

Perkins News

SPRING EDITION 2024



**Your support makes
all this possible**



HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH



Can you believe it's October already?

You might not realise it, but you have been part of so many memories for me this year.

This issue is brimming with feel good medical research moments as well as some truly inspirational stories from people like you.

Take the story of Chris Reichstein on page 2. Chris passed away from cancer but left an incredible gift to support cancer research. Or Sam Rowe, featured on page 4 who just completed his third MACA Cancer 200 Ride to honour his mate, Tahu. Or WA Young Australian of the Year, Kate Kirwin on page 15 who took on our Hula for Heart challenge.

I never take it for granted that the advances that we are making in medical research are only made possible because of people like you.

And with all the challenges in the world right now, it brings me enormous peace of mind to know that we have a loyal community of supporters who value the future wellbeing of others. Thank you.

Whether you've attended a tour and tea, donated, became a regular giver, made a significant gift or simply talked about the work we're doing at the Perkins to your friends—thank you.

And if you or a loved one has been touched by a disease that we research, your commitment to backing our work is powerful—thank you.

And finally, thank you for opening this magazine and reading my words. I hope you read this edition from cover to cover. And I hope it raises an eyebrow, generates a thought and makes you smile.

Enjoy!

A handwritten signature in blue ink that reads "Peter Leedman". The signature is fluid and cursive.

Professor Peter Leedman AO

CEO, Researcher, Doctor and Donor

Harry Perkins Institute of Medical Research

P.S. Did you know that 68% of life-saving funding comes from your donations and gifts in wills. Thank you!



You're taking stem to remote students¹

Your support is helping bring science, technology, engineering, and maths (STEM) to students in remote areas, inspiring future Australian medical researchers.

Last year, over 3,000 high school students from Perth and surrounding areas visited the Lotterywest BioDiscovery Centre at the Perkins Institute. They got to work in real labs, exploring cool things like proteins, cells, microbiology, and even engineering!

For many, this experience lit a spark—getting them excited about science and maybe even a career in medical research.

Some of the Masters and PhD students working at the Perkins today actually started in those very labs when they were high school students. Now, they help teach those same classes while doing important research.

But students in remote areas were missing out—until now! The Perkins created programs that bring the lab to them.

Thanks to a partnership with the School of Isolated and Distance Education (SIDE), Perkins educators are visiting places like The Kimberleys, Carnarvon, Kalgoorlie, Albany, and Esperance. Remote students can now get their hands-on science experiences that could inspire a lifesaving career in research.

Thanks to you, we're helping grow the next generation of brilliant minds!



Students exploring science at a Biodiscovery education session.

Discovering the cures in your backyard

Writing a Will is an important way to protect what you care about. For Esperance farmer Chris Reichstein, that was his love of nature as a resource, comfort and, most importantly, a healer.

Chris's vision was to push medical research forward through the power of the natural world. Through his Mount Burdett Foundation, the gift he gave was to establish the Biota Project.

Researchers around the world are tapping into the life-saving benefits of nature. And in Western Australia, we have a rich supply of potential new cures in our own backyard.

WA's south-west is a designated Global Biodiversity Hotspot. There are only two in Australia. These areas contain the highest concentration of rare and endangered species. And many of those species have medicinal properties.

WA's brightest research minds now have the tools to harness nature's gifts. The Biota Project means researchers can transform them into lifesaving treatments. All thanks to Chris's vision, and his generosity.

