

reACT-Believe

The AIDS Committee of Thunder Bay
Spring/Summer 2000 Volume 13, Issue 1

Women & HIV Spring Awareness Campaign 2000

The AIDS Committee of Thunder Bay has always been aware that women are at risk for HIV infection. A total of 24 % of our HIV positive clients since the earliest days have been women. Recently the numbers have been climbing even higher as women accounted for 38% of new HIV positive clients in 1999. Our services have evolved to meet the needs of this increasingly significant proportion of our client base..

The early and persistent stereotype of AIDS as a "gay male" disease has perpetuated the notion that women are not at risk for HIV. That is not the case. In Canada, women are increasingly becoming infected with HIV, especially those who use injection drugs and whose sexual partners are at risk for HIV. There is a higher percentage of Aboriginal women with AIDS than in the non-Aboriginal population. By the end of June, 1999, 44,427 Canadians had tested positive for HIV, including 5,015 women (Laboratory Centre for Disease Control, November 1999).

Doctors do not always encourage women to get tested for HIV or dismiss symptoms as "all in her head". This perpetuates the myth that women are not at risk for HIV. Therefore, women are not testing early for HIV/AIDS.

Women in abusive relationships are at greater risk of HIV infection. Low self-esteem and the fear of instigating violence within an abusive relationship limit an abused woman's ability to insist on condom use with her partner. This risk is an invisible and deadly form of violence against women.

Subordination in education, employment, social and legal status make women more vulnerable to HIV. Women who have limited access to financial resources are more likely to become economically dependent on men, relegated to the subsistence sector or forced into commercial sex work. Attention to more immediate concerns of food, housing and substance use often take priority over future concerns of HIV infection.

Young Women and HIV/AIDS

Biologically, young women are more vulnerable to contracting HIV than older adult women. Faced with decisions about sex and contraception, young women may not perceive themselves at risk for HIV infection. This can mean that young women are likely to engage in risky behaviour without fully understanding the possible consequences. Gender inequality, risk taking, experimentation and low self-esteem are also factors contributing to HIV infection among young women. Younger women are more likely to have older male partners, therefore they often have less ability to negotiate safer sex; older males are more likely to have been exposed to HIV.

Having unprotected sex also increases the chances of young women being infected with other sexually transmitted diseases. Among women, young women aged 15 to 19 years have the highest rates of infection of chlamydia and gonorrhea (Laboratory Centre for Disease Control, May 1999). Both of these STDs can involve a disruption in the lining of the vagina in young women, causing sores and ulcerations which can contribute to the exchange of body fluids and increase the risk for HIV transmission.

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How can HIV infection be reduced?

Latex condoms and water-based lubricant to reduce tiny rips and tears in the vagina or anus during sex can reduce the risk of infection. Women can also use the female condom as a way of preventing HIV infection. It can be most beneficial for women whose sex partners do not use latex condoms. The female condom is made of a polyurethane sheath, is unlikely to rip or tear, comes prelubricated and is meant to be used for only one sex act. It's always best not to share needles but if necessary follow the syringe cleaning guidelines and avoid sharing injection equipment.

Action needs to be taken to address the social factors that make women vulnerable to contracting HIV. Programs need to be developed that promote women's self-empowerment, women's self-esteem, and tackle the issue of women and negotiating safer sex for themselves and their partners.

Men also have a role to play in reducing HIV infection among women. Men need to educate themselves and each other on the impact of gender inequality and power imbalance in relationships while working for change. Call us at 807-345-1516 (1-800-488-5840 in Northwestern Ontario) for more information.



FOR THE FIRST TIME SINCE 1996, THE CANADIAN AIDS MEMORIAL QUILT WILL BE DISPLAYED IN ITS ENTIRETY IN OTTAWA FROM JULY 20 - JULY 23, 2000 IN CONJUNCTION WITH THE CANADIAN AIDS SOCIETY'S PLWHIV/AIDS FORUM AND ANNUAL GENERAL MEETING AND A NATIONAL PREVENTION SATELLITE.

