

ARC News

for the AIDS Resource Centre – Okanagan & Region

TEAMWORK

Teamwork is the ability to work together toward a common vision.

The ability to direct individual accomplishments toward organisational objectives.

It is the fuel that allows common people to attain uncommon results.

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"ACTS OF CHOICE"

Theatre Project Underway

Editor's Update...

On March 18, 2000, the AIDS Resource Centre held their Information & Registration Session for the "Acts of Choice" theatre project at StageWorks Playhouse. Judging from both the attendance as well as the response to our project proposal and outline, the opening act of the "Acts of Choice" Peer Education program for youth, was a great success. Even though we have marketed this largely as an opportunity for youth to become involved in the film and theatre

industry, the underlying themes and purpose of the project remain very clear. Peer education around the themes of healthy choices, safe sex, and abstinence from sex, drugs and alcohol.

Peer education is the key here because research tells us that *youth listen to youth*. And, what better way to give youth the tools to make healthy choices in their lives than to provide an exciting medium through which self-esteem can be enhanced?

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Starring "Acts of Choice" actresses, rehearse their parts for March 18, Registration & Information Session

"Acts of Choice"

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Hence, the name of our project: "Acts of Choice"

This name really does capture the essence of our concept that when youth listens to other youth through a medium that can really build their self-esteem - as with film and theatre industry - then youth can make choices in their lives that promote their better health and interests. Clearly then, the project is well placed to combat the gloomy statistical fact of 50% of all new incidences of HIV infection occurring in youth under the age of 25.

The "Acts of Choice" project really got off to a good start on March 18th when a group of young (and older) actors and actresses, with the help of a dedicated team of volunteers from the AIDS Resource Centre, staged a ten minute playlet in StageWorks Playhouse, highlighting the essence of the project as a whole and demonstrating what youth participants can expect to produce in the project. The generous donation by StageWorks Playhouse of their facilities, not to mention the hard work of all involved in the initial stages of the project, really promoted the mini-production as an exemplar of what will come out of the project for the June 28th main production date. Special credit should be given to the following for their important roles:

- * Celestra Hook for writing the very relevant and incisive script used in the mini-production;
- * Josephine Stebbings who played the lead role of Brittany;
- * Garret MacMaster for his lead role of Tyler;

- * Brandy Heidrick who played Jenna; and finally,
- * Marie Amaron who played the Doctor.

Credit should also be extended to the following ARC Volunteers who donated much time and energy to this stage of the project, namely: Debbie; Laurence; Tim; Janet; Lynette & Chris O; Melissa; and Chris.

Now that the opening act of "Acts of Choice" has been unveiled, we are looking forward to a whole new season of vigorous theatre-related activity. The first thing on the agenda is the auditioning process, which will have begun on March 26th, and will have been completed by April 15th. At the time of writing, we have successfully completed the first audition with 35 youth having undergone a read of their audition scripts in front of a live theatre audience. The level of enthusiasm at this session was tremendous as youth demonstrated the best talent they have to offer. The audition was facilitated by the Editor of this Newsletter, who is also the Producer of the "Acts of Choice" project, and was supervised by our newly appointed Director, Brad McAfee.

Both the Producer and Director were happy with the caliber of talent that was expressed at the audition, and for this reason, along with the great interest expressed by theatre professionals with diverse backgrounds, who have indicated a desire to contribute their expertise to the project, it is likely that "Acts of Choice" will produce some high quality material.

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ARC News

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; publication deadline is two weeks prior to publication date. 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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TOPHER TALKS . .

"A Client's Viewpoint"

Well Spring has sprung and the weather is getting better. Like myself, you have now survived another Kelowna winter with all of its attendant grey. If you're like me, every new sunny day is accompanied with higher energy.

Nonetheless, most people who are becoming more active after a long winter of inactivity need a boost to become active. I am not talking about spending our hard fought-for monies. I am talking about getting out and walking more, riding a bike, and just become active.

Personally, I have two dogs that require regular walking. Now that the weather is improving, it is much more enjoyable getting out and dispensing with the heavy jackets, and winter boots. I walk approximately two kilometres per day with my dogs and take every opportunity to walk.

