Coffee at Melissa Cakes
34 Pier Street, Altona
Wed 4th May at 1.30pm.
You are invited to join us at this coffee shop - specially if you live out that way. Call 9894 0377 for further details or to register your interest.

The Committee welcomes three honoured guests at their meeting on 11 April 2016. The Mayor of City of Whitehorse Cr Phillip Daw, and Kathy Adams, Lawyer and Julie Lyons City of Whitehorse Social Planning Officer.

SERVICE OF REMEMBRANCE
Saturday 28th May 2016 at 2pm
Venue: RMIT Storey Hall Auditorium
Address Building 16, 336 Swanston Street
Melbourne Victoria

RON JONES EDUCATIONAL AWARDS
Application now available see page 9
25 YEARS ON

An Invitation to attend the Service of Remembrance 2016

The Service of Remembrance & Thanksgiving was started in 1991 by Celia Browne on behalf of DATA., with assistance from Australian Kidney Foundation.(now Kidney Health Australia).

Twenty five years later it is still happening and is now organised by DonateLife.

The first service was held in St Pauls Cathedral. Melbourne and over 800 people attended. The Press were there and TV Crews. Transplantation of Kidney received lots of good publicity. In following years the Service was held at the Uniting Church corner of Collins and Russell St. Then the Church of Christ building Swanston Street.

In recent years it has been held at RMIT building 16 at 336 Swanston Street. As the years progressed the focus changed from Kidney transplant to all transplanted organs.

This Service is now held in all capital cities in Australia.

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.

ShoeString 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.

Visit our website at www.datavic.org
President’s Report

Due to my interstate work commitments, the March monthly meeting was chaired by our Vice President, Brendan Lowry. Julie and I drove to Brisbane via Sydney. These trips give us an opportunity to enjoy the most wonderful country as well as the friendly hospitality of true Aussie characters. Flying may be quicker but inside the metal tube with peep holes, even if you have a window seat, all you see is clouds.

The move from Blackburn to Forest Hill has been completed successfully by the hard working Sub Committee and other volunteers and thanks and congratulations are in order. I am so proud to be a member of this great organisation whose members are so willing to put their shoulders to the wheel and be ready to help when required.

We held our first monthly Committee meeting in the new conference room on Sunday 14th February. Shortly after this meeting, Secretary, Ros Ball faced another challenge by having a back operation. With Charlie’s dedicated care, I am informed Ros is recovering well and looking forward to getting back to work again.

At a General Committee meeting, with a positive report from the sub-committee and glowing references from previous employers, Gwendolen Lever was recommended to be formally interviewed in January 2016 by a panel comprising our Secretary, Ros Ball, Treasurer Joan Eastwood and Minutes Secretary Angela Lindsey and offered the position of Office Facilitator for the DATA office.

At the 14th February meeting, General Committee members voted that Gwendolen be invited to sign a Contract Agreement. On Tuesday 23rd February, the Agreement was signed and witnessed by Vice President Brendan Lowry and Joan Eastwood. We look forward to working with Gwen and taking the pressure of Ros and Joan.

To improve our general efficiency and save time at our monthly meetings, Brendan proposed that Sub Committees be formed to deal with specific requirements such as certificates and badges, membership, entertainment, welfare, holiday properties, promotion, Shoe String and provide a written report to monthly meetings.

Other work in progress includes such matters as the appointment of our IT support person and upgrading our web site. We encourage the participation by members from outside the General Committee. We wish to attract volunteers from general membership to contact us and become involved in our Sub-Committees.

Members of DATA please volunteer to join a sub-committee, make friends and have fun.

Keep smiling, be happy and stay well

John Podolak
0418 344 826.

NEXT ISSUE due out by 30th JUNE 2016

This will have your subscription notice in it. Please be advised that our fees were increased at AGM in 2015 Our Annual Subscription fee is $15.00 as of 1/7/2016
4 ShoeString

Holiday Homes

Rosebud

Vacancies June 5–12, June 12-19, June 19-26th July 10th onward.

These holiday homes are for the use of Members and their immediate family. They are not for general public use. Please ensure that if family members use the house the Member MUST BE PRESENT.

