

ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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Association of Victoria Inc.

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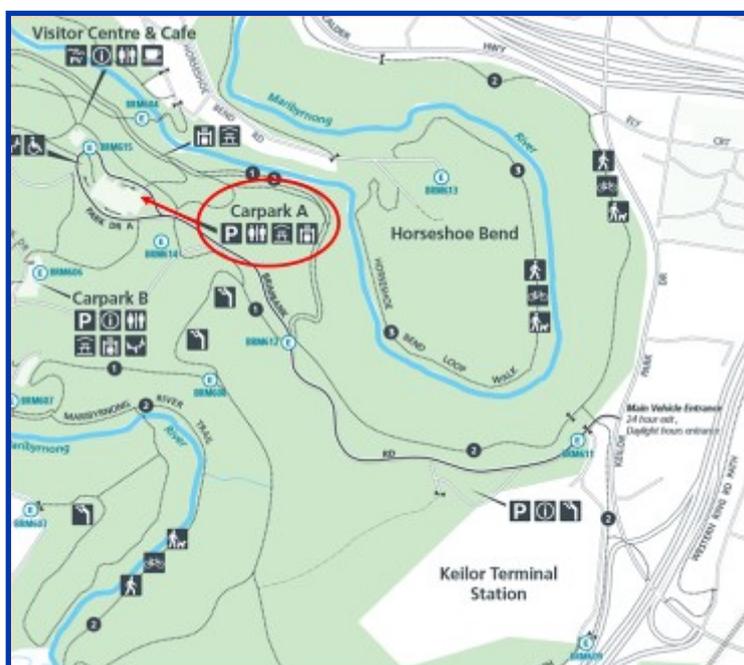
**YOU ARE INVITED TO
DATA CHRISTMAS OUTING
AT BRIMBANK PARK
KEILOR PARK DRIVE, KEILOR
SUNDAY 24 NOVEMBER 2019**



SEE PAGE 3 FOR DETAILS

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**Data Committee wish all DATA Members a
Happy, Healthy Christmas and New Year.**



President's Annual Report

Hi All,

Well, where did the year go, only seems like yesterday that I was writing the AGM report.

I would like to start off by thanking all the committee members, for a wonderful job again this year, without you all we wouldn't get the work done!

We have had a great social calendar this year, thanks must go to Angela for booking all the events and the subcommittee for coming up with the ideas of where to go, there have been some great times. Next year we hope to keep the good times going, any suggestions? Just let us know and we will try and make it happen!

A couple of favourites of mine were the outings to Puffing Billy, just last week, I had a great time even though I had match sticks to keep my eyes open as I had a 6am flight home from Sydney after seeing the Edinburgh Military Tattoo on Saturday night. Another stand out for me was the Living Legends in August, and to begin the year in February, we had a BBQ at Rosebud house then went on the Eagle Chair Lift. All events were attended well, but please invite anyone to come from your unit even if they are not members - they can join and get the benefits and have some fun!

Ros and I visited the Social workers from

various units connected to the Monash Hospital and explained about the Association. Some of the new Social Workers did not know of DATA and what we do (but they do now) and we have had quite a number of Welfare claims as a result of this. This is great knowing we are helping people who are in financial need, so I must acknowledge and thank the welfare subcommittee for their hard work!

The website is finally up and running, a big thank you to Charlie for working on that. Please visit the website and have a look, it's impressive and with the website up and running it's now time to think about our social media, ie Facebook we have a subcommittee for that and will let you know when it is up and running so you can get your friends etc. to like us.

The Royal Melbourne Show was again a great success. Along with a great display of the very old dialysis machines, we signed up 17 new members and sold \$520 worth of raffle tickets. The machines were lent to us by Monash Medical Technical Department manager Tony Mosca, and his team, without whom it would not have happened. I would like to say a very big thank you to Tony and his staff. Without them I would not have been able to set up the stand.

I would also like to thank all the



volunteers that offered to help me this year, although it is a big job, I didn't feel like I was the only one on the stand and I could go for a walk and get some lunch easier this year, Please remember without you all doing your bit I can't do my bit, so well done everyone, you make me so proud! I did get to meet Shane Crawford, he is a very sincere guy and listened intently as explained to him about Kidney Failure

Anyway, I will leave it there and once again without the committee, I wouldn't be able to do things I can, so a very big thank you each and every one of you guys, you all do your own bit to support DATA, which I gratefully acknowledge!

