



the Circulator

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

Fourth Quarter | 2015 | Issue No. 82

AGM Bumper edition



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Vice President's Message

Another three months has flown by, and suddenly we're out of Winter and enjoying some glorious spring weather! As always we've had a lot to keep ourselves occupied at the HLTTV.

In late August we held our special movie screening of Force of Destiny, a love story about a man waiting for a liver transplant. We were lucky enough to have the Director, Paul Cox, come and speak at our screening. Unfortunately I was unable to attend, but by all reports it was an excellent night of friendship, laughs, goodie bags and excellent raffle prizes!

The Tour de Transplant 2016 has now been officially launched, and we have a full field of riders. The launch event was held in early October, and attended by riders, sponsors, HLTTV volunteers, and our ride leader, Phil Anderson. The ride from Warrnambool to Melbourne looks amazing, and many of our 2014 sponsors are back to support the Tour in 2016. We're always keen to hear from new sponsors, so if you have business connections, or run a business yourself, please contact Jon Rolfe (jon@hlttv.org.au) for more information about the levels of sponsorship on offer.

The HLTTV has also recently signed an agreement with The Alfred Transplant Units to fund a part time Social Work Assistant position for a twelve month pilot of the role. The person who is hired will work across heart and lung transplant, and will support Jane and Gillian with administration tasks, and help coordinate the Second Chance Accommodation Program from the hospital end. This person will also be able to assist patients of the transplant units with their own health-related administration tasks – such as filling out Centrelink forms and linking in with community support services. Once the position

is filled we will run a profile of the newest member of the transplant units in The Circulator – so keep your eye out (hopefully in our next edition)!

Our AGM is coming up on the 10th of November at 7:30 in the 5 East Seminar room. All members are welcome – and encouraged – to attend. All committee positions are declared vacant at the AGM, so if you have a desire to become part of the committee and get involved in the work of the HLTTV we'd love to hear from you. You can email Belinda our secretary via secretary@hlttv.org.au, contact me, or check out the committee summary document on the website for more information.

With the sun coming out, the days getting longer and the AGM just around the corner, I'm excited for the year ahead with the HLTTV. I hope to see heaps of our members at the Christmas BBQ, and if you have any ideas for future programs, services, events or activities that the HLTTV can offer, please give me a buzz! Stay happy, safe and well – and don't forget the sunscreen!

Louisa Walsh

vicepresident@hlttv.org.au
0427 509 042

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

Stop The Presses!

Hunt on for a new Circulator Editor!

Do you have what it takes to get the hot transplant news? Are you an avid wordsmith? Do you just love insider gossip? Then we have the job for you! The HLTTV is looking for a new Circulator Editor. This is an Ordinary Member committee position, and you will be responsible for putting together our quarterly newsletter as well as sourcing stories and managing the submissions from other committee members and volunteers.

For full list of skill requirements for the role, head to our website and check out the Committee Roles Summary document: <http://www.hlttv.org.au/about-us/committee> or contact the Secretary: secretary@hlttv.org.au or Vice President: vicepresident@hlttv.org.au for more info!

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.



HLTTV's 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



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.



Fundraising Round Up

Fundraising round-up – movies, marathons, calendars and cruises.

Our committee is often awestruck at the generosity and creativity people use for fundraising. Over the last three months, we've had some standout events that didn't just raise important funds – these events provided important social opportunities for transplant recipients and the people that care for them.

