A great day out on Maribyrnong River

CHRISTMAS IN JULY

When: 28th July 2018
Where: Moreland Hotel Brunswick
Time: 6.00pm
More information Page 5
Editor’s note

Thanks to the three people on the front page: Peter Somerville, Ferry Captain and Sue H and Angela, for a lovely day out in the freezing cold, on the Blackbird Ferry.

Welcome to Celia & Barry new comers on our Maribyrnong cruise.

More pictures on page 11

Actually Editor Simon is away at the moment so Ros and Joan are battling on. So while the cats away the mice do play!

Don’t forget to contact DATA and reply to the RSVP for Xmas in July before 20th JULY. See page 5.

It should be a good fun night to brush off the winter chills. The Moreland hotel is on the corner of Sydney Road and Moreland Road. I have it on good authority that there is parking available behind the hotel off Moreland St. We will have some light entertainment. We will be in a public area but just look for the familiar faces or the ShoeString or Leaflets on the tables. It is a set menu with soup, mains, and sweets, plus a house wine, beer, soft drink, or hot drink- all for $25. There is NO fill in slip so remember to ring, email or write to DATA with your numbers and any dietary requirements - within the next 10 days! DO IT NOW. Thanks JE.

Afternoon tea at Fairfield Boathouse

On Tuesday 15th May four people attended, but on Wednesday 23rd May thirteen DATA members and friends had a lovely afternoon tea at the Fairfield Boathouse. It was a chilly day but the atmosphere was warm and inviting. Not only did we have scones and coffee but hot chips as well. The women chattered, children played and the one man took it all in. It was a very nice afternoon. Maybe we can do it again in the warmer weather.

How many fairies does it take to make fairy bread? Answer page 8
Hi All,

Well, it's that time again. Winter has arrived and it's only twenty seven weeks till Christmas. Just thought I would throw that in, I can hear you all groaning. Hope you are all keeping warm and have had your flu shot to keep that nasty bug away.

Ok, enough of that, down to business. It is time to send your member subscriptions in, along with the subscription form and the raffle tickets. Great prizes: 1st prize is $800 voucher of your choice, 2nd prize $400 voucher of your choice, and 3rd prize is $150 voucher of your choice. Good luck everyone!

Guess what - DATA is off to the Royal Melbourne Show! Part of our Strategic Plan is to promote Organ Donor Awareness, so this year we have decided to have a stand at the Royal Melbourne Show. The committee can't do this all by ourselves and we need your help. Please let me know if you can help. I would think that it would be for a couple of hours and the entrance to the show will be covered by the passes we will get. Please see invitation to help below this article and give me a ring if you can help on 0412 469738.

We have a lot on our Social Calendar at the moment, we had a wonderful day at the Fairfield Boat House photo & article page 2). On July 28th we have Xmas in July at the Moreland Hotel, Brunswick. See Pages 2 & 5 for further details.

August 26th is Ten Pin Bowling at Forest Hill Chase (just over the road from our Office!)

In September we plan to go to the Botanical Gardens in Cranbourne (haven't got a date for that yet but keep watching).

October 28th we plan to go on a Rail & Sail day but more on that in September ShoeString. The important thing to keep in mind is that DATA will be subsidising these outings, so we must have some indication of your intention to attend by the due dates.

If you have any ideas for our social days please give me a ring so we can discuss them. Oh, by the way, if you live in Regional Victoria and would like us to organise something for you and have any ideas just let us know and hopefully we can make it happen!

Please be on the lookout for the "Melbourne Seniors Scene" newspaper as we have a editorial in that for 12 months. You can pick it up at Chemist Warehouse, Doctor's Surgeries, Retirement Villages, even the RSL or you could look at it on line just go to www.australianretirementpress.com.au and have a read.

Anyway that's all from me at this moment, hope to see you at our social functions!

Keep warm
Sue Hatzimichalis
President.

