

Shoe String

Newsletter for the Dialysis and Transplant Association of Victoria Inc.



NOVEMBER 2016



Christmas Picnic

SATURDAY 3rd December 2016

12 noon - 4pm

Halliday Park

310 Mitcham Road, Mitcham

*Come and join us for
a funfilled day*

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SGM & AGM

Financial Reports

Ethan Daws wins gold



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.

CONGRATULATIONS TO OUR SPECIAL RAFFLE WINNERS

**1st Prize \$800 voucher
Andrew Rodrick**

**2nd prize \$400 voucher
Mark Cunningham**

**3rd prize \$150 voucher
Mary Jude**

GREEN DIALYSIS

This year our Special Guest Speaker at the AGM was Professor John Agar, from Barwon Health in Geelong.

Professor Agar's talk was fantastic and focused on his interest in green dialysis which arose from his beliefs in the benefits of longer hour more frequent haemodialysis in the home.

His pioneering work in Australia with nocturnal dialysis has led to improved health outcomes for patients on extended hour dialysis, but did not anticipate the inadvertent financial burden for patients as they moved from the dialysis centre into the home. In addition, the environmental impact of waste generation and resource consumption had not been appreciated.

Professor Agar is now encouraging other dialysis services around the world to 'go green' and now is an invited keynote speaker on the topic at international scientific meetings.

To read more go to: www.greendialysis.org



Visit our website at www.datavic.org

The President's Report

The President & Vice President's End of Year Report



John Podolak
0418 344 826

During our time in office as President and Vice President, we found it convenient and time saving to present combined President /Vice President reports to our monthly Committee Meetings. Our reports to monthly meetings contained our general ideas, suggestions and points of view based on many discussions we had between the meetings for review and approval by the general Committee. As a result of that experience, we have decided, that for the sake of efficiency, to provide a combined report at this AGM.

As President, it is my great pleasure to acknowledge the genuine, practical, wise and professional assistance I enjoyed from Brendan's contribution and I extend my thanks for his loyalty and friendship.

Our hard working members of the General Committee and Sub-Committees can confidently claim a considerable number of successes as a result of their efforts, some more notable are listed below:

1. We extend our thanks to all the Committee members for their efforts during the relocation of DATA's Blackburn premises to Forest Hill. This move was commenced prior to our term of office and was organised by the last year's Committee under Ros's leadership with the very professional assistance of her husband Charlie. Let us offer our appreciation to all in the usual manner.

In our new premises, we enjoy a great office, two meeting rooms, kitchen facilities a spacious conference room and very importantly, a saving in rent of approximately \$20,000 each year. We welcome and strongly recommend that all present here today, members and friends, avail themselves of an opportunity to visit and observe your Committee at work on the second Sunday of each month.

2. A very competent Office Facilitator has been appointed and good working procedures have been developed to assist Committee members with research, projects and general office requirements under the direction of the tasks coordinator Joan Eastwood - DATA Treasurer.

In addition, Joan heads a Sub-Committee which is working on an 'Accommodation Package' for members who, when visiting a medical facility in Melbourne, would be assisted with the cost of accommodation. Joan will supply more information as part of her report.

3. As well as acquiring new computer equipment, under the guidance and assistance of Charlie, a simple, reliable data back-up storage programme has been implemented which is updated overnight thanks to Gwen, and regularly monitored by Charlie weekly. This assures us of ongoing security of the information on our computers.

4. A new Committee member, Trudy Robson, is a professional in the graphic design industry. She has joined the Editorial Group. No doubt members have noticed the new format. We thank Trudy for stepping up and offering DATA her knowledge and expertise in this field.

We are confident that the new General Committee which will be elected at this AGM, will continue the current projects and also, not only generate new projects but more importantly will INFECT WITH ENTHUSIASM and encourage new ideas from all members and friends of this wonderful and worthy organisation - The Dialysis and Transplant Association of Victoria Inc.

John Podolak & Brendan Lowry

*...encourage
new ideas from
all members
and friends of
this wonderful
and worthy
organisation*

DEADLINE FOR NEXT ISSUE 9 JANUARY 2017

DATA Holiday Houses

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

Both houses are equipped with a RO machine. 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.



Rosebud

VACANCIES

- Fully booked until March 12, 2017

Please note: I will be away from the Dec 4 until the Jan 7, 2017 and the house is fully booked. Also if there are any emergencies, to contact the head office of DATA.

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

DO NOT FORGET

If you need to dialyse at either the Rosebud or Yarrowonga Renal Units, please do the following:

- Contact the hospital to check the availability of booking a chair
- Check the vacancy dates of the Holiday House
- Then ring to book the Holiday House
- Finally, contact the hospital again to confirmation your dates and book in

Yarrowonga

VACANCIES

- Dec 4 to Dec 11

But I do get vacancies so give me a ring.

