

# reACT-Believe

Fall 1993, Volume 6, Issue IV

AIDS Committee of Thunder Bay P.O.24025  
Thunder Bay, Ontario P7A 4T0 (807)345-1516  
AIDS Infoline 345-SAFE

## GAY, LESBIAN, BISEXUAL COMMUNITIES MOVING TO SAFER SEX

The recent Needs Assessment Survey of the gay, lesbian and bisexual communities in Thunder Bay shows that most people have heard the message about AIDS, but not everyone has been able to consistently change their behaviour. To help develop and focus local education efforts, we wanted to get a clearer picture of the knowledge, attitudes, and behaviour of the gay, lesbian and bisexual communities in Thunder Bay related to HIV infection/AIDS. We also wanted to look at preferred methods of education about HIV infection/AIDS.

Of the people who answered the survey, 47.5% had reduced risky sex in the past year and 46.5% felt they were already safe. Many had never tested, and/or did not know their HIV status. Most people clearly understood the risks of unprotected anal or vaginal intercourse and sharing used syringes. Unfortunately, for some knowledge does not *always* translate into safer sex behaviour. Some 39.4% of respondents indicated they had unprotected anal or vaginal intercourse in the past year. The predominant reason given for this was "being in a relationship". While some reported relationships of up to nine years, others were in relationships for as little as three months, and yet did not use condoms. Other significant factors were forgetting to use a condom in the heat of passion, or when drunk or high. Others felt safe because they had tested

HIV negative. There is a clear need for clarification of the Safer Sex Guidelines around issues of oral sex, as many people were not clear about the risks.

We wanted to find out the ways people have learned, and would like to learn more about HIV/AIDS. It is clear that television has been a major source of information about HIV/AIDS, and would be the preferred way of learning more in the future. However, respondents indicated they were interested in a range of ways of learning more. This will have to be considered carefully in planning future campaigns.

A number of recommendations developed out of the study:

- a) ACT-B prevention and education programs need to be targeted, focusing on specific issues such as "safer sex as a social norm", alcohol and drug use, negotiation skills, and relationship status and risk.
- b) Anonymous testing needs to be marketed more effectively, and additional anonymous test sites might encourage increased use.
- c) Planning for prevention and education campaigns needs participation by the target community, and should consider diversity in content structure and delivery.
- d) An advertising campaign to bolster the community would support changes that have occurred, and encourage continued progress toward safer sex as the social norm.

The results of the survey are already being incorporated into planning for education campaigns. Copies of the report are available from ACT-B.

### SECOND CALL FOR 1993 AGM AND MEMBERSHIP UPDATE

ACT-B's 1993 Annual General Meeting will take place on November 10. Your participation is important to our future direction. A renewed membership must be valid at least 30 days prior to the AGM. So check your membership card to see if you have a current 1993 membership. New memberships must be approved at the Executive Meeting on Oct. 6. Memberships are good for the calendar year.

STRONG  
LIVES  
AIDS AWARENESS WEEK  
OCTOBER 4-10 1993  
STRONG  
COMMUNITIES

## "OPENING MORE DOORS" NORTHWEST ONTARIO REGIONAL HIV/AIDS COUNSELLING CONFERENCE

Thanks to the Ontario Ministry of Health, the AIDS Committee of Thunder Bay is once again hosting its second annual "Opening More Doors" counselling conference regarding HIV/AIDS. It will be held at the Prince Arthur Hotel, 17 North Cumberland Street, here in Thunder Bay, Ontario on October 21 and 22, 1993.

On the evening of Thursday, October 21, 1993 there will be a short information session of basic HIV/AIDS information and women's issues; creating risk awareness for women leading to early diagnosis of the HIV/AIDS virus and its symptoms, followed by a period to network and socializing when refreshments will be served. On Friday, October 22, 1993 during our day session, various workshops will be held on:

- 1) Anticipatory issues relating to dying, death and the grieving process.
- 2) Counselling family members of someone with HIV/AIDS.
- 3) Gaining and maintaining trust; setting and maintaining professional boundaries in the counselling relationship.
- 4) Counselling issues relating to drugs/alcohol and/or other chemical dependencies. Breakfast and a light lunch will be served at intermission during these workshops.

Current registrations are from the Thunder Bay area and some smaller communities in the Northwestern Ontario. We anticipate a broader range of participation from these smaller communities. A nominal registration fee is required although accommodations and travel grants for out of town guests are available. All PHA's (Persons Having HIV/AIDS) will have the registration fee waived. If you would like further information on our upcoming "Opening More Doors" Northwestern Ontario Regional

HIV/AIDS Counselling Conference please call the conference coordinator, Karen Ferland, at the ACT-B office 345-1516 between 9:30 a.m. and 5:00 p.m. Monday to Friday. Registrations are limited but we do have some space available.