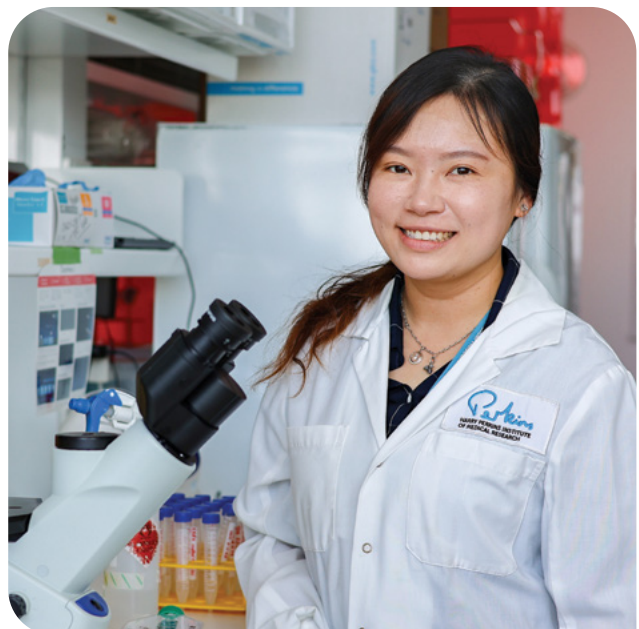
Did you know that a simple gift of just 1% in your Will to the Perkins can truly change lives?

It's a small act that will have a huge impact on the health of future generations.

Once you've made sure your family is looked after, imagine how wonderful it would be to enrich the lives of others through vital research. By including a gift to the Perkins in your Will, you can help advance medical breakthroughs to keep families together longer.



Professor Kevin Pflieger is exploring the cancer-fighting potential of Shark Bay sea cucumbers.



Dr. Edina Wang is investigating the use of honeybee venom to fight hard-to-treat breast and ovarian cancer.

Your laps will fund the labs

The Perkins Plunge powered by MinRes is a 12-hour overnight swim happening at HBF Stadium in Mount Claremont on November 9-10. Relay teams will be taking the plunge to raise vital funds for medical research.

The Goggle Squad

This team know firsthand the difference medical research makes because they are all young Perkins researchers. They have regular training sessions and they are one of the highest fundraising teams. You can show your support for their efforts by scanning the QR code and donating to their team.



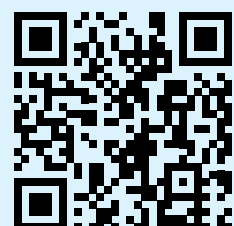
The Women's Academy of Triathlon

This team went above and beyond when a change to the event date meant two of their swimmers couldn't take part. This determined team did their own early Plunge event showcasing their unwavering support for medical research and incredible team spirit. And most of the team are coming back to do it again in November! Cheer on their efforts by scanning the QR Code and visiting their page.



You can get involved too!

If you are a keen freestyler, an avid back stroker or even a committed dog paddler and want to help fund cancer, cardiovascular and diabetes, rare genetic diseases and genomics, scan the QR code or visit perkinsplunge.org.au to show your support.



You're transforming cancer research!

Your riders are shattering records for research at the MACA Cancer 200 Ride for the Perkins. 2024 marks thirteen years of this incredible cancer-fighting event. This year, more than \$10 million dollars has been raised for vital life-saving cancer research at the Perkins. And that number is still climbing!

Importantly, behind every dollar raised is a story. We'd like to introduce you to Same Rowe. He is a proud three-year rider.

Sam bravely got up on stage at the end of day one of the Ride in front of over 2000 people to share his very personal reason for riding—to honour his friend Tahu whose life was cut short by cancer. His mission, to do something to stop cancer in its tracks.

Perhaps you were there?



For over 13 years, your Ride donations have funded vital equipment, ground-breaking research and recruitment of world experts in cancer. And now, the funds are also protecting the next generation of researchers. From 2025, one early to mid-career researcher will be the recipient of the inaugural MACA Cancer 200 Safe Harbour Fellow. This provides three years of critical funding designed to protect them as they establish their research career. And it's keeping brilliant minds in WA!

Here Sam speaks
in his own words.



Tahu with his family.

Here is the story of my friend Tahu, someone I called Tuakana, the Mauri word for older brother.

I met Tahu soon after I moved to Wellington, New Zealand. I didn't know many people but when I met, we clicked. Tahu helped me find my footing in a new place.

