



ShoeString

Newsletter of The Dialysis and Transplant Association of Victoria Inc

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September 2008

NOTICE OF Annual General Meeting 2008.

**Notice is hereby given
of the 36th Annual General Meeting
of the
Dialysis and Transplant Association of Victoria Inc.
to be held at
St John's Anglican Church Hall
(across the road from DATA House 14 Queen Street, Black-
burn)
On
Sunday 26th October, 2008
at
2.00 pm**

-----CUT HERE-----

For Catering purposes would you please return the slip below.

I/WE WILL OR I/WE WILL NOT BE ATTENDING

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

No of People attending.....

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Presidents Report.

Hi Everyone,

Well, we are nearly at the end of winter, but hasn't that wind chill been cold!

This is a very short report, one of reminders...

1. The AGM is on Sunday 26th October 2pm, don't forget to get your Raffle books back in.

2. If you haven't yet sent back your Subscription Renewal Forms please do so.

3. If you can help on the Committee Please let the office know so we can elect you at the AGM (see article on pg 9)

4. Don't forget the Carer's night on the 19th October, it is always a good night, to let off a bit of steam with people who understands what you are going through with your loved one!

5. The Ron Jones Educational awards will be presented to the winners at the AGM.

We had a wonderful time at the Xmas in July, there was lots of laughing and fun as you can see from the pictures. Thank you to the committee who organised it, the food was fantastic, definitely an event to come along too! Hope to see you all next year.

Anyway, hope to see you at the AGM. Keep well.

Sue Hatzimichalis
President.

Agenda for AGM.

Notice is hereby given that the Annual General Meeting of the Dialysis and Transplant Association of Victoria Inc, will be held in the Church Hall of St Johns Anglican Church (across the road of the D.A.T.A. house) on Sunday 26th October 2008 2pm.

Confirm Minutes of Previous AGM

Matters Arising

Correspondence

Reports: Treasurer's Annual report

Holiday Homes

Shoestring

Election of Officers and Committee Members

General Business :- Presentation of Ron Jones Educational Grant

Drawing of the General Raffle

Afternoon Tea

The present officers and committee of D.A.T.A. would like to encourage members of D.A.T.A. to attend this meeting, armed with ideas and suggestions. Please fill out your form in shoestring and return for catering purposes.)

Xmas in July 2008

Wasn't it great to see so many D.A.T.A Members and their friends enjoying themselves at our Xmas in July!

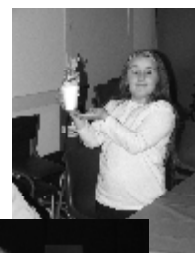
First we had warm up games with Maryann, Have you ever tried to pass a doughnut along the row on a stick/red plastic knife held in your mouth? Not easy i can tell you! We all had to stand up for these games so we got plenty of exercise.

Next came soup lovely Pumpkin or Mulligatony soup - that Mulli soup packed a punch, just what you need on a cold night. Then we had Trivia with Ken, some curly questions too. (Good to see Kim going so well !)



Next came the main course roast pork with apple sauce, turkey with cranberry sauce, vegetables & gravy. All served with a smile thanks to Maryann in the kitchen all night, I know she spent most of the day in the kitchen too cooking the meat. Angela too, spent most of the day in the kitchen and helped serve the meals. Thanks girls.

After that we had the John Hogan Challenge and what a challenge it was ! drop an egg from the highest point without breaking it, using only the props provided. I expected there to be raw egg everywhere. But no - we had some very talented engineer type people in the crowd and they worked together in teams and so it took quite a while to crack the eggs!



There was a group winner for most elegant design and a group winner for the hardest egg to break. John also had several challenges on paper which we were asked to figure out, so we were kept rather busy. Our thanks to John for his preparation and perseverance working under difficult conditions with his wife in hospital for the week (hope Dorothy is home and recovered.)

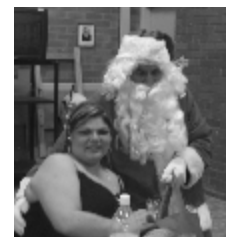


Then came the Xmas pudding and once again it was sensational! Jan Fletcher takes on this task every year and the puddings just keep on getting better and better. Geoff Fletcher (Jan's husband) Committee member and Blackburn house Manager was absent too. He has been in Monash for a several weeks. Hope he is much better by now Jan. Some people will go to any lengths to get out of Xmas preparations wont they Jan? (Just joking Geoff!).

Just when we thought we were finished in came Father Xmas with the traditional bag of Lollies for all of us

Tea & coffee served with mince pies finished off a very pleasant meal.

