MELBOURNE ZOO

25 NOVEMBER 2018

See Page 5 for details

NOVEMBER 2018
IN THIS ISSUE

Caravan Holiday around Australia
Healthy Kidneys Education Project
Xmas Function
AGM Finance Report
Dialysis Australia
Ron Jones Award
Editor’s note

Welcome to the final SS issue for 2018. Our Christmas party is at the end of November and so Shoestring is out earlier than usual. This will enable all our members’ time to decide if they wish to come to the zoo with us. A reply notice is in with this edition. We hope to see you there. Read about the details on Page 5. We have included the 2018 Finance report on Page 7 for the members to review before the AGM on 28th October. Note the change of date of the AGM this has been done to fit in with the request of the Rail & Sail organisers. Having volunteers to help with certain things is important, so if you have helped us, once or on a regular basis over the last 12 months we like to extend an invitation to you to join us for dinner on Sunday 28th October 2018 after the AGM. Details will be posted with invitation. We are always looking for up to date stories, we welcome your stories for next year’s issues of SS. The SS committee wishes you all a very good time over the festive season.

Around Australia Caravan Holiday

By Daryl Gilbert

Touring Australia we have successfully conquered the Pilbara and Kimberley regions in our caravan, with a haemodialysis machine on board. Three years ago we travelled around the southern parts of Western Australia, but the north was going to be more challenging due to potential difficulties with water quality.

Like any successful trip involving using a dialysis machine, planning is important. Prior to the trip I emailed the Western Australian Water Board and got their test results for water quality for the areas we would be visiting. I forwarded the results to our renal technicians who determined what I needed to do to be able to dialyse at a number of west coast towns that had high conductivity and water hardness. They determined that a regular citric flush of the reverse osmosis machine would most likely get me through. Well they were right, it did. I was not surprised, as at the Austin Hospital under Tony Skipper’s leadership, we have the best Renal Technicians anywhere. Their knowledge and outstanding support provide constant peace of mind.

Sivatha and the team at Austin Home Therapies Unit also do anything they can to help me get on the road. My nephrologist Dr Tosolini has always been supportive of my endeavours and monitors my monthly blood test results whilst I’m away. Also, thanks go to Baxter, particularly Liz, who ensure my supplies reach me around the country. All these great people have enabled me to live a number of my travel dreams. These include swimming with the whale sharks at Exmouth, staying at Cape Range National Park, the overnight horizontal falls tour from Derby, exploring Karinjini National Park, El Questro station, Purnululu (Bungle Bungles) National Park, Lake Kununurra, Lake Argyle, Katherine and Darwin. We have been on a 60 foot luxury boat, 1050 hp high speed boats, stayed on a luxury houseboat, flown on sea planes, small fixed wing planes, and helicopters and toured on a motor trike gaining better vantage points of our (Continued on page 5)
Hi There,

Thank you to all who came and helped at the Melbourne Show, we had members come from near and far so a very big thank you to all for your time and effort.

I think we had a very successful result. We joined 20 new members who didn't know about us, and had some sort of kidney disease, we gave away over 500 hundred Organ Donor registry forms and collected 34 forms from people who filled them in. We also gave away over 300 flyers for the healthy kidney program and collected 24 names of school contacts that Yvonne can contact for the program next year!

But my biggest coo, so to speak, was the meeting and talking to Mr Bill Shorten, (photo on page 11) who I told about our program for schools. He told me to ring his medical advisor, Alex White, for an appointment to talk about it! As they are busy people I'm not sure when that will be but I will keep you informed.

I also have to contact the Bulldogs Football club as we will be in the western suburbs. Hopefully I can get them involved somehow.

I have also meet a beautiful lady who is doing a computer science course at university, She has kindly volunteered to come help us set up an official "facebook" page, so with our new website Data is coming into the 21st century! So on the whole I really think the 11 days of show was well worthwhile. It was very tiring for me but I so loved being there and would do it again, without hesitation if that's agreed on.

Cheers Sue

The DATA Committee would like to wish all our members and their families a happy Christmas and a great New Year. We hope to meet you at one of our social functions next year. For those on dialysis take care with the food you eat and the amount of fluid you drink…..see page 8….for some advice.

