



Canberra Region Kidney Support Group

Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

Renal Morning Teas

Come and Join us on
 Wednesday, 14th February
 From 10:30 to 12:00
 Hellenic Club Coffee Shop
 Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regulaclub prices.

Enquiries please contact:
 Louise Blue (0438 116 818)
 Or
 John Kelly (0450 962 155)

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Member



Self Help Organisations United Together

World Kidney Day — 2018

Kidneys
& Women's
Health

Include, Value, Empower

8 March 2018



World Kidney Day is a joint initiative of   

© World Kidney Day 2008 - 2018



World Kidney Day is a **global awareness campaign** aimed at raising awareness of the importance of our kidneys.

<http://www.worldkidneyday.org/about/world-kidney-day/>

COMING SOON...

Kidney Health Week
March 5 — 11, 2018
Save the Date!

Kidney Health Australia Announces Departure of CEO

Ms Mikaela Stafrace, the Chief Executive Officer of Kidney Health Australia has resigned from her role, effective 18 December 2017.

Ms Stafrace joined Kidney Health Australia as CEO in September 2016. During her time with Kidney Health Australia, Ms Stafrace achieved a number of major successes to support people whose lives are affected by kidney disease.

“The Board of Kidney Health Australia thank Ms. Stafrace for her leadership, dedication and contribution across the last 18 months to the organisation, and to the community affected by kidney disease. We wish her well in her future professional endeavours”, said Professor Carol Pollock, the Chair of the Board of Kidney Health Australia.

Professor Pollock said “it is an exciting time for Kidney Health Australia. We have recently gone through a phase of transition, whilst maintaining a focus on the community we serve. We continue to provide advocacy, education and practical support required by patients with chronic kidney disease, their family and carers. And importantly, research to reduce the burden of kidney disease into the future. We are now in a very positive position to continue to deliver Kidney Health Australia’s vision to save and improve the lives of Australians affected by kidney disease”.

Dr Lisa Murphy, General Manager of Kidney Health Australia Research, stepped into the role of Acting CEO, effective from 22 December 2017. A national recruitment process is underway to secure a new CEO. For more information about Kidney Health Australia’s work, visit www.kidney.org.au.

Kidney Health Australia, formerly the Australian Kidney Foundation, is a national health care charity and peak body with a vision 'to save and improve the lives of Australians affected by kidney disease'.

Professor Carol Pollock appointed Chair of Kidney Health Australia

One of Australia’s most distinguished Nephrologists, Professor Carol Pollock, has been appointed Chair of Kidney Health Australia.

Professor Pollock was appointed to the Board in December 2014 and commenced her role as Chair on 1 December 2017.

Professor Pollock has had significant experience in governance roles including inaugural Chair and then director of both the NSW Agency for Clinical Innovation and of the Clinical Excellence Commission (2010-2016); Chair of the Northern Sydney Local Health District Board (2010-2016); Current Chair of the NSW Bureau of Health Information and Deputy Chair of the Australian Organ and Tissue Authority.

Professor Pollock has replaced Mr David Morgan who will continue to serve as a Director of Kidney Health Australia.

Professor Pollock and the Board of Kidney Health Australia paid tribute to the dedicated service of Mr Morgan as Chair of Kidney Health Australia, thanking him for his counsel, leadership, encouragement and selfless contribution to the organisation.

Ms Sally Farrier has been appointed Deputy Chair, effective 1 December 2017.

Ms Farrier is a professional non-executive director, with extensive experience in the utility, infrastructure and consulting sectors and in working with governments and regulators. Ms Farrier has strong expertise in governance, strategy and risk management following a career in consulting and corporate advisory roles.

Ms Farrier replaces Mr Peter Jon Hartshorne who Professor Pollock, Mr Morgan and the Board thanked for his enthusiastic commitment and support as Deputy Chair. Mr Hartshorne will continue to serve as a Director of Kidney Health Australia.

