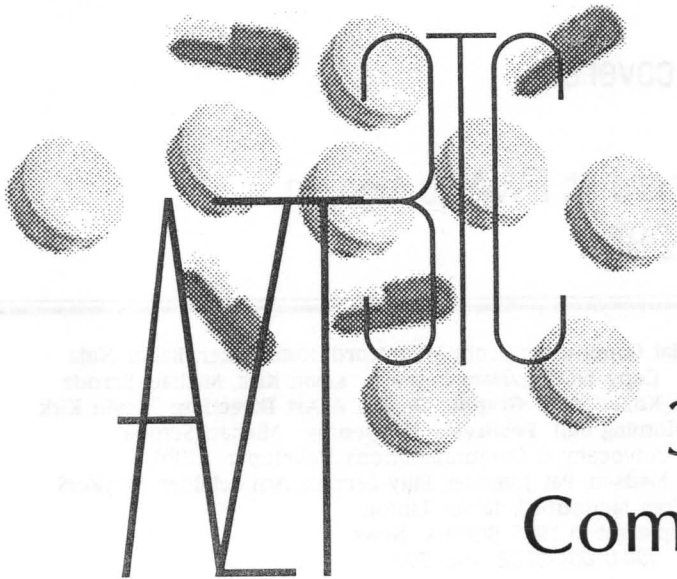


Issue #88

February/March 1996

# BCPWA News

A Publication of the BC Persons With AIDS Society



3TC-AZT  
Combination  
Covered by  
Health Ministry

# ***Together We Can Make A Difference!***

Join the PWA Peer Counselling Team

All HIV+ people welcome

Next Peer Support Counselling training  
March 7, 8, 9 & 16

Meals Provided  
Childcare expenses covered

Contact Michel Lessard at PWA to sign up  
tel: 681-2122 ext. 285

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# Network News

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

Positive Women's Network has recently welcomed two new staff members: Nancy Pang, who will be our Office Manager, and Shaleena Theophilus, a Program Support Worker. Nancy will be taking over all the day-to-day administrative tasks, as well as being the PWN "meeter and greeter." Shaleena will be working with Bronwyn to provide support, advocacy and referrals to all of our members. She can be reached at 681-2122, extension 201, and you can reach Nancy at extension 200. Please drop by to meet Nancy and Shaleena if you haven't already met them. Carla Fondrick, who previously held Nancy's position, is moving into the role of Co-ordinator of Volunteers. If you would like more information on volunteering, Carla is at extension 225.

We are continuing to offer our free yoga classes on Thursday afternoons throughout January and February. Classes are open to all PWN members, volunteers and women within the PARC community. Class attendance before the

holiday season was strong, and we hope this continues. If you want more information on these classes, call Bronwyn at extension 276.

Here's who we are and how to connect with us. Dial the PARC switchboard (681-2122), then key in the extension, or wait for an operator to help you:

**Bronwyn Barrett**  
**Outreach Co-ordinator**  
(276)

**Carla Fondrick**  
**Co-ordinator of Volunteers**  
(225)

**Janet Madsen**  
**Communications Co-ordinator** (202)

**Nancy Pang**  
**Office Manager** (200)

**Marcie Summers**  
**Executive Director** (286)

**Shaleena Theophilus**  
**Program Support Worker**  
(201).



# Hey! Come back with that Gurney...

## The Holidays and BCPWA Support Services

*Renegade PWA Christmas elves were seen cruising the halls of St. Paul's with a "borrowed" gurney heaped with holiday baskets.* The baskets were lovingly delivered to all our folks at St. Paul's on Friday, December 22 and on Christmas Day.

The holiday basket program consumed a great deal of our time during the holidays and seemed to set the pace for all of our efforts in support services. This year we worked in collaboration with Aids Vancouver, A Loving Spoonful, Friends For Life and the folks from Santa's Basket, an independent group, to provide some extra holiday cheer for our members. Through our combined efforts, we were able to give special holiday baskets or groceries to more than 800 individuals. We look forward to working together on a bigger and better program next year. The BCPWA Basket Program was volunteer driven—literally. Co-ordinator Ron

Fremont brought together over forty individuals to work in Santa/elf delivery teams. Many volunteers went above and beyond the call of duty in their Yuletide efforts. If a recipient was not home to accept a basket, some volunteers returned up to three and four times to ensure delivery. Hats off (Santa's caps off, rather), to all of our volunteers!

This year's holiday dinner was attended by more than 140 people at The Coast Foundation. Our Christmas Committee volunteers organized the entire evening in addition to ensuring that The Lounge at PARC was open for those who wanted to drop by on Christmas, Boxing Day or New Year's Day.

The PWA Christmas Fund received a generous response from the community at large this year. The "Be an Angel" direct mail campaign was a great success. Individuals made cash donations toward the cost of Christmas baskets,

dinners and gifts. Additionally, many individuals came forth with donations of baked goods for the lounge, restaurant gift certificates, long volunteer hours, clothing, furniture, love and much more. Support came from companies such as **The Bay** who professionally decorated the building for the season and **West End Maintenance** who donated a generous seasonal gift.

Once again, many thanks to all who contributed to the Holidays at PWA. Thank you for all of the cards and support...

Patrik Burr  
Support Services

# News

## Fight for AIDS Stamp Finally Pays Off

Four years of lobbying and letter writing by philatelist Blair Henshaw has finally paid off with Canada Post's decision to issue an AIDS stamp before the 11th International Conference on AIDS in Vancouver in July.

Citing Henshaw's efforts, Tim McGurrin, manager of media relations for Canada Post, said the AIDS stamp will include a poster created by Vancouver artist Joe Average for the AIDS conference. The 45-cent stamp will be unveiled in early May.

"We're sure it will receive full support from the public," McGurrin said from Ottawa.

Henshaw said he received a phone call late last year saying that Canada Post had decided to commemorate AIDS in a stamp. He said he was pleased, even though he couldn't get too excited at the time because he had recently suffered a heart attack.

But Henshaw, 46, said even if the post office had said no again, he was prepared to keep on fighting. His proposal had been rejected four years in a row, he said.

"It didn't matter whether they said no this year or not, I was not going to give

up until it was done—that's just how strongly I felt about it," he said.

Henshaw's collection of AIDS stamps now includes about 130 from nearly 60 countries.

Once he gets a set of 13 stamps from Guyana, he will have all the stamps that have been issued worldwide on AIDS.

Henshaw, who has been HIV-positive for 11 years, said he returned to stamp collection in 1990 and now has built up the biggest AIDS-stamp collection in North America. The first AIDS stamp was issued by the tiny republic of San Marino in 1988 to mark the 4th International Conference on AIDS.

