



# The Update

VANCOUVER ISLAND AIDS SOCIETY

DECEMBER 1991

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## 1991 A Great Year For Volunteer Efforts

What a year 1991 has been for AVI volunteers! With an average of one major fundraising event each month, as well as the Open House festivities in May, volunteers will have contributed over 10,000 hours of their time, talent and caring on behalf of AIDS Vancouver Island.

During the 14 months I have been working for AVI, I have met many exceptional people -- volunteers, staff and the people we are all here to support.

I would like to take this opportunity to acknowledge the hard work and enthusiasm of all of our volunteers as well as to welcome those 26 new friends of AVI who have recently completed our Basic Orientation.

Holiday Greetings to all of you and I look forward to working with you in 1992!

*JoAnn Reid, Volunteer Coordinator*

## Membership: Great & Growing Towards 1992

Membership is the foundation of AIDS Vancouver Island and all of our work with people affected by HIV disease. Our goal from November 1991 to November 1992 is to double AVI membership, and I know we can do it. The current membership drive is going well. We need you! Sign up today, or renew if you are already a member. Please encourage friends to join.

What are the benefits of membership? Many people join because a friend or relative has become HIV+. All of us are affected by HIV and AIDS, and membership is one way to fight the disease. Many members also work hard as volunteers on AVI activities. Working together creates a special bond among members, staff & volunteers. All of us benefit from caring and working to put our caring into action.

*Terry Froud, Membership & Donor Services.*

## FUNDRAISING EFFORTS PAY OFF!

Public Relations Chairman Terry Froud reports that AVI has realized nearly \$65,000 from fundraising efforts in 1991! Although fundraising during a recession year, we have been able to encourage a wide variety of businesses, theatrical groups and volunteers to raise money for AVI. Fundraising is one of the most difficult tasks for organizations like ours, and we offer sincere thanks to: the late Jeff Ronnenbergh for his Benefit Concert; Victoria AM Fantasy Auction '91; Le Chateau; Amelia's on Amelia Restaurant; Chauneys Restaurant; Rumors/Club 1325; Kaleidoscope Theatre; The Fringe Festival performers, and The Civic Orchestra of Victoria. As well, we thank Bev & Shirley and their friends who gave donations to AVI in lieu of anniversary gifts. Throughout the year, dedicated volunteers gave thousands of hours to make the Candlelight Vigil, Bizarre Bazaar, World AIDS Day, Casinos and Bingos very successful events.



Reference Material  
NOT FOR LOAN  
AVI Resource Centre

**HELPLINE - 384 - 4555**

## Prophylactic Ponderings

Jiffy Condoms, a British company, recently included information cards in its packets. A brief history of the condom:

There is evidence that the Romans, and possibly the Egyptians, used oiled animal bladders and lengths of intestines as sheaths. Their purpose was to protect men from catching venereal disease.

Gabriel Fallopius, a professor of anatomy at the University of Padua in Italy, first described the two slender tubes that carry ova from the ovaries. He is also generally regarded as the "father of the condom". In the mid-16th century he designed a medicated linen sheath that fitted over the penis and was secured by the foreskin. It is the first clearly documented prophylactic.

Soon after, sheaths appeared for circumcised men. They were a standard eight inches long and tied securely at the base with a pink ribbon, presumably to appeal to women.

The name condom is attributed to the Earl of Condom, personal physician to King Charles II in the mid-1600s. Dr. Condom was requested to produce a means of protecting the king from syphilis. A solution was a sheath of stretched and oiled sheep's intestine.

In 1870, a condom made of vulcanized rubber appeared, hence the popular name "rubber". In New York in the 1880s the postal service confiscated more than 65,000 condoms about to be sold through the mail, labelling them "articles for immoral purposes". Police arrested and fined more than 700 people who manufactured and promoted the condoms.

Sources: *The Pan Book of Dates, Extraordinary Origins of Everyday Things.*

### THE UPDATE

Editor: Ellen Bielawski

Editorial Committee: Terry Froud, Isabella Luke, John Hodder.

The Update is published monthly by the Vancouver Island AIDS Society. Submissions and letters to the editor are very welcome, and can be left with any staff member at AVI.

#304-733 Johnson Street, Victoria, BC, V8W 3C7.  
Deadline is the 2nd Tuesday of each month.

## Editor's note:

The Update's Editorial Committee includes volunteers and AVI staff. Our meetings are heated and humorous. Much of our debate concerns what AVI members want to read in the newsletter. At present we are developing themes for future issues and recruiting volunteer reporters who can write stories. I would like to hear ideas you have for interesting, newsworthy, controversial or supportive articles.

