


THE UPDATE

 AIDS Vancouver Island

APRIL, 1994

Volume 7, Number 9

KEN LIBBEY **SEPTEMBER 13, 1946 -** **MARCH 1, 1994**

A man described as the heart and soul of AIDS Vancouver Island left us on March 1st, and he is greatly missed already. "Ken Libbey represented the movement at a time when it was still someone else's disease," said executive director Dale Weston. Ken was a long-serving member of AVI's Board of Directors and former board president, and was instrumental in bringing the realities of AIDS into the open in Victoria and up-island communities. He added a human side to the disease, and lent himself to everything he did.

Ken saw AVI grow from 2 members to 150 volunteers and 10 full-time staff. He was also instrumental in establishing Network '92, an AIDS conference held in Nanaimo in June 1992. He supported the establishment of the Victoria AIDS Respite Care Society (VARCS) and pushed for initial funding for the pilot project which has now gone on to become a recognized and respected organization.

AVI has lost one of its most thoughtful and charismatic speakers. Ken spoke over the past 5 years to many community groups and school students with the commitment to pass along information to prevent the spread of HIV/AIDS, and to help others overcome their fears and prejudices surrounding the disease. Ken's sense of humour, endless smile and caring will live on in the hearts of all who knew him.



Reference Material
NOT FOR LOAN
AVI Resource Centre

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

"BUDDY"- QUILT

Ken Libbey was a many faceted man. This Memorial Quilt attempts to address the Ken I knew over a four year period both as a dear friend to my husband and me and as my very special "Buddy".

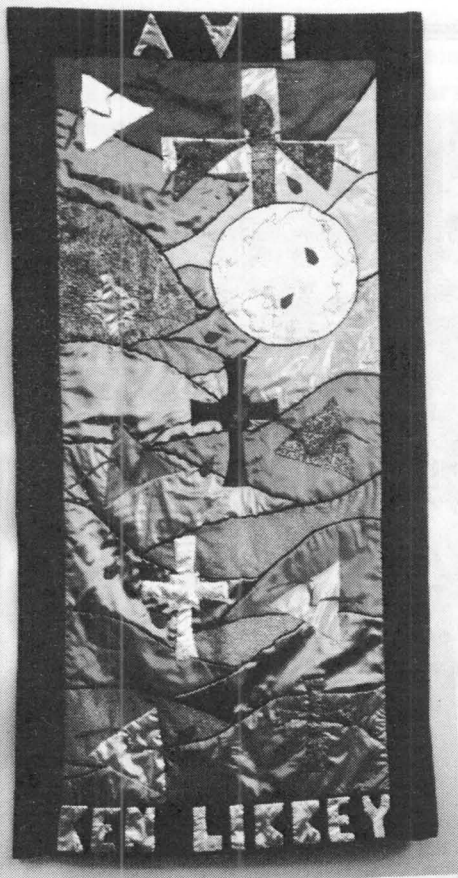
My "Miracle Man" had a deep Christian conviction and, despite a display of homophobia on the part of some churches, Ken never lost his faith. He worked to inform and educate within the church, often knowing that while his message would be rejected by many, it would also enlighten some.

His commitment to AIDS Vancouver Island and its mandate to educate the public and to support People Living with HIV/AIDS was total, even when he was desperately ill. Ken cried for all who

suffered and who continue to suffer from this disease.

People Living with HIV/AIDS are perhaps thought of as modern day "Lepers". Let us instead adopt Ken's optimism and ensure that all Christians follow the example Jesus set for us. This panel shows Christ's tears for humankind. The repetition of the AVI symbol and the Christian Crosses emphasizes the growing Christian understanding of all the issues surrounding HIV/AIDS.

Nancy Bansgrove.



VOLUNTEER VOLUNTEER RECOGNITION WEEK

April 17 - 23 marks National Volunteer Recognition Week in Canada. AIDS Vancouver Island is delighted to host an Evening at the Art Gallery of Greater Victoria on April 20th, from 7:30 - 10:00 pm. We set aside this evening to honour our volunteers and the invaluable contributions they have made to AVI and the communities we serve. Through pleasant surroundings (the galleries and gift shop will be open), great food, presentation of AVI pins and achievement awards, entertainment, prizes and good company (yours!) we strive to acknowledge the many men and women from all walks of life, age groups, sexual orientations and ethnic backgrounds who combine their energy and enthusiasm to make AVI work.

