



ShoeString

Newsletter of The Dialysis and Transplant Association of Victoria Inc
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July 2007

NOTICE OF Annual General Meeting 2007.

Notice is hereby given of the 35th Annual General Meeting
of the
Dialysis and Transplant Association of Victoria Inc.
to be held at
St John's Anglican Church Hall
(across the road from DATA House 14 Queen Street, Blackburn)
On
Sunday 26th August, 2007
at
2.00 pm

At 2pm: Presentation of the Financial Statements
from the 2006 financial year, adjourned at the 2006 AGM.

At 2:30pm – the 2007 AGM will take place.

**Guest Speaker will be
Bernie Farrell**

Chairman of Kidney Health Australia's Victorian Consumer Participation Committee

-----**-CUT HERE-**-----

For Catering purposes would you please return the slip below.

I/WE WILL OR I/WE WILL NOT BE ATTENDING

NAME.....PHONE.....

No of People attending.....

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Agenda for AGM.

Notice is hereby given that the Annual General Meeting of the Dialysis and Transplant Association of Victoria Inc, will be held in the Church Hall of St Johns Anglican Church (across the road of the D.A.T.A. house) on Sunday 27th August 2007.

AGENDA

2.00pm Presentation of the Financial Statements from the 2006 financial year, adjourned at the 2006 AGM.

2.30pm AGM for 2007

Confirm Minutes of Previous AGM

Matters Arising

Correspondence

Reports: Treasurer's Annual report
Holiday Homes
Shoestring

Election of Officers and Committee Members

General Business :-

Presentation of Ron Jones Educational Grant

Guest Speaker: Bernie Farrell

Drawing of the General Raffle

Afternoon Tea

The present officers and committee of D.A.T.A. would like to encourage members of D.A.T.A. to attend this meeting, armed with ideas and suggestions.

Guest speaker and afternoon tea included. (Please fill out your form in shoestring and return for catering purposes.)

President's Report

Dear DATA Members,

This is my last Report to you as your President because by the next issue of ShoeString I will have served four years, the maximum allowed under our Rules. In my Reports to you I have tried to bring some encouragement and philosophy to Members and to be informative, both about events and administrative changes to our self-help group. I have enjoyed all the challenges of being involved in all facets of running DATA and have been greatly helped by some key members of the committee. I have made new friends and cemented other relationships.

This year we will have one and a half AGM's. Following on from the appointment of an Accounting company we had to make some changes to our Accounts Reporting and hope to present the Adjourned Financial Reports from last year's AGM prior to this year's AGM. Please note the times and place of the AGM Notices in this issue of ShoeString and it would be good if we could fill up the Church Hall across the road from DATA House in Queen Street, Blackburn, especially as Bernie Farrell will speak to us before afternoon tea. (Please see about Bernie elsewhere in this issue.)

Thank you for those who took the trouble to enter for the Ron Jones Educational Awards. Your work is currently being judged and I look forward to the winners receiving their Awards at the AGM.

As usual, our Membership subscription Renewal Form and Raffle tickets are enclosed with this issue of Shoestring. The Raffle is our only fund raising effort at present and as we have found it necessary to employ a bookkeeper for the first time in our history your generous donations will be appreciated so keep the office busy asking for more Raffle books.

Also, our popular Xmas in July dinner will be held in the Church Hall across the road from DATA Blackburn so there are no restrictions on numbers as we have had in the past. Please call the office to book and see the details elsewhere in this edition of ShoeString.

I will still be active as the Treasurer of DATA and wish the new President and Committee all the best with looking after our Members.

I wish us all Good Health and Well Being,

Best Regards, Lloyd Samuel, President.

About our AGM Guest Speaker.....

Bernie Farrell will give a short address to this years' DATA AGM about his Consumer Representative role on the Victorian Department of Human Services Maintenance Dialysis Advisory Committee [MDAC] and his role as Chairman of Kidney Health Australia's Victorian Consumer Participation Committee. MDAC is rigorously planning for, and implementing, future service delivery for kidney disease. This process has significant ramifications for those with kidney failure and their families.

Bernie will discuss various issues these committees have been engaged in over the past 12 months. These issues will include future service planning for home / nocturnal haemodialysis, new and expanded dialysis clinics, transport, workforce development, and infection control guidelines [MDAC]; and transport survey, patient charter, Holiday Dialysis Guide, depression booklet, sexuality fact sheet, Kids Camp, Youth Chat Room, and consumer forums [KHA].

