

reACT-Believe

We

Do

Not

Rest

In

Winter



AIDS Committee of Thunder Bay P.O. 3586
Thunder Bay, Ontario P7B 6E2 (807)345-1516
AIDS Infoline 345-SAFE

The AIDS Committee of Thunder Bay
Winter 1992, Volume V, Issue I



TALKING SAFER SEX



HOME PARTIES

Host A Home Party With Some Of Your Friends And Learn More About Safer Sex

Explore Safer Sex, Erotica, Fantasies, Fears, Feelings In The Safety And Comfort Of Home

What To do:

Host: Plan a party and invite some friends for an evening of discovery and learning about safer sex, erotica, fantasies and more. Call David at ACT-B, 345-1516.

Friends: Agree to participate when the host asks. Bring whatever you would like to eat and drink while exploring. Give host special topics or ideas for David to cover or bring to the adventure. If you can't host a party, but want to participate, try to encourage a friend to hold a party.

AN EVENING FOR GAY AND BISEXUAL MEN OF ANY AGE.

This is a project of the
AIDS COMMITTEE
OF THUNDER BAY.



RESOURCE CENTRE

ACT-B has a very good selection of videos, books, and other resource material. Most of these materials can be borrowed. In order to continue this service, we need your help in returning borrowed materials on time.

Over the past year, there have been several items which have disappeared. The cost of replacing them is very high, and makes it difficult for us to get new materials. Take a look, and if you have any overdue videos or books from ACT-B, please let us have them back.

In particular, we are missing the videos "COMMON THREADS: Stories From the Quilt" and "INEVITABLE LOVE". As well, there are several books long overdue.

Please help us continue to provide our loan service.

LIVING WITH HIV

Call for Submissions

Are you HIV positive? Got something to say about it? FUSE wants to hear from you!

FUSE is a non-profit alternative arts magazine that has published for fifteen years. We have consistently covered events and issues from feminist, lesbian and gay, labour, and people of color communities. We are planning a special issue for late spring of 1992. All contributions will be from people living with HIV.

We are looking for personal essays, critical pieces, non-fiction, illustrations, photo-collages, pictures, snap-shots... any kind of response that speaks about living with HIV from first hand experience. (The only thing we don't publish is fiction and poetry.)

Submissions can be made anonymously.

If you're interested in contributing or know someone who might, drop us a line or give us a call. Better yet, show us your stuff. All work will be returned if requested.



Deadline is March 2, 1992.

FUSE MAGAZINE
183 Bathurst St.
Toronto, Ontario
M5T 2R7
(416) 367-0159



Can Mosquitoes Transmit AIDS?

Acquired Immune Deficiency Syndrome (AIDS), the deadly epidemic caused by the HIV virus, is most often transmitted by contaminated hypodermic needles or through sexual contact. Since mosquitoes feed on human blood and may attack a series of individuals, the question arises: Can you get AIDS from a mosquito bite?

Insects can transmit viruses in two ways, mechanically and biologically. With mechanical transmission, infected blood on the insects mouthparts might be carried to another host while the blood is still fresh and the virus is still alive. Infection by this means is possible but highly unlikely, because mosquitoes seldom have fresh blood on the outside of their mouthparts. Mechanical transmission does occur in horses, however, with equine infectious anaemia, a virus closely related to AIDS and transmitted by horseflies. These flies are pool feeders; their bite causes a small puddle of blood to form, and they immerse mouthparts, head, and front legs while lapping it up. If disturbed, however, they quickly move on to another horse, where the fresh blood of the two hosts may mingle. Blood-feeding mosquitoes are much neater and more surgical; they insert a tube for drawing blood, and by the time they are ready for their next meal, even on a second host following an interrupted meal, any viruses from their first meal are safely stored away in their midgut.

With biological transmission, the pathogen must complete a portion of its life cycle within the carrier, or vector species. Protozoans that cause malaria, for instance, go through an extremely complex cycle inside the mosquito, eventually congregating in the salivary glands, from which they may infect avian, primate, rodent, or reptilian hosts, depending on the malaria species. The HIV virus, however, does not replicate or develop in the mosquito once in the insects gut, the virus quickly dies. Repeated studies since 1986 show that AIDS-infected blood fed to mosquitoes and other arthropods does not live to be passed on and that, fortunately, there is no biological-transmission cycle of AIDS in blood-feeding arthropods, which frequently ingest the virus as part of their blood meal.

Natural History, July 1991.
: found in "Between the Lines"
newsletter of AIDS Committee of
Guelph, Winter 91/92

THE FAR SIDE

By GARY LARSON



"What a day! ... I must have spread malaria across half the country."

Volunteer Spotlight

Anne Ciemny is a remarkable person. She was a working mother, who through necessity learned to organize every minute of her day to make it count. And that's how she approaches her volunteer commitment here at ACT-B. Because of her skills in office work, she has been so helpful to us in the area of office support. Anne has also made the best of her involvement with us by branching out into new areas. For instance, she has a wonderful talent for writing. Because of that, she is now working closely with John on the Re-ACT Believe newsletter, which you are reading right now! Anne is retired and has six grandchildren. However, no one believes she is her true age. She seems to have boundless energy, and a very positive outlook on life. Volunteering at ACT-B has also opened her mind to the words HIV and AIDS. Take an example from this great lady--it's never too late to change or learn. Thankyou, Anne!

SPEAKER'S BUREAU

Become a volunteer speaker with ACT-B. We need speakers who can address issues knowledgeably and with compassion. Participants need not be professional speakers. The agency will provide training and support. The training will take place early in the year, one night a week for four weeks. Please consider lending your talents to the speaker's bureau. There will be a limited number of spaces for training, and applications will be accepted on a first-come basis. Call David at 345-1516 for more information.

