

**Volume 17
Issue 2**

Summer 2004

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Major Planning Process About To Be Launched

AIDS Thunder Bay is taking a lead role in the Northwestern Ontario Community Planning Initiative. The Community Planning Initiative is mandated by the AIDS Bureau of the Ontario Ministry of Health. It is one of the implementation mechanisms of Ontario's HIV/AIDS Strategy to 2008. The intent of the planning process is to look at how the prevention, care and support needs concerning HIV/AIDS are being addressed in our region, how might that be improved, and draw up a plan to carry us into the future.

Co-Chairs of the planning process will be Dr. Peter Sarsfield, the Medical Officer of Health for the Northwest Health Centre in Kenora, and Michael Sobota, Executive Director of AIDS Thunder Bay. Janet Adams has been hired as the Planning Coordinator. Janet reports that more than thirty health care partner agencies have expressed an interest in participating in the planning process. They represent agencies from all over Northwestern Ontario. An inaugural meeting is scheduled to take place in Thunder Bay on September 8, 2004. Dr. Robert Remus, of the University of Toronto will be presenting epidemiological information about HIV/AIDS in our region. Representatives from the AIDS Bureau will also be in attendance. For further information, or if you wish to participate in the planning process, please contact Janet Adams through AIDS Thunder Bay: 345-1516 or jan.adams@shaw.ca.

FIRST NOTICE OF AIDS THUNDER BAY'S 2004 AGM

AIDS Thunder Bay's 2004 Annual General Meeting will take place in November. The date and location are TBA. AIDS Thunder Bay will be celebrating the conclusion of our 19th year of work in the city and region. Come and receive our Annual Report, hear our guest speaker, participate in a terrific silent auction and elect our Board of Directors. To be eligible to vote at the AGM, you must become (or renew) your membership 30 days prior to the event. We are requesting that all memberships be brought up to date by October 15.



AIDS Thunder Bay has confirmed what can only be described as the largest event in ATB history! We have booked the group R.E.M. to perform at the Fort William Gardens on November 14, 2004. **This event has not yet been announced to the general public. For the time being this is still confidential!**

Tickets will only be available to the general public at the Fort William Gardens box office. For the ticket on-sale date please stay tuned for our official public release which will be held on Monday, September 13 2004.

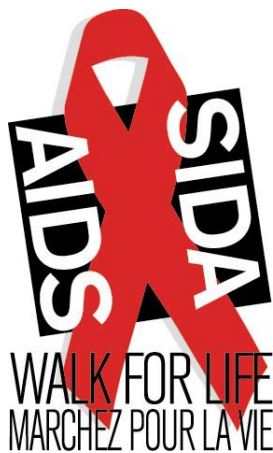
We are pleased to announce that the net proceeds generated from this special event will stay in our community to support AIDS Thunder Bay's programs and services.

This concert will not only be a tremendous fundraising event for ATB but it will also be our way of giving back to the community for their years of support in our on-going fight against HIV/AIDS. This event provides a new entertainment opportunity for Thunder Bay and the surrounding area to have fun and experience the raw energy that this group invokes into their millions of fans around the world.

Again, this is a confidential issue as the concert and ticket sale dates have not yet been announced. We are providing this information to the member of AIDS Thunder Bay similar to R.E.M. offering pre-release information to their paid fan club prior to the general public sales.

If you are interested in learning more about R.E.M and their current tour please visit their website at www.remhq.com or AIDS Thunder Bay at www.AIDSThunderBay.org

CONFIDENTIAL: TO ATB MEMBERS



AIDS Thunder Bay's AIDS Walk for Life

Join the Celebration & The 2x4 Club!

This year we are celebrating the many friendships AIDS Thunder Bay has made through our annual Walk. If everyone that took part in last year's Walk brought one new friend with them this year, we could easily increase our attendance to over 300 people!

As added incentive this year we have introduced the first annual "2X4 Club" (*Two friends walking 4 kilometers.*) Register yourself and someone new (a person(s) who has not taken part in the Walk for the past 2 years) and both of you will be entered into an exclusive "2X4" draw in which you can win a *Centro Bronze 3000 RT Barbeque* donated by *Canadian Tire*.

