DATA Christmas Party
AT Werribee Zoo
Sunday 24th November, from 10am.

RSVP NOW. Page 5

Happy 40th Birthday DATA, AGM reports & photos inside.
In this Issue

| Page 2 | Hello to all
|        | We hope you enjoy this copy of Shoe String.
|        | As I put it together the rain is falling and the fire is going! Yesterday I was taking my gear off today I am putting on extra!
|        | Sorry to report Nick is in Hospital again having attention to his fistula. Hope you are feeling a lot better Nick and come home soon.
| Page 3 | Presidents Report
|        | Now I do want to apologise again for the double mailing last month. I must reassure you that if you paid twice we have credited your membership with another year.
|        | Have a look at your envelope—it will say 2014 or 2015. Or 2013 if you haven’t paid at all. We do try to keep the membership list updated. We are working on it and with the help of Charlie Ball we hope we will get on top of it. We have some new ideas for more efficient packing and postage, so I will keep you posted (pardon the pun).
|        | We also take note that not everyone has cheque or credit accounts and postal notes are costly, and we are working on that too.
|        | What we really need is more active people on the committee or helping in the office. Our thanks to Fay Rawson and Eleanor Allan and Robbie Gamble who come in regularly to do mail, write receipts, and filing. It is a great help and much appreciated. Thanks a million! Joan Eastwood
| Page 4 | Holiday Homes
|        | Twanny and Elvie Cut the fortieth Birthday cake
| Page 5 | Information and Booking for the Werribee Zoo RSVP ASAP
|        | 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 upside-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.
| Page 6 | AGM Financial Report
| Page 7 | AGM Financial Report
| Page 8 | Potassium Foods
| Page 9 | KHA Angel Awards
| Page 10 | Low Potassium Xmas Cake
|        | Have a laugh
| Page 11 | The AGM photos
| Page 12 | Dates to remember

WHY NOT VISIT OUR WEB SITE www.datavic.org, or find us on facebook
AGM Presidents Report 2013

Thanks to the Committee for all their hard work and support. As you know DATA doesn't run itself—there are some wonderful people but they can't do it by themselves, we need new members on the Committee so please think about it and come and join us.

December 2012 Christmas party in the Guide Hall at Haliday Park. Numbers were down and it was very cold. DATA supplied a Spit Roast with salad and Jacket potatoes Thank you to committee Members who helped in setting up and packing up and putting the tables away.

In March this year we had our Members BBQ in the garden at Blackburn. It was quite well attended and the sausages were yummy.

Our last event was Christmas in July we only had about 40 people who attended. Ros & Charlie were away on their big trip. The night was good fun with the one man band played excellently and there were many up dancing. Ken Smith turned eighty so congratulations to Ken.

As you all know we sold Blackburn house, we have obviously settled and have been renting it back from the developer. But now the honeymoon is over as the developer has put up sign that he is wanting to develop the site. I am not sure how long we will be at the house but it looks like we will have to relocate the office soon, we will keep you up to date through Shoe String as we are informed ourselves.

To the packers of Shoe String without your help it would not be done in such a quick and efficient manner. Big thank you to Elizabeth Phelan for phoning you all and organising the packing day.

One last thing

Due to my broken hip which is well on the mend, and the up and down of the health of my family, I have decided to step down from the Executive committee and resign my position as President. I will be taking leave of absence but I am staying on the Committee but out of the limelight.

So I reach out to every one of you to consider coming on the Committee and helping DATA grow.

Sue Hatzimichalis

President 2012-2013

Abridged version

Sue joined the DATA Committee in 1997 and took up the role of assistant secretary in 1998. She became President in 1999 and has been on the DATA Executive ever since. She is definitely due for Long Service leave because there is no hope of a pay-out!

Sue has always been a good ambassador for DATA.

Sue has given hours and hours of her time running between Brunswick and Blackburn attending to DATA office work and phone calls all the while dealing with a sick husband and young family now almost grown up. We thank you sincerely for that.

