



re ACT-Believe



The AIDS Committee of Thunder Bay

Winter, 1995

Volume 8, Issue 1

Thank You for Caring!

1994 was a year full of difficult challenges for ACT-B. Some of these were new - others are ongoing issues we face on a near daily basis.

During the twelve months of 1994, we saw an increased caseload while at the same time experiencing more losses than we ever have before. We changed key staff positions and redefined their roles (Support Services and Volunteer Coordinators). And we were pressured by the stark realities of frozen government funding, increased needs and an ever more competitive local fundraising environment.

The latter is where you deserve our heartfelt thanks.

During 1994, many, many of you volunteered your time specifically in ways that helped raise needed dollars in support of our services. Many local businesses, employee organizations or service clubs made direct contributions to our work.

Again and again you have responded to our requests, from the simple need of an extra volunteer on a community bingo night, to assisting with the collection of donations for our annual holiday baskets for clients, to direct contributions of dollars.

We are struggling in very difficult economic and emotional times. Your generosity - be it your skills or your time or your dollars - has been vital to us this year. Thank you.

Each one of you is helping provide an answer to AIDS. Each one of you is proving this is, indeed, a very caring community.

Michael Sobota
Executive Director

Needle Exchange Programs: A Community Response

A quote from a Nov. 01 article in the local Times-News reads, "Handing out clean needles to drug users appears to cut their risk of AIDS in half, a new U.S. study concludes."

Currently in Canada, there are some 49 needle exchange programs running, nine in Ontario alone. Projects such as The Works in Toronto as well as projects in Kingston, and in Sudbury operate in a cooperative community effort to reduce the spread of HIV amongst injection drug users (IDUs) and their sexual partners. Looking at the bigger picture, needle exchange programs, when appropriately designed for the communities they serve, can do a lot more. IDU's are not limited to heroin and cocaine. Steroid use is also a concern, as well as home-made substances and other so-called "recreational intravenous drugs".

A priority of any needle exchange program is cleaning up neighbourhoods, therefore creating safer streets and playgrounds that are free from dirty needles. This can be accomplished in a controlled manner through a needle exchange program by providing clean needles or "works" in exchange for used or dirty ones. Used needles are placed in specially designed "Sharps" containers while waiting for transport to a proper disposal site. Simultaneously as needles are being exchanged, education about safer sex practices is ongoing. The importance of not sharing, and cleaning needles is emphasized, to prevent the spread of HIV and other diseases, both through injection drug use and sexual activity. One of the hopes of the program is also that once a trusting relationship is established with a service user, that person would encourage others to bring in their used needles, putting

some responsibility back on the drug user to help make the program work.

Although it would not be realistic to expect that every injection drug user would enter into rehabilitation, the door is kept open for those who would choose that route. If the program is deemed trustworthy by the people who use it---it will work! However, building the trust means building community support for the program. Players such as the police, the local district health unit, the local AIDS committee, other agencies who are currently doing outreach work, and injection drug users are integral to a successful program.

Here in Thunder Bay we know that injection drug use is happening. We know from our feedback from the local police, from agencies who are in direct contact with IDUs. We also know from the Ministry of Health and Health Canada that new infections of HIV through intravenous drug use are reflected in the data. We know from the experience of other successful needle exchange programs that there is no evidence that the programs contribute to increased drug use, and in fact, the incidence of HIV through injection drug use has decreased significantly in some areas where needle exchange programs are operating.

For about the past three years, a committee of conscientious local people have been working together to address the issue of injection drug use and the prevention of the spread of HIV/AIDS and other diseases in our community. A lot of careful thought and planning has gone into the possibility of running a needle exchange program here. Although funding is not yet in place, there is a more pressing issue---getting community support for a well run needle exchange, in order that IDUs will come forward and use it!

Sheila Berry,
Coordinator of Support Services





1994 Annual General Meeting Report

ACT-B's Annual General Meeting was held November 9, 1994. A record crowd of nearly 300 people turned out for the event.

ACT-B had invited Svend Robinson (MP Burnaby, B.C.) to return to Thunder Bay as the keynote speaker for the annual meeting. Mr. Robinson's address was titled "Whose Life Is It Anyway - The Ethics of Euthanasia and Assisted Suicide". The subject is a timely one, demonstrated by the enthusiastic crowd that came to the meeting, and by the range of questions asked of Mr. Robinson following his address.