Please remember that the Holiday Homes are for those on dialysis or those with a transplant. Priority is given to those on dialysis as this is the only way they can get a holiday. Friends and extended family are welcome to join the DATA Member but they must pay extra.

Rosebud Holiday Home Secretary
Amanda Pratt Phone: (03) 9589 4894.

Yarrawonga: Vacancies:

19 June to 26 June, then plenty after that.

If you would like a holiday in a magnificent part of Victoria, why not book into the DATA holiday home at Yarrawonga, 50 metres from Lake Mulwala, where you can sail, fish, swim, etc. The cost of the house is only $180-00 a week for you and your immediate family, it does not matter if you are on dialysis, had a transplant, or CAPD, you are all welcome at Coghill Street.

Reminder, you must be a member of DATA before you can holiday at our holiday homes.

No animals are allowed exception to rule are guide dogs. There is NO SMOKING in the house or surrounds.

If you are on Home Dialysis your hospital will take a machine to the house.

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

If you need to dialyse at Yarrawonga Renal Unit, please ring the hospital Renal Unit -57438189- first to see what is available. Bookings for the holiday chair are available now.

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.

Remember you are responsible for the cleaning of the house which does include bathroom and toilet.

Please if you find anything that needs fixing, let me know or ring Ann Bonser her phone number is on the wall near the phone. Alan Rawson Yarrawonga House Secretary 22 Tarwin Drive Croydon 3136, Ph. 9723 3019, email: fayal_rawson@hotmail.com
DATA is now working at our new office and Blackburn is closed. I keep referring to Blackburn when I mean Forest Hill. Arrangements have been put in place to ensure any mail sent to our old PO Box will not go astray. This is not a long term arrangement so please make sure you sent any mail to our new PO Box number that is listed on the back page of Shoestring.

New (second hand, good quality) furniture has been bought, desks and chairs, bookcases and filing cabinet. The desks are set up the same way as at Blackburn. Once the bookcases were delivered it was then possible to move our folders, of which there were many boxes onto the bookcase shelves. It is now a matter for remembering which folder of records is where.

Unfortunately when DATA first moved our phone was not taking messages, and we apologise for that. The phone is now working properly, remember you can always ring me (Ros) at home.

A thank you must go to all those who help in the move, especially to Jan Fletcher who oversaw the disposal of the old furniture and cleaning of the house. I must also give a big thanks to Eleanor Alan for her diligent work in sorting out our folders in the store room especially our old financial records and others which needed shredding. I personally had not looked forward to doing this job, but Eleanor was happy to volunteer, and spent many hours completing the task

Ros Ball

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**Holiday in Angelsea**

Helen Williams

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 we 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 one and a half days of holiday without worry.

Helen M Williams
DON'T TAKE YOUR ORGANS TO HEAVEN HEAVEN KNOWS WE NEED THEM HERE

The 1st Angle  We had two sons: David born 1969 and Geoffrey/Tiggy born 1972. David was a fit, healthy boy. As a toddler Tiggy was often quite unwell and at the age of 5, after many tests at Royal Childrens Hospital, he was diagnosed with kidney failure. On questioning the renal specialist we were told, quite brutally, that a kidney transplant wasn’t possible for such a young child and “to take him home, let him live as normal a life as possible and be prepared to let him go when the time came”.

In 1982 I was in the U.K. visiting parents when I received a’ phone call to say that “dialysis was being considered”. After many anxious years this was good news indeed as I knew that if renal team was now considering dialysis, a future transplant was a possibility. At the age of 11 Tiggy commenced CAPD (continuous ambulatory peritoneal dialysis) which meant he needed a “bag change” at home 4 times in 24 hours, a strict, procedure which had to be fitted into school, scouts and various other activities. During this 18 months meticulous hygiene had to be maintained; even so, he often had infections, necessitating hospital stays.

At the age of 13, after several false alarms, Tiggy received a donated kidney which, we understood, came from an anonymous, middle-aged Sydney man. This kidney lasted for 6 years enabling him to complete high school, although he was often unwell, suffering chronic rejection for most of that period. At 19 he had just enrolled at Latrobe University when he was told he would need a second transplant very soon. Fortunately a second kidney became available quite quickly, this time from a youngish male person. So, in April 1991 Tiggy received another chance of life. I am pleased to say that now, at the age of 44, he is married, working and studying, and the proud father of my 4-year old grand-daughter.

