

Rosebud Renovations

page. 4



2012

Happy

New

Year!



DATA Christmas Party at the Zoo

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A Note From the Editors...

Hello to all and welcome to the New Year.

ShoeString has been a great part of DATA for many years now and as editors we love reading about all of your experiences and personal triumphs. We believe they help to inspire others and to remind us that life goes on - living with kidney failure. We look forward to receiving your stories in 2012 and remember DATA is always here to help and support you and your family.

Renovations to living spaces and entry way of the Rosebud holiday home are now complete and looks brilliant! Special thank you to Dorothy Kurlle for her many years of assistance with the Rosebud house, your contribution was much appreciated.

Please be sure to check out the photos of the Christmas party held at the Melbourne Zoo, a great day all round.

We look forward to hearing from you in the year ahead.

June & Adrienne, Editors



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

President's Report



I do hope everyone had a good Christmas and New Year, I certainly did!

We got caught in the hail storm on Christmas Day, which may result in our car being written off by the insurance company. There are dents all over our car, and panel beaters don't like repairing lots of small dents. Although there is nothing else wrong with the car.

There was a river flowing down our street opposite us, and a few houses and units got flooded. I feel sorry for them as there was very little warning.

The skylight got smashed due to all the hail but it didn't leak so we were lucky, my husband, Charlie, is currently fixing it up.

DATA had a lovely Christmas party with a great turn out, with nearly 100 members attending! We had some people who notified us late which affected the catering slightly but an excellent time was enjoyed by

all. We are looking forward to see what next year brings. See elsewhere in this Shoestring for a full report and pictures.

Our summer BBQ which we hold at Blackburn will be late this year, but I hope we will see many of you there. Due to the time it took to organize our Zoo party, the summer BBQ was put on hold. This year we will be supplying table and chairs, so our members will not need to bring their own.

Don't forget to mention us to people you meet, in the waiting room or elsewhere. We are always looking for more members, and we are easy to find on the internet under DATA Vic.

Ros Ball, President

A Letter from a Member...

Dear Friends

I have just finished my training as a volunteer speaker with DonateLife Victoria (organ and tissue donation) and I have been writing to various organisations such as schools, service and social clubs, NFP organisations and many more, so if you are a member of a group that requires a free public speaker I am available to meet your needs. Following is a brief overview of why I have volunteered with DonateLife.

From one person's death, others can live through transplantations of various organs and tissues. I am passionate in telling others of organ and tissue donation, as I was one of the fortunate ones to receive this Gift of Life 40 years ago when I received a kidney transplant. I was the 18th patient transplanted at St Vincent Hospital in Melbourne. If it were not for the generosity of the donor family, I would not be here today to offer your organisation a free speaker to inform your members about the joy of giving life to others.

My family is aware of this joy of giving life to others as twenty-six years ago our family completed the circle of the "Gift of Life," as on the death of my father, we became a donor family. Accordingly the circle was complete. I received an organ transplant and my father was an organ donor.

Accordingly if you would like to engage my services as a free speaker I can provide your organisation an overview of the current situation, facts and figures regarding organ and tissue donation in Australia. Should you require my services, please contact me to arrange a date and time that will suit your club.

Yours sincerely

Twanny Farrugia (Mr)
Volunteer Speaker
DonateLife Victoria
Email: twannypac@gmail.com
Mobile: 0412 107 734

Dear fellow Members and Shoestring Readers,

I think that ShoeString is the lifeline that connects together those of us with renal problems. Even if someone does not come to our meetings I imagine that ShoeString keeps them in touch with some part of the renal world. There may be some who find it hard to pay the annual subscription of \$10; if so please let us know. For the others who may have forgotten to pay, let this issue be a reminder to you to bring your membership up to date. One \$10 can achieve this and then we can keep sending you your copy of ShoeString.

Keep well everyone, your Treasurer, Lloyd Samuel

Holiday Homes

Rosebud:

Rosebud Holiday Home Report

We have had a very busy year regarding the Rosebud holiday home. Since January the house has been fully booked with only 3 weeks remaining vacant.

Kaitlyn is currently in hospital, so Ros is doing this report. Get well soon, Kaitlyn.

Currently the house is fully booked until mid-June but this may be wrong, so give Kaitlyn a ring after several weeks have passed. Otherwise ring Ros, her number is on the back page.

We have made some renovations to the house, which will be quite noticeable when past users of the holiday home return for a holiday in Rosebud. The sunken floor has been raised to be level with the rest of the flooring, and a ramp has been installed from the driveway to the front door for wheelchair access, all of which is now covered by a veranda. The driveway has also been made more user friendly and comes straight out from the carport onto the street.

