Coffee and Cake Afternoon
You are all invited to join us at
Beasleys Tea House and Nursery.
Wednesday 12th November 2pm.
195 Warrandyte Rd.
Doncaster
URGENT Bookings Essential
RSVP 7th November.

Please Print
Yes I would like to attend Beasley’s Afternoon Tea
NAME………………………………………
PHONE…………………………
Cost — Gold Coin per person
Number of people coming
…………………….

Please return this form to
PO Box 165 Blackburn Vic 3130
Phone 9894 0377 leave a message,
or email info@datavic.org

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Picnic at Halliday Park
You are invited to a
Christmas Picnic in the Park
Sunday 30th November
Time 12 noon to 4pm
Final details will be mailed to you after you register.
RSVP by 20/11/14

NAME………………………………………
PHONE…………………………
Address ..........................................
Number of Adults attending....................
Number of Children attending...............…

Please return this form to
PO Box 165 Blackburn Vic 3130
Phone 9894 0377 & leave a message,
or email info@datavic.org

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We wish all our Members a safe and happy Christmas and New Year
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.

The DATA Committee would like to thank Michael Allan for his commitment as President the last year. It has not always been easy. Michael stepped into the President’s role when he wasn’t feeling the best. He made himself available for whatever needed to be done. If he said he will do it, it always got done.

We wish Michael all the best for the future, May life after DATA be peaceful and trouble free.

With many thanks from the DATA Committee.
Good afternoon everyone. Thank you for attending this meeting. It is good to see support from members.

Social and Important Kidney Events
This year we have had a variety of social events, some of the same and some new items with some events held at the usual locations and others at new venues. The president highlighted events held. A full report is available on DATA’s website.

Despite running social events in far flung outposts of Melbourne, the number of members attending has been disappointingly low. Your committee would love to have more ideas of which social events you would attend – if any. Please forward suggestions along with preferred days to the Secretary.

General and Administrative
DATA does not run by itself. As a Registered Charity with Deductible Gift Recipient (DGR) status, much effort is exerted ‘Behind the Scenes’ with administrative and compliance requirements. Other than book-keeping, all work is done by volunteers. In this regard, I thank committee members and especially the executive members for their loyal support. This past year, Charlie has taken over what must be called Membership Secretary and thanks go to him for this and to Fay who continues her role in proof reading of Shoestring.

Many hours have been input to reviewing our Constitution, now called Rules, and I am disappointed that we were unable, at the last minute, to schedule a Special General Meeting to have new Rules accepted today. The review has been an involved and protracted procedure but recommendations are now in the final stages and have been discussed with General Committee. I wish the new Committee ‘All the Best’ in finalising this task and thank my sub-committee (Ros, Joan and Alan) for their long hours.

Due to the cessation of security updates for Windows XP earlier this year, one new PC has been purchased and the younger of our aging PC’s upgraded. Over the years, our PC’s have been used by many volunteers who all work in different ways. My thanks go to Eleanor for undertaking this project and also for IT support including Backups and installation/upgrading of new and compatible software and hardware. Hopefully the upgraded PC’s will assist in more efficient working in the office for many years to come.

The most involved positions on any committee, especially for a charity, are the positions of Secretary and Treasurer. The current occupants however, do not restrict their activities to just these positions. Between them, they also prepare our Magazine, ‘Shoestring’, and assist with many other on-going tasks such as Social Activities. My thanks go to both Ros and Joan for their continued loyal support and enthusiasm.

I am not seeking re-election as President. I therefore thank those who assisted me during the year. If I have missed any one, then, my apologies! I wish my successor and DATA ‘All the best’ for the future. Look after yourselves.

Kind regards

Michael
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.
**Blackburn House/Headquarters**

As you should all know our headquarters and city accommodation has been sold. **The house is still available for anyone who wishes to stay** for a holiday visit, or who requires accommodation while receiving healthcare. Those who wish to come and stay “one more time” should make it sooner, rather than later.

