

The Update

a publication of AIDS Vancouver Island

AUGUST 1993

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FROM SUNSET TO SUNRISE: A CONVERSATION WITH PLAYWRIGHT MICHAEL MACLENNAN

In August, Michael MacLennan will be premiering his play "Beat the Sunset," in Victoria's Fringe Festival. One of the central themes of the play is AIDS and consequently the play is of interest for all of us at AVI. Robert Gray had an opportunity to speak with Michael recently.

Robert: Michael, I want to take this opportunity to talk to you about your play. The play's name is?

Michael: ...*Beat the Sunset*.

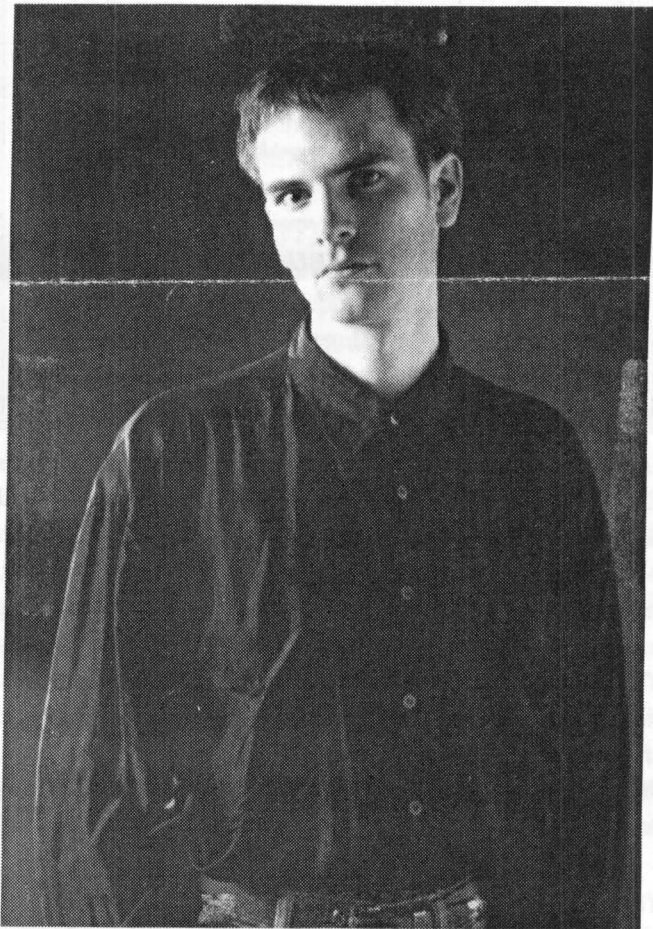
Robert: If I had just seen the play and a friend asked me what the play is about, what would I say?

Michael: The play is mostly about the relationship between two men, Sacha and Adam, who had been friends ten year previous. Circumstances bring these two men together again. It is also about the relationship between a mother and her son, Iris and Adam. These three characters are rather haunted by shattering events that happened in their past. What the play is is the beginning of a turn-around in the lives of these three people; how they come to deal with living and going forward. And each of them has a major challenge to do around that. Adam, for instance, is somebody with Aids. At the beginning of the play he has pneumonia. This is the time when Sacha returns to Adam's life. Sacha is suffering what you might call a mid-life crisis at the age of twenty-seven. And Iris is coming to terms with the shame that she feels around Adam's sexuality -- Adam is gay.

Robert: Coming to terms with his health -- or lack of -- as well?

Michael: Yes that's right. I think the two are linked. And maybe for a lot of people, dealing with AIDS is often about coming to terms with a person's homosexuality as well. It is also something that Sacha has to come to terms with in Adam as well. Sacha is a bit homophobic at the beginning of the play.

Robert: What do you think this play is going to do differently than other AIDS issue plays that have come to Victoria? How do you think it is going to be received in Victoria?



