

The Update

VANCOUVER ISLAND AIDS SOCIETY

JULY 1991

VOLUME 4, NUMBER 6

INTRODUCING: YOUR BOARD for 1991-92

AIDS Vancouver Island held its Annual General Meeting on June 21, 1991. Twenty-five members and approximately 10 guests were in attendance. Please understand that ALL Board Members are VOLUNTEERS like yourselves, putting in many hours attending monthly Board meetings and emergency Board meetings. They all serve on one or more committees: advisory, fund raising, Island Outreach, member and donor services, nominations, personnel, planning and program, public relations, finance and advocacy. Board Members, like yourselves, are dedicated to fulfilling the Mission Statement of AVI. They all have various backgrounds and qualifications representing the diverse interests of our community. May I introduce you to your new Board Members of AVI and WELCOME them all to the Board.

- *Campbell, Allison, LLB (Barrister and Solicitor) serving her third year on the Board.
- *Clark, Arnold (Secretary-Treasurer) locksmith and former provincial government employee serving his fourth year.
- *Farquharson, Andy, PHD (University of Victoria, Dept. of Social Work) serving his second year.
- *Froud, Terry (owner, Rumors Cabaret) serving his first year.
- *Gent, Ron (local funeral home consultant) serving his second year.
- *Gidinski, Leanne (mother and AVI educator) serving her first year.
- *Libbey, Ken (Person Living With AIDS, former teacher, Parks and Recreation consultant, former Secretary-Treasurer of Vancouver Island Persons Living With AIDS Coalition) your new President in his third year on the AVI Board.
- *Mathewson, Don (presently with Department of Supply & Services, Federal Government) has been involved with many AVI fundraising projects and recently organized the Candlelight Vigil serving his first year.
- Morissette, Christine (Capital Regional Dept. of Parks) in her second year serving as your Vice-President.
- *Popejoy, Verna (Saanich Peninsula Hospital) serving on the Board for her second year.
- *Smith, Donna (R.N. at Victoria Hospice) serving AVI in her first year.
- *Thompson, Robin (local restaurateur, 1st year RN program) long time AVI volunteer serving for his third year.
- *Wittke, Bart (Food Services, University of Victoria) serving his first year.

“THE NEW PRESIDENT IS IN!”

Due to the fact that I am not able to work at a job, I have decided to put in two half days per week in the office - Tuesday mornings, 9 a.m. - 12 p.m. and Thursday afternoons, 1 - 4 p.m. - beginning July 9 and July 11, 1991. This is to help facilitate more openness and communication for you, the members, with the AVI Board. I know a lot of people tend to see a major separation between themselves and the Board.

I would like to change this attitude as we are all volunteers. If you have any concerns, suggestions or complaints, I would hope you will address them to me. I look forward to helping you deal with any issues you may have regarding AIDS Vancouver Island and listening to your suggestions for improving the organization's services & image. (It probably would be a good idea to phone in to make sure that I am here as I have to attend many types of appointments). I look forward to meeting you and listening to what you have to say.

Ken Libbey, President.

CONTENTS	
NEW BOARD MEMBERS.....	1
VOLUNTEER NEWS.....	2
SUPPOT & EDUCATION.....	3, 4
CALENDAR OF EVENTS.....	5

READ THE FINE PRINT

The Volunteer Update is published monthly by the Vancouver Island

Reference Material
NOT FOR LOAN
AVI Resource Centre

1 of each
or at the
C. (V8W 3C7)

AND THE WINNER IS...

Jackie Saunders-Ritchie - a tireless AVI Support Volunteer from Duncan! Jackie submitted her time sheet for May and won two double passes to the Caprice Showcase Theatre in Langford. Many thanks to Rick Myers of Caprice Theatres for donating the passes. Please submit your time sheets as close to the end of June as possible as another quarterly report to the Board is due. You could be the next winner!

VOLUNTEERS, GOD BLESS THEM

*Many will be shocked to find
When the day of judgement nears
That there's a special place in heaven
Set aside for volunteers,
Furnished with big recliners,
Satin couches and footstools,
Where there's no committee chairmen,
No group leaders or car pools.
No eager team that needs a coach,
No bazaar and no bake sale,
There will be nothing to staple,
Not one thing to fold or mail.
Telephone lists will be outlawed,
But a finger snap will bring
Cool drinks and gourmet dinners
And treats fit for a king.
You ask, "Who'll serve these privileged few
And work for all they're worth?"
Why, all those who reaped the benefits
And not once volunteered on Earth.*

THE STATION

By Robert J. Hastings

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are travelling by train. Out of the windows we drink in the passing scene of cars on nearby highways, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering - waiting, waiting, waiting for the station.

"When we reach the station, that will be it!" we cry. "When I'm 18. When I buy the new 450 SL Mercedes Benz! When I put the last kid through college. When I've paid off the mortgage! When I get a promotion. When I reach the age of retirement...I shall live happily ever after!!!"

