

Newsletter

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Vancouver PWA Society Funded

We are pleased with the commitment by the Hon-ourable Perrin Beatty, Minister of National Health and Welfare, for a first contribution of \$125,000 to the Van-couver Persons With AIDS Society under the AIDS Community Action Program. This funding will facilitate the valuable services being provided by the Vancouver Persons With AIDS Society and is a clear recognition of our effectiveness as a self-help group.

We, as persons affected by the disease, are com-mitted to the working together in collaboration and co-operation with all levels of our community to improve our lives. Today's announcement reflects our proven track record in providing programs, services and advocacy for persons with HIV and AIDS. The support and confidence shown by the Federal Government through the Health Promotion Directorate serve to enhance our position as an effective organization in dealing with the AIDS crisis.

There is still a great deal of work to be done to ensure that people affected by HIV/AIDS are receiving the help they need. Vancouver continues to support the largest per capita incidence of HIV and AIDS in Canada. In the past

year, the Vancouver PWA Society has doubled our membership of persons with HIV/AIDS. The situation is urgent and more people than ever are dying. The support and the recognition of this fact by the Federal Minister and his Department is evident in the current funding initiative. The Honourable Perrin Beatty and the Department of National Health and Welfare have been and will continue to be great allies in our struggle.

Alex Kowalski, Chairperson

Where PWA Gets Its Money

The recent announcement of the extension of our AIDS Community Action Grant, from the Health Promotion Directorate of the Federal Department of Health and Welfare, seems to have some people believing that we have just received \$125,000. In fact the Federal government has authorized a budget in that amount for us to spend over a 17 month period for our "AIDS/ARC a Self Help and Self Care Project", which they have funded, in a lesser amount, since 1987.

This is our foundation program enabling us to provide association among and information to and for PWA's. It is budgeted to provide an infrastructure to enable us to carry out our individual programs. It pays for some staff salaries, most of our office equipment and supplies, our library, some travel expense and items such as board development expenses. Its purposes are limited and it does not provide funding for programs for direct services to members. It enables us to have a structure to seek funding for direct service programs and to carry them out.

This Federal Grant does not pay rent nor the general manager's salary. It is strongly held by this organization and others that these items, at the core of the organizational structure, ought

to be paid by the Provincial Ministry of Health, as with many other community service organizations. This has not yet happened but the City of Vancouver has generously taken up the slack in past years with a grant almost equal to that of the Federal government.

In past years these two grants have amounted to approximately one half of our overall annual budget. The rest of the money we administer comes from donations and bequests, from fund raising events and from other fund granting sources. As a matter of policy, funds donated in this way to the Society are designated for programs providing direct services to members such as our Complementary Health Fund, our Retreat Program, Art Therapy, and Peer Counseling.

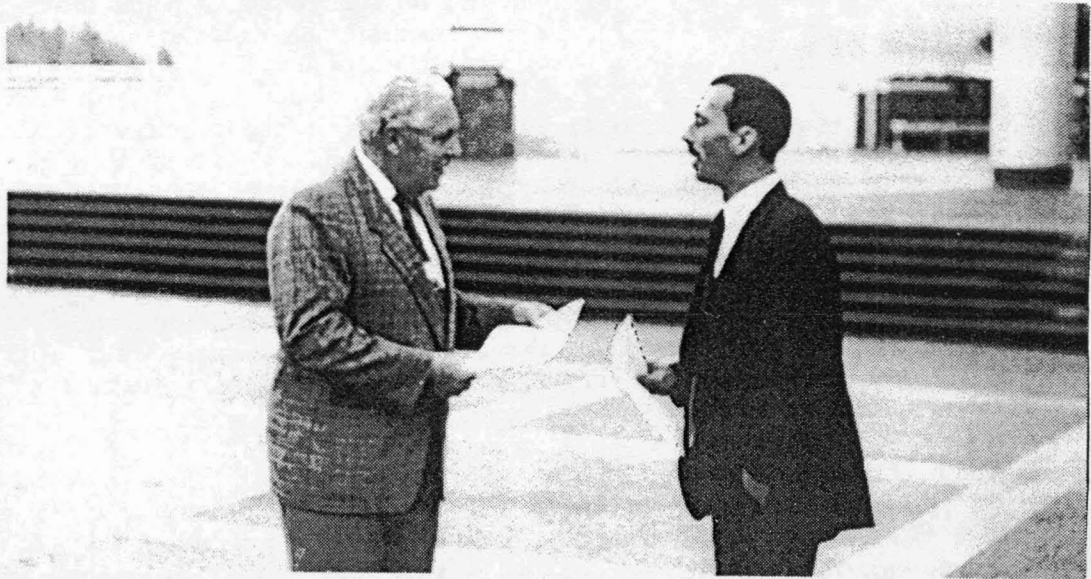
The reason for the large increase in Federal Funding is the expanding need for the job we are doing. In fact we are bursting at the seams at the office and will soon have to move to larger and more expensive space. We will be asking the Province and the City to continue to help us meet this expense.

The theory we have been operating upon is that, if the government is willing to support our efforts, we must participate equally in that responsibility and raise an equal amount from fund-raisers and private donors to provide our services. The overall effect of our increase in membership and budgets has been to more than double our need for fund raising in order to carry out our existing programs at increased levels and to introduce new programs.

It is wrong to believe that governments are taking care of our organization. This is only partially true. Complacency is our greatest danger. We still need the help of everyone involved to make our self help, self care organization thrive.

Chris Sabeau, General Manager

PWAs Greet Socreds



Ken Mann Photo

Delegates attending the Social Credit Party Convention on October 27th were greeted outside the door of the Convention Centre by members of the Vancouver PWA Coalition, who distributed over 200 leaflets taking our concerns directly to the party in power.

In our leaflet we asked for an immediate response to the need for full funding for AZT and funded access to promising AIDS Treatment Drugs. As well, we demanded an end to Government policies being based on the biased judgement and punitive attitudes reflected by the slanders of Socred Cabinet Ministers Dave Parker and Peter Dueck. We also demanded that delegates consider other issues important to us concerning education, housing, the needle exchange and AIDS protection for prisoners.

Inside on the convention floor, proceedings were enlivened by a well-dressed heckler, flinging condoms at Premier Vander Zalm on the podium, shouting "Condoms work, education works, Social Credit doesn't!"

The PWA Coalition's low-key presentation outside the Convention was well received by

most delegates we approached. As we handed former Cabinet Minister Stephen Rogers a leaflet, he remarked "Good work your group is doing".

John Kozachenko



Community Donations Essential

The PWA office is now assured of survival, but we need your help with donations to continue to offer programs and direct services for persons affected by HIV/AIDS.

The recent announcement of a further commitment of funding for the Vancouver Persons with AIDS Society by Health and Welfare Canada increases their contribution for this year by \$25,000. The contribution to our operating budget in the next fiscal year will total \$100,000. This money is allocated specifically to cover office rental, administration expenses and staff salaries.

Our programs and direct services to Persons with HIV/AIDS are funded by the generous contributions and fund-raisers from the community. The demand for our services and programs is increasing as our membership continues to grow beyond our projections. With your continued support, we can meet these challenges during the coming year.

Thank you everyone for your generous help.

Alex Kowalski

AIDS and Disability Action Project

The BC Coalition of the Disabled has started a two-year project to get AIDS prevention information to all people with a disability in BC. The federal grant will also be used to continue to build links between PWA's and people with other disabilities. A conference in 1991 will look at treatment issues from the perspective of health care consumers.

Six target groups have been identified: people with a physical, mental, emotional, visual, hearing or learning disability. Within all of these groups there are individuals who are institutionalized, isolated or abused. Physical or communication barriers often result in closed social networks which can ease the spread of HIV.

We have already got some feedback on dangerous situations which are developing. Recently in BC, two mentally handicapped men from group homes have died of AIDS. Many street people have a combination of problems, often involving emotional or other disabilities, which contribute to an increased risk of AIDS. Deaf communities have been hard hit by HIV across North America.

A representative of the PWA Society will participate on our AIDS Education Advisory Committee. Others may contribute to working committees on the six target groups. We will also be working with the PWA Society speakers bureau giving workshops to disabled groups. We would like to hear from any members with experience or a special interest in the disabled community.

By Dan Guinan, BCCD

Beatty Appoints Three New Members To NAC-AIDS

Ottawa- The Honourable Perrin Beatty, Minister of National Health and Welfare, today announced the appointment of three new members to the National Advisory Committee on AIDS (NAC-AIDS).

The new members are Arthur Wood, Chairperson of the Board of Directors for the AIDS Committee of Toronto, Don deGagne, a person living with AIDS and a member of the

Board of Directors for both the Vancouver Persons with AIDS Society and the Canadian AIDS Society; and Dr. David Walters, Director of the Canadian Public Health Association's AIDS Education and Awareness Program. The three appointees will join the National Advisory Committee on AIDS at the next meeting scheduled for September 25, 1989.

"The new members bring a broad range of expertise to the National Advisory Committee on AIDS", said Mr. Beatty. "I believe their service to the committee and to the people of Canada will be extremely valuable."

NAC-AIDS was formed in 1983 to make recommendations to the Minister on activities leading to the implementation of medical care, research and other strategies for the diagnosis, treatment, control and prevention of AIDS in Canada. The role of the committee has since been expanded to include advice on the scientific, technical, psychological, legal and ethical aspects of policies and programs within the jurisdiction of the Minister of National Health and Welfare.

from News Release, Perrin Beatty's office
September 18, 1989

International Travel for PWA\HIV's: An Update

Several incidents of discrimination have occurred in many countries regarding border crossings by PWA/HIVs and this has sparked a flurry of reactions around the world.

In regards to Canada's position on PWA\HIV's travelling to Canada, we clearly have a discriminatory policy. A document which breaks down our requirements of each country states, under Canada, "Visitors with AIDS can be denied entry under Section 11 (2) of the immigration act" (document available at Coalition).

Furthermore our immigration policy states "people with AIDS antibodies, ARC or AIDS are inadmissible to Canada".

The Coalition has begun communicating with the Ministries of Health and Welfare, External Affairs, and Immigration on the issue as it is an embarrassment to Canada to discriminate specifically against PWA\HIV's. This not only further alienates people with a stigmatized disease but does nothing to promote the positive work in prevention and education that we are doing. It is clearly an attack on PWA\HIV's and not on AIDS and is causing misinformation and unfounded fear.

In view of the upcoming announcement of Canada's National Strategy on AIDS, if Canada does not correct this discriminatory policy our strategy will not be very innovative nor will it help prevention education and responsible behaviour in this country.

On the international front, a lot is happening in regards to PWA\HIV's travelling to the U.S.A. and specifically for the Vth International Conference on AIDS. The congress has approved a method in which a person with HIV/AIDS can apply for a waiver by declaring his or her HIV status. This waiver may be granted only for official business, treatment, attending conferences or visiting family.

This is unsatisfactory as it forces people with HIV/AIDS to go through a procedure no one else from any other country needs to go through, and of course who can trust them that that information will not remain on a computer.

Many groups including All Scandinavia PWA and Body Positives are boycotting the Vth. An International Steering Committee for the 1st International meeting of PWA\HIV's to be in Madrid, Spain in May 1990 will meet at the end of November to decide if they will boycott the Vth. Pressure is mounting at all levels to denounce this discriminatory policy once and for all.

World Health Organization's Global Programme on AIDS Director Jonathan Mann

announced at the Vth International Conference on AIDS in Montreal last June that W.H.O. will not support conferences in countries that discriminate against PWA\HIV's.

Why then are they going ahead and funding yet another conference in a country that clearly discriminates against people with HIV disease?

