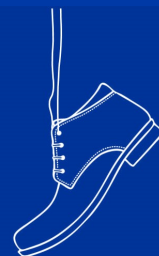


# ShoeString



Newsletter of the Dialysis & Transplant Association of Victoria Inc.

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Volume L Number 6

November 2023



Dialysis and Transplant  
Association of Victoria Inc.

Registration No A0012114V

ABN 40 628 284 998



## DATA Christmas Party



**This year our Christmas Party will be held at the home of DATA members:**

**Mischelle & Brian WALLIS**

**WHERE: 5 Lauderdale St. ALFREDTON 3350  
(South side of Ballarat)**

**DATE: 26<sup>th</sup> November 2023**

**TIME: 11.00 a.m.**

**COST: BYO drinks**

**RSVP: 19<sup>th</sup> November 2023, Phone; (03) 9894 0377 or**

**Email: [info@datavic.org](mailto:info@datavic.org)**

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**The DATA Committee wishes all our members**





## President's Report for 50th Annual General Meeting

Can you believe it, DATA celebrated its 50th anniversary this year, what a great achievement. How quickly another year passes. Once again, I would like to thank all the committee members past and present and the volunteers for their continued efforts and support.

DATA has continued to sponsor The Ron Jones Education Award and Filter Your Future. In addition, the Grant a Dream For Kidney Kids programme was set up this year to help make hospital stays more pleasant for children on Dialysis. We provided the following this year:

- 1 PC for a teenager on haemodialysis at Royal Children's Hospital Dialysis Unit, to help with his studies at Virtual School Victoria
- 2 iPads for Monash Children's Dialysis Unit, 1 iPad for the actual unit to distract children while a procedure is being performed on them & 1 iPad for a 13-year-old girl on Peritoneal Dialysis

The Sue Hatzimichalis post graduate Nursing Scholarship, 2 nurses were sponsored in the last year. This year's recipients were- Maryam Rezakhani from Austin Health and Kate Gale from Grampians Health. For 2024 – the scholarship has been offered to Austin Health, Grampians Health & Royal Melbourne Hospital

DATA has donated \$2000 for the maintenance of the Purple Truck. The Purple Truck is a self-contained dialysis unit on wheels which travels to remote communities to assist indigenous communities with renal issues.

DATA has 2 holiday homes, one in Rosebud and one in Yarrowonga. These holiday homes are rented at a highly subsidised rate to members with priority given to those on Dialysis. Rosebud was used for 26 weeks and Yarrowonga for 31 weeks. A thank you to the members who have donated household items and equipment to the houses.

Membership- As at the 30/6/23 we had a total membership of 459.  
Life 24  
Junior 7  
Associate 134  
Ordinary 294

It has been an honour to be President for the last year and I welcome new members to join the committee, to bring some new life and suggestions on how we can assist our members.

Thanks again,

Brendan



## Committee members

After 34 years, Joan Eastwood has retired from the DATA committee. She has been the longest serving committee member. We will miss her terribly, she is like our mother hen, who embraces everyone. Joan has been a Vice President, Office Volunteer when there was no Secretary, Treasurer and the longest Shoestring Editor. She was a jack of all trades willing to step up when there was no one available. But what I remember best about Joan is her slices at Christmas Parties.

They tasted so good, you had to have one of each type, maybe two or even three.

We wish Joan all the very best in her retirement and may her days be filled with lots of joy and laughter.

Two other committee members have flown the coop - Neane Collis and Margaret Hagedorn. Both were on the committee for a number of years. Thank you ladies for your contributions. We wish them well.



Neane & Margaret

The new committee member is Kaitlyn Steavenson. She has been a DATA member for a long time and a previous committee member, so she knows what she is in for.

Angela Lindsey



## Vale Michael Oakley 1946—2023

Michael Oakley was a DATA member for over 45 years. He was bestowed Life Membership in 1981. He was dedicated and hard working committee member. Michael was editor of Shoestring for 4 years from 1978 to 1982 and president for 2 years from 1982/83 to 1983/84. Although he has not been on the committee for many years, he enjoyed reading Shoestring and remained interested in DATAs progress.

When Ron Jones, founding member of DATA passed away in 1985, The Ron Jones Memorial Trust Fund was set up. Michael was a key member to raise funds for the Trust Fund.

Michael was born on 8th November 1946 and passed away on 24<sup>th</sup> September 2023. He was just shy of being 77 years old.

He married Christine in 1970. They have two daughters – Nicole and Amanda. Christine and Michael have 4 grandchildren aged between 11 – 14.

Renal problems started in mid 1970s. He dialysed at home for

approximately two years. On 25<sup>th</sup> December 1978, Michael was given a wonderful gift – a kidney transplant that did not miss a beat for nearly 45 years.



Michael liked to sail at Paynesville, Gippsland Lakes. He was a salesman, working for NEC (Nippon Electric Company) for many years.

In the last 12 months Michael has been unwell. Although he was unable to be at home, he was not abandoned. Christine visited him daily and he was frequently visited by his family.

To his wife Christine, two daughters Nicole and Amanda, and four grandchildren we offer our deepest sympathy.

### Remembering Michael

*Thank you, for forwarding the details about Michael's passing. I knew him quite well as we were on the DATA committee for many years together. I am almost 89, am in care in Rosebud, and doubt very much that I will be able to get to his funeral.*

*Would you please pass on to Michael's wife my condolences. Michael was always a good support on the committee, especially when I proposed holding the first Service of Thanksgiving and Remembrance to donor families in 1991*

*Celia M. Browne*

*Thank you for letting us know. I've been a member since DATA's inception and although I never had the pleasure of meeting Michael. I have always been aware of the enormous contribution he gave to DATA.*

*My sincere condolences go out to Michael's wife and family.*

*Vasco (Bill) Filipovski*

SEPTEMBER 1981

A TWO MONTHLY PUBLICATION  
OF THE HOME DIALYSIS  
ASSOCIATION OF VICTORIA

PATRON:  
PROF. SIR LANCE TOWNSEND

EDITOR:  
MICHAEL OAKLEY  
18 MOIRA AVENUE  
HIGHETT 3190

Telephone: 598-8041



### From Tony Farrugia, Vice President, in September 1981 edition of Shoestring

“Michael Oakley was awarded Life Membership in 1981 for editing “Shoestring” for the past three years.

What can one say when “Shoestring” brings in praise from overseas as well as from our own members regarding the informative way it is produced? All I can say is thank you for a job well done, Michael Oakley”.



# 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.

## Yarrawonga

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

### Vacancies

17th Dec till 24th Dec

24th Dec till 31st Dec

14th Jan till 21st Jan

All February at this stage.

Cost is only \$220 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

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

19th Nov till 26th Nov

26th Nov till 3rd Dec

10th Dec till 17th Dec

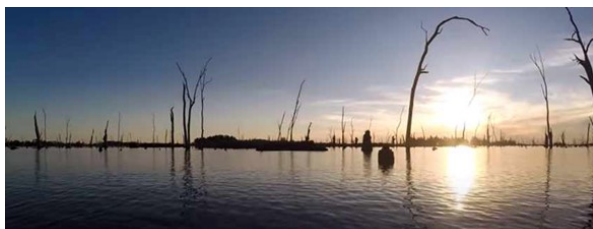
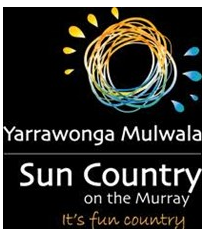
All of February at this stage

Costs \$220 per week. Extra guest is \$ 20 per night.

For HOUSE bookings please ring

Rosebud House Secretary

Amanda Pratt Ph: 9589 4894



Rosebud Pier



Please Remember To Take Your Key!



