

ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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Vale Alan Rawson

Alan Rawson joined DATA in 1988 soon becoming an very active Committee member. For 25 years he looked after the Holiday Homes. First it was Yarrowonga, Rosebud and Blackburn, then Yarrowonga and Rosebud, then finally Yarrowonga. Nothing was too much trouble for Alan. It was not unusual for Alan to meet weary travellers at Blackburn to settle them in, assisting with bed making, showing them the best shops and getting them comfortable . It was in Yarrowonga where he had the most influence, befriended groups who donated generously to DATA. While Alan was busy being the Holiday Home Secretary, Fay served on the Executive team as either President or Secretary, and assisting with the Holiday Homes.

Alan was born 24th July 1934 and passed away 29th June 2022. He died peacefully in his sleep – a beautiful way to go.

Alan met his wife Fay in hospital. He was a patient and she was the

Occupational Therapist. It wasn't love at first sight; Fay found him grumpy, not unusual for a young man in hospital. Love did blossom, with two daughters, four grandchildren and 60 years of marriage.

Alan was diagnosed with kidney failure in 1987. In 1991 he received a kidney



transplant on the Friday and on Saturday he became a grandfather for the first time when his first grandson was born. His transplanted kidney did not miss a beat for 31 years, neither did his grandson. The two had a special bond.

Alan had a full life. He had his own building company, travelled widely, played golf. He even won gold medals at the Transplant Games.

Some people may remembers Alan as Mr.Grumpy but he was really an old softie and we will miss him heaps.

To his wife Fay, two daughters and four grandchildren we offer our deepest sympathy.

From the Committee.



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Presidents Report

Not much to report this month as I am laid low with dreaded lurgy.

When I am feeling better I will tell you all about the new scholarship for Trained Nurses. We have a group who are planning a post graduate scholarship for training in all things Renal hopefully starting in 2023. We intend to call it the *Sue Hatzimichaelis Post Graduate Renal Nursing Scholarship* in honour of our friend. Sue was very keen to set up some thing of this nature. We see this as a fitting way of honouring her committment and dedication to DATA.



Please remember to come to Xmas in July. See you there, I hope. Regards , Joan per Brendan.

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

NEXT Shoe String—SEPTEMBER 2022— CARERS' SHOESTRING

Next Shoe String is Carers' Shoe String specially devoted to that person who is your Carer.

Hey Carers! Send us your story, of how you get through the week.

Tell us what you would like to see in Shoe String . Do you want some recipes? Or can you contribute some? Do you need suggestions of what to do during the week to break the monotony. Can't get out because Doctors visits take up most of the week? How can we help?

Does the person you care for, go to Dialysis centre or dialyse at home? Have you got outside interest? Suggestions: do you play on computer, use a computer , enjoy using a computer, hone your computer skills , escape to the computer.

Would you be interested in a Carers' Email Support Group. Maybe to be matched up with one or two partners you could communicate with regularly, weekly, monthly or whatever you agree upon. Or maybe a **Phone**

group.

Send in your suggestions of how we can support each other in the role of Caring. We would like to hear your comments. Let Joan or Gwen know

Contact Us at DATA on email

info@datavic.org,

or phone (03) 9894 0377 and leave message, and your phone number. Looking forward to hearing from you before next issue.

Joan & Gwen

APOLOGY everyone (all those on line people) who received reminders to pay. This was an automated gli-che that we hope will be fixed in the next 'Subs Due ' We have done all in our power to eliminate the prob-lem and we are sorry it occurred. Thank you for understanding. From the Committee



PROGRESS REPORT FROM FILTER YOUR FUTURE

Remember our 2020 Filter Your Future Program? Yvonne and Ashlee were visiting Primary Schools presenting catchy programmes aimed at teaching the children the importance of good kidney health. That was before Covid hit. They then turned their heads towards preparing programs to go online that teachers could access for their students to learn about their kidneys. These was implemented in 2021 in conjunction with SugarByHalf, DATA and Cool Australia.

In her report to the DATA Committee, (Sept 2021), Yvonne reported FYF was working on the Musical 'Filter Fun Park'. Here is the Synopsis: This is a fun, educational journey through the human body, using personified

foods and body parts to explore how the choices we make about food impacts the way our body functions. Fictional comedy, educational facts, and energetic original music combine to talk about our health, specifically that of our kidneys, in a way that it's never been talked about before [Ó Filter Your Future 2021]. This Musical stage production will be available online for all school communities to purchase as a production for students to take part in and present.

