

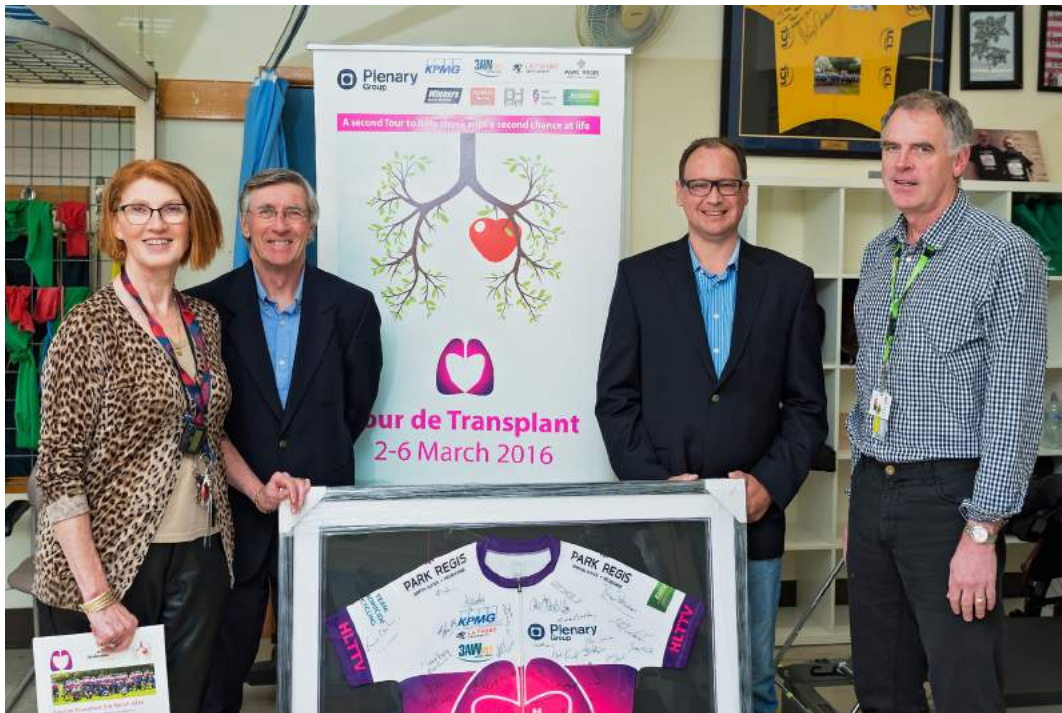


the Circulator

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

Fourth Quarter | 2016 | Issue No. 86

Inspirational Presentation



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President's Message

2016 is flying by so fast. It seems like only yesterday that we were Tour de Transplanting, and suddenly we've blinked and it's six months later! Christmas is fast approaching, and in this edition you'll find the details of our Christmas Function. As always we'll be in Fawkner Park on the last Sunday in November. We really enjoy meeting up with our members and supporters, sharing a drink and a snag and catching up on everyone's lives. It's a great chance to meet people from the transplant community. If you've never been we'd love to see you – and you can even sign up as a member on the day.

This edition also has details of our AGM, coming up in early November. All committee positions are up for election at the AGM, but we're particularly looking for an events officer and a treasurer. If any committee roles appeal to you, or you're just interested in finding out more, please contact me via email for a chat: president@hlttv.org.au By the time this edition goes to print we will have had our team run and walk in the Melbourne Marathon festival. This has now become an annual event, with the bulk of our team doing the 3km walk. We'd love to grow this event as a way to spread awareness of the HLTTV and organ and tissue donation. Please consider being a part of it next year. It's always a fun day out, usually with a drink and lunch afterwards, and the range of distances means that the event caters to almost all levels of fitness.

I hope that you all have a happy festive season, eat too much, see lots of loved ones and enjoy some down time over summer. The HLTTV committee are definitely excited about the possibilities of 2017 and we're looking forward to whatever the New Year brings.