## SUCCESSFUL HOSTING OF OAN IN THUNDER BAY

After nearly six months of preparation, ACT-B welcomed the Ontario AIDS Network [OAN] to Thunder Bay for its quarterly meeting, on July 16-19.

The OAN has thirty-six member organizations. Approximately a hundred people were in attendance for the week-end meeting.

The highlight of the weekend was the conclusion of a two year organizational development plan which resulted in the election of the first OAN Board of Directors. The OAN board is made up of representation from geographic regions of the province as well as the people of colour caucus, women's caucus and the people living with HIV/AIDS caucus.

Here are the elected directors on the OAN board:

Northwest region: Steve Brown  
Southwest region: Terri Grant-Galli  
Southeast region: Dale Lockhart  
Toronto region: Russel Armstrong  
People of colour caucus: Roberta Munroe

People with HIV/AIDS caucus: John Burgess-Murray

Women's caucus: Deborah Ayles  
At Large director: Steve Lough  
At Large director: Peter McGuire  
At Large director: Jim Murrant

Prior to the newly elected board, the OAN was coordinated by a Steering Committee. Our thanks go to two ACT-B members who served on the Steering Committee during the long years of organizational development: Michael Sobota and David Belrose. In addition to serving as the Northern rep on the

Steering Committee, David chaired full sessions of the OAN at a number of quarterly meetings.

Thanks are extended to the hard working ACT-B volunteers who planned and implemented the hosting of the OAN. The hosting committee was co-chaired by Board member Diane Roberts and staff member Sheila Berry. Significant logistical contributions were carried out by staff member Lawrence Korhonen.

## TELEVISION COMMERCIAL TO BOOST LOCAL PROFILE OF AIDS AND ACT-B

Watch your local television channel this fall for a public service commercial about AIDS and ACT-B.

The commercial, being created by McEachern Marketing and Communications, will feature prominent individuals from the city, as well as the board, staff, volunteers and friends of the agency. In brief cameos, people will indicate their concern about AIDS, and urge people in our community to get involved. To help in the work against AIDS, call 345-1516.

This project is being funded partially by a grant from the Thunder Bay Foundation.



In Memorium

We remember  
with respect and appreciation

Max  
and  
Murray

## ACT-B ADVISORY COUNCIL

|                  |                                                                  |
|------------------|------------------------------------------------------------------|
| Fred Ball        | Director, Public Health Laboratory                               |
| Norman Bowers    | ACT-B Board Representative                                       |
| Beth Huston      | Director of Administration,<br>Kinna-weya Legal Clinic           |
| Dr. Gordon Milne | Family Physician                                                 |
| Bob Richardson   | Businessman                                                      |
| Nicky Tittley    | Supervisor of Infection Control,<br>Port Arthur General Hospital |

## ACT-B BOARD OF DIRECTORS

|                  |                |
|------------------|----------------|
| Rick Atkinson    | Treasurer      |
| Debbie Bird      | Director       |
| Norman Bowers    | Secretary      |
| Patsy Chalmers   | Director       |
| Mahlon Inksetter | Director       |
| Gail Linklater   | President      |
| Rob MacKay       | Director       |
| Bob Richardson   | Director       |
| Diane Roberts    | Vice President |
| Ted Romanowski   | Director       |
| Rob Shepherd     | Director       |

## ACT-B STAFF

|                   |                                |
|-------------------|--------------------------------|
| Christa Alsch     | Secretary                      |
| David Belrose     | Education Coordinator          |
| Sheila Berry      | Volunteer Coordinator          |
| John Books        | Fundraising/Communications     |
| Daryle Dollan     | Support Service Coordinator    |
| Lawrence Korhonen | Office Manager                 |
| Ian Ritchie       | Support Worker/Health Promoter |
| Michael Sobota    | Executive Director             |

The AIDS Committee of Thunder Bay  
acknowledges and thanks our various funders:

- : Ontario Ministry of Health
- : Health Promotion and Social Development Office,  
Ontario Region
- : Ontario Trillium Foundation
- : All of the people involved in general  
fundraising, which includes the local community,  
businesses and many individual donations.

**We especially would like to acknowledge the  
Student's Council at P.A.C.I. and the Molson  
Companies Donations Fund for their generous  
donations.**

### Join us. Become a member!

Members set our course at Annual Meetings. They  
are kept up-to-date about our work. They elect the  
Board of Directors who keep that work on track.

### Membership form.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Enclosed is: \_\_\_\_\_ \$ 10 Membership Fee  
\_\_\_\_\_ \$ 25 Supporting Membership  
\_\_\_\_\_ \$ Donation

Mail to:

**AIDS COMMITTEE OF THUNDER BAY**  
P.O. Box 24025  
Thunder Bay, Ontario  
P7A 4T0

To be eligible to vote at the Annual General Meeting, your  
membership must be up-to-date (30 days prior to the meeting).  
The A.G.M. is in November. Please renew your membership now.

