

# ShoeString

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

Santa Clause is coming to town!  
 His making a list, checking it twice,  
 he's going to find out who's naughty  
 or nice.....



**When: Sunday 2nd December 2007**

**Where: Halladay Park**

Mitcham Road Mitcham.

(Guide Hall area, under the big Maple Tree!)

**Time: 12pm - start with BBQ**

**BYO: meat, salad, drinks, tables, chairs and sunscreen**

**Santa will arrive at approx 3pm.**

so if your been good and want Santa

to have a present for your children or grand children

please fill in the form and send it back to D.A.T.A

**by Friday 23rd November 2007**

(for afternoon tea catering and buying presents for children 12 and under only)

No RSVP means ..... no presents will be supplied for your children.

Tear off and send back \_\_\_\_\_

Yes. We would like to come and see Santa.

Members Name.....Ph no.....

No. Adults (attending).....Children Over 12 (no present).....

All Children 12 and under will receive a present from Santa.

Name.....M/F Age.....Name.....M/F Age.....

Name.....M/F Age.....Name.....M/F Age.....

Name.....M/F Age.....Name.....M/F Age.....

Name.....M/F Age.....Name.....M/F Age.....

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## PRESIDENT'S REPORT 2007.

Hi Everyone,

As we get older, the years seem move very fast, and after the AGM, it seems like we go into a downward spiral towards the end of the year.

We have had another carer's night, which was held at the Blackburn Hotel on Friday the 19th October (read about the night on page 3) and put the next one in your diary. Any carer can come along and have a rest from their patient, it is a great night to get together with people who know how (frustrated ) you feel at times when your patient won't listen to you! At these night's you can guarantee there will be someone there who know exactly how you feel!

Christmas is only 6 weeks away, when you get this but our wonderful Christmas party is only 4 weeks away and if you and your family would like to join us please r.s.v.p. to us by the 23rd November for two reasons.....

1. So we can cater sweets for you
2. The most important reason to r.s.v.p. Is that Father Xmas won't bring a present to your children/grandchildren if we don't have their names and ages.

So 2 very good reasons to send the r.s.v.p. back to us as soon as possible!

It is also time to encourage your children who are in year 7 - 11 to start thinking about applying for the Ron Jones Educational Awards. Applications and Rules for the Awards are on pages 10 and 11. Please encourage your children to apply.

Another thing I need to mention is that if you have a bright pink notice on the front of your "Shoestring" this will be the last time we will be sending you, the newsletter, unless you pay \$10 to join again. D.A.T.A cannot keep sending you "shoestring" and you won't be able to use the houses for Holidays. It is very sad when we have to go to this length but we only have a \$10 membership, if you are having problems please call me and we can work something out!

Bye for now and if I don't see you at the Christmas Party, may you all have a safe and happy Christmas and healthy New Year!

Sue Hatzimichalis. President.

# CARER'S NIGHT

**The Carer's group** met last Friday and though there were only five of us we all had a really good time. We went over to the Blackburn Pub for dinner and chattered on until home time, a nice relaxing break from our caring. We were joined by the Social Committee so that swelled our numbers to eleven. I fell over on the way to the Pub – showing my age! I think you are supposed to fall over coming out of the Pub but I never do things the right way round.

We discussed with the Social Committee how to attract more attendees. What we came up with was this: let's try regional Carer's nights, maybe at the local RSL on a Friday night or a Sunday Lunch-time, which ever is most popular and maybe we could have more than one running at the same time. We don't have to go to all of them only the ones in your area.

What we need is someone to be host: to ring people up and invite them, or just chat to them (people in your area). We plan to invite them by mail (in Shoe String) and then the coordinator would follow up with a phone call.

Meetings can be purely social or more informative, (we never have time for more information, we are usually too busy off-loading our problems for the night!) Dietian has been suggested as being useful information. So what do you think? Take the phone now and leave a message at Blackburn if you are even remotely interested. This is next year's plan for carer's nights so let's get to work on it now. Joan Eastwood

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## Caring for someone with Kidney failure is not easy.....

