

ShoeString

Newsletter of The Dialysis and Transplant Association of Victoria Inc
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March 2008

Autumn BBQ Sunday 16th March 2008

12.30 pm

14 Queen St Blackburn

All welcome to come and catch up with old friends
or maybe make some new ones.

We will provide all Meat, Salads, Slices, Cordial, Tea, and Coffee.
Please B.Y.O any other kind of drink, chairs and picnic tables,
sunscreen and aero-guard (to keep un-invited guests away)

R.S.V.P to D.A.T.A, P.O. Box 165, Blackburn
By 12th March 08
Or ring the Blackburn Office on 9894 0377
and leave a message for Joan

-----Tear Here-----

Name.....Phone.....

I/We will be attending or will not be attending

No of Adults.....Children.....

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President's Report.

Hello Everyone

Yes, you're right, it wasn't that long ago that you received your January Edition of "Shoestring" and now you have another one. We held January's Edition off a bit because we wanted to put something into it but it was not ready, so we had to send "Shoestring" out; that's why you have another one now. I know you are all curious as to what the item was but you will have to wait for a while, but you will find out!

There was not a lot happening over the last month so this will be a short report!

There are some up and coming events that I would like to remind you all about. One is our annual Member's BBQ, where we invite you to come and meet new members and old friends. We will supply all meat and salad, all you have to do is bring your appetite, table, chairs, hats, sunscreen and anything you would like to drink!

In April, we will be holding a Carer's night which will be held at the RSL in Frankston. Our hosts will be 2 committee members Vicki Abbatangelo and Ken Smith, both Carer's and both with a lot of stories about how they coped with looking after a person with Renal failure.

Also, don't forget to encourage your young ones to apply for the Ron Jones Educational Award. Applications close at the end of May 08 and the Award presented at the AGM. Anyway, enough from me this month, keep sending in your personal stories for Shoestring; it's what make the newsletter.

If your envelope has 2006 or earlier on it this will be your last Shoestring as you are un-financial, but if you want to keep receiving it, all you have to do is pay \$10 to become financial again. If you are having problems, let me know and we can work something out for you!

Keep smiling
Sue Hatzimichalis
President.



Quality of Life on Dialysis

Written by DaVita Social Worker, Dana Von Austin, ICSW

The only person who can measure your quality of life is you. Quality of life's defined as: *the amount of enjoyment and satisfaction that a person gets from his/her daily routine.*

Now's the time to do a little soul searching and answer a few questions: Do you live from dialysis appointment to dialysis appointment?

- Or, have you made dialysis just a part of your life that enables you to enjoy the rest?
- Are you living the way you want to live?
- Are you living to the best of your ability?

If you are new to dialysis, you may still be feeling physically tired, and you may still be getting used to the routine of going to treatments three days a week. But after a few dialysis treatments, your blood should be cleaner, your anemia should be treated providing you with more energy and you should begin to feel better and be able to get enjoyment from your life.

To achieve quality of life, make sure that you are caring for yourself in all ways: body, mind, and spirit. Treating the whole person will put you on the path to success.

Body

Your body is your vehicle to move through life. The same way you get your car's oil change, get the engine tuned up and fill it up with petrol to keep it running, your body requires its maintenance too. Keep your dialysis appointments and stay for your entire haemodialysis run to get your blood as clean as possible. Perform your peritoneal dialysis exchanges just as you were taught. Visit your doctor for scheduled medical appointments and speak up when you need help. Work with your dietitian to determine the best diet for you, and pay attention to your lab work to make adjustments in your diet when necessary. Remember to take prescribed medicines including your phosphorus binders when you eat.

You wouldn't want to leave your car parked in the garage all the time, take your body out too. A little exercise does a lot of good. Whether you water your plants, walk around the block or play a game of basketball, finding the right activity for you will help your body keep moving. Talk to your doctor about which activities will be helpful for your body.

Mind

In addition to helping your body, diet and exercise help keep your mind sharp and centered. It's amazing what a good phosphorus level and fresh air can do for your mind. Again, your dietitian will have lots of ideas of how to make your food plan work for you, and your doctor and social worker can provide more information on exercise opportunities.

