

ARC News

October, 2003
Volume 7, Issue 6

For the AIDS Resource Centre — Okanagan & Region

"The beginning of
the end of life is
when we remain
silent about things
that matter."

- Dr. Martin Luther King, Jr.

AIDS Walk 2003 sets records

**By Nina Prudhomme,
AIDS Walk Coordinator**

It was a phenomenal day! Everyone come together for a very special cause: raising not only awareness and funds, but the spirits of all those touched by HIV/AIDS. Amid blue skies, bright sun and gentle breezes, people from all over the Okanagan joined the Hon. Sindi Hawkins, BC Minister of Health Plan-

and the enthusiasm of all the participants reaffirmed the message that, only by working together can we make a difference. "People are recognizing the need for our services and their support today was tremendous," said Executive Director Daryle Roberts.



"We need to keep echoing the message that the only cure for HIV is prevention. We hope this message is now beginning to be heard throughout the Okanagan."

The funds raised at the AIDS Walk, go directly to support those living with the disease. The monies also make up part of an emergency relief fund that provides help for clients finding themselves in emergency situations. As well, money is di-

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Setting off on the AIDS Walk—Brad Bishop photo

ning, this year's Honorary Chair, and our own KARE bear, for the 7th Annual Okanagan AIDS Walk. Over 300 people, the largest crowd to date, departed Waterfront Park, in Kelowna at 11:00 a.m., on Sunday, September 21st. Picture-perfect weather and the pace-setting music of the Zamboni Brothers set the stage for the walk.

A special thank you to the 7th Annual "Presenting Sponsor" **Interior Savings** as well as the many individual teams, corporations and small businesses that raised pledges and gave donations. Thank you to all the volunteers who selflessly donated time and effort, and helped make this a spectacular day.

The funds raised exceeded last year's totals

Learn about HIV/aids

By Kate Alexander, Educator

Would you like to know how the HIV virus started infecting humans? What the latest treatments are and how they work? What parts of the world are worst affected by AIDS and why? What we are doing about it? Are you confused about safer sex? Would you like to meet a group of people who share these concerns?

Core Training is a comprehensive introduction to HIV/AIDS, and all ARC's volunteers and staff take it. The public is very welcome, too. We make the course interactive, with fre-

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Topher talks...A Client's Viewpoint

The holidays of the late 90's are now over.

The AIDS Cocktail has run its course, and now we are seeing more drug resistant strains



It's that time again; time to write another Topher Talks. I have been struggling with this article for the past few weeks. My first attempt was after hearing about a fellow AIDS activist's death, and in the same day hearing of another friend's failing health. My second was after hearing of the death of a second friend. Initial reactions were of sadness and almost despair. But how does one put this in writing? Especially with the 800 word limit of this article.

Part of my first reaction was a generalized sadness, followed by the rush of the emotions that one faces when confronted with a life-threatening illness. Dr. Elizabeth Kubler-Ross wrote about the stages of death and dying many years ago. I remember as a young lad of 19 sitting in on a workshop presented by Dr. Kubler-Ross. At 19 one does not think about death and dying; also this was pre-HIV/AIDS. She talked of the feelings of anger, denial, bargaining, depression and acceptance.

These stages are in constant flux. I am amazed how often anger has become a part of my life. Anger over feelings of frustration, anger over having to explain myself constantly, and mostly anger over the loss of the ability to do the things I used to consider normal.

The other big anger is over the loss of friends, loved ones and colleagues. I had mentioned in previous articles discussions about missing friends. Most of the people missing from my

previous Canadian AIDS Society meeting had retired or left the field. Well, since that time 4-5 people from the Activist scene have passed away.

There have been discussions about the potential for another big AIDS die-off. The holidays of the late 90's are now over. The AIDS Cocktail has run its course, and now we are seeing super viruses, and more drug resistant strains. Newly infected people are not getting the same chance that those infected in the early 80's had—many new infections are with a virus that has developed resistance to most of the medications out on the market.

Recently, I heard that the Parliamentary Committee on Health recommended to increase the HIV/AIDS funding from the 42.2 million set in 1998. At this time it is unknown if this increase will go through, but it is a start. Now is the time for us to rally again and to push our Federal representative to vote for the increase when it comes up for approval. Remember that this 42.2 million marked for AIDS work covers all aspects of the work, from research and development, to support.

So with the increasing death rate of those infected, and the increase in infection rates, we need the increased funding. Lobby your Member of Parliament, fight for more funding. Hopefully, with this increase will come new hope for those infected.

Flu Shot? Why Me?