He became an older brother to me, and he and his family welcomed me with warm, open arms.

Tahu was 27 when he married the love of his life Jo in 2012. Later that year, they had their first son, Knox. By Christmas 2016, Jo and Tahu were again expecting another little boy, Manaaki.

Two months after Manaaki's birth, Tahu started getting migraines. By the end of February, Jo had convinced him to go and see the doctor. Tahu had a CT scan later that day. That was when everything changed.

He told me he had AA3 Anaplastic Astrocytoma and GMB4 Glioblastoma Multiforme. Silly me then googled AA and GMB. This is what it said.

A 20-44-year-old with AA had a 5-year survival rate of 48%... and I was like ok 50-50 he's still got 5 more years and will at least get to see both his kids go to school and they will have decent memories of their dad. Then I looked up GMB and read that the survival rate dropped to just 14%.

That hit me like a ton of bricks.

Sadly, Tahu didn't get much time to make family memories. Three and half years after his initial diagnosis, on Sep 4, 2020, Tahu took his last breath... at home with Jo and their two young sons by his side.

There's a saying that everyone dies twice, once when you take your last breath and finally when someone speaks your name for the last time.

As I ride my 200km over two days pedalling for hours and hours, I use the time to talk to Tahu, my Tuakana, and to others I have lost. To remember that research is the only thing that will turn the tide on cancer.

I take the time to remember their names, so that even though they have taken their last breath, someone still speaks their name, so they are never forgotten."

~ Sam Rowe - Riding in memory of Tahu

How Do You Like Your Tea?

“Welcome to the Perkins! We are so glad to have you. Can we get you a tea or coffee?”

If you have visited the Perkins for a Tour & Tea, chances are this is how we greeted you.

Amazing supporters like you are invited to Tour & Tea events throughout the year, to say thank you and show you how your generosity is making a difference.

In these intimate gatherings you have the opportunity to ask questions and chat with expert researchers. Our friendly team will also give you an exclusive behind-the-scenes tour of the state-of-the-art Perkins North building so you can see your donations in action in our lifesaving labs.

We would love to have you along one day and share all the brilliant ways you are helping to keep families together longer, over a nice hot cuppa.

If you would like to attend a Tour & Tea, please let us know via the QR Code or contact Lynda on (08) 6151 0772. Keep an eye out for our invitations and RSVP to let us know you're coming.



Carolyn Scriba, Perkins researcher, spoke at the September Tour & Tea. She was supported by her very proud mum and dad, Connie and Hermann who are generous supporters of the Perkins.



Carolyn's work is focused on finding the genetic causes for rare neuromuscular diseases and developing potential treatments. Though individually they are rare, collectively these diseases impact thousands of Australians and their families. Finding the genetic cause of disease often ends many years of searching for these families, and empowers them to make informed decisions and access any available treatments.

Your business can now partner with Perkins!



Can you imagine a future where your favourite local shops and businesses are not just known for what they sell, but for their help in finding better ways to prevent, diagnose or treat disease?

That's our vision and it thrives on collaboration. That's why we've launched Perkins Partners, a corporate engagement initiative offering a powerful way for businesses to join us on our path to improving the health of the community in which we all live and work.

Last month, the Perkins and the CEO Institute WA co-hosted an event to launch Perkins Partners, bringing together some of the Perkins' brightest minds in science, Perkins stakeholders and CEO Institute members to hear from our researchers on their latest medical discoveries.

Steve Stanley, CEO of the CEO Institute WA said *"The CEO Institute is delighted to partner with the Perkins. The opportunity to support outstanding researchers, whose results will change, or save lives, is something we relish."*

At the Perkins, we believe that every organisation—big or small—has the potential to be more than just a place of business. It can be a progressive powerhouse in the fight against disease - and profit from a mutually beneficial partnership along the way.

If this vision resonates with you, contact Celia Byatt, Corporate Engagement Partner on celia.byatt@perkins.org.au or visit perkins.org.au/perkins-partners.