Finally, in recent weeks the HLTTV has been the lucky recipient of a Care from Caity grant. The Care from Caity Appeal honours Caity Cuthill, a young woman from Gippsland who had a double lung transplant in 2010 but sadly passed away in 2011. Donations

made in her memory go to supporting people from country Victoria who need to access medical care in Melbourne. HLTTV is honoured to receive a \$10,000 grant, which will go towards increasing the rooms on offer in our Second Chance Accommodation Program.

Louisa Walsh

President of the Heart and Lung Transplant Trust (Victoria)
president@hlttv.org.au

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Heart and Lung Transplant Trust Victoria
PO Box 25036

Melbourne 3004

HLTTV Committee Meeting

Date: Tuesday 8th November

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!

New HLTTV lapel badges and membership information



HLTTV have new lapel badges! Purchase yours now for \$5.

New members will also receive a lapel badge in their Welcome Kit.

Remember - your membership fees help us continue the good work that HLTTV does for people waiting or who have had a heart and/or lung transplant.

A note from the editor

Hello Readers,

Another eventful year for the HLTTV is wrapping up and brings with it the Annual General Meeting. This takes place on the same evening and in the same place as all other committee meetings at the Seminar Room on level 5 of the Alfred Hospital. If you haven't attended a meeting yet it's worthwhile sitting in on one just to get an idea about how the committee runs and the types of ways in which non-committee members can help the HLTTV. Who knows it may inspire you to fill the role advertised in this edition!

We have a tribute to Jeff Campbell our former Events Officer in this edition. Jeffrey passed away on the 25th of June this year and the HLTTV Committee extends its sincerest condolences to Jeff's wife Elly and the Campbell family.

Part of the eventful year for HLTTV was the second Tour de Transplant. This was, as it was in 2014, a huge success both for the way it was enjoyed by the riders and in fundraising terms. A jersey presentation was made in the gym at the Alfred Hospital whilst a post-transplant rehabilitation session was in progress.

It was quite wonderful to see the way in which this presentation motivated those who were recent recipients when they were told that recipients slightly farther out had ridden in the tour.

On the 20th of November DonateLife is inviting all recipients and beneficiaries of organ transplantation to say a public "thank you" to their donors.

I hope you all have a wonderful, safe and healthy holiday season.

Editor for Quarter 4:

Claire Stubber

circulator@hlttv.org.au

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



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



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
Web | 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.



A Tribute to Jeff Campbell

Jeff Campbell was an invaluable HLTTV committee member, he could always be seen behind the barbecue at HLTTV gatherings and worked tirelessly behind the scenes to make sure that these events went smoothly. Here his wife Elly pays tribute to her husband with thanks to one of his transplant friends Martina McArdle.

Jeff was part of a large family he was number eight out of ten, so for him to become the man he did was no surprise in hindsight - but he was too humble to see that.

Jeff has been a steady, regular type of guy with a quirky sense of humour.

Jeff was well regarded by his work colleagues, friends and family.

A caring soul that pets turned to for comfort, a treat when no one was looking!

Jeff would put his hand up to give others a hand without expecting anything in return. Together with Elly, they open their house to family & guests. Their hospitality extending to their

children's mates, a meal, a mattress on the floor, their BBQ for gatherings, a chat and a beer to share.

Jeff struggled to adjust from working full time as a senior buyer to having to give up work due to his illness however, after the transplant Jeff was able to transfer his skills to a

him and he went on to tell me that he had brought a MG on Ebay!!! Jeff has always been a careful person so you can imagine my response to this as it wasn't a small amount and that he had organised it to be shipped from Queensland unseen. Lucky it was a real gem and become his number one girl



Jeff Campbell

Whilst there were hard times before and after his transplant Jeff did not stop doing what he loved; going for a drive in his MG, holidays with family, a couple of trips through Qld, NT, SA, all on his bucket list!

We remember when we went into the ward after his transplant expecting him to be lying down groggy from the anaesthetic... but no, here he was sitting up giving us the thumbs up with a grin from ear to

new role for a roofing company.

I can remember coming home from work one Monday night and we were sitting there watching TV when Jeff said I need to tell you something. I looked at

ear.

