

MEMBERS BBQ 2012, BLACKBURN

Sunday, March 25, 12.30pm

Queens Street, Blackburn

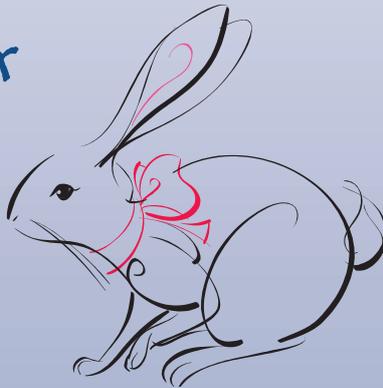
BYO drinks

Sausages, salads and sweets provided

RSVP before March 16! page. 9



Happy Easter



Easter Sweet Treats

page. 8

Ron Jones Educational Award

page. 6-7

Colin James Autobiography

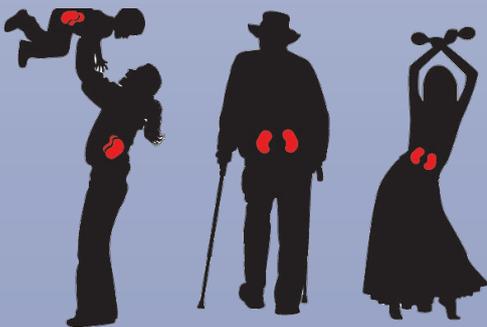
page. 10

Fletchers holiday at Floriade

page. 11

World Kidney Day March 8 2012

page. 9



In Memory of Lloyd Samuel

page. 3



In this Issue

| | |
|----------------|------------------------------------------------------------|
| Page 2 | A Note from the Editors |
| Page 3 | In Memory |
| Page 4 | President's Report |
| | Holiday Homes—Status Report and Vacancies |
| Page 5 | Holiday Homes—Status Report and Vacancies—continued |
| Page 6 | Ron Jones Educational Award |
| Page 7 | Ron Jones Education Award—Application form |
| Page 8 | Recipe Corner—Easter Treats |
| Page 9 | World Kidney Day |
| Page 10 | Colin James' Autobiography |
| Page 11 | Canberra—Another Holiday story from Geoff and Jan Fletcher |
| Page 12 | Dates to Remember |
| | Contact Details |

A Note From the Editors...

Hello everyone.

I would like to begin this note by saying how saddened we all are to hear of Lloyd Samuels's sudden passing, our hearts go out to Lloyds family and loved ones during this very difficult time. He will be sadly missed by all who knew him.

World Kidney Day – March 8th is a day to keep free on your calendar. An opportunity to promote awareness and the importance of kidney transplantation, read all about it on page 9.

One of our readers and DATA member, Colin James, shows his newly published autobiography, a true story of overcoming adversity, on page 10.

Our annual members barbecue will be held at the Blackburn house and we look forward to seeing you there, it is a great opportunity for all to catch up, and share our different experiences with one another.

Easter is just around the corner, and everyone needs to indulge, at least once in a while. The sweets in this edition of Recipe Corner are all diabetic friendly, so go on, and treat yourself.

Til next edition - stay well, stay safe and have a Happy Easter.

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

In Memory

Lloyd Samuel 1942-2012

Lloyd has been a member of DATA for as long as I can remember.

Lloyd joined DATA in 1993 when the committee meetings were held at the old Burwood Hospital in Highbury Rd. Since then he has gone on to be a long serving member of our organisation, first as a committee member, then as Treasurer (after Bernie Keeley left for WA) from 1995-1999, and a term as President from 2003-2006. He then became Treasurer again in 2008 until his passing. His expertise in legal and financial matters was a huge help in the administration and the running of DATA.

At DATA Meetings, he would never let the Financial Report be passed over lightly, but he took time to go through all accounts making sure we understood what was happening (dotting the i's and crossing the t's). He certainly had a sense of humour and often had a twinkle in his eye. He was often not well enough to be at the meeting, in fact, when he did attend, it was not unusual for him to pull over on roadside and have a sleep before completing his journey back to East St Kilda.

