



volunteer UPDATE newsletter

AVI's next Board meeting
takes place on Tuesday,
March 11th - 6:30pm at AVI.

EDUCATION SERVICES



The mission of the Men's Outreach Project is
*To empower gay, bisexual and other men who have
sex with men to make informed choices about their
own sexual health and reduce HIV infections.*

The Men's Outreach Project is involved in
community forums, active outreach to men in
bars, public sex environments and special
events, as well as a new HIV negative support
group called Staying Negative.

The Staying Negative support group has one
important goal - to keep men negative. Staying
Negative focuses on the emotional and
psychological well-being of HIV negative men.
Men being men, they rarely, if ever, openly
discuss their emotions, and if you're a man
having sex with other men in an epidemic, this
can have disastrous results. Feelings of anxiety,
guilt, despair and grief are not uncommon and
can wreak havoc on your self-esteem. It is
these feelings that the group focuses on. The
group is facilitated by a professional counselor,
and currently consists of ten men.

MOP is also involved in producing informative
community forums where men are invited to
discuss issues that are important to them. The
first forum featured the flamboyant Vancouver
sex nun, Sister C, and was titled ManSex. 50
men participated in the serious, but humour

filled evening. A second forum is in the works,
details to be issued at a later date.

The third component of MOP is the Latex
Brigade. The Latex Brigade is a volunteer
peer based outreach team. This trained team
will undertake outreach in bars, bathhouses,
special events and public sex environments.
**Robb Stewart, the Gay Community
Outreach Worker**, believes that by respecting
the culture and etiquette of these specific
environments, the team will be well received.

Robb would like to see a solid and long
standing commitment to the Men's Outreach
Project, and with the federal government
funding (ACAP) coming to an end in the
spring of 1998, this project is in jeopardy.
Robb would also like to see the AVI Education
Department put the "gay" back in AIDS, and
feels that while AIDS does affect everyone, it
does not affect everyone equally. Gay men
still comprise 73.5% of AIDS cases in Canada.

In parting, Robb stated that "We need to
empower men to make healthy choices. We
as educators don't always have the answers.
Ultimately it's the decision of the men out
there to do something with the information
that we provide. We are excited to be working
together with those men to find solutions to
these issues."

For general information about the Men's
Outreach Project or to volunteer for the Latex
Brigade, call Robb at 384-2366.

-Stacy P. Leblanc



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.*



NANAIMO REGIONAL NEWS

More comings and goings this month... A sad farewell to Denise, our Nanaimo support worker who has been with AVI since last July. Denise is moving on to a job with Home Support in Nanaimo. A special thanks to Denise for all her work in support services at the Nanaimo office. We wish you all the best. As the UPDATE went to press, we were in the process of hiring a new support worker. Stay tuned for further info.

Our volunteer core training in Nanaimo has just completed. Welcome to all our new volunteers and again a great big thank-you to JoAnn and Bridget for all their work in making the training such a success.

North Island news: Last month, as part of our evaluation of Education Services, we met with groups in the Port Hardy area. One of the sessions included reps from the Health Unit, Crisis Centre and the newly funded needle exchange program. The other was a meeting with the three First Nations bands in the area. It was a great opportunity to get a much clearer sense of the needs and issues for people living in this remote region of the Island. As a result of these meetings, we will be doing a series of workshops there this spring.

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 2nd and 4th Monday of the month. **Nanaimo art therapy** sessions for people living with HIV/AIDS are also available. For information, please call the office for times and location. **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: Our group for family/friends/partners began last month. This group meets the 2nd and 4th Monday of the month. Please call the office for further information.

Office Hours: Our office hours are Monday to Thursday from 9 am to 5 pm. 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 we 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. Nanaimo (just up the hill from Harbour Park Mall). Our phone number is 753-(AIDS) 2437.

-by Shari Dunnet

VOLUNTEER SERVICES

New Volunteers in Nanaimo

It seems that Volunteer Services has been spending most of the past month on the road to & from Nanaimo. As of February 19th, 10 new volunteers have finished core training and we are very pleased to welcome Tiffanney, Rose, Michael, Kristie, Joanne, Ingrid, Guy, Georgina, Donna and Dell to AVI - Nanaimo!

