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KIDNEY SUPPORT NETWORK
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NEWS



Supporting Kidney Patients for over 37 years

Winter

2019

LETTER

Kidney Support Network Inc would like to announce
the passing of

Ken Baggow (Mackay)
Oliver Janke (Mackay)

All our heart felt condolences go out to all of those who
lost their loved ones.





POSITION VACANT
SECRETARY

POSITION VACANT
TREASURER

Please contact Liza
0428 877 028

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PRESIDENT'S REPORT

It is hard to believe that we are already over half way through 2019. This year has been one of significant change with a number of long term committee members and volunteers electing to step down from their positions due to personal circumstances. Through all this change, I remain extremely proud of the way KSN continues to grow its reach and the number of renal patients and family members that it supports. Liza, our Operations Manager, has been working tirelessly throughout this quarter to keep the organisation growing with the support of the many volunteers and staff spread across Queensland. We could not deliver the service we do without the generous support of its members and volunteers, whether through financial donations or through donations of time.

It is that time of the year where memberships need to be renewed. We have reviewed the cost of memberships and, due to our current financial position, we have been able to keep the cost at \$20 per year. You should already receive your membership renewal so please help us help our local communities.

I have previously stated that I would share our 10 Year Strategic Plan, which is based on the three key pillars of 'Protect', 'Grow, and 'New Ways'. I will share this with all members once we have the end of financial year data. With regard to the end of financial year, though we do not yet have our full audited results, the provisional data is indicating that we have completed the year with a small but nonetheless positive cash balance. This is confirmation that our fiscal policies and tight financial controls are sound. The additional funds will be reinvested back into our core business of providing support to renal patients and their families.

As a father of a son with chronic renal failure, I am excited to announce that we are starting to re-establish CKSN back in the Queensland Children's Hospital in Brisbane (formerly the Lady Cilento). We have a memorandum of understanding in place and Gail, our Redcliffe Coordinator, is developing a plan to start a family support group.

This year our AGM will be held in Mackay. Whilst this is a change to recent years, the committee felt it important to ensure other members, not just those in Brisbane, get the opportunity to attend.

The AGM is on Saturday 7th December at Clarion Hotel, Mulherin Drive, Mackay QLD, starting at 10:00am.

Tea, coffee and refreshments will be provided. It would be great to see as many of you as possible there so we can share with you how KSN is run and our plans for the future.

Please RSVP before Monday 25th November.

For KSN to meet its obligation under the Not For Profit Organization Code of Conduct and Governance standard, it is a requirement that the committee contains a position of Secretary. With our previous secretary standing down, this vital role is currently vacant. The work of this role is currently being shared across the other committee members, though this is not sustainable in the medium to long term. Though not obligatory, it is preferable to also have an elected Treasurer. I am urging any member who has a small amount of time they can spare to make a difference to Queenslanders impacted by renal failure to nominate themselves for one of these two key positions. The committee is keen to ensure we have a diverse and inclusive management committee, this can only be achieved with your support. You will receive a nomination form with the AGM invite. You can complete this if you would like to be part of our community organization, alternatively you can email myself or any other committee member directly.

Many thanks.



Andy Bull

OPERATIONS MANAGER'S REPORT

What a great to start to the new finical year and I am delighted to announce that KSN was luckily enough to receive the Volunteers grant from 2018. Northern Brisbane Branch has installed one new air-conditioner unit with funds from the grant and this will make a big difference for the customers and volunteers. Rest of grant funds we have put across the through all the branches and purchased so many items that branches needed replacing and big thank you to Volunteer Australia for their support.

Sarina OP Shop has moved into 31 Broad Street Sarina and has been operating for over a month now and what big difference it has made to be in the main walkway. I am sure with this new position KSN will go ahead with leaps and bounds and big thank you to all the volunteers and staff who it made the transition go smoothly.

Big Thank you to all the branches who have been working really hard in their fundraising activities and promotion we have been very active this quarter.