Please have a break and we look forward to your participation on committee in a few months. From the Editors and Committee
The Rosebud Holiday House is booked out till after Easter in April 2014 and fully booked over the Christmas period. We do get cancellations from time to time so it is worth checking.

The rate for the house is now $180.00 a week over the summer period.

It is only a few minutes walk to the beach and a lovely walk along the boardwalk. Also a short drive will have you at the top of Arthurs Seat, with spectacular views across the Bay and back to the City of Melbourne.

If you require hospital Dialysis, please ring Rosebud Hospital first to see if they can accommodate you.

We have recently replaced the window in the back bedroom and also the posts on the outdoor area that were rotting.

It is nice to hear from members who have enjoyed their stay at the Rosebud house.

Amanda Pratt  
Rosebud Holiday Home Secretary  
Phone (03) 9589 4894  email: amanda@gotalk.net.au

Yarrawonga:

Next vacancies  
December 1st to 8th  Dec Jan 26th to 2nd Feb  
Feb 9/16  Feb 23/2nd March  
Bookings are going fast. We do get cancellations so please ring me.

If you have booked a fair way ahead, you must ring or email me to confirm your booking within a 3 months of going on your holiday.

It is pleasing to see so many haemo dialysis members holidaying at Yarrawonga September/October and November, 10 of the 12 weeks were haemo members either dialysing at the house or at the hospital, this is what our houses are there for, to enable members to have a holiday while on dialysis.

Also, if you belong to a hospital that does not use Gambro machines, but use Frescinious your hospital can arrange through the Monash Technical Department to take a machine to the house for you. How is that for service! A big thank you to Tony Mosca and the Tech staff at MMC.

Do not forget, if you need to dialyse at Yarrawonga Renal Unit, please ring the hospital first to see what is available, then ring me to book the house, you must then ring the hospital to confirm the dates and book in straight away. **Do not leave it until you are about to go to Yarrawonga.**

Remember you are responsible for the cleaning of the house which does include bathroom and toilet.  
Alan Rawson, 22 Tarwin Drive Croydon 3136  Ph. 9723 3019,  email: 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.
Werribee Zoo Christmas Arrangements

Firstly fill in the RSVP below and send to DATA PO Box 165 Blackburn (don’t forget to enclose the cheque or money order or Credit card. Details.

Tickets will be purchased and posted to you so you should have your tickets by Wed 20th November.

NEXT On 24th November come to Werribee Zoo

Directions:- Werribee Zoo is approx.35Kms from Melbourne. Take the Princes Freeway over the Westgate Bridge (or via Geelong Road) Take the Werribee South Exit To K Road. And follow the signs.

NEXT—check in at Chongola BBQ Area to the left of the entrance.

BYO Picnic lunch or BBQ food and drinks

There are two BBQs available to us so if you want to cook your sausages There are some tables and chairs there too.

We are not able to purchase tickets on the day so if you don’t book in you will have to pay full fare

RSVP

WERRIBEE Zoo DATA Christmas Picnic  Sunday 24th November

Please Return this half with your payment by 7th November 2013

Name ___________________________ __________________
Address ______________________________ Phone ________________

Number of Adults _______ @ $16.10 .  Adult Concession ________ @ $10.20
Number of children under 15 yrs _______ Free

We need these numbers for the bus  TOTAL cost __________

Or by CREDIT CARD  VISA □  MASTERCARD □

Card Number

Expiry Date

Verification number  □ □ □

Card Holders Name ___________________________ Signature ___________________________

Please enclose Cheque or Money Order, and post to DATA by 7th November 2013

POST to The Treasurer DATA Inc PO Box 165 Blackburn Vic 3130
Dialysis & Transplant Association of Victoria Incorporated

