



Vancouver PWA

Newsletter Issue 50 Aug/Sept 1991

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WHAT ARE YOU GOING TO DO?

On the evening of Sunday, August 11, top local entertainers gathered at the Tom Lee Music Hall to perform the song "What Are We Going To Do?". Written by Amanda Hughes and scored by Micheal Bates and Matthew Campbell of Paleface and Tony Bosley of Bosley Studios, "What Are We Going To Do?" is the promotional song for Walk For AIDS '91. It was sung to pre-recorded music by Amanda Hughes, Jim Byrnes, Kirby Howard and The Colourmen and mixed "live" at the event by James Brett.

The media turned out in droves for the taping of the Walk For AIDS '91 video. One reporter remarked that she had never seen such an original way of getting all the media together at one time.

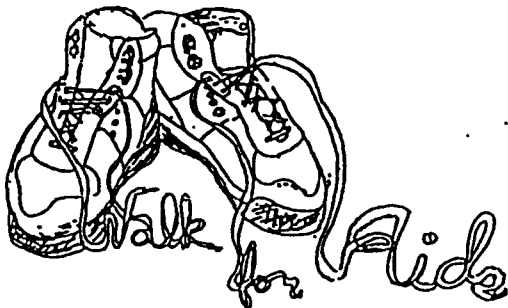
The media not only attended this event but also participated. The 50 or more media personalities, alongside the performers, sung "What are we going to do - about AIDS?" throughout the chorus of the song. Tom Graff did a wonderful job of arranging all the vocals and making everyone sound like a professional.

The performance was videotaped, with the hours of footage of the dedicated singers braving the hot, glaring lights shaved down to a mere 30 seconds. This 30 second clip will be used as a TV public service announcement for Walk For AIDS '91. A full length video version of the song will also be created and be shown on local video shows.

The song itself will be used for radio public service announcements and, we hope, be added to the playlist of "better" stations and dance clubs around town. The song and video will direct attention toward Walk For AIDS '91 which takes place on Sunday, September 29. Registration starts at 9:30 at Ceperley Park - the walk begins at 11:00 am and takes participants around the Stanley Park seawall and finishes with an entertaining afternoon of music, food and fun. The afternoon concert this year is not to be missed. There will be an encore performance of "What Are We Going To Do" featuring the original lineup. The stars of the video will perform as well as Shari Ulrich, Roy Forbes, Sibel Thrasher, Beverley Elliott, and Lynda Boyd.

There are fewer than four weeks until walk day. Now is the time to register and pick up pledge books. This can be done at the Vancouver Persons With AIDS Society (1447 Hornby), AIDS Vancouver (1272 Richards), Little Sister's (1221 Thurlow), Gay and Lesbian Centre (Bute and Davie), T-Shirt Gallery (1829 W.4th), Pastameli's (1120 Denman), U Frame It (600 Robson), Smash Gallery (160 W. Cordova), Starbucks (811 Hornby), Octopus Books East (1146 Commercial Dr.) and more. Call for information - 688-9255.

Greg Douglas



The Vancouver PWA Society's, Treatment Information Project, hosts **TREATMENT INFORMATION FORUMS**

AIDS/HIV Opportunistic Infectious a Medical Update - A Video presentation

Speakers from the U.S. National Institute of Allergy and Infectious Diseases. As presented July 26, 1991 at the U.S. National Lesbian & Gay and Health Conference at New Orleans.

Monday October 7th 7:30 to 9:30

Location: Hurlburt Auditorium, St Paul's Hospital, 1081 Burrard St.

Nucleoside Analogues. AZT, ddI, dd C, also introducing 3TC

Tuesday, October 8th 7:30 to 9:30

Location: Hurlburt Auditorium, St Paul's Hospital, 1081 Burrard St,

Chinese Medicine and AIDS

A discussion of the Chinese Medicine Project. What has been done, what is being undertaken at present, where we are going. The topic will cover benefits of the Chinese model as a complementary therapy to the standard western medical model. The discussion will also include the current actions that are bringing Chinese Medicine to clinical trials.

Speaker: Pei Lim

Wednesday, October 9th 7:30 to 9:30

Location: Gordon House, 1019 Broughton St

HIV Infection In Women - A Video Presentation

As presented July 26, 1991 at the U.S. National Lesbian & Gay and Health Conference at New Orleans.

Thursday, October 10th 7:30 to 9:30

Location: Gordon House, 1019 Broughton St

An Accelerated Model of Optimal Care.

Speaker: Sean Hosien

Saturday, September 12th 7:30 to 9:30,

Location: Hurlburt Auditorium, St Paul's Hospital, 1081 Burrard St,

BOUCHARD STOPS DISMANTLING CENTRE FOR AIDS

Canadian AIDS Society learned on Wednesday, July 10, 1991, that the new Minister of Health and Welfare, Benoit Bouchard, has interrupted a plan to dismantle the Federal Centre for AIDS (FCA) following a briefing by his own senior officials that same day.

Health Protection Branch (HPB), which has the FCA under its roof, has been examining for months how it might dismantle the FCA and "mainstream" AIDS activities within the HPB bureaucracy.

Although we have been very critical of aspects of the FCA's performance, it has also been clear to us that mainstreaming would not improve but worsen the federal government's response to AIDS. For example, the FCA is responsible for care and treatment programs and social services. CAS feels strongly that any mainstreaming would be negative at this time and would directly affect people living with HIV/AIDS.

Over the last few months, and particularly the last few weeks prior to the Minister's briefing, CAS has been pressing for the necessity to give AIDS visibility within the bureaucracy and accountability in both programs and finances. We believe that "mainstreaming" would make worse these long standing issues. CAS has been joined and supported in these efforts by the Canadian Hemophilia Society (CHS).

One of the principal issues CAS raised was the flawed approach by the HPB: they were examining only 1 of 5 branches with AIDS responsibilities. CAS has made several requests that all Health & Welfare Branches involved in delivering the federal government's AIDS policies be involved in developing a coherent and effective plan. Furthermore, that these discussions involve the non-governmental sector, including CAS and the CHS.

We were relieved to learn that the Minister of Health and Welfare stopped plans for the dismantling and has ordered all the Branches to work together to develop an overall federal government

response on how it will manage AIDS.

We are absolutely delighted that Benoit Bouchard has demonstrated this degree of involvement and has responded decisively to the concerns within a relatively short time becoming Minister.

CAS will monitor the next steps closely and press for genuine community consultation in the planning and will continue to press to make Health and Welfare more accountable and more effective in the management of its AIDS programmes. We now have a chance to help bring long-term change to this system which is critical to the lives of people with HIV/AIDS and people affected.

Canadian AIDS Society
Communiqué, July 12, 1991.

CONFIDENTIALITY AND OUR MEMBER MAILING LIST

It came as a great surprise to a number of our members that a recent mailing, from our offices, arrived on their doorsteps in UBC envelopes. It seems that many of our members felt that their confidentiality had been breached and that PWA had supplied UBC with our mailing list. We have a strict policy never to supply our members list to anyone. The reality of the situation is that our mailing list never left our offices and the confidentiality of our members was not in any way compromised. UBC simply provided envelopes and stamps to reduce our cost of mailing, PWA personnel addressed and mailed them. I will say, however, that using envelopes with UBC's return mailing address was a mistake and the many calls I received with regards to this issue were very much appreciated.

On behalf of the Vancouver PWA Society, I would like to apologize for any anxiety caused by this oversight.

Yours at peace,
Rick Waines



CELEBRITIES HELPS PWA SOCIETY

The Vancouver Persons with AIDS Society is expanding its efforts to fund its direct support services for persons with AIDS and HIV infection through the sale of Breakopen Lottery Tickets in local pubs and bars. Shown above Harry Mendez-Boyle (left) PWA Treasurer thanks Celebrities Manager, Carl Olsen (right) for their support in installing a Breakopen Ticket Sales machine at Celebrities on Davie Street. Proceeds from this machine will help support the Vancouver Persons with AIDS Society - Complementary Health Fund.

The Complementary Health Fund supplies assistance to persons with AIDS and HIV infection, for health related products, services and programs not covered by government, private insurance or other programs. It enables them to choose what therapies they need to complement their conventional medical treatment.

Photo Credit James Loewen

VTH INTERNATIONAL CONFERENCE FOR PERSONS WITH HIV/AIDS HIV AND HUMAN RIGHTS: FROM VICTIM TO VICTOR

The upcoming international conference for PWAs is less than a month away. Don deGagne, chair of the External Relations sub-committee and a member of the International Steering Committee for the conference, left for London on August 1st to work on securing sponsorship funding and other arrangements for delegates attending from developing countries. Yvonne Mallard, administrative manager, joined Don on August 13th to work with him and the steering committee for five weeks offering administrative support. The Vancouver PWA Society will be represented by delegates Tony Carter, Lim, Tom Mountford and Bryan Wade. Other members planning to attend include Barry Budway and Rick Waines.

Over 600 delegates are expected to attend and a broad cross-section of countries will be represented to share and to grapple with essential human rights issues and problems. Each day, working groups will focus on a specific theme, such as "Understanding Human Rights", "Developing Skills in Human Rights" and "Solutions to Violations". Drama/theatre sessions, holistic therapies/teaching sessions, graffiti wall, market exchange area, photo exhibitions, info stall and a "Positive Cafe" are also planned.

A new International Steering Committee will be elected during the conference which will be responsible for organizing the Vth International Conference for PWHIV/AIDS, to be held in 1992. Three representatives will be elected for our region (North America) and elected representatives will be introduced to delegates on the closing day of the conference.

Conference information, including papers, abstracts and reports, will be made available as soon as completed after the conference. The final report from the IV International Conference held in Madrid in 1990 is available now in the Vancouver PWA library.

Mary Bruegeman

PRESIDENT AND ADVOCACY UPDATE

It has occurred to me that most of my business as President doubles as my business as chair of advocacy. With this in mind, I will update you on both accounts in one article.

So here is what is new.

New home: As you may already know, PWA, AIDS Vancouver, The Women and AIDS Support Network, and other interested groups are working together to develop what will be a Resource Centre for the Persons with AIDS and/or HIV, and for the community at large. The rationale for such a move would be to make all organizations involved more efficient and in turn improve the support provided to you and me. People in Govt. that are responsible, in part, for funding aspects of our organization like the idea as well because it is a better use of funds and it improves support at the same time. There has been some concern that because we are sharing space with these groups there is a giant merger/conglomerate/save-on of AIDS in the not too distant future. This is not the case. PWA will and always will be PWA. Right now, we are waiting to have a meeting with Mayor Gordon Campbell to obtain the support of City Council, as the space we plan to use is City owned property. The building is being built on the corner of Helmcken and Richards. We also have a preliminary floor plan to work from. This floor plan was developed by our design team from various organizations and brought to fruition by John Ashley Price. We expect to be in our new home within a year's time.

New Money: The Open Learning Network of British Columbia, which is channel 5 in Vancouver has just negotiated and bought the rights of our video: "Working Together A Profile of Kevin Brown". The Network plans to run this video six times in the next five years so watch for it.

New Partners: Starting with a group that has been around for a while, McLaren Housing Society and the P.W.A. have developed a new working relationship that enables our members and their tenants to voice concerns about each organization in a healthy constructive manner. We are also in regular communication with McLaren Housing

Society with regards to the management of both their facilities and the concerns of our membership. We are off to a great, and co-operative start with our new partner McLaren Housing Society.

Our last new partner is one that will be very important and long overdue for you and me. The clinical research team and other AIDS specialists from St. Paul's Hospital will be meeting with P.W.A. and other interested groups to discuss concerns we have with the new Centre of Excellence planned for St. Paul's, the research agenda for the chair for AIDS research being proposed by U.B.C. and St. Paul's, and many other issues that will arise. It seems that as Pei Lim our Vice President mentioned at the beginning of this year at P.W.A. 1991 is a year for partnerships.

On that same note there is always room for self-starting thoughtful volunteers with the Advocacy Committee so call P.W.A., ask for Rick and get involved if you are interested in understanding what advocacy at PWA is about these days. You might be surprised.

Yours at Peace
Rick Walnes
President

THE NAMES PROJECT QUILT

The Toronto Affiliate of the Names Project Foundation is proud to announce that the Canadian Quilt is coming to Toronto this fall for a five-week exhibit at the Museum for Textiles. The Exhibition will be from October 26 through December 1, 1991. The Museum, is behind City Hall at 55 Centre Street, Toronto, Ontario. Phone (416)(559-5321) (Tom M.) for information about the Toronto showing.

A local committee is working to bring the Quilt to Vancouver next spring. For information contact Judy Weisser at 689-9709.

AIDS TREATMENT HIGHLIGHTS

T-CELL COUNTING STANDARDS

The target cells for HIV-1 infection are the T cells and macrophages which have the CD-4 receptor on their surfaces. The laboratory hall mark of HIV-1 infection is a progressive loss of CD-4 T cells. Several studies have confirmed that CD-4 T cell counts are the most important laboratory criteria used to monitor disease progression in HIV-1 infected patients. In clinical trials for HIV-1 therapies, the CD-4 T cell count is the single laboratory parameter used to determine patient entry into a trial.

The relative percentage of CD-4 T cells in blood is measured using a method called immunophenotyping by flow cytometry. The measurement is susceptible to variation due to a multiplicity of factors: notably, the time of day when the sample is taken (diurnal variation); the anti-coagulant used; sample processing; the source of monoclonal antibodies; and the actual flow cytometer used in the measuring process. There are many steps where variation may be introduced in the counting procedure.

Some of the variables are easy to standardize. For example, there is agreement that samples should always be obtained early in the morning and that EDTA should be used as the anti-coagulant. Antibodies sources used in flow cytometry and cell-staining methods also need to be standardized. The variation among instruments, however, is a more complicated problem. Daily calibration protocols with appropriate reagents are required to reduce within-instrument-variation.

Another issue is accessibility to the test. Because of the complexity of CD-4 cell counting, there are few laboratories capable of providing the service. Currently, most persons with HIV living outside major metropolitan areas may have to travel great distances to have their blood drawn for a CD-4 cell count. In many provinces, there are laboratories with flow cytometers in only one city.

There is no reason why people with HIV should have to travel a long way to get this count done.

Health and Welfare Canada has issued information that a person with HIV should be able to get her or his blood drawn in a doctor's office or medical facility in the town or city where he or she lives, and then have the sample shipped to the nearest laboratory with a flow cytometer. Strict controls are required because the shipment must meet biohazard requirements for packaging and the sample must be delivered to the lab the very next morning.

This document [Health Protection Branch Issue, July 1991], was widely distributed and Health and Welfare Canada wrote to the provincial and territorial deputy minister of health requesting they inform their hospitals of this procedure.

We have been told that in some provinces a mechanism for shipping biomedical samples already exist. However, chances are that persons with HIV are going to demand this service before it will be offered to them. They should ask their doctors to make whatever arrangements are necessary. They may need to refer their doctors to the HPB ISSUE paper. Even that may not be enough if the laboratories with flow cytometers do not agree to provide this service. There may be need for some lobbying at the provincial level.

If cases can be documented where people have not been able to obtain T cell counts in this manner it will be useful for lobbying the provincial government. The Canadian AIDS Society will also accept records of these instances.

Attempts to address the standardization problem results in the first Canadian Consensus Meeting of Flow Cytometry, which was held in Montebello, Quebec in September of 1990. A document containing the consensus protocol in nearing completion.

Treatment Information Project

1. Health Production Branch Issue July 12, 1991
2. C.A.S. memo. David Germaise, Ntnl. Programs Director

FLORENCE CONFERENCE OVERVIEW

Most news media reports of the Seventh International Conference of AIDS in Florence emphasized the lack of useful clinical information. While these stories are largely true, they do not give the whole picture. About three thousand scientific reports were presented, and these included background information on most of the drugs that have been covered in AIDS Treatment News - and also some new potential treatments.

The shortage of practical, useful medical information is not the fault of the conference. Although this year's meeting emphasized basic science (the theme was "Science Challenging AIDS"), there was plenty of room for important medical reports. The problem is that many obstacles - commercial, academic, political, regulatory - and the lack of funding and national leadership, have kept important research from being done. Studies duplicate each other, produce indecisive or unreliable results, or address questions which will be obsolete before the study is completed.

The past year has seen significant progress in making clinical research more productive - although shortage of funds is increasingly impeding progress. Results of the newest trials were not ready for this year's conference, although many believe that important new information should be available by next year's conference, planned for May 1992 in Boston.

The single area of greatest interest at the Florence conference was vaccines, especially those designed for treating persons already infected with HIV. Important information was also presented on ddC/AZT combination therapy, the anti-angiogenesis approach to developing KS treatments, and the value of keeping T-helper counts above 50.

There was little new practical information but potentially relevant opportunistic infection treatment news and new methods of prophylaxis. These deal with pneumocystis, toxoplasmosis and cryptococcal meningitis.

These pieces of information would be particularly relevant to those individuals facing advanced HIV infection and available through the Information Committee files.

They will also be dealt with in upcoming issues of the newsletter which will try to address the concerns of the necessity of an accelerated-care model for people who are dealing with multiple symptom presentation and multiple infections.

Florence Conference
excerpt from AIDS TREATMENT NEWS
San Francisco
July 1991

FOSCARNET: CONTROLLING CALCIUM DEPLETION

Foscarnet is an anti-viral used to treat acyclovir-resistant herpes, and also to treat CMV retinitis when ganciclovir fails.

Foscarnet can produce an abnormally low level of ionized calcium in the blood, which can cause nausea, dizziness, leg cramps, and even seizures.

The standard blood test for calcium often gives a normal value; to diagnose the problem, it is necessary to test for Ionized Calcium. Also, adequate water/intravenous hydration helps prevent kidney toxicity with foscarnet.

Physicians administering Foscarnet can call Douglas Dieterich, M.D., at New York University Medical Center at (212) 986-3330
Treatment Information Project



TOXOPLASMOSIS IN HIV

Cats may be carriers of this parasite, which invades healthy cells. Raw or undercooked meat may also contain this parasite, and when it enters the human bloodstream it has a special affinity for the heart and the skeletal muscle and is also known to affect the brain.

Cats first come into contact with the parasite through other outdoor animals, such as birds and rodents, or from their mother during pregnancy. It is spread to humans by contact with the infected cat's faeces, or warm, moist soil, where it can live for months. Also, direct contact with any material which has been contaminated by the infected cat's faeces can result in human infection.

The best way to prevent your pet from contacting this infection is to control your cat's diet. You may also be able to find out if your cat has already developed the infection by having it examined by a vet. Another important prevention strategy is to cook all meats until they are well-done, especially lamb and pork.

In the general adult population, it is a relatively harmless infection for people with normally functioning immune system. Upon infection, most healthy adults come down with flu-like symptoms: chills, fever, headache and muscle pains. It is estimated that between one third and one half of the population have been exposed to this infection, most people have developed anti-bodies to it which keep them free from future infection.

Toxoplasmosis in people who are HIV positive is usually a recurrence of a past infection. It is possible though that this time, the infection may result in serious illness, especially inflammation of the brain. This was formerly considered a rare disease, but it is now the most commonly recognised opportunistic infection of the central nervous system in patients with AIDS.

GMHC Treatment Issues

NUTRITION

Nutrition is the relationship of foods to the health of the body. We require the proper fuels to maintain our activity level and to empower our bodies to repair damage and resist infection.

We have all heard the assessment 'quackery' especially in the realm of nutritional treatments, which can have very sincere people advocating either a special diet regimen such as macrobiotics or mega-dose vitamin therapy for HIV treatment.

The Treatment Information committee does not recommend any particular regimen. Disagreement on nutrition can be found among the highest levels of researchers so it is natural that non-professional people will find conflicting information both in research materials and the marketplace. We can recommend that each person work toward an increased knowledge of what may help them in the challenge of dealing with HIV; correct diet with appropriate supplementation, proper levels of physical exercise and soothing environments plays significant roles in building up the immune system. Nutrition status is an important factor in cellular immunity. Deficits of vitamins and minerals may cause impaired immune response and poor resistance to infections and carcinogens.

No single substance will maintain vibrant health. Although specific nutrients are known to be more important in the function of certain parts of the body, even these nutrients are totally dependent upon the presence of other nutrients for their best effect. Every effort should therefore be made to maintain a balanced variety in our food selection.

Perhaps the most basic things we can do is to try increasing the intake of fresh fruits and vegetables and raw foods such as seeds, nuts and grains. Choose a good quality fibre source - whole wheat bread or bran muffins. Cutting down on the intake of alcohol, caffeine, sugar products and red-meat are all within the realm of possibility. Even small measures of success with these efforts may be beneficial to people with HIV infection.

We have compiled some basic information on vitamins and minerals supplement information along with the names of some popular natural substances that may aid in energy level maintenance and the stress and immune response. If you would like more detailed information, hand outs are avail-

able at the P.W.A. Society office near the reception desk or by asking at the library, which has a great collection on diet and optimum self-care for HIV/AIDS.

