

# The Update

VANCOUVER ISLAND AIDS SOCIETY

AUGUST 1992

VOLUME 5, NUMBER 2

## What's In A Name?

Nominations are soon upon us for the 1992 Annual General Meeting and names are flying amongst the Nominations Committee and the staff in preparation for next year's board members.

High energy, skilled people with experience in the HIV/AIDS movement would be the ideal candidates for new board and committee members. Any combination of relevant experience, skill, or interest is encouraged and candidates can forward questions about board involvement to Christine or Dale at the office. Prospective board members should know that an orientation will be held for the new board in September following the AGM.

Board nominations will be accepted through Christine Morissette at 384-2366 or can be presented on the evening of the annual general meeting. A written profile of each nominee put forward will be prepared prior to the AGM if the nomination is made in advance. Nominations the evening of the AGM will be expected to highlight their interests and experience to the membership.

Members eligible to vote will be those individuals who have a current paid membership one month prior to the AGM. PWA's receive a free membership on renewal of their membership through the Support Coordinator. As well, volunteers having completed fifty hours of service can purchase a new membership for \$1.00.

This year's Annual General Meeting will be held at Open Space Gallery on September 18 at 7:30 p.m. Watch for further details!

## Are You Into Cartoons?

Cartoon series **REXMORGAN**, currently appearing in The Times Colonist, has recently featured as its story line, that of a young Doctor who discovers she is HIV+. Readers may want to keep up to date on the comic strip; comments and opinions are welcome and can be forwarded to The Update for future issues.

## IT'S ALL IN THE NUMBERS!

circle September **18** on your calendar

come to **510** Fort Street at **7:30** pm

hear the Board of Directors summarize **1** year in the life of AVI

bid farewell and thanks to **5** retiring volunteer Board members

welcome **5** new **7** returning talented Board members

enjoy the company of dozens of entertaining AVI volunteers

listen to **1** volunteer tickle the **88** ivories of **1** baby grand

nibble on **2** or **3** tasty snacks

celebrate **1** more year of growth in AVI's **7** year history

**you can do all this and more,  
but only if you attend the**

**AIDS Vancouver Island  
Annual General Meeting  
18 September 1992 - 7:30 pm  
Open Space Gallery - 510 Fort Street**

The AGM is open to all members of the Vancouver Island AIDS Society, and all other friends and supporters of AVI. See you there!

Reference Material  
NOT FOR LOAN  
AVI Resource Centre

CANADIAN  
AIDS  
SOCIETY



SOCIÉTÉ  
CANADIENNE  
DU SIDA



A United Way Member Agency

**HELPLINE : 3 8 4 - 4 5 5 4**

### Letters:

Dear AIDS Vancouver Island,

I am writing in response to an article written in the latest issue of "The Dragon's Head" magazine. 'Being H.I.V. Positive' is the name of it with a question and answer type format with Wayne Cook. I just wanted to say that out of all the brochures, pamphlets and articles, etc. that I have read over the years, this is easily one of the most informative and "bare bones" truthful. Mr. Cook cut through a lot of the BS and gives an excellent testimony to what AIDS really is, and how you can and cannot contract it. His point-of-view is honest and heartfelt; his attitude, while being HIV positive himself, is incredible.

I don't think most people realize the injustices that our provincial and federal governments have done to the "pioneer" victims of this horrible disease. I agree with you that public awareness and education is a key to solving the "what if?" syndrome. I am not homosexual (I personally do not like the term "gay") nor am I HIV+. I can, however, relate to any prejudices and pressures that you may face in day-to-day life, being a member of a minority group of a sort. I am a 22 year old black male and living in Victoria that also can be rough. (Obviously, there is no comparison!) I supported the Fashion Shows you held in conjunction with Le Chateau at Rumours and I thought it was great!

Keep up the good work....don't give up the struggle...there are people that care.

Respectfully,  
Donovan Tait.

