

RCH1000



QUARTERLY NEWSLETTER
DECEMBER 2010

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Chairman's Note



Efrem Goldhammer
Chairman RCH1000

Annual RCH1000 Dinner

Our annual dinner, attended by 200 guests on 16th October 2010 at Maia' Central Pier was a resounding success.

MC's for the evening were Karl Stefanovic and Lisa Wilkinson and we were entertained by comedians Dave O'Neil and George McEnroe. Professor Mike South presented a very informative insight into the day to day work at the Hospital. I would like to thank them all for their fantastic support on the night.

I again thank our major sponsors, Atlantic Group [V], Alepat Taylor, Dutton Insurance, Crawfords Group and Casella Wines.

Most importantly though I extend a warm welcome to all new members of the RCH1000 who joined on the night and we hope to see you all at many of our future events.

The position is currently being advertised and we look forward to announcing the successful candidate in the New Year. Following the announcement, ample opportunities will arise for RCH1000 members to meet and engage with the Professor.

Our 10th year - Spread the Word

The RCH1000 began on 11 September 2001. We are therefore in our 10th year of existence and in celebration of this we would really like to build up our membership by end September 2011.

I therefore ask that you approach your friends and ask them to make the Royal Children's Hospital a priority "charity of choice" by joining the RCH1000 and committing to make a tax deductible donation of \$1,000.00 per annum each and every year in order to provide much needed funds for research.

Research at the RCH extends the boundaries of conventional thought towards new discoveries and improvements in medical treatment for the benefit of the most vulnerable sector of our community, our children; as a community what better legacy can we provide than an improvement in the well being of our young?

New Look Newsletter and Website

I do hope that you enjoy our new look newsletter and would like to thank Gee Multimedia and Docklands Press for fully supporting the production of the newsletter.

Gee Multimedia is also in the process of upgrading the RCH1000 web site and electronic communication with a view to engaging our members more comprehensively; I encourage all members to personally visit the site and refer your friends to it in the New Year.

Thank you one and all.

I look forward to seeing you at our next function and wish you all a happy and safe festive season.

Efrem Goldhammer

AIMS & MISSION

The aim of the RCH1000 is simple – to provide over \$1 million per annum for research programs to be conducted by the Royal Children's Hospital and its Murdoch Children's Research Institute.

The major challenge facing the Royal Children's Hospital is to develop various fundraising programs and activities that will allow it to continue to build its reputation as an international leader in paediatric health care, education and research.

The funds raised by the RCH1000 will be applied toward vital research to ensure the complete physical, mental and social wellbeing of our most important asset – the next generation.

RCH1000 Professor/Director of Cardiology

I am pleased to announce that a new position – "RCH1000 Professor of Cardiology" at the Royal Children's Hospital, with a significant focus on research, will be funded by RCH1000.

This major investment into the "excellence quotient" of the Cardiology department totalling \$1,000,000.00 over four years is made possible by the ongoing commitment of our RCH1000 members.

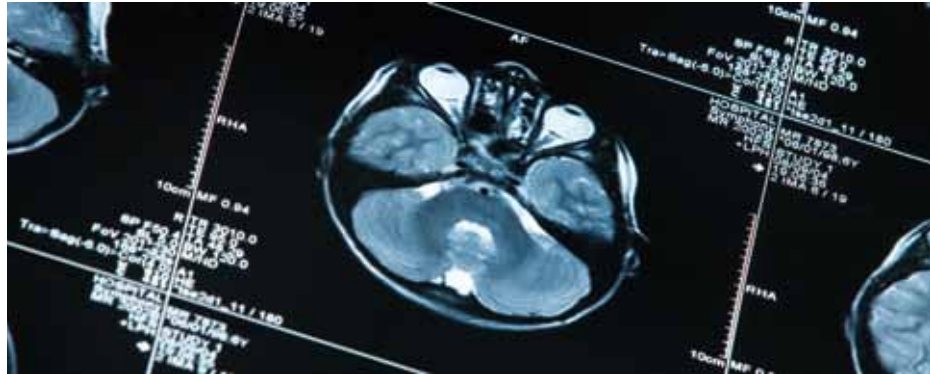
RCH1000 project

Developmental and Functional Brain Imaging Research Laboratory

This research initiative capitalises on collaboration between The MCRI Critical Care and Neurosciences theme and The RCH Children's Neuroscience Centre, by bringing together expertise in brain imaging analysis and clinical neuroscience. The project is now underway with the appointment of two imaging research officers to the MCRI DFBI group.

