

# THE UPDATE



AUGUST/SEPTEMBER, 1994

## ISLAND OUTREACH PROJECT

For the last couple of months, the focus of the Island Outreach Project has been education in the schools, to agencies and community groups, and support to People Living with HIV/AIDS on the Island. As the Island Outreach Project has become more well known, there have been more and more requests for education and also more PWAs contacting us for services. We continue to work with local community groups across the Island to help provide services for PWAs such as one-to-one support, support groups, and referrals to local health care professionals.

In May and June, we did a tour of all the high schools in the Nanaimo and Ladysmith area, as well as further up the Island in Campbell River, Gold River and Tahsis. In April, we went to high schools in Courtenay, Comox and Cumberland, as well as travelling to Port Hardy to be part of a one-day conference on AIDS for several of the communities in the North Island. In March, we went out to the West Coast - to Ucluelet Secondary School, and later on, to the small village of Ahousaht which is accessible only by boat - one hour from Tofino. The presentations were very well received, and I wanted to pass on some of the comments from students attending the high school sessions.

In response to the question, "Have you changed your decision about using condoms as a result of this presentation?", on 18 year old replied, "Yes." She indicated that previous to this session she only used condoms "Sometimes", and said that "my decision changed because I realized how many people out there have AIDS. Also, just how serious AIDS is."

In response to a question asking if the students felt at risk for contracting HIV, a sixteen year old student answered, "Yes - because I don't know who my partners have been with and it scares me because I hardly ever use a condom, but after this presentation it has got me thinking."

Another 18 year old student stated that she got a lot out of hearing a PWA speaker. "No matter how many facts an educated person rattles off it just doesn't make the same

impression as that of day-to-day experiences of someone living with the disease. We don't just want to know the facts and statistics... the only way to really make an impression is to discuss it with someone who faces the problems every day. Hearing stories first hand makes AIDS real, and the person talking to you is more than just another case, one of the statistics. People need to be aware and this is the best way to do it."

We also talked with English as a Second Language students at Malaspina College in Nanaimo. It's always interesting to be able to talk with people from other countries around the world to get an idea of how AIDS is perceived and how PWAs are treated. Following are some of the comments from these students. "In my country, Japan, AIDS is not explained very much at school. So, before you came to my class, all I knew was that AIDS was a very dangerous and common illness today. I liked to listen to the experiences [of someone living with HIV]. After the lecture, I began to think about AIDS and how it can affect my life seriously."

"When I go back to Japan, I'm going to talk about AIDS, the knowledge I've learned from you to my friends. Now I know it is important. I will protect myself from HIV." Another student added, "It was really a good experience to know about AIDS at school, because we Japanese can't have a chance or opportunity to have a lecture like that! Maybe you need to go to Japan and give them some important information about AIDS!! To know about AIDS helps to prevent people from being [infected] with HIV."

Another student stated that the talk had really changed his attitude towards PWAs. He wrote, "In my country, people always believe that AIDS is evil. Nobody dares to think or talk about [PWAs]... from the panel, I really feel sorry because I [used to] always discriminate against [PWAs]."

The response we have received from people who've attended the talks has been wonderful - teachers and students alike. In

**HELP**

Reference Material  
NOT FOR LOAN  
AVI Resource Centre

**(VICTORIA) HELPLINE: 1-800-665-AIDS (2437)**

reading through their works, you realize how important it is to be out there talking to people across Vancouver Island - and especially teens - who often are acting on misinformation and myths, and who may well be putting themselves at risk without understanding that they are indeed doing that. Teens deserve frank, honest discussion and to be in an environment where they feel safe enough to ask real questions.

If you want any further information about education or about support groups and other services available across Vancouver Island, please contact the Island Outreach Project at 335-1171.

*Shari Dunnet*

*Support and Education Worker, Island Outreach Project*

## VOLUNTEER NEWS

Would you enjoy representing AVI at a holistic health fair at the Crystal Gardens in September? Approximately 2,500 people pass through the Gardens at this event and its a great opportunity for us to promote our programs and services as well as educate the public. If you are well-informed on HIV/AIDS and have sometime on the following dates:

Fri September 23	3pm-8pm
Sat September 24	10am-8pm
Sun September 25	10am-5pm

Please leave a message for JoAnn or Barb at 384-2366

Along the same lines, UVic and Volunteer Victoria (formerly Victoria Volunteer Bureau), are holding their Annual Volunteer Fair on Thursday September 22 from 9am - 4pm. If you have some free time to help staff our booth, please let JoAnn know.

