

**Without the help of the Heart Foundation,
Peter Bland may never have made it to
Antarctica – and his son Angus might not
have made it at all...**



Dear Friend

Peter Bland and his son Angus wear permanent reminders of the importance of the Heart Foundation's work.

Despite having open-heart surgery at 8 years of age, and again at 28, he's become the first Australian to walk to both the North and South Magnetic Poles and most recently, scale the Antarctic Peninsula.

That last adventure almost cost Peter his life, when he was seriously injured after falling down a crevasse. His best friend helped save his life, and his dramatic rescue made headlines around the world.

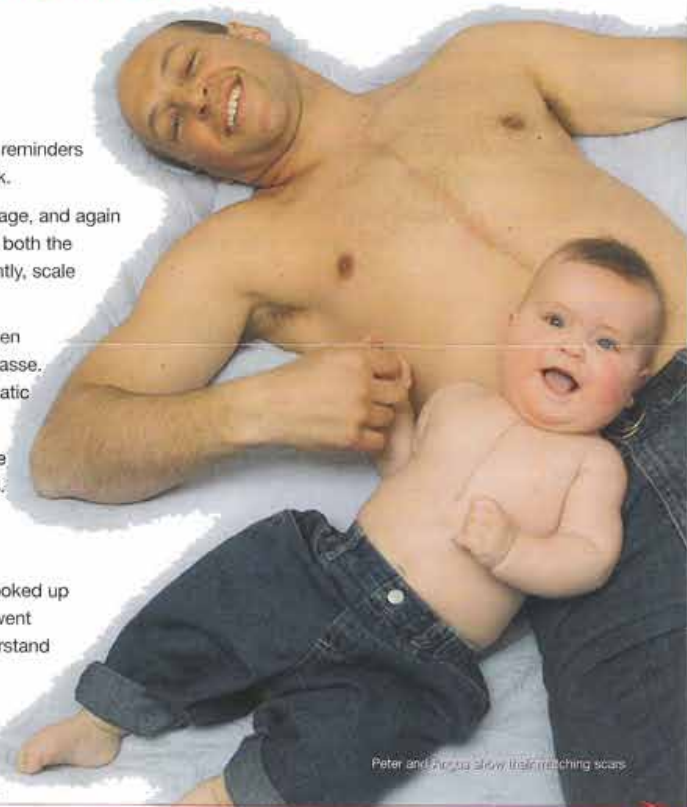
But those scars don't mean quite as much as the scars he and his son Angus wear on their chests.

At just six months old, Angus had open-heart surgery to repair a hole in his heart.

Peter says "It was much harder seeing Angus hooked up to tubes and lines in intensive care than when I went through it. It was horrible, because I could understand the distress he was going through. He was so helpless and there was nothing I could do."

Peter's wife, Julia adds "I think Peter should be proud of his chest scars from

P.T.O.



Peter and Angus show their matching scars

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Donate \$30 or more and receive
a free Heart Foundation recipe booklet.



**OR CALL 1300 55 02 82
TO MAKE YOUR DONATION**

- Please charge \$ _____ MONTHLY to my credit card until I advise otherwise.
- Please send me information about remembering the Heart Foundation in my Will.

- I have already provided for the Heart Foundation in my Will. (tick if you haven't previously advised us)

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