

TRANSPLANT VOICE

The newsletter of

transplant
australia
victoria&tasmania



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ABN 39 107 428 615

November 2016

Chairman: Roxanne Kavanagh 0413 532 551.
Secretary / Juniors: Brooke Huuskes - 0417 238 468
Donor Families: Leanne Campbell - 0422 123 014
Tasmanian Rep: VACANT

Treasurer / Welfare: Karen Knuckey - 0423 021 984
Newsletter / Membership: Chris Tew – 03 9754 4736
Community Engagement: Alan Chrystie 1969albear@gmail.com

CHAIRMAN'S REPORT _ ROXANNE KAVANAGH

Welcome back home to those team members who travelled to Western Sydney to represent Victoria/Tasmania in the recent National Transplant Games held in Penrith. The week was packed with events both during the day and evening and I am pleased to say this allowed us to support each other, particularly in the Volleyball where we have now christened our team "Vicmania". And although we missed a medal by one point, the atmosphere and good sportsmanship will be a memory long held. Thanks to the work of Tony Harding for running such a successful evening.

Other highlights of our week were the opening Welcome Dinner (also aided by a bit of AFL cheering in the mix), our trip to Sydney City on the Transplant Train, a night held at Penrith Harness Racing where a few people came out winners and the personal achievements of those who were successful in events during the week, coming home with a personal best or Gold, Silver or Bronze. Congratulations also to our Award Winners, presented on the night of the Gala Dinner: Kerrin Litchfield, Karen Knuckey and Nigel Goldsworthy.

We were also lucky to have international competitors from the USA and UK to help make up our numbers in events (cheerfully accepted into our Dragon Boat -Right) with their enthusiasm providing extra hilarity.

It was the aim of the Transplant Games to spread the message to encourage more organ donors, thank our donor families and living donors and show how transplantation has benefitted our lives.

Well done to Team Vic/Tas for your participation and to those who stepped in and assisted me (Allan Chrystie, Frank Simovic, Ray Gogoll, Nigel Goldsworthy, Linda Daws and Trish De Cata). In all, it was a very successful week and I trust that everyone enjoyed participating in the friendship and fun, and were able to watch other events, making notes for their entries at the next National Games.

The Post Games function was held on Sunday 6th November with 40 + attending including surprise visitors Nick Farley and Tahlei O'Dea from QLD.

Victorian State Trophies awarded to members who participated in the recent Australian Games are:

Junior Boys: Cooper Hale

DATA Trophy for a Dialysis / Kidney Recipient: Nigel Goldsworthy

John King Memorial Distance Trophy; Andy King

Lyn Budge Ladies Lawn Bowls Trophy; Susan Sutton

David Blake Men's Lawn Bowls Trophy; Ray Gogoll

RMH Outstanding Recipient: Frankie Simovic

Most Supportive Male Competitor: Terry Holyoak

Most Supportive Female Competitor: Roxanne Kavanagh

Most Outstanding Supporter; A tie between Linda Daws and Allan Chrystie.

Roxanne Kavanagh (Chair - Transplant Vic/Tas)



Transplant Australia is supported by the Australian Sports Commission.



Australian Government
Australian Sports Commission

DATES FOR YOUR DIARY

November 27 th , 2106	Christmas Function, Westerfold's Park, Templestowe. See Flyer.
January 22 nd , 2017	Geelong BBQ, Sparrow Park, Geelong West. 11am. RSVP and questions to Karen Knuckey 0423 021 984 (text preferred) or nuckster@ncable.net.au
January 26 th 2017	Australia Day March, Melbourne.
February 19 th , 2017	Geelong Ten Pin Bowling Day. Geelong Bowling Lanes, Reynolds Road, Belmont. Start 1pm.
April 2 nd , 2017	Lawn Bowls Day, Yarraville Footscray Bowling Club.
April 30 th , 2017	Family Lunch, Croxton Park Hotel (child friendly venue).
May 28 th , 2017	Badminton, Come 'N' Try Day at Keysborough.
25 th June, – 2 nd July, 2017	World Transplant Games – Malaga, Spain.
July 29 th , 2017	State Lunch, Christmas in July Theme. Doncaster.
September 17 th , 2017	Ten Pin Bowling, Moorabbin.
October 22 nd , 2017	High Tea, venue to be confirmed.
December 4 th , 2017	Christmas Function. Mini Golf, La Trobe Golf Park, Bundoora.
2019	World Transplant Games – Newcastle Gateshead, UK.