A major goal for this year is the implementation of a new technology known as EEG functional MRI. The researchers are currently focused on validation of this technique, including testing equipment and their ability to record EEG (brainwaves) while an MRI scan is being performed. Once this phase is complete there is an EEG MRI project ready to recruit children with the most severe forms of epilepsy in order to study the areas of the brain involved in generating abnormal electrical activity.

Another area in development is the use of high-resolution EEG recordings and sophisticated mathematical modeling to calculate the source of electrical activity in the brain. Known as EEG source localisation, this technique can be used to study normal brain activity, but has not often been used to aid in the evaluation of children with epilepsy. Currently there are



some patients whose brainwaves are being analysed in this way and compared to results of other investigations.

In evaluating children with uncontrolled seizures, seeing where blood flows to the brain during seizures and where glucose is used by the brain between seizures can be very helpful in determining where seizures are coming from. These clinical tools have been used at RCH for some years, but there are new insights to be gained through use of statistical methods to analyse the data. We are implementing these methods in the DFBI Research Laboratory in order to enhance individual patient care and also to provide a research resource to answer important clinical research questions.



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RCH1000 Annual Dinner



On Saturday 16 October 2010 RCH1000 held its “annual” dinner after not holding a dinner in 2009.

The venue for this year's dinner was Maia at Central Pier Docklands which well suited the event.

There were plenty of pre-dinner drinks available and the Atlantic Group made sure there were plenty of service staff who were attentive to everyone's needs and desires with a minimum of fuss.

New Masters of Ceremony

This year the masters of ceremony were Lisa Wilkinson and Karl Stefanovic, the co-hosts of the Nine Network's Today Show.

It is testimony to the high regard that they have for RCH1000 Victoria given that Lisa and Karl are 'morning persons' and had to come to Melbourne from Sydney to be our masters of ceremony.

The success of the evening was due in no small part to Lisa and Karl who exhibited their commitment to RCH1000 and their professionalism.

Dave O'Neil

After polishing off our entrees Dave O'Neil presented his unique form of wit and entertainment. It did not take Dave very long to have the audience laughing into a state of tears.

If you have not seen Dave in action have a look at him on YouTube. If you were not at the dinner you will get some idea of what you missed.

Down to Business

What followed after Dave was a video presentation regarding the Royal Childrens Hospital and then Stephen Carter, the Deputy Chairman of RCH1000 introduced Professor Mike South.

As part of his introduction, Stephen explained the aims of RCH1000, what its members have and are contributing to and the unique achievement RCH1000 proposition. Stephen also emphasised that all moneys raised by RCH1000 go to research because research helps make sick kids better.

Professor Mike South

Mike was the principal guest for the evening.

He is professor of paediatrics at University of Melbourne, Paediatrician Director Department of General Medicine at Royal Childrens Hospital and specialised in intensive care.

Mike spoke about some of the 'common' cases treated at the RCH and, in particular, about respiratory conditions. He pointed out that these cases are often not spoken about because they do not grab attention in the way more dramatic conditions suffered by children often do.

In doing so, he explained how these 'common' conditions can adversely affect the lives of many children and their families and how the RCH can, and does, make a difference. It was an eye-opener to realise how, what seems to be a simple thing, can have dramatic consequences and can be quite complex to resolve.