Jeff was keen to give back for the gift of life he received from the transplant and joined the fundraising committee. He used his contacts to

A Tribute to Jeff Campbell

source donations and with the assistance of Elly & the kids

prepared the BBQ at social gatherings. He was grateful for the care he was given by doctors, nurses and specialists at The Alfred Hospital.

Enormously thankful to the donor.



Trip Taking Post-Transplant

People would say how do we remain so strong and positive? We would always

reply you just have to, but I now truly believe Jeff was my strength as his strength was my rock for which

he earned our much loved respect.

We continue to miss Jeff

everyday but know that we honour his memory by



Jeff's Beloved MG

embracing life with all its challenges and keeping him in our hearts and conversations.

*Jeffrey Philip Campbell
21.02.1957-25.06.2016*

Nominations Open for the Committee

Nominations for elections to the Heart and Lung Transplant Trust's Committee of Management are open. All positions are open to nominations. However, the committee is looking for a member who has experience with event management (or someone keen to gain experience) to assist with organising our social BBQ events. For more information about the committee positions, check out our [committee page](#) on the website.

Nominations for the officer positions must be received by 5.00 pm on **Monday, 31st October 2016**. A nomination form can be [downloaded](#) or email the secretary. Should more nominations than there are vacancies be received, voting will take place according to the HLTTV's Constitution.

New office bearers will be elected at the Heart and Lung Transplant Trust's Annual General Meeting, which is being held at on Tuesday, 8th November 2016, commencing at 7.30 pm. Members who would like to serve on the Committee of Management need to be a member of the Heart and Lung Transplant Trust (VIC). If you have any questions, please contact Emily, the secretary on 0400 187 044 or secretary@hlttv.org.au

Events Officer

for [Heart and Lung Transplant Trust \(Victoria\) Inc.](#) more by this organisation (2)

About this opportunity

The Heart and Lung Transplant Trust (Victoria) is an entirely volunteer-run organisation which provides services and support to people who have received, or on the waiting list for, heart and/or lung transplants at The Alfred Hospital.

Our Events Officer is responsible for coordinating our annual events and leading the delivery of ad hoc events throughout the year. The HLTTV events provide opportunities for our community of transplant recipients, people on the waiting list, their families and our supporters to get together and support each other throughout the challenging transplant journey. The HLTTV currently runs two BBQs per year which attract 150-200 people, and also occasional movie nights and other fundraising events.

The Events Officer is responsible for:

- developing a schedule of annual events and ensuring events are promoted to the transplant community;
- coordinating all aspects of the events (including volunteers, catering, permits, liaison with council, set-up and pack-down etc);
- ensuring events are run within budget and, where possible, finding ways to reduce event spending (seeking donations, in kind support etc); and
- inspiring the committee and the community with new event ideas.

Our Events Officer should be friendly, enthusiastic, have excellent time management skills and be a great leader. Ideally they will also have a car, van, or trailer that can fit a couple of BBQs and folding marquees.

The HLTTV is a welcoming committee of dedicated volunteers who work as a team and pride ourselves on supporting each other. The Events Officer is an Ordinary Member of our committee and the role has a lot of scope for development and creativity. The role is an ideal opportunity for anyone at any stage of their career who is wanting to add something different to their CV while also providing a much loved service to our members and friends.

You can learn more about the role and the committee as a whole by heading to the 'Committee' page on our website and checking out the Committee Roles Summary document.

Time Required

Average 3 hours per week, but spread unevenly throughout the year. For example, the role is busier in the lead up to the Easter and Christmas BBQs, but has the potential to be quieter mid-year. Quarterly committee meetings (held in the evening).

Good for

- Work Experience

Interested in

- Administration, Office Management
- Driving and Transportation
- Food Preparation and Service
- Fundraising and Events
- Governance, Board, Committee
- Marketing, Media, Communications

Training

HLTTV will support any training required to fulfill the role (eg Food Safety Certificate).

Reimbursement

Expenses incurred as a result of the role will be reimbursed.

Spicy Green Beans

FOR TWO

Whenever I make these, I think, "why don't I have this every day?" Throw a fried egg on top, serve with rice, and you have a delicious meal.