So many of us "Caregivers", "Partners" or people in other supporting relationships to kidney failure patients know how hard it can be to be in this role - but do we admit it? Often we don't....

No, you are not alone! This article from the Davita website ([www.davita.com](http://www.davita.com)) and adks news April/May 2007, is intended to help you see yourself as a person affected by kidney failure - in ways that are different from your patient, but no less difficult. There are some good tips in the following article, and they are very much worth a try. But please, do not beat yourself up if these don't work for you - and don't give up. Some people can manage on their own, others can not. Some days or months you are ok, other times you need extra help. "Not coping" or "losing the plot" is not failure, you just need extra help.

**Caregiver stress and chronic renal failure. (by Da Vits Social worker Marylynn Tackett)**

### What is Stress?

We live in a fast paced culture where change, and the pressure to react and accept change quickly, is a constant act of life. Stress is a normal reaction in our bodies to things that require us to modify our usual pattern of behaviour. Stress heightens our awareness, makes us more alert and prepares us to deal with dangerous situations. For most of us, becoming a caregiver to a person with kidney disease can be a stressful change. It is easy to feel overwhelmed and unable to cope.

While it may not be possible to avoid the stressful situation of being a caregiver to someone with renal disease, we can learn to cope with stress in a healthy way. All of us can learn to control the way we react to stress and change how stress affects us.

### Warning signs of stress.

It is important to recognise the physical, emotional and behavioural signs that our bodies send when we are in stressful situations such as caring for someone with end stage renal disease. If we recognise these signals early, we can take the action to minimize the harmful effects of prolonged stress.

#### Physical signals

- Inability to sleep or sleeping too much
- Weight gain or loss
- Feeling tired all the time
- Change in posture - walking with your head down or with a stooped posture
- Chronic headaches, neck pain or back pain.

#### Emotional signals

- Anger
  - Frequent crying spells
  - Inability to think clearly or concentrate
  - Excessive mood swings
  - Feelings of sadness that don't go away
-

## Holiday Homes Report.

Holiday Homes November 07.

**DUE TO THE RISING COSTS D.A.T.A WILL BE INCREASING THE RENTAL AT YARRAWONGA AND ROSEBUD FROM 1<sup>ST</sup> WEEK IN JANUARY 2008. WITH THE HOUSES NOW OVER 20 YEARS OLD THE MAINTENANCE IS A BIG FACTOR.**

Yarrowonga and Rosebud : \$160-00 per week from 1<sup>st</sup> week of December until after Easter and \$160-00 per week all School Holidays \$110 for the rest of the year Easter / December

Winter period at Rosebud 2008 the same as 2007 \$60-00 per week guests of the member will be asked for a donation

Guests \$20-00 per person from 1<sup>st</sup> Dec to after Easter. Guests \$15-00 per person from after Easter until end of Nov.

It would be impossible to keep the rents as low as they are if we did not have organizations like the Clubs at Yarrowonga and Mulwala and the Lions Club of Rosebud to help us with our maintenance, and of course, all the people who help keep the houses in good condition. Other Holiday homes in Australia, run by other Dialysis units, charge normal rates. Thanks to the Lions Club who renewed and painted the back porch posts at Rosebud

**Rosebud vacancies 2/9 Dec 9/16 Dec 2007**

**Yarrowonga vacancies Nil rest of 2007**

### Yarrowonga

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

I have a set of Ford car and house keys that were found in the house at Yarrowonga. give me a ring if you are living in your garage and riding your bike ,I have them at home. Alan R

**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 \$35 per night, plus \$15 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.

The house is being occupied quite well at the moment, which is good to see.

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

### CREATION

A man said t o his wife one day, "I don't know how you can be so stupid and so beautiful all at the same time.

The wife responded, "Allow me to explain ".

God made me beautiful so you would be attracted to me;

God made me stupid so I would be attracted to you!