Any amount raised is greatly appreciated. Set your goal for this year (& over-achieve it)! Watch our website for information about new incentives and prizes!

If you would like to register call Crystal at 345-1516 or visit us online at www.AIDSThunderBay.org

Thanks to some of our Sponsors:

Hubert O'Hearn Consultant with Investors Group, Magic 99.9 & Westjet

Incentives!

\$50—\$149

Full colour AIDS
Walk for Life
t-shirt

\$150—\$299

T-shirt, Seattle
Coffee House Gift
Certificate

\$300+

Above incentives,
plus an evening at
Cambrian Players

Dress Your Garden for Fall

The fall colours of yellow, orange and gold are beautiful, but nothing can compare to the vibrant and exquisite colours of Vesey's Fall Bulbs. AIDS Thunder Bay can help dress your garden to be the *"belle of the fall"* with 16 packages to choose from. Now there are more bulbs per bag at spectacular prices!

Shipping can happen by mid to late
September!

A colour brochure is available online from our
website www.AIDSThunderBay.org

**DEADLINE FOR ORDERING:
SEPTEMBER 10, 2004 by 4:30 p.m.**

AIDS Thunder Bay is looking for your old A&P receipts!

This fundraising initiative raises funds. For every
\$450.00 dollars in receipts, ATB receives \$1.00

Start collecting! Every receipts counts!

A drop off box is located in the office.

Yard Sale!

First Church United will be holding a benefit yard sale for
AIDS Thunder Bay on Saturday, September 11th from 8
am—12 noon. If you have items that you no longer have
use for, we will gladly recycle them for our sale. We
appreciate the items that you are able to donate, but
reserve the right to not accept items we feel will not sell.
To arrange for a pick-up call Crystal at 345-1516

Donations can now be made on-line! www.aidsthunderbay.org

EDUCATION UPDATE

SCOPE Update

The SCOPE peers and Condom Man have been very busy conducting monthly outreach at our area bars throughout the summer. If you haven't yet met our big black superhero, give Denise a call for the next scheduled bar crawl. Know someone having a bridal shower or shag how about having Condom man and his crusaders pay the party crowd a special visit. They will definitely give people something to remember. Keep your eyes keen and ready for controversy as SCOPE has teamed with IDU in a joint safer snorting campaign to be out this fall.

Visions & Light Film Festival

As you plan ahead for the fall months, keep the third annual Visions & Light Film Festival in mind. The first weekend in November will feature an exciting line up of films that will address issues of HIV/AIDS, addictions, and mental health. The festival is a joint venture of AIDS Thunder Bay, Canadian Mental Health Association, and the Centre for Addiction and Mental Health. In addition to a weekend of feature films at the Cumberland Cinema, there will be a special Thursday evening showing aimed at the college and university as well as other possible special events. Friday night will be a special gala showing with a party afterward at the Provincial Government building, including a silent auction. Plan ahead to be part of this fun and enlightening event.

Ontario Men's Survey Results

In 2002, over 5,000 gay and bisexual men, including over 100 in Thunder Bay and area, took part in the Ontario Men's Survey. This was the first major survey since the National Men's Survey in 1991, and provided valuable information about the cultural and social changes in men's lives and habits over this period.

The survey showed that gay and bisexual men know a lot about safer sex, and that many of us make an effort to be safe and keep our partners safe. Many, but not all. Over the past decade in Ontario, the rate of new HIV infections has almost doubled, and most of these are among men who have sex with men. It must be noted that the majority of these are in the Toronto and Ottawa areas.

There are many reasons for the rising rates. The Ontario Men's Survey provides a wealth of information to help us in community discussions across the province. There are inherent problems with condoms. We need to look at how we interact with each other. We need to explore the assumptions we make when we engage in sexual encounters, assumptions that can put us at risk of getting or passing on HIV.

