



**teamlife**<sup>TM</sup>  
transplant australia

**TRANSPLANT VOICE**  
*The newsletter of*  
**TRANSPLANT AUSTRALIA**  
*victoria & tasmania*



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August 2009

President: Karen Knuckey – 03 5221 6013    Vice Pres: Barney Steward – 03 9439 3526    Treasurer: Lyn Budge – 03 9375 2329  
Secretary: Jan Coates – 03 5674 2196    Tasmania: Gary Richards – 03 6344 8032    Newsletter: Chris Tew – 03 9754 4736  
Junior Rep: Amy Stevens- 03 5256 2763    Western/Geelong: Frank Simovic – 03 5275 7279    Northern: Jane O'Connell – 03 5795 1565

*Good Luck to our World Transplant Games Team Members*



To all our members participating in the World Games – have a great time and do your best, if you win a medal that's a bonus, remember that by being there you are already in winner. You are sure to meet lots of new people from Australia and overseas and make enduring friendships.

Good luck to Victorians Shirley Aisbett, Muriel Baker, Ersilia Bancovich, David Blake, Lyn Budge, Stuart Campbell, Martin Chiew, Andrew Cox, Sean Crawford, Ronwyn Davies, Jamie Drivas, Debbie Fowler, Heidi Gellert, Nigel Goldsworthy, Justine Hunt, Wayne Kelly, Andy King, Karen Knuckey, Kerrin Litchfield, Denham Martil, Matthew Mclean, Joseph Merlino, Gus Mondo, Sophie Morell, Christine Murray, Jane O'Connell, Dinesh Perera, Nancy Reynolds, Rohin Rosman, Seona Rough, Dom Simovic, Gail Smyth, Matthew Spencer, Jeanette Steward, Glen Teague, Chris Tew, Jon Walker, Nathan Wardle, Kaiser Webbe, Gary Whinney and Richard Yann. Our Junior members include Beth Kiley, Tom Rennell, Nathan Ryan, Tamaryn Stevens and Louis Hehir.

Tasmanian members are Fiona Bester and Tony Harding. Juniors Meagan Beaton, Jayne Richards and Nicole Richards.

There will be over 35 supporters coming along too. Amy Stevens is helping out as the Junior Team manager and Frankie Simovic, a dialysis patient is going along to support brother Dom and to serve as a volunteer.

The entire Australian team will have 185 members including 28 juniors. (This does not include the team managers, only competitors)



## FROM THE PRESIDENT

What a night the State Dinner was! Great food, great company and great entertainment. We had 84 people attend, including our CEO, Chris Thomas and WTG Team Manager, "Mother" Mary Long. The night provided members with a relaxed opportunity to chat with Chris and Mary and get to know their fellow teammates before the Games. These dinners just keep getting better and better!

Training is going well. I hear on the grapevine that Victoria has the biggest representation within the Aussie team and I'm sure we will give our competitors a run for their money. I hope everyone has a great time and enjoys the competition. We will display excellent sportsmanship, we will play hard and we will most importantly demonstrate how great life is.

Please be aware of health concerns during these Games, particularly Swine Flu, and take appropriate action as required for any ailments you may suffer.

Our post Games function will be held at Windy Hill on Sunday 4<sup>th</sup> October at 1.30pm. All members are welcome to attend, whether you went to the Games or not. Our Annual Meeting will also be held at this time. Committee nomination forms are attached to this newsletter. Please give some consideration to joining the Committee. It provides an excellent opportunity for you to make a contribution to your organisation. Together, we can make TA Vic/Tas the best it can be.

Prior to the Annual Meeting an information session will be held for the Community Engagement Program. If you want to know more about this program, or have already registered, please come along for the 1 hour session.

As always, member feedback is valuable and I invite any member to contact me with ideas and suggestion for the future of our branch.

Karen Knuckey

### **COMMUNITY ENGAGEMENT PROGRAM**

If you are interested in becoming a Community Champion, have already signed up as a Community Champion or want to know more, come along to our information day. This session will include information on proposed activities and presentations for the year ahead.

