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support network inc  
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*Welcome  
Summer*



KSN would like to acknowledge the following organisations for their generous donations:  
Fitzgerald State School, Maroochydore RSL, Palmview Craft Group, Mackay Regional Council, Sarina  
Freemasons and the Farleigh Catholic Women's League.

**In Memory of Nola Haskins (Mackay) & Francis Powell (Sunshine Coast)**

**KSN NEWSLETTER**

*Supporting Kidney Patients for over 38 years*

# Reports

## President

Welcome to our first newsletter of 2020. I hope you all had a peaceful and restful Christmas and New Year period with your friends and family. The past few months have been ones of extremes for many around Queensland and Australia with devastating bush fires and, more recently, flooding. As an Englishman it is obvious to me that it is the stoic and selfless actions of many during dark times that defines the Australian Psyche.

It has also been a busy time for KSN, and I will call out just a few of these below:

- We now have a brand-new website [www.ksn.org.au](http://www.ksn.org.au), with a fresh new look and easier navigation. A modern website is critical in this modern era to help us attract support and donors.
- The Redcliffe Op Shop suffered a serious flood over the Christmas period and I would like to thank the local supervisor, volunteers and their families who worked tirelessly to pack up all of the stock and move it to a safe location in a very short space of time. The repairs are almost complete and therefore we will soon have to move all of the stock back into the store again.
- Sadly, the Maroochydore Op Shop has closed its doors. With the high cost of rent and lower than average sales, the store has been making loss for some time now and hence the Committee had to make the painful decision to close the store. Many thanks to all of the volunteers who had given their time and effort in the past few years
- We have been trying to rebuild and re-establish CKSN at the Queensland Children's Hospital, formerly Lady Cilento as well as reaching out to children and families in other regions. Whilst getting a footprint in QCH remains a real challenge, we did manage to make contact with around 30 families with children impacted by kidney disease to offer them some respite with theme park and cinema tickets.
- It is one of the Committee's goals this year to design and deliver a 'Kids Kidney Camp'. This is a big commitment in terms of finances and will also be a major logistical challenge to give Kidney Kids and their careers a weekend away in a safe and secure environment, whilst catering for all medical and dietary needs. I hope to keep you posted on progress with this activity in the Autumn newsletter.

For anyone who reviewed our 2019 audited accounts, you would have seen that we have continued to expand our services in a fiscally prudent way, as we finished the financial year without debt and a balanced cash flow. To deliver on KSN's aims and commitments this year, we will need to increase our nett income through both increased grants as well as increased regular income. You will see in the coming couple of months that the Committee will be looking to recruit, on a volunteer basis, a Business Improvement position that can help us grow our income in a sustainable way such that we can continue to improve the lives of more Queenslanders with kidney disease. Increased revenue could come in the form of our standard model of new Op Shops but could almost see us branching out into other adjacent businesses, such as coffee shops etc.

Here's looking forward to a challenging but rewarding 2020.

Andy Bull

**President, Kidney Support Network**

At the last AGM Meeting held in Mackay, guest speakers from the Mackay region were asked to make a speech on how they have benefited from KSN's involvement in their lives and community



## Operations Manager

Hello Everyone, I would like to say a big thank you to everyone who contributed to KSN last year. We certainly had a good year and let's hope 2020 is even better! Just looking back to last year, we said Goodbye to Kathy Rayner our Branch Coordinator for Sunshine Coast. We missed the cut off time to publish the departure of Kathy so I would like to say thank you for the time and generosity she has given to the Sunshine Coast Community and we wish her all the best.

At Christmas time KSN took great pleasure in sending out to our CKSN families, 3 day passes to Theme parks at the Gold Coast and those from the outer areas received movie tickets, Barra Park passes and food vouchers. I hope that all our families enjoyed or will enjoy their time out with their children. Having a child on dialysis or a child who has received a transplant can be very time consuming and stressful. It is important to be able to have good quality family time where all children are involved. This relieved some pressure on the families. KSN is always looking for ways to help these children, if anyone would like to come forward with great ideas, we would love to hear from you.

Sadly, we have had to say goodbye to our oldest operating Op Shop at Maroochydore as we have been unsuccessful obtaining regular volunteers for several years. With great regret, we have now closed our doors for the last time. I would like to thank everyone from past to present for all your time and generosity. Time spent helping support KSN makes a difference in our communities' lives. Thank you

Liza Williams  
Operations Manager

## Branches

### Mackay & Districts



Expanding Mackay Branch  
Our 4<sup>th</sup> and newest store in North Mackay is blossoming now. They have had great responses from our wonderful community which also means we have had an amazing amount of donations as well. We are now open Monday to Friday which has been very welcomed by the community. Marg and her lovely



volunteers have worked so hard to get the store looking lovely and the community response has been 110% positive.

