



# Klarion Newsletter



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## Event Director's Update – John Paine

Welcome to my second Newsletter which I hope finds you looking forward to the 30<sup>th</sup> consecutive Kidney Kar Rally which is rapidly approaching. For those of you still to put your Entry in and Start fundraising I suggest you get "cracking" before it is too late. To those entrants that I have already spoken to thank you for supporting this great adventure which raises much needed funds to help send our Kidney Kids on their annual camps.

After an early rain delay in the first week of December I am pleased to advise that the route for the 2018 Kidney Kar Rally is now in the computer with a Road Book ready for the course check in June. The course is one sure to test all crew members as the roads being used were in pretty good condition during the various surveys and are now only subject to final permissions etc. from a couple of Forestry and National Parks Districts. The roads selected for 2018 will cover some magnificent forest areas of NSW and Victoria as well as transport you through some areas of both states rarely visited. Several of the forests are renowned as popular Rally stages, some being used recently for National Championship events. You will get a chance to enjoy them at a far more leisurely pace.



We are pleased to have been given some wonderful support this year from the Primary schools we are visiting for lunch in Crookwell and Castlemaine and both should provide some great memories for all involved. Also, the Narooma Rotary Club and the Tumut Lions Club have been a great help in our planning phase.

On another note, Maree and I have been most appreciative of the response to date from the various bodies that manage our Forest and State Parks and we must make a special mention of the importance we are placing on ensuring that those residents who live along the route on the gravel roads we traverse are not overly affected by our convoy of vehicles passing their front doors. It is up to all officials and Kidney Kar Drivers to remember this as you pass by these houses and businesses’.

## **Kidney Health Australia Update – Heather Rendell**

Hi Everyone! I’m excited to be part of the 30<sup>th</sup> Kar rally! So you can put a face to my name, I’ve included a photo of me, (not my car). I joined the team at Kidney Health Australia at the beginning of February as the Events and Community Fundraising Manager, and I’ve been busy learning all about the Rally and our other events. I’m currently in the process of recruiting an Event Logistics Coordinator, and we will be working with John so we can provide you with a great experience.



When I told my partner that I was working on a rally event, he started to look for a car that he could join in on. The response when I asked him who he was planning of having as a navigator was “won’t you be busy working?” HA! He dodged that one. We go camping and 4x4wd quite a bit, so he has the pleasure of my navigating then.

Anyway! I look forward to getting to know you all over the next few months in the lead up to the rally!

## **You may have seen in the news...**

### **Kidney Health Week – 5<sup>th</sup> March to 11<sup>th</sup> March 2018**

Kidney Health Week is the national campaign to raise much needed awareness of kidney disease.

As loyal supporters of Kidney Health Australia, you may already know that, every day, 53 people in Australia die with chronic kidney disease. It is a highly undiagnosed condition; most are tragically unaware they are affected until it’s too late. In fact 90% of kidney function can be lost without experiencing any symptoms. That’s why, this Kidney Health Week, we’re opening everyone’s eyes to kidney disease and raising awareness of the alarming fact that one in three people living in Australia is at increased risk.



Our message to Australia is Don't Be Blind to Kidney Disease by waiting until you feel sick; find out your risk profile and, if you fall into a high-risk group, get your kidneys checked by a GP.

The Kidney Health Week landing page is: <http://kidney.org.au/kidney-health-week>

And you can take the Kidney Risk Test is here: <http://kidney.org.au/kidneyrisktest/>

## **Kidney Research News**

Kidney Health Week Ambassador, Professor Melissa Little and her team from the Murdoch Children's Research Institute in Melbourne have successfully grown a mini-kidney in a dish from stem cells and then transplanted the mini-organ into a living mouse. Previously they have only been able to create immature kidney tissues, but with this new development scientists were able to see the blood flow through the mini-organ, helping it mature. The mini-kidney even joined up with the vascular system!

This work brings scientists steps closer to being able to grow adult kidney tissues that look and function like a human organ. The benefits to the stem cell research is it will eliminate the risk of an organ being rejected by its host, as their own blood cells could be coded into stem cells and nurtured into a kidney before being implanted.

This is follow on research that Kidney Health Australia had initially supported. In case you didn't catch it here's a link to one of the news clips on SBS: <https://www.sbs.com.au/news/stem-cell-kidney-gives-hope-to-sufferers>

While there is still much more research to undertake, this is a great step in the research to use stem cells for kidney repair. Go Science!

## **National Kidney Kids Camp**

National Kidney Kids Camp is happening this April 18th – 22nd and will be four days jam packed with fun and respite for children living with chronic kidney disease and their siblings.

There will be over 100 children and young adults aged from 7 to 17 years old from all over Australia attending the camp at Sports Super Centre, Runaway Bay, QLD. Supported by volunteer nursing and teaching students as well as a dedicated and experienced health professional team, Kidney Health Australia will be sending four key staff members to facilitate this important event which makes such a difference for kids like Harry and Cooper.

