



**2011**  
***SERVICE OF THANKSGIVING***  
***AND REMEMBRANCE***

**Saturday 28th May 2011 at 2pm**

Doors open at 1.15pm

Afternoon Tea to follow Service

**Melbourne City Conference Centre**

333 Swanston Street, Melbourne

(Adjoins Church of Christ opposite State Library)

Disabled access via Little Lonsdale Street

*In recognition of all those  
who have been a part of  
the transplant journey*

A special invitation is extended to transplant recipients,  
their families and friends, and those families who have  
made life-giving decisions at times of personal loss.

Hosted by

Victorian Organ and Tissue Donation and Transplantation Services  
and related Consumer Health Organisations

**Enquiries: (03) 8317 7400**

# In this Issue

Page 1	Service of Thanksgiving and Remembrance Invitation
Page 2	Note from the Editor
Page 3	Presidents Report May 2011
Page 4	Holiday Homes Reports— Yarrowonga Rosebud
Page 5	Holiday Homes Reports—Blackburn  Christmas in July Notice
Page 6	Members BBQ—Photos
Page 7	Members BBQ—Photos
Page 8	Ken's Travel Diary  Medical Matters
Page 9	Have a Laugh
Page 10	Ron Jones Educational Award: Rules
Page 11	Ron Jones Educational Award: Application
Page 12	Dates to Remember

## EDITOR'S NOTE

We all three did Shoe String this time, June Salt, Adrienne Betlehem and Joan Eastwood.

June & Adrienne would like to hear your story. Now I can hear you saying – 'But I cant write a story !' Well that's OK , just give Adrienne or June a call and they will take down your story and produce it in Shoe String.

So come on don't be shy, have a go.

Their phone numbers appear on the back page.

Recently I received an an email telling me to watch this clip on U-Tube It is a clip of two haemo patients on Rogue River USA white water rafting. Nothing unusual there except they took their dialysis machine along with them! Anything is possible so they say! Have a look.

<http://www.youtube.com/dialysisdan>

Another interesting web site is [www.renalinfo.com](http://www.renalinfo.com) I believe this is put out by Baxters worth a look too. Lots of ideas, food and information.

Don't forget that Xmas in July is coming, we will be taking bookings next Shoestring. Get your table organised now.

Our sickies this month Alan Rawson is slowly coming good. Good on you Alan, and Lloyd Samuel should be home from hospital any time soon. Hope you are both feeling better

# PRESIDENTS REPORT MAY 2011

When the rain stops, we have had some lovely sunny days and I have been out and about trying to make the most of it, as I hope many of you have too.

I would like to wish both our Treasurer, Lloyd Samuel, and our Yarrawonga Home Secretary, Alan Rawson, best of health, with them both having medical treatment and out of action for the last month.

*Get well soon.*

I was invited up to the Bendigo Support Group Annual meeting and took Sue (our secretary) and Kaitlyn Steavenson (committee member) with me. It was a great day and I spoke about our holiday homes. We welcome new members from Bendigo and hope they start using our holiday homes soon. I thank the Bendigo Support Group for the invitation to attend their meeting.

While members enjoyed a lovely BBQ at Blackburn, I attended a meeting in Traralgon. There is a very active dialysis group, who are looking at raising money to develop a mobile dialysis unit making it easier for people to have a holiday. This is a great idea, and we wish them luck. I told them all about our two great holiday homes. I welcome new members from Traralgon and hope they too, soon start using our holiday homes. For more information about the mobile dialysis unit (MDU), and to donate to the cause, contact Vince Tripodi Phone: (03) 5174 3998. I wish Vince the best in this project.

'The 4 member Strategic Planning Sub-committee (formed to review the functioning and activities of DATA and mentioned in the last ShoeString) has met twice; new ideas are slowly emerging and when these have been formalised, they will be submitted to the main Committee for further consideration. We will inform you by way of Shoe String of any changes we may be considering. All things take time, so do not expect lots of changes. If anyone has ideas, please let us know, by ringing me on 9439 8866, or ring the office and leave us a message on 9894 0377. This sub-committee was formed after our meeting to discuss selling Blackburn left some people feeling it was all happening in a rush and not properly considered. So selling Blackburn has been put on hold and now, may never happen.

I must also thank Joan Eastwood, who despite resigning as our editor has temporarily taken up the reins again while June Salt is recovering from being flooded out. We wish June the best of luck with all the problems she must be going through. Adrienne Betlehem remains our second editor, helping Joan.

