



Positive Women

Positive News

Happy Valentines Day



February 2010



Diary Dates

**Women's Retreat
16-19 April—2010**

**Family Hui
5-7 November—2010**

Editors Update

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

Kia Ora everyone

Welcome to the New year of 2010. I hope you all had a wonderful holiday season. I also hope this year brings you more happiness and love, and better health.

It's been a busy time for us over the holiday period so we hope you enjoy reading about all that has been going on in this edition of Positive News.

Read about and get the link to view an interview on Marama Pala on page 11. Marama has been very successful with her work for the INA Foundation, and education work for Maori and HIV.

It was great to receive a members story recently for the newsletter, which can be read on page 8 & 9. If anyone else has something they would like to share that may be valuable or interesting, please email it to pnnewsletter@gmail.com

My husband and I are taking off to Indonesia for a month, and then making the big move to Auckland in March. I am looking forward to doing more for Positive Women Inc. while in Auckland.

The Annual Women's Retreat is just

around the corner, and I am really looking forward to catching up with the ones of you who will be attending.

Until then, take care of yourselves.

Best wishes,
Mel

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



Coordinators Update

Happy New year everyone... we hope you had a wonderful holiday period and managed some rest & relaxation and are fresh for the year ahead...as we have a lot of exciting things on the agenda already...

The Women's Retreat is not far away and we need to say a huge thank you to three of the drug companies who have once again come forward to assist with funding towards the retreat. **THANK YOU to; Gilead** for donating \$3000. **THANK YOU to; Merck Sharp and Dohme** for donating \$5000 and **THANK YOU to; Abbott Laboratories** for donating \$2500 for the Women's Retreat and also \$2500 for the Family Hui to be held in November 2010.

Be sure to register for the retreat as soon as possible to avoid disappointment. We only have 40 places and these are booking up fast.

The Family Hui: The Family Hui will be held again this year from 5-7 of November 2010. Application forms have been included with this mail out.

HIV Awareness and Administration Officer: It was very exciting to see the number of people who came forward for the position of HIV Awareness and Administration Officer. We are currently doing interviews and hope to have an appointment by the end of the month

International AIDS Conference: We have had a record number of applicants from members to attend the International AIDS Conference in July. We are working through these applications and will be in touch with everyone soon. Unfortunately only a few will be able to go, as everyone will appreciate it is very costly to send people to these conferences (around \$7-8000

per person) and not something we are easily able to get funding for, but we are hopeful we will be able to secure funding for at least two people to go.

Children and Families Conference: The Sydney children's hospital will be holding the 6th Australian update on HIV in Children and Families in February. Positive Women Inc. have managed to secure funding for the National Coordinator to attend this conference which will enable us to look at ways to improve on our Family Hui and to strengthen ties with Australia in regards to the children and teens camps so we are able to send more NZ young people to these camps later in the year.

We are also in discussion with Family Planning to see if we might be able to run our own kids camps in New Zealand..... Watch this space.



Women and HIV Documentary. Thank you to the very courageous women who came forward to take part in the TV Documentary which is to be on Women in NZ living with HIV. Filming is to start in February however the documentary will not be aired until early 2011. We will keep you informed.

Destigmatisation Project : Later in the year Positive Women intends to do another mini community destigmatisation project to coincide with World AIDS Day. Details are still being finalised but it is likely that rather than reinventing a whole new campaign that this one will build on the previous (very successful) campaign run by Positive Women Inc. in 2008...but with a few new and interesting twists. Watch this space as things progress.

Youth Road Show: Plans for the Youth Road Show are still being worked on. The hold-up has been due to a lack of funding but a couple of funding applications have been submitted and we are very hopefully these will be successful.

Social Worker Placements: Positive Women Inc. is currently liaising with Unitec to form an agreement to take on two social work placements over 2010. These placements will be 2nd and 3rd year social work students who are required to do work experience (placements) as part of their training. We are very excited about this as we are increasingly receiving requests for assistance with issues around immigration or benefits. As the organisation stands we do not have the capacity nor the expertise to assist in these matters so having the social work students on board will be very helpful and a mutually beneficial arrangement.

