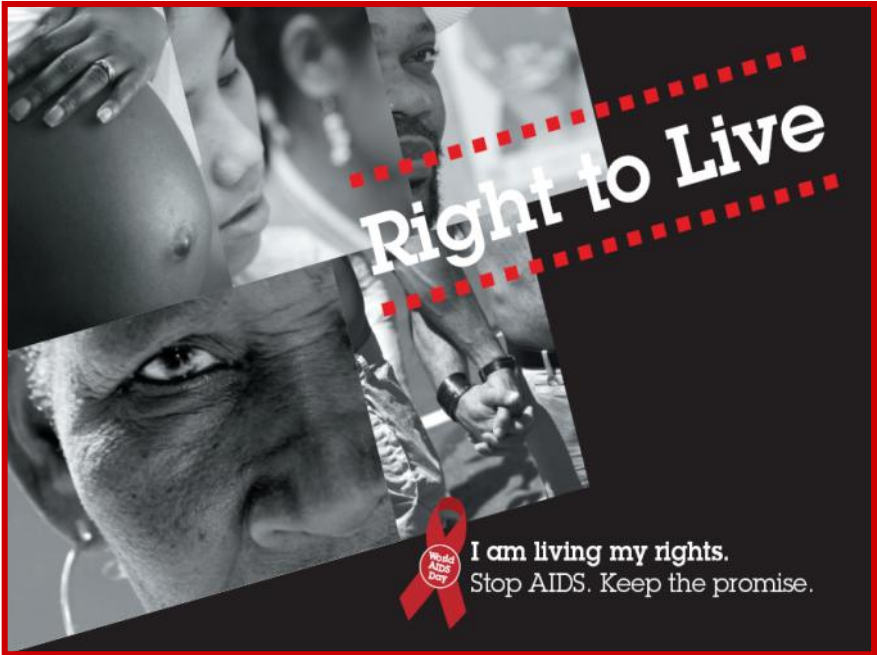




Positive Women

Positive News



Support World AIDS Day

October 2009

Diary Date



Women's Retreat

16-18 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 Dias, Nyob zoo, Torova, Namaste, Ci yi bale, Salaama, Apa kabar.

Hello lovely ladies! Kia ora!

I hope you are all well, and enjoying the Spring weather....(more like Winter!)

It is a pleasure to be the new Positive Women Inc newsletter writer, and I hope you enjoy reading them. I would love to have feedback, and input towards the newsletter as mentioned on page 10, so please read the details for this.

Take a look at page 5 and read about our National Coordinators recent accomplishment. I would like to say well done Jane, and thank you for all that you have done, and all that you continue to do for Positive Women Inc, for those living with and affected by HIV in New Zealand, and for sharing your story to help destigmatise HIV. You are courageous and a huge inspiration!

In this issue, there is a piece on the Advocacy training and ICAAP9 HIV and AIDS Conference held in Bali recently, and some exciting news on page 10 about the discovery of a new HIV vaccine; and news about the arrival of a baby boy on page 12

The Digital Stories have been launched on the website and on U tube as well so check them out!

On page 11 there is some interesting information on a supplement called

colostrum which might be beneficial for people living with HIV.

Anyway...take care and be happy, and I will catch up with you all in the next newsletter.

Kind regards, Mel

Reminder to send in Board Nominations before the end of the Month

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



Coordinators Update....

Gosh...hard to believe we could get any busier at Positive Women Inc. but we do,,,,,so it has been with great delight to have Mel writing the newsletter to help distribute the load.

As you will agree Mel has done a Stirling job at putting the newsletter together with lots of interesting and informative articles. Thank you Mel and WELL DONE...

As well as Mel we have two other volunteers currently working at the office from time to time which has been an incredible help...if there is anyone else out there who has some spare time , even an hour or two from time to time ...please do give us a call.

