

for the AIDS Resource Centre - Okanagan & Region

DARE TO BELIEVE...

That you are a wonderful,
unique person.
That you are a once-in-allhistory event.
That it's more than a right,
it's your duty, to be who
you are.
That life is not a problem to
solve,
but a gift to cherish.
And you'll be able to stay
one up on what used to get

WHAT'S INSIDE

you down.

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"ACTS OF CHOICE"

Project to debut June 28, 2000 Editor's Update...

As the main production date for the Acts of Choice theatre project draws nearer, the level of excitement and anticipation is steadily building for the both the ARC staff in charge of the project, and the extensive volunteer brigade approximately 40 people young and older-comprising the cast and crew. excitement is building especially as the many important components of the theatre production are really starting to take shape and coalesce.

Back in January of this year, the project barely had a name and consisted only of a collection of concepts and ideas brainstormed by both the Educator and the Executive Director of the AIDS Resource Centre; yet now the project consists of a full cadre of actors working under the expert direction of film and theatre professionals, as well as a full production crew working assiduously to bring together all the myriad of components necessary for a high-caliber theatre production.

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"Acts of Choice" Production Crew hard at work.....

"Acts of Choice"

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Currently, for example, there are Acts of Choice production departments devoted to set designing, costumes, make-up artistry, stage managing, musicals, and sound and lighting, each headed by a theatre/arts professional who is managing, instructing, and directing a cadre of youth in that department. We also have a ticket-sales manager-Debbie Brodskywho is working to allocate and distribute the tickets for the June 28th production date, for whom the Mayor, City Council, local MLA and MP, are all on the VIP list. (Special thanks goes out to Lynette Oosthuizen for her ticket and program design amongst all her other computorial feats.) There are going to be only 300 tickets printed, so if you are planning on attending the production, please pick up your ticket(s) at the AIDS Resource Centre as soon as possible. (The cost is a nominal \$5.00 per ticket, which is exempted for volunteers of the Acts of Choice project.)

If all the energy and enthusiasm going into the June 28th production date is not excitement enough, plans are already in the works for a Phase 2 of the project. Indeed, a goal has already been set to make a commercially-viable video version of the production, which will actually be filmed on location in appropriate outdoor and indoor venues. At the time of writing. the AIDS Resource Centre is engaged in negotiations with a local film/video production company for this purpose, and is looking to the last two weeks in

July as the production timeperiod. The idea has had a particularly enthusiastic response among the actors who would love to get some experience in the film industry in order to complement what they are currently doing with the theatre component of the production; not to mention the enthusiasm from the prospect of maybe even getting the filmed version to air over one or more of the networks like YTV, for example,

But to avoid getting carried away with dreams of glory and fame, Youthco AIDS Society from Vancouver came down on June 9, 10, and 11 to help ground us in the knowledge of the real purpose behind the project, which is to raise awareness of HIV/AIDS. particularly as it pertains to youth. Indeed, as part of their "Choices Project," Youthco held a workshop for 15 youth involved in the Acts of Choice Project, so that these youth could knowledgeably act as youth authorities around the issues HIV/AIDS. This complements nicely the work these youth are doing with the Acts of Choice project, since the themes of the plays focus around issues connected with HIV and AIDS, and prevention thereof. The goal of the workshop is that the participating youth will be able to transmit the knowledge gained to both their peers working in Acts of Choice, as well as to any other organizations they may be affiliated with in the community. Of course, the main concept this is all founded on is peer education, which is the driving idea behind Acts of Choice.

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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 E-Mail: arc@silk.net Website: www.silk.net/arc/

TOPHER TALKS..

"A Client's Viewpoint"

Well, summer is supposed to be here, and it is time to get out and enjoy the great Okanagan weather-if it ever gets here. While we are out and about most of us throw caution to the wind and enjoy the season. Not only do we as HIV Positive people have to play safer sexually, but we also must play safe with our health. Now you may wonder what I am getting at. Well, thanks to the government, the proverbial Monkey Wrench is being thrown into our lives, AGAIN. What am I talking about?

Well, as of September 5th 2000 most of us who have Wills or Powers of Attorney might find them to be invalid and in need of updating. Now how does this affect us as PWA's? Most of us do not have enough money to worry about that, or so you think. But if you should become incapacitated and hospitalized, you may run the risk of having your life run by a Committee (a single person) and having very little say in your own life. What little you have of value and wish to leave to someone, will be decided by this Committee. You need a current and binding Will with the Province of British Columbia. Also if you wish your partner to make decisions for you when you are sick, you need to make sure that you have a proper Power of Attorney.

Now, I just attended a workshop on this stuff and I find it very confusing, but I will try to explain what I think it means. Wills: If you have a current Will in the Province of British Columbia, it remains valid. If you have one from another province, it is only a guideline, and can be rejected by the court system if your family disputes it. Power of Attorney: There are three types in place right now: Specific, which covers stufflike any land you own and need transferred; General - that covers living expenses, paying your

daily bills and any shopping that is done for you etc.; and Enduring-which is what will stay in affect after Sept.5th 2000 (it better be Enduring so your wishes remain in your control.) Any of us who have had Living Wills will find out that they are no longer valid. Someone else will be making decisions about our health concerns and whether or not to suspend life support systems.

A new law that is coming into effect Sept. 5th 2000 will be covering these. It will cost us money to get them back in place. What is coming into effect is a Representation Agreement which will replace Enduring Powers of Attorney. This is a binding expression in writing by an adult concerning personal care and financial matters. Who can apply for one? Anyone over the age of 19. What does it contain? It names the adult (you or I) granting Powers of Representation. Naming the person who you want as a Representative, plus some one to Monitor the Representative. In it you can give direction on Health Care Matters, plus direction on financial matters.

There are two types of Representative Agreements: A Basic Representative Agreement; and Enhanced Representative Agreement. What is the difference? Well, I will try to explain. The Basic Representative Agreement is of limited scope, where an adult can authorize their Representative to make, or help make decisions on the adult's behalf relating to such matters as personal care, where and with whom you live, and routine management of financial matters including paying bills and receipt and deposit of pensions and other incomes. They are able to make minor health care decisions and obtain some legal services for you.

Limits of a Basic Agreement place restrictions on use of credit cards, obtaining new loans, dealing with land and depositions of personal property, to name a few. Restrictions on Health Care matters entail that there would be no help to obtain an abortion, and one could not refuse life-support care and treatment.

An Enhanced Representative Agreement is more advanced, and you can grant the same rights covered in a Basic Agreement, but additional powers can be granted to things like power to deal with lands, refusal of life-support, and making arrangements for care of your minor children are included here.

In summary- an Enduring Power of Attorney is a one-page document—not cumbersome to draw up—which can eliminate government interference and is low-costing. Disadvantages: It only relates to finances, cannot be used for Health Care Directives, and there are no built-in safeguards or rules of use.

The Basic Representative Agreement can give Health Care Directives, and there is no need to consult a lawyer, but it does restrict the powers that can be authorized. The advantages of an Enhanced Representative Agreement include a broad range of powers that can be authorized, which can cover both financial and Health Care needs. The disadvantages are that it is very expensive, (somewhere between \$200 to \$800), is less flexible than the Power of Attorney, and entails more government intervention.

Confused now? I recommend talking to your lawyer, or even phoning the office to see how this will affect you.

Canada AIDS Update POSITIVE HIV TEST REPORTS IN CANADA

Reprinted from April 2000 edition of Health Canada's HIV/AIDS Epi Update

Introduction

In 1999, 2,231 individuals were newly-diagnosed with HIV and reported to the Laboratory Centre for Disease Control (LCDC), Health Canada.

This Epi Update summarizes available data on diagnosed HIV infections in Canada and highlights trends in reported HIV cases.

HIV Positive Test Reports

The number of newly-diagnosed positive HIV tests has been slowly declining since 1995 when 2,989 positive tests were reported. The 2,231 new cases in 1999 compares to 2,783, 2,537 and 2,330 in 1996,1997 and 1998, respectively.

Factors such as who comes forward for testing (testing patterns), reporting delays and under-reporting of positive HIV tests may influence this observed decline.

Trends in Exposure Category among New Infections

The HIV epidemic in Canada has changed from the early epidemic that primarily affected men who have sex with men (MSM) to the current epidemic that primarily affects injection drug users (IDU), MSM and to some extent, heterosexuals (HET).

In the reporting period 1985 to 1994, MSM accounted for 75% of newly-diagnosed positive HIV tests reported to LCDC.

In contrast, in 1999, MSM accounted for 37% of positive HIV test reports.

For reporting purposes, heterosexual contact is defined to be the sum of two exposure categories; persons with no other reported risk factor and who report heterosexual contact with a person who is either

HIV-infected or who is at increased risk of new positive HIV diagnoses, while for HIV infection, and persons with no other reported risk factor who were born in a country in which the predominant among men and 24.8% among women means of HIV transmission is in 1999. heterosexual contact. Please see HIV and AIDS in Canada: Surveillance Report Positive Tests to December 31, 1999 for details.

In the 1985 to 1994 reporting period, heterosexual sexual contact accounted for 6.2% of reported positive HIV test reports. In comparison, heterosexual contact accounted for 19.4% of positive HIV test reports in 1999.

An exposure category that has seen annual increases in the proportion of newly-diagnosed cases is No Identified Risk-Heterosexual (NIR-HET). This

> 2,231 INDIVIDUALS NEWLY DIAGNOSED IN 1999!!

exposure category encompasses those individuals for whom heterosexual contact is the only risk factor reported and nothing is known about the extent of HIV risk for the heterosexual partner. NIR-HET accounted for 1.3% of positive HIV test reports amongst adults in the period 1985 to 1994. This proportion grew to 5.4% in 1997 and 9.3% in 1999.

Trends in Gender among New Positive Tests

Of the 45,534 cumulative number of positive HIV test reports reported, females represent 13.3% (5,288/39,778) of positive tests with known gender.In 1995, among those with known gender, males accounted for 80.5% (2,191/2,721)

females accounted for 19.5%. This compares to 75.2% (1,643/2,186)

Caution should be exercised in interpreting trends of age at HIV diagnosis, because unlike gender and exposure category, age at diagnosis is temporal in nature. Since in many cases, age at diagnosis is not the same as age at infection, it is difficult to make inferences regarding age at infection based on age at diagnosis. Trends in Age among **New Positive Tests**

In women, the age at first positive HIV test is primarily between 29 and 30-39 years. Among reported positive HIV tests in men, we find that the age at first positive test is mainly between 30-39 years.

COMMENT

Positive HIV test report data suggest that the HIV epidemic is moving into susceptible segments of the population. Increases in the proportion of positive tests among women, and among the IDU and heterosexual exposure categories are indicative of these changes.

Although those who present for HIV testing and test positive are only a proportion of the HIV-infected population, it is of value to observe trends in this population of newlydetermined HIV-infected individuals to assist in examining epidemic dynamics, to contribute to estimating HIV incidence and prevalence, and to assist in evaluating and guiding prevention programs and resource allocation policies.



Well, hello to everyone! First,

to introduce myself. My name is

Traci Thompson and I am the new Office/Volunteer Coordinator for the

AIDS Resource Centre. I am taking over the Volunteer Coordinator position

from Merv McLeod, who has served

unconditionally for a year in the

position and has moved on to another

challenge as the new HIPPO

Coordinator.

Program here at ARC.

ANOTHER CORE TRAINING ON THE WAY!

Yes, it is being offered again

I am very honored to be part of such a fantastic organization, run by fantastic people. In the past month in the new position, I have come to realize -even more so- how important the role of the organization is locally, as well as globally. Hence, I am very enthusiastic about being involved with the education and awareness about HIV/AIDS prevention throughout the Okanagan.

