



# the Circulator

Heart and Lung Transplant Trust (Victoria) Inc A0037327C/ABN 68 585 966 022

Second Quarter | 2015 | Issue No. 80

## The Tour Rides Again in 2016



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# Vice President's Message

It's been an exciting few months at the Heart and Lung Transplant Trust. In April we were pleased to be finally able to announce the route of the Tour de Transplant 2016 happening in March next year. After getting feedback from last year's riders and volunteers, we have made next year's Tour a shorter, 5-day event, riding the Great Ocean Road from Warrnambool to Melbourne. The planning for the Tour is well under way, and nearly all rider places are filled. If you are interested in riding the Tour, you need to book your spot ASAP so you don't miss out! Already we have a range of new and returning riders; transplant recipients, carers and supporters; men and women; and 30 year olds to 60 year olds! It's going to be a fantastic event, and you can find out more about it in this edition of The Circulator.

If you aren't able to ride, but would like to participate in the 2016 Tour, keep an eye out for details of the final night fundraising dinner in Geelong on the 5<sup>th</sup> March 2016, and be at next year's (early) Easter BBQ on the 6<sup>th</sup> March 2016 to welcome in the riders and celebrate the end of a fantastic event. There are also a range of volunteering duties in the lead up to the Tour – we'd love to hear from anyone who would be interested in getting involved. Finally, the Tour de Transplant can't run without the support of generous sponsors – if you know of a business or organisation who might be interested in supporting the Tour, please contact Jon Rolfe – [jon@hlttv.org.au](mailto:jon@hlttv.org.au)

While the Tour is our flagship fundraising event, we have had an extremely successful fundraiser going over the past few months that you may have noticed in the pathology corridor display case, or may have seen in the bookshop at The Alfred. The Breathing to a New Beat Tech-

nicolour Dream Book – a colouring book for adults and kids alike – has been going gangbusters with over 600 copies sold. Breathing to a New Beat (as it's affectionately known) is the brainchild of HLTTV's own Camille Condon. She gathered together 34 creative types to contribute their artwork for free to put the book together. It is an amazing initiative – and we hope you've all bought one and are busy colouring in the pages. Books will continue to be available at the bookshop and also online through [www.curlypopsfundraising.bigcartel.com](http://www.curlypopsfundraising.bigcartel.com). Camille also happens to be the go-to person on the committee for any of our members interested in organising a community-based fundraising initiative for us – so if you have an idea for a HLTTV fundraiser, contact us and we'll put you in touch with Camille – she definitely has the skills and know-how to assist you in making your idea a success!

Just a reminder that the HLTTV memberships run with the financial year – so we are coming up to membership renewal time! Our members are the heart and soul of this organisation, and we would love to see our membership base grow over the next 12 months – so why not encourage a friend to join too? Transplant recipients, people on the waiting list, families, friends, carers, supporters – our membership is open to anyone. Membership is \$15/year (or free for people on the waiting list for transplant), and that cost basically covers the cost of producing and distributing The Circulator. You can join online on our website ([www.hlttv.org.au/about-us/membership](http://www.hlttv.org.au/about-us/membership)) or by mailing in the membership form in this newsletter. When you join, why not think about making a small donation as well? The HLTTV is almost exclusively funded through donations. Your donations help with the Second Chance Accommoda-

tion Program, emergency assistance, fitness grants, equipment for the hospital, and HLTTV social events – and all donations over \$2 are tax deductible.

Finally, I am writing this report during the tail end of National Volunteer Week. The Heart and Lung Transplant Trust Victoria is entirely volunteer run – we have no paid staff and all our committee members and other helpers give up their time and work around already busy schedules to do their part for the HLTTV. I just want to say a massive thank you to all our dedicated volunteers – whether you are a part of the committee executive or help turn snags at the BBQ – we couldn't do it without you. If you don't already volunteer for us, please consider getting on board. We have a range of opportunities both large and small that come up regularly and we can tailor our volunteering opportunities to best match your skills and experience. I would love to hear from anyone who would like to offer some of their time to be a part of the HLTTV and you can contact me on [vicepresident@hlttv.org.au](mailto:vicepresident@hlttv.org.au)

Stay happy, safe, well and warm over Winter!

