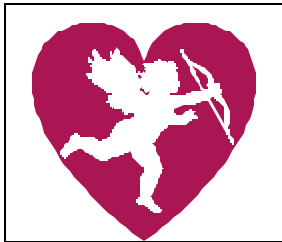


Living Positive Resource Centre, Okanagan

CTAC invites members to join

Nothing happens unless first a dream.

—Carl Sandburg



Where have I been and what I am I doing:

By Daryle Roberts, Executive Director

*Note: In the last newsletter Daryle wrote about his work with the **Canadian AIDS Treatment Information Exchange (CATIE)**. This newsletter is printing part two of Daryle's article about his work with CTAC. —NM*

Currently, I represent British Columbia and the **Canadian Treatment Action Council (CTAC)** where I sit on the Council as the

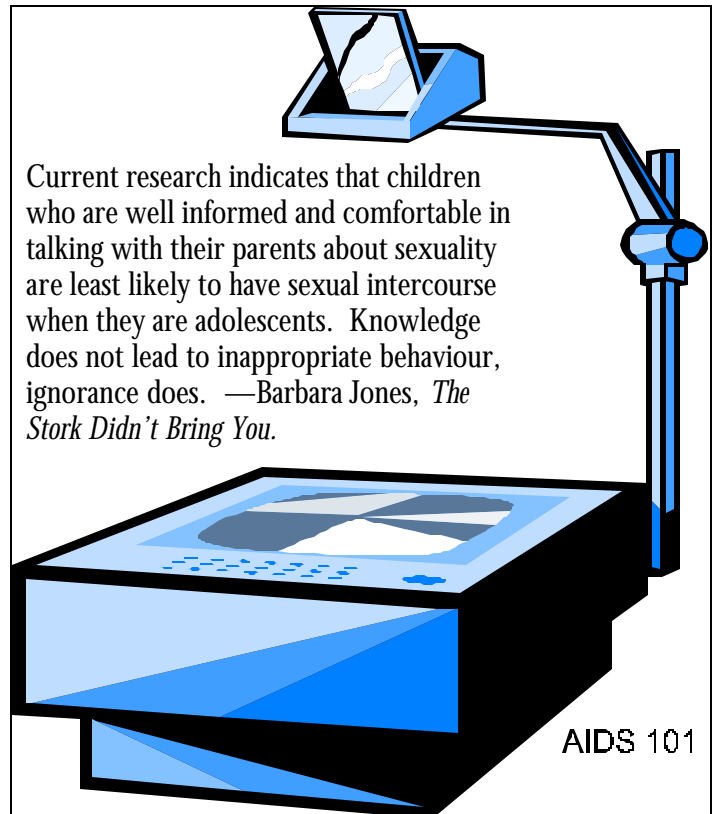
Representative for British Columbia. **CTAC** is a national organization directed by people living with HIV/AIDS. The Canadian Treatment Action Council promotes informed public policy and public education, and promotes awareness on issues that impact on access to treatment and health care for people living with HIV/AIDS. Treatment is a broad concept, which includes traditional as well as complementary and alternative medicine.

(Continued on page 2)

School District 23 moves ahead on Family Life Program

By Nikki Maier

This past fall the Living Positive Resource Centre participated in a review of the Family Life Program. The Family Life Program teaches sexual health education to Kelowna's public school students. The last week in January, we received preliminary results from the review. We are pleased that School District #23 resolved to strengthen the Family Life Program and commit funding for the implementation of the program. What's more, the review consistently upheld the need for condom demonstrations, factual and medically accurate information on sexual health.



Current research indicates that children who are well informed and comfortable in talking with their parents about sexuality are least likely to have sexual intercourse when they are adolescents. Knowledge does not lead to inappropriate behaviour, ignorance does. —Barbara Jones, *The Stork Didn't Bring You*.

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Values

-CTAC values the voices of people living with HIV/AIDS and their right to make their own informed treatment decisions. People living with HIV/AIDS direct the affairs of CTAC.

-CTAC values partnerships with government, industry, community and other stakeholders, and partners with a number of organizations on specific initiatives.

