

# Life

SUMMER 2014

## Inside

During her short life Ellie has already received over 30 blood transfusions

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 Australian Red Cross  
**BLOOD SERVICE**

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Ellie receiving blood at the Princess Margaret Hospital

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## Tell us what you think

We'd love to know what you think of Life magazine.

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

You can also use this email address to subscribe/unsubscribe to the publication.

## Bloody hero retires at 81



WA

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Lifetime blood donor John Gray recently retired from donating blood after saving more than 750 lives.

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Mr Gray started donating over 45 years ago, and has made donating at the Perth Blood Donor Centre part of his regular routine ever since.

"I have always donated blood because it doesn't affect me and it does so much good for the community," Mr Gray said.

"But I've been doing it a while now, so it's probably about time I retire from donating blood; we all have to get old eventually."

As all blood donors are retired at the age of 81 for their own health, Mr Gray gave his 251st and final donation just a few days before his 81st birthday.

Mr Gray said giving over 250 donations of blood was really no big deal.

"My blood donations are nothing compared to Western Australia's leading blood donor, who has donated over 820 times. That is truly an amazing effort," he said.

Perth Blood Donor Centre Manager Wendy Deeg thanked Mr Gray for his lifelong commitment to saving patients' lives.

"Every donation saves three peoples' lives, so making 251 donations to help save 753 people is an incredible achievement," she said.

"Mr Gray should be very proud. It is not often donors keep donating until retirement age, and it is a testament to his dedication.

"He will be missed by the staff here. He is a fantastic role model to other blood donors, and we hope there are plenty of willing young donors out there ready to follow in his footsteps and become lifelong donors."

Mr Gray celebrated his last donation with donor centre staff, and other donors who he befriended over his many years donating.

# Life savers on and off shore

SA/NT

**Darwin Surf Life Savers have proven they are committed life-savers on and off the beach.**

This summer Surf Life Saving Northern Territory Chief Executive Officer, Tony Snelling gathered a group of donors from his club to donate blood together at the Casuarina Blood Donor Centre as part of the Blood Service's Club Red program.

Club Red is a group blood donation program which encourages community, business and youth groups to donate blood together.

Tony explained their willingness to take part stating, "Surf Life Savers are not afraid of rolling up their sleeves to protect the community, whether that is from the dangers of the sea or from a potential blood shortage."

"It is all about life savers helping to save lives



Surf Life Saving NT CEO Tony Snelling with donor Chloe Fox.

which is something that's very dear to our organisation.

"We're supporting the Blood Service and their wonderful blood donation drive and their initiative called Club Red.

"We're encouraging all life-savers to donate blood."

For details about taking part in Club Red visit [donateblood.com.au/clubred/](http://donateblood.com.au/clubred/)



Surf Lifesavers, saving lives on and off the beach.



VIC/TAS

Jon and Maria share a laugh with Billy the Blood Drop.

## Local radio hosts put their arms on the line!

To coincide with the launch of plasma collections at the Warrnambool Blood Donor Centre, local radio hosts Maria Foundas and Jon Vertigan rolled up their sleeves and encouraged their listeners to do the same.

Encouraged by long-time donor Jon, Maria made her first blood donation and even filmed it to feature on the stations website and show others just how easy it is.

As part of a month long campaign, the radio hosts spoke with blood recipients, medical professionals, blood donors and members of the community who are involved in the Blood Service's Club Red program.

All up Jon and Maria signed up 104 donors potentially saving up to 312 lives – a fantastic result – but it didn't stop there, with Horsham and Ballarat Blood Donor Centres, as well as the donor mobile unit also benefited from the inspiring interviews and fun look at blood donation.

