



The Update

AIDS VANCOUVER ISLAND

November 1992

VOLUME 5, NUMBER 5

A CELEBRATION OF LIFE!

AIDS BENEFIT 1992

STAGES Dance Theatre Society and The McPherson Foundation in co-operation with AIDS Vancouver Island are pleased to announce A CELEBRATION OF LIFE!, STAGES' 1st Annual AIDS Benefit at the McPherson Theatre commencing at 8 p.m.

December 1st is World AIDS Day and it is for this very reason that many of B.C.'s top performers have chosen to band together to support this very worthwhile cause. Artists from Victoria, Up-Island and Vancouver will hit the McPherson's stage for an evening of dance, music, opera, jazz, visual art and much more. Such artists as DOC & THE DOO WOPS, MORRY STEARNS, LEBEAU PETERSON BAND, DUNCAN MEIKLEJOHN, APRIL GILASON (Fulladosoa), OPERA STARS courtesy of the PACIFIC OPERA ASSOCIATION, STAGES DANCE COMPANY, ARTS UMBRELLA, DANCE STREAMS, LYNDA RAINO, JOE LAUGHLIN, SUDDENLY DANCE THEATRE, MILES LOWRY, JENNIFER SANDERS AND KIM BREILAND are just a few of the performers who have donated their time to A CELEBRATION OF LIFE! Watch for many more performers to sign on to this exciting evening. All net proceeds from this event will be donated to the AIDS Vancouver Island.

Not only are we excited by the line up of talent, but an added feature will be a display of art work by Miles Lowry. We anticipate this event to sell out so get your tickets now so you will not be disappointed. TICKETS ARE ON SALE FOR \$16.50 AT ALL USUAL BOX OFFICES - COME AND JOIN US FOR THIS GALA EVENING OF TALENT AS WE CELEBRATE LIFE. If you wish any further information please don't hesitate to call STAGES at 384-DANS.

Linda Graham

Chair, World AIDS Day Committee

Reference Material
NOT FOR LOAN
AVI Resource Centre



WORLD AIDS DAY 1992

"A COMMUNITY COMMITMENT"

What is World AIDS Day? World AIDS Day dates back to 1988, when an international summit of health ministers called for a spirit of social tolerance and a greater exchange of information on HIV and AIDS. Since then, each December 1st has been observed worldwide as a day of action designed to raise public awareness of AIDS and to catalyse new and greater commitment against the pandemic - not just for one day, but for 365 days a year.

World AIDS Day highlights up-to-date information on AIDS prevention and care. It aims to stimulate discussion and action among people not regularly confronted by AIDS. And it spreads messages of compassion, hope and understanding to every corner of the globe.

Last year's events included dramas, parades, concerts and football matches. In Namibia, people from all over the country marched by candlelight. In the USA and Canada, a nongovernment organization called Visual AIDS arranged a "Day Without Art" to mourn the death of artists killed by AIDS, while celebrating their achievements. And in Bhutan, seminars focused on AIDS in women and children, and on knowledge as a key to prevention.

World AIDS Day is supported by the World Health Assembly, the United Nations systems, and governments, communities and individuals around the world.

Why "A Community Commitment"?...

continued on page 3

HELPLINE : 3 8 4 - 4 5 5 4

BOARD OF DIRECTORS

PRESIDENT.....Christine Morissette
 VICE-PRESIDENT.....Bart Wittke
 SECRETARY/TREASURER.....Gordon Comer

DIRECTORS-AT-LARGE

Don Mathewson	Paul Leger
Barbara Herringer	Suzanne Klausen
Craig Hamilton Shier	Bryan Teixeira
Brian Barton	Michael MacLennan
Robin Thompson	Verna Popejoy

STAFF

Executive Director.....Dale Weston
 Administrative Services.....James Austin
 Program Clerk.....Isabella Luke
 Support Services.....Curtis Magnuson
 Psychotherapist.....Claudia Mimick
 Street Outreach Coordinator.....Jaine Mullally
 Street Outreach Worker.....Norman Mullally
 Coordinator of Volunteers.....JoAnn Reid

THE UPDATE

AIDS Vancouver Island (AVI) is the business name of the Vancouver Island AIDS Society. The Update is published monthly as a service to members. Submissions and letters to the Editor are welcome, c/o AVI #304-733 Johnson Street, Victoria, BC, V8W3C7. The appearance of any advertisements, treatment information or letters to the editor, do not imply endorsement by AIDS Vancouver Island. Submissions may be edited for conciseness and grammatical correctness. AIDS Vancouver Island will not be responsible for errors or omissions.

MANDATE

"AIDS Vancouver Island shall confront Acquired Immune Deficiency Syndrome, prevent its spread through education, support all those affected by the disease, and advocate on their behalf."



