

Hidden Lives

While the global face of HIV/AIDS is increasingly that of a young woman, this is not the case in Australia, where HIV positive women have been described as a 'minority within a minority'. In 2006, the National Centre for HIV Epidemiology and Clinical Research estimated that there were approximately 1500 Australian women living with HIV, less than 10% of the total number of over 16,000 people.

What these statistics do not describe, however, is the important role HIV positive women - as activists, advocates, educators, carers and supporters - have played, and continue to play, in the history of HIV in Australia.

In a piece written for the Sunday Herald in 2007, Marianne Peisl wrote of her HIV diagnosis, "So, at 26, began my own secret life, hiding my diagnosis from my family, concealing medical info in my car boot and pretending hospital appointments were work meetings." Peisl was diagnosed in 1988. She was only the fifth woman in Victoria to be diagnosed at a time when panic about HIV was at its height and knowledge about the virus was only just starting to emerge. Even among health professionals, very little was known about the extent to which women were susceptible to HIV, let alone the impact it would have on their bodies and their lives. Peisl's doctor at the time responded to her diagnosis with the comment he had never before seen a woman with HIV.

Fortunately for Peisl, she managed to make contact with a small group of women who had been slowly pulling together the first organisation for women living with HIV/AIDS in Australia, Positive Women Victoria.

Positive Women Victoria was established in 1988, a response to two women's experiences of isolation following their positive HIV diagnosis.

Bev Greet was told she had HIV in 1984. She didn't know any other women with HIV, so set about trying to make contact, leaving her details with doctors and HIV specialists with a request to pass them on to any other women. It wasn't until four years later, when Deborah Gillies got in touch with her, that she met another woman with HIV.



"I joined a group called Positive Friends in 1985, but it was all gay men" says Greet, "It wasn't until 1988 that Deborah called me at home and said, 'I am HIV positive'. I said, 'me too' and she didn't hang up ... We met several times and were always talking about our problems and concerns and issues. We were sure that there must be other women out there facing the same things, so we decided to set up a group for positive women."

It took a while for Positive Women to take off. Greet and Gillies advertised the meetings around Fairfield Hospital and the Victorian AIDS Council. Despite their best efforts, for the first six months, it was just the two of them at fortnightly meetings.

"One other woman came to the first meeting. But then [information about her HIV status] was overheard by her employer and she was put off coming to any other meetings," recalls Greet. "So it was just the two of us. We put up flyers around Fairfield Hospital and other places and were starting to wonder if it was all pointless. But slowly, slowly women started to come."

In the beginning women had concerns about joining a group for HIV positive women. While most were keen to meet informally and have cups of tea at each others' houses, they were frightened to be associated with the group in any formal way.

"There was a lot of stigma then," explains Greet, "you were a bad girl. Positive women were seen as sex workers or drug users, not that those

girls are bad at all, but there was stigma there. I don't think stigma and discrimination has disappeared today, but people are more open to the idea that anyone can get HIV."

In the early days, Positive Women ran fortnightly meetings in a small room at the Victorian AIDS Council offices in Collingwood. Over the years, however, the group became larger and the organisation more structured. In 1992, Positive Women received funding from the Victorian Department of Human Services to employ a paid worker and upgrade their premises.

"We didn't get much support at the beginning. We were told that we were such a disparate lot that we wouldn't gel as a group," says Greet. "We were banging on the door of the Health Department asking for funding, and we were told there wasn't enough of us ... It wasn't until 1992, when we had about 50 people and we finally got funding."



From this point, the organisation has gone from strength to strength; organising and being involved in a range of arts, cultural and sporting events that demonstrate the strength and life-energy of women living with HIV/AIDS, while also getting the message out that HIV can affect anyone.

In 1999, Positive Women entered a triathlon team in the World Master's Games. This is believed to be the first HIV positive team ever to be represented in an international sporting event, and the success continued with the 2002 Triathlon team receiving sponsorship from Maurice Blackburn Cashman Lawyers.

