CHRISTMAS IN JULY

AT

GREYHOUNDS ENTERTAINMENT

VIEW ROAD SPRINGVALE
MELWAYS REF. MAP 80: B 11

25 JULY 2015

6PM

COST $20.00 PER PERSON

THIS INCLUDES 3 COURSE CHRISTMAS DINNER
PLUS ONE DRINK

SEE PAGE 3 FOR BOOKING AND PAYMENT DETAILS

RSVP ASAP

PLACES ARE LIMITED SO DON'T DELAY,
BOOK A TABLE
FUN FOR ALL
In this Issue

Page 2 Editors Note

Page 3 President’s Report
Christmas in July Reply Slip

Page 4 Rosebud Holiday House
Yarrawonga Holiday House

Page 5 Blackburn House
Service of Remembrance Report

Page 6 Subscription Renewal Form

Page 7 Hall’s Gap & the Big Red K Bus
from Peter & Helen Classon

Page 8 Have a laugh

Page 9 Trip to Hong Kong
With Geoff & Jan Fletcher

Page 10 Report on Beasley’s Nursery
Studley Park Boat House

Page 11 All the Photos

Page 12 Dates to Remember

Editors Notes

Hello to you all

Here we are up to July already—where does the time go? Winter has come for sure. Sad to say, Ros did not get away for her holiday (neither did Charlie) Ros had a trip to hospital instead, much to her disappointment! She is recovering, and has contributed a lot to this edition of Shoe String, for which I am truly thankful. Thank you Ros.

Do come and join us for _XMAS in July_. It’s our next social night out. We are going to Greyhound Entertainment, in Springvale next to the Greyhound Race track. Yes we went there last year, and enjoyed it—so have a look at the _reply slip_ on opposite page. Fill it in and send it back _with your Subs. (see below)_ Please don’t forget to cut out or photocopy Page 6. This is your _Subscription 2016 Form_ to be filled in and returned to DATA.

_A big thank you_ to those members who have decided to join DATA’s Committee. These members have been seconded onto the committee until the AGM when they can be nominated and join the committee.

_Seconded means they have full voting rights of a committee member._

_They are John Podolak,_

_Vicky Abbatangelo_

_Elaine Hennessey, Ron Hennessey,_

_Darren Hennessey_

DO NOT FORGET the AGM which is on 18th October 2015

We are coming up to a busy time with the Audit and the Receipting of Subscriptions.

If you think you have the necessary skills to help with the opening of mail and receipting give us a call. Thanks Joan

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

As you may recall from my last President’s report, Charlie and I had hoped to head north for the winter. Unfortunately this was not to be, as I had health issues arise. Those with renal disease will know it seems to be one step forward and one step back. Although at times it seems to be two steps back. When this happens, it’s always a reminder to live your life as best you can while you can.

This has resulted in our major projects for DATA being put on hold. These are completing our new rules, employing an office assistant and finding new headquarters.

I must thank those members who have offered to be seconded onto the committee until the next AGM. The committee meetings quorum is only 6 people, yet with health issues, holidays and other commitments it can be difficult getting a quorum to our committee meetings. So I now hope with these extra committee members seconded onto the committee, this will ease that problem.

Occasionally recipes appear in Shoestring. These are specifically for those with renal disease. These recipes come from Kidney Health who have given us permission to use them. The Shoestring editors have not had any feedback about these recipes, so if you want more recipes please let us know by ringing our headquarters at Blackburn and leaving a message, or emailing us. Phone number and email address can be found on the back page.

_It is the end of the financial year and renewal of membership is due_. We are doing the forms differently this year. Instead of an insert we have included the renewal of membership form as a page in this addition of Shoestring. If you don’t wish to use the actual page you can copy the page & print it out. Then, after filling it out send it to us. Please remember to fill in both surname and first name. Sometimes it can be difficult if no first name is included, especially when there is more than one member with the same last name. Check the front of your envelope and the date of your membership renewal is printed above your name. Thus those who have paid in advance will see they do not need to repay.

This is the final year I will be President. It’s time someone else stepped up and took on this role.

Ros Ball

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_An Invitation to Our Members For Christmas in July Dinner._

Reply Slip  Don’t know anyone? It won’t be long before you meet Committee and other members.

Date 25th July 2015  Time 6pm  Cost $20.00 per person

At Greyhound Entertainment, View Road, Next to Sandown Greyhound race track.

Yes I will be attending Xmas in July 2015

Names ..................................................  Number of people attending ..................

Phone..............................  Any Dietary requirements?  ......................

