

### MESSAGE FROM LOUIS

Who would have thought or anticipated the year that we are in. The year 2020 will be remembered for many things, most of which are not that positive.

Although the year was in many ways negative it also had the benefit of allowing us to do introspection. For many it was and probably still is, a time of financial hardship.

However, we must keep in mind to always keep ourselves mentally and physically fit. As recipients of organ transplant we have so much to be thankful for!!!

Although we missed out on our National Games this year, I hope everybody kept on exercising and training. It was a challenge to keep motivated to stay fit throughout the year because all sports events for the year 2020 were cancelled.

Covid circumstances are still not that positive in Europe and the USA. I have a positive outlook for South Africa in this regard and hope that we miss the terrible second wave that they are experiencing.

The year 2021 lies ahead, planning makes one positive, we are looking forward to new events.

In this time we also remember people that we have lost and within GTSA we have lost a member, Nombeko Rwaxa who has had a long history in GTS and also in SATSA, participating for many years. We miss you Nombeko.

Lets look forward to the possibility of competing soon and socialising soon between the awesome member of SATSA!!!



**IN HONOR OF**

**LAUNCHING OUR NEW WTG STORIES PAGE**

The Harris County - Houston Sports Authority would like to invite anyone who has been directly or indirectly affected by the transplant community to share your story! We hope this will inspire family, friends, colleagues, and strangers around the globe to participate! We have provided a few easy ways to accomplish this below.

**HOW YOU CAN HELP SPREAD THE WORD:**

**SEND US YOUR STORY!**

Send us your story by filling out the form on our website at [wtg2021.com](https://wtg2021.com)! [Click here](#) to share your story and submit a photo of yourself or your loved one to be featured on our website and our social media accounts.

**SHARE YOUR STORY!**

Share your story on your social media accounts (Twitter, Facebook, Instagram), post photos, and tag our 5K AnyWay pages! The more buzz you can create in your community by sharing our posts the better! Please check out the social media handles below.

**INVITE YOUR FRIENDS!**

Invite your friends to our 5K AnyWay social media accounts! This is a fun, family-friendly event and the more people you can recruit to your team the better!

**SOCIAL MEDIA HANDLES:**

- Facebook Event Page: <https://bit.ly/3leoPFx>
- World Transplant Games 2021 Page: [Facebook.com/wtg2021](https://www.facebook.com/wtg2021)
- Instagram: [instagram.com/worldtransplantgames](https://www.instagram.com/worldtransplantgames)
- Twitter: [Twitter.com/WTG21](https://twitter.com/WTG21)

**WE APPRECIATE YOUR SUPPORT!**

**SHARE your transplant story on this blog post:**

<https://wtg2021.com/share-your-story/>



*Nationals organising committee and COVID potjie*



## OUT OF ADVERSITY COMES SUCCESS

### KIRSTEN HENRY

Kristen was born 30 October 2001, she was a gorgeous healthy baby girl perfect in every way Kristen had no idea what lay ahead for her.

At the age of 11 – Kristen hit a low – her body decided to attack itself caused by an autoimmune disease triggered from an infection. She was left with 20% of her kidney function and within 6 months of being diagnosed with Chronic Kidney Disease had to undergo a transplant.

Her father Craig donated a kidney, the best birthday gift Kris could ever get – a second chance at life – she received her new kidney on her 12th birthday, 30 October 2012.

It was a huge shock but we were blessed with wonderful family/friends/doctors and Kidney Beanz who supported us throughout the entire process before and after the transplant. It was a huge adjustment for all but we were only bystanders.....my gorgeous angels; life had changed yet again and had more to deal with – medication and diet were a crucial part of a new lifestyle for Kristen.