Cultural achievement added to sporting glory in 2005, when Positive Women produced a critically acclaimed play, 'In the Family', based on interviews with HIV positive women. The play, which a few years later was included on the VCE Theatre Studies List, was also developed into a series of monologues that are still performed

Contents

1. Hidden Lives
4. Nurse Phillip
6. Brenda's Blenda
7. Stitch & Bitch

As you are all aware, POSITIVELY is a monthly publication for people living with HIV/AIDS in the ACT and surrounding districts. Currently we are looking for people to assist us with the publication e.g. writing groups. No experience is necessary as we will provide training in all aspects of publishing from writing articles through to the printing stage. If you can spare a couple of hours from time to time please drop into the office for a chat or give Marcus a call. Positively is a monthly publication produced within the ACT with funding from the ACT Dept of Health. Submissions for the next edition are due on **Wednesday 19 August** Opinions expressed in this publication do not necessarily reflect those of the editor, publisher, nor PLWHA ACT.

Positive Support Services in the ACT and surrounding areas

People Living With HIV/AIDS ACT

Provides support for HIV+ people in the ACT through a newsletter and links with other PLWHA organisations throughout Australia. We also provide individual support with advocacy and representation on health and other issues, and referral to other agencies. Ph 6257 4985

Positive Support Network

HIV+ people get together to offer support and share information. PSN is mostly a social occasion where people can share the experience of being HIV+ over a free meal, without the formality of a structured meeting. Dinner on alternate Tuesdays. Ph 6257 4985.

Positive Women's Group

The Positive Women's Group meets for social activities throughout the year. For information on the group's gatherings or if you would like to suggest some activities contact Marcus, Nada or Stephanie on 6257 2855 or 6257 4985

Trevor Daley Fund

The Fund provides assistance for people with HIV/AIDS who are experiencing financial hardship, for the part payment of bills, a treatments allowance and some other costs. Applications can be made to the TDF Committee by any service provider. For more information call the TDF on 6257 2855.

Counselling

Stephanie Buckle is the AIDS Action Council counsellor. Free consultation available to all HIV+ people, their partners, carers or significant others. Phone 6257 2855 to make an appointment.

Jane Keany is the counsellor for the ACT Division of General Practice HIV/AIDS Program, and offers subsidised counselling services for people infected with or affected by HIV, their significant others and people at risk of HIV infection. Jane is available at the Interchange General Practice. Phone 6257 3004 or 0402 222 408 to make an appointment

Health Maintenance and Treatments Information

All enquires to Marcus

Phone 6257 2855

Treataware www.treataware.info

Nutrition

Consultation with a dietician from The Canberra Hospital is available free at the Canberra Sexual Health Centre. Appointments necessary. Phone Canberra Sexual Health on 6244 2184.

An HIV specialist nutritionist from Melbourne will be visiting quarterly. For further info contact Marcus or Mick on 6257 4985

Canberra Sexual Health Centre

Co-located with The Canberra Hospital. Free service available (no Medicare card is required) for testing and treatment of STIs, HIV clinic and counselling for issues such as safe sex, relationships and sexual functioning problems. Walk-in consultations available for urgent matters. Call on 6244 2184 to make an appointment.

Library

PLWHA and the AAC have an extensive range of books and videos for your enjoyment.

Educational books on HIV issues, cooking, Sci-Fi and general reading material, just to name a few of the areas covered. If you would like to borrow any of them please see Lynn or Mandi at the AAC reception desk who will sign them out to you and explain the borrowing conditions. We also have a number of new books in the library this month.

Greater Southern Area Sexual Health and Hep C Service

Sexual Health Counsellor/Educators

Angela Trevaskis

Queanbeyan, Braidwood, Yarrowlumla Shire

Ph- 02-6298 9233 Mobile 0428 972 414

Aboriginal Sexual Health HIV/AIDS Worker

Sharyn Medway

Ph 02-4827 3913 Mobile 0429 985 606

Sexual Health Nurses

Christine Taylor -

South Coast, Batemans Bay - Eden

Ph- 02-4476 2344 Mobile 0427 219 874

Shannon Woodward & Lee Constable

Queanbeyan-Goulburn Region

Ph- 02-6298 9213 mobile 042 789 3247

Margaret Trill

Albury 02 6058 1839

Robyn Ridley & Sally Anne Brennan

Wagga Wagga 02 6938 6492

Sally Daveron

Griffith 02 6966 9930

Clinical Nurse Consultant

Alison Kincaid Albury 02 6058 1831

Sexual Health Physician

Dr Katherine Turner

Ph 6298 9213

HIV/AIDS Related Programs Manager

Michael Bolton

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The Fine Print

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at public events. This was backed up in 2007, with a powerful photographic exhibit, 'A Body of Knowledge', depicting the experiences of members of Positive Women Victoria in images and text.

