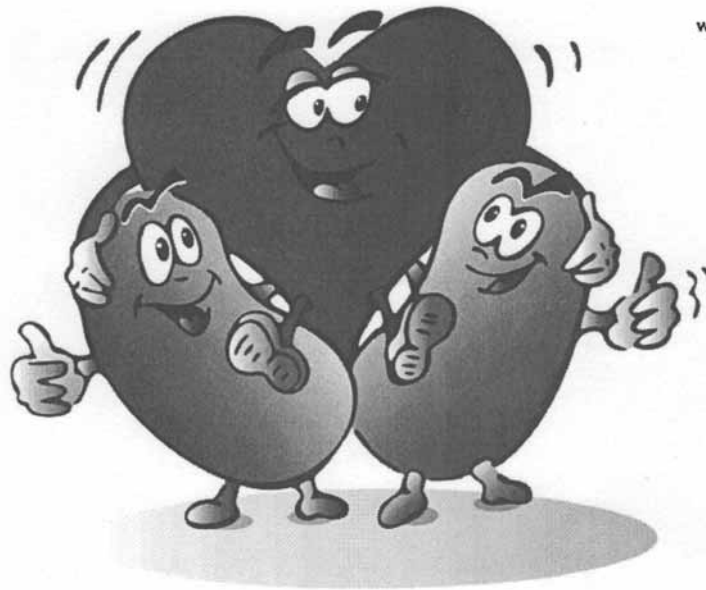
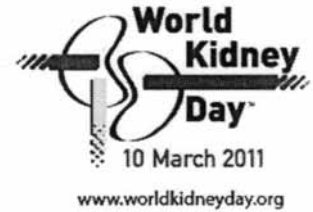


**Amazing Kidneys!**

**Protect you kidneys,  
Save your heart!**



***The presence of kidney dysfunction greatly increases the risk of cardiovascular disease - an important fact that is often overlooked! In 2011 World Kidney Day is asking you to 'Protect your kidneys, Save your heart! If you are at risk of kidney disease, please see your doctor to discuss maintaining your heart health as well!***

This has been taken from the World Kidney Day poster to be held on the 10<sup>th</sup> March and, as you can see, the slogan is '**Protect Your Kidneys.....Save Your Heart.**'

Although the date may be past, the poster is still relevant.

Ring (03) 9674 4300 and ask for a poster or three and get them up at your local coffee shop, doctors' surgery, community centre or anywhere they'll let you. Help us get the message out to the public.

**Don't Forget!  
BBQ**

All Members are invited to our yearly BBQ  
held at our Blackburn House  
14 Queen St Blackburn  
27th March 2011, at 12 Noon.  
Sausages, Salads and Sweets Provided  
BYO Chairs Table, Drinks, Sunscreen  
RSVP 21st March



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## Editor's Note...

I'm still here! - things don't always work out like you think they will!

As we advised, last ShoeString June Salt and Adrienne Betlehem were to take over the editor's role but then came the RAIN. June got flooded out, her house was inundated, all furniture affected, and the mess! House not inhabitable for at least 6 months—find another place to live! Young Jack and Dad, Glenn, were not impressed.

So Adrienne and I are here doing ShoeString while June works out a few things like temporary accommodation for 6 months or so.

We are thinking about you June, Good Luck and hurry back.

Alan Rawson is on the sick list, he has had some hospitalisation but he's home again now and will be having further treatment. His wife Faye is busy playing nurse. He says he's not too bad, considering what they have done to him.

Good on you Alan, go straight to the jokes page, we're all thinking of you, and wish you well.

Congratulations to Kidney Health Australia on their newsletter, called *Kidney Community*, which you can view online at their website ([www.kidney.org.au](http://www.kidney.org.au)).

We are sorry to report that John Lee-Ack passed away early February. He was 85 years of age. He was well known to us at DATA and always had a cheery smile. Our condolences to Shirley and the large blended family. As Shirley said, he gave so much of himself and was surrounded by love.

Joan Eastwood and Adrienne Betlehem



## PRESIDENT'S REPORT MARCH

It's been a strange summer and as we head into autumn, I am hoping for some nice weather with some sunshine.

