



SATSA
SOUTH AFRICA
SA TRANSPLANT SPORTS ASSOCIATION



NEWSLETTER - DECEMBER 2011

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Editorial

I cannot believe that we came to the end of 2011. They say that time flies when you are having fun!!

It was again a full year as far as the organisation was concerned and our members were also involved in a wide variety of activities – covered in the Newsletter.

Apart from our activities around the arrangements for the 2013 World Transplant Games (WTG) in Durban, the SA Team participated in the WTG in Sweden. I thank Heilie for the tremendous amount of work she did to make all the arrangements. My congratulations to all our athletes who represented our country with distinction, and the Touring Committee's contribution to the success thereof.

It was an honour to represent the transplant world on the Council of the World Transplant Games Federation. My four year period as a Councillor came to an end during the General Assembly in Sweden. I was however re-elected to the Council for a further four year period. SATSA has also been involved in all the General Meetings of SASCOC and we have now established excellent relationships with both SASCOC and the National Department of Sport & Recreation. It is imperative that we nurture these relationships as we move towards 2013 and the hosting of the WTG in Durban.

I believe that SATSA has a few focus areas for the year ahead and I would ask every one of our members to give it their best shot. These are:

- Making more transplantees aware of SATSA and getting them to join the organisation;
- Becoming involved with the various activities to create awareness for Organ Donation & Transplantation;
- Making more people aware of the WTG that will be hosted in South Africa in 2013.

It only remains for me to thank the Management Committee for their support and hard work through the year. Thank you also to each and every member for your wonderful friendship.

On behalf of the Management Committee I would like to wish you all a peaceful and restful Festive Season with safe travels and a New Year filled with love, happiness and health.

Willie Uys

National Chairman

IN MEMORIAM

Since the previous Newsletter it is with regret that we have to report that the following members passed away. Our sincere condolences to the families:

Dean Simmers: Dean (kidney transplant) has been a member of SATSA since 2002 and represented South Africa in three World Transplant Games. Who will ever forget his smile when he won a gold medal for golf in Australia 2009 and was announced the Best Golfer overall!

Marzaan le Roux (heart transplant) was a member since 2008 and participated in the 2008 National Games. Her smile warmed our hearts.

Cindy Lombard: Cindy (kidney transplant) only joined SATSA in February 2011. We will always remember her enthusiasm to compete in the 2012 National Games in order to qualify for WTG 2013 in Durban.



Nashdene, Naseba & Dean



Marzaan le Roux

KNOW YOUR MANAGEMENT COMMITTEE



Back: Heilie Uys (Secretary); Jan de Kock (KZN); Koos du Toit (WC); Stan Henkeman (Chairman WC); Stephan van den Berg (FS/NW); Gunston Padayachee (Chairman KZN); Bill Rosenberg (Treasurer)

Front: Maryke Gird (FS/NW); Willie Uys (Chairman); Alice Vosloo (Gauteng);

Absent: Matsie Pooe (Chairperson Gauteng)

Full details of the Committee available from Secretary

REGIONAL NEWS

SATSA has experienced tremendous membership growth and for that we thank every member for their marketing efforts.

Due to that the **Gauteng Region** applied to become an official Region of SATSA. On an inaugural meeting on Saturday 26th February 2011, Gauteng officially became the third Region of SATSA with their own Committee and Constitution. We want to express best wishes to Matsie Pooe (Chairperson) and her Committee as well as to all the members of that Region.



Back: Johan Keet; Steve Ormond (Treasurer); Nomakhosi Mbele; Anton Roux (Vice-Chairman); Willie Uys; Alice Vosloo (Secretary); Matsie Pooe (Chairperson); Nombeko Rwaxa
Contact: Alice Vosloo at 084 580 1452 or alicevosloo@gmail.com

MEMBER'S ACTIVITIES

Margie Rosenberg – stars in her eyes!

Margie Rosenberg has been involved with teaching astronomy at the Observatory Junior School since 2007 and has established an astronomy club which is an extra-curricular activity on a Wednesday for an hour.



The Department of Science and Technology organises the Annual Astro Quiz for Grade 7's to encourage learners to take an interest in Science and Maths, with the hope that they may follow a career in Science.