The carpet has been removed from the living area, dining area and hallway, and linoleum has been laid in these areas as well as re-done in the dialysis room and en-suite. To make everyone's stay more comfortable, ducted heating and cooling has been installed through-out the entire house. These areas have also been repainted and awnings have been added to the front of the house.

Having just spent a week there, Ros loved the new air-conditioned, which heats or cools, depending on what it is set at. Please do not remove the control unit from the wall.

To help keep rent low, we do not employ a cleaner or a routine maintenance person. (in any of the houses) Therefore we rely on people who stay at the house to replace light bulbs and clock batteries when necessary. Please let us know if there are any mishaps or problems with the house. Leaving a note at the house is an unreliable way to let us know.

Regrettably rents will need to be increased in the near future to keep up with increased running cost, but this will be kept at a minimum.

Ros Ball on behalf of
Rosebud Holiday Home Secretary
Kaitlyn Steavenson

Ph. 9785 3036, Mob. 0403 561 624



Newly renovated Rosebud living space - before (*left*) and after (*right*).

Holiday Homes

Rent Increase

Due to the rising costs there will be a rent rise at both houses from the start of February 2012.

New rates are \$180.00 per week between December 1 until Easter. The off-peak rate will be \$160.00 per week from Easter to the end of November. Extra guests are still \$20.00 per night each.

If you have already received a form for 2012 with \$160.00 stated as the rent this is what you will be charged for your holiday.

Yarrowonga:

Bookings are available between February 12 and March 4 but we are booked solid from then until the end of May. Get in now for midyear and next Summer.

The installation of new carpets and vinyl floors has been completed and the feedback has been very positive.

Don't forget you Haemo Patients to ring the Yarrowonga Renal Unit (Phone: 57438189) to find out what is available and then ring me to book that time into the house; Haemo Patients get first preference at the house.

We would like to see more CAPD patients using the houses. Everything is up there: a microwave, bag warmer, etc. and your bags can be delivered to the house when required.



Yarrowonga House Secretary

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



Blackburn:

Blackburn House is not being used as much now for country patients, it seems that the patients we used to get when they were being trained for home dialysis or had a transplant are staying at the hospital's accommodation, which is nearer to the hospital.

The building next door is going ahead in leaps and bounds and there has not been too much inconvenience with trucks or parking etc. however, the noise has been a bit loud.

On the whole Blackburn has been quieter than the other houses. People from the country should feel free to come down and have a holiday in Melbourne, it's cheaper than a hotel: at \$35 a night per couple and \$50 for the family room, it is great value.

Blackburn House Secretary

Sue Hatzimichalis
Ph. 9378 9222, Mob. 0412 469738

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.

Treasurer's Report 2011

As evident by results extracted from the full Audited Reports (available at the AGM or by email request) our result this year is 69% or \$3859 less than last year. Why is this so? Broadly speaking the difference can be seen in two items of receipts. Our Donations are down by 45%. I suggest that, apart from some people generally feeling the uncertainty in the economy, Alan Rawson, who single handily obtained many donations in the past has been unwell this year. However, I point out that a large percentage of Alan's donations have come from Golf and other clubs near our holiday homes. If the Federal Government succeeds in passing its 'pokies' legislation the generous donations of the clubs may well be reduced in future. This could be felt in our bottom line.

The other item of income that could affect our bottom line in future is the receipts from the Holiday

Homes. The figures above do not reveal it but the drop is almost solely attributable to the Blackburn Home. I point out that over the last few years the hospitals have built or are building their own accommodation for families to stay near loved ones in extended hospital stays like receiving a kidney transplant. This may indicate that Blackburn may be used less in the future. This would cause a significant reduction in our overall receipts. So, although we have relatively good cash assets and can afford capital improvements as we are doing at Rosebud at present, we will need to be a bit cautious in our everyday expenditure.

My sincere thanks to Sue Hatzimichalis, our Secretary, who has worked with me through a difficult year health wise for me. Nevertheless, DATA is in a strong financial position to continue.

Lloyd Samuel, Treasurer

DIALYSIS & TRANSPLANT ASSOCIATION OF VICTORIA INC. STATEMENT OF RECEIPTS AND PAYMENTS for Year Ended 30th June 2011 (Based on the Audited Accounts)

	<u>2,011</u>	<u>2,010</u>
	\$	\$
RECEIPTS		
Donations	8,351	15,434
Subscriptions	4,636	4,981
Bank Interest	34,102	29,536
Homes Rental Income	16,659	22,858
Grants	2,055	1,349
Other Income incl Raffles	10,673	7,270
	<u>76,476</u>	<u>81,427</u>
PAYMENTS		
Depreciation	16,565	13,557
Insurance	6,067	6,225
Utilities	5,875	5,365
Donations incl Ron Jones Ed Gr	2,000	600
Postage incl ShoeString	2,795	2,972
Printing & Stationery incl Shoe	4,212	6,538
Rates and Taxes	5,456	4,033
Maintenance	3,957	4,944
Telephone	2,382	2,473
Travel	3,823	4,335
Social Welfare	5,352	6,348
Accounting	9,703	13,529
Fundraising	2,785	1,970
Other Payments	3,735	2,910
	<u>74,707</u>	<u>75,799</u>
Excess of Receipts over Payments	1,769	5,628
Reduction of Surplus over year.		3,859

I'd be perfect if not for two missing kidneys.



