

Christmas in July

To be held at .

Manchester Unity Hall

8 Main Street Blackburn

On 20th July 2013

At 6.30pm \$25.00 per person includes

Dinner and Entertainment

Christmas in July will blow away the winter blues. Get ready for a great fun night.

Car parking available opposite

RSVP by 13th July 2013

See page 10



Reply to Christmas in July ASAP

Cut out the reply slip on page 10

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The Dialysis and Transplant Association of Victoria, Incorporated, (D.A.T.A.) is a patient self help group made up of people with kidney failure and their families and friends.

Social days are held at regular intervals and the year culminates with the annual Christmas party.

ShoeString denotes the feeling of life when it is turned up-side-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.

Editors note:

Not much input from the members this month I must have got it all last month. Please put pen to paper and tell us how you manage your dialysis. Or your life style now you are on PD. Tell us what a difference a transplant makes. Or just tell us what you did for your holidays this year.

Freezing cold as I sit here typing, but Ros says it's not much warmer at Alice Springs.

Hope Michael Allan is gradually improving after his recent bout of pneumonia. Michael & Eleanor were going to have a lovely holiday OS but had to cancel. These things happen when you are a kidney patient!

Our friend, Katelin Steavenson, has also been on the very sick list. She is home now and recovering. In fact she has just had a Big 0 birthday so BD greetings too.

Nick Hatzimichaelis says he is doing OK. after his operation in April.

Hope to see you all at Xmas in July- more info :Page 1,10.12. Joan Eastwood

How does DATA get more members, We need your help!

It is becoming more difficult for DATA to visit Dialysis units and let those with CRD (Chronic Renal Disease), new to Dialysis or even those who have been on dialysis for years know about us. We tend to rely on word of mouth from members, but this is not proving effective. Several committee members do get invited to education days and this helps gain a few new members. Sue and Ros have been to various kidney health forums, but again with limited success.

So over to you the Members If you can talk to your fellow Dialysis Patients, tell them to join DATA and pass on your Shoe String. or if you have any ideas please let us know. If you want to help ring DATA leave a message we will ring you back. Maybe hand out some membership forms just let us know and we can get them to you. Thanks Ros & Sue &Joan

Presidents report

Hi everyone,

I don't believe that it has been 12 months since I fell over and broke my hip, it is coming along well but I still have my moment with it, like this very cold weather, hope you are all keeping that heater on and are staying warm. I think Ros and Charlie have the right idea of leaving the state and traveling (hopefully) into warmer weather but as Joan has pointed out you can follow on her blog!

The end of financial year is upon us and Joan is doing a great job (as Treasurer with help occasionally from Eleanor) getting our books ready to be audited. This brings me to the next reminder, your subscription for membership is due and you will find your renewal form with this issue, so please fill it in and send it back to the office as soon as possible with your payment and Raffle Tickets for our annual "Special Effort Raffle". Great prizes 1st prize is \$500 voucher of your choice. 2nd is \$200, and 3rd is \$100 of your choice, oh! what voucher would I choose if I won the First Prize...mmmmm let me think, I don't think I would get a choice as Kassia is now 14, yes, 14 years old and I am sure she would expect that we would go clothes shopping for her of course!!!! Anyway don't forget to buy or sell them to your family and friends, that would be great.

Want a good night out? Well once again we are holding our Christmas in July event on the 20th July at the Manchester Hall 8 Main street Blackburn, so book your tickets now by sending back your acceptance and payment as soon as possible because it is getting really close and cut off date is very near. I have heard that maybe the man in red might show up.

As you all are aware the Blackburn house has been sold and we are renting it back for a while from the developer, we are presently looking for a replacement and Nick and Michael Allen are scouring the Real Estate sights on the internet for an appropriate Unit /Apartment and/or Office for us. As this goes to print I have no news of any-thing suitable yet but hopefully in the near future there might be some good news of new premises.

The only other thing that I have to mention and I know it is a while away but this year we are going to the Werribee Zoo for our Christmas Party. We have booked an outdoor space so we can all be together and we will have our own bus or buses for our safari tour around the zoo. It will be held on Sunday 26th November 2013, not our normal date of the first week in December, so please keep an eye out for your booking form in next Shoestring. It will be subsidised as we did when we went to the Melbourne Zoo. DATA will pay some of the entrance to the zoo but we need your booking well before the cutoff date so we can arrange getting the tickets to you!