Statement of Comprehensive Income
For the Year Ended 30 June 2013

<table>
<thead>
<tr>
<th>Note</th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>102,384</td>
<td>80,776</td>
</tr>
<tr>
<td>12</td>
<td>(12,280)</td>
<td>(17,391)</td>
</tr>
<tr>
<td>6</td>
<td>(6,977)</td>
<td>(7,360)</td>
</tr>
<tr>
<td>4</td>
<td>(17,494)</td>
<td>(5,221)</td>
</tr>
<tr>
<td>6</td>
<td>-</td>
<td>(1,360)</td>
</tr>
<tr>
<td>2</td>
<td>2,532</td>
<td>2,362</td>
</tr>
<tr>
<td>5</td>
<td>(6,040)</td>
<td>(4,577)</td>
</tr>
<tr>
<td>6</td>
<td>(6,079)</td>
<td>(3,231)</td>
</tr>
<tr>
<td>3</td>
<td>3,859</td>
<td>3,085</td>
</tr>
<tr>
<td>2</td>
<td>2,461</td>
<td>3,216</td>
</tr>
<tr>
<td>2</td>
<td>2,550</td>
<td>5,160</td>
</tr>
<tr>
<td>1</td>
<td>1,350</td>
<td>9,087</td>
</tr>
<tr>
<td>3</td>
<td>(8,512)</td>
<td>(9,833)</td>
</tr>
<tr>
<td>3</td>
<td>(3,342)</td>
<td>(7,002)</td>
</tr>
<tr>
<td>3</td>
<td>(1,260)</td>
<td>(620)</td>
</tr>
<tr>
<td>1</td>
<td>1,650</td>
<td>(800)</td>
</tr>
<tr>
<td>2</td>
<td>(4,717)</td>
<td></td>
</tr>
</tbody>
</table>

Surplus/(deficit) for the year 24,201 (4,720)

Other comprehensive income:

Total comprehensive income for the year 24,201 (4,720)

The information above is taken from the Saward Dawson Financial Statements 2013. You can view the entire report from Saward Dawson on our website soon. Or you can request a copy to be sent to you, simply ring & leave a message. 03 98940377

Dialysis & Transplant Association of Victoria Incorporated (DATA)

Treasurer’s Report 2012-2013

Dialysis & Transplant Association of Victoria Incorporated (DATA) continued a strong financial position at end of our financial year to 30th June 2013 with available funds in bank accounts including term deposits totalling $1,859,220.

This financial year Eleanor Allan served as treasurer until March 2013 when, due to family commitments, she found it necessary to resign and tendered her resignation with effect 30/03/2013. At a subsequent Committee meeting I agreed to continue the work of Treasurer under the guidance of Eleanor Allan. I am most grateful to Eleanor for her guidance and help over the past six months. She has been a constant support to me in this new role.

We continued to work with MYOB accounting package. Rebecca, our Bookkeeper, continued to input data on computer for the financial year. Unfortunately for DATA, Rebecca resigned due to increased pressure of work in her own business. Her input of data for Dialysis & Transplant Victoria was quick and efficient and we will be hard pushed to replace her. In the meantime Eleanor is volunteering her time to do this chore with Rebecca reviewing the input and submitting our BAS statements.

(Continued on page 7)
The proceeds on the sale of Blackburn after selling expenses were $1,275,855. However after applying the Accounting standards (based on AASB 116 paragraph 39 and 41) the Gain on Sale of Blackburn was $11,826 as stated in the Notes to Financial Reports. The sale has resulted in significant differences in our assets during the year. Proceeds from the sale of Blackburn have, under direction of the Committee, increased Term Deposits from $550,000 to $1,650,000 total.

As you can see, settlement of Blackburn sale in February 2013, resulted in approximately $12,000 additional interest for the period to June. This amount more than covers the rental at Blackburn ($2080 monthly).

The main source of DATA’s income is Interest, Members subscriptions, donations and the AGM raffle. I thank everyone concerned for their generous donations to DATA and remind people that DATA has Deductable Gift Recipient status with Australian Tax Office which means donations of over $2 are tax deductible.

