



The
**Renal
Review**
June 2004

New Website

Our new website, vikpa.org, is officially up and running. Check it out for all kinds of information on VIKPA and what we do: our purpose, our new logo, fund raising, bursary info, info on local renal units, and lots more. We will be expanding the website in the coming months to include patient biographies, the history of VIKPA, and other useful and interesting information for renal patients.

A huge thank you to Steve Noble of Animax Design Group for working with VIKPA to design and host the new website at a nominal cost. He has done a great job and has worked patiently to help educate all of the computer illiterate among us on websites and how they work. He also designed, free-of-charge, a new logo for VIKPA which is featured on our new website. Thanks also to Lita Rolofs for spear-heading the effort to get the new website up and running, and to everyone who contributed to its design.

New Logo

VIKPA has a brand new logo, designed free-of-charge by Steve Noble of Animax Design Group, to go with our new website. The logo, pictured at the top of this page, includes both our name and the slogan "Patients Helping Patients," the very essence of VIKPA. The logo pictures the sun shining over the mountains. The sun represents hope, nurturing, healing and strong support, and the mountains represent patients coming together to overcome challenges. The overall design is warm and positive and is representative of Vancouver Island.

For more info on our new logo, or to see it in full colour, go to our new website, vikpa.org.



VIKPA's new board of directors (back row from left): Nancy Cuthbert, Teresa Melendez-Duke, Lita Rolofs; (front row): Claire D'Avila, Russ Harvey, Pat Chadwick. Cheryl Jones was absent.

New Board

For the first time in many years an election was necessary at our AGM held on February 19, as several people were vying for the different board positions. The results were as follows: president, Gabor Brach; vice-president, Claire D'Avila; secretary, Teresa Melendez-Duke; treasurer, Pat Chadwick; membership secretary, Cheryl Jones; members-at-large, Nancy Cuthbert and Lita Rolofs.

Many thanks go out to the previous board for their work on VIKPA's behalf, including out-going president Barrie Adkins, and Gabor Brach who served as our membership secretary for the past four years. Barrie served as president of VIKPA for the past year and brought many new ideas to the board. He also worked hard to make contact with all of VIKPA's members, especially those from Up-Island. Barrie was later given a gift certificate to McMorrans Restaurant as a thank you for his efforts.



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DOCTOR'S CORNER

Getting To Know Dr Jones

by Dr Chris Jones

I was asked by Pat Chadwick to provide a biography for myself, to help people get to know me better. In preparation for this I am indebted to my wife Jane, who knows me better than anyone, and who tells me I don't really know anything! She suggested I model the bio on Dewar's profile.

Born: Victoria in the old St Joe's hospital

Raised: Brentwood Bay (not in the bay) when it was really the country.

Family: Married nearly twenty years to my best friend Jane. We have two children, Michael and Jennifer.

Musical instruments: Trombone, most recently classical guitar, my son thinks my kazoo abilities are promising.

Thoughts on running: I believe that as long as I get faster every year, I can't be getting older. Fortunately, I have started out very slowly; my daughter times my laps with a sundial.

Thoughts on climbing: That's pretty much all they are now, just thoughts ... I used to enjoy rock and ice climbing, when I was young enough to ignore the consequences of gravity.

Reasons on becoming a doctor: When you grow up as a complete nerd without computers, not too many options at that time. If I grew up today, I think there are many more exciting avenues in science, I could be a professional student until I obtained my old age pension; did I mention I like learning?

Last book read: Dialysis Outcomes Quality Initiatives Clinical Practice Guidelines. I really wanted to read my son's MADD but it was loaned out.

Favourite drink: Whatever Dr Antonsen is serving. I don't drink Dewar's, but single malt Scotch is what my brother and I exchange on birthdays.

Favourite colour: I am red-green colour blind, so whatever I'm wearing is probably my favourite, just don't ask me what colour it is.

The Vancouver Island Kidney Patients' Association (VIKPA) is a volunteer, non-profit society working for the benefit of all renal patients.

Our address is Box 5145, Station B, Victoria, BC V8R 6N4. Voice mail 595-3650.

