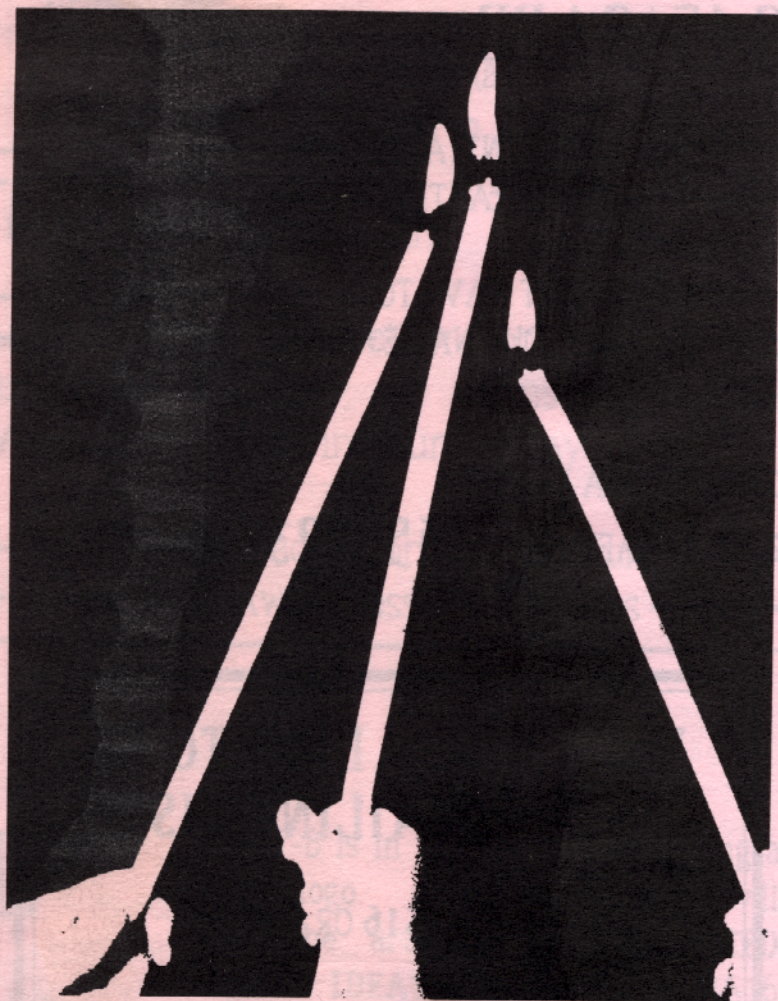

ReACT-Believe

Fall 1989



The AIDS Committee of Thunder Bay

NEWSLETTER

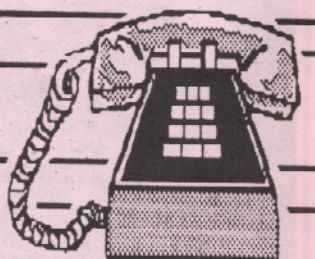
Vol II, Issue II

DO YOU HAVE QUESTIONS OR CONCERNS
ABOUT **AIDS ?**

CALL THE **AIDS INFORMATION PHONELINE**
345-SAFE

____ CONFIDENTIALITY ____
____ IS GUARANTEED ____

____ YOU DON'T HAVE TO ____
____ GIVE YOUR NAME ____



DON'T TAKE A CHANCE.

PLAY IT SAFE. CALL **345-7233** TODAY.

**WOULD YOU LIKE TO BE
ON OUR MAILING LIST?**

CALL **345-1516** OR MAIL TO :

AIDS COMMITTEE OF THUNDER BAY

P.O. BOX 3586

THUNDER BAY, ONTARIO P7B 6E2



AIDS AWARENESS WEEK

is a province-wide event coordinated by the Ontario AIDS Network and endorsed by the Ontario Ministry of Health.

ACT-B, along with other local health and education agencies, is sponsoring **AIDS Awareness Week** in Thunder Bay.