Cheers Sue

PS....please think about coming on the committee, we don't bite and don't put you to, too much hard work - at first anyway!

Closure of Rosebud, Hastings & Frankston Holiday Dialysis Chairs

The DATA Committee are disappointed to hear that the holiday chair at the above mentioned hospitals is no longer available. The Committee are

researching the reasons behind this decision and hope to find a solution that will allow haemodialysis patients to continue to holiday at our Rosebud house. If you have used

these holiday chairs in the past, or were planning to do so in the future, please write to us or send us an email expressing your views on the closure of the chair.

APOLOGY! The editors apologise for publishing the wrong date in the last edition for the 'Comedy for a Cause SHOW' on 28th March See Page 10 for details.



Christmas Party at Brimbank Park

Brimbank Park is situated 15kms north-west of the Melbourne CBD in Keilor East. It has many walking & cycling tracks, children's playground, picnic areas, BBQs, café & visitor centre. The park features a variety of birds including parrots, galahs & birds of prey. Wallabies, snakes & lizards are known to frequent the area.

Bring your own picnic or BBQ supplies. DATA will provide slices & fruit platters, as well as fun & company.

There will be a Christmas raffle.

Date: Sunday 24th November 2019

Time: From 11.00am

Address: Vehicle entry is off Keilor Park Drive which is off the Western Ring Road. (Melways map 15B10)

Where to meet: Picnic area near Carpark A. Look for the DATA stand/poster.

RSVP: Wednesday 20th November 2019, to DATA office on 9494 0377 or email to info@datavic.org

At the Royal Melbourne Show

It was certainly another wonderful year at the Royal Melbourne Show.

I must thank everyone that volunteered to help again this year. I must admit, if it wasn't for you guys, the 11 days would have seemed like a lifetime, and that walk back to the car at the end of the night would be even more painful than it was! lol.

We had the likes of Shane Crawford, the ambassador of the show this year, attend our stand. He was very interested in all the old dialysis machines that he saw at the stand and what he heard about kidney

failure. Darren and I also went around to the Light FM stand and spoke to Lucy and Kel, again these celebrities were very interested in what we were doing and encouraged us to keep the good work.

I did manage to frequent the Country Women's Association this year and have some of their famous Scones, which I must say - other than Shane, was another one of my highlights. By the time lunchtime came you couldn't get in the door as the line was very long so some days I had to have scones for breakfast....and that was a real shame because you all

know, I am a stickler for a good diet not. LOL anyway they were yum!

By the end of the show we had signed up 17 new members which is a great result.

Looking forward to it, if the committee decides, to do it again next year, and hoping you will keep the dates free so you can come and join in the fun helping. You never know who you'll meet!!

Sue Hatzimichalis.



Sue with Linda - Monash Renal Technician .



Old and not so old dialysis machines on display at DATA's stand.



"Nurse Donna" with a machine from her past.



DATA Holiday Homes

The Rosebud & Yarrowonga holiday homes are for the use of DATA members and their immediate family, with a member present on all holidays booked.

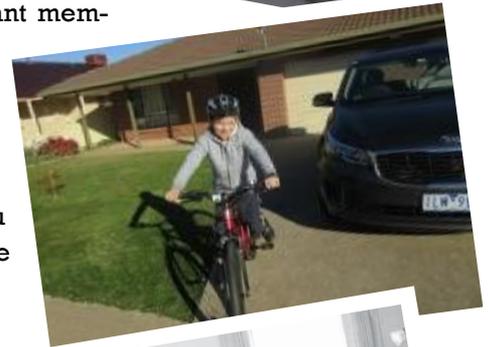
Both houses can facilitate haemodialysis machines. For those members on home dialysis, please contact the House Secretary to discuss if your hospital technician can supply and install a dialysis machine in the house for your holiday.

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

Vacancies for Rosebud

10th Nov- 17th Nov, 24th Nov - 1st Dec, 1st Dec - 8th Dec
8th Dec - 15th Dec, 15th Dec - 22nd Dec.

Cost is \$200 per week. Extra guest is \$ 20 per night.

We have had a few cancellations already so please ring to check or go on the waiting list for the Christmas season.

Please ring for February dates.

Rosebud hospital is not available for dialysis as they no longer have a holiday chair, which is very disappointing.

