



# Newsletter

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## No to Travel Restrictions!

### Vancouver PWA Society resolution on VI International Conference On AIDS

At a recent board meeting it was decided:

That as a protest to discriminatory U.S. Legislation requiring that PWA/HIVs declare their HIV status in a waiver application, and in solidarity with PWA/HIVs from developing countries who may face serious repercussions if their status is declared, The Vancouver PWA Society will not be officially represented at the VI International Conference on AIDS unless this border crossing discrimination is ended.

In recent weeks we have learned that many other international organizations have taken the same decision. Instead we will send participants to the International PWA conference in Madrid described elsewhere in this issue.



# IV International Conference

**For People With HIV/AIDS  
Madrid, Spain, May 23-27, 1990**

## "Another face of HIV/AIDS"

The Steering Committee for the IV International Conference for People with HIV/AIDS and its Conference organizer Committee Ciudadano Anti-SIDA are pleased to announce finalized plans for the 1990 Conference to be held in Madrid May 23 to 27, 1990.

The Steering Committee is composed of one representative from each of the following countries: Austria, Canada, Denmark, France, Holland, Italy, Norway, Spain, Sweden, Switzerland, USA, and West Germany.

This Conference, exclusively for people with HIV/AIDS, will be of great importance to those infected with the virus worldwide. The intention is to make this gathering as international as possible. In particular, the conference is intended to provide greater awareness for people with HIV/AIDS in Spain. The slogan for the IV International Conference will be: "Another face of HIV/AIDS".

### A Short History

The first European Conference took place in London in the spring of 1987 with sparse representation. Munich hosted the second conference in 1988, attracting 200 delegates from 11 countries. The III International Conference was held in Copenhagen with participation from 235 delegates representing 14 countries.

### All Continents

The aim of the 1990 Conference is to ensure representation from all continents. To do so, organizers must raise funds to make this participation possible and they must contact people

the world over to create the necessary network for invitations and information. The IV International Conference for People with HIV/AIDS will be truly an international gathering.

## Planning The Conference

### Workshops And Other Sessions

Workshops will be part of the closed sessions at the Conference. These closed sessions are for people with HIV/AIDS only. A list of workshop topics is enclosed. Plenary sessions and the round table discussions will also be included.

### Social Activities

A program of social activities and events, designed exclusively for people with HIV/AIDS, will run parallel to workshops and other activities.

### Open Sessions

A limited number of workshops, other sessions and social activities will be offered for family, friends, partners and others involved with people who are HIV positive.

### Spread This Announcement

Please forward this announcement to self-help groups, organizations, institutions in any place positive people are likely to be found. At this stage, we need to collect addresses so that we can send Conference invitations to all who may be interested. It is of utmost importance that we reach all groups regardless of geographic location, mode of transmission, social status, race or sexuality.

Contact person for North America:

**Don DeGagne;**  
**Vancouver PWA Society;**  
**P.O.Box 136, 1215 Davie Street;**  
**Vancouver, BC V6E 1N4 Canada.**  
Telephone: (604) 683-3381;  
Fax: (604) 683-3367. ■

# Freedom to Move?

At the end of the 1980s, we saw people with HIV/AIDS show tremendous courage and strength by publicly declaring their status and putting a human face to a disease stigmatized by much of society. This was most evident during the Vth International Conference on AIDS held in Montreal in June 1989.

When I stood on the stage in Montreal as a PWA, I knew that I might face discrimination due to media exposure at the Conference. Nonetheless, I felt more deeply disturbed by the knowledge that after this conference, Canada would return to its policy of discriminating against PWA/HIVs coming to this country, and that my brothers and sisters from other countries who had shown such courage at the Vth might face discrimination at home because of the media exposure they received in Montreal.

As I contemplate the new decade, it seems harder to keep a realistic hope that governments will stop attacking the human rights of PWA/HIVs and get on with fighting AIDS, not the people with it. Time and time again we hear of the dedicated work in education and prevention that is done by PWA/HIVs worldwide. Along with this, we hear gruesome reports of people with HIV/AIDS being denied entry into certain countries or being deported once their status is known. They are denied fundamental rights, services and support. They have been incarcerated. There have been reports that some PWA/HIVs in India and Saudi Arabia have been shot! People with HIV/AIDS in Cuba are placed in AIDS sanatoriums. And the list of cases goes on.

We need more people to join us in the fight for human rights for PWA/HIVs. We need more people to come out and put a face to HIV and AIDS. We need more people to lobby governments to create and enforce policies that protect

the rights of people with HIV/AIDS. Let's hear your voice!

The major issue on border crossings currently revolves around the VIth International Conference on AIDS in San Francisco this June. Despite repeated protests, there has been no change in the U.S. waiver policy which forces people to declare their HIV status in order to enter the country. Because of this, the Conference may be much smaller than expected, if it happens at all. The loss of this Conference would be terrible since these are the meetings for exchanging the newest information on AIDS.

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*Despite repeated protests, there has been no change in the U.S. waiver policy which forces people to declare their HIV status in order to enter the country.*

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The problem is not with the Conference organizers, who are against discrimination on the basis of HIV status. Rather it is U.S. lawmakers who are AIDS-phobic and are jeopardizing this Conference. And this situation will arise again if it is not dealt with now, because the United States will again be hosting the International Conference on AIDS in Boston in 1992. What is changing is the numbers of groups who have decided to withdraw their participation from the San Francisco Conference. Among them are:

- International Red Cross Society
- International Red Crescent Society
- Canadian Red Cross Society
- International Association of People With AIDS (see resolution)
- NGO Consortium of the United Kingdom
- British Hemophilia Society
- Canadian Hemophilia Society
- Scandinavian PWA Groups
- Vancouver PWA Society (see motion in this issue)
- U.S. National Commission on AIDS
- American Bar Association
- National Association of People with AIDS
- International Planned Parenthood

In addition, the World Hemophilia Society may move its biennial international conference next year from Washington to another country.

