

Volume 19

Issue 2

Summer 2006

Inside this issue:

Fundraising News	2
Fundraising continued	3
Education Update	4
Support Services	5
News from the Volunteer Department	6
Here and There...	7
Parting glance	8

Consider Supporting Our Supporters

The "Wheels To Win" Raffle has substantial support from local businesses. They have gone the extra mile to make this raffle work for AIDS Thunder Bay. So, if you can, consider supporting our supporters. If you are in the market for a bicycle or a tune-up for the one you already own, please consider Brian Coutts and his independent, family-owned and run local bike shop: Rollin' Thunder on Algoma Street. If you want a skate board, consider Sport Mart. If you have printing needs, give a call to Print Pros. And, if you can consider purchasing a new vehicle, please consider Honda vehicles at Gore Motors. All of these local businesses are working to make our raffle work. We thank them.

Act Globally!

Friday, September 22, 2006

Stephen Lewis - AIDS in Africa

Thunder Bay Community Auditorium 7:30 p.m.

Adults \$25 Students \$15 proceeds to the Stephen Lewis Foundation presented by Friends of Africa – Thunder Bay



Come out to hear Stephen Lewis talk about AIDS in Africa. A powerful and impassioned speaker, Mr. Lewis is Chair of the Stephen Lewis Foundation, author of the national bestseller *Race Against Time* and U.N. Special Envoy for HIV/AIDS in Africa. A lifelong social democrat and diplomat, he has focused much of his

humanitarian efforts on the African continent. (See Page 4)

Act Locally!

