

The Update

AIDS VANCOUVER ISLAND

December 1992

VOLUME 5, NUMBER 6

WORLD AIDS DAY 1992 A COMMUNITY COMMITMENT

December 1 is World AIDS Day, as designated by the World Health Organization in Geneva, Switzerland. The theme for World AIDS Day 1992 is "A Community Commitment". In support of World AIDS Day, AIDS Vancouver Island has asked all Vancouver Island mayors to proclaim World AIDS Day in their communities.

"We have traditionally asked only the City of Victoria to proclaim the day," observed Dale Weston, Executive Director of the Vancouver Island AIDS Society. "This year, however, the theme, "A Community Commitment" gave us an opportunity to more effectively promote our mandate, and we have asked that all Vancouver Island community mayors make the same proclamation." Weston noted that to date thirteen Island communities have endorsed the proclamation, with many MLA's and all Vancouver Island MP's lending their support. "The timing of this renewed commitment and support from all parts of Vancouver Island is especially significant in light of the AIDS-profile brought about by Dr. Peter's hard work across British Columbia." Highlights of the proclamation include the recognition that the AIDS virus crosses all social, political and economic boundaries, and that one of the main goals of AIDS Vancouver Island is to confront Acquired Immune Deficiency Syndrome, prevent its spread through education and support all those affected by the disease and advocate on their behalf. In keeping with the theme, members of the entertainment and arts community will stage "A Celebration of Life" at the McPherson Theatre on December 1 at 8:00 p.m.

Under the direction of STAGES DANCE THEATRE SOCIETY, and with the support of the McPherson Foundation, Monday Magazine, and CHEK TV this gala evening will present a variety of artists and entertainers including, Doc and The Doo Wops, Lynda Raino, Lebeau Peterson Band, STAGES DANCE COMPANY, Kim Breiland and many others. **Tickets for the evening are \$16.50 and are available at all usual Box Office outlets.**

All net proceeds from this event will be donated to AIDS Vancouver Island. "AIDS Vancouver Island welcomes the enthusiastic support of the arts and entertainment community on World AIDS Day," said Dale Weston. "Only with this kind of commitment and energy can we hope to win the fight against HIV/AIDS." World AIDS Day is an annual day of observance designed to expand and strengthen the worldwide effort to stop AIDS. Its goal is to open channels of communication, promote the exchange of information and experience, and forge a spirit of social tolerance.

For additional information contact Dale Weston @ AIDS Vancouver Island 384-2366 or Kim Breiland @ STAGES 384-DANS

NEW PHONE LISTING!!

AIDS Vancouver Island is pleased to announce the expansion of the Helpline to now include a toll free number for everyone across Vancouver Island and the Gulf Islands.

Effective December 1, World AIDS Day, access to the Helpline is available at 1-800-665-AIDS (2437). Local calls from Greater Victoria will be able to access at 384-4554.

Helpline volunteers will notice over the next few months the addition of local services and programs from across Vancouver Island.



HE
HE

Reference Material
NOT FOR LOAN
AVI Resource Centre

(2437)
ATER VICTORIA)

BOARD OF DIRECTORS

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

DIRECTORS-AT-LARGE

Don Mathewson	Paul Leger
Barbara Herringer	Suzanne Klausen
Craig Hamilton Shier	Bryan Teixeira
Brian Barton	Michael McLennan
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
 Education Assistant.....Barb Chester

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, V8W 3C7. 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

charitable registration number 0756957-11-28

HIV/AIDS SUPPORT GROUP

First of all, a very HAPPY HOLIDAY SEASON to each of you and a very healthy NEW YEAR. Speaking of the new year, Curt and I think it may be time for an assessment and evaluation of how the group has been doing for the last little while. I thought we would take some time during each of the Mondays in January, starting January 4th, to discuss your ideas and suggestions about the future of the group. So I hope you can make it to at least one of these meetings. In the meantime, please take care of yourselves and hopefully we will see you in January.

Claudia Mimick
 Facilitator HIV/AIDS Support Group

MASSAGES

Every Tuesday the Living Room offers free full hour massages. Open to both women and men, Frank, our massage therapist offers a variation of Swedish, Shiatsu, reflexology and works wonders with his creative visualization techniques. Before you know it you will find yourself quickly unwinding and feeling the wonderful benefits of massage as shown on the happy faces of those who have experienced Frank's special touch.

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 Darlene at 748-9738. Confidentiality assured.

