



ISSUE #35 APRIL 1990

THE TIME HAS COME

NATIONAL NETWORK STARTING



A NATIONAL NETWORK of groups of persons living with HIV was established here in Vancouver at a meeting March 2-4. The process went quickly and fairly smoothly. There was consensus that we need a network and that the time is right, if not long overdue, for a unifying structure to strengthen the voice and address the needs of persons living with HIV.

Sponsored by the Canadian AIDS Society and Vancouver Persons with AIDS Society from a proposal developed here in Vancouver in consultation with the other groups involved, the meeting was a great success. For the first time we were able to put a face to many of the groups we had heard of but not met. This was especially true of very young organizations which have been or are just being formed. One of the aims of the network is to foster this especially in smaller centres across Canada. Another aim will be to accountably represent these groups on national committees/boards etc. that make decisions affecting persons living with HIV and to speak on behalf of persons living with HIV in a unified voice. We set up the initial structure to work towards these goals, with a steering committee and four subcommittees. It was a very successful and positive step forward.

Alex Kowalski

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Vancouver, B.C. V6Z 1W8

NEWSLETTER

Warm Welcome for Delegates

At National Meeting of PWA/HIV Groups



The first national meeting of representatives from groups of persons living with HIV from across Canada began with a welcoming reception hosted by the Vancouver PWA Society in our Living Room Lounge. The reception was attended by meeting participants, members of the Vancouver HIV/AIDS community, and members of the Vancouver PWA Society.

Reception organizer Michel Arsenault and his volunteer staff – Douglas Starratt, Andre Tasse, Ron Buckleschuk and Tiffany – outdid themselves co-ordinating the event. Bryan Wade spearheaded the donation drive with great results, and Steve McManus performed his usual artistry with the flower arrangements.

The reception was equally remarkable for the wonderful food that was served, all of which was donated to the Society. We would like to thank the following for their generosity:

The reception was a complete success, setting the celebratory tone for what proved to be an equally successful meeting.

Aldo's Primavera Catering, Cookies by George, Delilah's, Hamburger Mary's, Labatts, Que Pasa and Super Valu.

Judy McGuire



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John Kozachenko Photo

Founding Principles

New Network to Act Nationally for Persons Living with HIV

Delegates at the founding conference of the National Network of persons with HIV have adopted the following as the basis for the formation of the Network.

Basis of Unity:

We are a national network of groups of persons living with HIV.

Mandate:

This network:

- facilitates communication among its members
- supports the development and effectiveness of its members
- provides a unified national voice to the concerns of those living with HIV
- ensures accountable representation in decisions affecting our lives

Committee Structure:

In order to foster the development of a national PLWHIV network, the representatives from PLWHIV groups across Canada have established a committee structure to formulate a concrete proposal for the network's establishment. This proposal will then be presented to a full meeting of representatives from PLWHIV groups.

The committee structure consists of a Steering Committee made up of five members representing the five regions of the country, and an Advisory Committee for each area in the mandate: Communications, Member Development, National Voice, and Accountable Representation. Each Advisory Committee will research issues in their area of interest, set priorities, and report conclusions to the Steering Committee on how the network can address those issues. Each Advisory Committee will be responsible for contacting the total group in order to work towards consensus on the issues and report to the Steering Committee.

The Steering Committee and the Advisory Committees will maintain communication with all groups on issues and on ongoing research in order to develop a national consensus. For further information, contact Alex Kowalski at the Vancouver PWA Society office.

Get Involved!

Advocacy Report

Our Speakers' Bureau training on March 21st was very well subscribed. Over a dozen new members are now trained to go out to organizations and groups and speak about living with HIV/AIDS. A new coordinator of the Speakers' Bureau will soon be chosen to take over the day-to-day scheduling and management of the Bureau.

The National Network of Groups of People Living With HIV recently convened in Vancouver. Alex Kowalski, David Lewis and Don deGagne attended as a planning delegates to the conference. David is now Spokesperson for the National Network's "National Voice" (i.e. Advocacy) Committee, and will be meeting with other representatives to develop national Advocacy policies.

At the Annual General Meeting, a new Board of Directors was elected, and will be engaged in directions for the future. A lot of time has been invested recently in doing internal planning. Mandate statements of the standing committees of the Society have been drafted and drawn up. Advocacy committee's mandate/mission statement has been presented to the Board for approval, and Advocacy will be involved in drafting other committee statements.

The PATH committee has been reactivated to follow up on Chuck Philbrick's work to bring this promising treatment to Vancouver.

The Discrimination Documentation Project is getting a lot of callers. We are documenting occurrences of HIV/AIDS-related discrimination in order to be able to have some "proof" that HIV/AIDS discrimination occurs.

Advocacy meets every Monday morning at 10:30 am at the PWA offices. Come on out and get involved!

David Lewis

Associate Membership

Fee Levied

The Board of the Vancouver PWA society has decided to ask for a membership fee from associate members.

Although Associate Memberships in the past have been granted without charge, we have decided to recover the cost of correspondence and sending out the newsletter. A letter will be sent offering Associate Memberships for \$25 for the first year, renewable yearly for \$25, effective January 1st, 1990.

If it is important to you to retain your connection with the Society but you cannot afford to pay the renewal fee, claim the exemption on the renewal form enclosed in the letter. We are prepared to waive the fee in case of hardship.

We value your support and hope you will understand why we must make this change.

Vancouver PWA Society Board

Madrid Conference

IV International Conference for People With HIV/AIDS

Final preparations are underway for the IVth International Conference for People with HIV/AIDS to be convened in Madrid, Spain on May 23-27, 1990.

The Madrid group El Ciempies has organized the conference for a maximum of 400 participants, the capacity of the Hotel Convencion.