Help Wanted Please!
Royal Melbourne Agricultural Show
22nd September to 2nd October 2018
Between 10.00am to 7pm daily
Melbourne Show Grounds
Epsom Rd, Ascot Vale VIC 3032
Please call Sue 0412 469738
to arrange a time when you can help with the DATA stand.
The Rosebud & Yarrawonga holiday homes are for the use of DATA Members and their immediate family, with a Member present on all holidays booked.

Both houses can facilitate haemodialysis machines. For those members on home dialysis, please contact the House Secretary to discuss if your hospital technician can supply and install a dialysis machine in the house for your holiday.

We are sure you will appreciate that Members on haemodialysis find it very difficult to holiday, so we often prioritise them over PD and Transplant Members. But there are always vacancies so please don’t hesitate to ring and check.

Friends and extended family are welcome to join the DATA Member and they must pay $20 per person per night.

Please note, you are responsible for the cleaning of the houses when you leave which does include bathroom and toilet, so we expect the houses to be left neat and tidy for the next holiday makers and please do not leave any food.

No pets allowed with Guide dogs being the exception.

**DATA Holiday Houses**

**Rosebud**

**VACANCIES**

It’s a terrific place to holiday so take full advantage of the vacancies and book in a week or even just a weekend to get away.

*Bookings at the Rosebud Hospital Renal Unit must be done online email to: holidayatrosebud@phcn.vic.gov.au*

For HOUSE bookings please ring Rosebud House Secretary Amanda Pratt Ph: 9589 4894

**Yarrawonga**

Weather is perfect at Yarrawonga at this time of year. A great spot for a holiday.

**Vacancies** 12th Aug to 19th Aug, 9th to 16th Sep, 14th Oct to 21st Oct, 21 Oct to 28th Oct, 28th Oct to 4 Nov. Why not enjoy a holiday in a great part of Australia just metres away from Lake Mulwala. Cost is only $180 per week for you and your immediate family. Call as I do get vacancies.

*Bookings at the Yarrawonga Renal Unit Ph: 5743 8189*

For HOUSE bookings please ring Yarrawonga House Secretary Alan Rawson Ph: 9723 3019 Email: fayal_rawson@hotmail.com

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**DO NOT FORGET**

If you need to dialyse at either the Rosebud or Yarrawonga Renal Units, please do the following:

- **Contact the hospital to check the availability of booking a chair**
- **Check the vacancy dates of the Holiday House**
- **Then ring to book the Holiday House**
- **Finally, contact the hospital again to confirm your dates and book in.**

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**WIN $ 50 Fuel Voucher.**

Send your photos of holidaying at one of our houses.

*We want happy photos of the houses preferably around the front door and inside.*

*If your photo is printed in ShoeString you will a $ 50 fuel voucher.*
CHECK THIS OUT

Holiday Opportunity

My name is Nairobi Saunders. I am a dialysis nurse who happens to be a dialysis patient as well. I recently had a week’s holiday in North Island New Zealand. Trying to book myself into a dialysis unit I came across a hospital in Hamilton NZ who has a campervan fitted with a 4008B dialysis machine. That is for any home dialysis patient that wishes to travel around North Island. Obviously, priority is given to local patients but anyone can give it a go and see if it is available. We had the most wonderful time travelling at our own pace and making the treatments work for me.

Keep in mind that due to the reciprocal health agreement between Australia and NZ stock given for the treatments are covered under Medicare. If anyone is wanting to travel around beautiful NZ give Sandra Wellington a call at Waikato home haemo unit on +64 7839 8741 or email her at sandra.wellington@waikatodhb.health.nz

Enjoy!! Nairobi Saunders

NEW FACEBOOK PAGE

An Australian Facebook Page for those on Peritoneal Dialysis:

Established about 12 months ago and called Australian Peritoneal Dialysis Support Group.

Facilitator’s comment is “The only group out there to offer support for people on Peritoneal Dialysis is a group based in America so I thought it would be a good idea to have an Aussie Support Group.”

Your future is created by what you do today.
Port Arlington Ferry day trip

The trip for Sunday the 29 April.

