

The Update

VANCOUVER ISLAND AIDS SOCIETY

OCTOBER, 1991

VOLUME 4, NUMBER 5

An Ode to JoAnn

• Our volunteer "cord" J. Reid
 • Wants our hours submitted with speed
 • Her thank notes are great
 • I think she's 1st rate
 • Softspoken, hardworking, indeed J.S-R.

AVI Casino Volunteers Needed

Please join us for our Casino event on October 24th and 25th at the Red Lion Inn.

People who are interested in helping please contact JoAnn at 384-2368 for more information. And, by the way, if you can't help this time, but would like to get involved in future fund raising events please contact Don Mathewson at 386-0414.

And the WINNER IS.....

Thank you Mike Thomsen for sending in your volunteer hours for August. You have won an angel from Angel Face Furniture and Accessories. Our thanks also to Shelley Corbeil and Sandy Greig from Angel Face for their generosity!

A reminder to all of you to send in your hour sheets - if you don't have one, let us know and we'll send some out to you.

COME TO THE CASINO
RED LION MOTOR INN
 OCTOBER 24 & 25
 6 PM - 2 AM
 COME AND HAVE SOME FUN
 ALL PROCEEDS TO AIDS VANCOUVER ISLAND

CONGRATULATIONS
BEV & SHIRLEY
on your 20th Anniversary!

Your party held at Rumors on Sept. 21/91 was a resounding success by all accounts.
Our sincere thanks for asking your guests to donate to AVI in lieu of gifts. You raised \$549 for our Emergency Assistance Fund!
WOW!

UVic Student Doing Practicum

We are pleased to have Carolyn Matheson, a nursing student, with us for the fall term.

The focus of her practicum will be gathering data on the AIDS education needs of people admitted to the DARS program at Pemberton House.

Carolyn will be doing pre and post education assessments followed by developing and presenting her own education program.

Carolyn has offered to submit her findings to AVI for the be

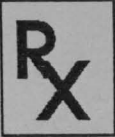
Reference Material
 NOT FOR LOAN
 AVI Resource Centre

HELPLINE - 384 - 4554

The opinions expressed in the treatment columns of the Update are not necessarily those of AIDS Vancouver Island. For more information refer to source cited at article end.

Submitted by: Windi Earthworm

Edited by: Norman Mullally



Warning: Hydrogen Peroxide Might Stimulate HIV Growth

by John S. James

Researchers at Stanford University have told AIDS Treatment News that hydrogen peroxide has been found to stimulate growth of HIV in laboratory tests. Apparently it does this by affecting the complex systems of chemical messengers which control cell (and viral) growth. A second laboratory has confirmed much of the initial findings.

About three years ago there was considerable "underground" interest, in San Francisco at least, in hydrogen peroxide as an AIDS treatment; people would drink a dilute solution, or bathe in it. AIDS Treatment News did not cover this proposed treatment, except for brief mentions in issues #49 and #69. Almost everyone we found who was interested in hydrogen peroxide was selling various preparations of it, and therefore we could not tell how much of the enthusiasm came from personal experience and how much came from financial interest.

The new laboratory information about potential dangers has not yet been published. Also, there is no data on whether hydrogen peroxide has the same effects in the body. Despite the incomplete information, we decided to publish this warning as soon as possible so that anyone drinking hydrogen peroxide as an AIDS or HIV treatment could be advised to stop.

(From AIDS Treatment & News, #132, Aug.-9-91)

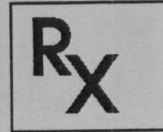


PWA Housing Survey

Enclosed with your Update you will find a copy of the PWA HOUSING SURVEY sponsored by the Victoria AIDS Community Action Group. If you are HIV+ we would appreciate you filling it out and returning it to AVI by October 30th. If you aren't HIV+ please pass it on to someone you know. Please avoid putting any identifying features on this survey.

Your assistance with this survey will help the Action Group decide on effective lobbying.

Thank you



HIV and the mouth

The physical and emotional impact of HIV infection may present symptoms in the mouth.