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

"Relish the moment" is a good motto, especially when coupled with Psalm 118:24: "this is the day that the Lord has made; let us rejoice and be glad in it." It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less.

Life must be lived as we go along. The station will come soon enough.

VETERAN'S AFFAIRS

We would like to thank Veteran's Affairs for their generous donations of homecare devices including a wheelchair and a scooter. If anyone is in need of one of these items, please contact David at 384-1511.

AIDS Among Women to Double by 2000

By the end of the 1990's the number of women infected with the human immunodeficiency virus (HIV), which causes AIDS, may well double as heterosexual transmission becomes the predominant mode of spread of the virus in most parts of the world, the World Health Organization (WHO) says.

In an analysis of the impact of AIDS and HIV infection on women, WHO estimates that worldwide, some 3 million women are already infected with HIV. Since the start of the pandemic, about one-third of the estimated total of 1.3 million cases of AIDS have been in women. Moreover, WHO says these are probably conservative estimates.

The WHO analysis indicates that, by 1992, a cumulative total of 600,000 women will probably have developed AIDS around the world. In addition, WHO estimates that AIDS will kill at least 2 million women during the 1990's, most of them in sub-Saharan Africa.

The new WHO analysis marks the culmination of a year of intensified efforts, both at WHO and around the world, to focus attention on the worsening impact of AIDS and HIV infection on women.

The new WHO analysis presents the following picture of the global epidemic of AIDS among women:

*As of 1990, 60 percent of HIV infections worldwide have resulted from heterosexual intercourse. In developing countries, heterosexual sex is the predominant means of HIV transmission. In industrialized countries, the heterosexual spread of HIV is increasing slowly but steadily, especially in groups with high rates of sexually transmitted diseases and drug injecting. By the year 2000, it is projected that 75-80 percent of all HIV infections will result from sexual intercourse between men and women, which will mean dramatic increases in HIV infection among women.

*An estimated 1 in 40 women in sub-Saharan Africa is already infected with HIV. Elsewhere, for example, 1 in 500 women in Latin America and 1 in 700 women in North America is infected. In Asia, and particularly in South and Southeast Asia, recent data indicate that within the past 3 years alone close to 200,000 women may have been infected.

*In some cities in sub-Saharan Africa, up to 40 percent of adults of both sexes may be infected with HIV. These infection levels will cause a doubling or tripling of the total adult mortality rate during the 1990s and will also cause up to 50 percent increase in the mortality rate of children.

*WHO estimates that approximately 30 percent of infants born to infected mothers will become infected with

HIV before, during, or shortly after birth. A cumulative total of as many as 10 million infants will be born infected with HIV worldwide by the year 2000.

*Up to 70 percent of infants born to infected mothers will not be infected. They will not escape the pandemic's impact, however, as their mothers or fathers, or both die of AIDS. At least 10 million uninfected children under the age of 10 will be orphaned in the 1990's.

"I want to stress that these estimates are projections based on what is happening now," said Dr. Michael H. Merson, Director of the WHO Global Program on AIDS. "If, for example, the virus begins to spread substantially in densely populated areas that have been relatively spared until now, such as parts of Asia, then even these high estimates will have to be revised dramatically upward."

AIDS STORIES WANTED

If you or someone you know is HIV-positive or is living with either ARC or AIDS, or if someone you knew who lived with AIDS has passed away, AIDS LETTERS is interested in publishing your story. "Too many voices are being left unheard and this book will provide you with an invaluable opportunity to openly voice your feelings and forever be heard," says Jeff, editor of AIDS LETTERS.

"You may wish to express your views on the joys of life, reflect on life's experiences, feelings of love from family and friends, personal hopes and dreams, convey a special message to society or just share a private thought. This book also offers a unique opportunity for those of you who have been touched by AIDS to lend your support to others by sharing your experience. It would enhance the book to have your real name attached to your story, but if you prefer to remain anonymous, please do so. In either case, it would be advantageous for you to provide some manner by which I can contact you should the need arise. Proceeds will benefit AIDS-related causes."

Send letters and photographs to: AIDS LETTERS, 4521 Campus Dr., Suite 101, Irvine, CA 92715, U.S.A. If you need to speak with Jeff, call collect (714) 850-3021.

Please submit your stories to the address at the end of the article or submit them to David Swan, Support Coordinator, AVI, and we will forward your stories. Please indicate if you give AVI permission to publish your work in our own Update. *Thank you!*

The President, Ken Libbey.

TIPS TO HELP MAINTAIN YOUR WEIGHT

The guidelines listed here will help you to eat as much as possible while your appetite is low.

1. Eat Often. If your appetite will not permit you to take large portions at meals, you must eat often to make up for this. Eat at least a few mouthfuls even if you do not feel hungry. Set meal and snack times (approximately every 2 hours) and try not to skip them. Eat your biggest meal when your appetite is at its best.

