

# LIFE.

GIVE BLOOD. GIVE LIFE.



# SOME PEOPLE LOVE TO G

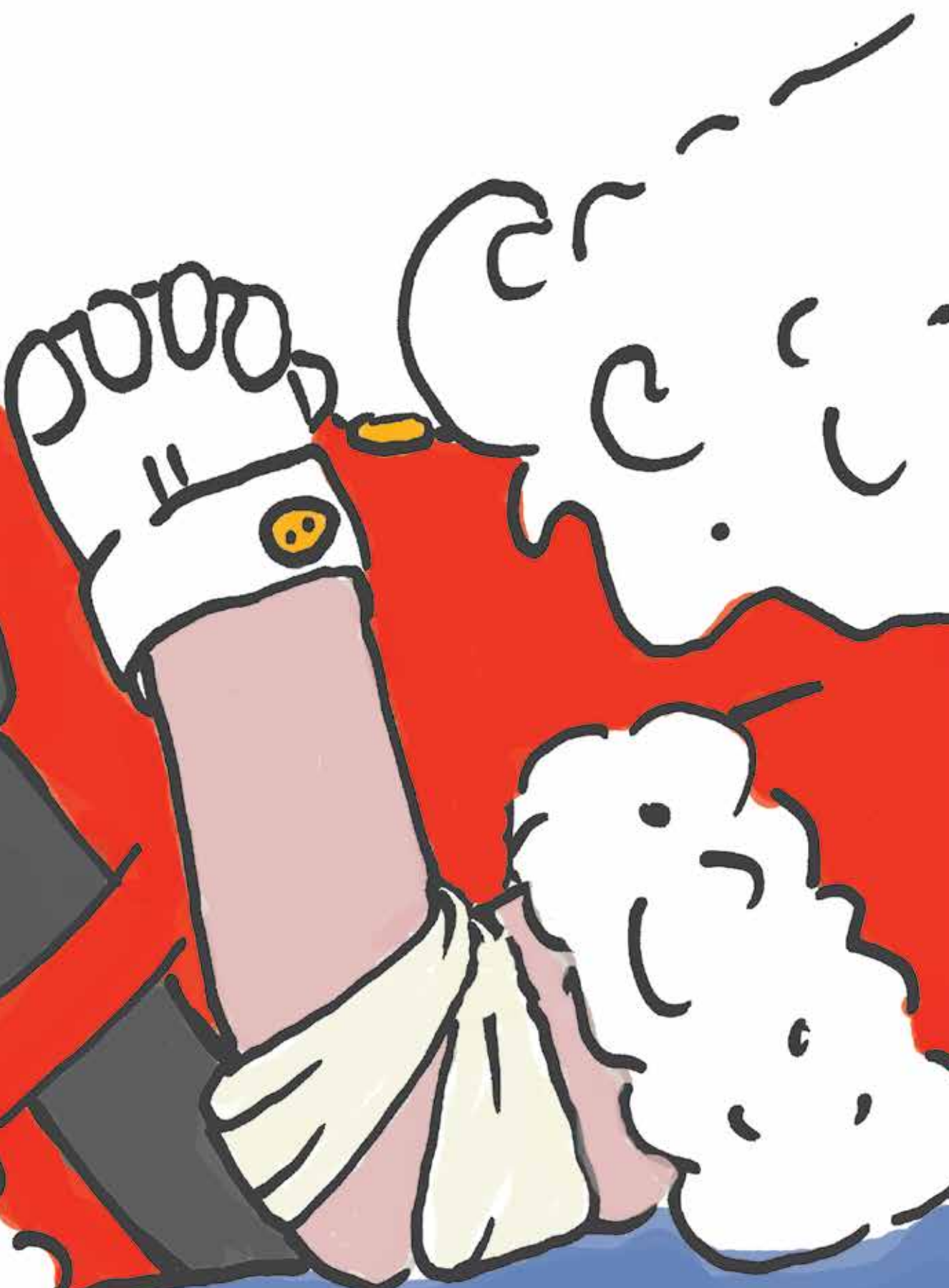
**PLEASE DONATE BETWEEN 23 DEC TO 2 JAN**

Blood donors like you are a generous bunch. We know it's a busy time, but, with many regular donors away during the festive season, please book in when you can.

Call **13 14 95** or visit [donateblood.com.au](http://donateblood.com.au)



# PLE JUST IVE



SPRING 2016

01

TATTOO MYTH NEED  
NOT BE SET IN INK

03

A MEDICINE LIKE NO OTHER

05

FACES OF DONATION

06

RED25

11

THE BLOOD TYPE YOU  
DIDN'T KNOW YOU HAD

13

AUSTRALIAN BONE  
MARROW REGISTRY  
CELEBRATES

15

AFL VETERAN OWES  
DECADE OF SUCCESS  
TO BLOOD DONORS

# TATTOO MYTH SET IN INK

AUSTRALIAN RED CROSS BLOOD SERVICE

**A**delaide tattoo artist Lampin Stalman wants body-art studios across Australia to help boost blood donor numbers and debunk a common social myth: that having a tattoo permanently rules out blood donation.

