

ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

Registered by Australia Post, Print Post Publication No 100001778

Volume XLVIII Number 2

MARCH 2021



Dialysis and Transplant
Association of Victoria Inc.

Registration No A0012114V

ABN 40 628 284 998

BBQ lunch at Rosebud Holiday House

When: Sunday 28th March

Time: 11.00am

Where: **17 Rosemore Street, Rosebud**

Cost: BBQ - free,

Followed by a visit to

The Enchanted Maze Garden,

55 Purves Rd. Arthurs Seat



CONCESSION child under 18,

Seniors DATA members & carers \$10,

Seniors non DATA members \$20

NON CONCESSION - DATA members & carers \$14, non DATA members \$28

RSVP: 14th March 2021, phone 98940377 or email [-info@datavic.org](mailto:info@datavic.org)

Please ring or email. You will be contacted if any change of plans due to Covid19.

Inside this issue:

COVID19 Vaccination. **2**
Invitation to Rippon Lea

Ron Jones Educational Award **3**

DATA Holiday Homes **4**
Have a Laugh.

Fiona's Story **5**

Steve's Story **6**

Hobby & Crafts Corner **7**
Have a laugh.

DATA Committee **8**
Editor's Comment

*****Don't forget the Bowls at Altona**

Where: Altona Bowling Club, 113 Civic Parade,
Altona

When: Sunday 11th April

Time: 2.00pm, followed by a BBQ.

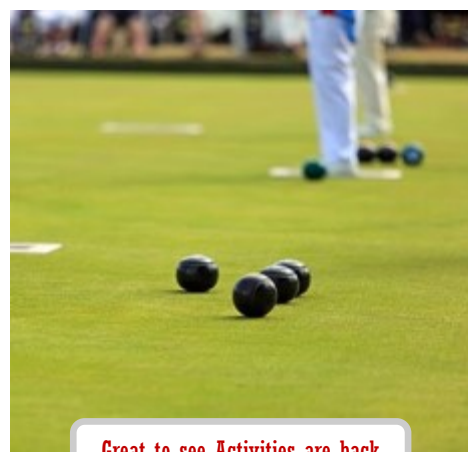
RSVP: 28th March 2021,

phone 9894 0377 (leave a message)

or email info@datavic.org

Join in a friendly DATA competition of Barefoot
Bowls or just relax with a drink at bar prices.

Our thanks to Alan & Carol Thompson, for organis-
ing this day for us. Hope to see you there.



Great to see Activities are back



Ron Jones Educational Awards



These awards offer a fantastic opportunity for students between years 6 to 11, to shine.

Applications for the Ron Jones Educational Awards, are now open, so fill out your Application form below for a chance to win fabulous prize money.

Assessment is based on the Applicant's school reports together with essay on the topic of 'My Chosen Career'.

There are two levels of Awards to be won. One Award is based on excellence and scholastic ability plus three Awards for encouragement.

The Ron Jones Educational Awards honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones, AOM.

- Applications must include a handwritten essay of 300 words entitled 'MY CHOSEN CAREER'.
- Please include the Applicant's previous year's school reports.
- Applications must be received no later than **30 June 2021**. Winners will receive awards at the AGM in October 2021.

Please fill in this form using Block Letters and forward it to:
The Secretary, DATA Vic Inc, PO Box 159, FOREST HILL Vic 3131

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:

PRESENT YEAR OF STUDIES

SUBJECTS STUDIED

.....

.....

.....



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 members but 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.

Note from Amanda,

We have had many members able to have a holiday over the Festive Season when we weren't in lockdown. Hopefully things will improve and more people will be able to take advantage of the holiday houses at Rosebud and Yarrowonga.

Rosebud

Vacancies

7th March to 14th March

14th March to 21st March

21st March to 28th March

28th March to 4th April

25th April to 2nd May

Costs \$200 per week.

Extra guest is \$ 20 per night.

Bookings at the Rosebud Hospital Renal Unit must be done online email to: holidayatrosebud@phcn.vic.gov.au

For HOUSE bookings please ring Rosebud House Secretary Amanda Pratt Ph: 9589 4894

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

Yarrowonga

Vacancies

28th March to 4th April

11th April to 18th April

2nd May to 9th May

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 HOUSE bookings

please ring

Yarrowonga House Secretary

Amanda Pratt Ph: 9589 4894

HAVE A LAUGH

A Fussy Diner

Two people went into a restaurant for lunch. When they were seated, the waiter explained that the special of the day was Ox tongue. One of the customers immediately said, "That sounds great, I'll have the special thanks.

The other customer looked at their friend in horror and said: "That's disgusting, I could never eat anything that has been in an animal's mouth".

