



We're still waiting...

The San Francisco AIDS Foundation Volunteer Newsletter • June 1989

Will we march?

UNLESS YOU HELP, the Foundation may not have a contingent in this year's Lesbian/Gay Freedom Parade and Celebration.

Here are the facts. For the past two years the Foundation has had a remarkable presence in the parade. We have won a Cable Car Award each year and have served as a morale booster and also fashion trendsetters to boot. Here's the rub. The same creative but tired people have designed and produced the contingent on the same tired budget. And, folks, this year we really need you to kick in and give us some support and energy.

If our idea works, D.I.F.F.A. (a national AIDS fundraising organization composed of graphic and interior designers, furniture and fabric wholesalers and architects)

will be donating 160 yards of rainbow fabric out of which we will sew an 80-foot rainbow flag. Marchers will carry each stripe to become part of this walking monument to 20 years of gay pride and diversity. We hope to be wearing Foundation T-shirts that will match the colors of the flag. We also hope to have some percussion musicians who will march with us and lend some festive sounds to our contingent. PWA/ARCs will ride in a bus following the flag.

We need people to help us with calls to see if we can get last-minute donations; we need people to sew all weekend on the 16th/17th/18th; we need a contingency plan if we get neither T-shirts nor fabric donated; we need to contact musicians; we need moral support; we need we
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NAME OUR NEWSLETTER

You may have noticed there's something missing from our front page. It's not that we're not clever, it's just that we want you to do it. Submit your suggestions along with your name and daytime phone # to Volunteer Newsletter, c/o SFAF, 333 Valencia St., fourth floor, San Francisco, 94103. Please write "Name our Newsletter" on the outside of your envelope. The winner and a friend will get a personal tour of KRON-TV, Channel 4. Keep your eyes peeled for your favorite celebs!

Lyn Paleo: Our loss, Harvard's gain

IT'S ALWAYS A bittersweet occasion when we watch one of our own leave the Foundation to follow other pursuits. On the one hand, how we hate to see her go, and on the other hand, we joyfully share in the excitement and anticipation awaiting her as she turns the next page in her life.

Lyn Paleo, Education Director, and one of our most valued staff members, will be leaving us on June 30 to attend the Kennedy School of Gov-

ernment at Harvard University for a Masters degree in Public Administration. This will be a one-year program aimed at developing her skills in non-profit management and/or government.

For those of you who have not had the good fortune to get to know this extraordinary woman, let's take a look at some of the things she has done.

For beginners, she was born on a

U.S. Army base in Germany, and in all probability spoke fluent German at the age of six months. Soon after, her family returned to the U. S., lived in various sections of the country and finally settled in Colorado. In 1975, Lyn moved to San Francisco and became involved in the study of American Sign Language.

Subsequently, she became a professional interpreter for the deaf, a position she held for five years. Most of her work was done in colleges, where she would accompany deaf students to their classes and interpret for them.

In May 1983, Lyn developed carpal tunnel syndrome, a painful neurological condition which affects the movement of the hands. She was no longer able to continue in her then-chosen field. It was at this time that she took a "temporary" summer position at the AIDS Foundation. At the end of the summer, she had become so involved that she decided to become a permanent staff member.

At that time, she was one of four staff people, with approximately 100 volunteers working at the Foundation. She did everything! Lyn ran the Hotline, handled the volunteer program, was involved with office management, set up filing systems, utilized all her clerical skills, and, it is not unreasonable to believe, was probably instrumental in securing the first "Mr. Coffee" for the then non-kitchen. To put it another way, Lyn did whatever had to be done --

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LOOKING FOR NEW BLOOD

THE HOTLINE ADVISORY Group is looking for some new members to join us.

