

# ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

Registered by Australia Post, Print Post Publication No 100001778

Volume XLVI Number 1  
January 2019



Dialysis and Transplant  
Association of Victoria Inc.  
Registration No A0012114V

ABN 40 628 284 998



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## Rosebud BBQ - our first event in 2019

**COME SOAR WITH US ON THE  
"EAGLE AT ARTHUR'S SEAT"**

**AFTER YOU JOIN US FOR A BBQ  
LUNCH AT ROSEBUD HOUSE!**

When: Sunday 24th February  
Time: BBQ 12noon - 2pm

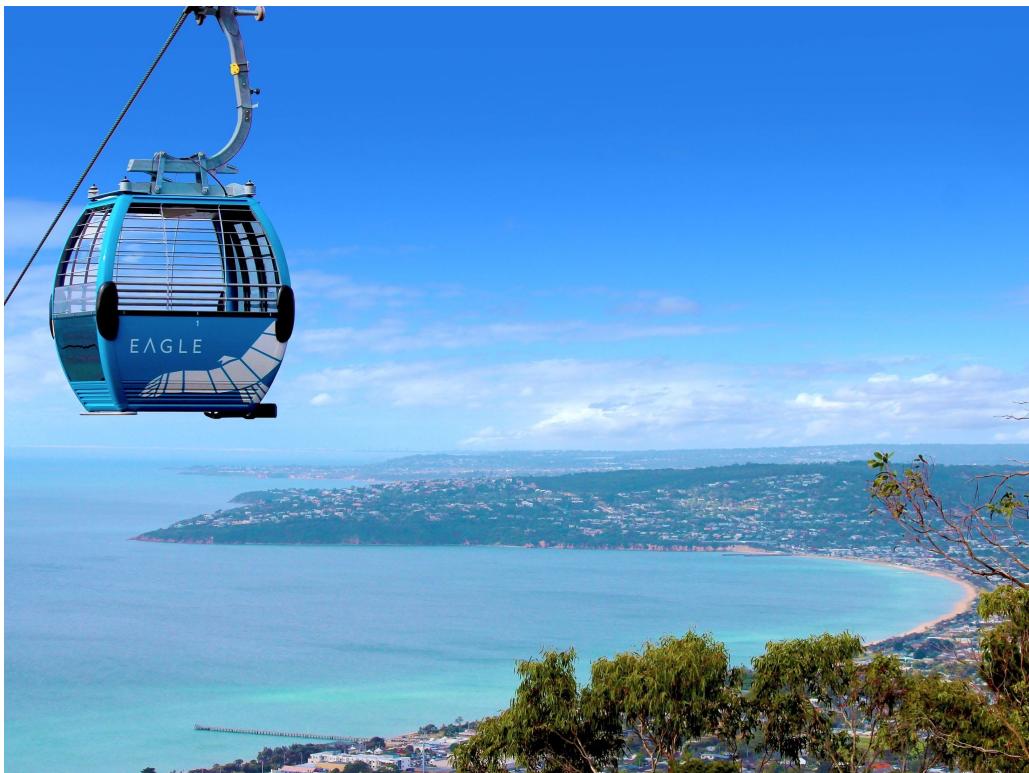
DATA will supply Sausages & Salads  
Eagle Gondola (return trip) 3pm

We can have a coffee up at Arthur's  
Seat overlooking the beautiful bay

before we take it back down (to earth)  
and head back to Melbourne.

Cost: DATA will subsidise the "Eagle  
Trip" and all you have to pay is  
\$10 (per person) for member & carer  
(return)  
\$18 (per person) Non- Data Members  
\$5.00 per Child (return)

If you wish to attend please complete  
the registration form on page 6.





## President's Report

**Hi Everyone,**

**Hope All of you had a wonderful Christmas and a safe and Happy New Year and you didn't over eat on all that plum pudding, like I did, must admit that is my favourite part of Christmas...Plum Pudding, custard and cream!**

Well, I can't believe we are off to a flying start of the year, it seems that the older I get the faster the year seems to go and here we are back at the start of the year again!