They are able to offer scholarships for 100 participants. Victoria Yepes, an organizer of the conference, has said that priority funding will be to those wishing to attend from third world or developing countries. That does not mean persons from North America will be excluded, but that they have to assist those from poorer countries first.

The conference will consist of several workshops which are arranged by steering committee delegates and their organizations. The workshops include: "Living with HIV/AIDS" conducted by the Spanish delegate Manuel Trillo, "Health and Treatment Issues" conducted by the French delegate, Jean Javanni, "Our Identities" conducted by the U.S. delegate Ron Jerrell, "The Law and Discrimination" conducted by the Canadian delegate Don deGagne and "Self Help Groups" conducted by the Norwegian delegate Arne Husdal.

For information about the Madrid conference, contact Don deGagne.

Douglas Starratt

Edmonton Organizes

I thank the Coalition and its members for their gracious hospitality during the recent national PLWHIV Conference held in Vancouver March 1-4, 1990.

Despite the problem we (the delegates) had with the "E" word (empowerment) I am empowered by the national consensus we reached.

Locally we are organizing and will soon have our Society status.

During my visit I had the occasion to meet and talk with several PLWHIV's who used to call Edmonton their own. They, for their own rea-

sons left Edmonton, perhaps because the support systems or climate was not right for them and their needs. To those PLWHIV's who choose to leave the big "E" I would like to, on behalf of the Edmonton PLWHIV Group, invite you to reconsider the reasons for your exodus. The climate is much improved now and we could greatly use your talents.

Yours, the brotherhood.

Dana King

President

Edmonton PLWHIV

2nd Floor - 10704 - 108 Street

Edmonton, Alberta

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Neuropathy

About a year or so ago I wrote an article on neuropathy because so little is known about it. Clinically, it is referred to as 'non-specific HIV related peripheral neuropathy'. According to the World Health Organization (WHO) it is known as Predominantly Sensory Neuropathy (PSN). Thus, PSN in the HIV infected person primarily affects the balls of the feet and the toes symmetrically. As well the legs can be affected. Usually there is weakness and problems with balance.

There is now a diagnosis for neuropathy which involves electrophysiological studies which a neurologist can perform at St. Paul's.

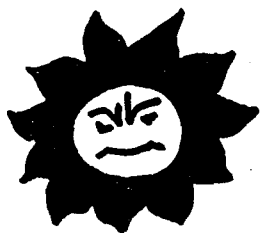
Approximately 20% of people with AIDS and fewer people with ARC develop neuropathy or PSN. Neuropathy is common in the elderly, and because of this the medical establishment feels neuropathy may not be sufficiently characteristic to be considered pathognomonic of HIV infection.

Unfortunately, the only known treatment for neuropathy is symptomatic. While their use has not been systematically studied, some people respond to tricyclic anti-depressants or to topically administered capsaicin. The value of AZT in neuropathy is not known.

M.A.P.

AIDS Treatment Highlights Research News

The following articles were selected and edited by Chuck, who assumes sole responsibility for their accuracy.



Sunlight Harmful to Persons with HIV?

"The 'guerilla clinic' movement, best known for its interest in DNCB as a possible AIDS treatment, has collected and distributed evidence that sunlight or other ultraviolet light might stimulate the growth of HIV and be harmful to persons with HIV infection. Now a new laboratory study, published May 5, 1988 in *Nature*, greatly increases the concern.

· It has long been known that ultraviolet light can damage or suppress the Langerhans cells of the skin. These cells are an important part of the immune system, and have recently become a focus for intensive research on AIDS.

· Researchers at the Centers for Disease Control have found the onset of AIDS, as well as almost all opportunistic infections, peak in the summer, when ultraviolet exposure from sunlight is highest.

· The recent article in *Nature* reported that ultraviolet light increased the activity of HIV genes as much as 150 times in laboratory tests. (an unrelated virus, tested as a control, showed

little or no such effect.) Exposure to half an hour of direct sunlight increased the HIV activity 12 times. HIV is known to infect Langerhans cells in the skin, which are exposed to ultraviolet light from the sun or other sources.

We asked two AIDS-knowledgeable physicians what they knew about the dangers of sunlight to persons with AIDS, ARC, or asymptomatic HIV infection. Neither had seen the *Nature* article; both urged normal caution. One warned especially that a number of drugs used by persons with AIDS make the skin much more sensitive to the sun than usual."

AIDS Treatment News
June 1988

Comments from Chuck: Recently researchers have established that excessive sunlight can both activate HIV and cause the rate of HIV-replication in your blood to increase as much as 100-fold. Sun-lovers beware!

Support for Aerosol Pentamidine Prophylaxis against PCP

"Aerosolized pentamidine proved so effective in preventing PCP relapses that this controlled, unblinded trial was stopped early. Investigators randomized 51 AIDS patients who had had at least one PCP episode to receive zidovudine and aerosolized pentamidine (4 mg/kg every 2 weeks for one month and then monthly) or zidovudine alone. Only 9% of patients (2/22) receiving pentamidine suffered relapses, versus 61% of patients (16/26) receiving AZT only. Although long-term efficacy and safety could not be assessed, these results add to the growing evidence favouring ongoing PCP prophylaxis."

Girard PM et al. Prevention of *Pneumocystis carinii* pneumonia relapse by pentamidine aerosol in zidovudine-treated AIDS patients. *Lancet* 1989 Jun 17; 1:1348-53.

AIDS Clinical Care
Aug. 1989

A Z T: Earlier is Better

"In the past, the main arguments against early AZT use have been fear of side effects, and fear that the virus might become resistant to the drug. But now it is clear that side effects are much less of a problem if patients are healthier when they start AZT – especially with the lower doses which are increasingly being used. There seems to be less concern about early use causing viral resistance, and more thinking that the drug might be even more effective at slowing the development of the disease if given early than if given late."

