

ShoeString

Newsletter of The Dialysis and Transplant Association of Victoria Inc

Registered Number A 12114 ABN 40 628 284 998

Vol XXIV No.1

Registered by Australia Post, Print Post Publication No PP 349069/00012

Jan 2009

Happy New Year

Best wishes from all of us at DATA

In this Issue

Page 1	HAPPY NEW YEAR
Page 2	DATA CHRISTMAS PARTY
Page 3	PRESIDENT'S REPORT
Page 4	HOLIDAY HOMES
Page 5	GEOFF FLETCHER S Travel Tales
Page 6	LIFE FOR US BEFORE & AFTER DIALYSIS
Page 7	AKF FORUM REPORT ORGAN DONOR AWARENESS WEEK VOLUNTEERS NEEDED
Page 8	KEEP LAUGHING.....
Page 9	FUN RECIPE Extract from YARRAWONGA LOCAL PAPER
Page 10	RON JONES EDUCATIONAL AWARD RULES
Page 11	RON JONES EDUCATION AWARD APPLICATION
Page 12	DATES TO REMEMBER COMMITTEE LIST

D.A.T.A. Christmas Party 2008

The 2008 DATA Christmas Party was the smallest to date. Although the numbers were small, those who attended had fun. Melbourne's talking point, the weather, did not offer the sweltering heat this year; instead it gave us cool and windy conditions. You have to love Melbourne for that, no other city offers such a wonderful conversation piece.

Due to the cooler weather Joan's slices were served in the guide hall. As usual, the slices were lovely and of course plentiful.

Every year we have a raffle, which usually consists of, a hamper full of goodies. This year the hamper was won by Lynda McAuliffe. Lynda's ticket numbers were D 17, 18 and 19. Her husband Gerald, was called for a transplant on the 17th October, had the transplant on the 18th October and had his 58th birthday 19th October. Lynda was commenting to her husband how significant the raffle ticket numbers were, when the winning ticket D 17 was called out. Lynda was initially very surprised, but then very pleased that the Christmas raffle was hers. Lynda and Gerald are from Albury.

As well as the raffle, Father Christmas comes every year. This year he didn't have to swelter in his red suit. The children received a lovely gift and a packet of lollies. The adults received a packet of lollies from Father Christmas, after all Christmas isn't just for the children.

Do you remember Tahlia Murden? She is the little girl who was 1 week old at the 2006 Christmas party, 1 year old at the 2007 Christmas Party, well this year she was a gorgeous 2 year old. How many can say that they have attended the D.A.T.A. Christmas Party all their life?

Joan led the way for some Christmas carols, but this year was upstaged by Jack Salt. Jack gave a wonderful rendition of The Aussie Santa. Good on you Jack.

From the D.A.T.A. committee we wish you all a happy and prosperous New Year. May your dreams come true and may 2009 bring an abundance of health and happiness.

Angela Lindsey.

President's Report

Happy New Year to everyone and I hope everyone had a good break over the festive season. When I joined the DATA committee it was to provide support to the committee and I never expected to be on the Executive much less President. I hope that I can carry out the duties that are necessary, and I thank you all for your faith in voting for me.

To those who only know me as a name on Shoestring let me tell you briefly about myself. I have had renal problems since the late 1970's, going onto peritoneal dialysis in 1986.

Around this time I joined DATA.

I had a renal transplant in 1988, which kept me well until 1997 when I needed to start back on dialysis. This time peritoneal dialysis did not suit me, and so I went onto haemodialysis and then after several years onto nocturnal dialysis. So I know what dialysing is all about. I am now waiting for a second transplant.

Our Christmas BBQ went really well, and I am sure everyone who went enjoyed it as much as I did. When Santa came, there were only eight children for him to give gifts too. This is well down on our usual numbers, (so too was last year) and so may be our last Christmas BBQ. **It is up to you, the members to make this day happen by joining us.**

We will be holding another member's BBQ at the Blackburn house again next year, so I do hope to see many more members there. These activities do need to be organised, but without the support of members by attending, it is very disheartening, especially to those who give their time in organising it.

The books in our library are now nearly all over 20years old, and as it is easy to get information from the internet, we are closing down the library. There are many publications that are available through the kidney health website. www.kidneyhealth.au

But don't forget our website too, www.datavic.org

Another website that may be of interest is the www.cari.org

If anyone needs help obtaining information from the internet, leave us a message at the house and we shall get back to you and try to help you.