The social committee have a lot planned for you in 2019 so keep an eye out for details in future editions of ShoeString. Once again, DATA will be subsidising most events when we can. We finished our 2018 social year with a wonderful trip to the zoo where we had a "meet and greet" with 15 tonnes of Elephants. I must admit it was great to see them in their own environment, after the zoo had closed, having a

wonderful time playing in the pool ... read more on page 9.

Our first event for 2019 is a BBQ at our Rosebud House followed by a gondola ride on the "Eagle at Arthur's Seat", so fill in the form on page 6 and get it back to DATA ASAP as this event is very close and will be here before we know it!

As you know, we had a very successful year at the Melbourne show, which we will be attending again this year. We have a date with Mr Bill Shorten's medical advisor to speak about the Healthy Kidneys School Education Program and I will let you know more as I learn more on how or even if the Government can help in any way with this program. If anyone can help or knows other people in the government that can help please let me know. The more we get behind this programme the safer our children will be from this health issue.

Anyway as it is only the start of the year there is nothing more to be said at the moment, if you have any good ideas for outings, if you can supply us with stories, jokes, or



Sue Hatzimichalis 0412 469 738

even help packing SS please don't hesitate to call me or any of the committee to offer your services! We can't do this alone and sometimes we need help!

It is with great sadness that we note the passing of Mrs Dawn MacKrell in late October 2018. Dawn and her husband Edwin came to many of our DATA outings. She will be sadly missed. Our sincere condolences go to Edwin at this sad time

Cheers

Sue Hatzimichalis

## Rail & Sail Trip Report



Sunday 21st October was a lovely day when 49 DATA members, family and friends met at Southern Cross (Spencer Street) Railway Station. All of us were

given lanyards for easy identification, and we all felt important. The steam train from Southern Cross to Geelong took an hour and 15 minutes. We had a carriage all to ourselves. Lunch at the steps of the Steampacket Pier was warm and friendly. The ferry (an old Sydney Harbour ferry) took 4 hours to get back to Melbourne, Victoria Harbour. The crossing was smooth with lots of interesting things to see. The dolphins, which swam near the ferry, were very entertaining. What a beautiful sight. The scones (those quick enough to get some) were lovely.

The whole day was well spent with family and friends and those days are the best.





## Annual General Meeting

The 45th Annual Meeting of Dialysis & Transplant Association was held on Sunday 21st October 2018 at the Ron Bromley Room, Level 1, 79 Mahoneys Road, Forest Hill. Some 25 people were present and the meeting commenced at 2pm.

This is the time when we look at all our programs and pass on to our members reports including the highs and lows of the last twelve months. It is also a good opportunity to attend to some housekeeping matters—to see that our Rules of the Association are all up to date.

At this AGM we passed a special resolution in regard to Rule 77 which refers to 'Winding up and Cancellation' about which we had previously advised you.

President's Report came next from Sue Hatzimichalis. Highlights included:

working on new web page with Gosh Creative and our successful stand at the Royal Melbourne Show where we promoted Organ Donation as well as Healthy Kidney School Education Program.

Vicki Abbatangelo followed with her Treasurers Report, an extract is included below.

We heard from Holiday Homes Rosebud and Yarrawonga. Brendan stood in for Amanda at Rosebud, and Alan Rawson reported on Yarrawonga.

There were written reports from Social Welfare, ShoeString, and Social Committee.

Social Committee worked hard all year and offered a variety of outings.

**Guest Speaker:** After all reports were given, we enjoyed a presentation by Yvonne Farquharson from Filter Your

Future on the Healthy Kidneys School Education Program. The presentation included a promotional video featuring Yvonne and her assistant Ashlee.



Special Effort was then drawn

### Raffles Winners were

1<sup>st</sup> Prize Paula Spence \$800 voucher – nurse at Wodonga Dialysis Unit

2<sup>nd</sup> Prize John Hamilton \$400 voucher – transplant recipient

3<sup>rd</sup> Prize Darren Hennessey \$150 voucher – transplant recipient.

