



**NEWSLETTER: MAY 2017**

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**LIVINGSTONE HOSPITAL PORT ELIZABETH SUPPORTS WTG 2017 AND EC ATHLETES**

It was a very special occasion on Friday 3rd March for Dean Arnolds and Mpumelelo Damane. Dr Lizette van der Merwe handed each of them proof of payment for a sponsored amount that was paid into the SATSA account towards expenses for WTG 2017 in Spain.

Dr Van der Merwe, head of ICU, was the driving force behind the fundraising efforts. Generous donations were made by staff

members of the ICU and Renal Unit and they also had cupcake sales to raise money. The support and encouragement from the professional team at the ICU and Renal Unit is amazing.

Sr Bambisa Nyweba was the master of ceremony, Susan Burri shared information about the World Games and the preparation of the athletes, Dr Lizette van der Merwe congratulated them and wished them well and Dr Jason Ensor did the vote of thanks.

ECTSA is grateful towards the personnel of Livingstone Hospital for their support of our athletes not just this year but also on many occasions in the past.



FOTO: Susan Burri, Sr. Renal, Sr. Bambisa Nyweba, Mpumelezo Damane, Dr. Jason, Sr. ICU, Dr. vd Merwe, Dean Arnolds, Sr. ICU, Wendy de Kock, Dr. Southworth.

## EASTERN CAPE ATHLETES – SHIFTING BORDERS

The Eastern Cape Region has for more than 300 years been known for their shifting borders and that is exactly what the ECTSA is endeavouring to do with regards to transplant sports and organ donation awareness.

### Appointment of coaches:

Since January this year, ECTSA athletes have been privileged to receive training from two of the best EC coaches.

**Johan van Greunen** is known for his excellent training techniques for track athletes, not only with



school children, but also Masters athletes. Many of his children are top performers at National level. Another proud moment was when his athlete, Hendrik Botha, received top honours as Sportsman of the Year – Golden age, at the EC Achievers Awards in February 2017. Hendrik is a Masters athlete participating in the 85 – 89 age group!

Susan Burri, Dean Arnolds and Mpumi Damane are very proud to be his athletes.



Heilie Uys has the privilege to be coached by **Nic Human** who is one of the outstanding Master's athletes in South Africa.

Nic participates in the 70 – 74 age group and achieved outstanding results in the 2017 SA Masters Championships held in Cape Town during May. He won gold medals in shot put, javelin, weight throw, discus and hammer throw.

**You are invited to send news and photos to Heilie Uys – details above**

## SATSA Training Camp – 24–26 March 2017

The EC athletes attended the first ever SATSA Training Camp in Bloemfontein.

It was with great excitement that these athletes left for Bloemfontein in a mini bus with Willie Uys as driver. Robyn Emslie was the Captain of the bus, Susan Burri the “mother” of Dean Arnolds and Mpumi Damane, Heilie Uys the navigator while Dean and Mpumi were the quiet back-seaters! This was also a sightseeing trip with regular stops at the Gariep dam and in small towns.

The Training Camp was a remarkable success and all the EC athletes agreed that this very well organised event not only built Team spirit, but offered valuable tips and new insights about mental and physical preparation for the **World Transplant Games in Spain (25<sup>th</sup> June till 2<sup>nd</sup> July)**. Congratulations SATSA Management Committee!

**WE ARE  
READY!!!!**