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 2017

Meetings for 2017: To be advised! Some will be prior to a function others at the Windy Hill Venue, 10am start. 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 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

<https://regonline.activeglobal.com/register/login.aspx?eventID=1543279&MethodId=0&EventsessionId=>

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”

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.

TASMANIA

If anyone from Tasmania is interested in being part of the Vic / tas Committee or running a function in Tasmania please contact the President Roxanne Kavanagh on 0413 532 551.

CARER'S GROUP

Get your 2017 diaries out.....

4th Feb

18th March

29th April

17th June

And this year....19th November will be our final meeting of the year.

Usual time – 11am, usual place – Yarraville Footscray Bowling Club.

I will endeavour to send out reminders prior to meetings, if in doubt email or text me 0423 021 984.

Please RSVP your attendance.

Cheers, Karen

RSVP & enquiries or to arrange private counseling, contact Karen 0423 021 984 or via email nuckster@ncable.net.au

If you are unable to attend but would like to in future or wish to receive emails, please register your interest.

Right – a couple of Carers attending the Darts Day. Cathy and Bron.

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.

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



Australian Transplant Games 2016 – Western Sydney.

Roxanne has given a brief outline of the games in Greater Western Sydney in the presidents Report (page one.)



Here are the winners of the awards/shields for the 2016 Australian Transplant Games. Congratulations to all.

The Victor Chang Memorial Shield – NSW

The Donor Family Shield – Queensland

The Mark Cocks Memorial Junior Shield – NSW

The David Cairns Memorial Juniors Shield – NSW

The Astellas Transplant Challenge – Royal Prince Alfred, Sydney

Athlete of the Games – Michelle Daley and Monty Summers

The Jan and Daryl Wall International Shield – Saint Kennach (New Zealand)

DonateLife Shield – Julie Edwards

Spirit of the Games Award – Glenda Rayment and Nigel Goldsworthy VIC (Above Left)

The Lorraine McLeod Memorial Trophy – Kerrin Litchfield VIC (see in the middle above)

The Jack Nolan Memorial Trophy – Ashleigh Austin

Outstanding Achievement Award – Matty Hempstalk

Distinguished Service Award – Karen Knuckey VIC (above Right) and Marg Martin

Emma Husar, Member for Lindsay, formally spoke in Federal Parliament about the Australian Transplant Games and her experiences. You can read it here:

<http://parlinfo.aph.gov.au/parlInfo/search/display/display.w3p;query%3Dld%3A%22chamber%2Fhansard%2F86cb155-06ef-4ce4-a81e-4ab253e0a30f%2F0335%22>

The traditional post-Transplant Games survey is now live, but this year it's different. We also want to hear from everyone who couldn't attend the recent games in Western Sydney.

So whether you ventured to Penrith or not, please take five minutes to share your thoughts on the relevance of the Australian Transplant Games to you, and to give us some clues as to how we can make the games greater.

<http://transplant.org.au/survey-now-live/>

Post Games Media

<http://oceangrovevoice.com.au/news/2016-10-04/tamaryns-doing-wheely-well-now/> Tamaryn's doing wheely well now (Ocean Grove Voice)



Games Results for Vic / Tas (apologies if anyone is missing)

There are some times available for T&F, not printed. Plus Sydney will be posting out medals not awarded soon.

Fun Run 5km

John Cameron	Gold	Andy King	Silver	Mark Brewer	Silver
Brendan Ryland	Bronze				

Fun Run 3km

Bella Dyer Gold

Triathlon Enticer

John Cameron	Gold	Kerrin Litchfield	Silver
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Petanque Singles (Women)

Belinda Willoughby	Gold	Susan Sutton	Silver
Kylie Alford	Silver	Roxanne Kavanagh	Bronze



Petanque Doubles (Women)

Kylie/Roxanne	Gold	Susan/Belinda	Gold
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Archery

Roxanne Kavanagh	Gold	Ray Gogall	Silver	Terry Holyoak
Bronze (Right)				



Golf

Ray Gogall Bronze

Cycling 5km



Tamaryn Stevens	Gold	Roxanne Kavanagh
Gold	John Cameron	Silver
Brendan Ryland	Silver	