A big congratulations must go to one of our members Neil Sixtus and our committee member, Ken Smith, who have been raising money for Variety, by completing a four wheel drive trip through the Victorian Alps. They also helped advertise DATA by having a DATA sign painted onto their vehicle. I believe they had a great time.

*Ros Ball, President*



## **Ron Jones Scholarship**

*Applications for this scholarship are due by the end of MAY.*

*No late entries will be accepted.*

*Application forms are in this ShoeString*

## HOLIDAY HOMES

---

### Yarrowonga:

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

No vacancies are available until June 19. Vacancies are available between these dates: June 19-26, July 31-August 7, August 7 until September 4 and September 11-25. There are plenty of vacancies after these dates.

If you are on Haemo, ring the Yarrowonga hospital as there are 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. 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.

**REMINDER: YOU ARE NOT ALLOWED TO SMOKE IN THE HOUSE, ANY SMOKERS CAN GO OUTSIDE.**

Please consider the health of other members who use these facilities. Any member who does smoke in the 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.

**Contact:**

---

### Rosebud:

Changes are afoot.

Please note that I am giving up being the Rosebud Home Secretary and it will now be run by Kaitlyn Steavenson, who has been on our committee for several years and is a Peritoneal Dialysis person who goes to the Monash Hospital. I will miss the phone calls and our chats, but my husband Charlie and I are planning to travel. This was mentioned in the last Shoestring, with the photos of our caravan and the dialysis machine. Our first trip is over Easter to visit my Mum in Mansfield, and then in May we hope to go to Swanhill and Mildura.

There are **LOTS** of vacancies, even the last 2 weeks of May, which can be a lovely time of year for holidaying. Remember it is only \$140 a week and in winter only \$50 a week, plus \$20 a day extra for guests. Very cheap by commercial standards.

So ring Kaitlyn on 9785 3036 for a holiday. (Sorry Christmas holidays are full)

The Rosebud Hospital Dialysis Unit Holiday Chair will close if we do not keep it in regular use!

**Contact:**

**Kaitlyn Steavenson: (03) 9785 3036**

---

## Blackburn:

Changes are coming!

At the moment Blackburn is a very comfortable two storey house, set on a large block of land with some lovely big shade trees, but changes are a foot.... at the moment it has three twin bedrooms upstairs along with a very large lounge room, bathroom, and toilet, but we are planning some changes. We are making the big lounge room into a family bedroom with a queen size bed and 2 twin single beds so families can be together, and we are making Room Number 3 into a smaller lounge room. Downstairs has a bedroom, equipped with a double-sized sofa bed, shower room, toilet, kitchen, laundry and a small 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, and \$160 during the School holidays. It is self catering so bring your own food, including tea, coffee, sugar. You will also need to bring your own linen: sheets to fit a queen sized bed, 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.

Melbourne is a great holiday place so why not come for a holiday and explore this great city and stay at Blackburn. It is not here just for you to go for checkups or hospital visits, it is here for holidays as well.

Also remember that 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:

### **Contact:**

Sue Hatzimichalis: Phone (03) 9378 8836,  
Mobile: 0412 469 738 or DATA Office: (03) 9894 0377.

## ***“Christmas in July” is coming again to D.A.T.A !***

- WHEN:** Saturday 23rd July 2011
- WHERE:** St Johns Anglican Church Hall  
Queen Street, Blackburn  
*(Across the road from Blackburn House)*
- TIME:** 6:30pm
- COST:** \$25 per person
- BYO:** Drinks & a Kris Kringle present  
*(not more than \$5.00)*
- RSVP:** Wednesday 16<sup>th</sup> July 2011  
*(RSVP slip will be included in next issue of ShoeString)*



**Last year there was a record number of attendees so don't miss out on a wonderful night, There is lots planned!**

**There will be ...**

- Trivia*
- Starter games*
- Live music (so you can get up and dance!)*
- The man in red will show up!***

# MEMBERS BARBEQUE MARCH 27 2011



We all enjoyed the BBQ at Blackburn on 27 March 2011. The weather was very kind to us, with just enough sun to keep us warm. There were about 28 of us there. We enjoyed some good food and good company.

There was an abundance of sausages, thanks Sue for organising them. Salads were great thanks to Amanda,

*(Continued on page 7)*

Eileen &..Alan Stanyer  
(Traralgon)  
Peter & Helen Classon  
and Debbie Budziarski.