Departure was to be 11.00AM, with assembly at 10.30 for a 10.45 embarkation. I should tell you that before we go any further that my wife, Tricia, has breathing problems and can not walk very far. So getting her to Dockland and on time as well could be problematic.

Taxis are unreliable as far as turning up when you want them; they seem to be related to tradies or delivery drivers. To drive my car would be the next choice but where to park in timely manner and could Tricia hike there from the parking spot, or if I dropped her off at the ferry, could I get back in time without getting lost in the large car parks...a senior moment. Then there are the trams. This seemed ok, but I decided to do a test drive so to speak. You would not believe the number of different tram routes that end up there in Dockland. I tried a couple of them and decided that for us we should use Number 30 or 35. One of them is the City circle tram.

We left an hour early for the 3 kilometre trip. We waddled down to Latrobe Street from Queensbury Street and caught the City circle which was going the long way round, but this was ok as it stopped at D3 platform at Dockland. The tram came to a stop outside the Windsor hotel and the driver informed us that he was off to have a nine minute break!!

Nerves were starting to appear on the face of Tricia. Who was the idiot who chose the tram?? Next the tram missed all of the green traffic lights and slowed down so that the Gulls could lead us into Dockland. We nearly got out so that we could push the blasted tram into D3 platform; we also had a keen eye on the watch. How would we recognise the DATA people, I don't know I screamed. It was already 10.43AM and I had then forsaken our marriage vows and abandoned Tricia and thus charged across the road, pummelling the Probus group before I saw a lady with a clip board, Ah hah, I said, someone official.

Indeed it was the organiser. I apologise for not naming any one as I am still early into the group and names still escape me. So that is why I didn't recognise any one.

I think she said that she was just about to telephone me to find out where we were as every one else was on board, meaning get your finger out. Armed with two memorable tickets we got on board a very nice looking and quite large ferry, it was well equipped with a coffee shop, free Wifi, bicycle racks, videos playing on the televisions, and the seating was very good as well. For best views I would recommend going up stairs as they have dual seats next to the large windows.

The ferry departed and slowly cruised by the docks and the assorted ships in port. The ferry at this stage is only allowed 5 knots of speed until we get to the West gate Bridge where I think we can do 10 knots to the open bay and then the master opens up her throttle to get to her cruising speed. It was a nice steady ride and the bay was fairly flat.

Prior to getting to the open Bay, I was reminded of the old freight line that is still there, that ran down past the Spotswood Powerhouse, past the Pumphouse museum, and along the water frontage to the large oil storage tanks, which are now cared for by barges.

I know this because I used to be Train Driver many years ago.

Whilst on the subject [I digress a bit] of trains; we used to take 1100 tons of briquettes on three trains a day continually to Spotswood Powerhouse until it was changed over to gas.

Oh yes the trip?

We proceeded on to pass the Pump House museum, think of the old Werribee smell, luckily now gone. At this location there are many fishermen on the banks probably still wishing that the Powerhouse was still in operation as it use to discharge warm water into the river entrance. Known locally as the ‘warmies’. Many types of fish were found to love habitating this area.

On we went like Christopher Columbus sailing past Williamstown Dockyard; where were the Anzac ships that I thought were still under construction, oh yes, another cost of globalisation.

Our cruise across to Port Arlington, maybe the name should be one word? What do you think? The cruise took about 90 minutes and we slowly got off the vessel, nodded to the few faces that I thought we should know and then looked up at the monstrous hill we had to ascend in order to get to the shops.

Tricia was not happy Jan. Diplomatically I suggested, meekly, that ‘OH Look there is a village market open for you to inspect’ [I hate them]. There was an air of improvement when we saw others struggle up Mount Everest. We ambled around flora and fauna, cakes, dresses, good luck charms, hang on a minute I might need one of those. You get the picture. We were out for the day, the sun was shining, people were smiling, and we were at peace!

We strolled along the boulevard enjoying the grand view that was afforded us whilst we were high up on the street level.

