

reACT-Believe

The AIDS Committee of Thunder Bay
Summer 1999 Volume 12, Issue 2



AIDS WALK Issue



The Executive Director's Desk

As I write, the seventy-seventh day in this position of Executive Director is fast approaching. Before we know it winter will once again be upon us. I am buoyed by the fact that one thing that remains the same is our seasons in Northwestern Ontario. At the agency things have not remained the same. As most people know, the changes in personnel in the office have been dramatic for our organization. Summertime brought with it summer projects and student contract staff. The agency has been at capacity, full, noisy, boisterous, and busy. I thank all the staff, volunteers and board members that have been supportive during these changes that we have experienced in the last couple of months. Know that in the coming months the agency will be looking closely at how we look in our community. At a board/staff retreat held last May, a priority to address was how our agency is perceived and how we present ourselves in the community. Does our image reflect our current activities? Do we need a new look? We may be inviting members and people in the community to assist us in this process. We plan to report on our work at the Annual General Meeting in November. Fall will be our busiest time of year. We have many events and activities taking place. I encourage you to participate; come WALK with us, confer at our annual counseling conference, meet at our Annual General Meeting, remember those we love and have lost.

AIDS WALK makes great strides in rural areas

OTTAWA – The 1999 AIDS Walk Canada campaign was launched August 13, 1999 with an unprecedented growth in participation among areas that face a shortage of HIV/AIDS services. Over 30 new communities are joining in the nation's largest AIDS fundraising and awareness event on Sunday, September 26, 1999, bringing the total number of sites across the country to 110. Although almost every major urban centre in Canada is hosting an AIDS Walk this year, 80% of the walk sites are smaller cities and rural areas. Of the 36 new sites this year, 31 are smaller communities like First Nations reserves.

Infection rates in Canada continue to grow, and as people with HIV/AIDS are living longer and treatment options become more complex, the demands on community-based services increase. More and more, AIDS groups are called upon to provide a wide-range of services, from treatment information, emergency food vouchers, bus tickets, and help finding safe housing, to buddy programs and transportation to medical appointments.

Since the Walk became a project of the Canadian AIDS Society in 1996, it has raised more than \$10 million to support essential local HIV/AIDS care, treatment and support services as well as education and prevention programs.

As well as providing much needed funds for these organizations, by encouraging community involvement, the Walk helps to break down the silence and stigma surrounding HIV/AIDS and fosters the support, compassion and commitment of the community on behalf of people directly affected by the disease.

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Education Update

HIV TRANSMISSION: GUIDELINES FOR ASSESSING RISK

A Resource for Educators, Counselors, and Health Care Providers

The Canadian AIDS Society has recently (January 1999) released the newest edition of the guidelines for assessing HIV transmission risk. The guidelines are the third edition of the previously titled **Safer Sex Guidelines**. The previous versions have been translated into 10 languages and been used extensively around the world.

The new edition incorporates injection drug use and maternal transmission, recognizing them as major components of HIV transmission in the community. The guidelines cover the risk model, risk assessment, psychosocial aspects, and looks at both barrier methods and biological factors in relation to risk.

The complete document is available at the Canadian AIDS Society web site (<http://www.cdnaids.ca/1-5e.html>). If you would like a workshop about the new guidelines, or just want more information, please give us a call.

Gabe Kakeeway Memorial HIV/AIDS Resource Library

In recognition of the accomplishments of Gabe Kakeeway in the field of HIV/AIDS education and prevention, with ACT-B, with Nishnawbe-Aski Nation and as the Treaty Three HIV/AIDS Educator, the ACT-B library was renamed in his honour. In addition, a cedar tree has been dedicated in Gabe's memory in the ACT-B grove in Marina Park (Wilson headland).

The library continues to an important source of information related to HIV/AIDS and related issues. New print, video, and other items continue to be added. A TV and VCR are available to preview our video collection. A computer work station is located in the library with access to HIV/AIDS related software, as well as Internet capability. This is available to clients, volunteers and others on request. Come in, check us out, and ask for help if you need to use the workstation.

