



# THE SCOOP

**PUBLISHED BY THE PEOPLE WITH AIDS COALITION OF MAINE**

**JUNE 1991**

**VOLUME 3 NUMBER 6**

## **BIKERS RAISE OVER \$8,000.00 FOR PWAS IN MAINE**

*by Thom Alan*

It's a distance of twenty seven miles from St. Peter's Church in Portland to Cousin's Island, and back, and on April 27, 1991 over 75 riders rode the full distance.

The sun shining beautifully above Portland should have been our clue that the outcome of this event would be as perfect as the weather. After an uncertain weather forecast earlier in the week, the elements gave way to temperatures in the mid to upper 60's. "If anything, it could have been a few degrees cooler." remarked one of the riders.

Tom Antonik, President of the Board of Directors for the PWA Coalition of Maine, opened the day's events by dedicating the run to the memory of their good friend Chris Meanor who recently passed away from complications attributed to the AIDS virus.

After only one hour and nineteen minutes, Karl Henry took the final corner, to surprise everyone by his early finish, and took the honors as first person to complete the twenty seven mile trip. Over the next hour and forty minutes, all 75 riders took that corner and finished the course.

One of the many highlights of the day was the presentation of a check in the amount of \$250.00 to Max Bertunek. Max raised over \$1,100.00 in pledges, which qualified him for first place fundraiser of the day. Second place went to Lisa Vacarro, who brought in a total of \$500.00 in pledges.

In all, riders raised in excess of \$8,470.68 in pledges, registration fees, and t-shirt and button sales. To date \$5708.00 of that amount has already been turned in. Riders were sponsored by more than 300 individuals, and more than 50 corporate sponsors.

Thank you all for participating in this years run, and you can bet that we'll be doing this again next year.

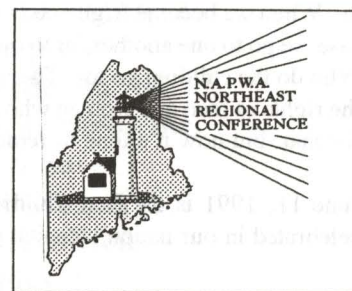
## *ALSO IN THIS ISSUE..*

### **NAPWA**

### **CONFERENCE**

*Highlights of the NAPWA  
Northeast Regional  
Conference.*

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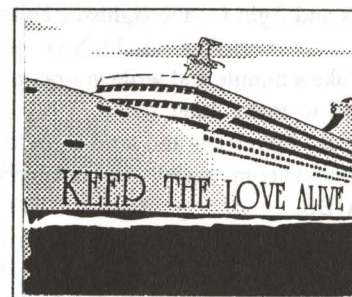


### **KEEP THE LOVE ALIVE BOAT**

### **CRUISE**

*Information and Ticket  
Order form*

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## FOR THE CHILDREN

by Terry D.

Here in the state of Maine we hear so much about the lack of services for people with AIDS. We have people from all walks of life fighting for rights of people with AIDS...for some reason, we have forgotten one very important group of people in this fight...we left out the children.

Yes, we have men and women living with AIDS in this state, but we also have children infected, and affected, and nothing is being done for them. When we need someone to talk to we go to the Coalition or to one of the many support groups.

When children need someone to talk to there is no one for them to go to. When we become frightened or need to know more about our disease we go to one another, or to our case managers, and they help us. Who do the children go to? There is no one. Our society fought for the rights of men and women who have AIDS, and I'm very thankful for that, but now it's time to remember the children.

June 11, 1991 is the first Children's Awareness Day, and will be celebrated in our nation's capital in Washington D.C.

We who live with children infected, and affected with AIDS ask those who fought for the rights of adults who live with AIDS to get behind us and fight for the rights of children with AIDS.

Take a minute and write your congress person to ask them to pass the bill to make June 10-16, 1991 Pediatric AIDS Awareness Week. Make butterflies and send them to Washington D.C., or put them up in your community. Put notes on the butterflies to a child who has AIDS.