Bernie's wife, Marg, was diagnosed with Polycystic Kidney Disease in 1985 and commenced haemodialysis in 1999. Marg's history includes 2 years of home haemodialysis, a failed transplant and 6 years dialysing in a clinic.

Rosebud Vacancies

Rent at Rosebud this winter will be \$50-00 per/week starting 1st July until the end of October. This will include School Holidays, patient and carer, guests to give a donation to DATA. With the weather the way it is vacancies will not last long.

Vacancies at Rosebud for \$50-00 per week Sunday to Sunday

August 5/12 12/19 19/26 26/2/Sep

September 2/9 9/16

October 21/28 28/4 Nov

If you find anything has been broken please tell DATA so we can have it attended to ,also there has been some cutlery reported missing if you have taken anything home by mistake please let me know.

We have our own Gambro 95s at Rosebud and Yarrawonga and if you dialyse at Monash and use the Fresinius we can supply that too. This is what our holiday homes are all about, a place where dialysis patients can have a holiday on Dialysis at a rent you can afford.

Yarrawonga

Our policy at DATA is that dialysis members get first preference for a holiday at Yarrawonga

No vacancies for the next few months but ring and see if there have been any cancellations.

If you have booked the house but have not rung the hospital to dialyse please ring the Yarrawonga renal unit 57438189 and book in. But ring me first to see what dates are available at the house then ring the hospital to book in.

If you have booked the house for a holiday you must confirm your booking within 3 months of going. There are lots of members wanting holidays at Yarrawonga and I will no longer hold your booking if you do not confirm.

HASTINGS The Bays Hospital at Hastings can accommodate dialysis members. Your hospital can ring the renal ward on (03)59790344 for more information.

.YOU ARE NOT ALLOWED TO SMOKE IN THE HOUSE , ANY MEMBER WHO DOES WILL BE DEALT WITH AT THE DISCRETION OF THE DATA COMMITTEE. WHICH WILL PROBABLY BE A BAN ON USING THE HOUSES.

Alan Rawson 22 Tarwin Drive Croydon 3136 0397233019
E/mail fayal_rawson@hotmail.com

STAY AT BLACKBURN

If you are coming to Melbourne why not stay at Blackburn D A T A House. Whether it is for a holiday or for medical treatment Blackburn is available.

If it is for a hospital appointment VPTAS will cover cost of stay if you live more than 100 kms from Melbourne for you and a carer

You are more than welcome to use the Blackburn house for overnight or holiday.

Cost is \$30 per night, plus \$10 for each extra person.

By using this facility you help with our costs of running these facilities

All you need to bring is linen (single bed sheets) towels ,toiletries and food provisions.

Contact Geoff Fletcher 9894 2348
or D A T A 9894 0377

Why do we need consumer participation?

It is well known that by actively participating on health care decisions, people can improve their health and quality of life outcomes.

There is also growing evidence that the participation of health consumers in the health system leads to positive changes in services across a range of different settings.

How can you become involved?

At the most basic level, raising awareness of chronic kidney disease and its treatment happens when people with kidney disease talk about dialysis and their lifestyle with friends and family members. However sometimes people need to share their concerns and act together to increase the power of their voice. For this reason, Kidney Health Australia wants to know what issues are affecting people in the kidney community. Maybe you just want to let us know about the issues you, a friend, or a family member are facing or perhaps you would like to help us work out a solution to these issues. There are lots of ways that you can provide feedback.

Join the Consumer Participation Committee in Victoria

Kidney Health Australia has Consumer Participation Committee in all state. These committees meet regularly and work towards resolving issues within their state. Each committee has representation from a range of groups including people with chronic kidney disease, those on dialysis, and with kidney transplant, carers and nurses and kidney specialists.

The chairpersons of each state committee come together on a regular basis to form the National Consumer Participation Council. The Council deals with, and tries to make positive changes to Australia wide issues such as,

- Access to renal units and facilities
- Transport issue
- Transplantation waiting times
- Patient Charter

For more information about becoming a member, contact consumerparticipation@kidney.org.au

Special Effort Raffle.

Every year D.ATA. holds a Special Effort Raffle which is included with the July issue along with your renewal forms, and we do quite well from it. In the past we just leave it in the bank but this year we have decided to delegate it to some special projects, this year we are using the Special Effort Raffle to refurbishing some areas of the Yarrowonga and Rosebud Houses. Also I'm sure you will agree that it is very important to continuously maintain all three properties for the comfort of our visiting Members.

