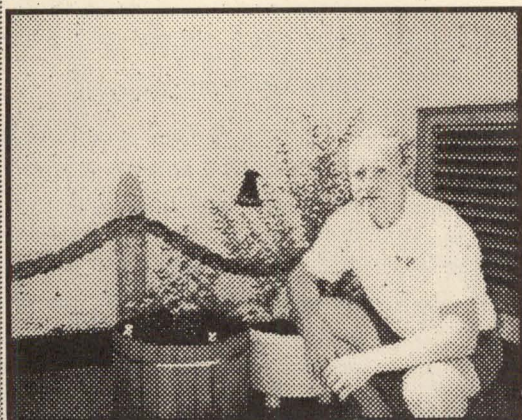


UPDATE

JULY 1997



Special Thanks to Garden Guru, David Breckon, for transforming AVI into a Garden of Eden!



*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.*



PRINTED IN CANADA ON RECYCLED PAPER

THE BIG MOVE

On Monday June 30th, the Victoria HIV/AIDS Centre will open its doors. No this is not another AIDS Service organization but the existing HIV/AIDS organizations in Victoria making a historic leap of faith and sharing a single facility.

The Victoria Persons with AIDS Society (VPWAS) and the Victoria AIDS Respite Care Society (VARCS) will be moving into AVI's existing office on Monday June 30th. The office, located at 304 - 733 Johnson Street will no longer be known as AVI's office but as the Victoria HIV/AIDS Centre.

Based on the work begun by the Interagency Committee of the Board of Directors, composed of Board members and senior staff from all three agencies, to identify all areas of partnership and overlap. Shortly into the process it became apparent that there were some concrete ways, if we were located together, that we could do the work in a more comprehensive manner.

Given the discussions at the Board level senior staff took the next step and decided that there were many compelling reasons for being located under one roof. Ted Matthews in his last report to you identified what some of those reasons are and as we get closer to the move in date it becomes even more clear why we need to

be working *together*.

We are planning an Open House once the dust has settled, again, but I would like to identify some of the changes to the existing space.

- AVI's Resource Centre and VPWAS treatment library will be housed in a one area, formerly the Living Room;

- The Helpline will also be located in the Resource Centre in its own discreet space thereby increasing confidentiality and allowing volunteers to have greater access to the information they need for calls;

- A joint, AVI & VPWAS, drop in lounge for PLWHIV/AIDS in what was the resource centre with peer counsellors available during open hours;

- A single 1-800 number for all three agencies to use thereby cutting costs.

While these are only a few of the changes they are some of the most exciting ones which will have a significant impact on the work of the three agencies.

In closing, I would like to give a great big **WELCOME** to VARCS and VPWAS and to thank all the people who made this event possible.

-Ruthann Tucker
Executive Director

catie
 Community AIDS Treatment Information Exchange
 (www.catie.ca) (604) 253-2333

A source for the
 latest in HIV/AIDS
 treatment
 information

THE NETWORK

1-800-263-1638

HIV/AIDS TREATMENT INFORMATION
 e-mail: info@catie.ca
 internet: www.catie.ca

service bilingue disponible

ALL CALLS CONFIDENTIAL

NANAIMO REGIONAL NEWS

First... a notice of the time change for the 5th Annual Queen's Benefit which has been rescheduled for **Sunday, July 6th** from 5 p.m. to midnight. This fundraiser includes an auction and raffles to raise funds for the Emergency Assistance Fund with lots of excellent goods and services which have been donated from restaurants and merchants in the community. Various bands will perform throughout the day. And all this for a minimum \$5 donation as a 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.

Last month we had more staff changes at the Nanaimo office. The Education Programmer in Nanaimo was one of the positions that was affected by the restructuring this spring. Penny Ross, who has been working in this position for the past 6 months finished at the end of June. Penny did a lot of great work with community agencies, Malaspina College, assisting with the Walk in September as well as working with our new volunteer speakers. We all thank Penny for her work in Nanaimo over the past 6 months and wish her all the best!