THE QUILT DISPLAY IS EXPECTED TO ATTRACT LARGE CROWDS AND PROMISES TO PROVIDE AN EXTRAORDINARY EDUCATIONAL IMPACT UPON THOSE WHO SEE IT. THE LAST FULL VIEWING OF THE QUILT, HELD IN SASKATOON, SASKATCHEWAN, WAS VISITED BY MORE THAN 10 000 PEOPLE. THE OVER 20 000 SQUARE FEET REQUIRED TO DISPLAY THE FULL QUILT PROVIDES AN OPPORTUNITY TO IDENTIFY WITH THE HUMAN TOLL OF THE AIDS PANDEMIC IN CANADA BY TANGIBLY DISPLAYING THE HUMANITY BEHIND THE STATISTICS.

PANELS OF THE QUILT ARE MADE BY FAMILIES AND FRIENDS TO COMMEMORATE THE LIVES OF LOVED ONES WHO HAVE DIED FROM AIDS. THE CANADIAN AIDS SOCIETY WILL BE SEEKING SUPPORT FROM ITS LOCAL MEMBER GROUPS TO HOST QUILTING BEES TO SUPPORT INDIVIDUALS IN THEIR COMMUNITY TO COMMEMORATE THE LIVES OF LOVED ONES WHO HAVE PASSED ON. THE QUILTING BEES WILL CREATE NEW PANELS THAT WILL BE INCORPORATED INTO THE CANADIAN AIDS MEMORIAL QUILT. THE NEW PANELS WILL BE DEDICATED DURING A SPECIAL CEREMONY AT THE DISPLAY IN OTTAWA.

THE OPENING CEREMONIES, A HIGHLIGHT OF THE QUILT DISPLAY, INVOLVES THE READING OF EACH INDIVIDUAL'S NAME THAT HAS BEEN COMMEMORATED BY A PANEL. OVER 70 QUILT PANELS WILL BE UNFOLDED BY TEAMS OF VOLUNTEERS.

FOR MORE INFORMATION ON THE QUILT DISPLAY AND LOCAL QUILTING BEES, LEAVE A MESSAGE ON THE EVENTS LINE AT THE CANADIAN AIDS SOCIETY AT 1-800-499-1986 EXT. 500 OR E-MAIL AGM@CDNAIDS.CA

Important News For Pregnant Women

If you are pregnant or planning to become pregnant, you can protect your baby from HIV.

Why?

HIV is the virus that causes AIDS. You can have HIV for years and not feel sick.

If you have HIV even without symptoms there is a 1 in 4 chance that the baby will have it too. To protect your baby and yourself you need to know for sure.

How?

The first step is to find out if you have HIV by getting tested. Ask your doctor, nurse or midwife. Or call a health centre, public health unit or family planning unit.



What happens when you are tested?

A small amount of blood is taken from your arm. You will know the test results in 2 or 3 weeks. It usually takes about 3 months after you are infected with HIV for signs of it to show up in your test. Because it may not show up yet, you might need to be tested again.

You can get tested any time. Before pregnancy or early in pregnancy are better to protect your baby and yourself.

What if I don't want anyone to know?

The test results at any clinic or doctor's office are private and confidential. In some parts of Canada there are clinics where you can be tested without giving your name. These clinics are called anonymous test sites. If you want to go to an anonymous test site, ask the public health unit or health centre if there is one in your area.

What if I have HIV ... and I am pregnant?

You can:

take special medicine during pregnancy which decreases the risk of your baby getting HIV; OR continue your pregnancy without special medicine for HIV; OR choose to end your pregnancy.

After your baby is born:

Don't breast-feed. The baby could get HIV from your breast milk.

Find out if your baby has HIV by having the baby tested. If she or he has HIV you can get the medical care the baby needs.

Get the medical care you need to stay healthy.

What if I have HIV (or my partner does) ... and I want to get pregnant?

Talk to a doctor about how you can best protect your baby, yourself and your partner.

