



HAPPY NEW YEAR FROM D.A.T.A

D.A.T.A. Christmas Party 2014



The annual Christmas Party was held on Sunday 30th November at Halliday Park, Mitcham. The Melbourne weather – well it was hot. First we sat inside the hall, and then we went out. Although it was hot, it was very pleasant under the big, shady tree.

At the party there was 25 people in total, plus a baby, 9 month old Peppa.

Most people had a picnic lunch but there were sausages and the onions to share.

Joan organized Slices, as she does every year. Angela organized the fruit platter. There was plenty for everyone.

The raffle had three wonderful prizes - hamper, quilt & a bottle of wine. The winning tickets were drawn by the oldest person at the party, Ken Smith.

The 1st ticket drawn, belonged to, Charlie Ball – he chose the hamper. Second ticket drawn, belonged to Charlie Ball, so it was drawn again. Darren Hennessey chose the quilt. The bottle of wine was won by Jenny Murphy.

There were mainly familiar faces at the Christmas party, but

everyone had a lovely time. It was nice seeing everyone again.

From the D.A.T.A. committee we wish each and everyone a Happy Christmas and a Safe and Prosperous New Year. Hope to see you all at the next Christmas Party.

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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 upside-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.

From the Editor....and the Editorial Committee.

Hi Everyone,

Just a quick note, I would like to wish everyone a Happy New Year and hope you all had a wonderful Christmas

How time goes as you get older, doesn't feel like it was only 12 months ago we were in NZ . This is our January Edition and it should be out early in the month but with all that good cheer it isn't, so from the Editorial Committee we apologize for the delay but to make up for it we will have our next ShoeString for March out in the first couple of weeks of the month.

As you so well know, this newsletter doesn't do itself , so if you can help us in any way please let us know, even if you just have a story of your own, please write it and send it into us, if you can help with packing please let Joan know and she will ring when we need you and if you can, come have a coffee and a chat and pack ShoeString, it's a lot of fun, really it is !!!! Thanks

VALE Nicholas Tonti-Fillapini.

Nicholas was a long term member of D.A.T.A and used the Holiday homes, with his family quite regularly..

We would like to send our condolence to his family from all the DATA Committee.



Picture from: Catholic Communications Sydney Archdiocese 7 Nov 2014

Yet another friend has left us...

Vale: Dorothy Kurrle.

Dorothy and her late husband Dick were our contact for the Rosebud House. Anyone who went to Rosebud would always get a visit from Dick and /or Dorothy while they were down there. It's sad that they will not be around to visit the Rosebud house.

I wish everyone a very good 2015, congratulate those who received a successful transplant last year and wish the best for those about to start dialysis and the best for those who are on dialysis. Let's hope for a good 2015 for us all.

I welcome back Sue and Nick Hatzimichalis to the committee. Sue, as you may remember, had served on the committee, both as president and as secretary. Sue returns to the committee after a well-earned break, congratulations to Sue and Nick on their 30th wedding Anniversary and Happy Birthday to Sue..

DATA has three large projects on hand for 2015.

The first project is to update our Rules and Regulations to fit in with the Consumer Affairs Victoria's new regulations. The proposed new set of rules will be put to members for approval at a special general meeting and if accepted will then be submitted to Consumer Affairs for their consideration and approval.

DATA's second project is to find a new headquarters. Our lease for the Blackburn house is now on a short term basis and we need to prepare ourselves for the inevitable move. When the house at Blackburn was first sold we asked members for their suggestions on what to do. Data received requests for headquarters, with accommodation, being situated closer to the city. DATA committee looked at city accommodation and decided it was not viable due to the high cost. Another suggestion was to buy a third holiday house. Unfortunately there was no one to run another house, so this too was unviable. Currently we are looking at shopfronts, (preferably with accommodation) to rent or buy, near our current headquarters. DATA is also considering buying another house, but smaller than our current house.

The third project is to employ an office administrator. This person should make the office work easier for the DATA committee. Our committee is getting older, and with no new younger people coming onto the committee, we need to find easier ways of doing things.

I am hoping all these projects will be accomplished while the office is quiet, prior to July, when we get busy with membership renewals and other end of financial year activities.

