

Priceless



**Clifford
Craig**
Medical
Research Trust

THE NEWS BULLETIN FOR SUPPORTERS OF THE CLIFFORD CRAIG MEDICAL RESEARCH TRUST

We have Come a Long Way

When Dr John Morris was first approached in the early 1990's to become involved in the feasibility of establishing a community organisation that could raise funds to support medical research at the Launceston General Hospital, he certainly didn't envisage what the Clifford Craig Medical Research Trust would become some 20 years later.



Dr John Morris

Dr Morris was approaching retirement from his career as a specialist physician and head of the Diabetes Clinic at the LGH when the then Chairman of the Northern Regional Hospitals Board, Laurie Wing, asked him at a hospital function if he would become involved in furthering the idea. "Laurie called a public meeting in the city and from there a committee was formed," he said.

"We launched a capital appeal with an initial target of \$1 million to allow the project to get off the ground and Anne O'Byrne, Roz O'Connor, Roelf Vos and I were among those who sought the early funds. We ran a series of dinners whereby we invited prominent business and community people to attend and these attracted strong commitments of support, along with visits to the many service clubs across the region," he said.

After successfully attracting sufficient funding support, the Clifford Craig Medical Research Trust was formed in April 1992 under the chairmanship of Dr Morris and Toni Maloney was appointed executive officer. Dr Morris recalled that in October of that year, an Epidemiologist, Dr Zahid Ansari, was appointed to start research work on various forms of cancer. "His studies into the incidence of cancer in Tasmania revealed an alarming increase in lung cancer amongst Tasmanian women at a time when with this disease was not increasing to the same degree throughout the rest of Australia," Dr Morris said.

"Our early focus was to predominantly support research at the LGH however we have since expanded our activities across northern Tasmania to include the North West Regional Hospital through the establishment of the North West Medical Research Fund, and we have fundraising groups in Burnie, Devonport, Bridport/Scottsdale and Launceston," he said.

Dr Morris is proud of what the Trust has achieved in its 19 years of operation and it has provided funding for 94 medical research projects to the value of \$3.6 million. "We have proven that a regional community such as ours is capable of conducting important medical research that provides significant benefits for its own population. Furthermore, we have built a strong relationship with the University of Tasmania and our support also extends to medical students and research students in order to encourage these people to come to our region to undertake their studies," he said.

Dr Morris handed over the chairmanship of the Trust in 2005 to Associate Professor Don McTaggart but still remains actively involved on the Board of Directors. "I really didn't envisage that we would become what we are today, but having said that, I would now hope the Clifford Craig Medical Research Trust will continue to grow and become a significant research institute attached to the LGH for the benefit of all of northern Tasmania," he said.

CLIFFORD CRAIG
MEDICAL RESEARCH TRUST

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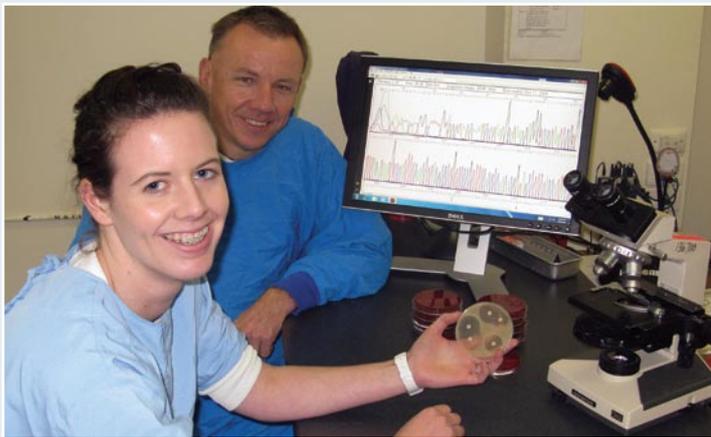
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Craig Medical Research Trust

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Research Update

Antibiotic Prescribing Practices



PHD student Elizabeth Witherden and Dr Stephen Tristram

Dr Stephen Tristram, a lecturer in Medical Microbiology at the UTAS School of Human Life Sciences, and Elizabeth Witherden, his PhD student, have recently commenced an important research project into the rapid emergence of antibiotic resistance in *Haemophilus influenzae*, an organism that commonly infects the respiratory tract.

Resistance to antibiotics is increasing worldwide and presents real problems with the management of infectious diseases. A new type of antibiotic resistance in *Haemophilus influenzae* is posing particular problems not only because the most commonly used antibiotics are no longer effective, but also because diagnostic laboratories have trouble detecting the resistance.

