

ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc

Registered by Australia Post, Print Post Publication No 100001778

Volume XLVIII Number 4
2021



Dialysis and Transplant
Association of Victoria Inc.

Registration No A0012114V

ABN 40 628 284 998



OUR NEXT OUTING: WITCHES IN BRITCHES

Saturday 24th July 2021

Time: 6.30pm

Where: 84 Dudley St.

West Melbourne

Cost: \$30 members & car-
ers, \$60 non members.

RSVP: 11th July 2021,

Phone 9894 0377, Text 0435 813 311 or email info@datavic.org



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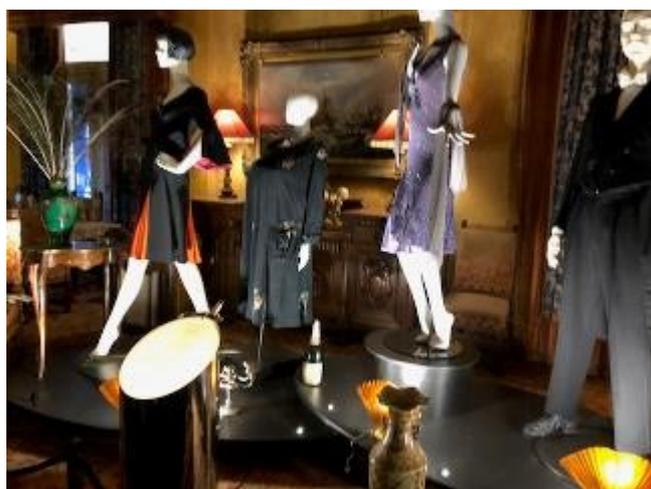
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VISIT TO RIPPON LEA ESTATE

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Photos of the Manikins we saw during our visit to
Miss Fischer and The Crypt of Tears





President's Report



Hello Everyone,

I trust you are all keeping well as we near the midway through Winter. It has been a tough 12 months for us all here in Victoria after four lockdowns. I hope as many of us as possible have been vaccinated against Covid 19 and also had our flu shots. Please check with your Doctor or Specialist if unsure of the requirements.

DATA is inviting you to share in viewing the service of Remembrance 2021, and the Service of Remembrance & Thanksgiving 1991 which is being held on the 18th of July. We look forward to welcoming Celia Browne to

introduce the first Service of Thanksgiving and Remembrance. Celia was largely instrumental in getting this Remembrance & Thanksgiving Service off the ground, with the help of the DATA Committee at the time. Further details can be seen below.

Part of DATA's mission statement states

"Provide social and recreational opportunities that will help ease the stress of coping with renal disease"

"Enhancing the care of people on dialysis and those that have had Kidney Transplants"

It is for these reasons, we provide a number of social activities which all members, partners, family and carers are welcome to attend. *(These events are subsidized for DATA Members by DATA)*

There is also a social welfare program which can provide assistance if criteria is met.

We always welcome new members so if you are at your renal appointment, chat to the person next to you and tell them about DATA or leave a copy of your ShoeString magazine.

Stay safe and warm during winter,

Brendan Lowry

INVITATION from DATA

DATA Members You are invited to a replay of The Service of Remembrance and Thanksgiving 1991 and Thanksgiving Service 2021 on Zoom.

As mentioned in the article below, DonateLife presented the 30th Service of Remembrance on Sat 5th June 2021 on Zoom and Facebook. However for those of us who are not that 'tech savvy' we offer the following invitation.

Need someone to watch it with, don't have a computer, or want to watch it with other people? Then we have the answer for you.

We also plan to show a copy of the event, Service of Remembrance & Thanksgiving, taken 30 years ago in St

Paul's Cathedral organised by an earlier Committee of DATA

All DATA members are invited to attend a showing of both Services of Remembrance at Level 1, 79 Mahonneys Road Forest Hill 3131. opposite Forest Hill Chase

COVID PERMITTING

The suggested date is **Sunday 18th July at 2pm**

Ring us on **9894 0377** leave a message, if you plan to attend.

We will finish the day with sharing coffee/tea and cake at the shopping centre..



Service of Remembrance

This was held online on Saturday, 5 June at 3pm on Zoom. The DonateLife National Service of Remembrance commemorates the generosity of donors and their families.