### Excerpts from 2018 Annual Treasurer's Report by Vicki Abbatangelo

The last twelve months have seen a marked growth in our D.A.T.A. activities.

#### Incoming:

- i) Department of Health and Human Services have provided us with a grant to help offset the printing and postage costs of the Shoestring publication.
- ii) Our Holiday Home properties have been revalued which adds dollars into our Asset Register. We have an overall gain of \$197,667 from previous financial year.
- iii) During the first half of 2018 we received a notice from State Trustees Australian Foundation informing D.A.T.A. it was a recipient of an annual endowment from the estate of the late Mrs Elizabeth Erna Dolgov. Although this patron is not known to the present Committee, D.A.T.A. obviously held a special place in Elizabeth's heart. We are honoured to be entrusted with the means to help make a difference to other people's lives.

#### Outgoing:

- i) We have outlaid monies to sponsor and promote the Healthy Kidneys Education Program in primary schools which started in the second half of 2017 and will continue until 2019 at this stage.
- ii) We have put more financial assistance into our Social Events, allowing for more diversity and frequency of Social Activities. This also has led to an increase in travel expenses and general expense costs.
- iii) As members become more aware of the full range of benefits, we have seen a rise in our Social Welfare Scheme applications although our Country Visitors Accommodation scheme applications have been very quiet. We are currently working on a new website which will showcase our member benefits more clearly.

#### General –Ongoing items:

- i) Our Term Deposits have the principal amounts intact from 2017 however the re-investment interest rates are a bit lower – resulting in less incoming interest.
- ii) All normal expenses involved in running an organisation were mainly routine taking into account the small increases passed onto us by our suppliers. Eg: Rates, Utilities and general maintenance.

Note: Financial Statements -(Profit & Loss and Financial Position) were included in the November edition of ShoeString



## DATA Holiday Homes

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.

### Rosebud

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.

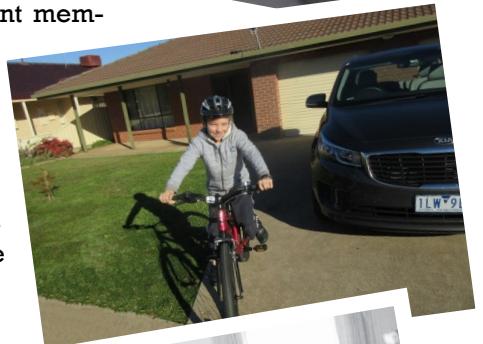
**Vacancies:** From 17 March, 2 weeks in April, plenty of vacancies from May 2019

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

*For HOUSE bookings please ring*

*Rosebud House Secretary*

*Amanda Pratt Ph: 9589 4894*



### Yarrawonga

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.

**Vacancies :** 2 weeks available early March , One week in April, then plenty of vacancies after March 2019.

*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](mailto:fayal_rawson@hotmail.com)*



*Please Remember  
To Take Your Key!*

#### 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
- Contact the hospital to confirm booking dates
- Finally, ring to confirm the booking dates for the house



## Ron Jones Educational Awards



### These awards offer a fantastic opportunity for students between years 6 to 11, to shine.

Applications for the Ron Jones Educational Awards, are now open, so fill out your Application form below for a chance to win fabulous prize money.

Assessment is based on the Applicant's school reports together with essay on the topic of 'My Chosen Career'.

There are two levels of Awards to be won. One Award is based on excellence and scholastic ability plus three Awards for encouragement.

The Ron Jones Educational Awards honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones, AOM.

- Applications must include a handwritten essay of 300 words entitled 'MY CHOSEN CAREER'.
- Please include the Applicant's previous year's school reports.
- Applications must be received no later than the **30 June 2019**. Winners will receive awards at the AGM in October 2019.

Please fill in this form using Block Letters and forward it to:

The Secretary, DATA Vic Inc, PO Box 159, FOREST HILL Vic 3131

SURNAME .....

