



Canberra Region Kidney Support Group

# Kidney News

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

Renal Morning Teas

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## Renal Morning Teas

Come and Join us on  
Wednesday, 10<sup>th</sup> October  
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 regular club prices.

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

Member



**SHOUT**  
UNITED TOGETHER

## Intimacy When I Have a Chronic Condition - Seminar 3 November

### **INTIMACY** **When I have a Chronic Condition**



- Human relationships are central to most of our lives
- Living with long term conditions can affect our desire and ability to maintain emotional and physical intimacy
- A panel of consumers, carers and health professionals will offer different perspectives on intimacy
- For consumers, carers, staff and anyone interested in the topic

**Time: 2 - 4 pm**

**Date: Saturday 3 November 2018**

**Venue: Meeting room, Maitland House,  
100 Maitland St, Hackett**

**RSVP: Health Care Consumers' Association**

**Ph: 6230 7800**

**Email: [adminofficer@hcca.org.au](mailto:adminofficer@hcca.org.au)**



**FREE - CHRONIC CONDITIONS SEMINARS 2018**

# Kidney Health Australia Welcomes New CEO

**Commencing 8 October 2018, the Kidney Health Australia Board is pleased to announce the appointment of Chris Forbes as Kidney Health Australia's CEO.**

Chris has occupied various executive roles including Chief Commercial Officer at Swimming Australia, and Chief Executive Officer at Ticketmaster Australasia. With leadership and CEO experiences across commercial and not-for-profit sectors and proven success in transformation, Chris will ensure the sustainability and growth of Kidney Health Australia.

Chair of Kidney Health Australia, Professor Carol Pollock, said “On behalf of the Board, I am delighted to welcome Chris Forbes to the role of Chief Executive Officer of Kidney Health Australia.

Chris is an accomplished and inspirational leader. He is experienced at growing organisations to achieve their potential; building relationships, and bringing staff, community leaders and the commercial sector on the journey.

“Chris is ideally positioned to lead and build upon Kidney Health Australia’s successes from the past 50 years, and to continue to deliver on its ambitious mission ‘To save and improve the lives of Australians affected by kidney disease’.

“The Board sincerely thank Dr Lisa Murphy for her role as Interim CEO for the last ten months. The organisation has significantly grown under her leadership and we are immensely grateful for her commitment whilst in the role”. Chris also brings to the position knowledge across commercial and marketing disciplines, as well as a cultural awareness and understanding from the customer’s perspective. Chris said “I am driven to reflect those perspectives across Kidney Health Australia’s services and programs”. “It is an honour and a privilege to lead an organisation so dedicated to helping those affected by kidney disease.

“I intend to work collaboratively with the chronic disease community and with a range of partners to both prevent kidney disease and provide better health outcomes and quality of life for those affected. Kidney disease is a silent killer, in which you can lose up to 90% of kidney function before symptoms present. It is an imperative that we work with the industry to combat this insidious disease.

“The Board has challenged the organisation to innovate and improve on business sustainability so we can continue to effectively deliver on education, advocacy, research and support. I look forward to working with the dedicated Kidney Health Australia staff to achieve those outcomes”.



Chris Forbes, new CEO, Kidney Health Australia



Dr. Lisa Murphy, Interim CEO, Kidney Health Australia

## Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.



# Pork with Spicy Plum Sauce

## INGREDIENTS - Serves 6

- 900 g hokkien noodles
- Olive or canola oil spray
- 500 g lean pork fillet, cut into thin strips
- 1 tablespoon grated fresh ginger
- 1 onion, sliced
- 1 bunch asparagus, cut into short lengths
- 200 g broccoli, cut into florets
- 1 cup chopped red capsicum
- 200 g snow peas, halved
- 1/3 cup plum sauce
- 2 tablespoons MAGGI Extra Hot Chilli Sauce
- 1/3 cup reduced-salt soy sauce



## METHOD

1. Place noodles in a large heatproof bowl and cover with boiling water. Leave to stand for 2 minutes, gently using a wooden spoon to separate strands.
2. Drain well. Spray a wok with oil and heat. Add pork and stirfry over high heat until browned and cooked through, then set aside. Add ginger and onion to wok with 1 tablespoon water and stirfry until golden. Add Asparagus, broccoli, capsicum and snow peas and stirfry until bright green and tender.
3. Put sauces in a jug and whisk to combine. Add to wok, stirring over high heat until sauce thickens slightly.
4. Return pork to wok and cook for 2 minutes or heated through. Serve noodles topped with pork. Garnish with chervil and chopped chives, if desired.

**Tip:** This recipe is also delicious using chicken or lamb. Vegetarians can opt for just vegetables or use sliced, firm tofu.

NUTRITION	
Nutrient	Per serve
Energy (kJ)	1550
Protein (g)	29
Fat - Total (g)	3
Carbohydrate - Total (g)	52
Sodium (mg)	891
<b>Potassium (mg)</b>	<b>833</b>
<b>Phosphorus (mg)</b>	<b>385</b>

Thanks to Australian Sports Commission  
for supplying this recipe. .

## Diary

Meetings for the Group are held on Saturdays at 2:00pm. Coffee Guru, adjacent to The Good Guys, Tuggeranong.

### All welcome

Dates for 2018 —

- 17th November.

Renal Morning Teas at Hellenic Club, 10:30 t12:00  
.Dates for remainder of 2018

Wednesday, 10<sup>th</sup> October  
Thursday, 15<sup>th</sup> November  
Wednesday, 12th December  
Wednesday, 12<sup>th</sup> December

## Eurobodalla Renal Support Group

**The Eurobodalla Renal Support Group & Organ Donor Awareness.**

Present — A Community Awareness Event.

### **“Find Out Friday**

When- Most Fridays

Venue- Bridge Plaza. Batemans Bay.

Time- 9.30am to 5.00pm

We urge all Australians to take the time to register as Australian Organ and Tissue Donor's.

Are You Registered?

Australian Organ Donor Registration forms available.

And then

***Make sure you “Have The Chat That Saves Lives” because your family & loved ones must agree with your decision if they are ever asked before your organ & tissue decision will proceed.***

On Display Donate Life “The Book of Life”

**Chat with Brad Rossiter — Dual Organ Transplant recipient – Kidney & Pancreas and Double Leg Amputee.**

**For more information visit — Donate Life. [www.donatelife.gov.au](http://www.donatelife.gov.au) and Kidney Health Australia. [www.kidney.org.au](http://www.kidney.org.au)**

“We look forward to seeing you there”.

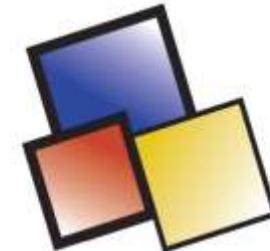
Brad & Lorae Rossiter.

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  
PBox 5051 GARRAN ACT 2605.  
ABN: 77 396 063 641

**Last Name:** ..... **First Name:** .....

**Address:**.....

**Email:** .....

**Phone No:** .....

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

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

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

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

*The Canberra Region Kidney Sup0rt Group* is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.

Bank: Commonwealth Bank

Account Name: Canberra Region Kidney Support Group Inc.

BSB: 062 912

Acc No: 10028872

Reference: Your name.

After making the bank transfer, please forward by email to [crksg@shout.org.au](mailto:crksg@shout.org.au), your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

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