



WESTERN CAPE
TRANSPLANT SPORTS
 ASSOCIATION

Transplant Sports News

A word from our Chairperson

Dear Members

Let us be honest: 2020 has been a pretty bad year. Weird things have happened across the world. 2020 has been an emotional roller coaster and one that will have lasting memories for a long time to come.

When I have conversations with others, I see people who are tired, uncertain, challenged, concerned, desperately wanting 2020 to end and yet hopeful for next year, even though we're not sure when things will become more normal. Negativity, fear, fake news, and lack of perspective abound. I find myself needing an escape, some thinking time, alone time, silence or even a complete break.

Challenges remain. Frustrations exist. How do we get through 2020 with the right perspective to create a thriving 2021 for ourselves, our family, and our sport?

We have to believe that humans are resilient and no matter what, we will prevail. We must believe in a better tomorrow. We must believe that every individual has within them: the passion, power, and resilience to create a better life for themselves.



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We are trying to close off this year and then also already focusing on the next year. I know that no-one will make YOUR life and YOUR family better. Only YOU will!

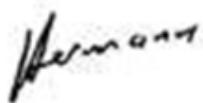
Christmas is a time for reflection and rejuvenation of hope for the future. May we always be ever mindful of the spirit of caring, sharing, love and generosity of the Christmas season, and do our best at all times as we seek to develop as an association, improve the prosperity of TRANSPLANT SPORT and grow as individuals, contributing in whatever capacity for the benefit of the Western Cape transplant sports community.

I am particularly aware that the success of the Western Cape Transplant Sports Association rests upon the valuable support of our members and the hard work of the committee who so generously volunteer and give of their time, so let me take this opportunity to thank every one of you for your wonderful support and dedication. Regardless of your current level of involvement, I challenge you to become more engaged with the WCTSA in the next year. There is a direct correlation to the effectiveness of both the Association and your membership, and how involved you are in the activities and networking opportunities provided by the Association.

On behalf of the WCTSA and Committee let me end by once again thanking you for your support and endorsement of our efforts, and pledge to work even more strenuously for you in the year ahead. We wish you a safe and happy

Christmas and a New Year filled with peace, joy, productivity, and prosperity.

You should assume that COVID-19 is everywhere you go and take all the necessary precautions at every point along your journey. Remember to wear masks, keep social distancing, and stay safe over this festive period.



#staysafe #flattenthecurve

Hermann Steyn

Chairman

Western Cape Transplant Sports Association

P.O. Box 678

Somerset West; 7129

Tel: 021-851 9426 / Fax: 086 604 6049 /

Cell: 079 508 3519

WCape@transplantsports.org.za

www.transplantsports.org.za

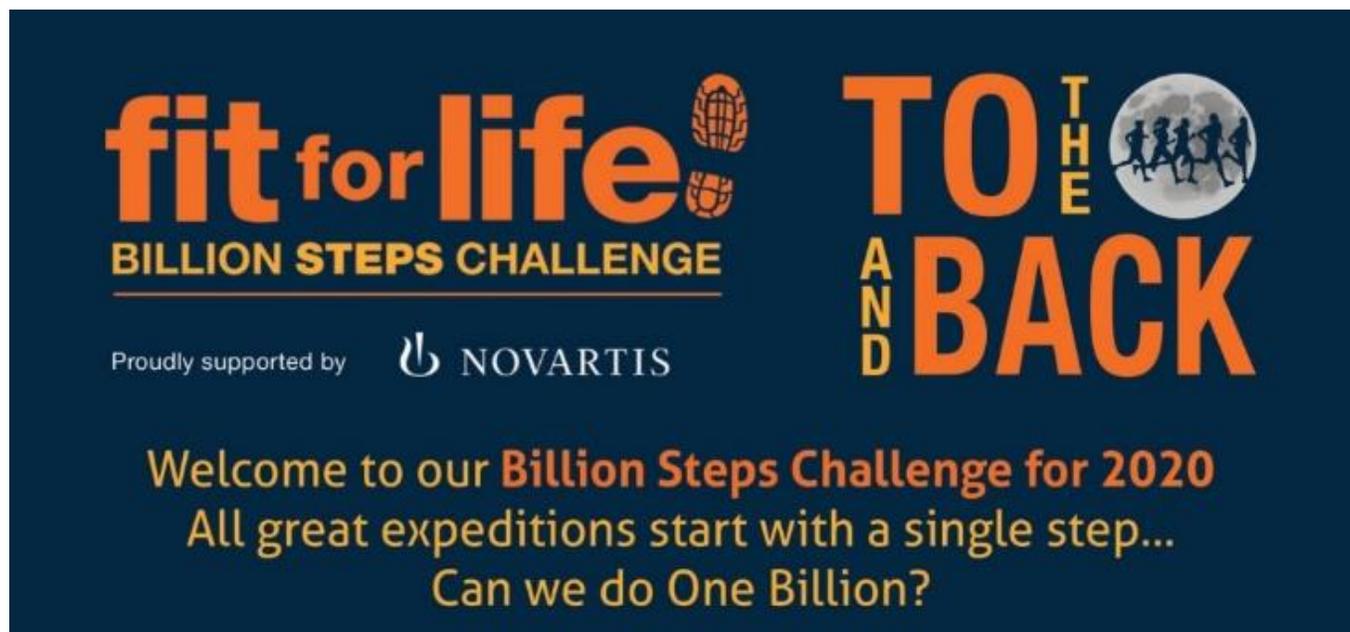
Billion Steps Challenge

When the World Transplant Games Federation launched the Billion Steps Challenge in October 2020 the aim was to get transplant recipients from all over the world to “walk a billion steps, to the moon and back”. The Western Cape

transplant athletes took on the challenge and by competing in the challenge they are celebrating the gift of life and showing what can be achieved after a lifesaving organ transplant.

The Fit for Life! Billion Steps Challenge is an online exercise challenge that aims to encourage transplant recipients, their family, and friends to get active. Currently there are over 3 200 participants from all over the world taking part in the challenge. South Africa has 41 teams that entered for the challenge. At the end of week seven, a few Western Cape Teams were in the Top 10.

By using the *MoveSpring* application participant can track their daily physical activities and the data is then translated into daily average steps. Teams are competing in different challenges and with two weeks to go before the challenge ends the Western Cape teams are well on their way to ending the challenge on a high note. The application shows each athlete average steps, total steps, and total minutes active. This is a great way to see how active our athletes are and a way of raising much needed awareness around



fit for life BILLION STEPS CHALLENGE

Proudly supported by  **NOVARTIS**

TO THE AND BACK

Welcome to our **Billion Steps Challenge for 2020**
 All great expeditions start with a single step...
 Can we do One Billion?

organ donation and transplantation in South Africa.

The Billion Steps Challenge comes in a time of a global pandemic. COVID-19 is a challenge to all people but especially for those transplant recipients who is using immune suppressants and a compromised immune system. Studies has shown that exercise is beneficial to transplant recipients and will not just assist with keeping fit and healthy but also help with maintaining good mental health.

The group goal is to walk 1 000 000 000 steps before 13 December 2020 and with a few more days left before the challenge ends they have already reached this goal and is now raising much needed awareness around staying active and healthy after an organ transplant.

To find out more about the Billion Steps Challenge, please visit <http://www.wtcf.org/billion-steps-challenge>.

Funding received from DCAS

The Western Cape Transplant Sports Association is humbled by the generous financial allocation of R40 000 by the Department of Cultural Affairs and Sports (DCAS) received in September 2020.

The funding is allocated for administration, capacity building and development projects within the Western Cape Transplant Sports Association.

Drastic measures were taken by all sporting structures and government to mitigate the circumstances brought about by the Coronavirus pandemic. DCAS handed over R2.3 Million to clubs and federations in Cape Town and in doing so made it possible for sport to continue and in this way contribute to the economy of the Western Cape.

DCAS has demonstrated that they support Transplant Sports, and this grant provides the financial and moral support needed to continue our mission in the future.

We would like to thank the Minister of Cultural Affairs and Sport, Anroux Marais, and all the staff at DCAS for their contribution and we thank them for supporting Transplant Sports in the Western Cape.



Rebranding SATSA

New logo, new look, same mission



The year 2020 has been a particularly challenging year with many challenges for federation. It has also been a year where we as a sporting federation (SATSA) had to look at new and different ways to run the organisation and still achieve our mission.

One of the main projects this year was the rebranding of SATSA and its regions.



After many hours of hard work by the SATSA Marketing Committee, led by Amanda Bossenger, we are proud to announce the launch of a new logo as part of the ongoing evolution of the South African Transplant Sports Association.

Jeandre Geldenhuys, a member from the Western Cape Transplant Sports Association volunteered to put his experience to play and came up with a fresh and modern design to take Transplant Sports into the future. After discussion with all regions and numerous digital meetings a final product and fresh new look for SATSA was born.

It was decided that the SATSA brand will be carried through to all the regions and in this way, we will be able to build a much stronger brand in the future.

We are still the same organisation with the same goals, but we have a new look.

We trust that all members will assist us in building this brand and take Transplant Sports to the next level.



United Coalition of Sport and Community Based Organisations Webinar

On 22 October 2020 Hermann Steyn (Chairperson), Vivian de Klerk (Vice-chairperson) and Rentia le Roux (Committee member) were invited to the United Coalition for Sport and Community Based Organisations (UCSCBO) weekly webinar.

The United Coalition of Sport and Community Based Organisations (UCSCBO) was established on 16 January 2019 to intervene on challenges facing the sports bodies and Community Based Organisations with regards to matters pertaining to the City of Cape Town.

David Maralack and Donovan Jurgens facilitated a one-hour informal discussion about Transplant Sport in the Western Cape. It was a great platform to promote Transplant Sports in the Western Cape and emphasise the need for organ donation and transplantation in our country.

David Maralack noted that it is important to remind society and government that sport is probably one of the main bias for public health. This can also be seen in transplant athletes. To stay healthy, transplant recipients must stay fit and maintain a healthy lifestyle.

The webinar gave Hermann, Vivian and Rentia the opportunity to speak about Transplant Sports, the World Transplant Games and what the future holds for transplant sports in the Western Cape.

It is through discussion like these where information is exchanged, and real change can be implemented through sport.

The webinar had just over 220 views so far and we as an Association would like to thank UCSCBO for this opportunity.

ESTABLISHED JANUARY 2019
UCSCBO
THURSDAY
22 OCTOBER 2020
FACILITATORS
DONNY JURGENS **DAVID MARALACK**
IN CONVERSATION WITH
WESTERN CAPE TRANSPLANT
SPORTS
ASSOCIATION
VIVIAN DE KLERK **DEPUTY PRESIDENT**
RENTIA LE ROUX **COMMITTEE MEMBER**
HERMAN STEYN **CHAIRPERSON**
zoom **facebook LIVE UCSCBO**

Transplant athletes successfully complete the 2020 Cape Town Marathon



Congratulations to Melda Ruiters (bone marrow transplant) and Bradley Arendse (kidney transplant) who participated in this year's Cape Town Marathon on 18 October 2020.

The Cape Town Marathon was a virtual race and saw people from all over the country competing in the different distances.

Brandley Arendse successfully completed

the 21 km in a time of 02:36:38. Bradley achieved this astonishing feat only 11 months post-transplant.

Melda Ruiters completed the 21 km in a fantastic time of 01:45:33.

The Western Cape Transplant Sports Association is proud of these athletes and trust to see more of our athletes on the start line of next year's Cape Town Marathon.

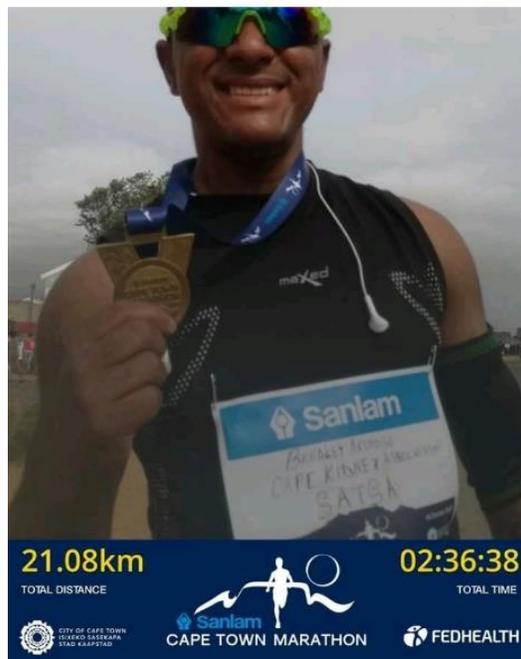


Regional Games planned for 2021

The WCTSA are considering hosting a Regional Games in March 2021 depending on COVID-19.

Members will be informed early in 2021 by the Management Committee.

Meanwhile we are encouraging our athletes to stay fit, eat healthy and stay disciplined to stop the spread of Covid-19.



Hermann Steyn
Chairman
Cell: 079 508-3519



Vivian de Klerk
Vice-Chair
Cell: 079 523-4026



Sharon Henkeman
Secretary
Cell: 079 923-0321



Dick Kruger
Treasurer
Cell: 082 449-3004