IN THIS EDITION

Addressing the rural health crisis
CSU well placed to help inland Australia
CSU leads international research group
Contact us

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The Charles Sturt Pharmacy Foundation would like to acknowledge the invaluable support of donors and supporters of the program:

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Australian Pharmaceutical Industries
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Ron Dunford
National Council on Intellectual Disability

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Page 1 Welcome from the Chair of the Charles Sturt Pharmacy Foundation
CSU well placed to help inland Australia

Page 2 Addressing the rural health crisis
API makes $50,000 commitment to rural pharmacy

Page 3 Importance of rural pharmacy reinforced at the Annual Charles Sturt Foundation Dinner
Regional pharmacists to receive ‘more bang for their buck’

Page 4 CSU leads international research group to tackle major health problem

Page 6 CSU studies pharmacists’ role in rural depression

Page 7 Pharmacy Guild’s National President visits CSU
CSU Pharmacy Alumni co-host 2006 Pharmacy Ball

Page 8 Orange Campus hosts first Commencement Dinner
Swedish research student marks beginning of international association
Maxine Goodman acknowledged for support of rural pharmacy

If you would like further information on how you can invest in the future generation of pharmacists please visit http://www.csu.edu.au/special/pharmacyfoundation/
Welcome from the Chair of the Charles Sturt Pharmacy Foundation

Welcome to this, the fourth issue of CSU Script. As our Pharmacy program continues to expand, 2007 sees our student and staff numbers increase once again as the Orange Campus moves into its third year and we consolidate further in Wagga Wagga.

The CSU Pharmacy program was the first non-metropolitan Pharmacy degree course when it commenced in 1996. From the outset CSU has been strongly supported by pharmacists and industry. This support continues to build as the program grows and the quality of our graduates, research and continuing education becomes better known and understood.

The Charles Sturt Pharmacy Foundation plays a very important role in spreading the good news and in facilitating partnerships with groups outside the University. In addition to the now well established Pharmacy Foundation Dinner, which will be held this year in Orange on 22 September, we hosted a successful Industry Dinner on the 27 February. Our guest speaker for this occasion was Secretary of the Commonwealth Department of Health and Ageing, Ms Jane Halton, and we are grateful for the strong support shown for the dinner, particularly by our friends in the pharmaceutical industry.

There is still much to be done. This year we welcome a major new partnership with API which will allow significant enhancements in the management components of our program. Pfizer has also been instrumental in supporting the expansion of CSU’s continuing education programs delivered from both Wagga Wagga and Orange.

Last year saw a significant expansion in our scholarship program, most of which was funded by individual pharmacies or pharmacy groups. This provides very tangible support for students but also real benefits for the donors.

This year will also see us publish a newsletter version of CSU Script in between our regular biannual editions so that we’ll be able to keep you updated and informed more regularly.

Give me a call anytime on 0419 358063 or contact Associate Professor Lyn Angel on 02 69332836 and we can discuss how your support of the Charles Sturt Pharmacy Foundation can bring very real benefits for you and for the pharmacy profession.

CSU well placed to help inland Australia

Secretary of the Department of Health and Ageing, Ms Jane Halton, has congratulated Charles Sturt University (CSU) for its focus on the public good and highlighted the University’s strategic placement to help sustain inland Australia.

Ms Halton was the guest speaker at the Charles Sturt Pharmacy Foundation Dinner which was held in Ryde on 27 February to celebrate and share in the Foundation’s achievements in supporting the pharmacy program at CSU.

The evening followed the success of the 2006 Charles Sturt Pharmacy Foundation Dinner which was held in Wagga Wagga in July and featured an address by Jeff Sher, Group Leader at Australian Pharmaceutical Industries (API).

The support of other key industry representatives and donors was also recognised during last year’s event, with presentations made to The Pharmacy Guild of Australia, Professor Peter Carroll, The Pharmaceutical Society of Australia (NSW) and Dowley’s Amcal Pharmacy. Former NSW Branch Director of the Pharmaceutical Society of Australia, Maxine Goodman, was also recognised for her long and distinguished involvement in the profession and for her strong support of the Charles Sturt University (CSU) Pharmacy Program.

