ANNUAL GENERAL MEETING

Guest Speaker Jo Fairburn  KHA

To be held on 19th October 2014
at 2pm
Manchester Unity Hall
8 Main St Blackburn
Melways Map 47 Ref K 10
Parking available opposite the hall.
Afternoon tea will be provided after the meeting.
RSVP 16 October 2014

Please print

Yes I will be attending the Annual General Meeting on 19 October 2014

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

Number of people attending....................

Please return this form to PO Box 165 Blackburn 3130

I am interested in becoming a COMMITTEE MEMBER (Please tick the box)
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Committee of DATA 2014

Editor’s comments
Please come to the AGM. Note the reply slip on front page.—note the line re Committee members needed. If you would like to be more involved in DATA then please tick the box. See more details bottom page 3.

Keep all the dates free on the back page. There are a couple of social events coming up in Nov & Dec. Planning is underway for our Christmas celebration. No bookings made yet but the date is the Saturday this year instead of the Sunday. November Shoe string will have all the details so stay tuned! JE.

Invitation
You are invited to Coffee and Cake afternoon
at 2pm Wed 12 November
at Beasley’s Teahouse.
195 Warrandyte Road Doncaster
DATA will shout you a cup of tea or coffee
and slice of Cake
More information in next Shoe String
Booking essential Maximum 20
Ring for details 9894 0377

Letters to the Editor.
Our last edition of ShoeString featured a Spaghetti recipe from our archives, sent in by Lyn Griffiths-Keys. I commented, wondering if Lyn still used this recipe. The editors received an email from Lyn which told us about her very successful transplant of 30 years and so there is no need for Lyn to use this recipe anymore. Well done Lyn.

WHY NOT VISIT OUR WEB SITE www.datavic.org, or find us on Facebook

The Dialysis and Transplant Association of Victoria, Incorporated, (D.A.T.A.) is a patient self help group made up of people with kidney failure and their families and friends.

Social days are held at regular intervals and the year culminates with the annual Christmas party.

ShoeString denotes the feeling of life when it is turned upside-down and that, with Kidney failure, Dialysis & Transplant, you sometimes have to pull yourself up by the shoe strings to get going.
Greetings!

The weather is beginning to improve temperature wise and Bunnings already have trays of tomato plants so it must be spring! Well, maybe not, but the sunny days of mid-August are very pleasant.

DATA’s recent event, the Christmas in July, was a great evening. Several attendees commented how they had enjoyed the event. We arrived to find the tables all prepared in a private room – complete with miniature Christmas Trees. The meal consisted of three courses and a drink (beer, wine or soft drink) followed by tea and coffee. All this was fully catered for $20. There were three small hampers as Door Prizes and everyone received at least one prize in addition.

All this with no setting up tables, no queuing for food and maybe best of all, neither cleaning up nor dishwashing (although we all received a tea towel as a gift from the venue as part of the deal!!)

This month has seen the release of the first locations for the Big Red Kidney Bus. The initial location for the mobile dialysis unit will be Lakes Entrance in October 2014, followed by Mallacoota and finally Philip Island in February 2015. More details on how to book, etc. are listed later in this magazine. I wish Kidney Health Australia “All the Very Best” with this initiative.

Our real estate agent for our Blackburn home has advised me that renting will be possible until at least the early part of next year as the developer is currently working on another project. You will be kept updated of any changes as soon as we are aware.

Plans are progressing for our Christmas party and these will be released shortly. Also a sub-committee has put in many hours on a new constitution which we hope will be completed in time to be voted on at a special meeting of members to be held with our AGM in October. Again, details will be sent to you.

Look after yourselves, Kind regards

Michael Allan

AGM Agenda

(This is an outline only.) The AGENDA will be set at the next Committee Meeting

Guest Speaker: Jo Fairburn Kidney Health Australia talking about The Big Red Kidney Bus

Drawing of the Raffle

Presentation of Ron Jones awards

Election of Committee for 2014-2015

Vacancies on Committee with the resignation of Neil Sixtus, and resignation of Nick Hatzimichalis. There are at least two vacancies on the committee.

Do you wish to nominate for committee? You must be a fully paid up member of DATA, and over the age of 18, preferably able to attend committee meetings monthly.

