



The Update

VANCOUVER ISLAND AIDS SOCIETY

NOVEMBER, 1991

VOLUME 4, NUMBER 6

**New Update submission deadline:
2nd Tuesday of each month**

Changes in the Update

The Update Committee recently took me on as Editor. My first move, after acknowledging the outstanding work this group did producing your newsletters for several months, is to change the submission deadline to the second Tuesday of every month. This will allow more time for Update workers to develop themes, coordinate stories, and edit. We continue to welcome all stories or ideas for stories, you'd like to see in the Update. We also accept announcements; poems and essays; humour and classifieds. Please submit to a staff member for placement in the Update file. **Include your first name and a phone number** where one of us can reach you if we need to clarify your submission. Also, please note if you, or anyone mentioned in your submission, would prefer not to be identified in print.

Next month I'll describe more of our plans for future Updates. I look forward to hearing from you.

Ellen Bielawski

New Officers

The Board of Directors is pleased to announce the appointment of Bart Wittke to the position of Treasurer. Until recently this position was combined with the role of Secretary, however, due to the heavy workload & responsibility of both these positions the board has decided to separate them. The Board anticipate announcing the appointment of Secretary after the next Board meeting.

ANNOUNCEMENT

Board members, please be advised that the next Board meeting will take place on November 26, 1991, not November 19, 1991.



**Broadway Featured in
World AIDS Day Benefit
Concert**

"Sharing the Challenge", the Victoria Civic Orchestra's benefit concert for AVI, will showcase a variety of the 20th century's most popular show tunes. Music by George Gershwin and Cole Porter, and selections from "Cats", "Les Miserables", "A Chorus Line" and "The Phantom of the Opera" will be performed on World AIDS Day, Sunday, December 1 at the UVic Centre Auditorium. The orchestra will also perform Frany Joseph Haydon's "Oboe Concerto in C" with soloist Delane Peters.

"Sharing the Challenge" is the international theme for World AIDS Day. AVI is very pleased to be sharing the challenge of fighting AIDS with the Victoria Civic Orchestra. The Board of Directors, staff and volunteers thank the Civic Orchestra and are proud to be working with them on this special fund-raising event.

The Civic Orchestra is made up of nearly seventy amateur and professional musicians ranging in age from 15 to 80 years. Robert Cooper, a graduate of the London College of Music and the Director of Music at Brentwood College, is conductor. 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.

Concert tickets are \$7.00 and are now available through the Box Offices at UVic and Hillside Ticket Centre or save a \$1.00 surcharge by picking up your tickets at AVI.

Linda Graham & Wayne Cook, World AIDS Day Committee

Reference Material
NOT FOR LOAN
AVI Resource Centre

Helpline - 384 - 4554

Notes from the Library

An Encyclopedia of Alternatives

Healing AIDS Naturally, by Laurence Badgley, MD

This well-worn book must be one of our more popular references. With a third printing in 1987, author Laurence Badgley has compiled alternative therapies, diets, and healing philosophies, from Crystal Healing to Vitamins. The book doesn't say anything new, but is concise and easy to understand. This is one of many books available to you in our Library at AVI.

Over a Hundred Videos in the AVI Library

From 21 Jump Street to scientific documentaries on the virus, with the likes of Oprah, Donahue and 48 Hours, to wonderful screen plays such as:

Michael Bradman's *As Is*, *Andre's Mother*, and *Long Time Companion*. The AVI Library has an easy to use Video directory complete with descriptions.

Checkout "Tuffy's" Video, *Are We Going Backwards*, a serious film on quarantine legislation. Feel free to meet with our Library volunteer next time you're in the office.

Loving Someone with AIDS

by Phill Wilson

It is the breaking of your heart every time you have to leave him in the hospital. It is having to leave him in the hospital too often. It is being a member of the team that makes the decisions about his care. It is making the final decisions all by yourself.

It is the echoing of his voice in your ear on the eve of his death when he says to you, "Take me home!" It is the echoing of your voice in the hollow of your heart created by the pain of loss.

It is feeling the pain and knowing each bit of hurt is a celebration of love you feel for each other. It is the chuckle in the voice when he wakes from the coma in the middle of the night to tell you he loves you. It is telling him you love him as he takes his last breath.

It is telling him it's OK.

It is telling him you'll be OK. It is holding him and feeling the warmth of his life leave his body.