Geoff & Jan Fletcher  
Ian & Estelle Bauer



Look at that lovely food !  
 Enough to make your mouth  
 water. Peter and Doug doing  
 the cooking in the background.  
 Helen enjoying a bite in the  
 foreground.



Marta Nielsen,  
 Brendon Lowry,  
 Phil Terry,  
 and Amanda Pratt  
 enjoying a laugh.

*(Continued from page 6)*

Elizabeth, and Angela.  
 Thanks to Michael Allan for  
 providing fruit salad.  
 Everybody helped to make  
 the day enjoyable. Some people  
 travelled quite a distance from  
 Traralgon and the Peninsula.  
 It was good to see familiar faces  
 too.

A good opportunity to catch up  
 with others in the same circum-  
 stances and share stories.

As you can see from the photos  
 it was a very relaxed day.

*Joan Eastwood.*





When I was on home dialysis before receiving a transplant my wife Bev and I flew to Perth for four weeks to see our grand-daughter and dialysed at the Sir Charles Gardner Hospital. There were only 13 of us dialysing there. Because our grand-daughter lived at Bull Creek I had to hire a car to travel into Perth to dialyse.

The next year we went to Perth again, but this time we travelled on the Indian Pacific and took our car with us on the train both ways. To eliminate an extra day's travel we drove to Adelaide and put our car on the train there leaving home at 6am. The train left Adelaide at 5.30pm the same day. I dialysed extra time the day before we left, and just had to watch what I ate and drank on the train. I was allowed to dialyse an extra hour the day before we left to come home. This time there were about 40 dialysing at the Sir Charles Gardner Centre.

We tried to go the following year but couldn't get in because there were so many dialysing at the centre. I could have dialysed about one hour the other side of Perth but it would have been a two hour trip from one side of Perth to the other side, so we went somewhere else.

We did two cruises whilst I was dialysing which was organised by Dialysis Escape South Australia. They arranged to bring dialysis machines from S.A. to Sydney to be put on the ship. They also supplied a doctor, nurses, and a technician for the cruise. About 12 of us dialysed on the machines, plus

others on CAPD bag system.

I was lucky enough to receive a kidney transplant in 2001, so we have been able to do a lot of travelling since. After travelling all around Australia at various times we did a Canada and Alaska trip which was great, but the time difference was a problem when it came to taking my medication. When I would normally be taking my tablets it was early hours in the morning over there, so I did get that wrong when we first got there and took too many blood pressure tablets at one time and was a bit wonky for a while.

It was interesting to read in ShoeString March issue about Ros Ball and husband Charlie intending to caravan around Australia with a dialysis machine set up in the van. I know it has been done before but it is a gutsy thing to do. It just goes to show what can be achieved if you are prepared to have a go. Good luck to Ros and Charlie on their venture.

*Ken Kay, Bacchus Marsh*

## MEDICAL MATTERS

*With Dr. Marie Ludlow*

In 2010, Kidney Health Australia conducted an Australia-wide census of all adult patients receiving routine dialysis services - the first of its kind. Kidney Health Australia collaborated with consumers, healthcare professionals and researchers to design this census to investigate dialysis patient perceptions, experiences and preferences of type of dialysis treatments and settings.

The census was completed by 3,250 dialysis patients (9223 forms were distributed giving a response rate of 35%). The results show that only 51% of patients were given a choice as to the kind of dialysis they were about to begin, and that many patients were also not informed by specialists or renal nurses why they did not have such a choice. The survey clearly showed that once patients establish their particular type and location of dialysis, they are less likely to want to change their type or location. Over 50% lived more than 10km

from their site of dialysis and 38% are spending more than \$20 per week on travel costs. This information on travel has already persuaded the NSW Govt to change the rules for dialysis patients accessing the PATS scheme!

The survey identified significant opportunities for improving home dialysis uptake in Australia. Overall, only 13% of patients not currently dialysing at home were prepared to do so. However, dialysis patients were more likely to consider home dialysis if appropriate clinical and financial support was provided. The survey highlighted that improvements might be expected in the uptake of home dialysis if earlier, more consistent and comprehensive educational choice regarding dialysis types and locations were offered to patients. To read the full version of the survey, or to find out more, visit [www.kidney.org.au](http://www.kidney.org.au).

With permission from: *Kidney Health Australian, Community Newsletter, March*

An old, blind cowboy wanders into an all-girl biker bar by mistake. He finds his way to a bar stool and orders a shot of Jack Daniel's. After sitting there for a while, he yells to the bartender,

'Hey, you wanna hear a blonde joke?'

