

# ARC News

for the AIDS Resource Centre - Okanagan & Region

## WOMEN

The beauty of a woman  
is not in the clothes she wears,  
the figure that she carries,  
or the way she combs her hair.  
Beauty can be seen in her eyes;  
that is the doorway to her heart,  
the place where love resides.  
Beauty is not in a facial mole,  
it is reflected in her soul,  
the caring that she lovingly gives,  
the passion that she shows.  
And the beauty of a woman  
with passing years -  
**ONLY GROWS!**

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## NATIONAL AIDS AWARENESS CAMPAIGN to Focus on Women!

The theme for the Spring 2000 AIDS Awareness Campaign is Women and HIV/AIDS.

It will be launched in May, along with the first ever National Conference on Women and HIV/AIDS, taking place in Toronto from May 25-28, 2000. As part of this campaign, the AIDS Resource Centre of the Okanagan and Region will be holding their own Women's Forum around the many issues involved with this same theme. It will be held in the theatre at the KLO campus of Okanagan University College on May 25th at 7PM and will be attended by a key-note speaker, well versed in Women and HIV/AIDS issues. This free event is open to anybody interested in learning the latest information pertaining to epidemiology, support issues, prevention, and treatment of women infected or affected by HIV/AIDS.

Following an excerpt from a

Women-and-HIV/AIDS Fact Sheet prepared by the Canadian AIDS Society, and represents a sample of both the latest information that is now available with respect to Women and HIV/AIDS, and some of what will be covered at ARC's Women's Forum:

"As the number of HIV/AIDS cases continues to increase world-wide, so does the percentage of women who are becoming infected. Globally, as of 1999, 32.4 million adults were living with HIV/AIDS, and 14.8 million were women. Of the 5 million adults believed to be newly infected with HIV in that same year, 2.3 million were women!"

**Percentage  
of HIV  
positive  
Women  
increasing**

The most prevalent form of transmission is heterosexual intercourse, and in sub-Saharan Africa, one of the areas hardest hit by the AIDS epidemic, there are six HIV positive women for every five men.

... continued on page 2

## "Focus on Women"

... continued from page 1

In Canada, the proportion of new HIV cases attributed to women is increasing. In 1999 women made up 24% of new HIV infections. In 1998 women made up 22% of all positive test reports where gender was identified, compared to just 9% of positive tests in the years prior to 1995. Despite the fact that the number of AIDS cases in Canada declined overall from 1993 to 1998, the number of AIDS cases increased amongst women."

It is these statistics along with the fact that HIV and AIDS in women has not typically been as well understood as that in men that raises the urgency for greater awareness on some of the

known health-related issues uniquely affecting women living with HIV disease. For example, a common rumor that many HIV positive women have heard is that women with AIDS die faster than men. This is simply not true. But what is true is that, in general, people with HIV who do not access services and lack competent medical care, die faster than people who take an active role in their health care and work with a doctor or healthcare provider experienced in managing HIV disease. To this extent, awareness and information can be crucial for extending the span, as well as the quality of life for women living with HIV. ♦

*For more information on ARC's May 25th Women's Forum, call Michael Hook @ 862-2437.*

## RESIGNATION

I am hereby officially tendering my resignation as an adult.  
I have decided that I would like to accept the responsibility of an 8 year old again.  
I want to go to McDonald's and think that it's a four star restaurant.  
I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.  
I want to think M&M's are better than money because you can eat them.  
I want to lie under a big oaktree and run a lemonade stand with my friends on a hot summer's day.  
I want to return to a time when life was simple; when all you knew were colours, multiplication tables, and nursery rhymes, but that didn't bother you, because you didn't care.  
All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset.  
I want to think the world is fair - that everyone is honest and good.  
I want to believe that anything is possible - I want to be oblivious to the complexities of life and be overly excited by the "little" things again.  
I want to live simple again - I don't want my day to consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness, and loss of loved ones.  
I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, mankind, and making angels in the snow.  
So... here's my checkbook and my car-keys, my credit card bills and my income tax statements.  
I am officially resigning from adulthood!  
And if you want to discuss the matter further, you'll have to catch me first, cause.... "Tag! You're it."