The difficult questions that have arisen with the issue of selling the house at Blackburn, a small sub-committee is going to be set up by the DATA committee to look at all DATA matters: our 'rules and regulations,' what to do with Blackburn, Rosebud, and any other matters to come to mind. All thoughts are welcome from our members so, if you have any ideas, write to us or send us an email. Our address and email address is on the back of this newsletter.

Not only am I involved with DATA, but I am also involved with Kidney Health's Consumer Committee, that looks at the needs of those with renal disease and what can be done to make life a little better. This committee was instrumental in having those on home dialysis reimbursed.

There is also a state government committee run by the Department of Health, the Renal Health Clinical Network, that in which I am representing ALL Victorian "consumers" (i.e. renal patients) and I keep reminding this committee about how hard it is to have holidays. There is another DATA member on this committee who is a country member. Everyone else on the committee is renal staff or department of health people. So if you have any ideas about your renal care, please ring me and let me know. It is difficult to represent renal patients without your input.

I have now been dialysing for a little more than 14 years and on home dialysis for about 10 years. I had a kidney transplant in 1988, which unfortunately failed in 1997. With my deteriorating eyesight, Charlie (husband) and I decided to buy a caravan, to make travelling around Australia easier.

We are having the caravan fitted out with all the necessary equipment for dialysing and Charlie and I are hoping to start travelling soon



About to leave on our first trip (to Myrtleford). I dialysed at the Myrtleford Hospital as the Dialysis machine was not yet fitted into the caravan.



The bed in the caravan has been divided into singles to fit the machine into the middle. This machine is only an empty "shell" for fitting purposes. The full machine is not yet inserted. Charlie has built a frame to hold the machine in place while travelling.

Did you see our Secretary and her husband on TV?

Sue and Nick were on the George Negus Channel 10 show, at 6pm. Unfortunately, it was only for about 10 seconds, and with no mention of renal disease.

***Ros Ball, President***

## HOLIDAY HOMES

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### **Yarrowonga:**

We have a new TV set at Yarrowonga a full HD television with a built in DVD player. The set top box has been connected to the TV in the Dialysis room.

We have 3 members dialysing at the house in the next 3 months best for a long time.

No vacancies are available until June 19. Vacancies are available between these dates: June 19-26, June 26-July 3, July 17-24 and July 24-31. There are plenty of vacancies after these dates.

If you are on Haemo, ring the hospital as there some weeks available in the last 6 months of 2011, so ring the hospital early and see what weeks they have and then ring me. If you are on PD you are most welcome to book in to the holiday homes, we have all the facilities for you at both houses.

To our members going on holidays at the Rosebud or Yarrowonga houses don't forget to send your forms back early so we can send you a key, if we do not get your acceptance form we will not send you a key, if you have booked the house for a holiday you must confirm your booking within 3 months of going. Also we are not responsible for your dialysis, it is up to you to arrange with your hospital to ring the renal units and book.

When members arrive at the house for their holiday if they have a complaint about how the house has been left or an emergency with something not working either let me know straight away or ring Ann Bonser at Yarrowonga her name and number are on the notice board.

Our policy at DATA is that dialysis members get first preference for a holiday at both houses.



YOU ARE NOT ALLOWED TO SMOKE IN THE HOUSE, ANY MEMBER WHO DOES WILL BE DEALT WITH AT THE DISCRETION OF THE DATA COMMITTEE. WHICH WILL PROBABLY BE A BAN ON USING THE HOUSES.

Our condolences to Shirley Lee-Ack and family with their loss of John, they have enjoyed many holidays at the Yarrowonga house and was very much liked and respected at the Yarrowonga hospital.

### **Contact:**

Alan Rawson, 22 Tarwin Drive, Croydon 3136, Phone: (03) 9723 3019

Email: fayal\_rawson@hotmail.com

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### **Rosebud:**

The bookings are very slow this year. I have only 2 weeks booked in May and then there are no bookings for the rest of the year.

Remember: the off season only costs \$140 and winter is very cheap at only \$50 for the week. Guests are charged \$20 a night. This is still cheap when you compare it to the commercial rates.

It has been brought to my attention that many guests do go with our members and DO NOT PAY the \$20 charge per night. This is very unfair to DATA as we work hard to keep costs down, and I ask all our members who take guests to respect our charges and pay the extra costs.

