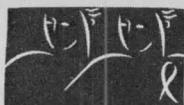


THE UPDATE



AIDS Vancouver Island

NOVEMBER/DECEMBER 1995

MESSAGE FROM THE CHAIR

With our Annual Meeting now behind us, what lies ahead? Over the next year, AVI's journey will include many crossroads. In the last year, we made some important steps in terms of increasing our level of cooperation with the Victoria AIDS Respite Care Society and the Victoria PWA Society. This coming year will require us to negotiate new partnerships with AIDS service organizations outside of the Capital Regional District.

AVI will have to face the space crunch in its Victoria locations, at the main site and also at the Street Outreach site. Whether we expand where we are, or move to a new location, we are in for some major change.

The deadline for the completion of our strategic planning and organizational development process is the end of Spring, 1996. A few key steps remain in this process. With the

help of our members, clients and others, we will continue to specify objectives and related strategies. Two other major issues need to be clarified: community fundraising, and services outside the Capital Regional District.

The recent Annual Meeting has replenished the Board. WELCOME to the new members! And welcome to new and continuing volunteers at all levels of the organization: your energies and commitment are essential to our meeting the needs of people affected by HIV/AIDS.

By the way, we are still looking for a Treasurer. We need someone with a CA or CGA designation. If you know of anyone, let me know.

- Bryan Teixeira
(Board Chair)



WALK PHOTOS DONATED BY HEATH MOFFAT

VICTORIA WALKS FOR AIDS

...the event raised \$40,000 for Victoria AIDS agencies!

HELPLINE: 384-4554 (GREATER VICTORIA)

Reference Material
NOT FOR LOAN
AVI Resource Centre

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

MESSAGE FROM THE DIRECTOR

As the new Executive Director of AIDS Vancouver Island I would like to take this opportunity to introduce myself and to say how excited I am about joining this community-based organization. I thought that I would begin by telling you a little about myself and my experience with HIV/AIDS issues.

Personally, my experience began like most people affected by HIV/AIDS when, in 1988, a gay man with whom I was sharing a house, tested positive. We were both at a loss as to what to do and what this would mean for him for the future. It's not that we were unaware of HIV/AIDS as we were both politically active and involved in the community. It was just unexpected. Individually we both went to the AIDS Committee of Toronto for help. What a difference that community-based organization made in both our lives.

In the ensuing years I have had many friends and co-workers die from AIDS and I have always counted on community organizations to provide me with the resources I needed as someone who is affected by AIDS.

I began working at ACT in 1990 and was there for 5 years working in a variety of positions but finally as the Director of Human Resources. In addition, I was a member of the Board of Directors of the Toronto Counselling Centre for Lesbians and Gays which offers a long-term counselling programme for people infected and affected by HIV/AIDS.

As volunteers, members, service-users, staff and community organizers I want you to know that fundamental to my approach to work is collaboration and partnership. I believe that in order to provide the best quality of service and the appropriate services we need to work together.

AIDS Vancouver Island is experiencing a period of great change and growth. As an organization we need to address numerous issues including: on-going support for all people living with HIV/AIDS throughout the Island, reducing isolation, advocating for income support, prevention education campaigns for targeted groups, the growing need for expanded street outreach services, securing the numbers of volunteers which will be required to run the programmes.

My partner Dougall, and I are thrilled to be living in this beautiful city and I look forward to getting to know the community here in Victoria.

Ruthann Tucker
Executive Director

CLASSIFIEDS



ON-LINE AIDS TREATMENT INFO

VictoriaPWA is pleased to announce its on-line AIDS Treatment Library Database! For those of you with internet access, the dbase address is: www.vpwas.horizon.bc.ca Give it a try!

FREE TO A GOOD HOME! One black and white tv (very retro, small, ultra cool), with converter and remote control. Phone Alicia at AVI (604-384-2366).

LEARN SIGN LANGUAGE AT NO CHARGE! Are you interested in learning a new language? Or just to learn a few signs? The former follows the VISTA (signing naturally) curriculum. The latter can be explored over a few weeks. Classes are set to begin in January, 1996 at AIDS Vancouver Island. Please phone JoAnn and let her know the following:

- 1) you'd prefer to study the VISTA program;
- 2) you'd prefer to study ASL for fun;
- 3) indicate your preference for either Monday or Thursday evenings (6-8pm).

Please reply to Jo-Ann at 604-384-2366 before December 20, 1995.

NEED LIST. We often place a wish list in the Update. In this issue, our wish list is now a "we need" list. The items of need are: quilts/warm blankets, warm clothing and recent used magazines.

