

VANCOUVER
PERSONS WITH AIDS
SOCIETY



1447 Hornby Street
Vancouver, B.C. V6Z 1W8

NEWSLETTER

ORIGINAL

WE

FINALLY

DID IT!

ISSUE #36 MAY, 1990



Photo: John Kozachenko

PWA is in its own offices at 1447 Hornby Street (Second Floor). The new space relieves some of our frustration with our tight space. We have more desks, a separate room for the library, a private room for counselling and our own board/meeting room. Now we have two meeting rooms which can handle groups simultaneously.

Everyone seems to be settling in and becoming accustomed to the new address and workspace. The transition has been very smooth thanks to the great efforts of volunteers and staff. In particular thanks to Carol Lowen for the organizing she did. Everything was accomplished with little interruption of activities and services. Please drop in and see our new home for yourself. A special 'Office Warming' will be held Friday, May 4th, 4pm to 7pm. We'd love to see you there.

Alex Kowalski.

BC AIDS Strategy Essential

The Vancouver Persons With AIDS Society welcomes the announcement today by the B.C. Minister of Health, John Jansen, initiating a consultation process to develop a Provincial AIDS Strategy.

Community based AIDS organizations and St. Paul's Hospital have for years been on the frontlines, coping with a growing epidemic. Currently the reported number of persons with AIDS in British Columbia stands at 709 (March 26, 1990) and thousands (3,753 as of March 26, 1990) are known to be HIV positive. Human Immunodeficiency Virus continues to spread and British Columbia has the highest number of cases per capita in Canada.

Now is the time to work together to co-ordinate the resources necessary to meet the challenge facing us. Community AIDS groups in B.C. are recognized across Canada as being on the forefront of the response to the disease. This has been accomplished with a minimum of resources and by volunteers. The epidemic has now reached the size that a more comprehensive response is needed and the Vancouver Persons With AIDS Society looks forward to working in partnership with all stakeholders to ensure British Columbians have the tools to deal with AIDS now and in the future and to prove that we live in a caring and responsible society.

Alex Kowalski, Chairperson
Vancouver Persons With AIDS Society

Office Warming!

You are invited to celebrate the Vancouver PWA Society's move to new premises!

1447 Hornby Street (near Pacific)

Friday, May 4th, 1990

4 pm to 7 pm

We look forward to seeing you there!



Smooth Move!

Thank You Volunteers!

What a magnificent crew of volunteers we have within our Society! When I was asked by the Personnel Committee if I could mobilize a team of volunteers to paint and renovate our new premises I knew it would be a challenge.

I am pleased to say our crew of volunteers came through with flying colours and completed the project on time. I would like to acknowledge and thank the following volunteers: Peter H., Gerry P., Don S., Peter, George M., Denis B. (our drywaller), David McL., James d'H., Sherry K., Mark O'N., Don T., Bob W., Jim M., Al A., Larry D., Norma J. and last but not least Max B. and Thom D. for cleaning the "dreadful black floor" – it took blood, sweat and tears to return it to its original state. Terrific job, fellows!

I would also like to acknowledge and thank Jay, our project manager, for his strong commitment and hard work in seeing the project through to the end.

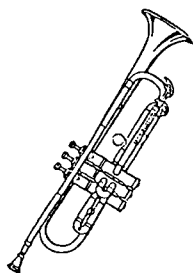
A special thank you to our movers Andre T., Thom D., Norman J., Chris S., Michael H. and Pierre L.

It was a gratifying project and it was a privilege for me to work with such a special group of people. Thank you to everyone involved.

Carol Lowen
Coordinator of Volunteers

Annual General Meeting Elects New Board of Directors

The third Annual General Meeting of the Vancouver Persons with AIDS Society was held on Sunday, March 25, 1990 at Gordon House and attended by over forty voting members. The agenda included reports from the Executive, Advocacy, External Relations, Program, Personnel and Finance committees. These reports highlighted the incredible variety of work accomplished by our volunteers and staff over the last year. The Society has changed and grown dramatically thanks to the great efforts of many. The next agenda item was the election of directors. There were seventeen candidates for the twelve positions on the board. The new directors elected:



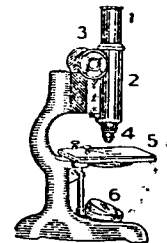
Michel Arsenault
Don de Gagne
Joe Ford (Vice President)
Alex Kowalski (President)
David Lewis (Secretary)
Pei Lim
Guy Maxwell
Stephen McManus
Brian Page (Treasurer)
Bryan Wade
Rick Waines
Douglas Webb

Also an auditor (Brent J. Warren, C.A.) was appointed and a special resolution dealt with. Copies of reports and minutes are available on request.

Alex Kowalski

AIDS Treatment Highlights

Research News



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

PCP Prophylaxis: Earlier is Better

"There is a growing concern among the physician's group in San Francisco about the current market for starting PCP prophylaxis, whether aerosol pentamidine or Septra. Right now it is recommended at 200 T-cells or below. The doctor's group in San Francisco is stating that since that recommendation has gone into effect, the only cases of pneumocystis they are seeing are in people between 200-300. Clearly that recommendation is too low a floor."

Being Alive,
March, 1990

Comments from Chuck: Several of our best doctors are now recommending PCP prophylaxis for their patients with T-helper counts under 300. If your T-cell count is in this range, you may want to discuss this option with your doctor. Unfortunately, you may not qualify for aerosol pentamidine through E.D.R.P. if your T-cell count is above 250 (unless you have suffered a bout of PCP). However, there are several other drugs your doctor can prescribe, such as Septra and Dapsone, that have proven effective as PCP prophylaxis.