- 1 tsp vegetable oil
- 300 grams green beans, chopped into bite size pieces
- 2 cloves garlic, finely chopped
- 1 tsp soy sauce
- 1 tsp sambal oelek (or 2 tsp chili flakes)

ADDITIONS

- 1 tsp ginger, grated
- 1 tsp lemon juice

Add the vegetable oil to a frying pan on medium heat. Once it's hot, add the green beans. Let them cook undisturbed for about 1 minute.

Mix the garlic, soy sauce, and sambal oelek in a bowl (and the ginger and lemon juice, if using).

The beans should have turned bright green. Add about ¼ cup of water to the pan. Cook another 2 minutes, until the water is mostly gone. Pour the sauce into the pan and toss gently to coat. Cook another 2 minutes, until everything is fragrant and most of the liquid is gone. Poke the beans with a fork: if it goes through easily, they're done. They should take about 5 minutes.

Taste and add more chili sauce or soy sauce if you want the beans hotter or saltier.

Recipes from: <http://www.leannebrown.com>



\$1.30 TOTAL
\$0.65 / SERVING

BITES
59

VEGIE LENTIL SOUP

10 minutes preparation + 35 minutes cooking

11 serves of vegies in this recipe

INGREDIENTS

- 1 onion, chopped
- 1 clove garlic, crushed
- 1 carrot, diced
- 1 potato, diced
- 1 parsnip, peeled and diced
- 1 stick celery, diced
- 125g red lentils
- 6 cups chicken stock or water
- 1 tablespoon tomato paste
- 2 or 3 sprigs parsley, chopped

METHOD

Saute onion and garlic in a large pot with a little water until onion is translucent. Add carrot, potato, parsnip and celery and cook for a further 5 minutes. Stir in lentils, stock and tomato paste. Bring to the boil, cover and simmer for 30-35 minutes, stirring occasionally. When lentils and vegetables are just cooked, add parsley.

Serves 4. Copyright: © Commonwealth of Australia 2015

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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 2016
Tuesday 8th November at 7.30 pm, 5th Floor Seminar Room
The Alfred**

**Join us to celebrate our achievements in 2016 and elect new
members to the committee**

The ordinary business of the annual general meeting shall be:

- (a) to confirm the minutes of the previous annual general meeting and of any general meeting held since that meeting; and
- (b) to receive from the committee reports upon the transactions of HLTTV during the last preceding financial year; and
- (c) to elect officers of HLTTV and the ordinary members of the committee; and
- (d) to receive and consider the annual report prepared by the HLTTV in accordance with section 30(3) of the Act.

The agenda, annual report and financial reports to be considered are available from the Secretary on request secretary@hlttv.org.au. The minutes 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 no later than 31 October 2016.

Each member is entitled to appoint another member as a proxy by notice. Please email the secretary@hlttv.org.au for the proxy form or download a form on our website in the events 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.

If you plan to attend the AGM, please RSVP by Friday 4th October 2016. If you are unable to attend, but would like your apologies to be noted, contact the Secretary, Emily Adamson 0400 187 044 or secretary@hlttv.org.au



**Annual General Meeting of the Heart and Lung Transplant Trust (Victoria) Inc.
to be held Tuesday 7.30pm 8th November 2016 at
5th Floor Seminar Room ,The Alfred Hospital, Melbourne**

2016 COMMITTEE NOMINATION FORM

We wish to nominate:

(name).....

of

(address)

who is a current financial member of the Heart and Lung Transplant Trust (Victoria) Inc. to the position of:

President / Vice President / Membership Officer / Secretary / Treasurer (delete as appropriate)

Ordinary member of the Management Committee

Important: By accepting this nomination, the nominee agrees that they have read and understood that all committee roles have position descriptions with specific responsibilities.

As a 100% volunteer run organisation, HLTTV Victoria Inc. relies on each committee member to proactively approach their role in delivering the objects of our constitution to all members of the Alfred Transplant Family.