Our chairperson Sue Hatzimichalis was there with daughter Kassia, 'the photographer' Unfortunately Nick has been very sick in the Alfred with collapsed lungs so we appreciate Sue being there. Our best wishes to Nick - Come home soon!



I would like to thank all on the Social Committee for nt he great work that they do to organise this night , like Joan said in the story they all start cooking very early in he morning and don't stop till it's time to go home

Rosebud

I will be handing over the running of the Rosebud Home to Ros Ball a Haemo patient from the Austin Hospital sometime soon, her phone number is (03) 94398866. I have been doing the 2 homes now for 14 years and I think it is time for a change I would like to thank all the members I have met over the years and of course all of my phone friends that I have not met, I will still be looking after Yarrowonga for the time being and I hope Ros will enjoy meeting you all. I am a great supporter of our holiday homes and I think DATA do a wonderful thing by giving you a holiday that we can all afford especially our winter deal at Rosebud. Rosebud Hospital Renal Unit are taking holiday bookings from our Haemodialysis members who like to have a holiday near the beach, members on dialysis have enjoyed a holiday in a great part of Victoria over the summer, we also have members who have been dialysing at the house.

Yarrowonga

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.

When members arrive at the houses for their holiday if they have a complaint about how the house has been left or anything is not working (like instead of putting a sign on the wall that if you use this switch all the fuses will blow) either let me know straight away or ring Brett James our electrician 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 first to see what dates are available at the house then ring the hospital to book your place. If you have booked the house but have not rung the hospital to dialyse, please either, you or your renal unit call, the Yarrowonga renal unit on 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 you're 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 3136 (03) 97233019
Email fayal_rawson @hotmail.com

P.S. I had a phone call from the Swan Hill Hospital . They have vacancies for Haemo Patients who might like a holiday in the area, if you want to go on Holidays, you can just ring Marg 50339342 to make a booking!

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

Hi Everyone,

I decided to run this article again because I have just gone back to being a Carer of a person on Dialysis!

Nick, my husband has been very sick over the last 12 months and we now find he has to go back on Dialysis after 11 years of a transplanted Kidney. Due to his sickness the Doctors decided that being on anti immune drugs may not have been helping his situation so they decided to take him off the drugs so that maybe he may have a chance of improving but at this stage it hasn't and he is still in hospital so this is why I have included this article so I can remind myself what I need to do for me as well as him! Hope all Carer's are looking after themselves and I look forward to seeing you at the next Carer's night!

Regards Sue Hatzimichalis

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

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

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

Caregiver stress and chronic renal failure. (by Davita Social worker Marylynn Tackett)

What is Stress?

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

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

Warning signs of stress.

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

.Physical signals

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

Emotional signals

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

Letters to the Editor.....

Our recent addition...

I have recently been overwhelmed by all the love and support my wife, Laura and I have received over the last few weeks after the birth of our new son, Frederick.

After a relatively trouble free pregnancy Laura was admitted to Dandenong Hospital on 14 June following the start of her contractions. As this was to be our first child we were both a little nervous and excited about what would happen next...

We were made comfortable and well attended by the maternity nurses who were on duty at the time. As the hours passed Laura's contractions became more regular and closer together until the urge for her to push became overwhelming...

To experience the wonder of childhood first hand is truly a miracle. Laura was fantastic throughout the whole labour (of around 5 hours) and although it was difficult watching her go through so much pain, the sense of euphoria when the baby was born was the greatest delight I have ever experienced. To hold our tiny, fragile newborn son is a moment in time we will both cherish forever.

It was particularly emotional for me, as I have had kidney failure for over 25 years and have experienced all of the traumas associated with hospital stays, haemodialysis and transplantation. In fact, I am now on my third kidney transplant and thought that I would never have the opportunity to produce an offspring. My beautiful wife Laura has been a fantastic support and, although I may be a little biased, I think that she is the best mother in the world!

To our new born son, Frederick, I don't know what the future will hold for you, but Laura and I will do everything we can to make your life a good one. We will both endeavour to give you every opportunity and will provide you with all of our love, guidance and support.

I would like to publicly thank all of those people who have sent us messages, made meals for us and have offered us advice and support.

Special thanks to the nurses and staff at the hospital who made this time in our live such a special one and finally to everyone reading this, thank you and remember to live your life as dreams can come true!

Proud Regards,
Steve Kiellerup.

Congratulations, Steve and Laura on your beautiful addition Frederick to your family



Above: Steve, Laura and Little Frederick... what a beautiful smile !

Left: Frederick all snuggled up in his car seat - ready to go out !



TRANSPLANT GAMES

The 11th Australian Transplant Games are to be held from 3rd October 2008 in Perth. To be eligible to compete, athletes must have had a kidney, heart, lung, liver, pancreas, bone marrow or cornea transplant, be **a dialysis patient** or be waiting for a transplant.