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 has taken a break due to low attendance. If

anyone is interested in being involved in this support group, please give Carolyn a call as this group can be initiated at any time if there are enough participants. Also, over the summer the HIV+ support group is having a summer events such as barbecues and hikes. Please call Carolyn at the office at 753-2437 for more information on any of these groups.

We have just recently initiated a fundraising working group to organize our fundraising events working together with community members. If anyone is interested in being a part of the working group, call Dana in Nanaimo at 753-2437 or Erik in Victoria at 384-2366.

-by Shari Dunnet

BOOK & VIDEO REVIEW

WHEN HEREOS DIE by Penny Raife Durant, is the story of Gary, who discovers that his hero and mentor, Uncle Rob, is dying of AIDS. As an awkward and shy twelve-year old, newly interested in girls, who relied on Uncle Rob to give him advice, Gary's world is thrown a curve as he is faced not only with issues surrounding death and dying, but questions of sexuality (his own and Uncle Rob's) as well. Adolescent bravado and not-so-innocent schoolyard taunts having to do with sexuality assume larger-than-life proportions. The epithet "fag" is tossed around among the boys and add to Gary's fears and embarrassment; could he have said such a thing about his uncle? Was he one himself? All of a sudden, homosexuality has a face. This is a coming-of-age story with a kick as the confusion of puberty is complicated by feelings of anger, hurt, and denial.

This 135 page large print paperback is a fairly simply told story about a difficult period in an adolescent's life and is aimed at kids in a narrow age bracket (probably 10-14).

This and other books having to do with kids and AIDS are available in the AVI Resource Centre.

-Caryl Peters

THE TRUE STORY OF LINDA M.

NFB - 1995 (67 minutes).

Linda is a former prostitute living in Winnipeg who recently completed detox for alcohol and drug abuse and has returned to live with her two young children. Full of hope and dreams for the future, the beginning of the film is upbeat and life seems promising. However, real life soon rears its ugly head in the guise of old drinking and using buddies and overwhelming memories of a childhood full of sexual and physical abuse start coming back and Linda falters. What had appeared to be an easy road ahead fresh out of detox falls apart at the six-month mark of her sobriety. A reunion with her first child (whom she had given up a decade and a half ago) ends badly for both. Nevertheless, the long-lost son has lessons to teach his mother about self-esteem and self-worth and we see her trying again. The film ends and we're left rooting for Linda and hoping that she and her children survive horrendous odds.

The filmmaker, Norma Bailey, has this to say about her experience: "It was like being on an emotional roller coaster ride. Sometimes I wanted to shake her and tell her to smarten up and other times I just wanted to hold her in my arms and weep."

This and other videos are available in the Resource Centre.

- Caryl Peters

VOLUNTEER SERVICES

Still space available in the following workshops:

- Health Promotion Series (for HIV+ people) - 13 spaces open
- Media Relations - 8 spaces open. Begins July 14th
- Presentation Skills - 8 spaces open. Begins August 7th
- Writing Skills - 7 spaces open. Begins August 4th

Thanks to David Breckon for taking on the role of Garden Guy. The whole place seems much greener,



AIDS Vancouver Island

JULY 1997

DIRECTORY

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

**TOLL-FREE HELPLINE
1-800-665-2437**

**ADMINISTRATION
EDUCATION
SPECIAL EVENTS
SUPPORT SERVICES
VOLUNTEERS
Tel: 384-2366
Fax: 380-9411**

**STREET OUTREACH
1220 Commercial Alley
Tel: 384-1345**

**ISLAND OUTREACH
(NANAIMO)
Tel: 753-2437
Fax: 753-4595**

**AVI WEBSITE
<http://www.avi.org>
E-Mail: info@avi.org**

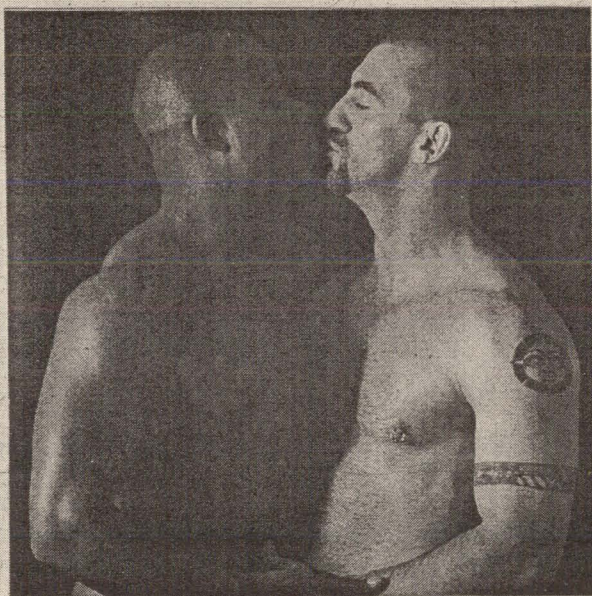
LOCATION OF EVENTS

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

M	T	W	T	F	S/S
<p>.....</p> <p>Sunday, July 6th 5th Annual AIDS Benefit @ the Queens in Nanaimo</p> <p>.....</p>	<p>1</p> <p>CANADADAY OFFICE CLOSED</p>	<p>Education Committee Mtg. 2 5:00 pm</p> <p>MANHUNT - MOP Forum for gay and bisexual men Open Space 510 Fort St. 7-10pm</p> <p>UPDATE Meeting 5:30 pm</p>	3	4	<p>5</p> <p>6</p> <p>Pride Parade starts at noon - 600 block of Pandora - Look for the latex Brigade</p>
7	<p>8</p> <p>Board Meeting 6:00pm</p> <p>Nanaimo Volunteer Meeting 7:00pm</p>	9	10	11	<p>12</p> <p>13</p>
14	<p>15</p> <p>AVI Research Projects Community Advisory Committee Mtg. 5:30 - 7:30pm</p>	16	17	18	<p>19</p> <p>20</p> <p>Bizarre Bazaar @Sir James Douglas School. 10am-4pm</p> <p>Nanaimo Support Group Fun Day; TBA July 19th</p>
21	22	23	24	25	<p>26</p> <p>27</p>
<p>PWA Dinner</p> <p>Garden Lottery Grand Prize Draw Trip for two to San Francisco</p>		<p>Nanaimo Art Therapy</p>			
28	29	30	31		
<p>Nanaimo Support Group Mtg. 7:00pm</p>		<p>Helpline Meeting</p>			

M S M

MEN • SEX • MEN



W O R K S B Y
CHRISTIAN ANDRÉ
LES CHAN
BRENT MCTAVISH

OPENING RECEPTION

SATURDAY, JULY 12, 1997 7:00 - 11:00 PM

EXHIBITION CONTINUES UNTIL FRIDAY, AUG 1, 1997

Picture Framing Studio

MARTIN BATCHELOR PROP.

712 CORMORANT STREET, VICTORIA 385-7919

OPEN MONDAY - SATURDAY, 10:00 AM TO 6:00 PM

!LAST CHANCE!

THE '97 GARDEN LOTTERY

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

This is your last chance to purchase tickets for the Grand Prize Draw for a trip for two to San Francisco. Tickets are only \$2.00 each and they can be purchased at the Sally Cafe on Cormorant St. or the New Sally Bun on Fort St., or by calling Stacy or Erik at 385-5062. Get you tickets now, don't be left out!

ManHunt

A forum for gay and bisexual men on dating, relationships and finding "Mr. Right"

Wednesday, July 2 7:00pm
Open Space Gallery
510 Fort Street
FREE



Post-forum Social 9-10
(coffee, dessert & shameless cruising)

For more info call: 384-2366, email men@avi.org, or check out our website at

www.avi.org/men/mop.htm

The Men's Outreach Project is funded by ACAP, Health Canada

and there are comfortable, inviting spaces around - not to mention happy plants!