AVI maintains between 130 and 140 volunteers who work at a myriad of tasks - from Kit and Irene on the Helpline to Debbie and Elizabeth in the Resource Centre; from Bart and John giving talks out in the community, to Linda and John in the office; from Nancy, Rob and Rina supporting their buddies to Jackie and Archie offering their practical support; from Ned and Peter at the Street Outreach to Shawn from the Men's Project; from Debbie and Hannah with the Women & AIDS Project to Anne and Laura working on Special Events & Fundraising; from Didi, Frances, et al at the Update to Christine, our intrepid President and her colleagues on the Board of Directors, the list goes on and on.... For a complete list (I hope!) of AVI volunteers over the past year look elsewhere in this edition.

To those of you who have just completed the last course and to those of you somewhere in between, my sincere thanks for your interest in AVI and your commitment to our mandate.

You are the reason I'm still at AVI and I'm very grateful to you - The AVI Volunteer. See you on the 20th - a little culture never hurt anyone!

JoAnn Reid
Coordinator of Volunteers

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.

Daphen Armstrong (Editor)

Jennifer C., Christine M., Frances H., Didi M., Holly N., Lois M.

DIRECTOR'S UPDATE

STRATEGIC PLANNING: THE JOURNEY CONTINUES

Since our last update in the Update, the Strategic Planning Committee has been doing inventory at AIDS Vancouver Island. With the help of the Board of Directors and staff, we've gathered up job descriptions and mandates for programs and committees. We've dusted off policies and procedures in an attempt to understand the guiding principles of our work. And we've begun to take a closer look at what we do. We call all of this Taking Our Temperature: Phase 1.

Phase 2 is where you come in. By the end of March, we'll be asking you to help us take temperature at AVI. We will ask our community - clients, members, volunteers, colleagues, co-workers and associates - three questions:

1. what works for you at AIDS Vancouver Island?
2. what would you like to see done differently?
3. what direction would you like AVI to head in the future?

Please ensure your voice is heard: every response is important to us.

We hope to hear back from everyone by mid April, though it will take some time to record everyone's ideas. In the meantime, we invite you to come out to AVI on April 28 for a general information session. It'll be a time to meet the committee, find out where we are in the strategic planning process, and ask your burning questions.

In the meantime, be a part of Taking Our Temperature: Phase 2. Stay tuned for the questions. Forward your answers to AVI. Call Christine Morissette, Bart Wittke or Bryan Teixeira if you want to know more. Or better yet, come to the information and update session on April 28 at 7 pm.

Christine Morissette
Chair, Strategic Planning Committee

MESSAGE ON THE MOVE....

I have offered Massage Therapy in the Living Room at A.V.I for the past 15 months. During this time I have been touched by the grace and humour of individuals on courageous healing journeys. I have seen the benefits of an ongoing therapeutic and caring partnership and I want to be part of making this valuable service available to more people. It's spring - time for change and new growth. I will be discontinuing my weekly visits to A.V.I., and instead seeing people at my own office AND helping Curtis coordinate a broader community based Massage Therapy Service. While I will greatly miss my Monday visits to A.V.I. and the hugs, laughter and sense of community which has nourished me, I envision creating a team of Massage Therapists who can offer support to one another to bring new and welcome rewards. With more therapists volunteering to work with one person at a time, the continuity which gives the special foundation to this work will be assured. Thank you Curtis and Roshni for your support to me personally and professionally. I'll still have to stop by A.V.I. for the BEST HUGS IN TOWN!

LaDonna Smith R.M.T.

EDUCATION

EFILING TAX RETURNS

Mari Bishop, a student at the Institute of Chartered Accountants of BC, is available to provide free income tax returns for PWAs. Drop off your return to Support Services Staff.