### DO NOT FORGET

If you need to dialyse at either the Rosebud or Yarrawonga 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



## Victorian Service of Remembrance 2023

### Event date

Saturday 18 November 2023 at 2:00pm

### Event location

Collingwood Town Hall  
140 Hoddle Street, Abbotsford VIC 3067

### Event details

We invite donor families and transplant recipients to come together for the annual DonateLife Victoria Service of Remembrance, a special event to honour and remember those that have generously given life through organ and tissue donation.

Please confirm your attendance via [Eventbrite](#). (Ctrl + Click to follow link)

A commemorative donor slide show will be shown during the service. If donor family members would like a photo of their loved one to be included, they are invited to email us a photo to [donatelifere@redcrossblood.org.au](mailto:donatelifere@redcrossblood.org.au).

If you would like to be added to the mailing list for information about this Service, please send your name and email address to [donatelifere@redcrossblood.org](mailto:donatelifere@redcrossblood.org).



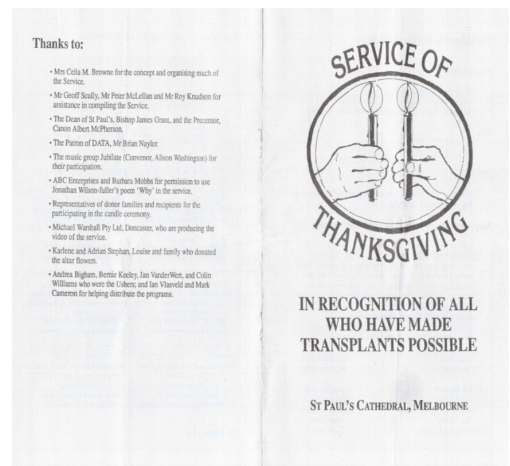
Australian Government  
Organ and Tissue Authority



## **FIRST SERVICE**

Celia Browne (pictured), long time DATA member, past Secretary and Shoestring editor, was responsible for starting the first "Service of Thanksgiving" in Australia. It is now called "Service of Remembrance". It was held at St. Paul's Cathedral Melbourne, 27<sup>th</sup> April 1991. Attendance was over 800 people.

The service was in recognition of all those who made transplants possible. The invitation was for recipients and donor families.



## **Library line**

In the public library, a man with his new library card questioned the pretty librarian. "Do you mean to say", he asked, "that with this card I may take out any book I want?" "Yes," she answered. "And may I take out record albums, too?" "Yes you may." "May I take you out?" he ventured.

Drawing herself up to her full height, she replied, "The librarians, sir, are for reference only."

Justine Valenti, *Coronet*, **RD Issue**: February 1960



## From The Australian, September 20 2023

### Type 2 Diabetes in Children

Children as young as four have been diagnosed with Type 2 diabetes as doctors raise alarm at 'exponential trend'

Doctors have issued an urgent plea for national intervention to stem the rising tide of [Type 2 diabetes diagnoses](#) in children and young people, warning patients are suffering heart attacks as young as 25 and some are expected to reach end-stage renal failure by the age of 30.

The medics have revealed Type 2 diabetes has been diagnosed in children as young as the age of four in northern Australia in what they describe as an "exponential trend" of increase in the disease in young people on a scale which has never



Sian Graham with daughters Takaia, Tanesha, Tsharni and Tia, grandchild Malakai Milpurrr and mother Maria Nickels.

Picture: Rebecca Parker

been seen before anywhere in the world

Clinicians have only recently begun to track cases of Type 2 diabetes – a condition traditionally only seen in midlife – in children and those under 24 after becoming concerned at the younger and younger ages of their patients.

By **NATASHA ROBINSON**

HEALTH EDITOR @NC\_Robinson

12:23AM SEPTEMBER 20, 2023

The project aims to tackle the rising tide of obesity, type 2 diabetes and associated cardiovascular diseases with a focus of preventable chronic kidney disease.

It is essentially aimed at primary school aged children, as they will be the ones to go home and speak with their parents about what they have learnt at school. It teaches the children how to keep healthy, that water is an excellent drink option and how much sugar is in processed food and drinks.