The next public displays of Henshaw's collection will be at the World Philatelic Exhibition in Toronto in June and then at the AIDS conference here in July.

"This has become my passion," said Henshaw, who is on disability leave from his job in the National Film Board library. "It has become very therapeutic for me."

McGurrin said Canada Post received more than 600 letters and 300 ideas for stamps every year. All are forwarded to a volunteer advisory committee, which reviews submissions twice a year.

McGurrin said 68 new stamps on different topics were issued in 1995.

*-From the Vancouver Sun, January 4, 1996*

## AIDS Quilt hits 'Net

The AIDS Quilt has gone space-age.

An online site soon will include a gallery of electronic quilts created by friends, family members and partners of AIDS victims using graphic programs rather than needle and thread.

It also will have bulletin boards and a page for poetry and short-story submissions by mid-1996.

"We're exploring various mechanisms so people can be co-creative and create things on their computer and submit them over the Internet," said Henri Poole, president of Vivid Studies, the company that put the project on the Web. "The quilt is a piece of art a lot of people contribute to, and we want people to have the same opportunities online."

The quilt consists of more than 32,000 hand-sewn fabric panels, each a unique design to memorialize an AIDS victim's life.

The site is already getting feedback. A 14-year-old "net surfer" signed on with:

"I feel that anyone who

has AIDS or is HIV-positive should be treated like a normal human being...Whoever has AIDS or are HIV-positive may e-mail me to share their stories, and I'll share some of the things I've had to deal with in my young life so far."

## Skating Community Hit Hard by AIDS

Washington Post writer Christine Brennen's new book, "Inside Edge: A Revealing Journey into the Secret World of Figure Skating," shows that AIDS has affected male figure skaters more than any other athletes and that the epidemic continues to endanger top...skaters. World champion pairs skater Randy Gardner is quoted as saying, "I could name close to 30 people in skating who have died from AIDS." The book claims that the U.S. Figure Skating Association (USFSA) has not responded with adequate urgency to the disease. The USFSA, however, argues that it has been actively involved in AIDS-awareness programs in the past years, and notes that a new nationwide outreach program will increase the information flow.

- from the Washington Post, Jan. 7, 1996

## AIDS: Threat is Worldwide

Public Figures from the Princess of Wales to China's health minister marked World AIDS Day.

And a German court reached a landmark ruling in a case involving the deadly disease.

Diana, patron of an AIDS charity, said in a speech Friday that with no cure or vaccine in sight, World AIDS Day was an opportunity to raise awareness to prevent infection.

"We are all reminded of the need to protect ourselves, our friends and our loved ones," she said.

In a recent TV interview the princess said that she had taken her sons, William and Harry, to visit dying AIDS patients.

The human immunodeficiency virus, believed to cause AIDS, lives in bodily fluids and most people become infected during sex or by sharing intravenous drug needles.

Beijing's People's Daily newspaper quoted Chinese Health Minister Chan Minzhang as warning that a surge in AIDS cases seriously threatens China.

The World Health Organization estimates there have been 4.5 million full-blown AIDS cases worldwide,

and 18 million adults and 1.5 million children are infected with HIV.

Eleven million people in Africa are infected, three million in Asia.

In the U.S., the Centers for Disease Control said more than a half-million people have been diagnosed with AIDS since 1981. In Western Europe some 450,000 people have HIV.

WHO predicts that by the year 2000 the virus will have attacked 30 million to 40 million people and that by 1997 the annual number of new HIV infections in Asia will exceed those in Africa.

- from Reuter, December 3, 1995

## U.S. Top Court Backs AZT Patent

The U.S. Supreme Court refused Tuesday to hear a case challenging the exclusive patent that has prevented lower-cost, generic versions of the leading AIDS medication from entering the market.

Without comment, the justices turned down appeals filed by two generic drug-makers that had challenged the validity of the patent on AZT that since 1987 has provided a profitable monopoly to Burroughs Wellcome Co., now Glaxo Wellcome, Inc.

- from the New York Times, January 18, 1995

# 3TC-AZT Combination Covered by Health Ministry

by Tom Mountford

On December 11, 1995, the drugs directorate of the Health Protection Branch of Health Canada approved the antiretroviral drug 3TC in combination with AZT for the treatment of HIV in adults regardless of their previous treatments. 3TC is an inhibitor of reverse transcriptase, an enzyme used by HIV to reproduce its genetic material. It belongs to the same class of compounds as AZT, DDI and DDC, and synthesized in March 1989 by Dr. Bernard Belleau and his research team at Biochem Pharma, Inc., Quebec, Canada. An agreement granting Glaxo Wellcome, Inc. international product development and marketing rights was signed in 1990. They ensured there was a substantial supply of this new therapy for everyone in need across the country immediately following approval. The B.C. Centre for Excellence at St. Paul's Hospital in

Vancouver has agreed to cover the cost of the 3TC/AZT combination for B.C. residents when requested through their physicians.

Recent findings from clinical trials have demonstrated that the combination of 3TC/AZT is able to reduce viral load and increase CD4 counts more effectively and for a longer period of time than other combination therapies. An article published recently in Science magazine (vol. 269, Aug. 4, 1995) explored the reasons for this very important phenomenon and its implications for the treatment of HIV infection. This is the first new initial treatment option for HIV-positive individuals since AZT was approved in 1989.

Combination therapies were developed due to the emergence of AZT-resistant HIV. Scientists have found that if an AZT-resistant virus becomes resistant to 3TC,

**The B.C. Centre  
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combination**

## **The role of 3TC seems to be to reduce resistance to AZT**

the virus becomes susceptible again to AZT. This clinical trial NUCB3001 compared 3TC/AZT to AZT alone in patients who had not yet received antiretroviral therapy. Over a 48 week period the patients on 3TC/AZT showed significantly less viral RNA (a measurement of viral load) and higher CD4 counts than those on AZT along. Changes in CD4 cell numbers and viral load were less noticeable with combinations of AZT/DDI or AZT/DDC than with 3TC/AZT (Medical Education Network, September 1995).

The role of 3TC seems to be to reduce resistance to AZT. A new trial (NUCB3002) is ongoing and is similar, except that the patients in this trial have been pre-treated with AZT.

