



Above: Howard Williams & Norman Brulotte - Volunteers of the Year. Below: Nicole Sawka receiving the Speaker of the Year award from Peter MacDougall



AIDS Vancouver Island

AIDS Vancouver Island

shall confront

Acquired

Immuno-Deficiency

Syndrome,

prevent its spread

through education,

support all those

infected and affected

by the disease,

and advocacy

on their behalf.



PRINTED IN CANADA ON RECYCLED PAPER

volunteer UPDATE newsletter

VOLUNTEER RECOGNITION NIGHT

AVI Board Members, Staff, Volunteers, and supporters gathered at the Victoria Art Gallery to celebrate and appreciate AVI's dedicated volunteers. Entertainment was provided by Ken Hall and Rina Kikuchi and the delectable buffet was created by Danny Stanyer. Once again, Ned Lemley did a marvelous job as Master of Ceremonies.

The competition for awards was very tough which only attests to the caliber of Volunteers AVI is privileged to have. Nominated for the Shawn Costello Memorial Award-Volunteer of the year, were Doug Aikenhead, Norman Brulotte, John Crete, Bob Milne, Carolyn Showler, Bruce Sproul, and Howard Williams. The honour was shared by Norman Brulotte; for outstanding support of volunteerism and his role in fundraising for ASO's on southern Vancouver Island, and Howard Williams for his role in making AVI's Nanaimo Office a success in it's first year of operation and for his talks on HIV/AIDS to the community.

The Michael Redfern Memorial Award for Speaker of the Year went to Nicole Sawka for her role as an HIV/AIDS educator and her leadership role among AVI Speakers. Nominated for the award were Nicole Sawka, Howard Williams and Ed Wilson.

Special Recognition Awards were presented to Caryl Peters, Education; Ron Coleman, Administration; Joy Stanton and Cindy Nicholson, Fundraising and Communications; Bob Milne and Stephen Karr, Support Services; Carolyn Showler, Street Outreach; and Barbara Friesen, Regional and Remote Services.

An invaluable resource for AVI is the commitment of Corporate Sponsors. Linda Graham presented awards to The Times

Colonist, Check 6, Thrifty Foods, and the Sally Cafe for their tremendous generosity and support.

As mentioned elsewhere in this Update, JoAnn Reid has resigned her position as Volunteer Coordinator. JoAnn has been the driving force responsible for this and many other highly successful Volunteer appreciation events. We are saddened to see her leave and it is with sincere gratitude that we thank JoAnn and wish her well in the future.

Please remember to support the individuals, organizations and businesses who helped make this evening possible:

Art Gallery of Greater Victoria, Bagga Pasta-Fairfield Plaza, Bruce Coldwell - BJ's, Danny Stanyer, Dunsmuir Lodge, Eatons Cosmetic Department - Victoria Eatons Centre, Kernel's Popcorn courtesy of Entertainment '97, Ken Hall, Linda Graham, Marilyn Branco, Mark Anthony Wines, Milestone's Restaurant, Ned Lemley, Rina Kikuchi, Romano's Macaroni Grill, Royal Oak Florist - Paul Thompson, Sidney Natural Foods.

Volunteer Opportunities

Casino Night - May 28th and 29th. Volunteers are needed for either one or both of these nights at Mayfair Casino (much better ventilation!). We need a Volunteer Supervisor for Wednesday the 28th, plus chip bankers, chip runners and relief runners for both nights, (It's an expression, you don't need to be marathon material!). Call JoAnn if interested.

Bizarre Bazaar. Our annual garage sale extraordinaire will be happening on Saturday, July 19th. Volunteers are required to staff tables, organize bake sales, sell Garden Lottery tickets, set up/take down, etc., etc., etc.

SPEAKER'S BUREAU INFO

The Speaker's Bureau In-service on May 20th has been postponed to June 17th to allow for speakers to attend the PFLAG gay/lesbian issues workshop (detailed below).

PFLAG Workshop

When a workmate tells an anti-gay joke, how can you respond without feeling threatened or emotional? When you're speaking to a group about your own experience as a person with AIDS, do you feel confident with how to get your message across? What communication techniques can you learn that will help you deal with negative family pressures?

Paul Siegel, a teacher and lecturer, will be doing a workshop, on **Tuesday, May 20th**, for PFLAG members and other people interested in presenting lesbian issues to the public (including school and church groups). The cost of the workshop is \$10 to cover room rental (TBA) and incidentals; Paul is offering his time to PFLAG as a gift.

Paul has a long and impressive track record as an advocate for lesbian rights. He is presently a member of the Board of Directors of the American Civil Liberties Union in Washington, D.C., a former member of the Board of the U.S.'s National Gay And Lesbian Task Force, and has much experience in public speaking.

Advance enrollment can be done by calling **PFLAG at 642-5171**.

BOOK REVIEW

WHY I SURVIVE AIDS by Niro Markoff Asistent (1991) is the story of a woman who tested positive in 1985, made some changes in her life, and had no trace of the virus when retested in 1986. On the basis of her experience Asistent created the Foundation for Shre (THE Self-Healing AIDS Related Experiment) and she gives workshops using the techniques that worked for her; she is careful not to use the word "cure".

In this book Asistent promises to share "insights, lessons, and tools that can guide you to discover and trust your own healer within." She advocates a way of life that includes meditation, journal-keeping, diet and exercise. She shares ways of dealing with negative emotions and promotes healing by way of positive thought and self-love.

There are some disturbing glimpses of an 'I survived AIDS and so can you' thing about this. For instance Asistent invites you "to let every opportunistic infection be another opportunity to go deeper into the discovery of yourself", counselling us to use disease progression as a learning tool. What if it doesn't work? Are you really trying hard enough? She is also critical of some PWAs, seeing "an interesting correlation between opportunistic disease and the opportunist in us 'cashing in' on being sick." This last was aimed at someone who tried to get the government to cover the cost of Asistent's self-healing workshops.

Many questions come to mind when reading this book: How reliable was testing in 1985? How legitimate was Asistent's experience with AIDS? (It did take the life of her bisexual lover). To be sure, she thought she was dying in 1985, but was relieved of that anxiety by 1986; would she have been as capable of facing a long-term battle so positively if this had not been the case? Would the methods she is now selling others have seen her through a protracted struggle marked by debilitating illness? Why does she call the book **WHY I SURVIVE AIDS?** Am I being too cynical?

This book is available in the Resource Centre under the catalogue #C600 MAR91.

- Caryl Peters

MEN'S OUTREACH PROJECT

Shane Sparks of Urban Studios, graphic design, recently received a "Certificate of Excellence" in the category of "Non-Profit" from the Victoria Chapter of the Graphic Designers of Canada, for the Men's Outreach Project booklet. Shane also received a "Certificate of Excellence" for the Daisy

Records logo, a "Certificate of Excellence" for package design, and a "Big Rock" award for Lone Wolf-best piece from a single person studio. The above mentioned awards were for material produced for a cd from the Victoria based band Santo.

Congratulations to Shane on his accomplishments, as well as a thank you for his contribution to AVI.

- Robb Stewart

I am pleased to announce that the Victoria Youth Pride Society (no relation to the Victoria Pride Society) is now operating as a social and support group for lesbian, gay, and bisexual youth aged 14 to 22.

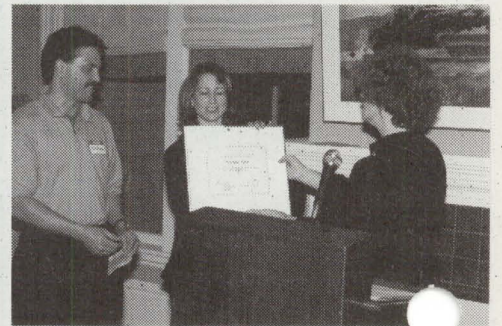
As a group run by youth, we meet every Wednesday at 7:30pm at Fairfield Community Centre, 1330 Fairfield Rd. (east of Moss, next to Sir James Douglas School). If you desire further information or publicity materials, please contact care of the UVIC LGBA at 472-4393.

