

ARC News

for the AIDS Resource Centre – Okanagan & Region

WHAT'S INSIDE...

Topher Talks 3

WDI Centre to Focus on Wellness and Prevention
..... 3

Support Plus ...
Keeping our readers informed
..... 4

Volunteer Corner ...
Our volunteers are a special
breed 5

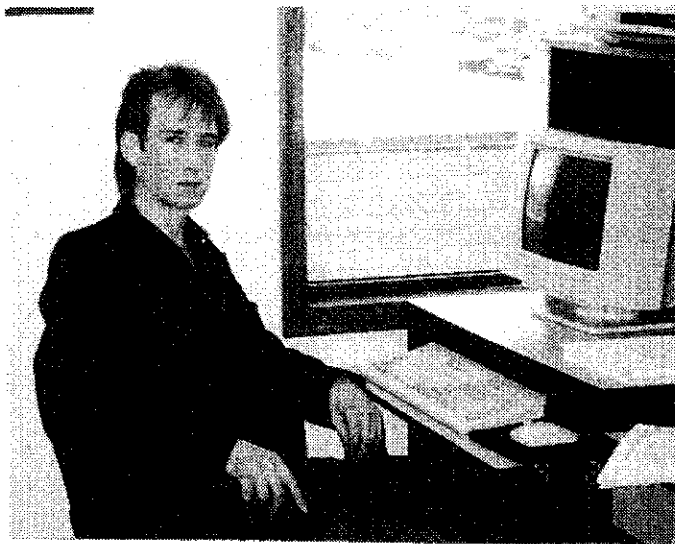
HIV Origins Traced to the Thirties
..... 5

Studies Find HIV Rebound Not Always Due to Drug Resistance
..... 6

HPEP Committee Draws Strong Community Support 7

Notice Board 8

AIDS Resource Centre Hires New Educator



Michael Hook in his office at the AIDS Resource Centre

I am pleased to take this opportunity to introduce myself to the readers of the AIDS Resource Centre (ARC) newsletter. My name is Michael Hook and I am the newly appointed Educator/Speakers Bureau Coordinator at ARC as of January 11, 2000. Prior to accepting this position, I was involved in writing on both a professional and personal basis in the areas of both personal development and political science. I received a Bachelor's degree majoring in political science and sociology from Okanagan University College in Kelowna in 1992, the

year after it became a degree-granting institution. Soon after receiving my Bachelor's degree I went on to complete a Master's degree at the University of Victoria before returning to the Okanagan in 1995. It was around this time that I got married and was fortunate enough to have two children — a boy first, then a girl.

Although my coming to work at ARC was rather unexpected in terms of career direction, it is nonetheless apparent that my past experience (in particular personal development and "self-

— continued on page 2

New Educator

— continued from page 1

actualization") is very compatible with my new duties. I hope to be able to apply my knowledge and skills for the purpose of providing a fulfilling outlet for volunteers interested in personal development, particularly in the areas of public speaking, leadership, and education. Moreover, in terms of the education aspect of the position, I hope to be able to bring a fresh style tailored to the needs and interests of the many people and groups who wish to hear the message offered by ARC.

An excellent opportunity for personal development that we are offering in the short term is the volunteer (core) training (AIDS 101) we are planning to offer on February 25 and 26 at Okanagan University's KLO campus. This training will involve small group facilitators helping interested people learn the core AIDS-related material that we disseminate on our speaking tours throughout the Okanagan Valley. Once an individual has completed the training, supplemented by actual speaker's bureau training — to be held the following week — then that person will be qualified to participate in these speaking tours by actually speaking to groups of interested people who wish to know more about HIV and AIDS. The course is free to ARC volunteers and OUC students, and it is only \$15.00 for all other interested persons. We especially encourage people who have actual personal experience with HIV and AIDS, or those affected by it, to learn the core material and join our Speakers Bureau, so that your personal knowledge and experience may be

shared with others affected, infected, or just interested in preventing HIV and AIDS. If you are interested you may call me for advance registration until February 18, 2000 at (250) 862-2437.