Aerosolized Pentamidine

Through the Emergency Drug Release Program (E.D.R.P.)

Your general practitioner must phone and provide the following information: Patient's initials, age, HIV status, whether the patient has ever used pentamidine or suffered bouts of PCP in the past.

Telephone # (613) 993 3105

Person to Contact:

Dr. Michelle Brill-Edwards or

Dr. M.O. Maykut

362C Tower B

355 River Road,

Vanier, Ontario

K1A 1B8

The drug will be sent to the doctor's office, and the patient must pick it up from his or her doctor.

The manufacturer/distributor is FISONS Inc. (416 831 8444). FISONS informs us that aerosol pentamidine is free under the E.D.R.P. Advocacy Committee

KS: To Worry or Not to Worry?

"Something you might have seen in recent newspaper accounts suggests that perhaps KS is not an inherent part of an AIDS diagnosis. They claim to have identified six cases in New York of gay men with KS who indeed did not have HIV. This is very unusual but it makes a lot of sense from a number of angles. The Centers for Disease Control is now beginning to suspect that KS may be an independent epidemic all of its own that is primarily affecting gay men. It rarely is showing up in women, IV drug users, or

hemophiliacs. Each time we see women coming down with KS, it has been women who have had a four times higher likelihood of having sexual relations with a gay or bisexual man. Suspicion is that there may be a separate infectious agent that is the source of KS.

Not everybody agrees with this. Others still believe that KS is being caused by chemicals the body itself is producing by infected cells. Both sides seem to suggest that people who have been infected with HIV, or even full-blown AIDS, for a long time and don't have KS can probably stop worrying about it. It is not something that is likely to spring up on you later. It is increasingly unusual to see it show up in late stage AIDS. This might be something to relieve those of you who are worried."

Being Alive,

March, 1990

Eleven Years

Median AIDS Incubation Period

"The San Francisco Department of Public Health, which maintains the oldest and probably the most accurate data on AIDS epidemiology, has published a study of HIV positive gay and bisexual men showing that the median incubation period from seroconversion to AIDS is eleven years. Dr. George Lemp is the principal author of the report, "Projections of AIDS Morbidity and Mortality in San Francisco", published March 16 in the Journal of the American Medical Association. The results were collected in collaboration with the San Francisco City Clinic Cohort Study and the University of California at San Francisco and Berkeley."

AIDS Treatment News

March, 1990

AZT Resistance

Real or Unreal?

"Real AZT resistance is being studied done in San Diego. Under certain laboratory conditions, they have identified circumstances in which

strains of the virus evolved in a lab dish while being treated with AZT. The strains evolved are resistant to AZT: they no longer respond to it. This has never been identified or confirmed yet in a human being. Whether this is related to what we have seen in people is really unclear.

There is no real definition for AZT resistance, and the researchers are urging people to be cautious about determining their resistance to AZT. I know a lot of guys in San Francisco jumped to ddI because they felt they were resistant to AZT, and within 6 weeks jumped right back to AZT."

PWA Action Coalition Newsline
March, 1990

Salk HIV Vaccine

Trial to Begin Soon

On March 19, the U.S.A. Food and Drug Administration approved nationwide trials of the Salk HIV immunogen, developed by Dr. Jonas Salk of polio-vaccine fame. Dr. Salk believes AIDS patients may be able to boost their resistance through injection of his HIV immunogen, which consists of inactivated pieces of the virus. Tests with 90 AIDS volunteers at the University of Southern California's cancer centre have shown promise, and Dr. Salk hopes for a breakthrough similar to his defeat of polio in 1955.

In addition, Salk has asked the state of California for permission to inject his HIV immunogen into ten volunteers who are free of AIDS. He theorizes that the volunteers' immune system will develop antibodies that may provide resistance-building injections for AIDS patients, and that this could lead to an AIDS-prevention vaccine. Last week, U.S.C. announced that they had signed up more than enough volunteers - about 65, mostly nuns and priests - and that trials will commence soon.

Chuck P.,
March 30, 1990



ddI in Focus

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

290 Deaths of ddI users in U.S.A.

"Last week a report from Bristol-Myers Squibb, the manufacturers of ddI, disclosed that of 8,000 patients who had been taking ddI for several months under the FDA's "expanded access" program, 290 died. That was ten times the death rate found in Bristol-Myers' own controlled clinical trial, in which 700 patients have received ddI. The report raised concerns not only about the safety of the drug but also about the FDA's new liberalization program.

The actual cause of the 290 deaths is not yet known. Many researchers feel the most likely explanation is a simple one: the 8,000 people receiving the drug under the alternate program were sicker than those in the clinical trials. To be eligible for ddI in the expanded tests, patients must be suffering from advanced AIDS and must be resistant to AZT. "For these people, ddI is a last-ditch effort," says Dr. Bernard Bihari of the Community Research Initiative, a clinic offering the drug to AIDS sufferers in New York City. Dr. Anthony Fauci of the National Institutes of Health observes that the death rate was much lower than that found in the early trials of AZT. But the report does raise "a red flag," adds Fauci, obliging either Bristol-Myers or the Government to investigate the affair.