The need for blood never takes a break. Australia needs more than 27,000 donations each week. For more information please call 13 14 95 or visit [donateblood.com.au](http://donateblood.com.au)

## Donors - thank you from the bottom of my heart

**Blood donations saved Jane Every's life on more than one occasion. After enduring more heartbreak than most people would ever dream of, she is sharing her story in hope it will encourage more people to donate blood.**

In 2009 Jane's son Goliath was stillborn after more weeks of not knowing if he would live. After the birth, she haemorrhaged and lost three litres of blood. Jane received red cells and plasma during emergency surgery. During the nine weeks that followed Jane required more surgery and more blood.

Then in February 2010 Jane and her husband Zed learnt they were again expecting, but this pregnancy was also not without complications.

As a result she suffered from three bleeds during the pregnancy and was admitted to hospital at 33 weeks.



SA/NT

Jane and her daughter Maisie.

At 35 weeks Jane underwent a caesarean to deliver her baby.

"I had an IV line from my neck to my heart; this was so the doctor could empty a lot of blood into me in seconds. It was a definite possibility that I would lose a lot of blood," Jane said.

Her daughter was delivered but the surgery was complicated and took longer than planned. Just as the doctors were satisfied that they were both ok things took a turn for the worse and Jane haemorrhaged.

"They said I was bleeding from everywhere. I required nine litres of blood which is more blood than my body holds," she explained.

Jane was placed in intensive care overnight but continued to lose blood. Over the next couple of days she required more surgery and received more blood and platelets.

Thankfully, because blood was available both Jane and her daughter made it through and six days after the birth they were finally able to be properly reunited.

Jane and Zed named their daughter Amazing (Maisie).

"Without donors, my children would not only know the loss of a sibling but also a parent, and my husband not only the devastating loss of his son but also his wife, unthinkable but at that time it was a real possibility.

"I owe my life to blood donors... I'm very fortunate and very grateful to everyone that gives blood.

"Donors donate because they're good people and they really deserve acknowledgement.

"To all of the blood donors out there- I wouldn't be here if it wasn't for you, blessings and a thank you from the bottom of my heart."



## Twenty-one thousand lives saved and counting

**In the space of only one year the Traralgon Blood Donor Centre has already received more than 7,000 donations from the local community, saving nearly 21,000 lives.**

To celebrate their first birthday the Donor Centre opened its doors open to the public giving locals the chance to find out more about blood donation and share in the celebrations.

Friendly staff were on-hand to answer questions and also provide visitors with important information about preparing for their donation.

Federal Member for Gippsland, Mr Darren Chester passed on a congratulatory message to the centre.

"I'd like to congratulate the Traralgon Blood Donor Centre on its first birthday," Mr Chester said.

"The centre has experienced a fantastic first 12 months in operation and the level of support

shown by the community has been encouraging.

"I'd also like to commend the excellent care and support that the staff have for their donors. It is always reassuring to be welcomed warmly and know you're in safe hands when you're giving blood.

"I look forward to continuing my association with the service into the future and encourage all Gippslanders to take time out of their busy schedules to donate."



VIC/TAS

Donor Centre Manager Hayley Casagrande and her team celebrate.

## Leading by example

**Squadron Leader (SQNLDR) Michael Dillon is used to leading by example and giving his 125th blood donation was no exception.**



SQNLDR Michael Dillon gives his 125th donation at the Red Cross mobile blood donor van in Sale with (L-R) Rachel Dillon and Mrs Lisa Humphries of Headquarters Air Training Wing.  
Photo Credit: CPL Steve Duncan

SQNLDR Dillon, of RAAF Base East Sale, was the base's 2013 Defence Blood Challenge coordinator and made his record donation in October as part of his effort to encourage other members to donate, but played down its significance.

"The number may be significant but I don't feel any different. A lot of donors have contributed much more," SQNLDR Dillon said.

"Still, it's good to recognise how much it means to others. I admire the pioneers who set up blood collection centres in the first place and the volunteers whose efforts go largely unnoticed."

His dedication has also inspired his children to roll up their sleeves and donate on a regular basis, including daughter Rachel who was with him for his 125th donation.

