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ARC News

for the AIDS Resource Centre – Okanagan & Region



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MERRY CHRISTMAS FROM ALL OF US AT ARC!

Third Annual Okanagan AIDS Walk Raises \$19,000

The Third Annual Okanagan AIDS Walk proved that Okanagan communities have stepped up their commitment to raising awareness of HIV/AIDS and supporting those affected. With red balloons flying, close to 300 walkers trekked the scenic three-kilometre route along the waterfront and City Park to show their support.

The top team of walkers this year, the C-SHARPs of Salmon Arm, raised more than \$1,000 in their community, while individual walker Linda Forrest of Kelowna raised close to \$1,874. This was \$2.75 short of the total raised by the top walker in the Pacific/Yukon Region. Sorry "Linda". As of Walk Day more than \$16,500 of the total \$19,000 was donated by more than 1,000 individuals and businesses in the Okanagan. Additionally, corporate donations of prizes and services in kind topped \$15,000.

The Okanagan AIDS Walk was part of an international event, and joined with 110 other walks in Canada. The monies

raised locally remain in the Okanagan Region and are used exclusively to assist local persons infected and affected by HIV/AIDS. This year, a portion of funds will also be going to help find a cure.

"We were again happy to see the widespread community support for HIV/AIDS awareness and support," said ARC Executive Director Daryle Roberts. "We want to thank every person and business that took the time and

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Close to 300 walkers took part in the Third Annual Okanagan AIDS Walk.



AIDS Walk '99

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effort to contribute to the walk. We'd also like to thank the more than 50 volunteers who made our day safe, pleasant and successful for all who participated."

Walk Coordinator Gary Taylor noted: "while our walkers were down slightly

from last year, total funds raised were higher. We also appreciate that over eighty businesses lent their names and donated cash, prizes and services to help promote awareness."

Mainly sunny skies, balloons, clowns, face painting, and music by Hat Trick helped to make AIDS Walk '99 a festive family event.

Organizers noted next year's AIDS Walk will be held September 24. ♦



Editor's Note:

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

- to promote awareness of AIDS and related diseases
- to develop and provide resources to combat the spread of AIDS and the HIV virus
- to develop and provide educational resources
- to support those living with AIDS and those diagnosed HIV+, 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 ARC policy. 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 offices at any time. Submissions will be returned if a request is made in writing and an address provided. Permission to reprint and distribute this newsletter is openly encouraged.

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HIV Education Program to Focus on Women

I would like to introduce myself to the readers of the AIDS Resource Centre (ARC) newsletter. My name is Barbara-J Morrell and I am the newly appointed HPEP Regional Coordinator. (HPEP is the Health Care Providers Education Project.) Prior to this position, I worked here at ARC as Assistant Coordinator for AIDS Walk '99. I grew up in Kelowna and became affiliated with the centre as a volunteer after having lost a family member to AIDS three years ago. My arrival at ARC was the beginning of my healing process. Here, I found a love and commitment to helping others that I have not found elsewhere. Through my many different work and volunteer commitments, I have gained a good sense of both the community and the people to contact in order to form our HPEP advisory group for our area.

HPEP is a project funded by Health Canada, Vancouver Foundation and the BC Medical Services Foundation. The aim of the project is to provide education sessions on basic information about HIV disease in women to health care providers across the province. Local health care providers and community representatives will present sessions. Positive Women's Network is working in partnership with ARC on this project, along with four other AIDS centres in British Columbia. All partner organizations will have input into curriculum development and target health care facilities for presentations. The first stage of the project will be dedicated to community consultation, curriculum development

and educator training.

Our aim is to improve services for women seeking HIV-related care in their communities. Women are the fastest growing segment of the population contracting HIV, yet very few services exist in Canada to meet their needs.

Given the development of the disease, infrastructure and support services traditionally focused on men. Research shows, however, that from both a health and psychosocial perspective, HIV/AIDS in women is a very different disease than it is in men. In women, diagnosis is often delayed because symptoms present differently, drug reactions vary and significant gynecological implications result. Beyond that, many HIV-positive women are dealing with multiple issues such as poverty, mental health, sex trade-related problems, violence, lack of safe, affordable housing, and multiple addiction.