“It’s something that needs to be addressed,” he says of the common misunderstanding.

“I’ve had many clients speculate on how long they have to wait before giving blood and most of them are wrong, and usually by a big margin,” he says. “More people need to be informed.”

Blood Service area manager for South Australia and the Northern Territory, Lee Thomas, says donor centre employees are routinely queried over blood donation and tattoos. “I can’t count the number of times people profess they are not blood donors because they have body art — some of them have tattoos that are many years old.”

In Australia there is a four-month wait for donating blood after a tattoo. The Blood Service reduced the tattoo deferral period from six to four months in September this year. In 2011 the Blood Service decreased the tattoo deferral from 12 months to six.

“The four-month deferral period provides a safety margin where we can be completely confident we have not missed an infection,” says Blood Service public health specialist Dr Veronica Hoad.

“It is a precautionary deferral and the Blood Service acknowledges that the risk of an infection following a tattoo is very low if adequate infection control procedures are followed,” she said.

With latest research showing one in five Aussies now sport a tatt, regular blood donor and tattoo enthusiast Dylan Lewis, says: “It is a myth that needs to be dispelled now more than ever.”

Dylan, from Nova Radio’s Lewis and Lowe Adelaide breakfast show, became “hooked” on tattoos 20 years ago. He times his blood donating between tattoos.

He donated blood earlier this year before starting work on a new tattoo. “My friends and I who have tattoos and donate blood really try to spread the word around that it’s okay to tattoo and give blood.”

The rising popularity of tattoos in Australian culture is reflected in the volume of tattoo-related enquiries received by the Blood Service’s National Contact Centre. More than 16,700 calls on tattoos were received from July 2015 to June 2016, compared to 11,835 for the same period in 2014–15.

A recent survey involving more than 21 countries (including Australia) cited an increase in the popularity of tattoos as one of the five compounding reasons for a 30 per cent drop in new blood donors compared to 10 years ago. The decline equates to more than half a million new donors, with a potential blood donation tally in the millions.

For Lampin, this significant global trend is not the only driver behind his support for engaging the tattoo industry in boosting blood donor numbers. He wants to repay a blood debt on behalf of his partner Elita, who needed multiple blood and plasma transfusions to keep her alive after post-partum haemorrhage following the birth of her son Deklan nine years ago. Lampin understands that without regular blood donors, Elita might not have made it.

Lampin sincerely believes the modern tattoo client is the perfect candidate for blood donation: they will endure needles and they don’t mind the sight of blood, and they want to leave their own mark on the world.

“In all my years of tattooing, something I’ve noticed is that more and more of my clients are wanting to make a positive change — I see it in the encouraging affirmations that I tattoo, and giving blood is something most of us can do that really makes a difference to people’s lives,” says Lampin.

“I think we really need to get the word out there among the tattoo community that if you really want to make a change and leave a long lasting impression, then give blood.”

