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## UPCOMING TRAININGS



### Orientation to Volunteer Training:

Tuesday, June 26th,  
5:30-9:30 pm  
Location: TBA

Wednesday, October 17th, 5:30-9:30pm  
Location: PARC

### In-Services:

Please be reminded of our Spring and Summer in-service schedule:

**6-9pm at P.A.R.C.**

*April 19th.*

“Co-Infection; HIV, & Hepatitis C”

*May 15th.*

“Wills & Estate Planning”

*June 21st.*

“Grief & Loss - Self-Care”

## National Volunteer Week - April 9-15

National Volunteer Week is a special time set aside in April to honour the people who donate their time and energy to their fellow citizens. It is also meant to raise awareness of the vital contribution volunteers make to our communities and to the identity and values of our country.



### What are the objectives of the Week?

*The objectives of National Volunteer Week are two-fold:*

- To raise awareness about the vital contribution volunteers make and continue to make to Canadian communities and to society as a whole.
- To thank and honour Canada's past and present volunteers.



## Be the change you want to see in the world...

At AIDS Vancouver, we are privileged to have a volunteer group who provide an astounding range of services to our clients, staff and agency. From care teams to reception support, from grocery set up to assistance in the library, from outreach programs to special events, and everything in between. The work of AIDS Vancouver could truly not continue if it was not for the tireless dedication of you, our volunteers.

At the heart of volunteerism is the belief that working together we can all make the world a better, safer, happier, place. The motivation of this wonderful group of people can be summed up in one word: sharing. Volunteers share their time. They share their skills and talents. Above all, they share of themselves and their experience.

Reaching out with your hands and your hearts, your work as volunteers brings hope, understanding and support to our community. By your participation in the life of AIDS Vancouver, you light up the world and show others that working together nothing is impossible. Thank you for all your contributions, for touching our lives and for supporting the work of our agency. You are appreciated more than you will ever know.

*On behalf of management and staff*

## Coming Soon: In Fund Development

### Thursday April 5, 2001 - The UBC Arts County Fair at Thunderbird Stadium.

This is the 6th year that AIDS Vancouver has been participating in the fair by providing volunteers to help with the success of the fair. This year we need **30** volunteers. If interested please call Joyce at **681-2122 ext 249**.

### Tuesday May 29, 2001 – Art in Kind presented by The Lounge Hair Studio

Art in Kind is a three week long silent action featuring new and established artist who have donated works of art in different mediums. The bidding starts on Tuesday May 8, 2001 at 7:00 am in the morning and runs until Tuesday May 29, 2001 the night of the VIP Event. This gala evening starts at 6:30 pm to 10:00 pm at the Lounge Hair Studio, 100-1039 Richards St. 100% of the proceeds are donated to AIDS Vancouver to assist in the fight against HIV/AIDS.

## Candlelight Vigil and Memorial



8:00 PM

Sunday, May 27<sup>th</sup>, 2001

Alexandra Park  
Vancouver, BC  
(Bidwell & Pacific Ave.)

To volunteer for this event or to  
have names added call  
Jeff at 893-2246.

## Community Contributions



AIDS Vancouver gratefully accepts a generous contribution of \$15,000 dollars from the Ministry of Community Development, Cooperatives and Volunteers towards the development of data collection tools and analysis methods. Tim Stevenson seen here is presenting the cheque, on behalf of Jenny Kwan, to Andrew Johnson, Executive Director of AIDS Vancouver. Also pictured are Jennifer Fisher and Andrew Barker.

## Volunteer Profile



Hi, my name is Larry Petit.

I have been volunteering at AIDS Vancouver for 6 years.

I work as an AIDS Vancouver Grocery volunteer.

I started volunteering at AIDS Vancouver because I wanted to contribute. I couldn't give money, so I gave my time. This provides me with the opportunity to give from my heart. Being HIV positive, this was also a good way for me to get involved.

I like keeping busy. That's why I'm at the Grocery every week. This program makes a big difference in terms of people's right to good food. Helping AIDS Vancouver to provide support services and options for those who need them is what makes it a good place to volunteer.

Every year, I look forward to the Volunteer Recognition Party. There's always good food and you get to meet other volunteers who are also giving of their time and making a contribution.

The people are good at AIDS Vancouver. It's a good place to volunteer and everyone gets along.

## Pride Health Services

Proudly serving the Lesbian, Gay, Bisexual & Transgendered Communities

Thursdays 3:00 to 6:00 pm  
1292 Hornby St., Vancouver

Drop in Services: Nurse, Physician, Community  
Counsellor, The Vanguard Project, Community  
Resources, Print & Safer Sex Resources,  
Transgendered Support Group



(604) 633-4201 pridehealthservices@yahoo.com

## COMMUNITY

**Museum of Anthropology**, *Free* on Tuesdays, 5-9 pm UBC, 822-3825.

**Guided Gastown Walking Tour**, *Free* call 683-5650.

**International Wine Festival**, April 2-8, call 873-3311.

**Vancouver Sun Run**, April 22, call 689-9441.

**New Music West Festival**, May 9-13, call 684-9338

**Van Dusen Flower & Garden Show**, May 31- June 3, call 878-9274.

**Bard on the Beach Festival**, June 13 - Sept. 23, call 739-0559.

**Alcan Dragon Boat Festival**, June 22 - July 1, call 688-2382.

**du Maurier Jazz Festival**, June 22 - July 1, call 872-5200.

**Canada Day**, July 1st, call 666-8477.

**City Lights; Neon in Vancouver**, June 1, - ongoing, 736-4431.

## EVENTS

## VOLUNTEER OPPORTUNITIES

**Senior's Centre Society**, call Carrie at 684-8171.

**A Loving Spoonful**, call Karen at 682-6325.

**A.S.K. Friendship Society for Seniors**, call Tannis at 263-7333.

**Adanac Park Lodge**, call Rosemary at 299-7567.

**A.T. Eight Artropolis Society**, call Jennifer at 872-4307.

**Adbusters Media Foundation**, call Lisa or Paul at 736-9401.

**Chinese Cultural Centre**, call Angela at 687-0729.

**Lord Roberts Main School Parents S.C.C.**, call Svetlana at 713-5729.

**20/20 Vision British Columbia**, call Jill at 662-7561.

**B.C. Association for Community Living**, looking for Gardeners, call Ann at 875-1119.

**BC Pets and Friends**, hospital or care facility visitor, call Judith at 523-1557.

## OTHER ANNOUNCEMENTS

Call for Abstracts:  
**Creating Conditions for Health: Whose Commitment? Whose Responsibility? Canadian Public Health Association 92<sup>nd</sup> Annual Conference**, October 21-24, 2001 Saskatoon.

**Invitation to Executive Directors, Board, Staff and Volunteers: Canadian AIDS Society Roundtable Meeting** March 10, 2001 5 - 6:30PM Vancouver.

**Alcohol and Drug Training: Four Day Course Specifically Designed for Youth Practitioners**, June 5-8, 2001 Burnaby.

**Cross Cultural Health Forum**, March 15, 2001 9AM - 4PM Vancouver.

**Workshop: Queer Women's and Trans Folk Health Series**, April 2001 Vancouver, at the Centre.

## Risotto and Chicken Bake

3 boneless skinless chicken breasts  
 4 c. chicken stock  
 1 1/2 t. olive oil  
 1 T. white wine vinegar  
 2 onions, chopped  
 1 c. shredded squash  
 2 cloves garlic, minced  
 1/3 freshly grated parmesan cheese  
 1/2 t. dried thyme  
 2 eggs, beaten  
 1 1/2 c. Arborio rice  
 8 canned tomatoes, chopped

Slice chicken crosswise into thin strips. In large heavy saucepan, heat 1 t. of the oil over medium high heat; cook chicken for 5 minutes or until no longer pink inside. Transfer to plate. Add remaining oil to pan; cook onions, garlic and thyme over medium heat, stirring often, for 5 minutes or until softened. Stir in rice to coat. Stir in 3 1/2 c. of the stock and vinegar; bring to boil. Reduce heat to low; cover and simmer for 5 minutes. Stir in squash; cook for 15 minutes or until rice is tender. Stir in chicken strips, remaining stock, 1/4 c. of the cheese, eggs and tomatoes. Pour into greased 8" square baking dish; sprinkle with remaining cheese. Bake in 350F oven for 20 to 30 minutes or until bubbling. Broil for 2 minutes or until golden. Makes 4 servings.



## Dear Know-it-Alls.....

Dear Know It All

I've been hearing things about side effects from people who have been on the protease cocktail. What's the scoop with that? I live with my sister who's been on this treatment for a while, and lately I've noticed a change in her condition. The problem is that she won't talk to me about it and I don't know if she has a good doctor to whom she feels like she can talk to. I'm really stressed about this.

Dear *Stressed*,

There are no rules. Some people have side effects immediately from the cocktail, some have them after taking it a long time, and some seem to go on indefinitely with no side effects. Different people's bodies handle medication differently. Also, some doctors are better than others at working with the wide range of medications we now have. If you feel that your sister is not getting the best medical care, you may want to suggest that she go and get another opinion. I understand that she does not want to talk about things. However, she may open up if you tell her that you are concerned about her, and that you care about her. Good Luck!

**AIDS Vancouver**

1107 Seymour Street  
Vancouver, BC V6B 5S8  
Canada

*Forward submissions to:*

Kasandra Van Keith  
Phone: 604-646-5326  
Fax: 604-893-2211  
*Deadline: June 12, 2001*

**Editors:** Parm Poonia

Kasandra Van Keith


**Technical & Design Support:**

Michael Scroda

**Contributors:**

Andrew Barker  
Jeff van Steenes  
Joyce Pate  
Jo-Anne Teal  
Larry Petit  
Stephen Smith  
Kiran Deep

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We're on the  
Web at [www.aidsvancouver  
.bc.ca](http://www.aidsvancouver.bc.ca)  
come find us...

**Volunteer Opportunities**

- .. Registered Counsellors
- .. Switchboard
- .. Newsletter
- .. Library
- .. Grocery
- .. Care Team
- .. Hospital Visitors

If interested please call our  
Information line at **893-2266**.

**Purpose and Policy of the Volunteer Bulletin****Purpose**

The Volunteer Bulletin is a medium for the communication of information regarding volunteerism, HIV/AIDS and related issues, volunteer activities and AIDS Vancouver organizational information. It is also a vehicle for the development and appreciation for the volunteer community of AIDS Vancouver.

**Editorial Policy**

All volunteers are encouraged to submit material, which is appropriate to the above stated purpose of the Volunteer Bulletin. The Editors reserve the right to edit any material submitted.

All persons submitting material for publication are required to sign their submission, thereby accepting responsibility for their views. Names will be withheld by the approval of the Editor. Anonymous submissions will not be accepted.

The opinions expressed in the newsletter are those of the individual authors and not necessarily those of AIDS Vancouver.

When submitting written material please do so as a Word document in standard paragraph formatting. This means:

- no graphic treatments (i.e. reverse bars & grey bars)
- no hard returns in paragraphs
- no text formatting (i.e. centered text)

If you would like to include pictures please send scanned version if possible.

## RAINY DAY READINGS

### AT THE PARC LIBRARY

phone: 893-2294

email: [library@parc.org](mailto:library@parc.org)

**BOOKS**

Elliott, Richard. **Criminal Law and HIV/AIDS: Strategic Considerations: a Discussion Paper**. Montreal: Canadian HIV/AIDS Legal Network, 2000. H 400 ELL 2000 LIBRARY USE ONLY

Vineyard, Sue. **The Great Trainer's Guide: How to Train (Almost) Anyone to do (Almost) Anything!** Downers Grove: Heritage Arts Publishing, 1995. K 400 VIN 1995

Vineyard, Sue, & Steve McCurley. **Handling Problem Volunteers**. Downers Grove: Heritage Arts Publishing, 1998. K 430 VIN 1998

Chandler, Frank (ed.). **Herbs: Everyday Reference for Health Professionals**. Ottawa: Canadian Pharmacists Association, 2000. E 660 HER 2000 LIBRARY USE ONLY

Shaffer, Eldon, Florence Wong, & Morris Sherman. **The Management of Viral**

**Hepatitis: Proceedings of a Conference Held in Montreal, Quebec in March 1999**. Canadian Association for Study of the Liver, 1999. M 100 MAN 1999 LIBRARY USE ONLY

**Partners for Change: Enlisting Men in HIV/AIDS Prevention**

New York: United Nations Population Fund, 2000. G 1000 PAR 2000

Balch, Phyllis, & James Balch. **Prescription for Nutritional Healing**. New York: Avery, 2000. E 500 BAL 2000 LIBRARY USE ONLY

Patterson, David. **Resolving Legal, Ethical, and Human Rights Challenges in HIV Vaccine Research: a Discussion Paper**. Montreal: Canadian HIV/AIDS Legal Network, 2000. C 320 PAT 2000 LIBRARY USE ONLY

Crowe, Roy. **Resource Kit for Board Action**. Vancouver: Volunteer Vancouver, 1998. K 200 RES 1998

Cohen, Jon. **Shots in the Dark: the Wayward Search for an AIDS Vaccine**. New York: W.W. Norton, 2001. C 320 COH 2001

Albertyn, Cathi. **Using Rights and the Law to Reduce Women's Vulnerability to HIV/AIDS: a Discussion Paper**. Montreal: Canadian HIV/AIDS Legal Network, 2000. H 400 ALB 2000 LIBRARY USE ONLY

Carter, Melissa, Gordon Kliever, & Helen Brown. **What Do You Know About STDs?** Vancouver: Vancouver Native Health Society, 2000. B 700 CAR 2000

**VIDEOS**

Fitzpatrick, Stephen. **Diagnosing and Treating Depression in Persons with HIV/AIDS**. Vancouver: BC Centre for Excellence in HIV/AIDS, 2001. VD 400 DIA 2001

Tyndall, Mark, & Wayne Hall. **Injection Drug Use and HIV Transmission**. Vancouver: BC Centre for Excellence in HIV/AIDS, 2000. VC 660 INJ 2000