



WIN A TRIP FOR TWO  
TO SAN FRANCISCO!  
TICKETS ONLY \$2.00 EACH



*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.*

# volunteer UPDATE newsletter

## FUNDRAISING NEWS FOR SPRING 1997:

The Fund Development Team at AIDS Vancouver Island has been hard at work to establish an exciting series of fundraising ventures for the coming year. We hope to build on the support demonstrated by communities across Vancouver Island for the AIDS Walks in Victoria and Nanaimo, our successful lottery projects and other events.

We hope you'll agree that the coming year will achieve the right balance of public awareness and ethical fundraising strategies.

Should any of the following events and opportunities interest you, please call us on our new, direct *Fundraising Hotline* at 250 385 5062.

### EVENTS:

#### GARDEN LOTTERY

Our members and volunteers are needed to sell (and buy!) books of tickets between April and July 21st. At only \$2 each, they're a bargain when this year's prizes include 4 early-bird draws of \$250 each in gift certificates and prizes from local garden centres and a Grand Prize trip for two to San Francisco, includ-

ing airfare, 3 nights accommodation in historic Union Square and a day-trip through California's famous Napa and Sonoma wine regions. Don't miss out!

#### SMELL THE DAISIES

A *Couch Entertainment* benefit for AIDS Vancouver Island.

**When:** April 11th and 12th

**Where:** VERTIGO, UVic Student Union Building.

**How much:** \$7 advance at UVic Centre, Lyle's Place, HMV Records, Zydeco & BoomTown. \$8 at the door. Doors open at 9PM.

Friday Line-Up includes:

Funkus, MoJones, BonaFide and Run-Chico-Run. DJ: Belly Fish.

Saturday Line-Up includes:

Souled Out, Shilleigh, The Special Guests and A Particular Wave.

DJ: Tyger Dhula.

### FUNDRAISING HOTLINE

250-385-5062

#### A MID-SUMMER

#### NIGHT'S DREAM: A

*Dining At Home Fundraiser For AIDS Vancouver Island*

**When:** Saturday, June 21st, '97 (the first day of summer!).

**Where:** In your own home! We're looking for willing chefs and entertainers to sign up as

Mid-Summer Night's Hosts. What's in it for AVI? You invite a group of friends and acquaintances (as many as you'd like) to your home with invitations provided to you in your "HOST KIT." You establish the donation level for your guests, and what you'll be serving. In return, you, and all your guests, get to enjoy a fun evening; you and your guests will also be included in a draw for dinners-for-two at selected restaurants around Victoria, and a chance to win the Grand Prize: an original painting by Grant Leier (who did last year's AIDS Walk design). Call our HOTLINE to register!

### ONGOING OPTIONS

#### "GLEN TEL" LONG DISTANCE SAVINGS PLAN:

AVI members and volunteers are encouraged to save money on their long distance bills and support our programs by signing up for our new Glen Tel savings plan. Call our HOTLINE to discuss this new option. The savings options are more competitive than BC Tel's programs, offering the same level of savings as Sprint and other competitors. Most importantly, AVI receives a percentage of each call you make!





## SUPPORT SERVICES

**Monday Night Dinner:** A reminder that all PLWHIV/AIDS are invited to the monthly dinners. The next dinner is scheduled for Monday April 21 at 5:15.

**Haircuts:** Norma has agreed to give us another hour of her time. She will be available to provide haircuts for PLWHIV/AIDS on April 8<sup>th</sup> 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.

**Positive Women's Support Group:** If you are interested in attending please call Roshni.

- Roshni Narain

## NANAIMO REGIONAL NEWS

More comings and goings...Carolyn Pickett, who has been filling in for Dana Becker while she's on maternity leave, has been hired as a new support worker for the Nanaimo office. Guy Tohana has been hired as the administrative assistant for the next few months until Dana returns to her post. We welcome Guy and Carolyn.

Among many other activities last month, AVI participated in International Women's Day celebrations in Nanaimo with a table at a community fair. There was a great turn out from the community with female condoms proving to be a hot item.

**Wanted:** We are in need of a 2 drawer legal sized filing cabinet for the office. If you have one to donate, please give us a call and we'll arrange to pick it up. We can be reached at (250)753-2437.

**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 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 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month. Please call the office for further information.