An important thing to remember in supplementing your diet is that some commercial products are better than others i.e., ones that are free of impurities such as petro-chemical additives, stabilizers, or plants that have been exposed to pesticides. Simply spending enough time to read labels and compare will lead you to the purest form of the desired supplement. Many pharmacies and health-food stores carry free literature on their line of supplementation products. Health-food stores may have more variety, especially in herbal formulations.

The other important thing to remember in supplementation is the odd saying about "too much of a good thing." Vitamin and mineral over-supply to the body can be stressful and even toxic to the organ systems which process them. If you have chosen a particular regimen that exceeds the recommended dosages, ask your doctor about any precautions that you may need to be aware of.

All natural vitamins are organic food substances found only in living things. Vitamins function with enzymes which are responsible for the oxidation process within the body whereby oxygen enters the bloodstream and is carried to individual cells. Enzymes are also a major factor in digestion, cell metabolism and growth of repair tissue. While government agencies have given us recommended levels for vitamin/mineral intake, some researchers, such as Nobel Prize winner Linus Pauling, feel that these RDA amounts are the extreme minimum required to prevent serious illness and that we may need more than these amounts, especially in the challenge to the body that comes with HIV. Vitamin therapy does not work overnight in the same way that deficiency of a certain vitamin will produce symptoms only after weeks or even months of deprivation.

Minerals are nutrients that exist in the body and in food in organic and inorganic combinations. Seventeen minerals are active in human nutrition. Minerals make-up bones, teeth, soft tissue, muscle, blood and nerve cells. Like vitamins, they act as catalyst for many biological reactions, including the transmission of nervous system messages and the production of hormones. They help to maintain the

body's delicate water balance and govern some fundamental processes such as drawing chemical substances in and out of cells and the production of antibodies. Calcium, chlorine, phosphorus, potassium, magnesium, sodium, and sulphur are known as the "macrominerals" because they are present in higher amounts in body tissues.

Some Minerals & Vitamins especially relevant to HIV disease:

IRON: ferrous sulphate

Good sources of iron are meat, raisins, liver, figs, peas, beans, soybeans, whole grains, spinach, potatoes, brewers yeast, pineapple, and leafy green vegetables.

Spirulina is a potent source of iron.

ZINC: Sources are brown rice, lean meat, whole wheat bread, mushrooms, spinach, sunflower seeds, wheat germ, liver, eggs oysters... Zinc is important to the synthesis of protein and to the wound and burn healing process. Too much alcohol will waste zinc from the body.

SELENIUM: Liver, whole grains, tuna, brown rice and shell fish. Selenium protects the body from toxic minerals like lead and mercury and is a part of the molecule called "glutathione peroxidase", which is one of the most powerful free radical scavengers in the body.

MOLYBDENUM: Has been identified in recent experiments as important to the immune system and a protection against cancer.

COPPER: Also forms part of a powerful free radical scavenger. It is found in eggs, seafood, grains, fruit & grapes.

MAGNESIUM: Seafood, nuts, green vegetables, bran & kelp. It is the second most plentiful intracellular mineral and is involved in protein synthesis and fat utilization.

VITAMIN A: Important in fighting infection. By giving strength to cell walls, it helps protect the mucous membranes against invading bacteria.

The **B-COMPLEX** of vitamins: Often called the "stress" vitamins since they are essential to the proper function of our body's natural coping mechanisms. They help combat the negative effects of caffeine, alcohol and tobacco.

Continued Next Page

Nutrition Continued

VITAMIN C: Has been shown to enhance the stimulation and activation of T-cells and to stimulate macrophages. It is important in the production of adrenal gland cortisol, a hormone which protects us from the effects of stress.

BETA-CAROTENE AND VITAMIN A: Vitamin A is made in the body from beta-carotene. Beta-carotene has regressed cancers in lab animals in recent Harvard studies.

There are many directories of vitamins and minerals and guides for diets.

The library has personal-experience books on nutrition enhancements that other PWA's have tried and many main-stream guides to foods and supplements.

The following list are some non-toxic, natural extracts that others have found useful in combating the ill-effects of fatigue and stress that many people with HIV experience. They are available locally in natural and health food stores and sometimes pharmacies. Royal jelly is available in Chinatown also.

Food and good water are elemental to life, yet all of us slip up in choosing the foods that are best for the body. An HIV infection is both a physiological and emotional stress and we can enhance the performance of the body's stress response and resistance to disease by viewing nutrition as one of the first and basic tools in our fight.

CHLORELLA: a small, one-celled green algae which contains Beta-carotene, folic acid, iron, zinc, calcium and Vitamin B₁₂. It also contains chlorophyll, which has been shown to double the lifespan of test animals that had been exposed to radiation in studies conducted by the U.S. Army. Another study carried out at Harvard has shown chlorophyll to have direct anti-tumour activity. Chlorophyll is sometimes called "green blood" since its molecular structure is virtually identical to heme, the red pigment in our blood. Whereas heme has iron at the center of its molecular structure, chlorophyll has magnesium. It is essential to the mechanism which de-toxifies the liver. Chlorella is marketed either as a green powder form which can be added to water or juice or in tablet form.

SPIRULINA: Also a one-celled algae, which is blue-green in color. It contains 70-85% digestible protein, with all 18 essential amino acids. It is

extremely high in Beta-carotene, having the Vitamin A equivalent of 6 carrots per gram. It has 350% more potassium than rice and 300% more iron than steak, gram for gram. It also has many of the B-Complex vitamins and is also a good natural source of chlorophyll.

ROYAL JELLY: Secreted by the glands of 3-10 day old bees who are fed pollen by mature worker bees. The Queen bee is the exclusive recipient of this super food which is responsible for turning an ordinary worker bee into a longer-living reproductive dynamo. It contains Vitamins A, C, D, E, as well as nine B-Vitamins. It also contains 22 amino acids and notable quantities of minerals. It is usually sold in liquid form.

ALOE VERA: Properly called aloe barbadensis. While researchers still have questions to answer on the exact working mechanisms of aloe, it is known to definitely enhance the healing process, especially of the mucosal surfaces. It contains carbohydrates, vitamins, minerals, and amino acids. The gell-like substance found inside the leaves can be applied directly to cuts or burns and aloe can be taken internally in tablet form.

GREEN MAGMA: Introduced from Japan and now also cultivated along California's rich coastal plain, green magma is formulated from green barley grass. It also contains a high level of chlorophyll, protein and vitamins and minerals. It is usually sold as a powder which can be added to a drink.

MATOL AND ENSURE: These are liquid supplementation products that are formulated especially for those with solid food consumption difficulties to provide a wide range of nutrients.

Peter Donovan
Treatment Committee



IMMUNIZATION NOW AVAILABLE

Persons of all ages with HIV infection should receive influenza, pneumococcal, and hepatitis vaccines when these are indicated.

The influenza vaccine is received by the City's Health Department in late September or early October and is available through your general practitioner.

The pneumococcal vaccine (Polyvalent) protects against 23 types of pneumococci and, like the flu vaccine, is best taken in the autumn or early winter.