Nominees Required

We are asking for your input in choosing recipients of the following two awards to be presented at the Volunteer Recognition Evening on April 25th:

1. **The Shawn Costello Memorial Award** - AVI's Volunteer of the Year - presented to the volunteer who has made an extraordinary contribution to the work of AIDS Vancouver Island over the past year.

2. **The Michael Redfern Memorial Award** - Speaker of the Year - presented to the volunteer who has made an extraordinary contribution in the field of HIV/AIDS education.

These are always difficult decisions to make as there are so many volunteers deserving of such recognition - however do your best and complete the nomination enclosed with this edition of your Update.

Volunteer Opportunities

Casino: AVI should be drawing a date in July for our next Casino. As it has been some time since we've participated in this fundraising opportunity we really need to update our list of volunteers willing to work the 5PM to 2AM shift at the Red Lion. We require at least two volunteers with training and I'm sure we will have a chance to send others for the one-evening training as the date draws closer.

Bingo: Every fourth Friday afternoon, AVI is required to send a volunteer to 711 Bingo from 1:15PM to 5PM. You make change, pay out the prizes and make around \$500.00 for AVI! If you enjoy people-watching and can tolerate a smoky environment this may be for you. Next date is March 7th.

Contact Bridget or JoAnn if you are interested in either of these fundraising opportunities.

Volunteer In-Services:

February's in-service on "Managing Difficult Behaviours" with Nancy Panagabko, was well-attended and certainly addressed the concerns of the volunteers and staff attending. Thanks Nancy!

In March, Gail Demers will be presenting the Silva Method of Meditation to the bi-monthly in-service with VPWA Society, VARCS and AVI. March 17th @ 7pm in the AVI training room.

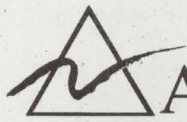
- JoAnn Reid

BOOK REVIEW

Cocaine, AIDS, and Intravenous Drug Use

This compilation of articles starts with the premise that drug use cannot be controlled and that attempts to stop it will only drive it further underground and will hinder efforts to reach users and their partners via clean needles and safer sex messages. Its authors claim that drug prevention is too little and, in most cases, too late for a large number of longer-term users.

So what else is new?



AIDS Vancouver Island

Financial Assistance Fund Report & Recommendations Adopted Feb. 11, 1997

From: The FAF Task Force
To: The AVI Membership

On December 12, 1996 the Board of Directors suspended the Financial Assistance Fund as a result of over expenditures. The annual budget of \$50,000 had been spent by the beginning of the December. Following the suspension of the fund a process was put in place to problem-solve the lack of resources for this fund and the program in general.

Following this meeting the Board established a Task Force with a mandate to examine the issues and identify options connected with the FAF and to make recommendations for a renewed FAF.

The Task Force sought and obtained input from the PWA Caucus in mid- December. In early January the working group, whose membership consisted of individuals from a broad sector of the agency, community partners and people living with HIV/AIDS, met to identify strategies which would address the concerns presented through the Caucus. Subsequent to this meeting a Subcommittee was struck to develop recommendations for the Board of Directors to consider at its February meeting. The Subcommittee's membership consisted of: Ted Matthews, Wally Hiebert, Washington J., George Kirkpatrick, Karen Whyte, and Ruthann Tucker.

The following are the identified issues and recommendations from the Subcommittee of the FAF Task Force. These recommendations were adopted at the February 11, 1997 meeting of the Board of Directors.

Key staff and Board Committees will now work together to develop a comprehensive workplan to implement the recommendations.

Issue #1 The FAF creates dependency/expectation; need to clarify the focus, purpose, principles of the FAF.

Recommendations:

1.0 Replace the Financial Assistance Fund with a combination of support programming and an Emergency Assistance Fund
Timeline: EAF April 01, 1997
Programs May 01, 1997

2.0 To develop and define philosophical and operating principles for Support Services, including Nanaimo, within AVI.
 (To develop goals and objectives for support at AVI.)
Timeline: Goals & Objectives March 01, 1997
Polices & Procedures May 01, 1997

3.0 To clarify support and advocacy roles within AIDS Vancouver Island.
Timeline: March 31, 1997

4.0 To develop programs and services within Support Services, including Nanaimo, which support the goals and objectives and do not duplicate existing ones.
Timeline: May 01, 1997



Financial Assistance Fund Report and Recommendations (continued)

4.1 Develop a strong referral program which links clients to a range of programs and services and agencies that meet their individual set of needs. For example:

