

# reACT-Believe

The AIDS Committee of Thunder Bay  
Winter, 1998 Volume 10, Issue 3



## Holiday/Winter Issue



### Cooperation is the Key

In 1985, a young man died in a local hospital of complications due to Acquired Immuno-deficiency Syndrome (AIDS). Fear was at the forefront. That same hospital was the first in Thunder Bay to develop training and education for staff in readiness for other people living with the Human Immuno-deficiency Virus (HIV) and AIDS.

A dozen years later, we look at how our community is responding to HIV and AIDS.

First, there was a handful of volunteers whose vision and efforts provided the impetus for developing a community awareness and support for people living with this new virus, hence, the AIDS Committee of Thunder Bay (ACT-B).

Fear and stigmatization of HIV and AIDS has been a constant reminder that as a community we have not yet arrived. However, we continue to make strides towards acceptance of HIV and AIDS as a fact of life.

We have many things to celebrate. Hundreds of volunteers over the years giving selflessly, hope with new treatments (for those who can tolerate the drugs and the strict regime required), a new HIV clinic at St. Joseph's Hospital, a hospice unit, annual HIV regional counselling conferences and aboriginal HIV/AIDS conferences, People Living With HIV/AIDS (PHAs) speaking to individuals and groups, peer support, needle exchange,

outreach programs targeted to high risk behaviours, support groups for HIV positive people, family, friends and partners, improved access to information about medical alternative care, a regional 1-800 line, addiction programs beginning to incorporate HIV/AIDS education into treatment programs, and much more. I have also noticed a greater effort of agencies partnering with the AIDS Committee to address the growing HIV infection rate in the region.

This cooperative effort will enhance programs and allow for more choices for people living with HIV/AIDS, as well as break down attitudinal barriers which still exist. If this year's AIDS Pledge Walk is any indication of our community's response to HIV/AIDS, hope reigns triumphant that we will be able to overcome our fears around HIV/AIDS rather than be consumed by it. We are, after all, all affected.

*Sheila Berry, Coordinator of Support Services*

### Under Our Cover . . .

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Season's Greetings, and may the joy and peace of the holiday season be yours now and in the new year.



"Happy holidays,  
Happy holidays..."



# Volunteers - They're truly V.I.P.s

by Selly Pajamaki - Volunteer Coordinator

It is just over one month since I became the new Volunteer Coordinator at the AIDS Committee of Thunder Bay. In that short time period, I have quickly come to realize just how needed volunteers are - without them I would not be able to do my job! They are involved in everything we do at ACT-B, and are very important people (V.I.P.s). And, they are also friendly, helpful and sociable. I feel that I have greatly expanded my circle of friends (and I hope that many of you are beginning to think of me as a new friend, too).

Through the wonderful efforts of the many volunteers (over 150) at ACT-B, we have been able to accomplish a lot in the last few weeks. There have been two bingos since I started here, as well as our first Tag Day (a very satisfying achievement, even though there were a few mistakes and problems), two "popcans for charity" pickup runs, a Halloween Social and the AGM (annual general meeting). Volunteers were very much a big part of all these events and made them all successful.

ACT-B has been blessed with the number and quality of volunteers who seek us out. Many of them have been helping out for several years and are seen around the office so much that newcomers mistake them for regular staff. They come from all walks of life - work-at-home mothers, students, business people, university professors, bus drivers, people from many other professions, retired people, and people not working just now. And, they range in age from 8 to over 80. They are all kind, compassionate and concerned people who enjoy doing what they can to help others.

I have met many of the volunteers so far - in person or over the phone, and I am looking forward to meeting more of you over the next few months. I really appreciate the help that you, the volunteers, have given me in settling into my new position here at ACT-B. You have helped me learn "how things are done" and made me feel comfortable and welcome at the same time.

The staff at ACT-B have also been very welcoming and helpful, answering my many questions, showing me where to find things and explaining procedures. I would like to express my appreciation and thank you all - this is the first position I've had where I have felt "at home" so quickly.

Thank you and happy holidays,  
Selly



## VOLUNTEER NEEDED

Mother's Cupboard desperately needs an energetic volunteer willing to commit to 15 hours per month. Duties would include shopping for the Cupboard, soliciting donations, ensuring the Cupboard is kept stocked, coordinating quarterly Mother's Cupboard Committee meetings, and preparing reports for the Board. If you are interested in taking on this challenging position, please call Daryle or Selly at 345-1516.



