



**SUPPORT/EDUCATION SERVICES LECTURE SERIES**

In the spring of 1995, Education and Support Services at AVI launched *Think Positive*, a series of educational workshops for People Living with HIV/AIDS. The aim of these workshops was to provide people with information that would be useful in promoting health in their daily lives. Last year, the series was held again.

This year, the workshops or information sessions return in a slightly different format. There will be two separate series. The first will be available to people who are able to attend in the daytime. These workshops will focus on understanding viral load, housing and social assistance issues and coping with stress. A brown bag lunch will be provided to all who attend. The other series will be held in the evening and will be available to people who work in the daytime or are otherwise unavailable during the day. This series will also look at viral load, pension and disability as well as issues of disclosure of HIV status and relationships in HIV. Refreshments will be served. All HIV-positive members are invited to attend any of the eight workshops.

**Education/ Support Services Collaboration**  
**Think Positive: Brown Bag Lunch Education Series**  
 This daytime series is open to persons living with HIV/AIDS. Come and join us for a brown bag lunch and participate in an exciting education series.  
**Time: noon - 1pm Place: AVI, 302 - 733 Johnson St.**  
**February 12 What is a viral load test and what does it mean to me?**

Dr. Frank Jagdis talks about viral load tests.

**February 26 Problem with your landlord?** Come and hear a housing advocate talk about your rights and answer your questions.

**March 12 Working the system for you.** An anti-poverty advocate talks about the ins and outs of social assistance.

**March 26 Stressed Out?** An expert in coping and relaxation techniques will give you tips on reducing stress in your life.

**Think Positive: Coffeehouse Education Series** This evening education series is open to persons living with HIV/AIDS. Refreshments will be provided.

**Time: 7-8:30pm Place: AVI, 302-733 Johnson St.**

**April 9 What is a viral load and what does it mean to me?** A medical doctor discusses viral load tests.

**April 23 Thinking about leaving work: income security post-employment.** Find out about CPP, UIC, Social Services. Workplace Options (i.e. long term disability).

**May 7 Disclosure: To tell or not to tell?** Discuss HIV disclosure issues as they relate to the workplace, friends, partners and family.

**May 21 Relationships, Sex & HIV.** Discuss issues around intimacy and Living with HIV.

-Peter MacDougall



*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.*

# BOOK REVIEW

Mindblowing Sex in the Real World. With a title like that how can one not pick up the book for a peek! This 20-something oriented book is written by Sari Locker who is getting down to the realities of sex, love & relationships in the nineties.

She covers a variety of topics which are hitting young people today and talks about them with frankness and fun. Her day time job is that of a sexual health radio host and public speaker, and she has incorporated some of her callers opinions and questions into the book.

This book is easy to read, offering the reader some valuable insights into such questions as the relationship between sex and love, group sex, condom usage, and of course HIV/AIDS. The book is definitely aimed at a particular audience - those in their teens and early 20's. I was skeptical of the book at first thinking it would be just another fluff piece by some dippy self-proclaimed educator, but her credentials hold up and she has produced an informative and useful book. I would recommend this for the curious, the interested, and for parents or other people involved with youth. This book focuses mostly on heterosexuals, but not exclusively.

- Nicole Sawka

## FUND DEVELOPMENT

Fund Development reports that planning for AIDS Walk '97 has already begun. AVI is working with organizers at both the local (Victoria and Nanaimo) and national levels to make the 4th Walk for AIDS an even bigger success than those that took place last year in Victoria and across the country. This year's Chair of AIDS Walk '97 is Norman Brulotte. The walk will take place on the 4th Sunday in September, September 28, 1997.

The Department is also putting together a mega-version of the annual AVI Garden Lottery. This year's lottery is guaranteed to be

exciting, with thousands of dollars in prizes being offered. Tickets for the Garden Lottery go on sale in March.

A dinner/art auction is also being planned for one of the summer months. The auction, "A Midsummer Night's Dream", is sure to be a night full of fantasy, leaving you with the Shakesperean feeling, "That you have but slumber'd here/While these visions did appear"...

The Committee is also developing a number of other fundraising ideas, one of which is expected to raise monthly funds for AVI. This concept will involve AVI members, who will be approached to contribute to the project's success.

