



The *Renal Review*

Vancouver Island Kidney Patients' Association

May 2005

Mark Your Calendars

Book and Garage Sale June 4

VIKPA's 2nd Annual Book and Garage Sale will take place on Saturday, June 4 from 10am-2pm at the James Bay New Horizons Society, 234 Menzies Street at Simcoe. We are looking for books, small household items, toys, and collectibles to sell (**no clothing please**). Items for sale can be dropped in the collections boxes at the RJH Renal Unit, Transplant Clinic, Kidney Care Clinic or Hillside Community Care Clinic. Bake table items are also needed and can be brought to the James Bay New Horizons on Friday, June 3 from 4-6pm, or from 9-10am the day of the sale. All proceeds from this event go toward the Gordon Duthie Bursary Fund. Last year's event raised more than \$1100. For more information or if you are able to volunteer on June 4, please call VIKPA at 595-3650.

Bursary Deadline June 30

The June 30 deadline for applications to this year's Gordon Duthie Bursary Fund is fast approaching. The bursary is open to Vancouver Island renal patients (or their spouse, child or grandchild) who wish to attend an accredited post-secondary institution in British Columbia in order to improve their employment skills or qualifications. For more information or to receive an application contact VIKPA at 595-3650, any of the renal social workers, or go to our website at www.vikpa.org and click on "bursary."

The bursary was first handed out in 1997 in memory of Gordon James Duthie, a Victoria area renal patient who died in 1995 at the young age of forty-one. Last year the Gordon Duthie Bursary Fund awarded a total of \$4900,

which was divided among seven worthwhile recipients.

Golf Tournament July 31

Dee and Jake Sangha's Twelfth Annual Golf Tournament will take place at Cedar Hill Golf Course on Sunday, July 31. The cost is \$95 for golfers which includes green fees, mulligans, a delicious buffet dinner, and a guaranteed prize for every player. Once again the tournament will include a putting contest, a raffle and a live auction. Last year's event raised \$30,000 for Vancouver Island renal patients. For spouses or guests just wanting to attend the dinner the cost is \$35. Golfers are still needed. To register contact Dee at 658-5480.

Up-Island Picnic August 7

Kidney patients, staff, families and friends from all over the Island are invited to attend a picnic hosted by the Cumberland Dialysis Unit and sponsored by VIKPA and Save-On-Foods at Kim Beach Park in Comox on Sunday, August 7 beginning at 11am. We would especially like to see some of the local PD and home/hemo patients come out for this event. Save-On-Foods (Overwaitea) will once again be donating all the food. Last year's picnic was very successful and this year's promises to be even bigger and better. Bring yourself and a chair and we'll see you at the beach. Don't forget your sunscreen!

A Brief History of Dr René Weir

by Dr René Weir

My parents moved from Freeport, Nova Scotia, to New Westminster, BC, where I was raised the oldest of eight children. I planned to be a math professor but half way through my third year at UBC I fell in love with Zoology. I applied and was accepted for Medicine at the University of British Columbia.

I interned at Queen's Hospital in Honolulu and knew I could only survive as an internist since I spent longer times with patients and their problems than I could in general practice. I returned to the UBC for my Internal Medicine residency, working with both Dr Angus Rae at St. Paul's Hospital and with Dr John Price at the Vancouver General Hospital. I then did my nephrology fellowship at the Ottawa Civic Hospital.

I returned to British Columbia at age 29 to join Dr Pat Leith, Dr Bert Perry, and Dr Ab Siddiqui in the nephrology service at the Royal Jubilee Hospital (Dr Larry Atkins arrived from Calgary to replace Dr Leith). At that time the Renal Unit was located in the basement of the Bay Pavilion.

Since then we have seen the addition of 6 new nephrologists, all extremely dedicated and very bright. My workload has lightened recently from being on call 1 in 3 to now only 1 in 7 – almost heaven. Our office staff, especially Joanne Horn, are outstanding. My work as the Renal Director has been greatly assisted by all of our nursing staff on 4 South (now 3 Centre) and the Renal Unit. We have relocated to a brand new Renal Unit with lots of space for everyone.

The source of inspiration for myself and my family is my wife Allison; she is a solid rock of support for all of us. We have raised 4 children, who still need our support. Lindsay went to McGill and now works for UVic in their Continuing Education branch downtown. David has completed honors philosophy at Western University and he is now doing Pre Med. – a wonderful example for our younger two children. Andrew is completing grade 12, plays rugby, and is extremely outgoing. Elizabeth is in grade 10 and enjoys soccer, baseball, basketball, tennis, plus playing the violin and the guitar.

Time off is devoted to family events on the weekends, playing tennis and bridge, and trying to get to use our Opera and Symphony memberships – life is too busy. In the summer we go to Shawnigan Lake to use our family cabin.

So far I have been blessed with good health and lots of energy; I very much enjoy tackling problems, seeing results unfold, and patients getting better. The challenge and the joy of medicine has always been to see people improve their quality of life.

Welcome, Dr Stigant!

VIKPA wishes to welcome our newest nephrologist to the Island, Dr Caroline Stigant, who comes to us from Vancouver after training in Toronto. Watch here for more information on Dr Stigant as she will be the featured author of "Doctor's Corner" in the next issue of *The Renal Review*.

The Vancouver Island Kidney Patients' Association (VIKPA) is a volunteer, legally incorporated non-profit society and a registered Canadian charity 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 October 2005 issue is September 15, 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. Thank you to all the many people who contributed to this issue.

President: Gabor Brach
Vice-President: Claire D'Avila
Secretary: Teresa Melendez-Duke
Treasurer: Pat Chadwick
Membership Secretary: Cheryl Jones
Members-At-Large: Pat Carson, Lita Rolofs

Board Welcomes Pat Carson



New board member Pat Carson (left) with out-going board member Nancy Cuthbert.

VIKPA held its AGM on February 17 in the Renal Unit boardroom. Thank you to Gary Pollock who chaired the meeting. There was only one change in the board of directors with Pat Carson replacing Nancy Cuthbert as a member-at-large. Nancy decided to step down as a board member at this time but continues to pick up our phone messages on our voice mail. Thank you, Nancy, for your continuing hard work on VIKPA's behalf. A warm welcome goes out to Pat Carson, who moved to Victoria from Ontario about a year ago. She lives in Sidney and is retired. Pat started on dialysis six years ago and dialyses at the Hillside unit.

Our board of directors stands as follows: Gabor Brach, president; Claire D'Avila, vice-president; Teresa Melendez-Duke, secretary; Pat Chadwick, treasurer; Cheryl Jones, membership secretary; Lita Rolofs and Pat Carson, members-at-large. A big thank you to all the board members for offering to serve.

Dialysis at Sea Vacations

by Pat Carson

Dialysis at Sea offers kidney patients the opportunity to cruise with the general population – at a price. Bear in mind that this is not a charity. The company identified a need and a market and set about to fulfil it by negotiating with the cruise lines to set up temporary dialysis facilities on ships, then enticing nephrologists, nurses and technicians to take a cruise in exchange for sharing their skills during the voyage.

For example, if you were to book a 10-day Southern Caribbean cruise through a regular travel agency on Holland America's Volendam leaving January 19, 2006, you would pay about US\$1179 (CDN\$1471) for each person with double occupancy of an outside cabin. For the same accommodation, Dialysis at Sea will charge you US\$1533 (CDN\$1898), a bonus of \$427 for each passenger to Dialysis at Sea. They claim they need to charge extra for the cabin to help cover the cost of dialysis.

Cost of dialysis? On this cruise, 10 days, you will pay US\$2475 (CDN\$3063) for dialysis five times. There is no flexibility on the number of dialysis treatments. The BC government will reimburse you for a portion of this expense, specifically \$220 for each treatment, in this case \$1100. That leaves you with a bill of \$1963 for the dialysis alone. If you have extended health coverage, find out if your insurer will pay any of the cost.

So what does your dialysis at sea cost in excess of what the other passengers are paying for the patient and a companion? The cost of the cabin, \$427 X 2 = \$854 + \$1963 for dialysis, for a total of \$2817.

Cost of the trip for two will be about (\$1898 x 2 = \$3796) for the cabin, (\$700 x 2 = \$1400) for air transportation and transfers, \$1963 after rebate for dialysis, (\$327 x 2 = 654) for port charges, for a total of \$7813. To that you still have to add taxes, insurance (cost rises sharply around age 70), beverages and shore excursions.

Obviously, you need a fair bit of surplus cash to indulge in a vacation with Dialysis at Sea, but many people take advantage of the opportunity. If you decide to do it, plan well in advance because some sailings sell out early. Also, don't forget your government rebate. You'll find the Out of Country Claim form at www.healthservices.gov.bc.ca or just phone the Ministry of Health and they'll send you a copy. Contact Dialysis at Sea at dialysisatsea.com or 1-800-544-7604.

Where Does All The Money Go?

VIKPA has made several recent purchases for renal units all over the Island. The largest purchase was a Transonic Hemodialysis Monitor worth about \$25,000, which was purchased for the Renal Unit. The monitor is used by the Vascular Access Nurse to check the blood flow in a patient's graft or fistula in order to prevent potential problems. We have also purchased 8 dialysis chairs, 4 over-the-bed tables, numerous chair cushions, many site minders, 4 blood pressure cuffs and a coffee maker. In addition, VIKPA provided \$5000 to an emergency fund administered by the social workers to provide help to renal patients who are unable to cover costs which may be incurred during their care (eg transportation to treatments, living costs while under-going training or treatment in Victoria). This amount was increased from \$500 in order to help patients who need to stay in Victoria for extended periods of time while training for home/hemo and nocturnal dialysis. VIKPA also gave \$1000 to the Alumnae of the RJH School of Nursing for the Pemberton Chapel memorial garden. Three trees will be planted in memory of Rita Bentley, Jenny Bowman and Jim Mitchell, all longtime VIKPA members. This money was actually set aside a couple of years ago and we have just been awaiting construction of the garden to begin.

Santa Claus and the Easter Bunny were also once again busy at VIKPA. At Christmastime, VIKPA handed out one hundred and two \$50 grocery gift cards from Thrifty's, Safeway and Country Grocer to renal patients in need throughout the Island. At Easter, one hundred and ten \$50 gift cards were given out. These programs are administered through the renal social workers in order to maintain the confidentiality of the patients; however, VIKPA often receives verbal or written thank you's for these gifts. Here is one such letter:

"Thank you so very much for the Thrifty's gift certificate you sent me. I was touched and thrilled by your kindness. It arrived on a day when I was feeling very low and it brightened my whole outlook, thank



Margaret Dowd , Gabor Brach and Claire D'Avila hold certificates of appreciation awarded to Margaret, Stan and Jennifer Dowd.

you. You do wonderful work and I really appreciate all your efforts on behalf of kidney patients. I was able to buy some good quality food, and even buy Easter eggs for the grandchildren. You have brightened my whole Easter. May your Easter be full of joy and love. Many thanks."

At our Christmas party in December, certificates of appreciation were presented to Margaret, Stan and Jennifer Dowd for the wonderful treats that they put together for the hemodialysis patients each year at Christmas and Easter. They have been doing this for many years and the treats are always greatly appreciated by the patients. VIKPA pays for the supplies and the Dowds do all the work. Thank you so much.

It is only through the on-going generosity of our members and other donors that we are able to provide these items and services for Vancouver Island renal patients. Thank you one and all who have given so generously.

Thank you especially to the following for their recent extra generous donations: the Pro Patria Branch #31 of the Royal Canadian Legion for donating \$500; Dave Davidge for donating \$500; and the recently disbanded Sooke Square Dance Group (to which Dave Davidge belonged) for donating \$595.18.

Around The Island

compiled by Lita Rolofs

Cumberland Community Dialysis Unit

(by Bill Coltart): Since the last newsletter quite a bit has been happening at the Cumberland Clinic. It is with sadness that I have to announce the passing of three patients: Jim Matsuta, John Capling, and Dave Carmichael. On behalf of the patients and staff we extend our deepest sympathy to the families.

The treats made up and sent to the patients at Cumberland Clinic at Christmas and Easter were well received.

After a short meeting with Greg at Save-On-Foods (pharmacy), it has been decided to hold our 2nd annual picnic on Sunday, August 7 at Kim Beach Park. Again this year, Save-On-Foods will be supplying all the food so all you need to bring is a lawn chair, swimsuit if you want to take a dip in the ocean, some sunscreen, a sun-hat and yourself. We would dearly like to see more people from down Island. We were fortunate enough last year to have some of the VIKPA executive attend. We would also like to have the patients on peritoneal dialysis to come and join in. After all, this picnic is not just for patients at clinics but for all renal patients and staff on the Island.

Since the last issue of *The Renal Review*, Cumberland has acquired a number of new patients. At this time we extend a "Big Welcome" to the family, as I like to think of it. I have been informed that we're expecting some more new patients in the near future.

The Kidney Foundation display was again very successful. During the month of March we were located at various locations throughout the valley: WalMart, Comox Centre Mall, Save-On-Foods, and GP Vanier Senior School. This year we were very fortunate in having the help of patients Ed Roberts and Gary Pollock. Thank you for your help guys.

(Editor's note: In our last issue we ran a photo which we incorrectly identified as Bill and Mary Coltart. The

people in the picture were actually Peter and Cathy Woykin. My apologies to all concerned.)

Port Alberni Community Dialysis Unit

(from Colleen Barker, RN and John Spring): *The Renal Review* would like to welcome John Spring as our new Port Alberni correspondent, replacing Ruth St James who has recently moved to Nanaimo. We wish her well. We have expanded to accommodate our new patients and are now open six days a week. New staff is also being added. Welcome one and all. Congratulations to Bob Brown who has recently received a successful transplant.

Nanaimo Community Dialysis Unit

(from Colleen Barker, RN and Ruth St James): Welcome to Ruth St James, who has recently moved to Nanaimo from Port Alberni and has taken over as our newsletter correspondent, filling the vacancy left with the passing of Darlene Crowe last fall. Ruth has found everyone in Nanaimo to be very friendly. Our unit is currently full with 48 patients, and like other units we are adding new staff. Congratulations to Brett Christianson who recently received a kidney-pancreas transplant and is doing well.

Duncan Dialysis Unit

(thanks to Val Cousineau, RN): Duncan has experienced growth recently and as a result has opened an evening shift on Mondays, Wednesdays and Fridays. As a result we have the return of three nurses, Mary Orcutt, Jana McGuinness and Linda Niedzielski, who have all worked in Duncan previously. Welcome back! We would like to congratulate Earl H. on the birth of his grandson. This is number two for Earl.

Hillside Community Dialysis Unit

(also from Val Cousineau, RN and Lita Rolofs, RN): Hillside continues to be as busy as ever. Lots of staff training has been taking place and we would like to welcome Julia Jakeway, Allan Austin, Cassi Chesher,

*See **Hillside** next page*

Hillside (continued from previous page)

Rob Hargrove, Sheila Williams and Paul VanDerElse. We also would like to welcome Connie Robinson, an RN we were able to entice from the Renal Unit to the Community. Sadly, we lost one of our nurses, Ric Newman, who passed away suddenly on Christmas Day. Our condolences to his wife, Jaylene, and family. Some of our patients have moved on to pursue home hemo. We miss them and wish them well. Our visitor program is alive and well with our visitor chair full most Tuesdays, Thursdays and Saturdays. We look forward to a busy summer.



Renal nurse Ric Newman, who died Christmas Day.

Kidney Care (Pre-Dialysis)

(by Sharon Read): The Kidney Care Clinic continues to see more persons with chronic kidney disease, and many who are "earlier" in their disease. We held "Getting into the Driver's Seat — What You Can Do to Manage Your Kidney Health" for the second time in March. Once again it was well attended and participants reported that they found the information very helpful. Many of the people who attended were referred by their family doctor and quite a few are waiting to see a nephrologist. More sessions are scheduled for June, September and December. For more information, please call the clinic at 370-8224 (toll-free 1-888-370-8224). The team has also provided education to primary care providers working in

Home and Community Care and to persons in First Nations communities.

The Kidney Care Initiative is continuing to work with a group of family doctors living in about 10 different communities within our Health Authority,

giving them education and support to provide the best possible care to their patients with chronic kidney disease. There are over 300 patients registered in this project by their doctors. It is our hope that more persons with risk factors for CKD will receive early screening and help if they need it. If you would like additional information about the clinic, please give us a call.

Victoria Renal Unit (by Greg Searle, RN and Mike Hawthorne, RN): Life continues to be busy in the renal unit. We currently have around 135 patients on our schedule with new patients starting on hemodialysis each week. The patients who are on daily dialysis like the program and continue to do well.

Jodi Schlender has been helping Anne Bourgeois with running the unit. Anne even managed a holiday to New Orleans with Jodi filling in as charge nurse! Way to go Jodi!

Greg has been busy training new staff. We have trained 11 new hemo nurses since January with 3 more starting May 2. All hemo nurses for Vancouver Island train with us at the Jubilee and then work in our unit or go out to the CDFs in Victoria, Duncan, Port Alberni and Cumberland. Thanks to all the patients who contribute to this learning experience!!

We also trained 2 new renal techs in March who are now working in Victoria. Rob and Paul are welcome additions to our team! Plans are in the works to train more techs in June.

Four South/Three Centre (thanks to Greg Searle, RN): Life on 3 Centre remains a challenge that the staff somehow continues to meet. The bed base has expanded to 19 beds often going overcensus to accommodate the short stay patients admitted for access surgery or renal day procedures. The new unit — on Royal 1 — is tentatively scheduled to open in September. It has been designed to meet the needs of our renal population so should be a refreshing environment for both staff and patients! Patient rooms will be either private or semi-private. Each room will have its own bathroom and there will be overhead lifts available to assist with safe transfers for patients!

Home/Hemo and Nocturnal

by Frances Nightingale, RN

Home/Hemo and Nocturnal (by Frances Nightingale, RN): The home hemodialysis program is continuing to grow and has many plans to help increase the options for dialysis care. We now have 11 people dialysing in their homes with locations spread throughout the Island and beyond. Some have chosen to do nocturnal dialysis and some are venturing into customized dialysis regimens designed for them in consultation with their nephrologists (eg dialysing 5 to 6 evenings per week for 5 hours or more). We welcome any inquiries about independent therapy and we have regular information sessions. The next one is June 1 from 2-4pm in the Renal Unit boardroom. If you would like more information please call Frances Nightingale or Bonnie Harper at 370-8000(2466).

Coming soon to your local units will be opportunities to be trained to be involved in your own care if you wish to be, to the highest level you are able to perform. This will take us to an era of independent care for any person that is able and has the desire. Stay tuned for upcoming plans in this area.

Thank you to VIKPA for the four chairs, four over-the-bed tables and the portable blood pressure monitor. They are much appreciated by the patients.

(Now home/hemo and nocturnal from the patient's perspective, by Pat Chadwick):

The last time I wrote I was training on the new Gambro AK95S machine at the training centre in the Renal Unit. I was training with another patient and he did so well, he went home with the machine before I did. I was rather slow picking up all the instructions. I finally had to go home as other patients were coming in to do their training.

I must say I was a little nervous about going home so I decided to just do four hours on Monday, Wednesday and Friday. For the first few times I dialysed I really had bad luck. So many things went wrong. If it hadn't been for Frances and Bonnie, the training nurses, and Dr Antonsen I think I would have given up and gone back to the community dialysis unit.

They kept telling me that things would get better

and to stick with it. You know what? Things did get better and I must say I very much like this new machine. You can't get smart and try and do things in a hurry, you must follow the instructions and everything goes along nicely. I then decided it was time I started nocturnal. I dialysed six nights in a row for three weeks but had to stop and only do it every second night. I have a graft and it didn't like having two needles every night. My blood work was still quite good as I was at least getting 24 to 32 hours of dialysis. A week ago I was back at the renal training clinic learning how to use a single needle for dialysis. This was suggested so that my graft would last longer. I did my first run on April 18 and everything went well. It is so nice to only have to put in one needle rather than two. I am now going to try and do three nights on and three nights off. That will give me 40 to 48 hours of dialysis a week.

I would like to thank Frances Nightingale and Bonnie Harper for their teaching abilities and giving me the confidence to go home with my machine. Also to Dr Antonsen for being so patient with me. I feel I have a new life now. I have all my days free. That is something I haven't had for years. It is wonderful to say the least. If you have the chance to train for home dialysis, go for it. You won't be sorry you did. Peritoneal Dialysis (PD) (from Paula Ball, RN): Peritoneal Dialysis and Home/Hemo and Nocturnal are now in the process of joining together under the new name of Home Dialysis Outpatient Clinic. We held our first joint clinic on May 1 on 4 East. In September (tentatively) we will be moving to our new location on Royal 1. Welcome to dietician Nancy Clogg, and social worker Joyce Mulgrew who have joined our team. Congratulations to Wendy Yates on her recent transplant. Transplant Clinic (from Kendra Fowler, RN):

Spring is here and things are hoppin' in the transplant clinic. Our patient census is at 247 — a far cry from the 13 we started with 16 years ago! Clinic staff are starting to take holidays, so be patient when phoning; the nurses don't know how to use the phones quite yet! Besides some new equipment, nothing else is new in the transplant clinic.

When Ordinary Becomes Extraordinary

According to Jagdis Sangha, her life is pretty ordinary. Dee, as she prefers to be called, was born in Victoria, the fourth of six children. At the age of two her family moved to the Lower Mainland where she attended Lord Byng Elementary, Steveston Elementary and Richmond High. At the age of sixteen she moved back to Victoria to live with her sister. It was in Victoria at a party that she met her future husband Ranjit (Jake). They married two years later on April 8, 1956.

Jake and Dee have three children: Randy, Maya and Janik, as well as six grandchildren. Randy lives in Courtenay, the two girls in Victoria. In 1974 the family moved to their current home on Kentwood Terrace. They are fortunate enough to have been able to purchase a second home in Phoenix eight years ago. Jake was partner in a trucking company (now Island Asphalt) and retired in 2001. Over the years Dee occasionally worked at various part-time jobs. When the children were small she was involved with the Parent Advisory Councils (PAC) at their schools. She also bowled and played baseball with the kids.

Both Dee and Jake come from a Punjabi heritage. Dee has been to India once, in 1980-81, while Jake has been several times. They both hope to travel to India again later this year, if Dee's health permits, taking two of their grandchildren with them.

Although it may seem ordinary, Dee's life has not been without challenges. As a small child she spent nine months at a sanatorium in Vancouver with tuberculosis. In 1988, at the age of fifty, she suffered a major heart attack. A couple of years later Dee went to see her doctor because she was frequently needing to use the washroom. The doctor did some bloodwork and on Christmas Eve she received a phone call telling her to get to the hospital immediately. She remained in hospital for ten days and it was then that she found out she had renal failure. As with most people, Dee did not relish the prospect of dialysis. She was lucky enough to have six people in her family who offered to be tested as possible organ donors.

Two were found to be compatible: her sister Gurdeep and her daughter Maya. The doctor decided that Maya would be the better candidate. On March 19, 1993, the transplant was performed at Vancouver General. Unlike many people who end up with renal failure caused by diabetes, it wasn't until a year after her transplant that Dee became diabetic. In addition to the various anti-rejection drugs which she takes, she is also on insulin, and she suffers from arthritis.



Despite her challenges, Dee is determined to give back — in a big way — for all she has received. A year after her transplant Dee and Jake decided to host a golf tournament for family and friends. The event was so successful that they decided it would be a wonderful way to raise money for a worthwhile charity. In recognition of the gift of life which Dee received from their daughter Maya they decided to hold the tournament on the August long weekend to coincide with Dee's birthday and to donate the proceeds to the Vancouver Island Kidney Patients' Association (VIKPA). The first year they raised \$400. The tournament, played at Cordova Bay Golf Course, was followed by a dinner catered by Dee at their Broadmead home. The next year they raised \$1000. Each year the tournament grew bigger and bigger and became more and more successful. By 2001 a total of almost \$30,000 had been raised and the

See **Dee** next page

Dee (continued from previous page)

tournament had outgrown Dee and Jake's home. The following year it was moved to Cedar Hill Golf Course, where it has taken place ever since. The move to Cedar Hill allowed the tournament to keep growing. In 2003 alone, for Dee's sixty-fifth birthday and the tournament's tenth anniversary, an additional \$25,000 was raised. Never one to sit on her laurels, Dee was determined that the following year's event would be better still. Last year they raised a further \$30,000! This brought the total raised to date to an absolutely amazing \$105,000! For the past several years Dee's tournament has been VIKPA's main source of funding. All thanks to one extra-ordinary woman.

Although she receives help and support from family and friends, Dee is, without doubt, the driving force behind the golf tournament. Months ahead she starts organizing the tournament and dinner, phoning and faxing, lining up golfers and guests. She relentlessly pursues donations of prizes, raffle and auction items, as well as cash donations. Dee says, "I know I'm heavy-handed, but it's a cause I believe in." She also hands out organ donor registration cards to everyone attending, giving them the opportunity to register as organ donors, and to give in a completely different way.

In recognition for all she has done for VIKPA and Vancouver Island kidney patients, this year Dee has been nominated for the YMCA Women of Distinction Award in the Life Achievement category. Although she faces some stiff competition in her category, we know Dee is up for the challenge, and we believe she would make a very deserving Women of Distinction Award recipient. The winner will be announced on May 19.

According to Dee she is just an ordinary person who likes to golf, to cook and bake (anyone remember VIKPA's bake sales), to knit (more than 100 scarves per year in the last five years which were given to street people) and to read fiction. She is just an ordinary woman who has faced more than one life threatening challenge, an ordinary woman who has raised more than \$105,000 for charity with no sign of

stopping (This year she intends to raise \$35,000). Dee may think she is just an ordinary woman, but we all know she is extraordinary!

In Memoriam

VIKPA extends its deepest sympathy the family and friends of the following people who have recently passed away. We would also like to say a special thank you to all those people who have made very generous donations to VIKPA in memory of their loved ones.

George "Archie" Archibald (Hillside/Renal Unit)

John Capling (Cumberland)

Dave Carmichael (Cumberland)

Jack Corrigan (Hillside/Renal Unit)

Gay Coupland (Victoria)

Frank Crawford (Renal Unit)

Robert Dobinson (Qualicum Beach)

Mervin "Ray" Hart (Victoria)

George Kamoff-Nicolsky (Renal Unit)

Marc LePoole (Hillside/Home Dialysis)

Stan Martin (Nanaimo)

Jim Matsuta (Cumberland)

John Moss (Renal Unit)

Ray Naylor (White Rock)

Ric Newman (nurse, Hillside)

Arie Polderman (Renal Unit)

Ken Plewes (Renal Unit)

Sail On, Marc

by Frances Nightingale

We wish to say a little goodbye to a dear man who left a big hole in our program. Marc LePoole passed away recently and will always be remembered by those that knew him as a man with compassion and determination. He never got to dialyse on his sailboat, although he was hoping for the chance. Sail on, Marc.

Our sympathy goes out to his wife Carolyn, their four children and all of Marc's family.



Heather Noakes displays VIKPA gift basket that she won at Curves Oak Bay.

VIKPA Visits Curves Oak Bay

Curves fitness club for women in Oak Bay allows its members to highlight their business for a two week period. Renal nurse and Curves member, Lita Rolofs decided to promote VIKPA and organ donation as her "business." In addition to giving out brochures and information, Lita made a presentation on renal failure and organ donation, and did free blood pressure testing. Three people were found to have seriously high blood pressure. At the end of the two week period a gift basket provided by the business is raffled off. Heather Noakes won the VIKPA basket containing mugs, a recipe book, a blood pressure cuff and other assorted goodies. Thank you, Curves and thank you, Lita!

History Needed

VIKPA member Cheryl Jones has been working diligently the past few months putting together a history of VIKPA. She has been able to collect and compile information, photos, old newsletters, etc. from as far back as 1973. She has found, however that there seems to be a real gap of information from 1987 to 1995. Were you involved in VIKPA during that period? If so, or if you have any information to share about VIKPA, please contact Cheryl at 595-3650.

Don't Forget ...

- VIKPA meetings are held on the third Thursday of each month in the Renal Unit boardroom (second floor RJH Renal Unit) beginning at 1pm. All VIKPA members, or anyone simply wanting to learn more about VIKPA, are welcome to attend. Up-coming meetings will be held on May 19, June 16, September 15 and October 20. Note that no meetings will be held during July and August.
- You can also check out *The Renal Review* online. Go to www.vikpa.org and click on "newsletter."
- If you have not yet renewed your membership for 2005 it is not too late. At only \$5 it is the best deal going. Thank you to everyone who has already renewed. We really appreciate your support.
- If you prefer to receive your copy of *The Renal Review* by email, just let us know at info@vikpa.org.



VIKPA members celebrate St. Patty's Day at our meeting in March.

THE LAST LAUGH

A prosecuting attorney just could not believe that a jury had found the defendant not guilty. Astonished, he asked the jury foreman, "How could you possibly have found this man innocent?"

The foreman replied, "Insanity."

The perplexed prosecutor asked, "All twelve of you?"