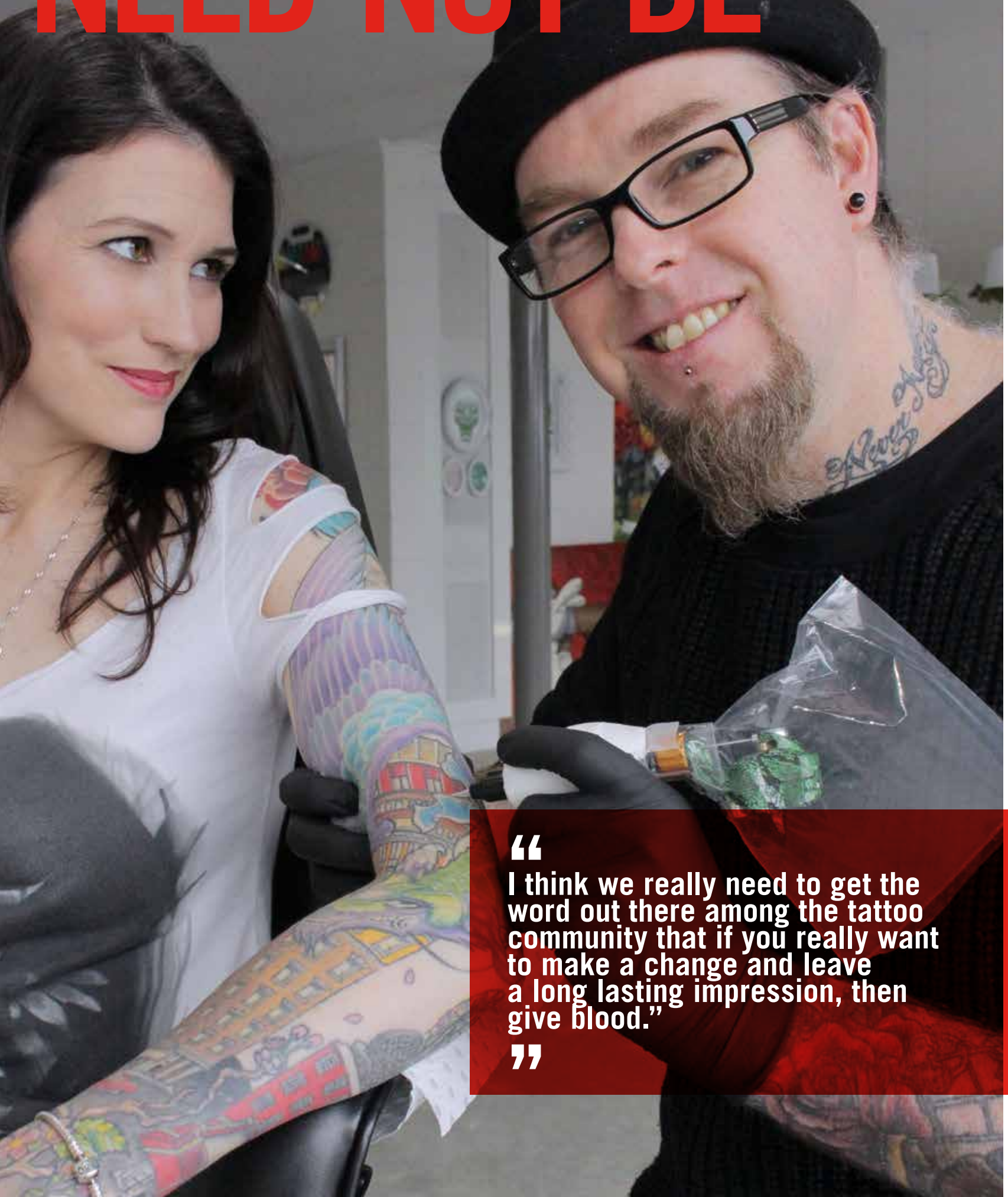


## WAITING TIME FROM TATTOO CHAIR TO DONOR CHAIR:

4 months	6 months	12 months
Australia	New Zealand	The Philippines
France	Canada	



# NEED NOT BE



“  
I think we really need to get the word out there among the tattoo community that if you really want to make a change and leave a long lasting impression, then give blood.”  
”

Ⓢ **Leaving a mark:** Adelaide tattoo artist Lampin Stalman began donating blood last year to repay the complete strangers who saved his partner Elita's life after she haemorrhaged following child birth. Elita is pictured left with Lampin.

# A MEDICINE LIKE NO OTHER

**Every Wednesday night at around 6pm, seven-year-old Eva Renton lies on the couch for 90 minutes reading her books and playing games on her iPad.**

It's a routine that sounds relatively normal for a primary school student, with one major difference. For Eva, this weekly activity involves receiving life-changing plasma.

At the start of this year, the Renton family learned that Eva was among the 2,500 Australians living with an immune deficiency known as common variable immunodeficiency (CVID).

For her parents Kellie and Glen, it explained why their beautiful daughter had always been a sickly, pale child.

"Despite having all her childhood immunisations, Eva was always sick and fighting off colds," Kellie said.

"We spoke to many doctors about it, but were always told she'd grow out of it. They said we needed to mix her with other kids more often to build up her immunity, but nothing we tried helped.

"Then, just two weeks after she started kindergarten, Eva became so sick she developed pneumonia and needed to be hospitalised several times.

"After visiting multiple doctors and undergoing numerous tests she was referred to specialists. Finally this year she was diagnosed with CVID — an inability to fight infection," she said.

People with CVID have problems making antibodies, which are important for fighting infections and building up immunity. Because their antibodies are low, those affected are unable to develop a normal immune response to vaccines and are at risk of recurring infections.

Infusions of immunoglobulin, a plasma-derived product, are a common treatment for CVID.

Shortly after her diagnosis this year, Eva started receiving immunoglobulin infusions. Fortunately, Kellie is able to administer the immunoglobulin at home, which means fewer hospital visits and makes the infusion less uncomfortable for Eva.

According to Kellie, the change in Eva once she started receiving immunoglobulin was almost instant.

"It's such a joy to see her well, with colour in her cheeks and to be able to play with friends. She can ride her BMX bike, attend her dancing and play netball," she said.

After learning Eva would be receiving plasma products, the Renton family decided to take a trip to their nearest blood donor centre.

"We wanted Eva to understand more about where her treatments came from. It's not just a medicine that can be bought from the shop. We rely on the generosity of donors for Eva's medicine. It's very humbling.

"Having lived through Eva's problems and treatment, I would encourage any well and able person to donate, especially plasma. The small time and large commitment is worth so much to Eva and our whole family," Kellie said.

