

TRANSPLANT AUSTRALIA WA NEWSLETTER

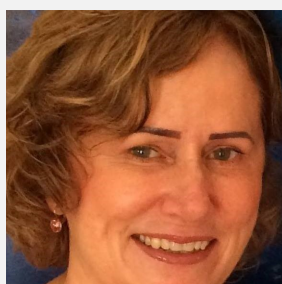
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Chairperson's Report

Hello Everyone,

BY: *Julie Edmonds*



Welcome to this extra Edition of the Transplant Australia WA Newsletter, and our last before the Transplant Games in Western Sydney 24 September – 1 October. It is not too late to register! Registrations close 26 August and we have a large contingent attending from Western Australia. You can find the latest news at www.transplant.org.au and www.australiantransplantgames.com All members are welcome to join us at the *Farewell to the Games Luncheon*, detailed information is in this Newsletter.

A big thankyou to everyone who supported activities throughout DonatLife Week, many of our members contributed to creating publicity and awareness, manning stands at metropolitan stores and hospitals, sausage sizzles,

and more - you can read further on these great efforts in this Newsletter.

You will also find information on the 2nd

Dragonboat tryout, Petanque practice, and make note of the Christmas Party date for your diary.

Another Getaway for 2017 is planned, if you are interested please advise me at jedm6618@bigpond.net.au I am sure everyone who attended the last *Getaway* in Yallingup still have some great memories.

My very best wishes go to everyone leaving for the Games in Western Sydney, recipients, donor families, living donors, volunteers and supporters. My son Isaac and I look forward to sharing some wonderful moments with everyone and reflecting on the Gift of Life, and how it changes the lives of families and communities.



Above: Ester & Allan helping out for DonatLife Week

It is not too late!

Registrations for the **2016 Australian Transplant Games** close on **August 26, 2016**

TAWA will provide some help with funding for any recipient member of 18 years and under who would like to attend the Games. Registration must be completed by the closing date to qualify for this funding.

Medical Certificates must be in by August 26, 2016.

If you have not already done so, please go into your registration and complete the section on arrival and departure dates. Chess and scrabble have been omitted from the registration system but will be included in the Games.



Australian Transplant Games ~ Western Sydney
24 Sept ~ 1 Oct, 2016

Upcoming Events

SECOND DRAGONBOAT TRY OUT

- DATE** Sunday 21st August
- TIME** 9.45 am for a 10 am start
- CLOTHING** Shorts & T shirts, gym wear, something warm. Thongs or similar foot wear.
- RSVP** martin.margie@gmail.com or 0415 926 907 by 14th Aug



city to surf
WESTERN AUSTRALIA



FOR activ
2016

Sunday 28th August

Have you thought about joining the DonateLife team running in the City to Surf this year? Let's try to make a big presence to help raise and improve awareness for organ & tissue donation in WA.

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

An Touch of Petanque

Have you ever tried petanque?

Are you playing petanque at the Transplant Games?

Would you just like to have a go at petanque and see what it's about?

Would you like a practice at petanque before you go to the Games?

We are having a petanque session at Subiaco Petanque Club on Sunday 4th September.

Yes we know it is Father's Day but you can bring your father and all the family along to join us and have a try at petanque. Everyone is welcome.

- DATE** Sunday 4th September
- TIME** 2 – 4 pm
- WHERE** Subiaco Petanque Club, The Pavillion, Nicholson Rd, Subiaco
Parking is off Rokeby Rd behind the Palms Community Centre
- RSVP** martin.margie@gmail.com or 0415 926 907 by 28th August



Upcoming Events

Farewell Luncheon

You are welcome to join TAWA in celebrating the Australian Transplant Games and sending off the WA Team with a light lunch and refreshments at DOME Café in Osborne Park.

DATE Sunday September 11

TIME 12 pm onwards

WHERE Dome Café, 20 Walters Drive, Osborne Park



[RSVP HERE](#)

By 31st August

For more info contact Julie Moloney julemark@gmail.com

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

2016 Tree Planting & Thanksgiving Ceremony

This event is hosted by the Heart & Lung Transplant Foundation on behalf of the transplant community

Where Bendat Parent & Community Centre off Dodd Street Wembley
When Sunday 23rd October
Time: 2.30 – 4.00pm
RSVP Peter Dominish, peterdominish@gmail.com



Share Your Story

A historical perspective on having a transplant

BY: *Jilly Russell*

In a few weeks I hope to celebrate 30 years post LTX. You can probably work out that if I had a liver transplant 30 years ago it was still experimental. I had been ill for over a decade and I was in severe end stage liver failure i.e. I was living in hospital (as I was constantly going into comas) and was suffering from just about every known side effect of liver failure. Luckily for me Professor Russell Strong had won a fight to get a liver transplanting centre started here in Australia. (To get the unit underway he battled the government of Queensland and surprisingly his own colleagues who had compared him with an infamous German surgeon who experimented on little children.)

In many ways I was lucky it was still experimental (not that I thought that then!) as I was educated about everything... what all my levels meant, the side effects of the drugs I would be on and what was expected of me by the team of doctors who were looking

after me for the rest of my life. I was told that I had swapped death for a life time of medical management.

A biliary reconstruction followed 12 months after my TX and a job offer at that time came as quite a surprise. As you can imagine I was asked by various specialists to speak to patients who were being considered for LTX. Back then every liver transplant that was performed attracted quite a bit of media. I was approached by one of the surgeons to work for the hospital and was consequently engaged as a Patient Support Co-Ordinator. Apart from organising flights for intra/interstate patients and their partners and finding accommodation (close to the hospital), I was asked to educate patients on what it was like to have a liver transplant

(and yes not sugar coat it).

I also made it my job to make sure Queensland patients knew what to expect as far as side effects of the anti-rejection drugs and what they do to your body and how they make you feel. It was quite an honour to work for the team that had saved my life and I did the job for over 20 years (until I moved over to this great state).

A few of the patients that I had looked after decided that they would go to the second Transplant Games which were held in Toowoomba, (under the umbrella Australian Transplant Sports Association). I went for a bit of a laugh as I wasn't terribly sports minded, but I had such a wonderful time. The competition wasn't state against state in those

days but within days we all knew each other and also knew how lucky we were to be still alive and bonded very quickly. Consequently I continued to go to the Games (and a few WTG's). I would like to wish the whole WA team (and yes also the Queensland team!) all the very best at the games in Pen-

rith and just remember how lucky you are to be there, it's not about the medals it's about bonding with people who understand because they too have been on a similar journey.

30 years will be quite a mile stone and whilst I will celebrate it (and have a party for Prof Strong when I am back in Queensland) I still remember (every day) how lucky I am to still be here. I also remember friends who aren't here and consider my donor. When you think about it, 30 years ago there was little or no publicity or education about organ donation like there is today, so I tend to think that my donor and his or her family was very special to have considered organ donation at all.

I am here today
because of a
kind stranger
#organdonation

Interest



Look at Keira Now

Keira is nine years post transplant and she has just done a modern jazz solo in the 10 years and under jazz competition at the WA Performing Arts Eisteddfod in Bunbury. We hear it was fabulous!

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@inet.net.au or 0407 980 125

Darts Evening

Pictured here is the merry crew from a great night of darts at Belmont Sports & Recreation Centre.

Many thanks to Betty Hislop, a skilled dart player and a great teacher who ran the night for us. A few words from Betty and our darts managed to hit the board.

We also discovered that Betty is a Donor Family member and we thank her not only for a great evening of darts but for the greatest gift anyone can give – the gift of life.



Save the Dates

Sausage Sizzle– Can you Help?

Pre-Father's Day Sausage Sizzle at Bunnings Subiaco on Saturday 3rd September

Contact George Hobson 0429 617 377 or George@hobson.id.au

TAWA Christmas Party 27th November

Location & Time TBA

It's only a few months away...

Fun stuff is being planned



Share your ideas with us

Do you have a great idea about promoting organ & tissue donation?

Have you always wanted to give back to the community?

How about joining the Transplant Australia WA committee?

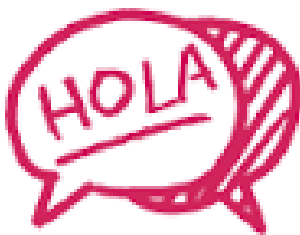
New people are always welcome to share their ideas.

Come along to our next committee meeting, we'd love to meet you!

Contact Marg Martin martin.margie@gmail.com



Prepare for the World Games & Learn Some Spanish



Check out this **free** online beginners Spanish course: it runs for 4 weeks, for 4 hours a week, then builds into other free short courses for those keen to learn more of the language. It starts 8 Aug.

FutureLearn courses come recommended by [Transplant Australia](#) members. If you've always wanted to learn Spanish, why not start now? By the time you get to Malaga, you'll be bueno! Plus, it'll be fun.

'Spanish for Beginners 1: Meeting and Greeting' by The Open University on FutureLearn.

[Click Here](#)

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



OFFICE BEARERS

Chair Julie Edmonds
jedm6618@bigpond.net.au

Secretary
Peter Dominish

Junior Development Officer Brooke Tran
brooketran@hotmail.com

Newsletter Editor Brooke Tran
brooketran@hotmail.com

Treasurer Esther Scott
esthermdscott@hotmail.com

Publicity Kate Bone
Kate.bone@bigpond.com

Donor Family Delegate Sandra Hampton
4161san@gmail.com

Web Site & Membership Manager Margaret Martin
martin.margie@gmail.com

Living Donor Delegate Julie Moloney
julemark@gmail.com

Community Engagement Paul Turner
annepaulemma@bigpind.com.au

TAWA History George Hobson
george@hobson.id.au

TAWA Property Glenda Rayment
glendarayment@gmail.com

CONTACT LIST

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.