The FAF Task Force continues to work on solving their recent funding crisis. At the same time, Erik Ages reports the Fund Development Committee remains optimistic about their ability to develop sustainable funding which he hopes will work to avert future problems in the critical areas of client support.

All in all, a productive 1996, with still more exciting fund development ideas and news to come for 1997!

- Michelle Purdon

## NANAIMO REGIONAL NEWS

News from the Nanaimo office and beyond... First, a hearty congratulations to Dana, our Administrative Assistant who had a bouncing baby boy named Cole in the fall. Our best wishes to Dana, her partner and new son.

While Dana is on Maternity Leave, Carolyn Pickett and Howard Williams have been providing administrative services. An official welcome to Carolyn and Howard! Great to have you on board.

And other changes to staff... Mana Herel, Education Programmer in Nanaimo left AVI in December for pursuits of "higher learning" way out in Halifax. After a very

successful project co-sponsored by the Health Unit in Nanaimo, the Education Programmer position has been renewed and the new staff person is Penny K... who also works with our needle exchange in Duncan. Thanks to Mana for all her work and welcome to Penny!

A new volunteer core training is currently underway in Nanaimo. We welcome all our new volunteers and extend a thank you to the volunteers that have seen us through our very successful first year of operation at the Nanaimo office. Also a special thanks to JoAnn and Bridget for all their work in coordinating the training between Victoria and Nanaimo (and the many logistics involved). Much appreciated!

**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 meets the 2<sup>nd</sup> and 4<sup>th</sup> 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 available for any HIV+ individuals. Please call the office for information. For those calling outside of the Nanaimo area, collect calls are accepted.

**New Support Group for Family/Friends/Partners:** This month we are starting a group for family/friends/partners beginning Monday, February 10<sup>th</sup>. Please call Denise at the office for further information.

**Office Hours:** Our office hours are Monday to Thursday from 9am to 5pm. 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 Starbuck's coffee is available at the office for anyone living



# AIDS Vancouver Island

## FEBRUARY 1997

M	T	W	T	F	S/S
<p>Tuesday, February 4th - Education Committee meeting 5pm</p> <p>Tuesday, February 11th - MOPCAC 6-7:30pm</p>	<p>.....</p> <p>Tuesday, February 11th - Board Meeting 6:30pm</p> <p>.....</p>	<p>Tuesday, February 18th - Speaker's Bureau Meeting 6:00pm</p>	<p>Latex Brigade Training 6-9 pm Reg. required</p> <p>Partners, Families &amp; Friends Support Group 7-9 pm</p> <p>Staying Negative Support Group 7-8:30 pm Closed meeting</p>	<p>Latex Brigade Training 6-9 pm Reg. required</p> <p>Staying Negative Support Group 7-8:30 pm Closed meeting</p>	<p>1 Volunteer Training in Nanaimo. 9:30-5pm</p> <p>2 Volunteer Training in Nanaimo. 9:30-5pm</p>
<p>3 Message for PLWHIV/AIDS 3-6pm</p>	<p>4 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm</p> <p>HIV+ Women's Support Group 5-7pm</p> <p>Couples Art Therapy Group 6:30-9pm</p>	<p>5 Volunteer Training in Nanaimo. 6:30-9:30pm</p> <p>UPDATE Meeting 5:30 pm</p>	<p>6 Latex Brigade Training 6-9 pm Reg. required</p> <p>Partners, Families &amp; Friends Support Group 7-9 pm</p> <p>Staying Negative Support Group 7-8:30 pm Closed meeting</p>	<p>7</p>	<p>8</p> <p>9</p>
<p>10 Volunteer In-service. "Managing Difficult Behaviors" 7:00pm</p> <p>Message for PLWHIV/AIDS 3-6pm</p>	<p>11 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm</p> <p>Couples Art Therapy Group 6:30-9pm</p> <p>Haircuts for PLWHIV/AIDS 1-3pm</p>	<p>12 Volunteer Training in Nanaimo. 6:30-9:30pm</p> <p>Think Positive Education series Noon - 1pm "What is a viral loadtest?"</p>	<p>13 Latex Brigade Training 6-9 pm Reg. required</p> <p>Staying Negative Support Group 7-8:30 pm Closed meeting</p>	<p>14</p>	<p>15</p> <p>16</p>
<p>17 Message for PLWHIV/AIDS 3-6pm</p> <p>Support Services Volunteers Mtg. 5:30pm</p> <p>PWA Dinner 5:15pm</p> <p>AVI Living Room</p> <p>Happy Birthday Mom</p>	<p>18 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm</p> <p>Couples Art Therapy Group 6:30-9pm</p> <p>HIV+ Women's Support Group 5-7 pm</p>	<p>19 Volunteer Training in Nanaimo. 6:30-9:30pm</p>	<p>20 Staying Negative Support Group 7-8:30 pm Closed meeting</p> <p>Partners, Families &amp; Friends Support Group 7-9 pm</p>	<p>21</p>	<p>22</p> <p>23</p>
<p>24 Message for PLWHIV/AIDS 3-6pm</p>	<p>25 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm</p> <p>Couples Art Therapy Group 6:30-9pm</p>	<p>26 First Night of Volunteer Training in Victoria 6:30-9:30pm</p> <p>Think Positive Education series Noon - 1pm "Problem with your landlord?"</p> <p>Helpline Meeting 5pm</p>	<p>27 Staying Negative Support Group 7-8:30 pm Closed meeting</p>	<p>28</p>	

