



**Volume 18
Issue 2**

Summer 2005

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AIDS Thunder Bay is proud to acknowledge a partnership created with Pop Cans For Charity that will mean ongoing donations of food to our Mother's Cupboard food bank. This is an important relationship that will assist in sustainability of Mother's Cupboard and we thank Pop Cans For Charity for their generosity!

C'mon Home!

On Saturday, August 20, AIDS Thunder Bay will be holding a reunion picnic at Centennial Park from 11 a.m. to 3 p.m. This 'homecoming' picnic is for present and former AIDS Thunder Bay associates, members, staff, clients and volunteers. It is one of the many celebrations we have planned for this our 20th year. Yes, that's right, AIDS Thunder Bay has been here for 20 years now. We would like you to come and help us to commemorate those 20 years and reflect and remember all that has happened and all those we have lost in that time.

In order to have a general idea of how much food to supply, we ask that you **call Selly at 345-1516, ext. 12 and let her know if you plan to attend.** Bring your partner, your children, a good friend—just let us know how many will be attending with you. Sorry, but for health and safety reasons, we must ask that you leave your dog(s) at home. We will supply the food and drinks—there will be hamburgers, veggie burgers, hot dogs, smokies, and veggie trays. There will also be juice, soft drinks and water available. And, we will have a special 20th anniversary cake. Please let us know if you're coming alone or bringing guests with you. We want to make sure we do not run out of food or drink.

Don't forget your lawn chair or blanket—something to sit on. There will be some entertainment; local singer/guitarist Nancy St. Jarre will be performing and we hope to have a magician entertain us as well.

This will be a time to visit and socialize and reminisce. Bring pictures if you'd like to share them and bring your memories and stories of your connection with AIDS Thunder Bay. Think of it as a kind of AIDS Thunder Bay family reunion.

The picnic will take place rain or shine as we will be able to use the chalet at the park. Please c'mon home and join us on the 20th for this summer gathering. We hope to see you there!





Presents

The Ice Show

Monday, September 19, 2005
At The Fort William Gardens

AIDS Thunder Bay is in its 20th anniversary year. THE ICE SHOW honours the work of the agency and coincides with the anniversary theme: reflect. connect. respect. It's an opportunity to reflect on the past, make a connection with the community, and respect the mission of AIDS Thunder Bay to help people and families infected and affected by HIV/AIDS.

Tickets will only be sold through the Fort William Gardens Box Office or through the Gardens phone line at 625-2929. Tickets are available on a first come first serve basis. For further information about the event and AIDS Thunder Bay please call 345-1516.



- **Jamie Salé and David Pelletier** – Olympic Gold Medalist, 4 time Canadian Champion, 2 time World Champion
- **Alexei Yagudin** - Olympic Gold medalist, 4 time World Champion, 3 time European Champion and World Professional Champion
- **Brian Orser** - Canadian National Champion, Olympic Silver Medalist & World Free Skating Champion
- **Steven Cousins** - British Champion
- **Yuka Sato** - World Champion
- **Jennifer Robinson** - Six Time Canadian Champion
- **Jozef Sabovcik** - Six Time Czech. Champion & Olympic Bronze Medalist

Honouring AIDS Thunder Bay's 20th Anniversary



AIDS Thunder Bay's AIDS Walk for Life

Join the Celebration & The 2nd Annual 2x4 Club!

Incentives!

\$20

2004 AIDS Walk For
Life T-Shirt
(while supplies last)

\$50—\$149

Full Colour 2005 AIDS
Walk For Life
T-Shirt

\$150—\$299

\$15 Famous Players
Gift Card

\$300+

\$30 Montana's/Kelsey's
Gift Card

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!

After the tremendous success of last year we have decided to once again hold the 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 *Barbeque* donated by *Wal-Mart*.