In the past few months Eva has already visited two of Perth's blood donor centres to meet plasma donors and thank them individually for donating.

"I felt very thankful to all the donors. It was good to see how the medicine I have every week is made and where it comes from," Eva said.

In fact, Eva enjoyed the blood donor centre visits so much she has made a goal to visit every blood donor centre around the world!

"I told her let's start with Australia first," Kellie said.







“  
It’s such a joy to see her well, with colour in her cheeks and to be able to play with friends. She can ride her BMX bike, attend her dancing and play netball.  
”

🕒 **Plasma recipient:** youngster Eva Renton visited blood donor centres to learn about the treatment that has transformed her life. Above, with her dad Glen, mum Kellie and brother Ryan.

# FACES OF DONATION



🕒 **Impressive feat:** three members of the one family have donated enough blood to save over 1,425 lives. Louise Branch-Smith and her parents Gary and Anne Herren have together donated 475 times and celebrated their respective milestones of 25, 250 and 200 at Cannington Blood Donor Centre in Western Australia.



🕒 **Stepping in:** Melissa Hughes donated blood for the first time recently on behalf of her husband, Craftsman Vaughn Hughes, who has been deployed to Iraq with the Australian Army. With Vaughn a regular participant in the Defence Services Blood Challenge, Melissa was keen to take his place in the donation chair for this year's event.



🕒 **Date night:** these friends started to synchronise their appointments three years ago to enjoy catching up for a meal together after donating blood or plasma. Every month John (left) and Josephine O'Neil (far right) and Walter and Petra Van Korven meet up at Geelong Blood Donor Centre.



## DEFENDING AUSTRALIA'S BLOOD SUPPLY

For eight years, personnel from the Department of Defence have been lining up to defend Australia's blood supply in the annual Red25 Defence Blood Challenge. During the challenge (1 September to 8 December) Navy, Army, Air Force and Defence civilian personnel compete to see who can give the most donations. Last year, Defence personnel gave an incredible 6,486 donations during the challenge!

At the launch of this year's challenge in Canberra, Blood Service Chief Executive, Shelly Park, spoke to an audience of senior Defence personnel, including Air Chief Marshal Mark Binskin AC (Chief of the Defence Force); Major General Rick Burr (Deputy Chief of Army); Air Vice-Marshal Tracy Smart (Commander Joint Health and Surgeon General); and Air Marshal Leo Davies (Chief of Air Force). Awards were also presented to the 2015 challenge winners and a retirement gift presented to the main initiator of the challenge, Major Gary Schulz, for his support and contribution.

For Adam Friederich, Defence Civilian Ambassador for the 2016 challenge, blood donation is more than just a statistic; he has a primary immune deficiency and since the age of 19 has required regular treatments made from plasma donations to stay healthy. Overall, he has needed blood treatments more than 500 times.

"For me the equation is very simple — without blood donations, I would have died at 19," said Adam. "I'm very grateful to those who donate. Thank you! I encourage everyone who can, to consider donating."

The challenge is on until 8 December so if you're in Defence don't forget to register for your Red25 group and donate.

Learn more at [donateblood.com.au/defence](http://donateblood.com.au/defence)



🕒 **Defence Blood Challenge launch:** (l-r) Blood Service Chief Executive Shelly Park; Major Gary Schulz and Air Chief Marshal Mark Binskin AC (Chief of the Defence Force)



## TEAM BRENDAN EARN THEIR STRIPES

Did you know that over 30 per cent of all red blood cell donations go to cancer patients? Just three days before his fortieth birthday last year Brendan Hodda was diagnosed with acute myeloid leukaemia. By his birthday in September he'd had his first chemotherapy treatment and by Christmas eve he'd received over 70 blood and platelet transfusions, as well as a life-saving bone marrow transplant.

"We had no real idea what platelets were or the power and importance they have in keeping you alive," Brendan said about the early days of his illness. "Blood donations kept me alive over the many months it took for doctors, nurses, scientists and others to be able to save my life."

Seeing the huge difference blood products made in Brendan's treatment, he and his wife Roxanne set up the Team Brendan Red25 group to encourage family and friends to start donating and saving lives. Now it's the second-biggest group in Rockhampton.

"Today, I have someone else's blood running through my veins," said Brendan. "The hugs, the looks, the laughs that I continue to enjoy with my family have been made possible by an amazing bone marrow donor and by blood donors overall."

The team always wears striped shirts when donating as Roxanne and Brendan were both wearing them by coincidence on the day of Brendan's transplant. So slap on the stripes and join Team Brendan visit [donateblood.com.au/Red25](http://donateblood.com.au/Red25)



Ⓜ **Blood donors:** Team Brendan, with nurse Joanne Shearer (right), after donating at Rockhampton Blood Donor Centre. Brendan (third from left) and his wife Roxanne (second from left) started the group to support other patients going through cancer treatment.