Louisa Walsh

Vice President of the Heart and Lung Transplant Trust (Victoria)  
[vicepresident@hlttv.org.au](mailto:vicepresident@hlttv.org.au)

# A note from the editor

Hello Circulator readers, welcome to issue 80. I am as excited as our vice president, Louisa, that the HLTTV has announced that in 2016 the Tour de Transplant will be staged again. Anyone involved in 2014 will know what a worthwhile and enjoyable event the Tour de Transplant is, I strongly encourage you to consider either riding or letting those you know who ride about the Tour. We have a short article from Jon Rolfe that gives an overview of the 2016 ride. We have more from DonateLife encouraging participation and organisation of DonateLife week events in August. A fundraiser that has captured the imagination of many I know is the adult colouring-in book Breathing to a New Beat. This initiative by the wonderfully creative Camille Condon is a shining example of a collaborative project that has so far seen both online and in-store sales success. Use that time we often have to fill during clinic visits to browse (or buy) the book at the Monash University Bookshop and also have a look at the display in the corridor between the main block and Centre Block. There are details in this issue of the DonateLife remembrance service which gives both donor families and organ recipients to reflect on the gift of life. Happy reading!

**Editor for Quarter 2:**  
**Claire Stubber**

**Matthew Orchard**  
[circulator@hlttv.org.au](mailto:circulator@hlttv.org.au)

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



**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**

**<http://givenow.com.au/hlttv>**

**and follow the prompts.**

## HLTTV's valued program partner

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 six, 1 bedroom apartments for the use of transplantation 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** | [griffin@parkregishotels.com](mailto:griffin@parkregishotels.com)  
**Web** | [www.parkregisgriffinsuites.com.au](http://www.parkregisgriffinsuites.com.au)

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.





The 2016 Tour de Transplant is here...

**a second Tour to help those with a second chance at life!**

The 2014 Tour was an outstanding success for all who participated; not only raising over \$250,000 but also providing riders with a fantastic experience. Here are a couple of quotes from riders:

*"It was a special week in my life. I never thought I could ride that far and enjoy it."*

*"I learnt so much from Phil and his staff, invaluable experience. Phil and his team were professional, friendly and very approachable. Felt like family."*

Next year's cycling challenge will be a 5 day event from 2 to 6 March 2016, covering 600km along the most amazing and scenic parts of the Great Ocean Road and will be led by Australian cycling legend Phil Anderson. As well as the personal challenge of the ride, participants will be raising funds for HLTTV's Second Chance Accommodation Program.

Why 600km? To acknowledge the 600 regional Victorian and interstate heart and lung transplant recipients who have needed help with accommodation since transplants began at The Alfred Hospital, Melbourne in 1989.

The Tour is a once-in-a-lifetime chance to spend 5 days learning from one of Australia's true sporting icons. Phil was the first non-European to wear the yellow jersey on the Tour de France and won 2 stages. He is also a Commonwealth Games gold medallist.

Take a look at the video highlights of our highly successful 2014 Tour here: <http://player.vimeo.com/video/95919421/#t=0s>

For more details, visit [www.tourdetransplant.org.au](http://www.tourdetransplant.org.au)

**Are you a cyclist, or have family/friends who are cyclists?** If so, then please persuade them to sign for the 2016 Tour. To secure a 10% early bird discount, register before 30 September. Further discounts are available for transplant recipients.

We are also looking for generous event sponsors. In 2014 we had major media coverage around Victoria and expect the same again for 2016. We are offering a range of exciting sponsorship opportunities for businesses. If you know of any businesses that could be interested in sponsoring the 2016 Tour de Transplant, please contact Jon Rolfe at [jon@hlttv.org.au](mailto:jon@hlttv.org.au) or 0432 845662.



# The Tour Route



Wednesday 2 March  
 Transit Melbourne – Warrnambool  
 Stage 1 Warrnambool – Port Campbell 79km

Thursday 3 March  
 Stage 2 Port Campbell - Lorne 149km

Friday 4 March  
 Stage 3 Lorne – Lorne 129km

Saturday 5 March  
 Stage 4 Lorne – Geelong 149km

Sunday 6 March  
 Stage 5 Geelong – Melbourne 94km

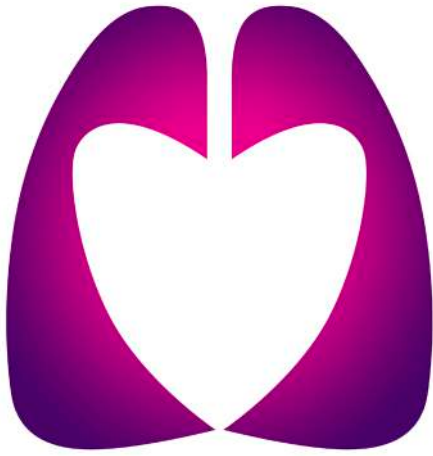
This route is designed for “elite riders” i.e. those intent on cycling at high average speeds with their “race faces on” !!