GIVEN NAMES .....

ADDRESS

POST CODE .....

DATE OF BIRTH .....

HOME PHONE .....

MOBILE .....

#### PARENTS / MEMBERS PARTICULARS

(IF APPLICANT MEMBER IS UNDER 18 OR A CHILD OF A MEMBER)

SURNAME .....

GIVEN NAMES .....

ADDRESS

POST CODE .....

PHONE .....

MOBILE .....

SIGNATURE OF STUDENT .....

SIGNATURE OF PARENT .....

Financial Member of D.A.T.A.      YES  NO

MY ESSAY ON "MY CHOSEN CAREER" AND SCHOOL REPORTS FOR THE LAST YEAR ARE ENCLOSED.

YES  NO

#### SCHOOL PARTICULARS:

PRESENT YEAR OF STUDIES .....

SUBJECTS STUDIED .....

.....

.....

.....



## Kidney Care UK

The following is from the Kidney Care UK web site and may be helpful for anyone on dialysis who wants to holiday in the UK.

Did you know our booking service for UK holiday dialysis is FREE to use for both UK units and patients?

Whether you want to take a holiday, visit family and friends or your work takes you away from home our vision is to enable all patients to access dialysis away from their home unit when and where they need to.

Dialysis Freedom and Kidney Care UK are working together to make this happen. Together we are striving to give patients and their families the freedom to travel and since its inception the Dialysis Swap scheme has given hundreds of patients the opportunity to do this, we aim to build on this success and enable more patients to travel. With over 27 years' experience in organizing dialysis away from base you know you are in safe hands.

**Kidney Care UK Dialysis Freedom**

Tel: 01509808668

Web:[www.dialysisfreedom.co.uk](http://www.dialysisfreedom.co.uk)

Email: [info@dialysisfreedom.co.uk](mailto:info@dialysisfreedom.co.uk)

### Holiday Dialysis in the UK .

There are various holiday dialysis facilities in the UK. Many NHS hospital units that make slots available for holiday dialysis. Below is a selection of some of the top UK holiday dialysis facilities we are able to arrange dialysis in.

**Hampshire - St Anne's** St Anne's offers holiday dialysis, with onsite self-catering accommodation also available, at Emsworth in Hampshire on the picturesque south coast. St Anne's Holiday Dialysis Centre is the perfect place for dialysis patients to be able to get away and truly relax! All dialysis sessions taken at St Anne's dialysis unit by UK residents are fully funded by the NHS.

**Cockermouth - Lakeland** If you are looking for a holiday in the beautiful Lake District let Lakeland dialysis take care of your dialysis needs. Louise and Kevin have been looking after patients since 2004, offering the highest quality of care using Fresenius HDF machines in a relaxed and friendly environment. The unit is equipped with 4 HDF machines, fully reclining chairs and on-site parking

**Bournemouth - KC Dialysis Centre** The KC Dialysis Centre is a friendly, family run dialysis unit which provides haemodialysis facilities for patients who wish to visit the seaside town of Bournemouth and the surrounding area for a holiday. The unit has eight stations with fully reclining chairs and parking is available directly outside the unit.

**Dersingham - Norfolk Holiday Dialysis** Based in the village of Dersingham, just round the corner from Sandringham and 15 mins from the seaside town of Hunstanton you will find a small, friendly family run clinic where you can dialyse in a relaxed and quiet environment. The unit uses Fresenius machines, has wheelchair access and parking on site.



Don't forget Australia has a Reciprocal Health Care Agreement with the UK.

## Rosebud BBQ Registration

..... CUT HERE AND RETURN PLEASE .....

I will be attending the BBQ at Rosebud on 24 February 2019

Please fill in the form below and return to  
DATA  
P.O Box 159 FOREST HILL 3131.

**Members Name** .....

**Phone contact** .....

**No. Adults attending** .....

**Children (under 15yrs)** .....

**Amount Enclosed** .....

**RSVP BY 15TH FEBRUARY**



## Rosebud Holiday

In April 2016, we had a wonderful holiday at DATA Holiday house Rosebud. We had such a hectic year it was wonderful being able to relax and enjoy the sea air.