Keep reading for highlights of
AIDS Awareness Week events

L ACT-B is in the midst of designing a new logo. A professional artist will do the artwork, but **WE NEED SOME IDEAS!** Please call! 345-1516

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YOU ARE NOT ALONE



by

Michael
Sobota

Two events during AIDS Awareness Week serve as central pillars to what our work is all about: the *Candlelight Vigil*, taking place on Thursday, October 19 and the *Healthy Sex Cabaret* held the following Saturday, October 21.

CANDLELIGHT VIGIL

This is the third candlelight vigil organized by ACT-B. Each event has been a quiet, moving tribute to those who have left us because of AIDS. Each event has also been a quiet appreciation for the courage of those who continue to live and work with the disease.

HEALTHY SEX CABARET

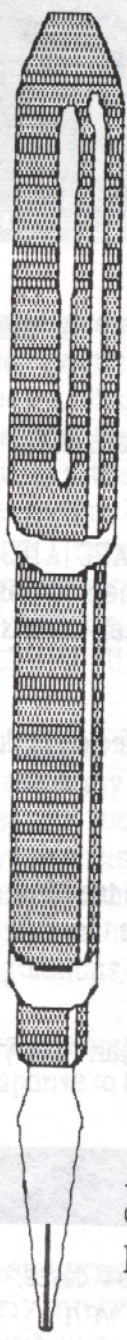
Our Healthy Sex Cabaret pushes courage and humour onto the stage. This event is bawdy, coarse, sensitive and

healthy. It is AIDS Education that is celebratory - life beyond leaflets. Expect the unexpected and be warned that there will be strong language and adult situations.

CELEBRATION OF LIFE

Each of these two events have a couple of things in common. Both will use music to help set and enrich the atmosphere. Both are motivated by a sense of celebration for life. Both, if successful, are vehicles for emotional release: tears and laughter.

We invite you to join in with us this year. Exercise your courage and humour. There is a whole crowd of people who welcome you to share your grief and your laughter. You are not alone.



Tidbits...

Do you own the pair of beige winter boots left in the ACT-B office? Call 345-1516.

ACT-B is expecting! Eileen, our waddling Communications Coordinator is due November 20!

Volunteer Opportunities are available at ACT-B. Contact Linda Gambée, Volunteer Coordinator at 345-1516.

We have a new core staff member. Come in and meet Darcia Kohuska, our new Education Coordinator.

The 80's Joke - A person loudly asks the store clerk, "Can I have a box of condoms - the red ones - no, the red RIBBED ones", and then whispers, "and a pack of cigarettes".

Just a reminder - the ACT-B office will be closed Monday, October 9, Thanksgiving Day.

THE CASE FOR EARLY INTERVENTION

PART 1: REVISED AZT GUIDELINES

The Federal Government has revised guidelines for the use of AZT [brand name: Retrovir].

The essential elements of the revised guidelines are the following:

- AZT can now be given to persons with early ARC [AIDS Related Complex] and T4 cell counts of less than 500, and persons who are asymptomatic but with T4 cell counts of less than 500.
- For persons with early ARC, the recommended daily dose is 1200 mg. For asymptomatic individuals, the recommended daily dose is 500 mg.
- All doses are subject to the judgement of the treating physician. Many ill persons cannot tolerate the full 1200 mg daily dose.
- AZT is available now through their physician to anyone who meet these criteria.

WHAT DOES ALL THIS MEAN?

In simple language, it means that AZT, even at low doses, can slow the progression of HIV infection in people with moderately low helper cells who have few or no symptoms. It can also be less toxic the earlier it is initiated.

This approach to treatment with AZT is one element in a broader picture that suggests that people infected with AIDS virus can benefit from early treatment.

IS THIS NEW?

