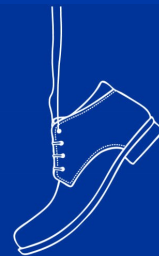


# ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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May 2023



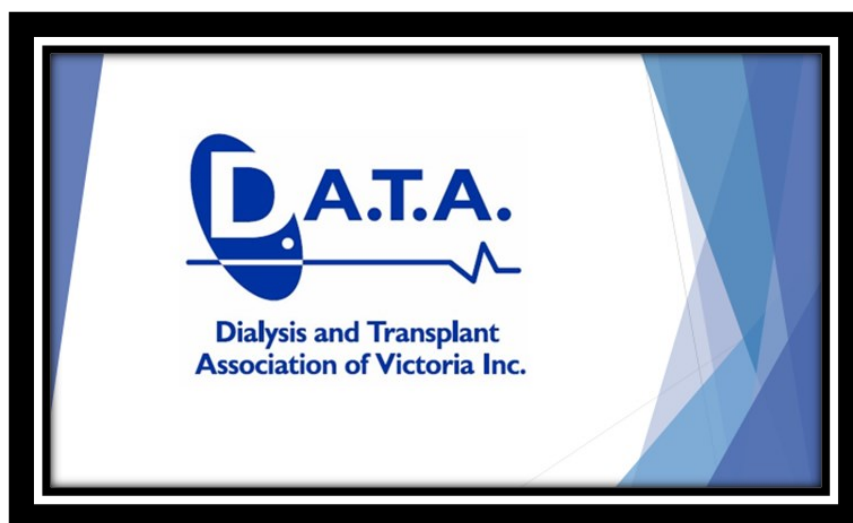
Dialysis and Transplant  
Association of Victoria Inc.

Registration No A0012114V

ABN 40 628 284 998



## Come and Celebrate 50 Years



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*When: Sunday 28th May 2023*

*Time 2.00pm, followed by afternoon tea*

*Where: Level 1, 79 Mahoneys Rd. Forest Hill*

*Cost: Free*

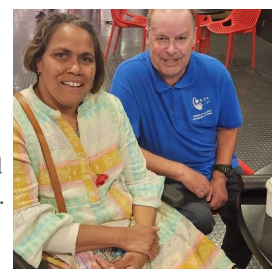
*RSVP: 22nd May 2023, phone - 9894 0377 or  
email - [info@datavic.org](mailto:info@datavic.org)*

*Come & hear the history of DATA. Reminisce how it was. Listen to peoples' experiences. Tell us your story.*

Guess who we caught up with on our visit to the Shrine ?

Darren spotted this lady in the foyer/tearoom after our tour .

Yes, you guessed it. Kathy Freeman, who famously won gold at the Sydney 2000 Olympics. She also lit the Olympic flame.





## PRESIDENT'S REPORT

### Greetings All

The warm weather is a distant memory now. Wow, how cold was Easter? We had the fire going on Easter Sunday. Fortunately we have had a few sunny days but Winter is fast approaching.

We all should have our Flu shots and it is recommended if you have not had a Covid booster in the last six months, it's now time to consider it.

Our holiday home bookings have been steady, in the coming months there are a number of vacancies so check the Holiday home report on Page 04

Due to the increased costs of

power, gas and Council rates, the Committee has decided to increase the weekly rental to \$220 per week, effective from the 1st of July 2023.

DATA has sponsored Filter Fun Park The Musical, which was launched on Sunday the 7th of May. A number of members attended with their children and Grandchildren. It was a huge success.

I must thank Yvonne and her team for all their hard work. I am proud of their achievements and our association.

We have had a number of social events already this year and are delighted to see so many new members attending. Don't be shy to



come along, you will be warmly welcomed.

In closing, there are some exciting events lined up for the coming months.