Several members of DATA attended his funeral on Thursday, February 9. Memories of Lloyd were shared: As a young person he attended Mt Scopus College. He read widely and never forgot anything he was ever taught or heard, he loved learning. He was plagued by illness from childhood but he never allowed that illness to get the better of him. He suffered not only kidney but serious heart, liver and bowel problems, but these problems never held him back. He focused on life rather than illness. He was always optimistic and would try another pill or another treatment and give it his best shot. He was

devoted to his church and served on the board of several synagogues as treasurer and advisor.

He became a solicitor and soon became a teacher of Business Law. He taught at Victorian University, fitting his classes in around his illness.

He received a transplant from his sister, Judith, around 2001 which created a great bond between them. He spent much time in hospital, last year he was several months in the Alfred having issues with his heart and bowel problems. By the end of the year he looked well - better than he had looked for some time. He had recently moved into a new flat which he was quite excited about.

He had a daughter in Israel with her family and had recently travelled to Israel, spending a month with them. On his return he spent a few days in Sydney visiting his son, Jonathon and family. He had a great weekend going to the football and playing with the grandchildren. He was hospitalised on his return to Melbourne. He died on Tuesday, February 7, 2012.

He will be sadly missed by all at Dialysis & Transplant Association Inc.

May his life and his memory be an inspiration to us all.

Joan Eastwood

Remembering Lloyd

Lloyd had a great sense of humour and loved to dance. I remember him at the Transplant games in Adelaide when, after winning a medal and afterwards at the dance, he danced the night away.

I picked up Lloyd and our other Transplant friend, the late Rick Butler, in Melbourne on a Friday night after Lloyd had finished his dialysis.

Off we went to Adelaide.

Lloyd was not feeling too good so we made up a bed in the back of the van. We had booked into a motel in Horsham that night and, early Saturday morning, we were on our way to the games.

That morning, Lloyd and Rick asked if they could drive which was all right with me but when Lloyd started to fly low and Rick was going that fast in the van I gently reminded Lloyd that whoever was driving, if we were caught speeding, they had to pay the fine. Boy did that slow Lloyd down!

We were very pleased that we went to see Lloyd a few days before he left for Israel.

Alan and Fay Rawson



President's Report

I am sad to report the sudden passing of Lloyd Samuel, our treasurer and legal adviser. It was a great shock to us all. Longtime friends and associates of Lloyd's from DA-TA attended his funeral, to wish him a fond farewell.

I do hope you are all well. I welcome all our new members and invite them to our summer BBQ at our Blackburn house. Take this opportunity to come and look at our house in Blackburn, which is owned by all our members and is run by the committee on your behalf.

I am currently planning a holiday, with my husband, in our caravan up to the Blue Mountains in NSW. Hopefully this will occur in April or May and I am hoping for some good weather. I have only been to the Blue Mountains once, during a school trip many years ago and I am looking forward to this trip. The added advantage of dialysing at home and with a machine in the caravan makes traveling a joy. Summer had been odd this year with only a short spurt of hot weather, but a lot of humid weather which can be unpleasant.

President Ros. Ball

Need a Holiday?

Is anyone interested in having a holiday in country Victoria? I am currently negotiating with a dialysis unit to help some of our dialysis members, and their families to have a week's holiday. If this is of interest to you please let me know. Ros Ball 9439 8866



Holiday Homes

Rosebud:

Bookings for Rosebud have remained constant and we are now booked up until the end of July. We have had a cancellation for the week March 25 to April 1, if you are interested please contact me. If you would like to go on standby for a cancellation, please let me know and I can put your name on a waiting list. Often cancellations are at short notice though due to unforeseen medical reasons.

There has been a lot of positive feedback on the renovations that were undertaken at the home last year, and it's good to know that members are happy with the work that was carried out. We replaced some items to modernise the home, and unfortunately the new vase that we purchased for the home has gone missing. It might have got broken and replaced - but if something like this does happen, please let us know so we can replace it ourselves.

To help keep rent low, we do not employ a cleaner or a routine maintenance person (in any of the houses), we therefore rely on people who stay at the house to clean the home before they leave and ensure it is left in a clean condition ready for the next person who has booked the home. It would be appreciated if members can replace light bulbs and clock batteries when necessary.

Please call me if there is any mishaps or problems with the house as notes left at the house can be misplaced and the information is unlikely to be passed on.