Some media reported on the AZT revised guidelines as though the revolution had happened. AZT was even referred to as a "new AIDS drug". The fact is, AZT has been available for treatment in Canada, under certain restrictions, since 1986. Further, the idea of early intervention in HIV infection is, as Denny Smith writes in Issue Number 86 of AIDS Treatment News, "nearly as old as the epidemic, championed by many long term survivors with HIV, by many progressive physicians, and by persistent activism of Project Inform and ACT UP." [U.S. AIDS activist organizations]

He goes on to write: "The medical establishment has historically promoted early detection and treatment in other diseases, such as cancer, heart disease, diabetes, hypertension. But for years preceding these recent announcements people with HIV were dismissed with false pessimism in the media and inappropriate Federal regulations, and told to wait."

That history in the United States is a mirror of the Canadian response to early intervention.

MORE TO COME . . .

In an upcoming article, we will report other reasons for early intervention - including promising new treatment possibilities.

How to Love Yourself

Stop all criticism. Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you approve of yourself, your changes are positive.

Don't scare yourself. Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scared thought to a pleasurable thought.

Be gentle, kind and patient. Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really love.

Be kind to your mind. Self-hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.

Praise yourself. Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.

Support yourself. Find ways to support yourself. Reach out to friends & allow them to help you. It is being strong to ask for help when you need it.

Be loving to your negatives. Acknowledge that you created them to fulfill a need. Now, you are finding new, positive ways to fulfill those needs. So, lovingly release the old negative patterns.

Take care of your body. Learn about nutrition. What kind of fuel does your body need to have maximum energy and vitality? Learn about exercise.



What kind of exercise can you enjoy?

Cherish and revere the temple in which you live

Do mirror work. Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself. Talk to your parents looking into the mirror. Forgive them too. At least once a day say, "I love you, I really love you!"

Love yourself... Do It Now. Don't wait until you are pretty enough, strong enough, lose some weight, get a new wardrobe, or whatever. Begin now, and do the best you can!

by Louise L. Hay

AIDS Aware

October 16

Theme: AIDS:

Monday, October 16

OPENING CEREMONIES

Tree Planting
10:00 a.m., Marina Park

HEALTH FAIR

All Day
Lakehead University

NATIVE PRESENTATION

7:30 p.m.
Kashadaying Residence

Tuesday, Oct

INSERVICE

12:00 p.m.
Port Arthur G

KEYNOTE

8:00 p.m.
Thunder B
Ronald Rogers: Living
Ann Medina: AIDS & T

Thursday,
October 19

CANDLELIGHT VIGIL

7:30 p.m.
gather at 283 Bay Street

AIDS IN THE WORKPLACE

8:30 p.m.
Maclean-Hunter Cable 7

Friday, October

INSERVICE

1:15 p.m.
St. Joseph's

ness Week

22, 1989

ur Challenge

ber 17

eral Hospital

EVENT

Art Gallery
With AIDS
Media

20

General Hospital

Wednesday, October 18

COFFEE & TALK
9:30 a.m.

Ann Medina & Ronald Rogers
Lakehead University Agora

INSERVICE
12:00 p.m.
McKellar Hospital

Saturday,
October 21

5K FUN RUN
10:00 a.m.
Boulevard Lake

AIDS INFO & DISPLAY
All Day
Intercity Mall

HEALTHY SEX CABARET
8:00 p.m.
Alfie's in the Ramada Inn

ACT-B Calendar

- October 3* Volunteer Training
- October 5* Volunteer Training
- October 11* Support Circle Meeting
- October 18* Board Meeting
- October 24* BINGO! 6:30 - 10:00, Diamond Bingo Hall
- October 25* Support Circle Meeting
- October 27* ACT-B Executive Committee Meeting
- November 8* Support Circle Meeting
- November 13* Education Committee Meeting
- November 15* Annual General Meeting. All are welcome
Location is to be announced.
Phone 345-1516 for an update
- November 21* Fundraising Committee Meeting
- November 22* Support Circle Meeting
- November 28* BINGO! 6:30 - 10:00, Diamond Bingo Hall

December 6 Support Circle Meeting

December 11 Education Committee Meeting

December 19 Fundraising Committee Meeting

December 20 Board Meeting

December 26 BINGO! 6:30 - 10:00, Diamond Bingo Hall

How Can I Participate?

How Can I Participate?