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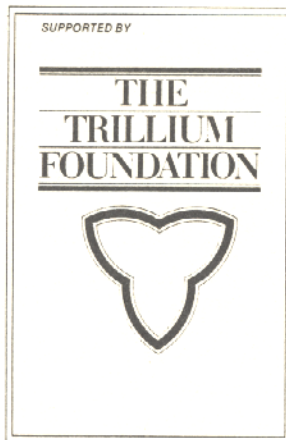
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This is for Donald Dunbar whom I will always love and miss dearly in the times ahead and for his miraculous family who showed me that love can indeed overcome all adversity.

Strength

*He opened his circle and let me in,
at a time when openings are hard.
He bared his soul and shared,
his past, his present and dreams.*

*He fought with courage and tears,
a conflict, formidable and harsh.
He gained wisdom and insight grew,
as motherly love enveloped him.*

*He taught me patience and love
as he accepted me and what I stood for.
He gave new meaning to the word hope,
as I saw the world through his eyes.*

*He showed me the joy a family can bring,
when all else is but a dream.
But most of all he gave me strength,
when he reached out and called me friend.*



Donald died peacefully in his home on November 28, 1991 surrounded by his loving family. We at the AIDS Committee of Thunder Bay miss him. Good-bye Donald, Glenna.

Gallois' Revelation

"If you put tomfoolery into a computer, nothing comes out but tomfoolery. But this tomfoolery, having passed through a very expensive machine is somehow enobled and no one dares to criticize it."

Please give us your feedback!

Comments, concerns, compliments and criticisms about the newsletter, our publications, or about any aspect of the agency. You can phone or mail. You can remain anonymous if you wish. We'd like to know your comments in order to improve on weak points, and continue to deliver our strong points.

Thank you to the agencies and individuals who have given us their comments. They are greatly appreciated.

Write to: AIDS Committee of Thunder Bay

P.O. Box 3586
Thunder Bay, Ontario
P7B 6E2

(807) 345-1516

9:00 a.m. - 4:00 p.m.

John Books, Editor, ReACT-Believe
Anne Ciemny, Assistant Editor

The opinions and medical information offered by ReACT-Believe are those of the individual authors and not necessarily those of the staff or Board of Directors of the AIDS Committee of Thunder Bay. Medical information offered by ReACT-Believe should be used with your own discretion. Please consult your doctor.

HOW TO BE A LOCAL HERO



MAKE GIVING A FAMILY AFFAIR

Local Heroes know that when everyone in your family helps decide which causes to support, everyone shares in the rewards of giving.

Make giving a part of your family plans and family budget. You'll all be Local Heroes.

A New Spirit of Giving



A national program to encourage giving and volunteering.

DOCTALK - NUTRITION FOR THE MIND AND BODY

 The following is an edited version of the transcript of Los Angeles M.D. Joan Priestly's lecture delivered at a PWAlive forum June 5, 1991, at the Sabathani Community Center, Minneapolis. From PWAlive Summer 91 issue.

I'm going to talk about my experience with HIV, which I've been working with since 1986, and the program I've developed, which seems to work dramatically well with people. I'm going to say all the things I'm not going to say later tonight, so this is not just a preview of tonight's presentation. Tonight is a panel discussion with other doctors, sort of Aids 101, sponsored by Burrough - Wellcome. I was invited and paid by Burrough - Wellcome, of all things, to talk about why AZT is a virtually useless drug.

Joan Priestly's 5 - Point Program

What are some simple things you can do to empower yourself, improve your health, and enhance your immune system? Over the last six years now, I have developed a five-point empowerment program that's really very simple-things that people can do for themselves.

Number One

Simple lifestyle changes

I've been saying this for five years now. Mercifully someone got enough money out of our government to really start studying these things and really research them and there is data in the medical literature that substantiates what I've been saying for five years and a lot of holistic doctors have been saying for 20 years.

There are certain things that need to be changed when anyone has a compromised immune system: that would be anyone with allergies, with cancer, with chronic fatigue syndrome, and with HIV. Crummy white cells are crummy white cells. If they don't do their job for you infections and cancers and other things start showing up. How do we repair your immune system so

that your white cells can do their very best for you?

Stop Smoking.

One of the most important things to do is to stop smoking. People with HIV were studied and people who smoked were three times more likely to develop AIDS over one year than people who did not smoke. To stop smoking cigarettes is one of the most important things you can do for yourself.

Stop Drinking.

Next is to stop drinking alcohol. Totally. It's been shown that the alcohol in one lousy glass of wine, or one can of beer, or one shot of hard liquor is enough to significantly impair your white cells. So I ask anyone who has cancer or who has been exposed to the AIDS virus, **Would this be an issue for you? Would you be willing to stop drinking alcohol?**

And you can imagine, most of the people who have already wound up at a holistic office have already handled some of the so-called low-level addictions. They're in 12-step programs, they're in AA, they've handled this kind of thing a long time ago. For people who have not handled it, I ask them point blank, **are you willing to make that commitment to yourself?** And if they're not willing to, then I'm not willing to see them again until they've been sober for 30 days. These things have been studied and researched very well; my clients have the best statistics in the country and I know that if people who continue to smoke and drink come on board as clients, they're going to screw up my statistics.

No Drugs.