- | | | |
|-------------------|--------------------------------|-------------------------|
| ➤ Meals on Wheels | ➤ Peer Support | ➤ Nutrition Counselling |
| ➤ Homecare | ➤ Alcohol and Drug Counselling | ➤ CRD Health |
| ➤ VARCS | ➤ Food Banks | ➤ BCPWA |
| ➤ VPWAS | ➤ Clothing | ➤ BCPWD |
| ➤ NIAC | ➤ Emergency Shelter | ➤ Support Groups |
| ➤ Hospice | ➤ Housing | ➤ Community Kitchens |

Timeline: May 01, 1997

4.2 To develop an Emergency Assistance Fund with the following characteristics:

- Promote self-sufficiency;
- Maximizes AVI accountability;
- Minimizes administrative costs;
- Clear, consistent and known criteria;
- Fixed amount allocated per month for the fund based on AVI's ability to resource;
- Measure program effectiveness through evaluation at six (6) and twelve (12) months
- Maximum per request and per year;
- To look for alternatives to cash wherever possible (e.g. food vouchers);
- AVI staff will be required, when possible, to link the EAF request to a program or service which addresses the underlying issue (i.e. as in 4.1 Referral Program)

Timeline: April 01, 1997

Issue #2 Accountability

Recommendations:

1.0 To develop and define out-come based measurements for Support Services and Nanaimo support program.

Timeline: May 01, 1997

2.0 To develop a consistent and in-depth client intake/assessment system.

Timeline: May 01, 1997

3.0 To develop an effective and accurate Management Information Systems for monitoring and tracking AVI programs. To ensure that this system is simple and practical.

Timeline: June 01, 1997

Recommendations:

1.0 Clarify to members, clients, volunteers etc, funding structures within the non-profit sector.

Timeline: Immediate and Ongoing

2.0 Clarify the funding structure for the Emergency Assistance Fund. (Where does the money for this fund come from.)

Timeline: Immediate and Ongoing

3.0 To measure costs of administration with a view to reducing those costs throughout direct service areas.

Timeline: June 01, 1997

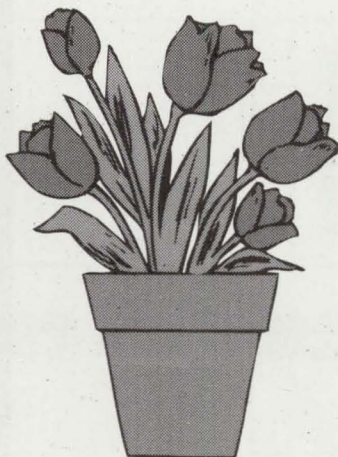
4.0 Provide training opportunities in order to maximise the use of volunteers.

Timeline: April 01, 1997 ongoing

5.0 To enhance the role of HIV+ people as volunteers within AVI.

Timeline: April 01, 1997 and ongoing

THE NEW GARDEN LOTTERY



Coming soon! Volunteers are needed to sell tickets. Books of 25 will be available at AVI in March. If you're interested please call Stacy or Erik at 384-2366. Stay tuned for more details.

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AIDS Vancouver Island

MARCH 1997

DIRECTORY

AIDS HELP LINE
(VICTORIA)
384-4554

TOLL-FREE HELP 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

LOCATION OF EVENTS

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

M	T	W	T	F	S/S
	<div>..... Tuesday, March 11th - Board Meeting 6:30pm</div>				1 Happy Birthday Marilyn!
					2 Volunteer Training in Victoria. 9:30-5pm
					Volunteer Training in Victoria. 9:30-12:30pm
3 Massage for PLWHIV/AIDS 3-6pm	4 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm HIV+ Women's Support Group 5-7pm	5 Education Commit- tee meeting 5pm Movie Afternoon 2-4pm Volunteer Training 6:30-9:30pm UPDATE Meeting 5:30 pm	6 Partners, Families & Friends Support Group 7-9 pm Staying Negative Support Group 7-8:30 pm Closed meeting	7	8
10	11 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm Research Projects Advisory Committee 5pm Haircuts for PLWHIV/AIDS 1-3pm	12 Volunteer Training 6:30-9:30pm Movie Afternoon 2-4pm	13	14	15
Massage for PLWHIV/AIDS 3-6pm					16
17 Massage for PLWHIV/AIDS 3-6pm Support Services Volun- teers Mtg. 5:30pm Volunteer Inservice Bail Demers-SILVA Method (meditation) 7-9 pm	18 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm Speaker's Bureau Inservice - Experiential Learning Model 6-8pm HIV+ Women's Support Group 5-7 pm	19 Volunteer Training 6:30-9:30pm Movie Afternoon 2-4pm	20 Partners, Families & Friends Support Group 7-9 pm	21	22
					23
24 PWA Dinner 5:15pm at AVI	25 Art Therapy Drop-in Group for PLWHIV/AIDS 1-4pm	26 Movie Afternoon 2-4pm Volunteer Training 6:30-9:30pm Last night Think Positive Education series Noon - 1pm "Thinking about returning to work?"	27	28 Good Friday Office Closed	29
31 Massage for PLWHIV/AIDS 3-6pm					30
Easter Monday Office Closed					