Simply Tick the box on front page or ring DATA Office and ask for a nomination form we will send it to you.
**Holiday Homes**

**ROEBUD**

Next Vacancies

- Oct 26th—Nov 2nd
- Nov 9th—Nov 16th
- Dec 7th—Dec 14th
- Dec 21st—Dec 28th

All of January 2015 is fully booked. We do get cancellations, so please ring and leave your name if you would like to go on the waiting list over summer.

We have some exciting news as this Shoe String goes to print. Both bathrooms at the Rosebud house are being renovated making them larger and more wheelchair friendly. I hope to have some photos for you in the next ShoeString.

Once you have booked the Rosebud house, I send out the paper work one month before you intend to stay at the house.

As always, please leave the house as you would like to find it for your holiday.

Please ring me to report any breakages. Thanks

Amanda Pratt Phone 9589 4894
Rosebud Holiday Home Secretary

**YARRAWONGA**

October 19 to 26, Oct 26 to 2 Nov., Nov 23 to 30,
- Dec 1st to 7th. Xmas Week -21st Dec to 28th.
- Jan 1-8, Feb 8-15, 15-22, 22 Feb-1March

We do get cancellations so please ring me. If you notice anything has been broken please notify me, we know that accidents happen. Remember the house is there for all members to enjoy a holiday, think of others please.

If you have booked a fair way ahead, you must ring or E/mail me to confirm your booking within 3 months of going on your holiday.

Do not forget, if you need to dialyse at Yarrawonga Renal Unit, please ring the hospital first to see what is available, then ring me to book the house, you must then ring the hospital to confirm the dates and book in straight away. Do not leave it until you are about to go to Yarrawonga.

Remember you are responsible for the cleaning of the house which does include bathroom and toilet. Alan

**Yarrawonga Homes Secretary**

Alan Rawson, 22 Tarwin Drive Croydon 3136, Ph. 9723 3019, E-mail: fayal_rawson@hotmail.com
**Blackburn House/Headquarters**

As you should all know our headquarters and city accommodation has been sold. **The house is still available for anyone who wishes to stay** for a holiday visit, or who requires accommodation while receiving healthcare. Those who wish to come and stay “one more time” should make it sooner, rather than later.

The cost of staying at the Blackburn house is $50 per room per night per membership and $20 a night for each extra person. If on a visit for medical reasons, accommodation payments may be paid by V.P.T.A.S. (Victorian Patient Transport Assistance Scheme). Ask your social worker for the details.

The house is self-catering so bring your own food, including tea, coffee, and sugar. You will also need to bring your own linen: sheets to fit a queen sized bed/single bed, pillowslips, towels, and tea-towels. (you are also responsible for cleaning after yourself, otherwise, an extra charge will apply)

Blackburn House is an easy walk to the train station and many bus routes stop at the station.

Melbourne is a great holiday place so why not come for a holiday and explore this great city and stay at Blackburn. It is not here just for you to go for check-ups or hospital visits; it is here for holidays as well.

We still have no plans where we will move to, nor when.

Whether we will be given short notice to vacate the premises or not is unknown. When DATA knows what is happening we shall inform all our members.

Come and enjoy a stay at Blackburn and explore Melbourne.

Phone for bookings: **Contact: Ros. Ball 03 9439 8866**

Or **Alan Rawson 03 9795 1649**

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**REMINDER:** **YOU ARE NOT ALLOWED TO SMOKE IN ANY OF THE HOUSES.**

Please consider the health of other members who use these facilities. Any member who does smoke in the DATA house will be dealt with at the discretion of the DATA committee, which will probably include a ban on using any of the holiday homes.

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**WALKING FOR YOUR HEALTH**

Keep healthy by walking, and to encourage this.

**Turn Your Smart Phone into a walk tracking pedometer. Easily track route, pace, calories, distance, time, with audio. Apps is: Walk with Map My Walk.**

Take care using medical apps as there are many, and the medical language can be confusing, coming from different countries, who have different standards to Australia.

**For good information go to Kidney Health Australia**

Kidney Health Website: www.kidneyhealth.org.au

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Did you hear of the Irish man who was given a pair of water skis…and spent the rest of his life looking for a lake with a slope”.
NOTICES

A number of members have indicated they would like to receive Shoe String by email and so we are going to give it a try. If you would like to take up the distribution option please let us know by sending a message to: editor.shoestring@gmail.com (This will ensure we have your correct mailing address).

A big thank you to those who have sent in their subscriptions. If you are yet to pay your subscription please pay now, otherwise we will be sending you a reminder. To all our members who gave us a donation the committee give a big thank-you.