Position descriptions can be found on the HLTTV Victoria Inc. website, under About Us/Committee (www.hlppv.org.au/about-us/committee) or by contacting vicepresident@hlppv.org.au

Signed by the following members of the Heart and Lung Transplant Trust (Victoria) Inc.:

.....

.....

Name:

Name:

Date:

Date:

All nominations must be submitted to the Secretary via PO Box 25064, Melbourne, 3004 or electronically to secretary@hlppv.org.au by Monday 31st October, 2016

Tour de Transplant Jersey Presentation

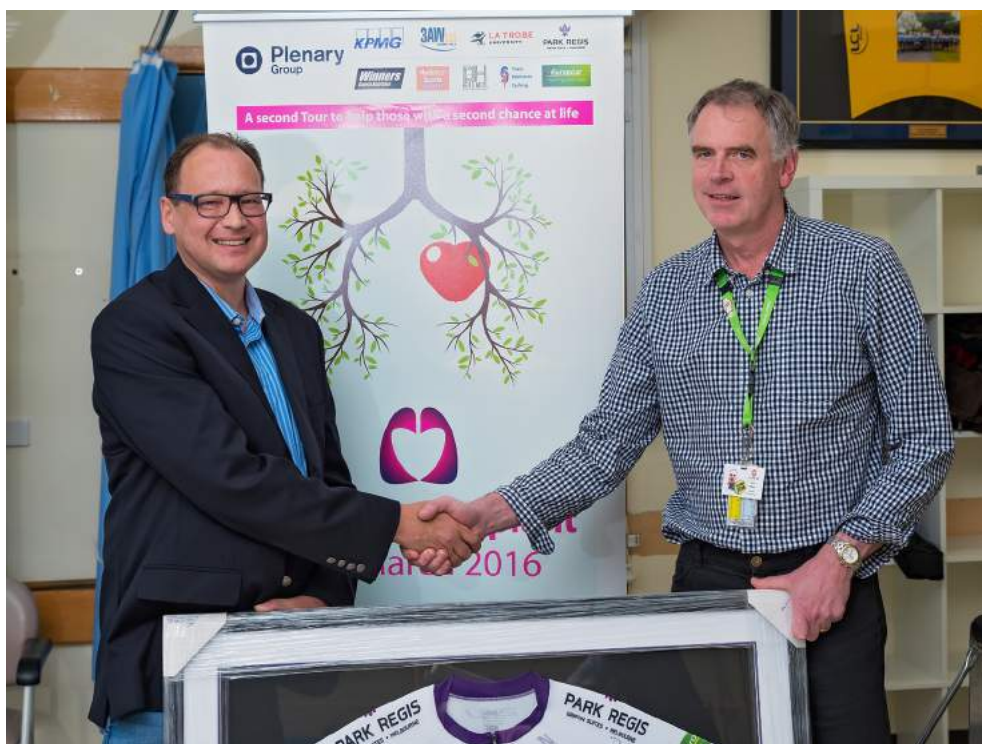
On the 22nd of July Jon Rolfe (Tour de Transplant, Second Chance Task Force Committee Chairman) and Gerry Hannily (Tour de Transplant, Second Chance Task Force Committee Member) presented a framed Tour de Transplant Jersey to physiotherapist Lou and Jim Sayer, Manager Physiotherapy. The Jersey was signed by Tour de France winner and Tour de Transplant leader Phil Anderson as well as all those who had participated in the Tour de Transplant. At the time the gym was busy with recent transplant recipients who were working on their post-transplantation rehabilitation programme. Many commented that they had been inspired by the fact that there were transplant recipients who participated in the Tour de Transplant.



From Left to Right: Lou Fuller, Jim Sayer, Jon Rolfe, Gerry Hannily



Jon Rolfe (L) and Gerry Hannily



Hand Over: Jon Rolfe (L), Jim Sayer

DonateLife Sunday 20 November 2016
THANK YOU DAY



Honouring organ and tissue donors and their families

Sunday 20 November is DonateLife Thank You Day, a national day to acknowledge organ and tissue donors and families that agreed to donation.

