



B R I T I S H
C O L U M B I A
P E R S O N S W I T H A I D S
S O C I E T Y



B.C.
PWA

Issue
#75

News
Letter

FEB. 1994

Treatment Scam

"Another useless and expensive treatment is being marketed for the treatment of HIV and AIDS. Don't waste your money on..."

FACTOR R

Pg. 5

TREATMENT INFORMATION 7 RECLAIMING YOUR SEX LIFE 14
ST. PAUL'S: PART III 3 LONG TERM SURVIVAL STRATEGIES 11

This issue is dedicated to the memory of Ted Erickson

CREDITS

EDITORIAL COMMITTEE

Billy Lennox
Tom Mountford
Ron Parker

CO-EDITORS

Bruce Antecol
Paul LaFontaine

COPY EDITING/ PROOFREADING

Colin Williams
Jim M.
Sharon English

DATA ENTRY

Colin Williams

PHOTOGRAPHY & PASTE-UP

Il Kozachenko

LAYOUT/DESIGN

Pierre Beaulne (Staff)

PHOTOCOPYING

Mike
Dwight

PRODUCTION & DISTRIBUTION

Bruce Antecol

PRODUCTION TEAM

Ed S, Jack, Steve,
Patrick, Bill, Colin
Williams, Mike,
David, Daniel, Keith
Janice Mahan

Submission Deadline
for March 1994

February 4, 1994 4:00 pm.

Contact: Bruce Antecol

Phone: 893-2250 ext 260

Inside

St. Paul's Hospital: Part III <i>Opportunities and Recommendations</i>	3
LifeChoice Canada and "FACTOR R"	5
Therapeutic Strategies for People Living with HIV.	6
Treatment Information	7
LongTerm Survivors Speak on Living	11
Reclaiming Your Sex Life	14
Kudos	12
Stryker News	10
Positively Happening	17

St. Paul's Hospital: Part III

Opportunities and Recommendations

St. Paul's Hospital has an international reputation for leadership in care and research, and is now in a position to strengthen its quality by reorganizing for the future. With the patient, clinical, and intellectual resources that the hospital has at its disposal, St. Paul's can hardly fail to maintain a leadership position in the second decade of AIDS. However, unless the institution moves to fundamentally change the management structure of its HIV program it risks facing increasing clinical gridlock, lost opportunities for scientific development and growth, staff disenchantment and burnout, and erosion of its intellectual base. Reorganization will rejuvenate a robust program and contribute to an atmosphere of growth, innovation and discovery.

The first major step that needs to be taken is a complete re-alignment of the programmatic management. The HIV program needs to have a leader who is recognized by the hospital administration, faculty and staff, patients and the community as a credible clinician and administrator and who is invested with authority and resources to run the program. This individual should report to the Vice-President for Medicine but should be entrusted with both oversight for planning of AIDS care and day to day control and administration of the program. While an advisory committee is an important check and tool for the program director, the investment of authority in a committee has resulted in the current situation and should not be continued. The administrative coordinator of the HIV Disease Program should report to the Director. The program should also have several assistant directors for in-patient care, the IDC, research and home and long term care.

The Program Steering Committee should have a clear mandate in relation to A. Education (staff, patients and students) B. Practice (in and out patient programming) C. utilization and review and D. Co-ordination of research efforts. Serious consideration should be given to the establishment

The HIV program needs to have a leader who is recognized by the hospital administration, faculty and staff, patients and the community as a credible clinician and administrator and who is invested with authority and resources to run the program.

of an executive committee to work closely with the program Director, and administrative coordinator in relation to overall planning for the HIV Disease Program. In addition, consideration should be given to establishing an initial inventory of services and related resources, as an interim step to describing the scope of the program and the manner in which resources are currently distributed.

St. Paul's administration should promptly clarify with the Clinical Trials Network and the Centre of Excellence as to what level of inter-dependence and budget control is expected and develop a mechanism to ease the connection of these structures with the St. Paul's HIV program.

(See Next Page)

The Program Steering Committee and the St. Paul's administration should rapidly develop a strategy to improve the relationship with the University of British Columbia in order to enhance basic research, improve medical education and also develop mechanisms for fruitful collaboration between the institutions. Efforts should also be made to enhance the academic linkages with non-medical departments and in particular, nursing and social work, in order to provide the collaborative support needed to establish a strong program of interdisciplinary research in the clinical care aspects of HIV/AIDS. The non-medical staff at St. Paul's have a wealth of data with which to work but without a sufficiently sound academic partner, much of this clinical data may never be analyzed in a manner that can be used to knowledgeably guide practice, both at St. Paul's and in other institutions.

In-patient care should be re-organized under the leadership of an Assistant Director of the Program. Very serious consideration should be given to creation of an in-patient AIDS unit with a maximum of 25 beds, with a dedicated staff and geographic house staff. This re-organization would reduce tension between AIDS care and other clinicians, improve education of residents and other students, relieve stress on nurses, social workers and residents by allowing full concentration on AIDS, and enhance the involvement of the community in the program. A dedicated unit would cap the number of AIDS beds and force the program to adopt a more comprehensive view of patient care. This would lead, in turn, to better planning and co-ordination of outpatient and home care services, long term care and out-reach.

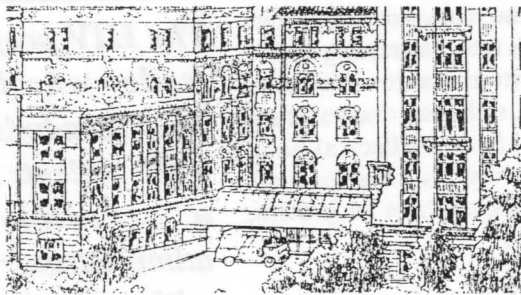
A key component of the re-organization is to radically change the IDC into a comprehensive ambulatory care program for the treatment of HIV/

AIDS patients. The IDC should be headed up by a leader, an Assistant Director of the HIV Disease Program, who reports to the Director, and who has the financial and staff resources to structure the clinic in a more effective manner. The clinic should increase and enhance its primary care activities, should be more responsible for the evaluation and treatment of acutely ill patients, and should help co-ordinate the care of patients in the Medical Short Stay Unit and at home. In other words, the new IDC would become the major focus of the St. Paul's model of AIDS care delivery, combining primary care, education and research.

The new IDC would provide a wide variety of programs and services with the specific objective of keeping patients out of the consolidated Inpatient Unit. These activities could include, but not be limited to, enhanced outpatient mental health services (including crisis intervention, neuropsychiatric services, the treatment of the IUD population, a notoriously difficult population to serve) opportunities for drop in visits and groups of various sorts for different patient categories. The efficacy of the new IDC would be measured by its ability to reduce the inpatient load over time.

Development of long term care alternatives is essential to the continued success of the program. The efforts already undertaken with St. Paul's and with Normandy Hospital are laudable and should be continued and expanded as needed, with consultative service provided by St. Paul's staff to the other institution(s) as required, in order to maintain patients in the alternative setting rather than re-admitting to St. Paul's. Administratively, there should be an Assistant Director for home and long term care services, reporting to the Director of the HIV Disease Program

(Continued on page 28)



LifeChoice Canada and "FACTOR R"

by Russell Armstrong, National Programs Director,
Canadian Aids Society

Many of you may have seen press coverage or received letters from a company called **LifeChoice Canada**. This company is selling a vaccine called **Factor R**.

In response to requests for information about this product, I asked Wayne Hellard and Sean Hosein from the Community AIDS Treatment Information Exchange to prepare a statement about this product. The text of this statement follows:

"Dishonesty, fraud and profit gouging are no strangers to the field of AIDS research and treatment. Many questionable businesses try to exploit the fears of people with cancer and/or HIV/AIDS. For these conditions which do not have a cure and for which existing treatments are at best toxic, these offers of 'alternative treatments/serums/elixirs' at outrageous prices are inexcusable. These expensive treatments do not work and may even cause harm.

"Remember the stories about oral alpha-interferon for AIDS several years ago? Or the news on Laetrile for cancer in the 1970's? Unfortunately, Laetrile never cured cancer. Clinical trials in Canada and Germany found that oral alpha-interferon did not provide any benefit to people living with HIV/AIDS. Now it seems another useless and expensive product is being marketed for the treatment of HIV/AIDS - **Factor R**.

"There is no evidence that Factor R has improved the quality of life or health of people with HIV/AIDS. The sales literature for Factor R claims that the medical community has ignored Factor R. In this they are correct, because there is no acceptable documentary evidence that Factor R can improve the health of people living with HIV/AIDS.

"The company marketing Factor R claims that their product works by stimulating the immune system to produce antibodies. Unfortunately, they have not kept abreast of HIV/AIDS research. It seems clear that stimulating the immune system to produce antibodies does not help people living with HIV/AIDS and may even speed up the decline of their immune systems.

"Finally, take a good look at the slick Factor R brochures. There is an application form inside that looks just like an application for a credit card or loan, so you can see what people behind Factor R really want."

DON'T WASTE YOUR MONEY, TIME OR LIFE ON



THERAPEUTIC TREATMENT STRATEGIES FOR PEOPLE LIVING WITH HIV.

LARK LANDS. M.S., Ph.D.

Author of *Positively Well: AIDS as a Chronic, Manageable, Survivable Disease* (new edition to published Winter, 1994) is a health educator and consultant to Carl Vogel Centre, a non-profit AIDS education and resource centre. She worked as scientist for a large Washington, DC, area think-tank, the MITER corporation, for six years, conducting research and designing experiments.

She has used her research expertise to do extensive investigations in the area of health enhancement and has worked with many hundreds of people living with HIV to develop complementary programs. She has spent the last 8 years compiling information on a total, aggressive, complementary approach to HIV infection and has authored numerous fact sheets and monographs summarizing the information for both those living with the disease and those working with them.

She was a pioneer in bringing to the attention of the world of AIDS the significance of nutrient deficiencies and the potential for nutrient supplementation to slow disease progression and resolve symptoms.

Her articles have been widely reprinted in AIDS newsletters and distributed throughout North America and Europe, with thousands of copies of her Treatment Strategy monographs requested annually through the Carl Vogel Centre.

She has given her Positively Well Seminar to thousands of people worldwide and is a frequent speaker at International, National, State and local AIDS conferences.

In both her seminars and private health education practice, she provides a base of information to educate each individual on the elements needed for a comprehensive health plan. She believes that

all such plans should be individualized and encourages all those with HIV disease to work closely with their primary care physicians who can best monitor their progress.

Articles by Dr. Lark Lands

The Treatment Information Project has the following collection of articles by Lark Lands, Ph.D. (October, 1993) available upon request at the Treatment Information Project office in PARC.

*HIV Treatment Strategy, Overview
HIV Treatment Strategy, Part 1
Dietary Guidelines for people living with HIV*

*HIV Treatment Strategy, Part 2-A
Core List of Nutrients*

*HIV Treatment Strategy, Part 3
Drug Information for people living with HIV*

Nutrients Supplementation Needs in HIV Infection

Choosing Supplements - Quality versus Cost

Eliminating symptoms and slowing disease Progression

The Synergism of complementary Therapies

Aggressive Medical Management

TREATMENT INFORMATION

A SPECIAL REPORT FROM "KEEP HOPE ALIVE"

DIGESTIVE AIDS LEMON JUICE AND HERBS MAY BE BETTER THAN ENZYMES

Too much Pancreatin may cause weight loss

The body produces hydrochloric acid and pancreatic enzymes to breakdown and digest proteins, fats and carbohydrates. However, taking hydrochloric acid tablets and pancreatic enzymes may not be the most effective way of improving digestion and to stimulate weight gain. Two people have reported to us that taking pancreatin, 3 tablets with each meal, three times a day, has actually caused weight loss. This could be the result of excess pancreatic enzymes entering the blood where digestion continues. The enzymes alone do not restore proper functioning of the liver to handle these digested nutrients and they do not restore the proper production of enzymes by the pancreas and other organs. What is a temporary quick fix is not a cure. There must be a better way.

Digestion of carbohydrates actually starts in the mouth with the enzyme "Ptilin" which breaks down carbohydrates into a form of sugar. Ptilin is found in salvia. Carbohydrates are primary food source of energy for the body. Without mixing an adequate amount of salvia with your food, you will not digest, assimilate and absorb carbohydrates adequately. Weight gain starts with chewing your food well and mixing an adequate amount of saliva with each mouthful. Fast eaters are more likely to have digestive disorders.

A PRESCRIPTION FOR DIGESTIVE DISORDERS BAD ADVICE - "CONSUME MORE CALORIES" EVEN WHEN YOU ARE NOT HUNGRY.

A lot of doctors and nurses are, with the best of intentions, giving AIDS patients bad advice and urging them to eat more food and consume more calories. The intent here is to help them gain weight, but it usually ends up making the patient more sick. There is no more certain prescription to make someone sick and give them digestive disorders than to tell them to fill their stomach with food when they are not hungry. The food will not digest and will ferment and feed yeast, E-coli and many other pathogens that will add to the patients overload of toxins. What doctors and nurses need to give the patients for weight gain is a prescription that stimulates appetite.

A PRESCRIPTION FOR HEALING

Mild exercise (just plain walking) plus Lemon Juice and certain herbs with Meals that stimulate appetite and aid digestion.

Everyone has heard of the expression "Boy, have I worked up an appetite." You just don't work up an appetite by sitting on a couch and watching TV all day. Many people with HIV who are collecting disability are not getting adequate exercise to maintain, let alone restore their health. Exercise helps detoxify the body and burn up excess waste matter in the blood. Exercise then stimulates the liver and pancreas and produces the hunger

liver and pancreas and produces the hunger sensation. This is a great gift you can give yourself and it's free. Strenuous exercise should be avoided unless you are in good health. Try taking a walk for 30 to 60 minutes before each meal or until you feel real hunger in the pit of your stomach. Then eat a meal of wholesome foods like boiled potatoes, yogurt, squash, steamed and raw vegetables. Add lemon juice to your food, and parsley and paprika.

Lemon juice, in the form of lemonade or squeezed directly over food, helps in digestion by stimulating saliva flow. Lemon juice also helps to dissolve calcium, magnesium, zinc, iron and other important minerals found naturally in the food you eat. It also helps in the digestion of proteins and fats. Parsley and paprika also help in digestion.

Herbs that stimulate appetite are: Angelica, Gentian, Alfalfa, Chamomile, Hops, Horseradish, Oregon Grape Root and Quassia bark. (Source: Today's Herbal Health, by Louise Tenny, M.H.) Chamomile tea may be taken with meals. Horseradish may be used on sandwiches made with Spelt or other gluten-free breads. Suggestion: try a veggie sandwich made with horseradish, sprouts, sliced turkey breast, raw onions and tomatoes. Single herbs to try with each meal: One capsule of Angelica plus one of Gentian; or try the other herbs if they are available in capsule form or make a tea.

Herbal formulas for digestion: Swedish Herbal Bitters — sold in health food stores — used by millions of people all over the world. "Cangest" by Alta Health Products, Pasadena, California. Cangest contains Boldo tree leaf, Combretum, Buckthorn, Peppermint, Orange leaf, Balm, Mercuriale, Marigold and Mallow. Another product is called X-40 by Kroger Herb Co., Boulder, Colorado. X-40 contains Yarrow, Angelica root, Calamus, Fennel, Gentian and Peppermint. "Dandelion - Fennel Supreme" by GAIA Herbs, Harvard Massachusetts contains Dandelion, Fennel, Gentian, Peppermint, Licorice and Ginger. All of the above are available in health

food stores. Try one or several of the above single herbs or formulas until you find one that works best for you. Suggestion: For X-40 or Cangest, take two before meals three times a day. Use other products as directed. X-40 has a good reputation from people we talked to.

"DOXIL " REPORTED 90 % EFFECTIVE AGAINST KAPOSÍ'S SARCOMA

One of our readers reported to us that they got the best results of any therapy with "Doxil" which is a Liposomal preparation of Adriamycin. The Liposomal coating delivers the Adriamycin to the KS lesions which absorb it and destroys the lesions. It is reported to be the least toxic of all chemotherapeutic agents used for KS and the most effective. He claims a source in one FDA - approved study, of which he is a part, that says it is 90% effective for all KS lesions and also effective for KS in the lungs. Patients wanting more information may call the manufacturer - 1 - 800 - KAPOSIS. Medical doctors who want to obtain the product for use on their patients should call - 1 - 415 - 323 - 9011. The manufacturer is Liposome Technologies in Menlo Park, California.

WASTING SYNDROME

1. **NATUROIDS** - Source: Institute of Professional Athletics - 1 - 800 - 666 - 7643.
Dosage: One with your first meal and one with your second meal (Total - 2 per day).
Cost \$29.95 for 30 day supply.
Benefits: increased appetite, weight gain and higher T-cell counts.
Side effects: May possibly stimulate opportunistic infections in some persons. However, we have insufficient data to confirm this side effect since it is based on observations in only two cases.
Naturoids is safe to use in conjunction with Ozone therapy. (See Page 30)

THE BEST CURRENT PRODUCTS TO BUILD UP YOUR T-CELLS

AND OTHER IMMUNE MODULATORS

Besides wholesome balanced meals each day - consider any one or more of the following:

1. Viroterm (formerly called Immulin) - Source: Atlanta Buyer's club - 1 - 404 - 874- - 4845 Cost \$60.00 for 30 day supply.
2. Bitter Melon - Source Dr. Zang - 1 - 212- 889 - 0633; in Wisconsin - Dr. Rapkin - 1- 414- -351- -2828. Inexpensive. Recommended for everyone who is not using Ozone therapy. Bitter Melon kills HIV.
3. X-40 (Kroger Herb Co., Boulder Colorado) Inexpensive.
4. PCM-4 (product of Germany) - sold in health food stores..
5. Beta-Carotene: 83,000 I.U. once or twice daily with meals. Source: health food stores. Inexpensive. Best food sources - squash, pumpkin, carrots, rutabagas, dark green vegetables. Beta-Carotene helps build new membranes for G.I. tract and lungs. Stimulates growth of friendly intestinal flora. Builds up TT-Cells.
6. Wellness Formula - contains Bee propolis and 16 herbs. (by Source Natural) - sold in health food stores. Inexpensive.
7. Green Foods - Spirulina, Chlorella, blue-green algae - about 1 Tbs. daily or broccoli and other cruciferous vegetables- about 1 cup daily, raw or lightly steamed. Inexpensive
8. "Nature's Earth" - sources: Lifeline - 1 - 505 - 266 - 7374 or call Jim at 1 - 414 - 224 - 1073 or 962 - 0450. Lowest cost group are numbers 2, 3, 5, 6, 7, and Formula 7 Protein drink.
9. Acupuncture treatments - Improves digestion, elimination, increases energy levels and T-cell counts.
10. Other nutritional supplements listed in the AIDS Control Diet book, Chapter 7.
11. DNCB treatment - topical application - increases T8 counts. Low cost kit available from Healing Alternatives Foundation. 1 - 415 - 626 - 2316.

