



Toronto 2019

**Coming
Soon!**

NCCWMA 2019 July 18-21, 2019!

NCCWMA2019 is just two weeks away and while there is still lots of work ahead of us, we are very excited. We are eager to work with our enthusiastic group of volunteers. We look forward to welcoming 1106 athletes and supporters from 32 countries. And of course, we all want to watch the masters athletes compete in road racing and running, cross country running, and athletics.

Over 100 of you have already attended training. If you haven't, there is still time to register for training July 10 at Toronto Track and Field Centre, York University, and July 13 and 15 at Varsity Stadium, University of Toronto.

Have you selected your shifts? There are still shifts available, but they are filling up. Register today to be able to choose a shift that best fits your busy schedule.

Not sure where to volunteer? Consider Field of Play. It's where all the action takes place.

Field of Play is known as heart of the competition. It's the area of the track and surrounding field where the athletes will compete. This is where you might see records made and records broken. It is where you will witness the inspiring performances that we have come to expect from a World Masters Event. Not every athlete will walk away with a medal, but they will walk away having given their 100% best effort.

Join us at Field of Play if you would like to work alongside the athletes and officials, helping to measure their performance with stopwatches, tape

measures or electronic devices. You might be asked to count laps for a distance race on the track, rake a triple jump pit or replace the high jump bar.

If you enjoy being active and involved, then consider a job with Field of Play. You will play a critical role in the success of the meet!

If you have any questions, send an email to susan@wmatoronto2020.com

Did you know?

The first World Masters Athletics Championships was held in Toronto in 1975, 44 years ago. Two years later, in 1977, Canadian Don Farquharson, founded the WMA, which is the governing body for masters athletics.

This event has been held around the globe, every two years, in countries that include Australia, Finland, USA, England, Puerto Rico, and Spain. This year is a regional meet, but next year we will welcome the world back to Toronto for the 45th anniversary celebration.

Volunteer Training Still Available!

If you have not attended Volunteer Training, you can still register.

VOLUNTEER TRAINING AND TEE-SHIRT PICKUP			
Wednesday, July 10	6pm-9pm	Toronto Track and Field Centre	York University
Saturday, July 13	2pm-5pm	Varsity Stadium Blue and White Room	University of Toronto
Monday, July 15	6pm-9pm	Varsity Stadium Blue and White Room	University of Toronto

Visit <https://worldmastersassociation.volunteerlocal.com/volunteer/> to register today!

REMINDER! How to Register for a Volunteer Shift in 3 Simple Steps

1. Visit <https://worldmastersassociation.volunteerlocal.com/volunteer/>
2. Click on the link that says "NCC2019 Jobs and Shifts Sign up Page".
3. You will see jobs listed by type of job, date, time and location. First choose a job, then choose the location and shift for that job.

When you have registered, you will receive a confirmation email confirming your request.

Need to Change your Shift? Here's what to do.

You can change your shift selection up until 48 hours before your shift starts. Here's how:

1. Visit <https://worldmastersassociation.volunteerlocal.com/volunteer/>. After the first paragraph you will see "Choose your shifts below. Already signed up?". Click on "[Click here to check your status.](#)"

3. You will be asked to submit your email address and first name to receive a link to your profile.

IMPORTANT! If you need to change your shift less than 48 hours before the start of your shift, send an email to susan@wmatoronto2020.com

NEW SHIFT ADDED AND TRAINING ANNOUNCEMENT FOR 10k Race Walk and Run at Tommy Thompson Park

The 10k Race Walk and Run events will be held at Tommy Thompson Park (Leslie Street Spit).

This is a great place to volunteer if:

- you are available on Thursday, July 18
- you don't have time to attend training in advance
- prefer on-site training.

The Race Walk, consisting of five 2k loops starts at 8:30 a.m. and the 10k Road Race starts at 10:30 a.m.

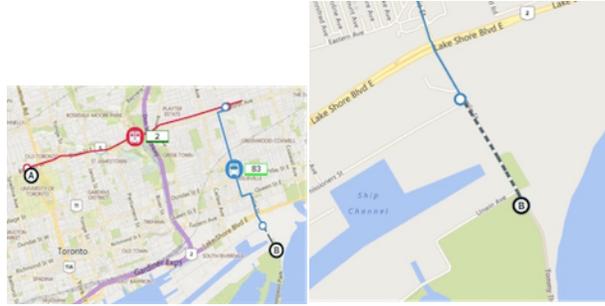
We are in need of volunteers for this event!

Please consider signing up for our new **Thursday July 18, 7am – 12pm shift**. Go to the Job Sign up Page. Scroll down to the 'Field of Play' Jobs. Click on the Tommy Thompson Shift.....