EFILING PERSONAL INCOME TAX RETURNS TO SPEED UP PROCESSING OF REFUND CHEQUES

Efiling refers to electronic filing of tax returns. A major advantage to efilng is the decrease in the time required for Revenue Canada to process your return. In past years it took Revenue Canada six to eight weeks to process tax returns and mail out refund cheques (where applicable). Last tax season, individuals who electronically filed their tax returns received their refund in anywhere from six days to two weeks (although of course there are no guarantees!).

Last tax season there were a number of booths set up in the different malls to Efile T1's. The charge for taking your manually prepared tax return and Efilng it was about \$18-\$20. This is substantially lower than the fees charged by cash back options (15% first \$300, 5% thereafter, plus \$2.10 GST; refund available third day after return filed). For example, the fee for a \$500 refund using a cash back alternative would be \$57.10, and you would receive your refund in three days. The fee for Efilng the same manually prepared T1 should be less than \$10, and you could expect to receive your refund cheque within two weeks.

Note also that at least one company offering cash back is not able to provide that service if your refund is less than \$100.

Whether you choose to Efile, use a cash back option, or put your tax return in the mail, it's always nice to know the alternatives.

WOMEN & AIDS PROJECT

What is the Women and AIDS Project?

We are a group of dynamic women with a set of goals and a work plan to identify the issues and strategize to meet the needs of Vancouver Island women with regards to HIV and AIDS. We meet every two weeks, and in between provide educational sessions, often liaising with the AVI Speaker's Bureau, Education Committee and Volunteer Coordinator in meeting requests for speakers. We receive input from and provide support to Roshni, the Support Worker, in order to reflect the needs of AVI's HIV positive women clients.

What is the history of the Women and AIDS Project?

It began in November 1992 when Suzanne Klausen, then a Board Member, called the first meeting of all interested women members of AVI. From the initial twelve, a core of four women emerged and laid the groundwork to give the project a sense of purpose and cohesion. We gathered resources on symptoms and social issues. We ordered information pamphlets on women and HIV in conjunction with Aaron Severs, Coordinator of Education Services. We gathered input from HIV positive women and the Vancouver Women and AIDS Project to guide our goal setting towards education and community outreach. Members of the Women's Project have provided a half day session as part of AVI's core Volunteer training in the last three trainings. A very successful public information panel presentation on women and AIDS drew 50-60 people to AVI in August 1993 and featured Hannah, Nancy, Linda and Suzanne as speakers. The Women and AIDS Project has grown to 10 members, with new women joining from each volunteer core training. We held an all-day brainstorming and planning session in January 1994 to define our mandate more clearly and to identify goals for our work for the upcoming years.

What is the Mandate for the Women & AIDS Project?

The Women and AIDS Project will complement and further AVI's mandate by focusing on the impact of HIV/AIDS in women's lives. In keeping with AVI's mandate to confront AIDS through education, support services, and advocacy, the Women's Project will operate to assist AVI in better meeting the needs of women. By sharing our knowledge and perspectives about "Women and AIDS" with AVI and other individuals/groups, the Women's Project will work towards two central goals: 1) reducing the rate of HIV infection in women by providing prevention education that is relevant and useful to women and 2) strengthening the community of support for women living with HIV and AIDS.

What are the Objectives for Women & AIDS Project for the next year?

1) Ongoing education for ourselves, new volunteers and other AVI members, and the public by continuing to provide public speakers.

2) Raising awareness about the issues surrounding women and HIV/AIDS at public events such as AIDS Awareness Week, Take Back the Night March, International Women's Day, the Commonwealth Games, Care to Dance, etc.

3) Raising awareness at AVI about issues such as sexism, racism, and classism and how they affect women with HIV/AIDS and the societal structures that provide support.

4) Developing a brochure for HIV positive women about how to negotiate the Health Care system and to advocate for themselves.