A shorter, but still challenging, route for the “enthusiast rider” is an option for those slower cyclists keen on a milestone ride for the HLLTV cause.

The “Elite rider” will be capable of riding over 100kms each Tour day, averaging speeds 25-32kph under pressure. We would expect them to be generally cycling 2-3 times a week, covering in excess of 300kms a week, have expe-

rience riding in a pack and have a moderate to high fitness level (with possibly some racing experience, although not essential).

The “Enthusiast rider” will be capable of riding 40-70km each Tour day, averaging speeds of 18-25kph. We would expect them to be generally cycling twice a week, for example a long weekend ride and a short mid-week ride, and having a moderate fitness level. It will include those new to road cycling, or wanting to learn the techniques of pack riding or even a “tired elite” rider!



## Heart and Lung Transplant Trust (Victoria)

### Our Vision, Mission & Values

Our Vision is for a bright and active future for all those involved with

or in need of a heart or lung transplant.

We actively encourage organ donation and support The Alfred Hospital Melbourne, the Transplant Team, patients, recipients, their families and carers throughout the journey.

### Our Values

**Hope** | We provide a sense of confidence, belief and realism throughout the experience.

**Leadership** | We lead and promote a focus on caring, advocacy, support and community to those who share in the transplant journey.

**Teamwork** | We believe our success depends on how well we interact and communicate with others. We inform, network, collaborate and partner with all relevant stakeholders.

We have a bias towards action.

**Trust** | Our integrity is fundamental in all that we do and stand for. We act ethically and honestly

at all times. We do what we say.

**Vitality** | We approach our task with compassion, understanding, strength and joie de vivre.

## Breathing to a New Beat Technicolour Dream Book: An Adult Colouring In Book

Some of you may have noticed the brightly coloured display for a book called Breathing to a New Beat Technicolour Dream Book in the Alfred Hospital's ground floor corridor, others may have seen this book for sale in the Monash University Bookshop and wondered what the book was. See back page for an advertisement of the book.

For those who live further afield and do not visit the Alfred regularly you may have missed this new fundraiser. Camille Condon, HLTTV committee member and lung transplant recipient has compiled and contributed to this adult colouring in book. Camille is the owner of the fabulously imaginative creative store Curlypops and she has donated to the HLTTV with funds raised by the sale of both her and her friends' crafty wares.

Now she has coordinated the production of this brand new fundraising project for the Heart and Lung Transplant Trust Vic

The Breathing To A New Beat Technicolour Dream Book is a collaborative colouring book for adults (and even the kiddies).

A group of fabulous creative people have donated their wonderful designs to create a collaborative book full of fun for everyone. The book is A4 in size, and spiral bound to sit flat - perfect for colouring in with a friend!

The book is available now and you can order a copy right now, or go to the Monash University

bookshop in order to get your hands on one!

100% of the profits go directly to the Heart and Lung Transplant Trust's Second Chance Accommodation program to assist interstate and country Vic patients who have to relocate to Melbourne for the three month post transplant rehabilitation program.

To check out some of the design previews, just search for the #breathingtoanewbeat hashtag on instagram, or follow Camille's instagram or Facebook feed.

Up to three books will fit into one satchel for the same postage price

Medium satchel \$13.40

Holds up to 3kg  
355 x 220mm\*

For international orders -

NZ - Air Mail - \$21.15 (20kgs) -

which means up to 20 books

USA - Air Mail - \$29.70 (20kgs) -

which means up to 20 books

UK - Air Mail - \$39.10 (20kgs) -

which means up to 20 books

please email - [mscurlypops@gmail.com](mailto:mscurlypops@gmail.com) for a postage quote



*A sneak peek at the pages inside Breathing to a New Beat Technicolour Dream Book*

# HLTTV Easter BBQ



The Heart Lung Transplant Trust (Victoria) held its Easter barbecue on Sunday the 29th of March. Martina McArdle, who is a member of the core group of volunteers who organise these barbecues, reported that the turnout of people was excellent and she approximates that there were between 120 to 130 people in attendance.

