

DEAR READER:

We've sent this end-of-the-year issue to a wider audience to let you know how we're doing, and to interest some of you in becoming members (which includes a subscription to the Newsletter). Enjoy!

Those of you interested in membership with AVI, please use the form below and return to us in the enclosed postage-paid envelope. For supporters who aren't interested in membership with AVI at this time, don't panic! This mailout is a once-a-year event.

Thank you all for your incredible support over this last year. Sincerely,  
Erik Ages  
Communications & Fund Development



volunteer  
**UPDATE**  
newsletter

**1995 - 96 YEAR IN REVIEW**

**EXECUTIVE DIRECTOR'S REPORT**



**AIDS Vancouver** Island has experienced unprecedented growth over the last year. Since my tenure with the

agency began just one year ago, the agency has taken time for review, evaluation and planning in order for our programs to adapt to the changing face of HIV/AIDS. Mid-way through the second decade of the epidemic and the second decade of service through this agency, we are re-thinking approaches to meet the evolving needs of people living with HIV/AIDS, education and harm reduction.

In the immediate future, AIDS Vancouver Island will work hard to implement its Strategic Plan, a benchmark document that was recommended by our Board of Directors in 1996. The strategic planning process included

Island-wide consultations with people living with HIV/AIDS, members, volunteers, community groups, other AIDS service organizations, Board directors and staff.

Renewing Canada's National AIDS Strategy continues to be an important focus of our advocacy work. Community support for our efforts to renew this critical source of federal funding will be sought over the coming year.

1995/96 was a year characterized by the phrase *strengthening the foundations*. 1996/97 will be a year of focusing to meet the need. *With the commitment of volunteers, members, Board, and staff at AIDS Vancouver Island, we will continue the work of providing programs and services to people infected and affected by HIV/AIDS across Vancouver Island and the Gulf Islands.*

-Ruthann Tucker - Executive Director

**AVI OPEN HOUSE - DECEMBER 2**

December 1, 1996 will be the 9<sup>th</sup> 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.

As part of World AIDS Day, AVI will be featuring an open house on Monday, December 2, 1996 to celebrate our recent renovations. Each of the departments will be showcasing their programs. Staff will be on hand to answer any questions that you may have. Please come out and meet the staff. Food and beverages will be served.

*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.*



PRINTED IN CANADA ON RECYCLED PAPER

**BECOME A MEMBER!**



**MAKE A DONATION!**

Yes, I would like to become a member of AIDS Vancouver Island.

Reference Material  
**NOT FOR LOAN**  
AVI Resource Centre

\$25 Patron       \$100 Sustainer

in the amount of:

\$25       other: \_\_\_\_\_

## VOLUNTEER SERVICES

The promotion of personal growth and commitment among volunteers is essential: the organization could not function without volunteer energy and dedication. At any point in time, AIDS Vancouver Island employs 160 or more active volunteers who have completed 26 hours of "core training" and additional training for specific programs. Approximately 35 professionals and complementary therapists also volunteer their expertise.

Over the coming months, Volunteer Services looks forward to implementing some of the recommendations from a recently completed volunteer services evaluation.

A major improvement will be the establishment of a regular in-service program for all our volunteers. We also look forward to working with the Victoria AIDS Respite Care Society and the Victoria Persons With AIDS Society on joint volunteer workshops to further a sense of mutual respect and support.

Over the past months, we have seen substantial growth to meet the needs of new and existing programs at AIDS Vancouver Island. It remains an exciting challenge for the department to adjust to new initiatives and services, creating new volunteer opportunities and adapting existing ones to meet increasing demands in both Victoria and Nanaimo.

## STREET OUTREACH SERVICES

Victoria's street-involved population is growing dramatically, and so is the demand for AIDS Vancouver Island's SOS and needle exchange program. Our case load now stands at over 2,000 individuals and the program registers more than 70 new clients each month.

Between April 1995 and March 1996, we distributed 130,000 needles and 60,000 condoms through our new storefront location in downtown Victoria. Our satellite needle exchange in the Cowichan Valley provides similar outreach to injection drug users in the Duncan area.

In response to the unprecedented growth of Victoria's street communities, we opened a new facility in Victoria's Commercial Alley, which offers a number of important operational advantages.

With the cooperation and support of the local community, a dedicated team of volunteers and professional staff, AIDS Vancouver Island operates one of the oldest and most successful needle exchanges in Canada.