## **Behavioural signals**

- Withdrawing from usual activities and relationship
- Quitting or changing jobs frequently
- Becoming more impulsive and over reacting to things
- Using Alcohol or drugs to feel better

## **Coping skills and techniques to deal with stress**

If you find yourself feeling some of the signals listed above, read on. Many, or possibly all, caregivers, family members and friends who are closest to a person with a chronic health condition may show some signs of stress at one time or another. The good news is there are ways you can care for yourself as well as your loved one with kidney disease.

## **Modify your behaviour patterns**

- Become more assertive - share your expectations with other caregivers, friends, family etc.
- Seek out others for support and assistance - don't be afraid to ask for help from others.
- Make time for and focus on, your positive social and family relationship.
- Continue physical activity, walking program or other activity as you are able.
- Take time to reward yourself, have some fun.
- Laugh, it is the best medicine. Read the funny papers or a humour book, watch a comedy program or movie and look for humour in any situation.
- Be flexible, learn to priorities and let some things go.
- Eat healthy, avoid tobacco and excessive use of alcohol.
- If something is wrong or overwhelming in your life, seek out the advise of others, family, trusted friends, clergy or social worker.

There are several relaxation techniques that may help relieve the stress of caring for someone with kidney disease. Below are just a few. They are best done sitting comfortably in a chair, or lying flat on a bed or on the floor. Try some of these and if they work for you,, or if you find others that are helpful, be sure to share them with other caregivers and patients. Everyone could use a little less stress in their lives.

## **Two minute relaxation.**

- Concentrate on yourself and your breathing. Take a few deep breaths, exhaling slowly.
- Mentally scan your body. Notice areas that feel tense or cramped. Quickly loosen up these areas and let go of as much tension as you can.
- Rotate your head in a smooth, circular motion once or twice. (Stop if any movements cause Pain.)
- Roll your shoulders forward and backwards several times.
- Let all of your muscles completely relax.
- Recall a pleasant thought for a few seconds.
- Take another deep breath and exhale slowly. You should feel relaxed.

## **Mind Relaxation.**

- Close your eyes. Breathe normally through your nose.
- As you exhale, silently say to yourself the word "one", or a short word such as "Peaceful", even a short phrase like "I feel quite".
- Continue for 10 minutes
- If your mind wanders, gently remind yourself to think about your breathing and your chosen word or phrase. Let your breathing become slow and steady.

## **Deep breathing relaxation**

- Imagine that your abdomen is a balloon
- Inhale slowly and deeply imagining that you're blowing up the balloon, and then slowly exhale imagining you're deflating a balloon.
- With every long, slow breath, you should feel more relaxed.
- Continue for a few minutes or longer, if you have the time.

## **Guided Imagery**

- Guided imagery is a technique that involves focusing on a particular visual image, sound, taste, touch or smell to create a specific physical reaction, in this case relaxation. Focus your mind on some sensory factor that pleases or relaxes you, (the smell of baking cookies, petting a silky dog, the ocean at sunset) and try to recreate and enjoy that feeling.
-

## Baked Apples.

### Ingredients:

4 baking <u>apples</u>	4 tablespoons of Sugar
1 teaspoon of Cinnamon	4 teaspoons margarine
1 cup nondairy whipped topping, defrosted	1/4 teaspoon allspice
1/4 teaspoon nutmeg	

### Preparations:

1. Wash and core apples leaving 1/2-inch of apple at bottom. Place in a medium size ovenproof dish with lid
2. Mix the sugar and cinnamon and place equal amounts inside each apple. Pour 1/2 cup water in the baking dish
3. Place one teaspoon margarine on top of each apple. Cover and bake at 375 F for 45 to 60 minutes until tender but not mushy.
4. Mix nondairy topping with allspice and nutmeg.

### Nutrients per serving:

Calories 211                      Protein 0g  
Carbohydrate 38g                Fat 7g

Cholesterol 0mg                Sodium 0mg  
Potassium 165mg                Phosphorus 11mg

For Renal Diabetics cut Sugar to 2 tablespoons then Calories reduce to 188, and Carbohydrates to 32g.



## Caring for someone with Kidney failure cont.....

- Also called guided meditation, it is a form of mind body therapy that can bring about deep relation and positive focus, the state of mind and body's most conducive to healing.
- Guided imagery can also be used to release tension, anxiety and stress.

### Biofeedback

- Biofeedback helps a person learn stress reduction skills by providing precise, immediate information about muscle tension, hear rate and other vital signs.
- It is used to learn total body relaxation and to gain control over certain physiological functions that cause tension and physical pin.
- Talk to your doctor or social worker about biofeedback to find out if it will help you and ask for a referral to a qualified biofeedback therapist.

It is possible to cope with the stress we encounter in our daily lives. As someone who provides care for a person with a chronic health condition, it is important to remember to take care of yourself. Check for the warning signs of stress listed in the article and use the techniques when you feel yourself feeling stressed. In addition to helping the caregiver, these tips can also be very helpful to those who have chronic kidney disease.

## From the Editor..... I really need your stories!

I really struggled this month with finding articles to put in this edition of "shoestring", what would be great is if, you ,the member, would write a story about your journey through Kidney failure. There are so many people (and Carer's) being diagnosed with Kidney failure and probably very scared and confused, that could use some ideas on how to cope with the new life style they have to get use to. Please write your story, keeping in mind that you were once in their shoe's. How did you cope with the news? How did your carer and family cope with you ? How did you cope with the fluid restriction, or diet change? These are only a few questions that you could answer for them but just remember you are not alone, it is just nice to read about others ordeals and how they coped, knowing that you are not the only one that may have had that problem..... So pleased write your story and send it in to me by email at [sue.nick@optusnet.com.au](mailto:sue.nick@optusnet.com.au) or the data email [datavic@tpg.com.au](mailto:datavic@tpg.com.au). Thanks for your help.

Warm Regards Sue Hatzimichalis

# Laughter is the best medicine.....

## The Silent Treatment

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 AM for an early morning business flight. Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, "Please wake me at 5:00 AM " He left it where he knew she would find it.

The next morning, the man woke up, only to discover it was 9:00 AM and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The paper said, "It is 5:00 AM. Wake up."

**Men are not equipped for these kinds of contests.**

## SEE-THROUGH LINGERIE

A husband walks into Bendon's to purchase some lingerie for his wife. He is shown several possibilities that range from \$150 to \$1150 in price. The more see-through the higher the price

He opts for the sheerest item, pays the \$1150 and takes the lingerie home. He presents it to his wife and asks her to go up stairs, put it on and model it for him.

Upstairs, the wife thinks, "I have an idea! It's so see-through that it might as well be nothing!"

"I'll not put it on, do the modeling nude and return it tomorrow and get a \$1150 refund for myself!" So, she appears naked at the top of the stairs and strikes a pose.

The Husband says. "Good Grief! It wasn't that creased in the shop!!!"

the fridge door? It won't close right."

Too which he replied, "Fix the fridge door? Does it look like I have Westinghouse, written on my forehead? I don't think so!"

"Fine," she says, "then could you fix the steps to the front door? They are about to break!"

"I'm not a carpenter and I don't want to fix the steps." he says,

"Does it look like I have Ace Hardware written on my forehead?"

I don't think so, I've had enough of you, I'm going to the Bar!!!!

So he goes to the bar and drinks for a couple of hours..... he starts to feel guilty about how he treated his wife, and decides to go home.

As he walks into the house he notices that the steps are already fixed. As he enters the house, he sees the hall light is working. As he goes to get beer, he notices the fridge door is fixed.

"Honey," he asks, "How'd all this get fixed?"

She said, "Well, when you left I sat outside and cried."

Just then a nice young man asked me what was wrong, and I told him He offered to do all the repairs, and all I had to do was either go to bed with him or bake a cake!"

He said "SO what kind of cake did you bake?"

She replied' " Hellooooo, do you see Betty Crocker written on my forehead? I don't think so!"

## HIS FUNERAL IS THIS THURSDAY!

### CAKE OR BED.

## WOMEN'S REVENGE

"Cash, check or charge?" I asked, after folding items the woman wished to purchase. As she fumbled for her wallet I noticed a remote control for a television set in her purse. "So, do you always carry your TV remote?" I asked. "No," she replied, " but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally."

A Husband is at home watching a football game when his wife interrupts, "Honey, could you fix the light in the hall way?"

"It's been flickering for weeks now".

He looks at her and says angrily, "Fix the light now? Does it look like I have GE written on my forehead? I don't think so."

"Fine" say's the wife.

Then the wife asks, "Could you fix

## ROAD SAFETY IMPROVES!

**The National Roads Safety Council has done extensive testing on a newly designed seat belt. Results, show that accidents can be reduced by as much as 45%, when the seat belt is properly installed.? P.T.O to see how to install seat belt properly.....**



This is very  
Important, please  
pass onto friends  
and family?..?  
**THIS MAY**  
**SAVE A LIFE!**

### The BBQ

After 4 long months of cold and winter, we are finally coming up to summer and BBQ season. Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking as it's the only type of cooking a real man will do, probably because there is an element of danger involved.

When a man volunteers to do the BBQ the following chain of events are put into motion:

#### **Routine...**

- 1) The woman buys the food.
- 2) The woman makes the salad, prepares the vegetables, and makes the dessert.
- 3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.

#### **Here comes the most important part:**

- 4) THE MAN PLACES THE MEAT ON THE GRILL.

#### **More routine....**

- 5) The woman goes inside to organise the plates and cutlery.
- 6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he deals with the situation.

#### **Important again:**

- 7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

#### **More routine.....**

- 8) The woman prepares the plates, salad, bread, utensils, napkins, sauces and brings them to the table.
- 9) After eating, the woman clears the table and does the dishes.

#### **And most important of all:**

- 10) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.
- 11) The man asks the woman how she enjoyed "her night off."

And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women.



Dear Editor,

I have been a member of DATA since 1981 when I had my first kidney transplant at the age of 19. I thought that it was time to update you on the story of my engagement.

Briefly, to update you on my medical history, I am currently on my third kidney transplant having endured many years of dialysis and ill health due to a sudden onset of acute glomerulonephritis about 25 years ago. My first transplant lasted for 2 years and was in the time of Prince Henry's Hospital on St Kilda Road for those who may remember. A blockage in my renal artery caused the failure of that transplant and I was back on haemodialysis for about 12 months before another transplant became available. This second transplant started well and the difference between dialysis and transplantation was incomparable. However, I had a few problems and I was admitted to Fairfield Hospital intermittently due to infections and other complications. Eventually after about 4 years, during which time I was able to travel overseas and get back to work full time, my transplant failed and I was back on haemodialysis again. This time I was on dialysis for approximately 10 years and with the invaluable assistance of the staff and nurses at Monash Medical Centre I was able to dialyze at home and work at the same time. My mum was my helper and I couldn't have done it without her.

I received my current transplant in 2000 and have been going strong ever since.

Recently I was lucky enough to meet a wonderful and beautiful woman called Laura and we started to see each other... Last year we began planning and in January this year we left for our trip across Aus-

tralia in a motor home with the intention of driving across the Nullarbor – a trip I had always wanted to do but had never been able to do. Before we left on our big adventure I had asked Laura's parents permission for her hand in marriage – another step I thought I would never have the courage to take! We packed up our motor home (complete with her two dogs, Gizmo & Roisin) and began our journey west. To say that this was one of my greatest experiences in life would be a huge understatement. We had a fantastic trip and experienced parts of Australia that not many people are privileged to see.