Plans for the second dinner in 2007, to be held in Orange NSW on 22 September are underway. Guest speaker will be Bendigo Pharmacist Toni Reilly, a Pharmacy Guild National Councillor and Chair of the Australian Association of Consultant Pharmacy. To book tickets please contact the Charles Sturt Foundation on (02) 6338 4680.
Addressing the rural health crisis

Regional Australia is in the grip of a chronic shortage of health workers. Charles Sturt University (CSU), as one of the nation’s fastest growing providers of rural health professionals, could hold some solutions to this problem.

With an ageing population that is placing greater demands on the national health system, Australia has struggled to fill the demand for health professionals - nurses, dietitians, occupational therapists, pharmacists, physiotherapists, podiatrists, radiologists and speech pathologists, as well as doctors and dentists - most notably in regional and rural Australia.

As Australia’s inland University, CSU is in a unique position to tackle the problems of attracting, educating and retaining qualified and committed health professionals.

The latest report by the Western Research Institute shows the success of the University’s strategy of training students in inland Australia for regional Australia. Between 2003 and 2005, 73 percent of all CSU’s on-campus graduates took up their first employment in non-metropolitan locations.

The figures were even higher for health courses, with 75 percent of health graduates from regional locations employed initially in regional Australia.

NSW Chair of Rural Pharmacy, Professor Patrick Ball, believes professional education must ‘raise the bar’ and encourage personal and professional development, not just maintain the status quo in regional practices.

“We must look at how we can retain graduates once we get them there to improve services to the community while providing greater job satisfaction and job progression. To address community needs, some professionals may need extra training or added financial incentives, so institutions such as CSU must be ready to assist with short courses or postgraduate qualifications. But some of these don’t necessarily fit with current State and Federal Government policies.”

CSU launches Dental School for inland Australia

Charles Sturt University (CSU) has welcomed the Budget announcement by the Treasurer, Peter Costello, of $65.1 million in funding for a new School of Dentistry and Oral Health at CSU. It is hoped the dentistry program will follow in the footsteps of the Bachelor of Pharmacy’s success in retaining graduates in regional Australia.

The new School is planned to open in 2009 with pre-clinical and clinical facilities worth $54.2 million in Orange and Wagga Wagga and Dental Education Clinics in Albury-Wodonga, Bathurst and Dubbo in New South Wales. CSU will also receive around $4 million for student accommodation and funding for 60 extra student places as part of the Federal funding package.

CSU Alumni website and online directory

After months of hard work, the CSU Alumni website is now online. The website features everything you need to keep you connected with the University:

- Alumni and CSU News
- A special Alumni Spotlight feature
- University Publications, and
- Information on membership options and benefits

CSU Alumni members are now able to access CSU Library Services, including physical collections and online resources.

The Online Directory allows you to keep in touch with other alumni, no matter where they are. You can find old friends you’ve lost touch with, discover what old mates are doing now, get back in touch and organise reunions. Plus, you can let us know what you’re interested in and how we can help you with continuing education opportunities.

www.csu.edu.au/alumni
Regional pharmacists to receive ‘more bang for their buck’

Australia’s first Professor of Rural Pharmacy Patrick Ball says Charles Sturt University’s (CSU) 2007 Continuing Education Program will enable regional and rural-based pharmacists to access training which is unlike any in the country.

The 2007 program will enable pharmacists in the Wagga Wagga, Orange and, for the first time, Dubbo regions to undertake the recommended study and professional development required by the industry without travelling to metropolitan areas.

Professor Ball is confident the increased Continuing Professional Development Points Value and partnership with the Pharmaceutical Society of Australia (PSA) will give regional pharmacists in NSW ‘more bang for their buck’.

“To date our sessions have offered four points for four hours of face-to-face provision,” said Professor Ball. “From this year, pharmacists will be able to undertake prescribed pre-reading and post-workshop assessments and attend the face-to-face sessions for the same attendance fee.”

In addition to the Wagga Wagga, Orange and Dubbo sessions, CSU also hopes to relay the program to Broken Hill and Lismore using the University’s Departments of Rural Health. The regions will be linked by audiovisual conference technologies, allowing all locations to view and actively participate in the presentations taking place across regional NSW.

The program has been developed in close consultation with the industry and based on feedback from past sessions to ensure the content offered is in line with the profession’s needs.

