



SATSA
SOUTH AFRICA
SA TRANSPLANT SPORTS ASSOCIATION



A Purpose Driven Sports Organisation Optimising
The Quality Of Life Of Organ Transplant Recipients

NEWSLETTER – February 2016

Website: www.transplantsports.org.za ~

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Busy calendar of events for 2016

We have lots planned for 2016 and your regions will notify you regularly about events happening.

The regions will start planning their open days where athletes will be able to try out different disciplines and events in athletics track & field. Participation rather than competition will be the priority.

The idea with this would be that all transplant patients can get together and try all the events with no entry restrictions, with the help of qualified "coaches" to help and show how things are done. The day will only be for training and educational purposes with no medals or prizes but I do think that there will be more people willing to enter the Nationals if they know they are able to do the sports at a level that is competitive.

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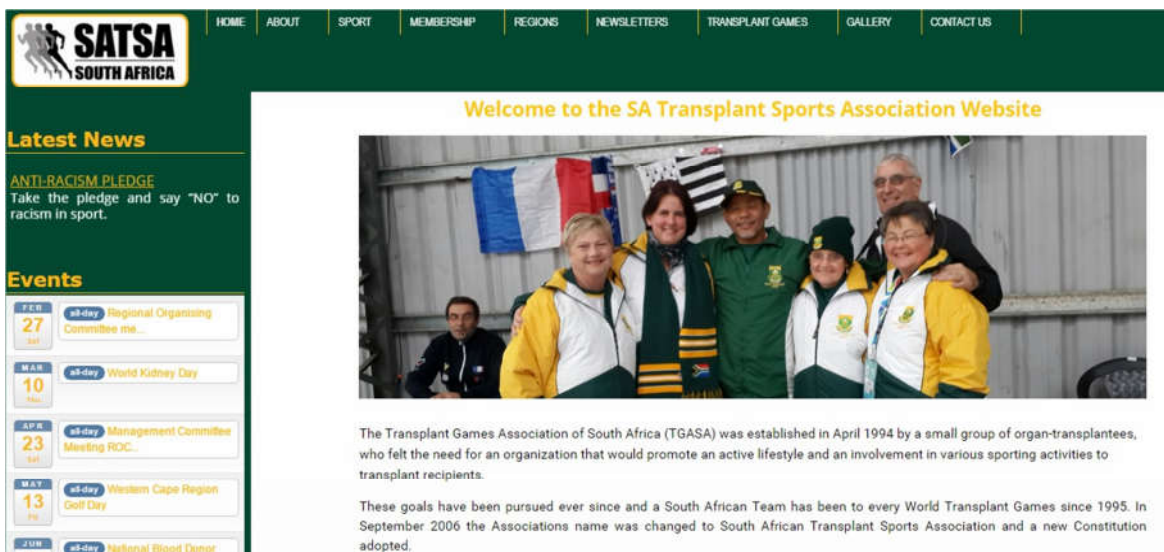


SATSA
SOUTH AFRICA
**IS PROUD TO BRING THE
NATIONAL TRANSPLANT GAMES TO
JOHANNESBURG IN 2016!**



The National Transplant Games in 2016 will take place in Johannesburg from 6 – 9 October. We will send out registration letters early in April 2016 so start preparing yourselves for this highlight of 2016.

REVAMPED WEBSITE




Latest News

ANTI-RACISM PLEDGE
Take the pledge and say "NO" to racism in sport.

Events

- FEB 27** all-day Regional Organising Committee meeting
- MAR 10** all-day World Kidney Day
- APR 23** all-day Management Committee Meeting RDC
- MAY 13** all-day Western Cape Region Golf Day
- JUN** all-day National Blood Donor

Welcome to the SA Transplant Sports Association Website



The Transplant Games Association of South Africa (TGASA) was established in April 1994 by a small group of organ-transplant recipients, who felt the need for an organization that would promote an active lifestyle and an involvement in various sporting activities to transplant recipients.

These goals have been pursued ever since and a South African Team has been to every World Transplant Games since 1995. In September 2006 the Association's name was changed to South African Transplant Sports Association and a new Constitution adopted.

We are pleased to announce the launch of our newly revamped website which has a fresh new look and was designed with your needs in mind.

In addition to aesthetically re-designing our website, we have also added a new "Members Only" page which only members will be able to access.

Parts of the site is still under development so please check regularly for updates.

Welcome to our website – <http://transplantsports.org.za/> We hope you will enjoy!

MEMBERS STORIES

Our Vice-Chairman's Story



I would like to introduce myself as a kidney transplant Athlete who participated in the World Transplant Games 2013 held in Durban.

The determination to stay alive and fit after a second chance in life steered me to participate in sport after my transplant.

I went into kidney failure in 2003 December due to an autoimmune disease that attacked both my kidneys and left me with serious problems. My dearest wife ended up donating me one of her kidneys. This was an amazing unselfish, brave thing to do to enable me to live a normal life and not to have to depend on dialysis which has its own set of problems.

Being a very active person in sport and outings I decided to join the South African Transplant Sports Association to participate in sport after the Transplant.

My participation in the World Transplant Games has had an overwhelming effect on me. It has been enriching meeting fellow transplantees from all over the world. It made me realise that I wasn't in it alone and that there are other people all over the world who have also been given a second chance. It has made me appreciate having this second chance in life.

I played golf in my age group 50-59 and earned a Silver Medal for the best gross in my division. I participated in Javelin, Discus and shot put and was placed but no medals.

The effect that was left in me for participating in the World Transplant Games Durban 2013 gave me a better outlook in life and encouraged me to stay fit. For as long as I can and as I am almost turning sixty I will strive to qualify each time for the World Transplant Games that meant so much to me in Durban. Hopefully if I can afford it through sponsorship.

I would like to express my appreciation to all those who are helping us do sport through sponsorship and for allowing us to enjoy that special gift called LIFE.

KNOW YOUR MANAGEMENT COMMITTEE as at 14 February 2016



Back: Robyn Emslie (Chairperson EC); Trevor Gird (Chairperson NW/FS); Richard Siedle (Chairperson KZN); Hermann Steyn (Executive Secretary), Dick Kruger (Treasurer), Jolene Kleinschmidt (WC), replaced by Annette Kruger, Tracey Jegels (WC) replaced by Vivian de Klerk
Front: Alice Vogt (Gaut), Elsa Siedle (KZN) (alternate for Derrick Pillay), Stan Henkeman (Chairman), Maryke Gird (FS/NW) (alternate for Anton Grobler)
Absent: Anton Roux (Vice-Chairman), Anton Grobler (FS/NW), Derrick Pillay (KZN), Annette Kruger, Vivian de Klerk
Full details of the Committee available from Executive Secretary

Share your news!

We would love to hear news. If you would like to share with us your fundraising and organ donation promotion news, email us at:

admin@transplantsports.org.za

Visit the SATSA website!

Make sure you visit the SATSA website regularly for updated information.

www.transplantsports.org.za