Routine methods demonstrated that this type of resistance was present in less than 1% of strains of the organism in Australia, but more sensitive molecular techniques show that the true rate of resistance is approximately 20%. This means that many patients are being treated with sub optimal antibiotics and opportunities to provide suitable treatment are being missed.

There are many gaps in the basic understanding of this new resistance in *Haemophilus influenzae* and this research project intends to unravel the molecular evolution of the resistance. This information will be used to devise strategies to increase ease of detection of the resistance and minimise its emergence by avoiding those antibiotics that more strongly promote resistance.

Funded by the Clifford Craig Medical Research Trust, Dr Tristram's study commenced earlier this year and the laboratory work will be completed in January 2013.

In a progress update, Dr Tristram has reported, "Research is so interesting because it throws up so many surprises. Our initial work on this project has involved evaluating some molecular tests that others have previously used and published, and to our astonishment it appears that an oversight in the initial design of the tests is compromising their performance. We estimate that laboratories that use these tests will fail to detect antibiotic resistance in 25% of the strains they test."

Dr Tristram advises that he plans to submit this work for publication within the next month. "For our overall goal for the project, we would have been happier if the test had worked as we initially expected, but getting what might be an important publication out of the project so early is a pretty good side benefit," he said.

National Award to Support Cancer Research



Success in a national safety competition by employees of a Tasmanian petroleum company has enabled a \$5000 donation to the Clifford Craig Medical Research Trust.

As the Tasmanian carrier for Shell Australia, Tas Petroleum was eligible to participate in the Goal Zero Charity Challenge which was a national safety promotion. The aim of the competition was to encourage contractors throughout Australia to have a 120 day incident-free period.

Tas Petroleum managing director Grant Thurlow explained the safety challenge required there be no spills, no injuries and no fuel mixes within the timeframe. "Each carrier was offered the incentive of \$5000 to donate to their favourite charity if they remained incident-free," he said. "We chose the Clifford Craig Medical Research Trust as our nominated charity and we are all very pleased that we were successful from both a business and charitable perspective."

The \$5000 donation from Tas Petroleum has been designated to be used for cancer research.

Butter vs Margarine



The Heart Foundation recommends that we aim to reduce the amount of saturated fat we consume. Saturated fat is known to raise cholesterol and increase our risk of developing cardiovascular disease.

A simple way of reducing the amount of saturated fat we eat is to switch from using butter (containing 50% saturated fat) to margarine (containing 20% saturated fat). By switching butter for margarine on your morning toast and sandwiches at lunch you are removing almost 3kg of saturated fat from your diet each year.

There are many different varieties of margarine available in supermarkets. When choosing a margarine look for one that contains canola oil, olive oil, safflower oil, sunflower oil, corn or soy oils. These will contain less saturated fat than butter or margarine containing palm oil. Also look for margarines labelled 'salt reduced'.

Some margarine like Logical Spread and Flora Proactive are enriched with plant sterols and are useful for people with high cholesterol. The National Heart Foundation recommends eating 2-3 grams of plant sterols per day for cholesterol management. Usually you need to eat 25 grams (1 rounded tablespoon) per day of margarine (with added plant sterols) to get the right amount.

In *The Australian Guidelines for Healthy Eating*, butter and margarine are considered 'extra' foods. Biscuits, cakes, desserts, pastries, soft drinks; high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways; lollies and chocolate also belong in this category.

'Extra' foods are not essential to provide the nutrients the body needs and some contain too much added fat, salt and sugars. These foods are likely to contribute large amounts of energy and contribute to weight gain. 'Extra' foods are foods which should be eaten 'only sometimes and in small amounts'.

Consider some of the many low fat, nutritious substitutes for butter and margarine. Toast can be enjoyed with a spread of low fat cream cheese and sliced tomato, or ricotta and banana. Low fat mayonnaise, hummus dip or some mashed avocado can be added to sandwiches.

Eating toast and sandwiches without butter or margarine is an easy way to reduce total fat and saturated fat from our diet in order to reduce our risk of developing cardiovascular disease.

This Healthy Eating article was kindly written by Ellen Eade from the Nutrition Department at the Launceston General Hospital.

Dare Shott Lecture

The 13th Dare Shott Public Lecture was held in early June at the Sir Raymond Ferrall Centre, University of Tasmania – Newnham Campus. The event is held annually during Medical Research Week in memory of the late Miss Dare Shott who bequeathed a generous gift for medical research in the late 1980's.

We were honoured to have a Nobel Prize winner travel to Launceston to present the public lecture this year. Laureate Professor Peter Doherty won the Nobel Prize for Physiology & Medicine in 1996 with Swiss colleague Rolf Zinkernagel for their discovery of how the immune system recognises virus-infected cells.

