Awards at the World Transplant Games in Göteborg, Sweden 2011

The Outstanding Athlete Awards will again be presented at the World Transplant Games in Sweden this year. Also, for the first time, separate awards for the Outstanding Junior athletes have been introduced. The criteria for both Adult and Junior Awards are as follows:

The WTGF Outstanding Athlete and Outstanding Junior Athlete awards are presented to a man and a woman and a boy and a girl respectively who have been nominated by their team manager and selected by the Judiciary Committee using the following criteria:

- Performance (number of medals won)
- Quality (strength of competition)
- Diversity (achievements in multiple sports)
- Sportsmanship

As at previous Games, the Maurice Slapak Award for the Men’s 5k Road Race Team and the Peter Griffin Award for the Men’s Freestyle Swimming Relay Team will also be presented to the Gold medal winners of these events.

Good luck to you all!

Athlete Code of Conduct

The WTGF Athlete Code of Conduct is reproduced here as a reminder for the 18th World Transplant Games in Göteborg, Sweden.

As an athlete competing in the World Transplant Games, I pledge that my conduct will reflect the highest level of sportsmanship, respect and decorum.

I pledge to know the rules of my sports and to respect the judgment and the decisions of the officials. I pledge to compete with honesty, with fairness, and with a spirit of justice and at all times to show respect towards officials, volunteers, my fellow competitors and spectators.

I understand that to be a sportsman, I should respect not only the written rules but also the unwritten rules. I should attach more importance to the playing of the game than the winning of the game, to voluntarily renounce any advantage gained without strict adherence to the rules.

I understand that if at any time prior to or during the event my medical stability or health is questioned, I may be subject to removal from any or all events for my own safety.

I understand that if I compromise this pledge, I may be subject to disqualification from this and possibly other transplant sports-related events.

Good luck to you all!
MESSAGE FROM THE PRESIDENT

It is hard to believe that we are so close to the 18th World Transplant Games – all the planning and hard work will be near fruition by the time you read this. I would like firstly to thank Anders Olsson and all his wonderful team for the enormous effort they are putting in to make these Games exceptional and to welcome us all to Gothenburg in true Swedish style.

I am delighted to see so many new flags at the Games this time – it is hoped to see representatives from Bhutan, Ecuador, Nepal, Kenya, Lithuania and Peru – all first timers at the Games and I hope that we will all do our best to make them welcome and to support them in their first Games experience.

Inside this Journal you will read about WADA (World Anti-Doping Agency) – we are trying to simplify for you all the implications of WTGF adopting the WADA Code of Conduct in our future sports activities. During the week in Sweden, I invite our country representatives and team managers to attend a WTGF Workshop in conjunction with the IOC on this issue. For those that cannot attend, we will be happy to provide information after the event.

It is time for WTGF to consider bids for the 2014 Winter World Transplant Games and for the 2015 Summer Games and the Council will be considering applications during the Council meetings in Gothenburg. Meantime, of course the 2012 Winter Games in Anzère are in the planning stages as well as the 2013 Summer Games in Durban – we hope to have some presentations to show you during the General Assembly on June 21st.

It remains for me now to thank the WTGF Councillors and Secretariat for their hard work over the last year. In particular I extend a huge thanks to Heather Fisher from Canada who will retire this year after 16 years service on the Council - also, thanks to Mark Murphy from Ireland for his contribution to our work and good luck to those Councillors that are standing for re-election as well as the many new faces from various countries that have put their names forward.

See you in Sweden

Olivier Coustere
President

MESSAGE FROM THE SECRETARY

Hello Everyone,

We are only weeks away from our Federation’s premier event! The Local Organizing Committee has done a great job in its planning while at the same time attending to the hundreds of small but necessary details that need to be managed so that everyone attending has a positive experience.

These Games marked the first time that the Federation has implemented an online registration system for its events. Our intent is to introduce uniformity and stability to Games registration so that the process is basically the same each time for registrants, team managers, etc. We appreciate the hard work by the 2011 LOC in the inaugural launch of the platform and look forward to moving past the “learning curve” as we go forward with our events.

These Games also mark the first time that an Outstanding Junior Athlete Award will be presented. The criteria for these Awards can be found elsewhere in this Journal.

The constitutional revisions for the General Assembly this year are mostly minor and serve to clarify original intent, but there are two proposals that have been approved by the Council in the interest of better and greater representation—first, that a proxy holder at the General Assembly must be a citizen of the country whose proxy he or she holds, and secondly, that a member country is only permitted to have one representative on the Council. If approved, these changes would be effective for the 2013 General Assembly. Please make your thoughts on these issues known to your Country Representative so that your opinions are counted.

I hope to see all of you in a few weeks in sunny Sweden!

