

# POSITIVE Okanagan

Living Positive Resource Centre, Okanagan

## AIDS Walk Committee gears up for 2005

**"We could never learn to be brave or patient if there were only joy in the world."**

**-Helen Keller**

**"No one asked me to volunteer!"**

**-Homer J. Simpson  
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*By Karen Alexander, Marketing Coordinator*

Can you believe that it's almost time once again for the AIDS Walk? This year's event takes place on Sunday, September 25<sup>th</sup>, and plans are in the works to make this our most successful walk yet!! We are so pleased to have **Mel Kotler** as our AIDS Walk Chairman – he brings with him a wealth of experience and fundraising expertise. What's more, the AIDS Walk is once again proudly presented by the Interior Savings Credit Union. Our AIDS Walk Committee has been meeting regularly since April and includes **Reverend Albert Baldeo**, Past Chair; **Chris MacKenzie**, our long-time LPRC volunteer; **Kevin MacDougall** of Community Policing; **Loreen Bleakley**, Community Representative; and **Stephen Robinson** of First Baptist Youth Group; and of course our new AIDS Walk Coordinator, **Shawn Hunt**. In addition, **Malindi Elmore**, a member of Canada's 2004 Olympic Track & Field team, has agreed to come on board as our Hon-

orary Chair and Celebrity Walker.

What can **YOU** do to help? How about getting a group of 10 people together and forming a team – collect \$700 in pledges and get free AIDS Walk t-shirts with your team name!! Or volunteer for us beforehand or on walk day...we need lots of people with a variety of skills! You can attend one of our pre-walk events, like the charity hockey game or the benefit concert and silent auction. Do you have a business that offers goods or services – consider donating a prize for either the walk or the silent auction. We need **YOU**, our core supporters, in order to make this day a success!



**Mel Kotler—  
AIDS Walk  
Chairman**

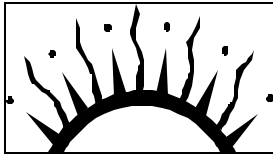
### Kelowna Actors Studio kicks off successful fundraiser

*By Karen Alexander*

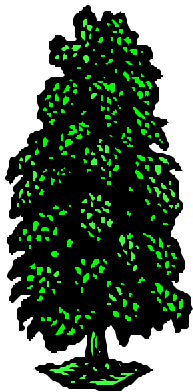
Back in April the Kelowna Actors Studio presented *The Laramie Project*. The play is a poignant story of the beating death of young Matthew Shepard and the effect his death had on the people in the small community of Laramie, Wyoming. This was a stunning theatrical performance, featuring eight vibrant and talented actors portraying 70 different characters from the community of Laramie. After each of the four performances, the actors spoke to the audience about Living Positive

and the work we do in our community, and invited people to make donations to the 2005 Okanagan Family AIDS Walk. This resulted in donations of \$1,456, plus a additional \$125 donated from bar proceeds by Acting Out Catering, for a total of \$1,581.

Our hats off and our heartfelt **thanks to Randy, Nathan, Rebecca, Patricia, Nicole, Cory, Brad, Vivian, Don, Rob, Marlina** & the crew from the Actors Studio, and to **Shawn & Riki-Lyn** of Acting Out Catering.



"Also remember that some meds increase your sensitivity to the sun."



## TOPHER TALKS: A Client's jaded viewpoint

By Chris MacKenzie

Well soon we will be basking in the sun, complaining about the influx of tourists, and bridge headaches. Those who are lucky enough to have kids will be wondering what to do with them over the summer. Personally myself, I am looking at another summer of home 'reno's and yard work. This past month I had a minor fire in my cedar hedge, so I will be spending the summer ripping out old trees, and putting up a solid wood fence.

With that in mind, I would like to stress the importance of self-care. In the course of ripping out the first few trees and trying to clean up the winter garbage built up in my hedge I found myself in respiratory dis-

stress. Those who have worked with cedar hedges know the dust and dry vegetation that builds up, plus all the other irritating properties that are found in cedar trees. I had to resort to using dust masks and long-sleeved shirts to get the basic work done. This was just to clean up the mess from the fire. Now I am faced with the rest of the work involved.

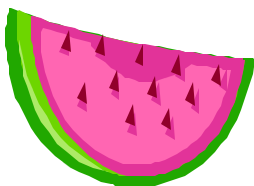
Where am I going with this article is to remind you that we need to be aware of our limitations and take appropriate actions.

