



Positive Women

Positive News



Autumn is a second spring when every leaf is a flower ~ Albert Camus

April 2011



*Creating a more sustainable world requires
an unwavering focus on the effects our actions
will have on future generations.*

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Editor's Update

Tena Koutou Katoa, Jambo, Hello, Talofa lava, Taloha ní, Halo olaketa, Bula vinaka, Kam na maí, La orana, Fakaalofa, lahi atu, Malo lelei, Nabat, Zdravo, Cíao, Sha-lom, Saludo, Bonjour, Aman, Servus, Konnichi wa, Buenos Días, Nyob zoo, Torova, Namaste, Ci yi bak, Salaama.

Kia Ora everyone 😊

Autumn is here with its alluring golds and warm reds splashing the landscape. I never understood autumn before. To me it's just brown, everywhere I look just massive brown patches, nothing really special about it. But now... Now it's different, I think I'm falling in love with autumn. Hmmm.... Autumn....

The kaleidoscope of colour just magnificent, temperature will drop and hopefully the weather stabilises making long days of clear blue skies. Hey, it's time to enjoy orchard fruit and I'm enjoying my new season apple while writing this. Mmm... It's so crunchy and yummm... Did I make your mouth watery? So, go out and grab some apples. Oh wait! Read the Positive News first then go out, ok.

In this issue of Positive News, there are all sorts of great articles both informational and entertaining. We start with a tribute to Christchurch on page 5. A fun piece and insight on Waikato outing on page 6. A report by the PWI Chair on pages 10-11 on her trip to the International AIDS Conference in 2010, International Women's Day on pages 12-13. Interesting articles on pages 14-16 involving kidney, exercise and food.

Any comments, suggestions, requests and articles for the newsletter would be welcomed and greatly appreciated.

Take care... Sue

Forget not that the earth delights to feel your bare feet and winds long to play with your hair ~ Khalil Gibran

Everyone must take time to sit and watch the leaves turn ~ Elizabeth Lawrence

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If you have any inquiries about the above please call 09 309 1858 or 0800 769848 from outside Auckland or send an email to admin@positivewomen.co.nz.

Coordinator's Update

Hello everyone.....

Mother nature seems to be somewhat unhappy at the moment...she has shaken the earth and churned the seas causing havoc in her path, and with it has shaken the foundations of our vulnerability...all within a few minutes.

Over the last few weeks I am reminded of a song which was played at the time of 9/11 called 'In a New York minute' which I always found to be very poignant....as it highlights how life, can change in just a minute ...

We are happy to report we have heard all of the Positive Women Inc. members in the Christchurch region are okay. Some without homes, or jobs, but physically they are well although the emotional scares may take longer to heal. We are thinking of you Christchurch and pay a special tribute to you.

It is difficult to follow on from such momentous news with the daily going on's at Positive Women Inc. ...but perhaps sometimes it is those daily things that help get us through.....

So with that in mind, we say a special thank you to Gilead Sciences who provided Positive Women Inc. with a grant of \$9000 during February towards the production of the newsletter so we can continue to keep you informed of happenings at Positive Women Inc. throughout the year.

You may have been aware that Positive Women Inc. together with Body Positive and the INA Maori, Indigenous and Pacific Islands AIDS Foundation were all allocated funding by the Ministry of Health. This is a momentous occasion as it is the first time the 20 year of Positive Women Inc. existence that we have

received government funding.

The first instalments of the ministry funding went into the bank during February and we have already started spending. Most of the money has been allocated towards wages for new staff and we are very excited to announce the appointment of Marietta Chapman to the team at Positive Women Inc. Marietta will not be a stranger to many of you as she has been working at NZAF for the past year and helped out at last years Woman's retreat and the Family Hui. Go to page 7 to find out more about Marietta and please feel free to give her a call to welcome her to the team or to ask for any assistance you may need. On behalf of Positive Women Inc. we say WELCOME Marietta.

