

It's that time
again!
Get your shoes
laced up and if
you'd like,
get a team
together for this
year's
AIDS Walk!
Sunday, September
24, 2000.

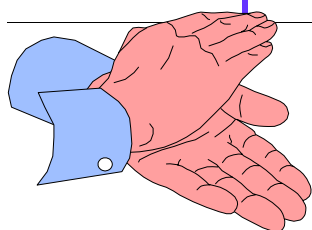
re-ACT Believe

Volume 14, Issue 1

Spring 2001

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300 bingos—that's incredible!!! Thank you very much for all your years of volunteering, Michael. Thank you also to all our other bingo volunteers. We couldn't do it without you!

A Letter from the Executive Director

I have been back in my seat as Executive Director at ACT-B since the beginning of April. My re-entry to this heavy responsibility has been relatively smooth. I credit this to the fine and professional work of our board, to the staff of ACT-B, and in particular to the mature and hard-working leadership of Lawrence Korhonen, who sat in this seat and shouldered the burdens and challenges and rewards of being an Executive Director. I am grateful to you all.

But what I really want to talk about is something I have been doing for close to 15 years. It is something I do as a volunteer. It immerses me in an unhealthy atmosphere. I don't do it alone; indeed the activity depends on group involvement. What is this activity? Sometime in June or July, I will celebrate having worked my 300th bingo for ACT-B!

It has taken more than a decade to reach this milestone because, in the early years of our bingo involvement, ACT-B only hosted one per month. And, though they accumulated over time, I wasn't able to attend every one. So, I can't pin down my exact anniversary, but it probably will occur in either June or July 2001.

Over the passage of 300 bingos, there are many, many stories to tell. I celebrate some of them here, in honour of the Year of the Volunteer, as well as my fellow bingo volunteers who have toiled in those smoke-filled denizens of gambling for the betterment of our cause.

Bingo is both a community and an individual activity simultaneously. The atmosphere inside a bingo hall has its own colours, its own culture. Veteran players are greeted with smiles and recognition. Newcomers want to know if we have "random" or "perfect" game cards. I always thought the cards were all imperfect.

On the floor, at times the atmosphere resembles last call in a busy bar. Hands are up all over the room, signaling they want to buy something. Workers are selling and moving fast (well, some workers move fast!) to get to the next needy set of hands. All of the room is immersed in noise: friendly conversation, sales requests, and laughter. The hall is also immersed in smoke. My guess is that bingo halls are one of the few remaining unrestricted refuges for nicotine bingeing. A couple of hours after the start of the games, you don't need to light up—just inhale the room! At a recent bingo, this was augmented by one of our workers who was emptying ashtrays directly into waste barrels. The waste barrels are, of course, filled with the pages of completed and discarded games—a perfect kindling bin waiting for ignition. As our worker moved down an aisle, smoke started to rise from one of the barrels! To be fair, our hall—the Diamond—has a separate enclosed smoke-free room, where players can breathe regular oxygen. This room is never full—though it frequently has many winners.

Winning is not what it's all about. Most players will go home losers (as is the case participating in any form of gambling). The prospect of winning is the attraction, plus the familiarity of the hall and the camaraderie of your companions.

Why have I chosen to be part of this culture? Generally, the people who spend these hours together are having a good time. It is genuinely nice to be around happy people. The revenues that ACT-B earns from hosting bingos is critical to our annual fundraising efforts—raising more than our annual walk or any other special event. I also want to do this so that I don't feel above it. I can comment and criticize the adventure because I've earned the right to do so; I'm in it. I salute our hardy band of regular bingo volunteers—they mean a great deal to ACT-B. And finally, in my life experience, this is the only place I ever see \$100 bills!

Fundraising News

From Crystal Porteous, Fundraising Coordinator

This is a warm hello to everyone I have met and to those I will meet along the fundraising path. I joined the ranks of the friendly staff and volunteers at ACT-B in April as the new Fundraising Coordinator. It has been just over two months and already things are starting to roll. As many of you may be aware, our local AIDS Walk, **DO THE ROUTE: THE RED RIBBON WALK** is quickly approaching on Sunday, September 23. Planning for this event has kept me very busy! I am very excited to announce that the Walk location is returning to The Outpost at Lakehead University, but a new, more visible route will be chosen!