These initiatives notwithstanding, Greet describes the greatest achievement of Positive Women as the support that group members have provided for women over the years, both through formal events such as annual weekend retreats and informal day-to-day support.

"I do believe that peer support is a strong element in survival, breaking down that sense of isolation," says Greet. "Our raison d'être was to provide peer support, to make sure people did not feel alone and to help people feel (even though it was hard at the time) that we could live long and productive lives and even have children. We provided support by visiting women in hospitals, or if they had a crisis in their family or relationship we would go and visit, or we would go to funerals."

Advocacy has also been at the core of what Positive Women have achieved. The role of women who had the courage to tell publicly their stories of being HIV positive was incredibly important in the mid-1980 and early 1990s when the dominant image of a person with AIDS was one of someone who was 'deviant', criminal or in some way deserving of their fate. Women who were mothers and grandmothers, many of whom had acquired HIV through heterosexual sex, came out in the media to demonstrate that HIV can happen to anyone, even 'good' women. In 1987, the television documentary 'Suzi's Story' aired on Australian television to an immensely positive public reaction. The award-winning program, which chronicled the

last months of Australian woman Suzi Lovegrove's life and death from AIDS, went a long way toward dispelling the myth that HIV/AIDS only affected gay men.

The political power of positive women also comes from the capacity to speak from experience. For example, the Women's network of the National Association of People with Living with HIV/AIDS (NAPWA) have been strong campaigners for appropriate policies regarding routine HIV testing in pregnancy. This issue again reared its public head in Australia in 2005. Canvassing the opinion of women who have been in the situation of being diagnosed with HIV through antenatal screening, NAPWA women's network is in a strong position to present a powerful argument on the issues.

For better or worse, the need for organisations like Positive Women Victoria is not going away. In Victoria, the annual number of HIV diagnoses among women is increasing and the organisation has experienced an escalation in the number of women seeking support over the past few years. The needs of positive women have changed over the years, however. With new treatments available and life expectancy increasing, women are now seeking support around issues such as pregnancy and ageing.

"It used to be more that women would call us in crisis, soon after being diagnosed. They thought they were going to die," says Greet. "But now it's not so imminent. People take three months or so to digest things, then they may decide they want some support or information or to meet other women. Then they call us. We also have a bit of a baby boom going on now"

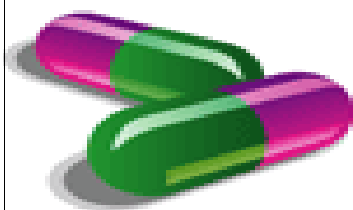
Positive Women Victoria reached its 20 year anniversary this year. Despite much activity among various organisations and positive women across the country, Positive Women Victoria continues to be the only independent group for women living with HIV/AIDS in Australia.

"We were quite determined to achieve that," says Greet. "We saw what the gay men had done and they had so much knowledge and so many skills and it was great. But we needed to do it for ourselves. It was part of our healing process to do it for ourselves. We have now passed our 20 year anniversary. That is a big achievement ... We are also a model for the rest of Australia. I'm so glad in those early days that we persevered."

More information about Positive Women Victoria can be found on their website www.positivewomen.org.au.

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HIV Australia A special colour edition Reflections: 25 years of HIV, copies available from Westlund House



treataware

Informing HIV treatment choices

www.napwa.org.au/treataware

Nurse Philip

Dear Nurse Philip

I have been positive for many years and my doctor is constantly telling me I need to think about giving up smoking, I have tried many times using patches but have had little success as I usually start smoking within a few months . A friend of mine has had better success giving up by using a new quit smoking drug that was prescribed by his doctor. As I'm on HIV medications, I was worried if I would be able to take these drugs. I was wondering if you can give me some information on these drugs and if they can be taken with HIV medications and what side effects they may have.

