



Vancouver PWA Newsletter Issue 49 July 1991

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FREE TO TRAVEL TO UNITED STATES? NOT YET...



The U.S. Government, which was scheduled to lift its ban on travel and immigration into the U.S. by persons with HIV on June 1, 1991, has extended the ban for 60 days as a result of opposition from within the administration, from Congress and from Conservative segments of the public. U.S. Secretary of Health and Human Services, Dr. Louis Sullivan, says he will use the 60 days to gather additional comments from both sides of the dispute before making a final decision.

The U.S. government has already received 40,000 letters opposing the lifting of the ban. Apparently, many members of Congress were active in organizing the letter writing campaign.

U.S. AIDS activist groups and their allies are attempting to organize a telephone and letter writing campaign calling for removal of the ban. **Your immediate help is needed!** We need your letters and faxes to go to the department of Health and Human Services and the President!

Communicate your support to Dr.Sullivan!

*The Honorable Louis Sullivan Secretary
Department of Health and Human Services
200 Independence Avenue, S.W.
Washington, D.C. 20201*

Let the President hear your concerns!

*The Honorable George Bush
President of the United States of America
The White House*

1600 Pennsylvania Avenue, N.W.

*Washington, D.C. 20500 (Salutation: Dear Mr.
President)*

or fax: (202) 456-2641

continued next page

No Travel to the United States cont.

Meanwhile, officials at Harvard University have reiterated that the 1992 VIIIth International Conference on AIDS, scheduled for Boston, will be cancelled unless the ban is lifted. Allen Fein, Executive Director of the Harvard AIDS Institute said, "The imposition of travel restrictions on people with HIV is a discredited and discriminatory policy, and its reintroduction is a tragedy for the fight against AIDS and for human rights in general."

The Vancouver Person with AIDS Society has always been at the forefront of the battle for the human rights of its members and will continue to do so. For further information contact Don Degagne at 683-3381.

FROM THE ADVOCACY CORNER

Welcome to new committee members Barry Budway and Tony Carter. Tony will also be taking on the duties of Co-Chair of Advocacy.

Advocacy's primary struggles at this time are problems accessing drugs through the Emergency Drug Release Program and US travel restrictions. If you have had problems accessing drugs through the EDRP, leave a message for Rick at PWA. If you would like to get involved in planning actions to help reverse discriminatory border policies that the United States has, call Rick as well for more information.

The US was going to lift their travel restrictions in July but when they received 40,000 letters from the camp of Sen. Jesse Helms urging the president not to lift such restrictions the president changed his mind. So, it is illegal for you and I as people who are HIV+ or have AIDS to travel freely to the United States. If this policy is upheld it spells trouble for Human Rights around the world. We need your help with these two issues and many others. We are PWAs working for PWAs to make this world better for us all. This means you! I can't just watch this stuff happen and do nothing.

Yours at Peace

Rick Walnes, Chair Advocacy

WALK FOR AIDS '91 NEWSUPDATE

Gary Gilbertson, the capable event coordinator informs us that Gordon Campbell, the Mayor of the City of Vancouver, has proclaimed Sunday, September 29th, 1991 as "WALK FOR AIDS DAY". In the preamble of the Proclamation, it is stated that the "Society has served the general community in an outstanding manner..." Thanks to the Mayor, colleagues and staff for their support.

Gary also informs us that His Excellency, David C. Lam, Lieutenant-Governor for the Province of British Columbia, has sent greetings to the participants in WALK FOR AIDS, hoping "that the Walk will be a great success, and permit the Society to continue its important work..."

The premiere issue of "WALK TALK, Vancouver" the Newsletter of the P.W.A. WALK FOR AIDS '91, July, accompanied your June newsletter. It was produced by Greg and Gary at the PWA offices, with the invaluable collaboration of numerous volunteers. This issue may become a 'collectors' item' ... who knows? it is greatly presented and well done. Highly professional.

Harry - Finance/Fundraising



REPORT FROM THE PRESIDENT

I have been president now for three months and it seems like three years... No kidding! The first thing I will say is that the next person who asks, "So, how are you enjoying your position?" is going to be in big trouble. 'Cause enjoy is not the best word to describe what I am experiencing! This is the greatest challenge of my life and at least five times a day I feel like it's too much. The rest of the day I am golfing.

Some projects of note that are taking place at the board level are, first and foremost, our plans for a new home in the spring. Not only will this space, located at Helmcken and Seymour, alleviate our cramped conditions, it will also house at least two other major organizations in Vancouver, AIDS Vancouver and The Women's and AIDS Support Network. We have hired a consultant, Pat Archibald, who has been instrumental in laying the necessary ground work.

This project ties in with our new collaboration with AIDS Vancouver. During the Resource Center planning PWA and AV began to eliminate the duplication of service that was and is happening. Now, the organizations are stronger individually and stronger as a team. Congratulations to both boards staff and Pat Archibald for facilitating our meetings.

Other ways our new-found collaboration is being felt is with our joint counselling training program being undertaken by PWA, AIDS Vancouver, Women and AIDS Project which will see the formation of a lay counselling training program for many different organizations dealing with AIDS or HIV. The money for this project will, we hope, be coming from the Provincial Governments Strategy released at the National AIDS Conference held in Vancouver in April. For more information about this project contact Michael Doyle at PWA.

Lastly our Speakers Bureau and AV's Speakers Bureau are entering the final stages of planning to determine how these two bureaus will collaborate.

So those are the highlights. If you would like to create your own vision come down and do it!

Yours @ Peace

Rick Waines

THE VTH INTERNATIONAL CONFERENCE FOR PWA/HIVS

The Vth International Conference for PWA/HIVs will be held in London, England from September 11th to 16th, 1991. The theme this year is "HIV and Human Rights! From Victim to Victor", and it is sure to be an important declaration of what people with HIV/AIDS are living with in terms of human rights and rights abuses worldwide.

