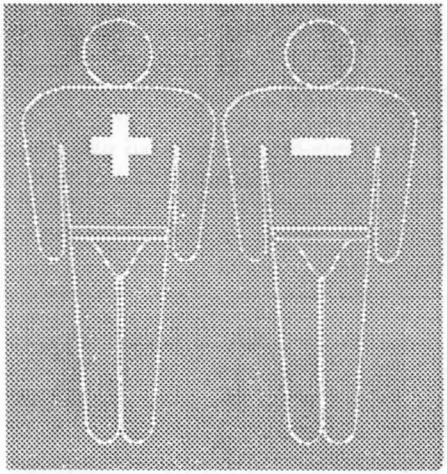
Issue #86 October/November 1995

BCPWA News

A Publication of the BC Persons With AIDS Society



One Positive One Negative

...Does not a balance make

The Cost of AIDS

Take a Load Off

The 1995 Gay Pride Parade

On Monday, August 7, torrents of cold rain notwithstanding, BCPWA's giant float made its way along Denman Street and Beach Avenue as part of the largest Gay Pride Parade in Vancouver's history. The people who created this fantastic float deserve a long round of applause: they are Brian (BCPWA Board), Georgeanne (Candlelight Memorial), John Koz., Fred, Murray, Bert, Gil, Bader, Kenn (members) and Jules (friend and supporter). Their effort and hard work made this year's participation in the Pride Parade one of the best ever. The collaboration between BCPWA and the Candlelight Memorial Committee, who contributed the *Names Panels* ensured that parade spectators experienced the power of people who could not be there, and of those who continue to live with HIV/AIDS. Thanks again, folks, for your fine work.

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Letters to the Editor

To the Editor:

I have been working part-time with the Treatment Information Project for the past five years. I have seen a lot of information on drugs and complementary therapies pass through our office. I have discovered a drug that makes you feel great, and extends your life like no other drug. This drug is called MONEY.

The bottom line is if you are living with HIV/AIDS and get this drug your life will be extended. This was proven in studies conducted in Vancouver by the B.C. Centre for Excellence. Governments would be wise to take notice of this fact, as offering more financial support to HIV-positive people early would save taxpayers' money in the long run.

Money will not bring you happiness, but it can extend your life, which can be calming for the nerves.

Gordon Waselnuk

Correction

In Issue #85, in the StrykerNews column, it was incorrectly stated that Canada makes a diagnosis of AIDS only after a patient has had two opportunistic infections (OIs). In fact, the diagnosis of AIDS is made after the appearance of one OI.

Kudos

To the over 450 people who responded to the BCPWA spring direct mail campaign, donating more than $25,000 in total. Thank you for your ongoing support.

To the West End Softball Association, thanks for the donation of $500 raised through your social event.

To everyone who is supporting the BCPWA NEWS by submitting subscription renewals. Subscription revenues help us to finance the cost of this publication, and we are grateful for them.

To the Burrard and Davie Streets Esso Station for donating $120...
To the English Bay Bowling League for a donation of $2500...
To the Hydrec Fund for sending us $1595...
Thanks to all of you.

To everyone who donated time, effort and money to ensure the success of AIDS WALK 1995, including our corporate sponsors, volunteers, community businesses and groups. We'll have a complete list of AIDS WALK supporters in our next issue, but we want to make sure that you all receive our immediate thanks now.

To the donators of the following items, we say thank you...
Passes to the PNE
Tickets for *Angels in America*
Tickets for *Last of the Dogmen* (courtesy of Lisa at Perryscope)
Coffee for our lounge (from Starbucks)
Tickets to the CN IMAX Theatre

To our fabulous hairdressers, a big *grazie*: Sean, William, Gary, Guy and Fakroon, with special thanks to the project leader, Bob Pollard.

To the retreat leaders, for their hard work and creative ideas go many thanks—to Bleu, Bo, Brian, Gil, Bert, Myles and Michael.

Network News

...An Update on the Positive Women's Network

On September 28, 29 and 30, the Women, Children and Youth HIV/AIDS Conference was held in Vancouver. Co-sponsored by the University of B.C. Health Sciences Department, the Sunny Hill Health Centre for Children, B.C.'s Children's Hospital and B.C. Women's, the conference brought together HIV-positive women, community workers, educators, doctors and nurses to discuss up-to-date information on a number of topics. Conference sessions covered reproductive health, treatment issues for women, peer education models for youth, nutrition for HIV-positive women, families living with HIV, complementary therapies, and making sex women-affirming.

The next Positive Women's Network (PWN) retreat is scheduled for October 20-24. If you are interested in attending, get in touch with Barbara at PWN (681-2122, ext. 220). Retreat attendance is limited to full members of the Network. Because of space limitations, a number of places will be reserved for women who have not previously been on a PWN retreat — contact Barbara for details. If you would like to help with pre-planning or with tasks during the retreat, please let Barbara know.

PWN will be sponsoring several skills-building workshops in the upcoming months. Peer support training, which will take place in October, will provide the necessary information to become a peer support volunteer at the Network. The Speaker's Training Workshop, scheduled for November, will help women prepare for public speaking engagements. How To Be Your Own Advocate (date to be announced) will look at developing the skills required for a variety of potentially problematic situations: dealing with your financial assistance worker, your doctor, your landlord, etc. For further information on these workshops, please contact Bronwyn at 681-2122, ext. 276.

PWN currently has several spaces available in our counselling program. The program offers free, short-term counselling with a qualified therapist, and is open to full members only. If you would like to speak with someone about getting into this program, get in touch with Bronwyn (681-2122, ext. 276).

Last but not least: did you know that PWN publishes a newsletter and magazine? If you are not on our mailing list and would like to be, please contact us for a membership form. Here is who we are and how to connect to us. Dial the PARC switchboard (681-2122), and then key in an extension at the prompt, or wait for an operator to help you:

Bronwyn Barrett,
Outreach Co-ordinator
(ext. 276)

Carla Fondrick,
Co-ordinator of
Volunteers
(ext. 200)

Cindy Graham,
Counselling Support
(ext. 201)

Janet Madsen,
Resources Co-ordinator
(ext. 202)

Marcie Summers,
Executive Director
(ext. 286)

News

Treating STDs and Reducing AIDS Risk

Researchers working in Tanzania report that treating individuals for sexually transmitted diseases (STDs) such as gonorrhea significantly reduces their risk of becoming infected with HIV. Villagers who were treated for STDs were approximately 40 percent less likely to contract HIV than villagers whose STDs were not treated, the physicians report in the current issue of The Lancet. Professor David Mabey of the London School of Hygiene and Tropical Medicine noted that because they were not using the most effective drugs, "there might have been an even bigger effect if we had." Mabey warned, however, that the $7.50 (US) to $15 cost per treatment could exclude many countries if aid agencies did not help out.

From The Washington Post, August 25, 1995

New Drug Cripples AIDS Virus

Winnipeg Cancer researchers have developed drugs that can paralyse the virus that causes AIDS. "It's as if the virus isn't there at all," said Dr. Jim Wright of the Manitoba Institute for Cell biology at the Manitoba Cancer Treatment and Research Foundation. "The cells would act as though they were normal."

The research, tested on lab animals and human tissue, is being hailed as a major breakthrough. The two genetic drugs called antisense molecules, which mimic DNA, were designed be Wright and colleague Dr. Mike Anazodo using insights gleaned from cancer chemotherapy drugs. The new drugs are so promising the Wright and his colleagues have applied for patents for both.

Wright synthesized man-made genes in a test-tube to mimic the ones in HIV. He found that injecting the substance into the virus immobilized it, stopping it from growing. "It's a completely new approach to blocking the AIDS virus." Wright said, "It acts much like an antibiotic at a genetic level. Gene therapy works by stopping the virus from copying itself. In turn, it can't spread in the body."

In three years of research, the two drugs have passed two preliminary but major hurdles. The crucial test for the new drugs is expected within a year, pending federal approval, for clinical trials on people infected with the AIDS virus.

Lab tests in Winnipeg have proven the drugs immobilize the virus in monkey cells. Preliminary, collaborating research in Montreal, where one the Canada's top AIDS researchers has joined the Winnipeg work, shows that the drugs also kill AIDS in human cells in lab tests. Institute director Dr. Arnold Greenberg said that if the clinical trials confirm the promise shown so far, the drugs will be hailed in headlines around the world.

From the Winnipeg Free Press, August 18, 1995

AIDS Virus Spreading Fast in S.E. Asia

A paper released on August 27, 1995, estimated that by January 1995, 4.5 million people in southeast Asia had been infected with HIV. In that region, incidence of HIV "continues to soar and the first peak of the epidemic is not yet in sight,"said the paper, which was presented at a recent Manila symposium

by American AIDS expert Daniel Tarantola of the Harvard School of Public Health. According to the paper, the AIDS epidemic is spreading dramatically from urban to rural parts of the region, and is affecting people at younger ages, especially woman."

From Reuters, August 27, 1995

Cover-up Denied in Tapes Erasure

Members of a government committee overseeing Canada's blood supply denied Thursday that tapes and transcripts of their meetings were destroyed as part of a cover-up.

Former members of the Canadian blood committee told a federal inquiry the 1989 decision to get rid of eight years worth of crucial tapes and transcripts wasn't because of a "conspiracy."

The records cover the years during which the deadly AIDS virus was seeping into the Canadian blood supply.

By the time the decision was made to destroy the tapes, more that 1,500 Canadians had been infected with killer blood, several lawsuits had been launched and hemophiliacs were shouting for a federal probe.

During a meeting on Feb. 22, 1989, the committee wanted tapes erased and transcripts of past and future meetings destroyed to avoid public scrutiny, documents show.

They feared information could become available to journalists under the federal Access to Information Act, documents show.

But former committee members came under extremely tough questioning for that decision at a federal inquiry into Canada's tainted-blood scandal.

Commission lawyer Marlys Edwardh demanded to know why the committee would destroy the records after almost a decade of "keeping verbatim transcripts" of its meetings.

"Doesn't it look to everyone in the community that this committee has something to hide?" Edwardh asked its former chair, Dr. Jo Hauser.

But Hauser insisted it was simply an administrative decision. "If we had something to hide, the minutes [of the meeting] would not record it in the matter... and talk about access to information," said Hauser.

Edwardh said the law demands each government department keep records unless they're exempted under an agreement with National Archives.

Hauser said there wasn't such an agreement when the tapes and transcripts were destroyed.

The now-defunct committee, which included representatives from 10 provincial health ministries and the federal government, never sought legal advice about doing it, the inquiry heard.

