



ShoeString

Newsletter of The Dialysis and Transplant Association of Victoria Inc

Registered Number A 12114 ABN 40 628 284 998

Vol XXIV No.2

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

March 2009

*Christmas BBQ
2008*

In this Issue

Page 1	Christmas 2008 Photos.
Page 2	Editors Report
Page 3	Presidents Report
Page 4	Homes report
Page 5	Holiday at Magnetic Island Val Billett
Page 6	Geoff Fletcher 's Travel tales Part 2
Page 7	Yarrawonga on the International Stage Laughter is the best medicine
Page 8	Life in the 1500s
Page 9	Christmas Photos
Page 10	Rules of Ron Jones Educational Awards
Page 11	Application for Ron Jones Educational Awards
Page 12	What's On

Editors report

I have been thinking of all our country members during this terrible bush fire period. I too spend a lot of time in the country. In my second life my husband Peter has a house at Rawson, close to Wallahalla. So we have been prepared for fires and have to remain vigilant. At this stage all we have encountered is smoke and soot-like substance that falls out of the sky like rain and dirties all in it's path, like windows and cars. We don't worry much about the cars but the windows are horrid and you can't just wash it off it has to be scrubbed.

But that's not what I have been doing all week. I have been helping at the Southern Ash Wild life Shelter. Colleen looks after injured wildlife mostly koalas. She cares for the koalas (from the bush fire areas) at Rawson and needs lots of help to feed and care for the them. I have been supplement feeding and cleaning up (picking up poo!). I admire Colleen for her dedication to the koalas.

None of the above has anything to do with DATA But I hope you all remembered Organ Donor Awareness week 22nd –28th Feb., it will be over by the time you get this newsletter. Also the Members BBQ will be a thing of the past.

On Fri. 24th April we are having our next Carer's night at Blackburn at 6.30pm. All carers are welcome. We just get together and have a bit of a chat. We usually bring a plate of food to share. Ring the office on 9894 0377 and let us know you are coming. It is good to be able to catch up with each other and let off a bit of steam or just listen to someone else let of a bit of steam. In fact I know someone who does massage and we may be able to book her up for the night! Ring now and book in.

My apologies to Lynda and Gerald McAuliffe for getting Gerald's name wrong on their story . Hope all goes well with you now Gerald.

Thanks to all who contributed to this copy. Special thanks to June Salt for her assistance with editing.

Please send your story in to Shoe String we always need more copy.

Joan Eastwood, Editor

President's Report

February has been a sad time for all of Victorians, and I do hope that all our members are safe and well. Please remember that those members who find themselves caught up in the fires may be able to gain assistance from DATA, through our welfare grants (talk to your social worker), and of course our house at Blackburn for accommodation. (Ring Geoff)

I am looking forward to our members BBQ, in early March. Like our Christmas Party it gives me a chance to meet and talk to members I wouldn't have a chance to meet otherwise.

Ros is short for Roslyn, but for most of my life I have been Ros, and I am sorry if this has caused some confusion.

Watch out for our new poster advertising Dialysis & Transplant Association. Look for it in your Dialysis Centre. Help spread the word and encourage people to join DATA and enjoy the benefits of the Association.

There are still vacancies available for the "mystery holiday" to be held between April 20th and April 26th. So ring me if you want to find out more.

Web sites that may be of interest to you are

www.nocturnaldialysis.org this is the Barwon health renal site

www.kidneyhealth.org this site is American based but it has lots of links that may be useful.

Ros Ball
President

The Committee of Dialysis & Transplant Association and members were saddened to hear of the loss of Brian Naylor and his wife in the horrific bush fires.

Brian was a dedicated member of DATA for twenty one years. He joined the organization in 1987 when he became Patron of the organization .

He regularly attended the Service of Thanksgiving, and was always supportive of DATA in promoting kidney health and support for dialysis patients. He will be remembered as a gentle warm hearted man and will be sadly missed by all. We extend our warmest thoughts and sympathy to his family and friends.

YARRAWONGA HOLIDAY HOME

Alan Rawson 22 Tarwin Drive Croydon 3136 0397233019

E/mail fayal_rawson@hotmail.com

Vacancies April 26/3May

May 17/24 24/1st June These 2 wks the renal unit has a vacant chair for someone on dialysis who would like a wonderful holiday at the DATA house but you had better be quick ring me.

