

# ARC News

October, 2000  
Volume 4, Issue 5

## The Wizard of Oz said.....

### To Tinman:

".. and remember, my sentimental friend,  
That a heart is not judged by  
how much you love,  
But by how much you are loved  
by others.."

### And the lesson Dorothy learned:

"If I ever go looking for my  
heart's desire again,  
I won't look any further than my  
own backyard.  
Because if it isn't there -  
I never really lost it to begin  
with.."

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for the AIDS Resource Centre - Okanagan & Region

## "AIDS WALK 2000"

### Over \$25,000 plus Great Awareness Raised in 4<sup>th</sup> Annual AIDS Walk

With red balloons flying, and led by the KARE Bear, the fourth annual AIDS Walk made a great roar this year with over 300 participants walking, rolling, and strolling the 3km walk route on September 24. Although the numbers were somewhat smaller than expected, the enthusiastic participants overcame any feelings that the message of prevention and awareness of HIV/AIDS is not being heard throughout the Okanagan.

Indeed, the message that HIV/AIDS is here in the Okanagan, that it can affect anyone, and that it is preventable, reverberated throughout the Okanagan as a result of the huge publicity-generating machine that supported this event. Not only was the message heard through vigorous print, radio, and television advertising, but tremendous awareness was raised through a monumental fund-raising effort.

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## "AIDS Walk 2000"

... continued from page 1

For this reason, leading up to the AIDS Walk there was scarcely a business in Kelowna that did not display at least something pertaining to the AIDS Walk, and hardly a time when references to the AIDS Walk could not be heard or seen in the media: For a time then, the issue of HIV/AIDS couldn't help but be imprinted in the awareness of Okanagan residents. From this standpoint, the Walk was a huge success, because the more people that become aware of this disease, the more that can be done in the area of prevention. And, certainly, even if only one life was saved through this awareness, then all the efforts of Walk organizers were more than worthwhile!

The most concrete indication that the tremendous efforts of Walk organizers – Gary Taylor, Lynette Oosthuizen and Daryle Roberts - were a great success at the 4<sup>th</sup> Annual AIDS Walk, was the fact that over \$25,000 was raised by individuals, teams, corporate and small business pledges and donations. This is money that can now be used for more and better support and education programs, both for people infected and affected by HIV, and to help prevent the further spread of HIV in the Okanagan Valley. *This is a great help at a time when funding from the government is still not enough to pay all the bills.*

### Support Grows in the Okanagan Community

The corporate community and individuals who helped make this year's AIDS Walk a success are very much appreciated for their continued support in the fight against HIV/AIDS. Some notable contributors included the Starbucks Group who received the designation as the Top Fundraising Team with a total of \$883, and Chris von Schoening of Vernon who was the Top Individual Fundraiser with a total of \$1670. A big thank-you also to Mr. Ron Cannan, Kelowna

City Councillor, who was the Chair of this year's AIDS Walk.

The stage for this year's successful Walk was set with a fabulously sunny Okanagan sky overlooking City Park, and Waterfront Park where the Walk began at 11:00 AM

and ended at 12:30 PM.

Mr. Ron Cannan initiated the Walk by welcoming the participants and helping in an aerobic warm-up. And, the balance of the afternoon was spent enjoying excellent music by the "Vocal Point Trio", a moving speech from Barb Hill of the Westbank First Nations Community, and a theatre presentation by Acts of Choice – a youth peer education program coordinated through the AIDS Resource Centre. On top of this, many prizes and awards were donated by generous sponsors and were given out throughout the afternoon.

**Indeed, a great time was had by all!** ◆

## 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.

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

# TOPHER TALKS..

## "A Client's Viewpoint"

In this world there are many laws written to protect us; laws like those directing us to wear seatbelts while riding in a car; or those ensuring that guns are not carried down the street. Also drinking and driving is against the law. Some rules relate to moral laws — as the Ten Commandments from our churches— while others regulate public behavior.

So why after 20 years of fighting HIV through safer sex lectures and safer practices, are people taking up "barebacking?" What is barebacking you ask? Good question. Barebacking is the act of having anal intercourse without the use of a condom. Individuals claim it feels better in the act of both giving and receiving. They claim it gives them more intimacy with their partner.

