

## Congratulations

### Ethan

He won gold in the 100m freestyle

Gold in 100 metres breaststroke.

Silver in the 50m freestyle

Bronze in the 50m breaststroke and bronze in  
the 50 metres backstroke

also competed in both of the relays (4x50m  
freestyle and 4x50m medley)

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## Editors Note

About The Raffle—I must apologise for the several hiccups with the raffle books you received or did not receive last month.

There were several problems—firstly we did not have enough raffle books , and secondly we did not say clearly how much they were.

We hope to right these wrongs, so

If you did not receive raffle books last time you should receive them this time.....

If you have not received any tickets but would like some to sell please ring the office on 98 94 0377

Raffle books : each ticket cost is \$2.00, They are in books of 10, so a book is \$20 .00.

All raffle books due in by 13th Oct 2013 by mail , for draw at AGM .

Ros is back and has been in hospital but is much better .now. She was unable to do her page on Potassium for this edition. She apologises for this and will be back in action for next SS .

Joan Eastwood

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.

**Organ and Tissue Donation**  
Victorian Organ Donation Agency

Do you belong to an organisation within the wider community in general or the Culturally and Linguistically Diverse Groups in particular who require a free public speaker? Well I'm your man!

Since my retirement I have become a volunteer FREE public speaker for DonateLife Victoria anywhere within the Metropolitan Area.

DonateLife Victoria raises awareness and educates the community on organ and tissue donation in Victoria and Australia.

Being both a transplant recipient and a member of a donor family, I find being a public speaker for DonateLife provides me with the opportunity to contribute back to the community.

Contact Twanny Farrugia on  
MOB: 0412 107 734  
Email: [twannyfarrugia@gmail.com](mailto:twannyfarrugia@gmail.com)

I look forward to hearing from you for any presentation within the Metropolitan area only.

## Presidents report

Hi everyone

Hope you are all well and as we are getting nice weather hope you are out and about enjoying yourselves . I would like to welcome Charlie and Ros Ball back from their big trip, I am sure we will hear all about it in future Newsletters.

We had a wonderful night at Christmas in July. (See photos Page 11). I am disappointed that there were only a small number of us but we had a great time anyway. I must thank everyone who helped put on the night, to set up, to pack up, and to do the dishes. Without you the night would not be so good . I must say another big thank you to Kassia who did a wonderful job with the Trivia questions for me. Also Neil Sixtus who was my better half as MC on the night, and his 'soon to be' - daughter in law, Tyran. Tyran helped with the games and took some photos during the night. Thank you to you all.

### Just a few more important things to remember

1. Subscriptions are due and if you have paid ,thank you very much. If you haven't paid you will have a renewal reminder in with your newsletter—so please send it back asap.
2. We had a bit of a Muck up with our Special Effort Raffle tickets in July so you may notice there are Special Effort Raffle tickets with your newsletter. If you have received them with July Issue of SS, and have sent them back, please accept our apologies for sending more. It should only be those people who didn't get them last time, who get them this time.

If you do want them please send cheque/money order back to DATA by 13 Oct, Please send any unsold books back to back to DATA by 13 October. The Special Effort Raffle will be drawn at The AGM 20th Oct.

3. Don't forget the AGM on 20th October at the Manchester Unity Hall 8 Main Street Blackburn. This is a very important day for DATA , and we need you there. We have arranged a wonderful speaker , Mr Twanny Farrugia. Twanny is a life member of DATA, was on Committee in the early days and now he is doing some wonderful work with Donatelif. See Brochure page 2.

We are always looking for people to join the Committee, so if you would like to be part of a great team please let me know, we don't bite! LOL( lots of laughs).

4. Our Christmas party this year is at Werribee Zoo. DATA will subsidize each ticket by \$10.00 *So you will pay \$16.10 Adult. The cost for Concession will be \$10.20, Children less than 15 are free. So get your booking forms back to DATA asap., so I can get the tickets back to you before the big day. See pge 7*

Thats all for this month see you at the AGM

Sue Hatzimichalis President

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\*\*\* WHY NOT VISIT OUR WEB SITE [www.datavic.org](http://www.datavic.org) \*\*\*

Email for Dialysis & Transplant Association Inc. (Blackburn office): [info@datavic.com](mailto:info@datavic.com)

Email for Shoe String: [editor.shoestring@gmail.com](mailto:editor.shoestring@gmail.com)

# Holiday Homes

## Rosebud:

There have been a few cancellations in August. If you would like to go on my cancellation list if this happens, please ring me and let me know. Despite the cold weather, it is always nice to have a holiday at Rosebud. The house is heated throughout.

Dates that are available:

1st Sept — 8th Sept  
13th Sept—20th Sept  
27th Sept—3rd Oct  
15th Dec—22nd Dec  
23rd Feb—2nd March

I have had two enquiries this week from people who heard at Clinic about the houses and would now like to become members, so keep up the good work spreading the word.

*Amanda Pratt*

Rosebud Holiday Home Secretary

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



## Yarrowonga:

Next vacancies November 24—Dec 1st,

December 1- 8th, 8—15th, 15- 2nd, 22- 9

Bookings are open for next year

Bookings are going fast .We do get cancellations so please ring me

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

We would like to see more home dialysis members enjoying a holiday at Yarrowonga and Rosebud phone Amanda for Rosebud or myself for Yarrowonga, to see what is available.

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

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

Yarrowonga House Secretary

Alan Rawson, 22 Tarwin Drive Croydon 3136, Ph. 9723 3019, E-mail: [fayal\\_rawson@hotmail.com](mailto:fayal_rawson@hotmail.com)



**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.

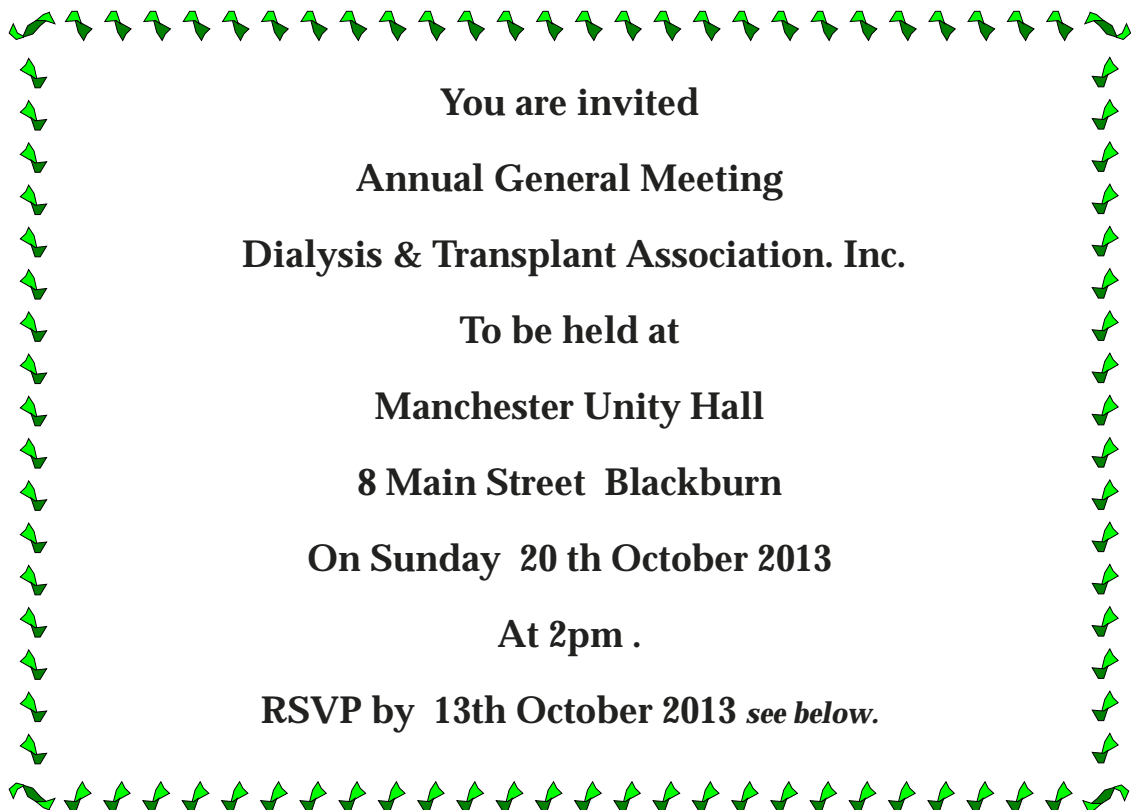
Also remember that when visiting hospital or clinics payment for travel and accommodation can also be arranged to be paid by V.P.T.A.S. (Victorian Patient Transport Assistance Scheme) see your social worker for information.

