

The Biopsy Bugle



Spring 2020



Since 1984

Our Committee

President: Andy Gough

- ♥ Ring Andy if you have any queries about ALHTA.

Vice President: Lyn Kerslake

- ♥ Contact Lyn regarding Market Stalls, Instagram, AHLTA Merchandise, making a Donation to AHLTA.

Secretary: Louise Jones

- ♥ Contact Louise for correspondence & suggestions. Also, Changes & updates to Heart/Lung Transplants Facebook pg

Treasurer: Jenny Boyd

- ♥ Contact Jenny re Financial Matters, making a donation to AHLTA, or exercise advice!

Bob Boyd

- ♥ Contact Bob regarding compost, ANZAC or CAZNA Biscuits and the Marrickville Community Centre.

Membership Registrar: Joy Gough

- ♥ Contact Joy to update your membership details, contact details, or to buy a badge.

Lea Marheine

- ♥ Contact Lea regarding Take Your Hearts and Lungs Out, suggestions for social events, Articles for the Bugle, Country member's issues

Beau Bedelph: Mailchimp Supremo!

Ron Spriggs: Fundraising

Karen Kennedy: NW NSW Regional Representative

Ambassador: Rod Marshdale: **Lifting our PROFILE!!**

Natalie Kluss-Bown: Media Specialist and Tasmanian Representative

Jayden Cummins: Speaker, Writer, Movie maker and Media Specialist.

President's Message



Not locked down but nowhere to go! Spring has sprung and I hope all our members are safe and as well as possible.

Your committee continues to grow with new interest from **Natalie Kluss-Bown** and **Jayden Cummins**. Bob Greaves has given me DVD's and Videotapes of past fundraising and publicity events for saving for posterity. Jayden and Nat have offered to help digitise and immortalise them.

I have spoken of the technical difficulties we have experienced with our website. Jamie Byrnes a contact of Ambassador Rod and **Quarry Mining**, has fixed those, my thanks to both, however we need someone familiar with WordPress to keep it current. I continue to learn!! Just not fast or enough!

I have received many positive comments about the Fresenius chairs and I hope many will benefit from the AccuVein machines on level 10.

I will not be standing at the AGM and I invite members to nominate a new President. Forms can be found in this edition, along with an invitation to the AGM and our Covid safe Christmas lunch on December 6th. I am eternally grateful to my donor and family but as I am approaching 75 and having 17 years post heart and kidney, it is time I looked after myself again. I will be there to support and answer any questions. **The new leader must have an understanding of the origin of the AHLTA, its aims and where it is to go in the future** to assist members as much as possible. Please ring me if you'd like to discuss becoming the President of AHLTA...Call me on 0492 918 695 or 0418 466 095

Andy Gough - HKTx 634/7

Registrar's Report

Welcome to new members especially those who are waiting for their call, may it come soon for you... It has been a difficult year for memberships due to Covid-19 and the loss of face to face meeting in the clinic and Transplant Rehabilitation Programmes.

Thank you to all hospitals undertaking heart/ lung transplant surgery in these difficult times and remember that anyone in Australia who has undergone heart/lung, heart or lung transplant surgery in Australia may become a Full Member, so spread the word. Families and supporters of transplantees are also welcome as Associate members, its free, and there are a heap of benefits to being a member!

During the year I have endeavoured to continue to find ways of contacting members who have only an address or a phone no, hence some of you may have had a red star on your envelope. **Thank you to all who responded** and to those who have given us an email address. Postage continues to rise and Mailchimp is the way we now send out the Biopsy Bugle to 275 of our 523 members.

Thank you to our Associate members who include our wonderful Doll Ladies and family members of recipients who continue to find pleasure in reading our Bugle.

Joy Gough
M'ship Registrar
EAM AHLTA
0492 918 695
ahltastv@gmail.com

Take your Hearts and Lungs Out!

Well, first Covid, now the rain, and the lingering effects of the winter that won't go away! It is disappointing to keep packing the winter clothes, not lighter, spring type things. However, it is good to see cafes full of people, roads full of people going somewhere, their bicycles on the back, and their car stuffed full of things for a holiday or a weekend away!

For our transplantee members, going out or going away is a little more difficult, and requires a bit more preparation, but it is still possible! Here is Bob and Lea from the Committee, plus Peter



Knoop, (DLX) enjoying lunch at **Bateau Bay**. If you don't often visit the Central Coast, (NSW) the Shelly Beach Surf Club, and the nearby Shelly Beach Golf Club both do great lunches, where you can sit overlooking the sea.