You may also want to read up on kidney disease and dialysis to learn all you can about what you are experiencing. Peace of mind comes from knowing you are doing the best for yourself. Education will help you make good decisions about your treatment. You'll also stimulate your mind by learning new things.

Read the daily paper, keep a journal, send letters to friends, listen to music, visit an art museum or do any other activity that requires thinking. Staying involved in the world around you keeps your mind active.

Spirit

Take time for yourself and connect with people who provide you with positive feedback and support. Revisit things that have been uplifting to you in the past. Whether it's rereading a favorite book, cooking a delicious dinner, or calling a beloved friend you haven't spoken to in a while, treat yourself to something you enjoy: something to lift your spirits.

Nourish yourself by acknowledging what you need to stay centered. Pay attention to what you are feeling and ask yourself what you need. While no one can be centered 100% of the time, you can achieve a greater sense of self by staying attuned to your feelings.

Seek out the sources that help you stay positive. If visiting your grand children makes you happy, invite them over or give them a call. Be sure to spend time with people you care about. Watch a television program that holds your interest. A positive experience can lead to a positive attitude.

Holiday Homes

Ring me for information on vacancies at the holiday homes

Rosebud

Rosebud Hospital Renal Unit has been taking bookings from our Haemodialysis members who like to have a holiday near the beach, (7 weeks in Jan Feb). Members on dialysis have enjoyed a holiday in a great part of Victoria over the summer, and we also have members who have been dialysing at the house. One of our haemo members liked the area so much they have bought a house at Rosebud. In June, July and August we are again having a winter special at \$50-00 a week for a patient and carer and their immediate family.

Yarrawonga

The bookings this year have been very heavy with hardly any weeks available for the rest of the year but I do get a few cancellations. The hospital is only 5 minutes away and has a great Renal unit with a very friendly staff . We also have machines at the house for those on home dialysis. There are heavy bookings at the renal department at the hospital because of other dialysis patients who dialyse in the area while on holidays, so I will take your bookings up to 12 months ahead. Some members have said I should not book so far ahead but if you don't book into the hospital in plenty of time a lot of our members would

miss out on a holiday.

If you have any ideas that you might think will improve both houses or the way they are run let us know.

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

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 Rosebud 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

STAY AT BLACKBURN

If you are coming to Melbourne why not stay at Blackburn DATA house. Whether it is for a holiday or for medical treatment Blackburn is available. If it is for a hospital appointment VPT AS 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. 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 DATA 9894 0377

Joke from Alan.....

A little boy got lost at the show. A policeman sees him and asks him what is wrong. The boy said “I have lost my Dad.” Cop asks “What`s he like son?” the boy replies “Beer and Women.”

Quality of Life on Dialysis continued.....

More ideas for

living a quality life

Now that you are aware of the basics, you may want to look at other areas that may interest you. Here are some ideas to think about.

Employment/Rehabilitation

You may find enjoyment in having a job and earning a regular pay cheque. Even if the job is part-time, or not in the career field you were in before you were diagnosed with chronic kidney failure disease and started dialysis, there are options out there. Talk to the social worker at your dialysis centre for resources in your area.

Volunteer work

The need for volunteer work in our communities is so vast that there really is something for everyone. Talk to your social worker about what interests you and for ideas on what you can do. For just an hour or two a week, you can make a real difference in the lives of those who need help. Consider volunteering to help children, the elderly or animals. You can tutor, read, or just visit with someone who is lonely. There are also opportunities to volunteer at parks, hospitals, libraries and other institutions. Check your local newspapers, go online, or open your yellow pages for information on different organisations that are looking for volunteers. Your social worker can help you get in contact with a group that could use your help.

Support and educate new dialysis patients

Nobody can help new dialysis patients quite like another dialysis patient when entering the environment of dialysis. Often, starting dialysis is overwhelming. Most people don't learn that they have kidney failure until they need to start dialysis. They have questions, fears, and an adjustment period that you may be able to relate to. Talk to your facility administrator or social worker to find out if there is a program in your center to greet patients. They may also be able to provide you with more ideas on how to help fellow patients.

Education, Classes , Hobbies, Arts and Craft

Most Councils have a Community house where you can go and enroll to do short courses. Either do something creative or something that will gain you new experiences that you may be able to use at a later date. Depending on what kind of classes you choose, it can benefit your mind, body, and spirit.

