

ARC *News*

December, 2000
Volume 4, Issue 6

My Christmas Wish for you...

"Comfort on difficult days
Smiles when sadness intrudes
Rainbows to follow the clouds
Laughter to kiss your lips
Sunsets to warm your heart
Gentle hugs when spirits sag
Friendships to brighten your
being.

Beauty for your eyes to see
Confidence for when you doubt
Faith so that you can believe
Courage to know yourself
Patience to accept the truth
And love to complete your life."
- Lynette

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for the AIDS Resource Centre - Okanagan & Region

"AIDS AWARENESS WEEK" Education & Awareness Focused on Men & Youth

Considering the seriousness of the reports coming out from various cities about the significant rise in the HIV-infection rate amongst young men (not to mention the fact that 75% of all new HIV infections occur amongst men in general) it is appropriate that this year's AIDS awareness campaign focus was on men. To spearhead this campaign in the Okanagan, the AIDS Resource Centre facilitated an Open House, as well as a Public Forum for men on World AIDS Day, December 1, in order to bring men's attention to the important issues that are involved in the topic of HIV/AIDS and men. The extensive advertising itself

for the forum was a great medium through which to encourage men to take care of themselves, their partners, and their families in light of the fact that men's behavior puts them and their partners at risk of HIV infection. Moreover, the forum was meant to address the fact that men's health is important but receives inadequate attention, and that men really can make a difference in the fight against HIV and AIDS. These very themes were put forward in the "2000 World AIDS Campaign" report compiled by UNAIDS, entitled "Objectives and Ideas for Action," and were very relevant at the local level.

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ACTS of Choice Peer Educators performing the Play "A Day to Remember"

"AIDS Awareness Week"

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Youth is another segment of the population that the AIDS Resource Centre has been focusing much education and awareness on during AIDS Awareness Week. The major part of this effort was the series of theatrical performances done by the AIDS Resource Centre's Youth Theatre Corps, "Acts of Choice." This group of some 30 dedicated youth peer educators really showed what youth can do when they are mobilized for a worthy cause, when they performed their series of three theatrical plays to an audience of cheering Okanagan University College students at the KLO campus theatre on November 23 and 24, and yet again on December 5 to 300 Vernon Senior

Secondary students. The dramas, which were written, directed, and produced by youth aged 14-29, were very poignant mediums through which to highlight the very real dangers today's youth face with respect to peer pressure, sexual activity, and substance use. And, based upon the survey data we collected, as well as general feedback, there is every indication to believe that the youth in the audience got the messages loud and clear. This was evident especially in Vernon as the grade 11 and 12 students in the audience were hanging on every word uttered by the actors, and expressing emotion

ALWAYS HAVE A DREAM

Forget about the day when it's been cloudy,
But don't forget your hours in the sun.
Forget about the times you've been defeated,
But don't forget the victories you have won.
Forget about mistakes that you can't change now,
But don't forget the lessons you have learned.

during virtually every scene. It is no coincidence that the best responses to the plays were amongst this age group closest to that of the actors, as this is testimony to the decisive value of the notion of peer education. In this context, there could be no mistake about the message the youth went home with: HIV/AIDS is here in the Okanagan, it can affect anybody, especially youth, and it is preventable. Not only the audience members went home with this message, but certainly the youth participating in the program are going away with a significant degree of heightened awareness and education around the issue. This is really important as youth have been one of the hardest hit population groups by HIV/AIDS, both since the beginning of the epidemic, and even more

**HIV/AIDS
is here
in
the
Okanagan**

so during the recent outbreaks.

In sum, the initiatives focusing on men and youth undertaken by AIDS Resource Centre around AIDS Awareness Week really showed what local communities can do in the context of the global fight against the AIDS pandemic.

I would really like to give special thanks to all the youth, sponsors and volunteers of the AIDS Resource Centre who have contributed countless long hours towards these initiatives. ♦

Have a very Merry Christmas!