Certainly, the most exciting opportunity for volunteer participation in an area that challenges many aspects of personal growth is that of the Youth, Sex, and Theatre Project which I will be working on in the forthcoming months. Revised somewhat from the format that was originally proposed, this program will offer a tremendous opportunity for youth (aged 14 to 29) interested in getting involved in the growing film/theatre industry, either in a professional or volunteer capacity. As it is the case that volunteer experience is one of the main prerequisites for entering into an acting or other film-related career, this program will be able to offer interested youth a fantastic opportunity to get their "foot in the door," so to speak. Towards this end, we are planning on having an actual casting agent from the film industry attend the main theatre event, which we hope to hold sometime during the month of June. We will be holding an information and registration session in March. If you are interested in preregistration for this event, please contact me for further details.

Anyway, I would like to say in closing that I am very pleased to be working with ARC and look forward to completing the above-mentioned projects, as well as fulfilling the goals of the Educator/Speakers Bureau Coordinator position in combating and promoting awareness of HIV and AIDS. I would also like to extend my appreciation to the staff at ARC, especially Merv McLeod, for their support in helping me get oriented into the position. ♦



Michael Hook, Editor

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.

The ARC office is located at:
#202, 1626 Richter Street
Kelowna, BC V1Y 2M3
Phone: (250) 862-AIDS (2437)
1-800-616-AIDS (2437)
FAX: (250) 868-8662
e-mail: arc@silk.net
Website: www.silk.net/arc/

Urgent Safety Information!

Ziagen® Hypersensitivity Reactions and Respiratory Symptoms

Glaxo Wellcome Inc. would like to bring your attention to a revised warning in the labeling for Ziagen® (abacavir sulfate) about fatal hypersensitivity reactions to abacavir in patients presenting with respiratory symptoms. Ziagen® is a nucleoside analogue reverse transcriptase inhibitor indicated for use in combination with other anti-retroviral drugs for the treatment of HIV-1 infection. For further details on the exact nature of the hypersensitivity reactions, call your health care provider, or call the Canadian Ziagen® Support Line at 1-800-868-8898.

Topher Talks ...

A Client's Point of View

Well, New Year's has come and gone. The world did not come to an end. The computers of the world did not crash. So what was all the fuss about? I don't know. I do know life is going on much as it has for the past few years. Last year I stopped to reflect on the past year and work on my resolutions for this year. Yes, I could go for gaining "five pounds a month" or "start working out," but those resolves will definitely be broken before too long. I needed to come up with something that was of benefit to me, so my number one resolution was to work on my spirituality. Now, I know the big fight starters are Religion and Politics – this is why I am not going to go there.

Spirituality is a personal thing with me and should be with you. I will admit to being a baptized and confirmed Protestant who probably attended church five times last year. Fortunately, I am not my church, as it does not support my lifestyle, being that I am gay. But that still does not exclude me from getting what I can out of my church on a spiritual level.

Spirituality is my place of peace with both myself and whom ever it is that I believe in. It is my beliefs and attitudes about the world. I will admit that I am a nature fan, so I get the most peace down by the water, watching the power of nature in a storm, feeling the warmth of the sun, or hearing the song of the birds in the trees. All of these things don't have a right or a wrong — they just exist, much like spirituality.

The world has many rules, laws and unwritten appropriate behaviours for people; so does the church. We could argue morals and ethics till the cows come home, but it does not change a thing. It is how we choose to interpret these laws, rules, and behaviours, and incorporate them into our everyday life that is important. This is, for me, where spirituality lies.