It is weird, so very, very weird. It is probably the

weirdest thing you'll ever experience.

It is believing, if you work hard enough, fast enough, long enough, if you can keep him on the cutting edge of treatment, that maybe he won't die. It is the anger when he dies anyway.

It is the guilt because maybe you didn't work hard enough, fast enough, or long enough.

It is the hopelessness of knowing even a love as great as yours could not save his life.

It is saying, "I'm fine. I'll take care of everything. I'll handle it." It is discovering you are not fine, you can't take care of anything, and this time you can't handle it.

It is remembering in the middle of the day and feeling as if it were happening all over again. It is the loneliness, because you have no other friend like him.

It is calling your landlord to find out how much is the rent or calling the bank to find out what's your balance, because he did those things.

It is sitting at home and wondering what's keeping him, because you forget he's not coming home. It is keeping the tape on the answering machine because it is a way of hearing his voice.

It is being glad to return home after a trip because you know the cats miss him nearly as much as you do. It is keeping his driver's license, wearing both of your wedding bands, and isolating yourself from family and friends because you don't know what else to do.

It is wishing he were here.

It is knowing that he is.

It is driving down the freeway and being blinded by your tears. It is not knowing that you are crying.

It is wondering what will happen to you when your time comes and he's not there to send you home. It is knowing he will be there.

It is the numbness, the panic, the fear, the sadness. It is the blind rage over what's happening to you.

It is not chronic. It is not manageable. It is not over. Even after he dies.

(Source unknown)

IAN MCDONALD

To my dear and loving partner who I miss so much. Ian died September 20, 1991 at 10:30 am at Victoria Hospice. Always loved and forever in my heart.

Chris Tucker.

Calling all Volunteers

You are invited, by popular demand, to attend the first monthly meeting for all AVI volunteers, Tuesday, November 12, 7:30 pm at AVI. Monthly volunteers' meetings will help us all feel connected to the organization and to each other. They will also be a forum for discussion, skill-building, and fun. Come out and participate in the initial planning for this group on Nov. 12. Any questions, call JoAnn at 384-2368.

Don't Leave Home Without It!

Yes, we are talking about credit cards. On a trial basis, AIDS Vancouver Island will be taking Mastercard, Visa, American Express and Diner's Club credit cards to process payments. We plan to use the above credit cards on a trial basis and then decide which one we will offer on a permanent basis. Currently, a signature and an imprint of your card is required for all transactions. We will soon have order forms for membership, donations and merchandise purchases which you will be able to be mail in. If you have any questions about using these cards, please call James at 384-2366.

THANK YOU! THANK YOU! THANK YOU!

A round of applause to all the people involved in the Fringe Festival who along with our volunteers helped raise close to \$1400! Bravo!

Our gratitude also to Club 1325 who staged 13 shows to benefit AVI - thanks to these talented performers and Rumors staff, our Emergency Assistance Fund is \$2150 richer! Terrific!

Prime Timers

A newly formed support group for gay men 40+ has recently been established here in Victoria. The group's goal is to provide social activities and a network of smaller interest groups. Prime Timers began in the mid 80's in the Boston area and has since spread to other major cities, including Vancouver. For further information please contact Ron at 386-4186.

NOVEMBER IS MEMBERSHIP MONTH AT AVI

All AVI members and volunteers are challenged to recruit two new members during our membership drive. Remember AVI is only \$15.00 per year. There is no fee for PWAs (contact David Swan at 384-1511).

A membership covers a variety of services: twelve issues of our newsletter THE UPDATE, notification of all workshops, our in-house services, all other events, as well as eligibility to vote in the Annual General Meeting.

Here is a way to help AVI and reward yourself. All those who recruit new members during the November membership drive will be given points for each new member, which may be used towards prizes - 10 points for each new member.

- 20 points - Double theatre pass
- 30 points - Book
- 40 points - AVI T-shirt
- 50 points - AVI Sheeting shirt
- 60 points - AVI Sweat shirt
- 70 points - AVI Windbreaker
- 80 points - AVI Wristwatch
- 90 points - Three month pass to Fitco Health Club
- 100 points - C.D. Player
- 150 points - V.C.R.
- 200 points - Color TV

To qualify for your points, have the new member write your name on the lower right hand corner of their application and we will do the rest.