I do get a few cancellations. This is due to the hospital with only 1 chair available and the need to book 12 months ahead to make sure our members get a holiday on dialysis .

We have purchased a new bed and a TV set for the dialysis room, thanks to the golf club for their donation and a big thanks to our member's mother who donated a DVD for the dialysis room.

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..

.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

Bookings for the Rosebud House are now up to June. As this is the winter period, rental costs will only be \$50.

I am hoping that the house will be painted at the end of March. There does seem to be some communication breakdown between those who offered to paint the house and us, so we may have to change our plans. Many thanks go to the kind member who will be cleaning the carpets while staying at the house for a holiday.

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 and \$10 00 per child.

It is self catering and you need to bring linen, single bed sheets, 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 Victorian Patient Transport Assistance Scheme V P T A S, see your social worker for information.

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

HOLIDAY ON MAGNETIC ISLAND

When a friend who lives on Magnetic Island, invited us to stay my first thought was, 'Dare I', but that was closely followed by a second thought, 'what a wonderful opportunity and you'll never know what you can do until you try.' Once the decision to go was made the next step was a call to Baxter to arrange delivery of a special suitcase to transport my dialysis machine on the flight and to ascertain that my dialysis supplies could be delivered to Magnetic Island. Then the plane tickets were booked and the ferry timetable between Townsville & Magnetic checked and we were off.

We arrived at the airport where I was quite sure that the titanium valve on my catheter would 'beep' when I went through security, however it didn't. Our flight to Brisbane took 2 hours followed by a further 2 hour flight to Townsville where we caught the shuttle bus to the ferry terminal and embarked on a 25 minute crossing to Magnetic Island. The last leg of our journey was to catch the island bus to Horseshoe Bay and we were finally there but something very important was not there, my dialysis supplies. It was too late to do anything about it that day so I had the night off and phoned Baxter the next morning. They were wonderful as usual and assured me that they would locate the offending freight company and I would receive them that day – which I did.

The house where we were staying was surrounded by a rain forest and at daybreak each morning we were awoken by the loudest chorus of bird calls you can imagine. However the air was so warm and balmy we were quite happy to rise early. Our friend Rod has a yacht which he anchors in the bay, accessible to and fro via a small dinghy, we sailed around the island to Florence Bay where my grandchildren snorkelled on the coral reef but I was content to watch the tropical fish appear from nowhere when we threw small pieces of bread into the water. We went for long leisurely walks along the beach, swam in the warm ocean, our fishing was not madly successful but a lot of fun and the local scenery was breathtaking.

All too soon our holiday was at an end and now that we are home with wonderful memories, I know that I will not hesitate if I ever get the opportunity to fly again but I also know I will double check the delivery of my supplies before leaving.

Val Billett

This comes from the Christmas BBQ as well. I promised someone the recipe so here it is. Joan

DATE & GINGER SLICE

250 gms chopped dates
60 preserved ginger
3 cups Cornflakes
40gms cophia butter

125 butter
60 gms castor sugar
125 gms dark chocolate

Method:

Heat dates, butter, sugar, and ginger (chopped), till melted and dates soft.
Add Cornflakes and mix well press into greased tin. Refrigerate briefly.
Melt chocolate and cophia, pour over date mixture and leave to set.
Cut into squares. Keeps well in the fridge unless someone eats it!

Geoff Fletcher's Travel Tails

In my last episode I forgot to mention that Christchurch has a very large city square where there are hawkers and stalls selling all kinds of nick -knacks and food, There are many activities for children and I liked the ice cream stall they mixed fresh fruit and ice cream together and it was delicious (still had to count as fluid ??).

Also at the city square was Canterbury Cathedral which was very large and very beautiful. Jan and I spent about one hour exploring it, the only thing that disappointed me was that they had chairs like kitchen chairs (and not pews). and their gift shop was very well stocked.

On Sunday our friends that were coming with us for the rest of our holiday arrived very late and we did not see them till the next day. We met for breakfast on Monday morning. We were to fly to Milford Sound but after several phone calls the pilot rang and informed me that because of bad weather we would not be going Monday Tuesday or Wednesday. (the only days we had available). I did try another airline in Dunedin but after much discussion we all decided against it.