Martina also reports that the sale of raffle tickets raised \$700 for the HLTTV and added to this was the sale of cards and other items to the tune of \$734. This is a marvellous effort resulting from a lovely day out with friends both new and old.



**DonateLifeWeek**  **2015**  
 SUNDAY 2 AUGUST – SUNDAY 9 AUGUST

*Following on from our consideration of the new DonateLife week dates in the last edition of **The Circulator** we received from Suzi Clark, the Director of Communications and Social Marketing at the Organ and Tissue Authority, some information about events that will be held as part of DonateLife week. Suzi has also included some more tips about raising awareness of the need for organ donors.*

**UPCOMING DONATELIFE WEEK EVENTS!**

Planning is already underway for events supported through the Organ and Tissue Authority’s Community Awareness Grants program. Below are some of the exciting and innovative projects taking place across DonateLife Week!

- The Kurbingui Sporting Association in Queensland is undertaking a participative forum ‘Share the Spirit Change a Life’. This community forum will provide an opportunity for Aboriginal and Torres Strait Islander community

members to begin the organ and tissue donation conversation with families and their local community.

- The Australian Men’s Shed Association is holding an exciting expo in Brisbane to raise organ and tissue donation awareness amongst men in the community. The event will host several guest speakers throughout the day and organ and tissue donation information will be made available to attendees.
- Medical Channel will be promoting awareness and engagement on organ and tissue donation amongst the general Australian community by delivering an integrated ‘Point of Care’ mass community engagement campaign to over 3.5 million Australians. DonateLife resources and key messages will be delivered via large LCD screens to people visiting medical waiting rooms throughout DonateLife Week.
- The Brooke St Medical Centre in Victoria will be engaging with the community throughout DonateLife Week to encourage decision-making and discussion about organ and tissue donation.
- The Eurobodalla Renal Support Group will be holding a radio

broadcast with Radio 2EC on the South Coast to encourage the community to #havethechat that saves lives.

**HAVE YOU GOT A STORY TO SHARE?**

We are always on the lookout for people who are keen to share their story about how they have been touched by organ and tissue donation. We use these stories as part of the DonateLife Week campaign in media and online.

In addition to donor families and transplant recipients, we welcome stories from people on transplant waiting lists, living donors, donation and transplantation specialists, DonateLife Network staff and those volunteering in the field.

If you’d like to contribute your story for consideration please email us at [enquiries@donatelife.gov.au](mailto:enquiries@donatelife.gov.au) with your contact details and a short summary outlining your personal story. And be sure to share this with anyone you think might be interested.



## RESOURCES ARE JUST A CLICK AWAY

To inspire your planning for DonateLife Week 2015, the **DonateLife Week 2015 Action Pack** is available now on the DonateLife website, containing information and resources to support your involvement in the Week:

- Templates for newsletter articles, media release or messaging for payslips
- Examples of posts and tweets for social media
- Organising a community event
- Starting a discussion in your workplace
- DonateLife week banners to upload to your website, Facebook or Twitter page
- And more!

## SOCIAL MEDIA

You can start motivating your friends and community to have the chat that saves lives by starting online discussions, posting pictures from DonateLife Week events and by sharing updates, online banners and information. We are always keen to promote events on Facebook and Twitter. If you have an event you would like us to promote on Facebook or Twitter please send through the event details to [enquiries@donatelifegov.au](mailto:enquiries@donatelifegov.au). Take a look at our Facebook page at <http://www.facebook.com/DonateLifeAustralia> for ideas.

In addition, make sure you include these campaign hashtags when posting or tweeting about your support for DonateLife Week:

- #DonateLife
- #organdonation
- #havethechat

Hashtags can be used on Facebook, Twitter and Instagram

## PROMOTIONAL RESOURCES

If you are a recipient of a Community Awareness Grant and have not yet confirmed your merchandise order, please contact your liaison officer at the Organ and Tissue Authority ASAP. Remember to keep us informed of the progress of your events and let us know what we can do to help support your events.

