

diabetes australia

Kellion Victory Medal

2026

Thursday 22 October 2026

Diabetes SA Support Always

Diabetes SA proudly presents on behalf of Diabetes Australia the Kellion Victory Medal 2026 Presentation and Award Ceremony Program.

Welcome Message

Master of Ceremony Lynn Bonython (Vice President Diabetes SA, Chair of the Research Advisory Committee, Chair Corporate Governance Committee).

Order of Proceedings

Introduction of the Kellion Victory Medal and Catherine Hughes, CEO Diabetes SA who will be presenting todays recipients.

Kellion Recipient Awards

70 Year Recipient

Lance Andriske
Deane Meatheringham

60 Year Recipient

Trevor Corbell OAM
Leon "Peter" Dorsett
Grahame Plew
Antony Sangster
Craig Taylor

50 Year Recipient

Tony Smith
Brian Rippon
Susan Czernich
Eirean James
Wayne Hall
Lynn Morgan
Trevor Balshaw
Julie Shrubsole
Bridget Wright
Kevin Redman

Supporter Awards

Di Corbell OAM
Sylvana Boitano
Andrew Bayfield
Kathryn Hall
Sandra Rippon
Sonya Hall
John Czernich
Nathan Czernich
Carolyn Balshaw
Jenny Dorsett
Jill Taylor
Elsie Andriske

Light Refreshments provided

Welcome

With the Kellion Victory Medal we honour members of our community who have lived with diabetes for 50 years or more. We also acknowledge the extraordinary contribution that carers make to the health and well being of people living with diabetes.

Receiving a Kellion Victory Medal marks an exceptional achievement. All of us at Diabetes Australia are delighted to celebrate the journey of so many remarkable Australians this year. In 2021, we celebrated the 100th anniversary of the discovery of the medical use of insulin in humans. Without a doubt, this discovery has saved millions of lives and is considered one of the greatest medical advances of all time.

Since then, there have been amazing advancements in diabetes management and technologies, as well as in diabetes education. We now know that people can live well with diabetes and each year we see more and more people receiving a medal – testimony to the fact that living a long, healthy and productive life with diabetes is indeed possible.

Many congratulations to you all!

I trust that you will enjoy this special occasion and wish you many more years of good health.

Justine Cain,
Diabetes Australia
Group Chief Executive Officer

Dr Ashley Ng,
Kellion Advisory
Council Chair

Medal Recipients

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Lance Andriske
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Supporters Award

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Lance Andriske

70 Year Recipient

> This medal is unexpected but gives hope to others living with diabetes that they can live long and fruitful lives.

Born in 1935 at the Waikerie District Hospital as the fourth child. Then at 14 years old I weighed myself at Glenelg at 10 stone (It cost me a penny!). At 16 years old I sensed something wasn't right, always thirsty, dry mouth and frequent bathroom breaks.

Two years passed with no diagnosis, continuing loss of weight, healthy appetite and constant thirst led to my dad driving me to Waikerie District Hospital where I was diagnosed with diabetes by Dr GA Hunter. A month long hospital stay followed, where I was introduced to insulin.

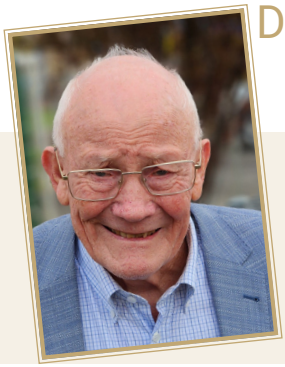
My first Hypo, my brother Ken drove to the local shop to call Dr Hunter who then traveled from Waikerie to our farm (without charge). From then on I was insulin dependent.

I learnt how to inject myself (practicing on oranges) and to test my glucose levels, I used the Benedict Testing Solution with an inch of water, added 3 - 6 drops of urine and boiled, blue meant low blood glucose, green a trace, yellow 1+ meant it was high and orange 2+ meant it was very high. When I had hypos my mother would mix water with half a teaspoon of sugar.

Then came test strips years later and now its all done by blood test.