It was a journey of self discovery and togetherness. It was my intention to propose to Laura on New Years Eve when we were in Robe, SA but we had ended up at a crowded caravan park and the timing didn't seem quite right. I waited until we had travelled further west and we were in the middle of the Nullarbor – literally! It was on the 5<sup>th</sup> of January (the anniversary of when we first met) and we were in SA, 168 kilometers from the WA border. There was some tension in the air between us as I was driving the motor home, it was hot and I had a mission to accomplish. Laura was unaware of my intentions and wanted to stop off to take some photos of some bugs on a bush. I didn't really want to stop so I kept driving for a couple of hundred kilometers in silence before she suggested that we stop off for a cup of tea. I pulled the motor home off the road (under the only tree for miles and miles) and I knew that this was the time and place to ask her to marry me. If she had said no it would have been a very long walk home for one of us!

Fortunately, as I got down on one knee and popped the question, even

before I had completely finished asking the question, tears welled in her eyes and she said 'YES'. I revealed her diamond ring I had been so preciously guarding for so long and slid it onto her finger amid the tears of joy and elation. We were both delighted, and I was a little relieved, but I can still remember the frustration at not being able to tell her parents or friends for several days because we had no phone coverage out there until we reached the next town.

Upon our return we decided that a Spring wedding would be ideal and we have set a date to get married on Monday 5<sup>th</sup> November. We are both very excited our impending nuptials and I can hardly describe the wonderful feeling of togetherness and joy of getting married to such a wonderful and supportive woman.

Kind regards, Steve Kiellerup.

***Thanks Steve, I'm pleased Laura said "Yes" and congratulations on your up ad coming Wedding day, I sure all will go splendidly, I look forward too hearing about other adventures you and Laura will have in the future!***



## RULES OF THE RON JONES EDUCATIONAL AWARDS.

1. These Awards are to be known as the Rom Jones Educational Awards. They are to honour the memory of a founder and long time dedicated worker for DATA, Mr Ronald N Jones AOM.
2. The purpose of these Awards is to Encourage scholastic achievement.
3. The Awards will be judged on scholastic ability exclusively assessed by a panel of judges accepted by D.A.T.A. **No correspondence will be entered into.**
4. An Application must be a financial Member of D.A.T.A. with renal failure or a child of a parent who has or did have renal failure.
5. Applications who have **completed** years 7 to 11 may apply for an Award by the end of May of the following year for presentation in August of that year.
6. Assessment will be judged on an Applicant's previous year's school reports together with a 300 -word hand written essay on the topic of " My Chosen Career" .
7. The amount to be expended each year will be \$2000.00 and any amount not expended in any one year will not be for use in subsequent years.

Provided there are sufficient Applicants with merit, there will be:

- a) One (1) Award of \$800.00 based on demonstrated excellence and scholastic ability.
- b) Three (3) Awards of \$400.00 each for encouragement of future academic achievement.

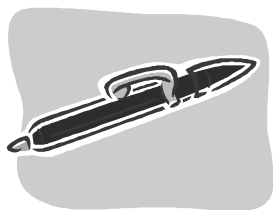
If, in any one year, no Applicant demonstrates a sufficient degree of excellence, the judges may, in their discretion, withhold the Award of \$800.00 based on excellence and scholastic ability. However, irrespective of the standard of Applications and provided that there are sufficient candidates, the judges must award three (3) encouragement Awards.

8. Notice of the awards will be advertised in at least three editions of ShoeString starting in the November edition each year.
9. Application forms will be printed in ShoeString and should be forwarded to the D.A.T.A. Office by the end of May. Late Applications will not be Accepted.
10. **Schedule Of Deadlines for Applications and Judging.**

<u>Close of Application:</u>	31st of May.
<u>Applications to Judges:</u>	1st week of June.
<u>Results from Judges:</u>	End of July.
<u>Advising Award Winners:</u>	2 weeks before AGM.
<u>Presentation of Awards:</u>	At the AGM in August.