If you would like to join a committee or sit in on a meeting to learn about ACT-B, please do!

Just give us a call at 345-1516 and we'll tell you when and where.

I Want To Help!

I Want To Help!

Respond to the challenge of AIDS by becoming a member of the AIDS Committee of Thunder Bay.

VOLUNTEERS: \$5.00 For those who wish to volunteer time and effort.

BASIC MEMBERSHIP: \$10.00

SUPPORTING MEMBERSHIP: \$25.00

For more information call **345-1516**

AIDS Awareness Week

Keynote Event

**Tuesday, October 17, 8:00 p.m. at the
Thunder Bay Art Gallery**

Entertainment provided by the L.U. Music Dept.

Refreshments will be served

See the AIDS Visual Display

Limited Seating

Coffee & Talk with Ann Medina & Ronald Rogers
Wednesday, October 16, 9:30 a.m. at the Lakehead
University Agora

Featured Speakers.

Ronald Rogers

**Thunder Bay Person Living With AIDS
(PLWA)**

"Living With AIDS"

Ann Medina

Broadcaster / Journalist

"AIDS & the Media"

The ACT-B Staff

Vicki Birch _____ Administrative Assistant
Linda Gambee _____ Volunteer/Fundraising Coordinator
Darcia Kohuska _____ Education Coordinator
Lawrence Korhonen _____ Office Manager
Donna Manson _____ Project Coordinator
Eileen Parker _____ Communications Coordinator
Michael Sobota _____ Executive Director

The ACT-B Board of Directors

David Belrose — President	Deb White _____ Vice-President
Michael Chan — Treasurer	Dr. Frederick R. Ball — Secretary
Carl Gray _____ Director	Betty Kruzick _____ Director
Karen Maki _____ Director	Chris Morden _____ Director
Marie J.K. Portier _____ Director	Norma Proctor _____ Director
Barbara Reid _____ Director	Kelly Sherlock _____ Director

Staff Profile

Darcia Kohuska is our new Education Coordinator. As head of ACT-B's **Speaker's Bureau**, she will coordinate educational presentations at many venues in the community. She will also develop a **regional outreach program** bringing AIDS education to small communities in Northwestern Ontario. Darcia will be monitoring and updating the **AIDS Information Phoneline** and **Resource Centre Library**, as well as developing **educational materials** for the community

Thank You Volunteers!

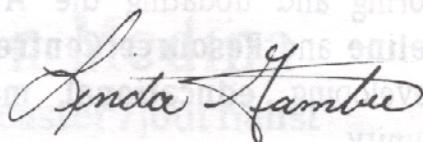
For all your effort & hard work during our bingos, days at L.U. & Confederation College, & the many hours put into the office & stuffing envelopes. Once again, ACT-B is in your debt.

APPRECIATION

ACT-B is proud of all the support given to one of our clients, by assisting his carepartner and family in making life easier for him.

This was a first for ACT-B's volunteers for providing home care and hospital visitation so extensively.

On behalf of ACT-B - a very warm "Thank-You!" to all the volunteers who so graciously and selflessly spent time with him.



Volunteer/Fundraising Coordinator

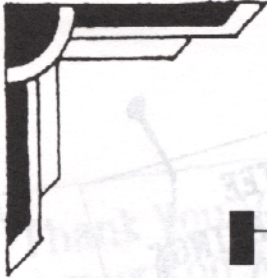
FUNDRAISING COMMITTEE MEETINGS

Every 3rd Tuesday of the month,
7:30 p.m. at the ACT-B office.
Everyone is welcome.

