



AIDS WALK CANADA
A PLEDGE IS THE FIRST STEP

DO THE ROUTE

The Red Ribbon Walk

It's that time again!

Get your shoes laced up and if you'd like,
get a team together for this year's
AIDS Walk! Sunday, September 24, 2000.

**Registration Packages can now be picked
up at the ACT-B Office. For more
information, please call Jodi at 345-1516.**

Let's all come together and make this year's Walk the biggest one yet! All the money raised from the Walk stays in Thunder Bay to help fund support, education and prevention programs. This year's Walk is shaping up to be another great event. Everyone is excited and looking forward to the new location and Walk Route. Registration will be starting at 12:00 pm at the Heritage Building on the C.L.E. Grounds. The Route will take the walkers down May Street to Central Avenue, to 11th Avenue, via Field Street, up to Fort William Road turning right on Northern Avenue and back to the Heritage Building for the awards ceremony, entertainment and refreshments.

Thank you
"Red Ribbon Walk"

Sponsors:

Downtown Volkswagen,
Grand Portage Lodge &
Casino,
Bowater
Janzen's Pharmacy
WestJet Airlines

Under Our Cover . . .

Education Update	2
In Fundraising	3
Support & Discussion Groups	4
The Extra Mile	5
The Walk	6
Take Your Sock Off... Insert	7-8
The Canada Food Guide	9
Membership Information...	10

Fall AIDS Awareness Campaign "Men & HIV/AIDS"



The Theme for the Fall AIDS Awareness Campaign will be "Men & HIV/AIDS". UNAIDS has chosen "men" as its focus population for AIDS awareness and so CAS has adopted this theme "men" to link

AIDS Awareness Week more closely to World AIDS Day. Please visit UNAIDS website for more information; www.unaids.org. Quoting from one UNAIDS report, *"There are sound reasons, therefore, why men should be fully involved in the fight against AIDS. As politicians, as front-line workers, as fathers, as sons, as brothers*

and as friends, they have much to give. The time is ripe to start seeing men not as some kind of problem, but as part of the solution." This theme is a logical progression from the Spring 2000 Women and HIV/AIDS campaign. CAS plans to produce up to five fact sheets, one each on the following topics: gay men, heterosexual men, men in prisons, Aboriginal men, and men who inject drugs. AIDS Awareness Week will run from November 27 to December 1 which is World AIDS Day. Contact us for further details.

Gabe Kakeeway Memorial HIV/AIDS Resource Library

The AIDS Committee of Thunder Bay has operated a resource library since 1988, and it continues to house the most extensive and current collection of HIV/AIDS related materials in Northwestern Ontario. The library is a well-stocked source of current and historical information about HIV/AIDS and related issues, including the most recent statistics from around the world. The library is open to researchers, students, persons affected by HIV/AIDS, and the community at large. Contact us for more information, or drop in and check us out.



Some recent acquisitions include :

Abstracts-On-Disk - XIII International AIDS Conference, South Africa (CD-ROM)
Through A Blue Lens - (Video - NFB)
The Long Walk - the story of Ken Ward (Video - NFB)
IV Positive: An educational documentary about living positive (Video)
Moments of Decision: HIV treatment in everyday life (Video)
Social Work and HIV: The Canadian Experience
HIV Testing and Pregnancy
Injection Drug Use and HIV/AIDS - Legal and Ethical Issues
Injection Drug Use and HIV/AIDS - Background Papers
Project "No Fear": Native Youth and HIV - Train the Trainer Manual
The Other Side of the Closet: Coming-out crisis for straight spouses and families
A Practical Guide to Complementary Therapies for people living with HIV

Focus on Fundraising

This time of year is very busy and packed full of Fundraising Events. Starting on Sunday, September 24 we are encouraging everyone to come out and **"Do The Route" – The Red Ribbon Walk**. We are also very excited and looking forward to kicking off our Second Annual Raffle at the Walk. The Home Entertainment Raffle includes 2 early bird prizes of \$250.00 each which will be drawn on December 21, 2000 (*just in time for Christmas!*). First Prize will be a complete home entertainment system which includes a JVC 32" TV, Hi-Fi VCR, Receiver, 5-Disc CD Player, 5 speaker system and matching stands for the whole system. Second Prize will be a home computer system and third prize will be a Uniden 900mhz Cordless Phone. Tickets will be \$2.00 each and the draw will be held on February 10, 2001

in conjunction the Diamonds in the Rough concert at the Lakehead University Outpost. In order to promote the Raffle and hopefully sell a lot of tickets, mall displays have been booked in all of the malls. If you are available to sit at the both for a couple of hours, please give Carri at ACT-B a call for dates, places and times. We have also set aside Saturday, November 25, 2000 as our Annual Tag Day. Tag Day raises approximately \$1,500.00 annually and really helps to increase awareness in our community about HIV/AIDS and the AIDS Committee of Thunder Bay, so if you are able to come out and volunteer, please put the date on your calendar and again, give Carri at ACT-B a call.