Other AIDS Service Organizations in Australia and New Zealand, as well as South American AIDS organizations, are considering withdrawing from the VIth International. Resolutions are being discussed by the European Parliament and the French Parliament in regards to their participation. The World Health Organization is seeking guarantees that PWA/HIVs will be able to attend the VIth International without discrimination. On board as well, and in the process of deciding what action to take, is the International AIDS Society which came out with a very clear statement entitled "Scientists Against AIDS Discrimination".

The Canadian AIDS Society, which represents over 50 community groups across Canada, will be voting at the end of January on whether it will withdraw as well.

If all partners, including the bio-medical community, challenge governments on their discriminatory policies, we may see these policies changed globally. Then maybe governments can use their energies in more appropriate ways to battle HIV/AIDS rather than attack the people with the virus.

Let's keep up hope and I wish you all good health and happiness in the 1990's. ■

Don deGagne

## Conference Committee Meets

The Conference Committee has met and determined that we will be sending representatives to the Neurology Conference in Monterey, the Youth and AIDS Conference in Toronto, and the 4th International Conference for PWA's in Madrid. Members who are interested in attending conferences should attend meetings of the Conference Committee. These will be held on January 25, February 8 and February 22 at 11:00 am at PWA offices.

# International Boycott Urged

**Internationally, people with HIV/AIDS urge organizations to withdraw participation from the VI International Conference on AIDS.**

The organizers and Steering Committee of the IV International Conference for People with HIV/AIDS met in Madrid November 24-26, 1989 and discussed discriminatory practices at border crossings.

Specifically, United States policy now states that people with HIV disease must apply for a waiver declaring their HIV status. This policy directly affects our ability to participate in the VIth International Conference on AIDS being held in San Francisco in June, 1990.

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*... this policy threatens our ability to travel for no valid public health reasons.*

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We feel we would jeopardize our right to confidentiality if we apply for this waiver and that this policy threatens our ability to travel for no valid public health reasons. HIV status should not be used as a basis for restricting travel. Travel restrictions for HIV/PWA's have been proved to be an ineffective way to prevent the spread of the disease.

Persons with HIV/AIDS have long been a part of education and prevention efforts.

We therefore, unanimously agree to withdraw our participation to the San Francisco Conference until the regulations are changed.

We also agree unanimously to return to our countries and encourage solidarity among all our partners involved in AIDS work in changing this discriminatory policy. ■

The National Association of People With AIDS, Washington, D.C.

# Annual General Meeting

## March 25, 1990

### Board Member Nominations Sought

The Annual General Meeting of the Vancouver Persons With AIDS Society will be held on Sunday, March 25, 1990 at 1:00pm at Gordon Neighbourhood House, 1019 Broughton Street, at Nelson.

The annual Meeting is a time for the full membership of the Society to receive the Annual Report of activities from the previous year, as well as to consult the financial statements and express concerns and needs to the Directors of the Society.

It is also the meeting at which members of the Board of Directors are elected for the coming year. All current Board member terms expire at the Annual General Meeting, and a new Board is elected to pick up the helm for the coming year.

Members of the Board of Directors must be full members of the Society, and all Board members must agree to volunteer time to serve on at least one committee or sub-committee of the Society. Any existing Board members who wish to serve for another year must either self-nominate in advance to the date of the AGM (by notifying the Nomination Committee of desire to stand for office), or through nomination at the floor of the AGM.

Any full member wishing to serve may also self-nominate by notifying the Nomination Committee of desire to serve in advance of the date of the AGM, or through nomination from the floor.

A maximum of 12 Board members may serve each year. To register your self-nomination for the Board, please contact Richard Ryan of the Nomination Committee. He has a mailbox at the PWA offices. We welcome all full members who wish to get active to join the Board. Board members serve as representatives of the entire membership, for the purpose of administering the business and planning affairs of the Society. ■

The Nomination Committee

### New Year Message

In the past year, The Vancouver PWA Society has addressed the needs and concerns of persons with HIV/AIDS – our membership grew dramatically in 1989 because of the continuing epidemic of the Human Immunodeficiency Virus. The number of people infected is staggering. Our membership has doubled, including many more members and young people, and our work has grown in proportion to inform people about the disease and the need for human rights and equal access to adequate treatment and care. We work to inform the public, especially youth, about the threat they face if they don't eliminate high risk behavior in their lives. We look forward with hope to the day our membership ceases to grow.

For 1990, our hopes and plans are to increase the awareness of HIV and AIDS and to encourage the community to work together to meet the challenge of this most difficult problem. We hope that finally our provincial government will recognize that all its citizens are in peril and our resources must be marshalled to address this. The Vancouver Persons With AIDS Society's message and hope for 1990 is that all levels of government and the community will work together in this emergency to educate, encourage behavior change, foster tolerance and provide care for those infected in as effective a way as possible. ■

Alex Kowalski, Chairperson,  
Vancouver Persons with AIDS Society

# Tracking the virus . . .

## Tests for Monitoring HIV Disease Progression And The Effectiveness Of Treatment(s)

It would be overly lengthy for me to attempt to explain all the blood-tests you might possibly take due to HIV infection. However there are four particular tests- T-cell, Beta 2 microglobulin, P 24 antigen, and Neopterin - that you should familiarize yourself with if you want to be better able to assess risks of HIV disease-progression and/or the effectiveness of treatments.

These tests are most helpful when done regularly, say every two months, and over an extended period of time, say a year or longer. When evaluated together, as a group, these four tests can give you a clearer and fuller picture of what is going on with HIV infection in your own body.

### T4 or T-Helper Test

T4 or T-Helper Cells are a crucial part of the immune system.

The normal range for T4 cells is from 500 to 1500 per ml. of blood. Gradual depletion of T4 cells is typical in HIV infection, but no reliable correlation between the number of T4's and stage of disease has been established. Generally, symptoms (other than swollen lymph nodes, which are common in infected persons at any stage) may begin to appear when the T4 count drops below about 400.

But there are many exceptions to the general rules. I personally know one person who has developed both severe K.S. and P.C.P. with T4 counts above 500, and another who has developed no major infection to date, despite his T4 count repeatedly testing less than 50.

Researchers have recently established that

T4 counts fluctuate daily, even in healthy sero-negative persons. T4 counts fluctuate in response to a variety of physical states and influences. Alcohol, drugs, stress, caffeine, exercise, time of day, colds and allergies, all are suspected to influence T4 counts. It makes sense to have repeated testing performed by the same lab under similar conditions, for most accurate comparative value. But any single count, or a single aberrant count in a series, cannot be weighed too heavily as evidence of improvement or of decline (unless the count is very low, in which case it might be better to err on the side of safety). Changes in T4 counts of 20% or so may well reflect normal variations.

At present in B.C., anyone infected with HIV who has a T4 count of 500 or less is eligible for treatment with AZT. Persons who have not yet commenced AZT therapy are entitled to have T-cell tests done every three months. If your doctor is not monitoring your T-cell counts periodically, mention this test availability. The important thing to monitor with T-cell counts is the trend over a period of time, say one to three years.

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*When evaluated together, as a group, these four tests can give you a clearer and fuller picture of what is going on with HIV infection in your own body.*

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Many doctors (and patients) rely too heavily on T4 counts in monitoring disease progression and the effectiveness of treatments. T4 counts cannot tell you whether HIV is actively replicating in your blood, or whether a particular treatment regimen is helping or not. At best, T4 counts are a vague and general marker of progression towards AIDS. But, by combining T4 testing with p24 antigen, beta 2 microglobulin, and serum neopterin testing, you can more accurately assess either the effectiveness of treatment(s), or your chances of progressing towards symptoms if you are positive and healthy

### **p24 Antigen Test:**

This test detects the presence in your blood of p24 antigen, a core protein of the AIDS virus. Since p24 antigen is present in the core of the virus, it is only produced, and only detectable, when HIV is actively replicating in your blood.

The presence of viral antigen in your blood, a condition called "antigenemia", has clinical importance. Typically, "antigenemia"—indicated by detectable levels of p24 antigen—follows initial infection. P24 then falls and becomes undetectable as your immune system commences producing antibodies to HIV.

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*... if there are detectable levels of p24 antigen in your blood, this is highly predictive of disease progression.*

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Researchers have noted that the reappearance of detectable levels of p24 antigen in seropositive but healthy persons indicates a greatly increased probability of disease progression. Thus the p24 test can be very useful for deciding when to begin aggressive treatment, as well as for monitoring the effectiveness of particular treatment(s).

The p24 antigen test can only detect "free" antigen. A positive test indicates the amount of p24 that has not been bound up or cleared by anti-p24 antibodies. A negative test, then, merely indicates that p24 is not "free"—that it is not in excess of anti-p24 antibodies circulating in your blood.

Researchers have noted that in many patients, p24 antigen levels decrease substantially after AZT therapy is commenced. Such a result indicates that the AZT is preventing HIV from replicating in your blood.

If you are positive but healthy, and are undecided as to whether you should commence early anti-viral therapy, the research indicates that, if there are detectable levels of p24 antigen in your blood, this is highly predictive of disease progression. If this should turn out to be your situation, do not wait until you get sick to com-

mence treatment. If your risk of progression towards AIDS is very high, the sooner you commence effective anti-HIV treatment the better.

### **Beta 2 Microglobulin Test (B2M)**

B2M is a substance produced in small amounts by the body under normal circumstances, as a result of cell breakdown. In healthy, seronegative persons, B2M will measure less than 2.4 mg. per litre of serum. Studies have shown that B2M rises above 2.5 mg/l in HIV infection and in other chronic infections such as CMV (cytomegalovirus). The further above 2.5mg/l your B2M count rises, the more rapid the rate of disease progression in your blood.

Dr. Andrew Moss (VCSF) and other researchers have found B2M to be superior to p24 antigen or T4 counts as a single predictor of progression towards AIDS. Dr. Moss estimates that B2M concentrations between 3mg/l and 5mg/l indicate as great a risk of developing AIDS as do T4 counts of 200 or below.

B2M levels fluctuate, depending upon whether or not your body is fighting an active infection. Regular B2M testing can help you better assess either the effectiveness of treatment(s) or your chances of progressing towards AIDS if you are positive and healthy.

**Neopterin** is a substance produced by cells of the immune system during inflammatory disorders including viral and parasitic infections, as well as cancer. Researchers have noticed a correlation between neopterin levels and the condition of the immune system during HIV infection. Generally speaking, the farther above normal (less than 8nmol/l) neopterin levels rise, the greater the risk of HIV disease progression.

Around the time of seroconversion (when previously HIV antibody negative people begin to produce HIV antibodies, i.e. test "positive") a person often has high neopterin levels without low levels of T4 cells. However, neopterin levels drop quickly once the body commences producing antibodies to combat HIV infection. Then the pattern is for neopterin levels to gradually increase while T4 counts fall.

In a study (#W.B.P.79) presented at the Vth International AIDS Conference in Montreal (June 1989), researchers tested 68 seropositive males for neopterin and T-cell levels in 1982/83. Five years later, 30.9% had progressed to AIDS and the researchers concluded, "Neopterin predicts better than T-cell subsets the AIDS outcome in HIV-seropositives during our study period of five years. The combination of neopterin with T4 counts further improved the predictive value."

In a study of 799 HIV infected men, published in the Journal of Acquired Immune Deficiency Syndromes (1989, 2:70-76), researchers were able to predict which people had a high chance of developing AIDS based on their levels of neopterin. As neopterin levels increased, the probability of developing AIDS was shown to rise significantly. A person with a T4 count of less than 250 and a neopterin level of less than 20 nmo/l had a 58% chance of developing AIDS within three years. Persons with a similar T4 count and neopterin levels greater than 20 nmo/l had a 90% chance of developing AIDS within three years.