Please address any comments on reACT-Believe to:

P.O. Box 24025  
217 South Algoma Street  
Thunder Bay, Ontario  
P7A 4T0

(807) 345-1516  
9:30 a.m. - 5:00 p.m.

John Books, Editor  
Mary-Lynn Bragg, Assistant Editor  
Dave Myers, Layout, Assistant Editor  
Ian Ritchie, Editor - Ethical Issues

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.

## YOURS TRULY, LANCE PERRY

I am a 10 yr. old boy who has lost my father to AIDS. I didn't know much about AIDS until my Mom explained to me why my Dad was sick. We went to the hospital to see him and it was pretty scary. I wasn't allowed to touch him and that made me angry. After awhile Dad and I talked. He didn't have much strength so Mom and I left and went home. I asked Mom what was wrong and at first she told me Dad had arthritis and a lung infection. She didn't explain to me until later that he had AIDS. I didn't understand what AIDS was. I thought a man had to be gay to get it. Mom explained about Dad's drug problem and told me Dad had gotten the virus from a dirty needle. I felt bad at first then I tried to forget about it. I just went in my room and played super nintendo.

It wasn't long after our visit that Dad died. It made me angry that we didn't have more time together.

At the funeral Mom cried a lot. As I was looking around I saw a girl who looked like me. Mom explained to me that she was my sister that we had the same Dad. I'm glad that I met her cause we can share our feelings about losing our Dad. Sometimes we talk about him. We talk about how nice he was and stuff like that. We don't talk about AIDS and stuff cause it's still too hard. What I want to say to other kids is that it's o.k. to cry. It helps get rid of the anger. But sometimes the anger takes over cause I can't make the other kids understand how I feel.

I don't wish there were more kids like me but I know there are some. I wish there was a place or some way we could get together to talk. Maybe then I wouldn't get so angry. I also wish that there were more books at school about AIDS and feelings to help me and the other kids understand more about them.

If you are a pre-teen that may lose or have lost someone you care about to AIDS and would like another kid to talk

to, join the: LANCE PEN PAL CLUB  
Write to me at: MAINLINE  
2385 AGRICOLA ST.  
HALIFAX, N.S.  
B3K 4B8

## ANONYMOUS TESTING

The HIV antibody test is a simple process consisting of drawing a vial of blood. The vial is marked with an identifying number (the same number is given to you, and is marked on your file, instead of a name). The blood sample is then sent to a Ministry of Health laboratory and is tested for the presence of antibodies to the HIV virus.

If you are in a high risk group, or have reason to believe that you have been exposed to the virus, antibody testing is recommended, and is the only way you will know for sure that you have been infected with the virus. If you are an intravenous drug user and have shared syringes with any other individual, you are in a high risk group. Unprotected vaginal or anal sex with an infected partner is the most common method of transmission. If you were a recipient of blood products BEFORE 1986 you should also consider being tested for the presence of antibodies.

It is important for people to be tested if they think they may have been exposed to the virus. The earlier one is aware of an HIV positive status, the sooner they can take action to remain healthy, such as diet supplements, prophylaxis (preventative medications) for AIDS related opportunistic infections (O.I.'s), etc. It is important to protect your partner from contracting the virus by using a latex condom and (if necessary) a water based lubricant.

In Thunder Bay, anonymous testing is available at three locations, and appointments are arranged through the District Health Unit, by calling 625-5981.

## MY DREAM IS A REALITY

I have recently written a book called, "Letters to My Son, A Healing Journey". This book is made up of letters written to my son, who was killed Oct. 30th, 1972. It was a collection of letters written to him, in memoriam, and after twenty years I had this dream of compiling them into a book. It is a journey for me in healing myself from the loss and also other crises that occurred in my life. I have written this book in the hope that it could bring comfort and hope to others that have to deal with a loss or who struggle with their pain.

I lost my brother to drowning in 1942, my father to heart failure in 1956, my son to a car accident in 1972, my second brother to heart failure in 1986 and my mother to heart failure in 1986. That was my whole family. I am well qualified to express my feelings on loss. I do not feel sorry for myself, rather I treasure my memories and am thankful for the joy and love I shared with my family. I appreciate my two daughters, my son-in-laws, and my six grandchildren and the memories I am building with them daily.

There is no wish to seek monetary gain in publishing and selling this book, but rather a truly personal satisfaction of realizing a dream and in sharing my memories. My son and family will always be close to my heart.

I am donating 100 books to the AIDS Committee of Thunder Bay, 100 books to the Smith Clinic, and 100 books to the Bereaved Families of Ontario. I hope that my book will truly "touch" and "comfort" those in despair, and in time they will not grieve what they have lost, but remember, with love, what they had. The monies will benefit the organizations who support, comfort and care so very much.

