

# ARC NEWS

AIDS  
Resource  
Centre -  
Okanagan  
and  
Region

September 1998

Volume 2, Issue 3

## KEEP

## THESE

## DATES

## IN MIND:

**SEPT. 21**

ANNUAL  
GENERAL  
MEETING

**SEPT. 27**

AIDS WALK

**OCT. 10**

VOLUNTEER  
APPRECIATION PARTY

**NOV 23-30**

AIDS  
AWARENESS  
WEEK

**DEC. 1**

WORLD  
AIDS DAY

### CONDOM COPS IN PENTICTON HAND OUT 4000!

Lisa and Trevor have been busy for the last 8 weeks. While strolling the Skaha and Okanagan Lake beaches mid-day, they answer questions about ARC's programs from teens. With the hot weather they have been there at 10 PM too!

Then they visit all the bars (The Blue Mule, Night Moves, Shakers, Down Under and the Element) where the 23-28 crowd have a lot of questions about STD's (Sexually Transmitted Diseases). Outside of Penticton, they also visit the beaches in Osoyoos, Naramta and Summerland.  
(.....see photo page 3)

### Second Annual Okanagan



## AIDS WALK

SUNDAY

SEPTEMBER 27, 1998

Waterfront Park, Kelowna

This will be a 3 km walk starting at the Dolphins just by Kelowna's Waterfront Park (by the Grand Hotel).

### How Can you Help?

1. Register today. Fill out the (pink) Registration form enclosed and mail or fax it to us at ARC. *Note the Early Bird date draw!!*

2. Form a team and walk with us on September 27th.

Encourage your friends from work, school club or place of worship to walk as a team. Wear your team's t-shirt, cap, or carry a team banner or sign. Contact ARC for the (green) team form at 862-2437.

3. Volunteer! (Yellow form) We need many volunteers before and on the day of the walk. Please call Rod Laurie at ARC and find out how you can add your energy to this exciting event!

**Pledges raised in this Walk will help support all communities in the Okanagan region!**

It's a chance for us to make a strong public statement that HIV/AIDS is an important health and social issue for all Canadians.

**"It is more than  
a fund raiser:  
it is a gathering  
of people from  
all walks of life  
expressing a  
shared  
concern."**

### *Whats Inside....*

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*Positive Women: A Book Review and a list of resources*

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*PWA Events: Welcome to the Loon Lake Retreat!*

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(continued from page 2)

As we move forward through 1998 to April 1999 and the regionalization of our funding from the Ministry of Health to the Regional Health Boards, we will be faced with many challenges in the education of the members of the Health Boards and the communities they serve. During 1997/98 I was appointed to the Minister's Advisory Committee on the Provincial AIDS Strategy. As this was an interim committee, the permanent committee will be announced in September. The Committee has been meeting on a monthly basis since December 1997. As an interim committee our final meeting is scheduled for early September.

Again, September is looking like a very busy month for all of us at the AIDS Resource Centre, with the planning for the 2<sup>nd</sup> Annual AIDS Walk - September 27, 1998 and the Annual General Meeting on September 21, 1998.

**SEE YOU AT THE AGM  
AND THE AIDS WALK!**

## Condom Cops

(....continued from the front page)

They were featured in Penticton's *The Western*, July 10th. (Thanks to Randy O'Donnell for the story!)



**And Thanks to Lisa Gilderdale and Trevor Schmidt for making the project a success!**

## How to Get Sicker....How to Stay Well...

### HOW TO GET SICKER (IF YOU ARE ALREADY SICK...)

1. Think about all the awful things that could happen to you. Dwell upon negative, fearful images.
2. Be depressed, self-pitying, envious and angry. Blame everyone and everything for your illness.
3. Read articles, books and newspapers, watch TV programs and listen to people who reinforce the point that there is no hope. You are powerless to influence your fate.
4. Cut yourself off from other people. Regard yourself as a pariah. Lock yourself up and contemplate death.
5. Hate yourself for having destroyed your life. Blame yourself incessantly.
6. Go and see lots of different doctors. Run from one to another, spend half your time in waiting rooms, get lots of conflicting opinions and lots of experimental drugs, and start one program after another without sticking to any.
7. Quit your job, stop working on any projects and give up all activities that bring you a sense of purpose and fun. See your life as essentially pointless and at an end.
8. Complain about your symptoms, and if you associate with anyone, do so exclusively with others who are unhappy and embittered. Reinforce each other's feelings of hopelessness.
9. Don't take care of yourself. Try to get other people to do it for you and then resent them for not doing a good job.
10. Think how awful life is and how you might as well be dead. But make sure you are absolutely terrified of death, just to increase the pain.