The Victoria Youth Pride Society provides a safe and comfortable place for young people who are, or think they might be, gay, lesbian, or bisexual, to receive support and socialize with friends.

- John Trueman (VYPS Planning Group)

VOLUNTEER RECOGNITION, cont.

"The Sally's"



Todd and Cindy Ryan from the Sally Cafe receiving a Corporate Award, from Linda Graham, for their outstanding contribution to AVI. Don't forget to check out the new Sally Bun on Fort Street.

VOLUNTEER SERVICES



"Bridget MacKenzie and JoAnn Reid"

Thanks to the both of you!

As many of you probably know by now, after 6 1/2 years JoAnn Reid, Coordinator of Volunteer Services, has decided to leave AIDS Vancouver Island. The following is a letter that JoAnn prepared:

To our volunteers,

It has been my privilege to work with hundreds of you over the years and your commitment to the organization and to HIV/AIDS work has been an inspiration to me. I ask for your patience and perseverance over the next few months, as my replacement, when selected, settles into the position.

To those living with HIV, thank you for allowing me to be part of your life, however small a part that has been. You have taught me a lot about living.

To my colleagues, thank you for your support and for your belief that volunteers remain an invaluable resource to the programs and services of AVI.

My last day of work will be May 23rd, so I'll be around for some time yet. It will take me that long to get my files in order! Please don't hesitate to come and talk to me if you have any questions or concerns.

- JoAnn Reid

NANAIMO REGIONAL NEWS

A Wonderful time was had by all at the Night of Comic Relief in Nanaimo last month, April 10th. Local drag queen artists and musicians entertained at the Olde Firehall in a benefit that raised \$600 for AVI's Emergency Assistance Fund. Special thanks to organizer John Henderson, musician Todd Butler and, of course, the fabulously entertaining Vicki Smudge and her sisters. Thanks to all those who donated goods and services for the auction and to the Olde Firehall for their support.

Coming up next month on Sunday, June 22nd, the 5th Annual Queen's Benefit will be held from 5 pm to midnight. Bands will play the day away (and night too) and an auction will raise funds for the Emergency Assistance Fund. Come one come all! There is a \$5 cover charge. The Queen's is located in downtown Nanaimo at 34 Victoria Crescent. Tickets are available at our office in Nanaimo or at the door. Call 753-2437 for further information.

-Shari Dunnet

BOARD REPORT

As a Board member involved in the background of the functions of the offices of AIDS Vancouver Island (AVI), I sometimes lose sight of the benefit our services provide to not only our clients, but to their families and friends too. I know providing services to clients is appreciated, if not always recognized, by friends and family members.

In February of this year a family member of mine passed away. This loss was unexpected and very difficult to comprehend. Family gathered together and friends and relatives offered us their support during this time. Their kindness and assistance helped me tremendously. This week I was reminded of their generosity when I received a letter from a society which was identified as the beneficiary of donations to be made in memory of my

brother's death. The letter contained a list of friends, colleagues and family members who had made donations to this organization following Peter's death, and again I felt comforted by their caring.

My family chose a society to be the recipient of donations for several reasons. My brother was a giving person. He was also a person with special needs and was involved with many caregivers throughout his life. By designating this society to receive donations we were able to give something, on Peter's behalf, to this non-profit agency to recognize the services they had provided. We were also able to create greater awareness of the valuable programs operated by this agency among our friends and family.

There are many ways to recognize societies through donations. One of these means is through planned giving which refers to the 'planning' that goes into making a charitable gift of estate assets to a non-profit organization. For example, a person might identify an organization to receive all or a portion of her estate in her will. Or, a person might establish a charitable trust in the name of a deceased friend or family through which a charitable organization would receive an income. These methods of providing donations to a society can also benefit the donor while she is still living by providing tax deductions. Some methods of planned giving can also be set up to provide the donor with income while she is still living.

There are many means of planning financial gifts to charitable organizations to recognize the services these societies have provided to our family and friends. For more information on how to plan your donations, talk to your lawyer or financial planner or the Fund Development staff of AVI.

- Stephanie Bogaert, Chair of the Fund Development Committee.

AVI's next Board meeting takes place on Tuesday, May 13th - 6:00pm at AVI. All Board meetings are open to the membership.



COMMUNICATION

The purpose of this note is to describe some of the ways that any member can communicate with the Board or senior management in order to obtain information, or express their opinion.

There have been a lot of changes at AVI over the past few months. These include:

- 1 shifting the focus of Support Services so that new programs will promote self-sufficiency rather than dependence; increase accountability; and reduce bureaucracy and the high cost of administration;
- 2 passing a balanced budget which protected our core programs and services despite impending cuts to the Federal governments National AIDS strategy; no increase in funding from other levels of government, and growing competition for donations; and
- 3 decreasing staff by 3.6 full time positions.

These changes have affected both excluded and bargaining unit staff and have been spread across programs and regions in an attempt to reduce the impact on the people we serve.

This Board is committed to communicating directly with members on these, and any other decisions that are made. We have attempted to do this by :

1. Asking for suggestions from all PWAs (through the PWA Caucus) as to what changes they wanted to see to the FAF, and other Support Programs; and
2. Using the Update to provide all members with an information sheet on the new Support Programs and the 1997-98 budget.

Changes can be controversial and it is important that people have access to information and a reasonable opportunity to communicate with the Board and management on issues that concern them. There are several ways that any member can communicate with the Board or management to obtain information or to express an opinion. These include:

- Ask the Executive Director

If you have any questions regarding programs or operations, such as what is happening in Support Services, you are encouraged to contact the E-D by phone, or in person and ask her. Ruthann or Karen are available to provide information regarding decisions and the rationale behind them.

con
● A
If you h
fede
don
● J
We ha
Dev
that
● V
If you
the
are
● A
We he
info
Pro
pec
● A
Board
par
or
mo
ope
● I
If you
Qu
mu
pre
in t
Starti
memb
●
●
●
If you
to
Ted M
Rutha
Karer

continued

- Ask the Chair, or any member of the Board

If you have questions regarding the overall direction of the agency, such as how we are responding to impending federal government cuts to AIDS programs, contact Ted or any member of the Board and ask them. If we don't know the answer to your specific question, we'll find out and get you an answer.

- Join a Committee

We have Committees for each of our program areas (Support, Education, Street Outreach, Fund Development...). If you are interested in a particular area, or have some suggestions, contact the chair of that committee and contribute. Ruthann or Karen have the contact names for all committees.

- Write a letter

If you are more comfortable writing to express an opinion or to make a suggestion, write to either Ruthann or the Board. All letters are responded to. Please include your address or phone number though, so that we are able to respond.

- Attend an Information Session

We held an Information Session on the FAF to provide a forum for members to ask questions and obtain the information they want. Another Information Session will be held to provide information on the new Support Programs later this month. And we will continue to hold Information Sessions on major issues so that people have an opportunity to obtain information and provide input.

- Attend a Board Meeting

Board meetings are open to all members to observe and hear committee reports and debate, but not to participate in the Board discussion. (The meetings are largely agency business, not program development or evaluation, which are done at the committee level.) They are held on the second Tuesday of every month (date posted in the Update). Only topics such as personnel issues, are held "in camera", and are not open to all members.

- Make a Presentation to the Board

If you have a presentation that you would like to make to the Board (such as the group producing the Nanaimo Quilt display), just contact Ruthann or Ted in advance of the Board meeting. Presentations to the Board must be approved by a specific motion or in advance by either the Chair or the Executive Director. Some presentations should be directed to the Board, while others are best addressed by the committee working in that program area, or by management.

