GREAT DAY OUT

HEALESVILLE SANCTUARY

DATA CHRISTMAS OUTING

29TH NOVEMBER 2015

You must book and pay for your tickets as soon as possible. RSVP by 9th November. Adults $20, Children FREE.

See Page 5 for details.
Friday 25th September some of the Committee inspected a possible new office facility at the Whitehorse Council Community Resource Centre, Mahony’s Road, Forest Hills. It was great to have so many of our members attend, ask questions and offer constructive comments. They are John Podolak, Joan Eastwood, Peter Wilson, Alan Rawson, Fay Rawson, Ron Hennessey, Darren Hennessey, Elaine Hennessey, Angela Lindsey and granddaughter, Paul Murphy.

ShoeString denotes the feeling of life when it is turned upside-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.

Visit our website at www.datavic.org

Dates to Remember

29th November . Christmas Outing.
Robert Eadie Pavilion Healesville Sanctuary. See Map page 12.

March 2016 Members BBQ. TBA
21st September 2016 to 1st October 2016
Australian Transplant Games more information at www.australiantransplantgames.com

Websites of Interest.
www.kha.org - Kidney Health Australia
Big Red Kidney Bus refer KHA webpage.

IF YOU WOULD LIKE TO RECEIVE SHOESTRING BY EMAIL PLEASE CONTACT US ON EMAIL:

editor.shoestring@gmail.com
President Report for AGM 2015

I must thank all on the DATA committee for their work and support in all that occurs at DATA. Especially Joan, for her hard work as treasurer and chief editor of our newsletter Shoestring, and filling in for me when I was ill or away. Thanks also to both Alan and Amanda for running our holiday houses, which remain very popular. Thanks must also go to Angela Lindsey for her diligent work as minute secretary. I also want to thank those DATA members who joined the committee in mid-year to fill a number of vacancies. There are others who work in the background and they know who they are a big thank-you goes to them also.

Personally, I have had a challenging year occupying both the president’s and the secretary’s position, plus coping with illnesses that have included a number of stays in hospital. I have decided not to renominate for the president’s position.

Membership numbers remain stable, but it would be good to see numbers increase so that more people who suffer from renal disease can share the benefits we have to offer. It appears that many people with renal disease do not know of us, despite education days at each major hospital mentioning DATA. In trying to increase our membership we have been sending information and membership forms to dialysis units. I would also like to ask the people here today to take a membership form and pass it onto a person sitting beside you at your next outpatient’s clinic. Also please take some stickers to hand out to friends and family.

Current membership is: 618 (113 yet to pay)  
New memberships: 49  
Associate members are: 120  
Ceased membership: 68 (55 lapsed)

Our larger social activities prove popular and always get a good response. Unfortunately the coffee days have NOT achieved what we had hoped, with only a few regulars joining in. So I hope we will see you joining us in 2016.

Work to update our rules and bring them into line with amendments to the Associations Incorporations Act is progressing slower than we would like. We had hoped to present a new set of rules for you to vote on today but due to unforeseen circumstance this target has been missed. I hope we are able to complete this activity by the end of the calendar year. There are several copies of our current rules available today for anyone who wishes to have a copy.

With the cost of living increasing the committee reviewed the welfare program we run, and decided to increase the financial amount available.

DATA still hopes to employ an Office Assistant, to help with the workload. Unfortunately this was delayed this year. DATA was at the stage of interviewing people and I had to be admitted to hospital. As the main person the office assistant would work with it was put on hold. So now the plan is to employ someone next year as we are now coming into our quiet period.

Finally the Blackburn house. The committee has decided not to buy another smaller house. One of the reasons we sold the house was due to the small amount the accommodation was used. I personally hope that DATA will provide our country members with assisted accommodation, but this is yet to be discussed at a committee meeting.

Finally I would like to thank all those who have supported me personally with my roles.

Ros. Ball President 2015

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News Flash  I only found out yesterday and the report had already been printed out.

As mentioned DATA has been looking for an office to relocate our headquarters. DATA applied for an office run by Whitehorse council, in a building specifically for charities. Yesterday I found out that DATA has been successful and have been offered either a 15sq metre or an 18sq meter office. Rental of the larger office is just $1033.16 per year.

A bond deposit of $258.29 This also includes the use of the meeting room and kitchen.

