



Newsletter

~~Funding Denied~~

Funding Approved!

PWA Society's request for City of Vancouver funding was approved by City Council at their meeting October 4th. The original request of \$23,000 (for staff, rent, and telephone) was halved by the Finance and Priorities Committee to \$11,750. This amount was defeated by City Council on August 23rd. Thanks to the efforts of Alderman Gordon Price and the support of Mayor Gordon Campbell, the request was reintroduced and approved on October 4th. Alderman Price put forward a motion and spoke in favour of it. Alderman Libby Davies spoke in support and moved the full amount of \$23,500, which was again defeated. The lesser amount of \$11,750 was then approved with Aldermen Puil and Caravetta opposed. There has been discussion at council to request that the PWA Coalition and Aids Vancouver amalgamate some activities to help cut costs. Aldermen Davies and Price said that the two organizations have separate mandates and programs and that since council does not order other community organizations to establish affiliations, these should not be so ordered either.

It is a great relief for this organization to receive this core funding. A second staff person and a proper phone system will help us cope with the increasing demand for information and programs.

Our thanks go out to Alderman Gordon Price, Mayor Gordon Campbell, and all the other council members who supported us.

Continued on next page.

INSIDE : DRUG UPDATES : MORE NEWS FROM BOSTON : A NEW RETREAT

A thank you also goes to our City Medical Health Officer, Dr. John Blatherwick and his assistant, Ms. Sandy James for their recognition and encouragement as we prepared our original proposal. And our appreciation is expressed to our readers who responded to the last Newsletter's call for help. Your letters and phone calls to the City made clear the role of the Coalition in the battle against AIDS in Vancouver.

MCC PRAYER VIGIL: The prayer vigil was held on Sept. 16,17 and 18 at 1130 Jervis Street and was , by all accounts, a resounding success. Thank you to the organizers of this event and especially to Terry Leitch who spoke on the Coalition's behalf at the Friday service. Thank you, Terry.

New Committee Forms To Direct Special Projects: A new committee (under Programs) called the PROJECTS COMMITTEE is being born to take care of specific special events. This new committee will be soliciting volunteers who want to donate specific skills or specific amounts of time to projects which need their help and talents. Rather than getting involved in the on-going day-to-day and week-to-week business of the coalition, this new committee will be designed to use offers of participation of all kinds from volunteers which the Coalition at this time has not been able to accomodate.

A specific example and probably one of the first projects taken on by this committee will be the organizing of "One Starry Night III", one of our major fund-raisers. Talents needed to help out will include

- organization
- publicity
- typing/secretarial
- graphic design
- enthusiasm of all kinds

If you or someone you know would like to get involved (PWAs and nonPWAs) in an exciting new project please call the office 683-3381 and leave your name and number for the projects committee.

Volunteers Needed !!!

Learn how to use the office computer. No experience necessary. Please leave your name with Jackie at the office (683-3381) or phone Bob (684-2083)

Dextran Sulfate Update: Seven new people have amalgamated themselves and each made a personal decision to self-medicate with the highly exalted substance Dextran Sulfate. These seven people are courageous pioneers who have mustered up the "inner" strength to forge ahead with their healing through alternative therapies. The two main alternative therapies in S.F., L.A. and N.Y.C. are AL-721 and the wondrous Dextran Sulfate. All current reports on Dextran Sulfate at present are only anecdotal, but one Vancouver resident has been on Dextran Sulfate for one (1) month, and he claims he now feels like a stick of dynamite!

The Dextran Sulfate is coming from Tokyo, but is ordered through San Francisco. Dextran Sulfate is completely legal in Canada, but only for personal consumption and personal use. Each individual places an order on a personal level.

According to Dr. Levin of Positive Action Healthcare in San Francisco, the minimum dose should be 1800 mg. which is six (6) pills daily, and the maximum dose should be 2400 mg. which is eight (8) pills daily. It is best to take Dextran sulfate on an empty stomach, so it should be taken at least two (2) hours before a meal or two (2) hours after a meal for best absorption.

The current price for Dextran Sulfate in the U.S. is \$375.00 (U.S.) for 1000 - 300 mg. tablets. Depending on whether you take 6 pills daily or 8 pills daily, one order of 1000 pills will last you anywhere from four (4) months to approximately five and one half (5 1/2) months. Converting the \$375.00 (U.S.) using current exchange rates brings the cost to \$465.00 in Canadian funds. When your Dextran Sulfate arrives in the mail there is also a bill from Canada Customs for approximately \$40.00. This brings the total cost of Dextran Sulfate to \$500.00 Canadian which is roughly \$100.00 per month.

If you think you might be interested in ordering Dextran Sulfate you can order it from the following address:

Alpha Impex
c/o Positive Action Healthcare
450 Sutter Street
San Francisco, California 94108

If you are interested in more information and want to order with the next amalgamated group they will be simultaneously ordering one large purchase on Wednesday, Nov. 02, 1988. If you want to discuss any aspect of Dextran Sulfate call Mark at the Coalition (683-3381), and leave a message with Jackie. I'll get back to you as soon as possible and put you on the Amalgamated Persons Dextran-List. Of significant discourse is the responsibility of educating yourself on Dextran Sulfate. Diligent study and education, in my view, are the keynotes to creating and facilitating your own personal

long-term survival. Your personal choice to exercise your right to self-medication should be a decision based on sound research and a talk with your doctor. It is important to monitor your potential improvement, or possible, but rare, problems. For the new individuals who have just ordered as an amalgamation it has meant developing the inner skill of the Courage to BE !!!

Mark

Boston Conference: The following sessions were taped by Brian and Nicholas and are available at the Coalition:

1. Retrovir (AZT) update
2. Living Powerfully with Aids/Being Powerful in Life
 - Ron Eichberg & Sally Fisher
 - 2 tapes (includes a visualization by Sally)
3. Rational Suicide/Empowerment: a workshop
4. Aids Dementia
 - essential knowledge for mental health professionals
5. PWA Coalitions as Aids Service Organizations
6. A Comprehensive Program for People Diagnosed with Aids/ARC
7. A Cooperative, Holistic Approach to HIV Seropositivity
8. Nutrition and the Immune System

Acupressure Workshop: This is a chance to have a wonderfully relaxing Sunday afternoon and learn some valuable techniques at the same time. The workshop is tentatively planned for a Sunday in late November to be conducted by Lela, our healing circle facilitator. Relaxation techniques will be taught using pressure points in the neck, shoulder, arms and legs areas. The methods are non-invasive and can be used on oneself or another.

If you are interested in the workshop please leave name and number at the office. There is no limit to the number of people. It is open to anyone - friends, lovers, as well as PWA(C)s. The date will be decided as soon as we have a sufficient number of names. The Coalition number is 683-3381

POTLUCK POTLUCK POTLUCK POTLUCK POTLUCK POTLUCK POTLUCK

THE NEXT POTLUCK WILL BE HELD ON OCTOBER 15th.

OUR LAST POTLUCK, GRACEFULLY HOSTED BY ALEX WAS A LOVELY SUCCESS. FOR THE SIGN UP SHEET AND LOCATION FOR NEXT DINNER CALL JACKIE AT THE OFFICE(683-3381) THIS EVENT IS OPEN TO ALL MEMBERS, FRIENDS AND LOVERS.

While AZT is still viewed as our greatest hope, a few others received heavy discussion at the Boston Conference, none more the use of Aerosol Pentamidine. Currently quite available in the Boston area (and other major American cities), it is being used more as a prophylaxis than as a treatment, with encouraging early results. A recent study conducted in Boston over six months had no cases of PCP - this study did not involve patients who had already suffered a bout of PCP, but included HIV positives and ARC patients who had a T-helper count of 400 or less. An ounce of prevention and all that. These results are reflective of ongoing studies (non- double blind) in L.A. and New York, and Washington, with most doctors in attendance stressing that it is currently the way to go. Very little negative reaction was cited, and side effects appear to be minimal - sore throat and cough being the primary complaints. It's benefits over I.V. pentamidine as a prophylaxis could not be stressed enough.

In the U.S., I.V. Pentamidine as a treatment is now being used over a 21 day period to treat PCP, as opposed to the earlier 14 days. It has nasty side effects (as many of us know), effects that build as treatment drags on. Little can be done to curb those effects, and most patients have psychological weariness by the end of treatment. Appetite suppression, nausea, headache, metal mouth, and malaise are common, as well as vein fatigue. The future of I.V. Pentamidine looks poor. As a prophylaxis once a month, the feeling was mostly negative. "Why bother " was the comment I heard most. The effects of the drug appear to be cumulative, and one day a month proves little. Personally , I agree, as it did little or nothing to prevent my last occurrence of PCP.

Very little discussion was heard about AL-721. Dextran Sulfate seemed to be the new conversation grabber, though few participants had actually used the product. Combinations of Dextran Sulfate and AZT seemed to have alot of optimism surrounding them, which was also the case regarding AZT and Acyclovir combos.

K.S. lesions, if caught early, seem to respond to AZT treatment. The lesion is a reaction to infection and turns into cancer. AZT appears to be helpful before this point, but once it has progressed to the cancerous state, must be treated as such. A revived treatment for K.S. sufferers is Interferon, an earlier treatment that tended to devastate other aspects of the PWA's health, is used at lower levels, and is being more easily tolerated and apparently more effective.

With all the drugs/treatments discussed, the bottom line was the earlier the treatment was in place, the higher the possibility of effectiveness.

Ongoing Events:

PLEASE NOTE
NEW MEETING TIMES

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.

MONDAY : MEMBERS MEETING - EVERY SECOND MONDAY OF THE MONTH

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. 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 (testing HIV Positive) Confidential Discussion Group meets Monday evenings at 8 pm, at Gordon House, 1019 Broughton street. for more information contact Ken Mann at AIDS Vancouver, 687-2437

BUDDY SUPPORT GROUP: for Buddys; sponsored by AIDS VAN.

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

TUESDAY : PROGRAM COMMITTEE MEETING 11 am - 12:30 pm, Members welcome and encouraged to participate.

"LIVING IN THE MOMENT" MEDITATION CLASS: From 2 pm - 4 pm.

This class is open to PWAs/PWARCs, sero-positives, freinds and supporters. For more information and location, please contact Kristin at 872-0431

SUPPORT MEETINGS: Every Tuesday evening from 7:30 - 8:30 pm, at the Coalition Drop In Center, at 1170 Bute Street. These meetings are open to PWA/PWARCs only. Discussions about concerns held by the group at the time of the meeting. A good place to talk about your fears, conerns, and triumphs.

WEDNESDAY

:ADVOCACY COMMITTEE MEETING, 11am-12:30pm

Deals with political and legal issues, members are encouraged to attend and get involved.

:FINANCE COMMITTEE, 2 pm - 3:30 pm

Come and lend a hand, help is always needed.

DROP IN CENTER, The Drop In Center/Library is open

Wednesday evening from 7:00 pm to 9:00 pm, at the Coalition office, 1170 Bute Street. There is no meeting as such, Just an opportunity to meet other PWA/PWARCs, 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.

:HEALING CIRCLE, 7:30 SHARP - 9:00pm in the first floor

lounge of the Comox Building of St. Paul's Hospital. Facilitated by various volunteers, the Healing Circle is open to all members, their friends, supporters, etc. Please support this worthwhile event. PLEASE BE PUNCTUAL.

THURSDAY

:BOARD OF DIRECTORS MEETING: 2:30 pm at the Coalition

office. 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, Personnel, and Program) are always open to new volunteers, and welcome your participation.

:PERSONNEL COMMITTEE MEETING, 4pm- 5 pm

You may have a talent that would help

:TAI CHI CLASS, 7:30-9:30pm. This class is held in the first

floor lounge of the Comox Building of St. Paul's Hospital and is open to all members and friends. TAI CHI is an ancient Chinese technique of Meditation in Motion. It's a gentle exercise that helps balance the energy through the body.

GET OVER IT: Alcoholics Anonymous Meeting, 7:00 pm

at the Coalition Drop In Center; open to HIV positive, PWA/PWARCs, friends, lovers, and supporters.

"COPING WITH LOSS AND GRIEF" Sponsored by AIDS VAN.

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.

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THURSDAY(cont.) LOVERS, FAMILY AND FRIENDS, Support group sponsored by AIDS VANCOUVER. Meetings are held every Thursday evening at 7:30 pm in the LIBRARY at ST. ANDREWS WESLEY UNITED CHURCH, NELSON AND BURRARD.

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 contact 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.

INCREASE YOUR INCOME AND REDUCE YOUR LIVING

EXPENSES : TIPS ON :

**GOVERNMENT ASSISTANCE PROGRAMS
INCOME TAX DEDUCTIONS
FINANCIAL SERVICES
DAY-TO -DAY EXPENSES.**

Contact Bob Salkeld at 684-2083

HAIRCUTS: Hairdresser with 18 years experience will cut your hair at home any evening for \$6.00. Coffee and visit included. Inquire about Perms etc. For more information call Terry at 687-6551.

PASTORAL CARE TEAM: MCC Support Services for those who are sick, and counselling for those looking for spiritual comfort. Services include: Home and Hospital visits for the sick, spiritual and/or Christian counselling, relationship counselling, and grief counselling. For more information call the office of Metropolitan Community Church of Vancouver, at 681-8525.

PERSONAL:

ATTENTION PWA/PWARC's : I am sprouting wheatgrass and juicing it. Wheatgrass is the best natural remedy you can possibly use. It kills intestinal parasites, restores blood, is liquid oxygen - a very good vitamin?mineral and is in fact a complete food. Call Ken Hooker at 685-7920.

DOLLAR SENSE

A lot of us are on a limited income and it is important to reduce expenses as much as possible. One of these is to set up authorized monthly withdrawals with BC Hydro and Rogers Cable. This will save time and money by eliminating your bank's service charge for bill payments and waiting in line at the bank. Also, if you are laid up, you can have peace of mind knowing that your basic expenses are automatically paid.

Another way to immediately reduce your expenses is by monitoring your bank's monthly service charge. A survey of the major banks, trust companies, and credit unions found that the TD Bank appears to offer the best deal:

- free chequing with \$500. minimum balance
- free withdrawals from other financial institution's teller machines with a \$500. minimum balance
- \$0.24/debit or \$0.36/cheque if the balance is less than \$500. (versus \$0.40 elsewhere)
- no charge for making bill payments at Green Machine
- interest paid monthly

[Reader inquiries and comments can be addressed to "Dollar Sense" c/o Box 136, 1215 Davie St., Vancouver, B.C. V6E 1N4 or they can be dropped off at the PWA office.]

Next month's article will explain how PWA's can maximize income tax deductions.

Bob Salkeld

DR. CAIAZZA SPEAKS : A seminar and public lecture, co-sponsored by the Canadian Association for Health Advancement, the Health Action Network Society, and the Vancouver Persons With AIDS Coalition was held Saturday September 24 at the Sheraton Landmark Hotel. The featured speaker at this event was Dr. Stephen Caiazza of New York City. Dr. Caiazza spoke to a gathering of about seventy people about his theory of the AIDS - Syphilis connection and his protocol for treating his patients with antibiotics on the basis of this theory.

People interested in learning more about the AIDS-Syphilis connection should consult the Coalition Library.

Library News

The library has acquired a number of fabulous new items for your interest and delectation. Here is a list of some of them.

1. **USPDI (U.S. Pharmaceutical Dispensing Information) 1988.** This is THE compendium of all licensed and approved prescription drugs available in the United States. (We're working on getting Canadian info.) Foreignness aside, there is all lot of useful information here. There are two volumes, one in medicalese for health care professionals, and one for 'lay' people. These books are reference material and may not be signed out. However, feel free to photocopy the information you need. Be informed about the drugs you are taking. Use this book.
2. We now have a number of the books mentioned by Will and George, the two men from New York who spoke to us this past month on *Attitudinal Healing*. On the Western analytical side we have added *Simonton and Simonton's Getting Well Again* to our collection which also includes *Bernie Segal's Love, Medicine and Miracles*, among others. On the more metaphysical side we have acquired six new titles having to do with such things as meditation, channelling and the like.
3. Courtesy of Chuck, we have a whole new set of information packages on various drug and holistic treatments—AL721, Dextran Sulfate, Aerosol Pentamidine, AZT, Acyclovir, and others. These are on library shelves and available free to members. Non-members will be asked for a small donation for these packets.
4. The Truth about Herpes. With all the "truth" about this and that being scarned at us from magazine racks in Chinese restaurants or from grim-faced people standing under awnings, the very word, "truth", takes on an Orwellian meaning. However, this 1988 publication by Dr. Stephen Sacks, director of UBC's Herpes Clinic, is definitely the TRUTH, as much as is known about this irritating disease. It is easy to read, well organized, filled with easy explanations, drawings, and revolting colour pictures. You can browse through the sections you feel are pertinent to you and ignore the others. The great thing about this book is that it lays to rest many misconceptions about herpes and herpes treatments. (The only available and proven effective treatment is oral Acyclovir. All the ointment does, it would appear, is stain your shorts!) The information in this book is a must for all first time herpes sufferers!

And that's the library news for this month.

Bill Ives, Librarian

AZT BILLING UPDATE :

OVER THE LAST MONTH THE COALITION HAS CONTINUED TO KEEP THE AZT billing issue alive through the media at large. Our efforts will continue to force a change of this regrettable Provincial policy.

We encourage our members to continue their boycott of the bills. We ask that members do not pay these bills or acknowledge the supposed debt in any way. UNITED WE STAND.....

LEGAL ADVICE CLINIC is held Mondays from 7:00 - 9:00 pm. at the Gay and Lesbian Centre 1170 Bute. Free, Confidential legal information.

CANADIAN AIDS SOCIETY BOARD TO MEET HERE :

ON OCTOBER 28, 29, 30 THERE WILL BE A CAS BOARD MEETING IN Vancouver to discuss the needs of the 29 groups across Canada that work locally, mostly through volunteers, to prevent the spread of AIDS or related conditions.

The CAS supports the goals of member organizations and advocates action on serious issues in the fight against AIDS. Some of the focus will be on securing adequate funding for active front line groups, educating the public about safe sex practices, securing access to a wider variety of AIDS drugs, eradicating the stigma attached to AIDS, and studying the implications of such controversial measures as quarantine.

The CAS is run by a nine member board of directors from across the country. One place on the board is designated for a person living with AIDS, (our own Kevin Brown).

The Vancouver PWA Society and AIDS Vancouver are hosting the weekend meeting, beginning with a 'MEET AND GREET' at the Coalition Offices on the evening of Friday the 28th.

The CAS is looking forward to meeting with our B.C. groups to discuss the situation that exists in our province.

PERSONNEL COMMITTEE REPORT : The Personnel committee will be meeting at a new time. Starting Oct. 06, 1988. The meetings will be held on Thursdays from 4:00 - 5:00 pm.

At present the personnel committee is working on hiring a new staff person. Much input is needed in order to successfully complete the objective.

Please drop in on Thursdays from 4:00 to 5:00 pm if you would like to participate.

Fausto Iocchelli
Personnel Chair

OCTOBER RETREAT PLANNED !!!!!!!!!!!

THERE WILL BE A PWA RETREAT HELD OCT. 21 (Fri), OCT. 22 (Sat), Oct. 23 (Sun), at the lovely Shawnigan Beach Resort, on Shawnigan Lake, just north of Victoria. There is room for 30 PWA's to attend this retreat.

If you are interested in this retreat, please sign up with Jackie immediately, as the list fills up quickly.

If you have a car, this would help with transportation. Also, please tell Jackie if you can bring a cassette tape machine, games (what kind), video tapes of popular (or unpopular) movies, costumes etc.

We would like to do some meditation work at this retreat, as well as have some other sessions on nutrition and wholistic healing.

So, if this Retreat interests you please sign up as soon as possible.

J.H.

VOLUNTEER ORIENTATION WORKSHOP TO BE HELD OCT. 29th

On Saturday, Oct. 29th, there will be a volunteer orientation held at the Coalition Office at 1170 Bute Street. At this time we are urgently in need of new volunteers in order to maintain our services. Even a few hours a week would really help, so plan to attend the Orientation. If you can't make this orientation date, but could come in for an individual orientation please call Fausto at 683-3381 for a time. Also, please call to register for the volunteer Orientation. Thanks, and I hope to see you there.

**Fausto Iocelli
Personnel Chairperson**

ADVOCACY COMMITTEE UPDATE:

THE ADVOCACY COMMITTEE IS CURRENTLY COMPRISED OF THREE (3) areas: MEDIA RELATIONS; THE SPEAKERS BUREAU; and ALTERNATIVE TREATMENTS. Advocacy needs responsible, committed volunteers who are prepared to make a small, but diligent contribution on a regular basis. The Coalition's operations depend on volunteers, and the Advocacy Committee needs volunteers for its continued functioning. Our meetings are every WEDNESDAY from 11:00 - 12:30 pm.

WITH THE RESTRUCTURING OF THE ADVOCACY COMMITTEE, WE HAVE set up four sub committees. Anyone interested in the SPEAKERS BUREAU please contact TERRY at the office 683-3381 or at home 687- 6551.