If your thing is a bit more mountains rather than the sea, there are a lot of gardens open at this time of the year, (sorry for mentioning this, those in Victoria), particularly in the Blue Mountains. Many gardens include cafes, so a day trip with lunch at a nice garden is still a good day out.



For those in Sydney, try the **Mt Tomah Botanic Garden**, which does have a lovely café. (They have some beautiful jacarandas! Also, Waratahs, Proteas and other related species, and some great stone walls.) Or, you can try the Mt Annan Botanic Garden on the South side of Sydney (just off the Hume highway) which is dedicated to Australian Natives.

Also, if formal gardens are more your thing, try the **Edogawa Japanese gardens at East Gosford** or the Japanese Garden at Cowra.

The Gosford garden is smaller, free to visit, and has a café. The Cowra garden is a fantastic fusion of Japanese garden

aesthetics with an Australian flavour. Cowra also has a lot of wineries, if you are into that sort of thing.....



If chipped rather than clipped is your style, try the **Broken Hill Sculptures**, crafted by a range of artists from different cultural backgrounds, in a range of styles, out of huge blocks of sandstone. This garden is perched on a hilltop

outside Broken Hill, and is well worth the drive.

If you don't want to travel, just walk or travel about in your own neighbourhood. If you are lucky enough, you can admire the artistry of a spider, with her work outlined in shimmering dew drops, early in the morning.....



I really appreciate people sending me ideas for places for other members to visit. Our Vice President, Lyn, has suggested the Hornby Lighthouse (at South Head in Sydney) is a great place for a walk, using the South Head Heritage Trail, starting at Camp Cove in Watsons Bay; and Joy, our membership registrar, has suggested Central Gardens Nature Reserve at Merrylands West (NSW) and Fagan Park at Arcadia Rd, Galston, as a great place to visit. I would also include Bobbin Head; Fort Scratchley (Andy's pick) and the

foreshore at Newcastle; the foreshore and Boat Harbour at Wollongong; and the beaches at Kiama as great places for a lunch outing. It really doesn't matter where you go, **just go somewhere that makes you feel happy.**

I know **I would love to see a group of our members** actively sourcing TYHALO opportunities all over Australia, so that our members can find somewhere within a comfortable travel zone to get out of the house and enjoy a sunny day, a spectacular sunrise, or a bite to eat. As our borders between states open, contact me on 0414 516 412 to get your favourite places or events on our monthly TYHALO updates. I promise they are coming back soon!

In my travels, I have seen that **many towns have their local markets up and running.** Visiting your local markets, or driving to visit some an hour or so away, is so vitally important to keep those on pretty low incomes getting some cash in.

Last year, some friends and I visited the Rydal Pub, and got into **a joke telling session** with the publican, Phil, (seen photo bombing in the background) and some of the locals.



As Covid has stopped us from revisiting the pub for another go (and we were quite keen to do it again) I will share some of the material in this issue. We have been calling it **Lame Joke Night**. So, as a result, I can't make any promises about the quality of the material ... **But it might make you laugh!**

Remember, all of you! Get out of that house, see or do something new, (your brain needs it!) and enjoy yourself! Life is too short!

Carer's Gateway

After some delays, our Carers can now access a range of federally funded support services from the Carer's Gateway. There is a process to go through, but it doesn't take too long (nothing like the NDIS, anyway!)

Some of the services include:

- ♥ Access to Respite Care, to allow you to have some time to yourself.
- ♥ Professional counselling, aimed at improving your mental health, **as the Government does not want you burning out!**
- ♥ Advice aimed at planning your future, or getting yourself back into the workplace, after your days as a carer are over.
- ♥ There is some financial assistance available, using two differing criteria, but aimed at making your life easier.

Contact the Gateway by phone on 1800 422 737 (8am to 5pm, M-F), or visit the website at www.carergateway.gov.au.

If you live in NSW, you can also contact Carers NSW, phone 9280 4744 or www.carersnsw.org.au for advice and support. Other states have similar programs. The important thing is, see what is available for you.

Joke No 1

Yesterday, my husband thought he saw a cockroach in the kitchen.

He cleaned the kitchen thoroughly, every cupboard, every shelf, under the sink, swept and mopped the floor, and then sprayed everything down with cockroach spray. I was truly grateful.

