reACT-Believe

The AIDS Committee of Thunder Bay
Fall/Winter 1999 Volume 12, Issue 4

AIDS AWARENESS WEEK AND HOLIDAYS ISSUE

National AIDS Awareness Campaign 1999-2000 "The Myths Surrounding HIV/AIDS" AIDS Awareness Week November 22 to 29, 1999

The theme of the 1999-2000 National AIDS Awareness Campaign is "The Myths surrounding HIV/AIDS". Given the significant changes that have been occurring in the epidemic over the past few years, this is a good time to reflect on the discrepancy between common public perceptions and the realities faced by people living with or affected by HIV/AIDS.

Recent advances in treatment, a current vaccine trial, and the fact that people are living longer with HIV/AIDS, have helped to contribute to a sense of complacency among the general public about the importance of HIV. However, it is important to realize that there is NO CURE for HIV/AIDS, and that while people are living longer, more people continue to be infected every year. We will see increasing costs attached to dealing with HIV/AIDS, as the numbers of people requiring ongoing treatment and support keep growing. We need to continue to focus on preventing the spread of HIV.

One of the major difficulties of dealing with HIV is the problems of people's perceptions.
Among the myths that work against effectively dealing with this issue are:

- that many people still think this is a gay disease;
- or that women are not affected;
- or that it is only a white person's disease;
- or that HIV is somebody else's problem, whoever am.

Here in Thunder Bay we find that most of our HIV positive clients are heterosexual (87% at this time), almost a quarter are women, more than a quarter are Aboriginal, more than half have injection drug use issues, and families are increasingly affected. The number of HIV-positive people continue to grow, and no part of our region is exempt from the effects of HIV/AIDS.

In Thunder Bay (see Thunder Bay events elsewhere in this newsletter) and other Northwestern Ontario communities, look for AIDS Awareness Week Events Nov. 22- 29 and for awareness campaigns after that.

Learn about HIV/AIDS. Don't assume that you won't be affected. Understand how the virus is transmitted. Do what you can to make your community aware..

AIDS AWARENESS

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AIDS AWARENESS WEEK 1999
SCHEDULE OF EVENTS

Throughout the week Nov. 22 - Nov. 26

- Information Display Village Clinic, Victoriaville Thunder Bay District Health Unit
- Red Pencil distribution (World AIDS Day imprint) Grade 7 - 8 classes (public schools only) Thunder Bay District Health Unit
- Watch Shaw Cable 7 Television for "Plugged-In" with profile of ACT-B
- Watch Thunder Bay Television for Injection Drug Use commercials
- Nov. 23-25 Nishnawbe-Aski Nation HIV/AIDS Training Workshop (call 623-8228)

Tuesday, Nov. 16 (advance event)

- Media Launch - IDU TV commercials (commercials to run during AAW) ACT-B boardroom AIDS Committee of Thunder Bay

Saturday, Nov 20

- ACT-B Tag Day Various locations AIDS Committee of Thunder Bay

Monday, Nov. 22

- Banner contest (judging by ACT-B) Lakehead University Residence

Tuesday, Nov. 23

- AIDS Committee of Thunder Bay Annual General Meeting Speaker: Frank McGee Coordinator, AIDS Bureau, OMOH Unitarian House 129 S. Algoma St.

Wednesday, Nov. 24

- Information Display 1-4 PM Lakehead University Agora
- Healthy Sex Night for Women 7 PM Conference Room A
- Healthy Sex Night for Men 7 PM Conference Room B
  Lakehead University Residence (open to public)

Thursday, Nov. 25

- Candlelight Vigil 7:30 PM at ACT-B (Silent Walk from ACT-B to Unitarian House 129 S. Algoma St.)
- Thursday Night Sex Show - discussion group for gay and bisexual men 8:00 - 9:30 PM at Backstreet Dance Klub 24 South Cumberland Street
- Condom Blitz 9:00 - 10:00 PM Lakehead University Outpost