## TIME OUT

After nearly 4 years on the job I find myself getting tired and a little ragged around the edges! By the time you read this, I will have started a six-week break to spend more time with my family. My love and I will celebrate our 20th anniversary - and they, lots of 'em, said it wouldn't last! There will be tennis lessons and lazy days at the beach with Jenny, obedience classes for the puppy (or else) and lots of gardening for me! Upon my

return in September, the smile will be a little brighter, the step a little lighter and I'll have lots of energy to tackle the challenges ahead. Have a great summer everyone and I'll see you in September!

*JoAnn Reid, Coordinator of Volunteer Services*

## WOMEN & AIDS PROJECT

### Some thoughts on abuse and HIV

I sit talking to a woman who has just come into the transition house. I am doing the intake. She is exhausted...physically, emotionally and every which way. She has just fled from her home. She called from a phone booth outside a convenience store. Our exchange on the phone was rushed. I asked her if she needed to go to the hospital first. She said, "I don't think so." She arrived by taxi. With the clothes on her back.

My current job as a counsellor in a transition house has set off many of my danger signals. You know, those reactions we have when something does not feel quite right. Reactions of concern, worry and fear. In my work with women who have experienced abuse, we often talk about safety plans, trusting our feelings and listening to ourselves. Protecting ourselves.

The alarms that are screaming in my head are not solely a reaction to the abuse I hear about. They are also a reaction to the increased risks I see women facing in terms of protecting themselves from HIV. In relationships which are characterized by one partner controlling the other, you can be sure that this position of power also extends to the couple's sexual relationship. And I'm talking about coercive sexual access to women's bodies as well as blatant sexual abuse.

It does not make sense to merely tell women to "just say No", "insist on condom use", or "negotiate safer sex". How can you negotiate anything when your relationship is abusive and you dare not speak your mind for fear of reprisals? AIDS education does women a disservice when it leaves out the reality of abuse in women's lives. Abuse should not be mentioned as a vaguely related background comment. It needs to be front and centre.

*Brenda Macevicius*

## 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.*

*Daphne Armstrong (Editor)*

*Christine M., Frances H., Lois M., Rob Gray*

## EDUCATION

Summertime is playing itself out in high fashion on Vancouver Island. Bright blue skies, cool evenings, and weekends to steal away from the city for camping, hiking, or whatever your pleasure. The upcoming Commonwealth Games will add a bit of a frenetic pace to a corner of the world that I otherwise consider to be "tres laid back" (compared to my previous existence!).

People often speak of lazy summer nights. Not so, however, for our days at AVI. Things have been surprisingly busy and productive at the office these past few weeks. I spent a week in June at the Canadian AIDS Society Annual General Meeting in Toronto where I met educators and AIDS activists from AIDS service organizations from coast (Newfoundland and Labrador) to coast (AVI/PWA Society/VARCS) to coast (AIDS Yellowknife). We shared news on programs and services, and our collective successes and challenges (no, we're not alone!). Two CAS national programs that emerged as high profile were the Women and AIDS Project and HIV and TB. In brief, a strong call came forward from the Women's Caucus directing CAS to incorporate women's issues throughout all their HIV/AIDS work -- and not just to forward these items to the national Women's and AIDS Project. Secondly, the national HIV and TB Project was promoted among the 105 member agencies. CAS-sponsored workshops on tuberculosis and HIV should be occurring across the country by April 1995. One is scheduled for the BC AIDS Conference on Nov. 6-8. I will work to advocate for one to happen on the Island as well. The purpose of the workshops is to develop a Train the Trainer model for people to take back to their agencies, to address each region's needs concerning this health issue, and to develop skills and resource materials for dealing with TB and HIV in practical ways for people living with HIV/AIDS (PWAs). As an aside, AVI is planning to host a half-day workshop for agencies who work with street-based populations in Victoria for September. For more details, please call Claire at 384-1345.

In other news, we are busily updating our Resource Centre. Purchases of new books (to be profiled in an upcoming Update) on such themes as Living with HIV/AIDS, women and children, and outreach to gay/lesbian and bisexual communities are all planned for the summer (If you have a specific request, please see Barb or myself). A big thanks to Debbie, Elizabeth and Rowena (and to the new volunteers who have expressed interest) for your ongoing dedication to this facet of AVI.

Training also figures prominently this summer. In addition to Support Services Training being offered by Curtis and his staff, the AIDS Helpline/Reception Training is currently

underway. Later this month, Speakers Bureau Training will occur, too. As many volunteers take the summer off from front line duties, there's a real need for fresh faces. Barb and I are looking forward to having you all onstream with us!

Last but not least I'd like to welcome Joe Shields who is working as a summer student in Education Services. Joe (who takes over from Sherri Popoff) was instrumental in putting the finishing touches on our all-new AIDS Helpline/Reception Manual (that certainly has to be one of my big thrills for the summer of '94!!!). His next tasks will be to revise our health education pamphlets and to help coordinate this year's edition of AIDS Awareness Week (please see related article).

That's it for now. Take good care and enjoy the great weather!

*Aaron Severs*  
*Coordinator of Education Services*

### Introducing Joe:

Hi, I'm Joe, AVI's newest and, dare I say, most eligible new employee. AVI has hired me for the summer as the Community Health Outreach Worker (CHOW for short).

As the CHOW, I work in Education Services along with Aaron and Barb, and of course you, our volunteers and members. My primary responsibilities are to revise the AIDS Helpline Manual, to revamp AVI's information pamphlets and to help co-ordinate this year's AIDS Awareness Week.

AIDS Awareness Week is October 3rd - 9th this year. The Canadian AIDS Society (CAS) and its more than 105 member agencies have chosen "Break the Silence" as this year's theme. CAS has decided to focus its campaign on a specific audience: Canada's Youth; We are now planning how AVI can "Break the Silence" here at home.

In order to educate youth about safer sex, we must first concede they are doing it. Unfortunately, some people have difficulty with this. Unless youth know how to have sex safely, they are at risk. The fastest growing group of infected persons in Canada is people under 20. Whether parents accept that their teenagers are sexually active or not, "acceptance" does not reduce the risk of HIV infection. Using a condom does.

AIDS Awareness Week is to be an "Island-Wide" campaign specifically designed to appeal to Island teens. Our safer sex message will also be for youth of all sexual orientations. "Breaking the Silence" means admitting that island youth are having sex, and that some of these young people are gays and lesbians. All youth - gays, lesbian, bisexuals, and straight - need to know how to have safer sex. HIV does not discriminate.

October may seem a long way away, but this year's AIDS

Awareness Week is already in the planning stages. The Education Department held an information meeting with interested new volunteers on Monday, July 18th and the ideas have started to flow.

"Break the Silence" is a serious theme, but that doesn't mean AIDS Awareness Week's activities won't be fun. Actually, AIDS Awareness Week Activities will be exactly what you want them to be.

Why not get involved with the AIDS Awareness Week Planning Committee? If you want more information - and the time and date of our next meeting - please give me a call at 384-2366 Monday - Friday (or call the toll-free Helpline at 1-800-665-2437 from up Island).

*Joe Shields  
Community Health Outreach Worker*

### Kudos for Kit

A thank-you to our great "recording artist", Kit Mainguy. When I came home Saturday evening and turned on the TV, I flipped to "In a New Light", a CBS special dealing with HIV/AIDS. Unfortunately, the show was already half-way through, and I didn't even have a tape. I went into "help mode"!

My inner voice said: "Cool it. Call Kit." As usual, Kit was on the ball: he had set his VCR to tape the show already, and everything was under control.

Kit's copy of "In a New Light" will be catalogued and become part of our Resource Centre and available to all library users.

Thanks Kit

*Barb Chester  
Education Assistant*

### Video News

Since January 1994 I have viewed many different videos that have been deposited in the Resource Centre video cabinet. Two of the videos worth mentioning are: Before Stonewall: The Making of a Gay and Lesbian Community; and 60 Minutes: Kimberly's Story.

Before Stonewall, a 1984 documentary, sums up the gay and lesbian movement from the 1920's to the present. It highlights the underground subcultures, politics, and homophobia. So, if you missed the recent showing drop by the AVI Library and ask for video #150. A short while ago, "Kimberley, a Dental Patient", episode of 60 Minutes deals with the investigative and controversial aspects as only Mike Wallace and his associates can. Look for it under video #153. Thanks go to all those "video volunteers" for helping out.

*Rowena P.  
Resource Centre Volunteer*

## Speakers' Bureau

Below you will find a few excerpts from some letters we have received in June regarding our speakers. I think they express very clearly what a great job they are doing.