So, please help like you have helped in previous year, sell as many tickets to family and friends as you can, so we can keep all the houses in tip top conditions. Of course who wouldn't like a voucher of \$500 from Myer as 1st prize, a \$250 voucher from Bunnings as 2nd prize and for 3rd prize a \$100 voucher from Kmart. Tickets are \$2 each and the raffle will be drawn at the AGM on Sunday 26th August and please have the stubs returned to the office by the 17th August 2007. Good luck and if you need more books of Raffle Tickets just let the office know and we can send some more out to you!

Letters to the Editor and the committee.

DATA Life Membership Award.

Alan and Fay received this from one of our Tech's

Dear Alan & Fay

Would you please pass on my deep felt thanks to the DATA committee for the Honorary Life Membership of DATA given to me on the 13th April 2007. It was an embarrassing and very unexpected moment at our lunch and it has been on reflection over the last month that I have felt great appreciation for this Award. Dialysis patients hold a very special place in my heart and I do what I can to make their journey a little easier and comfortable, I never expected an award.

Once again, thank you and keep up the good work.

Cheers Tony Skipper.

It was DATA pleasure to give not only Tony, life membership but out other 2 Tech's Colin Cutler and Tony Beatson, These three men and their team of technicians do a wonderful job for people on Dialysis and I sure everyone would agree that without their help, patients would be very lost and confused when something went wrong with their dialysis machine, it would all be to hard to deal with, if it wasn't for these wonderful men!

Macquarie Bank Foundation.



The Committee and Member's of DATA
would like to acknowledge the generous donation of \$1000.00
which was donated to DATA from the Macquarie Bank Foundation.

All staff at Macquarie Bank Foundation who have attained a length of service of 10years are able to nominate a charity of their choice to receive a donation.

Thank you to the person who works for Macquarie Bank Foundation who requested the donation come to DATA.

We greatly appreciate it
and I sure we will put the money to good use.

Once again we would like to thank Macquarie Bank Foundation
for letting their staff chose a charity of their choice to receive a
donation !



From the Archives....."The ITCH !"

(Taken from "Shoestring March 2004, originally from An itchy Business—tips from fellow patients complied by and taken from ADKS (Auckland & District Kidney Society News.)

That dreadful itchy! Scratching does not really help and creams make very little difference. There is no miracle cure, but the fact that you are not alone may be of some small consolation.

Amongst patients it is known as the dialysis itch, and it is very common. Over 80% of haemodialysis patients are said to have it at least part of the time during their dialysis career. But it is also a big problem amongst CAPD patients.

Partners suffer too, they are called on to scratch the back, and sleeping next to an itching person can be impossible.

It is a very frustrating business. There are times when the itch is under control, but there are days when it is so bad that you can't concentrate during the day and can't sleep at night. Some patients itch all the time, others have long periods (months) without. There are patients who have rolled on the floor and rubbed themselves raw on rough walls in desperation.

Some scratch so much that their skin becomes inflamed, painful, and sometimes infected. The problem can be so overwhelming that it leads to depression. It can be socially embarrassing to sit and wriggle against the back of the chair trying to get some relief, except in a room of dialysis patients where it is a common sight. It is not really as itchy as you can scratch — it seems to be under the skin rather than on it. Patients who have an itch problem are also likely to have very dry, cracked and scaly skin on their legs, arms, back and trunk.

What can you do about it?

Plenty - although research so far has not come up with any treatment which has a lasting effect. There is not even a lot known

about what causes it. Creams, gels, antihistamines, and sedatives can make it bearable and easier to live with. Ultraviolet treatment works for some.

However, **First Stop**, if you have itching problems, is your dialysis unit.

The problem may be that you have high phosphate and calcium levels and adjusting diet and medication may bring relief. As the problem can be worse when you are hot, some patients find lowering the temperature of their dialysis machines very slightly helps. Check it out with your unit though!

If the medical people can't help you're got to do the best you can using your own ideas and other people's home remedies. Some of these may work very well for you, and you may find a combination which is just right.

Scratch it, one patient says: the only thing to do is scratch it! He uses a piece of rope about a meter long with the ends held in each hand and dragged back and forth across the back. Many variations of directions and force are available and it is good exercise.

You can use any skin brush (long handle bath brush) to remove dead skin cells all over specially the back, legs and arms. A natural fibre "Loofah" or Loofah glove (available at your pharmacy) is very good. You can buy special wooden or bamboo back scratches (those little hands with sharp fingers on a long stick), or a rough towel, or rub your back against the door post.

