

# VOLUNTEER BULLETIN

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## AIDS Candelight Memorial & Vigil

8:00PM  
Sunday, May  
28th, 2000

Alexandra Park

Vancouver, BC  
(Bidwell &  
Pacific Ave.)

To volunteer for this  
event or to have  
names added call  
Jeff at 893-2253.

## THANK YOU AV VOLUNTEERS

### RECOGNIZING NATIONAL VOLUNTEER WORK AT AIDS VANCOUVER APRIL 9-15, 2000

The time has come to extend our many "Thanks" and sincere appreciation to all AV Volunteers for all that they contribute. For all your efforts, enthusiasm, love, talents, compassion, hugs, kindness and commitment – THANK-YOU! You're an amazing group of people who offer so much in the incredible work that you do, whether that be daily, weekly or monthly. Your empathic ear, supportive words, on-going companionship, educational crusades, caring friendships, administrative talents, ability to raise funds, and pure talent in handling a sometimes chaotic reception space have not gone unnoticed! I have had the honor in meeting so many of you. To hear your stories full of honesty and affection have been an absolute privilege. There are many of you that I have not yet had the honor to meet. Please bug me, even if it's a quick "hello" or a chat on the phone. Thanks again for your many levels of giving and participating.

"Many hands, many minds, one goal" - Anonymous

Parm Poonia  
Volunteer Resources Coordinator

Dear Friends,

It's National Volunteer Week! The walls of AIDS Vancouver were covered in cutout paper balloons with curly tails of coloured ribbon. Each balloon represented a different AV volunteer - with names written in sparkling glitter. Some hallways were so packed with glittered balloons it was like walking through a disco in the 1970's. I LOVE IT!

As I walked by these coloured walls of recognition, I often stopped to read the names. I know many of the names - wonderful, caring and giving people I have come to respect and admire. I read the names of people I have heard a lot about yet look forward to meeting for the first time. And I see many names, no longer on our walls, but very much alive in the memories of our hearts.

The glitter part really works for me. The shine and sparkle brings life to every name. It's a fitting representation of what our volunteers bring to the work we do here at AV. I can't say enough about how much we value your contribution at AIDS Vancouver and how important you are to the ongoing fight against HIV and AIDS.

This was your week! I hope you can take a moment to reflect on what you are bringing to AIDS Vancouver and share in our pride of that great accomplishment. No matter what your role(s) as an AV volunteer, know that you are loved and truly appreciated.

Andrew Johnson  
Executive Director



## Dear Know-It-Alls....

Dear Know-It-Alls;

I have this huge fear about contracting HIV from mosquitoes. It got really bad when I was on a camping trip last summer with my children and my brother who is HIV+. I got irrationally afraid of them getting bitten by mosquitoes that had just bitten him. I was so freaked out that I was lathering everyone in sight with enough "Deep Woods Off" to kill a cow.

I know I'm not supposed to be concerned about this, but I'm not sure why. Why is it that a mosquito can transmit diseases like Malaria, but not HIV?

Signed,  
*Really Bugged*

*Dear Bugged;*

OK, take a deep breath and GET A GRIP. Mosquitoes carrying HIV from one person to another is one of the oldest myths/fears about HIV transmission. It's funny how it still persists despite all the studies that have

been done to prove that this is just not possible. Scientists have studied areas that are riddled with Malaria and Yellow Fever (both transmitted by mosquitoes) and found that HIV prevalence was no higher than other areas, and that there were no unexplained cases of HIV transmission. This has led to the conclusion that the HIV virus is too fragile for human to mosquito to human transmission. Furthermore, because a mosquito is drawing blood from people, and not injecting blood into them, the only potentially infectious blood someone might come into contact with would be on the outside of the mosquito's mouthpiece; I haven't actually seen a mosquito's mouthpiece, and I bet you haven't either. That's the point ... they are very, very small, and would carry such a minute quantity of surface blood that there just wouldn't be enough HIV present to infect someone.

Add on to this information the fact that mosquitoes seldom draw blood from more than one person/animal in a 'feeding', and you'll begin to see that your fears really are

not based in reality.

I would be more worried about the long-term effects of all that "Off" you're spraying - hello? Ever heard of nerve damage. And if I were your brother, I don't think I would be camping with you again in a big hurry.

The Know-It-Alls love to answer odd questions.

Send your questions to:

**The Know-It-Alls**

c/o AIDS Vancouver

1107 Seymour St.,

Vancouver, BC V6B 5S8

Or call the Helpline and leave a message for the Know-It-Alls @ 687-2437.