From Ros Ball President

PS A BIG THANK YOU to the GENETIC SUPPORT NETWORK GROUP

DATA is a member of this group, as polycystic renal failure is a genetic disease. The Genetic Support Group Network Group was offering small grants of up to \$500 to charities. DATA applied for a grant of \$100, which was awarded to us. The grant is to help those with renal disease who find themselves in financial distress due to their disease. This money will help pay for their membership to DATA.

Genetic Support Awareness Week : 23rd to 27th February 2015

GSAW strives to raise awareness about living with a genetic condition and to support people affected by genetic conditions through activities which are held throughout the week. As an activity in the GSAW 2015, we are seeking to visually display the human face of genetic conditions. Your visual interpretations of life with a genetic condition will assist the GSNV in developing a tapestry of the genetics community. Support is an important component in understanding and managing genetic conditions. However, public awareness and the value of support services are lacking and the people affected and those providing support are often faceless. The aims of the "Facing Forward" campaign are to give the public a visual insight into the 'people' affected by genetic conditions and to raise awareness of the importance of support services in genetic health. Over Genetic Support Awareness Week, the GSNV will be using social media as a wide reaching platform to showcase the people behind genetic labels. The GSNV invites you to 'Face Forward' and submit a photo that represents your experience. How to submit your photo: Please submit your photo along with a caption of 25 words that reflects your journey. You can submit your entries via email to info@gsnv.org.au with the subject line "Facing Forward". By submitting a photo you are consenting to the GSNV reproducing the photo and caption during GSAW on our website, Facebook, Twitter and electronic communications.

If you have any questions or would like more information, please contact Nandini Somanathan at

nandini.somanathan@vcgs.org.au or 8341 6315.

Holiday Homes

Rosebud: Vacancies-

Feb 8th till 15th Feb Feb 22nd till 1st March

March 22nd till 29th March

Once again the Rosebud house has proved to be very popular over the summer period. I am pleased that so many dialysis members have gone to the house or Rosebud hospital to dialyse, giving them the chance to have a holiday. Remember you must be a member of DATA to use the houses. Both Rosebud and Hastings hospitals cater for our members wanting to go to a hospital to dialyse.

We did have some nice smelling candles left at the house which is a lovely thought but for safety reasons, please Do not take candles to the house as it could be a fire hazard. It is disappointing to have to say that one family were caught at the Rosebud house with a dog.

THIS IS NOT ACCEPTABLE, as it clearly states on the contract that you sign, "NO ANIMALS OF ANY SORT ARE ALLOWED AT THE HOUSE". It is putting other members health at risk.

On a lighter note, I wish you all a Happy New Year. Here's hoping 2015 is full of love, laughter and good health.

Amanda Pratt 9589 4894



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Yarrowonga House Report

Next Vacancies June 7 – 14, June 14—21, June 21 - 28

I do get cancellations so please ring me.

Reminders : You must be a member of D.A.T.A before you can holiday at our holiday homes.

No animals are allowed, exceptions to the rules are Guide Dogs.

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

Don't forget, if you need to dialyse at the Yarrowonga Renal Unit, please ring the hospital to see which dates are available, then ring me to book the house, then you have to ring the hospital to confirm the dates and **book in straight away**. Do not leave it till you are about to leave for Yarrowonga.

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



REMINDER: YOU ARE NOT ALLOWED TO SMOKE IN ANY OF THE HOUSES.

Please consider the health of other members who use these facilities. Any member who does smoke in the DATA house will be dealt with at the discretion of the DATA committee, which will probably include a ban on using any of the holiday homes.

D.A.T.A Award presented at the Transplant Games to Karen Knuckey

A bit about Karen Knuckey.

Karen Knuckey has been attending Australian Transplant Games since the Geelong Games were held in 2006. This is the first one she has attended as a dialysis patient, having resumed dialysis after the kidney she received from her aunt failed in 2012.

This did not deter her at all. Karen was a member of the Local Organising Committee which managed the Melbourne Games, she put together a Welcoming Team to greet and help out all new members, Interstate Members and Overseas visitors at the registration area. She had input into many of the events and behind the scenes things that go on in the planning stages. She was not going to let dialysis stop her from participating either. To avoid the long trips back and forward to Geelong to dialyse at home with 'HUGH', she booked in at a Melbourne facility. Karen participated in as many sports as she could fit in between sessions. She also participated in the Opening March to Federation Square and the Gala Dinner. Having been to games previously and a Team Manager previously she helped out, with registration, games souvenir shirts, uniforms, answering numerous questions from participants and had many a word of encouragement to all.



