
and Cocktail Party  
Des Renford Aquatic Centre  
November 23  
Cocktail Party – Wylies Baths  
November 29  
Contact Sharlene Melville  
for further information on the  
Swim Challenge on 0417 063 062 or  
Ben Rutherford on 0415 496 233 or  
Mitchell Loadman on 0403 025 197  
for information about the  
Cocktail Party

### 2004

#### February

Date to be confirmed  
Freshest Ball

#### February 8-March 1

Hearts & Flowers Art Exhibition  
Soho Galleries, 104 Cathedral Street  
Sydney ([www.sohogalleries.net](http://www.sohogalleries.net))  
Contact the Fund Development  
Office on (02) 8382 3022

#### March 4 & 5

Hunter Valley Weekend  
Cypress Lakes/Peppertree Winery  
Car Rally, Black Tie Dinner/  
Wine Tasting, Golf  
Full details to be confirmed

#### March 25

Victor Chang Golf Day  
Concord Golf Club  
Hole sponsorships available  
Players welcome  
Contact Graham Muldoon –  
Campese Management Group  
9499 4911

#### April 2

Schute Bell Badgery Lumby  
Steer Auction

#### July 3

Victor Chang Fundraiser  
'A Decade of Discovery'  
10 Year Anniversary of the VCCRI  
As July 4, 2004 falls on a Sunday,  
this annual fundraiser will be held on  
Saturday July 3, 2004 at the Sydney  
Convention & Exhibition Centre  
Darling Harbour in the Tumbalong  
Ballroom. Details to be advised.

# TRIVIA NIGHT

A showery September night didn't deter the enthusiasm of the 300 people who attended the 2nd Victor Chang Trivia Night at St Ignatius College, Riverview.

Our Trivia Master, Michael Pascoe, once again kept the crowd on their toes and in control with question after question.

Disputes were handled in a very democratic manner – pay up or shut up – cash was readily accepted in return for answers to questions to boost table scores.

A number of Michael Flatley would-be's took to the stage to the amazement and amusement of all in the room. The competition was fierce with some performances just leaving the audience speechless. Special mention must go to runner-up Mike Retter who entertained everyone with his athleticism.

Overall winner Ben Morris had the audience meter going wild in response to his movements and flexibility. Congratulations to everyone who had the courage to 'have a go' – you were fabulous.

A number of masterpieces were unearthed when tables were asked to submit a drawing of their choice after being supplied with some butchers paper and felt pens. There were some very talented people present!

Overall winners on the night were:

1st Place Table No. 1 – Jane & Alan Crouch, Helen Crouch, Gary & Michelle Dawson, Sharon Salter, Kathy Ann McKay, Rachel McKay, John Rumpler and Ben Morris

2nd Place Ann Chang's Table

3rd Place Marcus Chang's Table

Wooden spoon winners will remain anonymous to protect the innocent.

Our thanks go to Mary Cook, Leanne Smeallie and Deirdre Johnson for all the effort they put into this to make it so successful. To Mark Whyte from Riverview, Ken McMurtrie, for scoring, Rob & Maria Tunchon, Michelle Tunchon, Paul Kline, Alex Cook and Marcel Walsh thank you for all your help. And of course to Michael Pascoe, thank you for being such a fantastic Trivia Master and for ensuring the night ran smoothly and without incident.

Thank you also to the following for donating prizes:

Steve Costi Seafoods, The Nathan Group, The Dormie House, Bridgeclimb, Tamburlaine, Ensemble Productions, The Australian Heritage Hotel, The Sydney Aquarium, The Powerhouse Museum, Matilda Cruises, Novotel Pacific Bay Resort, Zoological Parks Board, Paxtons, Sydney Harbour Foreshore Authority, Chinese Gardens, Avanti Jewellers, Lee's Fortuna Court, The Wine Society, Sara Lee, Krispy Kreme Donoughts, Sydney Seafood School and Space Health Clubs.