For all DonateLife Partner organisations and other supporting organisations, if you wish to request promotional resources for DonateLife Week 2015, and have not yet done so, please contact us at [enquiries@donatelifegov.au](mailto:enquiries@donatelifegov.au) together with your Events Registration Form which you can download at [www.donatelifegov.au/file/event-formdoc](http://www.donatelifegov.au/file/event-formdoc)

Thanks for your participation and support,

Suzi

**Suzi Clark**  
Director, Communications and Social Marketing  
Organ and Tissue Authority

Tel: [02 6198 9895](tel:0261989895)  
Mobile: [0434 664 739](tel:0434664739)  
Fax: [02 6198 9801](tel:0261989801)  
Level 6, 221 London Circuit, Canberra ACT 2600  
PO Box 295 Civic Square ACT 2608  
[www.donatelifegov.au](http://www.donatelifegov.au)  
<http://www.facebook.com/DonateLifeAustralia>

## The HLTTV Second Chance Accommodation Project Testimonial

*The following is a testimonial from lung transplant clinic nurse Kelina Attard. She is in a position to assess the difference that this project is making to transplant recipients and carers.*

The second chance accommodation project simply put has saved lives.

The Alfred Hospital Heart and Lung Transplant Units transplant patients from Tasmania, Victoria and South Australia and have also transplanted QLD and NSW patients.

These patients commonly have been unwell for a period of time pre transplant and often experience financial hardship as they are incapable of working and mostly have to survive on disability pensions.

To achieve good outcomes post transplantation the patients need to be monitored closely, receive education on life style changes and participate in a gruelling physiotherapy regime. It is for this reason that they must reside within a reasonable distance to the Alfred Hospital in Melbourne. Over a three month period, which often can be extended longer, patients visit the hospital up to 5 times per week.

The Second Chance Accommodation Project provided by the not for profit organisation "The Heart and Lung Transplant Trust" helps those who otherwise wouldn't be able to afford to reside closer to the Alfred. To have a transplant this is imperative. It is important to remember that often the patients are still paying mortgages

or rent and bills at home during the rehabilitation period. Post transplant, not having to worry about accommodation financial costs, lightens the burden on patients and carers. It allows them to have peace of mind and to focus on healing and reaching their goals of living a normal quality of life like anyone else. The patients are very grateful. Being located close to the Alfred means that patients have extra confidence on discharge as they are literally located a few minutes from the Alfred Hospital. Logistically it is just so practical when they are having regular bloods test, scans and appointments not having to deal with long car rides, traffic and associated costs. Illness and associated treatments provide a great deal of stress on families. The Second Chance Accommodation Project helps to alleviate the extra pressure of financial hardship in the recovery period. It has helped to provide a much required support to families and carers post transplant. What the Second Chance Accommodation Project offers is truly amazing!

*In this issue we have an example of our single biggest fund raising endeavour - The Tour de Transplant. As you can see the funds are used to make a difference and we ask all our members to think of ways they can contribute to keep this project going.*

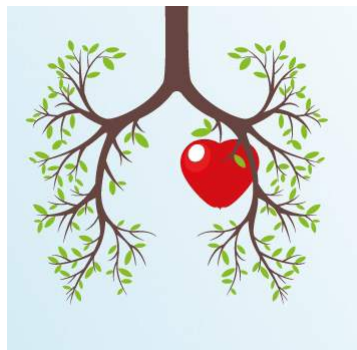
**The Circulator editorial team is keen to review books, magazines and articles that may be of interest to the transplant community. We're also keen to promote the work of those who have embraced their 'second chance' at life to explore their creativity or pursue their dreams.**

**Contact Matthew and Claire by email | [circulator@hlttv.org.au](mailto:circulator@hlttv.org.au)  
Items for review can be posted | Editorial team C/O PO Box 25036, Melbourne, Vic, 3004.**



Are you involved in a business which could provide discounts on goods or services for HLT-TV members? We're looking to increase benefits for our members and we'd love to hear from businesses that would like to get involved with the work we do either through providing discounts or supporting us in other ways.

Email our VP Louisa via: [vicepresident@hlttv.org.au](mailto:vicepresident@hlttv.org.au) to find out more!



## DonateLife 2015 Service of Remembrance and Thanksgiving

*Venue:*

RMIT Storey Hall Auditorium

*Address:*

Building 16, 336 Swanston Street, Melbourne

*Date:*

Saturday, May 30, 2015 - 2:00pm to 3:30pm

*Contact:*

For further information please contact DonateLife Vic on 03 8317 7400

The DonateLife Services of Remembrance are held in recognition of all those who have been part of the organ and tissue donation and transplant journey. These services provide an opportunity for acknowledgement and gratitude towards donors and their families, as well as a chance for those touched by organ and tissue donation to meet with others whose lives have been changed by this experience.