## AUSTRALIA'S PLASMA FRACTIONATOR TAKES THE NEXT STEP IN SAVING LIVES

You may not have heard of CSL Behring, but this Australian company plays a vital role in transforming the plasma you donate into medical products that help patients with rare and serious medical conditions, including immune deficiencies, a range of blood and nervous system disorders and medical trauma.

CSL Behring has been Australia's national plasma fractionator since 1952 and if you've ever made a blood or plasma donation, the plasma you donated may have been processed by CSL Behring into a number of different life-saving products.

And now, CSL Behring's employees are helping patients in another way — by donating themselves! CSL Behring's manufacturing facility in Broadmeadows, Victoria, recently signed up a Red25 group, set up by Organisational Development Manager, Glenn McDermott.



📌 **Australia's plasma fractionator:** employees of CSL Behring have joined Red25.

"Our business is committed to saving lives and improving the quality of life for people with rare and serious diseases," he said. "Based on this promise, we thought our staff would be keen to donate."

He was right. At the group's first donation booking at Airport West Blood Donor Centre 17 staff members attended and made 13 successful donations — a great start.

## DEPARTMENT SCORES TOP MARKS FOR BLOOD DONATION

**Teachers, trainers and education professionals across Queensland have rallied to save lives by donating blood, achieving an amazing 85 per cent increase in donations compared to the same time last year.**

The Department of Education and Training (DET) is encouraging its 87,000 employees to roll up their sleeves and donate. The message has been going out via screensavers, posters, e-newsletters and the intranet. During National Blood Donor Week, a special e-card from the Director-General, Dr Jim Watterston, invited employees to join the celebrations and help save even more lives.

DET Red25 Coordinator Kaeli Goode said employees have been asking to sign up to their Red25 group and, just as importantly, how they can influence their school or workplace to get involved.

"I'm really proud of all the employees that regularly donate and those that have donated for the first time," said Kaeli. "In eight months we've exceeded last year's total number of donations and have already saved over 1,000 Australian lives."

"As one of Queensland's largest employers, DET is in a privileged position to make a real difference, and so are other large organisations. It's not difficult to encourage and support employees to donate blood and save lives.



📌 **The D-G in the chair:** "Supporting a great cause and encouraging my colleagues to participate in National Blood Donor Week. One donation can save three lives!" said Director-General of Queensland's Department of Education and Training, Dr Jim Watterston.



## BUMPY START SETS WHEELS IN MOTION

Adelaide twins Lexington and Scarlett Clarke will be forever grateful for the life-saving blood they received in the 24 hours following their premature birth.

The petite toddlers turned two earlier this year and are thriving since being born at 25 weeks in 2014, weighing in at 870g and 930g and with a plethora of health complications.

“You never really understand the full implications of the need for donating blood until your family’s survival is at stake,” says Darren Clarke, the twins’ father.

“We will never know who donated the blood that saved Scarlett and Lexi’s lives — but we want to thank them and we will always be indebted to them,” says mum Sophie, a regular blood donor herself.



📍 **Blood recipients:** twins Scarlett and Lexington with their parents Sophie and Darren Clarke.

Earlier this year the family completed a 1,000 kilometre bike trek through France to rally friends and family to join their Red25 group titled Scarlett and Lexington Clarke. The Clarke’s Red25 group has so far saved more than 80 lives in the first three months of being established.

## TAKING BLOOD DONATIONS TO THE BANK

The friendly rivalry between branches of National Australia Bank (NAB) in neighbouring rural towns Orange and Dubbo is longstanding, but they recently set their competitive spirits to a good cause.

Teams competed to give the most blood donations and help meet the nation’s demand for blood over the crucial winter period.

NAB’s Red25 Coordinator in Dubbo, Hannah Wills, said the Winter Blood Rivals Competition sparked a culture change. “We noticed new donors getting on board, regular whole blood donors enrolling for plasma donation, friends and family getting involved and much more conversation about blood donation in the office.”

The overwhelming response from the bank workers was deepened by Hannah’s personal experience of her mother’s reliance on blood product treatments for her mobility, due to a debilitating autoimmune disease.

“I see firsthand the benefits she experiences from receiving her treatment, and want to



ensure that treatment will continue to be available to her and others with similar conditions. Communicating this to my colleagues made the importance of blood donation much more real to them.”

Dubbo (pictured above) won the bragging rights this year with 39 donations while Orange had the highest participation rate. Together the two banks saved up to 192 lives. “Dubbo will be looking for a clean sweep next year, as we have agreed to make this competition an annual event,” Hannah said.



⌚ **Happy to be donating again:** Deb Eccleston began donating blood 15 years ago before pregnancy and breastfeeding intervened. She was planning to resume her donor career when she was diagnosed with breast cancer. Now, after almost two years of treatment and the mandatory five years in remission, she's back donating with RACQ's Red25 team.