I have been on nocturnal dialysis at home using permacaths. My husband Peter would hook me up at 9pm. I had many issues with lots of blockages & travelling to Royal Melbourne Hospital on many occasions.

We live in Cohuna 3568 up near the NSW Border. Travelling approx. 600 km return.

I was fortunate to receive a kidney transplant in February 2017. I had many issues with the transplant. In

& out of hospital for over a year. Thankfully, my kidney is working well. I feel blessed to receive my kidney; my heart goes out to the family of my donor.

We look forward to our yearly stay at Rosebud. It is such a joy to stay near the sea. My granddaughter lives with us, she loves staying at Rosebud. We have time to visit the local attractions & have many picnics on the beach. We look forward to visiting again next year.

Thank you DATA for this amazing holiday at a very reasonable price. We would have had to pay hundreds more a day elsewhere.

Christine Coleston



## Heading to High Ground

It had been years in the planning. Legendary Australian actor Jack Thompson was ready to head to Kakadu to make a new film called *High Ground*.

But things got complicated when Jack was diagnosed with kidney disease in early 2018. It meant he would now require regular dialysis treatment three times each week, making it hard to travel. As his doctor said to his wife, "Mrs Thompson, you can have a dialysed Jack or a dead Jack".

There are no dialysis services near Kakadu. So Jack asked Purple House if they could help.

Purple House is the only provider of dialysis to patients in very remote areas through our 14 remote dialysis clinics across the NT and WA, and our legendary mobile dialysis unit called the Purple Truck.

Without use of the Purple Truck, Jack simply couldn't travel to Kakadu to make this film. But dialysis out bush can be expensive.

Thanks to your generous donation of



more than \$10,000, the Purple Truck spent October 2018 in Jabiru so that Jack could make his film. It gave Indigenous patients a chance to go back home to their country and communities for a month-long visit too! They were all dialysed together in the Purple Truck!

A huge thank you on behalf of Jack and all of us here at Purple House.

### About *High Ground*

*High Ground* is an action thriller set in the 1930s. It tells the story of a young

Aboriginal man raised by missionaries, who is recruited by a mounted policeman to hunt down a warrior leader in the epic landscapes of northern Australia, when a secret unravels that ultimately pits them against each other...

*High Ground* features both Jack Thompson, Simon Baker and local Indigenous actors as well.

This article was sourced from <https://www.purplehouse.org.au/heading-to-high-ground>



## Zoo Xmas Party



**What a GREAT day !** We were able to arrive at the time of our own choice, so plenty of time to look around. What a wonderful place the Zoo is—with paths so thoughtfully planned and what appear to be open paddocks for the animals to roam in, The cheetahs and the Meer cats, the elephants and the tigers . Then we all met at the Entrance gate in time to go and have some

finger food before we went to see the elephants. There were about fifty DATA people and families. We were then escorted to see the elephants enjoy their evening meal and swim. Their meal looked to me like parsnips, which were flung into the water or around and the elephants retrieved them. The Carers were very patient with them giving them plenty of time to have their parsnips. After their meal, the elephants enjoyed a play in the very deep pool before turning their heads for home. They love the water. The sun had gone down by then as we were escorted back to our room to finish our refreshments. Thanks to the Social Committee for organizing tickets and giving us another lovely day out.

Joan Eastwood



## Come to the Movies



Data Social Committee has booked out a Cinema at the Sun Theatre in Yarraville to see a private screening of a feature film of our choice!

It will be a current film ...so book a seat now... the cinema only holds 40 so very cozy and private !

Coffee Tea & Cake will be served after the movie in the private room next to the Cinema!

Movie Time: 2pm  
Date: Sunday 24th March 2019  
Where: Sun Theatre, Ballarat St Yarraville 3013

Cost \$12.00 Data Members & Careers & Children  
\$15.00 Non Data Members

Please join us for a wonderful relaxing afternoon.

