

ARC News

February, 2001
Volume 4, Issue 7

FRIENDS

A Friend should be Radical;
they should love you when
you're unlovable,
Hug you when you're
unhuggable,
And bear you when you're
unbearable.

A Friend should be Fanatical;
They should cheer when the
whole world boo's,
Dance when you get good news,
And cry when you cry too.
But most of all,
A Friend should be
Mathematical,
They should *multiply* the joy,
Divide the sorrow,
Subtract the past,
And *add* to tomorrow,
Calculate the need deep in your
heart,
And always be bigger than the
sum of all their parts.

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for the AIDS Resource Centre – Okanagan & Region

“YOUTH AIDS ACTIVISTS”

Okanagan Winter Does Not Dampen Enthusiasm of Okanagan Youth AIDS Activists

Another gray Okanagan winter has not managed to depress the spirits of the AIDS Resource Centre, Okanagan & Region, and its youthful supporters from continuing with the work of raising education and awareness of HIV/AIDS, and supporting those infected or affected with the disease. Indeed, far from letting the cold and gray of winter lessen our spirits, we have used this as the ideal setting in which to present an important message to youth, by youth, about the dangers of

drugs, alcohol, and unprotected sex. This is being done through the exciting medium of a video we are currently in the process of co-producing. Against a backdrop of chilly winter weather, the AIDS Resource Centre in cooperation with many Kelowna youth is portraying a chilling message about what can happen when youth get caught up in peer pressure and the pressure to have sex and do drugs. Working in partnership with a local video production company, and film & television school, we hope to have

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“Youth AIDS Activists”

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the production completed by the end of March 2001. Upon completion, the video will be made available for education purposes to other AIDS Service Organizations, schools, and organizations in general that support youth around the country.

Based upon the tremendous response we have had from the corresponding play we had our youth in our ACTS of Choice theatre program perform — when nearly 30 youth producers and actors performed to 300 high school students in December, and almost as many college students in November — we fully expect the video to be a hit amongst the youth to whom it is intended to target. This is largely because the message for the most part is one sponsored by the producing peers of the target audience. Indeed, not only is the cast and crew of the production comprised almost entirely of youth between the

ages of 15 and 25, but the participating youth have had much opportunity to contribute their input into the message being delivered; in this sense, it is to a large extent a message the youth wish to get across to their peers in order to educate them about the dangers they face from infectious disease, and drugs, & alcohol. And, as a side benefit, the youth go away with extremely valuable knowledge and experience relevant to a career in the film & television industry. It is this powerful dynamic that has kept our youth supporters of the education department going strong; strong enough, in fact, to the point where many of these youth participants are now being trained in the Speaker’s Bureau to go out and do formal and informal AIDS 101 talks to their peers in the community. ♦

To all youth peer educators, keep up the great work, and know that the work you are doing will make a profound impact in the battle against HIV/AIDS!

Michael Hook - Editor



Michael Hook, Editor

This newsletter is the official publication of the AIDS Resource Centre – Okanagan & Region (ARC),

formerly Kelowna and Area AIDS Resources, Education and Support Society. It is published four to six times yearly. The materials in this newsletter are meant to be consistent with ARC purposes which are:

- * to promote awareness of AIDS and related diseases
- * to develop and provide resources to combat the spread of AIDS and the HIV virus
- * to develop and provide educational resources
- * to support those living with AIDS and those diagnosed HIV+, and/or their significant others

Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect official ARC policy. The newsletter does not recommend, advocate or endorse the use of any particular treatment or therapy described as information. The board, staff and volunteers of ARC 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 disseminated through 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 offices at any time; publication deadline is two weeks prior to publication date. Submissions will be returned if a request is made in writing and an address provided. Permission to reprint and distribute this newsletter is openly encouraged.

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1-800-616-AIDS (2437)
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Website: arc@silk.net
Internet: www.silk.net/arc/

**FEBRUARY - this is the month we celebrate Valentine’s Day;
A day to tell the people you love, how you feel about them.
How often we are afraid to express our feelings of love?
Is the fear that they won’t say the same words back to us?**

**When you love someone, you just do;
Whether they feel the same way or not, does it really matter?
We feel the joy in our hearts for them
And that is what I think matters**

**We will love a lot of people throughout our lives
Be glad that you can feel those feelings
Because some people can’t.**

**Make everyday this month one that has love in your heart.
Love can change the world, it can change how you look at the world.
Be brave, remember love isn’t love until you give it away.**

**Our hearts will be broken a few times, and we will break some too.
But once our heart has been cracked, it is now able to receive and give more.
Be a light in this world, have love in your heart for everyone, regardless.
We are all here to help one another, this world needs our love.**

- Anon Teen -

TOPHER TALKS.

“A Client’s Viewpoint”

Today is a gift to be treasured; remember tomorrow never gets here. We have to live in today. As HIV Positive people, we spend a lot of our time trying to figure out fact from fiction. If someone took all the HIV literature printed to date, you would find so many conflicting viewpoints. Fortunately, we do have basic facts that ring true. We know how the virus is passed from one person to the other. We know that HIV is a terminal illness, regardless of what some people say.

Since the 1996 AIDS Conference in Vancouver, we learned of **the Cocktail**. This was the wonder combination that was going to save us all. Now most of us have shot our load on medications and patiently wait for the new drugs to come out for us to take as trial drugs. They have talked drug holidays before, now they have changed the name but are still unsure of the benefits to those of us with few options left.

Doctors have developed expensive tests called **Geno-typing** and **Pheno-typing**. These are great tests that tell the resistance of the virus to the different drugs. But they are very hard to interpret, and don't tell the Doctor that a patient is allergic to those meds. This is something we have to stay on top of. Yes the drug will kill off the virus, but it might also kill you.

Women have been told that with proper medication during pregnancy, they can

reduce the rate of mother-to-child transmission from 25% to 1-2%. During the Durban report they talked about this great feat of medicine. Unfortunately this does not help those in the third world countries that don't have access to these medicines. So the Mother has a baby who is born Virus free; the mother is warned to not feed her baby breast milk because of risk of infecting the baby. Some mothers, even here in Canada, cannot afford the cost of putting

**Yesterday is History
Tomorrow is a Mystery
Today is a Gift.
That is why it is called..
“the Present”**

their baby on store bought formula. Consider the mothers in third world countries: If they can afford the drugs they might not be able to own a cow, or goat or whatever to feed their baby. Living + stated in their current newsletter that a physician has developed solar powered breast milk sterilizers. They cost less than \$100/year to operate, but who is going to buy these wonderful machines and make sure the poor mothers can get them. Never mind the fact that the mother then has to spend the time milking her own breast to get the milk, then has to run it through a 30 minute cycle to sterilize it: So now the baby has had to wait up to an hour for the

whole process before it can start to eat. Now I know most mothers have nothing better to do with their time than spend an hour every five or six times a day to feed their babies. Most have to work and have the infant strapped to their chest so they can feed the baby and keep working while the baby eats. Also, how long would that expensive piece of machinery stay put until someone steals it only to sell it for real money that can feed the family.

So where am I heading with this ramble? As an individual living with HIV, I firmly believe that we need to live in the **present**; not in the **future** waiting for something that might come down the pipeline. Reality is that we are running out of drug options – that is if we survive the side effects of the medication. We don't know for sure what all the HIV drugs that mothers are taking are doing to the unborn babies. We are seeing an increase in infection rates among people who are tired of hearing about HIV. They are tired of playing safe and partial truths, which are disillusioning them. They are being overwhelmed by people who tell them what is ahead — not what life is like now.

We, as HIV positive persons, need to speak with our hearts and souls. We are not detached from this illness, we are **living it!** We need to make sure that the public learns the present day truths.

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LETTERS FROM OUR READERS.....

Report back from “Towards Integrative Care: National Strategic Planning and Skills Building Conference on Complementary Therapies and HIV/AIDS”

January 17, 2001

I attended the conference presented by the Canadian AIDS Society, January 13 & 14 in Montreal. I attended two lectures and 3 workshops.

Dr. Richard Elion presented evidence of the efficacy of Integrative Care based on his research done in Africa. Dr. Elion is a proponent of changing the name CAM (Complimentary and Alternative Medicines) to Integrative Care. He also contends that STI's (Structured Treatment Interruptions) will be the wave of the future in HIV/AIDS care. Dr. Elion suggests that STI's will be known as treatment cycling in the future, even though integrative care

will be ongoing. George M. Carter of DAAIR (Direct Access Alternative Information Resources) presented their working draft “Preventing and Managing Drug Side Effects and HIV Symptoms.” I found the manual to be very informative and suggest that your organization obtain a copy.

1-888-951 5433
www.daair.org

In the workshop “Access, Coverage and Regulation”, BCPWA presented their success stories, mainly schedule C and the Complimentary Health Fund. No other province is currently taking advantage of a schedule C type application with their provincial ministries. Several organizations do have

CHF's. We were introduced to a new division of Health Canada – The Natural Health Products Directorate. Dr. Phillip Waddington (Naturopath) is in charge of the Directorate. Learn more:
www.hc-sc.gc.ca/hpb/onhp

Diane Peabody RD presented her HIV/AIDS therapeutic nutrition guidelines. I'm sure your organizations have these guidelines; but if not, I suggest you get them through the BC Centre for Excellence in HIV/AIDS.

If you have any queries, please do not hesitate to contact me. ◆

*Jason John Norman,
 Penticton, B.C.*

URGENT MEDICAL ALERT - MEDICATION TAKEN OFF SHELVES!

Bayer's (1 (800) 800-4793), have taken all their products with **Phenylpropanolamine** off the shelf! Please Check out their WEB-SITE. If you have any one of the products listed there, clients are strongly advised to discard them immediately! Here is the Web-Site address:

<http://www.cvs.com/otherCVS/drugDisclaimer.asp>

The ingredient Phenylpropanolamine has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

The following medications contain Phenylpropanolamine:
 Alka-Seltzer Plus Children's Cold Medicine Effervescent
 Alka-Seltzer Plus Cold medicine (cherry or orange)

Alka-Seltzer Plus Cold Medicine Original
 Alka-Seltzer Plus Cold & Cough Medicine Effervescent
 Alka-Seltzer Plus Cold & Flu Medicine Effervescent
 Alka-Seltzer Plus Cold & Sinus Effervescent
 Alka Seltzer Plus Night-Time cold Medicine Effervescent
 BC Allergy Sinus Cold Powder
 BC Sinus Cold Powder
 Comtrex Deep Chest Cold & Congestion Relief
 Comtrex Flu Therapy & Fever Relief Day & Night
 Contac 12-Hour Cold Capsules
 Contac 12 Hour Caplets
 Coricidin D Cold, Flu & Sinus
 Dimetapp Cold & Allergy Chewable Tablets
 Dimetapp Cold & Cough Liqui-Gels
 Dimetapp DM cold & Cough Elixir
 Dimetapp Elixir
 Dimetapp 4 Hour Liqui Gels
 Dimetapp 12 Hour Extentabs
 Tablets Naldecon DX Pediatric Drops
 Permathene Mega-16
 RobitussinCF
 Tavist-D 12 Hour Relief of Sinus & Nasal Congestion
 Triaminic DM Cough Relief

Triaminic Expectorant Chest & Head Congestion
 Triaminic Syrup Cold & Allergy
 Triaminic Triaminicol Cold & Cough
 Acutrim Diet Gum Appetite Suppressant Plus
 Dairy Supplements
 Acutrim Maximum Strength Appetite Control
 Dextrim Caffeine Free
 Dextrim Extended Duration
 Dextrim Gelcaps
 Dextrim Vitamin C/Caffeine Free

Please discard any of these medications as soon as possible! ◆

Rick Barnes
 Director of Communications and Marketing
 BC Persons With AIDS Society (BCPWA)
 (604) 893-2209604 tel
 (604) 893-2251 fax
 BCPWA Increases CHF from \$55 to 100!
www.bcpwa.org

Volunteer Corner



The United Nations General Assembly has declared the year 2001 International Year of Volunteers (IYV 2001). Canadians have a strong tradition of volunteering and their economic contribution to our society is estimated at \$16 billion annually. It's about time we celebrated that!

There are two main strategies for the coming year: One is to celebrate volunteers and their contributions; and the other is to help organizations build their ability to attract and retain good volunteers. Some of the national events that will be held include:

- Global Youth Service Day – April 21
- National Volunteer Week from April 22 – 28
- National Youth Summit on Volunteerism from April 26 – 29
- The 2001 Canadian Forum on Volunteerism from August 16 – 18

One of the ways to celebrate our volunteers is to have each volunteer acknowledge what is important to them about volunteering in writing so that others can see and benefit. This will give us a very personal and meaningful array of stories that will represent what volunteering is at the AIDS Resource Centre and in Kelowna. There is something very powerful in the phrase, **I volunteer....**

Over the next year I would like to use this space in the newsletter to publish many of our volunteers stories. I will also be collecting them at the AIDS Resource Centre and will have the collection available for anyone who would like to see them. I would be delighted to get any of your stories so please feel free to share – it should be fun. This month we have started a brand new campaign called:

“Everythings Coming Up Roses”

Melissa Hill, our Youth Coordinator, Speros Doulos, and Martin Wortman, two of our volunteers, are hard at work getting this campaign underway. The idea is to make roses out of condoms and sell them at various establishments in town just before Valentine's Day. A very practical gift for that special someone in your life. Melissa came up with the idea of the condom roses as thank-you gifts for some of the “Acts of Choice” participants and they were so well received that she decided to carry it one step further. I think it's a great idea and we owe a huge thank you to these three individuals for all their hard work. If you would like to buy your loved one a rose just give Melissa a call at 862-2437.

That's it until next time and I hope you enjoy the volunteer stories. ◆

Noreen Redman

**Do not pray for easy lives,
Pray to be stronger.
Do not pray for tasks equal to your powers,
Pray for powers equal to your tasks!**

A VOLUNTEER'S STORY.....

My name is **Martin Wortman**, and I recently relocated to Kelowna. As I am new to the community I felt it was important for my personal growth to involve myself in community volunteering.

I wound up at the AIDS Resource Centre and I am pleased it turned out this way as I am learning new skills and working with dedicated and personable people. If you call the AIDS Resource Centre, chances are that I could answer the phone as one of my duties is working the reception desk.

I am also involved with the “Everythings Coming Up Roses” Valentines Day campaign. I'm proud to

be a part of this campaign because I feel it is important to promote awareness of HIV/AIDS as it is a misunderstood and stigmatized disease. Ignorance may be bliss, but it can be very dangerous. People think that HIV/AIDS can't happen to them because of their sexual preference, socio-economic status, or lifestyle. There are many myths about HIV/AIDS and without awareness and acceptance we cannot protect ourselves.

When I filled out the form to be a volunteer I said I wished to be helpful to others. *I now realize that volunteering here has been very helpful to me!*



Support Plus... Client Support Information

Tax Season Again!

It is that time of year again, time to file those income tax forms. Last year and once again this year, we are referring people to SHARE for assistance in filing tax forms. You can call 763-8117 to make an appointment with their worker.

Further, if you have any questions or problems with the forms that the Ministry sent to you (specifically the T5007), you can call 1-800-665-2928 from February 5 to May 11, 2001 to report any mistakes or ask any questions. Some recipients of Schedule C have received T5007 forms that are incorrect. You need to be aware that any benefits you receive under Schedule C are not taxable or considered income.

Please review your forms carefully and call either the AIDS Resource Centre, the Ministry, or SHARE if you have any questions.

Reiki & Healing Touch!

Over the past eight or nine months, the AIDS Resource Centre has been able to provide PWA's with free Reiki and healing touch. We are pleased to announce that this will continue due to the generous spirit and thoughtfulness of Toshie. She is committed to helping people with HIV/AIDS heal physically,

emotionally, and spiritually.

If you have never participated in a Reiki session, call and schedule an appointment. She is available every other Monday at the AIDS Resource Centre's office in Kelowna.

Alternative Therapies

Recently, representatives of the British Columbia Persons with AIDS Society have announced they will be reimbursing PWA's up to \$100.00/month for Glyconutrient dietary supplements.

Glyconutrients are produced by Mannatech Inc. and are considered an alternative therapy. Many people believe that these products can help fight the HIV/AIDS virus. If you would like more information about Glyconutrient products you can call BCPWA and ask to speak with someone from the Treatment Information Program (TIPS), or check it out on the Internet.

New Year's Resolution - have you kept yours?

Every year people make resolutions on New Year's Eve, and usually by the end of February or March they have already forgotten or broken their resolution. I believe that instead of making a yearly resolution on a specific day and time, that people should continually evaluate and address the direction their lives are taking. Setting goals and plans for the future is vital to keeping a healthy mind and spirit. It is important that you have a reason to get out of

bed in the morning and something to strive for. Life is about learning and growing, if you don't keep moving forward in your life you end up stuck in limbo questioning yourself and your existence.

So my advice is to continually look forward and live up to your potential! (If you watch OPRAH, all of this will make sense!)

Questions and Answers!

You are probably wondering why the previous piece was written and what the significance of it is and the answer is simple, I have nothing else to write! So you are forced to read my nonsense. If you don't want to read this nonsense then tell me what you want to read about. I am still waiting for feedback, my door is always open so please come in and tell me what is interesting to you and what you would like from the support department. ♦

TERRI ROSS

Client Support Worker

Phone: (250) 862-AIDS (2437)

Toll Free: 1-800-616-AIDS (2437)

***Do not wish
to be
anything
but
what you are,
And try to be
that
perfectly!***

The HIPPO Report

There has been quite a bit of activity in the area of the HIPPO project since that last article appeared in the newsletter two issues ago. A second advisory committee meeting was held on January 4, 2001 and it was quite a long meeting and some valuable points were made concerning the definition of the role of each member of the committee. To this end, I have been doing searches on the web and gathering a lot of information on how we can put more structure into the definitions.

Round Lake

In both the month of December 2000 and January 2001, an information session about Hepatitis C was given up at Round Lake Treatment Centre. On both occasions, Michael Hook, Educator, Julienne Desautels, Outreach Worker for OAAS, and I, the HIPPO Coordinator did a joint session. In it we covered both HIV and HCV transmission models and prevention and awareness. The first of these two sessions was for the benefit of the staff of the facility and the second was for the people taking the treatment program. Both sessions were very well received and it might become a regular event, which could be occurring as frequently as once every six weeks.

Advocacy Workshop

On January 18, there was an all-day workshop, which concentrated on people doing advocacy for individuals with Hepatitis C. This was co-sponsored by Hepatitis C United Resource Exchange (HepCURE)

the British Columbia Law Society, the British Columbia Coalition of Persons with Disabilities (BCCPD) and the AIDS Resource Centre of the Okanagan and Region (ARC). The keynote speaker was Steve Watson from the BCCPD. The step-by-step process of filling the BC Disability Level2 application and Schedule C components were very well presented by Steve. There was a valuable information session given by Chris Charbonneau, Poverty Lawyer of the Legal Services Society (Kelowna Branch.) His topic covered the appeals process and how to avoid common errors in the original application process. Colleen Harris, Nutritionist at the Kelowna General Hospital addressed the special dietary needs of people with Hepatitis C. At the same time, the guidelines linking dietary requirements with a schedule C application were addressed. 37 people from as far away as Quesnel, BC and Vancouver, BC attended and the event was given a good overall evaluation.

Hepatitis C 101

On the evening of January 29, 2001, members of the Speaker's Bureau of the AIDS Resource Centre and two graduates of the Youthco AIDS Awareness training attended a Hepatitis C 101 session. The Speaker was Leslie Gibbenhuck who is the president of the Children's Liver Alliance Canada Inc. Leslie has been learning about Hepatitis C for the past nine years and gives talks on the topic all over Canada and the

United States. The presentation was excellent. The evaluation forms gave high marks to this speaker. Among the members of the Speakers Bureau present for this course were the following: Laurence, Tim, Stephenie, Janet, Chris, Jean, Melissa and Julie. Two graduate of the Youthco project; Jeff and Lisa were also present. Michael Hook was in attendance as well as myself. At long last we have speakers well prepared to address special questions about Hepatitis C that pop up at HIV/AIDS education sessions and we even are getting requests for Hepatitis C information sessions. ♦

Merv McLeod

HIPPO Coordinator

"Topher Talks"

... continued from page 3

If they want wishful thinking and pie in the sky dreams, let them watch the Space Channel. We are the Life Network and all the new Reality TV Shows. We are life and we should make sure the public learns the **BASIC REALTIME** facts and not get buried with the future.

Live our **PRESENT**, remember the **PAST**, and keep a close eye on the **FUTURE**. Remember tomorrow never gets here. Let's live the most of **TODAY**. ♦

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AIDS Resource Centre Recognizes Local Heroes!

There is no way that we would be able to continue to offer the programs and services that we do without the help of very dedicated volunteers. In January, we were extremely pleased to be able to recognize five of our volunteers as “Local Heroes” on SILK FM. Each of these five were recognized on the air on the date and time shown below and were presented with a plaque. Each one of these people has given very generously of their time and has really done a super job for us.

Laurence Ashberry	Monday, January 8, 2001	10:20 a.m.
Lynette Oosthuizen	Tuesday, January 9, 2001	10:20 a.m.
Tim Foster	Wednesday, January 10, 2001	10:20 a.m.
Toshie Sumida	Thursday, January 11, 2001	10:20 a.m.
Judy Waege	Friday, January 12, 2001	10:20 a.m.

**Thank-you all for your dedication.
We really appreciate it!**

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Laurence Ashberry



Judy Waege



Tim Foster



Lynette Oosthuizen



Toshie Sumida

NOTICE BOARD

Visit the Library at the AIDS Resource Centre!

Come see our up-to-date collection of resources for all levels of readers. Lending service and librarian available to serve your interests and needs.

Train to be an AIDS101 Presenter!

The AIDS Resource Centre is now taking registrations for our dynamic new Presenter's Training program for all Volunteer/AIDS 101 Training and Speaker's Bureau Training graduates who wish to be accredited Main Speakers for our public audiences.

Become a Dynamic Public Speaker today! Winter/Spring Training Session is set for Every Tuesday evening (6:30PM-8:30PM), February 6, 2001 to June 19, 2001. Call Michael or Jean @ 862-2437 to register for this limited-time self-development opportunity.

ARC DROP-IN HOURS

Terri Ross, our Client Support Worker, has drop-in hours on Thursdays from

09h00 - 12h00.

If you wish to see her at other times, an appointment is necessary.

The Health Care Providers Education Project (HPEP)

is now accepting invitations to do speaks to Health Care Providers. If you or someone you know may wish us to speak to your group, please call Barbara J. @ 862-2437.

Aboriginal AIDS Society

Hours of operation are Monday-Friday 8:30 AM -5:00 PM. For more information call Barb or Julie @ 250-862-2481

Portrait Pix!

Family portraits at a reasonable price! We have a PWA friendly photographer available throughout the winter season.

Call ARC for more information (250) 862-2437

OUR THANKS GO OUT TO..

Board member of ARC & OAAS for their time & support;
Social Work Department of OUC for supporting our January 2001 successful Volunteer/AIDS 101 Training;
Starbucks Coffee & Red Ribbon Campaign Workers;

Okanagan Special People's Society for their well-appreciated donation of a lectern for our Presenter's Training;
Phyllis Ryan for all her great help with the filming project "A Day to Remember"; All volunteers of the AIDS Resource Centre donating their time and skills both at the front reception desk, and in the Education Department.

All the volunteers who helped make over 250 condom roses at the first work party; and all community partners who allowed condom roses to be sold at their place of business; British Columbia Coalition for Persons With Disabilities, for their support for the Advocacy Workshop held for Community Advocates and Persons Living With Hep C on January 18, 2001.



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