

TRANSPLANT VOICE

The newsletter of

transplant
australia
victoria&tasmania



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October 2015

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CHAIRMAN'S REPORT – ROXANNE KAVANAGH

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

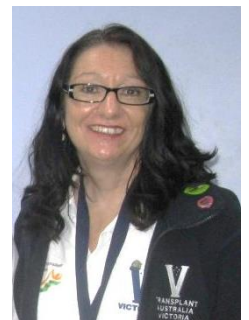
It is our intention to have a stall at as many universities as possible to promote organ donation, answer questions and hand out donor forms. To achieve this, we need as many volunteers as possible to help out across the week. If you would like to help out but are unsure of how to address this topic 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 also like to help out next year during "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" next year.

Roxanne Kavanagh
Chair - Transplant Vic/Tas



Transplant Australia is supported by the Australian Sports Commission.



Australian Government
Australian Sports Commission

DATES FOR YOUR DIARY

1 st November, 2015	Social BBQ, Sparrow Park, Hope St, West Geelong. From 11.30am. See flyer in this Newsletter.
14 th November, 2015 (Saturday)	Carer's Group meeting. All details under "WELFARE"
29 th November, 2015	Christmas Function. Camberwell Petanque Club, start time 11am, lunch provided BYO drinks. Santa visiting after lunch! A Petanque competition will follow. Cost free for financial members and \$10 for other participants. More details will be in the next newsletter. Put the date in your diary!
23-30 th January, 2016	Tackers and Friends, a junior skiing competition. More information www.tackers.org or contact the Sydney office on 02 9954 5400.
24 th Sep – 1 st Oct, 2016	Australian Transplant Games – Western Sydney.
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 2015 – 29th November, 10am, Camberwell Petanque Club prior to the Christmas function.

Contact the Secretary if you wish to come along, add things to the agenda or have any questions regarding meetings. Brooke Huuskes bhuuskes@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



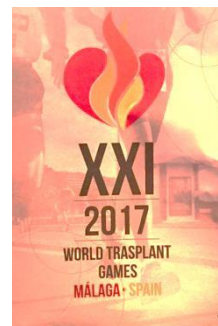
WORLD TRANSPLANT GAMES 2015 ARGENTINA

The World Games in Argentina are now over.

The next newsletter will have results, photos and reports from our representatives. The next WTG will be held in Malaga, Spain – 25th June, 2017 to 2nd July, 2017.

Wayne Kelly sent this report for the newsletter-

The 20th World Transplant Games (WTG) was held at Mar del Plata, Argentina between 23-30 August 2015. A small group of team members from Victoria arrived in South America following flights from Melbourne to Auckland where we caught up with the majority of the Aussie team members and settled in for the long flight to Santiago. We had an overnight stopover at the Hotel Majestic which is centrally located in the Chilean capital city of Santiago following an afternoon tour of the city.



Onwards and the team left Santiago flying to Buenos Aires the following day with another short flight to the host city of Mar del Plata which is a seaside resort located on the east coast of Argentina. The majority of the WTG participants stayed in the single charming hotel (Gran Hotel Provincial) with magnificent ocean views that helped bring everyone together in the spirit of the games. We settled in and completed some exploring of the surroundings and the team had an evening meal in a local restaurant where Murray Rose was elected the Aussie flag bearer for the opening ceremony. A worthy selection following Murray's long term contribution to the Aussie WTG team and TA NSW.

The small Aussie team was competitive and collected a total of 8 gold medals, including 5 gold medals won by Bob Kirkbride, who smashed 5 swimming WTG world records. There were 6 silver medals won along with 10 bronze medals with many Aussie participants establishing new personal bests for their events.



Our thoughts were constantly with Margaret Hill during the games and the news of Ian Hill passing away after a short illness brought a tear to many eyes.

One of the many talking points was the fact the World Transplant Games took place in August which is almost the middle of winter in Argentina with temperatures ranging from 3-17°C.

An epic adventure followed the WTG arranged by David Broit and we caught a coach from our hotel in Mar del Plata and returned to Buenos Aires based at the centrally located Eurobuilding Hotel with an itinerary full of fantastic activities for the next 6 days. The time went quickly and it was time to say our goodbyes as we

commenced our return to Australia whilst some of the WTG participants and families continued onto journeys to faraway places. Bring on the 2017 WTG to be held in Spain (Malaga). See you there...