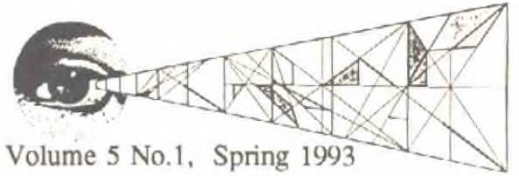
Please look for my book in October and purchase one for yourself or a loved one in the name of love!

Hugs to you,  
Anne Ciemny

# ETHICAL ISSUES

**PWA - Person Who's Accountable**  
BY EMILY CARTER

Reprinted from PWA Live Volume 5 No.1, Spring 1993



Imagine that it's your job to care for a patient with advanced Alzheimer's who is prone to outbursts of abusive language and behaviour. In fact, the back of your legs are black and blue because each time you turn your back on your charge, he smacks your calves with his walking stick, believing you to be some kind of barnyard animal in need of correction. Can you hold the patient responsible for his behaviour? Likely not, no matter how infuriating. Now ask yourself who would you rather be: yourself with the bruised legs or an incontinent and confused victim of an inexorable disease. If you pick option one, if you choose to be yourself, you are accountable for your actions. No slipping strychnine into the patient's metamucil.

Two extremes in the discourse over the accountability of HIV positive persons are highlighted by concerns over "non-compliant carrier" laws and a recent news story from Portland, where an infected man was recently convicted for multiple episodes of unsafe sex with partners ignorant of his HIV status. There is a thin tightrope between laws that can adequately deal with such malice, yet don't trample the rights of already disenfranchised communities. Let me make it clear like your Aunt Dodie's kitchen window that any legislation regarding

sexual activity cannot be specific enough. If there is even the slightest breeze blowing through it redolent of homophobia or prudery, the legislation is ethically invalid, and, hopefully, legally void. However, having this disease is not much fun, and knowingly placing another person in a position where they might get it, is, quite simply, assault with intent.

The charmer in Oregon who's been up to some unsafe sex with unsuspecting partners gets no sympathy from me. What he is is a perpetrator. I've heard people say they might understand without condoning the rage and despair that could lead to this kind of violent behaviour, but some things can neither be understood or condoned. Our community, however, has reacted violently against legislative solutions to situations of this type, concerned that such legislation might be abused, and used as potential "anti-gay" laws. Again, I need to state unequivocally that no one in this community is condoning intentionally unsafe sex. But there has been a lot of talk about any "non-compliant carrier" laws as a de-facto tool of oppression, rather than something akin to a sane handgun law. Of course we don't have sane handgun laws. Of course it's a creepy truth that our sex lives are of more interest to legislators than what people

might do with their firearms. Of course we are oppressed. So what?

The ball is in our court. If we as a community can not effectively intervene on individuals who are knowingly spreading HIV, then we need to accept the fact that someone has to.

Beneath these facts, which should be obvious, lies a more fundamental issue: namely, how do we in the PWA/HIV community perceive ourselves? There are some who take the position that PWA's need not be pinned to the same terms of a contract to which other's are held. In a few cases this might be true, but there is no body of ethical decision makers anywhere on this planet with enough moral clout to decide who should and who should not live up to his or her end of life's bargains. We're all supposed to at least try.

As a member of the PWA/HIV community, I have been thrilled with many of the actions taken on my behalf by AIDS activists. However, I get a little nervous when I get the idea that I am being held up as an example of someone who doesn't need to live up to her end of the social contract. To view me as a person to whom right and wrong do not apply diminishes not only my rights, but also damages my perception of myself as an autonomous, decision making individual.

My reasoning here is simple, and contains a healthy dose of self interest. Like many people in my situation, I've spent a great deal of time and effort to establish myself as a functioning adult capable of negotiating a social contract. I refuse to accept the definition of a marginal pariah that the world at large would like to impose. Likewise I refuse to be seen as a helpless, victimized martyr to whom the rules do not apply. If I should lose my faculty for making decisions, that would be another matter, but as yet I have not. With my faculties intact, I have not only rights but responsibilities. If I am seen as a person who need not live up to her end of a contract, who in their right mind would enter into a contract with me?

Just as medical, financial and political institutions bear a responsibility towards citizens with HIV or AIDS, I bear a responsibility in my daily life towards all those I come in contact with, regardless of whether or not various institutions are living up to their end of the deal. Let's take this whole argument out of the realm of the murderous and put it back into a realistic and relevant context. Simply put: the system may be stacked against me, I may not qualify for disability benefits until I'm legally dead; I still don't get to smack my kid or kick the dog with impunity.

