

# ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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Association of Victoria Inc.

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## Vale Sue Hatzimichalis

Sue Hatzimichalis was only 63 years old when she passed away on 26<sup>th</sup> March 2022. She joined DATA in 1997 and joined the committee the same year. Sue's husband Nick who died in 2018 was the reason for joining DATA. Nick was on haemodialysis then had a transplant. When the transplant failed Nick dialysed at home. Sue was his carer until he passed away. Sue served on the executive as president and secretary for many years. She was passionate, determined, dedicated and a tireless worker for DATA. Some of her many achievements are:

- Organising a conference at Camberwell Town Hall, where Dr Agar spoke about nocturnal dialysis

- Coordinating an advertisement for a cinema about kidney transplants

- Visiting many shopping centres to give out "Donor Cards"

- Calling on many dialysis units to speak about DATA

- Holding a stall at the Royal Melbourne Show

marketing guru, pure gold, did amazing work, loved her sense of mischief, lovely lady.

Sue wanted to have a "Wake" while she was still alive, but unfortunately it was not to be. She had the song "I did it my way" at her funeral and her life was certainly her way.

Sue enjoyed dancing, sewing, was married to the love of her life for many years, had two beautiful children and had many long lasting friends.



We will miss her, remember her fondly and smile at her antics.

To Adam and Kassia we send our deepest sympathy.

Angela Lindsey

Many DATA members knew Sue personally, they called her – a warrior with angel wings, a gold thread that brightened everyone's day,

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## More Memories from Pat Nottle

I thought the Committee was very enterprising when it established its Opportunity Shops near to the busy railway crossing at Nunawading. At the time I was working full time in Melbourne, but I could help in the shop on some Saturday mornings. The experience was very interesting.

Our customers included Vietnamese refugees who lived in a nearby migrant centre. I was intrigued when I saw how they

checked the size of a pair of trousers instead of bothering to go to the change room. In general these people were of slender build physically and had small waists. This is how they did it: Having selected a pair of trousers they laid the garment on a fat surface. Then they opened their hands placing the tips of the thumb opposite each other and the long middle finger. They placed their hands around their waist and sometimes there was a bit

of a gap. The broken circle was then folded together and laid along the waist band of the folded garment. This gave an idea of how closely the broken circle matched the width of the garment waist.

On another occasion, I took my student sons to help. For the first hour or so they were very helpful and served customers and tidied shelves etc. Then they decided to become customers themselves,

(Continued on page 2)



## PRESIDENT'S REPORT

Hello All, I can't believe it's Winter already. I have just had my flu shot and due for my 3rd Booster of Covid 19 Vaccine. I hope you are all keeping well and enjoying the Winter sunshine when we get it..

Sadly, I have to inform you of the passing of our Secretary, **Sue Hatzimichalis**. Sue was a devoted member of our Association and is sadly missed by not only the committee but a number of the members that I know had a long association with her . Our Sincere Condolences to Adam and Kassia.

In line with the Victorian Government changes to Covid 19 restrictions, we have relaxed our

Holiday homes policy which means that our members and guests no longer need to be vaccinated to stay at the Rosebud or Yarrowonga Holiday homes.

There are a number of social events coming up. We have had a lot of new members come on board and we would love to see you attend these events. Our next event is our Christmas in July celebration, which will be great fun. See Pages 3, 5, & 12.

As the Financial year comes to an end and our Annual General Meeting approaches, it will be time to form a new committee. We are looking for Volunteers to join the committee and assist in any

capacity . Please feel free to contact me or any other of the committee members for



more details. We are a friendly bunch of people and have a bit of fun and welcome new ideas. In words similar to John F Kennedy, It's not what DATA can do for you but what you can do to help DATA . Stay warm and keep the home fires burning,

Kindest Regards,

Brendan .

## We need you

*Your Committee needs you to ensure DATA's future. Are you a professional with transferable skills ready and willing to contribute to your fellow DATA members?. Are you able to commit to one committee meeting per month? Do you have great IT skills? Can you flex your marketing prowess? Could*

*you organise a raffle, including sourcing prizes? Do you have financial contacts and skills? Are you a people person who could visit rural and city hospitals to promote DATA to both staff and patients? Are you a Publisher Guru who would like to produce Shoestring for the Editors? We need you!*

*The more hands-on Committee members we have, the better we can share the workload have time to research/work on new ventures.*

*If you are interested and would like to know more, ring Angela, Vicki, Brendan or Joan Phone numbers on back of Shoe String.*

## More Memories

grasping the opportunity to replenish their own wardrobes. Their collection included a purple two piece man's tailored suit. (To be worn at University Chorale Society events)

At the end of the morning, on the way home I called in at the home of Treasurer John Owen's home to hand over the

morning's takings. John commented that it was a very good lot of cash. I agreed. Guess who had found themselves paying for the boys' purchases.

Oh well, it was all for a good cause.

.Cheerio from Pat Nottle



## NEXT DATA OUTING



### ROYAL BOTANIC GARDENS, MELBOURNE

#### On THE EXPLORER BUS.

**When:** Friday 24<sup>th</sup> June 2022 at 11.30am

**Where:** Meet at the visitor centre, Birdwood Ave Melbourne, at 11.30am for the 11.45am Explorer

**What:** Ride The Explorer, then lunch at Jardin Tan

**Cost:** The Explorer bus is free for DATA members (\$5 for non-members), and non member pay for own lunch

**RSVP: 17<sup>th</sup> June 2022, email [info@datavic.org](mailto:info@datavic.org) or phone 9894 0377**

Discover the beauty of the gardens in the comfort of an open-air bus.

Admire the stunning living collections of nature.

### Feeling Older? HAVE A SMILE!

I am now of that age where I need to take a picture of labels and price tags on my phone to blow up large enough to read.

With time women gain weight because we accumulate so much knowledge and wisdom in our heads that there is no more room in there so it distributes into the rest of our bodies. So, we aren't heavy, we are enormously educated, cultured and happy. Beginning today when I look in the mirror I will think, 'Wow, look how smart I am!'

I remember the good old days when Snap, Crackle and Pop were the sound of Rice Bubbles, not my body!

Sign seen on back of dirty van:  
Single white van seeks single yellow sponge for hot and soapy fun.

Sourced from FaceBook THANKS Gwen



## 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. Abusive language and behaviour toward the House Secretary is unacceptable and will not be tolerated .

### **UPDATE from Amanda:**

We have done a few improvements to the house.

For those who told me about the washing machine at Rosebud getting stuck, we now have a new one.

Also at Rosebud we have two new single bed mattresses.

At Yarrowonga we are getting a new shower chair and reading lamp.

Please inform me of anything not working or needing repairs /replacement at the houses and the Committee will look into it.

The member must be present at the house for all bookings.

We are not taking bookings for Christmas until October .

We do not have many bookings for Rosebud and the weather is lovely at this time of the year, so give me a ring if you have any questions ,

thanks, Amanda

## Yarrowonga

### **Vacancies:**

**June 26th– July 3rd**

**Rest of July is available**

**Aug 14th—Aug 21st**

**Aug 21st—Aug 28th**

**Aug 28th—Sept 4th**

**Sept 4th—Sept 11th**

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

*Bookings at the Yarrowonga Renal Unit Ph:5743 8189*

*For HOUSE bookings please ring*

*Yarrowonga House Secretary*

*Amanda Pratt Ph: 9589 4894*

## Rosebud

### **Vacancies :**

**June Available**

**July Available**

**August Available**

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

*For HOUSE bookings please ring*

*Rosebud House Secretary*

*Amanda Pratt Ph: 9589 4894*





## **LET'S CELEBRATE CHRISTMAS IN JULY**

- Where:** Mitcham Hotel, 556 Maroondah Highway, Mitcham.
- When:** Saturday 23rd July 2022
- Time:** 6pm
- Cost** \$20.00 for DATA Members, (\$25.00 for Non Members)  
Includes glass of Beer or Wine and small gift.
- RSVP** 15 July 2022, phone 9894 0377 or email: [info@datavic.org](mailto:info@datavic.org)

Book Now!

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## **HAVE YOU BEEN PUBLISHED YET?**

No? **Well, what are you waiting for!?!** Pick up that pen, or keyboard, and get started on your story to share with fellow DATA members.

Tell us about your time with DATA:

How did you hear about us?

In what ways has it impacted your journey with kidney disease?

