

THE UPDATE

a publication of AIDS Vancouver Island

JANUARY 1993

VOLUME 5, NUMBER 7

HAPPY NEW YEAR !

The start of a new year is an odd time. We see the months clearly stretched out ahead of us. We are ready for challenge. We resolve to do more and do better. We resolve to make changes in a big way. It's not enough to turn over a new leaf - we think in terms of trees, whole forests.

But this new year I would like to make a small, manageable New Year's Resolution. I would like to say "thank you" more often. Thank you to all those who have supported the work of AIDS Vancouver Island. Thank you to the volunteer on the phone line who patiently explained, for the sixth time that afternoon, the meaning of safer sex; to the anonymous donor who gave so generously to the Holiday Fund; to the member of the education committee who, after a long day at her own office, spent the evening working overtime for AVI; to our friends who give a hand on a tired shoulder, a ride home from a long meeting, a tin of home baking, made with love. The work we do is exhausting and often endless, but the power of gestures, large and small, weaves the fabric of our world.

On behalf of the Board of Directors of AIDS Vancouver Island, thank you for the gifts you bring to us. We wish you all a New Year of joy and promise.

Christine Morissette, President

OPPORTUNITY!

The AVI Board of Directors wants you! We're looking for someone with a working knowledge of HIV/AIDS issues, a commitment to Board and committee process, and experience and/or interest in chairing the Personnel Committee. This opportunity involves 6-8 hours of time per month, spent in the company of creative, energetic, and compassionate people, just like you. For information, call JoAnn (384-2366) or Christine (478-3344).

Christine Morissette, President

A GREAT SUCCESS!!

World AIDS Day 1992 was a great success! In addition to a wonderful evening of entertainment at the McPherson Theatre, we were extremely pleased to have had the Government of British Columbia proclaim World AIDS Day throughout the province. Our very special thanks to Emery Barnes, M.L.A. and Gerard Janssen, M.L.A. who helped make this possible. We were also happy to receive a letter of support from the Members of Parliament representing Vancouver Island and the Gulf Islands. Our thanks to Victoria MP, John Brewin and his executive assistant Lynda Reid for making the arrangements. We also wish to thank the following Island communities who proclaimed World AIDS Day: the City of Victoria, the City of Nanaimo, the City of Duncan, the District of North Saanich, the Village of Lake Cowichan, the City of Colwood, the City of Port Alberni, the Corporation of the District of Central Saanich, the District of Campbell River, the Corporation of the District of Oak Bay, the Corporation of the Township of Esquimalt, the Town of View Royal, the Town of Qualicum Beach, the Village of Port Alice, the Corporation of the District of Saanich and the District of Metchosin. We thank all the mayors and the city clerks who supported our proclamation and helped get our message out.

Finally, my personal thanks to JoAnn, Isabella, James and Linda who offered me great moral and office support in working on World AIDS Day '92. Thank you all.

Linda Graham

Chair, World AIDS Day Committee



Reference Material
NOT FOR LOAN
AVI Resource Centre

800-665-AIDS (2437)
34-4554 (GREATER VICTORIA)

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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

*Visible
Changes*

HAIR STUDIO

479-9332

4011 QUADRA STREET (at McKenzie), VICTORIA, B.C. V8X 1K1

Thanks to **VOLUME I BOOKSTORES** in Duncan and Mill Bay for their support during December.

SHARED HOUSING NEEDED!! For 12 weeks beginning in January. Shared expenses negotiable. Walking distance to downtown. Phone Dale Weston for details.

WELCOME AARON!

AIDS Vancouver Island is pleased to introduce Aaron Severs, the new Coordinator of Education Services. Aaron is on board as of January 11th and will spend his first few weeks getting to know his job and the many people at AVI. Aaron holds a Masters of Health Science degree [MHS] from the University of Toronto, Health Promotion Program. He brings to his position a broad base of experience with the Department of Public Health for the city of Etobicoke. As the regional AIDS Health Educator, he has worked with community groups, schools, correctional centres, and workplace environments to develop and evaluate health education programs including AIDS Awareness Week.