If you would like to know more about the Women & AIDS Project, call Roshni at 384-2366.

aids - recovering from selfish pain

*in pain and joy
...dualism blurs
for my brother is also
...my friend
and when his journey inevitably
transcends mine
...i shall see him again
neither in 'heaven' nor in 'hell'
but in the colours of the butterfly
the songs of the loon
in the solitary howl
of the wolf
and the light
of the moon
for the boundaries are gone
and my brother shall live
forever on...
in me.*

kate penner

SUPPORT

Shiatsu is a style of massage derived from traditional Chinese medicine, which postulates that electromagnetic life energy flows along invisible body pathways, or meridians, and that illness occurs when energy becomes blocked at these specific pressure points. Meridian-based bodywork encompasses a variety of approaches based on acupressure (acupuncture with finger pressure instead of needles) to unblock energy paths by manipulating the pressure points in order to restore health and balance.

Shiatsu has been used widely in Japan for over 1000 years, both for treatment of illness and general health maintenance. The practitioner uses palms, thumbs, elbows, knees and feet to apply rhythmic moderate pressure all over the body, sometimes gently stretching areas to bring the meridians closer to the surface. It also includes deep breathing to help release tension and stimulate energy flow. The treatment is done on a futon at floor level, while the patient remains fully clothed.

Shiatsu affects muscular, skeletal and other internal systems to regulate nerve functions, strengthen resistance to disease, improve circulation and make joints more flexible.

Shiatsu is helpful for:

- neckache, whiplash and other traumas
- tension and migraine headache
- backaches, arthritic pain
- muscle stiffness, cramps and spasms
- menstrual problems
- appetite, digestion, constipation
- anxiety, stress, insomnia
- bursitis, tendonitis, frozen shoulder
- sinus congestion

Although I predominantly practice Shiatsu I incorporate other forms of healing into my treatments, including therapeutic touch (use of practitioner's hand to redirect energy flow without touching the patient); aromatherapy (use of essential oils applied topically); and reflexology (manipulating the reflex points on the feet).

For a referral (women only) call Support Services at AVI.

P. Escobar

ART OF AIDS RAFFLE A SUCCESS!

Congratulations to the nine winners of the ART OF AIDS RAFFLE, drawn on February 12, 1994:

Marla M.	Dwayne V.
Shirley P.	Jack H.
Walter Q.	Leanne R.
Kathy M.	Sheel T.
Elizabeth D.	

This event was provided the generous support of some of Victoria's local framing businesses, and we would like to say a big THANK YOU! to them all: Frame and Save, Dale's Gallery, Picture Perfect Gallery, U Frame It, Framing Experience, The Final Art of Framing, and a special thank you to the folks at Prestige Picture Framing Etc., who kindly donated the framing of FOUR posters. The framing is beautiful!!!

Finally, many many thanks to the ticket sellers from AIDS Vancouver Island, Victoria Persons With AIDS Society, Victoria AIDS Respite Care Society, Salt Spring Island AIDS Committee, Nanaimo and District AIDS Collective, and North Island AIDS Coalition. We collectively raised \$1,145 for HIV and AIDS programs on Vancouver Island, proof that teamwork really does work!

CARE TO DANCE '94 COMES TO VICTORIA!

Pick up your pledge forms at AVI for Care To Dance '94. A minimum \$50 pledge or collection of pledges will be your admission ticket to bop to the folk-rock, jazzy sounds of Northern Junk, Loose and Out of Nowhere, on May 7th at S.J. Willis from 6 pm to Midnight. Call Holly at 384-2366 for more info, and don't miss THE EVENT OF 1994!

Holly Nelson

Special Events and Communications

LETTERS OF LOVE

Vancouver philatelist campaigns for AIDS stamp (From Canadian Stamp News December 14, 1993)

Blair Henshaw is not one to give up easily.

The West Vancouver man has been fighting for a Canadian AIDS stamp for nearly two years. He's been fighting the disease itself for even longer. And he's determined to give his all to each battle.

"The woman in the States (who campaigned for the U.S. AIDS stamp) was turned down by the United States Postal Service 12 times", Henshaw says.

He hopes the Canada Post Stamp Advisory Committee won't put him off that many times.

Henshaw submitted his first letter asking for a Canadian AIDS stamp to the Stamp Advisory Committee in January 1992. He expanded that letter to an eight page proposal this year. His proposal was turned down but Henshaw is optimistic since the USPS announced its first AIDS stamp release will be in 1994.

"The whole point is to create an awareness and this is just another way", Henshaw says.

