Mid Week Outing
Coffee & Cake at Studley Park Boat House
Thursday 14th May 2015 at 2pm

SERVICE OF REMEMBRANCE AND THANKSGIVING
RMIT Storey Hall
Building 16, 366 Swanston Street Melbourne
Saturday 30th May 2015 at 2pm

Details Page 11
Editor’s note

Congratulations must go to Sue Hatzimichalis who has been awarded an Angel Award by Kidney Health. As a Committee Member, President and Secretary of DATA this award is well earned. It is given in recognition of the unsung heroes who work to support those with kidney disease.

At the March meeting of the DATA Committee we sadly accepted Sue and Nick’s resignation from the Committee. Sue has served DATA well and worked hard for the Committee and we will miss her. Some of Committee were able to thank Sue and Nick at an afternoon tea late March. (See photo below) Sue and Nick are still members of DATA so be prepared to catch up with them at any social gathering.

Our next MID WEEK OUTING will be next Thursday 14th May 2015. Not long to go now, book in by ringing DATA 9894 0377 and leave a message. Or ring mobile 0402097331 and talk to Joan.

We are going to Studley Park Boat House at 1.45pm for Coffee and cake, DATA will pay for the coffee and you will pay for the cake.

There is parking there with a short walk from car park to the Boat House.

Incidentally no-one won the prize for guessing when the photo was taken (on page 1, last Shoe String). We all knew it was Alan Rawson and Phillip Terry in the foreground. And we all knew it was a DATA BBQ. My guess is about 2010.

Joan Eastwood

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
The colder weather is upon us, with some lovely autumn days. I have yet to have my flu shot, and this is a kindly reminder for DATA members to have their flu injections too.

Also, just a reminder that applications for our Ron Jones Education Award are due at the end of May. See the application form elsewhere in this newsletter.

The day to day running of DATA leaves the committee little time for other matters, but most of us have been doing this work for many years and would like to step down. Without the support from our members to replace us, sometime in the near future, DATA will be in a very difficult situation, with no one to run the organisation. What this will result in for DATA is unknown, but a worrying thought. SO think carefully and come to our next AGM and show us your support by joining the committee.

It would also be great to have assistance with the publishing of Shoestring. Not only do we require your stories, on living with renal disease, or caring for someone with renal disease, but some help in editing the newsletter. Without this help there will no longer be a January issue, and Shoestring may in the future, only be published every three months instead of bimonthly.

Our yearly BBQ went very well, (see report elsewhere) it is not yet known if this will be the last BBQ to be held at our current place of residence in Blackburn. It is more difficult trying to find new accommodation than any of us envisaged. Many places are too far from local transport, especially train stations. Others are just not correct for various reasons, such as swimming pools in the backyard, too expensive, on busy streets and so forth. I am asking for help in this matter. Do you have time to search out a place for us to go? If so let me know and we can discuss with you what is required. (We don’t want you to buy it, just look and try to find a suitable place).

We also require some help in organising our social activities. Last year DATA held several coffee and cake gatherings, but this year DATA is finding it more difficult to organise. This is mainly due to the committee not having the free time to research where to go, and when to hold it. So again, if you have time to help with organising these activities, please let me know so we can discuss what is required.

Charlie and I are making plans for another trip to Western Australia. You may remember we went to The Kimberley 2 years ago, leaving all the office work to Joan, with help from Eleanor, the assistant treasurer. I am hoping we will soon have a paid office assistant, to help with this work especially during the busy time.

I wish everyone a healthy winter, and my next report may be from the warmth of northern Australia.

ROS BALL

DATA received a lovely letter from Forrest Patterson, one of our Ron Jones Educational award winners last year.

It was with great regret that sadly my father and I were unable to attend the 2014 D.A.T.A. AGM in person to accept the Ron Jones Education Award.

This aside I would like to give a huge thank you to Mrs. Elvie Jones and family, the DATA adjudicating panel and Committee for making this scholarship possible; and allowing me the opportunity to formally express my future goals and ambitions in my application.

This is the first scholarship I have received and consider myself extremely fortunate to have been chosen for such a noble award. These funds are greatly assisting with my year 12 study expenses and I thank you again for this opportunity.

Yours sincerely

Forrest Patterson.
**Holiday Homes**

**ROSEBUD**

Vacancies-

- May 31st till June 7th
- June 21st till June 28th
- July 12th till July 19th
- July 26th till August 2nd.

All of August and September are free. I am taking bookings till the end of September.

We have replaced the side fence and we are looking at making a few more improvements over the quieter months. Photo to right: New shower area.

Reminder- that you must be a member of D.A.T.A before booking the house. The membership of $10 for the year is very reasonable.

Reminder- No animals allowed, other than guide dogs.

If anything is missing or needs replacing, please let me know.

**Rosebud Holiday Home Secretary**

Amanda Pratt

Phone: (03) 9589 4894.

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**YARRAWONGA**

Next vacancies 21st to 28th June.

**PLUS 2 weeks in School holidays --28-June to 5th July-- and 5 th to 12th July.**

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, 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.

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.

