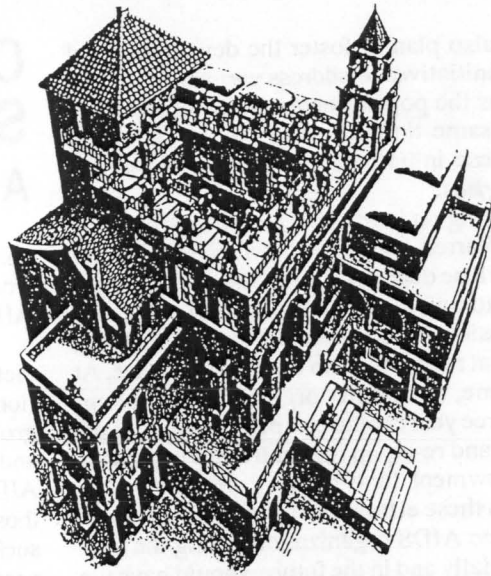




Vancouver PWA

Newsletter Issue 56 MAY 1992

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Ascending and Descending, Lithograph by M.C. Escher

AIDS RESOURCE CENTRE A NEW ERA OF COOPERATION

During the strategic planning session held on Bowen Island in October 1989, former PWA chair Alex Kowalski first proposed his concept of 'one-stop shopping' for people requiring information or support related to AIDS and HIV infection. This idea became part of the long term goals of the society and is now close to becoming a reality.

In partnership with AIDS Vancouver and the Vancouver Women and HIV/AIDS Support Network, the Vancouver Persons with AIDS Society is in the process of finalizing the lease of a 16,000 square foot, two storey building at the southwest corner of Seymour and Helmcken Streets in Vancouver. Due to be occupied on July 1st, the new AIDS Resource Centre will initially accommodate the services of these three organizations, lounge facilities for members, including a separate space for positive women, and offices for each of the organizations. Future plans call for the development of a training centre for volunteers and facilities for the recycling and exchange of clothing and furniture.

This new era of co-operation among the organizations of persons with AIDS and those which provide support services and education is intended to improve the ability of each of the partner organizations to fulfil its role more effectively. The vast increase in the numbers of people directly affected by AIDS and HIV infection results in a diversification as well as an expansion of their support needs. Rather than attempt to stretch separate resources beyond their capabilities, we have decided to integrate our expertise and share resources to obtain optimal benefit for those who need our support.

We also plan to foster the development of more new initiatives to address various needs that will arise as the population grows and diversifies but at the same time to minimize the operating costs of these initiatives by sharing the bureaucratic expenses.

Carrying on in the tone set by our founding treasurer, Warren Jensen, the new resource centre facilities will be developed over a period of time as our means to pay for it are forthcoming. We will take possession of the premises on July 1, 1992, with minimal renovations to the existing space. At the same time, the partner organizations will undertake a three year capital campaign to raise funds to renovate and re-equip the centre and to provide for an endowment fund to carry the rent in the future. With these efforts and the efficiency of cooperation, the AIDS organizations using the centre, both initially and in the future, should have the advantage of being able to concentrate on the performance of their respective missions rather than on the drudgery of enabling that to happen.

The most obvious initial improvement will be to enable us to accommodate many more volunteers. We encourage those members and friends who have been considering volunteering with us to follow up on those intentions.

Chris Sabeau
Managing Director

The Vancouver Persons With AIDS Society's annual "Report of the Directors" was released at the Annual General Meeting, March 1992.

If you would like a copy of this or other Society documents, please contact the Advocacy Manager.

CANADIAN AIDS SOCIETY

AN OVERVIEW

The Canadian AIDS Society (CAS) is a coalition of 71 community-based organizations from across Canada working at the front lines of the AIDS epidemic.

Its member organizations include PWA societies across the country, AIDS service organizations (ASO's) and other broad-based community groups engaged in prevention and education work and providing support services to persons with AIDS/HIV and their friends and families, as well as those organizations providing specialized services, such as housing and palliative care or serving the needs of specific constituencies, such as natives, women and ethno-cultural communities.

CAS was formed in 1985 at a Montreal meeting. Representatives from regional groups such as GAP-SIDA, ACT, AIDS Vancouver, C-SAM and others were the first to push for a national, united front in the fight against AIDS. Initial funding for meetings was provided by the National AIDS Centre.

In recognizing the importance of the community-based response to AIDS, Health and Welfare Canada provided core funding to the coalition of groups by 1988 so that staff and meeting space could be funded to facilitate the development and implementation of national strategies.

The Board of CAS represents regional communities and ensures that regional concerns are addressed in formulating AIDS policy.

CAS currently has a Board of Directors of 12: 10 are regional representatives and 2 are members-at-large. The original Board of Directors structure had one seat reserved for a PWA which was filled by Vancouver PWA Society's Kevin Brown. Currently, five positions are PLWA/HIV, elected on a regional basis. There are 12 staff positions.

CAS also carries on advocacy at the national level to set the priorities in AIDS policy, such as Optimal/Accelerated Care, more basic research, and faster drug approval and information. Some recent initiatives of CAS include a Lobby Manual

for member-groups to use with their Members of Parliament, coordination of the National AIDS Awareness Week campaign, an 'Issues and Strategy Paper on HIV and Prisons', production of manuals on 'AIDS in the Workplace'; 'Homophobia, Heterosexism and AIDS', a 'Knowledge, Attitudes and Behaviour Study of men who have sex with men' and a compilation of Safer Sex Guidelines.

In the area of psycho-social, support work has been done on 'Issues of HIV and Insurance' and 'Ending the Isolation: A Report on HIV Disease and Mental Health in the Second Decade'.

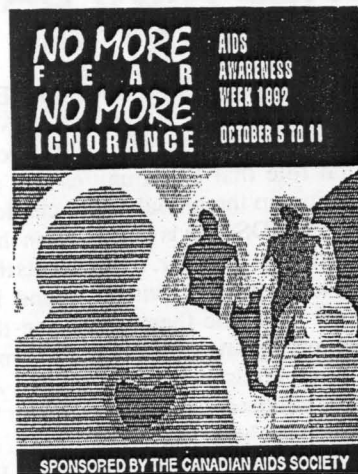
The Therapies Committee of CAS is working toward providing information and tools to enhance treatment information in member groups, with specific projects on costs and access issues, complementary therapies, and the unique concerns of women with HIV.

In the international arena, CAS networks with the World Health Organization and the International Council of AIDS Service Organizations to promote community-based efforts against AIDS across the globe. Vancouver PWA Society director and Vice Chair of CAS Don deGagne has been instrumental in continuing our international networking.

The Vancouver PWA Society has detailed information available on the Canadian AIDS Society for all members. The CAS Annual General Meeting will be held this month in Halifax and we will be preparing a further report from the issues arising at this meeting.

Our Pacific Region Representative is Arn Schilder, also a board member of the Vancouver PWA Society. Issues for consideration can be forwarded to him through the Society office.

Peter D.



NO MORE FEAR, NO MORE IGNORANCE AIDS AWARENESS WEEK OCTOBER 5 - 11, 1992

The theme "No more fear, no more ignorance" was chosen for the Canadian AIDS Society's second national AIDS Awareness Week because in many ways society seems to be retreating into a state of fear and ignorance in response to the AIDS epidemic. For example, in the last years there have been numerous calls for mandatory testing of health care workers or patients. In addition, rather than recognizing that there should be mutual responsibility among those engaging in risk activities, more and more people with HIV have been taken to court in attempts to stop the spread of the virus. These and other incidents show that there is still a long way to go before society's fears and ignorance have been conquered.

Vancouver PWA Society is very actively involved in this event. Last year the Treatment Information Project hosted five medical forums in support of AIDS Awareness Week.

For events and happenings regarding AIDS Awareness Week 1992, look for notices in your PWA Newsletter.

Harry
Director

WORLD AIDS DAY

DECEMBER 1ST, 1992

AIDS: A COMMUNITY COMMITMENT

The World Health Organization (WHO) has declared that World AIDS Day 1992 is to focus on the pivotal role that communities can and must play in taking up the global AIDS challenge.

World AIDS Day is observed on the 1st day of December of every year. It represents the culmination of the year's activities around its given theme. Last year, the theme 'Sharing the Challenge' triggered many events and confirmed partnerships of all kinds in the fight against AIDS.

Local events are organized by the Vancouver World AIDS Group. It is a coalition of community, government and non-government AIDS, cultural and international development organizations and agencies. It was founded in 1988 to create public awareness around World AIDS Day and the global dimensions of AIDS.