Other experts feel the disclosures underscore serious problems with the expanded-access program. In traditional clinical trials, a small group of doctors closely monitors every patient. But in the expanded-access program, hundreds of doctors may administer the drug nationwide without consistently exchanging information. As a result, many participating physicians may not

hear about significant side effects. "The shock to me was that I had to learn about these deaths from the newspaper," said Dr. Jeffrey Laurence, an AIDS researcher at Cornell University Medical College. He calls for a centralized Monitoring system for doctors who are administering ddI."

Time Magazine,
March 26, 1990

Access to ddI Should be a Catastrophic Right

"ddI is a toxic drug. We know it has side effects. It has also been shown to be effective in fighting HIV and in prolonging the lives of many people with AIDS. People who are coping with a life-threatening illness have the right to take a drug like ddI while it is still undergoing testing (this is often referred to as a catastrophic right). As long as they have full information on the potential benefits and risks of the drug, and the extent to which it has undergone scientific testing, they are in a position to choose whether they want the treatment."

David Garmaise, Program Officer
Canadian AIDS Society,
March, 1990

John S. James on ddI

"AIDS Treatment News has heard both good and bad reports about the drug, but mostly good. ddI seems to have made a dramatic difference for many people; we suspect that many who are now alive would not be without it. We had also heard of a number of cases where people had to stop using this drug because of side effects.

Despite the new information about the risks of ddI, we still consider ddI to be one of the most important new treatment possibilities. It would be tragic to lose this drug - or to lose the concept of parallel track or early access to treatment - due to hasty decisions not based on careful assessment of all the facts."

AIDS Treatment News,
March, 1990

ddI: Promising . . . but Experimental

"Whether or not ddI is as effective as AZT in slowing HIV infection is not yet known, but it may be more tolerable in certain people with HIV infection. Additionally, research studies are planned to see whether combination or alternating therapy using both AZT and DDI may provide the benefits of each drug while minimizing their side effects and development of drug resistance.

Thus far, the phase I trials of ddI have shown some transient increases in T-helper cell numbers and decreases in p24 antigen levels. In one of these studies, patients with AIDS dementia also showed some signs of improvement. These benefits, however, have generally been of a short term nature. The use of ddI in patients with HIV infection remains promising but experimental, and long term benefits, especially prolongation of survival or progression from ARC to AIDS, have not been established.

Side Effects: Along with these hopeful findings, it is also important to note that ddI does appear to have some side effects, the majority and most common of which are minor, such as headache, rash, and insomnia. At high doses however, ddI has been associated with peripheral neuropathy, (a painful sensation in the feet, legs and hands), gastro-intestinal disturbances including diarrhea, pancreatitis (abdominal pain due to inflammation of the pancreas), increases in liver enzymes (denoting possible liver toxicity) and mental changes including disorientation and seizures.

Peripheral neuropathy seems to be the most common side effect, usually occurring in patients who are taking high doses of ddI (above 800 mg/day). Unfortunately, this side effect often does not go away immediately when the patient stops taking the drug. Recovery is generally long term (weeks or months), and in a few cases complete recovery has been slow to occur. Another common side effect is increased levels of uric

acid. Uric acid is a breakdown product of cells, and too much uric acid can result in inflammation and pain in the joints (gout) and may cause stones to form in the kidneys. However, all possible side effects of ddI, like its benefits, are still not known.

People with AIDS Action Coalition

March, 1990

Systemic Candida and Oral Thrush:

Laying the Foundations of Immune Disfunction

The subject of candida comes up regularly. It is a deceptively innocent symptom of immune disfunction. Perhaps the first one for many people. It comes and goes, month after month, but can be difficult to get rid of without the right treatment.

Systemic candida, including oral thrush, can render one a nutritional cripple, and surreptitiously lay down the foundations for the destruction of the immune system. It is highly immune suppressive in itself and hinders the absorption of nutrients from any food you eat or supplements you take. There's a book title that implies it all: "From Candida to AIDS?"

Candida's special talent is to spawn allergies. Allergies in turn are very hard on the immune system. An allergic reaction stimulates the body to produce antibodies. If you are in a constant state of allergic sensitivity, producing antibodies, then you are placing a severe strain on your body's defense mechanisms, constantly making them work overtime. Allergies are not only compounded by one another, but the syndrome is exacerbated by impure drinking water, air, or anything else that compromises the immune system including all drugs, whether prescription or non-prescription, and especially antibiotics. Antibiotics can actually predispose

one to fungal infections like candida.

Like syphilis, candida can masquerade behind 101 different symptoms: headache, fatigue, allergies, moodiness, irritability, gas, belching...it's a long list. The Society library has several good books on the subject.

The proper medical response to oral thrush is to prescribe one of the anti-yeast products, either oral drops or vaginal insert tablets (the ones that say 'Not for oral consumption' on the label). These drugs, at least the vaginal insert tablets, do their job and the thrush goes away in a day or two. That seems simple enough. Except that the oral thrush returns, and returns again. You are merely treating a symptom and are not coming to terms with the condition itself!

I personally ended months of recurring oral thrush attacks—never to return—in a very short time with self-administered oral drops of 10% food-grade hydrogen peroxide. There is relevant material as to doses and applications in the Society's library.

This is oxygen to the rescue here. Oxygenating the system. A fungus, like bacteria and viruses, is a primitive life form that developed, or got its genetic 'intelligence' or mind set, at a stage in the world's evolution when there wasn't that much oxygen around. Certainly less than 10% of the planet's atmosphere (it currently comprises only 22–23% of the total planetary atmosphere). So they exist naturally in an oxygen-poor environment. Too much oxygen will kill candida.

Beyond hydrogen peroxide therapy, you can get the expertise of a naturopath working for you. Twelve visits a year are allowed on your health plan. Various treatments for the condition include tea and tincture of tahebo (bark from South American tree), caprylic acid, and off-the-shelf homeopathic anti-candida drops and friendly colon bacteria replacements. And with diet, if adhered to strictly over a period of months, yes, the candida will subside. But it is a painstaking and tedious chore to follow an anti-candida diet (no sugar, no dairy, no juice, no yeast, as in leavened bread). We're only human after all.

HOWEVER you can get de-sensitized to candida painlessly by the naturopath with drops under the tongue. Naturopathic testing and diagnostic procedures are very sophisticated and sensitive, and can readily detect the presence of candida in the system. There's no big mystery anymore. The \$75 cost of the test qualifies for coverage under the Society's reimbursement plan.

The really good news is that with the administration of homeopathic drops under the tongue at five minute intervals, depending on the level of sensitivity, candida can be effectively and painlessly treated. Visits are repeated weekly for drops until level zero is reached, a few weeks at most.

So, dear friends, there is a hidden problem here. An anti-candida diet, or simply a better diet, requires the reduction or elimination of sugar. That can be impossible for many people to follow simply because their blood sugar levels are on a rollercoaster. The mineral supplement, tri-valent chromium or chelated chromium, can fight more than 50% of your battle for you in stabilizing your blood sugar. It can allow you to pursue dietary improvements for the first time because you are not being constantly molested by crashing blood sugar levels. White refined sugar is dead food; it is highly immune suppressive. It packs a rush followed by the crash. If you are basically on sugar all day, you are reducing the effectiveness of your immune response.

Chromium supplements make the conversion to wholesome food, like fresh fruit, from chocolate bars to sugar much easier and satisfying. This can help in establishing good eating habits for a whole new, good-for-your-body lifestyle.

Candida is controlled thus: an effective treatment to get at the condition itself (not just the symptom), and dietary awareness, together with blood sugar stabilization, to keep it in check. **Presto! No more candida! No more oral thrush!**

Sincerely,
Roderick P.

Tests Available Through PWA

Quantified P24, B2M, Neopterin and T-cell testing have been available through the Vancouver PWA Society for more than a year now, and about 150 of our members and friends have utilized this service. We have put together a comprehensive Testing Information Pack, containing the latest information and research on the various tests. To obtain a copy, simply drop into our new Library at 1447 Hornby Street, or phone us 604 683 3381 and we'll mail it to you. These tests are also outlined in our January, 1990 Newsletter.

We offer this testing service on the second and fourth Tuesday of every month. To sign up or obtain more information, simply phone our offices. The costs of obtaining various tests through the Vancouver PWA Society (we make no profit):

Quantified P24 Antigen (P24)	\$34.00
Beta 2 Microglobulin (B2M)	\$19.25
Neopterin	\$37.25
T-Cell Subset	\$80.75
Package: Quantified P24, B2M and T-Cell Subset	\$95.50

(The above tests are covered by Complimentary Health Funds for members, to a maximum of \$75 per month.)

P24 Antigen and Beta 2 Microglobulin Tests Now Available in B.C.

We have been informed that funding has been approved for P24 antigen (not quantified, unfortunately) and B2M testing in BC. Your doctor can requisition these tests, and the criteria is "legitimate medical need". We suggest that before you start any program of regular testing, please talk it over with your doctor.

On a personal basis, I feel obliged to warn that some of our doctors are not well-informed as to the advantages of regular P24/B2M/Neopterin and T-cell testing. The advantage being that these tests give important information that you could not otherwise obtain. As for myself, in the past 12 months I have had quantified P24 testing done 7 times, B2M 6 times, Neopterin 4 times, and my T-cells 5 times. Some readers will say, "That's a lot of money spent on testing for one person."

To which I respond, "My life is on the line here, and I need all the information I can get about what is going on with HIV in my own body. Regular testing has given me information that may well prove invaluable for my future treatment decisions." In fact, these tests have already provided crucial input for my recent decision whether to switch from AZT to ddI.

What it all boils down to is, each person has to decide what tests (if any) are most helpful for him. In my case, I find that I get the clearest, most comprehensive and helpful information by having all these tests done at regular intervals. To each his own.

Chuck P.

Mental Health and AIDS

The Federal Centre for AIDS working group on Mental Health has announced a series of public hearings in late 1990 and early 1991 "to examine the full range of mental health needs and services with regard to HIV/AIDS and to make recommendations to the Federal Government". The hearings will deal with such questions as:

- Who is affected by HIV/AIDS?
- What are the mental health needs of persons affected by HIV/AIDS?
- How can Mental Health Services be best provided for persons affected by HIV/AIDS?

The Vancouver hearings will be held February 14, 1991. For further information you can call toll free 1 800 461 AIDS.

"Disrupting Complacency, The Challenge For The 90's."



**Calgary Convention Centre.
Monday, October 29 and
Tuesday, October 30.**

AIDS Calgary Awareness Association and The Federal Centre For AIDS proudly announce a conference for those in AIDS education.

We are excited about this opportunity to get together with other AIDS workers, social workers, teachers, and health care providers to compare notes and ideas. We hope you will join us. The conference will focus on:

- Program evaluation
- The dynamic area of changing attitudes and behaviors
- Education interventions and approaches as it relates to AIDS in our society

For information contact:

Stew Stefansson or
Karen Whyte

AIDS Calgary Awareness Association
#300, 1021 10th Avenue S.W.,
Calgary, Alberta T2R 0B7.
Phone (403) 228 0198.

Ongoing Events

Our offices are located at 1447 Hornby Street (between Pacific and Beach). All meetings and groups will meet at the new space unless otherwise stated in the announcements.

Mondays:



Advocacy Committee Meeting: 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 May 7th, May 21st and June 4th at AIDS Vancouver, 1272 Richards Street, Vancouver, B.C.

Tuesdays:



Low Impact Aerobics for people with HIV. At Barclay Manor (Barclay and Nicola) 4pm Tuesdays and Thursdays. For more information call Jackie at 683 3381



Personnel Committee Meeting: Meets at 10:30 am 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 Michel A. at 683 3381.

Meditation Class "Living in Each Moment" 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:



Program Committee Meeting: Meets at 10:30am 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.

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. Co-ordinated by 3 professional facilitators: Lela, Donald and Maria. This weekly event is open to all members, their friends, supporters, etc. For further information contact Donald at 682 2989

Thursdays:



Finance 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: Meets 10:30 am every Thursday at the Society's Offices to coordinate the business of the Society and to prepare for Board Meetings.

Aerobics for people with HIV. See Tuesdays.




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.

 *Narcotics Anonymous:* 8:30 to 10 pm, in the 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 more information call Joy Moon 299 4828.

Fridays:

 *Board of Directors Meeting:* The Board of the Vancouver Persons with AIDS Society meets every second Friday at 1:30 pm at the Society Offices. Meetings April 27th, May 11th and 25th. 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.

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 information call the PWA Society at 683-3381

Sundays:

Living Positive: Evening support group for people affected by HIV and AIDS. 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. Contact Stephen M. at the office.

Other Events

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

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

Monthly Medical Forum: A forum for the medical community and consumers of those services (our members and other concerned individuals). First Wednesday of every month at 7:30 pm at Gordon Neighborhood house. The topic for Wednesday May 2nd will be Nutrition. The topic for the June 6th Forum is Legal Medical Issues. *International AIDS Candle Light Vigil* May 20 8 pm, Alexandra Park (corner Bidwell and Burnaby). Candles provided for us to remember our dead and show support for the living.

Touch and Massage Workshop: May 13th, 1990, 10am to 6pm, at the NLP Institute, 2021 Columbia. Sponsored by AIDS Vancouver, and The Vancouver PWA Society. For Information and registration, call Michel A. at 683 3381.

Tai Chi: Instructor is Lim. Times and places to be announced. For information and registration call Michel A. at 683 3381.

Acupuncture: presented by Healing Arts Committee with speaker Ed McGuire. May 9th, 7:30pm PWA Living Room Lounge.

Tuesday Night Specials: Starting Soon!

Getting Involved "Plague of Innocence"

Advocacy Report

Our Advocacy Committee continues to grow with new active members.

In March, a training was held for the Speakers' Bureau, and we have 12 new speakers. A new coordinator of the Bureau will soon be announced.

We need somebody to serve as **Prisoner Outreach Coordinator**. Several members are now in prison, and wish to have visits from other PWA members. If you are interested in this position, come to an Advocacy meeting any Monday morning and identify yourself.

The April Monthly Medical Forum, with Dr. Lindsay Lawson, is available on audio cassette for borrowing from the PWA library. Dr. Lawson spoke for two hours about lung concerns for PWAs. The May Forum will be on Nutrition, and the June Forum will be about Legal/Medical Issues. Our Medical Forums are always the first Wednesday of the month (except in August, when it's the 2nd Wednesday) at 7:00 pm at Gordon House.

We want to hear from members how we could be more effective politically and in the media. If you have suggestions, please come to Advocacy meetings, or call and speak to David Lewis during office hours.

The Discrimination Documentation Project continues to collect data on HIV/AIDS related discrimination. Please call the office if you believe you have recently experienced discrimination.

If you are taking ddI, please call the office to get one of our ddI questionnaires. We are attempting to document side-effects of ddI.

The Advocacy committee helps members to get benefits, so if you are experiencing difficulty in this area please contact us!

Confronts Prejudice at the Vancouver Children's Festival

How should controversial subject matter be presented to children? That question will be the focus of a presentation at this year's "Making A Difference" International Symposium on Arts For Young Audiences, to be held May 18-21 on site at the Vancouver Children's Festival in Vanier Park.

The Symposium will open with a performance of "Plague of Innocence", a futuristic play about society's attitudes toward people who are 'different'--in this case, those with the HIV virus. This controversial production by Britain's Crucible Theatre in Education takes a hard look at prejudice, morals and human freedoms. "Plague of Innocence" won the 1988 U.K. Drama Review Award for Best Young People's Theatre Production. Not recommended for audiences under the age 14.

The performance will be followed by "That's Not Suitable", a panel discussion on how controversial issues should be presented to children.

A limited number of free tickets are available for this special Symposium presentation which will take place from 9:00-11:30 am on Saturday, May 19th in Tent #1 in Vanier Park. For further information and tickets please call the PWA Office at 683 3381.



Food Bank Home Deliveries

Due to the increased number of people added to the food bank list every week, it is difficult to say when deliveries will be made on Tuesdays. Please be patient with us as we have only five drivers with cars trying to meet this growing demand. At present we deliver 56 food bags each Tuesday.