Michael MacLennan.....Bard of Victoria

Michael: I think it is important to note that this is the first time that there has ever been a play in a fringe festival, generated in Victoria about AIDS. So, it is a risk, you're right. I think that some plays about AIDS are received badly because they tend to seal off the idea of AIDS from the rest of the world. All too often when we think we are dealing with AIDS we are taking it out of reality -- out of the larger world that we all live in. And when that happens we tend not to be able to reach very many people, because there isn't a way in for them. I think that *Beat the Sunset* is about three people and their relationships, but it is about Memory, the character that weaves these three lives together. One of the issues of the play

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Reference Material
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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: Doug E, Brian B, Lance, Susanne K, Didi M, Bryan Y, Frances H.

is AIDS and this is by far the most central issue, but the play's about many other things, too. So I think that *Beat the Sunset* will do well because the play is just as much about life and living with AIDS but it is also about learning to discover a friendship again, or about a mother's relationship with her son, or about dealing with chronic illnesses, like Sacha's for example. And thematically it's also about desire and the fear of intimacy. These things are common to all of us whether we are HIV+ or not, whether we are gay or straight, whether we are a parent or a child. So I think the play will speak to many people because it offers so many points of entry.

Robert: So far, what do you sense from the community? You have approached different organizations for sponsorship, you've been getting the cast together and the crew, so what sort of feedback are you getting?

Michael: The response so far has been overwhelming, actually. Initially I started this project as a performance piece and as it began to get bigger and bigger I saw that it could sustain a larger theme. Before I knew it I had a full-scale, full-length play on my hands. It's just been so exciting pulling together a design team, a cast and a crew that are some of the best theatre artists in Victoria.

Robert: Do you feel that your cast brings enough experience to the play? You said before that your play is about life and relationships as well, but with the central theme of AIDS, disease, and dying do you feel that your cast and your team bring enough experience to be able to perform it?

Michael: Well, in the rehearsals we are looking at how the play breaks a lot of silences. In writing the play it was really frightening for me to open up some doors that I had never seen opened before and to speak of experiences that I had never seen

on stage. We are trying to create an environment where it is safe to break those silences within our rehearsal process, because if we can't succeed in breaking the silences amongst ourselves as a cast, we certainly won't be able to succeed in doing so with an audience. So it becomes more important for us to create an environment where we can explore and risk and express ourselves honestly; that being more important than exact, direct experience with AIDS, or being gay. Some of our people have a great deal of experience, while some people don't. But what is important is that they all be allowed to discover that experience collectively.

Robert: On the subject of cast and crew, it isn't often that the director and the writer are the same person. When you were deciding on cast members, did you find that the characters you had developed in your mind were different from the characters which evolved after each actor began to get into their roles? Is that a struggle for you?

Michael: No, actually, it's really exciting. A perfect example of that is the dynamic between Adam and Sacha, the two men in the play. I had imagined that to be a much different dynamic than it turned out to be. I had pictured Adam -- who is a University professor -- to be much softer, more naive person. What we are actually getting is a Sacha who has much more of an edge to him, and much more focus and intensity. The result is that so much more is at stake between Adam and Sacha than I imagined would be. That kind of metamorphosis is happening a lot. But it is all part of the process. I have had to let go of the play as a writer and take hold of it as a director. Part of that role of a director is to let that "magic" happen. You can't force it to happen, and it certainly won't happen if you have a complete vision when you walk onto your first rehearsal.

Robert: It must help that you have the directing experience.

Michael: Yes, absolutely. I wouldn't have done this if I didn't think I had the experience beforehand -- I would have handed it over to someone else. It isn't often that writers direct their own plays. Well, I mean it *does* happen: Harold Pinter, Judith Thompson, William Shakespeare..

Robert: ...Michael MacLennan?

Michael: Oh...please. (laughter)

Robert: What kind of effect do you think this will have on viewers in Victoria.

Michael: Well, it *is* a bit racy.

Robert: Perhaps what I mean is -- in a more generalized sense -- what kind of role do you see theatre playing in dealing with this epidemic?

Michael: A very important one, I think. Theatre is a much more responsive medium than, say, film.

Robert: And how does *Beat the Sunset* fit into the "genre" of AIDS-themed theatre?

EDUCATION

AIDS AWARENESS WEEK '93

From Oct. 4 - 10, is the third national AIDS Awareness Week (AAW). It is sponsored by the Canadian AIDS Society, Canadian Public Health Assoc., and the Canadian Hemophilia Society. This year's theme is "Promoting Health for Everyone", and the accompanying slogan is "Strong Lives - Strong Communities". A central notion to AAW is that strong and supportive communities are key to our health and well-being.

An important catch phrase this year is the term "health promotion," which refers to "the process of enabling people to increase control over and to improve their health." Good health -- be it living with HIV, getting proper exercise, etc. -- is a personal responsibility, but our society should share the responsibility by being supportive. People must be able to identify their health needs, to plan solutions to meet these needs, and to cope with changes in their lives. Health promotion is a dynamic, not a static concept; it is a resource for day-to-day living.