2018 Healthy Kidneys Education Project

With lots of enthusiasm, Yvonne Farquharson (CEO of Filter Your Future) announced to the committee that the 2018 Healthy Kidneys Education Project has been a great success. Yvonne, along with new assistant Ashley, delivered the program to 6 schools over 10 days between July and September. Good feedback was received from all schools and Yvonne is now assessing the evaluations from students and teachers.

DATA’s sponsorship extends to 2019 and already there are schools lined up for next year’s program. The program was promoted at DATA’s stand at the Royal Melbourne Show with good success.

Yvonne will be guest speaker at our AGM on 28 October, so those who attend will be given an overview of the program and be able to give us their thoughts.

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.

Rosebud

This is 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.

We have Vacancies - One week in October, several weeks in November, and one week in early December.

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: (03)9589 4894

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

Please Remember To Take Your Key!

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.

Yarrawonga

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

Vacancies No vacancies until February 2019.

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 cancellations.

For Bookings at the Yarrawonga Renal Unit Phone (03)5743 8189
For DATA House bookings, please ring Yarrawonga House Secretary Alan Rawson Ph: 9723 3019
Email: fayal_rawson@hotmail.com

Please Remember
To Take Your Key!
XMAS OUTING TO ZOO

Our Christmas outing this year will be a trip to the Melbourne Zoo. This will take place on Sunday 25th November 2018.

The special surprise is that we will get to Meet & Greet a special animal. You have to Guess what! Wow I can't wait!!

This takes place after 5.30pm after the crowds have left.

How do you book?
Simply Fill in the Form with all details and send back to DATA ASAP.
The Coloured Form is enclosed with your Shoe String
OR phone the office (03)9894 0377 and leave a message and your phone number we will return your call.
OR send an email message with same details as on form, to info@datavic.org

We will organise tickets to be posted or picked up or left at the gate for you.
You can come to the Zoo at any time to suit you. DATA has hired a Pavilion from 3pm to 7.30pm. We will have our banner up at Pavilion. Number of Pavilion to be available with tickets. We all head back to the Pavilion by 5pm and at 5.30pm we are taken to the Surprise ............? Some light refreshments will be served at the Meet & Greet.

If you are there all day then BYO lunch afternoon tea, drinks. Some snack food available at the Zoo before 5.00pm.

And breathe … helping to keep you calm during the busy time to come over Christmas.
This is a simple technique which can help calm your nerves in less time than it takes to brew a cup of herbal tea.

1. Find a comfortable lying or sitting position somewhere and where you won't be interrupted and close your eyes.
2. Place a palm on your abdomen and breathe easily, noticing the quality of your breath. Is it shallow or deep, regular or erratic? Gradually make your breathing as relaxed and smooth as possible, introducing a slight pause after each inhale and exhale.
3. Once the breath feels relaxed, notice the movement of the body. As you inhale, the abdomen expands; as you exhale, feel the slight contraction of the abdomen. In a gentle way, actively expand the abdomen, filling it up like a balloon on the inhale and contract it as you exhale. Continue for 6 to 12 breaths.

(Continued from page 2)

beautiful country. Farm gate produce, local seafood, restaurants, cafes, and bakeries along the way have been a bonus!

I should point out that it has not always been smooth sailing, but it has been a great adventure. Anyone who is on haemodialysis will know the challenges. However, it is also important to realize that you still can do many things you may not have thought possible. Throughout 27 years of kidney failure I have never let it define what I do. I work out how to fit dialysis around my plans.

We will be six months on the road with nearly 25000 kilometres travelled before returning home via the east coast. It has been important not to rush the around Australia trip, as there have been so many amazing things to experience.
**Christmas Poem**

I have a list of folk I know, all written in a book, and every year at Christmas time, I go and take a look.

That is when I realise, that these names are a part, not of the book they're written in, but of my very heart.

For each name stands for someone, who has touched my life sometime and left such a print of friendship, that I want to touch again.

I really feel I am composed of each remembered name.

And while you may not be aware of feeling quite the same, my life is so much better, than it was before you came.

