No. 35 August 1993

Talkabout

The Newsletter of People Living With HIV/AIDS Inc NSW

◆ Where We Speak for Ourselves ◆

BEAR WITH US

ACON

AIDS Council of New South Wales Inc.

Western Sydney Education Office

Picnic

in the

Park

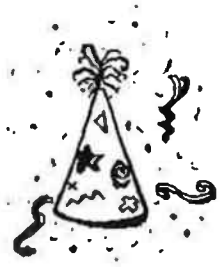
Parramatta Park

(in front of the Boathouse)

Sunday 15 August 1993

Midday

- Sausage sizzle
- Pasta salads
- Drinks



- Activities
- Games
- Prizes

$3 lunch cover charge

Phone 831 1899 for further information

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This Month's Cover

dressed by Tess A'Beckett and Chris Rogers for the Mitchell Tyrie Teddy Bear Auction. Seventy one Mitchell Tyrie teddies, individually dressed by Australian and overseas fashion and theatrical designers, will be auctioned on August 16. All proceeds will be donated to the Bobby Goldsmith Foundation.

The Bears are on display at the David Jones "Gallery on Seven", in their Elizabeth Street store until August 15. (Details of the auction are at the exhibition).

Antiretrovirals guidelines

THE NSW COMMITTEE ON AIDS Strategy (CAS) is preparing guidelines on the use of antiretrovirals (AZT, ddI and ddC), following the issue of such guidelines in the USA.

In late June the US National Institutes of Health convened a 'state-of-the-art' meeting to discuss usage of antiretrovirals, prompted by both the puzzlement about the Concorde trial as well as the feeling that we now have a 'critical mass' of trial data with which to write such guidelines.

The guidelines, commonly called the NIAID guidelines, have been mostly well received, although some are saying that they are unduly conservative. NIAID basically reaffirmed that AZT should be tried before either ddI or ddC, but that for people with substantial AZT experience, ddI would be a better option. Combination therapy as first-line therapy was *not* given as an option, although NIAID allowed combination therapy for people with high CD4 counts and failing on AZT alone.

In creating Australian guidelines, CAS is taking into account the constraints placed by the Therapeutic Goods Administration and funding bodies. CAS' deliberations were consciously aimed at assuring patients that their treatment regimes were indeed in keeping with the latest information (because, by and large, people with HIV and their GPs are aware of the latest trial results).

The major difference between the proposed CAS guidelines and what is current practice is that people would no longer be 'automatically' placed on AZT when their CD4 counts fall below 500. There will be more emphasis on symptoms and immunologic decline, and therapy will be suggested when these symptoms or immunologic decline are present at any CD4 count.

The CAS guidelines will also fill in some of the gaps NIAID guidelines in filling some gaps left by the latter: NIAID did not recommend AZT for people with symptoms and CD4 counts greater than 500, whereas CAS did; NIAID did not consider combination therapy for people on AZT and tolerating it, whereas CAS did.

The CAS guidelines will be finalised soon, and will be published in September's *Talkabout*.

-- Lyle Chan

Bleach (& we're not talking peroxide)

RECENT PRESS REPORTS HAVE QUESTIONED the efficiency of bleach in sterilising used needles and syringes. Now before you panic, here's the full story.

Bleach was recommended for cleaning after several studies were published during the 1980s which reported that it killed HIV in virus cultures. However more recent data from the US have shown that bleach is not as effective in killing the virus contained in blood as initially thought, although it is still more effective than using alcohol or hydrogen peroxide.

There are several differences in Australia that affect the validity of the American based research. Some of these differences are:

• there is a difference in cleaning messages given to users in the US — users are told to clean their syringes twice with bleach and twice with water (2X2); in Australia we recommend rinsing two times with water, two times with bleach and two times with water (2X2X2). It is reported that bleach in direct contact with blood clots the blood — the initial flushing with water that we recommended reduces the amount of blood in the used syringe and lessens the risk of clotting.

• The push in the United States to establish needle and syringe exchanges may affect the current research — proof that bleach is not effective could be used to help justify establishing the exchanges.

• There is a difference in the strength of bleach — name brand bleach sold in Australia is twice as strong as those sold in the US.

All the information that is available about bleach reinforces the need to use a new needle and syringe every time you inject.

But if you do need to clean a used syringe, bleach is still the most effective cleaning agent. There are a few things you can do to make cleaning with bleach more effective:

• Use a name brand of bleach such as White King or Domestos. No Name brands are weaker.

• Bleach loses strength with time and exposure to air. It is important that the bleach used is fresh. It is difficult to recommend how long to keep bleach due to variables such as how long it has been on the grocers shelf etc.

• It is recommended that the bleach, when drawn up into the barrel, is shaken for thirty seconds — this will increase the chances of inactivating HIV that has been caught in microscopic crevices in the barrel of the syringe.

If you have any more questions about using bleach or need any information about injecting please contact the Gay and Lesbian Injecting Drug Use Project at ACON on 206 2074.

-- Jack Wallace

Vaccines

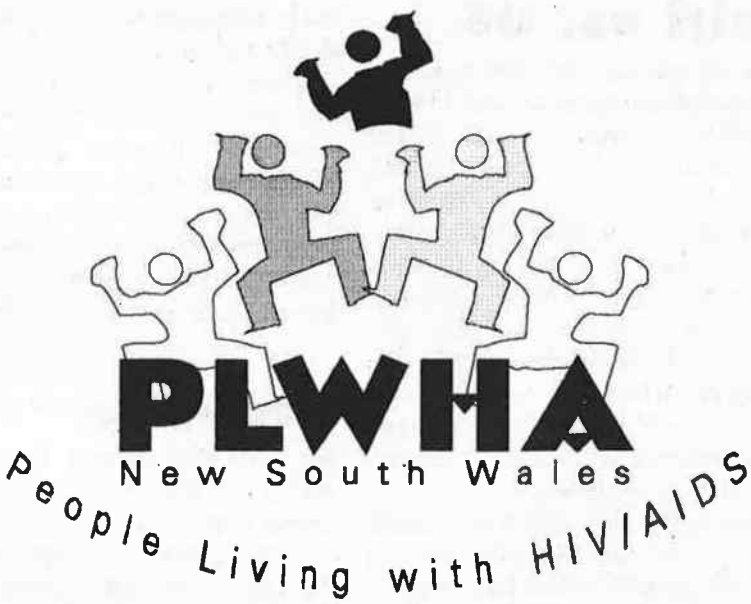
TALKABOUT READERS WILL BY NOW be aware that there has been some public discussion about the possibility of Australia conducting trials of a 'prevention' vaccine. Public meetings on the issue have been jointly hosted by the Australian National Council on AIDS (ANCA) and the Clinical Trials and Treatments Advisory Committee (CTTAC). These consultations will conclude with a workshop on August 18-19 in Canberra which is designed to try to reach consensus on some of the complex ethical issues involved.

There are two trials likely to begin in Australia in the next year: a smaller Phase 1 'safety' trial and then a larger Phase 2 'efficacy' trial. Most of the ethical questions surround the Phase 2 trial.

For much of the world, the goal of effective prevention vaccines for HIV would offer great assistance in preventing the further spread of HIV -- provided the world is prepared to spend the money on effective vaccination programs. At present, however, there remain a host of scientific and ethical issues to be solved. Until vaccines become a reality any change in prevention programs or in their priority would be premature.

Enrolments for a trial of p24-VLP, a therapeutic vaccine, began in Sydney in late July.

-- Ross Duffin



The new PLWHA logo, designed by Stephen Yee.
Many thanks to the Burton Street restaurant for donating Stephen's prize, a dinner for two, which he has told us was "delightful . . .it was indeed an incredibly pleasant evening".

Perth

CONGRATULATIONS TO PLWHA (WA) on their recent victory in the Equal Opportunity Commission (EOC) in Perth. PLWHA (WA) have had a long standing battle to open a Drop-In Centre and on July 21 the EOC found that the five Perth City councillors who voted against the proposed Centre, and one who abstained from voting, had acted in a discriminatory manner.

The fact that the EOC has found the actions of the Perth City Council to be discriminatory sends a clear message to other local councils that this form of discrimination will no longer be tolerated.

"It has been a long and drawn out process, particularly for the individual complainants, however we are happy with the outcome", said Mark Reid, Community Centre Co-ordinator.

Our voice threatened

THREATS TO FUNDING FOR THE National Association for People Living With HIV/AIDS (NAPWA) may result in the lack of a national voice for people with HIV/AIDS, Geoffrey Harrison, NAPWA Convenor (external), has warned.

"NAPWA has been lobbying for government funds to support the organisation in representing people with HIV/AIDS", he said. "Our aim is to advocate on behalf of people with HIV/AIDS at a national level". Mr Harrison said that some of NAPWA's recent work has included:

- Successfully lobbying for a national education project aimed at people with HIV/AIDS and sexuality issues.
- Lobbying for the availability of treatments (AZT, ddI) through hospital pharmacies.
- Participation in education projects for people with HIV/AIDS aimed at addressing HIV related discrimination.
- Successful lobbying for funds to sponsor people wishing to attend the International Conference for People With HIV Infection in September 1993.

"This work has only been able to be carried out with limited non-government funds. People with HIV/AIDS must be recognised as having an integral and legitimate role in Australia's response to HIV/AIDS. And we must be supported with the financial resources required to carry out this function", Mr Harrison said.

The evaluation of the first National AIDS Strategy and the draft of the Second National Strategy recommend ongoing funding for NAPWA.

NAPWA has written to the Minister for Health, Senator Graham Richardson, calling for assurances to people with HIV/AIDS that this funding is committed.

(As *Talkabout* goes to press the National Strategy document is being finalised. We hope to report on this in the September issue.)

A new centre?

THE AIDS TRUST OF AUSTRALIA HAS just released a report of its needs assessement, which suggests that the Trust fund a "positive living centre" in inner Sydney. The centre would incorporate existing HIV/AIDS agencies as well as providing a meeting place, social activities and other services. As *Talkabout* goes to press, community consultation on the proposal is underway.

Haiti vs. US

ONE HUNDRED AND FIFTY EIGHT Haitian refugees, including 143 who are HIV positive, detained at the US Naval base, Guantanamo Bay, Cuba, have now been allowed to enter the US. On June 8 Judge Sterling Johnson Jr of the US District Court for Eastern New York ordered the closure of the base, calling it an "HIV prison camp". The refugees, who had been granted political asylum in the US, have been detained for more than a year. (see May *Talkabout*).

Ironically, this ruling coincided with US President Clinton signing a bill on June 10 which bans people with HIV and AIDS from travelling or emigrating to the US. This move breaks an election promise to lift all immigration restrictions for people with HIV. The ban had been attached as an amendment to a bill authorising increased funding for AIDS and cancer research. Clinton disclaimed his right to veto the bill, and has said that he supported it because of this and other provisions.

The bill will not, however, affect the Haitians, according to lawyers involved in the case, because it does not apply to refugees.

Source: AIDS Policy and the Law.

Acapulco

SIX HUNDRED PEOPLE WITH HIV/AIDS will attend the sixth International conference of PLWHAs in Acapulco, Mexico on September 23-28. The conference is being held in Latin America to bring world attention to the AIDS pandemic in these countries.

The theme of the conference is "Communication and Solidarity for a Better Quality of Life". It will emphasise a hands-on approach to skills building so that attendees can learn from each other, break down the isolation that they experience and return to their communities with renewed hope and empowerment in the fight against AIDS.

PLWHA (NSW) hopes to send a representative, with *Talkabout*.

Funerals: Have we got it right?

NUAA AND PLWHA ARE AT present setting up an HIV/AIDS Funeral Committee to look into affordable funerals and dignified burial for those with limited funds. We would like to know if you think this is a worthwhile cause. Please call John at NUAA on 369 3455 with your comments and suggestions. We look forward to hearing from you.

PLWHA News

SIX WEEKS AFTER THE BERLIN conference and I'm *still* wading through the small hillock of material I brought back with me. The sheer volume of information at these events is staggering (as I was on my way up to the luggage counter). Fortunately, much of it turns out to be valuable . . .

Although the news on the treatments front wasn't especially fabulous, I actually got a lot out of Berlin in other areas, and there were some heartening developments for PLWHAs. Positive women's issues received some long overdue attention, and there were some excellent sessions on nutrition and complementary therapies. The news that people with HIV are living longer struck me as pretty cheerful, too.

Perhaps one of the most valuable lessons (as if we didn't already know) was that PLWHAs must acquire and develop the skills we need to help ourselves and represent our needs and views effectively. Put another way, it's unlikely to be done for us.

Despite the involvement of the Global Network of Positive People in the conference planning, PLWHAs were still, in many ways, a marginalised group at the conference. There was one (among hundreds) poster category entitled "People Living With AIDS" and we were placed in the hall furthest from the main lobby. Some important issues, such as euthanasia, were not addressed at all. There was only one workshop session on living with HIV/AIDS. The PLWHA lounge was situated up a flight of stairs, with no lift access, as was the medical room. And then the conference chairman wonders publicly, during the closing plenary, why we are so demanding and rants against "strange people" making "bloody silly demands" (why are some HIV negative people so *angry*, I wonder?). For an international conference on AIDS in 1993, this simply isn't good enough.