Friday, Nov. 26

- Information display 1 - 4 PM Lakehead University Residence
- Condom Blitz 11:30 PM Backstreet Dance Klub 24 South Cumberland Street

Wednesday, Dec. 1

- World AIDS Day

For information or details contact: AIDS Committee of Thunder Bay
Phone : 345-1516 Fax: 345-2505
E-mail: actb@tbaytel.net Web site: www.tbaytel.net/~actb

Fundraising News

AIDS COMMITTEE OF THUNDER BAY ADVENTURE RAFFLE

WANTED: THREE LUCKY PEOPLE TO WIN THE FOLLOWING PRIZES

1ST PRIZE: Trip for two to Las Vegas with a four night stay at the New York New York Hotel
2ND PRIZE: Four day houseboat trip on Lake of the Woods
3RD PRIZE: A Broil King gas barbecue

Tickets $10.00
Available from ACT-B staff, some volunteers, the ACT-B office, Folino's, George's Market and some malls.

This campaign will help fund HIV/AIDS support, education and prevention activities of the AIDS Committee of Thunder Bay. It is very important that every ticket be sold.

Total value of the prizes: $5,200
Only 2000 tickets printed
Draw to be held March 17, 2000.

Lottery #M106119

MEMBERSHIP IN ACT-B

Why should I become a member of ACT-B?

Membership brings with it many benefits. Becoming an active voting member of the AIDS Committee of Thunder Bay means that you:

* Have a say in the direction of the agency
* Have paid the annual membership fees
* Support the aims and objectives of the agency
* Can attend & vote at the Annual General Meeting
* Can stand for nomination to the Board of Directors
* Can elect the incoming Board members
* Receive the agency newsletter

When do I need to submit my application for membership?

According to the ACT-B by-laws, your membership must be received at least 30 days prior to the Annual General Meeting (in late November) for you to be eligible for voting privileges. Therefore, the **deadline for receipt of your membership application was October 20, 1999.**

How do I apply for membership?

The last page of this newsletter has a cut-out membership form you can fill in and mail to the ACT-B office at Box 24025 RPO Downtown North, Thunder Bay, ON P7A 8A9

The History Project: A Report From The Field

By Michael Sobota

Throughout the summer and fall, I have been engaged in gathering information. I feel not unlike any of the busy forest creatures that have been frantically gathering and storing up food to sustain them during the upcoming winter. The difference is that I know I am still on the early stages of my gathering and storing. I will have to continue this through the winter. The feasting part – the actual hard organizing and writing from all this rich material is still some distance off.

Here are a few snapshots of material I have gathered so far: HIV/AIDS continues to increase throughout the province. While Ontario continues to produce about 1, 000 new HIV infections annually, there is a growing apathy to the dangers of transmission. AIDS service organizations across the province are grappling with this – and many other front line challenges. There have been celebrations in the midst of challenge, however, with ACCESS: The AIDS Committee of Sudbury, BLACKCAP and The Teresa Group all reaching 10 year anniversaries. Anniversaries are proud moments for reflection, analysis and gratitude. I am grateful for those individuals who have been sharing their reflections with me, as I work on The History Project.

If you have personal stories or information to share about how you, you agency or your community responded to HIV/AIDS, you can reach me at
The History Project,
19 Regent Street, Thunder Bay, Ontario,
P7A 5G5.
Phone: (807)345-2315.
FAX: (807) 345-3124.
Email: sobotam@hotmail.com

For Gabe: A Special Remembrance

Those of you acquainted with this newsletter and our agency will remember Gabe Kakeway. Gabe was an HIV/AIDS Educator for the Treaty 3 area, and was working for Ojibway Tribal Family Services at the time of his death in September 1998. Gabe was also a special friend to the AIDS Committee of Thunder Bay.

Recently our agency received an anonymous gift in memory of Gabe. This gift is an incredible piece of embroidery work set out in the colours of the Teaching Turtle. Please come down to The AIDS Committee and see this piece which has been placed in our reception area.

