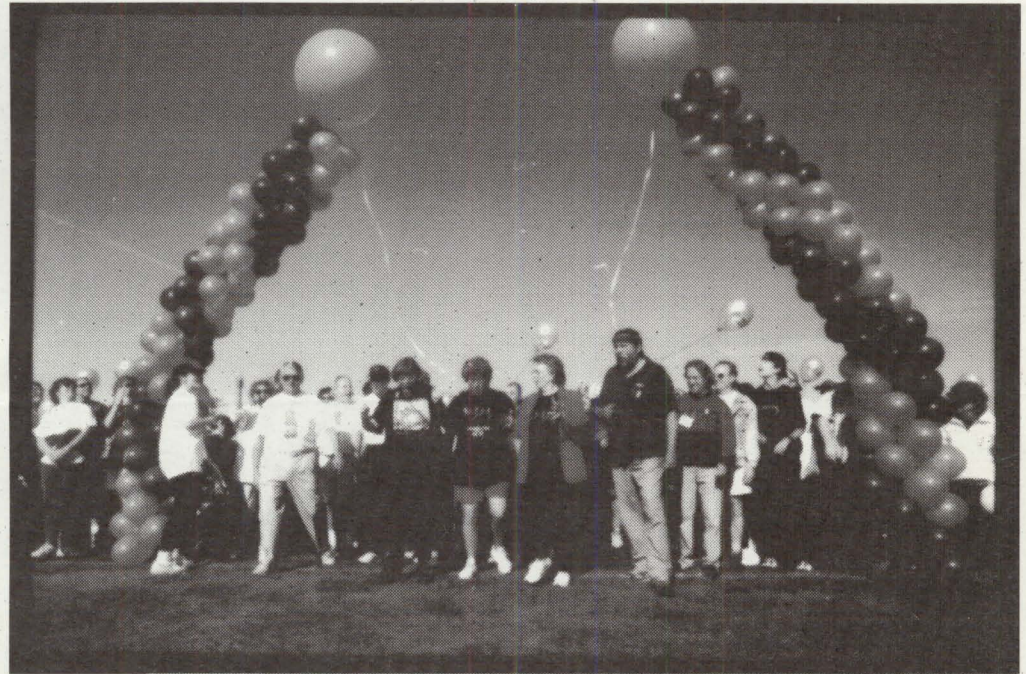


photos by Heath Moffat



FUNDRAISING - AIDS WALK '96

AIDS Vancouver Island

shall confront

Acquired

Immuno-Deficiency

Syndrome,

prevent its spread

through education,

support all those

infected and affected

by the disease,

and advocate

on their behalf.

The Fund Development committee is pleased to report the 1996 Walk for AIDS was an even bigger success this year than last, with the current count of pledges exceeding \$40,000. There are still more pledges coming in and this amount also does not include corporate sponsorships, which will bring the total to more than \$45,000.

A very special thanks to Norman Brulotte for his tireless dedication to the AIDS Walk, both this year and last. Norman's efforts were instrumental in making the event a huge success. Responsible for coordinating more than 125 volunteers for the walk and, thanks to his efforts, the day went off without a hitch!

Thank you to all those who participated in the 1996 Walk for AIDS, both directly or indirectly. Congratulations also to the Nanaimo walk where more than 200 walkers raised over \$7,500.

Information garnered from statistical analysis of walk surveys will hopefully allow next year's

Walk for AIDS an even further edge over previous years, by allowing careful planning of the event based on this information thereby increasing the cost-effectiveness of fundraising efforts.

The Fund Development Committee is currently working jointly with the Education Department at AVI on a campaign for World AIDS Day, which is December 1st. Look for information to come in local bus shelters, newspapers, and via a direct mail campaign.

Another major fundraising event for both Nanaimo and Victoria is also being planned for Valentine's Day in 1997. And, finally, AVI members should expect to receive a copy of the Annual Report in their mailboxes by the end of November. The report highlights the commitment of volunteers to AVI, with photos contributed by Brent McTavish and design by Miriam MacPhail.