A United Way Member Agency

WOMEN'S AIDS RISKS NOT ADDRESSED

Women have been excluded long enough from drug trials for AIDS, says the president of AIDS Vancouver Island.

Because women have been left out of AIDS research and testing of drugs such as AZT, researchers learned only recently that the symptoms of the virus and reaction to trial drugs are sometimes substantially different in women.

Christine Morissette, who was elected AVI president last month, said Thursday that HIV rates are increasing rapidly among women.

"It used to be assumed women wouldn't ever be touched by the virus in the way they are, and [researchers] came up with various other reasons for not including women," said Morissette.

"As a result, women risk being diagnosed later, not getting treatment as quickly, and their survival time is shorter. When a woman goes to her doctor with symptoms, the doctor may not even think of testing for HIV."

There have been 120 cases of AIDS in the Capital Region, 80 of whom have died. An estimated, 1,000 people in the region are infected with HIV, the virus thought to lead to AIDS.

Provincewide, 5,863 people are HIV-positive, including 362 women. Provincial health officials are alarmed at the rising rates among women, who once accounted for only a handful of cases.

"People looking at Victoria may think we have nothing to worry about, but worldwide, the World Health Organization figures that by the year 2000, 40 million will be infected," said Morissette.

"There are 5,000 new infections a day. We don't live in isolation; we have to look at this as a global village."

Morissette said a highlight for AVI this year was the Vancouver Island AIDS conference in Nanaimo this summer.

People from larger centres got a feel for how AIDS affects smaller communities, where educational programs, home care and support are often in short supply.

"A small community may not have any PWAs [Persons With AIDS], but there will be families who are affected and parents worrying about their children," said Morissette.

"We heard from one mother of two sons, teenage hemophiliacs, who are both HIV-positive. Her experience has been quite different than someone in an urban centre."

While educational programs on safe sex have done much to curb the spread of AIDS, Morissette said educating youths remains an ongoing challenge.

"Certain groups, including youths, still consider themselves invulnerable, and for that reason they're that much more vulnerable," she said.

continued on page 3

LGBA OFFERS WENLIDO COURSE

With recent increases in homophobic assault all over North America and the insistence on the part of the gay community that such violence is unacceptable, gay men everywhere are arming themselves with the skills needed to stave off or prevent being bashed. To this end, the Lesbian Gay Bisexual Alliance at the University of Victoria (LGBA) will be offering a short two-day course in WENLIDO to ensure that gay men in the Victoria area have the skill and confidence to help prevent them from becoming yet another gay bashing victim.

WENLIDO, a unique hybrid of several martial arts, was developed in the 1970's by women who wanted to teach how to fight back effectively in the case of male-perpetrated sexual assault. To date, thousands of women all over North America have learnt these skills, and empowered themselves in a situation where they were otherwise powerless.

This LGBA-sponsored course is a first in that it will be geared specifically to gay men, with course material that has been developed specifically by the instructor for gay men. The course will be offered on two consecutive Saturdays on January 10 and 17 from 10:30 to 5:30 at the University of Victoria. The fees are very reasonable at \$50 for non-UVIC students and \$30 for UVic students (with proof) or PLW/HIV's.

from page 1

...By declaring the theme of World AIDS Day 1992 "A Community Commitment", the World Health Organization is stressing how vital it is for each and every community to pledge itself wholeheartedly to the fight against AIDS.

Global Programme on AIDS, WHO

from page 2

...She stressed that the region's AIDS figures represent "just the tip of the iceberg," as hundreds more on the Island are HIV-positive and untold numbers are infected but don't know it.

"Those are the ones we're most concerned about. They're unaware, and someone who is unaware has the potential to transmit the virus."

Growing awareness of general good health and nutrition has done much to lengthen the lifespan of people with HIV," said Morissette.

"The approach now is to emphasize living with HIV," she said. "When this disease first hit, people were dying within a year. That's no longer true."

Jody Paterson, Times -Colonist

Reprinted with permission

PRIME TIMERS VICTORIA

The gay community in Victoria has become one of the few in Canada to have a social, educational, and recreational organization for gay and bisexual men over forty. Prime Timers Victoria (PTV), in less than a year, has developed a growing range of options for an increasing membership. PTV is one of twenty chapters of Prime Timers International. From a small group in the spring, PTV has grown to more than sixty members, and a current membership drive has as its objective tripling the membership.

The activities of the group, determined by the membership and administered by a five-man board of Directors, are as varied as the interests of the members, and include monthly meetings with guest speakers, pot luck suppers, dining out, card parties, board game evenings, outdoor activities, bowling, swimming, socials, out-of-town excursions, cultural events, movie nights, and Sunday afternoon coffee socials. It was founded to offer members alternatives for socializing in a non-threatening, non-competitive atmosphere. Within the membership many friendships have developed among people who, were it not for this organization, may never have met.