Yet, what this also gives is an increased risk of transmission of the Human Immunodeficiency Virus. We have known about this virus since the early eighties, and we have learned more and more about it's mode of transmission. The number one way to not transmit the virus is through abstinence. BUT for most of us that is not an option. The next best thing is to only engage in less risky behaviors.

For those of us who wish to take it one step further, we engage in anal intercourse. To reduce the risk we have learned to make use of condoms. These pesky little things come in two different forms, (one for those with latex allergies) and different sizes from regular to large, as well as ones with extra large reservoirs. So, there is one for every size of guy. If a guy does not like the feel he may try a bit of lube (water based lube only) inside the condom to help increase the sensitivity.

Condoms are easy to use, and for those who are more adventurous, they can get their partner to apply them to add excitement.

So why do people still think barebacking is better? Obviously, some feel it is more personal. Some claim they only have sex with negative partners — but, who really knows when they had their last test done? And, how many guys and girls out there know that those results only show what happened three to four months ago—not what has happened since that date? Also remember the fact that for every person you have sex with, you are multiplying your risk by many times. So why take the risk? If you want to engage in higher risk activities, approach them responsibly, and take precautions to reduce the risks.

Some of those who are HIV+ have taken the attitude that they are already positive, so they do not have to take precautions. This is crap! Remember we are dealing with a virus, and viruses mutate easily. So every time the virus is passed it changes and is slightly different. After 15 years or more of medications we are finding viruses resistant to some or all of the medications. So a positive person with a very "naïve virus" meets and has unprotected

"Courage is what it takes to stand up and speak;

Courage is also what it takes to sit down and listen."

sex with a person with a "drug resistant virus". Now, this person is possibly carrying two different viruses—one easily treated, and the other that will not react to most modern medications.

In the late 80's and early 90's, anyone who has been around the gay world has had the joy of watching friends drop like flies. They remember what it is like to bury a friend every week for many weeks. Today AIDS affects everyone, not just the gay community. There is no cure for HIV, so why are people thinking medication is going to cure them, or that they will be able to lead happy normal productive lives? Ask someone who has a virus resistant to medication. Or ask someone who is suffering from the side effects of the medication used to treat the virus.

Barebacking, which is taking place in ALL communities, is a practice that should be stopped. When we have developed a vaccine or cure that works for certain, then we can revert back to these practices. Until that time, we can hold fond memories of what it was like to have condom-free sex.

For those who are confused about what safer sex is, PLEASE contact the AIDS Resource Centre for the date of their next AIDS 101 training. This would include coverage of both definitions of HIV/AIDS, and an analysis of sexual practices and their associated risks and preventative options.

The AIDS Resource Centre phone number is 862-2437 (for those who are calling long distances, try 1-800-616-2437.) AIDS in this day and age is totally preventable. Do your part and practice safer sex! ♦

## New Aboriginal AIDS Society Opens in Okanagan!

The Okanagan Aboriginal AIDS Society has joined forces with the AIDS Resource Centre to help meet the needs of the Aboriginal Communities of the Okanagan. With funding provided by the Okanagan Training & Development Council (OTDC), OAAS has created two positions to start the work of the Okanagan Aboriginal AIDS Society. Working out of office space shared with the AIDS Resource Centre, the positions are those of Office Administrator/Volunteer Coordinator and Outreach Worker. The funding is for a twenty-two week term, during which time the Society will seek a sustainable funding source for the development and implementation of its programs. Their mandate is to provide education, awareness, and support on HIV/AIDS and Hepatitis, to on-and-off-reserve Aboriginals in the Okanagan. Their program, called Joining Hands, will incorporate the best practices model used by the AIDS Resource Centre, and will be used in a culturally sensitive manner

to deliver information to the Aboriginal Communities.

Both Barbara Hill and Julie Desautels currently staff the Okanagan Aboriginal AIDS Society. Barbara Hill is an Okanagan First Nations member of the Westbank First Nations, born and raised in Westbank. She was taught in a traditionally native culture, and she received formal education with the Medical Services Branch as a Community Health Representative (level 4) to educate and support First Nations people with health issues. She has volunteered in the past in helping her native and the non-native community to work hand-in-hand with each other in such areas as health, education, social development, and political issues that affect us all. She knows first hand the devastation that AIDS causes, as she lost a brother to AIDS in 1996.