Well, I think that is all from me at this stage, just remember to renew your subs, get your booking back in for Christmas in July, and keep warm and well. Until next SS Regards

Sue Hatzimichalis

Holiday Homes

Rosebud: Vacancies:

July 6th till July 14th.

July 28th till August 4th

August month is all free.

September 29th till 6th October

October 6th till 13th October

October 13th 20th October

Please let me know if you are interested in a holiday at Rosebud.

The winter rate is \$160 for the week.

We do get cancellations so please ring.

There is a machine at the house to dialyse or you can also ring the Rosebud hospital and check availability with them as well.

We would love to see some new members take advantage of this great house.

Rosebud Holiday Home Secretary

Amanda Pratt

Phone: (03) 9589 4894, E-mail: alpratt@gotalk.com.au



Yarrowonga:

Vacancies July 7th to 14th, July 21 to 28th,

September 1st to 8th. October 20th to 27th.

Not much room left, we do get cancellation, but if you dialyse first ring the Yarrowonga Renal Unit 57438189, find out what is available and then ring me 97233019.

We have purchased new taps through out the house to make it easier for us oldies, A new lounge suite has been purchased and will be delivered middle of June. The country around Yarrowonga is looking refreshed after a good lot of rain.

All you golfers try the Black Bull golf course. But you will have to hire a cart, longest 9 holes I have ever played. Alan

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

Yarrowonga House Secretary

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



REMINDER: YOU ARE NOT ALLOWED TO SMOKE IN ANY OF THE HOUSES.



Please consider the health of other members who use these facilities. Any member who does smoke in the DATA house will be dealt with at the discretion of the DATA committee, which will probably include a ban on using any of the holiday homes.

BLACKBURN

Blackburn house is still available . Please don't hesitate to give Sue a call if you would like to stay at Blackburn . Cost per room is \$50 00 per night and \$20 00 per extra person. It is self catering so bring your own food, including tea, coffee, sugar. You will also need to bring your own linen: sheets to fit a queen sized bed, single bed sheets, towels, pillowslips, and tea-towels.

Blackburn House is an easy walk to the train station and many bus routes stop at the station.

Melbourne is a great holiday place so why not come for a holiday and explore this great city and stay at Blackburn. It is not here just for you to go for checkups or hospital visits, it is here for holidays as well.

Also remember that when visiting hospital or clinics payment for travel and accommodation can also be arranged to be paid by V.P.T.A.S. (Victorian Patient Transport Assistance Scheme) see your social worker for information.

Come and enjoy a stay at Blackburn and explore Melbourne.

Phone for bookings:

Contact:

Sue Hatzimichalis: Phone (03) 9378 9222,

Mobile: 0412 469738 or DATA Office: (03) 9894 0377.

Why not follow Ros ' travels on her Blog which is

dynamicdialysis.wordpress.com

Check it out on the net (sounds like real fun almost as good as being there) -

Note from Ros

Holiday in the State's west, at CASTERTON just 42 kilometers from the South Australian border, and close to Hamilton, now has a dialysis unit. Holidays are available, ring the Casterton Memorial Hospital on 03 5554 2555 to organize times.

LORNE, on the Great Ocean Road, also has holiday spots available, for those on dialysis. Ring 5289 4300.

Diet Restrictions for those With Renal Disease.

Reducing SALT Intake

Salt is a mineral known as sodium, and used in most foods, to add taste. Salt is also used in many foods as a preservative. Eating salt for many years can make it difficult to cut down on, or stop having salt in your diet. Salt comes in different forms, such as rock salt, vegetable salt, sodium bicarbonate and baking powder.

Why the need to reduce salt intake?

Salt holds onto fluid in your body. As such this will increase your thirst (as mentioned in the May 2013 Shoestring) and increase your blood pressure.



Limit Foods High in Salt.

