



Newsletter

ONE STARRY NIGHT II

With the success of last year's benefit of "One Starry Night", the Arts Club Theatre and the Vancouver Persons With AIDS Coalition are proud to present "One Starry Night II". This will be a gala benefit, on the Mainstage of the Arts Club Theatre, on Granville Island, Sunday, November 15th, at 8:00 p.m.

This will certainly be a rare evening where so many of Canada's and British Columbia's finest entertainers will be out to provide an evening you will certainly not forget. There is a line-up of stars which will include Mr. Bill Monroe as M.C., including Ann Mortifee, Jane Mortifee, the partial cast of "Angry Housewives", Robert McQueen, Lynda Boyd, Louise Rose, Rae Armour, Marcus Mosely, David King, Nicola Cavendish, The Vancouver Men's Chorus, and many, many more.

There will also be a grand scale raffle which now consists of art, designer clothing, hotel accomodations, dining, a universal gym, and theatre tickets. This list is a growing one, so there will be surprises in store.

Tickets are now on sale for \$20.00 at Little Sister's Book & Art Emporium; 1221 Thurlow Street, The P.W.A. Coalition; 1170 Bute Street, Zebra; 1099 Robson Street, and the Arts Club Theatre on Granville Island. Reservations can be made through the box office of The Arts Club Theatre by telephoning 687-1644.

Your presence that evening will help ensure the benefit's success.

See you there!

Sharon Holtzberg

COALITION SPONSORING A BOARD OF DIRECTORS DEVELOPMENT WORKSHOP

The Board Development Workshop has been designed for the trustees, committee members, staff and volunteers serving the Vancouver Persons With AIDS Coalition.

Recognizing that non-profit organizations evolve through a life cycle, the Board Development Workshop will provide a framework for examining roles, management styles and policy procedures adopted by Boards at various stages on their organization evolution.

The Board Development Workshop design involves three key sessions: Session I - Role Clarity, Session II - Management Style, and Session III - Policy Governance. Utilizing resource materials, diagnostic tools, theory based presentations and group discussions participants will be able to undertake the development of framework, governance and operational policies.

The instructor is a researcher and writer for the curriculum for Alberta's Board Development Programme, and is also the co-author of the Handbook for Cultural Trustees, published by the University of Waterloo. He is also a founding Director of the NICA Institute which is co-sponsoring a research conference on cultural policy with the University of Calgary in 1988.

Dates for these workshops are October 23rd, November 6th, and November 13th. This will take place at the Christ Church Cathedral on Burrard and Georgia Street between the hours of 6:00 - 10:00 p.m. If you are a person with AIDS or ARC and are interested, please call the office at 683-3381.

Sharon Holtzberg

AEROBIC 07

The two-fold purpose of Aerobic 07 is to kill off harmful organisms, such as Candida, and at the same time increase the percentage of oxygen in your bloodstream. Additionally, it has been shown that the action of the Aerobic 07 compounds within the power of oxidation reactions and helps to scavenge "free radicals" by taking the process of cellular oxidation to completion. The research of Dr. William Koch, showed that a complete and robust oxidation eliminated dangerous free radicals, whereas incomplete or faulty oxidation created these radicals. Therefore according to Koch, disease is not caused by free radicals, but by faulty or incomplete cell oxidation. Available oxygen, therefore is the key, the fuel, for cellular oxidation. Therefore, Aerobic 07 can do two very helpful things, without a solitary side-effect. Firstly, it helps provide molecular oxygen to your bloodstream, and secondly it kills anaerobic bacteria and other parasites on contact without harming your tissue or friendly aerobic bacteria.

**AL 721 TODAY : by John S. James
AIDS TREATMENT NEWS**

AL 721, is also called "egg lecithin lipids" or just "lipids", may be getting more public and professional attention today than any other alternative or experimental treatment for AIDS and ARC. Many people want to know what this treatment is, what evidence supports its use, and how can they obtain it and try it.

AL 721 was developed at The Weizmann Institute of Science, Rehovot, Israel, by a team led by Meir Shinitzky, Ph.D., a cancer researcher there. It consists entirely of three ingredients, all of which are found in ordinary egg yolks. The first formal human trial was a successful test to correct in certain immune deficiency (diminished lymphocyte proliferative response) in elderly persons, all of whom were over 75 years old. The problem returned when the treatment was stopped.

AL 721 does cross the blood-brain barrier. Other early medical interests in AL 721 (before any antiviral properties were known) were for treating cystic fibrosis, and also for reducing the symptoms of alcohol or opiate withdrawal in order to help people quit using these drugs. These possibilities still look promising. We are hearing anecdotal reports of successful use for treating chronic fatigue syndrome.

The first public notice of any connection between AL 721 and AIDS came in a letter published in the NEW ENGLAND JOURNAL OF MEDICINE, November 14 1985, by several scientists including Robert Gallo, M.D. of the U.S. National Cancer Institute, one of the world's leading AIDS researchers. There are people already on AL 721 with no sign of any toxicity. (And it consists entirely of food substances, further reducing the risk).

The new Israeli Results from "The Baltimore Jewish Times, in a story of AL721 scheduled for publication, obtained recent information on the use of this treatment in Israel through its correspondent there.

**"Of the 60 people with AIDS who have been treated with AL 721 in the past year, 48 have shown very considerable improvement in their general well being, sometimes within days of embarking on the treatment. They have lost much of the lassitude associated with AIDS, fevers have been reduced, other symptoms have been diminished, and they have suffered no side effects. Three patients who were considered terminal are now in remission. More importantly, clinical tests show that in a phase of the treatment, the deadly virus loses much of its infectivity, in other words its power to spread from one cell to another."
Baltimore Jewish Times, October 9, 1987. Despite these good results, it is emphasized that this treatment is not a cure. There is as yet no cure for AIDS, and it would be irresponsible to claim otherwise.**

If you would like more information on how to obtain AL 721, please contact the Vancouver P.W.A. Coalition, as we are the first to bring it into Canada.

CONDOM SENSE

The leather community has been quick to respond to our current health crisis, and one man in Vancouver has come up with an idea that is unique and worthwhile. Mack MacKinnon of Mack's Leathers is now offering condom cases specifically suited to leather enthusiasts. The three inch square case is designed to be worn on jacket epaulets and belts. MacKinnon hopes the cases help make more men aware of safer sex, improve the image of the leather community, and allow him to get rid of his excess leather scraps.

Unlike other people, Mack is not out to make a fast buck on AIDS. He is offering the condom case free to anyone who writes to ask for one, providing they send him one dollar for mailing costs, and - he hopes, but you're not obligated, that a donation to the Vancouver Persons With AIDS Coalition be made. Mack has donated the materials for the case and the P.W.A.'s are providing the labour. For your condom case, write directly to Mack's Leathers. He is moving to a new location as of mid November: 1259 Granville Street, Vancouver, B.C. If you should decide to make a donation to the Coalition, please write your cheque to the Vancouver P.W.A. Coalition and send it to Mack's Leathers.

Way to go Mack!

VETERINARY SERVICE AVAILABLE

If you are a person with AIDS or ARC and have a pet who is in need of medical attention, there is now a vet available for those with limited incomes. The only time that charges will be applicable (and this is only for those with limited incomes) is when medication is prescribed. Please contact the office if you need the name and telephone number of this very compassionate man. He will also be available for house calls if you are not capable of getting to his office.

SPIRITUAL CORNER

When you're feeling blue, I'll tell you what to do, make someone happy, and you'll be happy too.

AIDS AND THE ZEST OF LIFE: BY ED SIBBETT

Reprinted from Healing AIDS, August 1987

There are people that are Healing themselves of AIDS and other so called incurable diseases. How is this possible. What do they know that we don't. Do they possess an uncommonly strong will to live. Could it be that they love life too much to give in to illness or perhaps they just have more important things to do than to be consumed with sickness, dying and death.

It is important that each of us take a long hard look at our lives and ask "how do I feel about myself in the context of the health crisis." Do I "just not want to die." or "do I really want to live." If you chose the latter, if you really want to live, you can! Start NOW looking for the ZEST OF LIFE.

What is the ZEST OF LIFE for you? For me, it's learning, growing, giving to myself and others, doing everything I can, following my dreams with love as my guide and somewhere along the way the ZEST joins in. Each of us will determine that magic balance of qualities and attitudes that works for them but with patience, a loving outlook and commitment we can and will find THE ZEST OF LIFE.

Remember, we are not a passive entity, we are an active dynamic life force. This is great news because it is empowering. And empowerment is the whole point. It is very important that we don't give away our power by being passive. Accept the fact that you have the power to add this key element to your life, this ZEST. Turn on that life force and start the healing where it really begins - within!

Start by looking for more and more exciting reasons and ways to enjoy life NOW, today....it is truly the only time we can ever do anything. Tomorrow is always tomorrow and yesterday is only a memory. So, watch out when you say things like: "I'll start tomorrow, or when I feel better, or have more money," or , what's worse...."when they find a cure." These things are like a horizon - always out there, forever elusive. We are concerned with here and now. This very moment is the only time we will ever really have. So, NOW is the time for action, for doing, for healing, for LIFE and all the ZEST you can pack into it.

I accept and claim my power. I hereby commit myself to thinking healthy, lifeward thoughts and speaking positive, loving words. I awaken and commit myself to change. YES, I am changing my walk, my speech, my thought - my very being.

If anyone would like more information, or how to obtain the HEALING AIDS Newsletter, write : 3835 20th Street, San Francisco, CA. 94114
Tel: (415) 821-7646

A LITTLE PIECE OF PARADISE: BY GARRY ANDREWS

Just recently I had the wonderful opportunity to help in the organization of our recent retreat to Tigh-Na-Mara on September 28th. It was an active four days of rest and relaxation, social events and lots of good food. Twenty-three P.W.A.'s /ARC's were in attendance, with good spirits.

The weather permitted us to spend alot of time in the outdoors, as it was sunny and warm throughout our whole stay. Surrounded by nature and right on the beach, many of us took the opportunity for pleasureable conversation on the sand and on the water. Paddle boats, canoes and water bikes were provided to us and a few overly energetic people seemed to find themselves in the water rather than on top of it; once on shore however they seemed no worse for wear. After booking in and becoming settled a barbeque was started and hungry appetites were fed with over fifty hamburgers!

In the evenings a large assortment of social events occurred, involving such things as Massage, Reiki, Movies, Meditations, Hot-tubbing, Haircuts, Walks, Site-seeing, and much more, which continued for our whole stay on an ongoing basis. The highlight of the retreat was a Thanksgiving dinner, put on by Nicholas and myself which included two types of homemade dressing and all the trimmings and a great assortment of desserts. Our two turkeys were enough to feed the twenty-three hungry appetites that filed through our sweet, scent filled kitchen, and all seemed quite content and full in the end. Many of us were able to get to know each other better and the support was strong and loving. The accomodations were perfect, cabins and condominiums alike shared fully equipped kitchens and wood-burning fireplaces as well as other pleasant amenities, which proved to be a nice added touch to all of us.

Overall the retreat was a success, and all seemed to agree that it was a benifical and memorable experience. I can sum it all up in one phrase "For a short while we all enjoyed a little piece of paradise". Thanks to all who attended and helped on the retreat, until the next time, all be well.

THE GAY FOOD BANK

If you are a P.W.A. or P.W.A.R.C. that requires food from the gay food bank, but cannot make it in for whatever reason on friday afternoon's, it can be arranged that a bag of food be delivered to your home, providing you live in the west end. You can do this by calling the P.W.A. Coalition, and speaking with Sharon if you wish to remain anonymous, or speak with a volunteer if confidentiality is not an issue.

If you can come in for the food bank day, they ask that you do not show up any earlier than 5:00 p.m. They are located in the Gay & Lesbian Centre, at 1170 Bute Street.

WORKSHOP WITH LINDA GALLOWAY

On Wednesday, December 2nd, the P.W.A. Coalition will be sponsoring a one day workshop between 10:00 a.m. and 5:00 p.m.

Linda works gently offering a loving respect for the uniqueness that is each individuals way of sharing this day of celebration, in an atmosphere of acceptance , where we will seek to regain the authority over our own lives. This workshop will offer all of us the opportunity to continue the only work we do, which is to heal our relationship with ourselves. This healing happens as we open our hearts to accept the unique gift of who we are. When we accept ourselves, we are free to let go of demands about who we "should" be, thus, creating ease in life rather than dis-ease.

Register early through the P.W.A. Coalition office as only twelve people will be able to participate. Please bring food to share for a pot luck lunch. Coffee, tea, and juice will be supplied. For more information, please contact Sharon at 683-3381.

LOVE GIFTS

Crystals and stones make one of the most special gifts that can be given. When given in love they become forever "love-crystals" and symbols of that special caring. They can still be used as healing crystals - indeed they have been charged with the very force of healing. Before they are given, hold the crystal to your heart. Do a meditation, and visualize the person you are giving it to as being well, balanced, whole and happy. This impression will be programmed into the stone, which will emanate that energy for as long as it is with the receiver.

So take your crystal and make an impression and watch the healing grow.

FACTOR ONE & K150 HERBAL STUDY

Just a reminder for those P.W.A.'s /P.W.A.R.C.'s who might be interested in trying two herbal products for a three month trial period at no cost to you. Call Sharon at the P.W.A. Office and leave your name, address and phone number. This will be kept confidential. These two herbal products help liquidify the lymphatic fluid and reduce stress. The Coalition will draw 10 names early November and the product will be shipped directly from the supplier. If you have any questions in regard to this study call Glen Gilmore at the P.W.A. Office, as he will be acting as liason person between the Coalitin and the supplier.

ONGOING EVENTS

Monday : BUSINESS MEETING: 11:30 a.m.

Open to PWA/PWARC's. This is the best way to share the responsibilities and decisions in the Coalition. Meetings are held in the Coalition office, 1170 Bute St.

TUESDAY: SELF-SUPPORT: 7:30 - 8:30 p.m. on alternate tuesdays.

Dates for closed meetings for PWA/PWARC's only for month of November are: November 10th and November 24th.

These meetings are open to all people with AIDS or ARC only. Discussion surrounds concerns held by the group at the time of the meeting. There is no specific topic, just a chance to talk.

TUESDAY : HOLISTIC THERAPY: 7:30 - 8:30 p.m. on alternative tuesdays.

November 3rd Julie Beeker on Natural Hygiene "Fit For Life"

November 17th Robert Lovejoy Aerobic 07 Has shown improvement in treating Candida. It also kills off harmful organisms , improving the percentage of oxygen in the bloodstream.

Tuesday night meetings are held at St. Paul's Hospital, Comox Building, 1056 Comox Street, Room LM 6 in the basement.

REIKI: In the spirit of empowerment the Coalition now offers Reiki to its members. Reiki is a gentle yet powerful healing art, useful in the management of any state of dis-ease. For more information, or to arrange treatment, contact the Coalition office at 683-3381.

PWA (Painter with AIDS) available for apartments and other painting needs. Experienced and willing. Contact by calling 688-9682.