Above all, remember, you are worth the effort to build a lifestyle you are happy with. If you feel your quality of life is poor, please talk to your doctor or social worker. They are there to help you have the quality of life you deserve!

**Attention all Carers, please come and have Lunch on
Sunday 27th April 2008
12.30pm at the
Frankston RSL,**

189 Cranbourne Road Frankston 3199.

Vicki Abbatangelo and Ken Smith from the D.A.T.A Committee will be there to host the day.
Come down and join them for some good food and company.

Leave all your worries at home for a couple of hours and enjoy!

Call D.A.T.A office on 9894 0377

to let us know if you are coming so we can book a table!

Magnolia Tree!

Last April, after much deliberation, I bought a magnolia tree from our local nursery. After only a few weeks I noticed that the leaves had started to shrivel and the tree appeared to be on its last legs in spite of my tender care.

So I took some leaf samples and marched back to the nursery to demand an explanation or get my money back.

"I know exactly what's wrong with your magnolia," said the manager.

"Good!" I exclaimed. "What's it suffering from?"

You can imagine how stupid I felt when he said, "**Autumn.**"

Cup of tea?

One day a mother was out and the dad was in charge. The little one was maybe one and a half years old. Someone had given her a little tea set as a gift and it was one of her favorite toys.

Daddy was in the living room engrossed in the evening news when she brought Daddy a little cup of 'tea', which was just water.

After several cups of tea and lots of praise for such yummy tea, Mom came home. Dad made her wait in the living room to watch the toddler bring him a cup of tea, because it was 'just the cutest thing!'

Mom waited, and sure enough, here comes baby down the hall with a cup of tea for Daddy and she watches him drink it up, then says, 'Did it ever occur to you that the only place that baby can reach to get water is the toilet?'

Heaven!

It was getting a little crowded in Heaven, so God decided to change the admittance policy. The new law was that in order to get into Heaven, you had to have a really bad day on the day that you died. The policy would go into effect at noon the next day, so the next day

at 12:01 the first person came to the gates of Heaven. The Angel at the gate, remembering the new policy, promptly asked the man, "Before I let you in, I need you to tell me how your day was going when you died."

"No problem," the man said. "I came home to my 25th-floor apartment on my lunch hour and caught my wife having an affair. But her lover was nowhere in sight. I immediately began searching for him. My wife was half naked and yelling at me as I searched the entire apartment.

Just as I was about to give up, I happened to glance out onto the balcony and noticed that there was a man hanging off the edge by his Fingertips! The nerve of that guy! Well, I ran out onto the balcony and stomped on his fingers until he fell to the ground. But wouldn't you know it, he landed in some trees and bushes that broke his fall and he didn't die. This ticked me off even more. In a rage, I went back inside to get the first heavy thing I could get my hands on to throw at him. Oddly enough, the first thing I thought of was the refrigerator. I unplugged it, pushed it out onto the balcony, and tipped it over the side. It plummeted 25 stories and crushed him! The excitement of the moment was so great that I had a heart attack and died almost instantly."

The Angel sat back and thought a moment. Technically, the guy did have a bad day, it was a crime of passion.

So, the Angel announced, "OK, sir. Welcome to the Kingdom of Heaven," and let him in.

A few seconds later the next guy came up. To the Angel's surprise, it was John Howard." Mr. Howard, before I can let you in, I need to hear about what your day was like when you died." Johnnie said, "No problem. But you're not going to

believe this. I was on the balcony of a 26th floor apartment where we were staying for a conference doing my daily exercises.

I had been under a lot of pressure so I was really pushing hard to relieve my stress. I guess I got a little carried away, slipped, and accidentally fell over the side!

Luckily, I was able to catch myself by the fingertips on the balcony below mine. But all of a sudden this crazy man comes running out of his apartment, starts cussing, and stomps on my fingers. Well, of course I fell. I hit some trees and bushes at the bottom which broke my fall, so I didn't die right away. As I'm lying there face up on the ground, unable to move and in excruciating pain, I see this guy push his refrigerator of all things off the balcony. It falls the 25 floors and lands on top of me, killing me instantly."