High Salt (Avoid)	Lower Salt Options
Cereals (e.g. Cornflakes, Rice Bubbles, All Bran)	Cereals with less than 300mg sodium per 100g e.g. Oats, porridge, Weetbix, Sustain, Just Right, Guardian
Dry biscuits (e.g. Salada, Clix, Savoury Shapes, Savoy)	Biscuits with less than 500mg sodium per 100g e.g. Rice or corn cakes, rice crackers, salt-reduced Premiums, Paradise Lites, Vitaweats, sweet biscuits
Corned beef, processed meats (e.g. salami, pastrami, bacon,), sausages, meat and fish pastes	Fresh beef, lamb, pork & poultry Roast meats from deli Shaved chicken & turkey from deli
Tinned tuna and salmon in brine, Smoked fish.	Tinned fish in spring water or oil Fresh fish
Cheeses (e.g. Feta, parmesan, cheddar, cheese spread)	Cheese with less than 450mg sodium per 100g Swiss, mozzarella, ricotta & cottage cheese Milk, yoghurt, ice cream, soy milk
Regular salt butter or margarine	No Added Salt varieties of butter and margarine
Potato or corn chips, pretzels, salted nuts	Unsalted nuts, fruit bread or scrolls, popcorn, muesli bars
High salt dips and spreads (e.g. French Onion, Capsicum, Salsa)	Sour cream, avocado, tahini, tzatziki, natural yoghurt
Vegemite, Promite, Marmite, Salted Peanut Butter	Jam, Honey, Golden Syrup,
Packet soups, stock and gravy	Homemade soups, stocks and gravies with herbs and spices for flavour. Massel® salt reduced stock powder
Bonox, Tomato Juice	Tea, coffee, water, soft drinks, soda water, mineral water, cordial, milk
Commercial Sauce (e.g. tomato sauce, soy sauce, fish sauce, oyster sauce, bottled pasta sauce)	"Reduced Salt" or "No added Salt" varieties Vinegar, lemon juice, lime juice
Takeaways food (e.g. pies, sausage rolls, pizza)	Fish & chips with vinegar/lemon, sandwiches, rolls, plain hamburger, baked potato, BBQ chicken (no stuffing)
High sodium medications (e.g. soluble Panadol, ENO, Berocca,)	

Diet Restrictions for those With Renal Disease.

Remember fresh food is always best & cooked without salt.

Reading Labels. Look for products labelled with

No Added Salt

Salt Reduced

Low Sodium

Low Salt.

For example

Kellog's Rice Bubbles has Sodium 302mg per serve, or per 100g has 1,008mg

Uncle Toby's Fibre Plus has Sodium 55mg per serve, or per 100g has 120mg.



To help flavour meat and vegetables, try using garlic, dry mustard, pepper, onion, shallots, mushrooms and tomatoes. Use herbs and spices.

When Eating Out.

It can be hard to avoid high salt foods, such as cheese sauces, gravy, ham, bacon pies and pizza. (and Asian food)

Try, fish and chips with no salt, using vinegar or lemon, pasta with tomato, meat or ricotta cheese sauce. Also try baked potatoes, and meat and chicken with vegetables, and salad with vinegar or oil dressing.

Comment

It is hard to give up salt, so don't try to do this in an instant and don't scold yourself, for not being able to succeed straight away. Always be guided by your dietician. Sometimes I have pizza, or other high salt foods, but this is always prior to dialysis, giving myself 3 or 4 hours to absorb the salt into my system enabling dialysis to remove it. Dialysing at home makes this easier. Ros. Ball

GREG'S BLOG (mostly about fluid intake and thirst.)

I sometimes wake up with a dry throat, especially after that bad food that Ros also likes. I stroll from the bed to the fridge and knock down a Yakult. Actually, I take it slowly, savouring each sip. It's amazing how long 65ml can last. There's something about that milky texture that is delightfully wet on my throat. (One per day. Phosphate binder is optional.)

- When I'm driving and thirsty or dry, I dip into my small supply of mints (and now and then boiled sweets) in the glove box. They work like chewing gum, but with the satisfaction of swallowing! For diabetics, go for the sugar free versions.

When I'm really thirsty and just about at my fluid limit I suck a few ice blocks. As a variation, a few frozen blueberries or grapes is are ideal, though you need willpower to stop at a few!

Thanks Ros & Greg for the above. If you have any questions ask your dietician. If you have other ways of reducing salt intake please let us know, for the next Shoe String.

To realise
The value of a sister/brother
Ask someone
Who doesn't have one.

To realise
The value of ten years:
Ask a newly
Divorced couple.

To realise
The value of four years:
Ask a graduate.

To realise
The value of one year:
Ask a student who
Has failed a final exam.

To realise
The value of nine months:
Ask a mother who gave birth to a
stillborn.

To realise
The value of one month:
Ask a mother
who has given birth to
A premature baby.

To realise
The value of one week:
Ask an editor of a weekly newspaper.

To realise
The value of one minute:
Ask a person
Who has missed the train, bus or
plane.

To realise
The value of one-second:
Ask a person
Who has survived an accident.

Time waits for no one.
Treasure every moment you have.
To realise the value of a friend or
family member:
LOSE ONE.

Remember...
Hold on tight to the ones you love!
Peace, love and prosperity to all!

TRY THIS RECIPE

SPANISH CHICKEN AND RICE

500gms skinless chicken breast cut
into four strips.

1 tsp paprika

1 tsp Moroccan Seasoning

1 tbs Olive oil

1/2 Spanish onion diced

1/4 green capsicum diced

1/4 red capsicum, diced

1/2 tsp chilli powder (or to taste)

1/2 tsp garlic powder

1/4 tsp ground cumin

1/2 cup salt reduced tomato puree

2 cups salt reduced chicken stock

Olive or Canola spray oil .

METHOD :

Sprinkle chicken strips with paprika
and Moroccan seasoning—set aside.

Heat frypan to medium, spray frypan
with olive oil,.

Cook chicken on both sides till golden
brown and cooked through , set aside.

In separate saucepan heat olive oil
and sauté onions and capsicum till
soft.

Add rice to pan stirring constantly till
lightly browned.

Add garlic powder, chilli powder,
cumin, tomato puree and chicken
stock.

Cover and cook on a low heat until
rice is tender and water is absorbed,
about 15-20 mins.

Serve rice with chicken on top.

Recipe above is CKD, Dialysis, and
Diabetes friendly and has been
adapted from a recipe at davita.com

*This recipe was taken from Kidney Health
Australia newsletter for May 2013*

Check out their web site;

www.kidney.org.au

Importance of Original Knowledge

Principle #1: Don't trust retellers, get hold of the original sources.

A new monk arrives at the monastery. He is assigned to help the other monks in copying the old texts by hand. He notices, however, that they are copying copies, and not the original books.

So, the new monk goes to the head monk to ask him about this. He points out that if there was an error in the first copy, that error would be continued in all of the other copies. The head monk says, "We have been copying from the copies for centuries, but you make a good point, my son."

So, he goes down into the cellar with one of the copies to check it against the original. Hours later, nobody has seen him. So, one of the monks goes downstairs to look for him. He hears sobbing coming from the back of the cellar and finds the old monk leaning over one of the original books crying. He asks what's wrong.

"The word is *celebrate* not *celibate*," says the old monk with tears in his eyes.



A 5-year-old boy went to visit his grandmother
one day.

Playing with his toys in her bedroom while
grandma was dusting, he looked up and said,
'Grandma, how come you don't have a boyfriend
now that Grandpa went to heaven?'

Grandma replied, 'Honey, my TV is my
boyfriend.

I can sit in my bedroom and watch it all day
long. The religious programs make me feel good
and the comedies make me laugh
I'm happy with my TV as my boyfriend.'

Grandma turned on the TV, and the reception
was terrible She started

Adjusting the knobs, trying to get the picture in
focus. Frustrated, she started hitting the
backside of the TV hoping to fix the problem.

The little boy heard the doorbell ring, so he
hurried to open the door and there stood
Grandma's minister.

The minister said, 'Hello son, is your Grandma
home?'

The little boy replied, 'Yeah, she's in the
bedroom bangin' her boyfriend.'

The minister fainted.

Poor old Granddad passed away cut off in his prime
He never had a day off, gone before his time
We found him in the Dunny collapsed on the seat
The doctor said his heart was good-fit as a trout
Foul play was not ruled out,
When Dad was called to have his say to how it came
about

There was a exploration mob have been looking at
our soil

They reckon our place would be good for oil
So they came down to bore holes for a trial.