Force of Destiny movie night at Cinema Nova

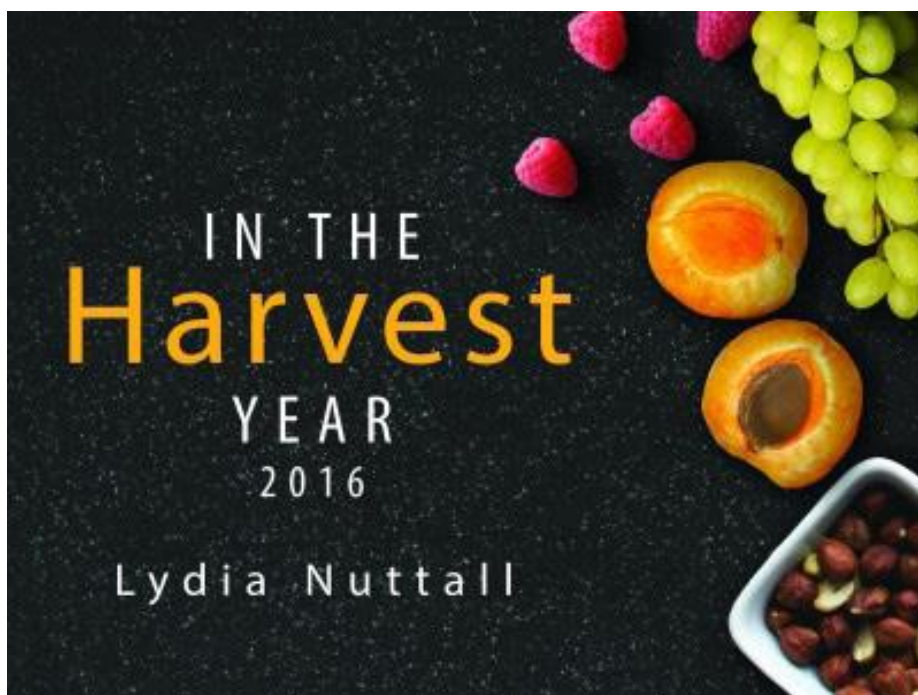
Our movie night at the end of August, Force of Destiny, was super-special. Director Paul Cox gave a special guest appearance and introduction that accompanied a limited edition featurette screening of 'Paul Cox – Life Influencing Art.'

Producer Maggie Miles (of 'Paper Planes' fame) got into the spirit of the evening, using a paper plane to 'find' the winner for one of our major prizes. Around 80 attendees enjoyed pre-event entertainment and some very generous raffle prizes, raising quite a few thousand dollars in the process.

Yet again the night couldn't have happened without some incredible hard work from Camille and her amazing fundraising crew – well done!

Harvest Kitchen Calendar and Cookbooks

Thanks to some of our wonderful Tasmanian members (Jodie, Fiona and Gavin), we were approached with a fabulous offer from Lydia Nuttall, creator of the 'Harvest Kitchen'.



Based in Launceston, Tasmania, the Harvest Kitchen team provides premium cooking and dining experiences which showcase the freshest regional produce in simple and healthy dishes.

This work has been translated into a wonderful cookbook (with another coming soon), plus a beautiful and practical calendar featuring a delicious recipe for every month of 2016. The cookbook is also available as an e-book (perfect for those us who use our electronic gadgets in the kitchen)

Lydia has made the amazing offer of donating \$5 from every calendar and \$3 from every cookbook to HLTTV Victoria Inc. Visit the HLTTV website for information on how to order your 2016 calendar in time for Christmas!

Alternatively order online using the links below – just make sure to enter the coupon code 'transplanttrust' so that the donation can be passed on to the HLTTV.

<http://harvestkitchen.net.au/>
<http://harvestkitchen.net.au/store-2/products/>

Belinda MacLeod-Smith and Camille Condon

Melbourne Marathon 2015



The 2015 Melbourne Marathon Festival was held on Sunday October 18th. Over 30,000 people pounded the pavement across five different course distances, on what turned out to be another magnificent spring day in Melbourne.

HLTTV was well represented yet again with 15 team members signing up for the challenge and completing the 5.7km course! We had three double lung transplant recipients participating, along with family members, friends and work colleagues.

Although we do a little bit of fundraising via this event, the day is more about participation and fun, and getting out and showing the world what can be achieved after receiving that lifesaving gift.

At the time of printing, Team HLTTV had raised a magnificent total of \$2023.00. A huge thankyou to all of our participants: Rebecca, Josephine, Peter, Camille, Xavier, Cass, Janet, Jose, Sue, Colin, Cyanne, Matthew, Damien, Andrea, Louisa, and Jason

I hope everyone is looking forward to next year and MelbMara2016!