Website: www.vikpa.org.

Email: info@vikpa.org

Deadline for the November 2004 issue is October 21, 2004. All submissions, contributions, and ideas for the newsletter are gratefully accepted. Items for the newsletter may be sent or emailed to the above addresses.

This newsletter was compiled by Pat Chadwick, Lita Rolofs and Alison Phosy. Photos by Teresa Melendez-Duke, Alison Phosy and Lita Rolofs. Photo of Bob Matthews supplied by Amy Matthews. Editing and layout by Alison Phosy. Online version prepared by Animax Design Group.

President: Gabor Brach

Vice-President: Claire D'Avila

Secretary: Teresa Melendez-Duke

Treasurer: Pat Chadwick

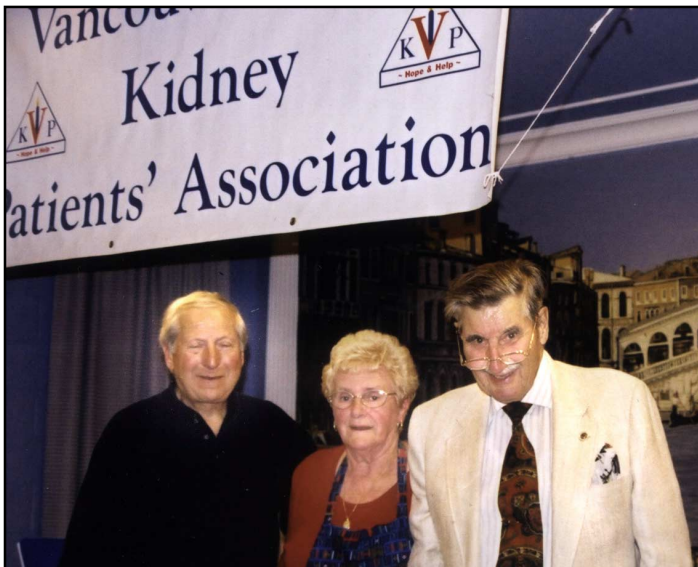
Membership Secretary: Cheryl Jones

Members-At-Large: Nancy Cuthbert, Lita Rolofs



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*"Spud" Morelli (left), Betty Yon, and Ray James, organizers of the Italian dinner held in Nanaimo.
Nanaimo Dinner Raises \$3300*

A giant thank you goes out to Betty Yon and renal patients Raymond James and Irwin "Spud" Morelli for organizing the very successful Italian Dinner held at the Cavalotti Hall in Nanaimo on June 6, which raised \$3300 for VIKPA, well over the goal of \$2000. Approximately 235 people attended the sold out dinner which included roast beef and potatoes, various vegetables, spaghetti and meat balls, salami, cheeses and scrumptious desserts. Many of those attending made donations in excess of the \$12 ticket price.

In addition to the ticket sales there was also a 50/50 draw and a raffle with more than twenty different prizes. The grand prize winner was Ann Sevigny of Parksville who won a huge hanging basket donated by the Mid-Island Coop Garden Centre.

Many people and organizations contributed to this event: Betty and the other women who did all the cooking, family members who helped with everything from picking-up supplies to selling tickets and putting up posters, the Italian Lodge for donating the hall and its facilities, the hall staff and bartenders for donating

their services, the various individuals and businesses for donating prizes, all those who gave donations of money, and of course to everyone who attended from all over Vancouver Island. Due to the dinner's great success, Betty, Ray and Spud are considering holding another dinner next year. We all hope they do.

Golfers Needed For July 18

Jake and Dee's Sangha's 11th Annual Golf Tournament will be held on Sunday, July 18 at Cedar Hill Golf Course. Jake and Dee have raised more than \$75,000 for VIKPA since the first tournament was held in 1994, after Dee received a kidney transplant from their daughter Maya. This year Jake and Dee plan to raise an additional, astonishing \$30,000.