ISLAND OUTREACH WORKER

AIDS Vancouver Island is accepting applications for the position of Education & Support Worker based in the mid-island region of Vancouver Island. This full-time position is open to individuals with related education and experience in social services and community development. Knowledge of HIV related issues, sensitivity in working with a diverse population, and strong communications skills are required. Reliable transportation is a necessity.

AIDS Vancouver Island is an equal opportunity employer in all regards including gender, sexual orientation, ethnic origin and HIV status and encourages applications from diverse backgrounds. Resumes with references can be forwarded by December 9th, 1992 to:

Dale Weston, Executive Director
 AIDS Vancouver Island
 304-733 Johnson Street
 Victoria, British Columbia
 V8W 3C7 FAX: [604] 380-9411

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 of Victoria (LBGA) 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. The class will be limited in size to twenty students, so it is best to register as soon as possible for what will prove to be a popular class. To register, phone Brian Young at 384-2562.

WEAR A RED RIBBON

During AIDS Awareness Week in October and World AIDS Day December 1st, AVI has been promoting the red ribbon throughout Vancouver Island. Members of the provincial legislature, MPs, Mayors, university students and the general public can be seen wearing these ribbons. To display your compassion for people with AIDS and their caregivers; and support for education and research leading to effective treatments, vaccines or a cure - wear your ribbon.

CHANGE THE RULES

Prior to his death November 15th, Dr. Peter was nominated for The Order of Canada. At the present time this honour cannot be awarded posthumously. the honorable Dave Stupich, MP for Nanaimo-Cowichan is pressing for this guideline to be waived in cases where a nominee dies before the decision can be made. The public is invited to embark upon a letter writing campaign to support the nomination of Dr. Peter for The Order of Canada by writing Prime Minister Brian Mulroney, Parliament Buildings, Ottawa or Governor-General Ray Hnatyshyn, Rideau Hall, Ottawa, or your local Member of Parliament. For further information contact Marjorie at 1-754-3987.

INTRODUCTIONS

Someone once said that "with change comes opportunity" and that is certainly the case with regards to the people at AIDS Vancouver Island.

A couple of job changes and moves across the country mean that we have the opportunity to introduce two new people to the members and volunteers at AIDS Vancouver Island.

Newsletter Editor Ellen Bielawski recently relocated to Alberta to be with her family and on her departure, it was apparent that someone was needed to replace her huge job of preparing the monthly Update. Whether it be writing articles, editing news releases or working with the chronically late staff submissions [!], someone needs to be there in order to provide the consistency in making sure that newsletter goes to press each month.

We think that we have found that someone. Robert Gray has come onstream and his solid size 9 Doc Martens fill Ellen's shoes in the next year. He is a 22 year old University student, and has numerous writing credits to his name, primarily through his work as an English Major at UVIC. His volunteer experience at AVI has seen his work as a previous "submitter" to the Update and as a volunteer taking Helpline calls. A quick interview with Robert says that he enjoys stimulating conversation, a blank piece of paper with pen, and his collection of Katherine Hepburn-like black sweaters. Robert welcomes the chance to get new ideas from people and can be reached calling AVI and leaving a message with the Helpline [Just ask to leave a message for the Clark-Kent-wannabee]. Welcome aboard, Robert!

The other person I would like to introduce is someone who comes to us by virtue of his work with another AIDS service organization, AIDS Regina. His personal commitment to the cause and a quest for warmer temperatures mean that Craig Hamilton-Shier has come onboard as a member of the Board of Directors at AVI.

In addition, Craig draws on his experience in speaking with over 5,000 high school students in Saskatchewan as a chance to get involved with the Education Committee at AVI. He recently travelled to Salt Spring Island to participate in the Conscious Living workshop and has been a representative on the Ministry of Health "Futures In Health Care Forum" held in Vancouver last September. Craig is a member of the Living Room Committee and balances his time with AVI between that of acting the role of local pool shark at nearly all the better clubs in Greater Victoria. Craig is a valued "conscience" for our discussions at the Board meetings and we look forward to keeping him busy over the next year.

until next time, Dale Weston

VOLUNTEER NEWS

AVI COMMITTEE STRUCTURE

The following committees represent the five main areas of responsibility of the Board of Directors, Committees and sub-committees are chaired by Directors who recruit members from the AVI volunteer community, as well as from outside the Society.