Pictured above Alan Rawson presents the inaugural award DATA trophy for a performance by a dialysis patient at the recent Transplant Games held in Melbourne. The winner was Karen Knuckey, a haemodialysis patient.

A word from Karen

I would like to thank DATA for sponsoring the "DATA Award" at the recent awards day for the Victorian branch of Transplant Australia. The DATA Award is given to a Victorian dialysis patient who competes in the Australian Transplant Games and demonstrates the spirit of the Games.

I am excited to be the first recipient of this award.

I love the idea of encouraging dialysis patients to participate in the Games. It's not so easy to compete in events, or win medals, when your body is not so well. These games give the opportunity to have a go at many different things, in a very supportive environment. You do not have to be athletic at all to compete and it is a great opportunity to try new things. I competed in 5 events – Darts, Tenpin Bowling (singles and pairs) and Petanque (singles and pairs). I won a medal in each event, a total of 3 Gold, 1 Silver and 1 Bronze.

Usually I dialyse at home, but while away I was taken care of at the Fresenius Centre in Malvern. This centre was only 15 minutes from our accommodation. The spaces provided by the centre were sponsored by Fresenius, so there was no cost for me. I am grateful to Transplant Australia for arranging the dialysis for me and it certainly made it much easier for me to participate in the Games. I urge all dialysis patients to consider competing in the next Australian Transplant Games, to be held in 2016 in Sydney. Dialysis can be arranged for you and you will then have the opportunity to not only compete in events and meet some great people, but you will get the chance to explore the Sydney area as well.

Who knows? You may be the next recipient of the DATA Award.....
Karen Knuckey

EPWORTH RICHMOND : THE FIRST PRIVATE DIALYSIS UNIT

It has been 25 years since Epworth Richmond established the first private dialysis unit in Australia on 4th October 1989. Since, Epworth Dialysis has experienced considerable growth. The dialysis unit was first established by Professor Gavin Becker with Lee Douglas (Dialysis Co-ordinator at Royal Melbourne Hospital at the time) providing the groundwork, helping to acquire staff with dialysis training and experience.

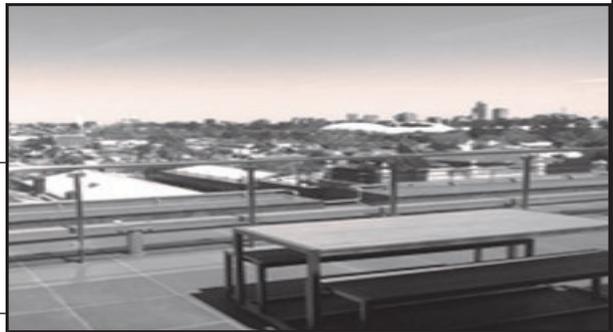
The service began with just three outpatients referred from the Royal Melbourne Hospital and receiving treatment in a single room. Initially there were three patient shifts per week on Monday, Wednesday and Friday afternoons. The dialysis team worked in isolation, one staff member caring for three patients as no one else in the hospital had dialysis experience.

Dialysis staff were grateful for the help of Margaret Sims, then Ward Clerk in the children's and adolescent ward, who assisted with everything except dialysis. Sue Coppola joined Epworth Dialysis on the first day, and still works in the unit today as does Karyn Jones, Epworth Dialysis Co-ordinator, who started on 6th October 1989. Like Sue and Karyn, many staff have worked with Epworth Dialysis for years, creating a sense of family. During that time they have seen the service grow in size, patient numbers and acuity.

In 1991 the capacity increased to six dialysis chairs and in 1997 the entire dialysis unit moved to a different location in the hospital, increasing to eight chairs.

In 2013 as part of Epworth Richmond's redevelopment, a new, purpose-built dialysis unit opened with 12 treatment chairs and brilliant views of Melbourne city. Patient numbers have significantly increased over the years to over 30 regular patients in 2014. The dialysis unit is now open seven days and treats a range of patients including those first commencing dialysis, acute inpatients, and people who need ongoing dialysis while holidaying in Melbourne. Unchanged is the excellent standard of care delivered to patients and the friendly rapport between staff, patients and their families.