Highlights of the 2007 program include: osteoporosis: evidence based management; weight loss with and without medication; and information on new drugs and listings licensed in Australia.

Record numbers attended the first two sessions held on 25 March and 6 May. The last session will be held on 9 September. Contact the School of Biomedical Sciences on (02) 6933 2598 for more information.

API makes $50,000 commitment to rural pharmacy

Australian Pharmaceutical Industries (API) has announced a $50,000 commitment to support a Retail Management program for pharmacy students at Charles Sturt University (CSU).

The funds will provide an annual scholarship for high achieving students studying the Retail Management component of the course for the next five years, as well as financial support for the Pharmacy program.

CSU Professor Patrick Ball commends API and their Board for assisting in the development of future pharmacists. “This is an exceptional partnership which will provide many benefits to all those involved,” he said. “The students will not only be given financial support and the opportunity to study retail management, API will also provide key company representatives who will share their knowledge of the industry with pharmacy students.”

Peter Gissing, Chair of the Charles Sturt Pharmacy Foundation, welcomed the partnership with API at the Annual Charles Sturt Pharmacy Foundation Dinner which was held last year, when API Group Leader, Jeff Sher, was presented with a certificate to signify the relationship.

If you would like to be involved in supporting the Charles Sturt Pharmacy Foundation, please contact The Foundation on (02) 6338 4680.
Heart failure is the leading cause of death among Australians. In 2002, almost 1,000 people died from heart failure in NSW and more than 13,000 were hospitalised for heart failure treatment in the same period.

“Heart failure is a progressive disorder in which left ventricles are unable to pump or refill normally. It is clinically manifested by fluid congestion or inadequate blood flow to the vital organ tissues,” Senior Lecturer Professor Lexin Wang explains. “The most common causes of heart failure in our society are hypertension, ischemic heart disease and diabetes mellitus.”

There has been some major advancements in the understanding and treatment of heart failure in the past two decades. The introduction of angiotensin-converting enzyme (ACE) inhibitors and β-blockers to heart failure management has lead to a significant reduction in hospitalisations of patients with the condition, however, preliminary reading conducted by the CSU research group has shown that the application of these treatments has been variable, and under-use of both medications has been reported in some European hospitals.

With questions such as “do doctors prescribe the right medication?” and “do patients take what they are prescribed?” still unanswered, the Riverina Heart Failure Study was launched in March 2006 to evaluate the clinical applications of heart failure and hypertension medications in central NSW.

The CSU researchers, with the assistance of the Greater Southern Area Health Service, will evaluate the demographics, causes and risk factors associated with heart failure as well as the use of β-blockers, ACE inhibitors or angiotensin II receptor blockers in heart failure patients from the Riverina, which has a population of approximately 120,000.

The study will be conducted through the establishment of a database listing heart failure patients residing in the area. This database will be created by reviewing medical records of patients who were admitted to Wagga Wagga Base Hospital between 2002 and 2006. Researchers will then conduct follow-up visits with the patients for up to two years to monitor their condition and treatment.

The team will be joined by Emergency Physician at the Wagga Wagga Base Hospital Dr Shane Curran, who will perform a co-investigator role for 12 months. Dr Curran is also an Adjunct Professor at CSU and is the Director of Emergency Medical Training at the Australasian College for Emergency Medicine.

The results of the study will be used to assess whether the current management of heart failure and diabetes in the region is in line with therapeutic guidelines and will explain the reasons for increased mortality and hospitalisation in these communities. It is also hoped that the data will be used for the production of continuing medical education materials for doctors and allied health professionals, and ultimately improve the care of patients in rural NSW.

The project has attracted international cooperation and collaboration, with links established between CSU and universities in China and Sweden. Australia’s first Professor of Rural Pharmacy, CSU’s Patrick Ball, says the collaboration will allow for effective comparison. “China has much lower levels of Type 2 diabetes, which has been shown to greatly increase the risk of heart disease, and a very different diet. We need to determine how these factors affect the condition,” he said.

International research student, Jenny Granmyr from the University of Uppsala in Sweden, has assisted the research team during her six month stay by analysing some of the data collected.

The preliminary analysis of these results has shown that a number of patients in central NSW are not prescribed the best treatment for their condition.

“This is important work, but now we need to probe further,” said Professor Ball. “Are these patients not on the best treatment because their doctors are not aware of the latest research or because of clinical reasons relating to other co-existing medical conditions? This is something we will be following up.”