Sunday, September 24, 2006

AIDS Walk for Life

574 Memorial Avenue 12:00 (noon)

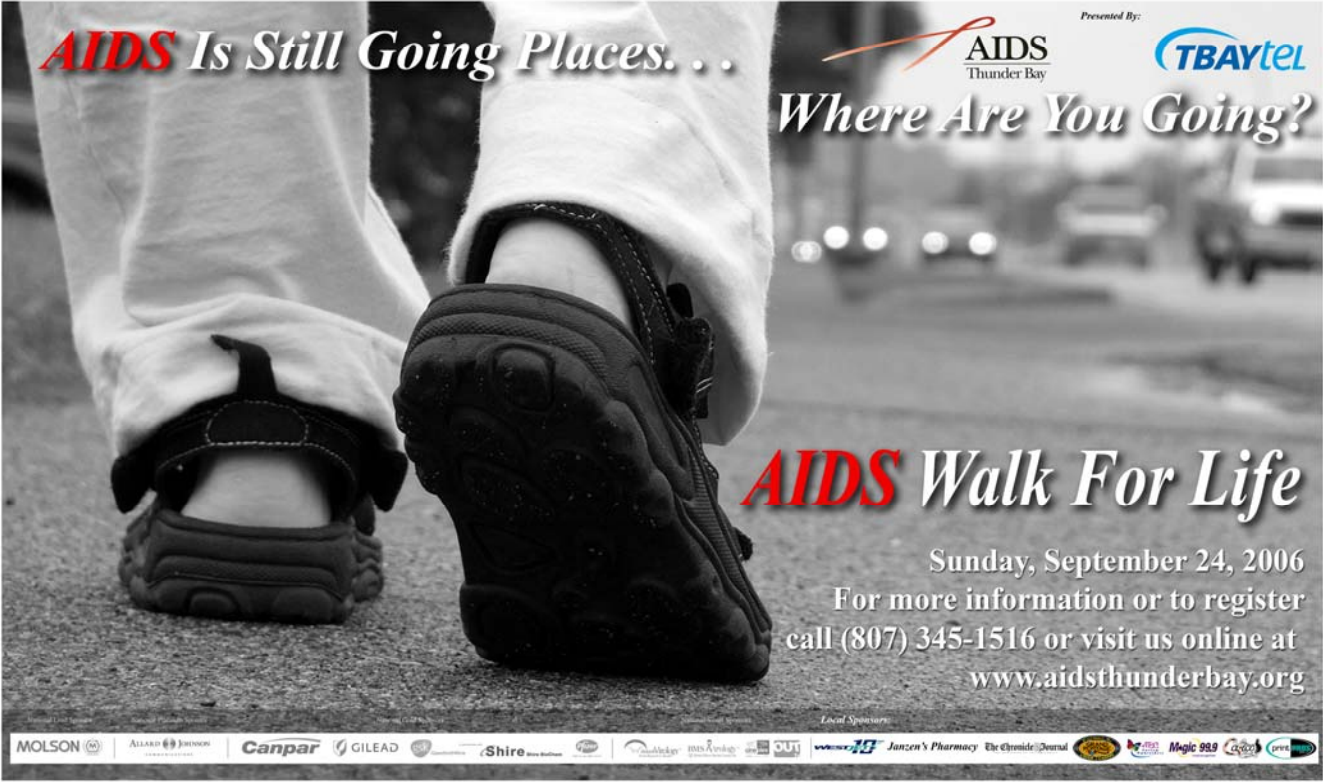
presented by AIDS Thunder Bay

proceeds to support AIDS Thunder Bay programs and services



Collect pledges, make a donation, join the fun, win prizes, while you support the work of AIDS Thunder Bay. This is our major annual fundraising event, held in common with communities across the country. This year join us at our new location at 574 Memorial Avenue. (See page 2)

Fundraising



AIDS Is Still Going Places...

Where Are You Going?

AIDS Walk For Life

Sunday, September 24, 2006
For more information or to register
call (807) 345-1516 or visit us online at
www.aidsthunderbay.org

Presented By: AIDS Thunder Bay, TBaytel

Local Sponsors: MOLSON, Allstate, Canpar, GILEAD, Shire, CIBC, BSA, CUI, Jansen's Pharmacy, The Chronicle-Journal, Magic 98.9, and others.

Twenty-five years, over sixty-thousand reported cases in Canada. It's true, AIDS is *still* going places. That's why AIDS Thunder Bay needs your help to get the 2006 AIDS Walk going places as well!

This year's theme of *Going Places* will be reflected in every aspect of the Walk. The route, the location, the entertainment, and especially **the prizes!** It's an exciting time. In partnership with TBaytel we plan on making this year's walk something that everyone will truly remember.

It's about going, about taking that extra step for someone you care about. In some way we are all affected by HIV/AIDS. This is why we ask you to please help those that are truly in need by raising funds and walking our new route with us. Remember that all money raised stays right here in Thunder Bay to support AIDS Thunder Bay's many programs and services.

Visit us at www.aidsthunderbay.org to register online.

Win One Of These Great Prizes

- **Trip for two** to any Canadian *Westjet* destination.
- **\$50 Gift Certificate** to the *White Fox Inn*
- **Trip for two** to any Ontario and/or Manitoba *Greyhound* destination
- **Doggy Care Package** from *Snip 'n' Clip*
- **Car Rental** from *Enterprise Rent-A-Car*
- **\$100 Gift Certificate** to *Bistro One*
- **Mp3 Player** from *The Power Center*
- **Gift Certificate** to *Fresh Air Experience*
- **Complete luggage set** from *Zellers*
- **Golf Package** from *Dragon Hills Golf Course* and *Thunder Bay Travel*
- **\$50 Gift Certificate** to *The Madhouse*
- **Thunder Bay Golf Dome** winning Team Prize
- **Doggy Care Package** from *Snip N' Clip* and *JudyMade Pet Accessories*
- **Gift Certificates** from *The Madhouse*, *Silver City*, *Boston Pizza* and **MORE!**



The New Route

This years AIDS Walk For Life will take place Sunday, September 24, 2006 at 12 noon in AIDS Thunder Bay's new office. Located at 574 Memorial Avenue this high profile route will consist of a 4.5 km walk around Beverly St, Balmoral Ave, Oliver Rd, and finally down Memorial Ave ending at our office, where everyone will be invited in for a cold drink, some snacks and the awards ceremony (*Including the Wheels To Win \$1000 CASH early bird draw!*)

\$1000 CASH!

Who couldn't use it? Who doesn't want it!? **Sunday, September 24, 2006** at the AIDS Walk For Life we will be giving away \$1000 Cash in our *Wheels To Win* Early Bird draw.

Tickets will be available right up until the draw. So if you don't have yours call (807) 345-1516 or visit the website www.aidsthunderbay.org to find out how you can drive off with a cool \$1000 cash!