If you signed up to be a **Volunteer Lead**, there is advance training provided on Saturday, July 13, 2pm - 5pm, Varsity Stadium (Blue and White Room), University of Toronto. Please register online or send an email to susan@wmatoronto2020.com if you would like to attend or would like more information.

How to Get to Tommy Thompson Park by TTC

The start (B) is a short bus ride (#83 bus) from the Donlands Subway Station and a short walk from the bus stop on Commissioners St.



Athlete Participants from 32 Countries!

Athletes participating in NCCWMA2019 represent 32 countries, and some are from outside North America, Central America, and the Caribbean.

You will have a chance to meet athletes from the following countries.

Argentina	Great Britain & Northern Ireland	New Zealand
Aruba	Grenada	Nicaragua
Australia	Guatemala	Panama
Barbados	Guyana	Peru
Canada	Honduras	Poland
Chile	India	Puerto Rico
China	Ireland	Saint Vincent
Colombia	Jamaica	Sri Lanka
Costa Rica	Mexico	Trinidad & Tobago
Dominican Republic	Netherlands	United States of America
El Salvador	New Zealand	

Hola! Bonjour! And more! For volunteers who would like to practise their French or Spanish in advance, one of our volunteers has shared some phrases with us. In last week's newsletter we introduced you to French and Spanish greetings. This issue focuses on directions. To learn more, visit our volunteer portal.

ENGLISH	FRENCH (Polite // Familiar) USE POLITE version unless you know the person really well or are speaking to children	SPANISH (Polite // Familiar) USE POLITE version unless you know the person really well or are speaking to children
It's (N meters) to your right/left/ straight ahead/behind you	C'est à (N mètres à) votre droite/a votre gauche/tout droit/derrière vous	Está a (N metros a) su derecha/a su izquierda/delante/detrás de Usted
Where are the (male / female / trans / gender	Où sont les toilettes (hommes /femmes /	¿Dónde están los baños (hombres / damas / trans /

neutral) washrooms/toilets	transsexuelles / genre neutre)	género neutral)
... elevators	Ascenseurs	ascensores
... changing rooms	Vestiaires	Vestuarios
... medals presentations	.. La présentation des médailles	... la presentación de las medallas
... Entrance	... l'entrée	.. la entrada
.. Exit	.. La Sortie	... La Salida
Where is the nearest drinking water fountain?	Où est la fontaine d'eau potable plus proche ?	¿Dónde está la fuente de agua potable más cercana?
Where is the nearest subway station?	Où se trouve la station de métro la plus proche ?	¿Dónde se encuentra la estación de metro más cercana?
Where is the nearest bus stop?	Où est l'arrêt de bus le plus proche ?	¿Dónde está la parada de autobús más cercana?
... taxi stand	... la station de taxis	... la parada de taxis
What is the address here for Uber/Lyft/Taxi	Quelle est l'adresse de ce lieu pour Uber/Lyft/taxi	¿Cuál es la dirección aquí para Uber / Lyft / Taxi?
Show me on the map	Montrez-le-moi sur la carte	¿De dónde vienen? Muéstrémelo en el mapa

Volunteer Spotlight

And last but not least, we would like to introduce you to one of our volunteers, Jennifer. Jennifer is a longtime volunteer who struggled for years with kidney problems leading to kidney failure, and ultimately a kidney transplant in 2008.

Jennifer has spent years volunteering at her son's schools and with a number of local organizations including Kidney Care Network, Kidney Foundation, Trillium Gift of Life, Canadian Transplant Association, Sick Kids Foundation and St. Michael's Hospital.

Jennifer is also an athlete. She has participated on a dragon boat team with other transplant recipients who work together to promote organ awareness, and at the Canadian Transplant Games in Toronto and Vancouver. Jennifer is looking forward to participating in The World Transplant Games in England later this summer.

You will be able to find Jennifer working with us at the Welcome Centre, greeting visitors and helping them find their way.

We are grateful for Jennifer's support and we invited her to share her story:

Hi my name is Jennifer, I am happily married for 25 years and I have one

son, who is 20 years old.

I am celebrating that my kidney transplant turned 10 years old last September 2018, I am so happy because now, I am no longer hooked up to a dialysis machine for my kidneys. I am so elated, that now I can spend more time with my son and husband by travelling, volunteering and doing family activities instead of being in the hospital for dialysis three times a week for four hours.