From the subscription returns we have noticed some of our members have received a transplant and we wish them well. The DATA committee sends out congratulations to all who received a transplant this year and hope all is going well for you.

To those who have returned to dialysis after a transplant failed and to those who are now just starting their dialysis journey, we offer our support and we can always be contacted for a chat if necessary. (our phone numbers are on the back of this shoestring.)

Ros Ball

RESEARCH CONTINUES.

Growing organs by using 3D printers is called bioprinting. Building up a toy from plastic using a 3D printer is not as complex as building up an organ. Organs are made up of different complex cells and the difficulty is arranging these cells correctly to function. Such as ensuring the blood vessels are present and working within an organ.

For more details type into your computer search engine “Exploring 3D printing to make organs for transplant.”

More in the next Shoestring featuring Stem Cell Research.

At the local Religious school there was a Meet the Teacher open house for second graders. After the meeting all were invited to come to the Cafeteria for afternoon tea. All the children filed in and saw on a table a plate of apples, a plate of biscuits and some juice and some bottled water. As the children walked passed the table one boy noticed there was a sign on the apples that said ‘Take Only One GOD is watching.’ So the boy took an apple and moved on to the biscuits. He helped himself liberally, then took a small piece of paper and wrote on it ‘Take as many as you like - GOD IS WATCHING THE APPLES’.

A man was checking into a hotel when he saw a golden retriever sitting on the rug near the hotel lifts. Talking to the attendant behind the reception desk he asked “Does your dog bite?” The attendant replied “No he doesn’t.” But as the man let his hand down to pat the dog it bit his hand and held on so tightly that the man had to throw him across the room. Returning to the desk the man said. “I thought you said your dog didn’t bite!” He directed the attendant’s attention to the dog who had now returned to the rug. The attendant simply answered “My friend, That is NOT my dog!”

Paddy spies a letter lying on his doormat. It says on the envelope “DO NOT BEND. Paddy spends the next 2 hours trying to figure out how to pick it up.
Geoff and Jan Fletcher have been travelling again this year.

From the end of March for 3 weeks till 19th April with Unique Destination Travel (formerly Dialysis Abroad a specialist travel company for dialysis patients headed by Nancy and Enzo) along with Enzo’s wife Maria and 3 other couples.

This trip was a cruise on the MS Europa (a German ship, part of the Hapag-Lloyd line) and our group of 11 Australians were the only non German speaking on the ship. We flew to Singapore to board the ship and disembarked at Dubai. Our part of the cruise included the ports of Porto Malai in Malaysia, Phi Phi Don in Thailand Trincomalee, Galle and Columbo in Sri Lanka and Cochin and Mumbai in India.

There were only 4 of us in the group dialysing. Dialysis was on the ship every second day and 1 dialysis session in Dubai before departing for home, which as usual was done very professionally.

Nancy and Enzo took care of all the flights, accommodation and the cruise bookings. They are from Adelaide and the other 3 couples on the trip were from Canberra. The only thing we had to do was arrange to get a visa for India at the Indian Visa centre in Melbourne.

We arrived in Singapore late in the afternoon of 29th March and after checking into our hotel we were picked up by bus and did a tour of Chinatown including dinner, a trishaw ride through the traffic and a harbour cruise. The following morning was free time before we were taken to board the ship.

At the terminal we were greeted by the crew and offered champagne and canapés. We were then escorted to our suite by one of the crew and given our boarding swipe card, awaiting us in our suite was a bottle of champagne on ice, together with fresh strawberries. Our suite consisted of a bathroom with a bath and a separate shower, toilet and vanity unit, a walk in robe and the main part of the suite consisted of a double bed, settee, coffee table and chairs, dressing table, refrigerator and a combined television/computer with free internet. Through sliding doors to the outside balcony were 2 chairs, a coffee table and a sun lounge. Our cabin steward introduced herself and advised us that she would be taking care of any of our requests and would be doing our room service.

While we were taking in our very attractive surroundings we were visited by the ship’s Nephrologist who confirmed Geoff’s dialysis schedule and his medical notes which he had received in advance.

For dinner that first night we had to dress up and the formal dining room was the Europa. We were allocated our own table for 11 which we could dine at every meal if we wanted to dine in the Europa dining room, otherwise we could dine in other dining rooms. From 4pm it was a jacket for men and with a tie for special dinners.