Sometimes, however, this new rhetoric or jargon may leave PWA's, community AIDS workers, and volunteers already busy in this crisis a bit bewildered or skeptical. They may ask, "So what? How do these words translate into the reality of program planning?"

Good questions. We must use the notion of "promoting health for everyone" as a guide or framework for planning some concrete activities for AAW. There's a lot of flexibility and potential for change in how we think about and do our work:

*instead of solely prevention education...let's think of education for People Living with HIV and AIDS;

*instead of "doing for", let's think of "doing with" our target audiences and involving them in the planning stages;

*instead of working in isolation, let's collaborate with other agencies and individuals in our communities.

*instead of gearing all our efforts to traditional/mainstream audiences, let's reach people who have been marginalized or ignored for too long.

To accomplish these aims and more, an AIDS Awareness Week Steering Committee has been struck. The Committee, consisting of energetic volunteers and staff members, has already met several times. Members are examining the various activities AVI (or individual members) has been involved with in past years, and how can we use this year's theme to plan a few innovative events for this October.

For more information or to join us, please call Susanne Klausen at 598-5863.

Aaron Severs
Coordinator of Education Services

Michael: What this play in particular is trying to do is shift the typical structure of stories we have about AIDS. And this is important to note -- especially in this forum of an AVI newsletter -- that most of the stories we get about AIDS describe a similar set of events which usually begins with a young person's life cut down in it's prime with diagnosis. What follows in this continuum is anger, denial, rage, depression, leaving us at the end of the story with some kind of noble, silent, tragic death.

Robert: The very definition of tragedy.

Michael: It is. And this is great. We all cry, we feel bad about it all, and it is dynamite for theatre. But what this approach tends to do, is give us a narrative of AIDS that emphasizes diagnosis and death with little between. What we don't get enough of are the stories of people *living* with AIDS. My play absolutely and categorically resists the diagnosis to death continuum.

Robert: But don't you think that because no one dies in *Beat the Sunset*, you might be accused of being too optimistic?

Michael: It's by no means all tied up in a bow. But at the same time I'm not interested in creating something that is going to devastate us all as viewers. And by same token, I don't want to create a false sense of resolution as well.

Robert: Would you then say you are being realistic rather than overly optimistic?

Michael: Well, sure. The arts reflect what is happening in our world. They do so through our most powerful and effective media. The arts literally *move* people, and what I am hoping this play will do is move people enough to change their ideas of what AIDS is. I haven't mentioned this, but the play contextualizes AIDS within the history of epidemics to help us all understand that the kind of reactions we had to leprosy 800 years ago are the same reactions we are having to AIDS today. If we want to move people to change -- to activism -- we need to change the way they see the world. AVI's tremendous support of this endeavour demonstrates how well this is understood by the people there. I think that together, we can make a difference here in Victoria.

Company Epidēmos is presenting "Beat the Sunset" (sponsored by AVI) at the Victoria Fringe Festival between August 27 - September 5. Tickets are \$7. For showtimes and advance tickets, call Kaleidoscope Playhouse at 383-2663.

CIRCLE THESE DATES

Speakers' Bureau & Education Committee meeting on Thursday, August 19, 1993, from 7:00 - 8:30 pm. Tour of PWA Society - Capital Region at 613 Superior Street (To be confirmed).

Next AIDS Helpline meeting on Wednesday, September 8, 1993, from 5:00 - 6:00 pm in the Living Room (August free..so Enjoy!).

VOLUNTEER NEWS

VOLUNTEER OPPORTUNITY

Position: Editor, The Update

Term: To commence immediately.

Very strong written and spoken communication skills are required for this interesting part-time position. The committee is looking for someone who has experience with **Pagemaker** and **WordPerfect** programs, with preference for a candidate having a background in layout and design.

Responsibilities include soliciting the various departments and committees of AVI for submissions, brainstorming with other volunteers for article ideas, writing articles/transcribing interviews, proofreading copy, and organizing regular Update meetings with the other volunteers. The position will also entail developing the future direction of the newsletter in consultation with the Communications Committee.

The position requires an average 12-15 hours a month. If you are interested in this challenging and rewarding volunteer opportunity, contact JoAnn Reid at 384-2368.

VOLUNTEER OPPORTUNITY

Position: Chair, Resource Development Committee, AVI

Term: To complete the existing term to end of September 1993, upon appointment by the Board, with the possibility of re-election at the Annual General Meeting.