The impact of our Street Outreach Services (SOS) and needle exchange on the health of our community is dramatic: the estimated HIV prevalence rate of 1.5% among Victoria's IDUs is one of the lowest rates in North America. SOS is saving lives.

Janice Hepburn  
Volunteer



## SUPPORT SERVICES

In response to AIDS Vancouver Island's Strategic Plan, Support Services is devoting more resources to education and advocacy for people living with HIV. Better access to psycho-social supports for people affected and infected by HIV are priority in the face of growing client numbers and the increasing complexity of HIV disease and its treatments.

Quality Island-wide support and advocacy programs have been identified as another

priority, as has better support for youth, women, members of the street community, and long-term survivors of HIV. New on the support landscape is the psychological impact of learning that HIV may no longer be terminal, at least for some. AIDS Vancouver Island has begun to consider programs for people returning to the work force.

In response to changing demographics and new drug "cocktails" that appear to extend the lives of many people living with HIV and AIDS, Support Services is reorganizing its programs to anticipate the ever-changing landscape of HIV disease.

Wally Heibert  
Board Director



## EDUCATION SERVICES

The Education Services department has undergone considerable change and innovation during the past year. A research coordinator is now on site to undertake an evaluation of Education Services and to coordinate the *M.A.R.S. Project*, an innovative research initiative that examines how self-esteem, self-identity and other circumstantial factors affect risk behaviours among men who have sex with men, a population that remains at marked risk for HIV transmission. An outreach position has also been established to address the prevention needs of gay men in the Victoria area.

### Men's Outreach Project

Funded by the AIDS Community Action Program, a federal initiative, the Men's

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FIRST NAME	LAST NAME	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
STREET ADDRESS / APT #		TELEPHONE	*MONTHLY DONATIONS BY CREDIT CARD WILL BE PROCESSED ON THE 15TH OF EACH MONTH. <input type="text"/> <input type="text"/> <input type="text"/>
CITY	PROVINCE	POSTAL CODE	EXPIRY DATE
		CREDIT CARD SIGNATURE	

Outreach Project promotes supportive environments for men who have sex with men (MSM) to reduce their risk for HIV infection. Over the coming year, the Men's Outreach Project will provide outreach in bars and public sex environments; develop a volunteer outreach team; and hold two community forums. The project's goal is critical: to empower men to make informed choices about their sexual health.

### The M.A.R.S. Project

The M.A.R.S. (Men's Attitudes about Relationships and Sexuality) Project explores how issues such as self-identity and other personal, psychological and economic factors influence the unsafe or safer sexual practices of men who have sex with men (MSM) on Vancouver Island and the Gulf Islands. Using a qualitative research approach, the project employs a variety of innovative methods to collect data. Approximately 100 men will participate through confidential interviews, diaries and focus groups that encourage the disclosure of personal stories and experiences.

### The Evaluation Project

The BC Health Research Foundation has funded AVI to evaluate three of its education services: the Speakers' Bureau; HelpLine; and the Men's Outreach Project. Using surveys and focus groups, we will seek to determine the relevance, use and effectiveness of these core programs.

### Collaborative Initiatives

Increasingly, Education and Support Services are working together to develop educational opportunities for people living with HIV/AIDS and other service agencies affected by the epidemic. Together we held a series of *Think Positive* workshops that dealt with such issues as understanding blood work and understanding the social services system. We also presented a successful workshop on women and HIV for women's service organizations. Further collaboration is in the works.



### Speakers' Bureau & HelpLine

The two pillars of Education Services remain vital ingredients in AIDS Vancouver Island's programming. In 1995/96, the Speakers' Bureau offered close to 300 presentations, reaching approximately 20,000 people across Vancouver Island and the Gulf Islands. The HelpLine, staffed by dedicated volunteers, fielded more than 1200 confidential HelpLine calls and over 20,000 business calls. Volunteer support for these services is vital to their success. More than 50 people were trained in the past year.

### Resource Centre

Developments at the Resource Centre include a new home with its own discrete space and a review of our current holdings that was recently completed by a summer student. Determining the need for a broader collection, new books, videos and journals are arriving to round out AIDS Vancouver Island's holdings.

## REGIONAL PROGRAMS

AIDS Vancouver Island's Nanaimo office opened its doors on World AIDS Day, December 1st, 1995. In conjunction with the opening, the "Nanaimo and District AIDS Collective" formally merged with AIDS Vancouver Island to offer services from the new facility.

