



**Volume 18  
Issue 3  
Fall 2005**

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## Anniversary Reflections

AIDS Thunder Bay has come through a remarkable anniversary year. Most of you know this is our 20<sup>th</sup> Anniversary. We launched a year of special activities last November by presenting R.E.M. to Thunder Bay in an amazing concert at the Fort William Gardens. We updated our web-site and posted a brief history of our organization. In Spring of this year, we hosted a HIV Treatment Information dinner for clients and caregivers. We created an "archive" project that saw thousands of our documents, photos, posters and important materials transferred to digital discs - the better to preserve them for future reference. We produced and have for sale a 20<sup>th</sup> anniversary souvenir wrist band. The band is made of red leather and is inscribed with our anniversary theme: "reflect. connect. respect." The wrist bands have proved so popular, they have gone into their third re-order! Special articles about our anniversary have appeared in various issues of this newsletter this year.

Throughout the year, we have been engaged as co-champions of a regional planning initiative designed to capture how to address HIV/AIDS in Northwestern Ontario. The final planning report should be completed next month.

In late summer, we hosted a "c'mon home family reunion picnic". A great crowd of past and present volunteers and supporters gathered at Centennial Park for music, food and a bit of magic. In September, we presented THE Ice Show at the Fort William Gardens. Again, a spectacular show brought thousands of people to standing ovations for some of Canada's and the world's top figure skaters.

As you read this, you still have time to catch an extraordinary poster exhibition at the Definitely Superior Gallery. The exhibit, called "Visual AIDS - 20 Years On" features international, Canadian and locally created AIDS education posters. It is an astonishing picture of education and prevention efforts from around the globe, covering the past two decades.

We will bring this anniversary year to a close at our 20<sup>th</sup> Anniversary Annual General Meeting at the Thunder Bay Art Gallery on Thursday, November 24. Everyone who attends will receive special gifts and real roses. Please come and join us to honour this remarkable year, and help us launch the next phase of AIDS Thunder Bay's work.  
Michael Sobota, Executive Director

# Fundraising

special events & activities



Tickets: \$13.00  
Available at:  
AIDS Thunder Bay  
L.U. Outpost  
L.U. Student Union  
Painted Turtle  
New Global  
Experience



## **MYSTERION**

### **THE MIND READER**

### **& MARCUS THE MAGICIAN**

Friday, October 28th @ 7 p.m.  
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 is Thunder Bay's only Fire Manipulator Marcus The Magician through a virtual fire show! 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.



Treat your appetite!

## **THE SPOOKTACULAR**

### Halloween

### Waffle Breakfast

Sat., October 29th

9 a.m. - 1 p.m.

Unitarian Fellowship, 129 S. Algoma St.

\$5.00 per person

**AIDS**  
Thunder Bay

Tickets at  
AIDS Thunder Bay  
217 S. Algoma St.

**345-1516**





AIDS Thunder Bay would like to thank all of the hard working individuals and teams who have helped to make our fundraising efforts a huge success. This years AIDS Walk For Life raised \$14,000! This event couldn't have happened without those who gave their time and energy and truly made this a walk to remember.

**1st Place - Selly Pajamaki - \$2,760**  
**2nd Place - Dennis Eeles - \$2133.36**  
**3rd Place - Diane Buta—\$465.00**

**Top School:**  
**L.U.'s Criptastick \$240.00**

**Congratulations to *First Church United* for being *Top Team 5 yrs.* in a row! \$3,040.36**

## AGM Silent Auction

**Donations for this years AMG silent auction are greatly appreciated. Books, crafts, movies, art and seasonal ornaments are a few suggestions. The meeting will be held on Thursday, October 24th at the Thunder Bay Art Gallery. Donations will be accepted until November 18th.**



## Save Those Tapes!

We are still collecting A&P receipts for the agency. ATB receives \$1.00 for every \$450.00 spent. Look for the new collection box located at the River Street Store; an easy and convenient way to deposit your receipts right at the store. A collection box is also located in the lobby of the office.

ATB has been taking part in this donation program for the past three years. Your support has helped us raise over \$230.00 This is an easy fundraiser that many people take part in, some have even set up envelopes at their places of work to collect co-workers receipts.

## February Events



## Visual AIDS: 20 Years On - International Poster Exhibition

AIDS Thunder Bay and Definitely Superior Art Gallery have partnered to present the international poster exhibition Visual AIDS: 20 Years On. As we honour our 20<sup>th</sup> Anniversary this year with the theme **reflect. connect. respect.**, one of the anniversary events is the exhibition of posters at Definitely Superior Art Gallery.

The HIV/AIDS epidemic has been notable for the range of social marketing material that has been developed around the world. Designed to promote prevention, to encourage support, to educate, to advocate, to address stigma and discrimination, these materials have been created in a variety of styles, from creative art to simple sloganeering to depictions of sexuality. Some of the images may be controversial to some, as they reflect the need to address the full range of risky behaviours that contribute to the spread of HIV. This exhibition features a selection of posters from around the world and from various stages of the history of the epidemic. Many of these posters have never been shown publicly here in Thunder Bay. The exhibition includes posters produced locally by AIDS Thunder Bay over its twenty year history.

Visual AIDS: 20 Years On runs until November 5. Definitely Superior Art Gallery is located at 250 Park Ave., Suite 101 (former Eaton's building) and is open from noon to 6:00 pm. Tuesday to Saturday. Admission is free and donations are welcome.



## Visions & Light Film Festival – November 3 - 6

This is the fourth year of the festival co-sponsored by AIDS Thunder Bay, Canadian Mental Health Association and Centre for Addictions and Mental Health. The opening film is FIX: The story of an addicted city, a free screening at Confederation College on Thursday, Nov. 3. There are eleven great films over the weekend, including Bear Cub and Latter Days, and information about all films is available at [www.visionsandlight.com](http://www.visionsandlight.com).



## SECRET SANTA

Christmas can be a lonely time of year for many people. Being a part of our Secret Santa Project brightens the season and lifts the spirits for everyone involved. As a Santa you provide presents for an individual or a family who might otherwise not have anything to celebrate. Your kindness can help someone feel connected to the community.

If you are too busy to shop you can give money which will be used to purchase presents or Christmas foods. Please make cheques payable to AIDS Thunder Bay, but designate the funds to the Secret Santa Project.

For more information call Gail at AIDS Thunder Bay 345-1516 or Ruth at 345-0166.

## *EHCP Update...*

*From Carrie Miller (EHCP Coordinator)*

In May a Legal Literacy Workshop was offered to clients. Some of the topics included Human Rights, Court Process and Relationship Abuse. A wide variety of social activities have taken place during the last couple months that have included The Ice Show, Border Cats Baseball game and the Canadian Lakehead Exhibition. The Fall PHA Retreat took place in September at the beautiful Mink Mountain Resort. Some of the activities included complementary therapies, arts & crafts, fishing and nature walks. We would like to give a big thanks to the volunteers and complementary therapists that offered their valuable time and services.

*The following article is reproduced from the website (<http://sitochiropractic.com>) for educational purposes.*

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

## **Chiropractic Care Increases Quality of Life For HIV/AIDS Patients**

**By Michael Dorausch, D.C.**

A recent article in Up & Coming Weekly Magazine suggests that chiropractic care can offer greater immune competence to people with HIV/AIDS, cancer, and other serious diseases.

According to clinical studies reported on in the article, chiropractic was shown to boost immune system function, help with secondary symptoms such as peripheral neuropathy, and provided reduction in stress. The article states that, "All of these are empowering HIV/AIDS patients to live a more positive quality of life. This in turn increases life expectancy."

The article suggests success from several other clinical studies involving chiropractic and immune system function. A researcher involved in one study stated, "Chiropractic patients (in the study) had 200 percent greater immune competence than people who had not received chiropractic, and 400 percent greater immune competence than people with cancer or other serious disease."

The article goes on to define a vertebral subluxation as being comprised of five components.

**Spinal kinesio pathology** - the inability to comfortably turn neck, hips, or back in every direction.

**Neuropathophysiology** - Impingement of nerves creating numbness, tingling, pain or pins and needles.

**Myopathology** - tight, spastic, weak, sore, and/or overly sensitive muscular responses.

**Histopathology** - swelling, tenderness, painful spots, and other soft tissue changes.

**Pathophysiology** - muscles, joints, ligaments, and organs show wear and tear and premature aging.

The article suggests that increasing ones quality of life and symbiotically decreasing stress plays a major part in life expectancy. The final sentence says it all... "If you aren't under chiropractic, then you are not allowing your body to perform at 100 percent."

# News from the Volunteer Department

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

*\*Mysterion the Mind reader—Oct 28*

*\*Halloween Waffle Breakfast—Oct 29*

*\*Staying Alive Bowling Party—Feb*

*\*Valentine's Waffle Breakfast—Feb*

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

*Also watch for many 20th Anniversary events:*

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

*\*November—20th AGM*

*\*AIDS Awareness Week—late Nov*

## **Volunteer Activities**

We continue to be very busy with fall events including 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 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.

Be sure and attend our Annual General Meeting on Thursday, November 24 at the Thunder Bay Art Gallery (on the Confederation College campus). The first 50 people will receive a 20th anniversary year gift pack. There will be a light lunch available at 6 p.m. We will also have our Silent Auction which looks to be another good one this year. Come and start your Christmas shopping with us.

I would like to mention a very special volunteer and that is **Colette Villeneuve**. Colette runs our bingos and does a fantastic job of it. We really appreciate all the time she puts into bingo for ATB. She not only runs the bingos (and very capably), she also finds most of the volunteers for each bingo. That is a big job and we extend sincere thanks to her.

# Here and There...

## 2005 Northwestern Ontario Opening Doors HIV/AIDS Counselling Conference

AIDS Thunder Bay hosted its' 14<sup>th</sup> annual Opening Doors HIV/AIDS Counselling Conference at the Victoria Inn on Oct 13<sup>th</sup> & 14<sup>th</sup>, 2005. This year we had 96 registrants for the conference including several Pharmacists and Physicians who were invited to attend the Treatment Information Night. Dr. John Goodhew, an HIV/AIDS specialist from Toronto, was the keynote speaker at the Treatment Information Dinner. He outlined the developments in HIV/AIDS treatments over the past 20 years and highlighted new options that are going to be available in the near future.

The conference was opened with a Plenary of individuals from around Northwestern Ontario who shared their experiences of living with HIV/AIDS in our region. This was in response to requests at previous conferences to have more "personal stories" and to give conference attendees a frame of reference for the rest of the conference. Workshop topics included Counselling Northern Youth, Aboriginal Substance Use & Risk Taking Behaviours, Sex with Stu & Lori Too (talking about sex) and OW/ODSP Extras: The Untold Story. The second Plenary highlighted the epidemiology of HIV and STDs in the Northwest, covered the basics of epidemiology, and how sexual health clinics, including Anonymous Testing, function in prevention of and response to local epidemics. The final Plenary, made up of PHAs and service providers, focused on putting Harm Reduction Theory into practice on a daily basis.

Review of the evaluations so far shows that conference participants enjoyed the event and found the Plenaries and Workshops useful and informative.

AIDS Thunder Bay would like to thank our conference funder, The Ontario Ministry of Health & Long-Term Care, AIDS Bureau, and our sponsors, Gilead Sciences Canada Ltd., Bristol-Myers Squibb Virology, GlaxoSmithKline in partnership with Shire BioChem, Boehringer Ingelheim and the MAC AIDS Fund. The conference coordinator, Janet Adams, would like to thank the members of the ODCC Planning Committee, the presenters, especially those of you who shared your personal lives with us, all the volunteers who helped make our event a success, and especially Christa... thanks for all your hard work... without you we could not have made this event a success!!

## 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](mailto:info@catie.ca)

internet: [www.catie.ca](http://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](mailto:info@aidsthunderbay.org)

Visit us on the internet at: [www.aidsthunderbay.org](http://www.aidsthunderbay.org)

# Parting Glance

## Frequently Asked Questions About HIV/AIDS

### Question #12 Is there a cure for HIV/AIDS?

No. There is no cure for HIV/AIDS.

Although some very strong drugs are now being used to slow down the disease, they do not get rid of HIV or cure AIDS. The drug treatments are called **Highly Active Anti-Retroviral Therapies (HAART)**. They are a mix of drugs such as AZT, 3TC, ddI and a protease inhibitor. Together they help to reduce the level of HIV in the blood. HAART can help to slow down HIV and keep some people healthy longer.

Even though HAART are better than anything else so far, they do have some problems:

- They don't work for all people.
- Some people have very bad side effects from the drugs themselves or from the way those drugs mix with other drugs they are taking. These people may have to stop treatment.
- The drugs can cost thousands of dollars each year, and some people cannot afford them.
- People using treatments must take many pills each day, for the rest of their lives.
- If people forget to take their pills, the HIV virus in their body may get stronger and may not respond to any drugs at all.
- We do not know how safe these treatments are or how well they will work over time.

Not all people who need HAART have access to treatment. An Ontario study found that only half of the people living with HIV/AIDS are getting HAART. Other research shows that certain groups, such as women and those who inject drugs, are less likely to get this treatment.

When some people find out about the new treatments, they may think they are safe. They may start to take risks. These treatments do NOT make it safer to take chances. We still don't know how HAART affect the spread of HIV. And the risk of spreading HIV is still very real because as many as 15,000 Canadians may have HIV and not know it.

There is still no cure for HIV/AIDS. To reduce the risk of getting HIV/AIDS, people still need to practise safer sex and not share needles to inject drugs.

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

## AIDS Thunder Bay Advisory Council

|                  |                                                       |
|------------------|-------------------------------------------------------|
| Richard Atkinson | Kinna-Aweya Legal Clinic                              |
| Dr. Gordon Milne | Family Physician                                      |
| Tara Champagne   | Public Health Nurse, Thunder Bay District Health Unit |
| Richard Thompson | Superior Points Harm Reduction Coordinator            |
| Nicky Tittley    | Infection Control/Safety, St. Joseph's Care Group     |
| Don Young        | ATB Board of Directors                                |

## AIDS Thunder Bay Board of Directors

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| Sandra Russell         | Eunice Ryan         |
| Brent Trudell          | Don Young           |
| Karen Vescio, Recorder |                     |

## AIDS Thunder Bay Staff

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| Janet Adams       | Opening Doors Counselling      |
|                   | Conference Coordinator         |
| David Belrose     | Education Coordinator          |
| Stuart Boland     | IDU Outreach Worker            |
| Steven Gothard    | Support Worker/Health Promoter |
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| Lawrence Korhonen | Administration Coordinator     |
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| Carrie Miller     | EHOP Coordinator               |
| Selly Pajamaki    | Volunteer Coordinator          |
| Crystal Porteous  | Fundraising Coordinator        |
| Michael Sobota    | Executive Director             |

## Front Line Contributors

|                        |        |
|------------------------|--------|
| Selly Pajamaki         | Editor |
| ATB staff & volunteers |        |

## AIDS Thunder Bay acknowledges and thanks our various funders:

- ◆ 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
- ◆ Elizabeth Taylor AIDS Foundation
- ◆ Fort William Rotary Club

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

## CLGRO

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phone 416-405-8253

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Contact us. Work with us. Join us.