

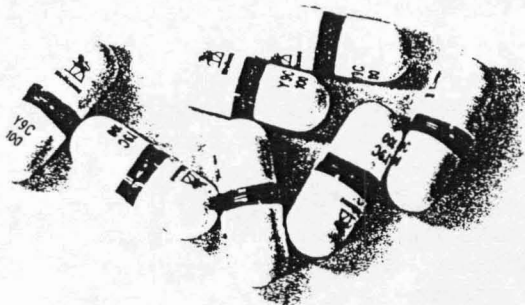
VANCOUVER
PERSONS WITH AIDS
SOCIETY



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NEWSLETTER

ISSUE #42 NOVEMBER, 1990



R:AZT

Very soon, AZT may become a prescription drug, as Health Canada removes the last obstacle to its marketing in local pharmacies. A certificate of compliance has been issued to Burroughs Wellcome to certify that AZT has demonstrated in trials that it is sufficiently safe and effective to be placed on the Canadian market.

In British Columbia, our concerns centre around the costs. If you go to get your drug from your neighbourhood pharmacy, they'll want to be paid before they dispense AZT. As things now stand, virtually all PWAs in BC are refusing to pay bills for AZT and St. Paul's Hospital is bearing the cost. Nowhere else in Canada have PWAs been made to pay.

After you've paid for the drug, where do you turn for reimbursement? The BC Ministry of Health has failed to announce that the cost of AZT will be an eligible expense under the universal Pharmacare plan. In any case that plan is flawed since

- it takes a year to get your money back,
- there is a very high deductible charge on claims,
- you still have to pay 20% of the cost of a very expensive drug (usually that means several different kinds of expensive drug).

The effect on a person with HIV infection paying for very expensive drugs is grave financial hardship, impoverishment, reduction of the quality of life. Some will feel forced to stop working and turn to welfare to improve their financial situation.

Worse, some may decide to do without the drug and rapidly develop more AIDS complications.

There are some medical considerations as well. Up to now, blood tests have been required as part of a program to monitor the dangerous side effects of this effective, but highly toxic substance. Will AZT as a prescription drug receive the same scrutiny as it now gets at St. Paul's Hospital? Will doctors and patients continue to try other promising drugs as readily now that one drug, among many, is approved?

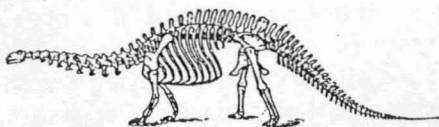
AZT is not the only promising AIDS drug that threatens to be expensive. Acyclovir can be prescribed, at a cost of up to \$400 per month, in combination with AZT to allow reduced dosages and to prevent recurrence of horribly painful herpes episodes. Isoprinosine, an immune booster, costs up to \$200 per month. Heaven help you if you have to pay for 4 fluconazole a day for CMV Retinitis. These tablets cost an astronomical eight dollars and fifty cents apiece.

We ask that the BC Ministry of Health make AZT and other AIDS drugs available to persons infected with HIV at low or zero cost as a preventative measure to safeguard the public health. This will make treatment accessible to HIV+ asymptomatic persons who wish to continue to be employed, productive persons and the Ministry will avoid the yet higher costs of treating advanced AIDS conditions. The BC government should consider the option of continuing to dispense AZT in Hospitals as part of a monitoring program.

To voice your concerns, contact the Advocacy Committee or write to:

Hon. Peter Jansen
BC Minister of Health
Parliament Buildings
Victoria, BC V8V 1X4

Douglas Starratt



TREMENDOUS SUCCESS: "WALK FOR LIFE '90"

With \$75,000 in pledges raised by mid-October, "Walk for Life '90" should be considered a "tremendous success."

The fourth annual walk held on Sept. 30 has raised more than twice the amount of last year, with pledges still rolling in by press time. The final figure could reach as high as \$90,000, according to "Walk for Life '90" systems support analyst Hector Leon.

"We still have to process about 15,000 sponsors for our account system and tax receipts," Leon said Oct. 10. "So I hope our supporters will be patient: we're doing our best to inform them accurately and as soon as possible."

PWA general manager Chris Sabean said one factor critical to the walk's success was that \$60,000 in cash and cheques had been collected on the day of the event.

"If we can bring in 85 per cent of the goal (\$100,000), then we have been tremendously successful," he said. "Most fundraising efforts of this kind don't get that close to their goal."

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Some directors were reportedly pessimistic about the goal before the walk: they would have been impressed if \$50,000 had been raised by Christmas.

But PWA Chairperson Alex Kowalski said the amount collected exceeded the Society's expectations.

"The generosity of the donors, when you look at the per capita amount, is fantastic," he said. "Aside from the financial support, the moral support was greatly appreciated."

Pete King, project director of "Walk for AIDS" in the Bay Area, drove up north to observe Vancouver's event. Although "Walk for Life '90's" total donations were dwarfed by results in Seattle, San Mateo and other sister walks - San Mateo raised about \$600,000 - King said Vancouver should pat itself on the back.

"Considering that one agency put this together and that I had to work with 28 community agencies, you've done really well," he said.

Approximately 1,000 people—including 500 registered walkers - assembled at Ceperley Playground at Second Beach on the clear, crisp Sunday morning.

Walkers began the busy day with an inspirational, musical introduction, followed by political speeches by Vancouver Mayor Gordon Campbell, MLA Emery Barnes and MP and Federal Minister of Justice Kim Campbell.

Then "Walk for Life '90's" special events coordinator Joe Ford gave the keynote address, sharing a poignant moment onstage with last year's poster girl, Olivia, before Vancouver Theatre-sports limbered up the walkers for their trek.

"The success of the walk can be attributed

directly to the incredible organizational efforts of the walkathon team, as well as Gary Gilbertson and his illustrious talent for putting a wonderful concert together," said Ford, adding that "the spectrum of entertainers and VIP's at the barbecue added an element of warmth and optimism to the event."

