

# The Update

a publication of AIDS Vancouver Island

MARCH 1993

VOLUME 5, NUMBER 10

## AIDS ACTIVISTS WELCOME PARLIAMENTARY REPORT

OTTAWA, February 4, 1993 -- The Canadian AIDS Society (CAS) congratulated the Parliamentary Ad-hoc Committee on AIDS on today's release of its report: AIDS: Long-Term Responses to a Crisis.

"Unanimous agreement from a non-partisan Parliamentary committee that the federal government should do more about AIDS crisis in Canada is significant" said Joan Anderson, Chair of CAS. Anderson added that "it is important that this Committee recognized that the AIDS epidemic is far from over and that the federal government must do more."

CAS welcomes the Committee's decision to recommend \$55.35 million a year for federal AIDS funding. The recommendation is in line with a brief submitted by CAS and other national organizations working against AIDS. The Canadian Haemophilia Society, Canadian Association for HIV Research, Canadian Public Health Association and CAS provided a plan to Benoit Bouchard, federal Minister of Health, urging the federal government to invest a minimum of \$55.35 million a year on AIDS initiatives.

"Now we look for action from all MPs to ensure that this Committee's recommendation for funding be acted upon by the government. Not to act in the face of this report, the expert advice and experience of scientists, community workers, and people living with HIV/AIDS would be irresponsible. The report can only assist the government in making the life and death decision now before it" stated Anderson. All federal funding for AIDS program ends March 31st.

The Committee's report also recognizes that we must build on the work of the past several years and cannot allow any gains that we have made to deteriorate. To do otherwise will result in more deaths and enormous economic, social and human costs. "To maintain current funding levels means a continuing and growing epidemic" said Richard Burzynski, Executive Director of CAS. "It is sound fiscal policy for the government to increase AIDS funding now to save even greater AIDS-related expenditures down the road" added Burzynski.

On February 10, the 4 national organizations will meet the Bouchard to discuss their joint brief and the Ad-Hoc Committee's Report that the renewed federal commitment to confront AIDS be \$55.35 million a year over the next 5 years.

The CAS is a national coalition of over 70 community-based AIDS groups confronting AIDS across Canada.

*Canadian AIDS Society*

## LETTERS TO THE EDITOR

Dear Editor,

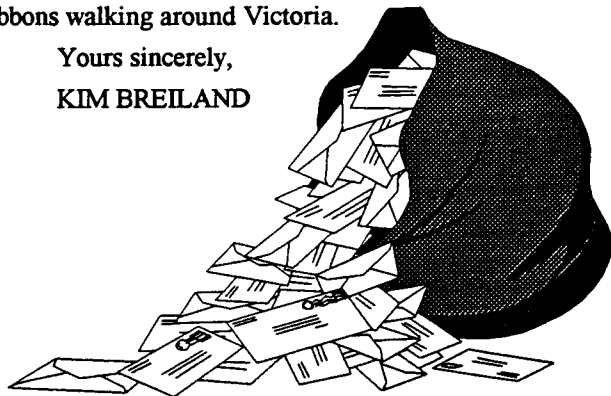
I am writing with regards to the success of Celebration of Life 1992 this past year. I want to give credit to the many performers and businesses, such as RUMORS, that played such a key role.

I am pleased to inform you that STAGES DANCE THEATRE SOCIETY will be presenting a donation to AIDS Vancouver Island for the sum of \$2541.64. As well, STAGES PERFORMING ARTS SCHOOL will be donating the difference of \$458.36 to bring the total up to \$3000.00.

I would like to thank all the people at RUMORS who worked so hard to put together the red ribbons. Their voluntary production team eased a lot of our work and I am grateful.

The best thing is that I still see many of those red ribbons walking around Victoria.

Yours sincerely,  
KIM BREILAND



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., Suzanne K., Christine M., Tim T., Angelika B., Rick M., Gary H., Margaret S., Chantal G.



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

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

## EDITORIAL

This month I am going to use my editorial clout to give credit and appreciation to the people who have been involved with a local fund and awareness raiser called CLUB 1325.

It all started with two men and the desire to do something different in a sleepy little town called Victoria. Brent and David have just finished the second set of shows, bringing their grand total to 16 shows. RUMORS has been the venue for these shows on consecutive Tuesday nights. With the help of Terry and his staff they have had no problem raising funds, but awareness has been raised in a somewhat unique way.

It is made clear at the beginning of every show that there is a contribution jar at the door and all money goes to AIDS Vancouver Island's emergency assistance fund so awareness is raised around the show. This means the shows can have many different focuses and the audience is still conscious of why they are there.

In the first set of shows there was a game show, a murder mystery and a talent contest as well as some drag shows. At times the show has allowed for some artistic expression of issues (like AIDS and censorship) that are typically avoided by mainstream media and artists.

Both Brent and David see that the show has developed since they first had the idea. Video has been added to the shows so that they have become multi-media. Brent sees the video portion of the show expanding even more in the next set of shows.

Behind the scenes it has been a sometimes gruelling job for the two of them. Creating a show a week sometimes means no sleep for David for two nights before the show and takes a lot of time away from Brent's schooling. Production has not been without its problems: someone got food poisoning; David twisted his ankle badly. David lost his hair in one of the most memorable of the shows, but he did that on purpose.

They both see the shows as a chance to promote good energy and have a good time while raising funds and awareness in the communities of Victoria. The last show ended on the 23rd of February, but they promise another set to us in a month with six shows. Spread the word! Maybe we can wake this town up a bit and help Brent and David make a difference.

Robert Gray  
Editor

## SUPPORT CORNER

It's hard to believe March is upon us. Just a few "updates" for those of you who are interested in what's going on in Support Services. Firstly, many of you will know by now that Claudia Mimick left AIDS Vancouver Island on February 12th to return to private practice. We are presently hiring a support worker who will work four days per week and hope to have that position filled soon.

Hopefully you will also know about the new Support Group for HIV positive women being facilitated by Peggy Nako on alternate Wednesday evenings in the Living Room from 5 to 7 p.m. Dinner is provided and all HIV positive women are encouraged to attend. A number of women from the group recently attended the Women's Retreat on Bowen Island sponsored by the Positive Women's Network.

The Family, Friends, and Lovers group also continues to meet on Wednesday evenings from 7:30 to 9:00 p.m. at 953 Burdett. See me for more details.

The Monday evening support group for People with HIV/AIDS (PHA) disbanded at the end of January and, for present time, we have not replaced it. I am thinking of offering a group for men only, and also wonder if there might be enough interest to establish a group for straight-identified men only. If you have an interest in either of these groups, or would like to be considered as a facilitator, give me a call at 384-1511.

Please also remember to sign up for free Massage Therapy from LaDonna on Mondays and for bodywork from Frank on Tuesdays. We have four highly talented hands in our midst and you should really give yourself the opportunity to experience this luxury.

We are also fortunate to have a volunteer who is available to assist PHA with their income tax returns free of charge. If you need help with your taxes, bring your return, any tax slips, receipts, and other such items to AVI where they will be picked up by John.

Another new area underway is a Volunteer Therapist programme. AVI will be sending letters to private practitioners in the CRD requesting that they volunteer one hour a week to working with a PHA. This would assist us in meeting the needs of our clients for counselling services and avoid the high cost of private practice.

Don't forget that Monday March 15th is the Support Services Volunteer Meeting. I'm thinking of moving the start time from 7 to 5:30 p.m. Let me know if you have any objections. Also, Kevin Doyle, a Victoria lawyer, has agreed to come and speak to us about the importance of

preparing a will (including arranging for advance directives and powers of attorney). It should be an interesting evening.

Finally, for all of you volunteers who have been waiting oh so patiently to take support training, I have some good news. The next weekend of support training is tentatively set to begin April 2nd and run through to April 4th. If you wish to enrol, or if you have ideas about what you would like to see covered, please call me at 384-1511. I look forward to hearing from you soon.

*Curtis Magnuson*

*Coordinator of Support Services*

### **"BUILDING A GAY POSITIVE WORLD"**

On Wednesday, March 24th at 7:30 p.m., Victoria Centre for Self-Awareness is hosting a casual evening with physiotherapists Rowena Hunnisett and Mary Wilkie.

The topic "Building a Gay Positive World" is sure to empower and educate all who attend.

Victoria Centre for Self-Awareness is located in the Upper Level of University Heights Mall at 401A-3980 Shelbourne (Shelbourne and McKenzie). Use theatre entrance. Telephone 721-0405 for further details. Everyone welcome.

### **FITNESS PROGRAM FOR PHA'S**

To promote healthy active living, AVI is considering offering individual fitness and wellness programming beginning in April. The mission is to provide the opportunity for our members to learn how to improve their level of health and wellness through balanced lifestyle management. The program will consist of an initial consultation to determine what areas of the program each member should focus on and to discuss any special considerations. Each member will then attend individual and group sessions to discuss the following topics: self-responsibility and self-love; goal setting; nutrition; self-care; developing a personalized fitness program; environment and safety. Fitness classes will also be offered as a first step approach to adopting an active lifestyle. Intensity of classes will range from a mild stretch and strengthen class to outdoor group activities. The package will be designed to show participants that by adopting an attitude of self-love and self-responsibility, every individual can improve the quality of his or her life through awareness and education about lifestyle management. See Curt for more details.

*Rick Madere*

*Volunteer*

## VOLUNTEER NEWS

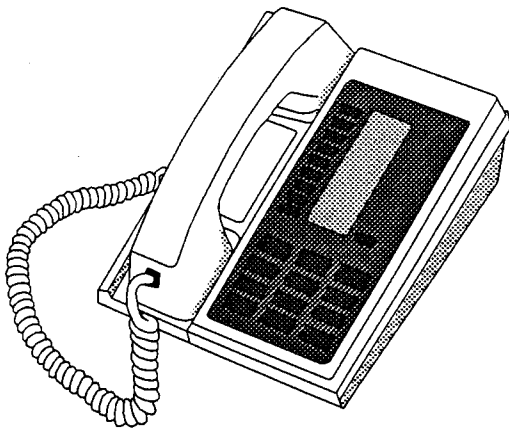
### VOLUNTEER APPRECIATION

Plans are underway for our annual volunteer appreciation evening in April. In order to recognize our volunteers for the thousands of hours of service they collectively provide to the organization, we have to have time sheets. Please try to keep your hours up to date. Watch for further information on the volunteer appreciation event in the April Update.

### VOLUNTEER OF THE YEAR AWARD

Everyone should have received a nomination form in the last Update. Please take a moment to do 3 things:

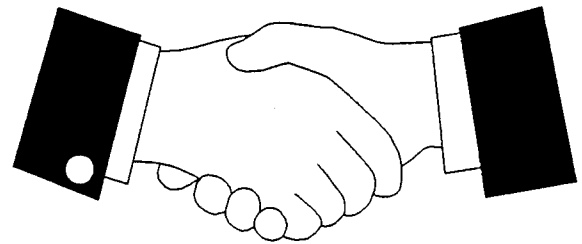
1. reflect on who you think has made an extraordinary contribution to AVI (this is the easy part!);
2. fill out the nomination form (getting harder...) and
3. MAIL IT OR BRING IT IN TO AVI (whew! now don't you feel better?).



### HELPLINE MEETINGS RESUME

All Helpline volunteers new and experienced are asked to attend a meeting at AVI on **Wednesday March 10th at 7:00 p.m.** This is the first of what will be regular monthly support meetings for Helpline volunteers. Everyone is asked to make a special effort to attend.

*JoAnn Reid*  
Coordinator of Volunteers



### NEW BOARD MEMBERS

Welcome to Janine Wear and Ned Lemley, new members of the AVI Board of Directors.

Janine brings to us her experience in community-based, non-profit organizations in Vancouver and Victoria, and her work as a volunteer educator at AVI. She'll now provide leadership on the Personnel Committee and on the Board. On a personal note, she never refuses Haagen Daaz chocolate chocolate chip ice cream, is currently making a wonderful fiancée and wants someday to own her own Bed and Breakfast where she can show off her talents as a wonderful chef.

Ned is a teacher and an actor, and still finds time to volunteer for AVI at the storefront. He'll bring his considerable communication and organizational skills to his duties as Secretary of the Board, and member of the Executive Committee.

Welcome, Janine and Ned.

*Christine Morissette*  
President

### CLASSIFIED

#### WANTED...

flat sheets for the massage tables, preferably twin size.

toolbox (not too large) so James can clean the tools out of his desk 384-2366.

bookcases (black or brown) with at least 4 shelves required for library, please contact Aaron 384-2368.

any donations of spring plants for the patio would be greatly appreciated by our avid gardeners, just bring 'em in.

#### REMEMBERING...

if you have a quilt panel that you would like to display in AVI's lobby to commemorate a loved one, please contact any staff person.



A United Way Member Agency

## EDUCATION

### SPEAKERS BUREAU UPDATE

The first meeting in 1993 of the Speakers Bureau took place on Thursday, Feb. 11th at AVI, and was our first gathering since October 1992. There were many issues to be discussed and introductions to be made. In particular, it was our opportunity to finally meet our long awaited Education Coordinator, Aaron Severs as well as the new Support and Education Worker from the Island Outreach Project, Shari Dunnet. A total of 13 volunteer educators attended, a terrific turnout!

The major issues with which we grappled together were:

1) the need to obtain written consent to do education speaks without compromising our mandate to educate our community, and

2) the suggestion to compensate PHAs for speaks which involve self-declaration. No consensus was reached for the latter issue but will be revisited by the Speakers Bureau at next meeting.

The group as a whole banded about numerous questions and suggestions about the direction of the Speakers Bureau as a whole, including a new process for training, new speakers, and ongoing evaluating for the 'veterans'.

We discussed having a special issue related to AIDS education presented and discussed each month for the purpose of keeping us 'up to the minute' on complicated issues.

To this effect, Aaron will get the ball rolling by presenting and leading a short discussion on AIDS in the Workplace to be held at our next meeting. We will meet once a month, on every 2nd Thursday.

**Next meeting: Thursday March 11, 7:30 p.m. at AVI.**

If you do educational speaks or would like to... this is the group for you. See you there.

*Susanne (with an "s") Klausen  
Chair, AVI Education Committee.*

### CALLING ALL HELPLINE VOLUNTEERS

The 1st meeting this spring for the AIDS Helpline will happen soon. All such volunteers are strongly encouraged to attend.

**Wednesday March 10, 7:00-8:30 p.m.  
at AVI**

For more info., please call Aaron or JoAnn at 384-2368.

**REFRESHMENTS WILL BE SERVED**

### BARB'S OPINION

AIDS Vancouver Island---**WOW!!** (you can say that backwards, too). What a crew!

After working in health care for many years in different capacities, including social services and rehabilitation, palliative care and geriatric psychiatry, I have something to share... AVI is one of the best places I have been involved with.

Of course, there are days when "discombobulation" takes place (ask JoAnn for her wonderful word!), just as anywhere else, but I see so many smiles, plus good tears, acceptance and laughter at AVI, which is somewhat rare in today's workplace. Maybe it is because we are all pulling in the same direction (yet we are able to agree to disagree), and are around for the same reason - dealing with issues around AIDS, as Linda C. shared in the last Update.

During my short involvement so far at AVI coordinating speaking requests, I have seen not only an increase in speaking requests, but they are coming from further afield, eg. Port Hardy, Gold River (thank goodness Shari Dunnet is up-Island as the Support and Education Worker!!), but also more varied requests from different sectors in the community e.g. The British Columbia Systems Corporation, Single Parent Resources, The Housing Association, The Unitarian Church, The Canadian National Institute for the Blind, as well as various colleges and schools.

A big thank you to all the members of the Speakers Bureau. I am fortunate to have such a list of qualified, committed and fun people to speak. I look forward to meeting and getting more speakers involved in the Bureau. The Helpline volunteer staff were the first people to give me smiles, patience and information. I could do with all these at times, and they are a great resource.

Thanks to Dale for inviting me to assist before Aaron came - thanks to Aaron for coming! And to JoAnn (are you related to Super Man?); to Curt (who has yet to share my plumpious prunes); to Isabella (if in doubt about almost anything - ask Isabella); to James (who always lets me into any office with a "good morning"); and to Shari (see third paragraph!). It is always good to see Jaine and Norman, to hear Kelli's "Care to Dance" laugh, to see Linda G. to discuss public relations in the community (and mumsie things...), and Mairi to run through some questions, and share the telephone! (a great student social worker). I look forward to spring and working with you all. What a crew! Cheers,

*Barb Chester  
Education Assistant*

## WOMEN AND AIDS PROJECT

Our first 'Women and AIDS Project' meeting took place on February 3rd at AVI. I'm pleased to inform you that 13 women arrived, full of ideas, expertise and enthusiasm, which made for an interesting discussion on what this project could be for the women of our community.

We began by sharing with each other why we came and what hopes we had for a Women and AIDS Project. Reasons ranged from a need for updated educational materials which more accurately reflect the realities of women's lives, to a desire to work collectively with other women, to a hope to share alternative health practices for women living with HIV/AIDS.

Our meeting ended with the following decisions having been made: 1) to meet every 2nd Wednesday from 7:00 p.m. to 9:00 p.m. at AVI. 2) to bring educational materials for the group to critique and evaluate. 3) to begin networking with other women and AIDS organizations.

Our next meeting will be March 3rd, at 7:00 p.m. Please join us in defining our priorities and direction. All women are welcome!

*Susanne Klausen,*

*Chair, AVI Education Committee.*

## SPRING BREAK

Spring is just around the corner. February, with its 28 days, came and went all too quickly - though probably not soon enough for some. Yet a number of things happened in February that may prove critical in laying the groundwork for educational activities during the remainder of 1993.

Training figured prominently this past month. Volunteer training (thanks JoAnn and Hannah) and Helpline Training will both yield a corps of new committed individuals to strengthen the quality of service we provide to the public. Training also entails the upcoming Canadian Public Health Association conference on March 3rd at The Empress. The response from AIDS educators on the Island has been phenomenal! Over 40 out of 55 potential delegates have confirmed for this date. I trust that the day itself will meet our expectations!

Our new Island Outreach Project kicked off on February 3rd with Shari Dunnet coming on board. Shari has met with Curt and myself and has worked hard at prioritizing her objectives for support services and education on the Island for 1993. She will help put the "Island" back into AVI.

Let me close, by urging one and all to break for spring, smell the flowers, and get on with the struggle against HIV/AIDS.

*Aaron Severs*

*Coordinator, Education Services*

## TALK OF THE TOWN

A brand new **SPEAKERS' BUREAU ORIENTATION** will occur March 13-14 at AVI. This weekend session is open to all volunteers, but space is limited. Guest speakers will be on hand to co-facilitate.

For more details or to RSVP,  
please call Barb or Aaron at 384-2368.

## STREET OUTREACH



## OTHER AGENCIES

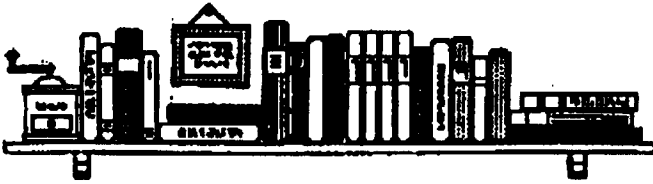
### VANCOUVER PWA SOCIETY (CAPITAL REGION)

- \*The office and library and located at 613 Superior Street.
- \*Office hours are Monday to Saturday 12:00pm to 4:00 p.m.
- \*Support group meetings are held on Thursday at 7:00 p.m.
- \*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: 12:00-2:00 p.m.
- \*There is a food bank (please give at least a day's notice), as well as a clothing and furniture exchange.

Please reserve **Saturday Evening March 6th, 1993** for a presentation by **Dr. Bernard Bihari** of New York City, New York on HIV Disease as a "chronic manageable disease and that many if not most patients can be stabilized and their disease progression arrested." Dr. Bihari has been involved with the successful use of alternative therapies for over 10 years. His philosophy includes survivability of drug therapy until we have the tools to allow the process of recovery to begin.

## BOOK NOTES

by J. Knox



### **Fit for Life II: Living Health by Harvey and Marilyn Diamond**

This book is not as tightly focused and organized as *Fit for Life* (reviewed in the February '93 Update). The flaw is with its presentation more than with the information. This sequel takes a slapped together approach, jumping from one separate subject to the next instead of making logical transitions from chapter to chapter. The book does generate one insight concerning how diet and environmental factors contribute to the poisoning of the planet and the human race (reflected by the immunodeficiency and degenerative diseases that have increased so much this century). A disappointing follow-up overall. *Fit for Life* is still recommended though. (Warner Books, 1988 contains 443 pages )

### **AIDS and It's Metaphors by Susan Sontag**

"Military metaphors contribute to the stigmatizing of certain illnesses (cancer, AIDS) and, by extension, of those who are ill. It seems that some societies need to have one illness which becomes identified with evil, and attach blame to it's 'victims' -- we have the 'war on drugs' as well as against AIDS" (pg. 11). This abuse of language is discussed in an essay-like thesis, giving us a sense of how diseases have shaped our history and mores. It rises above media irresponsibility with the insight that AIDS "...has become a repository for peoples' general fears about the future" (pg. 93), somewhat like cancer before it. This book is for those who take an interest in the sociology of immunodeficiency. (Ferrari, Straus, Girove, 1989 contains 95 pages, )

### **NAMES PROJECT FOUNDATION CANADA THE AIDS QUILT**

(CAS) On January 22nd, 1993, the Names Project Foundation - Canada, transferred the Quilt panels to the Canadian AIDS Society (CAS).

In a December 7, 1992 letter the Foundation informed CAS that the Names Project Foundation's Board of Directors had decided to dismantle the Foundation and asked CAS to take care of the Quilt. The CAS Board of Directors agreed to take custodianship of the Quilt and has assumed the rental of the small office space in Halifax.

Please note the Foundation itself has not been transferred, only the Quilt panels. We are currently seeking advice from our lawyer to better understand CAS' legal situation.

What's next? The CAS Board will discuss options at our next Board meeting February 26-28. In the meantime, please note the following:

1. The Names Project Foundation - Canada is no longer functioning. Please do not direct people nor panels to their Halifax address and phone number.
2. Groups will be informed as soon as new management of the Quilt can be facilitated and a new contact number is arranged.
3. CAS is committed to taking care of the Quilt until there is new management, however, CAS has not replaced the Foundation.
4. CAS is not able to receive panels. CAS is not able to take on request of the display of the Quilt. Please hold off on sending panels or requesting a display until there is a new management of the Quilt.
5. CAS Regional Directors and PLWHIV/AIDS Regional Directors will take concerns or suggestions from Member Groups and Associates as we try to problem-solve this difficult issue.

Special thanks to Michael McDonald, PLWHIV/AIDS Atlantic Regional Director for his work in Halifax and to Donne Smith, Atlantic Regional Director, AIDS Nova Scotia, N.S. PWA Coalition and AIDS Committee of Newfoundland and Labrador for your assistance.

*Joan Anderson, Chair  
Canadian AIDS Society*



# AIDS Vancouver Island

March 1993

S	M	T	W	T	F	S
	1 <i>Massage Therapy -Ladonna 10am-1pm</i>	2 <i>Massage - Frank 10:00 am-1:00pm</i>	3 <b>Family, Friends &amp; Lovers Support Group 7:30pm 923Burdett Women's Group 5-7pm Women's meeting 7:00pm CPHA Conference</b>	4	5	6 <b>"CARE TO DANCE" Victoria Eaton's Centre 8pm</b>
7	8 <i>Massage Therapy 10am-1pm</i>	9 <i>Massage 10:00am-1:00pm Joe the Barber 1:30 pm - 5pm</i>	10 <b>Family, Friends &amp; Lovers Support Group 7:30 pm 923 Burdett Helpline Meeting 7:30 pm</b>	11 Speakers-Bureau Meeting 7:30 pm	12	13 Speakers Bureau Orientation
14 Speakers Bureau Orientation	15 <i>Massage Therapy 10am-1pm</i>	16 <i>Massage 10:00am-1:00pm Joe the Barber 1:30 pm - 5pm</i>	17 <b>Family, Friends &amp; Lovers Support Group 7:30 pm 923 Burdett  Women's group 5-7pm</b>	18	19	20
21	22 <i>Massage Therapy 10am-1pm</i>	23 <i>Massage 10:00am-1:00pm  Joe the Barber 1:30pm -5 pm</i>	24 <b>Family, Friends &amp; Lovers Support Group 7:30 pm 923 Burdett</b>	25	26	27
28	29 <i>Massage Therapy 10am-1pm</i>	30 <i>Massage 10:00am-1:00pm</i>	31 <i>Women's group 5-7pm</i>			

## COMING EVENTS

Support training starts in April

## 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.