CLASSIFIEDS ARE WELCOME FROM READERS OF THE UPDATE. PRINTED FREE OF CHARGE, AS A SERVICE TO OUR MEMBERS, CLIENTS, AND VOLUNTEERS. PLEASE FAX SUBMISSIONS TO 604-380-9411 OR CALL 604-384-2366 (VICTORIA), 1-800-665-2437 (ISLAND-WIDE).

THE UPDATE

The Update is published bi-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, or via EMAIL at avi@IslandNet.com. 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.

Erik Ages (editor) c/o avi@IslandNet.com

NewsLetter Committee: Marilyn Branco, Kevin Knox, Lois Moon, Michelle Purdon

VOLUNTEER BOUQUET

ALAN ELDER, newly elected as Vice Chair of AVI.

Alan Elder moved to Victoria from Toronto in September 1994 and enrolled at the University of Victoria. In February 1995, five months' after his arrival, he became a fundraiser volunteer for AIDS Vancouver Island.

Through an acquaintanceship with the President of the Board of Directors for Casey House Hospice, in Toronto, Ontario, Alan became involved with AIDS fundraising. Alan acquired a wealth of fundraising experiences from his association with "From All Walks of Life," an AIDS fundraiser which benefited 30 AIDS organizations in Toronto. Included beneficiaries are South Asian AIDS projects and a children's hospital. This fundraiser now supports 40 AIDS organizations. Alan also worked on Toronto's Walk For AIDS and "Art With Heart," which benefited Casey House Hospice.

In 1993, he worked at maintaining and increasing corporate support from large corporations, such as GM dealers of southern Ontario, the Royal Bank of Canada, and MuchMusic. In 1994, Alan concentrated on developing corporate ties and sponsorship and encouraging corporate teams to provide linkage with the AIDS community. These projects were richly rewarding experiences.

Alan studied architecture at the University of Toronto but decided that designing buildings did not appeal to him. He spent fifteen years in Toronto affiliated with arts organizations and galleries. As a freelance curator, Alan is presently working on a show to be held in June 1996 for the Canadian Museum of Civilization, Hull, Quebec. In connection with this upcoming event, he spends many early mornings conferring with colleagues in Quebec and Ontario.

Alan participated on AVI's fund development committee and chaired the steering committee for the first Victoria Walks For AIDS on October 1st. With the gratifying public participation and resulting pledges, he is anticipating an even greater success next year. He is presently assisting in the selection of art works for AVI's lottery "Artists for AIDS" projected for mid January 1996.

Alan commutes Monday to Friday from Sooke to the University of Victoria campus. He enjoys attending lectures given by visiting lecturers and spends many concentrated, pleasurable hours pouring over the UVic library which he says, for the size of the university, has a surprisingly good selection. After years of earning a regular paycheque, it has been somewhat traumatic for him to adjust to being a full time university student along with a tight budget. In 1 1/2 years, Alan expects to graduate with a Bachelor of Arts (BA), majoring in History In Art. We wish him every success.

John Hodder

VOLUNTEER NEWS

The hottest news in Volunteer Services in the past few weeks, has been the establishment of a new part-time position - Volunteer Support Worker. There has been a good response to the posting yielding several well-qualified applicants to be interviewed. Hopefully we will have a decision by mid-November. The successful candidate will assist volunteers as well as establishing regular support sessions and in-service training for all AVI volunteers. I look forward to the fresh ideas and energy that a new member of the staff can bring to this program.

An enthusiastic group of 26 is just completing Core-training for new volunteers. Thanks for choosing AVI! Helpline and Support training will happen during November so if you have been considering one of these volunteer opportunities, now is the time to act. Let me know and I'll make sure your name gets on the list.

AVI's decision to open an office in Nanaimo will impact on Volunteer Services too. Over the coming months, as volunteer opportunities arise, volunteer recruitment, screening and training will become a major priority. Exciting times ahead!

Oh yes! did you know that Christmas is less than 5 weeks away? But just when you can't stand the angst anymore, AVI will have their Christmas party and you'll feel better. Stay tuned!

JoAnn Reid



ALAN ELDER AND BOB MILNE KICK OFF THE WALK WITH GRETCHIN BREWIN; THE SHOPPING CART IN THE BACKGROUND IS OWNED BY THRIFTY'S, THE AIDS WALK'S MOST OUTSTANDING SPONSOR.

