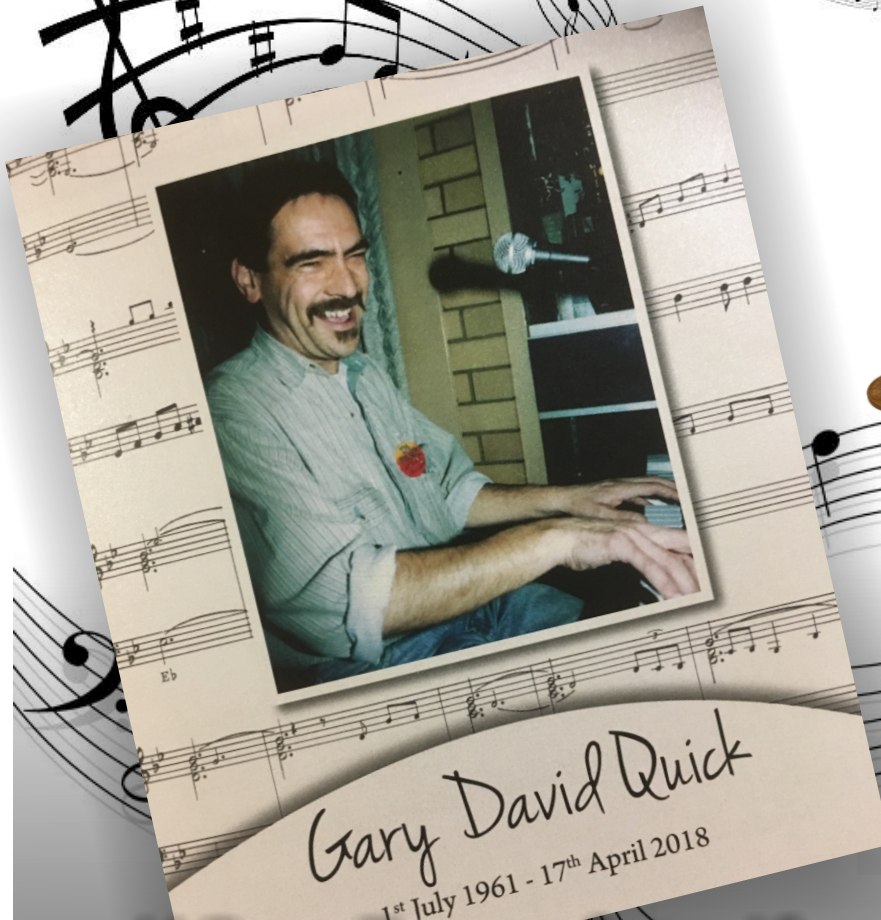


# *the* Circulator

Heart and Lung Transplant Trust

## *Spring Gala Ball*

Smiles, fun and lots of pics, page 5



## *"An Inspiration To All"*

By Jenny McKay, page 6



## *Treasurer's Corner*

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*"Thankyou for  
your continued  
support"*

# Presidents Message

What a night! The HLTTV Spring Gala went off this year, with over 170 people enjoying the great food and hospitality of Bayview on the Park, and digging deep in their wallets to support the Second Chance Accommodation Program. Such generosity! What amazing dance moves! It was an incredible night, and thank you to everyone who came, donated prizes and helped make the night a stunning success. Thanks especially to the organising dream team of Maarit, Cheryl, Tina, Fiona and captained by the incomparable Martina. Their incredible effort raised over \$12,000 for the Second Chance Accommodation Program and put a lot of smiles on the faces of our guests on the night. Amazing! But... bad news ladies – I think we need to do it all again next year!

If you missed the fun of the Gala, don't worry. Our Christmas BBQ is coming up at Fawkner Park on the 25<sup>th</sup> of November. All the details are in this edition of The Circulator. While we can't promise the same quantity of wine, steak and lemon tarts as the Gala, we can promise the same warm vibes and community feel. All members, supporters and friends are welcome along – we'd love to see you there.

Also coming up is our Annual General Meeting. All positions are declared vacant at the AGM, and all members are eligible to nominate for a position. This year we're saying farewell to our VP Camille and our Secretary Emily, so we definitely have vacancies on the committee for anyone interested in being part of the HLTTV. There are also ordinary member positions vacant, which means you can step into the committee as a more general volunteer and find your niche.

