

# KZNTSA

KWAZULU-NATAL TRANSPLANT SPORTS ASSOCIATION

## NEWSLETTER VOL 2/2018

### Regional Report

Our last newsletter in May 2018 showcased all the training going on in our various sporting disciplines. Our athletes were training hard and looking forward to the National Transplant Games in Port Elizabeth from the 12<sup>th</sup> to the 15<sup>th</sup> of July. Well the dates arrived and we all made our way to the windy

city, as its famously Infamously?) known for. The weather looked amazing on the evening of the 12<sup>th</sup> when we had our AGM (which was short and sweet,

thanks!) but we awoke to very cold and wet weather on the first day of the games.

The themes for the games were **BRAVERY**, **COURAGE** and

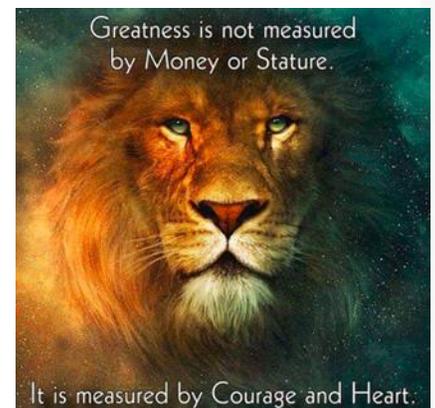
**DETERMINATION** and our little KZN team displayed those qualities from the start! Firstly Joe & Happiness had a transport mishap and ended up having to take a taxi from Durban to Mthatha, and from there to Port Elizabeth. Quite a journey but Joe was so determined not to

miss his first Transplant Games!



Notwithstanding arriving at 3am, he went on to do the 5km road race at 8am. Deservedly so he got a special mention at our Gala dinner for his display of **DETERMINATION** no matter the odds against him. Well done Joe. We hope you will

continue to be just as determined and attend the World Transplant Games and will work on your field events diligently, Joe!



I am not sure if it was **BRAVE** or **COURAGOUS** of the rest of the team to play Petanque in the drizzle which turned into much heavier rain after just one singles game, but we all get a self-presented prize for

**ENTHUSIASM** as we set

about playing. Well done to everyone! The Bowls club offered tea and what I am told were delicious scones afterwards.... those scones moved faster than any sprinter I have ever seen so they must have been good!!

Our adjudicators are to be complimented too for braving the un hospitable weather and for their gracious and fair adjudication. Chief adjudicator is KZNs very own Richard Siedle from Club Petanque de Durban. Richard brought a wealth of knowledge to the event, helping us to understand the complex rules (ah, these French, know how to make it complicated and interesting don't they!?) before the game.

A special mention too to Jan de Kock who leads by example (hint! Hint! Just watch his form, learn from him – Jan is an excellent sportsman in all respects).



We are glad that the drought stricken Eastern Cape got a good soaking, but the rain did prevent a bit of activity at the Games – notably Tennis. I personally trained like a woman possessed but hey, I will still stand a chance of qualifying in the region so watch this space!! Due to bad weather, some of us sampled possibly the best Dom Pedro's & freshly ground coffee in Port Elizabeth. And we watched the Wimbledon tennis semi-finals in

the hotel lounge, cosy and warm and in good company.

When the weather did clear up, Jo and I went down to the Awareness Walk and helped Alice Volgt and her volunteers with Love Life; Gift Life's handouts - Heart Shaped Lollypops. There was a giant beach ball branded with our SATSA logo and the brave awareness walkers took off on a 2km walk along Summerstrand singing Shosholozza with great gusto. What FUN!

But on the serious side, also time to create awareness in PE, a city not unlike Durban when it comes to the challenges of Donor Awareness, Donations and referrals for Transplant. Good luck to the KAN (Kidney Awareness Network) in getting their support groups off the ground and creating more awareness of the critical need for transplants.



In the evening we went to watch Jan, Sannie and Sean at ten-pin bowling – hmmm maybe we should start a KZN team. There is some definite talent in our midst. Ten-pin is

great fun too. OK, OK, I'm sold – who else is in?

A few of us decided on dinner at the hotel - what a feast of note in the buffet and truly good value for money. I highly recommend if you are ever in PE, staying at the Protea Marine or not, you MUST go there for a buffet dinner. All diets were forgotten and we went to bed with very full tummies that night!

We awoke on Saturday to a beautiful day and I was personally convinced that not only would I get to play tennis – heck yes, I am so very keen – but that we would also get to go full-on supporter crazy at the athletics and opening ceremony. Alas, the weather-gods had other plans – more drought relief for PE. It really pelted down at the stadium but the unofficial SATSA choir entertained us with their powerful voices whilst we all huddled for warmth and dryness.