"I am incredibly lucky to have a family team of donors who give both whole blood as well as plasma," SQNLDR Dillon said.

"I guess setting a good example pays off and I am very proud of them all."

With his impressive donation history, SQNLDR Dillon is well versed on the importance of giving blood.

"There are lots of people whose health, and sometimes life, depends on the donations given each week," he said.

"Blood products have a limited shelf-life; therefore the supply needs to be constantly refreshed."

As RAAF Base East Sale's Defence Blood Challenge coordinator, he advertises in the Base information circular and networks with unit representatives to ensure this message gets through to members.

"We also tally donations and provide ongoing encouragement to members, recognising that they all contribute to the greater effort," SQNLDR Dillon said.

At the time of his milestone donation, the Air Force had so far recorded 535 donations toward the challenge with the potential to save more than 1600 lives.

"I'm happy that so many people have chosen to donate," SQNLDR Dillon said.

"Although it would be great for Air Force to beat the other Services, the contribution is all that really matters."

SQNLDR Dillon has spoken to many people about giving blood over the years and his final piece of advice is to check that you are in the best shape before you donate.

"For all new or returning donors, don't forget to be well hydrated and have something to eat well before your donation," SQNLDR Dillon said.

"Take note of the health conditions and periods of eligibility listed at the Red Cross website. I'm sure it frustrates the staff when they have to turn you away because you 'had a cold' or 'took some medication' recently. It's much easier to make an alternative appointment and let someone else take your spot."

"Also don't forget there are other ways of supporting the Blood Service such as plasma donations, joining the bone marrow register, or simply volunteering your time and enthusiasm."

## Education and Training Director-General urges public service to donate blood

**ACT Education and Training Director-General Diane Joseph has challenged the Canberra public service sector to donate blood, motivated by personal experience of how blood can save lives.**

Ms Joseph this week rolled up her sleeves to highlight the need for blood, and says if it wasn't for donors she may not be alive to be a mother to her beautiful children.

"I required three life-saving units of blood during childbirth, and my family and I understand the importance of blood donation,"

"I encourage my colleagues across Canberra to give blood."

ACT Education and Training has joined a national blood donation initiative called Club Red – aimed at encouraging organisations across Australia to give blood together.

"It is only natural that staff in the education field is knowledgeable about of the importance of blood, and it's promoted through the school system and students are just as enthusiastic about raising awareness and donating blood."





## Six thousand litres of blood to flow from Gold Coast's heart

QLD

Chief Executive, Blood Service, Jennifer Williams with Rob and Cindy Harris (baby Ryven Harris' parents), Chair, Blood Service Dr David Hamill AM and Queensland Donor Services Manager Melanie Wilson.

More than 6,000 litres of blood will be donated each year at the country's newest blood donor centre located in the heart of Southport on the Gold Coast.

The Australian Red Cross Blood Service's new Southport Blood Donor Centre was officially opened on Thursday 5 December by His Worship the Mayor Tom Tate, Chair of the Australian Red Cross Blood Service, the Honourable Dr David Hamill, AM and Blood Service Chief Executive Jennifer Williams.

The new centre's location, extended hours, and state-of-the-art-facilities will make donating more convenient for donors to get their generosity flowing.

Located just five minutes away from our previous location, this new the new state-of-the-art donor centre is the first of its kind to be rolled out in Australia, with an all-new design focused on enhancing the donor experience.

There is also onsite parking, extended opening hours and as well as whole blood and plasma donations, the centre now has the ability to collect platelet donations.

The centre is expected to collect almost 10,000 donations over the next 12 months and these donations will improve the lives of over nearly 30,000 patients in need.

Cancer patients, people with immune deficiencies and newborn babies all rely on life-saving treatments from blood.

The new centre is located at 59-61 Ferry Rd, Southport and replaces the centre which was previously located at the Southport Hospital.

