

Covid-19 - Jane Donnelly talks about life in lockdown

Like most of you all I have had to endure an unplanned holiday of 5 weeks at home living under the Covid-19 Level 4 restrictions. Here I am in my own bubble wondering how well this will work for me. I quickly started thinking of all the things I could do to entertain myself. Bike rides each day became the number one activity.

Truly I had an awesome time out exploring my local area enabling me to enjoy my neighbourhood, Autumn and especially the many families, individuals who were out enjoying this time either on bikes, walking, running or exercising the family pet. The many waves, smiles, hellos that we exchanged knowing we are all in this together. And what a great outcome we all got as a nation for our health and wellbeing. We all did it together!!

To support the idea of biking in one's local area I accepted a challenge, by my bike coach, to ride 100 km, no further than 5 km from home and the route could not be greater than 5 km. My loop was 4.6 km around the back of Silverstream, Mill, Christmas and Butcher Roads. I completed the challenge 22 times around the loop. Luckily, I had a pleasant Autumn day, a SW wind 16 km/hr. that came of the top end of the Southern Alps. Hence had 50/50 head/tail wind.



Jane is a liver transplant recipient

Janes 4.6km route

The best part about this ride was seeing many families, people in their own bubbles out enjoying the Autumn day all looking happy enjoying the moment. Now it's time to return back to work to find a new norm in Covid-19 level 3 as a front-line nurse.

Transplant Bears in Victory – New Zealand contributions



Bears: Top right Adrienne Smith, bottom left Sheryl Power, bottom right Sara Ford

This was a call out by the World Transplant Games Federation to our transplant family around the world. We were challenged to band together by posting pictures of our teddy bears in victory – find a transplant games medal, an old school trophy anything that shows us in victory. Take a photo of them with your favorite teddy bear and post it on the WTGF Facebook page to show solidarity and create awareness.

Another challenge is to post photos (only) of transplant recipients exercising during Covid-19 Alert levels 2 - 4. So, if you are out and about walking, cycling, running, or indoors - rowing, weight training or even some palates or yoga, post it on the NZ and WTGF Facebook page!

Transplant World Magazine

Members would have received a hardcopy of the Transplant World Magazine a few weeks ago. Transplant World features all the latest news about transplant recipients and events held around the world. The WTGF collates this information and publishes Transplant World editions twice a year. The most recent edition was the last hard copy which will be distributed. Future editions will only be available in New Zealand electronically through the WTGF website.

Go to <https://wtgf.org/publications-and-resources/>

NZTGA Subscriptions

A big thank you to those members who have already paid their subscriptions and a gentle reminder to those yet to pay. NZTGA has ongoing costs and fund raising is limited, so we really appreciate your support.

A very warm welcome to our newest member Jessica Boulton. And re-uniting with us is Greg Hampton, welcome back Greg. We will hopefully all catch up in person at some stage in the near future.

If you know of anyone who would like to support the NZTGA by becoming a financial member, let us know by going to <http://transplantnewzealand.org.nz/contact/> or email Adrienne Smith at laurenceandadrienne@hotmail.com. We can send out details and information to prospective members including our newsletters, Facebook page etc.

AUSTRALIAN TRANSPLANT GAMES POSTPONED



On 8 April 2020 Transplant Australia formally announced the postponement of the Australian Transplant Games due to COVID-19.

The Board of Transplant Australia, after receiving advice from specialists, to postpone the Australian Transplant Games (planned for September 2020) to be held in Launceston Tasmania, due to the Coronavirus (COVID-19) Pandemic, until Saturday **10 - 17 April 2021**.

Uppermost in the Board's mind was the health and well-being of the transplant community. The Transplant Australia Board will continue to monitor the development of the COVID-19 Pandemic and its impact in Australia and will continue to keep members and transplant participants updated. For a full update is available at <https://transplant.org.au/transplant-games-postponed-to-2021/> or contact team manager Sheryl Power at Sheryl@transplantnewzealand.org.nz

Australian Transplant Games Facebook page at: <https://www.facebook.com/145074195543901/posts/2696752787042683?sfns=mo>

NZTGA webpage re-design

The NZTGA webpage is about to undergo a redesign. A special thanks to Adam Joyce for undertaking this work. Having Adam on board and able to put time and energy into our webpage is very appreciated. So keep an eye on the webpage at <http://transplantnewzealand.org.nz/>

Upcoming Event



There are no current updates on the Summer World Transplant Games to be held in HOUSTON TEXAS, USA May 29 – June 5 2021. Go to <https://wtgf.org/2021-houston-texas/>

Further updates will be sent to New Zealand Transplant Games members by email as they come to hand.

Aotearoa Bike Challenge Results



Ron Clark organised a team to participate in the Aotearoa Bike Challenge. Ron says "I really want to thank everyone that took up the challenge". NZ Transplant Games Association came in 6th position in the "Non-profit" Industry – Auckland section and 50th overall. Ron reminds everyone "Don't forget if the Australian Transplant Games goes ahead in April 2021 the bike challenge will be the ideal build up for all the cyclists wanting to compete. Individual results below.

NAME	DISTANCE POINTS	DAY POINTS	ENCOURAGER POINTS	TOTAL POINTS
Team Score	2053	720	100	2873
Jane Donnelly	1351	200	0	1551
Ron Clark	240	130	100	470
Ben Stanbury	156	190	0	346
Bryan Eckersley	194	150	0	344
Adrienne Elizabeth Smith	54	20	0	74



Ron Clark in action at the World Transplant Games in Newcastle