Our Society is an active member of this culturally diverse group. Other members have included the BC Ministry of Health, CUSO B.C., AIDS Vancouver, Latin American AIDS Awareness Project of DEYAS (Downtown Eastside Youth Activities Society), International Development Education Resources Association (IDERA), Mennonite Central Committee of BC, OXFAM Global Health Project, Health Department of the City of Vancouver, Women and HIV/AIDS Support Network, BC Coalition of Persons with Disabilities, Vancouver Cultural Alliance and the Healing Our Spirit AIDS Project.

Representatives of the groups meet regularly in different locations to plan and discuss many related issues, such as themes, events, fundraising, etc.

The 1991 activities included sending two local Latin American representatives to Mexico City and Managua, Nicaragua, and in exchange two of their representatives visited Vancouver.

The four exchange participants attended a Public Forum on "AIDS: Sharing the Global Human Rights Challenge" on Friday, November 29th. The Honourable Elizabeth Cull, BC Minister of Health, read the Proclamation at the start of the Forum, which was moderated by Svend Robinson,

M.P. The panel members were Joan Anderson of the Canadian AIDS Society (CAS), Jon Gates of the Inter-Agency Coalition on AIDS and Development (ICAD), Carlos Cruz-Camacho of the Colectivo Sol, Mexico City, and Norma Sanchez of the Vancouver Latin American Community Council. The forum was followed by a reception.

On Saturday, November 30th, THE NIGHT BEFORE, "A Night to Remember II: A Fiesta", an evening of Latin American music, food and dancing was held at the Vancouver Art Gallery as a fundraising event for DEYAS' Latin American AIDS Project.

On Sunday, December 1st, "WORLD AIDS DAY" & "DAY WITHOUT ART", in commemoration of the many losses suffered in the arts and other related disciplines, many Greater Vancouver art galleries were closed.

The Latin American exchange participants visited many local AIDS and care-giving organizations. The Vancouver exchange participants were Adriana de Tweedlie and Norma Sanchez. They have been very busy 'spreading the word'. Adriana has prepared a series of articles about AIDS in Latin America which are appearing in the AIDS VANCOUVER VOLUNTEER NEWSLETTER, starting in their April 1992 issue.

For future events and happenings regarding WORLD AIDS DAY 1992, watch for information in your PWA Newsletter.

In solidarity, wear a red ribbon.

Harry, Director



IT'S ALL IN THE TOP RIGHTHAND DRAWER

PART TWO: Your File of Documents:

These are the papers your executor will need. The file of documents should contain, or give the location of, the following:

- * Your Social Insurance Number.
 - * Your birth certificate or other proof of the date and place of your birth. Write down the full names and date and place of birth of your mother and your father as well. These are needed for your death certificate.
 - * Your will and your living will.
 - * A list of your sources of income.
 - * A list of people who owe you money, and whatever proof you have that they owe you.
 - * A list of your debts, including your credit cards and unpaid bills.
 - * Current income tax papers.
 - * Location of bank accounts, bonds, etc.
 - * Location and description of major possessions.
 - * Bank safety deposit box key and location.
 - * Insurance papers.
 - * Address book--list of friends and family.
- Your executor must go through your belongings. While you're at it, it might be a good idea to put in a box things like old love letters or whatever that are for your eyes only, and put a label on it: "In the event of my death, destroy."

Canada Pension Plan Death Benefits:

The maximum death benefit is currently \$3,050. The amount paid out is six times the current monthly retirement benefit of each individual. CPP (666-3040) will supply the amount of the death benefit if you ask. Note that the monthly retirement benefit is less than the monthly disability benefit.

Where a will exists, the death benefit will ordinarily be paid to the executor of the will, for distribution according to the terms of the will. There can be an exception to this where the will is illegal. For example, a member might leave "the whole of his estate" to his lover. His ex-wife might then file with CPP a claim for the CPP benefit on behalf of their six year old son.

CPP will pay the amount of the death benefit to the executor two months after the date of application for the benefit.

Funeral Preparations:

There is a misunderstanding that the body of someone whose death was AIDS related must be cremated. The full range of funeral services is in almost every case available to our members.

Death must first be verified by a physician, who must write a "Registration of Death." If a home death occurs and the name of his/her doctor is not known, call the police. The doctor will need a birth certificate or other proof of name and date of birth. The Registration shows both the cause of death (cancer) and the "antecedent" causes--for example, AIDS-related. A copy goes to the funeral home, as authorization for the burial. This is the document a life insurance company may insist upon before paying the beneficiary.

The original goes to the District Registrar of Births, Deaths, and Marriages. From this, Vital Statistics will issue Death Certificates, required by banks and creditors to prove death. The Death Certificate does NOT show the cause of death.

Some or all of the following steps are involved:

- * Notify family, friends and PWA Society of death.
- * Contact the funeral home or the Ministry of Social services.
- * Pick up the body for delivery to the funeral home.
- * Deliver clothing to the funeral home so they can dress the body.
- * Obituary notice written and placed in newspaper, including wishes concerning flowers or donations.
- * Supply casket.

* Choose between funeral (body present) and memorial service (body not present).

* Identify church and minister of choice, or alternative, and arrange for conduct of service.

* Write a short life story, with photograph, for handing out at service.

* Arrange place for mourners to socialize following service, with appropriate food and beverages.

* Arrange cemetery plot, digging of grave, headstone and grave-side ceremony.

* Arrange for cremation, urn, and/or scattering of ashes.

Note that the death of a member can involve two services: one for friends and a separate one for family.

Some people prefer a "Celebration of Life", also called a "wake", to a funeral or memorial service. Note also that you can express the wish that no formal service take place.

Services Provided by the Ministry of Social Services:

Where the member dies with no funds, the Ministry of Social Services will provide an almost complete funeral service.

There are rules about this service. First, the funeral arrangements **MUST** be made by the Ministry. **DO NOT CONTACT A FUNERAL DIRECTOR BEFORE CALLING THE MINISTRY.** Phone Colleen or Jerry, 660-3344.

Second, it can be as much as six weeks before burial will take place. Third, there is no provision for friends to add to the service, for example, by providing the extra cost of a more expensive casket. Fourth, no urn is provided for ashes following cremation; they will be delivered in a plastic bag in a corrugated cardboard box.

The Ministry will provide this service whether the member was receiving income from the Ministry at the time of death or not, and regardless of the financial resources of the family. The Ministry will claim for payment for the funeral out of Canada Pension Plan death benefit money and out of any money in the estate. (The Ministry does not try to get repaid by demanding the sale of things-car, home, possessions.)

Commercial Funeral Homes:

The following hints come from George Walkey, an associate member of PWA and an employee of Kearney's Funeral Home. George can be reached at home, 738-0006. Kearney's Funeral Home also holds an associate membership in PWA.

There have been funeral homes with problems with AIDS. The executor should feel comfortable in dealing with the Home and that the Home should be comfortable in providing whatever service the client requests, including embalming.

It should be possible to arrange to pay funeral costs out of the Canada Pension Plan death benefit when it arrives.

George recommends a family operated funeral home as more likely to be understanding.

Final Accomplishments:

There may be things you want to do--finish writing a book, make one more trip to Long Beach on Vancouver Island.

You also will want to make peace--with family, with friends, with the Great Spirit, with yourself. AIDS provides a window on our souls. It is the time to give and receive love.

Prepared by Stryker

Part One was printed in April/92 Issue of the PWA Newsletter. If you would like copies of the complete handout, contact Stryker at 683-3381.



AIDS TREATMENT HIGHLIGHTS

STRESS REDUCTION STUDY

A proposed research study on stress reduction and relaxation for PLWAIDS/HIV will commence in Vancouver this August. Two groups will run separately until October, exploring measures such as progressive muscle relaxation, meditation, mental imagery and yoga stretching.

This program for living with HIV is receiving growing recognition within the health-care community. Preliminary, anecdotal evidence indicates that the program has had a positive impact on the social behaviour, interpersonal relations, and emotional well-being of the participants.

The proposed research will lay the foundation for further expansion and development of the program, including a training manual to assist in the training of peer facilitators in stress management/relaxation techniques.

This study is being funded by Health and Welfare Canada and will be facilitated by Sequoia Thom Lundy, M.A., who has extensive experience in stress management training.

Persons interested in getting involved in this study--please leave a message for Gordon W. at the PWA Society and he will get back to you with more detailed information.

There is no cost to participate in this study.

PCP PROPHYLAXIS NEW GUIDELINES

Many apologies that this note was missed in the April newsletter.

From: Dr. Montaner, head of HIV Research, St. Paul's Hospital...

That the U.S. Public Health Task Force on PCP Prophylaxis, of which Dr. Montaner is a member, has agreed on the most effective form of prophylaxis--one double-strength tablet of Septra each day--NOT two on Monday, Wednesday and Friday.