The Southport Blood Donor Centre is open:

- Monday 10am – 5.30pm
- Tuesday 7am – 3.30pm
- Wednesday 12.30pm – 8pm
- Thursday 12.30pm – 8pm
- Friday 7am – 3.30pm
- Saturday 8am – 2.30pm

# Organisations roll up to save lives



Saving lives seems like the kind of work done by emergency surgeons or super heroes, but staff from organisations across the country are saving lives simply by giving an hour of their time.

Businesses and their employees were recently recognised for their life saving efforts at the annual Club Red State and National Challenge awards nights.

The events recognised and thanked the 128 organisations that signed up to the Challenge, who together donated over 30,000 times throughout 2013.

The Challenge saw organisations compete for awards based on the number of donations given as a percentage of their state and National employee numbers.

**Awards were presented to the following organisations:**

- Australian Tax Office
- Telstra
- Deloitte
- Department of Immigration & Border Protection
- Marsh & McLennan Companies
- National Pharmacies
- National Australia Bank
- Coles
- IBM
- City of Melbourne
- Boeing



Winners of the Coordinators of the Year category from Youi. L-R Nadia Grace and Maria Dlamond.

- City of Greater Geelong
- Yarra Valley Water
- Aon
- Transport Accident Commission
- Essential Energy
- Hunter Water Corporation
- Laing O'Rourke Australia Construction
- Water Corporation (WA)
- Bank West
- Landgate
- Department of Immigration & Citizenship

- Aurizon
- Department of Education Training and Employment
- Youi
- Price Waterhouse Coopers
- Department for Communities and Social Inclusion
- Australian Submarine Corporation Pty Ltd (ASC)
- Viterra
- Allianz



**Club Red Corporate Challenge 2014 – Is your organisation taking part?**

The Corporate Blood Challenge is Australia's biggest annual blood drive, which gives organisations the opportunity to face off against other companies to see who can save the most lives through blood donation.

By giving blood in 2014, organisations will be helping patients in need while contributing towards the Challenge tally. Every blood donation

saves three lives - imagine how many lives your work place could save together in a year.

The Corporate Blood Challenge runs from 1 January to 31 December 2014 and is open to any organisation with 300 or more employees.

Organisations can join any time throughout the year. Simply visit the Corporate Blood Challenge page at [donateblood.com.au/corporatechallenge](http://donateblood.com.au/corporatechallenge) and fill in the applicable registration form for your organisation.

## One hundred and one and I am counting

March 15, 2012 was just like every other day for me until my phone rang with my mother telling me my grandfather had passed away. I was devastated.

At the age of 101 he was mentally fit and looked after himself. He was a big fan of drinking cold water, going for a walk every day and was involved in volunteer work.

I wanted to do something as a tribute to his soul. I decided to donate blood 101 times. As soon as I had that thought, I knew my grandfather would be proud. He always taught me the lesson of love and generosity. One thing he always used to tell me, "Jot! Make sure you help others when you can, there are a lot of people in this world who are not fortunate, be kind to everyone."

Every time I go to donate blood I feel his presence. Donating 101 times is a life journey but I know how meaningful it is. This is my way to give back to my community. This is mine and grandfather's journey, him holding my hand and walking me through it. Love you grandpa and I miss you every day.



Jot Singh donating in his grandfathers memory.

## Saving lives for her birthday



Kirstie Schulz and Alana Phillips celebrating!

**Alana Phillips of Buderim on the Sunshine Coast recently asked 28 friends for a very special gift for her 28th birthday. But the priceless gift wasn't actually for her, it was to help people she might never meet.**

On her birthday, Alana and 28 of her closest friends dropped into the Maroochydore Blood Donor Centre to celebrate her special day by giving a lifesaving blood donation for each of her 28 years.

Knowing all too well the importance of donated blood but unable to donate herself, Alana asked 28 friends to make a blood donation on her behalf instead of giving her birthday gifts. All donations were on behalf of Team Adem, a Club Red group set up on the Sunshine Coast by Adem Crosby's family to encourage blood donation.