Mike was also an entertaining speaker. Perhaps he had spoken with the comedians who performed at the dinner or our MCs for a few pointers! I suspect not. I think that when you are articulate and passionate and when you deal with children and their parents, you learn pretty quickly how to communicate effectively. Mike certainly has.

George McEnroe

After Professor Mike South spoke, main course was served, savoured and consumed. Yes, the food was really good.

George is a no holds barred female for whom no subject is to be regarded as taboo. Having 4 children, George showed that she knows a thing or two about 'real life' and is able to explain life's little foibles in a way that brings smiles and much laughter.

Being the mother of 4 young children and having a background as an ethicist, researcher at the Mercy hospital and welfare co-ordinator for teenagers George also expressed her admiration for the Royal Childrens Hospital and the endeavours of RCH1000.

The Raffle

After dessert the raffle was drawn with a multitude of prizes including a \$10,000 Melbourne Cup voucher donated by Betstar, linen and bedding donated by Caprice, wine and beer hampers donated by Alepat Taylor and Anthea Crawford vouchers.

The raffle drawing was supervised by Efreem Goldhammer, our RCH1000 Chairman, and drawn by his 'barrel girl' Fay Goldhammer.

“ The evening was a stunning financial success with numerous new friends and members for RCH1000... ”

Sponsors

In keeping with the RCH1000 mission all the raffle prizes were donated and the evening was a 'no cost' event because of the generosity of our sponsors including Alepat Taylor, Dutton Insurance, Crawfords Group, Atlantic Group (V), Trevor Thomas Photography, Panache Flowers and Casella Wines.

As a result the evening was a stunning financial success with numerous new friends and members for RCH1000 and with a number of additional extra donations also being made.

A final note

Any report on the RCH1000 dinner would not be complete without a special mention for Michelle Olinder who, as part of the Royal Childrens Hospital Foundation team, is specifically assigned to RCH1000.

Michelle tirelessly carries out all the hard work for RCH1000. She made sure all the necessary arrangements for the dinner were put in place with what seemed to be a minimum of fuss and concern and that made it easy for everyone to really enjoy the evening.

New hospital signals a bright future



In the late 1870s, The Royal Children's Hospital, Melbourne, as it is known today, was established in response to a rising child mortality rate.

The items purchased to set up the hospital included six cots, a bedstead for the nurse, blankets, flannels, pails, a hip bath, towels, chairs, brooms and a table.

The government of the day provided an initial grant of 50 pounds, but like most hospitals at the time, the new children's hospital relied on private donations, so in December 1870 the first of many thousands of raffles was held.

One hundred half-crown tickets were sold – the prize being “statuary”, donated by a Mrs Lloyd Jones.

One hundred and forty years later, the Victorian Government is building us a world-class \$1 billion new Royal Children's Hospital (RCH). As the building takes shape, it is worth noting how much has changed – and how much has remained the same.

Today, as then, we rely on philanthropy to provide funds for the outstanding research, teaching and equipment that underpins our clinical practice.

The new hospital, to be opened at the end of 2011, is designed with the future in mind. The wonderful new building more truly reflects the needs of today's children, families and staff.

It will feature patient and family-centred facilities; it will be surrounded by parkland and it will support the continued advances in treatment and technology that are so profoundly changing and improving outcomes for patients.

Many of these are the result of innovations and inventions that could not have been imagined when the hospital was first established.

Today, not only have the reasons that children get sick changed, but so has the way we diagnose and treat them. Medical imaging in particular allows more precise and safer diagnoses and guidance during surgery.

One such piece of equipment which the hospital has just ordered is a mobile intraoperative MRI. This will transform the ability of surgeons to receive vital medical images without having to interrupt surgery.

Such advances herald an exciting new period in the history of the hospital. They save time, distress and lives.

But this state of the art equipment does not come cheaply. For this piece of equipment alone we have set aside \$12 million of the Foundation's funds.

As we prepare for the exciting and complex task of moving into the new hospital late next year, we cannot know what other advances await us. All we can do is make sure we are prepared for them.

That's why we must continue to preserve funds to ensure that we can continue to strive to find the answers to today's problems and take advantage of the technology of tomorrow.

This will ensure that our new RCH maintains the tradition of the old and continues to be recognised internationally as a leading centre for clinical care, research and education.

A coming of age gift

The Royal Children's Hospital has always been a leader in clinical care, education and research, both locally and internationally. But this year it attracted international attention, thanks to the success of an operation to save the lives of conjoined twins Trishna and Krishna.

The twins, originally from Bangladesh, were brought to Australia by the Children First Foundation two years ago in the hope that the hospital could save them. In that time, they underwent many procedures, many of them complex, difficult and dangerous, to lay the ground work for the final operation to separate them.

Finally, last November, Australia and the rest of the world watched and waited while a team of more than 16 medical staff, led by neurosurgeons Wirginia Maixner and Alison Wray, worked for 32 hours to separate the girls.

Now, almost four years old, the twins are recovering remarkably well. Trishna is doing all the things a normal four year old does, and Krishna is fast catching up.

But Wirginia Maixner says it did more than save the lives of two very sick little girls. She says that for the first time, an international spotlight was shone on the work of the hospital, giving it an opportunity to showcase its wealth of talent and expertise.

One of the biggest achievements was combining the wealth of knowledge and expertise in the hospital and working together successfully to find solutions.

"It was truly like planning a military exercise, getting that many people together. There were so many people who in one way or another at some point contributed to the girls' care. And that was anything from the high-end specialists to theatre techs to medical imaging to the people who cleaned the room and the people who prepared their meals. Somebody somewhere had some affiliation to the girls."

One of the biggest challenges was the cross circulations between the girls, particularly the venous circulation. Coincidentally, at the same time, the MRI department was trialling a new technique, which allowed the team to use an MRI, scan to show blood flow between one side and the other.

"So that was something that did come out of it and we were able to use the sequences to treat the girls and we use those sequences for other things now," Wirginia says.

For the staff, the national and international attention was recognition for the work they do every day.

"The twins were a once in a lifetime – no question. But we do good work every day," Wirginia says. "We do phenomenal work every day. And most of that is unsung. So here was just one occasion where people said, 'Wow – you did a great job!'"

"That's I think what the twins did. It took that glimpse that families see and that the public sees and just put it up there. It shone a great big spotlight."

Just how bright that spotlight was, came as a shock for both Wirginia and fellow surgeon Alison Wray. "Alison and I were in theatre for such a long time and we knew there was a media interest but we had no idea what sort of media interest it was."

As a result, Wirginia received many invitations to speak about the operation publically – most of which were refused because it would mean one less child who was treated that day.

"That's not what I set my life out to do. What I set out to do was to become a neurosurgeon and that's my job – not to be a spokesperson. So the notoriety was a double-edged sword. I think it's fantastic because it showcases what the hospital does. But it was a bit difficult because I'm not used to being under the limelight like that."

The attention she most enjoyed came from her daughter, Harriott, 16. The week of the operation was bad timing as Harriott had exams. Wirginia had hoped to be home before midnight to support her and take her to school the next day. "Well, I wasn't home at midnight. I wasn't there for her exams. And then when I finished, she cooked me this celebratory dinner which I finally ate at something like midnight." Harriott had been too tired to stay up and so had gone to bed. "There was this beautiful three-course dinner. I was just so touched."

"The story of Trishna and Krishna captured the imagination of the public worldwide."



Committee Profile



Alexia Routley

I welcome the opportunity to work with the committee to raise the awareness of the public to the needs of the Royal Children's Hospital.

My background is varied; I have a bachelor's degree from Le Cordon Bleu and undertook a Masters degree in European Business at EDHEC Ecole de Commerce in Nice.

Amongst my current activities I operate a boutique hospitality company focusing on the requirements of select clients for private function dinners, cocktail parties and general catering.

