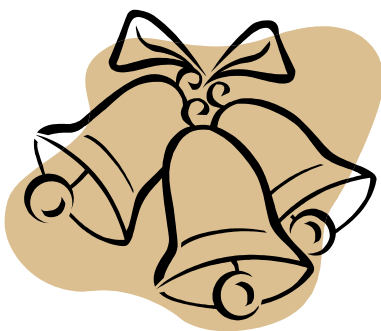


**Volume 17
Issue 3
Fall 2004**

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Happy Holidays

19Th Annual General Meeting Held - Presents Challenge to Membership

AIDS Thunder Bay held its 19 Annual General Meeting on November 10th. An Annual Report including financial statements were presented to the membership. Approximately forty people were in attendance. A very popular silent auction was held, with members doing some pre-holiday shopping. The silent auction raised \$700 for the agency.

Principle speaker Rob MacKay gave a visual and narrative presentation on the 15th International AIDS Conference, which he attended last summer in Bangkok, Thailand. Rob's presentation included an update on HIV/AIDS statistics from a global, national and regional perspective, as well as showing photos that he took in Thailand which gave colour and character to the that area of the world.

In his remarks to the membership, Executive Director Michael Sobota cited various challenges taken on and accomplishments achieved by the staff of AIDS Thunder Bay.

He reminded the membership that at the close of the meeting, AIDS Thunder Bay would be entering their 20th anniversary year. He put a challenge out to the membership about how this extraordinary event should be honoured. Suggestions from the membership are welcomed and encouraged.

A friendly election was held with nominees to the Board of Directors making brief remarks before the membership cast ballots for six directors positions. Returning to the Board to complete their terms are: Michael Copps, Linda Geving, Eunice Ryan, Brent Trudell, Carri-Anne Pool and Don Young. Elected to new, 2-year terms are: Sandra Cruzo, Dennis Eeles, Deborah Emery, Rob MacKay, Ruth Racic, and Sandra Russell.

The "new" board of directors will have an orientation session on December 2 and hold their first regular Board meeting on December 15.

FUNDRAISING NEWS



Words to Live By



Join us at Chapters on
Monday, November 22nd 7 pm - 9pm
for an evening of fun, culture & shopping!

With every purchase made by
invited guests at Chapters on this special evening,
10% of all sales go to AIDS Thunder Bay. Choose
from a wide selection of books, candles, chocolates,
holiday decorating ideas & much more!
It's the perfect time to purchase holiday gifts!!



When you arrive at the store be sure to sign in at the
registration desk as well as fill out a ballot to win
Chapters merchandise! Note: All discount programs
including iRewards and gift card purchases will not be
in effect during the event.

Please R.S.V.P. by
email to cporteous@aidsthunderbay.org
Call 345-1516 or drop by at 217 S. Algoma St.

T'was Four Weeks Before Christmas,
Almost To The Day,
No Shopping Had Been Done, Life Got In The Way...
The Boxes Were Empty, The Stockings Were Bare
Mom Said "Things Are So Crazy, I Ain't Got A Prayer!"
It's Almost Monday November 22nd,
And All Of My Holiday Shopping Plans Are Off Course!"
Dad Said "Hey Honey Just Look At This Fax...
Let's Go Shop At Chapters Then We Can Relax...
See The Entertainment, And Leisurely Browse
Look At Magazines And Things For The House...
If We Shop On This Monday, And Buy Everyone Books
Then Our Money Can Do Good Things...Just Look!
She Picked Up The Flier And What Did She See?
Ten Percent Of Her Purchase Would Go To Charity!



So Come On This Monday,
Don't Let Life Get In The Way...
Because Your Dollars Will Go To AIDS Thunder Bay!



Join us Saturday March 5, 2004 with your team of 2-6
people and take part in this fun filled evening at Mario's
Bowl (710 Memorial Avenue).

Collect a minimum of \$50 per person in combined team
pledges. Bowl and party with your friends under
Mario's cosmic lights. Music, snacks & refreshments,
attendance prizes and more!

Reserve early for your 5 or 10 pin lane
Limited lanes available

Call 345-1516 to reserve a lane now!

Proceeds raised will support AIDS Thunder Bay programs and direct client services.

AIDS Thunder Bay and Mario's Bowl may assign additional bowlers to lanes reserved for less than six people. Bowling
shoe rentals additional and mandatory

"Eat Your Heart Full"

Valentine's Day Waffle Breakfast

Saturday, February 12th 9 a.m. - 1 p.m.