The \$95 entry fee includes a great round of golf, muligans, a delicious buffet dinner and a absolutely fabulous prize for every player. The tournament begins with a shotgun start at 12 noon. There will also be a putting contest beginning at 10AM (3 putts/\$5) with a gas barbecue going to the winner. In addition to the raffle and 50/50 draw, for the first time this year's tournament will also feature a live auction.

This is definitely an event you do not want to miss. There is still room for a few more golfers, but sign up now as space is limited. The registration fee is only \$95 per player, with all proceeds going to the Vancouver Island Kidney Patients' Association. The cost is \$30 for those just wanting to attend the dinner. To register contact Dee at 658-5480.

I Wish For ...

Is there something you are wishing for, something you would like to see in your renal unit: books, tables, pictures? Due in part to some recent very successful fund raising events, VIKPA's bank account is currently in good health. If you have things you are wishing for, please let us know. We want to help.



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Around The Island

by Lita Rolofs

Cumberland Community Dialysis Unit

(by Bill Coltart): After 2 1/2 months in Jubilee Hospital Mary is finally home. Patient Pansy and her husband Joe have had to relocate to Victoria from the Cumberland Clinic due to complications. Best of luck to you both. Patient Pearl is recently back from a stint at the Jubilee.

We welcome Bill and Leon as our new patients at Cumberland, although Bill is currently at Jubilee due to some problems.

We are looking into holding a picnic for patients, spouses and family sometime during the summer. We will keep the patients advised. We are also planning a home-made wine and cheese party during the fall to raise money for VIKPA. There will be a prize for the best bottle of home-made wine.

Last, but not least, our display at the Comox Mall and at Wal-Mart went over with a big bang, especially at Wal-Mart. Besides a lot of people asking questions, we collected \$150 in donations for the Kidney Foundation. The people at Wal-Mart were extremely helpful and friendly and said we could come back again next year.

Also, VIKPA recently purchased some drinking glasses for the unit. Thank you.

Port Alberni Community Dialysis Unit

(from Ruth St James): Welcome back to Bev. Hope you are continuing to recover well from your surgery. Thank you to VIKPA for the wonderful Easter treats. VIKPA board members will be visiting in Port Alberni on Wednesday, August 25.

Nanaimo Community Dialysis Unit

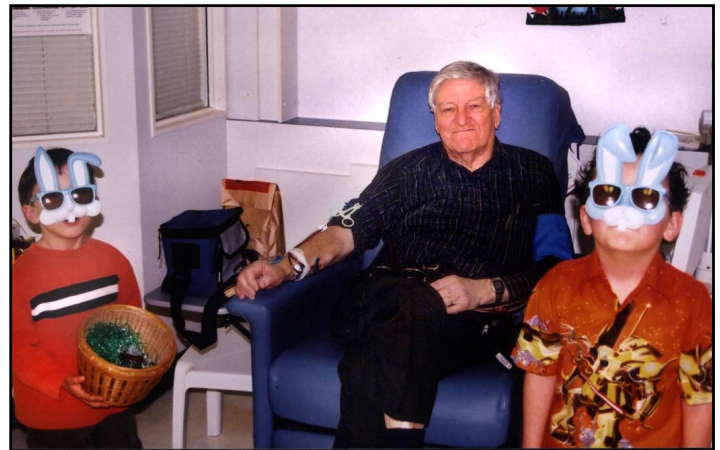
(from Darlene Crowe and Colleen Barker, RN): Clinical resource nurse Frances Nightingale finished training four new nurses. Welcome one and all. An Italian dinner was held June 6 (see page ?). It was great to see so many staff members attend. VIKPA board will also be stopping in Nanaimo on August 25.

Duncan Dialysis Unit

(thanks to Tamah Hurn, RN): Thanks again to VIKPA; everyone was happy with the Easter treats. It is always nice to be remembered. Everyone is looking forward to summer. VIKPA recently sent a wall clock donated by Margaret Rigby and a brochure holder to the Duncan Unit.

Hillside Community Dialysis Unit

(from Teresa Melendez-Duke and Lita Rolofs): Friends to all in the dialysis unit stopped by with special Easter goodies for everyone. Thank you to Christopher and Alex for their visits. VIKPA purchased special cushions for the chairs to make them more comfortable for the patients when dialysing, as well as site minders and five new side tables.