OFFICE HOURS CHANGE

As of September 5, we are again open
from 9:30 – 4:30!

The summer has come to a close and fall is about to descend. Before we know it snow will be in the air and once again the heat of summer will be a memory. So too will the summer hours at the ACT-B office. For those that read our last newsletter, the agency has been closing it's doors from noon to 1 PM.

Beginning September 5th, the office will return to its regular operating hours and will be open to the public Monday to Friday from 9:30 AM to 4:30 PM with no noon hour closing.



Support and Discussion Groups

Northern Pride

A support and education group for gay, lesbian, bisexual, transgendered, two-spirited and questioning youth.

New participants are always welcome to a safe, confidential and fun setting. Sessions involve group discussion, videos, guest speakers, and social activities.

Some of the issues that can

be explored include:

What does sexual orientation mean?, The coming out process, Surviving at school, Dating and meeting people, Healthy choices, Spirituality and sexuality, Dealing with family, Homophobia, Stigma, and Self-image. The group meets every second Tuesday at 7:00PM. For details, call David at 345-1516 or Barbara at 684-1887.



1-800-268-YOUTH

In Touch - A Discussion group for gay and bisexual Men

A safe place to talk about issues of concern, and meet others in a safe, comfortable environment. Topics will be decided by the group participants. Sessions may include discussion, videos,



guest speakers, and other elements. Meetings are held every second Thursday at 8:00 PM. Call David at 345-1516 for details.

Other support groups

For information about support groups



please contact Sheila,
Support Services Coordinator
@ ACT-B.

The Extra Mile

Here's what happening in the coming months:

♦ **AIDS Walk 2000**

Sunday

September 24

♦ **Hot dog sale at**

Safeway

September 29 &

30

♦ **Raffle displays in**

the malls starting

October running

until February!

Well, it's August and I am nearing the end of the ride. I do not want to spend much time blabbing away to you. Suffice it to say things are always happening in the volunteer department. There are some thank you's I need to do before I get to the fun stuff.

Thanks to all who signed up for the volunteer bingo baker's team! Your gifts (and treats) are wonderful. (My scale does not appreciate the gesture though!)

The bingo workers who slave away twice a month especially Marge, Sonya, Rob, James, Sandy, well...all of you and you know who you are!

Volunteer receptionists who have been so helpful over the summer particularly John, Rodney, Meaghan(so cute), Marilynne, Darlene, Sandy (her again!?), Charissa and of course Jen! Thanks guys!

I would love to thank each and every volunteer in these newsletters but I keep running out of

space. Please consider yourself truly thanked by me and all of us at ACT-B. At this moment I would like you to imagine me patting you on the back!

Now, here's what's coming up!

AIDS Walk 2000: DO THE ROUTE! (Do the route, do the route, do the route...) We are going to need approximately 80 volunteers this year so trust me, I'll be calling you! We will be having a hot dog sale at Safeway (Court St) on Sunday September 29 & 30. Are you an expert barbecue person?

One more thing, just a small thing really...the AIDS Committee of Thunder Bay will be having another raffle! We will be in the malls almost every weekend until draw date on February 10. You know what this means don't you? That's right! The tables will be staffed by volunteers so please please please offer us the gift of your time when I call! Thanks, see you at the Walk!

P.S. Rodney G. is leaving us to go to school in southern Ontario. We'll miss you. Come back soon!

Survey Re: Summer Hours

Please give us your opinion, by phone, fax, mail or drop this questionnaire by our office.

1. DID YOU KNOW THAT THE AIDS COMMITTEE OFFICE WAS CLOSED FOR LUNCH [12:00 NOON – 1:00} PM DURING JUNE, JULY AND AUGUST?
Circle one answer.

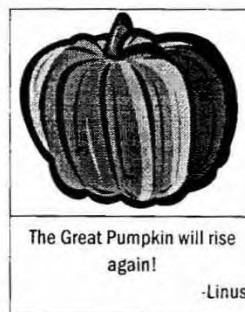
YES

NO

2. HOW DID THESE HOURS AFFECT YOUR ABILITY TO ACCESS OUR SERVICES?

Please Explain:

Thank you for your opinion.



CALLING ALL CANINES!

Go Ahead
Beat My Pledges!



Cindee, in her new walking harness
and leash is ready to
collect pledges for
AIDS WALK 2000!

She is challenging you to match or
better the \$200.00 she raised in 1999.

AIDS Walk 2000
in support of the
AIDS Committee of Thunder Bay
Sunday, September 24, 2000
Starting at 2:00pm from the Heritage Building
on the C.L.E. Grounds. All money raised in
Thunder Bay, stays in Thunder Bay.

Prizes will be awarded for:
The most money raised by a dog
The Best Dressed Dog
The Smallest Dog
The Largest Dog

P.S. Your human is also eligible for prizes if they register

**For more information,
or to register call Jodi
at 345-1516**



AIDS WALK CANADA
A PLEDGE IS THE FIRST STEP

TAKE OFF YOUR SOCKS FOR YOUR DOCS!