PWA member John Hansen said he was moved by the whole atmosphere. "It was so nice to see kids and balloons. The feeling was like a family picnic," he said.

Media involvement with the walk was strong, compared to previous years.

Radio stations gave generous air time for public service announcements and talk show appearances. As well, personalities like Julie Brown (KISS-FM), Brian Depoe (CKWX) and Bill Richardson (CBC) showed up on event day.

In television, CKVU did an advance story while offering guest spots on Douglas Miller's weather report and Ted Friend's "Making it Happen." Reporter Kate Corcoran was seen volunteering at the walk, along with the CBC's Kevin Evans, who greeted the public at the barbecue. CBC, for its part, devoted 12 minutes off the top of Sunday's Night Final with a story on the walk. We thank the network for its coverage and support.

Project coordinator Saleshe Sharma was satisfied that the walkathon achieved its overall objectives, despite the relatively short time his team has had to organize since the project began in June.

"With the success of this year's walk, I would hope that more people come out to support "Walk for Life '91," said Sharma.

"Apathy is our biggest enemy."

Dan Gawthrop, "Walk for Life '90" Publicist



Walk For Life '90

EXTERNAL RELATIONS

A lot of time has elapsed since I've given an update on the external relations portfolio. I guess it's a sign that we are so busy that stopping to write it up is a major chore. At any rate, before the list gets too long, it's time to put it down on paper.

CANADIAN AIDS SOCIETY

The Canadian AIDS Society (CAS) is a coalition of approximately 50 community groups from across Canada. The head office is in Ottawa in order to ensure that issues arising from the community find their way to the government. The CAS advocates key issues as a national voice.

The Vancouver PWA Society has been a member of CAS since its inception and has had the opportunity to send representatives to its board as well. The position was first held by Kevin Brown.

Last year, I held the PWA position on the board and in May 1990, I was re-elected as the BC representative as well as vice-chair on the executive.

Peter Wood from Newfoundland (formerly chair of the Nova Scotia PWA Coalition) is the current PWA representative, elected at last May's annual general meeting.

My mandate, which runs for two years is to represent BC at the board level and to bring our views and issues forward in this national forum.

This year I'm also responsible for the external and communication portfolios. So if you have any issues that you want our national office to be aware of, please let me know.

CANADIAN CONFERENCE ON AIDS

In April 1991, the Canadian AIDS Conference will be held in Vancouver. The dates are April 14 to 17, 1991. This second Canadian conference is a joint partnership between the Canadian Public Health Association, the Canadian Haemophiliac Society, Federal Centre for AIDS

and the Canadian AIDS Society.

The first Canadian AIDS Conference was held in Toronto in the fall of '88. With lots of activist involvement it was a landmark conference which changed the way government dealt with AIDS in this country (former minister of Health and Welfare, Jake Epp, was burned in effigy). Our Society was there. We exhibited the Living Faces of AIDS photo exhibit produced by our member, Nicholas Gray.

CAS has three representatives on the Steering Committee for the 1991 Conference, ensuring strong community input. One representative, Father Michael MacDonald, is a PWA and board member at the Nova Scotia Coalition. If you have any questions or input for this conference, please get in touch with him at:

PO Box 1374

P.S. North

Halifax, NS B3K 5H7

(902) 429 7922

POLICIES IN SOLIDARITY (PARIS, NOVEMBER 1 - 4, 1990)

The second International Non-Governmental Organizations Conference is being held soon in Paris. I'm on the steering committee having been part of the organization of the Opportunities for Solidarity Conference in Montreal in 1989.

This year the theme will be building partnerships and models in the community. Two major themes are Women and AIDS, and HIV and Human Rights. I've also been asked to speak about human rights during this conference.

Following this four day conference, a one day conference, "Francophones and AIDS," is to be held for delegates from French speaking countries. I'll give you more details about these when I return.

5TH INTERNATIONAL CONFERENCE FOR PWA/ HIV'S

For two days after the Paris Conference, I'll be attending the steering committee meetings for the next PWA/HIV conference to be held in Strasbourg (where the European Parliament is located). At these meetings we will be finalizing the report from Madrid, as well as beginning the planning process for the next conference in Strasbourg. Again a major theme will be human rights and HIV. I'll keep you informed as news develops on programme and registration.

CANADIAN NATIONAL PLWHIV NETWORK

In March, your Vancouver PWA Society hosted the first national meeting for Persons Living With HIV (PLWHIV). The delegates chose a steering committee to work on setting up a national network. Alex Kowalski, chair of our board, was among those chosen to meet in Toronto last month to plan for another national meeting and to work on structuring the national network to move forward. We expect to have more to report soon.

DISCRIMINATION

Through the Vancouver PWA Society and member groups across Canada, the Canadian AIDS Society is gathering cases where HIV related discrimination has occurred. If you or anyone you know has been discriminated against because of HIV status or perceived HIV status, please call me or leave a message at 683 3381. We need all the help we can to document these cases, because they are important in justifying our lobby efforts. No names have to be given. We just need the information. Please make the call, it's the only way to get something done about it!

Don deGagne

External Relations, Vancouver PWA Society



HOUSING UPDATE

We are updating our list of members who are interested in being interviewed for potential suites in Housing Co-operatives in the Lower Mainland. We have successfully placed six members happily in various co-ops around the city. We are working with Loree Rose of the YWCA Housing Registry to acquaint housing co-ops with the growing need to make suites available to men and women living with HIV/AIDS. Please contact Jackie.

BOARD ACTIVE

Your board has recently appointed three new directors: John Liesch, Douglas Starratt and Dr. Al Hawkins. Welcome!

The meeting time has been changed to 7 pm Tuesday evenings to encourage participation by members. You are most welcome to attend Board meetings and you may speak on matters being considered by the board.

We need members to join us in the work of our standing committees.

Contact Alex Kowalski, Chair of the Board; Rick Waines, Chair of the Advocacy Committee; John Liesch, Chair of the Personnel Committee; Bryan Wade, Chair of the Programs Committee; or Chris Sabeau concerning working on the Finance Committee.