**Office hours:** Our office hours are Monday to Thursday from 9 am 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 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

## EDUCATION SERVICES

The second set of *Think Positive* lectures, a series of educational workshops for People Living with HIV/AIDS begins on April 9<sup>th</sup>. The aim of these workshops is to provide people with information that would be useful in promoting health in their daily lives.

**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

**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

## SPEAKER'S BUREAU INFO

Spring '97 Speakers' Development In-Services. 6-8pm at AVI, 304 - 733 Johnson St. This series is open to all AVI volunteers, staff and community partners. For more information and to RSVP call Jim at 384-2366.

### Tuesday, April 15, 1997 Theatre & Presentation

Using theatrical tricks in presentations, using your voice and setting the stage.

### Tuesday, May 20, 1997 Choosing a Format/Evaluating Presentations

Choosing a style that suits the topic, spicing up dry content, structuring a presentation, using evaluation forms and evolution of presentations.

**DON'T FORGET  
VOLUNTEER  
RECOGNITION NIGHT  
ON APRIL 25th AT THE  
ART GALLERY OF  
GREATER VICTORIA  
7:30PM TO 10:30 PM**



# CREATING SIMPLY SCRUMPTIOUS CUISINE

I have been called upon to create a new column for the Update. A column that provides you with nutritional information, creative ideas, and recipes all on a budget. Well that's a challenge and a half as you ask yourself what type of information is most useful? How many persons should it be geared towards, where do I start and so on. After hours of brainstorming, some research, writing and rewriting. I came up with the idea of Creating Simply Scrumptious Cuisine for one or two; providing you with simple but elegant creations, describing & explaining the more common herbs. Introducing vegetables that you may never have tried because you're unsure how to prepare them or don't know their nutritional value. There is something intimately romantic about cooking for two. This seems to be the case no matter what's actually being served. A cozy table, candlelight, soft music and you can't really go wrong – but an appealing menu of delicious food can only add to it all.

In this issue I am going to look at what I call the four power vegetables. In determining what are the best vegetables for you to eat, you must ask which ones deliver the most powerful nutritional wallop. After examining the latest statistics and studies, four emerged as the souped up superheros of the vegetable world. Our poser-veggies are available year round in your local supermarket. So available in fact that you may be taking them for granted. Well, not any more. Presenting: Broccoli, carrots, spinach and sweet potatoes.

Each is loaded with antioxidants - mainly beta carotene and vitamins A, C and E - which many studies indicate may help prevent heart disease & cancer, bolster the immune system, and even slow aging. Vitamin C also builds body tissue and along with Vitamin E, can help delay the onset of cataracts. Beta Carotene and Vitamin A also promote good vision as well as maintain healthy skin.

After choosing the nutritional winners, my next challenge was to create great tasting recipes showcasing these power veggies. The results: homey, innovative dishes that in many cases contain, per serving as much as five times the RDA for Vitamin A and at least half the RDA for Vitamin C. It is here where I invite your suggestions, questions and concerns. Hopefully this article and the subsequent ones will help you to be more creative and give you the inspiration to experiment. Till next time. Buon Susto!

- S.S.C.

## Low-Fat Salsa Chicken

4 (4oz) skinned, boned chicken breast halves

Cooking Spray

¾ cup salsa

½ cup sliced green onions

¼ cup grated Parmesan cheese

1. Preheat oven to 350 degrees F.

2. Place chicken in a 11x7 inch baking dish coated with cooking spray. Spoon salsa evenly over chicken; top with green onions. Sprinkle with cheese. Cover and bake at 350 degrees F. for 30 mins. Uncover and bake an additional 10 mins. Or until chicken is done.

For variety I add a cup or so of shredded cabbage & mushroom under the chicken and top it with Salsa.

## Spinach, Rice, and Feta Pie

2 Tbsp. Margarine

¾ cup chopped onion

2 tsp. Flour (all-purpose)

½ tsp. Salt

¼ tsp. Pepper

1 ½ cups. 1% low fat milk

2 cups cooked long-grain rice

¾ cup (3 ounces feta) crumbled feta cheese

1 large egg, lightly beaten

2 large egg whites

1 (10oz) pkg. frozen spinach, thawed, drained and squeezed dry

Olive oil-flavoured cooking spray

2 tbsp. Grated Parmesan Cheese

1. Preheat oven to 400 degrees F.

2. Melt margarine in large saucepan over medium heat. Add chopped onion and sauté 3 mins. Stir in flour, salt and pepper. Gradually add milk, stirring with a whisk until well-blended. Bring mixture to a simmer and cook 1 minute or until slightly thick, stirring constantly. Remove saucepan from heat, and stir in the cooked rice, crumbled feta cheese, egg, egg whites & spinach.