The organization is engaged in the planning of larger scale activities such as a Hallowe'en Howl, a holiday social, a June '93 Victoria concert by the Vancouver Men's Chorus, and participation in the 1993 International Prime Timers' Convention in Vancouver.

PTV publishes a monthly newsletter for members containing articles written by the membership, a calendar of activities, decisions of the Board, news from other Prime Timer chapters, et cetera.

Minimal membership dues cover the fixed costs of the organization. General meetings are held monthly and small informal meetings are held for new members to familiarize them with the organization, and to clarify the organization's expectations of them.

Prime Timers Victoria is not for everyone, but if you are a gay or bisexual male - forty years of age or over - who is willing to speak up on issues, express your interests, and take the initiative to organize men who share mutual interests, Prime Timers Victoria may be for you! For more information write to Prime Timers Victoria, P.O. Box 45030, Mayfair Postal Outlet, Victoria, B.C. V8Z 7G9, or phone 360-0663.

Quote of the month

"Henceforth I shall accept what I am and what I am not. With my limitations and my gifts, I shall go on using life as long as I am in this world and afterwards. Not to use life--that alone is death."

George Sand

NO EVIDENCE OF NEW HIV-LIKE EPIDEMIC

Initial fears of a potential epidemic of a new viral AIDS-like disease in humans have been calmed after scientific meetings in the United States of America (14 August 1992) and at the World Health Organization (WHO) in Geneva, Switzerland (28-29 September 1992).

To date, fewer than 100 cases of AIDS-like disease or severe immunosuppression without other explanation have been found over a period of at least six years among people who are not infected with the human immunodeficiency virus (HIV). The small number of cases spread out over a relatively long period of time has led scientists to conclude that there is no epidemic of a new cause of severe immunosuppression. The scientists further concluded that the evidence available does not suggest that these cases are due to a new HIV-like virus or any other infectious agent that could be transmitted, including transmission through blood or blood products. During the VIIth International Conference on AIDS in Amsterdam in late July, several investigators from the United States of America and other industrialized countries reported the occurrence of severe immunosuppression in people who were not infected with HIV, the virus which causes AIDS. During the same conference, preliminary data were presented on virus-like particles, different from HIV, which were reportedly present in a very small number of these patients.

Following these reports, an extensive search for new cases of unexplained severe immunosuppression without evidence of HIV infection was mounted in the United States of America by the Center for Disease Control, Atlanta Georgia, and elsewhere in the world by WHO. In August 1992, 39 scientific institutions in 21 countries in Africa, Asia, Oceania, Europe, Latin America and the Caribbean were contacted and sent a detailed case-reporting form by WHO along with instructions for the shipment of laboratory specimens from patients identified.

The preliminary results of the United States of America search for new cases were discussed at the meeting in Atlanta in August 1992, and further results from that search and the one conducted by WHO were discussed at the subsequent meeting in Geneva. Both meetings concluded that severe immunosuppression not due to HIV infection or other known causes of immunosuppression is rare, in both industrialized and developing countries. Some cases of unexplained immunosuppression without HIV infection could ultimately be shown to be attributable to temporary suppression of white blood cells, infections such as tuberculosis or genetic conditions. Although preliminary reports suggest the presence of several different microorganisms from a very small number of cases, these findings have not yet been duplicated in other laboratories, and their role, if any, is unclear. No definitive evidence for any new virus causing immunosuppression was presented.

The WHO meeting which concluded today (September 29, 1992) agreed that it is important to continue research efforts in this area. This should include studies to know more about the extent of the condition, studies to further confirm that it is not transmissible and further investigation and characterization of any possible infectious agents and determination of their role, if any. However, the priority today is to continue to concentrate efforts and resources on the prevention and control of AIDS, in the light of WHO estimates that HIV has already infected some 11-13 million people around the world.

World Health Press September 29, 1992

"INS AND OUTS" OF FOOD SUPPLEMENTS AND HIV DISEASE

There is little doubt that the demands of HIV on body chemistry or metabolism make it necessary to take supplement forms of vitamins and minerals. But vitamin/mineral supplementation may be pointless unless a person living with HIV/AIDS (PLWHIV/AIDS) is eating well.

The purpose of supplements is to ensure the optimum use of protein, carbohydrate and fat, the major parts of normal food. Present information indicates extra zinc (50 mg/day) and vitamin B12 (by injection, under the tongue or nasal gel) are essential additions to a basic multivitamin to satisfy minimal needs.

A diet high in a variety of coloured vegetables is good, preferably steamed so they remain crisp: Carrots, broccoli, and garlic are good sources of nutrients, as well as peas, beans, spinach and tomatoes. Fish, eggs, and poultry are good additions as sources of protein, and these should be cooked so that no part is raw.