With that, the 'Fussy diner' turned to the waiter and said: "I will have an egg thank you."

Courtesy of the Herald Sun 'Joke of the Day' 040417



FIONA'S STORY

Prologue: Traveller or not, the diagnosis of dialysis for life translates as limited life style; giving one the feeling of trappedness. But there are ways...

Chapter 1: The Spruking

The Christmas party of 2019 at our home dialysis unit was in full swing, of gaiety and munching on delectable delicacies (all dietian approved of course!) In the crowd was mingling the D.A.T.A. representatives. For fifteen dollars and an autograph I was now a member.

Chapter 2: The Cajoling

Our zany, fun loving nurse had a captive audience on her home visit as she fervently encouraged us to utilize the D.A.T.A. holiday facilities. The rest of my crew were agreeable and so I put in a request of dates. They were denied as the Rosebud home was booked.

Sometime later...

A review of the bookings and we were accepted. (We must have received clearance from ASIO!) This added an edge of spontaneity and we were packing to go!

Chapter 3: What could possibly go wrong?

I was sooooo proud of my comprehensive list for dialysis 'merch'. I even remembered my creature comfort tip-bits of thin, foam pillow for under legs and soft jumper to support elbow of fistula arm.

I was set to go.

Oh and the odd piece of clothing and toothbrush!

Chapter 4: Lacing up

So quite content with myself in my comfy dialysis room, after surmounting the challenge of the RO and its nuances, I began 'lacing up' my machine; a filter here, an air trap there. Hooked up arterial line with no green clamping scissors.....wait! WHAT? No clamping scissors. That's right. They were still hanging on my machine at our permanent residence. Not so comprehensive list! After much mulching of minds our family found a solution and, off into the night I snoozed to the dulcet tones of blood slurping through bloodlines.

Chapter 5: On with the fun!

Our family had a very enjoyable time frolicking at the beach, zooming down Red Hill on push bike...the kids not me! And so add another grey hair at this juncture; lazy nights of BBQ meals and games on the patio. All in all a time of laughter and joy that could not have been had without the house of D.A.T.A.. Thank~you

From Fiona Mooney

WERE YOU THERE? Have you been looking thru every page looking for the **President's Report**? No Presidents Report this time. It will be in next time, when we have 12 pages. We did have a few letters to the Editor, all of which we have included in this magazine. We had a letter from a member asking about the **Service of Remembrance**. We looked it up on **DonateLife** web page but they do not have a date or details. They do advertise 2021 Heroes Night on 18th May 2021. Discussing this further with my friend we find that this year is **30 years since DATA held the very first Service of Remembrance. in St Pauls Cathedral, Melbourne. Were you there?** If so, give DATA a ring (03 9894 0377), leave your name & number, mention First Service of Remembrance, and my name (Joan Eastwood) and I will ring you back.



Our Yarrowonga Holiday in COVID year 2020

We have had our holiday booked at the DATA House for many months and were anticipating a relaxing holiday in Yarrowonga. How things change!

Firstly there was Covid and it was doubtful if our holiday could even proceed at all, then there were border closures and all sorts of uncertainty. Fortunately, our timing turned out to be pretty good and our holiday week was permitted to continue.

I usually get the Technicians from MMC to provide and install my dialysis machine, however this year was different...

After spending 11 years on home haemodialysis, can you imagine my surprise and delight when I received "The Call" in September? I could hardly believe it either but I was fortunate enough to receive a transplant in this very uncertain year. After spending a week in Intensive Care (with no visitors allowed due to Covid) I was well enough to be allowed home and to start enjoying my

new found health and energy that comes with a transplant.

After innumerable blood tests, pill adjustments and hospital visits, it was eventually time for our Yarrowonga holiday. It was raining heavily on our drive northwards, which we thought may have been an omen, but upon our arrival, the temperature was warm every day and we enjoyed beautiful weather.

The border to NSW was closed and there were plenty of police on duty enforcing the lockdown. Although we were unable to cross the border, we supported many local businesses who delighted in supplying us with food and drinks. Particularly The Naked Tree who supplied the greatest milkshake of all time! There was also a market on the foreshore one day selling local produce and a variety of goods. We enjoyed eating fish & chips on the foreshore, swimming in the pool, playing board games, watching movies and generally having a very relaxing and peaceful holiday.

Not having to dialyse was certainly a new experience and we were all very grateful for being allowed to travel in these uncertain times as well as enjoying our holiday in the DATA House.

I would like to thank Amanda for organising things and ensuring a stress-free vacation.

I have included a couple of pictures of our holiday (and that milkshake!) and I would highly recommend that if you need a break a week at Yarrowonga is just the ticket!