## Interested in Volunteering?

We're always looking for volunteers here at the AIDS Committee of Thunder Bay. If you are interested in helping out, please give us a call or stop by the office.

Some of the areas where you could be of service are:

- clerical: typing, phoning, photocopying, filing, faxing, answering phones, computer input, collating materials
- fundraising: bingo, baking, yard sales, ticket sales, tag day, crafts, gay socials, casinos, pancake breakfast, coin box collection, safer sex cabaret
- education: public speaking, display booth, condom blitzes, telephone survey, pamphlet/poster distribution
- support services: peer counselling, nursing care, yard work, reading, transportation, meal preparation, being a buddy, shopping, telephone support, massage, exercise, personal grooming, bill paying
- other: committee work, billeting, office errands, van cleaning, Mother's Cupboard

service bilingue disponible

**ALL CALLS CONFIDENTIAL**

Monday 10 a.m. to 6 p.m. (Eastern Time)

Tuesday to Thursday 10 a.m. to 10 p.m. (Eastern Time)

Friday & Saturday 10 a.m. to 6 p.m. (Eastern Time)

The

**Network**

**1-800-263-1638**

**HIV/AIDS Treatment Information**

email: [info@catie.ca](mailto:info@catie.ca)

**catie**

internet: [www.catie.ca](http://www.catie.ca)

Community AIDS Treatment Information Exchange  
Réseau communautaire d'info-traitements sida

## Fundraising News

by John Books - Fundraising Coordinator

"Very Interesting!" - Artie Johnson



\*AIDS Walk 97 was a tremendous success. Over 500 people participated in the Walk and the donations gathered totaled \$24,000...a huge increase from the previous year. To all who helped in any way, please accept the sincere gratitude of the Board and staff of the AIDS Committee. Those funds will make a difference in the fight against AIDS in our community. Planning for AIDS Walk 98 will begin soon. If you are interested in serving on that committee, please let us know.

\*A few weeks ago, we organized our first Tag Day, which brought in \$1,400. Though it did not go as smoothly as we would have liked, such a campaign has a lot of potential. Next year's campaign will do better.

\*You don't have to bring in the new year watching TV. Call 345-1516 for information about a New Year's Eve Social. The dinner and dance is a joint project of the AIDS Committee and the Out & About Organization. Tickets are \$25.00 regular or \$20.00 for members of either group, dance only is \$15.00. Ukrainian Hall, DJ, dinner provided by Tid Bit Catering, complementary glass of champagne.

\*The Fundraising Committee is researching some new events. Once the planning is completed, we will let you know the details, hopefully in a month or two.

\*What is the theme of the Cabaret? Does anyone know? Stay tuned for words.

"Verrrrrrrrrrrrrrrrrrrr interesting.....but crazy."

## ATTENTION CHRISTMAS SHOPPERS

If you like to give people calendars as Christmas gifts and would like to help support ACT-B, then check out the Finnish Book Store. The owners, Richard and Marlene, have brought in a 1998 commemorative calendar of the late Princess Diana and are generously donating all of the proceeds from the sale of this calendar to ACT-B. Many will recall the ground-breaking work that Diana did to help advance the AIDS movement.

The Finnish Book Store has supported ACT-B in the past, assisting in credit card sales at our major events. Thank you Richard and Marlene.

**THE FINNISH<sup>book</sup> STORE INC.**

**IMPORTS**

*We specialize in Unique European & Canadian Gift Ideas*

168 S. Algoma Street  
Thunder Bay, Ont.  
P7B 3B9  
Tel. (807) 345-7179  
Fax (807) 343-9112  
1-800-582-6849

RICHARD KOSKINIEMI

## 1997 ACT-B Annual General Meeting

The 1997 Annual General Meeting (AGM) took place on November 20 at the Lakehead Unitarian Hall. Reports were given and the 1997-98 Board of Directors was elected. Continuing on the Board for another year are: Rick Atkinson, Deborah Emery, Brenda LeSage, Rob MacKay, Bruno Valente, Pius White and Darryl Williams. Elected to join them for 2 year terms are: James Budd, Shannon Lang Bush, Dawn Kannegiesser, Carmen Klassen and Don Young. New Board members officially begin their term at the first meeting of the board following the AGM, on December 17. A panel of speakers shared their experience of what it is like to live with HIV today and how it is different from when they first discovered HIV in their lives.

