

# The Update

VANCOUVER ISLAND AIDS SOCIETY

JULY 1992

VOLUME 5, NUMBER 1

## Is There A Doctor In The House?

By Dale Weston

I doubt that I will ever find another Sally Mahood... Like falling stars, double rainbows, and other rare gems of nature, it would almost be too much to ask or to expect that I would be fortunate enough to happen upon another kindred spirit such as the individual she is.

Sally Mahood, or rather, **DR. Sally Mahood** was one of those rare individuals whose personal approach to her patients' health care goes beyond the individual as just another medical file. It may be a result of her upbringing as daughter of Dr. Margaret Mahood, [the same Dr. Margaret Mahood who, in the early 1960's chose to be one of the first physicians in Saskatchewan to register to work under the auspices of the previously unheard of Medicare program]. Or, it could be that she is an incredibly fine individual who has grown into her position as health practitioner by applying some unique principles to her Regina medical practice based on basic human relations.

And that is often not the case in our mainstream medical system. Shrinking dollars and increased patient caseloads make for a very stressful environment for both patients and Doctors. Client contact is tight and physicians are under increasing pressure to control costs at the same time as they are expected to manage larger caseloads all the while absorbing the incredible amount of new information that is becoming available in the area of treatment for HIV disease. No easy feat for anyone.

What can the patient do to ensure that they become an active partner in their health care delivery? The answer lies in some basic ideologies. Firstly, you are an equal partner in the doctor-patient relationship. Numbers of degrees or wearing a stethoscope does not give an unfair advantage to one of the team players. It is your body and as the owner, you know it better and longer than anyone else. Secondly, you have the right to adequate time and opportunity to ask questions and receive answers as it relates to your treatment program.

You have the right to be treated with dignity and respect. You have the right to refuse treatment or to seek out a second opinion prior to starting a prescribed method of treatment. You have the right to confidentiality and a physician who values their partnership with the patient will provide an opportunity, when requested, to see and obtain all materials included in the patient file. [Access to patient files is an issue still in the midst of controversy within the court system and it would be worth knowing upon which side of the fence your personal physician places themselves.]

Likewise, your physician also has the right to be treated as a team player and with the same respect the patient demands. Knowing the stressful environment in which physicians find themselves during their workday, a responsible patient ensures that credit is given where credit is due.

Finally, to use the example given by my former doctor, Sally Mahood, a positive patient-doctor relationship can best be envisioned as one in which both players work cooperatively, coming together as equals. This partnership comes about after shopping around and interviewing the individual physician to determine if it is a person with whom you feel comfortable and can work. If, as a patient, you see a new Doctor, and you are wearing nothing but a backless hospital gown the moment you first set eyes upon him or her, it's time to get a new doctor. Or time to get a new wardrobe....

*Dale Weston is AVI's new Executive Director and a hopeless hypochondriac who faints at the sight of blood. He is grateful to the support of the "Feminist Women's Health Collective" and "W.E." at ACT UP for information regarding health practitioners and he still misses Sally Mahood a great deal. Copies of materials regarding Patient-Doctor relationships and referral lists for physicians in the Victoria area can be obtained from Dale at 384-2366.*

Reference Material  
NOT FOR LOAN  
AVI Resource Centre

**HELPLINE : 3 8**

## Education needed as incidence of AIDS rises among teens

As adolescents have emerged as the latest hot spot in the AIDS epidemic, those on the front lines are gripped with the futility of traditional AIDS education. "We know we do a good job of getting the information across," says San Francisco health educator Michael Baxter. "But how do you get them to change their behavior? That's where it breaks down."

Based on blood samples of youth hospitalized for reasons other than trauma or drugs, the national Centers for Disease Control estimates that anywhere from three to 70 in 1,000 are HIV positive. About three in 1,000 teenage applicants to the military and the Job Corps test positive. The chief of epidemiology of the National Institutes of Health puts cases of AIDS among 13-to 21-year-olds at 1.2 percent of total U.S. cases.

So far, there are 1,000 reported cases of adolescent AIDS, a 40 percent increase in the past two years. But because of long incubation periods, and because so few youths are tested, that figure may be far too low. Most experts believe that many of those diagnosed with the virus in their 20s were infected--and spread--the disease while in their teens.