When infections occur with HIV making it difficult to maintain a normal diet, weight loss can be severe. In these cases, PLWHIVs may need to take food supplements that contain an easy-to-eat balanced diet. These should still be accompanied by as much regular food as possible. For people with HIV, there are rules to be followed that distinguish between valuable food supplements and dangerous ones. Some rules worth noting are the following:

High levels of simple sugar should be avoided. These are ingredients ending with "ose": corn syrup solids, many maltodextrins and modified starch products. These are favourite foods for yeast infections in the throat (Thrush) and oesophagus (oesophageal candidiasis). Food supplements that have simple sugars listed among their ingredients are best avoided by one who is HIV positive.

continued on next page

continued from previous page

A good level of dietary fibre is important. This helps control diarrhoea as well as constipation, and promotes healthy gut flora (friendly intestinal bacteria).

A lack of calories from protein is often a severe deficiency with HIV, resulting in weight loss. Hence, high protein content is important; but it should be protein that is easy to digest, even pre-digested through enzymes introduced by the manufacturer. This ensures one's stomach acid and enzymes are not unnecessarily stressed as both tend to be low with HIV.

Some fat is important. Since fat is often difficult to digest with HIV, forms called medium chain length glycerides are best. Hydrogenated forms of oil are more difficult to digest and are best avoided.

Many PLWHIVs have problems digesting lactose which can be high in some dairy products. Keep this as low as possible, even absent if your lactose intolerance is severe.

These guidelines rule out common food supplements such as Boost, Ensure and Sustecal because of their high sugar contents and lack of fibre. Products such as UltraMaintain, UltraBalance, and Miluvita Plus are usually helpful. (UltraClear and Muluvita Plus are good choices since they contain no lactose.)

It may be preferable to make one's own food supplement in the form of a blender drink. If you use a cup of milk (such as Rice Dream) or soy milk (such as Edenso, Supersoy, Vitasoy, etc. Avoid soy if you are allergic to it) with half a banana plus half an apple, this makes a base drink to which other ingredients may be added.

Fat can be added in the form of 1 tablespoon of coconut and pineapple nectar (a good product is produced by the Knudsen family available in health food stores). Or, a heaping tablespoon of one of the hydrolysed protein powders such as TwinLabs' TwinPro, Vivonex or MediPro can be added.

For those who like yoghurt but are extremely lactose intolerant, a 50/50 mixture of the cranberry juice and soya milk makes a good yoghurt-like drink.

Fiba-Flax is a good dietary fibre to add to these blender drinks - a tablespoon of the Fiba-Flax turns the drink into a pudding. Experiment with combinations of these ingredients to find a food supplement that tastes good.

Finally, it was very encouraging to participate, as a representative of the Canadian AIDS Society, on the nutrition and HIV project of the Canadian Haemophilia Society. The information distributed through this project will encourage people living with HIV to eat well and to participate aggressively with their health care providers in maximizing their quality of life.

[The booklet entitled HIV by Dr. Myers covers important areas for people living with HIV/AIDS such as digestive processes affected by HIV, nutrition, opportunistic infections and treatment issues. For more information contact Chester Myers at 519-368-4987 office/lab; 519-396-4461 weekday evenings; or 416-362-5364 weekends.

*Chester Myers, Ph.D, Biophysical Chemist and
Laboratory Manager, St. Lawrence Technologies Inc. and
Scientific Advisor, Community AIDS Treatment Information
Exchange (CATIE)*

JUST THE FAX MA'AM

The Laboratory for Disease Control at Health and Welfare Canada has instituted a new fax database service to provide public and professional access to both domestic and international disease information for Canadians, whether they are here or travelling abroad.

A wide range of currently relevant epidemiological data, information and analysis free of charge by accessing this bi-monthly report service. As well, archival access is provided to an ever-growing library of past articles, an increasing collection of new reference materials and other medical information.

This service can be accessed from any fax machine by calling 1-613-941-3900. Users are offered a choice between a current issue of the Canada Communicable Disease Report, an index to previous CCDRs and archival access to all documents.

Fax databases are a new form of data and information delivery, employing a fax machine's keyboard and its ability to respond to an interactive voice system. By this means, universal access is offered to a wide variety of textual, tabular and graphically displayed data and information.