Held at the Unitarian Fellowship
129 S. Algoma St.



A&P Receipts

Don't throw them away, Give them to
AIDS Thunder Bay!

AIDS Thunder Bay is still looking for
your A&P receipts.

Please make your receipt donation by
dropping them off at ATB 217 S. Al-
goma St. (At the corner of Cornwall and
Algoma) or call us at (807)345-1516



1st Place - Carl Triskle \$3110.00
2nd Place - Selly Pajamaki \$2510.00
3rd Place - Dennis Eeles \$1046.00

Top Dogs: Shania, Snoopy, &
Shadow \$1410.00

Top School: Pride Central \$353.25

Congratulations to *First Church
United* for being *Top Team* 4 years
in a row! \$7610.00



Thank You!

AIDS Thunder Bay would
like to thank all of the hard
working individuals who have
helped to make our fundrais-
ing efforts a huge success.

This years AIDS Walk
For Life raised in excess of
\$16, 500! This event couldn't
have happened without those
who gave their time and en-
ergy and truly made this a
walk to remember.

The reality of living with HIV

Imagine for a moment that you've just been diagnosed HIV positive. Wait – keep on reading, because you'll soon discover that it really could be you.....

Picture yourself sitting there, feeling frightened and vulnerable, in your doctor's office. After she confirms that the HIV test result is positive, she hands you a brochure explaining the virus, it's effects and the treatments. As you struggle to cope with the onslaught of information, the doctor drops a final bombshell; she warns you to be prepared to face a lot of discrimination.

Think that can't happen in Canada?

Think again. It's a daily reality faced by the 56,000 Canadians currently living with HIV.

On the way out of the doctor's office, still holding that brochure, you catch the eye of another patient in the waiting room. His eyes flick briefly to the title of the pamphlet in your hand, back to your face....and he gathers his small children close to him, turning away from you.

We like to think of our country as free from prejudice, treating all Canadians equally. The truth is that discrimination still exists in Canada. It's illegal, but it goes on all the time.

Today's society has, at least on the surface, taken strides toward reducing discrimination. People don't hurl vicious insults and force a person living with HIV to leave town. But subtle discrimination remains, and it holds the same destructive results as in the past. It used to be that an HIV-positive individual might have been fired outright. Now that person might be laid off or pressured to the point of quitting.

At work the next day, you ask your supervisor for medical leave. You need to go through a series of tests and assessments, and get your prescription antiretroviral medication adjusted. You confide your diagnosis to her, hoping that she'll understand why you need the time away. She nods, smiles, shakes your hand and wishes you well. As you leave her office, you see her frantically rummaging through her desk for the bottle of hand sanitizer....

Facing this discrimination on a daily basis can cause the person with HIV to lose or leave his or her job. Relationships may fail, with partners leaving because of discrimination. It can even be challenging to find adequate housing, because some landlords refuse to rent to HIV-positive people.

A lot of HIV-related discrimination is caused by irrational fear of the virus, and misconceptions about who can become infected. The truth is that anyone can become infected.

How on earth did you end up with HIV? Thinking back over the last couple of years, you can pick up on some risky behaviour....the time you had that one night stand with the clean-cut young cutie you met in the park....getting your ear pierced by a friend...and the one-and-only time you drank until you passed out. What really happened while you were under the influence of alcohol?

Women get HIV. Straight people get HIV. Youth get HIV. The virus does not care who you are, or how you live your life. People contract HIV because of their actions, because of WHAT THEY DO. There is no vaccine, and there is no natural immunity. No one asks to become infected with the virus. Once we can accept that a person is not infected with HIV by choice, we can begin to break down the

cycle of judging and blaming, which leads to stigma and discrimination.

Trembling and nervous, you pick up the phone to call your best friend. Of all people, surely he will understand and be supportive? HIV does not discriminate. Will he?

This document is part of a series of Canadian HIV/AIDS Social Marketing Campaign 2004 (SMC 2004) resource materials produced by the Canadian HIV/AIDS Information Centre of the Canadian Public Health Association.
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SUPPORT SERVICES/EHOP UPDATE

It's not too late to be a Secret Santa. Last year about a hundred people received presents and food from volunteer Santas. One person wrote to the 'Thumbs Up' section of the newspaper and glowed about how her family was treated. Think about participating in whatever way you can.