*"When we went to pick Harry and Cooper up from camp, they were both in tears. We hadn't been able to speak to them for 3 days, so we were thinking, "what an earth has gone on?". But they were crying because they didn't want to leave! The volunteer carers were crying too, saying how amazing Harry was. You could tell they had really made a connection with him. I'd never seen him like that before."*  
Lauren, a 'Kidney Kid' mum.

**Thank you for continuing to raise much needed funds which go towards this important and life-changing experience for kidney kids.**

## **Ambo Recognised**

We have some exceptional people involved with Kidney Kar Rallies and none more so than our Paramedic; Phil Hoey who lives and breathes the Rally throughout the year. On Australia Day Phil Hoey (Ambo) was recognised by the community of Wagga Wagga by being awarded Citizen of the Year. Phil was heard to say on local radio words to the effect that he will make Wagga Wagga known as "Kidney Town"

Congratulations Phil from all us "Rallytives" and we look forward to meeting up with you in Goulburn.

## 2018 Overnight & Lunch Stops

Date		Lunch Details	Overnight Details – Dinner / Breakfast
Friday	3 <sup>rd</sup> August	Own Expense	Goulburn Workers Club – Rego & Start Dinner
Saturday	4 <sup>th</sup> August	Crookwell Public School	Goulburn Workers Club
Sunday	5 <sup>th</sup> August	Narooma – Rotary Club -Leisure Centre	Club Sapphire Merimbula
Monday	6 <sup>th</sup> August	Orbost Club	Sale Sports Legends Club
Tuesday	7 <sup>th</sup> August	Yea- Country Club Hotel	Mercure Hotel & Conference -Ballarat
Wednesday	8 <sup>th</sup> August	Own Expense – Lay day	Mercure Hotel & Conference -Ballarat
Thursday	9 <sup>th</sup> August	Castlemaine- South Primary School	Nagambie Lakes Leisure Park
Friday	10 <sup>th</sup> August	Mansfield- Delatite Hotel	Albury Hovell Tree Inn
Saturday	11 <sup>th</sup> August	Tumut Lions Club – All Saints Hall	Bicentennial Hall – Queanbeyan - Presentation

## Accommodation

The overnight stops have a good range of accommodation and those already entered should shortly receive a list of suggested contact details for each town we are staying in. The Nagambie Lakes Leisure Park has a range of Cabins some of which can sleep up to 8 people but you will need to ensure you mention the Kidney Kar rally when booking to get the Corporate discount and the \$15 Bunk bedding pack if required.

Discounts are also available to crews at the Hovel Tree Inn at Albury but only if you book online [www.hovelltreeinn.com.au](http://www.hovelltreeinn.com.au) . The code for this discount will be shown on your accommodation lists.

## Door Stickers



“Wally” Wallace looks pleased to have received his door stickers for 2018. We thought it appropriate that he be the first to get his stickers as he has had a few Kar troubles the last two Rallies. “Who says number 13 is unlucky!!”

The Door Stickers feature a special design this year to recognise our 30<sup>th</sup> consecutive Rally which is surely a reason to celebrate the wonderful contributions made by past Event Organisers, Kidney Health Australia and of course you the wonderful people that tirelessly raise funds each year to support Kidney Kids.

## Vehicle and Personal / Medical Forms

Thank you to the various officials and Entrants who have already completed and returned their forms. If you have misplaced your forms that were included in your entry packs please email John at; [rallitrax@gmail.com](mailto:rallitrax@gmail.com) ASAP so we can update our data base with all the information we need so the Ambos, Photographers, Scorers etc can do their jobs effectively and so we can organise catering, dietary requirements and order your shirts. Please, this is important that you help us by completing this task.

## **Theme Night: "1989"**

This years' theme night will be held on the day off (lay day) at Ballarat on Wednesday 8<sup>th</sup> August.

As this is the 30<sup>th</sup> consecutive Kidney Kar Rally or Kidney Kaper as it was originally known, we thought you might enjoy looking back to 1989 for some inspiration for your fancy dress. If anyone wears a Canberra Rugby League Jumper the Road Director has threatened to impose penalties!!

## **Top 10 Highest Fundraises so far**

<b>1</b>	<b>Kar 87 – Bluey &amp; Co</b>
<b>2</b>	<b>Kar 54 – Grimace Too</b>
<b>3</b>	<b>Kar 41 – Dadson Racing</b>
<b>4</b>	<b>Kar 888 – K &amp; K</b>
<b>5</b>	<b>Kar 147 – The Turd Herders</b>
<b>6</b>	<b>Kar 8 – Bathurst Surf Life Saving Club</b>
<b>7</b>	<b>Kar 2009 - XPlant</b>
<b>8</b>	<b>Kar 508 – Amy's Team</b>
<b>9</b>	<b>Kar 1308 – Sister Act</b>
<b>10</b>	<b>Kar 10 - Magnanimous</b>

## **2018 ENTRIES**

We already have 8 entries this year from first time Kidney Kar Krews who are keen to see what all the excitement is about and some of last years "virgins" have entered again this year so welcome back.