What's worrisome is that among teens, there are more non-IV-drug-using females affected than among older AIDS patients, a clue that the virus is being spread heterosexually. From what researchers know about the spread of other sexually transmitted diseases, many fear that once AIDS enters an adolescent population, it spreads rapidly--and silently.

"It will make a huge difference what we do in the next year or two," says Dr. Karen Hein, director of the Adolescent AIDS program at Montefiore Medical Center in New York. "If there's meaningful education, if we get the word out,

*(continued on page 7)*

## GUELPH SEXUALITY CONFERENCE

The Guelph Sexuality Conference in Ontario has an international reputation regarding quality and variety of speakers and expertise. As this was my first attendance I had nothing to compare it to but found it very energizing and mind-expanding. My goal is to share some of the things I learned in an effort to pass along these benefits. I will write up short articles covering a variety of subjects and they will appear in the Update over the next few months.

Terry Tafoya, Ph.D., Professor of Psychology with Evergreen State College and the University of Washington, Seattle gave a presentation about ethno-cultural issues in sexuality and AIDS education.

He started by pointing out that our understanding of sexuality is strongly influenced by the writings of white, anglo-saxon, protestant anthropologists. In other words, we are more familiar with their social construct of reality rather than a biological reality.

To demonstrate he discussed the native American view with the anthropologic view. Rather than three categories: homosexual, heterosexual and bisexual, the natives recognized six genders: hyper male, male, feminine male, hyper female, female and amazon.

The hyper male was considered dangerous to women and was kept separate from them. This type demonstrated the aggressive tendencies valued in a warrior.

The feminine male enjoyed activities seen as women's work and the male was one who enjoyed the company of males and females. The hyper male only expressed his sexuality with other men. The feminine male and male would express their sexuality with either sex but not with hyper females.

Likewise the hyper female would express her sexuality with other females only and the females and amazons could express their sexuality with any but the hyper male.

There were also occasions when a person could change their gender role temporarily. An example would be when a female whose husband was killed in battle would take on the hyper male warrior role until revenge was achieved at which point she would then revert to her usual role.

All of these thoughts provide for a little mind expansion: think of how these ideas could be applied in our culture. Have fun!

*(Submitted by Joan Shanks, Education Coordinator)*

**THE UPDATE**

Editor: Ellen Bielawski  
 Production Editor: Linda Lantz  
 Editorial Board: Joan Shanks, John Johnson, Jordan Reid, Dale Weston

The Update is published monthly by the Vancouver Island Health Services. Contributions and articles are very welcome and can be left with any staff member at 250-4715 Johnson Street, Victoria, BC.

Deadline is the 25th of each month.

## LIVING ROOM WITH A VIEW

This column appears monthly, outlining news from the Living Room Project (The HIV+/PWA Lounge) and supplying a calendar of events for the Living Room.

### ATTENTION HIV+/PWA's in Victoria

The Vancouver PWA Society in conjunction with AIDS Vancouver Island Living Room will be providing TRADITIONAL CHINESE MEDICINE by Dr. Shen once or twice a month.

If you are interested in participating in this program please contact Support Coordinator @ AIDS Vancouver Island - 384-1511.

The red binder located on the Living Room desk contains detailed schedules and services provided in the Living Room. Sign up sheets and events are listed inside. Please take a moment to review it.

PWA/HIV+ LIVING ROOM CALENDAR						
JULY 1992						
S	M	T	W	T	F	S
			1 40+ Gay Men Support	2 Peer Support Drop-in 1-4 pm	3	4
5	6 HIV+/PWA Support 5:15	7 Massage 9:30-12:00am	8 40+ Gay Men Support	9 Peer Support Drop-in 1-4 pm	10	11
12	13 HIV+/PWA Support 5:15	14 Massage 9:30-12:00am Joe the Barber 1:30 - 4:30 pm	15 40+ Gay Men Support	16 Peer Support Drop-in 1-4 pm	17	18
19 PWA Potluck 3:00 pm Kobe's	20 HIV+/PWA Support 5:15	21 Massage 9:30-12:00am Joe the Barber 1:30 - 4:30 pm	22 40+ Gay Men Support	23 Peer Support Drop-in 1-4 pm	24	25
26	27 HIV+/PWA Support 5:15	28 Massage 9:30-12:00am	29 40+ Gay Men Support	30 Process group 10:00 am - 12 Peer Support Drop-in 1-4 pm	31	

## "IF YOU GO DOWN TO THE WOODS TODAY..."

The second annual Victoria lesbian and gay pride "bring your own" picnic will be held in Beacon Hill Park on Sunday, July 12. Following the success of last year's picnic, this year's organizers expect between two and three hundred people to gather during the Sunday afternoon to enjoy themselves and the company of other lesbian and gay people in what the Victoria Gay/Lesbian Pride Society hopes will become an annual event.

