



The **Renal Review**

Vancouver Island Kidney Patients' Association

October 2004

Tournament Tops \$100,000



Tournament champions (from left): Dee Sangha, Don Shaw, Shaun Jones, and Todd Wing.

Dee and Jake Sangha's Eleventh Annual Golf Tournament this year raised an astonishing and once again record-breaking amount of \$30,000, bringing the total amount raised since the tournament's inception to over \$100,000.

The 112 golfers who attended this year's event were later joined by spouses and guests for a mouth-watering buffet dinner and other festivities. The July 18 tournament again took place at Cedar Hill Golf Course. Each golfer received a green ribbon to wear in support of organ and tissue donation.

The tournament included a putting contest which brought in \$250. Four finalists played off with Dan Bird emerging as the winner of the portable gas barbecue donated by Courtenay Canadian Tire. Later, nearly twenty items were raffled off following dinner. Pat Chadwick won a gift basket featuring

wine, wine glasses and related items, and Wally Rolofs won a portable air compressor. The night's activities also included a very entertaining live auction which raised over \$3000. The top selling item was a framed limited edition print entitled "Anthony Island" by artist Sue Coleman, which sold for \$450. Other auction items included a spa treatment at Brentwood Bay Lodge & Spa (\$175), and a \$200 WalMart gift card which sold for \$220. (The auctioneer was *really* good!)

Dee and Jake wish to thank all the many sponsors who donated prizes and money helping to ensure the tournament's success (see page 9 for a complete list). Specials thanks go to Kerry and Janik Rai, Art and Jan Paulo, Elaine and Tak Furukawa, Tony Miller, Brian Vincent, Wally and Lita Rolofs, Alexander Mihalicz, and Rangeet Rai for their help and contributions.

VIKPA president Gabor Brach made a brief speech before the dinner and presented Dee with and a floral bouquet in a crystal vase as a thank you for her work on VIKPA's behalf. Dee was also later awarded a CFAX Citation Rose for her efforts.

Next year's tournament is set for Sunday, July 31, 2005. You won't want to miss it!

Next Newsletter May 2005

The next issue of *The Renal Review* will not be published until May 2005 as the newsletter's editor Alison Phosy and her family will be in Southeast Asia for an extended holiday. Deadline for submissions for the May issue is April 21, 2005.

DOCTOR'S CORNER

A Day in the Life of ... Dr Gaylene Hargrove*by Dr Gaylene Hargrove*

It is 4:30 am (the middle of the night really); I reluctantly leave a warm bed and contemplate the prospect of pounding the pavement for my morning run. I scan my surroundings, disoriented for a moment, then recall being forcibly expelled from my own bed by my four-year-old daughter. So now I find myself surrounded by mounds of stuffed animals, a hand-crafted mobile swinging over my head, and the pet lizards eyeing me suspiciously from their terrarium. Thankfully, my daughter's bed is rather comfortable.

I return from my five kilometre run and embark on the usual morning routine, ensuring an ample dose of caffeine is included. I am on schedule, until my two-year-old daughter awakens an hour earlier than usual, deftly scrambles over the side of her crib, enters the family room and begins to "re-organize" the cabinet containing numerous DVD's, videos, books, and puzzles. (This is a pleasant surprise when I emerge from my bathroom too many minutes later.) I attempt to occupy my devilish child with breakfast, a futile effort, since her expectation is that I will entertain her. I really do need to be out of the house before 8:00, so I appoint her the task of waking up her father. My elder daughter awakens and quickly updates me on her list of demands for the day (one of which is for her to accompany me to the hospital so she can 'help fix the sick people'). My darling toddler, very annoyed that she no longer monopolizes my attention, fills her diaper with something nasty. I feed one breakfast,

begin dealing with the diaper, my pager starts its incessant beeping, and the phone rings. I nod gratefully to my husband as he comes to my rescue (the breakfast, but not the diaper).