To the person that gave us this incredible gift – thank-you from the bottom of our hearts, we are truly honoured.



Food for Thought – Canada's Food Guide

By Ingrid Buahene. Nutritionist

Acquired Lactase Deficiency

Many individuals have adequate levels of lactase during infancy but lose some of the ability to digest lactose in later years.
The deficiency occurs frequently in Oriental and African populations and in the Middle East. It occurs only in a small percentage of Caucasians. The rate at which Lactase is absorbed from the intestine increases in the presence of calcium concentration. The mechanism of this absorptive process is still not clear, but it is important in infants dependant on calcium for bone growth and lactase as an energy source.

What is Lactase

It is an enzyme, which hydrolyses lactose into galactose and glucose. Some individuals lack lactase and accumulate lactose in the intestines, where it is degraded by bacteria. The products of CO2 and organic acids cause digestive problems, including diarrhea, flatulence and cramps. This condition is termed LACTOSE INTOLERANCE. If this condition persists it will lead to long-term intestinal problems.
To keep this condition under control one should avoid milk in all forms, desserts made with milk or cream such as cakes, ice cream. All luncheon meats unless stated 100% meat, cream soups and sauces.
Butter or margarine may have no adverse effect and can be used.
Every large grocery store now carries Lactose Free milk or you can use regular milk and add products to make it digestible such as drops found in pharmacies.
Yogurt can be tolerated because lactose is hydrolyzed in the fermentation process by which yogurt is produced.

Banana Muffins

1 cup sugar
4 ripe bananas
1/2 cup shortening
2 1/4 cup flour
1 egg

1 1/3 tsp baking soda
1 1/3 tsp baking powder
3/4 tsp salt

Method

Sift together all dry ingredients. Make a well in the flour mixture and add the beaten egg and mashed bananas. Mix only enough to moisten the dry ingredients. Add melted shortening and mix sufficiently into the mixture. Bake at 400 for about 20 min. Makes 18 muffins.

Next issue: Food allergies

1999 PHA Retreat
Funded by AIDS Community Action Program (ACAP)
A Positively Well Program

**"When you know nature as part of yourself,
You will act in harmony.
When you feel yourself part of nature,
You will live in harmony."**

(Natural Harmony, Tao 13)

The PHA retreat for clients of ACT-B was held at Pinebrook Bed and Breakfast, a wonderful rural setting. Brilliant fall colours, the murmur of the swollen river, and the soaring golden eagle elevated Pinebrook's renowned ambience. Amenities such as gourmet meals, the wood burning fire place, sauna and Jacuzzi make one feel like they were at a five star resort.

Many people contributed to the success of the PHA retreat. We would like to thank Sara Jeffery and the staff of Pinebrook for their hospitality. Special thanks to ACT-B staff, the facilitators Kaija Makinen and Nancy Hall, and to the Elders – Leonard Bananish, Freda McDonald and their assistants, for facilitating the Sweat Lodge and Healing Circle. Gratitude is also extended to Cindy Aube our placement student for teaching the history and making of the Dream Catcher and to Paula Adams for the massage sessions.

Guests at the PHA Retreat participated in workshops focussed on self-awareness, self-care and healing. The responses from the retreat were very positive, which include the following:

"For me, the experience was very relaxing and empowering. All if us didn't want to leave."
"For a few wonderful days I was able to meet new friends, laugh and be alive."
"The retreat was great, I wish it were longer."
"The meals were excellent, the scenery was beautiful; the quiet and solitude brought me a sense of peace."
"The atmosphere was positive. It was comforting knowing that you are around people that care."

We look forward to seeing the client of ACT-B in May 2000 at our next PHA Retreat.

Social Work and HIV:The Canadian Experience

Edited by William Rowe and Bill Ryan

A Review by Michael Sobota

This book published last year (1998), is an excellent resource for anyone providing HIV related counseling. The authors, both professors at McGill University's School of Social Work, have extensive backgrounds both as teachers and published authors in the social work field.