AIDS Treatment News
Feb. 1990

HIV Infection Can Remain Latent for Three Years or Longer

"HIV infection can remain latent for at least 36 months before antibodies are detectable. The authors of this prospective study isolated HIV-1 from blood samples of 31 of 133 seronegative, homosexual men who practiced high-risk sexual activities. Twenty-seven of the 31 were still seronegative 28 to 36 months later. Polymerase-chain-reaction studies conducted on cryopreserved lymphocytes from three of the four men who seroconverted detected HIV-1 provirus in samples as long as 23 and 35 months before antibodies were seen on ELISA or Western blot tests." N Engl J Med 1989 Jun 1; 320:1458-62.

AIDS Clinical Care
July 1989

One Man's Opinion on Louise Hay :

"She's trying to say to people that they brought it on themselves, and has them trying to love that disease right out of their systems. She's the Tammy Faye Baker of Los Angeles, but watch what happens when the people who go to her actually get sick. They're spurned. She's never sat at the bedside of anyone dying."

"I've seen too many people in black despair because that New Age stuff didn't work – and they're dying alone."

Paul Monette
'Borrowed Time' (book)

The Rate of Increase of AIDS in the United States Slowed Last Year

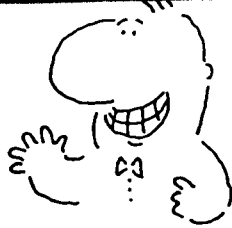
"The U.S. Centers for Disease Control reported that new cases of AIDS in the U.S. increased only nine percent in 1989, compared to a 34 percent increase in 1988 and 60 percent increase in 1987. Experts attributed the slowing increase to reduction in new cases among gay men (probably due to prevention education of two years ago), and also to the use of treatments, such as AZT and aerosol pentamidine, which are preventing some infected persons from progressing to AIDS. Cases due to heterosexual transmission rose more rapidly, however, showing a 27 percent increase last year. The region with the most new AIDS cases was the South, with 31 percent of the cases."

AIDS Treatment News
Feb. 1990

Chuck P.



Keep on Smiling!



Hi there! I'm sure you'll all be thrilled to know that April is national "Dental Health Month" and I'd like to do my bit and remind you of some very basic stuff.

Proper oral/dental care is very important for people with HIV. This, I'm sure, you all know. The mouth is often where the first signs of HIV infection show up and often where opportunistic infections will start at any stage of the disease. With most viral or bacterial infections it's so much easier to treat them if you catch them early - often before they're symptomatic.

I read something the other day which really made me think. It stated that if you added up all the surface area of the average person's gums including all the sulcus depths around the teeth etc., it would equal the area of the entire top surface of your forearm. If we had a bleeding sore this big we'd have a fit and really try to get rid of it - right? So the same should be true for our gums. Many of us have gum inflammation that we don't realize the extent of and even if we do, choose to ignore it. Don't follow the "maybe if I ignore it, it will go away" doctrine. Take action.

Brush very well with a soft brush twice a day and, yes, floss (people must hate that word and I hate to suggest it but it is so important). Without flossing we're leaving probably 40% of that plaque stuff behind - left there to go on to cause many potential problems. Also don't forget to brush that tongue - it harbours all kinds of yuk. This will greatly reduce the amount of bacteria in the mouth and make for generally healthier oral tissues.

I hate to sound like I've got shares in it or something but that rinse called Plax is great. Many very good studies have shown that it's well worth the hassle. All it is is a "pre-brushing" rinse that you rinse with for about 30 seconds

before you brush, then spit it out. It really helps and there's no side effects. It's really cheap at Costco and especially in the States (maybe we can do a Plax run) but not that cheap in the drug store (but not that expensive either). Don't use any other mouth rinses routinely unless they're specifically recommended by your doctor or your dentist.

And do see your friendly dentist regularly for examinations and professional cleanings.

Happy Dental Health Month to you all!
Dr. Luc Magne

Aerosol Pentamidine Topic of April Forum

The April Monthly Medical Forum will feature Dr. Lindsay Lawson of St. Paul's Hospital, addressing issues relating to lung disease.

Many PWAs get lung diseases, including pneumocystis pneumonia (PCP). A number of treatments are available for PCP. As well, prophylactic Aerosol Pentamidine treatments are believed to help a person keep from getting full-blown PCP bouts. But there may be a cost: side effects of Aerosol seem to include pneumothorax (collapsed lungs). Is the treatment potentially worse than the illness?

These questions and more will be addressed at the April Forum. It is expected that a "demonstration" treatment of Aerosol Pentamidine will take place with David Lewis showing how to do it yourself at home.

The Forum will be held at Gordon Neighbourhood House, 1019 Broughton St., on Wednesday April 4th at 7:00 pm.

Advocacy Committee

Healthy Date Walnut Cookies

- 1 cup soy milk *
- 1 cup unsweetened apple sauce
- 1 tsp. cinnamon
- 2 1/2 cups oat bran
- 3/4 cups walnut pieces
- 1/2 cup date pieces

* Nonfat milk can be substituted if you are not dairy sensitive.

Directions:

Combine milk, apple sauce and cinnamon. Add oat bran and blend together. Add walnuts and dates.

Preheat oven to 400 degrees. Spoon onto cookie sheet using a teaspoon for each cookie. Bake at 350 degrees for 25-30 minutes. Cookies should be lightly browned on top. Makes approximately 35 cookies.

The benefits of some of the ingredients in these delicious and healthy cookies are:

Oatbran: Helps reduce cholesterol, high fiber/low fat, low sodium, high in the B vitamins, iron and potassium.

Apples: High fiber, no fat, reduces cholesterol (from the pectin). High in Vitamin C, potassium. Contains small amounts of Vitamins A and B.

Walnuts: High in fat, but contains no cholesterol. High in protein and fiber. Good source of B vitamins and Vitamin E. Contains calcium, potassium and iron.

Dates: High fiber, low sodium. Good source of iron, potassium, niacin, thiamin and riboflavin.

"Eating for Success" Kitchen by Dr. Penny Compton, Nutritional Consultant



The Power of Mega-C

I am now 5 years officially, and 7 years unofficially, asymptomatic HIV+. People often say I've never looked better. I haven't ever felt better. This is not to boast, but to underline the major credit that goes to megadoses of vitamin C in a holistic program emphasizing nutrition and healing. HIV is a vibration of fear, ignorance and especially deficiency, particularly in the body. It must be addressed by the converse: love, knowledge and superior nutritional awareness.

Vitamin C has a very low toxicity factor on the one hand, and is one of the most potent anti-viral agents known to man on the other. It's completely natural. It's cheap. It works for as long as it's taken (indefinitely). It's the perfect answer to expensive toxic drugs of questionably therapeutic value and limited duration.

Vitamin C is also one of the most effective anti-oxidants available in the arsenal of nutritional supplementation. Vitamin C, and also E, neutralize oxygen singlets, or free radicals. All degenerative diseases, and the aging process itself, are accompanied by the destructive action of free radial oxygen molecules in the system. Their elimination is a key factor to health and longevity, especially in today's world.

Perhaps in a pollution free environment man's early diet may have afforded 250 mg per day and been sufficient. However, Vitamin C is used by the body liberally in it's fight to purify the body of deliberate, careless or inadvertent exposure to immune-suppressive domestic and industrial toxins including: exhaust gases, chlorine in the water, smoking anything, drugs (prescription or non-prescription), alcohol and caffeine, to name a few. In general our bodies need for vitamin C has climbed dramatically because of life style changes since the beginning of the century. It's consumed very rapidly in the case of

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Ongoing Events

Our brand new (well almost) offices are located at 1447 Hornby Street (next to Art Knapps). Due to our move, locations of meetings are not confirmed for the month of April, so please contact our office for correct times and places.

Mondays:

Advocacy Committee Meets at 10:30 am in our offices to deal with access to treatments, human rights, political and legal issues. Members are encouraged to attend and get involved.

Art Therapy Group 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.

Buddy Support Group: For buddies, sponsored by AIDS Vancouver. Meets every second Monday at 7:00 pm. March 5th, March 19th and April 2nd at AIDS Vancouver, 1272 Richards Street, Vancouver, B.C.

Tuesdays:

Program Committee Meets at 11:30 am at the Society's Offices to develop and facilitate individual programs such as RISE, Support Groups etc. Members are welcome and encouraged to participate. Contact Jackie.

Personnel Committee 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 Each Moment" Meditation Class: From 2 pm - 4 pm This class is open to people living with HIV, friends and supporters. For more information and location, please contact Kristin at 872 0431.

Women and AIDS Drop-in 7:00 to 8:30 pm For women to seek out information and support concerning AIDS/HIV First and third Tuesdays

of each month at Vancouver Women's Health Collective, No. 302, 1720 Grant Street. Call Jackie at 683-3381 for details.

PWA Support Meetings: 7:30 - 8:30 pm, at the PWA Coalition Living Room Lounge. 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:

Partners of Persons with HIV/AIDS and Family and Friends of persons with HIV/AIDS. Both groups will meet every Wednesday 7:30-9:30 pm at St. Andrews-Wesley Church. Rooms to be posted. Call Bridget MacKenzie at 687 5220 or Joy Moon at 299 4828 for more information.

Healing Circle: 7:30 sharp - 9:00 pm on the first floor lounge, room 113, of the Comox Building of St. Paul's Hospital. Come and experience some loving time, deep relaxation, meditation, bodywork & the joy of sharing. Facilitators: Lela, Donald and Maria. Open to all. For further information contact Donald at 682 2989

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 Sabean or the chair, Alex Kowalski.

Executive Committee: Meets 10:00 am March 29th, April 12th and 26th, also 1:30 pm April 5th, 19th and May 3rd at the Society's Offices to coordinate the business of the Society and to prepare for Board Meetings.

Board of Directors: The Board of the Vancouver Persons with AIDS Society meets every second Thursday at 1:30 pm at the Society Offices. Meetings March 29th, April 12th and 26th. Open to all members. This your opportunity to stay abreast of Coalition activities, and have a voice in our future.

Thursdays (continued):

Empowerment for Living 7-9 pm group for persons living with HIV, ARC, and AIDS offers support and empowerment, sharing, prayer, meditation (and everything the Holy Spirit gives us). Our atmosphere is friendly, confidential and informal. Call Christ Alive M.C.C. Church office at 681 8525 weekdays for further details.

Get Over It: AA Meeting of special interest to HIV concerned persons. 7 pm in PWA Coalition's Living Room Lounge.

Body Positive Support Group: For those testing HIV positive. Confidential Discussion Group meets Thursday evenings at 7:30 pm in PWA offices. For more information contact Kenn Mann at 683-3381

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 info call Joy Moon 299-4828.

Fridays:

PWA Caucus This bi-weekly meeting held at 2 pm April 6th, 20th and May 4th at the PWA Office provides an opportunity for all members to have input into the policies of the PWA Society. Come and make your voice heard!

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 am until 3 pm For more info 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 shar-

ing experience, strength and hope. A positive approach to living with AIDS. PWA Society's Living Room Lounge 7:30 - 9:00 pm. Contact Stephen M. at the office.

Other Events, Groups and Committees

Living Room Lounge our relaxed drop-in centre is open Monday to Friday from 10am to 5pm for members and their guests.

