

# ◆ ARC NEWS ◆

Volume 2, Issue 4

December 1998

## HOLIDAY

## OFFICE

## HOURS

### KELOWNA

DEC. 24

8:30 - 3:00 PM

DEC. 25, 26,

27, 28 CLOSED

DEC. 29,

30 AND 31

10:00 AM - 4PM

JAN 1

CLOSED



### VERNON

DEC 22 10 - 4

DEC 29 CLOSED

### PENTICTON

DEC 23 CLOSED

DEC 30 CLOSED



### AIDS WALK '98

**RAISED \$ 34,300!**

including corporate donations of \$21,000, Teams who raised \$2,140 and individuals who raised \$7,490.

Thanks to Rod Laurie and Michelle Simpson for their co-ordination of this year's event. There were 345 walkers who enjoyed a beautiful sunny day down by the lake. Congratulations to Linda Forrest who raised \$910.00! And to the Starbucks Team who raised \$508. Linda and someone on the Team won trips for two to Seattle and tickets to a NFL Football Game.

We had participants from Salmon Arm, Vernon, Penticton, Oliver and Armstrong too! (see p.2)

### OPEN HOUSE

**DEC 1st, WORLD AIDS DAY**

was very successful. Our guest book was filled with names from many agencies in the Okanagan, as well as many of our volunteers and supporters.

While guests were munching on fruit, cheese and goodies, the staff were kept busy giving tours.

A display of statistics made it clear that our HIV population is changing. New infections are still rising among women, heterosexual couples and injection drug users. (See Insert for Stats in the Okanagan and region.)



**Daryle Roberts**  
Executive Director

As we approach the end of another year, we can reflect on what has taken place over the last year.

Services have expanded to cover both the North and the South Okanagan.

The Education/Speakers Bureau has been to Revelstoke, Salmon Arm, Enderby, Vernon as well as many locations in the South Okanagan.

ARC is now an approved resource for School District #23 and we are currently in correspondence with the School Districts in Vernon and Penticton. (see p.2)

## What's Inside....

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# MICHAEL J. SAYA, EDITOR

This newsletter is the official publication of ARC: The AIDS Resource Centre - Okanagan and Region (formerly Kelowna and Area AIDS Resources, Education and Support Society). It is published 4 times yearly. The materials in this newsletter are meant to be consistent with ARC purposes which are:

- a) to promote awareness of AIDS and related diseases;
- b) to develop and provide resources to combat the spread of AIDS and the virus (HIV);
- c) to develop and provide educational resources;
- d) to support those living with AIDS or who have been diagnosed HIV positive and /or their significant others.

Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect official policy of ARC. The newsletter does not recommend, advocate or endorse the use of any particular treatment or therapy described as information. The Board, staff and volunteers of ARC do not accept the risk of, nor responsibility for any damages, costs or consequences of any kind which may arise or result from the use of information disseminated through this newsletter.

Persons using the information provided through this newsletter do so by their own decision and hold the Society's Board, staff and volunteers harmless.

Submissions for publication may be sent to our office at any time; however, deadlines are 2 weeks prior to publication dates. Submitted materials can be returned if that request is made in writing and an address is provided. Permission to reprint and distribute this newsletter is openly encouraged.

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FAX: (250) 868-8662

Website: arc@silkl.net

Internet: www.silk.net/arc/

(Daryle Roberts...from p.1)

We continue to work very closely with OUC (all campuses) in providing education and awareness information for the students in many different disciplines.

On the Client Support side of the ledger, we have expanded our services to:

- **Vernon:** 2 times a week on Tuesdays and Fridays

## FROM THE EXECUTIVE DIRECTOR

in our office located in the People Place.

- **Penticton:** 3 times a month, the first, second and fourth Wednesdays of each month. We are currently sharing space in the Reconnect Office in Penticton.
- **Princeton:** once a month on the third Wednesday of each month. Our client support worker sees clients at a local doctor's office in Princeton.