HIV-positive women are often overwhelmed and unable to create and sustain stable lives following diagnosis. Complicated drug regimens that require stable nutrition create another challenge for HIV-positive women. Late diagnosis, lack of prophylactic therapies and deteriorating health are a common reality for them. The HPEP project exists to facilitate equitable access to services and to improve quality of life for HIV-positive women.

As the HIV epidemic continues to have a dramatic impact on marginalized women, it is imperative that HPEP initiates appropriate, professionally delivered, and cost effective programs and services to our target group. ♦



Topher Talks ...

A Client offers tips on how to keep the weight on

Christmas is coming and the goose is getting fat. Well, good for the goose. If you are like me, you are battling the wasting end of this disease. I have been battling the problem of weight loss since I was diagnosed five years ago. At that time I had dropped from 185 to 155 pounds — and really felt it. I dropped down to 130 pounds a short while ago.

Like most of us, I can gain weight but it is only two or three pounds a month. One good bout with diarrhea, and we lose five to seven pounds. Well, with summer over, we can now devote time to fattening up for next summer. If you are anything like me, over the summer you fight to just stay the weight you started with that year. During the heat of summer and the busy times, we never get a chance to eat right and try to gain weight.

But now that winter is coming and things slow down for a while, we can try to catch up and even gain weight. We love the smell and feel of home-cooked meals and winter is the time that one gets to enjoy the comfort foods that we have grown up with. Personally, I start to crave stews, chilis and hearty soups. With the cooler weather we can also start cooking and freezing to have food on hand. (During the summer heat not only do we not feel like eating, we also don't need the added heat in our homes when we start to cook.) So, now that we are able to fire up the stove to cook meals without suffering from the heat, what do we cook? Again, foods like chilis and stews are great because we can cook and freeze large quantities so that when we do not feel like cooking we can just heat something up.

I personally have a passion for my slow cooker. With this cooker I can throw something in first thing in the morning and then by evening, when my energy slows down, I can

just open the lid and start eating. With the slow cooker, I can throw my meat and vegetables in together. By evening I just have to make up the gravy and supper is cooked.

Remember if you are trying to gain weight or even maintain your existing weight, you must eat regular meals and healthy meals. Remember to add lots of gravies and added flavours to your foods so they taste better and you eat more. If you are having trouble eating, remember to ask your doctor about meds that will encourage your appetite.

Or, for those of you who can afford it, the use of marijuana for your appetite works wonders. There is nothing like a well-timed stone for encouraging a healthy appetite. Personally I can smoke a little bit of a joint and start eating for the next few hours. But remember if you try this method, there are legal problems that may arise. Also it helps if you have a good supply of munchie foods available to eat after the stone begins. It can get a little confusing trying to cook afterwards....

Also available to you is the use of a dietitian from the hospital. They are trained to help you get the most for your dollar when shopping for food, as well as what foods are the best for weight gain. When you go to talk with the dietitian bring a list of questions you need to ask. Remember to ask about caloric needs versus the Canada Food Guide. (This is a good guide but it does not address the fact that after you eat your fruits and vegetables you do not have room for fattening foods.) Investigate the different supplements that you can afford, and see which ones work for you. Ensure and Boost come in many different flavours and strengths (caloric counts). Also, there is a product available from health food stores called Ultra Mass Gain that gives you 1400 calories with only two cups of milk or, for those who are lactose intolerant, 1000 calories when mixed with water.

Also remember to ask about the vitamin and mineral supplements that you need to gain weight. One does not need a lot of extra pills, but a few of the right vitamins and minerals will help in the absorption of vital nutrients and, hopefully, weight gain. If you cannot get to the dietician, there are many helpful books and recipes available in the ARC office.

So good luck with gaining weight, and enjoy the upcoming holiday season. Remember to bring baggies with you when you are invited out — there is always a chance to take leftovers home with you.

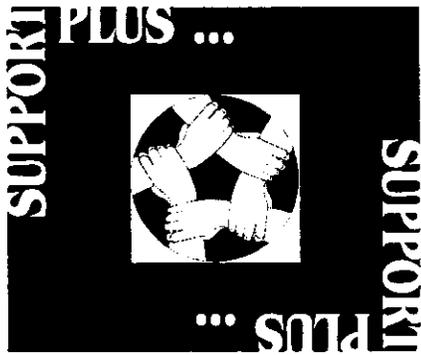
If in doubt, try organizing a potluck with several of your friends. That way you can kill two birds with one stone. Not only will you get a good supply of food but you will also have the company of friends to enjoy the meal.