Cruise 4 Cale

Another October event included a memorial classic car cruise held in Geelong by family and friends of Cale Reed. Cale made the absolute most of his life after transplant, and touched the lives of many, many people in the Geelong community.

After Cale very sadly passed away in late September from complications as a result of rejection, his family and friends held a gala event on the weekend of 17 October. This event attracted hundreds of participants, and raised thousands of dollars.

In a wonderful act of generosity so typical of the transplant family, Cale's parents nominated all donations from the event, and memorial envelopes from his funeral service, to be directed to HLTTV.

The HLTTV is committed to staying 100% volunteer run, and to using all funds to continue our support of transplant recipients in every way we can, whether it be emergency financial assistance, social opportunities, or subsidised accommodation.

BTANB

Our Breathing to a New Beat Technicolour Dream Book is still extremely popular! Everyone who has purchased a copy has loved it. Coming up to Christmas, it makes the perfect gift. Not only are you giving a thoughtful and fun present to someone you love, but you're also supporting the wonderful endeavours of our team of volunteers who work tirelessly to help other transplant recipients and their families.



If you would like to purchase online and you need your copies prior to Christmas, please order early to ensure that the volunteer elves can pack and send in plenty of time. You can also always pick up a copy at the Monash Uni bookshop at the Alfred if you're in the area.

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

November AGM and Committee positions

Just a reminder that all HLTTV Victoria Inc. committee positions become vacant at the AGM, and current members are eligible to nominate.

Our committee prides itself on making a real difference to all members of the Alfred transplant family. There's plenty of ways to contribute – you can see more about different committee roles on our website <http://www.hlttv.org.au/about-us/committee>.

With our gala 2016 Tour de Transplant event on the horizon, it's going to be another very busy, high profile year for HLTTV, so it's a wonderful time to get involved. Nomination forms to join the committee can be found on the website, or contact our Secretary, Belinda by email secretary@hlttv.org.au or by calling 0414 582 945 (outside work hours preferred).



**Annual General Meeting of the Heart and Lung Transplant Trust (Victoria) Inc.
to be held Tuesday 7.30pm 10 November 2015 at
5th Floor Seminar Room ,The Alfred Hospital, Melbourne
Proxy for voting at the annual general meeting**

Under Rule 19 of the Constitution of the Heart and Lung Transplant Trust (Victoria) Inc.:

- “(1) each member is entitled to appoint another member as a proxy by notice given to the Secretary no later than 24 hours before the time of the meeting, or handed to the Secretary by the time of the meeting, in respect of which the proxy is appointed; and
- (2) the notice appointing the proxy must be—
 - (a) for a meeting of the Association convened under Rule 7 (7), in the form set out in Appendix 2; or
 - (b) in any other case, in the form set out in Appendix 3.”

Appendix 3 requires the following form of appointment of proxy:

“I, *(name)*, of *(address)* being a member of the Heart and Lung Transplant Trust (Victoria) Inc. appoint *(name of proxy holder)* of *(address of proxy holder)* being a member of that Incorporated Association, as my proxy to vote on my behalf at the *annual/*special general meeting of the Association to be held on—*(date of meeting)* and at any adjournment of that meeting. My proxy is authorised to vote *in favour of/*against the following resolution: *[insert details of resolution]*

Signed, Date”

This proxy form is to be used for appointing a proxy at the Annual General Meeting to be held on 10 November 2014 at 7.30pm 5th Floor Seminar Room, The Alfred Hospital Melbourne. The purpose of the meeting is to receive and consider the ordinary business of the annual general meeting.



**Annual General Meeting of the Heart and Lung Transplant Trust (Victoria) Inc.
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5th Floor Seminar Room ,The Alfred Hospital, Melbourne**

I,

(name)

of

(address)

being a member of the Heart and Lung Transplant Trust (Victoria) Inc. appoint

(a) *The Secretary of the Heart and Lung Transplant Trust (Victoria) Inc.
of PO Box 25036, Melbourne, Victoria 3004; or*

(b) *(name of proxy holder)

of

(address of proxy holder) *

(*Delete as appropriate)

being a member the Heart and Lung Transplant Trust (Victoria) Inc., as my proxy to vote on my behalf at the annual general meeting of the Heart and Lung Transplant Trust (Victoria) Inc., to be held on 10 November 2014 and at any adjournment of that meeting.