Next of things that really need to be changed are recreational drugs. At least in LA, cocaine seems to be the drug of

choice and marijuana is second. Cocaine's been proven to be a great offender for your immune system. If you want to watch white cells completely go into a huddle under the microscope, just put them in with cocaine. So it's really necessary to stop doing cocaine and marijuana or other recreational drugs-qualudes, amphetamines, etc. They wreak havoc with your immune system. Other life style changes include destressing. People need to sleep a certain number of hours; they need to stop staying up all night. I ask my clients to do meditations and visualizations and yoga and deep breathing exercises. Anything that can decrease your sense of stress in life will enhance your response to the AIDS virus and that's about the only guarantee that I can safely make.

Safer Sex.

Other lifestyle changes include what we euphemistically call safe sex. It's really safer sex, it's all we've got, using condoms. You don't want to take the chance of exposing yourself to a nastier strain of the AIDS virus. It's not correct to talk just about "the" AIDS virus-there's a thousand and two different strains and we know the virus is mutating, it's becoming a nastier, more aggressive bug. People who are becoming infected now are becoming infected with this nastier bug and I predict that we're going to see a sharper curve in this epidemic because of that. You don't want to take the chance of reinfecting yourself with a nastier strain of the AIDS virus to say nothing of the other sexually transmitted diseases that we tend to forget about: hepatitis, syphilis, herpes, things like that. As you can see, the issue is not cigarettes; the issue is not alcohol. Those are just manifestations of a larger issue. The issue



really is to what extent are people willing to love themselves and revere their bodies and participate 100% in turning their lives around.

Number Two Diet

There's a profound relationship between diet and nutrients and how well your body functions and how well your immune system functions. What can people do to improve their diet and maximize their bodies? Number one I feel with HIV is to get the sugar out of your body. And I mean out, completely. White sugar, cane sugar. Cane sugar comes in a myriad of forms in a whole lot of foods that you would never expect to find sugar in, so it becomes a matter of reading labels of everything that you eat. Anything that ends in "o-s-e" - fructose, glucose, maltose, sucrose - is a synonym for sugar and you want to avoid foods that say they have those products in them. Honey is fine in moderation. Why am I a bitch about sugar? Two reasons. One, sugar shuts down white cells. That's been shown in different laboratories. Two, it's been shown that the pneumocystis bug that causes pneumocystis pneumonia, which is still the biggest killer with HIV, is a yeast, instead of a parasite. All yeasts thrive on sugar. You want to keep the candida under control and you want to do everything you can to keep the pneumocystis under control, so a no-sugar diet is actually a pneumocystis-prevention diet.

Next would be **animal meats**. In general, I like my HIV clients to have a largely vegetarian diet of fresh fruits, whole foods, non-processed foods, which means all the salads, vegetables, fruits and grains that you can stuff down comfortably on a daily basis, along with quality protein. It's been shown that people who have been exposed to the AIDS virus, for reasons we don't understand, require more protein than the general population. This is where I part company with the macrobiotic people. In fact, even some of the macrobiotic people are having a debate. The conclusion is that you cannot get enough protein from a macrobiotic diet if you are HIV-positive.

Quality protein comes from chicken, fish, eggs, and soy bean products such as tofu and tempeh. It does not come

from animal meats. What is an animal meat? If the animal has four legs, don't eat it. What about chicken? Chickens have two legs, that's ok. What about fish? Fish have fins, that's ok. If it has four legs, don't eat it. So I ask my clients to stop eating animals and animal products, including cow milk, butter, cheese. They can substitute goat's milk or soy milk.

Yeast is a fungus. Most fungi thrive on sugar; it's another reason to stop alcohol. The purest among us, admittedly, would say no honey either, but I want to be practical. I'm above all things a practical Capricorn and I want to give people a program they can live with and that's one of my gripes with macrobiotics; it's too rigorous and only the most anal-compulsive among us can survive a macrobiotic diet.

I do suggest to my patients that they stay away from sushi and raw fish. There are worms in raw fish that get into us, especially if your immune system is already down. I would prefer people to buy chicken from the health food store. I actually use a protein supplement that calls for raw egg to be added. I personally have no qualms about using raw eggs if and only if they're purchased in health food stores from conscientious companies. The big firms that sell to supermarkets stuff their chickens full of antibiotics and steroids and keep them in tiny little pens. There are other companies that raise much more high-quality poultry and from that, safe poultry comes safe eggs.

Number Three Nutrients

My major area of expertise is the use of nutrients. Nutrients are used two ways for people who've been exposed to the AIDS virus. It's been shown several times that people exposed to the AIDS virus have problems absorbing certain nutrients. Therefore, they have to do something to increase their intake of nutrients: either increase their food intake or use nutrients in concentrated form as supplements. Someone who can only absorb 20 percent of what a normal person can absorb either has to eat five times as much food or use a nutrient that's five times as concentrated. Which do you think is going to be easier for people?

What specific nutrients have been found

to be lacking in people who have been exposed to the AIDS virus? Vitamin C, Vitamin A, Vitamin E, zinc, iron, selenium, calcium, magnesium, manganese, essential fatty acids, and others. Which nutrients are well known for stimulating your immune system? Vitamin C, Vitamin A, Vitamin E, zinc, iron, selenium, manganese, and essential fatty acids. I think this is an overlooked reason why people who have been exposed to the AIDS virus become sick quickly. I have come to the conclusion that using nutrients in high doses can help people maintain their health much longer. Also add to the list B vitamins - all of them.