New Program And New Partnership For The Injection Drug Use (IDU) Outreach Program

A new service will be officially launched this fall in the IDU Program. The HITS program (HIV Interventions Targeting Syringe Users) was developed by the Support Team the AIDS Committee in an effort to distinguish this education component of the work that Janet, the IDU Outreach Worker, has been doing over the past year from her work in the support department. It is also hoped that by giving this work a specific program name, that the HITS program will become as familiar in the drug use community as the Needle Exchange is. Thanks go out to Lawrence Korhonen for the program name and to Janet Adams for creatively developing a program title based on the acronym.

Starting mid-September, Janet will offer education, prevention and support services to injection drug users on location at the LPH. This plan was developed in partnership with Liz Cawley of the Concurrent Disorders program (CDP) and Dr. Adrian Hynes, the local methadone-prescribing physician. Clients attend regular appointments with Dr. Hynes and partnering with the MMT and CDP program seems like a natural way to access this common population. The CDP will provide office space and support for the IDU Outreach Worker while on location and Dr. Hynes will provide some on-site training and support.

The 2nd Canadian HIV/AIDS Skills Building Symposium

The 2nd Canadian HIV/AIDS Skills Building Symposium: Getting Together, Sharing Together, Learning Together is happening on November 12 to 15, 1999 in Winnipeg, Manitoba. Health care professionals, such as doctors, nurses, mental health workers, will join policy advocates, PLWHIV/AIDS, researchers, and staff and volunteers of AIDS Service Organizations to learn new skills, network, analyze and evaluate best practice methods in HIV/AIDS work and share perspectives on current critical issues in HIV/AIDS work.

To request registration materials please contact the Events Team at the Canadian AIDS Society, (613) 230-3580, ext. 500.

Walkin' for the Fight

Register to Walk today!

The AIDS Walk is the largest AIDS fundraising event in Thunder Bay. Over the past three years participants have raised over \$55,000! Pledges collected for the Thunder Bay AIDS Walk remain here to help in the fight against AIDS in our community.

On Sunday, September 26, join hundreds of people in AIDS Walk Thunder Bay and be eligible to win prizes and participate in an exciting afternoon. The pledges you collect play an important part in the education, support and prevention programs in Thunder Bay. "It doesn't matter if you are male or female, young or old: if you engage in high risk behavior you can become infected. High risk behaviour includes unprotected sex with male or female partners, or sharing needles or syringes, for steroid or injection drug use." -Don Young, Street Health Worker for Ogden East End Community Health Centre.

AIDS is about prevention, support and acceptance.

YES

I'll raise money and walk 'til my shoes fall off to fight AIDS and to support people with HIV/AIDS. Please send my Walker kit right away.

Register your way!

You and your friends can register in many ways!

- * Call 345-1516
- * Fax this form to 345-2505
- * Mail to ACT-B PO Box 24025, T. Bay, ON P7A 8A9.
- * Drop by the AIDS Committee at 217 S. Algoma St.

THIS YEAR AT THE AIDS WALK!

Blast from the past! A new addition to the Walk is a "stuff the Beetle" contest. Teams which collect over \$500 in pledges will get a chance to see how many of their team members they can fit into a new Volkswagen Beetle (courtesy of Downtown Volkswagen).

For the Walk, there are many prizes and incentive bonuses to be awarded in various categories such as best-dressed team contest, dog with most pledge money, and many, many more. The AIDS Walk Thunder Bay '99 is to be the most incredible event of the year! Don't miss the fun and excitement!

The AIDS Committee acknowledges the generous support from many local and national businesses. Their support is vital to the success of the Walk.

Name: _____

Street Address: _____

Apt.: _____

City: _____

Province: _____

Postal Code: _____

Home Phone: () _____

Work Phone: () _____

Fax: () _____

Employer/School/Organization: _____

TeamName (if any): _____

Age: __ under 18 __ 18-25 __ 26-35 __ 36-45 __ 46-55

Sex: __ M __ F

- ☐ I would like 1 2 3 4 5 Pledge forms (circle one).
- ☐ I'll take the lead in forming a team. Please give me a Team Leader's kit.
- ☐ In addition to walking, I can volunteer my time. Please call me.
- ☐ This is my first AIDS Walk Canada.
- ☐ I can't make it on September 26, but I want to donate.



