



WESTERN CAPE
TRANSPLANT SPORTS
 ASSOCIATION

Transplant Sports News

A word from our outgoing Chairperson



I became involved with the Western Cape Transplant Sports Association in 2011 when I was put on the waiting list for a heart transplant. At the 2013 AGM which was held in February 2014, I was elected as Vice-Chairperson under the leadership of my great friend, the late Stan Henkeman. At the 2014 AGM in October 2014, I was elected as Chairperson.

As Chairperson of the Western Cape region for the past 6 ½ years, I have good reason to express my heartfelt thanks to the Management Committee, members, and friends of the Association. We have accomplished much together in these years that passed too quickly.

It is with some pride that we can look back and realise that the Western Cape region has moved a long way to achieve these objectives:

- Management Committee of 10 includes 5 women and 2 of colour.

- Our membership has grown from 89 members in 2014 to 186 active members at the end of 2020.
- We became a member of the Western Cape Provincial Sports Confederation

As a Management Committee, we have also hosted one National Games in 2014.

We established a Website complete with our domain name
<https://westerncapetransplantsports.co.za/>

We had meetings that encouraged the free exchange of ideas, included enjoyable social gatherings, fundraising programs like golf days, cheese and wine functions, and most importantly accomplished the business of the Association. A big thank you to the hardworking committee.

Critical to our success was the business of the Association. We reaped the harvest of men and women who were willing to serve and were elected to the Management Committee who met regularly to make the management decisions that allow us to run so effectively. Thanks to all of the committee members who served so faithfully.

Sadly, we lost some friends along the way. Early in 2019, Chantal Davids and a few months after her we lost one of our stalwart athletes, Kosie

Laubscher and a month later a previous Vice Chair, Sean Adriaanse. In December 2019 we lost Andrew Melck, a promising athlete who never had the chance to compete. And just this past December 2020, we mourned the passing of our National Chairman and previous Chairman of Western Cape, Stan Henkeman due to complications from COVID-19. We were still in shock when a Management Committee member, Winston Balada also passed away from COVID-19 complication. All these members earned a place in our hearts.

The COVID-19 situation is still very concerning, and the second wave was harsher than the first wave. The risk to our athletes getting infected and die are very real. We have resolved not to host any activities and participation until it is expertly advised by the health authorities and our organisation deems it safe to do so, that it is medically safe to host events. We will continue to have monthly online meetings to discuss progress and the planning of future events and participation without risking the lives of our members.

Once expertly advised, we will then take responsibility to assess and decide on the way forward. We encourage members to keep fit to be ready when it is safe to compete again.

I want to welcome our new Chairperson, Vivian de Klerk. No stranger to the transplant community and the Management Committee, Vivian has been the Vice-Chairperson since 2016, and she could not be more committed to upholding the tradition of excellent leadership at WCTSA. I would also like to congratulate Rentia le Roux who has been elected as the new Vice-Chairperson.

I would neglect my duty and responsibility if I did not again repeat the importance of our effort to adhere to the transformation policy of Government.

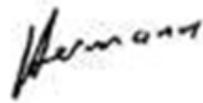
We wish to thank the Western Cape Department of Cultural Affairs and Sport for the funding we receive from them every year. In 2021 we have also received a grant from the National

Lotteries Commission, and we would like to place on record our appreciation to the Commission for the allocation of this grant.

Finally, I want to thank all of you: our members who provide the lifeblood of WCTSA.

Thank you, committee, members, and friends of the Western Cape transplant community. I would also like to thank my wife Lynn who has been a wonderful support and sounding board.

Thank you for the opportunity to serve a Region that deserves to grow and prosper and **will** grow and prosper with your continued participation.



HERMANN STEYN
Immediate Past Chairperson, Western Cape
Transplant Sports Association

#staysafe #flattenthecurve

Outgoing Chairman

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A word from our Interim Chairperson



As we step into the year 2021 and try to make sense of a difficult 2020, I trust that you are all safe and coping with the worldwide Covid-19 pandemic.

I firstly want to thank the Management Committee for the trust they have put in me to lead the Western Cape Transplant Sports Association and I am confident that we as a committee will be able to serve this wonderful organisation during our term. We have a strong foundation to build on and trust that 2021 will only get better from here on.

I would like to express my thank towards our outgoing Chairperson, Hermann Steyn, for all his guidance and support. Hermann, thanks for always being here for us. You are an inspirational leader and a mentor to me. Thank you!

With alert levels constantly changing and new spikes in COVID-19 cases emerging we urge our athletes, especially those on immunosuppressants, to remain cautious and take all the necessary precaution to protect

yourself and those around you.

It is great to see that many of our athletes are keeping active and practicing sport again. Although we cannot say with certainty when we will be hosting our Regional Games, we are monitoring the situation and are consulting with all relevant stakeholders to ensure that this event will be safe and that we do not put our athletes at risk. We will keep you informed of all developments.

The Western Cape Transplant Sports Association is currently in a healthy state and although we are not actively participating or hosting sporting events at this stage, our Management Committee are meeting on a monthly basis to keep our Association running and plan for the future.