Be gentle with your skin though, don't rub or scratch till it bleeds, it is best to also use some kind of cream or oil to calm your

skin after scratching.

Other options: use Pinetarsol gel in place of soap where showering or pinetarsol liquid in the bath.

Aloe Vera or Neutrogena soap. Although expensive, if you keep it for your own use only and apply it with your hands (not a Flannel) one cake will last up to one month.

A bath with lavender oil or some ordinary salt in the water is soothing.

At night try Egodrm Cream (all over) before going to bed (this is non-oily) An effective but rather expensive option.

Thymol Antiseptic Powder (not too costly) from the chemist. Aloe Vera gel gently massaged into the skin. Any cream or gel or lotion—people have tried many things: Nivea cream, baby oil, Alpha Keri, Calamine lotion, Zinc cream and even Deep heat! Hot packs help some say, others say cold packs are more effective.

On dialysis a back wash using cold water with some industrial cologne, (cheaper than the fancy stuff, ask your Chemist) or similar, even after shave lotion added, can bring some relief. Wear cotton, not synthetic clothing while dialyzing.

Cream for itch

Your chemist can make this up

Camphor 0.5%

Menthol 0.5%

Phenol 0.5%

Olive Oil .5%

Aqueous cream to 100%

Benzocaine 5% could be added if there is no allergy to the drug.

*By Ann Flynn, Nurse Unit Manager
Dialysis Unit Bendigo Health Care
Group, Victoria. Shoestring July
2006.*

We have been led to believe that there are few, if any, in centre dialysis units in Australia using the buttonhole method of cannulating for haemodialysis access. With this in mind we are progressing in Bendigo and hopefully inspire other units to try something different. If there are other in centre units using this method we would love to hear from you, so as to compare notes etc.

Our interest in buttonholing commenced with attending the Nephro Asia Conference early in 2004 and attending lectures by Jean—Pierre Van Waelegham and Tony Goovaerts. These two lovely gentle - men and lovely nurses are very involved with buttonholing in Belgium & Europe and have been doing so for many years with positive outcomes for fistula survival.

Consequently following a number of discussions throughout the conference, we broached the subject with Jean—Pierre of attending our annual Rural Renal Study Day at Bendigo, in the October. To our delight he expressed an interest to attend. Following numerous emails and phone calls and many thanks to Agmen for their support, we were able to present Jean Pierre as our speaker at our study day 2004

At the time we had in mind a couple of haemodialysis clients with difficult to cannulate, short fistulas, as potential candidates for buttonholing. We recognized the importance of obtaining the support of our two renal physicians (Dr Greg Harris and Dr Chris Holmes), before commencing buttoning holing and so arranged their meeting with Jean Pierre prior to the study day and their attendance at his lectures.

At around the time of study day we had a client ready to cease treatment because there were many difficulties with associated with cannulation. She was probably averaging four cannulating attempts each dialysis session and had begun to hate attending for treatment. The difficult cannulations were of course causing time delays for her treatment sessions and she was always last on and last out of the department. Following the study day her physician discussed the buttonholing method with her and with her and with some skepticism she decided to give it a few weeks trail.

That was over a year ago and now she has established buttonholes she no longer fears coming in for her treatment. She knows that predictably she will be dialysing 15 minutes of sitting in her chair.

As a result of this first success we had a number of other clients request information about buttonholing and then ask to be considered for this method. They could all see the benefit of the technique, and it became a hot topic in the waiting room. We have buttonholed 10 of our 36 clients to date and are developing assessment criteria for future candidates.

Outcomes to date:

Decrease in stress levels of clients with difficult fistulas. Decreased obvious signs of cannulation site—(visually more pleasing for the clients.) No more problems with aneurysm formation. No infection with fistulas related to cannulation. Decreased stress levels for staff (particularly the less experienced) cannulating “Difficult” fistulas. Fewer time delays due to successful first attempts cannulations. Decrease in site haemostatic time at end of treatment.

Obstacles.

As a country/satellite unit we are faced with sending our pa-

tient to their parent metropolitan unit form time to time for treatment. There have been incidents where staff at these units either do not understand or do not agree with the technique of buttonholing and we have lacked their support for what we are trying to achieve.

Mixed messages have created much anxiety with clients and reassurance has been required on return to Bendigo. Hopefully with further education and acceptance of this method within haemodialysis circles, this hurdle will be overcome.