The 2nd Angle:  David was a fit, healthy boy, teenager, then young man. He studied at ADFA in Canberra (RAAF) where he completed a Masters Degree in Business Administration. He travelled, loved all sports, his Ford Thunderbird; and later his motorbike.

On a dark, wet July night in 1998 David was riding north on Church Street, Richmond, when his motorbike skidded on wet tram tracks and he was thrown off, into the path of an oncoming taxi. Although taken immediately to the Alfred Hospital he was not put onto life support as, we were told, he was dead on arrival. So when we requested that David be considered as an organ donor, this was not possible. However, the following morning we were contacted by the Coroners Office and asked to consider donating other “gifts of life”, i.e. long bones for use in orthopaedic surgery, skin for burns victims, fasciae lata to be used in reconstructive surgery, and corneas. Of course we gave our consent.

An event of which I am quite proud was conceiving the idea of and organizing the first Australian Service of Thanksgiving & Remembrance for Organ Donors and Recipients held at St. Paul’s Cathedral in April 1991; it filled the cathedral to capacity. The Service continues to this day in most States and 2016 marks the 25th anniversary of this important event.

Celia M. Browne

Celia Browne was a dedicated member of the DATA committee for many years and is a life member.
These are genuine clips from Dublin City Council complaint letters - so read and enjoy how others put their thoughts into words

1. My bush is really overgrown round the front and my back passage has fungus growing in it.
2. He's got this huge tool that vibrates the whole house and I just can't take it any more.
3. It's the dogs mess that I find hard to swallow.
4. I wish to complain that my father hurt his ankle very badly when he put his foot in the hole in his back passage.
5. And their 18 year old son is continually banging his balls against my fence.
6. I wish to report that tiles are missing from the outside toilet roof... I think it was bad wind the other night that blew them off.
7. My lavatory seat is cracked, where do I stand?
8. I am writing on behalf of my sink, which is coming away from the wall.
9. Will you please send someone to mend the garden path? My wife tripped and fell on it, yesterday, and now she is pregnant.
10. I request permission to remove my drawers in the kitchen.
11. 50% of the walls are damp, 50% have crumbling plaster and 50% are plain filthy.
12. I am still having problems with smoke in my new drawers.
13. The toilet is blocked and we cannot bath the children until it is cleared.
14. Will you please send a man to look at my water; it is a funny colour and not fit to drink.
15. Our lavatory seat is broken in half and is now in three pieces.
16. I want to complain about the farmer across the road. Every morning at 6:00 a.m. his cock wakes me up and it's now getting too much for me.
17. The man next door has a large erection in the back garden, which is unsightly and dangerous.
18. Our kitchen floor is damp. We have two children and would like a third, so please send someone round to do something about it.
19. I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night.
20. Please send a man with the right tool to finish the job and satisfy my wife.
21. I have had the clerk of works down on the floor six times, but I still have no satisfaction.
24. This is to let you know that our lavatory seat is broke and we can't get BBC2.

**Boyling Point**

The daughter asks her dad, ‘Dad there is something that my boyfriend said to me that I didn’t understand. He said that I had a beautiful chassis, lovely airbags and a fantastic bumper.’ Her Dad said ‘You tell your boyfriend that if he opens your bonnet and tries to check your oil with his dipstick I will tighten his nuts so hard that his headlights will pop out and he will start leaking out his exhaust pipe.

HOW FIGHTS START- This is a story which is perfectly logical to all males.

A wife asks her husband, “Could you please go to the shops and buy one carton of milk, -and if they have eggs, - get six.”
Short time later husband returns with six cartons of milk. The wife asks him “why the hell did you get six cartons of milk?” He replied, “They had eggs”

*That’s when the fight started.*
These Awards are to be known as the Ron Jones Educational Awards. They are to honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones AOM.

The purpose of these Awards is to encourage scholastic achievement.