### DIRECTORY

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

**TOLL-FREE HELPLINE**  
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.

## SUPPORT SERVICES

### Monday Night Dinner:

All PLWHIV/AIDS are invited to dinner -taking place this month on February 17th at 5:15 pm.

**Art Therapy:** This drop-in art therapy group started up on January 28 from 1-4pm and will continue to meet each Tuesday at the same time and place. Space is limited, so registration is recommended. For more details, contact Bart or Echo at 384-2366.

**Art Therapy II:** This closed group, for gay men in relationships, also began at the end of January. The group will run every Tuesday evening from 6:30 - 9:00

pm for eight weeks. Contact Bart or Echo for further details.

**Quilting:** The quilting group will be meeting every Thursday from 1-3pm. This is not a memorial quilt, it will be a decorative quilt for the AVI Living Room. If you wish to join this group, please contact Roshni.

**Massages:** Monday afternoons from 2-5pm

**Haircuts:** To sign up for a haircut, which will be given by Norma on February 11th from 1-3pm, please contact AVI Support Staff.

**Support Services Volunteer Meeting:** this meeting will be on February 17 at 5:30 pm.

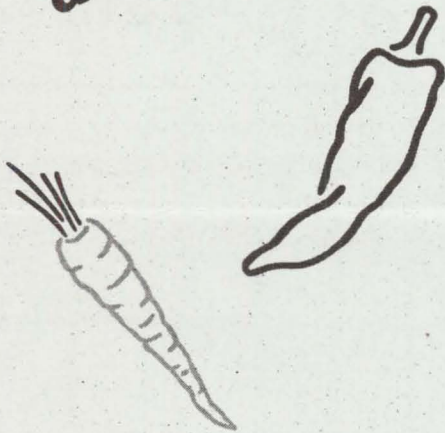
**Partners, Families and Friends Group:** Reminder that this group meets on the first and third Thursday of each month from 7-9pm which means the February meetings will take place on February 6 and 20. Contact Bart for further information.

### Call for magazines:

Any persons wanting to donate their old magazines, material etc. to be used by the Art Therapy groups, please drop these off in the boxes located in the Support Services Department at AVI. Your contributions are greatly appreciated!

- Michelle Purdon

**The New  
& Improved**



GARDEN

LOTTERY

1997

**Volunteers are needed to sell tickets. These tickets practically sell themselves. Books of 25 will be available at AVI in March. If you're interested please call Stacy or Erik at 384-2366.**



with HIV to pick up. Drop by if you're in the neighbourhood... The office is located at #201 - 55 Victoria Rd. Nanaimo (just up the hill from Harl. Park Mall). Our phone number is 753 - (AIDS) 2437.

