



Dialysis & Transplant Association of Victoria Inc.



Shoe String

Newsletter of The Dialysis and Transplant Association of Victoria Inc.

Registered Number A 12114 ABN 40 628 284 998

Registered by Australia Post, Print Post Publication No. PP 100001778

NOVEMBER 2014

Vol XLI No.6

Christmas Greetings to all.

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

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

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

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Editors Comments



Raffle prize winners are on page 8.

The lovely quilt that we had as third prize in the AGM raffle was donated in memory of Don Fry of Moe who dialysed at Traralgon Regional Hospital between 2005 and 2007. Our thanks to Jan Fry and her friend, June for organising this donation.

Dont forget Coffee & Cake at Beasley's Nursery and Tea house It's a lovely location, with walking tracks along the Mullum Mullum Creek. It has a boardwalk as well. The Nursery is extensive and looks magnificent on computer.

So don't miss out book in today first twenty people are the lucky ones.

Thank You Michael

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.

PRESIDENT'S REPORT

DATA AGM 19th October 2014

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

Holiday Homes

ROSEBUD

Amanda reports that the Rosebud holiday house is booked till 7th Feb 2015. But do make contact with Amanda as we often get cancellations.

This is Amanda's Report Holiday Homes Rosebud

Last financial year was successful. Of the members staying in the house, 15 Haemo members went to dialyse at Rosebud Hospital. There was only 1 home dialysis member, 19 Transplant members, 6 cancelations due to illness on the last minute, 4 Family Members of Deceased members that have retained the membership and 7 weeks free. We would like to see more PD members using the house as it is available for your treatment. The Winter months are quieter but it is still a nice place to go for drives and the house is fully heated. We would like to thank the tech's for getting the machine ready for any members wanting to dialyse at the house. Many thanks must go to the wonderful staff in the dialysis unit at Rosebud Hospital, who look after many of our members. The house is fully booked till the end of January. Please ring to check for any cancellations.

I hope many more members get the opportunity to take a holiday at the Rosebud house.

Amanda Pratt 9589 4894



Yarrawonga

Vacancies for 2014 Nil

2015 Jan 25th—1st Feb

February 1st—8th, 8th—15th, 15th 22nd.

Bookings are going well for next year, if you need to dialyse ring the hospital now. We do get cancellations so please ring me

If you have booked a fair way ahead, you must ring or E/mail me to confirm your booking within 3 months of going on your holiday.

Do not forget, if you need to dialyse at Yarrawonga Renal Unit, please ring the hospital first to see what is available, then ring me to book the house, you must then ring the hospital to confirm the dates and book in straight away.

Do not leave it until you are about to go to Yarrawonga.

Remember you are responsible for the cleaning of the house which does include bathroom and toilet

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



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



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

TRANSPLANT GAMES LAWN BOWLS –from Alan Rawson

I was lucky enough to be asked by Karen Knuckey one of the organisers 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



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*

These two pages have been lifted from DATAVic Financial Statements and Independent Audit report for 2014 conducted by Seward Dawson Chartered Accountants. You can view the entire report on our website www.datavic.org

These two pages are to be read in conjunction with the Notes in the DATAVic Financial statements 2014

on the webpage: www.datavic.org

Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

Statement of Profit or Loss and Other Comprehensive Income

For the Year Ended 30 June 2014

	Note	2014 \$	2013 \$
Income	2	117,473	102,351
Depreciation and amortisation expense		(11,468)	(12,280)
Insurance		(8,097)	(8,971)
Utilities		(8,749)	(7,094)
Rent		(24,960)	(10,430)
Postage		(2,897)	(2,632)
Printing & stationery		(5,533)	(6,040)
Rates & taxes		(4,066)	(5,075)
Repairs & maintenance		(3,533)	(3,856)
Telephone		(1,731)	(2,154)
Travel		(2,820)	(2,656)
Social welfare		(2,561)	(1,359)
Bookkeeping		(2,505)	(4,215)
Auditing		(8,080)	(5,947)
Fundraising	3	(5,655)	(3,342)
Ron Jones Award		(1,600)	(1,200)
Other expenses		(3,959)	(2,522)
Surplus/(deficit) for the year		25,059	24,201
Other comprehensive income		-	-
Total comprehensive income for the year		25,059	24,201

Treasurers Report 2014

Dialysis & Transplant Association of Victoria Incorporated continues in a strong financial position with available funds in bank including Term Deposits totalling \$1,872,664.

Bookkeeper Once again at the beginning of our busiest time June 2014 the bookkeeper changed over. As we mentioned last year bookkeeper, Rebecca, resigned in 2013 and Eleanor took on the bookkeeping role for short term. We started advertising late in the year and selected BAS Solutions with Sarah Tan, to begin in January. We have developed a good working relationship with Sarah Tan CEO of BAS Solutions. Jason came from BAS Solutions and filled the role for six months. However there was a further change in June 2014 with Rinning from BAS Solutions taking over from Jason. Rinning does our data input every month. And we hope there will be no further changes for some time.

Assistant Treasurer: It was agreed that as Eleanor continued to do Credit cards and write up receipts, and train the new bookkeeper, she would take on the title of Assistant Treasurer. I am very grateful to Eleanor for all the help and support I have received in my role as Treasurer. I could not have done it without her.

My thanks to Brendan Lowry in his role as signatory to the bank accounts, we developed a good working relationship too. With payment of accounts on internet banking, two signatories have to view the accounts before payment. Prior to that, every month at DATA meeting these accounts (expenses) are passed for payment.

(Continued on page 7)

FINANCIAL STATEMENTS 30 JUNE 2014

Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

Statement of Financial Position

As At 30 June 2014

	Note	2014 \$	2013 \$
ASSETS			
Current assets			
Cash and cash equivalents	4	192,229	209,220
Trade and other receivables	5	37,950	20,136
Financial assets	6	510,166	1,850,090
Total current assets		740,345	1,882,412
Non-current assets			
Financial assets	6	1,170,250	-
Property, plant and equipment	7	872,510	1,226,560
Total non-current assets		2,042,760	1,226,560
TOTAL ASSETS		2,783,105	3,108,972
LIABILITIES			
Trade and other payables		6,725	9,820
TOTAL LIABILITIES		6,725	9,820
NET ASSETS		2,776,380	3,102,152
EQUITY			
Reserves		827,930	1,178,767
Retained surplus		1,948,450	1,923,397
TOTAL EQUITY		2,776,380	3,102,152

These two pages are to be read in conjunction with the Notes in the DATAVic Financial statements 2014 on the webpage: www.datavic.or

(Continued from page 6)

Main source of income: Interest on Term Deposits \$66593, then Donations \$11,613, followed by Special Effort Raffle \$7976, and subscriptions \$5163.

Other Expenses: Ron Jones Educational Award \$1,600, Social Welfare costs \$2560.

Assets purchased during the year- Chair for dialysis room Rosebud. June 2014.

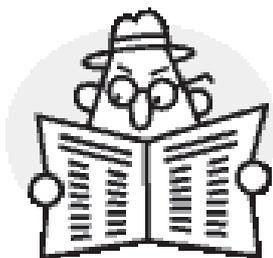
Lounge suite August 2013 & Garage doors May 2014 for Yarrawonga

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/butter and transfer 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, Tomatoes with Garlic and Thyme, Chat Potatoes with Lemon

With thanks to George Said for this advice and joke.

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 humour 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.

2014 AGM A Busy Day as Indicated By These Photos.



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.

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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.

Deadline for the next ShoeString: 07/01/2015