March is buzzing with fantastic events
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‘Shoe String’ denotes the feeling of life when it is turned up-side-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.

The Dialysis and Transplant Association of Victoria, Incorporated (D.A.T.A.) is a patient self help group made up of people with kidney failure and their families and friends. Social days are held at regular intervals and the year culminates with the annual Christmas party.

Editor’s note

Altona Branch up and running

The inaugural meeting of the Altona Branch was held on Saturday 4th February at the Louis Joel Arts and Community Centre in Altona.

The centre is in a great location, just 20 metres from the beach and opposite the Logan Reserve. It was a hot day and the place was buzzing – the smell of BBQs drifting from the park, the sight of yachts sailing on the bay and the laughter of children playing on the beach. We were greeted by the centre manager, Kim who showed us the facilities that had been made available to us at no cost. Tom from the centre helped us set up the room.

The meeting was attended by 12 DATA members with the DATA committee being represented by Sue Hatzimichalis, Ros Ball and Charlie Ball. George Said, the instigator and driving force behind the Altona Branch, chaired the meeting and his wife Maroula provided a delicious batch of muffins. There was a lot of enthusiastic discussion on a range of topics and consequently 2 social events were put forward by the group; barefoot bowls in Altona and a movie night in Williamstown – the details can be found on pages 3 & 6.

It was a great first meeting and the enthusiasm shown by everyone present is a great sign for the future of the branch.

Trivia: Scenes from the first episode of the new ABC series “Newton’s Law” were shot in Altona and the main character can be seen driving into the carpark of the Louis Joel Arts and Community Centre.

The bookings for the Altona Branch meetings have been confirmed for Saturdays 4 March, 1 April and 13 May at the Louis Joel Arts and Community Centre.

Contact George Said on 0425 753 936 if you wish to attend any of the meetings.

Visit our website at www.datavic.org
Barefoot Bowls & BBQ

SUNDAY 26 MARCH

COME AND HAVE SOME FUN WITH BAREFOOT BOWLS AT ALTONA BOWLING CLUB

Sunday 26th March
Altona Bowling Club Grant Reserve, Altona
2 pm - 4 pm Bowls & BBQ

Sausages, hamburgers & bread supplied. Light meals are also available with drinks at bar prices. There will be music from 4 pm to 7 pm as well.

Please RSVP by calling George Said on 0425 753 936, by 20 March so Altona BC can plan the BBQ, thanks.

Please support this as it is organised by the Altona DATA Group for all of Data members!
Yarrawonga - inland aquatic paradise

Renowned for its wonderful climate, this picturesque piece of regional Victoria and New South Wales is an “Inland Aquatic Paradise” for visitors to take some time to enjoy some stunning scenery, lose yourself in the serene surrounds of the forest, Lake Mulwala and of course the mighty Murray River.

Activities include River Cruises, Boat hire only 2 minutes from the house and the local swimming pool. Golf & Tennis, Wineries, Museums & Galleries.

The District Services Club and The Yarrawonga and Border Golf Club are great for dining and entertainment as well as other high quality restaurants and cafes.

DATA’s Yarrawonga holiday house is in the perfect location - literally only a few metres from Lake Mulwala on the River Murray.

The house is fully furnished with 3 bedrooms that can sleep seven people. There is air conditioning, colour TVs in both the living and the dialysis room. CD player, microwave ovens, outdoor furniture and barbecues are all there to use. So pack your bags, throw in a bike, your hat and a big dose of relaxation!!

Yarrawonga

VACANCIES
- Mar 26 to Apr 2
- Jun 18 to Jun 25
- Jun 26 to Jul 2
- Jul 9 to Jul 16
- Jul 23 to Jul 30

Bookings at the Yarrawonga Renal Unit Ph: 5743 8189

Yarrawonga House Secretary Alan Rawson Ph: 9723 3019
Email: fayal_rawson@hotmail.com

Rosebud

VACANCIES
- Apr 16 to April 23
- May 7 onwards

Bookings at the Rosebud Hospital Renal Unit must be done online email to: holidayatrosebud@phcn.vic.gov.au

For HOUSE bookings please ring Rosebud House Secretary Amanda Pratt Ph: 9589 4894

The Rosebud & Yarrawonga holiday homes are for the use of DATA Members and their immediate family, with a Member present on all holidays booked.

Both houses can facilitate haemodialysis machines. For those members on home dialysis, please contact the House Secretary to discuss if your hospital technician can supply and install a dialysis machine in the house for your holiday.

Please note, as transplant and PD patients have more freedom and options to travel, priority is given to those Members on haemodialysis as this is often the only way they can get a holiday.

Friends and extended family are welcome to join the DATA Member and they must pay $20 per person per night.

Please note, you are responsible for the cleaning of the houses when you leave which does include bathroom and toilet, so we expect the houses to be left neat and tidy for the next holiday makers and please do not leave any food.

No pets allowed with Guide dogs being the exception.

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No pets allowed with Guide dogs being the exception.
Sunday 19 March 2017 is DATA's Autumn Picnic at Caribbean Gardens & Market. This exciting venue has something for everyone!

For the kids there is mini golf, train rides, jungle cruises, beach buggies, army tanks, a chairlift and more! You can also peruse the Market where there’s over 1,000 undercover stalls with a great variety of products.

And then there is Lake Caribbean and the beautiful gardens to enjoy a relaxing afternoon in while sharing the company of other DATA Members.

We plan to kick off the afternoon at 12 noon but you can arrive at any time to start your day of fun.

DATA has booked Gazebo D, so just bring some lunch, a chair and your enthusiasm and we’ll have a fabulous day.

There is plenty of free parking onsite and DATA will cover the entry fee and a ride per person o the day.

Please RSVP by 22 March by ringing the DATA Office on 9894 0377.

1280 Ferntree Gully Road, Scoresby. Tel: (03) 9756 5000.
www.caribbeangardens.com.au

WE’D LOVE TO SEE YOU THERE!
Ron Jones Educational Awards

Applications for the Ron Jones Educational Awards, are now open, so fill out your Application form below for a chance to win fabulous prize money.

Assessment is based on the Applicant’s school reports together with essay on the topic of ‘My Chosen Career’.

There are two levels of Awards to be won. One Award is based on excellence and scholastic ability and three Awards for encouragement.

The Ron Jones Educational Awards honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones, AOM.

• Applications must include a handwritten essay of 300 words entitled ‘MY CHOSEN CAREER’.
• Please include the Applicant’s previous year’s school reports.
• Applications must be received no later than the 30 June 2017. Winners will receive awards at the AGM in October 2017.
• Please fill in this form using Block Letters.

RON JONES EDUCATIONAL AWARDS APPLICATION FORM

Please complete this form and forward it to:
The Secretary, D.A.T.A. Vic Inc. PO Box 159, FOREST HILL 3131

STUDENT’S DETAILS

SURNAME    GIVEN NAMES

ADDRESS

POST CODE

DATE OF BIRTH

HOME PHONE    MOBILE

PRESENT YEAR OF SCHOOL

SUBJECTS STUDIED

PARENTS / MEMBERS DETAILS   (if Applicant Member is under 18 or a child of a Member)

Financial Member of DATA?

YES  NO

SURNAME    GIVEN NAMES

ADDRESS or same as Student  

POST CODE

HOME PHONE    MOBILE

SIGNATURE OF STUDENT

SIGNATURE OF PARENT

My essay on “MY CHOSEN CAREER” and last years school reports are enclosed.

YES  NO
Shoe String

Come to the movies

Nick is a member of the Williamstown Lodge. Nick & Sue are inviting Members of DATA to a movie night arranged by the Lodge. Come to the movies and see the wonderful and uplifting film ‘Salmon Fishing in the Yemen’

Date: Saturday 29 April at 7.30pm at Williamstown Masonic Hall, 21 Electra St, Williamstown.

Cost nil - DATA will pay. BYO drinks & supper. Tea & coffee and some buttery popcorn provided.

Bookings are essential so please call the DATA Office 9894 0377 or Sue 0412 469 738

RSVP 24th April 2017

Social Events

Your social committee have lots of ideas going into the melting pot for events for 2017 but the missing ingredient is you!

If you like any of the suggestions so far or if you have your own idea for a great event let us know.

Social Committee

GIVE HAPPY LIVE HAPPY
NATIONAL VOLUNTEER WEEK 8-14 MAY 2017

National Volunteer Week (NVW) is an annual celebration to acknowledge the generous contribution of our nation’s volunteers (thought to be over 6 million).

Not only does this include the committee but those who help with the packing of ShoeString, running the holiday houses and proof reading ShoeString.

Volunteer Week 8-14 May
Volunteer Day 12 May
Some web pages of interest

- www.homodialysis.org/news-and-research/blog
- www.nwkidney.org
- www.worldkidneyday.org
- www.cari.org.au
- www.australianialysisbuddies.org
- www.greendialysis.org
- www.transplantaustralia.org.au
- www.homodialysis.org/news-and-research/blog
- www.bgdandme.wordpress.com

Our thanks to all who contributed to this edition

Why not spread the word and pass this copy on?

Shoe String is always looking for stories to publish. If you have a story to tell and you’re not sure where to begin, our Editors would be more than happy to assist you in writing your article.

Or if you have any ideas of issues you would like to see covered, contact us.

Write to: The Editor, Shoe String
PO Box 159, Forest Hill 3131

Email: editor.shoestring@gmail.com

@DATA - Dialysis & Transplant

Visit us at www.datavic.org

DEADLINE FOR NEXT ISSUE 17 APRIL 2017