Right: view of Melbourne from the Epworth Dialysis Unit Richmond.



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My name is Dawn & I had kidney failure as a result of Goodpasture's Syndrome. It was a shock to me as I had never had a hint of kidney problems. Dialysis was also a shock to me, I knew nothing about it. At first I was an inpatient at R.M.H. & was dialysed there. Then when I came home I was transferred to Epworth dialysis. Now 3 years later I still attend Epworth for haemodialysis & could not get better treatment anywhere.

As well as the staff, we have two volunteers who bring the therapy dogs for visits, this puts a smile on our faces. We also have two lovely volunteers who give us hand massages. What a good thing these volunteers do. I don't think anyone would say they enjoyed dialysis or any medical treatment, but all the staff are friendly & efficient, and so make the treatments as easy as possible. I really appreciate the treatment I receive

at Epworth dialysis. Dawn R

Right: Dawn enjoying a cuddle from the therapy Dog !



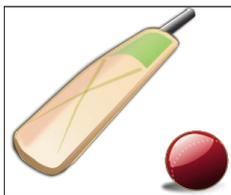
Keep Laughing

CRICKET (explained)

You have two sides, one out in the field and one in. Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out. When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out.

Sometimes you get men still in and not out. When a man goes out to go in, the men who are out try to get him out, and when he is out he goes in and the next man in goes out and goes in. There are two men called umpires who stay out all the time and they decide when the men who are in are out.

When both sides have been in and all the men have been out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game.



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Bell Ringers

A church's bell ringer passed away. So they posted the position and a man came in with no arms wanting the job. The clergy weren't sure he could do it, but he convinced them to let him try it.

They climbed the bell tower and the guy ran toward the bell and hit it with his head. They gave him the job. The next day he went to ring the bell, tripped, bounced off the bell and fell to the sidewalk below. Two guys were walking past.

One asked, "Do you know this guy?"

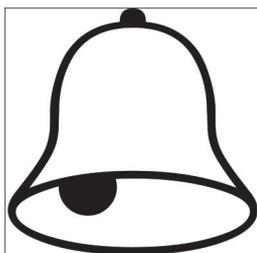
The second guy responded, "No, but his face rings a bell."

The next day, the dead bell ringer's twin brother comes in for the again vacant bell ringer position. He also has no arms. They lead him up to the bell tower, he runs at the bell, trips and falls to the sidewalk below.

The same two guys walk by.

The first asks, "Do you know him?"

The second guy responds, "No, but he's a dead ringer for the guy we saw yesterday."



What to Call It

Best friends graduated from medical school at the same time and decided that, in spite of two different specialties, they would open a practice together to share office space and personnel. Dr. Smith was the psychiatrist and Dr. Jones was the proctologist. They put up a sign reading "Dr. Smith and Dr. Jones: Hysterias and Posteriors." The town council was livid and insisted they change it. So, the docs changed it to read "Schizoids and Haemorrhoids." This was also not acceptable, so they again changed the sign. "Catatonics and High Colonics"--no go. Next, they tried "Manic Depressives and Anal Retentives"--thumbs down again. Then came "Minds and Behinds"--still no good. Another attempt resulted in "Lost Souls and Butt Holes"--unacceptable again. So they tried "Analysis and Anal Cysts"--not a chance. "Nuts and Butts"--no way. "Freaks and Cheeks"--still no good. "Loons and Moons"--forget it. Almost at their wits' end, the docs finally came up with: "Dr. Smith and Dr. Jones--Specializing in Odds and Ends." Everyone loved it!..

Calories

Are the little blighters who get together at night in your wardrobe, and sew your clothes tighter. My wardrobe is infested with the little pests.

On a wall

"The best age to be is the age you are now."

From our Christmas Bon Bons

Q. What do you call someone who is afraid of Santa.

A. Claustrophobic.

Q. Why did the rocket lose his job?

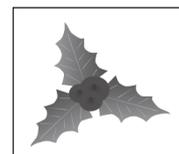
A. Because he was fired.

Q What is the best thing about snakes?

A. They've got poisonality.

Q What do you get if you cross a pig and a centipede.

A. Bacon and legs.



1. 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.
2. The purpose of these Awards is to encourage scholastic achievement.
3. The Awards will be judged on scholastic ability exclusively assessed by a panel of judges accepted by DATA. No correspondence will be entered into.
4. 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
5. 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
6. 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.
7. 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.

