

Shoe String

Newsletter for the Dialysis and Transplant Association of Victoria Inc.



*Come along
for some
Christmas fun
at our Barbie!*

NOVEMBER 2017

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Annual General Meeting

Christmas picnic & BBQ

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Have a laugh

Christmas Picnic BBQ

**Sunday 26th November starting at 12 noon
Swamp Gum Car Park Picnic Area
Westerfolds Park, Templestowe**





Editor's note

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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.

Lucky Stars Australian Transplant Cricket Club



The Australian Transplant Cricket Club was formed in February 2013. The name "Lucky Stars" was adopted to express the gratitude transplant recipients feel in the luck given to them through the generous donation of others. (read more here <http://transplantcricket.hitscricket.com/history/default.aspx>)

The team travelled to England in July to compete in a series of 5 matches against the Great Britain Transplant Cricket Club and help raise awareness of organ donation.

It was one of the clubs members forth overseas tour, so he must enjoy these trips. It's a dream many players never thought possible prior to their transplant.

The club played five matches in England, in July, which included a two-day test match, and a 40 – 40 one-day match against England's transplant cricket team.

The one-day match was played on July 5 for the Hokes – Soldan Shield. (David Hokes, whom the match is partly named after, was an Australian test cricketer who died in very unfortunate circumstances, and his family generously donated his organs)

New friendships are formed with people who have had similar experiences.

The club is a partner of Donate life, who promotes organ and tissue transplant awareness in Australia, and encourage those who have had transplants to live an active life.

Taken from an article in the Bendigo Advertiser

Note: George Said has understated his achievements in his Report on page 10. The events organised by the Altona branch were all successful, as reported in previous ShoeString issues.

Those who attended barefoot bowls had a great time and the Pier 35 lunch was one of the most attended activities for the year.

Well done George!

Visit our website at www.datavic.org

The President's Report

The President's End of Year Report 2017

Hi everyone,

I would like to thank everyone on the committee for all their hard work over the last 12 months. Charlie our secretary has worked above and beyond his role as secretary and, with some of our committee assisting him, we now have all sorts of policies to refer to. We have a 5 year strategic plan (in the process), we have an accommodation policy, so if you live 100 km from Melbourne and have to make the journey to Melbourne for a hospital visit we may help, just call the office and we will send you the details.

We have updated our Social Welfare program, so if you need help you don't have to get a social worker to fill in the forms you can get a NUM (Nurse Unit Manager) to help you and get them to sign off on your application. But just remember we can only pay bill to the supplier and we need copies of your bills.

Another policy or rules we are looking at is our Ron Jones Educational Award scholarship program, which students from year 7 to year 11 can apply, we have dropped it to year 6 students as well.

My thanks to our holiday secretaries who do a marvellous job in looking after the houses in Yarrowonga and Rosebud. If anything goes wrong then Alan (and Fay) and Amanda (and Brendon) are on hand to fix the problem. So thank you all for the dedication you show to the houses and members that use them. If you go to either house please be aware that other members will be using the house after you so please leave them clean (and I know you do but no harm in a little

reminder)! See holiday report for other information.

With Angela at the helm of our social committee we are working hard to get a social calendar up and running and have planned a full year of activities, which Data will help subsidise. Some of the events will have a minimum booking so please let us know if you are interested in coming along, even if it is a few months away, because if we don't get the minimum number we will reluctantly cancel the day! Also if you have any ideas of what we can do just let us know and we will try to accommodate your suggestions.

We are in the process of getting a new website which will allow you to pay your membership online and speaking of membership have included a couple of membership forms in this SS. As you all know word of mouth or referral is the best advertising around so if you are at a clinic and start talking to someone to pass the time just mention DATA and offer them a form. Who knows you may have helped DATA grow! Thanks to Ros for sending out the new member's packs and posters to the Dialysis Units and to Ken Smith for visiting Units with ShoeString's, every little bit helps.

ShoeString is our main communication with everyone but we would love more stories from members. If you go on holidays or have a good idea to help people on dialysis or to help with thirst write a story, I'm sure Trudy will love to hear from you! Or even if you have some jokes send them in. Thank you Trudy for doing a wonderful job on ShoeString and getting it out on time and putting up with my late reports!



**Sue
Hatzimichalis**
0412 469738

This is our Treasurer Vicki's first report and she has done a fantastic job over the last 12 months, which has been backed up by Joan if she needed her, so thank you both. I am very pleased to have 2 valuable people doing our books and keeping them in order!

I would like to thank our other members on the committee, who may think they don't do much but you do and the support you give me and everyone else is great, so thank you very much, I will find you something to do if you want me too! So if you would like to join the committee you will be most welcome, so please don't be shy, it can be a lot of fun!

I would like to send a big thank you to George Said who has done a great job in getting the Altona branch up and running. Unfortunately George is not well and can't be with us today but he has sent a written report that Ros will read out later.