So, never think my Christmas cards are just a mere routine - of names upon a Christmas list, forgotten in between.

For when I send a Christmas card that is addressed to you, it's because you're on that list of folk I am indebted to.

For once you have known someone, the years cannot erase, the memory of a pleasant word, or of a friendly face.

And whether I have known you, for many or few, in some way you have had a part, in shaping things I do.

So, every year when Christmas comes, I realise anew, the biggest gift that God can give, is meeting folk like you.

So may the Christmas spirit that will live for evermore, bestow its richest blessing in the hearts of you and yours.

Author unknown

**North Western Melbourne Primary Health Network (NWMPHN)** to recruit consumers and carers to be part of a Community Panel answering the question "What does dying well look like and how can we help people achieve this?"

NWMPHN is seeking advice from people on how to improve the end-of-life care experience for the community.

It would greatly appreciate, if consider it appropriate, for Dialysis & Transplant Association of Victoria (DATA) to share this invitation with consumers and carers in your networks who live in the local government areas of Melbourne, Maribyrnong, Brimbank, Moonee Valley, Moreland, Darebin, Yarra, Hobsons Bay, Hume, Melton, Wyndham, Moorabool and Macedon Ranges.

More information about the Community Panel including how to register please check this website nwmphn.org.au

From the people who register to be part of this Community Panel, a random sample will be selected to ensure a diverse range of views are represented on the Panel. People who are selected to be on the Community Panel will receive a $250 gift voucher in recognition of their time and to cover any costs associated with participating.

Registration to be part of the Panel closes at midnight on Sunday 28 October.

Like to know more about the Community Panel please feel free to respond to this email or call Nivek Thompson on 0472 761 324.

Help us by letting people living in the community with chronic and other illnesses and their carers know about this opportunity to improve the experience of end-of-life care for people who may be facing this and also for their families or friends involved in providing care.

Warm regards, Nivek, Ms Nivek Thompson, Director, Deliberately Engaging

www.deliberatelyengaging.com.au

**DATA Finance Report**

The table on page 7 are an extract from the full financial report that will be presented at the AGM on 28 October 2018. If you are not able to attend the AGM and would like a copy of the full report please contact the treasure by phone (03 9894 0377) or email (info@datavic.org). Note as this issue of SS is out earlier than normal, the next issue of SS there will be a full report on the AGM.

**Shoe String 6**
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 2018

<table>
<thead>
<tr>
<th>Income</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Education Program</td>
<td>(41,246)</td>
<td>-</td>
</tr>
<tr>
<td>Depreciation and amortisation expense</td>
<td>(8,527)</td>
<td>(6,541)</td>
</tr>
<tr>
<td>Insurance</td>
<td>(5,917)</td>
<td>(5,668)</td>
</tr>
<tr>
<td>Utilities</td>
<td>(4,555)</td>
<td>(5,021)</td>
</tr>
<tr>
<td>Rent</td>
<td>(1,033)</td>
<td>(1,033)</td>
</tr>
<tr>
<td>Donations</td>
<td>(1,134)</td>
<td>(509)</td>
</tr>
<tr>
<td>Postage</td>
<td>(3,331)</td>
<td>(4,290)</td>
</tr>
<tr>
<td>Contractor</td>
<td>(7,200)</td>
<td>(7,693)</td>
</tr>
<tr>
<td>Printing &amp; stationery</td>
<td>(5,510)</td>
<td>(8,442)</td>
</tr>
<tr>
<td>Rates &amp; Taxes</td>
<td>(4,724)</td>
<td>(4,640)</td>
</tr>
<tr>
<td>Repairs &amp; maintenance</td>
<td>(4,861)</td>
<td>(13,416)</td>
</tr>
<tr>
<td>Telephone</td>
<td>(2,259)</td>
<td>(2,287)</td>
</tr>
<tr>
<td>Travel</td>
<td>(5,333)</td>
<td>(3,061)</td>
</tr>
<tr>
<td>Social Welfare</td>
<td>(2,763)</td>
<td>(1,403)</td>
</tr>
<tr>
<td>Bookkeeping</td>
<td>(4,173)</td>
<td>(4,451)</td>
</tr>
<tr>
<td>Assurance</td>
<td>(3,442)</td>
<td>(3,259)</td>
</tr>
<tr>
<td>Fundraising</td>
<td>3</td>
<td>(1,916)</td>
</tr>
<tr>
<td>Social events</td>
<td>3</td>
<td>(1,964)</td>
</tr>
<tr>
<td>Other expenses</td>
<td>(8,354)</td>
<td>(3,208)</td>
</tr>
<tr>
<td>Surplus/(deficit) for the year</td>
<td>19,576</td>
<td>23,925</td>
</tr>
</tbody>
</table>

Other comprehensive income
Revaluation of property                                    178,091  -

Total other comprehensive income                          178,091  -

Total comprehensive income for the year                  197,667  23,925

Statement of Financial Position

As At 30 June 2018

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Current assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>4</td>
<td>302,137</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>5</td>
<td>7,196</td>
</tr>
<tr>
<td>Other assets</td>
<td></td>
<td>1,836</td>
</tr>
<tr>
<td>Total current assets</td>
<td></td>
<td>311,169</td>
</tr>
<tr>
<td>Non-current assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Financial assets</td>
<td>6</td>
<td>1,699,650</td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>7</td>
<td>1,038,653</td>
</tr>
<tr>
<td>Total non-current assets</td>
<td></td>
<td>2,738,303</td>
</tr>
<tr>
<td>TOTAL ASSETS</td>
<td></td>
<td>3,049,472</td>
</tr>
</tbody>
</table>

LIABILITIES

| Current liabilities                                        |         |         |
| Trade and other payables                                   | 8       | 3,100   | 2,950  |
| Income received in advance                                 |         | 200     | 472    |
| Total current liabilities                                  |         | 3,300   | 3,422  |
| TOTAL LIABILITIES                                          |         | 3,300   | 3,422  |
| NET ASSETS                                                 |         | 3,046,172| 2,848,505|

EQUITY

| Asset revaluation reserve                                  | 1,006,021| 827,930 |
| Retained surplus                                          | 2,040,151| 2,020,575|
| TOTAL EQUITY                                               |         | 3,046,172| 2,848,505|
The quality of life for people undergoing haemodialysis is often compromised by seemingly endless trips to a dialysis unit. Day to day activities are forced to fit around often inflexible treatment times. For those who choose to dialyse at home there is a sense of taking back some control of their lives but the greatest benefit of home dialysis is the improved outcome that can be achieved through more frequent treatments.

Many people are put off home dialysis because they do not feel capable of performing the treatment themselves or they have no one to help them or provide back-up but for some patients there may now be a way to take up the home dialysis option. The following is an extract from a Dialysis Australia information sheet:

Dialysis Australia, an experienced provider of in-home care now offers assisted home haemodialysis treatment for eligible Medibank members. You are now able to receive complete haemodialysis treatment, administered by a registered nurse who is present for the duration of your treatment, in the comfort of your own home.

What are the benefits of home dialysis?
- Choice in treatment times
- Improved quality of life
- Reduced travel costs
- Ability to work
- Improved morbidity and mortality
- Reduced depression and improved sleep

How does it work?
Contact Dialysis Australia by calling 1800 994 244 to determine your eligibility for the at home dialysis program. Once eligibility has been confirmed, you are required to obtain a letter from your treating nephrologist stating your suitability for home haemodialysis treatment. Dialysis Australia will then communicate with your local renal dialysis unit and effectively manage the transition home. There are no extra out of pocket costs for haemodialysis services provided in your home. The at home dialysis program is ongoing and we will keep your nephrologist and local dialysis unit informed with regular updates and consultation throughout your ongoing dialysis treatment.

For more information check out these sites:

A Small Reminder for the Festive Season.

It's coming up to Christmas and New Year and we all tend to eat far too much.
Those of us on dialysis must still stick to our low potassium/salt foods and fluid restrictions.
Remember the advice and pamphlets the dietician gave you, read them again if you need to.
Potatoes and pumpkin are high in potassium so soak them for 3 or 4 hours before cooking.
Try low salt corn chips instead of high salt potato chips.
Reduce the salt you put onto your meat, and if you continually do this you will become adjusted. The less salt you eat the less thirsty you will be.
It's often harder to stick to fluid restrictions during the hot weather.