By Kate Alexander, Educator

HIV is a virus that targets the immune system, eventually overcoming its ability to fight off other infections, so if you are HIV-positive you should take precautions—like vaccinations where available—to lessen your risk. The flu vaccine is an important example, and this year's is now available. Another precaution would be for those around you to avoid spreading winter bugs. All the employees at ARC get the flu vaccine to protect people with

HIV, as well as to avoid the obvious discomforts of being sick and missing work.

Flu shots are free for those living with chronic illnesses like HIV/AIDS or Hepatitis C, and for their families and caregivers. Health care and emergency services workers and those over 65 are also encouraged to come in for a free immunization. ARC strongly recommends that all clients receive flu shots and the pneumonia shots that are also available. (The pneumonia vaccine is usually needed only once; flu

shots must be repeated every year.)

Call the Flu Info-Lines for times and locations of clinics in the Okanagan.

**Kelowna flu info line:
868-7715**

**Penticton flu info line:
493-7109**

**Vernon flu info line:
549-6306**

In other communities, call your Health Unit for information.

"I think it is a no-brainer. The flu vaccine is very effective and safe."

- David Wohl M.D.

*For details, visit:
www.thebody.com*

ARC's Annual General Meeting

By Daryle Roberts, Executive Director

The 2003 AGM of the AIDS Resource Centre took place on September 15th. It opened with a moment of silence to remember those who have died from AIDS and those living with HIV Disease.

For the last year, ARC has been a part of the Not for Profit Mentorship Project (NFPMP). Elke Lang, Project Coordinator, gave a presentation about this helpful initiative.

Rick Golke, President, commented in his report about the mentorship program: "As a board we have progressed in our governance style, especially these past few months. The NFPMP was initiated this year with 20 organizations participating. Our designated mentor was Ron Hurry. We have taken Ron's recommendations as to how we can be an even more effective board, having modified some of the Carver principles we were using, and we feel this has helped dramatically. Our board is very excited about the year ahead."

Ron Hurry, the mentor, wrote: "the AIDS Resource Centre does a lot of work in the community, a lot more than the general public realizes. There are yet new challenges such as Hepatitis C, a need for a better pro-

file in the Okanagan, and expanding office and staff. I have been very pleased with the members of the AIDS Resource Centre with their ability to widen their vision and to see new ways of running the organization. I have spent countless hours by myself and with people from the Centre as a mentor. Over the past 45 years I have been involved in too many organizations to remember, but have never been so appreciated for my efforts as I have been with your organization."

From this point we reviewed and approved the Annual General Report and Financial Statements, and proceeded to the election of the Board. There were 6 positions open, with 9 individuals standing for election. This was very exciting as this is the first time we have had to have an election in 6 years. The new ARC Board Members are listed on the right.

I am looking forward to working with the new board. Here's to the future of the AIDS Resource Centre.

Copies of the AGM Report are available at the office.



Kate Alexander, Editor

This newsletter is the official publication of the AIDS Resource Centre—Okanagan & Region (ARC). It is published four to six times a year. The materials in this newsletter are meant to be consistent with ARC purposes which are: a) to promote awareness of HIV/AIDS, b) to develop and provide educational resources, c) to support those infected with or affected by HIV/AIDS. Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect ARC policy. The newsletter does not endorse the use of any particular treatment or therapy. 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 featured in 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 office at any time; publication deadline is three weeks prior to publication date. Submissions will be returned if a request is made in writing and an address is provided. Reprinting and distributing this newsletter is openly encouraged.

ARC's Board of Directors

Rick Golke, President
Lorri Gasser, Vice-president
Donna Hill, Secretary
Wayne Ross, Treasurer
Colleen Cardiff
Jack Lakavich
John Langston
Dr. Frank Sigurdson
Josephine Stebbings

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AIDS walk

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rected to our education program that stresses prevention and awareness of this life-threatening disease.

The entertainment, provided by the Zamboni Brothers was first-rate, with familiar



Grooving to the Zamboni Brothers—Brad Bishop photo

tunes and toe-tapping music. The crowd was amused with their quick wit and comical musical interludes during the awarding of prizes. Many thanks go to M&M Meat Shops for their donation and preparation of food. The mouth-watering smells went a long way towards enticing hungry walkers and volunteers.

Individuals, team, corporate and small business pledges and donations raised over \$25,000.00.

In total over 300 people participated in the walk. Team Bernard Callebaut "Chocolate Chips" were the Top Fundraising team with a total of \$4200.00. Tracy Hansen was the Top Individual Fundraiser with a whopping total of \$3,065.00

Thank you, Okanagan communities for an unbelievable day. We are amazed by your continued support in the fight against HIV/AIDS.

Core Training Dates:

Friday Nov 14, 6:00 p.m. to 9:30 p.m.