Members Name .....

Phone contact .....

No. Adults attending .....

Children (under 15yrs) .....

Amount Enclosed .....

Credit Card payment or Direct Debit please contact the office on 98940377 and leave a message! Look forward to seeing you all there.



## Burying a Bentley

One of the richest and most powerful men in Brazil, Thane Chiquinho Scarpa, made waves when he announced plans to bury his million-dollar Bentley so he could drive around the afterlife in style. He received lots of media attention and was criticized for the extravagant gesture. Why wouldn't he donate the car to charity? How out of touch with reality is this guy? He still went ahead with the ceremony.



But, there's a twist.

Moments before lowering the car in the ground he revealed his genuine

motive: To create awareness for organ donation.

"People condemn me because I wanted to bury a million dollar Bentley, in fact most people bury something a lot more valuable than my car," Scarpa said during a speech at the ceremony. "They bury hearts, livers, lungs, eyes, kidneys. This is absurd. So many people waiting for a transplant and you will bury your healthy organs that will save so many lives."

## DATA Attends Opening of New Dialysis Unit in Geelong.

**On the 9th of November 2018 Charlie and I represented DATA at the official opening of Barwon Health's brand new 'Renal Services' facility at 74-76 Swanston St.**

The purpose built facility brings together the Dept. of Renal Medicine and the Home Dialysis Training Unit into a single-storey building featuring a larger, more accessible renal outpatients' clinic, a modernised home dialysis unit (including home haemodialysis and peritoneal dialysis), onsite parking, renal education and

administration services.

The opening ceremony got underway with speeches giving thanks to those who had contributed to the creation of the new unit. Special mention was made of the great work done by Professor John Agar who was instrumental in creating Victoria's first regional dialysis unit at Geelong in 1989 and who pioneered nocturnal haemodialysis in Australia. After the speeches Renal Operations Manager, Richard Knight, gave us a guided tour of the unit.

I personally was impressed with the small ultrasound machines that were stationed near the nurse's office, to help those learning to needle themselves. There are 16 chairs, which included 2 beds in single rooms for haemodialysis people to use when planning to dialyse at home overnight.

A light afternoon tea was then served, and several DATA members introduced themselves to us. It was a very positive day.

Ros Ball

## Dialysis at Sea

*The following article is taken from the traveldialysisreview web site with thanks to Greg Collette.*

oooOooo

*Here is a very welcome Guest post from Connie, who recently returned from the dialysis holiday of her life.*

First, after a year of researching, dreaming, negotiating and planning, my family and I (all six of us!) settled on a cruise (with dialysis on board) from Honolulu to Vancouver over 12 nights visiting many islands on the way. That was topped and tailed by two days in Hawaii and four days in Canada.

### Hawaii

First, we flew from Melbourne to Honolulu, with a two-day stay and one dialysis run at "Liberty Dialysis". The staff were very welcoming even giving me a gift of a neck pillow for my continued travels.

There, our stay included a stroll around Diamond Head Crater (an extinct volcano), a visit to Pearl Harbour and Waikiki Beach, made famous during the 1960's with many movies made on the beach and surf.



### At Sea

From here, we boarded the Celebrity Solstice. This was going to be home base for the next 12

*(Continued on page 10)*



# Dialysis at Sea

(Continued from page 9)

nights. Dialysis was every 2<sup>nd</sup> morning, this was by courtesy of: "Dialysis at Sea" an American company based in Florida. The machines used were "Fresenius"



and the staff were well experienced and friendly. My runs were at 5am x 4hrs, leaving me the better part of the day for exploring or resting.

There were several island stops where we were able to explore, like Lahaina where the girls and I enjoyed a helicopter flight over a dormant volcano while the boys played golf on the island.

There was also an Atlantis submarine voyage to a sunken ship and close encounters with deep-sea life. Our tender boat ride to the port of Kailua Kona was quite a sight as dolphins joined us for the 20-minute journey, entertaining us with their circus-like antics.