Stay warm and safe,

Brendan Lowry

## DATA's NEXT OUTING

June Event: 25th June at 1.00pm

Melbourne Museum & Royal Exhibition Building  
11 Nicholson St, Carlton Vic

Meet outside the Museum (new building) at 1pm (inside if raining).  
Enjoy the day walking round the Museum or do a guided tour.  
Check out the Website to see which tours will be available on the day.  
Afternoon tea will also be available.  
As is usual, any added cost will be partially subsidised by DATA.  
DATA will also subsidise any tour you want to go on.

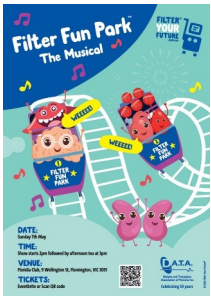
RSVP by 20/06/2023 - phone 03 9894 0377 (leave a message),  
or email to [info@datavic.org](mailto:info@datavic.org)





# THE MUSICAL

The opening day finally arrived for Filter Fun Park The Musical.



The performers were fabulous, the concept was brilliant. We were all made aware that a 600ml bottle of

Coke has 16 teaspoons of sugar in it. If we bought a bottle of soft drink a day for a year, we would spend about \$1000. Imagine what can be done with that money.

We need to eat fresh, drink plenty of water, have a balanced diet and spend time outdoors, to make sure our heart and kidneys stay healthy.



Photo above left to right: Amy Fortnum (wrote the script), Ashlee Clapp (wrote the music), Brendan Lowry (DATA President), Yvonne Farquharson (Filter Your Future).



Rotary International Convention | May 27-31, 2023 *Imagine What's Next*



DATA, PKD & FYF will be manning a booth named: 'Caring for Kidneys' at the Rotary International Convention (RICON)

Venue: Melbourne Convention & Exhibition Centre (MCEC) 1 Convention Centre Place, South Wharf, 3006

Date: Saturday May 27 to Wednesday, May 31, 2023

## Register for a free 3-day House of Friendship pass for the Rotary International Convention

Enjoy a 3-day pass, free of charge, to the House of Friendship, where you'll be able to connect with thousands of fellow Rotary members from around the world and have access to hundreds of Rotary project booths, vendors, food, and entertainment at the 2023 Rotary International Convention in Melbourne, Australia. A complimentary **pass valid Monday-Wednesday, 29-31 May**, for the House of Friendship\*. Here's how you can redeem this special offer:

- Visit the registration desk (MCEC Exhibition Centre doors 1 and 2) at the convention centre to fill out a brief form and receive your pass on site.

\*Passes are valid for the House of Friendship only. Does not apply to convention registration or any affiliated events.

*Rotary International originated in Chicago in 1905. Rotary is one of the most respected non-profit service organizations in the world with 1.4 million Rotary members, and 46,000 clubs located in 200 countries and geographic areas around the world.*



# 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.

*Do not forget that the rent for the Holiday Homes will increase to \$220 from 1st July 2023.*

No pets allowed with Guide dogs being the exception.

**Amanda says:** As the weather starts to get colder, I just wanted to let you know that both houses have very good heating and are lovely and warm, so don't be put off booking a Winter getaway. Please ring for June, July and August dates. I have a new answering machine so please leave a clear message and don't forget to leave a phone number so I can call you back.

## Yarrowonga

Cost is only \$200 until 30th June '23

From 1 July 2023, Cost will be \$220 per week for you and your immediate family. Call as we do get vacancies.

*Vacancies*

*May 28th - June 2nd*

*Please ring for June, July, and August Dates*

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

*For HOUSE bookings please ring Yarrowonga House Secretary*

*Amanda Pratt Ph: 9589 4894*

## Rosebud

**Vacancies**

May 28th - June 4th

Please ring for June, July, and August Dates

**Costs** \$200 per week. until 30 June

From July 1st cost will be \$220..for you & your family

Extra guest is \$ 20 per night.