Ros Ball

COLD HANDS.

When this happened to me, I would heat up a small hand towel in the microwave for 15seconds and then wrap it around my hand. This seemed to help the symptoms, but after lots of complaining to the doctors I was referred back to the vascular surgeons, and the fistula reoperated on to help increase the blood flow into the hand by reducing the amount that went into my very large fistula. Good luck.

HOLIDAYS

Last April I organised a holiday to Orbost, which turned out to be a great success.

You would have read about it in Shoestring.

For April this year I had hoped a small group could go to Swan Hill.

Swan Hill does not have enough spots to fit a group in, so I will be searching for a place where we can go after Christmas. If anyone is interested in a "mystery Holiday" let me know.

By phoning me on 94398866. This is a change from holidaying in Yarrawonga and Rosebud,

It will not be during any holidays so I hope that the accommodation will be off peak rates. Ros Ball

YARRAWONGA HOLIDAY HOME

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

The bookings have been very heavy with hardly any weeks available but I do get a few cancellations. This is due to the hospital with only 1 chair available we need to book 12 months ahead to make sure our members get a holiday on dialysis. 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.

When members arrive at the houses for their holiday if they have a complaint or an emergency about how the house has been left or anything is not working either let me know straight away or ring Ann Bonser at Yarrowonga ,name and number on fridge.

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

If you want to holiday at Yarrowonga or Rosebud ring me or Roz Ball first to see what dates are available at the house then ring the hospital to book in. If you have booked the house but have not rung the hospital to dialyse please, either you or your Renal unit ring the Yarrowonga renal unit 57438189 and book in. For Rosebud get your hospital to ring and make a booking.

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 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.

Rosebud Holiday House Report.

Contact Ros Ball 9439 8866

Summer is all booked out and I am now taking booking for May. I do get cancellations so if you are hoping for a holiday before May let me know, and I will put you on the waiting list.

The house is to be painted later this year; it needs to be freshened up.

Winter will again be discounted to **\$50 a week**. This can be a great time to go as there are no crowds. I am still learning the ropes since taking on this job from Alan so I only hope that I don't make too many mistakes, and please forgive me if I do. Ros Ball

STAY AT BLACKBURN

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

Come to Blackburn House and have a holiday, visit your doctor or your carer can even come for respite, contact your hospital social worker to arrange respite care.

Blackburn is a very comfortable house, has 3 twin bedrooms upstairs along with a lounge room bathroom and toilet,. Downstairs is 1 double bedroom, shower room, toilet, kitchen, laundry and another lounge room.

Both lounge rooms are very comfortable with lounge seating ,television and DVD player.

Cost per room is \$35 00 and \$20 00 per extra person (an amendment from last Shoestring which incorrectly showed \$15 00 per extra person) and \$10 00 per child.

It is self catering and you need to bring linen and towels or they can be hired at \$10 00 per week linen \$10 00 per week towels and need to be washed at end of stay and hung out on line or dried in drier. You also need to bring food, toilet paper and washing powder. We can also arrange remedial massage service if needed. Blackburn House is an easy walk to the train station and many bus routes stop at the station.

We have many country people stay at Blackburn whilst having checkups or hospital visits, carers stay whilst partner in hospital, payment for travel and accommodation can also be arranged to be paid by V P T A S Victorian Patient Transport Assistance Scheme, see your social worker for information.

Come and enjoy a stay at Blackburn and explore Melbourne Contact Geoff Fletcher phone no 0398942348 for bookings

Geoff Fletcher's Travel Tails

Hi Everyone,

Jan & I have just had a holiday in New Zealand , we were away for 12 days in the South Island . I arranged my dialysis with information I obtained from an internet site called Global Dialysis. I obtained information for dialysis in Christchurch and Dunedin , both have very good dialysis units.

After contacting both units I then proceeded to book my airline tickets, I booked through Jetstar as they had direct flights to Christchurch and then I booked our accommodation, I also booked parking at Eurocar a short shuttlebus trip from Melbourne Airport. as it allows us easy access to our car when we return . I arranged for a hire car to be picked up and returned to Christchurch Airport.

To allow me to dialyse I had to supply results of blood tests and swabs organised through my hospital's dialysis unit along with an introductory letter from my renal specialist and I thank them very much for organizing these.