FUND DEVELOPMENT

THE NEW GARDEN LOTTERY



The Fund Development Committee is currently seeking volunteers to sell tickets for the expanded and exciting Garden Lottery. This year's lottery will feature four monthly draws and a grand prize draw. The monthly draws will consist of \$250.00 in gift certificates from a variety of garden supply centres, florists and magazine subscriptions. The grand prize is still being finalized, but promises to be GRAND and inviting. We are proud to announce that the major sponsor for the '97 lottery is CHEK 6 Television. Anyone interested in selling tickets can call Stacy or Erik at 384-2366.

The AIDS Walk '97 planning is well underway. Erik has been actively seeking the all important corporate sponsors. According to the last report, things were going well. Erik reports that Monday Magazine, the Times-Colonist, CHEK 6 TV, the Nanaimo Times and Starbuck's Coffee are on-board for The Walk.

The Fund Development department would also like to remind people that the Entertainment Books are still available at AVI, but are going fast, for only \$30. To get a copy call Erik or Stacy at 384-2366.

A special Birthday Wish from the staff of the UPDATE to the wonderful Marilyn Branco. Have a great year!

-Stacy P. Leblanc

Well, the book does offer some insight into problems that are specific to cocaine and suggests drug therapy to combat withdrawal symptoms that are associated with it. It also talks about some of the reasons why conventional drug treatment programs such as methadone maintenance may be ineffective in dealing with cocaine and cross addictions.

The main thrust of the book however is that, like it or not, there will always be a sizable IV drug user population and that, gee folks, they do have sex! In 1990, 22% of all US AIDS cases were related to IV drug use; 52% of all heterosexual cases and 59% of pediatric cases could be traced to IV drug use.

The challenge for AIDS educators and clean needle advocates lies in finding ways to connect with this community by making IV drug users feel that health issues are important to them and their partners. The authors offer suggestions on how to empower and educate addicts and to engage them in the process and how to reach a rather forgotten group of those at risk for AIDS: women who have sex with IV drug users. Condom use is very low for this high risk segment of society, particularly where it concerns regular partners.

-Caryl Peters

SUPPORT SERVICES

Monday Night Dinner: A reminder that all PLWHIV/AIDS are invited to the monthly dinners. The next dinner is scheduled for Monday March 24 at 5:15.

Art Therapy: All PLWHIV/AIDS are invited to participate in an art therapy group. This is a drop in group that meets every Tuesday from 1-4pm. If you need information on the weekly topics, or would like information on art therapy, or are interested in signing up, please contact Echo or Roshni at 384-2366.

Art Therapy...Again: There is also a closed group for HIV+ gay men in relationships. The group will run every Tuesday evening from 6:30 - 9:00 p.m. for eight weeks. If you are interested in being part of this group, or would like more details, please contact Echo.

Massages: Available every Monday afternoon from 3-6 p.m. We recommend that you make an appointment to ensure you get your therapeutic hour. You can sign up by calling the Support staff, or if you are visiting our office, the sign up sheet is on the Living Room door.

Haircuts: Norma has agreed to give us another hour of her time. She will be available to provide haircuts for PLWHIV/AIDS on March 11th from 1:00 - 4:00 p.m. We **STRONGLY RECOMMEND** that you make an appointment in **ADVANCE** as she is often heavily booked.