We must not forget Hilo where we were when its volcano, Kilauea, came to life and is still quite active. Our captain made a very quick retreat as soon as all passengers were on board. That night from the safety of the sea, we watched the coastline as lava spilled from the volcano.

From here we had five days at sea, where we blinked and they were gone because there was much to do on board, live entertainment, movies indoor or out, glass blowing, art auctions, trivia, shopping, the list is endless.

## Canada

On Day 12 we arrived at Victoria (British Columbia), very pretty with many beautiful gardens and Melbourne-like weather (yes, the skies opened up and we got drenched). Next morning was Vancouver where we embarked. Here a driver and car took us up the sea-sky highway for a panoramic drive into the mountains; followed by a helicopter flight over the glaciers, where we landed and stepped out onto the glacier. A brief stop at Whistler for lunch on the way back and a quick glimpse of the city skyline from Stanley Park wrapped up the full on day.



A dialysis run at St Paul's Hospital (part of Providence Health Care Vancouver), where they accept international patients, again all staff were very friendly and welcoming. We had an afternoon flight from Vancouver to Toronto and a drive to Niagara Falls.

This was our last stopover where we saw the falls from many angles (yes we got pretty wet!). The falls were amazing both day and night. A last minute, change of plan had me dialyse at St Catharines Hospital in Niagara.

A quick jaunt for some outlet shopping and back to Toronto to make our way home via Hong Kong where my family stayed on for a few more days, as Vince and I came back to Melbourne.

## About my dialysis

Overall dialysis units were similar but different – sizes, machines and ancillary services (such as meals, entertainment). No two units were the same.

There were a few hurdles to overcome such as language terminology used by local nurses and international patients. One was that nurses said they are going to "stick you" instead of "needling you".

Some units would not allow food or drink while dialysing. On the other hand, all unit staff were very experienced and very accommodating to travellers, and some went out of their way to help.

## Helpful hints

It is wise to have some understanding of your needs when dialysing and having some idea of blood flows and pressures.

Also, be flexible while travelling: do not allow small hiccups to become big mountains.

## Thanks

Most importantly, I must acknowledge the staff at Diamond Valley and my family for all their efforts, patience and encouragement it took to organize this holiday. Without them, it would not have happened and I would



have lacked the confidence to see it through.

Would I recommend planning your own holiday? ABSOLUTELY!!!

Yes I would like to do it again.



# Escape to Africa

**with Dialysis Abroad • 09 - 21 May 2019**

**Johannesburg • Victoria Falls (Zimbabwe & Zambia) • Chobe (Botswana) • Kruger National Park • Mpumalanga**



**Hosted by  
Nancy Douglas-Irving OAM**



**Escape to Africa with Dialysis Abroad and your host, Nancy Douglas-Irving OAM on this incredible 13 day safari adventure.**

Learn about some of South Africa's history and Nelson Mandela on a **Soweto tour**, then view the incredible **Victoria Falls**, one of the world's seven natural wonders. During your stay experience a sunset cruise, tour of the falls and a truly memorable helicopter flight over the falls. Continue to Botswana and enjoy game drives in the game-rich **Chobe National Park**, famous for its elephant populations before entering South Africa's famous **Kruger National Park** on safari in search of the Big 5 - lion, leopard, rhino, elephant, buffalo.



**09 - 21 MAY 2019**

**13 days land only from**

**\$14,466\***

per person twin share

Single Supplement from \$4,392

*This Exclusive Small Group Tour is based on a minimum of 10 passengers\*\**

## TOUR INCLUSIONS

- Meet and greet on arrival in Johannesburg
- Transfers and transport as per itinerary in 15 seater
- Internal flights and taxes within Africa
- 12 nights accommodation
- 12 Breakfasts, 5 Lunches, 11 Dinners
- In Johannesburg - Half day Soweto tour
- In Victoria Falls - Sunset cruise, Tour of the Falls, special Makwua-Kuwa & Boma dinner experiences, Helicopter flight over the Falls (12 mins), Lunch at Lookout Cafe
- In Chobe - Scheduled game drives in Chobe National Park
- In Kruger - Scheduled game drives in Kruger National Park
- Special Group Host, portage, guides and drivers
- Visas - Zambia(1) & Zimbabwe (1) for Australian Passport holders^
- Parks Fees & Gratuities^^

