



On September 26th, the AIDS Walk kicked off with members holding flags for Canada, the U.S., India, Trinidad, South Africa, China, and the City of Kelowna. The flags for Trinidad (representing the Carribean), South Africa, India and China highlighted the areas where HIV is a growing concern on a global scale.

### Four-year-old wins AIDS Walk Prize

By Brian Mairs

Thomas Rule accepted his award with a smile and all the grace of a seasoned pro. When asked why he received the prize he answered; "Because I went to the AIDS Walk". When Thomas was reminded that many people went to the AIDS Walk but did not win an award, he was very quick to qualify, "It's because I was the shortest kid".

Thomas received a plaque to commemorate the event, gift certificates from PJ's Party Cakes, a family membership to the Kelowna Art Gallery, free golf and coupons from Scandia Golf and Games, and a prize from Planet Spacewalker. Congratulations, Thomas for being our youngest (if not shortest) registered walker, at the grand old age of four.

## 8<sup>th</sup> Annual Okanagan Family AIDS Walk enjoys great success!

By Karen Alexander, Marketing/Volunteer Coordinator

WOW! Amid blue skies, bright sun and gentle breezes, people from all over the Okanagan joined Reverend Albert Baldeo, this year's Honorary Chair, who taught us by his example that we can and should talk about HIV/AIDS and its affects on our community. Along with Kelowna Mayor Walter Gray and other dignitaries, they led off our 8th Annual Okanagan Family AIDS Walk. Over 450 people, the largest crowd to date attended at Waterfront Park in Kelowna. Picture-perfect weather, entertainment provided by Dona McIntyre and Vancouver's Tim Lawson Band, and this year's new addition the Kids Zone set the stage for an excellent day that helped raise awareness throughout the Okanagan.

A special thank you to the 8th Annual "Presenting Sponsor" INTERIOR SAVINGS CREDIT UNION as well as our other sponsors: Platinum Sponsors: Big White Ski Resort & City of Kelowna Parks Division; Gold Sponsors: Horizon Air, Mike Clegg & Westjet; Silver Sponsors: Avalon Event Rentals; Bronze Sponsors: Bernard Callebaut, Brian Mairs Consulting, Canadian Springs, Kelowna Graphic Works, Kelowna Guitar Works, M & M Meat Shops, Par-T-Perfect & Starbucks; Media Sponsors: Capital News, Kelowna Daily Courier, Sun FM, Oldies 1150, Shaw TV, & CHBC TV; Supporters: Ali K.Zam, AG Superstore, The Brick, Doyle House Bed & Breakfast, Enterprise Rent-A-Car, Gasthaus on the Lake, Kelowna Moving Centre, Lakeside Clinical Pharmacy, Oakcreek Golf and Turf, Okanagan Telephone Co., Paramount Hotel, PraxAir, Prestige Inn, & Scandia Golf & Games.

Friends: Blockbuster Video, Dairy Queen, Gold's Gym, Grand Okanagan Resort, Heaven on Earth Day Spa, Kelowna Art Gallery, Lake Okanagan Resort, Manhattan Point, Opus, Planet Spacewalkers, PJ Party Cakes, Summerhill Pyramid Winery, St. Hubertus Estate Winery, Sun & Beach Tanning, Tim Horton's, Winn Rentals & The Wellness Spa. Individuals, team, corporate and small business pledges and donations raised over \$46,000.00. Team Bernard Callebaut "Chocolate Chips" were the Top Corporate Fundraising team with a total of \$4,587.00.

Team "Baldeo Brigade" was the Top Non-Corporate Fundraising Team with a total of \$3,020. Tracy Hansen was the Top Individual Fundraiser within a corporate team with a total of \$3,056.00. Linda Forrest was the Top Individual Fundraiser with a total of \$740.00.

Last but not least, we wish a warm and SPECIAL THANKS TO: Reverend Albert Baldeo, Honorary Chair, Kelowna Hostesses & the many volunteers who made this day a success!