## In Memoriam

*Simon McFarlane Renn*

*02.01.1974-06.05.2015*

It is with sadness that we inform our readership of the death of Simon Renn on the 6th of May 2015. Many HLTTV members and volunteers got to know Simon in 2014 when he volunteered his skills as a myotherapist to massage the tired cyclists participating in the 2014 Tour de Transplant. Simon is survived by his parents Bruce and Sue, his sister Jacqueline, his brother-in-law Wayne and nieces Ellie and Isabelle.

*Lyn Budge*

*04.05.1956-07.04.2015*

Roxanne Kavanagh, the chair of Transplant Australia, has informed the HLTTV of the death of Lyn Budge. Her dedication to Transplant Australia is recorded in a statement by Transplant Australia:

“Transplant Australia lost one of its ardent supporters last week. More importantly Australia lost one of its longest surviving heart transplant recipients.

Lyn Budge, Transplant Australia Life Member passed away after a long illness.

Lyn joined Transplant Australia Vic/Tas Branch in 1988 and has maintained her membership since. She received a heart transplant in 1986.

Lyn contributed to both a Branch and Games level as a Committee Member, Treasurer, delegate to Disability Sports Victoria and the Department of Sport & Recreation.

She attended every Transplant Games in Australia and numerous World Transplant Games.

Her funeral was held on April 14 in Melbourne where hundreds of transplant recipients donned their green World Transplant jackets to honour her.

She was awarded Life Membership of Transplant Australia in 2009.

She will be sorely missed.

Ms Kavanagh delivered the following speech at Lyn’s funeral:

*I first met Lyn in 1996 at the National Transplant Games in Adelaide. She had received a heart transplant in Sydney in 1986.*

*Operated on by Victor Chang and assisted by Don Esmore who was later to open the Melbourne Clinic at the Alfred Hospital.*

*In 1999 Lyn and I teamed up as roommates in Budapest at the World Transplant Games where we won a Silver Medal in the ten pin bowling – this was quite a feat as the bowling balls had no holes and there were only nine pins to knock down. We teamed up in Japan in 2001 and again won medals for Australia in ten pin.*

*With the Ansett frequent flyer points we had accrued, we travelled to England and Singapore, visiting Stonehenge and choosing*

*tours. Singapore was just a holiday to do some shopping.*

*Lyn was tough, passionate – especially where Essendon was concerned, and always showed fair sportsmanship in all the events she participated in. She was an all-rounder, giving anything a go, making sure that no one missed out and putting her hand up to partner anyone in need. She always supported those around her. This made her many friends, not only from other Australian Teams but also from overseas teams who over the years, looked forward to seeing her at the games so they could catch up.*

*As a longstanding member of Transplant Australia her presence will be greatly missed, both on the sporting field and on the Victorian Committee where she served for many years as our treasurer.*

*Farewell to the first person I ever met at a transplant games, a true friend who will not be forgotten.”*



# 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.hlty.org.au/> and follow the 'Membership' links.

# Transplant anniversaries - we wish you many more

## April

### Heart:

- Tony Allen, 1994
- Led Doughty, 2011
- Bill Saunders, 2010
- Bill Vickers, 2003

### Lung/s:

- Jeff Campbell, 2008
- Ian Francis, 2010

### Heart and Lungs:

- Carla Bondini, 2014
- Jose Lopez, 1990

## May

### Heart:

- David Cripps, 2006
- Karen Murray, 2014
- Neal Pearson, 2011
- Peter Slatter, 1996
- Henry Smeets, 1996
- Kevin Williams, 2003
- Bruce Wood, 2003

### Lung/s:

- Antonio Ferraro, 2008
- Doris Hogben, 2010
- Toney Matteo, 2010
- Sarah Quinn-Paget, 200

## June

### Heart:

- Marc Bainbridge, 2011
- Christine Liszczak, 2008
- Maarit Moilanen, 2010
- Anne Poole, 2011
- Richard Rowlands, 1992
- Jim Spooner, 2004
- Laszio Toma, 2006

### Lung/s:

- Shirley Hodgson, 2008
- Julie Hunter, 2013
- Malcolm (Charlie) Knight, 2009
- Barb Maywald, 2006
- Nancy Scaringi, 2009
- Vanessa Scott, 1999
- Elzbieta Slizankiewicz, 2013