The cost of staying at the Blackburn house is $50 per room per night per membership and $20 a night for each extra person. If on a visit for medical reasons, accommodation payments may be paid by V.P.T.A.S. (Victorian Patient Assistance Scheme), ask your social worker for the details.

The house is self-catering so bring your own food, including tea, coffee, and sugar. You will also need to bring your own linen: sheets to fit a queen sized bed/single bed, pillowslips, towels, and tea-towels. (you are also responsible for cleaning after yourself, otherwise, an extra charge will apply)

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 check-ups or hospital visits; it is here for holidays as well.

We believe the new owner has made development plans which may be presented very soon to the council. We still have no plans where we will move to, nor when. Whether we will be given short notice to vacate the premises or not is unknown. When DATA knows what is happening we shall inform all our members.

Come and enjoy a stay at Blackburn and explore Melbourne.

Phone for bookings: **Contact: Ros. Ball 03 9439 8866**

Or **Alan Rawson 03 9795 1649**

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**PLEASE NOTE**

Recently the Agent on behalf of the owner has renewed the lease on a monthly basis, so it could be time to find a new “home”. The Committee will keep you informed as news come to hand, and work will begin on finding new premise.

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**TRANSPLANT GAMES  LAWN BOWLS** —from Alan Rawson

I was lucky enough to be asked by Karen Knuckey one of the organises to present some Medals at the recent Australian Transplant Games held in Melbourne I went to the Bowls which were held at the Middle Park Bowling Club to present the medals for the pairs. A great day ended with a typical Melbourne rain storm, but luckily they were able to get through most of the day. It was wonderful to see so many people being able to participate in these events thanks to the generosity of Organ Donors. Alan Rawson

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Photo- left Brian Donavan a past President and Life Member of DATA Vic. receiving his Bronze Medal in the Lawn Bowls Pairs from Alan Rawson Vice President DATA.

Alan presented ALL the medals to the winners of the Lawn Bowls Pairs. *Editor*
Dialysis & Transplant Association of Victoria Incorporated

Statement of Profit or Loss and Other Comprehensive Income
For the Year Ended 30 June 2014

<table>
<thead>
<tr>
<th>Item</th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>2</td>
<td></td>
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<tr>
<td>Depreciation and amortisation expense</td>
<td>117,473</td>
<td>127,351</td>
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<tr>
<td>Insurance</td>
<td>(11,488)</td>
<td>(16,729)</td>
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<tr>
<td>Utilities</td>
<td>(8,097)</td>
<td>(5,071)</td>
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<tr>
<td>Rent</td>
<td>(8,749)</td>
<td>(7,694)</td>
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<tr>
<td>Footage</td>
<td>(24,940)</td>
<td>(10,430)</td>
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<tr>
<td>Printing &amp; stationery</td>
<td>(2,977)</td>
<td>(2,353)</td>
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<tr>
<td>Radios &amp; items</td>
<td>(6,233)</td>
<td>(6,649)</td>
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<tr>
<td>Repairs &amp; maintenance</td>
<td>(6,446)</td>
<td>(5,857)</td>
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<td>Telephone</td>
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<td>(2,164)</td>
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<tr>
<td>Travel</td>
<td>(2,820)</td>
<td>(2,696)</td>
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<td>Social functions</td>
<td>(2,561)</td>
<td>(1,359)</td>
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<td>Bookkeeping</td>
<td>(2,505)</td>
<td>(421.5)</td>
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<tr>
<td>Auditing</td>
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<td>(5,647)</td>
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<tr>
<td>Fundraising</td>
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<td></td>
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<tr>
<td>Alain James Award</td>
<td>(5,655)</td>
<td>(3,342)</td>
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<tr>
<td>Other expenses</td>
<td>(1,600)</td>
<td>(1,290)</td>
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<td>Surplus/(deficit) for the year</td>
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<td>24,201</td>
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<tr>
<td>Other comprehensive income</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total comprehensive income for the year</td>
<td>25,059</td>
<td>24,201</td>
</tr>
</tbody>
</table>
Main source of income: Interest on Term Deposits $66,593, then Donations $11,613, followed by Special Effort Raffle $7,976, and subscriptions $5,163.