*(Reprinted with permission, July 24/92)*

### Guelph Conference Followup.....

Here are some notes from an address given by Catherine Hankins at the Guelph Sexuality Conference. Catherine is a Public Health Epidemiologist at The Centre for AIDS Studies at Montreal General Hospital.

World wide there are now a million new cases of AIDS annually. In the next five years we can expect to see a shift from Africa to Asia as the focus of this disease.

Blood transfusion of infected blood is 90% effective in transmitting HIV. Unprotected sex is .1 to 1% effective.

By the year 2000, 90% of new cases in Canada will be heterosexual and there will be more women infected than men.

25 - 30% of Canadian women have had anal intercourse and for these women the risk of infection jumps from .1 - 1% to 2.3%.

A study of gay men done in Toronto indicated that 20% of the men were responsible for 80% of the partner change in the gay community. Bathhouse patrons were more likely to have female partners than bar patrons were. Also, a very small number of HIV infected individuals stated their only risk activity was oral sex, having 20 - 30 contacts a day.

Catherine cautioned AIDS educators that Intravenous Drug Users (I.D.U.) need safer sex information as well as safer needle use because they are sexually active.

Finally, in Thailand studies done between 1989 - 1991 show four separate waves of infection: I.D.U., prostitutes, wives and babies. A theory suggests amnesty was given to many thousands of prisoners under a new regime and that many of these prisoners were using drugs while in prison and became infected through sharing needles. They then infected prostitutes who had no access to condoms. The prostitutes infected other customers who took it home to their wives who then went on to infect their babies.

*(by Joan Shanks, Education Coordinator)*

#### THE UPDATE

Editor: Ellen Bielawski  
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Contributors: Joan Shanks, Christine Morissette,  
Robert Gray

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.**

#### MAUNO PIETARINEN

peacefully passed away  
Saturday afternoon July 25th.  
A tribute to Mauno will be held at  
Open Space Gallery,  
(510 Fort St.),  
Tuesday, August 4th at 6:00pm.

## 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.

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

The AIDS Vancouver Island Living Room is interested in 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.

Special Thank you to Michelle and Joe for their work in The Living Room over the past few weeks. A BIG welcome, too, to Frank, who joins Michelle, in delivering massage to interested people; Glad to have you aboard, Frank. PWA's interested in looking and feeling better should check out their signup sheets for free massage and haircuts. Call for details on schedules.

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

## Puppets Against AIDS

AIDS Vancouver Island and OXFAM Canada are pleased to announce that "Puppets Against AIDS" will be in Victoria this September as part of their Canada-wide tour August 1 to October 15th.

"Puppets Against AIDS" is the first long-term project of the African Research and Educational Puppetry Program [AREPP] and began as a road show travelling through southern Africa, an area not normally able to access AIDS education programs. The Canadian tour is closely linked with regional Fringe Festivals and promises to be a highlight of this year's festival in Victoria. OXFAM Project Coordinator Chris Morry and AVI Executive Director Dale Weston issued a joint statement in welcoming "Puppets Against AIDS", highlighting that this represents "an exciting opportunity for world AIDS issues to be brought forward to the local community."

Final arrangements for the audience-participation style events are being made with performances scheduled for September 30th in Market Square. Watch for further details in the September Update. Volunteers interested in working on the Host Committee for "Puppets Against AIDS" can call JoAnn Reid at 384-2368.



## AIDS Memorial Quilt

*See the Quilt and understand.*

*Be the one who makes the difference.*

### The International Display of the **NAMES Project AIDS Memorial Quilt**

Washington, DC October 9-11, 1992

The AIDS Memorial Quilt is a moving tribute to the lives of those who have died of AIDS. Made up of thousands of individual cloth memorials, the message of the Quilt has educated millions of people about the AIDS epidemic.

From October 9-11, 1992, the entire Quilt will be unfolded in Washington, DC in its largest display ever. This International Display will include panels from 17 countries, and will help focus world attention on the need for an immediate, continuing and compassionate response to AIDS.

