

TRANSPLANT VOICE

The newsletter of

transplant
australia
victoria&tasmania



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December 2015

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CHAIRMAN'S REPORT – ROXANNE KAVANAGH

As we head towards 2016, I can reflect on what a very busy year we have had with some truly memorable events including our representation at the “Australia Day” march, the Organ Donation Motorcycle Ride to San Remo, the Tombstone Country Music Festival, an incredible representation at Universities during “Orientation” week (thanks to Marg), several Ten Pin Bowling competitions, the State Dinner, representation at Transplant Games overseas and more recently “The Big Picture”, Christmas Function (see photo)among others!



Some transplant milestones have also been reached throughout this year, a big congratulations if you celebrated a significant Transplant birthday. Your achievement is an example of hope to those new members recently transplanted. Sadly, we have also lost some wonderful people this year, whose absence will be felt at our future events.

Thank you to everyone who has attended a function, helping to make it successful. Your participation ensures the continuation of the Branch. If you would like to see an event, let the committee know or bring us your proposal.

Lastly, a huge thank you to the Vic/Tas Committee who volunteer their time to attend meetings and organise functions. Without this group of people, the branch would not be able to offer the range of activities or run them so well. Well done on a great year and thank you for your dedication.

Wishing you all a safe and happy Christmas & New Year. See you again in 2016.

Roxanne Kavanagh
Chair - Transplant Vic/Tas



Transplant Australia is supported by the Australian Sports Commission.



Australian Government
Australian Sports Commission

DATES FOR YOUR DIARY

16th January 2016	Carers Group Meeting. 11am at the Footscray Yarraville Bowling Club (same venue as the first meeting)
26 th January, 2016	Australia Day Parade, Melbourne. Check the information in this newsletter.
February / March 2016	TA Vic / Tas will attend various Universities during Orientation Week to promote Organ and Tissue Donation.
24 th Sep – 1 st Oct, 2016	Australian Transplant Games – Western Sydney.
25 th June, – 2 nd July, 2017	World Transplant Games – Malaga, Spain.



It is essential that anyone attending an event RSVP if requested. Numbers are needed for bookings, catering, etc. It becomes really difficult if people just show up unannounced!

FYI. An accommodation subsidy is available for financial members travelling over 75km (one way) to attend TA Vic / Tas functions and staying overnight. Please submit your accommodation receipt to the Treasurer Karen Knuckey, 20 Holyrood Ave, Newtown, 3220 for a \$50 rebate. Please include your name and the function attended.

MEETING DATES FOR 2015,

Meetings for 2016 – 17th January, 2016, 10am, Windy Hill Venue, Corner of Napier Street and Brewster Street, Essendon. Contact the Secretary if you wish to come along, add things to the agenda or have any questions regarding meetings. Brooke Huuskas bhuuskas@gmail.com 0417 238 468, Become a social club member at Windy Hill. Collect the membership form at the front desk.



MEMBERSHIP RENEWALS - Victorian and Tasmanian Members

Family membership is \$30, Single \$20. Donor Families are Free. Living Donors are free, but if the recipient lives in the household and a family membership is requested the fee is \$30.

Transplant Australia has a new Membership Portal powered by RegOnLine. All details can be found at the website link <http://www.transplant.org.au/Membership.html>

Please pay your membership fees on this system, if you don't have a computer, credit card or do not use your credit card online you will need to renew your membership or join by contacting Chris on 9754 4736 or ringing the Sydney office on 02 9922 5400. This system sends reminders a week before membership needs renewing and also has the direct debit feature. Cheque payments will be processed by the State Treasurer.

CHECK OUR WEBSITE – www.transplant.org.au

Facebook - www.facebook.com/TransplantAustraliaVicTas

Any member using the EFT payment system must include their name and reason for payment e.g. Jane Smith, State Dinner. Please email Karen Knuckey, the Treasurer, so she can check / confirm the transaction - nuckster@ncable.net.au

✓ **EFT – Date funds transferred:** **Transplant Australia Ltd (Vic/Tas)**
✓ **BSB 033062 Account 402639** **Reference: Your name & “reason for payment”**

COMMUNITY ENGAGEMENT PROGRAM

Information on how to go about being a 'Community Champion', please contact the CEP Co-ordinator Alan Chrystie 1969albear@gmail.com

To donate life, discuss it today. OK For more information visit www.donatelife.gov.au

Promoting Organ and Tissue Donation Awareness during Orientation Week at Universities.