We need your support at two levels. If you want this situation to change internationally please write to:

Dr. Jonathan Mann
W.H.O./G.P.A.
CH - 1211
Geneva, 27
Switzerland

To state your views on Canada's policy you can write to:

Barbara McDougall
Minister of Employment and Immigration
Place du Portage
Phase 4, 14th Floor
Hull, PQ K1A 0J9

We need your support if we are to make a difference and eradicate discrimination towards people with HIV disease.

World AIDS Day is December 1. The coalition is focusing on International Travel. Please contact Kenn Mann for more information. A package is available at the coalition.

Don deGagne

National NAPWA Conference

I was in Washington D.C. between October 2 & 10 to attend the National Association of PWA's conference as a member delegate from Vancouver.

I was billeted by a nice Washington couple. I registered at the conference where I received a working-board packet and gathered other information for our use in Vancouver.

Throughout the rest of the week, the conferences ran from 9:00 am to 5:00 pm. Between sessions, I met many interesting people from the coalitions all over the U.S. Many of them commented on the high quality of the Vancouver PWA News-letter, which their coalitions receive from our office.

Some of the topics discussed were: Ensuring demographic representation of special needs groups (IV drug users, Women, Children, Blacks, Hispanics, the Deaf and other handicapped Persons); Budget and Funding Concerns; Electronic Bulletin Board; Medical Reports; and the Sullivan Report on the state of AIDS in the U.S.

I spoke at the end of the conference on the possibility of setting up a Canadian Association of PWA's so that we can share the information with the other PWA Associations within Canada and internationally.

Concurrently with the conference, the Quilt, as a whole, was displayed for the last time at the Ellipse, a large grassy area between the White House and the Washington Monument. About 12,000 panels were on display, attended by tens of thousands of supportive viewers. A great deal of affection was evident. Because of the immense size of the Quilt, it was impossible to remain emotionally detached. It was one of the most moving experiences I have ever felt.

I would like to thank the Vancouver PWA Society and McLaren House for their assistance toward my trip and for the memorable experiences the conference provided me.

Kevin Christiansen

*On the great spiritual path of Life
You will finally discover your true self
And when that takes place
You will also discover
What your friends have had to
Put up with all this time...*

Baba Taavi

Peptide-T: A Controversial Potential Treatment for AIDS

The AIDS virus infects new cells by attaching to receptor sites on the outer surface of the cells. Treatments such as Peptide-T are thought to work by plugging these receptor sites, so the virus is unable to attach to new cells. It is as if each uninfected cell was a door with a lock and the AIDS virus was a key able to fit the lock, thereby gaining entry. The idea of Peptide-T is to plug the key-hole so that HIV is unable to unlock the door and infect the cell. Got that?

Peptide-T was developed in 1986 by neuropharmacologist Candace Pert, at the National Institute of Mental Health in Bethesda, Maryland. While researching the effects of HIV on the brain, doctor Pert found that the pattern of CD4 receptor in the brain was identical to the receptor patterns of many naturally occurring brain peptides and theorized that a peptide with amino acid structure similar to a portion of HIV must therefore exist.

Dr. Pert's theory was that flooding the body with copies of this peptide could prevent HIV from binding to the receptor sites that HIV required to infect new cells. Peptide-T was discovered through a computer search attempting to match known peptide sequences and the amino acid structure required for HIV to infect new cells. In theory, administration of Peptide-T should render HIV unable to infect new cells.

In fact, Peptide-T has become one of the most controversial of potential AIDS treatments. Several researchers have been unable to duplicate Dr. Perts' laboratory findings and several others could detect no activity against HIV in independent laboratory tests. Numerous researchers also challenged Dr. Pert's most basic research observation: that a common set of core amino acids is conserved across all HIV isolates.

Despite the storm of controversy, the U.S. F.D.A. approved a one-month Phase 1 toxicity trial in late 1987. No toxicity was observed during this trial, but the study was too short to determine anything about Peptide-T's effectiveness. In August, 1988, Bristol-Myers Co. signed a federal licence (U.S.A.) for exclusive rights to manufacture Peptide-T. However, the company withdrew from the licence in May, 1989. Susan Yarin, manager of public affairs for the pharmaceuticals at Bristol-Meyers, is quoted as saying "We determined that Peptide-T's antiviral activity against HIV-1 is limited".

Results of a 12 week trial of Peptide-T on 30 patients, presented at the Montreal AIDS Conference (June 1989), showed that the patients gained weight and had less fatigue. Peptide-T reversed neuropsychiatric problems in AIDS and ARC patients with HIV-related brain and central nervous system impairment. In this respect it was more effective than AZT has been in human trials. Three people who had detectable p24 antigen before therapy became p24 antigen negative during therapy. No detectable improvements in T4 counts occurred, while some dramatic increases occurred in T8 counts. One patient who was on Peptide-T for almost a year had a sustained increase in his T4 count. So far as toxicity goes, Peptide-T was without side effects.

Unfortunately, there is not yet sufficient medical evidence available for me to form an opinion as to whether Peptide-T is a useful treatment for HIV infection. What is needed are more human studies of Peptide-T.

We have recently put together a comprehensive Peptide T information Pack, which is available in our Library or phone 683-3381 and we will mail it to you.

Chuck P.

*Life is a soap opera. But you
can always change the channel
-Baba Taavi*

DDI Available Through E.D.R.P.

The experimental anti-HIV drug Dideoxynosine (DDI) is available through the Federal Emergency Drug Release Program (EDRP). However the criteria for access to DDI are extremely restrictive and if precisely followed would exclude many people who could possibly benefit from this promising drug. We will supply the criteria to anyone who asks.

Bristol-Myers has set up a toll-free number for physicians who would like to apply for DDI for their patients. This number is

1-800-267-8783 for Physicians.

Please keep us posted on your successes/failures in accessing DDI through the EDRP. For more information call us for our DDI Info-pack or attend the December Monthly Medical Forum at Gordon Neighbourhood House Dec. 6th at 7:00pm.