Aaron's front-line service delivery includes work with support groups, street-based workers, and needle exchange programs. He is the former chair of the Metro Toronto AIDS Coordinating Committee and recently helped to organize "The Patient with HIV/AIDS in Community Practice" conference featuring keynote speaker & tennis champion, Arthur Ashe.

Aaron is a volunteer counsellor with the AIDS Committee of Toronto and has served as a board member with the non-profit society, Street Health which served as the basis for his recent presentation at the 81st Annual Conference of the Canadian Public Health Association, "Street Health: Providing Culturally Acceptable Health Care To The Homeless" in June of 1990. Welcome to AVI, Aaron!!

*Dale Weston
Executive Director*

THE HOLIDAY FUND

Our special thanks to everyone who has so generously included The Holiday Fund in their giving this year. Total contributions to date are at just over \$2100 and this has enabled The Holiday Fund to provide extra financial support to over 40 individuals and families across Vancouver Island. This support comes at an especially good time given the extra demands placed on people due to increased hydro bills, warm clothing needs, and the holidays. Donations for 1991 totalled \$1,286.

SPECIAL THANKS

Kim Breiland and Karen ----- from Stages Dance Theatre Society deserve a special salute for the fine performance on December 1st as "A Celebration of Life" took to the stage in McPherson Theatre. The many hours of hard work by so many individuals resulted in a strong evening of entertainment led by co-hosts **Coleen Christie and Terry Roberts** of CHEK-TV.

CARE TO DANCE '93

The Resource Development Committee is pleased to announce that CARE TODANCE '93 is scheduled for Saturday, March 6th in Victoria's Eaton Centre.

This evening of dancing and entertainment is scheduled to be an annual fundraising event in support of AIDS Vancouver Island.

Plans are well under way with corporate sponsorship already in place; our corporate leaders to date include 100.3 FM - The Q - The Island's Rock Station, and Cadillac Fairview's Victoria Eaton Centre. Headlining the bill will be the fabulous a cappella five, **THE FLIRTATIONS**, from New York City.

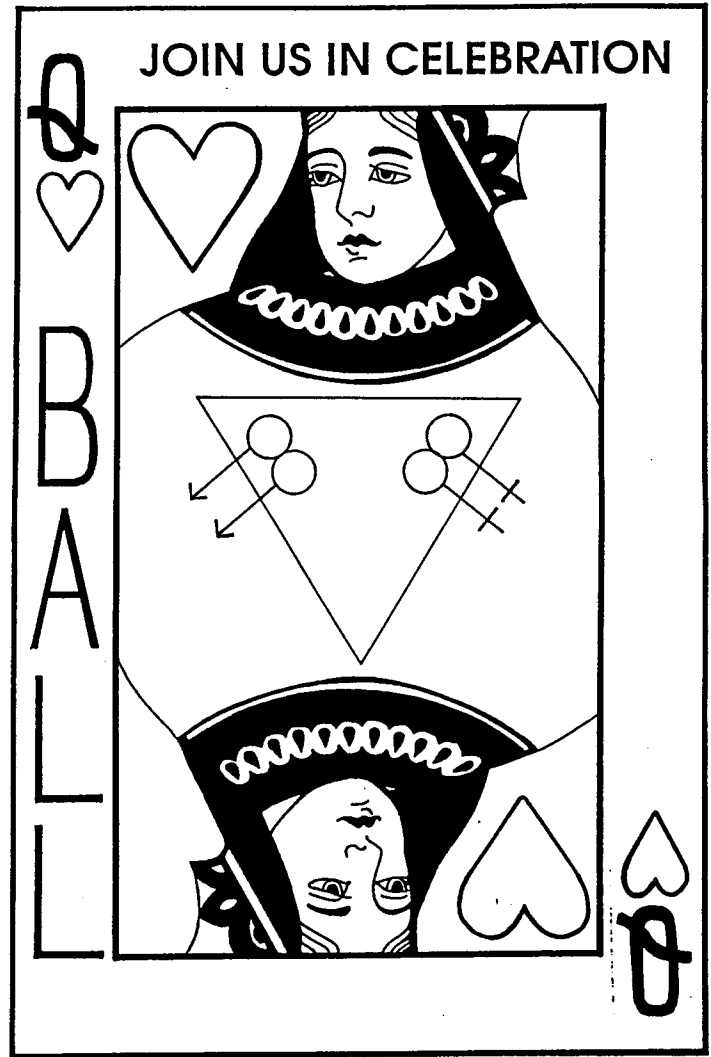
Watch for pledge kits and posters by the middle of January and save up your energy for a full evening of dance and talent!