Register soon, as Canada is allowed twenty-five delegates, and there quotas to ensure equal representation.

For information and a registration package, please write directly to:

International Steering Committee for People with HIV/AIDS

111-117 Lancaster Road

London W11 1QT, United Kingdom

Phone: 44-71-792-0936

Fax: 44-71-229-1258

or contact your local PWA/HIV Group.

(A copy of the final report from the IVth International Conference, held in Madrid in May 1990, is now available at the Vancouver PWA Society's Library.)

The program is designed to address key areas around human rights, political issues, socio-economic issues, healthcare and treatment issues as well as personal issues.

Discrimination and attacks on fundamental human rights is a growing concern for PWAs/HIVs worldwide. Lately a woman from Kenya, suffering from a kidney problem unrelated to HIV, was denied treatment because of her HIV status. She died leaving behind three children who have been adopted by an HIV+ man with six children. We have to be vigilant to insure that our fundamental rights are insured worldwide.

Don DeGagne
External Affairs

AIDS TREATMENT HIGHLIGHTS

THE NEW PWA SOCIETY HEALTH PROMOTION PROJECT

Acupuncture is an ancient technique of Traditional Chinese Medicine which stimulates or disperses the natural flow of energy within the body. It is used both to prevent disease and to maintain health by restoring the body's optimal balance.

In Traditional Chinese Medicine, the entire universe is in a dynamic state of equilibrium. Integral to this dynamic equilibrium is energy (Qi). In such a schema, each person also has ultimate power over his or her own body's equilibrium and acupuncture is meant to stimulate that natural power.

The technique involves the insertion of thin needles into specifically prescribed points through the skin, but the PWA Society has imported an acupuncture machine from China to eliminate this invasiveness.

The validity of acupuncture remains controversial in the West. No one has claimed that acupuncture has direct antiviral effect on HIV. But many professionals trained in both Western and Chinese medicine have found that this technique offers many benefits to the overall health of a person with HIV. Acupuncture can reduce stress and pain. After the first four or five treatments, most patients begin to experience a decrease in abnormal sweating, diarrhea and skin rashes. Patients have also reported higher energy levels and many have been able to gain weight. Patients on chemotherapy have noted a reduction in side effects such as nausea, fatigue and weakness.

Because each individual will have a unique inter-play of energies, organs, and elements, as well as a unique character, the treatment is, theoretically, individualized.

Dr. Michael Smith, of Lincoln Hospital in New York, claims that "Acupuncture helps the body help itself" and emphasizes that the effect of the treatment on the overall health of a person is the key to understanding acupuncture.

This program, free to members through the PWA Society, will start on July 10. Interested? Then call the Society or sign on the Reception at the Hornby St. office.

Peter Donovan,
Treatment Information Project

AIDS VACCINE NEWS GP160

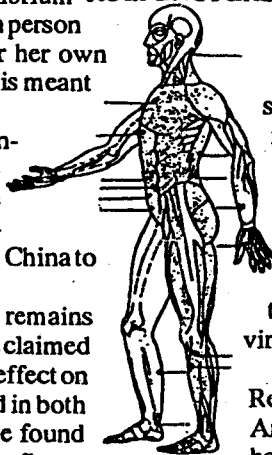
Under electron microscopy, HIV resembles tiny spheres studded with protruding proteins. These proteins are made up of an outer knob-like part, dubbed gp120 and a smaller protein, gp40 that anchors the knob to the cell membrane. The entire unit bears the designation gp 160 and serves as a docking mechanism; it attaches to receptors on cells which the AIDS virus attacks.

Phase I clinical trials of gp 160 by Dr. Redfield and co-workers at the Walter Reed Army Institute of Research in Maryland have shown some promise in a group of 30 subjects who were already infected with HIV. Gp 160 shows promise not just as a preventative vaccine but also as a possible treatment.

Antibodies to the virus were being made after injection of gp 160 and infection-fighting white blood cells were being boosted.

For the present, the vaccine seems to work best in people with higher than 600 T-cell counts. People who do not carry the virus also showed an immune system response but it is too early to tell if these people will become immune to HIV.

In this trial, some subjects received three injections while others receiving six injections had the better response. Over a 10-month period their T-cell level remained stable or rose slightly. 200 days after the start of treatment, the responders saw



an increase in T-cells by a mean of 7.5% while non-responders experienced decline of T-cell by a mean of 15%

Although questions have been raised about the safety of active immunization of HIV-infected persons with HIV-specific vaccine products, there was no evidence of immune-specific toxicity. Testing did not document any evidence of increased viral load in the subjects.

The HIV virus is highly variable with at least 20 different strains known to exist. While these strains resemble each other, they differ in specific ways by as much as 20%. For this reason, it is thought that the final vaccine will most likely be a "cocktail" that includes several of the viral proteins.

The important thing to remember, as we search through clinical trials, graphs and reports, is that the mere possibility of a vaccine formulation was scoffed at only a few short years ago and yet now we see that more than one are showing some promise in early tests.

In the over-all picture we must remind one another that the prospects for real hope have improved considerably in the last several years. While we still are not within sight of a cure for HIV infection, new doors towards that goal are being opened every day. Let's put these new hopes into action as we try to care for ourselves.

Peter Donovan,
Treatment Information Project.