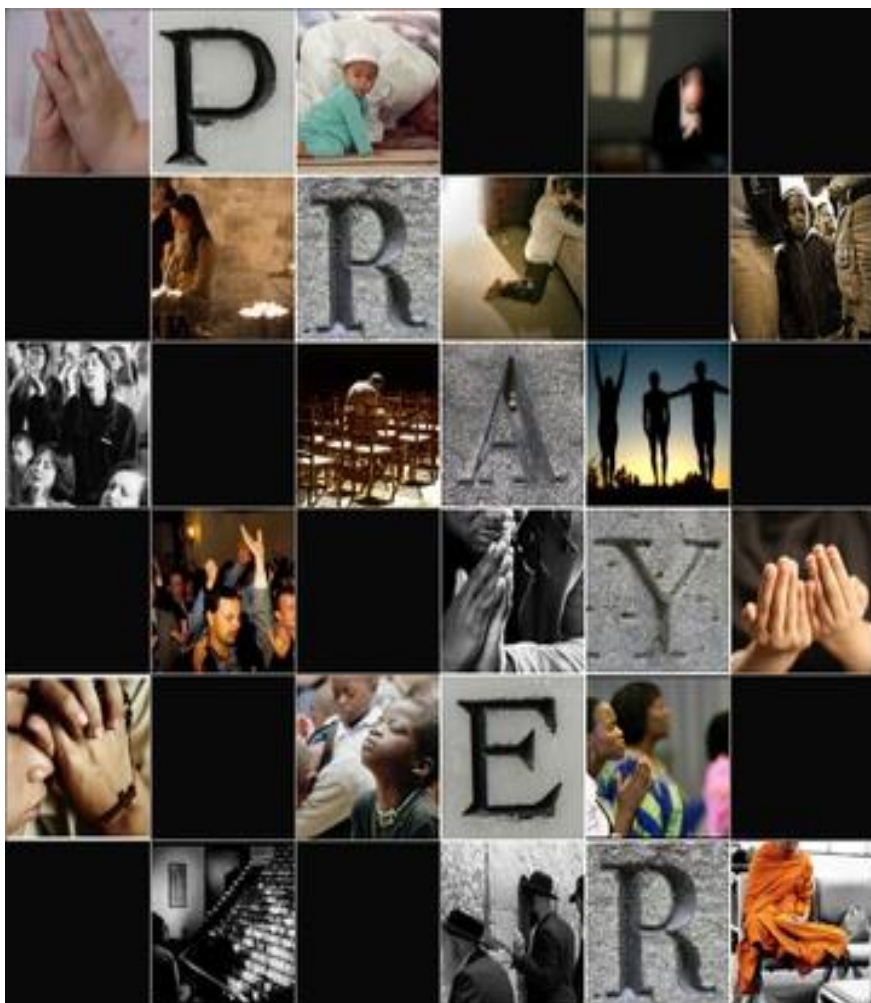
In April we will also be having a 2nd year Social Work Student come to do a three month placement with Positive Women Inc. We have plenty of projects lined up to keep her busy and the office will be a very busy hive.

We are about to start the interview process for the position of Health Promotion and Administration Officer and hope to have the position filled by the end of April, Very exciting indeed . It will mean we will be better able to meet the needs of our members in the future..

Finally just a quick note to let you know that Mel has decided to step down as a Board member for a year as she has other things going on in her life.. In the mean time Denise has been co-opted onto the Board to fill in until Mel comes back.

All the best and looking forward to seeing many of you at the Retreat next month. Regards Jane Bruning.

Tribute to Christchurch



On behalf of Positive Women Inc. we pay tribute to the people of Christchurch for their strength and courage in light of the recent earthquake..

Our hearts and prayers, in which ever way you pray, are with those who passed away, those who have lost

loved ones, those who survived and those who have been tirelessly helping through this difficult times.

Take care, stay strong and love always. from us... xoxo

Our thoughts are with the people of Japan at this time as well.

Waikato Gathering



Eight of us descended on Hamilton Gardens for a catch up in early February this year. We came from all over Waikato region and two from as far as Rotorua! It was a very hot Saturday and we started off by having lunch at the Hamilton Gardens Cafe. Positive Women Inc funded our lunch at \$20 a head which we were all thankful for!

With content bellies and after the usual gas bagging we made our way to the Te Parapara Garden which some of us had not seen. This is a traditional Maori garden and it was a benefit to have Maori women in our group to explain some of the garden's features. It became obvious that our wander of the Hamilton Gardens would be short lived as we were all starting to feel sweaty and hot from the oppressive heat. Not a pretty sight either!