AIDS Vancouver Island's Nanaimo centre has grown considerably since December, and now offers a wide range of education and support programs, from support groups to training for provincial financial assistance workers and workplace policy consultations. In collaboration with AVI's Communications & Fund Development department, the Nanaimo centre held a successful 4th Annual AIDS Benefit (a benefit for the Financial Assistance Fund to mid-island communities); launched the 1996 AIDS Awareness Week Campaign with other related agencies; and organized the 1st Annual Nanaimo Walks for AIDS, a project that achieved unprecedented corporate, team and individual support.

AIDS Vancouver Island's community developments efforts have made inroads to areas north of Nanaimo since February of '93, when an outreach pilot project was launched. Remote support services have provided assistance to a growing number of HIV+ clients in rural communities and semi-urban areas. We have been instrumental in the establishment of the Vancouver Island AIDS Network (VIAN), an information forum for community AIDS groups, health unit representatives, First Nations groups involved in HIV/AIDS awareness, Island needle exchange programs and community associations.

## FUND DEVELOPMENT

AIDS Vancouver Island's fund development committee has done considerable work over the last year. Now in its second year of operation, the committee completed a strategic plan for the department in the early summer, followed by the development of an exciting work plan for the coming year.

Much of the department's accomplishments were shared between Victoria's three AIDS service organizations through our work on the 2<sup>nd</sup> Annual Artists For AIDS Lottery, Victoria Cares and the 2<sup>nd</sup> annual Victoria Walks For AIDS. Knowledge and experience gained from these events is considerable, and our systems for tracking donors and potential supporters are now the best and most affordable available.

New on the landscape is the Nanaimo office and its unfailing commitment to fundraising since its opening last winter. The success of Nanaimo's first Walk For AIDS on September 29, 1996, held in conjunction with the Victoria Walk, is the first in a series of initiatives that will involve the Nanaimo community in AIDS awareness and support.

More than ever, cooperative effort and support from wider circles of the general community will be necessary to sustain and augment services for people living with AIDS.

# CURRENT NEWS AND INFORMATION

## EDUCATION SERVICES

### HIV/AIDS and Prisons

Many of you have no doubt heard about the alarming increases in HIV infections in Canadian prisons over the past number of years. Currently, HIV infection among prisoners in Canadian prisons is more than *ten* times higher than among the general population and studies also show that every third prisoner is infected with the hepatitis C virus. The Canadian HIV/AIDS Legal Network and the Canadian AIDS Society recently published **HIV/AIDS in Prisons: Final Report**. The report acknowledges that in federal prisons, some positive initiatives are underway such as bleach distribution, introduction of anonymous HIV testing, and education of prisoners by fellow prisoners. However, the report is critical of the Correctional Service of Canada for failing to implement a longer term strategy to deal with the many issues raised by HIV/AIDS and drug use. Ralf Jurgens, Project Coordinator for the Legal Network says, "the system is reluctant to face the reality of HIV and drug use in prisons". Other prison systems, in Switzerland, Germany and Australia have made sterile injection equipment or methadone treatment accessible to inmates. Evaluation of such programs has demonstrated clear positive results: the health of prisoners improved, a decrease in needle sharing was observed, there was no increase in drug consumption, and needles were not used as weapons. Prison staff, initially skeptical, now support such programs. Jurgens adds, "Making bleach, sterile needles, and methadone programs available to inmates does not mean condoning drug use, but it is a necessary and pragmatic public health measure".

AVI, through Education, Support and Street Outreach Services is engaged in ongoing education and support of both inmates living with HIV/AIDS and those seeking information and tools to prevent its spread.

### Helpline

Congratulations to all Helpline volunteers. The past couple of months all shifts have been filled and volunteers are continuing to provide a high level of service to callers. With the help of a Royal Roads University student, AVI is currently developing a promotion plan that will increase the profile and use of the Helpline. Stay tuned for more details and get ready for more calls. We're still holding regular Helpline volunteer meetings. They're held on the last Wednesday of each month at 5:30pm at AVI. Attendance has been low recently and, in fact, no one came to the last meeting. That meant that Jim and I got to eat all the pizza. Well, not quite all of it. That's right there is pizza at every meeting. I encourage all of you to come out to these meetings to discuss mutual concerns, talk about calls or meet other volunteers. We're taking a break for Christmas. The next meeting will be January 29 @ 5:30 pm. Hope to see you there.