Rinse your mouth if thirsty. Try mouthwash or ice, boiled lollies/chewing gum to get your saliva glands working.
Christmas cake and plum pudding are both high in potassium, so only have a small amount. Lots of small amounts of potassium rich foods can add up to having a high blood level of potassium so beware.
Berries, cherries and apples are all good fruit to eat but watch out for banana and apricots.
Pavlova, apple pie and sponge cake are all good to eat.
And remember that alcohol, jelly, custard, soups and ice cream are all counted as fluids.
Ron Jones Education Award 2018

We are pleased to announce that this year’s winner of the Ron Jones Education Award is Tyler Gutsche. Unfortunately Tyler was unable to attend the AGM and receive his certificate in person. Tyler and his mother, Tamara, expressed their thanks to DATA in a letter to the committee.

A message from Tyler Gutsche

I want to thank the Dialysis and Transplant Association for voting for me for the Ron Jones Educational Award. This is very special to me because this is the first time I have won an award for Writing. Usually I only get awards in Maths and Technology, so this is extra special. I will use my scholarship funds to help Mum and Dad pay for my school fees at Victory Lutheran College. I know how hard Mum and Dad work to be able to afford to send me to such a great school, so this will help them out a lot. Thank you very much. I am sorry Mum cannot take me to the meeting to be given the award.

A message from Tamara Gutsche

I would like to personally thank DATA Vic for offering this award annually to students. I am proud to say that my older son Lachlan was also a recipient of the Ron Jones Educational Award in 2013.

As a brief update, I am pleased to advise that he banked his scholarship funds and used them this year to help pay for his very expensive University textbooks. He has almost completed his first year at Charles Sturt University in Wagga Wagga, studying a Bachelor of Science with a Major in Physics and a Double-Minor in IT and Mathematics. He has had a very successful first year and the funds received from the DATA Scholarship has benefited greatly, so thank you once again.

DATA Vic is a very important organisation, giving support to those with illness throughout the community. As a transplant recipient myself, when someone is ill within a family, it affects the whole family and DATA do a fantastic job in recognising that. I would like you to know that the hard work and dedication, especially from the committee does not go unnoticed, even from afar in Wodonga.

I wish you all the best with your AGM and the year ahead.

Thank you DATA

After their photos featured in the last edition of Shoestring, winning them a $50 voucher, the Kiellerup family sent DATA a lovely letter of thanks.

Dear DATA,

As the recipient of a $50 fuel card voucher for my recent contribution to Shoestring regarding our Yarrawonga holiday, I am writing to you (on behalf of myself and my family) to express my sincere thanks for making this prize available. It is truly appreciated and comes at a time when the extra financial assistance is extremely valuable!

Coincidentally we have booked in for another stay at Yarrawonga over the Christmas period and we are already looking forward to getting away from our usual routine and enjoying a change in scenery - which can sometimes be difficult when on haemodialysis.

Thank you once again - we are very grateful!

Cheers,

Steve (& Laura + Frederick) Kiellerup
**Events Page**

**BARBEQUE AT ROSEBUD**

Our first social outing for 2019 will be a BBQ at Rosebud House

17 Rosemore Road Rosebud, (Cnr Laurens St) on 24th February 2019.

All new members are welcome as well as older members.

We plan to start BBQ at 11am at the Rosebud house.

In the afternoon we will maybe try the Chair Lift at Arthur’s Seat or go to the beach for a (swim) or a paddle.

Please keep this day free and see next ShoeString in January for details

**NEXT YEAR 2019**

DATA will continue with social activities on the last Sunday of each month. These activities are all subsidised so do join us and meet others in similar situations. If you like to suggest any activities contact us on 03 9894 0377.