Yvonne reports (June 2022) that Ashlee and Yvonne met in Melbourne in May to review compositions and orchestrations for the Musical. Ashlee is doing a brilliant job with wonderful orchestrations and catchy tunes that children and adults will love.

Likewise, Amy has written a clever fun-filled script and together they have composed memorable lyrics. The opening number has been reworked and both composer and playwright have given many additional hours on the project. Development Phase 2 was commenced in March 2022 with graphic design underway.

Yvonne also reports that she has been contacted by the Rotary Club, Chapala Sunrise, Mexico, requesting if they can translate elements of the online lessons into Spanish for use in the local village where the rate of Chronic Kidney Disease is the highest in the world due to toxic contamination in the local water. The Rotary Club will send a proposal to Yvonne.

Ed Thanks Yvonne for this report .well done.

Hundred years ago everyone owned a horse and only the rich had a car.

Today everyone has cars and only the rich have a horse.

The stables have turned.

A LITTLE BIT OF HUMOUR Reprint from Shoe String 2014

Best friends graduated from medical school at the same time and decided that, in spite of two different specialties, they would open a practice together to share office space and personnel. Dr. Smith was the psychiatrist and Dr. Jones was the proctologist. They put up a sign reading "Dr. Smith and Dr. Jones: Hysterias and Posteriors." The town council was livid and insisted they change it. So, the docs changed it to read "Schizoids and Haemorrhoids." This was also not acceptable, so they again changed the sign. "Catatonics and High Colonics"--no go. Next, they

tried "Manic Depressives and Anal Retentives"--thumbs down again. Then came "Minds and Behinds"--still no good. Another attempt resulted in "Lost Souls and Butt Holes"--unacceptable again. So they tried "Analysis and Anal Cysts"--not a chance. "Nuts and Butts"--no way. "Freaks and Cheeks"--still no good. "Loons and Moons"--forget it. Almost at their wits' end, the docs finally came up with: "Dr. Smith and Dr. Jones--Specializing in Odds and Ends." Everyone loved it!.

Very clever don't you think. Ed



DATA Holiday Homes

The Rosebud & Yarrawonga 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.

Some important information regarding the houses.

- I will ring you if the key does not turn up when returning the key to me.
- Please leave the house as you find it. Do not move furniture.
- Leave a clear message on my answering machine, with a return phone number if looking at booking either house. From Amanda

Yarrawonga

Vacancies-

August 21st till August 28th

August 28th till September 4th

October 2nd till October 9th

October 9th till October 16th

October 16th till October 23rd

Cost is only \$200 per week for you and your immediate

family. Call as we do get vacancies.

Bookings at the Yarrawonga Renal Unit Ph: 5743 8189

For HOUSE bookings please ring

Yarrawonga House Secretary

Amanda Pratt Ph: 9589 4894

Rosebud

Vacancies-

July 31st till August 7th

August 7th till August 14th

August 14th till August 21st

August 28th till September 4th

Rest of September and October available

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

For HOUSE bookings please ring

Rosebud House Secretary

Amanda Pratt Ph: 9589 4894

So Daffy Duck and Elmer Fudd break into a distillery.

Daffy turns to Elmer and says 'Is this Whiskey?'

Elmer says 'Yeth, but not as whiskey as wobbling a bank!'





Gwen's Story

If I was to write my biography, it would be called, 'It Happens!' My philosophy is simple, 'Flush and Move On!' In any situation I usually choose humour, so forgive me if I laugh in the wrong places, it's just that a picture pops into my head that amuses me.

It would seem my life has come full circle. I started off doing office work, moved to nursing ending up in Aged Care. After a favourite patient of mine had a massive stroke and died, I just couldn't take it anymore and promised myself I'd never work in a facility again.

I discovered teaching was my passion and enjoyed a memorable ten years working myself into the ground, doing 20 hour days, staying up 3 days straight during report time, carting their books home and working on my descriptive reports overnight, while continuing to teach through the day.

Having hated maths out of books I chose to make it real for my classes so when doing

measurement we mapped out a 1 metre square on the floor and tested how many children, or adults when we could rope them in, could fit into our square metre. We measured out a diplodocus on the basket ball courts and demonstrated a 5-25 ratio by making ourselves into cogs. Imagine a noisy stomping of feet as they turned in their circles.