AIDS WALK CANADA
A PLEDGE IS THE FIRST STEP

Fundraising News

BINGO!!

Do you have time on your hands, free evenings with nothing to do? Do you like being in a busy (hectic at times) atmosphere, surrounded by crowds of people? Have we got the place for you! Why not become an ACT-B Bingo Volunteer? Give us a few hours now and then, or sign-up to become a regular bingo worker and work one or two bingos a month. Talk to our regular bingo workers - they have a lot of fun and are a great bunch of people to know. If you're interested in helping us out, call Carri at 345-1516 and arrange to become a 'Bingo Volunteer' today. Bingos are on the 2nd and 4th Tuesdays of the month and run from about 5:30 to 9:30 p.m. So give me a call and say "Bingo!"

TAG DAY IS COMING!

On November 18, 1999 volunteers will be at eleven locations in the city offering Red Ribbons to people in exchange for a donation to the AIDS Committee. Your continued support of this event is appreciated. Last year we raised \$1765. This year, we can do even better! Call Carri at ACT-B to volunteer!

BENEFIT DRAG SHOW FOR AIDS WALK '99 'WALK A MILE IN MY SHOES'

COME ONE, COME ALL! JOIN US FOR A NIGHT OF BEAUTIFUL DIVAS!

BACKSTREET DANCE KLUB IS HOSTING A BENEFIT DRAG SHOW FOR THE THUNDER BAY AIDS WALK '99
SATURDAY SEPT. 11, 1999 AT 10:30 PM
TICKET \$5.00 AT THE DOOR
ALL PROCEEDS GO TO THE WALK
COME EARLY AND GET A GREAT SEAT!

AND OF COURSE, EVERYONE CAN REGISTER FOR THE WALK AT BACKSTREET!

SEE YOU THERE!!



MEMBERSHIP IN ACT-B

Why should I become a member of ACT-B?

Membership brings with it many benefits. Becoming an active voting member of the AIDS Committee of Thunder Bay means that you:

- * Have a say in the direction of the agency
- * Have paid the annual membership fees
- * Support the aims and objectives of the agency
- * Can attend & vote at the Annual General Meeting
- * Can stand for nomination to the Board of Directors
- * Can elect the incoming Board members
- * Receive the agency newsletter

When do I need to submit my application for membership?

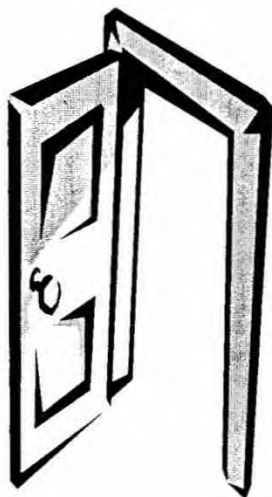
According to the ACT-B by-laws, your membership must be received at least 30 days prior to the Annual General Meeting (in late November) for you to be eligible for voting privileges. Therefore, the **deadline for receipt of your membership application is October 20, 1999.**

How do I apply for membership?

The last page of this newsletter has a cut-out membership form you can fill in and mail to the ACT-B office at Box 24025 RPO Downtown North, Thunder Bay, ON P7A 8A9

"Opening More Doors"

8th ANNUAL NW ONTARIO REGIONAL HIV/AIDS Counselling CONFERENCE Thursday, October 14th and Friday, October 15th, 1999



ACT-B has spaces available for anyone interested in attending our 8th annual Counselling Conference on October 14 and 15. The conference will take place at the Victoria Inn here in Thunder Bay. This annual conference focuses on counselling issues relating to HIV/AIDS. The AIDS Committee welcomes health care workers, counsellors, clergy, people living with HIV/AIDS (PHAs), and their family and friends to attend. The registration fee is \$30.00, which includes all 6 workshops and 3 meals. There is no charge for PHAs. This fee also covers car travel and accommodation for those out-of-town registrants. However travel subsidies are limited so please register early. A fee of \$10.00 will be charged for those wishing to attend the plenaries only. This event is funded by the Ministry of Health - AIDS Bureau.

