

Celebrating You!

National Volunteer Week: April 18 to 24, 2004

"In this world, it is not what we take up but what we give up that makes us rich."

Anonymous



Volunteer Bulletin

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Every year, National Volunteer Week honours individuals, groups and organizations who donate their time, energy, skills and talents to help build and nurture community. This week also raises awareness of the vital and diverse contribution volunteers make on many levels and in many lives both locally and globally.

From coast to coast, 6.5 million volunteers are involved in civic participation. At AIDS Vancouver, volunteers provide a vital contribution to every aspect of our agency. Whether you serve on the Board of Directors, offer your administrative skills or provide frontline education and support, you help meet our mission and make our work possible.

Thank-you for all that you do and all that you are. It is your on-going work, enthusiasm and dedication that make National Volunteer Week important to us.

A big hug and appreciation from all of us at AIDS Vancouver. We look forward to celebrating you on April 22, 2004 at our annual volunteer recognition event. See you there!

Parm Poonia, Coordinator of Volunteer Resources



AIDS Vancouver

Volunteers United and Making a Difference

Twenty years ago a group of concerned individuals here in Vancouver saw people they knew and loved getting sick and dying from a mysterious new illness. They decided that they needed to act in order to fight the impact of this terrible disease, and so they joined together as a group of volunteers to form AIDS Vancouver. For years after, AIDS Vancouver remained an agency totally staffed and driven by volunteers ñ people united by a common desire to make a difference in the lives of those impacted by HIV/AIDS.

AIDS Vancouver Volunteer Resources Program Philosophy:
 Volunteer Resources strives to build organizational commitment and competency by providing meaningful and relevant volunteer opportunities that support and enhance the mission of AIDS Vancouver. Paid and unpaid staff work together to alleviate vulnerabilities to HIV/AIDS.

AIDS Vancouver
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*Submission Deadline:
 June 1st, 2004*

Volunteer Opportunities

- ? Gayway
- ? Care Teams
- ? Helpline/Online
- ? Grocery Distribution
- ? Grocery Delivery Drivers
- ? Board of Directors who identify as HIV+

If interested please call our Information line at:
604-893-2266

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An Update From Your Board of Directors

On March 28th AIDS Vancouver's Board of Directors participated in a daylong workshop aimed at furthering our appreciation of our important role within AIDS Vancouver's structure. Additionally, we explored what unique skills and experience we each bring to the table in order to better understand how to make the most of our strengths, while also identifying what further needs we have as a Board. It was a very valuable and constructive day, which included the opportunity to start thinking about our vision for the future of the agency, a task that will prove particularly useful in the coming months as we work to develop AIDS Vancouver's next Strategic Plan.

Another very important responsibility that the Board is currently undertaking is the recruitment of the agency's next Executive Director. While our current Acting Executive Co-Directors, Kim Hiebert and Stephen Smith, are doing a fantastic job, the time has come for us to hire a new, permanent ED. Recruitment is currently underway; if

you are interested in seeing a copy of the posting for this position, visit our website at: www.aidsvancouver.org or email John DubÈ at johnd@aidsvancouver.org.

Your Board of Directors currently consists of nine highly dedicated individuals and includes a diverse selection of people living with HIV/AIDS, people affected by HIV/AIDS, and other concerned and impacted community members.

The Board is made up of the following individuals:

Jamie Myrah (Chair),
 Paul Gedye (Vice-Chair),
 Joe Kleiboer (Treasurer),
 Tony Cave,
 Matt Lovick,
 Marnie Marshall,
 Gillian Maxwell,
 Peter Rees, and
 Michael Vonn.

To inquire about openings on the Board, please contact Stephen Smith at 604.893.2231 or email at stephens@aidsvancouver.org

Making a difference (cont'd)

Although the agency has grown and developed in the ensuing years, volunteers remain the heart and soul of AIDS Vancouver. The personal commitment you bring to this work is truly inspirational. In addition, individuals like you, who so generously give their time and skills to this work, are more often than not also the face of AV ñ the person that people who are dealing with HIV infection or vulnerability to it turn to for assistance.

On behalf of the Board, staff, and most importantly the clients of AIDS Vancouver, we would like to take this opportunity to thank you for the

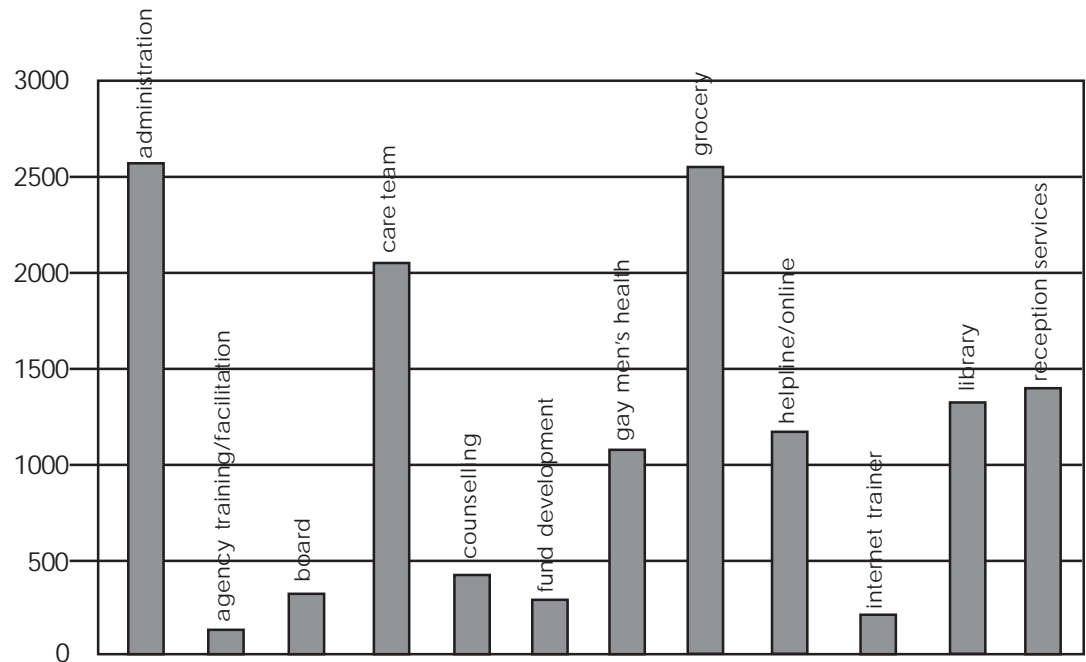
enormous gift you give to us by volunteering here. Please know that the work you do, no matter where it is in the agency, has a significant and positive impact on many, many people who live each day with vulnerability to HIV or AIDS. The spirit of that original group of volunteers that founded AIDS Vancouver lives on in each and every one of you, and is demonstrated in the incredible work you do.

Thank you so very much, and Happy National Volunteer Week!

Stephen Smith and Kim Hiebert
 Acting Co-Executive Directors

Volunteer Hours

When we say "We couldn't do it without our volunteers" we're not exaggerating. This chart divides last year's fourteen thousand person/hours of volunteer service into categories that show where you helped.



In Memory of a Brave Son

To the staff and volunteers of AIDS Vancouver:

We want to thank you so very much for your dedication and compassion and great work for people living with AIDS. Our son lived with AIDS from 1986 until he passed away on July 15, 1995. He benefited greatly from the support of AIDS Vancouver. He was a very honest, courageous and intelligent young man. He wrote special letters to all whom he loved and cared for and accepted his demise with ultimate dignity and courage.

I want to share one of his writings with you... He wrote it on Valentine's Day 1993. Perhaps it might help others to put their trust and faith in others. We miss our son everyday, but his memory will always be with us.

*God Bless and Keep You,
Shelly and Al Bret Spottiswood*

Historically, society has taught us that the strong shall deal with their problems quickly, efficiently, and in silence. This again, yet another example of how society's values have played a major role in the alienation of humanity. We are taught that by revealing our problems and expressing our fears that we are essentially thereby admitting to weakness. That only through the projection of courage and unfaltering confidence can we be viewed as truly strong? Is this not the greatest form of hypocrisy perhaps established by those who themselves lack the courage to be honest and truthful in their own minds.

Theoretically, society is an association based on friendship, intimacy, companionship, or company; therefore by perpetuating this constant image of solid perfection, there-in lies the hypocrisy of it all. Can we truly call

people our friends if we only selectively allow them to know us? Giving them exactly what we are willing to divulge, letting them see precisely what we would as if through a series of well timed press releases.

In all fairness are we not cheating everyone involved, including ourselves, by denying the value of cherished friendship, occurring when we allow the intimacy involved to trust someone enough to see us in our most vulnerable states? By only involving people in the good times are we not living life as a lie, or perhaps just a half truth? By suffering silently in our times of misery and fear are we not just playing the martyr? Are we not in all actuality hurting the ones we love by not allowing them to love us back, leaving them feeling left out and hurt for not being able to comfort us in our pain? In our heroic attempts, are we not perhaps making them feel

unworthy that they could not be there to help us through the bad times?

Only you will know of the battles you've won and of the obstacles you've had to overcome. Its lonely playing the martyr and you'll only be a hero in your own mind. The price of martyrdom is very high. It takes a lot of energy and energy is expensive. By trusting enough to invest your energy in honest, true love, you will profit by the benefits of support and understanding from those who love you.

The real strength comes not from doing it on your own, but by being able to share and open yourself up to the special relationships that will occur with those who matter the most. So tear down those barriers, break the silence and be good to yourself!

Dru Spottiswood
Valentine's Day, 1993

Fund Raising Update

Fundraising for an AIDS organization these days is not the easiest thing to do. With cuts to government support across the spectrum for non-profit organizations, more and more charitable organizations are competing for fewer and fewer dollars. The average donor receives many more requests from charities than they ever have, and as a result must make tough decisions about which agencies they can support.

Although not a banner year for donations for AIDS Vancouver, the 2003/2004 fiscal year was pretty much on track with projections made last April. We expanded our mailing list for our annual appeal which went out in November, and realized almost \$30,000 in returns. Our campaign to elicit support from foundations for the Grocery program brought in over \$35,000 in much needed revenue. In addition, our direct access grant request to the BC Gaming Commission was approved in its entirety and the results bolstered both the Grocery and Financial Assistance Fund programs.

AIDS Vancouver also developed new relationships with groups that conducted fundraising events on our behalf. Along with annual events such as Theatre Cares and the AIDS Walk, 2003/04 saw new initiatives like "Barkitecture", a silent auction of designer dog houses, and "Rap it Up", a rap concert and AIDS awareness event. The Royal Bank of Canada collected donations in a number of Vancouver branches throughout AIDS Awareness Week on our behalf. In addition, donations through the United Way were up this year from previous years, reflecting a greater awareness and appreciation of AIDS Vancouver and its programs and services.

AIDS Vancouver would like to thank the following agencies, companies and foundations for their support this year:

- Vancouver Coastal Health
- Health Canada
- 2001 Odyssey Touring Company
- Employees of Air Canada
- B!Ty and Steve!O Promotions
- Bank of Montreal Fountain of Hope
- Body Energy Club
- Creekhous Gallery
- Fab Dog and K-9 Biscuits
- FK Morrow Foundation
- Greater Vancouver Food Bank Society
- Hummingbird Communications
- Illahie Foundation
- Labatt People in Action
- RBC (Royal Bank Canada)
- Employees of Shaw Cable Systems
- Employees of Sears Canada
- Theatre Cares
- Telus, and Employees of Telus
- Shire BioChem
- United Way of the Lower Mainland
- Victory Square Law Office

Please note that this is not a comprehensive list of everyone who generously donated to AV. For a complete list of the individuals and groups that provided support to AIDS Vancouver in 2003/04, watch for the publication of our annual report in early September!

Program Profiles...getting to know who's who

Ian Benner



Ian is the Coordinator of Reception Services and Helpline. He has worked with the organization for 8 years this April in a variety of positions including Access Office, Support Programs Coordinator, and Support Programs Assistant.

What do you look forward to each day?

I love the challenges of each day, whether it's calm or chaotic, every day is different. I enjoy the diversity of the public and clients and strive to bring out the best of my teams abilities to help them. I am always impressed with the dedication and commitment of our volunteers and I feel grateful for having the chance to interact with them.

What do you see as the major challenges in your workday?

The real challenge is maintaining objective focus. You always want to be able to do more to meet the needs and wants of clients and realistically there are limits to what can be done.

What do you do?

In terms of Reception and Helpline/Online:

We streamline things so that clients, community partners and the general public are able to get the information and referrals they may need, and make the important connections they want.

In terms of volunteers:

I'm here to provide direction and support enabling them to carry out their daily tasks in Reception Services and Helpline/Online. I try to keep my volunteers up to date and

in the loop. This helps streamline services and information that's needed by clients.

What does your program offer to the volunteers that work in it?

We offer the opportunity to:

- Work with a diverse group of clients and public.
- Understand the kinds of challenges people living with HIV/AIDS are up against.
- Gain or improve first-hand knowledge of what it's like to assist people in crisis.
- Learn to remain calm, cool and collected in difficult situations.

I feel that volunteers in these positions continually demonstrate care, understanding, acceptance and their willingness to assist to the best of their ability.