# Okanagan

## Living Positive Resource Centre, Okanagan

*"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."*

-- Margaret Mead

AIDS Awareness Week is November 24-December 1

- Look for our AIDS Awareness Banner located in downtown Kelowna from November 22 until December 6
- Watch CHBC & SHAW TV to see our newly produced series of public service announcements "HIV/AIDS does not discriminate ~ Should You?"
- Red Ribbon Campaign - we'll be offering red ribbons & information on HIV/AIDS at local government liquor stores November 25~27

### Where have I been and what I am I doing:

By Daryle Roberts, Executive Director

I wrote this article to share some information that may be news to some and information others already know. I am a member of two national organizations, which are the Canadian AIDS Treatment Information Exchange (CATIE) where I am a Board Member, representing British Columbia and the Canadian Treatment Action Council (CTAC) where I sit on the Council as the Representative for British Columbia. I will try and represent the work of each organization and my role with them. Information on CATIE will appear in this newsletter and information on CTAC will be published in the next newsletter.

### CATIE

**Mission Statement:** The Canadian AIDS Treatment Information Exchange (CATIE) is committed to improving the health and quality of life of all people living with HIV/AIDS in Canada. CATIE serves people living with HIV/AIDS, and the people and organizations that support them, by providing accessible, accurate, unbiased and timely treatment information. CATIE works in partnership with a network of other information providers to ensure that people have access to the information they need, in the form they desire, to make informed health care choices.

**Our Vision:** CATIE will improve the quality of life of people living with HIV/AIDS in Canada.

CATIE will be a major partner in the complex network of HIV/AIDS treatment information providers throughout Canada. CATIE will

collaborate, provide leadership and support capacity building throughout the network to ensure that treatment information is comprehensive, accurate and accessible to everyone who could benefit from it. Committed to being a learning organization, CATIE will also seek to learn from and respond to other Treatment Information Network partners.

CATIE will be confident in its expertise and respectful of the expertise of other organizations in providing HIV/AIDS treatment information for their communities.

CATIE will be responsive to the evolving needs of people living with HIV/AIDS, including the emerging populations affected. CATIE will also be responsive to other agencies representing and serving people living with HIV/AIDS and other care providers.

CATIE's leadership in information provision and capacity building will be a model within HIV/AIDS, for other health issues and for other countries.

**Our Values:** CATIE's Board, staff and volunteers are dedicated to its mission and vision. As we work toward the vision we share the following values: accessibility, empowerment, integrity, diversity, respect, excellence, accountability, and confidentiality.

Since joining the Board in June 2004, I have participated on several conference calls for the Board of Directors and one face-to-face meeting in September in Toronto. CATIE is very

(Continued on page 4)



## TOPHER TALKS: A Client's jaded viewpoint

Yes, once again, silly season is rapidly approaching. Christmas is enough to stress out even healthy working people. Never mind those with HIV and limited incomes.

Lots of social agencies offer free meals over the holiday season, but they are usually all offered close to the same time. People need a good turkey dinner at other times of the year too. People who would not give us the time of day for the other 360 plus days of the year decide it is their duty to give at the holidays. But let's not dwell on the nasty bitter side of the holidays.

How do we survive the holiday season with some degree of sanity? Well after we decide what level of sanity we would like, we can take it from there. The biggest challenge is swallowing our pride and accepting the handouts with good grace. Keep your eyes open for stuff being offered. The Salvation Army regularly offers food hampers but you

have to register for them. See page 4 for more info. If pick up is a problem, let the office know and see if they can arrange a ride to help you pick up the hamper.

Here is a trick I learned early on. You see I routinely got invited for supper over the holidays. Most people cook far too much food and always have leftovers. I would make sure I brought a few zip-lock baggies with me in case I was offered leftovers. I know the office usually plans a dinner for the clients, and this year it will be on December 12<sup>th</sup> call the office if you plan to attend! This is a fun and safe time for all parties.