11. An **Award winner cannot apply** for another Award for another two (2) years. An **unsuccessful Applicant can apply** in subsequent years.
12. Awards will be presented to the successful Applicants at the AGM each year. Parents will be invited to bring the Award Winner to the AGM to receive a Certificate of Achievement or a Certificate of Encouragement.
13. The Awards will presented by Mrs Elvie Jones or the President of D.A.T.A.
14. **Privacy:** No personal information given in an Application will be available to anyone. The only exception to this rule will be that an Applicant's age, school reports (with the Applicant's name and School obliterated) and the essay will be available to the Members of the Judging Panel. Further, this exception will apply to a Sub-Committee specifically nominated each year by the D.A.T.A. Committee to process the Award Applications. Those nominated persons will work in accordance with all Privacy Laws applicable in Victoria. Applications forwarded to the Judges will have a code of identification known only to the nominated Sub-Committee.
15. **Amendment:** These Rules may be amended by a majority decision at any validly constituted D.A.T.A. Committee meeting provided that the Members of the Committee have been given at least 7 days notice of the proposed changes.
16. **Commencement:** These rules will come into operation in the 2006 school year.

# APPLICATION FORM FOR THE RON JONES EDUCATIONAL AWARDS.



Applicants are requested to complete this form and forward it to  
The Secretary  
D.A.T.A. Vic Inc.  
P.O. Box 165, Blackburn 3130.  
Applications must be received no later than the 31st May 2007.  
Winners will receive awards at the A.G.M in August.

**Applications are to be accompanied by a 300 word hand written essay on “MY CHOSEN CAREER” and all the previous Year’s School Reports.**

Please use Block Letters or Type.

SURNAME.....GIVEN NAMES.....

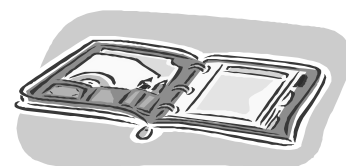
ADDRESS.....

POST CODE.....DATE OF BIRTH.....

HOME PHONE.....MOBILE NO......

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 STUDIES.....

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

# Dates to Remember



## Up and Coming Events

Christmas Party, Sunday 2nd December 2007,  
12noon, BYO Meat, Tables, Chairs and Sunscreen  
etc. Santa to arrive around 3pm.  
Guide Hall, Halliday Park Mitcham Rd Mitcham

## Annual Events:

New Members BBQ 2008  
14 Queens Street Blackburn 12noon  
Date to be confirmed

Christmas Dinner in July 6.30pm  
at 14 Queen Street Blackburn.  
Date to be confirmed

Annual General Meeting of Dialysis & Transplant Association  
Date: Sunday in August 2008 2pm  
At 14 Queen Street Blackburn (Date to be confirmed).

Christmas Party Sunday 7th December 2008  
Guide's Hall, Halliday Park, Mitcham Rd Mitcham

P.O. Box 165  
Blackburn 3130  
Ph (03) 9894 0377  
Fax (03) 9894 0266

### Executive Committee

**President**  
Sue Hatzimichalis (03) 9378 8836

**Treasurer & Past President**  
Lloyd Samuel (03) 9527 2911

**Secretary**  
Fay Rawson (03) 9723 3019

**Holiday Homes Secretary:**  
**Yarrowonga & Rosebud Houses**  
Alan Rawson (03) 9723 3019

**Blackburn House**  
Geoff Fletcher (03) 9894 2348

**Shoe String Editor**  
Sue Hatzimichalis (03) 9378 8836

**Minute Secretary**  
Angela Lindsay

**Committee members**  
Nick Hatzimichalis (03) 9378 8836  
Ken Smith (03) 5977 3580  
Joan Eastwood (03) 9795 1649  
Ros Ball (03) 9439 8866  
Vicki Abbatangelo (03) 9786 8614  
Carl Sherman (03) 9857 8610  
Bev Bof

**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](http://www.datavic.org)**

*The views expressed in the editorial and contributed items are those of the authors and are not necessarily the opinions of D.A.T.A. Inc.*

**Deadline for the January 2008 Shoe String is Wednesday 6th December 2007 by 5pm to the following address Email address for the Editor : [sue.nick@optusnet.com.au](mailto:sue.nick@optusnet.com.au) Email Address: [datavic@tpg.com.au](mailto:datavic@tpg.com.au)**

**Please Note: Anything received after the Deadline Date for January's edition will be put in the next ShoeString due out in March 2008.**