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:

Westjet, RBC Royal Bank, Janzen's Pharmacy & ABC Custom Embroidery

**First Church United
Yard Sale**

**Saturday, September 10th
8:00 am— Noon
201 E. Brock Street**

**AIDS Thunder Bay would like to thank
the First Church United for their ongoing
support and commitment to the
agency. This will mark the third benefit
yard sale in support of ATB!**

**The SPOOKTACULAR
Halloween Breakfast**

Halloween Belgium Waffle Breakfast

Sat., October 29th 9 a.m - 1 p.m.

Unitarian Fellowship, 129 S. Algoma St.

**Terror-ific Belgium Waffles Oozing With Berry Toppings
That Will Leave You Dicing For More!**



**Mysterion the Mind Reader
with Marcus the Magician**

Friday, October 28 at the Lakehead University Outpost

Mysterion the Mind Reader is Toronto's foremost mentalist, with a PHD in ESP. Expect the unexpected from this mad Doctor at this Halloween Hoopla! Telepathy with random spectators, thought reading of words, numbers & objects, mind mental bending of forks, keys, nails and spoons! Mysterion Knows what you're thinking! In addition, see his side show of bizarre and strange exhibits – Siamese turtles, albino squirrel, evidence of big foot and more!

Opening for Mysterion will be Thunder Bay's only Fire Manipulator Marcus The Magician. Witness as he performs his one of a kind fire manipulation act.

This dangerous performance includes juggling of a burning staff, breathing fireballs eight feet high and swallowing of the most dangerous element known to man. And much more!

Equal Marriage - A Time for Healing

On July 20, 2005, Bill C-38 received royal assent and same-sex marriage became the law across Canada. The debate leading up to this point was divisive and often rancorous. I believe that we now have a chance to move beyond the rhetoric and look to healing the wounds caused by this divergence of opinion.

It is important to remember that the opposition to equal rights for sexual minorities has a long history. Homosexuality was variously described as criminal, as a medical or psychiatric disorder, or in opposition to religious teachings. In Canada homosexuality was decriminalized in 1969, and by 1973 was removed from the list of psychiatric disorders. Since then, each step toward equality and the ending of discrimination has been accompanied by the fears and hatred of some members of the community, largely based on religious opposition.

There was fierce opposition to changes to the Ontario Human Rights Code in 1986, fuelled in large part by some religious groups. In Thunder Bay the Chronicle-Journal editorialized "This legislation will force the majority to put up with the presence of homosexual workmates and neighbours with the attendant possibility of unwanted advances. ... On the street, men and women with traditional values can simply walk away from unwelcome association with homosexuals (sic). But in the workplace, and in the hall-ways, laundry rooms, parking garages and saunas and swimming pools of apart-ment buildings and condominiums, they will be forced to put up with it. Friction, and probably violence, will surely follow."

Of course, life went on and the community by and large adjusted to the change in law. The same thing will likely happen now that same-sex marriage is legal throughout the country. AIDS Thunder Bay has been an advocate for equality through the long, arduous, divisive process that has led to this point. Our Town Hall meeting in April of this year was an attempt to air the divergent viewpoints in a respectful and non-confrontational manner. Now that the law has passed, hopefully it is a time for the healing process to begin.

We are all part of the same community, whether we agree with or oppose same-sex marriage. We need to be able to live and work together. Whether we are Christian or not, the teachings of Jesus can be instructive: "Love your neighbour as yourself". "Judge not, lest you be judged." We need to dialogue with one another and try to understand our divergent viewpoints. When we cannot agree on an issue, we need to be able to step back and give each other room. Hopefully we can agree to disagree, while respecting each other as members of this community.

At AIDS Thunder Bay, we believe in equality for all members of society. We approach our work in a non-judgmental, sex-positive way. By working together with all of society, we can begin to make advances that will allow us to cope more successfully with HIV and AIDS.



Knowing can reduce stress and anxiety. Learn how to avoid getting or giving HIV.



Anonymous, Free HIV Testing
Call 625-5981

AIDS
Thunder Bay



Knowing can reduce stress and anxiety. Learn how to avoid getting or giving HIV.



Anonymous, Free HIV Testing
Call 625-5981

AIDS
Thunder Bay

SUPPORT SERVICES/EHOP UPDATE

Be a Secret Santa This Year

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.

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.

Last year about a hundred people received presents and food from volunteer Santas. Think about participating in whatever way you can.

Donations are needed by December 12 for Christmas delivery. So, if you are interested in playing Santa and making a difference at Christmas, call Gail at 345-1516, ext. 24 for more information.



EHOP Update....

From Carrie Miller (EHOP Coordinator)

Planning for the Fall PHA Retreat is underway. It will take place at the beautiful Mink Mountain Resort from Monday September 12th – Wednesday September 14th. The Retreat is open to positive clients and their partner/spouse. If you have children and require childcare we will reimburse you after the Retreat. Some of the activities will include complementary therapy sessions, crafts, campfire circles, nature walks, canoeing and a workshop on Nutrition. You'll need to call Carrie at 345-1516 ext.16 by Wednesday August 24th to sign up.

News from the Volunteer Department

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

**Moonlight Melodrama—August 10 to August 26*

**Information display at Intercity Mall—August 26 to 28*

**Yard Sale—September 10*

**AIDS Walk—Sept 25*

**Opening Doors Counselling Conference—Oct 13 & 14*

**Mysterion the Mind reader—Oct 28*

**Halloween Waffle Breakfast—Oct 29*

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

Also watch for many 20th Anniversary events:

**August 20—Reunion Picnic for all former and current staff, clients, members and volunteers*

**September 19—The Ice Show*

**November 3-6—Visions & Light Film Festival*

**November—20th AGM*

**AIDS Awareness Week—late Nov*

**World AIDS Day—Dec 1*

Volunteer Activities

We are coming into our busiest time of year with an information display at Intercity Mall the last weekend of August, selling 'showballs' at the Moonlight Melodrama production at the Community Auditorium, a yard sale at 1st Church United on Brock St., the AIDS Walk, the Opening Doors Counselling Conference, Mysterion the Mind Reader, the Halloween Waffle Breakfast, Visions and Light Film Festival, the Annual General Meeting and Silent Auction, and AIDS Awareness Week. If you are interested in volunteering at any of these events, please call Selly at 345-1516, ext. 12.

Do you have your tickets for The Ice Show yet? It's sure to be a spectacular event! Call the Fort William Gardens box office now. And don't forget Mysterion the Mind Reader. It's going to be an intriguing show. Marcus the Magician, otherwise known as our very own Myles Rusak, will be opening for Mysterion.

We look forward to seeing many of you at the Reunion picnic on August 20 at Centennial Park. Don't forget to call and let Selly you if you will be attending. Bring your partner, your children, a close friend—just let us know how many people you're bringing with you. We don't want to run out of food! Also, bring a lawn chair or blanket to sit on. There are some picnic tables available, but not enough. The picnic will go ahead rain or shine as we have the use of the chalet at the park. So, bring your appetite and your memories and prepare to spend an enjoyable afternoon socializing and reminiscing.

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	\$ _____

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

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

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

Frequently Asked Questions About HIV/AIDS

Question #11 How to talk about using condoms

It can be very difficult to talk about condoms or safer sex, but it is **very** important.

Send a signal

- Have condoms available and visible, in your bedroom, bathroom, pocket or purse
- Give a bouquet or a card expressing the wish to make love, and attach a condom

Talk about safer sex before you have sex

To raise the subject with your partner you can say:

- “Don’t you think that people these days need to always practice safer sex?”
- “If our relationship is going to become sexual, we should use condoms.”
- “This feels really good but I want to talk about how we can have safer sex before we go any further.”

If your partner does not want to use condoms say:

- “I find putting on condoms very exciting.”
- “Using condoms lets me relax and enjoy lovemaking rather than worry about the consequences.”
- “I’ve heard that condoms help a man last longer.”
- “Using condoms shows that we respect ourselves and each other.”

Here are some other examples of how to talk about using condoms

Question: “Don’t you trust me?”
Reply: “I do trust you but either of us could have a virus and not know it.”

Comment: “Condoms don’t feel good.”
Reply: “Let’s try it a few times. It’ll be more fun if we can both relax.” Then try putting a drop of lubricant inside the condom. You could also try using a female condom.

Question: “Aren’t you on the pill?”
Reply: “Yes, but that doesn’t stop STDs.”

If you and your partner can’t agree, consider your options. If you still want to have sex, consider other safer sex activities that do not involve penetration.

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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Richard Thompson	Superior Points Harm Reduction Coordinator
Nicky Tittley	Infection Control/Safety, St. Joseph’s Care Group
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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

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.

A WORD OR TWO.....

From The Health Promoter
Steven Gothard

So who is this new face around the office? He kind of looks a little like Stuart (with the long hair and all). He seems to like the look and feel of a good pair of cords, seems to be a walking canvass for one of our local tattoo artists, and has what could loosely be called a beard (not sure its purpose during these hot summer months, but to each their own). Well I won't keep you in suspense any longer. My name is Steven Gothard and I am the new Support Services/ Health Promotion Worker here at AIDS Thunder Bay, and I am very pleased to be a part of the AIDS Thunder Bay team. Now I won't let the whole cat out of the bag, but to give you an idea of what to expect when you see me around the agency I'll share a little about myself (you will have to come see me in person to get more dirt). I have been working in Thunder Bay on and off for the last 12 years in the human services field. I started my career off with New Foundations Clubhouse and through the Clubhouse Program have had the opportunity to work in Minneapolis and Toronto. Recently I have been concentrating on providing services and outreach to our homeless population (most specifically "at risk youth") working with CAS, HRDC, Haven House and LSPC. I have coordinated an anti-racism program through local school boards as well as working in Harm Reduction with Superior Points Harm Reduction Program. The majority of my work has focused on advocating and providing outreach services for homeless people and youth at risk, providing research information for community proposals, as well as promoting healthy lifestyles and assisting IDU with quality of life issues and I have to say that I truly enjoy working with all the people I have had the great honor to meet over the years. Recently I have also been spending time on the beautiful west coast. Specifically, Squamish British Columbia, where I am a member of the Brakendale Players. We perform two Shakespearian shows a year, one in Oregon, USA and one in Squamish at Christmas (the Christmas show is in it's 7th year) and I love being on stage. Living in BC also allowed me the opportunity to volunteer on the east end of Vancouver and learn about how that community is addressing issues, such as HIV/AIDS, Hep C, Intravenous Drug Use, and the fight for dignity and respect of all peoples. But what I really am proud of and excited about is this opportunity to work with the clients, volunteers and staff of AIDS Thunder Bay. I truly believe in the intrinsic value of all humans (to steal a line from Don Young of Superior Points) and I feel that this new job allows me the chance to work directly with people in helping to change the attitudes and environment of Thunder Bay. I may look younger than my years; however, I assure you that I have a good deal of experience and a fire in my belly to do all in my power to support the clients of AIDS Thunder Bay. Beyond that I enjoy music (it is actually what allows me to see the beauty in everything around me), doing spoken word, hanging with my dog Slyde, going backcountry hiking in the beautiful woods around "the big lake they call Gitche Gume", activist work, and writing for The Independent Media Centre, to name just a few. Well I think that I have gone on quite long enough, however, I would like to invite you to visit with me at the office or have a coffee in the community. I would cherish the opportunity to get to know all of you and look forward to letting you see a little more of who I am as well as building working relationships that help make life a little bit easier and support your needs.

So that's about me.....now what about you. Well I was thinking about what I wanted my first submission to the newsletter to look like and after tossing around a couple of ideas, I decided what I wanted to talk about was sex. A topic that often comes up during coffee with friends, but one that I think is very important to talk about when considering a healthy sex life and HIV/AIDS. It's not hard to imagine that one's first response to sex after testing positive is that of "I'll never be able to have sex again" or "sex will never feel good ever again" or even more specific thoughts of "I never want to have sex again". Well I guess the answers to these questions are quite simple, you can have a healthy, safe, wonderful sex life despite your status. It is important to acknowledge that sex is an important part of many of our lives and assists us in having a healthy, enjoyable life, and to understand that this is not at all hindered by your HIV/AIDS status. What is also important to acknowledge is that in order to ensure that this is true (that one can have a healthy, enjoyable, safe sex life) one must practice SAFER SEX. Now I would encourage all peoples to practice SAFER SEX, but it is especially important when you are positive or your partner is positive. Safer sex is important even if both individuals are positive, as the HIV virus can be different in each person and may mutate to a new strain of the virus if the two come together (as could happen if one is practicing unsafe sex). So you ask yourself what is SAFER SEX, and to put it simply it is the practice of protecting oneself during any sexual activity where there is a risk of transmitting HIV or other sexually transmitted infections. Safer sex is a loving way to express your intimate feelings to your partner and is for anyone regardless of gender, race, or sexual orientation. I believe that all people wanting to engage in healthy sexual activity (regardless of what that activity may be) should be encouraged to do so, with zeal and safety. At the office we have a pamphlet called "Safer Sex Menu" and it details risk factors for specific sexual activities. Examples being Dry kissing - No Risk to Anal intercourse (without condom) - High Risk. This booklet is an excellent resource for those who are sexually active and gives wonderful examples of fun, exciting No and Low Risk activities. I would suggest this to

A Word or Two continued...

anyone who is sexually active. When considering sex after transmission a few key things should be present: ALWAYS WEAR A CONDOM (if of course you have a penis or one is entering your body) even during oral sex, Use dental dams/ barriers (can be made by cutting a condom down one side) when performing sexual acts to the vagina or anus, such as cunnilingus or rimming (licking the anus), Use plenty of lube, this prevents tearing (tearing means that blood is present and can lead to transmission) and can add to the enjoyment of sex i.e. using flavored lube, Never share sex toys unless they have been disinfected or a new condom is being used and even then you should not share your vibrators or dildos , etc. with anyone else, and always be aware of body fluid (such as blood, semen and vaginal fluid) that is present when participating in sexual activities.

Even small things such as not brushing your teeth before sex (brushing often induces bleeding of the gums) can reduce the threat of transmission as it reduces the chances of blood being present. These are just a few of the practices that make sex safer (hence the term SAFER SEX) and enjoyable regardless of your status. But remember that there is a tremendous amount of educational material available, such as the Safer Sex Menu, and that this information is there to help you continue to enjoy and participate in healthy sexual activity. So until the next newsletter, be safe and do some more research on your own and continue to have sensual, erotic, exciting, and SAFER sex with those whom you love as well as those who you only want to fuck.

Live and Love

Steven Gothard

New Service for People with Disabilities!!!

The City of Thunder Bay, in partnership with the Leisure Resource-Thunder Bay Committee, recognizes that identification of support persons for people with disabilities has been a barrier in the past. We are proud to introduce the



P.A.L. card! (Personal Attendant for Leisure)

A P.A.L. card allows a person with a disability to be accompanied by a support person (P.A.L.) to participate in designated City of Thunder Bay Recreation and Culture division programs/facilities.

The P.A.L. will not be charged admission to these programs/facilities. A P.A.L. can be any person chosen by a person with a disability who is able to provide the support that they need to participate in and perform recreation and leisure activities. A P.A.L. can be a family member, friend, paid support, or a volunteer.

P.A.L. card applications are available at all City of Thunder Bay recreation facilities, Victoriaville Civic Centre, or by calling 625-2930.



Apply now for your FREE P.A.L. card!!!