My proxy is authorised to vote in favour of or against the following resolutions:

(please indicate with X in the appropriate column)

Resolution

In favour of

Against

The minutes of the last general meeting
held on 10 November 2014 be approved

☐☐

The Annual Report and Accounts as presented be approved

☐☐

Signed

Date

HLTTV launches the 2016 Tour de Transplant

On Tuesday 6 October KPMG hosted the launch of the 2016 Tour de Transplant for HLTTV.

The Tour de Transplant raises funds for HLTTV's Second Chance Accommodation Program as well as promoting community awareness of organ & tissue donation. In 2014 the inaugural event raised a staggering \$250,000 for the program therefore enabling six apartments to be available for transplant recipients.

The 2016 Tour is riding from Warrnambool to Melbourne, 600km over the five days 2-6 March 2016. Incredibly, the event has already sold out, with 30 cyclists keen to ride in the company of Australian cycling legend Phil Anderson OAM. Phil has designed the route, taking in the sights of the Great Ocean Road, the challenging hills of the Otways and the Lorne hinterland, the windswept Bellarine Peninsula before a final return to Melbourne along the old Federation Trail.

72 people enjoyed the launch of the Tour with Matt Keenan of SBS's The Bike Lane as Master of Ceremonies with the audience treated to video highlights of the 2014 Tour and Phil Anderson's cycling achievements.

Jon Rolfe, Chairman of the Tour de Transplant taskforce, shared his personal transplant story and explained why fundraising is so important for the riders participating. He also recognised the support of sponsors; KPMG, Europcar, Park Regis, 3AW, Latrobe University, Team Homicide Cycling, Hydralyte Sports and Winners Sports Nutrition.

Jess, a recent transplant recipient from South Australia, spoke of her experience and what the accommodation assistance had



meant to her family, captivating the audience with her story.

Next the group heard from Jon Morris, a rider from the KPMG team in 2014 who has signed up again for the 2016 event. He told the group how much he loved the first event and what a worthy cause he feels the HLTTV Second Chance Accommodation program is.

The final speaker, Phil Anderson OAM shared the route that riders would follow during their five day journey as well as some amazing stories from his incredible cycling career. Phil was the first non-European to wear the yellow jersey in the Tour de France and is a former World Number One.

Music by Wes and Huey added to the atmosphere and all the guests left feeling inspired and excited about the forthcoming Tour de Transplant.

HLTTV members can support the event by:

- donating online at www.tourdetransplant.org.au
- attending the Tour dinner

in Geelong on Saturday 5 March at Novotel Geelong, for more details and to book online visit geelongdinner.tourdetransplant.org.au

- attending the annual Fawkner Park Easter BBQ on Sunday 6 March to welcome home and congratulate the riders

More information about any aspect of the Tour can be found at www.tourdetransplant.org.au

If you live along the route of the Tour and would like to help us further, we are keen to hear from you. Please contact Jon Rolfe on 0432 845662 or jon@hlttv.org.au

Felicia Welstead

**All photographs by Ian Stubber
from Snap Happy Ian**



20th World Transplant Games - Mar Del Plata, Argentina

For the first time in its 37 year history, the World Transplant Games were most recently hosted in South America, more specifically in the coastal city of Mar del Plata, Argentina.

For those who are not familiar with the event, the World Transplant Games are not only a wonderful chance for the transplant community to gather in the spirit of friendly competition, but also aim to demonstrate the benefits of successful organ transplantation and increase public awareness of organ donation across the world.

Held every two years, the games invite transplant recipients and their supporters to participate in a week long competition. This year, 44 countries and some 1,188 participants gathered to contest the 14 sporting events on offer; include Track and Field, 5km Road Race, Bowling, Cycling, Swimming, Pétanque, Golf, Volleyball, Badminton, Table Tennis, Tejo, Squash, Table Tennis, Virtual Triathlon.