## PRETENDING THAT LIFE IS NORMAL

### LIVING WITH AIDS YIELDS SIMPLE DESIRES.

My days to visit Luc were Tuesday and Thursday. On one of those days, if he felt well enough, I'd drive him to the beach. He loved the ocean. I'd bundle him up against the cold and squeeze his swollen feet into his slippers. By now, his shoes no longer fit. Once a week we went out for lunch, until it became impossible for him to eat in public. The abdominal pain would hit him hard, anywhere, any time. When it did, he would sit rocking in his chair, clutching his stomach. As he made a strange keening sound. There was nothing I could do except wait until he felt able to stagger back to the car. If he had a violent spasm in a restaurant, other patrons would stop talking and openly stare at us. I didn't blame them: it always put me off my food.

In addition to the rocking and the noise, there was the problem of Luc's appearance. By this time he was skeletal, except for the distended stomach. In retrospect, people always stared at us, especially when we walked unsteadily along the seawall. A painfully thin man with a bulging midriff, shuffling along in carpet slippers, his long, wispy ginger hair blowing wildly in the wind, leaning heavily on a tall, stocky woman with a limp. Even we laughed at the ludicrous couple we made.

As Luc grew weaker, our outings were less frequent. Mostly we went to the doctor's appointments. When things got worse, the doctor came to the building. Once I happened to be there when he came. "He really belongs in a Hospice," the doctor said with a sigh. "He needs full time care."

"Yes, I know, but what can we do?" I replied, for, as a volunteer, the situation was beyond my control.

All the hospice beds were full. They were always full. In any case, Luc would not have agreed to go. He refused to discuss his death or consider entering a palliative care. I must have tried to raise the subject a hundred times, in a hundred different ways. "I won't speak about it," he'd say, fixing me with an especially frosty look. "I am doing just fine right here, with the help of my friends."

By Vicki O'Brien  
Care Team Volunteer

Excerpt from an article which appeared in the Georgia Strait / March 23-30, 2000

## UPCOMING EVENTS & OPPORTUNITIES

### Out On Screen Screening Committee Volunteer

It doesn't get any more fun than this. Volunteers gather to preview films and videos submitted to Festival and give feedback to the Programming Committee.

### Network Coordinator

Our busy little office is kept humming by a network of 5-6 PCs and one Mac. We require a reliable volunteer to help keep the system running smoothly.

Please contact Alix Mathias, Festival Director at 844-1615.

### Volunteer Vancouver

#### BOARD BASICS:

**Why Am I Here? Roles & Responsibilities**, Tuesday, May 16, 200, 4:45pm – 7:00pm.

**The Meeting Will Come To Order**, Tuesday, May 30, 200, 4:45pm – 7:00pm

**Reading Between the Lines: Basic Financial Diagnostic Skills for Board Members** Wednesday, June 14, 2000, 9144.

4:45pm – 7:00pm For information on any of the above call 875-9144.

### ON-GOING EVENTS:

**Picturing the Past:** Continuing till June 10: Photograph-based exhibition chronicling the many social and economic changes in West Vancouver communities. West Van. Museum and Archives, 680-17th. St, W. Vancouver. Call Darrin Martens 925-7297.

### Cultural Support Groups:

Discuss issues in a non-threatening atmosphere. Open to everybody.  
*Muslim Grp.* Alternate Sat. 12-2pm.  
*Fiji Group.* Wed. 6-8pm. *Spanish Group.* Alternate Thur. 12-2pm.  
*Asian Group.* Alternate Thur. 12-2pm. Ray-Cam Cooperative Centre, 920 E. Hastings St., Van. Call 257-6949.

**Generation 2000:** is a support group for all South Asian young women ages 15-19. Sponsored by

South Asian Women's Centre. Every Friday, 5-7pm. Free food. 8163 Main St. Van. Call Manprett 221-4348 or 733-6186.

**Powwow Nite:** The Vancouver aboriginal Friendship Centre invites you to enjoy Prairie-style native-American drumming and singing. Every Tuesday, 8-10pm. Free admission. Vancouver Aboriginal Friendship Centre, 1607 E. Hastings St., Van. Call 251-4844 ext. 0.

**Vancouver Art Gallery: English Through Art (ESL) Self-Guided Tours:** Pick up a self-guided tour package for \$18 that includes pre- and post-visit activities and ESL student worksheets. Call 662-4717 to book a group get more information, or register for a teacher orientation.

**Cultural Buddy Program:** South Vancouver Neighbourhood House sponsors Cultural Buddy programs to help immigrant children adjust to Canadian life. For children ages 10-13. Big Buddies from high school also needed. Call 324-6212.



### Apricot & Currant Chicken

3 T. vegetable oil  
1/2 t. pepper  
4 lbs chicken pieces, skinned  
2 large onions, chopped  
2 T. packed brown sugar  
1 c. dried apricots  
1 t. cinnamon  
1 c. dried currants  
1 t. salt  
1 c. orange juice  
1/2 c. sliced toasted almonds

In large deep nonstick skillet, heat 1 T. of the oil over medium-high heat; brown chicken on all sides, in batches and adding more oil if necessary, about 9 minutes. Arrange chicken in single layer on rimmed baking sheet. Mix together brown sugar, cinnamon, salt and pepper; sprinkle over chicken and set aside. Add 1 T. more oil to skillet; cook onions, stirring occasionally, over medium heat until softened, about 10 minutes. Add apricots and currants to skillet; cook, stirring, for 1 minutes. Add orange juice; bring to boil. Nestle chicken slightly into sauce; pour in any juices from baking sheet. Reduce heat to medium-low; cover and simmer, basting occasionally, for about 40 minutes or until juices run clear when chicken leg is pierced. Arrange chicken on serving platter; pour sauce over top. Garnish with almonds. Makes 8 servings.

## Volunteer Profile

**Name:** Susan Kristiansen

### Date Started/Program:

I started volunteering in February of 1997 in Hospital Visitation and Switchboard.

### Why did you choose AV?

I have a lot of gay men friends who struggled with coming out issues.

### Who do you continue to do this work?

Great organization as well as the diversity of people. It's wonderful being part of something larger. A good sense of community.

### Interests/hobbies/other community involvement's?

I love reading biographies and travelling to exotic places with exotic men.



## AIDS Vancouver

1107 Seymour Street  
Vancouver, BC V6B 5S8  
Canada

### Forward submissions to:

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The Volunteer Bulletin is a publication of AIDS Vancouver .



## Volunteer Opportunities for the Spring:

### Daytime Availability:

- Switchboard
- Grocery - On Call
- Help-line
- Administrative
- Newsletter

If interested please contact: Parm Poonia at 893-2212.

## Books

1998 National Conference on the Management of Infectious Diseases in a Correctional Environment. Ottawa: Canadian Public Health Association, 1998. C 650 NAT 1998

Morin, Jack. Anal Pleasure and Health: a Guide for Men and Women: 3<sup>rd</sup> Edition. San Francisco: Down There Press, 1998. G 900 MOR 1998

Hipp, Earl. The Caring Circle: a Facilitator's Guide to Support Groups Based on the Book "Feed Your Head". Center City: Hazelnden, 1992. D 300 HIP 1992

Griffith, H. Winter. Complete Guide to Prescription and Nonprescription Drugs. New York: Pedigree, 1999. B 300 GRI 1999  
LIBRARY USE ONLY

Hardy, Robin, and David Groff. The Crisis of Desire: AIDS and the Fate of the Gay Brotherhood. Boston: Houghton Mifflin, 1999. C 630 HAR 1999

Murray, Michael, and Joseph E. Pizzorno. Encyclopedia of Natural Medicine. Rocklin: Prima Health, 1998. E 610 MUR 1998  
LIBRARY USE ONLY

MacLean, Michael J. HIV/AIDS and Older People. Ottawa: Age-Wise Inc., 1999. C 690 MAC 1999

Dorsman, Jerry. How to Quit Drugs for Good: a Complete Self-help Guide. Rocklin: Prima Publishing, 1998. B 1260 DOR 1998

Bogardus, Peter, and Mary Hamilton. In Trust: How to Set Up Your Own Trust and Still be Eligible for B.C. Disability Benefits. Burnaby: PLAN, 1999. H 710 BOG 1999

Farmer, Paul. Infections and Inequalities: the Modern Plagues. Berkeley: University of California Press, 1999. C 600 FAR 1999

Browning, Barbara. Infectious Rhythm: Metaphors of Contagion and the Spread of African Culture. New York: Routledge, 1998. H 200 BRO 1998

Weil, Andrew. The Natural Mind: an Investigation of Drugs and the Higher Consciousness, Revised Edition. Boston: Houghton Mifflin, 1998. B 1260 WEI 1998

Watney, Simon. Policing Desire: Pornography, AIDS and the Media. Minneapolis: University of Minneapolis Press, 1996. H 230 WAT 1996

Singer, Merrill (ed.). The Political Economy of AIDS. Amityville: Baywood Publishing, 1998. H 200 POL 1998

## Videos

Money, Deborah. HIV and Pregnancy. Vancouver: British Columbia Centre for Excellence in HIV/AIDS, 2000. VJ 220 HIV 2000

Moments of Decision: HIV Treatments in Everyday Life. Dusseldorf: European AIDS Treatment Group, 1997. VE 200 HIV 1997

Thompson, Jerry. Stopping Traffik: the War Against the War on Drugs. Raincoast Storylines,

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