I breathe a sigh of relief as I drive away, off to the hospital. The day is filled with pages, phone calls, orders, and prescriptions. Certainly, there are highlights (heartfelt discussions with patients, diagnostic and therapeutic achievements) and challenges (administrative barriers, inadequate resources). Each day I am reminded of one of the reasons I chose this field of medicine — the outstanding staff!

I call home before the end of the work day. My husband, a paramedic, has fortunately returned home and has 'everything under control'. I am greeted by high pitched screams, mauled by my toddler who affixes herself to my leg, then dragged into the office to view the latest website my elder daughter has discovered. This circus-style phenomenon of juggling five tasks simultaneously is known as 'dinnertime' at our house. Ah, the peace and comfort of home!

What is left of the evening is taken up with bathing, story-telling, and bedtime (to which my four-year-old responds with great resistance and procrastination). Then, my husband and I navigate the week: preschool, swimming lessons, gymnastics, and a birthday party. I reflect on the day, feeling fulfilled by the work I do, yet overwhelmed by the toughest job of all ... parenthood.

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 May 2005 issue is April 21, 2005. 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. Editing and layout by Alison Phosy. Electronic conversion by Steve Noble.

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

Around The Island

compiled by Lita Rolofs

Cumberland Community Dialysis Unit

(by Bill Coltart): Since the last issue of *The Renal Review*, the Cumberland Clinic has had its up's and down's. It is with regret that I inform you of the passing of two patients. The first is Pansy Nagy. She leaves behind her husband Joe and family. The second is Jack Thompson. He leaves behind his wife Helga and family. Our deepest sympathy goes out to both families.

On October 4 an evening shift was added in Cumberland on Mondays, Wednesdays, and Fridays, increasing our capacity to twenty-eight. As a result we have three new people joining our family of patients: Linda, Jack, and Barb. Welcome to Cumberland Clinic.



On August 8, the Cumberland Dialysis Clinic held their first picnic at Kim Beach Park. The picnic was sponsored by VIKPA and Overwaitea Food and Drugs. Approximately 40 patients and staff attended. VIKPA board members Gabor Brach (along with his nephew), Pat Chadwick and Nancy Cuthbert travelled from Victoria for the event. The food supplied by Overwaitea was unbelievable. The chef work was done by Greg (pharmacy manager) from Overwaitea Foods. Overwaitea now handles the renal meds for this area, under contract to the Renal Agency. Many patients have asked me if we're going to do it again next year. I told many that we'll try.

Port Alberni Community Dialysis Unit

(from Ruth St James): We are all very sad at the recent passing of Terry Watson. Thank you to the KFC for their recent donation of a TV and DVD player. As the patient population in our unit has dropped, beginning November 1 we will be reverting back to just three days a week (Monday, Wednesday, Friday). Construction work on the highway to Port Alberni has now been completed (yahoo!). Despite the new highway, patient visits by VIKPA board members had to be postponed twice and are now scheduled for sometime in March.

Nanaimo Community Dialysis Unit

(from Colleen Barker, RN): Our capacity is now up to 50 patients. Unfortunately, we have had several patients pass away including Marjorie Edmonds and Darlene Crowe (see article page 7). Condolences go out to all those who have recently lost loved ones.

As in Port Alberni, patients visits in Nanaimo by VIKPA board members have also been postponed until March. □

See Around next page



Betty Yon and Raymond James (right) present VIKPA president Gabor Brach with a cheque for \$3300 raised at a dinner held at Nanaimo's Cavalotti Hall on June 6.

Around (continued from previous page)

Duncan Dialysis Unit (thanks to Lorna Fischer and Joan Eichenlaub): Things are going well in the Duncan unit. Our numbers are growing rapidly.

Patients dialysing on Tuesday afternoons should keep a look out for renal patient Joan Eichenlaub and her Standard Dachshund, Heidi. Heidi is a trained St John Ambulance Therapy Dog and she and Joan have recently started regular visits to the Cowichan District Hospital, including the emergency, chemotherapy and renal units. The patients were all very happy to have both human and canine visitors and the nurses were also very receptive. Joan and her second dog, a lab named Diesel, visit the Chemainus Healthcare Centre on Thursdays.



