

TRANSPLANT AUSTRALIA WA NEWSLETTER

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Australian Transplant Games ~ Western Sydney

24 Sept ~ 1 Oct, 2016



REGISTER NOW- JOIN THE WA TEAM

<http://www.australiantransplantgames.com/>

REGISTER BY AUGUST 26TH

GET YOUR SNOW GIT ON FOR TACKERS IN ANZERE

TACKERS SKI CAMP February 04-11, 2017

Any transplant child or youth interested in travelling to Switzerland for a ski camp can find more information, accommodation & prices etc by going to the website below.

TACKERS SNOW BOOT CAMP March 04-11, 2017

For anyone associated with transplantation, including adults can also find more information, schedules, ski or snowboard etc by going to the website below.

<http://www.tackers.org/>

The Australian Transplant Games 2016 24 Sept to 1 Oct, Western Sydney NSW

Are you coming to the Games this year?

[REGISTER NOW](#)

There is still time to register for the Transplant Games in Penrith this year.

There's one place **junior transplant recipients** should feel at home – and that's at the Australian Transplant Games

The junior activities are for children aged from 5 to 17 years and are packed with a variety of sports and fun. The Junior Program is not only for recipients, it's also for the siblings and children of recipients who also make great sacrifices through life.

There are other events too – the Opening Ceremony, Team Dinners, Welcome lunch, Trivia night, Paceway evening and the Gala Dinner.

This is a wonderful experience for everyone – donor family members, living donors, recipients, medical professionals, family members and all other supporters – but more importantly it is a significant way to raise awareness of organ donation within the community.

For more information go to

<http://www.australiantransplantgames.com/>

Or contact the WA Team Manager, Julie Moloney at julemark@gmail.com or 0419 851 269



australian
**transplant
games**
WESTERN SYDNEY **2016**

Dragon Boat Race

Presented by Transplant Australia

25 Sept 2016

International Regatta Centre, Penrith
www.australiantransplantgames.com/public-events/dragon-boat-racing

Upcoming Events

DARTS PRACTICE THIS FRIDAY EVENING

Transplant Australia WA

Darts are fun whether you are an expert, a beginner or you are going to the Transplant Games and want to play, so come along to our practice night and join the fun.



Date Friday 22nd July

Time 6 pm with darts commencing at 7 pm

Where Belmont Sports and Recreation Club
Corner Abernethy Road and Keane St in Cloverdale

Food The Kitchen facilities will be open on the night and the menu looks good. The cost per meal is \$15.00. Meal orders are taken from 6 pm. Meals listed include: chicken schnitzel, chicken parmie, battered barramundi, pie of the day, chicken curry, crumbed calamari, porterhouse, bangers and mash, BLT, plus chips \$5.

Participants are urged to bring their own darts if possible. Limited darts will be available.

We need to advise the coordinator of the number of members who will be attending so could you please reply by 15th July to George Hobson at george@hobson.id.au or ring 9361 7373

Write to Your Donor Day

This presents an opportunity for our newer organ and tissue recipients to meet and discuss writing to their donor families following the wonderful gift of life. We can also try to provide some help to recipients who received a transplant when they were very young, or to those who have struggled to get it done for whatever reason.

It will be held at Paul Turner's house on Sunday 9 October 2016 from 2:00 – 4:00pm.

Please RSVP to Paul.

Mob: 042 443 3073

Email: annepaulemma@bigpond.com.au

What are you waiting for?

Join the Australian Organ Donor Register online today | donatelife.gov.au



DonateLife Week 2016
SUNDAY 31 JULY – SUNDAY 7 AUGUST

HELP SPREAD THE WORD

Did you know only one in three Australians have joined the Australian Organ Donor Register, even though 81% believe registration of donation decisions is important?

Registration is important – 91% of families agree to donation proceeding where the deceased was a registered organ donor. This drops to just 52% where the deceased was not registered and the family had no prior knowledge

To promote registration and discussion of organ donation in the community, we will be involved in a number of events during Donatelife Week and we would love your help.

Donatelife have organised a number of sausage sizzles at **Bunnings stores** around the metropolitan area where we will be assisting to raise awareness. We will have members beside these sausage sizzles, engaging with people and encouraging them to complete registration forms.

