

krazeeee

4 KRAZIES

By:

Date:

Venue:

Leanne Opperman

September 2011

Fabulous Las Vegas

WHAT IS KRAZEE 4 KRIPPLES?

Let's start at the beginning...



Okay not THAT far back.

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4
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WHO AM I?

My name is Leanne Opperman and I am an adrenaline junkie.

I'm from Sunny South Africa & very proud of my heritage.



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WHO AM I?



MY CONDITION

Hereditary Inclusion Body Myopathy



MY CONDITION

Hereditary Inclusion Body Myopathy



Vickey (sister)



Me with my Father, Mother, Brother and Sister

MY OWN 'KRAZEE'NESS



With my Parents at the
Devil's Pool at Victoria
Falls, Zambia



Ushaka Marine World –
Durban, South Africa



River Rafting – Mighty Zambezi

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CARA & THE KRAZEE



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K4K 2009 – Milehigh 4 Muscles



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krazee for kripples



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krazee for kripples

K4K 2010 – Hanging 4 Hope

Come enjoy the second annual
'Krazee 4 Kripples' event with us.

A day filled with
hang gliding, music,
food and friends,
all in support

of the
Muscular
Dystrophy
Foundation
of South Africa
(Gauteng Branch)

To book a hang glide
or microlite ride
or for donations,
please contact
leanne on
082 452 1266

krazee
4
kripples
2010

hanging for hope



27 November 2010
10:00 - until late
Thermal Riders Hang Gliding
Club - Aviators Paradise,
near Brits (25°41'39.9"S 27°46'59.3"E)

This event will form part of the
Gauteng Hang Gliding Championships.
Fun is guaranteed.
Cash bar - braaipacks available.



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Krazee for Kripples

Blogs:

Henno <http://rwrant.co.za/2010/11/10/krazee-4-kripples-hanging-for-hope/>

Sharman <http://sharmanandhobbo.co.za/blog/2010/11/krazee-4-kripples/>

LeeAnne <http://www.mebelee.wordpress.com/2010/11/11/im-donating-my-body-to-charity/>

Brad <http://www.bradbrown.co.za/the-arb-guy/archives/1107>

Social Media

K4K on Facebook <http://www.facebook.com/pages/K4K/136840743015439?ref=sgm>

MDF on Facebook

<http://www.facebook.com/pages/K4K/136840743015439?ref=sgm#!/pages/Muscular-Dystrophy-Foundation-of-South-Africa/149623611747782>

Twitter <http://twitter.com/#!/Krazee4K>

Krazee for Kripples

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PRETORIA NEWS
WEDNESDAY DECEMBER 1 2010

Up in the sky for a worthy cause

Victims raise funds to soften blow of MD

KARABO SEANEGO

SUFFERERS of muscular dystrophy have taken to the skies to raise funds for the Gauteng branch of the Muscular Dystrophy Foundation of South Africa (MDFSA). The second Krazee for Kripples event was hosted at the Thermal Riders Hang Gliding Club, Aviators Paradise near Brits, at the weekend. The theme was "Hanging for Hope".

The event is the brainchild of Leanne Opperman who was diagnosed with MD while in Grade 9.

Last year she went skydiving and then thought of raising funds for the foundation to assist with the purchase of equipment and to inspire others not to lose hope.

Opperman and her friends raised money for four people to go skydiving and that success inspired them to make it an annual event with a different theme every year.

"We decided to do this to show people that life still goes on and does not stop when you are diagnosed with MD. Last year we took a boy along when we went skydiving and when he touched the ground he broke down in tears of joy because he had done something he never thought he could do," she said.

The vice-chairman of MDFSA's Gauteng branch, Pieter Joubert, said such events were important to them from a financial point of view as they did not receive government funding.

Among the people who attended the event was Sarah Kwenale and her 10-year-old son, Kamogelo, who was diagnosed with MD.

Kwenale said her son never



Pilot Michael Coetzee straps Leanne Opperman, who suffers from muscular dystrophy, to a hang glider during the "Hanging for Hope" event held to raise awareness for muscular dystrophy near Hartbeespoort Dam.

PICTURE: MAY LOU

WHAT IS MUSCULAR DYSTROPHY?

Muscular dystrophies are a group of genetic conditions characterised by progressive muscle weakness and wasting of the muscles. There are more than 70 neuromuscular disorders, and in South Africa they affect at least one in 1 200 people. Men, women and children of all ages and race may be affected.

Symptoms may appear at birth and can vary from childhood to adult life. They may include muscle weakness and fatigue, which often results in limited physical activity. Severe cases of MD may result in a shortened life. Most disorders are inherited, though families without a history of the condition may be affected.

TREATMENT

Sadly, there is still no definite cure. However, physiotherapy is important as well as a balanced diet and exercise programmes. Orthopaedic devices can alleviate some of the discomfort experienced. In severe cases medication and surgery may help. There are many research projects in South Africa and worldwide that are working on a cure for the disease.

Beeld

Jou wêreld, Jou koerant

Druk hierdie artikel

Lesers skryf: Sweef hoog vir spierdistrofie-lyers

2011-01-18 06:00

Sweef hoog vir spierdistrofie-lyers R achelle Joubert van Carletonville skryf

Die tweede jaarlikse geldinsamelingsbyeenkoms vir spierdistrofie het glad nie teleurgestel nie.

Mense van oor die hele Gauteng en Noordwes het saamgetrek en gekamp by die Thermal Riders- vlerkswewersklub tussen Hartbeespoort en Brits.

Die Krazee-4-Kripples-byeenkoms is in 2009 deur Leanne Opperman van Hereditary Inclusion Body Myositis begin.