They drilled a hole some said as deep as 3 miles
They never found any oil and they went post haste
But I could not see that hole go to waste
So I moved the Dunny over it,

A smart move so I thought

I will never have to dig again -I would never be
again caught short

The day I moved the Dunny ,it looked a proper sight
But I didn't know that Granddad would pass away
that night

Now I know what happened

poor old granddad did not know

The Dunny was relocated the night he had to go and
you will be wondering how granddad did his dash

Well he always used to hold his breath
until he heard the splash !!!

Letters and emails

We regularly get NEWSLETTERS from other dialysis & transplant groups . They mostly have a web site , so I am including a list for you to access on your computer . If you do not have a computer but are interested in reading the newsletters contact me on 9894 0377 and leave a message . I will post them on to you. (Joan)

List :

Dialysis Connection North West Kidney Centres Seattle West America www.nwkidney.org

Canberra Region Kidney Support Group www.crksg.org.au

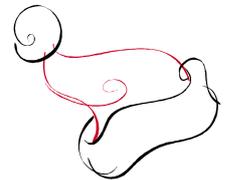
Kidney Support Network Queensland : www.ksn.org.au

Bendigo & Regional Support Group . Contact Gwen Baskett on 5444 0892

MedicinesTalk available on line . www.nps.org.au/ordernow

Please return by 13th July 2013 to PO BOX 165 Blackburn VIC 3130

Meal consists of Fruit Punch, Nibbles, Soup, Roast Meal with assorted Veg,
Christmas Pudding, Custard , Cream , Mince pies , Tea & Coffee.



Cut here

Return slip for Christmas in July 2013

Name

Phone

How Many people in your party .

Any special dietary requirements ?

Please include your payment with this return slip by 13 July 2013.

Payment enclosed \$25 per person

Please enc. Postal note or Cheque payable to DATA.....

Post to PO Box 165 Blackburn Vic 3130

SERVICE OF REMBRANCE 25TH MAY 2013

Last Saturday in May and time for Service of Remembrance and Thanksgiving. This year it was held at RMIT Storey Building, quite close to Parliament Station.

This service is for donor families, recipients and families to express their thanks to one another in an anonymous manner

The Service was meaningful and moving. We heard from a recipient of heart valves. His story was that he was a Dad who was looking forward to watching his little girl grow up and being there for her when he was diagnosed with severe heart problems. The heart valves were transplanted which transformed his life ..

This was followed by another Dad, who took us through his several years of suffering as he watched his little girl dying of liver failure until at the age of three she received a liver transplant. She is pictured here on the right talking to a friend.

Both of these families could not express in sufficient terms their gratitude to the donor families. The Melbourne Girls Choir sang beautifully. And the program had all the words printed, and they were full of meaning.

Following the formal service we all enjoyed afternoon tea and the buzz of conversation began. There were tears but nobody cared because we all shared the same overwhelming experience.

There were quite a few young people and



Ros Ball enjoying a cup of tea
with a lady who had donated her husband's organs.



families there and older people too.

We saw several familiar faces from DATA..

Thanks to Donatelife for their work in presenting this Annual Service of Remembrance 2013.

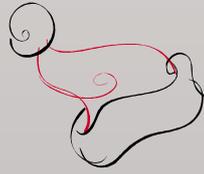
Joan Eastwood



Dates to Remember



20th July 2013 Christmas in July
Manchester Unity Hall, 8 Main Street Blackburn .
6.30pm



31st August 2013
Packing Shoe String To be confirmed
14 Queen St Blackburn

20 October 2013
Annual General Meeting 2pm
Manchester Unity Hall, 8 Main Street Blackburn.

24 NOVEMBER 2013
Christmas at Werribee Zoo

Watch our Web site www.datavic.org

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString are always looking for stories to publish. If you have a story to tell and you're not sure where to begin our editors would be more than happy to assist you in writing your article. Or if you have ideas of issues you would like to see covered, contact us.

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The views expressed in the editorial and the contributed items are those of the authors and are not necessary the opinions of D.A.T.A. Inc.

Deadline for the next ShoeString: 8th August 2013