



# Volunteer Update

SEPTEMBER 1989

VOLUME 2, NUMBER 8

## Support Training Begins This Month

A.V.I. Support Training commences in late September. Please see the schedule below for dates, times and topics. Locations for the training seminars will be announced. Training is open to new volunteers, Helpline volunteers, clerical volunteers interested in support, and volunteers currently enrolled in a support program. New volunteers must attend all workshops before being accepted into the Support Program. My special thanks to Grant, Jenna, David and Lynn for their hard work in developing this program.

— Li

### AIDS Vancouver Island Support Program Training Outline

#### Facilitators:

Jenna Smith      Grant Sullivan      Lynn Cummings  
David Swan      Judy Roberts

#### Thursday, September 28

- Basic information about the Support Program
- Basic AIDS information (questionnaire)
- Support Program
- Video
- Confidentiality
- Loosening up exercises

#### Thursday, October 5

- Volunteer tasks
- PWA Panel
- Limitations (referrals)

#### Friday, October 13

- AIDS the disease
- Personal infection and infection control

#### Saturday, October 14

- Listening skills
- Feelings

#### Thursday, October 19

- Sexuality

#### Thursday, October 26

All Thursday sessions are from 7 to 10 pm. The Saturday session is from 10 am to 4 pm. Location for training sessions to be announced. We look forward to working with the new support volunteers!

### New Support Group for Women

AIDS Vancouver Island has expanded its support program to include a women's support group. Criteria for the group are women who are HIV+ and women awaiting test results. We welcome Sandra Stewart as the facilitator of this group. Referrals can be made through the intake workers, David Swan and Li Decosas.

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*There's actually comix in this issue. See page 3.*



#### READ THE FINE PRINT

The Volunteer Update is published monthly by the Vancouver Island AIDS Society. K.G. (Kat) Cruickshank, Editor. Submissions are very welcome and should be typewritten or word-processed. Deadline for written material is the third Wednesday of each month. Call Kat (384-1511) for more details.

Reference Material  
NOT FOR LOAN  
AVI Resource Centre

## Walk-a-thon Report

On Sunday August 13th, 1989 sixty people attended the Persons Living with Aids Coalition's Walk-a-thon, a 10K walk to raise money for HIV's and PWA's. Sixty percent of the money will go to the AIDS Vancouver Island's Emergency assistance fund. Ten per cent will go to the PWA Coalition in Vancouver because there are individuals on the island who receive financial support from the Vancouver Coalition. Thirty per cent will go to the administrative expenses of the Vancouver Island Persons Living with AIDS Coalition. We would like to thank EVERYONE from AIDS Vancouver Island who participated in the Walk-a-thon. There was good press coverage on both the six and eleven o'clock news, and Li videotaped the news coverage. We are not absolutely positive, but we think we raised well over \$5,000.00. This could never have been done without all the support, encouragement and pledges that the volunteers and staff of AIDS Vancouver Island gave to the walk.

— Peter Lancaster  
VIPLWAS.

## Volunteer News

### Skills Program for Management Volunteers

Six exciting and cheap workshops have been scheduled by the City of Victoria for September through December for management volunteers and volunteers who have assumed leadership responsibilities. Workshop topics are: Leadership and group dynamics, short and long term planning, financial management, working with volunteers, marketing, and time management. If anyone is interested in attending any of the above, please contact me as soon as possible. Price: Only \$25 per workshop!

— Li

### Departures

Kathy W. is leaving our Helpline due to a change in job circumstances. The Helpline will miss you, Kathy. Thanks for all those hours of service. Happily, Kathy will not be leaving A.V.I., but will be joining our Education Program. Lucky Naim!

### Volunteer Fair

The Victoria Volunteer Bureau is holding its annual Volunteer Fair on **September 22, 8:30 - 4:30** at the University of Victoria. This is an excellent opportunity for both education and recruiting new volunteers. If you are interested in staffing our table, please contact Nairn or Li at A.V.I.

## United Way Sports Day

The United Way will be having a "Pro-Motion" Fundraising Day on **Sunday, October 1** at the University of Victoria. To get involved in this event, either pick up pledge forms at the United Way office, or pay an entry fee the morning of the races. The event will be held at the UVic Chip Trail.

- 7:00 am Pancake Breakfast
- 9:00 Registration
- 10:15 Run Begins
- 10:20 Walk Begins
- 10:25 Wheel Race Begins

Let's get out there and support this worthy cause!

## Thanks!

Many thanks to all who contributed to My's farewell fund. We collected a grand total of \$103.00, which was presented to her privately a few days before she left for California. She was totally surprised and very very touched to know we thought so highly of her. As it happened, she was badly in need of some car repair money just at that moment, so our contributions were put to good use immediately.

Also, thanks to those who donated to the tray fund. Your contributions totaled \$90.20 and helped measurably to offset A.V.I.'s costs.

— Lorna

## Attention: Volunteers, Staff and Board Members

Please do not remove any written materials from the office. You are welcome to read anything you wish at the office. Photocopies may also be made at a cost of 10 cents a sheet. Thank you for your cooperation.

## Heinous Crimes Dept.

During the Post-Quilt, Pre-Walkathon Barbeque at my house on August 12, money and a ring were stolen by one of us from the handbag of a volunteer from Vancouver who came to share the weekend and her energy with us. I want the \$50.00 — and the ring — returned to my file immediately. I prefer not to have to contact the police and my insurance company.

— Suzanne Sutton

## Massage Winner!

Congratulations, Peter L! You won the draw for a free massage. Enjoy! Thanks again to Shamus for the generous offer.

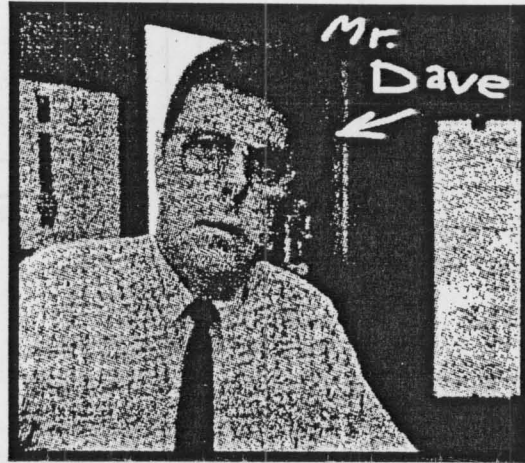
# Miscellany...

## Sure-Fire Remedy for Wasp Stings

I was stung by a hornet last week, for the first time in my life. After I was reasonably sure that I wasn't allergic and was not going to die a horrible death on the bathroom floor, I tried to find something to put on the wound to stop it from swelling. Persons who wear contact lenses will be interested to note that those little fizzy lens cleaning tablets are just the thing. Simply wet one of these until it starts foaming, then bandage onto the sting. You won't have any swelling at all, and hardly any pain. How does it work? Bee and wasp venoms are proteins. Fizzy contact lens pills contain enzymes which dissolve proteins like no tomorrow. Monosodium glutamate (Accent) and hydrogen peroxide (3%) also dissolve proteins and may also be effective on stings, though maybe not as dramatically as the enzyme pills. And they don't fizz as nicely either.

— Dr. Science

## Medical Facts with Mr. Dave



Mr. Dave has a self-inflicted wound. Can you spot it??? If the editorial and letter pages of the Times-Colonist are anything to go by, Dave Parker's recent rantings have succeeded in bringing a lot of cockroaches joyfully out of the woodwork. Keep those cards and letters coming. Stay angry.

— kg.

# “Editorial”: Where's your sense of humour?

Fill in the talk balloons in the cartoon below. The best entry wins a bag of 100 life-size, realistic glow-in-the-dark ants. Or something. Try to make editor laugh. Have fun, and good luck. Completed cartoons may be placed in the Volunteer Update envelope in the main office. Nice colouring jobs may win a rubber lizard.

— K.G. Cruickshank, “Editor”

Win a Bag of Ants



and now, it's time for...

## Technical Difficulties

There really isn't too much to report from up here this month. We've just been beavering away quietly, and enjoying ourselves, mostly. In case you haven't noticed, we now have amazing graphics capability. (Thanks, Mr. C.)

Those people who took the Word Perfect courses in July are encouraged to come in and practice when computers are free. Just phone ahead and see what can be arranged.

Special thanks also this month to Daryl Jensen, who in addition to his heavy clerical workload, is starting to learn the technical ropes of producing the Volunteer Update. Someday son, all this will be yours...

— Kat



# September 1989

S	M	T	W	T	F	S
				Business meeting 12:30 pm	1	2
3	4 Labour Day Office closed AIDS Rally at Fantasy Gardens, Vancouver 1 pm.	5 Helpline meeting 6:45 pm	6	7 Coordinators' meeting 10:30 am Business meeting 12:30 pm	8	9
10	11 Support meeting 6:45 pm	12 Board meeting 7:30 pm Begbie Hall, Royal Jubilee Hospital	13	14 Business meeting 12:30 pm	15	16
17	18	19	20	21 Coordinators' meeting 10:30 am Business meeting 12:30 pm	22 Volunteer Fair University of Victoria 8:30 - 4:30	23
24	25 Support meeting 6:45 pm	26	27	28 Business meeting 12:30 pm Support Training begins (see pg. 1)	29	30

*Don't plant your bad days, they grow into weeks.*

— Tom Waits