The Awards will be judged on scholastic ability exclusively assessed by a panel of judges accepted by DATA. No correspondence will be entered into.

An applicant must be either a financial member of DATA with chronic renal disease or the child of a financial member of DATA who has or did have chronic renal disease.

An applicant must have completed any of years 7 to 11 and may apply for an Award by the end of May of the following year for presentation at the AGM of that year.

Assessment will be judged on an Applicant’s previous year’s full school reports together with a 300-word hand written essay on the topic of ‘My Chosen Career’. Failure of an Applicant to submit full years’ reports may, in the discretion of the DATA Committee or the Judges, result in the disqualification of that Applicant.

The amount to be expended each year will be $2000.00 and any amount not expended in any one year will not be available for use in subsequent years.

Provided there are sufficient Applicants with merit, there will be:

a) One (1) Award of $800.00 based on demonstrated excellence and scholastic ability.
b) Three (3) Awards of $400.00 each for encouragement of future academic achievement.

If, in any one year, no Applicant demonstrates a sufficient degree of excellence, the judges may, in their discretion, withhold the Award of $800.00 based on excellence and scholastic ability. However, irrespective of the standard of the Application and provided that there are sufficiently qualified candidates, the judges must award three (3) encouragement Awards.

Notice of the Awards will be advertised in at least three subsequent editions of ShoeString starting in the November edition of each year.

Applications will be printed in ShoeString and should be forwarded to the DATA Office by the end of May. Late applications will not be accepted.

Schedule of Deadlines for Applications and Judging.

Close of Applications: end of May
Applications to Judges: last week of June.
Results from Judges: second week in September
Advising Award Winners: 3 weeks before the AGM
Presentation of Awards: at the AGM in October

An Award winner cannot apply for another Award for another two (2) years. An unsuccessful Applicant can apply in subsequent years.

Awards will be presented to the successful Applicants at the AGM of each year. Parents will be invited to bring the Award winner to the AGM to receive a Certificate of Achievement or a Certificate of Encouragement.

The awards will be presented by Mrs. Elvie Jones, a Ron Jones family member (i.e. Mark or Dirk) or the President of DATA.

Privacy: No personal information given in an Application will be available to anyone. The only exception to this rule will be that an Applicant’s age, school reports (with the Applicant’s name and School obliterated) and the essay will be available to Members of the Judging Panel. Further, this exception will apply to a Sub-Committee specifically nominated each year by the DATA Committee to process the Award Applications. Those nominated persons will work in accordance with all Privacy Laws applicable in Victoria. Applications forwarded to the Judges will have a code of identification known only to the nominated Sub-Committee.

Amendment: These Rules may be amended by a majority decision at any validly constituted DATA Committee meeting provided that the Members of the Committee have been given at least 7 days notice of the proposed changes.

Rules amended 7 October 2008
APPLICATION FOR THE RON JONES EDUCATIONAL AWARDS.

Applicants are requested to complete this form and forward it to
The Secretary
D.A.T.A. Vic Inc.
P.O. Box 159 FOREST HILL 3131.

Applications must be received no later than the 31st May 2016. Winners will receive awards at the A.G.M in October
Applications must include a handwritten essay of 300 words entitled “MY CHOSEN CAREER.”
Also include the previous year’s school reports.

Please fill in this form using Block Letters.

SURNAME……………………………………….......….GIVEN NAMES…………………………………………
ADDRESS…………………………………………………………………………..…………………………………
POST CODE…………………………………. ….…DATE OF BIRTH……………………………………
HOME PHONE…………………………………………...MOBILE……………………………………

PARENTS / MEMBERS PARTICULARS
(IF APPLICANT MEMBER IS UNDER 18 OR A CHILD OF A MEMBER)

SURNAME………………………………………….GIVEN NAMES…………………………………………
ADDRESS……………………………………………………………………………
POST CODE………………..PHONE…………………………...MOBILE….……...……………...
SIGNATURE OF STUDENT……………………………………………………………………………………...
SIGNATURE OF PARENT…………………………………………………………………………………...…

Financial Member of D.A.T.A
YES   NO

MY ESSAY ON “MY CHOSEN CAREER” AND SCHOOL REPORTS FOR THE LAST YEAR ARE ENCLOSED.
YES   NO

SCHOOL PARTICULARS:

PRESENT YEAR OF STUDIES………………………………………………
SUBJECTS STUDIED …………………………………………………………………………………………………………………..
Picnic at Blackburn Lake

What a lovely day we had at Blackburn Lake last Sunday (20th March). We were a bit unsure about how it would go at a new venue and with the absence of John, Brendan, Angela, Paul and Ken from the Committee, but it was fine.