I love reading so always read a book of my choice in Term 1 allowing the children to choose after that. One year we did The Secret Garden with things appearing in our classroom, a spray painted silver branch, a bird's nest, a robin, paper flowers, origami birds. The class became so enthused it spilled out into the corridor making other classes swat our works of art out of their way as they made their way to and from their rooms.

Unfortunately, my health failed. I was diagnosed as auto immune and couldn't push myself past my limits anymore so I resigned and did a stint of phlebotomy which I

absolutely hated. No one is ever glad to see the vampire, sigh!

Now I am back doing office work and aged care but not in a facility, I am helping the elderly remain independent in their own homes, a cause close to my heart. I became your Office Facilitator in 2016 and admired the dedication and team spirit of your committee members so much I decided to become a member in 2018 so I could contribute to the wonderful support network you are.

I am now taking Minutes at committee meetings and little extras such as picking up Shoestring ready to be mailed out to you. It's a great magazine, isn't it! Never hesitate to contribute a joke, an article you've read or a piece about how you cope. It really helps others.

Whatever I do, I do it with enthusiasm. My glass is always half full, the world is a beautiful place and each day is a new opportunity.

Thanks Gwen for your Story.

DATA Christmas Outing Sunday 4th December 2022

Australia's Premier Rail Restaurant The Q Train.

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

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>





NEXT OUTINGS with DATA



When: Sunday 28th August 2022
Time: 11.00am for coffee & dessert
Cost: free for DATA members
Where: 35 Old Healsville Rd. Yarra Glen
RSVP: 22nd August, phone 9894 0377
or email info@datavic.org

Yum yum

Join DATA for a BBQ and cruise on *The Paradise Queen.* followed by afternoon tea at Yarrawonga Holiday Home



When: Sunday 11th September 2022
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. Yarrawonga (DATA Holiday Home)
RSVP: 4th September 2022, 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.



Royal Botanic Gardens June 2022

Royal Botanic Gardens in Melbourne have a stunning living collection of nature. If you haven't been to the Royal Botanic Gardens you must go – the planning, the variety, the beauty of plants and trees is wonderful. It is 38 hectares in size and has more than 8,500 species of plants.

It was a pleasure to ride The Explorer bus around the gardens on Friday 24th June. The day started with some light rain but it soon went away, typical Melbourne weather. Our guide answered all the questions posed to her. We were a small group but vocal. Lunch was at Jardin Tan restaurant near the visitor centre. After lunch some of us walked through the Shrine of Remembrance, passing the Queen Victoria Gardens, flower clock, National Gallery of Victoria to Flinders St. station. It was a lovely walk and of course we talked all the way.
Angela Lindsey Social Committee



Witches-in-Britches

DATA members had a nice evening at the Witches in Britches on Saturday 9th April. We were all waiting outside the main door chatting. All of a sudden the doors flew open and of course it was quite frightening. Go through the tunnel they said, so we went in through the tunnel. All in the name of scaring the guests, but only momentarily.

The three course meal was pleasant, pumpkin soup, chicken, steak, fish or gnocchi for the main course and a tasty dessert. It was nice to see new faces. Esat and Susie Hussein have been associated with DATA for a long time, but have not been seen at social events, to them we say welcome.

The show was about Charlie's Witches, based on the TV series, Charlie's Angels. As Charlie's Witches travelled through time, there were lots of familiar songs, some crude and quirky comedy, audience participation and lots of clapping. Of course Charlie's Witches saved the day by completing their task successfully.

From The Social Committee





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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 SEPTEMBER 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

There are not many of us that will accept this title 'Editors'. But I must thank all who contribute considerable effort to fill up this magazine. So Thanks to Angela, Gwen, Amanda, Yvonne. Brendan, for your **contribution**. I couldn't do it without you.

We have just about finished stories from all our Committee Members and Office staff. Now it's your turn. Send them in anytime **before** the deadline (1st Sept.). It can be about anything you find important or interesting. So have a go!

Joan Eastwood

Dates to Remember

July 23rd Saturday, Xmas in July, 6pm Mitcham Hotel

August 28th Sunday Yarra Valley Chocolaterie see pge 6

September 11th Sunday BBQ at Yarrawonga see pge 6

October 23rd Sunday – AGM

50th Anniversary of Shoe String

December 4th –Ferry trip & 3 Course Lunch on Q Train .