I have also developed an exercise program that I do before getting out of bed. But since I am plagued with peripheral neuropathy and drug-related arthritis, I need to loosen up my joints before I can get out of bed - otherwise my feet get very sore. Most of the exercise involves leg lifts and ankle rotation, which consist more of a range of motion than actual stretching. But it makes the walk to the kitchen to get my morning coffee almost enjoyable.

For many of us, there is a loss of muscle tone and strength. This is a hard one to battle without regular workouts.

I have small weights that I use to try and keep what little muscle tone I have. This is a practise that I am sporadic at, but I attempt to do a minor workout at home three times a week. Even basics like shopping and putting groceries away can be made into an exercise. For example, next time you go to put your groceries away, try doing a few arm curls with each can.

Proper body movements when doing household chores can also become a part of an exercise program. Proper bending would consist of deep knee bends that help loosen the leg muscles, whilst dusting and washing dishes are a good time to exercise the arms. Try using alternating hands when wiping or cleaning, and/or employ twisting motions during your cleaning in order to help loosen the back and keep you pain free.

The nice thing about becoming more physically active is that it helps reduce stress, even if you are fatigued already. For instance, going for a short walk in the evening before going to bed is good for clearing the mind and relaxing the body. It even helps you sleep better and get a good night's rest.

Exercising during the day also helps to stimulate your desire to eat. You will find after being active for short periods that your appetite will increase slightly. But remember, there is a fine line between exercising to lose weight and exercising to feel good, eat more and sleep better!

Nonetheless, walking is one of the best exercises you can do. Talk to friends or family members, get together after a social walk three or four times a week, and you will be amazed at how good you will feel after a while. This is especially true by virtue of the fact that exercise and fresh air is known to be beneficial for the immune system!

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The starting point of all achievement is desire. Keep this constantly in mind. Weak desire brings weak results. Just as a small amount of fire brings a small amount of heat.

-Napoleon Hill

The limits of the possible can only be defined by going beyond them into the impossible!

-Arthur C Clarke

Strength does not come from physical capacity.

It comes from an indomitable will

-Mahatma Gandhi

.....

the Tax Mistake Hurts PWAs

Province Refuses to Clear up Mess

(Article by Tom Yeung in UPFRONT - the News, with permission to reprint)

Allan Anton received a surprise in a box from the Government, namely, "Box 11" on his T-5007 Form.

According to the Form, Anton, who is living with AIDS, had a lot more income last year than he remembers making. The income in Box 11 "was too much", he says.

Anton, who lives on a \$688 per month GAIN welfare cheque with a Wings Housing Subsidy, repeatedly crunched the numbers but to no avail. Then he realised that the Government had somehow lumped the health benefits, he and other PWAs received, in with his Government income. They're known as "Schedule C" Benefits.

PWAs and other chronically ill people in BC are given varying monthly grants to help them with the added expense of their illness. In the case of people with AIDS, Schedule C Grants are used to pay for such essential items as food, bottled water, vitamins and antihistamines. Schedule C Benefits are not supposed to be taxable.

According to the Provincial Ministry of Social Development and Economic Security, their inclusion as income was as a

result of a computer glitch that could conceivably affect anyone receiving Schedule C in the past fiscal year.

(Although income tax is federal, the T-5007 Forms stating Government derived income, are issued by the province)

Activists are concerned that some PWAs will pay taxes they don't owe, or that their eligibility for refunds will be affected. The Advocacy Department of BC Persons with AIDS Society alone facilitated just over \$1-million in benefits that the Government is now wrongly claiming tax on.

The Government's mistake will likely not move many recipients into a higher income bracket for taxation purposes. But, increasing someone's net income might affect the eligibility for GST and PST refunds, as well as the child tax benefits for PWAs with children or the legal guardians of HIV positive children.

The mistake would have given Anton about \$4,000 more income this year in the eyes of Revenue Canada. Anton solved the problem on his own, he called the Government's T-5007 project, and the error was fixed.