Wheels To Win Raffle:

Grand Prize: 2006 Honda Ridgeline

2nd Prize: Rocky Mountain Trailhead Mountain Bike

3rd Prize: Krown Skateboard

Tickets only \$20!!

Only 6,000 tickets printed

Incentives to Walk

AIDS Thunder Bay's incentive program is a way for us to thank you for your hard work and support in the fight against HIV/AIDS.

\$20-149

2006 AIDS Walk for Life T-Shirt!

\$150-299

2006 T-Shirt, coffee from *Calico's Coffee House*

\$300 +

Above incentives and \$20 Gift Certificate for *Amazon.ca*

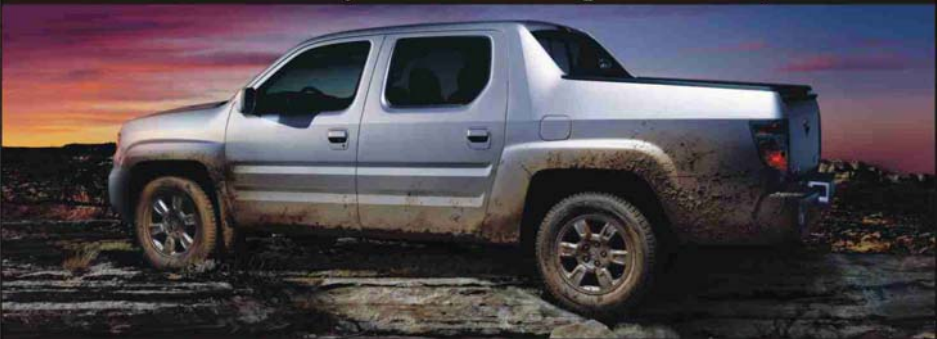
Wheels To Win

A Raffle Fundraiser For AIDS Thunder Bay

GRAND PRIZE: 2006 HONDA RIDGELINE

And

\$1000 Cash Early Bird Draw September 24, 2006



Get Your Tickets By Calling

(807) 345-1516

Thank You To All Of Our Current Sponsors!



Janzen's Pharmacy



EDUCATION UPDATE

Stephen Lewis – AIDS in Africa

AIDS Thunder Bay is pleased to be working with Friends of Africa – Thunder Bay who are bringing in Stephen Lewis to speak on AIDS in Africa. He will be at the Community Auditorium on Friday, September 22 at 7:30 p.m. Tickets are only \$25 for adults and \$15 for students and are available at the Thunder Bay Community Auditorium. As UN special envoy for AIDS in Africa, Mr. Lewis has been a tireless and passionate advocate, challenging the world and world governments to act to address the desperate situation in Africa. Mr. Lewis is an eloquent speaker, moving audiences with the strength and clarity of his convictions.

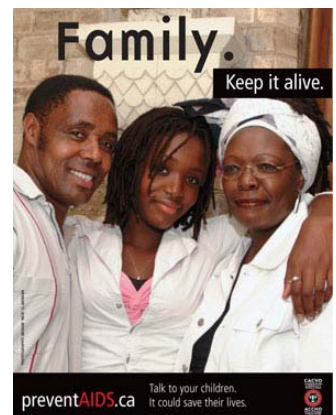
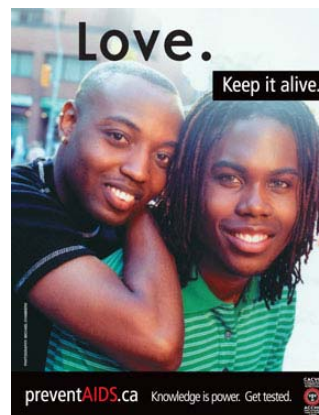
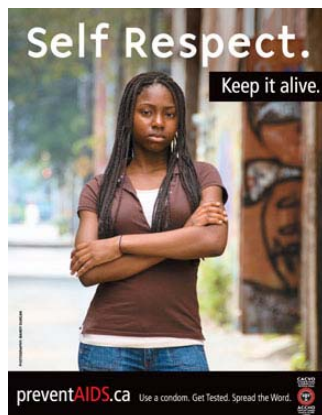
Leader of the Ontario New Democratic Party for eight years, during which time he became leader of the Official Opposition, he also served as Canadian Ambassador to the United Nations, and as the Deputy Executive Director of UNICEF in New York. The Stephen Lewis Foundation, of which he is the director, is dedicated to easing the pain of HIV/AIDS in Africa. Mr. Lewis is also currently a Commissioner for the World Health Organization's Commission on the Social Determinants of Health.

Based on the 2005 Massey Lectures, Mr. Lewis's book *Race Against Time* conveys his determination to bear witness to the desperate plight of so many in Africa and elsewhere, balanced by his unique, personal, and searing insider's perspective on the global failure to help.

The evening of September 22 promises to be a powerful and moving event highlighting the global situation on the HIV/AIDS pandemic, so be sure to mark it on your calendar. Then come out and support the local AIDS Walk for Life on Sunday, September 24. Act globally! Act locally!

Social Marketing Campaigns

There have been two major social marketing events in Thunder Bay this summer. The Be Real campaign targets gay, bisexual and other men who have sex with men. The Keep It Alive campaign targets the African and Caribbean communities. Both of these campaigns are province-wide campaigns. Although the campaigns target specific communities, the messages are applicable to us all.



Support Services Update



The 15th Annual Opening Doors HIV/AIDS Counselling Conference

AIDS Thunder Bay is proud to be presenting the **15th Annual Opening Doors HIV/AIDS Counselling Conference**. The conference is being held on October 12th and 13th, 2006 at the Victoria Inn, Thunder Bay. This year's conference is of special importance as we come together to discuss the 2006 International AIDS Conference as well as focusing on HIV/AIDS and its impact on Northwestern Ontario.

This year's **Treatment Information Night** speaker will be Thunder Bay's own **Dr. Greg Gamble**. Dr. Gamble will be offering conference participants a Treatment Update with news from the 2006 International AIDS Conference in Toronto.

Topics for this year's conference include - Time to Deliver: A Report from AIDS 2006, HIV and the Law, Counseling Northern Youth and much more. The Opening Doors HIV/AIDS Counselling Conference is open to all People Living with HIV/AIDS (PHA's), counsellors, healthcare professionals and other service providers as well as all those interested in learning more about HIV/AIDS.

For Conference and/or Treatment Information Night as well as Information Booth registrations - please contact Kate Doornwaard @ (807) 345-1516 ext. 31 or by email @ katedoornwaard@yahoo.ca. Fees can be waived for those in need.

Registration and conference information can also be printed from the AIDS Thunder Bay website www.aidsthunderbay.org.

See you at the conference.

Kate Doornwaard
Coordinator

New Staff Member in Support Services

Hi everyone, I'm Maryann and I am currently filling in for Gail in Support Services. I'm sure most of you met me when I was a student here on placement. I am thrilled to be back and it's good to see familiar faces.

I just achieved my Addictions Worker Certificate in June and I have a background in Social Services. I'm family-oriented and have a soft spot for kids. But, most of all, as those of you who already know me know, I am a people person and enjoy a good chat. So please feel free to come in or call to chat and if there is anything I can assist with, don't hesitate to ask!



I look forward to seeing those of you that I've already met and I look forward to meeting those of you I haven't yet. Hope to see you soon!

Maryann Buys

News from the Volunteer Department

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

**Raffle Ticket Sales—various locations and dates*

**AIDS Walk—Sun. Sept 24*

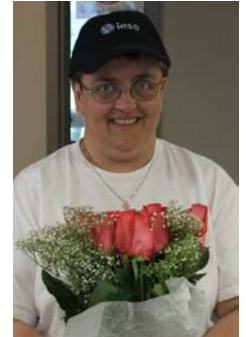
**AGM/Silent Auction*

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

Volunteer Activities

Our Annual Volunteer Appreciation Event took place on Thursday, June 8, 2006 at our new location at 574 Memorial Ave.

The Volunteer of the Year for 2006 is Colette Villeneuve. Colette sits on our Board of Directors and the Fundraising Committee. She runs our bingos and helps out at other fundraising events as well as driving for us. We appreciate all that she does for us and give her our heartfelt thanks.



If you have a valid driver's license and time on your hands, give me a call. We are looking for volunteer drivers to take people to appointments and on outings. This isn't a regularly scheduled volunteer assignment—you may be asked to drive once a week or several times, depending on what is happening that particular week.