Gum disease is a common disease among well people. Over half of all well people have symptoms of gum disease. It is important for people who are HIV positive to maintain good oral hygiene and visit their dentist at least twice a year. Oral candidiasis, or thrush appears as a white coating in the mouth, on the tongue, or in the throat; it is usually smooth. Hairy leucoplakia, appears as a white coating; it commonly has a "hairy" texture, like that of a pipe-cleaner. Kaposi's sarcoma, appears as a bluish area with a definite border: it may be smooth or raised. All of these conditions can be treated, so it is important to consult your physician, and remember brushing and flossing your teeth regularly (twice a day) leads to a healthy mouth.

(from HIV Health and the Home Kaiser Permanente Portland Oregon)



Proposal for a PWA Spiritual Healing Circle.

Gathering together in a group to heal one another is a practice common to most societies and religions. Underlying these practices is a common assumption that together our love or healing energy is stronger than apart.

Healing circles are being formed for PWAs in many places, the most famous being those started by Louise Hay. Here in Victoria, in our new private space, (PWA Livingroom), PWAs have an opportunity to share together, to celebrate our joys and bring healing into our lives. There are no rules for healing circles other than everyone attend with an open heart and an open mind. We may meditate or chant. We may share with one another readings which inspire us and give us hope. Almost certainly we will join hands and form the circle. Those who feel especially in need of healing that day may lie in the centre of the circle; and those who wish may lay their hands on them.

Our circle undoubtedly will grow in directions guided by our own needs. As long as we leave our guilt, our anger and our fears at the door, no mistakes are possible.

Our potential success is unlimited and it is to create wellness that we meet.

Contact David Swan at 384-1511.

Introducing JOAN!

As a new staff member I want to take this opportunity to introduce myself and give you enough info so you'll feel you know me and can approach me on any issue.

I'm married with two teenage children who are proud to be the best informed, in their peer groups, about AIDS. They have turned out to be my first volunteer AIDS educators. My commitment to AIDS education has taken the form of a condom demo (with wooden penis) in our own kitchen with friends looking on. Though our kids were a little leery at the time, they soon found the questions from their friends had raised their status in their crowd.

My husband is a small businessman who is currently involved in only two businesses: one in publishing and one in type setting.. Related but different markets.

As Education Coordinator, I look forward to meeting all of you connected with AVI. With the education volunteers, my goal is to get you all comfortable with speaking engagements as soon as possible to free me up to conquer new frontiers: e.g., developing educators in native and multi-cultural groups.

Please feel free to call or drop in to my office.

Joan Shanks.

Video Library Relating to HIV Infection and AIDS

There is now a small video library relating to HIV infection and AIDS in the Cowichan Valley. At present there are about 30 titles. These videos are intended for a range of viewers: youth, adults, persons with AIDS, family and friends of those infected, caregivers. They may be borrowed by individuals and groups at no charge.

The list of videos may be seen at the reception desks of Margaret Moss Health Unit, Cowichan Band Health, Mental Health, on the bulletin board at the Hospice Society and at Volume I bookstores.

For information and to reserve a video please phone Jackie Saunders-Ritchie at 748-1995.

AIDS Vancouver Island has assisted financially with this project. In order to maintain a growing video collection, donations of good quality blank tapes are appreciated.

Notes from the Education Department Armed Forces and HIV testing

A Helpline volunteer received a query about the Canadian Armed Forces and HIV testing: do they do it on new recruits? It took 4 phone calls to get the definitive answer - no.

Drug Store Displays

Windi canvassed 4 local drug stores to see if they displayed water soluble lubricants and/or spermicides with their condoms. Two out of four did not. AVI sent a letter to the two which did not and recommended this practice for two reasons; lubricants decrease the likelihood of condom breakage; to increase the sales of lubricants/spermicides. Everyone wins!

Immunization Recommendations

National Health and Welfare recommends that HIV+ adults receive the following vaccines:

- *influenza
- *pneumococcal
- *hepatitis

You can get these vaccines through your family doctor or the influenza alone through CRD.