It should be noted that persons who received the earlier 14-valent vaccine should not be given the 23-valent vaccine.

While antibody responses are less satisfactory in immuno-compromised individuals and mild side-effects of fever and malaise have been reported, it is a good idea to be acquainted with these possibilities of off-setting these particular diseases.

Treatment Information Project

KISS NEEDS YOU

The Keep It Safer Sex Project is an exciting and innovative project aimed at the education and skill development of safer sex practices. There will be many areas of involvement in which we will need your help. Our first phase will focus on colleges and we desperately need more PWA speakers. Professional Training will be provided.

Call KISS at PWA or AIDS Vancouver for more information. If you are attending or working at a college or if you know students or staff who are supportive please note this when you call. Again, we need your help ASAP.

PWA Society: Joe Ford, Barry Budway 683-3381. AIDS Vancouver: Stephen Williams, Blue Irwin 687-5220 or leave a message for the KISS Coordinator, Blue Irwin 687-7906

We want your feedback and ideas.

Joe Ford, Speaker's Bureau

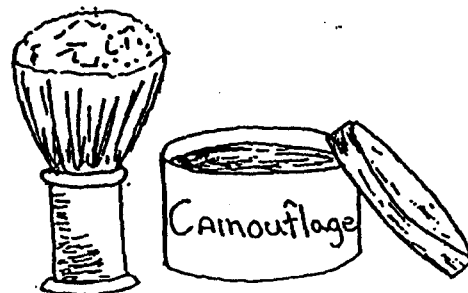
WHAT IS CAMOUFLAGE THERAPY?

How might our members benefit from it? Appearance, we are all aware of it, either our own or others. Even when we are considered perfectly 'normal', questions are asked and comments are made about our appearance. Think for a moment about people with congenital or acquired deformities or disfigurement and how might they be assisted so they can feel that they could go about every day living more comfortably and confidently.

Camouflage Make-up has a lot to offer, unlike fashion make-up which is for enhancement, camouflage make-up is to normalize an appearance. The materials used differ from traditional cosmetics in that they are opaque, waterproof and not a heavy grease paint. Camouflage make-up can effectively be used for Kaposi Sarcoma as well as HIV related skin conditions.

The camouflage therapist's job is to teach the client the proper application techniques with accuracy and confidence.

We have recently met Kathie Giasson who is an aesthetician with an eight year background in the cosmetology and aesthetic industry. She has worked with PWAs in the San Francisco area. Kathie operates Image Makers Skin Care and Electrolysis at #119-744 W. Hastings St. Vancouver, 688-2818. This therapy, when used for HIV related conditions, can be covered by the P.W.A. Complementary Health Fund for qualified members. If you require any further information regarding Camouflage Therapy and how it might be of a benefit to you please contact Kathie at the above number.



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 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.

Aboriginal Peoples Support Group: For persons concerned with HIV issues. PWA Living Room Lounge, 5 to 7 pm. Call Alan K or James L at PWA for more info. Informal and confidential group. All welcome.

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 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 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, 7pm 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 255-9858 (during drop-ins) or Jackie at PWA. Children welcome. Se habla español! Por favor, llama por adelantado si necesitas que hablen español 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 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 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. Juices, freshly-brewed coffee and other goodies when available.

KUDOS OF THE MONTH

Once again, but this time enormous thanks from all the Members, Volunteers and Staff of our Society to the veterans ESSO Station - Burrard & Davie, U-Frame-It - Robson & Seymour, Scribe & Scholar Stationery, Metropolitan Home/HOME MET, the Video In, Simon Patrich Gallery, Avenue Lounge - Dufferin Hotel and the newly recruited West/East Ender, Metro Broiler, Shoppers Drug Mart - 1125 Davie and Pastameli's - Denman, all of Vancouver for continuing or having let us place our donation boxes to be displayed permanently for their customers.

To Starbucks Coffee at 700 West Pender Street & Granville and at Denman Street for their continuing donations of coffee for our Members.

Once again to the wonderful "Cowbells" for their continuing fundraising for our Society.

To Ubysey columnist Judith Becman and helpers for their collection in lieu of admission charge for our Society during their sponsored showing of the film "POETRY IN MOTION" by John Giorno at R2B2 Books.

To the volunteer and Associate Member who made a donation to our Society because she "... was going to phone and make an app't today and I got a better (hair) cut here for nothing."

To the Back Alley bar of Streets-Dufferin Hotel and Celebrities Cabaret for having our Society's break-open lottery machines in their locales, and to Phil of Numbers and Spats Cabarets for allowing to place similar machines in these locations in the near future. These bring in needed money for the Complementary Health Fund (CHF) and need your continuing support.

To Dennis and Claudio members of the Bore & Stokers Car Club, owners of the vintage red convertible and the "Big Wigs" who made it possible for our Society to have such an spectacular float in the Pride Parade.

To the general public and spectators who gave generously along the Pride Parade to our walkers accompanying the Society's and Walk For AIDS '91 floats. Almost \$1,200 was raised for our Society.

To the English Bay Bowling League mem-

bers for their fundraising efforts on behalf of our Society.

To the organizers, volunteers, professional entertainers, private and corporate donors, local businesses and all party goers of the 1st Annual Don Cocks Memorial Deck Party & Barbecue, especially Doug, for their fundraising on behalf of our Society and other charities, with 100% of the door receipts going to the charities and most event expenses being donated. It was a very enjoyable sunny Sunday afternoon.

To Martin Rooney, Sandy St.Peters, J. D. Rene, Mr. Rusty Ryan, Greater Vancouver Native Cultural Society members, all other entertainers and patrons who donated their talent, time and/or money during the fundraiser "Pink With Accessories" (PWA) held at Streets - Dufferin Hotel on Sunday, August 18, which raised about \$750 for our Society.

To U-Frame-It - 600 Robson & Seymour for donating 10% of their framing sales of their "Joe Average Celebration '90 Prints" campaign to our Society.

To David Clark for organizing, with the participation of Sandy St.Peters as MC, Misty Dawn, reigning Queen of the Greater Vancouver Native Cultural Society, Lenore and other entertainers and patrons who donated their talent, time, effort and/or money during the fundraiser "David and Friends" held at Chuck's Pub - Heritage House Hotel, on Thursday, August 22 with 100% of donation proceeds to our Society. To the Vancouver Boyz Club for their supply of complementary tickets for our Members for Summer Heat No. 2 "Get Totally Hot Again" at the B. C. Enterprise Hall - Plaza of Nations.

To the owners, management and staff members of the numerous business who allow members of the community to hold fundraising events on behalf of our Society, without expected remuneration.

To our many other supporters, personal and corporate donors, members of the community at large and public in general for their numerous donations and ongoing support.

To all our Society's volunteers and staff members, including our now-departed summer students, who aided us in carrying out our Society's mission.