Please keep on promoting #TransplantSports and keep active and healthy.

Yours in #TransplantSports

VIVIAN DE KLERK

Interim Chairperson: Western Cape Transplant Sports Association



Management Committee 2021-2022



Chairperson
Vivian de Klerk



Acting Secretary
Merrick Brown



Treasurer
Dick Kruger



Vice Chairperson
Rentia le Roux



Additional Member
Gawie Marx



Transformation Officer
Hermann Steyn



Additional Member
Sharon Henkeman



Co-Opted Member
Lauren Hendricks



Additional Member
Lloyd Perry

Stan Henkeman

03/04/58 – 18/12/2020

During the first 3 week hard lockdown, Stan hosted several online talks on Facebook. I would make sure that I logged in before 13h00, to listen to the several topics that he discussed during his talks. On Day 12 of Lockdown, Stan talked about Covid-19 and how we all deal differently with the lockdown.

“What we are going through is common to everybody across the world. We are all in this together. Contracting the COVID-19 can happen to anybody, including you, including me.....”

Today I am saddened by how these words of his talk on 7 April 2020 became true, saddened by the fact that this virus took Stan away from us.

Stan had his heart transplant on 13 February 2007. He participated in his first National Games in 2008 and was chosen for the South African Team to participate at the World Transplant Games in Australia in 2009.



Subsequently he participated in six World Transplant Games and won several medals in Petanque and Track & Field events. A memorable moment for me was when he won the Gold Medal in the 200m

sprint in Newcastle UK, beating his strongest opponent for the first time since they started competing against each other. This after he injured his calf during the long jump the day

before. He was a true example of how to use your second chance at life to the fullest.



Stan was a family man, a husband, a father, a friend, and a mentor to many. Whenever you would have a conversation with Stan, whether in a group or one-on-one, he would listen with attention. He was always ready with advice or to help where possible. He never made anyone feel left out and was an advocate for justice and inclusiveness. Stan made a huge impact in the transplant community, both nationally and internationally.

We at Western Cape Transplant Sports Association mourn the loss of a true leader, fellow transplant athlete and friend. Our sincere condolence to Stan’s family and friends. Stan Henkeman your legacy will live on!

“Bad things will happen and good things too. Your life will be full of surprises. Miracles happen only where there has been suffering. So, taste your grief to the fullest. Don’t try and press it down. Don’t hide from it. Don’t escape. It is life too. It is truth. But it will pass, and time will put a strange honey in the bitterness. That’s the way life goes.” – Ben Okri

Rentia le Roux

Vice-Chairperson: WCTSA

Paying tribute to Winston Balada



Winston Balada joined SATSA in 1995 and in his years of service, contributed immensely

to the South African Transplant Sports Association and the sporting family as a whole. When he passed on from COVID-19 on 04 Jan 2021 it was a great shock to us as a Transplant family.

I first got to know Winston in 2015 while traveling as part of Team Transplant SA to the World Transplant Games in Argentina, South America. It was during that trip that I saw how brave Winston really was. This trip took the most out of all the athletes that was traveling to Argentina. We got on a plane in Cape Town, flew to Dubai, met up with our team members from Durban and Johannesburg, got on another plane, flew to Brazil, flew to Buenos Aires, and then got on a bus to travel for about 7 hours to our destination: Mar del Plata. This was one long trip that took its toll on many athletes. When the Games was over, we had to repeat this trip again!

Traveling with us was Winston. What made this trip even more challenging for him, was that he was not just a kidney transplant recipient that had to take regular medicine, but he was also a double amputee. Imagine traveling for almost 30 hours straight and doing that with and a wheelchair! But this did not stop Winston. This is when I witnessed his real character. Winston never once complained during that trip. He was there to encourage other athletes and was a solid part of the South African team during this trip.

Winston was diagnosed with chronic kidney failure at the age of 26 and got a kidney transplant in April 1993. Eleven years after his transplant, Winston was diagnosed with peripheral arterial disease (PAD) and eventually

lost both his legs. His right leg was amputated in 2013 and the left leg in 2014.

Soon after his transplant he got involved in transplant sports after hearing about it at his transplant clinic. He first represented South Africa at the Manchester Transplant Games in 1995. Two years later he once again made it into the South African Transplant team that travelled to Sydney. In 1997 in Budapest, Hungary Winston started noticing that he had a problem with his legs and after advice from his doctor on his return to South Africa, he decided to stop participating in athletics.

He decided to take up ten-pin bowling and bounced right back. He went on to represent South Africa on an International stage at eight World Transplant Games and never stop advocating for organ donation and living a healthy life after transplant.

The last time I met Winston was in Panorama Medi-Clinic after he suffered some medical complications. Although he looked very frail, he still had a huge smile on his face, and we chatted about the future. He never felt sorry for himself and was an engaging and positive team-mate to have.

Winston will surely leave a gap in Transplant Sports and Organ Donor Awareness in the Western Cape. He served his fellow athletes and was a role model for us.

May we always remember this humble man and great competitor.

Rest in peace Winston.

Vivian de Klerk



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BREATHING IS A MOVEMENT

Are you moving well?