(Reprinted from: RAINBOW NETWORK 21)

### HOW TO STAY WELL... (OR GET BETTER...)

1. Do things that validate your worth by bringing you a sense of fulfilment, joy and purpose. See your life as your own creation, and make it positive.
2. Pay close and loving attention to your needs on all levels. Take care of, nourish and support yourself.
3. Release all negative emotions - resentment, envy, fear, sadness and anger. Express your feelings appropriately; don't hold on to them. Forgive yourself.
4. Hold positive images and goals in your mind, pictures of what you truly want in your life. When fearful images arise, re-focus on images that evoke feelings of peace and joy.
5. Love yourself, and love everyone else.
6. Create fun, loving and honest relationships. Allow for the expression and fulfilment of needs for intimacy and security. Try to heal any wounds in past relationships - with old lovers, or your mother and father.
7. Make a positive contribution to your community through some form of work or service that you value and enjoy.
8. Make a commitment to health and well-being, and develop a belief in the possibility of total health. Develop your own healing program, drawing on the support and advice of experts without becoming enslaved to them.
9. Accept yourself and everything in your life as an opportunity for growth and learning. Be grateful. When you muck up, forgive yourself, learn what you can from the experience, and then move on.
10. Keep a sense of humour.

## POSITIVE WOMEN

### **P**ositively Sexual Women

*published by Canadian AIDS Society, National Women & HIV Project*

Positively Sexual Women, a resource book for women living with HIV and AIDS, looks at women's sexuality, self esteem, and physical health. The first half of the book is a variety of quotes taken from eleven women that were interviewed.

Each woman responded to very personal questions about their feelings of sexuality, self esteem, sexual experiences, and issues around pregnancy, masturbation, experimentation, intimacy, relationships, and disclosure. The quotes are very candid and open. They allow you to pick and choose which quotes make sense to you, and to learn how different women cope with HIV and their bodies.

The second half provides medical information on safer sex, STD's, gynaecology, PMS, and other issues. Both standard medical and unconventional methods for treating health problems are included. For example they suggest treating a vaginal (yeast) infection with a sanitary napkin spread with cottage cheese.

An insightful book, it provides the reader with a balance of physical, mental and emotional information and is recommended for women newly diagnosed with HIV/AIDS.

It touches on subjects that some women may be too embarrassed to discuss. It allows all women to feel included and portrays a feeling of acceptance regardless of what the reader's particular beliefs and experiences are. Two thumbs up from this peanut gallery! (Reviewed by Terri Ross, ARC Client support Worker)

**B**rochures  
FROM: the  
ARC Library,  
for women  
who want to  
learn more about HIV and  
how to protect themselves  
from transmission, as well  
as for those women who  
may be HIV positive.

**Women, HIV, Drugs and Alcohol**

**Women and AIDS: choices for women in the age of AIDS.**

**Women's Sexual Health**

**Women who have Sex with Men**

**Women, Abuse and HIV**

**Sexual Assault and HIV/AIDS: you are not alone.**

**Grrls on Grrls and HIV: the gripping facts about Lesbians and HIV!**

**Women who have Sex with Women**

**What Lesbians need to know about Safer Sex**

**Important News for Pregnant Women**

**HIV, Pregnancy and our Children**

**So your test is Positive (advice and information for Women Living with HIV and AIDS)**

**Positive Sexuality (Voices of Positive Women)**

Because many women are the primary caregivers for our children here are some titles of brochures that help you talk to your children about HIV and AIDS.

**Questions Children Might Ask**

**Information for Parents**

**Talking with Your Children About AIDS**

**We need to Know About AIDS (teens)**

**Learning About AIDS (Elementary grades)**

**The Hummingbird Kids Society** is a program to provide support to children who are HIV positive and their families.

*Are you a positive woman looking for support?*

*Positive Women's Network in Vancouver*

*1-800-994-2437 or*

*FAX:*

*1 (604) 893-2211*

Each woman responded to very personal questions about her feelings of sexuality, self esteem, sexual experiences, and issues around pregnancy, masturbation, experimentation, intimacy, relationships, and disclosure.