ANTI-NAUSEA DRUG

Problems with nausea, loss of appetite? An old drug is being re-marketed just for you called Marinol. This drug may get rid of your nausea and stop your weight loss. Caution: This drug is basically THC (Tetra Hydrocannabinol) which is the chemical that gives the high in marijuana. The tablets are 4 or 5 mgs and are hard to break into smaller portions, so some people get very wasted. Marinol is available by prescription from your physician

Dan Cotton
Treatment Information Project

HYSSOP - A NEW HERB FOR HIV

Plant extracts are an important source of compounds which can be purified and made into drugs, and several such compounds are being investigated for use against HIV: hypericin, compound Q/GLQ 223, Sho-Shaiko-to (SST), glycyrrhizin (from liquorice) and others. Scientists at Cornell University and at the National Cancer Institute (Bethesda, Maryland) have isolated compounds from the herb Hyssop officinalis which have powerful ant-HIV effects.

Hyssop came to the attention of hospital authorities in the USA when a patient was admitted with AIDS symptoms. She had "disseminated Kaposi's sarcoma, was partially blind from disseminated CMV and suffered from extensive oral and vaginal candidiasis, oral herpes infection and chronic draining ulcers on her lower extremities." Her blood was found to have MAI (*Mycobacterium avium intracellulare*) and her urine tested positive for CMV. Doctors expected that she would soon die so they sent her home. However, follow-up of the patient 6 months later showed that her lesions had "improved significantly", her blood tests were negative for MAI, she could walk and move around more, and in general, she felt much better. Upon questioning, the patient's mother revealed that "for the previous month, the patient had been given an old Jamaican herbal remedy which was prepared in the form of a tea by boiling a mixture of leaves from Hyssop officinalis, blessed thistle and *Cassia augustifolia*." After a month of this treatment, the patient improved and used the tea on an intermittent basis. During this time her KS lesions continued to regress. Two months later she died of severe bacterial pneumonia.

The 3 herbs used in the tea were analyzed to determine the source of antiviral activity. Crude extracts of *Cassia augustifolia* had minimal or no anti-HIV activity, blessed thistle extracts had only "minimal" antiviral effects, but crude extracts of Hyssop inhibited HIV replication by 77 to 100%. Further analysis revealed that one of the antiviral compounds in Hyssop was caffeic acid, although the identity of the other compound remains unknown.

Hyssop continued

Unlike crude extracts of Hyssop, pure caffeic acid caused some toxicity to cells in certain experiments. At reduced concentrations, caffeic acid was non-toxic and showed strong antiviral activity. Treatment of HIV-infected cells with caffeic acid resulted in reduced levels of p24 and p17 antigens, reduced the formation of giant clumps of infected cells and impaired the activity of the essential retriviral enzyme RT (reverse transcriptase).

In previous experiments, purified caffeic acid has been shown to have anti-herpes effects in laboratory experiments with cells. When caffeic acid reacts with oxygen and becomes oxidized, several products may form. One of these oxidation products has been reported to benefit guinea pigs infected with herpes simplex virus. The reaction between oxygen and other compounds found in Hyssop may also play a role in the anti-HIV activity of the herb (personal communication, Chester Myers, PhD). Cornell/NCI researchers think that because of its strong antiviral activity and its possible clinical benefit, Hyssop "may be useful in the treatment of patients with AIDS."

It is unfortunate that the effect of the herbs on KS lesions and cells infected with herpes, CMV and MAI was not studied. As well, there appears to be a lack of consensus among researchers who study herbs as to the toxicity of Hyssop. According to some texts, long-term use of Hyssop is associated with reports of toxicity, while according to others there is no toxicity. This discrepancy may be a result of the way in which the herb is prepared. The compound(s) responsible for toxicity are thought likely to reside in lipid (fat) molecules in the leaves of Hyssop (personal communication, Sean Waterson, Ontario College of Naturopathic Medicine). Using Hyssop as a tea may reduce some of its toxic potential. It may be that the combination of herbs in the Jamaican recipe could have moderated the toxic effects of Hyssop. Perhaps clinical trials of Hyssop may schedule the drug for intermittent use.

For doctors and others interested in gaining access to this herb, we have identified the following sources:

- Herb Pharm, Box 116, Williams, Oregon USA 97544. Phone 403-846-7178. This company sells concentrates of Hyssop.

- San Francisco Herb and Natural Food Company, Emeryville, CA USA 94608. This company sells dried leaves of hyssop, *Cassia angustifolia* and blessed thistle used in the experiments at Cornell University and the National Institutes of Health.

- Some health food/herbal medicine stores in Canada either have hyssop extracts in stock or have them on order.

REFERENCES:

1. Kreis W, Kaplan MH, Freeman J et al. Inhibition of HIV replication by Hyssop officinalis extract. *Antiviral Research* 1990; 14:323-337
Reprinted from *Treatment Update* 21 by Sean Hoslen - February 28, 1991 ISSN 11817186 - pp. 3-4.



CHINESE MEDICINE PROJECT

After much work with the People's Republic of China Medical Association and Shanghai Medical University, Traditional Chinese Medicine specifically formulated for Acquired Immune Deficiency Syndrome is finally here.

Traditional Chinese Medicine takes into account not only the symptoms of a disease, but also the age, habits, physical and emotional traits and all other aspects of the individual, and attempts to put together an over-all picture of the patient in order to evaluate any patterns of disharmony that have arisen. Health is a state of total harmony between the physical, emotional and spiritual aspects of the individual.

In China, Japan and South-East Asia, Traditional Chinese Medicine is recognized as an official component to be integrated with, not supplanted by, Western medicine. A balance between conventional Western therapies and holistic, alternatives care seems to offer the most complete caring of the HIV-infected person for his/her body and mind.

If you would like information: In Vancouver, call Steven McManus at 683-3381 to make an appointment.

Outside Vancouver, contact the closest PWA/AIDS organization to add your name to a fax list which should be addressed to the attention of Stephen McManus or Pei Lim at the PWA Society Office, 1447 Hornby Street.