To those "slow coaches" who have yet to Register for various reasons we urge you to fill out your Entry Form and return it to John NOW so you can start fundraising and we can ensure that plans are in place to cater for the correct number of hungry, thirsty Krews each day.

**Entries for the 2018 Kidney Kar Rally close at 4pm Friday 29<sup>th</sup> June 2018 and Entry Forms must be received by that date by the Event Director; John Paine otherwise they will NOT be accepted.**

## **Raffle Books and Brochures**

Raffle Books are an easy way to kick your fundraising along and this year we again have some great prizes from Bunnings so if you want some more books please give John a call or send him an email and tell him how many books you require.

Each Book of Raffle tickets has 25 tickets at \$2 a ticket so there is a quick \$50.

This years Brochures tell the story of the Kidney Kar Rally and have a list of contacts which make them very useful to hand out to potential Entrants and Supporters alike. If you need more call John.

## 2018 KIDNEY KAR RALLY PARTICIPANTS

1	Alex Mueller	Kar 10½	Bathurst Renal Failures	Double Bay, NSW
2	Peter Ward	Kar 8	Bathurst Surf Life Saving Club	Bathurst, NSW
3	Peter Peters	Kar 852	The Fugitives	Buronga, NSW
4	Peter Lanyon	Kar 54	Grimace Too	Mt Annan, NSW
5	Robert Cameron	Kar 508	Amy's Team	Boosey, VIC
6	Graeme Wallace	Kar 13	Where's Wally?	West Wallsend, NSW
7	Arthur & Kim Davis	Kar K77	Arkida Cruising	Bathurst, NSW
8	Ken Downie	Kar 888	K & K	Mitcham, VIC
9	Dick Edgley	Kar .05	Doing it for the Kiddies	Avalon, NSW
10	Charlie Gaston	Kar 577	Una-Beaver	Coolamon, NSW
11	Michael Van Den Acker	Kar 73	Rusty Racing	Officer, VIC
12	John Clout	Kar 2009	Xplant	Wagga Wagga, NSW
13	Brett Courtenay	Kar 201	Bone Crusher	Randwick, NSW
14	Kevin McDonald	Kar 3	The 3 Amigos	Carrum, VIC
15	Dave Hogbin	Kar 148	Datto Boys	The Ponds, NSW
16	George Papadopoulos	Kar K810	Yogi and Boo-Boo	South Morang, VIC
17	Rob Meyers	Kar 41	Dadson Racing	Uralla, NSW
18	Dion Manning	Kar 0517	Tumut Transplant Team	Tumut, NSW
19	Howie Nourse	Kar K31	Old Green II	Saddleworth, SA
20	Julian Smith	Kar 1995	Diamond Protection	Mt Waverley, VIC
21	Trevor Wood	Kar 147	The Turd Herders	Grenfell, NSW
22	Vicky Colley	Kar 19	Beaver JNR	Collingullie, NSW
23	Brian Wallace	Kar 500	Cabernet Merlot II	Nowra, NSW
24	David Carter	Kar 93.1	TBA	Wagga Wagga, NSW
25	David McLennan	Kar 82	Auto One	Wagga Wagga, NSW
26	Kyran Colley	Kar 23	Ghost Lightning	Leppington, NSW
27	Ray Cumming	Kar 111	Odd Couple	Chittaway Bay, NSW
28	Paul Dean	Kar 264	Cogman	Wagga Wagga, NSW
29	Sam Leenderts	Kar B13	Where's Wally? Back-Up	West Wallsend, NSW
30	Mark Duggan	Kar 80	Just Kidney-ing Around	Harrison, ACT
31	Paul Nelson	Kar 1500	Oh What a Feeling	Kenthurst, NSW
32	Andy Smith	Kar 10	Magnanimous	Geelong, VIC

33	Michael Kløver	Kar 68	The Artline Team	The Oaks, NSW
34	Carmel Mifsud	Kar 1308	Sister Act	Crookwell, NSW
35	Oden Hickey	Kar 11	Millenium Falcon	Newtown, VIC
36	Trish Murray	Kar 52	Team Murray	Collie, NSW
37	Gerard Hogan	Kar 666	Bogan Hogan	Woodrising, NSW
38	Jim Talty	Kar 87	Bluey & Co	Brightwaters, NSW
39	Stephen Moon	Kar 69	Vass	Picton, NSW
40	Nathan Wilson	Kar 658	Wilson's Transport Narromine	Narromine, NSW
41	David Sheridan	Kar 802	Alcheringa	Pitt Town, NSW
42	Stephen Krohn	Kar 6266	Statler & Waldorf	Red Cliffs, VIC
43	Lucy Esteves	Kar 30	Kinky Kidney	Lara, VIC
44	Lou Marevich	K20	Billy Kart	Prospect, NSW
45	Mark Kemp	Kar 1966	Team Tardis	Buff Point, NSW
46	Dean Bint	Kar 747	Learning to Fly	Razorback, NSW
47	Maree Warren	K24	Cody's Country	Tamworth, NSW



**Can the 2017 Kidney Kar Rally winners withstand the pressure and go back to back?**

**Kidney Kar Rally Director**

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