PWA's LIVINGROOM WISH LIST

- NOVELS
- VIDEOS
- TAPES
- AFGANS
- TEDDY BEARS
- VCR
- PAINTINGS
- TABLE LAMP
- JUICE(sugar-free)
- ROOM DIVIDER

Well-Known Artist Donates Painting

Mr. Rex Calhoun, born in St. Lambert, Quebec, on August 29, 1923, is known around the world for his pottery, batiks, weaving and watercolors. Mr. Calhoun, who recently had an exhibition at the McPherson Playhouse, has generously donated a painting to raise funds for AVI. The watercolour is presently being displayed at Rumors. Raffle tickets are \$1.00 each or 5 for \$3.00 and are available at Rumors and the AVI office.



Sharing The Challenge World AIDS Day December 1, 1991.

Join us for an evening of music as the Civic Orchestra of Victoria hosts a benefit concert for AIDS Vancouver Island on World AIDS Day, Sunday, December 1 at the UVic Centre Auditorium.

The Civic Orchestra is made up of nearly seventy amateur and professional musicians ranging in age from 15 to 80 years. The orchestra was inaugurated as a non-profit society in 1983, with the well known musician/politician Charles Barber as its first music director. Currently Robert Cooper, a graduate of the London College of Music and the Director of Music at Brentwood College, is Conductor. Mr. Cooper's energetic and innovative leadership has expanded the horizons for the Civic and the Orchestra now comprises a full symphony of talented musicians. The Civic Orchestra performs throughout Victoria and southern Vancouver Island and has been invited to play in Morioka, Japan as part of their Festival of the Arts in June 1993.

"Sharing The Challenge" will feature selections from Cole Porter as well as well-loved hits from Broadway musicals such as "Cats", "The Phantom of the Opera", "Les Miserables", and "A Chorus Line". Also featured will be Delane Peters playing "Oboe Concerto in C" by Franz Joseph Haydn.

Tickets for "Sharing The Challenge" are \$7.00 and will be available by mid October through the Box Offices at the UVic, Hillside Shopping Centre and the McPherson Playhouse.

Join us for a wonderful evening of music!
(Linda Graham, Wayne Cook, World AIDS Day
Committee)

CLASSIFIED ADVERTISING

RENTAL - STUDIO SUITE IN HOUSE 200 SQUARE FEET, ALL INCLUSIVE + LAUNDRY, \$425.00.

CONTACT WAYNE AT 592-5586.

AA/NA MEETINGS TO BEGIN SOON - CONTACT DAVID SWAN

HEALING CIRCLE - CONTACT DAVID SWAN

LIVING ROOM DROP-IN - 10:00 AM - 1 PM MONDAY THROUGH FRIDAY - FOR PWA'S ONLY.

THERE ARE SEVERAL COPIES OF "AIDS IN CANADA" BY MICHAEL ORNSTEIN AVAILABLE AT AVI.

*Pot Luck Supper for HIV+ and Persons
October 13, 4:00 pm
Kobe 727-9985*

HIV+ MALE, 28, LOOKING FOR HIV+ FEMALE, FOR ROOMMATE/COMPANION. CALL WALLY AT 386-3196

ANYONE INTERESTED IN FORMING AN OUTDOOR'S CLUB (HIKING, CYCLING, CAMPING) CALL RICHARD AT 380-1430
1ST. TRIP, OCTOBER 12, GOLDSTREAM PARK

Hugs

*There is no such thing as a bad hug:
there are only good hugs and great
hugs.*

*Hug someone at least once a day
and twice on a rainy day.*

*Hug with a smile; closed eyes are
optional.*

*A snuggle is a longish hug.
Bedtime hugs help chase away bad
dreams.*

*Never hug tomorrow someone
you could hug today.*

AIDS VANCOUVER ISLAND

OUR STAFF

Executive Director	Li Decosas	384-2366
Administrative Services	James Austin	384-2366
Program Clerk	Isabella Luke	384-2366
Support Services	David Swan	384-1511
Psychotherapist	Claudia Mimick	384-1511
Street Outreach	Jaine Mullally	388-6275 Pager#1542
Street Outreach	Norman Mullally	388-6275 Pager#1542
Volunteers	JoAnn Reid	384-2368
Education	Joan Shanks	384-2368

