

Living Positive Resource Centre, Okanagan

**Be who you are
and say what you
feel, because
those who mind
don't matter and
those who matter
don't mind. —Dr.
Seuss**

What: The 8th Annual Okanagan Family AIDS Walk
Where: Waterfront Park in Kelowna

When: Sunday, September 26th

Why: To raise money to fight against AIDS

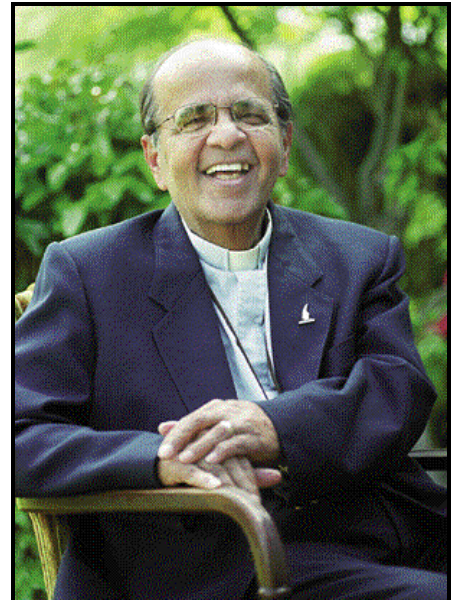
How: Pick up pledge forms at Living Positive Resource Centre, Interior Savings, Starbucks or Gini's Hair & Esthetics and start getting pledges!



The 8th Annual Okanagan Family AIDS Walk 2004

Dear Community Supporters;
It is indeed an honor and a privilege to be asked to serve as the "Honorary Chair of 2004 Okanagan Family AIDS Walk". I am particularly flattered since I am unable to walk the full distance due to Parkinson's Disease. I will have to call my journey an AIDS Drive. However, we all have the same purpose and destination. In some countries HIV/AIDS has taken on almost epidemic proportions. It is no respecter of color, class, creed, or race. It strikes all ages, races and stages. It is

(Continued on page 2)



Rev. Albert Baldeo, 2004 Chair
Photo © Gordon Bazzana,
Kelowna Capital News

Schedule of Events Sunday, Sept. 26th

8 a.m. Low-cost pancake breakfast

10 a.m. Registration begins

11 a.m. The walk begins

Family fun begins immediately after the walk. There will be live entertainment, a BBQ by M & M Meats, a Lazer Maze, an Inflatable Castle, "Hop balls", a Parachute, Face-painting, Clowns and Balloon Animals, a Fishing Pond, Arts & Crafts, Kettle Corn, Cotton Candy and so much more. There will even be a Health & Wellness Centre for the adults. Most activities are available for a small donation. Bring the whole family down for a chance to win prizes and more.

We must be:
Aggressive
Intense
Destroy it
Support the Walk



Why walk?



Because AIDS affects us all

(Continued from page 1)

sad to learn that 11.8 million people ages 15-24 are living with this disease. It has a ripple effect and touches millions in the families. Combating this heartbreaking disease is no longer an option. We have to and must take action quickly before it takes on unmanageable dimensions.

We in the Okanagan had a fiery escape last summer. Many had to evacuate. Somehow I feel something of that same urgency that burns within me for quick action. Delay is disaster. This is a challenge to the entire Okanagan, not just a few. It must be a team effort.

Personally, I am delighted to be the Chair this particular year. In March of this year I lost a very close friend who was my best man forty-two years ago, classmate and colleague. He was a world citizen who shared, cared and dared in many countries of the world. I accept this Chair as a tribute to him and his ministry. As I said before,

HIV/AIDS know no boundaries.

Consider it a privilege to participate in supporting this giant WALK. I make a special appeal to the seventy-two churches and my four hundred Rotarian partners. Rotary's motto this year was LEND A HAND. If for some reason you are unable to join our walk and just prefer to support us financially, we welcome your participation.

Thank you in advance for your generous response. LIVING IS GIVING!