Like the ladies that we are, we gracefully moved to some shade in the Italian Garden. After more talking we realised that a wedding was going to be held in the Italian Garden and we

had gold ticket seats overlooking the event! We had a few giggles watching the wedding and guests. It also made those of us married or previously married, reflect on our own weddings.

After 4 to 5 hours, it was time to say our departures and one of the Rotorua Women said she would organise the next catch up in Rotorua some time in June/July. I can't wait! Lunch followed by a soak in hot pools with great company will be a welcome break from every day life!

Instead of one woman organising all the gatherings, we take it in turns. I really enjoy seeing other positive women from my region a couple of times a year. It feels good to reconnect and touch base. It is also great to be able to talk openly about any HIV related issues and know that what is said remains in the group. Who knows maybe in the future we could meet with one of our neighbouring regions?

~Jane D., Waikato ~

Welcome Marietta

Warm greetings from a beautiful day in Auckland

I am Marietta Chapman. Many of you have met me at last year's Women's Retreat and Family Hui. I have recently been employed as the new social worker here at Positive Women Inc. and my key role is to assist our members in supporting their wellbeing by providing social, emotional, psychological and practical supports. I will also be involved in many other roles such as assisting with programs and support groups as well as recruiting volunteers.

I will be working on Wednesdays, Thursdays and Fridays from 9am-5pm.

For those of you who don't know me, I have lived in South Africa and Botswana before immigrating to New Zealand with my family seven and a half years ago.

For the past year I have worked two days a week at the New Zealand AIDS Foundation and I am continuing with my role with them. While some of my work at Positive Women Inc. and New Zealand AIDS Foundation overlaps, I also have different roles within each agency, which will be unique and specific to that agency.

The overall goal for my role with both agencies is the same, namely to create opportunities for and support the wellbeing of people living with HIV in New Zealand.

My career has been varied and I have worked in communications and more recently in social work. I have a Bache-

lor of Arts from North West University in South Africa and also graduated with a Master of Social Work (Applied) degree at Massey University in April 2009. Over the years I have worked for not for profit agencies, government agencies and in the health and mental health sectors.

Throughout my career I have been people focussed and I am passionate about social justice. I am looking forward to working at Positive Women Inc. and getting to know you over the next few months.



Please do not hesitate to contact me if you need help with anything. I can be reached at the regular phone numbers of Positive Women Inc. in Auckland or on my email at: support@positivewomen.org.

Vote for Your Board

Thank you for the nominations for the new Board Members. Voting forms went out during February and now all we need is your votes.

Remember your vote counts so be sure to have your say!

All postal votes must be submitted by 14th April 2011.

Votes will be counted by an independent 'scrutinizer' and successful nominees will be announced at the Positive Women Inc. AGM on the 15th of April 2011.

Don't delay....have your sayVote for your Board!

Shift\Shape Exhibition

Positive Women Inc. together with Chris Lorimer of Ciel PR are currently working on an exciting HIV destigmatisation project to be launched in June 2011.

The Project is to incorporate art and fashion in a creative and innovative way to raise the profile of HIV while at the same time breaking down barriers to HIV stigma and discrimination through *shifting and shaping* attitudes.

Funding for the project was acquired through the amazing fundraiser by Wayne Hudson last year when he rode the Tour de France and managed to raise over \$7000 for Positive Women Inc. As well as 'Wayne's money', Positive Women Inc. has received a grant from the Auckland City Council to help towards the project.

Watch this space for more news soon.

Norvir Update

The current Norvir x 84 capsule pack (which needs refrigeration) will be replaced by Norvir x 30 filmcoated tablet non-refrigerated pack.

The new Norvir tablets will be listed on the Pharmaceutical Schedule effective 1 March 2011. However, as there are still stocks of the old capsule, the new

Norvir 100mg x 30 tablets will not be available until the current stocks of the existing pack are depleted, which is expected to be in mid April.

All the wholesalers, Grafton Pharmacy and key people have been notified accordingly.