The first students will start in March 2010 and work with us for three months. The second placement will

start in September and will also work with us for three months. Coincidentally and very conveniently, this means we will have help over both the Women's Retreat and Family Hui. Should anyone need any help during the time the social workers are with us, please do not hesitate to contact us.

Volunteers: We would like to express our gratitude to a few women who have been volunteering their time to help out at Positive Women Inc. Mel for doing the newsletter, to Ruth who made red ribbons for World AIDS Day and for stuffing the newsletters into envelopes. And to Danielle for helping in the office organising board meetings and also helping with envelope stuffing. Not the most exciting of jobs but VERY MUCH APPRECIATED.

Goodbye Robyn and Geoff: Most members in the Waikato will already know that NZAF has now closed it's Hamilton office. As a result the positive community of that region has lost a much needed and relied on support network. On behalf of Positive Women Inc. we would like to express our sincere thanks to Geoff and Robyn who worked at the Hamilton NZAF office and worked with Positive Women Inc. on many occasions, particularly in regards to the Family Hui. We wish both Robyn and Geoff every success in their further endeavours and say a very big THANK YOU to both of them for all their support over the years.

So as you can see a very busy, full and exciting year ahead....We hope you will be able to share in these with us...and look forward to meeting many of you throughout the year.

I hope you all have a wonderful Valentines day and that where ever you are you able to get and to give some love.

All the very best and kind regards
Jane Bruning, National Coordinator

Service review for PLHIV

The Public Health Group of the Health and Disability National Services Directorate of the Ministry of Health is undertaking a Review of services for HIV positive persons in New Zealand.

The Review is to be undertaken by Dr David Miller, a New Zealand trained clinical psychologist with a public health background, primarily in the fields of HIV and AIDS and sexual health. Most of Dr Millers work in these fields have been in Europe, Africa and Asia. He has also worked extensively with host governments in over 50 countries on HIV and AIDS management as a staff member of UNAIDS and of the World Health Organisation (WHO), and more recently as an independent consultant.

The aim of the review is to assess the current coverage of services for people living with HIV in New Zealand and to identify any gaps that may require more public health investment.

All organisations involved in the review will have access to the report.

Positive Women Inc. will be one of the organisations included in this review. This is a significant acknowledgment that Positive Women Inc. is recognised

as a key contributor in the HIV sector. As part of the review, Dr Miller would like the opportunity to meet with Positive Women Inc. members in a focus group setting to gain an understanding of how the service meets members needs, and what additional activities people would like to see available.

This meeting is being planned for 20 February 2010 starting at 1pm at the St Francis Friary, 50 Hillsborough Road, Mt Roskill, Auckland. The meeting is expected to last about 90 minutes.

We encourage all Positive Women Inc. members who are able to attend , to come along, as this is your opportunity to have your say and to ensure that the voices of as many women living with HIV are heard.

Attendance is totally voluntary and strictly confidential. Any information collected from the meeting will be strictly anonymised.

We do hope you will come along and would appreciate an RSVP so that we may have some idea of the number of people to expect.

Please contact Positive Women Inc. if you have any future questions or queries.



PLHIV Service Focus Group

20 February 2010 1pm

This is an opportunity to have your say

Volunteers wanted for Drug Trial



The Auckland City Infectious Disease department are to undertake a drug trial and over the next few weeks will start looking for volunteers to take part.

The trial will only be done in Auckland so volunteers need to live in the Auckland region and be able to get to the Auckland ID clinic for follow up appointments.

It is hoped that 5-10 people will volunteer to take part in the trial.

The trial will compare two different treatment regimes on people who have previously failed their first treatment regime.

Volunteers must have been treated with two nucleoside drugs (eg AZT plus 3TC or tenofovir plus emtricitabine) plus efavirenz or nevirapine, and will have failure of this first line treatment as demonstrated by an HIV viral load greater than 500 (2.7).

Volunteers who agree to take part in the trial will be randomly allocated to treatment with either: Raltegravir plus Kaletra or two nucleosides which will be selected on the basis of resistance testing, plus Kaletra.

Those entering the trial will be made aware of which medications they will be taking and will be followed for 2 years.

The study is being coordinated by the National Centre in HIV Epidemiology and Clinical Research in Sydney, and is a multinational study with participants from many countries.

If you would like to take part in this trial please contact Positive Women Inc. or your ID specialist.

Please note this is an independent study and not a drug company trial.

Birthday Surprise

A story from a Member of Positive Women Inc

A couple of months ago I got a lovely surprise when I went to see my specialist the day after my birthday. I had been dreading this appointment as I was gearing myself up for a battle to convince my specialist that I didn't need to go on meds straight away. The results of my last few tests had put me in the 'zone' for starting medication and my specialist had discussed this with me at my last appointment.

The BBO that I had to celebrate my birthday, the day before, had gone on quite late so I was feeling a little tired and despondent as I approached the hospital. I became very alert, however, when my specialist told me that my viral load was 12,000.

"Really?" I asked surprised and then thinking I had got it all horribly wrong I asked him to confirm what it had been last time. It had dropped from 77,000 to 12,000 – wow! My heart leapt – I had not expected such news and so I asked how it could have happened. My

specialist could not provide any specific reasons but reassured me that something 'good' was happening with my immune system and of course with such a dramatic reduction in my viral load, the dreaded debate about going on meds was postponed.

I left the hospital with my mind racing – what had I done differently since my last blood test? After considering a few different scenarios, I decided that the most likely cause was the homeopathic remedy that I had been given when I was in Africa. The therapist, who I was seeing for acupuncture treatment, had given the remedy to me free of charge saying that it was good for people with HIV who are getting close to needing medication. She made no grand claims about it and reassured me that, as it was so diluted with water, it wouldn't do me any harm. I thought I might as well give it a go and so I took it every morning as directed and found it was as easy as taking a teaspoon of water.



“With the news about the reduction in my viral load, I was eager to find out more about this remedy. I e-mailed the therapist who told me that it was called ‘PC 1’ which stood for ‘Peter Chappell 1’ and she suggested that I google him. I did so and came across www.vitalremedies.com.

Following are descriptions about the product from the website

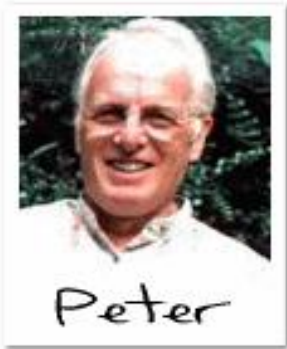
PC 1 has the same effects clinically as antiretroviral drugs and it is much easier to administer and distribute. People get well very quickly and they stay well ears. So PC 1 can be taken before antiretroviral drugs to extend life ... or they could be used after antiretroviral drugs to extend life. And they can be used to enhance the action of antiretroviral drugs.”

“Let me tell you briefly the history of PC 1. It was developed and first used in Ethiopia in 2002 and it worked really well for AIDS. Since then it’s been tried all over Africa by many thousands of people, by both doctors and patients, and the results have always been that it works and very remarkably at that. Like the antiretroviral it does not cure HIV so safe sex is still needed. Strictly speaking this is not scientific information, this is anecdotal information.

PC 1 usually makes the symptoms of AIDS disappear in a matter of weeks, and it continues working three years or more, and the CD 4 rises and the Viral Load decreases so it is an alternative in the absence of antiretroviral drugs or may postpone the necessity to use them indefinitely.”

The site also gives some background information on Peter Chappell. Apparently he had an overwhelming desire to try to do “something about HIV and AIDS”. Eventually, in 2001, he decided that this was his life’s goal and so went to Ethiopia. “He managed to reinvent resonance healing in a new way such that it revitalised the immune system.

With this new form of healing resonance, relatively healthy people of all ages with AIDS improved within two weeks.



Slowly it became clear that everyone improved, almost without exception. The clinical test results became more and more certain with time, and this process is ongoing. People all over Africa recover reliably from AIDS with this system.”