Remember a child on June 10-16...for those days, remember the children living, and those who have died from AIDS.



## JUNE'S CORNER

by June Seamans

The Bike-A-Thon is over...the conference is over...the month of May is over...Whew! But the Boat Cruise committee has begun to meet and the M.A.A. volunteers are looking towards October.

I guess this is what we're all about...flowing from one event into the next. It wasn't long ago that the energy flow was getting depleted. Too few people involved in too many areas. But things are changing.

Volunteers are bringing in their friends to help with the day-to-day work of the Coalition. The base of involvement is broadening, allowing many to do a little part well.

The threat of burn out is diminishing.

It's nice to see the sun shining, the leaves and flowers everywhere. It's nice to see the lines of fatigue slowly disappearing from the faces of those I work with.

It's nice to see self empowerment in action.

### THE AIDS PROJECT

THURSDAY LUNCH

11:45pm - 12:45pm

*Did you forget?*

*Every Thursday we serve a delicious hot meal with bread, salad, and yummy desserts!*

*Come relax and chat with friends and staff over one of our tasty and nutritious dishes.*

*And...the coffee's always hot!!*

*Call ahead if you need a ride...*



*We also have a freezer full of delicious, individual, pre-cooked meals for you to take home and enjoy.*

*All prepared by the folks at First Congregational Church in South Portland.*



# **A BIG THANK YOU TO ALL THE CORPORATE SPONSORS WHO HELPED MAKE THE BIKE FOR HOPE 1991 A GREAT SUCCESS**

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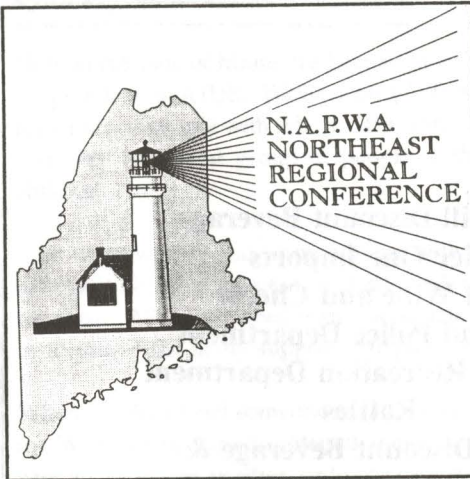
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The Unicorn Club  
The Whip & Spoon  
Tom's of Maine  
Union Station Wash & Fold  
Video Port  
Vose-Smith Florist  
Walk Abouts  
Wavelengths**

## ***THANK YOU ALL!!***



# OUR FIRST CONFERENCE

by Rick Brooks



Looking at the schedule it appears the conference is over, but I'm sure thoughts of the conference will be with each and every one of us for quite some time. The conference was a great success.

Planning for the conference started last fall when four of us went to Washington D.C. to receive our Apple com-

puter. While we were in D.C. training for the computer we decided to visit the offices of our National affiliate, N.A.P.W.A. (National Association of People With AIDS). While there, we told them of our plans to host a regional conference in May. They were excited to hear about a conference in the Northeast Region.

Plans for the conference started out real slow. Everyone was so busy working on a few hundred other projects. As time grew short we pulled together fast. Workshops were being organized, meals were being planned, accommodations were being lined up and details were being worked out. Before we knew it the guests were due to be arriving.

The first excitement came when it was time to meet the guests coming in from Nova Scotia, Canada aboard the Scotia Prince. June, Max, Winnie, Chuck and Tom all went to the terminal to meet the guests. They were all excited because this was the beginning of the conference.

Friday most of the other guests arrived to register, meet other guests and socialize. What a great turnout. People from all over Maine, New Hampshire, Massachusetts, Vermont, Rhode Island and Canada. It was exciting to have ten women and two children attending the conference to broaden the light on the AIDS crisis in New England.