At the Inter-science Conference on Antimicrobial Agents and Chemotherapy in September 1995, an abstract (LB-17, Glaxo Wellcome Inc.) by J. Scott-Lennox presented results on a randomized, double-blind, controlled study of 254 HIV-positive patients with CD4 counts between 100 and 300 and

at least 6 months of anti-HIV therapy. After a mean of 36 weeks of double combination nucleoside therapy, quality of life measurements were compiled. These measured physical functioning, role limitation and vitality. It was concluded that 3TC/AZT in a twice-daily dose of 150 mg. helps to maintain patients' physical functions, energy levels and their ability to perform usual activities better than AZT plus either DDC or 3TC at a 300 mg. dose twice daily.

3TC is generally well-tolerated by a majority of patients. Possible side effects of the drug do include headache (35 per cent of patients), nausea (33 per cent), malaise and fatigue (27 per cent), nasal symptoms (20 per cent), diarrhea (18 per cent) and neuropathy (12 per cent). Patients are recommended to check with their physicians for possible drug interactions with other therapies.

For more detailed information on the studies, please contact the Treatment Information Program at 681-2122, extension 243.



# Treatment Update

## Women and HIV/AIDS - Traditional Chinese Medicine

Anju Gurnani, NCCA, LAc (licensed acupuncturist), of the American College of Traditional Chinese Medicine, recently discussed the use of Traditional Chinese Medicine (TCM) for the care of HIV-infected women. TCM involves therapies including acupuncture (the insertion of fine needles at specific sites on the body), herbs and exercise. Gurnani treats HIV positive women with TCM at the Iris Center (a program that provides counselling and substance abuse recovery services for HIV positive women) and the Haight-Ashbury Free Clinic in San Francisco.

TCM is based on the idea that health and illness are related to the "vital energy" of the body, or qi. Acupuncture, exercises such as qigong and tai chi and certain types of massage can improve the flow of qi within the body. Illness is believed to be the result of various qi deficiencies, congestion or stagnation (e.g., in the spleen, liver, blood), the imbalance of yin/yang (two major complementary principles or energies), and/or excesses of

heat, cold, dampness or dryness. A diagnosis in TCM is made by evaluation the pulse, examining the tongue and inquiring about patient symptoms.

The most common TCM diagnoses that correspond to HIV disease are spleen qi deficiency, liver qi congestion, and general qi and/or yin deficiency. According to printed material from the Quan Yin Healing Arts Centre, HIV disease is a toxic heat manifestation. Genital warts due to human papilloma virus (HPV) and cervical dysplasia are also common toxic heat manifestations in women; genital and oral ulcers, herpes simplex ulcers and pelvic inflammatory disease (PID) are other common heat manifestations that can be treated with TCM.

TCM tends to do well at treating conditions such as fatigue, bowel irregularities, night sweats and peripheral neuropathy; TCM can often effectively help manage some of the side effects of allopathic ("Western") therapies such as antiviral drugs.

TCM is considered effective for managing several conditions in women with HIV, and benefits quality of life. TCM can regulate menstrual disorders (e.g., amenorrhea, excessive bleeding, irregular periods)

that occur frequently in HIV positive women: TCM can also relieve the symptoms of premenstrual syndrome (PMS). According to Gurnani, in the TCM system, excessive or irregular bleeding is associated with qi deficiency or congestion. Such deficiencies and congestion are common in people with HIV. According to material from Quan Yin Healing Arts Center, dysmenorrhea (painful menstruation) and PMS are associated with liver qi stagnation. Menstrual irregularities are associated with the spleen; when the spleen is weak or deficient in qi, it cannot properly hold the blood. Amenorrhea (lack of menstruation) may be due to blood qi deficiency or blood stagnation, and may be a side effect of allopathic drugs.

TCM has been shown to reduce the frequency of recurrence of yeast infections (candidiasis). Gurnani has observed decreases from one recurrence every menstrual cycle to one recurrence every 3-5 cycles. According to material from Quan Yin, candidiasis is a manifestation of a dampness imbalance. Changes in diet (avoiding sugar and alcohol, consuming vegetables) are recommended to accompany TCM therapy. The frequency

of herpes simplex virus (HSV) outbreaks has also been observed to be reduced using TCM. For women dually diagnosed with HIV and substance abuse, TCM has been shown to be especially effective at reducing drug cravings and withdrawal symptoms.

- *BETA Magazine,*  
*December 1995*

## **Treatment Information Program Co-ordinator Hired**

The Treatment Information Program welcomes Paula Braitstein to the staff at BCPWA. Paul, as a full-time co-ordinator of the Treatment Information Program will ensure access to and delivery of treatment information as well as further development of the program. She comes to us after two years of experience with the Comité des Personnes Atteintes du VIH/SIDA du Québec (CPAVIH) which is the equivalent of BCPWA in Montreal.

Presently the hours for treatment information consultation are from 1 to 5 p.m., Monday through Friday. If these hours are not convenient for you to drop by the office, requests for

information may be made by mail or telephone. The information may then be picked up, or it will be mailed out. Extension of these hours is planned for the near future, as is an outreach program.

Due to space limitations at the office, volunteers are needed who are able to assist in researching and tracking treatments from their homes. If you are interested in contributing to the program in this way, please contact Tom Mountford at 681-2122, extension 206.

## **AIDS Medicine and Miracles: "What Holds Promise"**

The AM&M's ninth annual conference retreats will be held in Seattle, Wa., on March 1, 2 and 3, 1996, and in Denver, Colo., from April 12 to 14. The featured speakers, and their topics, in Seattle will be: Lark Lands, PhD.: "Positively Well: practical tips on nutrition, drugs, HIV therapies and hope"; Martin Delaney (Project Inform): "1996 Treatment Update"; Greg Cassin: "The Sacred Heart: how we heal through loss"; and Sharon Lund: "Empowerment from Within." In Denver, Martin

Delaney and Sharon Lund will be joined by Marianne Williamson: "Spiritual renaissance in a time of AIDS"; and Charles Steinberg, MD.: "Traditional and holistic approaches to HIV management."

In Seattle there will be a pre-retreat institute program on March 1 featuring Jacki Galloway and Sharon Lund: "Opening the window of opportunity: A day for women". In Denver, on April 12, this pre-retreat institute program by Ms. Galloway and Lund will again be presented, along with Lark Lands, PhD.: "Positively Well."

For more information or registration forms, contact the T.I.P office at PARC. Registration costs may be covered by the Complementary Health Fund.

## **Alternative Treatments: Avoiding Quackery**

by Douglas MacKay

All of us have heard about alternative therapies. The problem tends to be figuring out if a particular therapy is of any actual benefit. Here are a few guidelines that can help you determine what is valid and what is fraud. (cont'd...)