# ***ACT-B Resource Library***

*by David Belrose - Education Coordinator*

Are you looking for information about HIV/AIDS or related issues?

Are you, a family member, or a friend living with HIV?

Are you a health care or social service worker in need of information?

Are you a teacher looking for up-to-date resources?

Are you a student who needs research information for a project?

Are you someone interested in learning more about this epidemic?

The ACT-B Resource Library may be just what you need. Our collection of print and other material has been building since the late 1980s, and includes current information on a broad range of issues related to HIV/AIDS. We have material that runs the gamut from basic AIDS 101 to leading edge research on treatment options. Some of the subject areas that you will find include:

- Aboriginal issues
- Caregiving
- Chemical dependency
- Children
- Clinical Trials
- Clinical management
- Counselling
- Death/dying
- Discrimination
- Education
- Epidemiology
- Etiology (causation)
- Family
- Fiction
- Grief/bereavement
- Health promotion
- Health management
- Home care
- Homophobia
- Human rights
- Immune system
- Infection control
- Injection drug use
- Legal issues

Living with HIV/AIDS

Men

Mental Health

Nutrition

Opportunistic infections

Palliative care

Political issues

Prisons

Research

Safer sex

Self help

Sex trade

Sexual orientation issues

STDs

Social issues

Social work

Spiritual issues

Testing, HIV and other

Therapies, complementary

Treatment

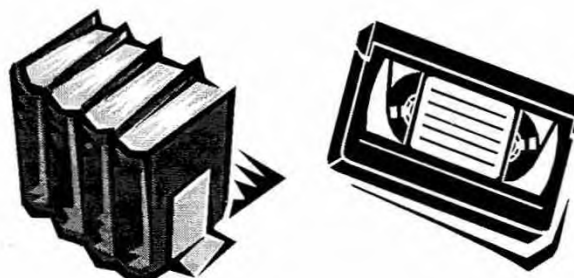
Women

Workplace

Youth

We encourage everyone to make use of this valuable resource.

Our staff will be glad to help direct you to the catalogue, or help you find the materials you need. We have brochures and some posters that are free for the taking. Most of our collection of print and electronic material is available for loan, although some items are for reference use only. Our information files, including treatment information, can be used in the library. Photocopies are available at ten cents a page. The library is available during regular office hours, Monday to Friday, 9:30 to 5:00 p.m.



# Giardia and Cryptosporidium

by Daryle Cano

ACT-B Support Worker/Health Promoter

Residents on the south side of the city are under a boil-water advisory because giardia and cryptosporidium have been discovered in the water supply. The water originates from Loch Lomond, a lake located on Mount MacKay.

## GIARDIA (also known as "beaver fever")

This is a microscopic parasite that can infect warm-blooded animals and humans. This parasite can cause an intestinal illness called **giardiasis**. Symptoms of giardiasis can be nausea, anorexia, fever and severe diarrhea.

## CRYPTOSPORIDIUM

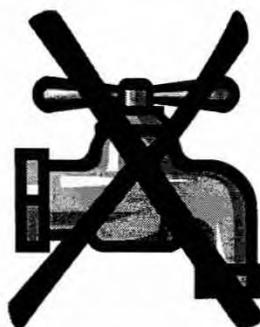
This is also a microscopic parasite that can infect animals and humans. This parasite can cause an intestinal illness called **cryptosporidiosis**. Symptoms of cryptosporidiosis can be severe diarrhea, cramping abdominal pain, occasional fever, nausea and vomiting. Cryptosporidiosis is a highly infectious disease that can be spread through routine contact and through unsafe sexual practices, mostly involving some kind of contact with the feces (shit) of an infected person or animal. This can include handling dirty laundry, having sexual contact with the rectal area, or people with contaminated hands preparing food or touching the hands of another person.

The impact of both giardiasis and cryptosporidiosis is directly dependent on the immune status of the person infected. In the case of people with compromised immune systems (such as people with AIDS), cryptosporidiosis can be fatal. In order to avoid the possibility of becoming infected with giardiasis or cryptosporidiosis, you must avoid ingesting contaminated water. Do not drink, wash your food, or brush your teeth with tap water. The water you use for these purposes must either be boiled, obtained from

the north side of the city, or filtered through an "absolute 1-micron filter." Filtering systems that remove lead and chlorine have absolutely no effect on these parasites. If you have a compromised immune system and are unable to get out to get your own water, you can call the Red Cross. They will ask you a few questions to determine your level of risk, then will deliver water to you. They can be reached at 623-3073.