SWOLLEN LYMPH NODES

Lymph glands are small organs located throughout the body. Although it is not always possible to feel them, sometimes they become swollen and tender, even painful, when the body is defending itself against disease.

Swollen glands are sometimes visible; other times they are barely noticeable, if at all. When a doctor examines a patient, they feel in the armpits, the neck and the groin to see if glands located there are swollen or tender. Because swollen glands can be caused by so many things, there is no routine test for their cause. A doctor looks for clues as to how best to treat them by looking at a patient's history of other diseases, as well as current symptoms.

Doctors speak of "persistent generalized lymphadenopathy" or PGL which is defined as the presence of lymph nodes more than 1 centimeter in diameter in 2 or more locations for more than 3 months. Many people with HIV experience swollen glands, often for years. This is usually a benign state. When other symptoms are present, such as fevers, fatigue, weight loss, night sweats or pain, the possible cause needs to be closely investigated.

Specific conditions will help the doctor decide which tests to perform.

You should make sure that your doctor knows about swollen or painful glands, and other symptoms which you are experiencing, so that informed decisions can be made about if and when treatment should be started. As with most HIV-related conditions, early preventative treatment usually means a better outcome. The Treatment Information Project has a more detailed file on the lymph glands and lymphadenopathy, including a study by a Vancouver group of doctors which looks at, among other things, progression factors in HIV disease.

The Simple Facts Project

The Network, NEW YORK NOV.91

NEW DEVELOPMENT IN CMV TREATMENT

Mount Zion Medical Center of the University of California, San Francisco, is initiating the first human study of HPMPC, a nucleoside analog which is more potent against CMV in laboratory tests than Ganciclovir or Foscarnet. (AIDS Treatment News first reported on HPMPC as a potential treatment for CMV infection over 3 years ago.)

The Mt. Zion protocol is a Phase I/II study which will administer the drug intravenously once a week. It is open to people who are culture-positive for CMV, but who have not been treated before with Ganciclovir or Foscarnet, and who are not showing symptoms of active infection.

Another drug is in a laboratory study for the treatment of CMV. Etoposide (also called VP-16 or Vespide) is an approved drug used in cancer chemotherapy; it can be taken orally.

We will be reporting again on these drugs as new information becomes available in the U.S. or when a Canadian portion of the same study is to open.

AIDS Treatment NEWS #149

April 17/92

RESEARCH STUDY WITH HERPES ZOSTER/SHINGLES

The last issue of the newsletter contained the contact number for this trial and we thought it should run again since the trial is brand new.

This is a research study of herpes zoster/shingles in HIV infected individuals and/or immuno-compromised individuals. It is a double-blind study comparing 2 antiviral medicines (acyclovir vs. BV-ara U) where all patients who are eligible will receive free treatment. Individuals will be closely monitored by a doctor and a nurse during the study interval. If you have recently developed lesions LESS THAN 72 hours old and have not yet been started on any antiviral medication, please call research nurse Louise at Pager # 451-0979.

Potentially, BV-ara U is much more effective than the standard treatment (acyclovir) but it is important to remember that all participants will receive antiviral medicine for the condition. This trial is being conducted through the Faculty of Medicine, University Hospital, Shaughnessy Site, 4500 Oak St., Vancouver.

Copies of the Protocol and Informed Consent Form are available through the Treatment Information Project or through Louise at the Pager number listed above.

CANADA INVITED TO JOIN DELTA COMBINATION TRIAL

The sponsors of the "Delta Trial", a large international trial comparing combinations of ddI, AZT, and ddC in people with advanced HIV disease, have invited Canada to provide 200 patients to the trial.

Dr Julio Montaner, chairman of the Network's Ad Hoc Committee on Combination Therapies, met with representatives of both the MRC (Britain) and INSERM (France) to obtain the support for Canada's involvement. Officially called "A Randomized Double Blind Trial to Assess the Efficacy and Safety of Combinations of AZT (Zidovudine), ddI and ddC in Patients With HIV Infections", this trial has a total target enrollment of 2500 volunteers. The Network is now considering the feasibility of participating in the trial.

STUDY OF CHEMOTHERAPY FOR MAC APPROVED

Dr. Stephan Shafran's study comparing two treatment regimens will evaluate the role of the new macrolide antibiotic, Clarithromycin. With a possible 20 centers, this trial will contribute important information about the management of MAC. Eligible patients include those diagnosed with MAC who are not on concurrent antimycobacterial therapy. The duration of the study is 16 weeks with appropriate follow-up.

DDI & HEART FAILURE

In a recent article published in *Lancet*, Vol. 339, there is a suggestion that a relationship may exist between the high salt content of the current preparation of ddI (tablets) and the development of cardiac failure in patients with reduced ventricular function. The contribution of ddI to the aggravation of clinically evident cardiac failure is not proven; however, physicians should be aware that the treatment could exacerbate cardiac failure in patients who already have cardiac dysfunction.

AZT PLUS OR MINUS INTRON-A TRIAL SET TO GO AHEAD

Labelled a "Phase II randomized study to evaluate the safety and efficacy of combination therapy with AZT and Intron-A vs. AZT alone in patients with asymptomatic to mildly symptomatic HIV infection and p24 positive", this trial was approved in March. Headed by Dr. Raymond Beaulieu, Director of the Quebec Region, and an investigator in Montreal, the trial will look at volunteers with CD4 counts between 200 and 500, who are also p24 antigen positive.

GP 160 TRIAL GETS OFF THE GROUND

This study is called "The Study of the Effect of VaxSyn on Progression of Immunodeficiency" and is headed by Dr. Chris Tsoukas in Montreal. This two-year, multicenter trial is presently screening patients across the country looking for a total of 250 volunteers with CD4 counts above 500 and between the ages of 12 and 60. "This is a pivotal study," explains Dr. Tsoukas. "Our findings, along with those at the Walter Reed Hospital in the U.S., will determine the regulatory decisions about this vaccine. For Canada to be a participant in a trial of this importance is very exciting."

GP160 is similar to the non-infectious protein coat or envelope of HIV. Theoretically, because this protein envelope corresponds to the part of the virus involved in the infection of human cells, its introduction into the body leads to the creation of antibodies and specific cells directed toward it which may "neutralize" the virus and make it less capable of infecting a cell.

NETWORK UPDATE, MARCH/APRIL 1992

CANFAR NEWS

CANFAR (Canadian Foundation For AIDS Research) has received donations from the Canadian insurance and banking industries in support of research on HIV infection and AIDS. These funds have been made available to researchers working in Canada.

There were 44 grants awarded in B.C., Alberta, Manitoba, Ontario, Quebec and Nfld. by December 1991. These awards totalled \$528,000.

Another \$400,000 covers two larger trials through two CANFAR Industry Research Awards (CIRA). Nominations for these awards are made with recommendations from the Medical Research Council of Canada, Health and Welfare Canada and researchers nominated by the CANFAR committee.

The first, at McMaster University in Hamilton, will explore substituting certain genes from the HI-virus into an organism called human adenovirus using a form of genetic engineering. This re-packaged viral entity would hopefully be introduced in a vaccine and produce an immune response to control HIV replication.

The second, at the Ontario Cancer Institute, explores how HIV goes from dormant to active states and how compounds can be used to block the onset of virus growth before a patient develops AIDS.

There is a wide range of subjects among the 44 smaller trials funded by CANFAR. Some examples are hospital-based studies of nursing students attitudes and intentions to care for patients with AIDS and the psycho-social needs of hospitalized AIDS patients. One survey will examine HIV positive support groups in Southern Ontario to determine the extent of use and characteristics of the groups. Another will look at promoting preventative behaviour among heterosexual women. There are many trials in the clinical area such as ones that try to identify the mechanisms involved in HIV latency, or the actions of certain genes in the virus and viral pathways within the body. Other trials will centre on further understanding specific diseases such as *Cryptosporidium parvum*, PCP, and the direct detection of *Mycoplasma* with PCR techniques.

At this time we have only preliminary information about these trials and will hope to publish more details on CANFAR-funded research efforts in Canada as they become available.

CIMETIDINE

Cimetidine is a prescription medication first licensed in 1977 for peptic ulcers and stomach bleeding. It was subsequently learned that cimetidine may have immune modulating properties and could be of benefit to those with HIV infection.

Cimetidine is an immune modulator. Immune modulation does not necessarily mean to stimulate or depress the immune system. It can also mean to put the immune system on an even keel, and this is what cimetidine appears to do.

Cimetidine functions as a histamine blocker. The effect of histamine is most commonly known in allergic reactions where it can produce nasal congestion and irritation.

Histamine also has effects on the immune system. It acts to decrease the production of antibodies, to increase the number and/or activity of T-suppressor cells, and to decrease NK (natural-killer) cell activity. T-suppressor cells tend to turn off the immune system so, by increasing their number, histamine decreases immune response.

Therefore the overall effect of histamine is to decrease the activity and efficiency of the immune system. By blocking histamine receptors on immune system cells, cimetidine is thought to reduce the suppressive effects of histamine and thus increase overall immune response and function.

In one study by Brockmeyer and assistants in Germany in 1988, 33 ARC patients were treated with 1200 mg. of cimetidine daily for 5 months. All patients tolerated cimetidine well. Average T4 cell levels went from 385 to 690; T4/T8 ratios went from 1.04 to 1.65 (a normal ratio is 2.0).

Dr. Bernard Bihari now has 100 HIV positive patients on cimetidine, usually in conjunction with two other immune modulators: naltrexone and antabuse. In 60 patients on whom he has done 3 month follow-up there has been on average a 30% jump in T4 cell levels, often accompanied by a reduction in symptoms.

The Physician's Desk Reference notes that cimetidine generally appears to be a very safe drug. Dr. Bihari notes that patients on Dapsone for PCP prophylaxis who are started on cimetidine should have their Dapsone dose increased by 50% because Dapsone absorption is partially dependent on stomach acid. AIDS Treatment News states that cimetidine can slow the metabolism of other drugs, leading to increasing concentrations of them in the bloodstream. Your doctor could give you further information in this area.

Also, cimetidine's reduction of stomach acid could make esophageal infections more likely because the stomach's acid has anti-microbial activity.

Cimetidine clearly has immunomodulatory properties, is available right now, and appears to be non-toxic. However, further investigations of its effects on HIV are badly needed. This further investigation is most unlikely to happen since the manufacturer's patent will run out this year, making it financially unprofitable for further research investment.

Maybe it's another area for community-based research. It's another dilemma in the fight to stay healthy with HIV.

Treatment Issues Vol.6 #1

PWA Coalition Newslite Issue #71

Seattle Treatment Exchange Project (Fact Sheet 6/89)

NOTES ON THE PSYCHO-SOCIAL NEEDS OF PEOPLE WITH AIDS/HIV

A number of authors have documented the ongoing and at times severe social disruption and psychological distress associated with living with AIDS/HIV. This distress can appear as heightened fear and anxiety, depression and social withdrawal, anger and alienation, and a preoccupation with illness.

The ability of individuals to cope with AIDS/HIV, particularly in the early stages of the disease, is often undermined by two important factors.

The first is the fluctuating course of health experienced by many people as the disease progresses, so that those living with AIDS/HIV alternate between prolonged periods of good health and bouts of serious illness.

Early research suggests that those who can develop a sense of control and an "active" or "problem-focused" coping style, (e.g. maintaining a healthy diet) show less emotional distress.

The second factor undermining a person's ability to respond effectively is the social stigma which may be associated with the condition, especially for gay men and IV drug users. Thus another important feature of a person's response to AIDS/HIV is how they deal with this social stigma.

The more positive a person's attitude about themselves, the less likely they are to use avoidance and social withdrawal as coping techniques and the less angry and anxious they feel. This is especially important considering that those affected are often relatively young and also experiencing losses in family, friends, and relationship supports, as well as in financial resources.

The severity of the distress experienced is not confined to those suffering from AIDS. Recent data from a sample of HIV+ men in Calgary found that those with less severe symptoms sometimes showed greater levels of anxiety and depression than those diagnosed with AIDS.

It is speculated that an important cause of these elevated distress levels is the persistent uncertainty surrounding the prognosis of their condition. Also these individuals often experience the full range of stressors and loss of support (financial

and social) as AIDS patients but tend not to have access to the same health care resources as those with AIDS.

PWAs have indicated that emotional support, socializing, physical contact and caring are very important. Hopefully we can explore more interventions which promote a sense of psychological and physical well-being in the supportive group environment of friends, families, care and support groups.

"Growing Healthier in the Era of AIDS" is a community-based psychological intervention program for PLWAIDS/HIV which has been initiated under the sponsorship of the AIDS Committee of Ottawa.

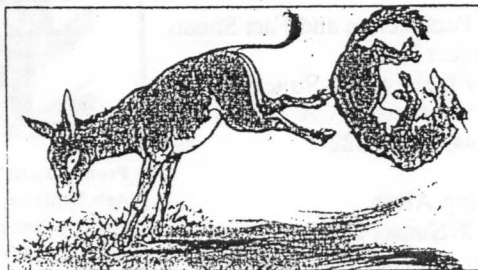
A Research Proposal to Health and Welfare Canada on Stress Reduction and Relaxation Training

TREATMENT INFO PACKAGES UPDATE

The Treatment Information Project has handouts on the most frequently asked-about topics. Some which have been recently updated are:

- MAC/MAI (Mycobacterial Infections)
- Toxoplasmosis
- CMV (Cytomegalovirus)
- Anti-retroviral Combination Therapy
- PCP Prophylaxis
- ddC
- Clinical Manifestations of HIV in Women
- Fluconazole
- Tuberculosis

Also, we have booklets on Clinical Trials in Canada and information on most of the drugs currently in use in HIV infection. The handouts are available near the reception area in the office and other useful info can be found through the treatment files or in the Library.



NEWSLETTERS AND TREATMENTS ISSUES

AIDS Treatment News

(John James, pub.)

P.O. Box 411256

San Francisco, CA 94141

(415)255-0588

Bulletin of Experimental Treatments
for AIDS (BETA)

San Francisco AIDS Foundation

P.O. Box 6182

San Francisco, CA 94101

(415)863-AIDS

The Body Positive

(A magazine for sero-positives)

2095 Broadway, Suite 306

New York, NY 10023

(212)721-1346

GMHC's Treatment Issues

Dept. of Medical Information

129 W. 20th St.

New York, NY 10011

(212)807-6655

HEAL Quarterly

P.O. Box 1103

Old Chelsea Station

New York, NY 10113

(212)674-HOPE

Notes From The Underground

PWA Health Group Newsletter

150 West 26th Street

NYC, NY 10010

(212)255-0520

PI Perspective and Fact Sheets

Project Inform

347 Delores St., Suite 301

San Francisco, CA 94110

1-800-822-7422

Being Alive

3626 Sunset Blvd.

Los Angeles, CA 90026

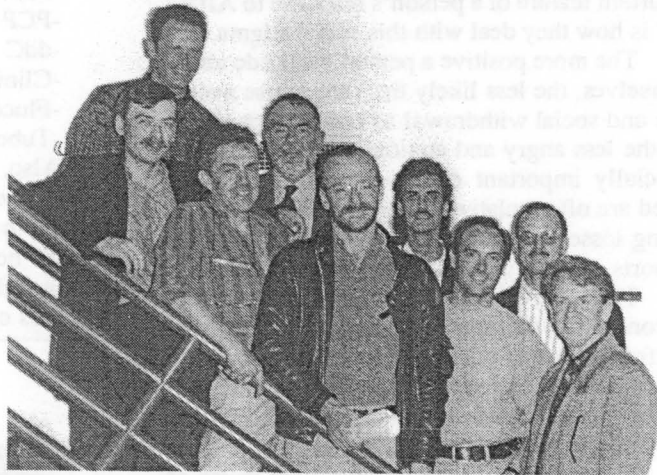
OPEN FORUM ON HIV CLINICAL TRIALS

An open forum to discuss issues related to HIV clinical trials is planned for MAY 27th at 6 p.m. at the Hotel le Meridien on Burrard Street. This event, organized co-operatively by AIDS Vancouver, the Vancouver PWA Society, the BC Women in HIV/AIDS Support Group, and the Canadian HIV Trials Network, is designed as an introductory forum from which a workshop series on HIV clinical trials will arise. Researchers, primary care physicians, pharmaceutical representatives, specialists, nurses, and people with HIV are all invited to express their views or to ask questions of the others present.

A reception hosted by the Canadian Association for HIV Research and the Canadian HIV Trials Network will follow.

TREATMENT INFORMATION PROJECT

BOARD OF DIRECTORS ELECTED MARCH 29, 1992



From top left: Tom Mountford, Brad Dungey, Harry Mendez-Boyle, Bryan Wade, Arn Schilder, Alan Larocque Kennard, Don deGagne, Chris Sabeau, Barry Budway (not shown) Stryker Collins and Chris Duclos).

Photo by I.I. Kozachenko.

KUDOS

To ESSO Station at Burrard & Davie, U-Frame-It at Robson & Seymour, Scribe & Scholar Stationery, Metropolitan Home/HOMEMET, The Video In, Simon Patrich Gallery, Avenue Lounge of the Dufferin Hotel, Metro Broiler, Shoppers Drug Mart on Davie Street, Pastameli on Denman Street, Starlight Cinema, Celebrities Night Club and the newly recruited West Ender/East Ender Newspaper, all in Vancouver, for continuing to have PWA donation boxes displayed for their customers.

