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## UPCOMING EVENTS



**CORE TRAINING**  
will take place on  
**September 29th**  
and **30th** for all  
new AV volunteers.

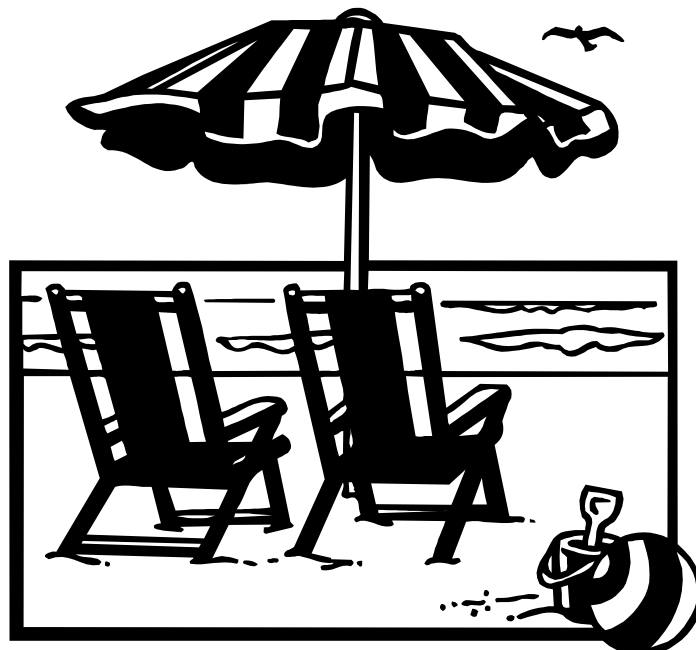
### IN-SERVICES 2001-2002

Please take a look  
at our new  
schedule of in-  
services. Check  
out a whole new set  
of interesting and  
thought provoking  
topics.

We would like to  
thank all the  
facilitators who  
helped make our  
recent series a  
great success. We  
look forward to  
seeing you at our  
next series  
beginning on  
**September 19th.**

## Summer is coming.....

I hope everyone will have an opportunity to enjoy some blue sky, green grass, and bright sunshine. Though the rain is refreshing, sun can be delicious. James Dent wrote “a perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken”! It doesn’t take much for our life to be full or busy. We often live within a world full of tasks, meetings, commitments, responsibilities and little time for ourselves and chosen others. It’s not easy to do or fit into our lives but I’d like to advocate for some well deserved self-care. Put away some of the on-going routines and roles and make moments to play, relax, breath, laugh and just be good to yourself. Whether your travels are local, abroad or within – “stop worrying about the potholes in the road and just celebrate the journey” – Fitzhugh Mllan. Enjoy the summer you create for yourself!





## RENEWAL

Calling all Support Programs volunteers – we want to hear from you!

Over the next few months, I would like to bring Support Programs volunteers together for brainstorming meetings to discuss all aspects of our programs, from volunteer training to program goals. Your input is crucial in helping shape future directions for Support Programs.

The Care Team and Home and Hospital Visitor programs were developed several years ago; over the years, and thanks to the commitment of volunteers, we have tried to keep pace with the rapidly changing environment of HIV/AIDS in Vancouver.

Much has changed for people living with HIV/AIDS over the past five years, and much remains the same. The demand for our services continues, but the kinds of services we provide, and the ways in which we provide them need to be continually adapted to changing circumstances.

As volunteers, your 'front line' experience can play an important role in helping us prepare Support Programs for the years ahead. I want to hear your ideas, suggestions, input, and/or criticisms. I would like to arrange a meeting for as many of us as possible to attend to brainstorm (with food!), but I am open to other suggestions. Please let me know what would work best for you, by phone, email, or by dropping in!

Thank you,  
 Jeff van Steenes  
 Phone: 893-2246  
 Email: jeffv@parc.org

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## AIDS VANCOUVER INVITIES YOU TO JOIN THE AIDS WALK!



**Sunday, September 23, 2001**



Every year AIDS Vancouver partners with BCPWA to help raise funds for the annual AIDS Walk. The money raised goes to support direct services for people living with HIV/AIDS. Participants can join either a 2K or 10K route which starts at Upper Ceperley Park in Stanley Park near the Beach Avenue entrance. As well as the Walk, friends and family can enjoy a full day of activities; such as, live entertainment, music, food and opportunities to learn more about how to get involved. If you would like to join us, either individually or as a team for your organization please contact: **Joyce Pate, Fund Development Coordinator, 604-893-2249** to pick up your pledge sheets. Many thanks for your on-going support and see you there!

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**COMMUNITY EVENTS**

**Science World**-until Sept.9; China's arts, science and culture, 443-7443.

**Hill's Native Art Gallery**, Totems, 685-5422.

**Vancouver Museum**, until Aug. 19, Women Build Africa, 736-4431.

**Museum of Anthropology**, until Oct. 30th., Early Chinese Ceramics, 822-3825.

**Canada Day at Canada Place**, July 1st.

**Canada Day Craft Fair**, July 1; Waterfront Park, N. Vancouver, 988-6844.

**Enchanted Evenings**, July 6-Aug.31; Dr. Sun Yat-Sen Classical Chinese Garden, Friday evening performances, 662-3207.

**Vancouver Folk Music Festival**, July 13-15; various venues, 602-9798.

**Vancouver International Comedy Festival**, July 20-Aug.5th; Granville Island, 683-0883.

**Annual Vancouver Pride Parade**, Aug. 5th; Vancouver, 687-0955

**VOLUNTEER OPPORTUNITIES**

**Alcan Dragon Boat Festival**, 688-2382.

**BC Special Olympics Society**, 737-3125.

**Cycling B.C.**, 737-3034.  
**Highs and Lows Choir**, 874-1866.

**Promotion Plus**, 737-3075.

**Ray Cam Center**, 257-6949.

**411 Senior's Centre Society**, 684-8171.

**Bayview Community School**, 713-5437.

**BC S.P.C.A. Education Division**, 681-3379.

**Community Kitchen Project**, 254-8300.

**Arts Club Theatre**, 687-5315.

**Canadian Craft Museum**, 687-8266.

**Dr. Sun Yat-Sen Classical Chinese Garden**, 662-3207.

**Society for Disability Arts & Culutre**, 685-3368.

**Vancouver Co-operative Radio**, 684-8494.

**Alcohol-Drug Education Service**, 874-3466.

**Vancouver Status of Women**, 255-3998.

**Collingwood Neighbourhood House**, 435-0323.

**Kitsilano Neighbourhood House**, 736-3588.

**OTHER ANNOUNCEMENTS**

**Check Your Booty:A Holistic Health Conference for Lesbian, Gay Bisexual, Two Spirited and Transgender Youth**, July 2-5, 2001, Vancouver.

**Conference: 2001 A Health Odyssey: Building Healthy Communities:** A "gathering" to address social issues faced by those who have emotional and sexual relationships with the same gender. August 31 - September 3, 2001, Saskatoon.

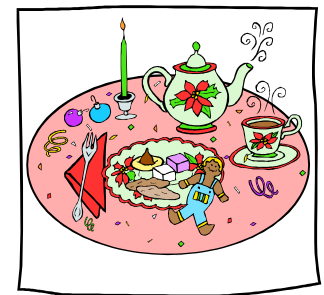
**Aboriginal Youth AIDS Awareness Gathering**, July 3-6, 2001, Brandon, Manitoba, redprairie@yahoo.com

**Canada - India HIV/AIDS Internship Program, Canada World Youth**, is pleased to announce a new bilateral exchange between Canada and India for youth under 30 in the field of HIV/AIDS for 2001/2002. Applications are **on line** at [www.cwy-jcm.org](http://www.cwy-jcm.org) or call 416-596-9702.

**Peanut Butter Blossoms**

1 1/3 cups flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/8 teaspoon baking soda  
1/2 cup peanut butter  
1/2 cup butter  
1/2 cup white sugar  
1/2 cup brown sugar  
1 egg  
2 tablespoons milk  
1 teaspoon vanilla

Blend peanut butter, butter and sugars until fluffy. Add milk, vanilla and egg. Stir in the dry ingredients. Roll into balls and roll in white sugar. Bake at 350F for 10-12 minutes. Push a chocolate rosebud into each cookie as soon as they come out of the oven.

**DEAR KNOW-IT-ALLS;**

I heard something really scary the other day. Is it true that there's a sexually transmitted disease that could lead to cervical or anal cancer?

*Dear scared,*

Yes it's true. The STD is called the Human Papillomavirus (HPV) and it's one of the most common sexually transmitted diseases in the world. Some types of HPV infections can cause cervical cancer, vulvar cancer, anal cancer and cancer of the penis.

Like many STDs, HPV often doesn't have visible signs or symptoms but the most common sign of HPV is genital warts. The bad news about HPV is that it's transmitted skin to skin. This means that condoms can't protect you against contact with all infected areas.

Women who think they might have HPV need to make sure they have their yearly PAP test. If abnormal cells are identified through the test your doctor will recommend that you get tested more often (every six months) so they can be sure to catch any sign of cervical cancer in the beginning stages when it's very treatable. Men with HPV also need to keep on top of their medical exams in case they develop complications from HPV.

**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: August 1, 2001*

**Editors:** Parm Poonia  
Kasandra Van Keith  
**Technical & Design Support:**  
Michael Scroda  
**Contributors:**  
Jeff van Steenes  
Joyce Pate  
Rosanne Johnson  
Stephen Smith

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We're on the  
Web at **www.**  
**aidsvancouver**  
**.bc.ca**  
come find us...

## Volunteer Opportunities

- ◆ Grocery Delivery Driver
- ◆ Registered Counsellors
- ◆ Switchboard
- ◆ Newsletter
- ◆ Library
- ◆ Outreach: Man 2 Man
- ◆ Care Team
- ◆ Special Events

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)

Cefrey, Holly. **AIDS**. New York: Rosen Publishing, 2001. G 210 CEF 2001

Barker, Andrew. **Building Gay Men's Health: a Peer-based Approach to Creating Community Change**. Vancouver: AIDS Vancouver, 2001. B 1235 BAR 2001

**Complementary and Alternative Health Practices and Therapies: a Canadian Overview**. Toronto: York University Centre for Health Studies, 1999.

**Conceptual Package:** B 1100 COM 1999a LIBRARY USE ONLY  
**Consumer Package:** B 1100 COM 1999c LIBRARY USE ONLY

**Regulatory Package:** B 1100 COM 1999b LIBRARY USE ONLY

**Summary Package:** B 1100 COM 1999 LIBRARY USE ONLY

**Developing Vaccines to Prevent HIV and AIDS: an Introduction for Community Groups**. Toronto:

International Council of AIDS Service Organizations (IASCO), 2000. C 320 DEV 2000

Atyeo, Valerie. **Directory of Family Education and Support Groups in Mental Health for the Greater Vancouver Region**. Vancouver: Vancouver/Richmond Health Board, 2000. A 510 ATY 2001 LIBRARY USE ONLY

Malkin, Ian. **Establishing Supervised Injecting Facilities: a Morally and Legally Responsible Way to Help Minimize Harm**. Australia: 2000. B 1260 MAL 2000

Barnett, Tony, & Alan Whiteside. **Guidelines for Studies of the Social and Economic Impact of HIV/AIDS**. Geneva: UNAIDS, 2000. C 160 BAR 2000

Moser, Charles. **Health Care Without Shame: a Handbook for the Sexually Diverse and their Caregivers**. San Francisco: Greenery Press, 1999. B 1290 MOS 1999

Kemper, Donald W. **Healthwise Handbook: BC Healthguide: Helping You and your Family Stay Healthy**. Boise: Healthwise Publications, 2000. B 400 KEM 2000

Song, John. **HIV/AIDS and Homelessness: Recommendations for Clinical Practice and Public Policy**. Nashville: National Health Care for the Homeless Council, 2000. C 690 SON 2000

Gifford, Allen L., Kate Lorig, & Diana Laurent. **Living Well with HIV and AIDS**. Palo Alto: Bull Publishing Company, 2000. D 100 LIV 2000