Let's talk about the B vitamins for a moment. It's my contention that some of the anaemia and neurological problems like dementia and mental deterioration that show up with HIV are not due to the AIDS virus but to cumulative B vitamin deficiencies that Western doctors are not trained to recognize and treat. About five years ago, I literally woke up having dreamed a B vitamin formula I could use. All my clients take the B vitamin shot at least every other week if not every week. In my 600 or so people, I have not seen one case of neurologic deterioration. I've also had the pleasure of sometimes being able to cure people's peripheral neuropathy - that's the burning sensations you get in your hands and feet - by using a daily B vitamin shot injection. By using a shot, you get around the absorption problem.

The second way of using nutrients is as therapy. The philosophy and doses are different. What the American Medical Association would greatly prefer that you not realize, is that nutrients can be used in place of drugs if you use them in high enough doses. Nutrients have drug-like effects, but not by just eating oranges.

Vitamin C

Let's look at the nutrients I use as therapy in HIV. I use nutrients instead of drugs as my first line of defense against all diseases. First and foremost is vitamin C. How much?

Everybody's body is different. Most people level off at about 16, 18, 20 grams. This is four to five teaspoons or so. How much vitamin C is in an orange, by comparison? Well, it takes 20 oranges to make one gram of vitamin C. If you were going to get 20 grams of C in one day you have a choice of 20 capsules or

400 oranges.

I'm not sure I believe the hype from the company about Ester-C. Ester-C is a form of vitamin C they claim is four times better absorbed. But it's six times as expensive. I'm not sure the value's there. I do recommend people who have high amounts of gastric upset get Ester-C; it does seem to help that. I use what's called the Linus Pauling dose of vitamin C because he's the one who pioneered this philosophy. This is a 15-to-20 gram amount for maintenance. When people have an infection, even just a cold or hepatitis or any of the bacterial infections, they can chug vitamin C by the bottle all day long and you will not hit your bowel tolerance dose; you will not get diarrhea. Why? Because your body's needs for vitamin C increase astronomically when you're sick. I've taken at least 100 grams a day of vitamin C and didn't get diarrhea, and then as the cold turned around, I got diarrhea at progressively lower levels each day.

You do not want to chug vitamin C. You want to spread your dose as much as possible over the course of the day so you can get more in without getting diarrhea.

Zinc

Zinc has a profound effect on your immune system. People who are sexually active need zinc because you lose a certain amount of zinc in semen every time you come. If you're on a junk food diet and sexually active, you can build up a deficiency very quickly. ...zinc deficiencies and protein calorie deficiency-malnutrition-show exactly the same T-cell changes and white cell changes you see with AIDS. Garlic, of all things, is next. Garlic is nature's sulphur drug. Intravenous garlic has been used all by itself to treat cryptococcal meningitis. It's very effective against yeast and parasites, and all my clients swallow several capsules of garlic a day. You wouldn't care to eat this many garlic cloves; you've got to do it by capsules. the capsules I use are deodorized so people don't lose friends and clients. Next would be a general purpose product I use, which again is made by Jarrow; he's humble enough to put his name on all his products. This is called the Jarrow Pack. Next is

Quersitin. We're getting a little more sublime here. Quersitin is a biocaldinone found in orange rinds. It is the only known substance I have found to date after five years of looking that blocks the AIDS virus directly, the same way AZT blocks the AIDS virus. It is a reverse blocker. This is truly a natural person's AZT substitute, without the expense or the horrendous side effects. How much? 1000 milligrams a day.

Next would be the essential fatty acids, which come in two forms. One is called EPO and the other is called EPA. EPO stands for evening primrose oil. EPA is the fish oils you may have read about used for heart disease or high blood pressure. These are a form of prostiglandyns. They help your body ward off inflammation.

Other things I add in, depending, include SSKI, one of the oldest prescriptions products around. It's potassium iodine. Iodine is an amazing natural antibiotic. Remember the days of mercurichrome? It's specifically active against the herpes virus. I have people come in with the herpes virus who are resistant to acyclovir and foscarnet and I have them dribble SSKI on the herpes outbreak directly and that's the end of the herpes. Amazing stuff. It does sting, and I mean you'll leave fingerprints in the ceiling for about five minutes. But hey, it's the end of herpes.

I also use Compound Q and dmgl. NAC is one of the hottest things hitting the holistic scene. NAC is an amino acid that happens to be a prescription product not sold in this country. It becomes in your body glutathione, an amazingly active product against the AIDS virus. It helps your white cells work their absolute best for you. People with AIDS have been studied and shown not to be able to manufacture glutathione, so this is one more type of replacement therapy. You can get NAC from the buyers' clubs. Buyers' clubs are an extraordinary phenomenon. They are organizations formed by AIDS activists around the country that have gradually become more feisty, vocal, courageous, and open. The buyers' clubs started by selling nutrients. They now bring in drugs that are used in other countries and sell them quite openly. If this was

cancer, we'd all be in jail right now, but because it's HIV and the AIDS activist community has been so active and vocal and determined, they have to some extent, developed enough voice and power that they have the government on the run. That's the only way to say it. The buyers' clubs have brought in drugs used in other countries and they sell them at very reasonable prices; they may be expensive products, but the mark-up is minimal.

The buyers' clubs have gotten their hands on ddC and the buyers' clubs are selling it to anyone who wants it. This is unheard of. Whenever I want some quasi-legal drugs from another country, I call my friends at the buyers' clubs and they bring it in for me. They are a wonderful outlet for expanding the options of your treatment plan. They have gotten their hands on peptide T, which is an extraordinary product that has had tremendous political roadblocks set up by our own government. The buyers' clubs are selling erythromycin, the only known effective treatment for a very damaging infection called MAI. Thank God for them. I've had a lot of people turn their lives around when they started getting these products through the buyers' clubs. I encourage you to contact and support them.

In the handout on ddC are the numbers of all the buyers' clubs around the country.

Number Four:

Drugs

There certainly is a place for drugs in the management of some diseases and especially in the management of HIV. Let's talk for a moment about AZT. I personally do not use AZT in my practice. When someone needs to take an anti-viral drug, I send them to the buyers' club to get ddC. I personally think ddC will be proved to be the star performer of all anti virals being studied right now. I also think AZT will be dead in the water when ddC is approved. No one thing is going to work for everybody. My personal feeling is ddC is everything AZT has not been for the vast majority of people - mainly safe, less expensive, non-toxic, and effective.

One of the main side effects of ddC is peripheral neuropathy, which is a tingling in your hands or feet, but some neuropathy is caused by the AIDS virus. Hardly anyone dies from AIDS-they die from opportunistic infections that come

along once someone's immune system is so compromised they can't fight them off. One of the biggest ones is PCP pneumonia. My clearcut recommendation is Bactrim. One double strength, three times a week. It has been virtually 100 percent effective in preventing PCP pneumonia. Anyone whose T-cells dip below 200, I put on Bactrim. For the handful of people who can't tolerate Bactrim, the next drug I use is an old timer called dapson, an anti-leprosy drug. I use 100 milligrams twice a week. For those who can't tolerate dapson, thank God we have pentamidine. They are the ones who should be using pentamidine. My contention is that people with AIDS are living longer because it is finally understood that we have to fight infections.

The most effective drug I've found against yeast is fluconazole, or diflucan. 100 milligrams a day, for one week. It's safe and nontoxic for this period of time. It's magical against yeast. I don't use any other drugs against yeast. Yeast is naturally found throughout our intestines. It's a matter of keeping it in balance and not letting it overgrow. Anytime anyone takes antibiotics, they should also take acidophilus, which helps keep the good guys in your intestines. It stops the antibiotics from eliminating more and more bacteria. When the good guys are eliminated, yeast can overgrow. There are other drugs being invented to fight opportunistic infections and I think that's the way of the future. It's not as exciting, and there's no Nobel Prize in it for the researchers, and that's why I think everyone's concentrating on the virus. They forget people don't die from the virus but from opportunistic infections. Thank you for the relentless actions of ACT UP telling doctors that they have to switch their research focus into more productive areas. We are gradually developing protocols like this for all the major opportunistic infections.

KS is a real head slammer. I don't know what to do for KS and neither does anyone else in America. There is a French product that costs about \$1000 a month that is being imported... No American drug company will profit from it, so it's not being actively researched. I may also be working with

a KS treatment from mainland China that has never been allowed out of China. Of course, the Chinese have about five AIDS clients, so they don't have a lot of people to experiment with. The problem is that we don't know if KS is a cancer or an opportunistic infection; we don't know what's going on.

Number Five: Nutrition for the mind.

I had a woman come to my office who had breast cancer, and the doctor told her she had four months to live. She said, **Great, I'm going to make those four months the most fantastic of my entire life.** She blew off her marriage, changed her job, took ceramic classes, started working with Louise Hay; she worked with a host of other people based in Los Angeles who do what I call inner transformational work with people. She wrote out forgiveness exercises, joined a 12-step program to stop alcohol, she cleaned up her diet, and her cancer went away. Her doctor said "spontaneous remission," which is how we discount the incredible work that people do for themselves.

I think using the emotional, mental, and spiritual side of things is as important as swallowing tons of nutrients. It took a long time to recognize that the best vitamin program in the world, and the best diet in the world couldn't begin to overcome a hateful attitude. I tell my clients, if they haven't come out to their parents, they should do so. It's part of owning and loving who you are. If they have not told significant people in their life that they are HIV positive, I ask them to do so. We have people I work with who can help role-play and fantasize and work up to handling those issues. My experience is that these kind of things are a sword that hang over people in this situation until they deal with it one way or another. Other things people do is general emotional clearing. 12-step programs are excellent for doing this, for making amends and getting rid of old emotional baggage. My contention is that this old stuff literally hangs out in your body and can work against healing. I ask people to do acupuncture and massage work, to go out jogging to do anything that will put them in physical contact and touching situations with other people. I ask my clients to go out and do

service. If you think about it, look at all the talent and education we have in this room today. What would happen if you went out and put all your attention on some other major issue? I specifically ask people to do work that has nothing to do with AIDS. It puts them in contact with people they would never otherwise meet, and people meet them who wouldn't meet them otherwise. It keeps them from thinking about their disease 24 hours a day. If you think about it, there's a whole host of other issues that really need our attention, whether it's animal rights or homelessness, deforestation or the ozone layer, nuclear waste, whatever. A lot of these other issues can kill us all, quickly. I ask my clients to do anything they can to develop some sort of spiritual alignment, something, any sort of power beyond themselves that they feel they can tug on in times of need.

I should change this talk around and do number 5 for an hour and a half and then mention in passing that you can take vitamins and change your diet. This is one of the most important things people can do for themselves.



The AIDS Committee of Thunder Bay does not recommend, advocate or endorse the use of any particular treatment(s) or therapy described in ReACT-Believe. The AIDS Committee of Thunder Bay therefore, does not accept the risk of, or responsibility for, any damages, costs or consequences of any kind whatsoever which may arise or result, either from use or reliance on the information contained herein, or due to any errors contained herein. Persons relying on the information provided must do so at their own risk. Please consult your health professional.