Saturday Nov 15, 9:00 a.m. to 4:00 p.m.

Sunday Nov 16, 1:00 p.m. to 4:00 p.m.

Location: Okanagan University College North Campus on Highway 97N.

Pre-registration is mandatory, as space is limited. Contact Kate Alexander at 862-2437.

Core Training Scheduled: November 14 to 16

(Continued from page 1)

quent small group work, lots of discussion, games, and a panel of HIV positive people to answer your questions. There will be about two hours devoted to Hepatitis C, a disease with similar transmission and social ramifications.

This fall, it's at OUC's North Campus; the cost is \$15 (free to



OUC students and ARC volunteers). Sign up soon; we are limited to 24 participants.

Photo shows "The Wheel of Misfortune", our new educational tool.

Medical Marijuana Advocate: "Someone Up There?!"

By Kate Alexander, Educator

In our May issue, we reprinted a story from the Kelowna Capital News about Richard Babcock's campaign for access to affordable, legal, medical marijuana. In its original printing, the story generated a letter to the editor very hurtful to Richard personally, and to anyone with an illness that can benefit from marijuana. In response to that letter, Shiree Sherridan wrote in the Capital News, "I was extremely disturbed by the choice of words [the original letter's writer] used to describe a fellow human being. He called Richard Babcock a loser and a disease-infested burden to society". She concluded: "we can start bringing peace into the world by accepting, without judgement, those living within our own community".

Additionally, she sent Richard through ARC a copy of the poem "The Oak Tree". Richard is very grateful and asked that I reprint this poem, as well as his new poem, "Someone....Up There". Richard met Shiree, at last, at the thank you dinner for AIDS Walk volunteers.

The Oak Tree



A mighty wind blew night and day
It stole the Oak Tree's leaves away,
Then snapped its boughs and pulled its bark
Until the oak was tired and stark.
But still the oak tree held its ground
While other trees fell all around.
The weary wind gave up and spoke,
"How can you still be standing, Oak?"
The oak tree said, "I know that you
Can break each branch of mine in two,
Carry every leaf away,
Shake my limbs, and make me sway.
But I have roots stretched in the earth,
Growing stronger since my birth.
You'll never touch them, for you see,
They are the deepest part of me.
Until today, I wasn't sure
Of just how much I could endure.
But now I've found, with thanks to you,
I'm stronger than I ever knew."

- Author unknown

Someone.... Up there!

I had the pleasure of putting a face to a person who had stood up for me just as a human being. I had had no idea, for months, who this person was, but I knew how much it had helped me cope at a particularly hard time in my life.

I wasn't clear how much it had meant to me until I met this person.

It was like meeting a long lost friend, the flood gates opened, and I don't think I've been so emotional in years.

I'm glad somebody up there decided to introduce me to the person who had done good works on my behalf.

I love you, Ms. Sherridan

By R. Babcock



Night of a thousand dinners

**By Daryle Roberts,
Executive Director**

We would like to invite you to be a host at our Second Annual "Night of A Thousand Dinners". This innovative approach to fundraising is adapted from the Vancouver Friends For Life "Night of a Thousand Friends". Our event last year raised \$2,260.00. We had six hosts, and 55 guests attend the dinners.

Ultimately, the goal of the project is to have 100 hosted dinner parties, each with 10 participants, which would mean that

with 1,000 people making a \$25 donation the funds raised would total \$25,000 for the AIDS Resource Centre to develop a nutritional program to assist our clients. This specifically designed program, in which we will provide food to our clients at cost, will insure they enjoy sufficient but basic nutrition, which in turn promotes greater overall health and quality of life.

Current funding changes by the government have placed a strain not only on not-for-profit agencies but as well on the fixed incomes of most people living

with HIV. By participating in this you will increase the understanding that persons living with HIV have special nutritional needs and that changes to their support affects their ability to obtain basic food and required nutritional supplements.

If you want to be a host, please contact the office and request a host package, with additional information. Your dinner can be held at a time of your choosing. We provide personalized invitations, envelopes, tax receipts – you provide your home and the food. You'll have fun...try it!



Condom Caper s

In Search of the Condom, an Oddly Ancient Accessory

By James Martin for About.com. Reproduced with permission.

Condoms and Cathedrals

Imagine a condom manufacturer teaming up with a local tourist office to sell condoms featuring wrappers imprinted with the image of a famous local cathedral. Imagine the pious priest's crinkled visage as he gets the news that his Godly structure (complete with its flying buttresses and soaring bell tower) is featured on a product sold to limit the fruitfulness of its users.

It happened recently in Erfurt, Germany. The condoms, their wrapper highlighting Erfurt's 700-year-old cathedral, are being sold by the tourist authority. Tourists like it. Priests evidently do not.