The good thing about this guy is that he gives this remedy free of charge to people in Africa so he doesn’t seem to be motivated by profit!. It is also available to purchase on www.helios.co.uk (link on vital remedies website). It costs less than £20 (approx. NZ\$55) including postage and packing and that supply will probably last a couple of years.

I have been taking it here in NZ for a couple of months now and I will let you know what happens with my blood after my next test. I am trying not to raise my expectations too much because I don’t want to feel disappointed but it really is very easy to take and I have not experienced any side effects at all.

If it has no effect on my CD4 count or viral load – well no harm done, but if it does... well that will be fantastic! I will keep you posted.

For more information see the website for at www.vitalremedies.com.

Please note the information provided here is that of the writers and Positive Women Inc. does not endorse the product as such,

Positive Women



In case you missed the January edition of the Woman's Weekly with Jan's story, we have included a photocopy of the article for you with this newsletter.

Keep an eye out during February for Mel's story which is to be published in the Lucky Break Magazine and in March there is to be a story of another of our members in the Marie Clair Magazine. We don't have exact dates unfortunately but don't worry if you miss them as we will send copies with the next newsletter.

All three stories came about as a result of prior media coverage of Positive Women Inc. resulting in a wonderful flow on effect. Thank you to the three brave women who told their stories.

J. R. McKenzie

Positive Women Inc. received a wonderful spread in the J. R. McKenzie 2009 Annual Report. J. R. McKenzie have been a key funder of Positive Women Inc. projects over many years. Most significantly they have supported the HIV Positive Women's Retreat since its conception over 14 years ago. They

also contributed towards the Destigmatisation Campaign and helped to fund the build and maintenance of the Positive Women Inc. website.

Thank you to the J. R. McKenzie Trust and look forward to their continued support



In the News.....



Marama Pala and her new baby boy Kepas when he was only 5 days old

At the XVII International AIDS Conference in Mexico City 2008, Marama Pala, a member of Positive Women Inc. and the founder of the INA Maori and Pacific Island HIV and AIDS Foundation, was interviewed for a well known HIV information website called 'The Body'.

A transcript of the full interview has been published on the Body website titled 'This Positive Life', which also includes a series of podcasts as well as some photos.

Congratulations and well done Marama on your success and for raising HIV awareness and for sharing your story to the world.

You can check out her story by following this link:

www.thebody.com/content/art55092.html

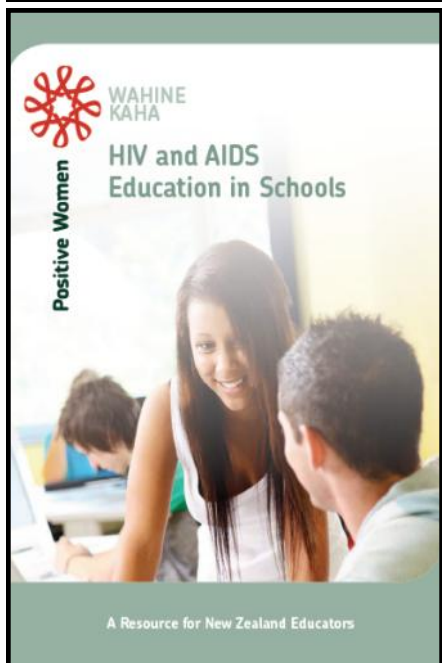
You may also remember in the last issue of Positive News, we mentioned that Marama and Tony had a new addition to the family, little Kepas Pala.

Kepas was born at only 28 weeks and weighed in at less than a kilo. He spent the first months of his life in hospital...but he is a little warrior and was discharged and at home with the family even before his official due date.

In the above photo Kepas was only 5 days old, You will be pleased to know that Kepas and the family are all healthy and doing well.

On behalf of Positive Women Inc. we wish Marama and her family all the very best and look forward to seeing the next instalments of photos.

New Educational Resource



Positive Women Inc. is very excited to announce the soon to be released resource 'HIV and AIDS Education in Schools: A Resource for New Zealand Educators',

The resource was originally produced by the International Academy of Education (UNESCO) 2002.

In 2009 the resource was adapted by three 3rd year nursing students on behalf of Positive Women Inc. as part of their community placement so that the content of the resource fits a New Zealand context.