-Michelle Purdon

Reference Material
NOT FOR LOAN
AVI Resource Centre



VOLUNTEER SERVICES

Comings and Goings

The Annual General Meeting October 19, 1996 marked the departure of five members of the Board of Directors. Our thanks to Bryan Teixeira, outgoing chair, for his leadership and contribution to AVI over the past 6 years. Glen Peers chair of the Support Services Committee whose volunteer experience at AVI started in 1987. To Karen Dickey for her two years on the Board and her emotional and spiritual support. To Darlene Sharpe for representing the Interest of Island Outreach and bringing a gentle 1st Nations perspective, and to Alan Elder Chair of the Fund Development Committee and Chair of Victoria Walks for AIDS for the past two years. Lest we forget.....The Board of Directors are all Volunteers giving many hours to the management of AVI.

If you've missed Archie around AVI over the summer. In July he took a leave from duties on the Help Line and Bingo, to work on his tan in California. This was in preparation for a trip to Turkey in September. After a week in Istanbul he spent 3 weeks in Bodrum on the coast of Southern Turkey. It seem visits to ancient ruins were interrupted only by a 5 day cruise along the Turquoise Coast on a private yacht. Welcome Back! Hope we don't appear terribly boring after such an adventure!

In-service

Seamus Manly, Reiki Master/Acupuncturist/Pranic Healer will be presenting an In-service November 14, 1996 7p.m. at AVI, for all AVI, VARCS, and Victoria PWA Volunteers.

Bravo Norman!

Special recognition goes out to Norman Brulotte who chaired the Volunteer Committee of Victoria Walks for AIDS. Putting in over 250 hours in the past 4 months, Norman recruited and coordinated volunteers from AVI, VARCS, Victoria PWA's and the general community to make this years walk a reality. Thanks to ALL volunteers who

represented this organization so well during this event.

Holiday Party

Dust off those sequins and pearls... it's time once again for our Christmas Party.

December 15th, 7:30-10:30 at BISBEES, 719B Yates Street. If you attended last years event you know this is a night not to be missed.

Time Sheet Pay Off

Frank, who provides massage at AVI every Monday afternoon was the lucky winner of the "Better Late Than Never" draw held October 15th. Congratulations Frank.

-Marilyn Branco

NANAIMO REGIONAL NEWS

As promised in the last UPDATE, we have tallied the results of the funds raised through the First Annual Nanaimo Walks for AIDS! We had approximately 200 walkers on September 29th and raised over \$7500 in pledges! (Not bad for Nanaimo's first walk!!) The money raised in Nanaimo will be split 50/50 between AVI's Financial Assistance Fund and the B.C. Centre for Excellence on HIV/AIDS, which serves over 75% of the HIV positive persons in B.C. We'd like to again thank everyone who participated, especially our co-hosts, the Primus Project, a youth employment programme that promotes Youth Safety.

HIV+ Support Groups:

There are currently support groups for people living with HIV/AIDS available through AVI in Nanaimo and Campbell River.

The **Nanaimo HIV+ support group** now meets the 2nd and 4th Monday of the month. **Nanaimo art therapy** sessions for people living with HIV/AIDS also available. For information please call Denise at the office.

Campbell River art therapy sessions for people living with HIV/AIDS are still continuing. The yoga/meditation facilitator is away for part of the fall. We hope to resume sessions again later in the fall/winter. Stay tuned for details! Please call Shari at the office for further information, times and location of the groups. For those calling outside of the Nanaimo area, collect calls are accepted.

Gay/Lesbian Youth Group:

After a break over the summer, we are starting the Nanaimo youth group again. Anyone interested in attending or wanting more information, please call Mana at the Nanaimo office.

Island Outreach:

Last month, the Island Outreach programme moved its home base from the Comox Valley to Nanaimo. Support services for people living with HIV/AIDS and those affected as well as education services to communities from Duncan north to Port Hardy continue to be available. A reminder that 753-1171 number is no longer the number to call! All outreach services are now available through the Nanaimo office at 753-2437. Collect calls are accepted.

Quilt project:

Still looking for volunteers! We're preparing for the Canadian Names Project AIDS Memorial Quilt display in Nanaimo next year. We need lots of volunteer support if this is going to be a success! If you have organizational skills, experience in promotion, bookkeeping, working with volunteers, quilting...there's a volunteer position waiting for you! We'll also need people to do basic "grunt work", too! We'll be working with people in Communities across the Island to assist them with making quilts to commemorate loved ones who have passed away from AIDS. These quilts will form part of the display in Nanaimo. If you are interested in being involved, would like to work on a quilt in your community, or just want more information, please call Shari at 753-2437.