Condoms and Caves

The earliest evidence of condom use in Europe comes from scenes in cave paintings at Combarelles in France.

You can actually visit the Grotte des Combarelles to see for yourself. It's a 600 foot-long cave with hundreds of engraved animal and human figures (a few decidedly sexual). The cave is located 3km from the village of Les Eyzies and is open May-September for a fee of 6 Euros.

Condoms and Castles

In the mid 1980's brave archaeologists fishing

about in the cesspit of Dudley Castle, West Midlands, England, fingered some pretty amazing artifacts: five scraps of animal membrane were gently lifted from the muck. Those little scraps, resembling thin leather, were later recognized as condom fragments dating between 1642 and 1647. Later, five more condoms were found, nestled one inside the other.

They were probably made from pig or sheep intestine, prepared by cleaning, soaking and stretching into shape. This was not an easy task, and these condoms were thought to be reusable, if for no reason other than their probable cost.

Not only can you visit Dudley Castle, but you can stay overnight if you'd like to cavort with the castle's notorious ghosts.

Condom, France.

Yes, there's really a town named Condom in southwestern France. Condom is a town of 18th century mansions and Armagnac. No relation with the condom, really—but if you drive 4 miles out of town to the chateau of Cassigne you'll come upon the former residence of the Bishops of Condom, where you can visit the chateau and sample the brandy.

The Bishops of Condom—who'd have thought?



Nunavut, Ottawa mourn "sex guy"

Todd Armstrong

"There's a big hole in our projects and our hearts"

*By Jane George, Nunutsiaq News (Iqaluit)
Reproduced with permission.*

School kids in Iqaluit knew Todd Armstrong as the "sex guy" — the person who would come into their classes and tell them about safer sex and what can happen if you have unsafe sex.

Community health workers knew Armstrong as the plain-spoken HIV/AIDS advisor for Pauktuutit, the national Inuit women's association.

Armstrong, 46, the man who brought HIV/AIDS marches, school fairs and even country-food inspired condoms to the North, died on Sept. 14 in Ottawa, leaving his partner André Cyr and their adopted son Audla, as well as hundreds of friends and acquaintances, to mourn his loss.

"He, through a series of fateful circumstances, became an honorary Inuk," said David Hoe, a friend, former resident of Iqaluit and a senior HIV/AIDS advisor at Health Canada, during one of two me-

morial services held recently for Armstrong in Ottawa.

Starting in the late 1980s, Armstrong was involved in improving living conditions for people affected with HIV/AIDS, helping to start a residence, Bruce House, and raise money for the Snowy Owl Foundation for HIV/AIDS sufferers in Ottawa. Most recently, was also a co-chair of the National Aboriginal Council on HIV/AIDS.

"He advocated for the right of people to learn about HIV/AIDS and Hepatitis C in their own language and in ways that made sense to them," Hoe said.

At the 2002 Arctic Winter Games, Armstrong promoted "lifesavers," or condoms in five colours with five slogans, including "don't be silly, wrap your willy." As a joke, the condoms were promoted in five country-food flavours, such as muskox and caribou.

Franco Buscemi, Armstrong's assistant at Pauk-

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Todd Armstrong's country food condom covers.

Remembering Bob Mills

Bob Mills

January 30, 1953 – October 8, 2003

Contributed by the Canadian AIDS Society, October 8, 2003

Earlier this morning Bob Mills, Prairie Regional Director of the Canadian AIDS Society's Board of Directors, passed away from complications related to HIV/AIDS. Bob was active in the HIV/AIDS movement, locally, regionally, nationally and internationally. Bob was in his third term as a Board member with HIV Edmonton and was the Board representative to Living Positive. Regionally, Bob was an executive Board member with the Alberta Community Council on HIV/AIDS as Member-at-large.

Nationally, Bob was the Alberta

Representative to the Canadian Treatment Action Council and former Board member. He sat on the Project Review Committee for the Canadian Working Group on HIV/AIDS and Rehabilitation.

His work internationally included: the Prairie Regional Representative for the Global Network of People Living with HIV/AIDS and was one of two NGO representatives chosen to work with the Canadian Delegation to the United Nations General Assembly on HIV/AIDS in June 2001. He continued to work on the implementation of HIV/AIDS programs with the United Nations and its partners.

Up until his death, Bob's work focused on HIV/AIDS issues as they relate to access to treatment

and diagnostic testing for those living with HIV/AIDS in Canada and globally. His commitment to issues related to stigma and discrimination, microbicides, and the Global Fund to Fight AIDS, Tuberculosis and Malaria remained strong.