For further information about this new fax database service, please contact:

*Ms Eleanor Paulson, Editor
Canada Communicable Disease Report
Laboratory Centre for Disease Control
Tunney's Pasture, Ottawa K1A 0L2
Tel: 1-613-957-1788 Fax: 1-613-998-6413*



*A memorable Bed & Breakfast. Centre
yourself in the comfort and tranquility of
Canada's beautiful, natural Gulf Islands.*

1207 BEDDIS ROAD
(604) 537-9344

Mail:
R.R. #2, S-23, B-0
Ganges, B.C. V0S 1E0



S	M	T	W	T	F	S
1 <i>HIV & PWA Support Group 5:15pm</i>	2	3 <i>Massage Therapy 10:00am-3:00pm Staff Meeting-1:30pm</i>	4 Office closed due to staff retreat.	5 <i>Process Group 10am-12pm Peer Support 1:00-4:00pm Helpline meeting-5:15pm</i>	6	7
8 <i>HIV & PWA Support Group 5:15pm</i>	9	10 <i>Massage Therapy 9:30am-12:30pm Joe the Barber 1:30pm-5:00pm No Staff Meeting - ya! Volunteers meet 7:30pm Gay Youth Group 7:30pm</i>	11 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett Office closed - Remembrance Day	12 <i>Process Group 10am-12pm Peer Support 1:00-4:00pm</i> <i>Gay & Lesbian Outreach meeting 7:30pm Duncan</i>	13	14
15 <i>HIV & PWA Support Group 5:15pm Support Services meeting 7:30pm</i>	16	17 <i>Massage Therapy 10:00am-1:00pm Joe the Barber 1:30pm-5:00pm Staff Meeting 1:30pm Living Room Committee meeting (phone for time)</i>	18 Family, Friends & Lovers Support Group 7:30pm 923 Burdett	19 <i>Process Group 10am-12pm Peer Support 1:00-4:00pm</i>	20 Potluck-12:00pm Yum-Yum!!	21
22 <i>HIV & PWA Support Group 5:15pm</i>	23	24 <i>Massage Therapy 10:00am-3:00pm Staff Meeting 1:30pm Board Meeting 6:30pm Gay Youth Group 7:30pm</i>	25 Family, Friends & Lovers Support Group 7:30pm 923 Burdett	26 <i>Process Group 10am-12pm Peer Support 1:00-4:00pm</i>	27	28
29 <i>HIV & PWA Support Group 5:15pm</i>	30					31

COMING EVENTS

December 1st - World AIDS Day (Stages Dance Company has exciting line-up at the McPherson starting at 8pm)
December 12th - AIDS Vancouver Island Christmas party!!

LOCATION OF EVENTS

Those in italics are scheduled for the Living Room 305-733 Johnson Street.
Personal services require appointments please sign up on the Living Room bulletin board.
All other events, unless indicated otherwise, occur at AVI's main office 304-733 Johnson Street.
Volunteer meeting November 10th 7:30pm - see write up

VOLUNTEER NEWS

CASINO BRINGS IN \$8,725.00!

Many thanks to Arnold, Roy, Anne, Ned, Denise, Lincoln, Norman and Bette and John who worked the long shifts at the Mayfair Casino on October 24th and 25th. A job well done!

VOLUNTEER OPPORTUNITIES

If you are registered in the volunteer program and are interested in any of the following opportunities, please contact JoAnn at 384-2368.

***someone to arrange back stage catering for World AIDS Day performers on December 1st. (see page 1)

***our patio planters need a pre-winter clean-up.

***someone to approach nurseries for donations of spring bulbs for the patio.

***someone to coordinate the library as Jeff is taking a break for a while. Thanks for a job well done, Jeff!

***persons interested in reporting for the Update and writing articles.

***someone with excellent editing and writing skills to become the next editor of the Update.

***several volunteers to assist at A Celebration of Life! at the McPherson Theatre - display both, greeters, last minute preparations, etc.

***someone to make up packages of materials/brochures suitable for parents & teachers, youth, health care workers, gay men etc.

***volunteers to assist with AVI Christmas party on December 12th.

***someone with dBase IV training skills to assist Isabella.

WINNERS!

Congratulations to Irene B. and Mark S. They were the lucky winners in the monthly timesheet draw. They win a windbreaker and sweatshirt respectively.

THE CHURCH WITH AIDS:

KEEPING FAITH WHILE SUPPORTING PEOPLE WITH HIV/AIDS

There is a one day workshop for lay and clergy, family and friends of those who have HIV/AIDS on Saturday, November 21, 1992 from 10:00am to 4:00pm at Oak Bay United Church, 1335 Mitchell Street Victoria, BC V8S 4P9. The keynote address will be by Rev. Jim Hillson of Trinity United Church, Vancouver followed by a PLWHIV/AIDS panel, a panel of caregivers, questions and discussion and worship. Cost is \$10.00 To register call Mark Bedford at 598-5021.

EDITOR LEAVING BEAUTIFUL B.C.

Ellen Bielawski, our Update editor for the past year, will be moving to Alberta shortly. Thank you Ellen, for your patience, expertise and humour--we shall all miss you!