The meeting also featured a "silent auction" which raised \$600 for ACT-B's Emergency Financial Assistance Program. The funds in this program are available directly to people living with HIV/AIDS who experience emergency financial needs.

ACT-B's Board of Directors was also elected at the meeting. The 1994-95 board consists of returning veteran directors Richard Atkinson, Alanna Downey-Baxter, Mahlon Inksetter, Gail Linklater, Bob Richardson, Diane Roberts, Pius White and Derek Zulesky. They are joined by newly elected directors Richard DeVuono, Adele Evans, Rob MacKay and Darryl Williams.

ACT-B thanks all past board members for their skills, commitment and contribution to the agency's development, in particular Sarah Bunn, Ed Prinselaar and Rob Shepherd who concluded their terms of office this year. And congratulations to the 1994-95 Board of Directors!

Thunder Bay Supports Anonymous Testing

An Ontario Ministry of Health evaluation report of anonymous HIV antibody testing indicates that people in the Thunder Bay region choose anonymous testing over other options by double the provincial average.

There are three options available in Ontario for anyone who wishes to get the antibody test. Only the anonymous testing option gives you complete assurance that no identifying information about you will be attached to your test and that your test results will be reported only to you.

In Ontario, most people get tested using what is called the "nominal" system (getting tested through your doctor). Some people chose the "non-nominal" system (getting tested through a clinic that takes your personal information and keeps a file on you, but codes the file).

The provincial average for choosing anonymous testing is approximately 7%. However, in Thunder Bay, it is over 14% (and has been as high as 20% during some periods). Clearly, Thunder Bay supports anonymous testing.

To access anonymous testing, simply call 625-5981 to set up an appointment. There are various different locations where you can go to be tested. Ask the receptionist when you call (you have more options than being directed to the Thunder Bay District Health Unit).

The test is free. You need not give any identifying information. Your test result will be reported only to you.

ACT-B supports anonymous testing. We're glad you do, too!

AIDS ATTACKS THE BODY IGNORANCE ATTACKS THE SPIRIT

People living with HIV AIDS need support and love.
You can't get HIV AIDS by being a friend.

Trade in fears for facts!

For more information, call:

807-345-1516

AIDS COMMITTEE OF THUNDER BAY

Focus on Fundraising



Up and Coming at ACT-B....

There is something in the wind. More and more people in our community are feeling it is OK to support our fight against this disease and against homophobia and AIDS stigma. It's not a lot of people just yet but I sense a shift of attitude which is very reassuring.

As of writing this late in December, with the warm sun shining on the north, I wonder if there will be any snow for the Snowshoe Obstacle Race, at the Winter Carnival. **Mediacom**, a local advertising company, will organise and sponsor this event on behalf of the AIDS Committee. On January 28th, four person teams can enter for a registration fee of \$20 (with Carnival Pins) or \$25 (without).

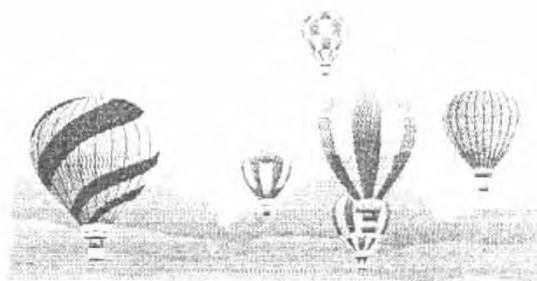
The evening of that same day, our second annual art auction will take place. **Art AIDS: Put Yourself in the Picture** will start at 7 pm at the Garibaldi Hall on Algoma Street. Tickets are \$20. We hope to improve on the \$6,000 we made at the first art auction... time will tell. If you are keen on being part of an evening of magic and compassion, fine art and stimulating company (\$20 is too small a price for all of this) please, join us at the Garibaldi.



There will be a Casino at the Ortona Legion Hall on February 7, 8 and 9th.

March will feature our coinboxes in Robin's Donut locations during the Nordic Games. Our volunteers will once again be canvassing door-to-door with the Kidney Foundation. A portion of the funds collected will be allocated to the AIDS Committee.

And we will finish off the month and the fiscal year with the inimitable and very popular Healthy Sex Cabaret. Our seventh annual Cabaret will run for two days... March 31st and April Fools day. Dr. Double Bill will be the Master of Ceremonies and Entertainments during an evening of ribald satire and hot music.