I am hoping to assist the RCH1000 committee in fund raising through donating my services in catering and coordination to work in conjunction with fund raising and awareness events and adding my perspective to attract a younger interest group to activities promoting the needs of the RCH.

Alexia Routley
RCH1000 Committee Member



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Cherry-ripple Ice-Cream with sugar biscuits

Cherry-ripple Ice-Cream:

300g fresh cherries, de-stoned & halved
125ml / 1/2 cup apple juice
220g / 1 cup caster sugar
500ml / 2 cups thickened cream
395g can sweetened condensed milk
1 tsp vanilla bean paste

Sugar biscuits:

185g butter @ room temperature
175g / 1 cup caster sugar
1 tsp ground cinnamon
1/2 tsp ground mixed spice
375g / 2 and 1/2 cups plain flour
2 eggs, separated
1 tbs water
Raw sugar to sprinkle



image sourced from BBCGoodFood.com

Method:

Place cherries & apple juice in saucepan over medium heat. Bring to a simmer, then reduce heat & cook for 5 minutes. Add caster sugar, stirring until dissolved. Simmer gently for 5 minutes until thickened. Set aside to cool

Beat cream until soft peaks form, add vanilla bean paste and condensed milk and whisk to form soft peaks. Place mixture in plastic container with tight-fitting lid, adding half the cherry mixture. Stirring slightly in the figure eight (8) to form a ripple effect. Freeze overnight.

Preheat oven to 180 degrees celcius. Cream together with a blender the sugar, butter, cinnamon & mixed spice until pale in colour.

Add flour, one whole egg, and one yolk and water, mixing well until smooth.

Remove dough from bowl and knead lightly, then wrap in cling-film and place in fridge for 30 minutes.

Roll dough to 1/5 cm thickness, and cut into shapes of your preference, approximately 6 cm in diameter. Place on

“ This is a great summer treat for friends and family. ”

paper-lined baking trays, sprinkle with raw sugar and bake for 15 minutes, or until golden.

Set aside to cool for 20 to 30 minutes on wire racks. Remove ice-cream mixture from freezer, stir well.

To serve, combine crushed sugar biscuits, a scoop of the remaining cherry mixture and 3 scoops of ice-cream, mix well and place in a decorative bowl.


This is a great summer treat for friends and family.

You can experiment with different stone-fruit or berries, whatever is in season usually makes for the best flavour.



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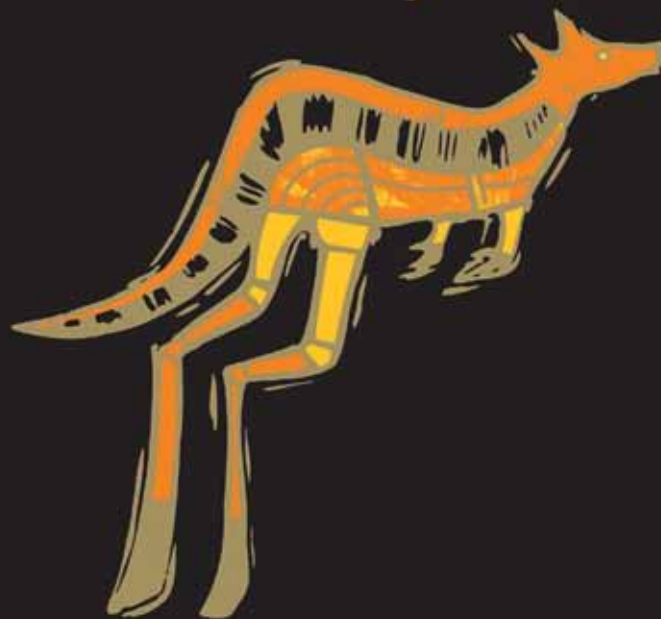
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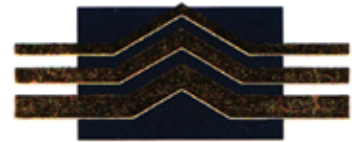
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