Learn the facts about HIV/AIDS

If you need information on how to protect yourself from HIV infection, ask a doctor, nurse or midwife. Read the pamphlet called Basic Facts About HIV/AIDS, available from the Canadian HIV/AIDS Clearinghouse.

For more brochures or educational resources, contact the
Canadian Public Health Association Canadian HIV/AIDS Clearinghouse
tel. (613) 725-3434 / fax (613) 725-1205 e-mail: aidssida@cpha.ca

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Last updated Aug 22, 1997

**You didn't think it would come back
but here it is...**

With an attitude and a shoestring budget!

The Healthy Sex Cabaret 2000!



**Join us for a night of fine performances by some of Thunder
Bay's finest musicians.**

**Before you head to camp, come listen to the sounds of summer
Friday June 9 at the Victoria Inn**

The show starts at 8 PM /Doors open at 7 PM

Tickets \$15.00

**Performers to include Roxanne, Rodney Brown, Wayne Faulkner,
Doc Tibbles, Nancy St. Jarre, Little Sex Theatre with Stuart
Boland, Outside The Lines, Joshua Dowbak Norm Sponchia and
others.**

We'll miss you, John

In April, John Books who has been the Fundraising Co-ordinator with the AIDS Committee of Thunder Bay for the past nine years decided it was time to leave the agency and pursue other interests. During his tenure he has overseen the growth and development of our bingos & nevasdas, cabarets and our largest event our AIDS Walk. John has also been instrumental in the formation of the Lakehead Association of Fundraisers. His last day will be May 31st. We wish John well in his new endeavours. He will be missed.

Welcome Jodi

A new person has been hired to assume the position and continue the development of agency fundraising. Ms. Jodi Graham joins ACT-B as the new Fundraising Co-ordinator. Jodi brings solid experience in local fundraising through her association with Shelter House. She has a passion for fundraising, is energetic, enthusiastic and looking forward to joining our team. Please welcome as Jodi as she begins her duties on June 5th as the newest staff member of the agency.

FOCUS ON FUNDRAISING

Many things are happening for ACT-B's fundraising. Since our last newsletter, we conducted our first "Adventure Raffle". You will see in this newsletter that we have a spring appeal to all recipients of the newsletter and supporters of the agency. Our Cabaret 2000 will be held June 9th at the Victoria Inn and features a strong line up of performers who have donated their talent so that we can continue the tradition of the past decade (get your ticket at the office early). The Walk committee has been active planning the annual AIDS WALK and will soon be encouraging everyone to "DO THE ROUTE".

Spring Appeal

The AIDS Committee of Thunder Bay is behind in its fundraising.

The Adventure Raffle did not do well. Though it had some dynamite prizes, not enough tickets were sold. As a result, we fell short of our expectations and are not able to implement some of the programs which the raffle was intended to fund, while others may be reduced or delayed.

We are using this newsletter to piggy-back an appeal for your support. At this time of year, as we gear up for the AIDS Walk, ACT-B is usually running lean, but even more so now. We are calling on our regular supporters to contribute what they can to help in this lean time.

ACT-B is committed to providing compassionate, accessible services to all who need them. Will you help us now fulfill that mission?

ACT-B has many clients: people who have been living with HIV for a very long time and rely on our support services for daily living. New clients continue to approach ACT-B to help them with the necessities of living with this disease, to help them negotiate the many hurdles that they face. Women, men, native people, families with young children, are relying on the support and services of this agency to manage their disease and live as best they can. And there are the people in the community from all walks of life who learn through our prevention campaigns the risk factors of HIV. Information they need, to make informed decisions.

We would appreciate your support to help close the gap. The goal of this appeal is \$5,000. Please use the donation form at the bottom of the page and send it along with your donation in the enclosed envelope. Your gift is urgently needed to help give hope to those affected by HIV/AIDS.

Thank you!



Pius White, President

DONATION FORM:

Yes! I want to support ACT-B in continuing their significant work. Charitable registration number 10668 9847.

I want to support the Spring Appeal. I will receive a tax receipt for a donation of any amount over \$10.00. Here is my cheque payable to the AIDS Committee of Thunder Bay (ACT-B).