Enthusiasm is one of the most powerful engines of success.

When you do a thing, do it with all your might.

Put your whole soul into it.

Stamp it with your personality.

Be active, Be energetic, Be enthusiastic and faithful.

and you will accomplish your objective.

Ralph Waldo Emerson



The AIDS Committee of Thunder Bay acknowledges and thanks our various funders:

Ontario Ministry of Health
Health Promotion and Social Development Office
Ontario Region Health Canada
Ontario Trillium Foundation

All of the people involved in general fundraising and the support of many local businesses and individuals.

We would especially like to acknowledge all those who contributed to Art AIDS, in particular the many artists, Bearskin Airlines and McEachern Marketing; also our thanks to W. Bowers for donating a fridge to the office.





Social Marketing Campaign

Social marketing is "the design, implementation and control of programs designed to influence the acceptability of a social idea or cause by a target group." [Philip Kotler] Social marketing can be used to inform, persuade, or remind people about a particular issue or idea.

ACT-B has been funded through the AIDS Community Action Program (ACAP) of Health Canada to carry out a social marketing campaign. The overall goal of the ACAP project is to reduce barriers and create supportive social environments for people living with HIV/AIDS, while the specific objective is to create and place a local and regional print advertising campaign, based on the concept of social marketing. The basic thrust of this campaign is to develop advertising messages about various subjects related to HIV/AIDS and place these ads in newspapers throughout Northwestern Ontario. The campaign focuses essentially on print media for two reasons: it is economical compared to electronic media and because local newspapers have historically shown wide and consistent readership.

For the first year of this campaign, we decided on an "anti-stigma" focus relating to HIV/AIDS. We began by consulting with staff, with other health care professionals, with clients, and with our Advisory Council to get suggestions for the campaign on anti-stigma. We have run a series of three small size print ads, appearing September, October and December of 1994. The ads have appeared in 14 regional newspapers as well as the Chronicle-Journal/Times-News and the Thunder Bay Post. The fourth ad in the series will appear about the time this newsletter is distributed. Two of the ads are displayed in this newsletter.

In order to evaluate the effectiveness of the campaign, we have developed a tracking survey. Our plan was to make phone calls to about 60 individuals throughout the region after each ad placement, with an additional six calls as controls each time. This has been a major effort involving the diligent and much-appreciated efforts of a group of four volunteers. The results of this tracking survey are just now being tabulated and assessed. One preliminary result seems to indicate that, while attitudes towards HIV/AIDS and people with HIV/AIDS are not as negative as we might have thought, many people still base their level of support on the manner in which a person became infected. The results of the survey, along with the observations of our volunteer surveyors, will help to shape the development of the campaign over the next two years.

In the second and third year a poster and brochure

will be published to accompany the campaign. These will carry the messages into specific locations and be less time limited.

We need your assistance in this process. If you have seen any of our ads, please give us your feedback on them. If you have ideas about the direction the social marketing campaign should take, please let us know.

HIV DOES NOT DISCRIMINATE ...PEOPLE DO

The virus does not care about gender, race, or sexual orientation. By the end of 1993, 13 379 people in Ontario, from all walks of life, had been diagnosed with HIV infection.

Trade in fears for facts!

For more information, call:

807-345-1516

AIDS COMMITTEE OF THUNDER BAY

Youth Issues Project

As the Ontario representative to the Canadian AIDS Society's newly developed **NATIONAL PROJECT WORKING GROUP** on youth issues, I am excited to bring a new focus to my work with ACT-B. This **YOUTH ISSUES PROJECT** is committed to creating an opportunity for youth to speak out about their own realities and experiences around HIV/AIDS.

What are the issues for youth with respect to HIV/AIDS prevention education, care and support? Ultimately, this project is a needs assessment for youth at risk on a national level. Risk groups include young gay men, young heterosexual women, youth in care and street involved youth. The goal of the project is to coordinate 20 consultations across the country, including one in Thunder Bay. Having this consultation in our city, will ensure that the voices of Thunder Bay youth will be heard on a national and regional level.

I am in the process of identifying potential participants for the consultation, as well as any organizations willing to sponsor participants from outlying communities to attend.

If you or your organization know of any youth that would benefit from attending this meeting or have any questions or thoughts about the project, please contact Tara Lewis at 345-1516

The Flip Side



Join us for an
**Old Fashioned
Sleigh Ride!**

We appreciate our volunteers!