What is your favourite part of DATA membership?

Is it the events where you get to chat with people who understand what you've been through while still having fun?

Would Shoestring's informative articles,

shared experiences of other members or that well-loved joke page be top of your list?

Or would it be the ease of taking a holiday in a home set up for your needs?

Many people tell us how much they enjoy reading other member's stories in Shoestring but few think how much **their** story could help and support others.

**Be brave**, be daring, put pen to paper, share your journey with us and enrol in our exclusive inner membership,

The Published Posse.

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# Ron Jones Educational Awards



**These awards offer a fantastic opportunity for students between school 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 2022**. Winners will receive awards at the AGM in October 2022.

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 .....

.....  
.....  
.....



## 'Virus found in pig heart used in human transplant'

**By Associated Press**

12:20pm May 6, 2022

Researchers trying to learn what killed the first person to receive a heart transplant from a pig have discovered the organ harboured an animal virus but cannot yet say if it played any role in the man's death.

A Maryland man, 57-year-old David Bennett Sr, died in March, two months after the groundbreaking experimental transplant.

University of Maryland doctors said yesterday they found an unwelcome surprise - viral DNA inside the pig heart.

*Members of the surgical team show the pig heart for transplant into patient David Bennett in Baltimore on Friday, Jan. 7 (AP)*



They did not find signs that this bug, called porcine cytomegalovirus, was causing an active infection.

But a major worry about animal-to-human transplants is the risk that it could introduce new kinds of infections to people.

Because some viruses are "latent," meaning they lurk without causing disease, "it could be a hitchhiker," Dr Bartley Griffith, the surgeon who performed Bennett's transplant, told The Associated Press.

Still, development is under way of more sophisticated tests to "make sure that we don't miss these kinds of viruses,"

Dr Muhammad Mohiuddin, scientific director of the university's xenotransplant program, said.

The animal virus was first reported by MIT Technology Review, citing a scientific presentation Griffith gave to the American Society of Transplantation last month.

For decades, doctors have tried using animal organs to save human lives without success.

Bennett, who was dying and ineligible for a human heart transplant, underwent the last-ditch operation using a heart from a pig genetically modified to lower the risk that his immune system would rapidly reject such a foreign organ.

The Maryland team said the donor pig was healthy, had passed testing required by the Food and Drug Administration to check for infections, and was raised in a facility designed to prevent animals from spreading infections.

Revivicor, the company that provided the animal, declined to comment



*David Bennett Jr, right, stands next to his father's hospital bed in Baltimore. (AP)*

Griffith said his patient, while very ill, had been recovering fairly well from the transplant when one morning he woke up worse, with symptoms similar to an infection.

Doctors ran numerous tests to try to

understand the cause, and gave Bennett a variety of antibiotics, antiviral medication and an immune-boosting treatment.

But the pig heart became swollen, filled with fluid and eventually quit functioning.

"What was the virus doing, if anything, that might have caused the swelling in his heart?" Griffith asked.

"Honestly we don't know."

The reaction also didn't appear to be a typical organ rejection, he said, noting the investigation still is underway.

Meanwhile doctors at other medical centres around the country have been experimenting with animal organs in donated human bodies and are anxious to attempt formal studies in living patients soon.

It's not clear how the pig virus will affect those plans.

End

Editor's Note

This article is a follow-up to the article in the March 2022 Shoe String entitled "Is it a Miracle?."

We hope you find it interesting.

If you are a keen WWW searcher and find similar articles. about transplants or kidney disease, please forward them to Shoe String and we can print them up.

Thanks to Ros, & Gwen, for helping with this one.

From the Editor.



## Resistance Training - Good for us all.

This article reflects my experience and the suggested exercises might not be suitable for everyone. Make sure you get medical advice before embarking on any new exercise program.



Resistance training is the use of weights to help build and maintain muscle and bone strength. Those of us with renal disease can lose muscle and bone strength due to the complex arrangement of phosphate and calcium maintained in your body by healthy kidneys. As we age, we also lose muscle mass and bone density and resistant training is a good activity to keep moving. It also helps by improving balance with a decreased risk of falls or injury, as well as improved sleep, improved mental health and reduced depression. Prior to starting resistance training talk to your GP or renal doctor who may refer you to a physiotherapist. You may be suitable for six free physiotherapy visits though Medicare.