*Michael Hook
Editor*

Forget about misfortunes you encounter,
But don't forget the times your luck has turned.
Forget about the days when you've been lonely,
But don't forget about the friendly smiles you've seen.
Forget about the plans that didn't work out right,
But don't forget to always have a dream!

ARC News

Michael Hook, Editor



This newsletter is the official publication of the AIDS Resource Centre - Okanagan & Region (ARC),

formerly Kelowna and Area AIDS Resources, Education and Support Society. It is published four to six times yearly. The materials in this newsletter are meant to be consistent with ARC purposes which are:

- * to promote awareness of AIDS and related diseases
- * to develop and provide resources to combat the spread of AIDS and the HIV virus
- * to develop and provide educational resources
- * to support those living with AIDS and those diagnosed HIV+, and/or their significant others

Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect official ARC policy. The newsletter does not recommend, advocate or endorse the use of any particular treatment or therapy described as information. The board, staff and volunteers of ARC do not accept the risk of, nor responsibility for any damages, costs or consequences of any kind which may arise or result from the use of information disseminated through this newsletter.

Persons using the information provided through this newsletter do so by their own decision and hold the society's Board, staff and volunteers harmless.

Submissions for publication may be sent to our offices at any time; publication deadline is two weeks prior to publication date. Submissions will be returned if a request is made in writing and an address provided. Permission to reprint and distribute this newsletter is openly encouraged.

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TOPHER TALKS...

"A Client's Viewpoint"

For those of us with email service, we often times get swamped with emails ranging from novel to stupid, to very inspirational. I recently received one from a friend back east; I thought was good enough to share with everyone:

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled old lady beaming up at me with a smile that lit up her entire being. She said, "Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I am here to meet a rich husband, get married, have a couple of children, and then retire and travel." "No seriously," I asked. I was curious about what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education and now I am getting one!" she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk non-stop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we

invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know." As we all laughed she cleared her throat and began:

"We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success." "You have to laugh and find humor every day." "You've got to have a dream. When you lose your dreams, you die." "We have so many people walking around who are dead and don't even know it!"

"There is a huge difference between growing old and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anyone can grow older. That doesn't take any talent or ability." "The idea is to grow up by always finding the opportunity in change." "Have no regrets. The elderly usually don't have regrets for what we did but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing, "The Rose." She then challenged us to study the lyrics and live them out in our daily lives.

At year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep.

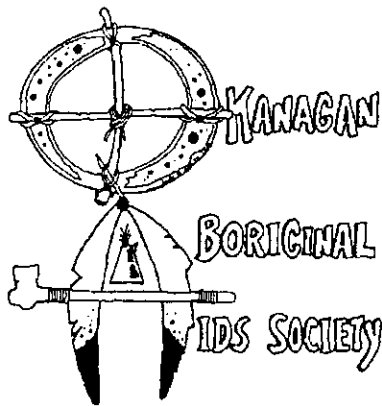
Over two thousand college students attended her funeral in tribute to the wonderful woman who taught us by example that it is never too late to be all you can possibly be.

Remember, GROWING OLDER IS MANDATORY, GROWING UP IS OPTIONAL!

Why did I find this letter so touching? Firstly, I am a dreamer, and I just need to get my dreams in order and start to act upon them. Secondly, I love to laugh, so that even the simplest of humour can produce a gut-deep laugh that feels so good. I recently took up a challenge to figure out what Pokemon are all about, and to the amusement of my nephews, I managed to keep up with their non-stop talk about this new cartoon and commercial craze. It may have been a silly adventure, but I had fun with it.

We who are living with this life-threatening virus need to keep humour and challenges in our lives. I am not talking about the challenge of getting out of bed and taking our pills every day. I am talking about our plans for the future. Although I do not plan things more than a year in advance, I still have both short-term and long-term plans. My most recent plans are for my up-coming 40th birthday; although, yes, it is a year away.

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O.A.A.S -
Okanagan Aboriginal AIDS Society

**SEASON'S GREETINGS
 TO ALL!**

This is the season to heal from within by getting plenty of rest and nutrition for yourself.

Julie has been doing presentations on AIDS both on the Indian Reserve and off, to Aboriginals, for staff, and communities.