We made the decision to have only one night in Dunedin and drive into Milford Sound, so I cancelled the flight from Dunedin, cancelled three nights accommodation in Dunedin and we booked accommodation at the following places: one night at Te Arnau, one night at Queenstown and one night at Mount Cook.

These changes were all done at the New Zealand Travel Agency in the square in Christchurch.

All bookings done we made our way to Littleton, the harbour for Christchurch, along the way we went up in the gondola (enclosed chair lift) just before Littleton and had a great view over Christchurch and surrounding areas. Then we drove through Littleton, very much a port city and continued to Akaroa where we had lunch. Akaroa is a seaside town and is very French in its origin with most street names of French origin, a very beautiful setting, we acted like tourists exploring the town then drove back to Christchurch, had a rest, had dinner again in the Irish pub, went back to our room. Jan settled in, Ralph and Rachel went to their room and I drove to the hospital for dialysis.

No problems again with my dialysis, the things that were different were that the dialysers were end entry not side entry for blood lines so I had to tip the dialyser upside down to remove all the air from the dialysate lines. The blood lines do not have a saline entry in the arterial line near where you connect to the needle line as I normally have, but you had to connect saline line just under the pump. Then when coming off you had squeeze saline bag to get all the blood back. All a new experience but we coped and when finished returned to my hotel to shower and have breakfast.

Next morning (Tuesday) I needed a rest so whilst Jan and I were resting Ralph and Rachel went for a tour. During this time I rang Dunedin Hospital to make sure they received my paper work and to my surprise they had not received it and said I could not dialyse there (panic) but I said I will arrange for the paper work to get to you. Instead of contacting Monash home training who I knew had sent my paper work I contacted Gillian Reiley nurse in charge at Christchurch home training who faxed it to Liz Murray, nurse in charge of dialysis at Dunedin Hospital and everything was o k.

That night we had dinner at a Russian Restaurant, different and the service was great along with the food, Wednesday after breakfast we went to change our hire car. We had decided that the Ford Falcon was good but would not take four large suitcases so we arranged to swap for a Nissan with much more luggage room. After we had picked up the change over vehicle we left for to go to Hanmar, where the hot springs are situated. Along the way we stopped in a tiny town for lunch very quaint but good food. Continued on to Hanmar only to find that the hot springs were very commercialized and you had to pay just *to see* them, so we toured the very picturesque town and then drove back to Christchurch and had dinner in a small restaurant by the tram line.

That night I dialysed again, Jan rested in our room and Ralph and Rachel went to the casino Jan and I had already been to the Casino for a cup of coffee and a look around.

Next morning I returned after dialysis had a shower had breakfast as usual went back to our room packed our bags, booked out and paid our bill and headed off for Dunedin.

YARRAWONGA ON THE INTERNATIONAL STAGE

Taken from Yarrawonga Chronicle Jan 2009

The Renal Society of Australasia National Conference is to be held in Rotorua, New Zealand this year March 26 – 28th.

Two Yarrawonga District Health Service haemodialysis nurses, Andrea Adkins and Melissa Moat, working in their small unit, submitted an abstract to the Society to present an information poster highlighting the holiday services available at Yarrawonga for renal patients.

This submission was successful and they have now been invited to present it at the Conference.

The visual presentation will incorporate a display of the attributes Yarrawonga has to offer as a tourist destination and the services Yarrawonga District Health Service Dialysis Unit provide in order to enable renal patients to travel here to enjoy a vacation with their family and friends.

Yarrawonga has a long history of providing this service with the Dialysis & Transplant Association of Victoria opening a holiday house here in 1986 for use by visiting renal patients.

The Dialysis Unit at the hospital has been accommodating holiday patients for many years, with most patients becoming regular and returning year after year.

This is a very worthy part of the local health services and one in which Y.D.H.S is very proud to promote and continue to provide. "From the organization's perspective it's an absolute delight to be recognised on the International stage" Director of Clinical Services, Terry Welch said, "It is a fantastic opportunity to showcase our dialysis unit as well as everything else at Yarrawonga."

Yarrawonga District Health Service is seeking sponsorship support to assist this worthwhile promotion. Please contact Melissa Moat of the YDHS Dialysis Unit on (03)57 435189.