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

Monthly Medical Forum March 7th A forum for the medical community and the consumers of those services (our members and other concerned individuals). First Wednesday of every month at 7:30 pm at Gordon Neighborhood house. Topic for April 4th will be Aerosol Pen-tamidine with Dr. Lindsay Lawson. The topic for Wednesday May 2nd will be Nutrition.

PWA Social Night Shaggy Horse Sunday April 15th 7 pm to midnight. Snacks by Doll & Penny's, entertainment. For persons with HIV, PWAs, friends and supporters. Treat yourself to your very own fun-raiser!

"Slave Auction" March 30th A PWA benefit hosted by VASM 9pm Ms. T's Cabaret

Potluck Dinner to be arranged for April 22nd, from 4 to 9 pm. Call Michel for details.

PWA Smoking Cessation Program for any full member of the PWA Coalition. To be held at our offices beginning April 9th at 5 pm. For further information and to register contact our office.



shock, injury, or just ordinary, everyday stress. In light of modern factors, four grams (4000 mg) of C a day, or just one teaspoon of calcium ascorbate powder, would be considered as just a maintenance dosage for the average person. Nothing special. Dosages have been given orally up to 100 grams a day.

Vitamin C is water soluble and stays in the system for four to six hours only. To maintain a constant supply to the bloodstream one would have to take a teaspoon every six hours or more. Side effects can include gas (positive sign of detoxification) and eventually the vitamin C 'flush', or diarrhoea at high levels. It's the body's way of eliminating excess vitamin C it cannot use. The vitamin C flush, or burn, is harmless.

Vitamin C can buy the most valuable thing of all --time. It is a potent immune enhancer. It has been used to treat a long list of ailments including: alcoholism, high cholesterol, diabetes, hypertension, hypoglycemia, varicose veins, colitis, insomnia, schizophrenia, shingles (herpes zoster), vision and focus disorders, adrenal exhaustion, swollen lymph glands, headache, cirrhosis of the liver, the common cold, arthritis and rheumatism, peptic ulcers, cancer and stroke (pp.48-9, Nutrition Almanac). I am cured myself of a lifelong bout with depression that no doctor was able to alleviate or even diagnose, and no drug was able to address. Vitamin C has that power. By itself it can carry a mighty burden of toxicity in the body, purify the blood and help to

...it takes time to reconstruct and fortify a compromised system. Vitamin C can buy you that time.

quell viral activity. It helps to have also a non-self-destructive life style, other important nutritional supplements, knowledge and love, especially for yourself.

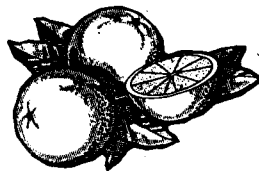
Dr. Ian Brighthope's work with his AIDS patients in Australia has been documented in his book 'The AIDS Fighters'. He uses nutritional supplementation. Vitamin C always comes first

with this approach. Also, Jason Serinus, editor of 'Psycho-Immunity and the Healing Process' mentions vitamin C as the one factor that he thinks definitely changed the course of his health. HIV+ persons who take their health seriously should be aware of these wonderful books, and a gold mine of other information on nutrition, available from the PWA reading room.

I have talked to people who have discontinued vitamin C because "It didn't do anything." With C it's not always what you feel, but what you don't feel--symptoms --that count. Vitamin C therapy should be given a six month minimum trial run. In that six months your body is making all sorts of changes and adjustments with the muscle and benign protection of C. Just as it takes time to lay the foundation for the destruction of the immune system, it takes time to reconstruct and fortify a compromised system. Vitamin C can buy you that time. It's a shame to go off it for its slightly bitter taste or because of gas. Genuine sensitivity to vitamin C can be overcome by increasing doses from a low amount.

If you have not been as aware as you should about the power of C, or in general what a nutritional supplementation program can do for you - get crackin'. Reading is your best and biggest ally. But not everyone likes reading, so let me add that saying here, "Without zinc and selenium you don't have an immune system." Those minerals in a package deal with vitamins B complex, C and E form the nucleus of a nutritional supplementation program that can put you in the driver's seat of stable health and wellness. It follows that one can live peaceably with HIV, and not trigger or invite the downward spiral of immune self-destruction. There is so much that can be done.

Blessings and Peace. Pass the Light.
Roderick P.



The Enemy

*The approach was silent
and invisible,
An invasion, swift and unseen.
When the first soldiers fell
I stood up and cried,
"Who is the enemy?"*

*My safety was
an illusion
shattered by the attack.
I called for
Help.
And received
Judgement.
"No Offence – No Defence".
The war was mine,
The soldiers to be found
Within myself.
With new knowledge
I stood up and cried,
"Who is the enemy?"*

*My call to arms
came swiftly.
My weapons were forged
from within my heart.
My armour was your gift to me.
My strength came with conviction
from a source I have been taught to
Deny.
And what we all suffered to learn
in order to teach
appeared useless to the occupying
Force
as it overruled our lessons
in its arrogance
and claimed its tactics as
superior.
With a new awareness
I stood up and cried,
"Who is the enemy?"*

*As the war continues
I move quietly through the
battlefield,
And I see the warriors,
some wounded, some dying or
Dead.
The struggle for
Victory
burns hope in the warriors,
like melting wax on a shrinking candle.
But as each one falls
another takes his place,
a new Fire of Hope.
And as the sick nurse the wounded,
They learn to heal,
and to grow,
and to love.
And with new understanding
I stand up and cry
"Who is the enemy?"*

*As I notice the scars of the war
finally beginning to heal,
I wonder how many more
I must encounter
and if I could avoid them
through surrender
or retreat.
And I realize I must face
The Enemy.
As I offer myself as a
Prisoner of War
I see my
Victory.
And as I recognize my escape,
I stand up and cry,
"Who is the enemy?"
Bob H.*





Come Out, Come Out, Wherever You Are

So many people lately who are in varying stages of HIV disease, seem to be living in the "HIV Closet".