Gary Green
Secretary

“The beginning is always today”
Mary Wollstonecraft (1759-1797)
The mission of WADA is to promote, coordinate and monitor the fight against doping in sport in all its forms.

Founded in 1999 as an international independent agency composed and funded equally by the sports movements and governments of the world, WADA works towards a vision of the world that values and fosters a doping free culture in sport.

The key activities of WADA are scientific research, education, development of anti-doping capacities and monitoring of the WADA code of practice.

Since the World Transplant Games Federation is a recognised organisation of the International Olympic Committee since 2009 and we hope to achieve full recognition during the coming year, we have had to put in place certain measures which are obligatory in terms of our continued relationship with the IOC – one major necessary step is for WTGF to agree to comply with the WADA code of conduct in all our events. We have therefore signed the WADA compliance agreement and over the coming years we will be introducing certain of the essential conditions to our Games. The benefits, including potential financial support, will outweigh the cost of putting these measures in place.

All transplanted athletes at the 2011 World Transplant Games in Sweden this year are being asked to complete a comprehensive list of their prescribed medication. With our WTGF medical committee, we will study and review this information after the Games and as a result, we will use the final list to work towards issuing the essential exemptions for our transplanted athletes to compete at our Games in future years. WTGF has appointed a medical committee in order to oversee the issue of these exemptions which are called TUE’s – Therapeutic Use Exemptions. The participant’s prescribed drugs for their particular medical condition will be on that list of exempted drugs and they will be issued with the necessary exemption and be allowed to compete in their particular sports event.

These measures will be introduced in time for the 2013 World Transplant Games in South Africa and thereafter the WTGF will instigate random dope checks on individual athletes from time to time throughout the Games.

Many of you may ask why these measures are considered necessary. Firstly, they are a condition of our membership of the Olympic family and of WADA and secondly, it has become apparent over recent years that some transplanted athletes may have been taking additional, non-prescribed drugs, not necessarily related to their transplant condition, but such drugs have served to enhance their sporting performance in certain events. There is a great incentive for some of our athletes to win medals at any cost and there is a financial incentive in some cases through their own Governments to return home with many medals.

This is not considered to be a widespread practice within the World Transplant Games whatsoever, but it is one that we are aware of and we would certainly wish to end before it does become common practice.

The fundamental principles of the Olympic Charter are that every individual must have the possibility of practising sport, without discrimination and in the spirit which requires mutual understanding, a spirit of friendship, solidarity and fair play. For this reason, WTGF will move forward now to ensure that this charter is honoured in all aspects of our Games.

Visit us

WORLD ANTI-DOPING AGENCY
play true

www.wada-ama.org
Heather Fisher is a well-known face to transplant recipients all over the world, not only as a long-standing WTGF Councillor but also as Co-Chair of the Local Organising Committee for the 2005 World Transplant Games in London Ontario, Canada.

Heather first attended the World Transplant Games in 1989 in Singapore and has served as a WTGF Councillor since being elected in 1995 during the Games in Manchester, UK. She received her new liver on 23rd April 1983 after 15 years of liver disease and has since dedicated her life to promoting organ donor awareness.

Born in Niagara Falls, Ontario, she is the second longest surviving liver recipient in Canada, celebrating this year her 28th transplant anniversary. Heather has been a registered nurse for the past 36 years and is currently a Nurse Clinician for the anesthesia department at the London Health Sciences Centre in London Ontario, Canada.

She has been involved in the Canadian Transplant Association since 1989, over this time working as team manager of the Canadian team, Vice President and President. Heather also licenses with pharmaceutical companies helping to develop educational tools for recipients. She promotes organ and tissue donation on a local, national and international level as a guest speaker at schools, health and medical organisations. In recognition of this work, Heather was honored to receive one of Canada’s most prestigious awards in 2003, The Queen’s Golden Jubilee Medal.

In 1989, Heather climbed Mount Kilimanjaro in Africa to promote organ donor awareness, being the first liver transplant recipient in the world to accomplish this feat and leading the way for the many recipients who have followed in her footsteps in subsequent years.

Heather’s devotion and enthusiasm for the cause of raising awareness of organ donation have combined to establish her as a valuable World Councillor over the years. She passionately believes that the World Transplant Games are an excellent vehicle to showcase transplant athletes and the vitality and enhanced health that can be achieved after transplantation, whilst raising awareness for the need to increase organ and tissue donation not only in each country who hosts the Games, but worldwide.

Heather has decided not to stand for re-election as a WTGF World Councillor in Sweden this year and the WTGF President and Council would like to extend a huge “Thank You” to Heather for her work and dedication over the last 16 years and for her outstanding work in 2005 as Co-Chair of the World Transplant Games in London, Ontario.
WELCOME TO GÖTEBORG!