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 13 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.

EHOP Update....

From Carrie Miller (EHOP Coordinator)

The fall PHA Retreat was a great success. It took place at Shebandowan Wilderness Discovery Camp from September 28th to October 1st. Participants were able to enjoy activities such as fishing, boating and campfire circles. A Creative Arts Workshop took place as well as complementary therapy sessions.

News from the Volunteer Department

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

**Chapters 'Words to Live by' fundraiser—Nov 22*

**World AIDS Day—Dec 1*

**Valentine's Day Waffle Breakfast—Feb 12/05*

**Staying Alive Bowling Party—Mar 5/05*

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



Volunteer Activities

It's been a busy fall in the Volunteer Department. Many thanks go out to all the people who helped with the various events. We could not have done it without you!

Check the list next to this column for upcoming events. If there's something you're interested in, give me a call at 345-1516, extension 12 and I'll sign you up.

If you're interested in volunteering at bingo, call me. You'll have a lot of fun working with a great group of people. Bingos are the 2nd and 4th Tuesdays of the month and we have both long and short shifts available.

If you'd prefer to work in the ATB office, we are looking for people who are available on short notice when a regular receptionist can't make it in for their shift. Reception shifts are 4 hours, either 8:30 to 12:30 or 12:30 to 4:30.

I'd like to take this opportunity to thank everyone for their very generous gifts of time and talents over the past year. We really appreciate what you do for us! I would also like to wish you all a very happy holiday season and all the best to you in the new year!

Selly

Happy holidays!

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 #9 What should you tell your kids about HIV and AIDS?

Talking about HIV and AIDS with your children may not be easy but, whether their immediate risk of infection seems slight or significant, HIV/AIDS affects us all and we all need to be informed. By providing accurate information, you can address their curiosity, reduce their fears, and help them to protect themselves.

By talking with your children about HIV/AIDS you are showing them that you care—you are also providing information and support that will help them make healthy choices.

What should children know about AIDS and HIV at various ages? Here are some suggestions:

Young children (5-8 years) may have questions or fears about AIDS. Explain that it is a sickness caused by a kind of germ carried in some people's blood. It is not like a cold though. HIV and AIDS are not easy to catch.

Pre-teens (9-12 years) are becoming more concerned with their bodies and their looks. Talk to them about sexuality, AIDS and drugs. Give accurate information, using correct words for different parts of the body.

Tell them:

- How HIV is spread
- What is meant by sexual intercourse
- Why taking drugs may be dangerous

Teenagers (13-19 years) frequently experiment with sex and drugs. Tell them the most sure way to prevent HIV is to avoid unsafe sexual intercourse and injection drug use.

They also need detailed information about:

- Safer sex
- How to use condoms
- About birth control
- How risky it is to share needles for taking drugs (including steroids), or piercing or tattoos

Talk about how using drugs and alcohol affects their judgment. Emphasize that anyone, anywhere who engages in risky behaviours can get HIV/AIDS.

At any age, dispel myths your children may have picked up. For example, HIV is not spread through drinking fountains, toilet seats, swimming pools or mosquitoes. Make it clear that you can't get sick just by being around someone with AIDS. Explain that people with HIV/AIDS, like all of us, need friendship and understanding.

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
- ♦ Mackenzie Financial Charitable 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 clgro@web.ca
Contact us. Work with us. Join us.

A Word or Two...

Charlene Burford - Health Promoter

I've decided to actually write an article rather than provide interesting health tid-bits courtesy of the web. Chances are, my words will reflect the dual role -- Support Worker and Health Promoter -- I have at ATB; I'm guessing y'll be OK with that, but if it really really erks you, feel free to let me know by phone, e-mail or fax... it's likely not a great idea to stand outside my office making faces at me cause I may misinterpret your message and figure you're just trying to brighten my day rather than express a concern. Ah communication. Alrighty then, think I'm done with that wee ramble (try saying that 10x really fast... wee ramble, wee ramble).