Secondly, my background consists of many years of being involved with the volunteer sector. I have been an active volunteer in Kelowna since the age of 8. More recently, from 1996-98, I have organized volunteer services with OUC in the History and Anthropology departments and have been active in other programs such as the Kelowna Museum Society.

My educational background includes a Bachelor of Arts with a double major in Modern World History and Cultural and Archaeological Anthropology from Okanagan University College and the University of British Columbia. The Cultural Anthropology degree is more geared to what I am currently involved with working for ARC. Human Resources. current cultural and social issues locally and globally and how these topics combine together to form our present-day pandemic of HIV/AIDS, is very useful for my job description.So, my hope is that I can

TRACI THOMPSON Office/Volunteer Coordinator

A SPECIAL THANKS TO ...

Shaila P., Laurence A.,

Tim F., Julie D., Judy W., Chris M., River G., Dale M, and Vicki B., for their profusion of office volunteer work. and Stephenie J., Janet W., Chris M, Melissa H., Debbie B., Laurence A., Julie D., Carell C., and Tim F., for all their work in the Education/ Speakers Bureau department.

be a great support system for taking the course, give me a call at 862our Volunteer Services 2437 or drop into the office at #202 -1626 Richter St. before June 22™. 'Hope to see you there!!

VOLUNTEERS - THANKS SO MUCH!

I would like to give out a big for those who missed the last one! The THANK-YOU to the tireless hours served course starts on Friday, June 23, 2000 and the patience of the volunteers in my from 7:00 p.m. to 9:30 p.m., and first month here. Putting out the continues through to Saturday, June 24, newsletter, keeping everything in the 2000 from 9:00 am to 4:00 p.m. at the office neat and tidy, showing me the KLO Campus of Okanagan University ropes and just plain old answering the College in rooms H107, H115, and H108 phone has just been phenomenally (June 23) and H115, H107, and H108 appreciated. Special thanks for all of (June 24). The course is free of charge this help goes out Laurence Ashberry, to interested OUC students and HPEP Tim Foster, Julie Desautels, Judy members; otherwise there is a \$15.00 Waege, Chris MacKenzie, River Glen, registration fee. If you are interested in Dale Maloy and Vicki Barr. Also, the many hours which were spent on the Women's Forum that ARC featured on May 25th by Lynette Oosthuizen and Shaila Patel and our speakers Janet Wilson, Julie Desautels and River Glen was a phenomenal effort and was also greatly appreciated. Finally, another big THANK-YOU to speakers Tara and Diana Martin, Janet Wilson and Julie Desautels for making the 17th International AIDS Candlelight Memorial on May 28th memorable and helping Daryle and I out with the event along with Dena Barabash at Orchard Plaza Overwaitea Floral Department for donating the carnations.

EVENT ALERT!!

Mardi Gras 2000 is creeping up on us quickly and, yes, we are doing the always-popular Dunk Tank to take out your frustrations in exchange for a donation. If there is anyone who would like to be a "dunk victim" in this year's event, please give me a call.

A BIG FAREWELL AND GOOD LUCK

Everyone and myself at ARC would like to say farewell and good luck to one of our newest volunteers, Shaila Patel. Shaila and her husband have been transferred to Vancouver. Shaila's work with ARC has been greatly appreciated and she will be missed. Good luck to you in your future endeavors, Shaila, and come and visit lots!!!



I Feel The Need For Speed!

Recently the Ministry of Social Development and Economic Security created a new program for individuals that are unable to use public transportation due to their disabilities. For example, if you have a low CD4 and a high Viral load and are at high risk for Opportunistic Infections then taking the public bus to your doctor's appointments is probably not a wise idea. If you believe that your physician will agree to sign off on this you may be eligible for additional funding for transportation. However, if you do decide to apply for this funding you will be required to forfeit your annual Disability Bus Pass, but it will NOT affect your eligibility for Medical Transportation. You can get an Application for Special Transportation Subsidy from either your Financial Assistance Worker at the Ministry or your Client Support Worker at the AIDS Resource Centre.