Your hypochondriac patient

HIV Huff' n Puff

It is great to hear that you're thinking of stopping smoking. There are so many benefits, particularly for people who are HIV positive. For example, the likelihood of developing some cancers (particularly lung cancer, but also others, such as cancers of the anus and cervix) is reduced when you stop smoking. And having HIV can significantly increase the rate of developing emphysema, a lung condition, which results in increasing breathlessness and decreasing ability to carry out normal day-to-day tasks.

This is in addition to exacerbating some of the risk factors for heart attack and stroke (such as increasing cholesterol, narrowing arteries). Of all the modifiable risk factors for heart disease, smoking is the one that has the greatest risk.

There are two frequently prescribed medications that are used to help people stop smoking: Champix and Zyban. Of these, Zyban has been around a bit longer. The main side effects of Zyban can include sleeplessness, dry mouth, changed taste, ringing in the ears and jaw clenching. People with high blood pressure, previous seizures, head injury, anorexia or bulimia should not take it. With Champix, the main problems are headache, nausea, gut problems (such as constipation and bloating), sleeplessness and increased

dreaming. Neuropsychiatric changes (such as mood swings, depression and suicidal thoughts) are a rare but important side effect of Champix. It is important to have good personal support if you are taking it and close contact with your prescriber if you are having any of these side-effects. There are of course other side effects for both of these medications; they will be listed in the patient information insert in the packaging or on the internet.

It should always be borne in mind that in the process of smoking cessation, you will experience some changes solely because of your reduced intake of nicotine. These may include irritability, anxiety and restlessness. As they may appear around the same time that the prescribed anti-smoking medications started, it may be difficult to separate the side effects of the medication from the symptoms of nicotine withdrawal.

When you discuss the use of medications in smoking cessation with your doctor, there will be a lot of things to consider before deciding which (if either) of these drugs will be better for you. This decision is often based on the most up to date research in this area. The decision will also be influenced by any pre-existing conditions that you might have, particularly those that are similar to the side effects to be expected from these medications. The amplification of a pre-existing problem (such as seizures, depression or disturbed sleep) should be avoided if at all possible. Champix would have to be used with caution if you are also taking efavirenz because it is known to cause neuropsychiatric changes in some people.

As you indicated, there is the possibility of drug interactions with antiviral medications. Sometimes this information can be found on the patient information sheet provided with the medication or on the internet. This information however is not exhaustive. The internet can be a useful source of information, although it is difficult to sift through the large amount of information. There is always new

research, some of the information may not be trustworthy and there is often conflicting information. Your prescribing doctor is a great source of up to date information about interactions. For example, your doctor may wish to increase the dose of Zyban if you are taking ritonavir, based on studies that indicate that ritonavir can lower Zyban levels. This decision will depend on the dose of ritonavir and other drugs in your antiviral combination.

Doctors who use computers to write prescriptions receive alerts about potential interactions between newly prescribed medications and those that are currently in use. Your doctor would then access information through the published literature and contact with other experts in the area to find out whether you were getting the best and safest treatment. If the doctor who is prescribing the anti-smoking medications is not your HIV prescriber, it is important that you provide a list of the antiretrovirals (and other medications as well as complementary therapies) that you are taking to ensure the safest level of prescribing.

Although nicotine replacement therapy (patches and gum) did not seem to work for you, it can be used in combination with Zyban. A number of people find the patches to be very helpful. Neither Zyban nor Champix are guaranteed to lead to smoking cessation; they do however increase this likelihood in people who are committed to stopping. Contact with a group, such as the one recently run by PLWHA or the Quitline 131 848 can offer information and support, which increases the likelihood of success.

Whichever method you use to cease smoking, you will need to continue to be vigilant about situations where you may be tempted to smoke again. Many people stop smoking with assistance from medication or other support only to take it up again some months later. If that happens to you, just remember that most smokers require many attempts to quit successfully. Think of it as a learning experience that will make you better equipped for your next quit-smoking attempt and therefore make you more likely to achieve this long-term positive change.