Info Packs Updated

We have recently put together a new treatment information pack on severe weight loss: Parasites (Cryptosporidium, Isosporiasis, Microsporidium) and malnutrition

We have also just updated the following treatment information packs, with the latest research information:

- 7) AZT
- 2) DDI (Dideoxynosine)
- 3) K.S. (Kaposi Sarcoma)
- 4) P.C.P. treatments
- 5) Acyclovir
- 6) Compound Q
- 7) Foscarnet and Ganciclovir for C.M.V. (Cytomegalovirus) Retinitis

AZT Treatment: Earlier is Better

The following is taken from a Human Prescription Drugs (Ottawa) news release (November 6, 1989):

New information from two large, well conducted U.S. studies indicates clearly the benefit of Zidovudine in individuals at certain earlier stages of HIV infection. Zidovudine treatment delays the progression to advanced stages of infection in individuals with immune system damage at a T4 cell level of 500 cells/mm³ or below, with symptoms and without symptom of infection. The incidence of serious side effects is much less (under 5%) than the high incidence (30-40%) experienced in Zidovudine treated individuals with advanced disease.

These results indicate that Zidovudine at an earlier stage of HIV infection offers delay in progression of disease; improved quality of life and an opportunity for reduced hospitalization.

Comments From Chuck P.

"AZT has recently been made available in Canada for anyone infected with HIV and having a T-helper count of 500 or less. I strongly recommend that, if you have tested positive, you should monitor your condition regularly, including T-cell tests every three months. If your T-helper count falls to 500 or less, you should consider commencing early AZT treatment. HIV infection does seem to be a disease where the best-informed patients begin treatment early, before they show major symptoms of the disease."

Chuck P.

*If the universe is unfolding as it should,
Why do I feel as if I'm
Getting stuck in the creases?*

-Baba Taavi

Co-op Building Welcomes PWA

In September of 1988 the Vancouver Housing Registry (VHR) and the Vancouver Persons with AIDS Society identified housing as a critical issue for PWA's. Both affordability and accessibility were problematic.

We began to advocate for PWA's by offering information sessions at individual co-ops. Our goal was to have Lower Mainland co-ops provide housing for PWA's with support and direction from the VHR and the PWA Society. The response has indicated that most co-ops value diversity in their membership, have a commitment to people having a voice in their housing situation, and are willing to learn new ways of living together co-operatively.

Westerdale Co-op is the first in the Lower Mainland to welcome a PWA and his partner. David Miles said how pleased they are with the way they have been received and treated. He says that being in a co-op is an alternative housing opportunity that allows the membership to put a face on AIDS. David's intention is to use his abilities as a handyman and particularly his electrical and plumbing skills. His partner's financial acumen will be well used on the Finance Committee.

The following co-ops have requested and received information sessions: City View, View Court, Levellers, Paloma, Rising Star. Heritage House, Grandview and False Creek are on the waiting list for information sessions. Westerdale has succeeded in housing a PWA. Robson Park is waiting for a suite to become available and indications are that Tidal Flats will follow suit.

Bev Bradshaw, Chairperson of the Membership Committee at Westerdale, is still in shock because the process happened so quickly. She talks about how, at first, people in the co-op seemed uninterested in the issue. Few members attended information sessions.

The co-op board presented a motion at a general meeting. Most of the membership supported prioritizing a suite for a PWA. A few members had difficulty in accepting that this issue deserved special attention and felt that people in their community might discriminate against them and/or their children if they knew the co-op was housing a PWA. The motion was passed, with the majority of members feeling enthusiastic and committed.

Soon after, a suite became available. Bev called the PWA Society to solicit potential members. Interviews were conducted and the successful candidates fulfilled all criteria for membership.

We would be encouraged to hear from the West End co-ops. They are well situated for PWA's with access to the PWA Society, AIDS Vancouver, and St. Paul's Day Clinic.

The Vancouver Housing Registry and the Persons with Aids Society recognize the uniqueness of each co-op and intend to support the success of this project by respecting the needs of both Persons with AIDS and the co-op members.

-Reprinted from "Scoop",
Newsletter of the co-op housing
movement in BC

Live in a Co-op !



Interested in living in a housing co-op or interested in finding out more about them? More space in housing co-ops are opening up all the time thanks to some help from our friends at the YWCA Housing Registry and in the co-operative housing movement. Contact Jackie at the office and register to be on the waiting list.

There are many helpful signposts on the road of life; It's too bad that so many of us are functionally illiterate

-Baba Taavi

Ongoing Events

Mondays:

Advocacy Committee: Meets 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.

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. December 11th discussion group.

Tuesdays:

Program Committee Meeting: Meets 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 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: 7:30 - 8:30 pm, at the PWA Coalition Living Room Lounge, 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.

Wednesdays:

Living Room Lounge: Our drop in centre/library is open Wednesday evenings 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.

Thursdays:

Finance Committee: Meets 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 Sabean 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 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 St. Andrews Wesley Education Centre, 1020 Nelson St. For more information contact Ken Mann at 683-3381

AA Meeting of special interest to HIV concerned persons. 7 pm in PWA Coalition's Living Room 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 please call Joy Moon 299-4828.

Fridays:

Movie Night: get together at 7:30 pm in the Living Room Lounge with video screening at 8 pm. See poster in the lounge for this week's attraction. Munchies provided.

Saturdays:

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 Society's Living Room Lounge Saturdays from 11 until 3 pm For more information call the PWA Society at 683-3381.

Living Positive: Evening support group with facilitation. Open to HIV concerned persons and their friends. Room 2B VGLCC 7:30 - 9:00 pm

Other Events, Groups and Committees

Living Room Lounge our relaxed drop-in centre is open Monday to Friday from 10am to 5pm and Wednesday evening from 7pm to 9pm

Reception and Switchboard committees provide training for an excellent entry position for new volunteers. Sign up in the office.