It's easy enough to point out the problems, but harder to come up with the solutions. The Global AIDS Meeting of positive people was characterised by a lot of division and problem naming, with few coherent solutions being proposed. It was agreed, though, that we needed to work at building local and regional coalitions before an effective global network could be formed, and hopefully this year's Acapulco Conference will start to address and resolve these issues.

Despite all this, it was obvious that positive people everywhere are

facing the epidemic with creativity and courage, sometimes in the face of appalling discrimination, poverty, lack of resources and isolation. Given what so many of us can achieve at a local level, I'm sure the problems of building larger networks can be solved.

And if you've read this far, take heart in the knowledge that *Talkabout* is clearly one of the best PLWHA journals to be produced anywhere in the world, both in terms of content and style. The "Sex" issue was extremely well received in Berlin, especially by other PLWHAs.

On a rather more local level, PLWHA held the first of two planning days on July 17. Facilitated by Susan Harben, the day focussed on team building, the role of the organisation, and the role of the committee. Thanks to Susan's enthusiastic and firm direction, the day was highly productive and we're looking forward to the follow up day on August 14, which will focus on specific activities and projects for the next year.

The committee has decided to set aside some of its discretionary funds to assist members in attending conferences which will be of benefit to the organisation and its aims. Members who are seeking funding to attend conferences and can demonstrate a benefit to the organisation, through reports back, presentations, building contacts etc. should submit an application to the committee in writing or in person. The committee meets on the first and third Tuesday of each month at our offices.

The total amount of funds to be made available has yet to be decided, but members seeking first class airfares can expect to be disappointed. We can only offer partial funding, for example registration fees. Watch this space for further details.

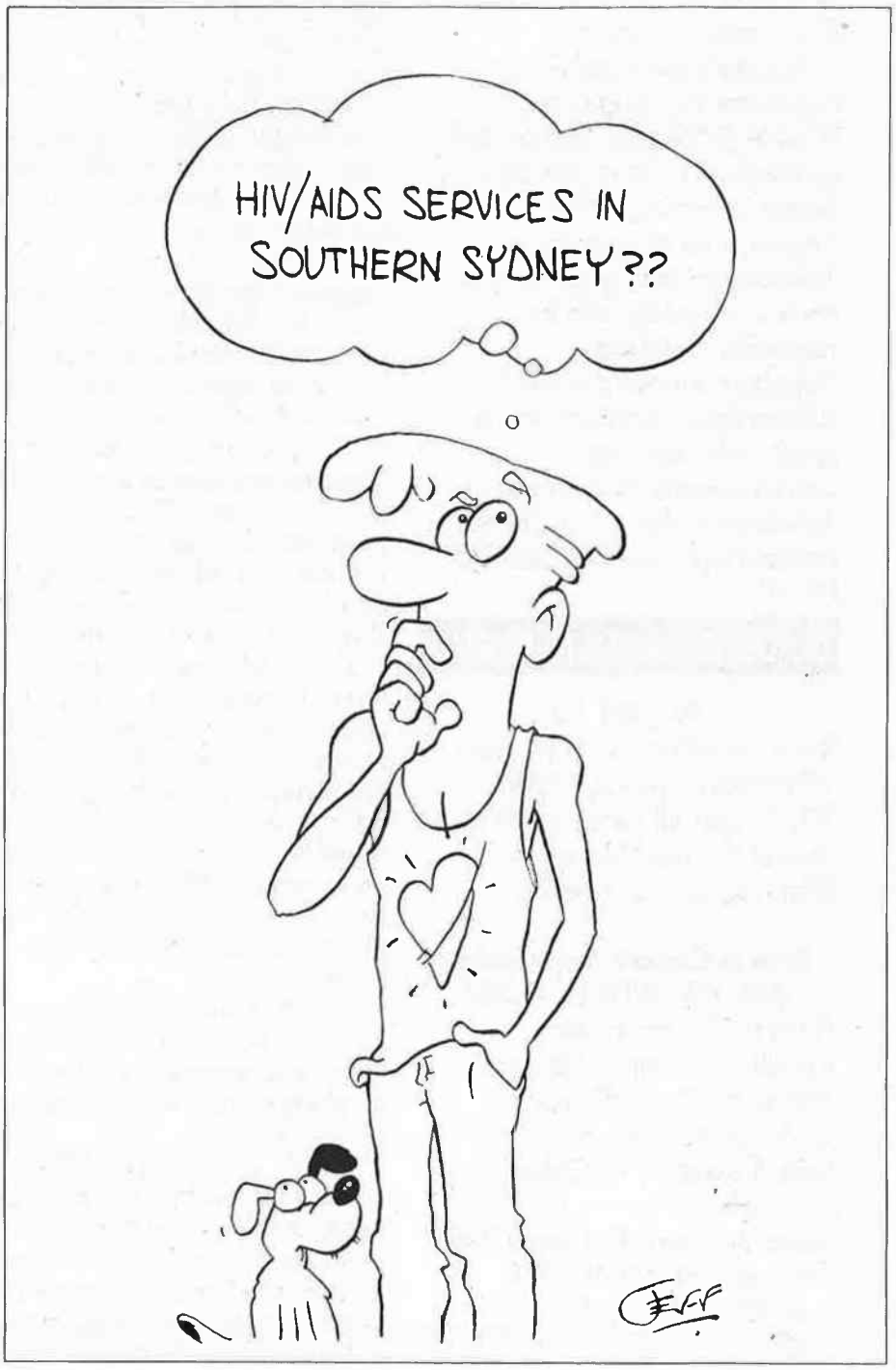
A warm welcome to Glenn Goldsmith, who joined the committee in early June and is already deeply and actively involved. Glenn founded SOPY (Support of Positive Youth) late last year and has campaigned actively on behalf of positive youth. We now have a full Committee.

Welcome back also to Jill Sergeant, who is out of Africa and into Darlinghurst again after ten weeks away, and a big thanking for Adrian Ogier and Jeremy Nicholas, who filled in for Jill while she was away.

– Alan Brotherton, PLWHA Convenor

PLWHA Committee

Convenor Alan Brotherton
Deputy Convenor Mark Hoskins
Secretary Robert van Maanen
Treasurer Graeme Gibb
Ross Duffin, Tony Edwards, John Gardner, Glenn Goldsmith, David Martin, Kosta Matsoukas, Greg Palmer.



Talkabout

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DEADLINE FOR THE NEXT ISSUE

August 18

Send contributions to PO Box 1359 Darlinghurst, NSW, 2010. Call Jill for the date and time of the next Newsletter Working Group meeting.

How to Contact People Living With HIV/AIDS Inc (NSW)

PLWHA Co-ordinator
Annella Wheatley, 361 6011
Talkabout Co-ordinator
Jill Sergeant, 361 6750
Suite 5, Level 1, 94 Oxford St. Darlinghurst
Postal Address: PO Box 1359 Darlinghurst, NSW 2010
Fax: (02) 206 2069

Talkback

Candlelight comfort

I AM WRITING REGARDING DAVID Urquhart's article headed "Candlelight" in the July issue. I was interested in his comments because it is the first objection I had heard to the concepts of the Quilt Project and Candlelight Rallies — apart from one comment as to why spend money on the dead when so much is needed for research for the living.

Perhaps, as Susan Harben suggested, we do need to find new ways to express our feelings. However, in the meantime the Quilt does offer support to the recently bereaved who find comfort in sharing their grief during the planning and sewing of a panel for their loved one. Then there is the presentation of their panel, hearing the names read out for the first time, seeing all the Quilt panels and sharing their grief with others.

Those who can remember the first Candlelight Rally they attended should cast their mind back as to why they attended. I attended my first rally to give my support, to stand up and be counted and in the hope that someone out there might do something. Well, a lot of candles have glowed since then at a lot of rallies and I do believe someone has taken notice.

The Quilt and Candlelight Rallies are more than just expressions of "loss" and remember too that there are always those experiencing either for the first time.

Finally a quote from "Days of Grace" by Arthur Ashe: "These young men did not deserve to die so young and they did not deserve to die unnoticed, to be resurrected only as a statistic in a newspaper report. . . I wish I had the power to keep their memory alive, I would do so, not least of all, as yet another token of our human determination to live in the face of this terrible disease that has brought death into every corner of our lives".

Max Carter, President, Australian AIDS Memorial Quilt Project

A fan

I AM WRITING TO THANK YOU FOR sending me copies of your May and June 1993 issues. I would like to say that I found them both interesting and informative. Both magazines have been circulated among interested parties and I hope to remain on your mailing list. Look forward to your next issue.

J. Stevens, England

Berlin lesson

WITH ALL THE RECENT NEWS OF THE 9th International HIV/AIDS Conference in Berlin now being fully digested it's time to see exactly what the message might be for PLWHAs.

There are many reports of jealous competition among the drug companies and some vain cries of things new. However, let's be realistic, the bottom line is that present drug strategies are in a serious state of reappraisal and a prophylactic vaccine is ten to twenty years away. So in the meantime what do we, as PLWHAs, think is the best way to cope with this bloody virus in the light of science's vacillating advice on anti-retrovirals?

There is no one answer, but there are many people out there who are getting on with living their lives as fully and happily as they can, without waiting for the "magic

bullet" to cure their ills. Peter Mitchell's article in July's *Outrage* attests to this. I feel there are lots more who don't subscribe to mainstream medical trends and who would be happy to see a change in the way that the various Government funded bodies are combating the epidemic. That's not to say these bodies are not doing a great job, just that it's not for *them.*

In July *Talkabout*, Dr Dawn Rayner-Brosnan showed a beacon of light in her article on "Mind over Body".The Brisbane unit of the National Centre for HIV Social Research where Dawn is project leader for the Wellness Programme, is conducting a project on the psycho-social aspects to long-term HIV 'survival', the results of which will be most interesting as little has been done in this area. We may find here some integral pieces of the jigsaw that is the HIV condition.

Each person who's battling on with an HIV diagnosis, using his or her own special approach to deal with an immune-suppressed state of health, needs to know that there are others who are doing similar stuff. Believe me, there *are* options other than AZT, ddI etc, with their hideous toxic side-effects.

There is a need for people who have made this decision against the mainstream, and I am one of them, to get a voice in the doom and gloom. We need to disseminate information which is not freely available, to let people who have just been diagnosed positive know *all* the options, and to help empower everyone to make personal, informed decisions about their treatment.

Groups which do this already exist in the UK and the US, and are fast expanding. In the UK there are 1,500 subscribers, at the last count, to *Continuum* magazine, written by long-term HIV writer and activist Jody Wells; in California there is HARP, the Holistic Aids Response Program, which is highly organised and productive.

We need to be reassured that HIV does *not* equal Aids, does *not* equal death.

Recently in the *Sydney Star Observer*, PLWA delegate Geoffrey Harrison, in his summary of the Berlin 'AIDSfest', said that there were no workshops for HIV people throughout the whole conference but that there is being formed an international network "to find out why we (PLWHAs) are surviving". I propose our own national network, where we would have a voice to say what we are doing in this under-research area of the wholistic approach to HIV treatment.

An Australian ACT-UP representative, Bruce Brown, reports from Berlin that "Aids activism is alive and well

AREA-WIDE SERVICES
In-patient, out-patient, Day-only treatment and counselling phone 3502955
HIV/STD screening and treatment, counselling, information and referral: phone 350 2742
Hospice/respite care phone 587 8333

AROUND CANTERBURY
Clean fits, condoms, lube, information and referral: Phone 016 288 504
Home Nursing: phone 718 5305
Drug and Alcohol counselling: phone 787 3988

AROUND ST GEORGE
Clean fits,condoms, lube, information and referral: phone 018 479 201
Home Nursing, clean linen, equipment loan: phone 350 2955
Drug and alcohol counselling: phone 350 2944

AROUND SUTHERLAND
Clean fits, condoms, lube, information and referral: phone 018 277716
Home nursing, clean linen, equipment loan: phone 350 2955
Drug and alcohol counselling: phone 525 6055

You don't have to travel to the city for HIV/AIDS care. Call us.

internationally" and "Australia seems in a period of profound complacency and lethargy concerning Aids issues".

Well, let *us* not be complacent, as we do have something affirmative and positive to offer. If you want to help us to have a voice, please give me a call at the Hunter branch of ACON on (049) 29 3464.

Living Affirmatively, Positively
Paul Boland

(Paul Boland works at ACON Hunter Branch, but the views expressed here are his own.)

Sojourner

TALKABOUT HAS RECEIVED A LETTER from someone who signed themselves as Sojourner, which expressed concerns about the service provided at a Sydney hospital. Sojourner, you are *not* being censored. When a letter raises such serious allegations, we need to discuss it with the writer before publishing, so it's important to supply at least your first name, and details of how to contact you. However we would like to reassure Sojourner that your concerns are being followed up by PLWHA. Call us to discuss it if you like.

Normal Procedure?

Does my happinesss depend on
your attitude?
My sensitivity on your ridicule?
My feeling on your tolerance?
My progress on your hinderance?
My well-being on your ignorance?
My emotions on your phobia?
My potential on your bias?
My pain on your scorn?
My fears on your predjudice?
My hopes on your indifference?

We are all born equal.
Are some born more equal
than others?