As a registered nurse at the Nambour Hospital Cancer Care Services Department, Alana sees the need for blood on a daily basis.

"I know and understand how important blood is in the treatment of cancer patients, and I can't think of a better way to celebrate my birthday than by spending time with my friends whilst they are saving the lives of others" said Alana.

The Maroochydore Blood Donor Centre hosted a party for Alana and her friends, and the day saw Alana's wish of 28 donations exceeded, with an amazing 36 donations made in her honour on the day.

For more information on donating as a group visit: [donateblood.com.au/clubred](http://donateblood.com.au/clubred)



## Geelong Blood Donor Centre celebrates its fifth birthday



Jenny Taumoefolau and the team celebrate.

The Geelong Blood Donor Centre recently celebrated its fifth birthday, and made some fun discoveries too. In total the donor centre has collected:

- Nearly 37,000 plasma donations
- Almost 65,000 whole blood donations
- And more than 8,000 platelet donations

Donor Centre Manager, Jenny Taumoefolau, and the rest of the team celebrated with a cake and extend their thanks to Geelong's generous donors.

## The perfect match

In 2011, 70-year-old Californian grandfather Will Thau was diagnosed with leukaemia. The news from doctors was grave; he had 18 months to live, but there was a chance of recovery – if he could find a bone marrow donor.

After failing to find a match within his family, a world-wide search for a bone marrow donor was launched.

This time, his perfect match was found... in 47-year-old Perth woman Delwyn Howard.

Two years on, Will and his wife Flo made the journey from San Francisco to Perth to thank Delwyn in person for saving his life.

"Delwyn is my guardian angel, she saved my life. I never would have imagined I'd receive a bone marrow donation from someone in Australia," Will said.

"It was so easy for me to donate, and it saved Will's life, on the other side of the world. It's just mind-blowing, I'll definitely donate again if I'm needed," Delwyn said.



(L-R) Sue Jackson, Roger and Delwyn Howard, Will Thau, Debbie Witt and Flo Thau.

## Local face to grace new Wollongong Donor Centre

NSW

An Illawarra cancer survivor is throwing her support behind the new Wollongong Blood Donor Centre after blood donations played a key role in her four year battle against the deadly disease.

Sarah King is just 19 years old but has already had to brave a battle many people fear, including a rigorous chemotherapy treatment that strips the body of its ability to generate vital blood cells.

But the generosity of 120 volunteer blood donors – who Ms King will likely never meet – means she now has a new lease on life.

This week Ms King took part in a photo shoot for the new Wollongong Blood Donor Centre, set to open in March 2014.

Recently declared cancer-free but unable to give blood herself, the bright and happy 19-year-old has become a passionate advocate for blood donation.

"A lot of strangers out there were giving me blood and now that I'm healthy I want to try and give back and show the people who want to donate, or might be thinking about it, a pretty good reason why they should," she said.

"I'm so thankful that 120 people I've never met before donated their time for someone they are never going to meet," she said. "They are the reason I'm here."

The centre will relocate from the hospital to a more central position in Kembla Street in March 2014. The new centre will have modern facilities including an open plan design and plenty of free parking.

The Blood Service will provide more details about the move in the next couple of months.



Sarah King is alive thanks to blood donors.

WA



Ellie having a blood transfusion

## Ellie beats the odds

Every month two-year-old Ellie Chin and her mum Joan pay the nurses at Perth's tertiary children's hospital a very important visit.

These monthly journeys to Princess Margaret Hospital are the only thing that is keeping little Ellie fit, healthy and alive.

The purpose of these visits is simple; Ellie needs donated blood.

Ellie was diagnosed in utero with a rare and severe blood disorder Alpha Thalassaemia Major. This meant that her red blood cells were only surviving for

a few weeks, compared to the normal lifespan of four months. Only in extremely rare cases do babies with this form of thalassaemia survive.