Bone health and HIV

Positive Living article • [Adrian Ogier](#) • 5 June 2009

Those of us with HIV are more likely to have conditions such as osteopenia (low bone mineral density) and osteoporosis (weakened bones) than our negative contemporaries. Factors such as low body weight and increased levels of smoking may also be contributors.

French investigators recently found that over a third of those about to start treatment already had reduced bone mineral density and that their levels continued to fall after they started treatment, particularly in those taking a protease inhibitor.

However, HIV treatment, CD4 cell count and viral load does not appear to increase the risk of bone fractures. Their analysis showed that the only factors associated with fractures were excess alcohol consumption and coinfection with hepatitis C.

A joint London/New York study also noted that tenofovir, a popular component of many people's regimens, may also be responsible for higher levels of bone mineral loss. They advise that vitamin D may prove to be a useful supplement for those on tenofovir.

Vitamin D is essential for bone metabolism and appears to be almost universally deficient in people with HIV.

ANNUAL AIDS ACTION COUNCIL

Up Ya Bum

TRIVIA NIGHT!

EXTRAVAGANZA

TRIVIA NIGHT!

A NIGHT OF FUN, FACTS AND FUNDRAISING!

SATURDAY 11TH JULY
7:00 pm at the Hush Lounge
\$15.00 pp for tables of 6
(includes snacks and a drink!)

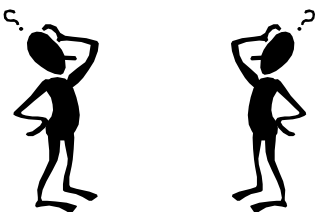
To book your table contact the
AIDS Action Council on 6257 2855

All moneys raised go to the Westlund
House Community Development Fund

New Fact Sheet from Positive Life NSW

Is he thinking what I'm thinking?

www.thinkagain.com.au



We know a lot about HIV, but some of us may not know as much about Hep C. An estimated 13% of people with HIV in Australia also have Hep C. Some people could underestimate the impact of Hep C because they still see HIV as being more serious. This fact sheet is based on personal experiences and clinical expertise. It shares some strategies on living with HIV and Hep C, and enhancing quality of life. Copies available from PLWHA ACT or www.positivelife.org.au/factsheets



Free Legal Advice Service

As with your personal health it's wise to stay in touch with your legal fitness, after all, living well into the future is all about planning today.

A free legal advice service through the AIDS Action Council of the ACT for its members and communities.

JOHN DAVEY from Goodman Law solicitor in attendance.

You don't need to have a pressing legal question to use the service: living well into the future is all about planning to-day. Not sure what to do or where to go? Then perhaps a quick chat with John can help you answer your questions and point you in the right direction.

Appointments are recommended - call (02) 6257 2855 during business hours. It may be possible to see the solicitor in attendance without an appointment, but this is not guaranteed.

30 Minute consultations are available from 6pm on the following Thursday evenings, 9 and 23 July, 6 and 20 of August, 3 and 17 of September and the 1 October



DIETICIAN'S CLINIC

Jenny McDonald

will conduct a Dietician's Clinic at the
AIDS ACTION COUNCIL Westlund House on
TUESDAY 22 September

Please call Mick or Marcus on 6257 4985 for further information and to make an appointment. Please bring your latest blood test results to the clinic.

Jenny will also be joining us for dinner on the 22nd September at the Peer Support Network get together so why not come along and hear Jenny talk about food and the role it plays in our lives.



Personal Computer Reuse Scheme

Charity Computers is an organisation that enables people on a low income to access home computers at a greatly reduced price.

The computer packages are supplied at various prices starting at \$100.00 All computers come complete with monitor, mouse, keyboard, operating system and 12 months warranty.

Those with concession cards such as – student's, pensioner's and Health Care Cards can access this scheme.