STRYKER NEWS

INCOME TAX

Did you stop work in 1993? If so, you may be able to save on your 1993 taxes by buying RRSP's the idea is to reduce your 1993 taxable income with RRSP deductions, when your taxable incomes high, and draw it out again later, probably 1994, when the taxable income is less. This should work where your tax bracket (actually, your marginal tax rate) will be less for 1994 than 1993.

CRUISING

Recently, the Society has come under attack in the media for the reason that cruising amongst the gay men occurring in the BCPWA quarters. The theme of the articles has been that heterosexual persons who have visited BCPWA for support have been offended - either because they found such behaviour repugnant and/or, in the case of straight men, they were angry when they perceived that a man has made an advance.

I looked up cruising in the dictionary. It's there - it means"to seek a sexual partner in a public place". The reporters and at least one person who is prominent in the AIDS support community, denounced such activities at BCPWA and concluded that, if the Society can't put a stop to it, then BCPWA is not capable of its role of providing peer support for those outside the gay community who are infected with the virus.

This is a damning judgment. If these people are right, then BCPWA should change its role to that of providing support for gay HIV+ men, and leave persons who were exposed to this virus by heterosexual sex, needle sharing and blood products to fend for themselves. Such a move would have the support of some of our members. But, it would be mistake. It is also unnecessary. The writers of these articles have escalated perceived affront to some individuals to an unwarranted conclusion.

Some cruising does occur amongst gay men on our premises - but, as one of our active volunteers recently put it, "If this place is a dating service, why has no one asked me out?" Most of what might be regarded by an outsider as cruising between gay men is really touching that is akin to the socially acceptable hugging that takes place between women, and banter, with neither party regarding the words as having any meaning beyond light-hearted fun.

(See Page 30)

LONG TERM SURVIVORS SPEAK ON LIVING

By Don Benschneider

(From "On a Positive Note" Newsletter of the People with AIDS Coalition of Palm Beach County, Florida. January 1994)

A round table discussion was held on "Long Term Survival" as part of the Quilt and World AIDS week. Included on the panel were Jack Dickhewick, Cathy Robinson and myself. Together we have lived almost 30 years with the virus. Some words of wisdom from this group were interesting and informative. In summary:

1. Stop taking all the drugs (AZT, DDI ETC. ETC.) and any others that cause more damage than help.
2. Eat healthy food and take moderate amounts of vitamin and mineral supplements.
3. Positive attitude and actions. Stop sitting at home doing nothing. Work your job as long as physically possible, not because you fall below 200 T-cell count.
4. Don't pay much attention to your T-cell count. Pay attention to your own body and how you feel.
5. Exercise. A healthy firm body is your best defense.
6. Stop worrying about each ache and pain. Everyone has them and they don't mean imminent death.
7. Get involved. Take yourself out of the centre of your life and put others there. It is amazing how much healthy energy comes from helping others.
8. Decide you are not dying now. Everyone on this planet is in the process of dying. Get up and live. Make whatever time is left, the best time.
9. Bitching, moaning and complaining never accomplished anything. Put that same energy into fighting the virus and see how good you feel.
10. Clean up your life. Stop destroying your immune system. Stop street drugs and stop smoking.

KUDOS

To **STARBUCKS** for continuing to donate coffee for our members and volunteers.

To the **MERCHANTS** and **BUSINESSES** for displaying our donation boxes. Phone our office at 893-2250 for pick-up and delivery.

To **PAUL CORBIN**, who co-ordinated the people of **PALLIATIVE CARE** and **HUMAN RESOURCES** at **ST. PAUL'S HOSPITAL** in gathering donations for our Christmas hampers.

To all the **STAFF** at **PEOPLE'S DRUG MART HEAD OFFICE** and **UNIPHARM WHOLESALE** for the donations to our Christmas hampers.

To **D. BRENDA COOPER** of Revelstoke, who donated three afghans. Let me assure you that they were given to three of our members and were greatly appreciated.

To all the **VOLUNTEERS** for organizing, packing and delivering the food hampers to our members.

To **KAY H.** for all her work in organizing the quilting group in our lounge every Thursday. The quality of these quilts is unbelievable. Kudos should also be given to the group members who made eight fantastic small quilts for our youngest members.

To the **DENMAN STATION MONDAY NIGHT EUCHRE GROUP** for the donation of paint for the members' lounge and the materials necessary for the "events board" outside the lounge.

To the performers at "B.A.N. at the Anchor" Christmas party on December 17. Thanks to **SYBIL THRASHER, GAIL BOWEN, DENNIS SIMPSON, AMANDA HUGHES, IAN GARDNER, JOE CHAPPELL** and **BURMA SKILL**.

To **DWIGHT V.** for all his work in photocopying and posting the newsletter. You weren't mentioned in the last few issues, but we couldn't have done it without your help.

To **STARGAZER VIDEO'S** production "**JOY OF FLEX**", the **VANCOUVER MEN'S CHORUS**, the **FIREHALL THEATRE'S** production "**WHALE WATCHING WEATHER**", **BALLET B.C.**, and **PERRYSCOPE PRODUCTIONS** for complimentary tickets.

To **XTRA WEST, DAVID HARRISON** of the **ARTS CLUB THEATRE**, and **THE HOLLYWOOD THEATRE** for complimentary movie tickets and theatre passes.

To the **ROTARY CLUB OF VANCOUVER** for complimentary tickets to the Dorothy Hamill Ice Capade performance of Cinderella Frozen in Time.

To the numerous **PEOPLE, BUSINESSES, and CHURCHES** who donated a staggering **\$11,772.00** in general donations since our last issue of the newsletter. I wish I could name everyone but there is a list of over 90 names. Even the Government donated, no strings attached.

Thank you everyone, and the best of the New Year to you. Until next time, take care.

BILLY LENNOX



Kathryne Eggert, BCPWA's Executive Officer receives a check from David Harrison of the Arts Club Theatre following "Starry Night 8". BCPWA's Fund Development Manager, John Barnes holds the events promo poster.

Thanks

To all the participants of Starry Night who raised an incredible...

\$14,097.00

RECLAIMING YOUR SEX LIFE

ONE MAN FOUGHT HIS WAY BACK FROM THE EXTREME SEXUAL ANXIETY THAT CAME WITH HIS POSITIVE HIV TEST

By JIM

After I tested positive six years ago, my sex drive practically disappeared. I was 30 years old and things were very different then in terms of dealing with HIV than they are now. The distinction between being HIV+ and having AIDS was not as clearly defined. I had recurring anxieties about getting sick and dying, about not being able to have any children and about infecting others.

I knew that getting into a sexual situation would bring these anxieties to the surface, making the experience a complete disaster. So I stopped having sex completely.

At one point, I was feeling so depressed that I couldn't even masturbate, except maybe once or twice a month. I couldn't disclose my feelings because I feared people would think I was abnormal. It was very embarrassing and frightening to feel I had lost so much of my sexuality that I couldn't even get stimulated.

During this depression, I evaded anxieties by becoming a "workaholic", getting a new hobby a week, and actively avoiding social situations where intimacy could lurk. This was extremely foolish because the anxiety began to well up inside me. After some time, it became more than I could handle. My hands shook, I couldn't sleep and I was awakened nights my awful panic attacks and uncontrollable jitters.

Finally, I bottomed out. I had the worst anxiety attack I'd ever experienced. I was up all night with the shakes and stomach problems. The next day I wasn't sure what happened, but I knew that I had to do something about this. I couldn't go on like this.

CHANGE COMES

Even though I had been urged by several people to join a support group, I was initially very skeptical of therapy. Discussing my problems would force me to consciously admit they existed, and I was still very much in denial.

Eventually, I did join a gay men's therapy group. My first experience there reinforced my initial cynicism. The group counselor vocally objected to my celibacy, saying it was wrong to be this way. Whether or not this was true, I felt I shouldn't have to explain my reasons to him in front of everyone. So I quit the group, probably worse off than when I started.

At a friend's rather persistent suggestion, I began individual therapy a couple of months later. I was reluctant at first. The experience with group therapy was still fresh in my mind, and I wasn't ready to relive it. But as time and sessions passed, I loosened up and became able to discuss frankly the problems that I was having. I helped me to get back in touch with my optimistic side that had been buried under all that anxiety.

Group therapy, in comparison, was filled with "gloom and doom". Instead of setting goals, as we did in individual therapy, everyone seemed to be whining "why me?" The individual therapist understood my situation and tried to help me through it rather than making an instant judgment call. After a few months, I felt the weight being lifted slowly off my shoulders.

A great turning point came after about six months of therapy. I left a session feeling so inspired that I wen home immediately and masturbated. This may not seem like a big deal, but at the time it was as if I had turned to an entirely new page in my life.

Now, I feel much more inclined to aggressively pursue something that has sexual potential. I would even dare say that I am approaching sexual normalcy. Although I don't go out much, I can now feel comfortable doing so. Even as recently as a year ago, I would never have given it a second thought.