Naomi and Noele Eichenlaub

Thank you also to Joan's daughter Naomi Eichenlaub and her daughter-in-law Noele Eichenlaub who both took part in the 56 km Great Lake Walk on September 17. The walkers left Youbou at 5 am and walked 13 hours around Cowichan Lake before reaching their final destination of Lake Cowichan. Naomi and Noele were able to raise more than \$100 on VIKPA's behalf. Thanks ladies!

Hillside Community Dialysis Unit (from Teresa Melendez-Duke and Lita Rolofs): Congratulations to Corrine Patterson on her recent transplant. Thank you to Teresa for the great Halloween decorations. You do such a fabulous job making the unit look festive.

We all miss Toby Crossfield who is now dialysing at the Renal Unit. Toby was our special sweetie, always thinking of others and constantly supplying us with goodies for staff and patients. We called him our



Toby Crossfield aka the "Apple Man."

apple man as apples were usually one of his many goodies.

VIKPA recently received the following thank you note from Val Cousineau at the Hillside unit,

"Just a note to say a BIG THANK YOU again to VIKPA for looking after us so nicely. We received the new coffee pot, toaster oven, kettle and microwave, VIKPA so kindly donated to us. They are a wonderful improvement over our very well utilized, older versions. The old items will be donated to the thrift store across from the unit, where hopefully they will be recycled. Thank you again."

VIKPA also recently donated more site minders to the Hillside unit.

Kidney Care (Pre-Dialysis) (from Sharon Read): Over the past while, we have added new staff to our clinic: Sandi Robinson (Social Work), Roberta MacIntosh (Nursing) and Christine Melanson (Nutrition). Sandi, Roberta and Christine may be familiar to you as they all have experience in the Renal Program.

We are gearing up with some new services this fall, which include an education session for persons with "early" kidney disease who can be referred by their primary care doctor, and more services from the team for persons currently referred here for diet counselling.

Our Kidney Care Initiative is working with primary care providers, including GPs and Aboriginal Health Nurses, to strengthen their role in managing chronic kidney disease in partnership with their patients. We

See KD next page

KD (continued from previous page)

have been educating them about using the new BC Guidelines for the Identification, Evaluation and Management of Patients with Chronic Kidney Disease. If you are interested in seeing them they can be downloaded from:

www.healthservices.gov.bc.ca/msp/protoguides. There is a Guide for Patients, as well. You may also be interested in taking a look at the website for the Kidney Care Initiative at www.viha.ca/healthpoint/chronic_kidney/index.htm.

If you have any questions or would like more info about Kidney Care services, please give us a call at 370-8224 in Victoria or toll-free at 1-800-370-8224.

Victoria Renal Unit and Four South/Three Central (thanks to Mike Hawthorne, RN and Terry Cain, RN): Welcome to Cheryl Larkin, the new Clinical Resource Nurse on Three Central. Greg Searle is now working as the Clinical Nurse Educator in the Renal Unit and Anita Salmond will be moving to the position of Vascular Access Nurse. She will use the new Transonic Hemodialysis Monitor being purchased by VIKPA, similar to the one currently in use at the Hillside unit, in order to check the blood flow in patient's grafts or fistulas to prevent problems before they occur.

Between sixty and eighty people are now dialysing daily in the Renal Unit. Some of them dialyse every day (two and a half hours, six days a week) as part of the daily dialysis trial, which is going extremely well. The patients like it and are feeling much better.

VIKPA recently donated a kettle and a TV for the waiting room to the Renal Unit.

Home/Hemo and Nocturnal (by Pat Chadwick): It has been ten months now and home dialysis is still enjoyable. I can dialyse any day I want to which makes it interesting. If I have something I want to do on a Monday, then I dialyse Sunday evening. If I want a long week-end, then I will dialyse Wednesday and again Thursday and that will give me Friday, Saturday and Sunday free to do whatever I want. I enjoy that.

People ask me if I feel any better dialysing at home.