The history of my kidney failure is, the doctor did a biopsy to find out why my kidneys failed and he found the cause to be Immunoglobulin A or in short form IGA nephrology, that my own body's immune system attacked and destroyed my two kidneys. The doctors did not know why. My kidneys failed on June 2003, in Toronto during SARS outbreak. The symptoms were extreme tiredness. I finished work around 5pm reached home at 6pm took a nap and woke up at 7pm for dinner and went to bed at 9pm. My hours of work was from 830am - 430pm. I knew something was wrong and I went to the family doctor and he stated my hemoglobin was 67 and I should go to the hospital.

I went to the hospital and they did blood work and they told me within 3 hours after the tests that my two Kidneys had failed. I said "that okay, I will take medication to fix it" but they said no, I needed a blood transfusion and I said that's okay, I will take the transfusion and then I will go home. The doctor stated no, you have to be admitted to the hospital but I told them my son is 5 years old and I want to be with him and my husband. I when to the hospital on Monday and got admitted on Monday afternoon, I phoned work Tuesday and I told them my hemoglobin was 67 and my kidneys have failed. On Thursday, the kidney doctor had to do an emergency surgery to put a central venous catheter in my groin so I may have dialysis right away. Then a few days later I had another line installed in my chest. I was then hooked up to the dialysis machine and the machine was acting as my kidneys. I had to stay in the hospital because of SARS, my son was not allowed to visit me because he could catch SARS. I lived in hospital for 3 months. Toward the end of SARS, I was allowed to have weekend passes sometimes depending on my health. I could not work because I was very sick and had to attend dialysis 3 times a week, blood tests and had other medical issues such as anemia and high blood pressure. After the 3 months at the hospital, I was an outpatient, I would travel 2 hours to hospital and back 3 times a week Monday, Wednesday and Friday to have the dialysis machine to get rid of toxic waste in my blood and clean it.

Dialysis ended and I had a second lease on life, when my father and one of my brothers came forward to donate one of their kidneys but the doctors stated my dad was too old and my brother was not compatible. Normally the doctors say you have to wait 10 years for a kidney transplant but I got

lucky and I only had to wait 5 years. I got my transplant in Sept 2008 from a recently deceased person with no brain functions but the organs were still functioning. They didn't remove my 2 defective kidneys because they shrivelled up, so they snuggled the donated kidney in there. So I no longer had to do dialysis, I could eat anything now without repercussion like I did on dialysis and could spend more time with my family. After the transplant, I had more energy, and I did more activities during my day. I still had to do tests occasionally at the hospital and go to the doctor's office to monitor my kidney transplant progress. I have to take various pills so my body accepts my transplant.

Famous people who have had transplants:

- Tina Turner, kidney*
- Selena Gomez, kidney*
- Sarah Hyland (Modern Family), kidney twice*
- Tracy Morgan (SNL), kidney*
- Eugene Melnyk (Ottawa Senator owner), liver*
- Mark Saunders (Toronto Chief of Police) kidney*

Don Cherry daughter donated a kidney to her brother

After my transplant, I spent more time with my family travelling to Florida, New York City, Pennsylvania, Washington DC, Buffalo, Jamaica, Cancun, Vancouver & Whistler Mountain, Montreal, PEI, Nova Scotia, New Brunswick, China and recently my son and I went to Egypt, Israel, Jordan, Jerusalem, Germany, Rome, Paris, Madrid, London and Zurich.

I gave back to the community when I got involved with my son's Elementary and High School as a Parent Council member and then as the President. In addition, I volunteer on various Charity organizations such as Kidney Foundation, Kidney Care Network, Trillium Gift of Life, Canadian Transplant Association, Sick Kids Foundation and St Michael's hospital. I am on a dragon boat team that consists of other transplant recipients where we have won silver and gold medals and we promote organ awareness.

I am involved in various activities, including as a Scout Leader for a Mississauga Scout Group and as a participant in the Canadian Transplant games in Toronto and Vancouver where I won bronze, silver and gold medals in various sports. The purpose of these mini Olympic Games is interactions with other transplant recipients, to celebrate the second gift of life that we are given and to show the world that organ transplant is positive and has a beneficial outcome to the recipient and their families. I am now thinking about participating for the first time in The World Transplant Games in England 2019. More information about the Canadian Transplant Games and The World Transplant Games can be found online. Are you aware that you can ask your doctor to check the function of your

two kidneys? The main causes for kidney failure are: high blood pressure, diabetic or hereditary. See kidney.ca website for more information.

I would like to acknowledge and thank the donor family, doctors and nurses who helped me with my kidney failure, my transplant and on my path to my new life. As well as my husband, son, family and friends who have supported me on this new challenging chapter of my new life.

We are in need of Volunteers! If you have a friend or family member who might like to join our team of nearly 300 volunteers, please ask them to contact susan@wmatoronto2020.com.

Still have questions or comments? Email us!

Yours in Sport,
Susan Stone
Manager, Volunteer Services