But Anton says he was told the province has no initiative to notify Schedule C recipients of the

possible mistake. Meanwhile, pressure is mounting on current Social Development and Economic Security Minister, Moe Sahota, to increase Schedule C benefits to disabled people on welfare. An advisory group produced a 92-page report to the Minister recommending anyone with HIV and on disability welfare benefits, automatically get Schedule C benefits. That's \$411 a month for singles, \$690 for couples and \$456 for children. The group recommended that anybody now getting more than that continue to do so.

The advisory group was made up of representatives from BCPWA, the BC Centre for Excellence in HIV/AIDS, Physicians, and MLA Tim Stevenson. The Social Development and Economic Security Ministry (formerly known as Human Resources, formerly known as Social Services) is notorious for appealing almost every tribunal decision granting Schedule C benefits, and then losing those appeals. ♦

If you think you have a Schedule C problem with your taxes, the Government's T-5007 projects can be reached at 660-1313.

Volunteer Corner



Centre in Daryl's absence. (Daryl was attending a Human Rights Conference in Prince George that day). Our volunteer pool can only benefit from the new graduates of this

Core Training.

Another Core Training will take place on Friday, April 28 & Saturday April 29th. The waiting list for this event is growing, and as was the case last time, the training will be offered to OUC Students gratis.

ARC Volunteers Undaunted by Monotonous Tasks

This is also the time to say many thanks to the volunteers involved in special projects such as putting out the newsletter, doing mail-outs for the up-coming events, printing the newsletter, mailing it out, and all the labour intensive projects that fall on the shoulders of the reception volunteers.

Many thanks Tim, Laurence, Lynette, River, Judy W, Larissa and Chris. Your patience and willingness to do these repetitive tasks is very much appreciated.

A Little Black Book

A project of which the ARC can be very proud is "The Little Black Book". From hard work on the part of young people earning financial credits towards tuition by volunteering, this project has almost been completed. Justin Wallace and Deserae Weremchuk have put over 200 hours into this project and have been a pleasure to have around the office.

It is hoped that in the next newsletter the announcement of the completion of this project might be made.

How Does VOLUNTEER Turn Into HIPPO?

Is this some kind of MENSA question? Well, let me see if I can answer it in one paragraph or less.

Here goes: It has been one calendar year since I joined the team of dedicated staff members of the AIDS Resource Centre. I can honestly say that this has been the best year I have had in the last 10 years! It has been both a privilege and a pleasure working with the volunteers of this organization.

The total hours, unconditionally given, by this corps of volunteers amounts to the equivalent of 3 full-time staff members. It can be quite honestly stated that without volunteer help, the Centre would not accomplish all that it does with the limited financial resources from Victoria (who saw fit to reduce the grants by 40% last year). Does this even begin to answer the question? NO!!!!!!!

So one year ago I became Volunteer Coordinator here at the AIDS Resource Centre. (At least we got the "Volunteer" part of the question). Recently ARC was awarded a grant for a proposal to do a Hepatitis C Information Program and the title of the proposal was the "Hepatitis Information Project Program of the Okanagan", the "HIPPO" for short and on April 15th I will be leading that program.

Volunteer Festival 2000

This year the Volunteer Festival will take place at Parkinson's Recreation Centre on April 30th, 2000. It will begin at 10:00am and will continue until 4:00pm.

This event affords everyone who wants to attend, the opportunity to see the large number of non-profitable organizations who rely on the labour of volunteers, to run successfully. It is hoped that this year's event will have better attendance than last year's. ♦

*By Merv McLeod
Volunteer Coordinator
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Orchard Park Appreciates Volunteers

The month of February has been a very busy one for the volunteers of the AIDS Resource Centre. This vigorous activity started on the first day of the month with the Speaker's Bureau Meeting, which had Janet, Debbie, Stephenie, Chris M, Carrell, Laurence, Julie and Barbara-J in attendance. Michael Hook, our new Speaker's Bureau Coordinator facilitated it.

Just ten days later, in preparation for the Core Training, the small group of facilitators held a meeting on February 10th and it was attended by Janet, Stephenie, Chris M, Geoff and Debbie.