Wayne Kelly

A report from Brooke Huuskes -

Attending the 20th World Transplant Games in Argentina was possibly one of the best things that I have ever done in my life! It was my first world transplant games so I didn't really know what to expect. The accommodation was beautiful, and my room looked over the ocean, so every morning I could see the sun rise! I really liked how it was a small games which meant that most competitors were staying in the one hotel. This meant that I would see the people that I met during my events regularly at breakfast and dinner. A highlight for me was running around high-fiving two tables of Aussies and then two tables of Swiss competitors after I won a medal at swimming! I hardly knew the Swiss team, but they were really supportive and excited to share my success! The medals were really just the icing on the cake, the real reason I went to Argentina was to see what I experienced at the Australian Transplant Games on a world scale. And I was not disappointed! I feel like I have made many friends that will last a lifetime!

A report from Tam Stevens is at the end of this newsletter.

Australian Results at the WTG, Argentina.

Athletics:

1500m: Dave Howard M 40-49 years – Bronze, 5:13.86
3km Walk: Suzanne Halbish F 30-39 years – 4th, 24:09.34
Ball Throw: Matt Spencer M 30-39 years – Silver, 84.87m
Ball Throw: Alan McKaskill M 60-69 years – Silver, 27.25m
Discus: Alan McKaskill M 60-69 years – 6th, 16.65m
200m: Suzanne Halbish F 30-39 years – Bronze, 47.71
800m: Dave Howard M 40-49 years – Bronze, 2:26.92
Javelin: Alan McKaskill M 60-69 years 7th, 13.63m
Shot Put:- Brooke Huuskes W 30-39 years 4th, 5.03m

Badminton

Singles: Tamaryn Stevens F 18-29 years: quarter finals
Doubles: Tamaryn Stevens & Brooke Huuskes: F 18-29 years Bronze
Mixed doubles: Tamaryn Stevens & Clayton Walton – 1st round.
Doubles: Clayton Walton & Antony Harding M 30-49 years – 1st round.

Ten Pin Bowling:

Doubles M 30-49 years: Matt Spencer & Mark Dinnar – 10th place

Doubles M 50+: Antony Harding & Michael Kennedy – Gold

Singles: Mark Dinnar M 30-39 years – 8th

Singles: Michael Kennedy M 50-59 years – 8th

5km Road Race:

Dave Howard M 40-49 years – 5th, 18:28

20km Cycling:

Female 18-29 years: Tamryn Stevens – Bronze, 38:16;548

Female 30-39 years: Suzanne Halbish – 4th, 43:58;874

Male 30-39 years: Matt Spencer – Bronze, 38:19;625

5km Cycling:

Female 30-39 years: Suzanne Halbish – 4th, 11:04;304

Female 18-29 years: Tamryn Stevens – Bronze, 10:43;495

Male 30-39 years: Matt Spencer – 4th, 8:31;219

Golf:

Singles Male 50-59 years Murray Rose 5th place gross, handicap – Silver

Singles Male 50-59 years Nigel Goldsworthy 10th place gross.

Singles Male 50-59 years David West 12th gross.

Singles Male 60-69 years Richard Dohnt 12th gross

Pairs Male 50+ years Murray Rose & Wayne Kelly 14th gross, 13th Nett

Pairs Male 50+ years Richard Dohnt & Nigel Goldsworthy 17th gross, 17th Nett

Swimming:

50m freestyle: Robert Kirkbride M 70+ years Gold & World Record, 37.45

100m freestyle: Robert Kirkbride M 70+ years Gold & World Record

200m freestyle: Robert Kirkbride M 70+ years Gold & World Record, 3:10;78

400m freestyle: Robert Kirkbride M 70+ years Gold & World Record, 6:47;80

100m Breaststroke: Brooke Huuskes. F 30-39 years Bronze, 2:11;98

Petanque:

Singles: F 70+ years Heather Edgell Gold (60-69 years Silver)

Singles: F 60-69 years Margaret Martin Silver

Singles: M 50-59 years Michael Kennedy 1st round

Singles M 60-69 years Alan McKaskill 1st round

Martin Bronze

Tejo

Singles M 60-69 years Alan McKaskill Bronze

Doubles M 30-39 years Clayton Walton & Antony Harding 1st round

Doubles M 50+ years Michael Kennedy & Wayne Kelly 1st round

Table Tennis:

Singles: F 60-69 years Brenda Gilbert Silver.