Saturday morning....rise and shine. The group of 50 conference attendants gathered at The Living Room for breakfast. They all enjoyed a great nutritious breakfast and then headed off to hear the introduction to the conference. Thanks to Back Bay Tower, right next door, for the use of their space. They provided us with a terrific large open space to host the conference...within walking distance!

In the opening ceremonies our board of directors and conference committee members were introduced and an introduction of what was to happen over the next two days got everyone excited to start. Tom Antonik and June Seamans were the speakers for the opening remarks

and they conveyed how important this conference was to each one personally, to each organization being represented, and to the whole NAPWA Northeast Region. They stressed the importance of keeping informed of each groups needs, concerns and achievements.

After the opening remarks it was time to choose workshops. Many workshop areas were offered and were run two at a time, therefore you always had a choice of two workshops to pick from. Workshops offered were Acupuncture & Chinese Herbs, Medicinal Herbs, Visualization, Vitamin Therapy, Yoga, Nutrition, Substance Abuse, Women With AIDS, Spiritual Healing and Networking. Of course there was always the possibility you wanted to attend both workshops running at the same time. If you missed a workshop you wanted to attend your chances are 50\50 that it was video taped. We were able to video tape half of the workshops. If you are interested in viewing one of these workshops drop by The Living Room or write and let us know you are interested in viewing one of the conference tapes. We will let you know how you can get one of these tapes.

The workshops went spectacular. Each speaker was introduced by one of our board members. Each group started and ended right on time. The feedback and participation to the workshops were outstanding. It was this information that was of greatest interest to all the attendants and presenters. Most of the presenters grew in knowledge from the feedback and participation among the groups.

The t-shirts were great fun. T-shirts were given to all participants, presenters and volunteers. The t-shirts were printed with the conference logo and left white. Too blaahh right? Well we actually planned it that way. Time for the fun to begin. Autumn started signing t-shirts with fabric markers and fabric paints. It wasn't long before there were 40 to 50 t-shirts going around The Living Room to be signed, painted and designed. What a great souvenir from the conference.

Well before I wrap up the conference I want to tell you about the comments I heard during the conference. Some of the remarks I heard were "How lucky we were to have such a great Living Room", "How lucky we were to be able to provide such great meals", "How great our newsletter was", "How fantastic the conference was and how well organized it all was" and "How fortunate we were to have such great, hard working, volunteers". Thank You..everyone.. for all your comments. The appreciation you expressed gives us the strength to keep moving on, to improve the quality, and expand the services we provide to meet the growing needs of People Living With AIDS.

The remark I thought the most about was when someone said, "Your organization is so far ahead of ours, we will never have all of this". Well first of all it made me look at all we have. It made me thankful for all the services we are able to provide. Our organization should be proud of what we have and all the services we can provide.

Then I thought about what that person said and thought, you're wrong.

*Continued to Page 5*



## CONFERENCE - *Continued*

You can have all of these services....and more. But you're going to work hard for it! It doesn't come easy. It takes a lot of hard work, dedication, time and resources. But you can do it. You can, because look.....we did. We would not be here if it wasn't for the dreams, dedication and hard work of a small group of PWA's and some very special volunteers.

I think this conference brought a lot of light to the Northeast Region and hope that the networking will continue as we all continue to grow and develop. If we all work together we can help each other through the rough times ahead.

The thank-you's could take another ten pages but some special thanks need to be mentioned. Thank you to The Prince of Fundy Cruise Lines for the scholarships to out Canadian PWA guests. Thank's to Chuck Sawyer, David Charity and the volunteers from the area churches for all the hard work to prepare all the meals. If it wasn't for all the hard work you did it would have been brown bag weekend. Thank you to all the presenters for their time, knowledge, support and sharing. Thank you to Back Bay Tower for the use of their space. Thank you to David Charity who transformed Back Bay Tower into a conference site with a little fabric, a few plants and a little carpet. David can work with anything. Thank you to June Seamans for leading us, pushing us, caring for us and making a spectacular and organized conference that everyone enjoyed, grew and developed from. If June hadn't been there for us....there would not have been a conference. And last but not least thank-you to all the participants for their interest, input and sharing which made the conference a bigger success than anyone could have planned on. Hope to see you all again at the next regional conference. (June....just a reminder....let's let another group host the next conference in their home town so we can recuperate! Thanks....Love, Rick).

### WE'LL SET A PLACE FOR YOU...



### LUNCH SERVED EVERY DAY FOR PWAS AND THEIR FRIENDS

Monday thru Friday  
12:00 PM - 1:30 PM

#### The Living Room North

377 Cumberland Avenue  
Portland, Me. 04101

Phone: 207-773-8500

## THE PWA COALITION OF MAINE and THE LIVING ROOM NORTH

are located at

377 Cumberland Avenue  
Portland, Me. 04101  
Phone: (207)-773-8500

### Hours Open

Monday - Friday  
10:00 AM - 4:00 PM

### Lunch Served

Mon/Tues/Wed/Fri  
12:00 AM - 1:30 PM

Wednesday Night Dinner  
6:00 PM

Some extended hours  
call for extended hours

### MAILING LIST

To preserve the confidentiality of those on our mailing list, our list is **NEVER** given to other organizations. The newsletter is mailed with only The Living Room North and street address as the return address. We encourage those interested in the newsletter to add your name or organization name to our mailing list. We appreciate your need for privacy and will protect your right to privacy by not printing references to AIDS on the outside mailer.

### DISCLAIMER

This publication is designed to present information to people with AIDS and AIDS-related Conditions and concerned friends, and is not to be regarded as providing medical advice. The appearance of information in this publication does not constitute an endorsement of that information by the PWA Coalition of Maine. Consult your health providers for medical advice before undertaking any treatment discussed herein.

The appearance of any person's name or image in this publication does not imply anything about their health status or sexual orientation. Views expressed herein are those of the by-lined author and do not necessarily express the views of other



# SUNSET & HARBORLIGHT CRUISE

An AIDS Benefit For:  
The People With AIDS Coalition of Maine &  
The Names Project Maine / AIDS Memorial Quilt

August 4, 1991



A 3 hour sunset cruise aboard The Longfellow II, Long Wharf, Portland, ME  
Sunday August 4, 1991 6:00pm - 9:00pm Ticket Price: \$15.00  
Tickets & Information available at office, by mail, and by phone CALL: 773-8500



## *Please plan to join us on the cruise...*

*For those of you who joined us last year on the cruise...I'm sure you remember what a great time we all had. For those of you who missed last year's cruise....get your tickets early so you don't miss this cruise. Tickets were sold out last year.*

*This years cruise will be similar to last years with one big exception. Last year we hosted a two hour cruise of Portland Harbor. This years cruise will last three hours AND ticket prices are the same as last years cruise price. How's that for a slow economy? We realize that economic times are tough....but so are funding times for AIDS services. We want you to have a great time and we will do everything we can to make sure you enjoy the cruise. We have extended the cruise and kept the prices the same as last year so your donation will stretch an hour longer and still provide needed services to those people living with AIDS in Maine. Music will be provided on both decks if all goes well, plans are still underway for these arrangements. Light refreshments will be available on the main deck, a cash bar will be open with additional bartenders. Where else can you have so much fun and provide so much support for only \$15.00 ?*

*Please take the time to fill out the order form below and mail your reservations in now. If you prefer you may stop by the People With AIDS Coalition offices at 377 Cumberland Avenue Portland, ME or the offices of The Names Project Maine / AIDS Memorial Quilt at the same address. Tickets are available there Monday through Friday 10:00 am - 4:00pm (other hours may be open if special events warrant, please call for extended hours at 773-8500).*



Wooden cutting boards are virtually impossible to sanitize, so never use them. Use plastic cutting boards instead, and wash them frequently, preferably in an automatic dishwasher.

Between each use, wash knives and other kitchen utensils with soap and hot water, or run them through the dishwasher.