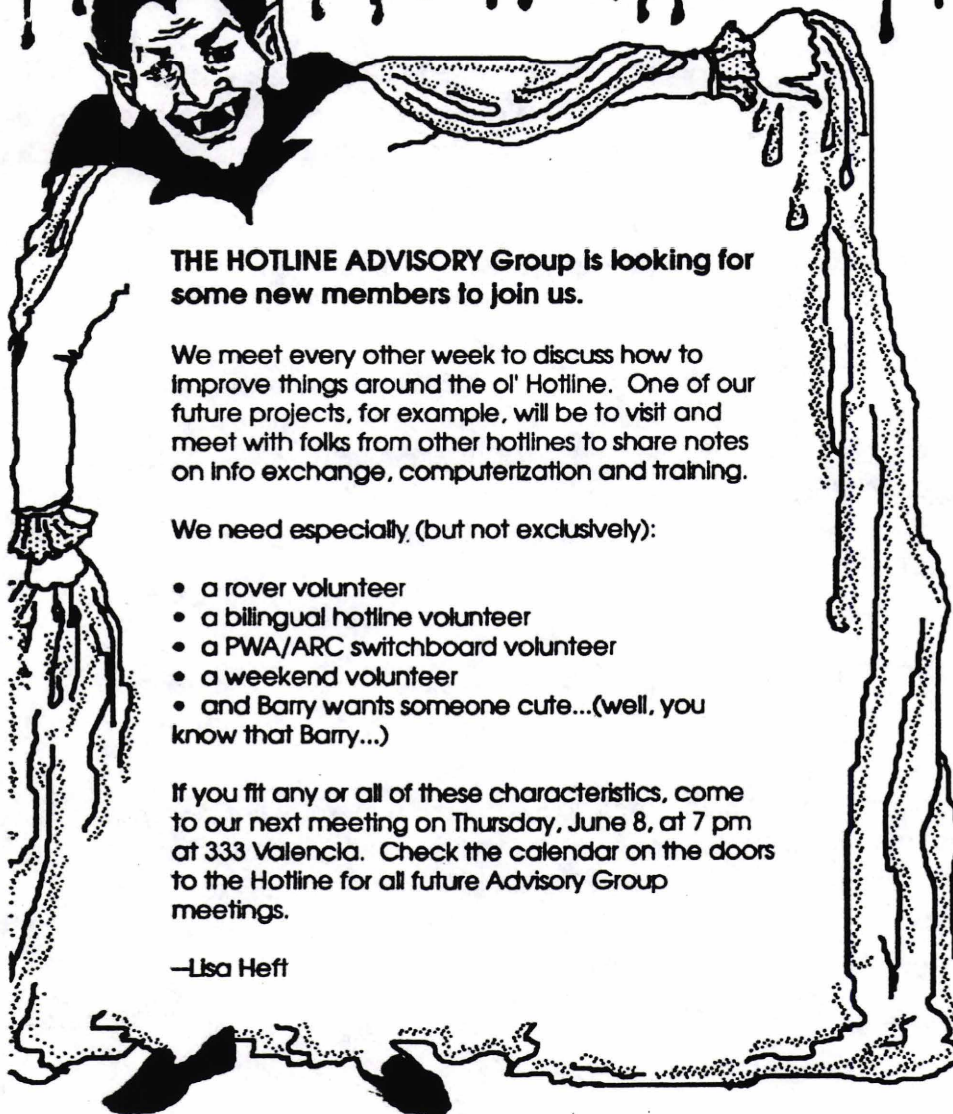
We meet every other week to discuss how to improve things around the ol' Hotline. One of our future projects, for example, will be to visit and meet with folks from other hotlines to share notes on info exchange, computerization and training.

We need especially, (but not exclusively):

- a rover volunteer
- a bilingual hotline volunteer
- a PWA/ARC switchboard volunteer
- a weekend volunteer
- and Barry wants someone cute...(well, you know that Barry...)

If you fit any or all of these characteristics, come to our next meeting on Thursday, June 8, at 7 pm at 333 Valencia. Check the calendar on the doors to the Hotline for all future Advisory Group meetings.

—Lisa Heft



There's nothing like a picnic

IT WAS AN up and down day in San Francisco, veering between the flashing sun of spring and the freezing fog of summer. I walked through Golden Gate Park looking for the SFAF Volunteer Picnic, my first. Just past the SPCA Dog Be-In, just before the ACT Human Act-Out, I found it. A popular day for the park.