-- Stephen

We welcome your letters. Please include your name and ph. no. or address and send them to:
Talkabout, PO Box 1359
Darlinghurst, NSW, 2010

REQUESTS

FLATMATE WANTED. YOUNG, HIV+ gay male preferred, HIV sympathetic essential, for Manly, older 3 bedroom unit, $67 pw. $260 bond. Overlooks harbour, 5 min walk to ferry. No junkies, but rec/casual use OK. Contact Michelle or Kyle on 948 9315.

OFFERS

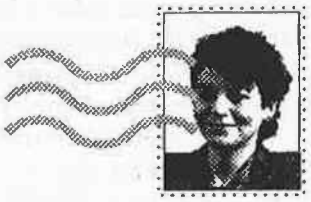
JUDY OF SYDNEY SIDE DOG GROOMING Service, is offering free dog grooming for people with AIDS on limited incomes, who are unable to keep caring for their pet as they would like. She will come to your own home, at a time that suits you. Judy tells us that "your pet is at all times cared for by an experienced and compassionate groomer." If you'd like to take advantage of this offer, or would just like to ask Judy about the service, call 808 1238.

A CIVIL FUNERAL CELEBRANT HAS contacted PLWHA offering to perform free funeral services for people who have died of AIDS.

Patrick Foley wrote to tell us "I believe it is important to show dignity, sensitivity and sincerity, and to offer funeral services to celebrate people's lives. I wish to offer people living with HIV/AIDS care and understanding and a listening ear at their time of need."

Patrick will conduct civil or non-denominational Christian services, and he can be contacted on (018) 611 255.

Dear Holiday Maker,



AIDS NETWORK RELIEF FOUNDATION (ANRF)
presents
The Daintree Loft

Deep in the ancient rainforest of Australia, the Daintree Loft offers accomodation for PLWHA and carers in need of respite.

Though we are just beginning, the fundamental modern conveniences are in place. Located between the Daintree River and Cape Tribulation, visitors are surrounded by voluptuous tropical rainforest and are within a short hike to magnificent beaches and coral reefs.

Rates are determined by your abilities to contribute to the costs of running the respite, beginning at $80.00 per week for pensioners.

We are all in this together, and those of us starting the ANRF invite you to take the time to rejuvenate yourself at our respite in the wild!

For further information on how to obtain bookings phone Chris or Evangelos on (02) 281 9750 or (02) 360 5913.

Corporate sponsors are definitely needed and are requested to contact us if your assistance is possible. Thank you!

If you can offer, or know of any good, cheap holiday places, let us know. We can publish them in *Talkabout*, and/or add them to PLWHA's budding Holiday House Swap Register.
Call Annella on 361 011.

Tribute

Matt Bradshaw 23.7.93

MATT (AKA WERNER) BRADSHAW WAS born in Cologne, West Germany, a child of the 60s. By the time Matt hit 20, the gay community of Cologne was raging, and so was he. He partied, he had sex, and he played serious politics.

Leaving Germany, Matt enjoyed the gay communities of the United States at a time when the epidemic was starting to hit. Accent corrupted with an American lilt, Matt moved to Melbourne toward the end of the 80s.

A social worker by profession, Matt became progressively more involved in the AIDS effort in Australia during the final years of his life. In Darwin he served on the NT AIDS Council management committee. Moving to Canberra in 1991, Matt conducted a needs assessment for the National PLWA Coalition (now NAPWA), a study which was to provide a blueprint for the organisation's future directions.

With his health failing, Matt moved to Sydney in order to take advantage of our health and community services. Freed from the ordeals of paid AIDS work, Matt became *Talkabout's* most enthusiastic contributor. Writing at a pace that had us struggling to keep up, Matt contributed book reviews, poems and political commentaries for publication. He launched into a series of lectures for an HIV training program for dentists. He became a regular attendee and contributor to the Maitraya Day Centre.

When Matt returned to his home Cologne in late 1992 he entrusted me with the minding of his Bondi flat. Through gross neglect, I nearly murdered his most favourite plant — a Croton in a tacky pseudo-Greek green plastic pot. He nurtured the poor thing back to glowing health on his return, and handed the plant back to me as a parting gift when he moved to Perth at the beginning of this year.

That was the last time I saw Matt Bradshaw, though we continued to debate and gossip over the phone. That plant became infested with bugs and began a second decline. Out of sheer determination I raged to save the ailing Croton.

Last week I got the news that Matt had undertaken his last act of dignity and ended his life. He was lecturing to school kids about the realities of being a person with AIDS only three weeks before.

The Croton is an explosion of chlorophyll and colour in the sunniest corner of my flat. Thanks Matt. I'm really gonna miss that stupid accent of yours.

— Robert Ariss

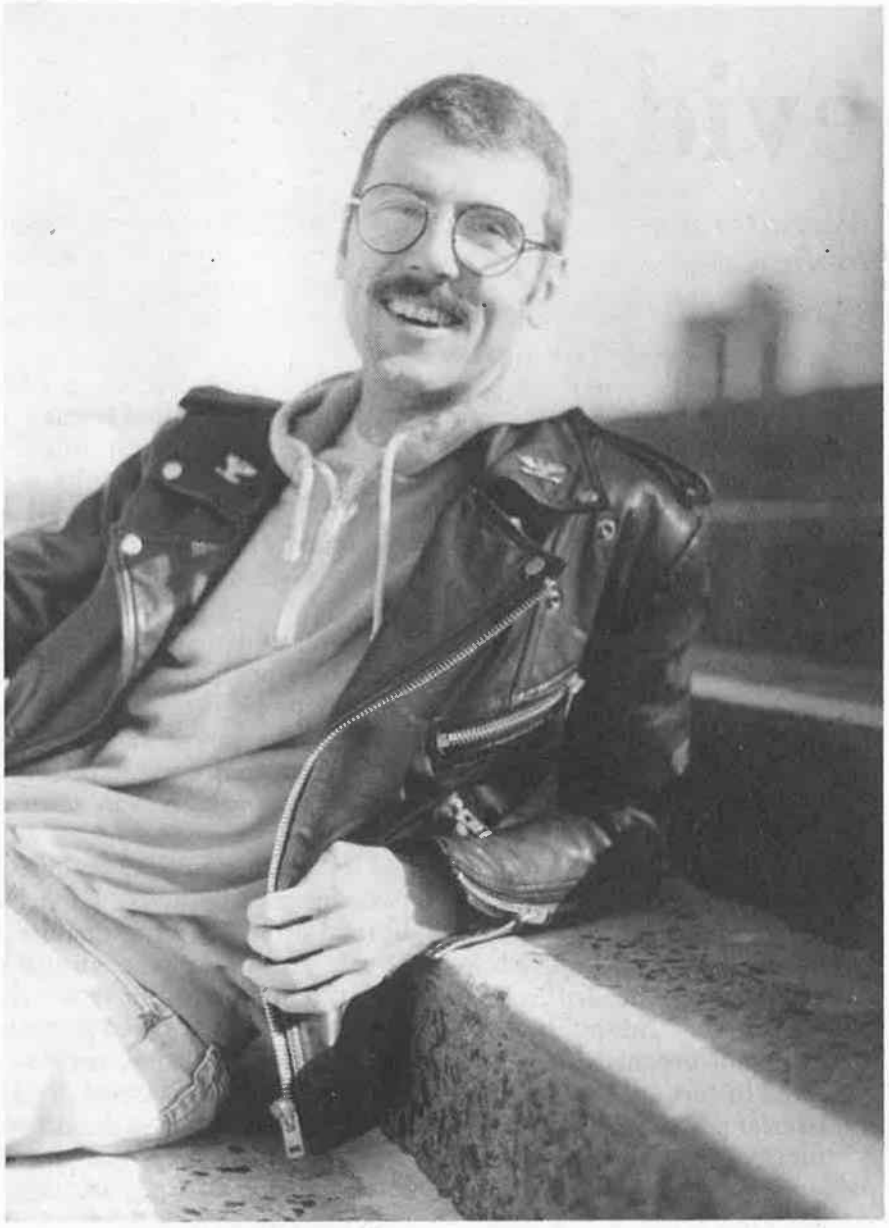


PHOTO: LEE TILLAM

Discriminating evidence

*As an actor and writer, **David Jobling** has always dealt honestly and creatively with his sexuality and HIV status. This commitment should only have brought him praise, but instead resulted in his "removal" from his job and being classified as an "unfit" person.*
David's anti-discrimination case is currently awaiting an outcome.
This is his story.

IN 1986 I WAS AN ACTOR, WRITER, director and tutor working in the entertainment industry. I'd worked with the Sydney Theatre Company, Festival of Sydney, Anthill Theatre, The Griffin Theatre Company and many other 'mainstream' organisations. I had appeared in several Australian TV mini-series and a couple of American films; never a big deal, just a bit part here or there. My work in the international arts industry paid for my work in the fringe theatre.

I wrote children's plays and motivational material for businesses such as IBM. As an arts administrator I encouraged gay and lesbian writers to develop their theatre-scripts. I was always trying to encourage people to develop and extend their skills. I was a tutor at the Australian Theatre for Young People while Nicole Kidman was still a budding young thing (she still is really) and I encouraged my young gay and lesbian students to accept their sexuality without feeling the unbearable guilt that another tutor may have handed them.

When a lover died of an AIDS related illness I figured I was HIV positive. I'd tested once in Melbourne, but the results were negative. I wasn't convinced that I was actually negative, so I continued my life with the feeling that I was positive.

I never told people that I figured I was HIV positive because it never seemed to be necessary. Safe sex was all the go as far as I was concerned, so my status, or that of any of my partners was never an issue.

I left Sydney in 1989 because of two things. The house I lived in burned down, and my brother in South Australia was about to undergo surgery for the removal of a brain tumor. I decided to return 'home' and have some time with my brother; I also planned to go to Perth as I'd never been there. I was intending to check the theatre scene out there.

While I was in Adelaide the AIDS Council of South Australia advertised auditions for a play called "Swimmers" by Nick Gill. It was a professional production funded in part by the SA Health Commission, so I auditioned and was cast as a character who ends up HIV positive.

Swimmers was set on a gay beat and was populated with gay men, bisexuals and hetero men (who have sex with men). It was aimed at the broader community to be educational as well as entertaining. I enjoyed working on the play—one of the proudest moments of my life was being told what a joy it was to see me play this HIV positive character, by a pair of gay fellows in their mid 70s. They had felt very empowered by the play, and that made me brim over with pride in my work, in the medium of theatre, and in Nick Gill, the writer.

After several theatre jobs in Adelaide, the next job I took was with the Darwin Gay and Lesbian Society in the Northern Territory as a writer-in-community. My job description involved working with members of the Society doing theatre workshops, radio play scripts, poetry and exploring their sense of identity as individuals and as a group. I was also asked to compile their semi-regular *Museletter* (a muse being a patron of the arts).

I worked very closely with several HIV+ people both in groups and in confidential, one-on-one situations over the three month period of my contract there. Overall, my time in Darwin with the Society was quite a success.

I left Darwin to return to Adelaide where I was scheduled to work as an Artist-in-Schools for the Jamestown Primary School. I had negotiated my contract with the teacher at the school whilst I was in Darwin. Before taking up the position in Jamestown I was funded to run a series of 'writing as therapy' workshops for people affected by HIV. That funding had come from the Prospect City Council, and part of the funding

agreement included doing some publicity to advertise the workshops, as it was a 'first' for a local council to support such a thing.

In my capacity as the artist running the workshops I was interviewed by local newspapers, and I mentioned my own HIV status as par for the course; I had done so on national radio whilst in Darwin, and I had written as an HIV positive person for a couple of artsworker journals, and had appeared in *Campaign* as an HIV positive artist — so it was nothing new to talk (again) about my status.

What was different this time was the fact that the journalist decided it was appropriate to start her article with the phrase "David Paul Jobling has a time bomb ticking away inside him" and, in a way, the rest is gothic personal history. A parent in the country town where I was scheduled to work saw the article in the paper and out of sheer bloody ignorance, she panicked.

The next thing I know, the Headmaster of the school called me up on the phone wanting to know how I got the AIDS virus.

As if that wasn't rude enough, the same headmaster sent a message home to parents in his school explaining that I was not an 'intravenous drug user' — I *had* told him that as it seemed to be a very big issue with him. He also started to tell everybody I wasn't a practising homosexual. I was not amused.

The publicity supervisor of the Education Department of South Australia's then directed the headmaster of the school to be interviewed by various radio, newspaper and TV journalists. It was a bit of a free for all as far as the media were concerned — the ABC were the only ones who handled the situation with much taste or sensitivity. The Hinch show was out for an exclusive and were pretty obnoxious over the phone. I was being called at all hours by various reporters — and in one instance I answered my phone to find myself live on air! Pretty rude stuff!

PHOTOGRAPH COURTESY OF THE ADVERTISER, ADELAIDE.

Maybe if the Education Deptartment's publicist had contacted me with a strategy or an open ear, we could have worked something out in terms of dealing with the media — but they never once bothered to communicate with me, and at the time I didn't even know they existed. After about a month of hassles I was finally on the bus, contract signed, headed up to Jamestown to do my job. The job was something I was looking forward to as I have worked with children quite a lot in my career and dearly love doing so. We were scheduled to create a play over a seven week period (two days a week) about the rural recession.