On a personal note... as you may all know Nick has been in hospital, it has been 5 months now but he is doing well and we are nearly home just waiting on some renovations on our home in Brunswick but we are having a sea change and will be down a Dromana for a little time until then! If you want to visit us please do, my number is on the back of ShoeString, just give me a ring and "we'll pop a shrimp on the barby"!

Sue Hatzimichalis

DEADLINE FOR NEXT ISSUE JAN 4 2018

Holiday Houses 2017 Report

Yarrowonga

41 of the 52 weeks let - made up of 22 weeks haemodialysis members using the hospital, 5 weeks were let for home dialysis, 2 weeks PD, only 11 weeks let transplant members. Nice to see nearly half the year taken by dialysis members as this is what our holiday homes are for, so dialysis patients can have a holiday, near the beach or up on the Murray.

Partners of deceased members (if the family still keep the membership going, are entitled to use the holiday homes). I thank the members, who while on holidays, always do the right thing in looking after the house.

Thanks again to Mellissa and the other renal nurses at the dialysis unit at the Yarrowonga Hospital for the job they do for DATA members who dialyse at the hospital.

Thank you to Tony Mosca from Monash who will take a Freciana Dialysis Machine to the houses for those members who do not use the Gambro even if they are not Monash patients, and also the techs from the Austin and RMH who look after the Gambro.

Alan Rawson

Yarrowonga Holiday Home Secretary



VACANCIES

Booked out until Feb 2018

Bookings at the Yarrowonga Renal Unit Ph: 5743 8189

Yarrowonga House Secretary Alan Rawson Ph: 9723 3019

Email: fayal_rawson@hotmail.com

Rosebud

This year the Rosebud holiday house was used for 16 weeks by transplant members, 2 weeks for PD members, 3 weeks for members that dialyse at the house, and 9 weeks where members went to Rosebud Hospital.

Sadly, 6 weeks members had to cancel due to last minute illness, and although I rung around, these dates were not able to be filled.

Unfortunately, we had 16 weeks vacant for the year, mainly over the winter months, where only 1 week was booked in May and all of June was

available. We highlighted the availability in Shoestring, but this was not taken up by members.

We have had many first time members use the house and I am getting quite a few calls from people to join up.

A huge thank you must go to our Techs, who always make sure that our members are able to use the house for dialysis.

Our thanks also go to the Dialysis unit staff at Rosebud hospital, who take many of our members, allowing them and their families to have a break.

This year we had a big tree come down

during a storm and damage the fence. We are in the process of getting quotes to have the fence replaced.

One of our lovely members also donated a brand new stove for the house, which is fantastic.

At present we are fully booked up till mid February 2018.

I am happy to continue to look after the house, and look forward to hearing from more members in 2018.

Thanks.

Amanda Pratt

Rosebud Holiday Home Secretary



VACANCIES

Booked out until mid Feb 2018

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

Annual General Meeting

We had another enjoyable AGM on Sunday 22 Oct at 79 Mahonney's Road, Forest Hill. We had 21 people present.

We heard reports on all aspects of DATA's work which can be found elsewhere in this ShoeString

We presented a life membership Certificate to the Yarrowonga Hospital Dialysis Unit.

The Clinical Co-ordinator, Melissa Moat, accepted the award on their behalf. Melissa told us that the Unit has always worked closely with DATA and she was thrilled to accept the life membership for the Yarrowonga Dialysis Unit.

A similar Life Membership Certificate will be given to Rosebud Hospital Dialysis Unit but this will be presented at their Unit in November.

A light hearted interlude was given by Richard Codron who gave us a few laughs to add to our enjoyment of the day. Richard has a connection to DATA through his daughter who has a transplant.

The meeting concluded with the Election of the Committee for 2018

President	Sue Hatzimichalis
Secretary	Charlie Ball
Treasurer	Vicki Abbetangelo
Vice President	Peter Collins

Ordinary Members

Alan Rawson
Angela Lindsey
Elaine Hennessey
Ron Hennessey
Darren Hennessey
Ken Smith
Christine Coleston
Nick Hatzimichalis
Joan Eastwood
Ros Ball

***Congratulations
Committee members.***



The raffle was drawn and the Winners were:

- First Prize: \$800.00 Voucher
Graeme Pickering
- Second prize: \$400.00 Voucher
Simon David
- Third Prize: \$150 Voucher
Heather Barnstable

Congratulations all the winners.