## FROM THE LIBRARY

JOINING  
THE CIRCLE:

**an Aboriginal Harm Reduction Model. Developed by the Canadian Aboriginal AIDS Network**

This book focuses on the needs of three populations: the urban Aboriginal street population, the Reserve population and in prisons. The four mainstays are: needle exchange programs, condom distribution, methadone maintenance treatment, and counselling. Outsiders may perceive drug use to be a problem restricted to urban areas. This is not true. Pockets of injection drug use (IDU) have been found in rural areas and on Reserves. The major concern is that Aboriginal IDUs may be unable to protect themselves and others from HIV infection when they visit their Reserves and have sex or share needles.

**We are Part of Tradition: a guide on Two-Spirited People for First Nations Communities. Published by 2 Spirited People of the 1st Nations.**

The objectives of this manual are threefold:  
i) To assist people to learn how to give culturally-sensitive workshops on two-spirited people

ii) To give information about two-spirited people (teachings, history, spirituality) and

iii) To discuss Homophobia and AIDS - how they interact.

Let's Get  
Cooking!

**A practical guide to community kitchens for PWAs.**

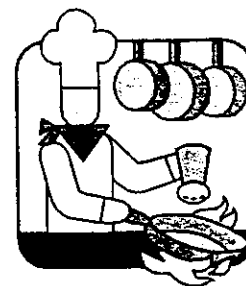
"Community kitchens are a group of friends who get together to cook. Every body takes a turn getting teased. It makes it easier when it's time to scrub the pots and pans. Cooking together is more than just about saving money - much more! It's a bit like the lottery: it doesn't change the world.. but it helps. Mr. Shy now can't stop talking and Mr. Old Fashioned has become a Mother Hen!"

The concept is simple: A small group gets together to plan, prepare and cook meals that can be taken home and frozen for later use. The members of the group share the cost of the food and their cooking talents.

Advantages for PWAs are:

- saving some money
- helping others
- making new friends
- learning new recipes (and the more obvious benefits of) dealing with survival, physical health, mutual support and education. The problem of running out of food at the end of the month is avoided.

The best way to learn how to cook is to actually get in there and do it. Learning the basic principles of cooking inexpensive, well-balanced meals, how to buy and store the right foods and leftovers can be a positive experience for everybody. It gives a sense of control over fulfilling one's needs. A step by step planning guide from fund raising and space requirements to a listing of 31 recipes ranging from meats, fish, vegetarian and desserts are all included!



"They told me I was a pig. I am treated like a leper. Being judged and made to feel like dirt when I was asking for help. Because I disclosed I was using drugs, I was refused help until I became totally abstinent. The health care system don't care about junkies."



## elcome to the Loon Lake Retreat!

by cdm.

On July 27-30, BCPWA held a Healing Retreat at a UBC Forestry camp north of Maple Ridge - a four day and three night wilderness experience. Application was fairly easy: I phoned the BCPWA office (a 1-800 number) and talked to someone about applying. (Make sure you have your BCPWA membership number handy.)

After the closing date I was phoned for a 5 minute interview and asked if I could follow a few basic rules - no Alcohol, or recreational drugs. Easy enough!

Selection for this Retreat was by Lottery, and two weeks before the Retreat I was phoned and informed that I was accepted. A few more rules and what I need to bring.

BCPWA fully funded the Retreat from their door and back again. I was responsible to get myself down to their office for Monday at 10:30. On arriving there was a chance to wander around and see the office layout, meet the others, sign in, sign rules sheet and release forms. After a one hour meet-and-greet and with a group effort, the bus was loaded and we were on our way. Lunch on the bus was provided by Subway Sub.



32 people including staff were involved in this retreat (5 females and 27 males) and one paid staff.

The other people involved were all volunteers, ten trained Peer Counsellors, and three or four medically trained people; so we were prepared for most events.