WORDS OF ADVICE

Admitting something was wrong became my first step to sexual and social recovery. If you can get over that hurdle, you have already made the most difficult move. I never thought I could open up because I felt so dirty inside. Individual therapy was a much greater help than I expected. Now, I wish I had gone immediately after testing positive instead of waiting so long. It has made an incredible difference in my attitude toward relationships, social life and even my sleeping habits. People should be reminded that there is nothing wrong being in therapy for a couple of years as long as the end result is personal fulfillment.

Jim is a 36 year old bisexual ,from Chicago.

November 1993 *POSITIVELY AWARE*

Rice Pudding with Fruit

A tasty, high protein dessert or snack. Try it when you have left-over rice.

Makes 4 servings.

500 mL rice, cooked (white or brown)
2 cups

500 mL juice from canned fruit plus whole
2 cups milk

250 mL skim milk powder
1 cup

75 mL sugar
1/3 cup

3 eggs

341 mL fresh or canned peaches or
12 oz pineapple or fruit cocktail (1 can)

2 mL vanilla essence
1/2 tsp.

- Mix skim milk powder with juice form canned fruit and whole milk in a saucepan and heat over medium heat stirring all the time.
- Add the sugar and cook 10 minutes stirring occasionally.
- Beat eggs until frothy. Add heated milk mixture to eggs a little bit at a time and stir. Once the egg mixture is hot, pour into the remaining milk mixture in the saucepan and cook for about 3 minutes.
- Add cooked rice and mix. Remove from the heat, add vanilla and fruit.
- Pour into individual serving containers and chill.

Variations:

- Add raisins or dried apricots or dates.

And the Winner is



Kathryne Eggert, BCPWA's Executive Officer, will draw the winning ticket for a trip for two to Disneyland on February 1, 1994. The trip was donated by the late Brian Eliese, specifically for a PWA and their guest. Entry deadline is January 31, 1994. Entry forms are at the BCPWA office or in the March issue of the Newsletter. Pierre Beaulne, BCPWA's Advocacy and Communications Developer, holds the ticket-box in the above photo.

ACROSS THE PROVINCE

ASK - AIDS SOCIETY for KAMLOOPS: Suite # 3, 440 Victoria Street, KAMLOOPS, B.C., V2C 2A7. Phone 372 - 7585 or Fax 372 - 1147.

BCPWA - VICTORIA BRANCH: BCPWA Wellness Centre is open 6 days a week, Monday to Saturday, 12 noon to 4 p.m. at 613 Superior Street, Victoria. Call 383-7494 for information or write P.O. Box 8120, Victoria, B.C., V8W 3R8.

CARIBOO AIDS INFORMATION & SUPPORT GROUP (CAIS): For BCPWA's and those close to them living in Williams Lake, One Hundred Mile house and surrounding areas. For information call Gery or Bev at the Cariboo Health Unit in Williams Lake at 398-4600 or Paul or Michael at 296-3387.

COMOX VALLEY SOCIAL GROUP: Social contact for gay men in the Comox Valley area, contact Jack or Jim at 338- 1492.

COWICHAN VALLEY SUPPORT GROUP: Family, friends and those living with HIV/AIDS in the Cowichan Valley. Twice monthly meetings in Duncan. Support and social; strictly confidential. Call Colin at 743-9480 or Darlene at 748-9738.

GRAND FORKS MASSAGE THERAPY: Matthew Shumaker is an RMT at 125 Market Avenue in Grand Forks, 442 - 2761. His services are covered by M.S.P. with a Doctor's referral.

PENTIONAIDS SUPPORT GROUP: For PWA's/Family and Friends. Meets 1st and 3rd Wednesday of every month. Contact Sandi Detjen 490-0909 or Jane Beulah 490-3200.

QUESNEL SUPPORT GROUP: For PWA/HIV and their families; **strictly confidential.** Meetings held twice monthly. Call Jill at 992-4366 for information.

VPWAS CAPITAL REGION: changed their name to BCPWA - VICTORIA Branch.

*Positively
Happening!*

BCPWA-VICTORIA BRANCH: PWA Wellness Centre is open 6 days a week, Monday to Saturday, 12 Noon to 4 p.m., at 613 Superior Street, Victoria. Call 383 - 7974 for information, or write to P.O. Box 8120, Victoria, B.C., V8W 3R8.

WEST KOOTENAY/ BOUNDARY AIDS NETWORK OUTREACH SUPPORT SOCIETY (ANKORS): Write to ANKORS at P.O. Box 1721, Grand forks, B.C. V0H 1H0, or contact Linda (Grand Forks 442-5470), Cindy (Castlegar 365-4300), Mary (Nelson 354-6300) or Heather (Trail 364 - 0511).

SERVICES

FINANCIAL

ENSURE PAID BY THE MINISTRY OF SOCIAL SERVICES: A BCPWA needs to see a dietitian before they can have their ENSURE paid for by the Ministry. There is a dietitian available in the Infectious Disease Clinic at St Paul's Hospital on Fridays from 1:15 PM. to 4 p.m. An appointment may be made by calling 631-5062.

INCOME TAX PREPARATION

ASSISTANCE: Free for full members. Call Billy to arrange appointment with Stryker at 893-2250.

FOOD

BOSLEY'S PET FOOD MART: 1630 Davie Street, call 688 - 4233 and they will deliver pet food free of charge to BCPWA's. Upon delivery the driver will collect for the purchases only.

FOOD PANTRY: Every Tues., Wed., and Thurs. from 11:30 a.m. to 2:30 p.m. Free for PWA/HIV+'s. in the Greater Vancouver Region conditionally, according to income. Sponsored by AIDS Vancouver. Call Support Services at AIDS Vancouver, 893-2270, for information on pick-up. Home delivery can be provided if needed.

See next Page

VANCOUVER MEALS SOCIETY (VMS): Delivers meals for home-ridden BCPWA's just out of the hospital. Call A/V Support Services at 893-2270 for information, or call Easter at 682-MEAL. (682-6325) for further information on availability and volunteering.

VOLUNTEER MEALS: Supplied at office for all volunteers working 3.5 hours that day on approved projects. Call BCPWA before 10:30 a.m. to be placed on list. Also on Saturdays.

HEALTH

ADAPTED FITNESS CLASSES: Especially designed for people with physical challenges. West End Community Centre, Fridays 11 a.m. to Noon. Drop in fee only \$ 2.00. Call 689 - 0571 for further information. Covered by C.H.F.

CAMOUFLAGE THERAPY: Available through CHF funds; for information call Kathie Giasson, therapist, at 688-2270.

COMPLEMENTARY HEALTH FUND (CHF): For full members entitled to benefits only. Call or write Support Manager at BCPWA for eligibility, policies, procedures, etc. The issuance of cheques to Third Parties **MUST** be pre-approved by Support Manager.

GAY & LESBIAN CENTRE NURSE: Nurse available Monday, Tuesday & Wednesday 10:00 a.m. - 6:30 p.m. and Thursday 10:00 a.m. - 5:30 p.m.; to deal with STD & HIV issues; at G.L.C., 1170 Bute Street. Call 660 - 7949.

HEALING CIRCLE: WEDNESDAY EVENINGS, St. Paul's Hospital, Comox Building. A six week commitment, \$ 50.00 cost (CHF WILL COVER). For information call Carol Chapman 683 - 8043. Next six week session begins October 27 1993.

MEDITATION: Wednesdays 8: 15 a.m. - 9:00 a.m., PARC Boardroom. Questions? Call Pam Weeks at 224-7157 or 224-4083.

MEDICAL EQUIPMENT: Ambulatory aids available. Wheelchairs, walkers, canes, etc. Also limited medical supplies. Sponsored jointly by AIDS Vancouver and BCPWA. Call A/V Support Services at 893-2270. Please deliver items to A/V directly.

NEW WOMEN'S CIRCLE: Healing circle for women inspired by native traditions. Offered every Thursday evening, Phoenix Centre, 803-518 Beatty Street. Call Manaya at 439-0137.



TREATMENT INFORMATION PROJECT: Call Ron P. or Tom M. at BCPWA for information and to volunteer. (893-2250)

HOUSING

HOUSING PROJECT: Resource person available for consultation Monday evening, 7 p.m. - 9 p.m. at the BCPWA office. Make an appointment with our volunteer housing resource person Judy Graves. Book with BCPWA reception. You must bring verification of income and a recent rent receipt.

SUPPORT

BLACK AIDS NETWORK (B.A.N.): People of colour support group focusing on HIV/AIDS issues. Monthly. Call for information, 9:00 a.m. to 5:00 p.m., at 893 - 2210.

BEREAVEMENT SUPPORT GROUP: AIDS Vancouver will be offering a Bereavement Support Group beginning in 1994. The group will meet for 12 weeks. Space is limited and pre-registration is required. Watch for posters containing more information or call Jennifer or Sharon at 893-2270.

DOWNTOWN - EASTSIDE HIV+ SUPPORT SERVICES: Individual counselling and all related issues. Call Alan at 650-2406.

FAMILIES, PARENTS & FRIENDS SUPPORT GROUP: For people living with HIV disease. Wednesdays 1 - 2 p.m. St. Paul's Hospital, 6th Floor, Providence conference room. For information call Judy Kreukl M.S.W., at 631-5068. Also available is an ongoing drop-in group that provides support for caregivers, relatives, friends and partners of PWA's. The group meets very Wednesday at AIDS Vancouver from 7:00 - 9:00 p.m. Contact Intake, Jennifer or Sharon at AIDS Vancouver for more information, at 893 - 2270.

THE HAVEN: Monday to Wednesday, 2 p.m. - 5 p.m. For all parents, family and friends visiting HIV/AIDS patients at St. Paul's Hospital, a quiet, supportive place to relax and have a cup of coffee. St. Andrews Welsey United Church, 1020 Nelson Street (at Burrard, beside St. Paul's). Ask at St. Paul's for more information, or call Jennifer or Sharon at AIDS Vancouver, 893-2270.

HELPLINE: Call BCPWA Peer Counselling Helpline at 893-2253 to talk to a Peer Counsellor. Collect calls accepted from within B.C. only.

PARTNERS SUPPORT GROUP: For lovers living with HIV Disease. Thursdays 1 p.m.-2 p.m., St. Paul's Hospital, 6th Floor, Providence Conference Room. For information call Judy Kreukl, M.S.W. at 631-5072, or Cheryl Jolliffe, M.S.W. at 631-5068.

PEER COUNSELLING: Call Peer Counselling Helpline at 893-2253 to talk to a Peer Counsellor. Collect calls accepted from within B.C. only. Call BCPWA for further information, to join future orientation sessions etc.

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

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.

RIGHT TO DIE SOCIETY OF CANADA: A non-profit organization dedicated to the legalization of voluntary euthanasia and offering counselling to members concerning suicide. P.O. Box 39018, Victoria, B.C., V8V 4X8. Call 380-1112; FAX 386 - 3800.

TAKING CHARGE: AIDS Vancouver is offering an information/support group for those who are newly diagnosed with HIV. TAKING CHARGE will cover such topics as "taking care of yourself," future planning, resources, and traditional and alternative therapies. The group will run for five weeks. Space is limited. For information or to register contact Intake at AIDS Vancouver, 893-2270.

VISITATION PROGRAM: AIDS Vancouver has a group of specially trained people for quality visits to PLWHIV/AIDS who are in the hospital or ill/recuperating at home. Visitors can provide companionship, run

errands, write letters, participate in social activities (i.e.) playing cards, board games, etc. Volunteers will provide visits only to those who have agreed to or who have requested the service. Volunteers are assigned based on the preference of the person requesting the services. For further information please contact Intake or Sharon at AIDS Vancouver, 893 - 2270.

OTHER

COMPLEMENTARY PERFORMANCE TICKETS:

Reduced cost or free for volunteers, members and escorts. Call Reception at BCPWA for availability.

CLOTHING EXCHANGE and DONATIONS:

Good used small appliances, household items and clothing, etc. accepted for members' use. Cali John W. at BCPWA for information.

SMALL APPLIANCES REPAIRS:

For BCPWA's, parts are extra. Call Mike at 522-0552.

XTRA WEST: Offers free listing space (up to 50 words) in its "PROUD LIVES" Section. This can also be used for "In Memorium" notices. If a photo is to be used, there is a charge of \$20.00. Call Michelle at XTRFA West at 684-9696 for more information.

HIV+ and STRAIGHT?

WANT TO MEET
WITH OTHER MEN FOR
DISCUSSION AND FRIENDSHIP?
COME TO OUR NEW
SUPPORT GROUP

CONFIDENTIAL
TUESDAY 7:00 P.M.
1107 Seymour Street (upstairs)
CALL JASON AT 893 - 2250
FOR MORE INFORMATION
OR TO MEET BEFOREHAND.

SPECIAL EVENTS

VANCOUVER OPERA

January 29, February 1, 3 & 5, 1994.
8:00 p.m.

*The Vancouver Opera presents
JENUFA, a passionate opera written
by JANACEK, at the Queen
Elizabeth theatre.*

RYERSON UNITED CHURCH

Sunday, February 13, 1994
8:00 p.m.

*A benefit concert of classical music
performed by the Chamber
Orchestra directed by Wallace
Leung, soloists include Susan
Greenway, piano and Dan Scholz,
viola. Works will include music by
Mozart and Aaron Copeland.*

STATION STREET ARTS THEATRE

March 6, 1994
2:00 p.m.

Choices—The Musical

The Musical that has been a hit in Seattle will be making its debut in Vancouver in the fall. This is an invitation to participate in the actual staging process. There will be a preliminary introduction and then a special reading of the musical play.

RETREAT/ DAY TRIPS

Check with BCPWA switch-board for upcoming outings. 893-2250

Positively Happening

Vancouver Vancouver Vancouver Vancouver

MONDAYS

ASIAN SUPPORT AIDS PROJECT (AS-AP): The Asian AIDS HELP LINE 687-2727 (AS-AP) is open Mondays from 6 p.m. - 9 p.m. The Help line is staffed by members of the Asian community and offers service in Cantonese, Mandarin and English. The service is confidential and non-judgmental.

FRIEND FOR LIFE: Support Group for heterosexual PWA's. Meets on the 2nd & 4th Monday at 6:30 p.m. Call Quita at 926 - 2633 for information.

HAIR STYLING: Free for full members, 10:30 a.m. to 1:30 p.m. Professional hairdressers. Please come with freshly washed hair. By appointment only. Call reception at 893 - 2250.

HOUSING RENTAL SUBSIDY: For full members. Application forms available at BCPWA reception. Call for cheque issue date at month end. To discuss and explore housing options for BCPWA's, book an appointment from 7 p.m. to 9 p.m. Call 893 - 2250 to book.

BHIV/AIDS SUPPORT GROUP MEETING: Every Monday in New Westminster from 7:30 p.m. to 9:30 p.m. at the St. Barnabas Anglican Church Hall, 1002 5th Avenue (at 10th street), New Westminster. Contact Joe at 669 - 3077.

TREATMENT INFORMATION PROJECT: Office hours for drop-in are Monday, Wednesday and Friday, 1 p.m. to 5 p.m. Other times can be arranged by appointment.

TUESDAYS

ADVOCACY COMMITTEE MEETINGS: All society members welcome! BCPWA Boardroom, 2 p.m. to 4 p.m. Meetings biweekly and weekly. Call Advocacy Manager for

further information. Meetings focus on access to treatment, human rights, political and legal issues, etc. Projects include external and media relations, speakers bureau and treatment information.

BEREAVEMENT SUPPORT

GROUP: AIDS Vancouver will be offering a Bereavement Support Group beginning in 1994. The group will meet for 12 weeks. Space is limited and pre-registration is required. Watch for posters containing more information, or call Jennifer or Sharon at 893-2270.

BOARD OF DIRECTORS

MEETINGS: All members welcome! Meetings are held every 2nd Tuesday in the PARC boardroom starting at 5 p.m. Call BCPWA for information.

POLLI & ESTHER'S CLOSET:

Clothing and small household goods for members at no charge when available. We will gladly accept donations delivered to 1107 Seymour Street. Unfortunately we cannot pick-up.

REIKI SESSIONS: They are held between noon and 4:30 p.m. Call BCPWA office to make an appointment.

WEDNESDAYS

FAMILY FRIENDS AND PARTNERS SUPPORT GROUP: Offers an ongoing drop-in group that provides support for care givers, relatives, friends and partners of People Living with AIDS. Meets every Wednesday, 7 p.m. to 9 p.m. at AIDS Vancouver. For further information contact: Intake, Jennifer or Sharon at 893-2270.

POLLI & ESTHER'S CLOSET:

Clothing and small household goods for members at no charge when available. We will gladly accept

Street. Unfortunately we cannot pick-up.

HOUSING ASSISTANCE:

Experiencing housing crises or difficulties? Meet with housing advocate and counsellor Judy Graves, Mondays, at the BCPWA office, main floor. Call 893-2250 to make an appointment.

CPWA POSITIVE LIVING

SUPPORT GROUP: Open to all persons with HIV/AIDS. Drop-in at the BCPWA lounge, 7:30 p.m. to 9:30 p.m. For mutual support and empowerment, exchange of information, etc. Informal and confidential, no facilitator. Call Support Manager at BCPWA for information.

NORTH SHORE SUPPORT

GROUP: All welcome; not limited to North Shore residents. Meets on the 2nd and 4th Wednesday of each month. Drop on by! Informal surroundings. Open to those who are HIV+ or have AIDS, their family, friends and supporters. Call Merv at 986 - 2127 or Quita at 926 - 2633 for information, or fax to 926 - 6751. Transportation can be arranged.

NORTH SHORE MEN'S' LIVING

POSITIVE SUPPORT GROUP: Men with HIV/AIDS only! Meets every 1st and 3rd Wednesday. See North Shore Support Group for details.

BCPWA LIBRARY: Open 7 p.m. to 10 p.m.

FREE LEGAL ADVICE: The Law Students Legal Advice Program (LSLAP) will be offering a wide range of legal services this fall at BCPWA. Law students, under the supervision of practicing lawyer, will draft wills, living wills and health care directives. LSLAP also assists clients in landlord/tenant disputes, small claims, criminal matters and general legal advice. The clinic will run every second

Positively Happening

Vancouver Vancouver Vancouver Vancouver

Wednesday night from 7 p.m. to 9 p.m.
To book an appointment please call
893 - 2250.

THURSDAYS

THERAPEUTIC TOUCH SESSIONS:
Free for full members, 1 p.m. to 3 p.m.
By appointment only! Call BCPWA for
information. Sign up sheet at reception
desk.