Events include a number of sports and recreation events:

<ul style="list-style-type: none"> • Rowing • Cycling • Petanque • Chess • Squash • Volleyball • 8 ball • table tennis • lawn bowls • swimming 	<ul style="list-style-type: none"> • scrabble • tennis • tenpin bowling • bridge • badminton • golf • archery • backgammon • athletics
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The Games are held every two years and promote physical activity and improved health among participants, showing the quality of life one can experience. They provide an opportunity to network with others in similar situations - transplant recipients, those undergoing dialysis treatment, those awaiting transplantation, living donors, family members of deceased donors and supporters.

The Australian Transplant Games are a wonderful celebration of life and provide 'living proof' that organ and tissue donation works and allows recipients to return to a productive and fulfilling life. Importantly they promote awareness of organ donation and have resulted in an increased organ donation rate in each year the Games is held.

This year, Victoria has the biggest team competing, with 51 members. Victoria will also be competing to bring home the winners shield for the second time in a row.

All competitors must be members of Transplant Australia. If you are interested in attending the

Vale.....Bruce Brown

Bruce was always cheery and eager to help. He was a Life member of DATA and treasurer of the Association for two years, and spent many long hours working on the figures both at his home and at DATA Blackburn. He was one of the original carers at Carer's nights rarely missing an opportunity to come along and share with others. In fact the last Carer's day he attended was at the Frankston RSL earlier this year. He cared for Belle at their home in Glen Waverley and was totally lost when she pre-deceased him 18 months ago. I remember they went up north while Belle was on dialysis and they travelled with Phil and Barbara Terry . Barbara was on dialysis too. and they all had an absolute ball, making the most of each day and grabbing opportunity by the neck! He enjoyed earlier Xmas' in July held at Blackburn and was responsible for the recipe of that lovely Xmas Pudding we still enjoy. Bruce knew he was on borrowed time having had open heart surgery some time ago. As he would say "the old ticker had finally given out." Not easy Our heart felt condolences to son Rodney , and daughter Helen and son in law Ken.

From Joan Eastwood — Data Committee

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

Behavioural signals

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

Coping skills and techniques to deal with stress

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

Modify your behaviour patterns

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

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

Two minute relaxation.

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

Mind Relaxation.

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

Deep breathing relaxation

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

Guided Imagery

- **Guided imagery is a technique that involves focusing on a particular visual image, sound, taste, touch or smell to create a specific physical reaction, in this case relation. Focus your mind on some sensory factor that pleases or relaxes you, (the smell of**

but we do need some new people on the committee.

Our President’s husband is unwell which may result in her standing down at the next AGM. Our treasurer is unwell but hopes to travel overseas when well enough, which may result in standing down at the next AGM.

Our secretary has been part of the committee for many years and has worked hard and long to keep the office in order, and will be retiring at this years AGM.

We need some people to take on the challenge of joining the committee and becoming active. Over the last 2 years the hard work has been done to get our accounts updated, audited and transparent for taxation purpose. (Thanks Lloyd and Fay) Now we just need to be able to continue with the running of DATA.

As you will all know this charity has achieved lots, and I for one do not want to see DATA disintegrate. Without “new blood” that could all be quickly lost.

SO, possible outcomes are.....

- 1. Disbanded due to lack of interest, the houses sold and all the benefits of DATA lost to other charities.**
- 2. Kidney Health has very simular ideals, and we could offer our service to be united with theirs, losing our independence.**
- 3. Employing someone to keep DATA running, reducing our funds, ensuring membership subsidies are ever increasing.**

Some of the jobs that need to be done by our members. July, August is our busiest time because this is when the raffle and the subsidies are due.

Updating of our record (who’s paid) on to the computer and filing away the forms.

It is necessary to ensure that receipts are written out for these members and get placed into the latest Shoestring for mailing.

With over 800 members that means lots of work to keep up to date.

Shoestring, once printed needs to be packed into addressed envelopes and posted.

New members need to also be put on our records, sent a receipt with a new member’s pack which has information about our services.

General office duties, such as answering and making phone calls, all need to be attended to.

Our holiday houses also do not care for themselves, and help is always appreciated. Once DATA held working bees, but due to lack of interest nearly all work is now paid for.

Our Editor of Shoestring (Sue) is always looking for articles written by you, about your experiences for inclusion into Shoestring.

Our website is finally updated, which was paid for, so to help keep costs down, someone who can take this over as a volunteer would be great.

Many of these jobs can be done without being a member of the committee. If you do decide to join the committee, you will be welcome, but you cannot be on the executive for at least 12 months.