Western postal administrations have been slower to recognize the impact that a stamp publicizing the disease could have. Henshaw, an avid philatelist, has added 35 AIDS stamps to his collection. Most of them were issued by African and Latin American nations. Many serve an educational purpose -- advising people how to protect themselves. A popular Argentinian AIDS stamp depicts a smiling condom armed with a shield and a sword.

Henshaw sent copies of his AIDS stamp proposal to all 294 MPs (three times!), 75 AIDS groups across Canada, the Governor General and provincial and national hemophilia societies.

In a letter to Hensaw, New Brunswick Premier Frank McKenna said the stamp "would be a most valuable vehicle for raising awareness" of HIV and AIDS. British Columbia Premier Mike Harcourt said a "fast-tracking" of the stamp was needed.

Henshaw is heartened by the support. He's lived with AIDS for eight years and began collecting AIDS stamps as an "outlet".

"I've lost a lot of friends too", he notes.

The stamp would be a fitting memorial to those friends.

His proposal called for an AIDS semi-postal from which a certain portion of money would go to an AIDS health fund.

Henshaw's collecting and campaigning has also branched out into exhibiting and an AIDS on STAMPS newsletter.

In October he put together an eight frame AIDS stamp exhibit for display at the Vancouver Public Library. The British Columbia Philatelic Society lent him the frames and encouraged him to enter the exhibit at their October Vanpex show. The exhibit won a silver in open class topicals and thematics section and the Lane Trophy in the same class.

On December 1, the exhibit appeared at Vancouver's Sheraton Landmark Hotel to mark World AIDS Day. To commemorate the exhibit, Henshaw prepared World AIDS Day show covers to raise money for AIDS charities. He also organized a raffle for an AIDS stamp collection and a silver bullion coin.

Henshaw began publishing the quarterly AIDS on Stamps newsletter last spring. The newsletter is packed with information on new AIDS stamp releases, AIDS day events and other items of interest. Half of the yearly \$10 subscription rate goes to AIDS charities.

AVI received the following letter from Blair Henshaw in December:

Dear Friends:

During the past year I have created several projects in conjunction with creating awareness of AIDS and stamps: through putting on public exhibitions of postage stamps of the world at the Vancouver Public Library in October during AIDS Awareness Week, to entering a stamp show (Vanpex '93) on a competitive level and capturing two awards, to a special one day exhibit on December 01, for World AIDS Day.

It was in the late summer that I was able to bring about the first issue of my quarterly newsletter A.I.D.S. on STAMPS and earmark 50% of the subscription fees to various AIDS charities in B.C.

I'm pleased to be able to include this cheque in the amount of \$60.00 payable to AIDS VANCOUVER ISLAND as a contribution to your efforts in the community. May I take a moment to wish you a happy holiday season and hopefully in the new year we may come one step closer to finding a cure for AIDS.

Sincerely,

Blair C. Henshaw

Blair, don't give up! Thanks so much for your generous donation!

PERSONS WITH AIDS SOCIETY VICTORIA BRANCH

Activities for April

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

SUPPORT MEETINGS: Thursday at 2:00 pm for all HIV positive persons and their support partner. We share information and experiences related to our condition.

INCOME TAX RETURNS: will be done free to members by a qualified accountant.

MEDICAL ADVOCATE TO THE HIV COMMUNITY: a monthly forum for the HIV/AIDS community and their representatives. The advocate will discuss current research on HIV management, answer general questions on AIDS and act as an advocate/ombudsman and liaison when issues arise around quality of care. Each meeting based on a prepared agenda. Phone the office to have your issues put on the agenda and for the date of the next meeting. The HIV+ community is strongly encouraged to participate in this project.

PWA HEALTH EDUCATION SERIES #29: "Medical Update" by Dr. Mark Katz and "Chinese Medicine and HIV" by Dr. David Cohen. (video recorded November 1993 in Los Angeles; running time 2 hours). Wednesday, April 13 - 1:30 pm.