If you are out at a doctor's appointment, at the IDC or in the hospital, your bag of food with your name on it will be delivered to AIDS Vancouver.

If you know on Monday that you will not be home Tuesday, please phone Mark Redford at 685 9426 (home). I have an answering machine so leave a message, or phone AIDS Vancouver at 687 5220.

Also, if there are people who drive and have a car, who could help with deliveries, please call me. Your mileage will be paid for the couple of hours each week, and we certainly could use your help!

Thanks,
Mark Redford



Peer Counselling

Our PWA Society was founded on the principles of peer support and empowerment. One of the most important and helpful experiences people living with AIDS/HIV can have is to talk and share with someone who understands because they, too, have been there. Our Peer Counselling program addresses the fundamental issues of helping one another get through the health crisis.

Everyone can talk, and some of us are even anxious to share our stories and advice with others. Often, however, it is harder to genuinely listen to someone in an empathetic and non-judgemental manner. As well, peer counsellors are called upon to advocate for individuals and arrange referrals to appropriate services.

We are looking for people who have been aware of HIV for some time, and feel reasonably comfortable, knowledgeable and accepting of the effects of HIV infection. Previous experience in helping others may be an asset, but is not required. If you would like more information about Peer Counselling please contact the Personnel Committee at the Vancouver PWA Office at 683 3381.

Pond Scum Social

Blue Buffet --All You Can Eat
The Living Room Lounge



PWA Society
Living Room Lounge
1447 Hornby Street
Sunday, May 6th
6:00 pm

"Scum's Fun, Y'all Cum"

Dogpatch PWA Presents:

Cooking with Blue-Green Algae Featuring
Daisy Mae's Original Recipes:

- Blue-Green Possum Fritters
- Blue Corn Chips & Onion-Scum Dip
- Tequila Scum-Rise
- and many others!

Truly, an orgy of Blue and Green!

Wear it if you dare!

Healing Arts Committee

Private Thoughts

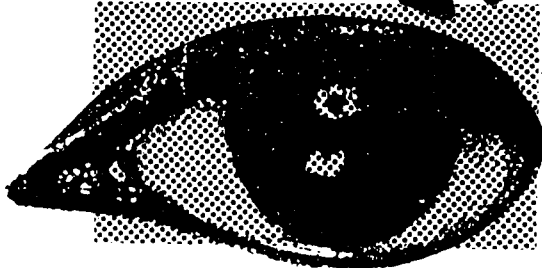
*Today
i felt the sting
of another needle
a fear
held closer
than my Teddy bears*

*more names appear
on
Death Boards
no tears
eyes
become numb
i do not see the names
anymore
too many to
feel*

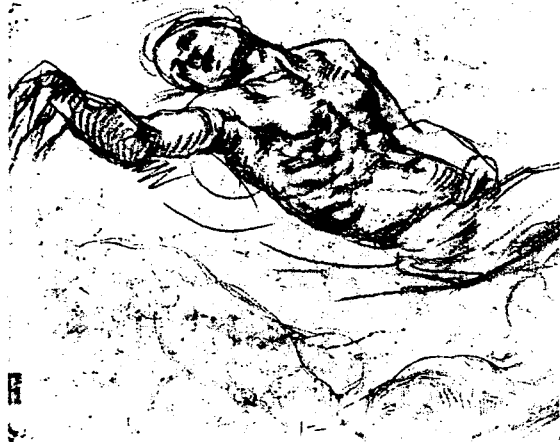
*hope
a contradiction
burning
for the future*

*we live
and cloak
our lives in
unnamed sorrows*

Richard Hofmann



Believe Me, There is Hope



I was diagnosed on Nov. 21, 1989 as HIV positive and believe me I was totally shocked and devastated and I cried for days, since returning to Vancouver a couple of years ago I have also been told I have retinitis in the right eye and also PCP in the right lung and my ulcers are kicking up hell.

It is very scary and I still cry for no apparent reason and I have mood swings and depressions like sometimes I feel that I am going crazy, I have the sweats and my sleep pattern is ridiculous.

But enough of the bad side, the good is that I am trying to be as positive as I can, my faith in God is very strong, I can feel Jesus walking with me, for the first few weeks I felt it was not worth living but that has also changed.

I am now living at the Lotus, it is great, Mom and Dad are great, my old and new friends come in, I have a new lover and he is fabulous, he is a nurse and I thank God for him and his love. Believe me there is hope.

Your brother in Christ,
Scotty

Laurie Virr

1949 - 1990

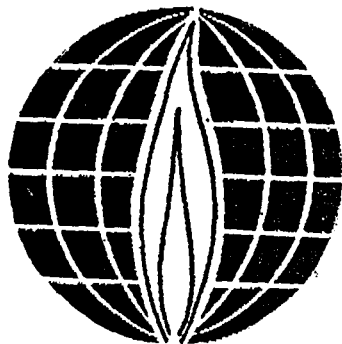


We will miss his bright eyes and cheery smile of welcome on reception and phones.

Laurie was an accomplished musician and will be especially remembered for his performance on the oboe at a recital for the Wednesday night Healing Circle last fall.

Rest well, sweet songbird!

*My Candle burns at both its ends -
It will not last the night.
But ah my foes! and oh my friends!
It gives a lovely light.*



International AIDS Candle Light Vigil

Ray Horton

1943 - 1990



RAY HORTON
July 16/89

We are saddened to learn of the death of a member whose contribution will be much missed. Ray had a well developed sense of social responsibility and was long involved in groups working for social change. Here at the Vancouver PWA Society he kept minutes for meetings of the board, worked on office administration, and typed copy for this newsletter. We are the better for his participation.