According to the above researchers, measuring the blood levels of neopterin may be a quick way to assess the effectiveness of antiviral HIV treatments such as AZT and DDI. If the treatment is helping, your neopterin levels should fall from pre-treatment levels.

### **How To Obtain p24 Antigen (p24), Beta 2 Microglobulin (B2M) and Neopterin Testing In Vancouver**

These three helpful blood tests are not yet available in B.C., However, we have negotiated low prices for these tests at National Health Laboratories in Tukwila, Washington (206) 329-5310. The prices are:

Quantified p24 Antigen -	\$32.00 U.S.
Beta 2 Microglobulin -	\$18.00 U.S.
T-cell Subset -	\$50.00 U.S.
p24, B2M, T-cell Subset -	\$90.00 U.S.
Neopterin -	\$35.00 U.S.

We have an arrangement with Metropolitan Laboratories, 1200 Burrard St. (at Davie), suite #208, whereby for a flat fee of \$10.00 per person, they will draw our blood and prepare it for shipment to National Health on two days each month. Serum that requires freezing will be packed in dry ice. We have been using this system for about 6 months now, and more 100 people have participated. This system works well and National Health Labs has provided accurate and quick test results.

To sign up for any of the above tests, drop by the Vancouver PWA Society offices at number 1 - 1170 Bute St. or phone us at 683-3381 and we will sign you up. We do testing on the second and fourth Tuesday of every month.

**In Conclusion:** If you want to learn alot more about why these tests are so helpful, a comprehensive p24/B2M Neopterin Information Pack, including medical research, is available at the Vancouver PWA Library or phone and we'll mail it out. ■

Happy Testing!!!  
Chuck Philbrick

## **Caution Urged in Alternative Therapy**

The opinions expressed in the articles published in the newsletter are those of the authors, and although experimental therapies may be described, the Vancouver PWA Coalition does not recommend particular therapies. Consult your physician before trying any new treatment.

We publish accounts of treatments that our members have tried, to share their experiences, as a service to those seeking to explore alternative treatments.



We recommend that you retain a healthy skepticism of claims for effectiveness of treatments that have only been verified in test tube experiments. All too many have in the past have not proven their value in the body, from toxicity or lack of potency.

Examine the principles by which the proposed treatment is supposed to work. If it doesn't make sense to you, you probably should exercise caution.

Check it out at the PWA Coalition Library. Ask around. You may find someone who has tried it before.

Before embarking on a costly course of treatment, investigate to see if there is any independent scientific validation in research journals. If all you can find is the sales literature or press releases, then Buyer Beware. ■

Douglas S.  
Editor

## Anti-AIDS Chemicals Found In Algae?

From article in New York Times, Wednesday, August 16, 1989: "In laboratory tests, chemicals derived from blue-green algae were found to inhibit the growth of the AIDS virus, Federal Scientists reported"

"Several chemicals derived from blue-green algae have been found to be "remarkably active" against the AIDS virus in test-tube experiments. Although the chemicals are far from being tested in humans, the discovery is important because it identifies an entirely new class of chemicals that can be studied for effectiveness against AIDS, said the scientists at the National Cancer Institute who conducted the research".

"The anti-viral activity of the chemicals from the algae was discovered in organized trial-and-error testing, a classic technique that has paid huge dividends throughout medical history."

"In the laboratory, the scientists grew the

AIDS virus in test tubes containing a type of white blood cell attacked by the AIDS virus in the body. Then they added the substance being tested to determine whether it had any ability to slow or halt the growth of the virus."

"Glycolipids", (a combination of sugars and fatty acids derived from the algae), "had been identified in plant extracts many years ago," Dr. Boyd said. He speculated that if they proved to be effective as an AIDS drug, they might be used in combination with existing drugs like AZT. The combinations might prove to be more effective and safer than just one drug."

Super Blue Green Algae is a safe, natural food product grown in and harvested from Upper Klamath Lake in Southern Oregon by Celltech Inc. Super Blue Green Algae significantly increases a person's energy level (all day) and provides greater mental alertness. It also reduces the effect of stress on the mind system while balancing out the physical system's functioning. It serves as an excellent de-toxifier and immune system enhancer."

"Part of the effectiveness of Celltech's algae comes from the removal of the cell wall through centrifuging the algae, thereby enabling the algae to carry its vitamin, trace mineral and amino acid past the blood-brain barrier directly into the brain."

Super Blue Green Algae is not a cure for AIDS/HIV in humans. It is a natural food supplement which is high in vitamins, trace minerals and amino acids. It can be taken safely and economically by anyone free from organ transplants, blood clots, pacemakers or pregnancy.

The cost is about \$1.00 a day and a two month trial is suggested.

I myself have been taking Blue Green Algae and am amazed at the changes I see in my mental and physical strength. If you would like more information about Super Blue Green Algae or where to obtain it, please contact Thom at the PWA Coalition. ■

Thom D.

# Ongoing Events

## Mondays:

**Advocacy Committee Meeting:** Meets at 10 am in the PWA Society Offices 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.

Meetings at 7:00 pm, on February 11th, March 5th and 19th at AIDS Vancouver offices, 1272 Richards Street, Vancouver, B.C.

## 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 jointly with executive committee. 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:** Meetings February 1st and 15th at 10:00 am, February 8th and 22nd at 1:30 pm 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 February 1st and 15th.

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.

## Thursdays:

(cont'd)

**Body Positive Support Group:** For those testing HIV positive. Confidential Discussion Group meets Thursday evenings at 7:30 pm in PWA Society Offices 1170 Bute St. at Davie. For more information contact Kenn Mann at 683-3381

**Get Over It:** 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 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 for people affected by HIV and AIDS. Inspired by Louise Hay's Healing Circle, the focus is on loving oneself, relaxation, visualization and sharing experience, strength and hope. A positive approach to living with AIDS. PWA Society's Living Room Lounge 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 at Gordon House 1019 Broughton Street, at Nelson. The topic for February 7th is: Catastrophic Rights of AIDS Patients (see the article in this issue). Topic for March 7th: The work of the Palliative Care Unit at St. Paul's Hospital.

**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 not an ordinary 'Art Class'. Facilitated by an experienced Art Therapist, Noel Silver. Contact the PWA Society office for further information.

**Country Night** Sunday February 11th at Graceland Saloon alley entrance 1250 Richards Street 7pm Call 688-9255 for info and to buy tickets. Our first Major Benefit of 1990! ■

# A Note From Your Friendly Fundraiser:

Last year, we just managed to meet our quota, thanks to all the efforts of the community. A heart-filled thanks to all of those people who made it happen!

This year is going to require a very major effort and organization in order to keep up with the accelerating needs of our essential programs. We are going to need help, a lot of help.

Carol, our volunteer co-ordinator, and myself have defined many different positions that need to be filled. These positions are essential to our 1990 fundraising campaign. If you have some time, talent, and energy; and want to be a part of this exciting 1990 fundraising campaign, talk to us right away. There will be a position that you would really enjoy, and it would help us to meet our 1990 goals.

Joe Ford: 688-9255 Carol Lowen: 683-3381

"Lies Of The Vampire"-A new play by Vancouver's Greg Kramer; -the story of the demise of a vampire- a black, allegorical comedy about loneliness, illness and survival, where being a vampire stands as a metaphor for having AIDS. The play calls for an end to victimization from failure to tell the difference between the "nature" and the "personalism" of a disease. "Lies Of The Vampire" examines some of the causes of our confusion.

Feb 1st - Art's Club Revue Theatre, Granville Island/ 11:00pm.

Feb 3rd & 4th - Conservatory, 1345 Richards St./8:00pm.

Feb 5th - Western Front, 303 E 8th Ave./ 8:00pm.

Tickets \$7.00, Tickets for PWA's \$2.00

For information about the play call 685-4407

"Country Night" at the Graceland Saloon is the first PWA Major Benefit this year and promises to be a major hit!

Co-Sponsored by JR Country, the BC Country Music Association and Squares Across The Border, the evening starts "Country Style" with square dancing and goes great guns into the best "Country Show" you'll ever see. Can Can girls, Honky Tonk Piano, Comedy skits and the best country bands & singers west of the Mississippi. Watch for the posters or ads or phone me at 688-WALK for any information in regards to tickets, who's appearing, etc.

"Country Night" Sunday February 11th, 1990 at Graceland, Doors open at 7:00 pm: Don't miss it!

P.S...We are in need of volunteers for this major event so call Joe Ford at 688-9255. (or leave a message) ■

Joe Ford, Fundraising Committee

## Fund-raising Volunteers Needed

We are in urgent need of a full-time, unpaid, volunteer Fund-raiser to assist in our Fund-raising office. Joe Ford, our incredible fund-raising person, needs more assistance to help the Society reach its income goals for 1990.

Government funding is slightly less than one-half of our total budget, and all of those funds go directly into infrastructure, staff salaries, rents, etc. Our member programs are 100% supported by privately raised contributions and donations.

With our membership expected to more than double in the next year, the demand for our services is incredible. We have an increasing need for more active funding and fund-raising.

If you are interested in working with Joe-- on such projects as our "10K for PWA Walk Around Stanley Park", and other special events-- contact Carol Lowen or David Lewis at the PWA Society Office. 683-3381. ■

# Thank You Thank You Thank You!



We were very fortunate to have so many great friends and supporters who added to our celebrations during the Christmas holidays.

Many people, both members and non-members alike, sprang into action to provide PWA's with amazing gift baskets, turkey and all the trimmings, creative snacks and fabulous cookies.

At this time of the year when so many of us need an extra amount of companionship and support we here at the PWA Society are very fortunate to have friends like the people mentioned below:

## Those Fabulous Baskets!

We want to again appreciate Warren Robertson & Chuck Stewart who, for the 4th year, diligently organized, fundraised, packaged and delivered 36 gift baskets Extraordinaire to members homes. Members with children, pets or special needs were given items in their baskets to enhance their holidays. Warren would like to thank his elves: Richard H., John M., Terry G., Mark R., Chuck S., Richard L., David W., Robert M., Sol D., Paul L., Bruce and Linda who offered her apartment as the "North Pole" for all the supplies and the packaging party. Thank You Warren and Chuck, you warmed a lot of hearts!

Warren, Chuck and the Society want to thank the businesses who generously helped out and made this project possible: Cafe Luxy, Denman Station, Odyssey, Talk Of The Town, Numbers (big fund-raisers), Mac's Milk on Davie St., and especially the Gandy Dancer/Ace Agencies who raised a ton of money with their great strip-a-thons. Thanks for taking it off for Santa!!

## More About Baskets

We were able to distribute 16 beautiful baskets to PWA's in hospital thanks to Francis and members of "Liberty", a Christian Gay organization. Hospital elves were Richard H., Roland B., and Terry L.

### Those Fabulous Baskets Again!

Stephen Spencer and friend Rodney provided us with 30 lovely designer baskets which were placed under the tree at our Christmas dinner at McLaren House. Members who attended the dinner were able to take a basket home. The iridescent cellophane and tinsel from the baskets reflected off the fire in the fireplace. Thanks fellas.

Our sincere thanks to our members at McLaren House, Chuck, with help from Douglas and Kevin, for hosting that wonderful dinner. It was a fine meal with carols sung and lots of good conversation. A special hooray for those busy talented men in the kitchen that night; Mickey and his crew of kitchen elves, Michel and Randy.

## Munchies And Fine Food Over The Holidays

We want to thank the following businesses who provided food for all of our special events as well as the spontaneous get togethers in between. You are all special people to us and your thoughtfulness and caring means a lot to all of us here at PWA.