HELPLINE MEETING

As the AVI staff retreat is happening on Wednesday, November 4th, the monthly meeting for Helpline volunteers will be held on Thursday, November 5th at 5:15pm. All members of the Helpline team are encouraged to attend to discuss how the Helpline interfaces with the Support Program.

AVI POTLUCK LUNCHES

All volunteers, clients and staff are invited to our monthly Friday lunches. Get to know the staff and volunteers in a friendly, relaxed way - not to mention that the food is great too! The next one is scheduled for November 20th at 12:00pm.

MONTHLY VOLUNTEER MEETING

Our sincere thanks to Kevin Doyle, a lawyer practicing in Victoria, for speaking on HIV discrimination at our October meeting. Apologies to those of you who did not know of this event as we were unable to mention it in the Update due to deadlines. Based on popular demand, the November meeting will be held at Tim Horton's Donuts, Quadra at McKenzie Tuesday, November 10th at 7:30pm.

WELCOME BARB!

Barb Chester has come onstream for the month of November to help out in the education office doing everything from following up on requests for materials to booking speakers for the Speakers Bureau. She will be working with JoAnn and Dale for the month of November until a new Coordinator of Education Services comes aboard in late November. Welcome Barb!

SALTSPRING ENTERTAINS - AND HOW!!

BIG THANKS to Liz Forrest and Gloria Valencia in Ganges for their incredible work in producing "Conscious Living", the AIDS Education Workshop and Benefit Concert on October 24th. This full day featured a panel, video presentation, and a preview of The Names Project Quilt.

Over 300 people enjoyed the evening concert which featured guest performers Kevin and Barb Wilkie, Kate Bragg & Ian Van Wyck, and They Said Dance company. The evening was highlighted by featured artist, Ferron, whose new sound, voice, and sense of humour made the perfect end to a very full day. The exciting news is that "Conscious Living" raised over \$3700 in proceeds for the Emergency Assistance Fund at AVI.

Many hands under the leadership of Liz and Gloria made this day a huge success, including Craig Shier, David Forseth, Rita Loftsgard, Verna Popejoy, Stephen Williams, and William and Bed & Breakfast hosts, Lorcan and Bill from The Blue Ewe. Congratulations to all for some very hard work!

SUPPORT COORDINATOR'S CORNER

From October 9th to the 11th, as many as 500 gay men and lesbians met in Vancouver for **OutRights**, the second pan-Canadian conference on lesbian and gay rights. **OutRights** was organised by themes, with the first day given to workshops on HIV/AIDS. On Friday I attended sessions on "Hooking up to Social Services", the "Urban/Rural Dichotomy", "Improving the Social Environment" for PWA, and, because I got the room numbers mixed up, was one of very few men present for "Lesbians and AIDS" where, I'm pleased to report, I learned a lot about the multiple uses of Saran Wrap!

Although I missed the Friday night gala performances of The Vancouver Lesbian and Gay Choir, and The Vancouver Men's and Women's Choruses, accompanied by Louise Rose, I did get to Saturday night's **Queer Performances**. Jackie Crossland and Nora Randall of **Random Acts** are first rate lesbian storytellers. We were also instructed in both the Lesbian Tango and Rumba by **Labrys Rising**, and Bill Richardson kept everyone in stitches as Canada's "self-appointed" Poet Laureate.

On Sunday we learned about Canadian pre-Stonewall history from Vancouver Island's own Jim Egan, as well as Vancouver law professor, Doug Sanders, Indiana Matters, and historians Gary Kinsman and Steven Maynard.

The final session I attended was "Two Spirited People of the First Nations". While all speakers addressed the racism that gay and lesbian members of the First Nations are subject to, I was particularly moved by one man, Tuma Young, a two spirited Mi'Kmaq from Malagawatch, Cape Breton. Tuma's enthusiasm for, and love of, life were so captivating that he had all of us under his spell. He spoke convincingly about his need to balance both the male and female aspects of his nature and how, when people are not quite sure of his gender, he knows that he is in harmony. It was a fitting conclusion to a powerful weekend and a testimony to the diversity of our many communities.



On October 19th, Claudia and I met with thirteen of the Support Services volunteers here at AVI. We learned about the activities of the Family, Friends, and Lovers Support Group, heard from the Buddies (and those hoping to be Buddies), as well as discussed the direction that the Support Services department should take. I want to thank those of you who attended and shared your experiences and ideas about support work. **Support Services meetings** will be a monthly occurrence from here on in and all support volunteers are encouraged to attend our next meeting on Monday, November 16th at 7:30 p.m. in the Living Room. I hope to see you there.

