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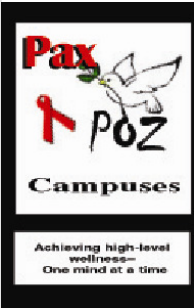
Okanagan

Living Positive Resource Centre, Okanagan

“The only freedom which deserves the name is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs, or impede their efforts to obtain it. Each is the proper guardian of his own health, whether bodily, or mental and spiritual.”

-John Stuart Mill

PAX-POZ CAMPUSES: A NEW FRONT OPENS IN THE AIDS WAR



By Bert Moddejonge

On December 6th, 2006—Year 25 A.A. (After AIDS)—Bert Moddejonge, Governor of Pax Campuses (a private educator) and Daryle Roberts, Executive Director of LPRC (an ASO), signed a “Heads-Of Agreement” establishing a joint venture social enterprise that launches a new front in the AIDS war. “Pax-Poz Campuses” brings together these two “AIDS Grandfathers” who have long-served our nation in combating this pandemic. Moddejonge is the fourth executive director hired in Canada to launch an AIDS service organisation and Roberts is the long-time Executive Director of Living Positive Resource

Centre, Okanagan and acting Executive Director of the Okanagan Aboriginal AIDS Society, both located in Kelowna.

Pax-Poz Campuses is a direct-action educator that: professionalises AIDS Life Skills Facilitators, and creates and delivers Street Campuses that bring AIDS awareness and prevention to those most at-risk for contracting HIV as well as other blood-borne pathogens (Hep-C, HTLV-I, HTLV-II, STDs/STIs, etc.) directly where and how they are.

Given the reality that ~61,000 Canadians are HIV-poz—with 18,000 of our neighbours and kin not even aware that they’re poz...yet—Pax-Poz Campuses is in-service to them integrating their new health status so that they can continue to live their full Life-spaces.

Cont'd page 2

WHAT'S INSIDE..

PAX-POZ CONT'D	2
HEP C MONTH	2
IN THE NEWS	3
CHIROPRACTIC	4
POETRY	4
WISE WORDS	4
CLARE'S CORNER	5
OAAS NEWS	6
EDUCATION	7
EVENTS	8

DRUG INTERACTIONS CAN BE POTENTIALLY FATAL

By Sheila Kerr

Imagine this. It is a Sunday afternoon, your regular pharmacy is not open, so you decide to have your prescription for antibiotics filled at another pharmacy. After taking the antibiotics, you begin to feel very sick. Your doctor tells you that you've over-dosed on your anti-retrovirals, and that you have near fatal drug levels in your body. Could this really happen? For one Kelowna man, it has. Along with many, many others.

This one man's story prompted me to call Lakeside Medicine Centre to speak to a pharmacist. Because of lobbying done by positive people in order to keep their status private by keeping HIV/AIDS drugs out of Pharmanet, other pharmacies are unable to view the complete list of drugs that you are taking. Many drugs included in HIV cocktails have the potential for dangerous interactions with other medications. “This is fairly common,” says one pharmacist, “Ritonavir, for instance, is the worst for interacting with other medications”. So what can you do? Greg Andreen, manager at Lakeside Medicine, says, “People should be aware.” He suggests that you stick to one pharmacy for all of your prescriptions. “At very least, provide a list of all additional medications to the pharmacist so it can be checked manually. There are literally thousands of possible interactions, too many for any pharmacist to keep in their head.” If you trust the pharmacist you are dealing with to keep your status private and confidential, provide them with a list of drugs you are taking, they will be able to identify possible interactions using their computer system.

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. Once again, we are fortunate 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 Clare or Karen at 862-2437. Appointments are 1/2 hour long, available from 11:00 AM until 1:30 PM on Tuesdays and Thursdays beginning March 15th.



PAX-POZ CAMPUSES CONT'D

The AIDS Life Skills Facilitators Pax-Poz trains will help all Canadians move up Maslow's 8-level *Hierarchy of Human Needs* by working with them where they're at through delivering experiential learning that helps them to self-empower. Discussions have begun with a State college to co-certify this certificate programme—the first of its type in North America.

In terms of direct-action, Pax-Poz has already achieved significant achievements.

Given that "AIDS-101" has become too prim, too proper, too medical, and too sanitised, it has been entirely redesigned and rejuvenated by Pax-Poz as "Poz 101"—with the *learners* at this seminar being the sole focus. No more scaring people; no more telling them what to do; no more teaching—instead, this learning is facilitated (*andragogy* vs. *pedagogy*), is delivered in a democratic campus where all learners are *co-learners* and where all choices made are the learners' *own*. Field-testing across Kelowna has shown *strong* support for this innovative new seminar and consistently, its learners have been stunned by the impacts they achieved in this 2-hour learning programme.

Also in development is "Poz 202"; if awareness and prevention efforts haven't worked so that individuals become poz, Poz 202 is the support and integration learning they need so that they can handle their new health status, integrate, and get on with living a full Life. The Big POZ Book is already developed and its manuscript is undergoing final edit so will be available shortly to anyone wanting to undertake self-delivered learning that is the collected wisdom of 25+ years of the AIDS pandemic which helps them to make essential and necessary choices.

Direct feed-back shows that both Poz 101 and Poz 202 are suitable for poz diagnoses of *all* kinds so any front-line educators dealing with the myriad Human diseases that exist are welcome to approach Pax-Poz to see how it can be readily customised to serve their particular learning population.

Another direct-action thrust is the "Pax-Poz Street Campus" currently being developed. Kelowna's official homeless census shows 420 homeless people in this wealthy, blessed, and bountiful city. The Four Pillars Coalition supported by 80 agencies across the city and valley released its *Framework For Action* two years ago, complete with 28 Actions intended to help deal with myriad issues this population face and create. Two years on, only a very little has been achieved so support is dwindling.

Instead of waiting for someone else to do something, Pax-Poz Campuses views this population from a *health* rather than a social issue perspective. Given that they are most at-risk for HIV (and other blood borne pathogens), a Street Campus is being developed that will take in 25 learners to undergo its

"Building My NEW Life!" programme comprising 8 weeks of intense (social change) Life Skills followed by 8 weeks of Job Shadow (for direct on-the-floor learning) followed by 32 weeks of ongoing mentorship. Scholarships are being sought in the amount of \$9,120 per learner, 55% of which goes to learners for the In-Class and Job Shadow portions of the programme as a minimum wage "pay packet"—that they earn through the work they complete in this programme.

"Building My NEW Life!" won't be for everyone but for the 25 learners it accepts, it represents a strong second chance for them to move their lives forward. Again, every learning element is experientially-delivered because Life can't be taught—but it sure can be learned from! This programme is entirely educative so NO counselling, therapy, rehab, or somesuch is delivered by Pax-Poz; these are already present in the community, already funded, and so we will advocate with the providers on behalf of learners seeking these supports. They remain part of "Building My NEW Life!" in the interim and can return to a later delivery of Life Skills once these therapies are completed.

(For more information on the Street Campus, please visit: www.pax-poz.ca.)

Pax-Poz is growing its support and because of its innovative approaches and the reality that this is a new direct-action front in the AIDS war, queries are already being received from a wide range of sources, curious to see what it is, how it works, and what it does.

If you need more details, want to enquire about becoming a AIDS Life Skills Facilitator, or wish to become involved in the Street Campus, contact either Daryle or Bert at your convenience and they'll be in-service to you.



According to the Public Health Agency of Canada, there are approximately 251,000 people in Canada living with Hepatitis C, and that number is increasing each year by more than five thousand. Here in the Okanagan, it is estimated that we have more than seven thousand people living with the virus.

Hepatitis C is a virus that affects the liver, your body's major filtration system. It causes inflammation in liver cells, which may result in scarring throughout the liver.

Though many people are able to live healthy lives with Hepatitis C and there have been many successes for those who undergo treatment, people are still dying from Hepatitis C.

May is Hepatitis C Awareness Month, starting May 1st, with Hepatitis C Awareness Day. Please wear the red and yellow ribbon to show your support for those infected and affected by Hepatitis C.

IN THE NEWS

Healthy Skepticism and the Marketing of AIDS

Excerpted from:
New York Times
08.05.01; Jayson Blair

Recently the Food and Drug Administration (FDA) ordered several pharmaceutical companies to pull advertising for AIDS drugs that depicted robust young men heaving javelins, riding bikes and crewing on sailboats. The FDA said such portrayals were "not generally representative of HIV patients and do not adequately convey that these drugs neither cure HIV infection nor reduce its transmission." Truth in advertising has long been considered an oxymoron. From political campaign spots to the perfect grill marks on hamburgers in Burger King ads, advertisers have always improved upon reality. But the practice is much more contentious when it comes to medical advertising. After all, the risks associated with embellishing the appearance of fast food are appreciably lower than those having to do with creating misconceptions about HIV and AIDS.

Misinformation has been spread by the advertising used to promote AIDS drugs, said Natasha Jenkins, an infectious disease market analyst in London for Datamonitor Healthcare, which does research for drug company advertising campaigns. Since 1997, when the FDA first allowed drug companies to market directly to consumers, "They have made it seem like there is a cure and a lot of people have stopped taking the same precautions because they feel that AIDS is being controlled by drugs," said Jenkins. "There is obviously a tradeoff in wanting and letting people know that there are treatments for HIV infection," said Dr. Ronald Valdiserri, deputy director for the AIDS center at the CDC. "But we also don't want to go so far that we minimize what is still a lifelong, incurable disease."

Christine G. Sinnock, a social worker at St. Jude Children's Research Hospital in Memphis who works with children and young adults with HIV/AIDS, points to polls showing that although 75 percent of Americans thought AIDS was the country's most pressing health problem in 1987, that number had dropped to 45 percent in 1995 and to 26 percent by last year. "The numbers make it seem as if we had found a cure, but it is really just that the drug companies are winning the image game," Sinnock said.

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**



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
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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

HIV/AIDS Patients Quality of Life Increases with Chiropractic Care

Thanks to Dr. James Whillans for the contribution

According to the September 11, 2002 issue of the online "Up & Coming Magazine", chiropractic enables HIV/AIDS patients to live a higher quality life. The article states that clinical studies indicate chiropractic can: 1) boost immune system function, 2) help with secondary symptoms and 3) address quality of life issues by reduction in stress as well as prevention of disease and symptoms.

In clinical trials, monitored by the Rand Corporation, and conducted at Life University, chiropractic showed great potential to boost immune function. In addition to this study, several other preliminary studies also showed immune system boosting. In 1991 Patricia Brennan, PhD conducted a study that demonstrated an increased immune function following a thoracic (mid back) adjustment. Dr. Pero stated in his research that "Chiropractic patients in the study had 200 percent greater immune competence than people who had not received chiropractic, and 400 percent greater immune competence than people with cancer or other serious disease."

Cont'd page 5

POETRY

I Vow With All Beings

Poetry by Members of AIDS Project Los Angeles Writers Workshop

When I hold my lover's hand
I vow with all beings
that he will still be holding my hand
when I journey to the gates of heaven
where I will kneel before God
and kiss His tender feet.
-- Mark Escamilla

When I think of friends who have
gone before me,
I vow with all beings
To draw on the essence of who they were
And feel blessed that they have
shaped who I am.
-- Gary Oberst

Counting out pills into cubicle
compartments
I vow with all beings
to fill my life
with music, art and love.
-- Neil Stannard

Driving to the doctor
I vow with all beings
to aim my heart's desires
with the same directness and precision.
-- Neil Stannard

When I remember feeling demeaned
by the physical disfigurements of illness,
I vow with all beings
To understand that it is vanity itself
which is demeaning.
-- Gary Oberst

As I take my morning meds
I vow with all beings
To be thankful that my being alive
Is a marvel of modern medicine.
-- Jim Smith

As I walk my dog each day
I vow with all beings
To greet each plant and human
As the loving expressions of God
they are.
-- Jim Smith

When I sit at my brother's grave
I vow with all beings
to fight the virus that eats
at my humanity but not my spirit.
-- Mark Escamilla

When I sit down to play
I vow with all beings
to experience the occasion of that
moment
in oneness with borrowed time.
-- Neil Stannard

When I offer up my arm to the needle
I vow with all beings
to rejoice in the knowledge
that this blood also gives life.
-- Neil Stannard

When Dennis, my lover, cooks me
breakfast
I vow with all beings
To be thankful for the nourishment
It brings my body.
-- Jim Smith

As I awaken from my drugged sleep
I vow with all beings
To approach my waking state
With the warmth and strength of my
morning brew.
-- Jim Smith

When I look at my fading tattoos of
death
I vow with all beings
that they will fade
even more.
-- Mark Escamilla

When I hear my mother's suspicious voice
I vow with all beings
to protect her fragile heart.
-- Mark Escamilla

When I wake in the morning with pain,
I vow with all beings
To appreciate how that pain is what
allows me
To live another day.
-- Gary Oberst

When I perform the mundane tasks of life,
Washing the glasses, scouring the toilet,
I vow with all beings
To understand that even the inanimate
Is deserving of my respect.
-- Gary Oberst



Illustrations by Amy Dakos

WISE WORDS

I wrote this shortly after I was diagnosed with hep C and would like to share it with anyone who may relate.

"We should all take the time to have a good laugh in life once in awhile. Could it be that a person wakes up in the morning and realizes that all you really do in this world is live and die. Many people get too caught up in the rat race never to smell the coffee and roses, see the sunsets and sunrises or see an eagle fly far above. We are but a small part of the universe and like the winds; we are swept away. May I never take this life so seriously that I forget to see the beauty around me even when people are scowling at me or annoyed with the way I do things. If only to be so perfect that I can't find fault in myself. As our Higher Power teaches us, each of us brings something into the world to share with others. Let us share the good with each other and find not the bad in which we sometimes seek first."

Written by, Lyn Jaquish



Clare Overton,
Client Advocate

CLARE'S CORNER

Over the years LPRC has received a number of calls from clients wanting to know if we know of lawyers that would be willing to help with certain legal documents. Up until now, other than the odd personal favour staff members have been able to call in, we have not been able to be of much help in this area. However, due to generosity of one local solicitor, we are now able to offer such assistance.

Effective immediately, clients needing help with the following will be able to get assistance with these documents *free of charge*:

Wills

Representation

Power of Attorney

Trusts

Please contact our Client Advocate, Clare Overton for a referral. E-mail: overton@lprc.ca

To all of our Penticton clients, please note: Clare Overton, our Client Advocate, will be in Penticton every second Wednesday at the Penticton and District Community Resource Centre from 10am-1pm. You'll need to book your appointments through Clare at least 24hrs in advance, as she cannot accommodate drop-ins at this time.

Chiropractic Care Cont'd

The article also notes that chiropractic can also help with secondary symptoms associated with HIV/AIDS. Secondary symptoms are usually the main reason HIV/AIDS patients seek chiropractic in the first place. According to the article, Craig Martin D.C, noted that eighty percent of HIV/AIDS patients report some degree of neuropathy, which includes symptoms such as numbness, tingling and/or burning. With chiropractic care these patients reported significant decrease in symptoms. Patrece Frisbee D.C, of Stratogen Health of Miami Beach, a multidisciplinary clinic, reports 80 percent of her patients are HIV positive "and they need extensive chiropractic care because of the wide array of side effects that accompany the powerful prescribed medications."

The article closes with a powerful chiropractic endorsement. They conclude, "Chiropractic is an alternative that will work with HIV/AIDS patients. It has broadened the view of chiropractic as a mind/body therapy. It's role in healthcare is increasing everyday. If you aren't under chiropractic, then you are not allowing your body to perform at 100 percent."

COMPLEMENTARY THERAPIES

Kristi, our massage therapist, has announced that she will be taking some time off while dealing with personal matters. In the meantime we are seeking a massage therapist to replace her temporarily, but in the interim we will be cancelling all massage appointments. We apologize for any inconvenience.

CLIENTS' NOTICE BOARD



REIKI & HEALING TOUCH

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

NATUROPATHIC HEALTH CARE



Dr. Janice Potter, a Naturopathic Physician, offers her services to our clients. Call Clare for referral.

CHIROPRACTIC CARE

Dr. Troy Tater D.C., BSc. Of the Core Chiropractic offers free chiropractic care for LPRC clients out of his office at #102-1441 Ellis St., Kelowna, across from the library. To book your appointment, call Chris or Karen (862-2437) for your referral.

CLIENT ADVOCACY

Kelowna

To meet with a client advocate, 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.

Principles of OCAP

By Brian Mairs

People do research everyday but don't necessarily think along those lines. Listening to the weather report is a form of research as the data may determine future action, such as a decision as to appropriate clothing. "Community Based Research" is a couple of steps above the weather report but a step or two down from academic research done by university researchers. Community Based Research is no more difficult than it sounds: reaching out to the community to find out as much as possible about a community-identified problem, in order to find a solution to that problem.

Aboriginal communities have taken a stance on how research should be undertaken in our communities: all research is conducted using the principles of **OCAP: Ownership, Control, Access and Possession** of the research.

Ownership refers to owning the process, ranging from what types of questions are to be asked, of whom, for what result. This ownership includes negotiating the entire research process before it begins, to ensure that the community being researched ends up owning the results. It also refers to the relationship of Aboriginal people to their cultural knowledge, cultural data, and cultural information. This principle states that a community or group owns information collectively in the same way that an individual owns his/her personal information.

The principle of **Control** affirms that Aboriginal people, their communities, and their representative bodies are entirely within their rights in seeking to control all aspects of research and information management processes that impact them. Aboriginal control of Aboriginal research can include all stages of a particular research project from start to finish. The principle extends to the control of resources and review processes, the planning process, management of the information, and so on.

Aboriginal people must have **Access** to information/data about themselves and their communities, regardless of where it is currently held. The principle also refers to the right of Aboriginal communities and organisations to manage and make decisions regarding access to their collective information. The community being researched may choose not to have the findings published publicly, saved for internal use only. This may be achieved, in practice, through standardised, formal protocols.

Possession is possibly the most important factor in **OCAP**. For over 500 years, Aboriginal populations have been studied, analysed, assessed, evaluated and have been the subject of every sociologist, anthropologist, psychologist and historian in the country; the academics possess this information and it is extremely difficult, often expensive to get copies of the research findings about ourselves. Under **OCAP**, the community being studied possesses the research and the right to act (or not act) on the findings.

While "ownership" identifies the relationship between a People and their information in principle, possession or stewardship is more concrete. It refers to the physical control of data. Possession is a mechanism by which ownership can be asserted and protected.

The principles of **OCAP** are worth considering for every identifiable group, including, but not limited to: HIV+, HCV+, MSM, Gay, WSW, Lesbian, Sexual Minorities, Youth, Aged, Ethnic Minorities, Persons Who Use Drugs, Persons of Colour, and every conceivable combination thereof.

Just replace "Aboriginal" with the minority group of your choice to see how well the principles of how research could be conducted fit. For those who are interested in ethical academic research, the principles of **OCAP** can be applied while still maintaining academic integrity complete with an academic ethics certification.

Joining the Women's Circle

By Brian Mairs

A transgendered woman refers to a woman trapped in a man's body. Genetically and physically (prior to corrective surgery) they are male, however psychologically, spiritually and mentally they are women, and live as women in our communities.

Attending Aboriginal events can be inspiring to all who attend regardless of your heritage. Each event of more than a few hours always includes food, often features



(250) 862-2481

www.ooas.ca



Brian Mairs, O.A.A.S.

Cont'd page 7

EDUCATION UPDATES

POZ 101 Going Strong

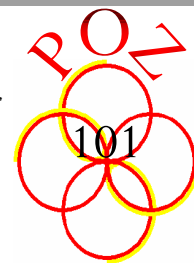
By Sheila Kerr

The Living Positive Resource Centre's Speakers' Bureau has been kept very busy over the last couple of months, with several requests for presentations throughout the community. This has been a blessing for a number of reasons.

First and foremost, it means that HIV/AIDS and Hepatitis C education has been reaching more and more individuals from all walks of life. It also means that we have ample opportunity for our new Speakers' Bureau members to gain hands-on experience and, also importantly, it means that word has been getting out about our new POZ 101 training.

POZ 101 has certainly surpassed my expectations when it comes to the positive feedback we have received. Evaluation forms filled out by the learners after experiencing POZ 101 have shown an increase in understanding of the topics discussed, as well as increased ratings of the presentation as a whole. Many comments left on the forms show an appreciation for our new model, commenting on the open discussion, the interactivity, and even applauding our minimal use of media such as overheads during the training.

We are very pleased with the success of POZ 101, and invite you to share in the joys with us. If you have a group that would benefit from the POZ 101 workshop, or are interested in joining our Speakers' Bureau, please give me, Sheila, a call at 862-2437, or e-mail me at skerr@lprc.ca.



Sheila Kerr,
Prevention
Coordinator

'Out With Friends' - A Great Place to Be

By Sheila Kerr

As many of you may already know, a new youth group was established for GLBTQ (Gay, Lesbian, Bisexual, Transgendered, Transsexual, and Questioning) youth and their youth allies in the Kelowna area in early November of 2006.

Four months later, Out With Friends has a total of 25 members, and is meeting every week. The group enjoys evenings of coffee, friends, games, discussion of current events, and educational presentations and discussions with guests from the community.

If you or somebody you know is between the ages of 15 and 25, GLBTQ or an ally, and is wanting to become involved with the group, give Sheila a call at 862-2437 or e-mail kelownarainbowyouth@hotmail.com for more information.

JOINING THE WOMEN'S CIRCLE CONT'D

drumming, dancing, and spiritual ceremonies, all designed to bring the community closer together for a common cause. The community present accepts everybody in the intertribal dances and in the process everybody feels part of the greater community. At the Canadian Aboriginal AIDS Network conference on Community Based Research (Vancouver, February 2007), we were invited to a traditional feast (courtesy of Healing our Spirit staff and volunteers), with more than enough food so that everybody was full and there were leftovers. Drummers, dancers, intertribal dances, were all part of a great gathering that was enjoyed by all. I did not win a door prize, the 50/50 draw, or a bid on the silent auction item, but came away from the evening with renewed respect and admiration for Aboriginal women, due to a specific type of ceremony I have never encountered in a non-Aboriginal setting. Sometime after the feast, a dozen women from across Canada were invited to form a circle. The five transgendered women present were invited into the middle of the circle, where they were accepted as women in Aboriginal communities across Canada. This ceremony allows these women to partake in women's councils, women's circles, women's sweat ceremonies, and for all intents and purposes be Aboriginal women, even while still physically male. The women all received hugs of welcome from not only the women in the ceremonial circle, but from the entire gathering of over 200 participants. To complete the celebration we had an intertribal circle dance in their honour. To accept the genetically male, but mentally and spiritually female in a very public gesture strengthens our community as a whole. This gesture shows that our non-Aboriginal cousins may still have a lesson or two to learn about acceptance, and the meaning of community.

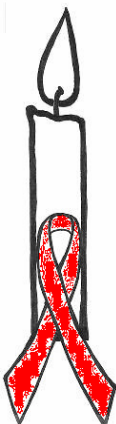
EVENTS PAGE

Join us as we participate in the largest grassroots AIDS event the in the world!

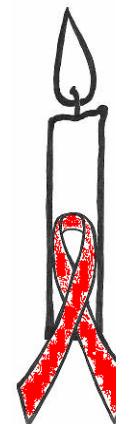
Each year, Memorials take place in over 4,500 communities in more than 93 countries

The International AIDS Candlelight Memorial has four main objectives:

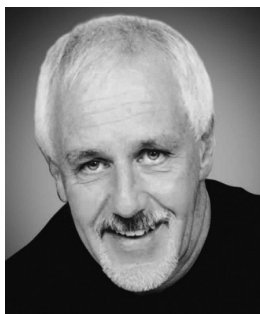
- To honor the memory of those lost to AIDS
- To show support for those living with HIV and AIDS
- To raise community awareness and decrease stigma related to HIV/AIDS
- To mobilize community involvement in the fight against HIV/AIDS



Please join us:
 Sunday, May 27th, 2007
 7:30 PM
 Benvoulin Heritage Church



IF YOU ONLY DINE OUT ONCE IN MARCH...



Media Spokesman
 Phil Johnson
Photo Credit: Oldies 1150 Radio

SUBARU
is proud to host



Dine Out, Fight AIDS

For more information about Dining Out for Life, please contact Karen Alexander at Living Positive Resource Centre – 862-2437

www.diningoutforlife.com

PLEASE DO IT ON THURSDAY, MARCH 29TH



Honourary Chairs
 Dr. Michael and Mayor Sharon Shepherd
Photo Credit: www.TheBigPictureStudio.com

CHAMPAGNE WISHES & CHOCOLATE DREAMS RETURNS!

If you like chocolate...especially Bernard Callebaut chocolate...then don't miss the 2nd Annual Champagne Wishes and Chocolate Dreams event! Join us on Sunday, April 22nd 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 March. If you need more information, please call Karen at 862-2437.