To those wonderful people who make this event possible, thank you, merci beaucoup, arigato and gracias.

WE CAN DO IT!

See you on September 26th at 8:00 AM!

With Love and Caring ~

Rev. Albert Baldeo

Your "Mobile" Partner

P.S. If you have to miss church I will say a special prayer for you!

HEP C Support Group—Kelowna

The Kelowna HEP C Support Group: HEP COP starts

meeting again on

Sept. 25 from

1-3 p.m. at the

KGH Rose Ave.

Meeting Room.

Regular support meetings are held the last Saturday of each month. For further info call Lisa at 250-766-5132 or leave a message for Lisa at LPRC at 862-2437 or 1-800-616-2437.

The URGENCY of THE HOUR

It has descended upon us as a plague
On children, on husbands and on wives
Before our very presence
We see the wasting away of precious lives.

It is spreading like a wild fire
Creating increasing distress
We can sit in complacency no longer
We must create awareness.

We have a major responsibility
To set up flags of protection
And one of these urgent flags
Is that of positive education.

This is no time for silence
We must stand on the open floor
And make known our intentions

On this disease we have declared WAR!

We shall FIGHT it with arms of compassion
We shall FIGHT it with hearts that care
We have declared war on HIV/AIDS
We shall fight it EVERYWHERE!

Come join in this army of CAREGIVERS
Support them with more than just talk
Let this be your first giant step
To support the Okanagan Family Walk

COME! COME! WELCOME!

Thank YOU!

Rev. Albert Baldeo
July 7, 2004

Nikki Maier, Editor

By Nikki Maier

It's been just over three months since I started here at the Living Positive Resource Centre. In that time, I've settled into the Education Department. I even had my first "Healing Touch" experience ever. Toshie, who provides complementary therapy at the Centre, tells me that I need to get more in touch with my emotional side. So with this advice in mind, I will begin my first editorial and turn off that internal editor.

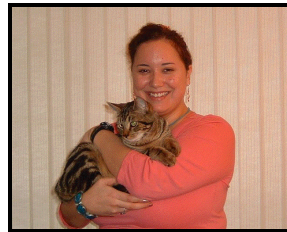
My journey has begun. I am so pleased to work with all of you wonderful people who are making a difference right here in our community. As the new Educator, I am motivated to get out there and reach as many people as possible so that we can put an end to HIV and Hepatitis C.

One of my first lines of order was to develop a new and creative slogan. To this end, tell me what you think about "Rubber up before you pucker up". Although, wait just a minute, it occurs to me that we need something more to the point since this slogan could be confused with kissing, when I really mean, "use a rubber for oral sex".

As you can see, it is a new beginning and I am not afraid to throw around a new idea.

All kidding aside, I can't wait to work with the many skilled volunteers new and experienced alike. Let's get together and talk, because you never know where a good brainstorm will lead. Call me to chat about the Speakers' Bureau, graphic design, proofreading the newsletter, or hey, if you come up with some catchy new slogan.

A little bit about me... I am First Nations' from the Taku River Tribe in Atlin, BC. Although, truth be told, I have never been to my traditional territory. I grew up here in Kelowna on the traditional Okanagan territory. I am passionate about social justice and I am determined to make a difference. I look forward to working with you to make a difference.



Nikki and Purdy the Cat

This newsletter is the official publication of the Living Positive Resource Centre, Okanagan. It is published four 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 LPRC 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.