You can find a link to the survey results on our web site (aidsthunderbay.org). You can also go directly to the Men's Survey web site (www.mens-survey.ca) where you will find the community report and the full report. If you want more information or would like to discuss the results, please call David Belrose at 807-345-1516, ext.13.

SUPPORT SERVICES/EHOP UPDATE

EHOP Update....

from Carrie Miller (EHOP Coordinator)

There was a great turn out at the last Social Activity Event. We enjoyed an evening of playing Mini-Putt and socializing at Kingsway Golf. Planning has begun for the Fall PHA Retreat. It will be held at Shebandowan Wilderness Discovery Camp from September 28th to October 1st. In previous years the Retreat was two nights long. This year it has been extended to three nights. (Yahoo!!!) If you are interested in coming out to a planning meeting feel free to contact me at 345-1516 ex.16.

The following article is reproduced from the website (www.all-natural.com) for educational purposes.

This information is presented as a point of interest, it does not necessarily reflect the opinion of AIDS Thunder Bay.

Healing Touch

Hands, Hearts, Intentions

What is a healing touch and who is the healer? Hands, Hearts, Intentions, focus on the judicious use of energy, applied with love and science equals healing and wholeness which is facilitated with the healer.

There are many traditions from ancient groups such as Maya, Hindu, Native American, Laplander and Chinese to the newly (re)discovered contemporary modalities such as Healing Touch, Terra Mater, Therapeutic Touch and Hands of Light that facilitate the healing of disease.

What does a healing session involve?

The healer listens with their whole being to the 'voice' of the body and trusts that body's wisdom to heal. The healer centers themselves and gathers an energy into themselves and radiates it out to the healer in the form of a steady out flowing stream of radiant energy. This energy is a free circulation of force between the person to be healed, the healer, and facilitates relaxation, alleviates anxieties and promotes stimulation of the whole self to balance.

The healer must have the ability to keep the will in the background and send as a conductor the healing radiance out upon a stream of love-energy and not be invested in the outcome. The healer understands that love is energy and that it is a substance as dense as matter.

Often the recipient of this energy, while lying comfortably on a table or sitting upright in a chair fully clothed will experience body sensations. The sensations may be of temperature changes, joy, sadness, itching, unsolicited memories, see colors and shapes, deep rest or sleep. These body experiences are responses to the varieties of touch delivered by the individual healer's modality and skill. The touch can be on or near the body and be very soft or deep. The session can be from 15 minutes to an hour.

QUESTION: What's warm and fuzzy and feels good all over?

ANSWER: Playing Secret Santa for AIDS Thunder Bay.

Providing something special for people with HIV/AIDS and their families is a win/win situation. The Secret Santa's get the fun of planning, shopping, wrapping and giving and the recipients get to feel part of a larger community of caring people and to receive some pretty neat stuff.

Here's how it works. As a Secret Santa you can be involved in different ways. One way is to 'adopt' a family or an individual. You will be given general information about the person's age, size, gender and interests to guide your shopping. Or, you can donate items that could be bundled into gift packages. Suggestions include chocolates, Christmas baking, bars of soap or other hygiene products. You can make a monetary donation to AIDS Thunder Bay designated to the Secret Santa Program. This money would be used to purchase presents, turkeys, hams, fruit and candy.

Donations are needed by December 16 for Christmas delivery. So if you are interested in playing Santa and making a difference at Christmas call Gail 345-1516 ext. 24 for more information.

LET'S TALK FOOD

The Thunder Bay Economic Justice Committee (TBEJC) and the Food Action Network invite you to participate in the "Let's Talk Food" – Community Forum and Food Matters Fair September 17 & 18 at the Lakehead Labour Centre on Fort William Road across from the Intercity Mall.

The forum is a one and a half day workshop focusing on education and action around food issues. All are welcome to attend this free event. We invite those living on low income to come out and help work towards solutions to food issues.