Singles: Heather Edgell F 70+ years – Gold

Singles: Clayton Walton M 40-49 years – 6th

Singles: Antony Harding M 50-59 years – 11th

Brooke Huuskes F 30-39 years – 5th, 35:39

(Photo above left)

(Photo above Right)

Singles Male 50-59 years Wayne Kelly 13th gross

Singles: M 40-49 years Clayton Walton 1st round

Singles: M 50-59 years Antony Harding 2nd round

Doubles: F 50+ years Heather Edgell & Margaret

Singles F 30-39 years Brooke Huuskes Bronze



Mark Dinnar and Matt Spencer at the Ten Pin Bowling



Australian Transplant Games 2016 – Western Sydney.

A promotional brochure can be looked at on the website www.transplant.org.au or just try this link

<http://www.australiantransplantgames.com/wp-content/uploads/2014/03/Transplant-Aus-2016-Games-Brochure-Final.pdf> if you have no internet please phone Sydney on 1800 827 757 and ask for one to be posted. The schedule for the week is on the table below.

Dragon Boat Racing is to be included and Victoria would like to have a team! Tasmanian Members can enter and if not enough to fill a boat will be placed in boats requiring extras. This is open to ages 15 and over.

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 (supporters)	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	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

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.

NATIONAL CARER'S WEEK 11-17 OCTOBER 2015

National Carers Week is a time to recognise and celebrate the outstanding contribution of Australia's unpaid carers, and raise awareness about the diversity of carers and their caring roles.

At Transplant Australia Vic/Tas, we recognise that many of our members are or have been very ill, and even after transplant there are many health challenges. Many of those people couldn't get through without the love and support of family and friends, and this includes practical, day to day physical support such as preparing meals, transport to appointments, cleaning house, etc.

It can be difficult being the person who is caring for someone who is ill and there are many issues that face Carers. TA Vic/Tas is introducing a **Carer's Group** so that anyone who is caring for or living with a person who is ill or has had a transplant can meet with others and discuss any issues they have. It can be helpful to share experiences with others in similar situations and an ideal opportunity to support each other.

The first meeting will be held on **SATURDAY 14TH NOVEMBER** at the Yarraville Footscray Bowling Club at 11am. (339A Francis Street, Yarraville)

TA Vic/Tas Welfare Officer and Counselor Karen Knuckey will be in attendance at the meeting.

For those who wish to stay on after the meeting, TA will subsidise the cost of lunch.

The group will decide at this meeting how often to meet and where meetings will be held.

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.

If you are unable to attend meetings but wish for support, private Counseling sessions can be arranged at no cost. (If any member is interested in counseling please contact Karen –details above)

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 / ricklean@tpg.com.au if you need to discuss anything or have questions regarding Donor Families.

DONOR FAMILY BBQ / Get Together.

22nd November, 2015, Albert Park Lake, 12 midday.

A great chance to come along and meet other ***Donor Families*** and talk in a relaxed way, support each other and remember your loved ones and the decision that was made to save the lives of countless others.

BYO Drinks and Chairs. All food supplied.

Meeting point: Aughtie Drive Rotunda, Albert Park. Melways 2K:E7

Enquiries: Kevin Green – email kevin64green@gmail.com RSVP by 12th November please.

BE GREAT TO SEE YOU THERE

CONGRATULATIONS.

Congratulations to member recipients who reach the following milestones in October and November:

October:

Twanny Farrugia, Kidney, 44 years.

Harry Dumont, Heart, 26 years

Vasco Filipovski, Kidney, 24 years

Peter Thornton, Liver, 15 years

Russ Denny, Kidney, 33 years

Warwick Duncan, Liver, 26 years

Lynette Deady, Liver, 18 years

Nick Stillwell, Kidney, 15 years

November:

Nigel Golsworthy, Kidney, 41 years

Mary Power, Kidney, 37 years.

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

Congratulations also to Ian Patten of South Australia who sent the letter below on the 30th anniversary of receiving a Kidney Transplant from an unknown Victorian lady.