If you find the holiday charges too expensive, ask your social worker to apply to DATA for a discount for a holiday at one of our holiday houses.

Due to increasing rates and power costs our rental may need to be increased sometime in the near future.

Remember NO SMOKING

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## Blackburn:

Blackburn is a very comfortable two storey house, set on a large block of land with some lovely big shade trees. It contains three twin bedrooms upstairs along with a lounge room, bathroom, and toilet, and blue phone. Downstairs is one double bedroom, shower room, toilet, kitchen, laundry and a smaller lounge room. Both lounge rooms are very comfortable with lounge seating, television and DVD player.

Cost per room is \$35 00 per night and \$20 00 per extra person. \$140 per week, \$160 during School holidays. It is self catering, you need to bring all food with you including tea, coffee, sugar, and you need to bring single bed sheets, towels, pillowslips, and tea-towels.

Blackburn House is an easy walk to the train station and many bus routes stop at the station. We can also arrange remedial massage service if needed.

We have many country people stay at Blackburn whilst having checkups or hospital visits, carers stay whilst their partner is in hospital. You can come just for a few nights holiday or carers can come for respite.

When visiting hospital or clinics payment for travel and accommodation can also be arranged to be paid by V.P.T.A.S. (Victorian Patient Transport Assistance Scheme) see your social worker for information.

Come and enjoy a stay at Blackburn and explore Melbourne.

Phone for bookings: DATA 98940377, or contact Sue Hatzimichalis: Phone 93788836, Mobile: 0400810367.

## Oooooops...

*In our last issue we had an article entitled A Short History of the Lions Club's Contribution to Dialysis in Australia I inadvertently deleted the last three paragraphs and I have reproduced them below for your interest. I do apologise for the mix up. It just goes to show no-one is perfect.*

*Joan Eastwood*



## A Short History of the Lions Club's Contribution to Dialysis in Australia

In September 1971 Lions in Western Australia entered the campaign with a drive for money for their Home Kidney Machine Fund. By the end of the 1971-72 financial year a total of \$30 000 had been presented to the Royal Perth Hospital, financing the establishment of the facility. The hospital agreed to meet the cost of maintenance. By 1975, 20 home dialysis machines were operating in Western Australia.

More than \$750 000 had been raised by Lions club by 1973 to establish and equip kidney machine clinics and to buy home artificial kidney machines. In 1975, there was a breathtaking development on the home artificial kidney machine scene in Australia when the government agreed to take over the project, accepting responsibility for providing the necessary funds to continue to buy home artificial kidney machines where necessary. The Lions of Australia had shown the way.

There is much more information in this book, on the many, many different projects the Lions established, including research into renal disease. A copy of this book, *Looking Forward with Pride... 50 years of Lions in Australia 1947-1997* by Brian Stevenson, is available to anyone who wishes to borrow it. They may do so by ringing Blackburn on 9894 0377, and leaving a message.

## HOLIDAYS FOR THOSE ON DIALYSIS

There are dialysis units throughout Australia that will be happy to have you dialyse with them, so you can have a holiday. Although many units are unable to help holiday makers it is just a matter of ringing them and asking, to find out where you can go.

The Kidney Health website ([www.kidney.org.au](http://www.kidney.org.au)) has a Dialysis Unit Guide with all the phone numbers, otherwise ask your dialysis nurse for more information and phone numbers.

After talking to the holiday unit and agreeing on dates for the holiday, you must then let your dialysis unit nurse know. This allows the nurse to get all the necessary information about your dialysis, drugs, diet, etc. to the holiday dialysis unit.

### ***IT IS EASY.***

#### **VIC:**

Lorne Community Hospital: Haemodialysis, Ph: 5289 4300, [hospital.lorne@swarh.vic.gov.au](mailto:hospital.lorne@swarh.vic.gov.au)  
Alpine Health, Myrtleford: 5751 9300

#### **TAS:**

A holiday can now be had in Launceston the Unit is only 10 minutes from the centre of town in McHugh St, Kings Meadows, 03 6336 5132

#### **NT:**

Alice Springs has a new Unit, if this interests you phone Chelsea on (08) 8951 6750

Those who wish to do the Ghan Train, from Darwin to Adelaide can now have a stop-over in Alice Springs to dialyse.