Giardiasis can be treated with Flagyl, but many people with liver damage are not able to use this treatment. Cryptosporidiosis can be treated with Paromomycin and Azithromycin, but there are no medications that have been shown to cure cryptosporidial infection. As with other diseases, prevention is your best option.

If you have any further questions, please feel free to call Daryle at 345-1516.



REMEMBER -  
Do not drink, wash  
your food or brush  
your teeth with tap  
water!

DON'T FORGET -  
Boil tap water  
before using it for  
anything!



# SIGNIFICANT DONORS

The AIDS Committee is grateful to all the many hundreds of people who support it. In particular, we thank the following for:

## Gifts of \$100 to \$249

- \*V.B. Cook Employee's Social & Charitable Donations Committee
- \*Secondary School Teachers Charity Fund
- \*Current River United Church
- \*MDS Laboratories
- \*Broadway Bound (Jo-Ann Jacomb, Marcella Smithers & Glen Patterson)
- \*EZ Vending

- \*Anne Ciemny
- \*Marge Cross
- \*Sonya Matijek
- \*Gerd Schroeter
- \*Eugene Belisle
- \*Edson Setliff
- \*Dr. G. Davis
- \*Rudy & Joyce Mauro
- \*Dr. D. Ek
- \*Ed Prinselaar
- \*Sally Colquhoun
- \*Mrs. Pat Briden
- \*Yves Fricot
- \*David Lawrence
- \*Marjorie Wallington

## Gifts of \$250 to \$499

- \*Civic Employees Charity Committee
- \*Keating Insulation
- \*Non-Teaching Charity Fund (Board of Education)

## Gifts of \$500 to \$999

- \*Glaxco Wellcome with BioChem Pharma
- \*Pop Cans for Charity
- \*The Royal Bank
- \*The Patrons of Robin's Donuts

- \*Robert Shepherd

## Gifts of \$1,000 to \$4,999

- \*Avenor Woodlands Northwest
- \*Thunder Bay Foundation
- \*The Senator Norman Paterson Foundation
- \*The United Appeal (New Initiatives Program)
- \*Bombardier Employees' 4C's Fund
- \*ECHO Club LUSU

- \*Anonymous

## Gifts of \$5,000 and over

- \*The Life and Health Insurance Companies in Canada

## Significant In Kind Donations over \$1,000

- \*The Outpost
- \*Chronicle Journal
- \*Thunder Bay Television

As part of your Holiday giving this year, make a note to yourself to remember the AIDS Committee of Thunder Bay. Our Fund Raising Goal is \$84,000. We have had a successful fall, thanks to the AIDS Walk in September and the Tag Day in November, but we need more to reach our goal. Any amount that you can share with us will be truly appreciated. Fill out the form below and drop it off at our office. Thank you again for your support.

I want to make a Holiday Gift to the AIDS Committee. Here is my donation of \$10\_\_\_\_, \$20\_\_\_\_, \$50\_\_\_\_ any amount \$\_\_\_\_\_.

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

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

City/Prov/P.C. \_\_\_\_\_



## ***Resource Library continued...***

The following is a sample of some of our recent materials.

### **NEW PRINT MATERIAL -**

The Johns Hopkins Hospital 1997 Guide to  
Medical Care of Patients with HIV Infection  
AIDS In The World II  
At Home On The Stroll  
HIV/AIDS In Prison: Discussion Paper and Final  
Report  
Legal and Ethical Issues Raised By HIV/AIDS  
Healing Our Nations  
Aboriginal Communities and HIV/AIDS  
Women and HIV Projects and Committees  
Inventory  
Gay/Lesbian Legal Issues and HIV/AIDS  
Dual Identities: Counselling chemically dependent  
gay men and lesbians  
How To Take Care of You...so you can take care  
of others  
Pride and Prejudice: Working with lesbian, gay  
and bisexual youth  
Dancing with Mister D: notes on life and death  
AIDS Medical Glossary (GMHC)

### **NEW VIDEO -**

Weighing the risk: A Canadian video about  
women and HIV/AIDS  
The Physician Education Project on Women &  
HIV/AIDS  
The Battle Within: Current concepts in the  
pathogenesis of HIV infection  
Staying Ahead: A guide to the prevention of  
opportunistic infections  
Recognizing CMV Retinitis: Early screening and  
warning signs