We have held three Volunteer Core Training sessions in 1998 and are very excited about the new position of Co-ordinator of Volunteer Resources, which has just recently been staffed with a grant from Human Resources Development Canada.

On September 21, 1998 we held the Annual General Meeting at the Ramada Lodge in Kelowna. A total of 23 members of the Society were present with 10 guests also in attendance. (Special Resolutions passed at the AGM are found on the insert to this Newsletter.)

*See you in 1999!*

*Daryle*

## AIDS Walk '98

(continued from front page)

The funds raised at the AIDS Walk are used to fund the Emergency Relief Fund for direct support to the client in emergency situations such as housing, food, medications.

Again, thanks to everyone that made Walk '98 such a success. We look forward to seeing you all out at Walk '99 on September 26, 1999!





## TOPHER TALKS ....ABOUT THE BCPWA AGM

As one of the few who attended this meeting out of the Okanagan I will update you on what happened in November.

In downtown Vancouver 160 people attended. Elections were held for the new executive and to vote on several resolutions. I will leave out all the fighting over what should have been simple issues and get to the meat of the meeting.

There were 19 people nominated, of whom eight were on the previous Board. The winners were: Bo Le Drew, Malsah, Rod Rockthunder, Jeff Anderson, Joel Leung, John Goodheart, Monty O'Toole, Glen Hillson, April Lavalley, Tom McAuley and Mark Schnell. See the next BCPWA newsletter for what positions they'll fill.

After a short break, the attendance dropped to only 60 people. During the acceptance of the committee reports, I had a chance to voice our displeasure over the fact that out of 30 some things offered by BCPWA less than half of them were available to people out side of the Vancouver area. For an organization that is to represent the province there is difficulty accessing services when we live outside the lower mainland.

There were eight resolutions.

### Special Resolutions.

14.1.1 Each standing committee established by the Board of Directors must

have no less than one Society director as a member, who will, unless otherwise provided in the Terms of Reference of the committee, chair the committee.

**(Already in place and no need to vote.)**

14.1.2 A Director of a society who is, directly or indirectly, interested in a proposed contract or transaction with the society shall disclose fully and promptly the nature and extent of his interest to the board of Directors, at the meeting(s) at which the matter is considered **(Passed)**

4.1.3 Officers may be removed from the Executive committee by a two-thirds majority of Society Directors at a regular meeting of the society Directors.

**(Defeated)**

14.1.4 This was a long write up about calling an Extraordinary General Meeting. **(Passed)**

14.1.5 The term of office for a Director at an Annual General Meeting shall be two years. **(Defeated)**

14.1.6 The AGM shall be held on a suitable Saturday afternoon. **(Defeated)**

### Ordinary Resolutions

14.2.1 The Board will explore all options and prepare for the next AGM amendments to allow a minority of HIV negative people on the board. **(Defeated)**

14.2.2 A long resolution about report writing and getting membership approval for future conference attendance. **(Defeated)**

14.2.5 Changes to CHF  
a) Abolish the Wait List  
**(Passed)**

b) Changes to the CHF eliminating duplication of services **(Defeated)**

As mentioned earlier, I voiced our concern about the fact that BCPWA does not really represent the whole of BC. So what can be done about this? Well, **we need to approach BCPWA and make requests for this region.** Maybe we can implement a retreat out here? Or maybe some other service they could support in our region.

I hear a lot of talk about the need for support groups within our region. These services are available on a very limited basis, BUT they can be made available to any one who wishes to co-ordinate a group.

What's required? All you need to do is get a group of people together and approach ARC for support and provision of a facilitator to run the group. These groups can be for HIV positive clients, or their families. If there is a need and it is related to the Centre it may be funded by the Centre.

If you would like to organize a group contact the Centre and let us know how we can help.

### **Remember:**

ARC is an organization that requires volunteers (HIV + or -) as well as support from the community.