Each person needs to address this issue in their own way and at their own pace. It is hoped that by coming out publicly about being a person with HIV that others will be inspired to do so also. Some perceive dangers in doing this, like fear of discrimination, abandonment, etc. But there may be more dangers in not disclosing one's HIV status.

If it were only fear of discrimination that were keeping people quiet, it might not be as much of a concern. But it seems that many people have shame and guilt issues that are

stronger than the fear. These emotions are very hard on one's self-esteem and have a negative impact on the immune system.

Not telling close friends, co-workers and family about HIV status because of embarrassment implies that one did something wrong or bad to become infected. Allowing your family to tell others that you have some rare blood disease or some other fabricated illness allows them to perpetuate shame and guilt.

People need to let themselves off the hook. Being HIV infected does not mean you are a bad person or that you have something to be ashamed of. People who are afraid to tell the truth about their health need to be encouraged to really take a look at what it is that keeps them quiet.

Every time you tell someone about one's HIV status, one gets a sense of freedom. It also reminds you that there is nothing wrong with you as a person because you have HIV. You didn't do anything wrong to get this disease, and neither did anyone else!

We can't let HIV disease make us feel that there is something wrong with being gay or with being sexual. We all need to be loved and to love.

It needs to be reiterated that each person needs to handle this issue in their own way and with a great deal of thought. No one should be encouraged to just run out into the streets with a banner proclaiming HIV status (unless it's a rally!). People need to prepare themselves for possible reactions and must be ready to self disclose with strength and strong self-esteem.

If you are HIV infected, please look within to see where you stand with this issue. If guilt and shame surface during this process, feel encouraged to deal with these feelings. Get support, go to therapy, talk to friends.

If you are HIV negative, please look at how you can be a safe person for a friend to come out of the "HIV Closet" to.

Love yourself and be proud of who you are!
Edited and excerpted from an article by Bill Gordon in "Being Alive", February 1990.

Quit smoking now!



PWA Smoking Cessation Program

Tobacco smoking causes many additional problems to persons whose immune systems are compromised. Quitting smoking often proves too difficult when they try to do it on their own.

All full members of Vancouver PWA who smoke tobacco are encouraged to attend an 8-session smoking cessation program to be held in PWA offices beginning Monday April 9th at 5:00 pm. The program will use the highly successful Smoke-Stopping Method developed by David Lewis, M.A., R.C.C. in San Francisco in 1980 which has been attended by hundreds of people who successfully stopped smoking forever this way.

Participants in the program must agree in advance to attend all of the 8 sessions, and make a commitment to becoming smoke-free. The program uses no gimmicks like hypnosis, pills, lasers, or other externally applied techniques. It is a holistic, behavioural and support structure which has been part of many peoples' successfully quitting - for good.

The dates for the 8 sessions are April 9th, 16th, 23rd, 30th, May 7th, 14th, and June 4th and 11th. Participants should plan to attend each of the sessions in advance! A new program will begin on June 11th as the current one ends. Success at stopping smoking with this method requires attendance at each weekly meeting.

Improve your health, and that of those around you (who are affected by second-hand smoke) by making the commitment now to attend

this program. The sign up list is limited to the first 8 participants only, after which a waiting list will be created. Enrolment is at no cost for full members of PWA Society. (This program has been run for years at the cost of \$550.00 per person - but will be offered at half that price for non-full members who wish to participate with full PWA members.)

To register, sign up now on the list in the front office of PWA.

David Lewis

BUNNY HOP



On Saturday April 14th the first annual Easter's Sundays Bunny Hop will be held at the West End Community Centre. The Hop will feature live music, door prizes and plenty of 'hoppy' surprises - all for only \$10 in advance and \$12 at the door. Advance tickets are available at Ariel Books, Scribe & Scholar Stationery, Denman Station and Return to Sender.

Easter's Sundays is a program I began because of my personal experience with friends with AIDS who require regular, nutritious meals. With the help of a small working group of volunteers, I began a pilot project with the residents of McLaren House in November 1989 with the objective of providing one Sunday meal each month. Support from the community has been phenomenal! The Sunday meals program at McLaren House has been totally supported through private donations from individuals, organizations and firms and is fully funded until the end of 1990.

To date the organization has provided over 150 meals for persons with AIDS, as well as food platters for the PWA Society's Christmas Open House. My intent is to expand the program in phases in 1990 until we reach our objective of providing three meals a day, seven days a week for persons with AIDS at little or no cost to them.

However, to achieve this goal considerable fund-raising efforts are required.

This event will help establish a sound financial base to begin expansion of the program to persons with AIDS not living at McLaren House who require this type of service.

I can't say thank you enough to the hard-working group of volunteers who have been helping me to organize and manage the Bunny Hop and the meals program. Your help and donations in support of Easter's Sundays are sincerely appreciated. Volunteers are still needed to help plan the event and to staff the Bunny Hop so if you're interested in helping out, you can call 687-6261 for further information.

Easter

Coming Attractions



Friday Movie Night

*Get together at 7:30 pm in the Living Room Lounge. Video screening at 8 pm
Munchies provided!*

- March 30: "Monty Python, Volume 15: Dead Parrots" (Comedy)
- April 6: "A Star Is Born" with Judy Garland and James Mason
"Nine Lives of Fritz the Cat"
- April 13: "A Fish Called Wanda" (Comedy)
- April 20: "All That Jazz" (Music)
- April 27: "Blade Runner" (Thriller)
"Hollywood Scandals and Tragedies"

Shaggy Rug

Auction Sale proceeds were donated to the PWA Society. Many thanks for a fun night!