Interested volunteers willing to sit on the organizing committee are asked to call JoAnn at 384-2368.

*Dale Weston
Executive Director*

ATTENTION HIV POSITIVE WOMEN:

A new group for women is starting Wednesday, January 6th from 5 pm to 7 pm in the Living Room at AVI. For more information, please phone Kobe at 384-0949.



QUEEN OF HEARTS BALL

"Rumor Has It" will entertain you
SATURDAY, FEBRUARY 13, 1993 - 8:30 P.M.

at the da VINCI CENTRE, 195 Bay Street

Tickets \$12.00 in advance available at AIDS Vancouver Island - 384-2368
PROCEEDS TO AIDS VANCOUVER ISLAND and W.I.N.L. (Women In Need), Womens Sexual Assault Centre, Victoria Transition House

VOLUNTEER COMMITTEE

Are you interested in being involved with the Volunteer Development Committee? This is a sub committee of the Resource Development Committee. Its purpose is to assist the Coordinator of Volunteers with recruitment, recognition and other matters relating to the Volunteer Program. Ideally, volunteers from each AVI program area: Education, Support, Fundraising, Administration, Support, Street Outreach, Helpline and others would be represented. If you are interested, please contact JoAnn by January 15, 1993 as our first priority will be to oversee the selection of "Volunteer of the Year" for 1992-93.

*JoAnn Reid
Coordinator of Volunteers*

SUPPORT CORNER

SORTING THROUGH NUTRITIONAL SUPPLEMENTS

If you have ever seen the nutritional supplement section at your local drugstore you may have noticed that the section is growing at an alarming rate - prices seem to be growing too. Making sense of all these products is challenging for anyone, but especially when you are not well.

A closer look will reveal that most products are designed for either adding calories or controlling calories. For example, products like Ensure, Sustacal or Boost are intended to increase the nutritional composition of the diet; Slim-fast and the many similar type products are intended to control one's energy intake.

Surprisingly, when you look closer at the label you will find they are all similar in their nutritional composition. Let us look at two such products. Ensure (235 ml. can) provides 250 calories and 9 grams of protein; Slim-fast powder when mixed with 2% milk provides 240 calories and 14 grams of protein for about a 1/4 of the price. Looking at the finer print shows that their vitamin/mineral content is different too, but not enough to make one product superior. Either way, liquid or powdered nutritional supplements are an expensive way to get your vitamins. A broad Spectrum multivitamin/mineral supplement (Vitamin A to Zinc type), for example, costs less than 10 cents per day.

Because nutritional supplements have added vitamins and minerals their taste is often foreign. However, this can be overcome when products are served very cold or hot, depending on the flavor. Try adding some instant coffee to hot vanilla supplements. It makes a nice change. Experimenting with flavors avoids early taste burnout.

Commercial nutritional puddings are similar to liquid supplements in terms of nutritional value and cost. In addition, if you are having swallowing problems, puddings are often tolerated better than liquids.

All commercial products should be used before their expiry date. Open cans should be used within 6 hours if left at room temperature and within 24 hours if refrigerated.

Homemade supplements improve a diet as well. If time and energy allows, try adding 1/3 cup skim milk powder to 1 cup whole milk and refrigerate. This easy recipe provides a product which tastes like regular milk, but it is packed with goodness and at just a fraction of the cost of commercial supplements. In the nutritional business we call this "double milk", and it is used in soups, desserts and in baking.

But do not forget, it tastes great fresh out of the fridge or heated in the microwave. At 240 calories and 16 grams of protein per cup it compares favorably to commercial supplements.

Great tasting puddings can be made at home by adding 2 tablespoons of oil to any flavor of instant pudding mix (125 gram size) and preparing according to package directions using double milk. All homemade products must be used within 3 days.