The Organ and Tissue Authority and DonateLife agencies across Australia had invited you to view the Service online. This is our second online annual DonateLife National Service of Remembrance. The video service is available for anyone to watch on our [Facebook](#) and our website from Saturday 5 June from 3.00pm.

Thanks to the positive feedback we received on this new format, we will continue to host an online service every year and give more people the chance to join us from the comfort of their own home and honour donors and their families.

If you're a registered donor or become a registered donor **don't forget to** have a chat with your friends, family and colleagues.



Getting to know your Committee: Darren Hennessey

Hello, My name is Darren Hennessey I'm on the Committee and Social Committee of this wonderful group.

I was diagnosed with a rare condition called Wegeners Granulomatosis which shuts down the immune system in the body. It attacks every organ of the body.

I was diagnosed in November 1998 with complete Kidney failure (both). I spent 5 weeks in the Alfred Hospital being released days before Christmas. They did all these tests on me - scans, ultra sounds, biopsies, blood tests, blood transfusions plasma exchange and of course Dialysis.

I started to feel unwell 5 weeks before with flu like systems and it kept getting worse over that time.

The first 10 days in Alfred Hospital was tough not able to get out bed and trying to figure out what happened and why me. I lost about 20 kg in weight and then they gave me the medications I had to take.



Was working full time as clerk in the ABS (Bureau of Stats) finished up taking a package in May 1999 and received a great send off after serving 10 years (just). My next job started in 2001 as School Crossing Supervisor twice a day close to home. I ride an electric bike every day in every weather condition

and have done now for 20 years which I cannot believe it has gone so quick. 2020 was tough not able to do the crossing because of the lockdown. Only did 1st & 4th terms.

Did take a while to recover with a lot of blood tests and check-ups going from every week to 3 months and in and out of hospital with infections and other things. Then in 2000 the Docs told me I was in Remission which I could not believe that could happen.

Then in 2010 I started coughing specks of blood and thought hmmm and went to my GP and told best to go back to the Alfred and Yes the Illness had returned again, but this time in the lungs spent 2 week in there and back on the medications again.

In 2011 back in the Alfred 4 times with pneumonia which wasn't good and the kidneys which had been going well started to fail so at the end of that year the docs said I had to go back on Dialysis which I wasn't looking forward to. They did say they put me on the Transplant list. At the start of 2012 started Dialysis and they sent me to Peter James Centre in Burwood.

Saturday Morning April 2014 getting ready to go have dialysis, get a phone call from the renal doc at the Alfred telling me they have a Kidney available and I should come in and have a transplant. What! I did say I cannot believe it! are you sure?. So rang up Peter James Centre and told them and then rushed into hospital. So at about 11pm that night they took me in and started the transplant and about 4 hours later I had a new kidney which the docs told me started working straight away and they were pleased as to how it went. Spent nearly 2 weeks in hospital before being sent home very happy and it has been going strong ever since.

Also started in 2001 doing the family tree after a relation contacted us saying that they were related via mums grandmother and in October that year there was a reunion in Ballarat with a lot relations we didn't know and someone passed on to us a family tree going back 400 years and that had me addicted to it



and have found a few relations via Ancestry Website and now have over 15000 names and still going.

My Sporting Life

I was playing cricket for Nunawading Churches of Christ Cricket Club (now Laburnham Cricket Club) until the week before I was diagnosed.

I'm a passionate Melbourne Storm Fan & Member (been a member since the club started in 1998). I'm a general member and sit behind the goals at the southern end of AAMI Park and attend most or all of the home games and occasionally an away game. Have been to most of the Grand Finals they have played in. Last year was again tough not being able to go to any games because of lockdown. Also support Western Bulldogs only as a supporter and only go to a game or two a year.

Recently I had the Astra Zeneca Vaccine and had no reaction to it plus flu needle (which I get every year)

Thank You Darren for your contribution.

A couple of Irish Jokes for you, with apologies to all our Irish friends .

- Did you hear of the Irish man who was given a pair of water skis...and spent the rest of his life looking for a lake with a slope".
- Paddy's in jail. Guard looks in his cell and sees him hanging by his feet. "What on earth you doing?" he asks. "Hanging myself" Paddy replies. "It should be around your neck" says the Guard. "I know" says Paddy "but I couldn't breathe".





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.

Yarrowonga

Why not enjoy a holiday in a great part of Australia just metres away from Lake Mulwala.