### Thanks to:

Elbow Room Cafe;  
Max's Bakery and Deli;  
Doll & Penny's Cafe;  
Cookies by George;  
The Mansion-Bob Cunningham;  
Canada Safeway on Davie;  
Ron Phelps-gifts



## Easter Sunday At Christmas Eve???

During our open house on Christmas Eve, a sumptuous buffet with all the trimmings, including Santa, whose knee was never empty, was organized hosted by Easter Sunday. Easter is an incredible, bubbly woman with a big heart whose charm and talent filled our hearts and well as our tummies. The turkey was provided by Rick Magnussen and Earl Burgan. The fund-raisers and cooks were Gary Morgan, Patrick Loftus, Doug Seckerka, Anne and Cynthia McNabb, and who could forget Santa... Thanks Tiny! ■

## Under The Mistletoe For The PWA Christmas Committee

Our wonderful Christmas holiday memories are due to a hard-working group of men who rolled up their sleeves and reached out into the community to see that our members would have a special, memorable Christmas.

Thank You to: Michel A., Trevor J.,  
Bryan W., Stephen McManus

Stephen Mc. did an exquisite job decorating all the offices, every coffee table and desk available. It gave us all a festive feeling and smelled grand. Thank you Brian J. for the lovely real live Christmas tree for the lounge...just like home!

### Dinner Party

Thanks go to Thom D. and Terry G., who cooked up a great Open House and dinner at Thom's on Christmas Day for members of the PWA Society.

### Yes, Baskets yet again!

Our thanks go to Dr. Luc Magne for the gift of a huge gorgeous basket of goodies and treats to all of us here at the office. very nicely designed and well received. ■

Baskets of Love for everybody!  
Christmas committee

## Morning's Ride

*Reach out and touch  
My life  
Bring with you  
the summer  
Let me Host the Future  
My eyes are open to wake in silence  
Soon broken by the river sound  
Of Passing Cars  
Birds Singing in an ancient tongue  
Sharing life  
Oblivious to my Pain  
Aware of my Existence  
Wind  
a witness to silent  
lonely fears.*

*Earth  
Hear my plea  
for all  
for me  
Asphalt my colleague  
Friend  
Narrow lanes  
Counters to my soul  
Neither behind nor ahead  
Parallel Expressing nothing  
Reflecting all done in my name  
Bringing Closer to what?*

*Each morning's Gem  
Viewed with awe  
Touched within short seconds  
grasp  
Stored for Futures yet to come  
Folly of youth  
when moments Become gold  
Time  
Both enemy and friend*

*Richard Hofman*

# PeerCounselling

## At The PWA Offices

Recently a group of PWA members completed the first part of a Peer Counselling Training Program. The thirty hours of classroom instruction included communication theory, a review and strengthening of empathetic listening skills, role playing, crisis intervention and how to make referrals to various community and social services. The group also focused on some specific topics of interest: issues for women with HIV/AIDS, haemophiliacs and suicidal crisis.

The program was initiated in early fall by an ad hoc committee struck by the PWA Society's Board of Directors, who identified some key issues. More and more people are finding out they are HIV/AIDS positive and are seeking out peer help. One of the PWA Society's mandates is to provide peer support and advocacy. A lot of members were talking with new people about having AIDS/HIV, and we needed to provide some quality service to both the peer counselees and the peer counsellors.

A task group was struck to consider the steps involved in providing a Peer Counselling Training. The key people involved included Brian Page, Sean Stephenson, Kenn Mann, associate members and professional counsellors Bryan Teixeira and Kathryn Templeton.

Ten, three hour sessions were outlined over a six week period, with a further expectation of three months practical experience.

A budget of \$6500 was drafted, presented to and approved by the board. Sixteen people from both the reception and the peer counselling committees started out the challenging course, with the added commitment of three months practical experience after. Several people had to drop out due to health issues or more pressing commitments, and sadly one man passed away.

Everyone who was able to complete the first part has been very enthusiastic about the classroom materials and exercises. Eight people have agreed to do weekly 2 hour shifts during January, February and March in the PWA lounge, or will go to people's homes or hospital rooms if they are shut-in and can not get into the PWA offices.

Kenn Mann will be co-ordinating the practical component for the Peer Counsellors and facilitating feedback to the participants. Everyone in the group has developed excellent skills in meeting with people who are newly diagnosed, helping to adjust to the meaning of living with AIDS/HIV, get oriented to the PWA Society and make good use of other existing services. In addition to several long term survivors, there is a woman and a member of the haemophilia community in our group of Peer Counsellors.

If you would like more information about the Peer Counselling program, to sign up for the next sessions in May and June, or to make a referral or appointment to meet with a Peer Counsellor, please call the PWA Switchboard at 683-3381. ■

Kenn Mann

## Surviving and Thriving with HIV/AIDS

People with HIV/AIDS who are long-term survivors tend to show some common characteristics. They have a commitment to life, to reach their goals and leave no unfinished business, a sense of meaning and purpose in life. They have a sense of personal responsibility for the way they live their lives and have learned to confidently take care of themselves. By actively coping they generate beneficial healing effects for themselves and others. They are involved in helping others with HIV/AIDS and communicate openly with others their experiences.

Although they accept their diagnosis, they refuse to see it as an automatic death sentence. They enlist the aid of their physician as a partner in maintaining health rather than giving in to play the role of passive unquestioning patient. They consult with supportive persons with HIV/AIDS soon after diagnosis. They learn ways to cope by altering their lifestyle, they find positive ways to adjust to their illness and become more sensitive to their own needs.

Some personal characteristics often seen in long-term survivors include assertiveness, a sense of humour, a sense that life has meaning and purpose, even after HIV/AIDS enters their lives.

Long term survivors organize a supportive social network, but they know when to withdraw to nurture themselves and take care of their own needs.

Often they have a spiritual sense that something worth knowing exists beyond the self.

Above all they take active responsibility to enjoy life.

Douglas Starratt.

# As I Look At You Now

## In Memory of Colin:

Colin Regan— January 19, 1962 to September 17, 1989 here on earth to share.