For all HOUSE bookings please ring

Rosebud House Secretary

Amanda Pratt Ph: 9589 4894

Yarrowonga

Vacancies for Yarrowonga

15 Dec -22 Dec, 9th Feb-16Feb, 15 March-22 March,

22 Mar- 29 Mar, 30 Mar -5 April, 5 April-12 April.

Cost is only \$200. per week for you and your immediate family. Call as we do get vacancies.

Bookings at the Yarrowonga Renal Unit Ph: 5743 8189

For all HOUSE bookings please ring

Amanda Pratt Phone 9589 4894

**Please Remember
To Take Your Key!**



DO NOT FORGET

If you need to dialyse at either the Rosebud or Yarrowonga 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.
- • Then, contact the hospital to confirm booking.
- • Finally, ring to book the Holiday House



A Holiday in Yarrawonga

Our family has just returned from a holiday at the DATA House in Yarrawonga where I was able to have a break from the usual routine of dialysis and enjoy a much needed change in scenery. Being on haemodialysis it is often very difficult to travel anywhere and for us to be able to travel up to Yarrawonga is a great benefit.

On our holiday we visited Barmah National Forest (about an hours drive West from Yarrawonga) where we did an eco-tour of the Murray River with Kingfisher Cruises. To say that it was a fantastic experience would



be an understatement! The fast flowing Murray River was alive with wildlife as we cruised up river and the tour guide was extremely educational in her description and explanation about the history as well as the natural beauty of the area.

As the DATA house is very close to the foreshore, on several occasions we strolled down to check out Lake Mulwala and were often enthralled by the huge variety of bird-life. This included seagulls, black swans ducks, parrots, noisy galahs and cockatoos as well as some pelicans. On Saturday the weather was fine so we decided that it would be a good idea to eat our lunch on the picnic table on the foreshore. We had bought some sausage rolls and pies from the local bakery and were looking forward to enjoying the sunshine and some tasty local food.

Unfortunately for us, the pelicans had also decided that sausage rolls were going to be part of their lunch and surrounded our picnic table with military like precision. With a great snapping of beaks and flapping of feathers our sausage rolls were almost eaten right off the table in front of us! Fortunately we survived the hungry pelican barrage and were able to continue our holiday!

We also visited Beechworth (a bit over an hours drive East from Yarrawonga) and had a fantastic tour of the Old Beechworth Gaol and the Beechworth Lunatic Asylum. The tour guides at both venues were extremely well informed and gave us a history lesson and a great appreciation of what life must have been like in the



olden days.

There is a great variety of activities to participate in around Yarrawonga and even in Winter time the weather is warmer than Melbourne so having a break from our usual routine is something our family looks forward to.

I would like to especially thank Graeme & Simon from MMC for organising my dialysis machine and supplies and also special thanks to Alan & Fay for their help in coordinating our stay at the DATA Holiday House.

Cheers,
Steve, Laura & Frederick Kiellerup

A great story and thank you for sending it to us.



AGM Report 27th October 2019

The AGM was held as planned on 27th October. It was great to be able to put names to faces, and welcome a few new members. We received reports from President, Treasurer, Holiday Homes Secretaries and ShoeString Editors as well as our social outings, the School Education Program, Social Welfare and Accommodation for country patients.

The new Committee was duly elected, welcome and congratulations to the new Committee. You can find them listed on Page 12.



Above: Members listen intently at the AGM.

Right: Award winners Vicki & Alan with DATA President Sue.

Far right: Alan at the display to honour his long and valued service as homes secretary.



Treasurer Vicki Abbatangelo not only received DATA Life Membership, but also received a Certificate of Appreciation from the Commonwealth Bank of Australia so a BIG congratulations to our treasurer Vicki.

A Certificate of Appreciation was presented to Alan Rawson for many years of exemplary service as homes secretary.

The Winners of the raffle are:

First prize :Jeanette Thomson.

Second Prize : Elaine Hennessey.

Third Prize :Mat Buchanan.

Congratulations to these lucky people .

Treasurer's Report

Dear Data Members,

Thank you for the privilege of serving you as Treasurer. Thanks to Joan Eastwood and the other committee members for their ongoing support.

The treasurer's role has so many different aspects. Apart from the normal monthly and yearly duties, the last 12 months have seen...