### **COMPUTER SOFTWARE**

Protect Your Family - Interactive Multimedia  
CD-ROM 1995 (requires 486, 8MB)  
Discovery - An interactive investigation of  
HIV/AIDS CD-ROM 1996  
Turning The Tide Against HIV - Recent  
advances in combination retroviral therapy  
from the XI International Conference on AIDS  
July 1996 Interactive CD-ROM  
Abstracts XI International Conference on AIDS  
July 1996 CD-ROM or disks  
Abstracts 4th Conference on Retroviruses and  
Opportunistic Infections January, 1997 (Disk)  
Abstracts Sixth Annual Canadian Conference on  
HIV/AIDS Research May, 1997 (Disk)



*"dear robbie"* is on holidays at the present time, but please keep sending in your questions and concerns and he will be back for the next newsletter. He will attempt to answer all those hard to ask questions in a fun and informative way. Send your education ideas for *"dear robbie"* to reACT-Believe. The address is on page eight.

Let's be Social...and spend  
New Year's Eve Together

"Rehearsal Party 2000"

*A New Year's Eve Benefit  
Dinner & Social*

*co-presented by the AIDS Committee of Thunder Bay and Out & About*

**Wednesday, December 31st 1997**

**Ukrainian Labour Temple  
203 Ogden St., Thunder Bay.**

**Symposium: 6 pm**

**Dinner: 7 pm**

**Social: 9 pm**

*(dinner by Tidbit Catering)*

*dj music, cash bar, champagne at midnight & cold buffet,  
party favours, 50/50 draw and door prize*

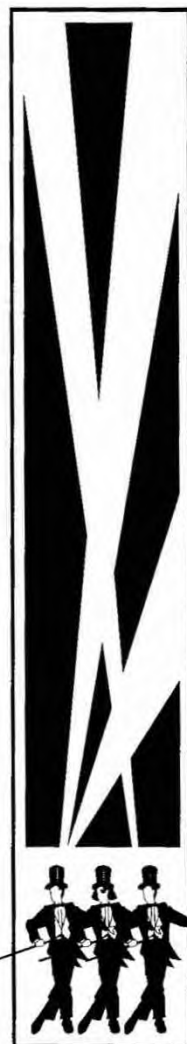
**Tickets: \$20.00 (per person) for members of ACTB or Out & About**

**\$25.00 (per person) for non members**

**\$15.00 at the door for social only**

**Tickets are available from the AIDS Committee of Thunder Bay (345-1516)  
and from Out & About (623-3141)**

Poster by Brian Holden Designs



*Dress  
casual / smart*

# Here and There . . .

## **MAY I HAVE YOUR ATTENTION, PLEASE?**

*Do you have time on your hands? Are you looking for something to do? Are you a Bingo fan? There's a place for you at your local AIDS Committee! We are always looking for volunteers to help with our once a month bingos. Give us a call and we'll put you down for the fourth Tuesday of the month - any month or every month, whenever you're available. We need your active support. And, if you have any friends you'd like to bring along, our philosophy is "The more, the merrier!" So...run right down and sign up now.*



## **WORRIED? Get An ANONYMOUS TEST.**

Been worried about getting the test? Concerned about past behaviour, but scared to bring it up with your doctor, your partner, your family, with anybody? Want to know your own status but don't want everybody else to know? Been using lately and not always sure your works are clean? Don't want people to know you're gay - or don't want people to think you are if you're not? Maintaining your privacy is the most important thing? And you genuinely believe you've risked exposure to HIV and want to get tested...

Call 625-5981

That's all you have to do. You can get the HIV antibody test anonymously. One phone call will get you an appointment through the anonymous testing service. You don't have to give your name or address or any identifying information. You don't need an OHIP card. The receptionist will ask for a first name (any first name) to book the appointment. Nothing will be reported, whatever your test results are. Except to you.

So, if you've been worried and thinking about testing, now is as good a time as ever to take that step. When you call 625-5981, they should also tell you where you can get tested. There are a couple of different locations around the city where you can get the anonymous test. Just ask, and pick the location you are most comfortable with.

Knowing your health status can relieve concerns, whatever the result is. And whatever the result is, know that we're here at the AIDS Committee to give you information and support. You are not alone.

## **Substance Use Outreach Project Update**

by Janet Adams - Substance Use Outreach Project

The Substance Use Outreach Project (SUOP) has been operating for a year now. So far the project has been a runaway success. There are three components to the project: the peer ambassador project, the ad campaign and the "Bar Night" project.