Hi! Family and friends,

It is with joy that I share a very special celebration of my Kidney Transplant received in Sept 1985. These 30 years are more than a third of my life. The events Claire & I have lived & experienced before & after this special date is full of eventful memories. The extended time came by the great gift of my transplant from a Victorian woman, 5 years my junior & her loving family, all unknown to me. Of course I would not have lasted till now without the love & care from Claire, the medical profession & our caring friends. You know I also believe that God is good & has looked kindly on our lives.

To give a little understanding of my last 30 years, think back on your last 30. Wow!

Thanks to you for being a part of my life and remember my donor. (I hope with your thanks also).

Love you all,
Ian Patten

Ian is a Life Member of Transplant Australia, he has attended many Australian and World Transplant Games and worked tirelessly in the community to promote Organ and Tissue Donation, he was also very active in the South Australian Transplant Australia group. He also held many WTG Swimming records which he will notice that another Australian broke this year in Argentina!!!! Thank you Ian for sharing this milestone.

Dave Howard (L) and friends in Argentina





SOCIAL BBQ



SPARROW PARK, Hope St, West Geelong

SUNDAY 1st November, 2015, From 11.30am

COST: FREE for financial members; \$10 for non-members

SAUSAGES, HAMBURGERS & SALADS PROVIDED

BYO DRINKS, CHAIRS, PICNIC RUG, ETC

LEARN TO PLAY PETANQUE AFTER LUNCH!



RSVP ESSENTIAL: 25th October 2015 to Karen on
nuckster@ncable.net.au or text 0423 021 984



Interesting articles:

<http://www.abc.net.au/news/2015-09-11/nsw-hospital-uses-recycled-and-diseased-kidneys/6768224>

The critical shortage of organ donations in Australia leads doctors at a New South Wales hospital to use the recycled and diseased kidneys of cancer patients.

BBC News – Lab Grown Kidneys a step closer, <http://www.bbc.com/news/health-34312125>

Portable Dialysis - <http://healthcurecenter.com/miniature-portable-dialysis-machine-on-fast-track-for-fda-approval/>



Brooke Huuskes in Argentina (Left)

Wayne Kelly (3rd from Left) and Nigel Goldsworthy (in the red hat)
Members of the Golf Team in Argentina



A Report and more photos can be found on the Transplant Australia website www.transplant.org.au Home Page.

FUN FUNDRAISER Geelong Revival Motoring Festival Volunteer 25th – 29th November, 2015.

If you are in the Geelong area (or anywhere else!!) and wish to take part, you may register yourself and nominate your "Club" as Transplant Australia Vic/Tas and a \$35.00 payment will be donated.

For a form to volunteer contact Maddison Wilson on Phone: 03 5273 4777, or Email: volunteer@geelongrevival.com.au

WTG Report from Tam Stevens:

The World Transplant Games came to South America for the first time this year. Mar Del Plata, Argentina, was a beautiful setting for this worldwide celebration of life. With a long, sweeping coastline, a beautiful beachfront path, and vibrant city, we were certainly in for a lovely time. The athletes were treated to a stay in a grand old hotel right on the beach, and all throughout the day we could watch the resident dogs frolic, and the locals run and be active. All countries were staying and eating in the one hotel, and as everyone arrived, the atmosphere buzzed with excitement.

The games kicked off with the opening ceremony. As always, the celebration had started before we even arrived, with teams cheering and chanting as they got on the bus. Despite the delays, it was a lovely opening ceremony. While the size of the arena only allowed 5 people from each country to march, it meant that the rest of us were able to participate as an audience. When our team walked in, consisting of our flag bearer Murray, and our new team members, we cheered as loudly as we could. By the end of the march, the floor was lined with the flags of the 44 participating countries, each one held aloft proudly. We were treated to tango acts, and interesting insights into the Argentinian culture. The most significant moment was, of course, the minute's silence for Organ Donors. The stadium fell quiet as we all reflected on why we were here, and how the games motto, 'powered by the gift of life', applied to each of us. It was a heartfelt and deep silence that filled the stadium, and the significance was not lost on any of us.

The event that kicked off the games was the 5km road race. The excitement in the air was palpable, and runners were cheered on by an army of supporters. Dave Howard ran an outstanding personal best that day, and Brooke Huuskens ran her first ever 5km. It was wonderful to be able to watch that first event, and see the games get into full swing.