"Team Australia" was small but perfectly formed... consisting of 19 athletes and 10 supporters. Our 19 athletes contested their chosen disciplines with great enthusiasm, sportsmanship and spirit. By the end of the week, Australia had excess baggage of no less than 24 medals (8 Gold, 6 Silver and 10 Bronze), placing an amazing 13th on the Medal Tally - an astonishing achievement for such a small team!

Alongside the competitions, the week also includes many social events; tango lessons, city tours, cultural evenings, fashion parades... which make for fantastic experiences, lasting memories, lifelong friendships, and a desire to reunite in two year's time to do it all again! Speaking of which, the 21st World Transplant Games will be held in Malaga, Spain - June 2017... see you there!

Lauren Dinnar



Heart to Heart Respite House

During September, I booked a couple of nights at the Heart to Heart Respite House in Barmah. Bill Vickers was the driving force behind the Heart to Heart Respite House. The house I had the privilege of meeting Bill on our second night and he is a wonderful man.

I have never been to Barmah but it's a beautiful place. It is the only Victorian town north of the Murray River and is located 230 kms north of Melbourne.

We drove the scenic route via the Goulburn Valley Hwy. We had a lunch stop at Nagambie next to the Black Caviar statue overlooking Lake Nagambie.

We arrived early afternoon and spent the rest of the day walking around Barmah and having a few well-earned drinks at the local Barmah Pub which is a few minutes walk from the house. The locals are very friendly and welcoming and the pub is a typical country pub – no frills attached.

We spent a day in Echuca where there is plenty to do. We spent some time exploring the Historic Port of Echuca (<http://www.kingfishercruises.com.au>). We also went on one of the many paddlesteamers – the Emmylou – where we went on a 1 hour cruise along the Murray River. Echuca is also home to the National Holden Museum (<http://www.holdenmuseum.com.au>) where spent some time down memory lane looking at the old Holden cars.

Barmah is on the doorstep of the world renowned heritage-listed Barmah National Park. It is home to trees over 500 years old and up to 30 metres high. You can aboard the Kingfisher Cruises (<http://www.kingfishercruises.com.au>)

for a 2 hour cruise and travel through a narrow section of the Murray River through the wetlands which is home to 236 bird species.

Vanessa Scott

DonateLife Sunday 22 November 2015 **THANK YOU DAY**



Honouring organ and tissue donors and their families

The Organ and Tissue Authority is pleased to announce Sunday, 22 November 2015 as 'DonateLife Thank You Day'.

To honour organ and tissue donors and their families, DonateLife Thank You Day will be a national media and social media-driven campaign which highlights their generosity and reaffirms the importance of acknowledging this gift which saves and transforms lives.

On DonateLife Thank You Day all Australians will be invited to say thank you to donors and their families who agreed to organ and tissue donation.

In Australia, organ and tissue donation does not proceed without the agreement of donor families. They are integral to the donation process in providing important information about their loved one. While faced with the death of their loved one, they are asked to agree to organ and tissue donation, which results in saving or transforming the lives of others.

A supporter kit containing information and resources will be available to people who would like to participate in this important day. More information will be made available in the coming weeks via the Organ and Tissue Authority's website (www.donatelife.gov.au/thank-you-day) and DonateLife social media pages.

Please join us in thanking all organ and tissue donors and their families on Sunday, 22 November 2015.

donatelife.gov.au



[facebook.com/DonateLifeAustralia](https://www.facebook.com/DonateLifeAustralia)



[@DonateLifeToday](https://twitter.com/DonateLifeToday)



Australian Government
Organ and Tissue Authority



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I,

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(a) *The Secretary of the Heart and Lung Transplant Trust (Victoria) Inc.
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(*Delete as appropriate)

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My proxy is authorised to vote in favour of or against the following resolutions:

(please indicate with X in the appropriate column)