I would like to make a donation of: ___\$35 ___\$50 ___\$100 ___other

Name: _____

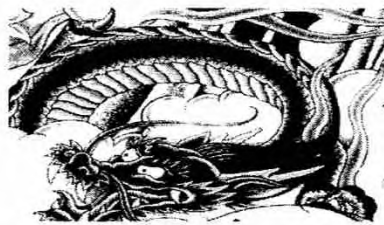
Address: _____ Postal Code: _____

Phone: _____

Please mail to : The AIDS Committee of Thunder Bay
P.O.Box 24025, Thunder Bay P7A 8A9

Safety in Body Art

Tattooing, Body Piercing & HIV/AIDS



Summer is here and it's time to show off your body art! Here are some tips to stay safer. Have a blast!

Do Your Homework

- * You might have looked at prices for body art and thought about doing the work yourself, or getting a friend to do it for you, in order to save money.
 - * Unless you are willing and able to take all the precautions that a reputable piercing or tattoo artist will take to ensure the safety of the work, **we cannot recommend the do-it-yourself route.**
 - * Saving a buck is simply not worth the risks involved. If you want work done, it's worth getting done right. And safely.
 - * It's your body and your health that's on the line.
 - * However, the most expensive artist isn't necessarily the best. **Shop around.** Take your time, don't do it on a whim.
- *****

Shopping Tips

- Here are some points and questions you should ask any prospective artist before agreeing to let them do your pierce or tattoo.
- * **Look around.** Check out many different artists. Find the one you're most comfortable with.
 - * **Does the artist have experience** with your specific procedure? You're paying for it - don't let someone practice on you.
 - * **Ask if they use new needles every time.** HIV & Hepatitis can be passed on through re-used needles. Used needles develop barbs, micro bumps and hooks which mangle the skin, and carry micro rust, causing skin infections.
 - * **Does the artist always wear latex gloves?** If not, forget it!
 - * **Make sure you see them sterilize the needles,** even brand new ones.
 - * **If you know that you have certain metal allergies,** be sure to mention them to your artist.
 - * **Cleanliness** - is the work area clean and tidy?
 - * **Ask how they clean their equipment.** Cold sterilization such as soaking in a chemical solution can only be used with, not instead of, **hot sterilization.**
 - * **Make sure they provide a care sheet** on your procedure's healing time and cleaning steps. Don't leave without it!
 - * **The mental state of both artist and client should be clear.** Alcohol & drugs thin your blood and you could bleed excessively. The artist's hand must be steady in order not to rough-cut any work, leading to infection. You want the best work possible.
 - * **If the person can't give clear, understandable answers** to your questions or seems reluctant to answer them, **don't be intimidated.** Just leave and find someone else.
- *****

The AIDS Committee of Thunder Bay 217 South Algoma Street Thunder Bay, ON P7B 3C3
Tel: (807)345-1516 Fax: (807)345-2505 Website: www.tbaytel.net/actb Email: actb@tbaytel.net

NEW OPPORTUNITIES FOR CLIENTS OF ACT-B



In March we held a computer/internet-training workshop for clients. Participants learned to use the internet to access

treatment information, connect with supporting agencies, complementary options, and became familiar with operating /setting up an email account. We received very positive feedback from the participants and other clients to have other computer workshops. Some success indicators from the workshop include the following: Clients of diverse perspective connecting more often with each other; having the tools to make informed decisions about their health care treatment options through the use of the internet; Clients increased engagement with ACT-B and improved computer skills. The PHA computer/internet-training workshop was held on Monday March 20, 2000 from 7:00 p.m. to 10:00 p.m. at ACT-B. Special thanks to Pius White and Rob MacKay, computer training facilitators, for sharing their knowledge and expertise. Gratitude is also extended to Nancy Chamberlain of Family Services Thunder Bay for loaning us the multi-media projector.