Check the list next to this column for upcoming events. If there's something you're interested in, call 345-1516, extension 12 and I'll sign you up. Check our website or call me about upcoming events—we would like you to be a part of them.

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 used to purchase presents, tur-

Providing something special for families is a win/win situation. The nining, shopping, wrapping and giv-part of a larger community of car-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 11 for Christmas delivery. So, if you are interested in playing Santa and making a difference at Christmas, call 345-1516 for more information.

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
574 Memorial Ave.
Thunder Bay, ON P7B 3Z2
Phone #: 345-1516 Fax #: 345-2505

Or, bring your completed form into the office.

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 \$_____

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.

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

574 Memorial Ave.

Thunder Bay, ON P7B 3Z2

Or, e-mail us at: info@aidsthunderbay.org

Visit us on the internet at: www.aidsthunderbay.org

Parting Glance

Frequently Asked Questions About HIV/AIDS

Question #14 How risky is oral sex?

Oral sex is when you lick someone's penis, clitoris or vagina, or when someone does this to you. Most experts agree that having unprotected oral sex is not as risky as having unprotected anal or vaginal intercourse. But, oral sex is NOT risk free.

Oral sex is less risky because the skin inside the mouth is stronger and thicker than the skin inside the vagina or anus. Your mouth is less likely to tear during oral sex, which makes it harder for HIV to enter the blood. Also, spit (or saliva) may contain a chemical that weakens HIV.

Even though the risk is low, recent research has increased awareness about HIV transmission via oral sex. We also know that gonorrhea, herpes and other STDs (sexually transmitted diseases) are spread through unprotected oral sex.

The giver, the person who does the sucking or licking, is more at risk than their partner, the person being sucked. Body fluids such as drops of liquid in the end of the penis, the man's semen, or wetness from the woman's vagina can contain HIV.

Also, blood can contain HIV. This includes menstrual blood, when a woman is having her period.

HIV can get into your bloodstream:

- If the giver has any cuts or sores in the mouth.
- If the skin in the giver's mouth or on the partner's sex organs is torn during rough or prolonged oral sex (such as deep-throating).
- If the giver has bleeding gums, gum disease, receding gums or has had recent dental work.

To reduce the risk of spreading HIV through oral sex:

- Use an unlubricated latex condom (try a tasty flavour).
- Use a dental dam (or cut open a condom) for oral sex on a woman.
- Don't have oral sex right after brushing or flossing your teeth. Wait at least 30 minutes.
- Try to avoid getting any body fluids in your mouth.
- After oral sex, gargle with water or mouthwash.

This is one of a series of fact sheets developed to answer frequently asked questions from clients of the Canadian HIV/AIDS Clearinghouse in 2000.

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AIDS Thunder Bay acknowledges and thanks our various funders:

- ♦ Ontario Ministry of Health and Long-Term Care - AIDS Bureau
- ♦ Public Health Agency of Canada, Ontario Region (ACAP)
- ♦ John Andrews Foundation
- ♦ N.M. Paterson Foundation
- ♦ Elizabeth Taylor AIDS 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 clgro@web.ca
Contact us. Work with us. Join us.

EHOP Update....

From Carrie Miller (EHOP Coordinator)

Planning for the Fall PHA Retreat is well underway. The Retreat will take place Monday September 25th – Thursday September 28th at a rural camp. The camp is barrier-free, fully accessible and surrounded by nature's beauty. Some of the activities that will take place include; complementary therapies, mask making, crafts, boat rides, fishing and campfires. Call Carrie to sign up at 345-1516 ex.16. The next planning meeting is scheduled for Thursday August 31st from 1pm-2pm.

The following article is reproduced from the National Institute of Mental Health website (www.nimh.nih.gov) for educational purposes.

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

Depression and HIV

Symptoms of Depression

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/ or weight changes
- Thoughts of death or suicide, or suicide attempts
- Restlessness, irritability

If five or more of these symptoms are present every day for at least two weeks and interfere with routine daily activities such as work, self-care, and childcare or social life, seek an evaluation for depression.