The LOC of the 18th World Transplant Games welcomes every athlete, every relative, every donor and donor family to reap the benefits of our four years of hard work. It is our intention that the 2011 World Transplant Games, 17th – 24th June, will be ‘The Best Games Ever’ - let the Games begin!

It is very exciting that the Crown Prince of Sweden, Prince Daniel, has accepted our invitation to be the Patron of the 2011 WTG. We can think of no one better. Prince Daniel knows what every athlete and family faces when a severe illness affects a family. Prince Daniel received a kidney from his father in May 2009. We want to extend a big “Thank You” to Prince Daniel, his family and of course the Royal Family for supporting the 2011 World Transplant Games and the cause of organ donation.

It is also very exciting to see the interest worldwide for our Games within the WTGF family. When the registration closed at 1st April, a total of over 1,800 people had registered from 53 countries! The number of athletes is in the four figure range, 1,036. Fantastic! This week will be a magnificent celebration of life and its all thanks to all of you who travel from far and near competing and supporting the Games. YOU make them happen! YOU are the Games! YOU Rock!

The city of Göteborg is at its best this week. The week leading up to Midsommarafton is usually very warm and the sun will throw itself at you...remember though that this is written in April...but seriously, this is ‘the week’ to be in Sweden. Summer is peaking, people are happy and everyone has a smile on their faces because Midsommarafton is the biggest party day for every Swedish man, woman, child and family. We will show you how to celebrate the summer solstice properly at the end of the week. It will be a memory for life. We can promise you this.

Please feel free to explore Göteborg. There is something for everyone here but you have to explore the archipelago and the clean water. You can take a swim almost in the centre of the city. Just a short bus ride away there are swimming baths both standard and ‘clothing optional’ ones. We are very proud of the clean water. A drink of fresh, cold and soothing water is just a tap away. Don’t hesitate to refill your water bottles directly from the tap. It’s good for you. Sweden can be extremely hot in the summer so take a sip every now and then, not to be dehydrated.

Of course you should party too! Avenyn is the main street in Göteborg and it is also ‘party central’. This is where it all happens, from rock clubs to discos, restaurants, pubs and everything you can think of. In Göteborg you should eat sea food. The fish, crayfish, mussels, shrimps are magnificent and there are many good sea food restaurants in Göteborg.

There is one thing you have to try before going home. It is a “Halv Special”. It translates to “A Half Special”. When you go home in the bright summer night with a smile on your face and feel a little peckish you look for a hot dog hut, “Korvmoj” in Swedish, and order a “Halv Special”. It is a hot dog in a bun with mashed potatoes on top. Ketchup and mustard are options, but it’s the best late night snack you can think of! The Halv Special was invented in Göteborg. Bon appétit!

WTG2011 is now at journey’s end... let a new exciting journey begin. Happy trails to South Africa and Durban in 2013.

CJ Ahl
WTG2011 LOC
**FUTURE EVENTS** • **FUTURE EVENTS** • **FUTURE EVENTS** • **FUTURE EVENTS**

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**TRANSNOWORLD Anzère 2012 NEWS**

We are delighted to announce that we will be offering 2 extra nights 7 nights instead of 5!

More time to relax and take in the breathtaking Swiss Alps, while pampering yourself in our brand new Wellness and Spa opening this Autumn.

Anzère is a small cozy resort, adored by people from around the globe who have bought apartments and chalets to get away to their little secret hiding place to recharge their batteries. We have a very active owners association and their international members will be thrilled to know that their country is being represented at the Games in their favourite resort.

To help spread the positive message on organ donation, we are inviting our proprietors and local residents to invite our athletes to dinner in their homes during the week. In this way, friends will be made and people who previously knew nothing about organ donation will know how much our transplanted athletes and their families appreciate everything in life thanks to their donors. In this way they will also spread our positive message on organ donation.

The Nicholas Cup will be coming home to its birthplace, and the TACKERS team is ready to look after our Nicholas Cup participants who will spend a really wonderful week full of fun and surprises.

For those of you who would like to make this week a holiday for your family and friends who do not normally participate at the games, special offers are available for 399 CHF for a week in an apartment with a 6 day ski pass.

To break the ice for newcomers, we will be holding the Snow Games on the Sunday March 4th, where teams will battle in the snow amongst obstacles and booby traps, so bring your sense of fun.

To keep up to date with the organization sign up for our newsletter on  [www.wtg2012.com](http://www.wtg2012.com).

Vivian Mottet, President LOC, Anzère

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**WORLD TRANSPLANT GAMES 2013**

**DURBAN, SOUTH AFRICA**

At the time of writing, we are exactly 28 months away from the WTG2013. So much has already been done but on the other hand, so much still has to be achieved before we start the official count-down to the Games in Durban.