Sorry for this “whinging article” but please think about what help you can offer, and contact the DATA office, and attend our committee meetings and our AGM in October. Remember,

MANY HANDS MAKE LIGHT WORK. HOW IMPORTANT IS DATA TO YOU?

=====

WEB SITE.

Have you seen our updated web site?

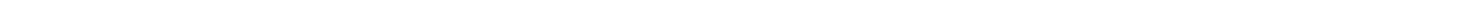
Find our history, the services we offer, membership forms and copies of previous Shoestrings.

There’s a list of other websites that may be of interest.

See all the information about our holiday homes. See photos of each house and maps, of where they are.

By the way you can now check out the houses on Google maps.

www.datavic.org



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

Older than Dirt!

'Hey Bruce,' one of my nephews asked the other day, 'What was your favourite fast food when you were growing up?'

'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.'
'C'mon, seriously. Where did you eat?'

'It was a place called 'at home,'" I explained. 'Grandma cooked every day and when Grandpa got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.'

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table. But here are some other things I would have told him about my childhood if I figured his system could have handled it:

Some parents NEVER owned their own house, wore Levis, set foot on a golf course, travelled out of the country or had a credit card. In their later years they had something called a store card. The card was good only at Farmers (now Myers).

My parents never drove me to footy practice. I walked or rode my bike. I had a bicycle that weighed probably 50 pounds, and only had one speed, (slow).
e didn't have a car until I was about 8. Before that, the only car in our family was my grandfather's Vauxhall. He called it a 'machine.'

We didn't have a television in our house until I was 9, but some neighbours had one before that. It was, of course, black and white, but some people bought a piece of coloured plastic to cover the screen. The top third was blue, like the sky, and the bottom third was green, like grass. The middle third as red. It was perfect for programs that had scenes of fire trucks riding across someone's lawn on a sunny day. Some people had a lens taped to the front of the TV to make the picture look larger.

I was 13 before I tasted my first pizza, it was called 'pizza pie.' When I bit into it, I burned the roof of my mouth and the cheese slid off, swung down, plastered itself against my chin and burned that, too. It's still the best pizza I ever had.

I never had a telephone in my room. The only phone in the house was in the passage, with a mechanical dial you twisted with your finger.

Pizzas were not delivered to our home. But milk was.

All newspapers were delivered by boys and most boys delivered newspapers. I delivered a newspaper, six days a week. It cost 7 pence a paper, of which I got to keep 2p. I had to get up at 5am every morning. On Saturday, I had to collect the 3/7p from my customers. My favourite customers were the ones who gave me 4/- and told me to keep the change. My least favourite customers were the ones who seemed to never be home on collection day.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren. Just don't blame me if they bust a gut laughing.

Growing up isn't what it used to be, is it?

Caring for someone Cont.....

baking cookies, petting a silky dog, the ocean at sunset) and try to recreate and enjoy that feeling.

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

Biofeedback

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

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



Dialysis Abroad

UNIQUE & BOUTIQUE

UPCOMING ESCORTED TOURS

JAPAN - 11 Nights
Departs Friday 20th March 2009

ITALY - 16 Nights
Departs Mid—May 2009

P.O. Box 821 Kent Town South Australia 5067
Tel: 0433 285556

info@dialysisabroad.com.au
www.dialysisabroad.com.au

Dates to Remember

Up and Coming Events

Kidney Health Australia consumer Forum
Regional Forum to be held in Shepparton on Saturday
25th October 2008.

Carer's Night Friday 19th October 2008

14 Queen Street Blackburn
6.30pm, BYO plate of food to share..

Fundraiser for Geelong Dialysis Unit

Sunday October 26th 2008

Sausage Sizzles starts at 12.30pm

Live music from 2pm

Tombstone Country – Country and Western Music

Len Cameron

Shaw's Road Teesdale, Vic (Go through Bannockburn)

Donation \$5.00 Door Prizes & Competitions

Bottomless Tea & Coffee \$1.00 each.

For more details contact Frank Simovic

fsimovis@gordontafe.edu.au

Annual Events

A G M - Dialysis & Transplant Association

Sunday October 26th 2008 2pm

At St John's Anglican Church Hall across the road from

D.A.T.A House,

14 Queen St Blackburn

Christmas Party Sunday 7th December 2008

Guide's Hall, Halliday Park, Mitcham Rd Mitcham

12 noon

BYO: BBQ Meat, tables, Chairs, Drinks etc

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 (which has been updated!)



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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 D.A.T.A. Inc.

Deadline for the next Shoe String: 13th October 2008.

Email Address: info@datavic.org

Email address the Editor : shoestring@datavic.org

Please Note: Anything received after the Deadline Date for November edition will be put in the next Shoe Strings due out in January 2009.