This dynamic individual is the community link to all fundraising programs at AIDS Vancouver Island. Some of these activities include bingos/casinos, lotteries/raffles, special events or presentations, Care to Dance, Bizarre Bazaar and many others.

Responsibilities include overseeing the development of an annual fundraising plan, evaluating current and future fundraising projects, such as corporate sponsorship and business venture opportunities.

Some of the qualifications for this exciting position include strong interpersonal skills, a keen sense of fun, and boundless energy! A strong background in community involvement, with established links in the graphics, artistic, and service club communities is a definite asset, along with experience in resource development and fundraising. Candidates should also show an awareness of HIV/AIDS and demonstrate a commitment to the goals and mandate of AVI.

This position requires about 2 - 3 hours weekly for ongoing planning with committees and staff, excluding monthly Board of Directors meetings. If you are interested in this important volunteer position contact Christine Morissette by August 10, 1993.

WOMEN & AIDS PROJECT UPDATE

Do you wonder why AVI has a Women's Project? Are you waiting hopefully for more news of us? All are welcome to a presentation and discussion on Women & AIDS on Wednesday, August 11 from 7:30 - 10 p.m. at the office. We'll talk about transmission, symptoms, risks, how to reduce them, and healthier living with HIV from some women's perspectives. A video will be shown. Admission, refreshments and childcare are free. Bring friends - the session is public.

The Women's Project has been meeting regularly, developing as a group. We've met with Vancouver's Women & AIDS project coordinators, we've gathered books, brochures and articles and we plan on ordering more as we come across others we like. Members have shared info from conferences on Women's Health here in Victoria, Pediatric HIV/AIDS in Vancouver, Traditional Chinese Medicine & HIV in San Francisco, and AIDS conferences in Southern Africa. Five new members have joined since our first "official" presentation during the most recent orientation. We are planning ahead for education sessions on topics of interest to us and others and welcome ideas from all. Women interested in coming to meetings or finding out more about the project can call Susanne Klausen @ 598-5863 or Hannah Cowen @ 721-0170.

LET'S MAKE AIDS AN ELECTION ISSUE

The mandate of the current federal government expires in November of this year. The speculation among Ottawa insiders is that Kim Campbell will call an election for October 25th.

It is important that the members of AVI use this opportunity to let the candidates know that AIDS and AIDS funding are important issues to people living on Vancouver Island. Here are ways that this can be accomplished:

- * Attend local all-candidates meetings and ask the candidates what their (or their party's) position is with respect to current levels of funding for AIDS research, education, and support;

- * Tell canvassers for the various candidates that AIDS and AIDS funding are important issues and will affect your vote;

- * Mention AIDS issues if you are contacted by any national polling firm;

AVI is attempting to set up an all-candidates meeting specifically on health issues, so watch for further information in the upcoming issues of the Update.

Let's make sure the politicians know the AIDS crisis is not over.

Doug E.
Volunteer

PWA SOCIETY VICTORIA BRANCH

Name Change: for reasons of simplicity and practicality we have changed the name of our group to the PWA Society - Victoria Branch. Our relationship to the Vancouver PWA Society is unchanged and we continue as an outreach project of that organization.

Office and Library: 613 Superior Street. Open 12:00 to 4:00 pm Monday through Saturday. Phone 383-7494

Support Meetings: Thursdays at 7:00 pm for all HIV positive persons and their primary support partner. We share information and experiences related to our common condition.

Massage and Shiatsu: by Frank on Saturdays by appointment. By donation.

Acupuncture Clinic: by Dore Vanden Heuvel, Doctor of Traditional Chinese Medicine, on Tuesdays and Thursdays by appointment. All positions booked; waiting list available for new clients. By donation.

Entertainment: a limited number of complementary tickets are available to our members for local theatre productions.

Clothing: lots of clean useable clothing available free.

Support and Advocacy: Roshni Narain of AVI will be in our office August 4, 18 and September 1 to provide local advocacy with Social Services and support counselling. Drop-in and appointments.

Hair Cuts: Joe the Barber will be in Tuesday August 24. By appointment. Free.

Food Bank: orders in by Wednesday 4:00 pm; pick-up and/or delivery on Thursday afternoon. Thanks to Vince and Jim for making this operational again.

PWA Health Education Series #16: Healthy Eating Makes A Difference: A Food Resource Video For people Living With HIV. An easy to understand introduction of practical ways to improve the quality of life for people living with HIV. August 19 at 7:00 pm.

PWA Health Education Series #17: Gastro-Intestinal Disease In HIV, a video presentation by Dr. Scott Whittaker, gastroenterologist at St. Paul's Hospital, Vancouver. August 26 at 7:00 pm.

Special Meeting: all HIV+ persons on Vancouver Island are invited to a special meeting with the Pacific Region Board members of the Canadian AIDS Society on Friday August 13 at 3:00 p.m.

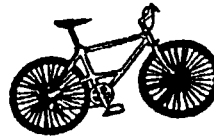
The meeting will give a forum to the regional HIV community to articulate what concerns and issues they want addressed at the national level.

Bike Hike: the energetic are invited to participate in a

bicycling day trip to Salt Spring Island on Sunday August 29. Please meet at the PWA Wellness Centre at 9:00 am. You will need to bring your bike, a lunch and \$20.00 for the Ferry. Call Bill at the office on Monday, Wednesday or Friday.

WE ALWAYS WELCOME DONATIONS OF NON-PERISHABLE FOOD ITEMS AND CLEAN RE-USEABLE CLOTHING AND HOUSEHOLD ITEMS. WE ALSO WELCOME VOLUNTEERS OF ANY HIV STATUS.

SALT SPRING ISLAND



IS ALL YOU NEED FOR A DAY OF SCENERY

9:00 A.M.

SUNDAY AUGUST 29, 1993

PWA WELLNESS CENTRE

613 SUPERIOR STREET, VICTORIA, B.C.

(604) 383-7494

You will need approximately \$20.00 for the ferry ride, lunch and whatever else you want to spend money on. Call Bill if this appeals to you.

THE MEN'S PROJECT - NEWS FLASH!

The Men's Project, a new and creative outreach effort at AVI is aimed at gay and bisexual men who are faced with the reality of being sexual in a world with HIV. The program plans to cover everything from safer sex in public sex environments, to homophobia and gay bashing.

We have had 3 meetings, met with several key contact people, and are slowly involving more players who are in the gay/bi male scene, who are potential users, or just plain interested in lending a hand.

If you are enthusiastic and interested, please call Aaron at 384-2368.

Toll Free Number for Clinical Trials Information

The Clinical Trials Network has recently installed a 1-800 number for use by all Canadians seeking information about HIV clinical trials or the services of the Network. Call toll free: 1-800-661-4664. The switchboard will direct you to the appropriate individual.

GOOD-BYE TO WINDI

Windi Earthworm passed away in hospital in Victoria on July 16, 1993.

Windi was best known for his outspoken approach to AIDS activism and the need to draw attention to the issues faced by people living with AIDS. Windi was a former volunteer with AVI who spent much of his time and a great deal of his energy in the past two years as one of the founding members of the Capital Region project of the Vancouver Persons with AIDS Society. In addition, Windi was at one time an activist in Montreal before pursuing his work with ACT-UP on the west coast.

Always stimulating, often controversial, Windi's fight against AIDS was unrelenting. I value a conversation he and I had a year ago at this time when I first met him enroute to a conference in Nanaimo. At that time, in his very candid way, Windi shared with me his personal philosophy as an AIDS activist:

He said, "Dale, this world needs radicals like me so that the powers that be can listen to the moderates."

You are right, Windi. We do need radicals. You kept us on our toes. And you helped many people listen to what a world with AIDS is all about.

If there is a "somewhere else" after death, Windi, I know that you are making them listen.

You'll not be forgotten.

Dale Weston
Executive Director

FRANK TALKS ABOUT SUPPORT

July 16, 1993

Dear Fellow Members:

My name is Frank and I'm a gay male living healthy with HIV. Last November I discovered that I was sero-positive and at first I didn't think much of it. While doing massage work on those of us who are healthy and not so healthy I began to imagine myself on the massage table as one of the not-so-healthy. Feelings began to surface, but, like most of us I kept those feelings to myself. I thought I was handling things quite well until last week when I started to tell myself, "I don't want to die."

It was only through sharing these feelings with a PWA support group that I realized that it was okay to have these kinds of feelings. I got to talk about what death meant to me. I concluded that my thought process can either keep me healthy with HIV or it can destroy me.

I would encourage people with HIV to attend support meetings. I found out that sharing feelings raised a great burden off my shoulders and that was no easy task for me. I tend to build walls around myself: "I will help you but I will not ask anyone to help me".