Julie Desautels is serving her second year term on the board of the AIDS Resource Centre, and is also now working with the Okanagan Aboriginal AIDS Society. Having moved to the Okanagan from White Rock in

1972, Julie received her formal education from George Pringle Secondary School, graduating in 1981. She has an eight year-old daughter, and has done volunteer work for the Parents Advisory Council at Central Dehart School. She has also been volunteering with the AIDS Resource Center for the past six years doing speaks and related office duties. AIDS also intimately affected her when her brother contracted HIV in the early 1980s and subsequently passed away in 1997.

Good luck to both of you in your new work!

*(A volunteer Board of Directors of Aboriginal ancestry runs the Okanagan Aboriginal AIDS Society. The Society's Annual General Meeting will be held on October 18, 2000 at the Heritage Hall on the Penticton Reserve at 1:30 PM. Please contact Barb Hill or Julie Desautels @ 862-2481 if you have any questions or comments.)*



## HEALTH CANADA PROPOSES HIV TEST for POTENTIAL IMMIGRANTS

*Article from CBC News Article Webposted Wed, Sept 20, 2000*

The federal government is considering a plan to prevent immigrants with HIV and hepatitis B from entering Canada. But AIDS activists and doctors are criticizing the proposal.

Canada's health minister, Allan Rock, confirmed Wednesday a proposal to test immigrants for the AIDS virus and hepatitis B, and Immigration Minister Elinor Caplan has asked her staff to prepare a working plan for the mandatory screening.

Experts say the tests could save the government about \$200,000 in health care costs for each HIV patient. "We estimated that each annual group of immigrants and refugees coming

to Canada would generate 37 HIV infections if they were not screened," said Dr. Ronald St. John, a Health Canada scientist who made the recommendation. "And screening reduces that probability."

Meanwhile, critics say mandatory testing and the exclusion of HIV-positive immigrants is discriminatory. AIDS expert Dr. Robert Remis says that mandatory testing tarnishes Canada's reputation for compassion. The Canadian HIV-AIDS Legal Network says there is no public health justification for the HIV testing of immigrants. It points out that HIV is not easily transmitted, while tuberculosis testing is valid because it is spread easily. The network says the

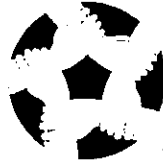
government should look at each HIV case individually, as Australia does, by weighing an immigrant's potential contribution to society against potential costs to the health care system.

El-Farouk Khaki, an immigration lawyer, says he's seen what happens to would-be immigrants who have HIV and are returned to their homelands. "It will split families apart," he said. "It will result in people dying faster, not being healthy, but being ostracized."

*Despite all of this, the immigration minister says she will consult with the provinces before setting up a testing policy, and there is currently no word on when that will happen.*



# Volunteer Corner



## A GREAT BIG, HUGE THANKS!...

For the support the AIDS Resource Centre received from all 51 volunteers at this year's AIDS Walk. Without all of your help, we would not have been able to facilitate such an event!! Special thanks to Barbara J, and Lynette and Chris Oosthuizen for organizing all of the volunteers for this year's Walk. Also, a special thanks to Graham Schofield, the owner of Dos Amigos restaurant, for the great volunteer appreciation party. The food was fantastic and a great time was had by all.

## 1ST ANNUAL ARC VOLUNTEER APPRECIATION GOLF TOURNEY

To show appreciation for our volunteer Board of Directors, the AIDS Resource Centre hosted the first annual golf tournament to acknowledge the board members' time and efforts in the maintenance and operations of the

As one of the "Newbies" I have been given the opportunity to introduce myself. I first came in contact with the AIDS Resource Centre in November 1999 when I met several staff members at a workshop. I was asked to participate in the Health Care Providers Education Project (HPEP) by Barbara J Morrell, who had discovered that I was a "Chronic Illness Counsellor". I attended Core Training in the Spring and began attending Speaker's Bureau Training. Since August 15th, I have been in the newly created position of Educator/Speaker's Bureau Assistant. The position received funding for one year and will help support the activities of the Educator position.

I first entered the health care field in 1977 after obtaining a Bachelor of Health Record Science. Since that time I have been involved in the areas of Administration, Education, Counselling, as well as community volunteer work. This included serving as a consumer representative on

AIDS Resource Centre.