Many people are more familiar with me as Magnus Theatre's Publicist. I was with the company for three and a half years up until last year when I was the Volunteer Coordinator/ Gift Shop Manager of the Thunder Bay Art Gallery. Now, I am changing hats and ready to plunge into the world of fundraising.

There will be many fun and exciting events over the next year. I hope to meet you at one or all of them. If you have any questions about the up-coming Walk, please feel free to call me. If you happen to be in the agency, pop in my office and say hello!

WANTED

Your clean,
reusable, re-sellable

ACT-B is having a Fundraising Yard Sale. Your donated household or other items can help us raise funds for our programs and services. Donations will be accepted until July 10th. Please call Crystal at 345-1516 to arrange for drop off or pick up of items.

We appreciate the items that you are able to donate but reserve the right to not accept items we feel will not sell.

The yard sale will take place on July 14 at St. John's Anglican Church, 228 Pearl St. beside the casino.

Yard Sale
Items

ATTENTION VOLUNTEERS

We will be looking for people to help with the Yard Sale. If you are available and would like to work at the Yard Sale, please call Selly at 345-1516.

We will also be asking people to donate baking so that we can have a bake sale at the same time. Any type of cookies, muffins, cakes, or other baked goods would be appreciated. You can drop them off at the ACT-B office on July 13, the day before the yard sale. Call Selly and let her know if you can bake for us.

Gather friends & form a team for the...

Do the Route

The Red Ribbon Walk



**Sunday, September 23, 2001
at The Outpost (Lakehead University Campus)**

Lace up those shoes!!

Every year the AIDS Committee of Thunder Bay (ACT-B) takes part in the AIDS WALK CANADA by hosting a local walk. Last year our walk raised \$22,000 all of which stayed in Thunder Bay to provide for the programs and services of ACT-B.

**Hot from the press, a pledge form
can be mailed to you!!**

To register or inquire about the walk
call Crystal at 345-1516



Cindi
challenged all
canines last
year & she is
doing it
again! Put
that leash in
your owners
hand and
join the
walk!!

BE TWO STEPS AHEAD & YOU COULD WIN!!!

Start collecting pledges early. There are many prizes and incentives for those who collect the most pledges. Don't forget about our **CANINE CHALLENGE**. Prizes are also awarded to the dog that raises the most pledges, is the best dressed, the biggest and the smallest.



A project of the Canadian AIDS Society in partnership with community AIDS organizations across Canada.

Local Sponsors to Date:

**Janzen's Pharmacy, The Royal Bank, Grand Portage
Lodge & Casino, The Investors Group**



EDUCATION UPDATE

By David Belrose, Education Coordinator

Community Based Research and the AIDS Committee of Thunder Bay

The Image Project Program Evaluation & Revitalized Social Marketing Campaign

The AIDS Committee of Thunder Bay is currently in the midst of a major community-based research project. The Image Project is designed to assess our position in the community, and use the results to enhance our community profile, develop more effective social marketing campaigns, renew our prevention programming, and encourage support for people living with, or affected by, HIV or AIDS.

The AIDS Committee of Thunder Bay was first established in January 1986. The face of HIV/AIDS has changed dramatically since then, and with it the programs of the organization. It was decided by the agency that a review was needed that would include: an evaluation of the agency's programs and services, strengthening of community partnerships and an understanding and reshaping of community perceptions of the agency's programs and services. It was expected that an end product would be a social marketing campaign to deliver revitalized messages into the community that are clear and accurate.

The main components of the project are surveys, one outreach survey targeting potentially at-risk populations, one random telephone survey of Thunder Bay residents, and a client feedback survey. At this point in time, the outreach survey has been completed and data entered, the telephone survey is underway, and the client survey remains to be done.

This project has been an important step for the agency in community-based research. Involved in the project are the AIDS Committee of Thunder Bay, Community Linked Evaluation AIDS Resources (CLEAR) - MacMaster University, MacEachern Marketing, Lakehead University Social Work department, and PUSH Northwest.

Look for developments as the project proceeds.

NEWSLETTER MAILING LIST

In order to take advantage of technology, and also in order to reduce our costs, we are looking at providing our newsletter in electronic format for those who wish to receive it that way.

If you are interested, send us an e-mail at: **actb@tbaytel.net**

With Subject line: **Newsletter Mailing List**

We will notify you by e-mail when the next newsletter is produced.