This year's workshop topics include:

- ☐ HIV Transmission: Guidelines for Assessing Risk
- ☐ Treatment Information Forum, (a dinner and workshop on Thursday October 14)
- ☐ Understanding AIDS terminology
- ☐ Counselling Issues Related to HIV/AIDS and Mental Illness
- ☐ Harm Reduction Strategies
- ☐ Developing and Maintaining Trust in the Counselling Relationship
- ☐ Supporting People Who are HIV+ That Have Children
- ☐ Aboriginal Healing Circle
- ☐ Talking Frankly about Sex to Clients

This conference is an excellent opportunity to gain knowledge as well as network with others in this field!

For more information please contact Joanne Books, Conference Coordinator at 807-346-9388 or 807-345-1516.

Food for Thought – Canada's Food Guide

By Ingrid Buahene, Nutritionist

The terms 'fibre' and 'residue' are not clearly differentiated.

Fibre consists of the indigestible parts of foods. It includes cellulose, lignin, germs and related substances of plants, and the tough connective tissues from meats.

Residue refers to the hulk remaining in the lower part of the gastrointestinal tract. It is derived from the indigestible fibres of the food.

Some foods contain much more fibre than others. Contrast the fibrous nature of cabbage, celery, and pineapple with the finer texture of spinach, lettuce and banana; or the toughness of mature peas and lima beans.

The structural parts of the plant, skins and seeds are indigestible. They lend bulk to the normal diet and encourage normal elimination.

To make sure that we get enough fibre in our daily food intake we should eat as much raw vegetables and fruits as possible. Do not peel apples, peas and peaches – leave the skin on. Have a salad as a vegetable with your meal. Eat whole wheat bread, follow Canada's Food Guide as we talked about in the last newsletter.

Next newsletter we will discuss Lactose Intolerance

Apricot Oatmeal Bars

Crumb Mixture

1 1/4 c flour

1 1/4 c quick cooking oats

1/2 tsp baking soda

1/2 c sugar

3/4 c margarine, melted

2 tsp vanilla

Filling

10 oz apricot jam

1/2 c flaked coconut

Heat oven to 350. In large mixer bowl combine all ingredients, Beat at low speed, scraping bowl often until mixture is crumbly. Reserve 1 cup of mixture. Press remaining crumb mixture on bottom of greased 13x9 baking pan. For filling, spread apricot jam to within 1/2" from edge. Bake for 22 - 27 minutes or until edges are slightly browned. Cool completely and cut into bars. Makes 3 dozen.

NATIVE AMERICAN PRAYER

O GREAT SPIRIT WHOSE VOICE I HEAR IN THE WINDS, AND WHOSE BREATH
GIVES LIFE TO ALL THE WORLD,
HEAR ME.

I COME BEFORE YOU ONE OF YOUR MANY CHILDREN.

I AM SMALL AND WEAK. I NEED YOUR STRENGTH AND WISDOM.

LET ME WALK IN BEAUTY AND MAKE MY EYES EVER BEHOLD THE RED AND PURPLE SUNSET.

MAKE MY HANDS RESPECT THE THINGS YOU HAVE MADE,
MY EARS SHARP TO HEAR YOUR VOICE.

MAKE ME WISE SO THAT I MAY KNOW THE THINGS YOU HAVE TAUGHT MY PEOPLE,
THE LESSONS YOU HAVE HIDDEN IN EVERY LEAF AND ROCK.

I SEEK STRENGTH NOT TO BE SUPERIOR TO MY BROTHERS,
BUT TO FIGHT MY GREATEST ENEMY-
MYSELF.