# Treatment Update...cont'd.

## **1. Look for credible, published studies.**

Contrary to popular belief (or what a promoter might have you believe), studies of alternative therapies do get published in the major medical journals. Good science is good science; if the study is credible, it gets published. Several therapies that have been the subject of published studies include NAC, hypericin, coenzyme Q-10, and bitter melon. Many studies are on therapies tested in vitro, meaning the compound was tested in a lab setting rather than in people. If the study shows an effect against HIV in vitro, evidence would suggest a possible beneficial effect in humans. Do not accept a promoter's statement that studies have been published; demand copies of all of the studies. Publication of a study doesn't mean that it actually worked; there have been phase I and II studies published about ozone that showed no benefit to humans.

## **2. Beware the testimonial.**

Many promoters will produce reams of testimonials that claim their product works. You have no way of knowing whether these people actually exist, or whether the "treatment"

showed any lasting effect. Remember that the person selling a treatment is not necessarily a reliable source of information.

## **3. What is it, really?**

Often a promoter of a treatment will state that the compound is "secret." The usual claim is that if the ingredients are revealed, the "medical industry" will steal it. Some "secret" compounds are no more than camphor and water. If you don't know what it is, why on earth would you want to put it in your body?

## **4. Demand proof of "cures."**

A testimonial is not proof. If a testimonial claims that a person has gone from HIV-positive to HIV-negative, you should demand copies of the person's Elisa and Western blot tests done prior to and after the person did the treatment. If you get the results, take them to your physician for verification. The test results should include the date of the test, a file number, and the name and address of the lab that did the testing.

## **5. The "all-purpose" cure.**

If a promoter claims that a treatment cures both AIDS and something else

(usually cancer), you can pretty much bet that the treatment is a fake. AIDS is a unique disease. To expect it to react to a treatment that claims to cure "coughs, colds, sore holes, and pimples on the winkle" (as my mother would say) is very unrealistic.

## **6. Who is this person, anyway?**

Find out as much as you can about the promoter of a treatment. Does he/she have a degree? What is it and where did it come from? Ask for a copy of the promoter's resume. Try to talk to the promoter directly. Ask questions about his/her background and about the treatment being promoted. Take note if the promoter dodges your questions.

## **7. Read and understand the literature.**

There are certain warning signs to be looked for in treatment literature. These include: a) unproved claims of "cures" or beneficial effects; b) incomplete or selected laboratory data; c) portrayals of the promoter or treatment "discoverer" as an unselfish researcher whose work is being actively ignored/suppressed by the "medical establishment." If you are uncertain about the contents of a piece of



treatment literature, discuss it with your physician or a local AIDS treatment group.

**8. Knowledge is power.**

You are the person responsible for the treatments you take, so you have a responsibility to know as much as you can about any treatment. Where there is illness, there is snake oil, and by being an informed, cautious customer, you can avoid being ripped off.

# THEATRE ARTS



Join in! A theatre troupe is being formed which will present plays, dance or interactive theatre pieces to the membership and the public. Supportive professional, facilitation and direction will be provided to members. We want to hear your story and perhaps create a script from your experiences!

The theatre troupe will produce a show for the 11th International conference on AIDS in Vancouver in July 1996. There is room for everyone - actors, writers, stagehands, costume and makeup people.

Sign up at the information centre...  
**681-2122 ext.295**

# CAPTAIN Midnite

Welcome to the New Year. I made it through another one. In the next few issues of this magazine, I am going to take a different approach to PWA support. It's a sort of "get off your butt" type, but I will go easy on those members who don't have the strength to offer help. This is the idea we originally had years ago when we decided to organize societies of PWAs supporting other PWAs. Those of us who "can" will help those of us who "can't."

I recently read an article in *The Advocate* magazine about the infamous "AIDS gang" of Italy. A trio of criminals in the final stages of AIDS have turned to robbing banks to support themselves because their government offers them nothing in the way of support or health care. Since Italy enacted a law in 1993 which "requires judges to release prisoners in the final stages of a terminal illness," the most that can be done with these guys is to lock them up for two days and then release them back onto the streets.

This article, and similar stories, reminds me of the often-heard statement by PWAs: "Hey, I can do anything and get away with it. I've got

AIDS. The courts won't look good if they lock me up to let me die in jail." Well, think again kids. This isn't Italy. The courts do not really care how they look when they are doing their job, which is trying and convicting people for their crimes. These was a time when the courts would show some sympathy toward a PWA, but since so many people have used this sob story, the sympathy has all but dried up. As a PWA myself, I can understand the anger one might feel toward society. We are often turned into beggars and governments look at us as liabilities. Our numbers are growing unchecked around the world and support networks cannot keep up with the demand for their services. Even the gay and lesbian community, which is still the mainstay of AIDS support programs, is burning out.

Being angry is one thing. How one handles that anger, and frustration, is another. If you have the attitude that "I've got nothing left to lose," then you have already given up and are lost. I felt exactly that way in 1985 when I was diagnosed. My doctor told me that I was going to die, so I thought why not do whatever I wanted to



do and forget the consequences. It was a good thing my attitude changed; otherwise I would now either be in jail and relatively healthy, or dead because I had not received enough medication

while in jail. In either case, I would have lost the last ten years and jeopardized the few remaining years I have.

I'm not trying to sound like a saint. History will tell you that I'm far from a soul-saver. I'm just being real here. AIDS is no excuse to break the law. In Canada, we already know how difficult it is to have a prisoner released on compassionate grounds. Usually, prisoners in the final stages of terminal illnesses are not released until just weeks before their death. Prisoners with HIV or AIDS are kept segregated from the rest of the prison population and seldom get the medication they require just to survive. It's like sitting on death row, but the governor ain't gonna give you a pardon.

I have just returned from the ninth-annual B.C. HIV/AIDS Conference in Vancouver, and although the conference dealt mostly with HIV and drug use, I had the opportunity to network with a lot of people and deal with different issues. The biggest issue of the moment is the fact that Federal grants are in danger of disappearing in two years. (I'm being diplomatic here. The words I heard were much harsher.) When this happens, you can bet that provincial coffers will tighten up. In other words, we PWAs had better start learning how to find and use whatever resources that will still be available to us if we are to live a decent life. We won't have as many services

supplied to us as we currently do.

We need to learn from existing societies and groups how to access alternative resources, not just sit around and expect these societies to access them for us. Don't just use and drain the ASOs that are out there, learn from them. We are supposed to be PWAs helping each other, not PWAs depending on the help of others. If we don't learn how to support ourselves now, we may find ourselves in a deep pit if the existing ASOs are shut down. We may not have the government to fall back on if this happens.