I arrived in Jamestown to be informed that the program was terminated and that the Director General of Education was on his way to tell me why. He arrived at midnight (or very close to) with a copy of a page of one of the Darwin Gay Men's *Museletters* faxed to him from MP Neil Bell, a shadow minister from Alice Springs, and a very bad attitude. He basically told me it was "violent homosexual pornography" and it made me an "unfit person" to work in "any" of "his" schools. I couldn't see any connection, did not believe it was 'porn' and said as much. I mentioned discrimination and free speech and may just as well have slammed my head against a brick wall for all the good my attempts at negotiation did.

Of course the media had an utter field day when the Director General issued a press statement saying "additional information" about artist David Paul Jobling had come to his attention making it impossible for the scheduled program to go on. Everyone wanted to know what the information was. Now this put me in various difficult situations because the *Museletter* was for a very select group to whom confidentiality was an extremely big issue. I had to defend myself, but felt at odds doing so as the Darwin publication was never meant for the general public. I later discovered that the Director General spent quite a bit of energy posting copies of what he had to various places — school councils and education department centres — to show people just how 'unfit' I was.

The Darwin Gay and Lesbian Society never once contacted me to offer me any support, nor did MP Neil Bell, to suggest why he had such a bug up his arse about the *Museletter* to begin with.

I was suffering from depression, anxiety, paranoia and very severe migraine. I was also suffering from 'media objectification', opening various papers to discover editorials written in defence of the Director General's actions, articles saying I was "living on death row at the end of a hangman's noose" and various other stupid things.

My only defence was to go to the Commission for Equal Opportunity (EOC) and (bitterly) complain. I had been discriminated against as a gay person and probably because I was HIV positive. EOC set up a conciliation meeting (six months later) but the Education Department chose not to conciliate as they didn't want people to think they could have made a wrong decision. The only thing left to do was to apply for the case to be put before the Equal Opportunity Tribunal. It was just over 365 days after the incident that I attended the Tribunal hearing.

It was scheduled to take eleven days. Again the media were there to report all the details. I was told to keep a low profile — not an easy thing to do when half a dozen video cameras are chasing you around every time you want to have a quiet smoke or a breath of fresh air. The AIDS Council of SA rostered staff and management committee members (including their feisty General Manager Andi Sebastian) onto a 'Tribunal vigil' so that I would have familiar and supportive faces around — so did the SA Health Commission and the EOC.

I couldn't even begin to explain how supportive that was. Since it was a public hearing and anyone could rock in, it was good to know that the bums on seats were mostly 'user friendly' and people who cared. Various local 'community members' attended the tribunal as well, dykes, bi's, poofs — there was an important show of solidarity. It was my legal team, Catherine Branson QC and Darren McGeachie (Solicitor) and Monica Masero (conciliator from EO) who each deserve medals, and my dear friend Peter who lived through the entire ordeal never far from my side 24 hours a day — he deserves all the hugs and thanks he continues to get.

The legal team were sensitive and supportive — unlike the Crown Solicitor and QC who gave me a hard time on just about every level — self-determination, sexuality, tax returns, high-school reports, artistic tastes, dress sense, political activism and just about anything else they could use as an angle to discredit me. I was treated with unbelievable discrimination through my cross-examination, some of which was reported by *The Australian* newspaper. Then, after eleven days it was all over bar the 'finding' which I am still waiting for.

The most important thing I would say to any HIV+ person who feels they've been discriminated against is: complain through the channels available to you, inform your local AIDS Council, contact the ACON Legal Link service, tell the *Star Observer*, and if your name has been made public, contact a spokesperson or advocate who knows how to deal with the media. Write press statements and check them before you hand them out — keep everything simple and polite. Don't be a media victim, be a media friendly person, if you have to communicate with them at all!

Make sure you have regular medical reports, and that blood is tested through the same pathology clinic, otherwise it could be mooted that the test results are non-substantial due to variations between testing procedures. Make damn sure you have emotional support and be ready for anything from accusations of political activism because of involvement with AIDS Councils — as a client or a management committee member — to being seen for World AIDS Day etc.

Never, ever feel you don't have every right to stand up and be heard or counted, because you do have that right, and every case heard can further the cause of anti-discrimination. Remember that many people react with commonplace equations when they either discover or think you are HIV+ such as: HIV+ = Promiscuous = Pervert; HIV+ = Gay = Child molester; HIV+ = Drug addict = Criminal . . . and others I'm sure you've experienced. Don't be afraid to stand up for your rights.

I imagine that the findings on my case will be spread all over the newspapers when they are passed down, so watch out for them, and in the meantime, be proud that you are a person full of life.

In NSW it is now illegal to discriminate against a person on the grounds of known or suspected HIV positive status. If you are discriminated against, contact the Anti-Discrimination Board. Call (02) 318 5400 or (02) 318 5431.

Cafe society

Alan Brotherton has at last returned from some heavy investigative journalism in the HIV coffee shops of Berlin. Okay Alan, we know this was just an excuse to indulge your caffeine addiction, but we'll print it anyway.

SITUATED IN THE ground floor OF A block of flats in a quiet and fairly unremarkable residential street, "Pluspunkt" is East Berlin's only centre for the needs of people living with HIV and AIDS. Behind the grey concrete facade is a bright and cheerful cafe/drop in centre (though, to be honest, ragged yellow walls aren't quite my *teetasse*), offices, bathroom facilities (many East Berliners don't have adequate plumbing . . .), counselling and meeting rooms, and a big kitchen.

On the night I visited for a "Rainbow Dinner", held in conjunction with the International AIDS Conference, a black flag hung in the window. "We mourn for the victims of racist and fascist violence" read an explanatory sign. Inside, the place was packed with staff, volunteers, clients and a goodly number of curious foreigners.

Opened in March 1992, the centre grew out of the first East German PLWHA self help group, founded in 1989 in what was then the German Democratic Republic. Although the number of documented cases of HIV infection in East Berlin at the end of 1992 was a low sounding 152 (compared to 8,988 in West Berlin), the feeling among "Pluspunkt" workers is that the actual number is higher. More ominously, the rate of increase in the old East is higher and growing faster than in the West, at a time when the enormous costs of reunification are leading to cutbacks in all health services, including prevention campaigns.

The centre employs three staff and relies heavily on volunteers to offer a range of services for people with HIV -- counselling, advocacy and referral, yoga, exercise and cooking classes, support groups, home care, emergency financial help and, most importantly, the opportunity for social contact with other positive people. The cafe runs three nights a week and provides a relaxed, informal means of meeting other people in a safe, supportive environment. The centre also organises theatre nights, discussion groups and pub crawls (that's right, pub crawls -- unless my translation of *Thekengruppe* is way off).

"Pluspunkt" co-ordinator Eddy Schnalke explained that East Berliners face particular stresses and problems in dealing with HIV. On top of the shock of diagnosis comes the culture shock experienced by all East Germans of contact with the West. Peer support is vital here -- in "mixed" ie. East/West support groups, there can be awkward moments as, for example, West Berliners talk about their last trip overseas, something which was politically and economically impossible for most East Germans.

In the process of "structural readjustment" many East Germans have lost their previously guaranteed jobs. Their rights and entitlements to state support are constantly changing as the two political systems are integrated. So, on top of the shock of diagnosis, positive East Berliners have to cope with a new fear of unemployment, lower economic assistance and a sense of inferiority and insecurity arising out of contact with the West.

I asked Eddy how the neighbours had reacted to having a positive living centre in their street. "Well, most have got used to it, some make a detour when they walk past the building and one gave us a second hand typewriter . . .". The centre is run by three staff -- a co-ordinator, social worker and streetworker -- who are answerable to a management committee of three. There is no direct PLWHA involvement as such, although Eddy assured me that the staff listen actively for problems and that there is a formal written complaint procedure. Still, I was a little disappointed, as the "Pluspunkt" brochure describes the place as a "self help group". Perhaps there's

a cultural difference . . .

While it may be that the concepts of self empowerment are less developed in the East, with its relatively recent contact with the epidemic, it did seem that this could be an issue that needs addressing. Over dinner, I was praising the concept of such a great little cafe being run by and for positive people when "Jurgen", a client, muttered that "they're not all positive here" while a couple of volunteers shifted in their seats and admired the paintwork on the ceiling. Deftly slipping my foot out of my mouth, I turned to a discussion on the merits of the salad dressing.

If you go west, though, you'll find a cafe that is run by and for positive people. Cafe PositHIV occupies a shop front in a busy street in the gay district and consists of a bar area with a few tables and a lounge out the back. Founded a couple of years ago by positive gay men, its clientele is also mostly gay men (IDUs have their own cafe, Cafe Viktoria). Initially self supporting, the cafe now receives some funding through the Berliner AIDS Hilfe, a non-government organisation. It's staffed by trained volunteers who are all positive, and while there's no need to show your virus at the door, the whole aim is to provide a 'positive space'.

Cafe PositHIV is a bar and meeting place above all else. "Holger", who was working behind the bar when I visited, pointed out that often dealing with HIV involved being 'medicalised' or bureaucratised in some way. The aim of Cafe PositHIV is to provide a safe space and a form of support which can be integrated into daily life, where you can be positive without having to problematise the issue. People do form support networks over time through the cafe, but there's no obligation to talk about being positive and its associated difficulties. In some ways, it's a form of peer support that is accessible six days a week.

I found the idea of cafe PositHIV enormously appealing. Although "Pluspunkt" offered a range of very necessary services along with a social atmosphere, the very fact of service provision detracted a little from the normalising quality of a cafe. A readily accessible positive space such as Cafe PositHIV could make a significant contribution to the development of a sense of 'HIV community' (although when I raised this idea with Holger he found it a quite alien concept). A French PLWA who dropped in told me that one of the things he liked best about PositHIV was that it was a gay venue where it was acceptable to not look your best -- in fact, it was OK to look quite ill -- without feeling the need to have some explanation for this.

For me, the great joy of Cafe PositHIV is that it's a place where you can be positive without being a client of some sort. With 'psycho-social support' and a sense of community attachment being increasingly recognised as a vital part of wellbeing for positive people, perhaps it's time we moved to get something like Cafe PositHIV *and* "Pluspunkt" in Sydney.

The political economy of AIDS in two easy photos. The Exhibitor's Hall at the IXth International Conference in Berlin — on the one side the pharmaceutical manufacturers' spacious stands (above); on the other, the NGOs and activists engage in a spot of involuntary frottage (below).

PHOTOS: ALAN BROTHERTON.

REVIEWS

By Andrew Morgan

Tim and Pete by James Robert Baker. Simon and Schuster 1993, Hardcover, 256 pp. $35.95.

HERE IS THE LATEST INSTALMENT from the author who brought us *Adrenalin*, *Fuel Injected Dreams* and *Boy Wonder*. Let's start by saying this one of the most enjoyable but confronting reads in a long, long time.

Tim and Pete are two Los Angeles based 90's fags. We spend a twenty four hour period seeing the world through Tim's visions, thoughts, reminiscences and actions. Tim and Pete are queer community members challenged by fairly typical issues for contemporary queerists. You know, such things as, sex, relationships, HIV, radical activism, family relationships, dependencies and addictions, dangerous right wing political movements and unrequited love.

Baker allows this slice of life presentation to gambol along at a rocketing pace of interactions, misfortunes and celebrations of love and sex. This journey exposes us to such characters as gay grunge metal band members, s/m lesbian video activists, desperate kaftan clad prosperous queens, twelve step movie stars in recovery with overactive libidos, penile amphetamine injecting sex kittens, much too new age spiritualistic gay men with "the cure" and HIV positive armed militia.

This work also provides a rare insight into some of the experiences of HIV negative gay men surrounded by an unacceptable world of hazardous sexuality, relationships with new levels of responsibility and a constant decimation of those around them.

This is not a meaningful analysis of the global impact of AIDS nor is it a well intentioned teddy bear chronicle detailing diagnosis to death. What this book is, is a brilliant work of fiction playing with some of the fantasies and realities of our AIDS affected communities. Most of all, this book is an enticing and seductive love story and romance between two men we can identify with in some ways. Writing of this calibre on the subject of HIV is rare and should be promoted. I'd give it a Texas Chainsaw four and a half out of five.

***People in Trouble**, by Sarah Schulman. Sheba Feminist Publishers, 1990, Pbk, $17.95.*
***Empathy**, by Sarah Schulman. Sheba Feminist Press 1993, Pbk, $19.95.*

I FULLY REALISE THAT PART OF THIS REVIEW is about three years too late. I remember *People In Trouble* coming out in '90/91 and causing a ripple of excitement and pleasure through the HIV/AIDS activist communities. However I didn't buy the book until about a year ago when Susie from The Bookshop Darlinghurst gave it a high recommendation. (Incidentally this is the source of a lot of my literary leanings, thanx Susie). Worse still the same book has sat, unread, on my bookshelf for no adequate reason. My conscience got the better of me when, just recently,

I bought *Empathy*, Sarah Schulman's new offering. An appeasement to my conscience was to read them sequentially and review them together.

People In Trouble opens with a heartfelt dedication from the author to Maxine Wolfe. Those who have done their previous AIDS activists 101 reading and homework, will recognise Maxine's name as one of the great movers and shakers on the international AIDS treatments activist scene. This sets the tone of the book immediately. *People* is based in contemporary New York and is indeed almost entirely about AIDS. The politics, the activism, the personalities and the pain. The narrative traces the evolution of "Justice", a direct action organisation strikingly similar to ACT UP N.Y. The most captivating aspect of this journal is that it details how our three heros gradually come into contact with and are affected by both the epidemic and "Justice".

We experience this epic by following an unlikely love triangle, headed up by a physical replica of Laurie Anderson who is portrayed as an avant garde artiste named Kate. Her husband Pete, a sensitive new age guy, arrives and remains inept throughout our story. The third point in this triangle is Molly, Kate's lover, who is strongly lesbian identified, active within her community's politics of AIDS and is anti consumer society.

In this journey we follow both the political and sexual awakening of Kate. This leads us through a series of encounters: storming cathedrals, occupation of hotels owned by the likes of Donald and Ivana Trump and lyrically scribed love making.

A feature of this eloquent novel is the pervasive and persistent reminder of the wide gaps in New York's human caste system. All through the account are reminders that the wealthiest people in our world are coexisting in the same physical space as another culture, one of poverty, homelessness, mental health manifestations and people forced to scam, steal and beg just to survive. Schulman examines and incorporates this facet of the city vividly and constantly.

While *People* is well paced and thought provoking it is in parts a tad turgid and frustrating. People who are dedicated to, or just a bit curious about, the role and function of groups similar in nature to ACT UP and Justice will find it a useful and rewarding read. The author tackles in an intimate way that contemporary and contentious concept of the fluidity of sexual identity. There are episodes throughout the book where the reader is invited to experience the epidemic from discordant views, making it a unique record. In all, people in trouble impressed and captured me. Texas Chainsaw awards it a three and a half score out of five.

UNFORTUNATELY I AM UNABLE TO BE quite so enthusiastic about Schulman's latest offering titled: *Empathy*. Perhaps it may have been more aptly titled Lethargy or Apathy.

Empathy is an either an indulgent dalliance with self absorbed pop psychology or a very insightful exploration a particularly schizophrenic lesbian mind. I am left at the end of this tome quite confused. It appears as the log of a personal quest by a New York middle class lesbian to reconcile for herself patterns of past relationships with lovers and her family. This is done awkwardly through the guidance and counselling of a self made psychotherapist practicing under the name of Doc. The uninspiring tale rattles along changing gender and subject often. I suspect this is a very expert literary tool, however I was often left rereading text just to establish who was being referred to and how many people were in the room at once. The answers to these and many other questions remain a mystery.

While occasionally entertaining I found this book overwhelmingly frustrating. This was twice the disappointment given that I had received such joy from *People In trouble*. I'm afraid Ms Chainsaw has to rate *Empathy* a thumbs down with one and a half out of five.

All these books are available from The Bookshop, Newtown and Darlinghurst and Gleebooks in Glebe.

HIV retiring

Share the joys and hassles of early or unexpected retirement.

Have you retired because of HIV?

If so, I am interested in talking to you about your experiences of retiring and retirement.

It will only take about one to two hours of your time (at a time and place convenient to you) and confidentiality is assured.

The stories will be compiled into a booklet to help other people make informed decisions when considering retirement because of HIV.

For more information or to arrange for an interview phone
Andrew *on* (02) 660 3980 (9 am-12 Mon-Fri)
or write to
"Retirement Project" P.O. Box 608, Glebe, NSW, 2037.

Project sponsored by: AIDS Action Council of the ACT Inc.

Anguish BOHEMIA

CHAPTER 22

by Ms. Eda O.

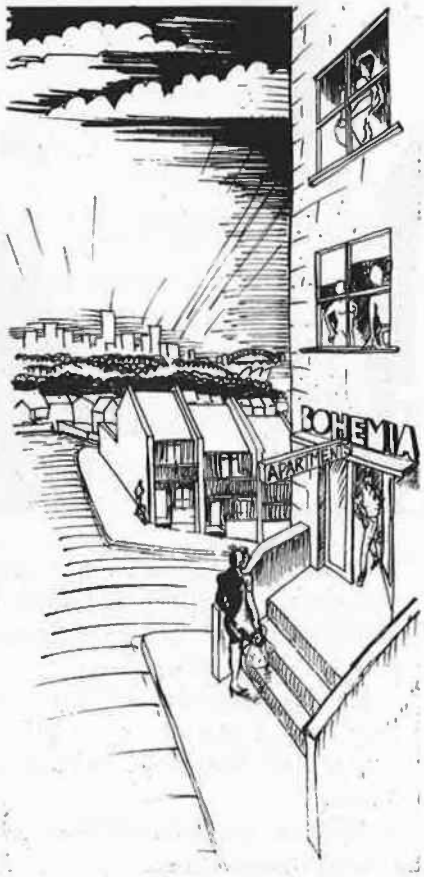
In the last instalment we left an ecstatic Carin perplexed by the comings and goings from Brad's apartment, Leonard and Nigel coming together in a dark steamy place and Robbie planning to go into the oldest profession.

Psycho drama

AS THE VO5 EMBALMED BEEHIVE wig rolled onto the floor, Carin felt another scream welling up from her lungs. With the last tenuous grip on reality she could muster she turned, grabbed Brad's hand and pushed him ahead of her out of the Countess's room.

"Jesus! welcome to the Bates motel "Brad said, as he fruitlessly attempted to locate the last Kent in a crumpled soft pack. He turned to Carin, who was sitting rigidly on the sofa staring into the middle distance. "Girlfriend, you don't look so hot. Let Aunty GiGi find something to put the smile back on your face", he said, moving to the drawer of the sideboard that contained his collection of rare and antique pharmaceuticals.

"Brad, where is the Countess and what was Doctor Crowe doing here?" intoned Carin in a voice slightly reminiscent of Linda Blair under hypnosis in "The Exorcist." She turned to face Brad, who was standing beside her holding two past expiry date and slightly crumbly Valiums in one outstretched hand and a bottle of Evian in the other. Carin shuddered as she



focused on Brad's makeup smeared face, snatched the pills and swallowed them, only reaching for the water as an afterthought. "Just the start of another day in Bohemia", mused Brad, heading down the hall to his bedroom in search of cigarettes and his makeup kit.

Wake in fright

LEONARD HAD WOKEN WITH A START. Someone was screaming. He sat up suddenly, experiencing a pain that led him to believe that his brain had broken loose from its moorings and smashed into the front of his skull, which in turn caused him to groan and close his eyes. Slowly the worst of the sensation ebbed, at least enough that he felt he could attempt to open his eyes once more.

He could make out the shape of the wardrobe and the gray rectangle of the Herb Ritts print on the wall next to the door, but why could he not make out any detail? Leonard then remembered that he usually wore glasses and fumbled on the bedside table to locate them. Slipping them on he felt somewhat comforted as the room fell into familiar relief. He turned to study the still form next to him. By the deep sonorous breathing emanating from under the doona he could tell that Nigel was still asleep. Had he dreamt the scream? perhaps it had come from one of the downstairs apartments.

He got out of bed, pulled on his black silk kimono and stumbled to the kitchen. Despite his Brontosaurus sized creme de menthe hangover, Leonard set about preparing a Vogue Living breakfast for Nigel. As he whisked the eggs Leonard attempted to piece together his recollections of the previous night. He vaguely remembered standing on the bar at the Stuff Club, and some women with huge hairdos -- who were they?

Chopping the parsley and sprinkling it into the omelette, he gave up trying to recall how he had gotten to the Queen's Spume sauna. How he and Nigel had come to be in the same cubicle he could not imagine, but they had and after the

initial surprise they had settled down to talk for what must have been hours.

Nigel had wanted to know why Leonard had been at the clinic and sat silently as Leonard related the story of his positive HIV diagnosis four years ago and how he had resolved to go on with his life and not think about it. Meeting Nigel and feeling the way he did about him (had he used the L word?) he had decided to go and have some tests. Nigel had laughed and then they had both burst into tears. Tears had given way to passion and after a sweaty couple of hours they had come home to Leonard's flat and fallen asleep in each others arms.

Leonard put the finishing touches to the garnish on the bacon, pushed the plunger on the coffee infuser and stacked the toast in the deco chrome toast rack. Stopping in the living room long enough to put on a Schubert CD, he carried the laden breakfast tray to the bedroom. Nigel was sitting up in the bed when he entered. "How's my little diseased pariah this morning?"

Leonard winced. "Nigel, this isn't easy. I can't go from blissful denial to stolid acceptance in a single bound"

"I know, come here", Nigel said, extending his arms.

Leonard put the tray down beside the bed and climbed into Nigel's embrace. They kissed. Leonard pulled away "Your breath is horrible!"

"So is yours, stale creme de menthe". They kissed again. Leonard had forgotten the designer breakfast going cold on the floor.

As the Crowe flies

"OK WAYNE, YOU CAN PULL YOUR pants up".

" Well Doctor Crowe, what is it?" Wayne hated the way he always came off sounding like a character from a soap opera when he was dealing with doctors. Maybe it was because he was responding to the script written way they sounded sometimes.

Paul Crowe washed his hands and dried them on a paper towel. "It's just a simple fungal infection."

Wayne fastened his belt and sat down. He felt relief wash through his body. The spot on his thigh had sent him into a silent panic since he had noticed it three days ago. He hadn't mentioned it to Robbie even though it was constantly on his mind.

"I'll prescribe an anti fungal cream that should clear it up in a week or so. Is there anything else you would like me to look at?" Dr. Crowe smiled across the desk handing Wayne the prescription. He's flirting with me, thought Wayne. Maybe I should get him to look at the bruise on my ass.

"No, that's it. I was thinking

Doctor Crowe, I'd like to drop McGillicuddie and see you instead."

"Wayne, if you're sure you want to, you could ask Dr. McGillicuddie to transfer your file to me. It would be my pleasure."

Dress for success

ROBBIE PULLED THE LYCRA SHORTS AS high as he could without them becoming a bodysuit. He turned to catch his profile in the full length mirror on the back of the bedroom door. His crotch looked like it had a nuclear family of small rodents nestling in it. He reached down the front of the shorts and rearranged daddy, mommy and baby rodent into a more pleasing configuration.

It was too obvious! Peeling himself out of the shorts he dove into the pile of his and Wayne's collected wardrobe lying on the floor. "Simple but hot, slut boy next door", Robbie mumbled to himself as he extracted a worn pair of 501s from the pile and pulled them on. He had to look sexy but not cheap for his interview with Len's Lads.

He had been surprised to speak to a woman when he rang about the ad for potential "model stroke masseur." "Sure honey, come and see me this afternoon". She gave him an address in Darlinghurst. "Ask for Beverly. If you check out ok we'll have some work for you tonight." Robbie was worried about what she had meant by "checking out," would he have to audition? Would he have to audition with Beverly? He felt Papa rodent shrink at the thought. There was no time to think about it, he was due at the interview in twenty minutes. He pulled on his Docs and grabbed a clean looking white T shirt from the pile. "Best to stick to a classic look" he told himself, as he appraised the overall effect in the mirror. "How much?" he questioned his reflection.

Robbie pulled on Wayne's leather jacket as he went down the hallway to the living room. Carin was sitting on the sofa nursing a bottle of Windex and staring blankly at Ophra Winfrey discussing some important issue that had made its impact on the American consciousness.

"Well, how do I look?" Carin looked slowly from the screen, the hint of a wan smile stole across her face. "Lovely, just lovely". She turned back to a shampoo commercial that had temporarily displaced Ophra.

"Carin are you alright?".

"Lovely, just lovely", Carin intoned again.

"Well, wish me luck" Robbie said over his shoulder as he headed out the door. That girl is weird, he thought, as he bounded down the stairs of the Bohemia Apartments. As he reached the front door of the block it swung open to admit the tallest Drag Queen he had ever seen. The vision in a simple black Chanel suit, patent black leather pumps and a pillbox hat with a fascinator stood back and held the door open for him to pass through. "Thanks", blurted Robbie, catching a whiff of heavy perfume.

"It is my pleasure" rasped back the Countess.

TO BE CONTINUED

Congratulations to Chrissy Napier, winner of the Anguish in Bohemia quiz!

Here are Chrissy's prize winnning answers.

1.Where did Brad's pillbox hat come from? Nancy pulled the pillbox hat out of an old hope chest and Brad claimed it, saying it would go well with a little black dress.

2.Why did Rod, the truckie, tell Nigel to get his pants off?

So Rod could blast the biggest funnel web spider he had ever seen to kingdom come.

3.Where is Nancy now? Nancy is now deceased after the horrific, tragic piano incident.

4.What does Leonard Klutsinger do for a living?

Leonard is a classically trained pianist, working in the Gallberry piano bar.

5.Which character in Anguish in Bohemia do you relate to?

Nancy when she was alive. **And why?** Coz I love to party!

In addition to getting all the answers right, Chrissy sent her entry in a charming floral envelope, so how could she fail to win?!

And your prize?

Chrissy has won a week's accomodation at the Daintree Loft, located between the Daintree River and Cape Tribulation in North Queensland. The Daintree Loft offers simple accomodation in a breathtaking environment. Unfortunately, we can't provide transport to the Daintree, but a gift voucher for your week away will soon arrive in the post.

ACTING UP on acyclovir

IN 1990 WHEN ACTUP SYDNEY was formed one of the main issues we were fighting for was access to treatments. In the past we have had success with ddC and ddI. Over the last twelve months we have been looking into access to high dose acyclovir.