The book is easy to use,. It is divided into three broad theme sections on 1) Prevention, 2) Care and 3) Practice, Policy and Politics. These broad sections are further divided into 16 chapters, each containing an essay written on a specific aspect of HIV and social work. All of the authors are Canadian, and the content is both current and relevant to our local work. This is rare indeed for new publications on HIV/AIDS.

Thunder Bay is represented by Lakehead University's Sharon Taylor, who contributes a chapter on Confidentiality/Ethical Issues in Social Work and HIV. This chapter, which is an easy to read broad compendium of confidentiality concerns and related ethical issues, draws on the work of Kim Mauro-Hopkins, who developed this topic while on a placement with ACT-B's Support Services Department. This chapter also utilizes the important groundwork done in the OACHA paper Reducing HIV Transmission by People Who Are Unwilling or Unable To Take Appropriate Precautions.

The book is a small encyclopedia of current thinking on the many complex counseling challenges facing anyone working in the field of HIV/AIDS. There are strong sections on working with injection drug users and substance users as well as chapters on families with children, using the Medicine Wheel with street youth, and euthanasia and assisted suicide. In addition to being a resource for front-line counselors, it is a valuable source book for students from the secondary level on up who may be working on school papers.

With a personally moving Forward written by David Hoe, and a cover that features colour panels from the Canadian AIDS Quilt, this book is an essential addition to every library on HIV/AIDS. Published by Oxford University Press, in paperback.

Volunteer News

A Tribute to Richard Atkinson



After ten years of service to the AIDS Committee of Thunder Bay, Richard Atkinson is stepping down from the Board. For ten years, as Board members came and went and as Presidents came and went, Richard was a constant levelheaded presence, maintaining a good level of balance, professionalism and productivity with all the diverse issues that Boards have to address. For many years he served on the Executive Committee, most recently as Treasurer, was on the Policies and Procedure Committee, the Personnel Committee and was Co-Chair of the Advisory Council. His ability to think clearly, to negotiate; in tense situations and to persuade with humour and a sense of justice benefited all these communities.

Also through his work at the Kinna-aweya Legal Clinic, Richard helped people living with HIV/AIDS with many issues: advocating for their rights in landlord/tenant disputes and disability appeals. At the same time, he served other non-profit Boards in our community and advocated on the behalf of the poor and disadvantaged with government committees.

A gift Richard bestowed on us all was a sense of humour. Annually, he unleashed his humour at the Healthy Sex Cabaret when he would lampoon local politicians for their stands on social issues and satirize contemporary sexual mores.

His compassion, humour and common sense will be missed.

Thank-you, Richard. The AIDS Committee is honoured by your years of service.

John Books

DO YOU WANT TO BE A SECRET SANTA?

Each year the AIDS Committee of Thunder Bay offers our clients a stocking filled with Christmas Cheer! That's where you come in! Please help us make Christmas a wonderful time for everyone. Call Sheila at ACT-B today (345-1516) and say "Merry Christmas, HO HO HO!"



Here and There ...

STUART RETURNS!

Hi, I'm Stuart Boland, formerly the coordinator of the Substance Use Outreach Project (SUOP).
I am happy to be back at ACT-B to be a part of the Targeted Prevention Initiative; which continues the work of SUOP. Two programs will carry on under this program. The Peer Ambassador Program will be maintained; and a new Outreach Bar Play "Reckless" will soon be appearing at a bar near you! I am also facilitating a new project called The Learning & Delivery Options project. This is a Preliminary Community Based Needs Assessment project that will involve input from ACT-B's service users in an attempt to better understand their needs as adult learners. For more information please call me at ACT-B

ANNUAL GENERAL MEETING

The AIDS Committee of Thunder Bay will be holding it's Annual General Meeting on November 23, 1999 at the Lakehead Unitarian Fellowship Church at 7:00 pm; to conduct agency business and elect the 1999/2000 Board of Directors

A Silent auction will take place that evening.