WHEN: Sunday 4<sup>th</sup> October 2009  
TIME: 10.30 (sharp) – 11.30am  
WHERE: Windy Hill Venue, Essendon Football Club  
Cnr Brewster & Napier Streets, Essendon  
ENQUIRIES: Karen 0423 021 984; nuckster@ncable.net.au

This session will be followed in the afternoon by the Post Games social & Vic/Tas Branch Annual Meeting (held in the same room). Lunch is available in the bistro at your own expense. Bookings recommended – phone 9230 0335.

### **DATES FOR YOUR DIARY**

August 22 <sup>nd</sup> – 29 <sup>th</sup> , 2009.	World Transplant Games, Gold Coast, Australia <a href="http://www.worldtransplantgames09.com/">www.worldtransplantgames09.com/</a>
October 4 <sup>th</sup> , 2009	Post Games get together. State AGM. 1.30 – 4.30 pm at Windy Hill.
October 18 <sup>th</sup> , 2009	Star Pin Presentations at the Ella Latham Theatre, Royal Children's Hospital.
December 13 <sup>th</sup> , 2009	Christmas / End of year function. 'Funfields' Whittlesea. \$15 for members and \$22 for non members.
March 2010	Golf Day.
April 2010	Tennis Weekend in Euroa.
April 30 <sup>th</sup> – May 2 <sup>nd</sup> , 2010	Anglesea Camp. Adults at kid's prices – early bird rate \$50 if you pay before the end of December 2009. \$75 for bookings made in Jan & Feb; \$100 for bookings made after 1 <sup>st</sup> March, 2010. All non members \$120. Send names and payment to the Treasurer Lyn Budge, 46 Bent Street, Moonee Ponds, 3039.
June 2010	Ten Pin Bowling Championships.
October 3 <sup>rd</sup> -10 <sup>th</sup> , 2010	Australian Transplant Games – Canberra.
June 18 <sup>th</sup> – 25 <sup>th</sup> , 2011	World Transplant Games, Sweden. <a href="http://www.wtg2011.com">www.wtg2011.com</a>

Ronwyn Davies and Jane O'Connell at the Seymour Health Forum promoting Organ Donation.



### MEETING DATES FOR 2009

The next meeting will be held on September 27<sup>th</sup> if any member wishes to attend a meeting they **must** rsvp to Secretary Jan Coates by the week before. Usually the Venue is the Windy Hill Venue, Essendon Football Club, Napier Street, Essendon. Venue for this meeting available from Jan Coates. Starting time 10am.

Become a social club member at Windy Hill. Collect the membership form at the front desk.



### MEMBERSHIP RENEWALS - Victorian and Tasmanian Members

**MEMBERSHIPS ARE DUE AT THE END OF JUNE 2009**

**If you need a renewal form call Chris on 9754 4736 or email [gtew2475@bigpond.net.au](mailto:gtew2475@bigpond.net.au)**

Family membership is \$25, Single \$15. For Donor Families and Living Donors fees are optional. Remember you must be financial to participate in the World Games.

**Please note that the spouse and family (including the recipient) of a Living Donor pays \$10 to become a financial Family.**

**All membership renewals must be accompanied by a renewal form.**

Send cheques / money orders to: The Treasurer, Transplant Australia Ltd, Ms Lyn Budge, 46 Bent Street, Moonee Ponds, 3039.

**CHECK OUR WEBSITE – [www.transplant.org.au](http://www.transplant.org.au)**

### IN THE PRESS

Stuart Campbell featured in his local newspaper promoting the WTG and included a great photo of him on his bike. Check out the article and see this photo at the following link:

<http://www.thejournal.com.au/news/local/news/general/stuarts-back-in-the-saddle/1553242.aspx>

Chris Tew was in her local paper (Free Press Leader) also promoting the WTG.

Joseph Merlino was in the Macedon Ranges Telegraph sending out the organ donation awareness message.

Thanks to all members who have spoken to the media recently.



### CONGRATULATIONS

To Seona Rough and Scott Martin on their engagement.