**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.

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  
Website: [arc@silk.net](mailto:arc@silk.net)  
Internet: [www.silk.net/arc/](http://www.silk.net/arc/)

# VOLUNTEER TALKS

## Thank-you ANKORS!

I recently had the pleasure of attending the retreat at Nelson hosted by ANKORS, and had an absolutely terrific time. I would like to personally thank Dennis and Jeanne of ANKORS for a job well done!

Everything was well planned, the food was simply awesome, and the accomodations were great. The Dancing Bear Inn was a great setting, and the staff were terrific. I was pleased with everything that was scheduled, including the hot springs and the bowling, and the massages were great! A special thank-you to Rebecca for the reflexology massage. The hot springs almost tempted me to want to move to Nelson - which I found to be a nice little town.

A good, good time was had by all. I would also like to thank Dennis on a more personal level for his very caring treatment of our dear Janet - who had to stay overnight in hospital - and for putting us up the extra night and for covering our meals.

I really felt welcomed and as though we were all family. I made some great new friends and look forward to seeing them all again. Thanks everyone for a very special memory.

Sincerely  
Laurence Ashberry

## Volunteer's Perspective!

I would like to take this opportunity to share with everyone the rewards of being a client/volunteer with the Okanagan and Region AIDS Resource Centre.



Laurence Ashberry

As a person whose past revolved around *myself*, both in and out of drug-addiction, I was accustomed to thinking only of myself, and not really caring about what happened to anyone else, or myself. It was during this time that I had contracted Hep C and HIV, both as a result of my addiction.

I had been to the Centre for help with some of the difficulties I was having in starting over. From the first time I came into this office I sensed something that was foreign to me; people cared! They helped me a lot, both financially and emotionally. The feeling I got was strange and

unfamiliar to me. These people cared, and from their caring I began to care about myself a little, and from that, I began to care about others.

I felt at first that I had to pay back something. Largely, because of the financial help, I felt this need to pay back, although I was not required to. I couldn't work but I had to do something. On October 29, 1999, with 60 days clean from drugs, I began as a volunteer - first on the reception desk answering phones, and then going out on speaks to various organizations and giving the AIDS 101 talks.

The rewards of doing this are too numerous to mention. However, I must say that being allowed to carry the message to youth in our community about making healthy choices, gives credence to my disease, and definitely helps in the recovery process.

If I am able to prevent one person from contracting the virus, then my time has been well spent and the payment would be much more than any financial reward could ever be.

You don't have to be afflicted to be a volunteer, just a caring and concerned person who will be rewarded with a life that will have so much more meaning.

So, don't just *think* about being a volunteer - BE ONE! ♦

Laurence Ashberry -  
Volunteer & proud of it!

# Why Some HIV-infected People Don't Develop AIDS

(Article by the Daily University Science News - March 16, 2000)

**A small number of HIV-infected individuals remain symptom-free long after AIDS normally would have appeared.**

Scientists from the National Institute of Allergy & Infectious Diseases (NIAID) and their co-workers, now report how a small sub-group of these so called long-term nonprogressors (LTNP's) may avoid disease.

Their research, which appears in the March 14th Proceedings of the National Academy of Sciences, provides new information that one day may be used in developing vaccines or other therapies to control HIV infection.

"This discovery applies to only a very small subset of long-term nonprogressors, but it identifies a feature common to the immune systems of these individuals that likely enables them to resist disease," notes Dr Anthony S. Fauci, M.D., Director of NIAID. "Although it does not explain all cases of long-term nonprogression, the discovery should provide insight into the mechanisms of immune defense against HIV."

Mark Connors, M.D., of NIAID's Laboratory of Immunoregulation, led a team from the United States and Australia in investigating the immune responses to HIV in a sub-group of 13 LTNP's.

The investigators elected these patients because they represented the healthiest LTNP's people with normal CD4+ T cell counts and extremely low levels of HIV in the blood.

This "elite" group of nonprogressors in many cases had virus levels below the level of detection even though they had been HIV positive for 15 years and had not received antiretroviral therapy.

The research team looked at specific immune system genes in these patients and compared them with those from normal progressors. These so-called human leukocyte antigen (HLA) genes encode proteins that attach to pieces of microbes and subsequently signal the immune system to respond.

In HIV and other viral infections, HLA proteins attach to virus fragments

Human Leukocyte  
Antigen's  
(HLA's)  
the key?

within infected cells. These HLA proteins then carry their viral captives to the cell surface where they display them to T cells, which then destroy the diseased cell.

Virtually every cell in the body has HLA proteins; these proteins differ according to type from person to person. Because one type of HLA protein may be better at attaching to fragments of a given microbe, individuals with certain HLA genes may be better at resisting selected infections, such as HIV.

In this study, Dr. Connors, lead author Stephen Migueles, M.D., and their colleagues, found 11 of 13 LTNP patients (85%) had a gene encoding an HLA variant called HLA B\*5701, while only 19 of 200 progressors (9.5%) carried this gene.

When the researchers looked at the T cells from LTNP's, they discovered that many of those cells recognized HLA B\*5701 when it was attached to specific HIV protein fragments.

These findings suggest that a property of the immune systems of these individuals, and not a weakened form of the virus, is the reason why some nonprogressors avoid disease.

Scientists have noticed connections between other HLA types and HIV disease progressions in the past, but this is the first study to identify such an overwhelming correlation.

"Some associations between HLA genes and disease resistance could be phenomena in which HLA isn't the key but is simply located near another important gene," explains Dr. Connors. "The functional studies included in our research indicate that this molecule is likely directly involved in restricting virus replication in this small sub-group of people."

Further studies will investigate in more detail how HLA B\*5701 protects LTNP's from disease and why the protein does not appear to protect the small percentage of normal progressors who carry this gene variant.

In addition, researchers will continue to look for HLA types that protect other nonprogressor subgroups in hopes of identifying additional factors used in the immune system to thwart AIDS progression. ♦

# Volunteer Corner



## Au revoir Merv and thank you..

In the last Newsletter we were informed that Merv McCleod would be leaving us as Volunteer Coordinator, and fulfilling the very important role of leader of the Hepatitis Information Project Program.

I have been a volunteer with the AIDS Resource Centre in Kelowna since September of 1999, and was recruited by Merv, and would like to extend our thanks, on behalf of all volunteers, to Merv for a job well done!

It is a mammoth task to "manage" and keep paid-staff motivated at the best of times, and we as volunteers do not always appreciate what a delicate and important task it is to manage a group of volunteers, who are *not paid*, and keep them happy and motivated!

Truth be told, and lets be 100% honest guys/girls, it's easy not to fulfil your commitments when you aren't being paid because they can't fire you right???

### ODE TO MERVI

**A boss creates fear -  
A leader confidence.  
A boss fixes blame -  
A leader corrects mistakes.  
A boss knows all -  
A leader asks questions.  
A boss makes work a  
drudgery -  
A leader makes it  
interesting.  
A boss is interested in  
himself or herself -  
A leader is interested in the  
group.**

It was mentioned in the last Newsletter that volunteers make up

for 3 full-time staff members and believe me, if 3 full-time staff members made a habit of not pitching up for work - the Centre would be in BIG trouble and 3 folks might get fired!! Seriously though, I just want to thank Merv for making my volunteering experience one that kept me motivated, kept me "wanting" to turn up for work and put in my volunteer hours, and leave every time with a feeling of accomplishment and worth at having made my contribution - however small or insignificant.

Being a woman, I naturally thought that I knew it all, but Merv was both willing and *extremely tactful* in my training on new programs and affording me the opportunity to expand my knowledge and experience, to the advantage of both the Centre and myself!

Merv, we thank you for your diligence, your integrity, your patience, your open-door to all our problems, your respect and gratitude, and I wish you all the best in your new endeavour! ♦

*Ms Lynnie  
Volunteer*

## Volunteer Festival

Since the last newsletter, the most significant event involving volunteers was the Volunteer Festival 2000. It took place at the Parkinson Recreation Centre on April 30 between 9AM and 4PM. A great big thank-you goes out to Tim, Chris M., Laurence, Julie, Judy W., Lynette, Shaila, and Dale. There was quite a bit of interest in the volunteer opportunities available at the AIDS Resource Centre and many visitors to our booth walked away with pamphlets, ribbons and smiles. Overall the participation of ARC is worth the time and effort on the part of the volunteers. Participation in the event was free of charge to not-for-profit organizations that have volunteers and volunteer programs. This certainly was more successful

than last year's event and was well worth participating in from the point of view of making the community aware of the AIDS Resource Centre.