One of Australia's most highly respected scientists, Professor Doherty's research is mainly in the area of defence against viruses and his presentation at the Dare Shott Lecture enthralled the audience. He shared his knowledge on how scientists throughout the world are working to control viruses, and in particular, influenza, which is one of the most deadly viruses as it travels so quickly and is so easily transmitted.

Professor Doherty was Australian of the Year in 1997, and has since been commuting between St Jude Children's Research Hospital in Memphis and the Department of Microbiology and Immunology at the University of Melbourne.



Professor Peter Doherty at the Dare Shott Lecture

Health Trivia

To burn off the energy the body receives from eating 2 Hot Dogs you would need to:

1 – Walk for 2 hrs and 2 mins

2 – Swim for 53 mins

3 – Aerobic class for 1 hr and 12 mins

4 – Lift weights for 1 hr and 26 mins





Tasting Delight

Guests at our April wine tasting evening were treated to quite an exclusive opportunity as they became some of the first people in Tasmania to sample the latest wines from Penfold's Bin Range.

The special tasting was a unique occasion for our supporters as the annual release of the Penfold's Bin Range is normally limited to only a few tasting events each year. The most popular wines were the Bin 389 Cabernet Shiraz and the Bin 407 Cabernet Sauvignon. The Secret Stone Sparkling Sauvignon Blanc proved to be a popular starter for tasters.

Thank you to Treasury Wine Estates and the TRC Group for making the event possible and keep an eye out for our pre-Christmas tasting later in the year.



Devonport Friends Raffle

The Devonport Friends of Clifford Craig have been busily selling raffle tickets in their annual raffle across the North West coast over the past couple of months.

The raffle is a significant fundraiser and the committed group of volunteers have set-up their ticket selling table at various locations including Devonport, Latrobe, Ulverstone and Smithton.

The draw was conducted at the recent Soup and Sandwich Luncheon which was held at the Pinegrove Function Centre in Devonport and the winner received a magnificent grocery hamper.



Devonport committee members Merle Wells and Ailsa Jordan admire the grocery hamper.

Yes, I would like to help the Clifford Craig Medical Research Trust

- I would like to make a one-off donation of \$_____
- I would like to have monthly donations of \$_____ deducted from my credit card.
- All donations over \$2 are tax deductible.

Please complete the following details:

Title/s: Mr / Mrs / Miss / Other _____

Given Name/s: _____

Surname: _____

Address: _____

Postcode: _____

Telephone: () _____

Email: _____

Please accept my donation/s in the form of:

- Cash Cheque/Money Order*

*Payable to the Clifford Craig Medical Research Trust

OR

Please debit my:

- Visa Mastercard

Credit Card No.: _____

Expiry Date: / _____

Name on card: _____

Signature: _____

- Please send me information on remembering the Trust in my Will.
- Please send me information on making an annual gift using your courtesy reminder service.
- Please apply my gift to the North West Medical Research Fund.

Thank you for your support

Please post to:
**CLIFFORD CRAIG
 MEDICAL RESEARCH TRUST**
 PO Box 1963
 Launceston
 Tasmania 7250





LAST CHANCE

Entertainment Book 2011-2012

We are pleased to advise the Trust is an outlet for the annual *Entertainment Book* this year. Many of our supporters seek to purchase the Entertainment Book through the Trust each year as it is a valuable fundraiser for our research work.

The new *Entertainment Book* features some great savings at a large range of outlets including restaurants, attractions, cinemas, sports and accommodation, with \$11 from the purchase of each book sold going to the Trust.

For further information on how to purchase the book please visit our website

www.cliffordcraig.org.au
or contact the Trust office.



**Clifford
Craig**
Medical
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Message from the Chief Executive Officer



As I write this column for our quarterly newsletter, the wet and cold weather happening outside my office window makes me realise that we are quickly approaching the depths of winter. I always find rainy days to be good thinking days, and I have been sitting here reflecting upon the significance of the past couple of weeks.

Last week, I had the honour of meeting not one, but two Nobel Prize winning laureate professors who came to Launceston for separate speaking engagements. Professor Peter Doherty presented the Dare Shott Lecture and he was awarded the Nobel Prize in 1996 for discovering how the immune system recognises virus infected cells. Four days earlier, Professor Barry Marshall was the guest

speaker at the ASMR Medical Research Dinner. He was awarded a Nobel Prize in 2005 for discovering that a bacterium called *Helicobacter pylori* causes one of the most common and important diseases of mankind, peptic ulcer disease.

These men are both highly regarded scientists however their careers may not have been possible without appropriate funding for medical research. This is one of the reasons that organisations such as the Clifford Craig Medical Research Trust are so important. Most researchers begin with seed funding grants to commence their careers and as their research skills develop, they seek larger funding from organisations such as the National Health and Medical Research Council.

