



Newsletter

A CLINICAL TRIAL

IN PARTICULAR A DOUBLE-BLIND, PLACEBO CONTROLLED STUDY SHOULD NOT BE CONSIDERED AS A SOURCE FOR TREATMENT.
Clinical trials are designed to yield information on an experimental drug and are not designed to provide treatment to an individual. If you are considering participating in any drug trial, you have a right to all the information available on that drug. You should be provided any such information in writing. Further, investigators have a duty to explain the risks of taking the drug being studied, and to provide information on other treatments available to you. Understand the commitment that is being asked of you, and if you have any questions, get them answered.

THE DIGNITY AIDS PASTORAL CARE PROJECT

ENCLOSED IN THIS MONTH'S NEWSLETTER IS A QUESTIONNAIRE FROM DIGNITY Canada DIGNITE

Please fill it out and mail it to the address in the opening paragraph of the questionnaire by **MAY 1st, 1989**. The results of the survey are to be presented at the **Vth International Conference on AIDS in Montreal in June 89**.

THANK YOU FOR YOUR PARTICIPATION

IT WILL MAKE A DIFFERENCE!



R.I.S.E.

RAISING IMMUNE SYSTEM EFFICIENCY

A TEN WEEK COURSE FOR COPING WITH HIV INFECTION

See Page 7

"WHY RIBAVIRIN"**MANUFACTURER/DEVELOPER: VIRATEK ICN PHARMACEUTICALS****Chemical name:****1-beta-D-ribofuranosyl-1,2,4-triazol-3-carboxamide**

PHYSICAL DESCRIPTION: Ribavirin is a synthetic nucleoside derivative of the antibiotic pyrazomycin. It shows broad spectrum antiviral activity against DNA and RNA viruses and is licensed by the FDA for its use in aerosol form for the treatment of respiratory syncytial viral (RSV) infections.

TRIAL RESULTS: Spector *et al.* reported on a placebo-controlled study of ARC patients. 18 subjects were treated with 600mg./day, 19 were treated with 800mg./day and 18 received placebo. At the conclusion of the 16 week trial, no difference in HIV isolation, time to positive culture, or HIV P24 Ag. were detected in the treated versus the placebo groups. Additional studies are evaluating the effects of Ribavirin at higher doses (up to 1600mg/day). **MORE NEXT MONTH**

P 24 ANTIGEN / BETA 2 MICROGLOBULIN TESTING TRIPS TO SEATTLE

On February 22, eight of us drove to Seattle for P 24 ANTIGEN (P24) and BETA 2 MICROGLOBULIN (B2M) testing. This trip went like clock-work. We had several hours for sight-seeing, and the car I rode in was still back in Vancouver before 6 P.M.

Many thanks to Steven Whittaker of the Seattle Treatment Exchange for arranging for us to obtain these tests at a bargain price (\$80 U.S. for both tests).

From now on, we will be arranging Seattle testing trips on a monthly basis. If you are interested, a sign-up sheet is posted in our offices. Our next trip is scheduled for **WEDNESDAY, MAY 3rd, 1989.**

If you want to have these tests done on your own, the place to go is:

University of Washington
Admit Lab
1959 N.E. Pacific Street
SEATTLE, WASHINGTON
Phone: (206) 548-6066

To be certain your trip isn't wasted, phone before you go. The cost of having these tests done at the Univ. of Washington is: \$88. U.S. for the P 24 test and \$21.50 for the B2M test which is much more expensive than by way of our monthly testing trips. Also, your doctor must fill out requisition forms for P 24/B2M testing at the University of Washington. These forms are available at our offices.

FOR MORE INFORMATION CALL THE OFFICE

Vitamins

Beta-carotene
Vitamin C/Calcium Ascorbate
Vitamin E
B-1
B-2
Folic Acid/B-12 shots

Non-Specifics/Miscellaneous

Co-enzyme Q
cystenine
Methionine - Amino acids

Diet

Largely vegetarian
Some fish and chicken
Raw juices

Miscellaneous

Buy a good quality multi-vitamin-mineral pill

Quite simply vitamins and minerals are organic substances necessary for life. Vitamins are essential to the normal functioning of our bodies and, save for a few exceptions, cannot be manufactured or synthesized by the body. They are necessary for our growth, vitality, and general well-being. In their natural state they are found in minute quantities in all organic food. We must obtain them from these foods or dietary supplements. When dealing with a disease that is caused by a virus it can often be helpful to reinforce bodily functions with vitamins, minerals, and herbs that are the 'key' to the better functioning of the immune system. The above elements are components of our enzyme system which, sort of acting like spark plugs, energize and regulate our metabolism, keeping us, as seropositives, ARC, or AIDS, tuned up and functioning to the best of our individual capacities for high performance.

Vitamin A or Betacarotene helps to shorten the course of disease as well as fight infection. As well it promotes growth and helps produce strong bones and healthy skin, hair, teeth, and gums.

Minerals

Zinc
Selenium
Iron

Herbal Preparation

Garlic
Echinacea
Licorice Root
Ginseng
Chinese Herbs
Chlorophyll tablets

4.

Much has been written about Vitamin C (most easily absorbed in the bulk form as Calcium Ascorbate) and the crucial part it plays in most biochemical processes. Several studies have shown that megadoses of Vitamin C helps fight viral and bacterial infections and that it increases the production of antibodies, the reproduction of T-cells, and the synthesis of Interferon (an antiviral substance). One of the best sources of mega Calcium Ascorbate comes from the Sago Palm. This type of natural bulk Vitamin C can be purchased in a 900 gram bulk container from Finlandia Pharmacy at 1724 West Broadway in Vancouver for \$40.80. If three to five teaspoons are taken daily in juice the container will last about three months and you will be getting 18,000 to 30,000 mg. daily which is the effective dosage recommended by Dr. Linus Pauling.

Vitamin E enhances the action of Beta-carotene and is synergistic with the mineral Selenium. Vitamin E can help accelerate healing, alleviate fatigue, protect your lungs against air pollution by working along with Beta-carotene, and supply greater Oxygen to the body by giving you more endurance.

Vitamin B1, also known as Thiamine, can also promote growth, improve mental clarity, aid in the treatment of herpes, and help keep the nervous system functioning normally. It is sometimes referred to as the 'morale' vitamin because of its beneficial effects on the nervous system and mental attitude.

Vitamin B2 (Riboflavin) is easily absorbed and like all the B vitamins cannot be stored in the body and must be replaced regularly. There is an increased need for B2 in stress situations and it is America's most common vitamin deficiency. It helps promote healthy skin, hair, and nails and also helps alleviate fatigue. One of the best sources for all the B vitamins is liver.

Males appear to have a greater need for Selenium. The general dosage is up to 200 mcg. daily in the form of Selenium Selenate which can be gotten from any health food store. Selenium as an anti-oxidant has the potential to possibly neutralize certain carcinogens and provide protection from some cancers. Good sources of Selenium are tunafish, tomatoes, and broccoli.

Zinc, is vital to PWAs and seropositives and acts as a traffic policeman, directing and overseeing the efficient flow of body processes and blood cells. It is important for blood stability and is important in brain function. Zinc also accelerates healing time and promotes new growth and mental alertness. Most seropositives are deficient. Zinc Gluconate or Zinc Citrate are the most easily tolerated. About 50 mg. is a good amount to take daily.

CONT'D

If you want to develop a greater understanding of herbs our coalition library has several books to loan you or you can purchase one from Banyen Books on West Broadway at Trafalgar. "Back to Eden" by Jethro Kloss discusses Echinacea, Licorice Root, and Ginseng and is a good beginner's book. "Psychoimmunity and the Healing Process" by Jason Serinus is an esoteric exposition of various healing alternatives. He stresses the use of liquid Kyolic Garlic on page 123 of his book. There are several other books out on vitamins, minerals, and psychoimmunology. Even though most physicians have no interest in alternatives let them know about your decision to take vitamins, minerals and herbs.

Mark

KEEPING YOUR MOUTH HEALTHY

CANDIDA ALBICANS:

Candida Albicans (yeast, thrush) is a fungus that most people with HIV come to know. Under ideal conditions, this fungus is held in check by the mouth's saliva which contains active chemicals, enzymes, and antibodies to do this job. With HIV, the yeast grows in greater quantities. Why this happens is not fully understood, but the result is white patches that appear on the tongue or palate or other mucosa of the mouth. Cracks at the corners of the lips can be caused by an overgrowth of this yeast.

Candida is not transmissible from one person to another. Kisses do not spread yeast from person to person. Why treat Candida at all? An overgrowth of yeast can make your mouth feel dry and coated. Untreated, this yeast can creep down your throat, interfere with swallowing and may move on to colonize other regions of your digestive system. Too much yeast may suppress immune function. Removing that coating of yeast will make your mouth more comfortable. Uncovering your taste buds will make food taste more appealing. Topical treatments like mouth rinses and lozenges that attack the problem directly are preferable to systemic treatments (pills) that may give added work to your liver and kidneys.

COMMON TOPICAL TREATMENTS

NYSTATIN: Brand names Nilstat, Mycostatin. Sold as a liquid to swish in the mouth, which tastes kind of pleasant, or as a lozenge, originally developed to treat vaginal yeast infections in women. The lozenges taste bitter at first, but they do a better job, because they deliver more nystatin than the liquid, and will be in contact with the yeast for a longer time as they melt in your mouth.

CHLORHEXIDINE: A low-cost liquid that your pharmacist will mix up for you. Ask for 500 ml. in a concentration of 0.2%. Lemon flavor is often added to improve the taste. This rinse kills yeast and has anti-bacterial action. Rinse with a tablespoon of chlorhexidine for a full minute, then spit it out. If you swallow some it won't hurt you. After rinsing, drink no liquids for half an hour to allow the chlorhexidine to bind to the proteins in your mouth to work longer on the yeast.

MICONAZOLE: Brand name Monistat 7, A tasteless waxy lozenge that you can move around the mouth as it melts. Works great!

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CLOTRIMAZOLE: Brand name Canesten. Available as a cream and as a lozenge.

Since one brand of lozenge or mouth rinse may not kill all of your yeast, try a combination. For example, use chlorhexidine rinse morning and evening, and suck a lozenge during the day.

SYSTEMIC TREATMENTS

KETACONAZOLE: Brand name Nizoral. It is the only systemic treatment worth talking about. For the treatment of yeast in the mouth, throat and digestive system. If you are not eating well, this drug will not be absorbed well, since stomach acid is required for absorption. Take with food.

Candida in the mouth affects 90% of people with AIDS. It can be easily and safely treated. Your physician and dentist will help you develop the mouth care program right for you.

SUGAR AND YEAST: Some people believe that eating sugar provides ready food for yeast. There is no conclusive evidence that this is so. Meals and snacks that contain sugar contribute to your total daily caloric intake. Keeping your weight on is an important goal, so if the thought of sugar in the mouth still bothers you, rinse with water after eating.

CANKERS: Affects about 20% of people with AIDS. These and other sore spots in the mouth can be effectively relieved by an analgesic rinse like Tantum or a steroid cream like Topsin.

HERPES: Can occur in the mouth. Try the same treatments as for cankers. Your physician may recommend Acyclovir tablets to bring this virus under control.

HAIRY LEUKOPLAKIA: Affects about 30% of people with AIDS. Appears as thickened white patches on the sides of the tongue. This is caused by a build up of surface cells which then soak up mouth moisture and appear white. Happily, this condition usually causes no discomfort and requires no treatment.

TEETH AND GUM CARE: Don't neglect brushing and flossing. Many infections can start in the mouth and then go on to raise hell elsewhere in your body. You are much better off to spend some time on preventative measures rather than scrambling later for help after infection sets in. Infections of the mouth affect as many as one third of people with AIDS. Symptoms like pain, bleeding, shrinkage of the bone of the jaw, or a bad taste in the mouth indicate trouble your dentist should know about. Sore teeth and gums will obviously make eating more difficult. Regular cleaning and dental check-ups are important. The Chlorhexidine rinse provides excellent anti-bacterial protection. So, be good to those teeth and gums! You too can keep your mouth healthy!

(Written March 1989 in consultation with Dr. Joel Epstein DMD, MSD).

THE SPEAKERS BUREAU

SEVERAL PEOPLE NEEDED FOR SPEAKERS BUREAU THAT WOULD FEEL COMFORTABLE SPEAKING WITH SECONDARY SCHOOL STUDENTS.

PLEASE CONTACT TERRY AT THE OFFICE: 683-3381 or Hm. 687-6551

RAISING IMMUNE SYSTEM EFFICIENCY

A TEN WEEK COURSE FOR COPING WITH HIV INFECTION

THE RISE PROGRAM IS A TEN-WEEK HEALTH EDUCATION COURSE designed for persons affected by Human Immunodeficiency Virus. Although especially suited to the needs of persons testing HIV-positive and their care partners, the course is open to anyone interested in learning practical, self-stewarding techniques for strengthening his or her immune system.

PROGRAM GOALS

Participants in the RISE program can make progress towards some or all of the following goals:

- Improving the psychological environment of immune system functioning
- Modifying lifestyle
- Increasing concentration
- Overcoming addictions
- Improving self-esteem
- Managing stress
- Maintaining productivity

SELF-STEWARDSHIP

That there is currently no cure for AIDS does not mean that nothing can be done. The self-stewarding techniques of the RISE program have enabled people to begin to make wise choices in ways that are scientifically sound and spiritually enriching: to assume active and responsible roles in caring for their health; and to change unhealthy and self-destructive patterns of behavior.

Self-stewardship forms a comprehensive set of disciplines that any person with commitment and patience can learn.

They include:

- Training attention through meditation on a passage
- Moderating sensory stimulation
- Slowing down
- Conserving vitality
- Living intentionally
- Supporting others

CLASSES

Classes are held weekly in an informal and confidential setting. They provide a supportive environment in which participants can adapt the main techniques of the program to their individual needs.

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The RISE program does not offer a cure for any disease.

Classes are not intended as a substitute for standard medical therapies. Participants are encouraged to continue those therapies they find medically valuable, and to inform their physicians and therapists of their participation in the RISE program.

The classes are not offered as a medical program, but as a course in health education. The instructors function as educators, not as medical practitioners or therapists.

THE RISE PROGRAM IS BEING CO-ORDINATED BY THE PERSONS WITH AIDS SOCIETY

The cost is \$10 (the cost of printing the manual)

**ST. ANDREW WESLEY EDUCATION CENTRE
1020 NELSON ST.**

**7pm - 9pm
APRIL 20 - JUNE 22**

FACILITATOR: DR PETER KYNE

TO SIGN UP FOR THIS EVENT PLEASE CALL THE PERSONS WITH AIDS SOCIETY . Ask for Brian or Jackie, or drop in and sign the list. (683-3381)
MORE R.I.S.E. PROGRAMS ARE PLANNED FOR THE FUTURE

WE NEED YOUR CASE HISTORIES AND TESTIMONIALS

Dear Friends;

We are in the process of compiling case histories and testimonials of people who have come into contact with the coalition. The purpose of this endeavour is to begin to document the impact the Coalition has had on members and non-members alike.

Many of us have had changes in our mental, physical, or spiritual well-being. The force of self-empowerment expresses itself in very many ways. Perhaps the effects of the coalition's existence have helped in more practical ways. These experiances are also valid and important.

Perhaps you could find the time to send us your thoughts/experiances of the VANCOUVER PERSONS WITH AIDS SOCIETY. Your comments can be of any length, and in any style. You can include your name, use a non-de-plume, or sign anonymous.

We would prefer to have your thoughts on paper, but a tape recording would also be gratefully accepted.

Thanking you now for your consideration.

Advocacy Committee

I WROTE AN ARTICLE IN LAST MONTH'S NEWSLETTER PRAISING THE care I've received from my dentist, Dr. Joel Epstein. I said his clinic was the only place in town that would take us. Since that article was written other dentists have pointed out to me that they too were treating patients with HIV since it first appeared in Vancouver. Dr. Luc Magne is a good example of a dentist who did just that for his patients. I remember when he mailed us a stack of his business cards for distribution to PWAs seeking dental care. Securing a dentist who will provide competent and understanding care is an ongoing problem for PWAs.

I know Dr. Magne spends personal time to attend conferences and lectures among his peers about HIV, for the benefits of all of us with AIDS.

When my long time dentist refused to take me back after I was diagnosed with AIDS in 1985, I contacted the B.C. College of Dentistry for help. I was informed that dentistry was a private business, my dentist could do what he liked, and the College had not canvassed its members to identify dentists who would treat people with HIV.

Therefore I want to commend and compliment all of our dentists who took up AIDS care and treatment research as part of their professional responsibility and also had the guts to deal with the fears and concerns of their staff and other patients.

Warren Jensen

LEGAL WORK FOR MEMBERS PLANNED

WEDNESDAY April 12, 1989 — THE PWA SOCIETY WILL BE SPONSORING
a seminar on legal matters for members. Our new General Manager, Chris Sabean will be telling people about their basic legal needs ie:

- Power of Attorney
- Enduring Power of Attorney for Health Care
- Living Will
- Nomination of Committee
- Will

After this information session people will be able to make appointments to have their own individual documents executed.

The session will be held in the Coalition Lounge at 7:00 on Wed. April 12th.

MORE SESSIONS ARE PLANNED FOR THE FUTURE

HELP NEEDED

THE ADVOCACY COMMITTEE IS SEEKING SOMEONE TO PUT TOGETHER AND ANALYSIS OF PROVINCIAL, FEDERAL AND LOCAL GOVERNMENT AIDS POLICIES. PLEASE CONTACT TERRY AT THE OFFICE THROUGH JACKIE OR CALL ME AT HOME 687-6551

INFORMATION PACKS NEW AND UPDATED

CONCISE MINI PACKS OF INFORMATION ON THE FOLLOWING TREATMENTS OBTAINABLE BY CANADIANS:

- | | |
|--|---------------------------------|
| 1. ACYCLOVIR | 11. ACUPUNTURE/CHINESE HERBS |
| 2. AEROSOL PENTAMIDINE | 12. HIV TREATMENT STRATEGY |
| 3. ANTABUSE/IMUTHIOL/DTC | 13. VITAMIN C |
| 4. AL721 (EGG LECITHIN LIPIDS) (updated) | 14. HYPEROXYGENATION |
| 5. AZT (updated) | 15. PSYCHOIMMUNITY |
| 6. DEXTRAN SULFATE (updated) | 16. POSITIVE BUT HEALTHY |
| 7. ISOPRINOSINE | 17. P24 ANTIGEN & BETA 2 M TEST |
| 8. RIBAVIRIN (updated) | 18. TYPHOID VACCINE TREATMENT |
| NEW 9. PASSIVE IMMUNOTHERAPY | 19. VITAMIN & NUTRITION SUPP. |
| NEW 10. ALPHA INTERFERON for KS | |

For more information or copies of the above:
Please call the office 683-3381, or visit our Library.



THE FIFTH ANNUAL INTERNATIONAL



AIDS CANDLELIGHT MEMORIAL

SUNDAY MAY 28, 1989

9:00 pm - 10:00 pm

**ALEXANDER PARK
CORNER OF BURNABY & BIDWELL (ENGLISH BAY)**

THE MEMORIAL IS WORLDWIDE AND HONOURS THE MEN AND WOMEN
WHO HAVE LOST THEIR LIVES TO AIDS AS WELL AS CELEBRATING
AND SUPPORTING THOSE LIVING WITH THE DISEASE.



VOLUNTEERS CONTACT SEAN @ 683-3381



SUPPORT 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. PLEASE TAKE ADVANTAGE OF THIS GENEREROUS OFFER. 683-3381.

"Effective therapy teaches individuals to help themselves."

HELP HELP HELP HELP HELP HELP HELP

THE COMPUTER COMMITTEE IS IN DESPERATE NEED OF VOLUNTEERS WHO HAVE GOOD TO EXCELLENT DATA ENTRY SKILLS- DO YOU FILL THE BILL?

ANY NUMBER OF VOLUNTEER HOURS WILL BE GREATLY APPRECIATED!

INES RIEDER, CO-EDITOR OF AIDS: THE WOMEN WILL TOUR MORE THAN 30 cities in the U.S. and Canada in March and April 1989.

With unflinching honesty (and a healthy dose of humor) AIDS: THE WOMEN describes the daily life of the epidemic, recounting the stories of women with AIDS/ARC, women who are HIV-positive, and the women who work the AIDS wards, staff the hotlines, and trade HIV screening for condoms and syringes.

AIDS: THE WOMEN, published by Cleis Press in November 1988, has been reviewed in Publishers Weekly, Booklist and other publications. Excerpts have appeared in Lambda Rising Book Report (Washington DC) and Frontiers (Los Angeles) among other gay, feminist and community newspapers.

On tour Rieder will read excerpts from AIDS: THE WOMEN at progressive and feminist bookstores, university women's centers and other community centers. In several cities, Rieder will be accompanied by contributors to the book. Rieder hopes the tour will support the efforts of local women AIDS activists and draw attention to the needs of women with AIDS/ARC. Citing the inadequate health care system in the United States, she said, "AIDS is the metaphor and the possibility for change."

A. READING

MONDAY APRIL 17, 8:00 p.m.
OCTOPUS EAST BOOKS
1146 Commercial Dr.
Vancouver

WOMEN ONLY WORKSHOP: TUESDAY, APRIL 18, 10:00 - 3:00, at SITKA Housing Co-op, 1550 Woodland Dr. Vancouver.

For more information call Jackie at the PWA office. (683-3381)

CITY LIBRARY SERVICES

OUTREACH SERVICES OF THE VANCOUVER PUBLIC LIBRARY

OUTREACH SERVICES OF THE VANCOUVER PUBLIC LIBRARY WOULD like to know if anyone needs their services. They offer taped books and access to the complete library system collection. They will deliver to your nearest branch or if necessary will also deliver to your home on a once a month pick up and delivery system.

Video tapes, audio tapes, etc. are also available.

WATCH THE NEWSLETTER FOR FURTHER DETAILS ON HOW TO USE THIS SERVICE. or call Ron at 738-2433

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 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, concerns, and triumphs.

WEDNESDAY

MONTHLY MEDICAL FORUM

FIRST WEDNESDAY OF EACH MONTH Starting in April we will be co-hosting with the AIDS CARE TEAM a community forum on current medical issues. Topics and suggestions can be submitted at the P.W.A. office. The forum topic and location will be announced. For more information contact Greig Layne at the office (683-3381)

WEDNESDAY
cont'd

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

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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.

People interested in this please contact Lela through the office.

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, At this time Tai Chi class has been sus-

pended. If there is interest shown the classes can continue. If you want to participate, please call the office and express this and we will start a list and endeavor to have this program again.

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.

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: WANTED TO RENT TO GAY MALE OR MALES (Gay owner)
-Basement suite Write to: I. Bliss,
-Own entrance 27613 110th Ave.,
-On 4 acres in the woods Box 41,
-\$450. per month Whonnock, B.C.
-15 miles from Mission VOM 150 or call 462-9407 after 5 pm.

WOMAN WHO IS HIV+ wishes to talk to other women who are Hiv+ or are PWA's. CONFIDENTIALITY RESPECTED. Contact Jackie at the office 683-3381.

PERSONAL: PWA, N/S, N/D, 46 years old, auburn hair, blue eyes, in good shape all things considered, striving to live each day with as much love, happiness and humour as possible. Interests are many and varied, including movies, literature poetry, meditation, walks on English Bay, and just basically being a homebody. The one missing ingredient is intimacy with a stable similarly inclined man would love to meet someone with whom to explore/share that side of human possibility while there is still time. Some of you may know me, but what better way to begin a relationship than through an existing friendship.

Send Reply to : Jackie/Personal, P.O. Box 136, 1215 Davie Vancouver, V6E 4J8

PERSONAL: Young, GDLK, HIV+, GWM, 25; 5'11"; 160 lbs. 50" shoulders, 41" chest, 30" waist, 13" arms, 22" thighs, 15½" calves with slim, lean, muscular build. Educated, and active in local AIDS movement with knowledgeable interests in Alternative therapies: vitamins, minerals, herbs, homeopathy, diet, raw juice therapy, non-toxic anti-virals, wight lifting, cycling. Like travel, summer picnics, barbecues, books, reading, and literature. Want to meet V/GDLK, muscular, health concious seropositive (38-45) for close buddy, for fun, healthy times. WRITE to Mark, M.P.O. #4008 Vancouver, B.C. V6B 3Z4

PERSONAL: PWA NEEDS A VACUUM CLEANER FOR HIS APARTMENT. Please contact the office (683-3381). Thank You

GIANT GARAGE SALE

SATURDAY MAY 13, 1989
244 EAST 61st Avenue at Main
9am-6pm

CALL TED BINGHAM OR LARRY DAWSON at 322-6213 for DONATIONS or ENQUIRIES. All proceeds will be split evenly between PWA, AIDS VAN. AND McLAREN HOUSE

MAKE A DONATION, MAKE A PURCHASE - TOGETHER WE CAN MAKE IT HAPPEN!!!

THE NAMES PROJECT

BE A PART OF THE CANADA QUILT

REMEMBER THEIR NAMES

THE NAMES PROJECT AIDS MEMORIAL QUILT IS COMING TO THE VANCOUVER ART GALLERY JULY 13th through 16th, 1989 AS PART OF THE CANADIAN NATIONAL TOUR.

IF YOU WISH TO TAKE PART IN THIS MEMORIAL PROJECT, JOIN IN THE "QUILTING BEES" FOR THE CANADA QUILT SCHEDULED AT:

THE GAY AND LESBIAN CENTRE 1170 BUTE STREET

April 8-9, April 22-23, May 13-14,
May 27-28, June 10-11, June 24-25,
July 2-8
Noon to Five P.M. each day

SEE THE QUILT
AND UNDERSTAND

KNITTERSLOOKING FOR A WAY TO HELP?

THE PWA SOCIETY HAS IDENTIFIED A NEED FOR PEOPLE IN THE HOSPITAL and you may be able to help. For warmth and comfort patients need shawls, Bed Jackets, Afghans (for persons with IV's and unable to put on a sweater) and fingerless gloves for warmth/flexibility.

If you knit or crochet these items would be very helpful. Please contact the office (683-3381).

THANK YOU!!!

MOVIE / SOCIAL NIGHT

JOIN PWA/ARC's AND FRIENDS IN THE PWA LOUNGE ON FRIDAY evenings for board games, movies, cards, and general socializing.

MEET NEW FRIENDS, VIEW FIRST RUN AND VINTAGE MOVIES. Participate in planning future Friday Night videos and activities.

DOORS OPEN AT 7:30, MOVIE STARTS AT 8:00

IT'S YOUR NIGHT!!!

TEDDY BEAR'S

THE SOCIAL/MOVIE NIGHT WOULD LIKE TO GET A FEW TEDDY BEARS THAT NEED MORE LOVING. IF YOU HAVE ANY PLEASE LEAVE THEM WITH JACKIE AT THE PWA OFFICE.

PWA HAS RECENTLY ACQUIRED THE VOLUNTEER SERVICES OF A professional funeral director to assist members, their lovers, family, friends or executors to make knowledgeable, meaningful choices and decisions when planning "at need" or "pre-need" funeral arrangements.

All counseling will be tailored to deal specifically with your individual needs. The intention is to provide a relaxed atmosphere where you have the opportunity to freely discuss any fears, concerns or questions, regarding all aspects of funeral service.

This service is completely confidential and for your convenience, offered by phone, by hospital visitation, or by appointment in your home, completely free of charge or obligation.

Please call the office (683-3381) for more details

THIS MAY SOUND DEFEATIST TO SOME, BUT OUR PHILOSOPHY IS TO HELP REDUCE AS MANY WORRIES AND PRESSURES AS POSSIBLE,
Editor

**ARIST - PHOTOGRAPHERS
SUBMISSIONS WANTED !!!**

THE COALITION IS ASSEMBLING A MANUAL FOR NEWLY DIAGNOSED HIV/AIDS. THE MANUAL WILL HAVE SOME ARTWORK AND PHOTOGRAPHIC CONTENT.

WE NEED GRAPHIC AND PHOTOGRAPHIC SUBMISSIONS FROM OUR MEMBERSHIP AND THE COMMUNITY AT LARGE.

- PHOTO (BLACK AND WHITE OR COLOR) with good contrast (xerox reproducible)**
- GRAPHIC ART AND DRAWINGS (maximum size 8½x11)**

THE MATERIAL WILL BE REVIEWED AND SOME OF IT WILL BE USED TO "SPIFF UP" THE MANUAL. ALL MATERIAL WILL BE RETURNED AND CAN BE LEFT WITH JACKIE AT THE COALITION OFFICE.

For more information contact Steve Scribailo at the P.W.A. office (683-3381)

**TO ALL LIVING BEINGS I AM OF THE SAME HEART
None do I hate and none do I fondly love above others
But those who commune with me in love's devotion
They abide in me, and I in them.**

Bhagavad-Gita

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.

—Think about bringing your own favourite blanket, afgan, pillow etc. and other things that may make your bed more homey.

—If you have any other tips, or know of information that will supplement the above the newsletter would like to here from you.

P.W.A. FUNDRAISER

DOLL & PENNY'S

"A MONTH OF WEDNESDAYS"

MAY WILL BE A "MONTH OF WEDNESDAYS FOR PWA" when Bill Monroe emcees a series of five Wednesday night benefits for the Vancouver PWA Coalition at Doll and Penny's cafe.

Each evening will feature cabaret style entertainment by a variety of local and visiting celebrity performers, so keep an eye out for posters around town as the entertainment roster is lined up.

A donation at the door each Wednesday evening, with a suggested minimum of \$5, will all be contributed to Vancouver's PWA Society, along with a percentage of total sales Doll and Penny's during the entire month. In addition, local businesses will be offered an opportunity to become "co-sponsors" of each evening in exchange for a substantial contribution.

Each of the five Wednesday evenings in May will see draws made for prizes and a grand prize will be drawn by a celebrity guest on the final night, Wednesday, May 31.

Keep an eye on your favourite bulletin board for details as they unfold, and be sure to keep Wednesday evenings open for the entire month of May.

DOLL AND PENNY'S

I don't know. Maybe I'm naive, but I fail to understand the big apparent threat to confidentiality that I keep hearing about. I understand the need to disclose ones status to those of ones choosing but sometimes I get the impression that this perceived threat is exaggerated. Do you really think that your physician or the clinician that becomes aware of your HIV status is going to run out and tell everybody, "so and so is HIV positive!" When St. Pauls first started issuing bills for AZT, some PWA's perceived this as a breach of confidentiality. The fact that people are being billed for this drug in this province is certainly objectionable but I fail to see how this is a breach of confidentiality. There is likely one person in St. Pauls feeding a list of names into a computer terminal and after that a person receives a letter in the mail containing the bill. Whats the problem here? Do you fear that the person at the computer terminal is going to run out into the streets yelling, 'so and so has AIDS. I know because he's being billed for AZT ,' or that the mailman delivering the bill might have X-ray vision that can see right through the envelope and make out the letters AZT? Is it fear of quarantine? Maybe, but I sent my AZT bill to Peter Dueck, telling him that I can barely afford to eat well, let alone pay for this bill. I certainly didn't fear that Peter Dueck or some of his Sacred goonies were going to swoop down on my apartment and sweep me off to some desert island. My attitude was and is, just you try and infringe on my rights. As I said earlier, I understand reserving the right to disclose ones status to who one wishes when one wishes (except for sexual partners but I won't go into that rather dicey area, even though I fear that half of this fear of disclosure is based on fear of not being able to continue an 'active sex life,') but as I said to my doctor, 'this confidentiality thing can only go so far. I mean what are you going to do? Put a bag over your head everytime you go to the clinic or see your doctor? And after all, HIV is a virus, not a crime.' And as for the fear of isolation, homophobic violence and discrimination, these possibilities exist, but once you start feeding your fears where does it stop? There is also the possibility that the planet might blow up tomorrow but does that mean we should all start trembling in our boots, or hiding out in bomb shelters? I understand that a great part of the fear and denial surrounding this whole issue is fear of death, but let's put things into perspective. Every person on this planet eventually will have to die. (And the poor little animals, plants and fish too.) There is no way around it. As the great sixties philosopher Jim Morrison said, 'No one here gets out alive.' It is probably obvious by now that I am making jest, but as I recently said to a friend of mine 'Humour is the best antedote for despair, and as a recent song lyric goes, 'lets put some levity back into this life...Take the disillusion away, put away things that go bump in the night...that pull you under.'

Come on guys. Lighten up!

Love; GEORGE

Vth INTERNATIONAL CONFERENCE ON AIDS IN MONTREAL

JUNE 4 - 9, 1989

OUR VIGILANCE IN REGARDS TO HAVING A PWA AT THE OPENING ceremonies, along with heads of state has payed off. As of February 18th, the steering group has approved a PWA for the Opening Ceremonies as well as the Monday Plenary. It's been a fight all the way and now we are insuring that all the other members of the Conference Programme Committee are aware that we have names of PWA's worldwide who can participate on panels, discussion groups and forums in the conference.

As a result of high costs and uncertainty regarding our funding we will have to cut back the number of people participating in the Montreal Conference from the coalition. Several PWA's will be finding their own way there and billeting will be available.

I am now officially on the steering group for the pre-conference which will be prior to the conference (JUNE 2-4). This will be a developmental meeting for PWA's and Non-Governmental Organizations (NGO's) sponsored in part by the World Health Organization (WHO). Representatives from around the world will be in attendance. We will keep you informed of progress for the pre-conference as we decide on the agenda next week. The conference has received over 6,500 abstracts and the deadline has now passed. The module "AIDS: SOCIETY AND BEHAVIOUR" has received over 600!!! We are very pleased with the response and are now identifying subjects that may be missing and seeking people to head workshops for them.

We have contacted several PWA Media and have received publicity. Montreal groups are preparing themselves as well. A Club in Montreal is preparing a huge reception for PWA's. As well the city of Montreal will be sponsoring a reception and C-SAM the local AIDS Organization will be hosting a "Wine + Cheese". The Canadian Red Cross is preparing a hospitality rest area in the Place Guy Favreau (location of the conference) for PWA's to rest, connect with other PWA's and receive and get messages.

ONE OF OUR MEMBERS REPORTS ON HIS MEETING WITH THE WORLD HEALTH ORGANIZATION AND AIDS SERVICE ORGANIZATIONS IN Vienna, Feb. 28th, - March 3, 1989.

Since February, the Coalition has participated, through one of its members in the "First International Meeting of Aids Service Organizations (AGO's) and their roles in HIV/AIDS Policy and Progrems" in Vienna, Austria, Feb. 28 - March 3. This meeting was sponsored by the World Health Organization (WHO) and we were invited in recognition of our work with people with the virus and in an advisory capacity because of our leadership and expertise in self help. It was a grueling 6 days of meetings in which we

accomplished a great deal. It was fascinating to meet representatives from 5 continents, all people working on the front lines in NGO's. We put together a list of recommendations to the WHO, a draft of which is available at the Coalition.

Our input was very appreciated and through our participation the message was clear and well received that "people living with HIV/AIDS be a fundamental part of the process on every level of policy making within ASO's and NGO's on a national and international level and within the WHO" and that we are an "integral, equal, fundamental functioning component of every ASO/NGO". It was a long process but as you can read very fruitful.

Now the WHO will process all of this, and we will all be meeting again prior to the Montreal Conference on AIDS in June at the Pre-Conference.

I am now on the steering group of the Pre-Conference in Montreal June 2-4. We have lots of work ahead of us as the date approaches rapidly. 375 people from around the world (NGO's and PWA's) will meet at McGill University in Montreal for a pre-conference with the theme "Opportunities for Solidarity". Travel subsidies are available to people from third world and developing countries. Invitations are being mailed now and the agenda planned also. There will be a PWA caucus Saturday afternoon with sessions on support models, funding, the challenge of intimacy, and alternative therapies. It will be a time for HIV/PWA's from around the world to exchange ideas, network and develop strategies for the future.

As for the actual conference, the abstracts have all been selected (over 7,000 of them we had to go through!) I am very pleased with our work in the Module: "Society and Behavior". PWA's will be visible all through the conference. A rest area/hospitality suite is being put together in a very nice area for HIV/PWA's, by the Canadian Red Cross through Ken Mews and Kevin Orr. It will be manned by Vancouver & Montreal PWA's and Red Cross Volunteers. It will be a great place to rest, connect with other people and get information. More next time.....

Don Degagne'
for Programme Committee
Vth International AIDS Conference
Montreal, June 4-9, 1989

KCTS SEATTLE 9

PROGRAMMING SCHEDULE FOR APRIL 'AMERICA IN THE AGE OF AIDS'

THE AIDS QUARTERLY, is presented Tuesday, April 25, at 10:00 p.m. Anchored by ABC newsmen Peter Jennings, the program focuses on the medical aspects of the epidemic.

ON TRIAL FOR THEIR LIVES, a special hour-long episode from the science and technology series, INNOVATION, takes a look at the development and approval of drugs for the treatment of AIDS. Airs, Wednesday, April, 26 at 10:00 p.m.

(AIDS/ARC)

RECENT STUDIES HAVE INDICATED THAT PETS OFTEN HAVE A POSITIVE influence on the quality of life in the aging and ill. The major concern for people with HIV disease (AIDS/ARC) is the possibility of catching diseases from their pet. Diseases which can be passed from animals to man are called zoonotic diseases. People with compromised or suppressed immune systems are at more risk of developing these diseases; but most often the psychological and physical benefits of pet ownership outweigh the small risk of acquiring an infection from a pet. Evidence that people with HIV disease have contracted infections from their pets is rare.

The decision to keep your pet is personal and should be discussed with your physician. By following the safe pet guidelines you can minimize the risk of catching diseases from your pet.

GENERAL GUIDELINES — KEEPING YOURSELF HEALTHY:

1. Wash your hands after handling your pet, especially before eating or smoking.
2. Clean up all messes (vomit, urine and feces) with a disinfectant and wash your hands. Wearing disposable rubber gloves provides extra protection.
3. Keep your pet's nails short to minimize scratches. If you are scratched, wash thoroughly with soap and water and disinfect. If swelling or redness develop, contact your physician.
4. If you are bitten wash thoroughly with soap and water and disinfect. If swelling or redness develop, contact your physician.
5. Be careful if you are around kittens, puppies or strays, especially if they have diarrhea. Young animals or strays are more likely to be infected with a zoonotic disease, compared to a well-cared for pet that has been owned by you or a friend for sometime.
6. Do not adopt monkeys, "exotic" animals or animals thought of as wild; they are more likely to bite and may carry unusual diseases.
7. Planning for the future will help to minimize stress and insure that your pet is not neglected. Have someone who can care for your pet in case you are temporarily unable. Devise a way to notify that person in case of an emergency. Arrange in advance for a permanent home for your pet in the event you can no longer keep it.
8. Use disposable cat box liners and change them each time you change the litter. Wear rubber gloves if you must deal with the box yourself.

MORE INFO ON OTHER PETS AT THE PWA OFFICE

From Pets are Wonderful Support; by Ken Gorczyca, DVM
by way of P.A.W.S.; San Francisco

A KIND OF ARCHAEOLOGY ON THE USE AND CONS OF SELF MEDICATION THROUGH DEXTRAN SULFATE

23.

Dextran Sulfate has never been proven to be of any value for HIV infection in human beings. Undoubtedly, it's premature to be able to say with any significance that it's going to be an answer. Dr. J. Scolaro M.D. is a Los Angeles physician who has one of the largest AIDS practices in the world and he says, "I don't know that it works invivo by itself"; further, the invitro studies in Japan conducted by Yeno did not suppress HIV by 100 percent. Another clinical researcher in the Bay-Area failed to get results with Dextran Sulfate. He tested three patients, one with ARC and two asymptomatic seropositive. He found no change in the P-24 antigen or in reverse transcriptase levels.

Moreover, most people do not take into consideration the 'Cons' of considering self-medication. It is important to know that your platelets and kidneys are okay. There are many other side effects which can occur with self medicating yourself with Dextran Sulfate: firstly, there can be a loss of appetite and another is diarrhea with feeling of bloating. Additionally, skin rashes can occur and dizziness. Shock can occur with IV injections according to AIDS TREATMENT NEWS issue #50 in February 12, 1988(pg.6) The lethal dose is about 4300 mg/per Kg. Long-term toxicity in rats was noted at 1019 - 1209 mg/Kg.

According to the journal BETA in its November 1988 Issue "Some PWA's on higher doses were taken off the drug because of liver toxicity, indicated by higher transminase levels". BETA also states, "A severe decrease in white blood counts appeared in individuals in the toxicity trial. Two of the 20 had to stop the drug, and 3 required a dose reduction because of neutropenia (a reduction of certain white blood cells). Self-medication can also cause severe insomnia. Also check often for signs of bleeding (bleeding gums or blood in the urine or stool). Dark stools or bright red stools also indicate bleeding according to BETA.

THE BULLETIN OF EXPERIMENTAL TREATMENTS FOR AIDS says, "Some researchers have questioned whether Dextran Sulfate is absorbed into the blood". Taken orally Dextran Sulfate breaks down into small fragments of a low molecular weight. It is currently unknown if these fragments of lower molecular weight can produce the same anti-HIV effect as that produced by the molecule before it breaks down. Even worse, results of P-24 antigen were not encouraging regarding the ability of Dextran Sulfate to stop HIV replication. Only 3 of 13 individuals who were P-24 antigen positive became P-24 negative.

It is clear that there should be caution about the inconclusiveness of the data. Until empirical facts are obtained from human studies, no claims can be made about the drug's effectiveness. Finding a tangible answer is still obscure because of the ways in which the vague research is proceeding. Many questions remain unanswered about whether it works at all in living human subjects.

Thus, given the unknown effects of 'DS' along with a lack of early preliminary trials and results as well as its expense, 'DS' is probably best considered to be put on the back-burner. It is, however, important to remain sharp about what

CONT'D

continued....

24. lies ahead, and to always have a keen sense of knowing, along with a determined sense of 'will' and strength!

**ARISE, GO THY WAY: THY FAITH
HATH MADE THEE WHOLE**

LUKE 18:19

M. A. P.

BUDGET PROBLEM CAUSES PROGRAM RESTRICTIONS

WE SINCERELY REGRET TO INFORM YOU THAT DUE TO BUDGET restraints we are phasing out the payment for televisions in the hospital.

We are also having to restrict Complementary Health Program Financial Assistance to \$100. per month. Both of these changes have gone into place as of April 1st, 1989.

All of our programs are supported by community fundraising and donations. Due to the increase in membership and the rise in demand for the funds we are not able to offer the assistance at the previous level.

If you are financially secure please restrict the use of the funds so they may be available to those in true financial need.

We hope this is a temporary measure. We are actively searching for fund-raising endeavors to alleviate this present situation.

**Brian Page
Program Chair**

**Warren Jensen
Finance Chair**

EMERGENCY NEWSBREAK: The JUNE 25, 1989 WALKATHON has formed a committee and it needs VOLUNTEERS immediately. Contact Barry G. at the Coalition computer terminal. Volunteering is the 'Pillar-Stone' of our Society, and its success. HELP bounce the ball of achievement and freely give your time.

TUESDAY NIGHT SUPPORT GROUP

EVERY TUESDAY NIGHT (7:30 - 8:30) IN THE COALITION LOUNGE the PWA offers support sessions for PWA/ARC's. It's a good place to talk about your fears, questions and triumphs.

Unstructured format allowing for individual's concerns.

ALL PWA/ARC's WELCOME

THE VANCOUVER PERSONS WITH AIDS COALITION NEWSLETTER IS PUBLISHED MONTHLY BY THE VANCOUVER PERSONS WITH AIDS SOCIETY: P.O. BOX 136, 1215 DAVIE STREET, VANCOUVER B.C. V6E 1N4, CANADA. OUR OFFICE ADDRESS IS SUITE #1, 1170 BUTE STREET, VANCOUVER B.C. PHONE 683-3381. THE VANCOUVER PERSONS WITH AIDS SOCIETY IS A REGISTERED NON-PROFIT SOCIETY (REG.#0760124-11-27)

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