You will need to book early if you are wanting to dialyse at the Yarrowonga Renal unit on 5743 8189.

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

Bookings at the Yarrowonga Renal Unit Ph: 5743 8189

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

SPECIAL GENERAL MEETING

The Special General meeting was held on Sunday 23 October for the purpose of reviewing and voting on DATA's new rules. A draft set of rules had been approved by the committee prior to this meeting.

We are very pleased to report that the new rules were voted in unanimously by DATA members. The new rules do not come into effect until they have been approved by Consumer Affairs

ANNUAL GENERAL MEETING

The DATA AGM was held on Sunday 23 October and we had a good attendance. This is the time when the Office Bearers get elected as well as the Committee.

Both John Podolak, President and Brendan Lowry, Vice President stepped down from their roles and we'd like to thank them for their commitment and efforts over the last year in instigating changes for DATA, including sourcing the new office, hiring an office facilitator and getting the computers updated (with the help of Charlie Ball). Brendan has been on the committee for 5 years.

Sue Hatzimichalis was voted in as

President and Peter Collins as Vice President and we thank them for taking on these roles for the next 12 months.

Joan Eastwood stood down from the position of Treasurer with Vicki Abbatangelo taking up the challenge and Ros Ball wrapped up 4 years as Secretary and handed over to Charlie Ball, so we thank Vicki and Charlie as well.

Our guest speaker, Professor John Agar was very interesting and spoke of the need to recycle both consumables and water with dialysis as well as decrease power usage. He also talked about the potential effect of light on blood



while it cycles through a haemodialysis machine. It created a lot of discussion afterwards. Read more on page 2. The Special Raffle was also drawn with 3 very lucky winners announced, see page 2 for details.

The day finished with afternoon tea which gave us time to catch up and chat to each other.

Trudy Robson

2016 WELFARE REPORT

DATA operate a small welfare program for members use.

Application can be made through the Social Work Department of their hospital. Each case is assessed by Welfare Sub Committee of DATA. Fay Rawson, Ros Ball, Joan Eastwood.

We have dealt with three applications in 2016, outlaying a total of \$1774.

Referrals came from Royal Children's Hospital, Royal Melbourne Hospital, and one from the Austin hospital.

All applicants are treated in a confidential manner and every effort is made to assist them.

Joan Eastwood



OTHER BUSINESS

Altona Branch: the idea for a sub branch in Altona was kicked off in May 2016 at our coffee and cake day. George Said has taken the lead on this with support from Ros and slow but steady progress is being made to get this group established.

Ron Jones Education Award. Regrettably there were no applications this year. We hope that by changing the deadline for submissions we will be able to encourage more applications in 2017.

Social Outings: our two big social events - Christmas in July at Greyhounds and the Christmas picnic at Healesville Sanctuary were well attended. There were also good turnouts for the picnic at Blackburn Lake and coffee & cake outing to Altona.

Web Site: unfortunately John Hulskamp, who managed the web site, passed away in January 2016. In April we took direct control of the web site and are now able to do minor updates of the content. A complete overhaul of the site is planned to give it a more modern look and ensure it meets our needs.

Ros Ball

NEW SCHEME FOR ACCOMMODATION FOR COUNTRY CLIENTS

When country clients come to Melbourne for medical appointments, they used to be able to book into Blackburn for a night, a week or a fortnight, but circumstances have changed and we are no longer able to offer that solution. The Committee does not want anyone to be disadvantaged by the move from Blackburn to Forest Hill.

So we are proposing that if you have to come to Melbourne for Doctor's appointment we will subsidise your accommodation at a motel or hotel.

The factors under consideration are amount of subsidy, application process, and eligibility.

If you have a need for accommodation please let us know. Contact DATA Office 03 9894 0377 or send an email to info@datavic.org

Joan Eastwood

2015 - 2016 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 2016

	Note	2016 \$	2015 \$
Income	2	108,387	117,104
Depreciation and amortisation expense		(9,917)	(11,347)
Insurance		(5,574)	(6,352)
Utilities		(7,031)	(6,569)
Rent		(17,500)	(24,960)
Donations		-	(3,000)
Postage		(2,902)	(3,425)
Contractor		(3,307)	-
Printing & stationery		(4,716)	(5,267)
Rates & taxes		(4,602)	(4,339)
Repairs & maintenance		(3,504)	(2,790)
Telephone		(2,219)	(1,979)
Travel		(2,998)	(3,021)
Social welfare		(1,774)	(1,090)
Bookkeeping		(4,808)	(4,346)
Auditing		(5,600)	(5,761)
Fundraising	3	(1,926)	(775)
Ron Jones Award		(400)	(1,618)
Social events	3	(2,187)	(684)
Other expenses		(4,894)	(4,109)
Surplus/(deficit) for the year		22,528	25,672
Other comprehensive income		-	-
Total comprehensive income for the year		22,528	25,672

Annual Report from the Treasurer

This has been a year of change for the Committee.