What was there then to do, we thought that the wine places to risky for us, speaking medically that is. So we strolled to the nearest and possible the only pub in town, they had a nice beer garden so we chose to sit in the sunshine and order our lunch.

This is where we met Dawn and Edwin for the first time and soon struck up a conversation and the time flew past whilst we gorged ourselves on a monstrous sized luncheon.

The sun disappeared so did we. Into the pub we went for our coffee and more chatting, oh yes we also saw Sue--the president.

After all of this debauchery we really needed a stroll along the esplanade, only to rediscover the old bakery that we knew about decades ago. Tricia was trying to haul me past the ever appealing door but I won, a delicious apricot slice was mine, all mine.

Sharing is so over rated.

The sun was declining so we headed back towards the shore line to find some protection from the increasing wind, there we sat and read the Sunday paper, together like two old farts, sorry like two senior members of society. A truly great day.

The return trip was as enjoyable as the forward trip, smooth and very easy to have a conversation with those around us.

Going home on land was again a tram, this time we got off near to St Vincent’s Hospital as it allowed us to walk through the park and avoid another hill. Many thanks go to the organisers and to DATA for the subsidy of the ticket price.

Paul Brock.

From the Editor: Thanks Paul—great story!
Letter from Dr Scott Wilson

Dr Scott Wilson  B.Med.Sci(Hon)  MB.BS (Hons) PhD FRACP FASN.
Consultant Physician & Nephrologist at Alfred Hospital.

Re Sensipar

Progressive deterioration of kidney function toward end-stage disease (ESKD) is associated with acquired disturbance of calcium and phosphorous balance. More recently this phenomenon has been re-named chronic kidney disease associated mineral bone disease (CKD-MBD) acknowledging the effects on the skeleton and the importance of the skeletal / parathyroid gland axis. As the condition progresses the parathyroid glands become overactive with potentially significant health implications – often progressing to the need for surgical removal (parathyroidectomy). Early medical management of these complex disturbances in mineral metabolism has traditionally included dietary phosphate binders and activated vitamin D (calcitriol) supplementation. In the last decade, cinacalcet (marketed under the name Sensipar) became widely available as an activator of parathyroid calcium-sensing receptors, targeted to reduce serum parathyroid hormone levels. The rate of surgical parathyroidectomy fell dramatically with the introduction of this drug. However, despite becoming a reasonably common treatment, firm outcome data supporting the role of cinacalcet in reducing cardiovascular or fracture risk was not well established.

Following the publication of the EVOLVE trial, a large multinational, prospective, randomised, controlled double-blind trial of cinacalcet versus placebo in haemodialysis patients which failed to reach primary endpoints, cinacalcet was controversially withdrawn from the Australian Pharmaceutical Benefits Scheme by Amgen (CA) in August 2015. Consequently, the rate of operative parathyroidectomy in dialysis patients in our centre increased from occasional surgery to now over one third of our hospital’s parathyroidectomy operations.

Removal of cinacalcet from the PBS was quite controversial at the time. It was undertaken by the drug company rather than the PBS itself. The underlying motive here has been subject to much speculation and seemed a case where the company and the Pharmaceutical Benefits Advisory Committee (PBAC) could not agree on the drug cost - the PBAC view being formed from their estimation of the drugs ’benefit’ as drawn from the EVOLVE trial. There is an official Kidney Health Australia statement found at http://kidney.org.au/cms/uploads/docs/kidney-health-australia-sensipar-position-statement_revised-march-2016.pdf which may be helpful.

It might be that the drug coming off patent could allow a generic producer to enter the market in coming years. This is approaching in the United States (see http://www.mdmag.com/medical-news/fda-approves-2-cinacalcet-hydrochloride-generics-for-hpt-market-competition ) though the implications for Australian patients are not yet apparent. There are also a series of alternative agents in the development pipeline (some even administered intravenously) which have similar modes of action and might be able to be administered during haemodialysis treatment itself. These are quite some way off however.

What is known is that cinacalcet seems to be an effective treatment for the biochemical changes associated with hyperparathyroidism in patients with kidney disease. Whether it is the best treatment is unclear and likely dependent upon an individual’s circumstances. Whilst general (subsidised) access to the drug has been reduced since 2015 it is still available at a (significant) cost via private prescription. Alternatively, many hospitals with dialysis programs are able to provide access to limited supplies providing certain clinical and biochemical criteria are met – an option that may be worth exploring with your dialysis physician.

from the Editors : Thank you Dr Scott for your response to the article on Sensipar that appeared in our May edition.

The Rules of Good Sportsmanship

The coach called one of his 9-year-old baseball players aside and asked, "Do you understand what co-operation is? What a team is?"

"Yes, coach", replied the boy.

"Do you understand that what matters is we win or lose as a team?"

The boy nodded in agreement. The coach continued, "I'm sure you know, when an out is called, you shouldn't argue, curse, attack the umpire, or call him insulting names. Do you understand all that?"

Again, the boy nodded yes. The coach continued, "And when I take you out of the game so that another boy gets a chance to play, it's not good sportsmanship to call your coach dumb, or stupid, or worse, is it?"

"No, coach."

"Good," said the coach. "Now go over there and explain all that to your Grandmother."
Shoe String 8

Personal outlook on life.
Everyone has their own personal outlook on life. Many of us don't choose it - we just follow our feelings, shaped by circumstance and experience. Others decide to choose what their outlook will be, and follow their minds instead. The man in this story shows us that it takes some wisdom to be able to live happily...

A 92-year-old man, short, very well-presented, who took great care of his appearance, was moving into an old people's home one day. His wife of 70 years had recently died, and he was obliged to leave his home. After waiting several hours in the retirement home lobby, he gently smiled as I told him his room was ready.

As he slowly walked to the elevator, using his cane, I described his small room to him, including the sheet hung at the window, which served as a curtain.

"I like it very much", he said, with the enthusiasm of an eight-year-old boy who had just been given a new puppy.

"Sir, you haven't even seen the room yet. Hang on a moment, we are almost there."

"That has nothing to do with it," he replied. "Happiness is something I choose in advance. Whether or not I like the room does not depend on the furniture, or the decor – rather it depends on how I decide to see it. It is already decided in my mind that I like my room. It is a decision I make every morning when I wake up.

"I can choose. I can spend my day in bed enumerating all the difficulties that I have with the parts of my body that no longer work very well, or I can get up and give thanks to heaven for those parts that are still in working order. Every day is a gift, and as long as I can open my eyes, I will focus on the new day, and all the happy memories that I have made during my life.

Old age is like a bank account. You withdraw in later life what you have deposited along the way."

For a moment, I thought about the old man's words, and it all made sense. He made me realise that in life, we have to deposit all the happiness we can in our bank account of memories. Like this, we will always have a trove of them to cherish.

I would like to thank you for your part in filling my account with happy memories, which I am still continuing to fill...

And I remind you, that to live a happy life, you have to free your heart from hate, free your mind from worry, live simply, give more, and expect less.

That's what the wise old man lives by.

The Choice is Yours. I Hope You Choose to be Happy

Editor's note: Thank you George, for this little gem.

– Hundreds and Thousands

Saving On Car Insurance

As you all may know, Nick had an amputation of his right foot and because of this we became members of Limbs for Life, a support group for Amputees, like DATA it gave us a lot of support and ideas but the biggest thing I learnt from them, is that there is an Insurance company called Blue Badge who will give you 25% off your insurance cover if you have a Blue Disability sticker. We got a quote for our new car from another insurance company and it came in at $1800 and with Blue Badge it was $1108 quite a big drop and a great savings ...so if you want to save some money and have a Disability sticker read below and then give Blue Badge a call.

As Australia’s first independence and mobility insurance specialist, we know that disability parking permit users are typically safer drivers – and we think you should be rewarded with lower insurance premiums.

What’s more is that we have created a series of unique features and benefits in our policy specifically for people with restricted mobility. This includes protection for your mobility equipment such as wheelchairs and mobility scooters while they are in your car, and cover for your friends, family, carers or support workers.