SUPPORT COMMITTEE MEETINGS: All Society members
welcome and encouraged to
participate. BCPWA boardroom, 1
p.m. to 3 p.m.; meets biweekly. For
information call Support Manager.
Develops and facilitates support
services. Projects include retreats,
support groups, drop-in lounge, library,
peer counselling, and help line.

ART THERAPY GROUP: Call
Reception at BCPWA to sign up, for a
return call from the Art Therapist, or
for more information.

HEALING OUR SPIRIT AIDS SOCIETY: Healing circle for First
Nations persons living with HIV/AIDS,
partners, families and friends. No
Fees. Thursdays, 7 p.m., at #204 -
2525 Manitoba Street (3 blocks west
of Main & Broadway). For information
call 879 - 0906.

BIEN VENUE au GROUPE AA: Tel
que tu es du Samedi soir a 8 p.m.
Située au 236 Princess Avenue. Si tu
deser plus d'information appelle Jean
Paul D (253 - 4680).

"GET OVER IT" ALCOHOLICS ANONYMOUS MEETING: All
welcome! Drop-in. 12 Step program.
BCPWA lounge, 7 p.m. to 8 p.m. Call
BCPWA for information. Of special
interest to HIV/AIDS concerned
persons.

"NEW HOPE" NARCOTICS ANONYMOUS MEETING: All
welcome! Drop-in. 12 Step program.
BCPWA lounge, 8:30 p.m. to 10 p.m.

special interest to HIV/AIDS
concerned persons. Narcotics
Anonymous 24 hour help line: 893-
1018.

QUILTING WITH KAY: Thursdays at
11 a.m. Main lounge of BCPWA.

TRADITIONAL CHINESE ACUPUNCTURE: Dr. Sunny Lee,
Professional Service. Reduced rates
in effect regularly: \$ 38.00 plus GST.
Only \$ 15.00 for BCPWA's. Contact
Tom M. at 893-2250.

DISPOSABLE NEEDLES INC.: For
appointments and information call
Mike at 433-2340.

SURVIVING PARTNERS NEW GROUP: St. Paul's Hospital, 6th Floor
Conference room, every Thursday 3
p.m. to 4 p.m. Call Judy Krueckl at
631-5072 or Cheryl Joliffe at 631-5068.

FRIDAYS

WHAT ARE YOU DOING THIS FRIDAY NIGHT? How would you like
to join other adults to improve or
upgrade your Math or English skills?
Call Pat at 681-9774 or Barry at 939-
8415 for more information, or drop-in
and see us at 1401 Comox Street.

ADAPTED FITNESS: Classes are
designed for people with limited
mobility. Included in the class are
aerobic, strengthening and flexibility
exercises plus relaxation. 11:00 a.m.
to Noon. Fee: \$28.00 for 13 sessions.
Instructor: Maggi Cheetham. WEST
END COMMUNITY CENTRE 870
Denman Street. Call 689 - 0571. All
adapted programmes are G.S.T.
exempt. REFERRAL FROM A
PHYSICIAN OR
PHYSIOTHERAPIST ARE
REQUIRED FOR ALL
PROGRAMMES.

SATURDAYS

BCPWADROP-IN: 11 a.m. to 3 p.m.,
no facilitator on duty. Open to all
members. Ideal for out-of-towners
or those working weekdays. Library
resource centre open. Peer
counseling available, no appointment
necessary. Call reception for
information at 893 - 2250. There are
juices, Starbucks coffee and other
goodies when available.

BCPWA LIBRARY: Open 11 a.m. to
5 PM.

HAIR STYLING: Free for full
members, 11 a.m. to 3 p.m. Sign-up
on lounge bulletin board. Please come
with freshly washed hair. Call reception
at 893 - 2250.

KEEP COMING BACK NARCOTICS ANONYMOUS: All welcome! 12 Step
Program, room 1 - G, 1170 Bute Street.
7:30 p.m. to 9:30 p.m. Of special
interest to BCPWA's/HIV's,
LESBIANS & GAYS.

SUNDAYS

SUNDAYS AT FOUR: A program of
spiritual discovery for those touched
in any way by HIV/AIDS. At 4 p.m.,
King Room of St. Paul's Anglican
Church, 1130 Jervis Street.. Church
Hall entrance. All welcome!; coffee, tea
and goodies are provided. Offering
support to BCPWA's/HIV+'s, friends,
supporters and those who have lost
someone to AIDS.

FRIENDS FOR LIFE: The Caregivers
Support Group is about opening a safe
space for volunteers, practitioners,
lovers, families and friends of those
challenged by illness. For more
information call 657-1226. Or come
and see us at # 501 - 2061 Beach
Avenue.

Positively
Happening
Victoria

PERSONS WITH
AIDS SOCIETY
** VICTORIA
BRANCH **

ACTIVITIES FOR
FEBRUARY

OFFICE & LIBRARY: 613 Superior Street. Open 12:00 to 4:00 PM Monday through Saturday. Phone 383-7494

SUPPORT MEETINGS: Thursdays at 2:00 PM for all HIV positive persons and their support partner. We share information and experience related to our condition.

PEER COUNSELING: available Thursday afternoons. Drop-in or appointment. One-on-one with a trained HIV+ counselor.

TREATMENT INFORMATION PROJECT: By appointment only. A survey of options (without endorsement) and standards of care from published sources.

DEEP RELAXATION/MEDITATION GROUP: facilitated, Tuesdays, 4:00 to 5:00 PM.

MASSAGE & SHIATSU: Wednesdays by appointment.

REIKI: by appointment by a second degree Reiki practitioner. Free.

ACUPUNCTURE CLINIC: by Dore Vanden Heuvel, Doctor of Traditional Chinese Medicine, on Tuesdays and Thursdays by appointment. Waiting list available for new clients. By donation.

ENTERTAINMENT: a limited number of complementary tickets are available to our members for local theater productions.

CLOTHING & FURNITURE EXCHANGE: free, clean items.

WELFARE PROBLEMS: Roshni Narain of AVI will be in the office Tuesday, February 15, 1994 to provide local advocacy with Social Services and support counseling. Drop-in and appointments.

HAIR CUTS: Joe the barber will be in Tuesday February 15. By appointment. Free.

FOOD BANK: orders in by Wednesday 4:00 PM; pick-up or delivery on Thursday afternoon.

KUDOS: to Doug G. for the chest freezer; to Josh and Brian for the fresh produce; to Steven G. for the computer equipment; to Micheal D. for the library donation; to Canadian Springs Co. for the Christmas Food donation; to Wendy and Erin (Red Ribbon Dinners); and the numerous other contributors who made the food bank drive and the Christmas season such a bountiful success.

WE ALWAYS WELCOME DONATIONS OF NON-PERISHABLE FOOD ITEMS AND CLEAN RE-USABLE CLOTHING AND HOUSEHOLD ITEMS. WE ALSO WELCOME ALL VOLUNTEERS.

Volunteer Opportunities

BC PWA SOCIETY
INDIVIDUAL ADVOCACY
VOLUNTEERS

Volunteers are needed for the individual advocacy project of PWA to assist members with and provide information about:

- personal discrimination
- access to treatments/benefits
- cutting through bureaucratic red tape

We need people with:

- strong communication skills
- flexibility in adapting to varying needs
- familiarity with legal rights/benefits
- 4 to 8 hours per week

Contact Phillip or Pierre at 893-2250 for more information.

DATA ENTRY VOLUNTEER

The BCPWA Newsletter is in need of a volunteer for data entry (approximately 8 to 12 hours per month) in regard to mailing lists. training will be provided for on Tuesday February 8th, 1994 (2 p.m. to 4 p.m.) Call Bruce Antecol at 893-2250 for further details.

Classifieds

Brighten someone's winter. Donate colour TV's in good/fair working order for P.W.A.'s on waiting list. Contact Jackie 893-2250.

HIV + heterosexual male, 5' 10", 180lbs, brown eyes, nice build, sense of humour, wishes to correspond with HIV+ female leading to friendship and maybe more. Write Len H., c/o Jackie, B.C. P.W.A. Society, 1107 Seymour Street, Vancouver, B.C. V6B 5S8.

ANNOUNCEMENTS

MINUTES OF SOCIETY MEETINGS

In order to ensure the confidentiality of members of the society all Board and Committee minutes have been moved from the Library to the Personnel Office. Copies of approved minutes are available upon request.

THE BRITISH COLUMBIA P.W.A. SOCIETY ASSUMES NO RESPONSIBILITY FOR LOST OR STOLE PERSONAL BELONGINGS.

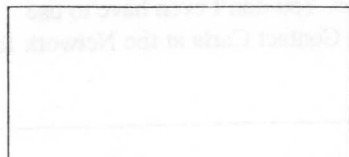
BOARD OF DIRECTORS

For new information and updates on activities of the Global Network of People Living with HIV (GNP+) call Ron at BCPWA Society. 893-2250

The Board of Directors recognizes that much misinformation surrounding the resignations of Lauro de Haan and Bill Woodfine has been circulated within the community. The Board wishes to clarify the circumstances surrounding these members departure. Lauro de Haan and Bill Woodfine did not leave for health reasons, or stress reasons. They chose to leave for personal and no other reasons.

Board Position

The British Columbia Persons with AIDS Society will be accepting nominations for an appointment to fill a vacancy on the Board. Barry Budway has departed to assume the responsibilities of the Capital Campaign with the Pacific AIDS Resource Centre.