Leanne wou gaan valskerm spring en het toe by die Johannesburgse Valskermklub in Carletonville gehoor of hy spesiale reetings vir haar kan tref.

Toe die klub bevestig dat dit wel moontlik sal wees om haar te laat spring, het sy gedink om mense met spierdistrofie te kry om saam te gaan.

Daar het die droom bewaarheid geword, en met die insig van Leanne het sy besluit om dit 'n geldinsamelingsgeleentheid vir spierdistrofie te maak.

Die konsep is eenvoudig: Maatskappye borg 'n spierdistrofie-pasiënt se sprong, en ongeveer die helfte van die geld gaan dan na die Spierdistrofie Federasie van Suid Afrika (Gauteng-tak).

So 'n geldinsameling sal maar vaal wees sonder om die publiek te probeer betrek en so het die geleentheid uitgebrei en 'n fees geword wat almal kan geniet.

Leanne het gereël vir verskeie musiekgroepe om op te tree en braaipakke is verkoop om 'n goeie partytjie te hou.

Spierdistrofie is 'n groep genetiese toestande wat gekenmerk word deur die progressiewe verswakking en wegwyk van spiere.

Die afwyking ken nie ouderdom, geslag of ras nie. Die meeste toestande is oorerflik, hoewel sommige pasiënte geen geskiedenis daarvan in hul familie het nie.

In 2009 was Krazee-4-Kripples se tema "Mylhoog vir spiere". In Desember was die tema "Hang vir hoop" toe daar met die vlerkswewers saamgespan is.

Daar was agt sweefvogte wat geborg is, en vier van die swewers is deur 'n spiertoestand geraak.



Leanne Opperman maak gereed vir haar debuut as vlerkswewer met Mike Coetzee by om haar te ondersteun. Foto: RACHELLE JOUBERT

Foto's • Lesersfoto's • Nuus in Foto's
Stuur vir ons jou foto's • Stuur vir ons jou foto's


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A charity gig with some spunk! Annually we go Krazee 4 Kripples, dose up on...

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king a Difference




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K4K · Everyone (Top Posts)

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Write something...

 **K4K**

Roly needs to keep rollin' ... !! If you're able to help in any way...Roly's a dear friend of mine ~ Lea

 **Roly's Wheelchair Appeal**


My name is Roly Clulow and I live in Cape Town. In 1996 I resigned from my job as Branch manager of a well known tiling company after I had decided that I was spending too much time at the office filling other peoples' bank accounts and too little time wi...

See more


Page: 27 people like this.

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 **K4K**

Check it! Got a response to the 5fm Young Blood nterview! Bets Mansvelt from East London Drift has offered to get involved! Awesome!

 **East London Drift**

Drifting is the fastest growing motorsport in the world, and it has made its way to East London, South Africa. East London Drift is the first club of its kind in the border region and it



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Muscular Dystrophies are a group of genetic conditions that are characteriz...

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 **Muscular Dystrophy Foundation of South Africa**

Take 2! Unless Sasha has other plans... ;) ... Tune into 5FM just before 11am to catch Kim Schulze's Young Blood 5 interview with Leanne about Krazee 4 Kripples!

Like · Comment · 31 August at 08:49 via Mobile

Midkey van Tonder and 3 others like this.

 **Muscular Dystrophy Foundation of South Africa** Go Lee! You are a rockstar!

31 August at 10:17 · Like

Write a comment...

 **Muscular Dystrophy Foundation of South Africa**

September is Awareness Month. YOU can make a difference

Wall Photos

 **Making a Difference**

by supporting people with muscular dystrophy


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LeaVille Leanne Opperman

RT [@Krazee4K](#): The @5FM #YB5 interview with @KimSchulze @F1sasha got a response! Bets Mansvelt from East London ... tmi.me/fxUCz


9 hours ago



LeaVille Leanne Opperman

RT [@Krazee4K](#): Tomorrow is Casual Day! Show a krazee Kripple some lurve & buy your sticker!! lockerz.com/s/134807436


1 Sep



KimSchulze Kim Alexis Schulze

. [@Krazee4K](#) on YB5 on @5FM right now :)


31 Aug



F1sasha sasha martinengo

RT [@Krazee4K](#): Take 2! Unless @F1sasha has other plans ;) Tune in2 5FM just before 11am 2 catch @KimSchulze 's interview w/ @LeaVille on #YB5


31 Aug



LeaVille Leanne Opperman

Eeeeeek!!! RT [@Krazee4K](#): So average temps in Vegas: lows 26 ~ Highs 38?! Guess @LeaVille will have to go bikini shopping!! #K4KVegas

30 Aug



Krazee 4 Kripples

[@Krazee4K](#) view full profile →






Afrique de Sud !!!

A unique charity event. Annually we go Krazee 4 Kripples, dose up on adrenaline, rock to live bands, and hand over a wack of cash to the MDF


<http://www.facebook.com/pages/K4K/136840743015439?ref=sgm>

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Krazee4K Krazee 4 Kripples

RT [@LeaVille](#): Don't ask often but pls RT? Roly's a dear friend ♥ RT [@Powachair](#): Sarchasm - Wheelchair Fund ... tmi.me/fyhRM

6 hours ago



Krazee4K Krazee 4 Kripples

The @5FM #YB5 interview with @KimSchulze @F1sasha got a response! Bets Mansvelt from

krazee for kripples

K4K 2011 – Drifting 4 Dystrophy



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kripples**



DON'T TRY THIS AT HOME!

DEALING WITH 'MD'



**FIFA Soccer World Cup 2010 –
with some American fans**

MY OWN 'KRAZEE'NESS



Micro-liting over the Zambezi

MY OWN 'KRAZEE'NESS



**Mponeng Underground Visit -
Deepest Mine in the world**

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