A reception was held for volunteers at Orchard Park Mall in the Sky Court on February 22nd, 2000. Representing the AIDS Resource Centre was Judy W, Chris M, Tim and Stephenie. At least 200 people were there altogether, representing different non-profit organizations of Kelowna. Fabulous cheesecake from (where else?) the Cheesecake Cafe was served with tea or coffee. The Mall presented each organization with a Certificate of Appreciation.

ARC Offers Another Core Training

The busiest event of this past month was Core Training. Some 25 eager people took part in the workshop at KLO Campus on Friday evening, February 25 and Saturday, February 26th from 9am - 4pm. A great big thank you goes out to Chris, Stephenie, Donna, Carrell, Debbie and Janet who gave up their weekend to make this event a big success. Also a big thanks to Rick G for having given the participants an overview and brief history of the AIDS Resource



Support Plus... Client Support Information

MI CASA ES SU CASA.. or something like that!

We would like to welcome our new Client Support Worker, River Glen, to the AIDS Resource Centre's Support Department. River will be working part-time over a four month period. She will be working with our clients in Penticton and Vernon, and this will allow Terri to focus on support work in Kelowna. River graduated with her Bachelor of Social Work in May 1999. We believe River will make an excellent addition to our team and hope that she enjoys working with everyone over the next four months.

HARM REDUCTION?

What is it and why is it so important?

Harm reduction is a philosophy of treatment and services for people that require assistance with life-style choices and changes. This includes injection drug users, alcoholics, as well as individuals that have any type of obsessive or addictive behaviour. The philosophy behind Harm Reduction is to meet people where they are at and let the person define their own needs. This model of service delivery allows people to change at their own pace in the direction they want to go. It assumes that service providers (i.e. Client Support Workers) are not in charge of their Client's decisions, but are there to provide support for their own decisions and goals. It is a pragmatic approach that employs humanistic principles, where the person's body, mind and spirit are acknowledged. In addition, Harm Reduction includes educating the broader community and acting in the capacity of advocate

when individual human rights are violated. Furthermore, the specific goals include:

- * More stable income;
- * Reduction in isolation & increase in Support systems;
- * Reduction in violence;
- * Greater ability to love and be loved;
- * Higher self-esteem & reduction in stigma.

The AIDS Resource Centre employs these principles with all areas of support work, not just people who have addictions. It is important that you remember that you are in charge of your own life and choices. The Client Support Workers are here to provide you with information and options, as well as a safe and non-judgemental environment for you to think about your choices and possible changes. If you have any concerns or want to discuss Harm Reduction further, contact your Support Worker and he/she can provide you with more information.

PROZAC, VALIUM & ZYBAN

During the month of February, the AIDS Resource Centre held an information session on depression and HIV/AIDS. Katherine Irwin from the Mental Health Unit attended and brought some very valuable information, for which we would like to thank her. There was a good turnout, but if you were unable to attend and would like information on treatment options, referrals to counselling, or just basic information, we can provide you with a variety of resources (contact your Client Support Worker.) We thank those of you who have attended the information session, as well as those of you who have shown interest and support for this program.

We have decided to schedule a new session every second month since people seem to disappear during the nice summer weather. There is an Information Session

planned, tentatively, for the beginning of May which will focus on Complimentary Therapies. So stay tuned for further information!

LISTEN TO YOUR INNER SPIRIT

BCPWA has planned a Spiritual Retreat for June 23-26, 2000. It will be held at the Bethlehem Retreat Centre on Vancouver Island and the facilitators will be Rev. Tim Stevenson & Rev. Gary Paterson. If you are interested in attending you can call BCPWA Info Desk at 1-800-994-2437 or (604) 681-2122 Ext 323.

TAKE THE MEDICATION OR NOT? What to do?

This is a dilemma for many individuals living with HIV/AIDS. If you take the medications, you may experience side effects, but if you don't take the medication, you may experience opportunistic infections. Discuss all of your options with a qualified physician who has experience with Antiretroviral medications. It is important that you take a pro-active stance regarding your healthcare, and that you educate yourself and research all possible avenues. You are your best advocate when it comes to your health!