I struck problems with getting access to this drug. Of course, just because I had good results with the high dose acyclovir, it may not work for you -- but you won't know if you can't get access to it, will you? After years on AZT, with advice from my doctor, I decided to try ddC because my T4 cell count was on a spiral spinning downwards.

The ddC boosted my count but also gave me pins and needles in my hands and feet. I had to stop taking it. In December '92, in hope of again boosting my count, I started taking ddI. Within a few weeks my count had jumped but permanent peripheral neuropathy had set in and not wanting to risk any more damage to my nervous system I decided to stop taking it. So where to now?

The medical system had offered me all that they could in the way of AIDS drugs. Isn't it funny how doctors tell you not to worry if your count is down, it's not the be all and end all of your survival, but they are much happier the higher your count is. I'd heard stories about good results achieved by trials of high dose acyclovir and was talking to a friend about it who suggested that I should try the few spare boxes that he did not need any more. I took a few weeks worth (eight tablets a day), and my count rose from 180 to 300. I also felt better and my mouth problem cleared up.

Well, how do you get this drug? Not very easily let me assure you. There are two main reasons why high dose acyclovir is still hard to access:

1. High dose acyclovir costs $270.00 per box of 90 tablets, (about a week and a half's supply). I could not afford to pay that, especially as I was no longer working. (Burroughs Wellcome in 1991 earned $838 million on acyclovir alone).

2. High dose is not licensed for use in AIDS treatment. It is licensed for use as a seven day shingles treatment. The Australian Drug Evaluation Committee is due to approve licensing for AIDS treatment in August 1993.

Wellcome have what is called the Special Access Scheme where you can apply through your GP and hospital to have special access to the drug at a reduced price of $98.70. Then it's up to the hospital drug committee to decide just who is going to pay for it, you or the hospital.

Before you get excited about all this, Wellcome have criteria that you must meet. Most notable is that you have to wait until your count has dropped to 150 or less. According to a spokesperson from Wellcome this was because their research showed that people with a low count show better results. But when I first started taking them my count was above 150.

After a three month battle and finally my count dropping to 140, I now have access to high dose acyclovir. It's up to all positive people to take back control of our bodies when we want to. After all, in the end it's my life and why should a person in my position have to meet a criteria to try something that has improved my life? Speak to your doctor if you would like access to high dose acyclovir.

ACTUP believes that anybody with AIDS should be able to have access to a drug without having to meet criteria. This is one thing ACTUP is working on -- making companies, etc lift the criteria, so that positive people can try these drugs themselves. ACT UP suggests you continue to boycott Wellcome products and join with us to change criteria like those for high dose acyclovir by coming along and getting involved.

New blood is urgently needed. Positive or negative people who are committed to ending the AIDS crisis are welcome. If you don't wish to get physically involved we gratefully accept any donations. ACT UP is a non government funded group of volunteers.

In order for ACT UP to ACT UP we need to hear from the HIV/AIDS community, so if you are having a problem with getting drug access for any reason, let us know. You need only send the details if you wish to remain anonymous. If you would like to receive our *LOWDOWN* newsletter send us your name, etc and we will place you on the mailing list. If you would like to be involved in our direct actions include your contact details.

ACT UP are fighting for the living, we are all "fighting for our lives", let's fight side by side, and not just "facing it together".

ACT UP! FIGHT BACK! FIGHT AIDS!

Rodney Jones, ACT UP Sydney

ACT UP meets every Wednesday evening at 7.00 pm at PLWHA, 1st floor, 94 Oxford St, Darlinghurst. PO Box A1242, Sydney South 2000.

Gay? HIV+? Asian? (this is for you)

By Michael Camit

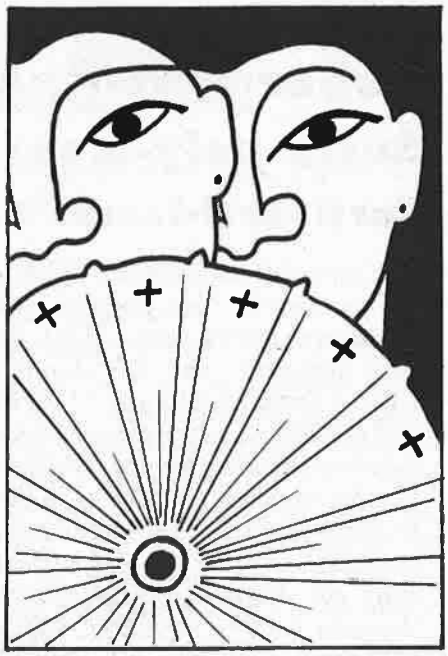
MY VERY FIRST CONTACT WITH THE AIDS Council of NSW was in 1990 when I visited the Ethnic Project to get some resources for what one can call one of the first 'underground' gay groups in the Philippines, called the Library Foundation, which I helped start during my uni days.

Back then, we were not as clear as the 'west' about issues like sexuality, HIV/AIDS, etc. Coming from a predominantly Catholic country where there wasn't much available information on such taboo topics, we relied heavily on western sources. Most, if not all of us had so much fear of being 'discovered' by our families.

I came back to Australia in February 1991 to do my postgraduate studies in Education and work as a tutor. It was then, through a slow process, that I found the gay haven called Oxford Street! At last, I thought I had found heaven! I could be what I wanted to be and like other men without fear of being "discovered" (unless of course my family decided to come over and find out for themselves!). There was so much freedom and for a while I thought I found a sense of belonging.

But it did not take long for me to realise that I was different. One day on the way to uni an old fart started screaming at me telling me to go back home. On more than a few occasions, in a gay bar, I have been the last to be served. I realised that despite my ability to communicate in the English language I was still different -- unwelcome and isolated.

In the next few months I started



to fight the isolation and anger I felt about that feeling of being different. It was then that I started meeting other Asian gay men with similar stories to tell. Around the same time I found Asians & Friends, which was then run by the Ethnic Project of ACON. There, I found the space to discuss issues that affected me as a gay Asian man -- issues about sexuality, relationships, HIV/AIDS, racism, dealing with family pressure, and so on. It was also a chance for me to meet other Asians with varying backgrounds. There were Asians who were born in Asia and those who don't really identify as Asians as a result of being born here in Australia.

Since then, I have helped establish other groups that have helped raise issues of identity, isolation, culture, social integration, -- like Silk Road, which is an Asians only group, and the Sydney Asian Lesbian and Gay Pride Event which was the first event to highlight our visibility and provided forums to discuss issues that affected us. Through these groups, and through my contact with the gay community, I have developed a better understanding of myself as a gay Asian man settling in Australia and other issues concerning my cultural identity. I have also met others who share the same interest, and together we have explored further issues. There are, however, areas that although obviously important, we admit to not knowing much about.

One of these areas is being HIV positive and Asian. I know very few Asian men who feel safe enough to come out about being HIV positive. But I suspect that HIV positive Asian men feel a need, like I did as a gay Asian man, for more specific services/groups which understand their different needs.

So guys, here is an opportunity to make contact. The AIDS Council of NSW has recently appointed me to work on an informal mini-needs analysis, to answer the questions we, as service providers, have about the needs of HIV positive Asian men. Questions like: What are your specific needs? How can we best address them? Do you need more information (like treatments info), made available in your own languages? What support systems would you like to see? Are support groups the answer? Is it different for Asians born in Australia compared to Asians born in their home countries?

I'd like to talk about these and any other issues with positive Asian

men, and with your help, I hope that by the end of this year (when this project concludes) I will be able to do the following:

*** Develop appropriate resources that reflect the identified needs of HIV positive Asian gay men/men who have sex with men (MSM).** This includes producing a list of appropriate resource contacts like interpreters and counsellors who are culturally sensitive to the needs of Asian men.

*** Maximise access by HIV positive Asian gay men/MSM to resources whether they be culturally specific or targeting the general population.** (By resources I mean not only literature but also services).

*** Promote ongoing provision of services to HIV positive Asian gay men/MSM.**

These objectives will be achieved with the guidance of a consultative committee composed of HIV positive Asian men, members of ACON's HIV Support Project and the Ethnic Project Officer/Manager at ACON.

If you are Asian and HIV positive, I am inviting you to be a part of this committee. On the other hand, if that sounds like too much of a commitment all at once, just call me and have a chat about your concerns and ideas (confidentially of course!). Maybe you just want to meet other Positive Asian guys -- perhaps I can help you get in contact with each other, for friendship and support. If you are fluent in any Asian language you might like to help other positive Asian guys who don't have much knowledge of English.

Call in anytime from 10 am to 6pm on Tuesdays at ACON, 1st floor, 55 Oxford St. Darlinghurst or phone me Tuesdays, Wednesdays, or Thursdays on 206 2036 or 206 2090.

See you soon!

Michael Camit is the Project Worker with the Positive Asian Men's Project at ACON.

Gloria's Food

Super-cali-flagyl . . . oops! Susta-poly-maxi . . . or was it . . . Forti-opti-isocal . . . ?????????

In a corner of the PLWHA office, a mysterious box of potions and powders marks the beginnings of a new venture: the Supplement Centre. In the near future, PLWHA will be selling a range of nutritional supplements at cost price. We'll let you know when the Centre is due to open. In the meantime, anyone interested in volunteering to help staff the Centre should contact Annella at the PLWHA office (361 6011).

Just to whet your appetite, Hilda High, nutritionist at the Albion Street Centre and one of the master (mistress?) minds of the scheme, has supplied Talkabout with this user's guide to supplements.

NUTRITIONAL SUPPLEMENTS ARE foods that can be used to increase the amount of nutrients (protein, carbohydrate and fat) in your diet. They range from high calorie drinks available in supermarkets to specific formulas for use when the gut isn't functioning properly. This article has been written to demystify supplements and to discuss when a particular supplement should be used. If you're confused about which to choose, ask your dietitian or pharmacist for help.

Where do you buy them?

Currently ACON sells some nutritional supplements at cost price through the ACON Vitamin Service. Soon the PLWHA Supplement Centre will be opened to increase the range and variety of subsidised nutritional supplements. Hospitals and some pharmacies stock the more specific supplements while suppermarkets and health food shops stock weight gain powders and drinks.

Weight Gain Powders and drinks

These are the most common type of supplement, used by people who want to increase their weight. They often come with emotive names such as "Huge". Generally, they are base on milk proteins (look for words such as casein, sodium caseinate, lactoalbumin or whey powder), egg protien (albumin) or soy protein (soy isolates). Sugar is added for flavour and may be disguised as sucrose, honey, glucose, maltodextrin, maltose, fructose or corn syrup. Fat is usually added in the form of oil to increase the calories. Often a general multivitamin/mineral is added along with some kind of flavouring. Some examples are Sustagen Hospital Formula, Sustagen Gold, Weight Gainer, Endura Opti, Massive and Huge.

Weight gain powders can be a very convenient way of increasing the amount of protein and calories in your diet and helping you to gain weight. However, they can be ridiculously expensive for what you are buying. If money is tight, try the recipe I've included, it cost about $6.50/kg. You could save yourself a least $20/week or $1040/year.

These sorts of powders and drinks are not usually 'complete', that is, you couldn't live off them. Also, if you are having problems digesting lactose (the sugar in milk), either add Lactaid drops to the drinks or choose one that is lactose free.

Complete nutritional supplements

These are the sort of powders and drinks you usually buy from hospitals or chemists. They are often similar to weight gain powders and drinks, with one important exception: you can live off them. They are particularly useful if you're not eating very much as you know you're going to get the right balance of vitamins and minerals. Some contain fibre, others contain extra protein. Generally, pick the one that suits your needs best: powders are cheaper but are fussy to make up, fibre may help in some cases to settle diarrhoea, higher calorie supplements are useful if your appetite isn't good. Some examples of complete nutritional supplements include Ensure, Ensure Plus, Sustain, Isocal and Fortisip.

Special nutritional supplements

Some supplements are designed for when your gut is not absorbing food properly. For example, when you have diarrhoea, it is harder for your body to absorb the fat found in food. MCT oil is easy for the body to absorb. Thus a supplement that contains MCT oil may help to reduce the diarrhoea. An elemental supplement may also be useful as the food has already been broken down and all your body needs to do is absorb it. These kind of supplement tend to be expensive, so you would only use them if you needed to.

Some examples include Pepti 2000 variant, MCT Elemental 028, Lipisorb, Vital, Criticare.

Modular supplements

Modular supplements can be added to food and drinks. They usually contain only one nutrient. Carbohydrate-only supplements are made from sugars but don't taste as sweet. You can mix them into fruit juice, milk and moist foods such as stews, soups or use them in cooking to boost the calories. Some examples include Polycose, Polyjoule, Maxijoule and Polycal. Protein-only supplements are used in the same way. They include Promod and Protifar. If you want to increase the fat in your diet, simply add extra butter, margarine or oils to foods. There are MCT oil supplements available if you need them.

Recipe

1 kilogram milk or skim milk powder
1 cup sugar
1 cup powdered chocolate flavouring

To make up, add about half a cup of powder to 2 cups of water. Vary the amount of water, powder, flavour and sugar to your own taste.

Help to finance the Supplements Centre

TOPLOKS

(steering wheel locks) for sale at $30.00 (Usually $59.95)

$10.00 from each sale goes towards the PLWHA Supplement Centre.
TOPLOKS are available from the PLWHA office.
Each one comes with $500 insurance rebate guarantee.
TOPLOKS are rated the best steering wheel locks by the NRMA.