Funding

While funding has been a bit slower than other years...we did manage to get \$ 10,000 from the ASB Community Trust during September for which we are incredibly grateful. **Thank you very much ASB Community Trust.**

However on a more concerning note we heard this month that the J R McKenzie Trust are to change their funding priorities for 2010 . As one of the major sponsor of the Women's Retreat, this is concerning news as it looks like the retreat may not be something which will fit into their new criteria of priorities. So while the recession may be on its way out...looks like there may still be some uncertain times ahead. But then again that is the nature of operating a Not for Profit. Here's looking for a bright future.

Positive Peoples Network

In September members from various positive peoples networks around New Zealand were invited to come together to discuss the possibility of working together more collaboratively. Unfortu-

nately the meeting was not well attended but a start was made and it is hoped that more networks will come to future meetings.

One initiative which was suggested by those present was for all HIV networks to join together for World AIDS Day. This means rather than individual networks doing their own thing to raise awareness and money ...that everyone pull together and support the NZAF street collectors as all funds collected are to be used for the Wellness Fund which has recently been struggling.

We urge everyone who has some spare time on Friday 27th of November to give a little time to rattle some buckets.

Public Speaking

Positive Women Inc. has received numerous invites over the past few months to come and talk about the organisation and to put a face to HIV. We have been visiting schools, speaking at conferences and medical educational and training sessions for midwives, nurses and health care workers. It's encouraging to see that HIV is, slowly, but surely being recognised as something to be aware about...

Finally, I would like to wish you all well. I hope life is good and that the universe is being kind.

Regards Jane

**Support World AIDS
Day**

**Contact your local NZAF
office to see how you can
help**

Master in Social Practice....



*Jane Bruning, National Coordinator,
Positive Women Inc.
Graduates with 1st class honours
Well done Jane!*

After four and a half years of study Jane Bruning, National Coordinator of Positive Women Inc. graduated from Unitec on the 16th of September with her Masters in Social Practice (MSocP) .

Jane initially started studying for her Graduate Diploma in Not-for-profit-management (NFPM) at Unitec in 2005 after receiving a grant from the J R McKenzie Trust. Jane believes the skills she gained through that training has been hugely beneficial in helping Positive Women Inc. become a much more professional and effective organisation.

Another aspect of the course Jane enjoyed was the opportunity to network

with people from other NFP organisations around the country.

"It was great to be able to study with like minded people and everything we learned was so practical and relevant to the NFP sector", said Jane

After completing her Graduate Diploma in NFPM, Jane successfully applied for a scholarship through Unitec to do a Masters Degree in Social Practice.

Jane said, " While it was hard work I particularly enjoyed doing the research work for my thesis which was on Stigma and Women living with HIV. The research was done as a co-operative inquiry with five members of Positive Women Inc. and it was both uplifting and inspirational as we all worked together and shared experiences as women living with a disease as stigmatising as HIV. Not only did I gain information or my research but each and every woman who took part also felt empowered as a result. It was amazing".

Copies of Jane's research thesis are available at the Unitec Library, NZAF Library, the Positive Women Inc. library and we also hope to soon have an electronic copy on the Positive Women Inc. website.

Not only did Jane graduate with a Masters Degree, she was also the only student of the 849 graduants who graduated with 1st Class Honours.

Congratulations and well done Jane!

Jane wishes to express her sincere gratitude to the amazing women who took part in the research, the Board of Positive Women Inc. for their support and also to J R McKenzie and Unitec for making it all possible.

TV3 Anti-stigma Commercials

As an add-on to the Positive Women Campaign to help de-stigmatise HIV, a commercial was produced and for the last month has been aired once a day on TV3. Thanks to Ingrid Leary (journalist) who lobbied on our behalf for this to be aired for free, and TV3, the commercial is being played from mid September until mid October.

We have had a lot of positive feedback from people who saw it. It was short, but powerful, and will hopefully reach a lot of people and have an impact on the community. Times of screening have varied, but it seems to be between 7:30 and 9:00pm.

We hope you had a chance to view it.



Positive Women Digital Stories

Michelle's Story



After all the hard work put into creating the digital stories, they have been edited and are now on the Positive Women Inc. website www.positivewomen.org.nz and on YouTube.

Olivier's Story



All four of the stories are truly powerful and inspiring and they each include a personal intro from each of the women who put their stories together.

Mel's Story



There has already been some great feedback about them.

Jane's Story



Well done to all the women involved! You have done a great job, and these stories will be an inspiration to all.

Check them out!

Advocacy Training



Mel with some of the other participants during advocacy training

Mel represented Positive Women as a participant at an Advocacy training workshop prior to the ICAAP 09 Conference in Bali.

The training consisted of 19 participants from several countries, and trainers were from various NGO's and organisations such as Family Planning International, DSW, IPPF, and APA.

"I gained so much from the advocacy training which I know will be very useful when advocating for Positive Women Inc, and for people living with HIV in New Zealand. It motivated me to do more, especially after learning how to make a 'one minute message' as a group, and learning about the processes of creating an effective and powerful message which is clear and simple".



An activity demonstrating the important aspects and skills of advocates which inter-

"Before the training, I knew a little about what SRHR (sexual reproduction health and rights) and RH supplies (reproductive health supplies) were, but now I am much more educated about these, and I have a better understanding of the issues"



Final Presentation of 'one minute message' at an artificial press conference

"One of the things I learnt was the importance of integrating or linking SRHR with the HIV and AIDS response. Especially in terms of prevention, you cannot have one without the other because they are all connected".

"I was able to network with a few people from the training who were all so motivated and enthusiastic about all that they do, which rubbed off on me and inspired me to get more involved"

International Congress on HIV



Mel at the entrance to Bali convention Centre, the venue for ICAAP9

Following the Advocacy training, Mel attended the 9th International Congress on HIV and AIDS in Asia and the Pacific (ICAAP) also as a representative of Positive Women Inc.

"ICAAP9 is the first HIV and AIDS conference I have attended. I felt inspired, empowered, and exhausted during and after the conference"

"The first day in particular was a little overwhelming trying to figure out what rooms to go to and where they were for each session, although it was exciting and I learnt a lot!"

"On the second day I attended some

sessions and networked with people outside of sessions, and I visited the room especially for people living with HIV where I was provided with a free lunch, massage, and a drink. There, any person living with HIV could come in and de-stress. It was also a great place to meet other people who are living with HIV from around the world"
"During this time, I also went to the 'Asia Pacific Village', where there were several stands from the Asia Pacific region, and many freebies, especially male and female condoms"

"On the last day of ICAAP, I just wanted it to continue on for a few more days. I was really energetic and motivated at this point, and wanted to learn more and more. I also had a personal poster presentation titled "developing Alternative Health Programs to improve the quality of life for People Living with HIV and AIDS in Indonesia".

"A big thanks to Positive Women Inc, the private funders, and the NGO's who funded me to participate in the Advocacy Training!"

"I look forward to learning more!"

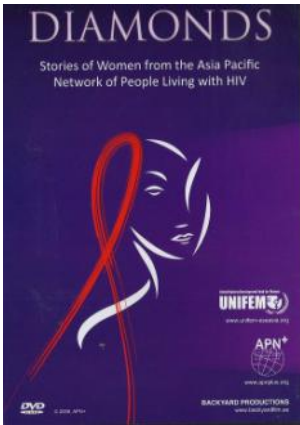
Teddy bears for HIV + Kidz...

The Buddies Society of Ipoh is a small organisation based in Malaysia who provide advocacy and support services for people living with HIV and their family and friends. They also have volunteers who hand make teddy bears called 'buddies' which are especially for HIV positive children anywhere! They will send a bear to any positive child upon request at no cost.

Their email address is hivbuddiesipoh@yahoo.com



& AIDS in Asia Pacific 2009



'Diamonds' Launch

A very powerful DVD, and book called 'Diamonds' was launched at ICAAP9 which was produced by Susan Paxton from the speakers bureau in Victoria. Susan travels the world teaching people living with HIV how to speak publicly about their experiences in order to raise awareness and educate people around HIV.

The Diamonds DVD was a huge success, and most of the audience had a tear in their eye. Several positive women from Asia and the Pacific shared their stories, and gave some great feedback about Susan's involvement. They said they felt empowered, and were respected and involved throughout the process.

If you would like to see the Diamonds DVD contact Positive Women Inc. We have 3 copies available for loan (for free).

Public Speakers workshop

Susan Paxton, the same Susan who facilitated the Positive Women's public speakers workshop in Auckland last year, ran a powerful workshop with Max Niggl at the ICAAP conference. The workshop focused on teaching people living with HIV how to speak in public.

Susan explained how there are many benefits for an HIV positive person to 'speaking out'. It not only helps to destigmatise HIV, and reduce discrimination by making it real and putting a face to HIV; but it also helps to prevent the spread of HIV by raising awareness.

There is a CD full of handouts and information about public speaking for

HIV positive people from this workshop, and its available from Positive Women Inc if you would like a copy.



Susan Paxton facilitating positive speakers workshop at ICAAP 9 Bali

New HIV Vaccine



You may have heard the recent exciting news about a new HIV vaccine that has been trialled and appears to be partly effective in preventing HIV transmission.

The study involved more than 16,000 participants from Thailand who were divided into 2 groups. 8,198 volunteers received placebo, and over a three year period 74 people were infected. The other half of the volunteers received 6 shots of a combined vaccine over a 6 month period, and of these 51 people were infected.

The results concluded that the vaccine

was 31.2% effective, which seems like a small number, but taking decades of HIV and AIDS research and trials from the past into account, this new vaccine is a victory.

The trial cost US\$150 million, and was the largest trial ever to be conducted. It involved the Thai and US governments, private companies, non-profit organisations, and Thai volunteers.

There is a follow up study on the people who were infected with HIV during the trial, which involves collecting information from them every 6 months.

The vaccine has not yet been tested on different strands of the virus, and it was designed especially for Thailand people, but thanks to this success, there is now hope of developing a highly effective vaccine that can be used worldwide to prevent many people from contracting HIV. This is exciting news!



Call for newsletter Input

If you have any stories, poems, idea's, experiences, or information you would like included in the newsletter please email the following address which is especially for the newsletter

pwnewsletter@gmail.com.

We would love to hear from you!

Colostrum and its Benefits

Colostrum (also known as colloquially, beestings, bisnings, or first milk or "immune milk") is a form of milk produced by the mammary glands of mammals in late pregnancy. Most species will generate colostrum within one day of giving birth



New Zealand colostrum is superior to any other colostrum in the world. This is due to the ideal pure climate, pesticide, antibiotic and BSE free pasture fed cows and highly regulated farming techniques. It is a powerful substance which supports the release of *adult stem cells*, and it comes in many forms such as tablets, powder, and oral spray.

Stem cells are the "original" cells, the cells that all other cells stem from. Stem cells are un-specialized cells– they can turn into many different cell types in the body (heart, brain, etc). They can potentially divide without limit to replenish other cells.

Adult stem cells are made in the bone marrow and get released to circulate in the blood of adults when required for tissue repair. Adult stem cells are the body's source of regenerating new tissue cells to re-build old, worn out and damaged tissues. Stem cell levels decline with age.



There have been many success stories from people who use colostrum, including a lady who recently featured in Women's Day. She has Multiple sclerosis (MS), lost a lot of sight, had a brain tumor, and was confined to a wheelchair, until she began taking colostrum. She claims she felt a difference within 20 minutes of taking her first pill, and amazingly she is now out of her wheelchair and her sight has improved immensely as a result.

Imagine how colostrum could benefit people living with HIV!

There are different kinds of colostrum available throughout New Zealand at health shops and directly from the suppliers.



Some Benefits of Colostrum:

- Healing and protection of the gut
- Increased energy levels and strength
- Increases bone density and lean muscle
- Accelerated wound/tissue healing
- Prevention of auto-immune conditions
- Increased immune levels
- Increase in mental alertness
- Anti-inflammatory effect
- Reduction in wrinkling
- Better overall health

PW Inc Advocacy Workshop

On Saturday 14th of November the Positive Women Inc. Board will be holding an Advocacy Training Workshop in Auckland prior to the Board meeting. The Board would like to extend an invitation to any Positive Women Inc. members who would like to attend this workshop.

Positive Women Inc. will cover the cost of the workshop and lunch on the 14th. Transport and/or accommodation costs are not included however we may be able to cover the costs for people who attended the Positive Speakers training as NZAF may give us some funds from their Positive Speakers Bureau Fund.

Workshop details as follows:

Saturday 14 November
Albany Lodge,
274 Wright Road,
Albany, Auckland
9.00am - 4.30pm

A one-day, practical introduction workshop where participants will be able to strengthen and develop their skills to identify and deliver key advocacy messages for Positive Women Inc.

The day will include, "What is Advocacy?", understanding and identifying the key elements of an effective advocacy message, and the development of a one-minute message.

Workshop Objectives:

- Identify what advocacy is and what it isn't.
- Increase understanding of the key elements of an advocacy message.
- Work to develop a one-minute advocacy message for Positive Women Inc.
- Have fun while learning!

Contact Jane at Positive Women Inc. if you want more details.

New Baby for Marama & Tony



A huge congratulations to Marama and Tony Pala and their whanau on the arrival of their new son Kepas Pirikawau Wature Pala born on the 22nd of September at just 28 weeks and 1245gms. Hugely premature but both mother and baby are doing well. Kepas is the second addition to the family as Tony and Marama already have a beautiful daughter called Maainga.

We wish Marama and her family all the very best on behalf of Positive Women Inc, and a happy and healthy future.

YWCA Fundraising Project



Manisha and the team wearing red ribbons at their presentation evening

In August 2009, a group of young high school girls from the YWCA leadership training program called 'Discovery' started a project to raise HIV awareness and fundraise for positive Women Inc.

Manisha, the group leader, said *"We as a team decided we wanted to raise both awareness and money in order to help positive woman. We got in touch with Jane at Positive Woman Inc and she sent us posters, pamphlets, ribbons and bracelets which we sold to make money. We also held a small bake sale at school in order to raise some more money"*

"We had to present our project to friends and family. Beate came and talked at the presentation and gave an insight into Positive Women Inc. and shared her stories with us which was very powerful and helped a lot of us including friends and family, gain better knowledge on HIV and AIDS"

"I didn't know much about the organisation before which was another reason we chose it, to gain a better under-

standing of what Positive Woman...Inc do and how it helps woman with HIV and AIDS. I think its a wonderful organisation and am glad to have done something to benefit it. I have definitely learnt a lot since we started, and listening to Beate I heard about all the stigmatization and all the hardship that she faced and how positive woman helped her through it"

The team are still raising money by selling bracelets and ribbons, and have done really well so far!

A big thanks to the girls and the YWCA Discovery program



Selling Cake to raise HIV awareness and funds for Positive Women Inc.

Positive Women Grow

Written by Mel

*Like a lotus flower we grow;
As positive women we continue to flow;*

*We are powerful and stronger than any other;
After what we have been through,
We are still friends...family... and mothers*

*What a journey we have all had,
And emerged as super beings
made of rock and led;*

*The beauty and love that we have,
can knock anyone down in their path if they dare.*

*The ones who love us are the ones to hold on to,
But the ones who are ignorant are not worth the
bother too!*

*Continue to grow and flow my dears,
And life will bring you infinite joy,
and happiness tears!*

*Not one being has a life full of only grief,
We have had ours, now it's time to reap!*



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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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