This e-mail list will be used only to send you information about the newsletter, or other information about ACT-B. The information is confidential and will not be provided to outside parties.

Health Promotion

By Charlene Burford, Health Promoter

There are constant updates and new findings in the area of HIV and health. Studies, proposals, suggestions and general information can be found in the library at ACT-B or on the Internet. I will include more HIV specific information in the upcoming articles. Please note that what is presented here does not necessarily reflect ACT-B's opinion or philosophy, rather, I am passing on information so people may become more informed about the happenings in medical, alternative health, research and ethical areas of HIV. In the past month, I have read a multitude of articles. Perhaps people will find the following write-up interesting. It was taken from "Treatment Update #114" produced by the Canadian AIDS Treatment Information Exchange (catie), their internet address is: <http://www.catie.ca>

Treatment Update 114 - Some women may be at high risk for anal cancer

Hosein SR, 2001 Winter, Volume 12 Issue 10

Although cases of anal cancer are increasing in both men and women in the U.S., anal cancer is twice as common in women than in men, according to researchers in that country. Researchers in San Francisco conducted a study among women with HIV and women who were at high risk for HIV infection to find out about their risk of anal cancer.

Study Details

The profile of women in this study was as follows:

- average age - 40 years
- 251 women were HIV positive
- 68 were HIV negative

In addition to all the usual tests, women in this study also had cells from their anus removed for analysis. Testing to detect human papillomavirus (HPV) - the cause of cervical and some anal cancers - was done with PCR. To measure the amount of HPV, technicians used another test called a "hybrid capture" assay.

Results

Technicians analysing cell samples found the following:

- 75% of HIV positive women had HPV infection
- 42% of HIV negative women had HPV infection

Although there are many types of HPV, some types such as HPV 16 are highly associated with the development of cervical and anal cancers. Among HIV positive women, the most commonly detected type was HPV 16, found in 15% of the women. As many as 35% of the women had HPV of an "unknown" type.

Anal HPV infection

The researchers found that the following factors were involved with the detection of HPV in samples of anal cells:

- fewer than 200 CD4+ cells
- HPV infection of the cervix

Health Promotion (continued)

Anal vs. cervical samples

Among HIV positive women who had samples taken from both their cervix and anus, technicians found the following:

- 75% of the women had anal HPV
- 53% of the women had cervical HPV

Among HIV negative women the results were as follows:

- 43% of the women had anal HPV
- 24% of the women had cervical HPV

In general, technicians found different types of HPV in the cervix compared to samples from the anus.

The findings from this relatively large study confirm those from two relatively smaller studies - that anal HPV infection is common in women at high risk for or who have HIV infection. High levels of HPV were found in women who were HIV positive and who also had low CD4+ cell counts. Women with anal HPV were also likely to have abnormal and precancerous cells in the anus.

Researchers could not measure the impact of highly active antiretroviral therapy (HAART) on their ability to detect HPV. Further work on anal HPV in women needs to be conducted. Since the women in this study largely denied having anal sex, the researchers are not sure how HPV entered their anus. The results from this study suggest that HIV positive women may benefit from regular anal Pap smears, but this needs to be confirmed in studies.

REFERENCES:

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2. Human papillomavirus-associated cancers in patients with human immunodeficiency virus infection and acquired immunodeficiency syndrome. *Journal of the National Cancer Institute* 2000;92(18):1500-1510.
3. Palefsky JM, Holly EA, Ralston ML, et al. Prevalence and Risk Factors for Anal Human Papillomavirus Infection in Human Immunodeficiency Virus (HIV)-Positive and High-Risk HIV-Negative Women. *Journal of Infectious Diseases* 2001;183(3):383-39.

*This information was provided by the Canadian AIDS Treatment Information Exchange (CATIE).
For more information, contact CATIE at 1-800-263-1638, or visit the web site at www.catie.ca.*

Tid Bits:

The government chose to spell "marihuana" with an "H" rather than with a "J" in their "Marihuana Medical Access Regulations" Impact Analysis Statement. The Criminal Code of Canada spells it as "marijuana".
Hmmm, interesting.

Do you keep your doctor informed about supplements and/or vitamins you are taking? What about keeping a log or journal to track the changes in your day to day feeling of health (emotional, mental, physical) re: new medication or supplements?