Committee members told the inquiry they believed it was all right to get rid of the tapes and transcripts because they already had typed minutes of their meetings.

From The Vancouver Sun, September 11, 1995.

The Cost of AIDS

by Pat Johnson

Part 2 of 3

As mentioned in Part One of this series, recent studies have concluded that proper nutrition, stable housing and reduced stress will substantially prolong the life of an HIV-positive individual. All of these factors rely on an adequate income. Yet, in reality, as the income of a person with HIV or AIDS diminishes, the cost of living — and of staying healthy — soars.

The studies provide enough information to make clear that a long-term strategy on the side of income-support would have a payback in reduced and delayed use of expensive public care facilities. This is desirable to the government and to the person with HIV or AIDS.

Most people who work in AIDS support would be delighted if the government agreed to ensure that every person with HIV was provided an income for adequate nutrition and stable housing. But this ideal has its own economic implications. Economic research based on hospitalization ignores other costs.

As people with HIV survive longer, stress is added to the economy, existing community organizations and informal care providers, as well as to the individual's financial situation.

Even when an individual remains healthy enough that income remains constant for a long period, preventative care will increase the cost of food, nutritional supplements and incidental expenses to the person with HIV.

Productivity may be lost the employers of HIV-positive individuals. If the individual is self-employed, income decreases may be incremental and hidden. For family and friends, a similar hidden effect may be at play. During occasional illnesses not requiring hospitalization, a support network may become an active care team. In doing so, members of the team may suffer real economic losses or lost "opportunity costs." Substantial secondary losses could result from a spouse, friend or family member taking a leave from work or quitting a job altogether to care for a patient who may be intermittently hospitalized. In an epidemic involving thousands of people directly, this sort of changed economic role has a wide-reaching impact on gross national product, taxation and unemployment insurance. How wide-reaching, however, is not yet know.

As survival periods for

...a long-term strategy on theside of income support would have a payback in reduced and delayed use of expensive public care facilities

Where that money comes from will be a matter of public policy. How that money is distributed is, apparently, a matter of life and death

people with HIV and AIDS increase, so will the pressure on informal suppliers of care. It may be that a long period of non-hospitalized convalescence will deplete the resources of friends or family so that the support is not available later, when it is needed most.

For community groups, the numbers are daunting. Ten years ago an AIDS support organization could have expected to have been involved with a client for a few months or at best, a couple of years. When enrolling a new client today, the organization can expect to be dealing with the individual for many years. As waves of HIV-positive gay men fill these support organizations, other questions arise.

Most AIDS organizations in North America were founded and run primarily by gays and lesbians. It is a widely admired fact that homosexuals have cared for their own where governments have refused to do so in a timely manner. This has come at a cost to the community. Money which would have funded community centres, youth support, scholarships, political campaigns, publications and human rights initiatives have gone instead to community AIDS organizations

But the face of AIDS is changing. There have been increases in HIV infection among women, intravenous drug users, children and First Nations people, among others. Each of these groups, like gay men, have specific needs. As numbers warrant, these groups will have to come to an entente with the existing support structures to either develop programs of their own or to incorporate their needs into the mission of existing groups.

Likewise, homosexuals will have to decide whether the organizations they have built and maintained since the beginning of the epidemic will open wide to embrace the growing diversity of HIV-positive people

Governments will have to decide whether money will be freed up early to allow people with HIV and AIDS to remain healthy or whether to follow a crisis-management policy which will see hospitals filled with AIDS patients sooner rather than later.

While the world awaits a cure for AIDS, the best immediate hope is to make AIDS a manageable chronic disease. Medical progress and preventative knowledge has lengthened the life expectancy of HIV-positive individuals. The studies mentioned here indicate that the road to managing AIDS will be paved with money.

Where that money comes from will be a matter of public policy. How that money is distributed is, apparently, a matter of life and death.

Treatment Update

Medication for the Treatment of Shingles Approved for Use in Canada

Famvir (famciclovir), a drug for the treatment of shingles, has received a Notice of Compliance (NOC) from Health Canada, and is now available by prescription. Singles (*herpes zoster*) occurs only in people who have had chickenpox. When this same virus (*varicella zoster*), which can remain latent for years, is reactivated, patients experience a localized tingling sensation under the skin which quickly turns into a rash on one side of the body or face. The rash usually occurs as a belt-like strip down a nerve group.

Shingles primarily affects people over the age of 50. It affects one in five Canadians at some point in their lives.

Recent clinical trials have shown that famciclovir is the first agent proven to reduce the duration of Port-Herpetic Neuralgia (PHN) when used to treat shingles. PHN is the most frequent long term complication of shingles and is defined as chronic pain in and around the infected area which persists after the skin lesions have healed. In some patients, PHN may last for years.

In clinical trials, 61 percent of famciclovir-treated patients over the age of 50 had lost PHN after 90 days. This compares favourably with the placebo group where only 38 percent of patients lost the PHN over the same time period.

"Some patients describe the pain of PHN as an unrelenting local aching or burning, often becoming excruciating upon movement or touch, " said Dr. Gary Sibbald, Associate Professor of Medicine, University of Toronto.

"The introduction of Famvir will enable physicians to more effectively manage the pain and suffering of shingles and PHN. It is vital that individuals who are susceptible, know the symptoms and seek treatment and famciclovir quickly," said Dr. Sibbald. The best clinical results have been seen when aitiviral therapy is administered in the first 72 hours after the onset of the skin rash.

The Role of CD8 Cells

For a while now, we have speculated on the role of CD8 cells in the progression of HIV disease. CD8 cells (or T-8 or T-suppressor cells) are not infectable by HIV, but the do appear to play a role in keeping the progression of HIV in check. We are still not sure how these cells do this. Jay Levy, a prominent AIDS researcher in San Francisco, has postulated that a substance mediates the work of CD8 in fighting HIV. He has now identified that substance as CD8 Antiviral Factor or CAF.

This substance appears to work between the steps in the life cycle of HIV where reverse transcriptase and protease inhibitors work. It this offers the possibility of intervening in yet another point of the HIV cycle. Levy notes that this substance decreases as HIV disease progresses. It appears to be active against all HIV strains. Levy further notes that a drop in CD8 activity precedes a drop in CD4 count. Research on CAF goes forward and offers what potentially might be a powerful treatment against HIV.

(For a more complete explanation of Jay Levy's CAF theory, see the June 1995 issue of *Beta*, or call the Treatment Information Project for a copy — Ed.)

Treatment Update...continued

Reducing the Toxicity of Sulpha Drugs

Sulpha drugs are often the first therapies doctors consider when treating HIV-infected patients with the life-threatening lung infection PCP or the brain infection toxoplasmosis. Unfortunately, many patients with HIV/AIDS tend to experience serious side effects when given these drugs. Researchers are not sure why this happens. It may be that the way HIV-infected subject process drugs leads to the production of compounds that cause these side effects.

In laboratory experiments with cells, treatment with antioxidants appears to reduce the production of toxic compounds from sulpha drugs. This may not be surprising because several research teams have reported that subjects with HIV/AIDS have less-than-normal levels of certain substances used by the body to make its detoxifying enzymes. Researchers and their patients are experiments with a number of antioxidants that the body cannot make (vitamins C and E and beta carotene) and taking supplements of materials (sulphur-containing amino acids—cysteine, methione, the minerals selenium, copper, manganese and zinc) needed to make the body's antioxidant enzymes. Some researchers are conducting experiments where at first subjects receive small doses of sulpha drugs which gradually increase to the full treatment dose—a process called desensitization.

Getting a Flu Vaccine? Think Twice

A flu vaccination's stimulation of the immune system may also stimulate HIV growth, accord to the August 1995 issue of *Blood.* Researchers from the University of California, Los Angeles, AIDS Institute studied 34 HIV-infected people. The 20 who had received flu shots had a 10-fold increase in viral load. Researchers claim that viral growth is temporary and that actually getting the flu is worse, but warn that the increase may still lead to disease progression. They also state that persons with advance HIV disease may not react well to the vaccine and probably should not have it. Be sure to consult with your physician before deciding.

Community Trial Shows Promise

A community trial of a new "tonic," Seagenone, sponsored and supplied by Maimhal L.L.C., and under the auspices of the Progressive AIDS Research and Information Society (PARIS), enrolled 12 participants beginning in August 1995.

The two-month study is designed to evaluate Seagenone's capability to reduce pain, chronic fatigue and microbial infections associated with HIV.

Patients taking the minimal, or maintenance, dose have reported significant reduction in pain, fatigue, and in oral thrush (*candidiasis*). One patient, diagnosed with hepatitis with pigmentation now shows a reduction in pigment and reports improved liver function (in clinical tests.) No side effect have been reported, other than a slight nausea of Seagenone is taken on an empty stomach.

A complete history of each participant and the result obtained to date is available upon request. Final results will be reported at the conclusion of the trial.

Copies of the full interim report are available from the Treatment Information Project, or for further information call Maimhal L.L.C. at (604)878-8139.

Take a Load Off

by David Thomas

Reprinted from POZ Magazine, September 1995

Dr. Michael Saag of the University of Alabama interprets a patient's latest CD4 cell count and viral load...

Sean is not alone in that he has had relatively good health for several months even though his CD4 cell count is in the single digits. Conventional wisdom holds that CD4 counts under 200, and especially under 50, spell certain and rapid outbreaks of opportunistic infections (IOs) such as *Pneumonocystis carinii* pneumonia (PCP) or *Mycobacterium avium* complex (MAC). What then, does CD4 cell count really mean for people such as Sean?

CD4 counts are important barometers of how likely it is that someone will develop a problem over a given period of time. In the case of someone with a CD4 count less than 20, the likelihood of a new opportunistic infection occurring over the next year could approach 70 to 80 percent. That's especially true if no prophylaxis is given, specifically for PCP.

In Sean's case, he is protected from PCP with the best prophylactic treatment, TMP/SMX (Bactrim, Septra), which may also prevent him from developing toxoplasmosis. So the drug is clearly to his advantage.

People who follow their CD4 count intently and put a lot of stock in its rises and falls should know the count alone is not the whole story, because the quantity of cells doesn't correspond to the quality of those cell. Let's take two different people: One gets a fatal OI while her CD4 count is 150; another person has a CD4 count of five and sustains that count with very few or no clinical presentations for four years. This second person's "five" cells are collectively more competent than the first person's. Researchers have long been able to quantify the immune system—that's your CD4 cell count—but we don't yet know how to test its quality. Immunologists are making steps in the right direction, and when we develop a qualitative test it may replace CD4 count in relevance.