Today, I am putting the cockroach in the bathroom.....

Carer's Support

If you are not already aware of it, **AHLTA has a Carer's Support page on Facebook**. This is a place you can come to chat, cry, laugh and gain support, or realise that other people are going through similar issues and worries. Only family and carers of Australian Transplant patients can apply.

This is a place you can discuss your issues - your family member, the doctors (no names, please!) and hospitals etc without judgement. (Please be respectful of others though).

To join, look them up on Facebook:

<https://www.facebook.com/groups/764545753682804/> and ask the Administrators to approve you. This is a confidential, closed group and **you will be most welcome**.

If you are not on the internet, or don't like Facebook phone Joy on 0415 226 316 for a chat.

VALE - Dr Tony Williams

Dr. Tony Williams, who was one of the St Vincent's Hospital Anaesthetics Team, died on the 5th of October.

Dr Tony Williams connection with our Transplant world was that he did most of the anaesthetics during post-transplant skin cancer operations carried out by Dr Russell Aldridge on AHLTA members and we're sure there will be many transplant patients extant who will remember him kindly.

Dr Williams leaves his wife Mary Rose, 9 children and many grandchildren to mourn his passing.

NOTICE OF AGM - 6 DECEMBER 2020

The Annual General Meeting of the Australian Heart Lung Transplants Association Inc. will be held at the Hornsby RSL Club at 11.30am on Sunday, 6th December, 2020. Members can attend via Zoom.

An Invitation to attend via Zoom will be sent by 11.15am to those who have advised they wish to attend. (Please log in ASAP on the day.)

All members are welcome to attend.

The Agenda of the Annual General Meeting shall be:

1. Meeting Open. Welcome and recording of meeting attendees eligible to vote.
2. Apologies.
3. Acceptance of the Minutes of the 2019 AGM.
4. Business arising from the Minutes.
5. President of the Association Report.
6. Presentation of Annual Financial Statements.
7. Election of Office Bearers for 2020-2021. The positions are:
 - President (1 position),
 - Vice President (1),
 - Secretary (1)
 - Treasurer (1).
 - General Committee Members (5).

All of the above positions should be filled by transplant patients. The Executive has the power to appoint an Ambassador and 2 EAM's. The executive also has the power to appoint members and others to Committee positions as required.

Please use a nomination form (provided in this publication) if you wish to nominate for a board position. Nominations should be emailed to alhtastv@gmail.com by 30th November, 2020.

You and your family, carer or friends

are

Cordially invited to our combined

AGM & Christmas Party

To be held on

Sunday, 6th December

at the

Hornsby R.S.L. Club

Arrive by 11am, to Meet and Greet your fellow AHLTA members

AGM to begin at 11.30, via Zoom

Lunch will follow at 12.30, at a subsidised cost of \$20 pp. (all inclusive)..

To secure your seat, please deposit

\$20 to BSB 112879 Acct No: 027029508 by Wednesday, 18 November.

Please ensure your name is noted on the transaction.

**Due to Covid 19 Restrictions,
Hornsby RSL maintains strict COVID 19 protocol,
and numbers are limited.**

**Details may change nearer the date,
and will be on our AHLTA business Facebook page.**

THE AUSTRALIAN HEART/LUNG TRANSPLANTS ASSOCIATION INC.

NOMINATION FORM FOR THE EXECUTIVE COMMITTEE 2021

WE THE UNDERSIGNED, BEING FULL MEMBERS OF THE AUSTRALIAN HEART/LUNG TRANSPLANTS ASSOCIATION INC., HEREBY NOMINATE:

-----FOR THE POSITION OF-----

PROPOSED BY -----signature-----

SECONDED BY -----signature-----

NOMINEE'S ACCEPTANCE: I hereby accept the nomination for the position above and declare that if elected I,----- I will carry out the duties of the position, to the best of my abilities, and within the confines of the Rules and Regulations of the Association.

Signature of Nominee----- date-----

Only full members can propose and second nominees. Nominees must also be full members. Should there be insufficient nominations for positions received prior to closing date, then nominations may be called for from the floor on the day.

The following positions will become vacant:

President (1), Vice President (1), Treasurer (1), Secretary (1), Ordinary Committee Member (5).

Nominations must be received by 5.00pm Friday 28th November 2020 and forwarded to the Secretary Lyn Kerslake by email: lynkerslakehome@gmail.com or mail to 91 Westbrook Ave, North Wahroonga 2076.