Dwayne Baker is taking on the position of Bean Scene Manager. He along with the ever diligent Sharon Fogelman, have cut costs in the kitchen and are ensuring that more fruit and vegetables are included in the daily menu. Thanks Bean Scene staff. If you're interested in volunteering with the Bean Scene, please sign up with Dwayne and we'll get you cookin'.

The Bean Scene provides a small lunch, juices and snacks for PWA members who might not otherwise get a lunch. Volunteers and staff may also access Bean Scene products. Because our resources are limited, we are encouraging those people who can afford it to contribute to the kitty (\$1.00 for a sandwich, \$.25 for a coffee). These donations will help offset some of the costs for the food, and when three agencies are involved, no doubt the costs will increase.

In this transition period, I encourage volunteers, both active and inactive to contact me regarding their status. I want to hear about your experiences at AVI, and I want to ensure that those people who are still interested in volunteering, but who not have been called for work, will have the opportunity to get involved.

There are lots of small tasks and ongoing projects which require volunteers on a regular basis. If you have an hour or two to spare each week, please contact me and I'll direct you to a program that needs assistance.

I'm currently working part-time in the office, so if I'm not in, please leave a message and I'll contact you as soon as possible.

-Michael Yoder, Acting Coordinator of Volunteer Services

SUPPORT SERVICES

To all members, staff and volunteers:

It is with great sadness that I am writing to inform you that I will be leaving my position as Support Worker on June 13th, 1997.

I have been privileged to work at AVI since January of 1994, when I was accepted as a

naïve and inexperienced social work student. Despite my lack of skill and knowledge, I was treated with great kindness and patience by everyone, even those who came to me for help. I am still overwhelmed by the respect and support shown to me by members of AVI.

I want to thank you all for the friendship and compassion which I have received over the past three years.

My time at AVI has given me a wealth of memories and life experiences which I will treasure and draw from no matter where my path takes me.

Once again, thank you.

Love,

Alicia Parker

Echo Haelstromme has been hired as the Client Services Worker for the Support Services Department for a 6 month contract.

BOARD REPORT

This month's Report from the Board provides information on three topics: the move of the three agencies into one facility, a partnership initiative with Up-Island agencies, and the results of the Board Development Session held on June 8th.

1) Shared Facility

July 2nd is the day that AIDS Vancouver Island, the Victoria Persons with AIDS Society (VPWAS) and the Victoria AIDS Respite Care Society (VARCS) all move in together and share the facility at 733 Johnson Street. This move represents one more step in reaching our goal of building a more co-operative and effective partnership between the three community based AIDS agencies, and one that will truly benefit the people we serve.

Following the move, it will be possible for anyone in the community to visit one location in order to access the full range of AIDS related programs and services we all offer. It will also open

up many other opportunities to work together, reduce areas of duplication or overlap, and ensure resources are used more efficiently. Congratulations to everyone involved in making this move happen!

2) Up-Island Partnership Initiative

In July, the Chairs and Executive Directors of 4 AIDS Serving Agencies: NIAC (North Island), PASTA (Port Alberni), MIAS (Mid-Island) and AVI will meet to identify the barriers to service delivery in the Up-Island Regions, and to develop strategies which will overcome these barriers. Just as AVI, VARCS and VPWAS have done this in Victoria, this Board is committed to building truly effective partnerships which will end any "turf wars" in the Up-Island regions, and improve service to the people we are all here to serve.

3) Board Development Session

The Board conducted its second Board Development Session of the year on June 8th. The purpose of the session was to review our progress to date, and to clarify priorities for the remainder of this term. The participants identified core values, clarified key roles and responsibilities and confirmed the following as our current priorities:

- Implementing a comprehensive Advocacy Strategy
- Refocusing and improving the Regional and Remote Services Committee
- Developing an environment of trust within and between agencies, and
- Implement a strategy to address AVI's relationship with other partners/agencies in the community.