Inside Stories:

Journey Into Self-Esteem

Invisible, yet ever present, it shows up in our feelings, the way we move our bodies, the voices inside our heads, and the visions we have of ourselves. From the time we are children until the day we die, we carry a "self" and feelings about that self.

Inside Stories: Journey Into Self-Esteem is a new four-part series which highlights personal stories of B.C. families - children, adults, and seniors - who grapple with this life-long issue. The series will air on the Knowledge Network, Thursdays at 9:00 pm, from April 19 to May 10.

Visualization

With a Difference

Yes, another visualization, but with a difference! This will be every weekday and it is very immune specific, plus there is one to one counselling each day for all who attend, where we will learn to discharge our feelings surrounding the issues of self love, love generally and health. This program is designed for those who want to deal seriously with getting well.

I have personally been involved in health visualizations for three years and have raised my T-cell count from 330 to 620.

So, if you are prepared to take charge of your own health and work very hard come to the group at 9:30 am to 11 am daily at 310-1789 Davie St. (code 29 on intercom) with Doreen and Terence. Weekend times can be arranged.

Terence

A Day to Remember

At Youth and AIDS Conference in Geneva

World AIDS Day, 89 is a day that I will remember the rest of my life. I was invited by the World Health Organization to attend and participate in the day's activities. As a person who has Hemophilia and is HIV+, I was excited to have the opportunity

to go to Geneva and contribute what I could to the day's learning. This year's theme was "Youth and AIDS", and I felt that this would be an exciting opportunity to talk to young people from around the world about HIV and what it will mean to their future.

On November 30 we had an orientation meeting with facilitators and guests to give those of us speaking an opportunity to ask any questions regarding the day's activities.

Later on that day there was a meeting in French given by a group called SIDA Info Jeune, which means AIDS Information for Youth. Not speaking a word of French, I had no intention of attending, but when it came time for the meeting, I thought it would be interesting to sit in on a meeting where I understood nothing, because I wanted to experience what it would be like to have the shoe on the other foot, to have things translated for me.

Well five minutes into the meeting I couldn't control myself any longer and I jumped in with both feet. As people were translating for me a mile a minute, I began to understand that I was making a special connection with this group of young people. I found out that this group of people my own age who hand out condoms at movie theatres, raise money, and speak at local

Geneva High schools, knew no one who was HIV+ until me. I was blown away. How could it be, a group of heterosexual, uninfected youth that understood how HIV will affect them if they do nothing to help create awareness with specific regard to prevention. My affiliation with this group became the most important two days of my life, so far. All of a sudden I had hope for the future.

World AIDS Day itself was no less inspiring. I spent most of the day talking with young people from around the world about what it was really like to be HIV+. I got the opportunity many times during the day to educate people about Hemophilia, a disease that they had heard of but knew nothing about. I was also able to help people understand that a person with Hemophilia is no different than anyone else that is HIV+. We all experience the same sadness, the same loss, and the same pain.

Overall it was a very emotional day and by the time closing ceremonies rolled around I was feeling very defenceless. It was at this moment that the World Health Organization showed a film called "Frontline". This film was fantastic but it touched several of my exposed nerve endings and I cried throughout. During this time a special person from SIDA Info Jeune, my own age, reached over and held my hand throughout the whole film. At the end of the film her mother, who was sitting on the other side of me, reached over and gave me a big hug. I don't think I will ever be the same.

The next morning I flew out of Geneva knowing that I had left part of myself behind. I wouldn't want to miss out on meeting special people like the Ferdmanns from Geneva.

Yours at Peace,
Rick Wains
Excerpted from "Hemophilia Today"
Montreal

Well . . . , there you go!
Taavi Nurmela



Eric Delaquaize

1947 – 1990

On the day Eric died gently into the light, the message on his calendar said, "I plan to spend today in perfect peace."

Some of Eric's favourite passages:

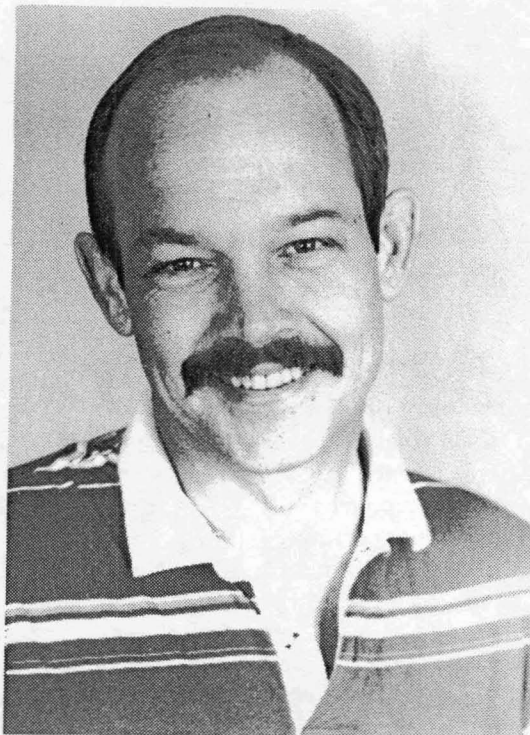
"The butterfly finally emerges from the cocoon – only to realize he will live but seven days. This doesn't seem to hinder him though, in his quest to taste all that is beautiful. He flaunts his own beauty – knowing it is short lived – but hard won. In that cloistered place of his own design."

Daniel Johnson – "The Warrior"

"The black moment is the moment when the real message of transformation is going to come, at the darkest moment comes the light."