The highlight for me was the cycling events. Tuesday saw us take on our own 5km time trial. It was organised fantastically, and the cyclists were well looked after with a tent, heaters, and water aplenty. We appreciated it greatly, as out on the road; we were battered with coastal winds and cold weather. However, we had it easier than our wonderful supporter Dave, who ran up to watch us in shorts, and hadn't anticipated the cold! Despite this, he valiantly stood there cheering us for hours! This brave act earned him custody of the Team Mascot, Shazza the koala, who was awarded to a team member nominated for an outstanding act each night. From the photos floating around, the two of them had a wild time together! Dave began the social media trend #WTG2015Shazzagoeswild, and it was heartily continued throughout the games.

The cycling road race began the next day. The women were off first, and despite a wet morning, we were lucky when the rain finally broke just in time for our race! However, the wet roads and potholes still presented a few challenges. The 20km Women's road race was ferociously contested, yet the support and encouragement riders gave each other while racing made this event special. It was certainly the most fun I have ever had on the bike, and the bronze medal was just a bonus! Suzanne Halbish smashed her personal best in this race. As the clouds cleared, the men took to the road. These races were fought equally as hard. During the Men's veteran's race, one group had powered ahead, while a second group stuck together and road as a bunch. In true World Transplant Games spirit, these men came over the line arm in arm, crossing as one. The final race had our cycling captain Matt in the mix, and he snagged a bronze in an exciting sprint finish.

Of course, none of us are there solely to compete, and the next day I was lucky enough to head off and support the bowling. The bowling alleys in Argentina had a surprise that you might miss if you blinked. Instead of a mechanical system resetting pins, we watched in awe as two feet would drop behind the pins, then two arms, to carefully re-stack them. The ball boys, as we came to call them, were quite a novelty. Each caring for two lanes, they would roll the bowling balls back down a wooden ramp, and care for the pins by hand. It was a very different experience! Our Aussie men's doubles team had some impressive shots- though the best one was done in a practice by Mark, who bowled, slipped, pulled it together in time to lay on the floor with his arms casually crossed, and still managed a strike. Matt had a frustrating run of nines- those of us watching began to count them- yet it made his eventual strike all the more exciting! We all jumped up in celebration!

The final two days of the games were devoted to Athletics and Badminton. While I couldn't attend the athletics as I was playing badminton, I know that the Aussie contingent had great success over these two days. They thrived despite the crippling cold, some taking on new sports and some competing in their old favourites. Dave scored two bronze, in the 800m and 1500m, Suzanne came home with a Bronze in her 200m sprint, and Matt had to settle for second best tosser in the ball throw. Alan also managed a silver medal in the ball throw. Across town, the badminton was well underway. The singles day was a great chance to make new friends, and I had some fantastic games. The doubles day saw more Aussies taking to the court. I teamed up with Clayton for mixed doubles, and Brooke and I teamed up for doubles. Clayton and Tony took on the men's division together. Brooke and I had some fantastic games. I will always remember the incredibly close match we had with the French Team. After losing the first set and winning the second, we took them to a nail biting third set. We matched each other point for point, until Brooke and I finally pulled away to win by the required two points. The rallies in this game were so hard fought they felt like they lasted an eternity. Each team returned shot that it seemed like they shouldn't return, and I know I surprised myself a few times as I crossed the court in time to hit the shuttle back over. From that hard fought match, Brooke and I earned ourselves a bronze medal. I think we were the team with the biggest smiles when we got on the podium, as we knew how hard we fought for it, and we hadn't expected to have such a good game!

As the games drew to a close, it was great to come together at the Gala dinner and celebrate. Seeing a video of highlights was a fantastic reminder of the week that was, and we were all inspired by the possibility of Spain in 2017.

This piece of writing is, of course, my own experience. I would love to mention everyone and everything, because there were so many wonderful things that happened. I highly encourage you to chat to those who did attend and hear their experiences. This was a wonderful games; very well organised, and they fully encompassed the spirit of celebration. Everyone who attended will have fantastic stories to tell- reach out to them, hear about your favourite sports, hear from your friends. Though the Australian team was small this year, we were not lacking in spirit! The games will be in Malaga, Spain, in two years' time. It would be fantastic to have a big team heading over, so if you're inspired by what you've seen or heard of Mar Del Plata, have a think about it! For now, I leave you with a list of the Aussie Team's achievements this year. Congratulations to all who attended and competed- it was fantastic to be a part of the team!