WHO YOU GONNA CALL?

PACIFIC AIDS RESOURCE CENTRE:

British Columbia PWA Society	893 - 2250
B.C. PWA Society HELPLINE	893 - 2253
B.C. PWA Society FAX	893 - 2251
PWA Society Victoria branch	1-383 - 7494
VPPWAS Treatment Info Proj.	893 - 2265
AVI toll-free HELPLINE	1-800-665-AIDS
Positive Women's Network	893 - 2200
AIDS Vancouver	893 - 2210
Project Sustain (Support Services)	893 - 2270
A/V HELPLINE (to 9 p.m.)	687 - 2437
ASIAN AIDS HELPLINE (Mon. 6 - 9 p.m.)	687 - 2727
VIDA Latin American Helpline	687 - 3433
Vancouver Crisis Line	733 - 4111
Black AIDS Network	893 - 2210

AIDS INFORMATION:

B.C. AIDS Line - Vancouver	872 - 6652
B.C. AIDS Line - Other	1 - 800 - 972 - 2437
Ministry of Health Info	1 - 800 - 665 - 4347
STD CLINIC, 828 W. 10th Ave.	660 - 6161
Clinical Trials Information	631 - 5327

ST. PAUL'S HOSPITAL:

Patient information	631 - 5011
Infectious Disease Clinic	631 - 5060
Social Work Department (Cheryl J.)	631 - 5068

OTHER HIV/AIDS - RELATED SERVICES:

B.C. Coalition People/Disabilities	875 - 0188
DEYAS/Needle Exchange	685 - 6561
Healing Our Spirit	879 - 0906
Latin American AIDS Project	255 - 7273
Legal Clinic (Gay & Lesbian Centre)	684 - 6869
Living Through Loss Society	873 - 5013
Narcotics Anonymous Helpline	783 - 1018
Street Youth Services	662 - 8822
Vancouver Meals Society	682 - 6325
Vancouver Native Health Society	254 - 9949
AIDS Vancouver Island (AVI)	1 - 384 - 2366
Eastside HIV+ Support Services	650 - 2406



ids vancouver

CALL FOR BOARD MEMBERS

AIDS Vancouver would like to fill existing vacancies on its board. We welcome skilled individuals with interests in areas such as fundraising, accounting, business management, communications, advocacy, support and education, strategic thinking and planning.

Send Resume or contact:

Pam Weeks, Chair, Board of Directors
AIDS Vancouver

AIDS Vancouver, 1107 Seymour Street,
Vancouver, B.C. V6B 5S8

**PERSONS LIVING WITH HIV/AIDS VERY
ENCOURAGED TO APPLY!**

HIV+ and STRAIGHT?

**WANT TO MEET WITH OTHER MEN FOR
DISCUSSION AND FRIENDSHIP?
COME TO OUR NEW SUPPORT GROUP**

CONFIDENTIAL

TUESDAY 7:00 P.M.
1107 Seymour Street (upstairs)
P.A.R.C.

**CALL JASON AT 893 - 2250
FOR MORE INFORMATION
OR TO MEET BEFOREHAND.**

YOU ARE NOT ALONE!

POSITIVE YOUTH

A new support service is in the works for early 1994: a group for HIV positive youth. The group will run once a week for 12 weeks at a comfortable location in downtown Vancouver, close to transit. The topics will be varied and the conversation should be interesting! The group is open to anyone regardless of how they contracted the virus, and will be co-facilitated by HIV positive youth. For more information, if you are interested in attending or organizing, please call 876-1467 and leave a message for Patrick McIntyre. I look forward to hearing from you!

POSITIVE WOMEN'S NETWORK

1107 SEYMOUR STREET 893 - 2200

Off we go: Another **RETREAT** For positive women will take place on February 11th, 12th and the 13th, 1994. As with last year's retreat, the setting will be **BOWEN** Island. Women who went to the retreat last year said it was a great chance to take some time out from the rush of everyday life and share experiences with other positive women. Car pools will be arranged. Space is limited, so call Bronwyn of Janet at the network (893 - 2200) for more information.

HIV WOMEN'S CAUCUS: After a brief hiatus, the HIV Women's caucus is roaring to get up and go again. The caucus was formed to provide a time and place for HIV+ women to discuss advocacy issues. You don't have to be active in the community or out about your status. You don't even have to use your real name. Contact Carla at the Network for more details.



Santa Lionel does the rounds at the BCPWA annual X-Mass dinner with Martin the Elf.



Thanks

To all the voluneers who made the X-mass dinner a success! And to the wonderful Quilting wittth Kay group who made beautiful quilts for some of our youngest members. (See photo. at left)

GUY MAXWELL

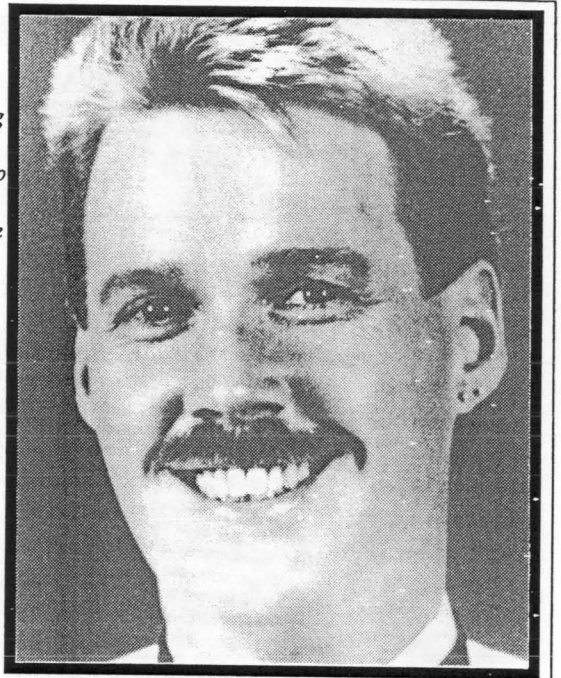
November 17, 1946 - December 20, 1993.

Guy arrived in Fergus, Ontario where, as a child, he sang in the choir and played piano, thus beginning his long career. It was in the Toronto area that he began to develop his unique sing-a-long comedy act that was to delight audiences throughout the East coast, Edmonton (where he changed his name from Gene Bolcs) and then on to Bermuda and Oregon, before coming to Vancouver in August, 1988.

Here he began his association with BCPWA Society, where as a peer counselor project leader, he initiated a successful volunteer training programme. In 1990, he was elected as a member of the board. All this while continuing to entertain throughout the Vancouver area at such places as Heritage House and St. Paul's Hospital.

Donations are being gratefully accepted toward a park bench, to Box 10-06 c/o XTRA West, 501 - 1033 Davie Street, Vancouver, B.C. V6J 1M5.

Guy is survived by his mother, Thelma; his partner, Larry and many relatives and friends who miss him.



TIMOTHY GRANT GELA

Timothy died December 18, 1993, at age 40, of complications due to AIDS. He will be dearly missed by family and friends. Tim was a proud member of our community and will be remembered for his contributions to the Border Rider Motorcycle Club, the Victoria Court, the GVBA, the Police/Gay-Lesbian Liaison Committee as well as many other community boards and organizations. Many thanks to Dr. Robert Voight, the staff at St. Paul's Hospital and home-care workers Chris, Bonnie and Michael who made Tim's life comfortable in his final days. A celebration of life will be held in Tim's honour, Saturday, January 22 from 2:30 p.m. to 5:00 p.m. at Gordon Neighbourhood House (1019 Broughton Street), Vancouver. Donations, in lieu of flowers, to Vancouver Meals Society, Nelson Park, P.O. Box 93554, 1125 Davie Street, Vancouver, B.C. V6E 4L7.

DON McCORMICK

August 17, 1952 - December 9, 1993.

Survived by his loving parents and loving sister Colleen.

Don was a kind and generous man who deeply changed the lives of many of us. I know I am a better person because of his influence. To me he was:

*My brother when I needed unconditional love
and my companion when I was afraid to be alone,
My inspiration when I was growing up
and my teacher when I was struggling with our
profession,
My proudest fan when I achieved
and my good friend when I wanted to celebrate,
My counselor when I was undecided
and my guardian when I went the wrong way,
My conscience when I showed prejudice
and my support when I felt defeated,
My strength when he was sick and suffering
and my deepest sorrow now that he is gone.*

My brother Don
I LOVE YOU AND I WILL MISS YOU!
COLLEEN.

JOHN THEODORE (TED) ERICKSON

June 25, 1940 - December 24, 1993

Ted's devotion to the PWA library, since its inception in 1988, will be sorely missed by patrons and staff alike.

He was a follower of holistic healing practices and always enjoyed discussing alternative treatment methods and philosophies with members who dropped into the library.

Ted was a gentle giant, soft spoken, intelligent, compassionate and caring.