To Starbucks Coffee Company at 1116 Denman and South Granville outlets for continuing to donate coffee for PWA members and our lounge.

To Jay Brenston for donating 10 new Beta video tapes for the PWA library.

To the Knights of Malta for their fundraising efforts on our behalf.

To the organizers of 'THEATRE CARES WEEK', part of the fundraising and awareness project of the Canadian Actor's Equity Association called EQUITY FIGHT AIDS, for having successfully heightened public awareness of the increasing toll of AIDS. Cast members made curtain call speeches following performances, collected donations, and made other fundraising efforts at selected venues. Proceeds were shared by AIDS Vancouver, the Actors' Fund of Canada and our Society. Special thanks to Joe Average for designing a t-shirt exclusively for the event. And to all others involved. A substantial, appreciated, and much-needed donation was received by PWA Society from this yearly event.

To G.A.L.A. North Social Support Group of Prince George for donating to our Society from the proceeds of their March 1992 dance.

To the Dogwood Monarchist Society for their fundraising efforts on our behalf.

To Pierre Barbey, manager, and the staff of Byron's Grill at the Parkhill Hotel for providing, free of charge, their private dining room for meetings of the Board of Directors of the Society.

To Evan P. and Barry B., operators of the West End Guest House, for continuing to provide space, free of charge, for the Board of Directors, committee and project meetings of the PWA.

To St. Paul's Hospital for providing space, free of charge, for the orientation session of the newly created Home/Hospital Visiting project of our Society.

To the Vancouver Cultural Alliance for continuing to provide space, free of charge, for the Annual General Meeting and other meetings of our Society.

To Angles Magazine for continuing to provide coverage of issues and events regarding our Society and AIDS.

To all who help us in so many different ways.

Harry, Director

Finance/Fund Development Committees

 * WE'RE OPEN *

Mondays to Fridays 10 AM to 5 PM, Saturdays 11 AM to 3 PM, Sundays and Holidays closed; PWA Administration Office open Mondays to Fridays only. Drop-in living room lounge: juices, freshly brewed Starbucks' coffee and other goodies when available.

OTHER PROGRAMS/SUPPORT PROJECTS OFFERED BY PWA AND OTHERS (call PWA 683-3381, FAX 683-3367, unless other number(s) noted):

Blood Testing: For full members only. Call PWA for cost, info. Applications available at PWA reception. Covered by CHF.

Bridge: two weekly games running and lessons are starting. New members welcome. Call Stryker at PWA for info.

Camouflage Therapy: For full members. By professional therapist. Call Kathie 688-2818 for cost, info. Covered by CHF.

Comox Valley Support Group: For HIV+ persons. Call Jack or Jim at 338-1492 for location, times, etc.

Complementary Health Fund (CHIF): For full members entitled to benefits only. Call or write Support Manager at PWA for eligibility, policies, procedures, etc. The issuance of cheques to Third Parties **MUST** be pre-approved by Jackie or Yvonne.

Complimentary Performance Tickets: Reduced cost or free for Volunteers, members and escorts. Call James N. or Support Manager at PWA for availability.

Cowichan Valley Support Group: All welcome. Twice monthly meetings for family, friends and PWA/HIV+ in Duncan. Offers support and social events, strictly confidential. Call Colin at 743-9480 or Jackie at 748-1995 for location, times and info.

Debtors' Assistance: Offering advice to members on financial responsibilities regarding debts. Presents options available to deal with debt load and will guide people through the process of choice. To access phone Bob Turnbull at 660-3552 Monday, Tuesday or Wednesday only. Say that Stryker referred you.

Food Bank: Free for PWA/HIV+'s. Sponsored by AIDS Vancouver. Call A/V Client Services 687-2437 for info. on pick-up. Home delivery based on need.

Furniture/Clothing Exchange and Donations: Good used furniture, household items, etc., accepted for members' use. Need storage space and Volunteers with moving vehicles. Call Kay H. at PWA for info.

Helpline: Call PWA Peer Counselling Helpline 687-4792 to talk to a Peer Counsellor. Collect calls accepted from B.C. only.

Home/Hospital Visits: Call PWA Peer Counselling Helpline 687-4792 for home visits/counselling.

Housing Rental Subsidy: For full members. Application forms available at PWA reception. Available May 27 and June 26.

Income Tax Preparation Assistance: Free for full members. Call Stryker at PWA for info. and appointment.

Library: All welcome. Books, periodicals, audio and video cassettes, reference materials, treatment/drug info., women & HIV/AIDS info. Call Ted E. at PWA for info.

Loan Cupboard: Ambulatory aids available. Wheelchairs, walkers, canes, etc. Also limited medical supplies. Stored at AIDS Vancouver, 1272 Richards. Sponsored jointly by AIDS Vancouver and PWA. Call A/V Client Services 687-2437. Please deliver returning or donated items to A/V directly.

Massage Therapy: Free for full members. Call Bart Malone 872-4323 for info. and location.

Peer Counselling: Call PWA Peer Counselling Helpline 687-4792 to talk to a Peer Counsellor. Collect calls accepted from, B.C. only. Call PWA for info., to join future orientation sessions, etc.

Portrait Photography: Full member will do portrait photography for other full members at a reduced rate. For information call Support Manager at PWA.

Retreats/Day Trips: check with PWA switchboard for upcoming outings.

Speakers' Bureau: Call Barry B. at PWA for info., to join, or to arrange for PWA speakers.

Switchboard/Reception: Call Quita or Robert E. at PWA to volunteer, 683-3381.

Treatments Information: Call Arn S., Peter D. or Bradley D. at PWA for info. and volunteering.

Vancouver Meals Society (VMS): For home-ridden PWA's, delivers meals for persons with AIDS, specially those just out of the hospital. Call A/V Client Services 687-2437 for availability, schedules, etc. Call Easter 682-MEAL (682-6325) to volunteer, join and for info. on VMS a non-profit volunteer-based registered charitable organization.

Volunteer Intake: Call Quita, Tom or Robert E. at PWA for volunteer opportunities. Application forms at PWA reception.

Volunteer Meals: Supplied at office for all volunteers working 3 hours that day on approved projects. Call PWA before 10:30 AM to be placed on list. Also on Saturdays.

Walk For AIDS '92: Sunday, September 27th 1992, Stanley Park. Call Greg D. or Gary G. (voice pager 623-1332) 688-WALK (688-9255) or PWA for info.

ON GOING GOINGS ON

MONDAYS

Hairstyling: Free for full members, 10 AM to 2 PM. Sign-up sheet on lounge bulletin board. Facilitated by professional hairdressers. Please come with freshly washed hair. By appointment only.

Aboriginal Peoples' Support Group: All welcome. Of special interest to persons concerned with HIV/AIDS issues. Meets 7 - 9 PM at the Vancouver Native Cultural Health Centre, 451 East Hastings Street (254-9949). Call Alan K. or Ken B. at PWA for info. Informal and confidential. Sponsored by the Vancouver Native Health Society and PWA jointly.

Art Therapy Support Group: Free for full members. Evenings. Facilitated by a student of the Vancouver Art Therapy Institute. Limited to 8 participants. Call Support Manager at 683-3381 for info. Also available Tuesdays.

Buddy Support: For buddies of PWA's. Sponsored and held at AIDS Vancouver, 1272 Richards Street, every 2nd Monday, 7 - 9 PM. Call A/V Helpline 687-2437 for info.

Insight Meditation Group: Open to people living with HIV, friends and supporters. Not a support group. Meets at 7:30 PM. Contact Kerry at 687-1936 for info. and location.

Legal Clinic: Suspended until start of new academic term.

TUESDAYS

Hairstyling: See Monday for details.

"Living in Each Moment" Meditation Group: Open to people living with HIV, friends and supporters. Not a support group. Meets at different West End homes 2 - 4:30 PM. For info. and location call Kristin 872-0431.

Art Therapy Group: See Mondays for details.

"Living with HIV" Therapy Support Group: Open to persons living with HIV. Sponsored by AIDS Vancouver. Duration 8 weeks. Call Bridget at A/V Helpline 687-2437.

Board of Directors Meetings: All members welcome, 7 PM sharp. Call PWA for location, meets every 2nd Tuesday. Call Bryan or Managing Director for info.

Women and HIV/AIDS Support Group: For HIV+ women seeking info. and peer support. Drop-in held at 302-1720 Grant Street (at Commercial Drive), 1st and 3rd Tuesdays, 7 - 8:30 PM. Call 255-9858 (during drop-ins), Bridget at A/V Helpline 687-2437 or Jackie at PWA for info. Children welcome. Sponsored by the Women and HIV/AIDS Support Network.

WEDNESDAYS

Support Committee Meetings: All Society members welcome and encouraged to participate. PWA boardroom, 10:30 AM sharp, meets bi-weekly. For info. call Tom M. or Support Manager. Develops and facilitates support services. Projects include retreats, outreach and support groups, blood testing, drop-in lounge, library resource centre, peer counselling, helpline, home/hospital visits, and many others.

Chinese Herbal Project/Acupuncture: For members only. Consultations at PWA boardroom, 1 - 6 PM. "Wait listed" sign-up register at PWA reception. Call Stephen M. at PWA for info. Sponsored by PWA, facilitated by a professional. By appointment only. Cancellations must be made no later than noon the day of the appointment--NO EXCEPTIONS. Also available Fridays.

PWA Positive Living Support Group: Open to all persons with HIV/AIDS. Drop in at the PWA lounge 7:30 - 9:30 PM. For mutual support and empowerment, exchange of information, etc. Informal and confidential, no facilitator. Call Support Manager at PWA for info.

Family, Friends and Partners of Persons with HIV/AIDS Support Group: All welcome. Sponsored by AIDS Vancouver. Group meets at St. Andrew's-Wesley Church Education Centre, 1020 Nelson (at Burrard), room to be posted--7:30 - 9:30 PM. Call A/V Helpline 687-2437 or Joy Moon 299-4828 for info. Free underground parking.

Fund Development Committee Meetings:

All welcome. Meets May 13th and 27th, 7:30 PM sharp. Call PWA for location. Advises on funding proposals. Projects include Walk for Aids '92, customer/merchant displayed donation boxes, casino nights, third party and community events, donor recognition, social and event representations, etc. Call Chris D. or Managing Director for info.

Healing Circle: Meets Wednesday evenings.

Call Lela 689-8476 for info. NOT a drop-in group.

Kamloops Area "Positive People" Support Group Project:

All welcome. Meets 7:30 PM. Offers self-help and support programs for people with AIDS or HIV infection, their mates, friends and families. Call Don or Michael at 573-4309 or write "Positive People", P.O. Box 992, Kamloops, V2C 6H1 or the Vancouver PWA for info. An outreach project of our Society.

North Shore Support Group:

All welcome, not limited to North Shore residents. Meets 2nd and 4th Wednesdays in a North Shore home, drop in, voluntary assistance. Open to those who are HIV+ or have AIDS, their family, friends and supporters in informal surroundings. Confidential atmosphere for discussion of related topics, seek mutual support, exchange ideas, make new friends, etc. Call Merv 986-2127 or Quita 926-2633 for info. FAX 926-6751. Transportation can be arranged.

North Shore Men's Living Positive Support Group:

Men with HIV+/AIDS only. Meets 1st and 3rd Wednesdays. See North Shore Support Group for details. Call Merv at 986-2127 or fax 926-6751.

Quilting Bee:

All welcome. Helmcken House, 649 Helmcken (at Granville), 6 - 10 PM. Bang on lounge window to gain entrance. Supplies provided by Kay H. Call Brenda 669-4090 for info. Any contributed goodies appreciated. Coffee available.

THURSDAYS**Therapeutic Touch Sessions:**

Free for full members, PWA boardroom, 1 - 3 PM. By appointment only. Call PWA for info. Sign-up sheet at reception.

C.M.V. Support Group:

For affected persons. Meets at 2 PM, St. Paul's Hospital, Room 612 or 618 (old building, North wing). One hour meetings providing forum for the exchange of views, experiences and difficulties from C.M.V.

Advocacy Committee Meetings:

All Society members welcome. PWA Boardroom, 3:00 PM sharp. Meeting on May 14th and 28th. Call Alan K. or Advocacy Manager for info. Deals with access to treatments, human rights, political and legal issues, etc. Issues include external and media relations, speakers' bureau, drug treatment/trial info., medical forums, etc.

Finance Committee Meetings:

All members welcome. PWA boardroom, 7 PM sharp. Meeting May 7th and 21st. Works to ensure proper financial procedures, reporting and monitoring. Advises regarding budgets, controls, accounting, external audit, taxation, etc. Call Harry or Managing Director for info.

"Get Over It" Alcoholics Anonymous Meeting:

All welcome. Drop-in, 12-step program, PWA lounge, 7 - 8 PM. Call PWA for info. Of special interest to HIV/AIDS concerned persons.

White Rock/South Surrey Women and HIV/AIDS Support Group:

For HIV+ women seeking info. and peer support. Drop-in held at Surrey/White Rock Women's Place, 1-1349 Johnston Road, White Rock, 2nd and 4th Thursdays, 7 - 8:30 PM. Sponsored by the Women and HIV/AIDS Support Network.

"Body Positive" Support Group:

Sponsored by AIDS Vancouver. Drop-in at Christ Church Cathedral, 690 Burrard (at Georgia), 7:30 - 9:30 PM. Leave message for Ken Mann at AIDS Vancouver 687-5220 for info. For those testing HIV+, a confidential discussion group.

"New Hope" Narcotics Anonymous Meeting:

All welcome. Drop in, 12-step program, PWA lounge, 8:30 - 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. 1st and 3rd Thursdays 7:30 - 9 PM at St. Andrew's - Wesley Church's Education Centre 1020 Nelson (at Burrard). Call Joy Moon 299-4828 for info.

FRIDAYS

Vancouver Island Support Group Project: All welcome. Drop-in and meetings in Victoria, 1:30 - 3:30 PM, call for location. Call 381-5067 or write P.O. Box 8120, Victoria V8W 3R8 or Vancouver PWA for info. An outreach project of our Society.

Chinese Herbal Project/Acupuncture: For members only. Consultations at PWA boardroom, 1 - 6 PM. "Wait-listed" sign-up register at PWA reception. Call Stephen M. for info. Sponsored by PWA, facilitated by a professional. By appointment only. Cancellations must be made no later than noon the day of appointment--NO EXCEPTIONS. Also available Wed.

Qi Gong: Free for Members. Traditional Chinese Medicine exercises. 7 PM at St. Paul's Anglican Church, 1130 Jervis (at Pendrell). Facilitated by a professional. Call Steve M. for info.

SATURDAYS

PWA 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 in PWA lounge, 11 AM - 3 PM, no facilitator on duty. Call PWA for info. Juices, freshly-brewed Starbucks' coffee and other goodies when available.

"Friends For Life" Heterosexual Support Group: All welcome. Meets at a North Shore home, 7 PM. Call Quita 926-2633, FAX 926-6751 or Tom M. at PWA for info. Possibly alternating with Sundays.

SUNDAYS

Sundays At Four: A program of spiritual discovery for those touched in any way by HIV and AIDS. Held at 4 PM in the King Room of St. Paul's Anglican Church, 1130 Jervis Street (at Pendrell) - Church Hall entrance. All welcome; coffee, tea and goodies are provided. Offering support to PWA/HIV+'s, friends, supporters and those who have lost someone to AIDS.

MY VICTORY GARDEN OF LIFE

I will plant Five Rows of P's

Presence
Promptness
Preparation
Perserverance
Purity

Next, I will plant Three Rows of Squash

Squash gossip
Squash indifference
Squash unjust criticism

Then, I will plant Five Rows of Lettuce

Let us be faithful to duty
Let us be unselfish and loyal
Let us obey the rules
Let us be true to our obligations
Let us love one another.

No Garden is complete without Turnips

Turn up for meetings
Turn up with a smile
Turn up with new ideas
Turn up with determination to
make everything count for something good and worthwhile.

Submitted by Dave T.

POSITIVE LIVING

A new non-facilitated group has been formed for mutual support and empowerment. It is open to all persons with HIV/AIDS for the exchange of information on any HIV/AIDS issues. The group will meet every Wednesday night from 7:30 to 9:30 pm in the living-room lounge of the PWA Society, 1447 Hornby Street. For more information, call Jackie at 683-3381.

LETTERS TO THE EDITOR

GOOD INTENTIONS

I have recently received the latest issue of your newsletter and this pertains to your lead story "AIDS: WHY IS SCIENCE FAILING?" (March/92)

There is a book that came out in 1990 entitled *Good Intentions: How Big Business and the Medical Establishment Are Corrupting the Fight Against AIDS*, by Bruce Nussbaum and published by the Atlantic Monthly Press. It will provide many answers to your leading questions. I urge you to read it, that is, if you haven't already.

You, and all the good PWA.s have my continued best wishes in your work and in what you are doing there in Vancouver.