## MEN'S OUTREACH PROJECT

It's been a busy time for the Men's Outreach Project. Last month was preoccupied largely with the production of some new materials for the Project. Look for the **MOP pocket guide**, the **info boards** around town and the first release of the **MOP cruising cards**. We also have a new logo thanks to Shane Sparks @ Urban Studios.



**Latex Brigade:** MOP is looking for a "few good men" to undergo special training for the Latex Brigade. The team will be responsible for one-to-one outreach in bars, public sex environments and special events. Please call Robb or JoAnn to get involved.

(coming soon!) **MOP support group for HIV-negative men.** Watch for details.

(coming soon!) Men's Outreach Project first **community forum** January 15 a.m. Topic: ManSex. Location & special guests TBA. This one's going to be hot!

For info on any of these projects or events, call Robb @ 384.2366

## STREET OUTREACH

It's that winter time of year again and we are finding that we are unable to meet the needs of many of our clients who are especially susceptible to the cold: street youth, the under-housed or homeless, and others who are spending much of their days with little relief from Victoria's chilly autumn/winter climate. We are asking AVI's generous volunteers to search through your linen closets for warm blankets or sleeping bags and your dresser drawers for mittens, scarves, socks, sweaters, and any other clothing donations you are able to make. Our clients will be most appreciative!

Our new expanded location has provided us the space with which to develop exciting new harm-reduction programming so that we are able to provide more than just needle exchange services for our clients. With the skills of Megh, our stunning art therapy practicum student, SOS is starting a weekly drop-in art group. The idea behind this group is to offer an outlet for clients, particularly our youth clients, to explore their creative sides, and in doing so, hopefully an increase in self-esteem will occur which will lead to less risk-taking behavior, (similar programs have proven quite successful in the States), and all without specifically talking about making changes. Our first week's activity, coinciding with Hallowe'en, is going to be pumpkin carving—Clients with knives and fleshy pumpkins—it will prove to be an exciting first session, we're sure!

Here goes another call for the assistance of AVI's volunteers: You know all those scraps of material, mismatched socks, pieces of shiny paper, balls of yarn (are you getting the

picture yet?)—well, this group of Picasos, Monets, and Warhols could really use a donation of your best throw-away junk! We would appreciate anything you think might make a glamorous piece d'art—in the hands of creative geniuses, anything goes!

Are there any amateur body piercers in our midst? If so, come on down to SOS on Monday, December 9<sup>th</sup> from 8-10pm. Ernie, body piercer extraordinaire, will be offering a workshop on safer body art—a show and tell...

And an information bulletin to all volunteers interested in coming down to SOS—we are looking at having another Street Outreach Training in December. If you would like more information, or to register, please call us at 384-1345.

And, at last, a final call to all the Betty Crockers in the audience who are already starting on their (gasp!) holiday baking...How about whipping up an extra batch of cookies, cakes, bread, or just about anything else that may be gobbled up by the hungry people we see on a daily and nightly basis?

Thanks so much for listening to our pleas for donations. AVI's volunteers are an incredibly generous bunch of people! If you have any questions or would like to arrange drop-off of stuff, you can call SOS at 384-1345.

## REGIONAL & REMOTE SERVICES

Change is a constant in these services as they are in the Victoria office. The **Island Outreach Project** is now ensconced in the Nanaimo office. Over the next several months outreach services will be solidified as a regular program based out of the Nanaimo office. The Island Outreach Committee, staff and community members will engage in a planning process to establish goals and plan activities for the program. Community development, education and support activities will continue with an emphasis on trying to provide seamless service delivery on the Island.

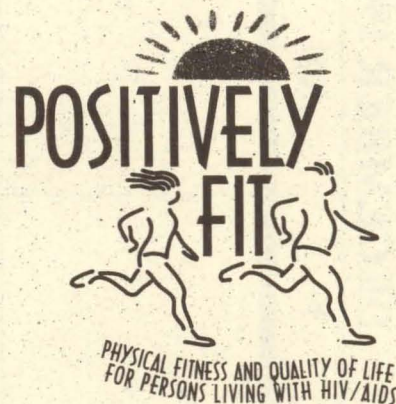
The Central Vancouver Island Health Unit Community HIV/AIDS Prevention Education Project, known simply as the **Nanaimo Education Project** is complete. AVI extends its thanks to the Central Vancouver Health Unit for both funding and supporting the education project. In recognition of the success of this project, education has also become a regular part of the services offered out of the Nanaimo office. Over the next few months education will focus on HIV/AIDS education for youth workers as a way to teach youth at risk and continue its work in policy and education in local workplaces. A new partnership with Malaspina College will provide supplemental courses to nursing and social work students. AVI has partnered with Tillicum Haus and the Health Unit (again!) to provide a coordinated approach to HIV education in grades 9 to 11 in Nanaimo schools.