Support so far has been very strong and this bodes well for making this the biggest ever event in South Africa to promote organ & tissue donation. We look forward to meeting you all in Sweden and then to welcoming you all to Durban, South Africa in 2013.

Willie Uys, President LOC, Durban

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**FUTURE EVENTS** • **FUTURE EVENTS** • **FUTURE EVENTS** • **FUTURE EVENTS** • **FUTURE EVENTS**
Alan has always dreamt of travelling Africa. As a child, he followed his brother’s progress across the continent and lived the trip vicariously through him. The experience installed within him an obsession with travel, and especially with Africa. Due to his failing kidneys, however, he was never able to travel outside of South Africa, let alone undertake a big cross-continental trip.

When Alan had his transplant in August 2009, I brought him a couple of gifts to the hospital to rouse his spirits. The first was an ‘imaginary Africa trip’ – a map of Africa with a collection of envelopes, each containing a country, a ‘travel lesson’ and photographs. He was to open one envelope each day of his hospitalisation and thereby be transported across the continent. The second gift I gave him was a piece of the mountain. Alan adores mountains, so in a box, I gave him pieces of trees, rocks, pine-cones and other mountain finds I collected on a hike, together with a picture of him conquering a mountain peak, which was as much symbolic as literal.

It’s been nearly 18 months since the transplant and Alan’s new kidney has made itself wonderfully at home in his body. In fact, he now leads a life far superior in quality to anybody I know. We’ve decided to show the world exactly what a transplant can do for someone by undertaking the real-life Africa trip that Alan has always dreamed of. Due to some remaining health reasons, however, Alan won’t be able to undertake the entire trip. In fact, he will only be doing the southern half of the trip from Kenya down. The northern part of the trip will be done alone, on his behalf.

Symbolically replicating a ‘conquering of mountains’, the trip will take place between two significant mountain peaks: from Mount Sinai in Egypt to Table Mountain in Cape Town. This peak-to-peak trip will cover 12 countries (Egypt, Sudan, Ethiopia, Kenya, Uganda, Rwanda, DRC, Tanzania, Zambia, Botswana, Namibia and South Africa) in four to five months.

While the trip has always been something that both Alan and I have personally dreamed of doing for a long time, we would like to use the trip to benefit the broader transplant community of our continent. This is especially in light of the World Transplant Games, which are scheduled to be held in South Africa in 2013. Below is an outline of these objectives (international, continental and national) and our strategies for achieving them.

OBJECTIVES

Continental Objectives
1. Promote World Transplant Games to African countries and teams
2. Raise funds for potential teams and participants from African countries

National Objectives
1. Raise awareness about the Games within South Africa and build a national audience

International Objectives
1. Raise awareness about the state of organ donation and transplants in Africa
2. To inspire potential donors and patients by demonstrating what transplants can do for an individual’s life

We would like to use our trip to demonstrate the quality of life that can be lived post-transplant. Alan’s ability to undertake this trip is a testament to the significant change that a transplant can do in a person’s life. Alan’s progress will be documented on our blog and hopefully his story will inspire people to sign up as organ donors, while also inspiring transplant patients.

Leanne Johansson
www.peak2peak.wordpress.com
The Bulgarian Union of Transplanted Patients organised the Third National Transplant & Dialysis Games which took place from 25th to 27th February 2011 in Sophia, Bulgaria. The event was a part of the National Organ Donation Campaign and was supported by the Bulgarian Council of Ministers, the Ministry of Physical Education and Sports, the Ministry of Health, the Executive Agency for Transplantation and the National Patient Organization.

The Patron of the Games was the Prime Minister of the Republic of Bulgaria, Mr. Boiko Borisov and we were pleased to have guests from Slovenia this year at our event. We were especially honoured to receive a message of goodwill from the President of the World Transplant Games Federation, Mr Olivier Coustere, which was read at the Opening Ceremony.

A total of 70 people took part in the Games at Sophia, which included 13 children, 17 women and 40 men and the correlation between transplanted and dialysed patients was 49 transplanted and 21 dialysed. The youngest participant was just five years of age and the oldest was 62 years old. The sports at the Games were held in six age groups which led to a fair and competitive event which was enjoyed by everyone who attended.

During the Games, the national team was selected to represent Bulgaria at the 18th World Transplant Games in Göteborg, Sweden. The Bulgarian team is very excited and looking forward to meeting old friends and new in Göteborg. See you there!

Sisi Markova, Bulgarian Union of Transplanted Patients

The Italian Transplant and Dialysis Association, ANED, has regularly organised sporting events over many years. These include the Italian National Games, Winter Games, football and volleyball tournaments which are attended by both dialysis and transplant recipients from Italy and abroad.