Easter bunnies Christopher and Alex share their goodies with patient Len Thomas at the Hillside Unit.

Kidney Care (Pre-Dialysis)

(from Sharon Read): We are continuing to work to improve and expand the services offered through the clinic. We have recently formed a Patient Advisory Group, and I am sure they will have lots of ideas for us. As the number of patients followed here has grown significantly over the past year, we are adding additional staff. We have been doing some work with...

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(from previous page) Aboriginal Health to promote health and also continue to work with a group of primary care doctors with the Health Authority who are interested in strengthening the role they play in the management of chronic kidney disease.

One of our current projects is to develop a personal healthcare planner for persons with kidney disease, which would be a useful tool to help them manage their health. If you would like to be involved with this project please contact Sharon Read at 370-8224 or toll-free 1-888-370-8224.

Victoria Renal Unit and Four South/Three Central (thanks to Terry Cain, RN): The daily dialysis trial has been going for two months now. It involves nine patients dialysing for 2 1/2 hours a day, five days a week. All the patients are doing very well.

Anne B thanks everyone for keeping the unit going and pulling it all together especially with fluctuations caused by the growth in the number of patients.

Greg Searle is moving from his position as head nurse on Four South to Frances' job as Clinical Resource Nurse. Frances will be focusing on home/hemo and nocturnal dialysis.

Home/Hemo and Nocturnal (by Pat Chadwick): I have survived quite nicely on home dialysis. It has now been about five months and things are going great most of the time. I find if I get alarms, it is usually my fault: I have either tried to go too fast or I have skipped a step. I have a Cobe machine. I like it as it is a real work horse. It lets me know when I have made an error and won't stop alarming until I fix the problem. I understand the Renal Agency has purchased new machines for the home/hemo patients. The machine is called a Gambro and is much smaller than the Cobe. It also has the RO (reverse osmosis) attached to the machine. It sounds great and I am looking forward to being trained on it and to get it home with me; then, hopefully, I can try nocturnal dialysis.

I think nocturnal will be a real challenge for me. Will I be able to sleep okay at night? How will I react when I have to do it every night? Check the next issue for more info about nocturnal dialysis and what it involves.

Peritoneal Dialysis (PD) (from Paula Ball, RN): At the end of January we moved from Four South to Four East, the old CardioVascular ICU. The area is very bright and spacious. The staff and patients love it although the new space is apparently temporary.

Good-bye to social worker Kari McLay who has gone back to RR1 (Burn Unit). We will miss you and wish you well. A big thank you to Kari for all her efforts on VIKPA's behalf. Welcome to Debbie Ord, Kari's replacement. Everyone is keeping busy with many new patients in the program.

Transplant Clinic (from Kendra Fowler, RN): The Transplant Clinic is embarking on a new initiative to enhance the transition for transplant patients returning to dialysis. Staff changes include a new clerk, Laurie, starting June 14 and Linda returning after a three month LOA. We are now following 201 kidney transplant recipients and 31 heart transplant recipients. Reminder for patients to wear your sunscreen: SPF 30 or greater!

VIKPA purchased two reference books for the Transplant Clinic: *Herbs: Everyday Reference for Health Professionals* (includes uses, dosage ranges, contraindications, drug-herb interactions and more ...) and *Compendium of Self-Care Products* (includes quick glance comparative tables on thousands of products and monographs on hundreds of commonly used non-prescription products).

Monthly Meetings Take Summer Break

VIKPA's regular monthly meetings, held on the third Thursday of each month in the renal unit boardroom (second floor RJH Renal Unit), will not be held during July and August. Our next meeting will be at 1PM on Thursday, September 16, 2004.



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Garage sale volunteers (from left): Alison Phosy, Nancy Cuthbert, Claudia Fitchett, Pat Chadwick and Wendy Poulton...

