



**GOOD THINGS COME
IN SMALL PACKAGES**

THIS FESTIVE SEASON, THE CLIFFORD CRAIG FOUNDATION IS RAISING FUNDS TO HELP PURCHASE FOUR NEW NEONATAL BEDSIDE RESUSCITATION UNITS FOR THE LAUNCESTON GENERAL HOSPITAL.

Used during labour and delivery procedures, the 'Resuscitaire' as it is known provides the critical components needed for clinical emergencies and resuscitation.

It also combines an effective warming therapy platform. Most babies, at some point after birth, will require this treatment. The Resuscitaire saves lives, just as they begin.

The Launceston General Hospital is the only major obstetrics and gynaecology unit in Northern Tasmania.

Each year, around 1600 babies are born at the LGH - 10 per cent of these will require resuscitation assistance to breathe at birth.

It is incredibly important that our local hospital is equipped with the latest medical equipment that will make a real difference to patients in our community.

The Foundation has set a fundraising target of \$100,000 to support the purchase of four new Resuscitaires for use in Theatre, Post Acute Care and in Ward 40 for emergencies postnatal.

This Christmas, please consider supporting our appeal with a donation, to help ensure every baby born at the LGH gets the best start in life.



**SEE INSIDE: A MESSAGE FROM THE
CEO • NEW CEO TO LEAD CLIFFORD
CRAIG FOUNDATION • MEET THE
BOARD • DARE SHOTT LECTURE
RETURNS • CHRISTMAS RECIPE**



**SCAN TO WATCH
A VIDEO MESSAGE
FROM THE LGH
PAEDIATRICS
DEPARTMENT.**





MESSAGE FROM THE CEO

Once again the year seems to have slipped by at a rapid rate and all of a sudden Christmas is upon us and we are planning for 2024.

As I reflect on 2023, there have been many great achievements supported by the Foundation, among them the appointment of the inaugural Director of Research and the commencement of works for the new Research and Innovation Centre at the LGH. The new Clifford Craig Research Centre is set to open in late 2024 and this facility will deliver a world-class research and education precinct for our region. The work undertaken by the Foundation to bring this vision to reality has been significant and we can all take great pride in the exciting new pipeline of research activity that will be delivered and providing new models of care and treatments directly benefitting patients.

Next year will see the introduction of a new CEO upon my retirement at the end of March. We are delighted that Vanessa Cahoon will join the Foundation and become the fifth Chief Executive of the organisation since it was established in 1992.

A great example of our support for the delivery of excellent patient care is the annual Christmas Appeal which we recently commenced. This year we are seeking to raise sufficient funds to purchase four new Resuscitaires for the Paediatrics Department. These are specialised neonatal bedside resuscitation units that provide the critical components needed for clinical emergencies and resuscitation in birth. We would greatly appreciate your support if you are in a position to donate to this appeal.

A huge thank you to our community of donors and supporters, who make it possible for the Foundation to provide the initiatives and benefits for better healthcare of our patients.

I wish you a safe, happy and relaxing Festive Season, and thanks for your ongoing support and encouragement.

Peter Milne
Chief Executive Officer

HOW YOUR SUPPORT IS MAKING A DIFFERENCE



This time last year we asked for your help to secure a new portable echocardiogram for the Launceston General Hospital.

We are thrilled to report that with more than \$50,000 raised, this piece of life-saving equipment is now a permanent feature of the LGH Cardiology Department.

More than 1300 inpatient echocardiograms are performed at the LGH each year, along with a further 1020 outpatient procedures.

This means on average staff perform at least 6 echos a day.

This life-saving diagnostic tool uses sound waves to create pictures of your heart's inner workings, from valves to murmurs and more. It equips your doctors with critical information.

As LGH Cardiologist Dr Greg Hasking explained, the premium cardiac ultrasound is a major step up from previous machines available at the LGH.

"This is actually a very powerful machine, which allows us to take ultrasound images of the heart and detailed measurements of its function - in real time," he said.