Education Committee coordinates all public awareness programs and special events, including:

- a. Candlelight vigil
- b. AIDS Awareness Week
- c. World AIDS Day

Finance Committee manages the overall control and direction of all financial records of the Society; assists administrative staff in maintaining accurate financial records, reports and financial statements; and assists in budget, audit and grant proposal preparation.

Programs and Services Committee recommends and reviews client based and community outreach programs and support services. These include:

- a. Emergency Assistance Fund - administering the EAF policy/guidelines.
- b. Interagency Relations - liaising with community professionals and service organizations.
- c. Island outreach - maintaining communication with other AIDS service organizations and providing support and referrals to clients outside Victoria.
- d. The Living Room - liaising with PWA representatives concerning client needs.

Resource Development Committee ensures personnel and fiscal resources are available to the Society. Subcommittees established to do this work include:

- a. Donor Services - establishing and maintaining a base of donated goods/services to support daily and special functions at AVI.
- b. Fundraising - establishing and maintaining a strong financial base and conducting fundraising activities.
- c. Membership Services - increasing membership, and ensuring appropriate recognition is provided to all members.
- d. Nominations - recruiting volunteers to serve on the Board, as vacancies occur, and prior to the Annual General Meeting.
- e. Public Relations - promoting programs and services, and increasing public awareness of the Society.

f. Volunteer Development - assisting Volunteer Committee and Volunteer Coordinator with recruitment, recognition and other related matters.

If you are interested in participating on any of the above committees, please contact JoAnn at 384-2368.

SUPPORT MEETING

There will be a support services volunteers meeting on Monday December 14, 7:30pm in the Living room.

Curtis Magnuson

IN MEMORIAM Phillip May 1952-1992

A volunteer at AVI for the past year. Phillip passed away on November 8th, 1992. A very colourful addition to AVI, he was an "adventurer, traveller, bon vivant, equestrian, breeder and trainer of prize-winning Borzois". We shall miss you Phillip and the laughs...

SHAWN COSTELLO MEMORIAL AWARD

As many of our more seasoned volunteers know, each year we give recognition to a **Volunteer of the Year**. All volunteers nominate and vote for an individual who has given outstanding service to AIDS Vancouver Island. The award has traditionally been given at the Annual General Meeting, however, it was felt that the presentation would be more appropriate at Volunteer Recognition, held at the end of April each year. Unfortunately, this decision was made after April, and so there will be no award for 1992. We apologize for the gap, but sharpen your pencils and be ready to begin the nomination process in the new year..

JoAnn Reid

VOLUNTEER TIME SHEETS

Many of you have not been submitting time sheets lately. Yes, it is a pain, but try to consider it short term pain for long term gain. It helps us to document the wonderful work our volunteers do and to support our requests for funding. Mail, fax(380-9411) or drop it off, but please do it!

RUMORS

Rumors Cabaret is hosting a Christmas Season AIDS Benefit. Myria and Willie from Vancouver will perform a fun Christmas show and help raise much needed funds for this very special time of year.

Come down to Rumors on Thursday December 17th and join the fun and give generously to a great cause.

THANK YOU'S

Thanks to the staff and management of Merlin's, Julie's, Monty's, Scandal's and Club Cal night clubs for assisting in the condom and red ribbon awareness blitz done during AIDS Awareness Week. Special thanks to the staff of Rumors Carabet who took on the task of distributing the materials.

Big Thanks to Michael Langkammer for doing a beautiful gardening job on the patio. We are sure to enjoy the bulbs in the spring.

VOLUNTEER NEEDS

- **volunteers to help set up and clean up at the Christmas Party on Dec. 12th.
- **someone to assist Support coordinator with desk top publishing, mail merge and bulk mailing of a letter to be sent out quarterly.
- **volunteers with a truck who could help to move donations periodically of furniture etc.
- **volunteers to reshelve and catalogue books as well as people to preview videos for the library.
- **someone to help the Finance Committee with bank reconciliations.
- **persons interested in reporting/interviewing for the Update and writing articles.
- **someone to make up packages of materials/brochures suitable for parents & teachers, youth, health care workers, gay men etc.
- **someone with dBase IV training skills to assist Isabella.

WELCOME NEW VOLUNTEERS

The weekend of November 7th and 8th saw the completion of our Fall volunteer orientation. the following volunteers finished the course and are a welcome addition to the AVI family: Chantal, Tina, David, Denise, Geoff, Rod, Hannah, Margaret, Mark, Martin, Michael, Sherry, Steve, Terri and Walter. A warm welcome to all of you.