**We are here to help you help yourself!**

## A Warm Welcome to Reta!



**Reta Derkson**  
Co-ordinator of Volunteers

*It's Friday afternoon. Geoff (of the beautiful eyes) says, "Michael left you some stuff, Reta". An article as the new Co-ordinator of Volunteers? What can I say? After all, this is the media, it's my big chance (and we all know that the media NEVER messes up, at least NOT in this newsletter) so...I'll blow my own horn. How bad can it be?*

Actually I came on as an EI position, funded by HRDC. I wasn't even sure that I wanted this, but I came in and talked to Daryle and Judy, and they liked me, they really liked me!! How could I refuse?

I came in on Thursday and got two excellent men to change my office around. (Thanks Chris and Altair) Just moved in. Claimed my space. It's homey, it's inviting, it's me! Really, come in and see me and check it out for yourself.

This job is made for an outgoing person who has a high energy level and likes to work with people. So now you know all about me.

Over the next few weeks I hope to meet with the volunteers, find out what they like about volunteering. How do we meet your volunteer needs, and what can be improved? *I'm looking for feedback people, not criticism.* Altair and I have done some prelim' stuff and I really look forward to working with him, and seeing how we can get the volunteers doing the best they can, in the areas they want to be in. I gotta hand it to Altair, he's a wiz!!! I have the best assistant!!

Would you like to know about me and how I came to be so immanently qualified for this wonderful position? After 6 years of University, 8 college diplomas, one degree, and a few grey hairs, I have the education required. Included in the diplomas are Volunteer Management, Interviewing Skills, Social Service Worker Certificate, and a Diploma in Addictions Training; I've been a Life Skills Coach for 15 years. My last position was at Sage Child and Family Services as their senior coach. I was also a counsellor, in private practice, a personal development counsellor for youth (males) in a jail. Just before moving to Kelowna I worked as an employment counsellor for a non-profit association in Vancouver, working with street kids.

My life experiences have been wide and varied.

I've lived in the four western provinces, and the Yukon; I've raised three daughters to adulthood, and found time to (sort of) grow up myself. I've trained many people, for various positions, recruited volunteers, and have been a "people person" all my life.

Though my life has sometimes been very challenging, I have lived it, I own it, and I take full responsibility for my own happiness and sadness. I create the most wonderful life for me, and my spirit flies free.

I look forward to meeting you, and having a productive and entertaining working relationship.

Core training is scheduled in the early months of the New Year, along with lots of inservices and workshops. Let's capitalize on our skills, and work together to be the best organization with the BEST volunteers. Aren't we that already? Can we get any better? You bet. There's always room for growth and change.

Come in and talk to me. Tell me your ideas. Let's work together and show the Okanagan what team spirit is all about!

*Namaste,*

*Reta*



**ARC IS IN NEED OF  
VOLUNTEERS FOR:**

**The Newsletter:** typing skills and desktop publishing a must.

**The Library:** Know library cataloguing, and have some spare time? This is for you!

**Filing:** Alphabetically inclined and organized? We're waiting for you.

**Reception:** Hey you! Able to field phone calls manage a sometimes hectic office, and still be polite? We can use those skills...4 hours a week minimum.

**Home/Hospital Visits & Care teams:** Have a knack for helping others when they aren't doing well? Then this is the place for you!

**Spiritual Outreach:** If you're interested in having a say on what it's all about and going to look like, call. First meeting will be in the early New Year.

Any other ideas, you'd like to see? What about a social club? A Card and Games night for the volunteers to socialize and get to know each other? What are *your* needs and wants, and how can we fulfil them?

My office door is usually open. Please come in and we'll talk... or give me a call. You're screened through Altair; so be nice to him- he has a tender heart!  
(And he's cute, too!)