To start, it is only necessary to do resistance training 2 or 3 times a week

and slowly build up to 4 or 5 times a week for 10 minutes a day.

No matter how old you are, it's never too late to get into resistance training but remember to start slowly and increase over time. Set aside time to do it.

Plan how you'll build opportunities for resistance training into your day, for example do a few exercises while waiting for the kettle to boil and keep in mind that mopping or vacuuming the floor is of benefit.

Walking is often mentioned in articles as the best exercise. Carrying a small weight is even better

"Sit to stand" is a good exercise for



strength and balance. Stand in front of a chair, then slowly sit down – don't drop into the chair. Stand and sit 5 to 10 times. The chair should be stable and preferable have armrests to help you maintain balance. While sitting, play some music and have a cuppa nearby.

Holding a weight, such as a rolling pin, in your hand bend the elbow up and lift, then bend the wrist up and down repeating 8 to 10 times. While



still holding the weight turn your wrist to the left and right.

Place an ankle weight onto each leg. While sitting, lift your leg straight out in front of you and hold for 3 to 5 seconds then lower it back down. Repeat 8 to 10 times.

While still sitting move each leg from side to side in a stepping motion. Repeat for a number of times and then step forwards and back.

Pop down to the local sports store and buy a dumbbell, ankle weights and a band to use. If expense is an issue apply for a welfare grant from DATA via your renal care team.

More information

[www.health.gov.au/health-topics/physical-activity-and-exercise](http://www.health.gov.au/health-topics/physical-activity-and-exercise)

*Thanks Ros for this article .*

### Smart Pooch

A butcher sees a dog with \$10 in his mouth and a note reading: "Eight lamb chops please."

Amazed the butcher takes the money, puts chops in the dog's mouth. And quickly closes the shop. The butcher follows the dog and watches him wait for a green light and trot across the road to a bus stop. The dog then checks the bus timetable and sits on the bench. When a bus arrives, he walks around the front and looks at the number and boards the bus. The butcher follows dumbstruck, after a while the dog stands on his back paws to push the "stop" bell, and then the butcher follows him off.

The dog runs up to a house and drops the bag of chops on the step. He barks repeatedly.

He then goes back down the path, takes a big run and throws himself at the door with a thump. No answer.

So the dog jumps on a wall, walks around the garden and barks repeatedly at a window.

Eventually a small guy opens it and starts cursing.

The butcher runs up and yells: "What the hell are you doing? This dog is genius!"

The owner responds: He's no genius! It's the second time this week he's lost his key!"





## Get to know your Committee : Joan Eastwood

### Well now it's my turn

My story so far:

My attachment to DATA started in the eighties when my late husband, Spencer began dialysis at the Royal Melbourne Hospital. During training for home based haemo dialysis at RMH he was introduced to the organisation Dialysis & Transplant Association. He joined up as a member. He soon became interested in the Committee too. He soon joined the Committee led by Celia Browne.

As time went on Spencer continued to attend monthly meetings then after much discussion DATA purchased a house -Queen Street Blackburn. The Committee now had somewhere to meet and I started going to DATA meetings. I made myself useful by being Minute secretary.

Spencer enjoyed working in the office for DATA, in fact, he was always over at Blackburn – doing raffle books or printing envelopes. It was his second home - when he was not in Dialysis that is.

Spencer would dialyse at home three times a week. It was important that I was at home when he did dialysis.

I was actually working at a Family Centre in Wheelers Hill. I was Coordinator of Childcare - I booked the children in and out and kept the place running smoothly. It was Occasional Child Care and we only had 15 places, so if I booked in too many I had to cope with the overflow.

I often had a baby to nurse, or a toddler to entertain in the foyer. The children could only stay 2 or 3 hours once or twice a week. It was designed to give stay-at-home Mums a break. It was great fun.

At end of the day, I had to count the income and fill in attendance details and balance the books, so some evenings I might be an hour late for Spencer's Dialysis. Not very popular then! It meant a late night all round.

My Training was in the nursing profession. I trained at The Royal Children's Hospital, graduating as a State Registered Nurse in 1958. I did not see the need to do any further Training as I planned to marry Spencer in 1960, and have my own children. I worked at Royal Children's Hospital until then, completing twelve months with the title 'Staff Nurse' wearing one of those stiff white folded veil with a very crisp lemon coloured uniform.

