

Sunshine Coast – Requires Drivers and Op Shop Assistants – Call Angela on PH:0410 755 476
Redcliffe – Requires Volunteer Op Shop Assistants – Call Sharon Jones PH: 3883 2353

**If undeliverable, please return to
KIDNEY SUPPORT NETWORK
PO BOX 6657
MC, WEST MACKAY
QLD 4741**

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PRESIDENTS REPORT

Since our last Newsletter was published the world has gone through one of its saddest, most far-reaching and serious crises outside of war-time. The COVID-19 pandemic has affected us all in a variety of ways and KSN has not escaped its impact.

As indicated elsewhere in this Newsletter, our challenges were largely two-fold – the loss of Op Shop income following their closure as a result of the implementation of Commonwealth and State Government restrictions on business and social activities and the pressure that the pandemic has had on KSN's volunteer drivers and Op Shop staff, many of whom are highly vulnerable to infection by reason of either their age and/or aspects of their longer-term physical health.

In financial terms the impact of the COVID-19 pandemic was made worse by the enforced closure of the Redcliffe Op Shop for nearly three months following storm damage in December which resulted in the extensive flooding of the shop which eventually re-opened in March only to be closed again about a week later because of the pandemic. The loss of income suffered from the two events is estimated to be at least \$80,000 and the Committee will be closely monitoring the ongoing impact of that loss on KSN operations.

In terms of human costs, the impact of COVID-19 pandemic on KSN operations is equally significant. Elsewhere in the Newsletter you will see the call for new, preferably younger volunteers to undertake volunteer roles as either drivers within our dialysis transport services in the Mackay and Sunshine Coast regions (the Queensland Ambulance Service does this in Brisbane/Redcliffe) or in our Op Shops in all centres including Redcliffe.

So, if you know of a relative, friend, work colleague or neighbour who might be a potential driver or Op Shop assistant, please encourage them to contact the nominated persons and/or just walk into any of the Op Shops and talk to the Shop Manager. With the massive increase in unemployment because of the impact of the COVID-19 pandemic you may well know somebody who would welcome such a volunteer role either temporarily or in conjunction with a paid job in the future.

Finally, I wish to put on record my appreciation of the fantastic job done by our KSN staff and volunteers throughout Queensland during these very difficult and challenging times. In particular, the work of our volunteer dialysis treatment drivers has been absolutely outstanding, and not without personal risk in very challenging circumstances and within an already depleted team.

Similarly, since the relaxation of restrictions on retail shopping, our Operations Manager (Liza), Treasurer (Geoff) together with our Op Shop Managers (Angie and Sharon) have worked tirelessly to re-open the shops within days, and well before their local competitors!

I'm especially proud to be the President of an organisation with such a loyal, capable and dedicated workforce.

KSN would like to acknowledge the following organisations for their generous donations:
Dalrymple Bay Coal Terminal (DBCT).

In Memory of Graham Wingley (Redcliffe)

Supporting Kidney Patients for over 38 years

WHAT HAS HAPPENED

KSN suffered a major set-back to its operations following the closure of every single one of its Op Shops in March due to the restrictions introduced by the Queensland Government to combat the spread of the COVID-19 pandemic.

This set-back came on top of the enforced closure of the Redcliffe Op Shop when it suffered extreme storm damage in late December; the interior was so badly flooded that the entire shop had to be emptied, the ceiling and floor carpet replaced, the walls repainted along with other plumbing and electrical repair work. The store re-opened in early March, thanks to the hardworking efforts of our Op Shop manager and volunteers, only to be closed again within days, along with all the other Op Shops, because of the COVID-19 restrictions.

KSN, however, continued to provide the very service it was first established to deliver – the transport of its most important and vulnerable clients to dialysis centres for essential, lifesaving treatment. Our Mackay and Sunshine Coast staff and, in particular, our volunteer drivers did an outstanding job and the Committee acknowledges their loyalty, commitment and determination to ensure our most vulnerable clients/members were cared for during this very difficult time.

THE OUTCOMES

Those events have left KSN with two significant problems –

- **WE NEED DONATIONS/NEW DONORS**

The extended closure of the Redcliffe Op Shop alone resulted in lost revenue of about \$40-50,000 and the subsequent closure of all the Op Shops resulted in a loss of about the same amount. So, to help address this loss. we are asking our members to:

- Consider increasing their current periodic donations or make a 'one-off donation to help us re-build our operational budget
- Contact family, friends, and neighbours to encourage them to make a one-off donation for the same purpose.