The event took place at Michaelbrook Ranch Golf Course, and a dinner was provided thereafter.

There was an excellent turn-out with enough people to form five foursomes. The evening was made complete by handing out many donated prizes for Best Drive, the Longest Put and the Highest and Lowest team scores. Special thanks for the prizes go to the following: Overwaitea at Orchard Plaza; the Benvoulin Golf Centre; 19 Greens; Source for Sports; Dynamic Golf, and the Kelowna Family Golf Centre.

And finally, huge thanks to John at Michaelbrook Ranch Golf Course for the great food and for helping out with the tournament set-up that made the event a great success.

## VOLUNTEERISM - HOW IT BENEFITS YOU

What is volunteering and what can it do for you? I often hear these questions, as the definition of volunteering is being constantly re-invented year after year.

Growing up, volunteering was a regular part of my family's daily life.

I was raised to think of volunteering as giving your time to help others. Also, what it did for me was it gave me that feeling of self-satisfaction knowing that I gave my time to help someone out. Today, I have noticed that we are all forgetting what volunteering is - we are all guilty, myself included. It seems that there are other reasons motivating us to volunteer other than humanitarian reasons. Some reasons to volunteer may include job shadowing, job skill building, wanting a job within the organization etc., etc. - and fair enough. But, appealing to the humanitarian side in all of us is the essential part of being a volunteer. So, this year come out and volunteer! By effortlessly giving your time you might be surprised at the gratitude you receive from others and the self-satisfaction you feel from the time you donated. And hey, who knows, along the way you just might learn that certain job skill or receive that great job just because you were there. ♦

We have 3 kinds of people in the world!  
 Ones that *make* things happen...  
 Ones that *watch* what happens...and...  
 Ones that ask "*What Happened?*"  
 Which one are you?

## Introducing.....

Jean Shirritt



Assistant Educator

several Central Okanagan Community Health Council (COCHC) committees. I returned to school in 1997 to begin formal training as a counsellor. As part of my internship I am developing a private practise with clients and their families facing the challenge of coping with chronic illnesses. It's something that I have faced myself over the past 31 years. I have continued to learn

more about my own health condition, and how to remain healthy over the years (self-care).

On a more personal note, I grew up in the Okanagan, and left the area to work in Manitoba, and on both coasts. Twenty years later my husband Ray and I returned to the area to help our family cope with some health concerns.

Life has a way of keeping me guessing as to where my journey will lead me. I have enjoyed meeting so many unique people along the way. I enjoy our volunteers who come in to contribute to the work of the Centre, particularly our Speaker's Bureau Volunteers who help educate me and others by sharing so much of their personal journey. They really help make the rest of us look good at what we do. If you are reading this and are wondering how you can join the Speaker's Bureau, please do not hesitate to call Michael Hook or myself, we would love to have you join us! ♦



## Support Plus... Client Support Information

### **AIDS Walk 2000**

The AIDS Resource Centre would like to thank all of the PWA's that came out and participated in the annual walk. We were pleased with the number of people that attended the Walk this year, and it seems that every year we reach more and more people. Many of you may not be aware that the money that is raised from the Walk is put directly towards support and services for PWA's. Specifically, the money is put towards programs such as access to gym memberships, telephone connection fees, Yearly Bus Passes, the Emergency Relief Fund, as well as many other programs. Therefore, the greater the amount of money that is raised, the better it is for PWA's living in the Okanagan.

The AIDS Walk is a national campaign that is very beneficial to the HIV/AIDS community, and it is important that everyone infected or affected by HIV/AIDS help to bring awareness, education, and prevention to their community. We hope to see you all at the next Walk, because the Walk is only as successful as the people that participate.

### **Trick or Treat - Smell my Feet!**

The British Columbia Persons with AIDS Society is providing PWA's with a Halloween Retreat. It will be held at Camp Howdy on October 30 - November 1, 2000.

They will be featuring community building, therapeutic body sessions, nature walks, art, games, and lots of fun. If you are interested in attending the Retreat call BCPWA 1-800-994-2437 and tell them you want to participate.