- 1) When working outdoors in the heat, it is best to do as much as you can in either the shade, or early morning.
- 2) Keep hydrated. Good clean

cold water goes a long ways to quench your thirst, and helps you get through the days work. Save the cold beer for after the work is done for the day. Then you can really relax, enjoy it and admire a good days work.

- 3) You are not as young as you used to be. Don't try to get the job done in a hurry or you may find yourself half way done and totally exhausted. Better yet get help. Remember many hands make light work.
- 4) When dealing with dusty, dirty, or smelly jobs respect your lungs. Swallow your pride and wear a mask. We only have one set of lungs and they have to last us a lifetime.
- 5) Watch your exposure to the sun. With skin cancer and the like, we really don't need to add another battle to our lives. Also remember that some meds increase your sensitivity to the sun.
- 6) Long sleeves and long pants may be hot, BUT we now are also at risk from West Nile, which you can get through mosquito bites.

Whether you have summer projects or are just going to enjoy the season the actions I wrote about should be considered. Most importantly respect yourself and get the most out of your summer.



### Creed for Optimists

Be so strong that nothing can disturb your peace of mind.

Talk health, happiness and prosperity to every person you meet.

Make all your friends feel there is something special in them.

Look at the sunny side of everything.

Think only of the best, work only for the best and expect only the best.

Be as enthusiastic about the success of others as you are about your own.

Forget the mistakes of the past and press on to the greater achievements of the future.

Give everyone a smile.

Spend so much time improving yourself that you have no time left to criticize others.

Be too big for worry and too noble for anger.

—Christian D. Larson

By Nikki Maier

Occasionally onscreen pop culture features issues like safer sex and HIV/AIDS. From serious to silly, here are a few examples.

If you followed Canadian TV then you may remember 1990's *Degrassi High* when a character found out he was HIV+. A pivotal scene takes place where Joey Jeremiah and the school bully, Dwayne, start to fight. Dwayne ends the fight when he gets worried he may infect Joey since blood is involved and discloses that he has HIV. What I liked about it was that *Degrassi High* was dealing with the serious issue of HIV/AIDS at a time when many other shows (never mind shows for teens) would not.

In 1998, *Charmed* debuted on the American WB network. Easily one of the silliest shows on TV—naturally it is a favourite of mine. In an episode from Season one entitled "Something Wicca this Way Comes" the youngest of three witch sisters Phoebe tells her sisters Piper and Prue, "Don't worry we had safe sex, lots of safe sex." A young woman who takes safety seriously and hey it premiered during primetime on the WB network.

The drama *Queer as Folk* is another great TV show that deals seriously with safer sex, relationships and HIV/AIDS. *Queer as Folk* airs Mondays on the Showcase channel and can be found for rental in many video outlets since they started selling boxed-sets of seasons (also available for purchase). Nominated for a 2004 GLAAD Media Award for Outstanding Drama series and going on its fifth season, the show is described as "an unapologetic celebration of gay life in all its varied forms."

Recently, the 2004 Oscar nominated comedy, *Sideways* follows one man's last wild romp through the 'single' life one week before his marriage. What's noteworthy is how the character is constantly promoting safer sex, and condoms pop up throughout the movie. This gives the audience the clue that the only sex is safer sex—at least in this story.

To find out more about initiatives encouraging similar programming go to the Entertainment Industry's Resource on Sexual Health site: [www.themediaproject.com](http://www.themediaproject.com). Hey, why not send us a review of your fave show about prevention/education?



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**  
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 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, 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](http://www.livingpositive.ca)**

### Volunteer Profile: Toshie

By Nikki Maier

A quiet session with Toshie usually begins with a check-in as you settle onto a massage table in the Complementary Therapy room. The table is about three feet off the ground and covered with a foamy to make sure you're nice and comfy. Each session lasts one hour, which gives you plenty of time to relax and meditate as Toshie begins her energy work. Recently, I sat down with Toshie to talk about Healing Touch therapy. The Living Positive Resource Centre has enjoyed working with Reiki/Healing Touch practitioner Toshie for five years now.

#### What is Reiki and Healing Touch work?

"It's energy work and that means I'm a conduit channelling the energy of healing power from the universe and that healing power goes into the client's body, which stimulates the healing power within him or her."

Toshie says, "The body itself heals using this en-

ergy. The actual healing is done by the individual not by someone else. For example, a doctor stitches a finger, but the doctor doesn't heal the finger—the body heals itself. What we need is a change of our thinking. Fundamentally we are 'health'. We were born in total health, so we must focus on that total health rather than focus on the illness or sickness. Gradually if you put feeling into total health the body will respond to this health consciousness."

