



ISSUE # 10 July 1987

Newsletter

THE WASHINGTON CONFERENCE

Impressions of my Trip : by Kevin Brown

An amazing 7342 delegates and media attended the Third International Conference on AIDS held at the Washington Hilton. Temperatures were in the high 90° F, with very high humidity. So..it was crowded and hot!

The conference also became a forum for politics and acts of civil disobedience. At the Elizabeth Taylor/AMFAR fundraiser, President Reagan was booed over his 'regulatory testing' comment while hundreds of people held an AIDS candlelight vigil outside the pavillion.

Sixty PWA's and friends were arrested for blocking traffic in front of the White House by rubber gloved D.C. police. They were protesting the administrations lack of AIDS concern.

Hundreds of protesters marched in front of the Washington Hilton to protest Reagan and his policies, or lack there of! Vice-President Bush was heavily booed and hissed by some members of the conference during Plenary session.

The Family Research Institute had a booth in the main exhibit hall and distributed the most appalling hate literature directed towards gays - needless to say this caused problems. Micheal Hirsh, of the New York Coalition, in rage overturned their tables, and was in turn arrested yet again. Also, Laroche appears to be back! His supporters harassed people outside the hotel. In this circus like atmosphere of tension and excitement the conference began! (continued inside on page 4)

WALK-A-THON SUCCESS ! story and photo inside, page 3

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MY PERSONAL EXPERIENCE WITH CANCER/AIDS/LYMPHOMA & CHEMOTHERAPY

Part two of three:

CHEMOTHERAPY: This simply means the use of drugs or medications to treat disease. This came into use alot in the '70's when clinical trials proved them effective in treating cancer. Drugs are usually injected into a muscle/vein thru an I.V. This can be on a daily/weekly/monthly basis, depending on your prescribed treatment. The drugs are anti-cancer, and can have high, potentially dangerous side effects, so they will be administered by your anacologist under close care/supervision.

SIDE EFFECTS: The drugs are quite toxic, and some cause slight to severe side effects, depending on the individual. Some people go through the entire treatment with very little side effects. Doctor's can minimalize the effects with other drugs. However, I know, and have experienced the fact/belief that your own attitude plays a very important role in determining how severe your side effects will be. I believe that your attitude can make it or break it. Sometimes it's hard to keep positive, but it's the only way to fight it!

Chernotherapy drugs enter the bloodstream by I.V. and other methods, and are then transported to wherever tumor cells are growing. Chemotherapy is especially used when there is a possibility that cancer cells may be deposited in a different place from the primary tumor, therefore circulating throughout the body via the bloodstream. Does it hurt? Not unless you consider a pin prick unbearable pain! Certain drugs injected provide a warm tingling, burning sensation in certain body areas. It lasts only a few minutes. I just relax, meditate and tell myself these are wonderful, good, healing drugs, and the next thing you know, it's all done and I'm on my way home, or downtown to do business.

Nest month : Galliano Retreat.

MORE INFO : AL-721 / EGG LECITHIN

The PWA's in New York obtain their Egg Lecithin (AL-721) from the PWA Health Group, an organization separate from the N.Y. Coalition. This buying Co-op gets the substance from " American Roland Chemical Corp ", of Farmingdale ,Long Island. They in turn import the substance from Japan. The first lot was brought in for 200 PWA's, who paid out \$200.00 (U.S.) - (\$40,000.00 a shipment). \$200.00 gets you about 1kg., or a one month supple. For more info you could write :

PWA Health Group Box 234- 70A Greenwich Ave, N.Y., New York 10001
or phone : (212) 265-6440

If there is interest, we might see about bringing it to Vancouver? If possible?

BABA TAAVI'S SPIRITUAL CORNER :

Emotional growth is like laundry ; never ending, and easy to neglect.

Baba Taavi



PWA WALK-A-THON A GREAT SUCCESS!

On Sunday, June 14th, the Vancouver PWA Coalition held their second annual Walk-A-Thon. Much to our joy, this 10km walk around the seawall raised \$15,000! The energy levels were high, as most felt they were walking for a good cause. In spite of sore feet and sweaty bodies, many of the participants thanked the Coalition for holding this event. It was truly a day of sharing, caring and great love.

The Walk-A-Thon was followed by a celebration at the Castle Pub, with much thanks going to Terry Wallace of the Castle, and all the entertainers. The show opened with Rae Armour, a marvelous local singer/songwriter, who performed three songs from her new album, "On Track" (copies available thru the office). Next, a new PWA to Vancouver, Nicholas Gray, recieved thunderous applause as he stepped onstage and really belted it. Much to his surprise, the crowd returned the favor with a boisterous rendition of "Happy Birthday". On the more comic side, Tacky Why-Not became Audrey from "Little Shop of Horrors", and with the help of her almost perfect puppet, brought the house down. The Castle's own Eleanor, who personally raised \$2,700 on the walk (Thanks Eleanor!), and the audience digging deeper in their pockets with her money tossing rendition of "Salvation Army". The crowds went wild! The show closed with a touching chorus of "That's What Friends are For", sung by PWA's and friends.

What can I say? It was a day of great success. Thank you doesn't seem enough for all those that contributed to a day I, and many others, will never forget. Sharon Holtzberg

As was expected, nothing of major significance came out of the conference- no breakthroughs. What was important was a clearer understanding of the problem and the size of the medical community addressing the issue - they are fine tuning the machine that will hopefully solve the problem. Work is progressing on all fronts - anti-viral drugs, vaccines, genetic make-up of the virus, psycho-social investigations, treatment of opportunistic infections, etc.

All aspects of the conference were well covered by the media. There is a newspaper clipping file in our office from the Washington paper - please come in and read it.

Many of our Vancouver Doctors attended the conference. It may be worthwhile to hold an information meeting with them in the near future.

The PWA panel that I spoke on, during the Thursday Roundtable session, was very well attended as well as warmly recieved by the conference delegates. The room was filled, and the people spilled into the overflow rooms and Exhibit Hall to watch us on T.V. monitors. The panel was made up of six persons with AIDS or ARC. Fred, a black man with AIDS; Richard, a former IV drug user and alcoholic with AIDS; Tema, a heterosexual woman with ARC; Matilda, a Puerto Rican woman, who along with her baby, have ARC; Me, the Canadian; and finally Ron, a man with AIDS from London, England.

We spoke from a personal perspective on how AIDS had affected our lives. At times stories were very moving, and always from the heart. The audience was quite attentive, and after the talks asked intelligent, sensitive questions. As was often pointed out, our panel was the first humanizing element during the conference - we put a face to the disease for most researchers who now realize that we are people and not statistics.

What was also quite significant about the panel was that it was the first time PWA's had actively participated in an International Conference. We have always stated that we are not part of the problem, but part of the solution! We have an integral role to play in the effort to solve this problem called AIDS. I'm sure that PWA participation will increase during the next conference.

I was pleased to be able to attend the N.A.P.W.A. (National Association of People With AIDS) meetings held during the conference. It was an excellent chance to network with other Coalitions across the U.S.A. - a great opportunity to meet some exceptional people, who all share my diagnosis and are doing something about it!

What did the Coalition get out of it?

- The Vancouver P.W.A. Coalition is certainly now known in the international circles! There will be a certain degree of prestige for our organization as one of the few Canadian groups asked to speak at the conference.
- We reached over a thousand respected people at the conference and recieved excellent media coverage - a positive message was put out - PWA's being responsible for their lives, in control, no longer victims, demanding to be involved.

- There were many Canadian Health officials present, both Federal and Provincial: Canadian PWA presence only helps build our credibility with these people.

- Firm ties are being built with the U.S.A. Coalitions - we have much to share and learn from our neighbours to the south.
- Media attention was excellent during the entire conference. This can only increase Canadian awareness of the problem, and hopefully they will learn to deal with the issues in a positive way.

And finally, many thanks to N.A.P.W.A. for paying my air fare to Washington, as well as my registration at the conference.

Kevin Brown

CANDLELIGHT VIGIL :

On May 25th, an AIDS Candlelight Vigil was held at Vancouver's Cathedral Square. Approximately 300 people gathered to show support for people who have died, and people who are living with AIDS.

Organized by AIDS Vancouver in co-operation with the PWA Coalition, the Vigil was a great success. Special thanks to Micheal Welsh, Gordon Price, Willi Zdowsky, Linda Galloway and all the Mens Chorus.

Ray Kilback

FINANCIAL ASSISTANCE :

The PWA Coalition offers some financial assistance to Persons with AIDS or ARC, for health related activities. Money is available to cover costs of vitamins, attend workshops, or any health related service not covered by B.C. medical.

Call the office (683-3381) to get details of available assistance. Benoit Lanthier

VITAMIN DISCOUNT :

A Health food store in the West End is offering a 15% discount on Vitamins, supplements and herbs to Persons with AIDS or ARC. The owner of the store is also willing to do some counselling to help you choose the products you need. To be eligible for the 15% discount, you must be referred by the Coalition office. Call us at 683-3381

Benoit Lanthier

HAIRCUTS :

Haircuts are now available for PWA's and PWARC's in the evenings. Please call the office (683-3381 between 10 am and 5pm if you are interested, and we will put you in touch with Jerry.

Watch for the new " Q " magazine...Available July 9th.

SONGS OF HOPE

I sing my songs of hope,
Songs offered up in praise,
To rid me of my sorrow
over long lost better days.

I sing a song of patience,
for it seems to ease the fears
of not knowing what tomorrow brings
or how to stop the tears.

I sing a song of silent joy
for I've come to know my heart,
And let that show in all I do
and believe it is the start
Of special songs as yet unsung,
of days still far away,
of dreams I never dreamed I'd have,
of games I want to play.

I sing a song of loving trust
for deep inside of me,
I know there is a will to live
that sings eternally.

Micheal Calvert

Micheal Calvert was a loving friend of Bob Tivey, and an active member of the New York City Coalition.

VIVE LA FRANCETTE AU CANADA! :

\$700.00 was raised June 24th from the St. Jean Baptiste celebrations held at the Dufferin Hotel. Many thanks to Claude Lavolette and friends for their hard work and support. Merci!

FUNDRAISERS :

June 30 : Gala Grand opening at Celebrities
July 3 : Club Night News at the Shaggy Horse
July 5 : Knights of Malta " Masquer-AIDS " at Celebrities

Hats off to Kevin Brown - hit his first home run of the season last Tuesday. Kevin plays on the " Odessey " team as part of the West End Softball Association. Two years since his diagnosis, and he's still going strong.

" Wouldn't it be funny if you caught AIDS by sending money to T.V. evangelists ? "

WEIGHT GAIN MILKSHAKE :

*** caution ; not advised for people suffering from Candida**

In a Blender place the following :

2 inches Orange Juice	1 Tsp Vitamin C crystals
1 Tbsp Brewer's Yeast	1 Tbsp Olive Oil
1 Tbsp Wheat Germ	1 Tbsp Aloe Vera Gel or Juice
1/3 Tsp. Beet Powder	2 Tbsp (heaping) Soy Based Protien Powder
1 Tsp. Alfalfa Powder	1 Banana

The banana can be substituted by other fresh fruit, as it is used to kill the taste of the yeast. Ice Cream can be added in various quantities depending upon how many calories you want to intake.

Use this as a supplement between your normal meals

Brewer's Yeast provides a total B complex, excepting B12, as well as Biotin, Inostil, Pa. Sixteen Amino Acids, Fourteen minerals, seventeen vitamins (not including A,E,&C) Alfalfa aids digestion, is a good laxative/diuretic as well as providing Vitamins A,K,&U. Wheat Germ provides Calcium, Pantothenate, Vitamins E & F, Niacin, Paba, as well as aids the body in building antibodies. Taking two Dolemite Tablets with each drink will add Calcium, Magnesium and Glutanic Acid.

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 secure their permission. If you wish to submit an item for the newsletter, please remember the deadline is the 20th of each month. We welcome your input.

DNCB :

DNCB and instructions for it's use are available free to persons with KS who wish to try it. Call the office at 683-3381

" FASHION CARES " :

T-shirts stating " Fashion Cares " on the front and signed by numerous Canadian designers on the back, are available at the Coalition office for a minimum donation of \$20.00. Money raised by these T-shirts will go equally to the PWA Coalition and AIDS Vancouver.

PLEASE : Don't forget to collect your WALK-A-THON pledges and bring them it!

ONGOING EVENTS

Sunday Nights : Healing Circle :

The Healing Circle has been cancelled for the duration of the summer. Watch for it's return in the September Newsletter.

Mondays at 11:30 am : Business Meeting :

Open to PWA'S and PWARC's. This is one way to share the responsibility and decisions in the PWA Coalition. These meetings are held at the Coalition office, 1170 Bute St.

Tuesday Nights : Self - Support Group :

Open to PWA's and PWARC's only. We focus on people's feelings about specific topics.

July 7 : Anger

July 21 : Sexuality

Tuesday Nights : Holistic Therapy :

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

June 30 : Dr. John Matsen ; Naturopath ; Learn about proper nutrition, getting rid of yeast, enhancing the immune system.

July 14 : Mary Parrington ; Vitamins, supplements and herbs. Colon Cleansing. A three step program to wellness.

July 28 : Susan Neeves ; Reiki Practitioner . Japanese healing techniques using touch energy.

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

Holistic Committee :

The next meeting of the Holistic Committee will be held on Tuesday, August 4th, at 10:00 am. Phone office for details and location.

Workshop :

Linda Galloway, a Gestalt Therapist will lead an all day workshop on July 9th. Contact the office (683-3381) for details.