If you cannot make it to a support meeting and would like to share your feelings in writing please feel free to contact me. Thank you for giving me this opportunity for sharing.

Frank M.
c/o Box 8120
Victoria, B.C.
V8W 3R8

"12 - STEP GROUP FOR GAY MEN"

Of interest to gay men who are familiar with the anguish and feelings of powerlessness resulting from compulsive behavior(s), a support group is forming based on the 12 Step Recovery Model. Members will meet in a safe, caring, non-judgemental environment to encourage, support and help each other in modifying their destructive behavior(s). For a thorough description of the addictive process as it relates to gay men, a highly recommended book is: "EASING THE ACHE: Gay Men Recovering from Compulsive Behaviors", by David Crawford, available in the AVI Library-Resource Centre. For further information about meeting times and location, phone 595-4816.

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Have you been having difficulty in reaching AVI through the switchboard recently? Are your attempts to dial us being met with persistent busy signal? Let us know if this happens on a regular basis.

Your call is important to us and we need to know whether the current phone system can accommodate the numbers of telephone calls that are being generated by the programs and services at AVI. With over 20,000 calls expected in 1993 (twice that of 1992), the switchboard may be in need of an upgrade, particularly with the number of calls coming in from communities across Vancouver Island and the Gulf Islands.

Send us a line or call (if you can get through!!).

SUPPORT SERVICES

CURT SAYS.....

Goodbye to July now that August is upon us (at least Barb C. will appreciate the rhyme). Some information updates from Support Services are in order. We have recently posted scheduled hours of operation for the Living Room, including PWA drop-in times. Please check the schedule to ensure that your event is listed.

There will be a new HIV+ Men's Support Group in the Living Room beginning in September. Colin Barrow, a social worker, has offered to facilitate this group open to all HIV+ men. Meetings are tentatively scheduled to begin on Monday September 13th from 5 to 7 pm. Please see Support Services staff or check September's Update for confirmed dates and times.

Another group for men recovering from compulsive behaviours is scheduled to begin in the Living Room on Thursday, September 9th from 7 to 9 pm. This will be an unfacilitated 12-step group open to all gay and bisexual men. See related article in this month's Update.

There will be another Support Services training in September. The weekend of September 18-19 has been tentatively proposed. Please sign up with Curt or Roshni and confirm the dates.

There will be no Support Volunteer meeting during the month of August. Individual volunteers who wish to make appointments with Support Services staff are encouraged to do so. The next Support Services meeting is, therefore, scheduled for Tuesday, September 21st from 5 to 7 pm in the Living Room. Please come out and greet the new volunteers. At July's meeting we were treated to a demonstration by the Victoria Taoist Tai Chi Society. For those interested in this fascinating and beneficial form of exercise, see Curt or Roshni for more information or call 383-4103.

Support Services Volunteers are also being encouraged to become involved in the Programs and Services Committee of the Board. Those interested should speak to Curt or Bryan Teixeira if they would like to attend the next meeting on Tuesday, August 10th at 6 pm in the Living Room.

Roshni is spending every second Wednesday afternoon (from noon to four pm) at the PWA Society Capital Region's office at 613 Superior Street. Please drop in or make an appointment to see Roshni during these times.

Finally, I would like to express my thanks to Holly Nelson and her bevy of volunteers who managed to raise \$3,400 for the Emergency Assistance Fund from Bizarre Bazaar. Thanks, everyone. You're amazing!

Curtis Magnuson
Support Services

A CALL FOR FRIENDS.....

I am a 10 year old boy who has lost my father to AIDS. I didn't know much about AIDS until my Mom had to explain to me why my Dad was sick. We went to the hospital to see him and it was pretty scary, I wasn't allowed to touch him and that made me angry. After awhile Dad and I talked he didn't have much strength so Mom and I left and went home. I asked Mom what was wrong and at first she told me Dad had arthritis and a lung infection she didn't explain to me until later that he had AIDS. I didn't understand what AIDS was. I thought a man had to be gay to get it. Mom explained about Dad's drug problem and told me Dad had gotten the virus from a dirty needle. I felt bad at first then I tried to forget about it I just went in my room and played with my toys.

It wasn't long after our visit that Dad died. It made me angry that we didn't have more time together.