**WORLD TRANSPLANT GAMES – Gold Coast 22<sup>nd</sup> – 29<sup>th</sup> August, 2009.**

**The winning Raffle Tickets** to raise money for the WTG were:

- 1<sup>st</sup> \$200 Gift Cards – Patricia Cox.
- 2<sup>nd</sup> 12 Bottles Wine and \$50 Gift Card – K. Litchfield.
- 3<sup>rd</sup> 6 Bottles Wine and \$30 Gift Card – Irina Natimidad.
- 4<sup>th</sup> Sports Bag (Value \$100) and \$30 Gift Card – Jane O'Connell.
- 5<sup>th</sup> Car Cooler/Warmer (Value \$50) and \$20 Gift Card – Geoff Bowen.
- 6<sup>th</sup> Gazebo (Value \$50) and \$20 Gift Card – Norm McLeod.
- 7<sup>th</sup> \$20 Gift Card – Nyree Nicolas.

Thank you everyone who sold and purchased tickets.

Two items not sold at the State Dinner are still available for purchase. The left over items are the framed photographs of 3 VC winners & a framed, signed photograph of Scobie Beasley. \$250 ono for each item. Ring Lyn on 03 9375 2329 for more details.

[www.worldtransplantgames09.com](http://www.worldtransplantgames09.com)

**Transplant Australia is supported by the Australian Sports Commission.**



**Australian Government**  
**Australian Sports Commission**

## WTG Ten Pin Bowling Clinic

Clinic was held at Werribee Superbowl. The use of 6 lanes was donated. Coach Jason was very patient and helpful. Thanks to Russell Cox for arranging the session.

Photo: Andrew Cox, Shirley Aisbett, David Blake, James & John Walker, Jason (coach), Dom Simovic, Karen Knuckey



### INFORMATION EVERYONE SHOULD KNOW..

**BLOOD CLOTS / STROKE** - They Now Have a Fourth Indicator, the Tongue

**STROKE:** Remember the 1st Three Letters.... **S.T.R.**

If everyone can remember something this simple, we could save some folks. Seriously. Please read: It only takes a minute to read this.

**STROKE IDENTIFICATION:** A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

#### RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, **S.T.R.** Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \* Ask the individual to **SMILE**.

**T** \* Ask the person to **TALK** and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today.)

**R**\* Ask him or her to **RAISE BOTH ARMS.**

If he or she has trouble with **ANY ONE** of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- **Stick out Your Tongue**

**NOTE:** Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

**Pass this on. I have done my part. Will you?**

DISABILITY SPORTS VICTORIA



*One team... One goal*

Disability Sports Victoria is the peak body for all State Disability Sports Associations and is incorporated as the 'Victorian Disabled Sports Advisory Committee Inc' (VDSAC)

#### **Ask Me 3**

Ask Me 3 is a website for both providers and patients that promotes three simple but essential questions that patients should ask their providers in every health care interaction. The Ask Me 3 program is sponsored by the Partnership for Clear Communications and provides information and practical strategies for both patients and providers to address health literacy issues.

- 1 What is my problem?
2. What do I need to do?
3. Why is it important for me to do this?

[://www.npsf.org/askme3/for\\_patients.php](http://www.npsf.org/askme3/for_patients.php)

If you don't have access to the internet and want more information about this call Chris on 03 9754 4736

## HOSPITAL LIAISON PROGRAM MEETING

A meeting will be held for members who are involved or wish to be involved in the Hospital Liaison Program on Sunday 4th October 2009 at Windy Hill (following Post Games & Annual Meeting).

The meeting will commence at the conclusion of the Annual Meeting & Post Games function (approx 3.30-4pm) and will last approximately half an hour.

Items for discussion include: Action taken to date; Pre / Post Transplant Info sessions for new patients; TA promotion.

All members welcome. Enquiries to Karen on 0423 021 984 or via email [nuckster@ncable.net.au](mailto:nuckster@ncable.net.au)

## TA Vic / Tas FUNCTIONS, EVENTS, FUNDRAISING AND SO ON....

Do you have an idea for any of the above? If so let one of the committee members know about it, the names and numbers are on the front of this newsletter. We are always looking for new and interesting things to try out.

