

**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

COMMUNICATIONS & FUND DEVELOPMENT

Walk, Walk, Walk!! Those seem to be the only words we hear around the Communications and Fund Development department these days, and we like it! Registration forms have been coming in steadily for both individuals and teams. The Walk team is meeting on a weekly basis to ensure a successful event, but we still need your help.

Registration forms can be picked up at all Starbucks Coffee locations, or you can pop by the office and fill out the card and we'll set you up with a pledge book in a matter of minutes. Then it's all up to you to go out and collect as many pledges as you can. Did I happen to mention the 1997 incentive program? \$150 in pledges equals a limited edition 1997 AIDS Walk t-shirt, on the day of the Walk; \$250 in pledges equals an embroidered limited edition AIDS Walk sweat shirt, on the day of the Walk, \$500 and you become a member of the 500 club and will receive an AIDS Walk sweat shirt and a \$50 gift certificate from Aldo Shoes, and if you're one of three people in Canada to raise the most money in this year's AIDS Walk, Air Canada will fly you (and a companion) round trip to anywhere in the world! So get out there and collect those pledges!

Sunday, September 28th is the day to remember. Fisherman's Wharf Park is the place to be. 9:00am is the time to be there. In Nanaimo, Pioneer Plaza is the place to be, registration at 9:00am and the Walk will start at 11:00am, same date. For more information about the Nanaimo Walk call Dana or Guy at 753-2437. SEE YA THERE!

The other item of importance on the roster is the upcoming Annual General Meeting. The AGM is set for Saturday, November 1st. Part of my job is to maintain the membership lists for the agency. I will be posting a list of current/valid members of AIDS Vancouver Island at the 733 Johnson St. location as well as Street Outreach Services (Commercial Alley) and the Nanaimo office, located at 201-55 Victoria Rd. If you have any concerns about your status as a member please feel free to call me, 384-2366. This newsletter also contains an information sheet (pink) that provides details about both memberships and the nomination process for Board directors.

I look forward to seeing each and everyone of you on Sunday, September 28th and Saturday, November 1st.

- Stacy Leblanc



AIDS Vancouver Island

shall confront

outreach

Immuno-Deficiency

Syndrome

prevent its spread

through education,

support all those

infected and affected

by the disease,

in a voice

on their behalf.



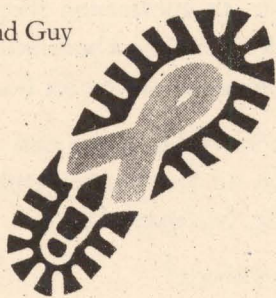
NANAIMO REGIONAL NEWS

Nanaimo's 1st Lesbian/Gay Pride Event was fabulous and, by all accounts, a tremendous success. It had the very positive effect of raising levels of support, acceptance, and appreciation for lesbian/gay/bisexual/transgendered persons in an area many disparagingly call "redneck country." Local press coverage was congratulatory and photo spreads captured some of the colour of the estimated 250 participants. Kudos to participating AVI volunteers and staff.

The organization of the 2nd Nanaimo AIDS Walk is building up momentum rapidly! Don't forget, Sunday, September 28th is the day, Pioneer Plaza is the place to be and 9:00am is the time to register, and the Walk will start at 11:00am. We have secured some excellent corporate sponsors and local support continues to be encouraging. Registrations are coming in consistently, and we are happy to say, running smoothly out of this office. We have a core group of volunteers that meet regularly to work on the details of the day. If anyone is interested in becoming involved with the Walk you are welcome to join us! Just call Paige, Dana or Guy at the Nanaimo office 753-2437. Happy walking!

HIV + support groups continue in Nanaimo on the 2nd and 4th Mondays of the month; art therapy is also available. Special support group activities have included a BBQ and a great walk on Newcastle Island. Upcoming events include a weekend retreat on Long Beach. As well, jam making is still in the works; collect and freeze those berries! If anyone is interested in being involved in the support group or the fall activities give Carolyn a call at 753-2437. Office hours same as usual, 9-5 Monday - Thursday.

- by Dana and Guy



PozFit Bulletin

Coming Events: We plan to have more team sports and more events during the coming year and hope that you will participate. We plan to continue our volleyball games and add other team sports as well as organize bicycle outings, camping trips, health seminars and other activities. If you have an idea for an activity that you would like to see and think others might enjoy it, please let us know. You can reach Positively Fit by leaving a message with VARCS at the Victoria HIV/AIDS Centre (384-2366). Your suggestions are welcome. The monthly socials will also continue as well as other get-togethers.

YMCA Memberships: Positively Fit has received a grant from the United Way to assist with YMCA memberships. This, plus some money left over from the Positively Fit research project, will allow us to subsidize YM/YWCA memberships.