Why I Volunteer With ACT-B

First, a bit of my background. My name is Anne Ciemny and I was born in Thunder Bay and have lived in Thunder Bay my entire life. I am a mother of two girls, ages 31 and 33 and a grandmother to six grandchildren, 4 grandsons and 2 granddaughters. I have worked in a family business for 25 years in the office, in the warehouse doing all variety of jobs and for the past 12 years, I worked solely in the office looking after Accounts Receivables and typing.

What brought me to the AIDS Committee of Thunder Bay?

Two years ago I became separated from my spouse and I had to leave the family business and I became retired. Here I was a workaholic, retired, and now I had the choice to do what I wished. I knew Sheila Berry, the Volunteer Coordinator, as she had worked with me in my family business, and so I went to see her at the ACT-B office and I became a volunteer office worker where I was able to continue to function as a typist, keep up my skills and also volunteer my time. My involvement with AIDS was not highly received by my age group and many of my friends, but I had a positive approach when I told everyone I was volunteering there, and their attitude changed and they complimented me on doing the volunteer work.

Peoples attitudes are changing now because HIV & AIDS disease is affecting all of the community.

What has volunteering done for me?

I used to stereotype people before coming to ACT-B. I have learned there are gay men and lesbian women I work with who are just the most caring and wonderful individuals who I have the deepest respect for and if I hadn't come to the AIDS office, I would have missed out on knowing them.

Also, I do not prejudice any more. I keep an open mind and do not put people in certain categories.

I have learned so much about the HIV/AIDS disease and met people who have the disease. I have learned that we must educate, especially the young people, and we all must have compassion and show love to those affected, just as we would do with someone with polio, or alzheimer's disease. I have four grandsons and love them very much. If one of them should ever contact AIDS, my love would not be turned off. I could deal with it now. The one thing these people need is love.

I am appreciated for the work I do in the office and I do many varieties of duties such as folding brochures, pricing items for flea market sales, counting condoms and mostly typing into the computer, which is my greatest love.

After 37 years of marriage and being with one partner always, I find if and when I enter into a new relationship, I will insist that my partner be tested for HIV & AIDS. I care about my health and my body and I cannot assume what my partner may tell me about his past is the

truth. What we are asking the young adults to do to practise safer sex, we, the 55+ group must take the responsibility to do the same. This disease hits any age group.

I also volunteer at the Heart & Stroke Association and the people there are also very caring, thoughtful, and appreciative. Volunteers are really treated "very special". I find it to be a rewarding experience and I enjoy the "good" feeling I get out of "giving of myself" to others in need. It has made me a better person and given me an inner joy that I never knew existed. Please try it sometime!

Thank You
Anne Ciemny.

HOW TO BE A LOCAL HERO

CALL A FRIEND

Chances are, many of your friends are already Local Heroes, giving their time and money to causes that will interest you too. If you're looking for ways to help your community, they can be a great source of inspiration. Pick up the phone. Be a Local Hero.



A New Spirit of Giving
A national program to encourage giving and volunteering.



You need not shoulder all the load

As you travel that rocky, uphill road.

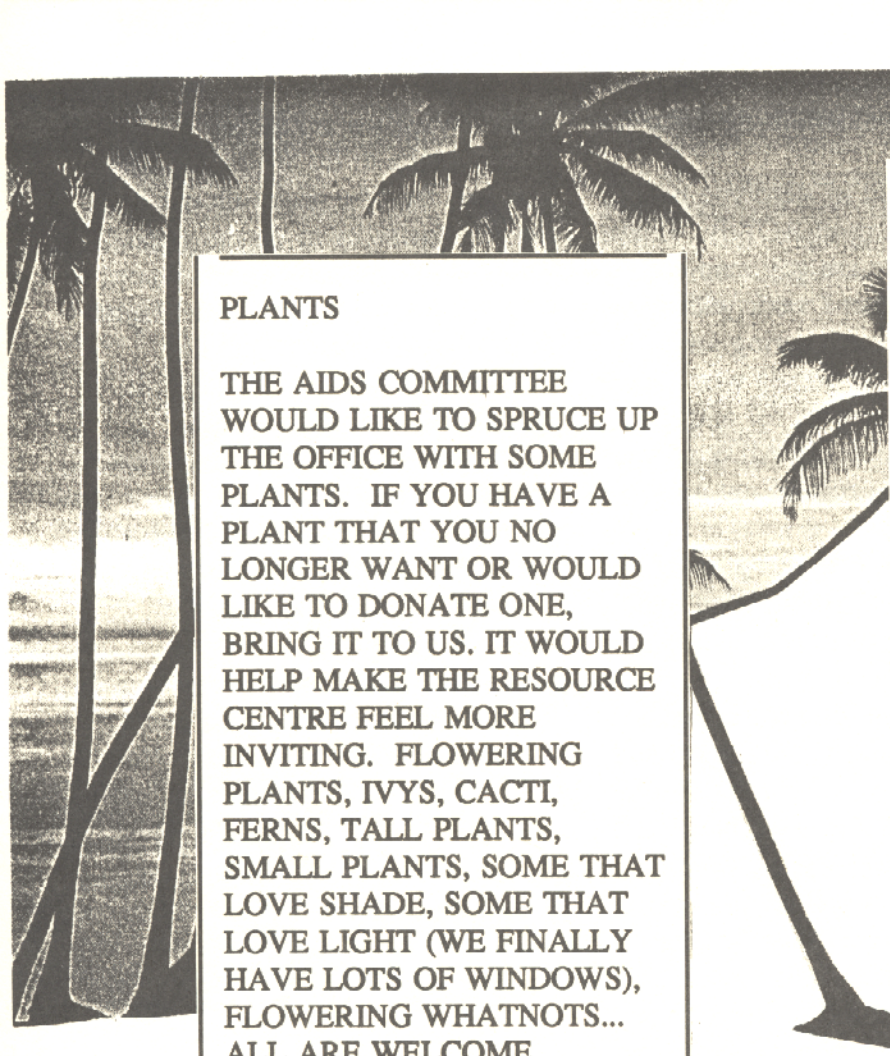
Sit awhile - look around

Try to find a more even ground

Rise up - reach out your hand - over here

I'll share your load, I'm a volunteer.

by Norm Bowers.
Volunteer & Board Member.