At 32 weeks gestation, Ellie was transfused with a donor's healthy red blood cells, which were able to survive longer and properly carry oxygen around her little body.

After a second transfusion in-utero, Joan had an emergency caesarean and Ellie was delivered six weeks premature weighing only 1.5kg.

Almost three years later, and Ellie is getting ready to celebrate her third birthday with her family.

During her short life, she has already received over 30 blood transfusions.

Despite the hectic hospital schedule Ellie must continue for the rest of her life, Joan is grateful to everyone who helps keep her alive.

"We are so thankful when we see people take the time out to give blood. Without their donations, Ellie wouldn't survive. For us to see people give this gift is very touching and makes us feel very emotional. We are endlessly grateful."

QLD



Brisbane Heat players Luke Pomersbach and Joe Burns with donor Angela Monteagle

## Brisbane Heat players thank donors for the gift of life

Players from the Brisbane Heat Cricket Team recently visited a mobile donor centre to thank blood donors for their life saving donations.

Players James Hopes, Pete Forrest, Luke Pomersbach and Joes Burns all thanked the donors, with Hopes & Forrest knowing just how important lifesaving blood donations are – both have had parents who have required blood transfusions.

Brisbane Heat captain James Hopes said "We're all conscious that holiday periods puts a big strain

on blood donations and we're right behind any campaign to encourage people to donate," he said.

"But we also know that people require blood transfusions all year around, and so the Heat players will do our bit to help out with donations when we can. Personally there are a number of us who have had family and friends need blood urgently on occasions and we have all been thankful that they have been able to receive that blood promptly as part of their treatment."

**Have the chat that saves lives – discover, decide and discuss organ and tissue donation**

**DonateLifeWeek**  **2014**  
SUNDAY 23 FEBRUARY – SUNDAY 2 MARCH

**Have you had the chat that saves lives?**

**Have the chat that saves lives. Discover, Decide, Discuss organ and tissue donation today.**

NATIONAL

[donatelifegov.au](http://donatelifegov.au)

Everyone is asked to “Have the chat that saves lives” during DonateLife Week, from Sunday 23 February to Sunday 2 March 2014.

Australians are urged to discover the facts about organ and tissue donation and to register their donation decision on the Australian Organ Donor Register.

Most importantly, everyone is asked to ‘have the chat’ with their loved ones, to make sure their donation decision is known.

Doctor Jonathan Gillis, National Medical Director of the Organ and Tissue Authority (OTA) said, “In the same way that we discuss what we want to have happen in the event of our death, we also need to talk about whether we would like to become an organ and tissue donor. It’s a conversation, that helps prepare our loved ones should they be offered the opportunity to proceed with donation.”

“With one organ and tissue donor able to transform the lives of 10 or more people, it’s a conversation that could one day save lives,” said Dr Gillis.

Optimising the chance for every potential donation is crucial when less than one percent of all hospital deaths are in the specific circumstances where organ donation can be considered, although more are able to be potential tissue donors.

In Australia, the family will always be asked to confirm the donation decision of the deceased before donation for transplantation can proceed.

Families that have discussed and know each other’s donation decisions are much more likely to support organ and tissue donation proceeding.

Dr Gillis said, “Even if you have previously made a decision about donation, it’s a great opportunity to remind your family about your decision, and to ask and know their decision.”

Donatelifegov.au is led by the OTA and the national DonateLife network.

For more information visit [www.donatelifegov.au](http://www.donatelifegov.au)

## Don't let blood stocks plummet

Emergency Service workers have plunged down the side of a 10-story building in a bid to help stop the stocks of life-saving blood from plummeting.

The stunt saw representatives from South Australia Police, the Metropolitan and Country Fire Services and Ambulance abseil down the side of the Police Headquarters building in Adelaide’s CBD to encourage more people to donate blood.