If you wish to pay by CreditCard please use form on Page 8 and include it with your Annual Subscription or

_Please enclose Cheque with your reply slip:

URGENT  Please return slip to DATA, PO Box 165, Blackburn 3130 by 17th July 2015

For more details ring 9894 0377 and leave a message, or email info@datavic.org_
Holiday Homes

Rosebud:

Vacancies:
July 12th to July 19th
July 19th to July 26th,
July 26th to Aug 2nd
16th August to 27th Sept.
All of October is free

IMPORTANT NOTICE To the person who left a message about 3 weeks ago on my (Amanda) answer service—please ring back. Your message was accidentally deleted.

Regarding our fabulous techs, who get the machines ready for our members to use in the house. They will ring before they come to the house and let you know they are coming. If you are not at home they have a key to enter and will fix the machine and then leave. They have been doing this for many years and do a fantastic job.

As we charge very little to stay at the house, if you notice that the paper towel or cleaning products are low please replace them. If we all leave the house ready to use it makes it enjoyable for everyone. Looking forward to your calls to book the house

Amanda Pratt Phone: (03) 9589 4894.

Yarrawonga:

Next vacancies: School Holiday 5 to 12th July
August 2 to 9th, 16 to 23rd, 23 to 30th, 30th to 6th Sept..

We do get cancellations so please give me a ring.
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 are on Home Dialysis your hospital will take a machine to the houses, great to see already Yarrawonga booked from 22 Nov 15 until 10 January 2016 with Home Dialysis members using our house for a great holiday. Thanks to the Techs they do a wonderful job.

If you are a Member of DATA and you have booked the Big Red Kidney Bus for a holiday for the time it is at Yarrawonga I have 1 week 8/14 November that the house is available for you to use for your accommodation, give me a ring

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. When you leave the house after your holiday please take all food with you. Do not leave any food in the house even with the best intentions. This includes all food in the fridge and any biscuits or margarine/butter, spreads etc. 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 22 Tarwin Drive Croydon 3136, Ph. 9723 3019,
**Blackburn**

**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.

Geoff Fletcher Phone 03 9894 2348 from 1st June 2015

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**REMEMBER: 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.

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**The Annual Service of Remembrance**

**May.2015**

Bernie Dwyer was Master of Ceremony. Bernie is the National Training Coordinator for the Organ and Tissue Authority and has been involved with organ and tissue donation for over ten years. Bernie welcomed us all and introduced the lighting of the Traditional Candles of Remembrance.

We then heard two stories of Donation. The first, Serano, spoke of her sister who suffered a cardiac arrest. Serano spoke of how her sister had wanted to donate her organs and the struggle the family underwent as they worked through the issues of turning off the machine.

Doug spoke of his wife Betty, and of her enthusiasm for life and her wish to be an organ donor and the decision to turn off her life support when there was nothing further doctors could do for her pulmonary disease.

We heard from Dr Steve Philpot Intensive Care Specialist Alfred Hospital. Dr Philpot is certainly in the right job as he seems a most compassionate man. He spoke of the heart wrenching that is present in absolutely all situations of organ donation. He also said only a few people get the opportunity to make this decision to turn of the machine and donate the organs.

Next we heard stories of great joy from Mary who has a Liver Transplant, and Max who has a kidney transplant. And the joy of living life to the full and being able to enjoy every day activities.

We were given the opportunity to light a taper candle in memory of a loved one.

Interspersed through the afternoon there was some lovely singing from a group ‘The Brunswick Rogues Choir’. They were very easy to listen to.

Overall, this is always a very emotional service. There is always a tear or two on the day. I came away inspired to discuss, to encourage people to discuss organ donation with their families. Also to discuss ‘turning off the machine’.

When I first started going to these services the emphasis was on kidney transplant. This has broadened to heart, lungs, corneas, skin, but the outcomes are the same, a second chance at being able to live life to the full.

Joan Eastwood

PS. These Remembrance Services started in 1991.
Membership Subscription Renewal Form

Annual Membership Subscription to D.A.T.A. becomes due on 1 July each year.
If your envelope shows a date of 30/6/2015 or earlier your subs are due now.
If your envelope shows a date later than 30/6/2015 your subs are already paid.
If your envelope shows Associate or Life, no payment is required but you may like to make a donation which will help D.A.T.A. in its work.

Please complete the form below and post it to The Treasurer DATA Inc P.O. Box 165, Blackburn 3130

First Name ___________________________ Last Name ___________________________

Carer’s Name (if applicable) ___________________________

Address ___________________________ Suburb/Town ___________________________ Post Code _______

Telephone (Home) _______________ Business _______________ Mobile _______________

Email ___________________________ Occupation (optional)

Age group (optional) □ Under 18 □ 18-24 □ 25-34 □ 35-44 □ 45-54 □ 55-64 □ 65+

Parent Hospital ___________________________

I am □ Haemodialysis □ CAPD □ Professional □ Transplant Patient □ Other (please provide details)

I am submitting payment for: □ Membership for 1 year ($10) $____________
□ Membership for 2 years ($20) $____________
□ Special Effort Raffle $____________
□ Voluntary donation to DATA $____________
(All Donations over $2 are tax deductible)

Total $____________

☐ I enclose my Cheque/Money Order (circle one) made payable to D.A.T.A. Inc.
No cash through the Post, thank you.