The Extra Mile

Here's what happening in the coming months:

- ♦ ***Yard Sale/Bake
Sale/Hot Dog
Sale Saturday,
July 14, 2001***
- ♦ ***Summer Tag Day
Saturday, Aug 25***
- ♦ ***AIDS Walk 2001
Sunday, Sept 23***
- ♦ ***Winter Tag Days
Saturday &
Sunday, Nov 17 &
18, 2001***



Goodbye Carri, Welcome Back Selly

Carri Whidden completed her contract position as Volunteer Coordinator here at ACT-B on March 31. We thank her for a job well done—she will be missed. But, she has told us she will still be volunteering with us and that was great news to receive. I, Selly Pajamaki, returned to my position as Volunteer Coordinator on April 1. It's good to be back. The 22 months as Administration Coordinator were busy, busy, busy and I learned a lot. I am very thankful to have had the opportunity to use my accounting training and experience. Thank you Michael and Lawrence for having the faith in my abilities and giving me the chance to live up to it. Also, many thanks to Lawrence for all his help while I was in his former position. I could never have done it without his help.

It has been a busy time since I returned to being Volunteer Coordinator. The annual Volunteer Appreciation Event was held on May 24. Many of our volunteers came out and enjoyed a light meal and some entertainment. The 2001 Volunteer of the Year is Helen Rose. See page 7 for more information on the event. This newsletter is also my responsibility and I apologize for it being a little later than usual. I am planning orientation and training sessions and will be calling you soon about these activities. Regular Volunteer Receptionist meetings will be taking place on a quarterly basis.

Now, here's what's coming up!

On Saturday, July 14, we are having a **Yard Sale** combined with a **bake sale** and **hot dog sale**. We will need from 6-10 volunteers to work at tables. If you'd like to help, call me (Selly) at 345-1516. This event will be held at St. John's Anglican Church, in the basement, so we won't have to worry about canceling due to bad weather. If you have any items

you would like to donate to the yard sale, or if you can donate some baking, we would really appreciate it. Again, just call Selly.

On Saturday, August 25 we will be having our first summer **Tag Day**. We hope to have 9 locations (7 are already booked) and will have three two hour shifts at each location that day. We will need about 54 volunteers, so I'm hoping many of you will be able to give us a couple of hours on the 25. If you'd like to work one or even two shifts at Tag Day, please call me at 345-1516. I will be calling volunteers soon about this, but it would help me out if you could call me first. Thanks!

AIDS Walk 2001: DO THE ROUTE! The **Red Ribbon** Route. (Do the route, do the route, do the route...) We are going to need approximately 80 volunteers this year so I'll be calling all of you! The Walk takes place on Sunday, September 23. We are returning to the Outpost at Lakehead University, but will be walking on the streets rather than the bike paths. Again, please call and let me know if you'd like to volunteer at the Walk. You can register now if you would like to take part as a walker—you can walk and also volunteer. There are some volunteer positions that take place before and after the actual Walk, so it is possible to get out there and walk your feet off to raise money for this important cause as well as volunteering. Call me for information on Volunteer positions for the Walk. If you have family members or friends who would be interested in volunteering too, let me know. We have all kinds of jobs that need doing.

We will be having our regular winter **Tag Day** on Saturday and Sunday, November 17 and 18. Because we are having shifts on both days, we will need even more volunteers than for the summer Tag Day. I will be calling people in September about this, so please think about it.

Watch future issues of this newsletter for more volunteering opportunities.

News from Support Services

EXTRA! EXTRA! READ ALL ABOUT IT! NEW SUPPORT WORKER/HEALTH PROMOTER AT ACT-B

The following is a message from the new worker.

Hi! Allow me to introduce myself, my name is Charlene Burford and I am the new Health Promoter and Support Worker at the AIDS Committee. I have been in the position since April 11. A bit about myself: I am a graduate of Lakehead University with a Social Work degree. I've volunteered at ACT-B and sat on the Board of Directors. I also volunteered with Superior Points Needle Exchange and I have a history of eight years of working with young offenders. On a personal level, I believe in maintaining an active and healthy lifestyle (this coming from a smoker and coffee drinker!). Seriously, I've had an interest in and accessed various forms of alternative health in conjunction with western medical assistance. I am straight-forward (which can lead to problems at times) and I am open to suggestions and learning. I am currently working on a pet project at home— suffice to say if you see me drive by, you won't miss "The Lamborghini"...