MAKE ME EVER READY TO COME TO YOU WITH CLEAN HANDS AND STRAIGHT EYES,
SO WHEN LIFE FADES AS A FADING SUNSET,
MY SPIRIT WILL COME TO YOU
WITHOUT SHAME

AUTHOR UNKNOWN

A VOLUNTEER'S VIEW

In the beginning I felt sorry for the staff at ACT-B. You see, I am a volunteer receptionist and the training took some time. At first, I couldn't keep their names straight – and the phones! I've lost calls, hung up on people and disconnected some. Still, they all smile, and make you feel appreciated. Christa, the secretary has been extremely patient with me While I've been learning how to use the computers. I can't tell you how many time my "oops!" has brought her out of her office to see which button I accidentally pushed. I mean, a mouse was something which ran away when I screamed! When asked to "boot" the computer, I thought they wanted me to kick the darn thing! I learned quick though (yes, she did – Ed note).

I also volunteer at bingos twice a month. Ah, bingos where we work hard, and play just as hard too! Boy I learned quick not to wish some people "Good luck". One gal said "Well, I'd just better leave now!" Unfortunately I wasn't the only one who wished her luck and she began to wonder "What's with you people?" Well, she won the jackpot that night. Luck has nothing to do with it, I wanted to say, but smiled while giving the dear lady her winnings.

I volunteer for many reasons. I am a single mother of three wonderful children and I've always taught my children never to judge another person, always respect others, and help out where you can. Richard, my 17 year old and my 10 year old, Amelia also volunteer. Logan, my 15 year old can't wait to turn 16 and help out at the bingos.

I feel comfortable at ACT-B. Volunteering is self-satisfying. I feel good about myself when I accomplish a task. To hear the heartfelt "thanks" from the staff puts a smile in my heart. I'm proud to say I volunteer at ACT-B!

— Heather Graham



(I have to say that Heather is a wonderful person as well as an excellent volunteer. She no longer hangs up on people.

- Carri)

Salute To Volunteers

HELLO!

Here I am, your new Volunteer Coordinator. Most of you have already met me or heard my voice begging you to help me out! My name is Carri, I have been a volunteer with ACT-B for five years now and as contract staff in various capacities for four. Stepping into this position has reminded me, once again how truly important volunteers are. What a wonderful group of people we have at ACT-B. Dedicated, fun and caring bunch: **OUR VOLUNTEERS GO THAT EXTRA MILE!** I am greatly enjoying my time here and I hope to spend time with all of you. If we haven't met yet give me a shout and we can get to know one another. I hope to hear from all of you very soon! Later, friends.

Volunteers! Thunder Bay AIDS Walk 99 approaches! I'm sure you know I will be calling everyone to participate in this exciting event so- beat me to it! Call Carri today!

YOU ARE THE GREATEST!

A special note of thanks going out to all of the volunteers who participated at the CLE info table. As well, everyone who helped at the bingos the past year. Can I get some more in? To all the receptionists who have saved me time and again. Of course I must thank my mother, my dog (sniffle, sniffle) and everyone who is laughing with me!

AU REVOIR

Sometimes I think our volunteers forget just how much they are needed. Maybe we all need to remember how important they are. This is never more true than when a beloved volunteer leaves our service. Anne Ciemny has been with our agency since 1990. Recently, she decided to end her volunteering to spend more time with her family. Most of us who know Anne, remember her as our Wednesday morning receptionist. Her cheery manner and infectious smile brought sunshine to the rainiest day. Anne's truly caring nature is missed by everyone. Anne, herself, offers us these words: "It has been wonderful working for ACT-B because they appreciate volunteers so much. They make you feel very wanted and needed. This makes you feel open and complete to be so appreciated. HIV+ people who have come to terms with their disease and appreciate life are very beautiful. I'm very happy to have met the people from ACT-B. I am extremely honoured to have been allowed into their lives."

Anne, we miss you!



Here and There ...



WAL-MART HOT DOG DAY
*We would like to thank Wal-Mart for choosing
 The AIDS Committee of Thunder Bay as one of
 the local charities for which it hosts a sale of hot-
 dogs and sodas*
*We also acknowledge the support of
 Maltese Grocery and Schneider Foods
 for their generous help with this event.*

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The AIDS Committee of Thunder Bay and its Support Services Committee would like to thank the Rotary Club of Fort William for its compassionate and kind donation to the Emergency Financial Assistance Program.