PLANTS

THE AIDS COMMITTEE WOULD LIKE TO SPRUCE UP THE OFFICE WITH SOME PLANTS. IF YOU HAVE A PLANT THAT YOU NO LONGER WANT OR WOULD LIKE TO DONATE ONE, BRING IT TO US. IT WOULD HELP MAKE THE RESOURCE CENTRE FEEL MORE INVITING. FLOWERING PLANTS, IVYS, CACTI, FERNS, TALL PLANTS, SMALL PLANTS, SOME THAT LOVE SHADE, SOME THAT LOVE LIGHT (WE FINALLY HAVE LOTS OF WINDOWS), FLOWERING WHATNOTS... ALL ARE WELCOME.

NOTICE TO ALL WHO SEND FAXES TO THE AIDS COMMITTEE OF THUNDER BAY

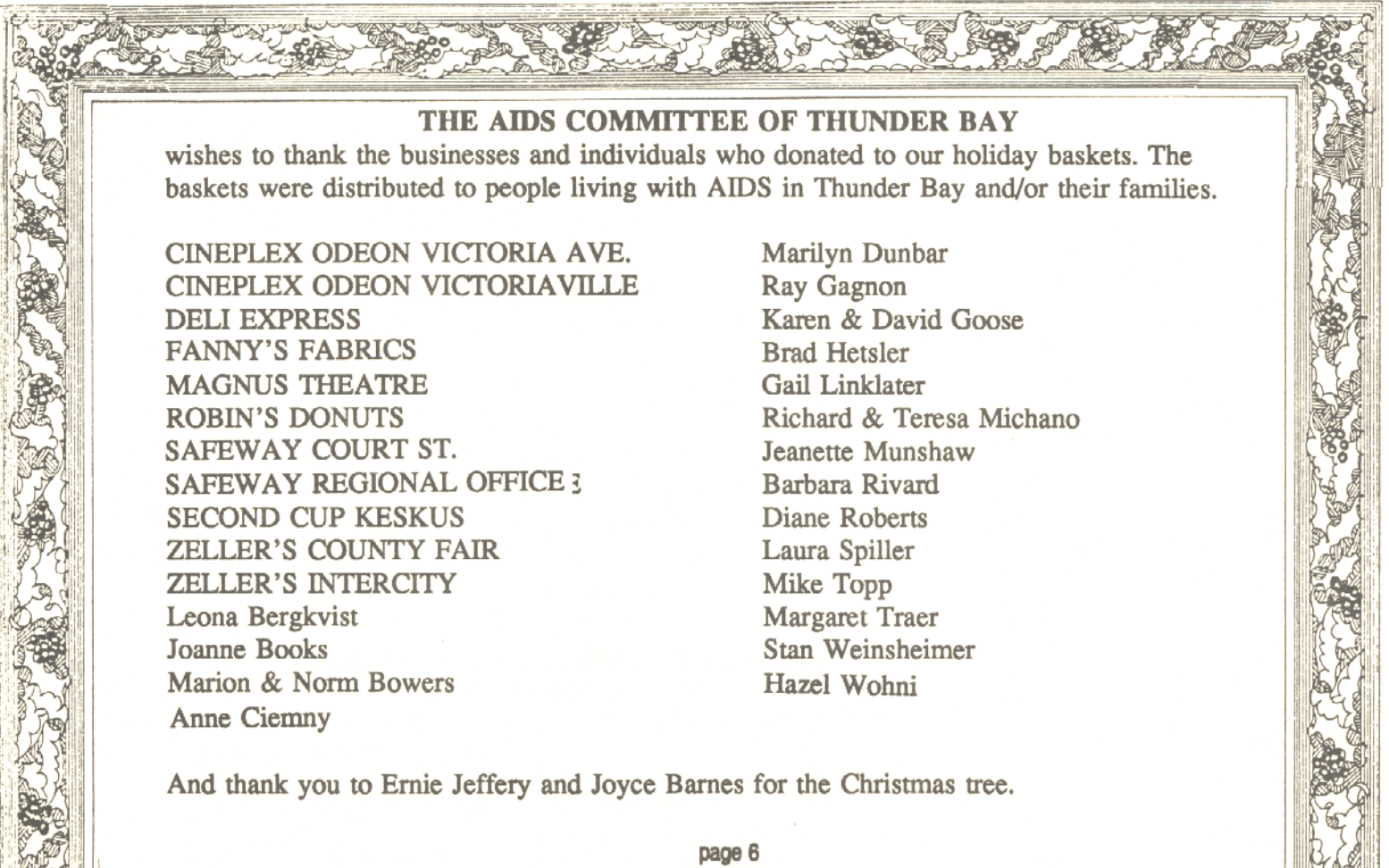
ACT-B DOES NOT OWN A FAX MACHINE. OUR AGENCY HAS BEEN USING A FAX SERVICE FOR RECEIVING AND TRANSMITTING DOCUMENTS. WE HAVE DONE AN INTERNAL REVIEW OF THE COST AND NECESSITY OF THIS SERVICE. WE HAVE DECIDED TO STOP USING IT.