With recent insights into pathogenesis, we're pretty certain that one's CD4

People who follow their CD4 count intently and put a lot of stock in its rises and falls should know the count alone is not the whole story

population is turning over at an enormous rate every day, even when the count is less than 10. (This actually means 10 cells *per cubic millimetre*, and there are a lot of cubic millimetres in the body.) This means that Sean's body is producing 100 million to a billion new cells every day. The bad news is that an equal number of cells are being destroyed by viral replication in a matter of days.

New tests of viral load—the amount of virus in the blood as figured by counting copies of viral RNA—seem to be more accurate than CD4 count in assessing antiretroviral drug activity and possibly in predicting disease progression.

Sean's HIV RNA is fairly high at 3.3 million copies. And it was only 633,020 seven months ago. This picture is unfortunately one of high-level viral replication that's going unchecked, except by whatever Sean's immune system is able to throw against it. I would guess that Sean's risk of an OI within the next year is higher than someone else's who has a lower viral burden and the same CD4 count. In my view, Sean could achieve a lower viral burden by beginning some antiretroviral therapy.

A lot of people in the community believe that antiretroviral therapy does not improve survival. I hear over and over again, "AZT, ddI, ddC, etc. just treat lab numbers." Ironically, the one area where survival benefit has clearly been shown is in people with CD4 counts below 200. If I were taking care of Sean, I would counsel him to reconsider his reluctance to take antiretroviral drugs, which is why he stopped therapy with them previously.

What I would optimally do is start Sean on antiretroviral therapy and have him come back in two to four weeks to recheck both viral RNA level and CD4 count. If the antiretroviral therapy is effective, I would expect his CD4 count to go up to double digits, perhaps to 20, and his RNA level to drop by at least threefold.

That drop in burden won't have an acute clinical correlation. The ultimate objective would be to keep his viral burden as low as we can for as long as we can by any means we have available. That's my basic approach to treatment. But a viral load drop for only three weeks is not a great accomplishment—the drop must be sustained.

What if we do get Sean's viral load down from 3.3 million copies to 3.3 hundred thousand? Would that really do something for him clinically? We don't know. It remains to be seen whether in the long run more aggressive management of viral turnover will improve long-term survival. I believe that it will. My bet is that in a year, this question will be laid to rest.

It remains to be seen whether in the long run more aggressive management of viral turnover will improve long term survival

CAPTAIN Midnite

Finally, I think I have found what I've been looking for. (No, not a blond twenty-five year old with unlimited credit!) When I left Vancouver for self-imposed exile in Sooke (where I was shocked to discover that Canada has hillbillies), I was feeling tired, burnt-out and disillusioned. AIDS organizations in Vancouver were, in my view, becoming corporate-minded and indifferent to the very people they were created to help. I saw support services becoming buried in bureaucracy. The organizations' continual struggle for money from both the government and the community was distracting attention away from the real concern, the welfare of people living with HIV and AIDS.

Now that I'm in Victoria, I can see that all is not lost. This city seems to possess naturally what most communities have to work for, not always successfully. It's a family-like attitude of caring and support. The four AIDS agencies here, AIDS Vancouver Island, Victoria AIDS Respite Care Society, Victoria PWA Society and Hospice Society, actually co-operate with each other. Of course, each society has its own turf, as one might say, to watch over but they manage to work with each other admirably. They even get together to hold joint fund-raisers.

Even more remarkable is the Victoria community support. The staff of Rumors, for instance, held continuous fund-raisers for more than a month for the PWA Society, then held more to benefit any other group that needed help. They don't seem to feel that they can do enough. The donation jars at B.J.'s Lounge are filling up faster than we can empty them (well, almost faster — I can be pretty quick at the sound of cash) and no one swipes the jars. And it's not only the gay community that goes the distance. St. Michael's University School, Camosun College and the University of Victoria, as well as the Prime Timers and Zontas, do everything from holding dinners to making afghans. A group from one of the smaller gulf islands, mostly women, formed a group to cook, package and deliver dinners to shut-in PWAs. Here, on Vancouver Island, we tend to look after our own, without asking questions, finding fault, pointing fingers of blame or guilt, or asking for anything in return. When one of us needs help, it's there. Imagine a family that hasn't been very

close over the past few years. When the family members find out that one of them needs help, old differences are set aside immediately. Or picture two women fighting. If a man interferes, the women forget their argument and turn their attention to the man. (I made that dumb move once. I still have the scars.) Even the churches, which used to look down on us as the ultimate sinners, are becoming our supporters.

It's this community spirit that sets cities like Victoria, with a population of just over a quarter of a million, apart from larger centres. If any of you readers recognise that you or your community share this spirit, defend and uphold it. It's people like David, Brent, Jaime and Michelle, names which may mean nothing anywhere else but mean everything here, that give people living with this disease hope and security and keep the memory of those who have died in the hearts and minds of us all. The excuse that our organizations have grown too large is lame. What I'd like to see is all of the different societies get together, pool resources and talent, and co-operate. The fact the AIDS societies are growing should be used as an advantage to give us PWAs more voice when decisions are made on our behalf. Division between these societies only breeds division between their members, and when this happens, no one benefits. As long as we PWAs allow differing agendas and ideologies to divide us, then we will never have a voice, and we won't make it, period. Stop the haggling and get on with living, while we still have the time.

I was once told that I tend to oversimplify everything; that life isn't simple. Well, I'd like to believe that life is only as complicated as you make it. I may be living in a dream world, and I know that I do tend to create my own reality. If this is the case, don't tell me. I'd like to believe that we still have a chance.

I would like to dedicate this column to Lauro DeHaan, and Dominic Iaia. Although they had different views on not just AIDS issues, but on almost everything else, they still stood out as outstanding advocates for PWAs. AIDS brought these men together; politics separated them. They lived within walking distance of each other in the West End, and they died within two weeks of each other. This is, like, too Twilight Zone. I'm sure that wherever they are now, they're still arguing over funding. 'Bye, guys.

Until next time, cheers from the capital, and take care.

BILLY LENNOX

THE STUDY CONTINUES.....

Do you have HIV/AIDS?

Do you want to talk
...about your VALUES/
...about your BELIEFS?
...about your LIFE EXPERIENCES?

Take this opportunity to talk with a very interested listener about what's important to you in your life. All information that you provide will be anonymous and strictly confidential.

I have been conducting interviews as part of earning my doctorate in Clinical Psychology at Simon Fraser University. I have collected 40 interviews, and I am still in need of 30 more to complete my research.

I will greatly appreciate your participation, and you might find that the interview is interesting and stimulating. Furthermore, you will have the satisfaction of knowing that the results will be helpful to psychologists, educators, and other interested professionals working with those affected by the AIDS crisis.

After the interview you will be invited to join a support/discussion group to talk with others who have also been interviewed.

For more information, please call me!

Sue Driedger
@876-4114

One Positive, One Negative

...Does Not a Balance Make

by Dana Lawrence

There is a situation in my life which I am sure is far from unique in this day and age, a time when our lives are bracketed by the realities of HIV/AIDS, and when our growing knowledge tells us that something as simple and rewarding as sex can actually kill us. This is the new reality: my partner and I, in a relationship of ten years, one of us HIV-positive, the other HIV-negative.

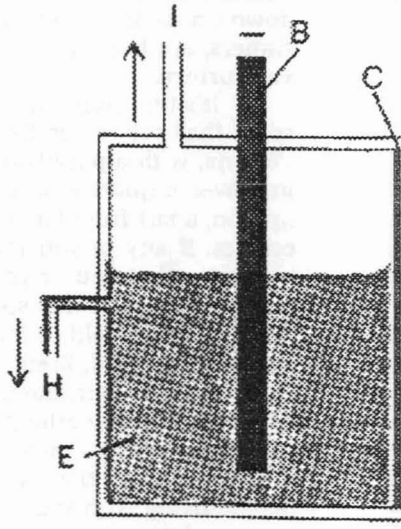
Our varying statuses can only be the result of luck and the gift of a benevolent god. For six years, the two of us had unprotected, unsafe sex and when one of us was diagnosed HIV-positive, we assumed that both of us were positive, and grieved accordingly. Unbelievably, tests showed that one of us had "won the lottery" and was not infected. Our rejoicing was tempered by the realization that disease progression in the other partner, me, was sufficiently advanced to indicate that the virus was nesting in my system even when we had first met.

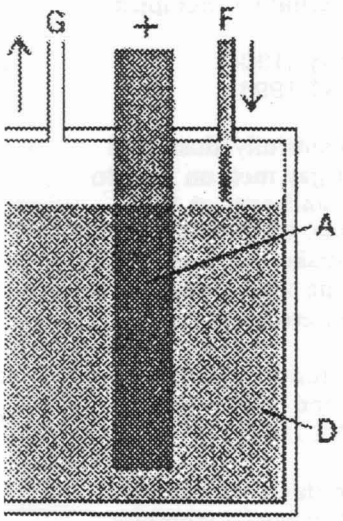
But that isn't the story...

We live our lives with HIV/AIDS. The fact that only one of us is ill does not mean that the disease does not affect both of us in many, too often similar, ways. Both of our lives, even though one of us is uninfected, are governed by living with HIV/AIDS. The difference is that one of us will die of it and one will remain to try to put together the tattered remnants of a life. Both will work through the agonies ahead; the long hospital vigils, watching the loss of freedom and abilities, the losing of any sense of control. Both will have major, heart-wrenching decisions to make, and, no matter what, both will lose in the long run.

Illness already governs our lives. Often I am too ill to participate in activities with friends unaffected by the disease. This means that many times we both stay home. I feel guilt because I am interfering with my partner's ability to enjoy these activities; he feels resentment because my illness is superseding everything else. On those times when I rest at home and he goes out, we both feel frustration and a sense of something being incomplete.

Over our decade of shared living, habits became well established. One part of our routine was that I would shop for food and prepare meals. Today the mere sight of food revolts me, and even looking at an uncooked piece of meat in a grocery store





sends shivers of nausea through me. The thought of touching it literally makes me vomit. Cooking is not a skill that my partner had ever had to develop. Consequently, we now eat mostly packaged foods or simple things. We both miss out on nutrition; my partner misses out on home-cooked meals.

A tussle with the vacuum cleaner can tire me out for days. It becomes the master, and I the subservient one. The lawn mower scares me, so garden work is done in tiny five-minute segments. Chores do not just disappear though. More and more of the physical tasks just must be picked up by the one who is well. I lie on the couch, while he comes home from a long day and does housework. The balance, the scale, of who puts in the most work or effort is endlessly tipped in my favour, another opportunity for resentment and guilt.