The bar immediately falls absolutely silent.

In a very deep, husky voice, the woman next to him says,

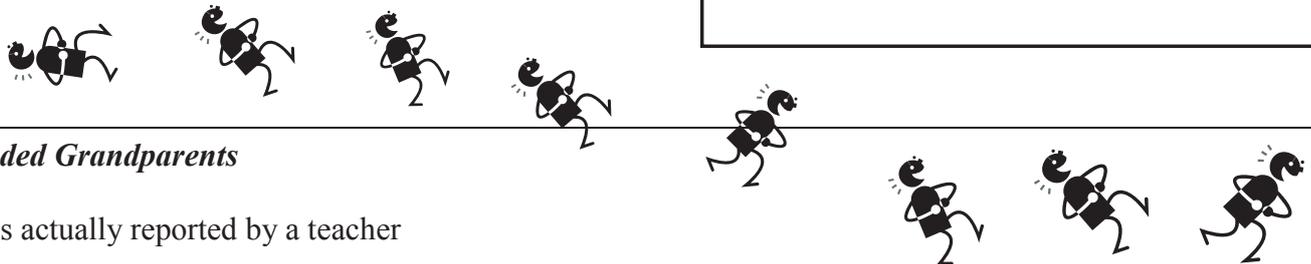
'Before you tell that joke, Cowboy, I think it is only fair, given that you are blind, there are five things you should know:

1. The bartender is a blonde girl with a baseball bat.
2. The bouncer is a blonde girl.
3. I'm a 6-foot tall, 175-pound blonde woman with a black belt in karate.
4. The woman sitting next to me is blonde and a professional weight lifter.
5. The lady to your right is blonde and a professional wrestler.

Now, think about it seriously, Cowboy. Do you still wanna tell that blonde joke?'

The blind cowboy thinks for a second, shakes his head and mutters,

'No, not if I'm gonna have to explain it five times.'



**Retarded Grandparents**

This is actually reported by a teacher

After Xmas a teacher asked her young pupils how they spent their holiday away from School.

One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Bateman's Bay where everyone lives in nice little houses and they don't have to cut the grass any more. They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore. They go to a building called a wreck centre, but they must have got it fixed because it's all OK now. They do exercises there, but they don't do them very well. There is a swimming pool too, but they all jump up and down in it with hats on. At their gate, there is a dolls house with a little old man sitting inside. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts. Nobody there cooks they just eat out. And they eat the same thing every night – early birds! Some of the people can't get out past the man in the doll's house. The ones that do bring food back to the wrecked centre for pot luck. My Grandma says that my Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the dolls house. Then I will let the people out so they can visit their grandchildren.

An older couple go to the Doctor. He asks the husband if sex is still good, and if he has any questions.

'In fact, I do,' said the old man. 'After having sex with my wife I am usually hot and sweaty, and then, after I have sex with her the second time, I am usually cold and chilly?'

Surprised he can still do it twice, the Doc then sees the wife. After examining the elderly wife, the doctor said, 'Everything appears to be fine. Do you have any medical concerns that you would like to discuss with me?'

The lady replied that she had no questions or concerns.

The doctor then said to her: 'Your husband has an unusual concern. He claims that he is usually hot and sweaty after having sex with you the first time, and then cold and chilly after the second time. Do you know why?'

'Crazy old fart,' she replied. 'That's because the first time is usually in January and the second time is in June.'

## 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.
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 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.**

<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 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.
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 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.....

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

# Dates to Remember



**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  
**Time:** 6.30 pm  
**Where:** St John's Anglican Church Hall  
Opposite 14 Queen St., Blackburn

**October 23<sup>rd</sup>** Annual General meeting  
**Time:** 2.00 pm  
**Where:** 14 Queen St., Blackburn

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

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

**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 hear your story. Contact us.**

**Write to: The Editor, ShoeString,  
P.O. Box 165 Blackburn 3130**

**Email: [editor.shoestring@gmail.com](mailto:editor.shoestring@gmail.com)**

**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) 9509 6637

#### 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) 378 8836

#### Shoe String Editors

June Salt 0404 008 799

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

Michael Allan (03) 9561 4806

Elenor Allan (03) 9561 4806

Joan Eastwood (03) 9795 1649

**Deadline for the next Shoe String: 6<sup>th</sup> June 2011**