Common molds and fungi can be extremely dangerous for people with impaired immune systems, so their kitchens should be kept especially clean. Wash the inside of the refrigerator often, using baking soda and water, to prevent mold. Scrub kitchen counters with cleanser and rinse thoroughly.

Mop the kitchen floor at least once a week and pour mop water down the toilet, not the kitchen sink. Use covered trash cans lined with plastic bags. Keep the house well ventilated to help prevent the spread of airborne infections.

Keep separate sponges to wash dishes and kitchen counters. Disinfect sponges by soaking them in a solution of nine parts water to one part bleach for five minutes.

Check your refrigerator and freezer temperatures. The temperatures should be 40 F and 0 F, respectively.

## ***Cooking***

**COOK FOOD THOROUGHLY.** Be particularly careful when cooking with a microwave oven. Microwaves do not cook evenly, salmonella and parasites may not be killed. Use a microwave thermometer to determine the food's internal temperature and carefully follow cooking directions. Many microwave recipes include a standing time. Don't omit this - it is an essential part of the cooking process.

Wash fresh fruit and vegetables with running water before eating them. This will not provide an absolute guarantee of safety, but washing has been shown to remove most microorganisms.

Thaw meat in the refrigerator, not on the kitchen counter. This holds true even for cured meats such as ham.

Cook or peel organic fruit and vegetables...avoid organic lettuce. Throw out any lettuce or other produce that has been contaminated by drippings from packages of meat.

Precook meat, especially poultry, before finishing it on an outside grill. Cooking temperatures are so unpredictable on grills that meat can easily be charred on the outside, and underdone on the inside.



## ***Traveling***

People with HIV should consult their physicians before traveling to areas that may have low standards of sanitation and hygiene. Some advice to follow in addition to what he or she might counsel: Drink only boiled water or beverages made from boiled water. Don't use ice.

Canned or carbonated, bottled drinks are safer than unboiled water.

Avoid salads and uncooked vegetables, and peel your own fruit. Eat only cooked food that is still hot and don't eat any food from street vendors.

That should give you a lot to think about...Thanks Larry.

## **JUNE WISH LIST**

***4 - 84" long sofas***

***4 - club chairs***

***4 - 6' foot banquet tables***

***25 folding chairs***

***If you have any of the items above, and would like to donate them to the Coalition, call us at:***

***The PWA Coalition of Maine  
377 Cumberland Avenue  
Portland, Me. 04101***

***Phone: (207) 773-8500***

***Remember...All donations are  
tax deductible!***

## **AIDS MEMORIAL QUILT UPDATE**

***by Debb Freedman***

Traveling with the Quilt has been a time of renewal. Traveling in itself puts the world at your feet. It's an opportunity for unplanned time, chance meetings, and letting go. This, combined with our mission of giving the people of Maine the opportunity to experience the Quilt, has taught me a deeper meaning of love. The quilt helps to educate by opening the senses of touch and sight; by hearing the stories and feeling the love leaves everyone exposed, vulnerable, and at the least, attempting to reassess their values.

Seeing the Quilt has made people from Presque Isle feel less alone; given classes in Machias a chance to openly discuss the issues of sexual preference, sex, and dying. It gave the University of New England a week long display so people had time to appear, reappear, reflect, and finally reach to the table for information. It allowed a woman in the University of Maine Saco Center to break down saying her Quilt will be shown next year.

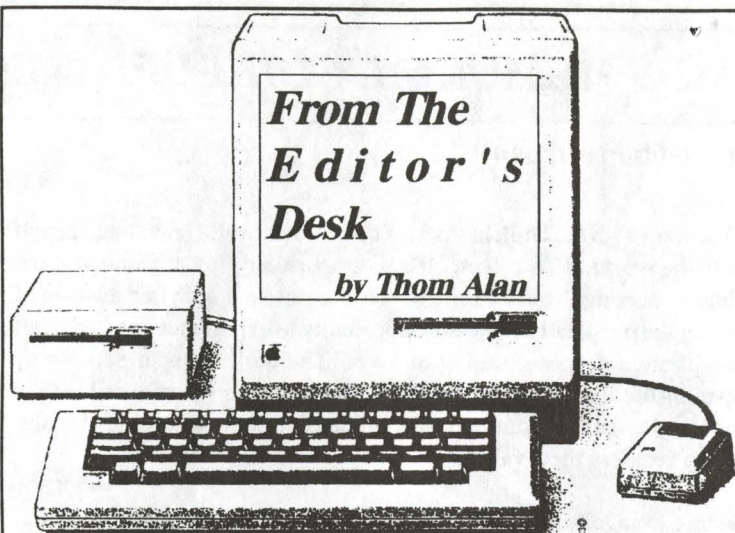
In Brunswick it allowed a family who lost their son to talk of the experience and the need to release the anguish not wanting to always be strong and needing to know that it was alright.

The college of the Atlantic will never quite be the same. Students and faculty helped make a panel; they watched "Common Threads"; they connected with Downeast AIDS Network; and every night the basket with condoms was empty by morning; people began talking, not hiding.

My life has been changed. Some sacred truths for me were spoken in the process. One is that the giving of unconditional love extends life. We are all capable of this, and it doesn't cost a penny! Two, sex isn't intimacy; it's easy to talk about how to put on a condom one step at a time, but true intimacy happens in many different ways. Last, but certainly not least, we have time, we all have time.







This has been one of the busiest two months that I've had in a long time. The bike-a-thon, the NAPWA Conference, and three newsletters have kept me going full tilt. Now that that's all done, I've got this last newsletter to finish, and get to the printers, and then I get a little vacation time.

Before I head off for a bit of rest and relaxation I want to mention all the people that came out of the woodwork to help during the last couple months. Of all the things that caught my attention during this very busy period, it's been the people...people that I haven't seen so busy since I've been at the Coalition...and thank God for all of them. I began to wonder how we would get through all the work. So many things needed to be done, and all I knew is that it seemed like everyone else was looking as tired as I felt.

But when push came to shove, the people we needed rose to the occasion, as they always do I guess. The people who came to help didn't have any specific thing in mind when they volunteered, just that they were willing to help. And to all of you a big thank you.

A special thank you to Rick Brooks who has helped with all the advertising. He's the one who put the Bike-A-Thon Logo together, as well as the Conference logo, and now the Boat Cruise coming up in August. He also has helped to make sure that the programs I need to put this newsletter together were available, and you may have noticed, this month has started writing for the newsletter. I really needed the help too.

I enjoy putting the newsletter together, but after writing articles for the past three months, I am tired of reading my own work month after month. So, Rick has agreed to help me out, and it's really much appreciated.

If you have articles that you'd like to get printed in our newsletter, or would like to write articles on a monthly basis, drop us a line...we'll be happy to get you set-up, and help you with getting space.

Thanks again everyone, enjoy the breathing space we have before the boat cruise. See you there!!

## NEWSLETTER SUBSCRIPTION

The Scoop is published by The People With AIDS Coalition of Maine. The newsletter is offered to any individual, business, school, church or other interested parties free of charge. It is important that we have your full and complete address to insure that you receive each issue. The U.S. Postal Service will not forward or correct any name/address changes, nor will they deliver mail with incorrect information. Please keep us informed of any changes by mailing the form below.

NAME

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TELEPHONE (optional)

- ☐ NEW SUBSCRIPTION
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- ☐ NAME/ADDRESS CHANGE

Mail completed form to:  
PWAC 377 Cumberland Ave., Portland, Me. 04101

## CONTRIBUTIONS

The PWA Coalition of Maine appreciates your interest in its activities and programs. We also appreciate your donations of food, clothing, and used household items.

If you would prefer to make a financial contribution, please send your check or a money order made payable to:

**The PWA Coalition of Maine**

**377 Cumberland Avenue  
Portland, Me. 04101**



# June 1991

## PWA COALITION OF MAINE

SUNDAY

MONDAY







TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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