You are invited to a

MEMBERS BARBEQUE

AT

BLACKBURN HOUSE

To be held on 10th February 2013

12 noon to 4pm

Barbeque will be ready for 1pm

14 QUEEN STREET BLACKBURN

Salads, Sausages, Shazlicks, Hamburgers provided

Tables, Chairs, Tea & Coffee provided.

BYO cold drinks, sunscreen and sweets.

RSVP 3rd February 2013 (see reply slip below)

Or leave message Phone 9894 0377

Name ........................................... Number of adults ...............
Phone ........................................... Number of Children .............

☐ Yes, I will be attending the BBQ on 10th February 2013
☐ No I am unable to attend.
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### A Note From the Editors…

Hi everyone and a Happy New Year to you all. It's hard to believe Christmas has come and another year is over.

It has been two years since Adrianne & I took on the role of editors for ShoeString and all that the role entails. We have enjoyed contributing to this newsletter and especially enjoyed hearing your personal stories that you have shared with us and readers of ShoeString.

Due to increased work & personal commitments we have decided to pass this role on. We hope you enjoy our final edition of ShoeString and we wish you all the very best of health and happiness for the future.

*June & Adrianne, Editors*

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.

Visit our website at [www.datavic.org](http://www.datavic.org)
Happy New Year to everyone and I hope you all had a wonderful Christmas and didn’t over indulge in anything that you shouldn’t have.

To start our festive season, some of the committee (as in Nick, Eleanor and I) went to a Christmas Lunch at Peter James Dialysis Unit. It was a wonderful day, the man in red showed up and we had some singers that entertained us after lunch and we went home really in the mood to start the season, I gave a little talk and we gained some new members which was fantastic!

Data had a good response to our Christmas party on the 2nd Dec, there was about 30 – 40 people (including committee) all sitting under our beautiful tree at the Guide Hall in Halliday park, the breeze was a bit cold under the tree but the food, (which was a spit roast from Christy’s Spit Roast) and company was great. (See article & photos for more details)

There has been some changes as you all would be aware…we did sell the Blackburn house and we settle in February but we are fortunate that we can stay at 14 Queen Street for a little while longer (more details in later SS). So all you country people, Blackburn is still available to come and stay, so just give me a ring to book in, whether it is for a Doctor’s visit or maybe you just want to come to the city for a holiday, we would love to accommodate you for as long as we can.

I must thank, Kaitlyn Steavenson for a wonderful job that she did in managing the Rosebud house, and welcome our new home secretary Amanda Pratt on board….Amanda’s number is in her report so please give her a ring if you have any questions or want to make a booking. Alan Rawson is still doing Yarrawonga, and I am still doing Blackburn so we would all love our phones to ring off the hook with inquiries about the homes.

As you read through the SS you will see what is planned for the coming year and where we as a committee will need some help. So if you have some time to give please give me a call and we can discuss your expertise and where you can help. Our first big event will be our BBQ at the Blackburn house on Sunday 10th, (see invitation front page) and RSVP as soon as possible, everything will be supplied you only have to bring something to drink (if you are allowed). I look forward to seeing you all at some future social event, keep well, keep cool.

Sue Hatzimichalis, President.

Farewell June and Adrianne

As we understand this is their last Shoe String, the Committee of DATA would like to thank June Salt and Adrianne Betlehem for their innovative work over the past two years. The magazine has certainly blossomed under their management. This was not an easy task. (working for a committee never is!), and so we thank them for their perseverance. The Shoestring has benefitted by it. We wish them both well in their future work.

Joan Eastwood, for the Committee of DATA
Happy New Year to you all.
For those that don't know me, my name is Amanda and I have taken over bookings for the Rosebud house for 2013.
I was a Haemo patient for Four and a half years and have now had a Transplant for 10 years.
The House is booked till the 7th of April 2013 but we do get some cancellations so it is worth checking.
The house has mainly been booked by Transplant and Haemo patients so far this year.
If you are a Haemo patient, pls check the availability with Rosebud hospital (5986-0776) first before booking or we can organise the dialysis machine at the house.
Please do NOT turn off the power or water before you leave as someone will be coming in after you.
You are responsible for the cleaning of the house before you leave.
I hope many more members get the opportunity to take a holiday at the Rosebud home.