3. Pour mixture into a 9-inch pie plate coated with cooking spray. Sprinkle Parmesan cheese over pie. Bake pie at 400 degrees F for 35 mins. Or until set. Broil 2 mins. Or until pie is golden brown.

Yield: 6 servings

## New England Stuffed Sweet Potatoes

6 - 8oz. Sweet potatoes

1/3 cup chopped pecans, toasted

¼ cup dried cranberries

¼ cup maple syrup

1 tbsp. Grated peeled fresh ginger

½ tsp. Salt

¼ tsp. pepper

Preheat oven to 375 degrees F

Wrap potatoes in foil; bake at 375 degrees F for approximately 1 hour or until tender.

Unwrap potatoes. Split open each potato and scoop out pulp, leaving a ¼ inch thick shell. Combine pulp, pecans, and remaining ingredients. Stuff shells with ¼ cup potato mixture; place on a baking sheet. Bake at 375 degrees F. for 10 mins. Or until thoroughly heated.

### Shopping List:

Margarine, onions, flour, salt, pepper, 1% milk, long-grain rice, feta cheese, egg, spinach, cooking spray, parmesan, sweet potatoes, pecans, dried cranberries, maple syrup, chicken breasts, salsa, ginger, green onions.



# Information Sheet

## Budget 1997-98



THE FOLLOWING INFORMATION STEMS FROM AVI'S ONGOING COMMITMENT TO COMMUNICATE WITH ITS MEMBERS, CLIENTS AND VOLUNTEERS.

ON MARCH 11TH the Board of Directors and senior management met to approve the budget for 1997-98. The agency was required to make some very hard decisions due to:

- ☐ impending cuts to the National AIDS Strategy;
- ☐ no increase in funding from other levels of government;
- ☐ the growing competition for donations.

If we were to operate at the same levels as last year, with no changes to staffing or program expenses, AVI would operate with a significant deficit. At the same time, the number of people and communities we serve continues to grow.

There are also some strict rules from funders as to what we can do with the money they give us. Some of the money we receive is for specific projects and can not be shifted. Examples include the MARS Project and the Needle Exchange initiative.

Therefore, the only reductions we were able to make were those paid for out of our General Revenue, or the "block" funding we receive from the province and the ACAP operations grant.

Approximately 65% of the total budget pays for program and administrative staff. The remaining 35% goes to pay for all other expenses such as rent, materials to operate all of our programs, travel and honoraria for volunteers, equipment and supplies etc. The Board was faced with some tough choices:

- ☐ do we reduce staff?
- ☐ do we reduce expenses? or...
- ☐ do we do a little of both and spread the impact across the agency?

We decided to spread the cuts across the agency, and to adjust our programs in an attempt to reduce the impact on the people we serve.

### Highlights

Maintaining the status quo, including some practical reductions (i.e. spending at the rate we've been spending this year, with no increase in revenue) would result in a **deficit** of approximately \$100,000.

- ☐ The **approved budget** will result in a decrease of 3.6 full time positions. These reductions will be done in accordance with the Collective Agreement which is in place and the Employment Standards Act.
- ☐ Strategies are in place to ensure that good quality programs and services are maintained, and the impact of the reduction is minimal. These in-

clude developing a closer and more effective working relationship with our partner agencies, such as VARCS, VPWA, NIAC, MIAS and PASTA. It also means eliminating areas where we are duplicating other agencies programs or services.

- ☐ The reduction has been spread across both excluded and bargaining unit staff and across programs and regions.
- ☐ The Board is attempting to build up a contingency fund to be used for extraordinary expenses. These funds are necessary to cover things such as potential legal liabilities and previous overtime claims.

- ☐ Travel, office supplies and phone/fax expenses have also all been reduced.
- ☐ Support programs will receive \$25,000 which represents an increase of \$14,000 over last year.
- ☐ The Island Outreach Worker in Nanaimo will now focus on education in Nanaimo as well as the mid, north and west Island communities. Support to up-island clients will continue as it has since late last year through our Support Worker in the Nanaimo office. Our commitment to the Up Island community remains strong, and AVI will improve it's ability to provide local ASOs with materials, information and resources not otherwise available to them.



## What's in it for HIV+ members?

- ☐ AVI support programs will include an Emergency Assistance Fund and a Complimentary Health Start Up Fund.
- ☐ Support Services programs are being reviewed in response to input from the PWA Caucus. Anticipated changes include:
  - 1 shifting programs and services to a more self-help and participatory model of delivery;
  - 2 increasing the active participation of people with HIV/AIDS;
  - 3 decreasing the amount of time staff spend on administration;
  - 4 providing opportunities (through workshops and seminars) to develop some practical skills which will help increase self reliance, and shifting our emphasis whereby

staff will facilitate and link people with HIV/AIDS to the full range of programs and services available in the community. We will partner with other agencies who can provide services for people with HIV/AIDS, but we will not duplicate programs provided by others.

are best able to understand and respond to their own unique community issues.

We will continue to operate the Regional and Remote Services office in Nanaimo.

## What's in it for Up-Island Communities?

- ☐ No significant shift in the level of service being provided by AVI;
- ☐ Closer working relationships with Up Island ASOs (such as MIAS, PASTA, NIAC) to eliminate areas of duplication;
- ☐ Strengthening local ASOs by continuing to:
  - 1 work with them on joint initiatives;
  - 2 provide information, materials and resources they still require;
  - 3 recognise that local agencies

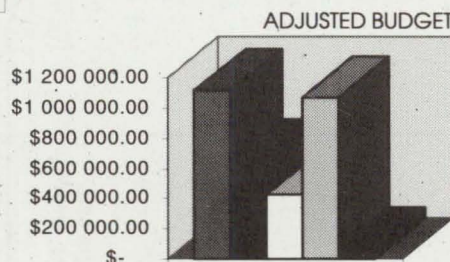
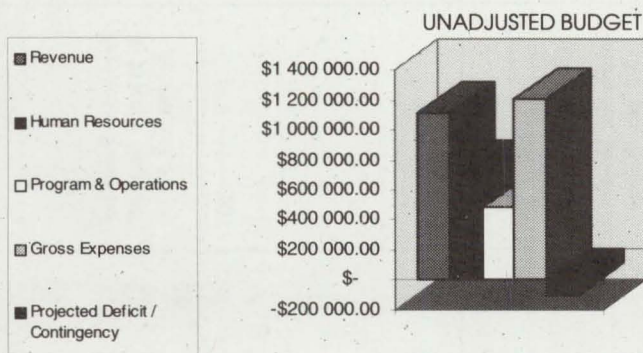
## What's in it for Street Outreach?

- ☐ The grant we receive to operate the SOS/Needle Exchange remains unchanged;
- ☐ The extra 20 hours per week which were funded by AVI last year will be reduced. SOS will operate within identified peak hours.

FOR FURTHER INFORMATION REGARDING THE 1997/98 BUDGET PLEASE CONTACT:

RUTHANN TUCKER,  
EXECUTIVE DIRECTOR,  
OR TED MATTHEWS,  
CHAIR, BOARD OF DIRECTORS

## 1997/98 BUDGET IN BRIEF



### 1997/98 Projected Revenue

|                |                        |
|----------------|------------------------|
| Grants         | \$ 1 048 802.00        |
| F/R            | \$ 55 000.00           |
| Other          | \$ 10 000.00           |
| <b>Revenue</b> | <b>\$ 1 113 802.00</b> |

### 1997/98 Unadjusted Expenses

|                          |                       |
|--------------------------|-----------------------|
| Human Resources          | \$ 726 936.00         |
| Program & Operations     | \$ 482 000.00         |
| Gross Expenses           | \$ 1 208 936.00       |
| <b>Projected Deficit</b> | <b>(\$ 95 134.00)</b> |

### 1997/98 Adjusted Expenses

|                              |                     |
|------------------------------|---------------------|
| Human Resources              | \$ 652 000.00       |
| Program & Operations         | \$ 422 800.00       |
| Gross Expenses               | \$ 1 074 800.00     |
| <b>Projected Contingency</b> | <b>\$ 67 695.00</b> |