⌚ **1,000 donations between them:** Townsville couple Glenda and Graham Goddard began donating in the 1970s, but their appointments took on an extra significance when Glenda received lifesaving blood herself after a car accident. "We enjoy the experience — look forward to the donation time," Glenda said. "The staff are great and we consider them as friends!"

⌚ **Lifesavers with lightsabers:** Shawn Hisey, KC Carver and Jared Corlett took saving lives to an intergalactic extreme when they donated blood at Midland Blood Donor Centre. Members of the costuming group Rebel Legion Wraith Base were part of the inaugural Galactic Forces Challenge.



# THE BLOOD TYPE YOU DIDN'T KNOW YOU HAD

“

What's great about this work is that it shows our researchers are part of a global community of research scientists who work together to improve the practice of blood transfusion worldwide.

”





Sometimes it takes a rare occurrence for us to understand the commonplace. In world-leading research, Blood Service scientists have worked with colleagues in Thailand to uncover a blood group that until now has hidden in plain sight.

Apart from the commonly known ABO and Rhesus blood groups, there are hundreds of possible variations in blood type, encoded in our genes and reflected in small changes on the surface of red blood cells. Accurate matching of these blood groups is particularly important for people who require frequent blood transfusions, such as those with diseases like thalassemia or sickle cell anaemia. Frequent transfusions with blood that is not a perfect match may lead to the development of harmful antibodies. This is what happened to one patient in Thailand and it is his antibody that begins our story.

The Thai patient received a blood transfusion to help rectify his anaemia. He suffered from thalassemia, an inherited blood disease in which the body doesn't make enough of the oxygen carrier, haemoglobin. After the transfusion, his body reacted by developing antibodies that could destroy red cells, which meant that any future transfusions for the patient needed to be from blood that would not be destroyed by those antibodies.

The Thai Red Cross National Blood Centre took samples of the patient's blood, and scoured their collections for blood that would evade the antibodies developed by the patient. They found just two compatible units of blood in their collection of thousands of samples. The Thai scientists now had three blood samples: one from the patient and two from donors, and they knew that these samples had something rare in common, but they did not know what that was.

It was then that an Australian Red Cross Blood Service red cell serologist Dr Yew-Wah Liew, who was in Thailand for an international symposium, visited the Thai laboratory and noticed a poster describing the unsolved problem of the patient's unusual antibody. This fortuitous visit sparked an exciting international collaboration as researchers in Australia and Thailand set out to solve the problem. The task was to find out what was special about the red cells from the patient and the two donors. For the answer, the researchers turned to leading edge red cell serology and genetic analysis, called massively parallel sequencing, a specialty of our Research team at the Blood Service.

Back in Australia, Blood Service scientists tested the three samples with very rare and specific reagents, and analysed the blood group genetics for all three. They found that all samples had one particular molecular change in common.

"The total testing strategy is very innovative and uses a combination of techniques that look at genes and at proteins," explains Professor Robert Flower, group leader.

"We gathered lots of data and it all fitted together, showing that this patient had a new variation in one of his red cell surface molecules. Patients who have this variation are at risk if they receive blood from anyone other than another person with the same variation".

In September this year, scientists from Professor Flower's team, along with the Red Cell Reference laboratory manager travelled to Dubai, presenting their results to the International Society for Blood Transfusion Reference Group, where their work was accepted as proof of the existence of a new blood group that is shared by more than 90 per cent of people, to be known as JENU (and officially designated MNS49).

This story is just one example of how modern genetic techniques allow blood types to be characterised with pinpoint accuracy.

"What's great about this work is that it shows our researchers are part of a global community of research scientists who work together to improve the practice of blood transfusion worldwide," concludes Professor Flower.



🕒 **Using genes to determine blood groups:** scientists have just discovered a new blood group that is shared by 90 per cent of people by using technology such as gene sequencing, shown above.

Photograph by Genghis Lopez

# AUSTRALIAN BONE MARROW REGISTRY CELEBRATES

**This year the Australian Bone Marrow Registry marks a special milestone of 25 years since it was first established.**

The Australian Bone Marrow Registry began in 1991 with a simple mission: to bring together Australian patients in need of a stem cell transplant, and a register of anonymous strangers willing to help them.

With two in three patients unable to find a suitable match within their family, the donor registry gave new hope to many seriously ill patients suffering from leukaemia and blood-related disorders.

In its first year, more than 20 people received a transplant. A quarter of a century later, one patient is transplanted with help from a volunteer donor every day of the year.

The impact of the Australian Bone Marrow Registry on patients' lives has been enormous. Connected to a global network of 28 million willing donors, doctors can search across the world for a potential match for their patient.

Earlier this year 175,000 Australian stem cell, bone marrow and cord blood donors were thanked for their selflessness on September 17, World Marrow Donor Day.

The future of the Australian Bone Marrow Registry is focused on increasing the ethnic and youth diversity of Australia's donor base. Research shows younger donors significantly improve patient outcomes, and diversity is particularly important for patients of mixed ancestry.