My greatest achievements so far has been getting married to my supportive wife Elsie, we've been married for 66 years and being a father to our three children. I have also loved living my life on the land, playing sports (football, tennis and cricket) and having a good family.

This medal is unexpected but gives hope to others living with diabetes that they can live long and fruitful lives.



Deane Meatheringham

70 Year Recipient

> Controlling and maintenance of diabetes has come a long way since my initial diagnosis. I'm alive by medical science discoveries in medical science.

As a sixteen-year-old carpenter, joiner apprentice, training as a competitive cyclist, I began to tire easily, have constant thirst and urination. My GP admitted me to the RAH with a diagnosis of Diabetes, an unknown condition to my family. Six traumatic weeks followed with a drastic treatment of strict diet and injections, as the youngest patient in that ward .

Cycling now forbidden, my new diet became our family diet. My parents pledged and fulfilled faithfully to give me all the support they could. I was angry and depressed with the changes in my life. However, after becoming a Christian, I was able to accept my health situation.

Upon a call to the Christian ministry, I applied to be a candidate in the Methodist church. After initial reservations because of my diabetes, I was accepted and am now the longest actively serving candidate. I married (a RN) and moved regionally from Wudinna, Bordertown then Broken Hill, where we were on our own, managing my diabetes with local GPs that were well meaning but unexperienced about type 1 management. My wife and our two young daughters knew how to support me with hypos. My independent convention overseas was accompanied by syringes, insulin, doctors' letters and support from the staff at DASA.

On moving to Adelaide my new endocrinologist Dr Pat Phillips revolutionised my (our) life. Blood testing by finger pricking daily and a changed injections regime. Control and maintenance of diabetes has come a long way. I have been through all historic testing techniques from urine testing (test-tubes on Mum's stove), tablets, test strips, finger pricking, to now a CGM on my arm.

I'm thankful to medical science discoveries, medical staff, colleagues, congregations, Barbie Sawyer (diabetic nurse), My wife, daughters and their partners, granddaughters, parents, in-laws, sister and many close friends. All giving me strength, advice and love.



Trevor Corbell OAM

60 Year Recipient

> I am grateful that I seem to have been successful, (with some challenges), in being able to celebrate my 60 years living with the condition.

In 1966 I became aware of my rapid weight loss, insatiable thirst, leading to seemingly never ending urination. The GP diagnosed and admitted me to the Queen Elizabeth Hospital. Practicing insulin injections in an orange and restricting myself to the equivalent of one slice of bread three times each day. I did not like doing injections with a comparatively large metal and glass syringe, nor enjoyed becoming a 'mad chemist' doing ever changing colour urine tests.

I had never heard of diabetes until my diagnosis but was able to care for myself. I wasn't aware of much support or community understanding , finding my adoptive parents not able to help much either.

My 30 year Public Service career was a journey from the Australian Public Service, then Weapons Research Establishment where I was positioned to the remote (and secret) Woomera rocket range, then to Canberra in the Prime Ministers Department - Cabinet Office. I became lackadaisical in my management of my diabetes and quickly made aware of the personal price, being urgently taken to hospital and placed into an induced coma.

In 1993 I became a member, then president of (former) Diabetes Australia-ACT. In 2003 - 2024, I was Advocacy Manager for Diabetes Australia successfully lobbying government and 'big pharma' for vital diabetes support and management care, not limited to: health insurance approval of insulin pumps, long acting insulin on the PBS, stopped discrimination against people with diabetes who were travelling (and in the workplace) with insulin syringes and pens. I then became a member of the Diabetes Australia National Board.

In 2020 I received an Order of Australia Medal (OAM) for my volunteer work with people living with diabetes, and elected local government councillor and Justice of the Peace.

I am in debt for the selfless support from "my personal nurse", My wife Di. I am grateful that I seem to have been successful, (with some challenges), in being able to celebrate my 60 years living with the condition.



Leon “Peter” Dorsett

60 Year Recipient

> The Medal is a wonderful reminder of an achievement that I never thought possible when I was diagnosed all those years ago.

An interstate trip with a friend brought attention to my weight loss and polyuria having to stop for the bathroom every 20 minutes. Once home I was admitted to hospital, where I learnt how to give myself insulin. Advised that diabetes wasn’t a disease, just an inconvenience! My diagnosis was a shock as I was studying at the time chewing through plenty of sweets.

I worked in laboratory situations in the medical field so I understood the importance of management. Family was also very important, making sure that the strict instructions were followed.

Treatments have certainly improved over the years, with technological advancements, making it much easier to control type 1 diabetes. I now use continuous Glucose Monitors which have definitely assisted me in controlling my glucose levels. The pricking of fingers to get tiny droplets of blood is well and truly over. CGMs have been a game changer!

My best achievements in my life have been my marriage and having children. Of course, I could not have got this far if it wasn’t for the people involved in my life. My wife, Jenny and my daughters, Liana and Tamika who have supported me through this inconvenience.

I must also thank my Diabetes team, Dr Andrew Zimmermann and Isla Yiannoullou who assist me on a regular basis to keep my glucose in check. Thank you just doesn’t seem enough - I am very grateful for your kindness and patience!

After my diagnosis, I was successful in achieving a Bachelor of Applied Science in Chemistry in 1974 followed by a Master of Applied Science in 1982. I worked in the Science and Educational fields until my retirement in 2017.

60 years seems to be a very long time, however, with the help of all those wonderful people around me, I’ve made it! The Medal is a wonderful reminder of an achievement that I never thought possible when I was diagnosed all those years ago.



Brian Rippon

50 Year Recipient

> I feel this medal isn't really for me, but something to be seen by others diagnosed with diabetes that its not a sentence for life.

When travelling away I became quite ill and had to return home, where my GP made a home visit. I was then treated at York Country Hospital in England, which gave me the best advice I had ever been given. They said the diabetic team would be there to help and theres no reason why you can't live a long and healthy life with one provision, I needed to manage my condition.

The management options at the time were glass syringes stored in tubes of spirit, animal sourced insulin and testing for the level of control done by test sticks in urine.

I was always keen to try anything new to make living with diabetes easier, forming close relationships with diabetic specialists and asked on numerous diabetic trials including being selected for the Australian trial for the Medtronic MiniMed closed loop pump, where I found out just how liberating it was.

The most important people who helped me with my diabetes would have to be the diabetes Specialist who first diagnosed me and told me it was my condition and I would have to manage it on a daily basis.

My best achievements so far has been having a long and happy marriage with two children and now 9 grandchildren! Ive also always had a busy career involving many new challenges. Working with different people and teams has been a great pleasure.

This medal is not really for me, but could be seen by others who are diagnosed with diabetes that it is not a sentence for life. A challenge to be taken on, managed and controlled so everyone can live a full and rewarding life.



Susan Czernich

50 Year Recipient

> Would I choose diabetes? No. But I choose to celebrate the life I have lived despite it.

Diagnosed with Type 1 diabetes in 1975, I could never have imagined the journey diabetes would take me on, or the extraordinary changes in treatment and technology I would witness over the next 51 years.

Diabetes has been my constant companion but never defined all that I am. I married, raised my wonderful son Nathan, and am a Grandie to my two beautiful grandchildren (my greatest joys). I have enjoyed careers as a hairdresser and relationship counsellor, undertaken numerous qualifications and almost completed my Psychology degree.

My son has been an incredibly important part of my diabetes story. At 9 years old, his father was no longer in the family home. From such a young age he carried a responsibility no child should have had to carry. On multiple occasions, calling ambulances and saving my life during severe hypoglycaemic episodes. I will always be enormously proud of him and profoundly grateful for the love, courage and support he has given me throughout our lives.

A significant chapter of my diabetes journey began after years of severe hypoglycaemic episodes without warning, Leading to my endocrinologist, Dr Anthony Roberts, in 2010 inviting me to participate in pioneering islet cell transplant research. Following the second transplant, the remarkable happened, after decades of injections and an insulin pump, my body produced the insulin it needed for two and a half years. The transplanted cells eventually stopped functioning and I returned to insulin, but I remain incredibly proud that I put my hand up for medical research that helped demonstrate the value of islet cell transplantation.

Throughout these 51 years, I have met extraordinary people, including medical professionals who became lifelong friends. My former husband John remains one of my greatest supports.

Would I choose diabetes? No. But I choose to celebrate the life I have lived despite it. This means the world to me, it represents 51 years of endurance, change, courage, love and life. I am still here, and my story is still being written.



Eirean James

50 Year Recipient

> This is my only opportunity to be publicly acknowledged for the many years of damn hard work it has been.

My diagnosis date is not one I shall ever forget. I was a hard worker at school with excellent grades, but at the age of 12 I became constantly irritable and lost a lot of weight. Symptoms and Investigations started to add up, leading to my diagnosis and admission where I started on insulin. I remember being upset when I found out that I would have to have needles for the rest of my life.

The first week I had education from Sister Thompson and a dietitian as well as daily phone calls to assess my progress. I was constantly threatened on things that could happen if I didn't do as I was told, which exacerbated my existing anxiety. I took on full responsibility for my diabetes from the beginning. Whilst supportive, I feel my parents were totally overwhelmed.

Multiple episodes of hypoglycaemia meant rearrangement of diet and insulin.

I was regularly boiling to sanitise my long needle glass syringes and urine glucose tests. When I got my first blood glucose monitor, it took 2 minutes to have a reading. Made me think how awfully out of control I must have been in the past.

People that have been supportive of me was my endocrinologist Dr Mitra Guha (in my 20s to 50s) As well as my fabulous partner Andrew Bayfield, always there for me. Ms Effie Kothrapis who provided accessible and practical support especially over the past 3 years, as the diabetes has become more challenging for me to manage.

There are many things I'm proud of, my interesting careers, being a treasurer for a support group for women with diabetes, secured grant funding for Novo Nordisk, living in London, certificates in Commercial Cooking and Palliative Care counselling, Master of Social work, living with diabetes for over 50 years with minimal negative complications.

This is my only opportunity to be publicly acknowledged for the many years of damn hard work it has been. The toll IDDM has subconsciously had on my life stays with me. I'll modestly admit that I fully deserve this recognition.

Wayne Hall

50 Year Recipient

> I've been thankful for technology changes. Having the insulin pump was amazing.

It was a real shock to us all when I was diagnosed. Knowing nothing about diabetes at the time, I was admitted to the Port Pirie Hospital by Dr Potter. Even the doctors admitted they knew very little. It was all very scary and I kept wondering why me.

In the early years, it took a lot of effort getting used to managing my diabetes, but I am thankful for the support I had.

People that have supported me most along the way were my first diabetes educator, Robyn Paperrella who got me started on an insulin pump and my first endocrinologist Dr Wilton Braund was also extremely helpful and understanding. Also especially my wife Sonya who supported and encouraged me through my diagnosis and ongoing. (Love you Sonya)

I've been thankful for technology changes. Having the insulin pump was amazing, Ive had a pump for 20+ years now! Having a CGM has also made things a lot easier.

I am so proud of my two sons both successful in their fields and my two granddaughters (third one due in September).

I was told early on that you don't live long with diabetes, but Dr Braund told me you die with diabetes not from it.

Lynn Morgan

50 Year Recipient

> This medal is a huge achievement for me, I can look at it and see how far I have come.

After feeling unwell and urinating a lot, at 14 years old, I was diagnosed in Leicester UK and sent straight to the Leicester Royal Infirmary to see an Endocrinologist. As an out patient a nurse would come twice a day for weeks to teach me how to inject and test at home.

I went through a period of depression, all I could think about was how many injections I would need in a year, 2 years, 3 years etc. It was also hard to give up on a lot of things but I had a lot of support from my parents.

The needle was huge back then, I hated giving myself injections with the old metal and glass syringe, sterilising every day was a real pain on top of having to count up carbohydrates into portions and doing science tests with your urine to test for glucose and ketone.

Disposable needles were brilliant, much smaller, and now having CGMs is amazing!

My parents helped me manage my diabetes, letting me inject myself, as well as always being close at hand for my severe hypos, rushing me to the ER.

The best achievements of my life so far have been my 4 children, none diagnosed with diabetes, but if they did they would be able tackle it after watching me deal with my diagnosis.

This medal is a huge achievement for me, I can look at it and see how far I have come.



Trevor Balshaw

50 Year Recipient

> "For me, this medal is a sense that you have been recognised through all the struggles and daily injections of insulin (many thousand over 50 years) none have been ignored.

I was serving in the Army and found in my flat in a "diabetic coma" on Monday the 22nd of September 1975, where I was then taken to the Alfred Hospital in Melbourne. As I had tablets next to my bed they first thought I had overdosed and were about to pump my stomach when one of the Ambulance drivers noticed my sickly sweet breath.

It was recorded that I had a sugar content of 80, blood pressure of 40 over nothing, and I had dehydrated from 10 and a half stone to 7 stone in weight. The Army when realising my true state rang my next kin (in Millicent) with hourly updates. I remained in a coma for two days, and was told by Professor Tafte of my condition the next day. By that afternoon I was injecting myself and was discharged the following week, with 2 glass syringes, 4 stainless needles and a sharpening stone.

Daily testing for blood glucose levels was tiresome as you had to go to the toilet then wait 1/2 hour, then go again collecting urine, put so many drops in a test tube, plus drops of water then add a tablet that fizzed up and then you compared the colour of the liquid with a colour chart to get a indication of your blood glucose level. I was fortunate that my sister was a nurse, living in a large house with other nurses and doctors, who were a great help with my management.

The way we test our blood glucose and the constant monitoring plus the use of the pumps, smoothing out the highs and lows has been a huge help in management for me.

My biggest support has been from my wife and her understanding and involvement in my condition. I'm proud to still be here, having married and having children and now grandchildren, is a blessing I don't take lightly.

The medal should go to my wife, who over the last 49 years has been with me all the way, though the few ups and a lot of downs. For me, this medal is a sense that you have been recognised that through all the struggles and daily injections of insulin (many thousand over 50 years) none have been ignored.



Tony Smith

50 Year Recipient

> In the last 50 years diabetes research has improved the lives of those living with diabetes tremendously, I'm still here!

The doctors told me I had diabetes, not curable, but controllable. I had never heard of diabetes, my parents and my wife had, but I had no knowledge of the disease.

The initial diagnosis was fairly traumatic, strict diet, carbohydrate counting and one injection of long acting insulin a day, testing blood glucose levels with a tablet mixed with pee, changing the colour to show roughly what your level was. It was a bit hit and miss.

My friends and family that could tell when I was going low were helpful. In particular my wife and mother, making it their business to learn and understand what diabetes was and how to support me.

Blood glucose monitors using blood was a big improvement at the time, but by far the greatest improvement for me was the continuous glucose monitoring. This paired with multiple injections allowed me to get good control.

One of my best achievements in life so far has been having two children, neither of them living with diabetes. Another achievement for me is still being here to get a Kellion Victory Medal.

In the last 50 years diabetes research has improved the lives of those living with diabetes tremendously, I'm still here!

Julie Shrubsole

50 Year Recipient

> I learnt a lot through self experience and getting to know my own body.

The diagnosis was a big shock although it explained why I was so unwell: Frequent thirst, urination, loss of weight, sores not healing and lethargy so bad I was missing school were key indicators.

I was encouraged to look after my own medications and testing, my mum helping me with appropriate foods. The family routine was not changed much but mine was regulated to look after my health. My diabetes was rarely discussed.

The regulation of the day became easier, injections of insulin I got used to, but never happy with. Being independent was somewhat isolating but there was no alternative other than try to be like others. I learnt a lot through self experience and getting to know my own body.

Improvements to technology I have been thankful for are Blood Glucose Meters which have improved the accuracy of the status, previous urine testing was messy and often inaccurate. Insulin pens have also made it a lot easier, now I feel comfortable injecting in public and the introduction of different types of insulin has given me more flexibility and better control of my diabetes. Even the nutritional labels have improved on foods, with carbohydrates listed on a greater variety of foods making it much easier to count.

Some of the important people that have helped me manage are the endocrinologists for their knowledge and Diabetes SA for their informative magazines.

The best achievements in life so far has been graduating as a Physiotherapist with a B.App Sc, attaining my “C” Badge for umpiring netball, making quilts and making it to age 69.



Bridget Wright

50 Year Recipient

> My greatest achievement is living life to the fullest and not having diabetes rule.

I missed the Royal Adelaide Show one year because I was in hospital newly diagnosed with type 1 diabetes.

Initially, my family was devastated, my parents blaming themselves. My dad believed I would be better by 21 years old. My mum was fearful and instilled her concerns on me. I felt ashamed and almost misbehaved at appointments due to high and critical judgments.

The most important people who have supported me have been my brothers always by my side with my mum and dad. My protectors. Also my best friend Deb who looked after me and helped guide me through my teenage years. They all witnessed and continue to witness the fear, the anxiety and the discipline involved on a daily basis. I am grateful to have had such a journey with my diabetes with their understanding and encouragement over the years.

I have been blessed to have many family and friends surround me with their love, support, understanding and Acceptance of my life dealing with type 1 diabetes.

My best achievements in life so far have been my two pregnancies resulting in two beautiful daughters also being the founder of a support group for women living with diabetes, helped to get off the ground by my endocrinologist Mitra Guha.

Plus, I've also trekked Lantang Valley in Nepal and New Zealand ridge top treks walking the 5 passes trek and off trail trek.

My greatest achievement is living life to the fullest and not having diabetes rule.

This medal is a significant achievement in my journey. On diagnosis diabetes was portrayed as a negative condition, mentioning I would most likely not be able to have children and a list of complications to look forward to.

A bit daunting for a young person at the time, who only wanted to be at the show.

Craig Taylor

60 Year Recipient



The recipient has respectfully chosen not to share their story.

Grahame Plew

60 Year Recipient

The recipient has respectfully chosen not to share their story or picture.

Anthony Sangster

60 Year Recipient

The recipient has respectfully chosen not to share their story or picture.

Kevin Redman

50 Year Recipient

The recipient has respectfully chosen not to share their story or picture.

Di Corbell OAM

Trevor Corbell - Supporter Recipient

Well-experienced Registered nurse, quickly embraced advocacy on behalf of people with diabetes. Di is my wife, my guide, my mentor, and my life-saver

Sylvana Boitano

Tony Smith - Supporter Recipient

Diabetes Educator and supporter for Tony Smith (and many others). She goes above and beyond for the community. Nothing is ever too much trouble for her.

Andrew Bayfield

Eirean James - Supporter Recipient

Unwavering support and advocacy, Calm, non judgmental, intelligent. Has been there for the sugar highs, lows and weathered many emotional storms. Has never presumed to know what living with diabetes is like.

Kathryn Hall

Julie Shrubsole - Supporter Recipient

Kathryn is a special sister to Julie. She is always there to talk to, opening her home whenever needed, particularly after a medical interventions.

Elsie Andriske

Lance Andriske - Supporter Recipient

My greatest achievements so far have been getting married to my supportive wife Elsie.

Carolyn Balshaw

Trevor Balshaw - Supporter Recipient

Over the last 49 years Carolyn has been with me all the way, through the few ups and a lot of downs

Jill Taylor

Craig Taylor - Supporter Recipient

The recipient has respectfully chosen not to share their story.

Jenny Dorsett

Leon (Peter) Dorsett - Supporter Recipient

My wife and my daughters Liana and Tamika have supported me through this inconvenience.

Sandra Rippon

Brian Rippon - Supporter Recipient

Always being there, calm and understanding. Always having the approach of us being a team and anything is achievable with a little planning and care.

Sonya Hall

Wayne Hall - Supporter Recipient

Their love and support since 1976. Helping with hypos, injecting him when he ‘couldn’t be bothered’. ‘I was not a perfect patient but she persevered thanks for everything Sonya.’

Nathan Czernich

Susan Czernich - Supporters Recipient

Nathan is my son. If not for Nathan calling ambulances multiple times and getting me medical attention, I would not be here today.

John Czernich

Susan Czernich - Supporters Recipient

John is my Best Friend (and Ex- Husband). John still cares and supports me, which is pretty special!

For more information visit
diabetesaustralia.com.au/kellion