Rosebud Holiday Home Secretary

Kaitlyn Steavenson

Ph. 9785 3036, Mob. 0403 561 624

Please ring after midday.



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 March 18 and April 1, April 15 to 22 as well as two weeks during school holidays in July, July 1 to 15. We do get cancellations too, so please ring me

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.

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:

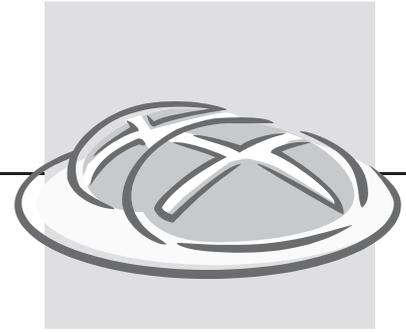
PRESENT YEAR OF STUDIES.....

SUBJECTS STUDIED
.....
.....
.....
.....

Recipe Corner

Diabetic-friendly sweet treats for Easter

Hot Cross Buns



Ingredients:

- 4 to 5 cups all-purpose flour
 - 1/3 cup sugar or sugar substitute
 - 1 package (1/4 -oz) active dry yeast
 - 1 1/4 tsp. ground cinnamon
 - 1/2 tsp. salt shopping list
 - 1 cup fat-free milk
 - 1/4 cup butter
 - 2 eggs
 - 3/4 cup raisins
 - 1 egg yolk
 - 2 Tbs. cold water
- Icing:
- 1 1/2 cups confectioners' sugar
 - 1/4 tsp. Grated orange peel
 - 4 tsp. orange juice

- Preheat oven to 200.
- In a large bowl, combine 2 cups flour, sugar, yeast, cinnamon and salt.
- In a large saucepan, heat milk and butter. Add to dry ingredients and beat just until moistened. Add eggs; beat until smooth. Stir in raisins and enough remaining flour to form a soft dough.
- Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour.
- Punch down; turn onto a lightly floured surface. Divide into 18 pieces; shaping each into a ball. Place in two 9-inch round baking pans coated with cooking spray. Using a sharp knife, cut a cross on top of each roll. Cover and let rise in a warm place until doubled, about 30 minutes.
- Beat egg yolk and water; brush over buns. Bake for 18 – 22 minutes or until golden brown. Remove from pans to wire racks to cool. Combine icing ingredients; pipe crosses onto rolls.
- Makes 18. Serving size: 1 bun.

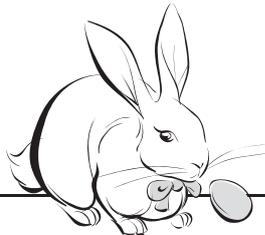
Easter Chocolate Crackles

Ingredients:

- 100g baking chocolate, bar, semi sweet
- 2 cup rice bubbles
- 4 plain biscuits, broken into small pieces
- Small Easter eggs

- Line tray with waxed paper.
- Using a microwave-safe bowl, heat chocolate in microwave on High, stirring once, until melted, 1 to 1 1/2 minutes.
- Add cereal and biscuit crumbs, stir until coated.
- Drop mixture by 1/4 cups onto tray. With fingertips, shape mixture to form rounded mound, if necessary, and top with a small Easter egg.
- Refrigerate for 30 minutes to set. Store cookies in tightly covered container at room temperature.

Easter Fudge Eggs



Ingredients:

- 30 g unsweetened chocolate square
- 1/4 cup evaporated milk
- 1/2 teaspoon vanilla
- 1 tablespoon Splenda sugar substitute
- 30 g package sugar-free instant chocolate pudding mix or sugar-free instant white chocolate pudding mix
- 8 teaspoons nuts , finely chopped

- Melt chocolate in top of double boiler over boiling water. Add evaporated milk and mix. Cook for 3 minutes.
- Add vanilla, Splenda, and pudding mix.
- Spread on small pie pan or plate. Chill.
- Cut in 8 pieces. Form into egg-shaped balls and roll lightly in chopped nuts.
- Keep refrigerated.

World Kidney Day

7th World Kidney Day - 8 March 2012

Theme: 'Kidneys for Life' promoting organ donation and transplantation

Celebrate World Kidney Day in Australia and help to spread the word about kidney disease, organ donation and transplantation!



OBJECTIVES OF WORLD KIDNEY DAY

- Raise awareness about our amazing Kidneys
- Highlight that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease
- Stress the important role of local and national health authorities in controlling the CKD epidemic. Health authorities worldwide will have to deal with high and escalating costs if no action is taken to treat the growing number of people with CKD. On World Kidney Day all governments are encouraged to take action and invest in further kidney screening
- Encourage transplantation as a best-outcome option for kidney failure and the act of organ donation as a life-saving initiative.

People who want to get involved or want more information can visit www.worldkidneyday.org. Ideas for spreading the word include Kidney Trivia nights, local school talks, dinner or coffee mornings to raise awareness for the importance of transplantation and local organisations. There are also WKD e-cards, free downloadable bumper stickers and postcards available to send to friends and family.



Funnies

Coffee isn't my cup of tea.—Samuel Goldwyn

Strength is the ability to break a chocolate bar into four pieces with your bare hands - and then eat just one of those pieces.—Judith Viorst

I've been on a diet for two weeks and all I've lost is two weeks.—Totie Fields

Members BBQ RSVP

VERY IMPORTANT TO LET US KNOW !

For catering purposes please return the slip or call 9894 0377

Please return to:

PO Box 165, Blackburn 3130 by 16 March 2012

Yes I will be attending the Members BBQ on 25 March 2012

Name:Phone:

Number of Adults attending:

Colin James

Popular Bendigo identity Colin James, has self-published his autobiography.

Most people who have met Colin know him as “the little guy in the wheelchair” who is often seen ‘buzzing around town’ or, until last year when another illness forced his retirement from entertainment, he was well-known as a performing and recording artist. Colin would often be seen sitting in his chair on stages or at the market entertaining his audience with songs and jokes, but his new book reveals that he has achieved much more than that.

He has received no formal education due to being diagnosed with Stills disease (juvenile rheumatoid arthritis) at the age of three, which confined him to bed or a wheelchair for the rest of his life. These limitations, however, have not prevented him from teaching himself to read and write or achieving the following:

- Being awarded the Medal of the Order of Australia by the Queen for service to the community (mainly as a fundraiser through performing as an entertainer for charities).
- More than forty years experience as a professional entertainer, songwriter, theatrical booking agent, promoter, radio presenter, freelance journalist, motivational public speaker... and now, a published author.
- Was recognised in 1995 as a campaigner for the rights of disabled people and in fund-raising, by the National Telecom Phonecard, 'Local Legends' promotion.
- In 2000, was chosen to carry the flame as one of the torch bearers for the Olympic Games torch relay. That same year saw the completion of another major project... the research, review and marketing of ‘The Wheelie's Handbook of Australia’ ... a guide to

accessible accommodation and tourist attractions for people in wheelchairs.

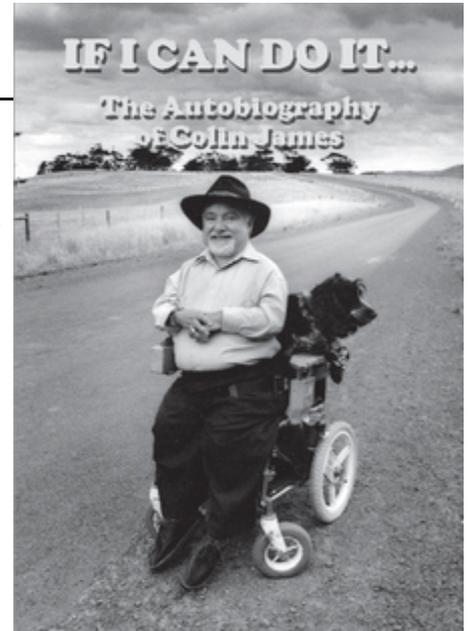
It is Colin’s honest belief that, had he not been so physically restricted, his life would have been nowhere as interesting or rewarding. He has been able to assist others in many ways BECAUSE of his limitations and would like to spend the remainder of his life continuing in this manner.

His book, titled “If I Can Do It...”, should go a long way towards achieving that goal. He says, “I hope it will be of some inspiration to many others who feel as though their life is full of negatives and that they have little to live for”.

Today, Colin, 73, also suffers from chronic kidney failure, which necessitates dialysis treatment three times a week. This effectively put an end to his singing career and days of travel to spread his message outside his local area. He is still available, however, for speaking engagements at schools, nursing homes and service clubs.

Colin’s autobiography is available, together with photographs and other information, direct from (03) 5443 5560 or mobile 0439 989 454 or by email at coljames@bigpond.com.au.

Roberta Exell,
Support Worker and Publicist.



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

Canberra

Another holiday story from Geoff & Jan Fletcher



Jan and I went to Canberra to see the flower show, Floriade, at the end of October, 2011.

I had some problems in arranging dialysis in Canberra, as all the dialysis units were fully booked, but I managed to get a position at Northside dialysis as one of the regular patients was going on holiday. The unit was very nice and, as usual at dialysis units, the nurses and other staff were very good.

I arranged to have my swabs and blood tests done and had them sent to the unit, but in my haste to have these tests done I had them done too early and had to do the swabs again as they were out of date (these need to be done no later than 30 days prior to first dialysis treatment).

Unfortunately, this vacancy was at the end of Floriade and a lot of the flowers were finished but it was still worth seeing. When you are on dialysis you take what you can get.

Northside dialysis is in the suburb of Bruce, north-west of Canberra, I could not find accommodation close the unit so we stayed in Dickson, north of Canberra and two suburbs away from Bruce, at a very nice hotel. I drove to my two sessions of dialysis on the mornings of Saturday and Tuesday; the drive was about 15 minutes.

The dialysis unit operates Monday to Saturday, with two shifts each day and has patients from a very wide area of both ACT and NSW. A new unit was to start in Queanbeyan in September but it was having trouble getting staff and the opening was delayed.

We visited Floriade twice as we enjoyed what was still in bloom and entry was free. In Canberra we visited a tulip farm, the Botanical Gardens, Bus Depot Market, National Gallery, Portrait Gallery, National Library and the Museum, places we did not visit on our previous trips.

We had a very relaxing time, the weather was great, and we had no trouble getting around as we took our GPS which was terrific to use.

As usual, I found the Kidney Health website very helpful in finding dialysis units to contact for a holiday, but remember: book your dialysis first! Floriade is held annually from mid-September.

Geoff Fletcher



Funnies

I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: No good in bed, but fine up against a wall.—Eleaor Roosevelt

Money is a powerful aphrodisiac but flowers work almost as well.—Robert Heinlein

A doctor can bury his mistakes but an architect can only advise his clients to plant vines.—Frank Lloyd Wright

If you want to say it with flowers, a single rose says: 'I'm cheap'.—Delta Burke

Dates to Remember



March 8 World Kidney Day
www.worldkidneyday.org

March 25 Members BBQ
14 Queen St, Blackburn, 12.30pm
BYO drinks
RSVP: March 16

April 10-14 Kidney Kids Camp

May 27 - June 2 Kidney Health Week

June 15 Carers' Night
14 Queen St, Blackburn, 6.30pm
BYO plate of food to share

July 21 Christmas in July
Eley Community Centre

October 14 Working Bee at Rosebud

December 2 DATA Christmas Party
Keep the date free!
Details TBA

* * *

* * *

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

Executive Committee

President
Ros Ball (03) 9439 8866

Vice President
Kaitlyn Steavenson (03) 9785 3036

Secretary
Sue Hatzimichalis (03) 9378 9222

Treasurer

Holiday Homes Secretaries

Yarrowonga House
Alan Rawson (03) 9723 3019

Rosebud House
Kaitlyn Stevenson (03) 9785 3036
0403 561 624

Blackburn House
Sue Hatzimichalis (03) 9378 9222

ShoeString Editors
June Salt 0404 008 799
Adrienne Betlehem 0411 326 093

Committee Members

Nick Hatzimichalis (03) 9378 9222
Ken Smith (03) 5977 3580
Brendan Lowry (03) 9589 4894
Michael Allan (03) 9561 4806
Joan Eastwood (03) 9795 1649
Paul Murphy (03) 9779 9386
Nick Sixtus (03) 5977 8903

The views expressed in the editorial and the contributed items are those of the authors and are not necessary the opinions of D.A.T.A. Inc.

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

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 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,
P.O. Box 165 Blackburn 3130
Email: editor.shoestring@gmail.com

Deadline for the next ShoeString: 16th April