Transplant Vic/Tas is again teaming up with Donate Life for the upcoming “O Week” to be held in February/March 2016.

It is our intention to have a stall at as many universities as possible to promote organ donation, answer questions and hand out donor forms. To achieve this, we need as many volunteers as possible to help out across the week. If

you would like to help out but are unsure of how to address this topic with members of the public or would simply like a re-fresher course, a 2 hour training session is being looked into.

Are you interested in becoming a volunteer?

- Not sure how to tell your transplant story?
- Uncertain what to say or not say?
- Need assistance with answering difficult questions?

To organise a training session (generally 2 hours of an evening) we need expressions of interest. If this appeals to you and you would like to help out during the next "O-week", please contact Allan Chrystie on email: 1969albear@gmail.com and leave your name and contact number. If there is sufficient interest we will hold a training session soon and be up and running for "O-week" in 2016.

AUSTRALIA DAY PARADE, 2016.

Transplant Australia Vic / Tas have been accepted to participate in the annual Australia Day March.

This time we are limited to 40 participants. If you are interested please RSVP to Roxanne by SMS on 0413 532 551 by 5th January, 2016. You must also leave your contact number as the Parade organisers require that of all participants this time.

One of Melbourne's favourite Australia Day activities, the colourful Australia Day Parade sees thousands of people line Swanston Street to enjoy entertainment, wave their flags and cheer on participants. Victorians from all walks of life participate in this annual Parade along Swanston Street, over Princess Bridge and into Kings Domain.

In 2015, Swanston Street was transformed into a wave of colour and movement in a proud display celebrating our diversity.

The Parade starts at 11.00am following the Australia Day Official Flag Raising Ceremony at the Melbourne Town Hall. Participant will need to be in place on Swanston Street well before 11am. These details will be forwarded to all who RSVP.

VALE

GUS MONDO - member of Transplant Victoria

Gus, who was 75 years old, was an early Heart Transplant Recipient at St. Vincent's Hospital, Sydney before the Alfred Hospital Clinic opened in Melbourne. He would have celebrated "27 years transplanted" in January 2016.

Gus was an active member of Transplant Australia, and became a long distance



runner accidentally whilst "trying to keep fit" participating in Marathons along with the Transplant Games. His attitude was to never give up, even attending the Melbourne Games in 2015 pushing a walker (photo Left), as he just wanted to be part of it. As he got older he took up other sports at the Transplant Games, namely Ten Pin Bowling and Lawn Bowls to which he gave his full attention and won many medals for Victoria, often appearing in the local paper to promote organ donation and the success of transplantation.

Gus was a true gentleman, a great family man with an infectious sense of humour, and a kind nature who made friends at the World Transplant Games - everyone from all countries knew and respected Gus, many looking forward to running against him. He will be very much missed both

here at home and around the world.



Our condolences to his family, wife Marlene and children Frank, Paul and Danielle.



Pétanque players at the Christmas Function – serious stuff happening here!





Australian Transplant Games 2016 – Western Sydney.

The schedule for the week is on the table below.

Check <http://www.australiantransplantgames.com/> for all the latest information on the Games.



The online Registration is up and running now. This time you can register early and pay a deposit rather than all money up front. Once you have registered it is possible to go in and alter anything if needed up until closing. Emails asking you to register are being sent out by the Sydney office, if you haven't received yours or you are not on email ring them on 02 995400 or 1800 827 757 or email contactus@transplant.org.au

Check the website now to order the souvenir T-Shirt which has your name and transplant years on it. <http://transplant.org.au/product/transplant-australia-t-shirt-2/> You can order one even if you are not attending the games.