At the funeral Mom cried a lot. As I was looking around I saw a girl who looked like me, Mom explained to me that she was my sister that we had the same Dad. I'm glad that I met her cause we can share our feelings about our losing our Dad. Sometimes we talk about him we talk about how nice he was and stuff like that. We don't talk about AIDS and stuff cause it's still too hard. What I want to say to the other kids is that it is o.k. to cry it helps to get rid of the anger. But sometimes the anger takes over cause I can't make the other kids understand how I feel.

I don't wish that there were more kids like me but I know there are some. I wish there a place or some way we could get together to talk maybe then I wouldn't get so angry. I also wish that there were more books at school about AIDS and feelings to help me and the other kids understand more about them.

If you are a pre-teen that may loose or have lost someone you care about to AIDS and would like another kid to talk to join the:

LANCE PEN PAL CLUB

Write to me at

MAINLINE

2385 Agricola St.

Halifax, N.S.

B3K 4B8



A United Way Member Agency

BOOKNOTES



By: Brian Barton, RDN

HEALTHY EATING MAKES A DIFFERENCE: A FOOD RESOURCE FOR PEOPLE LIVING WITH HIV/AIDS (BOOK AND VIDEO)

Good nutrition makes a difference! Dietitian Sheila Murphy eloquently illustrates this for us in these 2 new resources produced by the Canadian Hemophilia Society and Health and Welfare Canada.

The video consists of 4 sections: 1) the immune system and the importance of food; 2) healthy eating ; 3) food safety; and 4) People living with HIV/AIDS discuss their experience combating nutritional problems. Play time is 42 minutes and it can be watched all at once, or in sections.

The videotape presents practical nutritional information in an appropriate and upbeat fashion. For readers needing a simplified explanation of how the immune system works, section I will help. "Canada's Food Guide for Healthy Eating" (released fall, 1992) is the basis for section 2 which demonstrates how to build a nutritious diet. Vegetarian diets are also discussed. Proper food handling is important to everyone because most cases of food poisoning happen in the home and section 3 helps all of us get on track. Finally, section 4 discusses common problems, such as nausea, diarrhea, thrush and swallowing problems. The video stands alone, or it can be supplemented by the 200 page resource book.

Large print and plenty of "hands on" information makes **Healthy Eating Makes a Difference** a must read. Besides reviewing much of the information in the video, the resource book has more than 50 pages of simple, appealing, budget-wise recipes - all of which have been tested. Other important nutritional concerns are also discussed throughout the resource book: vitamin/mineral supplements, drinking water and dietary fats are covered, just to mention a few.

Today we find ourselves in an environment of rapidly changing information promising to improve health. This is especially true for People Living with HIV/AIDS. As a result, we tend to overlook the old standbys and look to quick fixes which often make unrealistic promises. Amongst all this, "Healthy Eating Makes a Difference" shines through and brings us to a place where we can take control of an important part of our plan for health with realistic, practical nutritional information.

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."

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SUITE TO RENT

- 2 Bedroom suite in house.
- private entrance
- UTILITIES included
- private yard
- gay household
- \$690. per month (+ 1/2 deposit)
- **NON-SMOKERS/**pet negotiable
- Available for August 1/93
- Tel. Joshua at 385-7884

Think About It!

For many of us, our AVI calendars fill quickly with dates for meetings, orientations, special events, and sometimes - if we're lucky - time to celebrate the work we do, and the spirit in which we do it.

So get out your calendars and circle October 2nd, as a time to do all of the above and more.

We hereby give notice of.....

WHAT? AVI'S Annual General Meeting

WHEN? Saturday, October 2, 1993
from 2:00 - 4:30 p.m.

WHERE? TBA

WHY? ** to reflect on the past year, and to embark on the future
** to honour all those who have contributed to our vision

Reports will be presented by committee chairs, Directors will be elected to the Board, and refreshments will be served to one and all.

Further details will be mailed to all members of AVI prior to the AGM.

We look forward to seeing you there.