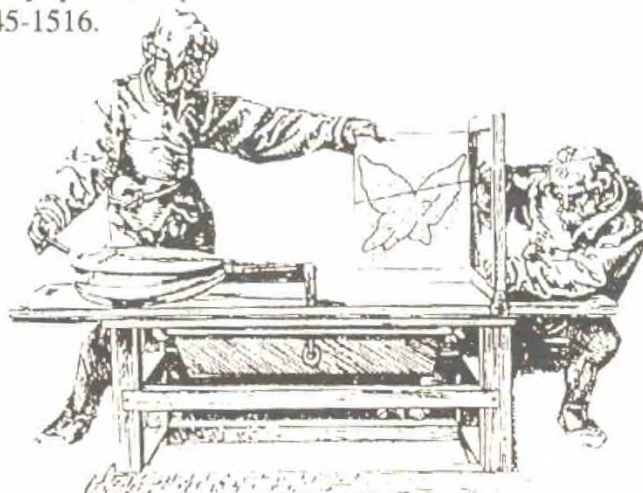
If I accept the definition of myself as unaccountable victim, the results could be just as detrimental to my health as to my ethical base. Our health

generally lies outside the realm of right decision: we just do the best we can and work with what we've got. But if we perceive ourselves as passive victims, we are entirely too dependent on the kindness of strangers. As my doctor told me when I showed up at his office eleven pounds thinner from final exam stress: "We can keep you healthy a much longer time if you participate in the process".

It is my right to participate in the process, along with my responsibility. I intend to hold on to them both, right up until I start confusing my family members for livestock.

### **Bereavement Support Group**

A new support group for people that wish to discuss their grief and bereavement issues is going to start in November. Barbara Ostaff will be the facilitator for the group. Barbara was a nurse for 21 years. She has 4 years of Pastoral education where her focus was palliative care, addictions and survivors of sexual abuse. Barb has served as a volunteer for ACT-B as well as Via Vitae. If you are interested in more information of this group or have any questions please call Ian at 345-1516.



## **BOOK REVIEW**

### **IMMUNE POWER: A COMPREHENSIVE TREATMENT PROGRAM FOR HIV**

**BY JON D. KAISER, M.D.**

Immune Power is a comprehensive healing program for HIV to be used in combination with standard medical therapies. Dr. Kaiser advocates a natural therapy program that includes healthful recommendations on diet, nutrition, herbs, exercise and stress reduction. Dr. Kaiser feels that when these natural therapies are combined with psychological support and the standard medical approach, a much more effective treatment plan emerges. Dr. Kaiser believes the top priority for the treatment of HIV is keeping the immune system strong and free of co-factors. Dr. Kaiser has been in private practice in San Francisco for the last seven years. "Ninety percent (90%) of Kaiser's patients have remained stable in their diagnosis or improved the strength of their immune system."

If you are interested in reading this book we have it available for loan in our resource library.

## POSITIVELY WELL PROGRAM

The AIDS Committee of Thunder Bay will be hosting a variety of workshops over the next six months, October 1993 through February 1994. These workshops were designed to focus primarily on PHA's (Persons Having HIV/AIDS) and their families/caregivers with particular concerns regarding their individual health status. These workshops were selected by PHA's (Person Having HIV/AIDS) and their families caregivers through a "Needs Assessment Survey" carried out by our Support Services Department at ACT-B. Below is a schedule outlining the topics, facilitators and timelines. A few of these workshops will also be designed for local dietitians/nutritionists, physicians, massage therapists and other related health care workers. These particular workshops will be held in addition to the listed ones, at different times and locations. If any of these workshops relate directly to you and you would like to attend or you would like to obtain more information on them, please call our Support Services Department or the program coordinator, Karen Ferland from 9:30 a.m. to 5:00 p.m. Monday through Friday. We will be bringing you an update in our winter newsletter.

### SCHEDULE as of SEPTEMBER 14, 1993 (subject to changes)

| Contact/Person                                                                             | Subject                                               | FROM                                                          | Date of Event                             |
|--------------------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------|
| <i>Positive Youth Outreach<br/>Representatives</i>                                         | <i>HIV/AIDS prevention /youths<br/>prospective</i>    | <i>Toronto,<br/>Ontario</i>                                   | <i>October 4/93<br/>5:00 - 7:00 p.m.</i>  |
| <i>Savory Productions<br/>Sheila Murphy</i>                                                | <i>Nutrition for Persons Living<br/>with HIV/AIDS</i> | <i>Montreal,<br/>Quebec</i>                                   | <i>October/<br/>November/93</i>           |
| <i>Feather of Hope<br/>Ken Ward</i>                                                        | <i>Spiritual Awareness</i>                            | <i>Edmonton,<br/>Alberta</i>                                  | <i>November 9/93<br/>5:00 - 7:00 p.m.</i> |
| <i>Natural Health &amp;<br/>Healing Centre<br/>Dr. Brian Schroeder</i>                     | <i>Holistic Therapies</i>                             | <i>Thunder Bay,<br/>Ontario</i>                               | <i>December 4/93<br/>2:00 - 4:00 p.m.</i> |
| <i>Tylara Institue<br/>Dr. Terry Hill<br/>ACT / Wayne Fitton<br/>&amp; Evett Perreault</i> | <i>Grief &amp; Bereavement</i>                        | <i>Nolalu,<br/>Ontario</i><br><br><i>Toronto,<br/>Ontario</i> | <i>January /94</i>                        |
| <i>Alex Highcrest</i>                                                                      | <i>Safe sex after diagnosis of<br/>HIV/AIDS</i>       | <i>Toronto,<br/>Ontario</i>                                   | <i>January/<br/>February/94</i>           |

### *The schedule below is open to Health Care Workers*

| Contact/Person                                                         | Subject                                               | From                            | Date of event                                  |
|------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------|------------------------------------------------|
| <i>Savory Productions<br/>Sheila Murphy</i>                            | <i>Nutrition for Persons Living<br/>with HIV/AIDS</i> | <i>Montreal,<br/>Quebec</i>     | <i>October/<br/>November/93</i>                |
| <i>Natural Health &amp;<br/>Healing Centre<br/>Dr. Brian Schroeder</i> | <i>Holistic Therapies</i>                             | <i>Thunder Bay,<br/>Ontario</i> | <i>November<br/>24/93<br/>7:00 - 9:00 p.m.</i> |

## VOLUNTEER RECOGNITION

**FYI** - From January '93 to June 30 '93, ACT-B volunteers contributed 2122.5 hours in support of HIV/AIDS work in our community. The number of active volunteers for that period was 112.

**OAN CONFERENCE** - Approximately 75 delegates attended from 36 community based AIDS agencies across the province. Our volunteers contributed in many ways: baking, minute-taking, organizing, working at the reception and the dance, being on hand at the meetings, photocopying/collating, and inputting data into the computer. Thanks to the following volunteers for helping to make the Ontario AIDS Network Conference held in Thunder Bay, mid July, a wonderful success. Thank you all: Anne, Alanna, David, Diane, Susan, Rob, Val, Karen, Careline, Michael, Christa, Ian, Adrienne, Flo, Lawrence, Liz, Vi, Bonnie, Kevin, Stan, Brian, Jody, Jackie, Jan, Madeline, Jeanette, and Brad. We received many compliments about the conference and we're passing them on to you!

**BINGO VOLUNTEERS** - Thank you for your continued attendance and support: Marge, Karen, Careline, Norm, Michael, Laura, Rob, Theresa, Sonya, Madeline, Diane, Ted, Ernie, Joyce, Murdock, LaVerne, Alanna, Val, Ian, Susan, Jane, Joanne, Christine, Michelle, Norma, Wendy and Bill.

### ANOTHER GIANT MIDNIGHT MADNESS YARDSALE! -

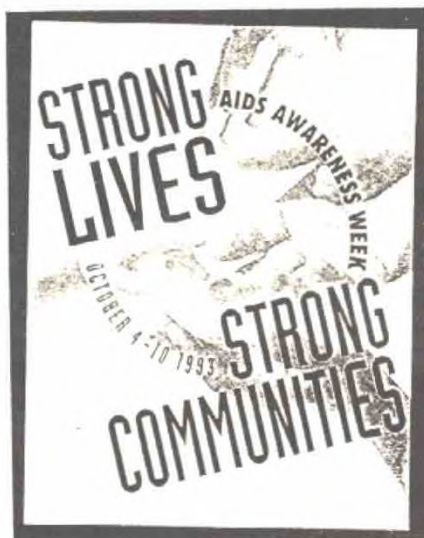
Appreciation goes out to volunteers who tuffed out the frenzy at the recent yardsale. Alanna, Daryle, Pius, Kristin, Bonnie, Careline, Sarah, Susie, Norm, Rob and Val. Over \$1000 was raised from this event and will go to the Emergency Assistance Program to directly assist clients.

**BEHIND THE SCENES** - The ongoing commitment of volunteers, such as Board Members and committee

volunteers keeps ACT-B in good shape! Thanks to Rick, Diane, Gail, Norm, Ted, Rob, Rob, Susan, Joanne, Michael, Michael, Carol, Debbie, Patsi, and Bob, Russell, Alanna and Karen.

On behalf of ACT-B staff, clients and Board, we appreciate your support!

Sheila Berry



### The "F" word

(with a dollar in my pocket & a tongue in my cheek)

There are a number of community events coming up in the next few months. Mark them down on your calendar.

During AIDS Awareness Week you will see our coin boxes in different locations with a basket of Red Ribbons beside it. Take a ribbon. The Red Ribbon has become the most recognised symbol of showing support for AIDS. Show your support. Wear a ribbon.

**Socials:** ACT-B will sponsor a social and dance at the usual Fort William location on October 9th, November 13th and on New Year's Eve December 31st.

Of course, you've noticed that the A.G.M. will be on November 10th. You will find something new at this year's meeting... a silent auction. Board members, staff and friends have donated various small treasures which will be available for bidding. So come prepared to cast your ballot for the new board and possibly take something home from the old one. It's all about support after all. This is your AIDS Committee.