He is well and I am ill. My world is one of doctors, tests and drugs while his is that of business and success. I speak of my days, he of his. To me my ulcerated gut seems just as important as a successful contract is for him. I remember the tedium of hearing an elderly parent describing every body function in detail, spending an hour to relate a five-minute doctor's appointment. Now I do it. Our lives gradually diverge.

That money that a few short years ago was ours to spend, or to save, is now depleted by the cost of my prescription drugs. Even our credit card statements reflect this new economic reality. He wants roller blades: I want penicillin. We can't afford both. I get the drugs and he goes without.

Sexual activity is cautious and well-planned when one partner is positive, the other negative. I cannot expect him to find me attractive—I know that I don't find myself attractive. And is what we believe to be safe sex today going to still be safe sex tomorrow? For example, look at the controversy over oral sex, . But hey, I am taking prescribed testosterone, and it works! He remains as beautiful as ever, yet occasionally, only occasionally, when he sees me approach with a twinkle in my eye, I see a brief flash of panic on his face.

Our story goes on, limited only by the paper available. We are both affected by living a life with HIV/AIDS. Our problems are not limited to us. We know many friends, one of which is positive, the other negative. It is important for all of us, positive or not, to acknowledge the changes that occur, the compromises that are required, and the sacrifices that must be made in relationships affected by this unbalanced equation.

The Library Card

...New Material at the PARC Library

The PARC Library, with a collection of approximately 2500 books and 600 videos available for the use of all BCPWA members, is continually adding new material to its collection. Janice Linton, the PARC librarian, advises that the following books and videos have been added to the collection in recent months. Thanks go out to the generous Library supporters who donated videos.

BOOKS -

Positive Options: A Handbook for People Living with HIV (1995) D 100 TIM 1995

Published by Body Positive in New York, this book is intended to serve as 'a source of hope, inspiration, and answers for people who have just found out that they are HIV-positive.' Much of the text was written by HIV-positive people, offering practical support and advice to others.

HIV-Negative: How the Uninfected are Affected by AIDS (1995) D 400 JOH 1995

An exploration of 'the psychological and social issues confronting HIV-negative gay men 10 years after the introduction of HIV-antibody testing.' William I. Johnston, facilitator of a discussion group for uninfected gay men in Boston, presents a portrait of a part of the gay community largely neglected in the face of the demand of the emergency response to the epidemic.

You Don't Have to Die: Unraveling the AIDS Myth (1994) E 600 CHA 1994

Written by Leon Chaitow & James Strohecker, a host of alternative therapies are examined. These include: Diet & Nutritional Supplements; Herbal Medicine; Acupuncture and Traditional Chinese Medicine; Naturopathic Medicine; Oxygen Therapy; Massage and Touch Therapies.

The Tibetan Book of Living and Dying (1993) E 635 RIN 1993

'An acclaimed spiritual masterpiece...a manual for life and death and a magnificent source of sacred inspiration from the heart of the Tibetan tradition....a lucid and inspiring introduction to the practice of meditation, to the nature of mind, to karma and rebirth.

Alternative Medicine: The Definitive Guide (1994) E 600 BUR 1994 (REFERENCE USE ONLY)

Comprehensive reference book providing information on many medical conditions and ways to treat them using alternative therapies.

Safer Sexy (1994) G 900 TAT 1994

Beautifully illustrated book for gay men on how to be safer and sexy at the same time. Clear text and hot photos make this a must see for anyone who appreciates powerful, erotic gay art.

Life Sentences: Writers, Artists, and AIDS (1994) F 100 AVE 1994

'In this collection of new and powerful memoirs, poems, and interviews, critically acclaimed writers and artists (most of whom are HIV positive) incorporate their intensely personal experiences with AIDS into their art.'

VIDEOS -

Jeeves & Wooster (#5389)

'Jeeves & Wooster is classic British farce at its proper best. Join the boys as they elegantly amble along life's primrose path.'

Rude Awakening (#5393)

An ecological and political farce about two hippies who return to New York after twenty years in Central America.

The Adventures of Baron Munchausen (#5392)

A Terry Gilliam film featuring John Neville and Uma Thurman. 'A German soldier tells tall stories of his escapades. Ambitious, extravagant fantasy in which some of the parts are better than the whole.'

The Fisher King (#5396)

Robin Williams, Jeff Bridges, and Amanda Plummer in Terry Gilliam's 'comic masterpiece.' This movie is 'a modern quest for redemption and the Holy Grail, filled with humor, heartbreak and ravishing romance.'

Philadelphia (#5380)

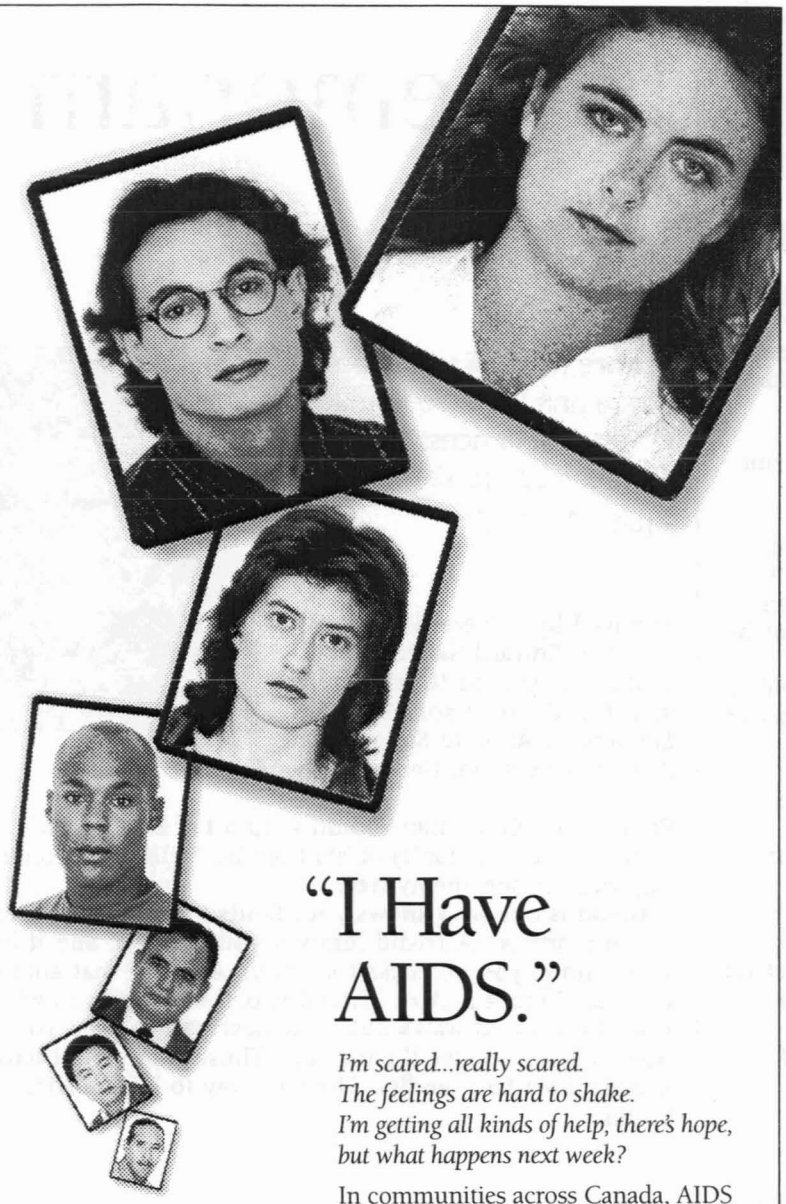
'Hailed as a landmark film, Philadelphia stars Tom Hanks and Denzel Washington as lawyers who join forces to sue a prestigious law firm for AIDS discrimination. As their unlikely friendship develops, their courage overcomes the prejudice and corruption of their powerful adversaries.'

In Memoriam

Lenore Oscar Sanderson
Maquinna III, Cree Manitoba
G.V.N.C.S. Princess XVIII
October 29, 1962
- July 31, 1995

Survived by: Theresa Sanderson /Mother, Edward Sanderson /Father, Desmond (Dezi) Sanderson, David Sanderson, Rose Sanderson, Annette Sanderson, Audrey Sanderson, George (Oliva) Buck.

Friendship: Every man should keep a fair-size cemetery in which to bury the faults of his friends. With each friend you buy you get one enemy free.
A friend is one who knows your faults and loves you in spite of your virtues. A friend forgives your defects, and if he is very fond of you he doesn't see any. A friend that ain't in need is a friend indeed. A real friend is one who walks in when the rest of the world walks out. The best way to keep your friends is not to give them away. Those who would have friends must be friendly. The best way to have a friend is to be one.



"I Have AIDS."

I'm scared...really scared.
The feelings are hard to shake.
I'm getting all kinds of help, there's hope,
but what happens next week?

In communities across Canada, AIDS organizations are working every day, providing services for people living with HIV/AIDS. But tomorrow, that may not be enough.

Canada Has AIDS. *Please do something.*
To find out what you can do,
call 1-800-499-1986

Canada Has AIDS

AN INITIATIVE OF THE CANADIAN AIDS SOCIETY AND ITS OVER 100 MEMBER AGENCIES

Positively HAPPENING

Calling the Pacific AIDS Resource Centre:

Dial (604)-**681-2122** then dial the extension

PARC Switchboard 303

BC Persons With AIDS Society:

Members' Services:

Information Centre 295
Treatment Information 243
or 239
Peer Counselling 285
Individual Advocacy 275
Support Manager 259
CHF Inquiries 232
PARC Library 294
BCPWA News 308
Membership 262

Volunteering & Human Resources:

AIDS Walk 95 209
Volunteer Co-ordination 298
Training & Development 247
Administration 247
Personnel Manager 290

Administration:

Board of Directors 232
Speakers Bureau 232
Media Relations 260
Fax: 893-2251

Wings Housing Society 274

Positive Women's Network:

PWN Reception 200
Support & Advocacy 276
PWN Retreat Line 225
Treatment & Support 202

AIDS Vancouver:

Project Sustain:

Care Teams 270
Pro. Counselling & Therapy 270
Emergency Assistance Fund 270
Home & Hospital Visitation 270
Intake 270
Medical Equipment Loans 270
PARC Avenue Grocery 270

Information/Training:

Training Institute 228
Print Resources 237
PARC Library Office 248

Outreach/Prevention Education:

Man to Man 238
Women 229
Prison Outreach 212

Program Support:

Volunteer Resources 212
Health Promotion Project 213
Administration 240
Fax 893-2211

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BC Groups & Programs 12-16

Positively Happening Mission Statement

It is the mission of the Positively Happening section of BCPWA NEWS to provide a complete and comprehensive listing of groups, societies, programs and institutions in British Columbia that serve persons touched by HIV disease and AIDS.

To this end, if anyone knows of any B.C.-based organization that is not currently listed in these pages, we request that we be contacted so that they may be included, without cost.

Although we strive to have correct, up-to-date listings, it is not always possible. For corrections and/or new listings:

Call us at: **681-2122 ext. 308,**
or write to: **Positively Happening, BCPWA NEWS,**
1107 Seymour Street,
Vancouver, BC, V6B 5S8.

More Places To Call

Help Lines and Information Services:

AIDS Vancouver Help Line (to 9 p.m.):	687-2437
AIDS Vancouver Island toll free Help Line	1-800-665-2437
Asian AIDS Help Line (Monday 6-9 p.m.)	687-2727
B.C. AIDS line: Vancouver	872-6652
B.C. AIDS line: Outside Vancouver	1-800-972-2437
Clinical Trials Information	631-5327
Ministry of Health Information	1-800-665-4347
Sexually Transmitted Diseases Clinic	660-6161
VIDA Latin American Helpline	687-3433

St. Paul'sHospital:

Infectious Disease Clinic	631-5060
Patient Information	631-5011
Social Work Department	631-5068

Related Societies and Services:

AIDS Vancouver Island	1-604-684-2366
B.C. Coalition of People with Disabilities	875-0188
B.C. Coalition of People with Disabilities: FAX:	875-9227
Black AIDS Network (BAN)	687-4082
DEYAS/Needle Exchange	685-6561
Eastside HIV+ Support Services	650-2406
Healing our Spirit	879-0906
Latin American AIDS Project	255-7273
Legal Clinic (Gay and Lesbian Centre)	684-6869
Living Through Loss Society	873-5013
Loving Spoonful	682-6325
Street Youth Services	662-8822
Vancouver Native Health Society	254-9949
Victoria PWA Society	1-604-383-7494
Wings Housing Society: Victoria	1-604-383-7494

FOOD

A LOVING SPOONFUL: Delivers meals for home-ridden BCPWA's just out of the hospital. Call 682-Meal (6325) for further information on availability or to volunteer.

LOW COST MEALS: St. Paul's Hospital is offering healthy meals to those on reduced incomes. Individual meals are $4, with books of 10 coupons $40. Meals are nutritionally balanced. There are monthly specials. The program operates from the Crest Club Cafeteria at St. Paul's, 1081 Burrard Street. Meals are served evenings from 4 to 6 p.m. and week ends 11 a.m. to 1:30 p.m. Call 682-2344 for information.

PARC AVENUE GROCERY: Every Tuesday and Wednesday from 11:30 a. m. to 2:30 p. m. except for the last Wednesday of every month. Free for PWA/HIV+'s living in the greater Vancouver region, conditionally, according to income. Call AIDS Vancouver Support Services at 681-2122 ext. 270.

VOLUNTEER RECOGNITION LUNCHES: Supplied at Human Resources office for all volunteers working two and a half hours that day on approved projects.

HEALTH

BODY WORK: The goal is to provide a safe place to relax in order to release stress, and "ill being" The work involves different levels of energy, nurturing, touch, breath, and muscles. To make an appointment contact Ken Plant at 737-2660.

DOWNTOWN SOUTH COMMUNITY HEALTH CENTRE: New neighborhood health Centre at 1065 Seymour Street, Vancouver. Offering full medical care on a drop-in basis, acohol and drug counselling, mental health care, and community referrals. Open noon to 8 p.m. Tuesday to Saturdays. Phone: 606-2640. Fax: 606-2666.

GAY AND LESBIAN CENTRE NURSE: available Monday, Tuesday and Wednesday from 10-6:30 and Thursday from 10-5:30 to deal with sexually transmitted diseases and HIV issues. At the Gay and Lesbian Centre, 1170 Bute Street. Call 660-7949.

MEDICAL EQUIPMENT: Wheelchairs, walkers, canes, etc. Also limited medical supplies available. To access services call AIDS Vancouver Support Services at 681-2122 ext. 270. If you have equipment to donate, please deliver to AIDS Van. directly.

OAKTREE CLINIC: A joint venture of B.C.'s Children's Hospital and the Women's Health Centre established to provide care at a single site to HIV infected women, children, youth and their affected families. The clinic offers comprehensive consultative care, education, health promotion and access to clinical research. For information and referrals call 875-2212 or fax: 875-3063.

REFLEXOLOGY: Certified reflexologist ready to work on volunteer's feet. I would do four 45 minute sessions with each person over four consecutive Fridays. I could do 3 sessions each Friday from 1 to 4 p.m. It is important that a person be able to commit to all 4 sessions. To sign up call Information Centre at 681-2122 ext. 295.

REIKI SUPPORT GROUP: Farren Gillaspie, a Reiki Master, offers a small support group for people who wish to be initiated into level 1 Reiki. No charges for joining. Participants will be invited to attend at least one weekend retreat at the Healing Centre on Bowen Island. Costs involve: Ferry ($5.00) and your portion of shared food. Contact Farren at 1-604-947-2341. Complementary Health Fund subsidies available.

TRADITIONAL CHINESE ACUPUNCTURE: Dr. Sunny Lee, professional service. Reduced rates in effect: regularly $38 plus GST. Only $15 for BCPWAs. Call Tom at 681-2122 ext. 206.

(TCM) THE TRADITIONAL CHINESE MEDICINE PROJECT: The clinic, at 535 West 10th Avenue (at Cambie), is offering appointments throughout the week to meet the demand for medicine and acupuncture by PWAs. Complementary Health Fund subsidies available for services and herbs. Phone 872-3789 or 551-0896.

TCM SPONSORED CLINICAL TRIAL: A new anti-viral has arrived for a clinical trial, Bitter-Melon Compound. Applications are being accepted. Participants must be HIV+, asymptomatic, with T4 levels at 400 or higher. A medical history form must be completed; by appointment. For information call 872-3789 or 551-0896.

TREATMENT INFORMATION: Call the Treatment Information Project at 681-2122 ext. 239 or 243 for information or to volunteer.

VANCOUVER NATIVE HEALTH SOCIETY: Medical outreach program and health care worker program. For more information call 254-9949. Office hours are from 8:30 a.m. to 4:30 p.m. Monday to Friday.

HOUSING

WINGS HOUSING SOCIETY: (VANCOUVER) Administers portable rental housing subsidies for HIV+ people. Waiting list at this time. Pick up applications at 1107 Seymour Street, in PARC reception. A message can be left at 681-2122 ext. 274.

WINGS HOUSING SOCIETY: (VANCOUVER ISLAND)Contact the Wings Housing representatives, Mike or George by calling 1-604-383-7494 (Victoria).

LEGAL MATTERS

FREE LEGAL ADVICE: The Law Students Legal Advice Program (LSLAP) will be offering a wide range of legal services at BCPWA. Law students under the supervision of a practicing lawyer will draft wills, living wills and health care directives. LSLAP also assists in landlord/tenant disputes, small claims, criminal matters and general legal advice. The clinics will be on October 4th and 18th, and on November 1st and 15th from 7 to 9 p.m. Sign up at the Information Centre at 681-2122 ext. 295. Appointment is necessary.

PETS

BOSLEY'S PET FOOD MART: 1630 Davie Street. Call 688-4233 and they will provide free delivery of pet food to BCPWAs. Accounts can be established for those unable to make payment in person.

PET PAL PROGRAM: Volunteers are available to help people living with HIV/AIDS care for their pets when, due to illness, they are unable to provide it themselves. Contact AIDS Vancouver Support Services at 681-2122 ext. 270.

PWA DECISION MAKING

BOARD OF DIRECTORS MEETINGS: Once a month, usually on the third Tuesday of each month, at 11 a.m. Board Office Room 205. For more information call 681-2122 ext. 232.

HUMAN RESOURCES COMMITTEE MEETINGS: are held on the first Wednesday of each month at 11 a.m. If you would like to attend, call BCPWA Human Resources at 681-2122 ext. 247.

SUPPORT COMMITTEE MEETINGS: All society members welcome and encouraged to participate. BCPWA boardroom, from 1 to 3 p.m., bi-weekly. For information call Support Manager, Jackie, at 681-2122 ext. 259. The support committee develops and facilitates support services. Projects include retreats, support groups, drop-in lounge and peer counseling.

SUPPLEMENTARY BENEFITS

COMPLEMENTARY HEALTH FUND (CHF): For full members entitled to benefits only. Call or write Support Manager at BCPWA, 681-2122 ext. 232, for eligibility, policies, procedures, etc. The issuance of cheques to third parties MUST be pre-approved by Support Manager.

ENSURE PAID BY THE MINISTRY OF SOCIAL SERVICES: PWAs in need to see a dietitian before they can have their ENSURE paid by the Ministry. There is a dietitian available in the Infectious Disease Clinic at St. Paul's Hospital on Wednesday afternoons. An appointment may be made by calling 631-5062.

HAIR STYLING: Professional hairdressers are available from Monday to Friday. Free for full members.. By appointment only. Call the Information Centre at 681-2122 ext. 295

POLLI AND ESTHER'S CLOSET: Clothes and small household items are available free to HIV+ individuals who are members of PWA, PWN or clients of AIDS Vancouver. "Polli's" is open for business three days per week. Tuesdays from 11:30 to 2:30, Wednesdays from 11:30 to 2:30 (except for the last Wednesday of each month) and Fridays from 11:00 to 2:00. The store is located at 1107 Seymour Street, downstairs, near the PARC Avenue Grocery. People wishing to donate are encouraged to drop off items on Thursdays.

COMPLIMENTARY PERFORMANCE TICKETS: Tickets at reduced cost or free for volunteers, members and escorts. Pick up a Request form at BCPWA Information Centre. Fill it out, and return it to the Support Manager, Jackie Haywood. Filling out the form is not a guarantee you will receive tickets to an event if only a few are available. Tickets will be given out on the basis of availability, need, physical condition and volunteer activity within the society. Call the BCPWA Information Centre: 681-2122 Ext. 295.

PWA RETREATS: Ongoing project for members to get away from it all for some contemplation and/or recreation. Check ads in "News" for upcoming dates and locations. To attend a retreat you must fill out a written application. This program is very popular so space is subject to availability criteria. Applications are available from BCPWA Information Centre at 681-2122 ext. 295. or PWA Victoria at 1-604-383-7494.

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

RESOURCES

PACIFIC AIDS RESOURCE CENTRE LIBRARY: Located at 1107 Seymour Street (main Floor). The library hours are Monday through Friday from 9 a.m. to 5 p.m. Wednesday from 7 to 10 p.m. and Saturday from 11 a.m. to 3 p.m. Questions can be answered by calling 681-2122 ext. 248 or 294.

SUPPORT

ART THERAPY: Facilitated by Nick Zwaagstra. No artistic skill is necessary. The group will be held Tuesdays or Wednesdays, from 2 to 4 p.m. beginning in the fall of 1995. The size will be kept small (4 to 7 people). It may also be possible to arrange additional *"one on one"* sessions. Sign up at the Information Centre: 681-2122 ext. 295. Nick will call you about the details and respond to your concerns or questions.

BLACK AIDS NETWORK (BAN): People of colour support group focusing on HIV/AIDS issues. Monthly. Call for information, 9 a.m. to 5 p.m. at 687-4082

CARE TEAM PROGRAM: Small teams of trained volunteers can supplement the services of professional home care or friends/family for people experiencing HIV/AIDS related illnesses. Care teams can provide companionship, in-home cleaning, meal preparation, some personal care, etc., for people who are in immediate need of support. Please call AIDS Vancouver Support Services at 681-2122 ext. 270 for more information.

HIGH RISK PROJECT: Peer support for the transgendered. Drop-in is open Monday to Friday from 10 a.m. to 6 p.m. at Vancouver Native Health, 449 East Hastings Street, enter via back alley.
HIV Affected and Infected Transgendered Support Group meets Wednesdays from 4:30 to 6 p.m.
Also **Narcotics Anonymous, Alcoholics Anonymous & HIV Transgendered Group** meets on Fridays at noon.
For more information phone 684-6109.

HOME AND HOSPITAL VISITATION PROGRAM: For people living with HIV/AIDS who are in hospital or have recently been released can request visits or phone contact from trained, caring volunteer visitors. Call AIDS Vancouver Support Services at 681-2122 ext. 270.

MUSIC THERAPY: facilitated by Jackie Cole. Creative, flexible, individualized musical experiences which are used in conjunction with relationship (with yourself, pears, or the therapist) to provide opportunity for insight and an increase in skill in the areas of the creative, physical, emotional, psychological, social, and spiritual self. To register contact the Information Centre at 681-2122 ext. 295.

Art Therapy

Facilitated by Nick Zwaagstra

The Art therapy group provides a place of meeting where people come together to draw, paint, or sculpt; to use simple art materials to create images. There is an opportunity for expression, insight and healing as each member shares their images and speaks about their life and their unique thoughts, feelings, hopes and dreams.

No Artistic Skill is Necessary!
The group will be held
Tuesdays or Wednesdays, 2 to 4 p.m.
beginning soon
Sign up at the desk or call the Information Centre at 681-2122 ext. 295

Start dates for the following three groups were not available at time of printing. **The Improv. Group, The Morning Group, and Mind, Body, and Voice:**

PARENTS AND FRIENDS/FAMILY OF LESBIANS AND GAYS (PFLAG): Support group. For information call 255-4429.

PEER COUNSELING HELPLINE: call Peer Counseling Helpline at 893-2253 to talk to a peer counselor. Collect calls accepted from within B. C. only. Call BCPWA at 681-2122 ext. 295 for further information, or to join future orientation sessions. Messages for Peer Counseling can now be left on voice mail by calling 681-2122 ext. 285.

PROFESSIONAL COUNSELLING PROJECT: Registered Clinical Counsellors and Social Workers provide free and confidential one hour counseling 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: 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 604-380-1112 or Fax 604-386-3800

TRI-CITY HIV/AIDS SUPPORT GROUP: Weekly social gathering in a safe, comfortable setting for support and friendship in the Coquitlam, Port Coquitlam and Port Moody area, for HIV+ People. For more information call Jackie at PWA, 681-2122 ext. 259.

POSITIVE YOUTH: YouthCo AIDS Society would like to hear from as many HIV+ youth as possible. Together we will shape the ongoing Positive Youth outreach program which is solely run by HIV+ youth for HIV+ youth. For information please call Christopher Barnes at 688-1441.

PROFESSIONAL COUNSELLING AND THERAPY PROGRAM: Need professional support to deal with an HIV diagnosis or other life concerns? Professional counselors and therapists are available to provide on-going therapy to people with HIV/AIDS. Free of charge. Please call Aids Vancouver Support Services at 681-2122 ext. 270.

Classifieds

Grocery Bags Needed: Donations of clean plastic grocery bags needed for Polli & Esther's Closet.

Housebound and in need: people living with AIDS desperately require colour TVs in good working condition. Please help. Contact Jackie: 681-2122 ext. 259

Piano Wanted: PWA on Disability has trouble getting around. would like to have someone donate a second hand piano so he can entertain himself. Call 685-6925

Kitchen Bridge: Call Stryker at 681-2122 ext. 245

Cartoonist Wanted: Cartoonist to illustrate upcoming publication. StrykerNotes. Contact Stryker at 681-2122 ext 245

The Aboriginal AIDS Awareness Week Committee is proud to present

The Names Project AIDS Memorial Quilt

The Quilt, made of panels designed by friends and loved ones for those who have passed on due to AIDS, is a way of sharing the grief of losing someone you care about, as well as a way of remembering their gifts to life...

You are invited to share this unique and moving experience with us on

Thursday, October 5th ..... **Unfolding Ceremony** ..... 1:00 p.m. sharp
..... Display until 9:00 p.m.
Friday, October 6th ..... 1:00 p.m. - 9:00 p.m.
Saturday, October 7th ..... 10:00 a.m. - 5:00 p.m.
..... **Closing Ceremony** ..... 5:00 p.m. - 6:00 p.m.

Vancouver Aboriginal Friendship Centre
1607 East Hastings Street, Vancouver, BC

For further information, call Fred or Nadine at 660-2088

This is the first time in Canada an Aboriginal community will host the display of the Quilt.

Volunteers to assist with Quilt Display needed. **Donations accepted.**

Sponsored by: The BC Native AIDS Awareness Program, Ministry of Health and Healing Our Spirit BC First Nations AIDS Society.

Whether you are HIV Positive or not,
any Individual, Group or Business,
with a Positive Attitude Can be an

HIVolunt

PACIFIC AIDS RESOURCE CENTRE (PARC)

MAIL AND PHOTOCOPY
Co-ordinate mail and photocopy operations.

GARDENERS
required for three, one-hour visits per week to develop and maintain PARC's indoor and outdoor plants.

ARTIST WALL - WRITER
to stencil emblems and borders on the walls around PARC

HUMAN RESOU

VOLUNTEER COORDINATI
interviewing, assessment and plac
volunteer recognition events.

DESK TOP PUBLISHING &
produce ads and notices to promo
and events.

ADMINISTRATIVE CO-ORD
experience in Microsoft Word & A
people skills.

TRAINERS
Skilled trainers in grief and loss. P
leadership,stress management, are

TRAINING AND DEVELOPM
Planning, organizing and evaluatin
and staff.

HOW TO VOLUNTEER AT BCPWA.....

Attend a **New Voluntee**
Phone 681-2122 ext. 2

Fill out a volunteer appl
Coordinator will contac

Volunteer Co-ordination Program

BCPWA Human Resources
254 - 1107 Seymour Street, Vancouver, BC., V6B 5S8
Phone: 681-2122 ext. 298 Fax 893-2251

ADVOCACY PROGRAMS

NEWSLETTER ASSISTANTS
experience in Pagemaker 5.0 and newsletter production.

CARTOONIST
create a cartoon feature for regular newsletter feature story.

TREATMENT INFORMATION
office co-ordination, research, knowledge of HIV/AIDS health issues essential.

SUPPORT PROGRAMS

THEATRE ARTS PROGRAM FOR PEOPLE LIVING WITH HIV/AIDS
Volunteer Project Leaders to create and organize a NEW theatre program

SOCIAL PROGRAM
logistical coordination skills required for organizing members' social events.

SUPPORT ASSISTANTS
frontline contact with members and administrative duties.

INFORMATION CENTRE
communications and information tracking skills and professional appearance and attitude.

HAIRDRESSERS for PARC Salon
hairstylists needed for a couple of appointments each week in our new salon

LOUNGE HOSTS
people and serving skills reguired to work at members'coffee and juice bistro

eer

OURCES PROGRAMS

TION
acement skills plus coordination of

& DESIGN
mote volunteer training, recruitment

RDINATORS
Access is an asset plus office and

. Program development,
are needed to facilitate workshops.

PMENT COORDINATORS
ting training workshops for volunteers

er Orientation on Thursday, November 3, at noon.
298 to reserve your lunch.

plication at BCPWA'S Human Resources office. A Volunteer
ct you to arrange an interview within one month.

MONDAY

ASIAN SUPPORT-AIDS PROJECT (ASAP): The Asian AIDS Help line, 687-2727, is open Mondays from 6 p.m. to 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.

HIV/AIDS SUPPORT GROUP MEETING: Every Monday in New Westminster from 7:30 to 9 p.m. at the St. Barnabas Anglican Church Hall, 1002 5th Avenue (at 10th street), New Westminster. Contact Dave at 526-2030.

PINK SHEEP: Gay, Lesbian and Bisexual support group for Adult Children of Alcoholics and Dysfunctional Families. Meets every Monday at 7 p.m., at Gordon Neighborhood house, room 5, 1019 Broughton Street. For information call 681-9180.

TAKING CHARGE SUPPORT GROUP: Contact Intake at 681-2122 ext. 270 to pre-register.

TUESDAY

DROP-IN BROWN BAG LUNCHES FOR POSITIVE WOMEN: In the Positive Women's Network drop-in space. Bring your own main course; we'll provide dessert and juices. From Noon to 1:30 p.m. every Tuesday. Contact Bronwyn for more information at 681-2122 ext. 276.

GRIEF GROUP: For people who have lost someone to AIDS. Meets at St. Paul's Hospital from 3 to 4 p.m. Ward 9C, room 9209 (Providence wing). For more information call Judy Krueckl at 631-5072 or Harvey Bosma at 631-5223

TRADITIONAL THAI MASSAGE: Colin VanKeith volunteers his professional therapy skills, offering traditional thai massage, free to BCPWA members, at his studio. Three two-hour sessions each Tuesday. Appointments for this ancient form of massage can be made through the Information Centre at 681-2122 ext. 295.

WEDNESDAY

BODY POSITIVE SUPPORT GROUP: Open to all persons with HIV/AIDS. Meetings are in the PWA lounge (upstairs at 1107 Seymour Street) from 7:30 p.m. to 9:30 p.m. For mutual support and empowerment, exchange of information, etc. Informal, confidential and self-facilitated. For information call 681-2122 ext. 295.