☐ I wish to pay by Credit Card: VISA □ MASTERCARD □

Card number: __ __ __ __  __ __ __ __  __ __ __ __  __ __ __ __  __ __ __ __
Expiry date: __ / __ Card Verification Code: __ __ __ __
Amount: ___________________________ Date: __________________
Cardholders Name: ___________________________

☐ I require a receipt (No receipt will be sent if box not ticked)

PRIVACY POLICY: All information supplied will not be used, sold or given to any other organisation or third party for any reason what so ever. IT IS FOR D.A.T.A. RECORDS ONLY

The status of you membership is shown on the front of your Shoestring Envelope. If you have thrown out the envelope and are unsure of the status of your membership please call the office on (03) 9894 0377 and leave a message. Someone will get back to you and let you know if payment is due.

Office Use Only

Date Rec: __ / __ Receipt No: _______ Date Banked/C. Card __ / __ Date M’ship updated __ / __
A Holiday on The Big Red Kidney Bus.

At Last A Story Featuring The Big Red Kidney Bus. (Stationed in the Grampians.)

by Peter and Helen Classon

We travelled to Halls Gap on Sunday 22nd March. Fortunately we spent a weekend at the same Caravan Park five years ago, so we knew we would be comfortable.

The day we travelled to Halls Gap the weather was beautiful. That night there was a cool change which set the pattern for the rest of the week. Helen had to dialyse on the bus Monday, Wednesday, and Friday in a relaxed setting. The bus is well set up and a credit to all those who worked so hard behind the scene.

Helen had 2 excellent nurses. Rick from Colac and Dene from Box Hill Hospital. Thanks to you all.

During our week in Halls Gap we visited the Award winning Bakery several times and did some general sightseeing in the town, including a visit to the Aboriginal Culture Centre and the Zoo. Both of these attractions were interesting and varied.

Both Helen and I would highly recommend the Big Red Kidney Bus.

Peter Classon

Thank-you Peter and Helen Classon for this story when they used the Big Red Kidney Bus. It was unfortunate the weather was so bad that activities in the area were restricted mainly to indoors.

For time tables of where and when the bus will be and booking information go to www.bigredkidneybus@kidney.org.au or phone 1800 454 363. The past few weeks, the Big Red Kidney Bus is on loan providing dialysis sessions at the Robinvale Hospital to assist dialysis patients whilst a new dialysis unit is being built. So not only does the bus help provide holidays but can help units when they are “out of action”.

Ros Ball

Food For Thought.

I miss the old time stars
You know, the ones who wore clothes
And had talent.

Life’s journey is not to arrive at the grave safely
in a well preserved body, but rather
to skid in sideways, totally worn out shouting
“Holy Shit…..what a ride”
**DATA's Facebook**

Have you looked or signed onto DATA’s Facebook? There is currently a video from Argentina, advertising transplants. A moving piece. It’s certainly worth a look.

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**Have a Laugh / Children Can Be So Quick**

TEACHER: Why are you late?
STUDENT: Class started before I got here.

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TEACHER: John, why are you doing your math multiplication on the floor?
JOHN: You told me to do it without using tables.

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TEACHER: Glenn, how do you spell 'crocodile'?
TEACHER: No, that's wrong
GLENN: Maybe it is wrong, but you asked me how I spell it.

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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.

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TEACHER: Glen, why do you always get so dirty?
GLEN: Well, I'm a lot closer to the ground than you are.

---

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.
WINNIE: Me!

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**A Story from College age Children**

A college class was told to write a short story in as few words as possible. The instructions were that the short story had to contain the following

3 things
1. Religion
2. Sexuality
3. Mystery

The only A+ in the entire class was

“Good God, I’m pregnant, I wonder who did it?”
ShoeString

**Geoff and Jan Fletcher have been travelling again.**

On the 9th February, 2015 we departed for Hong Kong and Macau, another wonderful trip organised by Dialysis Abroad (Nancy & Enzo).

As usual I had to supply my blood test results including TB, but no swabs. Each country has different requirements.

On this tour there were 3 from Victoria, 3 from South Australia, 4 from Canberra, 6 from New South Wales and 2 from Queensland with 7 of us dialysing at St Pauls Hospital on Hong Kong Island, which is a Fresenius unit.

We left from our main airports and arrived at Hong Kong airport within 30 minutes of each other, where we met our tour guide Wendy and transferred to our hotel, the Marco Polo Prince where we had dinner and a complimentary drink to welcome us to Hong Kong. Then we all settled in for a good nights sleep.