Cycling 30km

Tamaryn Stevens	Gold	Brendan Ryland
Silver	John Cameron	Bronze

Lawn Bowls Doubles

Susan Sutton / Belinda Willoughby	Bronze
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Badminton Singles

Andy King	Gold	Kerrin Litchfield	Gold
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Badminton Doubles

Kerrin Litchfield /	Gold	Andy King /	Silver
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Tennis Singles

Kerrin Litchfield	Gold	Linda Petrovski	Gold
Brendan Ryland	Silver	Andy King	Bronze

Tennis Doubles

Kerrin /	Gold	Mark Brewer / Andy King	Silver
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Mixed Tennis

Mark Brewer / Linda Petrovski	Gold
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Donor/recipient Tennis

Kerrin Litchfield /	Gold
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Ten Pin Bowling Singles



Bella Dyer
Mark Dinnar
Tony Harding

Gold
Gold
Bronze

Roxanne Kavanagh
Terry Holyoak

Gold
Bronze

Ten Pin Bowling Doubles

Mark Dinnar / John Walker (Left)
Kavanaghc/ Fiona Campbell (NSW)
Terry Holyoak / Frank Simovic

Gold
Gold
Bronze

Roxanne

Swimming

50m freestyle

Ethan Daws Gold Cooper Hale Gold Kylie Alford Silver
Ken Pedlow Silver Brendan Ryland Silver

100m freestyle

Kylie Alford Gold Ethan Daws Gold Cooper Hale Gold
Brendan Ryland Silver

200m freestyle

Ethan Daws Gold Cooper Hale Gold

50m backstroke

Kylie Alford Gold Bella Dyer Gold Cooper Hale Silver

100m backstroke

Kylie Alford Gold

50m Breaststroke

Bella Dyer Gold Brendan Ryland Gold Ken Pedlow Gold
Ethan Daws Silver

100m Breaststroke

Brendan Ryland Gold Ken Pedlow Gold Cooper Hale Silver

50m Fly

Ethan Daws Gold

Swimming Relays

4 x 50m IM Ethan Daws / Ken Pedlow / Brendan Ryland / Cooper Hale Gold

4 x 50m freestyle

Ethan Daws / Ken Pedlow / Brendan Ryland / James Crisp (WA) Bronze

Kylie Alford / Kerrin Litchfield / Annabella / Renata (NSW) - NO result known

Volleyball Team – “Vicmania” - below



Track and Field

5km Walk

Kerrin Litchfield Silver Gold Nigel Goldsworthy

100m

Andy King Gold John Walker Silver
Linda Petrovski Silver Cooper

Hale Bronze

200m

Andy King Gold Cooper Hale Gold

400m

Andy King Gold

High Jump Mens

Brendan Ryland Gold

Long Jump - Mens

Andy King Gold Cooper Hale Silver

Shot put

Mary Bawden Gold (Right on the Transplant Train) Roxanne Kavanagh Silver

4 x 100m Relay

Brendan Ryland, ? / ? / ? Silver



Darts Doubles

Karen Knuckey / Fiona Campbell (NSW)
Nigel Goldsworthy / Frank Simovic

Gold Linda Petrovski / Mary Bawden
Bronze Ray Gogall / Ricky?

Gold
Silver

Darts Singles

Brendan Ryland Gold

Table Tennis singles

Mary Bawden Gold Andy King Gold Brendan Ryland Gold

Mixed Doubles Table Tennis

Ken Pedlow - ? Silver Mark Brewer / Tony Harding Bronze

Scrabble

Belinda Willoughby Bronze

POST GAMES FUNCTION (Report within the Presidents report)

Susan Sutton (L) with the Lyn Budge Lawn Bowls Trophy

Ray Gogoll with the David Blake Lawn Bowls Trophy (centre) and a happy group at right – Roxanne, Frankie, Karen, Nick, Chris and Jane.



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IT'S CHRISTMAS !! HO HO HO

WESTERFOLDS PARK, TEMPLESTOWE
(Off Fitzsimmons Lane, look for the Transplant Banners)

SUNDAY 27th NOVEMBER 2016 from 11.30am

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

Come early and take a walk or a bike ride around the extensive and beautiful trails found throughout the park.