Book and Garage Sale Great Success

VIKPA's first Book and Garage Sale, held on June 5 was a huge success, raising \$1142.43 for the Gordon Duthie Bursary Fund. Thank you to everyone who helped in so many ways: first, to the James Bay New Horizons Society who generously offered the use of their building for the sale; to Margaret, Doug, Claudia, Chris, Carly and Adam for offering their help and expertise; to Nancy, Pat, Claire, Lita, Wally, Wendy, Cheryl, Peter, Teresa, and Alison for organizing, setting up, sorting, selling and cleaning up afterwards; and finally, a big thank to all the patients, staff, family and friends who donated items for the sale. We began the day with some thirty-five tables completely filled with items to sell, and by 2 o'clock most of it had sold.

We have already begun planning next year's sale so start saving your stuff now.

New Bursary Guidelines

The bursary committee met extensively this spring to review the criteria, guidelines, and application forms for the Gordon Duthie Bursary Fund. While the criteria for the bursary did not fundamentally change, many items were amended or clarified. The new guidelines also include additional information on Gordon Duthie and how the bursary came to be established. A full copy of the new guidelines are available through any of the renal social workers, on our website (vikpa.org), or by contacting VIKPA. The deadline for bursary application remains at June 30.

The Gordon Duthie Bursary Fund is administered separately from other money which VIKPA receives. Our recent garage sale held on June 5 raised \$1142.43 towards the Gordon Duthie Bursary Fund. If you would like your donation to VIKPA to be directed to the Gordon Duthie Bursary Fund, please indicate "Gordon Duthie Bursary" clearly on the donation form.

Sign Our Petition VIKPA has begun circulating a petition to aid patients with Permanent Total Medical Disabilities (PTMD). The provincial government has recently cut the travel and food allowance for these people for travel to medical appointments outside of their local area. This particularly effects patients living Up-Island who must travel to Victoria or Vancouver for treatment. Previously, the travel allowance was 20¢/km with \$4 per day for meals. This has been reduced to 12¢/km with no meal allowance. As you can well imagine the travel and meal allowance for MLA's is considerably higher.

Our petition reads as follows:

"I, the undersigned hereby petition the Government of British Columbia to re-instate adequate funding for travel and meal allowance to persons with Permanent Total Medical Disabilities, enabling them to access necessary medical treatment not available to them in the area in which they live."

The completed petition will be sent to Mr. Colin Hansen, Minister of Health in September. Copies will be sent to all Island MLA's as well as to provincial party leaders. To see the full letter or to get a copy of the petition contact VIKPA or go to our website.



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Lita Rolofs: Women of Distinction Nominee



No matter how busy she gets, if there is something that needs doing Lita will find a way to get it done. She makes sure everyone else's needs are taken care of first, without considering her own. I cannot think of a more worthy recipient for a Woman of Distinction Award."

Thanks, Wendy!



Congratulations to renal nurse and VIKPA board member Lita Rolofs who was nominated for this year's Women of Distinction Awards in the Community Legacy category. Although she did not win when the awards were handed out on May 12, she is very deserving of the recognition she has received. In addition to her dedication to her patients and her work with VIKPA, she also supports the Victoria Women's Transition House.

The following letter was sent in from VIKPA as part of Lita's nomination:

"Dedicated," "hard-working" and "selfless" are just a few of the words which can be used to describe Lita Rolofs. Lita goes well beyond the call of duty as a renal nurse and uses her spare time to volunteer with the Vancouver Island Kidney Patients' Association (VIKPA), a non-profit society working for the benefit of kidney patients on Vancouver Island.

During the past year, Lita has served on our board of directors, and she has worked tirelessly signing up dozens of new members. Additionally, along with other board members she has made several trips Up-Island to visit patients in the various renal units.

Always willing to help out, Lita has also worked collecting and compiling information for our newsletter. Furthermore, she is not afraid of rolling up her sleeves and helps out folding newsletters and stuffing envelopes.

Lita also has a very soft heart and is constantly looking out for the underdog. This year she was instrumental in beginning a new project at VIKPA dubbed "The Easter Basket" which saw a total of more than \$3000 in grocery store gift certificates donated to needy renal patients at Easter and Christmas time.