8. Notice of the Awards will be advertised in at least three subsequent editions of ShoeString starting in the November edition of each year.
9. 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.
10. **Schedule of Deadlines for Applications and Judging.**

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

11. An Award winner cannot apply for another Award for another two (2) years.
An unsuccessful Applicant can apply in subsequent years.
12. 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.
13. The awards will be presented by Mrs. Elvie Jones, a Ron Jones family member (i.e. Mark or Dirk) or the President of DATA .
14. **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.
15. **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.

Applicants are requested to complete this form and forward it to

The Secretary

D.A.T.A. Vic Inc.

P.O. Box 165, Blackburn 3130.

Applications must be received no later than the 31st May 2013. 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

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Protect your Health, cut out the Sodium (Salt)

We have heard this from our Dialysis Nurses all the time but it doesn't hurt to hear it again, until we get it!

How to take an everyday meal and slash the sodium.

What is Sodium?

Sodium is a mineral (salt) found in many of the foods you eat. Most (about 80%) of the sodium (salt) we eat comes from processed and takeaway foods Your salt shakers may not be the biggest culprit!

What happens when you eat too much sodium?

- Eating too much sodium (salt) increases the risk of high Blood Pressure
- Sodium acts like a sponge and holds fluid inside your body. Eating less sodium helps prevent the collection of fluid in your lower legs and may help your diuretics (fluid Tablets e.g. Frusemide, sprionolactone) work more effectively.

A low sodium diet would be of benefit to the whole family and it only takes 6-8 weeks before your taste buds get used to food with less or no added salt.

Top tips to help lower your sodium (salt) intake.

When at the supermarket:

- Fresh is best, choose fresh foods over processed foods, packaged or takeaways
- Limit processed meats, ham, sausage, bacon, luncheon and corn beef, smoked foods and food in brine (brine is just salty water) and all these items are high in sodium.
- Reading food labels, (Nutrition Information Label) will help you choose lower sodium options. Low sodium foods have less than 120mg per 100g and one of your best choices. Moderate sodium foods contain 120-600mg per 100g and foods with more than 600mg of sodium per 100g should be limited.

When Cooking:

- Start now by adding less salt to cooking. Halve the amount of salt you would normally use and continue to reduce the amount of salt added until you no longer add salt.
- Spice up your meat with herbs to add flavour rather than salt or sauces high in sodium.
- Remove the salt shaker from the table—this will help remove the temptation to sprinkle.

Take these everyday meals and slash the sodium....

Stir Fry - serves 4-5

Ingredients

- 1 –1.5 cups rice or noodles
- Cup of Vegetables
- 1 Onion
- 500g chicken, pork or beef
- Packet or Jar of Stir Fry Sauce
-

How to make this Stir Fry recipe lower in salt?

Replace ready made stir fry with
2 teaspoons of finely chopped ginger
4 cloves of garlic, 1 Tablespoon of sesame oil
and 1/4 cup of Balsamic Vinegar



Our Christmas DayLooks like a lot of fun !



Left: Ros on her walk about talking to Elaine.

Middle Right : Alan & Fay, with a side view of Angela & Joan.

Middle Left : Is Sue trying to bring back her childhood playing with the Yo Yo. Is Charlie watching on or is he waiting for his turn patiently? Is Sue going to give it up the Yo Yo and play nice, so Charlie can have a go? I don't think so !

Bottom Photo: Everyone around our big Xmas table but what is Peter Classon smiling at ...not sure maybe he has seenMrs Claus !



Dates to Remember

- 0 0 0 -

24th to 27th February 2015

Genetic Support Awareness Week See article page 3

12 March 2015

Australian Kidney Kids Camp

29 March 2015

Members BBQ and Special General Meeting.

2—9 August Donate Life Week. (*previously held in February*)

Watch our Web site www.datavic.org

Find us on Facebook.

APOLOGIES to those persons whose names got jumbled last issue in the article re Congrats for Ron Jones Awards . They should have read 'Forrest Patterson and Mark Thomson' .

Also our Apologies to those whose articles did not get in this issue. Please be assured they will be in our next issue. .

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString are 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.

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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 the next ShoeString: 25th February 2015