Contact Details 46 Lhotsky St Charnwood ACT 2615

Phone 02 6101 6931 **Fax** 02 6259 8034

Email: admin@charitycomputers.com

Web: www.charitycomputers.com

HOURS: 9am-12 and 1-4.30pm Mon to Fri

LOCATION: Opposite the West Belconnen Fire Station in Charnwood in the Canberra Christian Life Centre facility (previously old Charnwood High School) *For further details or assistance in accessing this scheme please contact Marcus or Mick on 6257 4985*



Centrelink Changes from July 1

The link below will take you to the latest fact sheet produced by the National Welfare Rights Network setting out details about the changes and how payments may be effected along with investigation methods to be used by Centrelink to determine a couple's status.

<http://www.welfarerights.org.au/>

Needing further information? Then contact us here at Westlund House Resource Centre and we will assist you in finding the information.



Have direct questions about your circumstances? Then why not give the Welfare Rights and Legal Centre a call on their advice line, assisting people in Canberra, Queanbeyan and SE NSW call (02) 6247 2177

The Advice Line is open from 9.30am to 1pm Monday, Tuesday, Thursday and Friday



Brenda's Blenda

Another cold winter is upon us and with the economy the way it is and the cost of putting a meal on the table for yourself or friends is taking more imagination to keep to your budget.

First off for a light and yet different starter is a recipe, discovered whilst living in Papua New Guinea and other Pacific Islands, called **Fish Kokoda** (or Kokada). There is no cooking required and can be prepared the night before or even 3 to 4 hours prior to serving.

What you need

- 2 Fillets of fresh white fish e.g. Ling or Barramundi
- The juice of 4 limes (the best) or 4 lemons
- $\frac{3}{4}$ cup of coconut cream (tinned from supermarket)
- 1 clove of garlic crushed
- 2 hard boiled eggs sliced

Onion rings, cucumber cubes and sliced tomatoes to garnish

To prepare

Dice your fish fillets into $\frac{1}{2}$ inch pieces and place into glass or earthenware bowl and cover with the lime or lemon juice. Cover with gladwrap and chill overnight or 3 to 4 hours prior to serving, turning with a wooden spoon from time to time. Avoid using metal spoons or utensils for this dish. The lime or lemon juice will turn the fish white or opaque and will look and taste like cooked fish. Take the fish out of the bowl and squeeze between paper towels to remove all juice. Place into cocktail glasses or small dishes. Mix the garlic with coconut cream and spoon over the fish. Garnish with sliced eggs, onion rings, cucumber cubes and

sliced tomatoes. This is a delicious for a first course or light luncheon dish.

Baked Chicken breast stuffed with cheese.

- What you need is 2 fresh chicken breasts

Parmesan Cheese and Philadelphia Cheese cut into pieces

How to prepare and bake:

By holding your chicken breast flat side down cut a pocket along the side and stuff with cheese – you may need tooth picks to hold the breast together which must be soaked in water a couple of hours before backing so they don't burn.

Heat your oven to 180 degrees, place your chicken breast onto a baking tray and brush with a little vegetable oil for 30 to 35 minutes

Serve with a potato baked in its jacket in alfoil along with the chicken. Cut a large deep cross into the top of potatoes, peeling the foil back, into little leaves. Spoon some Philadelphia cream cheese into the top of the potatoes and serve with chopped chives across the cream with a side of boiled peas and beans "YUM O"

Love Brenda



Need Vitamins?

Don't forget that vitamins are available from the AIDS Action Council at cost price for all people living with HIV/AIDS within the ACT. If you have a current pension concession card you may be able to access your monthly treatments allowance. The \$5.00 dispensing fee is payable by all clients accessing this service and using their treatments allowance.

To minimise your dispensing fees pick up your vitamins for the month in one go - no more than one month's supply of vitamins will be given at one time.

While there are outstanding dispensing fees no further vitamins will be available!

Should you have further questions about this service please contact Marcus on 02 6257 4985 or Nada 02- 6257 2855



NAPWA has launched an email version of the Positive Living.

If you would like a copy sent to you visit the NAPWA website www.napwa.org.au or click on the subscribe link below.