Wendy Poulton displays the certificate of appreciation she was awarded in recognition of her continuing support to the Vancouver Island Kidney patients' Association. Thanks, Wendy!

Transplant Recipients

Congratulations to the following renal patients who have recently received transplants.

Brian McKay (Hillside)
Geoff Tisdale (Hillside)
Jim Vance (Hillside)



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Robert Wilfrid Matthews

1918 - 2003

Bob Matthews was born at his family's home in Huronville, Saskatchewan on October 17, 1918. It would be more than seventy-five years later, after already having lived a full and active life, before Bob would have any indication of his impending kidney disease.



Bob Matthews circa 1987

Shortly after his birth, Bob and his family, parents Wilfrid and Christina, brothers Lindsay and Percival and sister Patricia, moved to Winnipeg. In 1941, with World War II raging, Bob joined the air force. On October 20, 1943, while in Vancouver, a group of airmen decided to attend the United Services Centre where a young woman named Beatrice Amy Nanson happened to be working as a hostess. Bob and Amy were married at Christ Church Cathedral in Vancouver on May 12, 1945. Bob was discharged from the service the following year.

In 1948, Bob and Amy moved to Victoria and went into business with Bob's uncle selling office equipment at a company which later became RW Matthews Agencies Ltd.

Approximately ten years later, when Bob's uncle retired they took over the business. At one point Amy went in to help out for a few days and ended up staying for more than twenty years. During their time in Victoria Bob and Amy had two children, Philip and Robyn, both of whom are now married and living on the Mainland. While the children were growing up the family lived in the Cadboro Bay area.

In addition to working together, Bob and Amy also enjoyed much of their leisure time together, golfing and playing bridge. Bob played his last bridge match only a few days before he went into hospital, shortly before his death.

One hobby they didn't share was Bob's love of music and singing. He performed with numerous choirs over the years including the Victoria Village Squires, the Totem Tones Quartet, the Fish and Chaps Quartet and most recently the Pacific Aires, as well as with various church choirs. The performances often meant travelling throughout western Canada, particularly while he was singing with the Totem Tones. He also played ukulele and piano, although the latter was only done for his own enjoyment. Bob also enjoyed sketching.

After thirty years in the office equipment business, Bob and Amy decided to sell it in 1978, when Bob was sixty years old. Shortly after Bob and Amy decided to move from Cadboro Bay to Allbay Road on Robert's Bay in Sidney. As their children were now grown they were also able to travel extensively, everywhere from California, Hawaii and Southeast Asia to England and Europe. They also made frequent trips to Chilliwack, the Okanagan and Saskatchewan to visit family. The one place they never made it to, though, was Australia.

It wasn't until March 1995, at the age of 76 that Bob first became ill. In October of 1996, after about

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(continued from previous page) eighteen months of being very tired and generally unwell he landed in hospital. While in hospital he was diagnosed with kidney failure and was told that he needed to start dialysis immediately. It was left up to Amy and the rest of the family to decide whether he should go on hemodialysis or peritoneal as Bob was too unwell to help decide. Although a difficult decision at the time, since they had no knowledge of or experience with kidney disease, they never regretted choosing hemodialysis. Over the years Bob dialysed both at Hillside and the Renal Unit.

Bob's diagnosis came as a real jolt to the Matthews. Suddenly, Bob and Amy faced a huge lifestyle change. Their travelling was severely curtailed, although they still made the occasional trip to Chilliwack, Kelowna or Saskatoon. Bob gave up golf, due to his generally poor health. (During his seven years on dialysis he averaged about three hospital stays a year.) Bob continued to sing, but only with the smaller Pacific Aires choir. Eventually, Bob and Amy decided to move from their home of twenty-five years on Allbay Road to a senior's complex in Sidney. In preparation for their move they held a garage sale which earned of phenomenal \$1000, all of which was generously donated to VIKPA.

They moved into their new home on December 13, 2002 and Bob died exactly one year later, on December 13, 2003. After Bob's death, his family asked that in lieu of flowers donations be made to VIKPA in his memory. VIKPA received more than forty donations totalling some \$2000.