It's time to start honing those survival techniques I've been talking about for three years. The biggest one is learning how to adapt to a situation and work with it. We'll have to become activists and lobbyists. We're going to have to depend on ourselves. We have the tools; let's use them. You know, we may even have to co-operate and get along with each other. Now there's a new idea.

And I don't want to hear of anyone robbing any banks. The Italians are coming up with the idea that if they can't imprison people like the AIDS gang, then they just might have to shoot them. I don't see this as constructive, healthy activism.

Until next time, take care of yourselves and of each other.

BILLY LENNOX

# The Library Card

...New Material at the PARC Library

## BOOKS

The Library would like to thank those people who recently made generous donations of books, including the following works:

**The Theory and Practice of Meditation**  
E 635 BAL 1986

Provides the basics of understanding meditation and putting the techniques into practice in order to alleviate stress, bring clarity of mind, and attain greater self-knowledge.

**Inner Bonding: Becoming a Loving Adult to Your Inner Child**  
E 633 PAU 1992

Margaret Paul examines the negative implications of abandoning the inner child and shows how to establish an inner bonding process to heal past wounds, providing strategies to enrich your life and relationships.

**The Tao of Pooh**  
R 300 HOF 1983

For a light-hearted look at the secret wisdom of the Taoists try *The Tao of Pooh*, "in which it is revealed that one of the

world's great Taoist masters isn't Chinese...or a venerable philosopher...but is in fact none other than that effortlessly calm, still, reflective bear, A.A. Milne's Winnie-the-Pooh!"

**Gay Soul: Finding the Heart of Gay Spirit and Nature with Sixteen Writers, Healers, Teachers, and Visionaries**  
I 200 THO 1994

"From longtime *Advocate* editor Mark Thompson—black-and-white photographs and searching, provocative interviews with sixteen renowned gay elders whose vision and leadership illuminate the spiritual dimension of gay lives."

**The Spirit and the Flesh: Sexuality and Diversity in American Indian Culture**  
I 200 WIL 1992

Winner of the ALA's Gay Book of the Year Award, this anthropological work by Walter L. Williams "documents American Indian cultures that venerate the berdache, androgynous people who are classified as neither men nor women." This highly acclaimed book provides insight into the religious,

social, gender, and sexual aspects of the berdache tradition.

**Shamanism and Personal Mastery**  
D 525 SCO 1991

"Drawing on the wisdom of the Eastern shamans, the teachings of the Native Americans, and the ancient traditions described in the writings of Carlos Castaneda and Lynn Andrews, Scott demystifies shamanism and shows how it can be an accessible means of uncovering and focusing personal power. She offers simple exercises and visualization techniques used to gain confidence and attain professional success and personal fulfillment."

**Journey to the Four Directions**  
D 525 BER 1993

Jim Berenholtz chronicles a journey across America in search of a greater understanding of the spiritual mysteries of life, guided by the principals and beliefs of the many indigenous people he meets.

**You the Healer**  
E 633 SIL 1989

Jose Silva, creator of the Silva Method of self-healing presents a complete course of do-it-yourself exercises to develop your mind-body power.

**Mind/Body Medicine**  
E 633 COL 1993

This book on how to use your mind for better health provides a basic starting point to mind/body medicine. Topics covered include how stress affects the body; coping with chronic pain, and the relationship between the mind and the immunity system. Healing techniques featured include relaxation, meditation, imagery, exercise and strategies for stress management.

**The Male Couple's Guide to Living Together**  
I 200 MAR 1988

Based on numerous interviews with gay couples and the author's personal experiences, Eric Marcus' book serves as an 'everyday guide to the social, emotional, legal, financial, professional, and familial intricacies of living life together.'

# In Memoriam



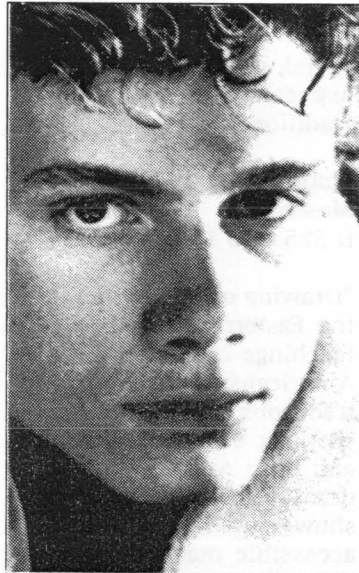
## PAUL DONALD PRITCHARD ROPER

June 2, 1952 -  
December 24, 1995

Paul died Christmas Eve at 3:48 p.m. with his partner, Ken Knutson, at his side. He is survived by the Roper and Knutson families. We would like to thank Dr. Frank Sigurdson, receptionist Carol, and all the staff at Lions' Gate Hospital Palliative Care Unit 7W for their support and care. Paul was at peace with himself and the world around him.

Love, Ken

18 BCPWA News February/March 1996



## FLOYD K. TROMAN

July 18, 1961 -  
December 16, 1995

Floyd passed away peacefully at May Gutteridge Community Home Hospice. Floyd touched many people's lives at PWABC, where he was a dedicated volunteer. He was a very talented artist, and his artwork graces many homes and buildings in Vancouver. His art, like his soul, is beautiful, vibrant, generous and kind. Floyd, you are very special, and you will be missed by us all.

## BRENT D. KREPPS

Brent Douglas Krepps (Misty Dawn), born September, 1964, in Salmon Arm, B.C., passed away on November 23, 1995, at the age of 31, at St. Paul's Palliative Care Unit, in the presence of his loving parents.

Brent's human spirit, imbued with all his particular traits, has returned to God who gave it, where it will remain stored in God's database with others, until he is resurrected again at the resurrection of the dead (Rev. 20:50.) He will return to a new physical body, fully healed in God's Wonderful Kingdom, now established on this earth in the world tomorrow.

The good news is that we will all see our dear loved ones again, new, fully healed, filled with radiant good health and love. Brent will at this time be given God's Holy Spirit to dwell with his human spirit that will give him understanding of all things. And most importantly, this will be his first chance to learn the true gospel of Jesus Christ as to who, and the purpose and why of mankind, and of the fantastic human potential that is in store for him, and all who have ever drawn the breath of life.

Rest now, my dear friend. I'll be seeing you again...soon.

John C.



## **MEMBERSHIP DOES HAVE ITS PRIVILEGES**

Do you need to stretch your Complementary Health Fund (CHF) dollars? Do you wish to be served by knowledgeable people in a comfortable atmosphere? Then do we have a deal for you, effective January 1, 1996. The following stores are now honoring the BCPWA membership cards and offering our membership discounts on their purchases.