Whether using commercial or homemade products, they should be used to boost a varied diet, not replace it.

Before buying any nutritional supplements call AVI to see if they have any free samples.

Brian Barton, R.D.N.

Director

WELCOME LADONNA!

LaDonna Smith is a registered massage therapist and self-care educator. She combines swedish massage with craniosacral therapy which is a gentle treatment of the central nervous system promoting deep relaxation and immune system enhancement. She is a graduate of Michigan State University with a background in communication and education and has worked extensively with women in transition and people challenged with cancer. LaDonna will be providing massage at no cost for People with HIV/AIDS (PHAs) on Monday's in the Living Room between 10am and 2pm beginning January 4th, 1993.

Curtis Magnuson

Coordinator of Support Services

THE QUILT

The Quilt is coming to the BC Enterprise Centre from May 19th to May 23rd, 1993. Let's commemorate those we have lost to this devastating disease and have the Island properly represented this time with a quilt for each and all.

People in Vancouver have indicated that they would make themselves available for a quilting bee should we request their assistance, as we are planning in advance. So get out your needle and thread and let's show everyone that we do indeed remember the large numbers of unmentioned individuals who have died from this disease. Please call me at 380-1648 or AVI at 384-1511 if you need information about the size and specifications of the quilt panels.

Peter Lancaster

VOLUNTEER NEWS

SHAWN COSTELLO MEMORIAL AWARD "VOLUNTEER OF THE YEAR"

In June 1989, the first "Volunteer of the Year" award was given posthumously to **Shawn Costello**. A fitness instructor and gifted dancer, Shawn was **Lynda Raino's** dance partner. He coordinated the first two World AIDS Day benefits for AIDS Vancouver Island in 1986 and 1987. They were evenings filled with music and dance much like Stages Dance Company's "The Celebration of Life" held at the McPherson Theatre on December 1st, 1992. Shawn passed away in February 1989 but his memory lives on through this award, through those who loved him and through a wonderful photograph of him which graces a wall in the Living Room.

In 1989-90, the plaque was awarded to **Nairn Hollott**, AVI's beloved first Education Coordinator. She started volunteering at AVI in September of 1987 and soon became an accomplished and very witty AIDS educator and goodwill ambassador for the Society.

The 1990-91 "Volunteer of the Year" was **Wayne Cook**, one of the founders of AIDS Vancouver Island, a former President of the Society, a coordinator of World AIDS Day events, a speaker and on-going supporter of AVI. In short, he is pretty dedicated to the work of AVI.

As explained in the last edition of the Update, we have changed the venue for presentation of this award from the Annual General Meeting to the Annual Volunteer Appreciation Evening held in April of each year. This change has resulted in no award being made for 1991-1992.

However, for 1992-93, members and volunteers are asked to nominate a volunteer whom they believe has made an extraordinary contribution to the organization. Nomination forms will be distributed through the February edition of the Update. Nominations close February 26th, 1992. The Nominations Committee will review the nominations and make their recommendation to the March meeting of the Board of Directors.

*JoAnn Reid
Coordinator of Volunteers*

CHRISTMAS PARTY A DELIGHT

We are grateful to **Kit and Dene** for hosting AVI's Christmas Party in their beautiful home. Thanks to Santa for dropping in on the event to dispense candy canes and good cheer and to **Paul, Chantal and Laura** for organizing the evening. Happy New Year everyone!

*JoAnn Reid
Coordinator of Volunteers*

COMMUNITY COMMITMENT!!

AIDS Vancouver Island gratefully acknowledges the support of the following in making "The Celebration of Life" on World AIDS Day so successful:

- * Stages Dance Theatre Society
- * The McPherson Playhouse Foundation
- * CHEK-TV
- * Monday Magazine
- * All of the performers
- * The dedicated AVI volunteers who worked on the event
- * Art's Bakery
- * Basic Kneads Bakery and Deli
- * Canadian Springs Water Company
- * Gray Beverage Inc.
- * Lynn's Deli
- * Miles Lowry
- * Oak Bay Village Bakery and Deli
- * Murchies Tea and Coffee Ltd.
- * Rumors Cabaret
- * Stephen G. of Foxgloves/Oak Bay Flower Shop
- * Sunset Candle Co.
- * The Chef's Corner
- * Thrifty Foods

A special thank you is extended to **Linda Graham**, Coordinator of World AIDS Day for involving so many of our Island communities and elected officials in the theme of World AIDS Day 1992: "A Community Commitment".