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.



Please print name *.and delete appropriate line.*

Yes we are able to come to the AGM on 20th October

Number attending .....

No we are unable to attend the AGM on 20th October .

Please return to PO Box 165 Blackburn 3130

NAME:.....

## THE ETHAN DAWS STORY

I was born at 32 weeks gestation but had stopped growing at 28 weeks old; therefore I was considered by the hospital to be 12 weeks premature. I weighed only 1.5kgs and had scarred, refluxed and very small kidneys. My kidneys were only 1/6th of the size of normal functioning kidneys. I was expected to have a transplant within 12 months but I proved the doctors wrong and had my kidney transplant on the 18/5/2011 at 14 years of age. At this stage, my kidneys were only functioning at a mere 3%. Luckily, my father was a match and he donated one of his kidneys.

After many months of treatment, I was asked if I would participate in The Australian Transplant Games in Newcastle September 2012, I did this and received 5 gold medals (3 in swimming, 1 in ten-pin bowling, 1 in tennis).

I was contacted by Transplant Australia and requested to represent Australia at the World Games in July 2013 in Durban, South Africa. I decided if I'm going to represent Australia at the games, I want to do my country proud so I joined the Kilmore Kouta swimming club and together we worked 3 days per week to improve my swimming.

I competed at the Geelong and won two bronze medals. Then I attended MSAC (Nationals) and came 15<sup>th</sup>. In February, I participated in district swimming in Seymour and won three gold medals and received the multi class Male Champion trophy. I have competed in the Yea District Pennant and Seymour District Pennant again winning in my section. In April, I received from the Kilmore Swimming Club, a trophy for Multi-Class Male Champion.

I headed to Durban on the 25<sup>th</sup> July 2013 with my family. I competed in 100m freestyle, 100m breaststroke, 50m freestyle, 50m breaststroke and 50m backstroke. My results were outstanding receiving 2 gold medals, one silver and two bronze medals.

My dream is to be the first S16 Multi Class swimmer to represent Australia at the Paralympics 2016, but my next challenge is the 2014 Australian National Championships..

*Ethan and his father ,Steven at  
the Games in Durban South  
Africa*



My thanks to Linda Daws  
and Ethan for this great story

Editor

**Have A Laugh:****Train Ticket.**

Three women and three men were about to travel by train to the football game. At the station the three men each buy a ticket and watch in amazement as the three women buy one ticket. "How are tyhe three of you going to travel on one ticket?" they ask. "Watch and learn." says one of the women. They all board the train and the three men take up their respective seats . All the three women cram into the toilet together. They close the door.

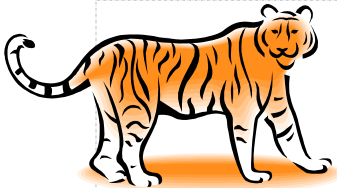
Shortly after the train departed, the conductor came around collecting tickets. He knocks on the toilet door and says "Tickets please." The door opens just a crack and a single arm emerges with a ticket in hand. The conductor takes it and moves on.

The men see this happen and agree that its quite a clever idea, so after the football game they decide tyo do the same thing and save money. When they get to the station they buy a single ticket for the return trip but see to their astonishment the three women didn't buy any ticket! "How are you going to travel without any ticket?" they ask.

"Watch and learn " said the women.

When they boarded the train the three men crammed into the toilet and the ree women crammed into one further down. Shortly after the train started on it's way, one of the women leaves her toilet and walks down to the men's toilet. She knocks on the door and says in a gruff voice "Tickets Please!"

(Still trying to work out why men think they are brighter than women.)



Please join us on  
 Sunday 24<sup>th</sup> November 2013  
 at Werribee Zoo  
 at 10am for our Christmas Party.