<table>
<thead>
<tr>
<th>BOOKS TO GIVE AWAY, from our library. These books are to give away with free postage. Although these books are outdated, most of the information is still current. If these books are not given away to members they will be disposed of.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney Dialysis and Transplants. NKF – UK. – Dr. Andy Stein and June Wild</td>
</tr>
<tr>
<td>Yesterday, Today and Tomorrow. Personal Accounts of people living with Kidney Failure KHA 2007</td>
</tr>
<tr>
<td>Living with Kidney Failure, Your Extensive Guide KHA</td>
</tr>
<tr>
<td>Living With Kidney Failure Australian Kidney Foundation</td>
</tr>
<tr>
<td>Transplants : Unwrapping the Second Gift of Life – The Inside Story - Pat Stavs Helmberger</td>
</tr>
<tr>
<td>Beyond Blue: Over Bl##dy Eighty – A Marvellous collections of personal stories. Connections Matter helping older people stay socially active.</td>
</tr>
</tbody>
</table>

If you want either of the Beyond Blue books these are available from Beyond Blue. Ph 1300 224 636

---

**From the Horse's Mouth**

A jogger running down a country road is startled as a horse yells at him, "Hey, come over here buddy!" The jogger is stunned but runs over to the fence where the horse is standing and asks, "Were you talking to me?"

The horse replies, "Sure was, man I've got a problem. I won the Kentucky Derby a few years ago and this farmer bought me and now all I do is pull a plough and I'm sick of it. Why don't you run up to the house and offer him $5,000 to buy me. I'll make you some money cause I can still run."

The jogger thought to himself, "Boy, a talking horse!" Dollar signs started appearing in his head. So he runs to the house and the old farmer is sitting on the porch. The jogger tells the farmer, "Hey man, I'll give you $5,000 for that old broken down nag you've got in the field."

The farmer replies, "Son, you can't believe anything that horse says. He's never even been to Kentucky."

---

As a little girl climbed on to Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped, "Didn't you get my email?"

**What do you call a broke Santa?**

Give up yet?

It's Saint NICKEL-LESS

**What do you call a cat on the beach at Christmas time?**

Sandy Claws
Sunday 26th of August 2018 was a DATA ten pin bowling day at Forest Hill. Six members came but only five bowled. The highest score was 172 - good on you Darren. All at the bowlers had at least one strike, which is pretty good, considering some haven’t bowled for years. It was a nice afternoon but very noisy with the children's birthday parties. After the bowling we all enjoyed a chat with coffee & cake. It was a lovely afternoon. Hope to see you at our next outing. The social committee.

23rd September 2018 – Ten DATA members braved the cool weather (luckily it didn’t rain) to enjoy a day at the Cranbourne Botanical Gardens – known as Australian Gardens as it represents a sample of all types of flora from around our Great Country. They even have a display of Orchids, a rainforest area and a red desert! We enjoyed a guided bus tour around the complex which allowed us the opportunity to know which areas we would like return to, to explore more thoroughly. We shared a meal together in the Café/Restaurant and fortunately we were hungry enough for the generous servings. The Gift shop was a treat in itself with lots of Australian produce even if you were only window shopping. Please consider this venue, it is well worth a visit – the guided bus tours operate throughout the day and a bus ticket lasts all day so you can hop on and off at the checkpoints around the gardens. Vicki.A.

At the Show
BILL SHORTEN walked passed I did not recognise him but thanks to Carol & Alan they did so I ran after him and stopped him ....yes I did got a photo and told him about the program and DATA sponsoring it. I asked if I can come talk to him about the program and he said contact him through his health guy Alex White and we will make an appointment. I am so excited he told me he want to get more dialysis into remote areas etc. I am so just so excited ....see picture, he is holding the brochure. So on the whole I think we are doing very well at the show.
Dates to remember

28 October - Annual General Meeting
25 November – Christmas Outing to the ZOO

2019
24 February BBQ at Rosebud House

Some web pages of interest
- www.homedialysis.org/news-and-research/blog
- www.nw kidney.org
- www.penisulahealth.org.au/
- www.worldkidneyday.org
- www.cari.org.au
- www.australian dialysisbuddies.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.
Write to: The Editor, Shoe String
PO Box 159, Forest Hill 3131
Email: editor.shoestring@gmail.com
Visit us at www.datavic.org

DEADLINE FOR NEXT ISSUE 3 January 2019