The research team is also making use of government facilities. “The Government stores data on every prescription dispensed under the pharmaceutical benefits scheme. We can access pre-identified data and use this to examine whole areas of the country and patterns of prescribing heart failure medication,” said Professor Lexin Wang. “If we can...
find an area that appears to have the right medication prescribed but poor outcomes, we can then examine the differences between patients.”

The Riverina Heart Failure Study has been allocated $140,000 in funding from the University, which will fund the project’s activities for two to three years.

“We hope to build an ongoing collaboration that will continue research into heart failure and its outcomes over an indefinite period,” said Professor Ball.

At least two postgraduate students will also be involved in the project, which will provide students studying pharmacy in regional NSW the opportunity to participate in a research project which has international connections and support.

Professor Lexin Wang was awarded the Vice-Chancellor’s Research Excellence Award in 2006 for his contribution to national and international research into cardiovascular science and medicine. “He has established a successful cardiovascular research program at the University and in recent years focused on clinical trials in arrhythmia, heart failure and factors affecting the risk of heart failure. He has done this while maintaining his research program in China, and some of his models have been adopted by other Australian institutions, including the Universities of Sydney and Tasmania,” said CSU Vice-Chancellor Professor Ian Goulter.

### Riverina Heart Failure Study

**Aims:**
- to evaluate the clinical applications of heart failure medications, β-blockers, ACE inhibitors or angiotensin II receptor blockers in patients to see if they are in line with current evidence-based therapeutic guidelines
- to investigate whether Type 2 diabetes has a significant impact on the outcomes of heart failure
- to investigate the control of hypertension in heart failure patients

**Hypotheses:**
- β-blockers, ACE inhibitors or angiotensin II receptor blockers may be under-used, and the under-use of these medications contributes to increased mortality and hospitalisation rates
- presence of Type 2 diabetes is associated with poor clinical outcomes of heart failure
- hypertension is poorly controlled in heart failure patients and this has contributed to increased mortality and hospitalisation in the region

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The implications of depression are evident in many rural communities across NSW, where depression is the leading cause of years lost to disability.

Recent statistics exemplifying the severeness of depression in rural Australia formed the beginning of a research project undertaken by Charles Sturt University (CSU) lecturer Dr Judith Crockett.

Dr Crockett’s project, which aimed to document the existing role of pharmacists in managing depression, record pharmacist knowledge on the subject and overcome barriers to increased pharmacist involvement, showed the value of pharmacist participation in mental health.

During the study, rural pharmacists were asked to provide increased medical advice to patients including discussion of adverse effects, the time taken for medication to work effectively and written information about the condition.

These changes in the volume of advice and counselling provided have continued after the conclusion of the study, with all pharmacists counselling first time prescriptions and a majority of participants significantly changing the way they interact with first time patients. Pharmacists are now also more likely to encourage patient contact with their GP and are less fearful of saying the wrong thing through a lack of appropriate knowledge and skills.

“The lack of mental health professionals in rural and regional Australia makes the role of the community pharmacists crucial in managing depression,” said Dr Crockett. “With many rural communities struggling with the impact of the drought and the number of suicides among farmers and farm workers significantly higher than the rest of the population, it is important pharmacists help to make a difference.”

At the conclusion of the two-month project, it was found that patients placed a high value on their involvement in the project and the increased level of information and support which was made available through their local pharmacy. Patient wellbeing improved during the study and extremely high medication adherence was maintained.

For more information on this study or a copy of the results, contact the Charles Sturt Foundation on (02) 6338 4680.
Pharmacy Guild’s National President visits CSU

The youngest National President of the Pharmacy Guild in the organisation’s history, Mr Kos Sclavos, visited Charles Sturt University’s (CSU) Pharmacy facilities in Wagga Wagga, NSW, to talk with students studying the University’s Bachelor of Pharmacy.

Pharmacy students at CSU’s Orange Campus were also able to learn from Mr Sclavos through video conferencing facilities which create a vital link between the campuses.

Shortly after his visit, the Pharmacy Guild announced funding had been made available to three top performing female pharmacy students at CSU to attend The Women in Pharmacy Congress.

Lecturer in Clinical Pharmacy Practice at CSU, Katherine Baverstock, says the students selected were given the opportunity to further develop many of the skills taught in the classroom and meet pharmacy students and practitioners.

“The Women in Pharmacy Congress is an annual event which is designed to engage women in all aspects of the profession, especially encouraging women to consider ownership and positions in pharmacy organisations. Both of these areas have been traditionally male dominated,” she said.

Bree Klein, Morgan Bull and Sarah Smith were awarded the prize which was worth around $5,000.

CSU Pharmacy Alumni co-host 2006 Pharmacy Ball

In line with the University’s commitment to pharmacy, the Charles Sturt University (CSU) Pharmacy Alumni, in conjunction with Sydney University’s Pharmacy Alumni co-hosted the 2006 Pharmacy Ball.

The Ball, which was held in Sydney in June last year, focused on a night of great fun, great food, great wine and great friends and was held in conjunction with the annual Good Health and Beauty Expo at Darling Harbour.

CSU staff, students and representatives of the Charles Sturt Pharmacy Foundation also attended the Good Health and Beauty Expo to provide information on the University and the Pharmacy program to prospective students, industry and the community.

Michelle Fawkes of the CSU Alumni Office believes supporting the event provided an opportunity for CSU Pharmacy Alumni to promote the benefits of living and practicing as a pharmacy professional in rural Australia.
Orange Campus hosts first Commencement Dinner

Charles Sturt University (CSU) Pharmacy students have welcomed the start of the year with the first Commencement Dinner to be hosted at the University’s Orange Campus.

Guest speaker Meagan Doyle, who was the first CSU Pharmacy Graduate to register with the Pharmacy Board of NSW, spoke about what it means to be ‘the first’, and shared her perceptions of being a ‘pioneer’ during the University’s pharmacy program.

The Commencement Dinner was also attended by industry representatives including Registrar of the Pharmacy Board of NSW, Ms Kym Ayscough, Pharmacy Board Member Mr Geoff Pritchard, Former Registrar of the Pharmacy Board Mr Ian Dean and the Chair of the Charles Sturt Pharmacy Foundation, Mr Peter Gissing.

Several staff and student representatives from the Wagga Wagga Campus also attended the event.

Swedish research student marks beginning of international association

Charles Sturt University (CSU) has welcomed Swedish international student Jenny Granmyr who has undertaken an overseas research elective at CSU’s Wagga Wagga Campus. Ms Granmyr is a pharmacy student from the University of Uppsala in Sweden and is currently in the fifth year of her degree.

This international visit is the result of a contact made in Sweden by CSU’s Professor of Rural Pharmacy, Patrick Ball, in 2005 and it is hoped it will form part of ongoing associations with the Swedish Schools of Pharmacy in Uppsala and Gothenburg.

“Sweden has some very similar issues to Australia in terms of rural and remote healthcare, with many small communities separated by large distances in the far north, but very different models of pharmacy service provision with a state-run monopoly provider company,” said Professor Ball. “It is felt that we will have a lot to teach each other as we progress with developing services to rural areas.”

During her stay in the area, Ms Granmyr is working on a project which examines the management of patients with high blood pressure in the Wagga Wagga area.

Maxine Goodman acknowledged for support of rural pharmacy

Former NSW Branch Director of the Pharmaceutical Society of Australia, Maxine Goodman, was recognised for her long and distinguished involvement in the profession and for her strong support of the Charles Sturt University (CSU) Pharmacy Program at the Annual Charles Sturt Pharmacy Foundation Dinner held in July last year.

Ms Goodman was a pioneer of clinical pharmacy in Australia and has always identified the need for pharmacy support staff to be appropriately trained to assist in the variety of situations the position encounters.

“With the support of Maxine and others, the Pharmacy Program has grown to be one of the most competitive to enter, with the Bachelor degree being offered at the University’s Orange and Wagga Wagga campuses,” said Professor of Rural Pharmacy at CSU, Patrick Ball.

“Maxine has been a strong supporter of CSU within the profession,” said Chair of the Charles Sturt Pharmacy Foundation, Mr Peter Gissing. “During her 23 years as Branch Director of the NSW Branch of the Pharmaceutical Society of Australia she has been involved in the development of pharmacy education, practice support and advocacy. CSU is extremely lucky to have her support.”
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