Greg Collette, author of *BigDandMe*, gives some insight into life without kidneys and blogging.

Hi, I'm Greg Collette and I write the **BigDandMe** blog, at bigdandme.wordpress.com. It's about living with dialysis from the recipients' viewpoint - yours and mine. I have been on Big D for 16 years, off and on, and I've learned that regardless of changes in technologies or practices there are some fundamental actions that anyone can take to live well on the BigD.

In the other part of my life I have been married to Julie for 37 short years. We have three grown-up children, and two shiny new grandchildren that make our lives a delight. My kidneys started the journey to end stage renal failure in 1972, when I was a junior electrical officer in the Navy. After a premature discharge on kidney grounds, I worked as a brickies labourer, a panel operator at Radio 2CH in Sydney, and a number of frivolous jobs before our first son was born. I then worked as a technical writer, here and in the UK, and started my own technical communications business (www.wordware.com.au) in 1986, which is still going strong. I've had two transplants, and I returned

to the BigD when my last transplant failed in November 2008. I dialyse at Diaverum at Diamond Valley in Melbourne, Australia.

I started this BigDandMe blog on Easter Monday, 2009, to help other normal people whose kidneys have let them down ("kidney failure" is so judgmental!) deal with the daunting prospect of dialysis and transplant.

If you have just joined the BigD club, there's much you'll want to know: what to expect, how to stay healthy, actions to take to win back your life, what's happening in the world of dialysis and kidney transplants, and much more. There are 93 posts so far. Here's a sample list:

- Dealing with it!
- Getting the Needles In
- Keeping your brain sharp on Dialysis
- Getting a kidney transplant from a loved one
- Dialysis and getting rid of restless legs
- What does a Healthy Dialysis Fistula Look Like?

So checkout BigDandMe: there's a new post every fortnight.

BIG D AND ME

BigDandMe is a blog, written from DATA member, Greg Collette's, personal experiences with dialysis. Updated every fortnight, find his blog at: bigdandme.wordpress.com.

RIDE FOR DIALYSIS

Along with the Geelong Touring Cyclists Steven Cartin is cycling on the last Sunday of each Month, in the name of Kidney Health Australia. Funds raised go towards Kidney Health awareness of kidney disease.

Rides leave from Geelong Station at 9.00 am, to a different destination each month.

To make a donation or get more information go to: www.everydayhero.com.au/steven_cartin

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.

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

Christmas Party

This year's annual DATA Christmas Party was held on Sunday, December 4, at Melbourne Zoo. Although the weather was mild for December, it made for a wonderfully comfortable day; not too hot, not too cold.

Held in one of the zoo's pavilions with the roar of lions in the near distance, members could mingle or explore the zoo at their leisure.

Lunch was catered for by Café Vanilli, our hosts for the 2011 AGM, with a selection of assorted sandwiches on offer and specially made fairy-bread for all the youngsters.

Between lunch and afternoon tea most people wandered around the rest of the zoo and enjoyed all the wonderful sights and the beautiful animals.

Afternoon tea did not disappoint with a magnificent spread of mint cheesecake, blueberry muffins, florentines, caramel slices, almond bread, fruit cake and many more. Lovingly baked and provided by Joan, it was scrumptious.

The raffle was drawn and consisted of four prizes.

Daryl Gilbert, attending the DATA Christmas party for the first time, won the grand prize – a large Christmas hamper with all the trimmings; second prize went to Steve Sawyer who won a seated plush reindeer; Daniel Paris won the third prize, another (mid-sized) hamper with Joan Lowe winning the final prize, a small hamper.

We had a lot of people at the Christmas Party this year, it was wonderful. It was nice to see familiar faces as well as new ones.

Everyone had a lovely time.

A big thank you to all our members for a wonderful year. From the DATA committee we hope that each and everyone had a joyous Christmas and a happy and safe New Year.



The pavilion, crowded with DATA members.



Raffle prize table (*above*) and all the lucky winners with DATA President, Ros Ball, and Secretary, Sue Hatzimichalis (*left*).



Christmas Party



DATA members enjoying the mild weather and wonderful Melbourne Zoo.

Joan serving up her delectable baked treats for afternoon tea (*left*)

More members, covering all ages.