We are pleased with the success of "Walk For Life '90". Our heartfelt thanks to the volunteers who made it a memorable show of support!

Board of Directors

AIDS TREATMENT HIGHLIGHTS

INTRAVENOUS GANCICLOVIR FOR CMV RETINITIS

Patients and health care workers familiar with ganciclovir know that, although ganciclovir is quite effective in initially stopping the progression of CMV Retinitis, its long term effectiveness is often limited, either by time, or by its serious side effects. Data presented at the VI International Conference on AIDS shows that CMV cultured from some patients develops resistance to ganciclovir after three months of treatment, offering at least a partial explanation for the time-limited effectiveness of this treatment in many people with CMV infections. The amount of time for which this drug is effective varies among patients. In a large study of over 700 patients, almost half had experienced progression of their retinitis in a mean of approximately 97 days (with a range of 4 to 220 days); the other 56% had not experienced any progression at the time the data was presented.

Although ganciclovir's effectiveness is often time-limited, it is the only drug currently available in the United States for use by people with CMV infections; it is important to learn how to use it as safely, effectively and conveniently as possible until better treatments are available, either by combining it with other drugs and/or by altering the frequency of its administration.

AIDS Treatment News
August 3, 1990

RESEARCH ON LONG-TERM USE OF DDI

Researchers reported data on 58 subjects who were on ddI for up to 16 months. Decreases in viral replication were detected in these subjects whether or not they had used AZT prior to taking

ddI. However, increases in the CD4+ (T4) cell count greater than 25 cells were usually seen in those subjects who had previously used AZT for less than 4 months. This finding was statistically significant. The decreases in viral replication and increases in CD4+ cell count were sustained through the 8th month in this study (most subjects in this study had been taking ddI for up to 9 months). Four out of 5 subjects with HIV-related brain damage (affecting their ability to think) improved when given ddI. At doses between 3.2 to 9.6 mg/kg/day, ddI appears to be well tolerated for up to 16 months with little serious toxicity—only 2 out of 35 subjects receiving ddI in this dose range developed symptoms of toxicity such as pancreatitis, hepatitis, or neuropathy. Studies of the white blood cells taken from subjects on ddI for over 1 year indicate that the drug still continues to suppress HIV replication, and in fact, the number of HIV-infected cells is reduced as a result of ddI administration.

VI International Conference on AIDS,
San Francisco 1990
Abstracts SB 471 and 475.

SALK VACCINE RESEARCH

Research has been underway in human volunteers since November 1987 with the Salk HIV-Immunogen vaccine. This preparation is made from whole killed virus with the envelope protein gp120 removed. Results in chimps have been very encouraging. Two early trials that followed a total of about 20 people for over two years showed that the vaccine is well tolerated. In another larger trial, no harmful effects were noted in 19 people with ARC, 50 asymptomatic persons, or 13 asymptomatic and symptomatic persons who also were given AZT for three months. Approximately 60% showed an improved response to skin testing. Some minor toxicity was seen in this trial. It should be noted that vaccination was not associated with the development of an antibody response to HIV.

Also, one patient developed PCP 18 weeks after vaccination, three developed Kaposi's Sarcoma after one and a half to two years and one was diagnosed with herpes zoster retinitis at 16 weeks. A progression rate of 4% in two and a half years was noted, which the researchers claimed was lower than would be expected in this population of patients. Dr. Alexander Levine, who presented these results, seemed very enthusiastic about the potential of this vaccine in combination with AZT.

Treatment Update
September 1990



Orange Blossoms. (1/4)

VITAMIN C CITED AS A DRUG FOR AIDS

Nobel Laureate Linus Pauling and his associates at the Linus Pauling Institute of Science and Medicine claim high doses of Vitamin C slow down the AIDS virus in laboratory tests.

Last month's report from Pauling, a tireless enthusiast for vitamin C—which he has already promoted as a treatment of colds and cancer—elicited little surprise from other scientists.

Skeptics said that although more tests may be warranted, drugs that seem to work well in laboratory flasks often turn out useless or dangerous when given to patients.

"Early in the AIDS epidemic a number of people tried vitamin C, and I don't know that any benefits were documented," said Mervyn Silverman, former San Francisco health director and now president of the American Foundation for Acquired Immune Deficiency Syndrome Research.

Pauling and his associates agreed that results are far too preliminary to recommend that people with AIDS start taking large doses of vitamin C to slow the virus.

San Francisco Chronicle
September 16, 1990

HYPERTHERMIA: RISKY AND ASTRONOMICALLY EXPENSIVE

This blood-heating technique caused a sensation when the first patient treated took to the talk shows and championed hyperthermia as a cure for Kaposi's sarcoma, if not for HIV infection. Very little meaningful information had been made public since the first media barrage. CMHC conducted a survey of 300 physicians to learn their impressions about this treatment and the way it has been handled in the media. The return rate was 43%. Although more than 90% of the respondents had been asked about hyperthermia by their patients, 82% felt they did not have enough information about its effect on HIV; 79% felt they did not have enough information about its effect on KS. While many respondents have an open mind about the potential of hyperthermia, there was strong criticism of the media for raising unrealistic hopes and of the doctors performing the procedure due to their reluctance to openly discuss their theory or results. In fact, the two doctors who were performing the procedure (Kenneth Alonso and William Logan) are no longer working together. Dr. Logan has moved his research to Mexico City, where local authorities are attempting to stop him, since he has no license to practise in Mexico. At least one death has been reported in an American patient who travelled to Mexico City for hyperthermia. The cost is astronomical: Dr. Alonso is demanding a \$50,000 cash payment. Interested patients are charged \$250 for a screening interview, with no guarantee that they will receive the therapy. A team of doctors from the NIH have been dispatched to investigate Dr. Alonso's claims and to examine the patients who have undergone hyperthermia. A detailed report was scheduled for release by the time we went to press.

Treatment Issues
September, 1990



ISOPRINOSINE FOR ASYMPTOMATICS?