THE LIVING ROOM HOURS OF OPERATION

MONDAY	9:00 am - 11:00 am 11:00 am - 2:00 pm 2:00 pm - 5:00 pm	Unscheduled Meetings Reg. Massage Therapy PWA Drop-In	Sign up in red binder LaDonna Smith, R.M.T. All PWAs welcome
TUESDAY	9:00 am - 10:00 am 10:00 am - 1:00 pm 1:00 pm - 5:00 pm 5:00 pm - 7:00 pm	Unscheduled Meetings Body Work with Frank PWA Drop-In Support Volunteers	Haircuts from 1:30 pm - 5 pm on the SECOND Tuesday of the month with Joe the Barber 3rd Tuesday of the month
WEDNESDAY	9:00 am - 12:00 pm 12:00 pm - 3:00 pm 3:00 pm - 5:00 pm 5:00 pm - 7:30 pm 7:30 pm - 9:00 pm	Unscheduled Meetings PWA Drop-In Staff Meeting Women's Group Women's Project	Sign up in red binder All PWAs welcome 1st, 3rd, (5th) Wednesday 1st, 3rd, (5th) Wednesday EVERY Wednesday
THURSDAY	9:00 am - 1:00 pm 1:00 pm - 5:00 pm 5:00 pm - 7:00 pm 7:00 pm - 9:00 pm	Unscheduled Meetings PWA Drop-In Unscheduled Meetings Speakers' Bureau	Sign up in red binder All PWAs welcome Helpline Meeting 3rd Thursday of the month
FRIDAY	9:00 am - 1:00 pm 1:00 pm - 5:00 pm	Unscheduled Meetings PWA Drop-In	Sign up in red binder All PWAs welcome

SHARI ULRICH TO DO BENEFIT ON SALTSPRING

On Saturday, October 9th, Salt Spring Island is the place to be.

That's the day Shari Ulrich will be on hand as this year's guest performer at the upcoming Benefit Concert in Ganges. Last year's successful event raised \$3,000 in support of the Emergency Assistance Fund and featured among others, musical talent, Ferron.

AVI and the concert organizers, Liz Forrest and Gloria Valencia, will work to bring more information your way in September regarding tickets, accommodation, and what always turns out to be one of the most enjoyable and entertaining events in the fall.

Watch for more details and plan to spend the weekend on Salt Spring!!!



AIDS Vancouver Island

August 1993

DIRECTORY

**AIDS INFO LINE
(VICTORIA)
384-4554**

**TOLL-FREE INFO LINE
1-800-665-2437**

**ADMINISTRATION
384-2366**

**EDUCATION
384-2368**

**FACSIMILE MACHINE
380-9411**

**ISLAND OUTREACH
PROJECT (COURTENAY)
335-1171**

**ISLAND OUTREACH
PROJECT (FAX)
335-1178**

**SPECIAL EVENTS
384-5595**

**SUPPORT
384-1511**

**STREET OUTREACH
(OFFICE)
384-1345**

**STREET OUTREACH
(PAGER)
388-6275 - #1542**

**VOLUNTEERS
384-2368**

S/S	M	T	W	T	F
31 1	2	3 Body Work - Frank 10:00 am - 1:00 pm	4 Women's Group 5:00 - 7:15 pm Women & AIDS Project 7:30-9 pm Family Friends & Lovers Support Group @ 7:30 - 923 Burdett Street	5	6
7 8	9 Massage Therapy - LaDonna 11:00 am - 2:00 pm Men's Project 5:00 - 6:30 pm	10 Body Work - Frank 10:00 am - 1:00 pm Joe the Barber 1:30 - 4:30 pm	11 "Women & HIV/AIDS - A Panel Discussion" 7:30 - 10:00 pm Family Friends & Lovers Support Group @ 7:30 - 923 Burdett Street	12	13
14 15	16 Massage Therapy - LaDonna 11:00 am - 2:00 pm	17 Body Work - Frank 10:00 am - 1:00 pm	18 Women's Group 5:00 - 7:15 pm Women & AIDS Project 7:30-9 pm Family Friends & Lovers Support Group @ 7:30 - 923 Burdett Street	19 Speakers' Bureau & Education Committee Meeting 7:00 - 8:00 pm @ 613 Superior Street (to be confirmed)	20
21 22	23 Massage Therapy - LaDonna 11:00 am - 2:00 pm Men's Project 5:00 - 6:30 pm	24 Body Work - Frank 10:00 am - 1:00 pm	25 Family Friends & Lovers Support Group @ 7:30 - 923 Burdett Street	26	27 "BEAT THE SUNSET" SHOWTIME - 6:00 PM AT FRINGE FEST
28 29	30 "BEAT THE SUNSET" SHOWTIME - 7:00 PM AT FRINGE FEST	31 Body Work - Frank 10:00 am - 1:00 pm	Living Room drop-in hours (unless booked) are as follows - Monday 2 - 5 Tuesday 1 - 5 Wednesday 12 - 3 Thursday 1 - 5 Friday 1 - 5		

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.