*JoAnn Reid
Coordinator of Volunteers*

BEST WISHES!

The New Year begins with changes as we bid a fond farewell to two members of the Board of Directors.

Robin Thompson has sat on the Board, and most committees, over the past five years. He has been our dry wit, our conscience, and our constitutional expert for so long, I can't imagine Robin no longer at the table. **Michael MacLennan** was an educator extraordinaire before being elected to the Board in September. Though his tenure with us was brief, Michael quickly made his mark as a critical thinker and a thoughtful co-worker.

On behalf of AIDS Vancouver Island, thank you Robin and Michael, for the spirit and the heart you brought to us. And best wishes in your future endeavours.

Christine Morissette, President

EDUCATION

COMMITTEE UPDATE

As the new chairperson of the Education Committee, I welcome this opportunity to fill you in on developments in the education department.

As you will recall, we all attended what, I think, was a positive and productive brainstorming and discussion meeting on October 29th. At that meeting I invited all of you to attend the first Education Committee meeting. We met for the first time on November 19th and "we" included Michael M., Clarice R., Barb C., Craig H-S., and myself.

The committee worked with suggestions and priorities put forward by the volunteer educators and succeeded in arranging these "goals" into a timetable in order of urgency. We also discussed some of the issues in depth, ie paying People with HIV/AIDS (PHAs) honorariums for speaks, and have asked members of the committee to work on a draft proposal to present back to all the volunteer educators when we next meet. All decisions made at the committee level will be brought back to you, the volunteers, for discussion and ratification. The next meeting for all educators will take place in January, as soon as possible after the new Education Coordinator is on board. Members of the Education Committee will give you as much notice as possible for this next meeting and we will also attend so we can discuss with you where education at AVI goes from here. Until then, if you have any questions or concerns please feel free to phone me at home at 598-5863. And Merry Christmas.

*Susanne Klausen, Director
Chair, Education Committee*

WORLD AIDS DAY 1992

"AIDS: A COMMUNITY COMMITMENT"

WHO warns world community to close AIDS resource gap or face the consequences.

The world needs to spend at least 20 times more on the global fight against AIDS in the developing countries in order to have any real hope of slowing the spread of the epidemic. The warning issued by the World Health Organization (WHO) on World AIDS Day says that global spending on prevention is dangerously inadequate and is allowing the virus that causes AIDS to spread virtually unchecked in many parts of the world.

Figures released by the WHO Global Programme on AIDS show that around US\$120 million was spent in developing countries on AIDS prevention last year. Conservative estimates by WHO of how much is needed to make a difference to the epidemic show that this amount should be at least \$2500 million (\$2.5 billion) - a twenty fold increase.

"Closing this resources gap must be a major priority in the fight against AIDS in the 1990's, says Dr Hiroshi Nakajima, Director-General of WHO. "If on this World AIDS Day the community of nations is fully committed and pledges more money to the fight against AIDS, the terrible toll of human life being taken by this disease can be considerably reduced."

In terms of global spending, the amount needed for truly effective AIDS prevention campaigns - \$2.5 billion - is small. Money is available. **A three percent reduction in military spending worldwide would yield savings of around \$200 billion a year - 80 times more than is needed for an effective AIDS prevention programme.**

Prevention through encouragement of safer sexual practices is the key to slowing the pace of the epidemic. Various approaches can be used at varying cost. Mass media strategies using television and radio, newspapers and posters cost between 6 US cents and 32 cents per head. The cost of promoting condoms as a way of preventing sexual transmission of HIV depends on the cost of the condom sold. This can range from 2 US cents to 30 cents depending on factors such as the number of condoms distributed and the conditions of individual countries.