The picnic will be held in the north end of the park, between the general picnic grounds and the area known as "Mayors Grove", close to where the picnic was held last year. "Bring your picnic basket and join us! We expect to have lots of fun and games, hot dogs, and good weather," said Pat Ford, VGLPS President. Picnic events include tug-of-war, volleyball, and a "drag" race, with prizes for the winners. The picnic will begin at noon and last until 5 p.m.

The picnic is only part of the festivities planned for the weekend. On Thursday evening, Rumors Cabaret will have Sandy St. Peters and Willie Emperor XI in performance, and a "kick-off" party for the picnic will be held at the club on Saturday night. The VGLPS is continuing the tradition established last year by holding its events mid-way between gay pride festivals in Vancouver and Seattle.

The VGLPS began its preparations for this year's picnic by holding a fund-raising auction at the end of May; over \$1300 was raised from the sale of various prizes, including a free night's accommodation at the Green Rose Guest House on Saltspring Island, and a weekend at the Dufferin Hotel in Vancouver. The VGLPS is also publicizing itself through the sale of "Pride 92" T-shirts and buttons.

The VGLPS is a registered non-profit society, having formally incorporated in March of 1992. Membership is \$1 per year, and everyone interested in contributing to the planning and organization of the picnic is welcome to attend meetings of the VGLPS, which can be reached by writing to 1228 McKenzie Street, Victoria, B.C., V8V 2W5, or by calling Sam Archer at 382-0837 or Pat Ford at 370-2964.

## THE PERSONS WITH AIDS SOCIETY: Capital Region

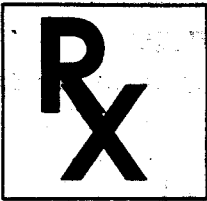
The Persons With AIDS Society, (Capital Region), enables persons living with Acquired Immune Deficiency Syndrome and Human Immunodeficiency Virus to empower themselves through mutual support and collective action. It is a community based, self-help, self-care organization which provides services and support to people with AIDS/HIV. The Society is entirely directed by and for people with these conditions and is one of many similar groups throughout the world which have evolved to meet these challenges.

The Society was formed in the spring of 1986 in Vancouver with the inspiration from the New York PWA Coalition, as a response to the specific needs of Persons With AIDS (PWAs) which the founders felt were not being met in other ways. The Vancouver PWA Society, which is where the local chapter's Board of Directors reside, was the first self-help, self-care organization in Canada run entirely by and for PWAs.

The key concept by which the Society defines itself is empowerment, the belief that members must have the information and support necessary to maintain control of their lives and a sense of personal power. The commitment to this principle has shaped the Society's priorities, defined its purposes and provided the impetus for its growth. Since its inception, the Society has earned respect at local, national and global levels for its information, referral and support services and for its knowledge and experience on issues relevant to Persons With AIDS and HIV. Volunteers are also the key to The Persons With AIDS Society, Capital Region and if you are interested in sharing your skills or putting in a few hours a week at the PWA Centre, please call or drop by 613 Superior Street, 383-7494.

## NEW CENTRE FOR PWA COMMUNITY

THE PERSONS WITH AIDS SOCIETY (Capital Region) has opened the new PWA Centre located at 613 Superior St., kitty corner to the Parliament Buildings. The centre maintains the mandates of the Vancouver PWA Society and offers twenty-four hour PEER SUPPORT SERVICE, PEER SUPPORT GROUPS, AN UP-TO-DATE TREATMENT LIBRARY, FOOD, CLOTHING AND FURNITURE BANK, AS WELL AS A HEALTH CARE ROOM FOR MASSAGE AND HAIRCUTS. For more information, call 383-7494.