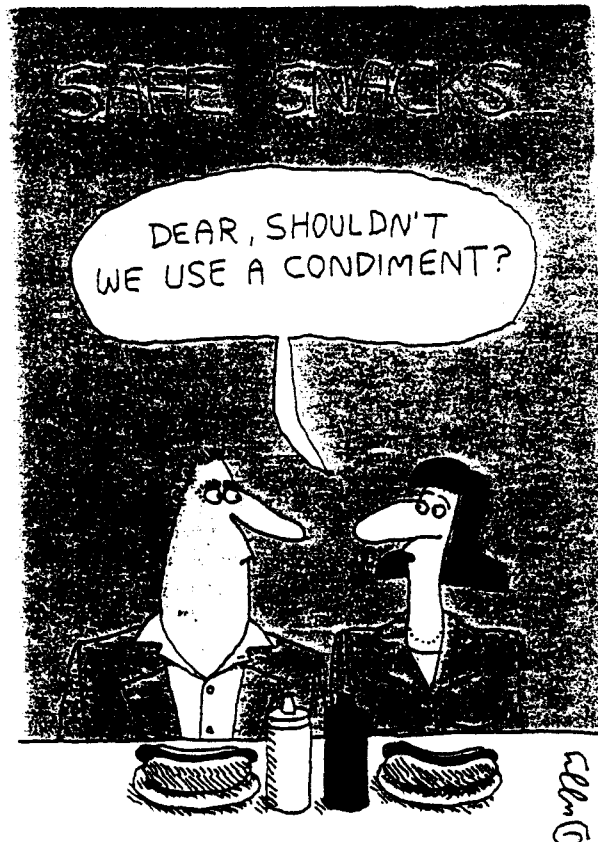
2. Always choose high calorie, high protein foods. If you can eat only a limited amount of food through the day, make every bite count. Low calorie foods such as tea, coffee, salads, clear soups, and most fruits and vegetables should be limited, because they make you feel full but do not help to maintain your weight. (To replace some of these foods take a multivitamin/multimineral supplement.)

3. Choose foods that are soft and moist. Because soft, moist foods are easier to eat, you are more likely to eat more of them. Avoid foods that are dry or require a great deal of chewing. Some foods you may find difficult are raw vegetables, raw fruit, meat and sandwiches.

4. Be creative when you choose meals and snacks. You don't need to eat "breakfast foods" only at breakfast, or "supper foods" only at supper. For example, if meat and potatoes do not appeal to you at supper, have a milkshake, some cereal with milk, or any other high calorie food instead.

5. Make food preparation easy on yourself. You will probably eat better if you can avoid cooking. Conserve your energy by enlisting the help of friends and family in food preparation. If you do your own food preparation, use as many convenience foods as you can. Keep your fridge and cupboards stocked with foods that are ready-to-eat (purchased foods such as canned puddings, or dishes prepared by friends).

6. Make a list of foods you enjoy and tolerate. Keep this list available so that you do not have to come up with new meal and snack ideas every day. It is perfectly acceptable to eat the same foods often if only a few foods appeal to you. *CCABC Nutrition Department, Couresty St. Paul's Hospital.*



S

M

T

W

T

F

S

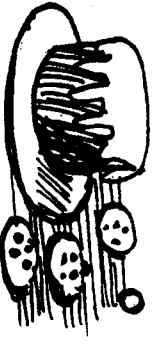
	1	2 Surviving partners 7:00pm	3 Helpline volunteer meeting 5:15 - 6:15pm	4	5	6 1 Helpline Training 9:30am - 4:00pm AVI
7	8 HIV & PWA Support Group 7:30pm	9 Surviving partners 7:00pm Helpline Training 7:00pm - 9:30pm	10 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	11	12	13
14	15 HIV & PWA Support Group 7:30pm	16 Surviving partners 7:00 pm	17 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	18 Education volunteer meeting 5:15 - 6:30pm	19	20 Bizarre Bazaar 640 Moss Street 10:00am - 4:00pm
21	22 HIV & PWA Support Group 7:30pm	23 Surviving partners 7:00 pm	24 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	25	26	27
28	29 HIV & PWA Support Group 7:30pm	30 Surviving partners 7:00 pm Board Meeting 7:30 pm	31 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett			



ALL PROCEEDS SUPPORT: VANCOUVER ISLAND A.I.D.S. SOCIETY

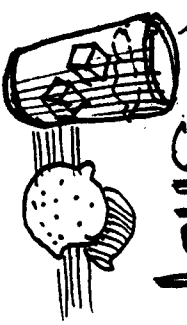
★ EXTRA!

BAKE SALE



★ GOLD LEMONADE WHILE

You SHOP



We still NEED

Your STUFF

call 388-9775 for info/pickup.

BIZARRERIE

SATURDAY

JULY 20th

640 N. OSS ST.