Enjoy the holidays. I look forward to seeing fellow clients at the Christmas dinner. Best of the holiday to one and all. ♦

AIDS Walk '99



Registrants line up for AIDS Walk '99. More than 50 volunteers helped to make the annual event a success.



The A to Z's of ARC Client Support

Welcome to our new client support column. This is going to be a regular addition to our newsletter and we hope that you will benefit from the issues and information that will be discussed.

Apples, Zucchini, and Everything in Between

Many PWA's have a difficult time eating healthy, balanced meals and maintaining healthy body weight. It is a common concern that may be due to a lack of funds, nausea, medication side effects, mobility limitations or misunderstandings between health care professionals. Recently the AIDS Resource Centre (ARC) invited *Diana Peabody* from the *Oak Tree Clinic* to come and talk with PWA's regarding their nutritional concerns. Diana is a dietician/nutritionist specializing specifically in HIV/AIDS-related nutrition. There was a very good turn out for the in-service and a lot of important information was covered. The session discussed everything from high triglycerides and wasting syndrome to medicinal marijuana and its positive effects on increasing appetite. Diana also conducted a presentation at the Kelowna General Hospital November 4 for health care professionals. If you were not able to attend the in-service but are interested in learning more about nutrition and your

health, please contact me, Terri Ross (client support worker), or call your physician and have them refer you to your local nutritionist.

Riding on the Ritonavir Rollercoaster?

For those of you that are taking Ritonavir there is good news: you do not have to take that evil liquid anymore. Abbott Laboratories has begun producing it in pill form again and you can have your physician order it from the BC Centre for Excellence. As well, you can have your physician contact Abbott for more information at: Abbott Laboratories Ltd., 3879 Clematis Crescent, Port Coquitlam, BC V3B 4A9. Phone (604) 945-7418. Fax. (604) 945-7435.

Come Out, Come Out, Wherever You Are!

Recently, you may have felt like your client support workers were hiding every time you wanted to see them. Well, they are not hiding exactly. Some of you may be aware that Ron Van der Meer is on an extended leave and is not expected back for some time. This means that I am currently the only active client support worker and am therefore very busy. I continue to visit Vernon and Penticton every second week, and am away every second Monday. In addition, I attended the HIV/AIDS Skills Building Symposium from November 11 to the 15 in Winnipeg. Therefore you may have to wait a few extra days before a client support worker can see you. Please be patient. We do care and are doing our best to assist you *tout de suite*.

Next Please!

You may have noticed the reception desk and your client support worker scheduling appointments for you. This is to ensure that you have your support worker's full attention. However, drop-in sessions are available on Thursday mornings from 9 a.m. to noon.

Lean On Me, When You Are Down...

Support is one of the most important elements of a person's life. However, when you are living with HIV/AIDS the need for support from family, friends,

and other PWA's increases exponentially. Living with HIV/AIDS can be very isolating. People become withdrawn for many reasons, including fear of stigmatization and discrimination, illness, or simply because they cannot find anyone that can relate. If this has been your experience, it is extremely important to get in touch with other PWA's and seek out the support that may be lacking in your life. If you are interested in attending a support group please contact me. I will put you in touch with a suitable support group.

As well, you can also access the following free support group on the Internet at: <http://beta.communications.msn.com/hivfamilysupport>. The Web community has the following features: message board, message replies, and chat rooms. You must be a member of the Web community in order to post messages or replies. As well you need to be a Web community member to participate in the chat room. You can access the Internet from ARC's computer in the library or you can go to your local city library and log on.

Pick Me, Pick Me, I Have a Question!!!

HIV/AIDS is a difficult disease to understand and follow; it seems there is always new information to learn or read about. As well, HIV/AIDS affects the whole person in the sense that your mental, physical, and emotional wellbeing are all affected, which means that there is that much more information with which to deal. Therefore, it is very important that people share what information they have with one another.

That is why ARC has decided to host monthly information sessions that will be available to all PWA's. Every month the centre will bring in a guest speaker to discuss different topics that affect PWA's.

We would like your input on these information sessions. If you have any ideas for topics that are relevant to living with HIV/AIDS, please call or send your ideas to me at ARC

Terri Ross,
Client Support Worker
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To Bee or Not to Bee, and Other Volunteer Items

Since the last newsletter, sometime in the month of August, the Volunteer Corner has been so busy that we have temporarily named it the Volunteer Beehive. The month of August was full of volunteer activities in preparation for AIDS Walk '99, the largest event of the year for the AIDS Resource Centre (ARC).