SAMANTHA HOLTZHAUSEN | MSc. Cardiopulmonary Rehabilitation



The Covid-19 pandemic has been a part of our lives for almost a year now – that’s a long time. Many of us have lost loved ones, contacted the virus ourselves or been indirectly affected by strict isolation and lockdown rules. Whether we are aware of it or not, our breathing changes to match our “state”. In other words, if we are relaxed, we tend to breathe slowly and more efficiently. In contrast, if we are anxious, we breathe quickly and shallowly. We breathe in the same way when our bodies have to shift metabolic gears in order to fight a virus. But until we encounter these moments that challenge

our ability to breathe with ease, we don’t really give our inhale and exhale much thought – do we?

So, let’s zoom in on breathing for a moment.

Did you know that breathing influences your training (e.g., walking, running, cycling, track etc.) more than training influences your breathing? Breathing efficiency and physical fitness are both independent and complimentary; while physical fitness does not always translate into breathing efficiency, breathing efficiency is the gateway to attaining physical fitness (on all levels – novice / elite). But yet, it is the last thing we think of to train or pay attention to, isn’t it? I suppose it’s because breathing is one of our body’s autonomic functions, occurring on a subconscious level without any input from us, so it’s easy to assume we’re pretty good at it. But this is not always the case and by improving the way you breathe, both at rest and during movement, it will positively impact your sporting performance as well as your general health and wellbeing.

WHAT IS NORMAL BREATHING?

Normal breathing at rest should be:

- Quiet and relaxed
- **Through the nose** and not the mouth (*which should stay closed*)
- Shoulders and upper chest should stay still with no accessory muscle use
- Abdominal ribcage movements using the lower intercostal muscles and the **diaphragm**
- Expiration passive and relaxed
- Rate of 8–14 breaths per minute
- Inspiration to expiration ratio approximately 1:2
- Smooth and rhythmical

How many of the above points can you say that you do? Now don’t change the way you breathe, be honest in your answers, because then you can identify where improvement can be made. Let me guess, the “breathe through your nose” part got you, right? And that’s using the nose on the inhale and the exhale!

WHY SHOULD I BREATHE THROUGH MY NOSE?

Remember, your nose was designed to be the channel you breathe through—your mouth was not. Taking air in through your nasal passages warms it, filters it like a vacuum cleaner, regulates the amount of oxygen that reaches your lungs and activates your diaphragm. Breathing through your nose also stimulates the release of a gas called nitric oxide, which is a potent vasodilator stored in your paranasal sinuses. This gas also sterilizes the air that passes through the nasal passages, a win-win in times of a pandemic. Breathing through the mouth unfortunately has none of these benefits. If you are a mouth breather, changing to nasal breathing is one of the most valuable health investments you will ever make. Try it at rest first, as changing the way you breathe is a big deal. Once you are comfortable at rest, try it with movement. It may be challenging at first but stick to it and practice.

WHY IS THE DIAPHRAGM IMPORTANT?

The diaphragm is located just below the lungs and is the primary muscle used for breathing. It plays a role in everything, from oxygen utilization to the removal of waste to core stabilization when moving about. But due to the nature of our everyday tasks, with most of us spent hunched over a desk, we place the diaphragm at a mechanical disadvantage. We therefore don't use this powerhouse of a muscle nearly as much as we should. Instead, we use the mouth to do the nose's job, gulp large volumes of air into the upper chest and use the neck and shoulder muscles (accessory muscles) to do so. Let's change that.

Place your right hand to the side of your bottom left ribs. Relax the shoulders. Take a slow breath in through the **nose** and feel the lungs expand (**THINK: NOSE, LOW AND SLOW**). Are you using your chest to do the work or your diaphragm? As you breathe in, you should feel your left hand expand sideways, slightly to the front and slightly to the back – in a full 360° breath.

WAKE UP YOUR DIAPHRAGM

EXERCISE 1: Perform 1 - 2 times per day, for at least 5 minutes.

Lie on your back, bend up both knees. Place one hand on your upper chest and one hand just below your bottom ribs (**SEE PICTURE**). The diaphragm should contract as you inhale, so you should feel your bottom hand move **UP** on the **INHALE** and **down** on the **exhale**. Ideally, your bottom hand should be moving more than your top hand. Breathe in and out slowly, using the nose and without forcing the breath in or out.



EXERCISE 2: If your top hand was moving more

Stay in the same position, but clasp your hands and place them behind your head (**SEE PICTURE**). This should slightly reduce the movement of the upper chest. Breathe in and out slowly, using the nose. Stay in this position for 5 – 10 minutes, if comfortable.



If you are struggling to improve your breathing on your own, there is help available. Physiotherapists with a special interest in the field of cardiorespiratory are equipped to assess and treat altered breathing patterns and respiratory muscle weakness. By improving breathing efficiency through supervised breathing re-training sessions, strengthening the breathing muscles and sufficiently downregulating the sympathetic nervous system (*the state most of us are in when we are anxious and worried*) when appropriate, one could dramatically enhance performance and quality of life. Another advantage of learning to breathe more efficiently is the positive effect it has on post-training recovery, performance during training, improved sleep, and improved stress management.

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