- **WE NEED NEW/YOUNGER VOLUNTEER DRIVERS & OP SHOP STAFF**

Another critical issue is that our wonderful team of volunteer drivers is rapidly shrinking due to age and disability related risks arising from doing this work. Similarly, several of our OP Shop volunteers have elected not to resume work for similar reasons, i.e. they are particularly vulnerable to infection by virtue of their age or ongoing medical conditions

This means we are also looking for new, younger (under-60) volunteer drivers who will receive appropriate training to drive one of KSN's specially designed vehicles to dialysis centres in the Mackay and Sunshine Coast regions, if that's a possibility contact:

- Trevor (Mackay) - transportmackay@ksn.org.au
- Steve (Sunshine Coast) - mackayadmin4@ksn.org.au
 - 1800 358 797 or 07 483 71239

If that is not you, but you know somebody who might be interested, please forward this message to them. This could be a perfect role for a person suddenly out of work because of the pandemic. They will acquire new skills which might be helpful in gaining employment in future

Reports

From the Operations Manager

Just a few words – I would like to thank every Volunteer who has helped keep KSN afloat over the past several months as this has been very changeling for all staff and Volunteers to keep our transport service running. I have also said being a part of KSN is like having extra family because there so many caring people who put so much time and love into what they provided for KSN.

Head Office is now back open its doors for the hours off 9am to 3pm and currently we have rotating staff in the office at present due to the Covid-19.

From Mackay & Districts

This last month has seen Mackay branch unfortunatley having to close all 4 of our op shops doors due to Covid-19 Pandemic. A couple of volunteers from each store still go in to tidy up and clean each store every week, but not having our doors open will soon see hard times for our stores. A massive thank you to all my Op Shop volunteers who are being so patient in this trying times, I look forward to having you back as soon as it is possibly safe so we can continue providing amazing second hand goods to the community.

Our transport services are still contiuing for the moment with strict proticals in place to not only protect the patients but also our wonderful volunteer drivers, who without we would not be able to continue these services. With having to reduce trips to one patient in the car at one time and strict disinfecting proticals in place, Trevor and his drivers are doing a amazing job with keeping ontop of what is allowing us to contiune to support these patients.

From Transport

Mackay

A comprehensive and accountable cleaning procedure of high traffic areas of the vehicles began Monday April 13.

Five Mackay volunteer drivers have taken the difficult but wise decision to withdraw from driving during the Covid-19 pandemic. When the pandemic is passed, I look forward to the return to roster of 5 drivers who are currently unavailable through the Covid-19 control measures and 6 other drivers absent through other medical conditions.

Mackay is fortunate to have many drivers who are able and willing to take on additional shifts to fill the 33 driving shifts per week necessary to transport our clients for dialysis

Trevor Porter
0428 791 747
Transport Coordinator
Kidney Support Network Inc
Mackay

Sunshine Coast

Thank You

On behalf of myself and Kidney Support Network, I would like to express how much I appreciate your support with transporting our clients in a professional and timely manner. I would like to relay my gratitude to not only our Volunteers, but also the Hospital Staff for not only your support with the transitioning of the rosters to the Mackay Branch but also for your help dealing with the many changes that we have had to make due to the restrictions placed on us by COVID-19.

Without your valued effort and support, Kidney Support Network would not be able to provide this important service effectively during these times of uncertainty.

Stay Safe,

Steven Venz
0480 244 730
Administration Officer
Kidney Support Network Inc
Mackay

From the Sunshine Coast

I would like to thank all our Drivers who have been driving our Clients to and from Dialysis appointments in this time of World Crisis (Corvid 19) – we appreciate your valued time and kindness, if it was not for you all we would not be operating.

While shop is still closed - Gloria and Annette have been sorting out the donations and organizing our stock for reopening in the near future so a big thank you as you both treat this shop as your own and care what happens to it. It is great to see the community coming together and helping each other. Donations have now come to a stop and thank the community for doing this as we have no room to put them.

I want to take this opportunity to say farewell to Trevor. Due to his increased work commitments, Friday the 24th April will be his last shift. Thanks for all your hard work and wish you well in your future.

Hope everyone stays safe.



Puzzle Corner

Sudoku Easy

3	7	2	9				4	
		5		6	4			8
					2	3		
		7						4
4	2	3				1	6	7
9						8		
		9	2					
5			6	4		9		
	6				8	5	3	1

Sudoku Hard

			4	9				
	4				6		8	3
2					7	9		
9	6							
7		1				6		5
							9	2
			5	7				1
4	8		1				2	
				3	8			

Numbers Game

Numbers Example	25		Solution		
	50			10	
	2		x	6	
	10		=	60	
	10		+	50	
	6		+	2	
Target	112		=	112	

			Solution		
				50	
Numbers	25		-	_____	
	50		=	_____	
	5		-	_____	
	2		=	_____	
	10		x	_____	
	6		+	_____	
Target	877		=	877	

Recipes

Corn & Capsicum Muffins

These savoury muffins are perfect for lunchboxes or add a salad and have them for an evening meal. They are a great recipe for kids to make. Swap up the ingredients to add favourite flavours.