## FROM THE LIBRARY

### **B**oys Just Wanna Have Fun: Gay and Bisexual Men Talk About Their Experiences with Alcohol.

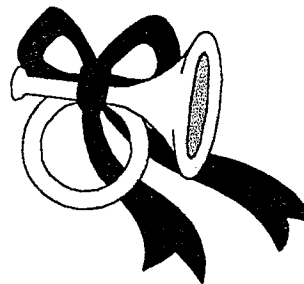
This document is the result of a 22 month research initiative based in Halifax, Nova Scotia. Some of the key findings include:

- Participants welcomed the opportunity to talk about issues related to alcohol use
- A majority of them used alcohol as a tool for socialising

- While most were not regular drinkers before they came out, they drank more regularly after they came out.

- A majority of the men surveyed had struggled with their alcohol use but few had sought outside help (reflecting a lack of services specifically for gay and bisexual men)

- Some issues raised were poverty, loneliness, control and limits, family history, friends and the community around them, the culture of the bar, and HIV/AIDS.



### **Y**esterday, Today and Tomorrow

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of the two days is Yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control.

All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is Tomorrow, with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control.

Tomorrow's sun will rise, either in splendour or behind a mask of clouds - but it will rise. Until it does, we have no stake in Tomorrow, for it is yet unborn.

This leaves only one day - Today--, any man can fight the battles of just one day: It is only when you and I add the burdens of those two awful eternities - Yesterday and Tomorrow that we break down.

It is not the experience of Today that drives men mad - it is remorse or bitterness for something which happened Yesterday and the dread of what Tomorrow may bring.

**LET US THERE-  
FORE LIVE BUT  
ONE DAY AT A  
TIME**

(From The Kelowna  
Newsletter, Spring Issue)

## POSITIVE WOMEN

### Judalon's words....

published in *"Health and Healing Together"*, *Healing Our Spirit, B.C. First Nations AIDS Society, First Aboriginal HIV/AIDS Conference Report, P. 77 & 78.*

"I was angry at the Doctor for saying I was not going to see my children grow up and that I only had ten to fifteen years to live. I relate to my parents' residential school experience; they are still angry. They are stuck at the "being a victim" cycle. I related my experience or trauma of being a victim to them and how it relates back to us. My parents asked me how I have become so wise. I have been learning from people like Jane Middleton Moz, from books, and my Elders. I have been teaching my parents.

"My family has become much closer now and come to realize that we are all very strong people in a crisis. Some families pull apart in crisis. We were taught by my parents that as a family we support and love one another. We are a caring and sharing family. They supported me through my grief at losing my husband, my boys at losing their father. We miss him always. They also struggled through their fears, joys and anger through the past five years. As a result of these past five years, I feel that being HIV was a gift given to me. Something in my heart is saying there is something to learn from this. What was my purpose in life: partying, jobs, day to day? What was my purpose? This gift was a purpose.

"For the past three years, I have received great teachings on the importance of taking care of my body and all parts of myself; mental, spiritual, emotional and physical. I have been guided to the healers. I have been taught how to look at fear and face it. My biggest hurdle was seeing a doctor. Mentally, I have learned how to cleanse my mind, taking care of myself. How to eat properly, to exercise, to eat only food that has spirit, to rest properly. I go out with medicine people and use our traditional medicines.



For my mind, for stimulating my mind I read books, go to workshops like this. But most importantly is I put yesterday in its place so it won't hurt tomorrow. Use positive words. I heard negative words from the doctors, nurses. Our creator gave us positive, more gentle words, compassionate words. I still ask myself where are the compassionate words? Bad medicine is

gossiping about people, blaming people, judging people. Internal violence. This bad medicine affects us all. My life has always been strong spiritually. My father is an Anglican Minister; however, I didn't know how to make a connection with our Creator until my adult life. Before, I learned from books; now it's from my heart. It's alright to cry, to feel ashamed. I will live. We have to rejoice in life; it's not about death, it's about life. It's about believing in our own medicines, our traditions and culture. It's about believing in our songs and dances. These are powerful, healing tools. There is a lot of culture oppression in our own communities and amongst us. We have to believe in ourselves, our traditions and culture, our medicines. I have a lot of family support and love, these are positive healing tools."