Candlelight Vigil
Sunday, May 20th, 8 pm
Alexandra Park

Corner Bidwell and Burnaby, Vancouver

This moving, simple ceremony to honour our dead and reaffirm our commitment to those living with AIDS and HIV infection is being held simultaneously in many world centres including Vancouver. Candles will be provided to all who come.

If you would like to help with this event, please contact James at 669 4973.

Self Expression Through Art



Chalk Pastel: Rick Waines

OUR PWA Art Therapy Group meets weekly, Monday nights, 7 pm at the Society offices at 1447 Hornby Street. Art therapy is a form of psychotherapy in which group members individually create spontaneous art and then reflect on their images with the aid of the therapist and other group members. In essence, art is used as a form of self communication, a bridge from the inner to the outer conscious self.

Today because verbalization is our primary mode of communication, we are highly adept at manipulating it. Often we are more inclined to

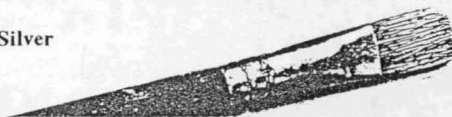
use words to conceal rather than to reveal our thoughts. Spontaneous art images often evoke thought and feelings that need expression, sometimes before we can verbalize them.

Therapy can be understood as an 'emotional education'. Self-deception is normal for everyone and resistance to change is natural but at times self-defeating. We can all benefit from learning more about ourselves and aim towards greater clarity and understanding. There are many levels of truth. A deeper understanding of self opens many doors:

- Greater control and freedom in making choices.
- Increased ability to relate to others.
- Happiness: when we feel neurotic there is no peace.
- Permission to live your life with less need to defend yourself from either internal or external pressures.
- To live without fear.
- To be open to emotional expression: the arts allow for the expression of anger or aggressive impulses within a supportive structure.
- To explore the unknown: perhaps the greatest value of the arts is their natural affinity to the mysterious and spiritual dimensions of creative activity.
- Physical health is promoted by emotional balance and well-being.

YOU do not need to be an artist to express yourself creatively. The PWA Art Therapy group has been meeting since September 1988 and the group usually has six members. The group is facilitated by Noel Silver, a certified Art Therapist, artist, and mental health worker. If you are interested in joining, please contact Noel at 683 7305. Noel is contracted by the PWA Society and the sessions are free to PWA members.

Noel Silver



Visualization

Yes, another visualization, but with a difference! Meets every weekday and is very immune specific, plus there is counselling each day for all who attend, where we will learn to discharge our feelings. This program is designed for those who want to deal seriously with getting well. 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 Night Out with the Men's Chorus!

"Love, Broadway" is the second concert of the Vancouver Men's Chorus 1989/90 season. It is one night only - Saturday, May 19th - the time is 8:00 pm, and the place, the prestigious Orpheum Theatre in downtown Vancouver. Tickets for this exciting event are being made available **Free** to PWA Coalition members.

To perform with the Chorus, direct from New York, comes a star of stage, screen, disc, and just about everything else. No matter where her extraordinary talents have taken her, **Marni** has won the hearts of audiences. Critics everywhere have delighted in her abilities as one of our time's most talented vocal performers.

Your host will be **Hugh Pickett**, Vancouver impresario and regular columnist for the **WEST ENDER**.

To make sure of your ticket, just call the Coalition office - 683 3381.

Nutrition for PWAs:

Topic of May Monthly Forum

Do you have concerns about your diet? Want to be sure that what you eat is good for your health? Come to hear guest speaker **Sonia Chrysomilides, M.Sc., R.D.N., Nutritionist**, explain issues of concern to people living with HIV infection and AIDS. "Nutrition for PWAs"

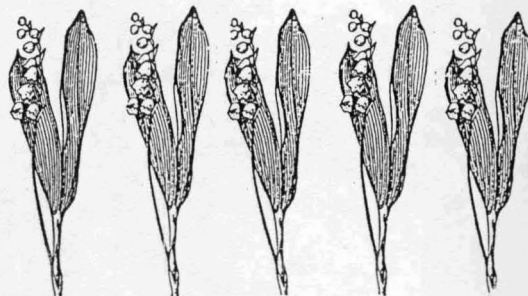
Wednesday, May 2nd, 1990, 7 pm
Gordon Neighbourhood House
1019 Broughton Street

United Way Fund



United Way
Affiliate Agency

Please be aware that when your employer sends United Way Fund donation cards with your cheque that you can designate all of or part of your donation directly to PWA.



Write for the Newsletter!

Guidelines proposed

The newsletter committee has been working on a policy to guide contributors who submit articles and announcements for this newsletter.

Our aim is to inform members about ongoing events and new treatment options, and to extend hope and caring for one another. Our pages serve as a forum for the views of our members.

To make a wider discussion possible, here are the draft working policies we presently follow in choosing articles for publication:

- Articles must be of general or particular interest to PWA's as determined by the newsletter committee
- Articles may be opinionated but must not be misleading
- Articles should not be needlessly injurious to any person or organization
- All articles received by the Newsletter Committee by the deadline will be considered by the Committee and will be accepted, rejected, or referred back to the Author for amendment
- Articles re-submitted prior to print deadline will be considered by the Committee and either accepted or rejected
- The Committee will determine what Articles are accepted or rejected or held for later publication, and will determine layout priorities where space is limited
- Anonymous submissions will not be accepted, however a pseudonym may be used where the author of a submission is on record with the newsletter editor. Please indicate how you want

the article byline to appear and how we may contact you.

- Articles and artwork by our own members will have layout priority over reprinted material from elsewhere.
 - We reserve the right to edit for clarity, brevity and grammatical correctness
- Please bear in mind our disclaimer which is

printed in each issue as follows:

This newsletter may report on experimental and alternative therapies but the Coalition/Society does not recommend any particular therapy. Please contact your physician before trying any new treatment.

Opinions expressed are those of the individual authors and are not necessarily those of the Board of Directors or the Vancouver Persons With AIDS Society.

Douglas Starratt

Editor,

Vancouver PWA Society Newsletter

Book Reviews: Women And AIDS

AIDS: The Women - Inez Rider and Patricia Ruppelt, eds., Iris Press 1988.

Womyn's involvement with AIDS began as care-givers to those with AIDS. These womyn are covered in the first part of the book. We are given an insight to their lives while supporting those individuals and families affected by AIDS. There are also accounts of womyn struggling with their own illness. Issues also covered revolve around childbearing, sexuality, housing, abortion, death and the lack of services. The second portion makes us aware we need to plan, to educate, and find ways to support each other.

Women and AIDS - Diane Richardson, Methuen Inc., 1988.

Discusses the implications the AIDS crisis has for women. It addresses the political, social, sexual and health issues of a disease that is experienced differently by women. It is a straight-

forward approach on sexual practices and a realistic appraisal of the danger involved. Richardson also draws upon the latest research coupled with interviews with actual persons with AIDS and their care-workers.

Common Threads: Stories from the Quilt Academy award winner for best documentary for 1990. Moving story behind the creation of the Names Project and some of the many panels created for it. VHS format.

Coming on VHS format:

Talking About AIDS – Teen Aids

Born in Africa – AIDS in Uganda and One Person's Work

Tee Shirt Sale Benefits PWA Soc.



Photo: John Kozachenko

David Lewis shows his wares: \$10 Tops and \$20 Sweats to commemorate the last days of the Castle Pub. Shirts are now available through the Vancouver PWA Society 1447 Hornby 683 3381

Help Raise Money

We need your ideas and help to bring in money and raise awareness of critical AIDS issues. There are many areas where you can put your skills to work, such as media relations, advertising, entertainment, merchandising, graphic design, event planning, Accounting and Fiscal Control:

HelpLine

Coordinator – Pot Luck Dinners:

A friendly, well-organized volunteer is needed to coordinate monthly pot luck dinners. Duties include ensuring supplies are purchased, maintaining budget and arranging suitable space. Time involved: approximately 4 hours per week.

Minute Taker:

A volunteer is required approximately 2 hours per week to take minutes at all PWA Program committee meetings. Individual must be reliable, have a good command of the English language and have legible handwriting.

Co-op Housing Assistant:

This position requires a volunteer with good interpersonal skills and the ability to deal with an uninformed public. Duties involve maintaining an up-to-date list of members requiring co-op housing and to canvas co-ops regarding availability of space for PWA members. Time involved: 3 hours per week.

If you are interested in these or other volunteer positions please contact Carol Lowen, coordinator of volunteers at 683 3381.

Coming Attractions

Friday Is Movie Night at Our Living Room Lounge

May 4 What's Up, Doc? Barbara Streisand, Ryan O'Neal, Madeline Kahn

May 11 Lawrence of Arabia (newly restored) Peter O'Toole, D. Lean

May 18 Amadeus Tom Hulce, F. Murray Abraham, Milos Forman

May 25 Pink Flamingos Divine, Mink Stole, John Waters

All events start 7:30 pm with video showing commencing at 8 pm Come on out for a good time with friends!

Staff Credits

Editor:

Douglas Starratt

Art Director:

Lim P. H.

Typesetting:

Max Blixen

John Liesch

Proofreading

Chuck Philbrick

John Liesch

Copy Typists:

Max B.

Dave P.

Production Manager:

Michel Arsenaault

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!



Apteryx.

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.

NoticeBoard



An Evening with Ram Dass – psychologist, philosopher, and one of North America's foremost spiritual teachers: The lecture, entitled, "Here and Now in the 90's", followed by a question and answer period, will take place at St. Andrew's Wesley Church (Nelson and Burrard) beginning at 7:30 pm Saturday, May 26th. For ticket info contact the Vancouver PWA Office at 683 3381.

Teddy Bears: we need a few good bears for the Living Room Lounge. Donations of cuddly critters gratefully accepted for duty in the Lounge or Hospital.

PWA Social Night: due to the Candle Light Vigil on Sunday May 20th, we have decided to postpone the next PWA Social Night until 8 pm June 17th, 1990 at the Shaggy Horse. See ya there!

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 of your reactions to ddI.

Hospital Peer Support is being organized, contact Lim regarding training. Sign up in the office for this very much needed new program to reach out to our members in Hospital.

Household Items needed by PWA Office and various members: Microwave, Vacuums, hotplates, toaster oven. Contact our office 683 3381

Office Warming

You are invited to celebrate the Vancouver PWA Society's move to new premises!

1447 Hornby Street (near Pacific)

Friday, May 4th, 1990

4 pm to 7 pm

We look forward to seeing you there!