#### What can you expect?

"You have to try it to know. The body will relax and when the body relaxes the blood will flow smoothly and that means oxygen flows well with the blood, which enhances the healing. Relaxation is the biggest part of it."

#### How long have you been doing energy work?

"I've been doing this nine years and I've been coming here since 2000."

To book your Tuesday morning session with Toshie (you must be a registered client) simply phone our office at 862-2437.

"My sister thinks I'm a quack. She is a nurse and believes Western Medicine is the only kind that works, when both Western medicine and complementary therapy really go hand in hand."

—Toshie

## RICHARD'S RANT

I said to her, I said, "April you cannot continue to do that. How many times have I told you – not to tear the loose strips of wallpaper off the wall?"

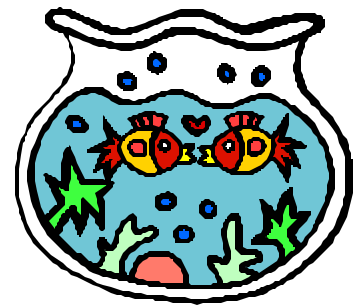
Why do you jump on my chest every morning, in your bid to be fed on your time? And when are you going to learn to speak English?"

April said, "meow".

If you're lucky enough to have a relationship with something that barks, tweets, meows or glubs, then I'm sure you feel the same way I do – glad.

Sometimes, while not better or worse than a human, our pets become very important to us.

They don't judge us, are not fearful of us, and don't require much in return from us. Although – we expect so much from each other, in the way of patience and caring. Now I have already found a godparent for "April". Now I can enjoy the time we have and the love we share.





# CLIENT SUPPORT PLUS

By Deborahjoy Bolton, Client Support Worker

You have vowed never to venture out into the cruel world and put yourself at risk of all kinds of unspeakable challenges and risks. There are germs and viruses, toxic pollution and a threat of breaking bones. And worse yet people who want to talk to you. You feel pressured to come up with something witty and smart and somehow convey that you are interested in them or at least what they are talking about. And then there are those that don't say anything, they just look, and you know what they are thinking. If only they would say it, you would set them straight. The stress of it all! So here you are, you have arranged for the

grocery and pharmacy to deliver, your cheque is direct deposited, and you have the Internet if you really need to talk to someone, you feel safe. You have it all figured out . . . only now there is a study that says low levels of social connectedness lower immune response and affect heart health. What now? You might have to start having face-to-face contact with people! The thought worries you, more correctly, scares you, the pressure to be social and entertaining causes your heart to pound and your palms to sweat. So you look around to see if there is anywhere you might be able to start off slowly, with other

(Continued on page 7)

## CLIENTS' NOTICE BOARD

### NATUROPATHIC HEALTH CARE



Dr. Janice Potter, a Naturopathic Physician, offers her services by appointment. Free to our clients—call 862-2437 for your referral.

### CHIROPRACTIC CARE

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

### REIKI & HEALING TOUCH

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

### MASSAGE THERAPY



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

### CLIENT SUPPORT GROUP

A group for people living with HIV/AIDS, and their supporters, meets Wednesday nights from 6:30 PM till 8:00 PM.

June 29 -Benefits of Massage Therapy

July 13 -Guided Meditation,  
July 27 -Anger Management,

August 10 -Financial Planning for those with Chronic Episodic Illness

August 24 -TBA.

Call Client Support for more information at 862-2437.

### 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.

### CLIENT SERVICE HOURS

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

### FREE COFFEE

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



By Daryle Roberts – A/Executive Director

Changes take place at the Okanagan Aboriginal AIDS Society. We have just completed our three-year contract with Interior Health to provide Capacity Building for the On- Reserve Aboriginal Population. Through this program we were working with the Community Health Nurses (CHNs) and the Community Health Representatives (CHRs) of the Seven Nations that make up the Okanagan Nation Alliance. We held workshops, information sessions, attended Health Fairs and provided support to the CHNs and CHRs in their day-to-day work.