We suggest you review "Managing Your Health" or read the new book called "Faithful, Free or Both". The latter discusses the pros and cons of medication. If you have any problems regarding the above, please contact your Client Support Worker for more information. ◆

TERRI ROSS

Client Support Worker

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"Acts of Choice"

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For the elaboration of the scripts there has been significant interest shown by the youth who have registered so far, in working on this fundamental component of the project. Since the concept underlying "Acts of Choice" is youth communicating to youth, we have initiated the script-writing component of the project in the framework of a competition for the youth that can come up with the best one of three scripts, incorporating the themes of safe-sex, healthy choices, and abstinence. A monetary prize will be awarded for this.

Once the scripts are completed by April 15th, and the prize awarded, our Producers and Director will be ready to undertake a thorough rehearsal and

preparation process involving not only the actors and actresses selected from the auditions, but youth selected to be Stage Managers, Media Relations people, Costume Designers, Hair & Make-up Artists, Prop Designers, Lighting Managers, and more.

After this date, we will also have youth acting as Peer Educators in the area of HIV/AIDS, when Youthco from Vancouver will send out their Peer Educator Trainers to train the significant number of youth with "Acts of Choice", who have already indicated an interest in being Peer Educators themselves. This way, all the youth working on the "Acts of Choice Project", will be well-informed around HIV/AIDS related issues.

All of this, of course, will lead to the grand production date on

June 28, 2000, when the youth will present their three x 20 minute dramatic productions at StageWorks Playhouse, in front of the public, and attended both by Media and Casting Agents.

The final act of this project will be to take one of these three productions and tailor it towards the purpose of a theatre touring group that can present the production in various venues around the Okanagan Valley, including, hopefully, the School System.

If this sounds like it's going to be a lot of fun - which it will be - and you are between the ages of 15 - 29, then don't hesitate to call the AIDS Resource Centre to register for the "Acts of Choice" project... for the **Show Must Go On!**

Michael Hook
ARC (250) 862-2437

Topher Talks

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THINGS TO NOTE:

BCPWA has two retreats coming up. We are often slow to hear about them, so here is notice:

Spiritual Retreat

This Retreat is offered some time towards the end of May, so you need to apply soon. This is a four day workshop offered in Nanaimo at a Convent. A beautiful retreat, which deals with spiritual issues.

It is non-secular, with a well structured program, great food, and fun people.

Healing Retreat

This is scheduled for July. Here you are taken to a rustic bush camp on Loon Lake.

You are there for four days as well, while attending workshops on health, healing, and lots of bodywork. The bodywork consists of massage therapists, Healing touch, and lots of swimming, canoeing, and hiking.

Here again there will be great food and great people!

For the BCPWA Retreats call 1-800-994-2437 and ask to be placed on the list. They will phone you for a brief interview and will let you know more about the Retreats.

Ankor's Retreat

Those who have been by the office in the last few months may have seen a notice for a retreat in Nelson, being offered April 14 - 17th. This retreat is already filled but I will write more about it when I get back. Presently, I know of six people, from the Kelowna

area, who will be going to it.

Gay Camp

There is a gay-owned and operated Campground that has opened March 25th. This is modelled after the gay campground in Washington State. This is a membership only campground, which offers discount rates for persons with disabilities. If you are gay, and enjoy camping in a rustic setting, you can check out their website at:

www.ortcamping.iwarp.com

It is still just getting started but it should be a fun place, which is gay-owned and operated, and very HIV positive! Yes, we qualify for the disability discount.

The Camp is sited on the Princeton Summerland Highway, right at the Trout Creek Junction.

HPEP

MAKING STEADY PROGRESS

HPEP has been on a steady uphill climb. Our meeting, which was held on February 9 at 19h00 at the AIDS Resource Centre, had 14 members in attendance. The community organizations and individuals involved included the following: The Elizabeth Fry Society; the Ki-Low-Na Friendship Centre; the Okanagan Family Society; an OUC 4th year Social Work student employed with the Women's Resource Centre; Outreach Health Services; a Chiropractor; Kelowna A & D Family Addictions Centre; two representatives of the BC Ministry of Social Development & Economic Security; the Crossroads Treatment Centre; the Salvation Army; a Chronic Illness Counsellor; an HIV positive woman; and myself. The progress made included updating our target group, inquiring into how to find more information on these target areas, and holding a general discussion of our goals. Moreover, the members were able to take home a copy of the draft material that we hope to be introducing within the community.