**Support** is of course an important service offered out of the Nanaimo office. Our support and outreach workers carry a case load of almost 60 clients. There are a variety of support groups in both Nanaimo and Campbell River. In the upcoming months support will create a supplement to our newsletter offering information of special interest to people living with HIV/AIDS. A series of workshops for people living with HIV/AIDS will be offered. Another exciting plan is to partner with the Harewood community kitchen program to create a group who will cook together on a monthly basis.

**Education, Outreach and Support** are in many ways overlapping services in Nanaimo. All the services are mobile when necessary. That means that people don't need to get to the Nanaimo office to access service. Support makes home visits, education goes to where the audience is, and outreach will be making regular tours of the North Island as well as responding to client and community need.

On December 2, 1996 the Nanaimo office will celebrate its first birthday with an open house showcasing programs and staff. Call 250-753-2437 for more information.

- Karen Whyte



**Now people with HIV/AIDS have something new to jump up and down about.**

We are looking for 100 HIV+ individuals living in the Capital Regional District (including the Gulf Islands) who are interested in discovering for themselves what they can do to increase their quality of life and physical well-being. People who join us in this project will be able to consult with Rehabilitation & Nutrition experts to set some goals and will be supported in achieving these goals.

Positively Fit is not a program you have to pay for - or a club you have to join. All you have to do is sign up for an initial personal and confidential interview with a trained health assessment volunteer. From here we help you create your own fitness program. This could range from a weight training program at an athletic facility, to finding you a stationary bike for simple home use, to a simple walking program for someone who has been ill. All fitness goals are valid goals. The important thing is doing it!

### **Components of Positively Fit:**

Personal interview and assessment; Choose your own fitness/rehab program; Therapeutic prescribed exercise; Nutritional assessment and counselling; Stress management; Pain and symptom management; On-going follow-up and assessment; Free fitness facility memberships.

Call VARCS to enroll at 388-6220.



# AIDS Vancouver Island

## DECEMBER 1996

M	T	W	T	F	S/S
<p>2</p> <p>AVI Open House Victoria &amp; Nanaimo 2-6pm</p> <p>Messages for PWAs 3-6pm Every Monday</p> <p>Energy Attunement w/ Seamus Manly 7pm Priority to PWAs</p>	<p>3</p> <p>HIV+ Women's Support Group 5-7pm</p> <p>Island Outreach Committee Mtg. 5pm Nanaimo</p> <p>See below for more activities</p>	<p>4</p> <p>UPDATE Meeting 5:30 pm</p> <p>Zenith Founda- tion Meeting 7pm</p>	<p>5</p> <p>Partners, Families &amp; Friends Support Group 7-9 pm</p>	<p>6</p>	<p>7</p> <p>8</p>
<p>9</p> <p>Body Piercing workshop at SOS 8-10pm</p>	<p>10</p> <p>SOS Volunteer Training 7-9:30pm</p>	<p>11</p> <p>Education Committee Mtg. 5pm</p>	<p>12</p> <p>SOS Volunteer Training 7-9:30pm</p>	<p>13</p> <p>PWA Holiday Party 12:30pm</p>	<p>14</p> <p>15</p>
<p>16</p> <p>Support Services Volunteers Mtg. 5:30pm</p>	<p>17</p> <p>HIV+ Women's Support Group 5-7 pm</p> <p>Speakers' Bureau Meeting</p>	<p>18</p> <p>Zenith Founda- tion Meeting 7pm</p>	<p>19</p> <p>Partners, Families &amp; Friends Support Group 7-9 pm</p>	<p>20</p>	<p>21</p> <p>22</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Christmas Day</p> <p>Office Closed</p>	<p>26</p> <p>Boxing Day Office Closed</p>	<p>27</p>	<p>28</p> <p>29</p>
<p>30</p>	<p>31</p> <p>HIV+ Women's Support Group 5-7 pm</p>	<p><b>Tuesday, December 3rd</b></p> <p>Resource Centre Volunteer Training 6:30-9pm</p> <p>Men's Outreach Project Community Advisory Committee 6-7:30pm</p> <p>Research Projects Community Advisory Committee</p>			