#### **WA/Qld:**

Those with private health cover will find private dialysis units in Perth and Queensland, willing to help you have a holiday.

#### **NSW:**

In New South Wales, half way between Newcastle and Sydney is Toukley. (near the beach), Renal Association of NSW, a dialysis support group, runs a house (very similar to us) and the cost is similar, at \$200 per week. Unfortunately it is on the first floor, so it may not be suitable for those with disabilities.

For more information, including where to dialyse, ring Heather Edgell on (02) 9531 2589, leave a message and she will get back to you.

Kidney Health are trialing a new system called ***Dialysis Konnections***. The idea is that those on dialysis can 'swap' their chairs with someone else. For example, if someone on dialysis in Sydney wants a holiday in Geelong, they register their interest and a swap can be arranged with someone who has already registered in Geelong for a holiday in Sydney, all done through Dialysis Konnections. You must register and there are several steps to do so, with all details remaining private. Check out Kidney Health's web site and, under the link for patients, look for Dialysis Konnections.

Good luck to those looking for a holiday, it is possible. Please send us your holiday stories.

***DON'T FORGET*** our holiday houses too, with both the local hospitals at Yarrawonga and Rosebud able to take those on holidays, when given enough notice.

## CATHY'S STORY



My story starts at the end, in May 2005 when I had my kidney transplant. It was one of the most amazing days of my life.

I was a maths teacher at a Secondary College and had been having a busy day. I was feeling particularly down and the last thing I felt like doing was going to the Monash Haemodialysis Training centre. I was in my final stages of training and a dialysis machine was going to be set up in my home the next week. Before I left school I complained to my colleague, as usual he was very supportive and encouraged me that my time would come.

As it was a Friday I hadn't dialysed for two days and could not put it off any longer. I pulled myself together and started my usual training procedures. An extra annoyance was a final training test. Alarm bells were ringing and I had to fix the problem before I could set up the machine. After an hour, I was finally on and settling in for the next five hours on the machine. I was looking forward to a sandwich and greatly desired cup of tea.

Then the nurse, Anne Marie, abruptly took my cup of tea off me, mumbling that there was something wrong with the water. I thought this was ridiculous but was hardly in a position to complain. It was certainly 'one of those days' and my bad mood was not improving.

Soon after, the curtains were drawn around my bed and I was introduced to a team

of doctors led by John Kanellis. They were the transplant doctors. I began to feel very uneasy, wondering what else could be wrong. After being ill for so long, I was used to only getting bad news. This time I finally got exciting news. They had a kidney for me, I couldn't believe it. I had only be on dialysis for just over two years. As my blood group is O positive I had resigned myself to waiting at least five years, probably longer. The doctors then had better news, the kidney was a perfect match.

This amazing news was extra special as the transplant team and the nurses were all there. They opened a bottle of champagne and celebrated for me. I wasn't worried that I couldn't have any as I had to fast in preparation for the surgery, which explained why my cup of tea disappeared. My family and friends were very excited when I rang them with the good news. My husband rang me back just to make sure it was real.

I had the transplant later that night. I was aware of the risks involved but was very excited and looking forward to a happier and healthier lifestyle. The transplant went very well. I instantly felt fantastic, even though it was painful, this improved every day. I compare the hospital stay to having a baby, a positive and happy experience.

It is nearly six years since I had my transplant. My health continued to improve and I am still very well. I am forever grateful to the donor and her family, I think of them often. The transplant allowed me to continue working part time but I have recently retired. I am looking forward to travelling and all the things I am now free to do.

I would like to use this opportunity to thank the transplant and dialysis teams at Monash. In particular Jenny, Anne Marie, Elaine and Mary. They were fantastic. I would also like to acknowledge the excellent ongoing care from the transplant team.

*Cathy Bowden*

*MedicinesTalk Spring 2010*

Eyesight problems are common in older age. This can make managing medicines and reading medicine labels difficult. Here are some hints that might help you avoid mistakes and make life easier.

**Make the most of your eyesight**

- Have your vision checked regularly, and replace your glasses if advised.
- Keep a magnifying glass near your medicines, and use it to check the labels.
- Make sure the area where you keep and take your medicines has good lighting. A desk lamp may help.