On February 22 I sent a total of 31 letters to various organizations, many of which are either organizations that have been, or are still interested in attending, or are unable to attend yet wish to be kept up to date on our progress. Attached to these letters was such information as our February 9th Minutes, the Community Advisory Committee names, the PWN Mission Statement, HPEP Project information, and ARC News.

In other developments, four members from HPEP joined other students of AIDS at an AIDS Resource Centre Core Training Workshop.

This was held at the KLO Campus of Okanagan University College on February 25th and 26th. Thanks to our great Core Training Instructor, the HPEP Advisory Committee attendees came back with more knowledge than they expected.

The HPEP Meeting held March 9th, also had great attendance. Through the medium of small groups, we



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

worked on coming up with the categories and sub-categories of service gaps within the community. Having the meeting from 16h30 to 18h30 worked out well as the HPEP Program provided sandwiches, fruit, and cookies for participants to snack on. The food was much appreciated and made those involved more interested in putting on their thinking caps.

There were 14 people in attendance including representatives of the Elizabeth Fry Society, the Ki-Low-Na Friendship Centre, the Okanagan Family Society, Outreach Health Services, Kelowna A & D Family Addictions Centre, the Kelowna Health Unit, the BC Ministry of Social Development & Economic Security, the Independent Living Organisation, and the Salvation Army. Other participants included an OUC Social Work student and employee of the Women's Resource Centre, a chronic illness counsellor, a Chiropractor, an HIV positive woman, and myself. Another updated version of the HPEP Training Manual was handed out, and all involved were again asked to look it over and call me if they saw any need for changes.

Finally, on March 14th, I did another mailing of our Minutes, service gap list, and committee mail-out list (active & interested members), and in this way maintained the momentum of the project.

On April 6th and 7th I will be in Vancouver to meet with other HPEP Coordinators from Prince George, Nelson, Nanaimo and Vancouver, and will embark upon some personal training meant to help with training the trainers within our own community.

Our next meeting will be held on April 13th, from 16h30 to 18h30. If you are interested in becoming involved in some capacity or desire some information, please do not hesitate to call me at the office on Tuesdays, at 862-2437. ♦

By Barbara J Morrell

NOTICE BOARD

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 hrs for your call to be returned.

Food Safe Course
April 25: 18h00 - 22h00
April 27: 18h00 - 22h00
Course is FREE & Manual is \$10.00
To register call the ARC Volunteer Coordinator 862-2437

VOLUNTEER FESTIVAL
Parkinson Recreation Centre
April 30th
10h00 - 16h00
Contact Volunteer Coordinator @ (250) 862-2437 for more info

Speaker's Training
The AIDS Resource Centre is holding weekly Speaker's Training Meetings on Monday evenings at 18h30 in the Boardroom. Training is following Toastmasters format and employing video-taping. Registrations for Core Training graduates and aspiring Speaker's Bureau Members only. Call Michael @ 862-2437 to register.

Volunteer Training
April 28: 19h00 - 21h30
April 29: 09h00 - 16h00
at OUC's KLO Campus Rooms H108, H112, H115.
To register call the AIDS Resource Centre (250) 862-2437 before April 21st.

ARCDROP-IN HOURS
Terri Ross, our Client Support Worker, has drop-in hours on Thursdays from 09h00 - 12h00. 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 summer season. Call ARC for more information (250) 862-2437

PUT THIS INSERT ON YOUR NOTICEBOARD!

OUR THANKS GO OUT TO.....

STARBUCKS for donation of coffee.
KELOWNA FOODBANK for the doughnuts.
TIM HORTONS for donation of doughnuts for "Acts of Choice"

McDONALDS for juice and cooler for "Acts of Choice"
STAGEWORKS
PLAYHOUSE for use of their facility

CAPITAL NEWS for advertising "Acts of Choice" Theatre Project
SUN FM for advertising "Acts of Choice" Theatre Project
SHAW CABLE for advertising "Acts of Choice" Theatre Project