"It also provides 3D images of the heart and 3D measurements, meaning we can see the heart in its entirety - not just from one perspective.

"We are very grateful to everyone who helped secure this vital diagnostic tool."

Thank you to everyone who supported this appeal.



SCAN TO WATCH A VIDEO WITH DR HASKING, EXPLAINING HOW THE PORTABLE ECHOCARDIOGRAM IS USED.

NEW CEO TO LEAD CLIFFORD CRAIG FOUNDATION

The Clifford Craig Foundation is proud to announce the appointment of Vanessa Cahoon as its incoming Chief Executive Officer.

She will succeed Peter Milne, who is retiring after more than 15 years in the role.

Ms Cahoon will officially join the Foundation in March next year, commencing a month-long transitional period alongside Mr Milne before starting as CEO.

Calling Launceston home for most of her life, Ms Cahoon is a driven and accomplished leader with significant experience in public relations, communications and project management.

This includes Executive Officer for Cityprom, Marketing and Fundraising Manager at Launceston City Mission, and an Adviser to the Department of Premier and Cabinet.

Most recently she served as Program Manager for the Launceston City Deal, with the Office of the Coordinator-General.

Her appointment comes after an extensive and competitive recruitment process, with Ms Cahoon unanimously endorsed by the Clifford Craig Board.

Chairman Dr John Batten AM said he was thrilled to welcome Ms Cahoon to the helm of the Foundation, which has been funding translational medical research, clinical education and improved patient facilities at the Launceston General Hospital for three decades.

“With her extensive exposure to local and state government networks, fundraising and philanthropic experience, as well as local business, Ms Cahoon will bring much-needed community support to this role,” Dr Batten said.

“Outgoing CEO Peter Milne will work alongside Ms Cahoon throughout March to enable a seamless transition into the role, which he has performed so admirably over the past 15 years.

“Peter should be justly proud of the legacy he has left the community of Northern Tasmania.”

Ms Cahoon will become only the fifth CEO to lead the foundation in its 30-year history, and only the second woman after the Foundation’s inaugural executive officer – the late Toni Maloney.

“As the newly appointed CEO, I am deeply honoured and enthusiastic about guiding the organisation into an exciting new chapter characterised by innovation, collaboration, community engagement and impactful philanthropy,” Ms Cahoon said.

“At the heart of this, is the establishment of our new Research and Innovation Centre. This represents not only a significant milestone, but it is also a testament to our commitment to fostering closer ties between the Tasmanian Government and Clifford Craig, ensuring best medical practices translate into our local communities.

“In partnership with our dedicated Board and exceptionally talented team, my goal is to build upon the Foundation’s rich legacy of advancing critical research and ensuring that northern Tasmanians have access to the highest quality hospital and healthcare services available.”



Incoming Chief Executive Officer Vanessa Cahoon

LGH WELCOMES NEW LEADER

Congratulations to Fiona Lieutier, who has been appointed as the Chief Executive for Hospitals North.

Fiona has been acting in this role since June 2023, and prior to that was the Chief Executive of Public Health Services.

During the COVID-19 pandemic, Fiona performed the role of Incident Controller for the Department of Health as well as the Emergency Commander position at the Department of Communities.

She also spent time as Director of the Tasmanian Government Radio Network, as well as a stint with Ambulance Tasmania.

Fiona has been acknowledged for her emergency response and collaborative leadership in both health and Tasmania Police portfolios and brings a wealth of senior leadership experience to the role.

We would like to welcome Fiona to the Launceston General Hospital.

Pleasingly, she has also joined the Clifford Craig Foundation Board as a Non-Executive Director.



Fiona Lieutier

MEET THE BOARD



Chairman
Dr John Batten AM

Retired Orthopaedic Surgeon, MBBS, FRACS Orth, FAOrthA, GAICD.



Company Secretary
Mrs Lyndal Kimpton

Partner, Ruddicks Chartered Accountants, Accountant/Tax Agent, Member of Australian Institute of Company Directors.