Many people diagnosed with an illness, terminal or not, go through changes in their outlook on life. Some people refer to Elizabeth Kubler-Ross and her stages of death. These are anger, denial, bargaining, and acceptance. For those people of religious upbringing, the anger and bargaining are directed at God. They feel anger and betrayal by God and their religious affiliate. Most people will say: "God doesn't give you more than you can handle." This is a crock of s***. People diagnosed with HIV/AIDS often have a lot of other burdens on their lives to deal with. There is not just the diagnosis to deal with, but most are dealing with sexual and drug issues. Also, some suffer from low self-esteem, drug addictions, and other abuse problems.

So now you have been handed a diagnosis that is hard to handle, which also forces you to address the other issues in your life. At this point in time many people feel deserted by church

and God. If you have been a religious person, this is a serious blow to your healthy lifestyle. Some people, who abandoned their religion years before, suddenly find a need to reconnect with their religious upbringing. But they need to find a safe and supportive source for this reconnection. Recovery, or even just survival, is a slow step-by-step process that cannot be rushed. So one has to work through becoming physically, emotionally, and spiritually healthy. The three run hand in hand: as you get stronger physically, your emotional outlook gets better; then, as you work on your spirituality you are more able to work on your emotional health, which, in turn, helps you to become more physically healthy.

Remember then, becoming healthy is like a three-legged chair: if you remove one leg, the chair will fall over. Thus, in order to recover or improve, you need to work on all three aspects of your life. ♦

WDI Centre to Focus on Wellness and Prevention

Last October, the British Columbia Coalition of People with Disabilities (BCCPD) launched the Wellness and Disability Initiative. Offering consumer health information in plain language and alternative formats, the new program expands on the 11-year-old AIDS and Disability Action Program (ADAP).

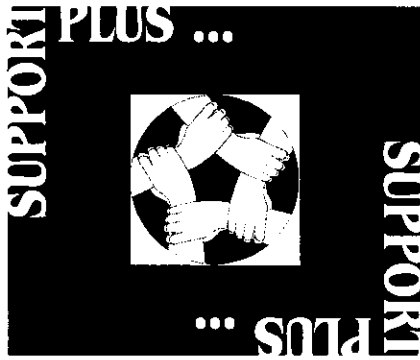
The Wellness and Disability Initiative (WDI) Resource Centre provides current preventative and related educational material in a variety of formats to people with disabilities, their families and caregivers, as well as healthcare professionals and educa-

tors. Professionals working with people with disabilities have already indicated great interest in resources available to assist them in communicating clearly (verbally and in writing) and in developing their own plain language print publications.

Entering a new millennium, the new Resource Centre is carrying on with the Coalition's intent to move away from sickness and crisis management and toward wellness and prevention.

"The launch of the program's new Resource Centre represents the latest and perhaps most important phase of

... continued on page 6



The AIDS Resource Centre's Client Support Column is designed to keep our readers informed of the many support services we offer.

Give it to Mikey, He Eats Everything!

Many people with HIV/AIDS (PWA's) have a difficult time keeping and gaining weight (this is not breaking news for a lot of you), and many are benefiting from regular prescriptions of Ensure or Ensure Plus. However, there is another option available for PWA's. You may have noticed on television a new advertisement for a product named Vector. It is a meal supplement like Ensure, however it is in the form of a cereal and can be found in the cereal aisle of your grocery store. PWA's that are using it already say that it is quite good and helps with weight gain and maintaining weight. So if you could use a break from routine and want to try something new, check it out the next time you're in the grocery store!

Shake your Bon Bon!

Have you been feeling the winter blues? Are you tired of being locked up inside? Would you like to get out and Shake your Bon Bon? Well, if you answered yes, you may want to try the Parkinson Recreation Centre. They have a program called the Access Pass that is available to people on Disability Benefits Level II. For \$60/year you have access to the pool, weight room and gym, as well as the Athens pool in Rutland. In order to sign up you must complete an intake, held Tuesdays from 10:00 a.m. till noon (no appointment necessary) at the Parkinson Recreation

Centre. As well, you must provide them with current identification and proof that you are receiving Disability Benefits Level II. (Make sure to bring this information with you when you go for intake on Tuesday mornings.) The AIDS Resource Centre (ARC) is also prepared to help those of you that are interested in using this community program, so if you are interested let your Client Support Worker know and they will give you more information about how we can help.