Christmas gifts are the second most stressful problem of the holidays. It is easy to say plan ahead and shop early. Unfortunately there is always something that takes our money before we get to spend it on gifts for family and friends. Luckily most of my friends

never expect gifts from me, and my family has been getting homemade gifts for years, so they have come to expect them. The challenge is when you have small children that really don't understand that there is no Santa Claus. The Salvation Army does offer toys in the food hampers, if you pre-register with them and tell them the ages and sex of your children. Also if you check with the office they should have a list of other agencies that offer toys for tots.

Lastly, be kind to yourself over the holiday. Don't stress out with all the hustle and bustle that is going on around you. Take time to spend with family and friends. Don't get caught up in the commercial end of the holidays. Enjoy the free stuff. Most churches offer choral evenings, some of which are very good. Heck, check out the local Santa Claus Parade, in Kelowna. All these things help bring the season into play. Most of all Play safe and Play often.

### [www.catie.ca](http://www.catie.ca) attracts many surfers

About two thirds of the 500,000 visitors come from Canada; the remaining one third comes from all around the world.

Based on a survey of visitors that we did in 2003:

36% are living with HIV

39% are friends, family members or support workers

14% are health care providers

Visitors use information on our Web site for the following purposes:

To manage their health -- 44%

To share with family/friends -- 29%

For professional development -- 28%

For research projects -- 23%

To give to clients or patients -- 16%

—D.R.

Join us on **World AIDS Day, December 1<sup>st</sup>**, as we launch this twinning project based in **Caia, Mozambique**. Enjoy African music, drumming, and speakers and learn about the impact HIV has had on this corner of the world. Event takes place at Rotary Centre for the Arts @ 7:00 PM. Tickets are \$10 in advance (available at LPRC) or \$12 at the door. All proceeds to Caia Connection.

## EDUCATION UPDATES

### Influencing change in School District #23

By Emily Hedmann and Cheri Oakland

As fourth year OUC nursing students concerned with health promotion and illness prevention for youth, we embarked on a political process to influence changes within the School District #23 high school Family Life curriculum. As a result of this process, in October 2004 we provided written and oral presentations to the School Board curriculum review team. Sounds easy right?

The process has taken a year and a half and is still moving forward. We began our journey in a teaching and learning course, where we taught a group of local high school youth about birth control and sexually transmitted infections. From this experience and through our literature review, we identified major gaps in youth's knowledge of sexual health. For example, one half of Canadian grade 9 students do not know there is no cure for AIDS (CMEC, 2004).

In our next course, Nurses Influencing Change, our goal was to address these gaps by presenting to School District #23 review team. We worked with key stakeholders, including students, the principal, teachers, and the PAC. We built coalitions with agencies such as Living Positive who were also interested in youth sexual health and illness prevention. With all the background information and identified goals, we made our proposal to the review committee. Basing our political stance on the students' experiences and an analysis of the literature, and by building coalitions with likeminded organizations, we successfully represented the request for improvements in the delivery and content of

*"We learned that politics is the art of influencing for change."*

the curriculum. We also learned that politics is the art of influencing for change.

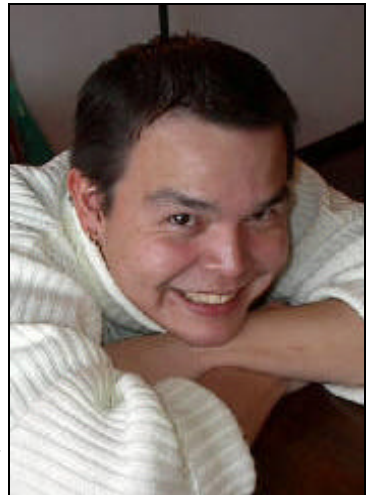
### Practicum student takes a bite out of nutrition research

By Owen Jay Thomas, OUC Aboriginal Health Care Worker program

My practicum experience at the Living Positive Resource Centre and Okanagan Aboriginal AIDS Society has been very valuable. It has helped to reaffirm my interest and direction in the health field. During the duration of my practicum I had plenty of learning opportunities working with both agencies. One learning opportunity was researching "HIV and Nutrition" and helping to put together the workshop.

What I learned during the process of the research is the importance of good nutrition to someone living with HIV. Good nutrition helps keep the immune system strong, enabling the individual to better fight the disease, and also helps the body process the many medications taken. Also, nutrients burn faster in someone with HIV because the immune system is working overtime. Therefore, a PWA has higher nutritional requirements. The diet is usually very similar to that suggested in the Canadian Food Guide. However, more emphasis is placed on high calorie foods and food safety.

I have learned a great deal of knowledge in a short time doing my practicum here at the Living Positive Resource Centre and OAAS. The experience was very encouraging and helpful for growth in the health field.



Owen Jay Thomas

From Canadian Aboriginal AIDS Network (C.A.A.N.)

In light of the growing concern for how HIV/AIDS is impacting the Aboriginal community, the Canadian Aboriginal AIDS Network is hereby expanding it's annual awareness campaign to be a five (5) day event, starting on December 1st of each year through to December 5th. It will now be called Aboriginal AIDS Awareness Week.



(250) 862-2481

[www.oaas.ca](http://www.oaas.ca)

## First Nations' Wisdom

By Brian Mairs

In many First Nations, the eagle is a symbol of sacred status, gifted to fulfill a certain role of being a leader among our feathered relatives. There are many aspects of how the eagle lives and fulfills these responsibilities that can apply to our lives.

Eagles are known to be superb hunters. They also fly so high, it is believed that they can carry our prayers up to the Creator. They can see dangers because they fly so high and their vision is so good, they can spot food deep below the waters.

Eagles mate for life, and both the male and female eagle work together to protect and

care for the eaglets in their nest. Even in how eagles make their nest, there is good planning. First, they start building the nest with large branches. The nest itself can be about 20 feet wide. Next, they put in other rough items, such as glass and smaller twigs to help the nest stay strong. But obviously, branches and glass would be too rough to raise babies. So they add straw to help soften it, and finally, they will add feathers to make a nice soft, warm bed to help raise their family.

Both the male and female eagle will take turns watching the babies. When it comes time for the eaglets to be on their way, the other eagle begins to prepare them, by first taking

the softer items out of the nest. She will remove the feathers and straw, so that after awhile, the eaglets are standing on roughness. She makes it uncomfortable for them to stay because she knows they must go out and experience the world on their own. Eventually, the young eagles get tired of standing and are pushed out of the nest.

After young eagles are pushed from their nest, it is hoped that parents have done their job to protect and care for their young ones. But there comes a time when they too must go out into the world and fend for themselves. Whether the echoes of the teachings those parents have provided are enough, only time will tell.

Our workshops and seminars are meant to offer important information, so that young eagles can learn about a serious threat, and find ways to protect themselves. In the spirit of our heritages, it is also about sharing this information because it is important for everyone to know. Fly strong and proud young eagles - and share the teachings.



By Nikki Maier

We are continuing to make our workshops on HIV and HEP C as specific as possible. In this way, we've begun tailoring presentations so that they meet the diverse needs of those in our community. For example, we added new material on HIV and dental problems for the Certified Dental Assistants at Okanagan University College. We also developed a nutritional workshop for the Food Bank's volunteers. For more info check out the Education Updates on p. 7.

Recently, Living Positive Resource Centre participated in a review of the Family Life Education Program in School District #23. We presented our review of the current curriculum to an Interior Health Authority committee, and also submitted a written

report on changes we'd like to see to in delivery of the program. One major concern is the lack of condom demonstrations for Kelowna's high school students. What's more, we'd like to see more consistency within the program so that all students receive the same quality, medically accurate, interesting and factual information. We expect to hear the results of the program review in Spring 2005, and we'll provide a full update at that time. See p. 7 "Influencing change in School District #23" by Emily Hedmann and Cheri Oakland to read about their experiences in this process.

In closing, I wish everyone a wonderful holiday season. Smile and endorphins (the body's natural happy drugs) will follow.

### Are you on disability? What do you think of the \$70 increase?

Write your thoughts down and send them in! What will you do with an extra \$70? Mail: 101-266 Lawrence Avenue, Kel., BC, V1Y 6L3; Fax: 250-868-8662; E-mail: [educator@lprc.ca](mailto:educator@lprc.ca)

### CATIE Resources

CATIE works very closely with the British Columbia Persons with AIDS Society Treatment Information Project, which can be reached by call 1-800-994-2437 or on the web at <http://www.bcpwa.org> for the latest in treatment information.

### Living Positive Membership

For a small fee, you can support Living Positive Resource Centre, Okanagan by becoming a member. Membership entitles you to vote on issues that affect the agency, and the fee helps cover the cost of this newsletter. Please take the time to fill out this membership application and drop it off at our office or mail it to:

**Living Positive, 101-266 Lawrence Ave,  
Kelowna, BC V1Y 6L3**



#### Living Positive Membership Application

Members must agree to uphold the aims of the Society and maintain confidentiality.

Name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Mailing address: \_\_\_\_\_ Postal code: \_\_\_\_\_

(Check here  to receive Positive Okanagan by e-mail only)

Fee:  \$12 (individual);  \$25 (organization);  \$100 (lifetime);  Free (client)

Make cheques payable to **Living Positive Resource Centre**



Nikki Maier, Editor

This newsletter is the official publication of the Living Positive Resource Centre, Okanagan. It is published four to six times a year. The materials in this newsletter are meant to be consistent with ARC purposes which are: a) to promote awareness of HIV/AIDS, b) to develop and provide educational resources, c) to support those infected with or affected by HIV/AIDS. Even so, the opinions and comments within this newsletter are those of the authors and do not necessarily reflect LPRC policy. The newsletter does not endorse the use of any particular treatment or therapy. The Board, staff and volunteers of LPRC do not accept the risk of, nor responsibility for any damages, costs or consequences of any kind which may arise or result from the use of information featured in this newsletter. Persons using the information provided through this newsletter do so by their own decision and hold the society's board, staff and volunteers harmless. Submissions for publication may be sent to our office at any time; publication deadline is three weeks prior to publication date. Submissions will be returned if a request is made in writing and an address is provided. Reprinting and distributing this newsletter is openly encouraged.

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LPRC's office is located at:

**101—266 Lawrence Ave,  
Kelowna BC V1Y 6L3**

Phone: (250) 862-AIDS (2437)

**1-800-616-AIDS (2437)**

Fax: (250) 868-8662

Website:

**[www.livingpositive.ca](http://www.livingpositive.ca)**

## Surviving the holidays on a limited income

By Deborahjoy Bolton, R.S.W.

Is it that I am just in denial of the Christmas nonsense or maybe I'm just having too much fun? Actually I think it is a bit of both. Well, with the sudden awareness of the fast approaching season, I realized I needed to put information about the Christmas Hampers. Here is what I know.

**The Salvation Army** will be taking applications from Nov 29 to Dec 3, between 9 – 4 at their office on 2130 Leckie Place in Kelowna. You need ID for each family member, proof of address and proof of income. Call the Sally Ann at 860-3442.

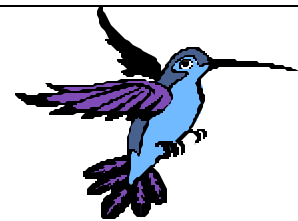
**The Food Bank** in Kelowna – if you are not already registered with the food bank, you can register now for a hamper. You need to have lived here for 3 months, bring SIN, ID for each family member and proof of income. Note: that regular hampers for the month will be given out only between Dec 1 – 16. Call 763-7161. **The Food Bank** in Westbank has the same requirements as Kelowna. Call 768-1559.

If you're from another city in the valley please call me if you need help finding a Christmas hamper in your area at 1-800-616-2437.



**RICHARD'S RANT** I hope, while I live, that when I die I will believe that I managed my life half as well as "this life credence and creed":

"I hope that my achievements in life shall be these: that I will have fought for what was right and fair, that I will have risked for that which mattered, and that I will have given help to those who were in need, that I will have left the earth a better place for what I have done and who I have been." –C. Hoppe



## Living Positive Emergency Relief Fund placed on hold

By Lance Talbott

Living Positive maintains an Emergency Relief Fund. The purpose of the fund has been to provide clients with financial support in certain emergency situations. In order to ensure the system is fair and equitable, we are reviewing how this fund is administered. We will let clients know how any changes may affect them as soon as possible. In the meantime, we will not be accepting any further applications until this review is complete.

**CATIE: What I have been doing** (Continued from page 1) important for people living with HIV/AIDS in Canada. It has a wealth of information available on the Internet at [www.catie.ca](http://www.catie.ca) and by telephone at 1-800-263-1638 to get information about treatments for HIV and AIDS (either complementary or allopathic).

The website is a great place to get all types of information, and I believe that all people living with HIV/AIDS need to have accurate and up-to-date information when making treatment choices. The website is also a resource for all those supporting people living with HIV/AIDS. (For more info about the website see p. 2).

You can become a member on-line by going to the link "About CATIE – Membership", or contact our office for a mail-in membership form. There are many benefits of becoming a member such as being able to vote for Board members; POZ, CATIE Treatment Newsletter, and Positive Side magazine subscriptions; scholarships to attend the Annual General Meeting; and much more.

For CATIE to meet its Mission, it is critical that CATIE work in partnership and collaboration with a diverse group of stakeholders. We know that together we can achieve more than we could individually; this allows us to provide HIV/AIDS treatment information across Canada.

## CLIENT SUPPORT PLUS

By Deborahjoy Bolton, R.S.W.

More Christmas news, the 1st Annual Living Positive (this is only because we changed our name) Client Holiday Gathering will be held at 4:30PM, December 12, 2004 at the Ramada Lodge Hotel, 2170 Harvey Avenue, Kelowna. Please RSVP to me, Deborahjoy by December 6th, 2004 to: 250-862-2437 or 1-800-616-2437.

Many of you have been requesting a support group and if you noticed, from the last newsletter we have now started one. This group is very much

client directed, where you get to discuss the issues that are important to you as someone who is living with HIV. What some of the participants have said is that it is just good to be with people that 'I don't have to explain myself to'. There is a sense of community and connection. If you are interested in joining the group, give me a call and I can fill you in. I do hope that you have a pleasant holiday, no matter which one you celebrate. And remember that when you reach out to someone else it shines a light in their life as well as yours. Blessings Dj

## CLIENTS' NOTICE BOARD

### NATUROPATHIC HEALTH CARE



Dr. Janice Potter, a Naturopathic Physician, offers her services every other Wednesday, 10 a.m. to 3 p.m. Free to our clients.

### CHIROPRACTIC CARE



Dr. Derek Ginter visits LPRC on Thursday mornings. Call 862-2437 to arrange for your free session.



### REIKI & HEALING TOUCH

Enjoy the relaxing and balancing benefits of a quiet hour with Toshie. Call 862-2437 to book your free Tuesday session.

### MASSAGE THERAPY



Free half hour sessions Tuesday afternoons with Kristi Maguire, RMT.

### BAD HAIR DAYS BE GONE !

Sven is offering clients free hair cuts every second Friday of the month. To book your appointment call the office at 862-2437.

### COMPUTER REPAIR

Computer Repair and Trouble-Shooting, virus & Spyware removal, & complete PC Tune-ups. Sliding fee, pay what you can. Let's talk. Phone: 868-8196 and ask for Len or email: [lenb@shaw.ca](mailto:lenb@shaw.ca)

### CLIENT SUPPORT

#### Kelowna

To meet with a client support worker **call 862-2437**.

**South Okanagan & Similkameen:** call **1-800-616-2437** to book an appointment.

**Vernon & North Okanagan:** Call Theresa McDonald of North Okanagan Youth & Family Services Society at **545-3572**.

### CLIENT SERVICE HOURS

**9:00 a.m. to 4:00 p.m.**  
**Monday to Thursday**

### FREE COFFEE

Starbucks provides **FREE** coffee for our clients. Please ask at the reception desk.