# 25 years

**bringing together Australian patients in need of a stem cell transplant, and a register of anonymous strangers willing to help them.**

The willingness of donors to give to any patient in need, whether it be here in Australia or anywhere around the world, means they are someone's chance for a cure.

If you reside in Australia, are between 18 and 45 years old, in good health, meet the eligibility criteria and are prepared to donate for anyone in the world, you can join the registry. Simply donate a blood sample (approximately 10–20mls) at any Australian Red Cross Blood Service donor centre located nationwide.

For more information, and to view the eligibility criteria, check out the website: [abmdr.org.au](http://abmdr.org.au)

# CHARLOTTE'S STORY

Sydney mum Danielle O'Brien's daughter Charlotte was saved by blood donors and a bone marrow transplant. She shares her story.

Charlotte was nine-months-old when she came down with a fever and vomiting. The GP said it was just a virus, keep her hydrated and it would pass. By the fourth day, Charlotte was not eating or drinking anything, so I took her to the local hospital.

At about midnight, a doctor came in to tell us there was something direly wrong with Charlotte's blood, and not long after the paediatrician came in to say she thought Charlotte had leukaemia. We were put into an ambulance and taken to Sydney Children's Hospital. The blood and platelet transfusions started then and there.

Once at the Children's Hospital, doctors confirmed the diagnosis, which was acute myeloid leukaemia. Charlotte's treatment involved 11 bone marrow biopsies and lumbar punctures, six rounds of chemotherapy, eight lots of spinal chemotherapy, a stem cell transplant and approximately 12 red blood and 14 platelet transfusions. Charlotte spent her first birthday fasting and waiting for surgery. We did have a first birthday party later that week though, on the Oncology Ward balcony, with balloons and cupcakes.

Charlotte had her stem cell transplant on 17 February 2010 and has been in remission ever since. She is now happy and healthy and wants to be either a doctor or a ballet teacher when she grows up. Our family will forever be grateful to all the doctors, nurses, staff and donors who helped her survive cancer before she was even able to walk!



📌 **Stem cell transplant recipient:** Charlotte was nine-months-old when diagnosed with leukaemia and her treatment included a life-saving stem cell transplant. Now in remission, her dream is to be either a doctor or ballet teacher.



# AFL VETERAN OWES DECADE OF SUCCESS TO BLOOD DONORS



Geelong footballer Tom Lonergan (centre) visited the Geelong Blood Donor Centre to share his story with blood donors, including Sue Fawns and nursing assistant Jennifer Kingshot.

**T**ake a minute to think back over the last 10 years of your life: how much you've managed to squeeze in, the people you've met and the places you've been. Now imagine if your life had ended 10 years ago — it's a scary concept, but for AFL football player and Geelong Cats defender Tom Lonergan, it was almost his reality.

In 2006, following an on-field collision, Tom suffered massive internal bleeding and ultimately lost a kidney. His life hung in the balance relying on a talented surgical team and more than 40 strangers who had recently donated his precious O negative blood type. It was only Tom's seventh AFL game. Thankfully, he made a full recovery and has since gone on to play another 186 games (and counting) and remains a valued member of the Geelong Cats family.

In what can only be described as an eerie coincidence, Tom realised that Saturday 27 August 2016 would mark 10 years to the day since the accident that almost claimed his life, and he would be taking to the field at the same ground, against the same team, along with expecting the arrival of his first child the same day.

Tom has never spoken extensively about his injury in the past, but the uncanny way everything lined up prompted him to speak about the need for more blood donors and thank those who helped save his life — including paying a visit to a very excited Geelong Blood Donor Centre.

"I feel really guilty that I didn't think about it before the accident," Tom said.

"As a young 22-year-old kid you think you are bulletproof and nothing can ever go wrong, but if there weren't people willing to give blood, I wouldn't be here.

"I'm forever grateful to people who do give blood: it saves lives, it saved mine."

**Good news: The Geelong Cats won Tom's anniversary game by 111 points, defeating the Melbourne Demons, and he and his partner, Kim, welcomed their son, Bobby Thomas, six days later.**

“  
**I'm forever grateful to people who do give blood: it saves lives, it saved mine.**  
”