The WHO is recommending that the money be spent on a package of AIDS prevention measures. These range from community based projects in schools and person to person education to mass media campaigns, the large-scale distribution of condoms and the provision of treatment for sexually transmitted diseases.

"The sooner this financial gap is eliminated, the greater the impact will be", says Dr Michael Merson, Director of the WHO Global Programme on AIDS. "What the world community commits to preventing AIDS in the next couple of years will directly affect the course of the epidemic over the next two or three decades."

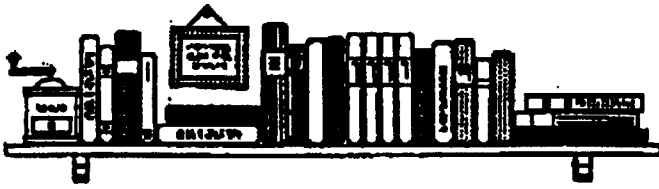
Although AIDS prevention costs money, AIDS itself carries enormous personal and social costs. Unlike other major killers, which strike primarily the young and the elderly, AIDS takes its toll mainly on men and women in the prime of life, disrupting families and communities in the process. An estimated 10 million children will have become orphans because of AIDS over the next eight years.

In addition to the human suffering caused by AIDS there is an important economic dimension to the disease. In rural areas, the agricultural sector is often most likely to be affected, especially where labor input is intensive. In urban areas there will be an increasing impact on the service and industrial sectors as the epidemic inhibits the growth of the private sector and significantly increases the costs of retraining. All in all, Thailand alone estimates that the epidemic of HIV/AIDS will cost

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BOOK NOTES

by J. Knox



Conquering AIDS Now with Natural Treatment: A Non-Drug Approach

By Scott J. Gregory, N.M.D. and Bianca Leonardo, Ph.D.

This book says AIDS is not something you get so much as something that develops in individuals who usually have had significant and repeated stress to their immune system. That stress being poor nutrition, repeated bacterial infections, certain viral infections, unsafe sex practices, exposure to toxic substances and recreational/prescriptive drug abuse.

To counter this, gradual changes to a low meat, whole food diet, regular detoxification (saunas and colemics) and more involvement with one's well being are recommended.

Drugs are seen as refined and concentrated poisons that don't heal but only treat and sometimes mask symptoms (pg. 147 "Drugs do not heal the body; it heals itself").

Succinct yet comprehensive, the authors cut through a lot of AIDS misinformation and take a strong, controversial position on treatment. (contains 166 pages, Warner Books, 1987)

AIDS, Ethics and the Law

Hosted by Professor Donald Casswell, University of Victoria Faculty of Law, this tape is divided into two half-hour programs that address the medical, ethical and legal issues raised by AIDS. Scenarios regarding tenancy, employment and health care are shown (performed by some familiar faces at AVI) and commented upon by a panel with experience working in the AIDS field.

Covering these subjects and more, this video is thorough and informative. (Runs for 60 minutes, UVIC 1992; also comes in book form)

QUOTE OF THE MONTH

"The fear of rejection is enormous. At first, everybody steps back. They do some reading, figure it out, and then come back and say, "Well, what do I do now? What are you going to need?""

"Heather" (*Living with AIDS: Four Women Speak Out*)

GLOBAL COOPERATION

Oxfam Canada in cooperation with AIDS Vancouver Island and VIDEA, and with financial assistance from CIDA and Partnership Africa Canada, is pleased to announce a Youth and AIDS awareness and education training exchange between Victoria and Namibia. The exchange will involve local education programmes leading to three Victoria area residents travelling to Namibia to hold workshops on AIDS awareness and prevention.

Based on an innovative educational format developed over the past two years in Victoria, that uses a variety of media (video, radio and theatre), the exchange has grown out of an invitation from members of the Namibian National Student's Organization who were involved in similar workshops held in this city last year. The exchange will provide an opportunity for local youth, educators, and AIDS Vancouver Island members to better understand AIDS as a global health and human rights issue while providing needed training and resources to young people and AIDS educators in Namibia.

