ANNUAL GENERAL MEETING
21st OCTOBER 2018
1st FLOOR
79 MAHONNEYS RD
FOREST HILL 2PM
All Welcome
Guest Speaker Yvonne Farquharson
‘Filter Your Future’

RAIL & SAIL
28TH OCTOBER 2018
BOOKING ESSENTIAL
See page 6 for details.

CRANBOURNE BOTANIC GARDENS
23rd SEPTEMBER 2018
See page 6 for details.

“Guess where we are going for DATA’s Christmas party this year”

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Editor’s note

I am back after a short break albeit not a great one. However, thanks to Ros and Joan for running with last issue of DATA. We have exciting stories in this issue.

See page 5 for a great feedback regarding the holiday home at Yarrawonga by the Kiellerup Family.

Note that we have an AGM coming up on Sunday 21st October 2018. AGM notice of meeting and Agenda will be posted in September this year, separately to Shoe String magazine.

The Committee of DATA would like to acknowledge the contribution of our Volunteers over the year by inviting them to Dinner after the AGM. Personal Invitations will be issued in September.

Also see below the 150th anniversary of the declaration of Yarrawonga as a town.

Simon

Vale Sandra Bell (1940 – 2018)

We were sad to hear of the passing of DATA member Sandra Bell who had been on haemodialysis for over 12 years. Sandra provided several articles for ShoeString which included a report on her trip to England in 2017 and an article titled “It is OK to be on Dialysis” which we now include in our new member’s pack. Ros Ball

Yarrawonga 150th Township Celebrations

The 150th anniversary of the declaration of Yarrawonga as a town will be celebrated on the weekend of 13-14 October 2018. There are several events and functions being planned.

To date, these are some of them:

SATURDAY 13TH
• 9-11am: Yarrawonga Schools open to visitors
• 10:00 am: Launch of Yarrawonga Mulwala History Book at Yarrawonga Town Hall
• 10:00 am: Photographic Exhibition
‘Yarrawonga through the Ages’ at Yarrawonga Town Hall
• 11:30 am: Historic Street Parade, Belmore Street, leading into
• ‘Show and Shine’ at Show Grounds.
• 1:00: Pioneer Museum displays
• 2:00: Football match arranged by Yarrawonga Football Netball Club at J.C.Lowe oval.

SUNDAY 14TH
• 11:30 am: Ecumenical Church service at
Kennedy Park.
• 12:00: BBQ and family entertainment,
Kennedy Park
• 1:30 pm: Water Ski entertainment ‘The Deck’, Water Ski Club

Other possibilities currently being organized:
• Anniversary Golf Day at Yarrawonga Mulwala Golf Club Resort
• Club Mulwala: Entertainment
• Bush Poetry Dinner

When these and other possibilities have been confirmed, they will be advertised both here and in local media.

The Street Parade will feature organisations which have contributed to Yarrawonga’s history. Letters have been sent to many organisations considered to fit these criteria, asking that they participate as pedestrian groups. There will be other groups for whom we could not locate contact details. Consequently, if you are a member of a Yarrawonga organisation and your group wishes to participate in this historic occasion, please contact Bruce McKean.

For further inquiries, please contact the 150 Committee through Bruce McKeen, 03 5743 1091 or ksbmckean@gmail.com

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.
Hi All,

Well, by the time you get this winter will be over, and we will be in spring and heading towards Christmas at a thundering speed! I got out of the cold and spent a week in Sussex Inlet on the south coast of NSW where the weather was very nice. I could even take my cardigan off through the day; it was very nice sitting in the sun and getting some warmth.

Well that’s enough of the chat...down to business, the AGM is on the 21st October and we hope to see you there. Earlier this year we took up an offer by Not-for-profit Law to have our governance arrangements reviewed. The review identified a shortcoming in our rules and we propose to pass a special resolution at the AGM to rectify the shortcoming – full details are in the separate Notice for the AGM and Special Resolution (will be posted or emailed to you).

As you all know, we have sponsored Yvonne Farquharson of Filter Your Future to take a message to children about drinking water and staying hydrated. Well, Yvonne will be our guest speaker at the AGM so please come to see and hear about her amazing program.

We will also be drawing our annual raffle and this year there will be a door prize of a week’s holiday at either Yarrawonga or Rosebud so make sure you come along for a chance to win.