About a year after the transplant Kristen was approached by Kidney Beanz to take part in the National Transplant Games. It is part of a world initiative to promote healthy living after a transplant. Kristen was not as eager as I was, so she took part in 3 events. Little did we know that Kris would achieve great results and qualify to be a part of the Protea team at the end of 2014 and participate in the World Transplant Games 2015 in Argentina. She was confident, calm and well prepared. She won all her events and set new records. This is where her sporting journey started and the awareness of being healthy after a transplant.

She has participated at the WTG Malaga, Spain 2017 and WTG, New Castle, UK 2019. She was Junior Female Athlete in 2017 but in 2019 she broke many records and received medals in all her events.

Unfortunately due to Covid, plans for the next games were cancelled and we look forward to the games in 2023!!

2020 At times this year has been really hard for all of us. We all had time to reflect about our own existence and about what is really important!

Suddenly spending time with friends and family have become more valuable than ever before.

We don't know how each of you may have been affected. Share if you want: [secretary@gtsa.org.za](mailto:secretary@gtsa.org.za)



# LOTS TO BE GRATEFUL IN THIS COVID YEAR

## MICHAEL SHARE HIS JOURNEY

Corona was tough, but cancer is worse. The year started well. I had my Kidney transplant in May 2014 and was as fit and healthy as I had been in a long time.

The highlight was undoubtedly my 3h40 in the Cape Town Cycle Challenge (old PnP Argus) in March over a 109 km distance with an average of 30km per hour with an elevation of over 1km. To put this in perspective, to qualify for the Transplant games requires an average of 30km per hour over 30km on a flat road. I stand to be corrected but think I have the record for my age group in South Africa.



*Transplant Cape Cycle Challenge March 2020*

I received my kidney from my sister in May 2014. Six months before, my GFR was 45% and it quickly went down from there. Both sisters and brother volunteered to donate. The process that they go through (including psychologists assessments) meant my younger sister was chosen. A good choice as she is also the most attractive 😊 of all the siblings and cousins. As is probably the case with most of us, I've had my challenges since the transplant but overall it's gone well.

A cycling trip to France with my wife and an amazing trip to Australia from Tasmania through NSW and Queensland visiting Wagyu farmers and a conference was a highlight. Some might know, I am the CEO of Wagyu in South Africa (yes, that expensive highly marbled yummy meat). Getting my national colours and spending a week at the Transplant games in 2019 was also amazing (and making lots of new friends), as was the reunion with our MSc class who studied with me at the University of Edinburgh. As is often the case when I travel, my donor sister and I ended up spending time in Ireland visiting farms and experimental stations.

However, back to this year. In February I had a lump cut out of my cheek. It tested negative for cancer but grew back

again in time for the Cape town Cycle race, and as painful as it was, probably contributed to the record time I rode. By the end of March, I had a parotidectomy, and the cancer, positive this time, cut out of the ear canal and down the neck. We were also unsure if the operation was going to happen at all because of Covid, but a call from Dr Bierman my nephrologist to the specialist quickly had me in theatre again for the parotidectomy, two weeks later.

Then the process with chemo and radiation started. Everyone reacts differently to both. The chemo had me in hospital for ten days and the radiation put me back into hospital being drip fed. I am grateful to tell the story that I survived the 33 radiation courses over 8 weeks of chemo. I was given a clean bill of health a month later. Despite looking like Neumann from Mad magazine because of my ear, a very dry mouth and a bit of hearing challenges, I am slowly getting back on my bike and have again picked up my tennis racquet. The top court belongs to me again at squad training.

Lessons learned. The cancer started as a squamous on the forehead and metastasized to the salivary gland in the right cheek. Though a small chance of this happening, you have a greater chance of this happening being a transplant patient. Don't let your dermatologist and/or plastic surgeon be soft on you. Let them burn and burn you some more and have any funny growth cut out and tested immediately.

Take ownership of your situation. Most doctors are great but go for second opinions. Also learn from others. Be true to yourself and comfortable with who you are. Don't be judgmental. I met patients who decided to stop the chemo and radiation and can understand why.