JoAnn Reid

QUOTE OF THE MONTH

"By the end of this orientation - I was so emotionally, mentally and spiritually empowered - at this point, I can't find any simple words to express what I am feeling. This organization is something to be proud of - I only hope I can contribute."

Recent volunteer trainee (Nov '92)

THE AFFIRMATION

I accept and absorb all the strength of the earth to keep my body hard and strong

I accept and absorb all the energy of the sun to keep my mind sharp and bright

I accept and absorb all the life force of the ocean to cleanse my body and bring me life

I accept and absorb all the power of the wind to cleanse my spirit and bring me strength of purpose

I accept and absorb all the mystery of the heavens for I am a part of the vast unknown

I believe God to be all these elements and the force that unites them

And from these elements I have come and to these elements I shall return

But the energy that is me will not be lost.

Peter Jepson-Young, M.D.

submitted by Dr. Peter's brother-in-law



AIDS VANCOUVER ISLAND
THANKS ALL LOCAL BUSINESSES
THAT HAVE SUPPORTED US
DURING 1992

TEACH AND BLEACH

At a Drug and Alcohol Rehabilitation Services talk, I was informed by a client that a great many intravenous drug users are cleansing needles with after shave lotion. I feel every educator should state specifically that bleach (1:9 solution) is the only approved method of cleansing.

Clarice Rummel

Education & Outreach Volunteer

CARE TO DANCE?

The Fundraising Committee is working hard on a major dance-a-thon scheduled for March 6th in Victoria. Care-to-Dance is an event which has gained popularity across North America: the Seattle based event in support of the Chicken Soup Brigade raised nearly \$250,000 last year.

The Committee needs volunteers for positions in public relations, set-up, and security. The next scheduled meeting is on Thursday, December 3, at 5:00 p.m. at AVI. Call Dale at 384-2366 for more information if you are interested.

BOOK NOTES

by J. Knox



AIDS: You Can't Catch It Holding Hands

by Niki de Saint Phalle with Dr. Silvio Barandun

One of the few AIDS books for young children in our AVI collection, this is a charming "letter from Niki" that parents and their kids can read together to open up discussion (suggested age group 5-10). The illustrations are colourful and childlike, the text humorous but practical.

Although this book is more about preventative behaviours, the emotional impact of learning a cherished friend or relative has AIDS is addressed by lines like "the worst part is the anxiety it causes in those who are sick and to those who love them". Very frank reading material. (contains 52 pages, Lapis Press, 1987).

WITNESS: Dr. Peter

Host: Knowlton Nash
Producer: David Paperny
First airing date: November 2, 1992

This is the second video of Dr. Peter in our library. Dr. Peter was the host/physician of AIDS Diary on CBC News. This program is more extensive than our half-hour long Man Alive: Peter's Story, going back to the very start of the diary appearances (July 27, 1990) to the present (Nov. 2, 1992). It is a personal, intimate portrait that serves to give a name, face and identity to AIDS. There's a good balance of light and serious moments here with topics that cover the spectrum of subjects from Karposi Sarcoma to spirituality. This video makes an excellent PWA profile for classroom or home viewing.

(runs 55 minutes, CBC British Columbia, 1992)

THE DR. PETER AIDS FOUNDATION

Dr. Peter passed away at his Vancouver home on Sunday, November 15th ending his heroic battle against AIDS.

A foundation has been set up in his name to provide comfort to those battling the illness when they might not otherwise have the resources.

The address for the foundation is 2762 Granville Street, Vancouver British Columbia V6H 3J3

VANCOUVER PWA - (CAPITAL REGION)

There will be a screening of the videos "Now That You Know, Living with HIV" Part 3, "Life Style Choices and Changes" and Part 4, "Understanding Treatments" on Thursday December 10th at 7:15 sharp.

An on-going facilitated support group exploring techniques of deep relaxation and visualization meditation meets two Mondays per month at 7:30pm. For details call Emile at 595-3363.

A volunteer is required to assist in organizing a monthly or bi-monthly social evening at the Centre. Call Steve at 595-7729.

A financial aid worker from Social Services will be in one Wednesday per month from 12:00 to 2:00pm to discuss problems that PWA's are experiencing with their case workers or with the system in general. Phone the office at 383-7494 for dates. Private consultations are also available.

A non-facilitated support group meets on Thursdays at 7:00pm with the agenda set by the attendees.