Other Expenses: Ron Jones Educational Award $1,600, Social Welfare costs $2,560.

Assets purchased during the year - Chair for dialysis room Rosebud, June 2014.
Lounge suite August 2013 & Garage doors May 2014 for Yarrawonga

Computer for Blackburn Office, May 2014.

As we go into the financial year 2015, I hope DATA continues to make headway in providing a service for its members with the production of Shoe String and the maintaining the Holiday Homes, and other services. My recommendation is that DATA employ an Office Person as soon as reasonably possible, not only to alleviate the pressure from Committee members, but also to present DATA as an efficient and well run organisation. This has been discussed numerous times I believe now is the time for DATA to act on these previous recommendations AND do just that..

Joan Eastwood Treasurer Dialysis & Transplant Association Vic. 2014
NEWS FROM DATA
RULES and REGULATION

Over the last 12 months a subcommittee has been reviewing DATA’s rules and regulations to align them with the Reform Act 2012, which has 23 scheduled items, compared to the old Act of 1981 that had only 17 scheduled items. DATA subcommittee has decided to use a set of Model Rules, published by Consumer Affairs, and adapt them to DATA’s requirements where necessary. This has been a long and arduous task. Before the new rules can be implemented they need to be voted on and passed by the members. We had hoped to have the new rules prepared for your perusal prior to the AGM and arrange for voting to take place on the same day as the AGM but we ran out of time. The plan now is to have the new rules ready early next year. A special resolution is needed to pass the new rules and we hope to have the resolution printed in the next Shoestring. DATA hopes to be able to have the meeting on the same day as the Members BBQ. Our thanks to our past president Michael for moving this project along.

From the Archives  March 1991

The Life and Times of “one kilo”

I am a little kilo. I am deep within your veins. They try to remove me, but I soon come back again

I am a little fluid. “One kilo” is my name, And when I come in on you, it really is a shame.

I am a little kilo; and when I say bye-bye” The cramps that I do give you would make a grown man cry

I am a little kilo; my friends are Two and Three And if you go above them, then murder it will be.

I live in cans and bottles and please be of no doubt That when I get inside you, it’s hard to get me out.

I am a little kilo. My story now is told. So do not put me on you, for I really am a load.

By Noel Story and Bernard Smith, Taken from Support, published by The Irish Kidney Association.

Congratulation to our Ron Jones Scholarship Winners. Presented at Our AGM By Elvie Jones

- Forrest Thomson
- Mark Patterson
- Siobhan Daws.

This financial award is for the benefit of the above to help pay for further educational requirements. Unfortunately, both Forrest and Mark were unable to attend because of distance.

Also Congratulations to our Raffle Winners Drawn at our AGM

1st Prize went to Peter Elmore of Berwick who won a $500 gift voucher, of their choice

2nd Prize went to Jenny Murphy from Crib Point who won $200 gift voucher, of their choice

3rd prize went to The Ryan Family from Bacchus Marsh and they won a lovely handmade QUILT.

The editors of Shoestring NEED your stories. Readers love to read about how other people cope with renal disease. So put pen to paper and write to us. Address is on the back page.
**Turkey Fillets in Sour Cream** (Suitable for Christmas)

**Ingredients**
- 500 g turkey fillets
- Seasoned salt free bread crumbs
- 2 eggs
- 2 tablespoons of water
- Unsalted/reduced salt canola margarine or butter for frying
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped parsley
- 60ml (1/2 cup) water.
- 300g (1 1/2 cups) sour cream
- 20g (1 tablespoon plain flour)

**Method**

Cut each fillet into 8 uniform pieces.
Dip pieces into seasoned breadcrumbs, then in egg beaten with 2 tablespoons water and finally dip into breadcrumbs again.
Brown the fillets on both sides in hot margarine/buter and transferr them to a baking dish.
Sprinkle the turkey with onion and parsley and add 1/4 cup of water.
Pour sour cream over the fillets, cover the dish and bake them in a moderate oven for 15 minutes.
Reduce heat to very slow and bake for another 45 minutes or until they are tender.
Remove cover and increase heat for the last few minutes of cooking to crisp the fillets.
Transfer turkey to a heated platter.
Stir flour into the sauce in the dish and cook for a few minutes.
Strain over the turkey and serve hot.

**Nutritional Analysis (per serve)**
- 216kj; 17g protein; 15g fat; 4g carbohydrate; 240mg sodium;
- 255mg potassium; 175mg phosphorus

Recipe sourced from Kidney Health Australia’s Christmas Recipe Book presented at their “What’s Cooking” seminar 21st November 2009.

More recipes for Christmas are available from this source. Ring the office and leave a message and we can photocopy them for you.
Kebabs For the BBQ, Roasted Italian Vegetables, Tomatos with Garlic and Thyme, Chat Potatoes with Lemon
As a new member, I need to laugh. It can take a huge effort to feel happy and grateful when you believe your circumstances warrant the exact opposite. However, laughter and a sense of humor can help relieve some of your stress and add light heartedness to even the most challenging of times. Thus to master the art of laughing start with a smile because a smile is the beginning of a laugh, and it is contagious so it will uplift your mood as well as the mood of those around you. Not my words but they convey my sentiments.

A man enters the Doctor's office and walks up to the receptionist, who inquires, "May I help you?" "Yes", he answered, "I have shingles." The receptionist replied, "Just take a seat, someone will be with you in a minute." After sitting for nearly a half hour, a nurse emerged and told the man, "Come with me." She escorted him to a room, and one again asked why he was there. "I have shingles" he replied.

Her reply was, "The doctor only has 3 more patient before he will be in to talk with you" The nurse left and the physician came in after about another half hour. He too asked, "What brings you here today?" Frustrated, the man answered, "I have shingles." Of course, the doctor probed further and inquired, "Where are the shingles?" The man almost yelled, "They are in the back of my truck. Do you want me to start on the roofing now or are you going to make me wait some more?"

Murphy's 10 Lesser Known Laws

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. Change is inevitable, except from a vending machine.
3. Those who live by the sword get shot by those who don't.
4. Nothing is foolproof to a sufficiently talented fool.
5. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
6. If you lined up all the cars in the world end to end, someone would be stupid enough to try to pass them, five or six at a time, on a hill, in the fog.
7. She who thinks that good things come to those who wait will be the scraggy junk left by those who got there first.
8. The shinbone is a device for finding furniture in a dark room.
9. A fine is a tax for doing wrong. A tax is a fine for doing well.
10. When you go into court, you are putting yourself into the hands of 12 people who weren't smart enough to get out of jury duty.
Photos from the top are the DATA members taking note as DATA reports are read out.

Third row (below) from the left: Elvie Jones with Siobhon Daws, one of the winners of the Ron Jones Educational Awards and Lynne Griffith-Kee, our new Life Member, Lynne Griffith-Kee being presented her Life Membership, and Jo Fairbairn guest speaker, telling us about the Big Red Kidney Bus. **The Last Row** Joan and Ros presenting a cheque to Jo Fairbairn for the Big Red Kidney Bus., Jo was very popular, seen here talking to Alan Rawson. And last and most impressive. Bottom Right The committee men making themselves useful.
**Dates to Remember**

* * *

12 November 2014  Beaselys Tearoom & Nursery
195 Warrandyte Road  Doncaster  2pm

30 November Christmas Picnic in the Park
Halliday Park  Mitcham Road  Mitcham  12 noon

24 January 2015   Next Shoe String packing.
(to be confirmed )

22 March 2015   Members BBQ and
Special General Meeting. (to be confirmed )

12 March 2015 Australian Kidney Kids Camp

2—9 August  Donate Life Week.
(previously held in February)

Watch our Web site www.datavic.org
Find us on Facebook.

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

**Deadline for the next ShoeString: 07/01/2015**