### **Married; Partners; Common-Law; Same Sex Couple - It's all the same to the Government!**

The Federal Government has made changes to the Legislation and is now recognizing that same sex common law relationships are entitled to the same benefits and obligations as opposite sex common law partners. Same sex partners are now entitled to CPP, survivor benefits, and Pension assignment.

The term, Common Law partners, is defined as:

*"Two people, regardless of sex, who have lived together in a conjugal relationship for at least one year"*

Common law partners have to sign a declaration and provide evidence, such as joint tax returns, wills, and/or insurance policies that prove they live together in such a relationship. If this affects you and you have more questions please feel free to contact your Client Support Worker.

### **Schedule C Updates**

The AIDS Resource Centre continues to advocate for people living with HIV/AIDS by applying for Health Care Benefits under Schedule C of the BC Benefits Disability Program Act & Regulations. This continues to be a lengthy process with many ups and downs, however it is worthwhile in the end. If you talk to other PWA's that are receiving their Schedule C benefits they will tell you that it has improved their life considerably. Further, it appears that the BC Benefits Appeal Board has directed the Ministry to issue these benefits immediately, rather than go through the lengthy appeal process. The Appeal Board's support is favorable to PWA's and we continue to keep our fingers crossed that there will be an end soon. If you have any questions please call your support worker and they will explain in detail the Schedule C process.

### **Free Sex!**

For those of you that are interested, the AIDS Resource Centre has Female Condoms available for free. The Health Care Provider's Education Project, headed by Barbara-J, has arranged for the AIDS Resource Centre to distribute female condoms throughout the community for free.

This is a great development considering the Female condom usually costs around \$12.00/package of three. If you are having sex and want a safe alternative to the male condom, come into ARC and ask Barbara-J for a free sample of the Female Condom.

### **Chicken Noodle Soup and Vit C!**

These methods usually help to get rid of colds and flu bugs but if you really want to protect yourself and others you should get a Flu Shot. If you are a person with a compromised Immune system or work with people that are compromised, you can get a free Flu shot!

There will be a Flu Clinic held on October 19, 2000 from 9am to 3pm at the St. Michael's Hall (608 Sutherland Rd. Kelowna). However if you can't make it on that day they are also having a second flu clinic open on November 9, 2000 at the same location.

If you would like more information or have questions about the Flu shot, you should talk to your doctor or call your Client Support Worker at the numbers provided below.

**TERRI ROSS / RIVER GLEN**

**Client Support Workers**

**Phone: (250) 862-AIDS (2437)**

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

**e-mail:tross@silk.net**

**e-mail:rglen@silk.net**



## The HIPPO Project

A number of activities have taken place since the beginning of this Health Canada funded project. In order to obtain information about which service agencies would be willing to do advocacy in the region for people with hepatitis C, a letter was sent out to some 76 agencies. At least 10 of these replied stating that someone in their organization would be willing to do advocacy for people with hepatitis C. Among the people who responded, there were even some who were willing to put themselves forward as candidates for the Advisory Committee.

One of the first activities originally planned for the Hepatitis C study was the formation of an Advisory Committee. The funding started on June 5, and trying to get people to commit to meetings during the summer in the Okanagan Valley presents many difficulties. Be that as it may, the first Advisory Committee took place on September 28 and five members attended. Originally there were to be seven members of this committee; however, two of these people changed their minds citing personal reasons for deciding not to serve on the

committee.

Thanks to the expertise of Melissa Hill, the two pages of our website devoted to the Hepatitis C Project are in place and looking very good. To get to the HIPPO Page, go to our website and click on programs and services. From there, click on the HIPPO Project link and that will get you to the fact sheet page which describes the program very well. From the fact sheet, there are links either to support group information or information from several sites on Hepatitis C and several aspects of the disease. Information on the support groups in this region include the name and telephone numbers of the contact people. There are also a few websites that anyone can navigate to with the click of a mouse. The sites chosen give information on hepatitis C, the treatment of it, statistics on how much of the population is affected by it, and in some cases the facts about hepatitis A and B.

On October 4, 5, and 6, I attended a capacity building workshop in Vancouver hosted by Health Canada. Primarily the conference was to allow people who are doing projects on Hepatitis C in the various regions of the province to get together and compare goals and objectives of projects, as well as share information. There were people from not only the various regions of the province, but also from the Yukon.