I am Women, Hear me Roar!

The *National Conference on Women & HIV/AIDS* is going to be held on May 25 to 28, 2000 in Toronto, Ontario. This conference is organized by the Canadian Aboriginal AIDS Network, the Canadian AIDS Society, Canadian Treatment Advocates Council, and Community AIDS Treatment Information Exchange. Information regarding abstract proposals, and scholarship applications and regular applications to attend have been sent to most AIDS service organizations. If you are interested in attending contact your Client Support Worker at ARC and they can provide you with the applications, as well as help you complete them.

Tax Man...

Yes, it is tax season again. If you are receiving Disability Benefits Level II you may be eligible for a refund or your GST cheque, but you have to file your income taxes. ARC has provided PWA's with assistance in filing their taxes in the past but, unfortunately, we are unable to help this year. However, if you are in need of assistance and are receiving Disability Benefits you can get tax help from SHARE, a local community organization providing a variety of services to community members. (You may already know that SHARE offers low cost furniture and clothing.) So, if you are interested in getting their help with your taxes you can call (250) 763-8117 for an appointment. If you have any questions or problems, let your Client Support Worker know.

Same Time, Different Day!

In the December/January Issue of the newsletter we mentioned that there is

a PWA Support Group meeting every second Wednesday of the month. This is still true, although the day has changed to Tuesdays. Therefore, the next Support Group meeting will be held *Tuesday, February 8, 2000* and then again *February 22, 2000*. We have heard from a number of people that these meetings are very helpful. The goal of the support group is to provide support and socialization for PWA's living in the Okanagan and area. If you are interested in attending you can contact your Client Support Worker for all the details.

Who? ... What? ...

When? ... Where? ... Why?

In the previous newsletter we informed you that ARC would be holding information sessions on different topics each month. We also asked for your input and ideas (we are still waiting for your great ideas). The goal of these information sessions is to answer your questions and/or concerns. If there is something that is affecting you and you think other PWA's would like to learn more about it, please let us know so we can provide you with the most up to date and accurate information. As well, in the December/January issue we informed you that our January session would be focused on *HIV/AIDS and Depression*. Unfortunately, we had to postpone this session until *February 15, 2000* at 2:00 p.m. in the ARC boardroom. Guest speaker Katherine Irwin from the Mental Health Unit will come in and answer questions and concerns, as well as provide further information. We hope to see a good turn out for this session, and we would appreciate it if you could let Terri Ross know in advance whether or not you will be attending. ◆

Terri Ross,

Client Support Worker

Phone: (250) 862-AIDS (2437)

Toll Free 1-800-616-AIDS (2437)

e-mail: tross@silk.net

Our Volunteers are a Special Breed!

Winter is a time during which most sane creatures on this earth are hibernating. In the Northern Hemisphere, with the shrunken number of hours of daylight, most people find themselves wanting to sleep more and do less. Our volunteers, on the other hand, seem to be a special breed whose energy levels never drop off. Proof of this was in the enthusiasm and esprit de corps that was manifested by those who took part in the Red Ribbon Campaign during AIDS Awareness Week and on World AIDS Day. A great big thank you goes out to Ron, Carrell, Joie, Ken, Nicole, Chris M., Dale, Laurence, Ann, Julie, Arnie, Chris, Sandi, Adam, Susan, Marge M., Marie, Laurie G. and all the staff of the six Starbucks locations where red ribbons and donation boxes were left. At last count, the campaign raised close to \$400.

Stand-in

During the months of November and December I was temporarily looking after the duties of the Educator/Speakers Bureau Coordinator. All our previ-



Can you guess who's the Santa Claus at the AIDS Resource Centre's '99 Christmas Party?

ously booked speaking engagements were met and I would like to thank our volunteer speakers for all the help they



gave me during this period. I was on rather a steep learning curve. I would like to welcome Michael Hook, our new Educator/Speakers Bureau Coordinator to the fold and, at the same time, express my confidence that he will get the full cooperation and support of all our volunteers.

Core Training AKA Volunteer Training

On February 25 from 6 PM to 9 PM and February 26 from 9 AM to 4 PM, Volunteer (core) Training will take place at Okanagan University's KLO campus. A good number of people have expressed interest in this session.

All things being equal, we should see the numbers of volunteer receptionists, speakers and special events grow. We all know what core training is about, however, we have called this session "Volunteer Training" in the hopes that we may get some new OUC students to join the AIDS Resource Centre as volunteers. ♦

HIV's Origins Traced to the Thirties

Researcher Used Supercomputer to clock Epidemic Back Through Time to Single Source

Editor's Note: Our last newsletter contained the article "HIV Source Challenged." The following article picks up on this theme.

Earlier research suggested the HIV epidemic began in the first half of the 20th century, but the latest analysis, done at the Los Alamos National Lab in New Mexico, appears to be the most definitive so far.

Bette Korber, who keeps a database

of HIV genetic information at the lab, calculated HIV's family tree by looking at the rate the virus mutates over time.

She assumed these genetic changes happen at a constant rate, and using a supercomputer she clocked the mutations back through time to a common ancestor.

Korber estimates that the current epidemic goes back to one or a small group of infected humans of around 1930, though this ancestor virus could

have emerged as early as 1910 or as late as 1950.

From this single source, she suggests, came the virus that now infects roughly 40 million people all over the world.

"This offers a small piece in a larger puzzle concerning the origin of HIV," she said. Her findings were released at a scientific conference this week in San Francisco.

Experts believe that HIV's ancestor

...continued on page 7

Studies Find HIV Rebound Not Always Due To Drug Resistance

CHICAGO(AP) – When potent drugs fail to keep HIV in check, the reason might not be that the virus has become drug-resistant, as some doctors and patients fear.

Instead, the AIDS virus may rebound because patients have stopped taking their drugs properly or because their bodies have lost the ability to use the medicines effectively, according to two studies published today.

Experts said those problems can be addressed by helping HIV patients rigorously follow their course of treatment and possibly by increasing dosages, something that is not generally done now.

One researcher cautioned that the patients in the studies were all relatively new to treatment, which may obscure the role drug resistance plays. People who have been treated for a year or more may be more likely to have drug-resistant viruses.

Antiviral drug combinations called "cocktails" have suppressed the virus that causes AIDS in 60 per cent to 90 per cent of patients, researchers noted in the *Journal of the American Medical Association*.

But an estimated 30 per cent to 60 per cent of patients who take the cocktails end up being considered treatment failures, either because the drugs never knock the virus down to negligible levels or because after it is down, it rebounds.

Researchers are not sure how big a role drug resistance plays. Concerns have grown about it because a small percentage of newly infected HIV patients have caught drug-resistant strains of the virus. Researchers also know that HIV drug regimens are complicated and difficult to follow.

The new studies found that drug resistance did not appear to be the main culprit when the virus rebounded in 58 HIV patients in France and in 26 US patients.

Patients in both studies had been treated initially for three to six months with a triple-drug regimen: zidovudine

(marketed as AZT or Retrovir), lamivudine (3TC, Epivir) and indinavir (Crixivan). Patients had been switched to maintenance therapy on one, two or all three of the drugs before their virus levels shot up.

The French study, in 1998, analyzed viral samples for genetic mutations associated with drug resistance, looked at whether patients took all their medicine and measured blood levels of indinavir, an indicator of whether their bodies were using antiviral medicines effectively.