Joseph Campbell – Mythologist

Much love always,



Barry Goddard

1947 – 1990

We are saddened to report the death of our long standing member and society Director Barry Goddard. He worked hard to further the aims of the Vancouver PWA Society and brought a lively wit and intelligence to bear on whatever task he took on. We extend our sympathy to his family and his many friends.

DDI Patients

Questionnaire

We are collecting data on the side effects of DDI. All members currently taking the drug are asked to contact David Lewis at 683-3381 for a short questionnaire on your reactions to DDI.

Healing Group

Is anyone interested in joining a healing oriented support group? The purpose is to support each other in making positive health lifestyle changes while struggling to overcome HIV and its effects.

Possible avenues of approach could include:

- Detoxification
- Therapeutic Diet and Supplementation
- Spiritual Practice and Growth
- Energy and Polarity Therapies
- Any other things that you find helpful or believe in.

If you are interested, would like more information or care to discuss this concept please call Michael P at 682-4868 or leave a message at the office.

LOVE-LY TIME



On February 11th the PWA Society hosted a Valentine's Potluck. The Program Committee Cupids who organized the potluck would like to offer a special thank you to Terence who generously donated his lovely home for the occasion. A great time was had by all.

Library:

Due to a massive influx of donations there is not enough space for listing all new acquisitions. We have subscriptions received or pending for: New York Native, Spin, Christopher Street Advocate, B.A.R.(Bay Area Reporter) Xtra, R.F.D. and the Reporter

HelpLine

Volunteer Opportunities at PWA . Get Involved!

Movie Night Facilitator:

A dependable, friendly volunteer is needed to arrange for rental of movies and organize refreshments for a weekly movie night. Time involved is four hours on Fridays.

Coordinator—Media Lists:

A detail oriented person is required to maintain and update media lists. Computer and media relations experience would be an asset. A pleasant, professional telephone manner is essential. Hours are flexible.

Shopper:

An organized individual with transportation is needed to take orders for grocery and office supply items. Volunteer will be required to purchase and transport items to PWA office. Hours flexible.

Carol Lowen

Committee Work

Newsletter

We need people with a variety of skills to help make this newsletter the up to date source of info and a forum for the members' views.

Reception

An opportunity to learn and provide a much appreciated service. Training sessions provided. Sign up in the office.

Personnel

Work to develop policy and manage human resources—staff and volunteers. Meets Tuesdays at 1:30 pm in the PWA Society's offices

Advocacy

Prison Outreach volunteer needed to work with prisoners with AIDS/HIV

Staff Credits

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Douglas Starratt

Art Director:

Lim P. H.

Typesetting:

Max Blixen

John Leitch

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Douglas Starratt

Copy Typists:

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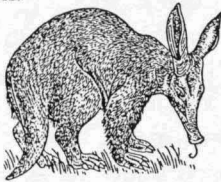
Dave P.

Thom D.

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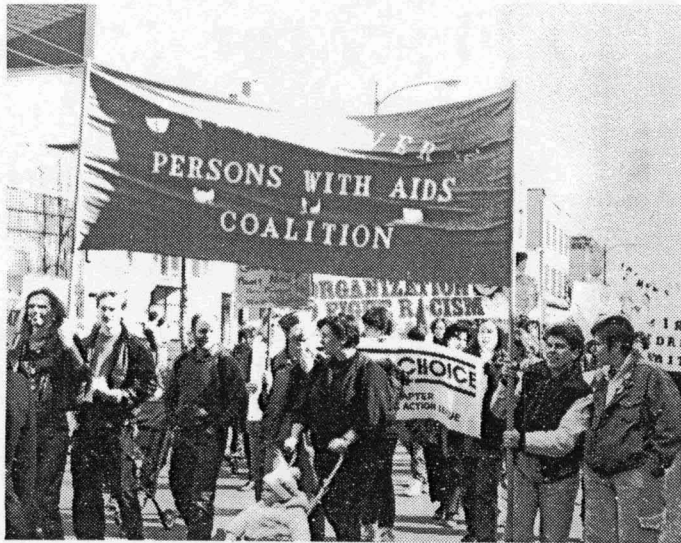
Many thanks to the crews who photocopy, collate, stuff envelopes, and keep us going. If you want a volunteer assignment that's fun and rewarding, come join us on the lively Newsletter team!



THE VANCOUVER PERSONS WITH AIDS SOCIETY NEWSLETTER IS PUBLISHED BY THE VANCOUVER PERSONS WITH AIDS SOCIETY. OUR OFFICE IS AT 1447 HORNBY STREET, VANCOUVER, B.C. V6Z 1W8 PHONE (604) 683-3381 FACSIMILE 683-3367. THE VANCOUVER PERSONS WITH AIDS SOCIETY IS A REGISTERED CHARITABLE ORGANIZATION (REVENUE CANADA REG. #0760124-11-27)

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

OPINIONS EXPRESSED ARE THOSE OF THE INDIVIDUAL AUTHORS AND NOT NECESSARILY THOSE OF THE BOARD OF DIRECTORS OR THE VANCOUVER PERSONS WITH AIDS SOCIETY.



John Kozachenko Photo

Banners and Drums

Vancouver PWA Society participated March 10th in the annual International Women's Day Rally to show solidarity with groups on the front lines with us fighting AIDS

Notice Board

Foodbank Home Deliveries: If there are people who drive and have a car and can help deliver foodbags on Tuesdays, we sure can use you. Mileage will be paid. Please phone me if you can help out for a couple of hours on Tuesdays. Mark Redford 685-9426.

Hot plate or toaster oven needed for a member living in a hotel. Contact Jackie at the office

Vacuum Cleaner in good working order urgently needed by PWA member. Please bring to office.

Aerobics for Positive Living Specially tailored program. Sign up at the office for stamina and healthy exercise.