Monthly Medical Forum: A forum for the medical community (eg. St. Paul's AIDS Care Team members) and the consumers of those services (our members and other concerned individuals). First Wednesday of every month at 7:30 pm in the living room lounge. Topic for December 6th will be DDI with Dr. Montaner and a representative of the Bristol-Myers company.

Referral information available at the office during office hours (10am to 5 pm) for people looking for medical services, alternate therapies, and other services

Art Therapy Group meets weekly to use the visual arts to explore personal issues and concerns. No experience necessary -this is no ordinary 'Art Class'. Facilitated by an experienced Art Therapist, Noel Silver. Contact the PWA Society office for further information.

Healing Beauty Baths

The beauty tips which I have chosen to secretly share are on extremely beautifying healing baths. There is a long history of the use of cleansing baths in ancient Greece, and more recently, the naturopathic community. These baths are quite effective in natural beautification, and it has been claimed by one Coalition member, Marcesa, that it picked-up general body functioning. While there is no scientific proof for that it is clear that beauty baths are potentially good. The ones I like the most are the seasalt and baking soda bath, either separate or combined. Believe me the natural way to super beauty does not have to be expensive. No Sir!! The purpose of this bath is to primarily cleanse the auric field, and clear lymphatic congestion. What could be more beautiful, than a clear aura. The dosage for this beauty bath is simple. Take a bag of seasalt (from the health store) and a box of baking soda and combine in hot bath water.

Another favourite is the 'old Epsom salts bath'. It is considered a broad spectrum cleanser, and pretty heavy duty. Beauty is a serious business! Its also good for lymphatic congestion and considered more powerful than seasalt and baking soda for cleansing the lymphatics. The dosage is simply to dump a 2 to 4 pound bag in your bath as you run the water. Then, with your wrist in a swishing motion stir the salts in the bath water. For most people the "swishing of the wrist" is the fun part.

Then, there are the apple cider vinegar baths. It's simple. Put one quart in a tub; then, soak for 1/2 hour using hot water.

My two most favourite healing and beautifying baths are of course, the clay bath and the not so familiar, lemon bath. The purpose of the clay bath is that it also clears the aura, clears the energy field, and promotes a greater sense of one's own personal beauty from within outwards. The dosage is one cup green clay in hot bath for

1/2 hour. On the other hand, the purpose of lemon baths help decrystallize old and stuck mental patterns. Marcy, a member had problems with old mental patterns, and confesses to feeling more clear since trying a lemon bath. For the dosage simply, juice as many fresh lemons as you like and put in hot water bath. Also you can just buy a bottle (large) of Realemon brand lemon juice, and put in a hot bath.

Well, just about everyone on the planet can benefit from a series of beauty baths, as well as to decongest various psychic functions. Living with HIV disease is clearly no picnic, so why not try one of the above baths and let the news letter know any of your beauty tips or anything else you might want to share.

B.B.B. (Barbara's Beauty Billet)

Love

Something strange is happening to me
something more than my two eyes can see
and I know that I can no longer live
in false reality

Lies get clearer every day
truth this time you're here to stay
and this feelin deep in my soul
will not pass away

The Question came to me
is there more that I could be
then I opened my eyes
to what I am inside

Life gets sweeter every day
love you're here to stay
this feelin down in my soul
will not pass away

Ode to the I.D.C.

Well it's Monday morning, now let me see,
I guess I gotta go to the IDC.
My pills are gone, my spots are back,
My mild little cough is now a hack!

CHORUS:

IDC IDC

Can't get enough of that IDC.
I need to get some TLC
from all my buddies in the IDC.

It's Tuesday morning, now let me see
I'm off to the lab for my CBC.
Then I'm off to X-ray for my scan,
And on the way home I'll stop for a tan.

CHORUS:

It's Wednesday morning, now let me see,
I gotta go back to the IDC.
They're gonna fill me up with some RBC's,
Cause they say I'm low on HGB's.

CHORUS:

On Thursday morning they called me
I have to go back to the IDC.
My X-ray shows I've got PCP.
Have to get myself some AZT.
And on top of that I need an LP.

CHORUS:

It's Friday morning, now let me see
I don't have to go to the IDC,
But I got no food or clothes to wear.
The government acts like they just don't care.
At least I got the IDC
Cause Bill cut off my UIC
and the jerk won't pay for my AZT.
So when I'm gone and R.I.P.,
Long live the IDC!

Dedicated to Rick Frose
Michelle and Liz

Coping With Grief At Christmas

Christmas, that once joyous occasion, can be a very difficult time for those who grieve. Each of us has to face that first Christmas with an empty chair at the dinner table. A little planning before the holidays can go a long way toward making that first Christmas easier. Give yourself permission to follow your feelings. Keep in mind, as well, that having a good time does not mean you have forgotten your loved one or that you love them any less.

Change traditions. Have your holiday dinner at a different house this year. You may find that the more you try to make it the same as it was before, the more obvious your loved one's absence will be. Before you make a decision to stay away from a family or friend's celebration, write the pros and cons of why you should or should not go and carefully analyse the results. Consider what your loved one would advise you to do.

Balance solitude with sociability. Solitude can renew strength. Being with people you care about can be equally important. Buy tickets to the ballet or theatre, one for yourself and one or more as a special holiday gift from you to your friends.

Relive the happy memories. Recall special memories of past holidays with your loved one. Once others realize you are comfortable talking about these, they will relate stories that add to your pleasant memories.

Counter the conspiracy of silence. Because family and friends love you, they may think they are doing you a favour by not mentioning your loved one for fear you will be upset. Break the ice by mentioning their name yourself. Tell your family and friends that it is important for you to talk about your loved one during the holiday season when that missing person is very much on your mind.

Find a creative outlet. Write a memorial poem or story about your loved one and share it. Contribute to or work with a group that your loved one supported. Use the money that you would have spent for a gift for that special person to buy something for someone they cared about or for your church or an AIDS organization in memory of your loved one.

Don't forget the rest of your family. Make it a sharing time with your chosen family. Listen to them. Talk to them. If decorating the tree or buying Christmas gifts is too difficult for you to do this year, ask a friend to do it for you.