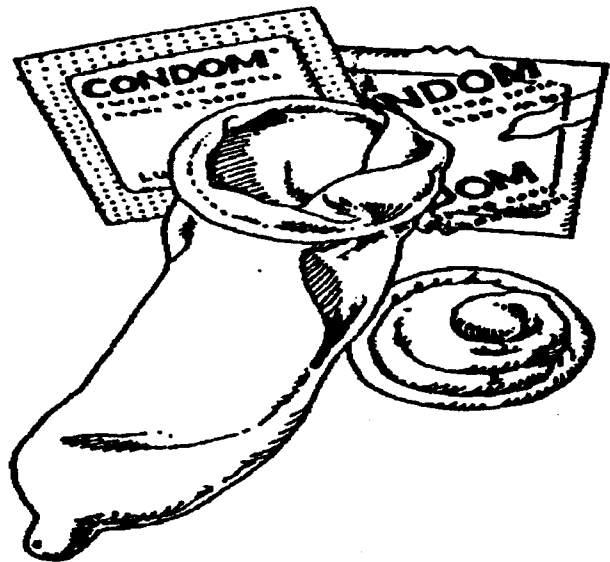
You can make a difference. Please join with the NAMES Project in our commitment to reach everyone so they understand AIDS and respond. To find out how you can participate in this historic weekend as a volunteer, community organizer, panel maker or financial supporter, call:



**1-800-221-NAMES**

## United Way Campaign

Congratulations go out to AVI staff for their outstanding contributions to the annual United Way Workplace Campaign. Staff donated over \$740 in this year's drive, a whopping 400% increase over last year's campaign. This increase is due in part to **THE GREAT CONDOM COUNTDOWN** whereby staff guessed the number of condoms in a jar and matched their guess with their dollar donations. **First Prize** of Dinners for Two goes to Jaine Mullally and JoAnn Reid, **Second Prize** of a Champagne Lunch goes to Joan Shanks, and **Third Prize** goes to James Austin, winner of the jar of condoms. Thanks go out to The Soho Village Bistro for their support and all staff for participating in this year's drive.... And How was **YOUR** Weekend, James?



## Focus Group For Gays & Lesbians

Gay & Lesbian Education Outreach will be the subject for a focus group set for September 10th at 7 p.m. in the AIDS Vancouver Island office. This informal discussion is for individuals, interested groups, and organizations to share their ideas about future directions in gay and lesbian education programming at AVI. Dr. Andy Farquharson, Board member and Chair of the Program Committee, will facilitate the evening with results being forwarded to the Education and Program Committees. More info in the September Update.



The opinions 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.

### B.C.'s Children's Hospital HIV Care Unit

U.B.C. Division of Infectious and Immunological Diseases at B.C. Childrens Hospital has created a Paediatric HIV Care Unit. As at 30 June 1990 it was estimated that there were 2,900 women of child bearing age infected with the virus.

The HIV Care Unit is a consulting service which provides ongoing care to families in collaboration with community health professionals. Areas of service include: medical care and diagnosis, counselling and support of patients and families, education, and research.

Pregnant women who are HIV positive, children born to infected mothers, and children and adolescents infected with HIV should all attempt to be referred to the HIV Care Unit.

For more information contact the Support Services Coordinator or call the B.C. Childrens Hospital at (604) 875-2302

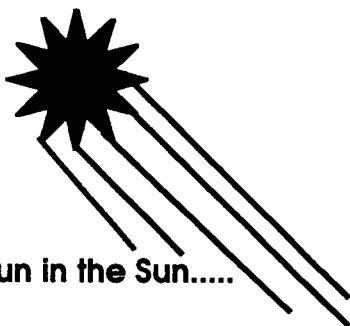
### ddC (HIV, Zalcitabine)

On July 7, 1992, the Health Protection Branch of Health and Welfare Canada announced they had issued a notice of compliance for the drug ddC, (also known as HIVID or zalcitabine). ddC is an antiretroviral drug produced and tested by Hoffmann-La Roche limited.