An initiative of the Organ and Tissue Authority (OTA), DonateLife Thank You Day provides an opportunity for all Australians to honour organ and tissue donors and their families by simply saying 'thank you'.

Families play a crucial role in the donation process because they are asked to confirm the donation decision of their loved one and provide vital health information about their loved one. Families also help the broader community understand the donation process by generously sharing their stories with the public.

On DonateLife Thank You Day, we invite you to say thank you to all deceased and living donors and their families, whose gift of organ and tissue donation saves and transforms lives. In the first 8 months of 2016, a record 958 Australians received an organ transplant through the generosity of 329 deceased organ donors and their families.

At the same time, around 1,400 Australians and their families are waiting for a transplant with a further 12,000 people on dialysis.

DonateLife Thank You Day is about normalising organ and tissue donation by encouraging all Australians to say 'thanks' to those who save and improve lives through the gift of organ and tissue donation.

Australians are encouraged to show their thanks for all donors and their families by:

- posting a message of thanks on Facebook, Twitter, or Instagram to all donors and their families using the hashtags #ThankYouDay #DonateLife
- showing their support by joining the Australian Organ Donor Register online and sharing their decision with family and loved ones.

For more information about DonateLife Thank You Day visit donatelife.gov.au/thank-you-day

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.)

Lung/s	Month	[]	Year	[]
Heart	Month	[]	Year	[]
Heart & Lung	Month	[]	Year	[]
Other (please specify)	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

November

Heart:

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

Lung/s:

- Lyenette Alexander, 2015
- David Biram, 2010
- Phillip Buckland, 2009
- Ian Casey, 2008
- Paul Thomas Gloede, 2012
- Len Hain, 2002
- Alan Picone, 2015
- Karen Pritchard, 2015
- Nikola Radocaj, 2002
- Peter Weidl, 2014

December

Heart:

- David Ash, 2008
- John Bisiach, 2002
- Jane Buxton, 2014

- Greg Dartnell, 2004
- David Hales, 1998
- Jack Jones, 1989
- Gaylynn Pinniger, 2012
- Helen Rankin, 2011
- Rodney Whitford, 2011
- Russell Wills, 1991

Lung/s:

- Barbara Clarke, 2014
- Graham Harrison, 2014
- Tony Hyams, 2015
- Wendy Jenkins, 2006
- Anne McArthur, 2011
- Alison Walters, 2004
- Kevin Avery, 2015

January (2017)

Heart:

- Howard Bear, 2013
- Kylie Chappell, 1992
- Carol Durroch, 1992
- Simon Eaton, 2011
- Mark Ginn, 1993
- Andrew Hunt, 2008
- Michael Muschamp, 1996

Lung/s:

- George Bouios, 2008

- Michael Cox, 1996
- Ann-Marie Dunbar, 2014
- Elizabeth Johnson, 2013
- Leslie Miller, 2016
- Gary Quick, 1999
- Nancy Reynolds, 2008
- Philip Stephenson, 2003
- Christopher Teese, 2014
- Graeme Vessey, 2011
- Margaret Westwood, 2013

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

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.

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 Claire by email | claire@hlttv.org.au

Items for review can be posted | Editorial team C/O PO Box 25036, Melbourne, Vic, 3004.



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.



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 President, Louisa, via:
president@hlttv.org.au
to find out more!