Jan & I left Melbourne on the 30th October and arrived in Christchurch about 1.30pm. We picked up our hire car and proceeded to our accommodation, unpacked, had a cup of tea and then went for a walk to see how far the hospital was from our accommodation. We entered through the riverside entry and proceeded to look for the dialysis unit, after getting quite lost and asking directions and being guided to the unit we found the unit but the unit was closed—they work only 7.30– 5pm , 5 days a week.

We continued our tour of the hospital and found Reception and was given a map of the hospital and it's grounds (700 beds). Reception told us that visitors for dialysis had to go to a 3 storey out building across the road which was the Home Training Unit. We found the building but it was also closed so we went and had dinner at the Irish Pub and then retired for the day

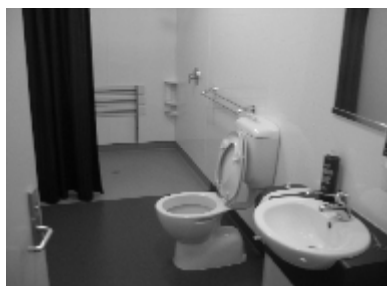
Next day we drove to the hospital and went to the Home Training Unit in the 3 storey building on the 3rd floor. We introduced ourselves to the contact nurse in charge' Jillian Reilly and she took us to the unit where patient who are about to dialyse at home do their training. She showed me where all the supplies were, how to turn on the power and water and instructions (disinfect after use and rinse before going on—the reverse of what I do at home). The large room consists of 2 single beds', reclining chair, remote control TV and DVD. She then gave me an entry card, told me the code, emergency phone numbers, and I was to come back that night and dialyse and that I would be the only person in the building.

Due to patients before me giving false blood and swab test results, I was given a slip to have them done at Pathology which was in an adjoining building to the Home Dialysis Unit. All turned out OK and we went exploring Christchurch. As Christchurch is fairly flat it is easy to walk long distances without too much effort.

That night we had dinner together, went to our room and I collected what I needed, said goodbye to my wife and went and dialysed. See photos in the SS of Christchurch Home Training Unit. Everything went well and when I had finished I locked up and returned to our hotel room, had breakfast and we went to the old University which is now an arts complex similar to what Abbotsford Convent will be like when it is fully operational . There was a great hawkers market, plenty of food stalls and artists in residence in the various former faculties. Again we walked and explored Christchurch and had dinner at the Irish Pub..

Next day breakfast as usual and then more walking, caught the shuttle bus around town, then went to the Botanical Gardens, the Arts Complex again and had lunch under the beautiful old trees and then went to the Museum.

To be continued next edition of ShoeString



Dialysis Room Home Training Unit Christchurch

LIFE FOR US BEFORE AND AFTER DIALYSIS

2001 started as good as it can get. My husband Gerald had steady employment. He was working for a pet food company in Wodonga. He was very fit, enjoying riding his bicycle and on most days he would go for 100kms bike rides with his mates. Due to his shift work, it gave him time to pursue his hobby.

I was employed as a carer with Health and Community Services. Our daughter was married, and our son was at Secondary school. We were renovating our home.

Then all hell broke loose – Gerald succumbed to an air-borne virus, which closed his kidneys down within twenty-four hours. He was transported by air ambulance to the Royal Melbourne Hospital. There we were to find that he had not only lost his kidney function but he had also had a stroke, which rendered him legally blind.

It was a major shock to our family and us.

From there I had to go to Melbourne to learn to help with dialysis for Gerald so we could get some normal routine back into our lives.

It was a difficult time. Our son had to be left at home because he had a part time job and he was also a secondary school student in Year 10.

So between August 2001 and October 2001 there were a lot of changes in our lives.

On returning to Albury, Gerald's mother passed away so it was a very emotional time for us all. I continued to help Gerald with dialysis at home. I kind of became a 'Jill of all trades' – carer, mother, nurse, technician, the lot! We had a difficult time. The dialysis machine kept breaking down. We had three machines in seven months. Gerald wasn't very well, his blood

pressure wasn't stable, so that meant he had to have dialysis for two hours on six mornings a week, then it went to three days per week at Wodonga Hospital.

At the end of 2002 I went and had all the test done to see if I could donate a kidney to Gerald. All was well so we went to Melbourne, arranged a date, I organized leave from work at this point and things were looking pretty good.

Early one morning in March (2003) Gerald coughed up some blood. Our GP sent him for a routine chest ray. We didn't think it was any big drama. Next a phone call came saying we had to see surgeon and an oncologist! Gerald had cancer of the kidney. This was operated on 31 March 2003.