LPRC's Board of Directors

- Rick Golke, President
- Lorri Gasser, Vice-president
- Donna Hill, Secretary
- Wayne Ross, Treasurer
- Lisa Mortell
- Dr. Frank Sigurdson
- Josephine Stebbings
- Daryle Roberts, Executive Director

Living Positive Membership

For a small fee, you can support Living Positive Resource Centre, Okanagan by becoming a member. Membership entitles you to vote on issues that affect the agency, and the fee helps cover the cost of this newsletter. Please take the time to fill out this membership application and drop it off at our office or mail it to:



Living Positive Membership Application 

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

Name: _____ E-mail address: _____

Mailing address: _____ Postal code: _____

(Check here to receive Positive Okanagan by e-mail only)

Fee : \$12 (individual); \$25 (organization); \$100 (lifetime); Free (client)

Make cheques payable to **Living Positive Resource Centre**

LPRC's office is located at:
101—266 Lawrence Ave,
Kelowna BC V1Y 6L3

Phone: (250) 862-AIDS (2437)
1-800-616-AIDS (2437)
 Fax: (250) 868-8662
 Website:
www.livingpositive.ca

VOLUNTEER CORNER

Judy Neufeld FAQ:

Astrological Sign:
Aquarius.

Pets: Ten goldfish and one parakeet named "Keeter". We'd tell you her goldfish's names but, unfortunately, we ran out space.

Fave food: Judy says, "If I had to narrow it down to one, it would have to be my mother-in-law's borsht." [We suspect she may be scoring brownie points, but hey, who could pass up a good bowl of borsht?]

Volunteer Profile:

JUDY NEUFELD

By Nikki Maier

Sassy, cheerful and reliable: these are three words that barely capture the essence that is Judy Neufeld. Our lovely receptionist is the first person you will encounter on the phone or in person as you walk into our office two afternoons per week.

How many years have you worked here?

Since January 17th, 1998. That's almost seven years now.

How is it you remember the exact date?

It had to be one of those days where it's "Lucky 7's".

What are your hobbies?

Ten-pin bowling, baseball, going for walks and bugging Daryle [Roberts, the Executive Director of LPRC].

What is the best part of volunteering here?

Oh, I guess it would have to be picking on Daryle.

Well somebody has to keep him in line.



When you lose your integrity through addiction, it's the last thing you truly owned. It doesn't matter if you have supportive family and/or friends. It doesn't matter, because at that point you have lost respect for yourself.

RICHARD'S RANT

Earning your own respect back is the hardest thing you'll ever do, harder than living with AIDS. If you are lucky enough to die with self respect and integrity through hard work, at least you die with the only thing you ever truly owned.

Self-Respect, Integrity & AIDS

TOPHER TALKS... a client's viewpoint

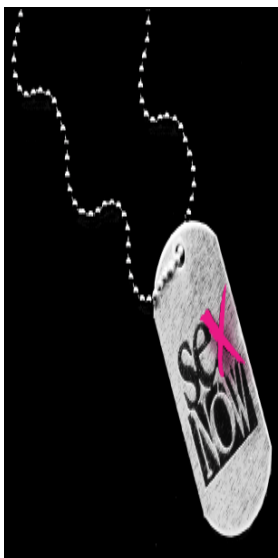
By Chris MacKenzie

Yes once again the "Sex Now" survey has been distributed and many gay men across the province filled it out. In 2002, approx 1900 men filled out the survey in Vancouver, Prince George and Victoria. The results were printed in 2003 in a booklet called "Do The Math". This year's survey is going to be distributed in many more cities across the province including: Vancouver, Prince George, Victoria, Kelowna, Nanaimo and Nelson. The goal is to distribute the survey to over 3000

gay men in British Columbia. Kelowna did very well with over 100 completed surveys. As of the middle of July, over 600 surveys were completed from Kelowna, Nanaimo and Victoria.

A personal thanks to Andrew Barker and Paul Harris from Vancouver for coming up, enjoying our Gay Pride Events and bringing the survey to Kelowna. Also a personal thanks to the Volunteers from Kelowna. You know who you were! The collected data will be put together into another booklet. Also, the

Community Based Research Centre uses a new data collection system, which we at the Living Positive Resource Centre can use. We can ask for information that was collected in Kelowna and examine the relationships between the different questions. The survey is expected in early 2005. It will be interesting to see how the 2004 data compares to the first year. Go to www.sexnowsurvey.com for more info or to fill out the survey.