Some mutations linked to drug resistance were found, but researchers blamed the other factors more – the

failure to take medicine properly and inadequate potency of drugs in the body.

In the 1997-98 US study, researchers led by Dr. Diana Havlir of the University of California at San Diego found that drug potency in the body seemed to be more important.

"We need to help the patient be well-adherent to the treatment," said Dr. Francoise Brun-Vezinet, virology director at Claude Bernard Hospital in Paris and head of the French study. She cautioned that drug resistance might play a bigger role in patients who have had longer treatment with antiviral drugs. ◆

WDI Centre

... continued from page 3

progress for our efforts," says Shelley Hourston, WDI/ADAP Director. "It is a key result of 11 years of work conducted on behalf of people with disabilities."

The Resource Centre will house relevant health information and present it in plain language and in a manner conducive to all comprehension levels. It will also serve the increasing new Canadian population for whom English is a second language.

Many people require help reading an appointment slip, interpreting prescriptions, understanding recommendations for self-care and so forth. Moreover, many people with disabilities are at a high risk for health problems. Given that a large percentage of the disabled population experiences difficulty reading and understanding basic health information, the access and availability of wellness material is a critical component to their lives. The Resource Centre seeks to break down these barriers and minimize the obstacles that prevent people with disabilities from learning and living with full understanding of vital information.

The program is set up to find, cata-

logue and create suitable information, as well as provide resources for professionals who are active in developing new materials. Service is available at the Resource Centre by telephone or fax, and also via a website.

Plain language and alternative formats are ways of ensuring people can understand and use health information to improve their lives. The information is user friendly; readers will benefit from the use of common words and phrases. Additionally, technical and scientific terms are broken down and explained.

Alternative formats include: closed-caption videos, audio cassettes, large print, Braille, American Sign Language and computer-generated translations of web pages or files in the form of voice, large print and Braille.

For information or to access the WDI Resource Centre, contact: Wellness and Disability Initiative, British Columbia Coalition of People with Disabilities, 204 – 456 West Broadway, Vancouver, BC Canada V5Y 1R3. Phone: 875-0188 (in Vancouver) or toll-free 1-877-232-7400. TTY (604) 875-8835. Fax (604) 875-9227.

e-mail: wdi@bccpd.ba.ca

web site: www.bccpd.bc.ca/wdi

For further information, contact: Shelley Hourston, Director, WDI/ADAP (604) 875-0188. ◆

HPEP Committee draws strong community support

The first several weeks as Regional Coordinator for the Health Care Providers Education Project (HPEP) have been very busy. I have been working on setting up an advisory committee for HPEP within Kelowna. The first meeting was held on December 8, 1999 and was attended by many representative members of community organizations including: Elizabeth Fry Society; Ki-Low-Na Friendship Society; CASEY (Community Against Sexual Exploitation of Youth); Kelowna Community Resources; Women's Emergency Shelter; Okanagan Similkameen Health Region and Kelowna Family Centre. In addition, Janet Madsen from Positive Women's Network (PWN) and Jean Sherritt, a chronic illness counsellor, were in attendance.

A lot was accomplished in the initial two-hour session, the purpose of which was twofold: firstly, to introduce both the AIDS Resource Centre (ARC) and PWN, along with each group's various support and education programs; and, secondly, to introduce HPEP and its mandate to improve the level of services available to women infected and/or affected by HIV. This was followed by a brainstorming session on health care issues in both our region and target group.

Our next meeting will be held Feb 9, 7 p.m., at ARC where, along with a general discussion, we will update our target group and ask for assistance in finding out more information on our target areas. At that time we will also review a draft of material to be introduced within the community.

In other HPEP news, I attended an all-day workshop in Vancouver for Regional HPEP Coordinators from BC on January 7, 2000. The purpose of the workshop was to meet and discuss the ideas, direction and difficulties HPEP Regional Coordinators may be having in their areas. We all came in with the same central idea from our communities, which was to educate our community health care providers on how

HIV effects/affects women.