To those volunteers in the reception area who worked extra hard at stuffing envelopes, separating letters according to postal codes, organizing cards and all the fun and frenetic folly from Gary Taylor and Barbara-J, extra thanks for the extra hard work. There were no drones among our corps of volunteers.

Core Training

The month of September was even busier than August. Starting on the weekend of the 10th and 11th, there was a successful core training workshop from which we were fortunate enough to have gained five new volunteers.

A big thank you to Chris, Janet, Stephenie and Carrell for having given up the best part of their weekend. At the same time I would like to welcome Valerie, Debbie, Evelyn, Andrea, and Patricia to the corps of volunteers. Tammi, who has been volunteering for the past several months, attended this

session and successfully completed it. Congrats to the new grads.

ARC goes to College

As part of HIV/AIDS awareness, there were displays set up at Okanagan University College. On September 14 the display was at the North Campus and on September 15 it was at KLO Campus. A great big thank you goes out to Janet, Julie, Lisa G., and Eric for being there to field questions and help make the presence of ARC felt among the student population of this region. This truly was a positive step in the war against the spread of HIV.

The War of the Festivals

The next event was Volunteer Festival 1999, which was held at the Memorial Arena this year. The event took place over two days, Friday, the 17th and Saturday, the 18th. The volunteers involved were Judy W., Nicole, Wynn, Julie, Jody, Stephenie, Cliff, Chris, Jane, Martin, Linda B. and Leda. Although the event did not cost ARC any money for participation, the time commitment on the part of the volunteers was extensive. Considering the poor attendance of this festival, and its unfortunately being scheduled at the same time as the Dragon Boat Festival, there was not a lot of return for the time invested. One of the aims of this festival was to raise public awareness of the upcoming AIDS Walk. Although pledge forms and AIDS Walk Volunteer forms were available, only about three



of each of these were filled out over the two-day period. It is hoped that the Volunteer Festival will take place in a different venue next year.

