



# POSITIVE

May, 2007

Volume 11

Issue 3

# Okanagan



Living Positive Resource Centre, Okanagan

**“In our healing process, we choose not to see ourselves as victims, and to take responsibility for our thoughts and feelings. In that process, we learn that there is no one to blame.”**  
*-Gerald Jampolsky*

**“For peace of mind, resign as general manager of the universe.”**  
*-Larry Eisenberg*

## MAY IS HEP C AWARENESS MONTH!

By A.J. (Bert) Moddejonge

Given that May is “Hepatitis C Awareness Month”, we thought it useful to give you some of the basic information on this viral disease.

Hep-C can cause liver inflammation that often shows no symptoms—yet chronic hepatitis can result in cirrhosis (scarring of the liver) as well as liver cancer. The Hep C virus (HCV) is spread by blood-to-blood contact with an infected person’s blood. Its symptoms can be managed medically and a number of patients can clear the virus through a long course of anti-viral medicines.

**Somewhere between 150-200 million people are infected world-wide.**

### Symptoms:

“Acute Hep C” refers to the first 6 months after infection with HCV. 60%-70% of people infected with HCV develop no symptoms during this time, though a minority who do experience them may experience jaundice, abdominal pain, itching, and flu-like symptoms.

HCV is usually detectable in blood within 1-3 weeks after infection, and antibodies to HCV are generally detectable within 3-12 weeks, but may take up to six months to reach a detectable level. 20-30% of persons HCV-infected clear the virus from their bodies during this acute phase; the remaining 80-70% infected with HCV develop *chronic* hepatitis.

“Chronic Hep C” is defined as Hep C infection persisting longer than 6 months and is usually asymptomatic (without jaundice), and is usually discovered accidentally. Its natural

course differs from one person to another, though virtually all HCV-infected people show evidence of inflammation of the liver. It’s the rate of progression of liver scarring (fibrosis) that varies considerably among people.

If untreated, roughly 33% of patients progress to liver cirrhosis in less than 20 years; another 33% progress to cirrhosis within 30 years; the remaining 33% appear to progress so slowly they’re unlikely to develop cirrhosis in their life-times. Factors affecting these results include age, gender, alcohol consumption, co-infection with HIV, and fatty liver.

Hep C is a “systemic disease”, meaning a patient can experience a wide spectrum of manifestations, including a total absence of symptoms right through to debilitating illness prior to advanced liver disease developing.

### Prevention:

Rather than face all of this, the best route is to reduce your exposure, of course. The best hints for you to follow include:

Avoid any contact with another’s blood, sharing needles and other paraphernalia (including “injection works” or bills or straws), unprotected sex, unsanitary tattooing, body-piercing, and acupuncture, needle-sticks, and sharing personal items such as toothbrushes, nail clippers, and razors.

In honour of Hepatitis C Awareness Month, be sure to show your support by wearing the red-and-yellow ribbon, available at LPRC!

**If you require additional information, please call LPRC-Okanagan and we’ll be glad to be in-service to you.**

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# YOGA AND HIV/AIDS

By Zenia Smith

RYT-200

K.Y.T.A.

Registered with Yoga Alliance



## Yoga at LPRC

It is with great pleasure that LPRC will be offering Yoga as part of our complementary therapies in June. **Lululemon Athletica**, Kelowna, has kindly donated 10 yoga mats in support of our new yoga program. I will be offering a 1.5 hr class once a week (day, time, and place TBA).

There are many styles of Yoga under the Hatha Yoga umbrella. The style of yoga that I am trained in is Kripalu Yoga. Kripalu Yoga was named after Swami Kripalu, a Yoga Master renowned in India for the depth of his compassion and the intensity of his spiritual practice. Kripalu is Sanskrit that translates into the word “compassion”.

## What is Yoga?

Yoga comes from the Sanskrit word “Yui”, which translates to the word “union”. Yoga is a union of body, mind, and spirit. The science of yoga is a means to recognize our true potential, regardless of age, race, sex, or religious beliefs.

There are different types of Yoga:

- Hatha Yoga – the Yoga of physical postures
- Karma Yoga – the Yoga of selfless service
- Bhakti Yoga – the Yoga of devotion
- Jnana Yoga – the Yoga path of knowledge and wisdom
- Raja Yoga – the Yoga of mediation

The Yoga that is most well known in the western world is Hatha Yoga, the Yoga of physical postures. “Ha” meaning Sun, (or positive aspect) and “tha” meaning Moon, (or negative aspect). Hatha Yoga is the part of Yoga that seeks to unite our polarities and conflicts into a state of harmony that exercises the body and mind. There are also many styles or traditions of Yoga, such as Kripalu, Ashtanga, and Bikrams. Each style has its own emphasis for practice.

## Kripalu Yoga

What sets Kripalu Yoga apart from other styles or traditions of yoga is the focus on compassion for Self. Practice begins with an emphasis on being present with your body and sustaining a flowing breath. Kripalu Yoga allows you to choose the level of physical intensity that is right for you in each moment and recognizes that everyone’s body is different. It encourages you to create a lifestyle supportive of your health by listening to your own body and practicing present moment awareness.

There are three stages to Kripalu Yoga:

### Stage 1: Body and Breath Awareness

A willful practice with our minds in control making the practice happen. Exploring the human potential.

### Stage 2: Focusing Inward

The will and surrender of finding balance between polarities such as, tension and relaxation, pain and pleasure, attraction and aversion. Finding our edge.

### Stage 3: Mediation-in-Motion

Exploring the Divine Potential and transcending polarities. The surrender of letting it happen, allowing the body to move spontaneously as guided from within.

## Why Yoga for HIV/AIDS?

In the words of Michael McColly, author of The After Death Room: Journey into Spiritual Activism, Yoga Teacher, and AIDS Activist, “Yoga can’t cure me, but it helps me learn to live with this disease.”

Many physicians often recommend Yoga to their patients as a means of relieving stress. Yoga is an excellent way to calm the mind and connect with the physical, emotional and spiritual bodies. Yoga therapy is not a cure or treatment for chronic illnesses, but by practicing Yoga those living with HIV/AIDS can better handle their symptoms and reduce their anxiety by increasing their flexibility, heart rate and relaxing their minds. Many of the postures help relieve acute and chronic symptoms. Twists are an excellent way to release the toxins from medications as they work to squeeze and massage vital organs and purify the liver and spleen. Inversions allow the blood to move to the head and stimulate the pituitary gland in order to activate the immune function. Standing postures create confidence, strength and stamina to tap into the inherent power of the body to heal itself.

## About Me

I was first introduced to yoga through my training in the performing arts and began to integrate my practice on a deeper level in 2001. I received my Integrative Yoga Teacher Training with Trinity Yoga Centre in November 2006. I have found Yoga to be the greatest gift, where I am able to find a sense of balance and truth.

For those of you who are interested in Yoga classes or if you have any questions, please contact me at 862-2437 or by e-mail at [bsws@lprc.ca](mailto:bsws@lprc.ca)

I am really excited about bringing yoga to LRPC!!

Stay tuned for details...

~Namasté ~

# IN THE COMMUNITY...

## CHAMPAGNE WISHES & CHOCOLATE DREAMS



The champagne flowed freely and the chocolate was delectable at Summerhill Pyramid Winery on Sunday, April 22<sup>nd</sup>, for our 2<sup>nd</sup> Annual “Champagne Wishes & Chocolate Dreams” event. All funds raised this year were in support of our Pax-Poz Street Campus.

- Kelowna Actors Studio
- Trinity Yoga Centre
- Summerhill Pyramid Winery
- Loyal Hair Therapy
- Stephen Biollo Deep Muscle Massage
- Heaven on Earth Day Spa
- Laurie Anne’s Skin Care
- Forsters at Prestige Inn
- Beyond Wrapture
- M.A.C. Cosmetics
- Village Flowers
- Bella Clothing Boutique
- Euphoric
- Don Burnett the Garden Expert
- Total E’Clips Salon & Day Spa
- Grapevine Bed & Breakfast
- Monford Manor B & B
- Okanagan College Alumni Association
- Viva Musica
- Evans Gallery
- funktional
- Shotgun Kitty of the Pistolettos
- Chai Baba Tea House

We’d like to send our thanks to **Tracy** and **Dwayne** of **Bernard Callebaut Chocolates** and **Steven Cipes** of **Summerhill** for so generously sponsoring this event; to our vendors: **Zenia** from **Chai Baba Tea House**, **chantal** from **funktional**, **Leah** from **Euphoric** and **Elaine** from **Village Flowers**; to **Sarah** from **Bella Clothing Boutique** and all of her models, including LPRC’s own Board Members **Beryl Itani**, **Lisa Mortell** & **Josephine Stebbings**, for the wonderful fashion show.