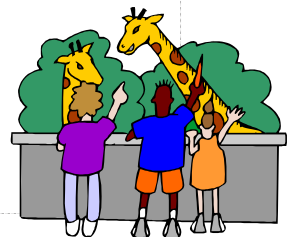
We have booked an area where you can leave your chairs tables and lunch,  
 so you can walk around the Zoo and come back to a home base.

We will have a bus tour at about 1.30pm

I will let you know more information in the next newsletter or with your tickets

Please send your booking form along with your payment to

*DATA PO Box 165 Blackburn 3130 By 30<sup>th</sup> October 2013*



Name ..... Ph.....

No. Of Adults .....@\$16.10 No. of Adult Concession..... @10.20

No. Of Children under 15.....FREE (we need these numbers for the bus)

# New Technology: What's Coming

With Thanks to John Agar for permission to Copy from his Webpage.

[http://www.nocturnaldialysis.org/technology\\_whats\\_coming.htm](http://www.nocturnaldialysis.org/technology_whats_coming.htm)

- With the arrival of the NxStage dialysis machine in Australia, there is lots of interest into what might soon be available. (video of NxStage on rafting trip - <http://www.youtube.com/dialysisdan> )

## The Fresenius portable sorbent system (the "PAK") ...

Is a truly portable dialysis system by splitting into two halves ...

- ◇ A 20.4 kg pump unit
- ◇ A 10 kg reservoir unit

It also features:

- A disposable cartridge with dialysis fluid lines, blood lines and HFAK
- No air blood interface which, like the NxStage, reduces heparin requirements
- Has a wipe-down to disinfect casing
- Has automated prime and rinse back
- Has a heparin pump and a medication port
- Allows data storage
- Uses a water source of only 6 litres of tap water ... indeed, 'any' water
- Uses sorbent technology >> near-ultrapure dialysis fluid

Clinical trials are expected in 2013

The PAK



## Baxter's Home HD System ...

It is a relatively standard-sized dialysis system, it has taken the old hot water sterilization processes of the 1990s Aksys and turned it into 2012<sup>+</sup> technology.

- It uses hot water sterilization
- The consumables – like with the old Aksys – only need to be changed once a month ... lines, dialysers, water filtration systems ... the whole shooting match.
- It is entirely a one patient + one machine system ... the consumables clearly cannot be used for anyone *other than* for the patient who first used them without changing the entire circuitry and, as such is, an ultimate one patient, one home system.
- While it is clearly not a portable system – its' water processing technology is 'on board' in the lower half of the machine – it is a stand alone system.
- It does not need *additional* water systems outside the 'box' of the machine.
- There is no clumsy filtration and reverse osmosis equipment outside the machine casing.





### The Quanta Self-care\* ...

The Quanta is a UK system that is now in clinical trials. It is a single pass dialysis system and does still require water preparation with an external, though streamlined, R/O support process.

The Quanta website is ... <http://www.quantafs.com/>

The Quanta, as a machine, has been 'shrunk'.

It is NxStage-sized and essentially is a table-top system.

It is much more efficient in its use of water

It is clearly small and portable – though the dependence on an RO limits its complete portability

It uses a disposable cartridge to generate the dialysate for every treatment but, as the machine itself is never in contact with blood or the treatment fluids (the pre- or post- dialysis dialysate), it does not need disinfection or sterilization.

It has a simplified and intuitive training and user interface.



### The AWAK Peritoneal Dialysis System ...

The AWAK is an *Automated Wearable Artificial -Kidney* ... an automated, 24 hour a day, 7 days per week continuous peritoneal dialysis system.

It, too, uses sorbent technology, as does the Pac. The AWAK can be seen at their website = the source of the following material.

[http://www.awak.com/wearable\\_dialysis.htm](http://www.awak.com/wearable_dialysis.htm)

The AWAK has recently entered paediatric trials in Germany – the outcomes of which will be eagerly awaited in peritoneal dialysis circles.

