



Positive Women

Positive News

Seasons Greetings and a Happy New Year to Everyone



December 2009

Diary Date



Women's Retreat

16-19 April—2010

Editors Update

Tena Koutou Katoa, Jambo, Hello, Talofa lava, Taloha ni, Halo olaketa, Bula vinaka, Kam na mai, La orana, Fakaalofa, Lahi atu, Malo lelei, Nabat, Zdravo, Ciao, Shalom, Saludo, Bonjour, Aman, Servus, Konnichi wa, Buenos Días, Nyob zoo, Torova, Namaste, Ci yi bak, Salaama.

Hello ladies, KIA ORA!!!

The year has gone so fast, and it seems like it wasn't long ago that we were celebrating last Christmas and New years....but here it is again! I hope you have all had an enjoyable and healthy year, and that the next is even better!

In this Christmas issue there are all sorts of great articles. Read about the new position that has become available at Positive Women inc on page 5! Following this there is a 2 page spread on the recent Positive Women Inc Advocacy workshop held on the 14th November in Auckland; Next there is a double page story on the Teen Snow Camp in Australia!

World AIDS Day has just been, so there is another 2 page spread about some of the events held on December 1st. There is more exciting news on page 12 about a new success involving UN-AIDS, and following that there is an article titled 'Significant Women' about a meeting that started a while back at the Burnett centre in Auckland.

More good news on page 14 on another success for Positive Women Inc. and there is an important notice on informing about an extension to the Board member nominations so keep sending them in! Page 15 has a story about breakthrough nutritional information for your interest, and on pages 16-17 I have made a crossword puzzle just for fun....enjoy!

Merry Christmas, and Happy New Year! I hope it brings you even more joy, prosperity, health, happiness, and an improved quality of life. I will look forward to catching up with you all next year!
Kia Kaha!

Best wishes,
Mel



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Thank you very much to the following companies for sponsoring Positive News



Coordinators Update

The last newsletter of the year...and hasn't Mel done a fantastic job. It has been an enormous help to have Mel put together the newsletter with so much interesting information and even a little fun with the addition of the crossword. Thank you Mel.

Funding:

Positive Women Inc. have been very fortunate in being successful with a couple of funding applications. A great way to finish off the year. Firstly a huge **THANK YOU to the J R McKenzie Trust**, who have donated \$20068.47. That is just phenomenal.

\$10,000 of this is to go towards the 2010 HIV+ Women's Retreat. A huge contribution as it covers almost half the costs of the retreat. The remainder of the money, \$10068.47, is for the production, printing and distribution of a new resource Positive Women Inc. is putting together on how to teach HIV Education in Schools. This resource is to be provided to Teacher Training Colleges and Secondary Schools around the country. We hope to have the booklet ready for distribution early in 2010.

We also received a global donation of \$6726 from COGS which is very much needed to assist with administration costs such as rent, phone and Board Meetings. **THANK YOU VERY MUCH COGS.**

We received a \$220 donation from the Urge Bar in Auckland. A \$300 donation from the Wellington YWCA and finally a \$50 donation from Your Life Insurance. All of these funds will go into the Toren's Fund to ensure young New Zealanders under the age of 18, living with HIV, have the opportunity to attend the Kidz and Teen Camps in Australia. A huge **THANK YOU for ALL these donations.**

Raising profile of Women & HIV.

Positive Women Inc. has had some wonderful Media profile over the past months. There was a Radio interview on National Radio on the Nine to Noon show which has subsequently resulted in three interviews with three members which will soon be released in local Magazines. We will keep you posted when these are expected to come out. Also as a result of the radio interview Positive Women Inc. has been approached to take part in the production of a 20 min documentary on Stigma and Women Living with HIV. Filming is due to start in February 2010. We are looking for four more women who might like to take part in this documentary. More details can be provided on request. There was also an interview on TV3 news on 6 Dec 09. Check it out if you are interested on www.3news.co.nz/half-of-NZers-living-with-HIV-are-heterosexual—research/tabid/309/articleID/132891/cat/64/Default.aspx

Finally... on a more personal note .. October 23 2009 was a very momentous day with the arrival of my first grandchild. David John Bruning. A day I never thought I would be here to see when I was first diagnosed 21 years ago. YEEEEHAA!!!!