Isoprinosine has been under study for at least two decades as a treatment for viral infections. The drug has been available by prescription in Canada as a treatment for retarding neurological damage and prolonging life in patients with SSPE (Subacute sclerosing panencephalitis). No toxic reactions are attributable to use of the drug; long-term use of isoprinosine has been shown to be safe, even at high doses. In laboratory and animal experiments the drug appears to amplify T-cell responses, especially helper T-cell functions. In double blind trials with human subjects, isoprinosine has been shown to improve the immune systems of subjects with shingles as well as with other herpes infections. Other studies have shown that the drug is able to restore some immune functions in individuals with cancer. The drug also appears to have increased the rate of recovery from hepatitis B infection in two controlled studies. In small studies of the drug on subjects with autoimmune disorders (diseases in which the body attacks itself) such as arthritis, results suggest that isoprinosine may be of benefit. (*Drugs* 1986;32:383-424.) Because of the benefits suggested by these studies in disorders of the immune system, researchers think that the drug might benefit people with HIV. Studies on the effect of isoprinosine in HIV+ people have been carried out for the past 6 years in increasingly larger groups of subjects.

Researchers in Sweden and Denmark have recently released the details of a study on the effect of isoprinosine on progression to AIDS. Subjects were randomly divided into 2 basic groups (placebo and isoprinosine arms) and then subdivided into 3 other groups depending on their CD4+ (T4) cell count (more than 500 cells, between 200 to 500 cells, and fewer than 200 cells). Subjects were given placebo or Isoprinosine (3g/day) for six months. Before the trial the average CD4+ cell count of the subjects assigned to the isoprinosine group (429 subjects) was 599 cells and of the subjects assigned to the placebo group (437 sub-

jects) 563 cells. This difference was not statistically significant. Moreover, statistical analysis (logistical regression) correcting for possible bias because of this difference, was incorporated into the analysis of the trial results. No subject received AZT or preventative PCP therapy during the course of the trial, which lasted from November 1986 to February 1988. Nonetheless, the investigators claimed that the study was conducted in accordance with the principles of the Helsinki declaration. According to the researchers, isoprinosine has a "distinctly bitter taste", so a small amount of quinine was added to each placebo tablet. Thus, placebo and isoprinosine tablets were indistinguishable in appearance, taste, and smell.

AIDS developed in 17 subjects in the placebo arm compared with 2 subjects in the isoprinosine arm, a statistically significant result. Other significant changes included a greater incidence of thrush in the placebo group, as well as progression to AIDS in the placebo arm independent of initial CD4+ count at study entry. There was no statistical significance associated with the progression from asymptomatic stage to ARC between the two arms of the study. PCP accounted for over 50% of the cases of AIDS. During the six month period of the study, CD4+ counts dropped in both arms of the study, from 597 cells to 561 cells in the isoprinosine group. In the placebo arm the CD4+ count went from 562 cells to 528 cells. There were no significant changes between the groups in terms of body weight, state of well-being and CD8+ cell counts. The number of adverse incidents recorded in the placebo group was comparable to that seen in the isoprinosine arm.

New England Journal of Medicine

1990;322:1757-1763.

Treatment Update

September, 1990

Comments from Chuck: Your doctor can prescribe isoprinosine for you. For lots more information on this and other drugs, read the Treatment Information Packs available at our Library.

AZT: WHEN TO START AND HOW MUCH TO TAKE?

Much discussion concerned data already thoroughly critiqued in the past several months about when to start AZT and how much to use. The latest official recommendations suggest 600mg per day for persons with fewer than 500 T-helper cells. Most physicians now use either 500 or 600mg.

What about AZT for people with more than 500 T-helper cell? Margaret Fischl, MD, a leading researcher on AZT, reported that the large government-sponsored study with asymptomatic patients has not at this time found a statistically significant difference in disease progression between patients with more than 500 T-helper cells who took AZT and those who took a placebo. However, she also noted that this data is inconclusive, and does not show whether or not AZT would be helpful for these people.

At this time very few early studies are designed to test the effects of drugs in asymptomatic patients. Pharmaceutical companies may avoid studies in groups of people where the effect may not be big enough to earn FDA approval of their drug. But answers for these patients will become increasingly important to those who are wondering when they should start using an anti-retroviral, or prophylaxis for specific opportunistic infections.

One very small study suggested that 300 mg of AZT per day may be effective. This study was designed to test the effect of combining high dose acyclovir with AZT. Only 22 patients were enrolled; approximately half took 600 mg of AZT and the others took 300 mg. Although the addition of acyclovir in half of the patients on each dose did not produce differences in tests used to assess viral activity (p24 antigen and plasma viremia), the 300 mg dose appeared as effective in lowering these measures, and perhaps even more effective in sustaining an increase in T-helper cell counts, as the 600 mg dose.

This small study is far from conclusive, but it does suggest that people who have to lower their AZT dosage because of side effects or the use of

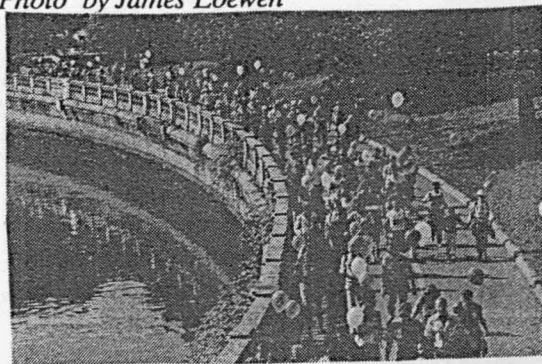
other drugs which depress blood cell counts may still benefit. It also supports the growing suspicion that we have not yet found the minimum effective dose of AZT.

AIDS Treatment News

July 20, 1990

Note: for a lot more information on AZT, see the Information pack available in our Library.

Photo by James Loewen



Walk For Life '90

TREATMENT REGISTRY STARTING

Last July, Minister of Health Perrin Beatty announced the awarding of a contract to the University of Toronto to establish a computerized treatment registry. The project is known as TISAH (Treatment Information System for AIDS and HIV) and has proceeded to the design phase. The object is to establish a national resource to make available the most current and reliable information regarding the treatment of AIDS/HIV for physicians and their patients.

For further information, write to: Canadian AIDS Society, TISAH Project, David Germaise, 1101 - 170 Laurier West, Ottawa, ON K1P 5V5.

CALeNdAr

Nov 4 Volunteer Party for everyone who helped out or support "Walk For Life '90". At the Odyssey, 1251 Howe Street, 7 pm til midnight

Nov 7 Monthly Medical Forum This month's topic is Alcohol, Drugs and HIV. Gordon Neighbourhood House 1019 Broughton at 7 pm.

Nov 9 Deadline for Submissions for the December issue of the PWA Newsletter.

Nov 11 Lesbian and Gay Disabled Support Group. Those with a disability and their friends are invited to come share your experiences, strengths and hopes in a supportive atmosphere. 7:30pm at the BCCPD, 204 456 W. Broadway. Call Dan at 875 0188 for more info.

Nov 11 Cowbelles An Udderly Fabulous Tyme A benefit for PWA at the Lotus Hotel from 7pm to 12 midnight. Wonderful entertainment, dancing. \$5 at the door.

Nov 16 AIDS Mastery A 3 day workshop about living powerfully in the face of AIDS. There is still room for 10 to 15 people. Applications are available at the office or call Bill at 926 7529 or Joan at 736 8601.

Nov 17 Representing AIDS: Art and Activism A symposium about homophobia and AIDS. Presented by the UBC Fine Arts Gallery at Robson Square Media Centre, 3pm, free for students of SFU, UBC and ECCAD or \$3-\$5. 228 2759

Nov 18 Starry Night V at the Arts Club Granville Island. A benefit for the PWA Society featuring Vancouver's finest performing artists. Door opens at 7pm and the show starts at 7:30. Tickets \$25.

Nov 23 "Breaking the Code" play about gay Scientist begins Vancouver Premiere.

Nov 30 Open House for World AIDS Day from 3 to 6pm. Come by and view International posters focusing on Women and HIV/AIDS, meet staff and volunteers in a social atmosphere.

Dec 1 World AIDS Day and

Day Without ART see articles on pages 12 and 13.

o n g o i n g
e v e n t s

M O N D A Y S

Advocacy Committee Meeting: Meetings to be announced. We deal with access to treatments, human rights, political and legal issues. Members are encouraged to attend and get involved. Contact Rick Waines.

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. Call the PWA 683 3381 for more information.

Buddy Support Group: For buddies, sponsored by AIDS Vancouver. Meets every second Monday at 7:00 pm at AIDS Vancouver, 1272 Richards Street. Call 687 5220 for information

T U E S D A Y S

Executive Committee: Meets 2pm alternate Tuesdays to coordinate the business of the Society and to prepare for Board Meetings. Meetings are November 6 and 20 and December 4.

Board of Directors Meeting: The Board of the Vancouver Persons with AIDS Society meets every second Tuesday at 7 PM at the Society Offices. Meetings will be October 30, November 13 and 20 and December 4. Open to all interested members. This your opportunity to stay abreast of Society activities, and have a voice in our future.

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

Personnel Committee Meeting: Meetings to be announced 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. Contact John Liesch.

PWA Support Meetings: 7:30 - 8:30 pm, at the PWA Society 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.

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 or call us at 255 9848 during drop-in hours.

W E D N E S D A Y S

Program Committee Meeting: Meets at 11 am every second Wednesday to develop and facilitate individual programs such as RISE, Support Groups etc. Members are welcome and encouraged to participate. Meetings are November 21 and December 5 and 19. Contact Bryan Wade

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.

Finance Committee: Meets at 2:30pm. Works to ensure proper financial procedures and puts forward funding proposals. Anyone interested is requested to contact the General Manager, Chris Sabean or the chair, Alex Kowalski.

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. Starting again this fall, this weekly event is open to all members, their friends, supporters, etc. For further information contact Donald at 682 2989.

T H U R S D A Y S

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

Narcotics Anonymous: New Hope. Open to HIV positive or negative. Meets every Thursday, 8:30 to 10 pm, in the PWA Coalition's Living Room Lounge. Narcotics Anonymous 24 hour Helpline 873 1018.

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 info call Joy Moon 299 4828.

F R I D A Y S

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

S A T U R D A Y S

Drop-in: Open to all HIV infected persons. An ideal time for people living in outlying areas or working during the week to meet others for support and to seek out information and resources. The Library is open and peer counselling is available. Held in the PWA Society's Living Room Lounge Saturdays from 11 am until 3 pm. For info call the Vancouver PWA Society.



E V E R Y D A Y

Living Room Lounge our relaxed drop-in centre is open weekdays 10 until 5 and Saturdays 11 to 3. Juice and fresh-brewed coffee.

Referral Information available in our Library weekdays 10 to 5 and Saturdays 11 to 3. For people looking for medical information, alternative therapy, and other services

DAY WITHOUT ART



Saturday, December 1st, 1990, marks "World AIDS Day" and the second annual **Day Without Art**, an international day of observance and mourning. Organized last year by **Visual AIDS**, a volunteer network of American art professionals, the day had been set aside to celebrate the achievements and lives of colleagues and friends: it serves not only as a collective act to remember those who have died of AIDS—both within, and outside, the creative communities—but perhaps more importantly to call attention to the continued urgency of the epidemic. This year, for the first time, **Day Without Art** will be widely observed in Vancouver.

While originally conceived as a one-day moratorium on visual art, it has evolved into an open structure which encourages mass participation by galleries and museums, performing arts organizations, art schools, and the art media in highly visible efforts. Public education is emphasized, especially those providing linkages with local AIDS service providers and PWAs. Raising money and lobbying are not official parts of **Day Without Art** but many institutions have already scheduled fundraising events for AIDS-related causes.