**Comment :** I have also heard about Nanotechnology, (as mentioned on John Agar's webpage) a miniaturisation of a dialysis machine. Just how small can technology go? How many of these machines will prove successful, and how many will find a market in Australia, is yet to be determined. But personally I can't wait. (Ros)

A man walks into a shop to buy a Barbie doll for his daughter . He asks the saleslady "How much is that Barbie doll in the window?" In a condescending manner she responds "Which Barbie? -

We have Barbie goes to the Gym \$19.95

We have Barbie goes to the Ball \$19.95

We have Barbie goes Shopping \$19.95

Barbie goes to the Beach \$19.95

Barbie goes Nightclubbing \$19.95

And Divorced Barbie for \$265.00"

"How come Divorced Barbie is so expensive?" He asks . "Thats obvious," the saleslady replied "She comes with Kens' house, Ken's car, Ken's boat, and Kens furniture .



### **Have A Laugh**

A group of Americans were travelling by tour bus through Holland . As they stopped at a cheese farm , a young guide led them through the process of cheese making, explaining that goats milk was used. She showed the group a lively hillside where many goats were grazing.

'These ' she explained 'are the old goats put out to pasture when they no longer produce.' She then asked 'What do you do in America with your old goats?' One spry old gentleman remarked 'they send us on Bus Tours!'

## XMAS IN JULY 2013

Xmas in July was fun as usual, The food was good, and the music was great – Those Neil Diamond favourites always get us singing along. Kassia provided us with some really good trivia questions, and a puzzling ‘WHO AM I’.

There were about 45 people in attendance, the night was quite chilly but we soon warmed up, with the hot soup –Angela’s home made soup won the day. The meal continued with the hot roast meats and a wide variety of salads. We all enjoyed the plum pudding, fruit salad and cream.

One person who did have a great night on his Eightieth Birthday was Ken Smith! Congrats Ken that’s pretty good going. We nearly set fire to the whole place with the number of candles- and sparklers blazing away.

Thanks to all those who helped before and after. Like Phil Terry, Doug Lindsey, Angela Lindsey Peter Wilson, Elizabeth Phelan, Bev and co, Sue H and Kassia H, and Joan.

This was our tenth or eleventh Xmas in July. Maybe next year we will change our program.

Any suggestions? Send them in – email or phone and leave a message.

## Letters and emails

Why not follow Ros ‘ travels on her Blog which is [dynamicdialysis.wordpress.com](http://dynamicdialysis.wordpress.com)

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

### Tombstone Country Country Music

Sunday 27th October 2013

Shaws Road, Teesdale, Victoria

After 12.00 noon to 5.00pm  
BBQ lunch

Sausage \$2.00 each  
Salad included

BYO DRINKS AND SNACKS

All Proceeds To Geelong  
Rotary Dialysis Unit

*Frankie V.Simovic*

Holiday in the State’s west, at  
CASTERTON just forty two  
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.

### DID YOU KNOW??

There is a place in Melbourne where  
you can re-cycle old X-Rays. Many  
kilos need to be processed to recover  
the Silver in them, but it's a far better  
option  
than putting them in land-fill.  
The firm is...Quantum Technical  
Services

28 Metropolitan Avenue,  
Nunawading. Vic. (Off Whitehorse  
Road)

Hours are 8a.m. to 4p.m. Monday to  
Friday. Tel. 1300 247 266 You can  
park in the Bunnings car park from  
Metropolitan Avenue.  
Elizabeth Phelan



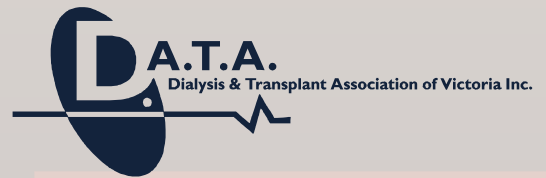
Thanks to this young lady, TYRAN daughter in law of Neil Sixtus for taking all these photos of our Xmas in July . 2013



I don't think he got what he wanted from Father Xmas



# Dates to Remember



20 October 2013

Annual General Meeting 2pm

Manchester Unity Hall, 8 Main Street Blackburn.

See page 5 for details .

27th October 2013

Packing Shoe String to be confirmed

24 NOVEMBER 2013

Christmas at Werribee Zoo

See page 7 for details .

Watch our Web site [www.datavic.org](http://www.datavic.org)

\* \* \*

**Our thanks to all who contributed to this edition.**

Why not spread the word and pass this copy on?

*ShoeString* 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 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: 3rd October 2013**