

Living Positive Resource Centre, Okanagan

"The man who says it cannot be done should not interrupt the man doing it."

-Chinese Proverb

#### IN THE NEW

LIVING POSITIVE RESOURCE CENTRE, among local service organizations and offer TIATIVE

We come. We go. And in between we try to understand.

-Rod Steiger

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Generally, the fundraising we do in our community goes to support the programs and ser- If supporting the LPRC Hospice Campaign is vices which Living Positive provides in our of interest to you, please contact Karen or community. However, in 2006 our Board of Daryle at 862-2437. You will receive a chari-Directors decided it was important for us to table tax donation receipt and recognition on support a broader initiative - the Holding the Hospice Donor Plaque which will be in-Hands for Hospice Campaign which will fi- stalled in the front office. nally see a free-standing hospice facility built right here in Kelowna. Several LPRC Board members and staff were on hand recently for a \$20,000 cheque presentation to the BC Cancer Foundation, Southern Interior. This is the first instalment of our pledge to raise \$50,000 within the next three years through our Okanagan Family AIDS Walk and other fundraising projects. Cynthia Waldek-Peters, Development Director for the BC Cancer Foundation, Southern Interior, is pleased at the positive community response to the Holding Hands for Hospice initiative. "We are thrilled Daryle Roberts, LPRC Exec. Director; Wendy McNiven, to have Living Positive step forward as a leader

OKANAGAN PLEDGES SUPPORT TO their support. They are helping make the HOLDING HANDS FOR HOSPICE INI- dream of building a free-standing hospice, something which Kelowna has needed and worked towards for a long time, a reality."

Issue 1



(L-R) Walter Gray, Campaign Chair; Paula Penticost, LPRC Staff; Cynthia Waldek-Peters, BC Cancer Foundation; Sheila Kerr, LPRC Staff; Beryl Itani, LPRC Board; Karen Alexander, LPRC Staff; LPRC Board; Tracy Hansen, LPRC Board; Brian Mairs, LPRC/ OAAS Staff.

FACTS OF THE MONTH About 12 million people in Asia are at risk of being infected with HIV by 2010 unless prevention efforts are intensified.

-Henry J. Kaiser Family Foundation

Although more than 65% of American lift over the winter holidays. youths engage in sexual intercourse by the age of 18, the US Congress continues to allocate \$50 million dollars per year for state abstinence-only education programs.

-Centers for Disease Control and Prevention

Living Positive Resource Centre would like to extend our sincere gratitude to Benjamin Moore for donating the paint used to give our staff members' offices a face-We are now settled in our cozy taupe coloured offices, a refreshing change from the



energy-sucking yellow-green that once graced our walls. Thanks, Benjamin Moore!

# **TOPHER TALKS: A Client's jaded viewpoint**

I recently saw a news report on longevity in our senior populations. As we are aging, our life expectancies are increasing as well. Now this is a report about normally healthy people, who are living longer.

This growing trend has been contributed to a couple of things. One, the medical profession is getting better at treating and controlling illnesses. But more importantly, these individuals are doing things to help themselves live longer. First, they're staying more active. Secondly, they're staying socially connected, and finally, they possibly have a pet. So how does this help those of us living with HIV or Hep C?

First and foremost, the medical profession is staying on top of our problems and better treatments are being developed. But personally, people who have a good social network do much better. As we all know, we have people in our lives that are not good for us. Either they lead us astray when we are feeling weak, or they take advantage of our good nature. So we need to find a good circle of people to surround ourselves with. Now, if you are new to the area and don't know anyone or need new friends, volunteering is a good way to be active, social, and also contribute to the world as a whole. Volunteering can be done in hundreds of locations around the Valley, in many forms from envelope stuffing to dog walking.

Staying active is also as simple as taking a walk on a regular

#### HIV Risk Seen In Cocaine

US Centers for Disease Control and Prevention

A recent study found cocaine and other stimulants not only impair the brain's judgment center, but they also enhance sexual desire, increasing the likelihood of risky sex. The effect was observed among study participants with a drug dependence history as well as those without one, reported Brookhaven National Laboratory (BNL) researchers.

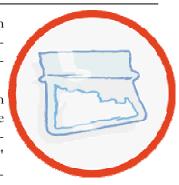
The study enrolled 100 men, half with and half without a cocaine dependence history. An intravenous tube delivered Ritalin to half the men and a placebo to the remainder. The stimulant Ritalin, an attention-deficit disorder drug prescribed for children, is more potent and mimics the effects of cocaine when administered intravenously.

Test participants were asked before and after the administration of Ritalin or placebo to rank their sexual desire on a scale from one to 10. The men's brains were also scanned during the trial. Men with and without a drug dependence basis, or as involved as going to the gym. Soon, hopefully, the warmer weather will be upon us so we can get outside and walk without fear of falling on ice. Also remember that Parkinson's Rec. Centre has a disability gym membership for a very reasonable price. As I was asked once before, the membership card is not marked with a big flaming neon sign screaming disability. Parkinson's is also a gym for the average person, so you will not be intimidated by a pumped-up muscle builder, unless you are judging yourself against some of the very active seniors that use this gym.

As a pet owner, I know the benefits of having a nonjudgmental pet that loves you unconditionally for companionship. Now, for those of us with a compromised immune system, cats, dogs, or birds have other risks to our health from their pests. Luckily these are out weighed with the benefits they provide, and with proper care and attention our pets are no risk to our health. Now, unfortunately, there is also the problem of having a pet and finding rental accommodations. If you find yourself in one of those situations, a good option is become a dog walker for the SPCA. Now you have reason to get up in the morning, some place to go in your day. A chance to socialize with other people, plus have a variety of dogs or cats that crave some small attention from you.

So to live a happier, healthier, longer life, Get out, Get active, Get social, and Get a pet.

history who received Ritalin reported enhanced sexual desire. The placebo group reported no change in desire. Besides needle-sharing as an HIV risk factor, "we have shown that the drugs themselves contribute to this risk," said Dr. Nora Volkow, a co-



author and former BNL researcher now with the National Institute on Drug Abuse. "When people get intoxicated [by these drugs], it decreases their inhibition, and it enhances sexual desire," she said. "Drugs inhibit the ability to control these desires."

"Stimulants can directly enhance sexual desire even in environments where there is no sexual stimulation," said Volkow. That can lead drug users into impulsive behavior, putting them at high risk for STDs, HIV or hepatitis C infection, said researchers.

# FROM OUR NURSING STUDENTS

## The Importance of Knowing Your Status

by Sabrina Lefebvre, Robyn Sikorski, Giselle Reyes, and Annette Alliksaar 4<sup>th</sup> Year Bachelor of Science in Nursing Students at UBCO.

At the end of 2005, an estimated 60,160 people in Canada were living with HIV, an estimated 30% of which are unaware of their status (Centre for Infectious Disease Prevention and Control, 2006). In 2004, there were 445 new positive tests in British Columbia, the highest number since 1998 (BCCDC, 2005). In the Okanagan Valley, 86 individuals tested positive between 1998 and 2004 (BCCDC, 2005), this does not include those who leave the valley for testing. There are currently an estimated 1,500 people living with HIV in the Okanagan (Living Positive Resource Centre, 2006).

Since the HIV antibody test became available in 1985, the common medical practice has been to test only individuals who engage in perceived high risk behaviors. High risk behaviors were defined as having sex with multiple partners, men having sex with men, and intravenous drug use. This not only excluded the "rest" of the population, but also led to further stigmatization of the illness.

Contrary to popular opinion, the new trends in HIV infection are reaching those traditionally considered low risk. These include young, heterosexual women ages 15 to 29, now considered the fastest growing risk group, as well as a significantly larger proportion of cases among older individuals. In 2004, seniors over 60 made up 20% of new HIV cases in the Okanagan (BCCDC, 2005). Why is testing so

important? In September 2006, the Centers for Disease Control and Prevention (CDC) revised its recommendations for HIV testing in healthcare settings. Their aim is to make HIV testing a routine part of medical care.

CDC outlines the benefits of routine HIV testing, including that many persons living with HIV are unaware of their status. These persons are potentially spreading the virus to their partners unknowingly. Once knowledgeable of their status, many people adopt behaviors to reduce HIV transmission. Receiving an early diagnosis can also result in better understanding and more informed choices around treatment, which can help to extend the life of the individual. Lastly, routine testing may reduce the stigma still associated with HIV testing (Centers for Disease Control & Prevention, 2006).

What about costs? The cost of an HIV test is far lower than the cost of providing long term medical care for a person living with HIV/ AIDS. Each new HIV infection will cost the BC health care system between \$180,000 and \$225,000 in direct costs alone per person per lifetime. Adding the indirect expenses related to sickness, this cost rises to \$1 million per lifetime for every person living with HIV (BC Ministry of Health Planning, 2003).

The HIV antibody test is free for anybody to get, and can be done confidentially through your doctor, or anonymously at your local public health unit or street clinic. Take responsibility for, and keep informed about your health. Talk to your family physician, or visit your local public health unit!

### 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 member-

ship application and drop it off at our office or mail it to: Living Positive, 101-266 Lawrence Ave,



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

**Living Positive Membership Application** 

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



#### Sheila Kerr, 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

Beryl Itani Dr. John Kennedy Tracy Hansen Buffy Mills Lisa Mortell Josephine Stebbings Wendy McNiven Daryle Roberts, Executive Director

#### 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

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# VOLUNTEER UPDATES



Chris MacKenzie (top) and Marie Amaron receive plaques in honour of their ten years of service, presented by Daryle Roberts (Executive Director) and Karen Alexander (Community Development Coordinator).

During the board and staff Christmas gathering in December, LPRC gave recognition to two of our valuable volunteers, Chris MacKenzie and Marie Amaron, both celebrating ten years of volunteer service to Living Positive in all of its incarnations.

Chris has volunteered his time primarily as our receptionist. He also is a valued member of our Speakers' Bureau, as well as the go-to man of the office. Ten years ago, when Chris first began volunteering for the centre, he was quick to tell us not to expect him to be around for long, that he had nothing to offer us. Happy ten years, Chris.

Marie is our almost-89-year old Librarian. I would like to take this time to extend our The last electronic machine she used was a teletype (or as they would call it in England, a teleprinter) during WWII, and when she really makes a difference. tried learning to use a computer eight years

ago - having three staff members give her three different versions of how it's used she decided to give up on computers and run the library with pen and paper. It is her love for the work she does, the staff, and the memory of two dear friends who lost their lives to AIDS that has kept Marie here for ten years.

Marie wishes to say that LPRC has a wonderful library, and she only wishes that it would get more use. She would also like to ask that anybody who has any overdue materials from the library to please return them ASAP.

thanks to all of our volunteers, past and present. It is your work and dedication that

# **RICHARD'S RANT**

From November until March I'm scared as hell that I'll end up with a lung problem, viral or biological, and suffer the possibility of possibly having to deal with my mortality. The odds of a cold turning into pneumonia are pretty high in my case. On the

other hand, I could enjoy my yearly hibernation (wearing masks) when necessary. I'm also looking forward to paying off some bills completely. My car payments will be finished next June, a long with a

few more finished in the same month - Yeah!

My computer is acting up, good one day, problems the next. Calling a repair rep I can't afford, sometimes I've had to try everything for a few days and as I learn more I can fix more.

My headspace has improved because I chose to do less, I stay away from things that stress me out.

I'm still doing my spiritual readings daily, but I've been doing these for about four years (excluding the Bible) and I need some *different* information (they make hundreds of these self help books). The ones I'll be changing for new ones I'll give to LPRC, I know they'll probably have the right person in mind.

Anyway, allow yourselves the time to enjoy whatever it is. All the happiness I can wish to you, I'm always available for just about anything.

### IN REMEMBRANCE...



Living Positive Resource Centre would like to remember the following individuals who have recently passed from AIDS and from Hepatitis C in our community:

Marcel (Joie) L. passed away September 20th, 2006

**David B.** passed away August 24th, 2006

Annette C. passed away December 4th, 2006

Brady H. passed away January 22nd, 2007



"To live in hearts we leave behind is not to die" - Thomas Campbell



Clare Overton, Client Advocate



Zenia



Marlon

# CLARE'S CORNER

Greetings and Salutations!

3<sup>rd</sup> year practicum student from UBC- to the present. A hot cup of tea some-O working towards a degree in Social times works too. Work. I am very excited to be work- While working at LPRC, I plan on ing with the Living Positive Resource focusing on Community Development Centre. I am also a certified Yoga in- and expanding the awareness and edustructor and find that standing on my cation of HIV/AIDS and Hepatitis C head or twisting myself into bizarre throughout the Okanagan. I will also positions helps me make sense of this be working closely with Clare as a Clicrazy world we live in. Mindfulness ent Advocate. I will be with LPRC and spirituality play an important role from January through April, and I am in my life and I find that with taking a sure this is going to be an amazing exfew moments each day to reflect in perience.

silent meditation works like magic to My name is Zenia and I am a help me slow down and bring myself

My name is Marlon Bartram and I am a mature student in the 4th year of the Social Work Program at UBC-Okanagan. I am fulfilling the 4th year practicum requirement here at Living Positive Resource Centre. I am a long-time resident (nearly 30 years) of Kelowna and am looking forward to the opportunity to give back to the community through my experience here.

#### **COMPLEMENTARY THERAPIES**

We recently switched to a computerized booking system for complementary therapies, which resulted in some double booking and folks getting bumped from their spots – please accept our apologies and our thanks for your understanding. A reminder that if you are unable to make your appointment, please call as soon as possible – these folks are

To all of our Pentic-

ton clients, please

**note:** Clare Overton,

our Client Advocate,

will be in Penticton

every second Wednes-

day at the Penticton and

Resource Centre from

10am-1pm. You'll need

to book your appoint-

ments through Clare at

least 24hrs in advance,

as she cannot accom-

modate drop-ins at this

Community

District

time.

volunteering their time, so we don't want them to have sit around and wait when people don't show up. If you haven't yet had a chance to visit our new chiropractor, Dr. Troy Tater, give Karen or Chris a call and we can arrange to set up an appointment for you!

#### CLIENTS' NOTICE BOARD CHIROPRACTIC CARE 大学の日本にないための **REIKI & HEALING** Dr. Troy Tater D.C., BSc. Of the TOUCH Core Chiropractic offers free chiropractic care for LPRC clients out of Enjoy the relaxing and balancing his office at #102-1441 Ellis St., benefits of a quiet hour with To-Kelowna, across from the library. shie. Call 862-2437 to book your CLIENT ADVOCACY To book your appointment, call free Tuesday session. Chris or Karen (862-2437) for your Kelowna referral. To meet with a client advocate, call 862-2437. South Okanagan & Simil-NATUROPATHIC kameen: call 1-800-616-2437 HEALTH CARE MASSAGE THERAPY to book an appointment. Dr. Janice Potter, a Naturopathic Vernon & North Okanagan: Free half hour sessions Tuesday Physician, offers her services every Call Theresa McDonald of North afternoons (1:30 - 4:00pm) with other Wednesday, 10 a.m. to 3 Okanagan Youth & Family Ser-Kristi Maguire, Registered p.m. Free to our clients. vices Society at 545-3572. Massage Therapist.

# **O.A.A.S.** NEWS

#### Who's Who?

I was asked about the plethora of Non- (ALPHA). and for people with blood-borne pathogens (HIV/ whom?

Society (OAAS) has a First Nations specific con- RRHANS is the Pacific AIDS Network (PAN), tract from Interior Health that is designed to pro- which is well established and well represented by vide specific services only to the seven bands in most, if not all of the AIDS Service Organisations the Okanagan Nation – the Similkameen Valley (ASOs) in BC. At the National level, the Canadian from Princeton to Osoyoos, the Okanagan Valley AIDS Society not only provides a nexus for all from Osoyoos to Falkland and the Upper Nicola ASOs from the entire country, but is charged with Valley, 30Km East of Merritt. Provincially, the being the political voice of ASOs, moving Public Red Road (RRHANS) provides no personal services, but dated policies, increase funding, increase apdoes support any and all Aboriginal organisations proved medications, and any number of other to develop their skills, and to network with the items approved at their Annual General Meeting. other Aboriginal organisations throughout the Also at the Provincial level there are specific serprovince to develop a formal infrastructure of vices for Women from the Positive Women's mutual support. In turn, the Canadian Aboriginal Network (PWN), and the BC Persons with AIDS AIDS Network provides similar support on a na- Society (BCPWA) offer membership to any pertional level. Healing Our Spirit BC Aboriginal son who is living with HIV/AIDS in BC. Both of HIV/AIDS Society (HOS) provides services to these organisations are located in Vancouver, but and for Aboriginal people on a provincial scale have a toll free number for those living outside of with a very limited number of staff. Educators the Lower Mainland. travel from Vancouver to most places in the prov- Overall, each NGO does something slightly difince to raise awareness and increase the preven- ferent for different parts of our society; from the tion knowledge base. In the Vancouver area they direct service organizations to the national netsupport groups for Aboriginal People with HIV/ working and political voices, we are all working AIDS (APHA). Also in the Vancouver area, there to assist people living with blood-borne pathois a fledgling organisation that receives no govern- gens.

ment funding at all dedicated as a support system for Aboriginals Living Positively with HIV/AIDS

Government Organisations (NGOs) that at least On the non-Aboriginal side of the highway, Living partially rely on government funding to work with Positive Resource Centre, Okanagan (LPRC) undertakes fundraising, awareness raising, advocacy, AIDS and/or hepatitis). What do they do, and for and prevention services as they relate to bloodborne pathogens, for everybody from Osoyoos to At the regional level, Okanagan Aboriginal AIDS Winfield. The Non-Aboriginal counterpart to HIV/AIDS Network Society Health Agency Canada (PHSA) to change out-





Brian Mairs, OAAS

### **OUOTABLE QUOTES**

"If this article [reporting 1,112 confirmed cases of AIDS in March 1983] doesn't scare the shit out of you, we're in real trouble. If this article doesn't rouse you to anger, fury, rage, and action, gay men may have no future on this earth. Our continued existence depends on how angry you can get."

-Larry Kramer

"Begin now—not tomorrow, not next week, but today-to seize the moment and make this day count. Remember, yesterday is gone and tomorrow may never come. Today is all we have."

-Ellen Kriedman

"If only one could have two lives: the first in which to make one's mistakes, which seem as if they have to be made; and the second in which to prophet by them." -D.H. Lawrence

"It is one of the most beautiful compensations in this life that no man can sincerely try to help another without helping himself."

-Ralph Waldo Emerson

"Don't compromise yourself. You're all you're all you've got.' -Janis Joplin "If you judge people, you have no time to love them."

-Mother Teresa

"In the long run the pessimist may be proved right, but the optimist has a better time on the trip."

-Anonymous

"The greatest pleasure in life is doing what people say you cannot do."

-Walter Bagehot

"Carpe Diem" (Seize the Day)

-Horace

By Brian Mairs

# **EDUCATION UPDATES**

POZ 101 Takes Over

By Sheila Kerr, Prevention Coordinator

It has become apparent that despite prevention efforts, the number of people in the Okanagan infected with HIV or Hepatitis C is growing. We at Living Positive were compelled to ask ourselves why.

Asking this question brought to light a number of factors that posed as barriers to learning. The model by which we presented our AIDS 101 and Hep C 101, for instance, was a model designed for teaching children rather than assisting adult learning. The content had been watered down, ineffective. The issues of sex and drug use were danced around when they should have been pounced upon. In the words of C. Everett Koop, "You can't talk of the dangers of snake poisoning and not mention snakes".

The Living Positive Resource Centre is proud to reau, or if you would like to have one of our memannounce the arrival of POZ 101, a new and inno- bers come to speak for your group or organisation, vative approach to HIV/AIDS and Hepatitis C education, developed with the guidance of Bert Modde-

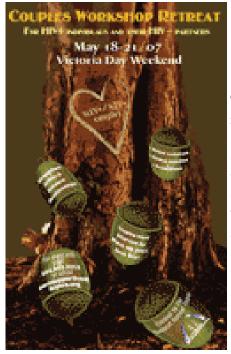
jonge, Governor of PAX Campus and founding Executive Director of AIDS Calgary.

POZ 101 encourages participation from all members of the group, allowing each member to bring their own knowledge to the table. It is focused on what the learner wants to learn rather than what the presenter wants to teach. It provides a sense of responsibility for one's own actions and outcomes, and it takes a more holistic approach to matters of health and wellness.

At the time of this newsletter's writing, we are looking forward to our first POZ 101 Speakers' Bureau training, set to take place January 20th and 21st, and then again January 24th and 25th, during which time our current Speakers' Bureau members, as well as some new additions, will be trained using our new model. If you are interested in joining our Speakers' Bu-



Sheila Kerr, Prevention Coordinator



## **COUPLES WORKSHOP RETREAT**

please call me (Sheila Kerr) at 862-2437.

For HIV+ Individuals and their HIV- Partners May 18<sup>th</sup> – 21<sup>st</sup>, 2007, (Victoria Day Weekend)

The British Columbia Persons With AIDS Society is offering a 4 day / 3 night workshop for twelve HIV+/HIV- couples to engage in peer and professionally lead activities to strengthen, affirm and support their relationships. Located at the Walter C. Koerner Lodge at UBC's Loon Lake Research and Education Centre, couples will socialize and take part in fun and therapeutic group and couple activities. Interested couples must be interviewed before March 9th, 2007 to be considered. Book your interview time now! This retreat is free of cost to HIV-positive members of BCPWA and to their HIVnegative partners. Created and run by the BCPWA Retreat Team.

**Date:** May 18<sup>th</sup> – 21<sup>st</sup>, 2007 Location: Walter C. Koerner Lodge, Loon Lake: <u>www.loonlake.ubc.ca</u>

**Registration:** Interested participants must be interviewed before March 9<sup>th</sup>, 2007.

Interviews begin Feb 5<sup>th</sup>, 2007.

For more information or to book an interview, contact the BCPWA Society at: Telephone: 604.893.2213 Toll Free: 1.800.994.2437 ext. 200 Email: <u>serosupportive@bcpwa.org</u>

# EVENTS PAGE

### KELOWNA'S DINING OUT FOR LIFE GOES INTERNATIONAL!



As many of you know, Dining Out for Life is an international program which sees local restaurants donate 25% of food revenues on a particular day to support the work we do in the community. Last year we operated under a "hub" agreement with Dining Out for Life Vancouver – however, this year, we are very pleased to have been accepted by DOFL International as a full partner into the program. We are also pleased to welcome **Mayor Sharon & Dr. Michael Shepherd** as our Honourary Chairs for this year's event! So folks – save your money and get ready to dine out on **Thursday, March 29**<sup>th</sup>. To see if your favourite restaurant is participating, check out our page on <u>www.diningoutforlife.com</u>. If they haven't joined us before but you think they may be interested in participating, please call Karen at 862-2437.

### CHAMPAGNEWISHES & CHOCOLATE DREAMS RETURNS!

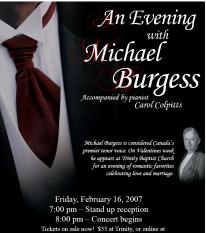
If you like chocolate...especially Bernard Callebaut chocolate...then don't miss the 2<sup>nd</sup> Annual Champagne Wishes and Chocolate Dreams event! Join us on Sunday, April 22<sup>nd</sup> at Summerhill Estate Winery for fabulous food, champagne tastings, lots of chocolate (of course!), live entertainment, and a great silent auction. Tickets are \$39 each and will be available starting in February. If you need more information, please call Karen at 862-2437.

### **TAX TIME ASSISTANCE!**

Well folks, it's that time again.... and if you are anything like me, you dread doing your taxes and are totally confused by the maze of forms and calculations necessary. We are pleased to have a volunteer who is willing to come into the office to assist our clients in wading through the tax maze...if you would like to access this service or need more information please call Karen at 862-2437. We are still working on dates and times this service will be available, but call now if you are interested!

### AN EVENING WITH MICHAEL BURGESS

Michael Burgess is considered Canada's premier tenor voice. On Friday, February 16<sup>th</sup>, he will be appearing at Trinity Baptist Church in Kelowna for a Benefit Concert for the Trinity HIV/AIDS Initiatives. This program has supported Living Positive Resource Centre in the past, and also partners for prevention, treatment and care for those living in West Africa. For more details or ticket information please contact Trinity directly at 860-3273, or purchase tickets online at www.ticketweb.ca.



Tickets on sale now! \$55 at Trinity, or online at www.ticketWeb.ca (Phone orders: 1-888-222-608)

for those affected by a global pandemic in West Africa.

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