The event would not have been so successful without the generosity of our silent auction and door prize donors, including:

Thanks also goes to **Cat Wells** and **Neville Bowman** for the fabulous entertainment!

And finally, thanks to **Kelowna Hostesses** for handling ticket sales and our silent auction, and to **Richard Clegg**, our official event photographer. Keep reading our newsletter for details about next year’s fabulous event - you don’t want to miss it!



## LIVING POSITIVE NOMINATED AS VOLUNTEER ORGANIZATION OF THE YEAR!

We were very honoured to have been nominated for the City of Kelowna Civic and Community Awards in the “Volunteer Organization of the Year” category. Other finalists included the **Central Okanagan Hospice Association**, and the award winner: the **Rotary Club of Kelowna**. We thank our nominators from **KSAN** (Kelowna South Central Association of Neighbourhoods) and of course, all of our fabulous volunteers! It was your amazing efforts and dedication which got us nominated to begin with!



## ROTARY CLUB OF KELOWNA SHARES CIVIC AWARD PRIZE

Although Living Positive was not the recipient of the Volunteer Organization of the Year award, it was very gratifying to have our work recognized by the **Rotary Club of Kelowna** when they donated \$1,000 to our organization, as well as \$1,000 to Central Okanagan Hospice Association. Thank you **Rotary!**



Photo: Walter Gray & Cindy Fairs –Holding Hands for Hospice, Gary Bennett – Rotary President, Karen Alexander and Daryle Roberts – LPRC.

## CALL TO ACTION!

### INITIAL CALL!

By A.J. (Bert) Moddejonge

As some of you already know, Pax-Poz Campuses is a social enterprise of LPRC. At its core, Pax-Poz Campuses professionalises social change educators who wish professionalisation as AIDS Life Skills facilitators. “Life Skills” is a term too often used without any regard for its true focus, context, or content, so this professionalisation programme has a strict interpretation; “Life Skills” is a cogent series of lessons that build on one another in a building block approach as learners undertake Core and Enhancement Lessons—intended to help learners acquire those skills needed to achieve success in *Life* itself, and as they acquire skills needed to be an effective facilitator of others’ learning. (For a greater detailing on these lessons, please visit [www.pax-poz.ca](http://www.pax-poz.ca).)

We are issuing this initial call to determine who would like to undertake the first delivery of the *AIDS Life Skills Facilitator* certificate programme. Ideally, you are someone who is keen either to prevent HIV in the first place, through raising prevention awareness, OR you wish to work with individuals who have a received a poz diagnosis—so they can integrate their new health status, build needed supports, and get on with living a full Life-space.

We’re not looking for academic backgrounds as much as we’re looking for individuals who wish to be in-service in a real-Life, whole-Life way to fellow Canadians so they can live the Life they deserve.

Ours is a self-empowerment *and* a harm reduction model so “book learning” isn’t what this course is all about. Why?

### COMMUNITY SUPPORT

By A.J. (Bert) Moddejonge

LPRC is a strong community partner, working with and assisting numerous groups, organisations, and social change thrusts that help us meet our mandate to reduce—hopefully *eradicate!*—HIV and Hepatitis C infection everywhere.

The Kelowna Drop-In Centre carries numerous clients, the majority of whom appear at-risk for HIV and Hepatitis C transmission (among other diseases) so we wish to support its efforts.

Would you like to become a member of the Drop-In Centre?

Because Life can’t be taught—it has to be *learned*.

This 16-week long learning programme is delivered experientially, is based entirely on *andragogy* (rather than “teaching’s” *pedagogy*), and provides you the skills and proficiencies requisite for you to be effective with adult learners as you help them achieve their *self*-selected learning.

We’re hoping to have this certificate programme co-certified by a provincial college—but only if it is comfortable with not only our content but also our context and is also comfortable with our focus on *andragogy* rather than on *pedagogy*. Is this distinction important? You betcha! *Andragogues* are professional educators who work with adults as they *self*-choose their own learning; *pedagogues* (teachers, coaches, instructors, professors, etc.) deliver top-down curricula and *teach* it, instead of letting learners themselves learn what they require.

This course is believed to be the first of its kind on the Planet so you’ll be making history as you become part of this new front in the AIDS War.