Source: S Wilson—Abbot

From Russia With Love

All rise please for your Miss QWU 2011—Tsarina Cheyshosa Titzalot, Miss Russia!

A near capacity crowd gathered for the 2011 Queen of the Whole Universe pageant in the country's capital Saturday, welcoming not only locals but also overseas guests. Those in attendance included participants from the 2nd Asian Pacific Outgames and international visitors. The hosts paid tribute to those in attendance from Christchurch and Japan with the QWU organisers giving away a limited number of free tickets to those from Christchurch visiting Wellington.

And by all accounts, what a show it was! Hosts Buffy and Bimbo have been quoted as "enjoying the evening im-

mensely!" and it being "one of the best shows we have been apart of since QWU started in 2004." Wellington Mayor Celia Wade-Brown was one of the highlights of the evening; as head judge, she effortlessly worked the stage in a black sequin dress and boa, stating that "it was the third time [she] had been out today."

The evening belonged to the budding beauties however, as Miss Russia wowed the judges ahead of Miss Jamaica, Marie Jo'Anna and Miss Heaven, Peral E. Gates in a hotly contested competition. After being in the top five in 2010's QWU show in Auckland, Miss Russia finally walks away with the coveted sash and crown.

Source: www.queenwholeuniverse.com



Chair Report on The Inter

Two reports were published last year from the International AIDS conference in Vienna. The following is the third and final report back from the conference by the Board Chair of Positive Women Inc.

The Conference

The 2010 International AIDS Conference in Vienna is the premiere gathering for those working in the field of HIV, policy makers and people living with HIV and AIDS. A vast range of sessions was on offer including three main threads which covered the scientific branch with state-of-the-art knowledge and peer-reviewed research, a Community programme concentrating on human rights and ownership of the HIV/AIDS agenda at all levels and a Leadership and Accountability branch.

The theme Rights Here, Right Now was evident from the beginning. The emphasis was on Protecting and Promoting human rights as a necessary requirement to a successful world response to the HIV crisis; ranging from dignity and self-determination for those infected with HIV, to equal access to health care, evidence based interventions and appropriate prevention programmes. This also meant an emphasis on those most vulnerable to and affected by HIV, namely women and girls, hugely beneficial for our delegates as there was a higher number of sessions geared towards women than at previous conferences. The Rights Here, Right Now slogan was a call for leadership, accountability and action.

Sessions

A satellite session on Gender Gaps- Sex

and Stigma, presented by the IPPF (International Planned Parenthood Federation) where the experience of using the Measuring Stigma Index was discussed. This Index is a relatively new tool, by and for PLHIV, designed to measure and detect changing trends in relation to stigma and discrimination as experienced by PLHIV. Evidence from the UK highlighted the shocking levels of self-stigma. This was no surprise as the phenomenon is repeatedly confirmed by research, so the challenge is how can we remove it. For more information please refer to: www.stigmaindex.org

Lucy Stackpool Moore also spoke in this session on the criminalisation of HIV and especially on its impact on women. A brilliant speaker, making the issues clear and pertinent, describing how these new laws exacerbate the stigma of HIV. A quote from Edwin Cameron, an HIV positive woman and Justice of the Supreme Court in South Africa, made an impression on me“HIV is a virus, not a crime”.

An impassioned speech by Sasha Volgina from the Russian Federation opened my eyes to the crisis of AIDS in Eastern Europe, where there are 500 new HIV infections every day! Stigma and access to treatment are very real issues there and it reminded me how very lucky we are in New Zealand.

Bill Clinton spoke on Monday morning at the Plenary and a confirm charismatic speaker. His emphasis was on global funding issues, stressing the cost-effectiveness of providing health care: “Healthcare is not just a right,” he said. “It is an extraordinarily high-value development investment with a high

International AIDS Conference

rate of return.” Clinton also advocated that Treatment is Prevention, a catch phrase bandied about the conference venue. This idea stimulates lively debate, as I feel that New Zealand’s experience has shown this is not necessarily the case. Everyone in NZ has access to treatment but still the number of new diagnoses keeps rising.

A session on Leadership Skills for Women was very inspiring. Sylvia Petretti, an HIV+ Italian woman living in London, spoke of using her experience to educate and support others. Along with the other presenters, she encouraged HIV+ women to think about speaking out. They spoke of the power of women living with HIV to bring about change and reduction in stigma and discrimination: “When you disclose your status to anybody - you are a leader”. The presenters gave me hope for the future with their optimistic attitudes and sense of purpose: “We, the positive women need to normalise HIV”.

A film, ‘Diamonds’ by Susan Paxton on HIV+ women from Indonesia gave me a strong identification with a sentiment expressed by one of the womenIf you see someone’s past, where they come from, you see past just the fact that they are HIV positive.

“Sex, Cellulite and Large Farm Equipment”: now doesn’t that just grab you? A brilliant performance by an American woman on her life’s journey, part of which involved her diagnosis with HIV. I went from belly laughing to crying and back to laughing as she related her story. I will continue to be in contact with River Huston, as she

would certainly be entertaining and inspiring at our Women’s Retreat.

Tuesday’s highlight was a video detailing how story-telling has been used in a small South African village to combat the secrecy and stigma associated with HIV/AIDS. It reminded me of the success of PWI’s own digital story-telling experience and its impact. Another buzz was from a study released by The Centre for the AIDS Programme of Research in South Africa (CAPRISA), which showed that a microbicide gel used before and after sex could reduce HIV infection rates by almost 40%. This may be an important tool for women who have problems negotiating safe sex practices.

Other notable sessions were on sero-difference, experience of sex and relationships, and aging with HIV.

Personal Reflection

As this was my first experience of a World AIDS Conference, I found it both uplifting and overwhelming. To be together with over 20,000 people with a similar agenda, to improve the lives of PLHIV was awe-inspiring. To feel accepted and appreciated in that environment was affirming.

The Human Rights and HIV/AIDS march was extraordinary and moving experience. Annie Lennox moved me to tears with her passion and elevated my mood with her singing. Overall, it was hugely rewarding and I would like to end with my thanks to Jane Bruning, the Board of Positive Women Inc, the MAC AIDS Fund, the international AIDS Conference Scholarship Programme and my fellow delegates Jan, Jackie and Rachael.

International Women's Day

Time to make the promise of equality a reality

An inspiring message from the UN women Executive Director Michelle Bachelet

A hundred years ago on the 8th of March, women across the world took a historic step on the long road to equality. The first ever International Women's Day was called to draw attention to the unacceptable and often dangerous working conditions that so many women faced worldwide. Although the occasion was celebrated in only a handful of countries, it brought over one million women out onto the streets, demanding not just better conditions at work but also the right to vote, to hold office and to be equal partners with men.

Those courageous pioneers might look at our world today with a mixture of pride and disappointment. There has been remarkable progress as the last century has seen an unprecedented expansion of women's legal rights and entitlements. Indeed, the advancement of women's rights can lay claim to be one of the most profound social revolutions the world has seen.

One hundred years ago, only two countries allowed women to vote. Today, that right is virtually universal, and women have now been elected to lead Governments in every continent. Women, too, hold leading positions in professions from which they were once banned. Far more recently than a century ago, the police, courts and neighbours still saw violence in the home as a purely private matter. Today

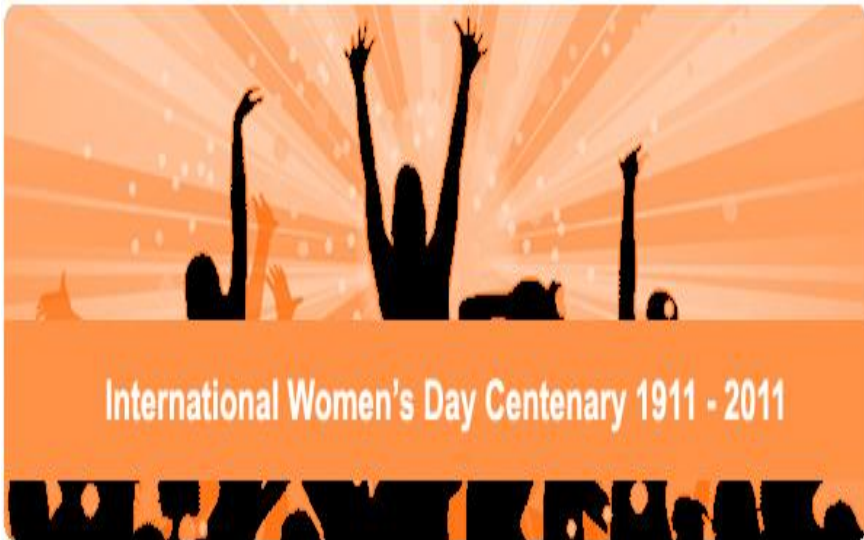
two-thirds of countries have specific laws that penalize domestic violence, and the United Nations Security Council now recognizes sexual violence as a deliberate tactic of war.

Despite this progress over the last century however the hopes of equality expressed on that first International Women's Day are a long way from being realized. Almost two out of three illiterate adults are women. Girls are still less likely to be in school than boys. Every 90 seconds of every day, a woman dies in pregnancy or due to childbirth-related complications despite us having the knowledge and resources to make birth safe.

Across the world, women continue to earn less than men for the same work. In many countries, too, they have unequal access to land and inheritance rights. And despite high-profile advances, women still make up only 19 percent of legislatures, 8 percent of peace negotiators, and only 28 women are heads of state or government.

It is not just women who pay the price for this discrimination. We all suffer for failing to make the most of half the world's talent and potential. We undermine the quality of our democracy, the strength of our economies, the health of our societies and the sustainability of peace. This year's focus of International Women's Day on women's equal access to education, training, science and technology underscores the need to tap this potential.

The agenda to secure gender equality and women's rights is a global agenda, a challenge for every country, rich and poor, north and south.



It was in recognition of both its universality and the rewards, if we get this right, that the United Nations brought together four existing organizations to create UN Women. The goal of this new body, which I have the great privilege to lead, is to galvanize the entire UN system so we can deliver on the promise of the UN Charter of equal rights of men and women. It is something I have fought for my whole life.

As a young mother and a paediatrician, I experienced the struggles of balancing family and career and saw how the absence of childcare prevented women from paid employment. The opportunity to help remove these barriers was one of the reasons I went into politics. It is why I supported policies that extended health and childcare services to families and prioritized public spending for social protection.

As President, I worked hard to create equal opportunities for both men and women to contribute their talents and experiences to the challenges facing our country. That is why I proposed a

Cabinet that had an equal number of men and women.

As Executive Director of UN Women, I want to use my journey and the collective knowledge and experience all around me to encourage progress towards true gender equality across the world. We will work, in close partnership with men and women, leaders and citizens, civil society, the private sector and the whole UN system to assist countries to roll out policies, programmes and budgets to achieve this worthy goal.

I have seen myself what women, often in the toughest circumstances, can achieve for their families and societies if they are given the opportunity. The strength, industry and wisdom of women remain humanity's greatest untapped resource. We simply cannot afford to wait another 100 years to unlock this potential.

Source:
www.wunrn.com—Message from UN Women Executive Director Michelle Bachelet on the occasion of International Women's Day, 8 Mar 2011

HIV & Kidney

People living with HIV (PLHIV), particularly those who are on the antiretroviral therapy (ART) consisting of tenofovir drug, should take extra-care of their kidneys. This was another key learning at the recently concluded Chennai ART Symposium (CART 2011, Chennai India from 8-9 January 2011).

One of the game-changers in HIV responses globally has been the roll out of ART. However, the level to which care providers and communities understand a range of associated co-morbidities and co-infections needs more push than ever before. Renal (kidney-related) toxicities and HIV was another key concern raised at CART 2011 by Dr Karen T Tashima, Associate Professor of Medicine, Alpert Medical School of Brown University.

Speaking on the key risk factors that can exacerbate renal toxicities associated with HIV, Dr Tashima listed diabetes, high blood pressure (BP), kidney stones, inflammation, allergic reactions to medications (example antibiotics). Overuse of painkillers (like NSAIDs), drug abuse, use of creatinine or testosterone among others—are the prime reasons that can up the risk of kidney-related health issues among PLHIV.



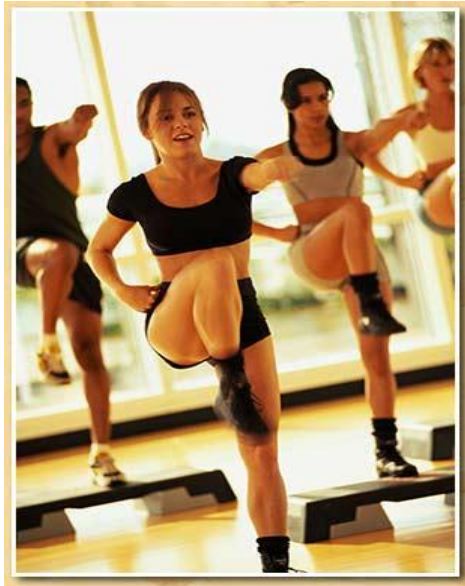
It might be relevant to step back a little and have another look at the HIV affected communities in terms of prevalent diabetes incidence, tuberculosis (TB) incidence, age-related issues, high BP or allergies. For instance, country like India, is home to highest levels of diabetes in the world—cited as the 'diabetes capital' globally—and also is home to highest number of people with TB, a significant number of people living with HIV, and of those living with other conditions listed above as risk factors for renal toxicities. It may not be surprising to see alarming levels of co-infections or co-morbidities among PLHIV—including those dealing with renal issues.

Dr Tashima suggests that renal functions (kidney functions) should be evaluated in all PLHIV at the baseline (when they enrol into the programme) and then regularly reassessed one to two times per year in PLHIV on ART regimen consisting of tenofovir (this is as per the US Department of Health and Human Services guidelines), said Dr Tashima.

Taking good care of kidneys and other co-infections and co-morbidities will probably yield much higher outcomes in terms of public health, and health financing. Dr Tashima adds another merit to evaluating renal functions regularly among PLHIV particularly those on ART with tenofovir as one of the drugs. Dr Tashima said that renal or kidney dysfunction can be improved among PLHIV by starting HAART (highly active ART), as per the results of studies like SMART and DART.

Source: CART2011: Take extra care of kidneys when living with HIV. Bobby Ramakant-Citizen News Services

Exercise is Good



Its official: Exercise is good for us. The objective of a recent retrospective study was to examine the safety and effectiveness of aerobic exercise interventions on immunologic and virologic, cardiopulmonary, psychological outcomes and strength, weight and body composition in people with HIV.

The authors of the study searched databases between 1980 and June 2009, scanned abstracts and proceedings from major international and national HIV conferences and did a hand search of reference lists and tables of contents of relevant journals and books.

They included studies of randomised controlled trials comparing aerobics exercise interventions with no aerobic exercise interventions or another exercise or treatment modality, performed at least three times a week for at least

four weeks among people with HIV.

Their results show that performing constant or interval aerobics exercise, or combination of constant aerobic exercise (e.g. Walking) and progressive resistive exercise (e.g. Weights) for at least 20 minutes at least three times a week for at least five weeks is both safe and leads to significant improvements in cardiopulmonary fitness (maximum oxygen consumption), body composition (leg muscle area, percent body fat), and psychological status (depression-dejection symptoms).

There is insufficient information about the effects on women and older people, but that's no excuse for any of us to sit around waiting for more data.

Source:
www.ncbi.nlm.nih.gov
Positive Living: Summer 2010-2011

Cosmic Hot Pot

Malaysian Satay & Peanut Sauce

Satay Ingredients:

1 kg boneless chicken/beef/lamb (cut small pieces)
1 tablespoons coriander seeds*
1 tablespoons cumin seeds*
1 tablespoons fennel seeds*
4 shallots*
2 cloves garlic*
3 cm ginger*
3 cm galangal*
2 stalks lemon grass, root trimmed*
2 candlenuts*
1 tablespoons turmeric powder*
2 tablespoon cooking oil
4 tablespoons sugar
2 tablespoons honey
Salt to taste
Bamboo skewers (soak in water for 1 hour or more)

Method:

Blend/Grind asterisk (*) ingredients into fine paste. Marinade chicken (for 3 hours or overnight preferably) with the paste, sugar, honey, cooking oil and salt. Finally, thread chicken onto bamboo skewer and ready to grill for about 5-6 minutes or until golden brown and tender.