I've been here at the office making contacts with Bands, Tribal Council and Provincial entities, networking and preparing for the New Year and



BARB HILL



JULIE DESAUTELS

trying to secure funding for next year and the future.

We have a Raffle for a Pendleton blanket, Afagan, and a sweater; the tickets are \$1.00 each or 3 tickets for \$2.00. The draw will take place on March 17, 2001.

If you wish to sell tickets for us or just want to purchase some, please contact Barb Hill or Julie Desautels @ 862-2481.

O.A.A.S.
#202 - 1626 Richter St.
Kelowna, B.C. V1Y 2M3
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E-Mail: oaas@silk.net

***** Powerful Words of Wisdom *****

Some quotes from Great Elders, some over 100 years old, that can guide us through the maze of travelling the Red Road.

Often, in contemplating the words of our Ancestors, we can gain insight into what our lives should be. If pondered deep enough, they can enlighten us today to what we need to become to save Mother Earth and live in peace with All Our Relations.

*"Peace comes within the souls of men,
 when they realise their oneness with the Universe,
 when they realise it is really everywhere...
 it is within each one of us"*
Black Elk, Lakota Medicine Man

*"The Great Spirit... put in your heart
 certain wishes and plans;
 in my heart, he put different desires....
 Each man is good in the sight of the Great
 Spirit."*
Chief Sitting Bull

*"O Great Spirit whose voice I hear in the winds,
 I come to you as one of your many children.
 I need your strength and wisdom.
 Make me strong not to be superior to my brother,
 but to be able to fight my greatest enemy: Myself"*
Chief Dan George

*"Love your life, perfect your life,
 Beautify all things in your life.
 Seek to make your life long,
 and it's purpose in the service of your people"*
Chief Tecumseh

Volunteer Corner



What's up with Volunteers?

Hello from the newest employee of the AIDS Resource Centre! I've been asked to tell you a little about myself and a bit of "What's Up" with volunteers.

I've just recently moved back to Kelowna with my family. We had been living in Prince George for the last 12 years, and when my husband became eligible for early retirement we jumped at the chance to return to Kelowna. In Prince George I worked as the Finance and Human Resources Manager for the public library system. It was a job that I loved and that enabled me to give back to the community in many ways. It was important for me to look for a position here in Kelowna with an organization that was dedicated to the community. This job offers variety, great people to work with, and best of all, the chance to be pro-active in the community.

One of the biggest areas of my job is volunteer co-ordination, and I am really looking forward to meeting each of the volunteers personally.

It is my goal to meet with each volunteer over the next couple of months to determine how well we are meeting their needs, what we could do to make their volunteer time more fulfilling, and to discuss any ideas, input and feedback they have for me and for the organization.

We've just finished our annual red ribbon campaign and a HUGE "THANK-YOU" is owed to the 27 volunteers who helped us both promote awareness of HIV/AIDS in our community, and raise a record setting \$1,022.00. An extra special "thank-you" goes to Lynette Oosthuizen who helped coordinate the event. With your continuing support we'll make next year even better.

NOREEN REDMAN
Volunteer & Office Coordinator



Visualize your
dreams and
clarify your goals
so that they will
pull you steadily
through all the
effort needed to
reach them!

Local Heroes!

There is no way that we would be able to continue to offer the programs and services that we do without the help of very dedicated volunteers. In January, we are extremely pleased to be able to recognize 5 of our volunteers as "Local Heroes" on SILK FM. Each of these 5 will be recognized on the air on the date and time shown below and will also be presented with a plaque. Each one of these people has given very generously of their time and has really done a super job for us.

Laurence Ashberry
Mon, January 8, 2001
10:20 a.m.

Lynette Oosthuizen
Tues, January 9, 2001
10:20 a.m.

Tim Foster
Wed, January 10, 2001
10:20 a.m.

Toshie Sumida
Thurs, January 11, 2001
10:20 a.m.

Judy Waege
Fri, January 12, 2001
10:20 a.m.

Thank-you all for your dedication. We really appreciate it!