AN INTERVIEW WITH KERI MCCAULEY IN RECOGNITION OF WORLD AIDS DAY

by Michelle Purdon

The theme of this issue of The Update is World AIDS Day, which is observed every year on December 1st. For this article, I spoke with Kerry McCauley, an AVI volunteer who, coincidentally, will celebrate her 3rd anniversary as an AVI volunteer in the month of December. While World AIDS Day happens just once a year, Kerry's 3 year commitment to AIDS education and awareness signifies an every day observance of the disease. I met Kerry on a Tuesday afternoon at AIDS Vancouver Island after her morning shift on the Helpline and we chatted in the common area about why she got involved with AVI and what keeps her there.

Michelle: Kerry, you have an interesting story about why you got involved with AVI. Can you talk a bit about that?

Kerry: I can tell you why I started volunteering at AIDS Vancouver Island.... over 3 years ago at Christmas. And the reason I started was, I went home to England about 5 years ago, and I heard that Tom was really sick. Tom was a friend that I grew up with, he was 3 years younger than me, but we had all hung around together from the time I was about 16 until I was 19. And, actually, I had the biggest crush on him, but it never went anywhere. Anyway, when I got back home, my Mother said that she'd heard that Tom was sick. And I didn't know anything about it - we had sort of kept in touch over the years, but he'd never told me he was sick. So, I got in touch with him and I went to see him in London where he was living and it was the worst experience because he had come out to his parents about a year and a half before I'd seen him, told them he was gay, and their response was, well, 'you're no son of mine,' and they virtually disowned him. Then about a year and a half after coming out, he was diagnosed with HIV. Again, he phoned his parents who he hadn't spoken to in almost 2 years by this point, he'd sort of resigned himself to the fact that they didn't want anything to do with him, but he really wanted to tell them that he was sick. And, once again, they said that they didn't care - so

he'd sort of been told twice, and they just really didn't want anything to do with it.

Michelle: What was that like when you went to see him? What do you think now about the time that you spent there?

Kerry: Well, he was on his own, totally on his own. I don't know where all our friends had gone, everyone had grown up and left. He was on his own and he didn't have a partner. He was living in this tiny bachelor apartment, it was the grossest place, and he looked terrible - it was horrendous. And back then, there was nothing like AVI available for Tom - nowhere to go for referrals, help, money etc. So I stayed with him for a week and I washed him and fed him and did all that stuff... and we just sat and we cried most of the time, because I was going back to Canada and I didn't know if I was going to see him, didn't know if I was ever going to see him again. And then, a few months after that, he did die. My biggest fear was that he was going to die on his own... and he did die on his own. And that hurt more than anything, that hurt more than the disease - his parents weren't there, none of our friends were there.

Michelle: So you decided to join AVI as a sort of tribute to Tom?

Kerry: Yes, when I came back to Canada, I really wanted to do something, but I didn't know what I could do. I mean, I really get on my high horse about unprotected sex and being irresponsible and all of that, but I didn't feel like I was getting anywhere that way. So I decided to come here and volunteer... and that's why I'm here, is because of Tom, because I couldn't do anything for Tom, apart from that week, but I knew that maybe if I volunteered here I could maybe do something. And my big thing right now is, getting the word out, which sounds so cliché I know, but just spreading the word about unprotected sex, about AIDS, about safer sex and if you can reach just one person, then that is your job done, as far as I'm concerned. And the buddying up system, just going and being with someone with HIV, it's sort of giving something back to Tom, in my eyes. Like, OK, I wasn't here for him all those years, but then I began to spend time with Mike, another buddy through AVI and it all started to come together for me.

Michelle: I understand that Mike recently died. Can you talk about that?

Kerry: Well, I was approached by an AVI staff member who asked if I was interested in being a friend to Mike (name changed to protect client confidentiality). So I agreed, knowing this person somewhat from AVI, but the only way I could remember him was... he came in on Valentine's Day last year, incredibly sick, incredibly weak, but he came in and he had a red rose for everyone at AVI, and I just thought, "yeah."

Michelle: What was the extent of your contact with Mike?