Editor's note: Be sure and say hello to Charlene if you happen to be in the agency office and welcome her to our 'family'. We're glad to have you aboard, Charlene.

MOTHER'S CUPBOARD

Mother's Cupboard is looking for new ways to generate donations. We will try setting up a food donation box at ACT-B special events and see how this works. Anyone wishing to donate items, they can be dropped off at the office (217 S. Algoma St.-at the corner of Algoma and Cornwall streets). We are in need of canned meats, peanut butter, jam, stews, juice crystals (e. g. Tang) and canned or powdered milk. Call if you have any suggestions or questions and ask for Charlene.

INFORMATION SESSION

On May 10, ACT-B hosted an introduction to Advanced Health Care Directive — Living Wills for clients and staff. Lawyer Jocelyn Huculak presented information during the 1.5 hour session. ACT-B plans to have a follow-up workshop for clients to thoroughly go over the forms and complete the paperwork.

IN RECOGNITION

We would like to thank Lisa Kachkowski for volunteering her time and expertise Tuesday mornings. She provides interested clients with Healing Touch using the Cranial Sacral technique.

COMMUNITY GARDEN

County Fair Community Garden has given ACT-B a plot of land to grow fresh vegetables to help stock Mother's Cupboard. We're looking for volunteers to work the land, plant and maintain the garden throughout the summer. If you have a green thumb or just want to get into gardening, please call Charlene at 345-1516.



Here and There ...

Thank You Volunteers!!!

ACT-B recently held our annual Volunteer Appreciation Event. In this, the United Nations International Year of Volunteers, we were very happy to invite our volunteers to a special evening with a meal and entertainment.

ACT-B had 174 registered volunteers in the year 2000. Certificates and gifts were given to everyone who worked anywhere from 2 to over 200 hours. In total, our volunteers gave us 6,190 hours of their time. We truly appreciate this generous gift.

Special mentions went to our volunteer receptionists, drivers and bakers. Two of our volunteers will be honoured at the upcoming "Salute to Volunteers". They are Darlene Miller and Ruth Racic. They will receive special certificates at a ceremony at Old Fort William in June.

The crowning event of the evening was the naming of the ACT-B 2001 Volunteer of the Year. This special person has put in many hours for the AIDS Committee. She is a regular receptionist; helps out in fundraising by working Tag Day, selling raffle tickets, and organizing teams for the AIDS Walk; does telephone surveys; sits at information tables; and also bakes for our bingo volunteers regularly. She has a great sense of humour and is a lot of fun to be around. She is also committed to the fight against HIV/AIDS. The AIDS Committee of Thunder Bay is proud to name as the **2001 Volunteer of the Year—Helen Rose**. Helen's name has been entered onto our "Volunteers Extraordinaire" plaque that hangs in the reception area.

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)

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The

Network

1-800-263-1638

HIV/AIDS Treatment Information

email: info@catie.ca

catie internet: www.catie.ca

Community AIDS Treatment Information Exchange

UPCOMING EVENTS

Saturday, July 14—Yard Sale, St. John's Anglican Church, 228 Pearl St.

Sunday, September 23—AIDS Walk 2001—Do the Route, the **Red Ribbon** Route, The Outpost, Lakehead University

October 24-25—Opening Doors Counselling Conference, Victoria Inn, 555 Arthur St. West

For more information on any of these events, call the AIDS Committee at 345-1516



Parting Glance



2001 Opening More Doors Counseling Conference

*The 10th Annual NW Ontario Regional HIV/AIDS Counseling Conference will take place on October 24 and 25 at the Victoria Inn in Thunder Bay. To order your registration package, contact the AIDS Committee of Thunder Bay. The **registration deadline is September 20.***

This annual conference focuses on counseling issues relating to HIV/AIDS. The AIDS Committee welcomes health care workers, counselors, clergy, people living with HIV/AIDS (PHAs), and their family and friends to attend. This event is funded by the Ministry of Health—AIDS Bureau.

For more information, please contact: Joanne Books, Conference Coordinator at 807-346-9388 or 807-345-1516.

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

Or, e-mail us at: actb@tbaytel.net
Visit us on the internet at: www.tbaytel.net/actb

*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: _____

Bring in or mail to: ACT-B Box 24025 Thunder Bay, ON
P7A 8A6

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