**Rosebud Holiday Home Secretary**
*Amanda Pratt*
Phone: (03) 9589 4894.

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Vacancies February 10/17 School Hols March 31/7 April 7/14
Bookings open for 2013
We do get cancellations so please ring me

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 but please ring the hospital and book in straight away
Do not leave it until you are about to go to Yarrawonga.
I have had complaints that the Bathroom is not being cleaned properly.
Remember you are responsible for the cleaning of the house which does include bathroom and toilet. **Alan**

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

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**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.
Recycling

A month or so ago I found a link to the Kidney Health Website that referred to how to re-cycle Mobile phones. However today, after their upgrade to their website, I cannot locate that page which included details on how to recycle and obtain envelopes for sending phones. Now the only information I can find is located below and says updated 29/12/12 which appears incorrect as I got the information later than that. Never mind, here is current link re recycling – perhaps you can mention the recycling program for Clothing, Cars, Mobile Phones and Used Stamps along with the various contacts (listed at link below) so people without internet access can also participate. http://www.kidney.org.au/Youcanhelp/Recycling/tabid/657/Default.aspx

Walk and Talk Organ Donation

Walk from Steampacket Gardens to Rippleside Park to promote organ and tissue donation. A Free Barbeque will be provided.

When: 24 February 2013, 09:00 AM - 11:00 AM
Where: Steampacket Gardens
Costs: Free
Facilities: Catering and/or dining

Further information
Associated Organisations: Donate Life / Barwon Health
Contact: Kathryn Coulmans
Phone: 0411 232 458
Email: kathrync@barwonhealth.org.au

Wanted

– Helpers for Shoe String –

Duties would be to help compile the bi monthly Shoe String.

The Committee have yet to meet and discuss the options open to them. The Committee may consider an Editorial Committee, with four people instead of one editor. Please indicate your interest by contacting DATA on 98940377 or Joan Eastwood on 9795 1649 and leave for Joan Eastwood. Please leave your name and phone number and we will return your call.

DATA desperately needs volunteers ...

DATA is looking for volunteers willing to help not only with the preparation of Shoe String, but also with other basic office tasks. If you think you could help please contact Joan Eastwood as above. (answer service at both numbers).

Tombstone Country music

Fundraiser for Barwon Health Geelong Dialysis Unit

Where: Shaws Road, Teesdale, VIC
When: 24th February 2013

Tombstone runs a Sausage Sizzle from 12.30pm and live music from 2pm.

Donation for Admittance: $5.00
Strictly B.Y.O. Drinks.

Murray Walker:
03 52815383, m: 0427 015 515
The day of the transplant has arrived, David and mum are taken to the operating theatres. The doctors will remove a healthy kidney from a mother and place it into her son's weakened body and hope that it will not reject. After the transplant David is admitted to the intensive care unit, in a room on his own away from any infection or contamination from the outside world. His immune system is vulnerable to infection and when we visit we all must wear masks and hospital gowns. He is not aware we are there. Mum is taken back to the ward where she will recover, we will know in a day or two whether or not the transplant has been a success.

The transplant is a success, David is released home after one week and mum after two. It is several weeks before both are fully recovered. David has a new lease on life, he will need to take anti-rejection drugs everyday but this is a small sacrifice for the quality of life he will now have. Mum is happy and healthy and lives life everyday blessed with the knowledge her son is well.

David recovered relatively quickly and life was soon back on track. Kathy & David had two other children and lived life to the fullest. They have had many holidays with the children, travelling overseas and within Australia. David has been able to carry on with a successful career. The life expectancy for a donor kidney is ten years. David is fortunate the donated kidney from mum lasted for 14 beautiful years. He is forever grateful to mum and cherishes the unique bond they share from this experience.