I Will Quit Smoking, Just Not Today!

If you are one of many people that really want to quit smoking but haven't been able to find the secret to staying a non-smoker then we may be able to help. The AIDS Resource Centre is willing to help provide PWA's with Zyban (the wonder drug that helps people quit smoking), however you have to be serious about quitting. You must meet with your physician and discuss this with him/her. Then, once your physician provides you with a prescription, contact your Support Worker to arrange payment. If you have any questions about this you can call your support worker for more information.

More Free Advice!

In the past, the AIDS Resource Centre has provided free counseling to PWA's and their families. Unfortunately, this was put on hold due to a lack in available counselors. Well, we are pleased to inform everyone that we once again have counseling available. Specifically, we are offering to subsidize PWA's one-on-one counseling with a licensed counselor which we will recommend. If you are interested in this, give your Client Support Worker a call and she will provide you with more information.

Women Spoke Up and were Heard

Recently Terri Ross (Client Support Worker) attended the National Conference for Women and HIV/ AIDS, in Toronto Ontario. This was a great opportunity for Terri to learn more about women's issues, as well as see a bit more of Canada (she is amazed at how diverse Canada really is, and is pleased to announce that people back East are very friendly). The Conference had approximately 500 women in attendance, as well as 100 men. There were four main program paths including legal/ethical/ public policy, prevention, support & treatment. Terri held a presentation on Support for Women living in rural areas (this was the only session regarding rural support during the entire conference.) During the closing, recommendations that were generated from the sessions were presented to all 600 participants; thus the information that was generated during Terri's session was also shared during the closing ceremony in front of all 600 participants. This was an excellent opportunity for the AIDS Resource Centre to make new connections and raise awareness about the diverse needs of Women living with HIV/AIDS in the Interior of BC. Terri would like to thank Daryle Roberts, as well as the entire staff at the AIDS Resource Centre for supporting her, and providing her with this wonderful experience. Thanks!!!

What's Happening to our Support Groups?

According to the current facilitator of the Kelowna HIV/AIDS support group there has been a definite lack in attendance and interest, therefore the Kelowna support group will not be meeting on a regular basis anymore. This is unfortunate, and unless more PWA's start showing interest and are willing to help the facilitator then the group will be put on hold. Further, we need more interest from PWA's for a support group in Penticton where we have people willing to facilitate a group, but so far not enough PWA's showing interest in attending; we would like to change this! So if you are interested and want to actively participate with a Support Group in either Kelowna or Penticton, please contact your Client Support Worker. The AIDS Resource Centre is committed to providing PWA's with ongoing support and services, but we need your input and feed back so we can meet your needs, so if you want a Support Group tell us!

Treatment & Information!

Since the beginning of the year the AIDS Resource Centre has been holding Information sessions for PWA's. These sessions have included guest speakers from other Community Organizations that each specialize in one particular area. The sessions we have held so far have included: Nutrition and HIV/AIDS (Guest Speaker: Diane Peabody, St. Paul's Hospital); and Depression and HIV/AIDS (Guest Speaker: Katherine Irwin, Kelowna Mental Health). Unfortunately, due to a busy spring schedule we were unable to organize a session for the spring.

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TERRI ROSS

Client Support Worker Phone: (250) 862-AIDS (2437) Toll Free: 1-800-616-AIDS (2437) e-mail:tross@silk.net

The AIDS Resource Centre Starts a Hepatitis C Program

HIPPO is the acronym for the Hepatitis Information Project Program of the Okanagan. Funded by Health Canada, this three-year project began on June 5 of this year. The goal of the program is not only to raise awareness of hepatitis C among the general public, but also to establish educational programs, prevention programs, and support programs for those people whose lives have been affected by the HCV (hepatitis C virus).