Mackay Branch held a Massive Sale on Sunday 7th July at the North Mackay Bowls club which was greatly supported. Due to this success we have decided to organize another sale in August. Keep an eye out for future advertising of this event.

Sunshine Coast Branch has received a large donation from "Order of St. John's of Jerusalem" who organized a fundraising event and thanks to the generous support, we have been able to purchase a new vehicle for our transport clients. This will help our clients to feel more comfortable on their regular trips to hospital for the Kidney dialysis treatment.

Which reminds me please branch coordinators remember to start thinking about our end of year celebrations for our great volunteers, sponsors and clients.

This year, our **Annual General Meeting** on **Saturday 7th December** starting at 10 am at the Clarion Hotel, Mulherin Drive, Mackay QLD.

The decision to hold the AGM in another area this year so that volunteers, Sponsors and clients from other areas can attend and each year we will change the venue. We apologize for those who have been attending the previous AGM on a regular basis, but it is time for a change and to spread it across the KSN network.

Liza Williams

HEAD OFFICE REPORT



We are so excited to welcome our new Book Keeper—Melinda, joined Kidney Support Network in June, and we know we are going to love her enthusiasm and we believe she will help our organization function even better.

Here's a message from Melinda :

" I am so glad to be taking up the opportunity of Book Keeper at Kidney Support Network. I am really keen to meet all the staff, volunteers and members to get to know more about Kidney Support Network.

My working hours will be Monday to Wednesday 9:00 am to 3:00 pm, I am looking forward to working with the team and deliver results for this organization. "

BRANCH REPORT—MACKAY

SARINA OP SHOP HAS MOVED

Within the space of 2 weeks our amazing Sarina Op Shop Volunteers packed up their old shop and we moved them into their bigger and better space!

We are now located on **31 Broad Street Sarina**, right on the main street for our local and passing through traffic. We have created a kid's corner with a table, puzzle and drawings so when mums come in to have a browse the kids can sit down and have a play.

Our amazing volunteer- Di, she has also created one of the change rooms into a Craft corner which has come along perfectly.

A HUGE thank you to Ray, Tracey and her volunteers for all the hard work and effort into getting the store up and running.



MACKAY'S MASSIVE SALE EXTREMELY SUCCESSFUL!

For the last couple of months Mackay, Sarina and Marian have been compiling all their excess stock and bagging it all for our 1st Mackay Jumble Sale. On Sunday the 7th July it all came together at the North Mackay Bowls club and it was a major success!

We had people lined up out the door waiting for us to open and the flow of traffic did not stop all day. We had all our clothing at \$1.00 excluding formal wear and nice jackets and pants at \$3.00 each.

A MASSIVE thank you to all our volunteers who put in countless hours and effort to make the day a success we could not have done it without you all.

Our next Jumble sale will be in Sarina and we cannot to share the bargains around.



THANK YOU ! MACKAY AIRPORT!

Mackay Airport has a community grant where all non-profit organizations can apply for a \$1000 grant each month .

For the month of June our Mackay Branch was successful !!! We are using this wonderful amount to replenish our brochures as our stock is either out of date or not having much left.

A BIG thank you to the Mackay Airport for their generous grant.

Bekk —Branch Coordinator, Mackay

BRANCH REPORT— NORTHERN BRISBANE

We welcome Trish, Catlin & Tammy to join Kidney Support Network at our Redcliffe OP Shop. Our volunteers are doing a fantastic job that we could not operate without them.

We also welcome Lynn Wrigley and Amar Faddel who recently join our Support Group, Lynne & Amar have meet the lovely Adel and offered hand and foot massages at Redcliffe & North Lakes Renal Units. The massages are very popular with patients and it provides them an opportunity to have a chat and laugh.