Our November membership drive will close on December 15th, 1991

AVI Staff is ineligible for prizes.

A.V.I. T-shirts

Our AVI T-shirts are selling very well. A display is set up in the business offices of AVI where you can view the four different style tops with our distinctive logo. An order is being placed soon and we will not be re-ordering until the new year. What great Christmas Gifts! You can order either by filling the mail order form in last month's Update or coming in to the office.

Notes from the Education Department

Incubation and Latency

Confusion regarding incubation and latency connected with HIV infection is common.

Incubation refers to the period of time between infection (HIV enters the body) and seroconversion (when the blood test will be HIV+).

Latency is the period between seroconversion and the time when symptoms of HIV infection become apparent. Latency is also the period of being well experienced between opportunistic infections.

Research Opportunity

The education department is in need of someone who can prepare a concise report on certain pieces of legislation and how they are relevant to persons with HIV infection and workplace policy. This could be done as part of a study paper or for personal interest. Time spent on this would qualify for volunteer hours. For more information contact Joan Shanks at 384-2368.

Confidentiality of HIV test results.

The results of HIV antibody tests done through a physician become part of your medical record, a legal document which can be subpoenaed in a court case.

If anonymity is important, results of testing done through a community clinic such as CRD offer better protection. At such clinics the opportunity to use a false name or initials is available.

Men's Survey '91

Men's Survey '91 represents a landmark in Canadian AIDS research. Operating in 34 cities across Canada, Men's Survey '91 reached almost 5,000 gay and bisexual men in over 100 businesses. The survey addressed the level of knowledge, range of attitudes, beliefs and behaviour of gay and bisexual men in our country. Men's Survey '91 is a joint research project of The University of Toronto, Université Laval and the Canadian AIDS Society, funded by Health and Welfare Canada.

A special thanks is in order to the owners of Rumors, Terry Froud and Glen Froud for their permission to use Rumors as the Victoria venue for administering the survey. Three members of AVI (Peter Mitchell, Ger Hazelton, Daryl Turner) spent numerous hours at Rumors collecting completed surveys.

We were pleased and proud to participate in this important nationwide survey.

Peter Mitchell,

VOLUNTEERS REQUIRED

Volunteers are required in the following areas:

1) AVI must send a volunteer to 711 Bingo once a month to fill a Friday 1pm - 5pm shift. Required to handle a float, help with payouts to winners etc. This is a consistent fundraiser for AVI bringing in \$900 - \$1000 a month--how often do you get the opportunity to make up to \$250 per hour?

2) Volunteers interested in forming a Social Committee to help plan & implement social events for our volunteers.

3) Volunteer(s) to transport newspapers etc. to recycling depot on a bi-weekly basis.

4) Chauncy's is hosting a Christmas gala on December 7th to raise money for AVI. Volunteers are required to wrap gifts for 150 people on December 6th, as well as decorate and setup.

5) Our fundraising Chairman is seeking someone with plenty of free time to assist him and the committee, to organize fundraising events for AVI. Also the next fundraising meeting is 6pm, Thursday, November 21 at AVI. If you have skills, ideas & energy, please attend.

6) Volunteer with a truck or van to help periodically with pick up or delivery of large items.

If you are interested in any of these volunteer opportunities please give JoAnn a call at 384-2368.

Watercolour Raffle

The Rex Calhoun Watercolour is on display at the AVI business office. Due to popular demand for tickets, we have decided to extend the draw for the painting to December to allow as many of you as possible to participate. Mr. Calhoun generously donated the \$800 painting to raise money for the fight against AIDS. Tickets are \$1.00 each, or 5 for \$3.00, and can be purchased from the AVI office, Fundraising Committee or Rumors Cabaret.

Thanks Le Chateau!

Le Chateau clothing stores of Victoria will be holding a fashion show at Rumors on November 14, 1991 at 10:00pm. All proceeds will be donated to AIDS Vancouver Island. Tickets will be on sale at any Le Chateau store or at Rumors or at the door. Come out and support the merchants of Victoria who are supporting AVI.

JENNIFER

(taken from "Living With AIDS - 4 Women Speak Out")

Jennifer has had a difficult life but she's a fighter and she isn't giving up. Even though she isn't well enough to work, Jennifer doesn't rule out the possibility of a new career - or even two. This is just a small part of a long conversation, including some good laughs, that we had late one night. To talk about her life took courage and Jennifer has plenty of that.