The office is located in Mahoney’s Road in Forest Hill, just across the road from the Shopping Centre, so we will be requiring help to pack and move, but that is yet to be organised.
Rosebud Holiday Home Report 2015

The Rosebud holiday home has been used well for 2015, we have had 21 Transplant members, 3 P.D members, 6 members dialyse at the house, and 12 members go to Rosebud Hospital and 1 carer.

We had 2 weeks free for the year, 3 weeks where members had to cancel, due to illness on the last minute and 4 weeks when the Ensuite and main bathroom were renovated.

I am pleased that so many dialysis members are now using the house and the hospital for a break away. We have had many first time members use the house and I am getting quite a few calls from people to join up.

We had both the ensuite and bathroom renovated with bright new tiles, nice big showers and lovely vanity basins. We have had great feedback from many members who have stayed at the house.

A huge thank you must goes to our Tech’s, who always make sure that our members are able to use the machine of their choice at the house for dialysis.

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

At present we are fully booked up till mid February 2016 and the Easter school holiday are booked also.

I hope to hear from more of you in 2016.

Amanda Pratt

Yarrawonga:

Yarrawonga House Secretary
Alan Rawson, 22 Tarwin Drive Croydon 3136,
Ph. 9723 3019, E-mail: fayal_rawson@hotmail.com

Next vacancies Next 3 months
Nov 8 to 15, Dec 13 to 20, Feb 21 to 27

We do get cancellations so please ring me.

Reminders, you must be a member of DATA before you can holiday at our holiday homes. No animals are allowed exception to the rule are guide dogs

If you have booked a fair way ahead, you must ring or E/mail me to confirm your booking within 3 months of going on your holiday..

Do not forget, if you need to dialyse at Yarrawonga Renal Unit, 57438189 please ring the hospital first to see what is available, then ring me to book the house, you must then ring the hospital to confirm the dates and book in straight away.

Do not leave it until you are about to go to Yarrawonga.

If you notice anything that needs fixing please report it.

We have now got Jims Mowing to mow the lawns. But if you are able to mow the lawns it would be appreciated. Remember you are responsible for the cleaning of the house which does include bathroom and toilet. Alan

NO SMOKING ALLOWED IN ANY OF THE HOUSES.
Great Day out HEALESVILLE SANCTUARY

We have booked PICNIC AREA: Robert Eadie Pavilion from 9am to 5pm
There are BBQs available, BYO Meat /salads/sandwiches
We will provide tea, coffee, cordial, water, milk and sugar.
All tickets must be prebooked.
Any family or person not pre-booked must pay full price.
DATA’s tickets are subsidised by DATA.

Please fill in your details on the form below, include your cheque or Credit card details and post it back ASAP. RSVP 10th NOV

We will send your tickets out to you by mail the weeks before the 29th Nov if you have not received your tickets by 26th NOV please ring the office. If you have any concerns about your tickets ring the office on 98940377 and leave a message (be sure to leave your name and phone number), or send an email to info@datavic.org we will answer your calls but it may not be immediate as the office is not manned (or womaned). OR ring 0402 097 331 speak to Joan.

HOW TO GET THERE: Take the Eastern Freeway out of Melbourne. Then drive east along Maroondah Highway through Ringwood and Lilydale to Healesville. Turn Right into Badger Creek Road, just past the township centre. From there road signage will guide you to the Healesville Sanctuary car park. Look at the map in car.
## Statement of Profit or Loss and Other Comprehensive Income

For the Year Ended 30 June 2015

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<thead>
<tr>
<th>Description</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
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<tr>
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<tr>
<td></td>
<td>117,104</td>
<td>117,473</td>
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<tr>
<td>Depreciation and amortisation expense</td>
<td>(11,347)</td>
<td>(11,468)</td>
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<tr>
<td>Insurance</td>
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<td></td>
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<td></td>
<td>(6,352)</td>
<td>(6,097)</td>
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<td>Utilities</td>
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<tr>
<td></td>
<td>(6,569)</td>
<td>(6,749)</td>
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<td>Rent</td>
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<td>Donations</td>
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<td>(3,000)</td>
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<td>Printing &amp; stationery</td>
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<td>(5,533)</td>
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<td>Rates &amp; taxes</td>
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<td>(4,066)</td>
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<td>Repairs &amp; maintenance</td>
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<td>(2,790)</td>
<td>(3,533)</td>
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<td>(2,920)</td>
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<td>(1,090)</td>
<td>(2,561)</td>
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<td>(4,346)</td>
<td>(2,505)</td>
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<td>(6,080)</td>
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<td></td>
<td>(1,459)</td>
<td>(5,655)</td>
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<td>Ron Jones Award</td>
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<td></td>
<td>(1,618)</td>
<td>(1,600)</td>
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<tr>
<td>Other expenses</td>
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<tr>
<td></td>
<td>(4,109)</td>
<td>(3,959)</td>
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</table>