Curtis Magnuson
Support Services Coordinator

TELEPHONE COURTESY

Due to the great increase in telephone communication at AIDS Vancouver Island, all staff are gently reminded to follow these guidelines when communicating by phone:

- Answer promptly.
- *No one likes to wait.*
- Identify yourself.
- *Let the caller know who you are.*
- Be courteous.
- *On the telephone your voice is you-and the Society you represent.*
- Take messages accurately.
- *This reduces call backs and promotes caller satisfaction.*
- Transfer calls carefully.
- *Tell the caller what you are doing.*
- Leave word.
- *Arrange to have your telephone answered when you are away from your desk.*
- Keep your promises.
- *If you tell the caller you will phone later with more information, do everything you can do to follow through.*
- Speak distinctly.
- *Speak slowly and clearly-remember the person on the other end cannot read your lips.*
- End calls pleasantly.
- *Leave a lasting favourable impression.*
- Replace the receiver gently.

Courtesy of B.C. Tel

WORKSHOP FOR GAY MEN AND WOMEN

Citizens' Counselling Centre is offering an experiential based communications workshop for singles and couples. The weekend is aimed towards learning effective ways to openly discuss some of the deeper issues concerning gay men and women, and creating a "feeling language" to use in this process. This workshop will take place at Citizens' Counselling Centre in a small group setting. Dates are Friday evening, November 20th, all day Saturday the 21st and Sunday the 22nd. Fee based on income. Preregistration required. Facilitated by Rob Brown and Greg Abbott, lay counsellors with Citizens' Counselling Centre. Phone 384-9934 for more information.

Citizens' Counselling Centre

BOOK NOTES

by J. Knox



FIGHTING RADIATION with Foods, Herbs, & Vitamins by Steven R. Schechter. N.D. with Tom Monte

This book is about fighting radiation X-rays, environmental and chemical pollutants (such as pesticides, irradiated food and smog) with natural remedies that protect us from their effects.

The author does this by taking a naturopathic approach, sticking with the theme that there is a direct relationship between many modern diseases (including immunodeficiency) and the pollutants that pervade our air, water, soil and food.

The book is well organized with tables and charts, footnotes and recipe menus. We learn about sea vegetables, bee pollen and the usual exotic health-food store fare. But our author is also practical, giving guidelines such as avoiding processed and junk foods, washing your produce, drinking filtered or bottled water and buying organically grown food.

According to our author's worldview, we'll all have to start considering eating lower on the food chain.

(contains 291 pages, East West Health Books, 1988)

TIME OUT: The Truth About HIV, AIDS and You

directed by: Malcolm Jamal-Warner

featuring: Arsenio Hall & Magic Johnson

This educational video targets mostly a teen audience with flashy editing and bold graphics. Arsenio and Magic have an "informal" talk on a basketball court with lots of appearances by cue-card reading celebrities, rap numbers and PWA profiles edited in to emphasize points. Besides the hard facts it also tries to discuss peer pressure and the transience of temporary passion so teens will make more informed decisions about respecting themselves and their bodies.

This video has appeal but you might want to fast-forward past the Arsenio Hall/Malcolm Jamal-Warner rap duet. Overall, very good though. *runs for 42 minutes, Paramount Pictures,*

2
**New arrivals: AIDS/HIV Clinical Trial Handbook (for those thinking of clinical trials), American Foundation for AIDS Research; AIDS/HIV Treatment Directory, AMFAR.

Wanted

People interested in forming a quilting circle contact Franklyn Clowater (Victoria Quilters Guild) at 383-9560. Beginners welcome.

Gay & Lesbian Choir

People interested in a possible Gay & Lesbian Choir should contact Curtis @ 384-1511

VANCOUVER PWA - (CAPITAL REGION)

A facilitated support group exploring techniques of deep relaxation and visualization meditation will be meeting monthly on Mondays at 7:30 pm at the Wellness Centre. Phone 383-9560 for details.

The PWA Food Bank now has free delivery service. Donations of non-perishable items are still needed. Drop by the office or phone 383-7494 for this service.

A non-facilitated support group meets on Thursdays at 7:30 pm. The agenda is set by the attendees. The last meeting of the month will include an overview of new literature received on medical progress in HIV management. Weekly business meetings are held on the same evening from 7:00 - 7:30 pm.

The library now has over 120 files on HIV management strategies, health disorders, long term survivor research, and reports from the Amsterdam Conference.

A financial aid worker with Social Services will be in one day a month from 12:00-2:00 pm to discuss problems that PWA's on assistance are experiencing with their case workers or "the system" in general. Phone the PWA office at 383-7494 for details and dates.

On Thursday Nov. 26th, there will be a screening of four videos covering Canadian HIV drug trials, food safety advice for PWA's and the first two episodes of a new series: "Now That You Know: Living Healthy with HIV". Screening is at 7:30pm sharp. Running time is approximately 2 hours. Further treatment videos are scheduled for Dec. 10th.