Sex was always a problem when I was a teenager in the '60's. Girls were supposed to be virgins when they got married. I finally did have sex at 18, but it always seemed like my small town, my school and my family were only interested in frustrating me. Nobody understood me or even heard a word I'd say. At some point I quit trying; I just went through the motions, trying to fit in, trying to conform to what society expected of me.

I went on to university and got the degree we were told we had to have. An art degree left me totally unprepared for the job market, so I opted instead for marriage and children.

My husband, it turned out, was pre-occupied with his own interests and didn't have time for me at all. When I went to parties, people walked away when I said I was a housewife. My self-esteem was plummeting. I had no money of my own. I felt trapped.

The pressures kept getting worse and eventually we split up. I had the kids, then he had the kids. Finally, they both stayed with him so that they'd have a home. I was homeless, unloved, broke and humiliated.

In the next few years I moved many times, working hard at physically demanding jobs, and having one disastrous affair after another.

Finally, I went right over the edge when my live-in boyfriend beat and raped me one afternoon. At that point I became downright psychotic.

The drugs I began to use helped me deal with the emotional pain. When I was doing heroin it wasn't a big problem but with cocaine I had more trouble getting to work on time. I usually made a point of having clean needles. At one time I had a roommate who was a diabetic and I could help myself to his new syringes.

I don't know exactly how I got infected. It could have been caused by intercourse without condoms or during the time I was doing drugs when a girlfriend of mine overdosed and went into convulsions. She just went stiff. It was horrible! I stuck my finger in her mouth to keep her from swallowing her tongue and her jaw clamped down on my

finger and her tongue as well. Her blood and mine were mixed and I think she had AIDS - at least that was the word on the streets.

My drug use led me to prostitution. I was 38 when I started prostituting. I didn't see why it had to be the way people thought it was. I just said there's no reason this has to be inhuman; it doesn't have to be nasty. It often felt like my customers were my best friends. Men don't want to use condoms but I used to get tough and say "If you don't use them, then forget it, I don't do anything without a condom." They'd try the old standard: "Who wants to take a shower with a raincoat on?" and I'd say "My God, you guys have been saying that since the '50's." Actually, it worked out alright because the guys who agreed to use condoms were people with more brains anyway. So I eliminated the dummies.

On the street some of the guys would say "Hey, you're really smart. What the hell are you doing here?" Myself, I didn't really feel I was anybody. I didn't realize until about three or four years ago that I had a brain in my head. I thought I was dumb. I think I got the idea I was stupid when I was in grade one. It was something my mother said about having gone to see the teacher that made me think I'd failed. I thought she persuaded the teacher to pass me. When I talked to her about it recently she said that wasn't true at all.

Eleven months ago I'd become very sick and my friends were scared. One day they just put me on an airplane and sent me home. It's been quite an adjustment moving back to the Island but my family have been really supportive in helping me get healthy.

I don't know when I'm going to die so there's no point thinking about it. I might have years or I could pop off in six months. Actually, I sleep a lot of the time. That's probably alright - I don't think I've slept enough during my life. I'm learning that it's OK to take care of myself.

We condemn attempts to label us as "victims", which implies defeat, and we are only occasionally "patients", which implies passivity, helplessness, and dependence upon the care of others. We are people with AIDS.

Wish List for PWA Lounge

Cassette Tapes (music)	Videos
Books (fiction)	Chessboard
Vase(flowers)	Teddy Bears
Puzzles	Chinese screen dividers

CLASSIFIED ADVERTISING

For Sale: One wide carriage printer. Well-worn but works well. Comes with several new ribbons. \$75.00 obo

One Star-nx1000 dot matrix printer. Simple and effective, won't frustrate anyone. \$75 obo. Call James @384-2366

Rental: Studio Suite in house 200 square feet, all inclusive + laundry, \$425. Contact Wayne at 592-5586.

AA/NA meetings to begin soon - contact David Swan @384-1511.

Healing Circle - contact David Swan @384-1511.
Living Room drop-in - 10:00 am - 1 pm, Monday through Friday, for PWAs only.

Meditation time Wednesdays 12:00 noon. Lessons & practice - Living room.

HIV+ male, 28, looking for HIV+ female, for roommate/companion. Call Wally at 386-3196.