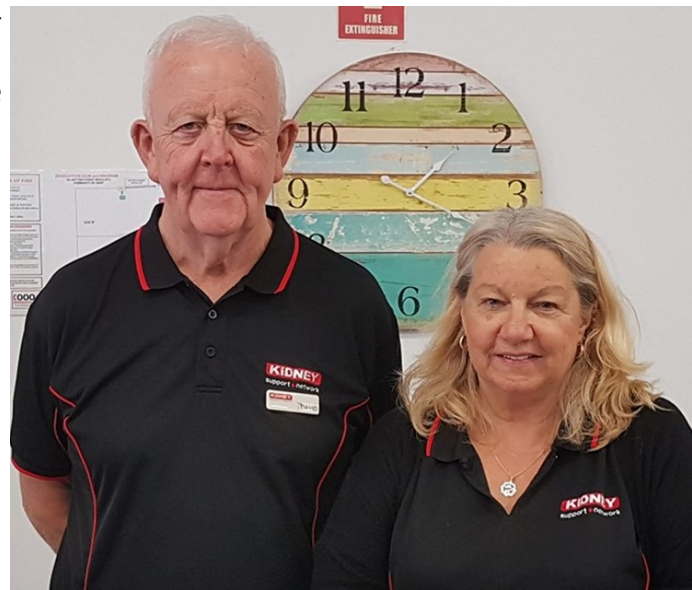
One of our Redcliffe Dialysis patients — Debbie has been busily making wool beanies and gloves for other patients at Redcliffe and North Lakes.

It can get cold sitting there in the air-condition during dialysis treatment, so the patients and staff very much appreciate Debbie's generous efforts.



KSN Redcliffe is holding on Indigenous Artwork Silent Auction From 12th July til 3rd August. We have order 20 beautiful paintings by Indigenous artists. You can bid in person in our Redcliffe OP Shop or online via our Facebook page. All paintings that fail to receive bids over their reserve price will be sold in the shop. Come in and grab yourself a lovely piece of art.

A promotional poster for "Bowling 4 Kidneys". The background is a blue sky with white clouds. The text is in bold, black, sans-serif font. At the bottom, there are two black bowling balls with yellow and red stripes, and a white bowling ball on a green lawn. The text on the poster reads: "BOWLING 4 KIDNEYS", "SUNDAY 11TH AUGUST 2019", "BRAMBLE BAY BOWLS CLUB", "WOODY POINT", "ALL PROCEEDS TO THE KIDNEY SUPPORT NETWORK", "HAVE A PHOTO WITH YOUR FAVOURITE STAR WARS CHARACTER", "LOTS OF PRIZES TO BE WON", "\$5.00 per person", "BBQ and Cash bar available", "4KIDNEYS@OUTLOOK.COM", "LOOK US UP ON FACEBOOK @4KIDNEYS".



➤ Welcome David and Lynne to be part of our Redcliffe team.

Bowling 4 Kidneys— On Sunday 11th August , we are having a Bowling for Kidney day at Bramble Bay Bowls Club Woody Point. All money raised with be put towards an end of year activity for our CKSN kids and their families. \$5 per person to have a go at the lawn bowls. BBQ and Cash bar available. You can have your photo taken with your favourite Star Wars character and are lots of prizes to be won. It will be a great family day with fun activities whilst supporting a very worthy cause.

Gail — Branch Coordinator, Northern Brisbane

BRANCH REPORT—SUNSHINE COAST

THANK YOU ! ORDER OF ST. JOHN'S OF JERUSALEM!

A big shout out of appreciation to the Order of St. John's of Jerusalem for the donation of a new patient transport vehicle.

Transport is zooming along; patients are loving our new vehicle.

Spring is coming, the sun is shining, and our Op shops are singing. Sales have been fantastic, the volunteers have been working hard, at keeping our shops running. Maroochydore got a new sign for the front of the shop, looks great.



On Sunday 14th July we had our Cent Auction. There were over 100 prizes to be won, 2 Harley Davidson rides to raffle gifted to us by the American Motorcycle Club Australia, as well as many more beautiful prizes.

A special thank you to all that volunteered to help wrap and organize prizes, as well as everyone that attended on the day. We also had our entertainment in the form of Police Officer Jackie and her charismatic partner dressed as batman who was our caller for the day.