We anticipate that some poz learners will want to take this training so we intend that our delivery schedule will be flexible enough to deal with health concerns and real-Life issues, and we’ll be in-service to these learners to as great a degree as we can—while still ensuring the integrity of our certification, of course.

If you’d like more details, please feel free to e-mail us your questions: [pax-poz@lprc.ca](mailto:pax-poz@lprc.ca)

LPRC is willing to purchase (up to) 100 memberships for LPRC members to join the Centre. To accomplish this, we need you to personally sign a membership application so send us your contact co-ordinates and we’ll get a copy of the application form to you, okay?

N.B.: Application to the Drop-In Centre does not automatically confer membership, apparently. Its Board needs to approve all memberships so there are some questions on the application form that you need to answer to help them make their decision.



The Kelowna Drop-In and Information Centre is a registered non-profit organisation

# DINING OUT FOR LIFE

3<sup>rd</sup> Annual  
DINING OUT FOR LIFE  
A Big Success!

On behalf of the Board of Directors, staff and clients of Living Positive Resource Center, we would like to thank the community and, in particular, thank the local restaurants that supported our 3<sup>rd</sup> Annual "Dining Out For Life" event. Close to \$5,200 was raised, which stays in our community for support programs and services for those individuals and families whose lives have been impacted by HIV/AIDS.

The following restaurants put forth a great show of faith and support for the work that we do in our community:

- **Agostino's Italian Cuisine**
- **DJ's Restaurant**
- **Earls**
- **Fresco**
- **Gasthaus on the Lake**
- **Memphis Blues BBQ**
- **Old Vines Restaurant at Quail's Gate Winery**
- **Ricardo's Mediterranean Restaurant**
- **Rotten Grape**
- **Siam Orchid**
- **Staccatos**

**SUBARU**  
is proud to host



**Dine Out, Fight AIDS**

- **The Keg**
- **Waterfront Wines**

The generosity of these local business owners, particularly at a time when the hospitality industry is slow and revenues are scarce, is both commendable and gratifying, and we truly hope that people will continue to support them throughout the year. We also thank our Honorary Chairs **Mayor Sharon & Dr. Michael Shepherd**, and our Media Spokesman **Phil Johnson**; our major media sponsors **CHBC Television** and **Standard Radio**; and **Cheryl Saint-Galloway** from the **BC Restaurant & Food Services Association** for her work in recruiting new restaurants to join us, and for allowing us to advertise Dining Out for Life at the **Taste of Kelowna** event.



**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
- Josephine Stebbings
- Wendy McNiven
- 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)**

## **RICHARD'S RANT: This is not the dream! This is the reality.....**

If you have AIDS or HIV, you are probably not living your dream. Your situation prior to diagnosis was probably painful.

Your childhood usually enters into the picture. I don't know why, but I draw my energy from anger. As a child I was the oldest and only boy, my mother was married three times to guys that barely made the six month mark before they left or she got rid of them—no trust, angry, too much perceived responsibility. If you can't trust your first born son, who can you trust? She needed me for conversation, IE: the bills, the neighbours, my two younger sisters. I was five or six years old!

Those are the years that you fill your bucket, they are also the years that you bang your bucket (maybe it's only dented and stuff can't fall out) or you banged the shit out of it because the only thing in your bucket was pain. So there were holes in your bucket and you lost everything except your pain. Was this the dream I had before I accepted my bucket? No—this was my reality.

Change you say—well I haven't touched cocaine since I was diagnosed in September of '98, and in many ways I have tried to contain a number of irreverent behaviours. I take two steps forward and three steps back, because it's too late to even consider not having the same bucket! Sure I have everything I want (stuff), but it will never be easy to trust, not make irreverent comments—I'm not talking about minding your P's & Q's, I'm talking about my mother being raised by wealthy parents on my grandmother's side—manners—understatement. Very proper, very English. These were the manners I was raised on, even though my mother was so stressed out (I think it was a gift).

I could ramble on, but I think Einstein said it best when he stated there are only two things that are constant in this world—The Universe and Stupidity.

The next time you are having a good or bad day—consider the source. Cause and effect.

What's In Your Bucket?

## **WORDS OF WISDOM, INSPIRATION AND CREATIVITY**

From "Tips for Living Well",

B.C. Coalition of People with Disabilities

♥ "Spend time with the very young and the very old. The ideal way to reset your watch is to spend time with someone who doesn't wear one. Hold a sleeping newborn in your arms and try to match the pattern of her slow, steady breathing. Make no attempt to check your watch, check the stock market or check email while holding her. Or take an elderly friend out for breakfast. Pay attention to how little the food matters to him and how much the conversation does, even if very little is actually said."

—Kate Corkery Spencer in "Slowing Down to the Speed of Life" published in *Imagine: Creating a Meaningful Life*. <http://www.imagemagazine.net/article6.php>.

♥ "Play. Re-establish 'childlike' qualities. Science tells us that play increases our immune cells that combat disease. Playfulness also increases creativity and optimism at home and at work."

—"Stress Reduction Tips" from The Stress Institute. <http://www.stressinstitute.com/Resources/StressReduction.aspx>.

♥ "Take a Poetry Walk! Walk around your neighborhood, and take your favourite notebook and pen with you. Walk sssllloooooowlllyyy, and keep your eyes peeled for interesting people, places, and animals to write about. Animals can be

especially fascinating. If you spot two hummingbirds fighting over a feeder, or a big black cat sunbathing, stop to watch and write it all down. Describe every detail you can think of."

—Molly J. Anderson-Childers in "Playing with Words: Poetry that POPS!!! 1: Tools for Your Creative Toolbox." <http://kids.creativity-portal.com/d/projects/writing/poetry-pops.html>.

♥ "I believe that you have been given dreams, visions, gifts, talents, and ideas because you have been chosen as ONE who can put them into action. The point is not whether you succeed or fail as others define it... the point is that you do it, because you want to, and you have a dream that needs to live."

—Brenda Johima. Brenda is a Creativity Coach on Vancouver Island. This quote is from her profile in the April 2007 Creativity Portal's newsletter (<http://www.creativity-portal.com/cca/brenda-johima/>). Visit Brenda's website at <http://www.creativenudge.com>.

♥ "Attitude of Gratitude. It is physiologically impossible to be grateful and experience stress at the same time. Research shows grateful individuals report having more energy and less physical complaints than their non-grateful counterparts. Studies tell us daily gratitude exercises result in higher levels of alertness, enthusiasm, determination, optimism and energy."

—"Stress Reduction Tips" from The Stress Institute. <http://www.stressinstitute.com/Resources/StressReduction.aspx>.



Clare Overton,  
Client Advocate

## CLARE'S CORNER

### CLARE'S JOKE

An elderly couple, Margaret and Bert, are in Alberta. Bert always wanted a pair of authentic cowboy boots. Seeing some on sale one day, he buys

them, wears them home, walking proudly.

He walks into the house and says to his wife, "Notice anything different about me?"

Margaret looks him over, "Nope."

Frustrated Bert storms off into the bathroom, undresses, and walks back into the room completely naked except for the boots. Again, he

asks, a little louder this time, "Notice anything different NOW?"

Margaret looks up and says, "Bert, what's different? It's hanging down today, it was hanging down yesterday, and it'll be hanging down again tomorrow."

Furious, Bert yells, "AND DO YOU KNOW WHY IT'S HANGING DOWN, MARGARET?"

"Nope," she replies.

"IT'S HANGING DOWN BECAUSE IT'S LOOKING AT MY NEW BOOTS!!!!!"

To which Margaret replies... "Shoulda bought a hat, Bert. Shoulda bought a hat."

### To all of our Penticton clients, please note:

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

## CLIENTS' NOTICE BOARD

### LEGAL 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](mailto:overton@lprc.ca)



### HEPATITIS C

#### SUPPORT GROUP

Self-help group focuses on issues which affect those living with chronic hepatitis as well as their friends and family members.

Contact Lisa at 1-866-637-5144  
or [ljmortell@cablelan.net](mailto:ljmortell@cablelan.net)



### REIKI & HEALING TOUCH

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

### 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.

### 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.

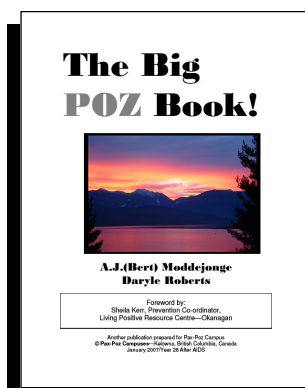


## PAX-POZ CAMPUSES UPDATE

### Pax-Poz Campuses:

By A.J. (Bert) Moddejonge

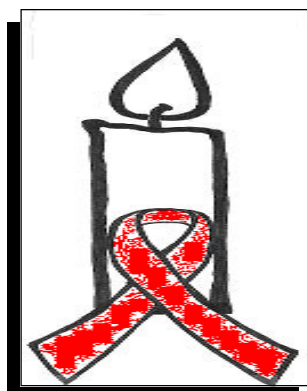
Pax-Poz Campuses is steaming ahead and is making history as it moves forward. In May, we produced The Big POZ Book. This self-delivered seminar helps a person infected with *any* disease to integrate their new health status, to build support, and to live a full Life-space.



Pax-Poz has also produced Gay Youth—The Invisible Minority. Gay (g/l/b/t/t/q) Youth comprise only 10% of Canada's youth population yet <get ready> they commit 40% of all Youth suicides. Clearly, we adults need to do better. We have worked with the local gay youth group—Out With Friends—to be in-service to them living their full Life-space, and they have edited this volume.

Both of these books will be available shortly (price yet to be determined).

If either of these books is of interest to you or to a loved one, reserve a copy by contacting us at: [www.pax-poz.lprc.ca](http://www.pax-poz.lprc.ca)



Along with the horrific statistics on Gay Youth suicide, we also wish to be in-service to Aboriginal Youth. While they represent less than 5% of Canada's Youth population, they commit *another* 40% of Youth suicides. We are stepping forward to *end* this atrocity and are building a new direct-action Aboriginal Life Skills programme, entirely in-service to Aboriginal youth. If you wish to become involved, have some curricula you feel would be of use, or any other contribution of this type to offer, please feel free to proffer it. After all, we *are* all in this together, yes?

## TOPHER TALKS: A Client's Viewpoint

### June Callwood 1924-2007

"I believe in kindness, I think it is very communicable, just as meanness is too, but it is even more powerful. It is like holding the door open. It is a small thing, and the person may not acknowledge the act but it is something in the back of their mind of a good thing happening".

This past month Canada lost a great person and writer. June Callwood, a writer in the Toronto area, was one of the founding members of Casey House in Toronto—Canada's first AIDS Hospice. During an interview with George Stoumbouloupoulos of "The Hour", June felt that, as a reporter, she could not cover a story and walk away from it. She felt if it moved her enough she would act on it. She said that this came from her upbringing in a small community where the attitude was "it takes a community to raise a child". People like her are a rare commodity and she will be missed.

I was watching the interview and then immediately found it on the CBC website so I could watch it again. The opening quote that I wrote above really moved me. I am a firm believer in the random acts of kindness. This is where you do simple acts of kindness for complete strangers. The acts can

be anything from feeding an expired parking metre to buying someone a coffee. Kindness goes a long way in making someone feel better about the day and often there is a chain reaction to the act. One example I know of is with a shopping cart. I went to get a cart and someone was parking theirs, so they gave it to me. I offered them the quarter, they refused, and said just pass the cart along when I was done. So when I was done shopping I handed my cart off to the next person in line, refused the quarter, stating I was given the cart and told to pass it along when I was done. That person left with a smile on their face. Now I don't know if they in turn passed the cart along or not, but it made their day and mine.

Kindness is a simple act but not that simple to do on a regular basis. When you are in a bad mood, or preoccupied with something, simple courtesy seem to get dropped. Remembering to say "thank you", "please", or even "excuse me"; these are simple words but often get forgotten in our ego-centric worlds. So for the next week or two, take a simple test. Every day do something nice for a stranger, hold that door, say thank you to the sales clerk, or even say thanks when someone holds a door for you. Then think how that made you feel; I am sure that even for a brief moment you felt good. Remember, kindness is contagious—help spread it.



## Anal Cancer, Cervical Cancer, and the Vaccine That Can Help

By Sheila Kerr

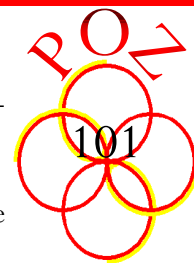
A while back, a co-worker spoke to me about a talk-show she'd been listening to on the Human Papillomavirus (HPV) vaccine; a vaccine that will prevent four of the 120 known types of HPV, two of which (16 & 18) being the types linked to 70% of all cases of cervical cancer in women. The vaccine, though not yet available in Canada, is approved for girls ages 9 - 26.

At one point during the show, a man called in to ask: "Why can't I get the HPV vaccine?" At first this seemed like a bit of a silly question; then it dawned on me, the thing that was truly silly was that he couldn't.

Cervical cancer is considered to be an AIDS-defining illness. Although anal cancer is not, those infected with HIV are 30-50 times more likely to develop anal cancer than those who are HIV negative, and positive men who have sex with men

(MSM) have rates of anal cancer as high as 60-fold over the general population.

HPV types 16 and 18 are responsible for the majority of cases of anal cancer. Considering that in 2004 there were 4,676 new cases of anal cancer in North America, I feel that it is morally wrong to deny males the opportunity to protect themselves from anal cancer by means of a vaccination that is already available for use in parts of North America. In fact, I feel the HPV vaccination should be strongly recommended for MSM and those with weakened immune systems in addition to the currently approved group: young women.



Sheila Kerr,  
Prevention  
Coordinator

What do you think? To have your response published in the next edition of Positive Okanagan, write to [educator@lprc.ca](mailto:educator@lprc.ca).

### **VOLUNTEERS NEEDED!**

We are currently recruiting volunteers in the following areas:

- Counselling – must be a licensed Registered Clinical Counsellor
- Massage Therapy – must be a Registered Massage Therapist
- Speakers' Bureau (to present HIV/HCV prevention education)
- Care Team Members (including transitional & palliative care)

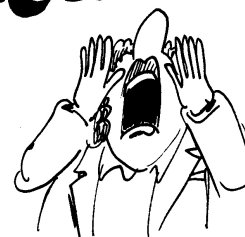
Benefits of volunteering at Living Positive:

- Full training provided
- Volunteer Awards and recognition
- Overwhelming gratitude for your efforts from our staff & clients
- Satisfaction of knowing that you are making a positive difference in the life of someone affected by HIV/AIDS/HCV

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

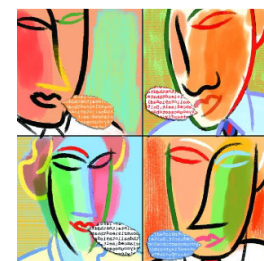
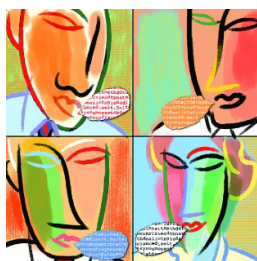
- Phone - 862-2437 (in Kelowna)
- Phone toll-free in BC – 1-800-616-2437
- Email - [volunteer@lprc.ca](mailto:volunteer@lprc.ca)

# Volunteers!



### **SPEAKERS' BUREAU TRAINING**

Do you enjoy public speaking? Want to help educate and inform others? Then consider joining our Speakers' Bureau and attend this informative training session. Training will be held on Saturday, June 9<sup>th</sup> and Sunday, June 10<sup>th</sup> from 10:00 am - 4:00 pm. This is a free training session and lunch is included. If you are interested in attending please contact our Prevention Coordinator Sheila at 862-2437 or by e-mail at [educator@lprc.ca](mailto:educator@lprc.ca).

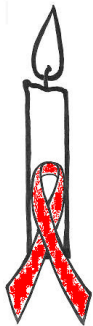


# EVENTS PAGE

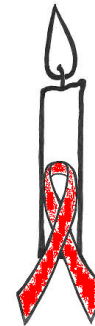
Join us as we participate in the largest grassroots AIDS event the in the world!

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 honour 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 27<sup>th</sup>, 2007  
7:30 PM  
Benvoulin Heritage Church



## 2007 Okanagan Pride Festival Celebrating DiverseCity

A week full of exciting events:

- \*06/23 Pride Swirl Dance
- \* 06/24 Picnic/BBQ
- \*06/25 Bowling
- \*06/26 Fruit Cocktail
- \* 06/27, 06/28 The Drag Queen that Time Forgot
- \* 06/29 Pub / Volleyball
- \* 06/30 Evolution Club Night
- \* 07/01 Fireworks Cruise

For full calendar details see [www.GayOkanagan.com](http://www.GayOkanagan.com)

**BE BLOOD CAREFUL BECAUSE IT'S BLOODY SERIOUS**

**Social Drinkers' Alert!**

*"Alcohol adds fuel to the fire of Hepatitis C!"*