Although Amy still plays bridge, she is no longer able to play in the couples groups which she so enjoyed. She gave up golfing around the same time Bob did, when he started dialysis. She is still active, though, and still drives, but she finds the evenings particularly lonely. Fortunately, Bob kept a diary throughout much of his life which she has started reading since his death. She says it has been a real comfort and makes him seem closer, and because they were married for fifty-nine years, much of it is her life also. What a lovely gift to leave behind.

IN MEMORIAM

Our condolences go out to friends and family members of the following people who have recently passed away.

Allen Morley

Andrew Gilfillan

Audrey Haggart (Renal Unit)

Brian Duffield (Renal Unit)

Daisy Barnes

Doug Davies (Renal Unit)

Gary Kammerer (Renal Unit)

George Richards (Hillside/Renal Unit)

Jim Reitan (Hillside)

John (Bev) Oke

Lawrence Eggington

Leslie (Bruce) Lohr (Hillside and Renal Unit)

Lorne McConchey (Hillside)

Margaret Higgs

Norman Ko (Renal Unit)

Pauritam Kaur

Robert Mabone (Hillside)

Wanted: Volunteer Visitors

VIKPA is actively looking for members of the renal community who would be interested in becoming a "Volunteer Visitor," providing peer support to patients in the Renal Unit and on Four South/Three Central, particularly to newer renal patients or to those some distance from their support network. Anyone involved in the renal community is welcome: patients, family members or medical personnel. Training will be providing. Even just a couple of hours a month would be of great benefit. This program was used several years ago and the VIKPA board feels there is a need to re-instate it at this time.



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Thank You's

Thank you to the following people and organizations for the many ways in which they have shown their support for VIKPA.

To everyone who has renewed their membership for this year (we are up to 267 members), and to all who sent in such generous donations. There have been many of you. If you haven't yet renewed your membership for this year, it is not too late.

To the Pro Patria Branch #31 of the Royal Canadian Legion who has once again made a generous donation of \$500 to VIKPA.

To nine-year-old Sierra who sent in a donation of \$20.16 along with the following note:

"For the last little while I have been saving a part of my allowance to give to charity. I decided to give it to VIKPA. One reason I chose to give the money to VIKPA was because when my grandmother was in the hospital I really liked the chairs VIKPA donated. They were comfy."

To Cheryl Jones who has been picking up VIKPA's phone messages for the past three years, and to Nancy Cuthbert for offering to take over the task.

To Russ Harvey for creating our original website, as well as for maintaining and hosting it for the past five years, all at no charge to VIKPA.



Russ Harvey receives a certificate of appreciation from president Gabor Brach for his work on the *old* VIKPA website.

Easter Gifts and Treats

The Easter bunny was out in full force this year. First of all, thank you to Margaret Dowd and her family for putting together the wonderful treats that were provided to the hemodialysis patients on the Island. In addition, VIKPA provided seventy-eight \$30 gift certificates to needy renal patients as part of our "Easter Basket" program. This is almost double the number of gift certificates given out last year. The program is administered through the renal social workers in order to maintain patient confidentiality. Even so, we received many calls or notes of thanks for the certificates.

Parksville Potluck

A potluck luncheon was held at the Island Hall Beach Resort in Parksville on April 25. Although the turnout was small, VIKPA members who had travelled from Victoria were able to meet some new patients from the Nanaimo and Parksville areas. Everyone attending had an enjoyable time. A big thank you once again to Mr Darren McAdams, owner of Pacific Beach Investments Ltd., for generously donating the use of the space, and to resort manager Lisa Sessions, for helping to coordinate the event.

VIKPA History

Our board of directors is currently trying to compile a history of VIKPA. Are you a long-time renal patient? Do you have memories of VIKPA's early days in the 1970's? Do you recall the names of some of the other early members? If so, we would like to hear from you. The finished history will be featured on our new website.

Newsletter Online

We will be attempting to put this issue of the newsletter on our website. If you would like to receive future newsletters online, rather than by conventional mail please email us at info@vikpa.org. Receiving your newsletter online not only saves paper, but also saves VIKPA money.