



# Newsletter

## Warren Jensen

Warren Jensen died peacefully on Saturday, September 16, 1989.



We feel a sense of loss at the passing away of the last of our founding members. After being diagnosed with AIDS in 1985, Warren met Kevin Brown and Taavi Nurmela at a support group and worked with them to found the Vancouver PWA Society in 1986, helping to ensure that it would become the organization it is today. He saw the Society through several financial difficulties and was continually trying to find new sources of funding. Until recently he was member of the Board and Chairperson of the Finance Committee.

Warren was one of the first persons with AIDS to appear nationally along with Kevin Brown in the fight to make AZT available to PWA's in Canada in 1986. He went to Ottawa to voice our concerns and met with the Minister of Health. Warren attended the 4th International AIDS Conference in Stockholm and spoke on our behalf as a delegate. In Montreal at the 5th International Conference in June he was invited as a guest and represented Kevin Brown at the closing ceremonies.

Many of us thought he would live forever, through the sheer effort of his will and determination. Warren inspired others to get involved to help carry on the work that has to be done. He was very proud of our growth and the worldwide recognition of the Vancouver Persons With AIDS Society as an AIDS Organization. Warren will be missed by us all and will be remembered for his great contribution to the improvement in the lives of persons with AIDS and HIV infection.

## Warren ... A Personal Remembrance

When I met Warren at the Society two and one-half years ago, he pushed me to get more involved and as anyone who knew Warren can tell you, he could be very persuasive.

Warren was a charming rascal. I can remember him sitting legs crossed, puffing away on his cigarette, twitching when he didn't get his own way. Eventually he usually did.

The nicest memory I have of Warren is from our Vancouver Island retreat at Parksville. It was my first retreat and I was a bit nervous, not knowing exactly what to expect. We had great weather and beautiful nights. I went for a long walk along the beach one night contemplating life and death. I saw a candle burning on the beach and I approached, wondering who it was. A voice came out the darkness and said "Who's there?". It was Warren lying on the beach on a blanket, so I sat down with him. Warren talked about life, about living with AIDS and his personal philosophy of religion and we talked about the need for some kind of personal God and a personal ritual. It was an uplifting conversation that I'm not likely to forget.

Steve Scribailo

## Afghan

Our request for afghans was successful. A member's secretaries crocheted several wonderful afghans for us. We could also use afghans in solid colours.

## Back To IDC

IDC, for those of you who might not know, is the clinic at St. Paul's Hospital where the AZT is dispensed, IV's are given to day care patients, where one can see their G.P. or a specialist, see the Social Workers, puff pentamidine, or just have your blood drawn. It's one stop AIDS care - comprehensive and complete.

I'd been away from IDC for over a month. I'd been to the Prairies for a summer holiday, and a holiday from thinking about AIDS.

My holiday ended. I had an appointment for an IV drip. I didn't want to go in - enter the clinic doors and my AIDS reality would surround me once again.

I showed up, on time, like a good boy. My gloomy attitude vanished in about 10 minutes. It's the people there - the staff. So many smiles and hello's. "How was your trip? You look rested." The clinic is operating to capacity, yet the staff take the time to make each of us welcome and comforted. Considering the seriousness of the work and the sadness of the medical situation of many of the clinic customers, the staff beam with hope and happiness. We patients can draw on this when we're down, and leave feeling strengthened.

Knowing that the clinic staff - competent and caring - are there for us makes living day to day with AIDS a whole lot easier.

I salute you all at IDC. In this grim situation, you've made the clinic a happy place - a haven of loving care.

Warren

*Love is a fruit in all seasons,  
And within the reach of every hand.*

*Mother Teresa*



# FANTASY AIDS RALLY

The Vancouver Persons With AID Society was proud to sponsor a great kick off to the fall: the Fantasy AIDS Rally. More than 400 PWA's and supporters from around the province turned out on Labour Day, and sent a decisive message to the BC government: fire Dueck and Parker for their homophobic remarks and attitudes, and to get on with the business of caring for people with HIV/AIDS. The wide base of support and the many people who showed up was very encouraging to everyone.

The Signature Sheet, with messages from the participants to Premier Vander Zalm, was a great success. Many people took time to write words of wisdom: "Socreds Lie, People Die", "Condom Ads Are Better Than Dead Teens", "Full Funding For AZT" and "Love Heals AIDS".

The Advocacy Committee is planning ways to present this testament of people's anger and frustration. As well, we are considering places to

display the sheet around town. Any location suggestions or art-like ideas and help are welcome.

We were able to raise \$722 at the event and received donations from Carnegie Centre and AIDS Vancouver Island, to help cover the inevitable costs. Of course, all donations are welcome and a tax receipt will be issued to any donor, upon request.

The Advocacy Committee would like to thank the many individuals who gave their time and efforts to make such a strong presentation: the organising committee, co-chaired by Ruth Keiss and Ken Mann, the marshals and sign makers, car pool and Signature Sheet arranger, John K.

Thank you one and all!

The Advocacy Committee meets almost every Monday evening, 7:00 pm at Gordon House, room 5, 1019 Broughton Street, which is wheelchair accessible. Everyone Welcome!

## Montreal Fifth International Conference on AIDS

It's with a bit of sadness that I do one of my last tasks after spending 10 months on the Program Committee of this conference ... and that is to write a wrap-up article for the Society Newspaper. As you know, I've been extremely busy with this conference in ensuring that PWAs have a voice, in educating people about what we live with, that we are human beings and not numbers and that we are part of the solution not the problem.

Looking back, I realize that we far exceeded our objectives and I'm very happy to say how proud I am of our coalition. The opening ceremony presented a very well received videotaped view of Kevin Brown. Warren Jensen, a co-founder of our coalition, was also present and had a brief talk with the Prime Minister.

Not only did I have the honour of being the first PWA in the history of these conferences to represent international PWAs but I was also asked to co-preside the first opening plenary along with Maureen Lau, Deputy Minister of Health for Canada. I also spoke at the end of this plenary for 10 minutes speaking on behalf of PWAs worldwide. I specifically spoke about the human side of AIDS, empowerment, the role of PWAs in the fight against AIDS, and discrimination.

I was also part of the Communications (Media) Department, and as press attache for all PWA interviews fielded approximately 50 interviews a day from International Media, this in itself was never seen before and very effective as media sought out our perspective.

Several PWAs from Canada were invited to a brunch by Minister of Health Perrin Beatty, and I spoke to him personally about specific

PWA issues (i.e. International travel and visibility of PWAs on advisory boards) and the future seems to be one of more collaboration with all levels of government.

The surprise came before the opening of the Names Quilt when the chairman asked me to speak at the closing ceremonies. As those that were there will attest, I was wearing down real fast and I needed to gather all my strength to do this. Addressing 11,000 people and 1000 journalists is not something I do frequently.

Inspired by the Names Quilt and the support of a fellow PWA from Copenhagen, Amanda Higgs, I wrote the speech till 1am Friday. I wanted to bring the delegates back to why we were here.

I asked for a moment of silence in memory of all who had died of AIDS. During that very quiet moment (not a click of a camera) my heart was very heavy remembering those I had lost but knowing there was still no big news about a cure and that I may have to face more deaths including my own. I spoke about all the activism at the conference and that I hoped the statement Silence=Death will change after this conference to Action=Life and that we all needed to act in order to stop this terrible waste of lives.

I was taken aback by the standing ovation and by a hug from Chairman of the conference Ivan Head but somehow it was proof my message was heard and that we all can still hope. This was a strong feeling for me as I met all the different people from all over the world, and lots who really care. I was very touched by the compassion and the caring. I made lots of new friends and the coalition was very visible in its leadership role as a unique and creative organization.

I'll never forget this experience, it has changed me. Thanks to everyone who helped me make it a success and to all who supported me during the trying times. See you next year at the Sixth International Conference in San Francisco.

Don deGagne

## Montreal AIDS Conference Treatment Information Packs Available

At the Montreal AIDS Conference (June 1989) a massive amount of medical research was presented. We have been hard at work assembling concise Information Packs on many of the most promising treatments. If you would like a Montreal Research Pack on any of the following, simply drop into our Library (#1 - 1170 Bute Street) or phone us at 683-3381 and we'll mail it to you:

- 1.) Early use of AZT
- 2.) AZT Therapy for ARC/AIDS
- 3.) AZT & Alpha Interferon for K.S.
- 4.) AZT & Acyclovir
- 5.) DDI (Dideoxyinosine)
- 6.) Ribavirin
- 7.) Dextran Sulfate
- 8.) Aerosol Pentamidine
- 9.) Peptide T
- 10.) Compound Q (GLQ223)
- 11.) Foscarnet and Acyclovir-Resistant Herpes
- 12.) Foscarnet and Ganciclovir for CMV Retinitis
- 13.) Fluconazole for Candidiasis
- 14.) Nutrition and Diet

Chuck P.

*In the deserts of the heart  
Let the healing fountain start*

*W. H. Auden*

## Quantified HIV P24 Antigen (P24), Beta 2 Microglobulin (B2M) and Neopterin Blood- tests.

### What Are They and How Do I Obtain Them in Vancouver?

The above three blood-tests, presently available through the Vancouver P.W.A. Society at 683-3381, can answer crucial questions as to the effectiveness of antiviral AIDS treatments such as AZT. For those who are positive but healthy, these tests can help you determine the rate of disease progression in your blood, and whether you should commence early treatment.

During August, more than thirty members obtained these test through us. It is encouraging that so many HIV-infected persons are becoming informed and utilizing the information offered by P24/B2M/Neopterin testing.

#### P24 Antigen (P24) Testing

The P24 is the best single blood-test for monitoring the effectiveness of antiviral AIDS treatments such as AZT. P24 is a core protein of the AIDS virus and is produced whenever the virus is reproducing in your blood. Higher levels of P24 indicate more rapid disease progression.

Researchers have observed that after AZT or DDI therapy is commenced, P24 levels often fall substantially, indicating the treatment is reducing AIDS activity in the blood. Recently researchers have noticed that, after a patient uses AZT for a year or longer, their P24 levels often rise. This indicates increased AIDS activity and disease progression. If you obtain such a result from your P24 tests, you may want to consider

switching to DDI (when it is available).

For positive but healthy persons, high P24 levels are a warning of rapid disease progression and indicate a need for early antiviral therapy.

### Beta 2 Microglobulin (B2M) Testing

Simply put, B2M is a measure of the rapidity of lymphocyte cell turnover or death. In a healthy persons, B2M will measure less than 2.5 mg/L. Studies have shown that the further above 2.5 mg/L your B2M count rises, the more rapidly the disease is progressing in your blood. Researchers have calculated that an HIV-positive person with a B2M above 4 mg/L is at a high risk of rapid disease progression and should consider early antiviral therapy.

### Serum Neopterin Testing

Neopterin is a substance produced by certain cells of the immune system during inflammatory disorders including viral and parasitic infections. Researchers have noticed a close relationship between high levels of neopterin and HIV-disease progression. Human studies have concluded that persons with neopterin values higher than 20mg/L have the highest risk of rapid disease progression.

Several top researchers have suggested that measuring the levels of neopterin in your blood may be quick and accurate way to evaluate the effectiveness of antiviral AIDS treatments such as AZT. If your treatment is working, neopterin levels in your blood should decrease.

In Conclusion: If you want to learn a lot more about why these blood-tests are so helpful, a comprehensive P24/B2M/Neopterin Information Pack, including medical research, is available at the Vancouver PWA Library or phone us at 683-3381 and we will mail it to you. P24/B2M tests are also explained in our January Newsletter and Neopterin tests in our June issue.

### How To Arrange P24/B2M/Neopterin Testing

The Vancouver PWA Society has set up a system whereby blood is drawn in Vancouver, then transported by courier to Seattle where the lab work is done. The cost for various tests :

Quantified P24 Antigen (P24)	- \$32. U.S.
Beta 2 Microglobulin (B2M)	- \$18. U.S.
T-Cell Subset	- \$50. U.S.
P24, B2M and T-Cell Subset	- \$90. U.S.
Serum Neopterin	- \$35. U.S.

To sign-up for any of the above tests, drop by our offices (#1 - 1170 Bute Street) or phone us at 683-3381. We do testing on the second and fourth Tuesday of every month. Our next testing date is Tuesday, October 10.

Chuck P.

## Manning Park Retreat

From the 18th to 21st of August, thirty two of our members went on a retreat to Manning Park Lodge. Although the weather did not fully co-operate with us I think a good time was had by all.

Many thanks have to be mentioned for some special people who went out of their way to add some extra treats for all of us. Paul Curtois and Mark Redford spent their weekend giving all of us a body massage. They probably needed a good massage themselves by the time they got home as they gave massages from 10 in the morning until late at night.

Another added treat was a visit by Pat Tucker and Jane Fairbank on our first night there. They drove up from Vancouver and held a workshop on relationships. As well, it was a wonderful icebreaker for members who met for the first time. The close of the evening was an

hour-long, relaxing, very personal meditation. I just want to add that our Society is very fortunate to have such wonderful people available to offer such personal, intimate services to us simply because they want to help.

Some special attractions were our eleven cowboys who hit the trails on horseback. Many first timers on the back of a real live horse were the cause for our special amusement. I don't think many will forget Douglas Starratt and Maxie as Maxie got stung by a bee and took out her revenge on Douglas, I'm sure Douglas's eyes are still slightly protruded.

Our barbecue, a special treat cooked by Don deGagne and Terry Leitch, was much fun as it was prepared in not so tropical rainstorm. The steaks, chicken and other accoutrements were appreciated by all.

Despite the weather we still managed to get in a lot of canoeing, swimming and hiking. The brave souls who were ready actually jumped off a bridge into Lightning Lake in the freezing waters, I'm sure more to show off their bodies, but it was much fun anyway.

It is always fun to hear the shrieks of laughter from the people playing Pictionary, Hearts, Monopoly, Risk, Cribbage, Scrabble and watching dirty movies. I have to say that Richard Hoffman and Douglas Starratt's laughter remain in my mind.

One of the beautiful things about the retreat was watching people become closer, bonding friendships and building lasting relationships with one another. To me our retreats are always very special.

In closing a very special thanks has to be given to Brian Page and all the others who organized this retreat. It takes a lot of work and energy to organize a function with so many people and have it work out successfully.

Thanks to the organizers and the participants for making a special retreat for me.

Love Terry

## AIDS Drug Held Up!

Access to a promising drug treatment is being denied by Bristol-Myers to persons with AIDS in desperate need.

So far in 1989, not fewer than 27 members of the Vancouver Persons with AIDS Society have died. Many of these could not tolerate the drug AZT, the only treatment now available in Canada. Had an effective alternative to AZT been available earlier, some of these people might still be alive.

The experimental antiviral AIDS treatment DDI (DiDeoxyInosine) shows promise as an effective alternative for people unable to tolerate AZT due to its toxicity. The drug DDI has been tested in humans in phase 1 trials which test the drug's toxicity. The results of these studies, presented at the Montreal Conference on AIDS in June 1989, are that DDI could be as effective as AZT but with far fewer and far less severe side effects.

The U.S. owned pharmaceutical and consumer products company, Bristol Myers, bought the worldwide marketing rights from the U.S. National Cancer Institute, developer of DDI. Health and Welfare Canada has recently given approval for doctors to treat patients with DDI under provisions of the Emergency Drug Release Program (EDRP).

The sole remaining obstacle to accessing DDI is Bristol Myers failure to supply the drug. This is a death sentence for many of our members.

The Vancouver P.W.A. Society joins with AIDS Action Now of Toronto to urge all Canadians to boycott Bristol Myers' products until this company makes DDI available in time to save lives.

Press Release issued by Advocacy Committee

# ONGOING EVENTS

## MONDAY:

**ADVOCACY COMMITTEE MEETING:** Meets Monday evening at 7:00 pm at Gordon Neighbourhood House, 1019 Broughton Street, Vancouver, B.C. to deal with access to treatments, human rights, political and legal issues. Members are encouraged to attend and get involved. Greig Layne, chair

**BUDDY SUPPORT GROUP:** For buddies, sponsored by AIDS VANCOUVER. Meets every second Monday at 7:00 pm, at AIDS Vancouver, 1272 Richards Street, Vancouver, B.C. October 2 and 23. On October 23 Dr. Lohrasbee will speak on "Death and Dying"

## TUESDAY:

**PROGRAM COMMITTEE MEETING:** Meets weekly Tuesday morning at 11:30 am at the Society's Offices to develop and facilitate individual programs eg: Retreats, RISE, Support Groups etc. Members are welcome and encouraged to participate. Contact Brian P.

**PERSONNEL COMMITTEE MEETING:** Meets Tuesday afternoon at 1:30 pm at the Society's Offices - works to provide policy and assistance in organizing human resources (volunteers and paid staff). You may have a talent or experience that would help. Come and find out. Contact Richard R.

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

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

**PWA 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:

**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 Persons with HIV infection, ARC, or AIDS, 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 - 9:00 pm on 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:

**FINANCE COMMITTEE:** Meets Thursday morning at 10:00 am at the Society's Offices - Works to ensure proper financial procedures and puts forward funding proposals. Anyone with this kind of expertise or those interested are urgently requested to contact the General Manager, Chris Sabeau or the chair, Alex Kowalski.



**EXECUTIVE COMMITTEE:** Meets Thursday mornings at 10:00 am at the Society's Office to coordinate the business of the Society and to prepare for Board Meetings.

**BOARD OF DIRECTORS MEETING:** The Board of the Vancouver Persons with AIDS Society meets every second Thursday at 1:30 pm at the Society Offices. Meetings October 12 and 26.

Open to all interested members. This 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.

**BODY POSITIVE SUPPORT GROUP:** For those testing HIV positive. Confidential Discussion Group meets Thursday evenings at 7:30 pm at Gordon House, 1019 Broughton St. For more information contact Ken Mann at 683-3381

**GET OVER IT:** AA Meeting of special interest to HIV concerned persons. 7 pm in PWA Lounge.

**COPING WITH LOSS AND GRIEF:**  
Sponsored by AIDS VANCOUVER

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

## SATURDAY

**BODY POSITIVE DROP IN:** Open to all HIV infected persons or persons with AIDS/ARC to meet others for support and to seek out information. Held in the PWA Lounge Saturdays from 11 until 3 pm For more information call the PWA Society at 683-3381.

## Other Events, Groups and Committees

**MONTHLY MEDICAL FORUM:** A forum for the medical community (eg. St. Paul's AIDS Care Team members) and the consumers of their services (our members and other concerned individuals). This takes place the first Wednesday of every month at 7:30 pm in the Living Room Lounge. For more information about this month's topic or to suggest subjects for future forums, contact the PWA office.

**REFERRAL INFORMATION:** For persons looking for alternate therapists, medical services, and other services. This information is available during our office hours.

**LIVING ROOM LOUNGE** Our drop-in centre is open every day from 10 am to 5 pm and Wednesdays from 7 pm to 9 pm

**ART THERAPY GROUP:** Meets weekly to use the visual arts to explore personal issues and concerns. No experience necessary -this is not an 'Art Class'. Facilitated by an experienced Art Therapist -Noel Silver. Contact the PWA Society Office for times and further information

**SWITCHBOARD SUBCOMMITTEE:** Handles the training and scheduling of volunteers for the Switchboard. This is an excellent entry position for new volunteers. Please contact Jackie at the office for more info.

**COMPUTER SUBCOMMITTEE:** For those with an interest or experience with computers. Volunteers are needed for various jobs, training included. We particularly need someone familiar with desktop publishing to join the Newsletter committee. Please contact Chris Sabean, General Manager.

**PEER COUNSELLING SUBCOMMITTEE:** For those with experience and skills to enable them to help others this committee offers a challenge. Not all volunteers can be accepted for this committee but if you think you have what it takes call Jackie at 683-3381. Training involved, commitment required.

**FUNDRAISING SUBCOMMITTEE:** Works on special events. We always need volunteers to help. Contact Joe Ford at the office 683-3381.

## **No Cuts On Complementary Health Fund**

Recent changes regarding the Complementary Health Fund (CHF) (the program which helps you pay for things not covered by medical) appears to have caused some confusion about the amount of money available to members using that program.

In the spring the Program Committee and the Board had to adjust the Complementary Health Fund payments because of concern about the overall cash-flow of our organization of which the CHF is the largest budget item.

Originally CHF was paying up to \$200.00 per month, up to \$1,000.00 a year. This formula was resulting in some members easily exceeding their limit within one year and was also a strain on our cash flow. The change made gives members up to \$100.00 per month, thus spreading it evenly over the year and actually increasing the limit to \$1,200.00 a year. The new policy has reduced the amount per month, but actually raised the end total.

I hope this clears some of the confusion around CHF and please remember we need donations to keep this valuable program going.

Alex Kowalski

## **PWAs Hassled at US Border**

We have been requested to document cases of anyone hassled or turned away at the US border due to HIV related reasons. For example, if you were turned away because AZT was found in your luggage, we need to hear about the incident. Give the date, place, and sequence of events, as best as you can, when documenting your case. You do not need to use your name anywhere in your documentation, but initials or a pseudonym are welcome if you wish.

The Advocacy Committee is planning a demonstration about the border crossing problems on December 1, 1989, World AIDS Day, at the Peace Arch Park. For more information, come to an Advocacy Committee meeting Mondays, 7.00 pm at Gordon House, 1019 Broughton street or call the Society at 683-3381

## **"AIDS Power Play" Powerful Success**

As the participants gathered together in the early afternoon of our first day together, there was an expectant hush as we learned how 5 days later we would be leading an audience through a unique theatrical experience known as a "Power Play" We had no script so we went through a series of acting exercises to stretch our verbal and non-verbal communications skills and to try out scenes for use in the final performance. At the end of the fourth day we still had no script, but things rapidly fell into place.

On Saturday we were ready to present our two short scenes showing a man going to see his doctor to get his results, then later when he

arrives at a party where everybody knows before he arrives that he had a positive HIV antigen test result. We showed our scenes and then repeated them for audience participation in a "Power Play". If anyone perceived that a character was being oppressed, they could yell out "Stop The Action!" and go up on the stage to replace the person they perceived as suffering oppression.

Next, the play was restarted with the new "actor" from the audience showing how they might act to counter the oppression they saw in the situation, while the other actors responded in character to the new actors' behaviour. Afterward there was some discussion, with people having different opinions about how to behave sent to the stage to act out their suggestions.

An effective intervention came at the end of the play where we see Richard at the party where everyone has been gossiping about his testing positive, and everyone averts their eyes as a dejected Richard slumps in his chair, and he is told "I'm so sorry to hear your news, Richard".

How it changed the atmosphere when the audience member replacing Richard responded "So am I... but I hope I can count on my friends to help out", and sat up to look them in the eye.

The audience of fifty was very warm and enthusiastic and it was heartening to see how many involved themselves so completely in the issues we raised.

The "Power Play" will be performed again on October 2nd for invited participants in Collaborative Counselling Conference.

We are looking for ways to continue this work. All participants agreed that this has been a very rich experience where we have learned much that will enhance our lives. More participants are welcome, so if you are interested in working in this exciting area of self-expression please contact Alex Kowalski through the PWA Society Office. Remember, no experience is necessary, just a willingness to work and learn.

Douglas Starratt

## "Kiss Of The Spiderwoman"

"Kiss Of The Spiderwoman" is a forceful play of two characters, forced together on a squalid oppressed environment, who become involved in an intense relationship. A must see! "Kiss Of The Spiderwoman", directed by Ronnie Way, starring Don Thompson and Paul Crepeau will be playing at the Station Street Art Centre, October 13th to November 14th at 9:30 pm.

On October 22nd, the cast is having a benefit for The Persons With AIDS Society with all monies collected going to directly assist persons with AIDS/HIV.

For any further information call the Station Street Art Centre at 688-3337 or the PWA office at 683-3381

Joe Ford  
Fundraising Committee

## Partners/Roommates Support Group Starting

If your life has suddenly been or is now being turned inside out because AIDS or its related problems have affected someone you love, you may want to attend the Partners/Roommates of PWA's Support Group. In the past, partners and roommates of people with AIDS continued to take cover ... it is time to throw off the blankets! We need to recognize the value and validation of joy and caring. We believe in ourselves and have the courage to be loving in a time of crisis.

We love, we care, we give to our partners or roommates with AIDS. Not because it is required, expected or out of a sense of martyrdom.

## "Walk-A-Thon 89"

On Sunday September 10, 1989, Vancouver People With AIDS Society, along with the "Names Project", held a thank you and awards party at the Heritage House Hotel.

The evening was a lovely event, with entertainment by Nelson Howard, Darcy Dawson, Michael Marsland and the hysterical "Lovie Sizzle". A special thanks to them and to the staff at the hotel for making the evening a real pleasure.

### Awards Went Out To:

Charles Dyer	Heritage House Hotel
Terry & Eleanor	Castle Hotel
James Loewen	Photographer of Olivias Poster
Bert Hansen	Gables Guest House
Mama Karen	Celebrities

Olivia our darling little poster girl and her mother Randi  
Chuck Philbrick, Terry Leitch, Don Teeuwsen, And Rick Van Allen for their help.

### Highest Pledge Raiser Awards Went To:

Bob Isnor	Jay Wadsworth
Carl Meadows	George Swain
Sydney Gallinger	Edgar Sandulo
Stan Kammerer	Heritage House Hotel
Liz Settee	Dufferin Hotel
Alan Stuart	Richards Street Service Club
John White	Shaggy Horse

### Contributing Business Awards Went To:

Donna & Glen	Artistat
Arthur Waters	Story Travel
Talk of The Town	
Club Vancouver	
Cafe S'Il Vous Plait	

Elbow Room Cafe  
Hamburger Marys'  
La Quena  
Little Sisters  
Doll & Penny's

Again, thanks from the bottom of our hearts for making "Walk-A-Thon 89" such a terrific success.

Together we can make a difference!

Joe Ford  
Fundraising Committee

## Useful Book Available

The popular book "Living With AIDS—Reaching Out" by Tom O'Connor is again available for sale at the office at a cost of \$15.00. Chapters headings include: Loving The Body, Nourishing The Body and Healing The Body. Tom O'Connor was in Vancouver speaking last year and was very well received.

*Enlightenment doesn't care how you get there. Whatever you are doing love yourself for doing it*

## News From the Office

Yvonne Mallard has joined the staff of the Society as Secretary. She will be providing typing and clerical services for the Society.

We welcome to our Board RICHARD RYAN and DAVID LEWIS, both of whom have been recently appointed. Richard will chair the Personnel Committee and David will be active in the affairs of the Advocacy Committee. We still have one board position vacant and are receiving applications to fill it.

## NICHOLAS GRAY – REMEMBRANCE

I met Nicholas Gray two years ago at the Gay and Lesbian Centre. I worked on Angles and he with the Coalition. His dynamism, talent and commitment impressed me so much that I imitated him. I organized a September 9, 1987 benefit for Angles at the Odyssey and he agreed to perform. Performing with Jackie Hegadorn, as "Lovie Sizzle", Nicholas had the endurance to enthral the audience with his voice and humour. Fortunately, I was able to repay him and his friend with a certificate for dinner, donated as a door prize. The next month he reviewed an AIDS diary in Angles.

As I proof-read his obituary last month, tears welled up in my eyes and fell on the hand written text. I searched out Jackie and rested my head on her shoulder. My chest heaved. Then I remembered the suggestion of Frank, the obituary's author, "that Nicholas' attitude and actions inspire us to carry on the struggle for awareness and acceptance." This struggle may be within ourselves as well as for and with our mothers, brothers, sisters, fathers, sons and daughters, lovers and friends.

I remain inspired by Nicholas Gray, Thank you,

Sincerely,  
Michael Mac Killop

*We are equal beings and the universe is our relations with each other. Whether I am conscious of it or not, I am one with the cause of all that exists. Whether I feel it or not, I am one with all the love in the universe. Go beyond reason to love: it is safe. It is the only safety.*

*The Lazy Man's Guide to Enlightenment*

## Excerpts From A Letter Addressed To A Vancouver PWA From Shirley MacLaine

One of the most important lessons of this age is to understand and control our emotions rather than let our emotions throw us out of balance. Balance is the secret -- is our protection against all the negation. We can be the calm, peaceful balance in the eye of the hurricane when we know that the soul is eternal and the flesh only a vehicle for this incarnation and we are responsible for the effects we receive, for we set up the cause and we reap what we sow. So, if we want love, kindness and harmony, we must give it first.

Thank you for setting me straight!!

One of my favourite quotations from Richard Bach's "Illusions" is: "Here is a test to find whether your mission on earth is finished: If you're alive, it isn't."

In Love and Light,  
Shirley MacLaine

## United Way Contributors

Remember you can designate your tax deductible United Way donations to the Vancouver Persons with AIDS Society - Tax Registration Number 0760124-11-27



A United Way Affiliate Agency

## Creative Planning Workshop Seeks Your Input

The Society Board Members and some invited representatives will participate in a Creative Planning Workshop October 23, 24, & 25 at Bowen Island.

The purpose of the planning session is to look at where we are as a society now and where we are going in the future. Unfortunately due to space limitations and financial constraints not all members could be accommodated.

This is an exciting time for the Society and our future planning is critical so that we can develop services that meet members' need now and in the future.

Your input and support is extremely important. Any comments or input you may have about how and where you see the Society going can either be directed to either Alex Kowalski or Richard Ryan at 683-3381.

After the workshop an annual meeting will be held in the boardroom at the Society offices on Friday October 27, 1989 at 1:30 pm. You are invited to attend and review the workshop results.

## Newsletter Needs Help

The Newsletter Committee seeks volunteers interested in writing, typing, layout and production of the PWA Society Newsletter. There will be an organizational meeting on mid-October. Please watch the bulletin board at the office or leave a note in the newsletter mail box. All are welcome to join us in making this newsletter an excellent forum for our members and an up to date source of information to help us live our lives to the fullest potential.

## AZT More Widely Available

On September 6, 1989 the Minister of National Health and Welfare announced revised guidelines for the availability of AZT in Canada. Effective immediately, two new groups are eligible to receive AZT:

1.) Early A.R.C. - Persons who share early symptoms of HIV disease and have a T-helper count of 500 or less.

2.) HIV positive but healthy - persons who show no symptoms of disease but have a T-helper count of 500 or less.

If you have reason to believe you may be HIV positive, now is the time to start monitoring your condition, including T-helper counts every 3 months. The evidence is overwhelming that, without early antiviral treatment, practically everyone who is HIV positive will go on to develop AIDS. In addition, researchers have concluded that the earlier AZT treatment is commenced, the more effective and the less toxic it will be.

If your T-helper count test less 500 or less and you are having problems getting approved for AZT, we are here to help you. Contact the Advocacy Committee or Chuck P. at 683-3381.

## HELPFUL HINTS FOR AZT AND OTHER MEDICATIONS

Keep pills away from extreme temperature. The manufacturer recommends keeping them between 59 and 77 degrees Fahrenheit.

Don't carry AZT in a pocket next to your body. If this can't be avoided, carry them in a hip pocket where body temperature is not as warm.

Don't leave them in the refrigerator.

Don't leave them in a closed car in any weather. Don't leave them or their container in direct sunlight. Don't keep them in a bathroom that gets hot and steamy.

Reprinted from Springboard (Seattle) Jan/ Feb 1989.

## Complementary Health Funds Eligibility Task Force

The PWA Society has recently opened full membership to anyone self-declared as a HIV positive. Now, it is necessary to review our various programs and benefits to ensure that all members have appropriate access. To this effect, the PWA Board has struck a task force to review our programs, particularly the Complementary Health Fund. Meetings will be held at Vancouver People With AIDS Society in the lounge at 7:00, Sept 27th, October 4, 11, 18th. Anyone interested in some input and discussions are welcome to contact the Advocacy Committee or call the switchboard at 683-3381. Meetings will happen Wednesday evenings, 7.00 pm in the PWA lounge.

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OUR OFFICE ADDRESS IS SUITE #1, 1171 BUTE STREET, VANCOUVER, B.C. PHONE 683-3381. THE VANCOUVER PERSONS WITH AIDS SOCIETY IS A REGISTERED NON-PROFIT SOCIETY (REG.#0760124-11-27)

THE NEWSLETTER MAY REPORT ON EXPERIMENTAL AND ALTERNATIVE THERAPIES BUT THE COALITION/SOCIETY DOES NOT RECOMMEND PARTICULAR THERAPY. PLEASE CONTACT YOUR PHYSICIAN BEFORE TRYING ANY NEW TREATMENT. OPINIONS EXPRESSED ARE THOSE OF THE INDIVIDUAL AUTHORS AND NOT NECESSARILY THOSE OF THE BOARD OF DIRECTORS OR THE VANCOUVER PERSONS WITH AIDS SOCIETY.

## Enquiring About the Health of a PWA

— Advice on Etiquette from Stella Dallas

When a friend has AIDS it is normal and compassionate to want to know how they are doing. After all, you are genuinely interested in her/his well-being and want to express that concern, and to offer physical or emotional help if your friend appears to need or want-it.

This is a delicate situation, so tact is required. First I urge you to respect the medical privacy of the friend with AIDS. You have no right to regular medical bulletins, nor should you ask for them. Do not attempt to debrief your friend after doctor visits, any discussion of the health of your friend will be initiated by him or her when they feel like talking about it. You can be a good listener, which is all you need to do. Of course lovers, parents, roommates and close friends have some right to more details, but they also should wait and let the friend with AIDS broach the subject.

Standard greetings like "Hi, how are you!" or "Hi, how are you doing!" are not loaded questions. The reply will usually be similarly superficial, like "Fine, good to see you!" Kisses, hugs and a smart lunch may follow.

Stella watched sadly as a PWA was greeted as follows, two days in a row, by a so-called friend: The misguided friend walked up to the PWA, clamped a hand on his shoulder, and asked with a doomsday delivery, "How is your health?" The PWA brushed off the fool with "I'm fine", and changed the topic. Here are some other strategies for answering health enquiries from the persistently rude:

1. Reply firmly, "I'm fine. How is your health?" This will usually cause the questioner to lurch back and burble crap like "Me, I feel great. I'm fine." He'll imply that he's not the one who

has AIDS here, then he'll feel stupid and hopefully wise up for the future.

2. Another reply: "The state of my health is none of your god damned business, we're not talking about a cold or the flu. This is life threatening illness. If I ever chose to discuss this with you, I will bring it up myself." This harsh reply will cause the questioner to turn white and shrink away from you, never to be seen again. Or, the questioner may burst into tears and beg forgiveness for such insensitivity and you can apologize for being friend with AIDS knows you care about them. Be cheerful and loving. Your friend with AIDS is more than just this disease. He/she is a whole person, with lots of other things going on in their life in addition to HIV. There are plenty of other things for friends to talk about. Focus on these things and if you still want the medical dirt, you'll hear it all when the time is write

Warren J., aka Stella Dallas.

# CASINO NIGHT

for PWA Society

Royal Diamond Casino  
535 Davie Street  
Vancouver, B.C.

October 16, 17 and 18, 1989  
6 pm - 2am

We need volunteers to assist on those nights. If you want to find out how a casino works - Come and help us. Call Linda at 683-3381

## New On Our Library Shelves

**The New Our Bodies Ourselves**  
by the Boston Women's Health Collective  
'A book by and for women'

**Morning Glory Babies**  
by Tolbert McCarrol

'the true story of three babies with AIDS and the small lay Catholic community that opened its farm home to care to care for them.'

**Advice for the Patient/Drug Information in Lay Language Vol. 11 9th Edition**  
by authority of the United States Pharmacopoeia Convention  
'dispensing information'

**Coming Home**  
by Deborah Duda  
'a guide to dying at home with dignity'

**Books, Books, Books!** More and more people are making use of the library, with books arriving on a daily basis. The Lone Librarian needs help to get the books onto shelves and into the hands of the eager readers. If you would like to volunteer please contact Douglas Webb at the office.

## FAX Machine

We now have a FAX machine in the Office. Volunteers may now receive communications on Society business at the Society's FAX number - (604) 683-3367. Any volunteer needing to send a FAX should see the Administrative Assistant or Judy McGuire.