My story is closely linked to Spencer's Story. I would never have made a connection with DATA if I had not been married to Spencer. His story began when he was about three years old. He attended the Royal Children's, and later, Royal Melbourne Hospital. His problem was kidney stones which kept re-occurring. By the time we were married he'd had about five

operations to clear his kidneys. This resulted in badly damaged kidneys, regular visits to Royal Melbourne Hospital for check-ups, regular blood tests and regular 24 hour urine specimens. I remember he used to have three large plastic jars, to be filled over 24 hours. He would then pack the jars into a large sports bag covered with a big thick towel (in case of spillage), and hope nobody on the train would ask him what Sport he played. He caught the train & tram in to the Royal Melbourne because parking was so bad.

As time went by we began to realise his kidneys were failing. He was in his fifties when he went on dialysis. He was on home dialysis for about 3 years before he received a transplant. This transplant, thanks to the unknown donor, was still working well eleven years later when he sadly passed away from other complications.

I continued to work with the Committee of DATA and served several years as DATA Treasurer, This taught me a lot of skills I did not have. I gradually developed an interest in the ShoeString magazine. Once again this taught me a different set of skills.

So here we are - still here after almost 30 years.



Backyard at Rawson where I live with husband, Peter .but that's another story.

Trees are lovely at this time of year .



Sunday 1<sup>st</sup> May 2022 was a beautiful, sunny day in Altona – wrong. It was overcast and grey, but the social event did not have to get cancelled again. If you remember in 2020 the day was cancelled due to COVID19, 2021 it rained heavily on the day, in March 2022 it rained the day before, so the green was wet. It was 4<sup>th</sup> time lucky. Alan and Carol Thompson organised the day at Altona Bowling Club, for us to practice bare foot bowls. We didn't really have to bowl in bare feet, we all kept our shoes on. None of us had high heels. It was fun for all. Alan explained how to bowl, but of course the ball did not always go in the direction intended. We had a few games but it felt that the more you bowled the less you learnt. We had a few laughs. We were all winners. After the bowling, we sat at an outside table and had a bite to eat. The snacks were huge but tasted good. Hopefully next time it will be a beautiful sunny day.

Form the Social Committee.

### *Save the date*

### ***DATA Christmas celebration, Sunday 4<sup>th</sup> December 2022***



### ***Australia's Premier Rail Restaurant, The Q Train.***

It's a unique 3 hour experience, 5 course lunch, on the historic Bellarine railway. The steam train travels across the Bellarine Peninsula, through Suma park and Swan Bay.

The journey begins from Docklands on the Port Phillip Ferries at 10.40am. Upon arrival at Portarlington, Explore Australia, will take us to the Q Train in Drysdale. The Q train departs from Drysdale railway station. After the 3hour lunch, we will be transported back to Portarlington and the ferry back to Docklands, where we arrive at 5.40pm.

If people want to drive to Drysdale Railway Station (92 kms from Melbourne CBD to Drysdale Railway Station), parking is available.

The cost for the whole day for DATA members is \$50 for lunch on the Q Train, plus \$25 for the transport. Bargain if you are a DATA member.

Check out the Q Train website – <https://www.theqtrain.com.au>



## PHOTO TRIBUTE TO SUE



We sure had plenty of fun,

We will miss your smile, your ideas, your inspiration.

DATA will not forget you.





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.

DEADLINE FOR NEXT ISSUE 01 July 2022

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](mailto:editor.shoestring@gmail.com)

### Dates to Remember

**June 24<sup>th</sup> The Explorer Bus, Royal Botanic Gardens**  
(see page 3).

**June Ron Jones Educational Awards must be submitted**  
by 30<sup>th</sup> June

**July 23<sup>rd</sup> Saturday, Xmas in July, Mitcham Hotel**  
(see page 5).

**August 28<sup>th</sup> Sunday Yarra Valley Chocolaterie**

**September 11th - Sunday BBQ at Yarrawonga**

**October 23<sup>rd</sup> Sunday – AGM**  
**50<sup>th</sup> Anniversary of Shoe String**

**December 4th - Q Train (see page 10).**