The occasion was a perfect opportunity for networking with other organizations, obtaining new information packages, and getting a sense of the particular difficulties that all regions have in executing their programs. Present were also a number of Hepatitis C support group representatives who received small grants to produce brochures or to support the educational aspects of their organizations.

Some of the problems common to all regions are the lack of knowledge on the part of physicians about hepatitis C, the lack of information available in doctors' offices about support groups for people infected and affected by hepatitis C, and the lack of general support for the individual newly diagnosed as having hepatitis C. Some of the other concerns common to all areas are the stigma of having hepatitis C in a small community, discrimination against people with hepatitis C in the workplace, and the lack of access to services in the smaller regions. Some of these problems could be addressed with good awareness and education programs in place. The conference was also an opportunity to see a number of excellent brochures produced, particularly those addressing targeted populations. ◆

**Merv McLeod**  
**HIPPO Coordinator**

## TRICK OR TREAT?

*(The following is an advertisement which does not necessarily reflect the views of the AIDS Resource Centre)*

**Q. Do drugs really treat the body, or the condition?** Some may. Most, however, are designed to 'trick' the body. They're not designed to cure a condition, but rather to mask the symptoms of the disease; alleviating some pain, but leaving the disease free to run its course to its own end.

Often the condition is worsened, or side effects compound the problem.

**Q. Do you believe that the human immune system has an inherent ability to repair itself, if given the resources and opportunity?**

**Q. Do you believe that our current diet may be overly processed & green picked and might lack these resources?**

**Q. If so, shouldn't we as individuals take charge of our own futures, and begin to give them back through nutritional supplementation?**

NUTRACEUTICALS is a new emerging health care phenomenon that will be the TECHNOLOGICAL REVOLUTION of the 21st Century! Some say it will make much of the pharmaceutical and surgical options in which we are now so immersed seem barbaric within the next 5 to 10 years!

To request a FREE presentation by: Dr. Alex Olmelchuk M.D (ret), at your next function, or to your group, please contact: John Verwoerd at (250) 765-9223 ◆

# NOTICE BOARD

Aboriginal  
AIDS Society

Hours of operation:  
Mon-Fri 8:30-5:00  
For further info  
call Barb  
or  
Julie  
@ (250) 862-2481

## AIDS EDUCATOR

"Train to be an AIDS Educator"  
The AIDS Resource Centre is now  
taking registrations for Speaker's  
Bureau training for all Core  
Training graduates who wish to  
join the AIDS Resource Centre's  
dynamic Speaker's Bureau.  
Become a dynamic Public Speaker  
today!

Training is tentatively set for  
Saturday, November 18th from  
9:00a.m. to 4:00p.m.  
Call Michael @ 862-2437  
to register for this limited time  
self-development opportunity.

## 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"

Fall Theatre Production Line Up:  
November 23 & 24, 2000 - Okanagan  
University College, KLO Campus  
Theatre

Doors open at 7:30p.m.  
Show starts at 8:00p.m.  
(Free for OUC students and  
volunteers)

For a limited time only there are  
volunteer opportunities available  
for cast and crew.

Act now to start your career in the  
theatre/film industry!

Call Melissa @  
(250) 862-2437

## Exciting Volunteer Positions Await You at ARC

"Learn Valuable Office Skills &  
Join in the Fight Against HIV/  
AIDS!"

Volunteer Coordinator  
Traci Thompson  
is now accepting applications for  
exciting new Volunteer positions.  
Act now on this limited-time  
opportunity!  
Call Traci  
@ 862-2437

## Portrait Pix!

Family portraits  
at a reasonable price!  
We have a PWA friendly  
photographer available  
throughout the Fall  
season.

Call ARC for more  
information  
(250) 862-2437

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

Starbucks Coffee, Kelowna  
Foodbank and Lakeside Grill for  
their services.

Arthur & Jean-Yves for their  
participation in the AIDS Walk -  
from Terri & Rae.

All of the many participants,  
youth and adult,  
who contributed generously  
of their time and skills  
for the  
4th Annual Okanagan AIDS  
Walk.

Sun FM for advertising the 4th  
Annual Okanagan AIDS Walk.

Lynette O., Laurence A.,  
Stephenie J., Donna H., Tim F.,  
Judy W., and Chris M. for their  
profusion of office and AIDS  
Training volunteer work.