The competition took place at the SA Astronomical Observatory (S.A.A.O) in Cape Town. The competition started with 120 schools in round 1 after which her group progressed to be tied after the last round with Valhalla and Hermanus. After a tiebreaker (10 questions) and sudden death (3 questions) they were fortunate to be the winners. A very tense competition!

The Prize for being the Provincial Winners is a trip to Sutherland to visit the Salt telescope in early October and then to compete in the National Competition in Bloemfontein.

ORGAN DONOR AWARENESS

Jacaranda Hospital Fun Walk

Jacaranda Hospital's transplant programme has been in existence for almost 16 years while 231 transplants, mainly related donor transplantation, were done. As in previous years, Sr. Lydia Botes and her team played a major role in developing this yearly fun walk to grow from 50 participants to over 200 this year. Our thanks go to *Lourens and Ina Schultz* and other members of SATSA who assist in this event to promote organ donor awareness.



ODF Big Walks

SATSA members took part not just in participating in these Big Walks, but were also part of the organising team. These Walks took place on 22nd October at the Johannesburg Zoo, 29th October at the Sea Point Promenade and on 30th October at the Durban Beach Front.



CALENDER OF EVENTS FOR 2012

February	17	Health Lifestyle Awareness Day
March	8	World Kidney Day
April	7	World Health Day
May	20	Candlelight Memorial Day
June	14	World Blood Donor Day
August		Organ Donor month
		National Transplant Games
September	3-7 29	Kidney Awareness Week World Heart Day National Heart Awareness month
December	3	National Transplant Day

7TH WORLD TRANSPLANT DAY

For the first time the World Transplant Day was celebrated in Africa on 24th September and more specifically in Cape Town. This celebration was part of the SA Transplantation Society's biennial congress. We want to thank Dr. Elmi Muller for her enthusiasm and support for SATSA's participation in this event.

SATSA was part of this celebration in the following ways:

- **Photo competition** organised by ODF in which SATSA members took part;
- **SATSA Marketing stand** at congress;
- **Academic programme** in which Heilie Uys delivered a paper;
- **Sports challenge:** SATSA athletes challenged the congress delegates and we are proud of the following athletes who represented SATSA:
 - **Tennis:** Gawie Marx, Stephan van den Berg and Ettienne Steyn – they were victorious over the transplant surgeons;
 - **Squash:** Anil Balmakund, Ed Ormond, Cathy de Beer, Kevin Vicars and Kobus Weideman – they lost against the registrars of UCT;
 - **Ten Pin Bowling:** Wikus Esterhuyzen, Stan Henkeman, Winston Balada, Koos du Toit and CJ Etzebeth – they beat the team of ODF;
 - **Golf:** Craig Banks, Dick Kruger, Wikus Esterhuyzen, Koos du Toit, Kosie Laubscher, Heilie and Willie Uys – this was more of a friendly challenge against the surgeons and medical students



MEMBERSHIP STATUS AND PROFILE

According to our database on 31st October 2011 we had **232 members** of which 137 are transplantees and 95 are family/friends. **Male to female** distribution is 66% and 34% respectively.

The number of transplantees per **Region**:

- Gauteng: 57
- Western Cape: 43
- KwaZulu-Natal: 18
- Eastern Cape: 10
- Free State/North West: 9

Most of our members received kidney transplants (91) with hearts in the second place (25). Forty seven percent (47%) received their transplants less than 5 years ago while the average age of our athletes is between 40 and 59 years old. Fortunately our junior programme is progressing well with 9 juniors between the ages of 6-15.

SATSA's goal is to enter at least 70 athletes to participate in the WTG 2013 in Durban!!! Become part of the **"one-to-one" membership drive**. If each current member could encourage one other transplantee to become a member, we can double our membership.

That is exactly what Anton Roux did during the Big Walk in the Johannesburg Zoo – he enlisted a new member who will break all shot put records in 2013!!!



WORLD TRANSPLANT GAMES DURBAN 28 July – 4 August 2013



Since we won the Bid and received the official WTG Games flag at the WTG 2011 in Sweden, great progress has been made with organising the WTG 2013 in Durban.