On that note – is there anyone out there who is interested in having a go at horse riding? It has been suggested that we could offer a half day (2hr) ride or a full day (2 x 2hr) with a BBQ lunch. Shorter rides could be offered.

What about doing a basic First Aid Course?

If you are interested email Chris on [gtew2475@bigpond.net.au](mailto:gtew2475@bigpond.net.au) or phone her 03 9754 4736.

A little bit of history – **4<sup>TH</sup> INTERNATIONAL TRANSPLANT GAMES, ATHENS, August 27 – 29, 1982.**



Above is the Australian Team that competed in Athens. At front holding the flag is David Cairns. Members competing in the current games are James Boffey (4<sup>th</sup> from left with beard) and Chris Tew (in yellow). The Opening Ceremony and athletics were held in the Panathenian Stadium where the first modern Olympics were held in 1896.

### Some interesting points:

All Australian representatives were Kidney recipients.

This was the first games where heart recipients took part. Two from Great Britain.

It was an Open event ie no age groupings.

18 Countries attended with a total of 218 athletes. USA consisted of 3 independent teams – American Kidney Fund Team, National Kidney Foundation Team and Philadelphia Team.

Athletic events – 100m, 400m, 1500m, 3 mile mini marathon, Shot put, High Jump and Ball Throw.

Swimming events - 50m & 100m Freestyle, Backstroke and Breaststroke, 3x50m Medley.

Other sports – Tennis, Table Tennis, Badminton, Squash and Golf.

On the day after the sports were finished everyone was invited on a one day cruise to the islands of the Saronic Gulf – Aegina, Poros and Hydra.

Compare this to the 50 countries, up to 2000 competitors, all varieties of transplants, 14 sports, dedicated junior events, multiple age group categories that will be on offer at the 17<sup>th</sup> World Transplant Games on the Gold Coast.





## VICTORIA / TASMANIA BRANCH COMMITTEE NOMINATIONS 2010

### **Positions available:**

Vice President – 2 year term

Secretary – 2 year term

Newsletter Editor

Representatives - Junior / Living Donor / Donor Family

Region/Area Delegates – Geelong, Gippsland, Northern, Bendigo, Ballarat

Membership Co-ordinator

Website Manager

Fundraising Co-ordinator

General

Hospital/Dialysis Unit liaison members may also nominate via this process for 2010. These members are not part of the committee and are not required to attend committee meetings.

Nominations to The Secretary, 51 Bayview Avenue, Inverloch 3996 or via email [jancoates@westnet.com.au](mailto:jancoates@westnet.com.au) by COB **Friday 18<sup>th</sup> September 2009**.

Any financial or life member is eligible to hold a position on the committee and may nominate themselves.

### **Conditions:**

Those nominating for an executive position for the first time must have served at least one year as a general committee member (exceptions may be made in some circumstances at the discretion of the Committee).

Committee members are required to attend a **minimum of three out of six scheduled meetings** per year. Meetings are generally held on the last Sunday of every second month commencing January.

All committee members must have a current "Working with Children Check"

### **Terms:**

Vice President & Secretary will be 2 year terms. All other positions will be one year terms.

Positions will be announced at AGM on Sunday 4<sup>th</sup> October 2009 at Windy Hill. If a vote is required it will be conducted on that day by members present.

Full details of position and Committee Guidelines are available from Karen Knuckey ([nuckster@ncable.net.au](mailto:nuckster@ncable.net.au)), Jan Coates ([jancoates@westnet.com.au](mailto:jancoates@westnet.com.au)) or Chris Tew ([qtew2475@bigpond.net.au](mailto:qtew2475@bigpond.net.au)).

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NAME:

EMAIL / PHONE:

COMMITTEE POSITION:

NOMINATED BY:

SECONDED BY:

I would like to be a Hospital Liaison Member for: ..... (Hospital & Unit)

Return slip to : The Secretary, 51 Bayview Avenue, Inverloch 3996 or via email [jancoates@westnet.com.au](mailto:jancoates@westnet.com.au) by COB **Friday 18<sup>th</sup> September 2009**