PozFit has worked out a deal with the Y that will result in Y memberships at little or no cost to you as an HIV+ person. All you need to do is fill out a form at the Victoria HIV/AIDS Centre, provide some basic financial information to determine how much of a subsidy you are entitled to receive

and you can have your membership within a couple of days. If you are on social assistance, even the small amount that you might have to pay for membership can be claimed back. Depending on your circumstances, the most you would pay is \$15 per month. Most of those who have gotten memberships so far are paying much less and some are not paying anything. You don't have to be a member of PozFit to get the membership; it is open to anyone who is HIV+. Call the VARCS office at the Victoria HIV/AIDS Centre (384-2366) for more information.

Future Announcements: We have decided to use the Living Proof and the UPDATE newsletters instead of having a separate newsletter and carrying costs of our own mailings. So, look for information about upcoming events in those newsletters.

Spreading the Word: David Swan would like to get a group of people together to put together a "how to manual" to be published and distributed to HIV+ communities across Canada and elsewhere. The manual will talk about how PozFit was formed, how it works for us as HIV+ people, how they might create a similar program for themselves cheaply and simply. If you'd like to help, call David at 381-6911.

GARDENER'S CORNER


Wow - now that the dust has settled from the Big Move, things are a lot calmer. As boxes disappear, new cork boards go up and staff and clients mix together, our diversity and uniqueness really shows.

Unfortunately some of our plants haven't fared as well. Two weeks vacation, a lot of sun and aphids can really wreak havoc. However, like the Victoria HIV/AIDS Centre, even the plants are full steam ahead.

September wish list: potting soil please.

September humour - Cars don't come from trees, they come from plants.

- David B.



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

**A source for the
latest in HIV/AIDS
treatment
information**

THE NETWORK

1-800-263-1638

HIV/AIDS TREATMENT INFORMATION

email: info@catie.ca
internet: www.catie.ca

service bilingue d'info-traitement

ALL CALLS CONFIDENTIAL

CREATING SIMPLY SCRUMPTIOUS CUISINE (canning & preserves)

In exploring ways to create a healthier diet on a limited income it has been my experience that freezing and good old fashioned canning or preserving are good aids in reducing food costs over the long winter months when fruits and vegetables are at their peak prices. Therefore I would suggest or recommend that a little time be spent either in small groups or individually to do either or both.

Here are some great tips for the perfect preserve.

SELECTING AND PREPARING

Choose firm fruits and vegetables, free of bruises, mold or surface cracks which may cause contamination or off-flavors. High acid foods such as some jams and jellies, fruits, tomatoes with added acid, relish and pickles may be safely processed at home in a boiling-water canner. Follow recipes exactly, especially for tomato-vegetable combinations, as altering ingredients could lower the acidity and make these preserves unsafe. **DO NOT DOUBLE RECIPES**, make separate batches instead.

JARS

Reusable mason or preserving jars are made of a heavier weight of glass than commercial food jars you may have on hand from purchased jams and sauces. Always check jar rims for nicks and imperfections. When processing time is more than 10 minutes, jars do not have to be sterilized, but must be squeaky clean and kept hot until filled. Run through a full cycle of the dishwasher just before filling or submerge in boiling water in canner while heating the lids. This heats but does not sterilize the jars.

LIDS

For top quality and safe preserves, canning experts recommend heat processing and applying two-piece metal lids. Old fashioned wax or paraffin is not a reliable seal. Screw bands may be reused but never reuse a lid centre again for canning. Once the sealing compound on the lid has taken the imprint of a jar, it will not seal properly a second time.

Immediately before using, boil lids for 5

minutes to sanitize and soften the red sealing compound.

PROPER UTENSILS

Use only glass, stainless steel or enamel saucepans and utensils. Wooden spoons, aluminum or other metallic equipment can produce off-flavors and undesirable colors.

HEADSPACE

A head space (gap between filling and top of jar) of 1/2 inch (1cm) is needed. If overfilled, the contents may boil out during processing. If under filled, processing time may not be long enough to drive out the extra air. Both will prevent an airtight seal from forming.

FILLING JARS

Air bubbles may occur when filling jars, causing food to discolor. After filling, slide a rubber spatula along the inside surface of jar to allow bubbles to rise to surface. **DO NOT USE METALLIC UTENSILS** which can scratch glass and cause breakage. Adjust head space, if needed. Clean jar rims are essential for a good seal. Wipe rims with a damp cloth. Place a hot lid on top. Screw band on just until fingertip tight so air can escape during processing.

PROCESSING

Processing times are based on hot food being placed into hot jars. Jars sealed fingertip tight must be covered by 1 or 2 inches (2.5 to 5cm.) of boiling water in the canner. Pour boiling water between not directly on jars to prevent breakage. Start counting processing time when all jars are in the canner, cover is on and water has returned to a rolling boil. This rolling boil must be maintained for the entire processing time. When time is up, turn off heat. Remove jars from canner. **DO NOT INVERT**. As jars cool screw bands may appear to be loose **DO NOT TIGHTEN** because it may prevent the formation of an airtight seal. When cooled for 12 to 24 hours, check that the metal lid curves downward, indicating an airtight seal. Refrigerate any jars that are not sealed and

use them within a three week period. Label jars with their content and preserving date. Store them in a cool place away from light.