Also in January I had done 3 discs in my back and required surgery. Our children were both living in Darwin at this time and they wanted to come home to help, but I refused their offer because they needed to get on with their own lives.

The highlights of this time have been that we have had some good holidays, two weeks at each place like Darwin, Taree, Brisbane, Port Macquarie, Newcastle, Orbost, The staff at these hospitals were fantastic to us

Then in July and September 2004 both of my parents died within nine weeks of each other. For me this was another blow!

In November 2007 Gerald's 5 years were up and he had extensive tests, over and over, to be sure no cancer was evident then he went on the transplant list. On the 17th October 2008 at 9.30pm we got a phone call to say a kidney was available. We left home at 10pm. I drove while Gerald and Melanie

phoned family and friends. The transplant operation – The Greatest Gift of Life was 18th Oct 2008 and the 19th was Gerald's 58th birthday and a new beginning for us both. We certainly have had some difficult times but we have always been a team and we were not going to let anything beat us.

We have been in Melbourne seven weeks now staying at DATA House Blackburn. It's really been a home away from home. A big thankyou to Geoff and all the volunteers who make this lovely home for us to recoup. Whilst we have stayed here we have met some lovely folks. Whilst Gerald has been on dialysis we have had the opportunity to meet some wonderful people and gain new friendships.

I would like to thank the wonderful nurses at the Wodonga Dialysis unit also Marian Forest & Doris Yip and all medical staff and doctors at the Royal Melbourne Hospital

Big thank you to the volunteers of the Red Cross Transport Wodonga branch, Dialysis & Transplant Assoc., (DATA)

BIG ThankYou to our daughter, Melanie, and son Brenton and their partners and our beautiful grandsons Ethan and Jack and extended family and friends.

Gerald's eyesight will never improve, but who knows what medical technology will offer. "We can wait.

It's taken many years to write. I would just like to say – we all have rough days – but always remember tomorrow another day a new beginning, keep your chins up and things will get better. Good luck and God bless you all, Merry Xmas from Lynda and Geoff McAuliffe Albury.

Letters to the Editor

From Karen Knuckey Transplant Aust.

Hi Sue

Organ Donor Awareness week has been announced for February 22nd – 28th, 2009.

I have applied to 4 Westerfield centres to have a display and hand out organ donor forms during the week. We are looking for people to man the stands and I wondered if DATA members would be interested. Details are

Westerfield Fountain Gate & Airport West:

Thurs, Fri, Sat 10am –4pm.

Westerfield Southland & Geelong : Mon–Sat 10am-4pm

I will arrange forms and giveaways, etc. We are looking at shifts 10-1, 1-4, or all day if desired. A volunteer contact for the week at each site would also be useful.

Anyone interested should get in touch with me on

0423 021 984 or via email: nuckster@ncable.net.au

This is a great opportunity for all interested organisations to work together for a common purpose.

WORLD GAMES are coming up and registration is open via the TA (Transplant Australia) website. Only transplant recipients can compete in the World Games. If you know any members of DATA who may be interested, I am happy to be contact person ,

Karen Knuckey , Transplant Australia Vic/Tas

KIDNEY HEALTH AUSTRALIA

“GETTING ON WITH LIFE” FORUM

25th September 2008 – Shepparton

I found this forum to be very informative and well presented. It's handy to keep up to date with current thoughts and ideas, whether transplanted or not. Many of the issues discussed related to all aspects of renal disease. It is also an excellent opportunity to offer some of your own thoughts and share experiences with other patients.

Topics included:

Dialysis Updates – more dialysis provides a better long term outcome. New portable, smaller, home “friendly” dialysis machines will be available 2009-2010.

Advances in Medications

Renal Health Clinical Network –

www.health.vic.gov.au/clinicalnetworks & follow the links to renal

Sexuality & Chronic Illness

Coping with Chronic Illness

If anyone would like a copy of the notes handed out during the forum, please send a stamped, self addressed envelope to Karen Knuckey, 20 Holyrood Avenue, Newtown 3220.

HOLIDAY WITH A DIFFERENCE FOR DIALYSIS PATIENT

Extract from Yarrowonga Chronicle November 2008

By Rachael Willett

Even when Norma Murray is on holiday she has to spend more than 12 hours a week on dialysis. That might not seem much of a holiday to most people but for Norma and her husband Brian dialysis is simply a part of life whether they are at home in Heathmont or at their favourite holiday spot Yarrowonga.