Many organizations participated in **Day Without Art** last year, each one choosing an appropriate action or set of activities to commemorate the day. The astonishing variety of events ranged from darkening galleries for all or part of the day, removing or draping works in each exhibition, to full scale collaborations between

artists and local AIDS service organizations.

Vancouver's cultural community has already begun to organize, with early participants ranging from the Vancouver Art Gallery and the Museum of Anthropology to centres like the Western Front, UBC Fine Arts Gallery, Artspeak, and the Pacific Cinematheque. It is anticipated that numerous other cultural institutions will join in remembrance and celebration as **Day Without Art** approaches. If you are anywhere in Vancouver during the week leading to December 1, you are bound to be affected.

Further Information: To receive or communicate information locally, please contact Chris Duclos at the Vancouver Art Gallery, 682 4668.

WHAT ARE YOUR THOUGHTS?

Have you got something you want to say about AIDS and HIV? An observation? An experience? A statistic? A slogan? If so, you are needed for an information and education project which is related to **Day Without Art** at the Vancouver Art Gallery.

During the week leading up to December 1st, approximately 200 panels with thoughts from our community will be installed throughout the four floors of the Gallery. The intention behind this is to localize this time and these events in which we are all living. Your comments (either anonymous or attributed, as you wish) will be read by visitors to the Gallery; it is hoped that for many of these people, these panels will be a strong and very personal introduction to some of the uncertainties, sorrows, and triumphs which we have experienced in response to this virus.

Your entry should be as simple as possible, fifty words or so. Submit as many as you want but please understand that it can not be guaranteed that there will be room for every submission. Please pass your notes to Judy in the PWA office, or else send them to Chris Duclos, Vancouver Art Gallery, 750 Hornby Street, V6Z 2H7, 682 4668.

WORLD AIDS DAY



The World Health Organization estimates that in the 90's there will be 8 - 10 million people infected with HIV virus, of whom 3 million or one third are women. In addition WHO estimates more than 10 million infected children will be orphaned, because of their infected mother and fathers will have died of AIDS.

AIDS has a profound impact on women, first as an illness, but also socio-economically. This is especially seen as women are such a large percentage of the world's poor, and lack the power to reject unprotected sex. The impact of AIDS on women is an issue that we in the West are just beginning to address, while in the Third World the effects are taking a devastating toll.

The Vancouver World AIDS Group acknowledged that a program of action is needed to address these trends. After months of work this unique coalition of local AIDS organizations and International development agencies have come up with an educational program around World AIDS Day. December 1st is an annual day of action against AIDS, and this year the theme is Women and AIDS.

We are very excited to announce that an international delegation of women will be coming to Vancouver for World AIDS Day. For the week of November 26th to December 2nd, women from Canada, Thailand, Zambia, and Costa Rica will be in Vancouver so that we can exchange experiences, and learn from one another. The delegates come from various backgrounds; as activists, health

care workers, Thai bar-workers using popular theatre as a way to reach prostitutes, clients, and bar owners, about safe sex, and some of their own personal stories as HIV positive women.

Mark these events on your calendar:

Thursday November 29th. You are invited to come hear these women speak at a public forum at John Oliver High School. The moderator for the event will be Rosemary Brown, former BC MLA and Executive Director of Match, a fundraising organization for women's groups, especially those active in the Third World.

Friday November 30th. Please join us at the Vancouver Art Gallery for the World AIDS Day gathering. There will be live entertainment, dancing and great food. Tickets are only \$10. Proceeds from this event will go to local and international Women's AIDS Organizations.

December 1st, World AIDS Day. A Day Without Art. Vancouver's cultural response to AIDS... Look for it everywhere! •

The World Premier of "Too Close For Comfort," an educational video for young adults that directly confronts homophobia. The Producer and Director will be both available for discussion after the film. Pacific Cinematheque and it's free.

If you'd like to get involved in World AIDS Day, and would like to lend a hand in some of the events, please give the Vancouver World AIDS Group a call, at 738 7075.

Melanie Whittall

WHO AGAINST AIDS DISCRIMINATION

The forty-first World Health Assembly of the World Health Organization has adopted resolution WHA41.24. Member nations are urged to foster a spirit of understanding and compassion, protect human rights and dignity, share information while respecting confidentiality for individuals. The full text of the resolution is on file at the PWA offices.

D.S.



DISCRIMINATION

Have you been discriminated against because of your HIV/AIDS status (real or perceived)? Do you know someone who has been?

We'd like to know the details. It is not necessary to give your name. But it is important that we have the information so we can record all cases and use this documentation to lobby for changes to human rights legislation and discriminatory practices.

We're looking for instances of discrimination in employment, housing, access to health care (dental, medical), access to public services, treatment in correctional facilities, etc.

Please contact us with details.

Advocacy Committee



Ward's Retreat

A Place for Love

On a recent trip back to Ontario, I made plans to attend Ward's Retreat located in the Muskoka Lakes cottage district north of Toronto. It opened in July '90 and is a place where people living with AIDS and HIV can find their peace. I spent three nights and two days and had the most wonderful time. Upon leaving tears ran down my face as in just 60 hours I had met some truly remarkable people. The setting of the retreat was breath taking, located on Devine Lake, the trees were all on fire with the Autumn, the loons nesting near the shore and the air was so fresh.

While at the Retreat you set your own pace. During the weekend I got involved in Canoeing, Table Tennis, Hiking, Charades, Pictionary, Massage and Power eating. (The food was excellent.) Meeting people was the highlight, especially Denis L. and Michael M.

I could go on and on about this Oasis but I won't. If there is anyone who travels to Ontario and wishes to relax and get in touch with themselves make sure you look up Ward's Retreat. The rates are sliding so that no one will be turned away. For more information, write to 467 Church Street, 3rd Floor, Toronto ON M4Y 2C5.

Thanks Ward's Retreat!