- 1) The term deposits maturing and the re-investments have been a challenge trying to obtain the best interest rates in this current financial climate.
- 2) The new DATA Website went live which enables members to renew their memberships online. We are continuing to work with the website creator to streamline the background financials.
- 3) As per our Strategic Plan, DATA is continuing to provide members with relief in the areas of Accommodation

Reimbursements and Welfare. The social committee is offering more outings, most of which are subsidised or free to members and our low cost holiday homes allow members to take time out from their normal routines without breaking their budget.

Overall, our income remained on par with the previous year and our expenses reflect the activities mentioned above which is in line with our 5 year Strategic Plan.

Once you have had time to read the entire Financial Documentation, please do not hesitate to contact me on 0408 103 571 if you have any questions. Everyone at the AGM received a full set of documents, if you were not able to attend please contact the DATA office on 9894 0377 and we will send you a set of Financial Documents.

Regards Vicki Abbatangelo



Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

Statement of Profit or Loss and Other Comprehensive Income

For the Year Ended 30 June 2019

	Note	2019 \$	2018 \$
Income	2	136,140	137,806
Education Program		(27,470)	(41,246)
Depreciation and amortisation expense		(8,367)	(8,527)
Insurance		(6,245)	(5,917)
Utilities		(4,856)	(4,553)
Rent		(1,033)	(1,033)
Donations		-	(1,134)
Postage		(3,590)	(3,331)
Contractor		(6,683)	(7,200)
Printing & stationery		(6,679)	(5,510)
Rates & Taxes		(4,939)	(4,724)
Repairs & maintenance		(1,458)	(4,861)
Telephone		(2,136)	(2,259)
Travel		(4,686)	(5,333)
Social Welfare		(9,155)	(2,753)
Bookkeeping		(5,329)	(4,173)
Assurance		(3,200)	(3,442)
Fundraising	3	(1,755)	(1,916)
Ron Jones Award		(1,200)	-
Social events	3	(9,577)	(1,964)
Publicity		(7,802)	-
Other expenses		(8,240)	(8,354)
Surplus/(deficit) for the year		11,740	19,576
Other comprehensive income			
Revaluation of property		-	178,091
Total other comprehensive income		-	178,091
Total comprehensive income for the year		11,740	197,667

Statement of Financial Position

	Note	2019 \$	2018 \$
ASSETS			
Current assets			
Cash and cash equivalents	4	176,604	302,137
Trade and other receivables	5	2,281	7,196
Other assets		1,934	1,836
Total current assets		180,819	311,169
Non-current assets			
Financial assets	6	1,849,650	1,699,650
Property, plant and equipment	7	1,030,721	1,038,653
Total non-current assets		2,880,371	2,738,303
TOTAL ASSETS		3,061,190	3,049,472
LIABILITIES			
Current liabilities			
Trade and other payables		2,910	3,100
Income received in advance	8	368	200
Total current liabilities		3,278	3,300
TOTAL LIABILITIES		3,278	3,300
NET ASSETS		3,057,912	3,046,172
EQUITY			
Asset revaluation reserve		1,006,021	1,006,021
Retained surplus		2,051,891	2,040,151
TOTAL EQUITY		3,057,912	3,046,172



Christmas Is Coming

For those of us on dialysis, Christmas can be hard. Many foods are potassium rich such as Christmas cake and plum pudding.

Ten years ago Kidney Health handed out a "Christmas Recipe Book" at their "What's cooking?" day. We thought it was a good time to once again share the

Christmas Cake and Plum Pudding recipes with you. We have also included a list of all the recipes in the book (see Christmas Menu below).

If you would like a copy of any of the recipes ring the office (03 9894 0377) or email us at info@datavic.org and we will send you a copy.

Low Potassium Christmas Pudding

200g plain flour
1 apple grated
1 carrot grated
100g sugar
100g mixed peel
75g glacé cherries
100g white bread crumbs
75g tinned plums, drained and chopped
100g tinned prunes, drained and chopped
2 teaspoons mixed spice
1 egg
150ml milk
50ml brandy
Caramel colouring
2 teaspoons of lemon juice

Method

Mix together the flour, apple, carrot, mixed peel, cherries, breadcrumbs, plums, prunes and mixed spice.

Add the milk, brandy, egg, a little caramel colouring and lemon juice.

Mix well.

Line the pudding bowl with a floured pudding cloth and place the mixture in the centre, tie securely.

Put into a large pan, half filled with hot water and boil the pudding for 4 hours.

Cool and keep in the fridge.

Steam again for 4 hours before serving hot.

