



Canberra Region Kidney Support Group

Kidney News

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

Kidney Hero Completes 20,000 Km Ride in Adelaide

31 October 2007 — Margie Raynor, a fifty two year old school teacher from Adelaide who has been riding around Australia to support people with kidney disease, completed her 20,000 kilometre journey today when she rode through a Guard of Honour in Elder Park, Adelaide.

The Guard of Honour for Margie, who left Adelaide on January 1 this year, was formed by the students from Woodcroft Primary School in Adelaide where Margie taught.

Margie's commitment to helping people with kidney disease stems from personal experience when Margie's daughter was diagnosed with kidney disease at five years of age.



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On the road on her own, Margie developed some unusual ways of raising funds for kidney disease by charging \$20 to answer questions such as "How many tyres have you used? Or the other favourite "How many punctures have you had?"

The funniest experience on the ride was on a red hot day in the Queensland outback when a truck stopped out in the middle of nowhere with the kind truckie, in bare feet and fluro jacket, wanting to give Margie an air conditioned ride, and was disbelieving when told she must continue the ride.

Margie riding in to be welcomed by students from Woodcroft Primary School.

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Jenny Burnett, Kidney Health Australia presenting flowers to Margie at the end of the 20,000 kilometre ride



Rebecca Taylor (SA Health Services Manager), Margie Raynor and Jenny Burnett Kidney Health Australia

Ron Smith National Communications Manager for Kidney Health Australia said Margie's pedalling for kidney patients is an inspiration to all Australians.

Read about Margie's 20,000 kilometre journey at www.renalride.com.

Help

The CRKSG needs members to:

Lobby or participate as Patient Representatives, contribute to the newsletter, and act as patient support .

The CRKSG can provide the infrastructure that can support anyone with bright ideas that further the aims of the group. We are desperately in need of people with ideas!

You do NOT need to be suffering a kidney related illness to participate!

If we cannot get people to help, the Group will not have the means to assist those in need, or at worst, is in danger of folding. We have been pleading for a response with little success. Below is part of the text from a letter received from a kidney patient. —

Quote

Recently I went to the Canberra Region Kidney Support Group meeting to find only 2 people there. I was

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Calendar of Events

Support Group Meetings.

When: Quarterly on second Tuesday of each month.
13th November 2007, 12th February 2008, 13th May 2008 and 12th August 2008.

Where: The Pearce Community Centre
Building 1, Collett Place
Pearce ACT 2607.

When: 7:30 pm.

All welcome

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surprised and disappointed as I was hoping to meet people in similar circumstances to myself and was looking forward to a chat over a cuppa.

I was told by the two men who were there that the support group was in danger of folding due to not enough people being involved.

One purpose of the group is to raise funds to provide financial assistance to people suffering from kidney disease who are in need of a financial gift. There is no government funding for the CRKSG and we rely on our own fundraising efforts and people's generosity.

Unquote

The above writer suggested that the Group distribute a survey to gauge your interest in the Group, difficulties you might have in attending meetings, your expectations, etc.

In this newsletter is a survey to gauge your interest in and difficulties in attending meetings, your expectations, wishes and ideas to improve the attendance and to make the meetings more fun and fulfilling for all members.

The meetings may be at an unsuitable time or you may need help with transport. Please let us know by filling in and returning the survey before 13th November if possible.

Survey Canberra Region Kidney Support Group

What time of day do you prefer the meetings be held?

What day of the week?

Do you need help with transport?

Would you like time to chat with others after the business is finished?

Would you like a cuppa at the meetings?

Would you like guest speakers?

Any suggestions for possible guest speakers?

What do you suggest for a fundraising activity?

Are you happy to be involved in fundraising activities?

Are you happy to provide practical assistance if needed?

Are you happy to transport others to meetings if needed?

Please write any other comments, ideas or suggestions below or over the page.

Please return the completed survey to the address shown on the reverse of this page.

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Garran ACT 2605

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

We're on the Web —
www.crksg.org.au



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 for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

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

Post Form to:

The Treasurer
Canberra Region Kidney Support Group Inc
PO Box 5051
GARRAN ACT 2605.

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