I had the privilege of standing in for Bill "Leg Man" Davis (who was cycling up Island at the time!!) during the Lansdowne School ceremony day. Bill gave 5 speaks at the school during their own AIDS Awareness Week in May and got a standing ovation from approximately 450 kids who cheered for his presentations (and his great legs).

We have some new videos in the Resource Centre as well as an updated Mercer Manual of Diagnosis and Therapy. A new Compendium of Pharmaceutical and Specialities (CPS) has also been ordered. As we are now doing speaks at the elementary school level, plus the "Best Babies" and "Young Moms Program". I am looking for more resources regarding HIV/AIDS in children and what policies are being developed in Day Care Centres regarding HIV/AIDS.

Speakers' Bureau Training has taken place and as always proved to be exciting fun, and a learning experience for all (this time I wore sandals, not boots.)

Have a great summer.

*Barb Chester*

\*\*\*\*\*

June 13, 1994

I am writing again to express my sincere appreciation for the educational session on AIDS which was presented to our Grade 6/7 students last week.

This was a most effective and informative presentation. Hannah related very well to the children. She provided the information in a clear and forthright manner and had the student's attention at all times.

I would certainly recommend this presentation to other Elementary Schools. Please feel free to use my name as a reference.

Again thank you for providing us with this information.

*Sincerely,  
Don Gunn  
Principal, Burnside Elementary School*

\*\*\*\*\*

June 14, 1994

I would like to thank both yourself and John as well as AIDS Vancouver Island for your continued support of the Canadian Forces Addiction Rehabilitation Clinic program.

It is because of the unselfish support we receive from

individuals as yourselves and organizations such as A. V. I. that we enjoy the success we do here at the clinic.

As you are probably aware the military has just experienced a number of financial and personnel cuts at all levels. Unfortunately the Surgeon General has deemed the Addictions Rehabilitation Clinic be added to the list of casualties resulting from whatever political decisions that have been made.

So Barb, please pass on my personal and my staff's best wishes and continued success in what you do so well.

Thank you so much for the assistance, warmth and friendship we have had the pleasure of experiencing for the past several years.

Yours Truly,

*R.R. Mostowy, Captain  
ARC Director for Detachment Commander  
Addiction Rehabilitation Clinic*

\*\*\*\*\*

We would like to take this opportunity to thank Bill for speaking to the students of Lansdowne on the subject of AIDS. Although you were not able to speak to all the students, 2/3 did have the opportunity to hear you speak. This coincided with our annual AIDS Awareness Week at Lansdowne, and helped enormously to inform the students of this potentially dangerous disease. We hope that the students profited from your discussions.

Sincerely,

*Coleen Heemskerk and Paul Holden  
(Lansdowne Group: 6 1/2 yogurt and only one spoon).  
Lansdowne Junior Secondary*

## WORLD HEALTH NEWS

### WHO ASKS THE OAU HEADS OF STATE TO MAKE A PERSONAL COMMITMENT TO AIDS CONTROL

Dr. Hiroshi Nakajima, Director-General of the World Health Organization (WHO), is appealing to the African Heads of State meeting in Tunis, 13-14 June 1994, for the summit of the Organization of African Unity (OAU), to make a personal commitment to AIDS prevention among children and young people in Africa.

Education programmes must be proposed that are as clear and accurate as possible, and which respect individuals, families and their sense of values. To promote safe sexual behaviour does not encourage promiscuity. On the contrary, it encourages each to respect the integrity of his or her own body and life, and to have a better understanding of his or her responsibilities towards other people.

Children must be prepared for adolescence and given the opportunity to go through the awakening of their sexuality and into adulthood without running the risk of HIV infection, said

Dr Nakajima.

He put forward to the Tunis Summit a two-pronged approach, the first being prevention. "In supporting this indispensable educational and preventive action, the authorities should ensure that the whole population has access to health services, care and treatment, as well as to condoms and counselling services".

The social and economic protection of children was the second element of this approach. "Effective support should be given to children and families that are plunged into destitution and distress by AIDS. Furthermore, social and economic measures should be taken at national level against discrimination and poverty".

Social isolation and severe poverty reduce the actual mental and material freedom of young people to choose and to be able to practise safe sexual behaviour", said Dr Nakajima.