Paul Filip

Walk For Life '90



Photo by John Kozachenk

AIDS ANTHEM

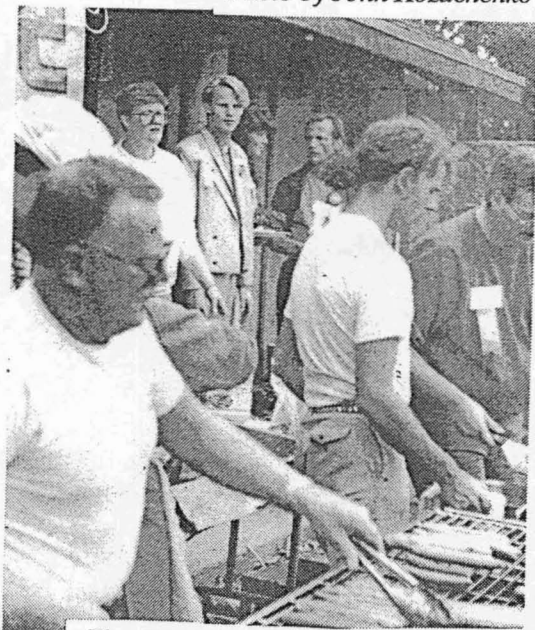
The Institute of Communication Arts' third songwriting contest, "Write-On '90", has a different category this year.

Soliciting material from amateur and professional songwriters, a separate category for the competition is the hunt for an official song for AIDS Vancouver. The best entries will be compiled on a benefit CD.

Proceeds from the \$5 entry fee and cover charge for "Write-On '90's" awards ceremony will go to AIDS Vancouver.

Last year's contest awarded more than \$25,000 in prizes. Deadline for entries is November 26. Information is available from ICA at 430 4092.

Photo by John Kozachenko



The Celebrity Barbecue after the Walk

SPEAK UP

SPEAK UP! SPEAK OUT!

WOMEN LIVING WITH HIV AND AIDS

Call for Submissions

An international anthology documenting the voices and visions of women living with AIDS and HIV invites submissions which could include, but are not limited to: pages from diaries; autobiographical material; dreams; fiction; poetry; letters to lovers, parents, children etc.; photographs; drawings; paintings; cartoons; essays on HIV issues such as sexuality, alienation, empowerment; tape recordings; and any other form you are working in...

The editors of this anthology are two HIV+ women who believe that HIV+ women have lots of powerful stories to tell and lots of ways to tell them.

We welcome submissions in all languages.

Please send submissions along with a brief biography and contact address by April 1st, 1991 to: Speak Up! Speak Out! PO Box 471, Station "C", Toronto, ON Canada M6J 3P5, or by fax at (416) 340 6521.

For additional information, contact us at the above address or call (416) 594 1445. We prefer that women send copies rather than their original work to avoid possible damage.

Speak Up! Speak out!

SPEAK OUT

The editors wish to apologize for
ommitting two lines from Tony's poem
last month. Here is the correct version of
the poem:

BRIAN.

It is an ultimate irony:
That I discover life
As I embrace mortality;
That I shine so fiercely,
- So soon to face darkness?
That I laugh and I cry,
- So soon to be numb?
That I see with new eyes,
- So soon to be blind?
That I exult in music
While silence stalks me...

Such gracious misfortune.

Tony Flavel



We are of a purpose
Perhaps revealing our deepest intentionality

Inwardly, unfolding a spirit of compassion
An awakening cry of soul in us all

Kindling
new understanding
To be showered
To be gifted with understanding

To express the hidden glimmer of hope
To embrace one another with sweet kisses

And to embrace the identification
of fineness in our hearts

M. A. P.

THOUGHTS ALONG THE WAY I

The dreaming mind,
the pain, suffering, anguish
the turning away
the contemplation of a greening
of hope and healing—

In their coming about
in their passing

they bow and give contemplation their admiration
M. A. P.

THOUGHTS ALONG THE WAY

The marvels of long-term AIDS survival are not brought forth from just one thing such as oneself, therapies, etc.,

Rather,
it is more like an inner singing rhythm
a manifest tune that is inwardly played.

The tone of long-term survival does not come out of the inner beat itself,
But, rather
thru the greening and awakening touch
of the healing melodic cry of our own.

Persons Living with AIDS, of course
are the fine instruments themselves.
Persons With AIDS are the flutes and harps
of a great and gentle kindness always singing.

Thus, those struggling are set in the firmament
of greenness and touching.
It watches over all those surviving and thriving
trying to let nothing hurt.

Harmony watches over disparity in just such a way.

So those with their core on healing keep climbing
often emanating in full-glow.

This is how it is with those who
Survive and thrive with AIDS

Long-term survivors cannot be hindered
they seek fullness and justice

They are the royal survivors
of peace, hope and a flooding of love for all.
M. A. P.

Photo by James Loewen



Staff Member Yvonne Mallard at "Walk for Life '90"

KUDOS OF THE MONTH

We would like to thank the following for their kind donations of items, time and thoughts:

Wayne S. for the snacks and treats for the Living Room Lounge.

Keith and staff at the Davie Deli for putting out a money jar for us.

Samuel E. and Thayne B. for their donations to the retreat.

Mr. and Mrs. Thad Ives for their donation of symphony tickets.

The Vancouver Symphony for their donations of tickets to their performances.

The Vancouver Men's Chorus for their donation of tickets to "Hallowe'en 10."

Mabel for her ongoing donations of clothing, blankets and household goods.

MCC Lower Mainland for their donation of clothing and blankets.

Finn M. for donating his time and talent to give haircuts to our members.

Michael S. for his donation of an Apple IIe computer.

To all our volunteers and members for their time, talent, and just because.

FREE LEGAL ADVICE

Need help with a will, creditors or other legal problems? The Vancouver Gay and Lesbian Centre's Monday legal clinic is staffed by lawyers who are familiar with issues faced by PWAs. They're on hand Mondays from 7:30 to 9:30 pm at the GLC, 1170 Bute Street, and there is no charge for an initial consultation.