The treatment/observation protocol will continue for two months from July 7. This means there should be no interruption in free supplies of the drug for people who are already receiving it.

The approved therapy is for combination treatment with AZT and not for monotherapy, (i.e. using ddC only), thus those opting for monotherapy may be responsible for the cost of the drug. Pharmacare was unable to answer this question at press time.

*(Christopher Cockrill, CAS HIV therapies committee.)*



### Fun in the Sun.....

It seems hard to imagine that the warm sun on your face or the colour it gives to one's pale body could be bad, but for everyone and particularly those of us with HIV disease there are some important facts to know about the sun.

Sunburns may seem harmless but the forms of ultraviolet radiation that cause sunburn can destroy important skin cells which produces antigens. These antigens are responsible for activating T cells which are essential to immune function. Grab some sunblock!

A report released from the United Nations Environment Program (UNEP) indicated that the depletion of Earth's ozone layer could activate the AIDS Virus. In addition, the severity of the disease will increase and it may result in a more

rapid course of infection if exposure to ultraviolet B (UVB) radiation keeps increasing at the current rate. Ultraviolet B radiation is the form of solar radiation expected to increase because of the thinning of the ozone layer. In addition there are indications that UVB can suppress the immune system and skin cancer and cataracts could become more common.

There is a book in AVI's library called Living With AIDS that gives some important tips for skin care, explains the relationship between our immune system and our skin and discusses what sort of products to use and which ones to avoid. Check it out.

*(By Robert Gray)*

## VOLUNTEER NEWS & NEEDS

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### TEN TOP REASONS WHY VOLUNTEERS CONTINUE TO WORK THE HELPLINE:

- #10. It's better than watching Democratic nomination convention reruns...
- #9. It's the best way to catch Bart on a "bad hair" day...
- #8. It's their best chance to sample Bette Redfern's baking...
- #7. Noone told them they were allowed to go home...
- #6. It's their best chance to catch Dale doing his Jackie Kennedy impersonation...
- #5. It's their best chance to sample even more of Bette Redfern's baking...
- #4. It's the best chance for Picasso wannabies to revert back to their childhood...using crayons & AVI posters.
- #3. It's the best way to see first hand JoAnn reaching her melt down point...in the sauna we call her office.
- #2. They think that "Pro Bono" is Sonny's brother...
- #1. They genuinely care and are dedicated individuals.



### Help on the Helpline!

Due to summer holidays, the number of volunteers on the Helpline has taken a nose-dive. We also have some new volunteers requiring buddies on the Helpline. If you have worked the Helpline before, please consider coming out of "retirement" to fill a shift or if you are a "regular" perhaps consider doing an extra shift now and again.

NOTE: The Helpline now offers 5 p.m. - 9 p.m. shifts on Wednesday and Thursday evenings.

### Membership

Are you a current member of AVI? All AVI volunteers are encouraged to apply for membership in the organization. It is not an automatic happening! If you have volunteered 50 hours of service in the past year, it's only \$1.00 (training hours count!). If you are a PLWHIV/AIDS you may apply for free membership through the Support Coordinator. Regular membership is \$15.00 per year. Come out on September 18th to the Annual General Meeting and have your say in the direction in which AVI is going.

### Training

We have just finished another Basic Orientation for new volunteers. A great big welcome to the 18 enthusiastic people who completed the course!

For those of you interested in working in the Support program, and some of you have been waiting a long time - Support training is scheduled for September 12th. Please contact Bart at 384-1511 for further info.