**Surplus/(deficit) for the year**

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<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25,672</td>
<td>25,059</td>
</tr>
</tbody>
</table>

**Other comprehensive income**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

**Total comprehensive income for the year**

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25,672</td>
<td>25,059</td>
</tr>
</tbody>
</table>

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### 2015 ANNUAL REPORT from the Treasurer

Dialysis & Transplant Association of Victoria Incorporated continues in a strong financial position with available funds in bank including Term Deposits totalling $1,909,482.

Assistant Treasurer: Eleanor Allan continued to be of great assistance to me and I am most grateful to her for her continued support, advice and assistance in the past financial year, often in very trying personal circumstances. Eleanor also worked as our IT person keeping the computers up to date etc. She successfully updated both computers ironing out wrinkles as they arose.

Our Bookkeeping requirements were fulfilled by Rinning Lieu of Business Advice Specialist Group (BAS Group). Rinning attended once or twice a month, and dealt with the data input to the MYOB files and also ATO.

My thanks to Brendan Lowry for his ongoing assistance with internet banking. And Sue Hatzimichaelis who took Brendan’s place on several occasions at short notice. All information was entered into MYOB monthly by Rinning then Eleanor collated all reports

*(Continued on page 7)*
# Statement of Financial Position

**As At 30 June 2015**

**ASSETS**

<table>
<thead>
<tr>
<th>Current assets</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and cash equivalents</td>
<td>209,833</td>
<td>192,229</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>22,564</td>
<td>37,950</td>
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<tr>
<td>Financial assets</td>
<td>-</td>
<td>510,166</td>
</tr>
<tr>
<td><strong>Total current assets</strong></td>
<td>232,397</td>
<td>740,345</td>
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</table>

<table>
<thead>
<tr>
<th>Non-current assets</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial assets</td>
<td>1,699,650</td>
<td>1,170,250</td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>877,761</td>
<td>872,510</td>
</tr>
<tr>
<td><strong>Total non-current assets</strong></td>
<td>2,577,411</td>
<td>2,042,760</td>
</tr>
</tbody>
</table>

**TOTAL ASSETS**  
2,809,808  
2,783,105

**LIABILITIES**

| Trade and other payables       | 5,928      | 6,725      |
| Income received in advance     | 1,764      | -          |
| **Total current liabilities**  | 7,692      | 6,725      |

| Non-current liabilities        | 2015       | 2014       |
| Membership subscription in advance | 64       | -          |
| **Total non-current liabilities** | 64       | -          |

**TOTAL LIABILITIES**  
7,756  
6,725

**NET ASSETS**  
2,802,052  
2,776,380

**EQUITY**

| Reserves                        | 827,930    | 827,930    |
| Retained surplus                | 1,974,122  | 1,948,450  |
| **TOTAL EQUITY**                | 2,802,052  | 2,776,380  |

(Continued from page 6)

and presented us with one comprehensive report of Profit and Loss, with Selected period, Year to date, Budget Amount and last years amount to present to Committee. I also presented monthly figures of transactions done during the period. It is the role of the Committee to pass all these accounts for payment.

Main source of income: TD Interest $74,203. Donations $11,971, (including $5000 Simply Energy Donation). Subscriptions Income $ 4191 Total of three Houses Income was $20,259

Once again, a tumultuous year which passed very swiftly. There seems to be even less time in the month to do anything like employ a worker, look for office space, pay the bills, write reports, chase up accounts that are NQR, and the list goes on. But we are in this position because we know what kidney disease is all about, and ideally we want to help DATA members in their struggle with Renal failure. Then their experience of Kidney disease and all its sidelines will not be quite so traumatic.