From myself and the Board of Positive Women Inc. we wish you all the very best over the holiday season and look forward to another exciting year ahead for Positive Women Inc.
Kind regards Jane Bruning



Employment Opportunity



HIV Awareness and Administration Officer Positive Women Inc.

Positive Women Inc. is looking to employ an HIV Awareness and Administration Officer.

The position is for 25 hours a week and will start early 2010 based at the Positive Women Inc. office in Auckland.

The primary focus of this role is to provide administrative support to the National Coordinator and to raise awareness of issues relating to HIV to both Positive Women Inc. members and the wider community, in keeping with the organisations values and purpose.

The right person will work in the best interests of Positive Women Incorporated at all times and in accordance with the Constitution, policies and procedures of Positive Women Incorporated.

This role requires a passionate and committed person who:

- Is able to follow instructions
- Is able to work as a team member but also able to work independently
- Shows initiative, is conscientious, self directed, motivated and forward thinking
- Is efficient, takes pride in their work and is highly organised
- Is computer literate in Microsoft Windows. Knowledge of Publisher and Excel would also be desirable
- Holds a current New Zealand drivers licence
- Has in-depth knowledge and understanding of HIV related issues and is comfortable speaking publicly to a wide range of audiences
- Is able to respect and maintain the highest level of integrity and confidentiality
- Is friendly, helpful, responsive, loyal & open to learning
- Empathetic, kind and caring
- Have a positive attitude with a sense of humour and fun

For a full job description and application form please contact Positive Women Inc. either by phone on 0800 769 848 or email at positivewomen@xtra.co.nz

Completed application form and CV to be sent to Positive Women Inc. 1/3 Poynton Terrace, Newton, Auckland 1010.

Applications close 12th of January 2010

Advocacy Training...Success



Advocacy is important for our future, and the future of others living with or affected by HIV and AIDS. By learning how to advocate effectively, advocates can help make changes towards issues regarding HIV and AIDS in New Zealand; and therefore help improve the lives of people living with HIV, raise awareness, and most importantly take steps to prevent HIV from spreading. It is a good way of solving or reducing the issues that many people living with HIV face, and make some changes for a happier and more positive future.

Jane M, a participant said, "On Saturday 14th of November Positive Women Inc. offered a one day workshop on Advocacy to all our members. I gladly took up the challenge as it is an area that I felt I needed some clarity around".

"The workshop was facilitated by an educator from Family Planning International. At the beginning of the day it was explained that this workshop is usually held over a week so we were in for a very pared down version. However, by the end of the day we should feel we understood what advocacy

was and how to develop a one-minute message that portrayed what we wished to deliver. This was indeed a challenge, but under the excellent tutelage of our facilitator I think all six participants felt we had accomplished those objectives".

"The first challenge was defining Advocacy and it seems that organisations adapt the word to mean whatever fits their own purpose. The important message I gained from all of these is that advocacy must incorporate working towards a positive change around a particular issue. Then of course you must aim that message at those who can make a difference, the decision makers. The nitty gritty of how to develop that message took us the rest of the day! It's not easy, so luckily Abby had different ways to help us think through these problems as well as activities to enable both the mind and body to be on the ball. (We even had a ball of wool to demonstrate the interwoven complexities of the subject). After working on this in groups, a spokesperson successfully delivered the message to the other participants"

"One interesting feature that was noticed was the difficulty we all had in identifying issues affecting HIV positive women in New Zealand."

It is almost as if we, as HIV positive women, have learnt to adapt and accept our situations to the point where we no longer see the obstacles in our way. Once a few ideas were on the table they then rolled off our tongues but it was a slow start!"

"All in all it was a very instructive and inclusive day. An advocacy message is not something you can make up in an hour and this workshop certainly helped me to formulate ideas around how that message can be prepared when necessary. I would like to thank Family Planning International and Positive Women Inc. for making this possible. The session was a well prepared and the facilitator was a lot of fun. Albany Lodge helped us get through the day with excellent sustenance as well".

Savada, another Participant said, *"I am not very academic and have never really taken part in any sort of training or anything like that, and I was quite daunted by doing the Advocacy Training, but within 5 minutes of the work-*

shop I was already having fun! The facilitator did a great presentation and made everything fun and exciting. It was also clear, especially good for someone like me who hasn't had training before. I had been taking notes but didn't need to because everything was provided with handouts. The workshop was well organised, and very beneficial. I thought advocacy was just support but I learnt that it covers a huge area and is important and beneficial for Positive Women Inc."

"The wool activity showed us how advocacy is built up and how it can break down as well; I wouldn't have learnt the same if we didn't have these activities. The energisers were great, and important to wake everybody up and keep focussed. I passed on the 'he ha' activity we did after lunch to my grandchildren which kept them occupied all weekend!"

"Advocacy can be used for so many different things in life; from family situations and issues right up to more complex issues. The handouts I received were particularly clear and easy to understand so I can refer back to them when I need to. The facilitator did an excellent job!"

Characteristics of an Effective Message

- Simple
- Concise
- Appropriate language
- Credible messenger
- Tone consistent with the message

Family Planning

Positive Teens Snow Camp 09



Thanks to the Positive Women Inc. Positively Glamorous Fashion show held in Auckland last year, we were able to send 3 teenagers living in New Zealand living with HIV to Australia to attend the Positive Teens Snow Camp.

A mother of one of the Teen Camp Participants said:

"My Son had been to the Teen Camp before, and he thoroughly enjoyed himself. He was able to catch up with his friends, and say goodbye to a young lady who will not be at the teen camp again because she will be 18 soon. Teen camp is for teenagers up until the age of 18 only".

"He enjoys being able to talk 'freely and openly' with his peers, similar to the way the ladies who attend the Positive Women retreat feel. Also being able to laugh and joke about HIV; something which other people who are not HIV positive may not be able

to understand".

"When he returns home, he always seems much lighter, so attending the camp makes a positive difference in his life. Unfortunately there are no support groups for HIV positive children and teenagers in New Zealand yet, as this would really benefit the young ones instead of having to go to Australia".

"At teen Camp this year, they went to the snow for a couple of hours, and took part in talking sessions aimed at sharing feelings, and HIV education, as well as other workshops and activities"



The other two people who attended have said they enjoyed their time while in Sydney and at teen camp, and they had a great experience.



Angela, one of the volunteers said, "In late September, 19 young people aged 12-17yrs, 4 volunteers and 2 staff descended on the NSW Ski fields for 5 days of fun, laughter and support with a little bit of chaos

thrown in. Teens travelled from around Australia to attend and we were delighted to also have 3 young people join us from New Zealand.

The aims of the camp were to:

- Provide participants with an opportunity to build self esteem through developing new skills (e.g. skiing/snow boarding)
- Allow participants to have experiences often limited through lack of finances, time, opportunity or ill health
- Offer support and education in living with HIV
- Build friendships and foster peer support
- Provide parents/carers with a period of respite

"In addition to the on-snow activities we had a hilarious time trying to conquer the largest wooden, outdoor maze in the Southern Hemisphere as well as swimming, water sliding and attempting to beat the obstacle course at the leisure centre. We challenged each other at karaoke and dance mats, had movie & pizza nights, drank bucket loads of hot chocolate and did lots of hanging out, having a great time. Some of the young people had never seen snow before so it was extra special to be blessed with blizzard conditions. Daily support groups were held where the group shared their experiences of living with HIV and developed strategies to manage some of the challenges of being HIV positive. New friendships were made, old ones were re-kindled and an amazing bond was developed over the 5 days. As always the group continues to inspire me with their compassion, resilience, strength and support for each other. We finished camp with sore stomachs from laughing so much, sore muscles from carving up the ski fields, new friendships, no sleep, huge smiles, amazing memories and looking forward to Teen Camp 2010!"



Angela, Alex, Brody, Brandon, Larissa, and Lucy—camp Volunteers and Organisers.



World AIDS D

In remembrance of the people worldwide who have lost their lives to AIDS, and the p



As we remembered those who lost their lives because of AIDS, both those close to our hearts, and the more than 25 million people worldwide; we also fought with passion for the future of people living with HIV. Many events were held around New Zealand to raise money for the NZAF Wellness Fund, Educate the Community about HIV and AIDS, and help to reduce the stigma and discrimination often experienced by people living with HIV.