It is estimated that in the Okanagan and Similkameen Valleys, some 6600 people are Hep C positive. British Columbia, in fact, leads Canada with the

number of people who are infected with hepatitis C. In the rest of Canada, 50 out of 100,000 people have hepatitis C while in BC the number is 204 out of 100,000. One of the motivating factors leading ARC to apply for this program is the fact that 65% of our clients are both HIV+ and HCV+.

This project is in its infancy stage at the moment, but will continue to develop and take form over the next 3 years. Look for short articles, which are either hepatitis-C related or HIPPO progress reports in future issues of the ARC Newsletter.

Merv McLeod

THE CONDOM COPS ARE BACK...



Justin Wallace / Willow Lloyd

The Condom Cops are back and on the attack!

The summer of 2000 has brought a newly formed dynamic duo to Kelowna's downtown core. Under Willow and Justin's watchful (4) eyes, the young (and not so young) will not

find themselves without latex in their most special of moments. Although the weather has been poor, and the beaches have been under-crowded, Kelowna's nighttime haunts have been as busy as ever. Particularly popular are the "big three": Splashes, Gotchas, and the Vibe; where on a good night, over 400 condoms can be distributed.

Overall, our reception in the community has been very positive. Our current goals are to gain entrance to O'Flannigans & Flashbacks, to increase awareness on issues surrounding safer sex and the transmission of STDs, to prevent people from needlessly having unprotected sex, and to get a great tan!

Justin Wallace & Willow Lloyd Condom Cops 2000!

Client Support

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However, we are currently working on scheduling an Information Session for July (which may be on a Holistic approach to Therapy). The details of this session have not been arranged yet, but we will keep everyone posted. Once again, we invite feedback on future sessions. Contact your Client Support Worker with your input.

Fun, Fun, Fun - Till Daddy Takes the T-Bird Away!

Well, summer is here - although you wouldn't know it from the weather we are having! The AIDS Resource Centre wants to wish everyone a good summer and reminds everyone to be responsible while on the water, land, and sky! Also we just want to let everyone know that Terri will be away from June 12-16, because she will be lending the Surrey AIDS Network a helping hand. While she is away River will be available if you have an emergency. Terri will also be away from July 24 till August 8, during which time she will be on holidays (because she needs to get a tan!). River will be covering for her during this time as well. Have a good summer and enjoy yourselves! •

"Acts of Choice"

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This is a concept that is supported by firm empirical evidence that shows that youth listen to other youth. This is why for the AIDS Resource Centre of the Okanagan & Region, it is the youth themselves who are in the vanguard in the fight against HIV/AIDS.

Michael Hook Editor

NOTICE BOARD

rara 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.

SPEAKER'S TRAINING

The AIDS Resource Centre is now taking registrations for weekly fall-session meetings to begin

Monday, September 11, @ 6:30 p.m.

in our Board Room. Training to follow ToastMasters format, and employ video-taping. Registrations for core-training graduates and aspiring speakers bureau

members only. Call Michael @ 862-2437 to register

ARC DROP-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.

"ACTS OF CHOICE"

A Peer Education Program by youth aged 14-29 Live Theatre Event

Time: 8:00-10:00p.m. (doors open at 7:30p.m.) Location: StageWorks Playhouse 1379 Ellis Street June 28th, 2000

Tickets: Only \$5.00 each at: #202-1626 Richter St. 862-2437

Volunteer Training

7pm-9:30pm 9:00am-4:00pm June 23 June 24

at OUC's KLO Campus, Rooms H107, H115, H108. To register, call the AIDS Resource Centre @(250) 862-2437 before June 21

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

OUR THANKS GO OUT TO.. ,

Starbucks for donation of coffee. StageWorks Playhouse for their great co-operation and contribution of materials and expertise for the Acts of Choice production to be held in their facility on June 28.

- Knights of Columbus -Holy Spirit Council,
- G. Edwards,
- Denise Brownley,
- Douglas & Margarett Kinch.

for their generous financial donations.

Sun FM for advertising "Acts of Choice" Theatre Project

And, Special Thanks to Lynette O. for all her great work including formatting newsletter, as well as helping maintain order and efficiency in Michael's office.