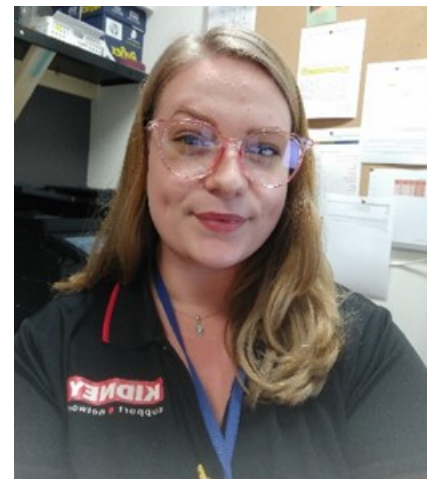


We would like to officially welcome Ashleigh to KSN Sunshine Coast team; as the new Admin Assistant, she will be helping Kathy in the daily running of the office. Ashleigh is a lovely, bubbly girl who enjoys baking, going to movies, meeting new people. So working at KSN Sunshine Coast Branch is perfect. Ashleigh enjoys interacting with all volunteers, drivers, customers and patients.

Another official announcement is, we have a new phone number 07- 5370 2084 at Sunshine Coast Branch Office!

Looking forward to all our spring sales, come down and see us.

Kathy Rayner, Branch Coordinator, Sunshine Coast



Welcome Ashleigh to be a part of our Sunshine Coast team member. ↑

SUPPORT GROUP REPORT

Technology makes our life can share more and easier. We have downloaded a health and delicious recipes book it is made specially for dialysis patients, so we have printed some of the books and handed to the patients who might interest to cook the yummy meals.

Our amazing support group meets every second month for a morning tea or lunch which allow patients to meet while families can have a get together and offer each other advice or just simply have a laugh. We had our meeting on Sunday 21th July and it was lovely, everyone enjoyed the meals and stayed for an extended chat.

Our next lunch meeting will hold on Sunday 15th September, if you would like to join us please contact Margaret on 0417 712 380.



↑ Left to right : John, Steve and Mary, Helen, Graham, Steve



← Left to right : Louis, Carolyn, Ross and Joan, Jenny and Marg.

We understand that one of the side effects is feeling cold while Kidney dialysis treatment, so there are some of our amazing volunteers who made beanies for our patients to keep them warm all year around. Thank you to these ladies for the wonderful work they do.



↑ Tubby and → Vince were happy receiving their beanies.



Jenny, one of our volunteers does a fantastic job of hand and foot massages regularly at Mackay Base Hospital Renal Unit and Renal Home Therapies Unit on Nelson Street. We couldn't function without our amazing volunteers who are greatly appreciated.

Kidney Support Network is still looking for more volunteers to join us for hospital visitation, if you think you have some spare time and you would like to be involved, please feel free to contact us.

Serves 4

INGREDIENTS:

- 2 teaspoons vegetable oil
- 1 medium onion, peeled and roughly chopped
- Ground pepper
- 2 bay leaves
- 5 large carrots (350g), peeled and roughly chopped
- 2 cloves garlic, crushed
- 1 tablespoon plain flour
- 1 litre of homemade or reduced salt chicken stock (add 2 teaspoons Massel™ salt reduced stock powder to 1 litre of water as per instructions on can)
- 1 chicken breast, cooked and shredded (about 2 cups of chicken)
- ¼ cup light cream

TO SERVE:

- 4 slices of bread with thin spread of reduced salt margarine

CARROT AND CHICKEN SOUP



METHOD:

- 1 Heat oil in large saucepan over low-medium heat. Add onion, pepper and bay leaves and cook for up to 20 minutes or until onion is soft.
2. Add carrots and garlic to pan and stir. Add flour and stir to coat ingredients in pan. Add stock and stir well.
3. Simmer for 30 minutes until carrots soft.
4. Remove bay leaves from soup. Puree soup, then add shredded chicken and reheat gently. Add cream and heat gently.