So if you have a current disability parking permit, or regularly provide transport for someone who does, you can now access cheaper premiums for your comprehensive car insurance with Blue Badge.

www.bluebadgeinsurance.com.au
Lets talk: 1300 304 802

Thanks Sue H, for this article

Notes on life from George Said

“Sir, you haven’t even seen the room yet. Hang on a moment, we are almost there.”

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The Choice is Yours. I Hope You Choose to be Happy

Editor’s note: Thank you George, for this little gem.
Fantastic Trip To Thailand

By Malcolm McDonald

Continued from the previous issue of Shoe String

New Years Days was a rest day. Schedules, sightseeing and all the hustle and bustle really took their toll on us. I booked a car in the morning while Donna had a break, and went up to the Temple on top of Mandalay Hill. Unfortunately, it was raining, which obscured the famous view. Everything was closed, including the Jade Market. Even though we were in a Buddhist country that celebrates New Year in April, and the Chinese New Year was still quite a few weeks away, it was still a holiday. I was disappointed until my driver took me to an amazing, really old traditional market. I did a little shopping, and when I came back to the car, the rickshaw man whose bamboo hat I had asked about earlier came up. He had a new hat on and gave me his. Despite my insistence, he refused to take anything for it.

Our final stop was an early lunch at our Golden Palace Café for the best sticky rice and banana I have ever had. I was honoured with being given the method for making them. Then Donna went out shopping, so I hit the sack. Later, she texted me to ask if I wanted to go to Mandalay’s famous Marionette Theatre, which was amazing, very beautiful, and a great highlight for our last night here.

I got up at 4:50am for my final dialysis session at 6am. I met Donna and we headed for the plane: our adventure was over. I know that returning from such a poor country and its politics, but such wonderful and generous people will, has changed me for the better, I hope.

Note that when dialysing, the language barrier was a huge issue. On my last two runs, they got confused about my weight and left more than a kilo on each time, leaving me heavy to come home. You can’t be too critical - I was going to clinics that were so poor. These were not Western conditions. They work incredibly hard and take shortcuts or actually jig things to keep going.

When they were finished with my shift, there were two more shifts to come. They start at 5 or 6 in the morning and go through to 7 in the evening; three runs non-stop!

They were incredibly efficient. For example, on my last day I had to start early at 6am so I could catch the plane home. I arrived at 6:05 and had 10 minutes to get on, 4 hours of dialysis, and 10 minutes to get off. They had me out of there at 10:25! And, this was typical of most places: No mucking around.

You pay for everything, but by our standards often this is not a lot. In Yangon, the blood test for HIV and Hep B only cost of 4.00 USD. Be careful of what you ask for, though. They are so willing to oblige, but chances are it will all be on the bill when you leave! A packet of Strepsils was 1.95 USD. A blanket to keep me warm was 6.00 USD!

In organizing dialysis on my trip, I could not rely on travel holiday web sites, which directed more to "medical tourism." So, I scouted my own, and was lucky to have some contacts.

First, I checked places I was travelling to for a hospital, then I looked to see if they had a nephrologist. If they did, there was a good chance that there would be dialysis.

Making contact was the difficult part. Most of these hospitals had an official whose job was to handle outside enquiries. I suspect the only person who could speak English got this job. So most of the time I was never dealing directly with the renal department. The emails tended to be terse and obscure; they were very happy to have me, but no detail.

The dialysis unit knew I was coming, but none of my emailed paperwork was there.

In both Bangkok and Yangon, I was saved by my cousin's doctor, who helped get me into hospital. Double-booking can be a good idea. I had booked a morning run months earlier in a unit north of Bangkok, near where we were staying. They rang several days ahead to say that they could only do me at 6pm. This was no good as we would be in Kanchanaburi by then. So, I rang the other hospital in Bangkok and they were ready to go at 7am.

I thought I had this trip well planned and down pat. Most places seemed only interested in my last run sheet, drug list, and bloods, including the nasties certificate.