In January each year, during the Week on Snow in Valtellina, there are competitions in orienteering with “Ciaspole” (a kind of local snowshoe), cross-country and a final giant slalom between patients and doctors. Then in May, at the National Games, several competitions are held which include athletics, cycling, swimming and tennis. These events are eagerly anticipated and enjoyed by all participants.

In September, in Pavia, the “Match of the Heart” takes place where transplant recipients play football against the transplant medical team of the Italian Transplant Network and throughout the year the volleyball team attends events out and about in Italy promoting transplantation and organ donation.

ANED is followed by famous sportsmen who can see the aims and achievements of the Association and by doctors conducting research about transplantation and the benefits of sport.

Dr Anna Maria Bernasconi, ANED
Hello from the VIII Argentine Games and V Latin American Games!

Team Uruguay at the VIII Argentine Games and V Latin American Games!

The Course du Coeur in France - what a great event!

TACKERS 2011 - 40 kids from 12 countries!
NATIONAL TRANSPLANT GAMES AND EVENTS FROM AROUND THE WORLD

Enjoying the sun in the beautiful Swiss Alps at TACKERS!

Heart, liver and kidney recipients on the podium at the French Winter Games

Smiling faces at the Kidney Walk in Nepal!

Touching the line at the Games in Nepal!

Happy footballers at the “Match of the Heart” in Italy

Events from around the world • Events from around the world
The French National Winter Transplant and Dialysis Games took place in January this year in the peaceful and charming little village of La Chapelle d’Abondance in the Haute Savoie.

With a full programme of events from cross-country skiing, slalom, giant slalom, parallel slalom, biathlon and short distance speed skiing, the days were full of laughter, adventure, medals, friendship and fun. All these emotions mixed together over 5 days where sport and ‘joie de vivre’ mingled in a true celebration of the gift of life.

The 9th National Winter Transplant and Dialysis Games 2011

This was the 25th anniversary of the Course du Cœur – the French Heart Race which took place from 16 to March 20, 2011. Over 4 days and 4 nights, 750 km, 227 runners... an exceptional race to promote organ donation!

Supported by Professor Christian Cabrol who performed the first ever heart transplant in Europe in 1968, the Course du Cœur included 15 teams of 14 runners from various businesses and 16 transplanted runners. Starting at La Place de Trocadero in Paris and finishing at the ski resort of Les Arcs, this annual event in different parts of France took 4 days and 4 nights - 750 km in relay and a massive human effort on behalf of all concerned. The runners were welcomed by more than 16,000 “paper hearts” which were distributed by school children all along the route – the hearts being a symbol of generosity and support for the transplant recipients and for those waiting for a transplant.

Trans-forme, France

Transplant Links Community (TLC)
Success in Ghana for Transplant Links

The TLC team’s recent visit to Ghana was a great success, thanks to the continued commitment of the University Hospital Birmingham team, who were also joined this time by consultant colleagues from Cardiff and Manchester.

Four transplants were completed, each with a close relative as the donor. The teaching continued and to maintain the momentum TLC would like to return again within a year. The highlight of the week was meeting the patients we had helped before, seeing them looking so well and living their normal lives again. Pictured here is Felix, the first patient TLC helped three years ago, with surgeon Nick Inston. He is now doing well at college.

Patrick and Patricia were helped on our first mission to Ghana. Patrick received a kidney from his wife. They would like to pass on their thanks to everyone who has helped TLC along the way, Patrick said “We have our lives back again. We can work, and enjoy life with our families. Thank you so much.”

Thank you all for your kind support and making this possible.

Dr Jennie Jewitt-Harris
www.transplantlinks.org
It was just a few days prior to the phone call that I was pondering upon my role as a film maker/photographer and how to make it a more worthwhile venture to benefit more people and... Ring Ring. My musings were cut short by the chance to volunteer to help children who have had transplants and do some photography for ‘TACKERS’ in the jolly Swiss Alps!

A few weeks prior to travel I began thinking and realising the magnitude of the journey I was about to embark upon. I was to be surrounded by children who have had life-saving surgery. I realised that it could be a tough week, a sad week spending time with young people that had been on the edge of mortality. I prepared myself for the worst. However, it only took my first moments of meeting Liz Schick, the founder of TACKERS, for the tone of my week to be set. I extended a formal hand, which she slapped away and replaced it by a warm embrace... I knew I was in for something special!