David unwillingly had to return to Dialysis treatment when mum's donated kidney was overcome by the same infection which had caused his own kidney's to fail. David spent a few agonising months on dialysis. On a rare Saturday outing playing golf as he would have done when he was well, fate approached him in the form of a fellow golfer. He introduced himself as Ted and said "I've heard of your need for a kidney transplant, and if there is any way I can help you I would like to do so." David was speechless.

David explained to Ted the need for compatibility when donating a kidney and they organised a day to meet and discuss it further. They met a week later. David discussed the testing in detail with Ted, it did not deter Ted he wanted to help. They began running some tests and found he was compatible. It was a miracle! Where did this kind hearted stranger come from? Our entire family could not believe it. We met Ted's family at a special dinner. Ted's children where there and where all very accepting of the decision Ted had made.

David and Ted came through the transplant with flying colours. All of our family will forever be in Ted's debt for all he has given. That was nine years ago and the transplant is still thriving.

As horrible and sad an illness can be it can also have some positive effects on your life. It has strengthened the bonds within our family and brought even more love and respect amongst us all. After such an experience you do look at life through different eyes and treasure each and every moment. David is well at the moment and doing great. There are no cures for kidney failure and there are times he does get sick, this might be for short or long periods of time, but in between these times he loves life and looks forward to everyday. I am proud of my brother David for the courage he has shown throughout the years and for all he has had to endure.

June Salt
Information for patients and willing donors

What is the Australian Paired Kidney Exchange (AKX) Program?
The Australian paired Kidney eXchange Program is a nationwide living kidney donor program. The goal of the AKX Program is to increase live kidney donor transplants by identifying matches for incompatible donor/recipient pairs.

The AKX Program is part of the Organ and Tissue Authority’s (the Authority) efforts to increase available organs from living donors. Approximately 30% of potential donors fail to fulfill their wish to donate a kidney to a relative or friend due to incompatible blood group or tissue matches. Long-term results from living donor kidney transplants are excellent.

A paired kidney exchange can happen when a living donor (Donor #1), who is willing to donate to a spouse, friend or relative (Recipient #1), is unable to donate because they have an incompatible blood type or tissue type. The AKX Program will help find compatible donors amongst other registered pairs who might be a suitable match (such as Donor #2 and Recipient #2 shown below). This enables two compatible living donor transplants to occur.

Who can become a live donor?
Most living organ donors are relatives of a person receiving the transplant (e.g. parent, brother or sister). Recent advances in medicine have now made it possible for people not related, to donate to the person who needs a transplant (e.g. spouse, partner or friend). Living donation by a relative or friend is called a live directed donation.

If thinking of making a living kidney donation discuss this with your GP to assess how this may affect your individual health.

Living donation can also be non-directed
Donations of bone marrow by volunteers are a common form of this type of donation. Non-directed kidney donation is a new practice worldwide. It is still rare in Australia and is only possible at some Australian hospitals. In these cases, a person decides to donate a kidney to help whoever is on the waiting list. The donor has no say in who will or will not receive the kidney. Care is taken to protect the privacy of this type of donor.

Can I donate my kidney to a stranger?
Non-directed live donation means being a live kidney donor to a complete stranger. Someone donates a kidney and allows it to be transplanted to the most suitable recipient on the waiting list. This is a very serious decision - you may need to talk about it with your family, friends, GP, renal transplant nurse, social worker or counsellor. Policies and guidelines are currently being developed in some states of Australia.

Can I buy or sell a kidney?
No - Trade in human organs and tissue is illegal in Australia and also ethically unacceptable. Anyone involved would face criminal charges. The illegal buying of organs overseas raises the risks of recipients contracting blood born diseases, complications, or even death.

DonateLife™ Australian Government Initiative www.donatelife.gov.au
ask you to DISCOVER - DECIDE - DISCUSS

- Discover the facts about organ and tissue donation
- Make an informed choice and Decide about becoming a donor
- Discuss your decision with family and friends

DonateLife offer a range of further information for your consideration: see Australian Paired Kidney Exchange Agreement to Participate or call the Australian Organ Donor Register, 1800 777 203.

Reproduced, with thanks from Kidney Health Australia.
1. These Awards are to be known as the *Ron Jones Educational Awards*. They are to honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones AOM.

2. The purpose of these Awards is to encourage scholastic achievement.

3. The Awards will be judged on scholastic ability exclusively assessed by a panel of judges accepted by DATA. No correspondence will be entered into.

4. An applicant must be either a financial member of DATA with chronic renal disease or the child of a financial member of DATA who has or did have chronic renal disease.

5. An applicant must have completed any of years 7 to 11 and may apply for an Award by the end of May of the following year for presentation at the AGM of that year.

6. Assessment will be judged on an Applicant’s previous year’s full school reports together with a 300-word handwritten essay on the topic of ‘My Chosen Career’. Failure of an Applicant to submit full years’ reports may, in the discretion of the DATA Committee or the Judges, result in the disqualification of that Applicant.

7. The amount to be expended each year will be $2000.00 and any amount not expended in any one year will not be available for use in subsequent years.

Provided there are sufficient Applicants with merit, there will be:

a) One (1) Award of $800.00 based on demonstrated excellence and scholastic ability.

b) Three (3) Awards of $400.00 each for encouragement of future academic achievement.

If, in any one year, no Applicant demonstrates a sufficient degree of excellence, the judges may, in their discretion, withhold the Award of $800.00 based on excellence and scholastic ability. However, irrespective of the standard of the Application and provided that there are sufficiently qualified candidates, the judges must award three (3) encouragement Awards.

8. Notice of the Awards will be advertised in at least three subsequent editions of *ShoeString* starting in the November edition of each year.

9. Applications will be printed in *ShoeString* and should be forwarded to the DATA Office by the end of May. Late applications will not be accepted.

10. **Schedule of Deadlines for Applications and Judging.**

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<td>Close of Applications</td>
<td>end of May</td>
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<tr>
<td>Applications to Judges</td>
<td>last week of June</td>
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<tr>
<td>Results from Judges</td>
<td>second week in September</td>
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<tr>
<td>Advising Award Winners</td>
<td>3 weeks before the AGM</td>
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<tr>
<td>Presentation of Awards</td>
<td>at the AGM in October</td>
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11. An Award winner cannot apply for another Award for another two (2) years. An unsuccessful Applicant can apply in subsequent years.

12. Awards will be presented to the successful Applicants at the AGM of each year. Parents will be invited to bring the Award winner to the AGM to receive a Certificate of Achievement or a Certificate of Encouragement.

13. The awards will be presented by Mrs. Elvie Jones, a Ron Jones family member (i.e. Mark or Dirk) or the President of DATA.

14. Privacy: No personal information given in an Application will be available to anyone. The only exception to this rule will be that an Applicant’s age, school reports (with the Applicant’s name and School obliterated) and the essay will be available to Members of the Judging Panel. Further, this exception will apply to a Sub-Committee specifically nominated each year by the DATA Committee to process the Award Applications. Those nominated persons will work in accordance with all Privacy Laws applicable in Victoria. Applications forwarded to the Judges will have a code of identification known only to the nominated Sub-Committee.

15. **Amendment:** These Rules may be amended by a majority decision at any validly constituted DATA Committee meeting provided that the Members of the Committee have been given at least 7 days notice of the proposed changes.

Rules amended 7 October 2008
APPLICATION FORM FOR THE RON JONES EDUCATIONAL AWARDS.

Applicants are requested to complete this form and forward it to

The Secretary
D.A.T.A. Vic Inc.
P.O. Box 165, Blackburn 3130.

Applications must be received no later than the 31st May 2012. Winners will receive awards at the A.G.M in October

Applications must include a handwritten essay of 300 words entitled “MY CHOSEN CAREER.”
Also include the previous year’s school reports.

Please fill in this form using Block Letters.

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:
Sunday 2nd December 2012 was a lovely day at Halliday Park, Mitcham. It was a perfect Melbourne day, for a Christmas lunch, sunny with a slight breeze.

There were about 35 people at lunch which was catered, no cooking required. We sat outside at Halliday Park under the shade of the big oak tree. Sometimes there was too much shade. There was a choice of roast meats - beef, lamb and pork; there were salads – green, rice, potato, coleslaw and beetroot; and of course there was a great choice of desserts – pavlova, cheese cake, chocolate cake, fruit salad and fruit platter. There were delicious slices to have with afternoon tea and coffee.

The raffle was a hit. First prize a hamper was won by Elaine Hennessey, second prize, a knitted Mother and Father Christmas, was won by Doug Lindsey and third prize a bottle of whiskey, was won by Olive Lewis. All the prizes are a great treat for Christmas.

Thanks to all who helped set up, those who picked up stuff from Blackburn, and returned it. (Doug and Peter) Thanks to Paul, Stephanie and Angela who brought the music. Thanks to Sue for organizing the food, Angela for organizing the raffle, and thanks Joan for the slices.

Poor old Father Christmas was indisposed - (really he was) (too much Christmas cheer?) and couldn’t make it this year, He sent his sincere apologies. We wish him a speedy recovery, and we missed his cheery face and happy smile. We missed the lollies too, but there was more than enough sweet things to eat.

To all our members and their families, the DATA committee wishes you a wonderful Christmas and safe and happy New Year.

Angela Lindsey, Joan Eastwood
**Epworth Richmond**

**New Renal Dialysis Unit**

**Opening March 2013**

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**State of the art Dialysis at Epworth Richmond**

Epworth Richmond established the first private haemodialysis centre over 22 years ago. A brand new purpose built Dialysis facility is currently under construction as part of Epworth Richmond’s multi-million dollar redevelopment.

Due to open in March 2013, the new purpose built facility will feature:

- State of the art dialysis machines
- 16 brand new dialysis chairs
- Comfortable spaces with privacy
- A beautiful city outlook with outdoor balcony
- Wi-Fi and Foxtel
- Holistic support programs

**Excellent Medical Support**

Whilst dialysis patients remain under the care of their primary treating Specialist Nephrologist, Epworth Richmond physicians undertake medical rounds daily to ensure patients are given the best possible medical supervision and support.

The unit is staffed by very experienced dialysis professionals, having performed over 88,000 dialysis treatments since opening. Epworth Richmond offers a pre-dialysis education program and ongoing educational support.

Epworth Richmond is a comprehensive, acute hospital providing patients with high quality multi-disciplinary, critical care and emergency support.

**Holiday Dialysis at Epworth Richmond**

International and Australian holiday dialysis patients with health insurance are welcome. Many repeat visitors utilise this service, allowing them some time away from home.

**Accessing the Service**

Please contact one of our treating Nephrologists should you wish to access this service.

A list of Epworth Nephrologists can be found at www.epworth.org.au using the Find a Doctor icon on the home page.

The New Epworth Dialysis Unit will be located on Level 4, 89 Bridge Road, Richmond, conveniently located on the Bridge Road shopping strip.

**Car Parking and Public Transport**

Free parking is available for dialysis patients for the duration of their dialysis treatment.

Epworth Richmond is accessible by tram and train with a tram stop directly out the front of the hospital and a train station only a few minutes walk away.

**Opening Hours**

Monday to Sunday from 6.00 am. Flexible hours offered.

For more information please contact 03 9426 6455

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**Epworth Richmond Renal Dialysis Unit**

**Level 4, 89 Bridge Road**

**Richmond VIC 3121**

**Phone:** 03 9426 6455

**www.epworth.org.au**
**Dates to Remember**

- **February 24** - Donate Life Week
- **February 10** - Blackburn BBQ
- **February 24** - Walk and Talk Organ Donation
- **February 24** - Tombstone Music Fundraiser
- **March 14** - World Kidney Day

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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.

Write to: The Editor, ShoeString,
PO Box 165 Blackburn 3130
Email: editor.shoestring@gmail.com

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**Deadline for the next ShoeString: February**