We always have work that needs doing – so if you have time to spare I'd love to hear from you. Volunteering and giving back to your community is very rewarding in terms of new friends, new skills and a feeling of reward and fulfillment that can't be matched. ♦

Have a very Merry Christmas!



Support Plus... Client Support Information



Terri Ross

Christmas Tidings!

Every year the AIDS Resource Centre arranges to have Christmas hampers delivered to PWA's and their families. The Salvation Army generously donates the Hampers, and they work with the AIDS Resource Centre in order to ensure confidentiality and dignity for those families that require some assistance during this time of year. Terri and her elves will have the Hampers ready for pick up at the office on December 20 & 21, 2000. If you are unable to pick up your hamper please contact Terri so she may arrange for delivery on December 21, 2000. Further, if you have received a hamper in the past and do not feel that you require one this year, please let Terri know so she may pass it on to someone else. As well, if you have not received a hamper in the past and are in need of one this year, please let Terri know so she may add your name to the Christmas list.

Hello, is anyone out there?

Sometimes it can feel like there is no one listening or helping, especially when you have immediate health concerns and no qualified physician available. The AIDS Resource Centre

realizes that the absence of an Infectious Disease Specialist in the Okanagan has put a huge strain on people's already fragile health. We want to assure PWAs living in the Okanagan that we are committed to advocating that a qualified specialist be brought into the Okanagan valley as soon as possible. We have contacted the local hospital and are monitoring their progress, and as well have been writing letters to the

A Client Support Worker's Ode to....

You Know December comes but once a year.

There are only so... many Decembers in a lifetime.

Each December can be an opportunity to defy the elements;

An opportunity to regress, transgress, or reassess;

To defy reason and to go out and wallow in all the fal*de*ral;

Not to defy reason and run as fast as we can in another direction—
Preferably SOUTH;

Or go through the motions for others' sake.

Or really throw caution to the wind and try to upstage "Auntie Mame" #\$\$%^&*.

The choices are all perfectly legitimate and of course...

Can be modified any time up to midnight December 31st.

I give myself permission to feel whatever I happen to be Feeling on any one of those 31 days, and furthermore, to act out as much of those feelings as I can get away with.

(Remind me if I forget!)

If you decide to do likewise and give yourself permission and our paths cross as inevitably they will – well, for God's sake let's be understanding and if possible forgiving or glad for each other. It is only one month out of a year...
Shalom, aleichem, etc.

River Glen

Minister of Health regarding the urgency and need for a specialist locally. However, our advocacy would be even more effective if we had PWAs' support and assistance.

Therefore, if you are interested in assisting us and advocating for an Infectious disease specialist please contact Terri Ross so we can work together to improve the lives of PWA's in the Okanagan.

Treatment Information ABC's...

Recently two members of the Treatment Information Program (TIPS) from BCPWA conducted an information session at ARC focusing on new medications and the side effects. The reviews and feedback from this session were mixed: Some people felt that it was not helpful, while others felt that it provided them with an opportunity to discuss and learn from other PWAs. Learning about new medications and the side effects is one way that PWAs can take control and make informed decisions about their health.

There is a lot of new information out there and you can access it by reading your ARC newsletter, BCPWA newsletter, POZ magazine, as well as many other newsletters and magazines. Another good source of information is the BC Centre for Excellence who have a website that focuses on HIV/AIDS and health. You can access it by logging on to <http://cfeweb.hivnet.ubc.ca>. They recently added an updated edition of Therapeutic Guidelines, which discusses the various alternative therapies and the importance of healthy eating.

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TERRI ROSS / RIVER GLEN
Client Support Workers
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e-mail:tross@silk.net
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The HIPPO Project



MERV MCLEOD
HIPPO Coordinator

Thanks to the energy and enthusiasm of Jennifer Waygood, our OUC student, the database containing information about agencies in the valley willing to do advocacy for HCV positive people has been set up. There are some agencies that would have certain stipulations; however we have identified a few who would be willing to advocate for people with hepatitis C. This would be primarily to assist them in getting their DB2 applications done.