Sincerely,
Paul M.

I NEVER SAID GOODBYE

In May of 1988 my son, Nat, died from AIDS. I couldn't handle my grief, I couldn't let him go. To cope with my grief I wrote a poem entitled "I Never Said Goodbye to Nat". Then I began to think others might need a similar way to come to terms with their grief. So the idea for the book was born.

I am accepting submissions from others who have shared my experience. I am seeking poems, prose, letters, thoughts, etc., written to, or for, those who died of AIDS, for a book to be published [titled] *I Never Said Goodbye to Nat*. This is a non-profit venture and all proceeds from the book will go to AIDS organizations.

Mail submissions to: Mary R. Sanders, P.O. Box 308, Briarcliff Manor, New York 10510.
Mary R. Sanders

MAY 1992: CALENDAR OF EVENTS

Day adventures are being organized for members--we need your help to make these days yours! Leave messages for Michel L. if you have suggestions for day trips or need more info and to check for upcoming June events.

3	4 SWIMMING 2:30 PM AQUATIC CENTER	5	6	7	8	9 NATURE TRAIL 1 PM
10	11	12	13	14 CYCLIING AFTERNOON	15	16
17	18 HOLIDAY	19	20 PICNIC	21	22	23
24/31	25 SWIMMING 2:30 PM AQUATIC CENTER	26	27	28 CYCLIING AFTERNOON	29	30

STEP 10

Continue to take personal inventory and when we are wrong, promptly admit it. On the working of this step we will find that we just keep doing as we have been with Steps 1-9.

When I entered Alcoholics Anonymous for help to stop trying to destroy myself, they turned me around and put me on a path of life.

When I worked steps 4 and 5, I was told by the person I chose to do it with, that one of two things would happen with my past and mistakes. He said, "Your past mistakes could destroy you or you could help others with it." I chose to help others as best I could, like now.

I need to share a story of a friend who was 18 years not drinking in A.A. who chose to destroy himself--but first I need you all to know I'm not one to stand in judgment of anyone, I have many faults that still need working on.

Both my friend and I are sick people trying to get well, not bad people trying to get good. I'm just noticing that his sickness got him by his choice.

Before I went to my first A.A. meeting I met my friend in the Park and later worked with him at the Garden Baths. He shared with me of his own alcoholism and being in A.A. This was long before AIDS had come into play. He also shared that if I drank again it would kill me or I would go insane. Just as mother, father, and teachers had done long before him. This time it scared me. He told me if I worked the A.A.'s 12 steps and program I would get well and live long and happy. I trusted him and believed him and later went to A.A. to work the steps and program.

When my friend chose to take his own life by shooting himself in the head, I felt the slap and hurt.

You see I did as he told me to do and I'm still doing it. I'm still sober and alive. My friend allowed the sickness and his past to get him. I say this because he only told a few closer friends of his having AIDS, to my understanding, and I always listened when he spoke at meetings, he never once told us at the group level that he had AIDS or that he felt scared and angry, etc. He chose not to help others with it. Therefore shooting himself when the despair got to great for him. It takes a lot to get to a place of despair.

When my friend took his own life, I felt betrayed, hurt, scared, and pissed off. Betrayed because he did what he tried to tell me not to do. Scared because I wondered if the steps did work after all. Hurt because I did feel slapped by him taking his own life, and pissed off because he revealed the truth that he did only what we drunks have been trying to do, he took his own life. For years I wanted out of my pain much like him. He does in fact prove that the 12 steps of A.A. do work, he must have stopped working them at some point or the pain would not have gotten out of hand as it did for him. Remember we are as sick as our secrets, as they say in A.A., and if we don't help others, we die.

I'm choosing to listen to my friend and try to keep working the 12 steps and reach out to others as I'm doing now. I thank my friend for this well-learned lesson. I'll always love and respect him because he has saved my life by the taking of his own. May God bless us all and keep us safe.

God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference...

In fellowship,
Ronald P.

HOME/HOSPITAL VISITING PROJECT HAS STARTED!

Any members who are isolated in their homes or in hospital are encouraged to call the office and contact the visiting project.

The first support group meeting for volunteer visitors is going to be on Monday, May 25th, at 7:30 pm at Michel L.'s house. Check in with project leaders any Monday before that date to let us know if you're going to attend.

Robert and Llewellyn will be at the office every Monday for volunteers to talk with about any concerns, and to let us know how you're doing.

Robert and Llewellyn
Home/Hospital Visiting Project

HOME/HOSPITAL VISITING PROJECT ORIENTATION DAY: WED. APRIL 8TH, 1992

To launch this important new PWA Society project, we first had to recruit, process applications, and orient potential volunteers. Volunteers were drawn from existing volunteers and members, and from new sources. Including facilitators and project leaders, 22 people attended the orientation meeting, despite problems with having to change the venue at the 11th hour, due to threatened job action at St. Paul's Hospital.

The workshop was held at St. Paul's Church Hall. At 9:15 am, people were welcomed and invited to introduce themselves, sharing any information they wished but being reassured not to feel pressure to disclose anything they weren't comfortable with.

There were five present from the Peer Counselling Program, including project leaders and counsellors interested in the visiting project as volunteers. Quita was there for the day to supply valuable input as volunteer co-ordinator.

Coffee all day was kept going by the project leaders who spent a busy day getting to know the volunteers, keeping an eye on the clock to make sure guest speakers weren't kept waiting to speak, and laying out the wholesome and plentiful lunch and beverages we provided.

After morning coffee, Don Degagne spoke on the history and mandate of the PWA Society. He spoke of his recent trip to Rwanda, and the catastrophic statistics of the AIDS epidemic on the African continent. The following question period gave way to one of the many stretch/smoke breaks. Then Ann Bradbury of AIDS Vancouver spoke on the HIV-AIDS continuum and followed a format of the talk she give to high school students. Many questions were answered, and we broke for lunch at 12:15 pm.

After lunch, Robert Fyke as project leader spoke on the visitor's role, limitations of this role, and evaluating the members' needs, referring back to the wealth of the Society's resources. We en-

couraged interruptions to clarify any questions volunteers might have. Llewellyn Woolley as project co-leader then spoke on the importance of confidentiality and the visitor's responsibilities to the member, themselves and the Society.

Coffee helped perk people up to receive Marie McCay from the Burrard Health Unit. An experienced R.N. who has been working on home visits to PWAs for five years, she was able to answer many concerns regarding visiting people at home, practical and legal. Information brochures will be collected from the Health Unit and will be sent to all volunteers in an information package.

The last guest speaker of the day was Kathy Rayher, R.N., from the Palliative Care Unit at St. Paul's Hospital. Kathy is well known to members through her therapeutic touch workshops, and she provided us with a comprehensive and valuable reading list.

She spoke on various concerns people should consider before visiting the hospital patient, including pre-phoning to ensure tests aren't scheduled at that time or the patient is "up to" receiving a visitor.

The day wound up miraculously close to the assigned time, following a discussion on concerns and the general agreement for the need for a monthly support group meeting, to be held Mon. May 25th (see previous article).

Sixteen people handed in the evaluation forms. The day was generally rated 9/10 and various concerns were voiced, mainly regarding people getting more informed on AIDS issues, the need for a support group, and the feeling of wanting to 'keep in touch'.

There won't be much danger of us not keeping in touch as we anticipate the demand escalating as news of our work gets around.

General feeling was that the day was very successful, and we'd like to say a big thanks to everyone involved who came to speak and help with the arrangements.

Thanks mainly must go to the volunteers who are so willing to give up their time to get involved with this project. As this is being written the cogs have started turning. Today was the first day for referrals, and six volunteers have already been put to use!

Robert and Llewellyn
Home/Hospital Visiting Project

RECIPES

SUGAR-FREE, YEAST-FREE EASY CHICKEN AND RICE

3lbs frying chicken pieces
 1 cup brown rice
 2 cups water
 1/2 tsp. salt
 1 1/2 tbsp. butter
 3 tbsp. chopped parsley
 Optional: onions, celery, green
 pepper or nuts.

Place rice, water, salt, butter and parsley in 4qt. casserole. Stir and bring to a boil. Salt chicken and lay on top of rice. Lower heat to simmer; cover tightly and cook 45-60 min. until water is absorbed and chicken is tender.