*My sister and donor, and I*

Celebrate everything, no matter how trivial or small. As a child of the universe we are brilliant, gorgeous, talented and fabulous. Us playing small doesn't serve the world. Let your light shine. As we let our light shine, we unconsciously give other people permission to do the same.

Have a good December break and spend time with family and friends.

Love, Michael Bradfield



## A TRANSPLANT ICON HAS FALLEN

MOM NOMBEKO  
WE WILL MISS YOU  
A TRIBUTE BY  
CONNY SITHEBE

7 SEP 1958  
TO  
5 AUG 2020

I greet you all in the Mighty Name of Jesus Christ. Amen! I would like to thank the Rwaxa Family for granting me the opportunity to speak about iQhawe such as Mom Nombeko in my absence.

My name is Conny Sithebe and I am a kidney Transplantee. I feel blessed to have known the phenomenal lady who is today laid at rest.

The day I received the disturbing news of her passing, a part of me died. I started questioning myself. How does a STRONG Woman, IMBOKODO, a TEACHER, a FOCUSED person with a fighting SPIRIT like hers succumb to UKUFA? Perhaps the answer is that God needed her the most...

I met Mom Nombeko at Bara Hospital, we both belonged to the same family of Transplant Sports. We travelled together, often we shared a room when travelling to the Transplant Games which was held nationally and/or overseas. I will miss her dearly! I have lost a Sister and a Mother.

Mom Nombeko passed on in August, enyangeni yamaNina and during an Organ Donor Month. She was a Warrior who lived her life to the fullest. **Lala uphumule Mama wethu.**

The whole Transplant Team will always love you and your Transplanted SPIRIT will FOREVER Live in our Donated, Kidneys, Lungs, Bone Marrow, Pancreas and in our Hearts.

Through Mom Nombeko's passing, I would like to encourage everyone at this Farewell Ceremony, this month of August, to consider Organ Donation. Give someone out there a Second chance in LIFE, as Mom Nombeko lived.



*Nombeko Rwaxa*

# How much aerobic exercise do you need?

This year was such an unusual year, everyone's routines have been messed up. I used to go to the gym fairly regularly before lockdown, during lockdown I tried the various offerings of exercise videos, sometimes with success but I missed doing exercise with someone in person. AND my phone with the videos on had to move from the carpet to the table to the cupboard. WHAT A PAIN...

So what is your new normal.. if there is such a thing? And how much aerobic exercise do you really need?

Aerobic exercise is any activity that gets your blood pumping and large muscle groups working. It's also known as cardiovascular activity.

## Types of Aerobic exercise:

- brisk walking
- swimming
- heavy cleaning or gardening
- running
- cycling
- playing soccer

Perhaps without going to the gym you can do at least 2 of these types of exercise listed above.

## The benefits of exercise are multiple:

1. **Improves cardiovascular health** – Improves heart health, a good heart helps to keep cholesterol under control.
2. **Lowers blood pressure** – Exercise helps to lower blood pressure without medication.
3. **Helps regulate blood sugar** – It helps regulate insulin levels and lower blood sugar. In a study on people with type 2 diabetes, researchers found that any form of movement, either aerobic or anaerobic, helps.
4. **Reduces asthma symptoms** – It reduces the frequency and severity of asthma attacks.
5. **Reduces chronic pain** – Cardiovascular exercise like swimming or aqua aerobics help back muscle function and endurance. It can also help reduce weight which further helps chronic pain.



6. **Aids sleep** – Insomnia and other sleep problems improve with regular aerobic exercise.

7. **Regulates weight** – The building blocks of a healthy body is diet and exercise. Exercise alone without changing diet leads to significant weight loss.



8. **Strengthens immune system** - Regular and moderate aerobic exercise increases antibodies in blood called immunoglobulins, these ultimately strengthen the immune system.



9. **Improves brain power** - Aerobic exercise slows the loss and improves cognitive performance. MRI scans on over 55's showed that fit adults have less reduction in the frontal, parietal, and temporal areas of the brain. Overall, their brain tissue was more robust.