Another data base has been established in which a list of doctors who currently are treating people with hepatitis C can be found; some of these doctors have stated that they are willing to take new patients. From this survey, it also has been determined that the need for education on the subject of hepatitis C is mostly among youth/young adults.

In response to the need identified in this survey, a grant application for funds from the Okanagan Similkameen Health Region is being prepared by Jennifer Waygood. This particular project is one in which there would be a partnership between the Parent Advisory Councils of the region and the AIDS Resource Centre, with the idea of educating parents about potential hepatitis C transmission in such practices as home-tattooing, and home-piercing.

Finally, there will be a workshop for people who wish to do advocacy for people with hepatitis C, which will take place at the second floor Conference Room of the Kelowna General Hospital on January 18, 2001 from 9AM until 1 PM. Steve Watson from the British Columbia Coalition of Persons with Disabilities will be the keynote speaker and the focus will be on obtaining disability level 2 and Schedule C. ♦

Merv McLeod
Tel: (250) 862-2437
Fax: 868-8662
E-Mail: mmcleod@silk.net



JENNIFER WAYGOOD

"Topher Talks...."

... continued from page 3

I think back to my thoughts of years gone by. I never thought I would make it to 40, even when I was healthy. Now I am going to have to face the fact that I *will be turning 40*, and I am going to make the best of it.

So, my wish as we head into another New Year is that we all revisit our dreams, because they can all still come true. If we stop living every day to it's fullest and planning for the future, we will surely die an early death. Make plans, dream your dreams, but most importantly -

ACT ON THOSE DREAMS! ♦

"Support Plus..."

... continued from page 6

Further, the Community Treatment Information Exchange (CATIE) is a national source of HIV/AIDS treatment information, of which you can become a member by calling 1-888-662-2843.

Finally, you can also access information through the Canadian HIV/AIDS clearinghouse, which produces a catalogue of the latest HIV/AIDS information that you can order by calling 613-725-3434 or aidssida@cpha.ca.

There are a lot of other resources out there, but unfortunately, it would take too long to list them all. If you would like more information or need some assistance please contact your Client Support Worker who will be more than happy to help.

Merry Christmas!

From everyone at the AIDS Resource Centre, we wish all a happy holiday season! ♦

Terri Ross

.....

New Guidelines Could Reduce Treatment Starts by a Staggering 60%

Reprinted with permission, by R. Paul Kerston from *Living* Magazine, Issue 9, Nov/Dec 2000; a publication of the BC Persons With AIDS Society, www.bcpwa.com

On September 11, 2000, over 120 people attended a forum with Julio S.G. Montaner, M.D. FRCPC.FCCP - Professor of Medicine and Chair of AIDS Research at UBC and director of clinical activities at the British Columbia Centre for Excellence in the HIV/AIDS at St. Pauls Hospital. Dr. Montaner's talk was entitled "Antiretroviral Therapy - 4 years from Vancouver," referring to the XI International Conference on AIDS which was held in Vancouver in 1996.

In one of the most important - and, perhaps, surprising - statements of the evening, Dr. Montaner suggested that with new, revised guidelines based on recent research on when to begin an antiretroviral regimen for HIV, there would be a reduction of about 60% over the number of patients who were recommended for the start of therapy.

Current guidelines for recommending that a person commence antiretroviral therapy were based upon CD4 counts and plasma viral loads (pVL). Until now, if a person had a CD4 count above 500 cells / mm cubed, for example, then only a high viral load would warrant a recommendation to initiate therapy. If the CD4 count were lower, but between 350 and 500 cells/mm cubed, then a lower viral load would prompt a recommendation to begin treatment regimens. If the CD4 count was below 350 cells/mm cubed, then even a low viral load (<10,000 copies/ml pVL.) would prompt the recommendation for the initiation of therapy.

