



Welcome to the Victoria HIV/AIDS Centre!

volunteer UPDATE newsletter



BOARD REPORT



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.

I'd like to start this month's Report from the Board by welcoming Nancy Panagabko as our newest Board member. In addition to her regular Board duties, Nancy is working with Karen Whyte and the Street Outreach folks in putting together skill building sessions on how to deal with people in crisis situations.

On July 4th, the Chairs and executive directors of AVI, NIAC (North Island AIDS Coalition), MIAS (Mid-Island AIDS Society) and PASTA (Port Alberni) met in Nanaimo to start building a more effective partnership. We identified the barriers to service in the Up Island regions, and listed out practical strategies that will increase co-operation between the four agencies, and therefore improve service to the people we all serve.

On July 3rd, Ruthann, Karen, George (Chair-VPWAS) and I met with Dennis Streifel, Minister of Human Resources to discuss the proposed changes to the unemployable category and the negative effect that will have on people living with AIDS. This meeting was just one more step in building and implementing our new Advocacy Strategy. We were also able to use the meeting with the minister to emphasize the need to involve

Human Resources in the development of the proposed Provincial AIDS Strategy.

Having all three community based AIDS agencies in one facility is going well. While we still have a little sorting out to do, our staff, as well as those of VPWAS and VARCS have managed the change brilliantly, and often, with a sense of humour. Congratulations to all of you for what you have achieved!

The Board continues to schedule regular, monthly Information Sessions. The purpose of these sessions is to provide an opportunity for staff, members and volunteers to come together in an informal environment, to ask questions, and to obtain and exchange information. Information Sessions are held at noon and the dates are posted in the Update Calendar.

In closing I would like to invite any members who are interested in running for the Board at the October Annual General Meeting to contact Norman (721-2968), Ingrid (384-4635), or me (360-0685). We'd be pleased to meet with you and to discuss what is involved in being a Board member. All the best!

Ted Matthews - Chair, Board of Directors



Communications & Fund Development

It's summertime and the living is easy (except in the Fundraising & Communications department).

Summer '97 has been an active and exciting summer for Erik and I; A Midsummer Night's Dream, the Garden Lottery, Bizarre Bazaar, the Victoria HIV/AIDS Centre Open House and the on-going

activities of this year's AIDS Walk (Sunday, September 28th, in case you were wondering, and I know you were).

A Midsummer Night's Dream was a huge success, and the money is still coming in. As soon as we have a grand total we'll be sure to let you know. We would like to thank all of you who participated in this event. A special thanks to Grant Leier and Thrifty Foods for their continued contribution.

The Grand Prize draw for the Garden Lottery took place on July 21st and the winner was ...

**S h a w n
M c C o l m a n !**
Congratulations to Shawn. Again many thanks to the sponsors of this event: Athlone Travel and Fun Sun Tours, CHEK 6 TV, Petals Plus Florist, Coastal Grower Magazine, These Buds For You Garden Centre, Bolen Books, Royal Oak Florist, Dig This at Broadmead Village, Rhythmic

Roots Gardening Services, Plantarium, Geoff Gosson, the Happy Valley Herb Farm and the Sally Café and the Sally Bun. Please help us by supporting these generous businesses.

Bizarre Bazaar, as witnessed by the photos,



was a great success. The sun was out and so were the shoppers. This year's event had the

most successful bake sale to date. To Irene, Marilyn and all the volunteers who helped to make this event a huge success, we say THANK YOU!

Thursday, July 24th was the Open

House for the Victoria HIV/AIDS Centre. The food was great, the people were great and the Centre was great as well. It's hard to believe that only a few short weeks ago that boxes were piled high and trucks were moving in stuff like crazy. A special thanks to Dwayne and Delores and the rest of the gang from the Bean Scene for your hard work.

Sunday, September 28th! Mark that day on your calendar! What day is that you ask?

The 1997 Victoria Walks for AIDS! You may have already received the mail-out to pre-register for the Walk, and if you haven't,

call us and we'll get you one in the mail immediately. Many forms have already come in and so far the team support is looking strong. How do you register a team? Easy, complete the easy to fill out form and mail it to us, and we in turn will send you pertinent information about how to do it. Go Team!

My apologies for the delay in getting this Update out. Please refer to the above for the reason. Enjoy the rest of the summer.

