

Diabetes
SA Support
Always



Kellion Victory Medal
Awards 2021

SA

**We're here to listen,
here to advise,
here to help lighten
the load of living
with diabetes.**

Support always... 68 years and beyond

Back in 1952 the co-discoverer of insulin, Dr Charles Best, travelled to South Australia to give a series of lectures.

During an impassioned speech, he suggested that a diabetic association be established here in our state.

The very next year our organisation opened its doors.

We've now celebrated over 68 years at the frontline of diabetes support in South Australia.

We're here to help people living with diabetes.

To empower people with information, education and understanding.

To ensure they have access to products and services that help them manage their diabetes.

To raise awareness of the risk of diabetes in our community and facilitate early detection and prevention programs.

To fund new research to discover new treatments for the many South Australians living with diabetes today.

Most of all, we're here to give people living with diabetes personalised, individual support whenever they need it.

Kellion Victory Medal Recipients **2021**

The Kellion Victory Medal was named after Claude Kellion when diabetes claimed the life of his son John Claude. A successful business man, Claude established the Kellion Diabetes Foundation in John's memory. In view of his outstanding contribution towards diabetes in Australia, Mr Claude Kellion AM was invited to have his name associated with the Kellion Victory Medal Scheme.

60 years of living with type 1 diabetes

Jennifer Fay Dalton

50 years of living with type 1 diabetes

Rae Ellen Dellar

Barry Ronald Emmett

Michele Bronwyn Guyatt

Murray Hamill

Suzanne Myers

Barry Ernest Smith



Silver-plated 50 year and gold-plated 60 year victory medals have been produced and provided, together with certificates. There is also a platinum medal for 70 years and a certificate and plaque for 75 and 80 years. Thus the Kellion Victory Medal Scheme was established. Read the full stories of the lives of our Kellion Victory Medal recipients by visiting diabetessa.com.au.

50 years of living with type 1 diabetes



Rae Ellen Dellar

I was diagnosed with type 1 diabetes (or juvenile diabetes, as it was called then) on 30 September, 1971 (my 4th wedding anniversary) so I will never forget the date! At the time I was 25 years old with a husband, a young toddler and a household to manage.

I was admitted to the Broken Hill Hospital where I learned how to inject by practising on an orange and, after several days, was sent home with a small booklet containing information about diabetes. Glass syringes and needles needed to be boiled every morning before use and urine tests were done with Clinitest tablets. Diet was pretty basic and without many variations.

At the time, there was no diabetes association in Broken Hill and my only 'go to' person, besides my doctor, was a wonderful lady who I think was a diabetes educator. Basically, it was up to me to work out how to live with diabetes.

How times have changed! I have seen injections go from glass and disposable syringes to pens (with one injection in the morning to five injections per day) and urine testing to blood testing with a small monitor. Diet has changed considerably with much more variety. My doctor and care providers take care of me and Diabetes SA is 'only a phone call away'. Also, a local branch of Diabetes SA was established in Broken Hill shortly after my diagnosis and I became an active member for many years.

As a sports-loving person, I continued to play softball and netball and, over the years, became involved with my two children's sporting and cultural activities by way of coaching, committee member, fundraiser, and more.

In my mid-forties, I commenced working at the local Visitor Information Centre as a Tourism Assistant (a job which I loved) and only retired last year after 30 years of service. This job involved travelling to consumer shows in Brisbane, Sydney, Melbourne and Adelaide, as well as familiarisation tours to places like the Flinders Ranges, NSW National Parks and small country towns in the far west.

My motto for living life with diabetes is to plan ahead (dining out, travelling, etc.) and always have a 'plan B'. For example, when travelling in the outback or from Broken Hill to a capital city, I always have an 'emergency kit' which contains enough food for 24 hours (in case of breakdowns, etc.). I have only had to use it once and that was when a friend, my granddaughter and I were caught up in bushfires on Kangaroo Island in 2006.

At the time of writing, Regional New South Wales is in lockdown due to COVID-19 with limited travel (essential workers, medical, etc.) and I am not sure how long this will be in place due to the rising numbers of positive cases in the Far West of NSW. For this reason, I will not be attending this year's Kellion Medal presentation.

My congratulations and best wishes to all who receive their medals this year.



Barry Ronald Emmett

I am Barry Emmett, 59 years old, married with two children.

I was diagnosed with type 1 diabetes at the age of 8 years old in Ararat, Victoria. My oldest son has recently been diagnosed with type 1 diabetes as well. 50 years ago there was very little support around for people with diabetes, which made it very hard to keep good control of my blood glucose levels.

My parents had little knowledge. They thought as long as I had my insulin, I could eat whatever I liked. This caused rather poor control of my levels. I was a very active child playing sport and keeping fit which was a positive towards keeping some sort of order with my levels.

I quickly learnt how to manage my diabetes totally by myself as the help and education was not there.

At about 10 years of age, my parents decided to move to Adelaide where more help was available. I found it very hard to accept any help at first because I had managed my diabetes by myself since I had been diagnosed. As I got older I started to realise my control was poor and I needed to start listening to the help that was available. I realised there was more to living with type 1 diabetes than just having a needle every day. Through the support and education I started to take control of my diabetes.

I have witnessed so many changes throughout my life with diabetes. This included types of insulin and delivery systems, all of which have made living with diabetes so much easier. The education and support that is readily available today is fantastic. I have now changed to a pump and I self-fund the Dexcom 6 CGM which has taught me so much and has helped me keep better control of my levels.



Murray Hamill

Living with type 1 diabetes has been quite hard at times over the last 50 years, and in this 50 years, we have seen a lot of changes as far as how we read our glucose levels and the management of diabetes is always progressing. The biggest challenge I have faced is probably the below-knee amputation 21 years ago.

With a lot of help from my family and our fantastic diabetes educator Barbie, I have had a very good life so far. Thank you for recognising my 50 years of living with type 1 diabetes.

50 years of living with type 1 diabetes



Suzanne Myers

I have been living with diabetes type 1 diabetes since the age of three, I am now 61 years of age.

Until the age of 19, I did not have the instruments of today to check my blood sugar levels, so I pretty much lived on the edge, I guess. These days I am so fortunate to have the Libre Sensor to assist me with better control. I am able to obtain great information through the diabetes educators at Mount Gambier Country Care.

At this stage, I am still healthy with no issues associated with diabetes, thankfully. I live a less active life now but in my younger years I did many things and enjoyed very much my hobby of horse interests, which I loved so much.

This award came as a surprise and I thank you very much. I look forward to seeing you at the presentation on 28 October 2021.



Barry Ernest Smith

When I was first diagnosed with diabetes, my mother was most upset and thought that it was the end of everything, however that feeling was eased by the advice the doctor who was treating me, offered. He said to me: "Don't let it rule your life".

I have followed his advice and not let my diabetes prevent me from doing most things that I have wanted to, although it has been a consideration. I have a wonderful wife, two wonderful children and three delightful little granddaughters.

My working life was basically with one company within the airline industry and I spent more than 40 years in the finance and administration areas. I have been able to do some travelling both overseas and locally, and have not been troubled at all by diabetes.

I honestly feel that I have lived a full and productive life with my type 1 diabetes, and am extremely grateful for the assistance provided by my doctors and the Diabetes Association along the way.

Diabetes SA.
It's South Australian
for Support Always.

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