The Angel is quietly laughing to himself as Johnnie finishes his story. "I could get used to this new policy," he thinks to himself.

"Very well," the Angel announces. "Welcome to the Kingdom of Heaven," and he lets Howard enter. A few seconds later, Shane Warne comes up to the gate. The Angel is almost too shocked to speak. Thoughts of demon bowlers or car accidents pour through the Angel's head. Finally he says, "Mr Warne please tell me what it was like the day you died."

Shane says, "OK, picture this. I'm naked, inside a refrigerator....."

From The Guardian concerning a sign seen in a Police canteen in Christchurch New Zealand:

'Will the person who took a slice of cake from the Commissioner's Office Return it immediately. It is needed as evidence in a poisoning case.'

Letters to the Editor.

Dear Editor,

Just writing to let you know that on the 7th January, this year, my daughter Jessica received the best gift ever, (after 4 1/2 years on dialysis and a life time of being sick), she received a Kidney Transplant, as mother I am so excited and please that something is finally going her way, by this I mean, from the time she was born, Jessica was not a well child, and the frustration I felt was over whelming to say the lest.

From the time Jessica was born, everything I feed her seemed to go right through her, she either projectile vomited or it would come out the bottom end. The Nursing staff took her to the "special nursery" and bought her back to m 2 days later saying that "she should be ok now, as we have changed her formula". This didn't help, from the moment I took her home, till about the age of three, I was back and forward to the hospital, especially at night, because she kept developing very high fevers, to which the emergency doctors would give her Panadol and send her home, as her mother I felt very frustrated and a little angry because the Doctors couldn't give me any answers as to why this kept happening.

At the age of six, the left side of her face and neck blew up (the Parotid gland) and the doctor's diagnosed the Mumps and this is why she could keep anything food or fluids down, not even Panadol, and she needed this to keep her fever down but as soon as she had it came back up, I was so scared because she had a very high fever and she was keeping nothing down how could we get her fever down, nobody could help! I felt so frightened. About a week later, the other side of her neck blew up and she was in so much

agony. The doctor's had no idea of what or why this happen and decide that it was not mumps because you don't have both side of the neck blow up together in mumps, it was either one side or the other not both at the same time! The frustration and torment of not knowing what was the cause of her illness was immense.

When she was eight, she spent 12 months under a Endocrine Doctor and after 12 months they told me to take her home and she would "grow" out of the swollen glands, vomiting and high fevers I must admit, I think they just thought I was a paranoid Mum but as her Mum, I knew something was wrong and they just couldn't find it. I continued to watch her have a swollen face, vomit and high fevers ever 3 months which would last for about 4 weeks each episode, until we visited another doctor, some 11 years later, and he joined the dots and thought that it maybe something to do with her kidneys.....he thought she might have Kidney Stones but as we discovered that she only had 20% of her kidney function!

More tests were done, and about a week later she was diagnosed with "Sjogrens Syndrome, which is an auto immune disease. It totally baffled everyone. The doctors told us she was the only one in Victoria and even Australia to have the disease. We found out later that it was a life threatening disease and it affects all the glands in the body and even the major organs! It is very rare disease and this was why it took so long to diagnose it.

Even thought I had a diagnoses I was totally devastated and very angry, Jessica was the only one with the disease and nobody knew how to treat her, the doctors told me it would be trial and error to get her

treatment right. So I went on the internet and found every bit of information about "Sjogrens Syndrome" and down loaded it to give to the Doctors and Nurses so they knew how to treat my little girl.

They started treating her with high doses of steroids they put her on 75mgs a day for 4 months.... Some of the side effects of the high doses of steroids was "Vascular Necrosis of the hips", a disease that killed her hip bones, osteoporosis, arthritis, very bad purple stretch marks – all over her body, and a lump at the back of her neck which they called a "Buffalo hump". She was in agony and through my insistence, they found out that she had a fractured left hip. Jessica spent 9 months in a wheel chair and due to her inability to work or exercise, she went from 69kgs to 114kg. She had a hip replacement, and she was only 18 years of age!