Oxfam Canada is committed to working with community organisations in Canada and around the world to provide the education, training and awareness needed to deal with the social and health issues that the pandemic presents. As John Foster, Oxfam Canada's National Secretary recently said in a public letter:

In developing nations, AIDS is far more than just another health issue. It is an issue with many human rights dimensions. And it threatens the whole process of development by weakening and then killing children and young adults who represent the present and future hope of their families and communities.

No society can afford to lose the young people it has invested scarce resources to educate and train. The impact is particularly tragic in countries which must also deal with widespread poverty, often compounded by war or natural disasters like drought. As a development agency, Oxfam Canada is particularly concerned about the potential for social disintegration that hangs heavy over developing nations in which up to a quarter of young adults have been infected by the Human Immunodeficiency Virus (HIV).

This project is part of Oxfam Canada's work with partner groups both in Canada and overseas towards a global community in which individuals are treated with dignity and respect, regardless of sex, sexual orientation, or their financial circumstances. We fully support and see this project as part of the World AIDS Day call for a community commitment to meet the needs of individuals, families and societies living with HIV and AIDS. For more information contact Chris Morry 360-0799

Oxfam Canada, Vancouver Island Outreach Project

SAN FRANCISCO REPORTS

Clayton Barber is in his final year of a B.Sc. (Health Information Science) degree at the University of Victoria. Clayton was recently sponsored by AIDS Vancouver Island for a 16 week work term. He writes this report.

I am now completing a co-op placement with the University of California, San Francisco AIDS Health Project (AHP). Here are the projects I worked on while in San Francisco:

Volunteer Facilitator Data Base: the Volunteer Therapist program required a tracking and reporting system to maintain the volunteer therapists, facilitators, supervisors, and groups. No similar system existed in the organization, therefore construction of a new database was required.

Standardized Units of Service: the AHP had considerable difficulty tracking units of service due to non-standardization across the various contracts. Creation of standards and a new tracking system was required.

Standardized Database Management: the AHP had numerous databases with duplicate data, elimination of redundant databases and protection from data integrity errors was required.

AIDS HEALTH PROJECT BACKGROUND

AHP is a multi-level prevention program of the University of California, San Francisco, and is now in its eighth year of operation. Collaboratively designed by a group of mental health professionals from the university and the private practice community in San Francisco, the project offers an array of high quality, innovative services to a range of individuals affected by the AIDS epidemic.

The AHP is comprised of several different programs and each individual program is conceptually linked by a set of unifying principles. These principles include firstly, that the concept of prevention is important in maintaining health; secondly, that psychological states have significant bearing on issues of health and disease; and, thirdly, that all groups in society have the right to receive quality services that are respectful of that group's special needs.

Each program within the AIDS Health Project is designed to work with individuals at different points along the continuum between a state of health at one end of the spectrum and the clinical disorder of AIDS at the other. Thus, the individual programs reflect different levels of prevention.

The project, as a primary prevention effort, involves the teaching of psychological principles in approaching behavioral change. Throughout all of these programs is the additional principle that psychological and social factors play an important role in definitions of health and disease. The role played by these factors in an individual's susceptibility to AIDS is particularly significant as individuals may be motivated to engage in known high-risk behaviours as a consequence of emotional states. Thus, an emphasis on psychological variables becomes imperative. The final organizing principle of the AIDS Health Project involves the belief that all individuals have the right to receive quality care. Populations at high risk for AIDS (gay and bisexual men, intravenous drug users) as well as AIDS patients themselves have been denied access to service because of fear and ignorance. To this end, professionals who are knowledgeable about AIDS and are also sensitive to the specific needs of the groups at risk are essential to ensure quality service delivered to these groups.

The primary goals of the project are threefold:

1. To provide health promotion and AIDS prevention service to individuals at risk for AIDS, particularly among gay and bisexual men in San Francisco;
2. To provide short term mental health services to people with AIDS and those with symptoms of HIV disease at San Francisco General Hospital;
3. To translate the collective expertise of AHP service providers into training and education materials for mental health professionals in the community to provide on going quality care to the populations mentioned above.

The mission of the AHP is to develop and provide culturally sensitive HIV disease prevention, education, and mental health services to those at risk for HIV infection and those with HIV disease; to train mental health, substance abuse, and other health and human service providers about the psychosocial aspects of the epidemic and to advocate for those affected by HIV.