23/9/16 24/9/16	Sunday 25/9/16	Monday 26/9/16	Tuesday 27/9/16	Wednesday 28/9/16	Thursday 29/9/16	Friday 30/9/16	Saturday 01/10/16
Day Time Events							
Friday 23/9/16 2:00pm – 5:00pm REGISTRATION Penrith Panthers <hr/> Saturday 24/9/16 9:00am – 5:00pm REGISTRATION Penrith Panthers Business Centre 3:00pm – 6:00pm Social Sport SOFTBALL Panthers Outdoor Area	Penrith Regatta Centre 8:00am – 9:30am Road Race/Fun Run Registration 9am – 10am OPENING CEREMONY DRAGON BOAT RACE 10am – 11am ROAD RACE/FUN RUN Noon – 6:00pm PETANQUE SINGLES & PAIRS Noon – 1:30pm WELCOME LUNCH 1:00pm – 4:00pm SAILING 2:00pm – 4:00pm PETANQUE SINGLES <small>(supporters)</small>	10am – 11.30am PUBLIC ACTIVATION/PARADE Martin Place 12.30pm – 2.00pm Lunch at Hyde Park 4.30pm – 6.30pm DONOR FAMILY RECEPTION	9.00am – 5:00pm SWIMMING Blacktown Swimming Pool 9:00am – 5:00pm LAWN BOWLS PAIRS Penrith Bowling & Recreation Club 10.00am – 1.00pm TEN PIN (Juniors/Supporters) AMF Rooty Hill	9:00am – 2:00pm CYCLING Regatta Centre 9.00am – 2.30pm BADMINTON Penrith Valley Indoor Centre 9.00am – 5.00pm LAWN BOWLS SINGLES Penrith Bowling & Recreation Club 10.00am – 1.00pm TEN PIN (Juniors/Supporters) AMF Rooty Hill	8.00am – 2.00pm GOLF Penrith Golf Club 9:00am – 5:00pm TENNIS Nepean District Tennis Centre 9:00am – 5:00pm TEN PIN AMF Rooty Hill	9:00am – 5:00pm ATHLETICS Blacktown International Sports Centre	9:00am – 2.00pm TABLE TENNIS Panthers 10.00am – 2.30pm FOOTBALL (SOCCER) Oval adjacent to Panthers 5.00pm-6.00pm CLOSING CEREMONY Penrith Panthers
Evening							
7.00pm – 9.30pm STATE DINNERS Penrith Panthers		7.00pm – 9.30pm CHESS/SCRABBLE Panthers 7.00pm to 9.30pm ARCHERY Penrith Indoor Archery	6.00pm to 9.30pm VOLLEYBALL Penrith Indoor Centre 7:00pm – 9:30pm SUDOKU/BACKGAMMON Panthers	8.00pm-10pm TRIVIA NIGHT Penrith Panthers	6.30pm – 10pm DINNER CLUB PACEWAY Penrith	7:00pm – 10pm DARTS Panthers	6:00pm – 11pm GALA CELEBRATION DINNER Penrith Panthers

21st World Transplant Games, Malaga, Spain 2017

Start Date 25th June 2017

End Date 2nd July 2017



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MÁLAGA • SPAIN

WORLD TRANSPLANT GAMES 2017

The WTGF President and Council are pleased to announce that the 21st World Transplant Games will be held in Malaga, Spain in 2017.

Keep these dates in your Diary if you are interested in these games. Details will be circulated as they become available.

WELFARE

Please let our Welfare Officer Karen Knuckey, 0423 021 984, nuckster@ncable.net.au

Or one of the committee members knows of any member who is having some problems, there may be some way that TA Vic / Tas can help.



CARER'S GROUP

The first meeting was held on Saturday 14th November.

There were 3 Carers and myself (Karen Knuckey). We chatted for 3.5 hours! Next meeting will be held on 16th January 2016, 11am at the Footscray Yarraville Bowling Club (same venue as the first meeting)

If you are interested in coming along, please RSVP to Karen Knuckey via email nuckster@ncable.net.au or text 0423021984. Those who register their interest will be placed on a mailing list and will receive emails in relation to the Carer's Group. If you are unable to attend but would like to in future or wish to receive emails, please register your interest. You can also contact Karen if you are interested in counseling.

DONOR FAMILYS GROUP AUSTRALIA

A Facebook site can be found at - <https://www.facebook.com/groups/219966401436603/>

The webpage is www.donorfamilies.com/news/ - you can view the groups' newsletters here.

Join in the discussion with donor families, recipients, read their stories.