Congratulations go out to Chris and Lynette Oosthuizen who both completed the Food Safe Course



**Merv McCleod**

and were successful in obtaining their certificates. Their expertise will no doubt be put to use at the

future fundraising events involving flipping burgers and hot dogs. It might even be a part of the AIDS Walk this coming September, however, that remains to be seen.

One event that will require a lot of volunteers, having a lot of fun is the Mardi Gras, which will be held July 22. The really fun part of this is the dunk tank, which will be back again this year and will be a source of funds for ARC. Last years, over \$340.00 were raised in 4 hours and people had a lot of fun trying to dunk their friends. Chris Cleaver from CHBC volunteered to be dunked and a lot of people tried to get back at the weatherman for either the lousy weather or the inaccurate predictions. ♦

*Merv McCleod  
Volunteer Coordinator*



## Support Plus... Client Support Information

### INTRODUCING River Glen, our new Client Support Worker!

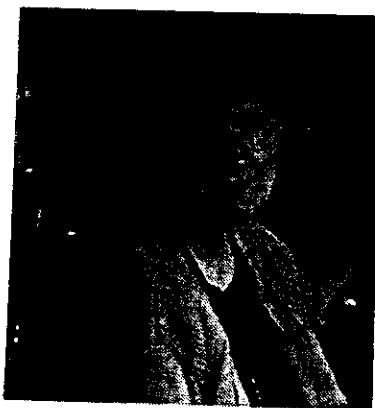
This is a little auto-bio in a nutshell. I am *River Glen*, the new Client Support Worker covering the Vernon and Penticton areas. You may have seen me around since 1997 as a volunteer at the AIDS Resource Centre.

Volunteering has been a great opportunity to learn, connect with amazing people, and help raise the awareness of HIV/AIDS in the community. My new position will allow me an even deeper involvement and positive influence.

Contributing to the work at ARC is important to me for a couple of reasons. Firstly, I'm the Mom of four teenagers and I must try to make some information and support available to them. Right now it is hard for young people to get what they need from their schools and other social organizations. ARC has been working very hard to establish credibility and trust to make such resources accessible. But I think that as parents, teachers, clergy, politicians, and youth become more vocal in demanding these services, real change will be made in the community.

The other piece to my background that has made me embrace ARC's cause is that I

have experienced the loss of loved ones and wish to turn that into positive healing energy. I am a baby-boomer rapidly ripening to perfection, which means I have a slightly foggy recollection of my teens and twenties back in L.A. and San Francisco. Around 19 years ago I abandoned the fast lane and



River Glen  
Client Support Worker

headed North in favour of babies, goats and apple trees. Unfortunately, a few very best friends back home didn't have that option. I think the worst things about those early years when people started to get sick was the ignorance, fear and isolation they went through. At the time, I was buried under the responsibilities of my back-to-basics lifestyle and could only be supportive with phones and letters. My own experience was one of feeling frustrated, ineffectual, and disappointed with respect to some members of the human race who were hateful and intolerant. Thank God for the Elizabeth Taylors of the world. Anyway, you can see I bring some passion as well as my hoped-for healing energy to this work.

My goal as Client Support Worker is to support the quality of life as it is defined by each person I come into contact with. I believe each one of us has a story worth telling, and all our knowledge and experience put together is needed in fighting HIV/AIDS. I will battle the dark forces of ignorance, intolerance, or indifference using my voice and my pen.

Finally, it is my hope that you will always find me eager to learn, highly approachable, and delighted to serve your interests. ♦

#### RIVER GLEN

##### Client Support Worker

Phone: (250) 862-AIDS (2437)

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

e-mail: [rglen@silk.net](mailto:rglen@silk.net)

## OBSTACLES

Defeat may test you -  
it need not stop you.  
If at first you don't succeed  
try another way.

*For every obstacle  
there is a solution.*

Nothing in the world  
can take the place  
of persistence.  
The greatest mistake  
is giving up!



## **17th International AIDS Candlelight Memorial**

Reprinted with permission from Global Health Council

The theme of the 17th International AIDS Candlelight Memorial is:

**"Break the Silence -  
Honour Every Death...  
Value Every Life."**

Since the beginning of this epidemic, people have been afraid to talk about AIDS.

Fear of a mysterious killer and taboos about sexuality and our bodies have helped spread this disease by enforcing ignorance and encouraging prejudice. AIDS does not discriminate on the basis of race, gender or nationality. But people and institutions - media, governments and corporate powers - have stigmatized the virus and its victims, and have distorted the facts and spread fear. All of these cruelties have weighed most heavily on the least wealthy and powerful.

Practically ignored by political leaders in many countries to the present day, AIDS is still misunderstood as a disease that strikes only homosexuals or minorities, only risk-takers or outcasts, only the unlucky or the unrighteous.

While many people living and dying with HIV/AIDS are shamed into silence, the disease infects an even larger percentage of the population. With infection rates in some nations now as high as 25% and climbing, the AIDS epidemic is more clearly than ever not a problem of minorities, but a threat to all humankind.

It's deadliness as a disease is matched by the challenge it presents to the economic survival of entire nations, to the stability of societies, and to the progress in the upholding of human rights everywhere. Tens of millions of people living with HIV might have avoided infection if only they had been given the facts about transmission and prevention. Most of these people cannot begin to afford the drugs that are keeping a relative few healthy. Millions have died without access to effective treatment of any kind, suffering not only the ravages of AIDS but also stigmatization and discrimination by their communities. We must break the silence about AIDS by speaking out about HIV transmission, treatment, testing and survival.

By speaking out, we honour those that have lost their lives to AIDS, and we reach out in solidarity to those who are living with HIV/AIDS. We join with those who grieve for loved ones lost to AIDS, speaking out to restore hope and erase the pain of stigmatization.

The International AIDS Candlelight Memorial and Mobilization is an opportunity to let our neighbours, our communities, our nations and the world know that the lives of 34 million people living with HIV and the lives of the 16 million who have died are valued, are priceless, are irreplaceable.

The Candlelight is observed on six continents, in 43 nations, in hundreds of cities and towns around the world. It's an occasion to speak for the rights of people living with HIV and AIDS: for equality before the law,

for access to care, for equity in treatment regardless of who they are, what they earn or where they live.

It's a chance to spread the word to people who are at risk of contracting HIV. We can tell them what they need to know to avoid transmission. We can tell them about the importance of testing for HIV. We can let those at risk know that their lives are valued, that we care whether they live or die.

And of course this event is a world-wide call for action, for political and social change, for advocacy and protest to ensure that government, businesses and social institutions respect the rights of people living with HIV/AIDS. The power of profits is still being respected over the value of human lives; at these memorials, we must mobilize to reverse that equation, to make international law and international commerce put humanity first and profits second.

The theme - "Break the Silence: Honour Every Death... Value Every Life" - is intended to embrace every person touched by AIDS. This theme was selected in the hope that your community will form a network of support for those who need it. Then the silence will be broken where you are, and in communities throughout the world, linking people everywhere together in a network of knowledge, hope and dignity. Let us join together and be heard.

### **KELOWNA'S OBSERVANCE**

Simpson Pavilion

Knox Mountain Park

Kelowna, BC

May 28, 2000

8PM

Call 862-2437 or 1-800-616-2437  
for further information

# AIDS RESOURCE CENTRE'S THEATRE PROJECT

## EXPERIENCING RESISTANCE FROM CONSERVATIVE KELOWNA.....

If you happen to be an avid reader of the Capital News newspaper, as many Kelowna and area residents are, you may have noticed in the April 19th edition of that paper, the published results of a poll which go a long way in illuminating the attitude of many local residents toward the idea of safe-sex education. In that poll, the exact parameters of which were left to the imagination of the readers, it was noted that 52% of people polled indicated that they disapproved of the idea of a safe-sex message being conveyed to their youth through the medium of dramatic arts. As there was no elaboration on the potential meaning of this poll result, or how the poll was actually conducted, one can only presume that the poll results were published without regard to the consequences for peer education projects of the kind the AIDS Resource Centre is currently engaged with. And, certainly, based upon the experience of the project coordinators so far, a negative attitude toward ARC's brand of peer education is well represented in Kelowna, and tends to bear out the likelihood that the published poll results may actually be accurate.