Also in November, on the 20th, there will be a combination Flea Market, Craft & Bake Sale at a local hall... just in time for Christmas. Proceeds will go to the Emergency Financial Assistance Program (formerly the Support Fund).

And while we have Christmas in mind, you might want to start thinking about what you would like to contribute to the client Christmas Baskets.

Just on the other side of the New Year, stay tuned for our 2nd Annual Ski Day, an Art Auction, the infamous Cabaret and a Film Premiere. This is a major picture, which though released earlier in the big three cities, we will premiere in Thunder Bay.

The Fundraising Committee is looking for a few good people to serve on the committee or to be part of a Project Team which has responsibility for a particular fundraising project. If you are interested in community animation, in finding innovative and fun ways to involve people in this cause... we need your ideas, your enthusiasm and sometimes just help with boring mind numbing tasks. Call 345-1516 to see how you can help.



## UPCOMING ACT-B PROJECTS

### EDUCATION PROGRAMS

AIDS INFORMATION LINE 345-7233

RESOURCE CENTRE  
217 S. ALGOMA ST.

#### PRESENTATIONS ON REQUEST

**GAY/BISEXUAL MEN'S OUTREACH** includes an advisory group, workshops, discussion/support groups, dance outreach. **MAINTAINING HEALTHY SEX** is a project to develop a next generation healthy sex brochure for gay/bisexual men, addressing issues around consistent safer-sex behaviour. **YOUTH/STREET OUTREACH** is community development work, assessing needs, networking, providing services as requested.

**AIDS AWARENESS WEEK** is an annual event to raise community awareness. **REGIONAL OUTREACH ADVERTISING** involves placing ads in regional newspapers for community development.

#### REGIONAL OUTREACH ADVERTISING

The Regional Outreach Advertising Project is a campaign to maintain a presence and develop community awareness in the region. This involves placing ads in about fourteen regional newspapers during the fall and winter. If you see any of them please give us some feedback.

### ACT-B BOARD AND STAFF PLAN A VISIONING RETREAT

Act-B has reached the natural conclusion of a three year visioning plan. Many changes and tangible accomplishments have occurred during these years. Following the election of our new board of directors at the upcoming Annual General Meeting in November, the board and staff will schedule a mid-winter retreat. Former board and staff member Karen Maki has accepted the invitation to be the facilitator for our retreat.



### MOTHER'S CUPBOARD

Well, Mother's Cupboard is up and running. Unfortunately the cupboard is almost bare. Donations of non-perishable food items would be greatly appreciated. They can be dropped off at 217 S. Algoma or call 345-1516 to arrange a pick-up.

## NOTICE TO ALL MEMBERS

**ACT-B WILL HOLD IT'S ANNUAL GENERAL MEETING,  
WEDNESDAY NOVEMBER 10, 1993 AT TRINITY UNITED  
CHURCH, 30 ALGOMA STREET SOUTH, THUNDER BAY,  
ONTARIO.**

DOORS OPEN AT 6:30 PM. THE MEETING BEGINS AT 7:00 PM FOR THE PURPOSES OF CONDUCTING THE AGENCY'S ANNUAL BUSINESS AND TO ELECT THE BOARD OF DIRECTORS FOR 1993/94. ALL MEMBERS MUST HAVE VALID MEMBERSHIPS TO VOTE. IF YOU ARE UNSURE OF YOUR MEMBERSHIP STATUS CALL THE RESOURCE CENTRE AT 345-1516. NEW MEMBERS MUST HAVE A VALID PAID UP MEMBERSHIP SUBMITTED TO ACT-B BY 5:00 PM OCTOBER 5, 1993.

Take pride in yourself  
Take care of each other



**AIDS AWARENESS WEEK - PROMOTING HEALTH FOR EVERYONE**  
**CALENDAR OF EVENTS**

**SUNDAY, OCT. 3, 1993**

AIDS Awareness Week Brunch - Lakehead University 11:00 am  
HIV+ Youth Speakers

**MONDAY, OCT. 4, 1993**

Official opening 11:30 am - Tree Planting Ceremony - Marina Park  
HIV+ Youth Speakers to visit high schools  
AIDS Programming - Agora - Lakehead University - 10:00 am - 1:00 pm

**TUESDAY, OCT. 5, 1993**

Kecia Larkin at Lakehead University - 6:30 pm  
HIV+ Youth Speakers to visit high schools

**WEDNESDAY, OCT. 6, 1993**

Condom Games - Agora - Lakehead University  
HIV+ Youth Speakers to visit high schools  
Candlelight Vigil - 7:30 p. - Assemble at ACT-B - 217 S. Algoma Street