The first familiar faces appeared: the "never-met-a-committee-they-didn't-like" newsletter crowd. Some people take ubiquitous too far, but never mind. Fortunately, lunch was waiting nearby, sitting quietly in spiffy bags from the Imaginarium Toy Store. As Pat Christen and Tim Wolfred held court nearby, yours truly idly speculated on what lay inside those bags. Soon coming to my senses, I decided to take a "paws on" approach. Perhaps I was inspired by our yapping neighbors...the human mind will always be a mystery.

And the contents? *Pas mal*. (Not bad at all.) Cookies, chicken and fresh pasta salad. Not processed cheese food on bleached white, but nothing too arty or mauve. I plopped down to eat, the frozen grass crackling as I settled in. At least the picnic was gaining steam.

A trio was playing nearby, and some people were dancing in the meadow to the bass, fiddle and guitar. Very nice. I made my way through the lunch and began eyeing the huge cookie bowl on the table. I was too full to move but not to eat. I chanted discreetly, hoping to levitate a cookie or two in my direction, but nothing

happened. So much for the new age.

In the other direction, sundry events unfolded. Ken Jones ambled by with a new hair statement; a woman admitted, "I always have to have something in my mouth"; a man deconstructed another imaginary lunch; someone shot string out of a can; someone else said a bit too loud, "If you want to sit on it, I'll leave it here." San Francisco is so San Francisco some days.

Most of the day's expenses were donated by the caterer "The Butler Did It." And they planned activities, you better believe that butler did. The first was a bread sculpture contest. Some entries: a bread road, the leaning tower of sour french, slump tower, a collapsing castle, a horse/dog combo, the Greek Temple Des Baguettes (with goddess), a barge and a corral (for the horse/dog). Superannuated teenagers shimmied nearby inside a hula hoop. Very amusing. And the liquid refreshments were unending (with a decent Chardonnay, no less).

I left, had to leave that is, when they brought out the eggs for the egg-toss game. I love eggies more than Edith Massey and could not endure such frivolous tossing to and fro. But I departed quite well fed and contented, especially because my admittedly adorable leaning tower garnered a "Klik (sic) 'n Klatch" ball toss game. Changed my lifestyle totally, but...next time, well, I really have to win the first prize, a "wee wild small fry cafe": a

"poseable" doll sits inside a tiny plastic hamburger. Fabulous or what? You better believe a patent is pending on this concept.

—Charles Wagner

AcrOsTic

The following 35 terms associated with AIDS may be found hidden in the letter box below. Words may be horizontal, vertical, diagonal, backwards or forwards. HAVE FUN KIDS!

AIDS
AMFAR
ARC
AZT
bleach
blood
C. Everett Koop
CDC
Compound Q
condoms
dental dams
ELISA
FDA
Food Bank
hemophiliacs
HIV
IFA

immune system
KS
Lube
needles
prostitutes
PWA
quackery
quilt
research
Retrovir
risk
safe sex
saliva
Shanti
symptoms
T cell
transmission
vaccine

I T N A H S V A C C I N E Z
Y S C A I L I H P O M E H J
T P R O S T I T U T E S K M
R A F M A D L A T N E D N E
A I S A F H T C E L L R A T
N D Y R E K C A U Q I E B S
S S M C S R F A D U S S D Y
M S P N E I A N E I A E O S
I M T C X V U C B L E A O E
S O O D O O L B I T B R F N
S D M C P R J V V R U C D U
I N S M V T A Z T I L H A M
O O O N E E D L E S H A W M
N C E V E R E T T K O O P I

-- Maureen Madsen

Nutrition and HIV+ individuals

ON MAY 9, Bonnie Broderick, a dietician with a Masters in Public Health from Berkeley, gave a lecture on nutrition and HIV. OK, so we refreshed our memories on the four basic food groups (Quiz: Does pizza contain the four basic food groups? Is BRAT another word for Joe Fera when he's cranky?) But we also learned a few bits of info specific to people who are HIV+.