On Friday 27th November, NZAF held their annual 'Red Ribbon Street Appeal' in Wellington, Auckland, and other places throughout New Zealand, and a significant amount of money was raised to go into the Wellness Fund which is a fund available to people living with HIV and AIDS to help financially support them for things such as health needs and travel to HIV related appointments.

In Hamilton, INA, YWCA, and Hamilton Pride put on an HIV and AIDS education workshop for the general public, followed by an event called 'Art from the heart'.

The workshop consisted of firstly, 3 people sharing their personal stories of their diagnosis and experiences of living with HIV, followed by a more technical educational presentation by Hamilton's HIV Clinical Nurse Specialist, Caroline Wharry.

ay Dec 1st '09



people who we knew and were close to our hearts. May their memory live on forever.

The girls from YWCA did an amazing job in helping to organise the whole event. It is great to see young women getting involved in such an important cause, especially young women leaders. Marama Pala from INA, and Geoff from Hamilton Pride and Body Positive Waikato also played a huge part in the overall workshop, and both also shared their personal stories. The workshop had a small number of participants, and each one of them went away with more knowledge and information than they came in with which was the whole aim.

The 'Art from the heart project' was held in Garden place in Central Hamilton. Red painted Hearts on a stick were provided, and anyone from the public could decorate them with the materials provided, and write a message of their choice. Some used this opportunity to remember loved ones, and others to provide support to those who are living with HIV and AIDS. There was a lot of interest from the public, and the hearts looked great dug into the garden lawn on display.

Next year will hopefully be an even bigger World AIDS Day event throughout New Zealand, with even more workshops, and activities to raise awareness.



Jen from YWCA of Hamilton, and Mel Fraser a Positive Women Member, at the 'Art from the Heart' Event run by Hamilton Pride at garden Place.

UNAIDS NGO Consultation Group



The National Coordinator of Positive Women Inc. has recently been invited to be part of the NGO Consultation Group to the UNAIDS Programme Coordinating Board.

The Programme Coordinating Board (PCB) is the governing body of the UNAIDS. The PCB is made up of civil society from five geographic regions who make up the Non Governmental Organisations (NGO) delegation: Delegates are selected from: Africa, Asia and the Pacific, Europe, Latin America and the Caribbean, and North America. See website for more details; www.unaidspcbngo.org

The Mission of the PCB NGO Delegation is to bring to the PCB the perspectives and expertise of people living with and affected by HIV and AIDS, as well members of civil society actively involved in HIV work. The PCB NGO Delegation aims to ensure that human rights, and equitable, gender-sensitive access to comprehensive HIV preven-

tion, treatment, care and support are reinforced by the policies, programmes, strategies and actions of the PCB and UNAIDS.

The NGO Consultation Group is made up of 10 individual experts who volunteer to fulfil a support and advisory role to the PCB NGO Delegation on matters arising within the PCB, forthcoming agenda items, and other items as needed. They will also provide technical input to the delegation around key issues.

The NGO Consultation Group will work closely with the PCB NGO Delegation and their Communications and Consultation Facility. The primary means of working will be via e-mail and conference calls. Most of the work will be in the two months leading up to each PCB meeting plus additional ad hoc consultations as issues arise.

Consultative Group members will be asked to support the Delegation for a minimum of one year and renewal is by agreement.

Membership of the Consultative Group is on a strictly voluntary basis, no financial support is provided to individual members.

This is an amazing opportunity for Positive Women Inc. which will result in a greater understanding of issues relating to HIV strategy and policy at both a regional and international level which will also hopefully be able to be applied on a national level.

Exciting times ahead, and an amazing opportunity to have a voice which



UNAIDS
JOINT UNITED NATIONS PROGRAMME ON HIV/AIDS

UNHCR
UNICEF
WFP
UNDP
UNFPA
UNODC
ILO
UNESCO
WHO
WORLD BANK

Significant Women

On the evening of the 27th of July a small group of women met for the first time at the Burnett Centre. They were hesitant...anxious... scared. They knew what they needed but did not know how to get it, or even how to ask for it.