The cost of the program will be approx. \$60.-\$100.00 and orders will take one month to process.
Treatment Information Project

THE CURE

Some of the scientific community involved in AIDS research is expected the eventual cure for AIDS/HIV-related immunosuppression to come in the form of a "magic bullet", a drug which would eliminate HIV directly from the body.

Such a drug must possess the following properties:

1. The ability to completely stop cell-to-cell spread of HIV.
2. Mechanisms of action that are not highly susceptible to the development of HIV resistance to the drug.
3. Low toxicity with, in particular, a minimum of long-term toxic effects (including no carcinogenicity).

While a "magic bullet" may be slightly beyond the reach of our current technology, the use of immune modulators and the prophylaxis of opportunistic infections may show people with HIV a new hope when these measures are used in conjunction with new anti-viral drugs.

One such new drug is Hypericin, a chemical extracted from the St. John's Wort Plant. Unlike the nucleoside analogues (AZT, DDI), Hypericin completely stops HIV release from infected cells in the test tube, at concentrations that are not toxic to cells. Its modes of action are to block cell release of HIV at the cell membrane and to prevent free-floating HIV from being infective, possibly by altering its envelope glyco-protein structure.

These mechanism are much less likely to trigger resistance in HIV than are drugs that interfere with DNA synthesis. Hypericin is dramatically effective in the treatment of mice infected with the murine retro-virus, which produces an AIDS-like illness and a early death. It extends life expectancy in these mice from 30 days after infection to a

normal life-span of 240 days, while AZT extends life in the mice in the doses given in these initial studies.

Assuming that Hypericin is as effective in patients as in the test tube and in mice, or that other anti-viral drugs such as BI-RG-587 or the Tat-gene inhibitor are similarly effective, one of the three could provide the one currently missing piece that is needed for a cure.

Since all of the cells in the body (except for neurons in the brain and spinal cord, which do not get infected with HIV) die and are replaced approximately every 5 to 7 years, a combination of anti-viral drugs with immune-re-constituting agents to control co-factors, would allow the body to completely shed all HIV virus in the same timeframe.

Even patients with an AIDS diagnosis or T4 count below 200 could derive benefits from such therapy, although weaker immune systems need more effective immune-enhancing agents than are presently available so that they can remain stable and healthy during the time it would take to shed all of the body's HIV-infected cells.

Although several immune-enhancing drugs besides those now available by prescription are moving slowly through under-funded clinical trials, an increased effort by NIAID to develop such agents (and to further test the three drugs described above) is critical if people with low T4 counts are to benefit from anti-viral therapies.

If opportunistic infections can be prevented more uniformly by informed medical intervention and co-factors of the disease managed adequately, a large percentage of people battling HIV will have a better chance of surviving longer and even a chance of recovering completely once the missing anti-viral piece is available to them.

It is crucial for people with HIV to aggressively pursue currently available immune-enhancers to maximize the possibility of benefiting from the additions of new anti-viral drugs such as Hypericin.

Bernard Bihari, MD,
New York, NY

WE'RE OPEN

Weekdays 10 am to 5 am, Saturdays 11 am to 3 pm (Drop-in only). Living Room Lounge with juices, freshly brewed coffee and other goodies. Library resource centre: books, periodicals, audio and video cassettes, reference material, treatment/drug info. Peer counselling available, no appointment necessary. Requisitions for Complementary Health Fund (CHF) cheques, ready by 3 pm when requested before 11 am.

Other Programs/Support Services available (call 683-3381 unless otherwise noted):

Blood Testing: call for info. and pre-testing counselling. Applications available at PWA Reception desk. **Clothing/Furniture Exchange:** call Harry or Jackie or leave message for Kay or Brian S. **Complimentary Performance Tickets:** call Jackie for availability. **External/International Relations:** call Mary or Don. **Fundraising Committee:** call Cris D. or Harry for time and location. **Help Line:** 687-4792, to talk to a Peer Counsellor. Collect calls accepted. **Housing Rental Subsidy:** application forms available Reception desk. Leave message for Phillip. **Loan Cupboard:** ambulatory aids available. Wheelchairs, walkers, canes, also limited medical supplies, stored at AIDS Vancouver, 1272 Richards. Sponsored jointly by AIDS Vancouver and PWA. Call A/V's Client Services 687-5220. **Massage Therapy:** free for full members. Call Bart Malone at 872-4323. **Moving?:** leave message for Kay or Brian S. **Peer Counselling:** call Michael D. on future training sessions. **Personnel Committee Meetings:** Call John L. or Pei Lim. **Public Relations:** to arrange for our representative to attend events/fundraisers, etc. call Harry. **Retreats:** call Barry B. or Tony. **Speakers' Bureau:** Call Joe F. or Barry B. to join or to arrange for speakers. **Help line (collect calls accepted):** 687-4792 TDD (for the hearing impaired, through switchboard) 683-3381. **Walk For AIDS:** 688-WALK (688-9255) **Treatment Information Project:** Call Stacey or Arn. **Walk for AIDS '91:** Sunday, September 29th, Stanley Park. Call Greg or Garry at 688-WALK (688-9255), fax 683-3367. Call Tom M. at PWA for volunteering. **Volunteer Intake:** call Tom M.

ONGOING EVENTS

M O N D A Y S

Hairstyling: Free for full members. 10 AM to 3 PM. Sign-up sheet on Living Room Lounge bulletin board. Professional hairdressers. Please come with freshly washed hair.

Finance Committee Meeting: All Members welcome. PWA boardroom, 4 PM sharp. Meeting on July 22, August 19, September 16 and 30. For info. call Harry or Managing Director. Ensures proper financial procedures, recommends funding proposals, etc. Services include business management, office administration, etc.

Therapeutic Touch Sessions: Free for full members. PWA Boardroom 6 to 8 PM. Sessions on July 15, 22, 29, August 12, 19, 26, September 9, 16, 23, 30. By appointment only. Sign-up sheet at PWA Reception desk.

Native And Friends Body Positive Support Group: All welcome. Drop-in at PWA Living Room Lounge, 5 to 7 PM. Meetings July 15, 22, 29, August 12, 19, 26, September 9, 16, 23, 30. Sponsored by the "Healing Our Spirit Aboriginal AIDS Prevention Society" and PWA. Call Tom 876-0944 c/o I.H.A. For those Natives testing HIV+ and friends, an informal and confidential discussion group.

Buddy Support: For Buddies of PWA's. Sponsored and held at AIDS Vancouver, 1272 Richards every second Monday 7 to 9 PM. Meeting on July 22, August 12 and 26. Call A/V 687-5220.

T U E S D A Y S

Meditation Group "Living in Each Moment": Open to people living with HIV, friends and supporters. 2 to 4 PM. Meeting July 16, 23, 30, August 6, 13, 20, 27, September 3, 10, 17, 24. For info. and location call Kristin 872-0431.

Executive Committee Meeting: All Society members welcome. PWA boardroom, (same day as Board of Directors' meeting), 4 PM sharp. Meeting July 16, 30, August 13, 27, September 10, 24. Call Managing Director Chris Sabean. Co-ordinates the business of the Society, prepares agenda for Society's Board of Directors meeting.

Board of Directors Meeting: All Society members welcome. PWA boardroom, 7 PM sharp. Meeting same day as Executive Committee. Call Rick or Managing Director Chris Sabean at PWA.

"Living With AIDS" Therapy Support Group: Open to persons with AIDS diagnosis. Sponsored by PWA. Duration: 8 weeks, next group starting in the fall. Call Jackie for info., location and registration.

Women and HIV/AIDS Support Group: For HIV+ women seeking info. and peer support. Drop-in held at #302-1720 Grant Street, 1st and 3rd Tuesdays, 7 to 8:30 PM. Call 255-9848 (during drop-ins) or Jackie at PWA. Children welcome. Se habla espanol! Por favor, llama por adelantado si necesitas que hablen espanol contigo.

W E D N E S D A Y S
Advocacy Committee Meeting: All Society Members welcome. PWA Boardroom, 10 AM sharp. Meeting on July 24, August 7, 21, September 4, 18. Call Rick or Tony C. Deals with access to treatments, human rights, political and legal issues within other matters. Services include external and media relations, speakers' bureau, drug treatment/trial info., medical forums, etc.

Support Committee Meeting: (formerly Programs) All Society members welcome and encouraged to participate. PWA boardroom, 11 AM sharp. Meeting July 24, August 7, 21, September 4, 18. Call Bryan W. or Support Manager at PWA. Develops and facilitates support services. Projects include retreats, support groups, blood testing, drop-in lounge, library resource centre, peer counselling and help line.

Chinese Medicine: For Society members. Consultations at PWA Boardroom, 2 to 7 PM. Waiting list sign-up at Reception desk. Call Stephen M. Facilitated by a professional. By appointment only.
Partners of Persons with HIV/AIDS and Family; Friends of Persons with HIV/AIDS - Support Groups: All welcome. Sponsored by AIDS Vancouver. Groups meet separately at St. Andrew's-

Wesley Church (Burrard & Nelson) - rooms to be posted - 7:30 to 9:30 PM. Call Bridget at A/V 687-5220 or Joy Moon 299-4828 for info.

Healing Circle: meets in the evenings. Call Lela 689-8476 or Don 682-2989 for info., registration and location. Not a drop-in group.

North Shore Support Group: All welcome. Meets every 2nd and 4th Wednesday in a North Shore home, attendance voluntary. It is a group open to those who are HIV+ or have AIDS, their family, friends, supporters in an informal atmosphere. Confidential atmosphere for discussion of related topics, seek mutual support, exchange ideas, make new friends, etc. Call Merv 986-2127, Quita 926-6751 for info., times, locations. FAX 926-6751. Transportation can be arranged.

T H U R S D A Y S
Therapeutic Touch Sessions: Free for full members. At PWA boardroom 1 to 3 PM. By appointment only. Call PWA for info. Sign-up sheet at Reception desk.

"Get Over It" AA Meeting: All welcome. Drop-in, 12-step program, at PWA Living Room Lounge, 7 to 8 PM. Of special interest to HIV/AIDS concerned persons.

"Body Positive" Support Group: All welcome. Sponsored by AIDS Vancouver and PWA. Drop-in, at PWA boardroom, 7:30 to 9:30 PM. Leave message for Ken Mann at PWA for info. For those testing HIV+, a confidential discussion group.

"New Hope" NA Meeting: All welcome. Drop-in, 12-step program, at PWA living room lounge 8:30 to 10 PM. Call PWA for info. Of special interest to HIV/AIDS concerned persons. NA 24-hour helpline: 873-1018.

"Coping with Loss and Grief" Support Group: All welcome. Sponsored by AIDS Vancouver. Alternate Thursdays 7:30 to 9 PM at St. Andrew's -Wesley Church's Education Centre (Burrard & Nelson). Call Joy Moon 299-4828 for info.

S A T U R D A Y S
Drop-In: Open to all members. Ideal for out-of-towners or those working weekdays. Library resource centre open. Peer counselling available, no appointment necessary. Drop-in held at PWA Living Room Lounge, 11 AM to 3 PM, no facilitator on duty.

LETTER TO THE EDITOR

Dear Editor:

My name is Ronald P. and I'm HIV+. I have been since 1985. My health is very good and getting better.