All current members will have received their AGM package including a proxy voting form and minutes from the last AGM.

Members in good standing who have not yet received their package should call ACT-B 345-1516

For Information -

About AIDS or HIV Infection:
Call the AIDS Hotline at 1-800-668-2437
Or
The AIDS Committee of Thunder Bay
Information Line 345-SAFE (7233)

About The Needle Exchange:
Call 625-9767
345-7233 or 345-1516

About Anonymous HIV Testing in Thunder Bay
Call 625-5981

About Regular HIV Testing
Call the STD Clinics 625-5944 or 622-7585

About Counselling or Referrals
Call the AIDS Committee of Thunder Bay
345-7233

About HIV/AIDS Treatment Information
Call Catie (Community AIDS Treatment Information Exchange) 1-800-263-1638

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
catie internet: www.catie.ca
Community AIDS Treatment Information Exchange

HELPING HANDS

To the Body Structure Centre, Nancy Hall, Sue Langer, Saira Lemieux and all those who generously donate complementary therapies to our agency. Thank-you for all you do!

TAG DAY

November 20, 1999 is our annual tag day drive. Volunteers will be stationed at eight locations around the city collecting donations and handing out red ribbons for ACT-B. Here's your chance! Volunteer to work this day or give your support! See you there!

Parting Glance

1999 Opening More Doors Counseling Conference

The 1999 Counseling Conference was held at the Victoria Inn October 14 – 15. It consisted of a number of workshops related to HIV/AIDS, as well as a special Treatment Night dinner event attended by 140 people. Ninety-five registrants participated in the two days of activities. The conference was a great success, an incredible amount of interest shown. I attended the conference and was impressed by the calibre of workshops offered and the outstanding organization of the conference by Joanne Books, Counseling Conference Coordinator.

Pius White's presentation of HIV Terminology was extremely informative and well-planned. Joanne Jacomb and Diane Warpula's presentation of Sex & The Snappy Girls was particularly humorous and revealing. The Aboriginal Healing circle was a time for sharing, growth and release. An extremely well organized and successful event. Congratulations Joanne!

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

Or, e-mail us at: **actb@tbaytel.net**

Visit us on the internet at: **www.tbaytel.net/actb**

ACT-B Advisory Council

Richard Atkinson	Co-Chair
Fred Ball	Director, Regional Public Health Laboratory
Mary Lee Barry	Ogden East End CHC
Ronald Joseph King	Thunder Bay Indian Friendship Centre
Gail Linklater	Crossroads Centre
Dr. Gordon Milne	Family Physician
Karen O'Gorman	HIV Program Consultant ARF
Diana Smith	Public Health Nurse, Thunder Bay District Health Unit
Sharon-Dale Stone	ACT-B Board of Directors
Nicky Tittley	Safety Coordinator, Thunder Bay Regional Hospital
Rev. Don Uhryniw	Current River United Church, Council of Clergy
Don Young	Co-Chair

ACT-B Board of Directors

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Sandy Johnston	Dawn Kannegiesser
Rob MacKay	Stephen Mitchell
Sharon-Dale Stone	Bruno Valente
Pius White	Don Young

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Christa Alsch	Secretary
David Belrose	Education Coordinator
Sheila Berry	Support Services Coordinator
John Books	Fund Raising Coordinator
Doug Kanto	Support Worker/Health Promoter
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Selly Pajamaki	Administration Coordinator
Michael Sobota	History Project Coordinator
Carri Whidden	Volunteer Coordinator
Stuart Boland	TPI/LDO Coordinator
Cindy Aube	Student Placement

reACT-Believe Contributors

Carri Whidden	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 $10.00___, $20.00___, $50.00___, other ___*

Name: _____

Address: _____

City, Province & P.C: _____

Telephone: _____