Joan Eastwood  
Treasurer 2015.
Taking The Road Less Travelled— Daryl Gilbert

Being on dialysis often means struggling to maintain a ‘normal’ life. For grey nomad Daryl Gilbert, the solution was to fit-out a caravan with a dialysis machine.

Ever since I was diagnosed with IgA nephropathy in 1991, I have tried to fit dialysis around my life, rather than the other way around.

After my diagnosis, complications with peritoneal dialysis meant that haemo-dialysis was my only option. My wife Cathy and I decided to do home dialysis to enable me to continue to work (and I was blessed that she was a nurse by trade).

Nine years later, on 24th May 2000, I received the long-awaited call to come into the Austin Hospital for a kidney transplant.

After 13 great years, in October 2013 the transplant eventually failed and I was back on haemo-dialysis again. This time I chose to go to Diaverum in North Melbourne (VIC), a private facility that offers nocturnal dialysis. It enabled me to have all my days free.

When I was diagnosed with renal failure, it made us consider what we wanted our life to be like.

For both Cathy and I, travel has always been a great love. Before we were together, each of us individually set off travelling the world at age 21 - well before it became a right of passage for those of my daughter’s generation.

There were plenty of places still to see, and many more to return to. We didn’t want our chances of travelling to disappear (the way the lending spreadsheet recorded during our daughter’s first overseas jaunt seemed to).

When our two children were young, we took them on holidays to the Data dialysis holiday homes, or travelled interstate, booking dialysis at hospitals that accepted holiday patients.

After I received my transplant (at age 45), we decided if possible to retire at 55, leaving us enough time for more overseas travel while the transplant was still working. I’m happy to say that we reached our goal, and over the next five years we spent two months each year travelling far and wide, from Europe and Russia to North America, the Caribbean, Canada and Alaska.

To the horror and embarrassment of our now-adult children, we also purchased a caravan for travelling around Australia. Although we’ve since managed to convert our daughter to the benefits of caravanning (yet to convince our son), it hasn’t all been plain sailing.

On an Australia-wide journey in 2012, we made it as far as Alice Springs, where I suffered a retroperitoneal bleed from my native kidneys. I was transferred by the Royal Flying Doctor Service to ICU in Adelaide. When I was well enough, I flew back to the Austin to continue my recovery there. About nine months later I was back on dialysis.

Since my transplant failed, we had been continuing our caravanning travels with shorter trips, using hospitals that provided holiday dialysis along the way.

However, this year we decided to tackle travelling around Australia in the caravan once again – this time with a dialysis machine on board. While to many it seemed a big decision to give up the relative effortlessness of nocturnal dialysis, for us it was simply a way to continue doing what we have always loved to do.

We upgraded to a larger caravan that we could install a dialysis machine in, to make the travels as flexible as possible.

In order to do so, we first had to learn to operate the dialysis machine (it’s changed a bit in the last 15 years).

We then needed to have a period of time at home becoming confident using the machine.

We set the date for our departure and planned to be

(Continued on page 9)
ShoeString 9

away for around five months. As the date got closer I was having a lot of different medical issues, which were eventually chalked up to the transplanted kidney. So, shortly before we were due to leave, I found out it had to go.

While awaiting surgery, we took the dialysis caravan for a trial run to Coolum Beach (QLD) for a month. The dialysis machine didn’t miss a beat, and it was so much easier fitting the dialysis into our itinerary than having to work around the hospital vacancies.

I had the kidney removed on the 25th of June and I am currently recovering (so is my wife, after I pretended not to know who she was post-op). Of course, I am also planning our next caravanning adventure – this time to WA, in the near future.

I can’t praise the medical and renal technical services team at the Austin Hospital, and Dr Andrew Tosolini highly enough for their desire to accommodate my wishes and assist me in any way they can to make my life as ‘normal’ as possible.

Living with renal failure is a long and winding road. But during it all, I have continued to look for ways to fully live my life the way I want to, and not the way my medical issues dictate. I hope this article can inspire others who wish to do the same. Anything is possible if you put your mind to it.