Vacancies

11 July to 18 July	25 July to 1 August
1st Aug to 8th Aug	8th Aug. to 15th Aug.
5th Sept to 12 Sept.	

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

Rosebud

It's a terrific place to holiday so take full advantage of the vacancies and book in a week or even just a weekend to get away..

Vacancies

11th July to 18th July	18th July to 25th July
25th July to 1st Aug	All August & Sept are free .

Please ring as we do get cancellations.

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

For HOUSE bookings please Phone: 9589 4894

Rosebud House Secretary
Amanda Pratt

**Please Remember To Take
Your Key
And your MOBILE Phone**



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



Happy Birthday to Amanda. This is the photo taken at Rosebud BBQ in March. Sorry it missed the last ShoeString.



HEALTHY KIDNEYS EDUCATION PROJECT

Proudly sponsored by the Dialysis and Transplant Association of Victoria Inc. (D.A.T.A.)

2021 *Healthy Kidneys Education Project* update

A good time?

There is never a 'good time' to expose children to the hard truths about a global obesity epidemic, especially when the world is completely focused on the current COVID-19 pandemic. But the rising incidence of preventable chronic diseases, stemming from obesity, unhealthy lifestyle choices, the increasing detrimental impacts of type 2 diabetes and the associated physical, social, mental and economic costs to our communities are a challenge for us not to give up on health promotion and the prevention of avoidable chronic diseases.

The *Healthy Kidneys Education Project* aims to put preventable chronic diseases under the spotlight, using music, songs, dance, experiments and interactive fun activities to guide positive lifestyle choices from an early age.

A pandemic and a silent epidemic

The pandemic has necessitated the suspension of school visits in Victoria since 13th March 2020. Lockdown enabled us to adapt the *Healthy Kidneys Education Project* for online delivery by teachers in collaboration with Cool Australia and SugarByHalf. Now we can reach beyond Victoria, across all Australia and New Zealand

The first batch of online lessons are now freely available for teachers of Foundation to Year 2 students via Cool Australia. Take a look here: <https://www.coolaustralia.org/unit/sugarbyhalf-lower-primary-sugar-and-healthy-kidneys/>

Lessons are aligned to Australian and New Zealand curricula. In this program, children learn that half of the cases of "sick kidneys" or Chronic Kidney Disease (CKD) in Australia are mostly preventable¹. Type 2 diabetes is the major cause of "sick kidneys"² (Figure 1). This silent epidemic will continue to impact our communities and the pandemic adds an extra layer of risk leading to poor health outcomes³.

Yvonne Farquharson B.A. Dip. Ed. Founder, FILTER YOUR FUTURE™

¹ ANZDATA Registry. Available at: www.anzdata.org.au, 2019

² Ibid. 2020, FILTER YOUR FUTURE™ graph ©

³ "...people with diabetes seem to develop more severe COVID disease. It's not that people with diabetes are more prone to COVID, but if they develop COVID, the disease is much more severe and seems to progress quicker." <https://www.mayoclinic.org/diseases-conditions/coronavirus/multimedia/how-does-covid-19-affect-people-with-diabetes/vid-20510584> [Accessed 27/5/21]

DATES FOR YOUR DIARY

Polycystic Kidney Disease (PKD) Awareness Day 4 September 2021

World Kidney Day 2022 - (WKD) 10 March 2022

An Invitation (see page 2) to view the Remembrance Service 1991 & Remembrance Service 2021 to be held on Sunday 18th July 2021

EXPRESSION OF INTEREST for Ballarat see page 8. RSVP 31 July 2021.



Visit to Rippon Lea & The Crypt of Tears

What a lovely day we all had on Thursday 20th May at Rippon Lea Estate. It was cool but it didn't rain. We all sat down for coffee and cake in the cafe. DATA was the private function - all very civilised. Small cakes waiting for us on the tables and ladies serving us



tea and coffee.

The exhibition "Miss Fischer and the Crypt of Tears" was wonderful. The 1920's fashion was exquisite - Miss Fischer is slim and she carries the dresses eloquently. Miss Phryne Fischer can speak several languages, fly an aeroplane, always look fabulous and is a damn good detective. What a woman!!

The film Miss Fischer and the Crypt of Tears was filmed in Morocco and

Melbourne. The beautiful buildings at Rippon Lea Estate and Werribee Park Mansion were used for some scenes.

If you missed out on this outing come to the next one - you never know what you can find out.