Non-Executive Director
Associate Professor Tim Strong

Director, Launceston Clinical School, University of Tasmania.



Non-Executive Director
Mr Kai Beyerle

Senior Associate at Douglas & Collins, BA.LLB(Hons)



Non-Executive Director
Dr Judith Watson

General Practitioner, FRNZCGP, MRACGP, GAICD.



Non-Executive Director
Neroli Ellis

Deputy President Tasmanian Industrial Commission, Fellow of Australian Institute of Company Directors, BN, MBA.



Non-Executive Director
Dr Mike Monsour

Adult & Paediatric Urological Surgeon, MS, BS, FRCS, FRACS



Non-Executive Director
Mr Chris Dockray

Barrister at Law, LLB



Non-Executive Director
Mr Bernard Wahlin

Chief Financial Officer, Community Care Tasmania, B.Bus, CPA, GAICD



Non-Executive Director
Mrs Sheree Brown

Practice Manager at Johnson Breward & Brown, CA, BBus, ANZ



Non-Executive Director
Mrs Fiona Lieutier

Chief Executive Hospitals North, APM, GrdDipPoliceSt

The Clifford Craig Foundation is governed by a voluntary Board of Directors who are charged with making policy and exercising fiduciary responsibility for the organisation.



Alice Harper

HELPING THE NEXT GENERATION OF HEALTH PROFESSIONALS

Thanks to the generous support of donors and sponsors, the Clifford Craig Foundation is proud to facilitate an important research program that contributes to providing the people of North and North-West Tasmania with the best possible healthcare.

This includes funding for research scholarships, aimed at assisting health professionals in Tasmania to undertake further education in their field of medicine.

We wanted to provide you with an exciting update on one such recipient – Alice Harper – who recently graduated with a Doctor of Medicine (MD).

It signifies the end of an eight-year-educational journey for Alice and the start of an exciting new career in medicine – something she says wouldn't have happened without the support of the Foundation.

Alice was awarded a \$7,500 Honours Scholarship in 2018, while completing a Bachelor of Biotechnology and Medical Research through the University of Tasmania.

Alice's Honours project was titled: Heterologous effect of diphtheria, tetanus, acellular pertussis vaccination on influenza vaccine challenge in the elderly.

The scholarship meant Alice could complete her Honours studies at the Launceston General Hospital, under the supervision of Professor Katie Flanagan and Dr Kath Ogden.

Based in the Clifford Craig Foundation office, Alice soon became an integral part of the Foundation team, assisting on numerous research projects – including Professor Flanagan's VITAL trial.

**“CLIFFORD CRAIG
REALLY SET ME
UP AND ENABLED
ME TO GET
INTO MEDICAL
SCHOOL.”**

“It was such a wonderful experience, to be immersed in the world of medical research in such a supportive environment,” Alice said.

“Through the scholarship I was also able to complete a phlebotomy (blood drawing) course, so I could actively participate in the research with participants who were coming in for trials.

“Clifford Craig really set me up and enabled me to get into medical school.”

Alice graduated with First Class Honours (the highest possible grade) and in 2020 commenced a postgraduate medical program

through the University of Wollongong.

She is now completing her final placement at Lismore Base Hospital in NSW, but says she can't wait to come back and work at the Launceston General Hospital.

“Tasmania is my home – I grew up here,” she said.

“My long-term plan is to come back and work at the LGH, and I have Clifford Craig to thank for that.”

HEART HEALTH AWARENESS MONTH

When it comes to heart disease, there is no room for complacency.

This was a key message shared as part of the Clifford Craig Foundation's annual heart health awareness month.

Throughout September we heard from cardiologists, GPs, paramedics and 'everyday' people in our community whose lives have been impacted by heart disease.

This culminated on September 29 for World Heart Day, with the Foundation partnering with fellow not-for-profit St.Lukes Health for a 'heart-to-heart' business breakfast with Dr Warrick Bishop.