[Subscribe to positive living](#)



Positive Living NAPWA's free news magazine for people living with HIV/AIDS in Australia. Published since 1989, *PL* is Australia's only national publication for positive people. **Subscriptions** Free subscription's are available to HIV-positive people living in Australia who prefer to receive Positive Living by mail. To subscribe visit www.napwa.org.au or call 1800 259 666. Copies are also available from the PLWHA ACT office at Westlund House Resource Centre.

Public Forum on Menopause



Would you like to hear relevant, reliable and researched information about health and wellbeing at midlife?

Presenters from Australasian Menopause Society and other experts in Menopause will address issues relating to; midlife health, menopause, treatment of symptoms including herbal and hormone therapies, and other self-management strategies including healthy eating, physical activity and emotional health and well being.

Presenters:

Dr Rosie King – Sex and Relationship Therapist – Libido

Dr Liz Farrell – Gynaecologist and President elect of the Australian Menopause Society – Hormonal treatment of menopausal symptoms

Professor Martha Hickey – Gynaecologist - Non hormonal treatments for menopausal symptoms

Venue Bradman Theatre, National Convention Centre Canberra

Date Thursday 17 September 2009

Time 7.30pm

Cost \$10.00

Booking Information: Please contact Viv Wallace, AMS Secretariat on 4642 1603 or via email at ams@netlink.com.au to register your interest. www.menopause.org.au

Wanting to go along but not by yourself ?

Give Nada a call on 6257 2855 at Westlund House Resource Centre.



Stitch & Bitch

On at Westlund House Resource Centre on Thursday 9 July from 6.30 pm to 8.30 pm.

This is a group for gay men to enjoy each others' company and conversation or for meeting new guys. And all the time, you'll be knitting (or learning how to).

Wool, needles, lessons and light refreshment will be provided (and a gold coin donation would be appreciated).

Call Westlund House on 6257 2855 for more info or just turn up on the night.

Further nights are planned with notice posted to ACTQueer before the event. Haven't heard of ACTQueer ? ACTQueer is a confidential and free email list for lesbian, gay, bisexual, transgender and queer people in Canberra in the Australian Capital Territory and surrounding region. It is an easy way to keep up with what is happening in Queer Canberra and a useful way to find out what, where, when who, how and why .

Getting connected with ACTQueer is easy and free. Just visit: <http://groups.yahoo.com/groups/actqueer> and register or send a blank email to

actqueer-subscribe@yahoogroups.com



COMING EVENTS

Wednesday 8 July

PSN Lunch 12 - 4pm Westlund House

Saturday 11 July

Annual AIDS Action Council Up Ya Bum Trivia Night—
Hush Lounge

Tuesday 14 July

Christmas in July

Big Dinner, Training room
Westlund House Resource
Centre starting at 6pm



Wednesday 15 July

PSN Lunch 12 - 4pm Westlund
House

Wednesday 22 July

PSN Lunch 12 - 4pm Westlund House

Thursday 23 July

Legal clinic from 6pm Westlund House

Wednesday 29 July

PSN Lunch 12 - 4pm Westlund House

Tuesday 4 August

PSN Dinner Pizza and Card Night
6pm Westlund House

Wednesday 5 August

PSN Lunch 12 - 4pm Westlund House

Thursday 6 August

Legal clinic from 6pm Westlund House

Wednesday 12 August

PSN Lunch 12 - 4pm Westlund House

Wednesday 19 August

PSN Lunch 12 - 4pm Westlund House

Wednesday 26 August

PSN Lunch 12 - 4pm Westlund House

Tuesday 1.09.2009

PSN Big Dinner 6pm Welcome to Spring
Westlund House

Wednesday 2 September

PSN Lunch 12 - 4pm Westlund House

Thursday 3 September

Legal clinic from 6pm Westlund House

Wednesday 9 September

PSN Lunch 12 - 4pm Westlund House

Floriade 2009 - Mind, body and soul
12/09/2009 to 11/10/2009



Wednesday 16 September

PSN Lunch 12 - 4pm Westlund House

Thursday 17 September

Legal clinic from 6pm Westlund House

Tuesday 22 September

Dietician Clinic - Jenny McDonald

PSN Big Dinner - Jenny McDonald