To show our appreciation for your dedication to volunteering, ACT-B will be hosting a sleigh ride at Gammondale Farm on Thursday, March 2, 1995 from 7:00 p.m. to 9:00 p.m. All volunteers and their families are welcomed! There's lots for "kids" of all ages to do... visit the animals in the barn, swing on the tire in the hayloft... sip on hot chocolate... and enjoy a horse drawn sleigh ride! Please make plans to come! RSVP to Jo-ann (345-1516) by February 29th.

To get to Gammondale Farm:

Take highway 61 approximately 4 kilometres past the airport. Turn right on the 4th concession road. Gammondale is located approximately 2 kilometres down 4th concession on the right hand side.

Petition

ACT-B has posted a petition calling parliament to act quickly to amend the Canadian Human Rights Act to prohibit discrimination on the basis of sexual orientation and to adopt all necessary measures to recognize the full equality of same-sex relationships in federal law. Please drop by the office at 217 S. Algoma if you are interested in signing this petition.



The Future

What has happened to our society when we willfully accept people living and sleeping on the street, children cast out of their homes because of sexual orientation and men and women dying alone because they have contracted a disease. What values and beliefs are we instilling in our children? They learn from example and their example is us. What are we doing to the future of our civilization?

anonymous





JOIN THE AIDS COMMITTEE OF THUNDER BAY TODAY!

Our strength is our people! People who give time and money. People who show their support by becoming **MEMBERS**.

Where does your membership contribution go? Directly into the Emergency Financial Assistance Program. This money supports people living with HIV/AIDS in our community. It helps to cover health related expenses (such as vitamins or paying the heat bill).



By becoming a member of ACT-B, you also have a say in the direction that the agency takes. You may:

- ♥ attend and vote at the Annual General meeting;
 - ♥ stand for nomination to the Board;
 - ♥ elect the incoming Board members.
-

I want to be a member of the AIDS Committee of Thunder Bay!

- _____ Enclosed is my \$10.00 membership fee.
- _____ I want to be a Supporting Member. I have enclosed \$25.00.
- _____ I would like to help more! Here is a donation of \$_____

Name:

Address:

City:

Province:

Postal Code:

Telephone: _____

ACT-B is a registered charity. Receipts for income tax purposes will be issued for every donation of \$10.00 or more. (Receipts will NOT be issued for Memberships, only for donations.)

Please mail cheque to:

AIDS Committee of Thunder Bay
Box 24025
Downtown North Postal Outlet
Thunder Bay ON P7A 4T0



People are our life blood! Here, we take the opportunity to profile a cherished volunteer and a staff member.

Linda MacKay

Terrific volunteers enter the doors of the AIDS Committee regularly and Linda MacKay is one of these treasured people. Linda has only been volunteering since the fall of 1994, but has made a substantial contribution to ACT-B already!

The eldest of 10 children, Linda was born in Halifax and moved to Thunder Bay at the age of 3. Surrounded by family, she soon learned to give time and help to others. Linda began volunteering over 20 years ago when her two children were young. She was a parent/teacher at Corpus Christi school and then moved on to volunteer at St. Joseph's Hospital in the Psychology Department.

When asked why volunteering is so important, Linda modestly replies, "I like helping people. I don't expect to get anything out of it. I'm more of a giving than a receiving person. It makes me feel good and I like to feel like I'm part of the team."

At the AIDS Committee, Linda assists with reception and clerical work two times each week. She was also instrumental in organizing the donations for the silent auction at the Annual General Meeting. With her help, we raised \$600 for the client Emergency Financial Assistance Fund. The AIDS Committee could not function without the tireless dedication of volunteers. Thank-you Linda!



Sheila Berry

Sheila Berry has worked at the AIDS Committee for the past four years, first as Volunteer Coordinator and now as Support Services Coordinator. Her interest in people has been evident from an early age. "I've always had that social pull. I can remember when I was really young my sisters and I used to put on a variety show in the front yard - make a tent and invite people and charge 25 cents admission. I have a picture of six of us who had put on a show and donated the proceeds to the Red Cross. I've always remembered myself as being social." It would have been difficult to be anti-social in the Berry household. Sheila comes from a blended family of 15!

Sheila's vocational travels have been diverse, from RNA to Copytux Technician. She explored the technical world and received an Electrical Diploma from South Porcupine College in Timmins. Upon graduation, Sheila gained employment at a woodworking factory. "I never realized that I had a knack for working with my hands. Through the woodworking shop, I worked at various machines, learning how to operate the equipment, and made high quality pine furniture."