As it can be seen DATA is in a good position financially, I therefore recommend that the subscriptions should remain at the current level of $10 per annum.

Joan Eastwood
Treasurer October 2013
After discussing fluids and salt in previous editions of Shoestring, this time it is all about potassium.

Potassium is also a form of salt and is necessary to help your muscles and heart work effectively. Thus it is important to keep potassium at the correct level to prevent muscle spasms and this includes heart attacks. Normal potassium levels are between 3.5 and 5.0mmol/L. and it is a good idea to know just what your blood potassium is. Thus making it possible to plan your diet to increase or decrease your potassium levels. **REMEMBER to consult with your hospital renal dietician.**

Potassium is found in most fruit and vegetables, but some are low in potassium, and others are high and need to be eaten with caution.  

---

**Example of Low Potassium Foods.**

Beans  
Carrots  
Eggplant  
Lettuce  
Peas  
Cucumbers  
Apples  
Pears  
Blueberries  
Strawberries.  
**Tinned** apricots, pears, peaches, pineapple. (discard the juice)

---

**Example of High Potassium Foods**

Banana  
Fruit Salad  
Apricot  
Dried Fruit  
Avocado  
Potato  
Cauliflower  
Pumpkin  
Spinach  
Raw Tomato  
Puree Tomato.

---

**Example of Moderate Potassium Foods**

Oranges  
Pineapple  
Peach  
Cherries  
Grapes  
Broccoli  
Sweetcorn  
Raw mushrooms

---

**Example of Other Foods with High Potassium**

Treacle  
Nuts (except Macadama, Walnuts, Pinenuts).  
Peanut Butter  
Licorice  
Coconut, Milk and Cream.  
Coffee, Expresso, Percolated  
Fruit Cake  
CHOCOLATE

---

Ros Ball
**Congradulations to Karen Manley on her Angel Award.**

Karen is the Renal Dietician at the Austin Hospital and has been awarded an Angel Award. Karen came and spoke at our AGM 2 years ago. Karen spoke about the Research she was undertaking into changes of taste renal people suffer.

Karen has been involved in many seminars, Conference Presentations, Kidney Health Presentations, Diabetic Workshops and many other activities.

Karen has truly earned her Angel Award.

Read more on the Kidney Health web site, www.kidney.org.au

And another Angel Award to **Rosebud Holiday Dialysis Program**: For eight years the Rosebud Holiday Dialysis Unit (Peninsula Health) has allowed dialysis patients from both Australia and abroad the rare opportunity to use a dialysis treatment chair while on holiday. Last year the hospital provided 351 holiday treatments.

I guess Ros forgot to tell you—Congrats to **Ros Ball** for getting her Angel award this year too!

Good on you Ros!

---

**Shoe String** is always looking for stories to publish. If you have a story to tell and you are 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 things you would like to see covered—contact us.

Write to: The Editors ShoeString
PO Box 165 Blackburn 3130
email: editor.shoestring@gmail.com

Why not spread the word and pass this copy on to someone else?

**Thebigdandme.wordpress.com.**

Remember this blog Shoestring has mentioned before. Well the person who runs this blog has put in a few limericks about dialysing. This is only one of them

*It took me a while to see
That my kidney didn’t just stop making wee
Other jobs have gone wrong
Like making blood and bones strong
So I take activated vitamin D.*

He has also asked for more to include in his blog, so make some up and send them to us via P.O. 165, Blackburn 3130 - You might win a prize.!!
**Low Potassium Christmas Cake**

**Ingredients**
- 10oz/250g glace cherries, halved
- 10oz/250g mixed peel
- 8oz/200g tinned prunes, drained and chopped
- 2 tablespoons honey
- 1 tablespoon of almond essence
- 4 eggs beaten
- 1 dessert spoon brandy
- 10oz/250g plain flour
- 10oz/250g white sugar
- 10oz/250g unsalted butter
- 1 teaspoon nutmeg
- 1 teaspoon mixed spice
- 1 fl oz/25ml water
- a few drops of caramel colouring

**Method**

Cream the butter and sugar until soft and fluffy.