Cheers,

Steve ,

Laura & Frederick



Congratulations Steve Kiellerup on your new Kidney Hope all goes well for you .

Thank you for your contribution to SS

Must love Yarrowonga and the food they get there??????

Remember those on haemodialysis can book at the Yarrowonga dialysis unit but book early. From Editors



HOBBY & CRAFTS CORNER

Remember last month when we asked if you had any hobbies or craft you would like to share. Well, we have received this from a Member whose brother made this functional play kitchen with running water and battery operated microwave for Harvey & Jack.

So if you have made something for the children or have a garden bed full of vegies, or maybe some lovely flowers send us a picture for the next issue.



For the craft corner

Hi all,

As you know I'm always doing some craft.

One of my granddaughters loves animals print so I made her a skirt, mobile phone purse and a coin purse for her 9th birthday. Yes, I did put coins in the purse. I'm sure she will not want homemade clothes soon, so I'm taking the opportunity while it lasts.

For the walking update

I'm still walking my 10,000 steps a day. As of 23rd February I have walked every day for the past 290 days. I hope to walk every day for a year. We will see!

Thanks Angela for the update.

HAVE A LAUGH

The Pullet Surprise

John was in the fertilized egg business. He had several hundred young layers (hens), called 'pullets', and ten roosters to fertilize the eggs. He kept records, and any rooster not performing went into the soup pot and was replaced. This took a lot of time, so he bought some tiny bells and attached them to his roosters. Each bell had a different tone, so he could tell from a distance, which rooster was performing. Now, he could sit on the porch and fill out an efficiency report by just listening

to the bells.

John's favourite rooster, old Butch, was a very fine specimen, but this morning he noticed old Butch's bell hadn't rung at all!

When he went to investigate, he saw the other roosters were busy chasing pullets, bells-a-ringing, but the pullets, hearing the roosters coming, could run for cover.

To John's amazement, old Butch had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job and walk on to the next one.

John was so proud of old Butch, he entered him in the local County Fair and he became an overnight sensation

among the judges.

The result was the judges not only awarded old Butch the No Bell Piece Prize but they also awarded him the Pullet Surprise as well.

Clearly old Butch was a politician in the making. Who else but a politician could figure out how to win two of the most highly coveted awards on our planet by being the best at sneaking up on the populace and fooling them when they weren't paying attention..

Vote carefully next time, the bells are not always audible.



Dialysis and Transplant
Association of Victoria Inc.

PO Box 159,
Forest Hill Vic 3131

Phone: (03) 9894 0377
Email: info@datavic.org
www.datavic.org

Office Bearers

President

Brendan Lowry (03) 9589 4894

Vice President

Joan Eastwood 0402 097 331

Secretary

Sue Hatzimichalis 0412 469 738

Treasurer

Vicki Abbatangelo 0408 103 571

Committee Members

Angela Lindsey	Minute Secretary
Darren Hennessey	(03) 9878 5483
Elaine Hennessey	(03) 9878 3211
Ron Hennessey	(03) 9878 3211
Margaret Hagedorn	(03) 9798 2835
Neane Collis	0439 990 963
Steve Shuster	0427 515 770
Nicole Pearson	0407 467 466
Kassia Hatzimichalis	0423 097 883

Holiday Homes Secretary

Yarrowonga and Rosebud
Amanda Pratt (03) 9589 4894

Shoe String Editors

Joan Eastwood 0402 097 331
Ros Ball (03) 9439 8866

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.

DEADLINE FOR NEXT ISSUE 23 APRIL 2021

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 Yarrowonga, 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

CONTACT US ON EMAIL: editor.shoestring@gmail.com

I believe it will not be long now before we are able to go back into the Office at Forest Hill We are really looking forward to this.

Need to give a shout out to Simon who is still suffering ill health. Unfortunately Simon is unable to continue as an Editor of Shoe String, so we send him our best wishes.

Also a shout out to Con Antonopoulos who spent half of January in Hospital. Hope you're feeling better, too ,Con.

Next Issue we hope to return to a 12 page Shoe String. But this will depend on you all . If you don't send in enough contributions then we will be stuck on eight pages . So send us your Stories, write us a poem, send us a joke, or just a letter will do. Thanks to Fiona Mooney for writing us her story about her holiday at Rosebud. Thanks also to Steve and family for his contribution too.

We would like to include the rest of your family in our Shoe string. Next month we hope to have an article about how the whole family deals with your Dialysis. Maybe you could write of your experience as a Home Dialysis Person and get your family's comments . Ring me to discuss if you like .(Joan VP)

Next Issue Deadline is 23 April. So get busy during the school Hols and drop us line.