There will be workshops and information tables about various aspects of food from the seed to the table. Workshop topics will include:

News from the Volunteer Department

Here's what's happening in the coming months:

**Yard Sale—Sept. 11*

**AIDS Walk—Sept. 26*

**Opening Doors
Counselling Conference—
Oct. 14 & 15*

**Tag Day—Nov. 20*

**World AIDS Day—Dec 1*

*If you would like to
volunteer for any of these
events, please call Selly at
345-1516.*

Volunteer Activities

Summer was busy for our drivers with many trips and activities all over town. Receptionists were also busy with staff away on vacation. Other volunteers were active with a Tag Day, a Yard Sale and working at the Moonlight Melodrama production of 'Moon Over Silver Islet'.

We are now gearing up for a busy fall with the annual AIDS Walk taking place on Sunday, September 26th. Sign up to walk and/or volunteer. You can do both as most volunteering takes place before the walk begins or at the end of the day.

There will be a Yard Sale at First Church United on Brock St. on Saturday, September 11 from 8 a.m. to noon. We will need a few volunteers to help there.

The annual Opening Doors Counselling Conference will take place on October 14 and 15. We will require volunteers to help with registration over the two days.

We also have another Tag Day coming up on Saturday, November 20. If you can give two hours of your time, call Selly and book a shift.

We have a couple of openings for reception shifts. If you would like to become a regular receptionist (working one 4-hours shift per week), call Selly to set up a training date.

Thank you to all our volunteers for all you have done for ATB. We really appreciate it!

Here and There...

Front Line Newsletter

We are now posting our **newsletter online**. It is in Adobe PDF format so it can be read online or printed out. If you are now receiving our newsletter by snail mail and you have an email address, **PLEASE send us your email address** so we can add you to the email newsletter list. This will help reduce costs and allow us to keep producing the newsletter. Send your email address to info@aidsthunderbay.org

Have You Purchased Your ATB Membership?

Is your membership up-to-date? If you would like to renew or purchase a membership, please fill out this form and mail or fax it to:

AIDS Thunder Bay
P.O. Box 24025
Thunder Bay, ON P7A 8A9
Phone #: 345-1516 Fax #: 345-2505

Or, bring your completed form into the office at 217 S. Algoma St., Thunder Bay, Ontario

Name: _____

Address: _____

Postal Code: _____

Phone #: (Work) _____ (Home) _____

When calling, would you prefer us to use discretion?
Yes _____ No _____

Would you like to receive information by email?
Yes _____ No _____

Email address: _____

This information may be used in future to contact you about fundraising/special events. Please note, AIDS Thunder Bay does not exchange mailing lists. All lists are confidential.

Basic membership \$10.00 ☐

Supporting membership \$25.00 ☐

I would also like to donate \$ _____ ☐

Suggestions? Compliments? Feedback?

ATB has a "suggestion box". We invite your comments or suggestions about any aspect of our agency or services. The box is located near our reception area. You may offer suggestions anonymously—however, if you are asking for a response back to you, we need your name and phone number.

We hope the suggestion box will be used with a sense of good will and a spirit of support and encouragement. That's how we offer it to you.

For Information -

About AIDS or HIV Infection:

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

About Superior Points:

Call 624-2005, 625-8830 or 625-8831

About Anonymous HIV Testing in Thunder Bay

Call 625-5981 or 624-2000

About Regular HIV Testing

Call the Sexual Health Clinics 625-5976 or 624-2000

About Counselling or Referrals

Call AIDS Thunder Bay 345-1516

About HIV/AIDS Treatment Information

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

Service bilingue disponible

ALL CALLS CONFIDENTIAL

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

CATIE

Community AIDS Treatment Information Exchange

1-800-263-1638

HIV/AIDS Treatment Information

email: info@catie.ca

internet: www.catie.ca

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

Please address any comments or concerns to:

Front Line
P.O. Box 24025
Thunder Bay, ON P7A 8A9

Or, e-mail us at: info@aidsthunderbay.org
Visit us on the internet at: www.aidsthunderbay.org

Attention all clients, volunteers and visitors to the AIDS Thunder Bay office. We are a 'scent-free' building. Please do not wear colognes, perfumes, aftershave, or scented makeup or hairspray when visiting our premises. They have been known to cause allergic reactions for staff, clients and volunteers. Some scented fabric softeners have also caused reactions.