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

### LOCATION OF EVENTS

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



# AIDS Vancouver Island

APRIL 1997

| M  | T  | W   | T  | F   | S/S   |
|--|--|---|--|---|---|
|  | 1  | 2   | 3  | 4   | 5<br>6  |
| Tuesday, March<br>11th - Board<br>Meeting 6:30pm   | HIV+ Women's<br>Support Group 5-7pm<br><br>Education<br>Committee<br>meeting   | UPDATE Meeting<br>5:30 pm   | Partners, Families<br>& Friends Support<br>Group 7-9 pm  |   |   |
| 7  | 8<br>MOPCAC<br>6-7:30pm<br><br>Nanaimo Volun-<br>teer Support Mtg.<br>7pm at AVI office<br><br>Haircuts for<br>PLWHIV/AIDS 1-3pm   | 9<br><br>What is a viral load<br>test & what does it<br>mean? 7-8:30pm<br>Dr.Ghesquiere | 10   | 11  | 12<br>Support Training<br>9:30-4:30pm<br>13<br><br>Support Training<br>10:00-4:30pm |
| 14<br><br>National Volunteer<br>Recognition Week in<br>Canada April 14 - 18.               | 15<br>Research Projects<br>Advisory Committee<br>mtg. 5pm<br><br>Speaker's Bureau<br>In-service. Theatre &<br>Presentation 6-8pm<br><br>HIV+ Women's Support<br>Group 5-7 pm | 16  | 17<br><br>Partners, Families<br>& Friends Support<br>Group 7-9 pm<br><br>Volunteer In-service<br>7-9 pm. Nancy<br>Panagabko<br>'Care for the<br>Caregiver' | 18  | 19<br>20  |
| 21<br><br>Support Services<br>Volunteers Mtg.<br>5:30pm<br><br>PWA Dinner<br>5:15pm at AVI | 22   | 23<br><br>Volunteer Training<br>6:30-9:30pm   | 24   | 25<br><br>Volunteer Recogni-<br>tion Evening 7:30-<br>10:30pm<br>Art Gallery of<br>Greater Victoria | 26<br>27  |
| 28   | 29<br><br>HIV+ Women's Support<br>Group 5-7 pm   | 30<br><br>Helpline Meeting<br>5 pm  |  |   |   |



# AIDS VANCOUVER ISLAND ACKNOWLEDGES THE TREMENDOUS SUPPORT OF ALL ITS VOLUNTEERS, AND WE THANK YOU!

## VOLUNTEER SERVICES

April 13 - 20 is **National Volunteer Recognition Week in Canada**. AVI joins with organizations right across the country in celebrating the volunteers who give their time and energy to the people and programs of AIDS Vancouver Island. To show our appreciation to AVI's volunteers, past and present, we have two events planned:

- **On April 17<sup>th</sup>, there will be an in-service for AVI staff and volunteers on 'Care for the Caregiver'**, an area that people working in the field of HIV/AIDS need to pay heed to, but often don't. Volunteer Services is delighted to offer you this gift! Our presenter for this workshop will be **Nancy Panagabko** who led a lively and informative in-service in February on 'Managing Difficult Behaviours'. Please join us in the AVI training room from **7PM-9PM** on the 17<sup>th</sup> and enjoy an entertaining evening.
- **April 25<sup>th</sup>, AVI will host our Volunteer Recognition Evening at The Art Gallery of Greater Victoria, from 7:30PM-10:30PM.** Please join us for entertainment, great food, presentation of awards and a chance to reconnect with volunteers you may not have seen for a while.

### Thank you Bridget

Due to budget constraints, Volunteer Services is losing the position of Volunteer Support Worker and, more importantly, the presence

of Bridget MacKenzie who has been working at AVI since December 1995. Bridget's last day of work will be April 30<sup>th</sup>. We wish you well, Bridget, and thank you for your grace, calm manner and skills that you shared with members, volunteers and staff.

### Volunteer Opportunities

**Wanted immediately:** Volunteer(s) with good computer skills to complete a manual, design forms and booklets for Volunteer Services. This could be done during day or evening hours to suit the volunteer(s).

**Resource Centre:** Volunteers interested in cataloguing and sorting books/materials; data entry (optional) are needed.

**Calligraphy:** Volunteer Services requires the on-going help of someone with excellent calligraphy skills. This can be done at AVI or at home.

If you are interested in any of these volunteer positions, please contact Bridget or JoAnn.

### Volunteer Training

Spring core training has just been completed in Victoria with 18 new volunteers. Congratulations to all of you! **Support training will be held at AVI-Victoria on April 12<sup>th</sup> & 13<sup>th</sup>.** An enthusiastic group of volunteers from Nanaimo will be joining this training opportunity. If you have been thinking of taking support training, please contact Bridget or JoAnn to see if there is space.