These are the current guidelines for the initiation of antiretroviral treatment. Dr. Montaner stated that these guidelines are "more aggressive than necessary" and said, "I think we made a mistake." It is now strongly suspected that the

baseline CD4 count alone is a better predictor of success with antiretroviral therapy. As well, correlations between CD4 counts and viral loads do not appear to be either conclusive or fully understood. International AIDS Society treatment guidelines recommend that treatment should be considered for up to 94% of HIV infected individuals. Dr. Montaner indicated that only 36% of individuals with HIV would be treated with revised guidelines. Clearly, these new guidelines would mean fewer patients dealing with the effects of long-term HIV treatments!

Another possibly more astounding (and yet positive) tidbit at this forum: Dr. Montaner likened the benefits of resistance testing to the same benefit that would be derived by adding a whole new drug to one's regimen. He said that simply incorporating the results of genotyping into an antiretroviral drug regimen can practically equal the benefit of adding one whole drug (*without* the pill burden and *without* exhausting any drugs or classes of drugs.) Montaner illustrated a consistent viral suppression that was 0.5 log greater as a result of including genotyping in a regimen, compared with a regimen that did not include genotyping.

Genotyping represents one of two types of resistance testing which is used in the course of HIV treatment therapies. Testing for the resistance that occurs as a result of HIV exposure to antiretroviral drug therapies is an important part of prescribing medications.

Dr. Montaner also discussed the change in doctors' battle cries from

"Hit hard and hit early"
to
"If you hit, when you hit, please hit hard."

By this, it is meant that the selection of drugs and the timing of treatment initiation must be carefully considered and executed in a comprehensive fashion.

Another item Dr. Montaner mentioned is the move toward simplified therapies - particularly once - and twice-daily regimens. Reduced dosings should go a long way toward relieving the pill burdens of many individuals on therapy and assisting with the adherence to these therapies. We were told that there is data to support the notion that 85% adherence will support viral suppression at 52 weeks if pVL has achieved <50copies/ml after the initiation of therapy. Thus, with reduced dosings and fewer pills, perhaps the possibilities for adherence will increase!

In addition, he suggested that simply adding a small amount of ritonavir to an existing PI-based regimen *may* be able to "save" the use of a therapy which the virus was thought to have developed a resistance to.

The talk also focused on "what's in the pipeline" and mentioned tipranavir (about which Dr. Montaner appeared particularly hopeful) and lopinavar (both are protease inhibitors); plus the widely anticipated T20 (a promising drug in the new antiretroviral class called "fusion inhibitors".)

Referring to the BCPWA Society mandate, Chair Glen Hillson noted in his introductory remarks that it is through becoming informed that we become empowered to make healthy choices. ♦

R. Paul Kerston
is a Treatment counselor with
The BCPWA Treatment Information
Program.

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,
February 3rd, 2001
9:00a.m. to 4:00p.m.
in ARC Boardroom
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.

CORE TRAINING

January 16, 23 & 30th, 2001
7:00p.m. - 9:30p.m.
@ KLO Campus of OUC

FREE for ARC Volunteers
& OUC Students.

Register now
by calling Jean Shirritt
@ 862-2437

AIDS RESOURCE CENTRE

Christmas Season Hours of
Operation

Closed Dec 25, 26th, 2000
& Jan 1, 2001

Open Dec 27, 28, 29th
10:00a.m. - 4:00p.m.
For further information
please call
862-2437

Portrait Pix!

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

Call ARC for more
information
(250) 862-2437

OUR THANKS GO OUT TO.....

Starbucks Coffee, OUC Social Work
Dept., Red Ribbon Campaign Workers,
The Bay, Walmart, Town Centre Mall,
Ryder Trucks, and Okanagan Special
People's Society for their services.

Board members of ARC and OAAS for
their time and support.

All of the many participants, youth
and adult, who contributed
generously of their time and skills
for the Acts of Choice Project.

Thanks also to all the parents who
supported their youth's involvement
in Acts of Choice; and also Tim
Foster for his heavy truck driving.

Wendalena King and Phyllis Ryan
for their notable contributions to the
ARC Filming Project.

Lynette O., Ruby, Martin, Judy W.,
Patrick, Crystal, April, Catherine,
Marie A and Chris M. for their office
work and Chris M. for his Men's
Forum work.