Partners, Families and Friends Group: A reminder that this group meets on the first and third Thursday of each month from 7:00 - 9:00 p.m. People are invited to simply drop in for this group. If you require further information about this group, please contact Roshni at 384-2366.

- Roshni Narain.



This new fitness program is underway. This program is a joint venture between, VARCS, Victoria PWA, AVI, the CRD, the YM/WCA, and many others.

There are many activities to get involved in. Join a walking club! Workout at home! Get tips from a Nutritionist. Design your own program! For more info. on how to get involved - contact VARCS at 388-6220.

A series of health related seminars is being held at the Wellness Centre - 613 Superior Street. Call Charlotte at 383-7494 for info. about upcoming events.

Donations of fitness equipment would be appreciated. Contact VARCS at 388-6220.

BOARD REPORT

Hi I am Wally Hiebert, Vice Chair of the Board, Chair of the PWA Caucus and Chair of Support Services.

Since the AGM in October, my involvement on the Board as well as the committees listed is to develop an understanding of the needs of PLW HIV/AIDS as well as identifying whether AVI is meeting these needs. Meetings such as the PWA Caucus, have provided valuable information to the Board as to what issues are important to the PWA community, as well as identifying options.

Some questions which have arisen are:

Are the services provided by AVI meeting those needs?

Are we duplicating services already provided?

How do we work more effectively on an interagency basis to address the needs of PLW HIV/AIDS?

How do we ensure PLW HIV/AIDS voices are heard?

The Board is committed to listening to PLW HIV/AIDS and involving them in the programs and services we deliver! For example:

PWA Caucus input and FAF Task Force input in December 1996

PWA membership in FAF Task Force (9 of 15 members are PLW HIV/AIDS)

PWA involvement in drafting FAF recommendations to BOD included three out of six members who are PLW HIV/AIDS

Our most recent Board member was recruited in part, because he is a PWA with a strong set of skills, knowledge and experience.

PWA Caucus meetings will be held quarterly.

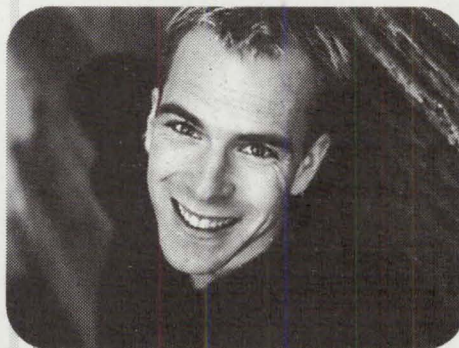
The PWA voice was heard regarding issues around the FAF and there was PWA input at every stage of this process. My promise in my involvement at AVI on the Board is that I will continue to address PWA issues through my involvement on the various committees.

I would encourage your feedback as well as your involvement, as positive recent changes have been due to the voices of PLW HIV/AIDS being heard.

- Wally Hiebert

Grace

by Michael MacLennan



Grace won the 1996 Canadian National Playwriting Competition and is the latest play by former Victorian Michael MacLennan (*Beat the Sunset*). This beautiful, dark drama charts the lives of 6 people as their lives cross in the course of one day. Truly haunting, *Grace* explores our desperation, our humanity, our love and our hate.

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GRACE

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MARCH 18 - 22

THEATRE CARES

THE BELFRY WILL PARTICIPATE IN THEATRE CARES - A FUNDRAISING EVENT FOR VICTORIA PWA SOCIETY, AIDS VANCOUVER ISLAND AND VICTORIA AIDS RESPITE CARE SOCIETY.

Festival 97 Tickets 385.6815 **Belfry Theatre**

SPEAKER'S BUREAU INFO

This spring the Speaker's Bureau at AVI is featuring a Speakers Development In-service. Three different sessions will be featured. The third session will be announced in the next edition.

Tuesday, March 18th

- Experiential Learning Model
- Understanding experiential learning
- Where training takes place
- Designing experiential exercises

Tuesday, April 15th

- Theatre and Presentation
- Using theatrical tricks in presentations
- Using your voice
- Setting the stage

The sessions will be held in the AVI training room from 6-8pm. This series is open to all AVI staff, volunteers and community partners. For more information and to RSVP call Jim at 384-2366.

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 to 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 and will not print 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.

Ruthann Tucker (Editor in Chief) c/o rtucker@avi.org

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

NewsLetter Committee: Marilyn Branco, Michelle Purdon, Leah Morgan