In 2003, I wanted to donate my kidney to Jessica but through the testing process, we found out that I had Kidney Cancer. Yes, I had Renal Cell Carcinoma which was 10cm. If I hadn't decided to donate my kidney, they wouldn't found it! Jessica, saved my life! In a matter of 3 months I was in hospital and had my kidney and the cancer successfully removed by keyhole surgery.

Jessica started to have chest pains and was diagnosed with "Peri carditis and an enlarge and fast heart. She had an operation to put in a Peri Cardial window in the lining of the heart to drain the fluid.

A while later she started limping again, she had a staphylococci infection which started to effect her new hip replacement. The doctor operated on her 4 time to clear out the infection but to no avail, they came to the conclusion that they

Letters to the Editor...cont

would have to remove the hip so they could control the infection. They couldn't put another hip in as the necrosis had affected the left side of her pelvis as well.

Due to this her left leg is 5cm shorter and she now has to wear a built up shoe to compensate the high difference in her legs.

All of us were devastated, it felt like we had no family life, my other children had to cope by themselves because all my attentions were on Jessica because very one kept telling me she was a "Complicated Case"!

Although she was a "Complicated Case", she was highly independent. She had her own car, she worked part time, and had a busy social life with all her friends and family.

The final blow came when Jessica noticed that she could not see properly and a visit to the othomologist and he confirmed that she had lost her peripheral vision. She had only 6% of her vision and she was classed as legally blind. She had to hand in her license and sell her car which was the end of her independence!

To my amazement, this really didn't stop Jessica, she decided that she had to try anything, she had to moved out and live independently by herself before it was to late and she lost all of her vision. So with a built up JCM Shoe and a crutch for support on her left hand and a seeing eye cane in her right hand , she moved out, into her own home!

Our dilemma was that she needed a Kidney Transplant before they would do the hip replacement and before her replacement they would have to re-build her pelvis again.

I am very pleased, excited and grateful to the family, who in their time of sorrow decided to donate their loved one's organs. Now, Jessica is off dialysis and starting to re-establish her life.

I must thank everyone, who has supported us through our ordeal, all the Doctors and Nurses on the Renal and Vascular teams at the Alfred Hospital, our heartfelt thanks.

I thank God, everyday for this wonderful "Gift of Life" for my Jessica. I am also eternally grateful to the Donor Family!

Kind Regards
Freda Arena.



Jessica and Freda Arena

I am so pleased Freda that Jessica has finally got her second chance , it must be a relief for you, she sounds so independent now there's no stopping her!

Dear Editor,

I know you are often looking for interesting stories. Many years ago there was an article about a transplant recipient who had a child and I remember this story was very encouraging to our situation.

Best regards
Todd

My wife, Anna, developed a chronic kidney disease that was diagnosed when she was just 8 years

old. Many years of medical treatment led to her eventually going onto dialysis at the age of 17. One year later she was lucky enough to receive a transplant. She went to college to get her degree and then, when she was 23, we met, fell in love and 5 years later we were married. We travelled the world and both embarked on starting our own businesses. She was 28 when the idea of having a child was raised but her renal doctor discouraged her despite her normal renal function. As it happens, just after her 30th birthday, she lost her donated kidney. It had given her a wonderful normal life for 12 years and she was then on dialysis.

This was the most challenging time of our lives, as Anna undertook haemodialysis from home 3 times a week. Anna is extremely determined and we endeavored to lead as normal a life as possible. We even hired a camper van in New Zealand with an on-board dialysis machine and toured the South Island. Anna also arranged treatment overseas while visiting her sister. As much as we adapted to our altered lifestyle, it was naturally a very difficult transition after tasting the freedom of health for so long. Anna was a teacher and was surrounded by children. They adored her and it seemed this would be her way of having children in her life.

With our brothers and sisters having children as well as many friends, we sometimes had mixed emotions of joy and envy each time we would hear the news of a new child.

After 2 years of dialysis from home, at the age of 32, another miraculous gift arrived when she received her second anonymous transplant. It was a great success and we soon slipped back into the life of freedom that so many take

Letters to the Editor....cont.

for granted.

We enjoyed more travel and were so grateful for yet another immeasurable gift. Our lives were instantly transported back to the normal.

The idea of having children was far from our minds, and we relished this time of freedom. I think we pushed it aside as Anna's good health was the only focus.