- Stacy Leblanc

BOOK REVIEW

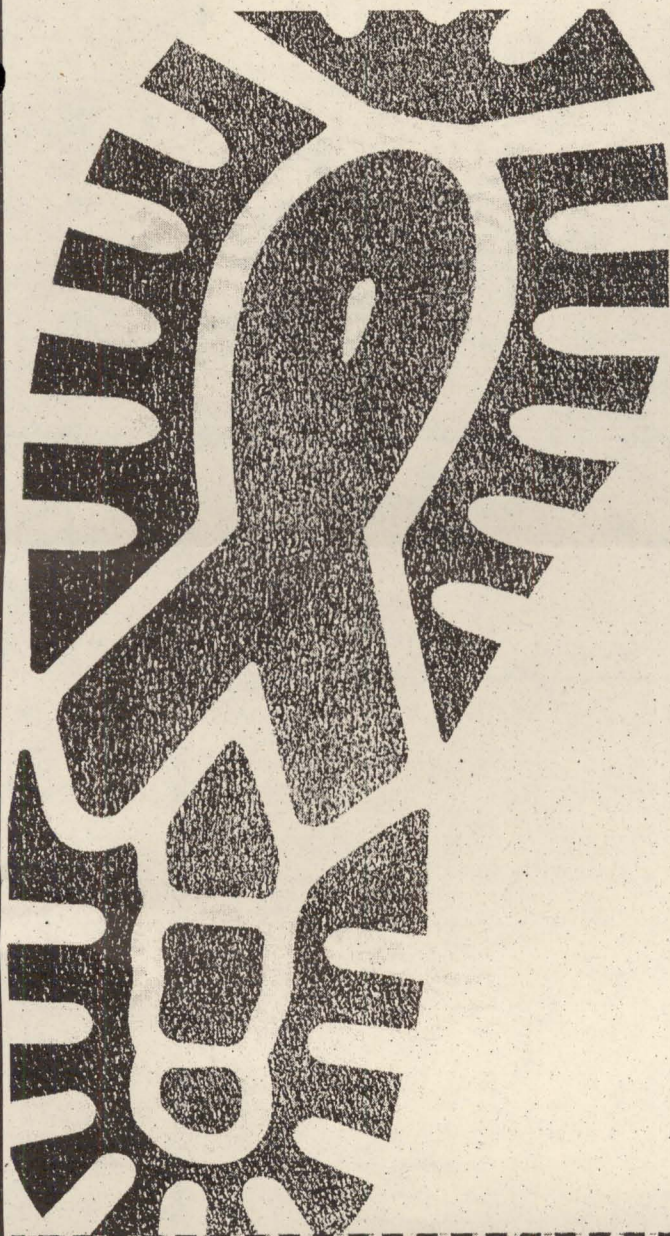
After the Diagnosis: From Crisis to Personal Renewal with Chronic Illness by JoAnn LeMaistre (1995).

In much the same way that Kubler-Ross defined the process of dying, LeMaistre plots the course of those afflicted with a chronic illness, using six progressive stages that lead to emotional health.

The first, CRISIS, is marked by fear of the unknown; all energy is focused on surviving the physical onslaught. ISOLATION moves in as some family and friends find reasons to stay away and superficial relationships falter. ANGER helps to counter balance fear and the 'why me?' aspect. Anger may be related to guilt about one's illness, the fear of being a burden, and being disappointed by others. Caregivers may also feel angry because their lives have been disrupted.

RECONSTRUCTION is marked by re-emergence of self-esteem as the 'person with' becomes an active participant in learning to cope with the new situation. This may be temporarily lost due to INTERMITTENT DEPRESSION. Marking anniversaries, having to depend on people who may not always be dependable, memories of what used to be, etc., all bring periods of incredible sadness and despair. LeMaistre has a wonderful word for RENEWAL: "Able-heartedness", which is the sense that much is possible; it is marked by "the rediscovery of valued aspects of yourself that make it possible to feel content... and to feel real joy in those moments of rapport with another or with yourself.

LeMaistre says: "To be psychologically well, while physically sick, involves the belief that your personal worth transcends physical limitations; you need positive self-esteem for true adaptation. This belief in your self-worth rarely emerges until what you have lost and grieved for stands second in importance to precious moments of inner peace and joy." The important words are "stands second"; this is no Pollyannish view that all will be well



It's the walk Canada's been waiting for all year.

On September 28, join
thousands of Canadians just
like you in the walk to
raise funds and fight AIDS.

AIDS WALK CANADA
A PLEDGE IS THE FIRST STEP

Sunday, September 28, 1997

YES!

Register me now and I'll raise money and walk 'til my shoes
fall off to fight AIDS and support people with HIV and AIDS.

Name: _____

Street Address: _____

Apt. No.: _____

City: _____

Province: _____

Postal Code: _____

Home Phone: () _____

Work Phone: () _____

Employer/School/Organization _____

Team Name (if any): _____

Age: under 18 18-25 26-35 36-44 45-55 over 55

Sex: MALE FEMALE

I'll take the lead in forming a team. Please send me a Team Leader's kit.

In addition to walking, I can volunteer my time. Please call me.

