



Get Answers  
to your Questions  
about HIV & AIDS.

Call the AIDS HELPLINE.  
Anonymous and confidential.

Victoria: 384-4554  
1-800-665-AIDS  
<http://www.avi.org>



## EDUCATION SERVICES

### Helpline Campaign

Education Services has launched a new print and advertising campaign. Our goal is to increase the profile and use of the Helpline. It is our belief that there are many people who would like to access this service if there were wider awareness of it. Focusing on the notion of immediate access to information, this campaign is using the slogan, "Got Questions About HIV/AIDS? Get Answers." The posters, cards, and bookmarks are bright orange and feature a large telephone and question mark. The campaign artwork was designed and donated by prize-winning graphic artist, Shane Sparks of Urban Studios. Many thanks to Shane for his ongoing support of AVI.

The posters will be displayed in a wide variety of venues across Vancouver Island and the Gulf Islands including: schools; community agencies; workplaces; transition houses and community centres. The Helpline card will be distributed at the over 300 presentations that AVI gives every year as well as in bars and at other public events. You will find the bookmark at many of your local bookstores across the Island.

We will also be launching a print advertising campaign in many of the newspapers across Vancouver Island and the Gulf Islands. You may already have heard public service announcements promoting the Helpline on local radio stations.

**The Men's Outreach Project (MOP)** has begun park outreach to men who have sex with men. Made up of trained volunteers, the *Latex Brigade* makes contact with park users and provides them with peer-based safer sex education. The MOP will hold its next community forum during Pride Week in July. The theme of this forum will focus on issues

of relationships and dating. The MOP also now has an eye-catching website for those of you with Internet access. The web page can be accessed through [www.avi.org](http://www.avi.org).

**The Education Evaluation** is coming to a close. The collection of data is complete and the next phase involves data analysis and the preparation of a final report which should be ready by late July. It has been an exciting and challenging process for the Education Services department. It has and will provide us with important information about making programming more relevant and useful. Evaluation is important for any organization, not only because it offers an opportunity to reflect on service delivery, but because the *process* of evaluation strengthens and enhances both the organization and its relationships with other community organizations and groups. The support of AVI volunteers throughout this process has been tremendous. They have participated in focus groups and interviews, conducted interviews and filled out surveys. Thanks to everyone involved in the evaluation. A summary of the results will appear in the Update and the final report will be available through the department.

**The MARS Project** has been active lately with data analysis and conference work. Dr. Marilyn Walker and Stephen Samis attended a conference in San Francisco where they gave a presentation on the narrative methodology that informs MARS Project research. Stephen went to Ottawa at the end of May to present preliminary findings to the Canadian Advanced HIV Research Conference.

The research team has conducted 51 interviews thus far and will be spending the next two months doing in-depth analysis of these interviews. The MARS Project ends in February of 1998.



*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 at the Nanaimo office... Dana Becker has recently returned to work from maternity leave. She'll be working 3 days a week, sharing the position of Administrative Assistant with Guy Tohana who will continue to work Thursdays. Welcome back, Dana! Last month after 4 years as the Support & Education Worker with Island Outreach, my position was restructured. Now I am working as the Island Outreach Education worker for Nanaimo and mid/north Island and West Coast regions. I wanted to take this opportunity to thank all the clients I've had the privilege to work with over the past 4 years. It has greatly enriched my life and I have appreciated the opportunity to get to know all of you.

This spring has been a very busy one for education - both in Nanaimo and across the Island. Volunteer speakers have continued to work with Penny Ross, the Education Programmer in Nanaimo, to provide education to schools and local agencies. In the last few months, I've been focusing on outreach to the West Coast and North Island. A volunteer PWA speaker and I traveled to Ahousaht, a small First Nations village on the West Coast and to nearby Ucleulet to work with the schools and community members. We've also been working with First Nations groups in the Port Hardy area and are planning several workshops for youth and community reps. As well, this month, we're returning to Tahsis, a small community north of Gold River to provide education to their high school students.