The PWA Food Bank now has free delivery service. Call the office at 383-7494 to access this service and please give at least one day's notice. Items are always gratefully accepted for the food bank, clothing and furniture exchange.

At this time of the year, we are putting out a special call to the community for donations to our Christmas Hamper program. Anyone wishing to donate (food and toiletries especially) or anyone who knows of a PWA who could use a hamper, please contact the office.

The annual WALK FOR AIDS in September was a great success with over \$2000 donated by Victoria residents.

The office is located at 613 Superior Street and open from 12 noon to 4:00 pm, Monday through Saturday. There is a 24 hour call line at 383-7494.



HAVE A BALL!

The Island Gay and Lesbian Association (formerly the Island Gay Society) will be holding a semi-formal dance on December the 12th, 1992 at 140 Oswego Street starting at 9 pm.

The last dance was a huge success, so come early and get in on the prizes, 50/50 draw. Admission is \$5.00 for members or \$10.00 for non-members. For more information about the dance or the Island Gay and Lesbian Association, please call 361-4900.

Merry Christmas

*All AVI Clients, Volunteers and Staff are Cordially invited to our
Christmas Party,
a truly festive Feast*

Date: Saturday, December 12th

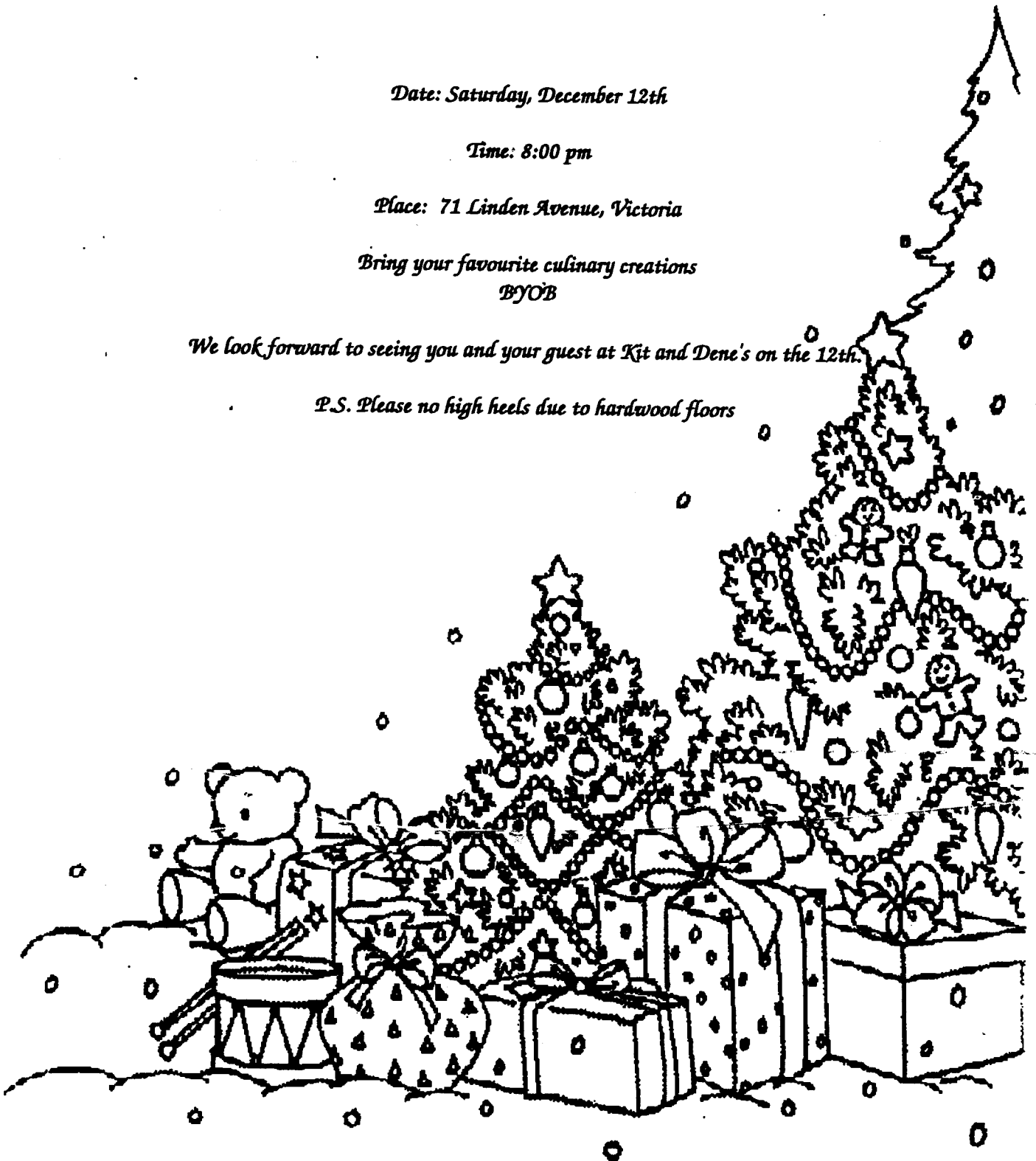
Time: 8:00 pm

Place: 71 Linden Avenue, Victoria

*Bring your favourite culinary creations
BYOB*

We look forward to seeing you and your guest at Kit and Dene's on the 12th.

P.S. Please no high heels due to hardwood floors






Lieutenant Governor

Canada
Province of British Columbia
A Proclamation

ELIZABETH THE SECOND, by the Grace of God, of the United Kingdom,
Canada and Her other Realms and Territories, Queen, Head of the
Commonwealth, Defender of the Faith

To all to whom these presents shall come – Greeting

- WHIEREAS December 1 has been designated World AIDS Day by the World Health Organization of Geneva, Switzerland, and
- WHEREAS World AIDS Day is observed worldwide as a day of action designed to raise public awareness of AIDS and to catalyse new and greater commitment against the pandemic, and
- WHEREAS one of the major goals of AIDS Vancouver Island is to confront Acquired Immune Deficiency Syndrome, prevent its spread through education, and support all those affected by the disease and advocate on their behalf, and