I do appreciate the phone calls I get to tell me what a great holiday you had and how much you appreciate what DATA has done to provide holidays for its members Thank you all

Alan Rawson, 22 Tarwin Drive Croydon 3136, Phone 9723 3019, E-mail: fayal_rawson@hotmail.com

Yarrawonga House Secretary
BLACKBURN

Over the last month our Blackburn house has been busy with country members coming to stay. It has been good to see the house in use again to that extent, as it is often empty.

As yet we have had no word of when the new owner hopes to start developing the land. DATA believes this may not be for another 8 to 10 months, yet this keeps changing. In the meantime we must start looking for somewhere else to establish ourselves.

I will be taking a break from the end of May until September and in my absence Geoff Fletcher will be running the house.

Contact Ros Ball 03 9439 8866 until the end of May

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.

URGENT REQUEST

Following on from Ros’ report on page 3 and being aware that Ros will be a way for several months and the aging of our present committee together with the resignations of Sue and Nick Hatzimichaelis and with the usual round of winter ills it is becoming very difficult for us to raise a quorum (ie 6 people) at a Committee Meeting SO:

This is an URGENT REQUEST for someone to come on committee. The Committee has immediate vacancies. We can co-opt someone to come on committee but we would rather have a volunteer. So hopefully someone can help us out by putting their hand up for this URGENT REQUEST and contact Ros or Joan or Alan or Brendan or Paul or Angela. (Phone numbers on page 12).

I could rave on for another page and a half about the Committee being exhausted, old, sick, and too old but I won’t. Suffice to say that I love DATA family and would hate to see it fold and all that I have worked for over the past twenty seven years be wasted.

The Committee’s work is to see that DATA is run in accordance with our Rules / Constitution and that all members are listened to, and supported.

They currently meet monthly at Blackburn. Meetings are held on the second Sunday at 2.00pm.

All these arrangements are to suit the present Committee and can be changed if necessary.

So give it some thought—what have you got to loose and you may gain a whole lot out of being a Committee Member.

Joan Eastwood

PS. This is not a letter from the Committee, - this is a letter from me, Joan.
Honey and Ginger Crisps

Ingredients
- ½ cup honey
- ½ cup salt reduced margarine
- ½ cup sugar
- 1 egg
- 2 cups flour
- 2 tsp baking soda
- 1 tsp ginger
- 1 tsp cinnamon
½ tsp ground cloves (optional)

Method
1. Preheat oven to 190 degrees
2. Cream honey, margarine sugar and egg.
3. Sift remaining ingredients together, add to margarine mixture
4. Chill for one hour.
5. Make level tablespoons of dough into balls; flatten slightly with fork
6. Place 5 cm apart on a greased baking tray
7. Bake for 10 to 12 mins.
8. Cool on wire rack.

Nutrient per serve
- Energy ............... 501kj
- Protein .............. 2gm
- Carbohydrate..total 19g
- Sodium ............. 82mg
- Fat ..........total........ 4mg
- Potassium.......... 26mg
- Phosphate.......... 19mg

Thanks to Kidney Health Australia for supplying this recipe

Report on BBQ held 29 March 2015

Beautiful day, lovely company, good food - what else can I say. Great to see twenty four like minded people enjoying the BBQ. It was warm we did need the sun umbrella. It was good to catch up with old friends. See page 11 for the photos (though few). The ‘surprise’ as mentioned in last Shoe String was our speaker Mrs Kay Cosham, Podiatrist. Kaye was most interesting and chatted on about foot care.

We are very grateful to Kaye for her tips on foot care. Her comments were most relevant to all of us not only those with kidney disease or diabetics but all of us have feet. So we thank Kaye most sincerely for her time..and her tips on foot care.

Joan Eastwood
**Foot Care for the "at risk" foot.**

Prevention of foot problems is the ideal situation, but of course that is not always possible.

Early detection of any foot wound is the key to a full recovery.

As it is difficult to see all of your foot, and some people do not have good sensation in their feet, it is sometimes difficult to know if you have a foot wound. This is why podiatrists encourage you to make an effort to check your feet by any method that works for you!

If you can bend to wash and dry your feet, then this is the best time to look and feel for trouble spots.

Using white towels is helpful - if you see any discharge or blood on the towel after drying your feet, you know there is a wound.

Wearing white socks is just as helpful - when you remove them you can look for fresh stains. Some people find a mirror helpful to inspect their feet.

If you do find a scratch or small wound, act quickly. Treat your small new wound with a good antiseptic, like Betadine. Apply a clean dry non-stick dressing. Repeat this routine for up to 3 days, and hopefully you will have healed your wound quickly. However you should see you GP or podiatrist if there is no improvement, or you know it is in need of further care.

Sometimes the cause of foot wounds is excessively dry skin, which can cause skin fissures. Using a foot cream every day is a good habit to get into. Applying the cream is another opportunity to check your feet for any skin damage.

If you have trouble reaching your feet, try putting some cream on your shins and then rubbing your feet onto that cream. Another option is to put some cream into a supermarket shopping bag, and then put both feet in the bag and rub them together. You might like to have a small towel ready to wipe your feet on afterwards, to remove any excess cream and prevent a fall.