A true defender of human rights for people living with HIV/AIDS, Bob will be sadly missed for his work, passion and commitment. "His passing is a great loss to the HIV/AIDS community," said Gail Flintoft, Chair of the Board of Directors of the Canadian AIDS Society. "On behalf of the Board, staff and members of the Canadian AIDS Society, I would like to extend our condolences to Bob's partner, Don McParlan, his family and numerous friends."

A true defender of human rights for people living with HIV/AIDS, Bob will be sadly missed for his work, passion and commitment.

New Client Support Workers:

Deborah Joy Bolton



Well, my family and I arrived here, after a week on the road, to be 'warmly' greeted, by the ARC staff, clients and volunteers and then more 'hotly' by Mother Nature, with flames

and soot. As I watched everyone at ARC, and Kelowna as a whole, show their humanity, I thought to myself that I am truly blessed to be in this city.

I come with a counselling and education background, with a strong focus on health. But the experience, I believe, that has best prepared me for my work here, has been raising my 3 teenagers. My heart is big, the love is tough and I'll move mountains for a good cause. I am passionate (just ask Brian Mairs—OAAS) about having people around me living full, rich lives.

In my free time I teach skiing (now you know why I moved here), and I have just recently taken up quilting and my family thinks that the fabric stash has taken on a life of its own. Pretty soon it will need its own room.

I am thoroughly thrilled to be here and I am looking forward to meeting you.

Deborah Joy is working Monday to Wednesday, and will visit clients outside Kelowna by appointment (see back page).

Karin Bauer



I've been working in Kelowna in various agencies over the last few years and am excited to now be working on a relief basis at ARC. After I received my Bachelor's degree in Social Work from OUC in 1997 I also worked in my private practice as a counsellor and life coach. Two years ago I graduated from the Coach Training Program, which has helped me offer a creative and holistic perspective while supporting clients' goals.

Originally I'm from Germany, and I've lived in Kelowna for two decades. I enjoy it, as I can go trail running right behind my house, outdoor rock climbing and hiking. I also like skiing and inline skating. I've been a horseback rider for many, many years and just recently purchased a kayak to explore a new sport.

In my spare time I also paint, write, do photography and volunteer at the Cancer Clinic. I believe in a spiritual approach to life and have taught meditation, stress relaxation and creative techniques in workshops.

Karin (pronounced "Kareen") is our new casual/on-call client support worker.



AN ARC CHRISTMAS

I know, summer is barely over, but there won't be another ARC News until mid-December, so here's what we have planned so far:

- **Client Christmas Party:** Sunday December 14, evening. Place TBA
- **Christmas Hampers:** This year, the Salvation Army (bless their hearts) are doing all the work. Clients will be able to contact them directly to order a hamper.

Terri will be mailing out more information about both the party and the hampers, closer to the time.

Free Chiropractic Care

Dr. Derek Ginter from Rhino Chiropractic is the latest volunteer in the Client Support Department. He is very willing to come and do treatments at the office for our clients.

Chiropractic care is not just for a sore back. It may help with peripheral neuropathy and some studies even suggest it can increase your CD4 cell level without medication.

Don't forget, we also host Toshie on Tuesdays, for free Reiki and Healing Touch treatments.

If you are interested in seeing Dr. Ginter or Toshie please tell your Client Support Worker.



Volunteer Profile: John Langston M.Ed., R.C.C., Registered Clinical Counsellor



Editor: Can you describe the volunteer work you do for ARC?

John: For the past year I've worked with people infected and affected by HIV/AIDS. Without doubt the clients have given me more than I have given them. We've dealt with issues of grief and loss, anger management, relationships, and fears.

Editor: What is most rewarding about this work?

John: I think the most rewarding part of counseling is that people share themselves and their lives with you. There's often a wonderful dynamic happening during a session that underscores our humanity and affirms our personhood.

Editor: Tell me about yourself - your family background, work history, dreams and aspirations.

John: I retired from Public Education a couple of years ago. Essentially my career was in Special Education in one form or another throughout British Columbia. Probably my best moment was

when the Sumas Band near Abbotsford was successful in their efforts to fund a Pre-school/Daycare twenty years ago. And it's still operating! I have a pretty small window of expertise. I'm really good at dreaming. Thank God I have a partner of 33 years who is adept at most things including making many of those dreams real.

Editor: Is there anything else the readers of the newsletter would like to know about who you are and what you offer?

John: I am a real "early" member of the British Columbia Association of Clinical Counsellors. My registration number is 153. Graduate training was in Individual Psychology (Adlerian) and Narrative Therapy. I tend to focus on "the family" and to think of individuals as functioning within a social context. I believe very strongly that we are more than the sum of our parts and that anything is possible.

Note: John is also a board member of ARC. Thanks for all your work and for caring, John!



