

*Dear Eastern Cape Transplant Family,*

*This is the first Newsletter that I have the opportunity to address you in the Newsletter. We are entering a two-year cycle for this elected Committee to lead this region. I would firstly like to thank you all for the confidence that you had to select us and then to thank the past members for their work and welcome our new Committee Member Lungelo Maki from East London. Please feel free to contact any of us should you have questions or suggestions, and we will do our best to answer and execute.*

*We also welcome our new members and ask each one of you to make them feel welcome and help them become a part of this very special family.*

*I must say that I was so proud to walk into the registration area of the National Transplant Games (NTG) and see our athletes there with their very distinct jackets. Well done to the ECTSA Team who participated with distinction and also to those who reached the initial qualifying levels. Our thanks to the Local Organising Committee under the leadership of Rentia le Roux for all the arrangements and a great time of camaraderie and competition.*

*We have now entered the process of re-qualifying and on the 9<sup>th</sup> November we will have an event for our Track & Field athletes as well as Petanque and Darts to be evaluated. We wish all our athletes everything of the best with their participation. Dresden2025 here we come.*

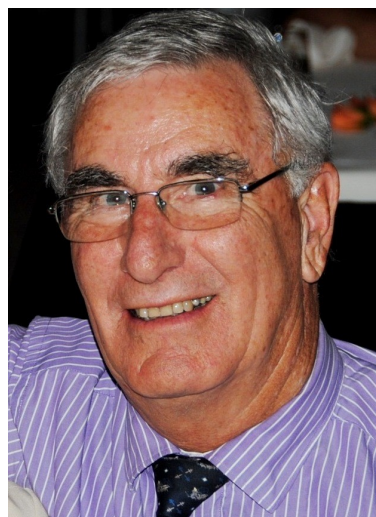
*At this time of the year it is also good to look back and remember all the good things that has happened and we need to also thank our SATSA Chairperson, Amanda Bossenger, and the Mancom together with Jan Marais our Executive Secretary for all their hard work. We also thank our family, supporters and funders who make all our activities possible. Our sincere thanks.*

*Let us stay thankful for our blessings and make the most of life every day.*

*Yours in Transplant Sports,*

***Willie Uys***

**Chairperson ECTSA**

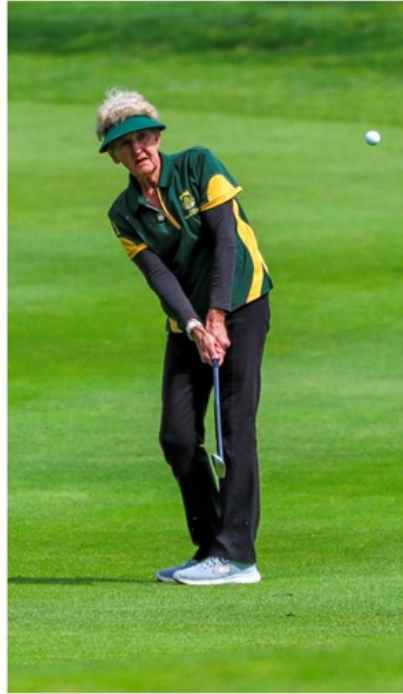


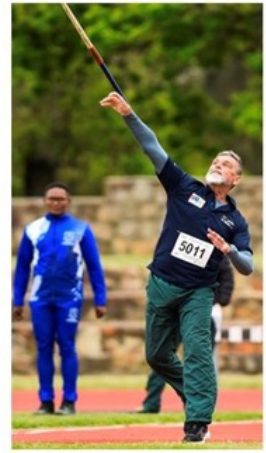


Athletes representing the Eastern Cape Transplant Sports Association (ECTSA) made their presence felt not only with new team attire, but also with the spirit with which they participated in the Games in various sports codes.

They were an example of Celebrating New Life through transplantation.









One goal of the NTG is to show gratitude to the donors who unselfishly saved another person’s life. What better way to do this than to let the donor and recipient participate in the same Games! Four kidney donor-recipient pairs from the Eastern Cape participated, Celebrating New Life!

*Hennie (brother) donated to Susan (sister), Esme (mother) donated to Mignon (daughter), Kelli (friend) donated to Dane (friend) and Ronele (sister) donated to Carlo (brother).*





*Shining a light on the  
World Transplant Games  
2025 in South*

Heilie Uys as WTG2025 ambassador, represented Dresden at the South African Transplant Sports Association National Transplant Games 2024.

During the event, Heilie delivered a presentation about the upcoming World Transplant Games in Visit Dresden and gave the athletes a glimpse of what awaits them next year. She also shared some WTG2025 postcards to spread excitement for the Games!



## UPCOMING EVENTS



### 24th HAT & HOUND CLASSIC



**DATE: Monday 30th December 2024**  
**COURSE: St Francis Bay CG**  
**TIME: Tee-off from 07:00-09:00**  
**FORMAT: Individual Stableford Competition**  
**ENTRY FEE: R900/player**

**BOOKINGS: Contact**  
**Willie Uys: [uys@ibi.co.za](mailto:uys@ibi.co.za) or 082 442 1210**



# Refit for Life!

A World Transplant Games Federation Initiative



## A Rehabilitation Program for Transplant Recipients

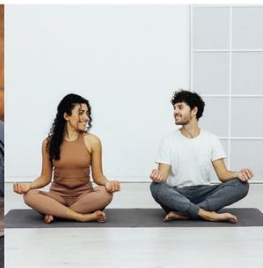
Brought to you by the World Transplant Games Federation, the Refit for Life! Toolkit offers a free online program, available to all recipients at various stages of their transplant journey

- Exercise Rehabilitation Program
- Pilates Series
- Beginner Yoga Series
- Sports Psychology Series
- Guided Flexibility Series
- Nutrition for Kidney Health Series
- Mindfulness Series
- Transplant Coaching Series
- Embodying Your Transplant Series

Help your organ work better and live longer

Register for FREE to gain online access

[www.wtgf.org/refitforlife](http://www.wtgf.org/refitforlife)



Refit  
Reinspired  
Refocused





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contributions  
please contact**

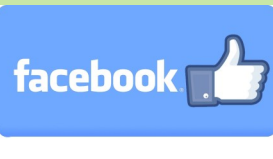
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Eastern Cape  
Transplant Sports  
Association



### ECTSA MANAGEMENT COMMITTEE 2024-2026



**Chairperson  
Willie Uys**



**Vice-Chairperson  
Susan Burri**



**Secretary  
Chrisna Landman**



**Treasurer**



**Member -  
Siyabulela Snooks**



**Member -  
Robyn Emslie**



**Member -  
Lungelo Maki**