These changes support the mission of Kidney Health Australia and bring closer alliances between nephrologists, our partner organisations and the patients and communities we serve.

Yellow Seedless Watermelon, Pickled Ginger & Prawn Salad

INGREDIENTS - Serves 4

- 400g Mini Me® yellow seedless watermelon balls
- 1 each of red, orange and yellow Vine Sweet Minicaps® baby capsicums, sliced
- 24 green prawns
- 4 King prawns
- 1 clove garlic, crushed
- 50g pickled ginger
- Juice and zest of 2 limes
- 4 tbsp peanut or vegetable oil



METHOD

1. Remove tails from the prawns by holding the tail and squeezing the meat out.
2. Combine garlic, pickled ginger, lime zest and juice, and oil and add prawns.
3. Place prawns and dressing in a wide pan (prawns should cover the bottom) with a well fitting lid and over a medium heat, cook until prawns are tender.
4. Toss frequently to ensure even cooking.
5. Remove the pan from the heat, before you think they are done, as they will continue to cook as they sit in the juice. Depending on the size of the pan, it will take 3-4 minutes.
6. When the prawns are cold, add the Mini Me® yellow seedless watermelon and toss till well coated.
7. Arrange on a plate and sprinkle with the Vine Sweet Minicaps® baby capsicum slices.

Tip: If you marinate the prawns overnight, the flavour will be better but an hour or so is fine.

NUTRITION

Nutrient	Per serve
Energy (kJ)	1121
Protein (g)	18
Fat - Total (g)	19
Carbohydrate - Total (g)	6
Sodium (mg)	437
Potassium (mg)	388
Phosphorus (mg)	263

Thanks to Perfection Fresh for supplying this recipe.

Diary

Meetings for the Group are held on Saturdays at 2:00pm. For the time being, the venue will be Coffee Guru, adjacent to Good Guys, Tuggeranong.

All welcome

Dates for 2018 —

- When available.

Renal Morning Teas at Hellenic Club, 10:30 to 12:00

.Dates for remainder of 2018

Wednesday, 14th February

Thursday, 15th March

Wednesday, 11th April

Thursday, 10th May

Wednesday, 13th June

Thursday, 12th July

Wednesday, 15th August

Thursday, 13th September

Wednesday, 10th October

Thursday, 15th November

Wednesday, 12th December

Eurobodalla Renal Support Group

In May 2007, I received one or should I say two of the most life saving and loving gifts I have been lucky enough to be given.

I received the gifts of a kidney and pancreas organ donation from a total stranger and family.

I had been on Dialysis for seven years and a type 1 diabetic since I was five years of age.

In my life there have been so many positive things; I moved to Batemans Bay, where I met and married the most wonderful, giving and loving lady, Lorae. We shall celebrate our 30th wedding anniversary this year. We have a very honest and good son Trent, whom I love with all my heart.

Bundle these things together plus my Dad and Mum, brothers, close family and good friends, I am The Luckiest bloke I know.

Registeto be an Organ and Tissue donor today and make sure youfamily all agree with you.

Thank you to each and all- love to my two families.

“We’re all given Life’s opportunities, It’s up to each of us to make the best of it”

Regards,

Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.



**Eurobodalla
Renal Support Group**
AND ORGAN DONOR AWARENESS





MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PO Box 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

I would like to make a voluntary donation to CRKSG fothe amount of: \$..... Membership is free. All donations \$2 omore are tax deductible. Cheque/Money Ordepayable to CRKSG Inc. Please accept this application fomembership of the Canberra Region Kidney Support Group Inc.

Signature: **Date:**.....

Post Form to the address shown at the top of this page.

NOTE: This form may also be used to notify a change of address/contact details.

Canberra Region Kidney Support Group

CRKSG
PO Box 5051
Garran ACT 2605

Phone: 02 6290 1984
E-mail: crksg@shout.org.au
Web: <http://www.crksg.org.au>