For the past 7 years Norma & Brian have been able to holiday in Yarrowonga thanks to Accommodation provided by the Dialysis & Transplant Association of Victoria (DATA).

The Association owns a holiday house in Coghill Street Yarrowonga and since 1986 has been offering accommodation to people with renal failure. The house has dialysis machines available for use on site and easy access to the Yarrowonga District Hospital for people who prefer to have their dialysis there.

Norma, 72, said while she was an old hand at dialysis she still wasn't very keen on needles so she preferred to go to the hospital. She said since being diagnosed with renal failure in 2001 the DATA holiday house felt like a second home. “Before I became sick we had timeshare here so we

used to come for holidays all the time” she said. “My dad helped build the weir and I started school here so Yarrowonga has always been special to me. When I was diagnosed with renal failure we couldn't keep the time share so it was great to find out about the holiday house so we could keep coming back.” Norma & Brian have been coming twice a year ever since, using the time to relax and unwind while knowing medical help is always at hand. DATA Holiday.

Home secretary Alan Rawson said the Yarrowonga house was extremely popular. “Last year it was booked 47 weeks of the year.” he said “most people have to have dialysis treatment three times a week for up to four or five hours at a time so this way they can use the machines available at the house or go to the hospital and still have a holiday.”

Mr Rawson who had a kidney transplant 14 years ago after suffering renal failure, said the Yarrowonga-Mulwala community had been great supporters of the DATA House. He offered special thanks to Anne & Frank Bonser and Neil & Rosemary Clark who help with the regular mainte-

nance of the house. “We have also had a lot of support from businesses and community groups, most recently the Yarrowonga and Border Golf Club gave us \$500 for a new bed.” Mr Rawson said, “A lot of this wouldn't be possible without the help of the community and volunteers.”

Mr Rawson's said DATA's strong relationship with the Yarrowonga District Hospital was also an integral part of the Holiday home's success. “The hospital only has limited dialysis machines which they need for dialysis patients who live locally, so we have to co-ordinate accommodation bookings with them to ensure there are enough machines available,” “The demand is always increasing which is why we depend on community support “

Meanwhile Norma & Brian are already planning their next visit to Yarrowonga in May for their 50th wedding anniversary. “We wouldn't want to be anywhere else” said Norma. For more information or to make a donation call DATA (03)9894 0377

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

To Maintain

A Healthy Level Of Insanity

1. At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.
 2. Page yourself over the intercom. Don't disguise your voice.
 3. Every time someone asks you to do something, ask if they want fries with that.
 4. Put Decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to Espresso.
 5. In the Memo Field of all your checks, write 'For marijuana'
 6. Skip down the hall, rather than walk and see how many looks you get.\
 7. Order a Diet Water whenever you go out to eat, with a serious face.
 8. Specify that your 'drive-through' order is 'to go'.
 9. Sing along at the opera.
 10. Five days in advance, tell your friends you can't attend their party because you have a headache.
 11. When the money comes out the ATM, scream "I won! I won!"
 12. When leaving the zoo, start running towards the parking lot, yelling 'Run for your lives! they're loose!'
 13. Tell your children over dinner, "Due to the economy, we are going to have to let one of you go."
- And the final way to keep a healthy level of insanity
14. PICK UP A BOX OF CONDOMS AT THE PHARMACY, GO TO THE COUNTER AND ASK

Great Dinner Party!

A group of friends from a country church wanted to get together on a regular basis, socialize, and play games. When it came time for Al and Janet to be the hosts, Janet wanted to outdo all the others. Janet decided to have mushroom-smothered steak. But mushrooms are expensive. She then told her husband, 'No mushrooms. They are too high.'

He said, 'Why don't you go down in the pasture and pick some of those mushrooms? There are plenty in the creek bed.'

She said, 'No, some wild mushrooms are poison.'

He said, 'Well, I see varmints eating them and they're OK.' So Janet decided to give it a try. She picked a bunch, washed, sliced, and diced them for her smothered steak. Then she went out on the back porch and gave Ol' Spot (the yard dog) a double handful. Ol' Spot ate every bite. All morning long, Janet watched Ol' Spot and the wild mushrooms didn't seem to affect him, so she decided to use them. The meal was a great success, and Janet even hired a helper lady from town to help her serve. She had on a white apron and a fancy little cap on her head. After everyone had finished, they relaxed, socialized, and played 42 and dominoes. About then, the helper lady from town came in and whispered in Janet's ear.