We departed that night and I was up early the next morning for an early breakfast then dialysis. On dialysis we had the choice of tea or coffee and cakes (very nice). Treating us while on dialysis was the retired nephrologist and a renal nurse both from Germany who volunteer, 1 day working 1 day holiday.

This first day after dialysis was a day at sea spent exploring the ship and eating and drinking. Next day we arrived in Malaysia at Porto Malai/Langkawi and the on shore trip we chose was a boat tour around the islands and lunch on one of the islands.

The following day we put anchor at sea and were taken ashore to Pi Pi Don in Thailand by life boat. I then dialysed in the afternoon followed by another 2 days at sea with early dialysis on the second day.

Our first port of call in Sri Lanka was Trincomalee and a number of tours were available to choose from at each port of call. The following day was dialysis in the morning and in the afternoon we went ashore by life boat and did a tour of Galle. Our last stop in Sri Lanka was Colombo and another tour was chosen.

I dialysed early the following morning and arriving late at night in Cochin/India where the next day we did a boat tour around a lot of Islands.

Another day at sea and dialysis, then we arrived in Mumbai/India where we did another bus tour seeing the sights. Against all expectations we absolutely loved Mumbai.
The Australian Transplant Games 2014.

The Australian Transplant Games will be held in Melbourne from September 26th to October 5th. Opening Parade takes place on Saturday 27th September between 12 and 1pm and is followed by lunch at the City Square.

Opening Ceremony is on Sunday 28th September at the Lakeside Stadium 11 a.m. to 12 midday. The games include athletics and swimming, plus many other activities such as golf, lawn bowls, chess, scrabble, volleyball, photographic competition and a fun run.

The final event is the Gala Dinner and Award ceremony held at the National Gallery in the evening of 4th October.

These games help promote organ donation and show the value of successful transplant. Participates include not only those who have had a transplant but people awaiting a transplant such as those on dialysis. The competition is divided into a number of age based categories.

To participate in these games or volunteer your services ring 1800 8237 757 or email atg@transplant.org.au

For more information about the sports and times visit the transplant games website http://www.australiantransplantgames.com

Christmas in July 2014

Saturday 26th July was the D.A.T.A. Christmas in July night. Although the number was small this year, only 19 people, the food & the fun was plentiful.

At Greyhounds Entertainment in Springvale, D.A.T.A. had its own room. The tables were nicely laid with Christmas decorations. For $20 we had a three course meal – pumpkin soup with a bread roll, main course consisted of ham, turkey & vegetables, for dessert there was Christmas pudding & custard. Included in the $20 was a drink. Tea & coffee was freely available. We also all received a small gift from Greyhounds Entertainment – a small hand towel.

Although Father Christmas did not visit this year, a bag of lollies was given to each person. Each person got a raffle ticket for a door prize & three people won prizes.

The trivia was about Christmas – we formed groups & were given a sheet of paper with pictures, then we had to guess what the Christmas Carol was from a picture. A lot of debate & whispers was heard around the room. To top the pictures, Eleanor Allan decided to enlighten us on the Christmas story. As the Christmas story was being read it involved chocolates, so every now & again a word (at times liberty was widely taken) needed to be inserted about chocolates. For example: rocky road, picnic. The person, who correctly named the chocolate, received that chocolate. Quite a few chocolates were given out.

As everything was prepared, everybody could relax & enjoy themselves. It was a lovely evening, which was enjoyed by everyone who attended.

Keep the D.A.T.A. Christmas in July date free for next year, so you too can have fun.

Angela Lindsey
A Special Invitation

To Join

Professor Peter Kerr

Director of Nephrology Monash Health

For an update on our progress with translational research (see note below) and a tour of our laboratory

Date: September 16, 2014

Venue: Seminar Room 2 and 3

Monash Health Clayton

Time: 12 noon light lunch

followed by presentation and tour of the lab.

RSVP: Tuesday September 9 for catering purposes

Contact Janene Blanchfield-Brown,
Coordinator Trusts & Foundations
Monash Health Foundation.
Phone 03 9594 2063
Email: Janene.Blanchfieldbrown@monashhealth.org

Translational research is when research findings which are approved are moved as quickly as possible into actual practice, to ensure the benefits are passed onto the patient as soon as possible.

(Continued from page 7)

After departing Mumbai we spent 2 whole days at sea with dialysis on the first day, the second day was just relaxing. That evening the crew entertained us with a Gala Show which was very enjoyable.