COVID SAFE AGM & LUNCH

If you are interested in coming to the AGM or the Christmas Lunch, there are a few COVID safe precautions you will have to follow, for both your own and other people's safety. There are Covid compliance requirements at the Club:

- ♥ You will be temperature checked at the club entry;
- ♥ You will need to give your name and phone number for Covid tracking, purposes, and use Hand Sanitiser.
- ♥ The Club strongly advises bringing your own masks.
- ♥ You will not be allowed to walk around in the room

Money Worries?

If you are not aware of this already, AHLTA offers some limited financial assistance to all Australian Heart and Lung transplant recipients who are members of our Association.

If you are not a member, but probably should be, go to the website <http://www.ahlta.com.au/> and join the Association to be eligible. Forms are also available at the St Vincent's hospital Heart Lung Clinic.

Joke No 2

A Shetland pony ambles into a bar. The Bartender, lets call him Phil, asks the pony, "What would you like to drink?" The pony replies "I would like a schooner of old"

After listening to the pony, Phil says, "You sound a little gravelly. Have you got something wrong with your voice" and the pony replies "Yes, I'm a little hoarse".

A Transplant Journey – Ray Host

Hi, my name is Ray Host. I'm just writing to give a bit of an insight into my journey with heart disease, and my transplant. It all started way back in 1989 as a 39-year-old man with a wife and two very young daughters, Jessica, 4 and Julie, 2.

Our lives were turned upside down with me having my first heart attack which resulted in a triple bypass. I think back to the brilliant work of doctors and nursing staff at the Prince Henry Hospital and give them my thanks. They got me back to a normal life again, working as a wall-and-floor tiler, and even back to playing competition squash! The reason I mention this is to point out that even then, **we had the best medical care in the world - as we do to this day!**

I was leading a pretty good life, health-wise, for six years or so, and then it happened again. Another heart attack, another bypass operation! Here we go again! As you can imagine, this happening again after six years was pretty stressful. Anyway, we got through that once more, the same as last time. At this stage I should mention my wife, Janet. What this lady had to go through, with looking after me and our two beautiful girls, well, it's nothing short of amazing. Without her, I'm sure I would not be here right up until this moment, as I write this article. You couldn't have a better person to be by your side.

That is a bit of insight into early days battling this disease. It is here that I should also point out that my years of smoking certainly didn't help. Although I was told it may have been hereditary as well, I would lean more towards smoking being the problem.

Moving forward, after years of angiograms, stents, ablations and a whole host of other procedures, bringing us to approximately 2017, I started to have breathing problems. It turned out to be caused by the mitral valve in my heart not working properly. I was told this could be fixed with a Mitral Clip which was tried twice but was unsuccessful. This was very disappointing.



Anyway, not to be deterred, the next step was the installation of a new device

known as a Carillon Device. This was done through a blind trial for 12 months – meaning that for 12 months I did not know if I had the device or not. So, 12 months passed and I was told I didn't have the device and I couldn't have the device now because I wouldn't survive the operation. As you can imagine I had all my hopes pinned on this and when told it couldn't be done, my family and I were devastated.

This was where St Vincent's Hospital came into my life. Actually, it's here I should make a very special mention of Dr Hui Tie, Cardiologist from Bankstown Hospital. **Without Dr Tie, I have no doubt I would not be here today.** This great man recommended me to St Vincent's.

So, what can I say about St Vincent's? There are not words but here goes - **from my very first visit I was looked after and treated with the best care possible.** From Dr MacDonald, Dr Hayward and all the transplant team who got me through all the trials and tribulations, just to get me accepted for a transplant. To the surgeons, all the doctors, nurses, to the people in the heart clinic, I can't remember the names, but I can remember most of the faces to this day.

All you people have helped me get to where I am today. That is coming from 2 years ago - not being able to walk to the letter box and back without being exhausted - to being able to walk the golf course for eighteen holes, leading a happy and healthy life with my wife and family.



I am forever grateful. Without the help and dedication of St Vincent's Hospital and everybody else who have helped me over the years, I wouldn't be writing this today! **I am a very lucky man.**

Ray Host

Transplant Date 7 March 2019

Joke No 3

I went to visit a monastery. As I walked past the kitchen I saw a man frying chips.

I asked him “Are you the friar?”

He replied, “No, I’m the chip monk”.

Next AHLTA Doll Ladies Stall.