Capers - 1675 Robson Street  
Finlandia Pharmacy - 1964 W. Broadway  
Garden Health Foods - 1204 Davie Street  
Genesis Nutrition - 1040 Davie Street  
Kripps Pharmacy - 944 Granville Street  
Sunburst Natural Vita Foods - 1610 Robson Street

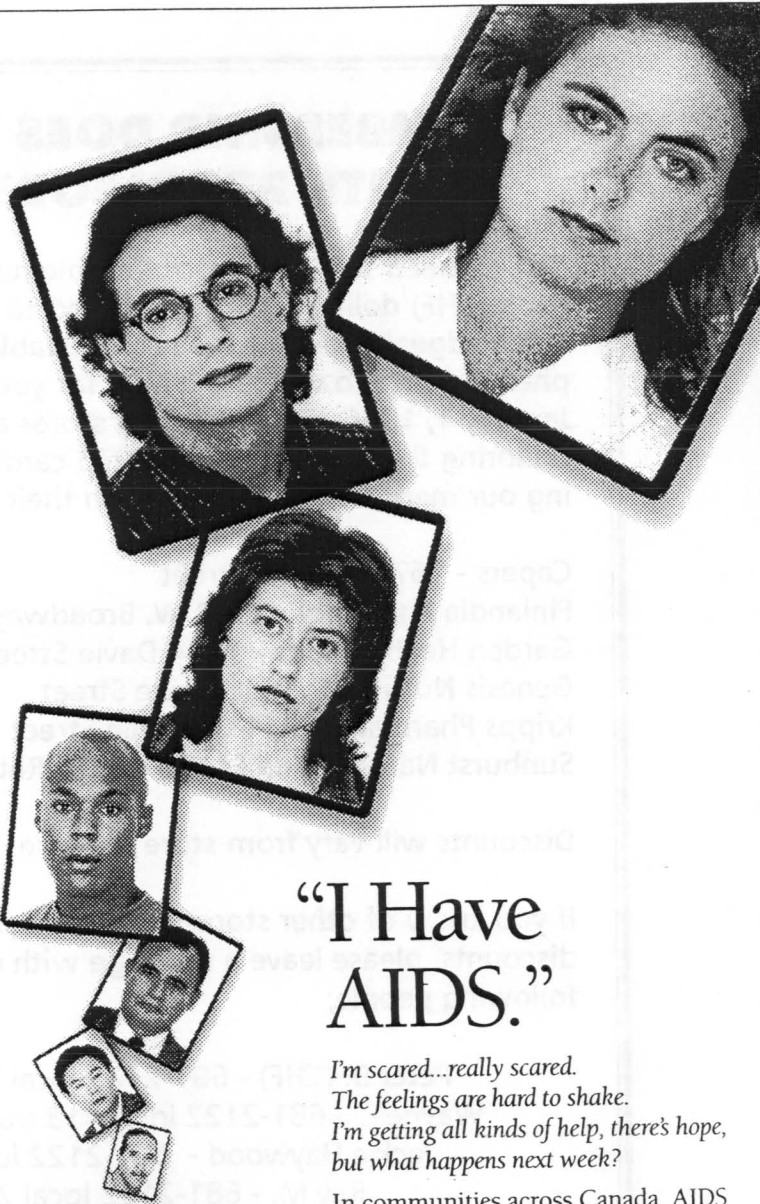
Discounts will vary from store to store.

If you know of other stores that offer our members discounts, please leave a message with one of the following people;

Peter B. (CHF) - 681-2122 local 321  
Wayne C. - 681-2122 local 413 (voice mail only)  
Jackie Haywood - 681-2122 local 259  
Ray M. - 681-2122 local 262

Cards are available during the following times:

Tuesday 10:00 am - 3:00 pm  
Wednesday 1:00 pm - 4:00 pm  
Thursday 10:00 am - 3:00 pm



## “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:*

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## 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.

### Help Lines and Information Services:

AIDS Vancouver (Helplines are open Monday through Friday 10 a.m. to 5 p.m. ...  
also Tuesday and Wednesday 5 to 9 p.m.)

Help Line: ..... 687-2437

TTY/TDD Help Line: ..... 893-2215

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's Hospital:

Infectious Disease Clinic ..... 631-5060

Patient Information ..... 631-5011

Social Work Department ..... 631-5068

**Related Societies and Services:** Check listings on Pages 12 through 16.

**More**

**Places**

**To**

**Call**

## FOOD

**A LOVING SPOONFUL:** Delivers meals for home-ridden BCPWAs 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 weekends 11 a.m. to 1:30 p.m. Call 682-2344 for more 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 LUNCHESES:** 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, alcohol and drug counselling, mental health care, and community referrals. Open from noon to 8 p.m. Tuesdays through 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 LOAN

**PROGRAM:** Is a service for clients of AIDS Vancouver who require Medical equipment and health care products which might not otherwise be available to them. The program has items such as: wheelchairs, canes, IV poles, bathroom aids, etc. To make a loan from the program call AIDS Vancouver Support Services at 681-2122 ext. 270.

**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.

**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 supplies. 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

## Positively HAPPENING 4

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 (downstairs). A message can be left at 681-2122 ext. 274.

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

### LEGAL MATTERS

wills, living wills and health care directives. LSLAP also assists in landlord/tenant disputes, small claims, criminal matters and general legal advice. The clinics are normally held every second Wednesday.

Check dates and sign up at the Information Centre at 681-2122 ext. 295. An 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:** Board meetings are open and members are welcome to attend. For times, dates and locations call 681-2122 ext. 292.

**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 counselling.

### SUPPLEMENTARY BENEFITS

**ANGLES MAGAZINE:** "Memorials" section invites submissions up to 100 words with photo. Free, donations accepted. For information call 688-0265. Also, free personal ads (up to 40 words) every month.

**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.



## Positively HAPPENING 6

**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.

### **HIV/AIDS SUPPORT GROUP:**

Confidential and co-led by people whose lives are affected by HIV/AIDS, is meeting from 1-3 p.m. at 22259-48th Avenue. (near Blair Pool) on the first and third Monday of the month. Parking available from 48th Avenue. Use side door. For more information please leave a message with the Langley Hospice Society at 530-1115.

### **HOME AND HOSPITAL VISITATION**

**PROGRAM:** 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.

## **ASTROLOGY READINGS AND CONSULTING**

Learn about yourself, your past and destiny.  
What do the stars hold for you?