**See you on the 25<sup>th</sup> at The Art Gallery!**

- JoAnn Reid

## THE NEW GARDEN LOTTERY



It has arrived - The 1997 Garden Lottery. Featuring a trip for two to San Francisco, to be drawn on July 21st. Early bird draws will take place in March/April/May/June for \$250 in gift certificates. Tickets are only \$2.00 each. Volunteers are needed to sell tickets. Books of 20 are available at AVI by calling Stacy or Erik at 385-5062.



## BOARD REPORT

As you are no doubt aware, April is Volunteer Recognition Month. In Canada, thousands of citizens contributed hundreds of thousands of volunteer hours every year in numerous fields of human interest such as: health, recreation, education and business. Many non-profit organizations such as AIDS Vancouver Island would probably be unable to fulfil their mandate (at least to the extent that they do) were it not for volunteers. JoAnn and Bridget will surely let you know about the various activities planned, especially that of Volunteer Recognition Night on April 25<sup>th</sup>.

One of the many volunteer possibilities at AVI is being elected to the Board of Directors. Once you've allowed your name to stand for election (that's the volunteer part), it is up to the membership to decide the election. While it is not really like standing at the Gates of Paradise or attaining Nirvana, being a member of the Board does offer new perspectives and possibilities as a volunteer.

Initially when someone offers her services as a volunteer, she does so in a specific way, such as: Helpline, Speaker's Bureau, Support services, etc. When one is so bold to lend her name for election, things change. She will still participate in her field of interest often with the bonus of being chairperson of a committee; be she will also, in very quick time, learn of other aspects of the Agency. The new member of the Board will quickly learn that she is now part of a group of thirteen people legally responsible and accountable for the Agency. Thank the gods that the mandate lasts for two years only. Of course said mandate can be renewed after two years at the pleasure of the membership.

Being a member of the Board can be a very enriching experience. It does, however, take

a little getting use to. A Director is often asked to vote on issues that people involved with the Agency whether client, staff, volunteer and even the general public feel very strongly about. She will find out very quickly that some of those decisions can be difficult; others perhaps not so much so. However, the focus of all decisions must remain on the clients and on the purpose and good health of the Agency. And that, dear volunteers, is the crux of my message: **DO NOT BE AFRAID OF LENDING YOUR NAME FOR NOMINATION.** Volunteering on the Board is a way of keeping the Agency alive and dynamic. Think about it. Definitely worth the experience.

- Norman Brulotte

**AVI's next Board meeting takes place on Tuesday, April 8th - 6:30pm at AVI. All Board meetings are open to the membership.**

## BOOK REVIEW

**SAME SEX , SAME LAWS: LESBIANS, GAY MEN, AND THE LAW IN BC.** is a publication of the Legal Services Society that sets out to explain provincial and federal laws on everything from parenting to planning your will. Most of the easy-to-read chapters end with a list of relevant publications as well as organizations that offer further help. While the majority of these organizations are Vancouver based, many of the numbers are toll-free and just knowing a number to call for additional information gives one a starting point, if nothing else. As laws change, these same organizations should be able to give updated legal information.

An example of how the booklet works would be the chapter on Health Issues which advises that same-sex couples can now apply for family coverage and pay a lower rate on two individuals would for the Medical Services Plan of B.C. It goes on to discuss the options for disability benefits, how to get an "enduring power of attorney for health care" and how to write a "living will." It also talks about how to deal with a complaint you may have about a doctor's conduct or competence.

Another chapter on Home and Property deals with a variety of issues ranging from discrimination, to buying real estate as a single or with one's partner, to subsidized housing. It touches briefly on "Lesbian and Gay Aboriginal People Living on Reserves". The suggested further reading for this chapter is the Tenant Survival Guide and it gives information on how to contact the Tenant Hotline if one has problems.

The booklet sets out basic information in brief paragraphs in plain English, not legalese. Its scope is broad, covering a wide range of issues from street youth to consumer issues to what to do if your same-sex partner wants to immigrate to Canada. Its main virtue lies in the lists of resources at the end of each chapter and it should appeal to anyone with questions about B.C. and federal law; what the laws say and what to do and where to go if the law is not being upheld.

You'll find this book in the Resource Centre under catalogue # D100TAT96.

- Caryl Peters

*This book and many others are available at AVI's Resource Centre located at 304-733 Johnson St. We invite you to stop by and browse our selection.*

## 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 welcomed to 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 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.*

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