-by Jeff Getty, Survive AIDS Writer's Pool



Ask any person with advanced HIV or AIDS about their feet and you will probably hear a litany of complaints ranging from ingrown nails to rampant warts, fungus, and neuropathy. Not only are HIV-positive people's feet immune-suppressed, they are also under increased

strain because they are an extremity with less circulation, are trapped in stuffy shoes and contain thousands of nerve endings.

Although feet have always been susceptible to toxicity and nerve damage, many primary care physicians' fail to look at patients' feet on a regular basis. Many patients also find it easy to ignore early foot problems, but some foot afflictions can become dangerous and can lead to serious and harmful conditions even among healthy populations—and can be magnified and overwhelming for HIV-positive patients and their doctors.

Dr. Jon Tinkle is a HIV specialist podiatrist who recently edited *Clinics and Podiatric Surgery—HIV and the Lower Extremities*, a text by W.B Saunders about HIV-positive foot complications and their remedies. He currently has a practice at Davis Hospital in San Francisco.

Practicing in the heart of the AIDS epidemic, Tinkle has been in a unique position to see thousands of HIV-positive foot problems walk into his clinic over the years. A pleasant and unassuming individual, Tinkle says that he doesn't like to step on other people's toes, but many times primary care HIV doctors ignore their patient's foot problems until the situation becomes far too serious. Often, HIV and AIDS patients never even remove their socks for the physicals and routine follow-ups.

HIV-related foot problems are widespread and are best treated when caught early. Although Tinkle never heard of any study done to measure this, he suspects that between 70 percent and 80 percent of both HIV and AIDS patients have foot problems that need attention. And as HIV disease progresses, foot ailments worsen as well.

NEUROPATHY: the nerve!

Few podiatrists specialize in HIV, let alone know how to treat the complications aggressively. Tinkle feels the education is the key to better foot health.

To that end, he travels around the country lecturing other doctors in the field. One of the more important topics he addresses, and one of the more common foot problems he encounters, is neuropathy.

The nerve pain in neuropathy can be caused by drugs, by secondary infections such as cytomegalovirus (CMV), or by the HIV infection itself. Tinkle says that people with the condition should first try to determine the cause of the pain, to see if a change in the medication is in order. The next step is to begin physical therapy, including massage and acupuncture. He is particularly fond of micro-current and its newer version called the "H-wave." Studies in New York have shown favourable results with H-wave treatment, which is something like electrical acupuncture, requiring about an hour a day.

When treating the symptoms of neuropathy, Tinkle prefers not to add more drugs to treat the nerve pain—after all, it's drug toxicity that has caused the problems in the first place. He does recommend vitamin B, but said that he not seen many results from nerve growth factor as of yet.

Lowering viral load does not seem to take neuropathy away from the feet. Higher stress levels, however do seem to increase it.

No fun in fungus

Another common foot problem is fungus. This tends to get worse as immunity is diminished. It is first seen in discolouration of the nail plate as thickening. Doctors treat this by first cutting down the nail and then adding a topical antifungal. Tinkle prefers Nixoral shampoo on fungus nails because it seems to penetrate much deeper. If fungus problems have grown serious, he also treats with Lamasil and Sporanox oral medications.

(con't on next page)

It's Membership Time Again!

Is your membership up-to-date? This year's Annual General Meeting has been scheduled for Wednesday, November 15, 2000. In order for you to vote at the meeting, your membership must be in good standing. Your application for membership has to be approved by the Board of Directors 30 days prior to the Annual Meeting. If you would like to become a member or renew your membership or, please fill out the attached form and mail or fax it back to:

AIDS Committee of Thunder Bay

P.O. Box 24025 P7A 8A9

Phone #: 345-1516 Fax #: 345-2505

Name: _____

Address: _____

Postal Code: _____ Phone #: _____

When calling, would you prefer us to use discretion?

Yes ____ No ____

Membership Renewal: _____

New Member: _____

Here is my donation

\$10.00 __, \$20.00 __, \$50.00 __, other __

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

Ø Ontario Ministry of Health - AIDS Bureau

Ø Health Promotion and Programs Branch,
 Ontario Region, Health Canada (ACAP)

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

For Information -

About AIDS or HIV Infection:

Call the AIDS Hotline at 1-800-668-2437

Or

The AIDS Committee of Thunder Bay

Information Line 345-SAFE (7233)

About The Needle Exchange:

Call 625-9767

345-7233 or 345-1516

About Anonymous HIV Testing in Thunder Bay

Call 625-5981

About Regular HIV Testing

Call the STD Clinics 625-5944 or 622-7585

About Counselling or Referrals

Call the AIDS Committee of Thunder Bay

345-7233

About HIV/AIDS Treatment Information

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

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

Service bilingue disponible

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)

The

Network

1-800-263-1638

HIV/AIDS Treatment Information

email: info@catie.ca

catie

internet: www.catie.ca

Community AIDS Treatment Information Exchange