*For HOUSE bookings please ring Rosebud House Secretary*

*Amanda Pratt Ph: 9589 4894*



**Please Remember To Take Your Key!**

### BAREFOOT BOWLS OUTING—23rd APRIL

An enthusiastic group of 13 people met at Altona Bowling club to enjoy a game of Barefoot Bowls on a sunny day in April. Alan & Carol Thompson were our hosts. We received some good tips on how to improve our Bowls from Ron, but of course the ball had it's own mind. Thanks once again for a fun afternoon





## Protect Your Health - Cut Out Sodium (Salt)

**We have heard this from our Dialysis Nurses all the time but it doesn't hurt to hear it again, until we get it!**

**How to take an everyday meal and slash the sodium.**

What is Sodium?

Sodium is a mineral (salt) found in many of the foods you eat. Most (about 80%) of the sodium (salt) we eat comes from processed and takeaway foods. Your salt shakers may not be the biggest culprit!

**What happens when you eat too much sodium?**

- Eating too much sodium (salt) increases the risk of high Blood Pressure
- Sodium acts like a sponge and holds fluid inside your body. Eating less sodium helps prevent the collection of fluid in your lower legs and may help your diuretics (fluid Tablets e.g. Frusemide, spironolactone) work more effectively.

A low sodium diet would be of benefit to the whole family and it only takes 6-8 weeks before your taste buds get used to food with less or no added salt.

**Top tips to help lower your sodium (salt) intake.**

**When at the supermarket:**

- Fresh is best, choose fresh foods over processed foods, packaged or takeaways
- Limit processed meats, ham, sausage, bacon, luncheon and corn beef, smoked foods and food in brine (brine is just salty water) and all these items are high in sodium.
- Reading food labels, (Nutrition Information Label) will help you choose lower sodium options. Low sodium foods have less than 120mg per 100g and one of your best choices. Moderate sodium foods contain 120-600mg per 100g and foods with more than 600mg of sodium per 100g should be limited.

**When Cooking:**

- Start now by adding less salt to cooking. Halve the amount of salt you would normally use and continue to reduce the amount of salt added until you no longer add salt.
- Spice up your meat with herbs to add flavour rather than salt or sauces high in sodium.
- Remove the salt shaker from the table—this will help remove the temptation to sprinkle.

**Take these everyday meals and slash the sodium....**

**Stir Fry - serves 4-5**

**Ingredients**

- 1 -1.5 cups rice or noodles
- Cup of Vegetables
- 1 Onion
- 500g chicken, pork or beef
- Packet or Jar of Stir Fry Sauce
- 

**How to make this Stir Fry recipe lower in salt?**

Replace ready made stir fry sauce with **Replacement Sauce**

**Sauce Ingredients:** 2 teaspoons of finely chopped ginger

4 cloves of garlic, 1 Tablespoon of sesame oil

and 1/4 cup of Balsamic Vinegar

Prepare Replacement sauce ingredients then combine all sauce ingredients.

**To cook:** Brown onion first then meat in small amount of oil.

Cook prepared vegies in boiling water for 2 minutes, & drain. Set aside.

Combine all ingredients in frying pan or saucepan and add **Replacement sauce** last.





# Annalyse's Story



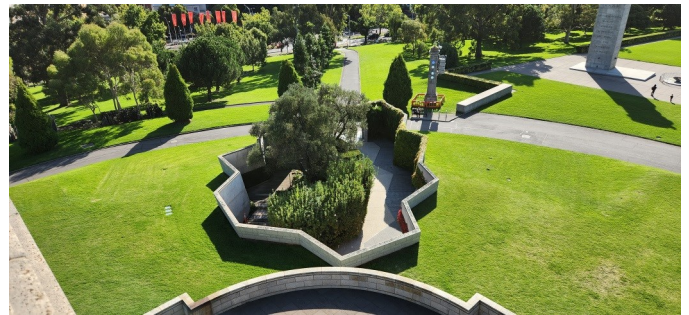
Hi all, my name is Annalyse Armstrong. Last year I received the Ron Jones Educational Award at the Annual General Meeting. This was an extremely rewarding experience for me as I was able to meet and talk to people like myself who have been through similar or different circumstances than myself.