ALTITUDE

Processing times vary according to altitude, most recipes are geared to altitudes of 1,000 ft. (306m). At higher altitudes the processing time for a boiling water canner must be adjusted.

Height above sea level	Increase processing time by:
1,001 to 3,000 feet(306 - 915m)	5 mins.
3,001 to 6,000 ft.(916 - 1830m)	10 mins.
6,001 to 8,000 ft.	15 mins.
8,001 to 10,000 ft.(2441 - 3050m)	20 mins.

- SSC

KOSHER-STYLE DILL PICKLES

8 -10 small pickling cucumbers

2 cups white vinegar

2 cups water

2 tbsps. pickling salt

4 heads of fresh dill or 4 tsps. dill seeds

4 small cloves of garlic

1.) Cut a thin slice from the ends of each cucumber.

2.) Meanwhile combine vinegar, water and salt in a saucepan and bring to a boil.

3.) Remove hot jars from canner. Place 1 head of dill or 1 tsp. dill seeds and 1 clove of garlic into each jar; pack in cucumbers. Pour boiling vinegar mixture over cucumbers to within 1/2 inch of rim.

Process for 10 minutes if you are using pint jars or 15 minutes for quart jars.

We invite your questions and/or comments regarding this column or any others that you see in the Update.

BOOK REVIEW

TRANSSEXUALS by Gerald Ramsey (1996). The author states that: "the transsexual process - the journey through therapy, cross-dressing, hormone treatment and surgery - is not a flight of fancy; it is the consistent pursuit of physical, emotional, social, spiritual and sexual wholeness, accomplished at enormous personal cost."

Written in question-answer format, Transsexuals documents the transformation from one sex to another. It is organized under five main headings. The first two discuss such things as who is and is not a transsexual and the social ramifications of transsexuality. The next three deal with the emotional and physical aspects of hormone therapy and surgical procedures; included is the 10-step

process involving various types of therapy, gender committees, surgery and the post-surgical psychological therapy that is deemed necessary to help cope with the tremendous changes that have taken place in body and mind.

The book is very informative on the correct procedures that must be followed and it speculates on changes that may occur in the future. It contains some primary source material and lists articles for further study. (Catalog # 1280 RAM 96)

VIDEO: CBC: THE PASSIONATE EYE - YOU DON'T KNOW DICK: COURAGEOUS HEARTS OF TRANSSEXUAL MEN is the wonderfully upbeat story of six female-to-male transsexuals who discuss their journey through outward gender change. Two of the

participants have had books published: Body Alchemy (Cleis Press, Nov. 1996) and AMAN: The Transsexual Journey of an Agent Provocateur (due August 1997 from William Morrow/Avon). (Available on request).

VIDEO: P.O.V. - "METAMORPHIS: MAN INTO WOMAN" is the story of Garry who became Gabi at 36 years of age. Unfortunately, Gabi comes across as an individual obsessed only by the externals of femininity. There is something missing in this transformation that is documented on film. Perhaps something Ramsey says in his book is applicable "...unless there is self-acceptance - unless the painful maturation and learning processes occur and until the new gender role becomes second nature - the individual will not be able to fully adapt." (Catalog #83 - Video).

- Caryl Peters

BOARD REPORT

This month's Report from the Board focuses on the upcoming Annual General Meeting, scheduled for Saturday, November 1, 1997. The Board has recently taken steps to ensure that the membership process is clarified, and to ensure that all PWA's, volunteers and supporters of AVI are legally eligible to participate and vote at the AGM.

The recent changes to the membership fees are described in the Information Bulletin inserted with this issue of the Update. For those interested in being a candidate to the Board of Directors, or who wish to nominate

someone as a candidate, here is the nomination process:

The Nomination Process

The candidate must be a member in good standing. This means they must have applied for membership and paid the membership fee at least 30 days in advance of the November 1, 1997 AGM.

The nomination form must be signed by at least **two** members of AVI.

Nomination forms are available by contacting any of the Nominations Committee members (Ted Matthews 360-0685; Norman Brulotte 721-2968; or Ingrid

Olson 384-4635), or at the front desk at the Victoria HIV/AIDS Centre (384-2366).

Nomination forms must be completed and submitted to the Nominations Committee by September 30th, along with a brief biography describing the skills, knowledge and experience of the candidate, *if* they wish to have the biography included in the AGM Package sent to all members.

Two members in good standing may also nominate any member in good standing from the floor, at the AGM.

- Ted Matthews, Board Chair

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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