WHO estimates that in sub-Saharan Africa at present, almost two out of three infections occur among people under the age of 25, and are usually contracted through sex. Furthermore, in some places, official statistics show a rate of infection that is five times higher among girls than among boys between the ages of 15 and 19. In the worst-affected districts, it would seem that one girl in 20 is already infected in the 10-14 age group. In some communities, it is not unusual for 10, 20 or even 30% of young adults to be infected. All too often the fear of AIDS means that these children, when they become orphans, are rejected by the families which could have adopted them and even sometimes by other orphans. Dr. Nakajima called upon the Heads of State and Government:

To encourage prevention of AIDS among children and young people by means of information and education programmes";

And, "in spite of today's economic and financial constraints, to make available the budgetary allocations needed for continuing prevention and protection activities".

Dr Nakajima also called on the Heads of State and Government to give public and practical support to these measures for AIDS prevention and social protection: "Your influence is great and, by your personal commitment, you can do much to allay fear and prejudice. Set an example by visiting people affected by HIV/SIDS in their homes, hospitals and health centres; listen to them, and confront the reality of their needs, their sufferings and the difficulties they are going through".

For further information, please contact the Public Information Office, Global Programme on AIDS, Geneva, Switzerland, telephone (41 22) 791 4673, fax (41 22) 791 01 07.

## BOARD OF DIRECTORS' CORNER

### AVI Reps Attend Canadian AIDS Society Meetings

The Canadian AIDS Society held its PLWHIV/AIDS Caucus and Annual General Meeting June 6 through 12 in Toronto. Bart Wittke attended as the official delegate to the Caucus, and I joined Bart as the delegate to the AGM. Dale Weston and Aaron Severs attended as observers.

AIDS Vancouver Island is one of the charter members of a national organization that is now nearly 100 strong. The annual meetings traditionally provide opportunity for CAS to report to its member agencies national initiatives, government policies and committee progress on AIDS issues.

This year AVI made two significant contributions. We nominated the Victoria AIDS Respite Care Society for full membership in CAS (last year we nominated VARCS for Associate Membership) and we presented the following resolution to the membership, on behalf of international AIDS organizations:

WHEREAS cumulative HIV infection levels are currently estimated to be 19.5 M globally, 89% of which are in resource-poor countries; and

WHEREAS 93% of global AIDS prevention-care expenditure is spent in resource-rich countries; and

WHEREAS the Canadian International Development Agency (CIDA) has reduced its support in 1994/95 to the International Coalition on AIDS (I CAD) BY 50% and to the International Coalition of AIDS Service Organizations (ICASO) by 100%;

BE IT RESOLVED that the Canadian AIDS Society (CAS) affirm its support of AIDS Development Work, including the work of ICAD and ICASO, and that this be conveyed to CIDA.

Moved by: Christine Morissette, AIDS Vancouver Island

Seconded by: Tony Caines, BlackCAP

There's some excellent work being done through CAS and its member agencies, and some very innovative projects underway, but I fear in many respects it's a bureaucracy like any other, based on an old boy's network. What I found most disturbing were the "class" divisions evident, between those who are living with HIV/AIDS and those who are not, those who are symptomatic and those who are asymptomatic, those who have low T-cell counts and those who have high counts; between

white men living with HIV/AIDS and women, aboriginal people and people of colour living with HIV/AIDS; between those who are sophisticates in working the system, and those, like sex-trade workers and street-based IV drug users, the system has forgotten. Until CAS represents the diversity of all people affected by HIV/AIDS on more than just the local level, it will be limited in its effect. I believe it's the responsibility of member agencies to ensure that this happens, at home and at the annual meetings.

*Christine Morissette  
Chair, AIDS Vancouver Island*

### Victoria AIDS Organizations Meet

The Chairs and Vice Chairs of Victoria's three AIDS organizations met recently, to initiate discussion and to begin to define our common ground. Christine Morissette and Bryan Teixeira from AVI, Don Vipond and Lorna Hillman from VARCS, and Charles Page and Peter Lomax from PWA Victoria planned the following:

- organizations will introduce themselves to the others at their board meetings by September.
- the three boards and key staff will attend a retreat together in November
- the three organizations will consider a joint 5-year plan to address what needs to be done, and how together, we can do it.
- the Chairs and Vice Chairs will meet again in September to continue moving forward. If you have any questions, feel free to contact them.