Parting Glance

AIDS Thunder Bay would like to acknowledge the **United Way of Thunder Bay** for supporting our Emergency Financial Assistance Program. This is a wonderful community partnership that in turn will directly help people with HIV/AIDS and their families.

Frequently Asked Questions About HIV/AIDS

Question #8 How can I have sex more safely?

You can have fun—and erotic sex—with no risk of getting HIV. Just choose sex that prevents any semen, vaginal fluids or blood from entering your bloodstream.

Some examples of safe sex include:

- Kissing—including French kissing
- Hugging
- Massaging
- Fondling, touching, rubbing
- Masturbating (alone or with your partner)

No risk

Touching the penis, vagina or anus is not risky, unless you have open cuts or sores that could allow HIV-infected semen, vaginal fluids or blood to enter your bloodstream.

Low risk

Oral sex has some risk but it is considered “low” risk because saliva doesn’t transmit HIV. However, if you have any open cuts or sores in your mouth, infected semen or vaginal fluid could enter your bloodstream when you lick or suck a man’s penis or a woman’s vagina.

High risk

The lining of the vagina and the anus is delicate and thin. It breaks easily and invisibly. That’s why the riskiest types of sex are:

- Having vaginal or anal intercourse without a condom;
- Sharing sex toys without using a condom, or without cleaning them

To have sex more safely:

- Talk to your partner about safer sex before having sex
- Use a latex condom for
 - vaginal or anal intercourse
 - oral sex on a man
 - oral sex on a woman (place a condom cut open lengthwise or a dental dam over her vagina as a barrier)
 - sharing sex toys
- Use lots of water-based lubricant (don’t use Vaseline or oil-based products that weaken condoms)
- Try a female condom (now available at some drug stores)

Never re-use condoms

This is one of a series of fact sheets developed to answer frequently asked questions from clients of the Canadian HIV/AIDS Clearinghouse in 1999. This material was originally produced for the Canadian Health Network

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- ♦ Ontario Ministry of Health and Long-Term Care - AIDS Bureau
- ♦ Health Promotion and Programs Branch, Health Canada (ACAP)
- ♦ John Andrews Foundation
- ♦ N.M. Paterson Foundation
- ♦ Elton John Foundation
- ♦ Fort William Rotary Club
- ♦ United Way

And all of the people involved in general fundraising and the support of many local businesses and individuals

CLGRO

Coalition for Lesbian and Gay Rights in Ontario
Box 822 Station A, Toronto Ont. M5W 1G3 Canada
phone 416-405-8253

www.web.ca/clgro
Contact us. Work with us. Join us.

Renewal of Membership



*Note: Membership must be paid 30 days prior to the Annual General Meeting in order to be able to vote at the meeting. Please pay your membership before **October 15, 2004**.*

Annual General Meeting
Date: TBA - November 2004

Please make your cheque payable to:

AIDS Thunder Bay
P.O. Box 24025 Thunder Bay ON P7A 8A9
Phone: 345-1516 Fax: 345-2505

Website: www.aidsthunderbay.org
E-mail: info@aidsthunderbay.org

Effective from October 2004 - September 2005

Cost Membership Fee:

Basic Membership ☐ \$10.00

Supporting Membership ☐ \$25.00

I would also like to donate: ☐ \$_____ Total Enclosed: _____

On-line renewals - Memberships & donations can now be made on-line through AIDS Thunder Bay's website www.aidsthunderbay.org **Note: if you choose to renew your membership via the web, please ensure to include in the memo section/special instructions that this is a membership renewal.**

Name: _____ Phone (Home): _____

Address: _____ Phone: (Work): _____

City: _____ P/C: _____ E-mail: _____

When calling, do you prefer we use discretion?	Yes	No
Would you like to receive information by e-mail?	Yes	No

Personal Information & Confidentiality

Your contact info will be used to send you copies of the newsletter & information about fundraising & special events. Please note, ATB does not exchange or sell our mailing lists. All lists are confidential.

If at any point you chose not to receive information by mail or e-mail, please notify the office and you will be removed from mailing lists.