LOCATION	DATE	ORGANISER
Bunnings Belmont	Sat 30 July	Men's Shed cooking
Bunnings Balcatta	Fri 5 Aug	This sausage sizzle will be run by TAWA
Bunnings Joondalup	Fri 5 Aug	Men's Shed cooking
Bunnings Midland	Fri 5 Aug	Men's Shed cooking
Bunnings Bunbury	Sat 6 Aug	Rotary cooking
Bunnings Morley	Sun 7 Aug	Men's Shed cooking

On the following days, we will be assisting at information stalls in **Sir Charles Gairdner Hospital** to distribute registration brochures and answer questions about donation and transplantation.

DATE	TIME	AREA
Mon 1 Aug	11:00 – 14:00	E Block, Watling Ave
Tues 2 Aug	11:00 – 14:00	E Block, Watling Ave
Wed 2 Aug	11:00 – 14:00	E Block, Watling Ave

HELP NEEDED!

If you are able to help at any of these venues and haven't already been in touch with us, please contact Marg Martin ASAP at

martin.margie@gmail.com or ring [0415 926 907](tel:0415926907)



LEFT: Liver Recipient Sam Low will be travelling to the Australian Transplant Games for the first time this year.

Upcoming Events

From: Transplant Australia Sports Committee

DRAGON BOATING

The Australian Transplant Games to be held in Penrith in September will feature a dragon boat race between the competing states just prior to the Opening Ceremony. This will be a public event not a trophy event and will be a celebration of life. The boats will race over 300 metres and we will be entering a team from WA.

Members of the COCKBURN DRAGONBOAT CLUB, which operates out of East Fremantle Yacht Club, kindly offered to introduce TAWA members to the sport and on 1st May we had a "try out". It was a beautiful day and a wonderful experience, so much so that we are going to do it again so that those who missed out can have a try, and those who intend joining the team at the Games can have more practice.

Everyone is welcome to join us and experience the joys of dragon boating and the great hospitality of the Cockburn Dragon boat Club. Hot showers are available afterwards and coffee and food are available in the very pleasant East Fremantle Sailing Club.

DRAGONBOAT TRY OUT

DATE Sunday 21st August (NOTE: Not 14th Aug as previously organized)

TIME 9.45 am for a 10 am start

CLOTHING Shorts & T shirts, gym wear, something warm. Thongs or similar footwear.

RSVP martin.margioe@gmail.com or 0415 926 907 by 31st July



city to surf
PERTH WESTERN AUSTRALIA 26 AUG 2012
FOR **activ**

Be fit, be active, be healthy & be a part of the DonateLife Team

Sunday 28th August

Help raise and improve awareness for organ & tissue donation

Walk or run the 4km, 12km, 21km or 42km marathon

Recipients, family, friends, anyone is welcome!

Go to <http://perthcitytosurf.com/>

And search for the DonateLife Team

For your DonateLife shirt call 9222 0222 and for more info contact Ken 0423 232 577

Busselton Ironman Triathlon

BY: *Troy Scudds*

In May 2016, I completed the Busselton 70.3 Ironman triathlon, a race that comprises a 1.9km swim, 90km bike ride and 21km run. As a survivor of a liver transplant three years ago, I've been asked why I chose to challenge myself by competing in triathlon. The answer is that I challenge myself to honour my donor, raise awareness about organ donation and to celebrate second chances. I know a

few people that have had health problems much longer than I did and still struggle today. These diseases don't discriminate. Nobody deserves to go through the pain and suffering. As much as I wish it, I can't suffer in their place so I do what I can to give back.

It all started for me with a close mate asking me to compete in a team triathlon in 2014. As a team we completed a couple of triathlons. From that I was inspired and wondered if I could complete a triathlon myself. I did a lot of preparation in the lead up to the Busselton event, training with the Perth Tri Club for about four months, and also looking closely at my nutrition and energy needs, and of course, my overall health markers, to ensure I wasn't putting any undue stress on my body. I was super excited about the chance to race. I knew I would finish, and it would hurt. By the time race day came around, I was very

confident that my body would stand up to the rigours of a 6-hour race.

I woke up at 5 am on race day primed for the challenge that lay ahead. After a solid breakfast I made my way to the starting location for the 7.30am swim start. The weather on the day was superb for racing. A little overcast with no rain or wind. I loved the opportunity to participate in the

event and felt that I was representing all those transplant recipients and those waiting for the gift of life.

Overall, I was extremely happy with my effort on the day. The time commitment was pretty intense with about 8 to 10 training sessions a week. As a husband and father of three kids, it has been challenging for the family, and I've had the most amazing support from them. With-



out the support, it wouldn't have been possible to achieve my goal.

I guess you can say that I'm hooked, and I've signed up to participate in the triathlon at the Transplant Games in Sydney in September and the Busselton 70.3 race in early December. Busselton is such a beautiful place to race and we really enjoy getting away for the weekend. I continue to participate because I know I can get better and try to test the limits. Triathlon has shown me how to move those limits.

In Memory

It is with great sadness that TA WA acknowledges the passing of long term member Derek Claridge.

After many years with failing health Derek had a heart transplant in 2000 and proceeded to embody all that TA stands for. He always did his best to promote organ and tissue donation and certainly lived his life to the fullest. He was an enthusiastic participant in many Australian and World Transplant Games where he won lots of medals.

One of his great loves was cycling and in 2004, with the help of family and friends, he rode from Perth to Adelaide to publicise our

cause. What a demonstration of the power of Games or gathering as he has always done in organ transplantation and the quality of life that the past. He was an excellent advocate for TA WA and organ and tissue donation and he will be missed here in Perth. He arrived at the Adelaide Transplant WA and organ and tissue donation and he will be welcomed by the mother of the donor who had

Derek Claridge

1946-2016



given him the gift of life.

Derek and Mary have also been very active members of TA WA branch where Derek took various roles including being president from 2002 – 2004. He and Mary were members of the Local Organising Committee for the Australian Transplant Games in Perth in 2008. They moved to Victoria for a couple of years where Derek participated in the Tour de Transplant 2014, and late last year they returned to Perth and once again joined us at TA WA social gatherings.

Derek had a quirky sense of humour and it's hard to imagine that he won't just pop up at the next

Our thoughts are with Mary and the family.

Judith Treby

We note with sadness the passing of Judith Treby, a liver recipient and the founder and long time editor of Have a Go News. This monthly newspaper provides information to seniors on recreation and many other issues and has now celebrated its 25th anniversary. Judith has been involved in many activities involving seniors and volunteers and she received a special presentation at the Seniors Awards in 2000 for her work with Have a Go News.

Heather Brunalli

It is with great sadness that we acknowledge the passing of long term member of TAWA, Heather Brunalli. Heather had a liver transplant in 2006 and was determined to make the most of life. Heather lived in Manjimup with her husband Sydney but would make the effort to travel to Perth whenever she could to participate in TA's activities and join in with the liver support group. She first attended the Transplant Games in Perth and was hooked. She subsequently attended the games in



Canberra and Melbourne and the World Games in Sweden and South Africa, winning medals in petanque and sudoku. Always a gorgeous lady ,inside and out, she was a warm and supportive presence in TAWA and we will miss her. We send our sincere condolences to Sydney and family.

We send our sincere condolences to Syd and the rest of Heather's family.

Community Engagement Corner

BY: Paul Turner "Hello again members"

In 2013, Dr Bruce Powell, CEO of Donate life WA initiated a Partnership Forum to develop a collective impact as explained in his statement below. In this vein, during DonateLife week, we will be partnering with DonateLife, Men's Shed, Bunnings and others across a number of centres in the Metropolitan area, and we seek your support.

Dr Powell said

"Generically, DonateLife WA's strategic intent is to create partnerships within WA's corporate, government, indigenous, philanthropic and sporting communities to help us to create something wonderful in WA. Through a collaborative, collective impact, we plan to effect a wholesale attitudinal change to organ and tissue donation in WA and thereby save many more lives.

Last year in WA there were 47 organ donors, including children, which saved the lives of 166 recipients through liver, kidney, heart and lung transplantation. That does not include those hundreds of others whom we cured of their blindness through corneal transplants, nor those whom we provided with bone grafts, skin for burns victims and heart valves for amongst other things, congenital heart disease.

Whilst those figures represent a 50% increase in our business, we still have much to improve upon, particularly in the area of our community's attitude to donation and the the donation sector in WA. "

recognition of its life-saving benefits. Whilst more than 90% of Australians are supportive of donation, less than 30% are registered donors and hence many potential donors are missed because families simply say 'no'.

DonateLife WA's plan is to change that attitude towards donation such that being a registered donor is 'normal', rather than something 'heroic' or 'amazing'. Of course to the recipients of those life-saving, life-transforming gifts,

the donors are amazing in their generosity. But as a community we must come to regard agreeing to the idea of donation as something that is a very simple, natural, dare I say, 'Aussie' thing to do.