Nutritional Analysis (per 100g)

1270kj: 4g protein: 16g fat: 32g carbohydrate: 45g sodium: 75g potassium: 65g phosphorus.

Cranberry Christmas Cake

220 plain flour
75gm caster sugar
½ teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
120ml whiskey (or orange juice)
3 eggs
2 tablespoons of honey
150gm glacé cherries
150g dried cranberries (or raisins)
200ml canola oil

Method

Preheat oven to 135°C

Mix dry ingredients

Cream sugar with egg yolks until fluffy

Combine all other ingredients and fold in the egg whites last

Pour into a small cake tin

Bake at 135°C for 2 hours. To avoid excessive browning in the last hour you may wish to cover with greaseproof paper. Store in a cool place.

Cut into 12 servings.

Remove cake from tin and allow to cool completely on a wire rack. Wrap in foil and store in a cool place. Cut into 12 pieces.

Nutritional Analysis per 100g

1270kj; 4g protein; 16g fat; 32g carbohydrate; 45mg sodium; 75mg potassium; 65mg phosphorus .

Christmas Menu

Canapes

Moroccan lamb koftas with yogurt dip.

Bocconcini with Cherry tomatoes and basil.

Mushroom puffs.

Mains

Turkey breast with chestnut, mushroom, cranberry and orange stuffing.

Roasted Italian vegetables – Eggplant Zucchini, Spanish onion, Cherry Tomatoes, with garlic and Thyme,

Boiled chat potatoes with lemon seeded Mustard

Desserts

Pavlova with fresh poached Cherry Compote with star anise and Cinnamon stick and Mascarpone cream.

After

Christmas Cake



Visiting the Living Legends

The weather was doubtful but it stayed fine for us. A bus was provided for those of us who were unsteady on their feet, while others walked the route. We were taken to different parts of the farm where we were given lots of cut up carrots to feed the horses. (see photos)

The horses obviously knew the routine and quickly came to the fence to get some carrots. It was a delightful experience. Some of the he horses we

meet were Paris Lane and Silent Witness.

After meeting and feeding the horses we then went into the house for afternoon tea. Horses pictures and notices adorned the walls.. A lot of chatting took place while waiting for our scones and tea/coffee. Overall it was a pleasant and enjoyable day. Thank-you to Alan for sending us a copy of his photos that we have on display in our office.



Have a Laugh!

TEN Reasons Why We Know Santa Is a Man

1. Never replies to your letters
2. The chance of getting what you wish for are nil
3. Beer Belly
4. Will only commit to one day a year.
5. Obsessed with stockings
6. Never stops to ask for directions
7. Too lazy to shave
8. Always wears the same clothes.
9. Only willing to do a job where people have food and booze out for him.
10. and he doesn't wash his plate up afterwards.



A bus driver was driving a tour group of elderly men and women down a highway. As he was driving, one of the little old ladies tapped him on the shoulder to offer him a handful of peanuts that he gratefully accepted.

Fifteen minutes passed and she came back with another handful of peanuts. This happened about five more times. The bus driver finally decided to ask her, "Why don't you eat the peanuts yourself?"

She replied "We have no teeth so we aren't able to chew them."

Confused, he asked, "If you can't chew them, why do you buy them?"

She replied "We get them for the chocolate coating. We love it!"



Puffing Billy

Sunday 20th October 2019 some DATA members and friends gathered on a chilly, cloudy Melbourne morning, braved the weather to ride Puffing Billy. Really the weather wasn't that bad and there was no rain.

We were considered a tour group so had a carriage to ourselves. Puffing Billy on a Sunday morning is a busy place, even on a cold day. An hour long train ride from Belgrave to Lakeside meandered through some lovely scenery. Lots of people waved as the train went by, we felt important so waved back.

At Lakeside we all had some nourishment then there were things to do: some people went for a walk, some went on the paddle boats, while others visited the miniature railway. It was a good day. Sue (DATA president) even had her photo taken with the conductor.

Consider coming to one of DATA Social events. It's an enjoyable day and we all have fun. The Social Committee



Preliminary call for Carer's Gathering

Many DATA members are carers, and this can become quite stressful.

Do you worry about doing the correct thing and feel alone in this?

Never enough time for yourself? Never enough time for other family members?

Does this sounds like you?

DATA would like to run a workshop/education day on 'Being

The first social day for 2020 will be

Minimizing Waste

Presented by **Erin Rhoads**

When: Sunday 23rd February 2020 at 2.00pm

Where: 79 Mahoneys Rd. Forest Hill

Afternoon tea to follow the presentation.