-CTAC values the work of its volunteers, who make a significant contribution to the organization. The voting members of the Council and Board of Directors, both of which are made up exclusively of volunteers, take a very active role in

the management of the organization and the implementation of its programs.

The Council of CTAC is made up of representatives of its voting members and provincial/territorial networks. Of the twenty positions on Council, eleven represent people living with HIV/AIDS in the provinces and territories.

The Council determines the mandate, policies and directions of the organization through the year, guided by the resolutions of the members of CTAC who meet at the AGM.

The Board of Directors

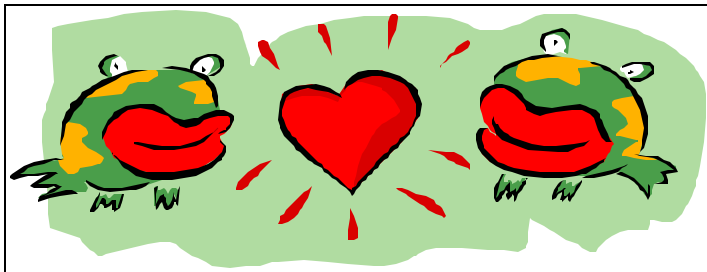
manages the affairs of CTAC. The officers of the corporation (Chair, Vice-Chair, Secretary and Treasurer) make up the Board's Executive Committee.

CTAC Goals

- more research and development of drugs, therapies, vaccines, diagnostic tools and microbicides
- greater access to drugs, therapies and diagnostic tools
- consumer-oriented post-approval surveillance of approved drugs
- reform of the drug review process
- appropriate government and pharmaceutical company regulations, policies and practices regarding drug pricing
- the implementation of best practices and appropriate HIV treatment standards of care

(Continued on page 4)

The Toper Talks column will return in the next issue of Living Positive.



Love match: find a dating website

www.loveispositive.com

www.stdfriends.com

www.pozmatch.com

www.herpess-date.com

www.positivesingles.com

www.herpessdateline.com

www.livingpositive.com

www.hpvmatch.com

www.HIVdate.com

Tips: Visit <http://www.datesafely.com/> for great advice before your first date.

www.pozcircle.com

Legacy

A poem by Brenda

Our legacies are our footprints
Not always steady
But always moving on.

If we speak out
Let our stories be heard
Maybe no one else will cry.

Mistakes are always lessons
Solutions are always triumphs
Triumphs that keep us strong.

So our legacies are our footprints
Not always steady
But always moving on.

EDITORIALS

By Nikki Maier

Welcome to the first newsletter of 2005! First of all, I invite you to suggest ideas for articles or to write them and submit them to the newsletter. As a member of Living Positive and supporter of the organization this newsletter belongs to you. We welcome submissions of photos, cartoons, articles, poems and well- you name it. Get involved in your newsletter and contribute your thoughts about what matters to you. You can drop your submission off at the front desk, fax it to 868-8662, or e-mail it to educator@lprc.ca.

Second, our Speakers' Bureau needs dedicated volunteer members. Duties include public speaking, delivering the AIDS 101 and/or Hep C 101 workshops, and work-

ing with the general public. The time commitment varies from week to week and is flexible to fit within your schedule. E-mail or call me for a copy of the job description today! Join us in educating others and I guarantee a feeling of fulfilment, skill building, and lots of fun. See the dates below for the training schedule. More workshops will be scheduled as needed so please let us know if these dates don't work for you!

On a final note, if you're single and want to find a Valentine then why not check out the websites listed at the bottom of page two. Although, before you take the plunge into cyberspace be sure to check out the website <http://www.datesafely.com/> for some great advice. Best of luck!