### DIRECTORY

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

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

**ADMINISTRATION  
EDUCATION  
SPECIAL EVENTS  
SUPPORT SERVICES  
VOLUNTEERS**  
Tel: 384-2366  
Fax: 380-9411

**STREET OUTREACH**  
1220 Commercial Alley  
Tel: 384-1345

**ISLAND OUTREACH  
(NANAIMO)**  
Tel: 753-2437  
Fax: 753-4595

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

**AVI WEBSITE**  
<http://www.avi.org>  
E-Mail: [info@avi.org](mailto:info@avi.org)

### LOCATION OF EVENTS

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

# A SNAPSHOT TO THE FUTURE - 1996-'97 BOARD

## MESSAGE FROM THE CHAIR

This is the first in a regular series of articles designed to provide readers with more information regarding the role and activities of the Board of Directors. Each month one of the Board members will write a brief article highlighting some issue or activity of the Board.

Members of the Board are also profiled in this issue so that those of you who were unable to attend the recent annual general meeting will have a sense of who the current Board members are. The Board is a good mix, including 6 new members and 7 folks returning from the previous Board.

A Board Orientation Session is scheduled for Sunday, November 17<sup>th</sup>. The purpose of the session is to provide an opportunity for Board members and key staff to exchange information regarding AVI's mandate, structure and operating principles. Much of the work we do at the Orientation Session will be focused on how to improve the Committee structure to ensure that Board members are able to contribute to the agency in an effective and meaningful way. The Board has already started to identify some hard, measurable and practical ways that the committee structure can be shifted to improve the work we do.

On a personal note. I am really impressed with the degree of compassion and caring that volunteers and staff bring to their work here at AVI. My sense is that the Board is committed to operating in a way that will reduce red tape and duplication and truly free people up to do the work that first brought them to AVI.

I look forward to meeting and speaking with more of you over the next few months. Please call me at 360-0685 if there is any information you would like regarding the Board. I am pleased to provide it.

Ted Matthews-Chair

# INTRODUCTION TO THE 1996-'97 BOARD

## **Ted Matthews - Chair**

Ted Matthews operates a communications company. Ted helped to create VARCS and served as the president for three years. Ted worked with Victoria PWA in developing strategic plans and in resolving internal disputes. Ted has worked with AVI in the past as both a volunteer and a member of the board.

## **Wally Hiebert - Vice Chair**

Wally Hiebert has been a Registered Nurse since 1981 in Critical Care and is presently pursuing a Bachelor of Science in Nursing at UVIC with a focus on HIV/AIDS. Wally is the Chair of the PWA Caucus of AIDS Vancouver Island, a founding member of the HIV/AIDS Education Steering Committee at Vancouver Hospital & Health Sciences Centre.

## **Bob Milne - Treasurer**

Bob Milne has been a member of the Board for two years. Bob is a lawyer by profession and volunteers legal services to AVI clients.

## **Jim Aalten**

Jim has been actively involved with AVI through several avenues: The Island Outreach Committee, The Strategic Planning Process, and working with the Campbell River Support groups. Jim is a member of the Vancouver Island PWA Caucus, and active in the local society.

## **Norman Brulotte**

Norman has been a volunteer with AVI since July of 1994 and has extensive front line and committee experience with the organization. In 1995, Norman received the Fundraising Volunteer of the Year Award for his outstanding contributions to the organization. Norman has been actively involved in Victoria Walks for AIDS and the Artists for AIDS Lottery.

## **Mike Costello**

Mike brings a strong background in the development and delivery of educational programs aimed at attitudinal change and making positive, safe choices. Mike is a dedicated volunteer with AVI; over the past two years he has been involved with the Help-line, Speakers' Bureau, Education Committee and Volunteer Training.

## **Ingrid Olson**

Through her ten years in the military Ingrid has developed solid organizational and leadership training skills, and since then has completed the first year of the CGA program working in various book-keeping positions. Ingrid has spent considerable time volunteering with AVI, in fundraising, the Helpline and Speakers' Bureau, and recently assisted AVI in establishing a transsexual support group.

