



ISSUE # 22 , JULY 1988

# Newsletter

**PWA Coalition  
Walkathon  
raises \$15,000**

## WALKATHON : WALKATHON : WALKATHON : WALKATHON : WALKATHON :

A warm, yet overcast Sunday morning greeted the 107 walkers ( and one rollerskating mama! ) making their way around the Seawall to raise money for the Vancouver Persons with AIDS Coalition. This Third Annual 10 K for PWA attracted pledges of \$ 15,000.00 - with the Castles Eleanor once again being the top pledge raiser, with more than \$800.00! Keep it up Eleanor, only next year we want to see you walk in those pumps!

Joining the walkers this year were Linden Soles and family ( Linden is the CKVU anchor responsible for the excellent documentary, " AIDS and YOU " ), as well as Gordon Price, Emory Barnes and Johanna den Hertog representing our political allies.

All in all, the day has to be considered a success. The walk was a comfortable one, in a beautiful setting. We raised much needed funds, and followed the walk with a rousing celebration at the Castle with a variety of entertainers ( including Eleanor who solicited even more funds with her rousing rendition of " Salvation Army " )

Much thanks must go to all the walkers and their pledges ( now....collect the money ), Terry Wallace for the use of the Castle, Terry Leitch for organizing donations from Koala Springs, Virgin Springs and Shoppers Drug Mart, ( way to go, Terry! ), Glenn Ferguson from Artistat for the design and donation of the 10K for PWA buttons, all the entertainers , the PWA staff and volunteers who helped make the day a success.

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### LIBRARY UPDATE :

The following additions have been added to the Coalition Library ;

HOW TO GET WELL : Dr. Airola's Handbook of Natural Healing by Dr. Paavo Airola

PURE AND SIMPLE - delicious recipes for additive free Cooking by Marian Burros

AIDS - THE ULTIMATE CHALLENGE : by Elisabeth Kubler Ross

THE ULTIMATE SECRETS OF TOTAL SELF-CONFIDENCE : by Dr. Robert Anthony

WHEN SOMEONE YOU KNOW HAS AIDS - A PRACTICAL GUIDE : by L.J. Martelli

Also, the following Audio Cassettes are now available ;

AIDS : A POSITIVE APPROACH : by Louise L. Hay

LOVE, MEDICINE AND MIRACLES - LESSONS ABOUT SELF HEALING FROM A SURGEONS EXPERIENCE WITH EXCEPTIONAL PATIENTS : by Bernie S. Siegel

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## REPORT ON HOMEOPATHIC PRESENTATION :

On Saturday, May 7th, 1988, I attended a presentation on Homeopathy at the Georgia Hotel. A local Homeopath, a Mr. Klien, was the moderator, presenting guest speakers, Dr. Herb Joiner Bey ( a naturopath from Seattle who also practises Homeopathy ) and Eric Sommermann ( a practicing Homeopath who has studied biochemistry at UBC.

Eric gave a short talk on the philosophical background of Homeopathy, and how it differs from Allopathic ( western ) medicine. Dr. Bey discussed how the AIDS epidemic is the result of a combination of ; unhealthy lifestyle, the mis use of antibiotics by traditional doctors, and other invasive practices of western medicine. As a colleague of Dr. Peter Duesberg, Eric was able to shed some light over the cause of AIDS that is at the center of the dispute between Dr. Duesberg and Robert Gallo, Gallo believing it is HIV, Duesberg supporting the combination effect mentioned above.

Dr. Bey presented some case histories of ARC patients who had responded to his homeopathic remedies. Speaking with the two after the presentation, Dr. Bey did admit that once a person was diagnosed with AIDS ( particularly PCP ), there was not much that he as a Homeopath could do. It struck me that the AIDS crisis has given practitioners of alternate medicine an opportunity to criticize traditional medicine, and even the use of AZT....but when it comes down to it, and you ask them what they can actually do for someone who has AIDS, they have little to offer.....however, it might certainly be worthwhile for the individual to investigate.

Steve S.

## RETREAT UPDATE : MANNING PARK :

The Vancouver Persons with AIDS Coalition's Summer Retreat is scheduled for Monday, July 18th thru Thursday, July 21st, 1988. The retreat will be held in a lodge setting at Manning Park Resort. All meals will be provided by the resorts staff, and there are suanas, tennis courts, horse shoe pitches, games room and recreational facilities to choose from. In addition, the Coalition has privately planned activities that include meditation, stretching, healing circle, and discussion groups. There will also be lots of free time to enjoy the scenery and just relax.

There is a limited amount of space available, so call the office ( 683-3381 ) for reservations and more information.

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PWA Coalition a récemment produit un document intitulé " Une vue d'ensemble ", décrivant nos activités et objectifs. Le document, traduit de l'anglais au français, a été produit à l'occasion de la Conférence Canadienne sur le Sida, tenue en mai à Toronto. Le document peut être obtenu sur demande. Il suffit de nous écrire ou de nous téléphoner.

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# Ongoing Events

: WEEKLY ACTIVITIES

DROP IN CENTER / LIBRARY : The Coalition Library and Drop In Center is open weekdays from 1 pm to 5 pm, as well as Wednesday evenings from 7 pm to 9 pm.

SUNDAY : HEALING CIRCLE :

Unfortunately, the Healing Circle has been cancelled until the Fall

MONDAY : BOARD OF DIRECTORS MEETING :

Monday mornings at 11:30 am at the Coalition office, 1170 Bute Street.

Open to all interested members. This is your opportunity to stay abreast of Coalition activities, and have a voice in our future. The four standing Committees, ( Advocacy, Finance, Personel, and Programmes ) are always open to new volunteers, and welcome your participation.

MONTHLY MEMBERS MEETING :

Held the first Monday of each month, at 11:30 am, in the Drop In Center, at 1170 Bute St. July's meeting will be on Monday, July 4th, 1988, and August's will be August 1st, 1988. See you there!

All members are invited to attend. Chairpersons from the four committees will give an update on activities and answer questions regarding various projects and programs. Members are encouraged to give their input on current issues being dealt with. We see the monthly Members Meetings as an occasion for members to get information and voice their ideas on Coalition projects, activities and services.

BODY POSITIVE SUPPORT GROUP : sponsored by AIDS VANCOUVER

( HIV testing Positive ) Confidential Discussion Group meets Monday evenings at 8 pm, at GORDON HOUSE , 1019 BROUGHTON. For more information contact Ken Mann at AIDS Vancouver, 687 - 2437

BUDDY SUPPORT GROUP : for Buddys ; sponsored by AIDS VANCOUVER

Meets every SECOND MONDAY at 7:30 pm, at GORDON HOUSE, at 1019 BROUGHTON.

TUESDAY : " LIVING IN THE MOMENT " MEDITATION CLASS :

Tuesday afternoons from 2 pm to 4 pm. This class is open to PWA's/PWARC's sero-positives, friends and supporters.

For more information and location, please contact Kristin at 872 - 0431

ONGOING EVENTS : continued ;

TUESDAY : SUPPORT MEETINGS :

Every Tuesday evening from 7:30 to 8:30 pm, at the Coalition Drop In Center, at 1170 Bute Street.

These meetings are open to PWA/PWARC's only. Discussions surround concerns held by the group at the time of the meeting. There are no specific topics, just a chance to talk in a comfortable, supportive place.

WEDNESDAY: DROP IN CENTER :

The Drop In Center is open Wednesday evening from 7:00 to 9:00 pm, at the Coalition office, at 1170 Bute Street.

There is no meeting as such, just an opportunity to meet other PWA/PWARC's, have a cup of coffee, and check out our library. If you can't stop by during the day, make sure you come by Wednesday night.

THURSDAY : TAI CHI CLASS :

Thursday evenings from 7:30 to 9:30 pm. Contact the office ( 683-3381 ) for location. This class is open to all members and friends.

Tai Chi is an ancient Chinese technique of " Meditation in Motion ". It is a gentle exercise that helps balance the energy through the body.

" GET OVER IT " : Alcoholic Anonymous Meeting

Thursday evenings at 7:00 pm, at the Coalition Drop In Center, 1170 Bute.

These meetings are open to all HIV positive, PWA/PWARC's, friends, lovers and supporters.

" COPING WITH LOSS AND GRIEF " : sponsored by AIDS Vancouver

Meets the FIRST and THIRD Thursdays of each month, from 7:30 to 9:30 pm at ST. ANDREWS WESLEY CHURCH LIBRARY, at NELSON and BURRARD. For more information call 299 - 4828, or contact AIDS Vancouver at 687 - 2437.

BY APPOINTMENT ONLY :

REIKI : A gentle yet powerful healing art, excellent in the management of fear, pain, and stress in general. This is FREE to Coalition members. Please leave a message with Jackie at 683 - 3381.

HEALING : Healing Sessions done privately, in a relaxing, peaceful environment. Just sit in a chair and be charged with relaxing, soothing energy. For more information, please contact Jackie at 683 - 3381.

## DEXTRAN SULFATE AVAILABLE SOON :

We continue our efforts to locate a reliable source of Dextran Sulfate, one of the most promising anti-viral AIDS treatments. We have been working with Tom Wilcox, of the Gay Men's Health Crisis Buyers Club in New York, and expect to have all the shipping and customs details sorted out very soon. The cost will be \$165 ( U.S. ) for 500 tablets, shipped to us sealed in the manufacturers ( a Japanese Company ) container. The daily recommended dose is 10 tablets, so the approximate cost of treatment will be \$100 U.S. per month. It is a relatively non-toxic substance, and is synergistic with AZT. ( For more information, see last months Newsletter, or pick up a Dextran Sulfate Information Pack at the office )

Due to Canada Customs regulations, Dextran Sulfate must be mailed directly from the U.S.A., to the individual who will be the final consumer. We cannot form a buyer's club, or have it mailed to the Coalition offices, as it is unlawful to distribute Dextran Sulfate for human consumption in Canada. It is, however, lawful to possess and consume it. Got that?

D.W. Shelley, of the Drug Inspection Division of Canada Customs informs us that an individual may import several months supply of Dextran Sulfate per shipment, as long as it is intended for personal use. We expect written confirmation of this shortly.

If you are interested in ordering this product, leave your name and phone number with Jackie at the Coalition office. We'll get back to you when all the details are worked out.

Chuck P.

## GET INVOLVED : THE COALITION NEEDS YOU :

All of us possess talents that we can share. Whether it be computer skills, organizational abilities, exotic talents or just a big heart, the Coalition encourages all members to come forward and help us maintain our strengths and services. The four standing committees, -advocacy- Personnel - Program - Finance-, can always use volunteers in planning and executing the programs and services. It is a great way to bolster your own support network, and make it easier and more enjoyable for all of us. So....get involved!

## NEWSLETTER : NEWSLETTER : NEWSLETTER : NEWSLETTER : NEWSLETTER :

The production and distribution of the Newsletter occurs during the last week of each month, with story submission deadline being the 20th of each month. Volunteers are encouraged to come forth and assist in the writing, typing, collating and mailing of our paper. This is truly a valued aspect of the Coalitions work, and editor Nicholas Gray appreciates all assistance in getting it done, and getting it out. So, if you feel you have something you want in the paper, or just want to help, contact Nicholas through the Coalition office at 683 - 3381.

POT LUCK : POT LUCK : POT LUCK : POT LUCK : POT LUCK : POT LUCK :

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The July POT LUCK will be held Saturday, July 23rd, for members of the PWA Coalition, lovers and invited friends. Beverages are provided, so figure out what you'd like to bring for the table, call the office and sign up now. Call the office ( 683-3381 ) for location and time.

The POT LUCK has become a fun, social time where we can enjoy each others company and socialize. We hope to see you there!

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" AND THE BAND PLAYED ON " by RANDY SHILTS : reviewed by Nicholas Gray

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" And the Band Played On " is a harrowing account of the early attempts at handling the AIDS epidemic. It is often frustrating and maddening as it reveals the resistance to any cohesive effort to fight the disease that has killed so many. The book came to me after passing through the hands of many friends who could not, or would not finish it. It is a difficult read, and the story, or the crisis, doesn't get any better. It took me a long time. At times it angered and frustrated , inspired and politicalized me. Randy Shilts has written a major document chronicalling an extreme time with in the crisis. It is an important book that, quite often, I found myself wanting to hurl through the wall.

One needs to really make a decision whether to read this book or not. There is negativity in it. The statistics alone are enough to kill you, and along the way you will hear about most of the awful things that could strike you down, once infected. It's research is amazing. You wouldn't want more data, but...if it is going to depress you to read it, or to know the enormity of the lack of action taken against AIDS, then I wouldn't recommend it.

I'm glad Randy Shilts wrote this book, for it is important, I just wouldn't have wanted to write it myself.

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" NAMES QUILT " COMING TO SEATTLE :

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The " Names Quilt ", a growing memorial to persons who have died from AIDS, will be in Seattle July 23rd and 24th, as part of a growing American tour, following last years display in front of the Capitol buildings in Washington. The quilt, containing almost 3,500 panels, has provided a creative means of expression for people that have been touched by the AIDS crisis, to show the humanity behind the statistics, and raise funds to assist people with AIDS.

A field trip to view the Quilt is currently being organized by Ken Mann of AIDS Vancouver. If you are interested in going, contact him at 687-2437. A passenger van will be going down on July 23rd, but additional vehicles are welcomed.

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#### UPDATE : PHONES IN ST. PAUL'S :

A decision has finally been recieved from Mary Gordon on our request to get phones installed in single rooms on Wards 7A/7B/8A/8B in St. Paul's Hospital. Unfortunately, it is NO. Ms. Gordon explains that St. Paul's cannot be perceived as giving PWA/PWARC's special treatment. If they let us install phones, they would have to give every patient the same right.

However, some clouds do have a silver lining. Mary Gordon furthur informs us that she expects a Patient Telephone System to be in operation through out St. Paul's before the end of 1988! The funds have already been allocated and the contact has gone to tender. Well done!

#### SEATTLE VISITORS WEEKEND CANCELLED :

Internal difficulties within the Coalition necessitated the eleventh hour cancellation of the Seattle Visitors weekend. The Coalition wishes to extend it's apology to all those that were dissappointed by the chain of events that led to the cancellation. We look forwrd to maintaining and strengthening our ties with Seattle, and hope for a rescheduling of the visit soon.

It must be acknowledged that a great deal of work went into the planning of this event that was ultimately discarded. We must remember that we are just People with AIDS, who have come together to help one another. Few of us have had any training in organizational/operational skills. We are volunteers,...learning every step of the way. There are bumps in the road, and we may move off course, but we cannot fragment because of this , or any other issue. We must not forget the good we are able to do - for ourselves and others - through this organization. We must come together, acknowledge our problems, do our best to resolve them, and move ahead.

#### CANDLE LIGHT VIGIL :

A moving expression of our love and support of the memory of those that have gone before, and those living with AIDS, occurred May 30th at Cathedral Square as part of the Fifth International AIDS Candle light Vigil.

Thanks must go out to Micheal Welsh, Svend Robinson, Nicholas Gray, Pat Tucker, Loree Rose, the Vancouver Mens Chorus, Louise Rose, and all the volunteers who gave their time and energy to make the event happen, and all the speakers who shared their feelings and allowed us to collectively feel for those persons with AIDS who have died. It is important for all of us to share those feelings, and strengthen the community as the battle continues.

#### COMP TICKETS AVAILABLE : VANCOUVER FOLK MUSIC FESTIVAL :

Comp tickets are available for the Vancouver Folk Music Festival for Saturday, July 16th, for the low cost of \$4.00 each for PWA Members. ( regular price is \$25.00! ) There are only 20 available, so call Jackie ( 683-3381 ) and resrve yours.