Our full page ad in the Seniors Scene newspaper will come out in September so keep a look out for it. You can get it on line, or at your local Pharmacy, Retirement Village or Senior Citizen Club.

From September 22nd to October 2nd, we go to the Royal Melbourne Show. We have a stand there promoting DATA and organ donor awareness, so I still need people who can help me man the stall for a couple of hours. If you haven’t been to the show in years - well why not this year and spend a little time with me! Please ring me on 0412469738 if you can help.

On Sunday 30th September we are off to the Botanical Gardens in Cranbourne. Sounds wonderful. There will be a tour of the gardens which will be paid for by DATA. See page 10 for details.

October is another busy month not only our AGM, but hopefully we will be going on the Rail and Sail down to Geelong. It is very important to book in for this outing as there is a minimum number required and if we don’t meet the number we won’t go. DATA will again subsidise this outing, the price is $89 and DATA will contribute $50 each for member and their partner or carer. So for $39 this will be a great day out. Guests of members are welcome but will be charged full fare of $89. We will take the Steam train down to Geelong and come home by boat. If we have enough going we will get our own carriage, how good will that be!

November will be our final outing for the year, our Xmas party at the Melbourne Zoo. We have some exciting things planned. More detail will be provided later but again ring the office on 9894 0377 to register your interest in this event. Hope to see you at everything, Bye for now, keep well. Cheers Sue.

Help Wanted Please!
Ronal 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.
DATA Holiday Houses

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.

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.

Please Remember To Take Your Key!

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.


Cost is $180 per week. Extra guest is $20 per night.

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 7th to 14th Oct, 14th Oct, 21st Oct, 21st Oct to 28th Oct, No vacancies for Nov 28th, 9th Dec to 16th Dec and 16th Dec to 23rd Dec.

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

Congratulations to Lee Schwartz and the Kiellerup family who's photos have been included on this page. They will each get a $50 fuel voucher as promoted in the last 2 editions of ShoeString.
Our family (Laura, Frederick and myself) have literally just returned from our Winter holiday at the Yarrawonga DATA house.

To say that we enjoyed a fantastic holiday would be a major understatement! Getting away from our usual routine and having a break in country Victoria is our favourite thing to do. I am on Home Haemodialysis (dialysing 8 hours every second night) and I found that having dialysis in the DATA House certainly does not interfere with our daily activities.

We were able to enjoy many of the local attractions which included a visit to the Big Strawberry, the Rich Glen Olive Farm as well as the Byramine Homestead among many other highlights.

At this time of the year it was also fascinating to observe that Lake Mulwala had been drained to control the weeds etc and was empty of water. It was quite spectacular to see all the trees and stumps which would have usually been underwater.

The weather in Yarrawonga was fabulous (despite being very cold early in the mornings) and contributed to our enjoyment of the holiday. I have included a couple of pictures of our holiday and I would highly recommend that if you need a break from dialysis a change in scenery at Yarrawonga is just the ticket!

Thanks to the Kiellerup family for their story, we are glad they enjoy going to our house in Yarrawonga.

The photo on page 2 shows young Frederick tucking into a big serve of strawberries and ice cream which I am sure filled him up. A photo of Frederick on his bike now features on the Holiday House Page (and as such the family has won a $50 fuel voucher).

Donate Life Week
Which ran from 29th July to 5th August 2018
• Victoria leads the nation for organ donation with 148 donors in 2017 saving the lives of 389 recipient.
• According to research, 66% of Victorians are willing to donate organs and tissue, but only 205 (2017) have registered their decision.
• It takes less than a minute to register on the Australian Organ Register by mobile phone, tablet or computer at donatelife.gov.au.

• If you’ve already registered your decision via your Victorian drivers licence, you should check it has been recorded on the national register.

Taken from the Royalauto magazine July 2018
Ask your family and friends if they have registered, and if not encourage them to do so. Remember even those on dialysis or have had a transplant may have organs in good condition to be suitable to donate.

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.”

There’s a man from New Zealand called Ant
An experienced dialysis savant
His wit brings us smiles
While his pumps and his dials
Keep him well till he gets his transplant

Written by Geelong Nephrologist Professor John Agar and found on his blog: www.homedialysis.org/poems to dialysis by
Events Page

Sunday 23rd of September: Cranbourne Botanic Gardens.

We will meet at the visitors centre at 11.00am. The gardens open at 9.00am so feel free to get there earlier & just meet the group at 11.00am. DATA will pay for members & their carers for the 30 minute Garden Explorer Exclusive Tour Bus. The ticket is valid for the whole day so you can get on & off as many times as you like.

We can have lunch at the café or bring your own picnic lunch.

The gardens are wheelchair friendly. You can bring your own mobility scooter or hire one at the gardens.

GPS address is 1161 Ballarto Road, Cranbourne. Once through our main front entrance it’s a further 2km to the Australian Garden car park. Parking is free.

To book ring DATA on 9894 0377 by 14th September


Rail & Sail Day Trip Sunday 28th October
BOOKINGS ESSENTIAL!

This event will only go ahead if we get a commitment from a minimum of 16 people by 17th September.

So if you want to participate let us know ASAP.

Cost of the trip: DATA will again subsidise this outing, the price is $89 and DATA will contribute $50 each for members and partner or carer. Members and partners/carers will pay $39.

On Sunday 28th October the Steam Train departs Southern Cross at 10:45am and arrives at Geelong Station at 12:00 noon. We then have 2 hours to make our way to Steampacket Pier to board the Victoria Star at 2:00pm. A leisurely cruise across the bay and up the Yarra River should have us back at Victoria Harbour by 6:10pm.

Please phone 98940377 and leave a message if you are interested in going.

Remember we need 16 people, before 17th September 2018. It will be a great day!!

Sunday November 25th
We are going to the ZOO

There will be a Surprise Surprise Surprise

Boy, do we have a surprise for you all! More details will be revealed in the November ShoeString. so please ring the office and let Gwen know if you would like to come and be part of what we have in store! You won’t be disappointed believe me, unless you choose not to come along!

Hope to see you there! ...Sue.
This year Christmas in July was held at The Moreland Hotel in Brunswick. 16 DATA members, family & friends ventured out on a cold Melbourne evening. Instead of trivia we had pass the parcel, which produced some serious discussion as well as laughter.

Here are some facts that DATA members shared:

- Mary Power has had her kidney transplant for nearly 40 years.
- Kim Donnelly has been on dialysis for 20 years. She also had dialysis overseas.
- Edwin Mackrill had the least amount of hair on his head. Others came close.
- Elaine Hennessey was the oldest person there. There were others in their 80’s as well.
- Joan Eastwood has chickens as her pets, everybody else has dogs or cats.

Everyone had a good time. The 3 course meal was very nice. The company was great. It was lovely to see some new faces.

Purple Bus.

Several years ago SS published an article about the Purple Bus. The Purple House runs this bus. The Purple House is an Alice Springs based agency that also provides dialysis in fourteen remote clinics in the NT, SA and WA. The services provided by the Purple House allow people from remote communities to return home and reconnect with their land. This leads to better health outcomes and allows dialysis patients to remain a contributing member of their community. In 2017 they successfully helped 157 people return home.

In August the Purple House was awarded the 2018 Telstra NT Business Award in recognition of the way in which the business has made a significant impact on the health care system and on the lives of the population living in regional communities. The Purple House also received the Social Change Maker Award.

I was getting ready to go Choir Practice when I heard my Dad say “Don’t forget a bucket.”

“Why do I need a bucket?” I asked.

Dad replied “You will need something to help you carry a tune”

Do you have any tips or suggestions you could share, that could benefit DATA members. If so we would love to hear from you. Send your tips via email to editor.shoestring@gmail.com or leave a message on our phone 9894 0377
Dates to remember

Sunday 23 September - Royal Botanical Gardens Cranbourne.

Sunday 21 October—Annual General Meeting 2pm, 79 Mahoney Rd, Forest Hill.

Sunday 28 October – Day Rail & Sail: Steam train to Geelong and return by the Victoria Star Ferry (Details Page 6).

Sunday 25 November – Melbourne Zoo - Surprise, Surprise.

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

Our thanks to all who contributed to this edition

Why not spread the word and pass this copy on?

Shoe String is 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 any ideas of issues you would like to see covered, contact us.

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