The need for the resource was first identified as part of the cooperative inquiry research undertaken in 2009 by Jane Bruning of Positive Women Inc.

Participants of the research shared

stories of either misinformation or the total lack of information being taught to their children at secondary schools around HIV prevention and destigmatisation.

Further investigations discovered that the New Zealand Education Review Office (ERO) had conducted an evaluation of the quality of sexuality education programmes in Years 7 to 13 in 100 primary, intermediate and secondary schools. This evaluation found that the majority of sexuality education programmes were not meeting students' learning needs effectively resulting in many teenagers having an incomplete or inaccurate knowledge about safe sex practices.

The role of the Education Review Office is to improve the quality of education through review and evaluation, therefore the findings of their reports were integrated into this booklet. Thus, the purpose of the resource is to provide New Zealand secondary school teachers with a guide for implementing HIV awareness, prevention and destigmatisation education in schools.

It was also identified that there is currently no such resource available for educators.

We thank the J R McKenzie Trust for recognising the need for such a resource and for providing funding for the production and distribution of the booklets.

Free, hard copies will be available by 1st March 2010 from Positive Women Inc. and will also be available as a PDF download on the Positive Women Inc. website: www.positivewomen.org.nz

Golden Neo-Life Diamite

From time to time Positive Women Inc. are approached by companies offering products which they believe might potentially be beneficial for people living with HIV. While Positive Women Inc. is not able to fully endorse these products we feel it is our role to inform our members of them. Golden Neo-Life Diamite is one such product, actually it is many products..

In 1958 a government research team studied the effect of reintroducing into the diet of 1100 patients at the North Hollywood Hospital, a nutrient which had been available to humans in less technologically developed times. The condition of all of the patients, each with differing complaints, improved quickly.

The nutrient included the essential fatty acids, lipids and sterols extracted from the husks of wheat, soy and rice which feed every cell membrane in the body.

In today's food technology, these essential nutrients are extracted from grains in order that the shelf life of the grain may be prolonged. Because diets now lack them, the metabolism of systems under stress does not adequately deal with degenerative disease.

In 1958 Don Pickett developed Formula IV with Tre-en-en which contains the essential fatty acids with lipids and sterols and this was the beginning of GNLD. It softens and nourishes every cell wall to attract nutrients and eliminates cellular wastes.

This product has been tested in independent clinical research on humans and approved by United States Department of Agriculture (USDA) Scientists.

GNLD products are cold press extracts from human food sources and not altered chemically or biologically. They lead in herbal products, herbal skin care and non toxic natural home care cleaning products.



Positive Women Inc. is able to be wholesale distributors for GNLD products which means rather than paying retail prices we are able to offer our members these products at wholesale prices which is a considerable saving. For example a months supply of Carotenoid Complex which provides antioxidants to protect cell repair and professes to raise the immune system by 37%, retails for \$101.48 while the whole sale price is \$76.11.

Two months supply of Formula IV Plus which professes to increase energy, vitality and build up the immune system, normally retails at \$81.90 while the wholesale price is \$61.43.



You can check out other products available on the GNLD website at www.gnld.co.nz

If you are interested in purchasing any products contact Positive Women Inc.

GNLD also offers the opportunity for individuals to become distributors for those wishing to consider a home business. Please note that Positive Women Inc. **does not** make anything from this. Our only intention is to facilitate access to these products at an affordable cost.

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.



PLHIV Service Focus Group

Come and have your say

20 February 2010—1pm

St Francis Friary

50 Hillsborough Road, Mt Roskill, Auckland



Newsletter Contribution...

Just a reminder that anyone who is a member of Positive Women Inc is welcome to add or request stories and articles for the newsletter. If there is anything you would like to share with the readers, even if it's just a poem, your input would be appreciated.

Please email: pwnewsletter@gmail.com



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.

This can all be done by email or phone. Call us for a quote

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 Dinners

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 over a meal.

Contact

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For more information on anything in this newsletter

**Positive Women Inc. thankfully
acknowledge the following Sponsors**



J R McKenzie Trust