It is very frequent for us women to struggle to ask for what we want and need. Historically our role in society has not involved speaking what is on our minds. Even when times have changed enormously for many of us the message seems to be the same. This is why Kate and Gabriela decided to facilitate a safe space for women who have a common issue - a significant other living with HIV- where they could share their experiences, express their feelings and thoughts, freely ask any questions they may have, and give and receive feedback if they wanted it.

Significant Women is a support group which means a special type of group that is not psychotherapy or counselling. The deeper conflicts of the person are not explored in depth as they would be in a psychotherapy group. It rather works with the more cognitive and behavioural aspects by looking at the emotional impact that a traumatic circumstance may have on the person.

Being infected or affected by HIV is a traumatic experience. The word trauma comes from the Greek meaning of *wound* that can be caused by physical or emotional assault (Reber, 1985).

A support group is therapeutic because talking to others who are sharing a similar experience in a contained and safe environment helps enormously with the healing process. To make the group a safe space we keep it small, no more than 10, and all the

members must agree to keep everything that is said and seen confidential. Of course members may share their experience of the group elsewhere, as long as they do not disclose who is in the group or what a person's situation is. This facilitates for people to be there, to open up and talk about what is really going on in their lives.

As Yalom (1970) puts it "Being accepted by others despite one's fantasies of being basically repugnant, unacceptable or unlovable is a potent healing force" (p.38).

From our first group experience, some women said that what they found the most helpful from the group was "... finally to talk to others without prejudice"; "being able to talk freely" and "to share my situation and get the support from other people".

Significant Women meets in sets of six weekly encounters and usually runs from 6 30pm until 8pm on Mondays. Like all other services at the Burnett Centre, the attendance is free, however booking is essential.

Kate Armstrong, PostGrad Dip Couns. Bed, Prov. Member NZAC; Gabriela Mercado, Registered Psychotherapist, MHSc(Hons) Dip Psych, Prov. Member NZAP



Cornell University USA



Some great opportunities have come the way of Positive Women Inc. recently.

The National Coordinator has been asked to write a chapter on a book being written by Cornell University in the US on 'HIV and AIDS policies globally'.

This is a book being put together by professors Josephine Allen, Ph.D. and Andrea Parrot, Ph.D. which is to look into the impact of HIV and AIDS policies globally, especially their impact on women. It is their belief that HIV and

AIDS policies have significantly disproportionate, serious and sometimes fatal consequences for women globally. They propose to explore the current situation around HIV and AIDS for women, policies that are effective in decreasing the impact of HIV on women, as well as policies that contribute to the prevalence and severity of HIV for women.

The book will take a look at the HIV situation of women in various parts of the world and an examination of policies that contribute to successful prevention, care and treatment of people with HIV as well as the policies that are barriers to the improvement of HIV and AIDS situations and spread in various parts of the world. Their intention is to include chapters from the United States, South Africa, India, China, Uganda, Namibia, the Netherlands, Brazil, New Zealand, Turkey, Spain and Jamaica or Trinidad and Tobago.

This is a wonderful opportunity and very exciting for Positive Women Inc. to be involved in something like this at an international level.

Board Member Nominations

Nominations will now be accepted until
Monday 8th of March 2010 .

**For more information contact
Positive Women Inc.**

Glyconutrients...

Most of us probably know the importance of nutrition and the effect it has on our health, but now there is more information coming out about certain kinds of nutrients that have more effect than others, including this recent nutritional breakthrough for people living with HIV and AIDS.

Glyconutrients have been used for centuries as a healing medical compound in many cultures around the world, and come from the primary sources of fungi, saps, gums, and seeds; and the secondary sources of grains, fruits and vegetables.

A 7 year study was conducted with 1000 HIV positive women in Tanzania about the use of simple multi-vitamin supplements in women living with HIV, and in 2004 the results showed that the supplements delay the progression of HIV and AIDS, and are an effective and cheap way of delaying the use of anti-retroviral therapy by maintaining the immune system levels for longer before reaching the point of starting anti-retrovirals. In regards to glyconutrients, they are a newly discovered category of nutrients which have already helped improve the quality of life for people living with HIV and AIDS. The Ugandan Ambassador to the United States, said, "Glyconutrients have proven to be effective in the fight against HIV/AIDS", " We can help people who are HIV positive by giving them glyconutrients which protect and boost the immune system", "The results in Kenya are very promising".