## July

### Heart:

- Vern Cox, 1995
- Russell Freeman, 2005
- Denis Glascott, 1999
- Eric Holt, 2011
- Bev Hume, 2010
- Bernie Mithen, 2008
- Gavin Seward, 2014

- Claude Turco, 2007

### Lung/s:

- Carole Bloomer, 2013
- Rachael Bradley, 2009
- Allan Browne, 2002
- Dale Constable, 2013
- Tricia Martakis, 2011
- Irene Perera, 2014
- Kathryn Wright, 2010
- Steve Wright, 2011

### Heart and Lungs:

- Brian Guy, 2008

**Please Note:** If you or your loved one has had an attribution made in error or you no longer wish for the anniversary to appear in *the Circulator* please notify the membership officer at:

[membershipofficer@hlttv.org.au](mailto:membershipofficer@hlttv.org.au)

If you have sent notice to any other address within the past year please send a reminder email to the membership officer.

## Donate now!

I/We would like to make a donation to the Heart and Lung Transplant Trust (Victoria) Inc.

Name: .....

Address: .....

Postcode: .....

Donation: \$ .....

(Donations over \$2.00 are tax deductible)

Please send to: Treasurer Heart & Lung Transplant Trust (Victoria) Inc  
PO Box 25036, Melbourne, Vic, 3004

Please visit <http://www.hlttv.org.au/> and look under 'Quick Links' and choose one of the 'Donate Now' links.

## De Luxe Brussel Sprout Salad



### Ingredients

1 cup walnuts  
1 tbsp extra virgin olive oil  
2 cloves garlic, finely chopped  
1 cup freshly made bread-crumbs  
1kg brussel sprouts  
2 tbsp walnut oil  
2 tbsp parsley, finely chopped  
Sea salt

### Directions:

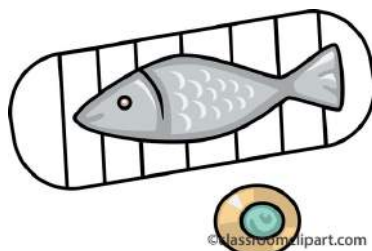
Chop the walnuts into smallish pieces and dry toast lightly in a fry pan. Set aside.

Over medium heat in a medium fry pan warm the olive oil and fry the garlic stirring constantly so that garlic does not burn. Take off the heat and stir in the bread-crumbs.

Steam the brussel sprouts until tender. While still warm place the brussel sprouts in a large bowl and toss with the walnut oil. Add the breadcrumb mixture, the chopped parsley and the chopped roasted walnuts and toss well. Place on a serving plate and sprinkle with sea salt to taste.

Serve warm or at room temperature. Serves 4 to 6.

## Tuna Patties with Lemon Dill Sauce



### Ingredients

1 (350g) tin tuna  
 $\frac{3}{4}$  cup seasoned bread crumbs  
 $\frac{1}{4}$  cup minced spring onion  
1 egg  
 $\frac{1}{2}$  cup skim milk  
 $\frac{1}{2}$  teaspoon grated lemon zest  
Lemon Dill Sauce:  
 $\frac{1}{4}$  cup chicken stock  
1 tablespoon lemon juice  
 $\frac{1}{4}$  teaspoon dried dill

### Directions:

In large bowl, combine tuna, breadcrumbs, green onion, egg, milk, and lemon peel.

With lightly floured hands, form mixture into patties.

Spray a large nonstick skillet with cooking spray and heat over medium heat.

Cook patties, until golden brown on both sides, about 3 minutes per side.

Sauce: combine all ingredients in a small saucepan and heat over medium heat until warm.

Add a small amount of flour and mix with a whisk to thicken sauce.

Spoon sauce over tuna patties and serve.

## HLTTV Committee Meeting

Date: Tuesday 11th August

Time: 7:30 pm

Place: Seminar room, level 5, Centre Block.



You can also join members of the committee for an informal get-together at 7pm in Alf's cafe.

All welcome!

## HLTTV contacts

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# THE **BIG** PICTURE

Transplant Victoria/Tas is taking part in The Big Picture project as part of DonatELife week in August. With the help of local artist Pollyannar we are hoping to create a powerful photograph to help spread the life saving message about organ and tissue donation.

Pollyannar would like to photograph people who are waiting for a transplant, donor families and donor recipients to create a black and white photograph over 30 meters long. This will be unveiled at a special event to be held in DonatELife week.

Along with this she will be developing a book and documentary to help educate the Australian public from all perspectives of the transplant process and what it's like to be a person on the waiting list, not knowing and living because of a gift from another.