HIV+ support groups continue in Nanaimo on the 2nd and 4th Mondays of the month; art therapy is also available. The family and friends support group is also continuing. Please call Carolyn at the office at 753-2437 for more information.

Coming up this month, is a special fundraiser - the 5th Annual Queen's Benefit will be held on Sunday, June 22nd from 5 p.m. to midnight. Bands will play the day away (and night too) and an auction will raise funds for the

Emergency Assistance Fund. 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

## BOOK & VIDEO REVIEW

Sleep With The Angels: A Mother Challenges AIDS is a collection of speeches given by Mary Fisher shortly after she tested positive in July 1991. Within 2 years she had addressed the Republican Party Platform Committee, the 8<sup>th</sup> International Conference on AIDS in Amsterdam, the Republican National Convention in Houston and 73 other groups. As an upper class woman with young children and loads of connections (President and Mrs. Ford were god parents to her firstborn), Fisher became the acceptable voice of AIDS for the conservative establishment in the US.

Mary Fisher's message was simple: I am the new face of AIDS and if I can get it so can you. She and Arthur Ashe and Ryan White and Magic Johnson became the new poster kids for an epidemic previously centered on people whom the American right felt God had punished for 'behavioral sins' and 'lifestyle choices'. This is not to imply that Fisher's activism had no value. She tirelessly campaigned to fight the ignorance and meanness of spirit that had characterized relations between those who had been infected and those who believed themselves to be invincible. She, herself, made no distinctions as to how one acquired HIV/AIDS and it is safe to say that she had an influence on a group of people previously untouched (at least publicly) by AIDS.

Why read this book? Via the text of speeches, it tells the story of a relatively private woman who became an AIDS activist, a story of courage and grace under adverse circumstances. It is also a part of the history of AIDS told through primary source material and may be of interest to researchers.

Royalties from the book go to Mary Fisher's

non-profit organization, Family AIDS Network, which fosters "AIDS awareness and compassion by supporting community-building events, caregiver recognition and critical research".

This book can be found in the Resource Centre under #E200 FIS94.

- Caryl Peters

Walt Odets on Primary Prevention For Gay Men - 27 Minutes. In this Gay Men's Health Crisis production, Richard Elovich (Director, Substance Use Counselling & Education) interviews Walt Odets, psychotherapist and author of *In the Shadow of the Epidemic*, on the who, what, where, when, and why of condom use for gay men.

Odets states that early in the epidemic it was necessary to ask gay men not to have unprotected sex for what was then perceived to be a limited period of time for the good of the community. We now know that the limited time frame was optimistic and that condom use has been suggested for most of one's life in order to be "100% safe, 100% of the time", a situation Odets sees as not only unrealistic, but also damaging to relationships and individual psyches. Instead of "A Condom Every Time", Odets suggests a "Think About It, Talk About It" approach to harm reduction that balances the individuals' health status and the level of risk of a particular sexual activity with the need for the intimacy of barrier-free sex and the exchange of body fluids.

This is a video that makes one think about the whole issue in a different way and is highly recommended for anyone who is at all interested. It and others are available in the Resource Centre.

- Caryl Peters

**catie**  
Community AIDS Treatment Information Exchange  
Réseau communautaire d'info traitement sida

**1-800-263-1633**

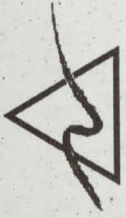
HIV/AIDS TREATMENT INFORMATION  
Monday, Friday & Saturday 10:00 a.m. to 6:00 p.m. (Eastern Time)  
Tuesday to Thursday 10:00 a.m. to 10:00 p.m. (Eastern Time)

**THE NETWORK**

email: info@catie.ca  
internet: www.catie.ca  
service bilingue disponible

ALL CALLS CONFIDENTIAL





# AIDS Vancouver Island

JUNE 1997

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**DIRECTORY**

**AIDS HELPLINE  
(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

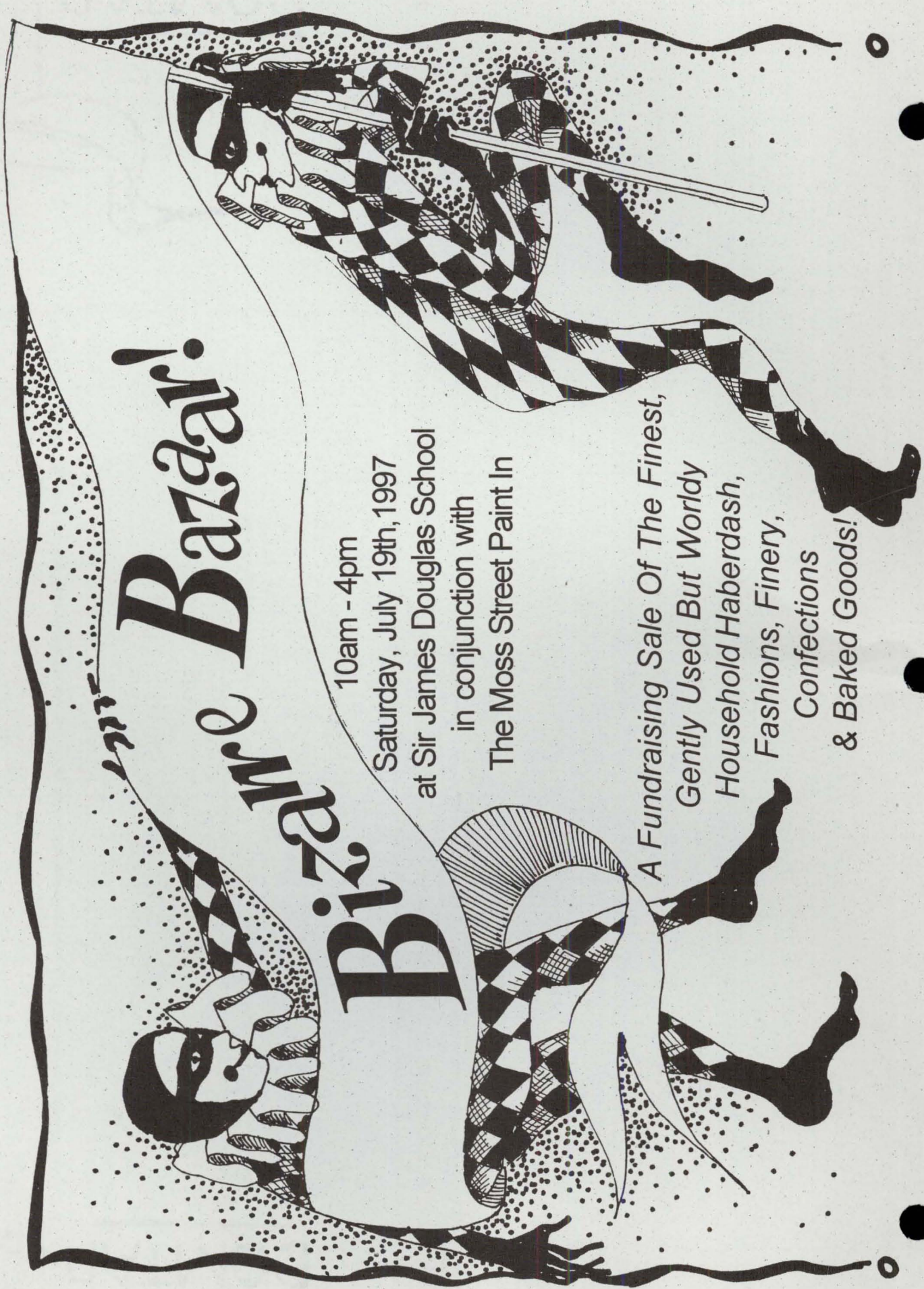
**AVI WEBSITE**  
<http://www.avi.org>  
E-Mail: [info@avi.org](mailto:info@avi.org)

**LOCATION OF EVENTS**

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



**WE NEED DONATED STUFF! WE NEED VOLUNTEERS!  
PLEASE CALL ERIK AT 250-388-2067 IF YOU CAN HELP OR CONTRIBUTE.**



# **Bizarre Bazaar!**

10am - 4pm

Saturday, July 19th, 1997  
at Sir James Douglas School  
in conjunction with  
The Moss Street Paint In

A Fundraising Sale Of The Finest,  
Gently Used But Worldy  
Household Haberdash,  
Fashions, Finery,  
Confections  
& Baked Goods!



