

VANCOUVER
PWA
COALITION

Newsletter

HEARTS & FLOWERS

HEARTS AND FLOWERS ARE THE THEME FOR OUR VALENTINE'S DAY FUNDRAISER ON FEBRUARY 15/87, AT HEAVEN. IN THE SPIRIT OF ROMANCE, THERE WILL BE A CONTEST FOR THE COUPLE THAT'S BEEN TOGETHER THE LONGEST. THERE WILL ALSO BE A "HUG SQUAD" THAT WILL GIVE OUT FREE HUGS TO ANYBODY THAT WANTS OR NEEDS A HUG THAT EVENING. (NOTHING KINKY THOUGH). HAVE YOU EVER HEARD OF THE "DATING GAME", WELL THE DATING GAME IS COMING TO HEAVEN AND IF YOU WOULD LIKE TO BE A CONTESTANT, PLEASE FILL OUT THE BACK PAGE OF THIS NEWSLETTER, AND SUBMIT YOUR ENTRY TO THE COALITION OFFICE NO LATER THAN FEBRUARY 1, 1987. THERE WILL BE SOME GREAT PRIZES TO BE WON!

SOME OF VANCOUVER'S FINEST ENTERTAINERS WILL ALSO BE PRESENT THAT EVENING TO SET

THE MOOD FOR ROMANCE. AMONG THEM WILL BE THE FABULOUS BOVINES. TO MAKE

THIS A VERY SPECIAL EVENING MR. BILL MONROE WILL BE OUR HOST. WE'RE

LOOKING FORWARD TO SEEING YOU ALL AT HEAVEN ON FEBRUARY 15TH

FOR A TRULY WONDERFUL TIME. TICKETS WILL BE ON

SALE VERY SHORTLY AT THE VANCOUVER

P.W.A. COALITION OFFICE

\$7.00

HIV & AZT

A new Canadian study of Azidothymidine will be taking place in the new year!

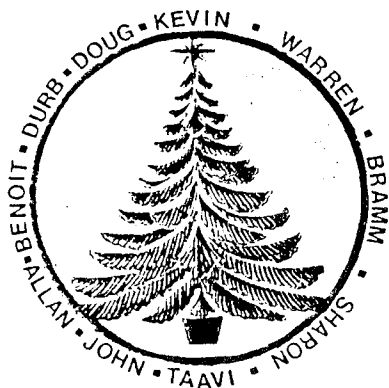
This study will be requiring relatively healthy individuals who have Human Immunodeficiency Virus(H.I.V.) dis-ease. A.Z.T. appears to stop or slow infection of H.I.V. but since it hasn't been thoroughly tested it is important to find the proper dose which can be safely administered with the least amount of side effects.

Twenty-four people in Vancouver will take part. As well trials will also take place in Toronto and Montreal. The study's duration is a total of 48 weeks and participants will be examined every 3 weeks for blood tests, physical, questionnaire, etc.. Then every 12 weeks for additional tests such as bone marrow biopsy and aspirate.

Side effects anticipated could include anemia, decrease in white blood cell count, and malaise. However this study of A.Z.T. is of lower dosage than other studies now underway.

Being a "Canadian White Mouse" may not sound appealing, but for now A.Z.T. is all the medical community has to go on. And since A.I.D.S. is a life threatening dis-ease all avenues should be considered and above all a positive attitude should be maintained!

For more information consult with your G.P. Dr. Karen Gelman will be doing the investigating in Vancouver.



HAPPY HOLIDAYS
FROM ALL OF US

Services

Legal services: free consultations are available to PWA's & PWARC's. Call our office for details.

Alternative therapies: if you want to see a practitioner, attend a workshop or follow a treatment that you think might help you stay or get well? The Coalition will help you, up to a maximum of \$200. Call for details and please let us know in advance.

HAIRCUTS—Are available to PWA's and PWARC's, who due to health are incapable of going to a regular barber, or are self-conscious about lesions, etc. Call our office for a referral.

NURSING - An in-home nursing service has been made available to PWA's and PWARC's who feel that they may require this service. Call our office for a referral or more information.

Resources: the Coalition has audio tapes, video tapes and documents that might help you in coping with your situation, or that might provide you with the information you're looking for about treatments, drugs, diets, alternative therapies etc...
Feel free to ask us.

Know Your Rights

Regarding last months item on the B.C. Ferries Card. The one-half fares apply when the carrier of the card is traveling alone or with an escort. (vehicals are not included)

PWA's & PWARC's are entitled to a Provincial Excise Gasoline Tax Rebate. You must hold a valid B.C. driver's licence and own or lease the vehical which you drive yourself. You must submit receipts that include your name, vehical licence number, sellers name and address, date and quantity of fuel purchased. For your first application you will also have to send them either a doctor's certificate or a letter from Social Service's and Housing (formerly Ministry of Human Resources) stating that you are receiving benefits under the GAIN for the handicapped program as evidence of your disability.

For your application, come into our office or phone the Consumer Taxation Branch in Vancouver at 660-4524.

AZT and Me

It has been three weeks now since I first started taking the experimental drug AZT (Azidothymidine), amidst much publicity and hoop-la!

It was an important moment in my battle against AIDS - a fresh chance, new hope, maybe a returned future.

It was hard to imagine that such a promising drug, one that I had lobbied for release in Canada, would be available in my lifetime for clinical trials.

The taking of this drug was the culmination of a lot of hard work and determination on the part of the AIDS CARE TEAM of doctors in Vancouver, Politicians, the National AIDS Center, but especially by the efforts of the Vancouver P.W.A. Coalition. As persons with AIDS we stood up and fought for what we believed in - a chance for survival, a right to life! My thanks and gratitude to all those who make dreams come true.

The protocol requires me to take 2 - 100 mg. capsules every four (4) hours (1200 mg. per day). This can be a bit of a pain getting up during the night to take your pills, but hopefully well worth the effort. Once a week I get a check-up by my doctor and then I go to St. Paul's Hospital for blood work and urine analysis. If all looks good, I pick up my next weeks supply of drug several days later.

I must say that as yet I have had no side effects from the drug. Nothing at all! All my blood work has come back well within the normal range. They do say it can take from 5 - 6 weeks for any abnormalities in blood work to appear, if at all. I cross my fingers and hope for the best.

I am optimistic about this new drug. I believe it will make a positive change and maybe believing is half the battle to a cure.

Kevin Brown

Therapy Group

A weekly drop-in Therapy Group is being held for people with AIDS/ARC, sponsored by Aids Vancouver. The group is facilitated by two psychologists, and meets on Thursday afternoons, from 3 till 5 PM, on January 8, 15, 22 and 29.

The place: St. Andrew's Westley Church, 1020 Nelson (off Burrard), Vancouver. The Therapy Group, started in December, is set to continue in February.

I attended the first two meetings of the AIDS VANCOUVER sponsored Therapy Group. It was a pleasant and uplifting experience. It was, indeed, therapeutic. By the way, the word therapy comes from the Greek "therapia" meaning, the healing of wounds. Let's help each other heal our wounds. I hope to see all of you at the next meeting on Thursday, January 3, 1987, from 3:00 - 5:00 p.m. The December 22nd and 29th meetings have been cancelled. Come to St. Andrew's Westley Church, 1020 Nelson Street, and practice "therapia". The two facilitators, David a PhD psychologist at S.F.U. specializing in counselling and Mike, his assistant who is working towards his Master's Degree in counselling are both sensitive and are more than willing to listen.

Love and Peace

Allan

Ongoing Story

I have decided to buy a silver flute. I want to continue the flute lessons I interrupted twenty (20) months ago when I was first told I had AIDS. At the time I thought flute would stress my lungs, but now I feel the flute will be not only beneficial for the spirit but also good for my lungs. I will play all of you a tune in the spring. I promise.

I am often asked what my secret is for doing so well. I say that I used to live for the present but now I live in the present. I eat when hungry, sleep when tired, drink when thirsty and smile even when I don't feel like it. You know, it is easy to be positive and optimistic when everything is going just fine, but the real test of its authenticity occurs when simply everything slows down and aches, when you have no energy left, when you feel it is all over, and yet, you can still be that smiling face who knows that no matter what happens to the body it will not affect the spirit one iota.

There are no secrets; there is only ignorance. Once we come to know the false as false, the "Truth" will reveal itself in all its glory.

Love and Peace,

Allan

In Memoriam

In the memory of "Kim Orrett", who died of AIDS in Portland, Oregon, \$200.00 was donated by his loving friend, Bruce.

JANUARY
'87

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 TAI-CHI	3
4 HEALING CIRCLE	5 BUSINESS MEETING	6 SUPPORT MEETING	7 TAI-CHI	8	9 TAI-CHI	10
11 HEALING CIRCLE	12 BUSINESS MEETING	13 ALTERNATIVE THERAPY	14 TAI-CHI	15	16 TAI-CHI	17
18 HEALING CIRCLE	19 BUSINESS MEETING	20 SUPPORT MEETING	21 TAI-CHI	22	23 TAI-CHI	24
25 HEALING CIRCLE	26 BUSINESS MEETING	27 ALTERNATIVE THERAPY	28 TAI-CHI	29	30 TAI-CHI	31

For times and locations see "Ongoing Events"

Louis Hay in Seattle Jan. 31st & Feb. 1st

"The word incurable, which is so frightening to so many people, means to me that this particular condition cannot be cured by any outer means and that we must go within to find the cure." (L.Hay)

"Love yourself, heal your life" is the principle of the workshop taking place Saturday and Sunday, January 31 and February 1 in Seattle. It's being organized by J. Michael Setters and Friends, P.O. Box 3445, Bellevue, WA 98009. Registration forms have now arrived in our office, and Michael has so kindly made arrangements for "scholarships", or special prices for PWA's and PWARC's to be able to experience the joy of Louise Hay. More information is available at the PWA Coalition office, as well as directly from Michael Setters and Friends (206-883-6496). We recommend you return your registration forms as soon as possible as registrations will be taken in the order they are received. And for those wishing to stay at the hotel where the workshop is taking place, Holiday Inn, Boeing Field, rooms are available at a reduced rate. Just use the confirmation #61311933 for this. The Vancouver PWA Coalition will also be offering assistance for those of us not able to come up with the registration fee being made to PWAs and PWARC's. Deadline for requests will be January 10.

Happy New You

Thursday, Jan. 15, Linda Galloway will be facilitating a workshop for PWA's, friends and families.

Purpose will be to offer participants skills to create ease in their lives as opposed to dis-ease. This healing workshop offers you the tools and opportunity to love yourself and offers you the gifts of joy and closeness

for further info:

LOIS - 734-7486

Concerns

Certain corporations have fired PWA's and PWARC's. These include Pacific Western Airlines (Canadian Pacific Air) and Neiman-Marcus Stores

Let's think twice before we spend our money at these business's again.

Hugging Can Improve Your Health

Hugging is a miracle medicine that can relieve many physical and emotional problems facing Americans, experts say.

Researchers have discovered that hugging can help you live longer, protect you against illness, cure depression and stress, strengthen family relationships and even sleep without pills.

Hugging can lift depression, enabling the body's immune system to become tuned up. Hugging breathes fresh life into a tired body and makes you feel younger and more vibrant. In home, daily hugging will strengthen relationships and significantly reduce friction.

"Researchers discovered that when a person is touched, the amount of hemoglobin in their blood increases significantly," said Helen Colton, author of the forthcoming "The Joy of Touching". Hemoglobin is a part of the blood that carries vital supplies of oxygen to all organs of the body - including the heart and brain. An increase of hemoglobin tones up the whole body, helps prevent heart disease and speeds recovery from illness. Regular hugging can actually prolong life by curing harmful depression and stimulating a stronger will to live. The warm, meaningful embrace can have a very positive effect on people, particularly during times of stress and tension. Hug your spouse, your children and your brothers and sisters. The warm embrace with a friend whenever you meet is just what each of us needs.

"AIDS IS NOT WORTH DYING OVER"

Baba Taavi's Spiritual Corner

On uniqueness:

Just like snowflakes, no two of us are alike; we are singular and perfect manifestations of the great universal mind. Also like snowflakes; when stuck in the blizzard of life, who really cares?

Ongoing Events

Monday nights: Healing Circle. Open to PWA's, PWARC's, friends and supporters. One hour of relaxation, visualization and sharing of healing energy. It's from 7:30 till 8:30 PM at the VGLCC, 1170 Bute St. Call our office for details.

Tuesday nights.

January 6th.: closed to just PWA's and PWARC's.

January 13th.: holistic therapy: Shiatsu, technique involving applying pressure to various energy points of the body. With Ken Renneberg.

January 20th.: closed to just PWA's and PWARC's.

January 27th.: holistic therapy: **attitudinal healing**; experiment the principles of attitudinal healing, which include letting go of fears, learning positive thought patterns. We'll have a guest from the Attitudinal Healing Association.

Starting January 6th., all the Tuesday night meetings will be back at St-Paul's Hospital, Room LM-5, in the basement of the Comox Building (entrance on Comox), from 7:30 till 8:30 PM.

Wednesday and Friday nights: Tai-Chi classes. Learn the ancient chinese "meditation in motion". You may join the class at any time. Open to all, from 7:30 till 8:30 PM, at the VGLCC, 1170 Bute St.

Mondays at noon: business meetings of the PWA Coalition. Open to PWA's and PWARC's. A way to share responsibilities and decisions. Your ideas and talents are welcome. The business meetings are held at the Coalition office, VGLCC, 1170 Bute. They start at 12 noon, and we like to keep them short.

Castle Pub Fundraiser

Guess the amount of money being collected in the bottle at the Castle Pub and you could WIN:

- 1) a mug of beer/day in '87 at the Castle
- 2) a \$300. travel voucher from Story Travel
- 3) a glass of beer/day in '87 at the Castle

\$2. entry available at the Castle and our office. Proceeds are going to the PWA Coalition and the contest closes on Jan.3rd.

Book Review

PSYCHOIMMUNITY IN THE HEALING PROCESS

Editor: Jason Serinus

Publisher: Celestial Arts

Berkeley, California

For the person new to the field, the whole area of alternative therapies can get so complex and confusing that one can easily get stressed out in the process of trying to reduce stress. So this book comes along at an opportune time. A compendium of articles by various holistic therapists, it gives a good overview of the many approaches to AIDS, ranging from nutrition to channeled readings. The underlying philosophy of all contributors is positive and supportive; and the material is well organized and easy to assimilate.

Also a reminder that we subscribe to periodicals such as the New York Native and the San Francisco Sentinel, which always carry interesting articles on AIDS.

Another Research Study

This one is on co-factors, running the gamut from bottle feeding to sexual practices. The formal title is "AIDS Co-factor Research Study of Sero-positive Persons," so you can see that it is open to anyone who tests antibody positive, not just PWA/ARCS. One of the study's virtues is that it seems relatively simple, having only three short pages, easy questions, and an already addressed envelope.

So pick up the questionnaire at the office and fill it out soon.

Coalition Moving Into New Office

The Vancouver PWA Coalition is moving into a larger office, early January.

We'll still be at the Vancouver Gay and Lesbian Community Center, 1170 Bute, but in a larger space: the Blue Room. We're happy, because we see it more and more as a drop-in center, a place you can spend some time in the afternoon, talking, reading, etc...

So, feel free to visit us, from 1 till 4 PM, Monday to Friday.