

The Update

a publication of AIDS Vancouver Island

FEBRUARY 1993

VOLUME 5, NUMBER 9

VICTORIA UNITED WAY #2 IN THE COUNTRY

With final results tallied, the United Way of Greater Victoria campaign appears to have managed the second highest percentage increase in the country.

Collecting \$3,759,268, an 8.7% increase over '91, the United Way team, headed by Campaign Chair, Ellis Achtem and Campaign Director, Isobel Mackenzie, is gratified by the commitment Victorians have shown to helping those less fortunate.

"We had tremendous support not only from individuals such as Al Vandekerkhove but also from the entire community. This year saw major successes in private sector accounts with the banking community leading the way. Public sector employees showed their generosity as well, with members of the Provincial Government Employees Community Services Fund recording a 12% increase" stated Achtem.

Money raised in the '92 Campaign will be used to fund 37 local agencies who together, provide a full spectrum of human care needs. "I want the donors of Victoria to know their money will be well spent. My team and I were committed not only to raising as much money as possible, but also to do it as efficiently as possible. Over 90 cents of every dollar donated will go directly to those in need" assured Chairman Achtem.

"We at the United Way are tremendously appreciative of the support demonstrated by the people of Victoria. When you put all of the thermometers, gold plaques and balloons aside, the United Way is about feeding the hungry, sheltering the homeless and comforting the physically and mentally disadvantaged in our own community," stated Mackenzie.

"The success of this year's campaign will go a long way to ensuring these needs are met. We can all be proud to call ourselves Victorians, as we are truly a community that cares" concluded Achtem.

*United Way of Greater Victoria
January 8, 1993*

WOMEN OF AVI

I would like to extend to all of you an invitation to our first Women and AIDS Project meeting on Wednesday, February 3rd at AIDS Vancouver Island. This meeting, by, for and about women, will be an opportunity for us to meet each other and discuss the particular ways in which AIDS affects us. Also, we can start to talk about steps we could take to address women's special needs in regards to this disease.

AIDS affects women differently from men. If this sounds obvious, we then must ask why institutions like the Center for Disease Control (CDC) have been slow to recognize this. It is only since 1992 that chronic yeast infections have been added to the list of symptoms which are indicators of AIDS. This is too small a step when we consider the years of work by women to point out that AIDS manifests itself in women in related illnesses distinct from the classic "male" symptom (i.e. PCP). Also did you know that:

1. *Health and Welfare Canada says that "reports of new cases (of AIDS) are now increasing at about the same relative rate for women and men?"*
2. *Women are dying six times faster than men from AIDS-related diseases in Canada and the U.S.?*

Because of the homophobia which permeates all aspects of North American life, our society has been notoriously slow in responding to the AIDS crisis. Combine this with the systemic sexism which women face in our daily lives and it is clear why we are even further behind in understanding how AIDS is affecting women physically, emotionally, socially, and sexually.

While AVI has been doing good work in lobbying and bringing AIDS awareness to our community, the time has come for women to come together and define our needs and hopes for work on AIDS in the future. We have the support of the Board of Directors of AVI for this project. At the December 15, 1992 meeting, the Board unanimously passed a motion to endorse the principle of a women's project.

continued on page 2

Reference Material
NOT FOR LOAN
AVI Resource Centre

**:::1-800-665-AIDS (2437)
:::384-4554 (GREATER VICTORIA)**

THE UPDATE

The Update is published monthly as a service to members. One-year subscriptions are available for \$15.00. Typed submissions and letters to the Editor are welcome, c/o AVI #304-733 Johnson Street, Victoria, BC, V8W 3C7. The Update will print no sexist, racist or homophobic copy and will cover issues and events from perspectives which will initiate positive change in the work done by and for AIDS Vancouver Island. 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.

CONTRIBUTORS

Editor.....Robert Gray

Thanks to: J. Knox, Linda C., Frances H., Suzanne K., Bryan T., Jacqueline S-R., Mike T., Kelli B.

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Some of the issues we hope to discuss are: women-friendly educational material, how to incorporate a women-centered approach to education and outreach and any concerns and/or suggestions you may have.

If you are interested in AIDS as it affects you as a woman, or you have insights you wish to share with other women in an open and supportive atmosphere then I hope to see you on February 3rd.