The key for me was to help people in AA and PWA, to help me to help them help me. Then I had to find and take on an attitude of gratitude. I'm grateful for the smallest of things such as: I'm alive, I'm reasonably healthy, I can see, hear, taste, feel. I can use my hands as I write this note to you. I have my feet to get me places and to this beach as I enjoy the sun, but most of all I'm grateful for the PWA people and its office and for AA and its 12 Steps. I feel that they understand and love me.

In the first Step of AA I had to admit that I was powerless over alcohol and my life had become unmanageable.

I do the same with HIV. I am powerless over it. I can not change this fact. I must and do accept it as I do my alcoholism. I see my unmanageable life in my anger and fears which causes me to be intolerant and impatient with myself and others. When I'm on drugs or drinking, I'm not thinking of others and I may pass on this dreadful disease. I don't even care if they have it or not. I can see by my being sober that I think clearer and watch my actions towards others and myself. So there are lots of things which I can do today to keep my health in good shape and that is not to drink, use drugs or smoke cigarettes; and getting help from AA and PWA's and staying happy. With gratitude,

Your friend,

Ronald P.

GREETINGS FROM TENNESSEE.

Hi

I am a fulltime Volunteer with a small AIDS Project in Upper East-Tennessee. I wish we could stay small, but unfortunately we are growing everyday.

We receive your Vancouver PWA's Newsletter. Let me say what a well put-together, informative newsletter you have. You are doing a great job.

As I say we are a small group only about ten to fifteen PWA's at our support groups.

Just wanted to let you know that even here, we appreciate your work. Keep it up. Much success.

Enclosed is a copy of our Newsletter.

Best

Jon Gardner

HEALING CIRCLE

I first heard about the Healing Circle in August 1990 in the newsletter. I attended when it started up after a summer break. To this day I have only missed two days of the healing circle.

Donald and Lela are the facilitators and experts at making people feel welcome as do others members of the circle. To get us relaxed we are given a guided visualization and meditation, then we are given individual hands on healing.

Sometimes, for me, it feels as if nothing exists outside that room for the moment. When your particular session is over you return to relax and enjoy the moment. I get full of energy and Wednesday night is the best night's sleep of the week for me.

It may not be for everyone, but to those open to this kind of setting may benefit as the evening is full of caring sharing and loving times.

Les R.



KUDOS FOR THE MONTH

Repeated Big Ones, hopefully many more to come, to ESSO Station Davie & Burrard, U-Frame-It 600 Robson & Seymour, Scribe & Scholar Stationery, Metropolitan Home/HOME MET, the Video In, Maritime Labour Centre and Simon Patrich Gallery, all of Vancouver for continuing to have our donation boxes displayed permanently for their customers.

To the Vancouver Symphony Society and the Vancouver Men's Chorus for continuing to supply complimentary tickets to their magnificent events and performances for our members.

To ...For The Gourmet and Starbucks Coffee at 700 West Pender & Granville and at Robson & Seymour for their continuing donations of bread and coffee, respectively, for our members and lounge.

To the wonderful "Cowbells" for their continuing fundraising for our Society.

To the Periscope Productions, producers of the Roseanne Barr show and Men Without Hats concert, Kulitang Arts and the DuMaurier Jazz Festival, organizers of the Jon Jang & The Pan Asian Orchestra concert and the members of the Vancouver Folk Festival for their supply of complimentary tickets to their respective performances for our members.

To Boyz Co. for the complimentary tickets to Summer Heat I Celebration 90 Revisited at the Science World for our members.

To the Vancouver Lesbian & Gay Choir for donating their bake sale proceeds to our Society.

To Loops Restaurant at Lonsdale Quay Market and the Eighth Avenue Theatre Group for their efforts in organizing fundraisers on behalf of your PWA. Give them your support in the future. These people really deserve our deepest gratitude.

Most specially to Ms. Julie O'Rourke, Artist, Exhibit Curator and Coordinator, of the PITT GALLERY "This Is Not A One Night Stand" benefiting local AIDS organizations, but also to all the artists, the staff of the PITT GALLERY and numerous volunteers, which made it possible. This

resulted in a contribution to the PWA coffers of over \$2,000. Thanks a lot for a job excellently and cheerfully done. (Julie also contributed her own art work, which was sold during the exhibit).

To Pat Archibald for his professional services well beyond the call of duty.

To Carl Olson, manager of Celebrities for the donation of net proceeds of his home-made cookies, being sold at the coat check at Celebrities.

To the Dogwood Monarchist Society for donating to the PWA a portion of the door proceeds of their event at Graceland.

To the many members of our Society and the community at large for their donations of used clothing and household furniture and appliances for our members under our clothing/furniture exchange programme. We are planning a garage sale at Celebrities to be held sometime during the beginning of Autumn, and we will be needing goods to help make it a success.

To G.A.L.A. North of Prince George for donating the proceeds of their June 1991 dance to our Society.

To the residents of Hawke Ave., Vancouver who held a garage sale and donated the proceeds to the PWA.

To the teachers, students, administrators and staff of the numerous schools and community organizations who utilize our Speakers' Bureau.

To the numerous members of the community at large for their donations and ongoing support.

To all our volunteers and staff members without whom our Society could not carry out its mission.

Harry - Finance & Fundraising Committees



BOOKS REVIEWS

DANCE OF ANGER

A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Goldhor Lerner Ph.D

An effective everyday tool for both women and men to use in relationship communication; it deals with anger in our lives as a creative, freeing, empowering force rather than as a destructive emotion in life. This frank, intimate journal gives one a wealth of information on perception and dealing with anger. Dr. Lerner teaches one to make changes that are creative for one's life and to be able to handle one's creativity to empower one's self.