DS

PWA LIBRARY BOOKS WHERE ARE YOU?

We are noticing a growing amount of overdue books from the PWA Library. Would you please check your bookcases and coffee tables for these missing items. More and more people are coming in to use the library and we need to get information to as many of our members as possible. Bring 'em back! If you need an extension on a book, please call in and advise us.

Library Committee

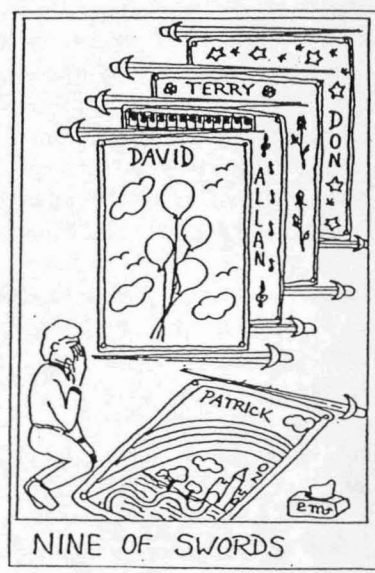
MAILING LIST UPDATE

Are you getting more than one Newsletter? Is the Newsletter coming to the right address? Have you moved recently or planning to move soon?

We want to keep our mailing list current for all our members and subscribers, so please let us know if we need to change your address. To change your information, please call Yvonne at the office, 683 3381, or send us the label along with any changes that need to be made.

LESBIAN AND GAY DISABLED ACTIVITY GROUP

A support and activity group for lesbians and gays with a disability and their friends will be held on Wednesday November 14, 1990 at 7:30 pm at the BC Coalition of People with Disabilities, 204 - 456 West Broadway in Vancouver. If you are interested please come to share your experiences, strengths and hopes in a supportive atmosphere. Call Dan at the BCCPD for more information at 875 0188.



From "A Tarot of Transition"
Pen and Ink: Stephen McManus

MOVIE NIGHT FRIDAYS

Popcorn, Munchies, good company! Every week, a new video attraction in the Living Room Lounge at 1447 Hornby Street. Get together at 7:30 pm with screenings at 8 pm. See you there!

NEED SOME ASSISTANCE WITH HOUSING?

Contact Jackie or Philip to be placed on the waiting list for a unit in a Housing Co-op. We also maintain a list of people who want to share their present space or to get together with others to locate a larger space. Place an ad on our bulletin board in the lounge if you are looking for a place in the near future. Need furniture for that new place? Let Yvonne or Jackie know what you need as we get donations from toasters to futons and can probably locate the items you need.

Jackie H.

Photo by James Loewen



"Walk For Life '90" volunteer Joe Ford gives poster girl Olivia a big hug as an unidentified Cowbelle makes her moo-oove to horn in on the shot.

HOT LINE 687 4792

A new service for those PWA and HIV+ persons who can't come down to the office for peer counselling, our Hot Line is staffed weekdays 10 am to 4 pm and Saturdays 11 am to 3 pm.

So dial 687 4PWA (687 4792) when you need to talk things over with somebody who knows what you're going through.

Peer Counselling

HelpLine

LIBRARIANS NEEDED

Member with computer and library skills needed to help out in the Society's Library on a regular basis. "But I can only work Saturdays." That's O.K. too. Sense of humour helpful, sensible shoes and glasses not absolutely necessary. Contact Jackie or Vick



THE FIRST VOICE A PWA HEARS COULD BE YOURS...

The Switchboard Committee needs help staffing our phone lines. Can you spare a 3 1/2 hour shift once a week? Training provided. Get to know your organization better and be a voice that represents us to the public and members alike. Call Bryan Wade or Jackie at 683 3381.



A United Way Affiliate Agency

100 % GIVING

The United Way of the Lower Mainland's Campaign '90 is now under way. You can designate that your donation, in whole or in part, is to go to the Vancouver PWA Society. One hundred percent of the portion that you designate will come to us to pay for direct services to PWAs. Our registered non-profit Society # is 0760124-11-27. Please remember us when making your United Way donation.

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John Mackay

Many thanks to our production and assembly crew for recent issues: Grant Ito, Joanne Power, John Merritt, Robbie, Hans. If you want a volunteer assignment that's fun and rewarding, come join us on the lively Newsletter team!



United Way
Affiliate Agency

A member of



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

Haircuts, Styles, Etc. Hairdresser Finn Mollerup will be available every second Monday from 10 am to 2 pm at the PWA Offices. Free for full members. Sign up in the Living Room Lounge. Please come with freshly washed hair.

PWA Artist Needs Supplies PWA needs donations of stretched canvasses and oil paints. He is an artist who plans a show in the spring and is in need of supplies to accomplish this goal. Please bring materials to the office and leave with Jackie.

Ron: a member is looking for information concerning Doctor Caiazza's antibiotic treatment program for AIDS. Please contact Yvonne.

Have you got any extra "Ensure"? We gratefully accept donations of cans or cases of 'Ensure' or any other similar supplement. We can make arrangements to pick up cases. Please check expiry dates first. Thank you.

For Sale Amigo. Your friendly 3-wheel scooter! This little baby does up to 8 miles on a single charge (one 12 volt battery, adaptable for two 12 volts for longer range) swivel high-back leatherette seat, quite comfy. Regular price up to \$1500.00 but for this one time offer of \$750 (OBO). Call Kevin or Clark for more info at 732 0704.

Need a Buddy? AIDS Vancouver has Buddies to be matched with PWAs. Buddy friendships and relationships can be very rewarding and helpful with your day-to-day errands and outings. A great group of interesting and caring folks are waiting to be Buddies. Call Martha at 687 5220.

Employment Healthy male seeking P/T, F/T employment in clerical field - A/P, A/R, MS-Dos, am willing to learn. Call Yvonne at 683 3381.

Wake Up Calls—Any Hour. Member Starting New Business. Can we remind you of an appointment? can we wake you up to catch a flight or put the cat out? Call Jim at 688 8445 for information.