The opinions expressed in the treatment columns of the Update are not necessarily those of AIDS Vancouver Island. For more information refer to the author and/or sources cited in the article.

## Vitamin Therapy Suggestions.....

by Wayne Cook

Vitamin therapies for people living with HIV disease can play an important role in pro actively maintaining an individual's immune system. In the following highlights, I have presented a brief overview of my current regimen. The vitamins are purchased from the Vitamin Shop on Broad Street and prices quoted are the least expensive found to date. Any suggestions from readers would be appreciated and readers should be reminded that all vitamin programs are up to the individual and the advice from their physician(s).

Name	# in container	Cost	Dose
Acidophilus & BiFicus	90 caps	6.35	- 2 day
Garlic High Potency	90 tabs	9.90	- 2 day
Super Cod Liver Oil	90 caps	4.45	- 1 day
Echinacea	90 caps	11.18	- 1 day
Chlorophyll 20 mg	90 tabs	5.35	- 2 day
Vitamin E	90 caps	6.18	- 1 day
Evening Primrose Oil	90 caps	15.88	- 1 day
Zinc 20mg	90 tabs	4.70	- 1 day
Vitamin C time release 1000mg	180 tabs	14.48	- 6 day

(I plan to add Compostion A, - a Chinese herb - cost unknown at this time).

Prescription Drugs	292	13.22
Nizoral	109.24	
(1 to 2 months supply)		
Acyclovir 200mg	188.16	
(1 month supply)		

The following is a cost-list (1991) @ Vitamin Store. Starting in February 1991 - January 31, 1992

March 1, 1991	30.99
April 19, 1991	44.91
June 14, 1991	45.76
July 26, 1991	34.36
August 8, 1991	35.73
October 3, 1991	40.76
January 15, 1992	35.99
Total	\$268.50

These costs do not include massage therapy, which most people can get 12 visits @ \$5.00 user fee per visit. [This includes chiropractic therapy.] Accupuncture and other therapists are not currently covered, but some therapists are donating their time and inquiries regarding these services can be forwarded to the Support Coordinator at AVL.

Based on the figures provided, \$300.00 per year provides for an excellent treatment regimen of vitamins.

## Vancouver Island's 1st AIDS Conference

Vancouver Island's 1st AIDS Conference took place June 5th to 7th in Nanaimo. Over 80 people took part, representing over 20 communities on Vancouver Island and the Gulf Islands. Designed for caregivers and support people, the weekend's workshops discussed issues close to home as communities prepare to meet the needs of people living with HIV disease.

The Honourable Elizabeth Cull, Minister of Health, opened the conference, highlighting new changes in several areas, including for the first time, at home IV therapies for people in remote communities. Keynote speaker and special

guest Dr. Peter from CBC's AIDS Diary, raised several points of discussion as it relates to the social challenges which AIDS brings to new communities. Dr. Peter's firsthand talk touched on the basic issues of sensitivity & trust and the need for coalition building in smaller rural centres.

Saturday and Sunday provided working sessions for delegates to address specific needs in their communities. Key issues to come forward are the treatment & psychosocial needs of People Living With AIDS, Aboriginal and Womens issues, island communications, and education/prevention programs. Delegates wrapped up their weekend, leaving with a specific workplan for the future in their community.

## VOLUNTEER NEWS & NEEDS

### MEMBERSHIP

A recent review of our volunteer roster indicates that only 49 of our volunteers are, in fact, members of the Society. The Annual General Meeting for AIDS Vancouver Island will take place in September. In order to have any input at the Annual General Meeting or at Board meetings you must be a member in good standing, i.e. be a member for at least 30 days prior to the Annual General Meeting. Membership dues are \$15.00 per year with the following exceptions: - if you are HIV+/PWA you may apply for free membership through the Support Coordinator; - if you have volunteered 50 hours or more in the past year, your dues are \$1.00. Please consider becoming a member of your organization.

### VOLUNTEER OPPORTUNITIES

#### MASSAGE

Our massage therapist needs a volunteer to help with laundry. This involves picking up a light load of laundry after the Tuesday session and returning it clean and folded before the next Tuesday. Please, **NO MORE PILLOWS OR BLANKETS** - thanks to all who have donated!

#### BIZARRE BAZAAR

The following volunteers are required for Bizarre Bazaar at Sir James Douglas School on Saturday, July 18th.