Finally, I have to let the community know that I'm also stepping down from my role as President, and stepping off the committee. I have been a committee

member for 7 years, and started volunteering nearly 8 years ago – just after my transplant. Being a committee member of the HLTTV has been an incredible part of my journey, but now it is time to hand the reigns on to someone else. I'd highly recommend considering volunteering if you're thinking about it at all – it's a friendly organisation in which you can make a real and immediate impact to the lives of transplant recipients and their families. If you're interested in learning more, please contact me:

[president@hlttv.org.au](mailto:president@hlttv.org.au) or Emily:  
[secretary@hlttv.org.au](mailto:secretary@hlttv.org.au)

Thank you for all your support over the years, and I'm excited to see what's in store for the HLTTV in 2019.

Louisa Walsh - President





# Editors Report

Hey everyone,

It is incredible to think we are already on our final Circulator of the year, and already planning our next Christmas BBQ! It is crazy how fast the year passes us by. But with that there is much to reflect on, and also much to look forward to – with another year around the corner comes new exciting opportunities, more fun events, and different and challenging experiences.

But what can we reflect on from the past year at HLTTV?

This year has certainly been plentiful in its social events and outstanding fundraising achievements. The Easter BBQ was a smash-hit – it was great to see everyone down at Fawkner Park showing their support for the Committee, and most importantly for each other. We hope to see you there again soon for our Christmas BBQ which will be happening on November 25<sup>th</sup>.

We also had our first ever movie fundraiser night which featured the movie 'the Breaker Uppers'; this

definitely left a smile on everyone's faces.

Then came our favourite part of the year– the Spring Gala – the wine was flowing and the food never-ending. It was a great night, and a great excuse to get dolled up.

Beyond all these awesome event successes we were also fortunate enough to be nominated for the Wanless Family Fund, an incredible honour of which we are so grateful - but this was truly topped by the amazing number of donations from our supporters. HLTTV cannot thank you enough.

So, as you can tell this edition is an issue of 'reflection' – there will be photos, stories and an overall appreciation for the outstanding year that just was, and all the supporters that made it possible.

Hope you enjoy,

Ariella – Circulator editor.

## Heart and Lung Transplant Trust Contacts 2018

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### Circulator Editor:

#### Ariella Heffernan-Marks

circulator@hlttv.org.au

# Give now

Donations to the Heart and Lung Transplant Trust (Victoria) are fully tax deductible and easy to do using [www.givenow.com.au](http://www.givenow.com.au). Simply visit [hp:// givenow.com.au/hlttv](http://www.givenow.com.au/hlttv) and follow the prompts.



## HLTTVs valued program partner

A great place to relax

Heart to Heart House  
Barmah Vic

Bookings & Information

Martina Appelman  
Mobile 0409 957 492

Laraine Anderson  
Tel 03 9770 7197  
Mobile 0418 599 745



We highly recommend the Park Regis Griffin Suites, and the Stay Well Hospitality Group. For those looking for accommodation close to The Alfred, make sure you check with the Park Regis for any available discount rates.

Since May 2012, HLTTV have been thrilled to partner with the Park Regis Griffin Suites to provide affordable, accessible and practical accommodation for regional transplant recipients.

Park Regis Griffin Suites have partnered with our Second Chance Accommodation Program to provide eight, 1 bedroom apartments for the use of transplant recipients. Situated between Melbourne's city centre and St Kilda Beach, the Park Regis Griffin Suites features include a range of different accommodation options, an onsite cafe/bar and a tram practically at the front door.

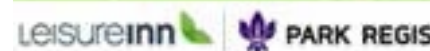
**Park Regis Griffin Suites**

**Phone | (03) 8530 1800**

**Location | 604 St Kilda Road,  
Melbourne**

**Email | [griffen@parkregishotels.com](mailto:griffen@parkregishotels.com)**

**Web | [www.parkregisgriffinsuites.com.au](http://www.parkregisgriffinsuites.com.au)**





Smiles,  
fun and  
lots  
of pics



# Spring Gala Ball



# "An Inspiration To All"

By Jenny McKay

Born with Cystic Fibrosis in July 1961, my little brother Gary was a true Aussie battler!

His celebration of life was attended by 300 people in April this year, proving what an inspiration to he was to all.

From a cheeky toddler, I can only remember a little brother who never complained, loved playing tricks and was always positive and jovial despite his daily struggles.

Music was his first and last love, and had been so beneficial for him. He started learning piano when he was 10 years of age, and soon became a maestro! He not only played in at least 16 bands around Geelong and Melbourne (my children were so proud of their "Rock Star uncle!"), but also composed a lot of music depending on moods and events at the time. He had his own busy music studio, to record great tapes and CD's, and he accompanied several Geelong theatre productions. Keyboard was his real passion, but he also played drums and guitar.

He worked at Telecom in Geelong for 14 plus years-part time at the end.

Alfred Hospital visits had become more frequent, so he was put on the transplant waiting list in mid-1997. He was SO excited and fortunate, when, 18 months later, while an in-patient, new life-saving lungs arrived for him! He was so grateful to the donor family and the transplant team for their generous gift, and was a huge advocate for organ donation. He wrote in the Circulator in 2016 after his 17 year anniversary to say what a change it made to his life. A new lease of life made it possible to go out with friends and family, playing in gigs again, singing now on recordings, and became so chatty!! After the double-lung transplant, Gaz completed a Diploma in Music Performance (Jazz and Popular), receiving an outstanding achievement trophy. Another of his great loves were his 3 "kids"- dogs, Jazmyn, then Bluey and Roxy – they were very spoilt, and he was so devoted to them. He loved the outdoors, the beach, the Barwon River walks and the many visits to our country farms to catch up with his loved nephew, nieces and their families.

He would accept challenges- enjoying constructions, jigsaws, photography, reading, and

always learning more creative computer skills. Gaz was such a perfectionist and very methodical - always busy!

In one of the tributes at the service, a band mate referred to Gary as - "Big Fella"- this was certainly not for stature, but for his heart, spirit and determination.

Another added that he never said a bad word about anyone, and loved laughter!

The Blues Club arranged a wonderful "Living Legend" tribute concert in his honour last year- he played a couple of tunes with each band.

A cousin hosted a Cystic Fibrosis head shave earlier this year. \*\*

This Persistence piece was framed in his house- he lived by it. \*\*

His favourite quotes were:

"Worse things can happen" GQ

"A day spent without making someone laugh or at least smile is a complete waste of 24 hours". GQ

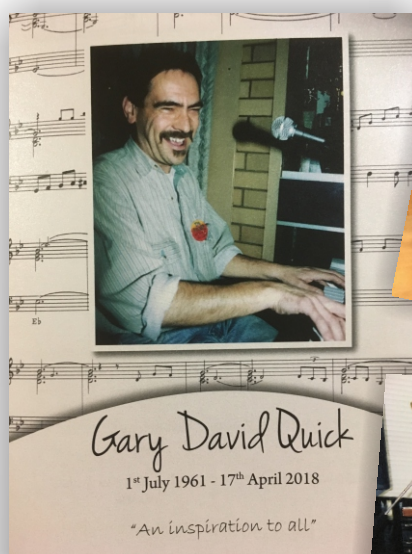
"A dog is a man's best friend" Unknown

"Music was my first love and it will be my last" John Miles

He will be so lovingly remembered, not only from the family but his many friends - especially Gwen- "Foxy" who was a great support to Gaz since they met in 2001. We will always remember his never-ending humour, positive nature, talents, perseverance and compassion.

We must thank the Royal Children's, Alfred, Grace McKellar and Geelong Hospitals for their excellent care. We were so fortunate that the donor family gave Gaz that extra time with us all - sincere gratitude to them too.

Jenny McKay ( "big sis" as he called me!)



# MOVIE NIGHT

featuring

## The Breaker Upperers

This year was the first time HLTTV organised a movie night exclusively for its members as part of its winter activity. It was held at the cosy Como cinemas in South Yarra in conjunction with DonateLife week. Despite being a typical Melbourne winter night (cold and wet), we had a warm turnout (popcorn helps!). The movie chosen was 'The Breaker Upperers' and there wasn't a person in the cinema who wasn't laughing! Big thanks to those of you who braved the cold to spend some time with your fellow friends.

For those who couldn't make it, you missed out on loads of belly laughs, popcorn and the luxury of a private cinema with your friends!

We hope to see you all at our next event!"

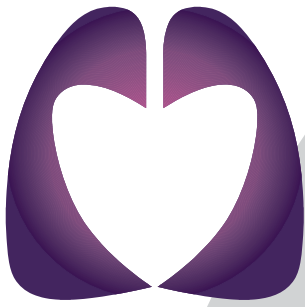
**By Cheryl Low**



*"A great night had by all"*







## HEART AND LUNG TRANSPLANT TRUST (VICTORIA) INC.

*Incorporated in Victoria - A0037327C*

*ABN 68 585 966 022*

*P.O. BOX 25036, Melbourne, Victoria 3004*

### **Notice of Annual General Meeting 2018**

**Tuesday 13th November at 7.30 pm,**

**5<sup>th</sup> Floor Seminar Room**

**The Alfred**

**Join us to acknowledge our achievements and elect  
new members to the committee**

The business of the annual general meeting shall be:

1. Confirmation of Minutes of the 2017 AGM
2. Presentation of the 2018 Annual Report
3. Presentation of the 2018 Annual Financial Report\*
4. Elect officers of HLTTV and the ordinary members of the committee; and
5. Confirm appointment of the auditor for 2018-2019
6. Any special business (if any)

The annual report and financial reports to be considered are available from the Secretary on request [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au). The minutes of the 2017 AGM are available on our website in the events, AGM section.

Any member intending to bring any other business before a meeting must notify the Secretary in writing, or by email to [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au) no later than 19th October 2018.

Each member is entitled to appoint another member as a proxy by notice. Please email the [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au) for the proxy form or download a form on our website in the Events AGM section. You can complete and return the form to the Secretary via email or hand it to the Secretary before the time of the meeting.

\*receive and consider the statement in accordance with the section 30(3) of the Act

**If you plan to attend the AGM, please RSVP by  
Friday 9th November, 2018.**

**If you are unable to attend, and would like your apologies  
to be noted**

**contact the Secretary**

**Emily Adamson 0400 187 044 or [secretary@hlttv.org.au](mailto:secretary@hlttv.org.au)**

# Treasurer's Corner

by David Pidgeon

Thanks to everyone who continues to support HLTTV with their generous donations and fundraising activities, many of which have featured in recent editions of The Circulator.

It is clear that many members donate additional funds at the time of making their annual subscription

The 2017 /18 accounts are currently being reviewed by our auditors, but the draft result for the year ended 30th June, 2018 shows we made a small surplus of around \$8000

This has been thanks to not only the donations, but also the receipt of a grant from the Australian Communities Foundation during the year for \$20,000 - to directly support the accommodation programme.

Of course, we had the gala dinner last year and this raised \$12,000 - I am happy to say that the recent event (which falls into the 2018 / 19 year) repeated that fantastic effort!

As you may know, the costs of running the accommodation

and advocacy programmes run to in excess of \$100,000 a year. This will increase slightly in this year's budget as we are now running 8 rooms, coupled with the fact that state subsidies that fund the accommodation have fallen in some states.

On behalf of the Committee I thank you all for your continued financial support and spreading 'the word'!

## **Please Remember To Support Our Sponsors!**

**Aberdeen Abbey Guest House –**

**Geelong**

**Anonymous Wines**

**The Ark Clothing Co**

**Azali - Eastland**

**Bar 81 – Berwick**

**Bayview on the Park**

**Bunnings - Abbotsford**

**Cadbury**

**Coomoora Cottage – Daylesford**

**Discount Chemist - Berwick**

**Handcrafted Flowers**

**Health Smart Pharmacy Alfred**

**Heart to Heart Respite House**

**Kingston Heath Golf Club**

**Loom Auto Electrical Services**

**Mancine Professional Products -**

**Jenny**

**Melbourne Mustangs Ice Hockey Club**

**Mesh Hair Spa Salon**

**Phillip Island Nature Parks**

**Piccoli Portraits**

**Priceline Chemist**

**Shiel Abbey  
St Kilda Football Club  
The Grand Hotel  
Warrandyte  
Village Cinemas  
Warrandyte Goldfields  
Bed and Breakfast  
Woodlands Golf Club**



# Become a member now



**Heart and Lung Transplant Trust (Victoria) Inc.**

**Membership Form**

Name:

Partner's name (if applicable):

Address:

Postcode:

Telephone:

Mobile:

Email address:

Date of birth:

**New member**

I wish to become a member of the Trust

☐

**OR**

**Existing member**

I wish to renew my membership

☐

I wish to receive my copy of 'The Circulator' by email:

Yes

☐

No

☐

**Recipient** (Please complete information regarding Transplant Type, Operation, Month and Year – this allows us to celebrate transplant anniversaries if you consent below.)