### AVI Annual General Meeting Coming Soon

The Annual General Meeting of AIDS Vancouver Island will be held on Saturday, September 10, at 2pm. A summary of the year's accomplishments, financial statement, presentation of resolutions, and election of new Board members will take place, followed by a social. All members in good standing are eligible to vote, and to present resolutions. Contact James Austin to ensure your membership is up-to-date.

If you'd like to run for one of the vacancies on the Board, contact Bryan Teixeira. Remember that to be eligible, you must be a member in good standing 30 days prior to the AGM.

An AGM package will be sent to all members two weeks prior to the AGM, containing the agenda, minutes from the last AGM, committee reports, budget, resolutions, and the slate of candidates for election to the Board. In the meantime, be sure to circle September 10th on your calendar.

## PERSONS WITH AIDS SOCIETY VICTORIA BRANCH

### ACTIVITIES FOR AUGUST/SEPTEMBER

OFFICE and LIBRARY: 613 Superior St. Open Monday to Friday 11:00 to 4 p.m. Saturday noon to 4:00pm. Phone 383-7494.

RED RIBBON DINNER PROGRAM: Home delivery of a week's supply of frozen gourmet meals especially tailored to the unique nutritional needs of People with HIV/AIDS. People recently released from hospital and who live alone and/or are experiencing severe fatigue and anorexia are especially encouraged to apply. Information and criteria is available from the office. Free.

SUPPORT MEETINGS: Thursdays at 2:00 p.m. for all HIV positive persons and their primary support partners. We share information and experiences related to our common condition.

MEDITATION/DEEP RELAXATION: Facilitated - On Tuesdays from 4:00 pm - 5:00 pm.

FOOD BANK: Orders in by Wednesday 4:00 p.m.; pick-up or delivery on Thursday after 3:00pm.

HAIR CUTS: Tuesday, August 16 and September 20, by appointment. FREE.

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

ACUPUNCTURE CLINIC: by Dore Vanden Heuvel, DCTM. Summer hours: Thursdays ONLY. Openings for new clients. By appointment. By donation.

PWA HEALTH EDUCATION SERIES #37: "AN OVERVIEW OF WHAT TO LOOK FOR IN 1994", "PROTEASE INHIBITORS AND WHY PWAs SHOULD BE EXCITED ABOUT THEM", and "CENTRAL IV LINES" by Dr. R. Scott Hitt and Michael Fleming, nursing supervisor. Wednesday, August 17 at 1:30 pm. Video: 2:00 hrs.

PWA HEALTH EDUCATION SERIES #38: "POSITIVE APPROACHES: LIVING WITH HIV IN THE 90's: A COMMUNITY FORUM. 1. "AIDS: CHALLENGING THE SYSTEM" by Dr. Brian Woodfall; 2. "STRATEGIES FOR PREVENTION AND TREATMENT OF OPPORTUNISTIC INFECTIONS" BY DR. JOSS de WET; 3. "FINDING SOCIAL SUPPORT" by Judy Krueckl; and 4. "THE USE OF COMPLEMENTARY THERAPIES" by Dr. Kelly Farnsworth. Video: 2 hours. sponsored by PARC, PWN, BCPWAS, AV, and PHARMSCIA. Wednesday August 24 at 1:30 pm.

PWA HEALTH EDUCATION SERIES #39: "MEDICAL UP-DATE" by Dr. Mark Katz and "PAIN MANAGEMENT IN HIV" by Dr. Nicolas Wieder. Video: 1.22 hrs. Wednesday August 31 at 1:30.

PWA HEALTH EDUCATION SERIES #40: "STAYING HEALTHY WITH HIV": A three hour seminar which will educate people living with HIV about health promoting behaviours that can improve the quality of life. To empower participants to take charge of their health-care and establish a personalized health program, the seminar will provide information and facilitate decision making about supplementary treatment options to be done in conjunction with approved pharmaceuticals. The facilitators will discuss how the medications work, research results, anecdotal reports, administration, side-effect, dosage, cost and availability. The facilitators are David Baker, RN, MSN, a registered nurse with HIV who specializes in health promotion for sero-positives; and Richard Copeland who is former Director of the Healing Alternatives Foundation, one of America's largest Buyers Clubs for alternative and experimental therapies for HIV/AIDS. Participants from last year's program are encouraged to return. This is an all new presentation with many up-dates and new recommendations from recent research. This event is locally co-sponsored by Victoria Persons with AIDS Society and Victoria AIDS Respite Care Society. Saturday September 17 at 1:00pm at the Metropolitan United Church Hall, 907 Pandora St. Pre-registration requested: 383-7494. This event is FREE to HIV+ persons. Others are asked to make a \$25 tax deductible donation to help defray expenses.