The size of our funding grants may not compare to the major research institutes, however we have demonstrated over 19 years that our work is among the most cost effective in Australia and we make significant contributions to medical knowledge which improves the lives of many people.

Our research program involves a growing number of student researchers and maybe, just maybe, the career of a future Nobel Prize winner may have commenced with a grant or scholarship from the Clifford Craig Medical Research Trust.

Peter Milne
CEO

Clifford Craig Charity Ball

Goodbye Winter - Come on Summer

All funds raised will go
towards medical research
in our community

For more information call the
Trust Office 6348 7010 or
www.cliffordcraig.org.au

Friday 7th October 2011
Hotel Grand Chancellor
Book early

Festival of Music

Special Event for Music Lovers

Music lovers are in for a treat in August when the Launceston Friends of Clifford Craig stage the Festival of Music at the Albert Hall in Launceston.

Previously held in 2007, the Festival of Music will feature a host of musical talent, including brass bands, pipe bands, solo performers, singers and choirs. The program is being put together by Tony Roper and Julie Lynch from the RSL Band and they have the difficult role of coordinating a smooth flowing afternoon of musical entertainment.

The concert will include the St Andrews Caledonian Pipe Band, University Wind Orchestra, Ross Challendar Band, Sing Elon International Choir, RSL Brass Band, Launceston College and St Patrick's College Choirs, and solo performances by Laura Sykes on flute and Lynda Nichols on the Brindley organ.

This will be a magnificent opportunity to be entertained by some of Northern Tasmania's most talented musicians.

The Festival of Music will be held at the Albert Hall on Sunday 21st August and will begin at 2:00 pm.

Admission price is only \$10 (children \$5). Tickets can be purchased at the door, however we strongly recommend that tickets be pre-purchased to avoid disappointment.

Tickets can be purchased at Petrarch's Bookshop or by calling the Trust Office on 6348 7010 or online www.cliffordcraig.org.au



Golf Day

My State Financial Team - John Walker, Phil Martin, Kim Charlesworth and Robbie Carrick (left to right)

The 7th annual UTAS Unigym Charity Golf Day was held on Friday 1st April at the picturesque Mowbray Golf Course. A total of 80 golfers took part in the day and experienced gourmet food, enjoyable course activities and keen competition. All proceeds raised from this year's event will be dispersed between the Clifford Craig Medical Research Trust and Cystic Fibrosis Tasmania.

This year's event was coordinated by Andrew McCarthy from the UTAS Unigym who stated that "Throughout its history, the event had raised over \$15,000 for worthwhile charities".

Andrew said that "The aim of the event was to bring together UTAS staff, event supporters and sponsors to raise funds for a worthy cause, whilst also creating awareness of the UTAS Unigym and its health and fitness programs. We have Unigym facilities located at each University campus in Launceston, Hobart and Burnie. UTAS Unigym is open to University staff, students and the wider community and boasts fantastic facilities, programs and activities at very affordable prices".

For the Diary

Launceston Professional Breakfast Series

Next Breakfast Guest Speaker: Don Wing, recently retired MLC.

When: Thursday 28th July 2011
Where: Hotel Grand Chancellor Launceston
Time: 7:15 am for 7:30 am
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au
Sponsored by: Tasplan



Launceston Friends of Clifford Craig – Festival of Music

When: Sunday 21st August 2011
Where: Albert Hall, Launceston
Time: 2:00 pm
Cost: \$10 adults, \$5 under 16
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Clifford Craig Charity Ball

When: Friday 7th October 2011
Where: Hotel Grand Chancellor Launceston
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

Run for Your Heart - date saver

Join us on **Sunday 2nd October 2011** and Run for Your Heart! Bring along your family and friends and enjoy a leisurely 5km run or walk. More information to come.

Dorset Friends of Clifford Craig – Halloween Night

When: Saturday 29th October 2011
Where: Bridport RSL Club
Bookings: Trust Office – 6348 7010 or www.cliffordcraig.org.au

John Morris Society

The dates for our JMS Members' Luncheons are **Tuesday July 19** and **Tuesday December 6**. The John Morris Society is exclusively for supporters who have remembered the Trust in their Will. For more information please contact the Trust Office – 6348 7010

In Memoriam

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

Mr Albert Irving	Mr Michael Marsden
Mr Geoffrey Sutterd	Mr Darrel Baldock
Mr Lloyd Campbell	Mr Bruce Carswell
Mr Dale Smith	Mr Jeffrey Jones
Mrs Violet Connolly	Miss Eileen Lees
Mr Heinrich Martin	Mr Tony Chandler