Starting in May, we will also be scheduling regular Information Sessions. These will be opportunities for any member to:

- ask Board representatives and management for further information regarding recent decisions;
- make practical suggestions on issues that effect them; or
- say anything else that is on their mind.

If you have other suggestions on how we can improve communication between each other, please let us know by contacting Ruthann, Karen or any Board member. Or, write your suggestion down and drop it off to any one of us at the office. You can reach Ted, Ruthann or Karen at the numbers listed below:

Ted Matthews	(250) 360-0685	
Ruthann Tucker	(250) 384-2366	ratucker@avi.org
Karen Whyte	(250) 384-2366	kwhyte@avi.org



AIDS Vancouver Island

MAY 1997

M	T	W	T	F	S/S
			1	2	3 4
5	6 Education Committee Meeting	7 UPDATE Meeting 5:30 pm	8	9	10 11
12 Volunteer In-service 7-9pm AVI Training Room. Liz Sadler 'Therapeutic Touch'. Open to AVI/VARCS/PPWA Volunteers/Staff	13 ●●●●●●●● Board Meeting 6:00pm ●●●●●●●●	14	15 Men's Outreach Project Focus Group 6:00-8:00pm	16	17 18 Mother's Day
19 Victoria Day Office Closed	20 Support Services Volunteers Mtg. 5:30pm Speaker's Bureau Workshop call Jim Wilton 384-2366. Research Projects Advisory Committee mtg. 5:30-7:30pm	21	22	23	24 25
26 PWA Dinner 5:30 pm at AVI Garden Lottery Early Bird Draw Number Three	27	28 Casino Night (Casino Mayfair)	29 Casino Night (Casino Mayfair)	30	31

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

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.

THE NEW GARDEN LOTTERY

Win a trip for two to
San Francisco, to be
drawn on July 21st.

Early bird draws will take place on May 26th and June 30th for \$250 in gift certificates. Tickets are only \$2.00 each. Tickets are available at the Sally Cafe or the new Sally Bun on Fort St., or by calling Stacy or Erik at 385-5062.

FOODS THAT HARM - FOODS THAT HEAL (Part I - Understanding the Immune System)

In order to understand the importance of a good healthy diet, one must have a general understanding of how the immune system works.

The immune system defends us against threats from both outside and inside the body. Most often, the external threats are infections caused by invading bacteria, viruses, and fungi, while abnormal or cancerous cells pose the major internal threats. In addition, this complex system oversees the repair of tissues that are injured by wounds or disease.

Once in a while the immune system mistakes a harmless foreign substance for an enemy, resulting in an allergic reaction, such as hives, hay fever and asthma.

The most remarkable characteristic of the immune system is its "memory" for every foreign protein it encounters. Confronted with a virus or other invading organism, the system creates an antibody that will recognize it and mount an attack against it at any future encounter. This mechanism, called acquired immunity is what makes vaccinations work.

Infection, cancer and other illnesses develop when the immune system is overwhelmed or weakened by any number of stressors, including viruses and other invading organisms, malnutrition, and the consequences of aging. Fortunately, antibiotic and sulfa drugs can wipe out most bacterial infections in otherwise healthy people; progress is also being made in the development of antiviral drugs.

Proteins are central to the proper functioning of the immune system; antibodies are formed from various amino acids, especially arginine

and glutamine. These amino acids are found in meat and other high-protein foods; the body can also manufacture them.

Omega-3 and Omega-6 fatty acids, known to be beneficial in heart disease and other conditions, also seem to fight infection, although its not clear how they work. Omega-3 fatty acids are especially beneficial in controlling inflammation and the harmful effects of rheumatoid arthritis and other auto-immune disorders.

Antioxidants are also important to immune function: Vitamin A aids in warding off infection; Vitamin E helps to preserve fatty acids; and Vitamin C assists in bonding cells and strengthening the blood vessel walls.