Avoid going barefoot, wear shoes that protect your feet and fit well. Shoes with laces, velcro or some other method of gripping your foot are better than slip on shoes, which have to be tight to stay on your feet, and can cause problems.

See a podiatrist at least once a year to help prevent any foot problems, or more often if necessary.

Kaye Cosham - Podiatrist.

**HAVE A LAUGH**

When I went to lunch today, I noticed an old lady sitting on a park bench sobbing her eyes out. I stopped and asked her what was wrong. She said, “I have a 22 year old husband at home. He makes love to me every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee.”

I said, “Well, then why are you crying?”

She said, “He makes me homemade soup for lunch and my favourite brownies and then makes love to me for half the afternoon…”

I said, “Well, why are you crying?”

She said, “For dinner he makes me a gourmet meal with wine and my favourite dessert and then makes love to me until 2:00 a.m.”

I said, “Well, why in the world would you be crying?”

She said, “I can’t remember where I live!”
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. The Committee is allowed some flexibility in determining the amount to be paid to each candidate, the amount must not exceed $2000.00. 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.**

<table>
<thead>
<tr>
<th>Event</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Close of Applications</td>
<td>end of May</td>
</tr>
<tr>
<td>Applications to Judges</td>
<td>last week of June</td>
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<tr>
<td>Results from Judges</td>
<td>second week in September</td>
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<tr>
<td>Advising Award Winners</td>
<td>3 weeks before the AGM</td>
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<tr>
<td>Presentation of Awards</td>
<td>at the AGM in October</td>
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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.

Rules amended 7 October 2008
APPLICATION FORM 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 165, Blackburn 3130.

Applications must be received no later than the 31st May 2012. 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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The Department of Health established the Renal Health Clinical Network in 2008 to help promote and facilitate high quality services, for patients with kidney disease.

With aims to,

- Promote healthy living and reduce risk factors.
- Improve early detection and management of kidney disease
- Improve services for people with kidney disease
- Strengthen and sustain renal services.

Through the Renal Health Clinical Network, and the major hospitals new programs have been created to trial to help find new ways to improve the lifestyle of those on dialysis.

Each major hospital has initiated new programs.

The trial of these programs targets the following objectives.

- Building capacity of the workforce to support approaches to home based therapies.
- Improve training for home based dialysis
- Establish flexible and innovative assistance models of care
- Utilising new technology and e-health advances.

Alfred Health : Home Before Hospital
Austin Hospital : RDNS PD Alliance
Eastern Health : Home Is The Aim Program (HITAP)
Melbourne Health : Urgent Start PD
Melbourne Health : Satellite HD to Home HD and Holidays
Monash Health (in collaboration with Latrobe Regional Hospital) : Building Rural PD capacity.
Western Health : Home Dialysis Using Telehealth Guidance (HUG)
Austin Health, Barwon Health, Monash Health, St. Vincent’s Health :
   Home Dialysis Liaison Change Management and Educational Program

Further Information
A full report on these programs can be found at www.health.vic.gov.au/renalhealth and click on the link: ‘service development.’

Further information can also be obtained by Email renal@health.vic.gov.au
Or phone 03 90961354 to receive the full publication, from the Renal Health Program

HAVE A LAUGH

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel’s ear and she said, “Mabel, do you know you’ve got a suppository in your left ear?”

Mabel answered, “I have a suppository in my ear?” She pulled it out and stared at it. Then she said, “Ethel, I’m glad you saw this thing. Now I think I know where to find my hearing aid.”
At the BBQ 29th March 2015

The DonateLife Services of Remembrance and Thanksgiving are held in recognition of all those who have been part of the organ and tissue donation and transplant journey. These services provide an opportunity for acknowledgement and gratitude towards donors and their families, as well as those touched by organ and tissue donation to meet with others whose lives have been changed by this experience.

The Donate Life Service of Remembrance and Thanksgiving will be held on Sat 30th May at 2.00pm. in Melbourne at RMIT Storey Hall, Building 16, 366 Swanston St, Doors usually open at 1.30 pm. You are all invited to attend.
**Dates to Remember**

- **MID WEEK OUTING**  **THURSDAY 14 MAY 2015**
  Studley Park Boat House  2pm

- **Kidney Week**  **May 24th to 30th . 2015**

- **Next Shoe String Packing: 28th June  to be confirmed**

- **30 May 2015 Service of Thanksgiving and Remembrance**
  Building 16 RMIT,  336 Swanston Street Melbourne

- **2—9 August  Donate Life Week**

- **Xmas in July  25 July 2015 at 6.30pm**

- **AGM October 2015 TBA**

- **Watch our Web site www.datavic.org**

- **Find us on Facebook**

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

Email: editor.shoestring@gmail.com

**Our thanks to all who contributed to this edition.**

*ShoeString Editors* 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.  

*Write to:* The Editor, ShoeString, PO Box 165 Blackburn 3130,

Email: editor.shoestring@gmail.com

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**Deadline for the next ShoeString: Date 11th June 2015**