Sieve the flour and spices together.

Add the eggs and flour alternatively to the creamed mixture.

When mixed well, add the cherries, prunes and mixed peel.

Add the brandy, water and honey. Beat well until a dropping consistency is achieved.

Place in a greaseproof-lined, well greased baking tin (7"") and bake at gas 4/150C/300F for 3½-4 hours.

Nutritional Analysis (per 50g serve 672kJ; 6g protein; 6.5g fat; 24g carbohydrate; 30mg sodium; 42mg potassium; 22mg phosphorus

Recipe sourced from Kidney Health Australia’s Christmas Recipe Book presented at their “What’s Cooking” seminar 21 November 2009.

---

**RAFFLE WINNERS**

**FIRST PRIZE** $500. goes to
H Najmeddine Cambellfield

**SECOND PRIZE** $300. goes to
K Howder of Maryborough

**THIRD PRIZE** $200. goes to
T Higgins of Trafalgar

**Congratulations to all**

---

**Have a Laugh**

A teenager brings her boyfriend home to meet mum. They are appalled at his haircut, his tattoos, his piercings. Later her mum says, Dear, he does not seem a nice boy.’ ‘Oh please mum, says the daughter. ‘If he wasn’t nice. Would he be doing 500 hours of community service?”

A young man was delighted to finally be asked home to meet the parents of a young woman he’d been seeing for some time. He was quite nervous about the meeting, though, and by the time he arrived punctually at the doorstep was in a state of gastric distress. The problem developed into one of acute flatulence, and half way through the entry, the young man realised he couldn’t hold it in one second longer without exploding. A tiny fart escaped.

“SPOT!” called out the young woman’s mother to the family dog, lying at the young man’s feet.

Relieved that the dog ’s having been blamed, the young man let another slightly larger one go. ‘SPOT!” she called out sharply. “’I’ve got it made,” thought the fellow to himself. “one more and I’ll feel fine.’. So he let loose a really big one . “SPOT!” shrieked the mother. “Get over here before he shits on you!”

Thanks to Michael Manuele, and Alan Rawson for the above.
AGM time again. This was our Fortieth Annual General Meeting. Our guest speaker was Twanny Farrugia seen below with Miss Val, his Guide dog.

Below: Elvie Jones and Ethan Daws

Above: Michael Allan gives Phil Terry his Certificate of Appreciation

Right: Eleanor receives her Certificate of Appreciation.
Dates to Remember

-ooOoo-

November 24th DATA Christmas Picnic at Werribee Zoo
24th November.

Watch our Web site www.datavic.org

TBA Members Get together February 2014 Venue TBA

23rd February—2nd March Donate Life Week

13th March World Kidney Day

April—Carers Night with Phil Terry.

-ooOoo-

DATA Wishes All our Members and Your Families a Happy and Healthy Christmas and New Year.

P.O. Box 165
Blackburn 3130
Ph. (03) 9894 0377
www.datavic.org

Executive Committee

President
Michael Allan (03) 9561 4806

Vice President
Brendan Lowry

Secretary
Ros Ball (03) 9439 8866

Treasurer
Joan Eastwood (03) 9795 1649

Holiday Homes Secretaries

Yarrawonga House
Alan Rawson (03) 9723 3019

Rosebud House
Amanda Pratt (03) 9589 4894

Blackburn House
Sue Hatzimichalis (03) 9378 9222

ShoeString Editorial Committee

Joan Eastwood (03) 9795 1649
Ros Ball (03) 9439 8866
Sue Hatzimichalis (03) 9378 9222
Fay Rawson (03) 9723 3019

Committee Members

Sue Hatzimichalis (03) 9378 9222
Ken Smith (03) 5977 3580
Paul Murphy (03) 9779 9386
Neil Sixtus (03) 5977 8903

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: 30 Dec 2013