Kerry: I never actually got to go to his house or go to the movies or anything like that. I ended up just being with him in the hospital and that was the only time I knew him was in hospital... and he died in the hospital. But I was with him every day from 9 - 11 am and then in the afternoon for a couple of hours. Then one day he was fine, and I went away for 3 days and I came back and he'd changed. Mike was a heavy smoker and before I used to wheel him outside for cigarettes. Well, when I came back, he was smoking in his hospital room and I knew it was bad because they were allowing him to smoke. I went in that morning and I had to hold his cigarette, and he smoked and, you know, he never said a lot anyway, he was a very quiet guy... you knew that if you got a laugh out of him he was having a great time. So I went home and the other AVI volunteer who was working with Mike phoned me that afternoon and said, "I'm calling to tell you he's not going to be around much longer and my immediate response was, 'no, he's fine, he's smoking, he's great.'" So I planned to go up the next morning, and I was just leaving the house at 10 minutes to 9:00 and the phone rang and Mike had passed away at 8:45 am. And the biggest regret I had was that we'd said we would drink whisky together, but we'd had to wait until the doctor okayed it and we didn't get to do that.

Michelle: What amount of time do you spent at AVI now?

Kerry: Well, I had been spending up to 45 hours each

month on the Helpline and with clients. I'm interested too in getting involved in the Speaker's Bureau at some point... in getting the word out to kids mainly, educating children. I'm really interested in that. I used to nanny for 2 kids and I recently spoke to one of them about HIV/AIDS. She's 13 and her mom asked me to talk to her about AIDS... so I sat down with her and presented the facts and that was great, I really enjoyed that. Because, and this is my opinion, that is the age group to start and if they don't get it now, they never will. And I've known some people in MY age group where condoms are foreign, they're just not used, and that is really frustrating. So I've given up on that age group somewhat, but I'd like to deal with kids who I feel you still have a chance of reaching.

Michelle: So you think that's pretty common, not using condoms, not being aware of AIDS as a societal problem vs. a 'gay' problem?

Kerry: Oh god, yeah. My age group I find, is stuck with the idea that, "I'm not at risk because I've never slept with anyone who is gay." For a lot of them, their main concern is pregnancy, and I say to them, "you know, you can solve the pregnancy thing, life goes on, there are options, but if you get AIDS, you're going to die." I don't know if Tom and Mike were infected by gay people, straight people or otherwise.

Michelle: Can you talk a bit about World AIDS day?

Kerry: I really don't know, I mean, that's too big for me, for now. I know it sounds silly but... I mean it's important and everything, but for me, *every day* here is where it's at. 

INTERVIEW...

EDUCATION UPDATE

Congratulations to everyone who organized and participated in the AIDS Walk. It was a remarkable feat of precision and cooperation. The Walk was followed by AIDS Awareness Week which, for the first time, featured a banner that hung across Douglas Street with the caption, *AIDS Affects Us All*. As always during AAW, there were a number of speaks at area schools. Claire Dineen and I presented an HIV & TB workshop at the Victoria Street Community Association (VSCA) that was well received. Along with members of the VSCA and Louise, the CRD Street Nurse we held a noon hour downtown condom blitz that found most people quite open and accepting. The event also received newspaper and television coverage. At the midway point of AIDS Awareness Week, Don Casswell, a professor of law at UVIC, held a talk and discussion on *Homophobia and the Law* that was thought provoking and interesting.

The Speakers' Bureau has been very busy of late. Barb Chester is pleased to welcome Shane Jensen back to the SB- he is getting rave reviews. Also getting great feedback recently are PWA speakers Ed Wilson, Leam MacLachlan and Billy Lennox.

Since the last issue, we have held a very successful Speakers' Bureau training that yielded a number of dynamic and committed speakers. The next Helpline training will be held on the evenings of November 28 and 30.

Education Services will soon be taking a more active role in community-based research thanks in large part to the persistent proposal writing efforts of former education coordinator, Aaron Severs. AVI has been awarded two research grants, one from the federal government and one from a provincially funded body.

The federally funded proposal is a two year project that will investigate the risk determinants for HIV infection among men who have sex with men (MSM). The provincially based proposal is an 18 month long evaluation of the Speakers' Bureau, Helpline and the Men's Project.

Peter MacDougall, Acting Coordinator

FROM LEAM'S KITCHEN

WHITE VEGETABLE SOUP

Recently, when I was very nauseous and unable to look at food, let alone eat, I started to search for recipes that were non-offensive. I found one that was appealing both by smell and taste. Here it is:

- 2 potatoes, diced
- 1 parsnip, diced
- 1 turnip, diced (not rutabaga, but turnip)
- 1 onion, coarsely sliced
- 1 leek (white part) sliced
- 1 bay leaf
- other herbs (as desired)
- I suggest thyme and pepper to taste
- 1 tsp. sea salt
- water (enough to cover)
- chopped parsley (as garnish)

1. Bring first nine ingredients to a boil and simmer until tender.

2. Garnish with chopped parsley.

There is a fair bit of chopping and peeling involved in this recipe; so, if you are having difficulty with your energy level, call Support Services here at AVI and ask for a volunteer to come over and help you prepare and cook the soup.

This recipe is taken from Dr. Jensen's Real Soup and Salad Book by Dr. Bernard Jensen, Avery Publishing Group Inc., Garden City Park, New York; 1989.

Bon Appetit! I hope this is as helpful for you as it was for me.

Do you have any recipes that you could share? Send them in to the Update at AVI. Maybe one day we'll have our own PWA cookbook. (Anonymous submissions gratefully accepted).

Leam MacLachlan

FUND RAISING VOLUNTEERS STILL NEEDED TO SELL VICTORIA'S FIRST "ENTERTAINMENT BOOKS." AVI SELLS THE BOOKS FOR \$30 EACH, AND KEEPS A SUBSTANTIAL AMOUNT OF THE SALE FOR THE FINANCIAL ASSISTANCE FUND.

IT'S A GREAT BUY FOR VOLUNTEERS, TOO! CALL ERIK FOR DETAILS AT 604-384-2366 OR 1-800-665-2437 (OUTSIDE OF VICTORIA).

ISLAND OUTREACH

by Shari Dunnet

Last spring, a project was initiated in Nanaimo, the Nanaimo AIDS Pilot Project. A joint venture with the Central Vancouver Island Health Unit, this 8-month project has provided support services for PWAs and began to look at related services available in the community. Surveys have been done with doctors, dentists and counsellors and contacts were made with all groups and agencies that in any way related to the issue of HIV/AIDS. As a result of this project and the support in the community, AIDS Vancouver Island is expanding our Island Outreach Programme and in December, we'll begin opening a permanent office in Nanaimo.

The success of this project has relied on the support of local PWAs and key community groups including the Central Vancouver Island Health Unit and the Nanaimo and District AIDS Collective, a local group that have been providing ongoing support groups for PWAs and community awareness campaigns. The spirit has been wonderful - coming together to build upon the work of many dedicated individuals involved in HIV/AIDS support and education in Nanaimo.

Through our new office, we will be providing expanded support services to PWAs similar to those currently available in Victoria, as well as a resource centre and library. We will be hiring 2 staff for the Nanaimo office. As well as staff members, we will be relying on a team of volunteers and so are welcoming people to get involved. Anyone interested in volunteering, can call the Island Outreach office at 335-1171, or the new office in Nanaimo at 753-AIDS (2437).

Support Groups:

We've started some new support groups over the last few months. Following is information on these groups. Please call 335-1171 or toll free 1-800-665-AIDS (2437) for further information.

Nanaimo:

Support group for PWAs meets twice a month; 1st and 3rd Monday evening.

Art therapy for PWAs meets every 2 weeks on Wednesday afternoons.

Campbell River:

Yoga and meditation for PWAs meets every 2 weeks on Wednesday afternoons.

Art therapy for PWAs meets every 2 weeks on Wednesday afternoons.

Canadian Memorial AIDS Quilt Display comes to Vancouver Island in September 1996.

The Quilt is coming to Nanaimo next year! We are bringing the entire Canadian Memorial AIDS Quilt that commemorates the lives of people who have died of AIDS - to the Beban Park Community Centre in Nanaimo from September 19-22, 1996. There will be quilt projects happening in communities across the Island; new quilts will be brought to the display in Nanaimo next September. This project is going to require lots and lots of volunteers... So, if you are interested in getting involved or would like to assist with a quilt project in your community, please call Shari at 335-1171.

And a final note...Wishing you all a great holiday season - whatever you may celebrate. And if you aren't in the celebrating mode, wishing you warmth through the cold nights ahead!!

OPEN HOUSE! AIDS Vancouver Island's new Nanaimo office is hosting a World AIDS Day Open House between 4pm and 7:30pm on Friday, December 1st. The new office is located at #201 - 55 Victoria Road. Everyone's invited!

WORLD AIDS DAY . 1 DECEMBER 1995



SUPPORT SERVICES NEWS

Support Services has been relatively quiet over the summer but we are gearing up for a very busy winter. Recent changes to the Provincial GAIN Regulations, coupled with some new programs have conspired to keep us all quite busy in the months ahead. Since there seems to be a number of items which we want to include in this issue of the newsletter, we will divide this report into two sections: one for volunteers and a section for our PWA membership.