Loon Lake Camp is.... lets see... in the middle of nowhere, with ten sleep cabins, three main cabins and the grounds keeper's house. On one very nice, clear, clean lake were five inner tubes and eight canoes. The only down side was the seven or eight flights of stairs from the water to the main cabin where most of the meetings were held. I think I made that trip five times a day both up and down.

The only mandatory activities were the small group gatherings arranged for the people to discuss the day's events and any other issues. The rest of the time was our own to spend floating or canoeing on the lake, lying on one's tan. Three meals a day were provided with specialized meals if needed.

The days were filled with classes around healing and nutrition, and on one day, three massage therapists came to offer half hour rubdowns.

The nights were filled with hot tubbing, late night swims, socializing and Pictionary. (Never challenge people to this game unless you are serious. They are brutal players!)

As a PWA, I found the week to be an escape from the pressures of the city and a chance to meet some wonderful people.

I would greatly encourage anyone involved with BCPWA to learn about and participate in their activities. You might be extremely surprised by what happens and who you might meet!

## The Volunteer Resources of the ARC is in need of volunteers for the following:

**The ARC Newsletter-** typing skills and Desktop Publishing knowledge are a must.

**The Library-** A retired librarian is very much needed to give direction and organization. Experience is essential!

**The 2nd Annual Ok'gn AIDS WALK-** Volunteers are needed to make this a success Sept. 27.

**Filing** - This requires a very experienced person to organize the whole system!

**The AIDS Awareness Community Team (AACT)** is the youth drama group: we are looking for creative members interested in educating the youth!!

**Reception** - must be personable and have excellent communication and organizing skills. At least 4 hours per week, morning or afternoon shifts.

Interested individuals can contact:  
Altair Millares, Coordinator of ARC Volunteer Resources  
at 862-2437 during office hours  
or by e-mail:  
amillares@silks.net.

The ARC Volunteer Info-pack is available at the office.

## Complementary Therapies

*This section is devoted to discussion about other approaches to coping with and treating the effects of HIV in our bodies. (See disclaimer on page 2)*

### **T**raditional Chinese Medicine

This system sees illness as an imbalance in your body's energy flow. This energy, known as "qi," moves along invisible pathways in your body called meridians. Meridians connect your body's organ systems to each other and to pressure points (specific points on your body). Acupuncture needles (thin stainless steel needles) may be stuck into your skin at these points to balance your meridians. (This is not supposed to hurt.) Moxibustion is a method used in acupuncture practice. It involves the application of ignited cones or sticks of mugwort (an herb) over the acupuncture points in order to stimulate your body with heat. Chinese herbal medicine is often used along with acupuncture to treat blockages of energy within your body. Usually many different herbs are used together. Often the combinations are tailor-made to suit your health needs.

TCM is being studied to see what it can do for people who have HIV. Some people using acupuncture and Chinese herbs have reported improvements in such symptoms as diarrhea, tiredness, night sweats, weight loss, swollen lymph glands, and peripheral neuropathy. And some have felt generally better and more energetic.

Although the idea of health being related to the flow of energy in the body is only just beginning to be accepted in North America and Europe, it is common to most Eastern approaches to health.

**N**ATUROPATHY comes from the Greek words "naturae" and "pathos," and means "a natural way to relieve suffering." Naturopathic doctors (naturopaths) see disease as your body's attempt to get rid of toxins and restore balance. They use a holistic approach to healing that can include herbal medicine, nutrition, supplements, homeopathy, traditional Chinese medicine, chiropractic (spinal manipulation), hydrotherapy, massage, and counselling.

Using natural substances and procedures, naturopaths try to help the natural healing powers of your body work as well as possible. By teaching you the basics of healthful living, they help you take an active part in staying healthy, which includes both preventing and healing disease.

Some naturopaths are also trained as medical doctors. Some may have a special interest in a particular kind of therapy. You should ask about a naturopath's speciality.

Naturopaths use research from various areas including botanical medicine, homeopathy, acupuncture, and nutrition. Naturopathic colleges do research. For example, the Canadian College of Naturopathic Medicine in Toronto is doing research on the treatment of HIV infection with Chinese herbs.

**H**omeopathy is a system of medicine that began in Europe 200 years ago. Unlike standard medicine, homeopathy is based on the principle of "likes cure like." This means that the symptoms of a sick person are treated with small doses of a medicine that would cause the same symptoms if a full dose were given to a healthy person. Most homeopathic medicines

are found in nature (animals, minerals, and plants) and are taken as tinctures (dissolved in alcohol) or in mini-tablets.