Harry - Finance/Fund Development Committees

NOTES FROM THE SPEAKER'S BUREAU

I have been involved with the Vancouver PWA for over three years mostly in a fundraising capacity. Seven months ago I was asked to fill in for one of our speakers at a very rural high school in an area noted for being "Bible-Belt". I had three classes from grade 10 to grade 12 through-out the day. Not knowing what the hell to expect, I took my massive dog, brochures and probably a handful of valium! Since I had one hour with each class, I decided to give them my story of how HIV has affected my life, ask them questions and to open the floor with a 'Q & A' format. I was nervous as hell, not knowing what to expect! Was I ever surprised! The students were respectful, brutally honest and realistic. I was hooked! Then the requests started to pour in. The students seemed much more responsive to an actual PWA speaking than all the AIDS videos and information given them.

A couple of engagements really stand out! In the last month of the school year, Barry and I spoke at a North Shore school whose PTA group had just nixed condom machines in the school. We spoke at two sessions that had been arranged by the concerned school counsellors (they had just lost a teacher to AIDS). During the sessions the counsellors got requests from the students for testing information. A week after speaking at the school I got a note from the counsellors, that four students had tested positive! Pretty frightening!

A few weeks later, Barry and I went to the 'Sunshine Coast' and spoke at three different towns. In the last town we spoke to the grade 12's in the morning and the grade 11's in the afternoon. The grade 12 grads came back and presented us with a petition requesting that the graduation class' gift to the school was to be condom machines! We were astounded, to say the least!

The PWA society, AIDS Vancouver, the Ministry of Health, and various other AIDS-related organizations are collaborating a major project called KISS (Keep It Safer Sex) which we will launch in October. The KISS project, though only in

it's infancy, will be an on-going project with student involvement so we gauge that students are changing their sexual behaviour patterns. As KISS starts, I will definitely keep everyone updated. We need volunteers for different aspects of KISS, so please call Barry or myself at P.W.A. 683 3381.

Joe Ford
Vancouver PWA Society
Board Member/Project Leader Speaker's Bureau and KISS

*Sitting in the office at PWA,
Watching Yvonne put things away.
Everyone quietly in the own
world*

*As the system is efficiently run.
We are the survivors of aids.
Through organization
And determination
We can beat this thing.*

*As we work together
Using our minds
To make "Living w/aids" possible
So enough of this talk of*

*seroconversion
Or getting aids through some
act of perversion*

*It doesn't matter what drugs you
take*

*It's what's inside that counts.
And I'm not ready to go down
for the count.*

At least not today.

Kevin C.

PLANTAIN

The life and death struggle with AIDS is no stranger to the small interior cities of this province. During the last three years I have fought AIDS as so many others have. In January of 1990, I lost my partner of seven years to Kaposi's Sarcoma.

My lover and I were diagnosed with AIDS in May of 1988. I came down with PCP and Marcel with toxoplasmosis. The next twenty months were a nightmare. Our story is like so many others, except for one small event - one brief success- something that may help some one else.

Marcel's treatment included a barrage of antibiotics and many other medications. It seemed to us that the treatment stripped him of any natural defence he might have had. He died with acute candidiasis and Kaposi's sarcoma.

Late in the summer of 1989 the first signs of the cancer became evident. A lesion at the site of an open wound on his hand began to grow. A second lesion started on his left hand and then a third one on his tongue. The doctors supplied creams wrappings and more medicines. Nothing was working: the lesions continued to grow.

A very dear friend who helped Marcel and myself through everyday of those twenty months brought news to us from her aged Russian grandmother, a Dukhobor herbalist. Her suggestion was to try a poultice of a weed which grew in our backyard. At the time, we didn't even know the weed by name. Karan and I collected the weed, root, leaf and seed stalk. We cleansed and boiled the plant. Marcel soaked his right hand in the tea three times a day.

The cancerous growth was on the surface of his right palm, approximately three inches long. In three days, we saw dramatic results. The lesion seemed to dry, shrink and flake off. After ten days it disappeared. Karan and I were thrilled.

We began treatment of his left hand and Marcel started taking the bitter tea in his mouth. Even though some improvement was noticed we couldn't continue. His health deteriorated. He refused our encouragement. Winter came, taking the weed- and my Marcel!

We all wonder "if" in times of grief. I am so sure that if we could have continued with the boiled plant, we could have cleansed the sarcoma in the

intestine, since the weed can be taken internally.

The weed is called the broad leafed plantain. It is said to be effective in treating tumours. It can be used as a poultice or taken internally as a tea. It is available by special request through most health food stores.

I couldn't help Marcel but maybe I can help. And please - let me know your results.

With love, sincerely,

Lloyd Collier

Note from Stryker: Maybe, just maybe, the Russian folk medicine for ulcers - a poultice of the broad leafed plantain - will work on Kaposi's sarcoma. I checked four different wild Plant/wild herb books. All of them list the broad leafed plantain. It seems to have properties similar to Aloe Vera - effective on any sort of wound. It can be eaten in a salad; the seeds act as a laxative. I ate some from our garden. The stalk is like a tiny stalk of celery, sweet and nut-like in flavour. I thought the leaves were chewy. I'm still here!

The narrow leafed plantain has similar properties - it just takes more of them.

Remember that the plantain is not a proven, tested drug. We are talking folk medicine. If you use it - you are on your own. Please contact Lloyd or me through the PWA office with any results. We hope you have good news- but nil results are also important. We want to hear about adverse effects at once.

One more note - in some parts of the world, the plant is believed to increase the libido. We make no promises.

Stryker

WHAT IS TOUCH FOR HEALTH?

All of Touch for Health is based on evaluating muscles and energy through muscle testing. Using this biofeedback mechanism, the client or student can actually feel and evaluate the muscle strength for herself. Muscles are also tested to show the relative strengthening or weakening effects of food, and things in the environment. It is also useful for evaluating stress.

During the 1960's a group of chiropractors developed a number of techniques to strengthen weaker muscles, and tune up the body. These includes:

- massage points to stimulate lymph flow to the muscle
- holding points on the head to stimulate blood flow
- work with meridian system from Chinese medicine to balance the body's energy
- acupressure points, also from Chinese medicine (but no needles are used in Touch for Health).
- massage of the muscle itself to bring energy and attention to it.

A Touch for Health session, or balance, uses muscle testing to find weak areas, and to decide what corrections will be effective.

On a physical level the client's postural balance improves, stress is released, and all body movements become easier. The natural energy and power we all have within us comes through as blocks are removed.

Touch for Health also uses muscle testing to identify and release mental and emotional stress and blockages. This gives the client the ability to perform optimally in all areas of her or his life.

Touch for Health is available at the PWA Society. Call switchboard for appointment with therapist Michael Delory. Tuesdays 11:00 - 3:30 at the P.W.A. office.

AIDS MASTERY WEEKEND

"I went to it to try to learn how to die with more understanding and peace, but wow, was I ever surprised—I left the weekend feeling really good instead of sad, and really strong inside about taking charge of my life and living it fully, whether or no AIDS eventually does anything awful to my health. It sure wasn't the 'go-up-on-a-mountain-and-hum event I was worried it might be!" [Evaluation comments T.G., participant in last year's "AIDS Mastery" Workshop]

North Lights Alternative (Canada) has scheduled another "AIDS Mastery Weekend" for November 22-24, 1991 here in Vancouver. This primarily experiential weekend is not for AIDS facts and information, but instead for personally exploring how AIDS affects people's lives and what you can do to empower yourself to take better charge of how you are responding to AIDS. It is about choices and feelings and your own responsibility to yourself to live as fully as possible right now. Several local PWA's and friends/family took part in this experiential event last year and will be helping assist the workshop leaders with this one in November. Although this is not yet a frequent event in Vancouver, the Mastery weekends happen monthly all over the U.S. and eastern Canada and are consistently well-attended and well-received by the PWA community.

There will be an information meeting Wednesday evening, September 25 at 7:30 p.m. at Gordon House where Bill Elkins (one of the workshop leaders and the Administrative Coordinator of Northern Lights Toronto), along with several PWA's who took the workshop last year, will be on hand to give further details and answer any questions you might have. The workshop requires a registration fee, but no PWA will be turned away due to lack of funds.

The local contact person for this event is Judy Weiser (Associate Member of PWA), and she welcomes all enquires at 689-9709 (it's her office, so please excuse the formal message machine tape). If you wish to talk directly to PWA's who took the workshop before, she can arrange to have one of them return your call.

Judy Weiser

AN ODE TO THE SISTERHOOD

Here's to all the women
The nameless, faceless souls
That die alone
warriors
in combat
Forgotten
Beside their brother.

Here's to Linda
dead
Who died ashamed of a virus
trying to gain access
To a drug trial
and medication
That might have saved her life.

Here's to Migdalia
Who died
A prisoner of war
trapped in a fourth floor walk-up
cold, starving and crippled
denied of benefits
for the cancer
that ate up her womb.

And don't forget Marie
Who spoke no English
And was deemed healthy (and stupid,
lazy)
By a callus, asshole social worker
Deaf to the poetry in her native Creole
Who spent her last days
Feeling hopeless and dirty
And alone.

Shaheen died on a stretcher
in a city hospital
from ovarian abscesses.
The surgeon refused to operate
(Tainted blood. No insurance.)
So she drowned in her own pus.

Paula overdosed
While awaiting a bed
for herself and her baby
In a drug-treatment facility
She was afraid
her child would be left an orphan.
Not to worry
The kid died too.

And here's to myself
An aggressive bitch.
Who tears at her hair
And shrieks in agony
Every time I lose a sister.
I pray our screams are heard
and our tears fall on your heads
Even from the grave.
Iris De La Cruz

THOMAS EMMETT O'CONNOR

On July 27, 1991 at 10:20am Thomas Emmett O'Connor died in the San Francisco Veterans Administrative Hospital. His beloved Pacific Ocean outside his window and friends by his side.

Tom fought for eleven years; when doctors did not have the answer for him, he set out on his own to find them. The result was his book *Living With AIDS Reaching Out*. He wanted to share what he had learned, to help others to live with their disease. Tom faced death as he lived his life; as a learning experience. He taught me that there is nothing to fear in death, just as there is nothing wrong in fighting like hell for life.

I met Tom when he came to Victoria in the summer of 1988, after being invited by AIDS Vancouver Island to share his knowledge. I knew instantly that he was going to become a special part of my life. Tom brought to my life warmth, strength and unconditional love. I was blessed to have him in my life. I am the stronger and wiser for having known him and loved him.

When my time comes to pass from this earth I hope that I can do it with the same grace and spirit. Goodbye my mighty warrior until we touch again.

Joy McQuarrie

*Death is only horizon; and a horizon is
nothing save the limit of our sight.*

Rossiter Worthington Raymond

As the sun set
One bird sang its song
OF JOY,
Flew to the light...
Was gone.

D.S.

WHAT DO WOMEN REALLY WANT?

Positive Women: It is time we got together to find out what are our common needs and goals. If you would like to see something done for women with HIV, or have ideas or inspiration, please come to the first ever.

Positive Women's Gathering

Date: Wed. Sept. 18

Time: 5:30 pm

Place: PWA lounge, 1447 Hornby St.

This meeting is for women with HIV and AIDS only. We will operate on strictly confidential, first name only basis. For info., or if you cannot come but would like to contribute, please call Jackie at 683-3381.



STEP TWO

Hi, its me Ronald P.

Last time I wrote to you on Step one. Now we will move on to step two which is Come to Believe that a power greater then ourselves could restore us to sanity

For me to believe in anything or anyone I first had to be willing to trust. I trusted the AA people at an Alcoholics Anonymous meeting. There in the room I could see a power working in and through the people. Everyone seemed to be happy and enjoying their lives. I have seen people come to AA in pretty bad shape and heal right before my eyes. In time they started to laugh at themselves as I did myself. Not too many, in fact, none of us, came in laughing or glad we were drunks, but after a while of just hanging around we found we could laugh more at our drunkenness and insane thinking of drinking.

There seems to be a power which comes through the people and heals if we can just allow it to happen. When I could just accept the love of others I heal. When you have a cut on your finger you can see in time it heals itself. This same healing power is in all of us. Yes, if we could believe and let it happen we could even heal AIDS or at least live a long long time with AIDS. In AA some of us chose to call this power God. I had a problem with the word God myself, until I heard someone say at a meeting of AA that God meant Gang of Drunks.

Now we know if we just allow love for people to come in we can love ourselves and if we love ourselves we can heal and live long.

We must expose ourselves to this power, we can do it by going to an AA meeting or P.W.A. and give ourselves as much as we could to help them help us.

So let us love you until you can love yourself. Come and see us, we are all over the city every night. Gay and Straight we all can live together with AIDS. Thank you for taking time to read my thoughts.

Keep it safe
Your friend
Ronald P.

STEP THREE

Hello from Ronald P.

I am back with Step 3 which is we make a decision to turn our wills over to with our lives to God as we understand him/her to be.

This is the step where I made a decision to be honest, willing and open to let go of my drinking, drug smoking and even my being HIV+. I turned it all over to a God who I can trust to help me. What ever happens, happens. It is his will not my will. My will is to drink, use or smoke; it's to bitch about being HIV+ and make other people miserable as I am.

God's will is that I stop hurting myself and others. He wants me grateful and happy. God's will is for me to trust and have faith in him. When I get out of my own way and out of his way things go much better for me. When I stop complaining about my state in life I'm much happier. It takes less energy to smile then to frown. When I'm grateful for things my feelings are lighter and easier. When I'm thinking negative thoughts I'm heavy and depressed all of the time. God's will is that I get out of myself and help others who are drunks or HIV+ or have AIDS. God's will is that I help in anyway that is comfortable for me, even by writing this letter to you. I only do the best I can with what I have.

The best way to know God is to talk to him/her. People disappoint me allot but God has never let me down. I turn my back on God, he is always there when I turn back to him. I must stay open to all things. When I shut the door on anything, even God, things go wrong in my life. When I stay open things go as well as can be. I cheat myself when I close doors. I'm the person who hurts when I don't listen and think I have all of the answers. So today I listen and as a result I'm healthy even while being HIV+. I have more energy to do things and I am liked by most people. I meet because I'm grateful and not always depressed. People like up and happy people. They don't run towards people who are hateful and depressed. So Let God help you help yourself. Let go and let God bring you to a much happier, joyous and free life by just staying willing to do things for yourself, staying open to all life has to offer be it good or bad things almost of all stay honest with ourselves and everything we do, say or feel. My God's will be done at all times and never our own.