John McDonald, staff writer for the Capital News, was writing prophetically when he responded to the question posed in an April

14th article in the Capital News of whether it is possible to stage a play about safe sex without causing controversy in a town as conservative as Kelowna, that the AIDS Resource Centre was about to find out! Indeed we have found out that the idea of teaching youth the dangers of unsafe sex, and the virtues of abstinence from sex, alcohol and drug use, really are controversial! Judging from the low turnout to our second audition and the unsupportive attitude of many local drama schools to our "Acts of Choice" project, this observation seems to be true. As if to put words to this attitude, we actually had a number of people representing various organizations in Kelowna, call the Centre and express their displeasure with the fact of the City of Kelowna having funded this project.

It seems we are all of a sudden facing a palpable wave of resistance to our theatre project, which certainly defies all of our initial expectations that people would be happy to have their youth participate in a project that not only helps build their self-esteem, but which gives them the opportunity to do an important community service, as well as getting a start in the growing theatre and film industry. Such is the irony of life!

Nonetheless, despite these setbacks to our project, the ARC theatre team is determined to see the project through to success, as

we continue to believe that the principles upon which the project is based are fundamentally virtuous and sound, and will ultimately triumph against prejudice and ignorance. For this reason, in spite of our male talent pool having been particularly limited, we have nonetheless been fortunate to have found enough talent to meet our requirements.

And, based upon the successful General Meeting for "Acts of Choice", held on April 26th, where we officially posted the cast and crew for all four plays, there appears to be no reason to think that this conservative back-lash will be successful in confounding the project. Indeed, a great level of enthusiasm by all involved was shown during this meeting, and preceded the beginning of regular rehearsal sessions which started May 1st. Moreover, the enthusiasm and support of those involved with the project from the start, including many theatre-related arts professionals, is as strong as ever, and we are still continuing to attract experienced people from many backgrounds who wish to offer their expertise.

So, it seems, THE SHOW WILL GO ON!

◆  
Michael Hook - Producer

# 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.

**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

**ARC's  
Women's Forum**  
Get the latest facts on  
Women & HIV/AIDS  
@ KLO OUC Theatre  
May 25, 2000 @ 7PM  
For more information  
call Michael  
@ 862-2437

**"Acts of Choice"**  
**Live Theatre**  
A Peer Education Program  
by Youth aged 15 - 29  
Date: June 28, 2000  
Time: 8PM - 10PM  
(Doors open at 7:30PM)  
Location: StageWorks Playhouse,  
1379 Ellis Street, Kelowna  
Tickets: \$5.00  
available at #202-1626 Richter Str.  
Telephone: 862-2437  
Produced by: Michael Hook  
Directed by: Brad MacAfee

**SPEAKERS TRAINING**  
The AIDS Resource Centre  
is holding weekly speaker's  
training meetings on Monday  
evenings from 6:30PM  
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 Hook  
@ 862-2437

## ARCDROP-IN HOURS

Terri Ross  
our Client Support  
Worker, has drop-in  
hours on Thursdays  
from

9AM - 12PM

If you wish to see  
her at other times,  
an appointment is  
necessary.

## VOLUNTEER TRAINING

June 23 @ 7PM - 9PM  
June 24 @ 9AM - 4PM  
@ OUC's KLO Campus  
Rooms H107, H108, H115  
To register call  
AIDS Resource Centre  
@ (250) 862-2437  
for more info

**PUT THIS  
INSERT ON  
YOUR  
NOTICE  
BOARD**

## OUR THANKS GO OUT TO.....

STARBUCKS for donation of  
coffee.  
KELOWNA FOODBANK for  
doughnuts.

STAGEWORKS PLAYHOUSE  
for their continued support of  
the "Acts of Choice" project.

MCDONALDS  
RESTAURANT for juice and  
cooler for General Meeting  
of "Acts of Choice"