- Shari Dunnet

## VOLUNTEER SERVICES

There are 2 upcoming volunteer opportunities:

1) Volunteer Services is looking for volunteers to staff a table at the Volunteer Fair which is taking place on FEBRUARY 15 from 9:30 am - 5:30 pm at Hillside Mall. Anyone interested in working a shift at the fair can contact JoAnn or Bridget at 384-2366.

2) The Department is also undertaking an Archives Project - the project is meant to

document the history of AVI from its inception in 1985. A lot has happened since AVI opened its doors over a decade ago, and Volunteer Services is interested in documenting that journey.

Anyone with old copies of the UPDATE or "Can We Talk", as the newsletter was once called, is asked to get in touch with JoAnn. As well, any pictures, posters of events, anecdotes etc...relating to events which AVI has been involved in over the years would be appreciated.

If you have any experience with archives or simply have an interest in helping with this exciting project, please contact JoAnn at AVI.

IN-SERVICES: Volunteer services continues to be committed to providing a variety of in-services relevant to the volunteer experience at AVI.

In January, AVI hosted Dr. Sally Ringdahl, a naturopathic physician, who spoke to volunteers of Victoria Persons With AIDS Society (VPWA), VARCS, and AVI. The in-service was well attended and Dr. Ringdahl stimulated a lively discussion centering around the topics of herbal medicine, homeopathy, and nutrition.

**OUR NEXT IN-SERVICE will be on: February 10 from 7-9pm in the AVI Training Room. Nancy Panagabko, Coordinator, Emergency Response - Acute Mental Health Services, will address the topic of, "Managing Difficult Behaviours."** Nancy is a nurse and AVI volunteer with a wealth of experience and skills in the mental health field. Please join us in the Training Room on FEBRUARY 10th.

- Michelle Purdon

## STAFF PROFILE - EDUCATION SERVICES

**Pete MacDougall**, Coordinator of Education Services.

Peter's responsibility is program planning and development, supervision of staff, training and supervision of Education Services volunteers for the Helpline. He also works with Stephen on the M.A.R.S. Project and the Education Evaluation.

Peter would like to see:

-more aggressive outreach in prisons because the rate of HIV/AIDS is 10% higher than the general population;

-continuing collaboration with Vancouver Islands First Nations communities and more collaboration in the near future;

-more prevention education provided for women's organizations;

and finally, more education for youth around HIV/AIDS.

**Jim Wilton**, Education Worker.

Jim has been involved with AVI since his diagnosis with HIV in 1991. Since then, Jim has

been involved with Victoria's three AIDS organizations, and has worked with them in a variety of capacities.

Jim would like to see:

-the Speakers Bureau work at capacity, providing front line education in every community on Vancouver Island;

-the Resource Centre become a truly welcoming place to seek information about HIV/AIDS issues in the community;

and when asked if there was anything on the horizon for his department, he assured us that we can look forward to a series of in-services directed at professional development for speakers.

**Stephen Samis**, Coordinator of Research Projects.

Stephen has been with AVI since February '96. He is presently coordinating the Evaluation of Education Services (the Helpline, the Speaker's Bureau and the Men's Outreach Project) as well as the M.A.R.S.

research project on men's attitudes about relationships and sexuality. He has an MA in Sociology from Simon Fraser University where he conducted a survey on Anti-Gay/Lesbian Violence for the Greater Vancouver area. He believes that safe sex goes way beyond just latex. From a wholistic perspective there are personal & emotional issues that effect the choices we make. He feels that there is still so much to be done and he feels fortunate to help contribute to the research/education aspect of AVI.

- Leah Morgan

Editorial Note:

We apologize for not including Robb Stewart, Gay Men's Outreach Worker, in this month's staff profile of the education department. We will profile Robb along with the Men's Outreach Project coming up in the March issue of the UPDATE.

## BOARD REPORT

I would like to use this month's report from the Board to provide you with information regarding the Financial Assistance Fund (FAF) and a recent change to the Board.

**FAF Task Force** The FAF Task Force had a problem solving session on January 10 to identify practical and effective strategies that will address the problems facing the FAF. Specifically, the Task Force is working towards developing a program that will provide direct support to PWAs who have a specific and pressing financial need; has a predictable and sustainable funding base; and is administratively efficient.