Our readership is diverse, and its tough to read all of your minds at once. You can reach me by leaving messages in the Update file at AVI or writing letters to the Editor for publication.

## Notes from AIDS Conference

Allergic reactions to the spermicide nonoxynol-9 can increase the risk of HIV infection due to the accumulation of macrophages at the sight of the irritation.

The receptor cells for HIV are 2-3cm into the penis rather than at the opening or meatus.

Indicators for HIV infection in women include cervical cancer, inflammatory pelvic disease (PID), chronic vaginitis, herpes, abnormal pap smears.

## SEASON'S GREETINGS

### Christmas Giving

December is the month of winter festivals - Chanukah, Yule, Christmas, Winter Solstice. This is a busy time of celebrations, parties, and reunions, traditional time of greetings, decorations and gift giving. Many people who are HIV+ live on fixed incomes and the expenses of the holiday season can impossibly tax finances that barely make ends meet. Last year, through the kind donations of our community, AVI was able to provide a small cheque to PWA's to help offset the costs of this season. We would like to offer assistance again this year and are asking for donations for our Christmas fund. If you feel the spirit of this season we would appreciate small donations to this fund. If you know of someone who could benefit from this program, please contact David Swan at 384-1511. All of us at AVI wish you the best of the season and a Happy New Year.

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.



**Medical evaluation:**

**Pneumocystis Carinii  
Pneumonia (PCP)**

Your physician will probably obtain a chest X-ray (a picture of your lungs). If PCP is diagnosed early (which is the goal) then the chest X-ray may be normal. A sample of blood taken from an artery may be obtained, which measures the blood oxygen. This will help the physician tell how well your lungs work. A sample of your phlegm will be examined under the microscope. If you cannot cough up a sample of phlegm, your doctor may have you breathe a mildly irritating solution through a special device. This will irritate your lungs and cause you to cough so that a sample can be examined. Fancy tests may have to be done, like a lung gallium scan or other tests. If necessary, a lung doctor may need to get a sample directly from your lungs through a procedure called bronchoscopy. A flexible tube is inserted through your nose into the lungs. It is uncomfortable, but generally not painful.

**Treatment:**

Effective treatment is available for PCP. Trimethoprim/Sulfamethozazole (Septra/Bactrim) and Pentamidine are considered the drugs of choice and are equally effective. The choice of antibiotics depends on how sick you are and

whether you have any allergies to the medicines. Septra may be given by mouth or by an intravenous infusion. Septra often causes side effects, including skin rashes and fevers. Some people cannot take Septra by mouth because of nausea and vomiting. Depending on what side effects occur, your doctor may either change the antibiotic to another or give you medicine to stop the nausea. Pentamidine is usually given by the IV route, though inhaled Pentamidine may have a role. Side effects may include low blood sugar, low blood pressure and damage to the kidneys. Careful monitoring must be given when this drug is used. There are other antibiotics which may be used in addition to the above.

The usual length of treatment is three weeks. During this time your doctor will frequently evaluate your progress. Laboratory tests and chest x-rays will be obtained.

**Prevention:**

PCP can be prevented in many patients. Preventative therapy is currently recommended for those patients with AIDS, as well as for those patients with significantly low helper lymphocyte levels (CD4, T4 cells) who do not have AIDS. Septra or Dapsone given by mouth and Pentamidine given by aerosolization are both effective in preventing PCP.

**Is it AIDS?**

Pneumocystis carinii pneumonia in an individual with HIV infection is an AIDS defining illness.

*2nd part of a series - Taken from HIV Health & The Home Kaiser Permanent Hospital*



**Urine testing for HIV**

There have been several inquiries through the Helpline regarding urine testing for HIV. It seems several life insurance companies are using urine tests rather than blood tests to screen for HIV.

Our Education Coordinator contacted Dr. Peter Miller, medical consultant for the laboratories used by several life insurance companies. He indicated that urine testing for HIV antibodies is 97% as sensitive as blood tests. He stated that insurance companies generally follow up a positive urine test with a blood test.

It is important to remember that urine test data (like HIV antibody test results) are kept in a central data bank which can be accessed by many, including employers.



### CLASSIFIED ADVERTISING

For Sale: Star NX-1000 printer. Very good condition.  
\$125.00

RCA Selectavision VHS recorder. \$150.00  
2-floppy CPU with monochrome monitor and keyboard.  
\$200.00

All items have been appraised. Contact James @ 384-2366 for more info.

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 - 9:00 - 5:00, Monday through Friday, for PWA's only.

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

Free Reiki treatments available for PWA's in the Living Room by appointment. For more information call David Swan @384-1511.

### And the Winners are.....

Congratulations to Don Mathewson, our hardworking Fundraising Chairman and June Courtney, a Helpline volunteer who brightens our day whenever she is on shift. Don won the draw for sending in his September hours and will be lunching at the Grand Central Cafe. Thank you to Peter Pagnotta for his donation of the gift certificate for two. June won October's draw and will receive a beautiful lacquered tray donated by Joan Shanks. Thank you, Joan, and all you volunteers who send in those time sheets. Keep up the good work!

### Monthly Volunteer Meeting....

Our first - in a very long time - volunteer support meeting was held on November 12th with 22 volunteers attending. The group consensus was that the monthly meetings serve a three-fold purpose - education, support and fun. A committee of 7 was struck to work on the AVI Christmas Party. The next meeting will be held on Tuesday, December 10th at 7:30 pm at AVI with the guest speaker being a nurse from the CRD Testing Clinic.

### YO! all you HIV+ and PWAs

We have a massage therapist donating services Wednesday mornings, these are most beneficial. Come on in and treat yourself - you deserve the therapy.

### Rumors Christmas Show to Benefit AVI Emergency Assistance Fund

The Christmas season can be a difficult time for many people. During the holidays, AVI's Emergency Assistance Fund is stretched to the limit. Rumors Cabaret is holding a Christmas show with proceeds going to the Emergency Assistance Fund. Come on down on Boxing Day, for the show and for a fun-filled night. Donations of Teddy Bears or cash gifts are encouraged at the door.

### Watercolour Raffle

Tickets for the Rex Calhoun watercolour raffle are still available. The draw for this valuable painting will take place at the Rumors Christmas Show on December 26th. Tickets are only \$1.00 each, or 5 for \$3.00, and are available from the AVI office, any member of the Fundraising Committee, or at Rumors Cabaret.

### Teddy Bear Month

December is Teddy Bear Month at Rumors. The cabaret is encouraging donations of any new or used teddy bears during the Christmas season. Teddy bears will be presented to the PWA living room project at AIDS Vancouver Island. Anyone who wishes to donate a teddy bear may leave it at the AVI office or bring it to Rumors.

### Save a newsletter and a tree with one phone call.

If you are receiving more than one copy of the Update, we need to know. Help us help the environment become greener and cleaner by calling Isabella Luke at 384-2366 if you are receiving duplicate copies.

### Christmas Potluck???

Any PWA's interested in having a potluck near or at Christmas call Kobe @727-9985.

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**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 & Norman Mullally  
 388-6275

*Pager#1542*

*Volunteers*  
 JoAnn Reid  
 384-2368

*Education*  
 Joan Shanks  
 384-2368

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 Alison Campbell

*Emergency Assistance & Finance*  
 Bart Witke

*Fundraising*  
 Don Mathewson

*Inter-agency Relations*  
 Ron Gen/Li Decosas

*Membership/Donor Services & Public Relations*  
 Terry Froud

*Nominations & Personnel*  
 Christine Morissette

*Planning & Programs*  
 Andy Farquharson

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.
- Membership Fee \$15.00 enclosed.  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	2 HIV & PWA Support Group 5:15 pm - 7:15 pm	3	4 Helpline Mtg. - 5:15 pm Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	5	6	7
8	9 HIV & PWA Support Group 5:15 pm - 7:15 pm	10 Volunteer Mtg. 7:30 pm	11 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	12	13 AVI Volunteers/Clients/ Staff Christmas Party 7:30 pm	14
15	16 HIV & PWA Support Group 5:15 pm - 7:15 pm	17 Board Meeting 7:30pm	18 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	19	20	21
22	23 HIV & PWA Support Group 5:15 pm - 7:15 pm	24 Christmas Eve	25 Christmas	26	27	28
29	30 HIV & PWA Support Group 5:15 pm - 7:15 pm (unfacilitated)	31 New Year's Eve				

### Coming Events

December 1, World AIDS Day Concert - Civic Orchestra of Victoria - UVic Centre Auditorium  
 December 13, 7:30 pm - 71 Linden Ave., Christmas Party - AVI Volunteers/Clients/Staff - Pot Luck/BYOB  
 Livingroom drop in - 9 am - 5 pm Monday through Friday - for PWAs only.