Actually I don't feel any different but it is just so nice to be able to do everything for myself and not have to rely on a nurse to do it. My blood work is about the same or better. I really don't know if I would feel comfortable going back to the Renal Unit or Hillside. On October 20 I will start training on the new Gambro machine. This will be my third machine that I have had to learn to operate. I understand this machine is superior to any others. I am anxious to get started and get the machine home. Once I am comfortable with the new machine at home I will then try nocturnal. This in itself is causing a few questions for me. Will my graft take two needles every night for six nights? Will I be able to sleep while dialysing? (I have a hard time sleeping now). Will I feel better dialysing six nights a week for eight hours?

What I am really looking forward to about nocturnal is that I can have lots of fluids, eat most everything and best of all is that I will have all my days free. Watch for the next newsletter and hear all about nocturnal. Will I like it or not? That will be the big question.

Frances is now concentrating her efforts as Nurse Clinician for Independent Home Therapy. A big welcome to Bonnie Harper, RN, who will be assisting Frances as Home/Hemo Trainer. They are currently training two people on the new Gambro machines (Pat and Terry) and more are waiting to start.

Peritoneal Dialysis (PD) (from Paula Ball, RN): PD is currently very busy, so we have added a new staff member. Welcome to Lena. We are now able to train one patient per week. When the new facilities are completed next summer we will be joining together with Home/Hemo and Nocturnal as the new Home Dialysis Outpatient Clinic.

Transplant Clinic (from Kendra Fowler, RN): Business is booming in the Transplant Clinic! Several patients from the Island have recently received kidney transplants and are now being followed in the Victoria clinic.

Flu season Ñ check with your care provider to see if the flu shot is recommended for you.

Pigs must be flying because Kendra, the animal-hater, now has a puppy!

Please Understand

by Gary Pollock

On those days when I feel empty and alone,
please understand.
On those days when I am not as compliant as I should be,
please understand.
On those days when I feel tired and I feel I can't go on,
please understand.
On those days when I don't have a high regard for myself,
please understand.
On those days when I am tired of the seemingly endless medications,
testing, and appointments,
please understand.
On those days when I just want to scream and break things,
please understand.
On those days when I have done everything right but things
are still going wrong,
please understand.
On days when I try to talk to friends and family, and they
still don't "get it",
please understand.

Please understand,
because I'm still here,
I may not always be in this state
I don't know the future, because my future is unclear, unknown.
Long term plans are a metaphor.

Please understand
This isn't "negativity",
This isn't a pity party,
This isn't a cry for attention or help.
This is my reality.

Please understand
When I have those days,
I don't need or want any advice, clichés, words of wisdom or suggestions.
or be told how to feel or what to feel.
I just want to be... understood

Understand?

Gary Pollock is a peritoneal patient living in Campbell River.

"The Face of an Angel With the Heart of a Gladiator"

On May 2 of this year, Darlene Crowe and I met for lunch at Romeo's Restaurant in Duncan so that I could interview her in preparation for this article. She was recommended to me as a biography candidate because of her positive and inspiring attitude, despite years of illness. Sadly, Darlene passed away on September 11, 2004. She was 46 years old.

At the young age of 13, Darlene Isabelle Cripps was diagnosed with von Hippel-Lindau disease (VHL). According to the US National Institute of Neurological Disorders and Stroke, VHL is a "rare, genetic multi-system disorder characterized by the abnormal growth of tumors in certain parts of the body ... Individuals with VHL are also at a higher risk than normal for certain types of cancer, especially kidney cancer." Darlene's mother Eleanor succumbed to VHL at the age of 49, as did her older brother Steve when he was 26 years old.

During the course of her illness Darlene faced numerous challenges. One of the biggest was after she was diagnosed with renal cancer. Darlene underwent surgery in order to remove the cancer, believed at the time to be in a small area of one kidney. There was no talk of dialysis or transplants prior to the surgery as it was expected there would be sufficient kidney function remaining afterwards. During the surgery it was discovered that the cancer had actually spread throughout both kidneys. The first kidney was removed immediately, the second one six weeks later after a fistula was put in place in preparation for hemodialysis.