During the cruise there were also dinners with a theme, Captain’s Dinner and many opportunities to try the limitless food on the ship. There was also entertainment, bingo, lectures on the ports that we would be visiting, swimming and many other things to keep you busy while on the cruise.

The last day on the ship was spent dialysing prior to our arrival in Dubai. We disembarked at Dubai and were picked up by bus to site see and lunch before booking into the Hyatt Regency Dubai. While in Dubai we had 3 days free time to choose what we wanted to do apart from the second last night when we went to Dinner in the Desert.

The last night in Dubai was spent at American Hospital for dialysis. All the nurses were from the Philippines and a renal doctor came around to see us. We had dinner on dialysis then back to our hotel and an early departure the next day for the airport and long flight home.

Again, a very enjoyable holiday. Thanks to Nancy and Enzo for organising it. See colour photos on page 11.
**The Big Red Kidney Bus from Kidney Health Australia**

Booking Applications are now available

The bus will be at

Lake Entrance       26th October—7th December  
Mallacoota       8th December—26th December  
Phillip Island       27th December—1st February  
Anglesea       2nd February—14th March  
Grampians       15th March—26th April  

Get your seat.

Phone 1800 454 363

Or email: bigredkidneybus@kidney.org.au

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**The Purple Truck**

At the Australian and New Zealand Home Dialysis Conference held in March 2014 there were a number of sessions focusing on mobile dialysis. One of the sessions was a presentation about the Purple Truck by Sarah Brown Manager of the Western Desert Nganampa Walytja Palyantjaku Tjutaku Aboriginal Corporation.

For most people living in remote communities of central Australia, requiring dialysis is a one-way ticket to Alice Springs. For Indigenous Australians living in these remote communities, leaving home is not the same as going to a hospital 20 minutes from their neighbourhood. It typically means travelling hundreds of kilometres to Alice Springs and since treatment is multiple days a week, not coming back. This has devastating repercussions for the individual and their family as well as their community.

The Purple Truck was funded by Medicines Australia as a part of a social responsibility initiative in indigenous health and was launched in Alice Springs on 12 December 2011. Dialysis equipment was donated by Fresenius Medical Care. The truck body was specifically engineered and built in Adelaide to include a dialysis machine and treatment area and boasts an inbuilt kitchen, bathroom, and sleeping quarters for staff. On-board is a 900 litre water tank for dialysis and a 450 litre water tank for other uses as well as a generator ensure the continuity of dialysis in the many remote areas where power and water may not be available. Sarah said that the truck allows dialysis patients who are forced to live away from their traditional homes to better access permanent dialysis machines in larger cities, to return to their communities and families and pass on important cultural knowledge and to participate in community life.

The truck features reproductions of paintings by leading Papunya Tula artists who are undergoing dialysis themselves. The paintings depict scenes of the dream time and visions of home – known as Ngurra to the Pintupi people.

After its launch, the truck went to Papunya, north-west from Alice Springs, to treat its first patients. It visits about 19 communities over a year in the Northern Territory, Western Australia and South Australia.

Ros Ball

*See photo top page 11.*
The Purple Truck

One of The First Mobile Dialysis Units In Australia

Read about this mobile dialysis unit on page 10

Dialysis—What a Cruise

Read about Geoff and Jan’s holiday on pages 7 and 9.
Dates to Remember

* * *

26th September-5th October
Australian Transplant Games in Melbourne

ANNUAL GENERAL MEETING
Sunday 19th October at 2pm
Manchester Unity Hall
8 Main Street, Blackburn

Next Packing of Shoe String (to be confirmed)
01/11/2014

Wednesday 12 November 2pm
Coffee and Cake at Beasley’s Teahouse and Nursery
195 Warrandyte Road Templestowe

Christmas Party
6th or 7th December 2014
Venue to be advised. Details next Shoe String

Watch our Web site www.datavic.org
Find us on Facebook.

Our thanks to all who contributed to this edition.

Why not spread the word and pass this copy on?

ShoeString are always looking for stories to publish. If you have a story to tell and you’re not sure where to begin our editors would be more than happy to assist you in writing your article. Or if you have ideas of issues you would like to see covered, contact us.

Write to: The Editor, ShoeString,
PO Box 165 Blackburn 3130
Email: editor.shoestring@gmail.com

Deadline for the next ShoeString: 16 October 2014