Yvonne Mallard

AND THE BAND PLAYED ON

by Randy Shilts, Library Number 1072(also available on audio cassette)

If you are wondering about the lack of progress in arresting the AIDS epidemic this book provides a very thorough historical study and carefully documents how the past 10 years have been spent. It exposes the international race in the scientific community, the lobbying within government administration and reveals a shocking insight into the intricacies of these structures. Actual cases are profiled and interwoven throughout the book and these personal stories support the evidence presented. The reader will be challenged to re-think their belief in many of the structures and systems that we have been told are in place for us.

Joanne Powers

LIBRARY NEWS

We have had several books donated to our library over the past months. Thanks a lot to those who donated them. Other donations of books would be appreciated. If you would like to know some titles we are looking for or have a book at home which is of relevance to Persons with Aids and you would like to donate it, please call Michael H. or Ted E. at 683-3381.

Library Committee

HEALING WITH ENERGIES

There's a new program at PWA that I would like to talk about as it has been very helpful to me and has strengthened my inner peace. Thursday afternoons and Monday evenings are the times Therapeutic Touch sessions occur.

The session is facilitated by 2 to 3 people who are very well educated in this field and they explain the whole process and make the client feel very relaxed and at ease. Therapeutic Touch deals with energies the body gives off. It was amazing the times I was accessed, the facilitators were able to pinpoint problem areas and, from my experience they usually hit the nail right on the head. Once I went to my session and I didn't have any lunch, well my stomach wasn't grumbling but I was hungry. And they felt this through my energies. There were many more impressive findings. At first I was unsure as to what to expect from Therapeutic Touch but after attending a few sessions I knew it was for me. Taking energies and moving them to needed areas, there is no actual touching but I certainly felt something. After the session which lasts about 30 minutes, a talk with facilitators occurs and then you're on your way, usually having the feeling of walking on clouds.

Therapeutic Touch may not be for everyone, but for those of you out there who are into energies and healing oneself I'd recommend this service. Call Paul 683-3381 and book your appointment.

Paul Filip

MISSING BOOKS

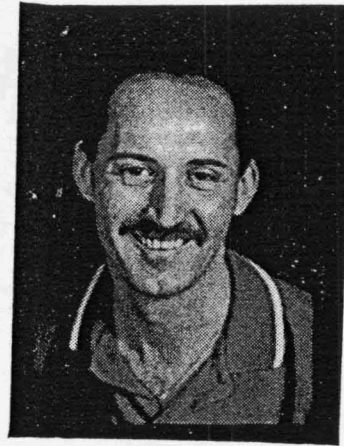
The Compendium of Pharmaceuticals and Specialities (CPS) for 1990 has gone missing from the library. It is a reference book - not to be removed from the library. It is essential that the resource library gets this book back, as up-to-date drug information is necessary for PWA's and HIV+'s

Michael Habetler, Library Helper

AIDS MEMORIAL QUILT COMES TO SEATTLE THIS AUTUMN!

The Seattle Chapter of "The Names Project" will sponsor an Exhibition of the AIDS Memorial Quilt on the weekend of November 29 to December 1, 1991 (the weekend of World AIDS Day). It opens Friday evening and runs all day Saturday and Sunday with a candlelight vigil on Saturday evening. The exhibit will take place at the Seattle Convention Center. The Coordinators of the Quilt Display want folks in Vancouver to know that they very much welcome all offers of volunteer assistance (especially from those with previous Quilt experience) for a number of different tasks, such as setup and take down, security monitors, emotion support work, and etc.

They also extend a warm invitation to all those interested to attend and experience the quilt. One of PWA's Associate members, Judy Weiser, has been invited to go down to Seattle to train their Emotional Support volunteers and welcomes any enquiries from others who may want to "Work the Quilt" in this way. For further general information about this event, call Judy Weiser at 689-9709 (which is her office, so please be forgiving of strange machine message!) or contact Seattle directly through Volunteer Coordinator Sara Malone at (206) 285-8166.



TERRY LEITCH JUNE 5TH, 1991

On June 5th we lost one of our original members and a former board member, Terry Leitch. Terry was a gentle man who cared deeply about this organization. He singlehandedly organized our popular Speakers Bureau. Demonstrating immense courage, Terry was forthright and honest about his life as a PWA in his speeches, reaching audiences as far as Whitehorse, Yukon. Imagine the risk, the bravery, being the first PWA to speak publicly in such a rural community. Terry also donated many hours giving haircuts to members, often going into the hospital to keep people looking spiffy.

Our love and support goes to his mother Evelyn Leitch, whose caring and commitment to Terry was never-ending and to the rest of his family and friends, especially public speaking colleague Linda Manzon, one of the street nurses.

The Speakers Bureau still has your spirit Terry: **We miss you!**

Joe Ford, Board Member, Speakers Bureau.



2ND PWA FLEA MARKET

AT CELEBRITIES IS BEING PLANNED

Get ready for Halloween, get those special items you could not afford before, get your piggy bank out! PWA is planning to hold its 2nd PWA Flea Market at Celebrities in Mid-October.

PWA would greatly appreciate any donations of all good, clean clothing, home and office furniture, equipment, tools, fixtures, appliances, utensils, bedding, cutlery, etc. You know what you do not need anymore. Your donation of discarded items could be someone else's hot shopping discovery.

PWA needs all the help we can get. Celebrities has agreed to open their doors one Sunday afternoon for the 2nd PWA Flea Market at Celebrities. The final date still to be set.

Kay Holmes and Brian Sullivan are the Project Leaders. Volunteers are needed help in the planning of the event, prepare the goodies, set-up and hold the event. Call Tom M. at PWA if you want to volunteer for this event. An added advantage would be if you have transportation (the PWA will reimburse you for gas).

Leave message at 682-7864 with your name and telephone number and one of our PWA volunteers will call you back to arrange for pick-up in Greater Vancouver at your convenience.

Harry,
Finance & Fundraising Committees



IMMUNIZATION NOW AVAILABLE

The Hepatitis-B vaccine currently costs between \$72.00 and \$150.00, and it is available free to those who require it yet cannot afford these amounts. People should ask their doctor for information or contact the PWA Society's Treatment Information Project. Information is also available from Patrick Loftus, R.N. of Safe Company at 1170 Bute St. (Room 1E), 660-7949.

DECK PARTY AND BARBEQUE

The 1st Annual Don Cocks Memorial Deck Party and Barbeque will be held at the Vancouver Rowing Club, Stanley Park, on Sunday, July 21, 1991 from 3:00 pm to 9:00 pm. There will be continuous live entertainment featuring over 30 major Vancouver and Internationally acclaimed performers and more! 100% of the proceeds will go to PWA, AIDS Vancouver and the St. Paul's AIDS Research Centre.

Family and Friends of the late Don Cocks wish to commemorate his life by coordinating an event which would be significant within the community. Don was very active in fund-raising for AIDS within the Greater Vancouver area for several years. Every summer he had his friends gather for a Deck Party and Barbeque at his home. Typically this was the third Sunday in July. Don enjoyed laughter, entertainment and people. This event is to bring all three together.

There will be free burgers and summer food, door prizes, a 50/50 draw and a no host bar. Tickets are \$12.00 and are available at Return to Sender, The Royal Hotel Pub, Contour Hair Design (Coquitlam), AIDS Vancouver and PWA Office. For more information call Doug at 736-8226 or David at 681-0458.

INCOME TAX

It has been a great satisfaction to me to be able to prepare tax returns for some forty-five members of the Society during the past three months. I feel that I have made forty-five friends.

Your returns will now be coming in. I really want to know if there were problems. Leave a message for me at the office. Most things you will want to handle yourselves. If not, you are invited to appoint me to represent you with the tax department.

I will be away until mid August-I'm feeling good I'm off on a long gentle-paced ride on my bike.

For those of you who still have returns hanging over your heads, in most cases, the advice is to file. Leave your number in the office and I'll get in touch.

Stryker

HOUSING SUBSIDIES

The Housing Committee is still accepting applications. If you think you may be eligible contact Philip by leaving a message with the switchboard at 683-3381.

STRAIGHT AND POSITIVE

A new social/support group is being formed for HIV+ straights. This group is mainly to get together for social outings and potlucks. For further information call Sharon at 298-5004

HEALING CIRCLE

The Healing Circle will be starting up again on August 7, at 7:30 (2 to 2 1/2 Hrs).

This is a time dedicated to healing through visualization and meditation. It is a very popular weekly program which is free of charge but is not a drop-in.

To register call Lela Billows at 689-8476.

HELPLINE

DRIVERS NEEDED WITH VEHICLES

to drive people out to a day-trip picnic now being planned for sometime in August by the retreat committee. Call Tom M.

MINUTE TAKER

The PWA Board of Directors needs someone to volunteer to take the minutes at meetings every second tuesday night. Call Tom M. or Chris Sabean.

AIDS AS A DISABILITY

ETHICAL ISSUES & COMMUNITY EMPOWERMENT

A Conference for Persons with AIDS and Other Disabilities, Caregivers and Policy Makers

October 4th, 5th & 6th, 1991 • SFU at Harbour Centre, Vancouver

Fees: •\$25 individual consumers
•\$95 for agency/gov't reps

- Topics:
- The Ethics of Care: Independent Living for People with HIV/AIDS
 - The Ethics of Disability, Quarantine & Isolation
 - The Role of Self-Help Groups in Research and Treatment
 - Pediatric HIV Infection: Defining the Role of the Third Party Advocate

For further information contact the
AIDS & Disability Action Project
B.C. Coalition of People with Disabilities,
#204-456 West Broadway
Vancouver, B.C. V5Y 1R3
Ph. (604)875-0188

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Many thanks to our production and assembly team for recent issues: Erwin, Lloyd, Brian, Wally, James, Robert, Jeff, Harry and John. If you want a volunteer assignment that's fun and rewarding, come join us on the lively Newsletter team!

NOTICEBOARD

Walkies? Westend PWA will walk your dog while you're at work or with you. Will give it lotsa love and attention. This is an inagural part of my pet therapy program. Call Paul between 10am-1pm at 669-6694. (Bull terriers are my favorite breed.)

Comox Valley Support Group-Anyone interested in attending a support group for HIV+ Persons in the Comox Valley Area please call the PWA Office collect and leave a message for Tom M. 733-4111

Victoria PWAs-A local PWA caucus dealing with local support, treatment and advocacy issues is forming. If interested call Gordon at 380-9610.

Member needs packsack, women's clothing (size 9) and school supplies. Contact Yvonne 683-3381.

Two members need answering machines. Call Yvonne.

"AIDS Memorial Quilt - Art Therapy in Action: Stetching Memories, Mending Hearts". Slide- and video-illustrated conference presentation for counselling professionals and interested general public, from 3:00 p.m. to 5:30 p.m, Saturday, August 10. For further information (and to arrange admission), contract 689-9709.

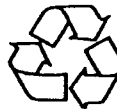
Victoria HIV+ Heterosexual Male, age 28, wishes to meet HIV+ woman for friendship or possible long term relationship. I am initially interested in a roommate/companion but I would welcome the relationship blossoming from there. Call Wally 1-727-9804

Debt Counselling available by appointment for the first Thursday of each month from 7pm to 9pm. Please leave your name and telephone number with the PWA switchboard to set up an appointment with Bob Turnbull of the Debtors Assistant Branch. **Mountain bike** available on a short term check-out to members. **Donation of bike helmet** urgently needed to proceed with bike project over the summer. Call Jackie at the office.

A member of



United Way
Affiliate Agency



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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.