FAMILY, FRIENDS AND CAREGIVERS SUPPORT GROUP: Meets at St. Paul's Hospital from 1 to 2 p.m. Ward 9C, room 9209 (Providence wing). For more information call Judy Krueckl at 631-5072 or Harvey Bosma at 631-5223.

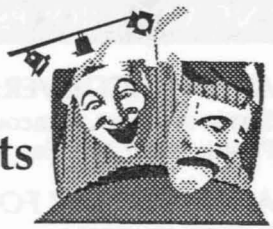
THURSDAY

CMV (CYTOMEGALOVIRUS) SUPPORT GROUP: Meets Thursday at St. Paul's Hospital, Eye Clinic lounge. From 11 a.m. to noon. For information call 682-2344.

"GET OVER IT" ALCOHOLICS ANONYMOUS MEETING: All welcome! Drop-in 12-step program. PARC Library, downstairs at 1107 Seymour St., from 7 to 8 p.m. Call BCPWA at 681-2122 for information. Of special interest to HIV/AIDS concerned persons.

HIV/AIDS SUPPORT GROUP: All meetings are strictly confidential and are also open to support people and caregivers.

Exciting New



Theatre Arts Program

for BCPWA Members

Join a group of people living with HIV/AIDS interested in exploring various aspects of theatre arts. The program will feature acting, improv, mime and mask work lead by volunteer professional actors and directors.
No experience necessary, only an interest in having fun and developing skills.

Register at the BCPWA Information Centre, 681-2122 ext. 295.

Those who wish could be involved in producing a play or a lively theatre piece for the members. Costumers, stage managers, light and sound technicians needed at later stages of the program.

Meetings are every Thursday from 7 to 9 p.m. at Cloverdale Baptist Church Hall. 18685 - 64th Avenue, Surrey. For information call 574-4329 (days).

HIV/AIDS SUPPORT GROUP: For people living in the Downtown Eastside. Meets on Thursdays from 4 to 7 p.m. Address is 453 East Hastings Street (door is marked "NA"). For more information call David at 685-6561.

"NEW HOPE" NARCOTICS ANONYMOUS MEETING: All welcome! Drop-in 12-step program. PARC Library, downstairs at 1107 Seymour St., from 8:30 to 10:00 p.m. Call BCPWA at 681-2122 for information. Of special interest to HIV/AIDS concerned persons. Narcotics Anonymous 24 hour help line: 873-1018.

PARTNERS SUPPORT GROUP: Meets at St. Paul's Hospital from 1 to 2:30 p.m. Ward 9C, room 9209 (Providence wing). For more information call Judy Krueckl at 631-5072 or Harvey Bosma at 631-5223.

PARTNERS, FAMILY AND FRIENDS: Ongoing drop-in group meet at Pacific AIDS Resource Centre. Contact Support Services at 681-2122 ext. 270.

PICKING UP THE PIECES: A support group for HIV+ Persons. Meets at St. Paul's Hospital from 2:30 to 4 p.m. Ward 9C, room 9209 (Providence wing). For more information call Judy Krueckl at 631-5072 or Harvey Bosma at 631-5223.

FRIDAY

ADAPTED FITNESS: Classes are designed for people with limited mobility. Included in the class are aerobic, strengthening and flexibility exercises plus relaxation. 11 a.m. to noon. Fee: $22 for 12 sessions, Drop-in fee is $2. West End Community Centre, 870 Denman Street. Call 689-0571. All adapted programs are GST exempt. REFERRAL FROM A PHYSICIAN OR PHYSIOTHERAPIST IS REQUIRED FOR ALL PROGRAMS.

MASK THERAPY: This popular and successful workshop returns this fall. Don't miss it, sign up now by calling 681-2122 ext. 295.

SATURDAY

KEEP COMING BACK NARCOTICS ANONYMOUS: All welcome! 12-step program, at the Gay and Lesbian Community Centre, room 1-G, 1170 Bute Street. 7:30 to 9:30 p.m. Of special interest to PWA/HIV's, Lesbians and Gays.

COMMUNITY BASED, NON-GOVERNMENT, AIDS GROUPS AND PROGRAMS

A LOVING SPOONFUL: "No one living with AIDS should live with hunger." #100 - 1300 Richards Street, Vancouver, B.C., V6B 3G6. Phone: 682-6325. Fax: 682-6327.

ACT UP VANCOUVER: P.O. Box 93518, Nelson Park P. O. Vancouver, B.C., V6E 4L7. Phone: 683-6290

AIDS CONSULTATION AND EDUCATION SERVICES: 219 Main Street, Vancouver, B.C., V6A 2S7. Phone: 669-2205

AIDS MEMORIAL QUILT (THE NAMES PROJECT): The Quilt, made of panels designed by friends and loved ones for those who have passed on due to AIDS, is a way of sharing the grief of losing someone you care about, as well as a way of remembering his or her gifts to life. #214 - 950 Drake Street, Vancouver, B.C., V6Z 2B9. Phone: 661-3950. Fax: 689-1879.

AIDS PRINCE RUPERT: P.O. Box 848, Prince Rupert, BC., V8J 3Y1. Phone: 1-604-624-5620. Fax: 1-604-624-5620

AIDS SOCIETY OF KAMLOOPS (ASK): #3 - 440 Victoria Street, Kamloops, BC., V2C 2A7. Phone: 1-604-372-7585. Fax: 1-604-372-1147

AIDS SUPPORT NETWORK OF MATSQUI/ABBOTSFORD: c/o Matsqui Abbotsford Hospice. Box 532, Abbotsford, BC., V2S 6R7. Phone: 1-604-858-2321

AIDS VANCOUVER ISLAND (AVI): #304 - 733 Johnson Street, Victoria, BC., V8W 3C7. Phone: 1-604-384-2366. Fax: 1-604-380-9411

AIDS VANCOUVER: PARC, 1107 Seymour Street, Vancouver, B.C., V6B 5S8. Phone: 893-2210. Fax: 893-2211.

ASIAN SOCIETY FOR THE INTERVENTION OF AIDS (ASIA): Box 74108, Hilcrest RPO, Vancouver, B.C., V5V 5C8. Phone: 872-8590. Fax: 872-8590

ATISH, SOUTH ASIAN AIDS AWARENESS: 345 - 1027 Davie Street, Vancouver, B.C., V6E 4L2. Phone: 681-2122 ext. 303 and leave message. Fax: 893-2211.

B.C CENTRE FOR EXCELLENCE IN HIV/AIDS: 608-1081 Burrard Street. Vancouver, B.C., V6Z 1Y6. Phone: 631-5477

B.C COALITION OF PEOPLE WITH DISABILITIES, AIDS AND DISABILITIES PROJECT: #211 - 456 West Broadway, Vancouver, B.C., V5Y 1R3. Phone: 875-0188. Fax: 875-9227.

B.C NATIVE AIDS AWARENESS PROGRAM: To share information and build skills around the subject of AIDS and other sexually transmitted diseases (STD's). To help participants explore their lives and lifestyles in a way that encourages spiritual, mental, emotional and physical health. To reach us:
in Vancouver: Nadine Caplette, #100-828 West 10th, Vancouver B.C., V5Z 1L8. Phone: 660-2088 or Fax 775-0808.in Victoria: Mary Brown, 5th Floor, 1515 Blanshard Street, Victoria, B.C., V8W 3C8. Phone: 952-1901 or Fax: 952-1883.

BLACK AIDS NETWORK (BAN): #203 - 1110 Seymour Street, Vancouver, B.C., V6B 3N3. Phone: 687-4082. Fax: 689-9924.

BODY POSITIVE: PARC, 1107 Seymour Street, Vancouver, B.C., V6B 5S8. For information call Jackie Heywood at 681-2122 ext. 259.

CANADIAN HEMOPHILIA SOCIETY - B.C CHAPTER: #1550 - 625 Howe Street. Vancouver, B.C., V6C 2T6. Phone: 669-4004. Fax: 669-4224.

CARIBOO AIDS INFORMATION AND SUPPORT SOCIETY (CAIS): For PWAs and those close to them living in Williams Lake, Hundred Mile House and surrounding area. c/o Cariboo Health Unit. 3rd Floor - 540 Borland Street, Williams Lake, BC., V2G 1R8. For information call Gerry or Bev at 1-604-398-4600

COWICHAN VALLEY AIDS NETWORK: 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 1-604-743-9480 or Darlene at 1-604-748-9738. P. O. Box 313, Duncan, BC., V9L 3X5

CRANBROOK AIDS AWARENESS AND SUPPORT GROUP: For individuals, friends family and partners. Confidential. Monthly meetings, videos and resources available. Please phone Joan at 1-604-426-5742. Edna at 1-604-426-6697 or Carolyn at 1-604-426-1314. c/o East Kootenay Health Unit. 1212 - 2nd Street North, Cranbrook, BC., V1C 2T6.

DAWSON CREEK AIDS COUNCIL: For information call 1-604-782-3630

DEAF OUTREACH PROJECT: c/o GVMHS (Greater Vancouver Mental Health Services). #305 - 1675 West 10th Avenue. Vancouver, B.C., V6J 2A3. Phone: 732-7656. Fax: 732-5042.

DEYAS, NEEDLE EXCHANGE: (Downtown Eastside Youth A Services). 223 Main Street, Vancouver, B.C., V6A 2S7. Phone: 685-6561. Fax:: 685-7117

DOWNTOWN EASTSIDE HIV-POSITIVE SUPPORT SERVICES: 223 Main Street, Vancouver, B.C., V6A 2S7. Phone: 650-2406. Fax:: 685-7117

DOWNTOWN EASTSIDE PERSONS WITH AIDS/HIV COLLECTIVE (DEPWAC): #21 - 185 East Hastings Street, Vancouver, B.C., V6A 1N5.

FRIENDS FOR LIFE SOCIETY: Friends For Life offers support to people with life-challenging illnesses and to their families, friends and caregivers. Its mission is to enhance the lives of those it serves by providing emotional, psychological, and spiritual support in a safe, confidential environment. Friends For Life provides a forum for:

- Sharing experiences.
- Exploration of successful coping models.
- Presentation of healing strategies.
- Programs for stress reduction.

Moved to 1401 Comox Street, Vancouver, B.C., V6G 1N9 (in the laneway across from Gordon neighbourhood House). Phone: 682-5992. Fax: 682-3592.

GRAND FORKS MASSAGE THERAPY: Mathew Shumaker is an RMT at 125 Market Avenue in Grand Forks. 1-604-442-2761. His services are covered by MSP with a Doctor's referral.