2016-2017 Financial Report

Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

Statement of Profit or Loss and Other Comprehensive Income

For the Year Ended 30 June 2017

	Note	2017 \$	2016 \$
Income	2	103,913	108,387
Depreciation and amortisation expense		(8,541)	(9,917)
Insurance		(5,668)	(5,574)
Utilities		(5,021)	(7,031)
Rent		(1,033)	(17,500)
Donations		(509)	-
Postage		(4,250)	(2,902)
Contractor		(7,693)	(3,307)
Printing & stationery		(8,442)	(4,716)
Rates & Taxes		(4,640)	(4,602)
Repairs & maintenance		(13,416)	(3,504)
Telephone		(2,287)	(2,219)
Travel		(3,061)	(2,998)
Social Welfare		(1,403)	(1,774)
Bookkeeping		(4,451)	(4,808)
Auditing		(3,259)	(5,600)
Fundraising	3	(1,816)	(1,926)
Ron Jones Award		-	(400)
Social events	3	(1,290)	(2,187)
Other expenses		(3,208)	(4,894)
Surplus/(deficit) for the year		23,925	22,528
Other comprehensive income		-	-
Total comprehensive income for the year		23,925	22,528

We don't pay our volunteers
because they are worthless, but
because they are **priceless.**

2016-2017 Financial Report

Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

Statement of Financial Position

As At 30 June 2017

	Note	2017 \$	2016 \$
ASSETS			
Current assets			
Cash and cash equivalents	4	274,819	242,150
Trade and other receivables	5	8,282	11,312
Other assets		1,732	1,721
Total current assets		284,833	255,183
Non-current assets			
Financial assets	6	1,699,650	1,699,650
Property, plant and equipment	7	867,444	873,931
Total non-current assets		2,567,094	2,573,581
TOTAL ASSETS		2,851,927	2,828,764
LIABILITIES			
Current liabilities			
Trade and other payables		2,950	3,311
Income received in advance	8	472	632
Total current liabilities		3,422	3,943
Non-current liabilities			
Income received in advance	8	-	241
Total non-current liabilities		-	241
TOTAL LIABILITIES		3,422	4,184
NET ASSETS		2,848,505	2,824,580
EQUITY			
Asset revaluation reserves		827,930	827,930
Retained surplus		2,020,575	1,996,650
TOTAL EQUITY		2,848,505	2,824,580



2017 Annual Treasurer's Report

We are a Not For Profit Organisation – holding PBI (public benevolent institution) and DGR (deductible gift recipient) status', registered for GST, Association Incorporated in Victoria.

With these status titles comes a great responsibility to be a well informed treasurer, this occurs with guidance from the previous treasurer, access to External Management Businesses

and keeping informed about upcoming legislation and changes in the Not For Profit Sector.

A big thank you to Joan Eastwood for her guidance, support and friendship as I have completed my first year as Treasurer. At times, I have felt that I could have been annoying her with my questions and queries, however she was ever gracious as she is ever

patient. Thank you Joan, and thank you to the rest of the Committee members (especially Charlie and Sue) for their patience and understanding as I became more familiar with the day-to-day business activities. I am looking forward to continuing to serve you, the DATA members, to the best of my abilities.

Financial Position comparing 2016 vs 2017

1. DATA's Assets remain the same as previous year.
 - 5 Term Deposits to the value of \$1,699,650.
 - 2 Holiday Homes – Rosebud to the value of \$700,000 and Yarrowonga to the value of \$348,000.
2. **Analysis between 2016 and 2017 – essentially DATA :**
 - Saved \$16,000 on renting Blackburn – with thanks to John Podolak sourcing and securing our Forest Hill office site at a special Whitehorse Council Community rate.
 - Saved \$3,000 by changing from an Audit to a Review (Saward Dawson) – which still required the same preparation and level of interaction between DATA and Saward Dawson.

Allowing us to spend on:

 - Spent \$4,000 extra on an office facilitator which helps us comply to the tenancy rules under the Whitehorse Council Community rate. Big Thank You to our Office Facilitator Gwen Lever who does a wonderful job keeping our office running smoothly and is always ready to assist the Committee members with additional tasks – her dedication is commendable.
 - Spent \$4,000 extra on up-grading our ShoeString publication – Thank you to Trudy Robson's inspired ideas and execution.
 - Spent \$10,000 on the holiday homes – improvements and garage repairs in Yarrowonga (which was negated by the other parties insurance claim).
3. Grant Income of \$1000 will be explained by Altona Group Representative's report.
4. Rental Income will be explained further by the relevant Home Secretaries' reports.

Please ring the office if you would like a copy of DATA's financial report from Saward Dawson to read at home and I will be happy to answer any questions/queries you may have. Please make contact through the DATA Office on Ph: (03) 9894 0377 or email: info@datavic.org

Additional information: The Saward Dawson Management Letter (11 pages) is also available to take home to study. This document is a managerial study of DATA which includes a number of matters to be considered, together with recommendations for improvement. This letter also lists upcoming changes and regulatory reforms as outlined by the Australian Charities and Not-For-Profits Commission (ACNC).