The Winning Team

Some of the other masterpieces

Michael Pascoe with one of the masterpieces



## 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.

Results, to date, from the 2003 Rock Eisteddfod Challenge are as follows for the Victor Chang Award of Excellence for Stage Crew:

<b>Adelaide</b>	Heat 1	Yankalilla Area School
	Heat 2	Maitland Area School
	Heat 3	Moonta Area School
	<b>Grand Final</b>	<b>Brighton Secondary School</b>
<b>Bathurst</b>		Bathurst PCYC
<b>Brisbane</b>	Heat 1	Marist College, Ashgrove
	Heat 2	Charleville State High School
	Heat 3	Harristown State High School
	<b>Grand Final</b>	<b>Marist College, Ashgrove</b>
<b>Cairns</b>		William Ross State High School
<b>Canberra</b>	Heat 1	Lanyon High School
		Lake Tuggerong College
	Heat 2	Monaro High School, St Clare's, Calwell High School, Lyneham High School
	<b>Grand Final</b>	<b>Calwell High School</b>
<b>Dubbo</b>		Bourke Public School, St Joseph's Walgett, Forbes High School
<b>Hobart</b>		Launceston College
<b>Mackay</b>		Mackay North State High School
<b>Longreach</b>		Blackall State High School
<b>Melbourne</b>	Heat 1	Emerald Secondary College
	Heat 2	Parkdale Secondary College
	Heat 3	Bellarine Secondary College
	Heat 4	De La Salle (Malvern)
	Heat 5	St Columba's College
	<b>Open Grand Final</b>	<b>Emerald Secondary College</b>
<b>Premier Grand Final</b>	<b>St Columba's College</b>	
<b>Newcastle</b>	Heat 1	Toronto High School
	Heat 2	Gosford Christian School
<b>Perth</b>	Heat 1	Perth Modern School
	Heat 2	Como Secondary School
	Heat 3	Belridge Senior High School
	<b>Grand Final</b>	<b>Belridge Senior High School</b>
<b>Sydney</b>	Heat 1	Northmead High School
	Heat 2	Toronto High School
	Heat 3	Colyton High School
	Heat 4	Cranebrook High School
	Heat 5	Randwick Girls' & Boys' High School
	<b>Open Grand Final</b>	<b>Cranebrook High School</b>
<b>Premier Grand Final</b>	<b>Monaro High School</b>	
<b>Toowoomba</b>		Harristown State High School
<b>Wollongong</b>		Bombaderry 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](http://www.rockchallenge.com.au)

## SHOP FOR A CAUSE DAY Summer Appeal, December 1, 2003

Help the Victor Chang Cardiac Research Institute raise much needed funds by taking part in national "Shop for a Cause" Day. It won't cost you (or the VCCRI) anything to participate and, on top of that, supporters of the day will receive 61 "Shop for a Cause" discounts and bargains exclusive ONLY to Shop for a Cause participants. Simply go to the Shop for a Cause website today at [www.shopforacause.com.au](http://www.shopforacause.com.au) and nominate the Victor Chang Cardiac Research Institute as your favourite charitable organisation.

## In Memoriam

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

Mrs Suzanne Elizabeth Adnams  
 Mrs Phyllis Andrews  
 Mrs Betty Belt  
 Mr Charles Byrne  
 Mr Rodney Cardis  
 Mr Alan Carter  
 Mr Martin Henry De Vere  
 Mr William Egan  
 Mr Rowland Elliott  
 Mr Ronald William Gould  
 Mrs Joan Hankins  
 Mrs Sarah Hodden  
 Mrs Mary Honan  
 Mr Andrew Jefferson  
 Mr Francis Norman Johnston  
 Mrs Iris Lovern  
 Mr John R Major  
 Mrs Shirley Morgan  
 Mrs Joan Morrison  
 Mr John Murkin  
 Mr Eric Pavlou  
 Mr George William Seach  
 Mr Patrick Sexton  
 Mrs Kathy Simonovic  
 Mr Stanley Stratford  
 Mr Ross Tomes  
 Mr Terry Trachanas  
 Dr Pieter Van Den Bosch  
 Mr Robert Wishart

## 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 new owners Gerry Commerford and Brian Fletcher, 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 either Brian (0417 432 803) or Gerry (0428 647 218).

We sincerely thank Gerry and Brian for giving us this opportunity and for their support and we look forward to nurturing our relationship in the future.

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



## Bequests

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

*Estate of Evelyn Anderson*  
*Estate of Christina Hart Gordon*  
*Estate of Delba Letitia Kenna*  
*Estate of Bruce William Rogers*  
*Estate of Gloria Ina Mary Ryan*  
*Estate of Victor L Spongberg*  
*Estate of Patricia M Tutton*  
*Estate of John Urwick*



# 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.



**bullantsports**

## Tee Up for Charity...

Do you use golfing products to advertise your company or product? If so then why not generate funds for the Victor Chang Cardiac Research Institute by buying your golfing products from Bullant Sports.

With every purchase of a Bullant product or Bullant event, Bullant Sports will donate a significant amount to the Victor Chang Cardiac Research Institute.