Not only did these Emergency Service workers take the plunge to save lives, they are also part of a group that is not afraid to give their own blood to help patients in need.

Their incredible support has stemmed from the fact that they have witnessed the importance of blood and blood products in emergency situations.

Metropolitan Fire Service senior fire-fighter Sally Michelmore helped to arrange the special operation and also participated in the abseil. Over the past 13 years she has made a total of 65 donations.

By donating plasma, donors are able to give more and donate more often, which is particularly special given that plasma is used to make 18 different life-saving products.

Sally’s donations contributed to the total of 403 donations which were made by the state’s emergency service departments in 2013.

Trauma victims owe their lives to donated blood, as do cancer patients and new mothers.

However you don’t need to be a police or ambulance officer to save lives – many people aged between 16 and 70 feeling health and well can save three lives in just one hour by donating blood.

SA/NT



Abseilers dropped down the side of the 10-story building

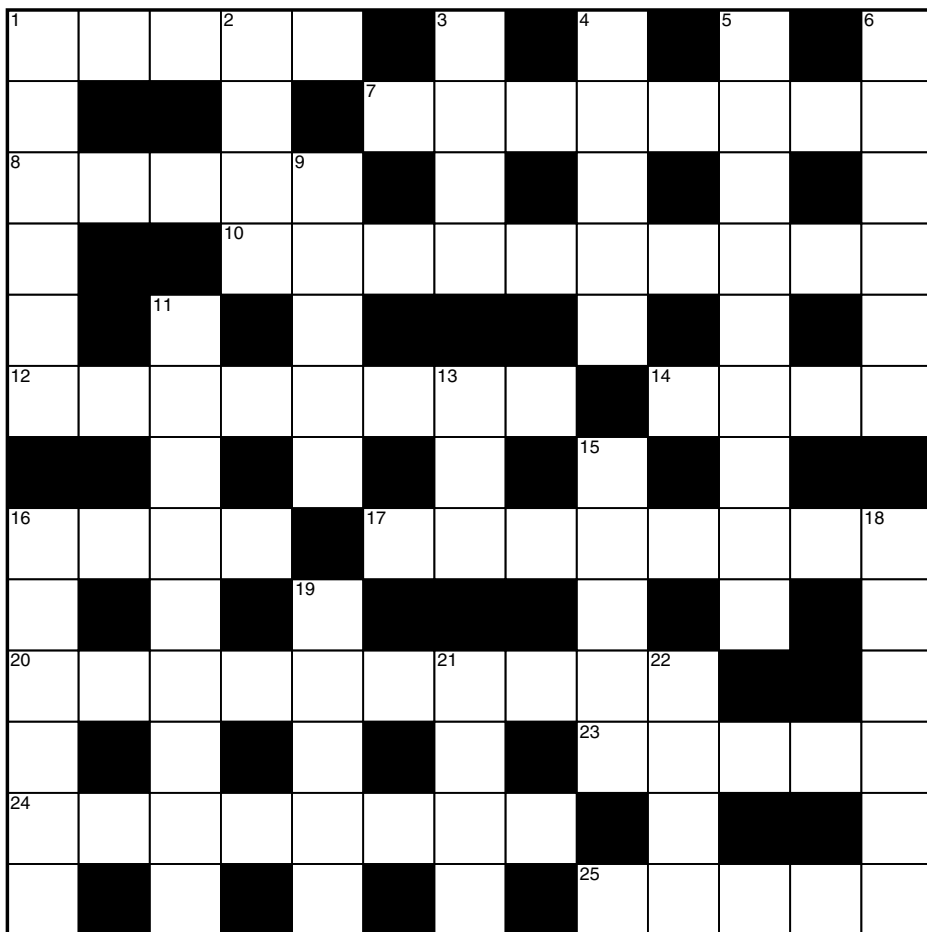
## Crossword

### ACROSS

1. Big
7. Warm outer garment
8. Of the moon
10. Ricocheting
12. Exciting
14. Woe!
16. Witty remark
17. Of bone system
20. Overstate
23. Third planet
24. Wavered (on edge)
25. Not given food