Passionate about stopping heart attacks, Dr Bishop is a preventative cardiologist with more than 20 years' experience.

His aim is to inform, educate and empower individuals to have the best heart health care.

According to Dr Bishop, the key to avoiding heart disease and heart attacks is preventing the event in the first place.

He asked us to consider this analogy:

Do you wait for your car to break down before getting it serviced? Or do you think a regular service is the best approach to maintaining a 'well-oiled machine'?

His message in short: we are ALL responsible for ensuring our engine (heart) is well maintained.



Here are 6 ways to take care of your heart:

- Exercise regularly
- Maintain a healthy weight
- Reduce stress
- Eat well
- Quit smoking
- Drink alcohol in moderation

Fast facts:

- Heart disease kills two Tasmanians every day.
- Our state has the highest incidence of people living with heart disease in Australia.
- Tasmania's prevalence of heart disease (9.5%) is 2.9 percentage points higher than the national average of 6.6 per cent.



CATCH UP ON OUR HEART HEALTH CAMPAIGN HERE.

HUNTINGTON'S SPECIALIST JOINS DARE SHOTT LECTURE

After a three-year hiatus due to COVID-19, the Clifford Craig Foundation was thrilled to once again facilitate the Dare Shott Memorial Lecture last month.

Held on November 21, this year's guest speaker was Dr Sarah Lee - a cognitive and behavioural neurologist with expertise in the diagnosis, and long-term management of neurodegenerative and neurogenetic conditions.

Speaking on the topic of Huntington's Disease, Dr Lee is working to attract research and clinical trials to Tasmania - which has the second highest prevalence of Huntington's disease in the world.

A rare inherited disease, Huntington's causes the progressive breakdown of



nerve cells in the brain, resulting in the progressive loss of mental and physical capacities.

Tasmania's rate of Huntington's is three-times higher than the Australian average, affecting 1 in 5000 people.

The Dare Shott Lecture, now in its 20th year, is named after the last surviving member of the Shott family - best known for establishing the Old Umbrella Shop in Launceston in 1906.

The Clifford Craig Foundation was a beneficiary of the Shott estate, establishing the Dare Shott Memorial Lecture in 1999 as part of our commitment to health education.

Thank you to everyone who joined us on the day. We look forward to facilitating this important lecture again next year.

MUSIC ON THE MOVE RETURNS

After a three-year hiatus and for the first time since the arrival of COVID-19, live music is back at the Launceston General Hospital.

In October patients and staff were treated to the return of 'Music on the Move' – an initiative of the LGH Historical, Visual and Performing Arts Committee.

The program is part of the committee's approach to art and healing and is aimed at helping people feel more connected to the world around them.

LGH Historical, Visual and Performing Arts Committee Chairwoman Deanna Ellis said it was wonderful to see the program return to the hospital, led by Karlin Love on guitar and Juen Vanhand on violin.

"Background music in hospital settings increasingly is being recognised to be beneficial for staff, patients, and visitors by providing a calm, soothing environment which assists in improving mood and sense of well-being," Deanna said.

"Karlin and Juen commenced playing on Level 3 and it was here that they had their first 'audience' a young teenager.

"As she walked along the corridor with her carers, she decided she wished to sit and listen. The smile on her face and her interaction with the musicians was such a special moment that we shared with her and her carers."

Music on the Move will be provided monthly by a dedicated group of local musicians for the next eighteen months.



Musicians Karlin Love on guitar and Juen Vanhand on violin. Picture: Paul Scambler, *The Examiner*

'OUR BEST YET': MELBOURNE CUP LUNCHEON SUCCESS

The glitz and glamour of Flemington came to Launceston last month, with our Friends of Clifford Craig hosting their annual Melbourne Cup Luncheon on November 7.

Now in its 31st year, the fundraising event has been held in support of the Clifford Craig Foundation since 1992, with almost 100 guests attending this year's event.