During this time the Aboriginal Health and Wellness Advisory Committee (AHWAC) has been working on updating the Aboriginal Health Wellness Plan for Interior Health. Through this process there was a redistribution of the funds within Interior Health for Aboriginal Programming. The AHWAC, through consultation with the Aboriginal Communities, has identified five Priority Health Issues to be addressed: 1.) Equal outcomes: Currently there is no equality in health status and social outcomes between Aboriginal and non-Aboriginal people. 2.) The belief in the need for connections: Health and welfare systems should reflect the total body, mind, emotions and spirit of an individual, and reflect the sense of family and community. 3.) The transition from depend-

ency to autonomy: Aboriginal people should be permitted to redesign health and social programs to more fully reflect their values and diverse cultures. 4.) Culture-based programming: Experience and results indicate a need to change how the ideas and practices of the non-Aboriginal culture fail to connect with the Aboriginal feelings, experience and good sense. 5.) Traditional healing: There is a need for traditional healing and healers to begin playing a more significant role in the redesign and application of a "new" health care system. (Source: *The Interior Health Aboriginal Health and Wellness Plan 2002/03 – 2005/06*, which can be found on the Internet at: <http://www.interiorhealth.ca/NR/rdonlyres/52AF7D85-3ED9-4F59-8189-3F2342D3345E/702/IHAboriginalHealthPlanRevisedFeb03.pdf> .

Within this document, HIV/AIDS was not identified as an issue by the AHWAC, although it is addressed under Community Need. The Provincial Health Officers' Eight Areas identified concerns for Aboriginal communities including: Diabetes/chronic disease, Early childhood development, Alcohol and drugs, HIV/AIDS, Injuries, Primary care, information and Tobacco.

We will continue to work with Interior Health and the AHWAC to bring forward the issue of HIV/AIDS. If you have any concerns or questions, please contact us at 250-862-2481.

## Hepatitis C and HIV/AIDS rates rise in Prince George

By Brian Mairs, OAAS Program Coordinator

The HIV/AIDS epidemic among BC's Aboriginal populations has "all the elements" in place to resemble the large epidemics in Africa, according to preliminary data from a long-term study of Aboriginal injection drug users. The Cedar Project researchers found that hepatitis C prevalence among young IDUs from Prince George was 62%, compared with 57% of young IDUs from Vancouver. High hepatitis C prevalence can be a "key warning sign" of a pending HIV/AIDS epidemic. HIV

prevalence was "considerably" lower in Prince George than in Vancouver—8% compared to 17% respectively—but the study's "key finding" is the high prevalence of hepatitis C in the two cities. In addition, the researchers found that more IDUs shared needles in Prince George than in Vancouver. According to Dr. Patricia Spittal it also is "alarming" that they found 300 young injection drug users in Prince George, which has a population of 72,000—7,000 of whom are Aboriginal. The study results are expected in the Fall of 2005.



(250) 862-2481

[www.oaas.ca](http://www.oaas.ca)

## CAAN releases report

By Brian Mairs,  
OAAS Program Coordinator

The final report on the environmental scan from 2004-2005 "Addressing Homophobia in Relation to HIV/AIDS in Aboriginal Communities" has been published in PDF format and is available from our website ([http://oaas.ca/CAAN\\_homophobia.pdf](http://oaas.ca/CAAN_homophobia.pdf)). If you do not want to put your printer to the task of printing 134 pages, we can provide you with a photocopy for \$17, costs include all taxes and delivery.

Calling all volunteers! Have fun in the sun...

**Please help - we need you!** Over the course of the next few months, we will be involved in a number of special events that require volunteers.

We need people to work our **info booth** at the following events:

- Wakefest.....July 8<sup>th</sup> -10<sup>th</sup>
- Fat Cat Children’s Festival.....July 24<sup>th</sup>
- Downtown Kelowna Street Festival.....August 6<sup>th</sup>
- Benefit hockey game.....mid August

Benefit concert.....Sept. 16<sup>th</sup>

Okanagan Family AIDS Walk....Sept. 25<sup>th</sup>

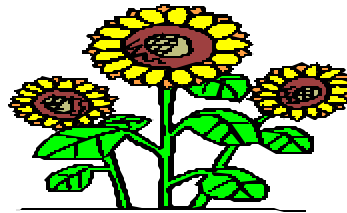
In addition to the info booth, we need **LOTS** of people to volunteer for the Walk in a variety of areas, from **walk marshals** to **site coordinators**, from **set up and take down** to **registration** and **line control** and more. All volunteers receive an AIDS Walk t-shirt and lunch on Walk Day – so please give us a call and give us a hand in making this year’s AIDS Walk among the best in the country! To register, call Karen or Shawn at 862-2437, or email us at volunteer@lprc.ca.

Wanna volunteer?  
Strapped for time?

Join our “stuffing day” team, which meets six times per year. The team gets the newsletter out all in one afternoon! There will be coffee, pop, juice and snacks at this social event where you can meet others and have some fun. Call Nikki at 862-2437. (Next stuffing day will be in early August.)

Client support plus (continued from page 5)

people who might understand what it’s like to be you. Maybe a support group? You heard there is a HIV+ (and friends) support group that meets Wednesday nights at 6:30 PM and the good news is that every other Wednesday there is a speaker so you could get away without talking. Actually, you probably wouldn’t have to speak at the other meeting either. Heck, if someone asked you how you were, you could yawn, choose the chair closest to the bathroom and rattle the bottle of pills in your pocket and there would be no more questions, you would be clearly understood. This is beginning to sound good. You would be making some connections and helping your immune system, and you might even have a good time and learn something. Call the Client Support Worker at the Living Positive Resource Centre and get the details at 862-2437. What could it hurt? (Please see the Client’s Notice Board for the schedule of topics).



**Free training!**

We are holding our pre-summer workshop series on HIV/AIDS and Hepatitis C.

**AIDS 101**

June 28th from 9AM-12 noon join us to learn all about HIV.

**Hep C 101**

On June 30th from 9:30 AM—12 noon join us to learn all about Hepatitis C.

All Living Positive Resource Centre volunteers are encouraged to attend AIDS 101 and Hep C 101 workshops to ensure you have the skills and knowledge to work in the field. Clients & family members wanting to learn more about the blood borne pathogens are also invited. The workshop is free to volunteers and clients/families. Sign up ASAP to reserve your spot by calling Nikki at 862-2437 or toll free in BC at 1-800-616-2437. Space is limited so call today!



April 22, 2005

Dear Community Supporter:

I've undertaken the position of Chairman for the 2005 AIDS Walk. The face of AIDS is ever changing and we, as a small, rural/urban community have to recognize that it is affecting our population – from those already infected to those we hope to prevent getting infected.

The statistics of HIV/AIDS today indicate that it affects young people in high school and University. However, it is now also affecting some of those in the middle years who feel that they can be involved in “safe sex” and are not truly as safe as they thought they were.

There is a great deal of work that has to be done to help those who are afflicted and to educate and inform our Community to prevent others from being so.

The AIDS Walk last year raised \$50,000 in funds that remained 100% in our community. This year our goal is \$66,000. We recognize that you have many demands on your resources and we ask you to consider ours, this year, so that we can help make an impact on our Community.

I encourage you to donate to the AIDS Walk, whether through a straight donation, by participating as a “Walker” in our AIDS Walk on Sunday, September 25<sup>th</sup>, or by attending any of our events leading up to the “Walk”. You can also make a designated donation to the “AIDS Walk” through your United Way contribution.

I ask that you join with me in this very worthwhile cause. Your involvement is truly appreciated.

Sincerely,

Mel Kotler

2005 AIDS Walk Chairman

## Living Positive hires student

*By Shawn Hunt, Event Coordinator*

First off, I'd like to say that I'm pleased to have this opportunity to meet and work with so many truly amazing individuals. It blows my mind to be involved with the everyday, unsung heroes of our community and be able to see what it's like to make a difference in our world. After receiving my diploma from Red Deer College where I studied Business Administration with a major in Marketing, I moved to the valley to pursue my passions. I'm passionate about food, love to cook and am always looking for new and challenging recipes. I'm also an outdoor enthusiast, and a bit of an adrenaline junkie. I'm a huge fan of snowboarding, mountain biking, sailing, knee boarding, fishing, hiking, camping, basketball, football, racquetball and



**Shawn Hunt**

many other sports.

However, the majority of my time is dedicated to my studies. Currently I'm pursuing a Bachelor's degree in Business Administration with a major in Marketing and minors in International Business and Human Resources.

Through my education, I've learned of the massive problem that AIDS is causing on the global scene and I look forward to an excellent summer at the Living Positive Resource Centre.

## Tell your story and make a difference!

For many in the valley, HIV/AIDS is still largely seen as a disease, which affects only gay men and intravenous drug users—an assumption we know to be inaccurate. Let's start educating others by sharing YOUR stories (identities can be kept anonymous if you choose) about how your life and the lives of your family members have

been affected. Perhaps if the community knows that this is a disease that does not discriminate and affects everyday individuals, then we can make some real headway in the area of prevention. If you are interested in helping with this, please call Karen at 862-2437. With your help, we CAN MAKE A DIFFERENCE! —KA