### And The Winners Are....

Congratulations to the following volunteers for sending in the time sheets and winning our monthly draws:

- March - Denise - gift certificate to Romeo's Place
- April - Leanne - 6 passes to Oak Bay Recreational Centre
- May - Phillip - double pass to Famous Players Theatres

Our thanks to Romeo's Place on Johnson Street; the Oak Bay Recreation Centre; Muffin Break (Foul Bay Road and Fort St.) and University Cinemas 4/Capital 6 for the donation of these prizes.

Keep those time sheets rolling in, please!

### Centennial Square Public Market

We now have 2 volunteers committed to staffing a table at this popular Sunday market. In order to make this event work we need more volunteers. It's only one Sunday a month for August and September.

Contact JoAnn if you're interested. 384-2368

## Bizarre Bazaar

The Bazaar is over for another year and already we are planning for the next one! It's time now to acknowledge all those individuals and donors who supported this year's Bazaar which realized \$1,687.70 - a welcome boost to our Emergency Assistance Fund!

Our sincere thanks to: all those wonderful volunteers who made it happen - and there were dozens of you!

School District #61  
Fairfield Community Centre  
Budget Truck Rentals  
Cheryl's Gourmet Pantry  
Oak Bay Muffin Break  
Safeway - Oak Bay  
Thrifty's - James Bay and Fairfield  
Food Country - Fairfield  
Oak Bay Bagga Pasta  
Oxford Foods - Fairfield  
The Body Shop - Victoria Eaton Centre  
McDonald's on Hillside  
Gingerbread Bakery  
Esquimalt Plaza Dry/Cleaning  
Community Craft and Farmer's Market

The many citizens who donated goods and baking and many others who supported AVI by coming to the Bazaar!



## Bizarre Bazaar Raffle

### And The Winners are:

D. Siba - Joe Average poster  
J. van Campeau- teddy bear  
M. Delesalle - crocheted pillow  
J. Scott - gift certificate to Pagliaccis  
I. Reid - gift certificate to Herald Street Caffee

Our sincere thanks to the donors of the above prizes and our congratulations to the winners!

## Thanks!

On behalf of the organizing committee of Bizarre Bazaar I would like to say thank you to everyone who, in any way, shape or form, helped with Bizarre Bazaar.

I would especially like to thank Don for all the help he provided - the long hours of unpacking, repacking, sorting and for letting me borrow a pair of shorts (that were 2 times my size!) To Denise and Carol for organizing the bake sale (and by the way, thanks Carol for reselling the 12 cans of lemonade that I purchased!) To Kit and Dene for letting us use their garage and keeping us supplied with cold water and feeding us (something that had currants in them?!)

I realize that I cannot mention everyone who played minor as well as major roles but a very BIG thank you to all of you for your support and help. Once again you have all proven that we can make our yearly Bizarre Bazaar a big success! We are already planning for next year - start saving your stuff!!

*Paul A. Leger*

## Patio Project Grows Up!

Our patio has been transformed! Planter boxes and hanging baskets add splashes of colour all around the patio. Our sincere thanks to the following individuals and businesses for participating in our vision....

Ron Gent for heading up the project and making sure it happened THIS growing season.

John and Bette Redfern for the wonderful patio furniture and support in so many ways.

Arnold Clark for designing and producing the mail out.

Capital Iron and Metals.

Dig This - Bastion Square.

Big Barn Garden Centre.

Snapdragon Nursery.

Juan de Fuca Garden Centre.

Royal Oak Garden Centre.

Cook Street Home Hardware.

Goldstream Garden Ornaments.

The Bay.

Irly Bird Langford Building Centre

and the following volunteers - Marion, Steve, Robert, Paul, Phillip, Bob and Karen for donations of time and talent, plants and supplies. It's a hit!

# BOOK NOTES

by Jeff Knox



## KECIA - WORDS TO LIVE BY.

This is an emotional 24 minute documentary about a young Native woman from Vancouver Island and the events that led up to her HIV+ status. The video follows Kecia Larkin on a tour of native communities throughout Ontario as she delivers strong messages to young people about their bodies and the AIDS virus. Also addresses such issues as: sexual abuse, alcoholism, drug addition, street life and the realities of growing up in a small Native community.