Biographies on the other Board members were not available at press time. The Update team will feature periodic biographies of the remaining Board members throughout 1997.

## SUPPORT SERVICES

### PWA HOLIDAY PARTY

Food, Friends and Fun! Join us for our PWA Luncheon/Holiday Party Friday December 13th at 12:30 in the Living Room. All PWA's Welcome.

### NUTRITIONAL COUNSELING

Beginning in January we will have Nutritional Counseling available at AVI. The Royal Jubilee Hospital Outpatient Nutritionist will be at AVI once a month. Dates and times are yet to be confirmed. Contact Support Services in mid December for further details.

### HAIRCUTS

Get your pre Christmas hair cut Tuesday December 10th, 1 to 3 p.m. Please call Support Services to book your appointment.

### SUPPORT GROUP LOVERS/ FAMILIES/FRIENDS OF PWAs

A reminder of this support group for Lovers, Family members, and Friends of PWAs, meets the 1st and 3rd Thursday evening of each month from 7-9 on a "Drop-in" basis. All Partners, families, and friends of PWAs are welcome.

### MASSAGE or REIKI

Available Mondays from 3-5. To arrange for your back, foot, or full body massage contact Roshni, Bart, or Echo at Support Services.

### SUPPORT SERVICES VOLUNTEER MEETING

The last meeting of 1996 will be held December 16th 5:30, at A.V.I. This will be an informal get together. Bring a Snack or something to share and come socialize.

## VOLUNTEER SERVICES

### COMINGS AND GOINGS

We had a surprise weekend visit and Hello from Paul Leger, former AVI Speakers Bureau/Board/ and Fund raising volunteer who is presently stationed in Haiti as part of a UN special Peace Keeping Mission.

Our thanks go out to John Hodder who has decided to focus his energies elsewhere. John was a Wednesday afternoon clerical volunteer for over 5 years, as well as writing Volunteer Profiles. Also leaving AVI to concentrate on other areas is Jay Prazma. Jay was AVI's calligrapher supreme and sign painter for many years. Our thanks to John and Jay for their contribution to AVI and our best wishes for their future endeavors.

A sad farewell to two AVI Volunteers, Larry Frost and Terence McKenzie, who each in their own way left a legacy at AVI. Larry was chair of the Board from 1989-1991, and subsequently as Chair of the 1st Island Outreach Committee. He was instrumental in bringing the Network '92 Conference to Nanaimo, which drew interested community groups and individuals together to discuss the need for Island wide HIV Services. Terry was a mainstay in the Bean Scene bringing humour and charm to all who frequented the Living Room and the Patio, as well as staff and Help Line Volunteers. They will both be missed.

### VOLUNTEER TRAINING

Twenty potential volunteers completed the latest Core Training. Our thanks to all AVI volunteer trainers, staff and community partners who made the training a success. Another Core Training in Nanaimo is scheduled for January 29 to February 19th

1997. The next Victoria Core Training is scheduled for February 26, 1997.

### VOLUNTEER INSERVICES

One of the strongest messages we received from our Volunteer Evaluations last Spring was a call for regular inservice workshops for volunteers. We are committed to providing bi-monthly joint workshops with VARCS and Victoria PWA Volunteers. The initial focus will be on exploration of various commentary therapeutics healings. The first one held November 14th, led by Seamus Manley, Reiki Master was interesting and helped to demystify this form of healing practice. It is hoped that you will support this partnership with the other organizations in Victoria and come to the next inservice to be held in January. If you have suggestions for AVI Workshops on the alternate months be sure to let JoAnn or Bridget know.

### HOLIDAY PARTY

See you all at the Holiday Party-December 15th 7:30 at BISBEES 719B Yates S

- Marilyn Branco

## PWA CAUCUS MEETING

PWA Caucus Meeting Sponsored by AIDS Vancouver Island Saturday December 14, 1996 2:00pm - 6:00pm at AIDS Vancouver Island For more information call Wally: 384-2366 or 1-800-665-2437 This meeting is for PWA Members Only.

WALK T-SHIRTS AND HATS  
MAKE GREAT CHRISTMAS  
GIFTS! T-shirts are \$15 each or  
two for \$25 and hats are \$8. A t-  
shirt and hat combo is \$20.  
(See Stacy or Erik)



### 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](mailto:update@avi.org). 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.

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