

Liver recipient swimming at transplant games hopes to inspire donors

BY MICHAEL (GREY) BRETT

In 2005, I was diagnosed with a rare autoimmune disease called primary sclerosing cholangitis (PSC). It is an incurable, progressive disease that results in liver failure.

At the time my doctors told me that I had roughly seven years before my liver would fail. I used that as motivation to live my life to the fullest and reach for my dreams.

I got heavily involved in competition level muay thai (kickboxing), moved to Bermuda for a year and a half then Grand Cayman for three years where I ran a very successful muay thai program. I got married and had a daughter. My family and I moved back to Toronto in late 2013.

My liver started to fail in May 2015. I was quickly hospitalized and remained in the University Health Network in Toronto as my condition got worse. It was a rough time. Eventually, on June 20, 2015, I received a new liver from

a deceased donor and I was given a second chance at life.

Life after the transplant has not been as smooth as hoped. My muscles had atrophied in the hospital and I had to regain the strength to walk again. But I did a little more work to regain my strength every day pushing myself to be better than I was before my surgery.

I have been hospitalized three times since for organ rejection and infection, each time making me take a step backward in my recovery.

That said, I have been working very hard and am now able to practice muay thai again.

And I have re-found my love of swimming through my preparation for the 2016 Canadian Transplant Games. I will be competing in five swimming events on Friday, Aug. 12, and I am looking for gold. I've been training at the Whitchurch-Stouffville Leisure Centre pool and

the Pan Am pool in Scarborough.

The swimming event will take place at the University of Toronto pool downtown. My aim is to qualify for the World Transplant Games, which take place in Malaga, Spain in June 2017.

I have started a website, which will be launched on Aug. 15, called Goal Embassy. Goal stands for Gift Of A Lifetime. You can check it out at www.goalembassy.com. The goal is to showcase what I am up to, the activities a post transplant patient can participate in and to provide an avenue for a project that I am taking on myself, which is to have 1,000 people register to become organ donors and save lives.

I want to show that life after a transplant can be a full one and does not have to be limited in any way.

Michael (Grey) Brett grew up as a competitive swimmer in Stouffville.



MICHAEL (GREY) BRETT: Stouffville native is swimming at the Canadian Transplant Games on Friday.

Stouffville Churches Welcome You



Sunday Service at 10:00 am

www.in2one.ca
905-591-3200
6273 Main St.,
Stouffville
Lead Pastor: Graham Clinton

inviting, relational, open



Christ Church Stouffville

Anglican Church of Canada
254 Sunset Blvd., 905-640-1461
www.stouffvilleanglican.ca

Sunday, August 14th

8:00 am & 10:00 am Eucharist
Nursery & Church School
at 10:00 am

Tuesdays, Wednesdays & Fridays

Morning Prayer 9:15 am

Backpack Drive until August 28

Saturday, September 10th

18th Annual Golf Tournament
at Spring Creek Golf Club



All Welcome
COME & SEE

WELCOME TO ST. JAMES PRESBYTERIAN CHURCH

6432 Main St., Stouffville
905-640-3151

Rev. Joan Masterton, Minister

Sunday, August 14

Service of Worship
Guest pastor – Yvonne Hurst.
10:00 a.m.

Sunday, August 21

Leaders – Jim & Jean Thomas
Soloist – Sydnee Guglietti
10:00 a.m.

Sunday, August 28

Guest pastor – Ruth Burkholder
10:00 a.m.

Refreshments and fellowship
following each worship

"A friendly family church"

STOUFFVILLE PENTECOSTAL CHURCH

Sunday Service @ 10am

(Sunday School for Kids)

Lead Pastor : Jeff Laird

Children's Pastor : Lori Attack

Youth Pastor : Steffan Watson

Student programs to resume in September

6853 Main St. Stouffville

905-640-5696

www.spfamily.ca

* EVERYONE WELCOME *

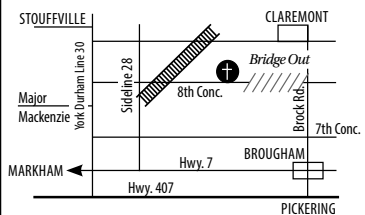
Stouffville Christian Fellowship

A Church in a Beautiful Countryside
Pastor Walter Robbins

Sunday Service

10:30am

Lunch to follow



860 Conc. 8, Clarendon
905-649-2812

St. Mark's ROMAN CATHOLIC CHURCH



345 Glad Park Ave. Stouffville
905-640-6954

Weekend Masses

(Summer Schedule)

Saturday 5:00 pm

Sunday 9:00 am,

11:00 am

www.stmarkstouffville.ca



BLOOMINGTON GOSPEL CHURCH

13660 Ninth Line N.

(905) 642-4414

Rev. Peter Pallant

Sunday, August 14, 2016

10:00 a.m.

Worship Service

Everyone Welcome!

恩泉浸信會 Stouffville Grace Baptist Church



SUNDAY WORSHIP 9:45AM

Chinese/English/Children Service

粵語(普通話翻譯) / 英文 / 兒童崇拜

@ Oscar Peterson Public School
850 Hoover Park Dr., Stouffville

CHURCH CONTACT 教會聯絡處
(647) 547-3618

32 Jamesway Cres., Stouffville
admin@stouffville-gbc.org
www.stouffville-gbc.org

Stouffville United Church

Rev. Elizabeth Cunningham

34 Church St. N. • 905-640-1163

office@stouffvilleuc.ca

Sunday, August 14

10:30 a.m.

Worship Service

Guest Speaker:

Catherine Hions

Rev. Elizabeth Cunningham

is on vacation

Everyone Welcome!

www.stouffvilleuc.ca

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