Nikki Maier, Editor

This newsletter is the official publication of the Living Positive Resource Centre, Okanagan. It is published four to six times a year. The materials in this newsletter are meant to be consistent with LPRC 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 LPRC 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
Donna Hill, President
Lorri Gasser, Vice-president
Wayne Ross, Treasurer
John Langston
Lisa Mortell
Martin Russell
Josephine Stebbings
Daryle Roberts, Executive Director

Speakers' Bureau Training: Call Nikki to register at (250) 862-2437

Wed. February 9th	10 AM—1PM	AIDS 101 and workshop delivery
Wed. March 2nd	10 AM—1PM	AIDS 101 and workshop delivery
Wed. March 9th	10 AM—1 PM	Hep C 101 and workshop delivery
Sat. March 12th	9 AM—4 PM	AIDS 101 and Hep C 101

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, 101-266 Lawrence Ave,
Kelowna, BC V1Y 6L3**



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 Profile:

Heather Clark

OUC Social Work

Practicum student



My name is Heather Clark; I am a third year Social Work practicum student from Okanagan University College. I will be joining the Living Positive Resource centre from January 5, 2005 until approximately April 15, 2005. I will be working primarily with Deborahjoy in her role as a client support worker. The goals

for my practicum experience include skill and knowledge development as well as self-improvement. My primary duties will include client advocacy, research and development of informational brochures, group facilitation, and the completion of a mental health guide. With the permission of clients I will also be sitting in on individual client sessions that have been scheduled with Deborahjoy. The staff and clients have been very gracious in assisting my transition from student to working person and I appreciate their patience. I have already met so many great people and look forward to meeting many more.

RICHARD'S RANT

If God were giving out grades for this test (LIFE), then not one person would receive an "A". There would be very few "Bs". Most of those who would consider themselves "B's" would end up in the "C" column.

As for myself—I've gone from an "F" for complete failure to a "D". I'm digging in and trying to be a better person.

The thing that bothers me the most are those who profess to be humanitarians, and are so self-centred that they don't know which way is up. It just goes to prove:

"All that Glitters
Refracts Light."

You can write to Richard at: richards.rant@telus.net



(Continued from page 2)

- better responses to treatment issues specific to women
 - appropriate government policies on direct-to-consumer advertising
 - the effective, equitable implementation of Canadian Strategy on HIV/AIDS and appropriate levels of funding for the Strategy
 - better access to care and treatment in developing countries
- CTAC also promotes informed public policy and awareness on other issues of concern to people infected and affected by HIV/AIDS including: national standards and guidelines on rapid point-of-care HIV testing; access to treatments and harm re-

duction in prisons; violence against women; the testing of immigrants for HIV; and informed consent.

CTAC also...

- provides mentoring and skills training for CTAC members and people living with HIV/AIDS at CTAC Council and Board meetings, and at selected HIV/AIDS conferences and events
- liaises with pharmaceutical companies through CTAC's Pharmaceutical Liaison Teams to obtain and provide up-to-date information and advice
- participates in the development of pharmaceutical programs including clinical trials, compassionate or expanded access, educational forums and written materials
- sends council members to scientific and HIV/AIDS conferences to improve their knowledge of treatment access issues and to share this knowledge with other

(Continued on page 8)

CLIENT SUPPORT PLUS

By Lance Talbott

In our last issue we reported that the Emergency Relief Fund was being reviewed. We are pleased to report that this review is complete and we will now be accepting applications to the fund.

It has been renamed in order to reflect changes that have been made. Details of how to access the Financial Assistance Fund will be sent to our clients.

Applications will continue to be considered by a

Committee on a weekly basis. Limitations regarding access and items covered are better defined. There is also an expectation that applicants will be making a contribution toward their identified expense. It must also be stressed that the Committee will only consider applications when all other community options have been exhausted.

If you have any questions please contact our Client Support Worker at 250-862-2437.

CLIENTS' NOTICE BOARD

Due to an increase in missed appointments the following rule has been adopted:

Unless there is an emergency please provide 24 hr notice if you wish to cancel an appointment. Failure to do so may result in a limit on your access to Complementary Therapy.

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 LPRC on Thursday mornings. Call 862-2437 to arrange for your free session.

Serosupportive

A retreat program for HIV+/HIV- couples is set for October 2005. The deadline to register is February 11/05. For more info contact BCPWA by phone at (604) 893-2213 or at serosupportive@bcpwa.org. The retreat will be 3 nights and 4 days at a mountain lodge with lake view. Strengthen, affirm, and enhance relationships with guided workshops & more.

Call Deborahjoy at LPRC (250) 862-2437 for more info for those wishing to attend.

CLIENT SERVICE HOURS

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

Monday to Thursday



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

It is with deep personal grief that I am informing you that Mary Mowry, a member on our board of directors, passed away in January. Mary was an active member of the Aboriginal community for most of her life, playing an integral role in the formation and governance of the Ki-Low-Na Friendship Society.

Mary honoured us with her expertise many years later to assist us in the formation of OAAS. If you did not have an opportunity to meet Mary, you missed the chance at meeting a genuinely wonderful, generous person. For those of you who knew Mary, you know what I mean.



(250) 862-2481

www.aaas.ca

Can't you see!

By Trevor Louis, Okanagan youth

As the bright light fades, it's another victim to AIDS

He no longer holds the ace of spades.

While the virus invades-his eyes hidden behind shades.

Cuz the feeling of being afraid.

Cuz all his cards are played-but lost to the deadly plague.

Most people advance-while others believe they don't stand a chance.

Some are fathers, some are aunts, some are daughters

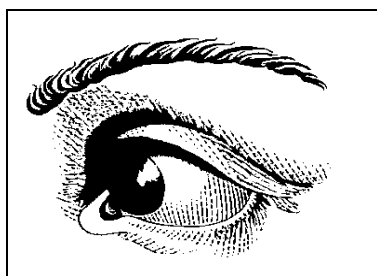
Stuck in their stance.

Cuz when you get the virus-nothing's the same, it's like going insane.

Others wonder "who is to blame?" but they don't complain.

Thinking there is nothing to gain but shame.

Life no longer feels like a game-though it did before it came.



What can you do-when you go through a test and it happened to you – You'd be outcasted.

Think about those who outlasted and their inspiration.

You'd think they had no motivation!

But they put their concentration – into warning the nation, about the complication of the next generation.

In the end I don't look at them as disabled-I look at them out of respect.

Because I've seen it come & I've seen the effect

And I've seen the new generation-We all have to protect.

**WE ARE A SINGLE NATION
SO WE ALL CAN CONNECT!!!**

ALL MY RELATIONS

WOULD YOU LIKE THE OPPORTUNITY TO MAKE A DIFFERENCE IN OUR COMMUNITY?
Upcoming Living Positive

Educational & Volunteer Opportunities

Recently we revisited the delivery of both our Volunteer & Education Programs to ensure that we are able to best meet the needs of not only our community at large, but also the needs of our volunteers and our organization. As a result, we will alter the way we deliver our training to allow easier access to more individuals. Our traditional "Core Training" consisting of 14 hours of training compacted into a three day period will be offered on a more flexible schedule. We will also be introducing some shorter, specific training workshops such as AIDS 101, Hep C 101, HIV & Nutrition, Care Team & Palliative Care Training, and Speakers' Bureau & Active Communication Training see page 3 for dates and times. We welcome and encourage community members to consider the many volunteer opportunities we offer. We are currently recruiting for the following volunteer positions: Speakers' Bureau (presenting HIV/HCV prevention education), Lawyer, Care Teams (including transitional & palliative care), Hairdresser, Financial/Budget Counsellor, Graphic Designer, Registered Clinical Counsellor, and Special Events volunteers. For more information, please call Nikki Maier (Educator/Speakers' Bureau Coordinator) or Karen Alexander (Volunteer & Marketing Coordinator) at 1-800-616-2437 or 250-862-2437, or visit our website at www.livingpositive.ca.

Budget matters

By Nikki Maier

The issue of budgeting has come up several times since I started working here. I want to address this issue by asking several questions. What is budgeting? Why budget? How can I budget when I have so little to begin with?

What is budgeting?

Simply put, budgeting is a plan on how you spend your money. You add up the cost of your living expenses, and then you subtract these costs from the total amount of your income.

Why budget?

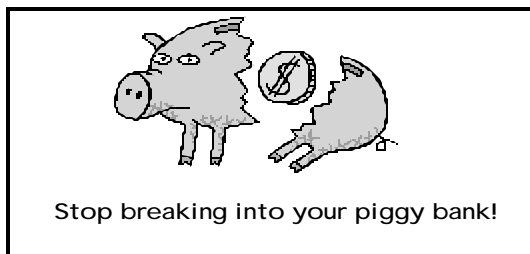
Budgeting can help you stretch out the amount of money you spend. This is useful if you want to try to make sure you have a little money for each week. A budget will do nothing less than help you to know where your money is going.