Serves 4

INGREDIENTS:

- 4 beef steaks, 125g each
- ¼ cup shallots – chopped



BEEF STEAK WITH THAI DRESSING

TO SERVE:

- 1 small potato (100g) and low potassium vegetables [e.g. ½ cup boiled green beans and 2 yellow squash (70g)]

OR

- 1 cup cooked white rice and stir-fried vegetables [e.g. ½ cup green and 1 cup red capsicum, 1 large onion, 1 large zucchini, 1 large carrot, 1 tablespoon oil, 1 tablespoon stir fry sauce]

METHOD:

1. Dressing: Mix all ingredients in a bowl or jug and set aside.
2. Grill, BBQ or fry steak as desired. Roast meat can also be used and this dish can be also served cold. Cover evenly with dressing and sprinkle with shallots
3. Serve with rice or small potato plus vegetables .

DRESSING

- 2 tablespoons ginger, grated
- 2 tablespoons coriander stems, finely chopped
- 2 cloves garlic, crushed
- 1 large red chilli, finely sliced
- 1 tablespoon brown sugar
- 2 tablespoons balsamic vinegar
- 1 ½ teaspoons reduced salt soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons olive oil

PASSION PAVLOVA

METHOD:

1. Pre heat oven to 150 degrees Celsius. Place egg whites into a clean bowl and beat with an electric mixer until stiff peaks form. Gradually add sugar whilst beating until a stiff, glossy mixture is formed. Add cornflour and vinegar and beat until just combined.
2. On a baking tray lined with baking paper, shape the mixture into an 18cm round. Reduce the heat to 120 degrees Celsius and bake for 1 hour and 20 minutes. Turn the oven off and let the pavlova cool inside the oven.
3. Beat the cream until firm. Spread over the pavlova. Top with strawberries and passionfruit just before serving



INGREDIENTS:

- 5 egg whites
- 1 cup (220g) caster sugar
- 2 tablespoons corn flour
- 2 teaspoons white wine vinegar
- 1 cup cream
- ½ cup passionfruit pulp (about 4 passion fruits)
- 250g strawberries, washed hulled and halved

Download the recipes and meals book from the website :

https://kidney.org.au/cms_uploads/docs/rrc-dining-in-delicious-dialysis-meals.pdf

KIDNEY SUPPORT NETWORK CONTACTS



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Email: information@ksn.org.au

State Operations Manager – Liza Williams

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BRANCHES-

Mackay Office

5/235 Shakespeare Street Mackay 4740 PH: 07 4837 1239

Branch Coordinator Rebekka Murray M: 0423 964 397

Transport Coordinator Trevor Porter M: 0428 791 747

Mackay Op Shop— 1/235 Shakespeare Street Mackay 4740
M: 0477 169 148

Sarina Op Shop— 31 Broad Street Sarina 4737
PH: 07 4837 1267

Marian Op Shop— 3/20 Daly Street Marian 4753
M: 0438 268 419

BRANCHES-

Northern Brisbane

124 Sutton Street Redcliffe QLD 4020

Branch Coordinator— Gail Taylor M: 0417 056 255

Redcliffe Op Shop — Sharon Jones PH: 07 3883 2353

BRANCHES-

Sunshine Coast

1/1 Gannawarra Street Currimundi 4551

Branch Coordinator —Kathy Rayner M: 0410 755 476

Transport Coordinator Mick Foody M: 0410 749 074

Currimundi Op Shop — 1/1 Gannawarra Street
Currimundi QLD 4551 PH: 07 5370 2084

Maroochydore Op Shop — 2/44 Aerodrome Road
Maroochydore QLD 4558 PH: 07 5443 3553

SUPPORT GROUPS

Mackay — Marg / John Matthews— M: 0417 712 380

Redcliffe / Northern Districts —
Gail Taylor — M: 0417 056 255

Rockhampton — Katrina Duff — PH: 4920 7928

Gladstone — Pat Howard — PH: 4979 1752

Sunshine Coast— Kathy Rayner — M: 0410 755 476

Townsville— Darryl Coyne — M: 0408 755 221