NEW VOLUNTEERS

Orientation is October 3 & 5
Applications are being
accepted and interviews
are being scheduled.
Volunteers are needed in
several areas, especially the
following:

- Community events/
benefits
- Newsletter
- Computer
- Bookkeeping
- Office Work
- Committees



HEALTHY SEX CABARET

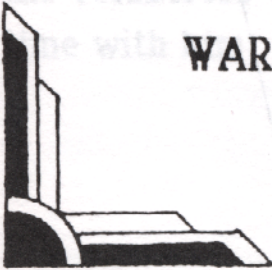
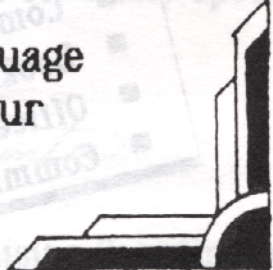
**Saturday, October 21
8:00 p.m.**

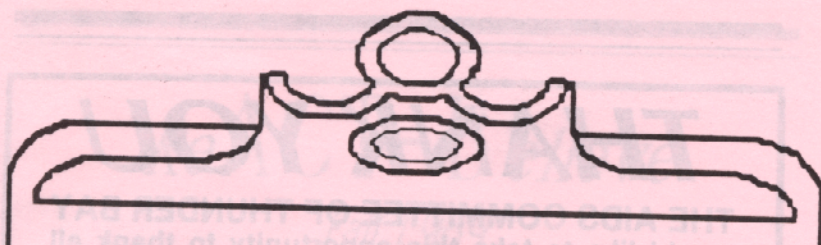
**Alfie's
in the Ramada Inn**

\$5.00 at the door

**Advance tickets available by calling
345-1516 or 625-5900**

**WARNING: Coarse Language
Adult Humour**





PRESIDENT'S MESSAGE

AIDS Awareness Week is the time when we refocus the community's attention on AIDS. As AIDS has become more a part of our lives, there has been a natural tendency for people to try and ignore it. However, people are still at risk of infection and death. It is more important than ever to educate those who are at risk, and to prevent the spread of the disease. We are gradually seeing more and more people who have been infected, becoming sick and in need of support.

A DEAR FRIEND

As I write this, a dear friend lies in hospital, close to death from complications due to AIDS. Helping someone move through the final debilitating stages of

the disease brings home in sharp detail, the personal and human tragedy of AIDS. All who are involved get caught up in the process, with immense emotional and physical demands placed on everyone.

REMEMBER

AIDS Awareness Week is a time for us to remember and honour those who have succumbed to the disease - to ensure that their suffering and deaths will not have been in vain. The lessons we learn from those living with AIDS can give us the courage and compassion to live our lives fully, here and now.

David Belmore

THANK YOU

THE AIDS COMMITTEE OF THUNDER BAY would like to take this opportunity to thank all those who sponsored our picnic to ensure its success. Also we would like to extend our thanks to the many volunteers who helped before, during and after.

A&A RECORDS & TAPES

A&P

A&W

AL'S WONDERLAND

BOSTON PIZZA

BUNSMASER

CANADA GAMES COMPLEX

GRAND & TOY LTD.

HELIUM HIGHS

HOBBY CRAFT CORNER

KENTUCKY FRIED CHICKEN

KRAZY KRAZY AUDIO VIDEO

LAKEHEAD WHOLESALERS LTD.

LIL'S HOBBY LOBBY LTD.

MARIO'S BOWL

MARY BROWN'S FRIED CHICKEN

McCARTNEY'S JEWELLERS LTD.

MCDONALD'S RESTAURANTS

MOLSON ONTARIO BREWERIES
LTD.

NORTHERN BREWERIES LTD.

NORTHWOOD ESSO

OFFICE PRO

OLD DUTCH FOODS LTD.

PAINTED TURTLE

PALM DAIRIES

PARAMOUNT THEATRES LTD.

PEGGY SUES FLOWER SHOP

PETRIE'S CYCLE & SPORTS

PIZZA DELIGHT

PLAYTIME LANES

PRIMARY COLOR LAB LTD.

R.C. DISTRIBUTORS

RED OAK INN

ROCK-IT AIR WEAR

SOOTER'S PHOTO

THUNDER BAY COMMUNITY
AUDITORIUM

THUNDER BAY PARKS &
RECREATION

WESTERN GROCERS

AIDS Committee of Thunder Bay

P.O. Box 3586

Thunder Bay, Ontario

P7B 6E2

345-1516