**Question:** *Why were you afraid to speak up about HIV being a gift?*

**Answer:** "I was afraid because I thought it was a gift. Others do not see it this way. I wanted to protect my gift. I thought people would laugh at me. There is a lot of cultural oppression in our communities. It is our tradition that is protecting me. I didn't want judgement, shame and guilt. It was my gift."

**It is important to have family and their support. If for any reason you don't have family then create your own family.**

## 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)*

### **A**yurvedic medicine

is the oldest known medicine on earth, and comes from India. It is more than 5,000 years old, and has only recently started to be studied again. "Ayurveda" literally means "science of life."

The central belief of ayurvedic medicine uses such natural healing methods as nutrition, herbs, exercise, massage, and meditation to bring your body to a healthy state.

### **A**romatherapy

is a unique branch of herbal medicine that uses the medicinal properties found in the essential oils of various plants. The oils are extracted from flowers, leaves, branches or roots, through a process of either steam distillation or cold pressing. Essential oils can be either applied directly to an infection, or inhaled.

### **H**ydrotherapy

is the use of cooled or heated water, ice, and steam, to help you get, and stay, healthy. Treatments fall into three categories:

- Hot water produces a response that stimulates your immune system and causes white blood cells to move out of your blood vessels and into your tissues, where they clean up toxins and help your body get rid of wastes. The relaxing and

soothing effects of hot water can affect nearly every organ and system in your body.

Cold water discourages inflammation (swelling and other signs of infection) by contracting blood vessels, and reducing skin irritation. Contrast therapies are those that go back and forth between hot and cold water.

Many forms of hydrotherapy are used by naturopathic practitioners and other complementary therapy practitioners. They include baths and showers, steam baths, enemas (water injected into your rectum), colonic irrigation (cleansing of your large bowel with varying amounts of water), and applying ice or heat to affected areas.

### **O**xxygen therapy

Hydrogen peroxide can be used as a mouthwash to treat thrush, or topically (on your skin or in a bath) to treat skin infections. But it can be deadly if it's not watered down, so use food-grade hydrogen peroxide in a 3% solution, and don't swallow any.

Ozone, which is a form of oxygen, has been shown to make HIV inactive (harmless) in the test tube.

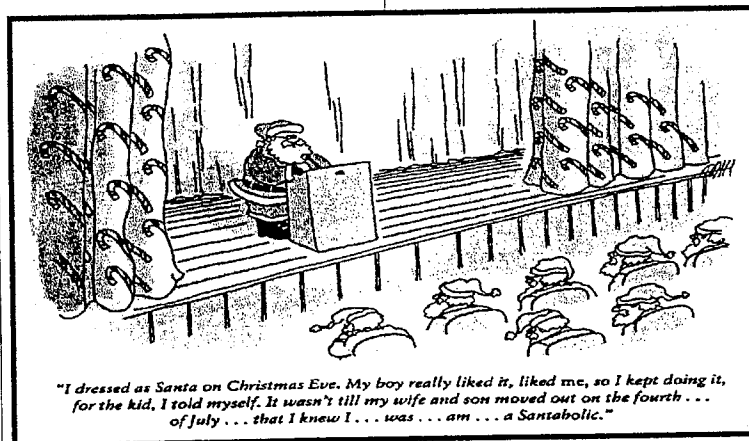
Ozone can be administered from a home air or water ozonator with a tube inserted rectally or vaginally, or it can be inhaled. There is no evidence that HIV positive people receive any benefit from this therapy.

Blood ozonation is done by removing blood from a vein, adding ozone, and returning the ozonated blood into the vein. It is controversial, and two studies conducted by medical researchers in Ottawa showed that ozone had no effect on either T4 cell counts or any other signs of immune function. There have been reports of deaths due to improper use of oxygen therapies.