For further information contact Gary Dawson at Bullant Sports, 2/101 Union Street, North Sydney, phone 9954 7918 or visit their website [www.bullantsports.com](http://www.bullantsports.com)



## 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.



**Looking for someone to put your next special event together?  
Then look no further...**

Media Music is a leading Australian company in the Special Event Management and Artistic Direction industry encompassing all aspects of this specialised area.

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

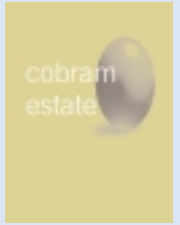
No event is too large or too small – whatever your need – selection of an appropriate venue, décor, catering, lighting and sound systems, special effects including stage sets and pyrotechnics, guest speakers, photography, audio visuals, musical co-ordination, entertainment from a soloist to an orchestra, 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 visit [www.mediamusic.com.au](http://www.mediamusic.com.au) or 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.

## 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.

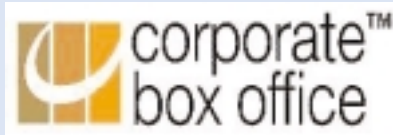


## The Victor Chang Cardiac Research Institute And Citibank Rewards

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.



## Get the Best seats at the best events...

As a friend of the VCCRI you have the opportunity to join this corporate box office program for premium services and tickets to the best concerts, shows and sporting events in Australia or worldwide.

With Corporate Box Office, you'll also get up-to-date news on the latest events, reviews and special 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.



## 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](http://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 & Gymea 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.



## Steve Costi Seafoods® and the VCCRI Fish – Good for Your Heart Health

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

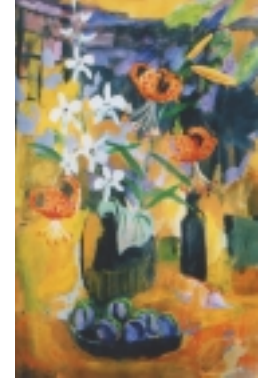
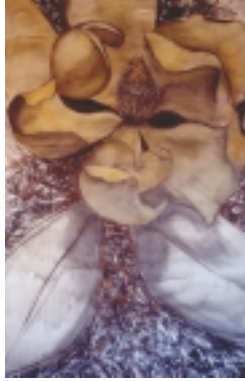
Healthy food habits can help you reduce three of the major risk factors for heart attack – high blood cholesterol, high blood pressure and excess body weight. It will also help reduce the risk of stroke because heart disease and high blood pressure are major risk factors for stroke.

When the VCCRI was approached by Steve Costi Seafoods® about forming a partnership, we were only too happy to proceed, so that together we could not only educate the community about the benefits of eating fish and living a long and healthy life, but we could also benefit from the valuable funds that would flow from the partnership. Steve will support the Institute by donating a percentage of his marketing budget to further our heart research, and will also supply seafood products for our fundraising events.

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.

# 2004 HEARTS AND FLOWERS ART EXHIBITION AIDS THE VICTOR CHANG CARDIAC RESEARCH INSTITUTE



Artists left to right – Feyona van Stom, Sidonie Carpenter, Josie Vandyke, Tracey Squire, Yvonne Langshaw

Long time friend of the Victor Chang Cardiac Research Institute, Josie Vandyke, and a group of Sydney artists will be staging a fundraising exhibition in aid of the Victor Chang Institute from *February 8 to March 1, 2004 at the Soho Galleries, 104 Cathedral Street, Sydney* ([www.sohogalleries.net](http://www.sohogalleries.net)).

Josie, a floral stylist, event organiser and artist themed a fundraising evening for the Institute at the Sydney Opera House back in 1992. She has now refreshed the concept in the form of an art exhibition with a botanical theme, entitled "Hearts and Flowers", which is represented in different media

– works on paper, canvas, photography, sculpture and cards.

The artists are Sidonie Carpenter, Yvonne Langshaw (recent winner of the Medal of Distinction of the Royal Art Society of NSW), Tracey Squire, Josie Vandyke and Feyona van Stom. Each artist will donate a work to be raffled, 10% of all sales of work and 50% of the profit from Josie's handmade cards, will be donated to the Victor Chang Cardiac Research Institute.

For further information about the exhibition please contact the Fund Development Officer on (02) 8382 3022.

## 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.

## MERCHANDISE

- ♥ VCCRI "Fresh and Healthy" and "Simply Sensational" Cookbooks – \$28 plus postage
- ♥ 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

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.