In the past several months we have invited complementary therapists to donate treatment sessions in shiatsu and healing touch for clients of ACT-B. The ideology of these complementary therapies is similar; when you are healthy, life energy flows freely through your body and when you are sick the flow of energy is blocked. Both complementary therapies help unblock the energy and bring your body back in balance. The client's feedback for the complementary therapies have been very positive, clients are now making bookings for sessions in advance. We are witnessing many clients exploring other health alternatives.

Recently many clients have explored psychodramatic bodywork since its introduction with ACT-B. Psychodramatic bodywork is a integration of following techniques: 1) Psychodrama is a form of psychotherapy in which blocked spontaneity from earlier traumas is unblocked and reintegrated through dramatic action methods 2) Bodywork is a form of healing that involves touching

numb, tense, or painful areas in a safe manner. This process often directs us to unexpressed emotions that can be expressed, resulting in freeing of body energy flow.

It is apparent that clients want to understand and explore the synergy between complementary therapies, their immune system, and their sense of well-being. Shiatsu is a form of Japanese massage that aims to balance the energies in your body. It is believed that energies that are out of balance can cause illness and tiredness, and make your immune system work less well. The word shiatsu when translated literally means finger pressure, however pressure can be applied to the recipient through palms, knees, elbows and even feet. The practitioner presses specific points on your body, which are connected to your organs by energy lines or meridians. The recipient lies fully clothed on a futon mattress while the therapist presses on certain points to stimulate the organ which unclog the blockage and enable the energy to flow throughout the system.

Therapeutic touch and healing touch is based on the belief that all living things share in a life-energy field. When you're healthy, this life energy flows freely through your body. When you get sick, the flow of energy is blocked. These complementary therapies help unblock the energy and bring your body back in balance. The therapist works the energy in a way that clears areas where it is blocked and spreads it to where it is needed. The majority of research findings indicate the following major effects common to these therapies:

- Releases stress and tension
- Strengthens the immune system
- Relieves discomfort and pain
- Reduces depression

Many people contributed to making these new opportunities possible for the clients of ACT-B. We would like to thank Nancy Hall our healing touch / therapeutic touch therapist, Toni Todesco our shiatsu practitioner for donating many hours for the complementary therapy sessions and Psychodramatic therapist Kaija Mackinen for working with our clients. Special thanks again to Pius White and Rob MacKay for sharing their knowledge and expertise to empower others.



Do The Route The Red Ribbon Walk

Welcome to the new Thunder Bay AIDS Walk.

Do The Route, it has a certain ring to it, more inviting, fun oriented and inclusive.

What's new? We will be located at the Canadian Lakehead Exhibition grounds in the Heritage Building, and we will be walking in the Intercity area.

We will be joined this day by our Honourary Chairperson Paula Bentz.

Which favorites are returning? The VW Bug stuffing contest returns this year along with refreshments, incentives, prizes, the airplane contest and a good time for the whole family. The Walk is our most important fundraising event for the AIDS Committee. When you collect pledges and "do the route", you are helping in the fight against HIV/AIDS in our community.

**This is
your
advance
notice to**



**Do
The
Route**

The pledges help fund important support, education and prevention efforts. The Walk is the easiest way to lend your support and enjoy a fun day with friends, family and many others who know the devastating impact of AIDS. They, like you, want to do something about it! **Our goal this year is to raise \$25,000 for ACT-B.**

Let's make this the most successful Walk ever! We want to see lots of new faces. Call us if you will be **Doing the Route**. Talk to your friends now to organize a team. You could recruit them from your place of work, church, class, everyone you know!. **It's always more fun to Walk with friends.**

We expect to have pledge forms available in June. Let us know if you want your pledge forms over the summer. We will send them as soon as they arrive. There will be **great prizes** for the top pledge collectors.