<b>Lung/s</b>	Month	[ ]	Year	[ ]
<b>Heart</b>	Month	[ ]	Year	[ ]
<b>Heart &amp; Lung</b>	Month	[ ]	Year	[ ]
<b>Other (please specify)</b>	Month	[ ]	Year	[ ]

**Are you happy for this information to be included in 'The Circulator' newsletter 'Transplant Anniversaries' each year?** Yes ☐ No ☐

**OR**

Pre-transplant (Waiting list) .....

**OR**

Carer/other/supporter (please specify) .....

**Signature:**..... **Date:**.....

Membership for Pre-transplant members is free. An annual fee of \$15 applies to all other category of member. A membership reminder will be included with the Winter edition of The Circulator each year. Prompt payment on receipt of a membership invoice is appreciated and we are grateful for any donations. Donations over \$2 are tax deductible.

Please return this form to:

**Membership Officer, Heart and Lung Transplant Trust (Victoria) Inc.  
PO Box 25036  
Melbourne Victoria 3004**

Members may also join online and pay membership and donation via direct bank transfer. Please visit <http://www.hlttv.org.au/> and follow the 'Membership' links.



# Transplant anniversaries

## September 2018

### November Heart

Paul Allen, 2011  
Jennifer Ball, 2009  
Fulvio Filipponi, 1993  
Bernice Hallam, 1996  
Adrian Sayers, 2007  
Nadine Towler, 2015  
John Turley, 2002

### Lung/s

Lynette Alexander, 2015  
David Biram, 2010  
Phillip Buckland, 2009  
Ian Casey, 2008  
Bob Crockett, 2015  
Ken Fletcher, 2016  
Paul Gloede, 2012  
Len Hain, 2002  
Alan Picone, 2015  
Karen Pritchard, 2015  
Nikola Radocaj, 2002  
Terry Rocks, 2016  
Noel Sandrazie, 2016  
Simone Volkmann, 2016  
Peter Wiedl, 2014

### Heart and Lungs NA

### December Heart

David Ash, 2008  
John Bisiach, 2002  
Don Browne-Kerr, 1997  
Jane Buxton, 2014  
Greg Dartnell, 2004  
Peter Grimsted, 2016  
David Hales, 1998  
John (Jack) Jones, 1989  
Gaylynn Pinniger, 2002  
Helen Rankin, 2011

Peter Stonham, 2016  
Rodney Whitford, 2011

### Lung/s

Kevin Avery, 2015  
Ilene Henderson, 2015  
Tony Hyams, 2015  
Wendy Jenkins, 2006  
Anne McArthur, 2011  
Alison Walters, 2004

### Heart and Lungs NA

### January Heart

Howard Bear, 2013  
Kylie Chappell, 1992  
Carol Darroch, 1992  
Simon Eaton, 2011  
Mark Ginn, 1993  
Andrew Hunt, 2008  
Peter Ketelaar, 2017  
Michael Muschamp, 1996

### Lung/s

George Bouios, 2008  
Michael Cox, 1996  
Ann-Marie Dunbar, 2014  
Brooke Evans, 2018  
Elizabeth Johnson, 2013  
Leslie Miller, 2016  
Patricia (Sue) Newell, 2017  
Nancy Reynolds, 2008  
Philip Stephenson, 2003  
Chris Teese, 2014  
Graeme Vessey, 2011  
Margaret Westwood, 2013

### Heart and Lungs NA

## In Memory *Les Miller*

All of us at the Heart and Lung Transplant Trust of Victoria want to express our sadness at the passing of Les, and our gratitude to Les and Yvonne who chose to ask the attendees at Les's funeral to donate to us in lieu of flowers. We received over \$650 in memory of Les.

Thank you to Yvonne, and the rest of your family and friends for your support and generosity at this difficult time.

HEART AND LUNG TRANSPLANT TRUST (VIC)

# CHRISTMAS BBQ

SUNDAY NOVEMBER 25TH 2018 FROM 11.30 – 2.30  
FAWKNER PARK (OPPOSITE ALFRED MAIN ENTRANCE)

The Christmas BBQ is a great social event for pre and post transplant patients, families, carers and friends. BBQ and Drinks are provided (including vegetarian options). Please BYO salad.



Great Raffle Prizes on offer on the day. Donations for Christmas Hampers and Raffles are most welcome and can be left at 5th Floor Reception. Alternatively contact Martina on 0409 957 492 or email: [martina@hlttv.org.au](mailto:martina@hlttv.org.au)

BYO TABLES, CHAIRS, AND PICNIC BLANKETS, AND DON'T FORGET THE SUNSCREEN AND A HAT!