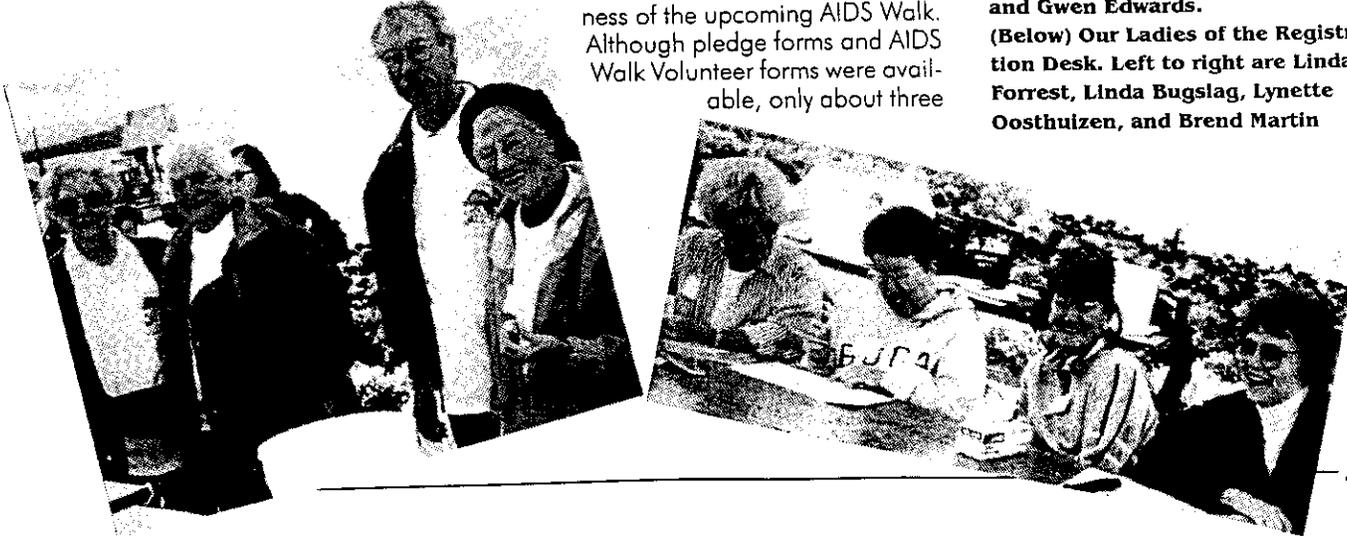
The Walk at Last

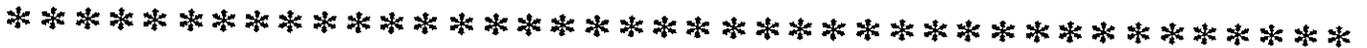
The final event in September was AIDS Walk '99 on September 27. It is very safe to assume that the AIDS Walk was a great success from the point of view of funds raised. Although there were fewer walkers this year, there was a greater amount of money raised compared to last year — \$19,000 versus 1998's \$10,000.

I would like to thank the more than 50 people who volunteered that day for all your cooperation and for giving up your Sunday to support this worthy fundraiser. Any volunteer who participated in the activities of the day was invited to an appreciation dinner at Carlos 'n Bryan's, and there were a lot of prizes given out that evening. ♦

More AIDS Walk '99

(Far left) Our senior volunteers. Pictured left to right are Marie Amaron, Marylou MacKenzie, Cliff Edwards, and Gwen Edwards.
(Below) Our Ladies of the Registration Desk. Left to right are Linda Forrest, Linda Bugslag, Lynette Oosthuizen, and Brend Martin





HIV Source Challenged

Two new reports support differing theories

(Sydney, Australia) – Two new reports with contradictory findings suggest that HIV was either accidentally manmade or that the virus has been in existence for thousands of years, and only recently became pandemic to humans.

In findings released in August at the 11th International Congress of Virology in Sydney, Australia, scientists suggested that HIV mutated for hundreds of years before becoming pandemic in recent times and challenged beliefs that HIV came from monkeys. Their findings came after analyzing frozen tissue from a 15-year-old male prostitute from St. Louis who had died in 1969 from Kaposi's sarcoma, a cancer now linked to AIDS. The young boy was discovered to be infected with a strain of HIV, pushing back the first reported case of HIV in the United States by a decade.

Doctors froze tissue samples because of the unusual nature of the boy's death. At the time, Kaposi's sarcoma was only found in middle-aged Mediterranean men.

According to Professor Robert F. Garry, from the Tulane University Medical Centre in New Orleans, "There was a suspicion this [boy] had a disease that

was highly unusual.... Fifteen-year-old boys don't usually die from Kaposi's sarcoma," he said. "That's really what prompted pathologists and virologists to keep this sample...."

Professor Garry said the strain of virus found in the boy differs slightly from today's. The virus discovered in the boy's tissue infected T-cells while current viruses infect macrophages, which were more adapted to infecting people through sexual transmission.

The current AIDS pandemic resulted when the virus mutated

to the more infectious strain, he said. "So this pushes back at least the origins of HIV quite a few years.... Our research shows that the virus has probably been here for centuries, 100 years or more. Something changed that allowed it to spread pandemically."

The theory challenged beliefs the virus came from monkeys. "Some people believe the virus came from monkeys as little as 50 years ago but if you believe the virus leapt from chimps to man in 50 years, you have to assume a very high rate of viral evolution," he said. "It's entirely possible HIV is an entirely human virus, in which case the monkey virus evolved among monkeys and the human virus evolved in humans, which would put the split between the viruses perhaps 100,000 years or more, when humans and monkeys diverged," he said.

"That's an extreme prediction but ... possible."

However, according to authors of a recently published book, HIV is a result of a Polio vaccine. The author provides evidence to support his belief that the polio vaccine trial which took place in Africa in the late fifties used a vaccine that was contaminated with a

chimpanzee immunodeficiency virus that infected humans and then caused the HIV epidemic. Edward Hooper, author of *The River*, spent the past eight years investigating the theory which in 1992 was investigated by experts who rejected the idea as implausible.

This theory was investigated in response to a *Rolling Stone* article in 1991 that said the Wistar polio vaccine may be responsible for AIDS. The vaccine institute established a committee of independent experts to review the allegations but reported in 1992 that

the chances of the vaccine being involved were remote. One of the principal arguments was the case of David Carr, a Manchester sailor who had apparently died of AIDS in 1959.

According to the investigating scientific committee, "(Carr) returned to England by the first half of 1957, before the Congo trial had begun. Therefore it can be stated with... certainty that the large polio vaccine trial begun in 1957 in Congo was not the origin of AIDS."

The Wistar Institute, which forced *Rolling Stone* to publish a "clarification," issued its own news release in October 1992 stating: "The most conclusive evidence refuting the origin of AIDS theory involves the earliest documented case of HIV-1 infection: a merchant marine (Carr) who was symptomatic in 1958 and died of AIDS in 1959 in Manchester, England."

However, an investigation by *The Independent* in 1995 revealed that Carr had not traveled to Africa and had not been infected with HIV. The scientists who made the original claims subsequently retracted their research paper published in *The Lancet* in 1990.

With Wistar's principle defense now proven to be wrong, Hooper's conclusions became more plausible. According to his book, Hooper claims to have found convincing support for the idea the polio vaccine was contaminated and that this led to a simian immunodeficiency virus jumping species to humans. Hooper claims that the Wistar vaccine trial used chimpanzee kidney tissue to culture the polio virus that formed the basis of the vaccine. The institute denies this, saying it used kidneys from Asian monkeys, which could not have been infected with an AIDS-like virus.

However, Hooper has traced the animal research camp at Lindi, in the then Belgian Congo and linked with the Wistar Institute, and found witnesses who claimed to remember chimps being used in scientific experiments. Hooper's exhaustively researched book points out:

- A high correlation between the use of the vaccine between 1957 and 1960, and subsequent outbreaks of HIV-1, the main AIDS virus.
- The earliest confirmed case of HIV is from a stored tissue sample from Leopoldville, which is coincident in time

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Notes from Winnipeg's HIV/AIDS Skills Building Symposium ...

Terry Ross,
Client Support Worker,

You may be aware that recently I attended the second Canadian HIV/AIDS Skills Building Symposium hosted by the Canadian AIDS Society in Winnipeg. This was an interactive learning experience for people working in HIV/AIDS. There were many different workshops that you could attend ranging from "Creating knowledge for action: Community research" to "Dying with your boots on: Strategies for care and treatment of HIV-positive injection drug users".

I found this symposium extremely useful, not so much because of the information that was presented but more so because I was able to network with other support workers. I do not normally have a chance to sit down and talk to others that work in this field and it was especially beneficial to debrief with other support workers that experience the same challenges and difficulties that I do.

During the symposium I attended a workshop hosted by Voices of Positive Women. They discussed the difficulty of providing service to women in rural areas, and how it is so important that women living with HIV/AIDS connect with one another and advocate for themselves. Peer support for women is one of the most important factors in care and without the connection to other positive women it is very easy to lose yourself to depression and isolation. The Voices of Positive Women have begun to organize a peer support network through telephone connections, Internet, and mail. They have started a database that will allow women in Ontario to connect with other HIV-positive women. The project is new and they're still working out the bugs,

but I believe they will be able to get their network up and running smoothly. The AIDS Resource Centre (ARC) is interested in following up this worthwhile project, so please let us know if you are an HIV-positive woman interested in building a similar support network for women in the south and north Okanagan.

During the five-day conference I attended a lot of interesting courses that focused on how to provide better service and support to HIV-positive people. While helpful, I think it is important to note that the most effective way to provide support to people living with HIV/AIDS is still through feedback from HIV-positive people. So I really encourage all of you to come to me with your sug-

gestions, complaints, comments, or even a few encouraging words because ultimately I need to know what you all want and the best way to learn this is from you.

Finally, I want to thank Daryle Roberts and the AIDS Resource Centre for providing me with the opportunity to attend this conference. I am very thankful that this organization provides me with learning opportunities and continues to support my professional development. I also want to thank all of my clients for being patient and understanding when I am not always able to return phone calls or see them immediately. Your understanding and support is very important to me, so thank you. ♦

Chris Mackenzie,
ARC Client and Volunteer

I had the pleasure of attending a skills building workshop hosted by the Canadian AIDS Society November 12 to 15. This was a gathering of approximately 800 people of various skills and training, who met to learn more in the field of HIV/AIDS. I had an opportunity to attend five workshops, which varied from self-esteem, to support groups, and health and sexuality for men.