For buttonholing to be correctly undertaken, once the track had been established after 3-6 weeks a switch to “Dull” needle should be made. This is so the track is not being potentially damaged and recut with each new needle or operator. To date we have had difficulty establishing a constant supply of “Dull” needles. As a satellite we are faced with many battles one of which is obtaining any supplies that are not standard “price per treatment” stock. This however has now changed and the needles are steadily available through a couple of different supplies.

We aim for best practice and as such will obtain a constant supply of needles one way or the other in the new year.

This article was first published in Feb 2006 edition of “Communique” the newsletter of the Renal Society of Australasia and is reproduced with their permission.

Keep laughing- it's the Best Medicine.....

WHY GOD CREATED CHILDREN (AND IN THE PROCESS GRANDCHILDREN)

Whenever your children are out of control, you can take comfort from the thought that even God's omnipotence did not extend to His own children. After creating heaven and earth, God created Adam and Eve, and the first thing he said was "DON'T!"

"Don't what?" Adam replied.

"Don't eat the forbidden fruit."

God said.

"Forbidden fruit? We have forbidden fruit? Hey Eve..we have forbidden fruit!"

"No Way!"

"Yes way!"

"Do NOT eat the fruit!" said God.

"Why?"

"Because I am your Father and I said so!" God replied, wondering why He hadn't stopped creation after making the elephants.

A few minutes later, God saw his children having an apple break and he was ticked!

"Didn't I tell you not to eat the fruit?" God asked.

"Uh huh," Adam replied.

"Then why did you?" said the Father.

"I don't know," said Eve.

"She started it!" Adam said.

"Did not!"

"Did too!"

"DID NOT!"

Having had it with the two of them, God's punishment was that Adam and Eve should have children of their own.

Thus the pattern was set and it has never changed. BUT THERE IS REASSURANCE IN THE STORY!

If you have persistently and lovingly tried to give children wisdom and they haven't taken it, don't be hard on yourself.

If God had trouble raising children, what makes you think it would be a piece of cake for you?

THINGS TO THINK ABOUT!

1. You spend the first two years of their life teaching them to walk and talk. Then you spend the next sixteen telling them to sit down and shut up.

2. Grandchildren are God's reward for not killing your own children.

3. Mothers of teens now know why some animals eat their young.

4. Children seldom misquote you.

In fact, they usually repeat word for word what you shouldn't have said.

5. The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.

6. We childproofed our homes, but they are still getting in.

2.

ADVICE FOR THE DAY:
Be nice to your kids. They will choose your nursing home one day.

AND FINALLY:

3.

IF YOU HAVE A LOT OF TENSION AND YOU GET A HEADACHE, DO WHAT IT SAYS ON THE ASPIRIN BOTTLE:
"TAKE TWO ASPIRIN" AND "KEEP AWAY FROM CHILDREN"!!!!

NEVER LIE TO A WOMAN!!

A man called home to his wife and said, "Honey I have been asked to go fishing up in Canada with my boss & several of his Friends.

We'll be gone for a week. This is a good opportunity for me to get that Promotion I've been wanting, so could you please pack enough Clothes for a week and set out my rod and fishing box, we're Leaving From the office & I will swing by the house to pick my things up"

"Oh! Please pack my new blue silk pyjamas."

The wife thinks this sounds a bit fishy but being the good wife she is, did exactly what her husband asked.

The following Weekend he came home a little tired but otherwise looking good.

The wife welcomed him home and asked if he caught many fish?

He said, "Yes! Lots of Salmon, some Bluegill, and a few Swordfish. But why didn't you pack my new blue silk pyjamas like I asked you to Do?"

You'll love the answer...

The wife replied, "I did. They're in your fishing box....."

Women's Bumper Stickers.

1. SO MANY MEN, SO FEW WHO CAN AFFORD ME.
2. GOD MADE US SISTERS; PROZAC MADE US FRIENDS
3. IF THEY DON'T HAVE CHOCOLATE IN HEAVEN, I AIN'T GOING.
4. MY MOTHER IS A TRAVEL AGENT FOR GUILT TRIPS.
5. PRINCESS, HAVING AD SUFFICIENT EXPERIENCE WITH PRINCES, SEEKS FROG.
6. COFFEE, CHOCOLATE, MEN. SOME THINGS ARE JUST BETTER RICH.
7. DON'T TREAT ME ANY DIFFERENTLY THAN YOU WOULD THE QUEEN.
8. IF YOU WANT BREAKFAST IN

Keep laughing- it's the Best Medicine.....

Baked Beans -

One day I met a sweet gentleman and fell in love. When it became apparent that we would marry, I made the supreme sacrifice and gave up beans.