It was a bit chaotic at first when we arrived to set up there was an Easter hunt underway, with egg and spoon race, sausage sizzle, Animal farm nursery, face painting. Several people were pleased to get a free sausage and sauce. There were cars and kids everywhere!! Gradually they dispersed as that entertainment finished at 1pm.

We were able to set up in the Courtyard of the Information Centre. And our thanks go to Anne and Ian Payne for their help unlocking store rooms and getting urn going. There were chairs and some tables provided and we judged it to be an excellent venue.

The area is separate to the general public and most suitable for a picnic.

We shared stories with a wide age range of people. No two stories are the same whether it be transplant, haemodialysis or peritoneal dialysis, both member and carers, The conversation covered Live organ donors; Carers who are needing hospital treatment; Anticipation of a holiday at Yarrawonga and much more.

Our thanks go to Jan Fletcher for organising this picnic, picking up the key etc. Thanks to all Committee members who were able to come and also brought food to share.

Our thanks to the Advisory Committee of the Blackburn Lake who maintain this area with the help of volunteers. It is a real asset in a city of Apartments.

Check it out on the web just put blackburnlake in your search engine and see what comes up. See photos opposite

Joan Eastwood

VRHCN Is Going Green

(Victorian Renal Health Clinical Network Department of Health).

Did you know that nephrology practice, particularly dialysis, is one of the most energy and resource intensive treatments in current day medicine? Studies have measured the environmental impact of renal care and nephrology, highlighting the following:

= Weekly power requirement of a single haemodialysis system is equal to the weekly power requirement of an average Australian 4 person home
= 2.5 kg of consumables/Rx1
= 390 kg/person/yr vs. municipal waste generation of 660 kg/person/yr2
= 500 L/Rx vs. average Australian daily per capita domestic use of 160L

Change is possible though. In the United Kingdom (U.K.) in 2009, a Green Nephrology Network was established comprising clinicians, renal technicians, industry partners and patients4. Since its inception, this group has made impressive transformations in the sustainability of kidney care, reporting annual savings to health services of 470 million litres of water, 11,000 t CO2 -eq. of greenhouse gases and £7 million5.

With apologies for not knowing what some measurement mean. Eg Rx

Ros Ball
the Committee invited three important people to our meeting in April.

They were the Mayor Cr Phillip Daw, Kathy Adams Solicitor, and Julie Lyons, City of Whitehorse Social Planning Officer.

We awarded Certificates of Appreciation to all three to thank them for their support in our recent move.

**PICNIC AT BLACKBURN LAKE**

Jan Fletcher, Peter and Helen Classon.

Lorraine Lipson, Alan Rawson, & Danny

Rani Moodley, Lorraine Lipson, Alan Rawson, Danny Moodley

Kathy Kaupert, Fred Atkins, Errol Kaupert.

Nick and Trevor, Lorraine, Peter & Helen, Geoff. Fletcher

Elaine & Ron Hennessey  Darren H, Fay Rawson
Dates to Remember

Coffee and Cake. 4th May 1.30pm
MELISSAS  34 Pier Street  Altona

RMH Dialysis Support Group
7th May 2016 Annual Charity Dinner
Contact Anita 0412 339 791

Kidney Health Week
22 May to 28th May

25th Service of Remembrance
Saturday 28th May

Next Shoe String Packing
25th June

Thanks to Celia Browne and Helen Williams for their articles in this issue. If you would like to make a comment, make a complaint, send an article or tell us how much you appreciate our Shoe String.

Write to: The Editor, ShoeString,
PO Box 159  Forest Hill  3131
Email: editor.shoestring@gmail.com

Deadline for the next ShoeString: 13 June 2016