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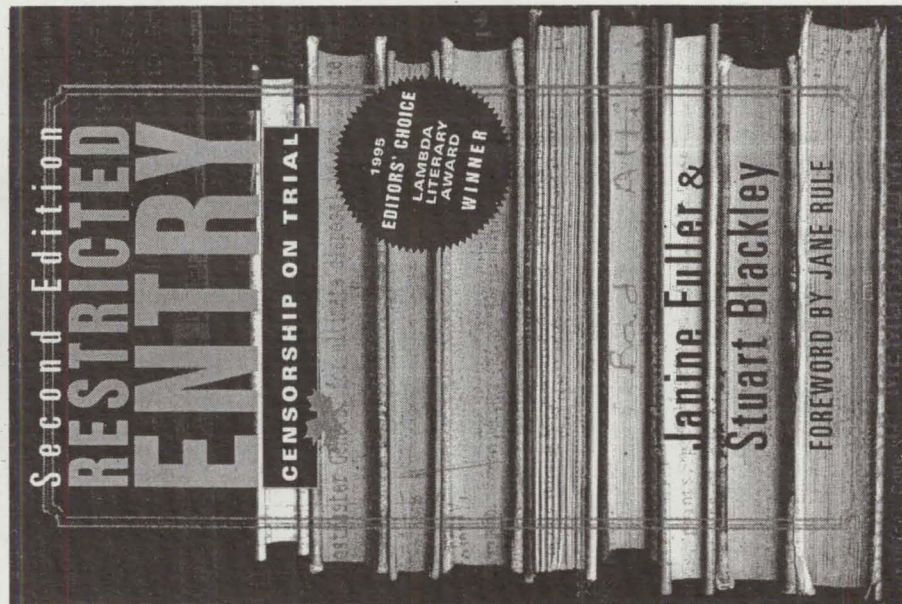
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You're invited to the Victoria Premiere of
RESTRICTED ENTRY: The Video

Monday, November 4th at 7:30 pm

Graduate Student Lounge in the Graduate Student Centre
Admission by Donation

Meet Authors Janine Fuller and Stuart Blackley



50% OFF THE GOOD LIFE.



Save Up To 50% On Dining,
Travel, Shopping, Theatre, Sports And More!
Buy Your Entertainment® Book Now And Support Your Favorite Charity.

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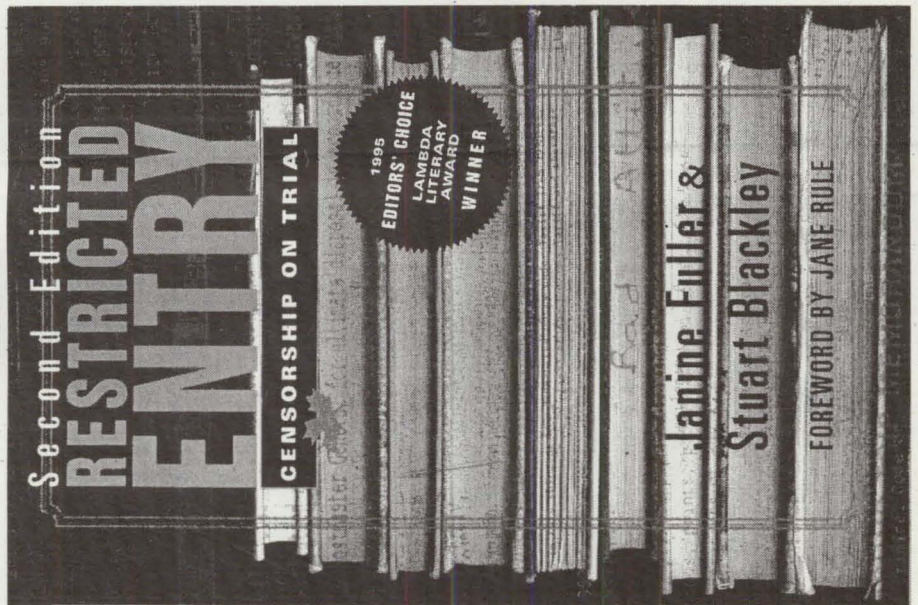
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Office Hours:

Our office hours are Monday to Thursday from 9 am to 5 pm. (Now open over the lunch hour). We have a fairly large selection of books on treatment issues and health for those living with HIV, as well as information for family/friends/partners and general information. We're also now on the internet, so have lots of interesting and very current information on HIV/AIDS from cyberspace! Also, free Starbucks Coffee is available at the office for anyone living with HIV to pick up. Drop by if you're in the neighbourhood... The office is located at #201 - 55 Victoria Rd. in Nanaimo (just up the hill from Harbour Park Mall). Our phone number is 753-(AIDS)2437.

-Shari Dunnet

BOOK REVIEW

The Family and HIV is a collection of 18 previously published articles grouped together under the headings: The Family, Social Support, Children, Choice of Partners and Counseling. It is an Academic, multi-referenced, dry work that is not intended for a casual read.

One of the book's themes is that AIDS has been a catalyst for change around the world both in terms of close relationships and in the need for more flexible social services. Some of the more interesting statistics provided have to do with who in one's circle is informed of a positive test: a lover or gay friend was told 95% of the time, a heterosexual friend 77%, a mother 48% and a father a dismal 40%. This, of course, has resulted in a changed definition of who constitutes "family" and also in what is deemed adequate regard-

ing support services.

When it comes to choosing a new lover, serostatus becomes an important criterion, with fear of infection, fear of infecting, fear of loss and the need for a shared HIV status given as reasons.

The chapters on children add yet another dimension to this complex book. Who takes care of children when parents are sick or have died? In communities where children look after parents and are the only form of pension available, who looks after the aged?

These are just some of the questions this work poses. Next month, a review of Dr. Peter Duesberg's *Inventing the AIDS Virus*.

-Caryl Peters



WORLD AIDS DAY - ONE WORLD, ONE HOPE

December 1, 1996 will be the 9th annual World AIDS Day. The event, which is coordinated internationally by the Joint United Nations Programme on HIV/AIDS (UNAIDS) and nationally by ASO's all over the world, is dedicated to expanding and strengthening the worldwide effort to stop the spread of HIV/AIDS.

Every year, UNAIDS adopts a World AIDS Day theme around which international activities are organized. This year's theme, 'One World, One Hope,' reflects the universal desire to find the means to prevent the spread of HIV, and to discover a cure for AIDS. It also expresses the hope that approaches to care and prevention can be extended on a global scale, because HIV/AIDS is now truly a pandemic, and no country is beyond its influence.

There has been some success in confronting AIDS where ways of dealing with the risks of infection are strongly backed by governments and society at large. Educational initiatives, a safe blood supply and access to clean needles for IDU's are good examples of what can be done where such support

exists. But there are still many countries where issues such as poverty, the inferior status of women and other societal factors make the efforts to combat the spread of HIV/AIDS much less successful. Sixty percent of all people living with AIDS are in Sub-Saharan Africa, making this region amongst the most hard hit in the world. In some African cities, half of all hospital beds are occupied by people with AIDS.

In Asia, home to more than half of the world's population, the AIDS epidemic is relatively new, yet the region has almost overtaken Africa in the spread of new HIV infection. Asia already surpasses North America in the number of AIDS cases each year, and more than doubles the rate found in Western European countries. UNAIDS is working to strengthen partnerships with grass-roots organizations, universities, private industry and governmental departments in these countries to coordinate efforts to stem the growth of HIV/AIDS infection. Sectors that are affected by, or can affect the course of the pandemic include tourism, education, agriculture, transportation and trade. The

World AIDS Day theme recognizes the importance of a globally coordinated response to HIV/AIDS in developing countries of Asia and Africa.

In Canada where treatment and prevention resources are more available than in many Asian and African countries, HIV infections were the second leading cause of death among Canadian men. In 1994, there were 34,000 people living with AIDS in Canada, with 2,500 to 3,000 new persons infected annually. In British Columbia, an average of 960 people become infected each year, and four British Columbians will die of HIV/AIDS infections in a typical five day period.