Resolution	In favour of	Against
The minutes of the last general meeting held on 10 November 2014 be approved	<input type="checkbox"/>	<input type="checkbox"/>
The Annual Report and Accounts as presented be approved	<input type="checkbox"/>	<input type="checkbox"/>

Signed

Date

Transplant anniversaries - we wish you many more

We work hard to keep our database up to date, but if you know of any changes to anniversary announcements please contact our Membership Officer via membershipofficer@hlttv.org.au

November

Heart:

- Paul Allen, 2011
- Jennifer Ball, 2009
- Fulvio Filippini, 1993
- Bruce Hallam, 1996
- Adrian Sayers, 2007
- John Turley, 2002

Lung/s:

- David Biram, 2010
- Phillip Buckland, 2009
- Ian Casey, 2008
- Lynette Coromandel, 2011
- Paul Thomas Gloede, 2012
- Len Hain, 2002
- Nikola Radocaj, 2002

December

Heart:

- David Ash, 2008
- John Bisiach, 2002
- Greg Dartnell, 2004
- Eric Gill, 2009

- David Hales, 1998
- John (Jack) Jones, 1989
- Dennis McCarthy, 2008
- Gaylynn Pinniger, 2002
- Helen Rankin, 2011
- Rodney Whitford, 2011
- Russell Wills, 1991

Lung/s:

- SBarbara Clarke, 2014
- Graham Harrison, 2014
- Wendy Jenkins, 2006
- Alison Walters, 2004

January

Heart:

- Diana Almonte, 2009
- Howard Bear, 2013
- Carol Darroch, 1992
- Simon Eaton, 2011
- Gordon Field, 2001
- Mark Ginn, 1993
- Andrew Hunt, 2008
- Michael Muschamp, 1996

Lung/s:

- George Bouios, 2008
- Michael Cox, 1996
- Elizabeth Johnson, 2013
- Gary Quick, 1999
- Nancy Reynolds, 2008
- Philip Stephenson, 2003
- Christopher Teese, 2014
- Graeme Vessey, 2011
- Glenn Walker, 2010
- Margaret Westwood, 2013

Heart and Lungs:

- David Maude, 1995

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.

Tour de Transplant - Sponsors Needed!



Do you own, or know of, a business that could support the 2016 Tour de Transplant?

In 2014, television, radio, social media and newspaper coverage of the Tour reached over 1 million people – and with the 2016 Tour already SOLD OUT it's looking like being even bigger and better.

Your brand could be on Phil Anderson's back, and reach thousands of people – all while helping out a great cause!

If you'd like to find out more about Tour de Transplant sponsorship, contact **Jon Rolfe**: jon@hlttv.org.au for the full details about the sponsorship opportunities available.

Stories wanted!

Do you have a story to tell? The Circulator is always looking for personal stories of transplant from recipients, carers, friends, family members and health professionals. If you have a story you'd like to share – it may be about your transplant, or maybe what's been happening since – please email your submission to circulator@hlttv.org.au

HAVE YOU HAD A HEART, LUNG, OR HEART-LUNG TRANSPLANT?

Your experience can help others

- ❖ What do you wish you'd known before your transplant?
- ❖ What advice do you have for people after a transplant?
- ❖ How could your experience have been improved?

Women and men aged over 18 are invited to take part in an interview about their experiences of heart, lung, or heart-lung transplantation.

The interviews are for research being conducted by Dr Maggie Kirkman and Dr Claire Stubber at the Jean Hailes Research Unit, Monash University in collaboration with the Alfred Lung Transplant Service and the Heart and Lung Transplant Trust (Victoria).

MORE INFORMATION

If you would like to participate or want further information, please contact Claire:
claire.stubber@monash.edu 03 9903 0066





Heart & Lung Transplant Trust (Victoria) Inc

Bringing The Alfred transplant family together.



Sunday November 29th 2015
11.30AM at Fawkner Park
(opposite Alfred Hospital)

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 Jeff on 0425 782 830 or email: events@hlttv.org.au

BYO tables and chairs and don't forget the sunscreen and a hat

We hope to see you there!!!