I sit on the floor by his bed as he sleeps; not only watching him, but watching over him. And looking at you now, my sweet one, still you are so beautiful. Like a picture I can't absorb enough of, I try and I hope I remember you clearly, when the picture of you is taken away, my eyes no longer to see, to be with me no more.

And even as I see you now, the shadowy depths of your eyes, the chisel of your face, hollow and sunken, you don't really look sick, only as if you are growing distant. Like your world is becoming not part of mine. Swirls of

emotion race in my head and my heart pounds with heavy unhappiness.

Oh, look at those features, they stand out with beauty, from a skin that has faded behind, colourless and dull, the whited-out contrast. Your lips are lush and full, your nose the perfect nose, your lashes curl upward long, your brows arched on your brow bones. Those solid high cheekbones, your cheery round cheeks, your chin is square and strong, and those precious little ears nestled cosy beside your head. Those ears, your hearing, will be the last function to go.

Oh, looking at you now, how I miss you, and these words will never surmount the feelings. I yearn to wake you and tell you I love you, but I hold myself back not wanting to disturb you or your peace and tranquility. Your little peace I am all too grateful for, for when we're awake we rustle with our emotions. What reputed consolation we have found in your sleep! And sleep all you wish, escape as you will, get out when you must. Your peaceful rest is all you have left to enjoy, all I have to leave you with. Screams rip through my head, terrifying me, howling in my mind, the aching I live by.

I can do only one thing for you it seems: love you, and so I do, I love you, and out of our love, I care, whenever, wherever, and however I can. You have become a part of my life that is dying, and I feel now, how I am mourning.

I look at the bedsores, to the fragile truth that's hidden beneath, and barely putting rise to the bedding is the body's diminished form where your figure clings to each and every bone.

You say you want to live, but haven't the energies to live by. If you could will yourself to live by thought. All your thoughts have been of living. And now, the life you give to me is the life you're taking back, but I don't complain. I'm only so thankful to God, to have had the times we've shared. My happiness was abundant with you, yes and the friction too, but it was all so alive and lively in you.

But now, as I see you now, you lay so



quietly, your words when spoke, shallow, non flowery, always low and raspy, no longer soft, hard to get out.

We're down to the basics. It's love taking over where all else leaves off. Our love fills in, our love spilling over into all of our loss in the place and space of time that has been ours, and I cherish you so close, your sweet precious soul.

We're down to the basics that now see us through another day.

The fluids and the pills, your comfort with pillows, blankets and pads. Seldom eating, always peeing. The commode, the bedpan, the plastic sheet lining; the tub and the bedwash, vaseline for the lips, ointments for the rash, the heating pad for warmth, the fan to cool, a hug and a kiss, caressing your forehead to soothe you to sleep. A massage to stir up your blood. A mixture of sleep, a lot of TV, a bit of company, the visits from loved ones showing they care. There, another one done, another day had.

Your nightstand, your lifeline to help in this peril. Your bedside lamp, your tissues, the "call" bell, your phone. The orange juice, the lemonade, your thermos of soup, the urinals, the catheter, the undergarments. Sleeping pills, and painkillers and tranquilizers too. The lozenges and drops and tablets to suck.

My darling dear boy, this is our life, compact, convenient, not too dispersed, but, Oh, how very tightly knit we've become. And I sense no stronger, no louder, no clearer, the enclosure of closeness we're in.

Have we got so close to get so far? Yes, you will always be close to me now: No Matter How Far. Our closeness will help me live, our closeness will help you leave. In the hearts of all matters on earth, we have learnt an important thing, It's the hearts themselves that matter.

God, Our Father, Christ Jesus our kin, I pray you wrap him in your love forever. And Colin, may you always know formally here, and with my respect, how very much I love you. Oh, how I want you to linger.....always a while longer.  
Yours in love, Robert

# Help for Street Kids

Thank you once again for reinforcing my faith in greater possibilities. Could the following please go in the newsletter?

I'd like to extend my heart-felt thanks to the Coalition for their generous donation of the photocopier to the AIDS Counselling Services for Street Kids (ASK). Some of you may know about the project already. For those of you who don't - the project was initiated by the Ministry of Health in April of last year. Its purpose is to provide counselling therapy, education, and support to street-involved people with AIDS and other HIV related problems. The Coalition has been a great support and empowering presence to the project, and most importantly, to the kids, from the start.

As well as enabling me to provide educational materials to my clients, the photocopier has made it possible to create a part-time office support job. The young boy who will fill this position will now be eligible for other office work training. He will also be assured of regular, safe contact with adults who are not seeking to exploit him. This is a new experience for him, one which you have all helped to provide.

Again, thank you so much for your generosity, your support, and your caring. ■  
Pat Tucker, ASK

## Don Cairns

Feb 10/60 - Jan 8/90

"Let's Mince, Girls!"

Charter Member Vancouver Gay Youth Group. His Bravery and Tenacity, Forever Gay and Proud, remembered as a beloved friend.  
John, Ted, Wendy, and Michael.

## New Books

### Recent Additions To Library Shelves

"Legislative Responses To AIDS"

World Responses To AIDS By W.H.O.

"AIDS: Trading Fears For Fact

A Guide For Teens Karen Hein, M.D. & Theresa Foy Digeronimo explain AIDS for teenagers

"Days of Healing, Days of Joy"

Daily Affirmations & Notes For Living

"Peace, Love & Healing"

M.D. Bernie Siegel's sequel for self healing

"AIDS: The Women"

Stories of how women deal with all aspects of AIDS

"The Color Of Light"

Daily Meditations for all of us living with AIDS

"Living The Spirit - A Gay American Indian Anthology"

"Social Aspects Of AIDS"

"AIDS - Social Representations, Social Practices"

"Learning AIDS - An Information Resources Directory" By AMFAR.

"AIDS In Canada - Knowledge and Attitudes Of Adults"

"The Conquest Of Cancer - Vaccines & Diets"

"Compendium - The Microbiology Of Cancer"

"Cancer - A New Breakthrough"

"The Source" - A Guide To Programmes And Services For People With Disabilities in BC  
Common Barriers - Toward An Understanding Of Aids And Disability

"Roget's Thesaurus"

### Audio

Simple Man & selections from Fearless

Klaus Nomi - 1st European Artist to die of AIDS right after giving us the selection of familiar but very different music.