I have had a lovely year getting to know the other Committee members and the Altona Group and hope to widen this association with other DATA members in the coming year.

Vicki Abbatangelo
Treasurer

FANTASTIC EVENTS IN THE PIPELINE FOR 2018

February

Coffee & Cake at the Forest Hill office.

March

Lunch at Frankston with a visit to the sand sculptures on the foreshore.

April

Day outing. Docklands to Port Arlington and back on the Ferry.

May

Coffee & Cake at Fairfield Boathouse.

June

Maribyrnong River Cruise.

July

Christmas in July.

August

Indoor bowls or ten pin bowling.

September

Day Rail & Sail: Steam train to Geelong and return by the Victoria Star Ferry (or vice versa).

October

Royal Botanical Gardens Cranbourne.

November

Christmas Party.

We always appreciate any ideas from you for other events or outings.

Christmas Picnic BBQ

*Come along
for some
Christmas fun
at our Barbie!*

**Sunday 26th November starting at 12 noon
Swamp Gum Car Park Picnic Area
Westerfolds Park Templestowe**



**Rsvp by
Wednesday
22 November**

Bring your own meat, salad etc. We will supply some slices and fruit platters, tea, coffee and cordial.

Vehicle entry is from: Fitzsimons Lane, Templestowe (Melway 33 G2)

**RSVP by Wednesday 22 November
by calling the office on 9894 0377 or email to info@datavic.org**

The Diamond Valley miniature railway is just a short distance away (5 minutes by car) at Lower Eltham Park. Add to the days excitement and take a ride on one of the 1/6th scale trains. Tickets are just \$3.00.

Public Transport Options:

The 901 Smart Bus and the 902 Smart Bus both run past the park along Fitzsimons Lane. The 901 connects with the train at Greensborough Station and the 902 connects with the train at Eltham Station. Let us know if you plan to come by public transport as we may be able to arrange to pick you up from the station or bus stop.

Check out the Parks Victoria web site for more details about the park:

<http://parkweb.vic.gov.au/explore/parks/yarra-valley-parklands-com>

Altona Group Report

A year or so ago, I had the energy and I had a vision. I value DATA VIC and wished that I could participate more. At 84 and not getting any younger, I became aware that Forest Hill was too far for me. I understood that there would be others who felt the same. What if there were many who would become members but regard Forrest Hill a place too far for them?

DATA organised a meeting (coffee and cakes) in Altona! That is when my vision was energised. I would create a DATA Branch in Altona and accommodate those already members and recruit new ones.

I had a venue at the Altona Community Centre, what was needed was some money. I applied to the local Council and I succeeded to get one thousand dollars for one year. DATA would get the money (with their

consent) and I would recruit members and run a program to suit.

A number of DATA members turned up and was very encouraging. We organised a few meeting and outings but what we could not do was to recruit new members. Ros and Charlie were supportive and although we advertised and spoke to Dialysis staff and patients, not one new member has joined.

It was a disappointment and I could see that without adding new members we would fizzle out. I now have new complications with my health. I need blood transfusions on a regular basis and some kind of chemo.

We need to understand that those with transplants are able to devote some time for outings/meetings but those who are dialysing have reduced free time and outings/meetings are

time consuming and not a favoured activity. Most dialysis patients in Footscray, Sunshine, Williamstown and Werribee are handicapped. Some are not fluent in English, others are too sick or old, many would not have a clue where the holiday homes are and then there are those who think 'how can I get there and back'. Perhaps you can speculate other reasons.

Finally we need to acknowledge that 'nothing ventured nothing gained' I am grateful for the support I was given and thankful to Carol and Alan Thompson for recently getting me off the hook. I wish them well.

George Said
Oct 2017

Have a laugh

OLD FRIENDS

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her.

Finally she said, "How soon do you need to know?"

SENIOR DRIVING

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!" "Hell," said Herman, "It's not just one car.. It's hundreds of them!"



I don't care what day it is.
Four hours is four hours.

Coffee & cake at Fed Square



Lunch at D'Lish Fish



Dates to remember



Christmas Picnic BBQ

Sunday 26th November

Keep a look out in upcoming issues for our great line up of events for 2018

Some web pages of interest

www.homedialysis.org/news-and-research/blog

www.nwkidney.org

www.peninsulahealth.org.au/

www.worldkidneyday.org

www.cari.org.au

www.australiandialysisbuddies.org

www.greendialysis.org

www.transplantaustralia.org.au

www.homedialysis.org/news-and-research/blog

www.bigdandme.wordpress.com

<https://scribeschool.net/urinary-excretory-system-info-for-scribes.html>

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

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Email: editor.shoestring@gmail.com



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The views expressed in the editorial and the contributed items, are those of the authors and are not necessary the opinions of D.A.T.A. Inc.

DEADLINE FOR NEXT ISSUE JAN 4 2018