- The Local Organising Committee has been established;
- Kim Renyard (photo) has been contracted as General Manager;
- Sports venues have been booked;
- The ICC will serve as the Administrative hub;
- We are in final discussions with a major hotel group on Marine Parade for accommodation;
- The Netcare Group will be responsible for Medical Services organised by Mande Toubkin;
- Invitational and Promotional DVD's have been produced;
- Website was created that will be followed by Face Book and Twitter (www.wtg2013.com)

We thank everybody for their support and prayers.

PEAK TO PEAK PROMOTION OF WTG2013



Peak to Peak AFRICA has been a 4 month trip from Mount Sinai in Egypt to Table Mountain in South Africa on behalf of the African transplant community. Starting on 3 May, Alan Molenaar, a kidney transplantee and his fiancée, Leanne Johannson, have passed through 13 African countries with public transport, visiting hospitals and meeting with health professionals and transplant patients around the continent, to publicise the World Transplant Games, which South African has won the bid to host in Durban in 2013.

Already there have been some positive outcomes from their trip. Inspired by their visit, Dr Yewondwossen in Ethiopia has founded the Ethiopian Kidney Foundation, while some Ugandan kidney patients they met in Kampala are organising themselves into the Uganda Kidney Patients Association.

A blogspot they wrote about a courageous Ethiopian transplant patient generated much interest and they managed to secure funds for all his medical expenses for the next year.

They have also been speaking to transplant patients about the World Transplant Games 2013 and this will hopefully mean that a few more African teams will participate.

Their trip ended on Table Mountain where they celebrated their success with friends, family and SATSA members



WORLD TRANSPLANT GAMES SWEDEN 17-23 JUNE 2011

Team South Africa consisted of 47 athletes and 43 supporters and for the first time we had three children under the age of 11-years. The Team returned with 48 medals – 17each of Gold & Silver and 14 Bronze.



The weather wasn't conducive to outdoor sport but our athletes performed well with Daniel Matsoso winning Gold in the 5km Road Race and the 1500m and a Bronze in the 800m. Stephan Van Den Berg won a Gold in Discus and Bronze in Tennis singles & doubles (with Gawie Marx) and in Javelin.

Our athletes were well supported by the non-participants who sang and danced their way around the pavilions, streets and hotel. It was wonderful to share a hotel with the Irish Team who also loved singing and this made for great camaraderie.

Our three children, Phamela Mavundza (Gold), Thato Makhubedu (Silver) and Johan de Jager (Gold & Bronze) were great in inspiring the rest of the Team.

Our squash athletes really excelled as all six of them won a medal. Catherine De Beer, Anil Balmakund and Edward Ormond won Gold; Alice Vogt and Henry Van Aswegen won Silver while Kobus Weideman won Bronze.

In swimming we had medal winners in Matt Moffatt (Gold & Bronze) Tersia Smit (3 Silver) and Harold Moore (2 Silver & Bronze). Gerhard Van Dyk won a Silver medal in the Men's Virtual triathlon – 400m swim; 5km Road Race and 20km Cycle Road race.

In golf our players found the going tough on the Hills Course. Heilie Uys won gold and three of the men were just out of the medals in fourth place. Heilie also won another Gold (Ball throw) 2 Silvers (Discus & Javelin) and Bronze in Shot put.

Kosie Laubscher and Lourens Schultz had strong opposition but each won a Gold medal in Discus & Javelin respectively. Lourens also won Silver in Discus and Kosie Bronze in Shot put.

An outstanding performance came from Johan Kleingeld who won Gold in Badminton Singles and Doubles with Anton Grobler and Nkanyesi Biyela who again made the Gold his own in the 5000m Race walk and also Silver in Ball throw. There were also medals won by Nombeko Rwaxa in 100m and Ball throw and Sakkie vd Westhuizen who won Silver in the High-jump.

It seems that South African women are excellent race walkers as Sannie Liebenberg and Alice Vogt won bronze medals in their age groups, while Constance Sithebe won silver as well as a gold medal in ball throw.

The Team came back fully motivated to improve on this showing in the World Games that will be hosted in Durban in 2013.

Our thanks go to all the sponsors and supporters.



May we wish all our members a peaceful and restful Festive Season.

May the New Year 2012 be filled with promises of health and success.