POTATO PANCAKES

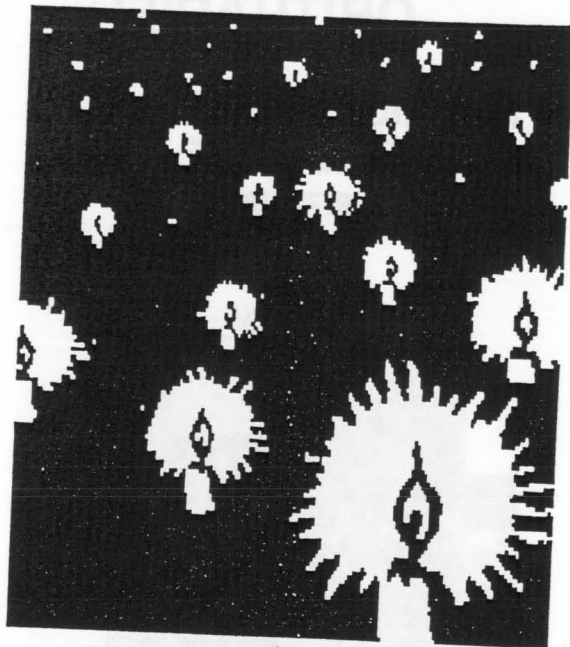
3 cups potatoes, grated raw
 1 cup grated onion
 3 eggs, beaten
 1/2 tsp. sea salt
 2 tbsp. whole wheat flour
 2 tbsp. unrefined vegetable oil

Drop by tablespoonful on hot oiled skillet. Lower heat slightly and brown, turn and brown other side.

From *The Yeast Connection*
 by William G. Crook, M.D.



A New
 Spirit of
 Giving



9th International AIDS
CANDLELIGHT MEMORIAL
 Sunday May 24, 1992

at 8pm

ALEXANDRA PARK
 (Corner of Bidwell & Burnaby)

Candles will be provided

For more info call AIDS
 Vancouver at 687-5220

ANNUAL GENERAL MEETING

AIDS Vancouver will be holding their Annual General Meeting on Tuesday, May 12, 1992 at 7:30 pm, at Gordon Neighbourhood House, 1019 Broughton St., Room 1.

The agenda includes: President's Report, Director's Report, Resolutions, Nominations and Voting, and other business.

All members who have been members for a minimum 90 day period prior to the date of any annual general meeting or extraordinary general meeting are entitled to vote at that meeting.

OBITUARIES

MAURICE LUCIEN COURTEMANCHE

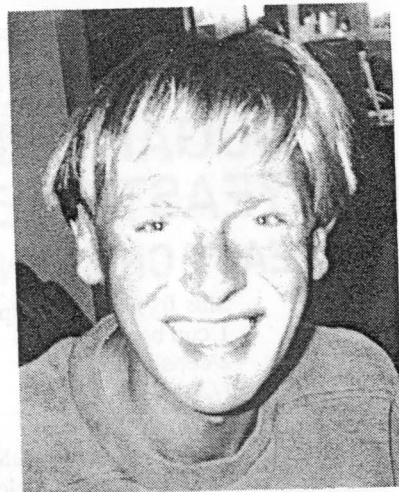
FEBRUARY 1957 - MARCH 1992



Chaque jour est nouveau pour moi
Je n'ai pas le choix
Car je garde tout au fond de moi
Cette grande amitié que j'ai pour toi.

During a time like this
we realize how much our friends
really mean to us.

I miss you.
Je t'aime.
Michel



JOE FORD

1955 - 1992

A CELEBRATION OF LIFE

"You're working magic kid...Go for it!" (Joe Ford, June 1991).

Sunday, March 29, 1992 was the final curtain call for the original "magic kid" himself, that weaver of things magical and awe-inspiring. Joe never approached life nor its ups and downs by half-measure. He tackled life's forces with gusto and a never-waning sense of himself, nor his purpose. He brought to his community a force to be reckoned with, a spirit to be admired and an uncompromising love for his fellow man.

The force within him helped create and evolve the original WALKFOR AIDS programmes before AIDS fundraising was fashionable and before bureaucrats found such events politically advantageous. The spirit he demonstrated in dealing with the ravages of this disease, by never letting it get the better of him, by always maintaining a smile to brighten someone else's day and by fighting back, set an example for any who came in contact with him. And his love for people from whatever walk of life affected many lives in turn.

He was, for me, a friend, confidante, teacher and part-time Svengali, for he brought me "out of the closet" (the AIDS closet, that is) and encouraged me to become a speaker for the Vancouver PWA Society, a task I've taken to my heart and through which I'm helping spread Joe's sense of spirit and caring as he would have liked.

Goodbye, dear friend...God Bless.

Barry Budway

NOTICEBOARD

PLEASE!

NOTIFY VANCOUVER PWA SWITCH-BOARD 683-3381 OF ANY CHANGE OF ADDRESS, ETC., TO ENSURE RECEIPT OF YOUR NEWSLETTER!

Arts Supplies Required: Two members need donations of art supplies --all types and media welcome; oil based and acrylic paints, oil pastel crayons, conte, charcoal, brushes, canvas and frames would be most appreciated. Leave a message with Jackie at 683-3381.

Hospital Visiting: Interested in visiting PWAs in St. Paul's? We have formed a new hospital visiting team. Contact Robert Fyke or Llewellyn at the office to apply. PWAs often experience isolation and boredom, especially those that come in from out of town and have no local support people.

Comox Valley Support Group: anyone interested in attending a support group for HIV+ persons in the Comox Valley area, contact Jack or Jim at 338-1492.

Silk-screening T-shirts, posters, banners. Call Philip at 253-4323; reduced rate for PWA members.

Cowichan Valley Support Group: family, friends and those living with HIV and AIDS in the Cowichan Valley. Twice monthly meetings in Duncan. Support and social; strictly confidential. Call Colin at 743-9480 or Jackie at 748-1995.

Camouflage Therapy: available through CHF funds, for info. call Kathie Giasson, therapist, at 688-2818.

Kamloops Area Support Group: "Positive People" Support Group. Call Don or Michael at 573-4309 for info. and location of meeting. Wednesdays at 7:30 p.m.

Adapted Fitness Classes: especially designed for people with physical disabilities. West End Community Centre Fridays 11:00 a.m. to 12:00 noon. Call 689-0571 for info.

Body Positive Support Group: now meets at Christ Church Cathedral (Burrard and Georgia) on Thursdays at 7:30 to 9:30 p.m.. Wheelchair accessible. Call AIDS Vancouver at 687-5220 for info.

White Rock/Surrey HIV+ Women: a new support group for women who are HIV+ facilitated by the Women and HIV/AIDS Support Network at White Rock Women's Place, 1349 Johnson Road, White Rock.

New Women's Circle: Manaya Green, with a background of nursing and counselling, is offered by Moon Songs - a healing circle for women inspired by native traditions. Offered every Thursday evening starting April 2nd. Phoenix Centre, 803 - 518 Beatty Street. Call Manaya at 439-0137 for further info.

PFLAG (Parents and Friends/Family of Lesbians and Gays): Support group. For info. call 255-4429.

Portrait Photography: full member will do portrait photography for other full members at a reduced rate. Call Jackie at 683-3381 for info.

Professional Counselling Project: Registered Clinical Counsellors and Social Workers provide free and confidential one hour counselling sessions to clients by appointment. If you need help book an appointment at 684-6869. Gay and Lesbian Centre, 1170 Bute Street.

Vancouver PWA Society Island Project: Call 381-5067 for info. or write P.O. Box 8120, Victoria, B.C. V8W 3R8.

Bridge: two weekly games running and lessons are starting. New members welcome. Get in touch with Stryker at 683-3381.

Nanaimo Area: PWA's in the Nanaimo area interested in getting together for support please call Ron or Lee at 753-6653 or write to S-F, C-8, R.R.#1, Nanaimo, B.C., V9R 5K1.



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Many thanks to our production and assembly team: Ken, Jon, Victor, Erwin, Rob, Ben, Roger, Brian, Billy and Robert. Apologies if we have left your name off the list! If you want a volunteer assignment that's fun and rewarding, come join us on the Newsletter team.

HELPLINE

Hairstylist needed to do haircuts for members, own transportation helpful.

Drivers with vehicles: needed on a check-in or on-call arrangement, usually in the afternoons, to run errands. Also needed are drivers with trucks or vans.

Switchboard operators: are needed to answer calls and direct them to the appropriate people, take clear and concise messages and have a general knowledge of AIDS.

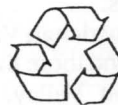
Receptionists: are needed to greet visitors. This person would provide information about our organization, its programmes and its services.

Newsletter Distribution Manager: is needed to oversee all aspects of newsletter distribution, from collating to post office delivery.

Newsletter Project Members: are needed to participate in the editing and production of the Vancouver PWA Society Newsletter.

Speakers Bureau Project Members: are needed for public speaking engagements. If you are comfortable speaking out to diverse audiences about living with AIDS/HIV, please call Barry B.

For more information about these and other volunteer opportunities, call Tom M. at 683-3381.



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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.