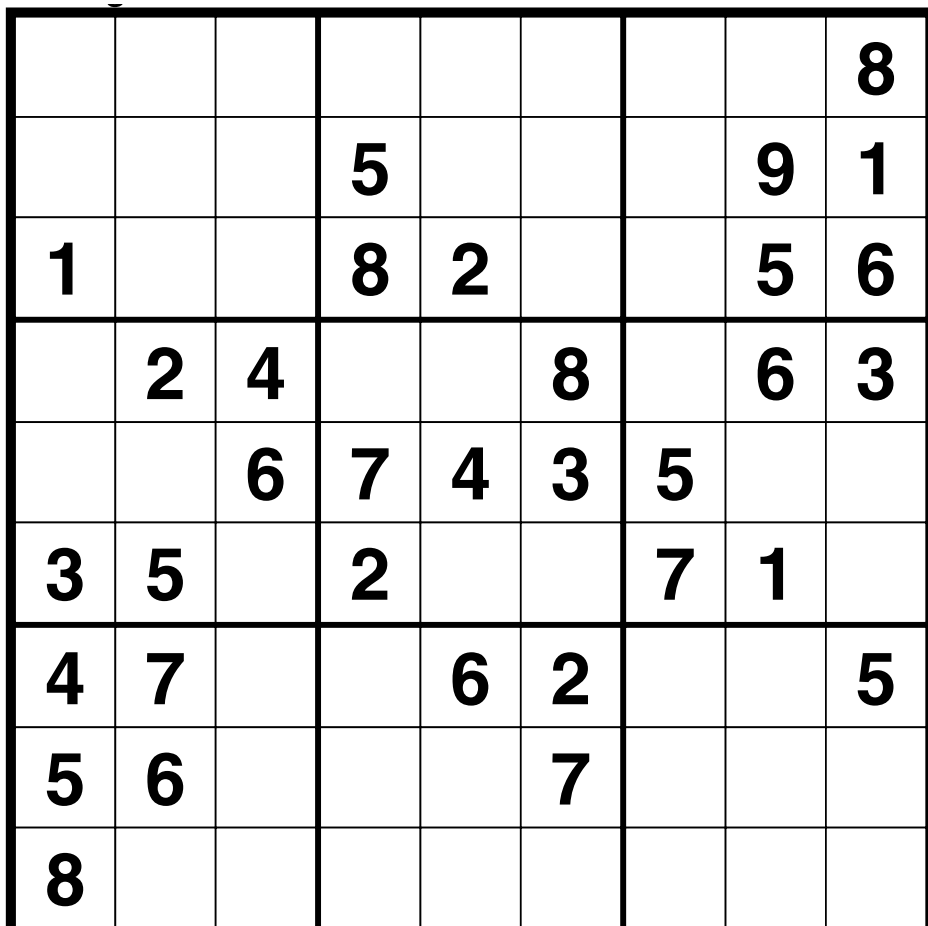
### DOWN

1. Soothed
2. Provoke
3. Elliptic
4. Batman's alter-ego, ... Wayne
5. Fashionable society person
6. Performance platforms
9. Of kidneys
11. Steered (course)
13. Rile
15. Woodwind instrument
16. Expeditions
18. Secured with rope
19. Leered at
21. Regretted
22. Gain

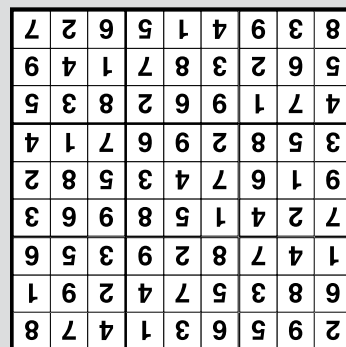


## Sudoku

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.