After the surgery, Darlene said she remembered knowing little about kidney disease and having many misconceptions about it. She assumed she would eventually receive a transplant, not realizing (or as she said, "not wanting to accept") that she was not a candidate for transplantation. She also didn't realize that people could live for years on dialysis; she thought it was only a short-term stop-gap



Darlene Crowe at Romeo's in May.

measurement while waiting for a transplant (which is true in many cases, but certainly not all). In addition, she expected that once on dialysis she would feel ill all the time, which did not prove to be true. Pat Chadwick remembers meeting Darlene for the first time while she was still in hospital recovering from her surgery. She was asked to visit Darlene because "Darlene wanted to see someone who had kidney disease who was up and walking around, not lying in bed sick."

That kind of attitude stood Darlene in good stead throughout her life. Her husband Bruce Crowe said of her, "She always faced each new roadblock with a smile and simply carried on with her life ... No matter what the adversity she always had a smile that would light up a room and a demeanour which showed an innocence and naivety which belied the determination which hid beneath the surface. I can best describe it as the face of an angel with the heart of a gladiator." Ironically, Darlene and Bruce originally met when Bruce and his first wife catered Darlene's first wedding. They met again years later after they had both divorced and became close friends. They married

See Darlene next page

Darlene (continued from previous page)

on September 18, 1993.

Darlene loved reading and her favourite subjects included self-help books, biographies, books on spirituality, ESP, and positive thinking. She highly recommended the classic bestseller *Creative Visualization* by Shakti Gawain. Creative visualization "is the art of using mental imagery and affirmation to produce positive changes in your life." This could be in your career, education, health, fitness, creativity, self-esteem, or any other area of your life you wish to change or improve. Darlene said she often practiced creative visualization, meditation, and positive thinking.

Darlene's actions followed her attitude. She was active in the renal community in Nanaimo, volunteering with both VIKPA and the KFC. She was a former president of the local chapter of the KFC and produced a small newsletter for the local unit. As well, she often would bring in games or decorations for the renal unit. In the summer of 2003, she and husband Bruce organized a pig roast and head-shaving event at the Timberland Pub in Cassidy, raising \$4300 for VIKPA. She was also the Nanaimo correspondent for this newsletter, passing along news of interest to other renal patients.

Darlene Crowe's wonderful strength and attitude helped her overcome the many challenges in her life. Her positive attitude was followed closely by positive deeds which benefitted many people. "I have always felt that she stood as a tower of inspiration to people whose lives are challenged by problems of one kind or another," relates her husband Bruce. In addition to Bruce, Darlene is also survived by her daughter, Julie; granddaughters, Katarina and Sammy; by Bruce's children, Kevin and Karen; and by Karen's daughter, Kaelyn. She is greatly missed by one and all.

"Let us so live that when we come to die even the undertaker will be sorry."

Mark Twain

In Memoriam

VIKPA wishes to extend its deepest sympathy to the friends and family of the following people who have recently passed away.

Gordon Blunt (Nanaimo)
Darlene Crowe (Nanaimo)
Mann Mohan Dhillon (Renal Unit)
Mrs Crook
Marjorie Edmonds (Nanaimo)
Bud Herr (Nanaimo)
Calvin Marshall (Hillside)
Duncan McCaskill (Renal Unit)
Pansy Nagy (Cumberland)
John Neil (Hillside)
Marie Scott (Hillside and Renal Unit)
Jack Thompson (Cumberland)
Terry Watson (Port Alberni)
Gordon Wilks (Renal Unit)

Help Wanted

Volunteer visitors are needed to provide peer support to patients in the Renal Unit and on Four South/Three Central. Anyone involved in the renal community is encouraged to volunteer: patients, family members, or medical personnel. Training will be provided. Whether you have a couple of hours a week or a couple of hours a month, please contact Lita at 595-3650 or by email at info@vikpa.org.

Are you a long-time kidney patient? Have you been involved in the local renal community for many years? We are currently compiling a history of VIKPA and are looking for people who have memories or information, especially from the 1970's or 1980's. If you have such information, or know someone who might, please contact Cheryl at 655-9221 (weekdays) or by email at info@vikpa.org.