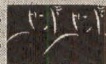
This is my first AIDS Walk Canada.

I can't make it on Sept. 28. I want to donate. Please call me.

A project of

Founding Sponsor

Canadian AIDS
Society




MOLSON

In partnership with community AIDS organizations across Canada



AIDS Vancouver Island

AUGUST 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**

M	T	W	T	F	S/S
				1	2 3
4	5	6 UPDATE Meeting 5:30 pm Peers, Friends and Family Drop-in 7:00 - 9:00pm at The Centre	7 Presentation Skills - The Speaker's Bureau (call JimWilton)	8	9 10
11	12 AVI Board meeting 6:00pm at The Centre	13	14 Board Info Session - Noon at The Centre Presentation Skills - The Speaker's Bureau (call JimWilton)	15	16 17
18 PWA Dinner 5:15 The Centre VPWA Volunteer haircuts. Phone David K. for an appointment.	19	20	21 Presentation Skills - The Speaker's Bureau (call JimWilton)	22	23 24
25	26 Reception Volunteer In-service Support 6pm Training Room	27	28 Presentation Skills - The Speaker's Bureau (call JimWilton)	29	30 31

LOCATION OF EVENTS

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

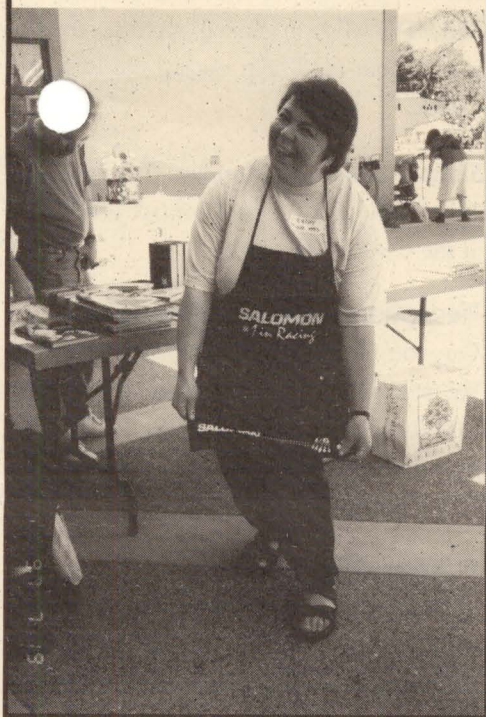
once the sixth stage has been attained and LeMaistre has practical advice on how to carry on.

In a chapter for caregivers, LeMaistre offers this advice: learn to communicate, never assume, know yourself and your limitations, ask for assistance when needed, and recognize signs of stress and fatigue and take steps to remedy that. And, above all, never forget that "THE PHYSICAL REALITIES OF ILLNESS OR DISABILITY DO NOT DEFINE THE ESSENCE OF A HUMAN BEING."

This is a terrific book and it's available in the Resource Centre.

- Caryl Peters

"A volunteer performing the traditional Biz Baz dance of joy"



"Scenes from The Big Move"



Advocacy

As the days go by
I feel strength coming from the wind
as I walk strong
in the face of unknown forces
I feel compelled to keep
moving forward
Driven by human instinct
is a voice reminding me
that I have a future

with each step I hear
this voice more clearly
It's safe, guidance as well
as peace of mind.
Finally as I push aside
any lingering doubts,
I realize the voice is more
than just an Echo
in the wind.
- D. Breckon

FOODS THAT HARM - FOODS THAT HEAL (Part 4 - Food Supplements)

Nutritionists generally recommend that HIV positive persons take a multiple vitamin and mineral supplement to prevent nutritional deficiencies; however, supplements with more than 100% of the recommended nutrient intake (RNIS) should be used only if prescribed by a doctor. Many individuals with HIV/AIDS self-treat with high-dose supplements, a course that can lead to serious problems. High-doses of vitamin C for example can worsen diarrhea.

Some self-help groups advocate taking high doses of zinc and selenium to bolster the immune system. There is no proof that supplements of these nutrients protect against AIDS related infections; in fact, studies show taking 200 mg to 300 mg of zinc a for 6 weeks actually lowers immunity. Excessive selenium can also cause nausea, vomiting, and diarrhea.

Another dangerous dietary approach entails following a macrobiotic regimen, especially one that is restricted to brown rice and a few vegetables. Such a diet can actually worsen AIDS, because it fails to provide adequate nutrition; additionally, the excessive fiber can exacerbate diarrhea.

Herbal medicine is a popular self-care approach, though there is no evidence for its efficacy. Caution is needed as some herbal preparations contain substances that can cause serious side effects or interact with medications. Check with a doctor before taking any herbal or other preparations or engaging in self-treatment or alternative medicine.