The Social Committee

Photo Below Joan & Eleanor trying to find the diamonds in The Crypt of Tears. At Rippon Lea.



George Said OAM Haemodialysis Story

I am currently 88 years old and despite my kidney disease I am enjoying my life.. I started hemodialysis about 5 years ago at the nearest hospital, Williamstown Renal Unit. Very soon after I was offered to be trained to self-dialyse at home with the help of the nurses at the Sunshine Hospital. For three years I used to dialyse myself aided by my wife. Then my fistula clotted and I was given a second fistula high up on my right hand. This meant I could not use my left hand to put the needles myself. Fortunately as a Medibank member I was offered a nurse from Dialysis Australia to cannulate me three times a week. The nurse spends about one hour to set up the machine, insert the needles and secure them. Then I am left to

look after myself for the next four hours. My wife stays at home during my dialysis. She helps me to remove the needles and patches me up. I am happy with this arrangement and keep telling myself if ever I have to attend a hospital unit three times a week, I will stop dialysing

see next page for his life story.



Paddy spies a letter lying on his doormat It says on the envelope "DO NOT BEND
Paddy spends the next 2 hours trying to figure out how to pick it up.



FIVE EGYPTIAN POUNDS



Dialysis patient George Said has received an Australia Day honour for his contribution to the community in Melbourne's Western Suburbs. Born in Egypt 88 years ago, George has mastered five languages and played a leading role in a host of community organisations including The Idlers 4WD Club, Seaholme Sustainability Street, the Men's Shed, the Greek Elderly Citizens Club, Altona U3A, Altona Chess Club, Migrant Resources Centres and Hobsons Bay Reconciliation Group.

George's remarkable life is now the subject of a book, ***Five Egyptian Pounds: the story of George Said***. The book takes its name from the five-pound note which was the sum total of his personal wealth when he, his wife Maroula and baby daughter Tassie fled Egypt during the Second Arab-Israeli War. The family settled in England where a second daughter, Helen, was born. Helen Said spent twelve years writing her father's life story after having her own children.

George's love for the great outdoors began as a boy scout in Egypt, camping in the Sahara Desert and leading the other boys into mischief, for which he was stripped of his badges on several occasions. George vividly remembers hurriedly peeling and frying potato chips while a desert sandstorm was brewing. The wind blew so much sand into the hot oil that the chips became gritty and no-one could eat them!

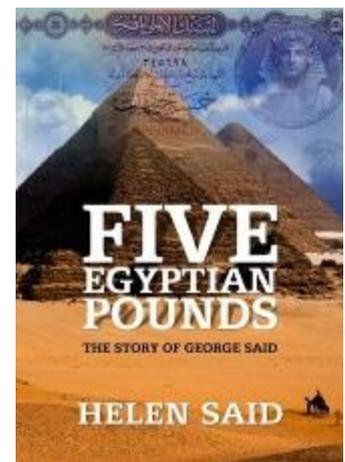
By the time George went to tech school, the political situation in the Middle East had deteriorated. Migrating to Australia became an attractive proposition. George's mother agreed to "post" his immigration application forms – into the nearest rubbish bin! After waiting years for a reply from Australian Immigration (which, of course, he could never receive!) George sold his Harley Davidson motorbike and bought an engagement ring for his childhood sweetheart Maroula, after which, his mother confessed to her deception. But by then it was too late to re-apply to migrate to Australia, as George and Maroula's wedding date had already been set.

George's next attempt to move to Australia was scuttled by his mother-in-law, who initially agreed to make the move, but changed her mind after a family visit to Cairo's open-air cinema to watch the newly released Ernest Borgnine movie *Marty*. After seeing the fate of Marty's mother, an aging immigrant pushed aside when her son grew up and found love, George's mother-in-law feared for her own fate in later life as an immigrant and resolved to stay put. Fate however intervened a few months later when the family was forced to leave Egypt for England during the 1956 Suez Canal Crisis.

In England the family struggled to get by financially, during which time George joined the British trade union movement and had his first taste of strike action. After taking a trade union public speaking course, George found the skills he needed to speak up for himself and other community members. Migrating to Australia, George and Maroula built a house in Altona West, a new housing estate where there was no sewerage, made

roads or footpaths. After having spent six years in London, George was ready to venture out again on camping trips in a new warm country. On his first night in Australia, George asked his brother, "Take me to see eucalyptus trees." George and Maroula joined the 4WD Idlers Club in later life, showing the astonished campers how to marinate and cook European carp so that the muddy taste is removed. George and Maroula's international cooking is renowned throughout their neighbourhood and their house has been dubbed "The Altona Hilton."