Given the poor conditions thanks to the weather, I was really concerned for the safety of our track and field athletes. And the concern was legitimate with Sannie doing the right thing and withdrawing from the 3km ladies racewalk due to the track conditions following the rain. We

saw fellow athletes from other regions injuring themselves during some of the events so indeed a good decision to make Sannie.

Later the weather did clear enough for Joe and Mark to participate but it wasn't long before it really got icy and wet again and a few of us dashed off to the dry, warm comfort of the hotel. The weather did eventually clear up quite a bit but the ground (and courts) were wet and unsafe for play.

I still had itchy feet so Jo and I did a 4.5km walk along the beach. On our return to the hotel, a rainbow appeared right over the hotel. No guessing about the pot of gold – we are the pot of gold!!!



Saturday night was our Gala dinner hosted at Nelson Mandela Metropolitan University in their

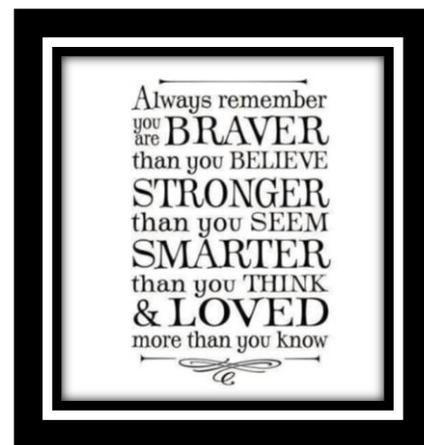
Sports Hall. WOW! Decorations – 10; Food – 10; Music & entertainment – 10. Temperature – Minus 10!!! The only solution was to dance, so dance we did. Sean was surprised with his Golf medal upgrade from bronze to silver from the 2017 WTGs. We are chuffed for him!



The wine was good and we had a great evening. I am so proud of our team – the smallest region in SATSA but we pack in a lot of life and fun. What we lack in size, we make up for with our dedication, passion and commitment to being grateful for our 2<sup>nd</sup> chances at life.

I must admit Sunday arrived with disappointment – the games were over so soon. As everyone

made their way home, I got time to reflect on just how well organized the games were – and just how much hard work and dedication it took to pull them off. The Eastern Cape really did a superb job. Despite it being a huge amount of work and planning, the event got me to thinking.... will Durban host the next National Games? Well why not? We have all the sporting facilities needed in virtually one precinct; we have all-year-round summer and great hotels, transport and easy access to airports, bus stations etc. It's very do-able as the WTGs 2013 showed...shall we tender for the next ones?



## SO, WHAT'S NEXT?

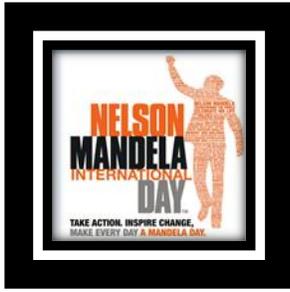
We are a furiously busy little region: KZN

KZN doesn't sleep. We have only just received our NTG results letters and the executive committee has already been

hard at work with fundraising. And I hope that our athletes have also continued training – it is only 13 months to the worlds and

there are still regional qualifications; re-qualifications, and two training camps to go. It is expensive to go to the World

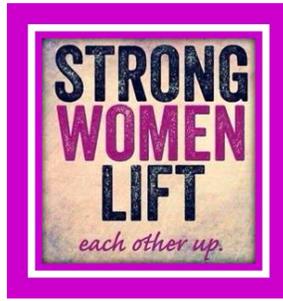
Games so our fundraising takes priority for the next 8 months or so.



**MANDELA DAY 18 July 2018**

On this auspicious day, I was inspired to put out an appeal for people to do their "67s" and donate at least R67 to KZNTSA in support of this unofficial holiday. I am pleased to say the appeal raised our bank balance by R7775! There are so many people and I won't fill up this page with special mentions other than to say **THANK YOU!**

This really is a great start to our fundraising during this period. Next on the agenda is our Ladies High Tea on 18 August, which is also Woman's month, Breast Cancer Awareness month and importantly, Organ Donor Awareness Month. If the ladies have not booked their space and paid for their ticket yet, please do so SOON. Space is limited to 80. It promises to be a great afternoon and we will raise not only our bank balance but also create further awareness for the critical need for more organ donor and donations in KZN.



Don't stress guys – we do have a golf day planned and the date to diarize is 16 November. The weather is great now of year and the course at Mt Edgecombe excellent. Please book your spot or 4 balls with Sean. He can tell you more about the special packages but if previous golf days are anything to go by, it will be a fantastic day and event.

We are also planning a year-end function but will announce details soon.

**2019** has a few events planned as well when it comes to fundraising but this year we will still attend to our Letsema obligations. Our aim is to RECRUIT new members, and CREATE ORGAN DONATION AWARENESS in the public-sector hospitals in Durban and Pietermaritzburg. We need your help as well to attend our planned Athletics Open day where hopefully you will not only get a chance to practice under the careful guidance of experienced athletes but also get some free coaching and try out a few new sports you may not have considered before. We will announce details about where

and when in due course. Members and supporters can also support our objectives by having the organ donation conversation at every opportunity, and promote awareness of KZNTSA at your pharmacies, doctor's rooms, churches and schools. The more positive media attention we get, the more we can grow and thrive.