**\* Conditions apply.** Prices are land only in Australian Dollars and do not include International airfares, taxes, meals not stated, ^Costs associated with Dialysis treatment, Travel Insurance or items of a personal nature. Costs are based on currency exchange rates and are subject to change without notice and not guaranteed until paid in full. \*\* If a minimum number of 10 paying passengers is not met, price will need to be recalculated. ^ Visas included are 1 x Zimbabwe (Single entry US\$30) & 1 x Zambia (single entry US\$50) for Australian Passport holders only. Any additional visas required are at own expense. ^^Parks fees and gratuities have been included. It is essential that Dialysis Abroad Booking Forms are completed upon payment of the deposit. Travel arrangements can not be confirmed, or tickets issued until these forms are received. Bookings will be automatically cancelled without booking forms. A non-refundable deposit of \$2,000 per person is payable immediately upon booking.

**NB:** There are no wheelchair facilities available on this trip and travellers should be able to walk a minimum of 1 flight of stairs.



"The Heart and Soul of Africa."  
[www.africasafarico.com.au](http://www.africasafarico.com.au)

**Call: 1300 978 466**

To view the itinerary type this URL into your web browser  
<https://bit.ly/2rrSKRw>





**Dialysis and Transplant  
Association of Victoria Inc.**

PO Box 159,  
Forest Hill Vic 3131

Phone: (03) 9894 0377  
Email: [info@datavic.org](mailto:info@datavic.org)  
[www.datavic.org](http://www.datavic.org)

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Joan Eastwood 0402 097 331

**Secretary**

Charlie Ball (03) 9439 8866

**Treasurer**

Vicki Abbatangelo 0408 103 571

**Committee Members**

Angela Lindsey	Minute Secretary
Alan Rawson	(03) 9723 3019
Ros Ball	(03) 9439 8866
Darren Hennessey	(03) 9878 5483
Elaine Hennessey	(03) 9878 3211
Ron Hennessey	(03) 9878 3211
Christine Coleston	0402 828 970
Margaret Hagedorn	(03) 9798 2835
Deborah Haywood	0434 272 149

**Holiday Homes Secretaries**

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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. Vic. Inc.

## DEADLINE FOR NEXT ISSUE 28 FEBRUARY 2019

The Dialysis and Transplant Association of Victoria Incorporated (D.A.T.A.) is 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 event.

We own and run two holiday homes for use by our members - one is at Yarrawonga, the other at Rosebud.



**'Shoe String'** denotes the feeling of life when it is turned up-side-down and that, with Kidney failure, Dialysis or Transplant, you sometimes have to pull yourself up by the shoe strings to



## Note From The Editors

Well what do you think of our 2019 ShoeString? We have worked hard all January to try and get it right.

Let us know your comments both good and bad!

We would like to apologise for the last ShoeString which contained more errors than usual. In our defence it was done in a rush to get it out so members would have a chance to register for our Christmas outing to the Zoo, so proof reading was overlooked. Joan would personally like to apologise for using old copy and old PO box number which further complicated matters.

If you would like a copy of any of the reports from the AGM as mentioned on Page 3 or the Saward Dawson Financial Statement and their Management Letter, Please contact the DATA Office on (03) 9894 0377 or email: [info@datavic.org](mailto:info@datavic.org). We can email a scanned copy or post out a hard copy.

It is with great sadness that we note the passing of Mrs Dawn MacKrill in late October 2018. Dawn and her husband Edwin came to many of our DATA outings. She will be sadly missed. Our sincere condolences go to Edwin at this sad time.

Send us your ideas, or your story, or Items you would like covered in Shoe String. Maybe you could just say hello.

We look forward to hearing from you

The Editorial Committee

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