Congratulation to the winners of the CKSN Christmas Raffle – Proceeds funded the CKSN family fun day.

- 1<sup>st</sup> prize: C. Scriha
- 2<sup>nd</sup> Prize: E. Murray
- 3<sup>rd</sup> Prize: D. Ward

### Sunshine Coast

A Heat Haze – Maleny 2016 – drawn on 16<sup>th</sup> December 2019

Mr Hardy won the picture, who is a patient of ours, and he was over the moon when he was advised.

Maroochydore – Doors closed 30<sup>th</sup> January 2020.

Mario Lorenzon – (Transport Coordinator) unfortunately is leaving due to family commitments and shall be living in Toowoomba. Mario has been a very helpful worker and a very nice man. He will be missed considerably by all.



Currimundi Makeover – December 2019

A big thanks to Gloria, Ray (Gloria's Husband), Annette, Kim, Angie and Jake (Angie's son).

Elaine North who has been volunteering with KSN for over 2 years has left due to health issues. We wish Elaine all the best and I am sure she will still pop in to see us on a regular basis



## Support Groups

### Mackay

A few of the patients from the Renal Unit celebrated their Wedding Anniversaries, one of the happy couples were Pauline and Stan. Congratulations from KSN.



### Gladstone

We had our Christmas Party on the 8th December 2019 for Renal Patients and Gladstone Kidney Support Group. Thank you to all who attended and enjoyed the afternoon together.

### Redcliffe / Northern Brisbane

On the 13<sup>th</sup> December our Redcliffe shop premises was flooded by the massive storm deluge which completely ruin the store. With the Help of

Michael, Sharon, Sally and their friends and families they retrieved as much stock as possible and moved it to spare store provided by the landlord. Our building required structural repairs, repainting and carpet had to be replaced. Currently we are still waiting on the carpet to be laid and should be ready in the next few weeks We look forward to being able to have our store open as soon as possible and I would like to say thank you to my great team who have done amazing job.



### Children KSN

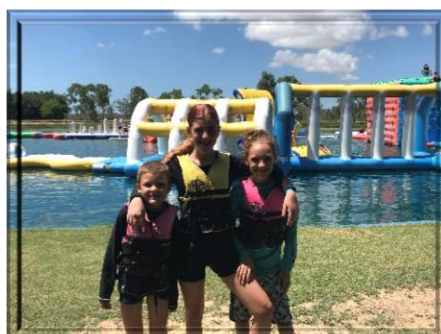
A great day was had by all families at the Gold coast and Townsville. Unfortunately, we could not include all of their lovely pictures. We received many lovely emails of thanks to KSN for providing the families with vouchers to various theme parks.

*"We would again just like to thank CKSN for the very special and loving Christmas gift you gave not just Kiana but our whole family. We all enjoyed spending 3 days exploring these theme parks and it was the best thing ever for Kiana. She was old enough to go on most the rides and she loved every minute of it. Thanks to everyone who made this possible."*

*Kind regards,  
Monique*



The Donald Family spent the day at the Barra Park in Townsville.



# Puzzle Corner

## Sudoku Easy

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

## Sudoku Hard

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

## Find a word

S	E	T	S	K	S	I	A	D	B
L	S	L	O	V	X	R	F	F	L
O	I	L	R	E	O	M	G	O	V
M	T	D	T	J	M	R	T	P	F
B	I	H	N	E	A	I	I	C	P
E	R	F	M	I	R	V	I	I	R
A	H	T	N	O	R	J	W	C	E
N	P	P	P	B	O	D	Y	K	D
M	E	S	A	B	W	T	X	S	I
T	N	N	A	H	N	Z	X	N	S
C	O	L	O	U	R	C	L	J	P
B	L	U	D	F	J	A	S	L	O
G	U	C	F	U	T	G	Z	Y	S
Y	R	G	U	I	M	R	A	Y	I
R	E	B	P	V	J	K	A	P	T
Z	M	S	R	Q	C	G	Y	U	I
W	O	T	R	A	W	W	U	M	O
H	L	K	M	K	I	Y	G	P	N
I	G	T	M	G	F	N	M	A	M
Y	R	O	T	E	R	C	X	E	D
Q	G	L	A	N	D	U	L	A	R

1. Body
2. Marrow
3. Pump
4. Mackay
5. Base
6. Hospital
7. Predisposition
8. Brain
9. KSN
10. Glomerulonephritis
11. Grain
12. Set
13. Colour
14. Sort
15. Organ
16. Bean
17. Red
18. Excretory
19. Glandular
20. Lot

# Recipes

## Pork Chops with Herb Crust

Baking is a healthy way of cooking as it does not use extra fat. The chops can be prepared in advance and kept in the refrigerator until you are ready to cook.