After a few years our urge to have a child became stronger, and our fears of the unknown became weaker. With the great support of a different nephrologists, and some adjustments to her medications, we embarked on trying to get pregnant. We were patient and positive and never stopped believing it was possible.

After 2 years, at the age of 38, Anna told me that she was pregnant. We were overjoyed, and at 6 weeks in, we shunned the normal etiquette of silence and shared the

amazing news with our families. Anna did everything to maximise the health of our baby and with a perfect diet and plenty of rest, she had a wonderful trouble free pregnancy. justified as we now enjoy every second we have with our new baby boy !

With a scheduled Caesarian 10 days before the due date, she delivered a beautiful baby boy into the world. Connor was a robust 9 pounds and in perfect health and Anna is now the greatest Mother I could imagine.

A month later she celebrated her 39th birthday with a wonderful gift.

I know that it all came about largely because of her incredible positive attitude and refusal to accept the limiting beliefs of others that can have so much power over us if we allow them.

We can never know what the future brings but Anna was not going to let fear rule her decisions. Her reward for this courageous view has



Our baby.....Connor

Thanks Todd & Anna for sharing your wonderful story. This is the sort of stories we are looking for....one of achievement and good health while doing so.

AS I Mature!

I've learned that you can make some one love you, all you can do is stalk them, hope they panic and give in.

I've learned no matter how much I care, some people are just Aholes.
I've learned it takes years to build up trust, but it only takes suspicion, not proof, to destroy it.**

I've learned you can get by on charm for about fifteen minutes, after that you better have a big Willy or big Boobs

**I've learned you should compare yourself to others, they are more screwed up than you think.
I've learned that you can keep vomiting, long after you think you're finished.**

I've learned that we are responsible for the things we do, unless we are celebrities!



I've learned that regardless of how hot and steamy the relationship is at first, the passion fades and there'd better be a whole lot of money to take it's place!

I've learned that 99 % of the time when something isn't working in your house, your kids did it!



RULES OF THE RON JONES EDUCATIONAL AWARDS.

1. These Awards are to be known as the Ron 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 Applicant 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. Applicants 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.

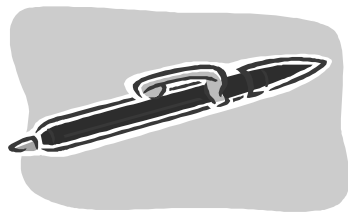
10. **Schedule Of Deadlines for Applications and Judging.**

<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



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 be presented by Mrs Elvie Jones or the President of D.AT.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.

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 2008.
 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.....

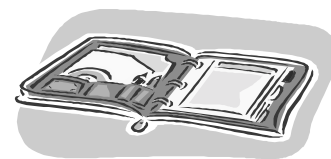
ADDRESS.....

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 STUDIED.....

Dates to Remember

**AUTUMN BBQ
SUNDAY 16TH MARCH 08
AT 14 QUEENS STREET BLACKBURN.
STARTING AT 12.30**

**MEAT AND SALAD PROVIDED BYO ANY OTHER
DRINKS YOU WOULD LIKE, TABLES AND CHAIRS.
ETC COME ALONG AND MEET OLD FRIENDS OR
MAKE SOME NEW ONES!**

**CARER'S LUNCH
SUNDAY 27TH APRIL AT FRANKSTON RSL 12.30
SEE ARTICLE INSIDE.**

**CARER'S NIGHT OCTOBER VENUE AND DATE TO BE
ADVISED.**

**CHRISTMAS IN JULY:
SATURDAY 26TH JULY AT ST JOHN'S CHURCH HALL
ACROSS THE ROAD FROM BLACKBURN HOUSE,
BRING ALL YOUR FRIENDS FOR A FANTASTIC TIME!
BOOK EARLY. THIS EVENT HAS GROWN EVERY
YEAR.**

**ANNUAL GENERAL MEETING -DATE AND VENUE. TO
BE ADVISED**

**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



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*The views expressed in the editorial and
contributed items are those of the authors and
are not necessarily the opinions of
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Deadline for the next Shoe String: Wednesday 13th April 2008.

Anything after this date will be put in the next Shoestring.

Please send anything to either my personal email or D.ATA

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Email address the Editor : sue.nick@optusnet.com.au: