

The Update

a publication of AIDS Vancouver Island

MAY 1993

Volume 6, Number 5

AVI'S VOLUNTEER APPRECIATION NIGHT

On April 19th, close to 100 AVI volunteers and staff descended on the Victoria Art Gallery for a fun evening of entertainment, great food and drink, awards and prizes. This annual event is always a reality check for all of us as we see how AVI has grown and how many wonderful volunteers we have associated with this organization. To those of you who were unable to attend, know that you are appreciated and that we hope to see you there next time.

Volunteer of the Year

This was the first time that the Shawn Costello Memorial Award "Volunteer of the Year" was presented at the Volunteer Appreciation Night rather than the Annual General Meeting. The nominees (nominated by you, the membership and volunteers) for this award were:

Bart Wittke Nancy Bansgrove
Christine Morissette Paul Leger
Don Mathewson

The selection committee is comprised of a board member, a past recipient of the award if possible, an AVI volunteer who is active in the organization and the Coordinator of Volunteer Services (who has no vote but provides supporting documentation and background to help the committee make its decision).

The Volunteer of the Year for 1992-1993 is **Nancy Bansgrove!** Nancy has been an AVI volunteer since 1989 and now works primarily as a buddy. She exemplifies AVI's mandate of support, advocacy and education as she goes about her work in the community. Her integrity, compassion and determination to provide the best care possible for her buddy, has raised awareness among the health care providers and professionals involved. Congratulations Nancy and thanks Eric (the supportive spouse) for sharing this special woman with AVI.

Speaker of the Year

The first Michael Redfern Memorial Award for "Speaker

of the Year" was presented at the Volunteer Appreciation Night on April 19, 1993. This award has been established by Rumors Cabaret and AVI to honour the memory of Michael Redfern, a longtime supporter of and fundraiser for AVI. During the last year of his life, Michael became a PWA speaker whose candor, humour and courage had a profound impact on his audiences across Vancouver Island.

All members of the Speakers Bureau were considered with the field being narrowed to the following volunteers:

Paul Leger Bart Wittke Hannah Cowen

On hand to present the award were Michael's parents, John and Bette Redfern, as his grandparents looked on from the audience. The winner of the Speaker of the Year Award, 1992-1993 is **Bart Wittke!** Bart, a volunteer at AVI since October, 1990, has shown an incredible versatility as a speaker, travelling the length and breadth of Vancouver Island and the Gulf Islands to speak to school students, teachers, community and church groups, and health care professionals. He has also played a valuable role in training other volunteers. Congratulations, Bart!

VANCOUVER MEN'S CHORUS

The Vancouver Men's Chorus is performing in Victoria for the first time in three years. This internationally recognized vocal ensemble is appearing at a concert in support of AIDS Vancouver Island and the Vancouver Persons With AIDS Society-Capital Region. Expect art songs from 20th century composers, stirring ballads, and song and dance antics from the hits of Stephen Sondheim.

Tickets are available at AIDS Vancouver Island, VPWA-Capital Region, and the McPherson Box Office for \$12 each (plus \$1.50 service charge). Tickets are available to PHAs who can't afford the \$12 cost. Please call Curt or Roshni @ 384-1511.

Catch the Chorus at 8:00 pm on Saturday, May 22 1993 at the University Centre Auditorium.

Reference Material
NOT FOR LOAN
AVI Resource Centre

00-665-AIDS (2437)
|-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, Isabella L., Beth P., Frances H., Melanie C.

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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 Coordinator of Education Services.....Aaron Severs
 Education Assistant.....Barb Chester

SUPPORT NEWS

HAPPY MAY DAY EVERYONE

I am pleased to report that we have new recruits in the Support Services Department. Roshni and I spent the weekend of April 17-18 with 12 new volunteers and 6 guest speakers, whose presentations on the varied topics of nutrition, social services, hospice care, communications, legal issues, and HIV therapies were interesting and informative. Thank you and welcome to Support Services for those who took part.

We have decided to move the time and date of the Support Volunteers monthly meeting. The next meeting is scheduled for Tuesday May 18th at 5 p.m. in the Living Room. Long time volunteers are encouraged to come and meet the new volunteers. Please make an effort to attend.

Just a reminder that Erich Kunz has been available to provide Shiatsu at no cost to PWAs since the beginning of April. Not very many people have taken advantage of this unique opportunity as yet. Please come in on a Wednesdays in May and learn more about this interesting form of bodywork.

The volunteer therapist program is up and running. We have a referral list of several therapists from a variety of professional backgrounds prepared to work at no cost with PWAs. If you are interested in being referred to a therapist, please see Curt or Roshni.

On which note, everyone at AVI is delighted to have Roshni back with us. If you knew Roshni when she was a practicum student or while she volunteered on the Helpline, give her a call or drop in to say Hi!

Regrettably, Peggy Nako is leaving us for Manitoba. Peggy has facilitated the HIV Positive Women's Support Group for the past few months. Thank you, Peggy, for all of your help. We will miss you. Roshni has agreed to take over facilitation of the Women's Group for the present time.

Please don't forget to sign up for the **Staying Healthy with HIV** workshop on Wednesday May 26th. For more information, call AVI or the PWA Society - Capital Region. We also have no cost tickets to the Vancouver Men's Chorus concert on May 22nd for low income PWAs. Please leave your first name and last initial with Roshni or Curt if you want to reserve a ticket.

Curtis Magnuson

Coordinator of Support Services



SUPPORT CORNER

THE GIFT OF AIDS

For many of us affected by the AIDS epidemic, the grief and the loss is often overwhelming. However, if we can look beyond our tears and our rage, we may find some gifts glittering in the shadows of our suffering.

INTIMACY - Think of someone who has been drawn into your life, or you into theirs, as a result of AIDS. Think of the sharing that has occurred...including the tears, the fear, the pain...how the facade was stripped away and the humanness of each of you made vulnerable and available to the other. Has the gift of intimacy opened your heart to greater acceptance of yourself and others?

SURRENDER - Think of some instance where you had to let go of your need for control. Perhaps it was letting go of denial and surrendering to the painful truth of the diagnosis in someone you love. Perhaps you also had to surrender the need to change or fix or cure that person. Perhaps you had to surrender to a changing relationship or let go of it altogether. Or it may have been letting go of an activity of habit. Perhaps you had to surrender to caring for another, or yourself. How has the gift of surrender given you the opportunity to relax a little more deeply in the mystery of life?

COMMUNITY - Think of a bridge that has been built in your life as a result of AIDS. Perhaps it connected you with someone across the gap of a difference in sexual orientation. Perhaps it was establishing a connection with a support group, a service organization or healing circle. Perhaps it was reaching out to a new ethnic group, learning about a difference spiritual tradition, or reconnecting with a family member. The gift of community has grown out of our common cause and our compassionate response. How has the gift of community expanded your sense of connectedness?

SERVICE - Think of something you do for another or allow another do for you as a result of AIDS. The gift of service melts giving and receiving into one act of love. Receiving is giving and giving is receiving. How has the gift of service opened you to greater appreciation of our interdependence?

WISDOM - Think of something you have learned because of AIDS. Perhaps it is something about the miraculous complexity of our bodies. Perhaps it is something about courage and endurance, about love and relationships, about ethics and values. How has the gift of wisdom expanded your awareness?

PRESENCE - Think of some moment where you were with yourself or with another as a result of AIDS where you were totally present. Where the intensity of the moment moved you so deeply that past and future suddenly faded away and all of you responded, resonated with the power of that moment. How has

the gift of presence enabled you to live more completely in the now?

MEANING - Think of some aspect of life that has new meaning for you as a result of AIDS...relationships...career...the arts...political process...spirituality. How has the gift of meaning changed your values, your perspective of life, including death?

LOVE - Think of some expression of love as a result of AIDS that moved you. Some unexpected evidence of a love that surpassed all of your expectations. Perhaps it was something that welled up within you or it may have been something that flowed to you in a sharing or gesture. Perhaps it is the compassion and the creativity so evident in our response to the epidemic. How has the gift of love touched at the core of your being?

Intimacy, Surrender, Service, Wisdom, Presence, Meaning, Love... gifts for our compassionate caring... from friends and family members, partners and patients, colleagues and clients, neighbours and strangers... courageously living and courageously dying.

Submitted by Beth Pengelly, R.N.

Originally published by Together We Care: A Resource for Caregivers of HIV Affected Persons (1990)

ROSHNI WEARS NEW HAT

After the wonderful welcome and introduction which Curtis gave me, I'm not quite sure what more I can say about myself. AVI is not 'new' to me; I have been hanging around for the last year and a half. My roles have shifted somewhat since I first started--beginning as a social work practicum student and when that was over, I continued on as a volunteer on the Helpline. The hat I wear now is that of Support Worker, and I know that this role will be both challenging and stimulating. I look forward to renewing old acquaintances and making new ones. Feel free to drop by for a chat and help me (re)decorate my office!!

Roshni, Support Worker

Editor's note: watch for an interview with Roshni in the next issue of the Update. The topic of discussion will be 'Racism in AIDS education.'



A United Way Member Agency

VOLUNTEER NEWS



Corrine B., Tim T., Donna C., and Tamara F. enjoy a break from Care to Dance registering on the wild evening of March 6th

VOLUNTEER MANAGEMENT CERTIFICATE PROGRAM

Volunteers are at the core of the work done at AIDS Vancouver Island. The proper coordination, supervision, and evaluation of volunteers is of great importance. Continuing development of staff and volunteers is emphasized and occurs both internally and externally. Isabella Luke recently took a course in these areas and provides this report.

In mid-September, I began the Volunteer Management Certificate program at Camosun College. The program covered several topics including leadership & group dynamics, planning & evaluation, financial management, recruiting/interviewing volunteers, motivating/training volunteers, supporting & recognizing volunteers, time & stress management, and marketing/fundraising.

In addition to one class presentation, six written assignments were compiled to form one project for either an actual or fictitious society. I chose to work on an affordable housing project for PHAs. There is also a 75 hour practicum which must be completed somewhere other than the student's place of employment and under the direct supervision of an established Volunteer Coordinator. I hope to do the practicum hours at the Multiple Sclerosis Society of Vancouver Island.

The program was challenging, informative, and gave me a chance to renew past knowledge and gain new skills. The students were from a variety of backgrounds - some working in the field and others exploring. It was a worthwhile and enjoyable experience.

Isabella Luke, Program Clerk

VOLUNTEERS NEEDED

Patio project: A Volunteer to draft and follow up with a letter to garden supply outlets in Greater Victoria requesting donations of plants for the patio.

Bizarre Bazaar: July marks AVI's fourth annual Bazaar. Start sorting your stuff. If you are interested in sorting, pricing, and otherwise preparing for this event, call JoAnn.

THANK YOU...MERCI...VIELEN DANK...SPASIBO...

The following is a list of the individuals, organizations, and businesses who made this year's AVI Volunteer Appreciation Night a success:

- *The Art Gallery of Greater Victoria
- *Boys' Co.
- *Danny Stanyer
- *Earl's Restaurants
- *The Elbow Room
- *Electronic Tax Filing
- *The Elephant & Castle
- *Jay Prazma
- *Kaboom's Balloons
- *The Latch
- *Linda Graham
- *The Magic Angel
- * Ned Lemley
- * Noah Beck Quartet
- * Pacific Cycle
- * Pacific Trekking
- * Paul Leger
- * Q100.3 FM
- * Ray Linguanti
- * Roy Vollinger-Potters Distillers
- * Rumors Cabaret
- * Soapberry Shop
- * Terry Froud
- * The West End Guest House

VOLUNTEERS FOR CANDLELIGHT VIGIL MAY 16, 1993

Volunteers are needed to organize this annual tribute to the memory of those individuals who have died and to offer hope to those who continue to live with HIV/AIDS. If you are interested in working on this very worthwhile project, call Terri at 383-3099.

Terri Butler, Vigil Coordinator

OTHER AGENCIES

VANCOUVER PWA SOCIETY CAPITAL REGION DISTRICT

OFFICE and LIBRARY: 613 Superior Street. Open 12:00 pm - 4:00pm Monday through Saturday. Phone: 383-7494

SUPPORT MEETINGS: Thursdays 7:00 pm.

MASSAGE: Saturdays by Frank or Wanda. By Appointment. A small donation to the practitioner, if possible, would be appreciated.

SHIATSU: (Japanese acupressure therapy): on Thursdays by appointment. Donations to the practitioner, if possible, are appreciated.

ACUPUNCTURE CLINIC: on Thursdays by appointment, by Dore Vanden Heuvel, a Doctor of Traditional Chinese Medicine with a special interest in the Oriental approach to HIV associated problems. Initial consultation about an hour; subsequent sessions between 20 minutes to an hour depending on the condition being treated. The society will cover the costs of the acupuncture needles. A donation, though optional, would be appreciated.

FOOD BANK: orders by Tuesday 4:00 pm. Pick-up or delivery on Thursday at 4:00 pm. Operates only during the two weeks prior to the mail-out of assistance checks.

MUSIC: The Vancouver Men's Chorus is putting on a gala event at the University Centre Auditorium on Saturday, May 22 at 8:00 pm. Partial proceeds will go to help with our health education programs. Tickets on sale at the office. A limited number of comps. are also available.

PARTY: for the HIV community on Saturday, May 8th at 7:30 pm. Yes, you can bring your partner/guest and NO, their status does not matter. We will provide the snacks if you can bring your own beverage (no alcohol, please!). VERY INFORMAL.

HEALTH: "Staying Healthy with HIV;" a lecture on complementary therapies for HIV management. Wednesday, May 26th at 2:00 pm. Registration required. Registrants will be shortly notified of the venue. A project of the Centre for Traditional & Natural Medicines.

WELFARE PROBLEMS: our financial aid consultant, Bernice, will be in one Wednesday a month to discuss problems and possible solutions if people are having difficulty with the system. Private consultations are possible but should be arranged ahead of time. Phone the office for the May date.



Victoria
AIDS
Respite
Care
Society

A Non-Profit Agency

Ste. 609 - 620 View St., Victoria, B. C., V8W 1J6
Phone: (604) 388-6220 Facsimile: (604) 388-0711

Monday -- Friday: 9.00 -- 5.00

- Respite Care
- Home Care
- Advocacy
- Personal Care Training



**FILM PRESENTATION AT THE
ROXY CINEGOG
SATURDAY JUNE 12TH
2-4 PM**

BOOK NOTES

by J. Knox



RECOMMENDATIONS FOR SUMMER

Now that we are coming into the summer reading season, I have a few books and videos to recommend. *Man to Man: Gay Couples in America*, by Dr. Charles Silverstein (347 pages, Quill, 1981) covers the spectrum of male to male relationships from childhood to old age, urban to rural, etc. The author does a good job of exploring the diversity of such relationships, focusing not so much on sexuality as he does on intimacy.

Another book about male to male relationships is *The Male Couple: How Relationships Develop*, by D.P. McWhirter, M.D. and A.M. Mattison, Ph.D. (334 pages, Prentice Hall, 1984). This one discusses the developmental stages couples can anticipate as they grow and change together. A very valuable and heretofore neglected area of study!

If you are in the mood for fiction there is *Landscape With Traveller*, by Barry Gifford (142 pages, Dutton, 1980); a story centred around the life of a character named Francis Reeves and his journal entries from youth to maturity.

If you would rather watch a video, check out *Common Threads*, *As Is*, or *Lifetime Companion* (each previously reviewed); all have AIDS themes. Enjoy the summer and make it educational too!



Special thanks to our intrepid reviewer, who is taking a well-deserved break...perhaps by the end of the summer, our reviewer will return.....til then....we desperately need people to fill the sandals of our reviewer.....contact Aaron at 384-2368.

WORK YOUR BODY: OPTIONS FOR THE HIV POSITIVE

This video covers such topics as what constitutes effective treatment, doctor-client relations, nutrition, and HIV+ women.

The part that stands out the most is activist's Micheal Callen's comment on the three schools of thought on AIDS. **School One** says HIV alone causes AIDS. **School Two** says HIV is a contributing but not sufficient cause, that you need co-factors (such as repeated and significant stress to the immune system). **School Three** say the co-factors *alone* are sufficient enough cause. Callen supports the latter by pointing out we all have multiple pathogens in us that don't harm us (like our intestinal flora and fauna), so why should HIV. Therefore, he argues, the HIV approach should be studied but *not* at the expense and validity of co-factors.

From this and other material I've reviewed for this column, I've come to speculate that our planet itself has AIDS. By **Planetary AIDS**, I mean polluted air and soil and water, poverty, drug abuse, a food industry more oriented toward profit and convenience than nutrition, etc. Perhaps it's time now to consider the fuller picture of the planet *itself* being sick with AIDS; it's inhabitants certainly reflect that with all the immunodeficient chronic diseases we've seen in this present century (like 20th century disease, sick building syndrome, Epstein-Barr or chronic fatigue syndrome). Maybe we should be looking at environmental co-factors and what that implies to ALL our lives. (*runs for 28 minutes, GMHC New York, 1990*)

CLASSIFIEDS

Needed:

Bedding plants for the patio. Please bring them in if you have extra.

Apartment size **refrigerator** for the main office.

Area rug app. 8' x 10' for underneath the massage tables.

Opportunities:

Anyone interested in hanging a quilt panel in the front lobby in remembrance of a loved one, please contact any staff person.

Are you an avid gardener? If so, we would really appreciate some help with the patio. Please contact JoAnn @ 384-2368.

S	M	T	W	T	F	S
						1 I.G.L.A. Social in Nanaimo 9 :00 pm ---> \$6
4	3 <i>Massage Therapy LaDonna 10 am -1 pm</i>	4 <i>Frank away no Body Work</i>	5 <i>Shiatsu - Erich 11 am-2 pm Family, Friends & Lovers 7:30 pm, 923 Burdett Women's Support Group 5pm - 7 pm</i>	6 Ed McCabe "Healing with Ozone" Tally Ho Motor Inn 8:00 pm --->\$10	7	8
9	10 <i>Massage Therapy LaDonna 10 am -1 pm</i>	11 <i>Body Work- Frank 10 am -1 pm Joe the Barber 1:30 pm -4:30 pm Programs & Services Committee Meeting 6:00 pm</i>	12 <i>Shiatsu - Erich 11 am-2 pm Family, Friends & Lovers Support Group 7:30 pm, 923 Burdett</i>	13	14	15
16 Candlelight Vigil Christ Church Cathedral 8:00 pm	17 <i>Massage Therapy LaDonna 10 am -1 pm</i>	18 <i>Body Work- Frank 10 am -1 pm Joe the Barber 1:30 pm -4:30 pm Support Volunteer Meeting 5:00 pm</i>	19 <i>Shiatsu - Erich 11 am-2 pm Family, Friends & Lovers 7:30 pm, 923 Burdett Women's Support Group 5 pm - 7 pm Helpline meeting 5:00 pm</i>	20 <i>Speakers Bureau Education meeting 7:00 - 8:30 pm</i>	21 CAS AGM Montreal	22 CAS AGM Montreal Vancouver Men's Chorus University Centre 8:00 pm----> \$13.50 (\$12.00 from AVI)
23 CAS AGM Montreal	24 <i>Massage Therapy LaDonna 10 am -1 pm</i>	25 <i>Body Work- Frank 10 am -1 pm</i>	26 <i>Shiatsu - Erich 11 am-2 pm Family, Friends & Lovers 7:30 pm, 923 Burdett Keeping Health with HIV Workshop (PWA Society) 2 pm - 5 pm Resource Committee - 6:00pm</i>	27	28	
30	31 <i>LaDonna away no Massage Therapy</i>					

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.