Daryll Gilbert

See Daryl’s photos on page 11

STEM CELLS

(As I understand them, as a patient)

Stem cells were first discovered in 1981 from mice embryos. In 2006 stem cell research made a breakthrough and it was found the adult stem cells could be manipulated.

Stem cells differ from other body cells in that they are unspecified and can change and replicate other cell types many times, which the other normal body cells cannot.

Normal wear and tear of cells in the body can be repaired/regenerated by stem cells. Scientists are still trying to understand how the process occurs and what drives it.

Stem cells offer a lot of hope for treating diseases, yet a lot of research still needs to be done, as with clinical trials. Things like building new organs to replace a person’s failing organ. Using the person’s own stem cells for this process may result in the concern of organ rejection becoming a thing of the past. With this reduced rejection, the anti-rejection drugs currently used may become redundant and hence the side effect from these drugs may no longer be an issue.

Let’s hope we soon hear more about the successes of this type of research.

Ros Ball

This information was gathered from http://stemcells.nih.gov/info/basics/pages/basics1.aspx (Continued from page 8)
In February I had the pleasure of holidaying at Anglesea on this beautiful bus.

I was diagnosed in 1994 with CKD and lasted until 2004 before I had to go on to Peritoneal Dialysis. During that time we were able to travel all over Aust. Across the Nullarbor and as far North as Cairns. We have flown to King Island and all that time our product was sent ahead where we could pick it up and continue on our way. Many times our product was sent into caravan parks where were parked.

This all ended when we had to go to Haemodialysis.

Trying to find available chairs up the coast was near impossible. The first two years we managed to get into public hospitals and annexes. The following year we wanted to go to Sth West Rocks up near Coffs Harbour. Getting there was the hard part, instead of driving a few 100 kms we had to do over 700kms a day as there were no chairs available along the coast. We did manage one chair at Yarrawonga, the one that is used for the holiday house. They were just beautiful and it made our trip a little easier. We could at least have another day or two to get to Port Macquarie.

But then I read about the Big Red Kidney Bus and booked for Anglesea. What a delight, all I had to do was book the caravan park instead of spending hours on the phone trying to find a chair.

The holiday was fabulous, we had four other couples follow us and it was as if we had a normal holiday with friends. I had not been swimming in summer for many years as we live in the country and it is a three hour drive to the ocean.

This bus has given us the freedom and flexibility to go wherever it goes. I thank Kidney Health Aust every day as they were paramount in getting this bus up and running and are promoting another one in West Aust. My daughter lives there and if it comes off we will fly over to Perth to visit. What a great thing to be able to say.

To all of you out there who have not thought you could holiday. Throw off your shackles and take advantage of this bus. The girls are beautiful and full of fun, and you get 1.1/2 days of holiday without worry.

Helen M Williams

CONGRATULATIONS

AGM Raffle Winners

First Prize $500 Voucher: Annette Bezzant
Second Prize $250 Voucher: George Tipolla
Third Prize $100 Voucher Joss Lopey

Couple of sick jokes for you :
I woke up at 8 this morning starving! I went downstairs and found my wife face down on the kitchen floor, not breathing! I panicked. I didn't know what to do. Then I remembered McDonald's serves breakfast until 11:30.

My wife packed my bags and said, "Get Out!!!" As I walked out the front door, she screamed, "I wish you a slow and painful death, you bastard!" "Oh," I replied, "So now you want me to stay!"

The winner of the Ron Jones Encouragement Award, Ethan Daws, could not be present at the AGM, so his sister accepted the award on his behalf. Elvie Jones presented the award. Ros and Joan were also there.

John Podolak and Joan Eastwood presenting a Life Membership to Eleanor Allan. Congrats Eleanor.

AGM 2015 Sunday 18th October 2015 where we elected John Podolak as our President for 2015-2016 year.

Helen Williams and the Big Red Kidney Bus Story Page 11

Daryl Gilbert In the caravan with the Dialysis Machine Story Page 8

The winner of the Ron Jones Encouragement Award, Ethan Daws, could not be present at the AGM, so his sister accepted the award on his behalf. Elvie Jones presented the award. Ros and Joan were also there.
Deadline for the next ShoeString: 26th January 2016

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString 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 ideas of issues you would like to see covered, contact us.

Write to: The Editor, ShoeString,
PO Box 165 Blackburn 3130
Email: editor.shoestring@gmail.com