A special thank you to the Kidney Support Group (Caryn, St Augustine's Hospital) and 2<sup>nd</sup> Time Around Support Group (Cindy and Annie, Busamed Gateway Private Hospital) for your on-going support and inclusion in your events.

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We have a fundraising wish list so if you can please contact a committee member should you be able to assist with any aspect of our fundraising. The committee can't do this alone – WE NEED YOU!! Please support our events, share our events on your groups and social media (like our facebook page and group please!!) and consider a small monthly donation to KZNTSA. It doesn't have to be a big amount – even R20 a month will help to reach our goals.

**OUR WISHLIST** – can you help with any of these??



Cash donations via monthly donation or once off donation

Individual items to be used as gifts or prizes or goodie bag fillers

Hampers which can be raffled to raise funds

Donations towards the media costs - Pamphlets, posters, business cards, banners, website design & maintenance and web hosting costs as well as cost of stand hire at expos etc.

Donations towards the cost of VISA, travel and Protea uniform costs for athletes

Sponsorship of previously disadvantaged and women athletes

Contribution towards donor awareness campaigns currently under way at two of KZN's government hospitals



Sponsorship of coaching for previously disadvantaged and women athletes

Sponsorship of golf carts, holes, balls, t-shirts, caps, prizes, 4-balls at our golf days

Sponsorship of our KZN athlete uniforms and transport costs to official meetings

Sponsorship of catering for our AGMs and regular meetings and special events

Next Year we hope to have one or two small events to add to our fundraising and have a few good ideas being investigated for ongoing fundraising on a sustainable basis.

Of course, we are a SPORTS Association so I am proud to say we are also now members of the **KZN Sports**

**Confederation** and

with it comes all the benefits of being a member of that confederation. This includes applications for grants; assistance in hosting events, creating awareness and participation in annual awards.

We do need to focus more on transformation in sport however so a lot of focus will go into recruitment, greater inclusiveness, development of our lady athletes and hey – how about a few younger people?

In between I can report our management accounts are up to date and we have drawn up our business plan. After attending the SATSA mancom on 4 August in Gauteng, we will complete and fine-tune our budgeting for our events for this year, our marketing, recruitment and transformation plans as well as report back on our Letsema Award obligations.

## MEET THE KZN COMMITTEE

Following our AGM held on 2<sup>nd</sup> of June 2018, we are happy to introduce the new committee to you and to share our banking **details** – yep, the **important stuff!**

### Executive Committee

Sean Samujh

Role and Portfolio:

061 455 5776 / [samujhso@gmail.com](mailto:samujhso@gmail.com)

Chairman, Transformation and Recruitment Leader

Dr Jan de Kock 082 825 1196 / [ortosurg@xsinet.co.za](mailto:ortosurg@xsinet.co.za)  
Role and Portfolio: Vice-Chairman, Training and Development Leader, Regional KZN Representative for WTG selection

Iris Samujh 084 571 2345 / [irissamujh@gmail.com](mailto:irissamujh@gmail.com)  
Role and Portfolio: Secretary, media and marketing Leader. Iris is also in charge of Sean!!

Marilee Chananie 082 496 7769 / [mchananie@wesbank.co.za](mailto:mchananie@wesbank.co.za)  
Role and Portfolio: Treasurer, Women's Development Leader & producer/editor of the newsletters

### **Non-Executive Members**

Michelle Michael Our legal specialist & Fundraising Leader  
Henk Goris Fit for Life Champion and Understudy for future Executive Roles  
Sannie Liebenberg Projects Leader  
Richard Siedle Advisory Role, Coach and mentor  
Les Hurlbatt Projections Leader

## **Banking details**

Please note this important information. For donations over R100, and which you want a tax certificate for, you need to deposit via EFT to the SATSA bank account and use your name and the reference KZN. Proof of deposit to be sent to [mchananie@wesbank.co.za](mailto:mchananie@wesbank.co.za) and [admin@transplantsports.co.za](mailto:admin@transplantsports.co.za)

If you do not require a tax certificate, regardless of amount, deposits can be made via EFT to the KZNTSA bank account.

The relevant bank account details are below:

#### **KZNTSA Banking Details:**

Standard Bank Umhlanga (Code 057829)  
Chq acc: 05 340 813 6  
Ref: Name

#### **SATSA National Banking Details:**

ABSA (Code 632005)  
Chq acc: 4067 461 041  
Ref: Name & **KZN**

Until next time, warm Durban regards from KZNTSA

*Newsletter compiled and edited by Marilee Chananie*



*Celebrating Life Through Sport*