

ISSUE #26 NOVEMBER 1988

VANCOUVER
PWA
COALITION

Newsletter

One Starry Night III

AN IMPORTANT FUNDRAISER, NOVEMBER 27th

VANCOUVER'S ARTS AND ENTERTAINMENT COMMUNITY IS AGAIN hosting a night of music and comedy, SUNDAY, NOVEMBER 27th. Twenty performers from our city are giving their time and talent to raise funds for PWA and for ACTORS WITH AIDS. The Arts Club Theatre, MAINSTAGE on Granville Island is the venue. Join us there NOVEMBER 27th. Performing will be Lynda Boyd, Robert McQueen, Vancouver Men's Chorus, Mary Orban, Beverley Elliot, Kemble, Marcus Mosely, Dennis Simpson, Jay Brazeau and Doug Tuck, Mitch Malloy, Reed Hortie, Kendra, Gail Bowen, Ann Warn Pegg, Lori Paul, Linda Scott, Lorie Valleau, Donna Mills, Rae Armour, and Jane Mortifee.

WITH A LINE UP LIKE THIS AND EMCEES BILL MUNROE AND BERNARD CUFFLING, WE'RE IN FOR A GREAT SHOW!

As in previous years, there will be a GIANT RAFFLE of works of art, restaurant dinners, and gift certificates for goods and services from Vancouver businesses.

Two good hearts, David Harrison from the Arts Club and Gary Gilbertson are the producers of this fundraising event. Directed by Janet Wright.

TICKETS ARE \$20.00, AVAILABLE FROM THE ARTS CLUB THEATRE, LITTLE SISTERS, CASTLE, DENMAN STATION, AND THE PWA OFFICE.

MARK NOVEMBER 27th ON YOUR CALENDAR, AND BE THERE!
SHOWTIME 8:00 pm, DOORS 7:30 pm.

INTIMACY AND AIDS :

by Nicholas Gray

AIDS is a dramatic change - to ones self image, self esteem, to health. It is also a loss. Lost dreams and expectations. It is lost potential, and often times it is a loss of intimacy

Intimacy is an essential part of human life. It is a part of us with or without diagnosis. PWA's are sexual beings - beings that have had intimacy problems long before AIDS - beings that are now so highly complicated by this virus and its ongoing problems. Focus remains on the medical and psychological needs. Very little information is available on sexual activity , or returning to intimacy after diagnosis.

Returning to intimacy is one of our larger challenges - one that we often times ignor rather than confront our fears, the " typhoid Mary " syndrome, the changing physicality of our bodies, and the dread thought that we could possibly inflict this crisis on another.

Statistics from studies on the East Coast, and discussed in Boston (July's Internation Conference) show that the average PWA returns to some form of sexuality 18 - 24 months after diagnosis. The questions and needs at this point are different. Just our interest in sex becomes a question. Our own personal fears get complicated by the fears of those around us.

" Relationship " and " Intimacy " become more important than " Sex ". Most of us are looking for companionship after feeling that feeling we could never have a sexual relationship again. Focus on romance and tenderness overshadow sex. Intimacy does not necessarily mean sex.

For those that have found a return to intimacy, working with the moment to create the most positive image. Choosing the right moment to make love can become crucial. Timing of mood, energy and medication comes into play. Open and honest communication of needs and abilities is very important. Partners must discuss with the PWA what they want or can do, and accept that there will be changes in their sexual expression. Fear becomes a factor again here. Can I do it? Will the illness change or destroy the relationship? For the non PWA there is often " survivor " guilt. For the PWA, the need to be " strong " all the time can block true feeling and emotion. We must maintain affection - to continue to hold each other. There is great power in human touch, and we must not lose that.

THE PRAISE OF OUR SISTERS

TO JACKIE, ELAINE, JUDY, AND LESLEY C., FOUR OF OUR SISTERS who recently attended The Attitudinal Healing Conference in S.F., CA. and to Cheryl who held the fort while they were gone. My inner person stands before them, as I see them as Earth Mothers who take care of HIV brothers with a non-possessive love of compassion. Their firm base is an ocean raft for those of us who are foundering. They are like Goddesses of a hidden undersea, and their promise and humility has risen. Their diligence is of the sturdiest quality. Truly, they're Holy Priestesses of the One on High and are helping us as Earth Mothers. Their affection and understanding are always felt and their sister goddess energy is ever resounding. There is no mistaking their power and misinterpreting the affirmative inner feeling of their loyalty. They are so comfortably real. **THEY ARE OUR SISTERS - AND THEY LOVE US - WE LOVE AND PRAISE THEM BACK.** Their love is the virtue of hope, characterized by their commitment. Their faithfulness is humbling and an inner focusing point for me.

Mark

+++++ YOU ARE INVITED TO A DINNER PARTY!! +++++

NOVEMBER'S DINNER PARTY WILL BE HELD AT RICARDO'S. This promises to be an exciting affair with A DOOR PRIZE with a South American flavour. The dinner (potluck) is taking place right after the Volunteer Orientation on SATURDAY, NOVEMBER 19th, 5:00 pm, and new volunteers are urged to attend. CALL THE OFFICE FOR MORE DETAILS. 683-3381 OPEN TO MEMBERS, LOVERS, FREINDS & SUPPORTERS.!!

NEW PERSONNEL CHAIR :

THE CHAIR OF THE PERSONNEL COMMITTEE HAS RECENTLY become vacant and Alex has been appointed as the new head of that committee. MANY THANKS TO FAUSTO FOR THE HARD WORK HE PUT INTO THE COMMITTEE OVER THE YEAR. New time for Personnel meetings is TUESDAY 2:30 pm. Members who want to get involved are more than welcome!

IMPORTANT INFORMATION ABOUT THE UNITED WAY CAMPAIGN

THE UNITED WAY CAMPAIGN CONTINUES UNTIL THE END OF NOV. Tell everyone that The Vancouver Persons With AIDS Society can be DESIGNATED as a recipient of donations as can AIDS Vancouver and McLaren Housing Society. BY DESIGNATING YOUR DONATION YOU CAN INSURE THAT IT WILL GO TO THE ORGANIZATION OF YOUR CHOICE.

AIDS

A CELEBRATION OF CARING

**AN EVENING RECEPTION AT THE VANCOUVER ART GALLERY
TO CELEBRATE THE WORK OF**

**AIDS VANCOUVER
VANCOUVER PERSONS WITH AIDS COALITION
McLAREN HOUSING SOCIETY**

**Honoured guest will be JUNE CALLWOOD,
distinguished social activist and founder of Casey House Hospice
in Toronto.**

MONDAY, NOVEMBER 14th, 7-9:30 pm

**Vancouver Art Gallery, Hornby Street Entrance
Special Presentation at 8 pm**

CO-SPONSORED BY THE UNITED WAY

TICKETS \$20.00

**Available at Little Sisters, Story Travel, AIDS Vancouver,
and Vancouver PWA Coalition**

**ALL PROCEEDS GO DIRECTLY TO AIDS VANCOUVER,
VANCOUVER PWA COALITION, AND McLAREN HOUSE**

(Comp. tickets available for Coalition members PWA/PWARCs)

VOLUNTEER ORIENTATION WORKSHOP

SATURDAY, NOVEMBER 19th

**THE PERSONNEL COMMITTEE WILL BE HOSTING A VOLUNTEER
Orientation Workshop from 2 pm to 5pm on November 19th. There
will be basic information about office equipment and procedures
plus overviews of the history and inner workings of the Coalition from
the heads of Committees. IT IS NECESSARY TO ATTEND AN ORIEN-
TATION WORKSHOP IF YOU WANT TO VOLUNTEER IN THE OFFICE.
Even if you don't have some time to devote to us this workshop is an
excellent way to get to know the Coalition and how it works. PLEASE
SIGN UP IN THE OFFICE. This workshop is especially recommended
for new members. OPEN TO MEMBERS ONLY. An Orientation for
Associate Members is planned for the near future.**

**Alex
Personnel Chair**

ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION
.....

THE COALITION IS IN NEED OF A COLOUR TELEVISION WITH AT LEAST A 20" SCREEN TO REPLACE THE ONE IN OUR LOUNGE, WHICH HAS BIT THE DUST. IF YOU OR SOMEONE YOU KNOW HAS ONE YOUR NOT USING, OR PERHAPS WOULD LIKE TO HELP US PURCHASE A NEW ONE, THE DONATION WOULD BE MUCH APPRECIATED AND WE WOULD GIVE IT A GOOD HOME!

AIDS VANCOUVER ANNUAL GENERAL MEETING, NOV. 22

AIDS VANCOUVER WILL BE HOLDING THIER AGM ON TUESDAY , Nov. 22nd at GORDON HOUSE at 7:30 pm. All members and interested parties are invited to attend.

"NAMES PROJECT" (THE QUILT PROJECT) :

WE NEED A DEDICATED, PWA/PWARC VOLUNTEER TO SERVE ON A committee with Ray Chalifour of AIDS Vancouver and Robin Taylor. This committee will be organizing bringing the Quilt Project to Vancouver in July 1989. This event is supported by the Canadian AIDS Society. Interested persons can contact Jackie (683-3381) or Steve Scribailo at the office.

RUMMAGE SALE RUMMAGE SALE RUMMAGE SALE

TO BE HELD ON
SATURDAY, DECEMBER 3rd, 1988
FROM 10:00 am, UNTIL 4:00 pm

IN THE UPPER HALL ST. PAUL'S ANGLICAN CHURCH
CORNER OF JERVIS AND PENDRELL

THE PROCEEDS OF THIS RUMMAGE SALE WILL BE DONATED TO
THE PWA COALITION

PLEASE BRING YOUR SALEABLE ITEMS OF CLOTHING, BOOKS, LINEN, SMALL FUNCTIONING APPLIANCES, ETC., TO THE CHURCH ON FRIDAY EVENING, DECEMBER 2nd. THE FRONT DOOR OF THE CHURCH WILL BE OPEN SO THAT YOU CAN TAKE YOUR DONATIONS TO THE UPPER HALL. VOLUNTEERS ARE NEEDED : TO SORT AND PREPARE ON FRI. EVENING, TO TEND THE TABLES DURING THE SALE AND TO CLEAN UP AFTER.

SPONSORED BY THE METROPOLITAN COMMUNITY CHURCH

IF YOU ARE ABLE TO HELP PLEASE CALL THE CHURCH OFFICE
681-8525

ALTERNATE THERAPY NEWS :

THE LATEST INFORMATION ON DEXTRAN SULFATE COMES FROM A small quote which I came across in the October 1988 issue of SCIENTIFIC AMERICAN entitled 'WHAT SCIENCE KNOWS ABOUT AIDS'. The actual article is approximately nine (9) pages long and is subtitled 'AIDS THERAPIES'. In it R. Yarchoan, H. Mitsuya, and Samuel Broder from the Clinical Oncology Program of the National Cancer Institute (NCI) talk about Dextran Sulfate's potential as a clearly safe, effective, non-toxic anti-viral. In the article they compare Dextran Sulfate's molecular function to that of CD4 which is yet another favourable anti-viral on the horizon in comparison to AZT. They say "other molecules, however, may also do the trick. Several large, sulfated, negatively charged molecules have been shown to inhibit HIV replication. One prototype is Dextran Sulfate. Molecules weighing between 7,000 and 8,000 daltons inhibit HIV replication." (p.114). Broder, who was among the first to identify anti-viral drugs that could be moved quickly from the test tube into AIDS patients goes on to comment about the NCI program that " Our group found that one way this compound may have its effect is by inhibiting viral-binding."(p.114).

As Dextran Sulfate has been used in Japan for over thirty years and there are already several existing studies confirming its non-toxicity. Dextran Sulfate is a relatively benign substance! This clinical history implies, and denotes that the amount of Dextran Sulfate required to be effective against whatever virus it is that causes AIDS may in actuality be non-toxic, and quite safe. But, alas it remains to be seen by the so-called AIDS establishment whether it is truly effective. There are several promising reports of effectiveness coming from Positive Action Healthcare in S.F. Dr. Donald I. Abrams is studying Dextran Sulfate in patients at the San Francisco General Hospital.

Three people are currently on 'D.S.' in Vancouver and are being monitored by their Doctors. Seven new people individually ordered Dextran Sulfate on October 5, 1988, and many of them received their parcels the last week of October. An additional fifteen to twenty people have signed the Dextran Sulfate list which I have co-ordinated. That brings the total number of people intending to use Dextran Sulfate to a sum of twenty-five individuals as of Wed. Nov. 2, 1988. If you are interested in ordering Dextran Sulfate on an individual basis for your own personal use and consumption, then you can sign our amalgamated Buyer's List sheet. Our next order date will be Thursday December 1, 1988. The current cost is now \$440.00CDN., and when your parcel arrives there is a customs-duty bill of approximately \$41.00CDN. This amount is 1000-300mg. tablets, and last anywhere from 3½ months to 5½ months depending on how much is used. If you want a Dextran Sulfate Info-Pac call the COALITION or if you have any questions leave a message for me at 683-3381

MARK

If you want to order Dextran Sulfate direct contact the following -

POSITIVE ACTION HEALTHCARE
450 Sutter St. Suite 1123
San Francisco, California 94108

WONDERFUL VITAMIN C

Without Vitamin C human life cannot exist. Vitamin C which is also known as Ascorbic Acid is a completely safe nutrient to take. Vitamin C has an important effect in viral infections but it is not a cure for whatever causes AIDS. Among Ascorbic Acid's special functions are:

- it combats both organic and inorganic poisons
- fights viral and bacterial toxins and many industrial contaminants and pollution
- offers significant protection against radiation
- can also protect against, and help overcome numerous diseases and disorders including Arthritis, Poliomyelitis, Hepatitis, Herpes, mononucleosis, Smallpox, Tuberculosis, Pneumonia, Typhoid, Cancer, Leukemia, Influenza, and of course, the common cold.

Why, one must ask, are these conditions amongst countless others not routinely treated with massive amounts of non-toxic Ascorbic Acid? The answer is painfully simple: because we are still living in an era of ignorance and professional prejudice!!! It is well accepted, even in so-called orthodox medicine, that Ascorbic Acid simultaneously decreases the toxicity of most drugs and antibiotics and additionally increases their effectiveness. Still, this life enhancing vitamin is rarely if ever given in combination with drug therapy.

Modern nutritionists are beginning to realize that the human body requires daily dosages of Vitamin C ranging between 10,000 and 18,000 mg. A comfortable way to take these mega-doses of Vitamin C is in the form of powdered Ascorbic Acid. Ascorbic Acid as Vitamin C is also available as the ascorbate of essential minerals such as Calcium. Calcium Ascorbate has very little acidity and is tolerated very well in large doses. Furthermore, a mineral such as Calcium in the form of a Vitamin C ascorbate is very easily assimilated, and the vitamin is more stable in this form. Thus if a person wants to take the best quality, bulk Vitamin C powder it is best if it is purchased in the form of CALCIUM ASCORBATE. When daily dosages of Calcium Ascorbate are maintained in the thousands of milligrams (10,00 - 40,000 mg), many susceptibilities to bacterial and viral conditions will be greatly and significantly decreased. Each teaspoon of bulk Calcium Ascorbate powder contains anywhere from 3,500 mg to 5,500 mg. It has been recommended that someone who may have been exposed to whatever causes AIDS, begin taking Vitamin C in the form of Calcium Ascorbate in dosages of 25 gm./day which is 25,000 mg which is approximately five(5) teaspoons. The amount is to be increased until each individual reaches the maximum dosage their body can absorb. Urine tests of people with AIDS reveal that they can ingest 50 or even 80 gm (50,000 mg to 80,000 mg) of Calcium Ascorbate per day without excreting any excess. In any event, the Maximum amount of Vitamin C a person can absorb is the bowel tolerance. When you have reached your Vitamin C 'peak' a mild case of Diarrhea is produced. The amount at which our bodies use Calcium Ascorbate is known as a "BURN". Realize that the amount of Calcium Ascorbate tolerated is only a good measure of this 'burn' if it is the amount determined by experimenting to "true" bowel tolerance.

Vitamin C cont'd :

Calcium Ascorbate does have the potential to lessen the intensity of the AIDS condition to a noteworthy degree. The success of treatment with Vitamin C in the form of Calcium Ascorbate entirely depends on consistent administration of the vitamin sufficient to neutralize the free radicals produced by various opportunistic infections. When Calcium Ascorbate is maintained in the blood it creates a perpetual state of cellular oxidative burst which in a way healthy to us, bleaches germs.

There is a lot more that could be said about Vitamin C in the form of Calcium Ascorbate. You will find countless other references to it in many books. Please see the selected bibliography.

The highest quality Calcium Ascorbate available in the city of Vancouver comes from the Sago Palm. It is formulated to be free of milk, sugar, soy, wheat, yeast, grains, and other common allergens. A 900 gram container lasts from one to three months depending on how much is used daily and the cost is \$40.80 for the large 900 gram size. It can be obtained from Finlandia Homeopathic Pharmacy located at 1724 West Broadway in Vancouver or at the health food dealer of your choice.

WHAT VITAMIN C CAN POTENTIALLY DO FOR YOU :

- 1)-enhance T-cell immune competence in humans
- 2)-increase the efficacy of white cells to destroy invaders
- 3)-increase production of Interferon
- 4)-necessary for proper Thymus function
- 5)-enhance the stimulation and activation of T-cells and stimulation of macrophages
- 6)-accelerate 'general' healing after hospitalization
- 7)-aid in lowering 'intensity' of many bacterial infections
- 8)-aid in treatment and prevention of the common cold
- 9)-act as a natural laxative
- 10)-decrease opportunistic infections by 25% and some cancers by 75% if taken in 10,000 mg to 18,000 mg daily dosage. according to Dr. Linus Pauling.

FACTS ABOUT VITAMIN C

- 1)-a non toxic water soluble vitamin
- 2)-most creatures synthesize their own Vitamin C, but man must rely on outside sources.
- 3)-helps in the body's absorption of Iron
- 4)-used up more rapidly under stress conditions
- 5)-smokers have an even greater need for Vitamin C (each cigarette destroys 25 mg.)

CANADIAN AIDS SOCIETY RECEPTION AND BOARD MEETING OCT. 28-30

A RECEPTION ON FRIDAY NIGHT, OCT. 28 WAS HELD AT THE PWA offices, co-hosted by AIDS Vancouver and the Coalition. It was very successful, about 60 people attended, including Federal candidates from Vancouver Centre. Thanks to Brian and Alex and the AIDS Vancouver volunteers Roy, Gerry, and Eddy.

HIGHLIGHTS FROM THE CAS 2 DAY BOARD MEETING :

- Government policy and election strategy were discussed.
- Discussion of a 2 day pre-conference for non-government AIDS groups from around the world in Montreal before the main conference in June 89. This is contingent on funding.
- A position paper is being prepared in co-operation with the Canadian Hemophiliac Society.
- CAS will be preparing a position paper on Homophobia and Quarantine to be presented to the Federal Gov't.
- Judith English of AIDS Vancouver Island, a board member, presented a survey, 'Parallel Services Study', it was well received.
- The 'Names Project' (American & Canadian Quilt Project) has a proposed budget and Committees are set up across Canada. This will be timed to be in Montreal during the Vth International Conference on AIDS in Montreal and in Vancouver at the end of July. The project is being organized from Halifax.

Kevin Brown attended as well as Steve Scribailo and Michael Pitz as observers.

Steve S.

COUNSELLING SERVICES

A COUNSELLOR WHOSE FOCUS IS ON MENTAL HEALING, SELF AWARENESS, AND STRESS MANAGEMENT HAS OFFERED TO DONATE HER SERVICES TO COALITION MEMBERS. THIS WILL BE ON A ONE TO ONE BASIS, WEDNESDAYS 10 to 4 BY APPOINTMENT. SESSIONS WILL BE AT THE COALITION, IN A PRIVATE SECURE ROOM. PERSONS INTERESTED IN THIS SERVICE CAN CALL JACKIE FOR AN APPOINTMENT. FIRST APPOINTMENTS WILL BE TAKEN FOR NOVEMBER 23rd AND EVERY TWO WEEKS AFTER THAT. PLEASE TAKE ADVANTAGE OF THIS GENEROUS OFFER. 683-3381

"Effective therapy teaches individuals to help themselves."

ALEX
PERSONNEL

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.

PERSONNEL COMMITTEE MEETING : 2:30 pm

You may have a talent or experience that would help. Come and find out

"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.

(continued on next page)

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.

PERSONAL: MEMBER LOOKING FOR TRAVELLING BUDDY:

One of our members is planning to take a cruise Dec. 4th - 11th/88 and wonders if there is someone who would like to share in this. The itinerary is from L.A. to Mexico, 7 days in total with airfare from and to Vancouver the total cost is \$1307 CAN. shared accomodation. If interested call Lorne at 733-5507.

RETREAT AT SHAWNIGAN BEACH RESORT A SUCCESS

THE THIRD RETREAT OF 1988 WAS A GREAT SUCCESS, AND APPRECIATED by all members who attended. The Main Lodge was picturesque, cozy, and had a New England flavour about it. It was indeed a very special treat.

There were many activities as well as a lot of free time for people to get to know one another on a casual basis. As usual people talked about various experiences with AIDS and educated the new-comers about various new alternative therapies and the old ones too. Some people went hiking while others went boating, and canoeing. There was also a hot-tub, dry sauna, and an indoor swimming pool.

An important event was a Saturday evening workshop held by a member of the PWA Society Board, the AIDS Vancouver Board as well as the Chair of both the Program and Advocacy Committees. This person led a successful support group and visualisation which everyone who atenedded was greatly refreshed by. Additionally, there was a workshop on 'sensory' awareness, and a double seminar on mega-doses of Vitamin C in the form of Calcium Ascorbate, and the new anti-viral Dextran Sulfate. Our sunday evening was spent doing Skit Night and our Master of Ceremonies was the infamous Jenny Jenkins. The three guests that Jenny interviewed were the stunning and glamorous Michael, Bat-Man, and Olga from Chernobyl whose alias was Jaylene; however I must state, nobody really knew who Olga or Jaylene really was, but one thing was definite, the two who in actuality were one person was an individual of fun, farce and entertainment. As for our MC, Jenny Jenkins, she recited verse, sang 'The Days of Wine and Roses', 'What Now My Love', 'Love is a Many Splendored Thing' and did a closing ceremony with excerpts from the Brahma-Sutra in actual Vedic Sanskrit. It was a grand Coalition Skit Night!!

The food was 100% superb, totally healthy, sumptuous and very gourmet. Nothing was left undone as the retreat was started with the official whistle blow, and was ended with the whistle blow. In a capsule portrait the Retreat was indeed a special treat. Many thanks to those who organized and participated in this helpful and memorable event.

B.C COLLEGE OF FAMILY PHYSICIANS AIDS EDUCATION WORKSHOP

BRIAN PEEL OF AIDS VANCOUVER AND MYSELF ADDRESSED A GROUP of about 25 physicians from across Canada on November 4th . They were attending a weekend workshop from which they returned to their communities to help set up cross-Canada AIDS education for local physicians in their prospective areas. The project will be organized from Vancouver.

Steve S.

MAKING A HOSPITAL STAY EASIER

MAKING A HOSPITAL STAY EASIER :

SOME TIPS FOR MAKING A TRIP TO THE HOSPITAL AND THE STAY THERE SMOOTHER :

- Please carry with you the EXACT address of your Ministry of Social Services Office, the phone number, and the name of your Financial Aid Worker if possible. This helps the Social Workers at the Hospital get services or funds for you.
- Carry the name and number of the person you want notified in case of emergency.
- If you feel you need to take a TAXI to the hospital (feeling too ill to get there any other way), call your Financial Aid Worker and he or she will order a cab for you. If it is after hours, and you must pay for the cab yourself reimbursement can be difficult.
- Try and carry your Coalition membership number with you for television rental in the hospital. It makes it easier for us, but this information can be checked with a call to Jackie.
- If you have any other tips, or know of information that will supplement the above the newsletter would like to here from you.

CONVINCING YOUR FRIENDS TO TAKE THE TEST

ERADICATION OF THE VIRUS THAT CAUSES AIDS IS, I BELIEVE, WITHIN the grasp of man. Thus, I am an advocate of early testing amongst all the classic high risk groups. The brunt of scientific data in late 1988 is beginning to support this position. This vital need for educating people early about their viral infection is of paramount significance for more effective diagnosis and treatment. It is now being observed that the virus that causes AIDS is a manageable chronic illness if it is diagnosed and treated early enough. The terrible problem is that most people aren't diagnosed until they have a major opportunistic infection or a full blown AIDS diagnosis. So the theme of this fertile pen is to advocate 'everyone' learning their (HIV) antibody status. It is the empirical indicator of whether you may go on to develop AIDS if you do not intervene in your infection. There are several alternative best-proven treatments in simple, easy to understand language. Further, the information is updated constantly. The COALITION can act as a research centre for individuals who want to take early responsibility for their viral infection. As an organization we do not subscribe to any particular alternative therapies, but we are a thorough resource centre for people who are interested in doing their homework on their viral infection.

CONT'D :

There is clinical proof of people who had severe ARC and were very sick as a result back in 1983 and 1984 in San Francisco but went on non-approved alternative treatments and because of this early diagnosis got into treatment programs before they had full blown AIDS, and those people are fairly healthy today for individuals with a viral infection. These are conscientious and diligent people who had between 90 and 100 T cells and are now cruising along with 600 and 700 T cells. The key, however, is early diagnosis and the better your immune responses will probably be. We do see the actual reversal of that in people on treatment with AZT, AL-721, and dextran sulfate. In my view, the key to such optimism is in knowing ones antibody status, and in finding the inner will to overcome the denial and start on alternative treatments early. It is my belief that coming down with opportunistic infections is preventable today, and that it was probably preventable a year ago. Thus, I am encouraging you for yourself as well as for your friends to determine your antibody status, and to participate in your healing process early while you are still relatively healthy. Your immune system will love you for being so considerate to yourself.

M.A.P.

MINI-FACTS ABOUT AIDS IN B.C. :

- 1) As of Sept. 30, 1988 there has been a total of 432 cases of AIDS in B.C.
- 2) That is an increase of 116 cases since Feb. 01, 1988.
- 3) The first AIDS cases in B.C. were reported 5 1/2 years ago in June 1982.
- 4) Between 1983 and 1986 the number of AIDS cases doubled every year.
- 5) By the end of 1988 there will probably be a total of 150 cases for the year.
- 6) The number of AIDS cases among homosexual males has decreased by 5%.
- 7) 65,000 people have voluntarily taken the test for HIV infection.
- 8) Of that 65,000 tested, 2,500 have tested positive.
- 9) The current estimate on the number of people infected in B.C. is approximately 5,000 to 9,000 people.
- 10) Canada ranks 21st in AIDS cases per capita.

SOME FURTHER IDEAS:

- get anonymously tested and know your HIV status.
- according to City health officials "AIDS is a preventable disease." The Vancouver Sun, Wed. Nov. 02, 1988.
- the Coalition has articles on HIV TREATMENT STRATEGY. It is a highly valuable and relevant article for asymptomatic HIV seropositives, and persons with ARC, and severe ARC. It details and introduces in 'plain' english how to develop a strategy through alternative therapies with non-toxic anti-virals.

Mark

NEWS FROM THE LIBRARY

We have two new and important publications in the library this month: the October issue of Scientific American, devoted entirely to the subject of AIDS, and Worst Pills/Best Pills, "the older adult's guide to avoiding drug-induced death or illness."

The Scientific American AIDS issue is a must-read for HIV patients. This particular issue contains the latest words of establishment medicine on the current state of knowledge about AIDS. It begins with an article by Drs. Robert Gallo and Luc Montagnier, telling the story of the research which led to their discovery of the Human Immunodeficiency Virus, and the story is quite fascinating. There are other articles on the origins of the AIDS virus, its epidemiology in the United States (remember this is an American publication) and internationally, and on the molecular biology of the action of the HIV. Another article lists some of the current drug therapies and their various stages of testing. And much much more! Tucked away at the end of the issue is an interesting review of Randy Shilts' heavy-duty book, And the Band Played On. This review, and in fact all the articles in this magazine, point up the fact that AIDS information becomes rapidly obsolete. It will be interesting to see what next year's AIDS issue will have to say.

Worst Pills/Best Pills is a drug information directory put out by the Public Citizen Health Research Group (a medical arm of Ralph Nader's consumer advocacy group) in Washington, DC. It starts with the premise that many seniors are ill or dying or having accidents because of being over-drugged. The reason? They see many specialists, each of whom prescribes drugs, and there's no one riding herd on all of their drug use. AIDS patients and seniors have a lot in common, from the various infections due to deteriorating immune systems to the midway of drugs prescribed by different specialists. This book may help you sort out your drugs. It contains listings of the most common U.S. prescription drugs, what they do and don't do, and it gives warnings about dangerous combinations, and drugs that shouldn't be used under certain circumstances. For all the pills this book suggests should not be used, it lists safer alternatives. The language is clear and uncomplicated, and if you are curious about what you are currently taking and want to look up your prescriptions, this is a good companion piece to our grand directory, the USPDI.

Both publications I've mentioned are reference books and may not be signed out of the library. Feel free to copy pertinent information, however.

And that's the news from the bookshelves, except to say that the new listing of all our books is currently underway. New colour codes are coming in and until it is all completed the system may seem a bit scrambled. Please bear with us.

Bill Ives

THE NEW RISING STAR — CD4: WHAT IS IT?

THE FIGHT AGAINST AIDS HAS BEEN GIVEN A RECENT BOOST BY A promising new 'star' called CD4. CD4 is the protein found in the CD4 receptor site on T-helper and certain other cells. It looks and acts like the proteins on these immune cells. The virus that causes AIDS seeks out these proteins to bind to the immune cells and to mercilessly invade it. In the laboratory, manufactured CD4 provides an alternate target for the AIDS virus, preventing it from infecting new cells. Researchers hope that the AIDS virus will mistake CD4 for the protein, and bind to it instead. In laboratory and animal tests, CD4 seemed to absorb the AIDS virus before the virus could begin infection. Although it still remains uncertain how effective CD4 will work, Research on this 'rising star' has been touted "as one of the most important steps" undertaken to date in treatment studies in the field of Genetic Engineering. Clinical trials are now underway at San Francisco General and UCLA Medical Research Centre for this promising new therapy.

M.A.P.

Alternative Therapies
Advocacy Committee

FINANCE COMMITTEE ACTIVITIES :

WE ARE BUSY PREPARING OUR SOCIETY BUDGET FOR 1989 AND gathering material to update and revise our funding proposal where necessary. This info is now on computer, which should simplify this task. We welcome volunteers who can type or write to assist in this project.

In addition to ONE STARRY NIGHT III on November 27th and LOVE IN MOTION at the Commodore on December 23rd, we now have Brian Teixeira approaching foundations on our behalf. No bucks yet, but we're on track. Paul is applying for a casino permit so that we can raise funds at a bingo or casino. The funds we raise ourselves go to finance the COMPLIMENTARY HEALTH PROGRAM. This expensive program reimburses PWAs for bills they incur in the pursuit of better health.

Don is registering 4 PWAs for the Vth INTERNATIONAL CONFERENCE ON AIDS, Montreal, June 1989. Does anyone out there have friends in Montreal who could billet one or two?

Warren worries about deadlines, shuffles folders around, and frets about funds. Terry writes the cheques to pay our bills and never makes a mistake! Bob updates the mailing list. He spends so much time in front of the computer we think he's stuck to the chair!

Future committee activities include a self evaluation of the year's activities, and a preparation for the ANNUAL GENERAL MEETING in 1989.

Finance committee welcomes newcomers and meets Wednesdays 2-3:30 pm.

W.J.

NOAK'S ARK SEEKS CLOSER CONTACT :

SWEDEN'S AIDS CARE ORGANIZATION, NOAK'S ARK (Swedish spelling), has a paid staff of 30 and over 500 volunteers. Created in conjunction with the Swedish Red Cross, Noak's Ark provides counselling, public education, emotional and practical support, plus temporary housing for PWAs.

While we were in Stockholm last June for the IVth International Conference on AIDS, we toured their facility and made friends among the staff and volunteers.

Our Swedish AIDS Care friends wish to maintain and expand their contacts with Vancouver. There are PWAs and volunteers who seek penpals and organizational contacts with Vancouver and Canada. That's you!

PLEASE WRITE TO : NOAK'S ARK
DROTTNINGGATAN 61-11121
STOCKHOLM, SWEDEN

ATTN: ULF SEGANDER

THOUGHTS ALONG THE WAY: CONTEMPLATION IN A WORLD OF ACTION.

I have one thing to quote our B.C. government in relation to what I believe is an immoral billing for AZT, and to our Federal government for the immoral delays in releasing promising, non-toxic therapies. As both our Premier, and Federal Health Minister are Christians, I refer them to the book of Romans in that they may reconsider their moral stance and recant their current position. I quote ST. Paul's Epistle to the Christians Living in Rome:

For it is written, as I live saith the Lord, every knee shall bow to me, and every tongue shall confess to God.

So then every one of us shall give account of himself to God.

Let us not therefore judge one another anymore: but rather, that no man put a stumbling block, or an occasion to fall, in his brothers way.

Romans 14:11-13

M.A.P.

COME ONE COME ALL :

THE PWA COALITION IS ORGANIZING ENTERTAINMENT WEEKENDS.

Types of activities suggested :

MOVIES

DAYTRIPS

SWIM GET-TOGETHERS

VIDEO NIGHTS

or any good idea you may have.

If interested please contact Jackie or Michael Jodoin at the PWA office for more information or come in and sign up!

Here's a topic no one talks a lot about — stool samples. Yucky tests, especially the first time. For those of you who are new to AIDS, (and the trip to the lab with your little brown bag of doo-doo) here is a way of making the whole experience as quick and clean as possible.

First, you have to pick up your sample bottles. As you will seldom encounter anyone at ST. Paul's lab who know's anything about these, don't count on directions. Find out as much as you can BEFORE you go. They'll give you a bag with pill bottles and a wad of forms (none of which contains an instruction). In their hey-day they used to include a couple of little wooden ice cream spoons. No longer. You have to use your own tools.

Next, note that unless otherwise instructed you don't have to fill the entire bottle. A tasteful teaspoonful will do. Lift the seat and take about 2 feet of clingy plastic wrap and fasten one end to one side of the toilet bowl, stretching the rest over to the other side, and make a depression in the middle.

Put down the seat and go. DON'T pee in the saran wrap.

Do what you have to do and then take your spoon or whatever and put the sample into the bottle and cap it.

Now, dump out the remaining contents of the plastic wrap into the toilet. You'll find that everything slides off with a little shaking. Carefully fold the wrap so that the part with the kaka is completely enclosed, and drop it into the garbage.

Wash the spoon.

And presto, all done. Why it's all so clean and neat you'll be begging your doctor to let you do it again.

A BROADER PERSPECTIVE :

TOWARDS CREATING JUSTICE AND EQUALITY

THERE ARE MANY STRUGGLE SITUATIONS AROUND THE AIDS ISSUE. Therefore, HIV infection requires persistent and effective work by involved Coalition members and their friends (you that is!) to resolve. Individuals with HIV need to consider the type of effort that brings about progressive action. Things do not happen by themselves and unfortunately in all the good things that involved members try to do there is opposition to overcome in every case. YOU DO MAKE A DIFFERENCE, one way or the other. There are no neutrals. If you promote this kind of progress, then the BALL MOVES FORWARD. If you do nothing or carelessly criticize the work of others, then you leave the field to the opponents who will push things backward. Your help can come in the form of volunteering time, letters, phone calls, involving yourself in the search for new alternative therapies, openness with friends, associates and Coalition members, or (WHY NOT?) ALL OF THE ABOVE!

Mark

We need your letter!

FUNDING SUBMISSIONS FROM THE PWA SOCIETY TO HEALTH PROMOTION Directorate, to the Province of BC, and to the City of Vancouver are in preparation now.

Your letter of support will help! Funders want to know which organizations PWA interacts with, and what they think of our programs and information services for persons with AIDS or ARC.

INDIVIDUAL PWAs, FRIENDS AND CAREGIVERS CAN ALSO SUPPORT us with a letter. Tell our funders why they should continue to fund the Society. What's been your connection with us and your experience?

PLEASE TAKE THE TIME TO WRITE SUCH A LETTER. SEND IT TO THE office, attention WARREN JENSEN. Our address is on the cover of the Newsletter.

THANKS TO ALL!-W.J.

AN IMPORTANT COALITION EVENT! ! ! ! ! ! ! ! ! ! !

AUTHOR RETURNS TO ENLIGHTEN US :

TOM O'CONNOR, AUTHOR OF THE EXCELLENT HANDBOOK, 'Living With AIDS : Reaching Out', will be returning to Vancouver on SUNDAY, NOVEMBER 27th. Tom is a wealth of information about the latest therapies being used around the continent. He travels widely and will be in Vancouver to tell us specifically about CRIs (Community Research Initiatives) which he is currently setting up around the U.S. and Canada, with the protocols being written in San Francisco and the data being banked there for the use of all. PLEASE COME AND HEAR TOM : HE WILL BE SPEAKING IN THE COALITION LOUNGE, ON SUNDAY, NOVEMBER 27th AT 2:00 pm.

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THE NEWSLETTER MAY REPORT ON EXPERIMENTAL AND ALTERNATIVE THERAPIES BUT THE COALITION DOES NOT RECOMMEND PARTICULAR THERAPIES. PLEASE CONTACT YOUR PHYSICIAN BEFORE TRYING ANY NEW TREATMENT.
