

## CLIENTS' NOTICE BOARD

### HIV SUPPORT GROUP

Hands Up, a support group for individuals living with HIV and AIDS, will run on the 2nd and 4th Tuesday of each month. For details, contact Kevin at 250 862 2437 or email [HIVKelowna@gmail.com](mailto:HIVKelowna@gmail.com).

### CLIENT ADVOCACY

**Kelowna:** To meet with a client advocate, call Heather or Clare at 250 862 2437.

**South Okanagan & Similkameen:** call Heather or Clare at 1 800 616 2437 to book an appointment.

**Vernon & North Okanagan:** Call Sharon Gillespie of North Okanagan Youth & Family Services Society at 250 545 3572.

### CHIROPRACTIC CARE

Dr. Troy Tater Dv.C., BSc. of The Core Chiropractic and Naturopathy offers free chiropractic care for LPRC clients out of his office at #102-1441 Ellis St., Kelowna, across from the library.

To book an appointment, call Heather at 250 862 2437

### 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.  
250 862 2437

E-mail: [overton@lprc.ca](mailto:overton@lprc.ca)

### REIKI & HEALING TOUCH

Enjoy the relaxing and balancing benefits of a quiet hour with Toshie. Call Heather at 250 862 2437 to book your free Tuesday session.

### 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)

### HEALING THERAPIES

Jennifer Reiter of The Core Chiropractic and Naturopathy are offering the following services at no cost to our clients:

\*Reflexology \*Table Shiatsu \*Swedish Relaxation Massage \*Myofacial Release \*Chair Massage  
\*European Lymph Drainage Massage \*Chakra Balancing \*Remedial Massage

To book your appointment, call Heather at 250 862 2437.

## 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.

(Please Print) Name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Postal code: \_\_\_\_\_ Phone number: \_\_\_\_\_

(Check here  to receive Positive Okanagan by e-mail only)

Fee: \$100 (lifetime); \$12 (individual); \$25 (organization); Free (client)

Make cheques payable to **Living Positive Resource Centre**



## POSITIVE Okanagan

Heather Picotte, 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 blood-borne pathogens, b) to develop and provide educational resources, c) to support those infected with or affected by blood-borne pathogens. 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

Josephine Stebbings  
Wendy McNiven  
Judy Goodsky  
Marjorie Mitchell  
Ron Turner  
Beryl Itani  
Tracy Hansen  
Karen Medland  
Denise Becker

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

# POSITIVE

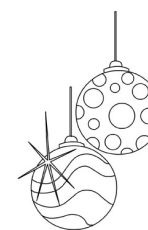
# Okanagan

LIVING POSITIVE RESOURCE CENTRE, OKANAGAN

December, 2009

Volume 15

Issue 3



## COME TO THE PARTY!

Come and celebrate the holiday season with us! By now, all of our clients should have received an invitation to the annual LPRC Client Christmas Party! If anyone has not gotten an invitation, please forgive the oversight and know that if you are a client at LPRC, you are invited! The party will be held on Saturday, December 19th at 5:00pm. Please call Clare or Heather for location and details. As usual, we will have a turkey dinner with all the trimmings, a visit from Santa, and gifts for all the children. See you there!

*Sometimes our fate resembles a fruit tree in winter. Who would think that those branches would turn green again and blossom? But we hope it, we know it.*  
- Johann Wolfgang von Goethe




## JOIN US ON WORLD AIDS DAY

TUESDAY, DECEMBER 1, 2009

11:00 am-1:00 pm

Please join us as we gather to show our support for those living with HIV and AIDS, remember those we have lost, and demonstrate the need for increased funding for support and prevention programs.

We will gather at 11am at: Interior Health Authority Corporate Office, 2180 Ethel Street, Kelowna (across from Cottonwoods Extended Care). From there, we will be walking to MLA Steve Thomson's office at 102-2121 Ethel Street, Kelowna (corner of Ethel & Springfield). We will then proceed to MP Ron Cannan's office (114-1835 Gordon Drive, Kelowna, at the Capri Mall). Participants may choose to drive or walk to Capri Mall. We estimate that we will be there from 12:30-1:00 pm. Our purpose is to hold a peaceful and non-confrontational gathering to highlight:

-  The need to restore and increase funding for HIV support, education, testing, and prevention programs.
-  The fact that HIV is a preventable disease, but people are still testing positive and still dying because of it.
-  That no person should be subject to stigma or discrimination because they are HIV-positive.

Questions? Please contact Karen Alexander at Living Positive Resource Centre at 250-862-2437

## WHAT'S INSIDE....

Advocates' Corner	2
World AIDS Day	2
Support Group	2
PAN Training	3
Richard's Rant	3
Notice Board	4



## ADVOCATES' CORNER

Heather Picotte, Client Advocate

Hi everyone! I'd like to take this opportunity to tell you about some recent developments at LPRC. First, we'd like to introduce our new Administrative Manager, Melanie MacLeod. Melanie is originally an East Coast gal (Cape Breton, to be exact), but has lived in BC for most of her life. She moved to Kelowna a few years ago, and is now fitting in at LPRC really well. All of you will meet her at some point in the coming weeks and months, and I'm sure you'll like her as much as we do! Second, the Okanagan Aboriginal AIDS Society has moved its office to West Kelowna. While OAAS continues to work as a sister agency to LPRC, the move allows OAAS to be closer to the Westbank First Nation and other Aboriginal communities in the South Okanagan to which they regularly offer programming. Third, you'll notice that the last two issues of *Positive Okanagan* have changed in size and format. We feel that the newsletter needs to "get back to basics" and focus on client support. Cutting down on size also means cutting down on printing costs, which is always a good idea in this economic climate. Fourth and finally, we are very fortunate to have Sarah Tremblay, DC, and Travis Pillipow, DC, offering their chiropractic services free of charge to all clients. Sarah and Travis will be coming into the LPRC office on Mondays from 12:30 to 2:30 pm starting in early January. Clients who are currently seeing Troy Tater at The Core Chiropractic can continue to see him as usual. Anyone who is not already seeing Troy is welcome to come to the Monday clinics. Please call Heather or Clare for more information or to set up an appointment. Thank you to Sarah and Travis for so generously donating their time and skills to clients who need this type of health care! Happy Christmas/Hanukah/Kwanzaa/Solstice, or anything else you choose to celebrate this season!

## PHA LEADERSHIP TRAINING REPORT

C.D. MacKenzie, LPRC Staff

In October of this year I was privileged to attend a Leadership Training Program for Persons Living with HIV/AIDS offered by the Pacific AIDS Network. This is a program adopted from the Ontario AIDS Network, which in turn was adopted from a program from the United States. A small, diverse group of 18 people spent almost four complete days at Loon Lake north of Maple Ridge. We were given a chance to learn more about ourselves and our values. We were expected to actively participate in all the programs being offered. There was no free ride for the workshops. There was a lot of laughter, and even some tears shed over the course of the weekend.

Out of the 20 participants in the program, we had over 200 years of lived HIV experience. The ranges were from those of us with well over 15-20 years of living with the virus, to people that were less than one year. We had people that have been working in the HIV/AIDS movement for years, to those who have only been in Canada for a few years. Having said this, in the room we were all equal. The biggest learning that came out of the meeting was that we are all leaders. We don't have to be flag carrying, fist banging leaders, we can quietly lead from behind. We all have leadership roles to play in this world, how we choose to lead is our decision.

## NEW SUPPORT GROUP

A number of our female clients have expressed interest in forming a support group for women with HIV. We have not yet set a day or time, as we would like to get feedback from as many women as possible. If you are a woman, HIV-positive and would like to participate in such a group, please call Clare or Heather. Over the coming weeks, we will determine how many women are interested and set up the day, time, and location from there.



*Positive Okanagan* would like to remind you that we encourage our readers to write in with their opinions, concerns, art, poetry, or ramblings. Please send all submissions to [hpicotte@lprc.ca](mailto:hpicotte@lprc.ca), or fax to 868-8662, attn: Heather.



## UPCOMING EVENTS

### ONE NIGHT, ONE STAGE, ONE CAUSE

Don't miss this fabulous fundraising event as we showcase the diversity of musical, theatre, and dance talent in our community. Stay tuned to our website at [www.livingpositive.ca](http://www.livingpositive.ca) for details in the coming weeks.

Date: Friday, March 19, 2010  
Time: 7pm  
Location: Kelowna Community Theatre

### DINING OUT FOR LIFE

Save the date for the most satisfying meal you'll ever eat! Our 6<sup>th</sup> Annual Dining Out for Life event will be on Thursday, March 25 – the day that select restaurants from Penticton to Vernon donate a minimum of 25% of proceeds to support our work. To find out if YOUR favorite restaurant is participating, check the website at [www.diningoutforlife.com](http://www.diningoutforlife.com) and click on the red ribbon for Okanagan region. If you are interested in becoming a volunteer Ambassador, please contact Heather or Karen at 250-862-2437!

Date: Thursday, March 25, 2010  
Time: All day  
Location: Throughout the community

## RICHARD'S RANT

Am I ranting all the time?

Richards.rant@telus.net started because I was still in my major anger phase. But I have to tell you that when there is nothing left—that's where I go—I get bullshit. Altered to my reality, of course I don't have the juice. Where am I going to get it—from you? I doubt it.

So where does that extra juice come from? Anger!!! Those who break my trust, those who try to take advantage—they don't have a hope in hell. I can move mountains—so can you. Now anger is not something to bestow on the stupid, it's for those who think you are clueless. In my advocacy, I teach standing on your own two feet. No one is going to kiss your ass or even try to help you if they see you in crisis. You have to ask for what you want and then (up the channel) demand your request.

We aren't talking about losers-users, we are talking about those in dire need. You have the right to use your caregiver in the manner that is beneficial to your health. Some of us are living with AIDS, some are dying of AIDS, and if you're like me, somewhere in the middle. Back to anger—when you are lying on that sacrificial bed you are going to need that extra juice. I am angry as hell I contracted this disease and nothing except a bullet to the head is going to kill me (not your own bullet).

I probably made a thousand apologies. I am prepared to make a thousand more. It's just that I know where my strength comes from. Sometimes I overdo it but I feel positive in the knowledge that I put all my ducks in a row and did some research on my situation. That took time, effort, and survival—to live a little longer.

Do not go gentle into that good night,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.

- Dylan Thomas