PWA HEALTH EDUCATION SERIES #31: "MEDICAL-LEGAL ISSUES IN HIV CARE" by Dennis Dahl of Smith and Hughes Law Office (Vancouver). Video 51 mins. Wednesday, April 27 at 1:30 pm

QI-GONG: A Chinese form of meditation-exercise will be taught to any PWAs interested in learning this ancient art. Please register at the office. Times to be announced later.

RETREAT: the Society is organizing a retreat for the HIV/AIDS community to be held at Cowichan Bay in early April. Space is limited and all happy campers will be required to participate in the planning and execution of this project.

PEER COUNSELLING TRAINING PROGRAM: an

intensive three day training workshop (6 hours per day) for any full member interested in volunteering as a certified peer counsellor. Please register at the office. Times and dates to be announced later.

FOOD BANK COMMITTEE: members are invited to participate in a policies and procedures committee of the new food bank program. Call Jim in the office for details. Recipients of the food bank are strongly encouraged to provide input.

TREATMENT INFORMATION PROJECT: By appointment only. A survey of options (without endorsement) and standards of care from published sources.

COMMUNITY BASED TRIAL: in conjunction with a local physician we are facilitating a pilot study of thyroid hormone as an immunomodulator. Wednesdays by appointment only. Please bring a copy of a CD4 lab report taken within the last three months.

DEEP RELAXATION/MEDITATION GROUP: Facilitated, Tuesdays 4:00-5:00 pm.

ACUPUNCTURE CLINIC: by Dore Vanden Heuvel, Doctor of Traditional Chinese Medicine, on Tuesdays and Thursdays by appointment. 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 and FURNITURE EXCHANGE: free, clean items.

WELFARE PROBLEMS: Roshni Narain will be in the office Tuesday, April 19 to provide local advocacy with Social Services and support counselling. Drop-in and appointments.

HAIR CUTS: Joe the Barber will be in Tuesday, April 19. By appointment. Free.

MASSAGE AND REIKI: by appointment. FREE.

FOOD BANK: orders in by Wednesday 4:00 pm; pickup or delivery on Thursday afternoon.

KUDOS: to Rumours Cabaret for \$330 donation to the PWA Food Bank.

OVER 40?

Prime Timers Victoria is a social, recreational, and educational organization for gay and bisexual men over 40. We meet on the third Sunday of each month at James Bay United Church, 511 Michigan Street, starting at 3 PM.

Come on down and check us out, or feel free to contact us at 727-6669.



A United Way Member Agency

Victoria Persons With AIDS Society cont'd.

Medical Advocate To The HIV/AIDS Community

The Victoria Persons with AIDS Society is pleased to announce the hiring of a medical advocate to the HIV/AIDS community through a grant from Health Canada's AIDS Community Action Programs.

The medical advocate will meet once a month with the HIV/AIDS community to define, discuss, and hopefully resolve community issues and problems concerning the medical management of this disease; to provide regular updates (in non-technical language) on research into the clinical management of HIV and its associated health problems; to liaise between the medical community and the HIV+ community; and to advocate on behalf of that community.

Over the years, members have brought to the attention of the Society many inconsistencies in the quality of care for people living with HIV. For anyone who has ever had problems with the medical management of this disease, problems accessing drugs or experimental therapies, difficulties during a period of hospitalization, etc., this is an opportunity to help bring about positive change from which all affected individuals will eventually benefit.

These monthly meetings are open to all persons with HIV and/or their representatives. Each meeting will be based on a prepared agenda which will include progress reports both in research and issues arising from previous meetings. Please call Jim at the PWA Society office (383-7494) for the date of the next meeting or to have specific issues put on the agenda.

This is the first project of its kind in Canada and may be looked upon as a model for dealing with similar problems in other cities. The HIV+ community is strongly encouraged to participate in and contribute to this very important program.

Sincerely,

The Board of Directors

Victoria PWA Society

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

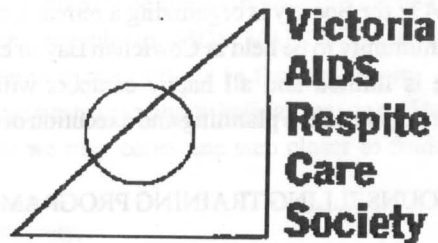
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