I could talk about the week and all the wonderful people and places we visited and the will of the children but it was the final evening that epitomised TACKERS for me. Children from each country performed a ‘spectacle’ (song, dance, etc) and then presented the 2011 TACKERS banner, interweaving each child’s own ‘flags’ they had designed during the week. It culminated in a wonderful piece of art, a memento of TACKERS 2011 and moreover, a metaphor for the week—the coming together of children from a variety of backgrounds for one shared journey. There I shed my first TACKERS tears. Not out of pity or sorrow for the children, but out of the grim sensation of returning to London and not having these wonderful people in my life. TACKERS has created a tremendous bubble of joy, and Liz is the mother of this beautiful family, bringing together children and adults in a colourful madness.

The sorrow I was so terrified to endure on my departure to Switzerland had escaped me, replaced by inspiration. Ironic then that upon returning to London was where the sadness struck. Fortunately it was soon replaced by fond memories of those Alpine days. It was then that I realised the magic of TACKERS extended beyond helping transplanted children. In a cliché case of role reversal, it was the children that were healing the adults. It was the connection with the child in each of us that made the week so successful and inspired the adults to give it their all for these wonderful human beings.

For the first time in Britain since winter we are seeing some sun and I’m still wearing the colourful hat I bought from Liz’s shop, as a symbol of the TACKERS spirit: Colourful Madness. I think I have earned the title of a foot soldier in Liz’s Barmy Army and want to be a part of TACKERS for the rest of my life.

Ismar Badzic
TACKERS Volunteer

The wonderful banner of Tackers 2011

Liz Schick of TACKERS
with Ismar Bodzic
I was born in 1967 in the beautiful city of Aeginio, in the province of Pieria, Greece, where I attended and finished my basic education. In 1985 I was accepted in the Department of Physical Education and Sports at the Aristotle University in Thessaloniki, where I graduated in 1989, specialising in athletics.

Since elementary school, I participated in school sports teams and at that age I learned to dance traditional Greek dances in a folk club. I was chairman of this club for six years, from 1992 to 1998. Today I continue to be an active member and still dance with the dance team in numerous events in Greece and abroad.

In middle school I was involved in gymnastics and also a founding member and key player of the volleyball team in my town. At the same time, I was involved with track and field in a major historical Greek club (PAOK THESSALONIKI) receiving several awards and participating in two international events. Sports continue to be a vital part of my everyday life and since 1991, I’ve been working as a professor of physical education in secondary schools.

Once I had finished my academic studies and was about to be professionally involved with sports, I was diagnosed with chronic end stage renal failure and was forced to undergo a dialysis for two years. The support of my family armed me with strength, courage and the thirst to be actively integrated in social activities and helped me cope and face my nephropathy in a courageous manner.

In 1992 I underwent a kidney transplant with the help of my sister Calliope, who generously donated one of her kidneys. It was an act of immeasurable love, generosity and altruism. My feelings cannot be described with words. Only people who have experienced this can understand. An immense “thank you” from the depths of my heart for the chance in life and the “good life” (quality) which my sister has given me, is the only thing I could offer.

The transplant enabled me to continue working as a professor of physical education and also to live and experience the intense joys and emotions that I never thought I could otherwise live to experience. All of us who are transplanted and dialysis patients have to accept that through sports we learn how to transcend ourselves, to participate equally, to create standards, to open roads and pave the way for the next to come.

Since 1994, I’ve been competing in track and field special events for transplanted renal patients and participating in Pan Hellenic Games events for dialysis and transplanted renal patients, which are organized in my country every year. In addition, since 1995 I have been an active member of the Greek National Team of Transplanted Athletes.

As a transplant athlete, I have participated in almost all of the worldwide events/games since 1995 and in all the Pan European events where I received several awards and also recorded a world record in the age 40-49 high jump with a 1.56m, which took place in Bangkok, Thailand in 2007.

All of us as transplant athletes have the responsibility to display the level of transplantation in our country, and with our involvement in every aspect of our social lives, to show that we aren’t “people with special needs” but “PEOPLE WITH SPECIAL STRENGTHS” which we use to get through the setbacks and difficulties in life, and we get by using the power of will for life, with the active integration and offers to our social environment.

Isidore Matskidis, Greek National Team of Transplanted Athletes (DROMEAS)
This is a game that everyone of all ages and level of fitness can play. It is easy to learn and does not require any particular skill or force from the players and is therefore perfect for everyone to join in. It is also easy to mix up teams of different ages and strengths. In 2010, it was offered at the Japanese National Transplant Games as an extra activity which gave everyone attending the Games a chance to participate and fully experience the event.

So how does it work? Unicurl can be an indoor or an outdoor game – it is basically curling on a mat rather than on ice! All that is needed is a flat surface to roll out the Unicurl mat, which is green with white goal circles on it, and a set of Unicurl stones which are of varying weights depending on the age and strength of the players. The stones are yellow and blue and weigh 2kg, 3kg and 4.2kg. The curling stones glide easily on the mat so players just need to “throw” the curling stone to play. Unicurl is not a power game. It is all about tactics and precision.