In Western medicine, ten different people who all have the same condition would be treated with the same medication. In homeopathy, however, those ten people may each be treated with different remedies according to the needs of each of their bodies. Homeopathy is practised by a wide variety of health care workers, including not only homeopaths but also medical doctors and naturopaths.

*(Excerpts from Managing Your Health, Module # 5, A Guide for People Living)*

### **Bus Pass Program 1999**

A yearly bus pass is available to people with disabilities at a cost of **\$45.00**. This works out to \$3.75 per month and allows for unlimited transportation on all B.C. Transit systems.

This program is subsidized by the B.C. government so the Ministry of Human Resources does not pay for the pass. The Ministry provides for monthly transportation costs in the support portion of BC Benefits cheques.

Applications for the 1999 Bus Pass will be available in mid November, 1998. To receive your personalized application call toll free **1 888 661-1566**. Your pass should arrive in the mail within 6 to 8 weeks.

This is an excellent deal so it may be worthwhile to set some money aside each month toward the cost.

If you have any questions about the program call the **1 888** number above for more information.

# REFLECTIONS

## I Am Here

You cannot see me, but I am here;  
in the bodies and minds of some you know,  
and many others you do not.

You cannot hear me, but I am here;  
in their silence and words and pain;  
of which I do allow you to hear.

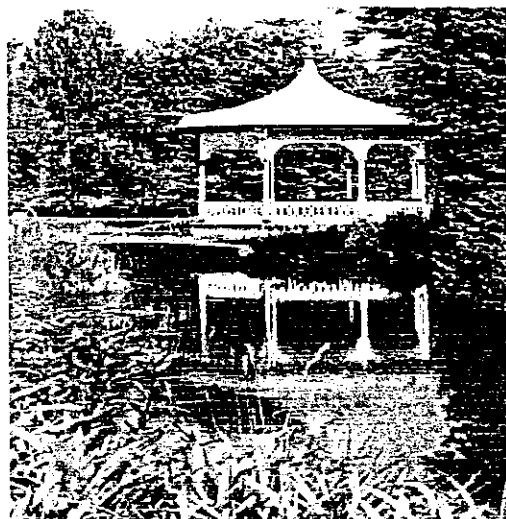
You cannot touch me, but I am here;  
I remain untouchable,  
no matter how much you test  
and want to heal and reach out to hug.

I am here, yet you can only feel me;  
that much I also allow.  
In his sombre eyes, the one you know  
living with needles and close to the streets,  
in her tears and smile and laughter,  
the one you know who is young and all of 23,  
in the hearts and voices and poetry  
of children you have read,  
in men and women seeking love  
and putting their safety second,  
in the friends and acquaintances you know  
who are putting up the valiant fight.

I am here; in them, in your fear for them,  
their struggles now, and future unknown, and in  
your fear for yourself,  
when the time comes to see one die.

I am here;  
I am mindless in who I take hold,  
but mindful in how I take over.  
I am here;  
and I'm not letting go of this dance with death,  
'til you find a cure.

Donna Michele Hill  
ARC Volunteer



## THANK YOU TO....

*In this section we acknowledge the  
following donations of time, talent  
and treasure from the community....*

For food and drink donations  
**Starbucks Coffee and  
The Kelowna Food Bank**

For Great Fun on their boat at the ARC  
picnic we thank **Tim and Crystal!**

For the donation of 20 knitted afghans for  
our HIV positive clients we thank  
**The ladies from Our Lady of Lourdes  
parish in Westbank.**

We are grateful for the efforts of  
**Marie Amaron**, our volunteer librarian  
who is here quietly getting the library into  
first class shape every Monday and  
Thursday.



**And a special  
thank you to:**

**Altair Millares**

who has served as the Volunteer Coordinator for the past 2 years. In addition to interviewing many potential volunteers, he has assigned and coordinated them to work at Reception, staff information booths, pick up and deliver food and donations, as well as the many special projects ARC organizes throughout the year. His youthful energy, off-the-wall humour and his skills as a DJ keep the office humming! Thanks Altair!