It is so important to keep up the good work of Yvonne Farquharson from FYF, to show children that some chronic diseases such as type 2 diabetes are preventable.



#### **FILTER YOUR FUTURE (FYF)**

FYF is part of Healthy Kidneys Education Project which has been sponsored by DATA since 2017.





## Fiftieth Annual General Meeting in Photos



Thank you Kate for a wonderful account of  
of  
“A day in the life of a Renal Nurse”



We wish Joan all the very best in  
her retirement and may her days  
be filled with lots of joy and laughter.



**Dialysis & Transplant Association of Victoria Incorporated**

ABN: 40 628 284 998

**Statement of Income and Expenditure and Other Comprehensive Income**

For the Year Ended 30 June 2023

Revenue	2023	2022
	\$	\$
- Donations	46,772	50,373
- Member subscriptions	3,287	3,656
- Interest received	19,972	26,244
- Rental income	12,167	9,370
- Other income	3,249	400
<b>Total Revenue</b>	<b>85,447</b>	<b>90,043</b>
Education programs	(55,514)	(38,929)
Contractor	(11,586)	(6,048)
Depreciation and amortisation expense	(8,792)	(9,565)
Insurance	(9,183)	(7,952)
Social events	(7,987)	(1,213)
Printing & stationery	(7,623)	(6,851)
Bookkeeping	(5,557)	(4,360)
Rates & taxes	(5,205)	(4,891)
Social welfare	(5,128)	(9,227)
Utilities	(4,797)	(3,907)
Repairs & maintenance	(4,506)	(1,711)
Review fees	(3,960)	(5,580)
Postage	(3,072)	(2,271)
Travel	(2,609)	(1,683)
Publicity	(2,242)	-
Rent	(1,294)	(971)
Ron Jones Award	(1,200)	(1,200)
Telephone	(830)	(2,211)
Other expenses	(8,291)	(5,797)
<b>Deficit for the year</b>	<b>(63,929)</b>	<b>(24,324)</b>
<b>Other comprehensive income</b>		
Revaluation gain/(loss) of properties	(202,265)	-
<b>Total other comprehensive income</b>	<b>(202,265)</b>	<b>-</b>
<b>Total comprehensive income for the year</b>	<b>(266,194)</b>	<b>(24,324)</b>





## Dialysis & Transplant Association of Victoria Incorporated

ABN: 40 628 284 998

### Statement of Financial Position

As At 30 June 2023

	Note	2023 \$	2022 \$
<b>ASSETS</b>			
<b>Current assets</b>			
Cash and cash equivalents	3	1,947,152	139,169
Trade and other receivables	4	816	1,989
Other financial assets	5	-	1,862,809
Other assets		2,903	2,626
<b>Total current assets</b>		<b>1,950,871</b>	<b>2,006,593</b>
<b>Non-current assets</b>			
Property, plant and equipment	6	1,689,618	1,899,073
<b>Total non-current assets</b>		<b>1,689,618</b>	<b>1,899,073</b>
<b>TOTAL ASSETS</b>		<b>3,640,489</b>	<b>3,905,666</b>
<b>LIABILITIES</b>			
<b>Current liabilities</b>			
Trade and other payables		5,033	4,302
Income received in advance	7	327	41
<b>Total current liabilities</b>		<b>5,360</b>	<b>4,343</b>
<b>TOTAL LIABILITIES</b>		<b>5,360</b>	<b>4,343</b>
<b>NET ASSETS</b>		<b>3,635,129</b>	<b>3,901,323</b>
<b>EQUITY</b>			
Asset revaluation reserve		1,670,000	1,881,608
Retained surplus		1,965,129	2,019,715
<b>TOTAL EQUITY</b>		<b>3,635,129</b>	<b>3,901,323</b>

AGM 22<sup>nd</sup> October 2023

### Treasurer's Report

Dear Data Members,

Once again we sit before you with the news that all assets are secure (the Term Deposits are now sitting in the best rates for many years, the Holiday Homes are stable with the aim of renovating Rosebud) and the day to day activities have complied with our DATA Rules of assisting and supporting members affected by renal disease.