AVI EXECUTIVE DIRECTORS

President	Ken Libbey
Vice-President	Christine Morissette
Treasurer	Bart Wittke

COMMITTEE CHAIRS

Constitution & Bylaws	Alison Campbell
Emergency Assistance	Bart Wittke
Finance	Bart Wittke
Fundraising	Don Mathewson
Inter-agency Relations	Ron Gent/Li Decosas
Membership/donor services	Terry Froud
Nominations	Christine Morissette
Personnel	Christine Morissette
Planning & Programs	Andy Farquharson
Public Relations	Terry Froud

OUR PROGRAMMES

AIDS Vancouver Island is a not-for-profit community based group which provides AIDS education, support and advocacy services to Vancouver Island and the Gulf Islands. A small staff and over 100 volunteers offer the following services:

- *trained speakers to talk to interested community groups
- *resource library - books, reference materials and audio/videos
- *Helpline - supportive, trained volunteers will listen to concerns & answer questions about AIDS & transmission of HIV; the antibody (HIV) test, safer sex; caring for people living with AIDS; referral & resource information.
- *Support - individual counselling by trained staff, for anyone infected or affected by HIV/AIDS; support groups; emergency financial assistance.
- *Advocacy
- *Street Outreach - AIDS/HIV prevention information; anonymous & confidential needle exchange for IV drug users; condom distribution & safer sex information for street oriented youth, adults and the agencies serving them.

If you would like to become a member of AIDS Vancouver Island and/or if you are interested in joining our dedicated group of volunteers, please complete the form below and return it to:

AIDS Vancouver Island
#304-733 Johnson St.
Victoria, BC V8W 3C7

Yes, I am interested in becoming a member of AIDS Vancouver Island and receiving the monthly "Update" newsletter. Please send me more information.

Yes, I am interested in applying to volunteer with AIDS Vancouver Island. Please send me an application form.

Name _____
Address _____



S	M	T	W	T	F	S
		1 Vol. Orientation 7 - 10 pm	2 Helpline meeting 5:15 pm Family/Friends/Lovers Support Group 7:30 pm 923 Burdett	3	4	5
6	● 7 HIV & PWA Support Group 5:15pm - 7:15pm	8 Vol. Orientation 7 - 10 pm	9 Family/ Friends/ Lovers Support Group 7:30 pm 923 Burdett	10	11	12
13 HIV+ Persons Pot Luck Supper 4 pm Kobe: 727-9985	14 Thanksgiving Day HIV & PWA Support Group 5:15pm - 7:15pm (unfacilitated)	☾ 15 Board Meeting 6:30pm	16 Update mt. 1:30 pm Educ. mt. - 5:15 pm Vol. Orient. 7 - 10 pm Family /Friends/Lovers Support Group 7:30 pm 923 Burdett	17	18	19 Vol. Orientation 9:30 am - 4 pm
20 Volunteer Orientation 10 am - 4 pm	21 HIV & PWA Support Group 5:15pm - 7:15pm	22 Support Volunteer Meeting 6:30 pm	☉ 23 Family/Friends/Lovers Support Group 7:30 pm 923 Burdett	24 Casino - Red Lion Motor Inn 6 pm - 2 am	25 Casino - Red Lion Motor Inn 6 pm - 2 am	26
27	28 HIV & PWA Support Group 5:15pm - 7:15 pm	29	☾ 30	31		

COMING EVENTS

October 7th - 13th AIDS Awareness Week

November 2, Fantasy Auction - Royal B.C. Museum

December 1, World AIDS Day Concert - Civic Orchestra of Victoria - UVic Centre Auditorium

Livingroom drop in - 10 am - 1 pm Monday through Friday - for PWAs only.