In November 2015 it was decided to take up Whitehorse City Council offer of rental at the Whitehorse Community Resource Centre in Forest Hill. Several items influenced our thinking. Firstly, we were paying rental of \$2080 per month at Blackburn and on top of this, were the utility costs. The house was being

overshadowed by high-rise buildings and was not being utilised to its full potential as accommodation for country members. So the decision was made.

I would like to acknowledge John Podolak and thank him for his enthusiasm, his persistence and his determination to improve DATA's image. For the Office Facilitator, new insurance brokers and the hours of negotiating

with Whitehorse City Council on behalf of DATA resulting in our new office at Forest Hill. Thank you John.

The move from Blackburn to Forest Hill. Thanks to Jan Fletcher, Ros & Charlie Ball and Eleanor Allan and all who played a part in this mammoth task. Not only was it time consuming, it was also emotionally draining as we moved over to a new era of DATA.

2015 - 2016 Financial Report

Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

Statement of Financial Position

As at 30 June 2016	Note	2016 \$	2015 \$
ASSETS			
Current assets			
Cash and cash equivalents	4	242,150	209,833
Trade and other receivables	5	11,312	21,928
Other current assets		1,721	636
Total current assets		255,183	232,397
Non-current assets			
Financial assets	6	1,699,650	1,699,650
Property, plant and equipment	7	873,931	877,761
Total non-current assets		2,573,581	2,577,411
TOTAL ASSETS		2,828,764	2,809,808
LIABILITIES			
Trade and other payables		3,311	5,928
Income received in advance	8	632	1,764
Total current liabilities		3,943	7,692
Non-current liabilities			
Income received in advance	8	241	64
Total non-current liabilities		241	64
TOTAL LIABILITIES		4,184	7,756
NET ASSETS		2,824,580	2,802,052
EQUITY			
Asset revaluation reserve		827,930	827,930
Retained surplus		1,996,650	1,974,122
TOTAL EQUITY		2,824,580	2,802,052

New Items purchased for the new Forest Hills Office: Computer, 3 office desks and chairs, 2 bookcases, 2 cupboards and a filing cabinet.

Eleanor Allan resigned as IT person in February 2016 and also as Treasurers Assistant. I thank Eleanor for her many hours of labour with the computers and office work. Her business knowledge

was invaluable and she will be sadly missed.

Main source of income is from Term Deposit Investments, donations and grants.

A Community Services Volunteer grant of \$4000 was received in June 2016.

Donations of \$3753 – thanks goes to

all who sent a donation with their annual subscription.

The Committee plans in early 2017 to do some serious work in developing DATA's mission and objectives and in creating a structured strategic plan, as suggested by the Auditors.

Joan Eastwood
Treasurer
Oct 2016

Ethan Daws pulls in the gold at the 2016 Transplant Games



The enormous journey started with the long and strenuous 10 hour drive up to Sydney with a stopover at Wodonga. Our movements up to that end of the world was for the Biannual National Transplant Games which were held in Penrith Sydney this year.

After we arrived in Penrith and headed to our cabin. I then got ready for my first event, this being Archery. Where do I start; an astonishing round via me scoring one hundred and thirty five points out of the possible hundred and fifty. This being the highest score of the night! Due to this I received my first gold medal of the games, being presented by the only Paralympic medallist in archery, Jonathon Milne.

Being stoked with the previous night's outcome, I was up early and rearing for my pet events in the pool. My strong warm up carried through to my first event, with a remarkable 50 metres freestyle swim in the pool, resulting in a gold and silver to my team mate from Victoria. This gold and silver combination occurred for a majority of my races being 50 metres butterfly, 100 metres Freestyle and followed by the 200metre Freestyle. However in the 50 metre breaststroke it was an extremely close race and my Vic team mate just bet me, giving me a silver.

Like most swimming meets the final events are relays. I had the privilege to be given the opportunity to swim

in both relays (the medley as well as the freestyle). The completion was outstanding and we all put our absolute best into the races, this could be seen by results with a gold and a bronze. The results of the day were astonishing and I was hoping to carry this onto my next event that evening.

Everyone put their all into the game of volleyball. We tried our best, which is all I could ask for. We had many good shots and laughs throughout the games. The combined Victorian and Tasmanian team came fourth but was the extremely enjoyable with many laughs.

The volleyball marked my last event of the games, however the two days of participating resulted in six gold, one silver and one bronze. The transplant games are not just about the completion and the sport, but also about the friendships made and meeting new people. My next big event that I am planning to attend is the World Transplant Games in Spain 2017.