Susanne Klausen, Chair of the Education Committee

P.S. If you are unable to attend, keep your eye on the AVI Update for further developments.

NEW EDITOR

I was a little surprised when the Update's editorial position was offered to me, but extremely pleased to be entrusted with what I think will be a wonderful experience. I had vain visions of writing out some long winded acceptance speech congratulating everyone on their excellent taste in choosing me for editor, but Dale said more than enough about me in the last Update.

I want to take this chance to outline some changes in the Update you may be seeing in the coming months, and to put out yet another request for more volunteer and staff participation in the Update. If you are getting really tired of hearing this whine every month, then write something and submit it. If you are the type that has good writing skill, but no imagination (not mentioning any names Dale), then come to one of the Update meetings and we will think of something.

Up until now there has been no editorial policy for the Update so the committee is in the process of drafting one and it will be printed in an upcoming Update. The writing of this policy is essentially a task of compiling and putting to words the Update's vague intentions that already exist. This policy itself will not mean any major changes.

The changes I and the committee want to see are changes in content: we want to see more writing by volunteers and more material which will not only engage the reader's attention, but spark discussion. It is through discussion that we learn and share information; silence is death in more ways than one. So if you agree or disagree with something you read in the upcoming Updates, talk to somebody about it. If you feel really passionate, write a letter to the Editor (that is me). Do anything but do not use your right to remain silent. You also have a right to be heard. Letters can be submitted to James at the office.

That is enough said for now. I look forward to reading everyone's articles.

Robert Gray, Editor



AIDS Vancouver Island (AVI) is the business name of the Vancouver Island AIDS Society

(non-profit registration # 0756957-11-28).

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."

BOARD OF DIRECTORS

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Street Outreach Worker.....Norman Mullally
Coordinator of Volunteers.....JoAnn Reid
Education Coordinator.....Aaron Severs
Education Assistant.....Barb Chester

SUPPORT CORNER

SELF HEALING AND AIDS

The mind and the body are one

If we worry long enough, it is likely that some body system will eventually begin to dysfunction. It may be a system that has some genetically predisposed weakness or it may be a system that in each person's own unique history he or she may have come to associate with specific mental or emotional stresses. On the other hand, we are learning that positive thinking and visualizing can facilitate increased well being and health. Athletes and people living with cancer are among the many individuals who have learned this creative lesson.

In the pursuit of HIV therapies to complement traditional Western medicine, many of us are rediscovering the unity between the mind and the body; we are learning again to recruit the mind for increased health. What we believe or think about our lives is a crucial ingredient in self healing.

What are some key beliefs or thoughts that can assist HIV infected individuals?

1. Orthodox and "alternative" therapies.

HIV infected individuals use a range of therapies, e.g., chemicals like AZT, megavitamins or other supplements, massage, or meditation. Each individual needs to research these various options and make his or her own choices. Some of these therapies have the power to help keep HIV in check, but they are likely to be most effective if they are chosen responsibly and with a commitment in mind.

2. Immune system.

HIV targets the immune system. This is also the crucial system in the fight against all infection. The immune system is powerful, with a "wisdom" of millenia. A strong belief in this system's potential and a commitment to living with HIV challenges it to function optimally. The immune system is affected by our beliefs and imagination.

3. Realistic goals and visions.

It is not enough to simply want to be well. What do you want to be well for? What are the tasks you wish to accomplish, the dreams you want to realize? What concretely do you have to live for? Instead of passively accepting the popular verdict and letting life slip by, HIV infected individuals who are able to keep on dreaming and projecting themselves into the future are more likely to experience prolonged health.

4. Friendships.

Intimate relationships that work can function as strong motivators to continue enjoying life as fully as possible. Valuing your friends and loved ones, supporting them in their lives, and receiving their love and support back are deeply life affirming experiences.

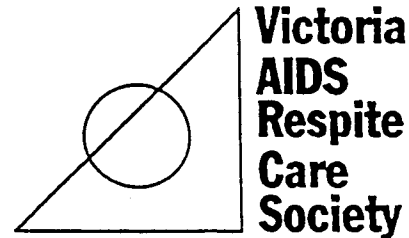
5. A Higher Power.

Such a Power is understood in many ways: a personal God, an impersonal Force, or the Self in each individual. This may not be a popular idea in modern Western society which is dominated by a material view of reality, however, it is a view shared by a majority of humans on the planet. In addition, data suggests that the genuine best wishes and prayers of others can facilitate healing.

Some researchers declare that the mind is the ultimate healer or slayer, the most basic source of our wellbeing or disease. Others would argue this is going too far. Nevertheless, it seems increasingly obvious that the imagination and the mental imagery it produces are among our most potent allies in responding to AIDS.

We are what we think.

*Bryan Teixeira, PhD; Counsellor
Chair, Program & Services Committee*



WE HAVE MOVED!

#609-620 View Street

Victoria V8W 1J6

telephone: 388-6220

facsimile: 388-0711

ECHINACEA

Echinacea Purpurea and Echinacea Augustifolia are beautiful daisy-like perennial flowers. When the whole herb and root of either of these plants are macerated and infused in alcohol, creating a tincture, a most valuable natural medicine is created.

Long used by Native American Indians for everything from colds to cancer, Echinacea became one of the most widely used American medicinal plants of the 19th and 20th centuries. Taken internally, Echinacea acts as a natural antibiotic, helping to fortify and stimulate the body's defence mechanism in the case of inflammations and infections. For many people, Echinacea has been effective in countering yeast infections. Studies have shown that under the influence of Echinacea extract, interferon is formed within the cells, which might explain the inhibition of virus infections. Echinacea tincture can also be applied externally on sores and abscesses.

Depending on the case, 10-20 drops of Echinacea tincture, in a little water, can be taken 2-5 times daily. Many people believe it beneficial to have 2 days each week free from the tincture, even with a weakened immune system.

We have a friend living with AIDS who uses Echinacea only when he gets a fever, and for him the tincture has been effective in reducing these fevers. For me, as soon as I get the very beginnings of a sore throat, I reach for my Echinacea. If the irritation is severe, I take 5 drops every half hour. Rarely does the sore throat persist, and even more rare is the development of a cold or the flu. For more information please call me at 748-1995.

Jacqueline Saunders-Ritchie, Volunteer

HISTORY PROJECT ANYONE?

If anyone is interested in researching and writing a history of AIDS Vancouver Island, including interviewing its founders and some of the many people who have been involved over the years, please contact the Support Coordinator (384-1511) for more details. The Program and Services Committee of AVI is interested in compiling such a history and is looking for some volunteers who would be interested in taking on such a project.

Curtis Magnuson, Support Coordinator

*A reminder that February 8-14, 1993 is **Queer Awareness Week** at the University of Victoria. The Lesbian, Gay and Bisexual Alliance will have an information table in the Student Union Building Feb. 10-12, and don't forget to pick up a copy of the always entertaining and usually controversial Valentine's Day issue of the Martlet, available on campus February 11th.*

SHOW US YOUR WAD!!

AIDS Vancouver Island needs you to collect donations throughout February so we can continue education, support and advocacy for people affected by HIV/AIDS.

CARE TO DANCE 93

Become part of the solution and we will throw you a party you will never forget.

STARRING

The Hard Rock Miners

The Flirtations

7th Stone

and special guest host,

Bill Richardson

Prizes galore!

Victoria Eaton Centre

Saturday, March 6, 1993

9:00 PM

Pick up a pledge form at participating merchants in Victoria Eaton Centre, at AIDS Vancouver Island, #304-733 Johnson Street Victoria, or call 384-5595. All proceeds raised go to AIDS Vancouver Island's programs and services.

Sponsored by

Q100.3 fm

VICTORIA WEEKLIES

CHEK 6

MONDAY MAGAZINE

VICTORIA EATON CENTRE

PROTEUS PRESS

Major donations by

Whistler Breweries

Canada Cooler

Ray Linguanti

Frances Hunter

Royal Sealink

Empress Hotel

Chateau Victoria

Levi Strauss

Club Monaco

Pagliacci's

Electrosound

Tourism Victoria

Canadian Airlines

Marlin Travel

VOLUNTEER NEWS

VOLUNTEER VIEWPOINT

Hi, Everyone, I've been a volunteer at AIDS Vancouver Island since June 10, 1992 when I attended my first orientation session, and I became a member of AVI in July 1992. I just wanted to say that I'm honored to be a part of AIDS Vancouver Island and its teamwork and dedicated effort in fighting HIV Disease and AIDS.

Teamwork is what it will take to find a cure to this epidemic; not just local teamwork but global teamwork, and until that cure is found we on this planet must never give up, but most importantly, we must never give up hope.

Already, so many precious lives have been extinguished by the most horrible epidemic that this planet has ever known. We must not let this continue.

Those infected and affected by HIV Disease and AIDS have my respect - their courage is immense; their hope is strong.

You know, when you think about it, every single person on this planet is affected by HIV Disease and AIDS because anyone can get it; anyone.

Remember, global teamwork. Thanks for taking the time to read what I have written. Take care everyone.

Linda C.
Volunteer

HELP ON HELPLINE

We are in desperate need of volunteers for the Monday and Friday morning shifts. If you have taken Helpline training and are available between 9:00 am and 1:00 pm please give JoAnn a call.

CARE TO DANCE '93

Volunteers (lots of 'em) are needed to staff a table at Victoria Eaton Centre from February 1st to March 4th to promote this exciting fundraiser. We are required to cover the hours that the centre is open: Monday, Wednesday and Saturday 9:30 am to 5:30 pm, Thursday and Friday 9:30 am to 9:00 pm, and Sunday noon to 5:00pm. The purpose is to promote Care to Dance '93 as well as raise public awareness about HIV and AIDS and AIDS Vancouver Island. If you have a few hours to spare, please contact JoAnn ASAP (384-2368) to sign up for a shift (3 hours or so per shift).

SHAWN COSTELLO MEMORIAL AWARD

The nomination form for "Volunteer of the Year" is enclosed in this issue of the Update. If you are a member or volunteer with AVI please vote for the person you believe has made an exceptional contribution to our organization. THERE ARE MANY!! The winner will be honoured at our Volunteer Appreciation evening in April.

VOLUNTEER RECORD UPDATE

You should recently have received a form in the mail requesting updated information for your volunteer file. Having current address, phone number, availability, interests and status (active, on leave etc.) will enable me to make appropriate referrals when receiving requests for volunteers. Your cooperation in revising my volunteer records is greatly appreciated.

JoAnn Reid
Coordinator of Volunteers

CLUB 1325

presents

Jan.	19th	"Queen of the night" An opera show
	26th	"ABBA WARS"
Feb.	2nd	"GREASY"
	9th	Amatuer Talent Contest 1st prize \$100 2nd prize \$50 3rd prize \$25
	16th	Fashion show with "STILL LIFE"
	23rd	"Black Tie"



A United Way Member Agency

EDUCATION

TO ALL MEMBERS OF AVI'S SPEAKERS BUREAU

I am pleased to invite you to meet Aaron Severs, our new Education Coordinator, who has just arrived at AVI and who has many exciting ideas and much valuable experience to share with us. Thursday, February 11th at 7:30 in the Living Room will be the next opportunity to meet and carry on discussion about where 'education' goes from here. Also at this time we will introduce to you the members of the Education Committee (which reports to the Board of Directors) and fill you in on any new developments which have taken place in the Education Department. I am certain you will want to meet Aaron at this time and find out about his past experiences coordinating a speakers bureau and ask him any questions you may have. I hope to see you there.

*Suzanne Klausen
Chair Education Committee*

A FRESH START

"Hello from beautiful Victoria!"

With these words, I have started several letters written to friends and family back east. Despite the chilly weather (just like in Ontario!), I am excited about being in Victoria, and at AIDS Vancouver Island.

My first few weeks have flown by. Curt and I attended a conference in Calgary sponsored by Canadian AIDS Society on a nationwide gay men's health survey (Men's Survey '91). Planning has begun with JoAnn on a new volunteer training session for this month. Moreover, preparations are being laid for an upcoming skills development workshop for educators across the Island to be hosted by Canadian Public Health Association and AVI on March 3rd.

A special "thank you!" goes out to several people. To Barb Chester for her enthusiasm and assistance with the Speakers Bureau, and to Suzanne Klausen for her energy around the Education Committee. To Kit and Dene Mainguy for putting me up (and putting up with me) until I found a place of my own. And to Dale and the staff for their warm welcome.

I have met a few volunteers and board members so far, and look forward to meeting each one of you in time. Feel free to drop by my office and say hello or to call me.

*Aaron Severs
Coordinator, Education Services*

ACTIVISTS: NEW DEFINITION OF AIDS LIKELY TO SHARPEN COMPETITION FOR DOLLARS

(AP) Atlanta - The number of people diagnosed with AIDS in the United States will climb dramatically when a new definition of the disease went into effect Friday (Jan 1.), raising demand for treatment and dollars.

Under the new definition, an estimated 90,000 Americans will be diagnosed with full-blown AIDS in 1993, according to the Centre for Disease Control and Prevention. That's almost double the current average of 50,000 a year.

Since 1981, about 242,000 Americans have been diagnosed with AIDS and 160,000 have died.

The new definition could make it easier for people infected with the virus to collect disability benefits available to those diagnosed with AIDS, plus take part in drug trials and get low-cost medicines.

At the same time, some AIDS activists warned it would sharpen competition for scarce dollars.

Under the CDC's current, five-year-old definition, people infected with the AIDS virus are diagnosed as having AIDS when they develop certain blood infections, the skin cancer Kaposi's sarcoma or any of 21 other indicator diseases.

Activists charged women and drug users weren't receiving the help they needed because many of the diseases they got weren't included on the list.

The new definition, approved earlier this year, adds pulmonary tuberculosis, recurrent pneumonia and invasive cervical cancer.

In addition - and more important, according to the CDC - the agency approved a new indicator: a dip in the level of the body's master immune cells, called CD4s, to 200 per cubic millimetre, or one-fifth the level of a healthy person.

A spokeswoman for the Canadian Health Department said Tuesday that federal, provincial and territorial experts will meet in February to discuss whether to adopt a new U.S. definition of the disease, which is intended to include more women and drug abusers.

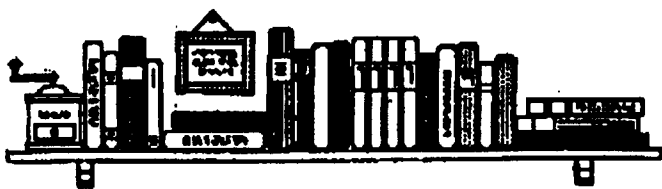
*Reprinted courtesy of Times-Colonist
December 30, 1992*

STREET OUTREACH



BOOK NOTES

by J. Knox



Fit For Life

by Harvey and Marilyn Diamond

The main cause of most degenerative diseases has been linked to the standard Western diet of meat and processed foods. This book focuses on Natural Hygiene principles so that we can learn not just *what* to eat, but *when* and *how* as well. Natural Hygiene is a philosophy that says the body is always striving for health and achieves this by continuously cleansing itself of deleterious waste and toxins.

This can be achieved by adhering to our three natural body cycles (appropriation, assimilation, elimination), detoxifying the dead flesh and deadened, processed food in us with foods that are *alive* (grains, fruits and veggies and their raw, unpasteurized juices) and learning new eating habits like proper food combining.

There's also two chapters on the politics of meat and dairy products. We can see how the government and agri-business have a lot at stake to keep promoting and moving their stockpiles as "healthy" products with no accumulative effects. This book has something to say and is convincing without being convoluted. (Contains 316 pages, Warner Books 1987)

You Can't Afford the Luxury of a Negative Thought

by John-Roger and Peter McWilliams

In Part I of this book negative thinking is called a disease and an addiction. The basis of the authors' argument is that negative thoughts bring on the Flight or Fight Response, mobilizing the body to act while other parts of it go on hold (like our digestion, etc). This releases chemicals that don't get used up (by exertion) and later break down into toxic substances. Then the body goes tense from the toxicity causing us to scan our inner and outer world for what's "wrong"; our negative mindset finds a "reason", prompting more Flight or Fight Response and body tension in a continual vicious cycle.

In Part II, entitled **The Cure**, exercise and generative or

positive thinking are encouraged. Positive thinking is defined as having unconflicting goals materially, mentally, emotionally, physically and spiritually. You might find there is some pseudo-scientific, circular reasoning and a piling on of quotes and tangents that only serve to cloud out the main thesis of this book (techniques a lot of gurus like John-Roger are noted for exploiting). There's some interesting material here but separate subject from speaker. (Contains 596 pages, Prelude Press, 1989)

WELCOME SHARI!

The Board and Staff of AIDS Vancouver Island are pleased to announce that Shari Dunnet has been appointed Support and Education Worker effective February 3rd, 1993. Shari brings to this newly created position a wealth of experience in community development work. As a founding member of the North Island AIDS Council, Shari has been active in organizing education and support services for People Living with HIV/AIDS.

Most recently, as Programme Coordinator for the Comox Valley Women's Resource Centre, Shari put together public events and workshops, coordinated publicity and was involved in advocacy and other front line duties.

Shari studied at Vancouver Community College (Women's Studies) and at the North Island College (Fine Arts). Shari displayed her creative talents in helping to coordinate the World Community Film Festival, from 1989-1992, which showcased social justice issues including HIV/AIDS.

Based out of her home on Denman Island, Shari's new responsibilities will involve working with a number of diverse communities from Duncan to Campbell River. Please join us in welcoming Shari to AVI.

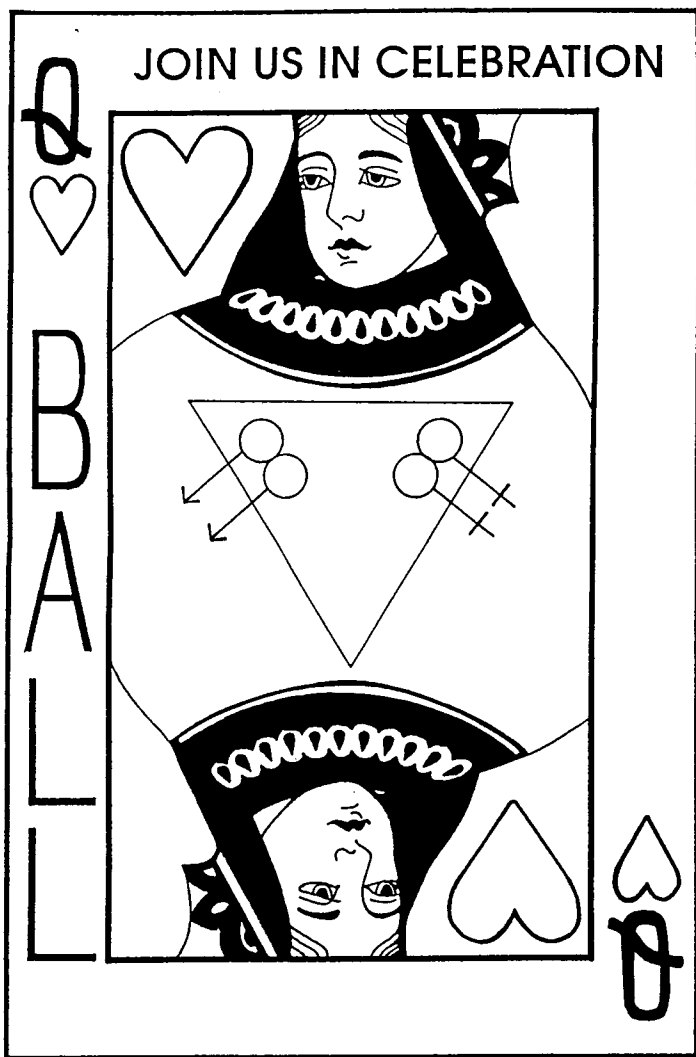
Curtis Magnuson, Coordinator Support Services

Aaron Severs, Coordinator Education Services

SVEND ROBINSON TO SPEAK AT UVIC

Openly gay Member of Parliament Svend Robinson is coming to the University of Victoria on Friday, February 12th at Noon in Cinecenta Theatre. Mr. Robinson will speak about the importance of being 'out' at a time when great advances are being made on lesbian and gay rights in a generally conservative social and political climate. His appearance at the University of Victoria will mark the beginning of what is informally known as "Lesbian and Gay Awareness Week" by the Canadian Federation of Students.

UVic SUB Productions



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 - 384-2366
PROCEEDS TO AIDS VANCOUVER ISLAND and W.I.N., (Women In Need), Womens Sexual Assault Centre, Victoria Transition House

ROBERT VANEE

Robert Vane, age 30, died on December 27th, 1992 at his home in Alberta surrounded by a very supportive group of friends. Robert and his partner, Tom, had lived for the past two years in the James Bay area of Victoria. Robert loved the west coast and especially the area along Dallas Road out to Clover Point. Although the last three years were difficult for Robert, he did come to accept himself and others with a great deal of humour and, at times, a sly wit.

OTHER AGENCIES

VANCOUVER PWA SOCIETY (CAPITAL REGION)

The office and library are located at 613 Superior St. Office hours are Monday through Saturday 12:00 noon to 4:00 pm.

Support group meetings are held on Thursdays at 7:00 pm.

A financial aid worker from Social Services will be in on the first Wednesday of each month to discuss problems that PWA's are having with their case worker(s) or the system in general. Private consultations are also available. Time: 12:00 to 2:00 pm.

There is a food bank (please give at least a day's notice), as well as a clothing and furniture exchange.

On Thursday, February 11th at 7:00 pm at the Wellness Centre there will be a special talk on the Support Services available and how to access them. Featured will be Jackie Hagendorn, Support Services Manager of the Society and Howard Engle, Director of Support, AIDS Vancouver.

On Thursday, February 18th at 7:00 pm. there will be a screening of the film "The Healing Mind", an objective look (i.e. neither pro nor con) at research exploring the relationship between the brain and the immune system with particular reference to cancer and AIDS. This will be followed by an audio-taped special session of the Amsterdam Conference on "Long-Term Survival".

On Thursday, February 25th at 7:00 pm. we will be hosting a special forum at the Wellness Centre on "Home Care in Greater Victoria: Options and Accessibility". Featured will be Judy Roberts from CRD Longterm Care Services, Vickie Jacques from CRD Homecare Nursing Services and a representative from CRD Rehabilitation Services and from the Victoria Hospice Society.

We encourage those people who worry about "what's going to happen if I get sick?" to come and find out; then there will be one less thing to worry about.

An interesting item from the January 1993 issue of "Being Alive" on the top ten HIV/AIDS stories of 1992: "Whether it be different strains, better CD8 function, more antibody or something else, it is medically clear now that approximately 8-9% of gay/bisexual men infected for 12 years or more have essentially normal CD4 cells (over 500) and are asymptomatic. Their CD4 cells are not in decline and more study of these long-term.....survivors is called for and are being done. Next time you hear someone call HIV infection 'invariably fatal', tell them they are wrong!"

Vancouver PWA Society
Capital Region



AIDS Vancouver Island

February 1993

S	M	T	W	T	F	S
	1 <i>Massage Therapy -Ladonna 10am-1pm</i>	2	3 Family, Friends & Lovers Support Group 7:30pm 923Burdett <i>Women's Group 5-7pm</i> <i>Women's meeting 7:30pm</i> <i>Volunteer training 7pm</i>	4	5	6
7	8 <i>Ladonna is away</i>	9 <i>Massage Therapy - Frank</i> 10:00 am-1:00pm * <i>Joe the Barber</i> 1:30 pm - 5pm	10 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	11 <i>Speakers Bureau</i> <i>Meeting 7:30 pm</i>	12	13 Queen of Hearts Ball 195 Bay St. 8:30pm
14	15 <i>Massage Therapy</i> 10am-1pm	16 <i>Massage Therapy</i> 10:00am-1:00pm	17 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett <i>Women's group 5-7pm</i>	18	19	20
21	22 <i>Massage Therapy</i> 10am-1pm	23 <i>Massage Therapy</i> 10:00am-1:00pm <i>Joe the Barber</i> 1:30pm -5 pm	24 Family, Friends & Lovers Support Group 7:30 pm 923 Burdett	25	26	27
28						

COMING EVENTS

February 13th - Queen of Hearts Ball 8:30 pm @ da Vinci Centre
 March 6th - Care to Dance '93 Victoria Eaton Centre

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 AVT's main office 304-733 Johnson Street.