Your AA Friend
Ronald P.

LAW STUDENTS LEGAL ADVICE PROGRAM

Commencing in September 1991 the UBC Law Students Legal Advice Program will be conducting legal advice clinics at PWA. First and second year law students, working under the supervision of qualified lawyers, will be available to advise our members on legal matters including Canada Pension Plan disputes, civil liberties, criminal matters, debtor's assistance, estates, landlord and tenant matters, powers of attorney, welfare entitlement and appeals and wills.

This program will provide our members with the opportunity to obtain legal advice and services which might otherwise be unavailable and will serve as a valuable addition to our own individual advocacy assistance. It will also take over the Legal Documents Program which assists members in preparing a Living Will, Power of Attorney for Health Care and Last Will and Testament.

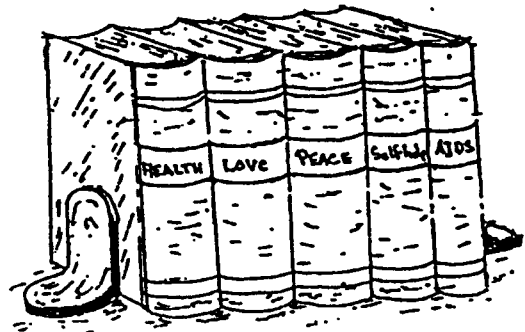
The first clinic evening is planned for September 16, 1991 and clinics will continue weekly or bi-weekly thereafter as necessary. Appointments are necessary and can be made by calling PWA at 683-3381.

LIBRARY NEWS

The library will be suffering as we have lost the help of Michael who finished his summer work on Friday August 23rd in order to return to school. He has put in a lot of work in changing over the library cataloguing system so that it will be the same as AIDS Vancouver's. This will allow a greater degree of information exchange between our organizations. He has also offered a bright and cheery attitude to all those using the library. We hope that Michael has a very successful year and thanks again for all the great work that he has done for us!

We would also like to remind members that there is a plethora of information on most aspects of alternative healing methods. So please don't be afraid to ask about a treatment.

Urgent—we require people to look after the library on Monday, Wednesday & Thursday pm, as well as Thursday evenings from 7:30-10 pm. Morning shifts are also available, so if you have some spare time and you don't know what to do give Jackie or Ted a call!

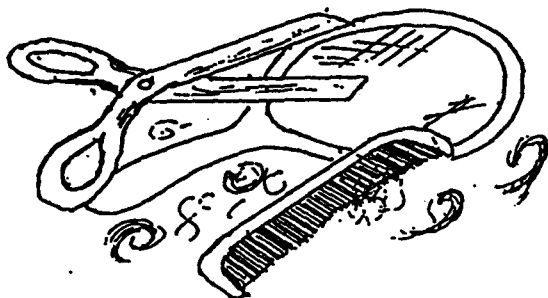


ARTWORK NEEDED

We have had a request from the Canadian HIV Trial Network for submissions of artwork or illustrations by PWAs reflecting their experiences. These submissions are intended for their annual report coming out in October. The deadline is September 13. For more information call Robin Sussel at 681-5380.

PROFESSIONAL HAIR STYLING

In addition to Mondays from 10 am to 2 pm, free haircuts for full members are now available two Saturdays a month from 11:30 am to 3:00 pm. Sign up sheets are up in the Living Room Lounge, so book early and mark it in your calendar! If you must cancel and wish to re-book an appointment, notify the switchboard. Please come with freshly washed hair. For those who are not full members, a donation to PWA is very much appreciated.



PARENTING AND HIV/AIDS

Sunny Hill Hospital for Children and UBC Continuing Education are sponsoring a Paediatric AIDS Conference November 1 and 2, 1991. As part of the conference, people directly involved with parenting issues and HIV/AIDS can get together on the Thursday night before the conference (October 31) to meet each other and talk. A lounge is set aside for those living/parenting with HIV/AIDS throughout the conference. Please contact Jackie if you would be interested in attending the get together before the conference.

DEAR MEMBERS,

We in Peer Counselling are available to visit you, our fellow members, in hospital; however, neither Patient Information nor the Social Workers at Saint Paul's Hospital are permitted to give us a list of patients who are our members. Heaven forbid should you find yourself in the hospital, but if you do end up staying for any duration and wish to have someone from the PWA Society come visit for a chat, please contact the office Peer Counsellor and we'll try to get in to see you as soon as possible.

Grant Ito,
Volunteer Peer Counsellor

ISLAND PERSONS WITH AIDS

The Vancouver PWA Society outreach project for the Victoria area meets every Friday at 1:30 PM, Room "F", YM/YWCA - 880 Courtney Street, Victoria. Confidential - HIV Discussion/Support.

NORTH SHORE MEN'S POSITIVE SUPPORT GROUP

A new group open to men with HIV infection or AIDS meets every 1st and 3rd Wednesday in a member's North Shore home, attendance voluntary. Members meet to discuss personal health problems/concerns and to provide mutual support. This support group is not limited to those living on the North Shore. For information on how to become a member and when and where we are meeting etc. call Merv 986-2127; transportation could be arranged.

KAMLOOPS SUPPORT GROUP

A support group has been formed in Kamloops for people who are HIV+, their mates, friends and families. The group offers emotional, psychological, spiritual and practical support and information. If you are interested in being a part of this volunteer, self-help group, please phone Don or Mike at 573-4309. We are at home most of the time and there is an answering machine in case we miss your call.

FRIENDS FOR LIFE

A support group organizing social activities and information exchanges. For HIV+ people who identify as heterosexual. If you are interested in being involved in this new group, which starts up in the fall, contact Quita at 926-2633.

HELPLINE SWITCHBOARD OPERATORS

are needed to answer calls and direct them to the appropriate people, take clear and concise messages, have a general knowledge of AIDS and document any errors, commissions, add-ons for the referral guide. The switchboard person should be able to remain calm under pressure, have good telephone manners and behave in a polite, professional manner at all times.

RECEPTIONISTS

are needed to greet visitors and direct them to the appropriate person when required. This person would check library books in and out when the librarian is not available and provide information about our organization, its programs and services. The person in this position must enjoy dealing with people and have good communication skills.

The above positions are for one or two 3 1/2 hour shifts weekly. I cannot emphasize enough the importance of these positions being filled every day as they are imperative to the smooth functioning of the office. Total commitment in these positions is a must.

For more information leave a message for Tom M. or Quita at the switchboard.

Staff Credits

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Robbie H.

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John Liesch

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Michael H.

Production Manager:

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 capcus dealing with local support, treatment and advocacy issues is forming. If interested call Gordon at 380-9610.

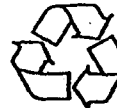
Member needs packsack, women's clothing (size 9) and school supplies. Contact Yuvonne 683-3381.

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.



This newsletter is printed on 100% recycled paper stock.

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 FAX 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.