Use available resources. If your faith is important to you, participate in religious services. Seek out a support group or start your own short-term support group to help you through the holidays. Take time to walk outdoors, enjoying what nature offers at this season.

Mobilizing for Earthquake Relief:

the Contrast with AIDS

The October 17 Earthquake killed 10 people in the city of San Francisco; the AIDS epidemic has killed over 200 times as many here. Yet in two days, national institutions mobilized as they have never done in eight years of AIDS. For example:

No one imagines that when an earthquake or hurricane strikes one part of the United States, other parts would turn their backs and say it isn't their problem. Yet with AIDS, impacted cities like San Francisco and New York are left to cope on their own, largely without federal help.

When a mile long section of Interstate 880 collapsed in Oakland during the earthquake, no one dreamed of delaying rescue efforts until someone could make money off them. Yet when a life-threatening virus has infected hundreds of

thousands or more in the U.S., and millions in the world, practically nothing moves in AIDS research until corporations smell profits, or academics get grants. Not five years ago, not last year, not today.

We do not object to people being paid for their work, or making reasonable profits. We do object to the nearly universal practice of delaying critical research a year, two years, or more for the sake of financial arrangements—and to the lack of leadership which allows this practice to continue.

For over three years, AIDS Treatment News has pointed to obvious, inexpensive, and critical steps needed to save lives. Usually we knew that nothing would be done. Therefore we have had to focus on what people could do for themselves, with or without institutional support.

The city official who called the earthquake the worst disaster to strike San Francisco since 1906—overlooking the epidemic which has killed 200 times as many—inadvertently illuminated the crucial but overlooked fact that AIDS has not been treated as a disaster. Outside of the immediately affected communities, there isn't even a pale shadow of the mobilization that the far less deadly earthquake has called forth.

How can we address the fundamental lack of national will to save lives? Clarifying and explaining what should be done will help. Protest and political action can help. But ultimately the AIDS community cannot create mobilization which is not there, so we will have to wait for people to become ready. We can only continue to do our work as best we can for as long as necessary.

Article by John S. James,
reprinted from
AIDS Treatment News issue #89

The Hemophiliac And HIV Infection

We recommend that all hemophiliacs are tested for HIV. It is very important for hemophiliacs to determine their status at the earliest possible date. Early treatment will increase the possibility of maintaining positive health. We recommend that "safe sex" be practised as a matter of course, regardless of your HIV Status. However, if you are positive, this will dictate to you the absolute need for these practices in order to limit the spread of the virus.

You can be tested by arranging an appointment at the Hemophiliac Assessment clinic in Vancouver or by contacting your family physician. Prior to the test ask the clinic staff or your doctor to explain the HIV test and what the results may mean. The results will be known within two weeks. You will have another appointment at the time to be made aware of the results. If you learn that you are positive expect an emotional response. This is initially traumatic news and it is normal to feel fear, anger and confusion. While not easy we recommend the following.

Establish an honest, straightforward relationship with a doctor or clinic staff. Do not isolate yourself. The B.C. Hemophiliac Society has several support groups which can offer assistance. While it sounds cliched try to maintain a positive attitude. Studies have indicated that people maintained positive health longer if attitudes remain upbeat.

If AZT is prescribed you will be required to visit St. Paul's Hospital in Vancouver. "AZT" is not available through usual outlets yet as it is still classed as an experimental drug. Expect a lot of

time to be spent visiting physicians etc. for the first several months. While frustrating, keep at it as it's the only system in place. The following addresses and telephone numbers may be of use to you:

The Hemophiliac Assessment Clinic
895 West 10th Avenue
Vancouver, B.C. V5Z 1L7 Tel. 879-7511

The B.C. Chapter
Canadian Hemophilia Society
3998 Main Street
Vancouver, B.C. V5V 3P2 Tel. 873-3666

The Persons With AIDS Society
Box 136-1215 Davie Street
Vancouver, B.C. V6E 1N4 Tel. 683-3381

Source: Canadian Hemophilia Society

AIDS Caregiver Conference

The Federal Centre for AIDS Working Group on HIV Infection and Mental Health is sponsoring two conferences for AIDS caregivers in Canada. **Caring Together** will be held in Ottawa, March 9-11, 1990, and in Calgary, March 16-18, 1990.

Participants will include not only the professionals, but also the para-professionals, lay and volunteers (including the family) as caregivers for the HIV infected individuals and those living with AIDS.

For information , please contact:
Bruce Mills, Conference Facilitator
1589 St. Bernard Street, Gloucester,
Ontario K1T 3H8
Telephone: (613) 739-8836
Facsimile: (613) 739-0274.

The Quilt: A Personal Remembrance

I was honoured to be invited to Washington D.C. to read names at the last unfolding of the AIDS Memorial Quilt, spread out in its entirety on the Ellipse a 14 acre field, between the White House and the Washington Monument. Here are some personal recollections.

The first day was bitterly cold and unsettled as we arrived at 7:30 AM to practice the ceremonial unfolding and the emergency rain fold techniques. There was 25 strong contingent of volunteers from across Canada, and we worked together in teams through the display. We had the chance to get to know one another as we waited for the weather to stabilize. Finally at 9:30 AM we began the slow dance ritual unfolding of quilt squares in our sector. But by 10:00 am the weather turned to rain so we quickly folded the quilt in 3 minutes and tucked it under waterproof covers to the beat of an incoming helicopter.

Realizing that the chopper was coming in to pick up President Bush, we crossed our fingers for the rain to stop and unfolded the quilt again in a hurry. As we were smoothing down the last corners, the rain stopped, the sun came through and Bush's helicopter circled overhead. As the President waved to us below, people waved back, many jeered and a great shout of "Shame, shame, shame!" pursued the chopper as it disappeared into the clouds.