### **M**assage and other touch therapies

Massage is an ancient healing art, which is very popular these days. Physically, massage can relax your body and improve the circulation of your blood and other body fluids. Massage and other touch therapies often affect you emotionally relieving stress and giving you a sense of well-being. Just being touched can be a healing experience. It may help give you a sense of self-worth, as well as physical pleasure. And you can be massaged not only by professionals, but also by friends with loving hands.

♪\*♪



## "Thank you" to our Volunteers and the Community!

For Red Ribbons on World AIDS Day we would like to thank:

- Roni Carson (of Salloum Doak), receptionist Tracey, and the Girl Guides of Canada- Central Okanagan Division!

-Tracy, Geoff, Crystal, Crystal and her son, Altair, Nicole, Julie and Mary, Vicki, Janet and Joyce, Jen, Krista, Mia, Cam and Christine for the cutting and pinning of hundreds of meters of ribbon.

-Steve, Bea, Chris, Janet, Dale, Carell, Cliff, Dale, Crystal, Julie, Aime, Jennifer, Anne, River, John, Liz, Marion, Garth, Donna and Arnie who braved the cold Dec 1st at stores and malls handing out red ribbons.

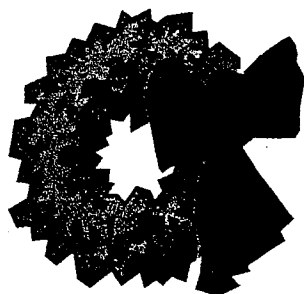
-Royal Canadian Legion for the loan of poppy trays

-Erica Malanchuk and the Psychology class at George Elliot High School and the Students Council of Rutland Middle School for fund raising, Dec 1st.

- Gina McBeth and Phil Johnson at Sun Fm & the Bullet for December radio spots;

- Patricia and Elaine (Campus Health) and Rhonda Victor for OUC awareness activities

-Kelowna Art Gallery for hosting the Public Forum



## BE MERRY!

Hello and welcome to the Counselling Psychiatric Hotline:

This is a recording.....



\* If you are obsessive compulsive please press 1 repeatedly.

\* If you are co-dependent, please ask someone else to press 2

\* If you have multiple personalities, please press 3, 4, 5, 6 and 7

\* If you are paranoid delusional, we know who you are and what you want. Just stay on the line until we can trace the call.

\* If you are schizophrenic, listen carefully and a little voice will tell you which number to press.

\* If you are manic depressive, it doesn't matter which number you press. No one will answer.

(submitted by Janet)



How many pronunciations of the "ough" combination do you find here? A rough-coated dough-faced, thoughtful plough man stood through the streets of Scarborough; after falling into a slough, he coughed and hicoughed.

(Isn't English wonderful? From BCCF Newsletter, fall of 1997)

And a hearty "thank you" to the many sponsors of Walk '98, who helped make it such a success:

- Interior Savings Credit Union
- Horizon Air
- Green Press
- Abbott Laboratories Limited
- Kendall Penty
- The Daily Courier
- CHBC
- SUN FM
- A & B Sound
- Canadian Springs
- Costco
- Holiday Inn Express
- House of Rose
- Incite Graphic
- International Stage Lines
- Kelowna FlightCraft
- Lakeside Waterfront Restaurant
- Mad Cadder Guest House
- Mission Hill Winery
- Molson Brewery
- Mosaic Books
- Okanagan Telephone
- PJS Cakes & Ice Cream
- Real Canadian SuperStore
- Righteous Rags Custom Clothing
- Royal Bank of Canada
- Rubber Rainbow Condom Co.
- Drew & Libby Sherwood
- Signcraft
- St. John's Ambulance
- Starbucks
- The Corvairs
- The Lunch Box
- The Trophy Den
- Kelowna Art Gallery
- UFCW
- Weldco
- Westel Telecommunications