Ambrosia w/ Art Farmer - Tribute to Duke Ellington

## Video Tapes in Library

Midnight Caller - Women dealing with AIDS

Common Threads - HBO on Quilt Project

New Aquisition

"The Healing Foods"

Learn about nutrition, Diet therapy with popular recipes & with discussion of principles ■  
Library committee

## Catastrophic Rights

### To Be Subject Of February Monthly Medical Forum

What in the world is "Catastrophic Rights"? And why should PWAs be concerned about this topic?

It is a somewhat complex subject, that includes the belief that because PWAs are assumed to be terminally ill, then PWAs should have extraordinary access to treatments and drugs that as individuals they deem appropriate for themselves.

Find out more about the important issues involved at February's Monthly Medical Forum, at 7pm on Wednesday February 7th, at Gordon House, 1019 Broughton Street, at Nelson.

PWA Society Board member, Greig Layne, will host and moderate the forum, with guests John Dixon of the B.C. Civil Liberties Union and Dr. Martin Schecter, a UBC epidemiologist.

And plan ahead for the March forum, on March 7, when members of the St. Paul's Hospital Palliative Care staff will discuss their important work. ■

Advocacy committee

# Carol Lowen

## Joins PWA Staff

A new face can be seen in the PWA offices lately. Carol Lowen has joined the staff as Coordinator of Volunteers. She will be involved in organizing the activities of our large volunteer staff, and bringing some structure to our ad-hoc operating style.

Carol has over 6 years of experience working in non-profit societies and has already contributed a great deal to the organization. She is totally approachable (currently sitting at the desk in the far-back office with Ben and the photocopy machine!), and all volunteers will eventually be interviewed by Carol in her quest to organize job descriptions and volunteer activities.

She is keen on methods of expressing volunteer appreciation and will be writing an article for next month's PWA newsletter. ■

David Lewis

## Steven W. Scribailo

1951 - 1990

We regret to announce the death of our long-standing member and Board Member Steve Scribailo. Co-worker and friend, Steve was accomplished in many areas and a great contributor of effort and ideas to this organization. He is greatly missed. Our sincerest condolences to his family and friends.

# Get Involved!

## Advocacy Report

Throughout the month of January, our Advocacy committee will continue to meet on Monday nights, 7pm at Gordon House. Beginning Monday February 5th, Advocacy meetings

will move back to the PWA offices, Monday mornings at 10:00.

Participation of members is strongly encouraged in the many programs and activities of this committee: Speakers Bureau, Monthly Medical Forum coordination, Human Rights issues, Drug Access issues, "political" action, treatment information, and representation of "our issues" to the media and general public.

To get involved in issues that affect you and all of us, simply show up at an Advocacy Committee meeting and volunteer. Put your talents and energies to work!

There is always more work than people available to do it!

So get involved with Advocacy. ■

David L.

## Member "Caucus"

to be held Bi-Weekly

The all volunteer Board of Directors of your Society tries to work in a way that represents the concerns and needs of our membership. We are instituting a bi-weekly member caucus to be better able to check the pulse of the membership.

The meetings are intended to be accessible for planning policies, discussing issues and brainstorming. This is so we really connect on a regular basis to deal with concerns raised by the membership at large.

All members are invited and encouraged to attend the member caucus meetings to express the directions and ideas for the Board to implement for the PWA Society membership.

The first Board/Member caucus will meet February 9 at 2:00 pm at the PWA Society offices, and every second Friday thereafter at the same time.

Come and make your voice heard. ■

David Lewis, for  
Board Of Directors,  
Vancouver PWA Society

## Notice Board

**Nebulizers Are Available.** Members who wish to do aerosol pentamidine treatments at home, but who cannot afford a nebulizer, are advised that two nebulizers are available for borrowing at the PWA offices. The nebulizers are easy to clean between uses, and pose no risk of transmission of disease. We have a DeVilbiss and a Fisoneb model. Contact the office at 683-3381

**Disabled Persons Parking Permits Available** For PWA's. Whether or not you own your own car, as a full member of the PWA Society you are entitled to a disabled persons parking placard. The placards are issued in individual names and go with you from car to car, to place on the front window, which entitles you to park in a Disabled Persons Spot. The placards are issued for 3-year periods, and require your physician to certify that you have a disability. A charge of \$6.00 is levied for issuance of the placard. For information, or application forms for the placard, call S.P.A.R.C. of B.C., at 736-4367.

**Typewriters Needed** Our offices have need for two electric office typewriters. We would gratefully appreciate such a donation. If you have these available for donation, or know of where we can locate them, please contact David Lewis at 683-3381.

**DDI Medical Forum On Tape** The December Monthly Medical Forum about DDI and its trials, with Dr. Julio Montaner and representatives of Bristol-Myers, is now available on audio tape at the PWA Library.

## Fun! Games! Party!

**The P.W.A. will have a Valentine's Potluck Dinner for its members and friends on February 11th, 1990 from 4pm to 9pm.**

If your first name begins with:

- A to D : bring a desert
- E to P : bring a main dish
- Q to Z : bring a salad



**Wear something that's red!**

Please let us know if you are coming by signing up at the office, or contacting Michel at 683 3381. Contact the office for details on how to get to the Valentine's Potluck Dinner party.

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**Newsletter committee seeks volunteers** interested in writing, typing, layout and production of the PWA Society newsletter. Come to our meeting February 6th 1pm at the society offices or call the office. Help make the newsletter a lively forum for the members and an up to date source of information to help us all live our lives to their fullest potential.

**Low-impact Aerobics classes for HIV+ people** are being organized to be held at a location yet to be arranged in Vancouver's West End. Leave a message for Brian H. at the office. Tentative starting date mid-February. Sign up now! Exercise your way to health!

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