I saw many tender scenes at the Quilt, like friends who had lost touch becoming reunited, being drawn to the panel of a mutual acquaintance. A man and a woman sat a long time beside a certain panel. She sat quietly holding the man as he wept painfully with evident tears of recent grief, stroking the cloth of a well made panel of a simple, striking design prepared with much love and care for a man who had passed away in 1988.

As a singer in the Vancouver Men's Cho-

rus, I was especially moved by the panels our team first unfolded, made for members of the San Francisco Gay Men's Chorus. Later I started refolding with panels for members of the New York City Gay Men's Chorus. So many song-birds called up to the heavenly choirs.

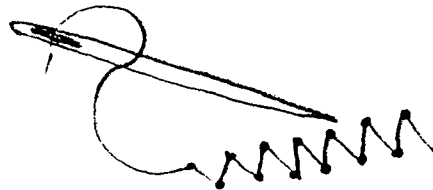
I saw a strongly built man in full Scottish regalia with a distinctive sporrán made from the skin of a badger, sitting beside a plaid panel, stroking it and washing it with tears.

Later I saw him single-handedly carrying a heavy quilt box on his shoulders, saying to some questioner "No, It's OK. This is the fifth box I've carried this way. Besides, there's a friend inside".

One panel had a beaded purple hand bag and very faded lettering telling how a friend had come to visit Brandy Alexander in hospital. Seeing his friend taken back by the purple splotches on the hand he extended to be kissed, Brandy said "It's a pity I don't have a hand bag to match" Now he does.

I am left with a feeling of sadness that we've lost so many good people, but there is joy too for the love in these lives we celebrate. And there is hope that the sight of so many lives vividly revealed in love will stir people to action so that nobody needs to feel the full impact of this epidemic all alone. The Quilt is all about hope, love and giving comfort, and I hope we see people empowering themselves to help one another to live the fullest lives possible.

Douglas Starratt



Well... there you go!

-Taavi Nurmela

The Names Project – Washington, D.C.

October, 1989

The first impression of Washington is monuments. The Washington Monument pointing skyward. The Lincoln Memorial ascending from the reflecting pool, surrounded by grass and park. The multibuilding Smithsonian lining both sides of the Mall which is all grass and open space. The Capital above all, doomed and gleaming white. All graceful. All remembrance of times past.

The Quilt was laid out – square by square – in an area called the Ellipse, a park-like oval of grass between the Washington Monument and the White House. The Quilt too a remembrance of times past, very fitting in the city where American history is so alive. But it is so very different. It is warm and touchable, fabric hugging earth. No master plan, but a patchwork of hopes, dreams, anger and sadness. It is very approachable and it is very alive.

There are so many panels. Almost 11,000 pieces of cloth, each 3 ft by 6 ft, lie side by side under cloudy October skies. And there are so many people. Hour after hour they move down the walkways ... stopping here ... pointing there ... crying ... laughing ... quietly holding hands. There is not enough time to see it all. As monitors, we help people find panels of family and friends. We all know where Liberace's panel is. We keep food away from the Quilt and work at the almost impossible task of keeping people from walking onto the edges of the fabric. There are so many people.

The sheer size of it all is overwhelming. There is a Candlelight March Saturday night which goes from the Quilt past the White House to end up around the reflecting pool in front of the Washington Monument. For me, this is the

moving event. Thousands of people turn out and as I look both backward and forward along the route, all I can see is row upon row of light. The sight is beautiful and in the warmth of this glow we are together. Yet I can't get past the numbers. During Cleve Jones' speech, Cleve who began The Names Project less than three years ago, he announces that more Americans have now died of AIDS than died during the entire Vietnam War. I look at the lights, at so-called "powers that be" have really learned anything at all.

When I think of it now, special moments come to mind. Seven of us from Vancouver, along with an "honorary Canadian", unfolding Quilt squares in the dance that makes up the opening ceremonies. The reading of the names from the small platform

with Quilt in front and White House behind. Feeling honoured to read out Warren Jensen, Taavi Nurmela and Kevin Brown". This is not our country, but that distinction seems meaningless right now. AIDS knows no borders. The closing ceremonies with all of us who have gathered from across the continent sharing these last few moments. The Quilt is now too big to be displayed as a whole again and we are seeing an era change.

Judy McGuire



Douglas Starratt Photo

In Memoriam: Stephen Whittaker

We are sad to learn of the passing of Stephen Whittaker, a founder of the Seattle Treatment Exchange Program, a sister self-help organization that has provided us much encouragement and practical help in providing access to tests and treatments for our members not currently available in British Columbia.

In one of his last communications, Steve wrote:

"Sometimes the amount that has to be done is immense in my mind, especially when I am tired like today. I think we need to remember our roots. I am fearful that our sense of "respectability" will derail us from our most important function - review of treatments...No one has given us anything in this epidemic, not permission, or respectability or choices. We have had to make them for ourselves, and whether controversial or not, we must push forward. That is our true mission - to present information and choices, not security and guarantees. This in itself is empowering to others."

Reprinted from
Seattle Treatment Exchange Perspective

Thanks for the Support

Our love and thanks go to the community for the enormous effort and success of fund-raisers and donations held last month. In appreciation of these endeavours, I would like to acknowledge the people, businesses and groups behind the scenes.

Denman Station Oct. 6th & 8th show
hosted by J.D. Renee

In memory of Rejean Boulet.

Royal Diamond Casino Oct 16-18th
thanks to the Volunteers for their help.

Station Street Theatre Oct 22nd Proceeds from "Kiss of the Spider Woman"

Phoenix Heraldic Society Proceeds from
Mr/Mrs Gay Vancouver

Talk of The Town Proceeds from
Halloween Party

Gandy Dancer "Saturday Beach Nights"
proceeds from door charge

Fraser Valley Social Endeavours proceeds from "Dance Night"

Blue Turtle Theatre Company Bar
proceeds from "Confessions Of A Male Stripper"

Knights Of Malta donation

"Dot Party" Graceland hosted by Bill
Monroe with special thanks to Hamburger
Mary's for their hefty donation

Cariboo Secondary School

North Shore Counselling Course

To all the clubs involved with the Halloween Donation Jars and special thanks to Numbers and staff for raising over half of the donation total.

Vancouver Men's Chorus "Phantasmagoria" Aquarium Halloween Party for proceeds from the cover charge & the complimentary tickets.

And finally to all sponsoring businesses; Story Travel, Doll & Penny's, Little Sister's, Return To Sender, Homestretch Active Wear, Sunshine Tanning, Labbatt's, Fitness World and the many others. Please remember to support the businesses that support our community.

Living Positive: Room 2B Saturday
evenings 7:30 to 9:30. VGLCC

A support group for people affected by HIV and AIDS. Inspired by Louise Hay's Healing Circle. Focus on loving oneself, relaxation, visualization, and sharing experience, strength, and hope. A positive approach to living with AIDS and HIV Infection.

Design Our New Logo

Entries are now being received for the PWA Logo Design Contest. The contest is open to all members and supporters.

Vancouver PWA Society needs a permanent logo that will encompass our mandate of "Support, Advocacy, Empowerment and Hope for All people with HIV infections, ARC and AIDS". The logo will be used on all letterhead, business cards, brochures, publications, etc.

All entries will become the property of Vancouver PWA Society, and should be received by February 15, 1990. All entries should be mailed or delivered to the, Society offices, attention David Lewis. Please include entrants name, and phone number. Entries will not be returned. Art boards appreciated, but not required.

The winner will receive full credit and a great deal of recognition and appreciation. Here's your chance to express yourself creatively for a great cause.

For further details or information contact David Lewis at the Vancouver PWA Society.

Billeting PWA's During Gay Games III

We're anticipating 15-20 thousand visitors, including PWA's over the eight days from August 4th to 11th, 1990. Most participants will need a place to stay - a spare room, shared room, floor space with foam or mattress, tent space in your back yard, etc.

Any space you can provide which will permit a visitor a comfortable stay would be greatly appreciated. To extend your hospitality, give us a call right away at the Celebration '90 office: 684-3303.

Don't take life too seriously, you'll never get out of it alive -Baba Taavi

Christmas Festivities

We're gearing up for Christmas social activities for members and friends at the PWA offices and lounge. We will be hosting a decoration-making extravaganza evening, a tree trimming party and other activities.

We're going to host a Christmas party pot luck turkey dinner with all the trimmings at McLaren House at 5 pm on December 16th. Please check the posters in the lounge or call the office for details. Please bring an interesting vegetable dish, a salad, desert or ... Non-alcoholic beverages provided. Let us know by the 5th if you're coming.

Donations of Christmas Baking are Welcome and Appreciated. We have a freezer at the office and can store goodies between activities.

We look forward to seeing you around the office during the Holidays!!!

"One Starry Night IV"

This years "One Starry Night IV" on November 19, 1989 was a triumphant success. Attendance records were broken and a total sell-out, 'to boot' the performances were astonishing! Many, many thanks to the Performers for dedicating their time, the Art's Club staff for their volunteered time, to all the people behind the scenes for making "One Starry Night IV" so magical; and special thanks to M.C. Bill Monroe, director Mary Lou Brein, and producers' David Harrison and Gary Gilbertson. You did a great show! If you missed it, whatever you do, go next year.

Vancouver Men's Chorus will be giving its Christmas Concert "Making Spirits Bright" at the Arts Club Theatre on Granville Island on December 10th and 17th at 8:00 pm

On December 20th, they will sing with the Christchurch Cathedral choir in a special joint concert. Donations will be accepted for the MacLaren Housing Society.

Notice Board

Newsletter Committee seeks volunteers interested in writing, typing, layout and production of the PWA Society Newsletter. There will be an organizational meeting in mid-month. 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.

Aerobics for Positive Living: Want to feel a great healthy exhaustion? Aerobic workouts are known to improve the immune system, release stress, & offers general well-being, as well as increasing physical stamina. Trying to find all interested parties to participate in a program tailored for HIV+. All interested members please sign up at the office.

Christmas Hampers Warren Robertson is pleased to announce his 4th Annual Hamper Drive. The last 3 years has been very successful and supportive so let's get together "Vancouver" and make 1989 the best!

I need your help again in any donations of non-perishable food items and/or money. Please contact me at 650-5707 and leave a message. Thank You!

If any PWA member wishes to receive a Christmas hamper please contact Jackie at 683-3381 to register.

W.R.

Physicians in Outlying Areas Needed We are being asked for referrals to physicians and psychologists outside of Vancouver who treat AIDS patients, but we do not have a very good inventory of doctors in the suburbs or beyond.

Could members or physicians reading this let us know who is treating HIV infected patients and would be willing to be placed on our referral list?

Members or physicians who know of anyone who is treating or is interested in treating HIV infected patients please contact us so that we can place them on our referral list.

Spanish Translator Needed Due to an upcoming PWA Conference in Madrid Spain, we require the assistance of a person who can translate the occasional piece of communication we get in Spanish. Call Don or Jackie at 683-3381.

Complementary Health Fund Task Force final meeting will take place on Friday, December 1, 1989 at 3 pm

This meeting will review the statistical data missing from previous meetings, and will lead to the final recommendations made to the Board of Directors regarding the future of CHF.

Monthly Medical Forum Dr. Julio Montaner and a representative from Bristol-Myers are to discuss access to DDI through the Emergency Drug Release Program and the phase II trials. This will be at PWA's Monthly Medical Forum on December 6 at 7:00pm. at Gordon Neighbourhood House, 1019 Broughton. There is no charge and all are invited to attend this informative evening.

THE VANCOUVER PERSONS WITH AIDS COALITION NEWSLETTER IS PUBLISHED BY THE VANCOUVER PERSONS WITH AIDS SOCIETY: P.O. BOX 136, 1215 DAVIE STREET, VANCOUVER, B.C., CANADA V6E 1N4.

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