GRUPO VIDA, LATIN AMERICAN AIDS AWARENESS: PARC, 1107 Seymour Street, Vancouver, B.C., V6B 5S8. Phone: 681-2122. Fax: 893-2211.

HEALING OUR SPIRIT B.C FIRST NATIONS AIDS SOCIETY: "Working in partnership to reduce the spread of HIV and AIDS, and supporting those affected, in aboriginal communities." Weekly Healing Circles conducted, on Thursdays at 7 p.m., for people affected by HIV and AIDS. #102 - 1193 Kingsway, Vancouver, B.C., V5V 3C9. Phone: 879-0906. Fax: 879-1690.

KELOWNA AIDS RESOURCES, EDUCATION AND SUPPORT SERVICES (KARES): Provides information and peer support to the communities of the Okanagan Valley. Phone: 1-604-862-2437 or Fax: 1-604-868-8662 or write to P.O. Box 134, 435 - 2339 Highway 97 North, Kelowna, BC., V1X 4H9

KELOWNA AND DISTRICT BOYS AND GIRLS CLUB, STREET OUTREACH AND NEEDLE EXCHANGE: P.O. Box 75, Kelowna, BC., V1Y 7N3. Phone: 1-604-762-3914. Fax: 1-604-762-6562

LIVING THROUGH LOSS SOCIETY: 101-395 West Broadway, Vancouver, B.C., V5Y 1A7.

LOWER MAINLAND PURPOSE SOCIETY, AIDS OUTREACH PROJECT: 40 Begbie Street, New Westminster, B.C., V3M 3L9. Phone: 526-2522. Fax: 526-6546.

McLAREN HOUSING SOCIETY: #200 - 649 Helmcken Street, Vancouver, B.C., V6B 5R1. Phone: 669-4090. Fax: 669-4090.

MISSION FRASER VALLEY AIDS/HIV SUPPORT GROUP: Contact 463-3696.

MULTIPLE DIAGNOSIS COMMITTEE: c/o Department of Psychiatry, St. Paul's Hospital, 1081 Burrard Street, Vancouver, B.C., V6Z 1Y6. Phone: 682-2344 Ext. 2454.

Greetings from the

Downtown South Community Health Centre

We're a new Health Centre in the neighborhood, at 1065 Seymour Street, in Vancouver

Opening at Noon on Tuesday September 5th

Health Services include:
- Full Medical Care on a drop-in basis
- Alcohol and Drug counseling
- Mental health care
- Community referrals

Open Noon til 8 p.m. Tuesdays through Saturdays
Telephone: 606-2640
Fax: 606-2666

NANAIMO AND AREA RESOURCE SERVICES FOR FAMILIES, STREET OUTREACH AND NEEDLE EXCHANGE: 2-41 Commercial Street, Nanaimo, BC., V9R 5G3. Phone: 1-604-754-2773. Fax: 1-604-754-1605

NORTH ISLAND AIDS COALITION (NIAC): Phone: 1-604-338-2855. Fax: 1-604-334-2996

NORTH OKANAGAN YOUTH AND FAMILY SERVICES SOCIETY, STREET OUTREACH AND NEEDLE EXCHANGE: 2900 - 32nd Street, Vernon, BC., V1T 2L5. Phone: 1-604-545-3262. Fax: 1-604-545-1510

PARKSVILLE EDUCATION AIDS SOCIETY: formerly listed as Mid-Island AIDS Society. For PWA/HIV, parners, family, friends, and the community. Education, resource materials, & monthly newsletter available. Bi-

weekly support group. Strickly confidential. Office Hours 9:30-3:00, Mon - Fri. Call 1-604-248-1171. P.O. Box 686, Parksville, BC., V9P 2G7

PARTNERS, FAMILY AND FRIENDS OF PERSONS WITH HIV/AIDS: 1020 Nelson Street, Vancouver, B.C., V6E 1H8. Phone: 687-1020.

PENTICTON AIDS SUPPORT GROUP: For PWA's, family and friends. Meets first and third Wednesday of every month. Contact Sandi Detjen at 1-604-490-0909 or Jane Beulah at 1-604-490-3200

PFAME GAY AND LESBIAN CENTRE: 1170 Bute Street, Vancouver, B.C., V6E 1Z6. Phone: 684-5307.

POINT PROJECT: An outbreak investigation examining risk factors for HIV infection among injection drug users in the Lower Mainland. To participate in or to refer participants, contact:
Greg Eades, Point Project Coordinator.
Phone: 254-3001. Fax: 254-9948.
E-Mail: point_project@hivnet.ubc.ca
Mailing Address: The Point Project, B.C Centre for Excellence, St. Paul's Hospital, 608-1081 Burrard Street, Vancouver, B.C., V6Z 1Y6

PORT ALBERNI SUPPORT TEAM ASSOCIATION (PASTA) ON HIV/AIDS: Support, education and information in the Port Alberni Area. Phone: 1-604-723-2437. P.O. Box 66, Port Alberni, BC., V9Y 7M6

POSITIVE WOMEN'S NETWORK: The Positive Women's Network is a non-profit organization which provides support and advocacy for women living with HIV/AIDS. "Working from a life-affirming perspective, we facilitate positive women's access to a broad range of services." PWN is a partner in the Pacific AIDS Resource Centre. Located on the main floor of 1170 Seymour Street, Vancouver, B.C., V6B 5S8. Phone: 681-2122 ext. 200. Fax 893-2211

POSITIVE YOUTH OUTREACH: c/o Gay and Lesbian Centre, 1170 Bute Street, Vancouver, B.C., V6E 1Z6. Phone: 682-2307.

PRINCE GEORGE AIDS SOCIETY: For PWA/HIV, partners, family, friends, and the Community. Support groups, education seminars, resource materials. 524 Williams Crescent, Prince George, BC., V2N 1X8. Phone: 1-604-565-2424. Fax: 1-604-565-2284

PRINCE GEORGE NATIVE FRIENDSHIP CENTRE, NEEDLE EXCHANGE: 144 George Street, Prince George, BC., V2M 4N7. Phone: 1-604-564-3568. Fax: 1-604-563-0924

PROGRESSIVE AIDS RESEARCH AND INFORMATION SOCIETY (P.A.R.I.S.): Has three projects. 1) Expanded Advocacy Project (for those infected and affected by HIV/AIDS); 2) Treatment Information; and 3) Children in Care and AIDS project (to provide education to staff and residents of adolescent group homes. P.A.R.I.S. is also available to conduct educational workshops with other groups. #409 - 1033 Davie Street, Vancouver, B.C., V6E 1M5. Phone: 682-4992. Fax: 682-8578.

PROSTITUTES AND OTHER WOMEN FOR EQUAL RIGHTS (POWER): Box 2288, Vancouver, B.C., V6B 3W5. Phone: 875-1050.

QUESNEL SUPPORT GROUP: For PWA/HIV and their families; Stricly confidential. Meetings held twice monthly. for information call Jill at 1-604-992-4366

STOREFRONT ORIENTATION SERVICES LATIN AMERICAN AIDS PROJECT (SOS). 360 Jackson Avenue, Vancouver, B.C., V6A 3B4. Phone: 255-7273. Fax 255-7293.

SURREY FAMILY SERVICE SOCIETY STREET OUTREACH AND NEEDLE EXCHANGE: #100 - 10664 135A Street, Surrey, B.C., V3T 4E2. Phone: 589-8687. Fax: 583-8848.

URBAN REPRESENTATIVE BODY OF ABORIGINAL NATIONS SOCIETY: #209 - 96 East Broadway, Vancouver, B.C., V5T 1V6. Phone: 873-4283. Fax: 873-2785.

VANCOUVER NATIVE HEALTH SOCIETY HOME OUTREACH PROJECT: 449 East Hastings Street, Vancouver, B.C., V6A 1P5. Phone: 254-9949. Fax: 254-9948.

VANGUARD PROJECT: Volunteers between the ages of 18 and 30 are needed for an ongoing study of HIV incidence in young gay and bi-sexual men. To participate in or find out more, contact: Steve Martindale, Vanguard Project Coordinator. Phone: 687-2469. Fax: 631-5464. E-mail stevem@hivnet.ubc.ca Recorded message: 688-WEST, ext. 2116.or write to: The Vanguard Project, B.C Centre for Excellence, St. Paul's Hospital, 608-1081 Burrard Street, Vancouver, B.C., V6Z 1Y6.

VICTORIA AIDS RESPITE CARE SOCIETY: 611 Superior Street, Victoria, BC., V8V 1V1. Phone: 1-604-388-6220. Fax: 1-604-388-0711

VICTORIA PERSONS WITH AIDS SOCIETY: Office and Library open 11:00 a.m. to 4:00 p.m. from Monday to Friday. For information call 1-604-383-7494 or Fax 1-604-383-1617. Address is 613 Superior Street, Victoria, BC., V8V 1V1

VLAS (VANCOUVER LYMPHADENOPATHY-AIDS STUDY): An ongoing prospective study of gay men and HIV-disease, that has been running since 1982. The objective of VLAS is to study the natural history and progression of HIV-disease, and to provide new information that will ultimately improve the health of people living with HIV and AIDS. To participate in or find out more, contact: Bonnie Devlin, VLAS project Coordinator.
Phone: 631-5306. Fax: 631-5464.
E-mail bdevlin@hivnet.ubc.ca
Mailing Address: VLAS, B.C Centre for Excellence, St. Paul's Hospital, 608-1081 Burrard Street, Vancouver, B.C., V6Z 1Y6.

WEST KOOTENAY/BOUNDARY AIDS NETWORK OUTREACH SOCIETY (ANKORS): Regional Office at 903 - 4th Street, Castlegar, BC., V1N 3P3. Phone: 1-604-365-2437 or 1-800-421-2437 or call Linda (Grand Forks) at 1-604-442-5470, Cindy (Castlegar) at 1-604-365-4300, Mary (Nelson) at 1-604-354-6300 or Heather (Trail) at 1-604-364-0511. Fax: 1-604-365-4303

WINGS HOUSING SOCIETY: PARC, 1107 Seymour Street, Vancouver, B.C., V6B 5S8. Phone: 893-2250. Fax: 893-2251.

WORLD AIDS GROUP OF B.C: c/o Oxfam Canada, 2524 Cypress Street, Vancouver, B.C., V6J 3N2. Phone: 736-7678. Fax: 736-2646.

YOUTH COMMUNITY OUTREACH AIDS SOCIETY (YOUTHCO): A peer driven organization for youth infected or affected by HIV and AIDS. #240 - 440 West Hastings Street, Vancouver, B.C., V6B 1L1. Phone: 688-1441. Fax: 688-4932.