Sign up for an appointment with  
**Gilles**  
our volunteer astrologer

Tuesday and Thursday from 1 to 3p.m.  
Contact the Information Centre  
at 681-2122, ext. 295.

Readings are held upstairs, off the lounge, in a  
confidential space.

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

### **BCPWA PHOTO ARCHIVES PROJECT:**

The photo archives project collects, tries to identify the who, where and when of the pictures, and then find ways to appropriately display our history. Albums and collages are found throughout the PARC building. For more information contact Kenn Mann or Jackie at 681-2122 ext. 259.

### **P.O.P. YOUTHCO'S POSITIVE OUTREACH PROGRAM:**

The Positive Youth outreach program is designed by HIV+ youth for HIV+ youth. Our goal is to provide support, education, and advocacy to all youth living with HIV/AIDS. Remember, you don't have to be alone. For information please page us on the POP line: 650-2649. YouthCO AIDS Society: #240-440 West Hastings, Vancouver, B.C., V6B 1L1. Phone: 688-1441. Fax: 688-4932.

### **PRISON LIAISON COMMITTEE:** is

dedicated to providing ongoing support for HIV+ inmates and to meeting the needs of our members in the correctional system. The committee usually meets the first

Wednesday of every month. For more information call the Prison Liaison voice mail at 681-2122 ext. 204.

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

**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

**THEATRE ARTS PROGRAM:** 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. 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. Register at the Information Centre, 681-2122 ext. 295.

**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.

**THE NEXT "BCPWA NEWS"  
SUBMISSION DEADLINE IS:  
March 1st**

**TOGETHER WE CAN  
MAKE A DIFFERENCE**

Join the BCPWA

**PEER AND SUPPORT  
COUNSELLING TEAMS**

All HIV+ people welcome

Next  
Peer and Support Counselling  
training  
starts in March

Contact: Michel  
at BCPWA to sign up  
call 681-2122 ext 295.

**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 203

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

# HIVolunt

## SKI-A-THON

This is part of **Altitude 96** - the 4th annual Whistler Gay Ski Week, and is a fund-raiser for **Dr. Peter AIDS Foundation** and **BCPWA**. A few dedicated and enthusiastic volunteers are required to put in approximately 15 hours in advance of the Ski-a-thon on February 10th. For more information call Joe at 681-5223.

## BONDAID, A GALA TRIBUTE TO JAMES BOND 007

On Sunday, February 11th, a tribute to James Bond Films will be held at **MARS Night-club**. This is a private party for the film, television and theater industries. Net proceeds from this event will be donated to **A Loving Spoonful** and **BCPWA**. Volunteers are in urgent need to assist in fund raising and ticket sales. For more information contact Maria Herrera at 251-9877 or Jeff Kirkey at 669-9745.

## LET'S DANCE

This new fundraiser for **BCPWA** is looking for a coordinator, team captains and dancers on the dance floor. If interested, contact Brad at 681-5223.

## VOLUNTEER COORDINATOR

BCPWA's programs in Advocacy, Human Resources are operated by volunteers. Placement and recognition of these coordinators is expanding. If you have the skills, are familiar with Windows and have a day a week, call Brad or Robert at 681-5223.

## HOW TO VOLUNTEER AT BCPWA.....

Attend a **New Volunteer** Meeting  
Phone 681-2122 ext. 2

Fill out a volunteer application  
Coordinator will contact you



# Volunteer Co-ordination Program

BCPWA Human Resources

254 - 1107 Seymour Street, Vancouver, BC., V6B 5S8

Phone: 681-2122 ext. 298 Fax 893-2251

eer

is in the planning stages. A volunteer  
any others are required to put this event on  
act Judy Christianson at 684-0994.

## NATORS

Education, Support, Fund Development and  
y volunteers. To enhance our recruitment,  
se volunteers, our team of volunteer  
have good interpersonal and assessment  
based software and can spare at least half a  
t 681-2122 ext. 298.

## ADMINISTRATION COORDINATORS

Volunteers with good people, problem solving and  
organizational skills are needed to work at BCPWA's Human  
Resources counter for at least half a day per week. Experience  
with Windows is an asset but can be learned while  
volunteering. To set an interview time call Brad or Joseph at  
681-2122 ext. 298.

## EXECUTIVE OFFICE ASSISTANT

We are looking for dedicated individuals with good  
interpersonal skills to assist in various projects in  
administration. Would you like to use your skills or learn new  
ones? Does assisting with fund development, word processing  
using Windows software or assisting in the development of a  
filing system sound interesting and challenging. Contact Brad  
or Robert at 681-2122 ext. 298.

## PSA HAIRDRESSERS

Volunteer professional Hairdressers urgently needed to cut  
Hair weekly or monthly in the newly furnished salon. A great  
way to contribute to enhancing the quality of life for people  
living with HIV and AIDS. Contact Human Resources Team  
at 681-2122 ext. 247.

er Orientation on Thursday, November 3, at noon.

98 to reserve your lunch.

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

**MONDAY**

**ASIAN SUPPORT-AIDS PROJECT (AS-AP):** 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.

**SURVIVORS 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:** Steven Lee volunteers his professional therapy skills, offering traditional Thai Massage, free to BCPWA members, at his studio. Two, 1½-hour sessions every Tuesday. Appointments can be made through the Information Centre at 681-2122 ext. 295.

**WEDNESDAY**

**FREE MASSAGE:** In the BCPWA lounge (upstairs at 1107 Seymour Street). From 10:30 to 12:30 p.m. Relaxing, friendly and informal fifteen minute sessions on comfortable massage chairs set up in the lounge. Massage by Steve and Julie. For information call 681-2122 ext. 295.

**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.

**GRIEF SUPPORT GROUP:** An experienced facilitator and a sharing group to help you deal with your grief. Wednesdays from 2 to 3:30 p.m. at the St. Barnabas Anglican Church Hall, 1002 5th Avenue (at 10th street), New Westminster. Contact Dave at 526-2030.

**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.

*Exciting*

*New*

## Theatre Arts Program

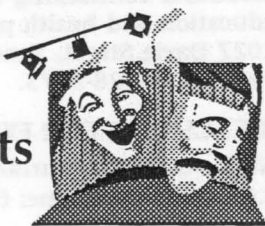
for BCPWA Members

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.

The group will produce a play for the international conference. There will be a place for everyone to participate.