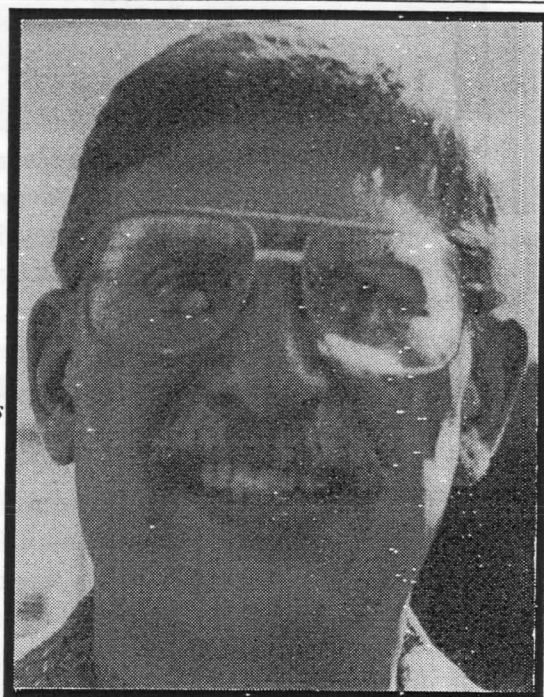
He had a wicked sense of humour and was relentless in his pursuit of overdue books.

As Alan Anton so aptly stated, "We will all greatly miss the safety and love of being enveloped in his embrace."

Ted requested all donations in his memory be made to the PARC library.

REST WELL, SWEET MAN

—JACKIE



FRANCIS NASH

1952 - 1993

A sad farewell to our friend, brother, dancer, son and lover. Francis leaves behind his mother, brother and sisters in Grenada. Also a sister in New York and a sister in Toronto. Francis left us at 5:20 p.m. on December 24, 1993, in the company of his friend and priest, Ralph Blackman.

Francis was a volunteer with AIDS Vancouver and of the Black Aids Network.

A service to commemorate Franny's life was held December 29, 1993, at Christ Church Cathedral. Three hundred of his close friends attended to mourn his loss and celebrate his life.

DEAN NESLAND

In loving memory of DEAN NESLAND, a dear son and brother who passed away December 14, 1993.

*Though your smile is gone and your hand we cannot touch,
Still we have so many memories of the one we loved so much.
God has you in His keeping, we have you in our hearts.*

*Ever loved and missed by:
Mom, Craig, Carol, Debbie and Families*

St. Paul's III -- From Page 4

More effective outreach to the community and to the government is necessary to ensure that the hospital has the political support that it will need to maintain and increase funding and to ensure that the expert views of that staff are incorporated into provincial plans for the expanding HIV care.

Additional staff may be needed to develop a more effective outreach to the community. Steps should be taken to assure representation from the community and community members should be part of the decision making process related to the reorganization of the program. In particular, they should have an active role in the development of the new IDC.

St. Paul's should develop a strategy to lobby the provincial government about the needs of the HIV program and develop partnerships with government and other agencies in projects pertinent to the overall goal of providing AIDS services in the community, such as community based hospice facilities, home palliative care, home IV therapy, and creative programs designed to reach the hard to service groups such as the IUD and native populations. St. Paul's should also assume the leadership in partnership with government agencies, UBC and the Centre of Excellence to

expand HIV care expertise to other institutions both in Vancouver and throughout the province.

An inventory of research projects should be made and a strategy developed to promote certain areas of research. Research in epidemiology and clinical research have been the hallmark of St. Paul's. In the future, basic research, psycho social research, and health administration would be to award the AIDS Chair to a psycho social investigator in an effort to boost psycho social research.

CONCLUSION

Clearly, the HIV Disease Program should be retained as one of St. Paul's major strategic foci. With appropriate restructuring, the program has the potential to achieve world class stature. At the same time the hospital needs to work closely with the Centre for Excellence and community groups to promote increased knowledge and readiness on the part of other institutions and care providers to become more involved in service delivery to this patient population. Failure to do so will eventually erode the program.

HIV/AIDS care needs to continue to shift towards increasing reliance on ambulatory services, and the pace of this shift should be accelerated. Wherever possible, the hospital should seek out and cultivate

community based partnerships. In the long term, this will significantly enhance St. Paul's image, while at the same time ensuring that scarce hospital based resources are appropriately allocated to a full range of HIV related services, including clinical care, education, and research.

The senior management team at St. Paul's is to be commended for undertaking this program review. While the results suggest that the organization faces significant challenges over the short term, the tremendous opportunities which exist for achieving excellence in all aspects of HIV services should provide the impetus to move forward expediently with the necessary changes. As reviewers, we wish the hospital and its staff every success in the ongoing efforts to develop the HIV Disease Program.

Keep Hope Alive -- From Page 8

2. **HYDRAZINE SULFATE** - stimulates appetite and weight gain in 87% of cancer patients as reported by Ralph Moss in his book on CANCER THERAPY (EQUINOX PRESS, NEW YORK). It has also been reported to us by Ralph Preston of People against Cancer to reverse wasting syndrome in aids PATIENTS.

Source - Great Lakes Metabolics, 1724 Hiawatha Court NE, Rochester, Minnesota 55904. Send them a cheque for \$20.00 plus \$3.00 for postage (total \$23.00 US funds) for 100 tablets.

Dosage - First three days - take one tablet before breakfast. Next three days - take one before breakfast and one before supper. On day 7, take one tablet three times a day with each meal. After 6 weeks, repeat this protocol as if starting on day 1. Do not use tranquilizers or drink alcohol with this product or it will be ineffective.

Side effects - none known.

Highly recommended for persons with KS or who are not using Ozone therapy and want to gain weight. We are anticipating there will be increases in T-cell counts with this product, but know of no one actually using it at this time.

Conditions associated with weight loss: diarrhea caused by gluten intolerance (glutens are a protein found in wheat, oats and barley); diarrhea by bacteria, cryptosporidium (parasitic sporozoan) or other parasites. Other conditions associated with weigh loss: Adrenal exhaustion, loss of potassium, magnesium and other electrolytes. Acid salvia pH and acid blood (blue blood).

The preceding articles are updates for the **AIDS CONTROL DIET** which is available in the PARC library. Copies of the entire Special Report are available at the treatment information office.

Stryker News -- From Page 10

What we have here is a cultural misunderstanding. It's another variation of the old story in which some of the straight community hold that gay behaviour, if it is to take place at all, should happen only in the closet. I think that most of the activity in which homosexual members re-assure each other that being gay is okay and that each other is okay. It is an effective way of boosting morale in the face of our awful reality. The Society would have no more business in putting a stop to conscious cruising than it would in telling a Sikh member to remove his turban.

BCPWAS needs to do a lot more bragging. The common bond amongst our members - rich or poor, eminent or a nobody, crook or choirboy, gay or straight - is that we have been exposed to a virus. We do one hell of a great job of providing each other with support, and we have 400 associate members of every stripe and colour who provide invaluable support themselves as well as making the members effective.

There are straight people who really can't hack being around gays and with them we sympathize. The Society has really worked hard to provide for them, and if they would just persevere, we can be of real help. Please, don't give up on us because the first encounter or two was difficult! The majority of our straight members find they get along with us just fine. If you have been truly offended - please take it up with us.

WE DO RESPECT YOUR CONCERNS! We don't allow cruising in the offices and certainly not in the counselling room. We have a sexual harassment policy, a good one. We can't deal with what we don't know about.

I read with care the stories of the persons who are dissatisfied. It may be that you are just not ready to deal with this illness - a common situation. You explain that you can't go the Society that is supposed to help you because of

Now, let's look at the nasty side. The articles look a lot like gay-bashing, the kind that both sells newspapers and that may have done a great deal of damage to the reputation of the Society.

Much of my counselling is with a member who is alone and alienated. I believe that dealing effectively with AIDS comes with an understanding that one is a valued member of not just a group or a culture

but of the whole human race. Our society must not change to gays alone. Please be patient with us. We are just an ordinary group of people who have caught up in a living nightmare. We do our best to accept you as you are. We ask the same of you.

LOVE, STRYKER.



a - s a p

Asian-Support AIDS Project

687-2727 (asap)

亞
援
愛
滋
計
劃

Asian AIDS Helpline
for the Asian community.

This service is available in various languages:

Cantonese
Mandarin
English

Mondays
6pm - 9pm

Starting Monday,
November 15

亞
援
愛
滋
計
劃

Asian-Support AIDS Project
Educating and Caring for the Asian Community

Letters

Dear Editor,

I have just received your Vancouver PWA Newsletter of December/January. I am very sorry that you advertize "doctor assisted suicide." It is an absolute "NO NO", and anyone that is spiritually evolved knows that GOD never gives anyone more problems and lessons than they can master.

If you help someone to commit suicide prior to their natural death, you do **not** do them a service. You cheat them out of their last lesson, that they are supposed to learn before they can "graduate."

Please put that in your newsletter, with my love and blessings,

Elizabeth Kubler-Ross, MD.

Editorial Committee: While we respect your views, the Editorial Committee is mandated to empower our readers by providing information about all available options. The choice of options rests with each individual.

4000 Copies here at home



Straight and Positive?
A New group has formed in
Vancouver, British Columbia
Call Jason at (604) 893-2250

A Latvian PWA group
has been formed in Riga, Latvia.
Contact: Atbalsta Grupa Inficētajiem ar HIV
un AIDS Slimniekiem. P.O. Box 391, Riga,
LV1001, Latvia.

and around the World

The British Columbia Persons with AIDS Society Newsletter is published by the Persons with AIDS Society of British Columbia. This Newsletter may report on experimental and alternative therapies but the 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 of the Society. Our office is at 1107 Seymour Street, Vancouver, B.C. V6B 5S8. Phone: (604) 893-2250 Fax: (604) 893-2251. The British Columbia Persons with AIDS Society is a registered charitable organization (Revenue Canada Reg. #0760124-11-27