**Be organised**

- Keep all the medicines you use regularly in one place.
- Mark similar medicine containers, so you know which is which and don't confuse them. For example, you could distinguish similar packets by wrapping a rubber band around one, sticking a brightly coloured dot on their lids or bases, or using a thick felt pen to write a single letter on their lids or bases. Just make sure you don't cover the medicine label or the instructions.
- Keep your medicines in their original containers, unless you use a medication organiser or dose administration aid.
- Store medicines that aren't used regularly in a cool dry cupboard. Take any unused medicines to a pharmacy for disposal.

**Help from your pharmacist**

- Ask your pharmacist to give you the information that's on the medicine label on a separate sheet of paper in large print. Unfortunately, pharmacists are not able to enlarge the print on the label, because there's not enough space for all the information that's legally required.
- Ask your pharmacist to give you the same brand of medicine each time. That way, the name, packaging, size, shape and colour of the medicine won't change.
- All prescription medicines and some non-prescription medicines have a Consumer Medicine Information (CMI) leaflet that gives you information about the medicine. Ask the pharmacist to print your medicine's CMI leaflet in large print.

**Use a medication organiser**

Medication organisers are daily or weekly pill boxes that store each dose of your medicines in a separate compartment that is labelled according to the day and time of day it should be taken. Several types of medication organisers are available. Some you fill yourself, others are filled by a pharmacist.

Medication organisers you fill yourself can be bought from most pharmacies. Better still, use a blister pack medication organiser, which is filled by a pharmacist. It stores each dose of your medicines in an individual blister or bubble.

One brand of blister pack, the Webster-pak LV (low vision), is specifically designed for people with low vision. It has the days and times of the day shown in large print. The print is white on a black background, which most people with poor vision find easier to read.

Talk to your pharmacist about putting your medicines in a blister pack. You will usually be charged \$5–6 for the service. If your eyesight is deteriorating, start using a medication organiser sooner rather than later, so you get used to using it.

**Audio and braille labels**

Devices are now available to help people with little or no vision identify items like groceries, clothing and medicines. These include small barcode scanners and audio labellers that you use to 'label' your medicine containers by storing a voice recording of its name in the machine. When you want a specific medicine, you point the device at the medicine container, and it reads out the name of the container. The devices can be bought online from Vision Australia or by ringing 1300 847 466. Alternatively, you can use braille labels to



***And that's how the fight started...***

One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift... The next year, I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!" And that's how the fight started...

My wife and I were watching Who Wants To Be A Millionaire while we were in bed. I turned to her and said, 'Do you want to have Sex?' 'No,' she answered. I then said, 'Is that your final answer?' She didn't even look at me this time, simply saying, 'Yes..' So I said, "Then I'd like to phone a friend." And that's when the fight started...

My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a nearby table. I asked her, "Do you know him?" "Yes", she sighed, He's my old boyfriend.... I understand he took to drinking right after we split up those many years ago, and I hear he hasn't been sober since." "My God!" I said, "Who would think a person could go on celebrating that long?" And then the fight started...

**The Queen & Dolly Go To Heaven**

Queen Elizabeth and Dolly Parton die on the same day and they both go before an angel to find out if they'll be admitted to Heaven.

Unfortunately, there's only one space left that day, so the angel must decide which of them gets in.

The angel asks Dolly if there is some particular reason why she should get onto Heaven. Dolly takes off her top and says: 'Look at these, they're the most perfect breasts God ever created, and I'm sure it will please God to be able to see them every day, for eternity.'

The angel thanks Dolly, and asks Her Majesty the same question.

The Queen takes a bottle of Perrier out of her purse, drinks it down then wees into a toilet and pulls the lever.

The angel says: 'OK, your Majesty, you may go in.'

Dolly is outraged and asks: 'What was that all about? I show you two of God's own perfect creations and you turn me down. She wees into a toilet and she gets in! Would you explain that to me?'

'Sorry, Dolly,' says the Angel, 'but even in Heaven, a royal flush beats a pair - no matter how big they are.'

A distraught senior citizen phoned her doctor's office.

'Is it true,' she wanted to know,' that the medication you prescribed has to be taken for the rest of my life?'

'Yes, I'm afraid so,' the doctor told her.