How can I budget when I have so little to begin with?

For some people, you can't budget what you don't have. However, budgeting is also about seeing where our money goes and help us to stay on top of the bills.

If you decide to budget there are several ways to go about it. Try out the worksheet and see if it works for you. This worksheet is an example of one type of budget/spreadsheet. You may choose to alter the worksheet to fit your own expenses.

Budgeting can help you achieve financial goals. It is simply a matter of setting those goals for yourself and deciding what is important to you this year.



Category	Monthly Budget Amount	Monthly Actual Amount	Difference between Actual and Budget
Income:			
Misc. Income:			
Income subtotal			
Expenses:			
Mortgage/Rent			
Utilities			
Telephone			
Auto costs: repairs, payments, gas/oil, insurance			
Health Care Expenses			
Groceries			
Entertainment/Recreation			
Cable/TV Internet			
Toiletries/Household Expenses			
Pets			
Miscellaneous Expenses			
Expenses Subtotal			
Net Income (Income less expenses)			

Things to do...

(Continued from page 4)

CTAC members and the community produces a quarterly newsletter that is widely distributed

Become a member of CTAC to receive:

- Invitations to participate in mentoring and skills training
- Opportunities to participate in regional action efforts initiated by CTAC provincial networks
- A quarterly newsletter and other bulletins
- An opportunity to elect future boards of directors

Who Can Join CTAC?

Full Membership shall be limited to:

Persons living with HIV/AIDS, and groups and organiza-

tions and/or projects with a substantive HIV/AIDS mandate

Associate Membership shall be granted to:

-Any individual, or groups or organizations and/or projects whose substantive mandate coincides with the objectives of the Corporation

CTAC is working to establish a Treatment Action Council in BC to address HIV Treatment issues with the Province. We have a great opportunity with the Pacific AIDS Network to develop this network or do capacity building at the spring PAN forum. If you would like to contact me about either CATIE or CTAC please call Daryle Roberts at 250-862-2437 or e-mail me at droberts@lprc.ca

GAY AA

The Speak Easy Group: Gay AA meets Thursday evenings in Kelowna. Call Bruce for more info at 762-3738.

Matthew Shepard.

Don't miss this amazing show! Thanks to Randy & Nathan from the Kelowna Actors Studio for offering to accept donations on our behalf during the show's run.

The Laramie Project arrives April 14th-16th

By the Kelowna Actors Studio
What happens to a town like Laramie, Wyoming when something unexpected, unconscionable and unforgivable rips it apart? What happens to its people when they are thrust into the unrelenting glare of a national media spotlight? And what happens to a community when trust among its own people has been shattered? A talented cast unites to play over 50 characters from Laramie in this controversial documentary exploring the circumstances around the death of

Dining Out For Life debuts March 10th

By Karen Alexander
In 1991, Dining Out For Life was created by an ActionAIDS volunteer in Philadelphia. In 1993, ActionAIDS made it an international event and offered licenses to AIDS Service Organizations around the country. Since the founding of Dining Out for Life International, the event has grown throughout North America and is now produced in over 33 cities. More than 2,500 restaurants a year donate a portion of their proceeds from this one special night of



dining to the licensed agency in their city. Over \$2 million dollars a year is raised to support the missions of agencies throughout North America.

To find out if YOUR favourite local restaurant is participating in DINING OUT FOR LIFE, watch for newspaper ads in early March, call our office at 862-2437,

or visit our website at www.livingpositive.ca

Art Therapy relieves stress

By Karen Alexander

Are you interested in painting, drawing or sculpture as a method for reducing stress in your life? We are looking at including Art Therapy as one of the Complementary Therapies we offer to our clients. If you are interested in participating in an introductory session on Monday, February 21st from 12:30-2:30 PM please call Deborahjoy at 862-2437. Space is limited so call today!