It's flu season again! Remember to protect your health. You may want to get a flu shot, or use preventative measures such as herbs. Dr. Shen is offering herbal pills to you at 12 boxes per package for prevention or cure of the flu. These are provided at cost if you can afford it or free if not. Call 383-7494 or Steve McManus (traditional chinese medicine program) at the Vancouver office.

LIVING & DYING: THE HUMAN JOURNEY.

...is a multi-faceted program offered by the Open Learning Agency (the Knowledge Network, channel 4) based upon a series of eight documentary television programs to be broadcast over seven weeks beginning October 8, 1992. Each program will be introduced by B.C. hosts who offer their perspective on the films and on the journey of living with dying. The series helps us understand the emotions we feel and the problems we face when confronted with death and dying.

To maximize the usefulness of the Living and Dying: The Human Journey series, the Open Learning Agency introduces the Learning Circle. The Learning Circle provides an opportunity for you to come together with people in your community--- friends, family, colleagues---and use this television series to explore critical issues facing all of us today.

Two AIDS-related films will be aired: AIDS Babies Thursday, November 12, 1992 8:00-9:00 pm, repeating Sunday, November at 10:00 pm; and AIDS in Africa Thursday, November 19, 1992: 8:00 - 9:00 pm, repeating Sunday, November 22 at 10:00 pm. If any volunteer is interested in participating in a learning circle and providing a critique for the December edition of the Update, please contact James for the facilitators guide, discussion questions list and the viewer's guide. The materials may also be obtained by contacting the Open Learning Agency at 431-3000.

Open Learning Agency

COWICHAN VALLEY AIDS NETWORK

For family, friends and those dealing directly with HIV and AIDS, there are meetings twice a month in Duncan. Supportive and social, please join us. Phone Colin at 743-9480 or Jacqueline at 748-1995. Confidentiality assured.

THE LIVING ROOM

PWA's in the CRD have a unique space at AIDS Vancouver Island. A group of interested people have been working together to help plan events and programmes for this space... the Living Room Committee! Who are these people you ask? Anyone who is HIV+ is eligible to either sit on the committee as an active and dedicated member, or alternatively, to provide input and suggestions for the use of this space. Having spent time as the interim Support Services Coordinator at AVI, I know that there are a lot of people out there who could use this space. We want programmes designed by and for HIV+ individuals to be happening in the Living Room. The staff at AVI, in addition to not having the resources to manage this space by themselves, do not want to be seen as usurping the above mentioned mandate. It is our space and what are we going to do with it?

The massage therapy programme on Tuesdays has been successful. Joe's haircuts have been successful. The process

group has been successful. However, all together, the above programmes use the space for only about 12 hours a week. It is hard to justify the continued expense of maintaining the room.

I am not suggesting that we are in danger of losing the space, but we have got to start making some use of it. Do you have an idea that others may be interested in? Are you willing to dedicate your time and energy to your special project? Currently, the Living Room committee consists of Curt Magnuson, Craig Hamilton-Shier, Wayne Cook and Bart Wittke. Send us your ideas, donate your energy, and lets make this space into what it originally was conceived to be. You can leave a message for any of us @ 385-1511. Stop by the office and leave us a note outlining your proposal, write a letter or attend a Living Room Committee meeting. (The next one will be held on November 17th) Let us know what YOU want, we cannot make these decisions in a vacuum. Please don't expect others to do the work for your benefit. Together, we who have the common bond of HIV can create a space for ourselves, for our use and comfort. If it is left to others, we may as well give up this resource to those who will use it.

Bart Wittke, Vice-President

NEWS FROM 609 JOHNSON

Staff at both the Vancouver Island Regional Correctional Centre (VIRCC) and William Head Federal Prison have requested that AVI Street Outreach staff increase their information sessions at these institutions. Prompting this is the recent change in policy regarding the availability of bleach and condoms for inmates and the need for more information. Both institutions are now given sessions about cleaning syringes, condoms, and safer sex each month. Other information such as the AVI Street Outreach and Support Programs are available to them upon release. At VIRCC, staff have named the program "Street Survival". Attendance is voluntary, and two sessions are given each month with the general and protective custody populations attending separately. The program at William Head is available to men soon to be released as part of a combined effort with several area agencies, such as Public Health, John Howard Society, MSSH, Legal Aid etc. It is to continue until 1994, and has been quite successful judging by the participation and enthusiasm.

Volunteers for the Street Outreach Program add that special something so much appreciated by clients and staff alike. Thank you Clarice, Ned and Peter for your many hours of help, support, understanding and last but not least patience.

We would like to remind anyone who may have surplus in their gardens, that clients would be very appreciative of what you cannot use. Pager 388-6275 #1542: Office, 384-1345, leave message on machine.

Jaine Mullally

Street Outreach Coordinator