Before I was two, I had a kidney transplant which was generously donated from my grandmother. This has been a smooth journey with very little complications. The money I received from the award has not been used for anything, but rather has been put in the bank to increase until I can use it to start up my own dog grooming business which is my dream career, and what I wrote my essay on. Currently, I'm in year 11 studying a wide range of subjects being: psychology, maths, business management, history and English as well as food studies which I assist in events as a faculty captain.

I would really encourage other teenagers and children like me to enter this competition as it's incredibly inspiring to meet people like yourself or to even just hear about other people's lives. I would also like to thank those who are involved at DATA. I appreciate every single one of you, and the work that is done for ShoeString is incredibly valuable to all those suffering from kidney disease.

Annalyse

## Visit to the Shrine of Remembrance



*The grounds of the Shrine taken from the Top Deck*



**The Shrine of Remembrance Tour** was great, the guides we had (Christine & Sam) were the best! giving us the tour around the shrine and taking us up to the top deck,

looking over the City and surrounds. It was supposed to have been for 45 minutes, but it went for an hour when we decided to give them some info about our relations being in WW1 & 2. We started looking up their names in the registers.

Next time we will do it again and decide on a better date even though we booked it in December 2022 before the Grand Prix date was advertised. Look out for 2024 dates.

If anyone is interested in doing the tour independently, we would recommend it. Or you can just walk around and have a look. It is well worth doing.

**Photo left:** Group taken in front of Remembrance Wreath.

**Below:** Boat used for rescue at Gallipoli





# Ron Jones Educational Awards



**These awards offer a fantastic opportunity for students who have completed years 6 to 11.**

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 **Encouragement** Awards.

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

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 2023**. Winners will receive awards at the AGM in October 2023

- For further information ring DATA Office 03 98940377

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 .....

.....  
.....



Dialysis and Transplant  
Association of Victoria Inc.

PO Box 159,  
Forest Hill Vic 3131

Phone: (03) 9894 0377  
Email: [info@datavic.org](mailto:info@datavic.org)  
[www.datavic.org](http://www.datavic.org)

#### Office Bearers

##### President

Brendan Lowry (03) 9589 4894

##### Vice President

Steve Shuster 0427 515 770

##### Secretary

Angela Lindsey 0435 813 311

##### Treasurer

Vicki Abbatangelo 0408 103 571

#### Committee Members

Joan Eastwood 0402 097 331

Darren Hennessey 0404 038 407

Margaret Hagedorn (03) 9798 2835

Neane Collis 0439 990 963

Nicole Pearce 0407 467 466

Michelle Thevenet 0450 636 118

#### Holiday Homes Secretary

Yarrawonga and Rosebud  
Amanda Pratt (03) 9589 4894

#### Shoe String Editor

Joan Eastwood 0402 097 331

Angela Lindsey

Gwen Lever

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 16 JUNE 2023

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)**

Hello to all those sickies out there , Hope you are feeling better soon . Special SHOUT OUT to Carers, - These people who look after us when we need help with shopping, cooking, travelling to & fro to doctot’s visits, and dialysis.

Send us your story so we can publish it in Shoe String.

If anyone would like a day out in City have a look at Page 3

We need people to help man the stall at the Rotary International Convention. If you would like to help please ring the office 03 9894 0377 Thanks to all who help with ShoeString.

#### Coming Events

After the Museum in June, (see page 2 for details) we had planned Xmas in July at Brian & Michelle’s on July 23rd, at their home near Ballarat..... Unfortunately due to ill health, this is no longer available. We still plan to have it on **July 23rd**. We will let you know the venue as soon as it is available. Look for it on Facebook, Web & Next ShoeString **but please keep that date free.**

**August 27** Chokolaterie In Yarra Glen

**September 24<sup>th</sup>** RAAF Museum Point Cook

**October 18<sup>th</sup>** Coffee & Cake

**October 22<sup>th</sup>** DATA AGM

**November 2<sup>nd</sup>** Coffee & Cake

**November 26<sup>th</sup>** Boneo Discovery Park