The Doll Ladies will be holding a stall at the Corso in Manly on Friday, Nov 27th. Please visit the stall to show your support for their fundraising efforts for AHLTA, and to say hello. They have been doing this job for 30 years, and that’s a really wonderful record of generosity and selflessness.

And, another Joke

A gorilla walked into a bar. He ordered a schooner of beer.

The bartender served him, and said “That will be \$9” and gave the gorilla his change.

As the gorilla sat in the bar, enjoying the ambiance, the bartender said to him, “We don’t often get gorillas in this pub”

The gorilla replied “I am not surprised, not at these prices”.

8 Ways to Spring Clean Your Mental Health!

Spring can be known as a time of rebirth, rejuvenation, growth, and blooming. Spring can naturally make us feel more re-energized and help us feel motivated to “get our house in order”. Spring is a chance for us to take stock of our surroundings and add a little elbow grease to getting our environment in order, so too is it a chance to undertake a metaphorical “Spring Clean” of our mental health and wellbeing!

Here are our top 8 tips for spring cleaning your mental health!

1. Set Yourself a Daily Self-care Goal.

Learning to prioritise your mental health is important, as when we are mentally healthy we can better cope with the stresses of everyday life. In a general sense, self-care refers to activities undertaken with the intention of enhancing energy, restoring health and reducing stress.

In Practice:

Schedule specific time in your calendar each day to do something for YOU – it could be a ten minute phone call with a friend, a morning stretch, time outside, a mindful sip of coffee – whatever self-looks like to you.

2. Engage in purposeful and meaningful activities

Finding meaning and purpose is an important step in creating a mentally healthy life. Having a well-defined meaning and purpose to your life is strongly correlated with better mental health outcomes (especially lower rates of suicidal ideation) and brain function when making complicated decisions. Research shows that purposeful activity produces higher levels of happiness, life satisfaction and general well-

being, a greater sense of self, reduced risk for psychopathologies, and greater physical health.

In Practice:

People often find meaning from the simple things such as work, volunteering, learning a new skill or embarking on a challenge. Bonus points if you can do it with a group, building your social connection too!

3. Drop an Unhelpful Habit

Unhelpful habits that can impact our mental health include physical habits like what we eat, how much sleep we get, how much we exercise, and psycho-social habits like who we socialise with, the way we talk to ourselves and the emotions we give power to. For your mental health spring clean, think honestly about the habits that may not serve you so well. Make an effort to drop the habit and replace it with a healthier option.

In Practice:

- **Be Specific:** Choose your habit then go into detail with the when, what and why.
- **Get creative with alternatives:** Make a list of things you could instead
- **Pick one:** each time you are conscious of slipping into the habit, take your pick from the list
- **Plan for possible barriers:** Think about times your alternatives may not have worked and actively plan for ways to combat

4. Tackle Projects You've Been Putting Off

Having mounting unfinished “to dos” on your mind can have a negative impact on our stress levels, in a phenomenon called Procrastination Accumulation Effect. The good news is, ticking off tasks gives us a

natural endorphin kick – one of the chemicals our brains use for happiness! Even more of a relief to hear? Even the simple act of making a plan to get them done can relieve our anxiety.

In Practice:

Start your “mental health spring cleaning” by writing down a detailed list all of the things that you’ve been putting off either in order of priority, or in order of ease of completion.

Then, make your way down the list and feel that rush of endorphins when you make your first TICK! Love

5. Build Positive Relationships

We all have people in our lives that we love, but with whom we don’t have the healthiest or most enjoyable relationships. Instead of spending time prioritising those people, consider dedicating your time to positive relationships instead. Find those friends that keep you laughing and support you, and nurture those relationships. Past good friendships gone to the wayside? Take steps to revitalise those friendships

In Practice:

- Ensure that the relationship you have with yourself is a positive one.
- Accept and celebrate the fact that we are all different.
- Actively listen to hear what other people have to say.
- Give people time and “be present” when you are with them.
- Develop and work on your communication skills.
- Learn to give and take constructive feedback.
- Stick to your values while being fair and without harming others.

- Deciding to take a step back from a friendship does not have to mean you will never speak to that person again, step back in peace, be honest about your feelings, give the friendship space and re-evaluate.

6. Make Gratitude a Priority

One great way to promote a healthy mind is to take some time to develop gratitude. With spring bringing the sun, new blooms and warmer weather, now is a great time to refocus on things that make us grateful. Gratitude journaling has been shown to give a statistically significant reduction in blood pressure, stress level, anxiety and depression and effectively increases happiness.