More information in January Shoestring

The Bookworm



Remember last issue we met the Bookworm ? Well, I thoroughly enjoyed the book about Fraser & Billy the cat .

Now I am just about to read a fabulous book on recycling. called 'Waste Not—Make a Big Difference by throwing away Less.' By Erin Rhoads.

Guess what —it turns out that Erin Rhoads is our speaker on 23rd February 2020 at Forest Hill. See advert above.

The one book you need to reduce waste at home and in every day life. So that's our Book from the Bookworm this month.
Joan Eastwood

DON'T FORGET

SATURDAY 28TH MARCH 2020

COMEDY NIGHT

We will be doing this big fundraiser with 'Comedy for a Cause' to help fund the running cost and maintenance of the holiday homes.

More details in next issue on where, starting time, how to book and the comedians we will have.

There will be a door prize, raffles, silent auction and light refreshment...

so bring one and all for a great night out!

A Carer', with the help of an experience professional from Carer's Victoria.

If you would like to attend such a forum – then DATA will organise this.

This will only be held if we have five or more people interested.

Carers Victoria can also speak to individuals if required.

Phone our office and leave a message if you would like to be part of this group 03 9894 0377



\$4960.00*

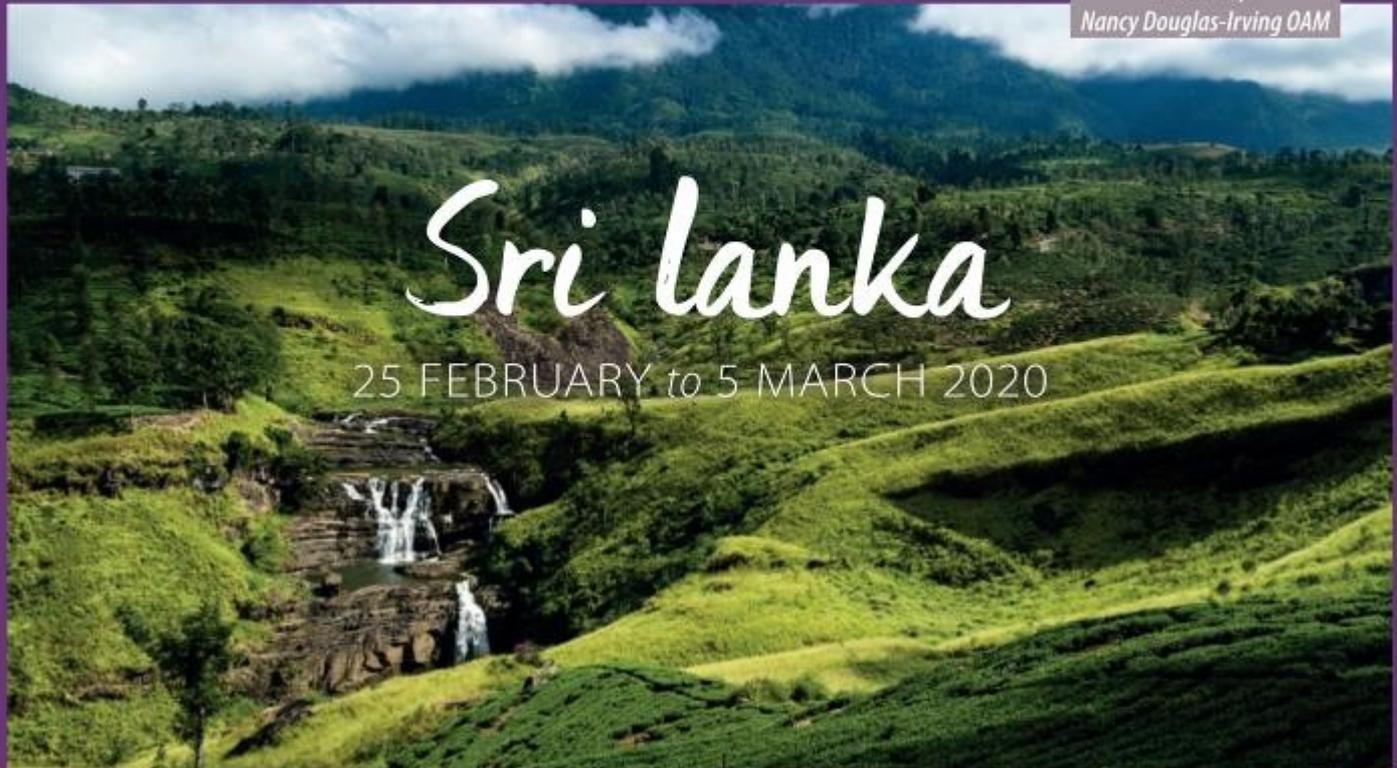
Per person twin share
INCLUDES AIRFARES



Dialysis Abroad
UNIQUE & BOUTIQUE



Hosted by
Nancy Douglas-Irving OAM



Sri Lanka

25 FEBRUARY to 5 MARCH 2020

Starting our journey in Negombo, This bustling, fishing town on the west coast of Sri Lanka (and close to the Bandaranaike International Airport), had a rather turbulent colonial history involving the Dutch, Portuguese and British due to the cinnamon trade. In fact, the wild cinnamon that grew in the region was described as 'the very best in the universe as well as the most abundant'. The remnants of this colonial period remain with the strong Catholic Church influence in the town. The Negombo Lagoon and the many canals offer superb birdwatching, the town's Old Quarter is worth a visit, and the community is friendly and welcoming.

The second major city in Sri Lanka (the other being Colombo) lies in the midst of the Kandy Plateau, an area of tropical tea plantations. A prominent feature is Kandy Lake, to the north of which lies the golden-roofed Temple of The Tooth, a UNESCO World Heritage Site and important place for Buddhist worship, as it is said to house a tooth relic of Buddha. Other fascinating places include the Ceylon Tea Museum, the Buddhist Publication Society, the Ayurvedic centre in the Amaya Hills nearby, the Kandyan Art Association and Cultural Centre, where crafts people can be seen at work, and the Kandy Muslim Hotel, which offers the finest spiced curries served with naan or rotis.