Effecting that attitudinal change will require a massive, sustained effort from all corners. The establishment of donation as the norm will eventually I believe produce legislative change such that we will not need such campaigns, but to reach that point we have to have buy-in from as

many communities as possible. That is where sporting, government, philanthropic, corporate and Non-government communities can come together and help. This sort of "Collective Impact" approach is not new globally, but it is a novel and exciting opportunity in



Interest

Winter Mall Yarns

Our program for 2016 is off and running. For those new to it, what we do is have stalls at shopping centre spread throughout Perth, Peel and the South-West at which we make donor registration forms and a collection box available. We have banners on display to wave our flag to shoppers who may be too busy to engage with us. It is part of our program of "putting organ and tissue donation out there". The days are also a way of our members meeting and catching up with members who live around the same area. The support from our members has been fantastic, except on a stall we had in Joondalup where we booked it on a Wednesday, a day on which most members work.

Our first stall for the year was at **Karrinyup Shopping Centre** just before Easter and worked well. Thank you to Lesa, Jane and the gentlemen who worked the stall. Thank you to the South-West crew for your work at our stall at **Bunbury Forum Shopping Centre** in May. Great to have Anthea and Marg join us for the first time.

In June we had stalls at **Phoenix Spearwood** and **Garden City Shopping Centres**, both of which went well. Then in July we have stalls at **Lakeside Joondalup** and **Midland Gate** which were well received. Special thanks to Pamela and Laurie for your great help at those stalls.

In August we will be heading to **Mirrabooka Square** and **Mandurah Forum**. In September, **Carousel** will be supporting us and organ and tissue donation.

As always all members are welcome. If your name is on the contact list, you will be approached directly. If you have not yet placed your name on our contact list and would like to help, please contact Paul Turner on 042 443 3073 or annepaulemma@bigpond.com.au

TAWA in Our Schools

We are looking for volunteer speakers for informal education talks to both schools & community groups. If you are interested in sharing your transplant story, please contact Sandi to be added to our speaker database.

[Sandi Bowie@iinet.net.au](mailto:Sandi.Bowie@iinet.net.au) or 0407 980 125

Lawn Bowls May 17th, 2016

We had a great afternoon in April, bowling a few lawn bowls, sausage sizzle and catching up with other members. Thank you to Esther for organising the day and to the Dalkeith Nedlands Bowling Club for hosting us.



Recent Events

Hyde Park Community Fair

Thank you to all helpers at the Transplant Australia stall at the Hyde Park Community Fair on Sunday, March 6, spreading the DonateLife information on organ and tissue donation, and encouraging more registrations as donors. With beautiful weather, the gorgeous lake at our backs, and under shady trees, it was a great day. It was fantastic to see many new faces helping at the stall. More relaxed than our sausage sizzles and Mall Yarns, we may do more outdoor events (under shade and with sunscreen on of course). We may do the Riverside Ramble in Viveash in October.

If you would like to help, please contact Paul Turner on 042 443 3073.



Sausage Sizzle



We held two sausage sizzle days at Bunnings, Homebase, Salvado Road, Subiaco in April and May. Our next sausage sizzle is at the same location on **Saturday 3 September**, the day before Father's Day. The days are always busy and helpers are greatly appreciated. The stalls raise funds for TA WA Branch and raise awareness by asking customers to take and complete an organ and tissue donor registration form if they have not already done so.

If you are able to help in September, please contact George Hobson at george@hobson.id.au or 0429 617 377

CONTACT US

Entertainment™ Books for the 2016 | 2017

TAWA is selling Entertainment Books again this year. Contact Sue Abbott if you wish to order a copy.

sabbott2010@live.co.uk

0438 904 294



Transplant Australia WA
PO BOX 347 FLOREAT WA 6014

www.transplant.org.au

If you are receiving this newsletter by post we no longer have a current email address for you. If you have a current email address please email

martin.margie@gmail.com

with the heading *Change of email address for TAWA* giving your name and new email address.

Next TAWA Meeting is August

Contact Marg Martin for details

martin.margie@gmail.com

Location & time TBC
Everyone Welcome



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CONTACT LIST

DonateLife Week 2016

Sunday 31st July—Sunday 7th August

Please keep this date in your calendar

To help us communicate with other members we have a Contact List. This is a private list for members only and we ask members to treat it as such taking care to respect the contact details of others.

To have your name on the list, under privacy laws you must give your consent.

If you would like to be added to the list please contact Marg Martin at martin.margie@gmail.com The current **Contact List** is attached.