I'm feeling rejuvenated, enthusiastic and hopeful. This could be a result of recently attending three conferences and a one-day workshop within a three week period. Fall seems to be the time for a whole whack of agencies / organizations to put on their education / networking gatherings; perhaps its based on the intention of renew the workers before the long cold dark months of winter ahead... Regardless, after three and a half years in this position, I was feeling a bit run-down and "what difference do I make", blah blah blah. At this point, I'm really hoping you've been in that head-space or at least can relate somewhat, otherwise Gail and Michael may be receiving a few calls alerting them to my precarious state. Not to worry. No instability here, was just walking through my journey feeling the heaviness of deaths within the agency community. Accumulated loss is what we call it. No matter what fancy smancy term you wanna put on it, no matter what level of education, preparation or Spiritual beliefs, eventually (if you are at all human), it takes a toll. As I've said, I am now on the upswing.

I found the most powerful seminars / sessions were the ones that delivered their message in a direct and open fashion. Cutting through the crap, not sugar coating information and honestly speaking about how professionals feel when dealing with terminal illness, eventually palliative care, was more than refreshing. Now don't get me wrong, people within this field are usually comfortable speaking directly. We know the realities of the health care, housing and financial systems; we share the frustrations and at times, a sense of helplessness.

The "Palliative Care Institute 2004: Expanding Horizons; Bridging the Gaps" presented by the Centre for Education and Research on Aging and Health, Lakehead University, rekindled my passion. Attending excellent workshops reminded me "what is my basic role" as a Support Worker, Health Promoter within the HIV/AIDS arena -- to assist individuals to get the services they are eligible for or entitled to, to help people have a peaceful end of life. I know this is oversimplified, but that's the message that brought it -- my purpose -- all together for me. I thank the Palliative Care Institute planning committee for delivering one hell of a workshop!

This does not disqualify the other workshops I attended -- ATB's Opening Doors Counseling Conference, the Ontario AIDS Network "Connecting on the Front Line" and Fred Pryor Seminars "Stress Management for Women" -- there was a cumulative effect. Unfortunately (or fortunately), I do not have the space to go into great detail describing the many gifts I received in the form of messages and/or moments of clarity.

The formal and informal discussions that happen at a conference reinforce a sense of connectedness; sometimes a difficult point to keep in mind when working within an agency, dealing with professionals one-to-one by phone or using e-mail / the internet. I realize financial constraints make it difficult for some agencies to send workers to professional development opportunities, but how can you afford not to? It's investing in worker preservation. I do appreciate the fact the ATB supports our attendance conferences and other networking opportunities.

That'd be it for now...

Aromatherapy

The Therapy That Makes Scents

by Corinne Friedman

The pure essences distilled from aromatic plants have been prized for their health-giving qualities for thousands of years. Using the beneficial properties of oils, you can treat common ailments, promote good health and emotional well-being, and enhance every aspect of your life. These potent, volatile essences are nature's gift to mind, body, and spirit.

Essential oils can evoke smell imagery; sometimes the smell of a certain aroma can instantly bring back memories of a childhood scene. Some scents can make us feel relaxed while others can make us feel energized and alive--this is the power of aroma.

For centuries it has been common knowledge that scents produce mental and physical responses. Using plant, flower, and spice essences for beauty treatments (and to help with physical ailments) is common and has been practiced since ancient times.

Today, aromatherapy is moving out of the "health alternatives" and into the mainstream, such as in the workplace (to improve productivity, especially in the afternoon, when companies release lemon or peppermint through vent ducts - a great "pick-me-up"!).

Airlines and hotels are also looking at aromatherapy as a jet-lag cure.

Some believe that essential oils contain the vital force of plants, hormones, vitamins, enzymes, minerals, and the consciousness of the plant. They provide a therapeutic effect by elevating or suppressing action within the body. The oils enhance brain wave functions and improve psychic and spiritual awareness, working directly with the sensory motor system, and thus bringing balance to the body.

The chemical components of the oils, after analysis, show that they have anti-bacterial, anti-fungal, anti-viral, and anti-parasitic qualities. Many of the oils also support the function of the immune system by acting as an antiseptic and healing agent. Additionally, some oils can affect the hormonal system, while others can stimulate an opening to emotional blocks.

I have witnessed the profound effects of essential oils, creating mental, emotional, and physical shifts. People report feeling more joyful, happier, and uplifted. I like applying lemongrass on the pulse points, such as the temples, wrists, and ankles to enhance emotional expression. In addition, rubbing lavender on the feet aids in relaxation and promotes balance.

Essential oils have a tremendous affect on our bodies, and will continue to play a major

**HEPATITIS C — IT'S SERIOUS.
YOU CAN HAVE IT AND NOT KNOW IT.**

Get the facts. For more information, visit

www.healthcanada.ca/hepc