Pronounced 'gawl' in English, Galle is the best example of a walled city built by the Portuguese in South Asia in the 16th Century. It was extensively fortified by the Dutch in the 17th century. When you enter the old city gates of this World Heritage Site you can't help but notice the grand colonial houses and boutique shops and of course the beautiful beaches on the fringes of town. Attracting many luxury travellers from around the world, the town is also a favourite with cricket fans who rate the Galle International Stadium to be one of the most picturesque cricket grounds in the world.

TOUR INCLUSIONS

- International Airfare ex Melbourne, Sydney, Perth or Brisbane with Singapore Airlines & Silk Air. (Economy)
- Accommodation on twin sharing bed and breakfast basis.
- All rooms have walk in showers
- Arrival /departure transfers and land transportation using an aircon suitable vehicle.
- Service of an accompanying English Speaking Guide.
- Group host
- Entrance fees to Peradeniya Botanical Garden and Kandy Temple of the tooth/Cultural show.
- Lagoon Boat ride.
- 2 Bottles of Water daily during tour.
- All transfers as per itinerary



*Conditions Apply. Prices are land and air and shown in Australian Dollars. Costs associated with dialysis treatment, travel insurance or items of a personal nature are not 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 \$1200 per person is payable immediately upon booking. We can also provide travel insurance.

1300 978 466

or email info@dialysisabroad.com.au
for bookings and a detailed itinerary

TRAVELLERS
CHOICE

ATAS
travel accredited



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Association of Victoria Inc.

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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.

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 event.

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



'ShoeString' 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 get going.



From The Editors

Keep those stories coming in. We love to hear from you. Ros has been looking through the Old Shoe Strings and would love to hear from you, just a phone call, if you wrote a story for Shoe String in the past.

Congratulations to Sylvia Biviano whose transplanted kidney has just reached 30 years of age. That's great! Thirty years, WOW! Can anyone beat that? Drop us a line and tell us 'What that means to YOU'.

On reading through this magazine, you will find there are several opportunities for you to interact with ShoeString or DATA. Make the most of it and read a book, or come to an outing. OR DROP US A LINE.

Hello to Simon our Editor, who is still unwell. We hope to see you back in the new year. Best wishes from the three other Editors.

"To all those on CAPD, Haemodialysis or those who in the future may be starting dialysis, I say good luck, good health and don't worry, it's not as bad as it sounds." DATA member 1996

CONTACT US ON EMAIL: editor.shoestring@gmail.com Check out our new website www.datavic.org.