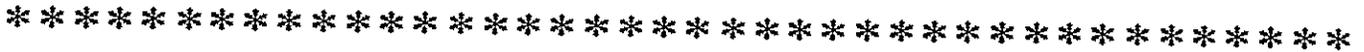
I also had an opportunity to network with other HIV-positive people from across Canada and learn a little more to help me with peer counselling of others who are HIV-positive.

The conference, held every two years, features workshops on counselling, international issues, and prevention, to name a few. There were also exhibits set up by various organizations and groups across Canada that deal with

HIV/AIDS. This was a great place to pick up new information on health issues, plus new treatment options. One interesting booth was a display by Serono, a company that produces growth hormones that help with weight gain. They offered a chance for people to get BIA testing. This is a simple electronic test that measures the amount of water and muscle mass in your body, as well as the health of your cells. When I got tested I was happy to hear that, although I might be a little under weight, the health of my cells and my overall body mass was good. I am down to only five per cent body fat — that should be about 10 per cent — but everything was acceptable. This testing is offered through the Oak Tree Clinic in Vancouver, as well as by BCPWA.

Overall, the conference was a great learning experience and I look forward to attending more. As a PWA, I find the more I learn the more can help with my own health and treatment plan. ♦





ARC's Annual General Meeting Held

The AIDS Resource Centre held its annual general meeting (AGM) on September 20, 1999 at the Ramada Inn in Kelowna.

Membership in the society at the start of the AGM was 52 members in good standing. Twenty members were present for the meeting, therefore a quorum was established.

The meeting started with the Lighting of the Memorial Candle in remembrance of those who have died from AIDS and those living with HIV.

Guest speakers at this year's meeting were Debbie Day and Gayle Gregory, practicum students from the Adler School of Professional Psychology (British Columbia). Both Debbie and Gayle have been working with the centre for the last year, working with individuals living with HIV and those affected by the disease. They talked about their experience of working with the clients and how this has prepared them to work in the larger community.

The Annual Report of the Society was presented and approved by the membership. Copies of the report are available upon request to the office.

Peter McFadden Inc. was reappointed Auditor for 1999/2000.

Nominations for the Board of Directors were received to fill the seven positions on the board.

The following accepted the nominations and were acclaimed to the 1999/2000 Board of Directors: Chris Penty; Cliff Turner; Rick Golke; Donna Hill; Lorri Gasser; Janine Palatin; and Julie Desautels.

Forward to 2000 — a small group workshop designed to provide the board with feedback as to the priorities of the AIDS Resource Centre — considered the following statement:

The purpose of the AIDS Resource Centre is:

- a) To promote awareness of AIDS and related illness;
- b) To develop and provide resources to combat the spread of AIDS and the AIDS virus;
- 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.

This was a very interesting exercise. Each group debated the mission statement and the board is currently working with that information to further develop an Ends Policy for the AIDS Resource Centre.

The 2000 AGM date was set as September 11, 2000. ♦

HIV Source

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and place with a major trial of the Wistar vaccine.

• Nobody has been able to confirm a case of HIV infection before 1957, the year when the Wistar vaccine trials started.

• Chimp kidneys were known to be a perfect culture medium for polio virus and would have been an obvious first choice for developing a vaccine.

• Several different accounts have been given about which monkey species was used in developing the polio vaccine and that the actual species used was never published at the time.

• The only close relative of HIV is the simian virus in the common chimpanzee. ♦

OUR THANKS TO

Starbucks • Beehive Bistro

Lakeside Pharmacy

Peter McFadden

James • Peter

Kiwanas Club for their generous donation of \$975 to the lunch fund.

Knights of Columbus of St. Charles Garnier Parish for their generous donation of \$200 to the lunch fund.

Knights of Columbus Father Delestre Council for their generous donation of \$150 to the lunch fund.

NOTICE BOARD

Terri, our client support worker, has drop-in hours on Thursdays from 9 a.m. to 12 noon. If you wish to see her at other times, an appointment is necessary.

INFO SESSION

Depression and HIV/AIDS
December 28 at 2 p.m.
ARC boardroom

Call Terri Ross at
(250) 862-AIDS
to attend

PORTRAIT PIX!

Family portraits at a reasonable price! We have a PWA-friendly photographer available throughout the winter season. Call ARC for more information.

CHRISTMAS HOURS

Dec. 24-27 Closed
Dec. 28-31 10 to 4
Jan. 1-3 Closed
Jan. 4 Regular hours