AVI will observe World AIDS day '96 by remembering those who have passed away, and through special initiatives to increase public awareness of what can be done locally and world-wide to combat the HIV/AIDS pandemic. Look for upcoming announcements on what AVI will be doing for World AIDS Day, and how you can be part of the One World, One Hope theme.

-Tim Leslie-Spinks

EDUCATION

AVI's organizational structure includes a committee structure in each program area supported by a committee of the Board of Directors. The Education Committee is currently co-chaired by Wally Hiebert and Karen Dickey. The committee also includes Education Services staff and volunteers. Over the last few months the committee has been revisiting its mandate and goals. The Board of Directors recently approved the new mandate which endorses service delivery based on the principles of health promotion and harm reduction.

Over the fall, the committee has been gathering and presenting information on a variety of topics. The goal of these sessions is to gather information that will help in an annual priority setting exercise for Education Services. Most recently, we looked at HIV infections and AIDS cases from a global, national, provincial and local perspective. In September, we looked at a behaviour change model known as Stages of Change. Next month, we will be examining a detailed inventory of all the projects in the Education Services department. In December, we will begin to discuss priorities program planning for the next fiscal year. There is great enthusiasm and energy with the new directions being taken by the committee.

-Peter MacDougall

NEW FACES (KIND OF)

My name is Jim Wilton and I am the new Education Assistant, working primarily in the Resource Centre and with the Speaker's Bureau. I've been involved in a variety of areas in Victoria's AIDS Community since I

tested positive four years ago, most recently at AVI's Street Outreach Services. I'm looking forward to working with the Education Staff and Volunteers to continue and expand upon the work that Barb, Echo, and Nicole did so well.



CALL FOR SUBMISSIONS

Submissions for An Anthology for and by Canadians with Disabilities are being requested from any interested creative writers. Contributors must be at least 18 years old, but not necessarily established authors. All entries, if accompanied by a self-addressed-stamped envelope, will be responded to. The following are the requirements for a submission:

Creative pieces including: short stories, poetry, and short scripts; fiction or non-fiction; submissions should be typed (taped versions will also be accepted); include a self-addressed-stamped envelope with submission; include a short statement about yourself (50-100 words) in a covering letter; possible themes could include: family relationships, friendships, self identification (who am I?), pride, or touched with the challenge (other ideas/themes will be accepted); entries must be written by a person with a disability (or in collaboration with a person who has a disability); submissions will be accepted between Oct. 1, 1996 and Jan. 31, 1997.

Please send submissions to:
An Anthology For and By Canadians
with Disabilities
c/o Selection Committee Chairperson
253 College St., Suite 377
Toronto, ON M5T 1R5

SUPPORT SERVICES

VOLUNTEER MEETING: A reminder to the dozens of Support volunteers that we rarely see, the meetings are on the third Monday of every month at 5:30.

The next meeting will be on November 18th. Allison D. will be sharing her expertise on the **correct methods of lifting and transferring people**. She will explain the basics of body mechanics and we will each have a practice session on the techniques involved in lifts and transfers. Please call Roshni to confirm that you will be attending by the 13th so that we can ensure we have enough space and equipment.

MONDAY NIGHT DINNER: All PLW/HIV/AIDS are invited to the monthly dinner. Join us for a few laughs, some good conversation and lots of good food.

HAIRCUTS: Sign up for haircuts by calling any one of the Support staff. Norma will be in on November 12th for anyone wishing to get a free haircut.

MASSAGE: Massage is available every Monday from 3-5:30 for free of charge. Again, please call Support Services to book your massage.

DESPARATELY SEEKING: clean items of clothing and linens; small appliances, household furniture, radios/stereos, television...anything that can be reused that you no longer want or need!!

AVI OPEN HOUSE-DEC. 2nd

AIDS Vancouver Island's open house, after months of renovations will be Monday, December 2nd. Everyone is welcome! More details in the next issue.

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, or via EMAIL at update@avi.org. The Update will print no sexist, racist or homophobic copy. We 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.

Stacy P. Leblanc (editor) c/o sleblanc@avi.org

NewsLetter Committee: Marilyn Branco, Michelle Purdon, Leah Morgan, Tim Leslie-Spinks