There are a few simple Unicurl rules which are mostly concerned with the position of the stones on the mat, the collision of the stones and the position of the player’s feet. However, these are mainly just guidelines on how to play as the aim is to have fun, socialise and enjoy yourself.

Unicurl can be played either individually or in teams of two to three players. A set is played over two games: the team with the yellow stones will open the first game and the team with the blue stones will play first in the second game. After a set of two games, the team or individual with the highest score is the winner. After all the stones have been played, the players or judges calculate the points and then the players carry the stones back to the start area, ready to enjoy playing the next set.

All details can be found on www.unicurl.com. Why not give it a try?
These helpful tips come from the parents of children who are experiencing chronic kidney disease.

1. Learn as much about your child’s disease and its treatment as you possibly can and pass this information on to your child. You’d be surprised at how much even very young children can understand and many times they will accept information more easily than an adult. Encourage your child to ask questions not only of you but of doctors, nurses and other health professionals. Many times, your child will ask questions you had not thought about or were afraid to ask. Don’t try to explain more than your child can understand, but don’t lie and don’t apologize for any treatments or procedures that have to be followed. Help your child understand that the doctors, nurses, dieticians and everyone else want to help your child feel better, even if that means they have to do things that may cause some temporary pain or discomfort.

2. Develop a spirit of mutual respect and cooperation with health professionals. Write out all the details of your child’s medical history, including dates. This will make it easier for you each time you come in contact with a new doctor. Try to be with your child as much as possible during any treatments or procedures. If you cannot be there, arrange for someone else to be present such as a grandparent, other relative, or close family friend. And make sure a favourite book, stuffed animal or special blanket is taken along. If your child is not talking yet, it’s a good idea to tape a note to his or her hospital bed or crib with helpful information for the staff, such as favourite foods, special toys or blankets, preferred time and method of taking medicines.

3. Try to maintain a normal daily routine, even during hospitalisation. Help your child understand about doctor’s offices, hospitals, dialysis units and laboratories and how they are used. By helping your child understand the places that are filled with strange and frightening instruments and machines, you can help eliminate a lot of your child’s fear.

4. Even a child as young as two or three can understand about “diet” if it is explained simply. Often, the child will be more compliant with dietary restrictions than an adult will. Have your child make a list of favourite foods and take him or her with you when you talk to the dietician to see if these foods can be incorporated into the diet plan.

5. A matter-of-fact attitude is the best way to get your child to take medication. Even very small children will swallow anything, no matter how distasteful, if they know they have no choice. Although your child has no choice about whether or not to take prescribed medication, you can offer a choice of when and where. And once the choice is made, make a schedule and stick to it. Sometimes medication must be given with meals, but don’t give it at the table where your child eats - find somewhere not associated with food and eating. Also if your child is on a fluid-restricted diet, water may be one of the things he or she would like to have most, so reserve part of the day’s fluid intake for a couple of swallows after medicine time.

6. Don’t let yourself become isolated. Talk with the renal staff and with other families of children with kidney disease. Also don’t hesitate to ask relatives and friends for help. Chances are they want to, but don’t know how, and are just waiting for you to ask. Sharing your experience will help you find ways to grow with it.
Nearly 10 years ago, I received a new liver.

Ever since my transplant, my family and I have felt immense gratitude to the family who donated their loved one’s organs to save someone they never met. I thought of the family often. I read stories and articles about people who had contacted their donor families and thought about making contact but I did not know what to say. I feared that anything I would say would be trite, inadequate and that hearing from me would reawaken their grief.

My perspective changed when I attended my first Transplant Games in 2006. While the Games are an athletic competition, they are also a gathering of transplant recipients, donor families, and living donors. Some recipients meet their donor families for the first time at the Games. I was amazed by the connections that I saw between donor families and recipients. It brought a personal reality to donation that I had not fully appreciated. I was inspired to write to my own donor family.

I found it very difficult to adequately express the joy that I feel as a result of being alive and healthy and thankful I am for what they did for me, knowing the generosity of the human spirit. I feared sounding insensitive to the loss and sorrow they had experienced. It took many years and drafts, but I finally sent letters and photos to the family we had thought of so often.

Those letters began many communications and an indescribable connection. I learned about my donor Sofia and her life and family. Sofia was beautiful, intelligent, and generous. She served in the Army and was working towards attending law school. She had a daughter and would do anything to help or bring joy to her and her family.

Sofia’s mother and sister live in Texas and her brother Angel lives outside of Washington, DC (not far from me and my mom) with his wife and two young daughters. Angel is in the Army and saw our letters and photos weeks before deploying to Afghanistan. He wanted to meet us before he left! My mother and I met Angel and his family in September, 2010. That day is one of the two major highlights of 2010. The second was in October when we met Sofia’s mother Elena, sister AnaMaria, and her niece and nephews.