Leanne Campbell (Donor Family Coordinator) on 0422 123 014 / riclean@tpg.com.au if you need to discuss anything or have questions regarding Donor Families.



DONOR FAMILY BBQ / Get Together.

This was held on 22nd November, 2015, at Albert Park Lake.

A lovely day at Albert Park Lake for the Donor Family BBQ. Many Donor Families attended and a Big Thanks to Kevin Green who organised this event.

The Donor Family Tree (at left at Albert Park) was dedicated to all Donors during the Melbourne Transplant Games last year.

The 22nd November was also the first Donor Thank You Day. Many of our members put up their thanks to their donors and donor families on social media. Some put posters up in their local communities. Let's hope

this Thank You Day continues next year and reaches more of the community so Donors and Donor Families are given the recognition and support they deserve.

GEELONG BBQ – Sunday 1st November

We were fortunate to have sunny skies after a day of rain for our get together in Geelong. 17 people came along to Sparrow Park to enjoy good company and good food, with a couple of games of Petanque after lunch – early training for the Western Sydney Games! Thanks to Bron & Karen for organising the delicious food.

CONGRATULATIONS.

Congratulations to member recipients who reach the following milestones in December and January:

December

Can Diep, Liver, 11 yrs.

Stuart Campbell, Bone Marrow, 12 yrs.

Simon David, Kidney, 16 yrs.

Peter Farnsworth, Kidney, 19 yrs.

Jane O'Connell, Bone Marrow, 23 yrs.

Mary Bawden, Liver, 11 yrs.

John Bisiach Heart, 13 yrs.

Rosslyn Bint, Liver, 17 yrs.

Sarah Green, Liver, 22 yrs.

Terry Avery, Liver, 27 yrs.

Elizabeth Van Wel, Liver, 12 yrs

Gaylyn Pinnering, Heart, 13 yrs.

Bev Rennie, Kidney, 18 yrs.

Donna Curren, Kidney, 32 yrs.

January

Andy King, Double Lung, 11 yrs.

Irene Difesa, Kidney, 17 yrs.

Jean Martinuzzo, Kidney, 19 yrs.

Dave Jellie, Kidney, 12 yrs.

John Walker, Bone Marrow, 18 yrs.

Robyn Lee, Stem Cells, 20 yrs.

Gail Smyth, Kidney, 13 yrs.

Andrea Bryce, Kidney, 18 yrs.

Well done to all and wishing you all good health and many more transplant years!

Thanks to all Living Donors and Donor families.

Magazine Stars!

Tony Allen was featured in the Oct 1 – Oct 14, 2015 issue of 'YOURS'. The two page article tell of how an Organ Donor gave the grandfather of 4 plenty to celebrate and be thankful for on the 21st anniversary of his Heart Transplant.

Terry Donovan (a QLD member who many of you may know from Transplant games) is in a 5 page article in December 2015 'Australian Womens Weekly'. This is an amazing story of Terry and his family and their relationship with his Heart Donor Nathan's family.

If you are unable to source either of these stories please contact Chris on 9754 4736 or gtew2475@bigpond.net.au for a copy.

DRAGON BOAT RACING.

A few members braved the early morning start at Docklands to try out Dragon Boat Racing. It is highly recommended that anyone who wishes to enter this at the Australian Transplant Games in NSW next year gets along and has a go at this. The boats are very stable, the Dragon Masters have not dumped anyone in the drink yet! (they aim to keep it that way!) Another Come and Try Day is scheduled for early next year an email will be sent out so you can RSVP or contact Chris on gtew2475@bigpond.net.au

The Dragon Masters showed how to hold the paddle and use it in a synchronised manner (otherwise you can slow the boat up and rock it!) They paddled under the West Gate Bridge, past the coffee drinkers at harbourside cafes and around the lovely boats docked. They also supplied a very nice morning tea. See you at the next one!!



CHRISTMAS BREAK UP.



This years Christmas Break Up was held at the Camberwell Petanque Clubrooms.

Thanks to Karen and Bron who catered for lunch, members who donated prizes for the raffle and Belinda for organizing the venue.

After lunch Petanque games were in full swing, it certainly looked like everyone was enjoying the company and the sun.

It was also good to see some new members and families, plus a trainee guide dog attending. Thanks too to the members who had other functions on but dropped in to say hello.