George's language and public speaking skills were put to good use as he was the only adult Greek-speaker who could read and write English when he first arrived in Australia. George advocated and translated for the Greek community for many years and eventually became a life member of the Hobsons Bay Greek Orthodox Community and the 2014 Hobsons Bay Citizen of the Year.



Five Egyptian Pounds: the story of George Said costs \$35 (including postage)

What a great story about our friend George. Written by his daughter, Helen. Thanks to all.



**EXPRESSION OF INTEREST
FOR OUR XMAS OUTING THIS YEAR**

DATA is considering going on a weekend away to **SOVEREIGN HILL, BALLARAT** on the Saturday 27th November for the **AURA LIGHT & SOUND SHOW**, pre-show dinner, and overnight stay at Sovereign Hill Motel and entrance to Sovereign Hill on the Saturday. DATA will subsidise the cost, the price has not been worked out yet.. This will be decided when I get an idea of numbers from your replies

So if you are interested please let the office know on 03 98940337 or give me a ring on 0412 469 738

Looking forward to hearing from you all. Numbers are limited so "first in best dressed" so to speak!

Cheers Sue Hatzimichalis

RSVP—ASAP—31/07/21



Apology

In our last issue we wrote about the Sweater with a zip.

Unfortunately we managed to cut out some of the final words.

Here is the last paragraph in its entirety and my apologies to all.

OTHERWISE buy one. The photo shows a sweater that was given to me by a friend.

Buy one from Kidney Buzz. Just search for Kidney Buzz on your computer. This website has many different things those of us on haemodialysis can buy. It is based in America so may take some time with shipping any goods you buy. The web site also has information that you may wish to read.

Here's a new photo of Ros using the sweater while on haemodialysis, and yes, it keeps her warm.

Why can't your nose be 12 inches long?

Because then it would be a foot!

What did the traffic light say to the car?

Don't look, I'm about to change.

What do you call a rooster starring at a pile of lettuce?

A chicken sees a salad.

What do you call a fish without eyes?

Fsh





Ever Wondered Where we Get our Articles ?

*Many come from dialysis units which have various articles to help dialysis people understand their chronic disease renal failure. The article below is based on information from the **Austin Hospital Renal Department** . (I love the drawings). and other information from the **Kidney Health Australia** website.*

Peritoneal dialysis is a treatment option for kidney failure. After being trained by your healthcare team, you can undergo this method at home, providing you with additional comfort during your treatments. There are two different types of peritoneal dialysis - Continuous Ambulatory Peritoneal Dialysis (CAPD) and Automated Peritoneal Dialysis (APD), to suit different lifestyles and preferences.

*There is much more information on this form of dialysis on the kidney health website. This article has been in our files for about twenty years . and a more updated version can be found on the **Kidney Health** website*

PERITONEAL DIALYSIS

If you require peritoneal dialysis, you will be admitted to hospital so that a special tube (TENCKHOFF CATHETER) can be inserted into your abdomen under general anaesthetic. About 15 cm of this tube can be seen on the outside of your abdomen.

Inside the abdomen is a large sheet of tissue called the PERITONEUM. This forms a cavity in the abdomen which is richly supplied with blood vessels.

Dialysis fluid is run through the Tenckhoff catheter into the cavity. Waste products filter out the blood vessels, into the dialysis fluid. This is then drained out of your abdominal cavity through the Tenckhoff catheter, and then into a collection bag.

There are two types of Peritoneal Dialysis:

1. Intermittent Peritoneal Dialysis (I.P.D.)

This involves the use of I.P.D machine to which you are attached either immediately after the Tenckhoff catheter has been inserted or on a regular basis for 24 hours twice per week. The dialysis fluid is run in and out of your abdomen every 30 minutes and is performed by the nursing staff while you are in the hospital.

2. Continuous Ambulatory Peritoneal Dialysis (C.A.P.D.)

This is a continuous portable type of dialysis and is performed at home by you. Dialysis fluid is run into your abdomen, left for about 4 – 6 hours and then drained with the filtered waste products. You will generally be required to perform 4 bag exchanges per day, 6-7 days per week.