10. **Boosts mood** – Studies proved: after 10 after 10 days of treadmill, 30 min a day, depressed people's mood improved significantly. Even shorter sessions made a difference. Short periods or even a single walk already improves mood.



11. **Reduces risk of falls** - Falls lead to broken bones and potentially create lifelong injury or disability. Older women (70+) exposed to aerobic dance reduced their risk of falling by promoting better balance and agility.



12. **IT IS SAFE**—Exercise is safe for children and right through your life till old age. Work with your doctor if you are not certain what to do.



13. **Affordable and accessible** - You don't need any fancy equipment or a gym membership to work out. Getting daily exercise is as easy as taking a walk or going for a jog with a friend, you don't need to go to a gym.



**EXERCISING WOULD BE SO MUCH MORE REWARDING IF CALORIES SCREAMED WHILE YOU BURNED THEM**

## ARE YOU TAKING PART IN THE MILLION STEP CHALLENGE?

We have teams with names like 'Lekker Longe' and 'Happy Feet' seems like people are enjoying this challenge. We have 6 teams in the top 100 world wide but 12 more in the top 200. The Hong Kong teams are competing fiercely, the top team currently does Where does your team rank?

Team Name	Step Average	Rank
Perry's Pure Athletes - ZAF	15233	35
Melda - ZAF	14961	38
Lekker Longe - ZAF	14815	42
Footsloggers - ZAF	13148	60
2018 Warrior Angels - ZAF	12121	78
The Dream Team - ZAF	11979	84
PE Buzy Beez - ZAF	10156	143
Muchos Stappos - ZAF	10144	145
Cave rock Walkers - ZAF	9935	158
Happy Feet - ZAF	9821	163
TeamLiver-ZAF	9530	173
Girls4fun - ZAF	9278	185

Will you help us walk to the Moon and back with the transplant community?

Register here



## TRY THIS: Healthy Hot Chocolate With cinnamon and turmeric



- 1 cup unsweetened oat or almond milk
- ½ cup full-fat unsweetened coconut milk
- 1.5 tbsp raw, unsweetened cacao powder
- 1 tsp ghee (or coconut oil)
- 1 tsp ground cinnamon
- ½ tsp ground turmeric
- 1 tbsp pure maple syrup

Add all the ingredients, except the cream to a stockpot over low/medium heat and whisk well, heating until warm.

Pour into two mugs and top with coconut whipped cream and a sprinkle of ground cinnamon and turmeric.

## YOUR LEGACY MATTERS – top 5 consequences of not having a will

- You forfeit the opportunity to decide who inherits what and your Estate is distributed according to South African law. This means people who you may not have wanted to benefit from your Estate may inherit your Estate.
- Your Partner may be left with nothing if you are not married or your Will is not updated from a previous marriage.
- Your Children's inheritance could pass to the Government Guardian's Fund or appointed Guardian rather than to a Trust that will ensure your wishes for them are carried out.
- Family feuds often occur when family members argue over the distribution of your Estate when final wishes are not clearly documented in a Will.
- Winding up your Estate can take years – without a Will appointing a professional Executor, the government is essentially in control of the process.



The Organ Donor Foundation has partnered with Capital Legacy to help make sure all our members look after their legacy.

If you haven't got a Will as yet...

[click on this link to take up the ODF offer...](#)

GAUTENG TRANSPLANT SPORTS represent Gauteng, North West, Mpumalanga, Limpopo and the Freestate regions. Please look out for more news about the NEW LOGO for SATSA and GTSA. More news soon about a REGIONAL GAMES early in 2021.

MANAGEMENT TEAM: Louis van der Westhuizen Chairman, Wilna Loxley-Ford Secretary, Amanda Bossenger, Frans Maluleke and Daniel Matsotso. Contact Louis on 0763169634 or Wilna on 0844255500 secretary@gtsa.org.za