Thank You Sponsors

The following is a complete list of the various people and businesses who generously supported Dee and Jake Sangha's Eleventh Annual Golf Tournament. A big thank you to each and every one.

ABC Family Restaurant - A Forbes Construction Ltd. - AON Reed Sten House - Abby Bains - Al White Contracting - Alec Milne - Alpha Auto Painting - Alpine Evergreen Ltd. - Arbutus Ridge Golf Course - Arthur Paulo - Austin Ventures - Buchan Sangha - Barb & Ernie Daykin - Basic Rentals - Bear Mountain - Bert's Enterprises - Beryl Evens - Beth Patterson - Bikram (Vic) Berar - Bindo Dillon - Blue Moon Studios - BMO Community Action Team - Bob & Betty Gerrard - Brewer Trucking - Brian Lister - Brian Siddall - Brian Smith - Broadmead Pharmasave - Broadmead Planning & Development - Bryan Vincent - Buddy Oujala - Butch Cleland - Canadian Tire - Courtenay - Canadian Western Bank - Capital City Concrete - Capital City Pavings - Carevest Capital Inc. - Cedar Hill Golf Course - Chevron - Chews Excavating - Cindy Patterson - Clarke Engineering & Weldings - Coast Capital Savings - Copley Brothers Construction - Cordova Bay Golf Course - Cordova Beach House - DS Doman - D Taylor Excavating Ltd. - Dave Aujala - Dave Dalby - Dave Stubbs Construction - Dave Thompson Trucking - Davey Tree Service - Derek Delves - Dickon Reynolds - Dodd's Furniture - Don Mann Excavating - Dr CM Jones - Dr D Kemp - Dr K Horgan - Dr P Meyer - E Nixon Ltd - Eirah Unger & Valerie Setherston - Emery Electric Ltd - Esquimalt Plaza Cleaners - Excel Contracting - Fanshaw & Associates - Firefighters Burn Fund - Fireside Grill - Focus Intec - Frank Barr - Frank Van Bree - Futura Lumber - Garry Rai - Gary Pollock - General Elevators - Gill Am Investments Ltd - Greaves Moving & Storage - Gurdeep Sundher - Harbour City Kitchens - Harpin Construction - Haylock Bros Paving - Helen Burns - Hendry, Swinton, McKenzie Insurance - Home Depot - Home Lumber - Homewood Construction - Hotel Grand Pacific - Hourigan's Carpet & Lino - Independent Concrete - Inderjeet Johal - Indira Sangha - Irwin Mihalicz - Island Acoustics Inc - Island Equipment Owners Assc - Island Farms - Island Motorsport - Jack Dodd - Jaswant Ghandi - Jawl & Bundon - Jeet Gurdas - Jeety Bhalla - Jerry Mattu's Excavating - John & Leslie Dodd - John Atkinson - John Campbell - John Humphries Trucking - John Mosterd - JR Hunter Trucking - Just Joey's - Kal Tire - Keating - Karen Vallance - Kenmar Farms - Kenneth Merkley - LB Crane Rentals - Lauri Steven's Truckings - Leo Vachon - Lombard Precast - Luanna Johnston - Mac's Heatings Ltd - Mahindar Berar - Mahindar Sangha - Mark & Ranj Saroya - Memory Lane Scrapbooks - Merge

Holdings - Michell Excavating - Mike Kelly - Mill Bay Electrolysis - Modern Window DŽcor - Monkey Tree - Mr Tubbs Ice Cream Parlor - Mt Doug Cruiseship Center - Nada Manhas - Napa - Nimi Sihota - Nixon Bros Contracting - Nixon Bros Trucking - OK Industries Ltd - Oleh & Bev Dubik - Orv Coulter - P & R Western Star Trucks - Pat Carson - Paul Johal - Paul Sekhon - Pramod Kashap - Prospect Lake Golf Course - Ragbir Bhandar - Ralmax Developments - Ranjeet Rai - Riverside Driving Range - Riverside Golf Course - Rob Dodd - Romeo's - Broadmead - Rosemary McMurray - Royal Colwood Golf Course - Royal Oak Golf Course - SQ Services - Sanco Management Ltd - Sartar Investments - Scho's Line Painting - Scotia Bank - Simply Automated Systems - South Island Power Sweeping - Stan Delman - Stu Young - Suburban Motors - Tara Bhalla - Tarjeet Mann - Terasen Waterworks Inc - Terry Sangara - Thrifty Foods - Tom & Maureen Leney - Tom Plasterer - Tony & Sue Miller - Tuli Tuipano - Valerie Williams - Venture Equipment - Victoria Kidney Foundation - Victoria Mobile Radio - WalMart - Walter Large - Western Grater Contracting Ltd - Wosely Waterworks - York Excavating

KFC Christmas Dinner

The KFC's Christmas dinner will take place on Sunday, December 5 at 4pm at the CNIB, 2340 Richmond. There will be entertainment and lots of prizes. The cost is only \$2 for kidney patients and \$4 for guests. Tickets are available from Margaret at the Transplant Clinic (370-8588) or from Bernadette Merkley at 474-1557.

Newsletter Online

The Renal Review is now available online by going to our website at vikpa.org and clicking on newsletter. If you would like to see the photos in full colour or simply can't get enough of it, check us out. If you would like to receive your newsletter by email rather than paper, just let us know at info@vikpa.org.

Thank You, Rogues!

Thank you to the Rogues Softball team who recently donated \$500 to VIKPA. This is not the first time the Rogues have donated money to VIKPA. Thank you for your on-going support and generosity.

Meetings and Memberships

Mark down these dates for VIKPA's up-coming monthly meetings: November 18, December 16, January 20, February 17, March 17, and April 21. All meetings are held the third Thursday on the month in the boardroom of the Royal Jubilee Hospital Renal Unit. Except for December, all meetings begin at 1pm. Note that the February meeting will also be our AGM.

The December meeting will start at twelve noon (one hour earlier than our usual meeting time) for our annual Christmas party. Everyone is asked to bring some finger food to share and a wrapped gift (\$2 or less) which will be used for a game. This is always a really fun time with lots of good food and friendship. Be sure to come.

A huge thank you to all of our members and donors who so generously support the work that we do. We now have 310 members. Just a reminder that all memberships renewed or purchased before October 1 of this year expire at the end of December. Please take the time to renew your membership. We count on your support. Thank you.

Seven Bursaries Awarded

The Gordon Duthie Bursary awarded a total of \$4900 this year, to be divided equally among seven deserving recipients. Courses being studied range from fashion merchandising to criminology and from game art and animation to engineering. Congratulations to each of the recipients and good luck with your studies.

Megan Andres (Comox)

Shaun Jones (Sidney)

Amanda Lawrence (Victoria)

Taylor Long (Duncan)

Laura Meloche (Ladysmith)

Corrine Patterson (Victoria)

Andrew Slade (Duncan)

Petition Meets Limited Success

Nearly one thousand people signed our recent petition to 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." Although the petition has not yet been formally presented as this newsletter went to print, we have already seen limited success. We understand that patients who previously received the 20¢/km travel allowance (which was then cut to 12¢/km) have had their travel allowance raised back to 20¢/km, at least for the time being. New patients, however, will only receive 12¢/km. Patients, old and new, no longer receive the \$4 a day meal allowance.

The Ministry of Human Resources, which handles the funding (we previously incorrectly indicated that it was the Ministry of Health) has decided to review the entire grant policy. Let's hope that the new policy ensures adequate funding for everyone. Our petition will be presented to Susan Brice, Minister of Human Resources, in the next couple of weeks, with copies going to all Island MLA's and to other officials to whom we think it may be of interest.

A huge thank you to Lita Rolofs who spear-headed the petition, and to everyone who took a moment to sign it.

The Last Laugh

"Dad," said Little Johnny, "I'm late for football practice. Would you please do my homework for me?"

The father said irately, "Son, it just wouldn't be right."

"That's okay," replied Little Johnny, "but you could at least give it a try, couldn't you?"