Some months later, on my birthday, my car broke down on the way home from work. Since I lived in the countryside I called my husband and told him that I would be late because I had to walk home. On my way, I passed by a small diner and the odor of baked beans was more than I could stand. With miles to walk, I figured that I would walk off any ill effects by the time I reached home, so I stopped at the diner and before I knew it, I had consumed three large orders of baked beans. All the way home, I made sure that I released ALL the gas.

Upon my arrival, my husband seemed excited to see me and exclaimed delightedly: "Darling I have a surprise for dinner tonight!" He then blindfolded me and led me to my chair at the dinner table. I took a seat and just as he was about to remove my blindfold, the telephone rang. He made me promise not to touch the blindfold until he returned and went to answer the call.

The baked beans I had consumed were still affecting me and the pressure was becoming most unbearable, so while my husband was out of the room I seized the opportunity, shifted my weight to one leg and let one go. It was not only loud, but it smelled like a fertilizer truck running over a skunk in front of a pulpwood mill. I took my napkin from my lap and fanned the air around me vigorously.

Then, shifting to the other cheek, I ripped off three more. The stink was worse than cooked cabbage!!!

Keeping my ears carefully tuned to the conversation in the other room,

I went on like this for another few minutes. The pleasure was indescribable.

When eventually the telephone farewells signaled the end of my freedom, I quickly fanned the air a few more times with my napkin, placed it on my lap and folded my hands back on it feeling very relieved and pleased with myself.

My face must have been the picture of innocence when my husband returned, apologizing for taking so long. He asked me if I had peeked through the blindfold, and I assured him I had not.

At this point, he removed the blindfold, and twelve dinner guests seated around the table chorused: "Happy Birthday!"

I fainted!!!!!!!!!!!!!!

A father passing by his son's bedroom, was astonished to see the bed was nicely made, and everything was picked up.

Then, he saw an envelope, propped up prominently on the pillow.

It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands.

"Dear, Dad. It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mom and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercings, tattoos, her tight Motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant.

Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't, really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!!

Don't worry Dad, I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, John.

P.S. Dad, none of the above is true. I'm over at Tommy's house. I just wanted to remind you that there are worse things in life than the school report that's on my desk. I love you! Call when it is safe for me to come home.

Sometimes.

Sometimes...
when you cry...
no one sees your tears.

Sometimes...
when you are in pain...
no one sees your hurt.

Sometimes...
when you are worried...
no one sees your stress.

Sometimes...
when you are happy...
no one sees your smile.

But FART!!
just one time
And everybody knows!!

Hurry, have you booked your seat yet...
Bigger venue, no limit on numbers, don't miss the best
night of your life !

Christmas is coming to D.A.T.A !

WHEN: Saturday 28th July 2007

WHERE: *St John's Anglican
Church Hall*

(Across from 14 Queen Street
Blackburn)

TIME: 6:30pm

COST: \$20 per person

BYO: Drinks

RSVP: Saturday 14th July 2007



*Want to join in the fun then send your payment and Return slip
back to the Office as soon as possible!*

Only a limited number of seats available, first in best seats!!

***P.S. I hear maybe that man in red might show up!
Some Xmas Fun.....***

_____ **tear here** _____

Please reserve our seat....

RSVP.....Return slip for Christmas in July, by 14th July 2007

Name: _____ Phone _____

Number of people: _____

I am paying by Cheque...\$..... Money Order...\$.....

Return to: DATA PO Box 165, Blackburn 3130

Dates to Remember



Up and Coming Events:

Christmas in July 6.30pm
Saturday 28th July 2007 at ST John's
Anglican Church Hall (across the road from
DATA House 14 Queen Street Blackburn.

Annual Events:

A G M - Dialysis & Transplant Association
Sunday 26th August 2007 2pm
At ST John's Anglican Church Hall (across the
road from DATA House 14 Queen Street
Blackburn)

Carer's Night
Friday 19th October
14 Queen Street Blackburn
6.30pm, BYO plate of food to share..

Christmas Party Sunday 2nd December 2007
Guide's Hall, Halliday Park, Mitcham Rd Mitcham

Our thanks to all who contributed to this edition.
We would like to hear your story please write and tell us how you
deal with kidney failure.
The Editor, Shoestring, P.O.Box 165 Blackburn 3130.

Web site www.datavic.org

Deadline for the next Shoe String: 22nd August 2006

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Executive Committee

Executive Committee

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