THANK-YOU TO OUR "RED RIBBON WALK" SPONSORS
DOWNTOWN VOLKSWAGEN JANZEN'S PHARMACY
BAY CREDIT UNION GRAND PORTAGE LODGE & CASINO

The Extra Mile

Each day we attempt to show our volunteers just how much they mean to us, how much the work they do means; that we couldn't do without them. While we always looks for ways to let volunteers feel our appreciation, sometimes it never feels like enough. What do we do to let them know? We have our annual Volunteer Appreciation Night! Held on Monday April 10, 2000, it was a night of music, laughter and all out appreciation. We had performances by Heather Graham, Richard Graham, Nancy St. Jarre and friend Marianne. Certificates were given to all volunteers, so if you weren't there call Carri to pick up yours. Extra special appreciation's were sent out to our fundraising volunteers. These people sit on our fundraising and Walk committees, help out at special events and work at our biweekly bingos. Our bingo workers are a special group, kind of wacky, always hard workers. One bingo volunteer in particular had to be recognized. She has worked hard to ensure the smooth and successful running of these events. Her name is Marge Cross. Once again, thank-you Marge. Thanks goes out to every volunteer who has helped at a bingo even once. It means a lot! Our regular volunteer receptionists deserve a round of applause as well. There are in the office at least once a week to answer the phones and greet visitors. Do you think this is all they do? NO! But I don't have enough space to mention it all! You know who you are - and thank you! Our agency offers rides to clients when they have doctor appointments, clinic visits etc. Of course, volunteers are recruited to drive. A dedicated bunch of people who spend lots of time traversing the city, helping out where they can, often on short notice. Thank-you for your patience and hard work!

The highlight of each volunteer appreciation night is announcing the volunteer of the year and the names of two volunteers saluted by TBAVA (Thunder Bay Association of Volunteer Administrators). I was pleased to honour our volunteer of the year, Heather Graham! Heather has donated countless hours of her time to our agency helping out absolutely anywhere she can and smiles while she does it!

Patti Cole was selected for the TBAVA award for excellence in volunteerism. If you're involved with fundraising you know Patti. She works incredibly hard! As well, we honoured Helen Rose, a longtime volunteer for her dedication and tireless enthusiasm. Helen always tries to bring awareness to her friends and community about HIV/AIDS - I'll bet Pius White thinks she should get the award just because she spoils him so much!

Anyways, it was a wonderful evening, I'm sorry that some of you weren't there to enjoy it. If anyone has any suggestions on what they would like to see happen in the volunteer department, please call me. I have now been at this job for one year; I am feeling settled and ready for new ideas!



Special
Volunteers
to
remember

Heather
Graham
Volunteer of
the Year

Helen Rose
Patti Cole
TBAVA
Salute to
Volunteers

Marge Cross
Special
Recognition
in
Fundraising

Our drivers
and
receptionists

Every
volunteer
who donates
their time!!!

Look Here...

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

THANK-YOU!

A very special thank-you to everyone who donated Christmas baskets to our Secret Santa Project. We can't tell you who they are because it's a secret! Special thanks to Marge Cross and Sherry Britton, our volunteers extraordinaire for their work on this project! Thank-you as well to Sheila Berry Support Services Coordinator for overseeing this project!

MORE COMINGS & GOINGS

Daryle Cano, a member of our support services team decided, in December 1999, to leave her position in support services/health promotion. We will miss her and wish her well in all her endeavours. Don't be too sad, she does come to visit with her new puppy, Rocky.

Doug Kanto, a volunteer and former board member has joined our agency in Daryle's absence. Doug has a strong background in social work and has been involved with our agency for 3 years now. We are glad to have you here, Doug. Welcome!

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

internet: www.catie.ca

catie

Community AIDS Treatment Information Exchange

Attention PHA'S, Volunteers and Other Members!

*This is your newsletter too!
Consider contributing an article,
writing a letter or introducing
yourself to us!
Call Carri today!*



Parting Glance



MEMBERSHIP IN ACT-B

Is your membership up to date?

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

How do I apply for membership?

Fill out the cut-out membership form below and mail to the ACT-B office at Box 24025 RPO Downtown North, Thunder Bay, ON P7A 8A9

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: _____

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

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- Ontario Ministry of Health - AIDS Bureau
- Health Promotion and Programs Branch, Ontario Region, Health Canada (ACAP)
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