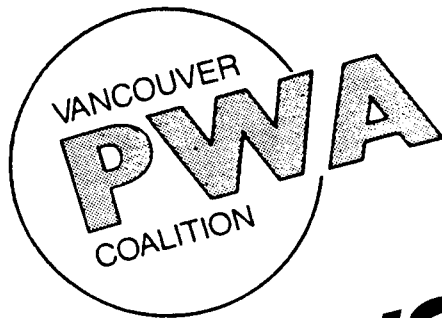


ISSUE #9, JUNE 1987



# Newsletter

## SECOND ANNUAL WALK-A-THON

The P.W.A. Coalition is holding our second annual walk-a-thon on Sunday, June 14th. around the Sea Wall.

Registration will begin at 10:30 am. in front of the English Bay Bath House. We will begin our walk at 11:00 am., walking clockwise around Stanley Park and finishing at Devonian Park. This is a 10 km. walk and the idea is to get your friends to sponsor you per km. Beg them if you have to!

This year we've decided to continue the day's festivities by having a party at the Castle Pub, starting at 2:00 pm. Please call Sharon at the P.W.A. Coalition office (683-3381) for pledge sheets and advance registration.



**SUNDAY, JUNE 14**

REGISTRATION 10:30 AM

WALK-ATHON BEGINS 11:00 AM

LEAVING FROM

ENGLISH BAY BATH HOUSE

10 KM WALK AROUND  
SEAWALL TO RAISE FUNDS  
FOR THE VANCOUVER  
PERSONS WITH AIDS  
COALITION.

IF PLEDGE SHEETS REQUIRED  
PHONE 683-3381

*Entertainment to follow Walk-A-Thon at The Castle Pub — 2:00 p.m.*

## ON GOING STORY V

April is the cruelest month.' According to T.S. Eliot's poem, The Waste Land, and that may well be so. I, on the other hand, consider May the fairest month. This fine month survived April's cruelties splendidly in apple blossoms and singing birds, in smiling faces and giggling children. On top of all the fair qualities of May, rests the fact that this month marks the beginning of my third year with AIDS. May 3rd., 1985, was the day I was told. Ten days later I was told that, according to statistics, I could expect to be dead within 56 weeks, 3 months; well folks, it's 24 months later and my body is far from dead. Granted it has slowed down quite a bit, but I would have slowed down anyway, having found peace of mind. I am determined to show anyone who might be listening that it's not necessary to be victimized by this statistical reality created by the medical and scientific establishment. I am not a statistic; I refuse to be a victim. Webster defines 'victim' as a living beings sacrificed to a deity. I will not be cheated into believing that I have to live and die according to numbers and statistics. I will show them by throwing a wrench into their intricately designed computer programs. I've found the weak point in their clockwork and I'm aiming right for it. Anyone out there who wants to join in this attack is more than welcome. You may be asking yourselves at the moment, what this weak point is. Well, are you ready? Their weak point is 'God'. Not the God of myth and legend, tradition and the ancient religions of the elders. He's dead. That God is said to have created man in his image. He was satisfied with his creation and must have dozed off after the seven days of really demanding work, because he didn't notice what was happening on planet earth. Man didn't want to be created in any old God's image, no sir, so he decided to resurrect this dead God in his own image. And what is western man's image founded on? Numbers! Science!

Statistics! The universe is deified and defined within a unified field theory of numbers. Not only do these numbers describe but they also predict. Everything has to happen according to these nice, indifferent ciphers on computer readouts. And if there are exceptions in the real world to this number game, they are either ignored or denied. Their 'God' is a number. Their God is a helpless God, unable to compel even one of them to be wise amidst all these lies. They and other's try to define each other, but only succeed in smothering each other in more lies. Their God is a lie and I will not acquiescent in this lie. I am an iconoclast and will destroy this number image. I will demonstrate just how foolish their statistical deity is. I will force them to accept the exceptions they reject and deny. I will attack their weak point by not living and dying according to their calculations and predictions. I will not be sacrificed to this deity. I will be forced to accept what they try so hard to deny. I will live beyond the parameters their numbers, graphs and bell curves demand. If I don't succeed alone, I am sure we will succeed together beyond anyone's fondest expectations. Join me in the attack. The ancient God might indeed be dead and it won't be long before science's number-God joins him where ever dead Gods go.

#

Here's the months 'image'.

Question: Where's God's face? I'm searching for it. I think I might have once seen his footprints in the sand, and I remember smelling his breath in flowers along the way. His voice whispering gently in my ear from out of the roar of the surf, but where is his face? I've looked in a myriad of mirrors but they all reflected my face, except once, I thought I caught a glimpse of his smile in the broken shards of a mirror beneath my foot. Tell me where to look! Show me how to see! I need to find his face.

Answer: Your search and his face are one and the same reflected in the mirrored chambers of your heart.

Love and Peace, Allan



# MY PERSONAL EXPERIENCE WITH CANCER/AIDS/LYMPHOMA & CHEMOTHERAPY #1

I was diagnosed and tested positive to the HTLV-3 virus all in one day! Pretty big handful of news to handle all in one shot! But never-the-less, somehow I am making it thru. Guess it must be my positive/spiritual attitude I hold - as I'm bound to fight this cancer and win over it. Feb. 12/87 is the day I will never forget! My onocologist gave me a great choice - either I begin chemotherapy treatment now, (like this Monday upcoming) or I had 3-4 months to live. Well thats a great choice. I took two weeks to think about it anyway! I thought about it and decided, I'm not ready to die yet, so I guess I'll give it a try. Oh yes, I forgot to say that I was diagnosed with a large scale rapid growth lymphoma (cancer) AIDS related. Tests/scans showed that it had spread from the original place of growth, which was a lump in the right armpit lymph node, through the blood stream to other body areas. About a dozen spots showed up. I have made it through 8 of 12 treatments, and so far so good! I'm doing well, no weight loss, good appetite, energy level is down a little, just require more rest and relaxation, and I'd prescribe that to anyone, regardless of their health status. I must give credit to an individual who took the time, concern and consideration to help me out prior to the chemo treatments by talking with me and telling me what chemo involves, the side effects to expect and shared his own personal experience! It made things a lot easier and I would do the same for anyone else in the same boat. Most people don't realize that chemotherapy treatments are an in/out patient treatment at hospital clinics. It can take from 45 minutes to maybe 1½ hours depending upon the drugs selected for that treatment. The method used for me was I.V. drip. Methods of treatment for individuals can differ depending upon their own condition of the disease and their diagnosis and prognosis. I am required to go for a blood test the day before the chemo treatment, so that the Dr. can determine my blood cell counts to see if they are within the "safe zones", otherwise

if treated your system will be suppressed and then you are more able to pick up an "opportunistic infection". I've missed 3 treatments for this reason. But the drugs are very toxic, so it actually gives your body a rest! And thats o'k. I've experienced some of the more common side-effects which are:

- major noticeable hair loss, after 3-4th treatment I had to snip off my tail and put it in an envelope as memorabilia. If you had a head of hair like mine before chemo, then its no great loss. I was 3/4 naked up there.
- hands become dry, fingertips sensitive, sometimes numb or tingly and cracked. Wrists and hands become very sensitive.
- anemic, be very careful not to get cut. as healing process is slowed down/suppressed as blood counts and plattlets are down.
- energy level although not bad, I take it easy, relax and rest occasionally. Now after 9/12 treatments I get tired quicker and easier.
- bruising, also be careful as you will bruise easier and it seems as if it takes forever to heal and for them to disappear.
- nausea and vomiting, no experience here, since I've had neither.
- loss of appetite/weight, I've lost about 10 pounds, but gained it back! I think its due to the change in my diet. I've cut out a lot of the junk foods and stick to whole nutritional foods. Lots of veggies, milk products, reduced red meats and picked up on more sea-foods, fish products, whole grains and cereals. #2, next month. G.G.

## LOCATION NEEDED FOR PICNIC

The Coalition is planning a picnic for persons with AIDS & ARC and their friends. It is tentitively set for the month of July. So, we'd like to find some private space, not too far from the city. If you have something interesting to offer, please call us at 683-3381.

## BOOK REVIEW

### Title - "Choices" - Realistic Alternatives in Cancer Treatments

As of Feb. 87 I was diagnosed with Lymphoma (cancer) AIDS related. And since this time I've gone through a lot of personal life changes and I've met a lot of good people who have encouraged me to have a positive spiritual outlook and hold healthy positive attitudes! There is still an element of fear that exists - fear through lack of medical knowledge and understanding which creates ignorance and ignorance creates fear etc. I have found that the best remedy to overcome this fear of disease is to read and learn all the information I can gather. I find that medical doctors tend to speak over my head when exploring the symptoms/conditions/diagnosis/prognosis/tests & statistics/blood counts and other factors and all this just confuses the issue even more so. Well by accident I happen to have run across this 900 page Reference Book at a local book store in a downtown mall. It is simple to read, works on a question & answer basis and covers everything you ever wanted to know about cancer, treatments, etc. Contents include:

- facing the diagnosis
- deciding on a Dr., Oncologist
- understanding what cancer is, how it grows and types, Metastasis, staging and classification
- diagnostic tests (numerous)
- treatments
- surgery
- radiation
- chemotherapy
- investigational treatments
- unproven methods of cancer treatment
- adult Leukemia, Lymphoma, Sarcoma, stages and types
- coping when cancer spreads/returns
- living with cancer, diet, nutrition, recuperating, dying, hospices, health insurance, financial help and wills
- plus other types of cancer not listed here (numerous)



## BOOK REVIEW CONT.

I find that this book is packed so full of realistic information that it is actually frightening! Yet I wouldn't have missed reading it for anything. I feel now that I have a better understanding of where I am at this point in time with my chemotherapy treatments (that part I will detail in a separate story) what I can look forward to in the future and my expected limitations I have placed upon myself. The more information I know about my disease, the better I can cope with it and create a positive outlook. And so far I'm doing great! This is an excellent resource/reference book and I highly recommend it to any PWA/ARC person seeking information either regarding a specific disease or symptoms. In the near future I hope to be able to donate a copy of this book to the PWA Coalition library.

G. Gilmore

## OFFICE HOURS

The PWA Coalition's office hours for drop-ins are from 1 - 5pm, Monday - Friday.

### "THE GOLDEN CHAIN OF FRIENDSHIP"

Friendship is a Golden Chain,  
The links are friends so dear,  
And like a rare and precious jewel,  
It's treasured more each year...  
It's clasped together firmly,  
With a love that's deep and true,  
And it's rich with happy memories,  
And fond recollections, too...  
Time can't destroy it's beauty  
For as long as memory lives,  
Years can't erase the pleasure,  
That the joy of friendship gives...  
For friendship is a priceless gift,  
That cannot be bought or sold,  
But to have an understanding friend,  
Is worth far more than gold...  
And the Golden Chain of Friendship,  
Is a strong and blessed tie,  
Binding kindred hearts together,  
As the years go passing by...

Rheal



## CANADIAN AIDS SOCIETY CONFERENCE

Preparations and organizing are now underway for the Third Canadian AIDS Conference, which will be hosted by AIDS Vancouver, sometime in late Oct. - early Nov./87. The conference is open to everyone involved with the AIDS health crisis: people with AIDS, care givers & medical support staff, volunteers, education workers, researchers, friends and the general public. Visitors will be offered a private home billet. If you would be willing to open your doors, and offer a bed and perhaps a little western hospitality. Please contact Ken Mann at the AIDS Vancouver office - 687-2437 or Sharon Holtzberg at the PWA Coalition office - 683-3381. S.H.

### FUNDRAISER

Little Sister's Book & Art Emporium is having a fundraiser for the PWA Coalition and the Gay & Lesbian Pride Festival. They are selling tickets \$1. each or 6 for \$5. 1st prize is 25 videos, 2nd prize is 10 videos & 3rd prize is 6 videos. Store hrs. are from 10am till 11pm.

### PRIDE FESTIVAL AUG. 1 - 9 / 87

Anyone interested in participating in the planning of this festival is welcome to attend regular meetings every Thursday at 7:30pm in the basement of Celebrities.

### YOUR NEWSLETTER

The opinions expressed in this newsletter are not necessarily those of the Coalition. If anyone wishes to reprint articles appearing in this newsletter please inform us so that we can contact the author and get their permission. If you wish to submit an item for the newsletter, please remember that our deadline is the 20th of each month. We welcome your input. John Kozachenko

### ANY ARTISTS OUT THERE?

For this year's Pride Day we plan on wearing T-shirts with the Coalition's name on them. If there is a silk-screen artist out there please call us.

## SERVICES & BENEFITS FOR PWA'S

**Housing** - Through B.C. Housing Commission. Housing cost as low as 30% of your income.

**Medical/Prescriptions** - P.W.A.'s who are still on U.I.C. may be able to get medical coverage through Human Resources. Its up to you worker.

**Gas Rebate** - Federal and Provincial gas tax rebate. Necessary for your I.C.B.C. Handicap discount.

**I.C.B.C. Handicap Discount** - 25% reduction on your car insurance.

**SPARC.** - Handicap parking placard program. Parking closer to your destination. 20 min. parking in loading zones.

Income tax disability deduction form # T220

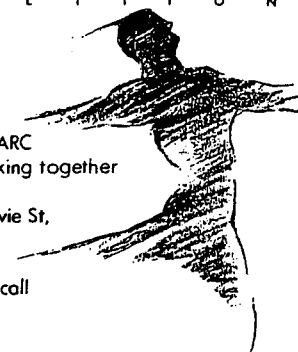
Also complimentary movie passes and concert tickets are now available for PWA/ARC's at the Coalition office. Call the office for more details. R. Kilback



VANCOUVER

## PERSONS WITH AIDS

C O A L I T I O N



- Persons with AIDS or ARC sharing together, working together for a better life
- P.O. Box 136 1215 Davie St, Vancouver B.C. V6E 1N4
- For more information call 683-3381



## FOR THE LOVE OF FOOD

What we eat and how we fill our bodies be it by eating good food we enjoy, or exercising or meditation is such an important fact for us. Louise Hay repeats in all her workshops that we wouldn't expect our cars to run by filling them with nachos or twinkies. So even though his model I own may not be showroom quality, a friend of mine and myself decided to attend a four week natural food cooking class given by a well known natural food cook, Jean Marie Martin. These two diesel engines chugged each week for three hours of learning and making cereals, dried legumes, sweet and sour entils, salads, and one of my real favorites (?) eastern falafel spread. Shall I go on, I'm sure our mouths are all watering by now! Each class took place at Jean Marie's apartment, but quite honestly my friend and I kept looking at each other in bewilderment or kicked each other to perk up from the excitement. Yet thinking back I do pay more attention to what we eat, though it may not be a tofu burger with fresh legumes. So for those of you who have had it with "Lean Cuisine" or think good natural food means brown rice or a bran muffin, you might enjoy this or some of the other courses Jean Marie Martin offers. More info is available at the PWA office. (The carobudge was really devine!!) Now if I can only defrost that pepperoni pizza for supper. B.B.

## REIKI MASSAGE

If any P.W.A.'s or P.W.A.R.C.'s are interested in Reiki massage, we now have a volunteer at the Coalition who would be happy to give free Reiki massage. Please call Sharon at the Coalition office to set this up. 683-3381.

## BABA TAAVI'S SPIRITUAL CORNER

Yes, AIDS is a marvelous learning experience and a wonderful growth opportunity. So now that I know that, can I try something else instead? Like Philosophy 101, or gourmet cooking, or computer graphics or .....



## REVISED-HOMECARE SERVICES

Homecare services may be made available through the Long Term Care program. Often people with AIDS become known to Long Term Care, via the hospital Social Services or Home Care Nursing. However, if you are not currently connected with Homemaker help, and feel that you are having difficulty coping at home, contact your local health unit, or call the P.W.A. Coalition and we will get you in touch with this service. Homemakers are available for meal preparation, personal care, heavy housework, and possibly some shopping service. Depending on your monthly income, there may be a daily charge for this service. Your initial contact will involve an assessment visit which determines your level of functioning and eligibility for service as well as a financial assessment. Sample daily charges are: monthly income \$664.- no charge, \$800.- \$2.25 per visit. You must be a resident of B.C. for a minimum of 12 months.

## IN MEMORIAM

A memorial gathering was held at the Gandy Dancer on May 11/87 for Ken Young who died on May 2/87. On the night of Ken's death the Gandy staff decided to donate their night's wages to the P.W.A. Coalition. And from the evening of the memorial, tips of the staff and donations from customers are to be donated to the P.W.A. Coalition. A special thanks to the management and staff of the Gandy Dancer.

R. Kilback

## DONATIONS

Thanks to the following persons and organizations who have donated money or services to the PWA Coalition in the past month. If we have missed anyone, our apologies and our heartfelt thanks: Bruce Simmons, Venus (show at Numbers), Polly Esther (tips), Buddy's, Blair Smith, Daryl Carter, Mack's Leathers, Anonymous donation of a video machine, Allard & Company donation of a photocopier.

# NEUROPSYCHOLOGICAL STUDY OF AIDS AND RELATED SYNDROMES

Investigators: Francine F-A. Sarazin, M.Ps (Univ. of Victoria) & Jaime A. Smith, M.D., (St. Paul's Hospital)

The goal of this research is to arrive at a better understanding of AIDS and the effect of the AIDS virus on the cognitive and mental abilities of those affected by the disease. Your participation would provide important information toward this end. If you belong to one of the following groups, you can help us with this study:

- 1) Healthy and testing negative for HIV
- 2) Healthy and testing positive for HIV
- 3) AIDS-Related Complex or ARC, and
- 4) Diagnosed AIDS (within 6 to 8 months)

Volunteers will be administered a series of tests assessing various functions such as memory, language, attention, concentration, verbal and nonverbal reasoning, motor and sensory functions. Questionnaires which provide information regarding your mood, health, and general personality characteristics will also be given. The whole procedure should take about 6 to 6½ hours.

The assessment will be broken up into 1 to 1½ hours each approximately. These can be done over several days or evenings to your convenience. The testing is done at St. Paul's Hospital. If you have any questions before agreeing to participate, I will be happy to answer them without any obligations on your part. Your identity will be known only by the referring physician (if you are indeed referred by a physician), and to the examiner (on a first name basis only). Your anonymity will be protected by matching your test file and results with an identification number. Only the examiner will have access to the list that matches your first name to the identification number. Your file will at all times remain in the possession of the examiner. Once the results have been analyzed and the study finished, the key list will be destroyed. You have the right to stop at any time during the testing session and withdraw your participation. If you have any questions, please

feel free to get in touch with me by either leaving a message with Maureen Holm, receptionist of Psychiatry, (St. Paul's Hospital, 682-2344, extension 2400), or Dr. Jaime Smith (extension 2142). You may also try and reach me directly at home in Victoria 381-0472 (collect calls accepted); I am usually there Monday, Tuesday and weekends. Finally, a message can be left at the University of Victoria (721-7525) for me to call you back. Please take the time to think about giving us a hand at understanding more and more about this dreadful disease.

## PERSONAL COLUMN

GWM/PWA 33 recently diagnosed seeking other male who possesses good spiritual holistic attitude, for massage and running about town as buddies. Safe sex possibility! Sex, not a necessity. Dutch dates! Apply to Drawer "D", PWA Coalition office. G.G.

Mature, warm, friendly gay man to share apartment/house. Into healthy relaxed living. Loves peace and music. Positive testing person welcome. Please call Frank 685-3552.

P.W.A., 30-into theatre, film, photography & Life! Seeks accommodation in 2 bdrm. home in West End. Limited but consistent income. Reply to Nicholas at Box 136, 1215 Davie St. Vancouver, B.C., V6E 1N4.

PWARC really frustrated at the government's inaction and trying to survive this health crises on a dying income, wishes to purchase an inexpensive, easy to assemble TENT, so that I can take my concerns to the lawn of the Legislature Building in Victoria. Reply to J.K. at the Coalition office.

GWM/PWARC looking for a top/daddy/master who can be hard yet soft, gentle yet strong. I'm 31, 5'9", brown hair kept short, brown eyes and a moustache into leather, rubber and these days Latex (condoms). Reply to John at the office. And yes, the offer still stands for you BOB at A/V.



## ONGOING EVENTS

Tai Chi is cancelled until further notice.

### Sunday 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.

### Mondays at 11:30 am: Business Meetings

Open to PWA's & PWARC's. One way to share responsibilities and decisions in the PWA Coalition. These meetings are held at the Coalition office, 1170 Bute St.

### 1st Monday of each month at 10am:

#### The Holistic Committee meets

We will now be meeting on a regular basis. The Committee is in charge of the meetings on alternative therapies, workshops, and other activities having to do with the Holistic approach to health. Your input and suggestions are most welcome. Call the office to get in touch with the Cttee.

### Tuesday Nights: Self-Support Group

These meetings are open to PWA's & PWARC's only. We focus on people's feelings about specific topics.

**June 9: Exercise; getting in shape**

**June 23: Telling family, friends, employer, etc.**

### Tuesday Nights: Holistic Therapy

These meetings are open to everyone. It is an occasion to explore the holistic approach to health.

**June 2: Leslie Grey, Working with crystals**

**June 16: Henry Dorst, Enhancing the immune system by using simple biokinesiology**

**June 30: John Matsen, Naturopath**

Tuesday night meetings are held at the St. Paul's Hospital, Comox Building - 1056 Comox St., Rm. LM-5 in the basement, from 7:30 till 8:30pm.



\*CALENDAR OF EVENTS - JUNE, 1987\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 BUSINESS MEETING HOLISTIC COMMITTEE MEETING	2 HOLISTIC THERAPY	3	4	5	6
7 HEALING CIRCLE	8 BUSINESS MEETING	9 SUPPORT MEETING	10	11	12	13
14 HEALING CIRCLE WALK-A-THON PARTY AT CASTLE 2PM	15 BUSINESS MEETING	16 HOLISTIC THERAPY	17	18	19	20
21 HEALING CIRCLE FUNDRAISER AT GANDY SHOWTIME AT 9 PM	22 BUSINESS MEETING	23 SUPPORT MEETING	24	25	26	27
28 HEALING CIRCLE	29 BUSINESS MEETING	30 HOLISTIC THERAPY				