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About AIDS or HIV Infection:

 O_T

About The Needle Exchange:

345-7233 or 345-1516

Call 625-5981

Call the STD Clinics 625-5944 or 622-7585

Call the AIDS Committee of Thunder Bay
345-7233

Call Catie (Community AIDS Treatment Information Exchange) 1-800-263-1638

ALL CALLS CONFIDENTIAL

Monday 10 a.m. to 6 p.m. (Eastern Time)

Tuesday to Thursday 10 a.m. to 10 p.m. (Eastern Time)

Friday & Saturday 10 a.m. to 6 p.m. (Eastern Time)

1-800-263-1638

email: info@catie.ca

catie internet: www.catie.ca
Community AIDS Treatment Information Exchange

□ The AIDS Committee of Thunder Bay will be holding
 □ it's Annual General Meeting on November 24, 1999
 □ To conduct agency business and elect the 1999/2000
 □ Board of Directors

Members will receive an official package announcing the location, time and guest speaker in October.

Persons interested in serving on the Board of Directors
can phone the ACT-B office at 345-1516
for an interview and information package

Consider joining our team of experienced and dedicated Board members from a wide variety of backgrounds.
PHA/HIV+ encouraged.



Parting Glance



LOOKING TO THE FUTURE : ORGANIZATIONAL DEVELOPMENT AT ACT-B

ACT-B has begun a process of looking at who we are, where we fit in the community, and where we are heading over the next several years. A Board of Directors and Staff Retreat in late May set broad directions for the agency to act upon. A follow up staff retreat in August developed a process to organize and set priorities, and begin detailed work.

A number of issues have been identified, including the "current picture" of HIV/AIDS in the community, emerging trends, the role and activities of the agency, and how ACT-B is perceived in the community. Out of this analysis, we hope to refresh and renew the public image of the agency. This could include a new agency logo and "public" look. Another major priority will be clear plans and activities over the next two or three years.

We will need to involve clients, members, volunteers, staff, the Advisory Council and the community at large in consultations during this process. This is expected to take until Spring 2000 with an update to be made to the membership at the Annual General Meeting in November.

We hope that you will be able to help us when we begin to do the consultations. Look for updates in future newsletter on the development of this work..

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

- Ontario Ministry of Health - AIDS Bureau
- Health Promotion and Programs Branch, Ontario Region, Health Canada (ACAP)
- All of the people involved in general fundraising and the support of many local businesses and individuals.

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

Please address any comments or concerns to:

reACT-Believe
P.O. Box 24025
RPO Downtown North
Thunder Bay ON P7A 8A9
(807) 345-1516

Or, e-mail us at: actb@tbaytel.net

Visit us on the internet at: www.tbaytel.net/actb

ACT-B Advisory Council

Richard Atkinson	Co-Chair
Fred Ball	Director, Regional Public Health Laboratory
Mary Lee Barry	Ogden East End CHC
Ronald Joseph King	Thunder Bay Indian Friendship Centre
Gail Linklater	Crossroads Centre
Dr. Gordon Milne	Family Physician
Karen O'Gorman	HIV Program Consultant ARF
Diana Smith	Public Health Nurse, Thunder Bay District Health Unit
Sharon-Dale Stone	ACT-B Board of Directors
Nicky Tittley	Safety Coordinator, Thunder Bay Regional Hospital
Rev. Don Uhryniw	Current River United Church, Council of Clergy
Don Young	Co-Chair

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Doug Kanto	John Kirst
Rob MacKay	Stephen Mitchell
Sharon-Dale Stone	Bruno Valente
Pius White	Don Young

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Carri Whidden	Volunteer Coordinator

reACT-Believe Contributors

Carri Whidden	Editor
ACT-B staff & volunteers	

Yes! I want to become a **member** of ACT-B! I know that my contribution will really count! Here is my donation
\$10.00 __, \$20.00 __, \$50.00 __, other __

Name: _____

Address: _____

City, Province & P.C: _____

Telephone: _____