Ingredients

- Cooking oil spray
- Corn kernels from 2 cobs or 200 gr canned or frozen
- 170 gr self-rising flour
- 150 gr polenta
- 1 ½ tsp baking powder
- 1 tsp salt
- 1 ½ tsp cumin powder
- Pepper
- 3 large eggs
- 150 gr reduced fat plain yoghurt
- 120 mls reduced fat milk
- 50 gr melted margarine
- 80 gr reduced fat grated cheese
- ½ large red capsicum thinly sliced and diced



Method

- Preheat oven to 210°C (190°C fan-forced). Spray a 12-hole x 1/3-cup capacity with oil to grease.
- Dry fry corn kernels in hot pan until lightly charred, set aside to cool.
- Combine flour, polenta, baking powder, salt, cumin, and pepper in a medium bowl.
- Whisk eggs in another bowl, then add yoghurt, milk, and melted margarine. Mix in corn and capsicum (keep a little aside to decorate if desired). Then fold into dry ingredients until just combined.
- Divide the mixture between the twelve muffin pan holes, top each with grated cheese and capsicum/corn mix (optional), and put onto middle oven rack
- Bake 20 minutes until golden brown, or skewer comes out clean.
- Allow to cool in tin 5 minutes before turning out.

Lasagne Cups

These are super easy to

Serves: 12 cups

Ingredients

- 1/2 packet of dumpling wrappers (usually available in the cold section of grocery stores)
- 2 cups of filling (we used Savoury Mince mix (see Jaffle recipe) but you could use any filling you like)
- 200g grated low fat cheese



Method

- Preheat oven to 180 degrees Celsius
- Lightly grease 12-hole muffin tray
- Place 1 dumpling wrapper into each muffin hole. Fill with a spoonful of savoury mince mixture and top with grated cheese
- Bake for 12-15 minutes or until cheese has melted and wrapper is crisp
- Cups freeze well and can be defrosted in the microwave and heated in a pie oven

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Contacts List

Head Office			
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E-Mail:	information@ksn.org.au	Mobile:	0480 244 730
Website:	www.ksn.org.au	Mackay Op Shop	
Ops Manager:	Liza Williams	Shop 1, 235 Shakespeare St, Mackay 4740	
E-Mail:	operationsmanager@ksn.org.au	Mobile:	0477 169 148
Mobile:	0428 877 028	North Mackay Op Shop	
Support Groups		Shop 2, 45 Evans Ave, North Mackay 4740	
Mackay:	Marg & John Matthews	Mobile:	0448 012 475
Mobile:	0417 712 380	Sarina Op Shop	
North Brisbane:	Sharon Jones	31 Broad St, Sarina, 4737	
Mobile:	0417 056 255	Phone:	(07) 4837 126
Rockhampton:	Katrina Duff	Marian Op Shop	
Phone:	(07) 4920 7928	Shop 3, 20 Daly St Marian 4753	
Gladstone:	Pat Howard	Mobile:	0438 268 419
Phone:	(07) 4979 1752	Currimundi Op Shop	
Sunshine Coast:	Angela Stewart	Shop 1, 1 Gannawarra St, Currimundi 4551	
Mobile:	0410 755 476	Branch Coordinator:	Angie Stewart
Townsville:	Darryl Coyne	Phone	(07) 5370 2084
Mobile:	0408 755 221	Mobile:	0410 755 476
Mackay Office		Emergency Mobile:	0410 749 074
Shop 5, 237 Shakespeare St, Mackay 4740		Northern Brisbane – Redcliffe Op Shop	
Phone:	(07) 4837 1239	124 Sutton St, Redcliffe QLD 4020	
Branch Coordinator:	Rebekka Murray	Mobile:	0417 056 255
Mobile:	0423 964 397	Op Shop	Sharon Jones
Transport Coordinator:	Trevor Porter	Phone:	07 3883 2353

Credit Card Authorization

I authorize the use of my credit card described below for the purpose of a Donation towards the support Kidney Support Network Inc

I understand that the amount charged to my credit card will be reflected on my credit card statement within seven days. The amount charged is based on services requested by me.

My Credit Card details are as under

Credit Card Type: Mastercard VISA Name of Card Holder: _____

Credit Card Number: _____

Expiration Date: (MM/YY) _____ Security Number: _____

This Authorization Letter is valid from: _____

OTHER PAYMENT OPTION

Direct Deposit

Please use your "**Your Name**- as reference – **Donation**

Bank Name: Bendigo Bank **BSB:** 633 300 **Acct:** 156 906 828

Reference **Your Name - Donation**

Cheque Payable to Kidney Support Network INC.

Credit Card Please Complete the Credit Card Authorization Form