Strong, effective presentation.

(by Gryphon Productions, Vancouver, B.C. (1991))

## EASING THE ACHE: GAY MEN RECOVERING FROM COMPULSIVE BEHAVIORS.

by David Crawford.

This 190 page self-help book is for those who feel they've had to edit themselves at "straight" 12-step support group meetings and been frustrated by that. It isn't meant as a replacement but an addition to the standard literature available. This book definitely speaks to the gay male's experience (be he addictive or not) and makes the benefits and challenges of the 12-step lifestyle clear to its readers. (published by Plume.)



## **World AIDS Day 1992**

World AIDS Day is a day set aside to reflect on the global challenge of AIDS for Canadians that means seeing AIDS as an international development issue.

The theme for World AIDS Day in 1992 is: "AIDS: A Community Commitment". If you are interested in planning & preparing for World AIDS Day, December 1, 1992 or if you have ideas on how to involve the community please contact JoAnn @ 384-2368.

## CLASSIFIED ADVERTISING

**WANTED:** The education department will be in need of a long blond or red wig and black spike heels, size 7 1/2 for mid October. Anyone able to lend one or both please contact Joan Shanks @ 384-2368.

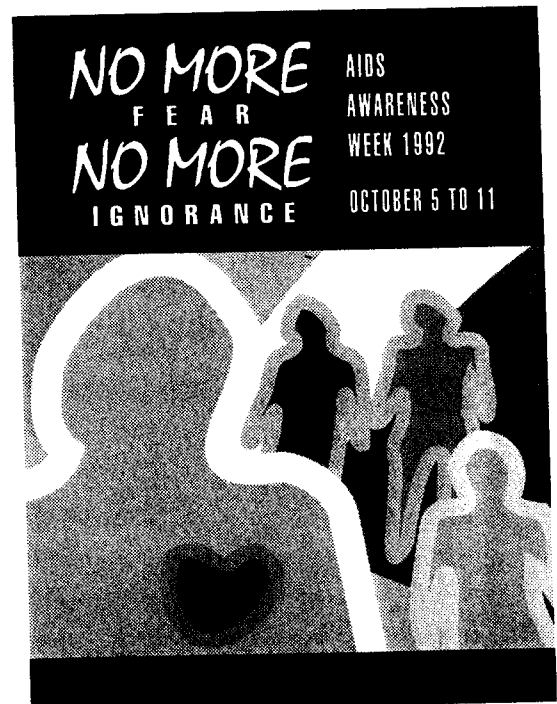
Anyone curious about how they will be used may also contact Joan!

**FOR RENT:** 1 bedroom basement apt. in older home Fernwood area. All utilities included, w/d. I will negotiate rent if tenant willing to do gardening maintenance. Phone Wayne @ 592-5586.

## AIDS AWARENESS WEEK OCTOBER 5 - 11

THE CANADIAN AIDS SOCIETY, a coalition of over 70 community-based AIDS organizations from across Canada, will once again sponsor national AIDS AWARENESS WEEK, this year in cooperation with the Canadian Public Health Association and the Canadian Hemophilia Society.

The theme for 1992 is:





S	M	T	W	T	F	S
						1
2	3 HIV & PWA Support Group 5:15 pm unfacilitated	4 Business Meeting 1:30 pm	5 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	6	7	8
9	10 HIV & PWA Support Group 5:15 pm	11 Business Meeting 1:30 pm Joe the Barber 1:00 - 4:30 pm	12 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	13	14	15
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23	24 HIV & PWA Support Group 5:15 pm	25 Business Meeting 1:30 pm Board Meeting 6:30 pm	26 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	27	28	29
30	31 HIV & PWA Support Group 5:15 pm					

## COMING EVENTS

AIDS Awareness Week - October 5th - 11th, 1992 - "No More Fear - No More Ignorance"