There was a moment of silence before the senior lady replied, 'I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.'

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia, he asked to speak to his son

'Yes, Dad, what is it?'

'Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife....'

**Aging:**

Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers.

Not me! I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to your youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

One of the many things no one tells you about aging is that it is such a nice change from being young.

Ah, being young is beautiful, but being old is comfortable.

First you forget names, then you forget faces.. Then you forget to pull up your zipper.

It's worse when you forget to pull it down.

## RULES OF RON JONES EDUCATIONAL AWARDS

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. 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 a financial Member of DATA with renal failure or a child of a parent who has or did have renal failure.
5. Applicants who have completed years 7 to 11 may apply for an Award by the end of May of the following year for presentation in August 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.**
  - Close of Applications: end of May.
  - Applications to Judges: last week of June.
  - Results from Judges: second week in September.
  - Advising Award Winners: 3 weeks before the AGM.
  - Presentation of Awards: at the AGM in October.
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 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.
17. **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.
16. **Commencement:** These rules will come into operation in the 2006 school year

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 2011. Winners will receive awards at the A.G.M in October

**Applications are to be accompanied by a 300 word hand written essay on "MY CHOSEN CAREER"  
and all the previous Year's School Reports.**

Please fill in this form using Block Letters or Type.

SURNAME.....GIVEN NAMES.....

ADDRESS.....

POST CODE.....DATE OF BIRTH.....

HOME PHONE.....MOBILE NO.....

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.....

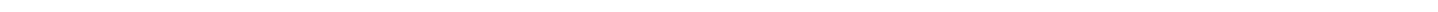
Financial Member of D.A.T.A      YES  NO

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

SCHOOL PARTICULARS: PRESENT YEAR OF STUDIES.....

SUBJECTS STUDIES.....

.....  
.....  
.....  
.....  
.....



# Dates to Remember



**March 27<sup>th</sup>** Members BBQ  
14 Queen St., Blackburn, 12 noon, see pg 1.

**May 22<sup>nd</sup>-29<sup>th</sup>** Kidney Health Week  
For more information and activities:  
[www.kidney.org.au](http://www.kidney.org.au)

**May 29<sup>th</sup>** Service of Remembrance  
**Time:** 2pm  
**Where:** Melbourne City Conference Centre,  
333 Swantson St, Melbourne  
**Enquiries:** Phone 03 8317 7400

**July 23<sup>rd</sup>** Christmas in July  
Queen St., Blackburn

**October 23<sup>rd</sup>** Annual General meeting  
Queen St., Blackburn

**December 4<sup>th</sup>** Christmas BBQ  
Details TBA

BBQ at Rosebud, dates TBA

**Bendigo and Regional Support Group**  
Bendigo Club, Park St., Strathdale

**March 20<sup>th</sup>** A.G.M. & Lunch, 12:00 pm  
RSVP by the 15<sup>th</sup>, Phone: Gwen / Alan: 5444  
0892 or Lola: 5442 1258

**P.O. Box 165  
Blackburn 3130  
Ph (03) 9894 0377  
Fax (03) 9894 0266**

## Executive Committee

*President*  
Roz Ball (03) 9439 8866

*Vice President*  
Alan Rawson (03) 9723 3019

*Past President*  
Sue Hatzimichalis (03) 9378 8836

*Treasurer*  
Lloyd Samuel (03) 9527 2911

*Secretary*  
Sue Hatzimichalis (03) 9378 8836

## Holiday Homes Secretary:

*Yarrowonga House*  
Alan Rawson (03) 9723 3019

*Rosebud House*  
Ros Ball (03) 9439 8866

*Blackburn House*  
Sue Hatzimichalis (03) 9378 8836

*Shoe String Editors*  
June Salt  
Adrienne Betlehem 0411 326 093

*Minute Secretary*  
Angela Lindsey

*Committee Members*  
Nick Hatzimichalis (03) 9378 8836

Ken Smith (03) 5977 3580

Kaitlyn Steavenson (03) 9785 3036

Amanda Pratt (03) 9589 4894

Brendan Lowry (03) 9589 4894

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**Our thanks to all who contributed to this edition.  
We would like to hear your story, please write and tell us  
how you deal with kidney failure.**

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## Deadline for the next Shoe String

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