STOP the isolation

Positive people of the world can interact, swap stories, coping mechanisms, make friends, or look for the partner of their dreams. Go to:

www.positive.eu.com

CLIENT SUPPORT PLUS

By Buffy Mills, Outreach Worker

There is much controversy around the use of alternative medicine, and therapies mostly due to uncertainty about whether or not alternative therapies do what they claim to do. Specifically, many health care practitioners and researchers raise questions and concerns around possible placebo effects. Placebo effects create the tendency for one to indicate that they feel better or worse simply because they are receiving treatment and perceiving an effect. There are many studies using deception to demonstrate pla-

cebo effects. This is a common strategy used in drug testing where they will give a medication to one group and give the other group a sugar pill and then measure the responses, which often include placebo effects. Researchers often demonstrate that people's perception will influence how they feel and act after receiving treatment. While this appears to be a problematic research perspective, from a personal perspective there is no harm in receiving treatments that make one feel better regardless if the effects are real or imagined. The bottom line is that it is a personal

(Continued on page 8)

CLIENTS' NOTICE BOARD

NATUROPATHIC HEALTH CARE



Dr. Janice Potter, a Naturopathic Physician, offers her services every other Wednesday, 10 a.m. to 3 p.m. Free to our clients.

MASSAGE THERAPY



Free half hour sessions Tuesday afternoons with Kristi Maguire, RMT.

CLIENT SUPPORT

Kelowna

To meet with a client support worker, call **862-2437**.

South Okanagan & Similkameen: call **1-800-616-2437** to book an appointment.

Vernon & North Okanagan:

Call Theresa McDonald of North Okanagan Youth & Family Services Society at **545-3572**.

CHIROPRACTIC CARE

Dr. Derek Ginter visits ARC on Thursday mornings. Call 862-2437 to arrange for your free session.

SUPPORT GROUP FOR PEOPLE LIVING WITH HIV/AIDS

There will be an Information Session at the LPRC office on **Wednesday, September 22nd from 7:00-9:00 PM**. Provided there is enough interest from clients, we will begin a facilitated support group to discuss the issues and concerns of living with HIV/AIDS.

For more information, or to sign up please contact one of our Client Support Workers: Deborahjoy or Karin at 862-2437.

CLIENT SERVICE HOURS

9:00 a.m. to 4:00 p.m.



REIKI & HEALING TOUCH

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 our clients. Please ask at the reception desk.



By Brian Mairs, OAAS Coordinator

The "S" in our name is for "Society", indicating that we are a not-for-profit organisation that depends on our members for input, and direction as we work towards education about and prevention of the spread of HIV in Aboriginal communities. If you want to be a member, the cost is \$5 per year for an individual or \$20 per year for an organisation. Membership application is online at <http://www.oaas.ca/membership.html> after which you need to send in the annual payment. We are trying to increase our membership by 50 new members this year so if you want to help in the fight, please consider parting with \$5 for a good cause.

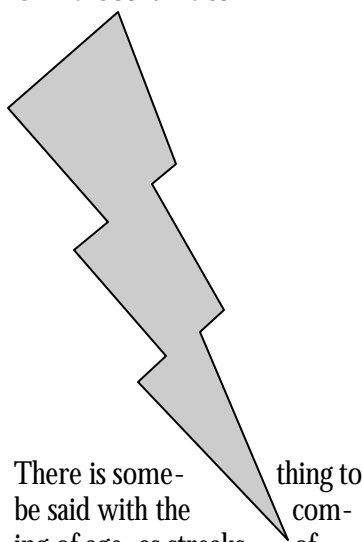


(250) 862-2481

www.oaas.ca

Elder Musings

**By Brian Mairs,
OAAS Coordinator**



There is some-thing to be said with the coming of age, as streaks of grey hair start to make their way onto the heads of those approaching 45. In some Aboriginal cultures, wisdom is measured by the amount of "lighter" hair showing on people, with the wisest of all having the whitest head of all.

There are those who have suffered through the indignities of youth to emerge on the high side of 40 somewhat intact. It would seem reasonable that this experience would make a person wise, and the older one

gets we might expect that the level of wisdom would rise accordingly. Unfortunately this is not always the case as sometimes, older people are just old, having little to offer younger generations with respect to traditional wisdom.

Having just surpassed my 48th birthday and having enough 'geriatric blonde' on my head to be considered somewhat wise and despite being labelled as such, I do not particularly feel like an elder, nor do I feel very wise.

When it comes to HIV, the disease is comparatively new, not something people in their 60's or 70's may have had much experience with unless they were in the medical field. Asking a person in this age group for advice on this devastating disease may garner blank stares, some feet shuffling and a change in topic at the earliest possible opportunity, not because they don't want to help, but that they may not have the experience which may be otherwise indicated by their physical age. Keep in mind, for youth entering college or uni-

versity this year, HIV has ALWAYS been part of their world - they have never been alive when HIV was not in their communities - those my age and older may not have the information being asked by our youth.

To the Elders (regardless of age): I will suggest that you learn what you can about HIV so that you do not have to change the subject when your Granddaughter asks you a question, so that you can answer her with honesty and in a good way.

To the Youth: Please be a little sensitive and understanding when asking an Elder for advice. For the most part, they may have never even discussed sexuality with their life partners, so to talk to young people about a 'taboo' subject can be very difficult.

To All: Know that if you have any questions at all about HIV, we are only a phone call away (and we have a reluctant Elder to provide you with the information).

Gay/Bi
Poz

Social
Group

Your chance to start a gay/bi poz social or support group.

Come and share your ideas on Sunday, September 12, 2004 at 3:30 p.m..

Call Don at 250-762-3738 for further information.

WE'RE LOOKING FOR A FEW GOOD MEN... AND WOMEN!

We figured if the phrase works for the US Marine Corp, it would work for us! We are currently recruiting volunteers in the following areas:

- o Counselling – must be a registered & licensed professional
- o Acupressure – must be a registered & licensed professional
- o Yoga/Tai Chi instructors
- o Graphic Designer – skilled in Quark Xpress, Microsoft Word & Publisher, Adobe &/or Corel software
- o Receptionist – must be comfortable working with a four-line telephone system, Microsoft Word & Microsoft Outlook, fax machines & printers
- o AIDS Walk – we need volunteers to be walk marshals, to operate kids games & craft booths, dress up as mascots, and to assist with set-up and take-down

Benefits of volunteering at Living Positive:

- o Full training provided
- o Invitation to Volunteer Appreciation Parties (minimum 2/year)
- o Volunteer Awards & recognition
- o Overwhelming gratitude for your efforts from our staff & clients
- o Satisfaction of knowing you are making a positive difference in the life of someone affected by HIV/AIDS/HCV

If you, or someone you know, has the skills we need, please contact our Volunteer Coordinator, Karen Alexander:

Phone - 862-2437 (in Kelowna); Phone toll-free in BC – 1-800-616-2437

Email - volunteer@lprc.ca

AIDS Walk aims for top 5 spot in Canada

By Autumn Walker, Family AIDS Walk Coordinator

While people living with HIV/AIDS are living longer due in part to new treatments, Canadians continue to be infected at an alarming rate. With increased demands for services and shrinking government funding, the Living Positive Resource Centre relies heavily on the funds raised at the Okanagan Family AIDS Walk to provide financial support for our critical community services. Now, more than ever, members of our community are encouraged to keep walking.

Last year we raised \$25,000 and were No. 10 in Canada (out of some 127 walks.) This year we want to move up to Canada's Top Five! We hope to raise \$40,000 with our new events and activities. We will begin the day at 8 a.m. with a low-cost pancake breakfast, registration will begin at 10 a.m. and the walk leaves at 11 a.m. Upon your return we will begin the Family Fun Adventures and awards.

At the Family Fun Adventures there will be: a Kids Zone with an inflatable Laser Maze & Bounce Castle, Hop Balls, a Parachute & Fish Pond, Bubbles, Clowns & Magicians, Chinese Name Writing, a Family Portrait Sketch Artist and more, all for a small donation. There will also be a Barbeque hosted by M & M Meat Shop, and many treats like Kettle Corn and Cotton Candy. Live Entertainment and our Health and Wellness Centre are also in the works for the adult walkers' relaxation and enjoyment.

There are some great prizes to be won this year. So don't miss out! Pledge forms are available at Living positive, all Interior Savings Branches, Gini's Hair & Esthetics, and many more participating companies. Just keep your eyes open for our posters and start raising your

Okanagan Family AIDS Walk Prizes

A round trip for two on Westjet

A round trip for two on Horizon Air to Seattle & a one-night stay at The Paramount Hotel

A three-night stay at a Private Chalet & 4 rounds of golf at Lake Okanagan Resort

A one-night stay at The Prestige Inn in Nelson & a 3-day car rental from Enterprise Rent-a-Car,

A day of skiing/boarding at Big White for 15 of your closest friends!

A medieval feast for 10 sponsored by Gasthaus On The Lake.

Mark your calendars for October 15 – 23, 2004, to participate in some of the events happening during Kelowna Homelessness Awareness Week. Starting with an affordable housing forum on the 15th, a Leon Ave Block Party on the 17th, and ending with a sleep-out and breakfast at the Salvation Army, this week is dedicated to raising the awareness of Kelowna people who are currently homeless and the thousands here who are one paycheque or less away from becoming homeless. Watch the newspapers starting October 2 for more details.

“Shaken not stirred” at the Ultimate Black Tie Cocktail Party

Don't miss what is sure to be “THE” event of the season! Join us on **Thursday, October 21st, 2004 at My Martini Restaurant & Lounge** for “The Ultimate Cocktail Party...Black Tie Style”! This fabulous event features cocktails (of course), great food, live entertainment, door prizes, a silent auction, and much, much more. Tickets are \$99 per person ~ available at Living Positive Resource Centre and My Martini Restaurant!



Need more details? Call Karen at 862-2437!

Getting Back to Basics

By Brian Mairs, OAAS Coordinator

The Living Positive Resource Centre introduces the Back to Basics program, which focuses on positive prevention and harm reduction in the community. Specifically, Back to Basics is structured so that an Outreach Worker (Lloyd “Cowboy” McBeth) establishes one-to-one contact with a client to provide individualized programs and referrals to drug and alcohol counselling, life skills, employment skills and training. Overall, there are up to 18 agencies where clients can be referred based on their individual needs.

Here's how it works, “Cowboy” establishes daily personal contact for an average of four weeks, and follows up on the progress of each client at three, six and twelve month intervals. To find out more about Back to Basics, please contact our office at 862-2437 to talk to “Cowboy”.

(Continued from page 5)

choice that everyone should feel empowered to make.

Interestingly, while there is controversy around placebo effects, it has been demonstrated that when people are empowered and take control of their personal health plans then they are healthier psychologically, physically, and emotionally than those who are passive recipients of treatment. Further, there have been a number of studies that show that when people are in control and are actively making decisions about treatment they live longer and healthier lives. This is good news for everyone.

While feeling empowered may come naturally for some

people it can be an obstacle for many others. This is especially true for those who are confronted with major health concerns. So the question becomes how does one go about becoming empowered? There are probably several answers to this question, however I suggest that a good way to be empowered with regards to health and wellness is to be informed. Actively seeking out information about one's personal health concerns leads one to actively participate in any proposed treatment and in turn will increase life satisfaction and wellbeing. So choosing to participate in a complementary therapy becomes part of being empowered to make decisions about ones health and this can only be beneficial from a health perspective.