She said, 'Mrs. Williams, Ol' Spot just died.' Janet went into hysterics. After she finally calmed down, she called the doctor and told him what had happened.

The doctor said, 'That's bad, but I think we can take care of it. I will call for an ambulance and I will be there as quick as possible. We'll give everyone enemas and we will pump out everyone's stomach. Everything will be fine. Just keep them calm.'

Soon they could hear the siren as the ambulance was coming down the road. The EMTs and the doctor had their suitcases, syringes, and a stomach pump. One by one, they took each person into the bathroom, gave them an enema, and pumped out their stomach.

After the last one was finished, the doctor came out and said, 'I think everything will be fine now.' and he left. They were all looking pretty weak sitting around the living room and about this time the helper lady came in and said, 'You know, that fellow that ran over Ol' Spot never even stopped !!'

5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well.

Add the chocolate chips (if using) and vanilla extract, and mix again.
Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT! (this can serve 2 if you want to feel slightly more virtuous).

And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Note from the Editor

The article from Yarrowonga (page 7) came with picture but unfortunately I couldn't reproduce it. My apologies.

Thanks to Racheal Willett at Yarrowonga Chronicle for allowing us to use her article.

Sorry that I didn't get any photos of Christmas 2008. I will try and get some in next issue. Time would not permit!

Joan Eastwood

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 DATA. No correspondence will be entered into.
4. An Applicant must be a financial Member of DATA 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 October of that year.
6. Assessment will be judged on an Applicant's previous year's full school reports together with a 300-word hand written essay on the topic of 'My Chosen Career'. Failure of an Applicant to submit full years' reports may, in the discretion of the DATA Committee or the Judges, result in the disqualification of that Applicant.
7. The amount to be expended each year will be \$2000.00 and any amount not expended in any one year will not be available 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 the Application and provided that there are sufficiently qualified candidates, the judges must award three (3) encouragement Awards.

8. Notice of the Awards will be advertised in at least three subsequent editions of ShoeString starting in the November edition of each year.
9. Applications will be printed in ShoeString and should be forwarded to the DATA Office by the end of May. Late Applications will not be accepted.
10. **Schedule of Deadlines for Applications and Judging.**

Close of Applications: end of May.
Applications to Judges: last week of June.
Results from Judges: second week in September.
Advising Award Winners: 3 weeks before the AGM.

Presentation of Awards: at the AGM in October.

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 of 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 DATA.
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 Members of the Judging Panel. Further, this exception will apply to a Sub-Committee specifically nominated each year by the DATA 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 DATA 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 came 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.....

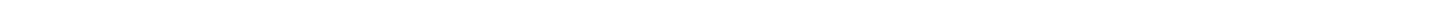
Financial Member of D.A.T.A YES NO

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:

Members BBQ

All welcome at 14 Queen Street Blackburn.
Sausages & salad, tea & coffee provided
Byo sunscreen, drinks, table & chairs.
12 30pm 1st March 2009

Organ Donor Awareness Week: 22- 28thFeb
See article in this SS.

Carer's Night

Friday April 24th 2009, at 14 Queen street
Blackburn, at 6.30pm

Kidney Week

Service of Remembrance :

'Christmas in July'

25th July at St John's Anglican Church Hall.

2nd Carer's Night Friday 28th August 2009

AGM October date TBA

Christmas Party

Halliday Park Mitcham 6th December 2009

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

Executive Committee

- President
- Roz Ball (03) 9439 8866
- Vice President
- Alan Rawson (03) 9723 3019
- Past President
- Sue Hatzimichalis (03) 9378 8836
- Treasurer
- Lloyd Samuel (03) 9527 2911
- Assistant Treasurer
- Geoff Fletcher (03) 9894 2348
- Secretary
- Sue Hatzimichalis (03) 9378 8836
- Holiday Homes Secretary:
- Yarrowonga House
- Alan Rawson (03) 9723 3019
- Rosebud House
- Ros Ball (03) 9439 8866
- Blackburn House
- Geoff Fletcher (03) 9894 2348
- Shoe String Editor
- Joan Eastwood (03) 9795 1649
- Minute Secretary
- Angela Lindsey
- Committee Members
- Karl Sherman (03) 9857 8610
- Nick Hatzimichalis (03) 9378 8836
- Ken Smith (03) 5977 3580
- Mae Kerr (03) 5241 6339

**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

*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 next Shoe String 16th February 2009

Email Address: datavic@tpg.com.au
Email address the Editor spenjo@optusnet.com.au