There were some real lessons for us:

- Request bloods on your 1st visit, before seeing their nephrologist, so you know how you are travelling.
- Carry and have accessible hard copies of your documents. Don't rely on pre-emailed, or on-line ones. Bring a hard copy page with simplified run details for nurses.
- There were heaps of confusion over dry weight, home vs unit.
- Before leaving, Google "tropical fruits Asia," and make list, or add it to your phone.
- I sense from my Myanmar experience that there is some room for negotiation on price for your run! But, if a hospital is really that poor, maybe you should decide to treat it as a donation.
- Plan rest days, and perhaps these could be resets as well: low fluid, neutral food. Give the shorter bursts of dialysis a chance to catch up.
- If you travel with a partner, allow for some separate interests and activities.

The final thing I want to say is I could not have done this without the support of the Home Training Unit at Rotary House, especially Janeane. The other person I would not have been able to do it without is my lovely fiancée Donna.

Five days in Box Hill Hospital have passed, as I needed some sorting out, and I am finally discharged from hospital to stay with Donna.

Editors note: Well done, Malcolm
What a fantastic trip. Hope it has inspired others to have a go!
Sunday 26th August 2018
Time 1.30pm
Ten Pin Bowling Fun Day.
We have chosen Zone Bowling at Forest Hill Chase.
Please ring the office and leave a message if you are able to make it.
DATA will subsidize the day!
Office 98940377 or Sue on 0412 469738
Come and join the fun. Hope to hear from you!

RAIL & SAIL
28th October we hope to do Rail & Sail.
Starting at Southern Cross Station leaving at 10.45am and travelling by train to Geelong. We will return by ferry to Docklands in the afternoon.
We do not have firm details yet but we do need to have your commitment to book as soon as bookings become available.
We believe costs are in the vicinity of $90.
As usual DATA will subsidise this outing.
Please contact the DATA Office, leave a message telling us YOUR NAME and how many people are interested.

Library books

In the past DATA developed a library for our members to borrow. DATA still has these books, but with the internet mainly now used for information, it is time we offered these books to our members.
If you would like a book please ring the office and leave a message. These books are free as is the postage.
Book Titles:
Healthy Eating on a Renal Diet.
The Mayo Clinic Renal Diet Cookbook
Back on the Menu – Recipes for a reduced Potassium Diet.
and a CD from Kidney Health - Renal Recipe Bank
Caring Strangers – Bereaved Families who have participated in the organ donation and transplant program
Donating Organs After Death Ethical Issues Discussion Paper.
Into the Streets – For Those with a disability
Lupus – Hope Through Understanding
This is just a small sample of the books we have and another list will be included in the next Shoe String
Ros Ball.

Maribyrnong River Cruise
On Sunday 24th June 21 DATA members, family & friends courageously faced a cold Melbourne day. Thank goodness it wasn't raining but it was cold. The cruise up the Maribyrnong river was very informative. The captain Peter Somerville, 83 years old has been working on the Blackbeard ferry for 38 years. He knows everything about the area, so all on board learnt something new. After the cruise, coffee & cake at the Happy River Cafe was the go. It was a lovely day. Some people want to do it again. Next time it will be in the warmer weather, not that Melbourne weather is predictable.

See photos opposite and page 2
I told you not to upset the captain! Now who’s going to steer the boat?
28 July – Christmas in July. At Mooreland Hotel
29 July – 5 August DonateLife week
26 August – Zone Bowls at Forest Hill Chase
September - Royal Botanical Gardens Cranbourne.
21 October—Annual General Meeting
28 October – Day Rail & Sail: Steam train to Geelong and return by the Victoria Star Ferry.
November – Christmas Function

Some web pages of interest
- www.homedialysis.org/news-and-research/blog
- www.nwkidney.org
- www.peninsulahealth.org.au/
- www.worldkidneyday.org
- www.cari.org.au
- www.australiandialysisbuddies.org
- www.greendialysis.org
- www.transplantaustralia.org.au
- www.bigdandme.wordpress.com

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