In Practice:

You can do this in a number of ways. If you'd like to make a daily list, for example, then set aside some time to the activity every day. You might want to have it as a discussion topic over dinner with the family each evening, or begin each new day by mentally saying thank you for what you are grateful for in your day. In work places, build a moment of sharing gratitude into your weekly team meetings.

7. Rejuvenate your physical health

Regular exercise can have a profoundly positive impact on not only our physical health but our mental health! Studies show exercise can reduce depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

In Practice:

It doesn't have to be a marathon! Small actions, such as taking a walk on a sunny day, drinking more water, getting enough sleep, or eating more

fruits, vegetables and healthy proteins, all add up to a healthier overall YOU. Exercises that utilise all of your body, like walking, hiking, and swimming have been found to be especially beneficial when engaged in mindfully!

8. Practice Mindfulness

Spring is a great time to “take stock” of our mental state. Reflecting and being aware of our thoughts and feelings allows us to be better prepared to handle any life stresses and be more in-tuned with ourselves.

Mindfulness has many benefits everything from decreased stress and sadness to increased levels focus and happiness, according to general mindfulness research.

In Practice:

Mindfulness is really what you make of it and can be personalized to YOU. Mindfulness activities deliberately focus a person’s attention on the present experience in a way that is non-judgmental. Examples include gentle yoga movements, sitting or walking meditations, breathing exercises, body scan meditations or guided imagery that are used in a mindful way to heighten awareness of physical sensations.

Other mindfulness activities to try include:

- Creative outlets
- Being with nature
- Taking a bath
- Enjoying and listening to Music

Thank you to Heidi Middleton and MIEACT for this article.

Advance Care Plan and End of Life Discussions

If you are a Transplant recipient, someone waiting for a transplant, a family member or the carer of a seriously ill person, you need to be realistic about the need to discuss Advanced Care Plan and End of Life decisions.

As soon as your family is locked into the transplant journey, you, as a person facing a transplant, or their family, should ensure that:

- There is a valid will.
- Someone has been appointed to hold an Enduring Power of Attorney over your affairs.
- A Power of Attorney has been appointed so that someone can deal with your finances and documents if necessary.
- The family has accessed documents to register your wishes regarding the extent of the care that you wish to be undertaken on your behalf (The Vic Govt Advance Care Plan docs are free, (www2.health.vic.gov.au) and are accepted in NSW).
- The family have discussed and agreed upon the various options available, and you are sure about how much intervention you wish to have if you need end of life medical care.
- You have checked with your life insurance agent, and have checked if your life insurance policy can be paid out when you are judged to be nearing the end of your life.

It is too late to try and decide what your loved one wants, and what is the best form of care that respects the dignity and quality of life of a loved one, or even the wishes of a critically ill patient, when you are sitting in the emergency ward, and that person is unable to talk to you, or can't talk to you due to their health issues.

**Don't put these issues in the too hard basket!
Be proactive, do it now.**

Make A Donation Today!

Your donation will make a difference to AHLTA's current and future services for heart and lung patients, their families and carers. In return for your generous contribution, AHLTA will guarantee that your donation will be applied to provide service to members in need.

All donations of \$2 and over are tax deductible.

You can make a donation in a few ways.

- ♥ You can go to a bank, or via internet transfer, **directly into our bank account.** Our account is with St George.
 - ♥ The BSB number is 112-879 and the account number is 430 207 141. (If you go to the bank, the Account is AHLTA Inc).
 - ♥ If you aren't sure that we have up to date contact details for you, please put those in your message as well, so we know where to send your receipt.
- ♥ You can ring Lyn or Jenny, and make an over the phone donation, using our "square". You can also send an email to these ladies, and they can ring you back to process your donation. There is usually one of the "Square" devices at our Foyer Stalls. You can also make a cash donation at our stalls.
- ♥ You can donate through the Pay Pal Giving Fund or Facebook.
- ♥ Donate through the AHLTA Website donate button.
- ♥ **If you would like a receipt of your donation for tax purposes,** after you have either been given a receipt from the bank teller, or you have a confirmation on your computer /phone screen, please send a copy of your transaction to the AHLTA email address altastv@gmail.com or sms to 0492 918 695.

Cover Photo A **Magnolia blooming in the Mt Tomah Botanic Garden**