PLEASE TAKE CAREFUL NOTICE:

THE AIDS COMMITTEE OF THUNDER BAY HAS CANCELLED ITS FAX SERVICE. THIS CANCELLATION OF SERVICE IS EFFECTIVE AS OF DECEMBER 31, 1991.

PLEASE REMOVE OUR FAX NUMBER FROM YOUR COMMUNICATIONS LISTS.

Should you need to contact us for some urgent reason, you may do so by telephone.



THE AIDS COMMITTEE OF THUNDER BAY

wishes to thank the businesses and individuals who donated to our holiday baskets. The baskets were distributed to people living with AIDS in Thunder Bay and/or their families.

CINEPLEX ODEON VICTORIA AVE.
CINEPLEX ODEON VICTORIAVILLE
DELI EXPRESS
FANNY'S FABRICS
MAGNUS THEATRE
ROBIN'S DONUTS
SAFEWAY COURT ST.
SAFEWAY REGIONAL OFFICE 3
SECOND CUP KESKUS
ZELLER'S COUNTY FAIR
ZELLER'S INTERCITY
Leona Bergkvist
Joanne Books
Marion & Norm Bowers
Anne Ciemny

Marilyn Dunbar
Ray Gagnon
Karen & David Goose
Brad Hetsler
Gail Linklater
Richard & Teresa Michano
Jeanette Munshaw
Barbara Rivard
Diane Roberts
Laura Spiller
Mike Topp
Margaret Traer
Stan Weinsheimer
Hazel Wohni

And thank you to Ernie Jeffery and Joyce Barnes for the Christmas tree.

MAGIC

Wait And See

As the world is becoming more and more aware of the AIDS issue, I see that a lot could have been done sooner.

Because of the way it was perceived as a disease of the oppressed, a lot of people chose to ignore it. They joked and laughed as homosexuals were dying of the disease. Until a few high profile athletes began to succumb, then, some people began to take notice. To no avail, little was still being done.

This may sound like old hat news to those who are aware of this issue, it isn't to a lot of Native communities in the Northwest area of Ontario.

I shudder to think some Native leaders and their voters chose to ignore this issue because of their negative attitudes. Perhaps, we as First Nations people need to know how to heal before we go on to govern ourselves.

The disease is now everywhere and we should always think ahead of the growth of the illness. AIDS like alcoholism is non-discriminatory and may prove to be more devastating than the latter.

So, Anishinabe, take note...The basketball and hockey players have.

Gabriel Kakeeway



As a dedicated volunteer at ACT-B I could not allow myself to exclude an article on the impact MAGIC JOHNSON had on me.

Before his astounding appearance on TV that November day when he announced to the world that he had HIV VIRUS, I really did not know too much about this SUPER BASKETBALL PLAYER.

However, when I heard HIV/AIDS on the news broadcast, I immediately glued myself to my TV screen and drank in all the news broadcasts. His personal appearance, and special news casts and special appearances connected to this story that day and the following days that week kept my interest.

I am a firm believer that everything happens for a reason and that terrible happenings have a way of turning out good, if you truly believe. We have lost the best basketball player in all the history of basketball, but we have gained a great AID to the dreaded disease of HIV/AIDS. What better help could we have received than this MAGIC HERO of all people to tell the world he has abecome inflicted with this disease.

Now, more people are listening, now many are seeking information, as they realize it is time to put aside the fear and replace it with education and action to prevent further spread of the disease.



I applaud this beautiful, positive man for what he did, for what he is going to do, and for what all of us all over the world will gain from his experience.

Spiritually, educationally, and financially, MAGIC JOHNSON has really come to our AID. We have the "MAGIC" on our side now! HURRAH FOR US!

Anne Ciemny
Assistant Editor.



HIV Testing and Insurance

Recently, we have become aware that more and more insurance companies are requiring HIV tests of people applying for insurance. Often urine samples are used for the tests, and sent out of the province. The urine tests are not licensed in Ontario and are often unreliable. We are also concerned, because people tested this way are not adequately supported through the knowledgeable counselling which is vital to the testing process.

Not all insurance companies operate this way, so we encourage you to shop around. Be sure of what is happening before you agree to testing. If you have questions, please give us a call.



The QUILT is Coming to Thunder Bay

October 8 - 11, 1992

to the P.A.C.I. Gymnasium

The AIDS Committee is bringing the Quilt to Thunder Bay to raise awareness of HIV/AIDS in our community. This will be both an educational event and a fundraiser for the agency.

What is the Quilt?

It began as the Names Project in San Francisco in 1987 as a response to the human tragedy of lives lost to AIDS.

The Canadian division of the Quilt is housed in Halifax, Nova Scotia.

It first toured in 1989, and continues to travel throughout Canada.

Consisting of over 400 panels, it represents only a small percentage of those people who have died from AIDS in Canada.

Each panel is lovingly commemorated to a lost friend, son, daughter, sister, brother, mother, father, friend or partner who has succumbed to AIDS.

The Quilt is truly a work of art; a mosaic fabric representative of the diversity and uniqueness in each of us.

The panels serve not only as loving memories, but also as tools to convert ignorance and insensitivity into understanding and compassion.

VOLUNTEERS are needed for events leading up to bringing the Quilt here, and also for on site responsibilities, such as opening ceremonies, shifts during the display, closing ceremonies and cleanup, attendance and publicizing, etc. If you want to be a part of this great event, call Sheila at 345-1516.