Riches Beyond Belief

By Dave Bonell, Volunteer

Fame, Fortune and prestige: these things are available to you! Volunteering at ARC can make you rich! It most likely won't get you the fame or prestige – these are available elsewhere – but it will provide riches.

Riches in the form of heartfelt thankyou's, warm smiles, gentle pats on the back, sincere gratitude, wisdom and knowledge. Do you or did you ever feel unneeded, unwanted, unloved? As an ARC volunteer you are needed, wanted and loved – real riches!

ARC and their clients need the help you can supply. Whether

it is assisting the sick, educating the public, fundraising, assisting in the office, or a variety of other tasks, you yourself are needed.



For those of us with our own issues, whether they be diseases, addictions, self esteem, or whatever, volunteering and focusing on others helps us put these issues in proper perspective. Perspective has a richness all of its own.

Helping stop the spread of HIV, saving lives, assisting the sick...nothing could make your life richer. Volunteering makes you one of the most valuable people on earth.

New directors

Lorri Gasser, Vice-President, has been involved with ARC for 6 years, both as board member and Fund Development Committee member. When she isn't planning some big event for us (like the Diva Night), she is working in her family business, AG Outdoor Superstore, or, preferably, she's out kayaking. Welcome back to the board, Lorri.

Frank Sigurdson, M.D., Director, was involved in a large HIV/AIDS medical practice in Vancouver from 1981 until retirement in Penticton in 1997. He aims to improve the socio-economical situation of people coping with HIV and AIDS and to provide support in the struggle. He's also involved on board of the South Okanagan Simi-

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Talking with the dying about living

Dr. David Kuhl, author of "What Dying People Want", is coming to Kelowna to present this workshop on an important but difficult subject. He is hosted by the Learning Circle Centre for Family Therapy. The event is on **Friday November 14, 9:00 a.m. to 4:30 p.m.** at the Rotary Centre for the Arts, and costs \$125.00.

Dr. Kuhl, who treats patients di-

agnosed with a terminal illness at St. Paul's Hospital in Vancouver, BC, states, "for more than fifteen years I worked with people who were dying. They taught me many things—for example, that I didn't know how to talk to them about dying. And, peculiar as that may seem, they taught me a lot about living."

Anyone who has been touched

personally or professionally by the emotional needs and physical concerns of a person facing the end of life will find this presentation inspiring and helpful.

For more information, please contact Lorraine Helgerson at (250) 763-2405 or e-mail Alice Jensen at alice_efry@telus.net. The deadline for registration is November 4.

Volunteer, please!

By Kate Alexander, ARC News Editor

This is a great time to join ARC as a volunteer. Our Core Training (see page 1) is on the third weekend of November, so new volunteers are given, for free, comprehensive AIDS education. We have many ways you can contribute.

Reception: Answer the phones, greet clients and visitors and use the computer when you have a moment to spare. This busy job requires 4 hours a week commitment, but you will learn excellent people skills and multitasking! Many of our volunteer receptionists have gained enough experience to move on to paid work.

Speakers' Bureau: Learn to present AIDS education to schools, charities, treatment centres, etc. Scheduled time commitment is lower in this position, but you must be prepared to learn the material and practice your presentation skills at home. Additional training and support are provided.

Events: We always need people to help out at our

many awareness events. The next one is the Red Ribbon Campaign at the end of November (see below). If you can't commit regularly but can volunteer once in a while, this is for you. Core Training is optional for events volunteers.

Client Support: Be paired up with a person in the latter stages of HIV disease who needs your help. It could be just as a friend, but often clients want help with physical needs, too—shopping, cleaning house, pet care, and so forth. Again, you to give about four hours per week, and our Client Support Workers will train you.

Specialized volunteering: If you have a particular skill we can use, we are always happy to see you. For example, massage therapy, desktop publishing, writing, databases, event planning. As you can see elsewhere in the newsletter, we already have a Reiki Practitioner, Registered Clinical Counsellor and Chiropractor all offering their services free of charge to clients, which is fabulous!

To volunteer, call Lance at 862-2437 or 1-800-616-2437; ltalbott@arcok.com



AIDS AWARENESS WEEK



In the week leading up to World AIDS Day, we will be distributing RED RIBBONS for donation. Volunteers are needed for two hour shifts on Fridays and Saturdays, November 21/22 and 28/29. With 9 locations, this works out to 27 – 36 volunteers each day. The ribbons each come with a card explaining the significance of the ribbons, and why we are fundraising—because there is still no cure for AIDS.

To help out, please contact Lance. 862-2437 or e-mail ltalbott@arcok.com.