3 cashiers; many sellers; persons to help with set up and take down of tents, tables, etc.; help to load and unload trucks; selling lemonade, coffee and baked goods.

We need the following: baked goods; herbs; plants, etc.; plus donations of refreshments for our hard-working volunteers. (no meat! no whipped cream!!)

#### CENTENNIAL SQUARE PUBLIC MARKET

AVI has been offered a booth, free of charge, at this popular Sunday event in downtown Victoria. Market hours are 9 a.m. - 4 p.m. with set up and take down required outside of those hours. If you are interested in participating in this festive atmosphere, we are looking for a volunteer to coordinate this once a month event, July - October as well as volunteers able to answer questions, hand out information and sell various AVI related items.

### LIVING ROOM TREATMENT FILES

An HIV+ volunteer is required to update treatment files for the Living Room.

### MICHAEL REDFERN MEMORIAL

A Michael Redfern Memorial Award, in the form of a plaque, will recognize a volunteer giving outstanding service in the field of AIDS Education. This annual award will celebrate the courage and strength displayed by Michael as he spent the last year of his life inspiring and educating others.

### PATIO PROJECT

Our project to create a beautiful living space on the patio outside AVI is bloomin' right along! Volunteers interested in helping with the planting and maintainance of the garden would be welcome. We still need donations: potting soil, tomato and pepper plants, to name a few.

### VOLUNTEER SURVEY

Denise reports that only 38 surveys have been returned out of 120 mailed. This is a 31% response rate - much lower than hoped! While the responses have been very helpful she would still like to hear from a greater number of volunteers. The results of the survey will be addressed in a subsequent issue of the Update.

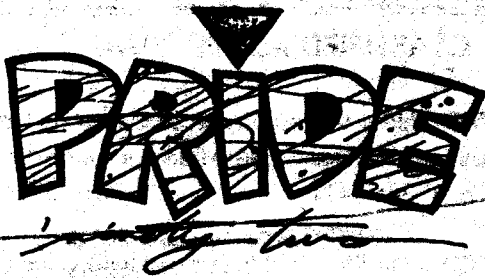
### FUNDRAISING COMMITTEE

The Board of Directors for AVI is looking for creative, well-organized individuals who enjoy working as a team on high energy projects. First meeting set for July 15 at 5 p.m. Bring your fundraising ideas!

Contact JoAnn @ 384-2368 regarding any of the above volunteer opportunities.



**WATCH FOR THE ANNUAL GENERAL MEETING IN SEPTEMBER.  
DETAILS IN UPCOMING UPDATES!**



## VICTORIA GAY/LESBIAN PRIDE 92 CELEBRATION OVERVIEW

A number of events are planned for the weekend of July 9th to July 12th, 1992. Beginning with a show on Thursday night July 9th with Sandy St. Peters and Willie and culminating with a "bring your own" Family picnic at Beacon Hill Park on Sunday, July 12th.

### July 9th - Thursday - at Rumors

Sandy St. Peters and Willie will perform a kick off show for the Pride 92 Celebration at midnight in Rumors.

### July 10th - Friday - Open Evening

### July 11th - Saturday - Cocktail Party - at Rumors

Everyone is invited to a cocktail party hosted by The Vancouver Island Gay & Lesbian Pride Society. The party will be held between 8:00 p.m. and 10:00 p.m. There will be a no host bar and a complimentary finger food buffet. Live entertainment will be provided by The Noah Quartet. This will be a good opportunity to meet and greet old and new friends.

### July 12th - Sunday - Family Picnic - Beacon Hill Park

The grand finale of the Pride 92 weekend will be a "bring your own" family style picnic. Come and enjoy yourself at the picnic from noon until 5:00 p.m. in Beacon Hill Park at the corner of Southpark and Quadra Streets.



© 1992 DOBELL - RICHMOND TIMES DISPATCH

(continued from page 2)

there's a chance the teen epidemic won't get any worse. But if we go the way we've been going, if infected teens stay invisible, this has the potential to wipe out a whole generation of kids."

Statistically those kids are likely to be members of society's bottom tier. "This is fast becoming a disease of the underclass," says Dr. Jacqueline Etymad, a San Francisco Bay area child psychiatrist who has initiated a volunteer AIDS program within her profession. "Those kids are the ones with the least ability to protect themselves. They have the least support, the least supervision, the least opportunity, and the least sense of self-esteem."

On average, underclass youth begin having sex at age 12. Many are either dropouts or failing in school, so they are rarely reached by traditional AIDS education. They are unlikely to have adult support at home, and they are also more likely to be involved with drugs, which introduces another risk factor--the practice of "toss-ups," or the exchange of sex for drugs.

So far, teens seem immune to preventive education. A study done by the University of Iowa's College of Medicine found that only one out of five sexually active high school juniors and seniors--despite AIDS education--used condoms. In San Francisco, the rate of sexually transmitted diseases has quadrupled among teenagers in the last two years.

"With adolescents, there's a big difference between what they know and what they do," says Etymad. "This group does not yet have the capacity to reason the consequences of their behavior yet they're given the freedom to make these decisions for themselves." Strong defense mechanisms help them deny that they are vulnerable to AIDS--or any other dangers--and they are psychologically unable to connect dying tomorrow with having sex today.

What she sees as a solution is a comprehensive program that brings concerned adults into regular contact with high-risk youth. Etymad finds that the adolescents she sees are less likely to behave dangerously if they have a supportive adult to talk them through their decisions.

"The focus in society is sex [for adolescents] is not okay," Baxter says. "But these kids have already decided that it is okay, so we have to work with that."

Barbara Bailey Kelley  
Pacific News Service

Excerpted with permission from Pacific News Service  
(Feb. 2, 1990)

# BOOK NOTES

by Joan Shanks, Education Coordinator



## Living In Sin by John Shelley Spong

The author argues why Christian leaders must take a new look at their stance on human sexuality issues.

He starts with a discussion of how the world is today and proceeds to reveal how interpretations of the bible have changed over the centuries and thus are not to be taken literally.

There follows a discussion of ideas about the church's involvement in relationships which are truly revolutionary. Such things as the church blessing relationships that are pre and post traditional marriage, and having religious ceremony recognizing divorce.

The author also discusses the church's role in gay and lesbian relationships. If the church could see sexual expression as the outcome of commitment and vulnerability rather than procreation, heterosexual and homosexual couples would be equally supported.

A provocative read for those interested in the history of the Christian movement as well as those questioning the Church's role in today's world.

(contains 248 pages, Publisher: Harper, San Francisco, 1988)

## Safe Sex: The Ultimate Erotic Guide by John Preston and Glenn Surann

A piece of erotica which would appeal to gay men and heterosexual women. By creating a short story line around various forms of "safe sex" the authors elevate this beyond a 'how to' manual. This book is a refreshing, middle of the road approach to eroticizing safe sex.

(contains 202 pages, Publisher: New American Library, 1986)



A United Way Member Agency

### CLASSIFIED ADVERTISING

WANTED: Space to store my truck canopy. I'm living in an apartment and need to find storage ASAP. Call Mike @ 385-3417.

WANTED: Male PWA looking for room with private bath, or small apartment in house, shared preferred. Contact Bart @ 384-2366.

#### PWA Potluck

July 19th, 3 pm

Hebe's

Wanted: Big truck wanted (at least 3 ton) for Bizarre Bazaar July 17, 18 and 20. Please contact JoAnn @ 384-2368 or Paul @ 727-7228 by July 10 at latest.

WANTED: Video Camera, the education program needs a video camera which will take full size VCR tapes. If anyone could lend their camera or, dare we hope, donate a camera, please contact Joan Shanks @ 384-2368!

### NEW RESOURCE!

**B.C. PERSONS WITH AIDS SOCIETY  
(CAPITAL REGION),  
613 SUPERIOR STREET.**

Open Tuesday thru Saturday, noon to 8:00 p.m. PWA/HIV SUPPORT GROUP meets every Thursday night 7:00-8:30 p.m.; WOMEN AND AIDS SUPPORT GROUP, every Wednesday night 7:00-8:30 p.m. Call for more information 383-7494, 24 hours.

### DVS FINE ARTS GALLERY presents

**"An Homage To Fashion"  
JULY 24TH - 25TH**

**9:00 pm - #12 Bastion Square  
Tickets \$12 - Proceeds to AVI**