It is apparent that reaching doctors and hospital staff will have to come through other avenues (to be worked out in the future), as they are currently too busy to attend information workshops.

I would like to end by noting that although Kelowna's HPEP initiative started out some three months behind other BC regions, we will be on par with them by the end of February, thanks to great support from our community and the staff at ARC. ♦

**Barbara J. Morrell,
Regional Coordinator
of the
Health Care Providers
Education Project**

HIV Origins

... continued from page 5

is a virus that ordinarily infects chimpanzees and somehow spread to people—perhaps through a bite or hunting mishap—in west equatorial Africa.

Just when this actually happened, though, is still a mystery, Korber said. The leap from chimp to man could have been around 1930. It is also possible that it may have occurred much earlier and the virus stayed within a small group of humans.

The work challenges a theory that AIDS actually began in the 1950's, when HIV was accidentally mixed with the polio vaccine.

In last year's book *The River*, Edward Hopper theorizes that HIV contaminated batches of the vaccine that were grown in chimp tissue. This then spread when the vaccine was tested in the Belgian Congo. ♦

A good group is better than a spectacular group. When leaders become superstars, the teacher outshines the teaching. Very few superstars are down-to-earth. Fame breeds fame, and before long they get carried away with themselves. Then they fly off center and crash.

The wise leader settles for good work and then lets others have the floor. The leader does not take all the credit for what happens and has no need for fame. A moderate ego demonstrates wisdom.

From The Tao of Leadership

NOTICE BOARD

ARC Drop-In Hours

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.

PORTRAIT PIX!

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

Client Support

Our Client Support Worker, Terri, will be away March 12-14, and on holidays March 15-26, 2000.

The West Kootenay/ Boundary AIDS Network, Outreach & Support Society (ANKORS)

is pleased to be able to host a 2nd southern interior weekend retreat for Persons Living with HIV on April 14-16, 2000, in Nelson, BC. Lodging, food and admission fees for participants will be covered by ANKORS. Unfortunately, ANKORS cannot provide transportation subsidies to Nelson. ANKORS encourages organizations that are financially able to assist PWA's in their community with this expense. For more details, call ANKORS 1-800-321-AIDS, or e-mail ankors@direct.ca

BLOCKBUSTER VOLUNTEER OPPORTUNITY for YOUTH INTERESTED in FILM/THEATRE INDUSTRY!

Positions available for actors, script writers, directors, set designers, lighting managers, media relations, etc. If you are aged 15 to 29 and interested in a film/theatre career, an Information Session will be held at Stageworks Playhouse, 1379 Ellis St., Kelowna, on Saturday, March 18, 2000 at 7 p.m. Registrations will be taken for auditions to be held Sunday, March 26, 2000, and for a script-writing competition for a cash prize. Selected participants will be provided with free professional training for a media- and casting agent-attended theatre production in June. Please call Janet @ (250) 868-1140 or Debbie at (250) 769-7070 for details and advance registration. Anybody wishing to volunteer with the organization of this event may call Michael @ (250) 862-2437 (subject to criminal record check).

Volunteer Training

Feb 25 -- 6-9 p.m. and
Feb 26 -- 9-4 p.m.
at OUC's KLO Campus
Rooms H112, H115, H108
To register, call Michael
Hook @ (250) 862-2437
before February 18

Tara Martin is available to do **Whole Body Reflexology, Ear Candling, and Healing Touch** work for ARC clients.

Call (250) 503-0911 and allow 24 hours for your call to be returned.

The Positive Women's Network

is holding a Retreat March 17-19, 2000. Contact our Client Support Worker, Terri, for an application.

OUR THANKS GO OUT TO . . .

• The Salvation Army for the donation of a Christmas Food Hamper

• Telus Pioneers for the donation of the Christmas Stocking

• Julia, Tim, Gayle, Chris, Janet and Laurence for their copious volunteer time