New ARC directors

(Continued from page 8)

lameen Brain Injury Society and 5 conservation organizations.

Josephine Stebbings, Director, has been a valued volunteer at ARC for several years. Now she is excited to extend her role into leadership. Josephine's background is in education (with ARC) and, when living in Vancouver, as YouthCO AIDS Society's Support Coordinator for 5 years. Acting is Josephine's other great passion.

Seeking Perfection?

**By Brian Mairs,
OAAS Coordinator**

The Navajo/Dene are known as some of the finest weavers on the planet, bringing excellence to a craft that dates back a millennium on the Navajo nation.

Do you know the difference between an authentic Navajo rug and a cheap rip-off?

A cheap rip-off is perfect. The authentic Navajo rug always has a flaw in it! The Navajo weavers intentionally build a flaw into each rug as a reminder that humans are not perfect. In their spirituality, perfection is not to be sought after. It would make us less than human. For a rug with a

flaw in it, the cost is in excess of \$2000. The perfect rug will sell for less than \$150. There is a lesson in this. We can use this image to remind ourselves that it was good not to be perfect and can become happier as a



result. We can begin to appreciate the people we associate with as being less than perfect as we learned to accept ourselves. When we let go of our need for perfection, we are free to try, and even to fail, and learn from the experience. For some people, success requires that they let go of the rigidity of needing to be perfect. We still can work hard and put effort into being as precise as possible, but use "excellence" as your standard rather than "perfection." Remember the Navajo rugs the next time you speak to a person who is "less than perfect", perhaps the Creator has designed the flaw intentionally to create a greater value in the person.



(250) 862-2481

www.oaas.ca

**Find imperfections
in ARC News
and win free
condoms!!
- Editor**

OAAS Practicum student Appreciative



Hi, my name is Cheryl Alexander. I am from the Upper Nicola Band – Okanagan Nation. I am taking the Aboriginal Health Worker Program at

OUC, South Kelowna Campus. For the past four weeks, I've been doing my third practicum with ARC/OAAS. I chose this practicum site to gain better understanding and knowledge about HIV/AIDS and hepatitis C. The staff at ARC/OAAS is great, all very friendly people. It was a different experience working in an urban community and a good working experience for myself. I will take what I've learnt from my practicum back to my community. I would like to give a special thanks to Brian, my practicum supervisor, for his teachings, words of encouragement, believing in me and making my practicum a memorable one. I will keep in touch with ARC and OAAS. Till next time.

W'ey, Cheryl Alexander

OAAS Memorial Book

OAAS, together with Larry Johnny, are planning an HIV/AIDS Memorial Book, to be used at workshops throughout the Shuswap and Okanagan Nations.

We realize this is a difficult subject for many who are dealing with the illness or death of family members. However, we believe that if we put faces to the disease, people at the workshops are more likely to heed our warnings.

The book will also function as a lasting memorial to those who have passed on from this disease, a disease which is having a huge impact on Aboriginal peoples.

We need the permission of affected families to proceed with the book. We would also like to hear your views on the project, pro or con.

Please contact Julie Desautels at OAAS 1-800-616 2437, e-mail julied@oaas.ca; or Larry Johnny at larjohanny2002@yahoo.com



NOW Canada Society 600



**By Corinne Jackson,
NOW Canada Society
Fund Raising Coordinator**

As an Okanagan social service agency that provides programs and support to the most marginalized members of our community -- drug-addicted, homeless and sexually-exploited women and children -- NOW Canada Society works daily with those struggling with various illnesses.

As anyone with an understanding of drug-addiction knows, it often goes hand-in-hand with Hepatitis C, HIV and AIDS.

Since **NOW (New Opportunities for Women)** Canada Society, formerly Kelowna Servants Anonymous Society, opened its doors in 1998, more than 200 sexually exploited female youth have received assistance. And, although the original mandate of the society was to work with 15 to 29 year olds, it is working with more 13-year-olds than ever and has worked with a child as young as 11. Almost every one has been drug-addicted.

In addition to its program for sexually exploited young women and girls, NOW Canada operates the Alexandra Gardner Women and Children Safe Centre. The Safe Centre is a low-barrier homeless shelter for women and children. As a low-barrier shelter, it accepts people regardless of race, age or circumstance -- whether they are stoned or drunk. The only requirement is that the person is homeless for the night. The Safe Centre is the only low-barrier shelter in B.C. outside the Lower Mainland. It opened Feb. 15, 2002 and more than

women and more than 130 children have come through. Again, nearly every woman and youth -- and some children -- who have accessed the Safe Centre have drug addictions.