Next day we all had breakfast followed by a free morning to explore and then those on dialysis met back at the hotel to go to dialysis by taxi along with Nancy and Enzo, while the others of the group saw more of Hong Kong. After dialysis we travelled back to the hotel by taxi and had dinner in the hotel.

Dialysis was pretty normal but food and refreshments were not supplied so we all took some food and drink with us.

The following day we did a half day tour to see a temple, bird market, flower market and the jade market. The remainder of the day was at our leisure.

The third day was a tour to Hong Kong Island and a visit to Victoria Peak by the Peak tram then to Aberdeen Harbour with a sampan ride to see leisure boats, fishing boats and 2 floating restaurants, then to a jewellery factory and Stanley Market. The dialysis patients and Nancy and Enzo went to dialysis and the others continued shopping at the market or other site seeing and found their own way back to the hotel and we met again for dinner.

Next day, a half day tour of Lantau Island by coach to Tung Chung cable car station and a ride over the water to Ngong Ping Village and a coach ride to Tai O fishing village. We took a boat to see the buildings on stilts, then back up the mountain to see the Po Lin Monastery and the big Buddha. We had lunch in Ngong Pin village and returned by cable car back to Tung Chung and then coach back to hotel. The remainder of the day was free.

Jan and I went for a walk and came across Howlong Park where we saw lovely gardens, water features, fish, flamingos, tortoises and a bird aviary with many different parrots etc. Later that evening we all walked to Victoria Harbour Ferry Terminal, for a tour of the harbour to see the light display while we cruised around in the Aqua Luma (A Chinese Sanpam/Junk) drinking champagne.

Next day was a free morning, so Jan and I went to the Space museum and the Arts Centre and than back to the hotel in time to go to dialysis again by taxi. This time we returned by coach, and had dinner.

On Sunday we walked a short distance to the Hong Kong China Harbour City-Macau Ferry Terminal to catch a turbo jet ferry to Macau Maritime Ferry Terminal Once through immigration we were met by a guide and taken to our hotel. After checking in we had high tea at the hotel and then went for a walk to the city square and back. This night we ordered room service for dinner which arrived with great pomp and ceremony and then a good nights sleep.

The following morning we did a tour of Macau seeing old and new, taken to the Macau border with China and we stood with one foot in Macau and one foot in China. We then past the tower where they bungy jump and a visit to a church ruin and on to a different hotel for lunch. Then we went to a reclaimed area of Macau, where all the large casinos are (44 in total). We visited The Venetian, a recreation of Venice with recreated blue sky, (the only blue sky we saw due to the fog, probably smog) and a gondola on a canal, then

*(Continued on page 10)*
back to our hotel. That evening we all went to see The House of Dancing Water at the City of Dreams hotel. It was spectacular we also had a light meal at this hotel prior to the show.

The next day we were coached back to the ferry terminal, through Macau immigration and a 1hr 15mins ferry trip back to Hong Kong, bought lunch again and off to dialysis the usual way. At the end of dialysis we were all given a gift as it was approaching Chinese New Year, then back for dinner again by coach.

Wednesday, we had a free morning after putting our luggage out, Jan and I went back to the foreshore and saw them rehearsing for the Chinese New Year Parade which was sponsored by Cathay Pacific. We returned to the Art Gallery and had lunch at the Peninsula Hotel, then walked back to Howlong Park and saw more of the park and then back to the hotel and a coach trip to the airport and then home.

This was a really good holiday as usual no rushing, no early starts and very well organised.

Geoff Fletcher

Editors Note: Geoff and Jan certainly don’t let dialysis stop them from travelling, and get to go on some great trips. When I asked Geoff about coping with the food and drink, (especially champagne) his answer was “VERY CAREFULLY”
Helen and Peter Classon’s holiday at Halls Gap

Dialysing on the bus

The Group at Studley Park Boat House

Geoff, with one foot in Macau and one foot in Hong Kong

Picnic in the park at Halls Gap

the holiday group
Dates to Remember

2015
Saturday 25th July   Christmas in July   6pm
Greyhounds Entertainment Springvale

2nd to 5th August   Donate Life Week

Sunday 18th October   AGM  2pm
Manchester Hall, Main Road, Blackburn

Christmas Party. TBA

2016 September 21st – 1st October 2016
Australian Transplant Games  more information at
www.australiantransplantgames.com

Web sites of Interest
www.awash.org.au   (help in reducing salt intake)
www.carersaustralia.com.au

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString is always looking for stories to publish. If you have a story to tell and you’re not sure where to begin our editors would be more than happy to assist you in writing your article. Or if you have ideas of issues you would like to see covered, contact us.

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

Deadline for the next ShoeString: 12 August 2015