Task Force participants include Support and Fund Development staff, several members of the PWA Caucus, Board and our partners at VARCS and VPWA. A sub-committee of the Task Force will now review the Issues and Options identified at the problem solving session and prepare recommendations that I expect will go to the Board in February.

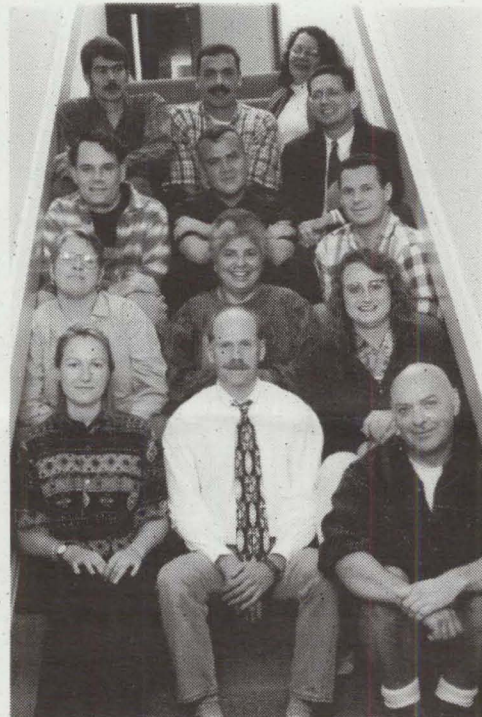
I would like to thank all of you who have provided us with constructive suggestions on how to restructure the FAF, and particularly the PWAs who attended the FAF meeting in December. Your feedback and suggestions have been really valuable in helping to ensure that the program meets the needs of those it is designed to serve. This Board is committed to communicating directly and regularly with PWAs, our members and partners as we move towards a more client driven agency.

**Changes to the Board** I would like to thank Cindy Jamieson for all that she has given to our agency during her time on the Board. Cindy has decided to take a break from Victoria, and has therefore stepped down from her position on the Board. Cindy has

served as our Secretary and I will certainly miss her candor and direct approach to problem solving. All the best Cindy!

Finally, the purpose of these monthly reports from the Board is to provide information directly to members. If you have any questions regarding the Board, or what we are doing here at AVI, I encourage you to speak to Ruthann or Karen, or forward your questions to us at the AVI office, or by phoning and leaving a message at 360-0685. This Board is committed to open communication and to providing people with the information they need to participate effectively at AVI.

- Ted Matthews  
Chair, Board of Directors



## FROM THE DESK OF THE EDITOR:


After keeping you in suspense for the last month I decided enough was enough - from top to bottom and left to right, let me introduce you to our new Board: Jim Aalten (Regional & Remote Services Chair), Wally Hiebert (Inter-agency Chair), Cindy Jamieson, Bob Milne (Treasurer), Daniel Schulte, Ed Wilson (Support Services Chair), Mike Costello (Education Services Chair), Darlene Taylor, Linda Verruyt, Ingrid Olson (Street Outreach Services Chair), Stephanie Bogaert (Communications & Fund Development Chair), Ted Matthews (Chair, Board of Directors) and Norman Brulotte (Volunteer Services Chair).

My sincere apologies to the Board and the members at large for the bizarre permutations of the 1996-97 Board portrait.

- Stacy Leblanc

## LETTERS:

A number of letters were received regarding the cancellation of the FAF and many questions were posed in these letters. It was my understanding that some of these questions were answered in the December issue of the UPDATE - in the letter that Ted Matthews and Ruthann Tucker wrote. The FAF Task Force will be meeting in the month of January and results of the task force meetings will be published in the March issue of the UPDATE.



Free, confidential information on HIV clinical research in Canada...  
**Know your options.**

**1-800-661-4664**  
CANADIAN HIV TRIALS NETWORK  
Mon-Fri, 11:30-19:30 EST [www.hivnet.ubc.ca/cin.html](http://www.hivnet.ubc.ca/cin.html)

The Canadian HIV Trials Network is a federally-funded, non-profit partnership committed to developing treatments and a cure for HIV & AIDS through the conduct of scientifically sound and ethical research.

## 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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