A Doctor Named Dr. Akenga who is a graduate from the Royal College of Surgeons in Ireland, and a former medical director of several hospitals in south-western Kenya, told officials from Uganda that glyconutrients were nec-

essary to support the body's normal function of repair, and he shared a success story from while he was treating people in Kenya with glyconutrients. Patients who were in terminal stages of AIDS, and had other AIDS complications were treated with glyconutrients. "They were bed ridden and were brought to the hospital to die while their families made funeral arrangements", he said. "To my amazement and to the amazement of my colleagues, all of the patients who were treated with glyconutrients were up and walking within two to three weeks". "In the fifteen years that I have been dealing with the virus, I have never seen anything like this".

The patients were discharged from the hospital, and prescribed anti-retroviral drugs, which hadn't been prescribed to them prior to the time because of their weakened medical conditions.

Akenga has also described glyconutrients as eight specific sugars that are essential for proper cellular communication.

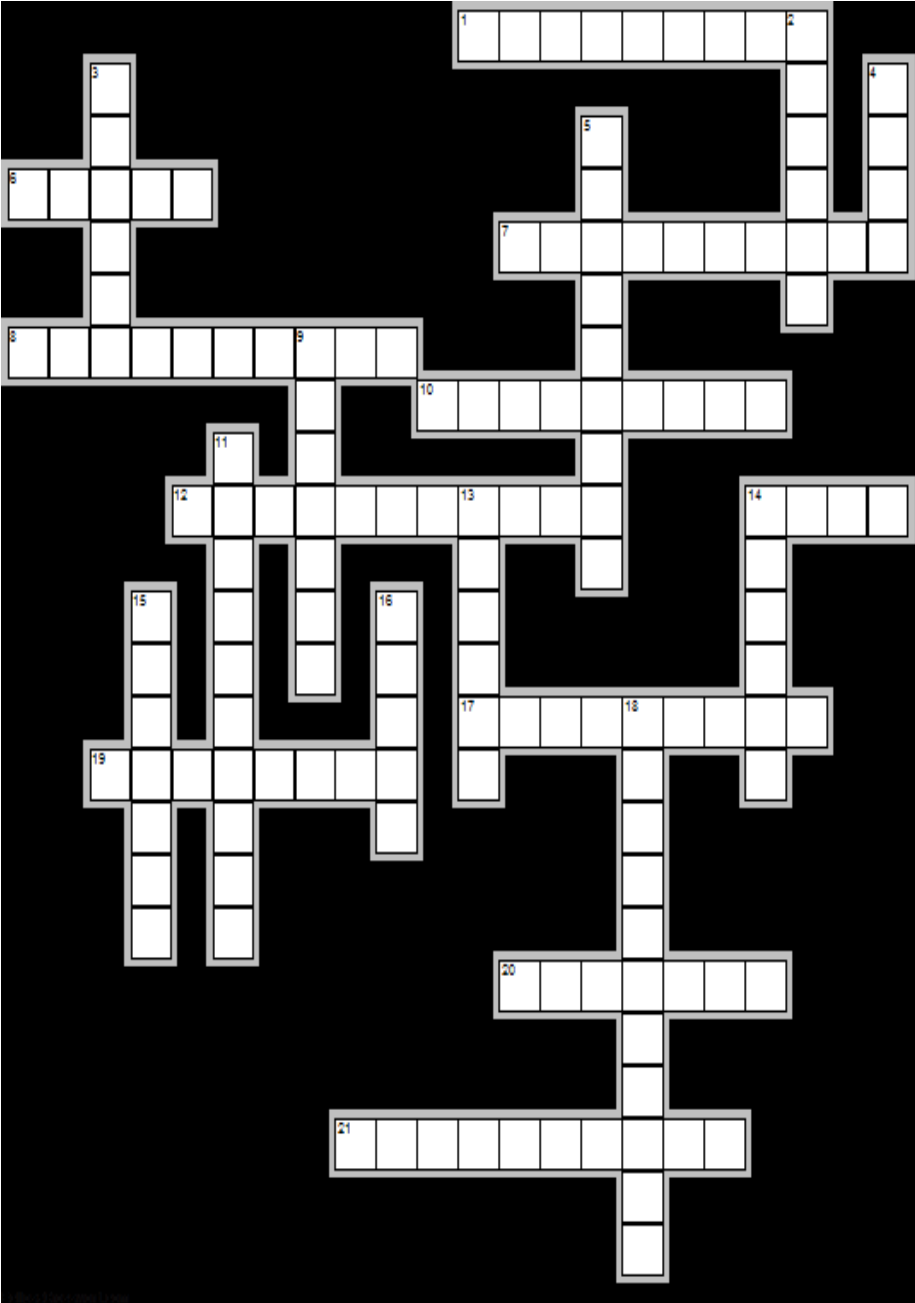
A general explanation about glyconutrients can be seen on the following link:

<http://healthtutor.com/cf/topic1.html>

If anyone would like to learn more about glyconutrients, or is interested in trying glyconutrient supplements, please email the following address for more information, or go to the website. Please contact Algernon Williams.



Just For Fun.....



Across:

1. This is an easy one! Have a very Merry _____!
6. _____ rights
7. Inner beauty is more important than _____!
8. If we are _____, things will continue to be or happen.
10. _____ is possible for us thanks to medication.
12. Make positive _____ to start off the New Year 2010!
14. Don't eat too much of this at Christmas!
17. _____ is important for all people, but especially for us. Choose to eat a healthy diet.
19. Appreciate the little things every day, and happiness will be more prominent in your life. Be _____!
20. There is something to learn from all experiences good and bad, and it is a part of our life's _____.
21. We need _____ family and friends in our lives to help us grow from strength to strength.

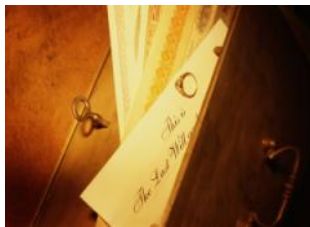
Down:

2. Be _____. Kia Kaha.
3. _____ is finally here! Wear lots of sunscreen!
4. _____ makes the world go round.
5. _____ is a journey, not a destination!
9. Enable, allow, delegate, commission, etc. Let's _____ all positive women!
11. _____ is essential to enable us to live long lives.
13. Our _____ system is compromised, but under control!
14. Always use a _____!
15. Positive thoughts will _____ positive things into our lives, negative thoughts will bring negative things.
16. _____ at the world and the world will smile back!
18. Positive women we meet are an _____ to us all because they all have something to teach us from their own experiences.

Answers on page 18

Free Wills....

If you would like to speak with someone who can help you to put together your Will for free. Contact Positive Women Inc.



Hair Cuts....

Hair cuts available at Body Positive House once a month for Koha...(donation). Call Positive Women Inc. to make an appointment.



Life Insurance

Contact Positive Women Inc. for information on Life Insurance for people living with HIV.

Newsletter Contribution....

Just a reminder that you are welcome to add or request stories and articles for the newsletter. If there is anything you would like to share, a poem, a story or perhaps you have had experiences, good or bad, with medical professionals, dentists, at work or any with anyone, which you would like to share with others to help or prevent them from experiencing similar situations. Please email to: pwnewsletter@gmail.com

Crossword Answers....

Across— 1. Christmas; 6. Human; 7. Appearance; 8. Persistent; 10. Pregnancy; 12. Resolutions; 14. Cake; 17. Nutrition; 19. Grateful; 20. Journey; 21. Supportive.

Down— 2. Strong; 3. Summer; 4. Love; 5. Happiness; 9. Empower; 11. Medication; 13. Immune; 14. Condom; 15. Attract; 16. Smile; 18. Inspiration.

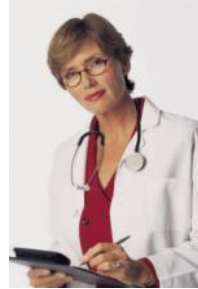


Travel Insurance

Positive Women Inc. is able to help you get travel insurance.
Contact us for more details

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.



Straight Arrows Gatherings

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. The Straight Arrows dinner is a chance for heterosexual HIV + people to come together for social support.

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

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acknowledge the following Sponsors**



J R McKenzie Trust