We are excited to share that WA business, Complete Home Filtration has recently joined the Perkins Partner Program—thank you to Founder and Managing Director Suzanne Dodds, along with your staff and customers, for joining us on our mission to improve community health and beat the world's toughest diseases!



Holly and Suzanne from Complete Home Filtration with Celia and Professor Peter Leedman from the Perkins. ...

👉 You are lighting the way for brilliant breakthroughs

If your family is one of many to have the festive tradition of finding the best Christmas light displays, you may well have seen the Ramsbottom family's Woodvale home.

This December marks the end of a special tradition. For 25 years, Sheila and John have lit up their home for charity. And for the last six years, they've supported families facing the world's toughest diseases by raising almost \$30,000 for medical research at the Perkins.

It all started small. The Ramsbottoms wanted to share the Christmas Spirit with their community. Now, their light show has grown to be huge! But it's more than just some pretty lights. Each year, their display brings hope and kindness to the community.

We asked the Ramsbottoms what their Christmas lights meant to them.

“We are grateful for the opportunity to share our passion with the community. Our Christmas light display has been a labour of love, and we are proud of the joy and funds we have generated for worthy causes. As we close this chapter, we hope our legacy will continue to inspire others to spread love, kindness and generosity.”

As we celebrate this milestone year, we invite you to be part of history. Come see this iconic Perth Christmas light display one last time. Have fun, make memories, and help the Ramsbottoms end their amazing journey on a high note.

You can visit the lights from December 1-25, starting at 7pm, at 119 Chichester Drive, Woodvale. All funds raised will go towards medical research at the Perkins to help keep families together longer.

Scan the QR code to support their lights.



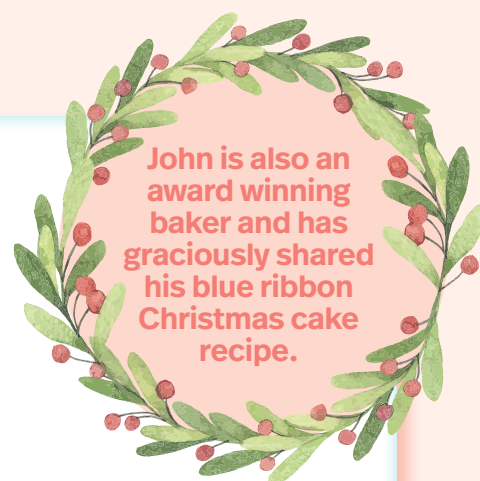
Sheila and John Ramsbottom with the Christmas tree collection on display at their lights.

Ramsbottom Christmas Cakes

Makes: 1 large 8-inch cake or 2 medium 6-inch cakes.

Time: 12 hours preparation, 2 hours cooking.

Serving: These delicious cakes make a lovely gift for someone special or can be shared over a cuppa with a friend, neighbour or loved one this festive season.



Ingredients

- 1 kilo mixed fruit
- ¼ cup brandy
- 250 grams butter
- 250 grams brown sugar
- ½ cup milk
- 400 grams plain flour
- 3 eggs
- ¼ cup slivered almonds
- 1 tsp nutmeg
- 1 tsp ginger
- 1 tsp cinnamon
- 1 tsp vanilla essence
- 1 tsp lemon
- 1 tsp bi-carb soda

Method

1. Add the brandy to the mixed fruit and leave to soak overnight. If the fruit is dry, add 1/4 cup water as well.
2. The next morning, line the baking tins with baking paper and pre-heat the oven to 110 degrees Celsius.
3. Add the slivered almonds, lemon juice, vanilla essence and spices to the fruit mix and stir well.
4. Add the bi-carb to the flour in a separate bowl and mix. Then set aside for later.
5. On the stove top, heat the butter, milk and brown sugar at a low to medium heat. Do not boil.
6. When all the sugar has melted, add to the fruit mix and stir well to combine.
7. Beat eggs in a separate bowl.
8. Alternate adding the flour and eggs to the fruit mix, stirring as you go to combine.
9. When all the flour and egg is mixed into the fruit, place this into the baking tins.
10. Place baking tins in pre-heated oven to cook for at least 2 hours.
11. Use a skewer to test the cake's readiness. When the skewer comes out clean remove cakes from oven and cool.