Initial funding was provided by the San Francisco Department of Public Health. Today, funding comes in the form of federal, state, and local contracts, fundraising events and donations.

From the standpoint of personnel, the project has gone from a handful of health care professionals in 1984 to over 90 in 1992. One of the most noticeable changes to occur was the creation of the Community Advisory Board in 1986. This new board set forth many new policies for the organization. The board moved the organization philosophy from psychiatric hospital base to community based.

Clayton Barber, UVic Student



VANCOUVER PWA SOCIETY (CAPITAL REGION)

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

A support group exploring techniques of deep relaxation and visualization meditation meets at the Wellness Centre every other Monday at 7:30 pm. Phone Emile at 595-3363 for details and dates.

A weekly non-facilitated support group meets on Thursdays at 7:00 pm.

A financial aid worker from Social Services will be in one Wednesday per month from 12:00-2:00 pm to discuss problems that people are having with the system or their case worker. Private consultations are also available.

Positive women are notified that we have received a great deal of important new information on the gynecological manifestations of HIV. The third installment of our PWA health promotion series will be held on January 14th at 7:15 pm and will include two films: "AIDS and Health Fraud" and "The Medicine Show". Both films deal with understanding the broad range of HIV therapies being offered and how to distinguish the promising and credible from the dubious and fraudulent.

We also operate a food bank (please give a day's notice to access) and a clothing and furniture exchange.

We have the opportunity to offer a stress reduction and relaxation training program for people living with HIV. This program will be facilitated by Sequoia Tom Lundy sponsored by a grant from Health and Welfare Canada and is part of a national research project. The program uses a holistic approach using body work and mental practices. Total training time will be 24 hours spread over two consecutive week-ends in April. Part of the program will be training peer group facilitators to pass on the techniques to others. There is no cost for this program. To register or for more detailed information please drop by the office. Interested applicants must register by early January.

QUEEN OF HEARTS BALL

Over the last few years men and women in Victoria have been asking themselves why there are not more events in town that include both the men and women of the Lesbian and Gay community. Among those people are Annette, Glen, Janie and Wayne who have decided to organize a dance where both the women and men of our community are welcome.

Victoria now has the First Annual, QUEEN OF HEARTS BALL, a get together for both men and women as well as a fund raiser for various organizations in the Victoria area.

The dance will be held Saturday February 13, 1993 at the daVinci Centre at 195 Bay Street in Victoria. Tickets will be available for \$12.00 each at AIDS Vancouver Island and W.I.N. (Women in Need) The organizers invite and look forward to seeing all Gays and Lesbians at the dance. The four organizations that will benefit from the dance will include AIDS VANCOUVER ISLAND, TRANSITION HOUSE, WOMEN IN NEED and the WOMENS SEXUAL ASSAULT CENTRE.

Music for the dance will be performed by a Vancouver based band consisting of four women called RUMOR HAS IT. Please join Wayne, Janie, Glen and Annette and Rumor Has It in uniting our community and supporting these four organizations. If you require any further information regarding the dance, please call AIDS Vancouver Island (384-2366) and leave a message for either Glen or Wayne and one of the organizers will call you back. We look forward to seeing you at the dance.

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...the country nearly \$9 billion by the end of the century.

Naturally, prevention carries a price tag but Dr Michael Merson points out that "it is excellent value for money":

"The direct costs of providing health care for people infected with HIV and the indirect costs resulting from the loss of young trained human resources, are mushrooming. There is no vaccine, no magic bullet but, fortunately, we know what approaches work to prevent transmission. Compared with the cost of caring for someone who becomes infected, these interventions are very good value. Every hundred dollars spent now will save millions later."

WHO Press Release, 27 November 1992

KENNETH (KEN) GLEAM

Kenneth (Ken) Gleam died peacefully on December 16, 1992 as a result of complications related to AIDS. A skilled carpenter, Ken worked for a number of years as a CUSO volunteer in Ghana, West Africa. Ken's warmth of spirit and boundless energy will be greatly missed by his many friends and family. We at AIDS Vancouver Island would like to extend our condolences to Ken's family and friends.