I would to thank my parents for all the support that they have given me throughout the years of swimming. I would also like to thank my sister for attending all my events and her fabulous driving to Sydney. Lastly I would like to thank my donor, dad, for giving me the gift of life and the five years and counting that he has put on my life.

Ethan Daws

Christmas Picnic



**SATURDAY
3rd December
12 noon - 4pm
Guide Hall at
Halliday Park**

Halliday Park
310 Mitcham Road, Mitcham

Bring your own picnic & chairs
and we will provide some yummy
sweets and fruit platters, tea
& coffee and soft drink.

We will have a traditional game of
cricket and lots of chatter so come
and join us for a funfilled day.

Don't forget SATURDAY 3rd December 2016

Christmas Picnic at Halliday Park

SATURDAY 3RD DECEMBER 2016

RSVP by 28 November 2016

NAME: _____

PHONE: _____

Number of Adults attending: _____

Number of Children attending: _____

Please return this slip to:
PO Box 159 Forest Hill 3131

Or phone 9894 0377 & leave a message or
email info@datavic.org

Have a laugh

TEACHER: Donald, what is the chemical
formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me
how I spell it.

TEACHER: Why are you late?

GLENN: Class started before I got here.

TEACHER: A man from Los Angeles drove
toward New York at 250 miles per hour and a
man from New York drove toward Los Angeles
at 150 m.p.h. Where did they meet?

JOHNNY: In jail!

MUM: What did you do at school today?

MARK: We did a guessing game.

MUM: But I thought you were having a
math exam.

MARK: That's right!

TEACHER: Glenn, why do you always get
so dirty?

GLENN: Well, I'm a lot closer to the
ground than you are.

The Editorial Committee would like to apologise if we offended you with our choice of jokes.

Our aim is merely to add a bit of light-heartedness in a glum world and we do not intend to offend. We will endeavour to be more selective in the future.

D for Diagnosis *Part 2*

by Carol Coghill

Here is the continuation of Carol Coghill's story D is for Dialysis. Her book is now available for free from UD3 Wangaratta.

Chapter 1 continued

"It's always good to leave the city" I said.

Ian grunted "It's not very good news though."

"No it's not", I agreed, "but let's wait until we see Dr Auwardt and get the full facts."

"The way I feel I'm not much good for anything anyway", he said glumly.

"We're lucky that Bill can handle most of the farm work. He just needs a hand in the office", I said.

"Now it's all on computer, I'm not needed there either", grumbled Ian.

"But you're still needed in a management role and there's lots you can do on the farm. Anyway, we might be able to put it off for a while", I said, trying to be optimistic.

After much discussion, we decided that come what may, we would like to stay on the farm.

On 30th September, we went to Wodonga for Ian's second appointment with Dr Auwardt. He explained what the blood pathology and biopsy had shown. He talked about levels of urea, potassium and creatinine, but the main message for us was that Ian had only 20% kidney function. He was very encouraging about home dialysis, stressing that if we could cope, it was the best outcome for Ian.

We asked: "How long until Ian would need dialysis?" He replied, "No one could say for certain."

So, staying on the farm was definitely still possible, much to our relief.

The campaign to stave off dialysis began when I made an appointment to see the dietitian at Wodonga Hospital the next time we were due to see Dr Auwardt. There I learnt about salt in the diet and to carefully check the labels on products. We also ceased to use salt when cooking vegetables and casseroles, using herbs instead for flavour, though I could never wean Ian off salt in his porridge, and chocolates. Chocolate was also another "No No", or rare treat.

Dialysis takes a lot of time out of your life, but the improvement in your health can allow you to live a normal life. Ian and I travelled in Australia while on dialysis, but you don't have to stop there: with good planning you can travel the world. Dialysis is the means to the rest of your life, especially if you receive a successful and timely transplant.

Copyright ©

Carol Coghill, 2015

If you would like to purchase a copy of the book, please contact the DATA office on (03) 9894 0377.

Ron Jones Educational Awards



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

These awards are to encourage scholastic achievement and are offered to students between Years 7 to 11.

Assessment is based on the Applicant's school reports together

with a 300 word hand written essay on the topic of 'My chosen Career'.

There are two levels of Awards to be won. One Award of \$800 based on demonstrated excellence and scholastic ability and three Awards of \$400 each for encouragement.

Go to www.datavic.org for more information.



DATA 2016 AGM



Dates to remember



Christmas Picnic, Saturday 3 December 2016

Guide Hall, Halliday Park, 310 Mitcham Road, Mitcham
12 noon until 4.00pm. See page 9 for more details.

Autumn BBQ

Details to come.

Some web pages of interest

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

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



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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.

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