Showing you care for people facing cancer

Cancer impacts so many lives—your friends, family, neighbours and workmates. It can be hard to know how to react when someone tells you they have cancer. That’s why the Be There With Care cancer support guide was created.

It's a free guide full of thoughtful insights and practical advice to help you offer meaningful support to someone facing cancer.

This special guide has been created with input from over 450 Perkins supporters who have had cancer or cared for someone with cancer. Your valuable insights have helped create an authentic and positive guide to help provide meaningful and helpful support to someone facing cancer.



A huge thank you to the people who graciously shared advice and stories to make this guide!

You can get a copy of the guide by scanning the QR code or visiting perkins.org.au/be-there-with-care.



You're driving cancer research

Our heartfelt thanks to the WA transport industry and community, who have once again dug deep to support groundbreaking cancer research at the Perkins.

The 2024, WA Mack Muster and Truck Show was held at Quarry Farm in Byford on Sunday, 24 March. This was the third time the Mack Muster was held, and all proceeds from tickets sales, the pre-show gala dinner and auction were donated to support WA's best medical researchers fighting the hardest to treat cancers at the Perkins.

A truckload of thanks to every trucking enthusiast and visitor who contributed to this outstanding gift to better health for all West Australians.



The WA Mack Muster and Truck Show committee chair, Steve Della Bona, with the team and sponsors presented Professor Peter Leedman AO a cheque for \$500,000.

The WA Mack Muster and Truck show has raised \$850,000 for cancer research over the years! Thank you!



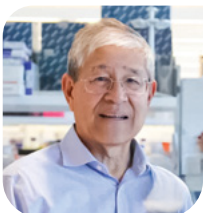
- 140 trucks
- 3,500+ spectators
- \$100,000 raised



- 214 trucks
- 6,500+ spectators
- \$250,000 raised



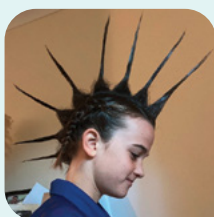
- 330 trucks
- 8,500+ spectators
- \$500,000 raised



Liver cancer is increasing in incidence and has a grim five-year survival rate of 18%. Perkins researchers, like Emeritus Professor George Yeoh, are working to change that statistic. They've identified a micro-RNA that is making drug-resistant liver cancer cells receptive to the same drug again.

Meet your Cure Community

You'll be inspired by Louie!



In March this year, 11-year-old Louie decided to grow his hair and donate it to someone facing cancer. But his generosity did not stop there, he decided to make it a fundraiser for Perkins research too!

Students from Wembley Primary School will witness his head shave later this month. Along with the chance to scoop up some of the 140 liters of healthy frozen yogurt made by Louie, and his mum Sharon.

His goal is to raise \$2,000. What a Legend! Want to help him reach his target? Scan the QR code.



Louie is raising funds for Glioblastoma.

Louie's fundraising will help Perkins Researchers like Professor Ruth Ganns who is developing an immunotherapy drug for patients with this aggressive brain cancer. This discovery offers lifesaving promise by opening up the blood vessels surrounding solid tumours, improving drug delivery and the body's own immune response. Thanks Louie!

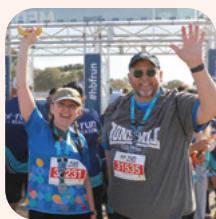
You trekked for lifesaving treatments.

You've no doubt witnessed how tough people are forced to be when faced with diseases like cancer, heart disease, diabetes and rare genetic diseases. That's why 25 of you joined the inaugural Perkins Tough Trek to raise funds for research to beat the world's toughest diseases.

Guided by local tour company, Off The Beaten Track WA, the Cure Community took on 20km of challenging terrain in John Forrest National Park, joined by leading Perkins researcher Professor Kevin Pflieger. Together, they raised \$11,800 for Perkins research.



You made this year's Run for Research a record breaker!



This was a record-breaking year for the Perkins as 49 Cure Community Heroes ran for research in the HBF Run for a Reason. As a collective, you raised \$10,641 for lifesaving researcher—thank you!

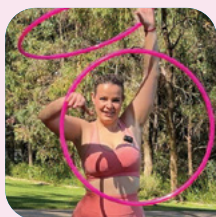
An extra special thank you to Kodie, who became a Perkins Ambassador by sharing her story:

“The Perkins was Dad's favourite charity. Before cancer took him from us, he rode and raised over \$20,000 for the Perkins by participating in the MACA Cancer 200, Ride for the Perkins from 2015-2020.

My Nonna and Nonno both passed away from cancer. And in 2022, my Dad lost his battle to bile duct cancer. Cancer has been a recurring nightmare for my family. So running for the Perkins meant I could do something to support those people fighting this disease. My Dad is my inspiration.”

Kodie raised \$1,582 for the Perkins in memory of her dad at the 2024 HBF Run for a reason.

You're putting a spin on devastating heart disease statistics.



Every 12 minutes an Aussie life is lost to heart disease. That's why more than 40 of you have committed to spin a hula hoop for 12 minutes each day, starting on World Heart Day, for an entire month.

Kate Kirwin is the 2024 WA Young Australian of the Year, honoured for her incredible work in the tech industry as the founder of She Codes Australia. After hearing how Perkins researchers use technology to tackle heart disease, she was inspired to sign up. Kate joins professional hula hooper and Happy Healthy Hoops founder, Bree Kirk Brunnand on our Hula 4 Heart Ambassador team—Thank you Kate & Bree!



Hooping for heart research.

This small but mighty cohort are fundraising to support heart research like Dr Elena Pardo, who is working to develop a 3D printed heart valve that doesn't require invasive surgery or regular replacements.

Do you want to join the Cure Community?



My name's John and I'm here to support anyone who is looking to raise funds and awareness of medical research into the world's toughest diseases at the Perkins. If you want to join an event that you've read about today or have an idea for your own fundraiser, I'd love to hear from you at john@perkins.org.au or **(08) 6151 0842**.

Dates for your calendar



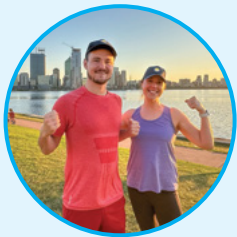
Wesfarmers Harry Perkins Oration 6 November 2024

Professor Richard Scolyer AO, Co-Medical Director of Melanoma Institute Australia, will be sharing his life's work, and his remarkable personal fight against aggressive brain cancer. This event is sold out but please keep a look out for more invitations to events like this from the Perkins.



Perkins Plunge 9–10 November 2024

The Perkins Plunge powered by MinRes is a 12-hour overnight relay swim raising funds for WA medical research into the diseases that most affect our families. Registrations are open for team and solo swimmers. Scan the QR code or visit perkinsplunge.org.au to get involved. See you pool side!



Run Before The Sun 1–30 November 2024

Walk or run 3km a day to beat Australia's toughest diseases this November. Take on the Run Before the Sun challenge and commit to 3km your own way at the safest time of day—dawn or dusk—and raise funds for the 5 million Aussies facing disease darkness. Scan the QR code or visit runbeforethesun.org.au to sign up for free.



New Town Toyota Walk for Women's Cancer 3 May 2025

Register today to take part in a 35km walk around Perth, raising funds for women's cancer research. The Walk is not a race, but a journey in helping to discover kinder treatments and better health outcomes for the women in our lives fighting cancer. Scan the QR code or visit walkforwomenscancer.org.au to get involved.