What's Goin' On

NUAA — WHAT'S ON

HAS — HIV AWARENESS SUPPORT

A support group for positive users

HAS — Food
HAS — People
HAS — Support
HAS — Information

Every Wednesday, 7-9pm
St John's Hall
Victoria Rd, Darlinghurst

Call John or Sandra at NUAA

THE SCREEN FITS

NUAA has commenced a six month community video project. Running until the end of the year, The Screen Fits will be training people from the injecting drug using community in all facets of video production. Participants are welcome to join the project at any time. Come along to one of our fortnightly meetings. Interested? *Ring Pip at NUAA.*

NUAA
16 Leswell Street
Bondi Junction
Ph. 369 3455

Karumah Day Centre

For people living with HIV/AIDS and their families and friends who live in the Newcastle area.

Karumah meets every Thursday for a hot meal and activities from 11.00am to 3.00pm at the Sorrento Building, first floor, 101 Scott St Newcastle (oposite the Newcastle Railway Station).

Enjoy activities such as a game of pool, snooker, cards, dominoes, chess or Monopoly. Play a game of backgammon or draughts. Read a book, talk to new friends. Watch a video or TV or maybe just listen to some music. All activities are free of charge.

Have You Been in Prison?

If you are have injected drugs and have been imprisoned in NSW, perhaps you can help with a new research study by the National Drug and Alcohol Research Centre.

The study will be looking at sexual behaviour and drug use before, during and after prison. The information gathered will be used to develop ways of stopping the transmission of HIV in prison.

Pin prick HIV tests will be done, but the results will not be available to respondents. The interview and test results will be confidential. Names will not be recorded.

The study has the approval of the Research Ethics Committee of St Vincent's Hospital.

If you would like to participate in this study, please contact Kate Dolan at NDARC. Call: (02) 398 9333.

Newcastle

Karumah Day Centre 4th birthday celebration

August 28
7pm till late
Newcastle Leagues Club
(National Park St, Newcastle West)

with DJs Craig Truslove, Tim Spinks, and guest artists Christie McNichol and Boys, the Met Dancers and DCM dancer Carl.
Tickets are available from ACON, Coastal Connections, Newcastle Leagues Club, Pepperina's Book shop (Maitland), Pump, or phone Karumah on (049) 29 6367.

Western AIDS Fundraiser dance

First Saturday every month at
Golfview Hotel, Rawson Road, Guildford

HUNTER AREA HIV Support/Action group

6.30pm on the 4th Wednesday
of every month at:

ACON, Level One, 6 Bolton St, Newcastle
For more information call ACON on (049)29 3464

Western Sydney AIDS Prevention & Outreach Service

Open 7 days. Free & confidential
• Needle exchange • Condoms • HIV & Hep B testing • Education • Counselling • • Outreach • Support services •

Parramatta: 26 Kendall St, Harris Park 2150
Tel. 893 9522 Mobile 018 25 1888 Fax. 891 2087

Blacktown: Unit 7, Marcel Cr. Blacktown 2148
Tel:831 4037 Mobile: 018 25 6034

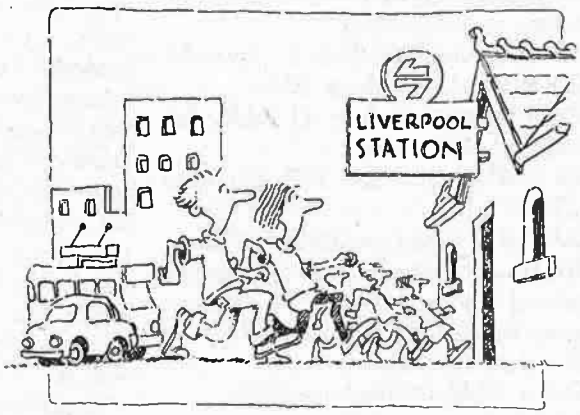
ACON Meditation Group

Instead of meeting on a regular basis each week, we will be holding special instruction sessions of about one to two hours either in the evening or on the weekend.

The meetings take place whenever there are enough people to warrant it.

Bodhidharma, after Hakuin Zenji

*If you or your friends are interested, please call **David** on **(02) 358 1318** to register, and indicate a suitable time. (Messages can be left on the machine).*



HIV Awareness starts at home

If your home is in South-Western Sydney, you can now receive all HIV services, including testing, information, treatment and counselling, close to your home.
No names, no hassles... no travel.

General information: (02) 827 8033
HIV testing and outpatients: (02) 600 3584
Needle and syringe availability: Bankstown 018 446 369
Liverpool/Campbelltown 018 251 920

Contact List

GENERAL

AIDS Coalition to Unleash Power (ACT UP) A diverse, non-partisan group united in anger and committed to direct action to end the AIDS crisis.
Phone the Info Line 281 0362. PO Box A1242, Sydney South 2000.

AIDS Council of NSW (ACON) Services in education, welfare, support and advocacy in relation to HIV/AIDS to the gay and general community. AIDS Resource Centre, 188 Goulburn St, Darlinghurst.
206 2000, fax: 206 2069.
(For Branches, see **Outside Sydney**).

ACON's Rural Project Provides info on HIV health services, gay networks/ advocacy and encourages the adoption & maintenance of safe sex practices in the country.
Call Nik or Nigel 008 80 2612 (free call). PO Box 350 Darlinghurst 2010.

ACON Western Sydney 21 Kildor Rd. Blacktown. 831 1899.

ACT PLWHA GPO Box 229, Canberra ACT 2601.
Call Phil or David on (06)257 4985.

AIDS Trust of Australia A non-government national fundraising body which raises money for research, care and education related to HIV/AIDS.
PO Box 1272, Darlinghurst 2010.
211 2044.

Albion Street Centre Information Line 332 4000.

Asians & Friends Sydney A social, cultural and support group for gay Asians and their friends, meets every Friday from 7.30pm to 10pm. Call Gus or Jim (02) 558 0061 a/h or write to PO Box 238, Darlinghurst, NSW, 2010.

Australian Federation of AIDS Organisations (AFAO) Umbrella organisation for Australian state and territory AIDS Councils. (06) 285 4464.

Civil Rehabilitation Committee Family Support Centre. HIV education and support to families of ex-prisoners and ex-offenders.
Call Pam Simpson 289 2670.

Deaf Community AIDS Project Call Colin Allen at ACON 206 2000 or (TTY only) 283 2088.

Euthanasia Voluntary Euthanasia Society of NSW Inc. PO Box 25 Broadway, 2007. 212 4782.

Fun and Esteem Workshops and drop-in groups for gay or bisexual men under the age of 26. Meets in Darlinghurst and Parramatta. The groups are a chance to talk about everything from safe sex to coming out. Social and fun. For more information call Aldo or Brent 206 2077.

Kids With AIDS (KWAIDS) and Parents of KWAIDS. Inquiries c/- Paediatric AIDS Unit, 39 2772. Donations c/- AIDS Trust, 211 2044.

Hands On Project Community based HIV/AIDS training program for youth workers. Call 267 6387.

Innerskill Needle & syringe exchange, information & referral, also a range of free services for unemployed people. 754 Darling St Rozelle. Call 810 1122.

Latin AIDS Project Support, counselling and information for the Spanish speaking community. PO Box 120, Kings Cross, 2010. 315 7589.

Maitraya Day Centre Daytime recreation/relaxation centre for people with AIDS. Lunch Tues, Wed, Fri. (free or donation). Massage also available. Some group meetings. 20 William Lane Woolloomooloo. Inquiries 357 3011. Client's phone 356 4640.

Mark Fitzpatrick Trust Financial assistance for people with medically acquired HIV. Also administers the NSW Medically Acquired HIV Trust. PO Box 3299 Weston ACT 2611. (06) 287 1215 or (008) 802 511.

Metropolitan Community Church (MCC) International gay church. 638 3298.

Multicultural HIV/AIDS Education and Support Project Workers in 15 languages who providing HIV/AIDS information and pre & post test counselling and emotional support. Also provides cultural information, training & consultancy. call Peter Todaro 516 6395

National AIDS/HIV Counsellors Association Support and Communication for HIV/AIDS counsellors. NSW contact Keith Marshall 206 2000.

National Audio Visual Archive of PLWA NAVA (PLWA). People telling their stories on video. Call Royce 319 1887 (after 1pm)

National Centre in HIV Epidemiology & Clinical Research Federal research centre conducting trials for AIDS treatments and other AIDS related research. 332 4648.

National Centre for HIV Social Research (Macquarie Unit). 805 8046.

National Association of People Living With AIDS (NAPWA) GPO Box 525, Woden ACT 2606. Call Mark Boyd on (06) 285 4464.

NSW Anti-Discrimination Board Takes complaints of AIDS related discrimination. Sydney 318 5400. Newcastle (049) 26 4300. Wollongong (042) 26 8190.

NSW Users and AIDS Association (NUAA) Community/peer based organisation providing advocacy, support and referral for injecting drug users and their friends. Needle exchange services. Information nights 3rd Monday each month at 6pm.
369 3455.

Posithiv Pump Advice and assistance with training programs for plwhas and their partners only. Bondi Olympic Gym, 284 Bondi Rd from 8pm Saturdays. Free entry, call Tim or Sarah, 365 6001.

Positive Users HIV Awareness and Support is a group for HIV + users, their efriends, partners etc. Meets every Wednesday7 - 9pm At St John's Church Hall, Victoria St Darlinghurst.
Call Sandra or John, 369 3455.

Quilt Project Memorial project for those who have died of AIDS, consisting of fabric panels completed by friends, lovers & family of those to be remembered. 360 9422.

Sex Workers' Outreach Project (SWOP) 391 Riley St, Surry Hills.

212 2600.
Silk Road A social and support group for Asian gay and bisexual men which meets every Friday. Activities include workshops, discussions, social activities, etc. Call Arnel on (02) 206 2000
Social Workers in AIDS (SWAIDS) A special interest group for social workers working with people with HIV/AIDS. Also acts as a lobby group for people affected by HIV/AIDS. Contact the secretary, Stuart Pullen, C/- Royal Prince Alfred Hospital, 516 6111 or the chairperson, Stewart Clarke, C/- the Ankali Project, 332 1090.
Sydney South West Needle Exchange For access and locations call 601 2333 or Mobile 018 25 1920.

CLINICS & HOSPITALS

Albion Street AIDS Centre (Sydney Hospital AIDS Centre). Main Sydney clinic providing ambulatory care, HIV testing and counselling. Also conducts experimental AIDS treatment trials. 332 1090.
Brighton Street Clinic Western Suburbs Sexual Health Clinic. Open Monday, Wednesday, thursday. For appointment call 744 7043. 8 Brighton St Croydon No medicare card is required
Eversleigh Hospital A palliative care inpatient facility and community service. 180 -272 Addison Rd, Petersham. 560 3866.
Greenwich Hospital Palliative care inpatient unit, day hospital and community outreach. 97 - 115 River Rd, Greenwich. 439 7588.
Haemophilia Unit Royal Prince Alfred Hospital, 516 8902.
Kirketon Road Centre Community based primary health care facility of Sydney Hospital. Nursing, medical services, counselling, 9am - 8pm, Mon- Fri. Social welfare service, needle & syringe exchange 9am - midnight Mon - Fri. Old Fire Station, Victoria Rd, Kings Cross. 360 2766.
Liverpool Sexual Health Clinic/HIV Outpatient Clinic 52 Goulburn ST Liverpool. Free, confidential HIV/STD services, counselling, HIV support groups, practical support. Call 600 3584.
Neringah Hospital A palliative care inpatient facility and domiciliary service. 4 - 12 Neringah Ave. South, Wahroongah. 487 1000.
Prince Henry (Special Care Unit) Anzac Parade, Little Bay. 694 5237 or 661 0111
Prince of Wales Children's Hospital (Paediatric AIDS Unit) High St Randwick. 399 2772/2774.
Royal North Shore Pacific Highway, St Leonards. 438 7414/7415.
Royal Prince Alfred (AIDS Ward) Missenden Rd, Camperdown. 516 6437.
Sacred Heart Hospice A palliative care facility. 170 Darlinghurst Rd, Darlinghurst. 361 9444.
St George Hospital HIV/AIDS Services (Inpatient, Outpatient and Day Treatment Centre): South St, Kogarah. 350 2960 Sexual Health Clinic: Belgrave St, Kogarah. Call 350 2742.
St Vincent's (17th Floor South AIDS Ward) Victoria St, Darlinghurst. 361 2337.
Sydney Sexual Health Centre Sydney Hospital, Macquarie St, Sydney. Appointments 223 7066.
Transfusion related AIDS (TRAIDS) Unit: For people with medically acq-uired HIV/AIDS. Crisis/long term counselling and welfare support to clients and their families throughout NSW. TRAIDS is based at Parramatta Hospital. Contact Pam or Claire 843 3111 ext.343. **Red Cross BTS:** Contact Jenny 262 1764.
Westmead Centre (Westmead and Parramatta Hospitals). Westmead 633 6333. Parramatta 843 3111.