In reference to the Financial Report:

Our Revenue Stream viewed on pages 3 & 12. In comparison 2022 vs 2023 figures only down by \$5,000. The holiday houses rental income has continued to increase, which minimised the decrease in donations, the Term Deposit interest received and not holding our yearly AGM raffle.

Our Expenses on page 3. When comparing 2022 vs 2023, we continued our commitments to :-  
 Filter your Future Education Program, Welfare and Accommodation Programs,  
 Increasing our profile by attending a Rotary Convention, Increasing our social events,  
 Purchasing educational aids for individual younger members and for use in Children's Renal Units.  
 and Establishing our Tertiary Nursing Scholarships program.

Continued page 10



## Treasurer's Report

continued from page 9.....

Due to changes in our Committee's time and working commitments, along with those who have passed away during last year as well as those who are planning to retire/resign, we will need to rely more on office contractors to ensure we can complete basic office work as we move forward. If you know of anyone who has the skills and would like to apply as a paid contractor in the office, please let us know. Alternatively, reliable volunteers are also welcome.

### In reference to the Management Letter:

Saward Dawson Review focuses on the correctness and the movements in income and expenditures, the completeness of income, and the accuracy of the fixed assets register.

There was an adjustment made to capture the movement in fair value of

both properties to present a more accurate indication of our properties values.

As a Not For Profit organisation following our DATA Rules and engaging an outside Audit Company to annually check our operating business, we are consistently following current business guidelines.

We welcome the Saward Dawson ideas and suggestions for improvement: Risk Management, IT Controls, Related Parties Policy, and the Governance Standards in relation to Child and Vulnerable Peoples Safety.

### Ongoing Business improvements identified by Us.

Better Term Deposit Interest rates offered by Bendigo Bank.

We will still maintain ANZ for day to day transactions but use Bendigo Bank for the money growth.

In future, our Term deposits returns will allow DATA to show a break even rather than deficit financial year turnover.

This, of course, could fluctuate as we are constantly expanding who we assist/help to the benefit of people experiencing renal disease impact in their lives.

We will also be looking at Rosebud House renovations/refurbishment to improve member comforts and asset appreciation.

Please contact the D.A.T.A. Office to have the Saward Dawson Management Letter and Financial Reports sent to you. Once you have had time to read the entire Saward Dawson Documentation, please do not hesitate to contact me on 0408 103 571 if you have any questions.

Regards  
Vicki Abbatangelo  
DATA Treasurer

# HEALTHY KIDNEYS EDUCATION PROJECT

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

FILTER YOUR FUTURE A.G.M. REPORT TO DATA #47 22nd October 2023

## Filter Fun Park promotional videos completed

A 5-minute video of the Musical can now be viewed on the Filter Your Future website along with the completed Sugar Song with animations. The website has been updated with feedback provided by some of the attendees from the four shows which launched Filter Fun Park The Musical in May at the Florida Club in Flemington. Results have been collated to evaluate the effectiveness of the musical to promote positive lifestyle changes. For the Foundation to Grade 4 students, 82% stated they would try harder to avoid sugary drinks. For the Grade 5-6 students, 96% recorded they would drink more water; 74% would eat less junk food; 90% would exercise more; and, 73% indicated they will ask their parents to make healthier lifestyle choices.

## Ongoing costs to keep the lessons online

Yvonne thanks DATA members for continuing to sponsor the ongoing administrative costs to keep Filter Your Future running so that the free online lessons are available for teachers to access and provide much-needed education about keeping kidneys healthy.

## Expanding our impact in Perth, WA and Newcastle, NSW

Filter Fun Park The Musical has been accepted into the Perth Fringe Festival in January 2024. Director Amy and Musical Director Ashlee will be spreading their talents in the West. Meanwhile, Yvonne is talking to Rotarians in Newcastle about the possibilities of launching the musical in NSW.

## Thank you for your continued support.

Warm wishes,

Yvonne Farquharson B.A. Dip. Ed. Founder & Managing Director FILTER YOUR FUTURE™ [yvonne@filteryourfuture.com.au](mailto:yvonne@filteryourfuture.com.au)



## DIANE MOYES REFLECTS

12/09/23

Really enjoyed reading the July '23 issue. Congratulations to the hard working team who co-ordinated the 50<sup>th</sup> celebrations.

I am Diane Moyes, the wife of Ray who suffers from Polycystic Kidney Disease. In 2009 Ray received a kidney from me. He was then 62 years of age.



Diane and Ray on their farm

After some initial rejection, things have been going pretty smoothly. In 2011 we were able to visit Great Britain.

In 2016 Ray had a major trauma due to a truck rollover. Miraculously, the kidney survived. With his health returning he was able to continue dairy farming. We have also enjoyed travelling with our caravan and feel very grateful to those pioneers who made transplants and dialysis possible.

*Hi Pepper,*

*I just read your article in Shoestring, and I wanted to write to you to say how incredible I think you are!*

*It sounds like Pepper's PKD Challenge is on target to raise awareness of PKD and raise money for our wonderful friends at DATAVIC.*

*PKD has such a terrible effect on families, and people like your Mum.*

*And what an inspiration to other 13-year old's you are. And on top of raising money, you're going to donate your hair to help kids with cancer!*

*You're a legend.*

*Keep in touch and let us know how you go!*

*Amy, Manager, PKD Australia*

 ShoeString November 1973 edition

??? "HOW'S YOUR I.Q." ???

The following is a problem of elimination. Work it out and send your answer back to us and we will print it.

FIND OUT: WHO DRINKS WATER?  
WHO OWNS THE ZEBRA?

1. There are five houses.
2. Englishman lives in Red House.
3. Spaniard owns the dog.
4. Coffee drunk in Green House.
5. The Ukrainian drinks tea.
6. The Green House is to right (your right) of Ivory House.
7. Man who smokes Alpine owns snails.
8. Kools are smoked in Yellow House.
9. Milk is drunk in Middle House.
10. The Norwegian lives in First House.
11. The man who smokes Chesterfield lives next to man with fox.
12. Kools smoked in house next to man with horse.
13. The man who smokes Lucky Strikes drinks Orange Juice.
14. The Japanese smokes Winfield.
15. The Norwegian lives next door to the Blue House.

Five Houses each with: One man, one pet, one brand of smokes and one drink.



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

Darren Hennessey 0404 038 407

Nicole Pearce 0407 467 466

Michelle Thevenet 0450 636 118

Kaitlyn Steavenson 0403 561 624

#### Holiday Homes Secretary

Yarrawonga and Rosebud

Amanda Pratt (03) 9589 4894

#### Shoe String Editor

Angela Lindsey 0435 813 311

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.



#### Find us on **FACEBOOK**

DATA—Dialysis and Transplant Association Of Victoria Inc

Please like or follow us on Facebook, to keep up to date with everything. It has a link to the Website.

If you need to know more contact Darren Hennessey on 0404 038 407.

**DEADLINE FOR NEXT ISSUE 01 January 2024**

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)**

We need your stories. We need you to tell us about your experiences. Everybody loves to read how someone else has coped with a problem or what they did on a holiday. It just may help someone reading Shoestring how to cope with their problem. If it doesn't help it just may bring some comfort or a smile to their face.

Put pen to paper and send in an article and we will print it.

### Clever Play on Words

I tried to catch some fog, I mist

Broken pencils are pointless.

I stayed up all night to see where the sun went. Then it dawned on me.

I'm reading a book about ant-gravity. I can't put it down.

Class trip to the Coca-Cola factory. I hope there is no pop quiz.