Zinc and Iron are among the minerals thought to boost immunity. A deficiency of zinc has been associated with slow wound healing, while adequate iron ensures that cells get the oxygen they need to function properly and resist disease. Both minerals are found in lean meat, poultry, shellfish, fortified whole grain breads and cereals, and legumes (vegetables).

Some unscrupulous practitioners, including opportunistic physicians exploit the importance of the immune system and the difficulty of understanding its complexity by publicizing methods to boost your "immune power". These practitioners recommend a two-part remedial program, starting with an elimination diet supposed to "cleanse" the body, followed by megadoses of vitamins, minerals and amino acids, supposedly to restore immune power. In

reality, there is no evidence that such regimes boost immunity, and the high-dose supplements can be dangerous.

One must remember that the immune system defends the body from invasion and remembers every enemy it meets. Vitamins, minerals and protein help keep this defense system on the alert. Therefore one should eat plenty of: fruits and leafy vegetables for vitamins A and C; wheat-germ fortified cereals for vitamin E; fatty fish and vegetable oils for Omega-3 and Omega-6 fatty acids; shellfish, low-fat red meat, fortified whole wheat breads and cereals, and vegetables for protein, zinc and iron.

One should also avoid immune-power diets, which have no proven benefits.

Please feel free to send us your suggestions or queries related to diet and nutrition.

Salmon Loaf

2 7/4 oz. Cans of Salmon

1 cup fine bread crumbs

1/2 cup diced onion

2 eggs beaten

1 tbsp lemon

Drain the salmon, remove skin and bones from salmon, flake salmon and mix with bread crumbs, onion, egg and lemon juice. Pack into well greased 9x5 inch loaf pan. Bake at 375 degrees F. for approximately 1 hour or until nicely browned. Cool in pan for 10 mins. Then loosen from sides of pan & turn loaf out in

MIDSUMMER NIGHT'S DREAM!

"MID-SUMMER NIGHT'S DREAM"

A SPECIAL EVENING AT HOME FOR AIDS VANCOUVER ISLAND

As members of AVI, the volunteer fundraising committee would like to remind you about an important new event scheduled for June 21st, 1997. We hope you'll agree that *A Mid-Summer Night's Dream*, a first-ever event for Victoria, has all the right ingredients for success...and for fun. We're also hoping that you'll help us by registering as a *Mid-Summer Night's Host*.

While the event is a simple one, describing it is more of a challenge. By agreeing to become a *Mid-Summer Night's Host*, you will receive a Host Kit in the mail, which includes printed invitation cards and envelopes to send to people you'd like to invite to your home on Saturday, June 21st. The invitations will indicate that your evening is a special fundraiser for AIDS Vancouver Island. You, as a host, will determine the kind of evening you'd like to host (a barbecue, a pot-luck, a ten course dinner...whatever you choose!), and the amount you'd like your guests to donate (a space for the donation amount will be included on the invitation card).

Special prizes and incentives will be available for everyone who participates, including both guests and hosts from across Vancouver Island. Your Host Kit will also include Place Cards for you and each of your guests. These cards, beautifully designed with an original illustration by Grant Leier, one of the Island's most popular artists (the invitations display his illustration, too), include a raffle portion to be returned to AIDS Vancouver Island. Ruffled prizes include dinners and lunches for two at select restaurants in Victoria and Nanaimo. The grand prize is the painting Grant Leier created for the event, the signature image for *Mid-Summer Night's Dream*.

What are the benefits of this event? It's fun! And it's a chance for friends, families and acquaintances to gather in celebration of the first day of summer and support an important cause in our community.

If you're interested in becoming a Host, please call us at 250-385-5062 (1-800-665-2437 Island-wide). You'll receive your Host Kit in the mail in just a few weeks. Then it's up to you to plan your evening, send out your invitations...and cook up a storm!

Best regards, and thank you once more for supporting AIDS Vancouver Island.

This event has been generously sponsored by:

**THRIFTY
FOODS..**

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. Send 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 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.

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