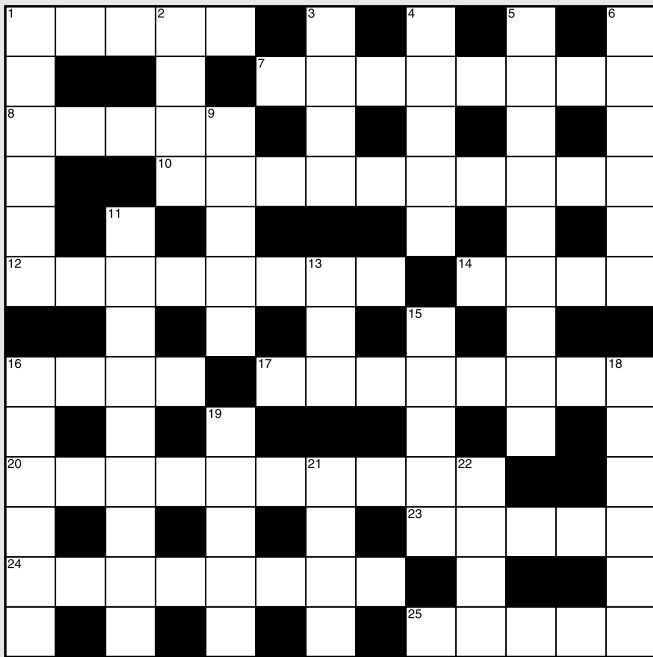
## FRESH STRAWBERRY TART

### INGREDIENTS

- 500g strawberries, hulled
- 1 teaspoon vanilla extract
- 250g cream cheese, softened
- 2 tablespoons of honey
- ½ cup Greek yogurt
- 1 pre-made or bought sweet pastry case (23cm)
- ½ cup icing sugar
- Fresh mint leaves, to serve
- Zest of one lemon, finely grated

### METHOD

- 1 In a medium bowl mix the cream cheese and the yogurt together until smooth.
- 2 Add the icing sugar, lemon zest and vanilla essence and beat together with an electric mixer until well blended.
- 3 Prepare the glaze by mixing the honey with one tablespoon of hot water in a small bowl and set aside.
- 4 Spoon the cream filling into the centre of the pre-prepared pastry case (the case should be cool) and spread it out evenly.
- 5 Arrange strawberries over the top with the pointy ends upward.
- 6 Brush the strawberries with some of the honey glaze to finish your tart. Serve with scattered mint leaves.



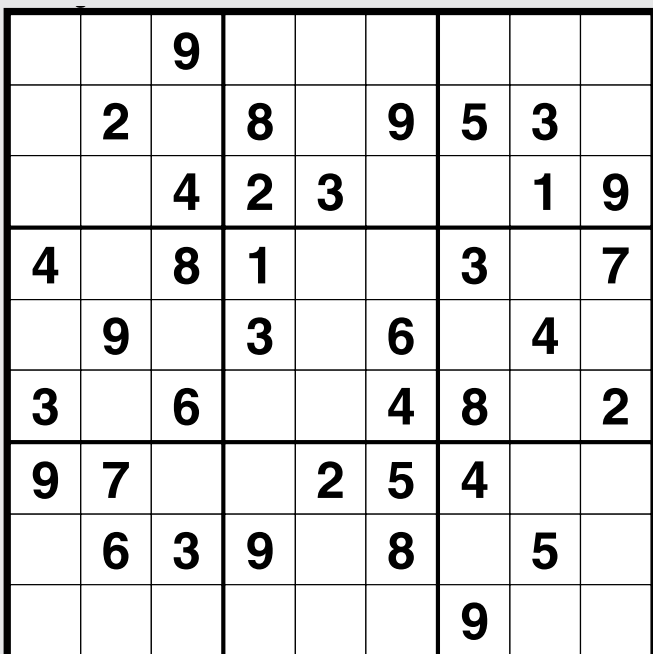
© Lovatts Puzzles

### ACROSS

1. Blossom part
7. Illicit
8. Sixteenth of pound
10. Fast food snacks
12. Slimness
14. Tie with rope
16. Annoys constantly
17. Without deviation
20. Bring into accord
23. Frosting
24. Quick drawings
25. Noxious

### DOWN

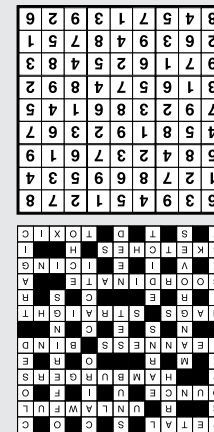
1. Launch forward
2. Curved span
3. Rebuff
4. Egypt's capital
5. Religious gifts
6. Shut
9. Receives as salary
11. Tidal zone trees
13. Movie filming area
15. Prickly desert plants
16. Kindest
18. Disastrous
19. Official decree
21. Necessity
22. Reflected sound



### METHOD

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

### SOLUTIONS



Thanks to Lovatts Crosswords & Puzzles for supplying these puzzles.

# RECIPIENT STORIES



## JESSICA'S STORY

Jess lost nearly half her blood from internal bleeding. She's forever grateful to the donors who gave the 21 units of red cells, 8 units of plasma and 5 units of platelets that saved her life.



### TELL US WHAT YOU THINK.

Send your feedback, ideas and suggestions to [life@redcrossblood.org.au](mailto:life@redcrossblood.org.au)

[f /redcrossbloodau](#) | [t @redcrossbloodau](#) | [i /redcrossbloodau](#)

VISIT: [donateblood.com.au](http://donateblood.com.au)