Over the year, seven peers have been out in the community, providing one-to-one safer sex/safer using education & support, information, condoms, and referrals to local agencies. All peers report that the response to the project has been good and that people like and feel comfortable with the "peer" approach to prevention.

Ads have been running on the city buses. Four ads were produced and each one runs for four months. The ads target the link between substance use and sex. If you are in Thunder Bay, look for our ads the next time you take the bus (at the back above the exit door) and let us know what you think.

Eight info cards and three match books were produced. These have been well received by clients and workers from other AIDS committees, needle exchange programs and substance use programs around the province.

The "Bar Nights" have also been a success. Bar patrons enjoy the play and, for the most part, are willing to fill out a short survey following the play. Bar patrons and staff really like the "grab bags" we produced as well. We have been asked to present the play as part of several educational workshops over the year. We will be doing a few more "Bar Nights", so be on the lookout for posters advertising our next event.



# Parting Glance



## Thank-You Volunteers & Coordinators

AIDS Awareness Week was from September 27th to October 4th this year. We would like to extend our thanks to all who helped coordinate the various events. Special thanks go to the people behind the counselling conference "Opening More Doors." We would also like to thank all the volunteers who helped to make the AIDS Walk such a success, and particularly the walkers, who brought in approximately \$24,000 in pledges.

ACT-B held its first Tag Day on Saturday, November 15th. Our thanks go out to those hardy volunteers who willingly stood for two hours out in the cold that day and raised approximately \$1,400.

Volunteers were also a great help at the Annual General Meeting on November 20th. Thanks go to those who provided tasty goodies for our refreshment break, as well as to those who helped at the door and with the Silent Auction.



Thank you again, volunteers - you deserve to toot your own horn!

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

- Ontario Ministry of Health - AIDS Bureau
- Health Promotion and Programs Branch, Ontario Region, Health Canada (ACAP)
- All of the people involved in general fundraising and the support of many local businesses and individuals.

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

Please address any comments or concerns to

**reACT-Believe**  
P.O. Box 24025  
RPO Downtown North  
Thunder Bay ON P7A 8A9  
(807) 345-1516

## ACT-B Advisory Council

|                  |                                                       |
|------------------|-------------------------------------------------------|
| Fred Ball        | Director, Regional Public Health Laboratory           |
| Mary Lee Barry   | Ogden East End CHC                                    |
| Douglas Cave     | Addiction Research Foundation                         |
| Richard Atkinson | Co-Chair                                              |
| Gail Linklater   | Crossroads Centre                                     |
| Dr. Gordon Milne | Family Physician                                      |
| Carmen Blais     | Thunder Bay Indian Friendship Centre                  |
| Diana Smith      | Public Health Nurse, Thunder Bay District Health Unit |
| Nicky Tittley    | Safety Coordinator, Thunder Bay Regional Hospital     |
| Rev. Don Uhryniw | Current River United Church, Council of Clergy        |
| Pius White       | Co-Chair                                              |

## ACT-B Board of Directors

|                        |                |
|------------------------|----------------|
| Rick Atkinson          | James Budd     |
| Shannon Lang Bush      | Deborah Emery  |
| Dawn Kannegiesser      | Carmen Klassen |
| Brenda LeSage          | Rob MacKay     |
| Bruno Valente          | Pius White     |
| Darryl Williams, Pres. | Don Young      |

## ACT-B Staff

|                   |                                |
|-------------------|--------------------------------|
| Janet Adams       | Substance Use Outreach Project |
| Christa Alsch     | Secretary                      |
| David Belrose     | Education Coordinator          |
| Sheila Berry      | Support Services Coordinator   |
| John Books        | Fund Raising Coordinator       |
| Daryle Cano       | Support Worker/Health Promoter |
| Erik Collings     | Placement Student              |
| Lawrence Korhonen | Administration Coordinator     |
| Selly Pajamaki    | Volunteer Coordinator          |
| Michael Sobota    | Executive Director             |

## reACT-Believe Contributors

Selly Pajamaki Editor  
ACT-B staff & volunteers

*Yes! I want to become a member of ACT-B! I know that my contribution will really count! Here is my donation of \$10.00\_\_\_, \$20.00\_\_\_ or \$50.00\_\_\_.*

Name:

Address:

City, Province & P.C:

Telephone: