

Meridian

Newsletter of the Australian Chinese Medical Association of Victoria

澳洲维省中华西医协会

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Welcome to 2017

智慧。To know what you know and what you do not know, that is true knowledge. Confucius

Fine dining with family and friends was a fantastic way to welcome in the Chinese New Year of the Rooster! With the whole restaurant to ourselves, Yum Cha at Tao Tao House in Hawthorn was indeed a House of Happiness. Many thanks to **Central Equity** and **Waverley BMW** for sponsoring the generous prizes. Children running around with the lion dancing added to the atmosphere of family and connectedness that gives ACMAV strength.

In this edition of Meridian, the highlight is the update of **ACMAV House**. The House Subcommittee is chaired by Vice President, David Chong. His expert leadership resulted in the successful sale of the property. Thank you also to all members who contributed to this process. The next major step is to strategically re-evaluate, modernise and optimise the ACMAV Investment Portfolio. In turn, this will sustain the growth of our educational, charitable and social objectives.

As part of our overall vision, ACMAV's partnership with **Bank of Melbourne** has continued to flourish. We are grateful for this support. Please see facing page for details of a recently sponsored seminar on investment and property tips.

The **2017 educational series** kicks off on 22nd March at Shark Finn Inn on an important National Prescribing Initiative that affects us all. *Choosing Wisely* is a global push to order the right test and implement the right management for the right patient. There are multiple recommendations from peak colleges, societies and associations (<http://www.choosingwisely.org.au/recommendations>). Don't forget to RSVP and join us for an engaging panel discussion.

In 2017, the keynote event will be hosting the 21st Australasian Council of Chinese Medical Associations (ACCMA)/ACMAV conference on the 16th September. Save this date and come for a day of highly interactive learning at Austin Health's Education Precinct with cutting-edge, yet clinically relevant sessions led by experts in the field. Break-out workshops will ensure the conference will be tailored to your personal learning needs. The day will be finished with a delectable Asian Degustation Banquet.

Also inside this edition is a report from one of our **ACMAV Grant recipients**. This program is designed to assist individuals who have research or community projects benefiting the Chinese community.

2017 is indeed a time of great excitement and opportunity at ACMAV. Our committee and membership will continue to work diligently and innovatively to further ACMAV's development. Please do speak up if you have any amazing ideas or suggestions. After all, the rooster's wings of change always flutter on the fire of ideas. And finally, keep a sharp eye out for upcoming social events – everyone needs a break!

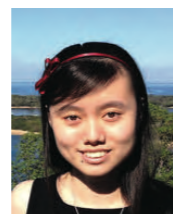
Dr Chris Leung (ACMAV and ACCMA President)



Dr Chris Leung
President
Gastroenterologist



Dr David Chong
Vice-President
Retired



Dr Lisa Ling
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Medical Officer



Dr Cheryl Oh
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General Practitioner



Dr Nicole Yap
Breast oncological
surgeon



Dr Rebecca Nguyen
Dermatologist



Dr Melissa Chen
Haematology
Advanced Trainee



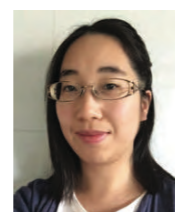
Dr Lilia Ilina
General Practitioner



Dr Jason Chuen
Vascular surgeon



Dr Yue-Guang Baey
Medical Officer



Dr Nora Lee
Haematologist

ACMAV events



Wealth and Property Seminar



On Tuesday 29th November, 2016, ACMAV's final seminar was held at Quanjude, Melbourne. Fittingly, it was an evening for looking into the new beyond. ACMAV Members were given an exclusive presentation from Robert Papaleo of *Charter Keck Camer* about the Melbourne property market, and from Simon Lally of *PKF Wealth Melbourne*. This was a very helpful overview for all who attended. The event was sponsored by *Bank of Melbourne*, a valued supporter of ACMAV. We hope to further develop this working relationship in 2017. ~

ACMAV Grant recipient report

It is my absolute pleasure and honour to be awarded the ACMAV Charitable Grant for 2016. I am truly grateful to ACMAV for the recognition and to my supervisors, Dr Simon Chu and Professor Peter Fuller, for their unequivocal support throughout my research. My research project aims to identify specific therapeutics for ovarian granulosa cell tumours (GCT). This has been a pressing need given the high mortality rate of this highly recurrent cancer due to the lack of effective chemo- or adjuvant therapies. GCT are endocrine tumours of the ovary which highly express two proteins, an anti-cell death protein known as XIAP and the PPAR γ protein which has become a therapeutic target due to its role in cell metabolism and cell death. My findings suggested that inhibiting XIAP maximises the effect of PPAR γ agonists, leading to cell death in the GCT cells. Both XIAP inhibitors, the smac mimetics such as Compound A, and PPAR γ agonists, thiazolidinediones such as rosiglitazone, are in clinical trials for certain cancers. This combinational treatment, thiazolidinediones (PPAR γ agonists) and smac mimetics (XIAP inhibitors), specifically targets the cancer cells that highly express these two proteins. This approach

is not restricted to GCT, as findings have broader implications for other malignancies such as colon and thyroid cancers which also demonstrate abundant expression of these proteins. We have developed a 3D model of the tumour cells to better mimic the tumour micro-environment compared to traditional monolayer tissue culture. Our results show that the combined treatment leads to shrinkage and significant cell death of the tumour sphere. My latest findings also demonstrate that the combinational treatment impairs the ability of the tumour spheres to invade. This is particularly relevant to GCT since invasive ovarian cancers are the most common fatal gynaecological tumours. This exciting data demonstrated that compounds targeting PPAR γ and XIAP are promising therapeutics for the treatment of GCT and potentially other cancers. With the support of ACMAV, I look forward to continuing my research and communicating this knowledge to the wider medical professions.

Dilys Leung—PhD Candidate, Hudson Institute

Chinese

As has been the old tradition for decades, ACMAV never fails to hustle in the lunar new year without a certain amount of noise and a proportional quantity of belly-stretching edibles. More importantly, this is the first gathering of the year for ACMAV and is a treasured opportunity to bring friends and family together. Over the years, the event has been held at various venues. This year, it was held at Tao Tao House, Hawthorn. The turnout was fantastic, with RSVPs quickly exceeding the physical capacity of the restaurant. The Committee sends its sincerest apologies to those who were unable to attend due to this constraint. Proceedings began with the Hong De Lion and Dragon troupe giving their best decibel effort to banish any unwanted supernaturals, and to welcome in the Year of the Rooster. Red packets were eagerly pitched high up near the roof for the lion, who also visited each table. Door prizes were drawn for three lucky winners. *Waverley BMW* kindly provided two tickets to their Phillip Island Driving Experience in September (won by Yue-Guang Dacy and David Chong). *Central Equity* provided a beautiful hamper of exotic foods and condiments (won by Newton Lee). A great day was had by all. ACMAV wishes all its members, family and friends a happy and prosperous new year.

New Year

Yum Cha



ACMAV House Update Optimising our resources for growth



Dr David Chong – ACMAV Vice President, Chair of House Subcommittee

PREAMBLE

ACMAV has traditionally been strong in the efficient usage of human resources. This is exemplified in previous humanitarian work, educational seminars, annual conferences, participation in various academic boards, civic work in educational initiatives and the running of health promotion projects amongst the Chinese community and the general public. However there is a constant need to review and strategically improve the utilisation of available physical resources. Currently available are:

1. Liquid assets distributed amongst three accounts, namely ACMAV Incorporated, ACMAV Foundation, and ACMAV HPT. ACMAV Inc is the sole trustee of ACMAV Foundation which is the owner of the headquarters. ACMAV Health Promotion Trust (HPT) is a new entity since approval 29/6/16, which is a tax-favourable entity and delivers all of the Association's health programs.

2. ACMAV Headquarters

In the face of changing government legislations and a more challenging funding environment, it is therefore the intention of the previous and current committees to address this issue. This will help ensure that ACMAV is in a stronger position to sustain our expanding programs.

ADDRESSING AN INCREASINGLY CHALLENGING FUNDING CLIMATE

1. Securing external funding

In 2016, ACMAV began its partnership with Bank of Melbourne (BoM). BoM currently funds two educational seminars a year and entry to other BoM-associated programs. Essential support from various other industries has been also been engaged for development.

ACMAV House Update Optimising our resources for growth

...from previous page

2. New Government Legislation

Introduced in 2013, new legislation subjected the Foundation entity, which can receive tax-deductible donations, to a mandatory distribution of 4% of the value of Association assets to outside charitable bodies. This substantial financial consideration has largely driven the formation of HPT (29/6/2016). As a formally recognised health promotion trust by the Australian Taxation Office and the Australian Charities and Not-for-profits Commission (ACNC), the mandatory distribution is currently not applicable. Funds within the HPT are used to support the educational and community programs, whilst management and secretarial services are funded by ACMAV Incorporated.

ACMAV HQ

Over some years now, the ageing ACMAV HQ has accrued maintenance liabilities requiring more rectification works. More recently, this has impacted on its in-house and commercial potential.

In the twenty years since purchase, ACMAV HQ has otherwise served the Association well as its educational hub, and subsequently as the administrative centre. The options of capitalisation and redevelopment have been discussed at various times, although definitive change has been tempered by end product uncertainties.

The Committee in 2016 adopted a fresh approach and embarked on an intensive analysis involving consultations with industry experts, architects, lawyers, engineers, builders, estate agents and demographic experts to maximise the returns from the property. Arriving at the much-considered decision to sell, approval was ob-

tained from the membership on 30/11/16 at the AGM. On a scorching Thursday, the property was sold on 23/2/17 to an owner occupier (Creswick Wool) by auction. Indications suggest there will be a retail shop in the front and the factory/warehouse in the office at the rear. Whether the original HQ building remains unchanged is uncertain.

SUMMARY

The ACMAV Committee have worked continuously to change the approach to organisational growth and viability by adapting to the evolving environment and capitalising on opportunity, in consultation with the broader membership. Key progress includes:

1. Better engagement of corporate partners, anchored by Bank of Melbourne, as a means of financially supporting ACMAV health promotion activities
2. Establishment of ACMAV HPT with the view to close down ACMAV Foundation
3. Capitalising on the HQ sale to direct growth and sound investment

ACKNOWLEDGEMENT

The Committee acknowledges the work of previous committees, particularly the original drivers of the HQ purchase in 1997. Furthermore, great appreciation is extended to key members of the Committee who brought HPT to fruition and executed the sale of HQ. ACMAV is a work in progress and all members are strongly encouraged to be involved in one way or another.



The Back Page

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UPCOMING EVENTS



**Choosing Wisely
Australia**
An initiative of NPS MedicineWise

March 22, 2017
7pm, Shark Fin Inn



**Waverley BMW
Leisure Drive**
Exclusively for
ACMAV

April 28 2017
10am

**Palliative Care—
A holistic approach** **May 2017**

Ins and Outs of Andrology **June 2017**

Stressed? Sedentary? Come to Tai Chi!

Tai Chi Saturdays
9.30AM Forest Hill Secondary College
Tai Chi Sundays
10.30AM Templestowe Secondary College

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