**THURSDAY, OCT. 7, 1993**

Healthy Sex Workshop for Gay/Bisexual Men - 7:00 pm

**FRIDAY, OCT. 8, 1993**

Sue Johannson, Safer Sex Educator - noon - Agora - Lakehead University

**SATURDAY OCT. 9, 1993**

Gay/Lesbian/Bisexual Social - Usual F.W. Location, Doors open at 9:00 pm

**ALSO....Watch for our information displays and ribbons at various locations throughout the City...AND....MacLean Hunter television for AIDS Awareness Week programmes.**

**For more information call: The AIDS Committee of Thunder Bay 345-1516  
Lakehead University Health Services 343-8246**



## VOLUNTEERS!!

ACT-B Volunteers - In order to keep postage costs down, I will be using the Newsletter as a vehicle for communicating with you. Please check out the Volunteer Section and the Insert to find out what you may be needed for. Contact me at the office to sign up for projects or events that interest you. Post this insert in a handy place as a reminder of upcoming events.

**First:** If you have a change of address, name, telephone number, work or school schedule, or would like to discuss your volunteering (area of interest, time commitment, etc.), give me a call. This is to ensure that you continue to receive the Newsletter and keep our lines of communication going.

### WHAT I NEED FROM YOU !

#### CRAFTS



Many of you have indicated that you do some form of craft, knitting, sewing, drawing, poetry, woodworking, needlepoint, etc. Would you donate an item to our Volunteer Craft/Bake Sale/Flea Market, Nov. 27, at the Trinity Hall. Just call me to indicate your donation.

#### BAKING

ACT-B will need baking for the following events.

- Oct. 06. ----- Candle Light Vigil
- Nov. 10 ----- Annual General Meeting
- \*\* Nov. 27 ----- Craft/Bake Sale/Flea Market
- Dec. 16 ----- Holiday Drop In



\*\* Note: Please disregard the Nov. 20th date published in the Re-ACT-Believe Newsletter

#### BINGOS

People to work monthly bingos; floor attendants, Nevadas

- Tues. Sept. 28, 1993
- Tues. Oct. 26, 1993
- Tues. Nov. 23, 1993
- Tues. Dec. 28, 1993
- Tues. Jan. 25, 1994

All Bingos are held at the Diamond Bingo Hall, South Syndicate Ave. Rides can be provided to and from the hall. Workers should be at the hall by 6:00pm if possible, unless helping to set up at 5:00 pm.

#### HOLIDAY DROP IN

Volunteers, clients, staff and Board Members are invited to drop by the ACT-B office from 5:00 pm to 8:30 pm Dec. 16 for some refreshments, decorating the tree, or to do some Holiday crafts. All welcome!



## HOLIDAY BASKETS



Each year, the AIDS Committee delivers Holiday Baskets to People Living With HIV/AIDS. The generosity and goodwill of volunteers, people in the community, and local merchants have enabled us to put together, some wonderful holiday baskets. Some of the items we include in the gift baskets are; ornaments, candles, cookies, candies, chocolates, teas and coffees, stuffed animals, mitts, gloves, scarves, socks, games, and non-perishable food items, theatre tickets. Note your cash donations to the Holiday Baskets has allowed us to purchase oranges which are left till just prior to delivery. Baskets to put the items in are also needed as well as volunteers to decorate and make up the baskets on Dec. 21, and 22.

## AIDS AWARENESS WEEK

Volunteers are needed to staff ACT-B Display at the following malls and Confederation College. Oct. 4 (Confederation College), Oct. 5 (Northwood), Oct. 6 (Thunder Bay Mall), Oct. 7 (Victoriaville), Oct. 8 (County Fair), Oct. 9 (Keskus). Times are from 9:30 am to 9:30 pm. **A four hour shift from 9:30 am to 1:30 pm, or 1:30 pm to 5:30 pm, or 5:30 pm to 9:30 pm would really help us out.** Ideally we would like two volunteers for each shift, or I would consider you bringing a friend if we talked a little first. Pick a day and a shift, or more if you wish.

## VOLUNTEER BUDDIES

Some of you have expressed interest in becoming a Buddy to an HIV positive person or a Person Living with AIDS. As was mentioned, there will be some extra training involved. Also, I would like to hold a preliminary meeting to talk about guidelines, commitment, confidentiality, and ongoing peer support. This meeting is very important if you want to become a buddy.

Call me or leave a message at the agency if you want to be a part of this exciting new program! The meeting date will be Oct. 14. Time: 7:00 pm to 9:30 pm. Location: ACT-B Board Room.

Other training for Volunteer Buddies will include:

Grief Issues ----- 6 to 8 hours

Universal Health Precautions ----- 3 hours

Issues for Caregivers ----- 6 to 8 hours

Workshops will be held in the evenings or on the weekends depending on availability of facilitators and optimum attendance. There may be other concerns that could necessitate other workshops or a monthly meeting for Volunteer Buddies.

For Volunteering Please call Sheila at 345-1516