EMOTIONAL SUPPORT

Ankali Emotional support to PLWAs, their partners, family and friends. Volunteers are trained to provide one-to -one non-judgemental and confidential support. 332 1090.
Family Support (city) A support group for family members of people with AIDS. Short term group, possibility of continuing. Call Judy Babcock or Helen Golding on 361 2213.
Family Support Group for relatives of people with HIV/AIDS. Meets daytimes and evenings on a fortnightly basis in the outer Western suburbs.
Call Claire Black or Kevin Goode at Wentworth Sexual Health and HIV Services on (047) 24 2598.
Friends & Partners of People With AIDS A peer support group for friends and partners of PLWAs. 7pm, 1st and 3rd Mondays in the month at Maitraya Day Centre, 20 William lane Woolloomooloo. Inquiries Gary 369 2731.
HIV Living Support Groups For HIV+ people.
Call HIV support officers, 206 2000.
HIV+ Support Group South Western Sydney. Meets in Liverpool Wednesdays 6.30pm. Call Julie 600 3584. Transport can be arranged.
Parent's FLAG Parents and friends of lesbians and gays. Meets monthly at the GLCS, 197 Albion St Surry Hills.
Call Heather, 899 1101, Kay, 831 8205.
Support group for parents of HIV+ adults every 3rd Friday in the month 7-9pm at Ankali House 335 Crown St. Confidentiality assured.
Call Julie Fuad, 569 2579.
Partner's Group A support group mainly for partners of people who are in/outpatients at St Vincent's. Every 2nd Tuesday, 6-8pm. Please call Louise Finnegan 339 1111 (page 345) or Michelle Swallow (page 248) if you're interested.
Por La Vida Un servicio de información y apoyo para personas afectadas por el VIH El SIDA. Support & information for Spanish speaking people affected by HIV/AIDS. 206 2016.
Positive Women Individual or group support for and by HIV/AIDS positive women. Non-judgemental and completely confidential. Contact via Women and AIDS Project Officer or Women's HIV Support Officer at ACON, 206 2000, TTY for the Deaf 283 2088.
PO Box 350 Darlinghurst 2010.
Positive Young Men A support group for positive gay men under the age of 26. Groups run for 6-10 weeks at a time. For information call Aldo or Brent 206 2077 or HIV Support 206 2000.
Quest for Life Foundation Emotional support and education for people with life threatening diseases, their families, loved ones and health professionals. Support groups, meditation/relaxation classes, one-to-one counselling.
37 Atchison St, Crows Nest. 906 3112.
Sydney West Group A Parramatta based support group.
Call Pip Bowden 635 4595.

PRACTICAL HELP

ACON Housing Project Offers help with accessing priority public housing, transfer advice, homelessness, housing discrimination and harassment. Call the

Housing Project Officer, 206 2000.

Badlands Residential harm reduction service providing a safe, non-coercive space for people who are at high risk of HIV transmission or may be HIV+. Residents are mainly injecting drug users and/or may be sex workers. 6 Bellevue st, Surry Hills 2010. 211 0544.

Bobby Goldsmith Foundation A community based, registered charity providing some financial assistance to approved clients.
4th floor, 376 Victoria St, Darlinghurst, 360 9755.

Community Support Network (CSN) Trained volunteers providing practical home/personal care for people with AIDS. 206 2031.

Hands On Massage and Reiki for PLWHAs. Training of volunteer masseurs. Call Richard 660 6392

HIV/AIDS Legal Centre Legal advice and advocacy on HIV/AIDS related problems. Call 206 2060.

Tiffy's Transport Service For PLWAs (in the Sydney area.) 206 2040.

OUTSIDE SYDNEY

General

AIDS Council of NSW (ACON) Services in education, welfare, support and advocacy in relation to HIV/AIDS to the gay and general community. See regional lisitings for branches.

Albion Street Centre Information Line (008) 45 1600.

Community Support Network (CSN) Trained volunteers providing practical home/personal care for people with AIDS. See regional lisitings for branches.

Rural Gay Men HIV Peer Education training Workshop held in Sydney every four months. Become an HIV Peer Educator in your local rural area by contacting. Nik or Nigel at ACON's Rural Project. 008 80 2612 (free call). PO Box 350 Darlinghurst 2010. TTY (02)283 2088 (Deaf only).

Hawkesbury / Blue Mountains

Blue Mountains PLWA Support Centre Wednesdays 11am - 3pm (lunch). Fridays 6.30 - 10.30pm (dinner). For further information call the Centre on (047) 82 2119 or Dennis (047)88 1110.

Blue Mountains HIV/AIDS Clinic A range of HIV/AIDS services including testing, treatment, monitoring, treatment and counselling/support. Call (047)82 0360 between 9am - 12 noon Mon, Wed, Fri.

CSN Blue Mountains hands on practical help for people with HIV/AIDS. Call Chas Stewart, (047) 24 2158.

Hawkesbury Outreach Clinic an outreach service of Wentworth Sexual Health and HIV Services. A free and confidential service operating from 4pm to 8pm on Tuesdays. STD and HIV/AIDS testing, treatment and counselling/support services. For info or appointment call (047) 24 2507.

Karuna Blue Mountains Emotional support for people with HIV/AIDS, their partners, family and friends.
Call Ann (047)82 2120.

Southern Highlands HIV/AIDS volunteer Supporter Group Emotional and practical support for PLWHA, their family and friends living in the Bowral district. Call Marion Flood (048) 61 2744 or David Willis (018) 48 3345.

Wentworth Sexual Health and HIV Services STD and HIV/AIDS testing, treatment, counselling/support and education. Free and confidential. (047) 24 2507.

Central coast / Hunter region

ACON Hunter branch PO Box 1081, Newcastle 2300. (049) 29 3464.

Karumah Day Centre Inc., Newcastle First floor, 101 Scott St Newcastle, opposite Newcastle Railway Station. Open every Thursday for lunch & Social from 11.00am to 3.00pm. PO Box 1049 Newcastle 1300, (049) 29 6367.

Konnexions Day Centre 11am-3.30pm Mondays for lunch & social. Info: Lesley. (043) 67 7326.

Central Coast Sexual Health Service offering HIV clinic for testing, monitoring, treatments, support.
Call Patrick (043) 20 2241.

Club 2430 (Taree) Manning Area Gay and Lesbian Support Group. Social functions, newsletter, monthly meetings. Contact Bill or Barry (065) 537502 or Liz (065) 511315.
PO Box 934, Taree 2430.

CSN Newcastle Call Rosemary Bristow, ACON Hunter Branch.
(049) 29 3464.

John Hunter Hospital (Clinical Immunology Ward) Lookout Rd, New Lambton, Newcastle. (049) 21 4766.

Hunter Area HIV Support/Action group 6.30pm, 4th Wednesday every month at ACON, level 1, Bolton St Newcastle. Inquiries call (049)29 3464.

Newcastle Gay Friendship Network Peer support, workshops and activities for gay men under 26.
Call ACON Hunter branch, (049) 29 3464.

Positive Support Network Emotional/hands on support for PLWHAs on the Central Coast. (043) 20 2247.

Taree Sexual Health Service 93 High St taree, Tuesdays 2 - 6pm, Thursdays by appointment. 51 1315.

Tuncurry — The Lakes Clinic A sexual Health Service. Bridgepoint Building 2nd flr. Manning St. Thursdays 10 -2pm. Free and confidential. 55 6822.

North Coast

ACON Mid-North Coast PO Box 990, Coffs Harbour 2450. (066) 514 056.

ACON Northern Rivers PO Box 63, Sth Lismore 2480. (066) 22 1555.

Lismore Sexual Health/AIDS Service A free, confidential service for all STD and AIDS testing and treatment. Call (066) 20 2980.

North Coast Positive Time Group A support and social group for PLWAs in the North Coast region. Contact ACON North coast (066) 22 1555.

North Coast — Wollumbin CARES Community AIDS Resources and Support. Call Simon (075)36 8842.

South

ACON Illawarra PO Box 1073, Wollongong 2500. (042) 26 1163.

Bega Valley HIV/AIDS Volunteer Supporter Group Emotional and practical support to PLWHA, their family & friends living in the Bega Valley area. Call Greg Ussher or Ann Young (064) 92 9120

CSN Wollongong Call Daniel Maddedu, (042)26 1163.

Cooma/Snowy Mountains HIV/AIDS Volunteer Supporter Group Emotional and practical support for plwhas, their family and friends living in the Cooma/Snowy Mountains area.
Call Victor on (018) 48 6804 or Pam Davis on (064) 52 1324.

Eurobodalla HIV/AIDS Volunteer Supporter Group Emotional and practical support to PLWHA, their family and friends in the Narooma to Batemans Bay area. Call Greg Ussher or Liz Follan on (044) 76 2344.

Nowra Sexual Health Clinic Confidential and free support for PLWHAs. Nowra Hospital, (044) 23 9353.

Port Kembla Sexual Health Clinic Confidential and free support for PLWHAs. Fairfax Rd, Warrawong. (042) 76 2399

Shoalhaven HIV Support Group Meets first and third Tuesdays in the month from 6pm to 7pm. Peer support group

facilitated by an HIV+ volunteer. Completely confidential. Call (044) 23 9353.

South East Region HIV/AIDS Unit HIV/AIDS support, needle and syringe exchange and HIV education. For more information contact (048) 21 8111.

West

Albury Needle & syringe Exchange, call Judy David, (060) 23 0206.

Albury/Wodonga HIV/AIDS Border Support group (060)23 0340. HIV & Sexual Health Service (060) 56 1589. Needle & syringe exchange—for outlets call (060) 23 0340.

Deniliquin HIV Support Services (058) 81 2222

Griffith HIV Support Services (069) 62 3900.

HIV/AIDS Project, Central Western Dept. of Health.
Call Peter or Martha, (063) 32 8500.

New England Needle Exchange Program Fits, swabs, water, condoms, lube, information and education. For locations of outlets and outreach services call (067)66 2626 message, (018)66 8382 mobile.

Yass HIV/AIDS Volunteer Supporter Group Emotional and practical support for plwhas, their family and friends living in the Yass area.
Call Victor, (018) 486 804.

Young HIV/AIDS Volunteer Supporter Group Emotional and practical support for plwhas, their family and friends living in the Young area.
Call Victor, (018) 486 804 or Valerie, (063) 821 522.

Wagga Wagga HIV & sexual health services, call Paula Denham, (069) 38 6411.

Wagga Wagga AIDS Task Force (069) 25 3055 or (069) 38 6411.

Please let us know if you want to update your listing or add a new one.

JOIN US IN THE FIGHT AGAINST AIDS. SUBSCRIBE NOW.

PLWHA Inc. (NSW) is part of a world-wide movement to empower people with HIV infection, their friends, supporters, family and lovers to live full, creative and meaningful lives free from fear, ignorance and prejudice.
Help yourself and others affected by HIV to create a positive, friendly and supportive environment in which we can all live with HIV & AIDS — join PLWHA.

FIRST NAME _____ LAST NAME _____

POSTAL ADDRESS _____

_____

_____ POSTCODE _____

PHONE (W) _____ (H) _____

❑ I wish to apply for membership of PLWHA Inc. (NSW)
❑ I wish to subscribe to *Talkabout*
❑ I wish to renew my subscription
❑ I wish to make a donation of: $_____
❑ I enclose a cheque/money order for $_____

In the interests of your confidentiality
I agree to have other members know my name and address ❑ Yes ❑ No
I am publicly open about my membership ❑ Yes ❑ No

Annual rates

Membership $2

Subscription donation to *Talkabout*
(optional for people receiving benefits)

Individual	members $10	Non-members	$15	
Organisation	Concession (PLWHA organisations, community based organisations) (up to 6 copies)	$30	(up to 10 copies)	$40
Organisation	Full price (Interstate, Government agencies, private businesses) (up to 6 copies)	$40	(up to 10 copies)	$60

Every additional 10 copies will cost $20 conc/$40 full price.

Overseas Concession $A20 Full $A40

Please specify number of copies _____

Please forward this completed form to PLWHA Inc. (NSW), PO Box 1359, Darlinghurst NSW 2010.

Make all cheques payable to PLWA Inc. (NSW). Donations $2 and over are tax deductible. We will send you a receipt.

SIGNATURE _____ DATE _____

Information Seminars

HIV living

August 1993

Neurological Effects of HIV Infection Wednesday 11- 6:30 pm to 8:30 pm

- HIV related dementia.
- Opportunistic infections leading to dementia.
- Information on peripheral neuropathy, HIV related headaches and other effects.

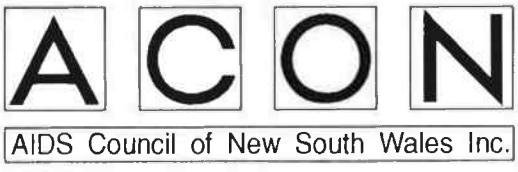
Issues Around Family Disclosure Wednesday 18- 6:30 pm to 8:30 pm

- How and when do I tell my family I'm HIV+?
- Is there support for them?
- Do they need to know?
- And what about my chosen family?

Pensions & Housing Wednesday 25 - 6:30 pm to 8:30 pm

- Disability Support Pensions and other DSS assistance.
- How to apply for priority public housing.
- Changes to Department of Housing policy.
- Rental subsidy and BGF rental assistance.

a free service at

The AIDS Resource Centre
AIDS Council of New South Wales
188 Goulburn Street
DARLINGHURST NSW 2010

For further information about these seminars call
HIV Strategy and Support Unit
Ph (02)206 2000 Fax (02)206 2069
TTY (02) 283-2088