Please contact me at 360-0685, or another Board member, or Ruthann or Karen, if you would like any other information regarding Board activities.

-Ted Matthews, Board Chair

AVI's next Board meeting takes place on Tuesday, July 8th - 6:00pm at AVI. All Board meetings are open to the membership.

FOODS THAT HARM - FOODS THAT HEAL (Part 3 - Food Safety)

Anyone who is HIV positive, or a person who prepares food for a person with AIDS, must pay special attention to food safety.

Eggs should be boiled for at least 7 minutes or cooked until hard; meat and fish should be cooked until well done, with an internal temperature of 165 degree F (74degrees C) to 212 degree F (100 degrees C).

Raw oysters and other shell fish, sushi, steak tartar, rare hamburgers and roast beef as well as homemade mayonnaise and ice cream made with raw eggs must be avoided. Commercial mayonnaise and hard ice cream and sherbet are safe.

Fruits and vegetables are not as likely to cause problems as animal products. Even so, they should be washed carefully in soapy water and rinsed thoroughly. Many doctors advise following the same precautions as when traveling abroad; eat only cooked vegetables, and eat fruits that are peeled, stewed or canned. Others feel that salads and some raw fruits and vegetables are safe but warn that these may be difficult for a person with AIDS to digest.

Persons with HIV or AIDS 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 vitamin and minerals.

Persons with HIV or AIDS should cut down on: fatty foods and whole grain products if they cause diarrhea, coffee, tea, and caffeinated drinks that can cause diarrhea and reduce absorption of some nutrients.

PWAs should avoid raw or undercooked foods, especially shellfish, eggs, and rare or uncooked processed meats. PWAs should also consider cutting down on, or avoiding, alcohol, which can worsen diarrhea and interact with AIDS medication.

Once again I invite and welcome your queries and comments. Since BBQ season is upon us, the following recipe may bring a little happiness to you and your guests. Buon Gusto!

- SSC

Grilled Orange-Cumin Chicken Thighs

2 cloves garlic, minced

¼ cup chopped parsley

½ cup frozen orange juice concentrate

2 tbsps. olive or other vegetable oil

2 tbsps. Tomato paste

1 ½ tps. cumin

½ tsp salt

¼ tsp pepper

8 chicken thighs

1) Preheat the broiler or start the charcoal. If broiling, line a broiler pan with foil.

2) In a large bowl, stir together the garlic, parsley, orange juice, oil, honey, tomato paste, salt and pepper.

3) Add the chicken thighs and toss to coat.

4) Arrange the chicken in the broiler pan or grill. Broil or grill the chicken 4 inches from the heat until browned on all sides and the juices run clear, about 10 mins. per side. If desired, brush the chicken with any extra marinade as it broils/grills.

GARDENER'S CORNER

Welcome to the Gardener's Corner, a monthly mention of wants, needs, and desires in order to provide a lush green living environment for people living with HIV/AIDS, family & friends as well as staff and volunteers.

In June's Update, the loss of JoAnn furthered a request for someone to "Dig in". So here I am. My name is David and I look forward to everyone's ideas and most importantly any plants needing a home and friendly environment.

- David

Bizarre Bazaar Saturday July 19th 10am to 4pm

We need all your good stuff. We also need plants, flowers, and volunteer helpers and bakers.

**See Insert For Donation Drop Off
Times & Location**

Questions? Call Irene at 727-4492 (Day)
388-2067 all other times.

A special advance THANKS to Irene Hibbert (right) and Marilyn Branco (left), the "Biz Baz Queens 1997", for organizing the 8th Annual Bizarre Bazaar.



THE UPDATE

The Update is published monthly as a service to members. One-year subscriptions are available for \$15.00. Typed submissions and letters to the Editor are welcome, c/o AVI #304-733 Johnson Street, Victoria, BC, V8W 3C7, or via EMAIL at update@avi.org. 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 ratucker@avi.org Stacy P. Leblanc (Managing Editor) c/o sleblanc@avi.org

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