Pot Luck Supper for HIV+ persons

November 17, 4:00 pm
Kobe 727-9985

Volleyball - gay & lesbian league - every Sunday night from 18.30 to 20.30 until December 8, 1991.
Drop-in \$2.00 for more information call Sylvain 380-0770

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



PNEUMOCYSTIS CARINII PNEUMONIA (PCP)

THE DISEASE:

Pneumocystis pneumonia (PCP) is the leading cause of death affecting individuals with AIDS, and historically has occurred in roughly two-thirds of patients at some time during their illness. It frequently is the first disease to occur in HIV infection. It is caused by the protozoan, *Pneumocystis*

carinii. Infection is probably acquired by inhaling the germ, and it results in a severe pneumonia. Treatment with antibiotics is most effective if begun early in the infection, but the pneumonia may still be severe.

SYMPTOMS:

Shortness of breath (difficulty with breathing) and a dry cough without phlegm are the usual symptoms. Fevers are usually present, although not all the time. Chest (lung) discomfort behind the breast bone may occur. As the disease progresses difficult breathing may be noticed with little activity, like climbing a flight of stairs or walking a short distance. If neglected, difficulty breathing will develop at rest. Early medical evaluation may prevent complications of the pneumonia.

WHEN TO SEE YOUR DOCTOR:

A cough which persists or worsens, especially if you have fevers and difficult breathing, should be evaluated by your doctor. You know your body best. When the symptoms of "flu" or "bronchitis" last longer than is usual for you, seek medical attention.

1st part of a series- Taken from HIV Health & Home Kaiser Permanent Hospital.

WHAT CAN YOU DO IF YOU ARE HIV INFECTED?

There is a great deal you can do to slow down the spread of the virus in your body, therefore:

1) Reduce your exposure to the virus. The more virus or co-factors you have in your body, the more likely damage is to occur rapidly. You may reduce your exposure by not sharing rigs if you are shooting drugs or by not having sex that isn't safe.

2) Don't damage the immune system by using drugs or other agents that damage immune system cells. Certain drugs can damage the immune system. There is no "magic amount" of drug that is safe or harmful. The more drug used, the more likely that damage will occur. Examples of these drugs include alcoholic beverages, heroin, methamphetamine, marijuana, and amyl nitrate. Other drugs may also hurt the immune system.

3) Although the evidence is still not conclusive, there is circumstantial evidence that stress reduction, appropriate eating habits, and reasonable rest and exercise habits may improve immune system function. Attempting to achieve these habits in a fashion best for you certainly won't hurt and may help. However, remember that any substance taken in large enough quantities (even vitamins) may act like a drug and have side-effects.

Taken from HIV Health & The Home Kaiser Permanent Hospital.



AIDS VANCOUVER ISLAND

NOVEMBER, 1991

S	M	T	W	T	F	S
					1	2 Fantasy Auction
3	4 HIV & PWA Support Group 5:15pm - 7:15pm	5	6 Helpline Meeting 5:15 pm Helpline Training 7 - 10 Family/Friends/Lovers Support Group 7:30 pm 923 Burdett	7 Education Training 7-10	8	9
10	11 Remembrance Day HIV & PWA Support Group 5:15pm - 7:15pm (unfacilitated)	12 Volunteer Meeting 7:30 pm	13 Update Mtg. 1:30 pm Educ. Mtg. - 5:15 pm Family/Friends/Lovers Support Group 7:30 pm 923 Burdett	14 Rumors 11:00 pm Le Chateau Fashion Show	15	16
17 HIV+ Persons Pot Luck Supper 4 pm Kobe: 727-9985	18 HIV & PWA Support Group 5:15pm - 7:15pm	19 Board Meeting 6:30 pm	20 Education Mtg. 5:15 pm Family/Friends/Lovers Support Group 7:30 pm 923 Burdett	21 Fundraising Meeting 6:00 pm	22	23
24	25 HIV & PWA Support Group 5:15pm - 7:15 pm	26	27 Family/Friends/Lovers Support Group 7:30 pm 923 Burdett	28	29	30 Staff/Board Retreat

COMING EVENTS

November 12, 7:30 pm Volunteer Monthly Meeting
 November 14, 11:00 pm Le Chateau Fashion Show at Rumors
 November 21, 6:00 pm - Fundraising Meeting
 November 30, Staff /Board Retreat
 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.

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 _____