This concludes my current research on foods that harm and foods that heal. In the next issue I shall turn to examining ways in which we can promote/create a healthier diet on a limited income.

-SSC

Skillet Vegetable Stew

There's fibre, colour and flavour in potato, zucchini and eggplant skins, so peel only if they're tough or blemished.

- 1 tbsp. olive oil
- 1 half onion sliced
- 3 tomatoes, coarsely chopped
- 1 ½ tsp. Salt
- 1 tsp. Dried basil
- 1 tsp. Dried pepper
- 4 red potatoes, cut in ½ inch cubes
- 1 sweet red or green pepper, chopped
- 2 cups cubed eggplant
- 2 cups zucchini
- ¼ cup chopped fresh parsley
- ¼ cup parmesan cheese

In a large nonstick skillet, heat oil over medium heat; cook onion until transparent. Add tomatoes, salt, basil, pepper, cook covered for 2 mins. Add potatoes, ¼ cup water and red pepper, bring to a boil. Reduce heat and simmer for 5-10 mins. Stir in eggplant and zucchini, cook covered for about 5 mins. or until veggies are tender crisp. Stir in parsley and spinach with parmesan.

EDUCATION

Well, it's my turn to say farewell. I'm off to Montreal this month to go back to school,



improve my French and enjoy life in the East.

It has been three years since I arrived at AVI to set up the mobile needle exchange program in Duncan and, subsequently, to work here in Education Services in Victoria. During this time, I have learned an enormous amount from the many clients, staff and volunteers that I have worked with. The commitment of volunteers and clients to this organization, and in particular to the education department, has been inspiring. I am also thankful to have worked with so many highly skilled staff who do difficult work under sometimes trying circumstances.

Lastly, I am grateful to have known and worked with many people living with HIV as well as some folks who have passed on. Your grace and strength in the face of this disease is truly remarkable.

- Peter MacDougall - Coordinator,
Education Services

GARDENER'S CORNER

Wow - what a move - Welcome everyone from VARCS and VPWA. As we all come together under one roof and you find me squeezing plants into leftover corners, please let me know if you have allergies stemming from any particular plants. This month's wish list is pots, pots, pots.

July's Humour - I wish I was a shrub so I could plant out the rest of my life!

- David B.

"More Scenes from The Big Move"



NANAIMO REGIONAL NEWS

The 5th Annual Queens Benefit was a blast, raising over \$1,300.00 for the EAF! Special thanks to the volunteer coordinator, Tiffany! There was great entertainment and even with shorter hours and a last minute date change by the proprietors, it was another success. Thanks to all our supporters in Nanaimo and the volunteer entertainers and organizers.

We had a very busy time with special events on Nanaimos' 'Bathtub Weekend' July 24 - 26. We had an information table hosted by 'Condom Cops' offering free condoms and answering any questions from the public. We were also asked to provide an information table at a Multi Cultural fashion show that same weekend with proceeds from an auction being donated to the AVI's Emergency Assistance Fund. The "Second annual Second Street Paint Party and Auction" for the EAF was held that same weekend. Diligent and creative organizers are thanked dearly, and although figures were not available at press time, this undertaking is most gratefully appreciated.

The 2nd Nanaimo Walks for AIDS is underway, Paige, the volunteer coordinator of this years walk is busy fundraising and organizing the event. This year all the mailings and pledge forms will be managed by Dana from this office. Ahh!

HIV + support groups continue in Nanaimo on the 2nd and 4th Mondays of the month; art therapy is also available. Special support group activities planned include a "writing jams" session and a hike to Mt. Benson. If anyone is interested in being involved in this support group or the summer activities, give Carolyn a call at 753-2437. Office hours same as usual, 9-5 Monday - Thursday.

by Dana Becker

VOLUNTEER SERVICES

Volunteer Opportunities Helpline Volunteers Required.

Can you fill in a shift or two each month for the Helpline/Resource Centre? We need volunteers who have been trained in Helpline/Speakers' Bureau skills to fill in shifts answering people's questions about Safer Sex and HIV/AIDS in general. A chance to learn more about (and help out in) the Resource Centre.

Shifts available are Monday - Friday: 9am - 1pm; 1pm - 5pm. Please contact Jim Wilton at the Centre 384 - 2366.

Reception Volunteers Required

Can you fill in a shift or two on Reception? We need people to greet the public and direct calls for all three agencies. Shifts available are: Monday - Friday: 9am - 1pm; 1pm - 5pm. Please call Val at 384-2366.

Fundraising Volunteers

We are always in need of people to help out with phone calling, Bingos, and other events and tasks to do with fundraising. Hours can be flexible and shifts vary. Please contact Erik or Stacy at 384 - 2366.

- Michael Yoder

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.

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