Returning to TasTAFE's Drysdale campus, guests enjoyed a three-course lunch, along with all the race day action including sweeps, lucky door prizes and an auction.

Speaking to *The Examiner* newspaper, event organiser Angela Medwin said the luncheon offered the community a chance to support a worthy cause, while also enjoying the spectacle of Melbourne Cup Day.

"It's always nice to have a reason to dress up, and it is for a good cause," she said.

"It has always been a very popular fundraiser for us; I think this might be our best yet.

"It raises money that stays here in the North, and it's always good to catch up with your girlfriends."

Each year the Friends group fundraise in support of the Foundation for medical research, equipment and education initiatives at the Launceston General Hospital.

Pleasingly, this event helped raise close to \$10,000.

Thank you to our Friends for your tireless efforts and to everyone who supports this event year after year.



A LASTING MEMORY

A special way to honour a loved one when they pass away is by offering friends and family the opportunity to make a memorial donation to the Clifford Craig Foundation.

While flowers have traditionally been the means by which people pay their respects to lost loved ones, a donation for a cause close to someone's heart is a powerful way to celebrate a life.

Your 'in memory' gift will be used to support the vital work of the Foundation, and can be directed to a specific area of clinical research or a service in recognition of care received at the Launceston General Hospital.

The Clifford Craig Foundation would like to thank the family members and friends who have paid tribute to the following people during 2023 by making donations in their name:

- Mr Robert Anderson
- Mr Ken Harman
- Mr Robert Dowling
- Mrs Geraldine Hinds
- Mrs Pamela Saville
- Mr Bernard Feinberg
- Mr Graeme Frank Walker
- Mr Jack Edwards
- Mrs Josephine Carswell
- Mr Brett Jordan
- Dr Hening Els
- Mrs Joan Watson
- Mrs Joan Marshall
- Mrs Betty Dobson
- Mr Colin Morley
- Mrs Judith McDougall
- Mrs Roslyn Bak

To learn more about In Memoriam donations, visit cliffordcraig.org.au or call 6777 6010.



CHRISTMAS RECIPE CRANBERRY AND PISTACHIO BREAD



50 minutes (15 minutes)

Serves 8

3 slices per serve

INGREDIENTS

- 3 egg whites
- ½ cup caster sugar
- ¾ cup wholemeal plain flour
- ½ cup pistachios
- ½ cup natural almonds
- ¾ cup (120g) sweetened dried cranberries
- 1 teaspoon finely grated orange rind

DIRECTIONS

1. Grease a 12cm x 22cm (top measurement) medium loaf pan. Line base and sides with baking paper.
2. Beat egg whites in medium bowl with an electric mixer until soft peaks form. Gradually beat in sugar. Continue beating on high speed for about 5 minutes until sugar is dissolved and mixture is smooth.

3. Stir in flour, pistachios, almonds, cranberries and rind until combined.
4. Spoon mixture into prepared pan. Smooth over top. Bake in 160C oven (fan-forced) for about 35 minutes, until top is lightly browned. Cool in pan. Remove. Wrap in foil. Stand overnight.
5. Using a large, serrated knife, cut loaf into very thin slices, about ½ cm thick.
6. Place slices on 2 baking trays. Bake in 150C oven (fan-forced) for 12-15 minutes, until dry and very lightly browned (bread will become crisp on cooling). Cool on trays. Transfer to an airtight container.

TIPS

- This crunchy, twice-baked bread is similar to Italian biscotti and will keep for up to 2 weeks in an airtight container.
- For a variation, replace pistachios with hazelnuts and cranberries with chopped dried apricots.

Recipe courtesy of the Heart Foundation

SAVE THE DATE

INTERNATIONAL WOMEN'S DAY

When: Early March

CLIFFORD CRAIG FOUNDATION 2024 CHARITY BALL

When: Friday, May 10

*Theme to be announced soon
(hint: it's going to be gangster)*

FOR THE DIARY