- WHEREAS the government of British Columbia recognizes that the AIDS virus crosses all social, political and economic boundaries, and
- WHIEREAS by declaring the theme of World AIDS Day 1992 to be "A Community Commitment" the World Health Organization and AIDS Vancouver Island are stressing how vital it is for each and every community to pledge itself wholeheartedly to the fight against AIDS, and
- WHEREAS Our Lieutenant Governor, by and with the advice and consent of the Executive Council, has been pleased to direct by Order in Council in that behalf that a Proclamation be issued designating December 1, 1992, as "World AIDS Day" in British Columbia;

NOW KNOW YE THAT We do by these presents proclaim and declare that December 1, 1992 shall be known as

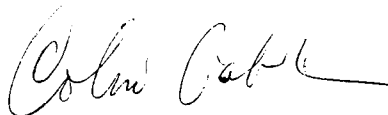
"World AIDS Day"

in British Columbia.

IN TESTIMONY WHEREOF We have caused these Our Letters to be made Patent and the Great Seal of Our Province to be hereunto affixed.

WITNESS The Honourable David C. Lam, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this nineteenth day of November, in the year of Our Lord one thousand nine hundred and ninety-two and in the forty-first year of Our Reign.

BY COMMAND.



ATTORNEY GENERAL



AIDS VANCOUVER ISLAND

DECEMBER 1992

S	M	T	W	T	F	S
		1 <i>Massage Therapy</i> 10:00 am-3:00 pm Staff Meeting 1:30pm	2	3 <i>Process Group</i> 10 am-12 pm	4	5
6	7 <i>HIV & PWA Support Group</i> 5:15 pm	8 <i>Massage Therapy</i> 10:00 am-1:00pm <i>Joe the Barber</i> 1:30pm-5:00pm Staff Meeting -1:30	9 Family, Friends & Lovers Support Group 30 pm 923 Burdett	10 <i>Process Group</i> 10 am-12 pm	11	12
13	14 <i>HIV & PWA Support Group</i> 5:15 pm <i>Support Services</i> <i>Volunteer meeting</i> 7:30pm	15 <i>Massage Therapy</i> 10:00am-1:00pm <i>Joe the Barber</i> 1:30pm -5:00 pm Staff Meeting 1:30pm Board Meeting 6:30pm	16 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	17 <i>Process Group</i> 10 am-12 pm	18	19
20	21 <i>HIV & PWA Support Group</i> 5:15 pm	22 <i>Massage Therapy</i> 10:00am-3:00pm Staff Meeting 1:30pm	23 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	24 <i>Process Group</i> 10 am-12 pm	25 CLOSED	26 CLOSED
27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED	CLOSED UNTIL JAN 4TH	

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.