Peanut Sauce Ingredients

500 g freshly roasted peanuts (coarsely pounded/blend)
2 stalks lemon grass (knocked)
1 cup coconut milk
1 tablespoon tamarind juice
2 tablespoon sugar
Salt to taste
Oil and water
20 dried chillies, deseeded*
2 cloves garlic*
12 shallots*
2 candlenuts*
2 cm galangal*

Method:

Heat oil in wok and fry blended paste (*) and lemon grass till fragrant and oil seeps through the paste, on low heat. Add in pounded/blended peanuts and water, stirring constantly. Finally, add in coconut mil, tamarind juice, sugar and salt.

This recipe is a traditional recipe, hope you would enjoy it. If you got your own traditional recipe(s) that you would like to share, just email us at admin@positivewomen.co.nz.

Source: www.seleramalaysia.com & mamafami.fotopages.com



Upcoming Events



Straight Arrows Dinner Last Thursday evening of the month

This social gathering is held on the last Thursday of each month from 6.30 pm to 8.30 pm in the central city. It is a chance for heterosexual HIV + people to come together for social support over a light meal.

Club Phoenix

Club Phoenix is an initiative of Body Positive providing a weekly drop in facility from 7pm to 10pm every Wednesday. This gives positive people greater avenues to develop and maintain strong support systems through social networking. Hot & cold non-alcoholic beverages provided with music to chill. You can bring snacks or finger food to share. Donations are also welcome.

Queen of the Whole Universe

The Queen of the Whole Universe Pageant is an annual event held to raise awareness of HIV and AIDS as well as raising funds which networks such as Positive Women Inc. have repeatedly benefited from in the past. In fact, Family Hui is heavily funded as a result of money raised from this event. This year's pageant is expected to be bigger and better than ever and we encourage everyone to support this very entertaining and worthwhile event. Check out the QWU website at <http://www.queenwholeuniverse.com> for more information and to see the stunning photos from past pageants.

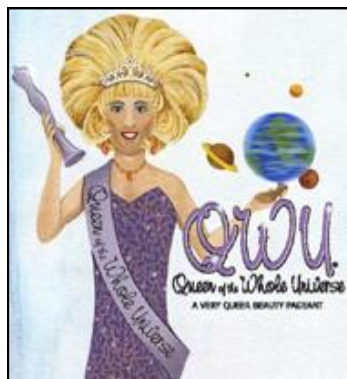
2011-Auckland

When: Saturday, 22 Oct 2011

Where: Telstra Clear Event Centre, Manukau

Time: 8.00 pm

Tickets on sale early 2011



Therapeutic Massage

Mary Ann, a qualified massage therapist is offering members a special price of \$30 for an hour session at the Positive Women Inc Office in Auckland. She also offers Crystal Healing and Reiki. Contact Positive Women Inc. to make a booking or you can contact Mary Ann at 021 215 6800.

Life Insurance for PLHIV

If you thought you couldn't get life insurance because of your HIV status....think again.

Positive Women Inc. is working with Your Life Insurance who is able to work with a client's individual needs. Life insurance for people living with HIV is now a possibility.

For more information contact Sue at Positive Women Inc. at admin@positivewomen.co.nz.



Travel Insurance

Positive Women Inc. is able to help you get travel insurance at a very competitive price with no questions asked as to your HIV status.

HIV friendly Dr's & Dentists

Need to find a new Doctor (GP) or Dentist and are anxious about disclosing your HIV status? Give us a call and Positive Women Inc. will do the initial (anonymous) investigation for you.



Diary Dates

Positive Women Inc. AGM

15 April 2011

1 pm

Vaughan Park Retreat Centre Auckland

Positive Women's Retreat

15-17 April 2011

Positive Speakers Bureau

Training Workshop

29 July to 1 Aug 2011

Digital Story Telling Workshop

Participants wanted

Contact

Positive Women Inc.

1/3 Poynton Terrace, Newton, Auckland 1010

Email: positivewomen@xtra.co.nz, Web: www.positivewomen.org.nz

Phone: (09) 309 1858,

Free phone: 0800 769 848

For more information on any of the above

**Positive Women Inc. thankfully
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