Always a believer in education, Sheila began working toward psychology degree "because I knew that someday I would once again like to work with people." Her background in management and RNA training made her a good candidate for the position of volunteer coordinator.

Sheila finds her new position quite challenging and wants to focus her energy on building community support for people living with HIV/AIDS. "Situations can be very complex at times for individuals and families. The best that I can do is be sincere and supportive."



Thank You Thunder Bay!

The AIDS Committee of Thunder Bay wishes to thank the following businesses for donating goods and services in 1994:

A & P Foods
Alexander & Alexander, Reed
Stenhouse Ltd
Athlete's Foot
Atwood Shaw Labine
Bearskin Airlines
Bell Canada
Bev Porter's Limited
Boston Pizza
C & D Sports
Canadian Airlines
Canadian Tire (County Fair)
CBQ Radio
Centennial Golf Course
Chapleau Cree First Nation
Cineplex Odeon Films, Canada
C.J.S.D. Incorporated
Collegiate Sports
Command & Post Transfer Corporation
Condom Companion
Cranton Wellness Centre
Emco Distribution Group
Everest of Thunder Bay
Fresh Air Experience
Hammerskjold High School
Student's Council
J. U. Colonego Construction Limited

Janzen's Pharmacy
Jennifer's Antiques
Lakehead University
Lakehead Travel Limited
Lakehead Board of Education
Linda Lundstrom Fashions (Toronto)
SSR & Garrison Junior Rank Club
M & M Meats
MDS Laboratory
Magnus Theatre
Marlin Travel
Merlin's Tea Room
Mid Can OK Tires
Ming Auto Beauty Centre
Molson Breweries
Mount Baldy Ski Area
Nipigon Red Rock District High School Student's Council
Non-Teaching Charity Fund of Lakehead Board of Education
North Star Audio Video
Northco Foods
People's Co-op
Prince Arthur Hotel
Prospector Restaurant
Rainbow Printers
Secondary School Teachers Charity Fund

Sears Employees Charity Fund
Shear Heaven
Silver Mountain Store
Sooter Photo
Sportop Marketing
St. James Stereo
St Joseph Heritage Staff Fund
Superior Trailers
Sweet Thursday Bookshop
Talcher Office Products Inc
Students of McKenzie School
The Framing Post
The Painted Turtle
The Body Shop
The Finnish Bookstore
The Senator Norman M. Paterson Foundation
Thompson Timber Inc.
Thunder Bay Travel Limited
Thunder Bay Symphony Orchestra
Thunder Bay Auto Parts
Thunder Bay Wins!
Unpainted Furniture
Vanderwees Poultry Farms
Western Tire Auto Supply
Women of the Moose Port Arthur Chapter #1212
Zellers (County Fair)

Mother's Cupboard

A huge thanks to the newly formed **Mother's Cupboard food bank committee**. Our first meeting was a success. The members are Pius White, Linda MacKay, Erin McCarthy, Paula Pierman, Ann Garwood, Don Uhryniv and Ian Ritchie. We would also like to thank the following organizations for donating food in December.

**Current River United Church
Knox United Church
Beta Sigma Phi, Ontario Psi Master Chapter**

If you or your organization wishes to make a donation of non-perishable food items, you can contact Ian Ritchie at 345-1516 or drop off your donation to 217 S. Algoma St.





Christmas Baskets

This Christmas, 20 baskets were delivered to clients and their families. Without the generosity of businesses and volunteers, this event would not be possible. Thanks go out to the following people who made this year's endeavour such a success. A special thanks is extended to the coordinator, Trish Broeckel. Thank-you Trish, for your hard work and dedication! You are indeed our "Good Fairy"!



Zellers Intercity
Zellers County Fair Plaza
Safeway Arthur St.
Safeway Redwood
Safeway CFP
Safeway Court St.
Safeway Red River Road
The Body Shop
Global Experience
Video Village
Merlin's Tea Room
McDonalds

Bandito Video
Galaxy Bowl
CJLB
Boston Pizza
The Kidney Foundation
Thunder Bay Symphony
Orchestra
Magnus Theatre
Linda MacKay
Mildred Arnold
Matilda Arnold

Anita McDonald
Lakehead University
Students
Adele Evans
David Abramsky
Ed Prinselaar
Eva Green
Trish Broeckel
Hazel Wohni
Betty Kruzick
Anne Ciemny

Jan Bell
Coral Peterson
Kim Mauro
Florianne Faulkner
Richard DeVuono
Kathryn Arnold
Stan Weisheimer
Maryanne Gabriel
Marge Cross
Marla Hollingsworth
Sonja Matijek

Resource Library

The ACT-B Resource Centre Library has a collection of materials in a variety of formats covering information on HIV/AIDS and related issues. We subscribe to several treatment information newsletters with the latest information on HIV & AIDS treatments.

This information is available to everyone with an interest. Much of the material is available for loan, while the remainder may be used in the library. Reference material may be photocopied at ten cents a page.

We have recently purchased some new resource materials. From a spiritual perspective, there are two books that offer valuable support. Gavin Harrison has written a very powerful book titled **In The Lap Of The Buddha**. From a background of abuse and as a person living with AIDS, he offers suggestions around meditation that are both practical and simple to understand. **Gardening with Clay: Reflections on AIDS** by Ronald O. Valdiserri is a compelling series of essays dedicated to the author's brother who died of AIDS.

The issues of euthanasia and assisted suicide have been in the public eye recently. **Dying With Dignity**, **Final Exit**, and **EUTHANASIA: Assisted Suicide and AIDS** all explore aspects of this difficult subject.

There are a number of books for children, or for

people working with children, that help to address the issue of death and dying. **Tiger Flowers**, **Losing Uncle Tim** are written for a very young audience, while **When Heroes Die** is aimed more at young teens. **The Gift of Goodbye: A Workbook for Children** offers a chance to work with the process of dying, while **Explaining Death To Children** provides a more theoretical framework.

Homophobia is still a serious barrier in HIV/AIDS work, and support for gay, lesbian and bisexual youth is vital for effective prevention education. **Two Teenagers In Twenty**, **Understanding Sexual Identity**, **Is It A Choice?** and **Growing Up Gay**, **Growing Up Lesbian** are all useful resources.

Not A Total Waste explores a mother's reactions to the loss of her son.

OTHER RECENT ACQUISITIONS

HIV & AIDS: A Public Health Perspective 1993
HIV/AIDS & Disability: Building Partnerships 1994
Palliative Care And HIV/AIDS: Canadian Directory Of Services 1994
Practice Guidelines For Obstetrical And Gynaecological Care 1994
Staying Healthy With HIV 1994
Virus In The Steel, The: HIV/AIDS In Prisons 1994



3TC

Glaxo has announced upcoming international trials of the 3TC/AZT combination. There will be 10 trials sites in Canada, enrolling a total of 200 volunteers. Dr. Julio Montaner of Vancouver is the principal investigator. Negotiations about the trials sites are still underway, so Glaxo was unable to confirm the other centres. Enrolment is expected to begin in March 1995. The enrolment period will last for 3 months only. In a progressive move, volunteers will be allowed to remain on their current antiviral therapy, as long as AZT forms some part of it. This means people who have been clinically stable for 4 months on AZT or AZT/ddI or AZT/ddC can remain on that therapy while taking part in the trial. Volunteers will be randomized to

- 1) remain on their current antiviral therapy; OR
- 2) remain on their current antiviral therapy while ADDING 3TC; OR
- 3) remain on their current antiviral therapy while ADDING 3TC and Zalcitabine*

(*Zalcitabine is a reverse transcriptase inhibitor produced by Janssen Pharmaceuticals, currently in Phase II trials.)

Entry criteria are fairly standard, with CD4 counts between 25-250. The primary endpoint is time to progression. Other evaluations will be made on the basis of adverse events, laboratory tests, and Health-Related Quality of Life measures.

If you have any questions about the combination trials, please contact Deidre Maclean, Community AIDS Treatment Information Exchange, 1-800-263-1638 or Ian Ritchie, ACT-B, 807-345-1516.

The opinions and medical information offered by reACT-Believe are those of the individual authors and not necessarily those of the staff or Board of Directors of the AIDS Committee of Thunder Bay. Medical information offered by reACT-Believe should be used with your own discretion. Please consult your doctor.

Please address any comments about reACT-Believe to:

P.O. Box 24025
Downtown North Postal Outlet
Thunder Bay, Ontario
P7A 4T0

(807) 345-1516 (9:30 a.m. - 5:00 p.m.)

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