Hilary Hoagwood

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Hilary with Angel, brother of her donor Sofia
Summer has come early here in the UK and reminds us of the long days and long evenings that we can look forward to in Gothenburg in June - as we write this, we have counted 45 days to the Opening Ceremony and we are very excited. We are hoping to see teams from Peru, Ecuador, Bhutan, Lithuania, Kenya and Nepal for the first time at the World Transplant Games this year and we know that you will all welcome them and make their experience of the Games so memorable that they will want to come back every time.

You can look forward to hearing about the next Winter World Transplant Games and the 2013 Summer Games during presentations to be made in Gothenburg - Winter 2012 will be in Anzère, Switzerland and Summer 2013 will be in Durban, South Africa.

Both Karen and I will be available in Gothenburg for you all to come and visit us in the WTGF designated area - so please come along and say hello - we hope to meet all the Country Representatives who attend the Games and to renew friendships with those that we already know. We would love to put a face to a name as we are in constant communication with you all by email.

Thank you to all those who have sent us articles, photos and inspiration for this Journal and our sub-editor Colleen Horan-Green who works with us on the production.

With best wishes to you all and looking forward to seeing you in Sweden if you can make it - if not, please continue to keep in touch.

Mary Twomey and Karen Cole
WTGF Secretariat

“We are hoping to see teams from Peru, Ecuador, Bhutan, Lithuania, Kenya and Nepal for the first time at the World Transplant Games this year and we know that you will all welcome them”
Around 350 transplant recipients and donors gathered together to participate in the first National Transplant Games held in Nepal, together with 100 members of the transplanting team which included doctors, nurses, artists, journalists, social workers, former UN diplomat and other high dignitaries. The Games were opened by Supreme Court Justice Mr Kalyan Shrestha.

The event was enjoyed by all who attended and there was excitement on the track when Pashupati Kunwar, a 28 year old policeman who had received a new kidney only a year previously, won the 100m and 1500m events in the under 40 years category and Netra Bahadur Ale won the gold medals for the 100m and 400m in the over 40’s men’s races. Also Geeta Shrestha emerged as the winner in the women’s under 40’s 100m and 400m races and Narayan Kharel was victorious in the 100m for the over 40’s women’s group.

A football match took place between the transplanted team and the transplanting team and most interestingly the recipients won by a significant difference, three goals to nil. This has created a sensation amongst the so called ‘healthy group’ and warned them that their health condition is, perhaps, not so good as they imagined and also indicated their lack of consciousness regarding their own fitness.

Aarogya Foundation, a charity organization dedicated to the service of kidney transplant patients, was the main sponsor of the event and Himalayan Spring Water was the co-sponsor.

At the end of the programme, the winners, sponsors and organisers were awarded with certificates, medals and commendation letters by the special guest, Justice Mr Kalyan Shrestha.

The 2nd Transplant Games are scheduled to be held again on New Year’s at the Dasrath Stadium in Kathmandu with improved organization and increased participation. The members of the transplanting team are busy honing their football skills in advance this time hoping to at least secure a respectable draw with the transplanted team if not a fully fledged win!

Dr Pukar C Shrestha
Transplant Surgeon and Unit Chief,
Bir Hospital, Kathmandu, Nepal
General Secretary
Aarogya Foundation, Kathmandu, Nepal

Three new donor awareness campaigns took place in Nepal for World Kidney Day 2011 which included an interaction programme in Bir Hospital, Kathmandu and a free Kidney Clinic at the Aarogya Foundation building on 10th March. The Kidney Walk and Organ Donation Awareness Campaign Rally set off from Ratna Park, Shantibari, at 8.30am on 12th March led by many high dignitaries from Nepal including ex-Deputy Prime Minister Mr. K P Oli who is a transplant recipient himself. The event was a great success and was very well attended. A live concert by prominent Nepali artists concluded the day and was thoroughly enjoyed by all who attended.
At Astellas Transplant, we work in partnership with the transplant community with the goal of improving the quality of patients’ lives.

We understand the dramatic impact transplantation can have not only on donors and recipients, but on every life that transplant recipients touch. We are pleased to support patients as they celebrate their successes through the World Transplant Games Federation (WTGF) and Transplant Adventure Camps for Kids (TACKERS).

WTGF and TACKERS help create an environment of shared experiences in which transplant recipients and their families’ lives can flourish, while also working to raise public awareness of the success of transplantation and the amazing difference organ donation can make. We are proud to provide ongoing funding and volunteer support to help make these events possible.

Proud sponsor of WTGF and TACKERS

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