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

**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.

**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: 681-3950. Fax: 689-1879.

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

**AIDS SOCIETY OF KAMLOOPS (ASK):** #3 - 440 Victoria Street, Kamloops, B.C., 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, B.C., V2S 6R7. Phone: 1-604-858-2321

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

**AIDS VANCOUVER:** PARC, 1107 Seymour Street, Vancouver, B.C., V6B 5S8. Phone: 681-2122. Fax: 893-2211.

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

**ATISH NETWORK SOCIETY:** South Asian and Iranian HIV/AIDS Project. Bilingual and

bicultural counselling services, public education and health promotion. Box 345 - 1027 Davie Street, Vancouver, B.C., V6E 4L2. Phone/fax: 528-9275.

**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 (STDs). 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. Victoria: Mary Brown, 5th Floor, 1515 Blanshard Street, Victoria, B.C., V8W 3C8. Phone: 952-1901 or Fax: 952-1883.

**BLACK AIDS NETWORK (BAN):** We help Black people living with HIV/AIDS access

- advocacy and legal aid
- care & support through our care committee
- medical treatment information
- financial aid/housing
- counselling/support groups

#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 info. call Jackie Heywood at 681-2122 ext. 259.

**CAMPBELL RIVER AIDS PROJECT: (CRAP).** For people living with HIV/AIDS. Support group, information, available resources. Strictly Confidential. Not affiliated with NIAC. Phone: 1-604-285-3386.



**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, B.C., V2G 1R8. For information call Gerry or Bev at 1-604-398-4600

**CHILLIWACK CONNECTION (NEEDLE EXCHANGE):**

STD/HIV prevention program. Located at 46150 Yale Road, Chilliwack, B.C., V2P 2P1. Storefront hours are Monday, Wednesday and Friday from 1 to 7 p.m. For information call 'Sam' at 604-795-3757 or fax 604-792-4830.

**CHILLAIDS SERVICES SOCIETY:** AIDS Support Services Network for all affected by HIV infection. Full support counselling, education, workshops, referrals, buddy system. For information contact 'Sam' at Chilliwack Connection: 604-795-3757.

**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, B.C., 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, B.C., V1C 2T6.

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

**DEAF AIDS AWARENESS PROJECT:**

(DAAP). Suite 200-1070 West Broadway, Vancouver, B.C., V6J 2A3. TTY: 732-7549. Voice line: 732-7656. Fax: 732-5042.

**DEYAS, NEEDLE EXCHANGE:**

(Downtown Eastside Youth Activities Society). 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

**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.

Office located at 1401 Comox Street, Vancouver, B.C., V6G 1N9. 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

## **Positively** **HAPPENING** 14

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 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, B.C., V1X 4H9

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

**LANGLEY HOSPICE SOCIETY:** Offers support to dying and/or bereaved people while also providing education about death and dying to the community. Support is provided by specially trained volunteers, grief recovery programs and drop-in grief groups. All groups are confidential and offered at no charge. For more information please call (604)-530-1115. Fax: 530-8851.

**LIVING THROUGH LOSS SOCIETY:** 101-395 West Broadway, Vancouver, B.C., V5Y 1A7. Phone: 873-5013

**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:** A non-profit organization that provides affordable housing to men, women and couples who:

- Live with HIV and AIDS
- Are able to live independantly.
- Who are in financial need.

#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.

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

**NORTH ISLAND AIDS COALITION (NIAC):** For PWA/HIV, partners, families, friends and the community. We provide education, resource library, newsletter, bi-weekly support group, individual counselling and volunteer support. Strictly confidential. We accept collect calls. For more information, please contact Leah or Romaine at 339-6500.

**COMOX VALLEY OFFICE:** #6-678 Anderton Road, Comox, B.C., V9M 2J3. Phone/fax: 1-604-339-6500. Open Monday to Friday from 8:30 a.m. to 2:30 p.m.

**NEW CAMPBELL RIVER OFFICE:** Discovery Mall (back entrance), 938 Island Highway, Campbell River, V9W 2C3. Phone: 286-9757. Open Monday and Wednesday from 9 a.m. to 12 p.m.

We also have a **NEEDLE EXCHANGE PROGRAM** in Campbell River, 938 Island Highway. Phone: 830-0787. Monday and Thursday from 8 p.m. to 11 p.m.

**NORTH OKANAGAN YOUTH AND FAMILY SERVICES SOCIETY, STREET OUTREACH AND NEEDLE EXCHANGE:** 2900 - 32nd Street, Vernon, B.C., 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/HIVs, partners, family, friends, and the community. Education, resource materials, & monthly newsletter available. Bi-weekly

support group. Strictly confidential. Office Hours 9:30-3:00, Mon - Fri. Call 1-604-248-1171. P.O. Box 686, Parksville, B.C., 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](mailto: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, B.C., 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

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

**PRINCE GEORGE NATIVE FRIENDSHIP CENTRE, NEEDLE EXCHANGE:** 144 George Street, Prince George, B.C., 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: 682-2830. Surrey Fax: 599-0631. Nelson Fax: 352-3013. E-mail address for basic inquiries and treatment information is [PARISociety@eworld.com](mailto:PARISociety@eworld.com)

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

**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. Phone: 1-604-380-1112 or Fax 1-604-386-3800. email: [rights@islandnet.com](mailto:rights@islandnet.com). Also checkout DeathNET on the World wide Web at: <http://www.islandnet.com/~deathnet>.

**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 bisexual men. To participate  
or find out more, contact: Steve Martindale,  
Vanguard Project Coordinator.  
Phone: 687-2469. Fax: 631-5464.  
E-mail [stevem@hivnet.ubc.ca](mailto: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, B.C., V8V 1V1.  
Phone: 1-604-388-6220. Fax: 1-604-388-0711

**VICTORIA PERSONS WITH AIDS  
SOCIETY:** Self-help peer support Society for  
persons infected and affected with HIV and  
AIDS.

- Provides up-to-date, computer on-line treatment information and advocacy.
- Educational programs, peer counselling, advocacy, drop-in lounge and food bank.
- Administers housing subsidies to low-income members on Vancouver Island.
- Provides resource information and referrals to other AIDS-related organizations.

Office hours are 11 a.m. to 4 p.m. Monday to Friday. Located at 613 Superior Street, Victoria, B.C., V8V 1V1

Phone: (604)-383-7494 or 1-800-434-2959. Fax (604)-383-1617. E-mail: [pwa@horizon.bc.ca](mailto:pwa@horizon.bc.ca)  
database: [www.vpas.horizon.bc.ca](http://www.vpas.horizon.bc.ca)

**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](mailto: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, B.C., 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: 681-2122 ext. 274. 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.