LAUGHTER IS THE BEST MEDICINE

Did you hear about the teacher who was helping one of her kindergarten student put on his boots? He was really struggling, so she began pulling and him pushing. The boots still didn't want to go on. Finally, after several minutes the first boot was on. When the second boot was on, she had worked up a sweat. She almost whimpered when the little boy said, "Teacher, they're on the wrong feet." She looked and sure enough, they were. It wasn't any easier pulling the boots off than it was putting them on. She managed to keep her cool as together they worked to get the boots back on -- this time on the right feet. He then announced, "These aren't my boots." She bit her tongue rather than get right in his face and scream, "Why didn't you say so?" like she wanted to. Once again she struggled to help him pull the ill-fitting boots off. He then said, "They're my brother's boots. My Mom made me wear them." She didn't know if she should laugh or cry. She mustered what grace and courage she had left to wrestle the boots on his feet again. "Now," she said sweating profusely, "where are your mittens?" He said, "I stuffed them in the toes of my boots. . ."

Wise wife

A man called home to his wife and said : "Honey I have been asked to go fishing up in Canada with my boss and several of his friends. We'll be gone for a week. This is a good opportunity for me to get that promotion I've been wanting for so could you please pack enough clothes for a week and set out my rod and fishing box? We're leaving from the office and I will swing by the house to pick my things up. Oh ! please pack my new blue silk pyjamas"

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

The following weekend he came home a little tired but otherwise looking good. The wife welcomed him home and asked if he caught many fish? He said "Yes lots of salmon, some blue gill and a few sword fish but why didn't you pack my new blue silk pyjamas like I asked you to do?"

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

LIFE IN THE 1500s

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, Then all the other sons and men, then the women and finally the children, last of all the babies. By then the bath water was so dirty you could actually lose someone in it. Hence the saying : Don't throw the baby out with the bath water.

Houses had thatched roofs – thick straw – piled high with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice and bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof . Hence the saying : It's raining cats and dogs.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying: dirt poor. The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to keep their footing. As the winter wore on , they added more thresh until , when you opened the door It would all start slipping outside. A piece of wood was placed on the entranceway. Hence the saying 'threshold'.

In those days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added thins to the pot.

They ate mostly vegetables and didn't eat much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: 'peas porridge hot, peas porridge cold, peas porridge in the pot nine days old'.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could 'bring home the bacon'. They would cut off a little to share with guests and would all sit around and 'chew the fat'.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status.

Workers got the burnt bottom of the loaf, the family got the middle and guests got the top, or upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to the bone-house and reuse the grave . When re-opening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a sting on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night ('the graveyard shift') to listen for the bell; thus, someone could be 'saved by the bell' or was considered to be a 'dead ringer'.

Now that's the truth! Whoever said history was boring!

Remember last month—'Keep laughing it's the Best Medicine'— Did you notice that I left a bit out?

Joke Number 14 was incomplete, should have read : 'Pick up a box of condoms at the pharmacy, go to the counter and ask WHERE THE FITTING ROOM IS!

We all enjoyed our Christmas BBQ , but we were disappointed with numbers attending. This particular day is held so DATA members can get together and share experiences, and most of all for the children to enjoy the delights of Santa and Christmas.

We would appreciate if those families who missed out on this occasion could email DATA at datavic@tpg.com.au or drop us a line to POBox 165 Blackburn 3130, and give us any suggestions that may increase the numbers for next Christmas, eg change of venue, change of time etc.



Top right:

You will notice that we are all rugged up It was freezing compared to previous years.



This is Elizabeth, Barbara and Sue 'chewing the fat' (refer article 1500spge 8)

This is the walking wounded! Nick, (best wishes to Nick, back in hospital) Ken Smith (alias Santa), and Beverley, hope your arm is back to normal now.



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. Rules amended 7 October 2008

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



**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

Up and Coming Events 2009

Carer's Night Friday April 24th at 14 Queen Street
Blackburn at 6.30pm

Kidney Awareness Week 24 –30 May 2009

Service of Remembrance

'Xmas in July' to be held at St John's Anglican
Church Hall 25th July 2009

Carer's Night Friday 28th August 2009

AGM October date TBA

Christmas Party Halliday Park 6th December 1009

**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 20th April 2009

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

: