

# VOLUNTEER BULLETIN

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## REMINDERS FOR 2001!



**Core Training:**  
For all new volunteers or for those of you who missed our last Core Training, we will be hosting our next 2 day session on February 24 and 25th, 2001.

**In-Services:**  
Please be reminded of our Winter and Spring in-service schedule:

*January*  
“Panel of Downtown Eastside Service Providers” and Nursing in the Downtown Eastside-“Dying with your Boots On”.

*February*  
“Multi-Diagnosis-HIV, Addiction & Mental Health”.

*March*  
“Palliative Care-Death & Dying”.

## OUR ANNUAL RECOGNITION PARTY



### THE GOOSE STORY

Every year, it is my great pleasure to say a few words at our annual Volunteer Recognition soiree. This year I used the “the goose story” to draw some parallels between nature and your work as volunteers.

I suspect many of you have seen geese flying South for the winter. Flying in a V formation creates an uplift for the bird flying behind, but did you know that this can add at least 71% greater flying range than if each bird flew on its own. Whenever a goose falls out of the V formation it immediately feels a drag and resistance and quickly gets back into formation – taking advantage of the lifting power of the bird in front. Naturalists have also observed that when the lead goose gets tired, it rotates back and another takes its place up front. It is the geese from behind, not the entire flock, that honk to the encourage

those up front to keep their speed. When a goose gets sick or wounded and falls out, two geese fall out with it to help and protect. They stay until the wounded goose is able to fly again or until it dies. Only then do they take off to catch up with their group.

Flying in formation reminds us that people who share a common direction and a sense of community can get where they are going quicker and easier, because they are travelling on the thrust of one another. Falling back from the front of the line shows that it really benefits us all to take turns doing hard jobs. “Honking from behind” reminds us that an encouraging word goes a long way.

What resonates with me most about the geese, which is what I see our in volunteers all the time, is the pulling out of formation to help one that is sick or wounded. That is what you do so well - standing by each other and by people living with HIV/AIDS.

Thank you for all that you do and bring to AIDS Vancouver. I wish for you and your families all the joy, peace and love that this world can bring.



THE STAFF AT AIDS VANCOUVER WOULD LIKE TO WISH YOU ALL THE VERY BEST FOR THE HOLIDAY SEASON AND NEW YEAR!



## World AIDS Day



December 1<sup>st</sup>, World AIDS Day, is an incredibly significant day for all of us. We honor the people we love and hold near to our heart who have passed on, or who are living with HIV/AIDS. It's a day we put our red ribbons on as a global village to say we have not forgotten and we are here again to raise consciousness and awareness of an ongoing issue that has affected people in our lives and the world we live in.

AIDS Vancouver once again with the help of our volunteers and sponsors sent that powerful red ribbon out into the world again to do its magic and bring about the collective consciousness. As many of you have noticed we have also changed our logo. It represents care, advocacy, research, education and support for people affected with HIV/AIDS.

On World AIDS Day, Andrew Johnson the Executive Director gave quite a few powerful speeches all over the city. At Hastings and Main we had booths set up for outreach and education in front of the Carnegie Centre. CBC Radio, Television and VTV gave us some great airtime, and at the end of the day, the Rainy City Gay Men's Chorus with special guest Shari Ulrich and the Vancouver Women's Chorus said it all with their wonderfully gifted voices.

But most of all I want to say on the behalf of AIDS Vancouver, "Thank You" to all the Volunteers and Sponsors. Without you amazing people, your dedication and endurance this incredible day could not be possible.

I wish all of you Happy Holidays and a wonderful New Year.

Joyce Pate  
Fund Development Coordinator

## INTERNATIONAL YEAR OF VOLUNTEERS 2001

The United Nations General Assembly has declared the year 2001 International Year of Volunteers (IYV 2001) – yay! The launching of this occasion took place on December 5, 2000. On a national, provincial and municipal level, communities have the opportunity to celebrate and recognize the enormous contributions that 7.5 million Canadians make to 175,000 not for profit organizations.

The Objectives for IYV in Canada are to:

- 1 – Celebrate volunteerism
- 2 – Promote volunteering for all
- 3 – Expand the definition of volunteerism in Canada
- 4 – Improve voluntary organization and infrastructure
- 5 – Develop the voluntary sector knowledge base

National events include:

- § Global Youth Service Day - April 21;
- § National Volunteer Week from April 22-28;
- § National Youth Summit on Volunteerism from April 26-29; and
- § The 2001 Canadian Forum on Volunteerism from August 16-18 (hosted in Vancouver!)

It's important to recognize not only 'formal' forms of volunteering but those individuals, families and communities that make a difference as caring neighbours, giving parents and all of you at AIDS Vancouver who offer so much to your clients, colleagues and friends beyond your given responsibilities and commitments.

If you would like to know more about IYV contact us at Volunteer Resources, your municipal volunteer centre or check out the community calendar posted at [www.ijvcanada.org](http://www.ijvcanada.org).

COMMUNITY EVENTS

Electric Sky, The Northern Lights; H.R. Mac Millan Space Centre. Info: 738-7827  
 Festival of Trees; Nov. 22-Jan.3; Four Seasons Hotel. Info: 875-6500  
 Christmas Light Train; Nov.25-Jan.2; Bear Creek Park, Surrey. Info: 501-1232  
 Christmas at Canada Place; Dec.1-Jan.1; Canada Place. Info: 666-8477  
 Bright Nights in Stanley Park; Dec.8-Jan.7; Stanley Park. Info: 257-8531  
 Lights of Hope; Dec.12-Jan.5; St. Paul's Hospital. Info: 685-7811  
 Lights Alive; Greater Vancouver Zoo; Dec.1-Jan.1. Info: 856-6825  
 Parade of Lights Festival; Nov.30-Jan.1; Cloverdale. Info: 581-7130.  
 Phantom Screens; Jan.10-13; Sutton Place Hotel.  
 Dolphins;Feb.9-Mar.17;Alcan Omnimas, Science World. Info: 443-7443.  
 Chang Jiang: The Great River of China;Feb.10-Sept.3;Omnimax,Science World. Info: 443-7443

VOLUNTEER OPPORTUNITIES

Eastside Family Place Society , call 255-9841.  
 Vancouver Society of Immigrant & Visible Minority Women, call 731-9108.  
 Westside Family Place Society, call 738-2819.  
 B.C. Special Olympics Society, call 737-3125.  
 Dogwood Lodge, call 324-6882.  
 City of Coquitlam Leisure & Parks Services, call 927-6972.  
 Hostelling International, call 2224-3208.  
 Kitsilano Community Centre, call 257-6976.  
 Ray Cam Center, call 257-6949.  
 Skate Canada-2001 World Figure Skating Championships, call 541-2379.  
 Adbusters Media Foundation, call 735-9401.  
 Dr. Sun Yat-Sen Classical Chinese Garden, call 662-3207.  
 Persian Arts Foundation, call 605-8601.  
 Centre Culturel Francophone, call 7369806.

Dunbar Community Centre, call 222-6060.  
 Carnegie Community Centre, call 257-8130.  
 Hastings Community Centre, call 718-6222.  
 Hispanic Community Centre Society, call 872-4431.  
 Mount Pleasant Community Centre, call 713-1888.  
 Strathcona Community Centre, call 713-1838.  
 BC Environmental Network, call 879-2279.  
 Earthsave Canada, call 731-5885.  
 Diamond Heart Foundation of Canada, call 267-2244.  
 Jewish Family Service Agency, call 257-5151.  
 La Boussole, Centre Communautaire Societe, call 683-7337.  
 Living Through Loss Counselling Society of BC, call 873-5013.  
 Lower Mainland Brain Injury Association, call 431-0803.  
 Western Institute for the Deaf and Hard of Hearing, call 736-7391.



**Lazy Gourmet Pumpkin Mousse Cheesecake**

- 1 lb. cream cheese
- 1 t. cinnamon
- 1 c. pumpkin puree
- 1/4 t. nutmeg
- 4 eggs
- 1/4 t. allspice
- 1/2 c. sour cream
- 1 t. vanilla
- 2/3 c. sugar
- 150 g. white chocolate

*Topping:*

- 1 c. sour cream
- 3 T. brown sugar
- 1/4 t. cinnamon
- dash of nutmeg
- dash of allspice

Whip cream cheese and sugar until creamy. Add sour cream. Add eggs. Fold in pumpkin. Add remaining spices. Fold in melted chocolate.

Bake at 250 F. for 40 minutes or until set. Let cool.

Combine topping ingredients and pour over the top of the cake and allow to set overnight.



**Dear Know-it-Alls.....**

Dear Know It-Alls;

I have been HIV+ for many years. I started developing sores in my mouth and have difficulty eating. Any suggestions on how I can eat comfortably?

Signed,

*Ouch*

Dear *Ouch*;


If you haven't seen your doctor about the sores, you should do that soon. As far as eating goes, you may want to avoid foods which are highly acidic and spicy (tomatoes, pickles, citrus juice etc...). Foods which are extremely hot in temperature can cause discomfort, so allowing food to cool before eating, can be helpful. Since chewing can aggravate sores, keep to soft, mashed and pureed foods. Blender drinks are great, since they can be sipped from a straw. Popsicles are nice to suck on as they can numb the area of discomfort.

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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
- ◆ Practical Assistance
- ◆ Community Liasion
- ◆ Library
- ◆ Grocery

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

The Advocate's Guide to Hepatitis C: a Handbook of Symptoms and their Causes. Victoria: HepCBC, 2000. M 130 ADV 2000

Beaumont, Sylvie (ed.). AIDS Organisations Worldwide 2000. London: NAM Publications, 2000. C 150 AID 2000 LIBRARY USE ONLY

Garret, Laurie. Betrayal of Trust: the Collapse of Global Public Health. New York: Hyperion, 2000. B 1100 GAR 2000

Seivewright, Nicholas. Community Treatment of Drug Misuse: More than Methadone. Cambridge: Cambridge University Press, 2000 B 1260 SEI 2000

Griffith, H. Winter. Complete Guide to Prescription & Nonprescription Drugs. New York: Perigree, 1999. B 300 GRI

2000 LIBRARY USE ONLY  
MacPherson, Donald.

A Framework for Action: A Four-pillar Approach to Drug Problems in Vancouver: Draft Discussion Paper. Vancouver: City of Vancouver, 2000. B 1260 MAC 200

A Guide on the Inside: Women Talking to Women about HIV. Boston: AACM, 2000. J 300 GUI 2000  
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Shernoff, Michael, & Raymond Smith. HIV Treatment: Mental Health Aspects of Antiviral Therapy. San Francisco: USCF AIDS Health Project, 2000. D 400 SHE 2000

Remis, Robert, & Elaine Whittingham. The HIV/AIDS Epidemic Among Persons from HIV-Endemic Countries in Ontario.

1981-98: Situation Report. Toronto: University of Toronto. C 535 REM 1998

Approaches to Recover your Quality of Life. New York: Dell, 2000. M 200 WAS 2000

Local Responses to Homelessness: a Planning Guide for B.C. Communities. Victoria: Ministry of Social Development and Economic Security, 2000. H 800 LOC 2000

Kerr, Thomas. Safe Injection Facilities: Proposal for a Vancouver Pilot Project. Vancouver: Harm Reduction Action Society, 2000. B 1260 KER 2000

### VIDEOS

Roth, David. Hepatitis C: the Silent Epidemic. Center City: Hazelden, 2000. VM 130 HEP 2000