### 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

**RETREAT:** a combined relaxation and health education retreat for the HIV+ community is being planned and sponsored by local United and Anglican Churches. The retreat will be held on Thetis Island in early autumn. Space is limited. Applicants who are able-bodied will be expected to participate in the organization of this event. Call Frank at the office for details.

**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 with the medical community when issues arise around quality of care. Each meeting is based on a prepared agenda. Call the office for the date of the next meeting and to have items put on the agenda.

**BUYER'S CLUB:** To save shipping costs on supplements there will be group purchases at the end of every second month. Call David at the office for details.

**PEER COUNSELLING:** Available on Wednesdays and Thursday or by appointment. One-on-one with a HIV+ certified counsellor.

**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 cell count taken within the last three months.

**ENTERTAINMENT:** A limited number of complementary tickets are available to our members for local theatre productions.

**WELFARE PROBLEMS:** Roshni Narain of AVI will be in the office Tuesday, August 16 and September 20 to provide local advocacy with Social Services and support counselling. Drop-in and appointments.

**KUDOS:** Jonathan Bettson and Renee Guven for the \$510 donation to the PWA Food Bank; to the anonymous benefactor who sponsored our July 15 summer social for the HIV+ community and their friends; to Thea Nation and the Pender Island Palliative Care Society for inviting David, Jim, John, and Gary, to speak at their AIDS Awareness Workshop and for their \$50 donation to the PWA Food Bank Project; to Brian Richie for doing our member's income tax returns.



**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**

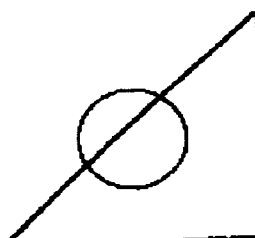
**CHAIR** ..... *Christine Morissette*  
**VICE-CHAIR** ..... *Bryan Teixeira*  
**TREASURER** ..... *Lisa Dorian*  
**SECRETARY** ..... *Ned Lemley*

**DIRECTORS-AT-LARGE**

*Linda Bouchard*  
*Stan Fowler*  
*Janine Wear*  
*Brenda Macevicius*  
*Ross McKinnon*  
*Karen Gallagher*  
*Jim Wilton*

**STAFF**

**Executive Director** ..... *Dale Weston*  
**Coordinator of Administrative Services** ..... *James Austin*  
**Program Clerk** ..... *Isabella Luke*  
**Coordinator of Support Services** ..... *Curtis Magnuson*  
**Support Worker** ..... *Roshni Narain*  
**Support and Education Worker (Island Outreach)** ..... *Shari Dunnet*  
**Coordinator of Street Outreach** ..... *Claire Dineen*  
**Street Outreach Worker** ..... *Bart Wittke*  
**Coordinator of Volunteers** ..... *JoAnn Reid*  
**Coordinator of Communications** ..... *Eric Ages*  
**Education Services** ..... *Aaron Severs*  
**Education Assistant** ..... *Barb Chester*



**Victoria  
AIDS  
Respite  
Care  
Society**

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





### DIRECTORY

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

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

**ADMINISTRATION  
EDUCATION  
SPECIAL EVENTS  
SUPPORT SERVICES  
VOLUNTEERS  
384-2366**

**FACSIMILE MACHINE  
380-9411**

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

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

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

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

#### **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.

M	T	W	T	F	S/S
1	2	3	4	5	6 7
Civic Holiday		<i>HIV + Women's Support Group</i> 5:00 pm - 7:00 pm  <i>Women &amp; AIDS Project</i> 7:30 pm - 9:00 pm	<i>Men's Project</i> 7:00 - 9:00 pm		
8	9	10	11	12	13 14
	<i>Joe the Barber</i> 1:30 - 4:30 pm	<i>Speakers' Bureau Mtg.</i> 5:00 pm - 6:00 pm	<i>Resource Centre Meeting</i> 5:00 - 7:00 pm		
15	16	17	18	19	20 21
		<i>HIV + Women's Support Group</i> 5:00 pm - 7:00 pm  <i>Women &amp; AIDS Project</i> 7:30 pm - 9:00 pm			
22	23	24	25	26	27 28
		<i>Women's Group</i> 5:00 pm - 7:15 pm  <i>Board Meeting</i> @ 6:30 pm			
29	30	31			
		<i>HIV + Women's Support Group</i> 5:00 pm - 7:00 pm  <i>Women &amp; AIDS Project</i> 7:30 pm - 9:00 pm			