Serves 2

### Ingredients

**2 x pork chops (fat trimmed off)**  
**1 teaspoon mustard**  
**2 teaspoon oil**  
**2 spring onions or 1 shallot, finely chopped**  
**1 clove garlic, crushed**  
**2 tablespoons of fresh or bought breadcrumbs**  
**1 pinch mixed dried herbs or a handful of fresh herbs (e.g. parsley) chopped**

### Method

Preheat the oven to 200°C Gas Mark 6.  
Spread the mustard over one side of each pork chop and place in a shallow baking dish or roasting tin.  
To make the herb crust, mix together the oil, onions, garlic, dried herbs and breadcrumbs.  
Press the herb crust mixture on to the top of each pork chop/loin and cover the dish with tin foil.  
Bake for 25 minutes, removing the foil for the last 5 minutes.  
Serve with boiled potatoes or rice, and a boiled vegetable of your choice

## Zippy Strawberry Salad

### Ingredients

#### Dressing:

**1/2 cup vegetable oil**  
**1/3 cup white wine vinegar**  
**1 garlic clove, minced**  
**2 tbsp. brown sugar**  
**1 tsp. curry powder**  
**1 tsp. soy sauce (low sodium)**

#### Salad:

**10 cups torn salad greens**  
**1/2 cup slivered almonds, toasted**  
**1 cup grapes (red/green), halved**  
**2 cups sliced strawberries**  
**1/2 cup crushed, unsalted pretzels**  
**2 cups mandarin orange segments**

### Method

Combine all dressing ingredients and shake well. Set aside.  
Toss together salad greens and strawberries with dressing.  
Sprinkle with almonds and pretzels. Serve immediately

## Contacts List

### Head Office

**Phone:** 1800 358 797  
**Postal:** PO Box 6657, Mackay MC 4740  
**E-Mail:** information@ksn.org.au  
**Website:** www.ksn.org.au  
**Ops Manager:** Liza Williams  
**E-Mail:** operationsmanager@ksn.org.au  
**Mobile:** 0428 877 028

### Support Groups

**Mackay:** Marg & John Matthews  
**Mobile:** 0417 712 380  
**North Brisbane:** Sharon Jones  
**Mobile:** 0417 056 255  
**Rockhampton:** Katrina Duff  
**Phone:** (07) 4920 7928  
**Gladstone:** Pat Howard  
**Phone:** (07) 4979 1752  
**Sunshine Coast:** Angela Stewart  
**Mobile:** 0410 755 476  
**Townsville:** Darryl Coyne  
**Mobile:** 0408 755 221

### Mackay Office

**Address:** Shop 5, 237 Shakespeare Street, Mackay 4740  
**Phone:** (07) 4837 1239  
**Branch Co-Ordinator:** Rebekka Murray  
**Mobile:** 0423 964 397  
**Transport Coordinator:** Trevor Porter  
**Mobile:** 0428 791 747

### Mackay Op Shop

Shop 1, 235 Shakespeare St, Mackay 4740  
**Mobile:** 0477 169 148

### North Mackay Op Shop

Shop 2, 45 Evans Avenue, North Mackay 4740  
**Mobile:** 0448 012 475

### Sarina Op Shop

31 Broad Street, Sarina, 4737  
**Phone:** (07) 4837 126

### Marian Op Shop

Shop 3, 20 Daly Street Marian 4753  
**Mobile:** 0438 268 419

### Currimundi Op Shop

Shop 1, 1 Gannawarra St, Currimundi 4551  
**Branch Coordinator:** Angie Stewart  
**Phone:** (07) 5370 2084  
**Mobile:** 0410 755 476  
**Mobile:** 0410 749 074

### Northern Brisbane – Redcliffe Op Shop

124 Sutton Street Redcliffe QLD 4020  
**Mobile:** 0417 056 255  
**Op Shop:** Sharon Jones  
**Phone:** 07 3883 2353

### Editors Blog

Firstly, I must apologise for the Puzzle corner in the Spring Edition. Both Sudokus had errors and were unsolvable, I eventually found them and the correct layout in the answers, also the Crossword the ACROSS and DOWN were mixed up. This edition I have paid more attention. A little bit about myself.

I started back in 2010 doing Dialysis firstly by Permacath, Peritoneal then Haemodialysis. Finally, I received a Transplant Xmas Day 2015 and so far, all is going well.

I decided that I would either volunteer for the Hospital or KSN (as I had utilised their services while doing Permacath and Haemodialysis), the rest is history.

Best wishes to all

Hope you enjoy this edition of the Newsletter

Steve Venz