Peritoneal Dialysis Training

This takes place in the Ward. You will be required to attend at 9 am- 4pm Monday to Friday in the day procedure area. The time taken to learn how to perform peritoneal dialysis varies from person to person.



Please find enclosed RENEWAL OF SUBSCRIPTION FORM

For the financial year 1 July 2021 to 30 June 2022o



Future Outings

Lunch & a tour of Heide Museum of Modern Art

When: Sunday 22nd August 2021

Time: 12.30pm for lunch; 2.00pm for the museum tour

Cost: \$20 for DATA members, \$35 for non members

Where: 7 Templestowe Rd, Bulleen
Meet in the café (opposite the museum)

RSVP: 15th August 2021, phone 9894 0377,
text 0435 813 311 or email info@datavic.org



HEIDE Museum of Modern Art began in 1934 as a home of John and Sunday Reed. It opened as a public art museum in 1981



BBQ and cruise on Paradise Queen at Lake Mulwala, followed by afternoon tea at Yarrowonga Holiday Home

When: Sunday 26th September 2021

Time: 11.45am for 12.00pm cruise & BBQ

Cost: DATA members \$15 a head, non-members \$30 a head

Where: Meet at 5 Coghill St. Yarrowonga (DATA Holiday Home)

RSVP: 17th September 2021, phone 9894 0377 or email info@datavic.org

Lake Mulwala was formed in 1939 by damming the Murray River and flooding the adjacent countryside. It was constructed to service the needs of the community. The lake is haven for water based sports including fishing, swimming and boating.



Hobbies and CRAFT CORNER

Gwen's brother is always making things, this is a billy cart he made for his daughter. Complete with (pretend) battery, spark plugs, roll bar,

So when his birthday came around, Gwen who is into Paper craft made him a pop up box card full of all the necessary tools, to wish him Happy Birthday Mr Fix It.



ANGELA Keeps Walking Here's Her Report.

I have made my goal of walking every day for a year. In a whole year I have managed **not** to get to 10,000 steps on only **2** occasions.

Steps - I have walked 4,085,226 for 1 year, that's an average of 11,192 a day. Most steps in one day - 23,668. Least steps in 1 day - 5675.

Heart points - I have managed 28,131 points in 1 year, which is a daily average of 77 points. Most points in 1 day - 210. Least points in 1 day - 14.

World Health Organisation recommends 150 points per week. Heart points are scored for doing activities at a higher pace, like taking a brisk walk.

Although I started walking 10,000 steps a day with my friend next door during lock down, we are still both walking every day. Who would have thought that lockdowns are good for some things!!!

Craft Corner

I have been knitting, what else does a person do in winter when the evenings are cold. I have knitted cotton face washers for my own use. Also I have been knitting for KOGO (Knit One Give One). KOGO is a charity which distributes hand knitted items to the disadvantaged. Lately I have knitted a blanket, a scarf & crocheted a blanket. There are many knitters who donate their time & wool to make items for distribution.

Peter's Hobby

Shoe String asked what you did during Lockdown and send us photos of your Hobbies..

So my husband Peter suggested I send a photo of his favorite automobile. I said its got nothing to do with DATA. He said somebody might enjoy looking at it like he does, so here you are.

This is Peters truck- an original pickup truck, 1931 AA Ford truck with tip tray and dual back wheels and many other attributes. He purchased it from Rhode Island, America. It came across the sea in a container. It took six months to get here.

This is just one of Peter's Hobbies, He also likes and collects Model (toy) trains, and Meccano, any sort of farm equipment from his early years—Steam engine, tractors. He does not have any trouble entertaining himself during lockdown.





Dialysis and Transplant
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

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

As we put this copy of Shoe String together we are still under certain restrictions for COVID . This affects our meeting together to pack ShoeString, to have face to face meetings, and to enjoy our social outings. Social outings can be checked on the Web page The DATA Office will be attended intermittently. The phones are monitored so do leave us a message if you have one. We are sorry our outing to Garden World had to be cancelled. Hopefully our next outing to Witches in Britches will go ahead. PLEASE NOTE: All of our outings are subject to COVID Regulations.

Here they are—Angela & Ros, hard at it , printing envelopes for Shoe String—on the Kitchen table —of Ros & Charlie’s home . Thanks You Ros & Angela & Charlie..



We are still looking for that certain someone to help with Shoe String
SIMPLY DROP US A LINE . Till next time Stay Safe The Editors.