LUNCH PROVIDED

BYO DRINKS, CHAIRS, PICNIC RUG

BYO SANTA GIFTS FOR YOUR CHILDREN

Donations required for Christmas Hamper Raffle
please!!



RSVP ESSENTIAL: 22nd November 2016 to Karen on

0423 021 984 (Text please), nuckster@ncable.net.au or gte2475@bigpond.net.au please include number of people attending (if you want to eat!!)



21st World Transplant Games, Malaga, Spain 2017

Start Date 25th June 2017

End Date 2nd July 2017

The WTGF President and Council are pleased to announce that the 21st World Transplant Games will be held in Malaga, Spain in 2017. <http://wtgmalaga2017.com/>

On Sunday 25th June 2017, in the Malaga's unique Plaza de Toros, the opening ceremony will feature a team parade and opening speeches, together with several performances intended to surprise participants.

Registration Information. <http://wtgmalaga2017.com/en/registration/>

Registration will open on December 1st, 2016. There are two packages available one with accommodation and the other without ie book your own. Pay prior to 10th February, 2017 and you will get an early bird discount of 60 Euro, Medical certificates can be downloaded on December 1st when registration opens. All payments are due by 16th April, 2017.

This is a short summary – please read it all on the website or contact the Sydney office for a full print out of details if you are not online.

Games Schedule (available online) is shown below. Unlike the Australian Games you can enter in 5 events plus relays only. That is NOT 5 sports, but, single events ie 100m Freestyle Swimming is one event not Swimming.

A few different sports are on offer: Basketball is 3 a side, Paddle Tennis is like Tennis but on a scaled down court and paddles not racquets, kayaking and darts are added too.

	SUNDAY 25 JUN	MONDAY 26 JUN	TUESDAY 27 JUN	WEDNESDAY 28 JUN	THURSDAY 29 JUN	FRIDAY 30 JUN	SATURDAY 1 JUL	SUNDAY 2 JUL
DAYTIME	ARRIVAL & REGISTRATION	ROAD RACE	GOLF	KAYAK	GOLF TEAM	ATHLETICS	ATHLETICS	DEPARTURES
		VOLLEYBALL	SQUASH	SWIMMING	SWIMMING	BADMINTON SINGLES	BADMINTON DOUBLES	
		PADDLE TENNIS	CYCLING SKTT CYCLING TEAM	CYCLING 30K	TENNIS SINGLES	TENNIS DOUBLES		
		PETANQUE SINGLES	PETANQUE DOUBLES	TABLE TENNIS SINGLES	TABLE TENNIS DOUBLES			
			TENPIN INDIVIDUAL	TENPIN PAIRS	BASKETBALL		CLOSING CEREMONY	
			DARTS					
	TRAINING DAYS							
PM	OPENING CEREMONY	DONOR RECOGNITION WALK		CULTURAL EVENING			GALA DINNER	

Members receiving this by email will find an attachment to fill in if you are interested in attending the World Games in Malaga, please fill it in and have it back by December 1st.

If you have a postal edition please contact Margaret Hill (Team Manager) on 0409 304 441 or mag.hill@bigpond.com. Tell her the 5 events you wish to participate in plus any relay you are interested in. By showing an expression of interest you will be kept up to date with all information about the WTG, Travel, uniforms and the Australian Team. If you are not sure yet fill the form in or contact Margaret, you can always withdraw at a later date.

CONGRATULATIONS.

Congratulations to member recipients who reach the following milestones in November and December.

November

Nigel Goldsworthy, Kidney, 42 years
David Zach, Heart, 15 years
James Willis, Heart, 14 years

Mary Power, Kidney, 38 years
Joan Sharp, Liver, 14 years
Justin Snell, Kidney, 11 years

December

Donna Curran, Kidney, 33 years
Jane O'Connell, Bone Marrow, 24 years
Peter Fansworth, Kidney, 20 years
Simon David, Kidney, 17 years
John Bisiach, Heart, 14 years
Elizabeth Van Wel, Liver, 13 years

Terry Avery, Liver, 28 years
Sarah Green, Liver, 23 years
Rosslyn Bint, Liver, 18 years
Gaylynn Pinnunger, Heart, 14 years
Stuart Campbell, Bone Marrow, 13 years
Mary Bawden, Liver, 11 years

WTGF Fit For Life! Global Initiative.

The WTGF is invited transplant recipients from around the world to write in 500 words or less how they are living and breathing the fit for life mantra of 'more transplant recipients, more active, more often'.

Twelve ambassadors from different regions of the world will be chosen by an independent international judging panel chaired by Professor Jeremy Chapman AC. They will travel all expenses paid to a celebration of the gift of life at the All Blacks vs Ireland International Rugby Match at Soldier Field, Chicago, Illinois, USA, on November 5.

The ambassadors will spend three days in Chicago meeting the WTGF team, touring the city and conducting interviews before witnessing a fantastic match of rugby union. At half-time the ambassadors will make their way on to the field to be announced publicly to the world as part of the launch celebrations of Fit for Life!

The winners can be found at:

<http://transplant.org.au/global-campaign-uncovers-the-new-faces-of-being-fit-for-life-2/>

Australia will be represented by Monty Summers, Bone Marrow recipient from QLD.

One of our Victorian Members Twanny Farrugia submitted the following entry. I am sure many of you will find this an inspiring story too. Thank you Twanny for sharing.

I have never been one for writing about myself and how I keep fit but thought as long time kidney transplant patient I should have a go.

My name is Twanny and I am legally blind and have a lovely guide dog companion called Valli. I was fortunate enough to have my transplant 44 years ago (Oct 22nd, 1971) so will be 45 years this October. According to Donate Life I am now the second longest living kidney transplant patient in Australia.

Having been chronically ill since 6 months of age, receiving my kidney transplant at age 18 years changed my life completely and I made a promise to myself that I shall always look after myself and enjoy good health and well being.

To achieve this goal I realised early in the piece that I needed to ensure that first I watched what I put in my mouth and secondly to exercise regularly.

Since my transplant I have lived an active and happy life. I have always been fully and gainfully employed till my retirement 6 years ago with the last 15 years of my working life having established and managed my own small business.

At around 20 years of age, as I have never been a sports man, I decided to take up ball room dancing eventually doing 30 odd years dancing with many years as a competitor. This hobby made me very fit and it was fun exercising at the same time. Furthermore, it proved not to be over stressing my body as I have other health issues to manage apart from my transplant.

Additionally I realised in order to stay fit and meet the demands the body needed for all the hours of dancing it was doing, I needed to ensure I was careful what I put into my body. . By this I do not mean I went on any special diets but try to moderate what I eat and when I eat it. Having said that, I still have good food, chocolate, cakes and all the other good things in life. However, I moderate what I eat. Example if I have good desert for lunch (i.e. love my chocolate mouse) I then don't have another dessert the same day or the next day. I may have a piece of chocolate but not a whole block or every day. I restrict alcohol intake so I do not have a glass of wine with every meal but perhaps 2 a month or less. Also I make sure I have a good healthy breakfast followed by a good lunch and a small dinner often consisting of toast and fruit as by then I have had enough food for the day.

Due to all my health issues I am now having mobility issues so no longer able to participate in ball room dancing so I reevaluated my exercise regime and thought what can I do to stay fit. So spoke with a physio therapist and he developed a good exercise regime I can do within my limited body capabilities.

I now go to a hydro pool twice a week, have a set of exercise to develop my waking muscles which was developed by the physio therapist and also having a guide dog who recess tdaily walks, we walk 2 kms a day.

Initially I used to walk a kilometre in approximately 15 minutes but now due to all my health issues I can only manage a kilometre in 30 min. However, for me this is still acceptable as I rather walk a kilometre in 30 minutes then stopping walking at all. I am very aware that to maintain my good health and well being I must continue to exercise no matter how difficult or painful it may be. It is just that initial motivation of getting myself going an then I am fine.

Additionally I also realise that this form of exercise (i.e. walking) is the easiest and cheapest form of exercising.

I can do it when it suits me, I don't need to spend excessive amount of money on equipment, gear or membership to fancy gyms. I just put on my good pair of walking shoes developed by my podiatrist and physio therapist for me and just put my guide dog's harness and leash on and off we go.

Good healthy exercise not only keeps your body healthy and fit but also provides you with a healthy mind and given that we as transplant patients have many medications that can affect us emotionally (i.e. anxiety, depression etc) it is well known fact that exercise helps to keep such emotions and feels at bay.

cheers

Twanny Farrugia

Woof from Princess Val

Super Friend & Guide Dog