# VOLUNTEER SERVICES

## VOLUNTEER OPPORTUNITIES:

Volunteers needed to staff the 7-11 Bingo. One volunteer is needed every fourth Friday afternoon from 1:15 - 5:00 pm. If you are interested, please call 384-2366.

Just a reminder that volunteers will be needed for the day of the July 19th BIZARRE BAZAAR and the days leading up to the event...if volunteers could keep this in mind when considering their volunteer commitments for July.

## CALLING ALL GREEN THUMBS?

With JoAnn's departure, AVI needs a new resident green thumb to assume responsibility for the hanging baskets and plants on the patio. If anybody is interested, dig in...

## JoAnn's farewell note to AVI:

By the time you read this I will be well on my way to establishing dominance over the weeds in my garden once again.

Until a permanent replacement is found for my position, Michael Yoder, the Volunteer Education Manager (VEM), from the Victoria AIDS Respite Care Society (VARCS), will be covering the essentials on a 3 day/week basis.

The position of Coordinator, Volunteer Services, is currently being changed to encompass volunteer coordination for all 3 Victoria AIDS service organizations.

To balance off the additional work, the responsibility for Core Training will be assumed by the VEM for VARCS.

It is a time of great change at AVI and I trust you will hang in there with the same degree of caring, professionalism and compassion that you have always brought to HIV/AIDS work.

I wish you all the best life has to offer and I shall always carry with me the experiences and opportunities for growth that we have shared.

- JoAnn Reid

# BOARD REPORT

I would like to use this opportunity to provide some more information on the recent activities of the Interagency Committee, and the benefits of working more closely together. The Interagency Committee is a standing committee with representation from the Boards of AIDS Vancouver Island (AVI), Victoria Persons with AIDS Society (VPWAS) and the Victoria AIDS Respite Care Society (VARCS). The role of the Committee is to identify opportunities for member ASO's to work together more effectively and thereby improve the quality of programs and services delivered to the people we serve. The Committee makes recommendations regarding:

- options for eliminating areas of program duplication

- opportunities to improve communication links between the member ASO's, both at the Board and operational level

- strategies to improve long term planning within each of the respective agencies, and

- options to more effectively showcase the full range of AIDS serving programs and services in the CRD (and Vancouver Island where appropriate).

One of the issues that the Interagency Committee and Boards are currently dealing with is the possibility of the three local agencies sharing a single facility. Some of the benefits associated with sharing a single office space include:

- providing "one-stop shopping", where anyone seeking AIDS information/services is able to obtain it at one place instead of being shifted between three offices.

- enhanced ability to case conference and thereby ensure the full spectrum of care and service is met.

- enhanced ability to share resources and thereby increase effectiveness (for example volunteer co-ordination).

- better ability to implement consistent policy

and practice between the agencies.

- reduce unnecessary duplication of programs and services.

- enhanced ability to co-ordinate more systematic and effective advocacy.

- improved communication between the agencies, both at the Board and operational levels.

- ability to integrate support services so that procedures such as "intake" can be done once, instead of three times, for the various agencies.

- enhanced ability to provide a truly seamless service where clients obtain the services they need, regardless of which agency provides them:

- enhanced ability to provide skill building and professional development workshops for staff and volunteers.

- reduces the "turf wars" and "us versus them" framework which has plagued our agencies in the past.

- enhanced ability to raise funds.

- helps to ensure that we are offering the programs and services that people want, and that they are being delivered in the most effective and efficient way we can.

Discussions will continue between the three local ASO's on a shared facility as well as other operational issues. I would like to emphasize that the agencies are not amalgamating into a single Society. Each of us will remain a separate legal entity with our respective focus and mandate. We are just finding better, and more effective ways of serving the people we are here to assist.

Please contact Ruthann, Karen or myself if you have any questions regarding the Interagency Committee, or current initiatives.

- Ted Matthews

**AVI's next Board meeting takes place on Tuesday, June 10th - 6:00pm at AVI. All Board meetings are open to the membership.**



# FOODS THAT HARM - FOODS THAT HEAL (Part 2 - AIDS & HIV Infection)

There is still no cure for AIDS, nor is there a special diet for people infected with HIV. But good nutrition can help prevent or delay weight loss and other AIDS complications. Doctors often advise HIV-positive patients to consult a qualified clinical dietitian, preferably while still healthy, to learn about sound nutrition.

Asymptomatic HIV-infected individuals should follow the same dietary practices recommended for healthy people, but with added precautions. Because the HIV organism attacks the immune system, it makes a person more vulnerable to infection, including food poisoning, from salmonella, shigella, campylobacter, and other bacteria. Such food-borne infections occur more frequently and are more severe in people with reduced immunity.

AIDS is a wasting disease and death is often due to starvation rather than to other HIV complications. A person with AIDS should eat as much as possible and, unless markedly obese, not worry about gaining a few pounds. The extra weight can be critical in seeing a person through a crisis when he/she can't eat.

Unfortunately, maintaining good nutrition is complicated by the ways in which AIDS affects the digestive system. It reduces absorption of nutrients especially folate, riboflavin, thiamine and vitamin B6 and B12; it often causes intractable diarrhea, which causes further nutritional loss; and it increases the risk of intestinal infections. Many people with AIDS also suffer appetite loss, and bouts of nausea, either from the disease or from medications.

If rapid weight loss occurs, the person may require artificial feeding; this is generally administered through a gastric feeding tube inserted into the stomach or an intravenous line that pumps predigested nutrients into the bloodstream. Some AIDS specialists advise artificial feeding even before there is rapid weight loss, especially if nutrients are not being absorbed properly.

In part three of this article we shall look at food safety.

People with AIDS and HIV infected persons should consume plenty of meat, liver, eggs, milk, and other high calorie, high protein foods to prevent weight and muscle loss. Pasta and other starchy foods, cooked vegetables, pasteurized juices and canned or stewed fruits for essential vitamins and minerals.

People infected with HIV should cut down on fatty foods and whole grain products if they cause diarrhea. Also coffee, tea and other caffeinated drinks that can cause diarrhea and reduce absorption of some nutrients.

Persons infected should avoid raw or undercooked foods, especially shellfish, eggs, and rare or uncooked processed meats, alcohol, which can worsen diarrhea and interact with AIDS medication.

## Lemon Rosemary Roast Chicken

Feel free to substitute thyme, tarragon, or any favorite herb for the rosemary in this recipe. For those who love crisp skin this is a great one.

1 whole chicken (2.5 to 3.5 lbs)

1/2 lemon

1 tbsp. Chopped fresh rosemary

or a 1/2 tsp. dried rosemary

1/2 small onion

1 tbsp. olive oil

1 tsp. Salt

1/2 tsp. Pepper

1. Preheat oven to 425 degrees. Rinse chicken and pat dry inside and out. Cut lemon into 8 thin slices, discarding end; remove seeds. Scatter a few rosemary leaves over each lemon slice.

2. With cavity of chicken toward you, slip your fingers between skin and meat of bird, gently separating up through thighs and breast without tearing the skin. Slip lemon slices under skin. Put onion in cavity. Cross bone end of legs and tie together. Rub skin with olive oil, salt and pepper.

3. Place chicken in a small roasting pan. Roast 45-55 mins. or until juices run clear when the meatiest part of thigh is pierced.

- SSC

We invite your questions, queries, comments or suggestions, please send them to 304-733 Johnson St. Victoria BC V8W 3C7.

## 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](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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