Obviously, nutrition is important for those with HIV disease. With proper nutrition, you can help to maintain weight and prevent body tissue breakdown, sustain a higher energy level, facilitate wound healing and recovery from surgery or infection, enhance immune function, improve response to drug or alternative treatment, and enhance general well-being and quality of life.

Bonnie suggested a nutrition program based on a nutritional assessment conducted by qualified personnel before a nutrition program is designed. *Nutrition history* includes medications, alcohol use, access to foods and eating habits and patterns. A *diet analysis* is done to ascertain strengths and deficiencies in one's diet, through, say, a diet journal. *Laboratory biochemical data* can check for levels of such things as selenium in your body. *Anthropometrics* are another measurement factored into a nutrition program: height, weight, lean body mass, and fat-to-lean weight ratio.

And what do you do after all that? Well, let's look at what should go

into our bodies (No smart remarks, now...).

Proteins are the cell's building blocks. We need 'em to build anything in our body. **Carbohydrates** are our energy for moving, thinking, etc. **Fats** carry fat-soluble vitamins around and keep our cells flexible. **Vitamins** are important especially for HIV+ people, particularly Vitamins A, D, B-6, and B-12 for enhancing the immune system. **Minerals** are also important to HIV+'s, especially selenium, copper, zinc, iron and magnesium. **Water** makes up 60% of our body. We have to replenish liquids constantly to maintain this ratio.

Imagine what you usually eat in a day, and test yourself: According to Bonnie, *each day* you should get:

--two servings of protein (meat, fish, poultry, etc. for carnivores, and rice+wheat, legumes and seeds, for example, for vegetarians) per day,

--two servings of legumes (peas, beans, etc.) per day,

--four servings of starch (1/2 cup rice, 1 piece of bread, etc.) per day,

--five servings of fruit or veggies each day (1/2 cup or one piece), including at least one serving of "C" foods, such as strawberries or citrus, and of "A" foods, such as dark leafy green or yellow veggies, and

--two servings of dairy per day for calcium, phosphorus, protein (dairy alternatives can include sardines or other fish with bones, dark leafy greens, tofu treated with cal-

cium carbonate, or soy milk).

Ugh, gross, the thought of eating all that food makes me wanna throw up, you say...

Well, Bonnie has some tips for easy eatin.'

If you are suffering from *loss of appetite*, carry around dried fruits or eat smoothies loaded with stuff, avoid filling up on fluids *during* meals, and possibly change your medications. If you have *chewing or swallowing problems* due to lesions, thrush, or bad dentation, eat soft, high-calorie foods and avoid acidic foods like citrus or tomatoes. For *weight loss problems* Bonnie suggests late night snacks, larger AM meals, and carrying snacks such as dried fruits in your pockets. For *diarrhea* you must try to find the exact cause and eliminate it, if you'll forgive the pun. It also helps to stop dairy, eat low-fat, low-fiber, low gas-producing foods, increase liquids and stick with "B.R.A.T.": Bananas, Rice, Applesauce and weak Tea. For *nausea*, rest with your *head elevated* after meals, and avoid food odors.

Note that apparently studies are being done on polyunsaturated fats and HIV; these fats may actually be bad for HIV+ individuals, so since HIV+ people often become low-cholesterol anyway, it might be wise to lay off the margarine and go for the butter.

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SFAFACTS

A NATIONAL SEARCH committee has been established to find a successor to Tim Wolfred, who is resigning as Executive Director effective June 30. The committee is made up of the Board of Directors augmented by Development Asso-

ciate Tricia Foster and Assistant Director of Education Ernesto Hinojos.

Now is the time for all interested and qualified applicants to submit their resumes to The Search Com-

mittee, c/o SFAF, P. O. Box 6182, S. F. 94101-6182. Interviews will be held in July. The top candidates will be presented to the Board which will appoint a new director in August. The target date for the next director to assume office is October. Pat Christen will fill in as the interim executive director.

(More about Tim Wolfred, the guiding force behind SFAF for the past four years, in our next issue.)