*Living Room drop-in hours (unless booked) are Monday thru Friday from 9:00 - Noon*

*Lunch hour from Noon - 1:00  
Everyone welcome*



### DIRECTORY

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

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

**ADMINISTRATION  
EDUCATION  
SPECIAL EVENTS  
SUPPORT SERVICES  
VOLUNTEERS  
384-2366**

**FACSIMILE MACHINE  
380-9411**

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

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

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

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

### 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.

M	T	W	T	F	S/S
<p><i>Living Room drop-in hours (unless booked) are Monday thru Friday from 9:00 - Noon</i></p> <p><i>Lunch hour from Noon - 1:00</i> <i>Everyone welcome</i></p>			1	2	3 4
5 <b>Labour Day</b>	6	7 <i>HIV + Women's Support Group</i> 5:00 pm - 7:00 pm  <i>Women &amp; AIDS Project</i> 7:30 pm - 9:00 pm	8	9	10 11 <b>AGM</b> 2:00 pm
12	13 <i>Joe the Barber</i> 1:30 - 4:30 pm	14	15	16	17 18
19 <i>Support Services Volunteer Meeting</i> @ 5:00 pm	20	21 <i>HIV + Women's Support Group</i> 5:00 pm - 7:00 pm  <i>Women &amp; AIDS Project</i> 7:30 pm - 9:00 pm	22	23	24 25
26	27 <i>Board Meeting</i> @ 6:30 pm	28 <i>Helpline Meeting</i> 5-6 pm	29	30	



**BRAVO FOR BIZARRE BAZAAR 1994!!**

A big round of applause for those of you who were involved in our fifth annual Bizarre Bazaar! Your donations of groovy goods, delicious baking and valuable time resulted in AVI making over \$3,500 (\$600 from the bake sale alone!) which will help the Financial Assistance Fund continue to provide much needed support. Without your success it could not have been the great day you have shown through this event and we'll see you again next year at Bizarre Bazaar VI!!



**BIZARRE  
BAZAAR**

**THE  
COOLEST YARD SALE  
OF THE SEASON!!**

# VICTORIA PERSONS WITH AIDS SOCIETY

---

July 9, 1994


## STAYING HEALTHY WITH HIV

The Victoria Persons with AIDS Society, the Victoria AIDS Respite Care Society, the BC Persons with AIDS Society, AIDS Vancouver, and the Positive Womens Network are pleased to announce the return of "STAYING HEALTHY WITH HIV". This three hour seminar will educate people with HIV/AIDS about health promoting behaviours that can improve their health and quality of life. Despite the overwhelmingly fatalistic message conveyed by the media and due to the present limitations of licensed therapies, many HIV+ individuals are seeking additional approaches to maintaining their health. Many options are available but limited access to information makes treatment choices difficult. To empower participants to take charge of their health-care and establish a personalized health program, the seminar will provide information and facilitate decision-making about complementary and holistic treatment options that are available now, often at very low cost and with demonstrated effectiveness.

The focus will be on complementary and holistic medications including anti-virals, immunomodulators, treatments for symptoms and prophylaxis. To make the information as practical and relevant as possible, the facilitators will discuss how the medications work, research results, anecdotal reports, administration, side effects, dosage, cost, and availability. Tools for deciding which treatments to use are examined as well.

The facilitators are David Baker, R.N., M.S.N. and Richard Copeland. David is a registered nurse and HIV+ who specializes in health promotion education for HIV sero-positives. Richard is a former Director of the Healing Alternatives Foundation, one of America's largest Buyer's Clubs for alternative and experimental therapies for HIV/AIDS; he is also a member of ACT-UP San Francisco, heading committees and demonstrating for increased research funding, sensible drug trials, and access to experimental therapies.

Participants at last year's seminar are encouraged to return. This is an all new program with many up-dates and new recommendations from recent research.

 Saturday, September 17 at 1:00pm at the Metropolitan United Church Hall, 907 Pandora St. Pre-registration is requested (phone 383-7494). This event is FREE to HIV+ people. Others are asked to make a \$25 tax deductible donation to help defray expenses.