These numbers and the implications are even more disturbing when one considers a recent study conducted by the B.C. Centre for Excellence in HIV/AIDS. **The study found that while many of the gay men infected in the 1980s are being treated with sophisticated drug therapies, the vast majority of Vancouver's 2,000 HIV-infected drug addicts are not.** Indeed, the study noted that those missing out on treatment are those in most desperate need: aboriginals, women

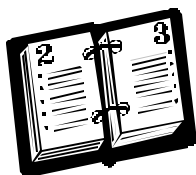
and the poor. These findings are believed to be no different in the Okanagan or the rest of Canada.

NOW Canada is co-sponsoring a **Mayor's Forum** from 9 a.m. to noon on Nov. 26, 2003 at the Mary Irwin Theatre in Rotary Centre for the Arts. The purpose is to discuss community safety and look at innovative ways to deal with Kelowna's recognized drug problem, trying to avoid the problems plaguing Vancouver's Downtown Eastside. The public is invited.

Now is the time for this community to come together and respond to these issues in a progressive and timely manner.

NOW Canada Society provides BC's most extensive continuum of care for sexually exploited female youth, as well as shelter and support services to homeless women and children. For more information on NOW Canada Society, please call 250-763-3876.

MARK YOUR CALENDAR!



Mayor's Forum on Community Safety and Harm Reduction

November 26, 2003

Rotary Centre
Kelowna

9:00 a.m. to noon

Please attend this important event and make your views known.

Refreshments provided.

Todd armstrong

(Continued from page 6)

tuutit, also became his friend and mentor: "He was a really good teacher. He didn't overwhelm you. He passed on a lot, but there was a lot to pass on," Buscemi said.

"He assembled closeness around him and brought intimacy as part of his being. And he did this without compromise to any of his other values and beliefs," Hoe said. "Thousands will remember him, and I really do believe that there are people that will not be sick and dying because of him."

Buddha and Stop Signs

*I ride beside
unable to steer myself
reading.*

*The sign says
either beat the heat
or be the he
or beat her
or be there.*

Watching you driving

I am eyeing you

*the mouth
speaks "Me"*

to my ears.

I hear "Me"

in your voice

the pouting lip

lower down

my name.

I eye you

are naming me.

While at intersections

I feel my breath

beneath my nose

distant

calm

working

through personal pain.

By Cherie Hanson
(Kelowna poet)

NOTICE BOARD

AIDS Core Training

November 14-16, 2003 at OUC North Campus. See page 1 for details. You must pre-register: call in at the ARC office or e-mail Kate at: educator@arcok.com

Free to ARC volunteers and OUC Students, \$15 for the public

Mayor's Forum on Community Safety and Harm Reduction

November 26, 2003

Rotary Centre, Kelowna
9:00 a.m. to noon

Please attend this important event and make your views known. Refreshments provided.

Client Support Hours

Kelowna

Drop-in hours are Thursdays from 9:00 a.m. to noon. At other times, an appointment is necessary. **Call 862-2437.**

Outside Kelowna, call **1-800-616-2437** to book an appointment (dates below), which will be between 9 am and 4 pm. Sorry, no drop-in available.

Vernon: Every second Wednesday, including Oct 22, Nov 5, 19, Dec 3, 17

Penticton: Every second Tuesday: Oct 28, Nov 11, 25, Dec 9, 23 (maybe).

Princeton: Call for an appointment, which will be on the second Tuesday of the month.

Speakers' Bureau



We provide free, interactive HIV/AIDS and Hepatitis C presentations that are geared to your group's needs. Call Kate to book a presentation: 862-2437

New! Chiropractic Care

Dr. Derek Ginter will be paying visits to ARC. Call 862-2437 and speak to your support worker to arrange for your free session.



Reiki & Healing Touch

Clients: enjoy the relaxing and balancing benefits of a quiet hour with Toshie. Call 862-2437 to book your free Tuesday session.

Free Coffee

Starbucks provides FREE coffee for ARC clients. Please ask at the reception desk.

ARC Membership

For a small fee, you can support ARC by becoming a member. For those who are already members, it's time to renew. Membership entitles you to vote on issues that affect the agency. Plus, you will receive this fabulous newsletter six times a year.

The fees for membership are:

\$12/year - individual; \$25/year - agency; \$100 - lifetime

Please take the time to fill out this membership application and drop it off at our office or mail it to:

ARC, 202-1626 Richter St, Kelowna, BC V1Y 2M3



ARC Membership application

Members must agree to uphold the aims of the Society and maintain confidentiality.

Name: _____

Mailing address: _____

Postal code: _____

E-mail address: _____

(Check here ? to receive ARC News by e-mail only)

Fee paid: ? \$12 (individual); ? \$25 (organization);

? \$100 (lifetime).

Make cheques payable to **AIDS Resource Centre**