Nutrition

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Organic foods are pesticide free, which is great, but they also may contain micro-organisms. Therefore, always buy foods in season, buy local foods and wash them well.

Depending on the degree of HIV illness, avoid contaminants (salmonella, etc.) by avoiding the following foods: sushi, uncleaned fruits and veggies, raw chicken, raw eggs, even slightly spoiling or moldy foods (when in doubt, throw out), cheeses with mold such as Bleu cheese or Brie, and possibly honey and peanuts, as in their uncooked forms they may contain a virus harmful to HIV+ individuals.

Drink plenty of fluids (6-8 glasses per day), as they "rinse" things through the body. Avoid caffeine and alcohol, as they are diuretics and can take minerals, etc. out of the body. Try to cut down on or discontinue smoking, as it depletes the body of vitamin C. Take a good multivitamin/mineral at 100% of the RDA, even if you are on a great diet. HIV+ people tend to not absorb several minerals as well as they should. Avoid unsupervised mega-

doses. Sometimes these can actually suppress the immune system, says Bonnie. Exercise in whatever form pleases you, and work on reducing stress (anything from therapists to hot tubs to good bodyworkers to sweethearts can help on this project.)

Oy vey, you say, *do this, don't do this*. Just gimme a big piece of German chocolate cake and let me wallow in it!

Lemme see: Cake = eggs, flour, fruit, glucose, oh, shut up, Lisa....

For a free copy of a brochure and article written by the Task Force on Nutrition and AIDS, write to:

Task Force on Nutrition Support in AIDS
Wang Associates, Inc.
19 West 21st Street,
New York, N. Y. 10010

Bulk copies are also available. Thanks to AIDS Treatment News for providing the info on this pamphlet.

--Lisa Heft

YOUR INDULGENCE IS requested for the next week or so if staff members seem a bit preoccupied or hard to find. The deadline for the SFAF budget for the new fiscal year is approaching. The Foundation is planning a maintenance budget as resources have been tightening up. More reason than ever to promote and attend upcoming fund raisers.

ON JUNE 15 at Davies Hall, Michael Tilson-Thomas will conduct the Beethoven Marathon from which we benefit only from tickets sold through the Foundation. To get your ticket, call: 864-5855 ext. 2563.

GET OUTDOORS ON that same weekend! Experience the thrill of rafting on the American River by attending the "Flotilla for AIDS," a joint benefit for the Foundation and Project Open Hand. Dates: June 16th or June 17th. (Call early for either: 558-0600.)

AIDS WALK WAS the biggest AIDS fund raiser in northern California in 1988, raising 1.23 million dollars. We want an increase from the 8,000 participants last year to 10,000 in 1989. Get off on a good foot! Call 896-WALK.

--Austin Gutman

Leaders in the fight against AIDS

"AS LONG AS one of us has this disease, we all remain at risk...There is no time to rest...what worked three years ago may now be obsolete...The money we are spending now is a fraction of what will be needed in the '90's...Our current fight...is the empowerment of all people...We've built a momentum of hope, power, and leadership...I feel good because I know that we all learned to be leaders together. AIDS has made leaders of all of us..."

These were the words spoken by SFAF Executive Director Tim Wolfred at the May 17th Leadership Recognition Dinner. Tim joined others in honoring several leaders in the fight against AIDS as they received awards from the Foundation. Tim was in the company of some real movers and shakers that evening.

In his position as President of the California Medical Association in 1988, Dr. Laurens White rallied the medical community to defeat Proposition 102. Dr. White was introduced at the Leadership Dinner by Pat Christen who said,

"He had the personal and professional courage to stand up to this Proposition, when pathetic few in his field would stand up to this ludicrous policy. We are deeply thankful that he was willing to lead the fight in the protection of all our rights."

Dr. White was quoted last year in a discussion of Prop. 102:

"Those in legislature who say that eliminating anonymity will not affect the numbers of people who test are being erroneous. They know it's

erroneous and they don't care. I think they're a bunch of liars."

When he received his award, Dr. White added:

"Of the 75 thousand doctors who practice medicine in California, half of them have never read a paper about AIDS...It is a little embarrassing to get an award given to a doctor for doing what he is supposed to do...For those who say we can't afford more money for research, education and care for AIDS, I say this: Let's make peace with Russia and take 300 billion dollars a year to take care of the people in this country!"

Jim and JoVanna Luqué were also honored, for their loving co-chairing of the SFAF's annual Thanksgiving Dinner for people with AIDS and their loved ones. Last year's event served 600 meals and delivered 300 more. In KPIX General Manager Carolyn Wean's words, "Jim and JoVanna have given new meaning to word 'Dinner Party!'" When accepting their award, the Luqués said they appreciated being part of an event that was not a fundraiser, not a media event, but truly a family event.

Dionne Warwick was also honored at this event for her efforts through her "That's What Friends Are For" recording and her work as the U.S. Ambassador of Health.

"Years ago I asked the question, 'Do You Know The Way To San Jose?' Well, believe me, if I had known what all of you beautiful people had been doing, I might have re-recorded the piece!"

Warwick praised the Foundation as

an inspiration to other organizations. She said our work is a tribute to everyone who has contributed in the struggle.

"As my last words to you I say: Keep smiling, keep shining, knowing you can always count on me...for sure... that's what friends are for."

Dr. Samuel Broder, Director of the National Cancer Institute, was the evening's guest speaker. He spoke of the charter the research community has to find a cure for AIDS:

"One of the themes tonight is compassion...but compassion has its limits. We must make sure that compassion does not become a tranquilizer for those of us who are charged with the task of finding a cure for this disease. I want to come to you some day and say, 'The epidemic is over. We don't need the compassion any more.' Compassion is like aid to people who are starving. Compassion is good, but food is better."

Perhaps the words that best summed up why we continue our struggle were those of another Leadership Award honoree, Alison Moed, R.N., Head Nurse at Ward 5A at San Francisco General Hospital:

"How glad I am to have this opportunity to be on this earth doing what I'm doing. I've learned that life is what happens right now in these little moments. Life is not something that is going to happen one day when you go on vacation and it'll be a miracle...The miracle happens when you run your fingers through your hair or breathe in and out...The miracle's happening right now. That's what I've learned."

--Lisa Heft

PICK UP THE NEXT ISSUE AT . . .

SFAF Offices, 333 Valencia, S.F.
4th Floor Reception Area or Hotline Area

•
SFAF Offices, 25 Van Ness, S.F.
6th Floor Reception Area

•
SFAF Food Bank, 25 Hickory, S.F.

•
Materials Warehouse, 250 Napoleon, S.F.
Unit K

This newsletter is published monthly by and for volunteers of the San Francisco AIDS Foundation. We welcome all comments, story ideas and contributions. Please address your correspondence to Volunteer Newsletter c/o SFAF, 333 Valencia St., fourth floor, San Francisco, 94103.

Lyn Paleo

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in an exemplary manner and with total selflessness.

As time progressed, her various jobs were rapidly dividing into separate functions while each developing part grew larger. After a year, the organization had grown so fast that she was totally involved in just the Hotline and Volunteer Services. At this point, her work on the Hotline became the catalyst for her next move. She found her shifts on the Hotline very rewarding, but she had become increasingly disturbed by numerous calls from people in other counties who could get help only in San Francisco. Hospitals outside San Francisco were refusing to treat people with AIDS, there were no support groups available, and certainly no help as far as basic needs.

The Foundation then applied to the State for a grant that would allow staff to go into other counties and set up programs so that people would not have to come to San Francisco for AIDS services. The grant was received, and Lyn was selected to run the Foundation's new Northern California Service Department. She

did this for three years, setting up programs in 22 counties during that time. After the first year, she was joined by other SFAF staff as the program grew. At the end of that time, there was a funded AIDS program in every one of those counties. The NorCal Services Department had worked with and conducted on-the-spot seminars with doctors, hospitals, nurses, sheriffs' departments and departments of public health, encouraging the latter to take a leadership role, assuaging the then-prevalent fears with respect to AIDS, motivating people and getting them to move. In addition, staff helped small non-profit organizations to get set up. As a pioneer of the movement, Lyn found this phase of her life most meaningful.

Following the establishment of these programs in the rural communities as well as in the larger cities, she became head of the Education Department here at the Foundation. She also returned to school to receive her BA at Antioch University.

On May 25, Lyn celebrated her sixth anniversary with the Foundation.

Hold the applause. There's more. We are talking here of a bona fide author and authority on science fiction. Her first published book, *Uranian Worlds*, co-authored with her friend, Eric Garber, is a bibliography of gays in science-fiction and fantasy, dating from 200 B.C. up until 1979. It is now being reprinted and revised up to 1989 and will be released in paperback and hardcover early next year. Her second book, *Worlds Apart*, co-edited with Eric Garber and a former SFAF staff member, Mog Decarnin, is an anthology of gay science-fiction. It is available at gay and science-fiction book stores.

Indeed, our loss will be Harvard's gain. But not to worry, she'll be back next summer. Her closing remarks seemed to sum up what Lyn Paleo is all about. A sublime softness replaced the alert expression in her eyes as she thoughtfully whispered, "My life is here, and I couldn't leave it."

--Mary Balman

Parade

(continued from page 1)

need we need. All you need is our phone number. Leave a message on Lisa Heft's machine, 626-0561, and we will call you back...

THANKS TO STEVEN Smith, a volunteer with Volunteer Services, we will have an air-conditioned bus available for PWA/ARCs to ride in splendor. There are approximately 40 seats available. Coffee, muffins and soda will be provided. If you wish secure a seat on the bus, call Irene Wysocki at 864-4376, ext. 2051.

WE NEED MONITORS for our contingent. Monitors will escort our group from the step-off in the Castro to our arrival at the Civic Center Plaza. In the event of any incidents our contingent monitors would seek the attention and assistance of specially trained and experienced Parade Safety and Medical Monitors. That's it! All you have to do is attend a 1-1/2 hour monitor training held on various afternoons and evenings from June 10 through June 23. Monitors can be Foundation volunteers, friends, neighbors, co-workers, partners, spouses, or anyone over 18. Your help is needed for this parade requirement. Call Ken Jones at 227-5227...

--Lisa Heft



Aunt Blabby's Column

BLABBY PUT ON her best caftan and mingled with la creme de la creme at that ol' Leadership Dinner, dears....For those of you who couldn't make it, well, darlings, you missed watchin' my mascara run, I'm not ashamed to tell you. And I'm not just saying it was because of the speeches, neither. You should've seen those outfits! We had La Good and La Bad....One unnamed tastefulperson said, "It's amazing how much money people will spend to look bad!"....But, dearies, there were some stunners, too. Ms. Irene Wysocki was looking very chic in her white satin dinner jacket and fuschia chemise. Michael Lee looked oh-so-romantic sporting a cool white silk suit and those longer, curly locks of his....Dionne wore a black evening suit with a yellow, black and white striped collar, and she wore her hair long and soft...but what's this about her changing her name around a few years ago because her numerologist thought she needed a new number? Is it to be Dionne or Dione? It's so hard to keep up....Blabby schmoozed with ever-so-tasteful Belva Davis, who wore a lovely black-knit suit with a jade and black scarf draped just so over her shoulder....Boy, would Blabby give a million two-pound boxes of See's nuts and chews for a figure like Belva's....But, Blabby fell into a near faint when she caught sight of Jon Cole in this navy Armani suit and Hermes tie...you know, the kind of suit that just drips down your body? Okay, so you know what I mean. The evening was delightful, but it was a long day...and Blabby and about a million other people got just a little tense when they thought someone up on the stage knocked over one of those tasteful crystal vases they awarded to the honorees....Happy to say, it was just a water carafe, darlings...but the strain was too great, and Blabby found herself sitting upstairs with Holly Smith and that dreamy Mr. Cole, popping Advils and talking about Valerie Bertinelli...Jon says he'd like her to play him in the made-for-TV version of *The Jon Cole Story*...but then, we'll save that for another column....

--Aunt Blabby