NEWS FOR PWAs

ADDITIONAL NUTRITIONAL ALLOWANCE

Beginning November 1, all PLWHIV/AIDS on GAIN for Handicapped are eligible for a \$40 supplementary diet allowance. If you have not received a form with your Social Services cheque, you can pick one up at your Social Services office. The form is also available at AVI. An alternative is to have your physician write a note stating that you are HIV+ and as a result of your diagnosis, you are required to have a high protein diet for the duration of your life. Take this letter to your worker and she will ensure that you receive the additional \$40 which will raise your monthly income from \$771 to \$811.

PWA DINNER AND MOVIE NIGHT

Just a reminder to everyone that the PWA Dinner and Movie Night is still happening on the Monday before Social Services cheque issue day. In November, the date will be **November 20th at 5:15 pm**. As usual, there will be a great meal, even better conversation, topped off with a movie on a small screen TV. There will not be a dinner in December, but read on for the alternative.

PWA HOLIDAY PARTY

We will once again have the PWA Holiday Lunch. This year, it will be held on **December 15th, beginning at 12:30pm in the Living Room**. We hope that you will all join us in the celebration.

CHANGES TO THE PROVINCIAL GAIN ACT

There have been recent changes made to the GAIN Legislation and restrictions made to the availability of crisis grants. The restrictions on crisis grants will impact heavily on people who are on GAIN for the Handicapped. We hope to have a workshop in January for PWAs where the changes will be explained. The restrictions will also impact on the amount of advocacy that Support Workers will be able to do. We will inform you of the date and time of the workshop when the details are available to us.

THE "BEAN SCENE"

The 'Bean Scene' is a café which has been created by two PWAs. The café, which is located in the Living Room, will be for PWAs and will be open from **10am-2pm, Monday to Friday**. The café, operated by PWAs, will provide coffee and baked goods for PWAs. The **Grand Opening** on Friday, November 10th was well attended. If any PWA member is interested in volunteering with the "Bean Scene," please let Support Services staff know.

MASSAGE BY FRANK

Massages will once again be available in the Living Room. Frank has offered to do foot massages, back massages or a full body massage for PWAs. Appointments can be made for **Mondays between 3-5pm** by calling Alicia or Roshni. If you are unable to call for an appointment, Frank will also take drop-ins, subject to availability.

VOLUNTEER NEWS

SUPPORT TRAINING

The dates for the next Support Services training are November 18th and 19th starting at 9am. We will be calling all volunteers that took the training in the summer and those who just completed their training and have signed up to volunteer within Support Services to confirm that you are still interested. If there are any volunteers who have taken the training and would like to attend certain sections of the training again, please give us a call so that we are aware of the numbers of people attending.

SUPPORT VOLUNTEER MEETINGS

The attendance at these meetings have been really low recently. Where have you all been??? As you read this, we would like you to take your calendar out and mark in the meeting dates for at least the next six months. The volunteer meeting are at 5pm on the third Monday of every month. If this time doesn't work for you, please give us a call and we will attempt to schedule it for another time. Just so that you know this time REALLY works for us, but being the generous souls that we are, we will negotiate. In January, we hope to do an inservice on lifts and transfers. The information will be helpful if you are helping people from their bed to a wheelchair, or if you are helping someone up from a chair and so forth. The inservice will help ensure the safety of both you and the person you are working with.

- Roshni Narain, Acting Coordinator

NOTE: A FULL LISTING OF THE NEW STAFF AND BOARD ROSTER WILL BE AVAILABLE IN THE FIRST 1996 ISSUE OF THE UPDATE!



AIDS Vancouver Island

DECEMBER 1995

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
(COURTENAY)
TEL 335-1171
FAX 355-1178**

**ISLAND OUTREACH
(Cowichan Valley)
TEL 746-0808
FAX 746-8666**

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

LOCATION OF EVENTS

Events, unless indicated otherwise, occur
at AVI's main office
304 - 733 Johnson Street.

M	T	W	T	F	S/S
Living Room drop-in hours (unless booked) are Monday thru Friday from 9:00 am - 2:00 pm				1 WORLD AIDS DAY	2 Board Orientation 3
4 Board Meeting 6:00 pm	5 Women's Group 5:00 - 7:15 pm	6	7	8	9 10
11	12	13	14	15 PWA Holiday Party 12:30 pm	16 17
18 Support Services Volunteer Meeting 5:00 pm	19 Women's Group 5:00 - 7:15 pm	20	21	22	23 24
25 MERRY CHRISTMAS	26 BOXING DAY	27	28	29	30 31 NEW YEAR'S EVE