We need your help..and your face!

To be a part of this inspirational project please get in touch with

Pollyannar either by emailing [whatsup@pollyannar.com](mailto:whatsup@pollyannar.com)

By filling in the form <http://www.pollyannar.com/donatelife/>  
or calling 0400809684

Pollyannar will be adding your portrait to the one below.

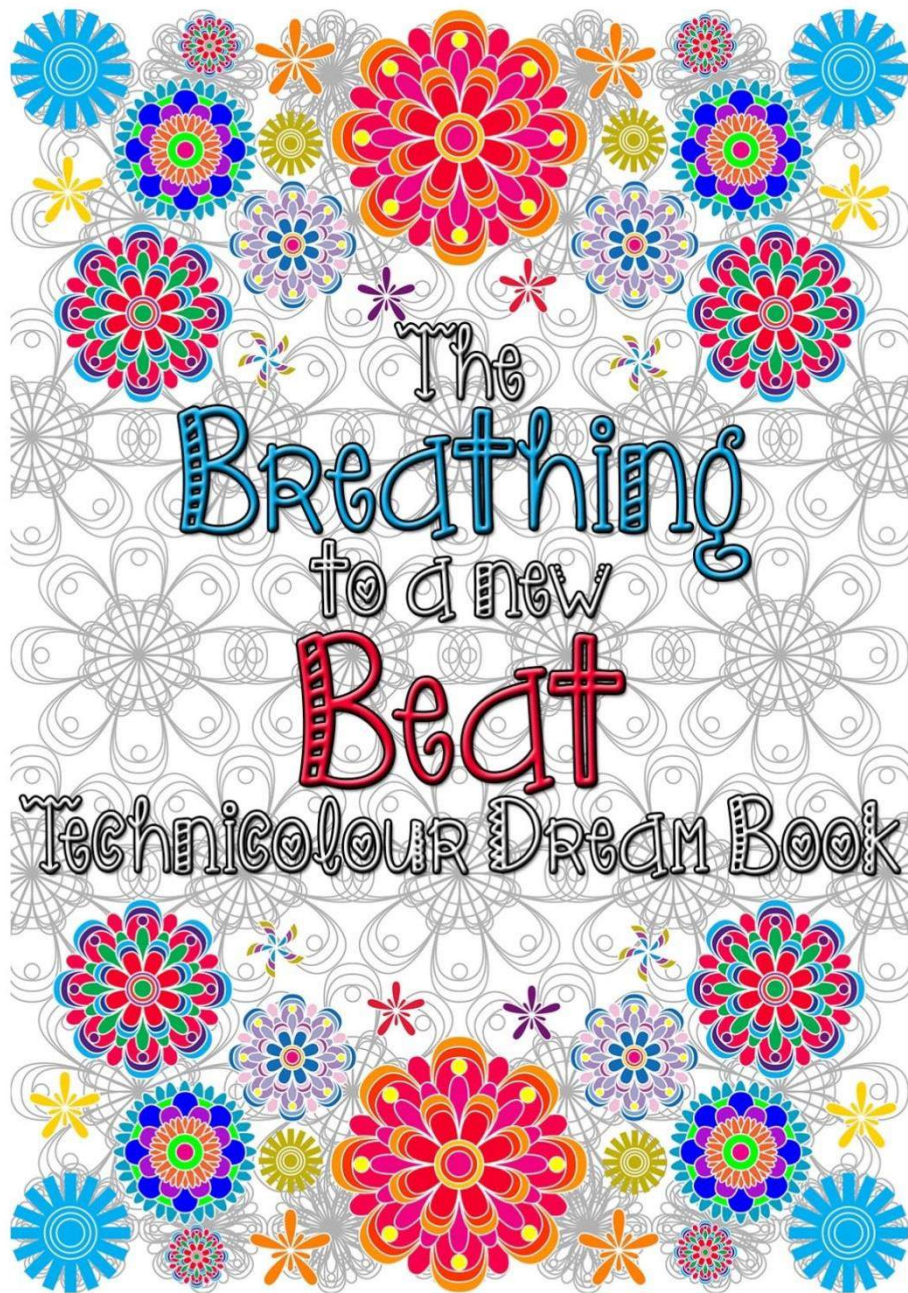
To find out more about Pollyannars work please visit

[www.Pollyannar.com](http://www.Pollyannar.com)



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