Introduction

Research has enabled many men and women, and young people living with human immunodeficiency virus (HIV), the virus that causes acquired immunodeficiency syndrome (AIDS), to lead fuller, more productive lives. As with other serious illnesses such as cancer, heart disease or stroke, however, HIV often can be accompanied by depression, an illness that can affect mind, mood, body, and behavior. Treatment for depression helps people manage both diseases, thus enhancing survival and quality of life.

Despite the enormous advances in brain research in the past 20 years, depression often goes undiagnosed and untreated. Although as many as one in three persons with HIV may suffer from depression, the warning signs of depression are often misinterpreted. People with HIV, their families and friends, and even their physicians may assume that depressive symptoms are an inevitable reaction to being diagnosed with HIV. But depression is a separate illness that can and should be treated, even when a person is undergoing treatment for HIV or AIDS. Some of the symptoms of depression could be related to HIV, specific HIV-related disorders, or medication side effects. However, a skilled health professional will recognize the symptoms of depression and inquire about their duration and severity, diagnose the disorder, and suggest appropriate treatment.

Depression Facts

Depression is a serious medical condition that affects thoughts, feelings, and the ability to function in everyday life. Depression can occur at any age. NIMH-sponsored studies estimate that 6 percent of 9- to 17-year-olds in the U.S. and almost 10 percent of American adults, or about 19 million people age 18 and older, experience some form of depression every year.

Although available therapies alleviate symptoms in over 80 percent of those treated, less than half of people with depression get the help they need.

Depression results from abnormal functioning of the brain. The causes of depression are currently a matter of intense research. An interaction between genetic predisposition and life history appear to determine a person's level of risk. Episodes of depression may then be triggered by stress, difficult life events, side effects of medications, or the effects of HIV on the brain. Whatever its origins, depression can limit the energy needed to keep focused on staying healthy, and research shows that it may accelerate HIV's progression to AIDS.

Get Treatment for Depression

While there are many different treatments for depression, they must be carefully chosen by a trained professional based on the circumstances of the person and family. Prescription antidepressant medications are generally well-tolerated and safe for people with HIV. There are, however, possible interactions among some of the medications and side effects that require careful monitoring. Specific types of psychotherapy, or "talk" therapy, also can relieve depression.

Some individuals with HIV attempt to treat their depression with herbal remedies. However, use of herbal supplements of any kind should be discussed with a physician before they are tried. Scientists recently discovered that St. John's wort, an herbal remedy sold over-the-counter and promoted as a treatment for mild depression, can have harmful interactions with other medications, including those prescribed for HIV. In particular, St. John's wort reduces blood levels of the protease inhibitor indinavir (Crixivan®) and probably the other protease inhibitor drugs as well. If taken together, the combination could allow the AIDS virus to rebound, perhaps in a drug-resistant form.

Treatment for depression in the context of HIV or AIDS should be managed by a mental health professional—for example, a psychiatrist, psychologist, or clinical social worker—who is in close communication with the physician providing the HIV/AIDS treatment. This is especially important when antidepressant medication is prescribed, so that potentially harmful drug interactions can be avoided. In some cases, a mental health professional that specializes in treating individuals with depression and co-occurring physical illnesses such as HIV/AIDS may be available. People with HIV/AIDS who develop depression, as well as people in treatment for depression who subsequently contract HIV, should make sure to tell any physician they visit about the full range of medications they are taking.

Recovery from depression takes time. Medications for depression can take several weeks to work and may need to be combined with ongoing psychotherapy. Not everyone responds to treatment in the same way. Prescriptions and dosing may need to be adjusted. No matter how advanced the HIV, however, the person does not have to suffer from depression. Treatment can be effective.

It takes more than access to good medical care for persons living with HIV to stay healthy. A positive outlook, determination, and discipline are also required to deal with the stresses of avoiding high-risk behaviors, keeping up with the latest scientific advances, adhering to complicated medication regimens, reshuffling schedules for doctor visits, and grieving over the death of loved ones.

Other mental disorders, such as [bipolar disorder](#) (manic-depressive illness) and [anxiety disorders](#) may occur in people with HIV or AIDS, and they too can be effectively treated. For more information about these and other mental illnesses, contact NIMH.

Remember, depression is a treatable disorder of the brain. Depression can be treated in addition to whatever other illnesses a person might have, including HIV. If you think you may be depressed or know someone who is, don't lose hope. Seek help for depression.