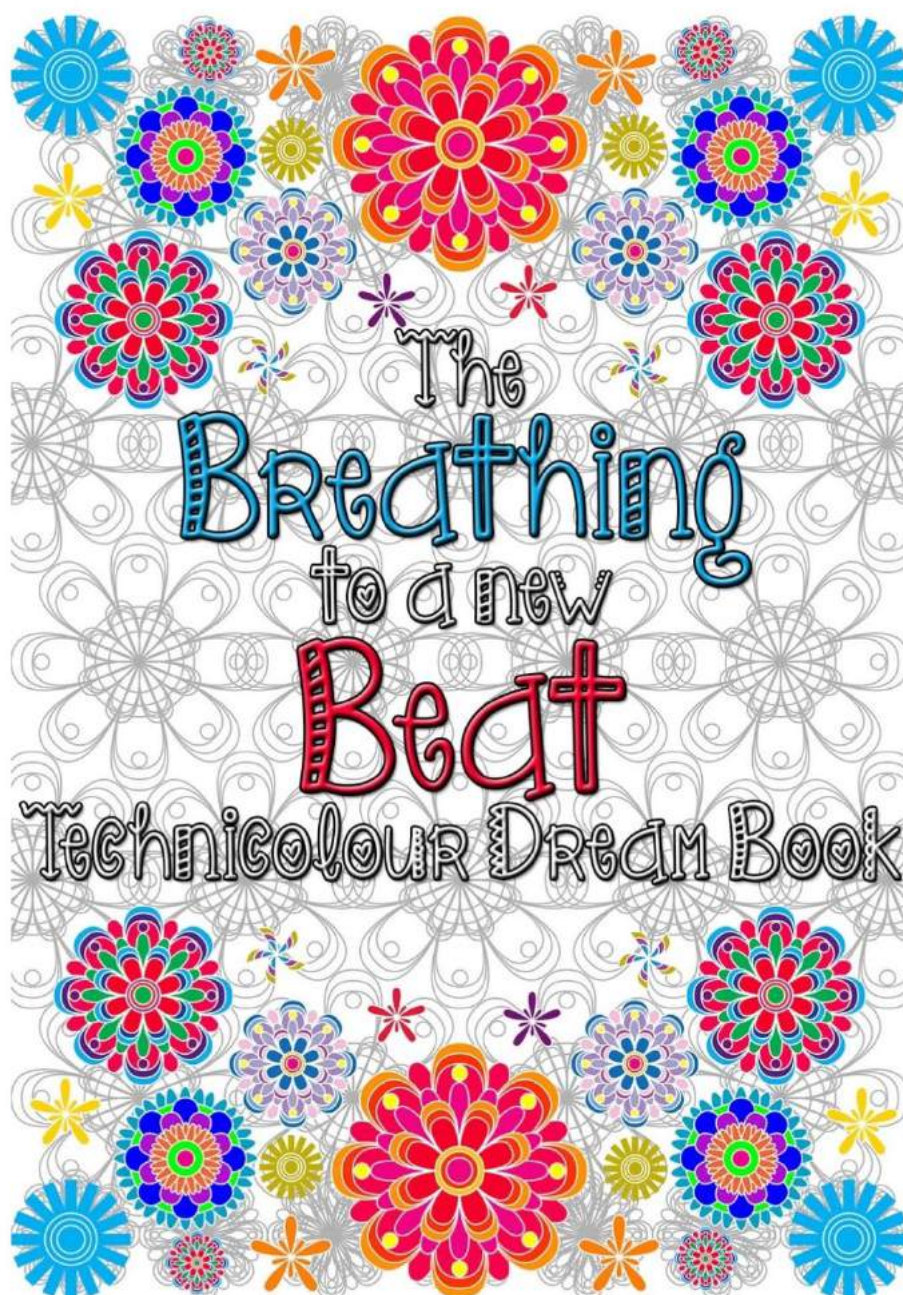
Buddy Program

We are looking for people post-transplant to volunteer for our new buddy program! People who are waitlisted for transplant will be given the option to take part in the program and be matched with a volunteer 'buddy'. This initiative aims to assist those pre-transplant with answering any questions or concerns they may have around the transplant process, and to provide moral support by sharing your own experiences.

If you'd like to become a buddy, please contact Carla at patientsupport@hlttv.org.au.

BUY ONLINE

<http://curlypopsfundraising.bigcartel.com/>



A book of colouring in fun for everyone!!!
With all proceeds donated to:



Heart and Lung Transplant
Trust (Vic) Inc
Bringing the Alfred transplant family together
www.hlttv.org.au

SAVE THE DATE



SUNDAY

27TH NOVEMBER 2016

11.30AM at Fawkner Park
(across from the Alfred Main Entrance)

More details to come



Heart and Lung Transplant
Trust (Vic) Inc
Bringing the Alfred transplant family together
www.hlttv.org.au