



REACT-BELIEVE

The Newsletter of The AIDS Committee of Thunder Bay

Volume 14, Issue 3

Fall/Winter 2001-2002

National and World AIDS Awareness Campaign

AIDS Awareness Week Nov. 26 to Dec. 1, 2001

World AIDS Day, December 1

"I care... Do you?" is the slogan for the second year of a two-year international AIDS Awareness campaign intended to create a sustained focus on the role of men in the AIDS epidemic. This slogan was chosen since it is capable of including discussions about the role of leaders and the needs of young men while being broad enough to discuss other issues relevant to prevention and care, to both genders, and to different age groups.

The new campaign aims to involve men, particularly young men, more fully in the effort against AIDS; to bring about a much-needed focus on men in national responses to the epidemic and to involve leaders both as politicians and in their personal lives in the response to the HIV epidemic.

Resources

The Canadian HIV/AIDS Clearinghouse in cooperation with the Canadian AIDS Society is distributing resource materials for AIDS Awareness Week 2001. A number of new resources have been developed and can be viewed, downloaded as a PDF document or ordered in quantity by completing an online order form at http://www.clearinghouse.cpha.ca/english/news/AAW_e.htm. Orders will be filled on a first-come, first-served basis. Quantities may be limited.

The AIDS Awareness Campaign is being coordinated by the Canadian AIDS Society. If you have any questions or comments, please feel free to call 1-800-499-1986.

Some of the events in Thunder Bay this year will include:

Tag Day on November 17 at various city locations.

Distribution of litter bags, containing a prevention message, by the Thunder Bay District Health Unit and ACT-B.

Annual General Meeting of ACT-B on Nov. 28.

Candlelight Vigil Thursday, November 29 at 7:30 p.m.

Coffee Day at Seattle Coffeehouses on December 1

Spaghetti Supper on December 1
at St. John's Anglican Church at 226 Pearl St.

Annual General Meeting

The Annual General Meeting (AGM) of the AIDS Committee of Thunder Bay will be held on Wednesday, November 28, 2001. Our guest speaker this year will be Dr. Fred Ball, Manager, Thunder Bay Public Health Laboratory. His topic will be "Viruses, the Good, the Bad, and the Ugly". We will also hold our popular Silent Auction, so you can do some early Christmas shopping. The AGM will be held at the Port Arthur Ukrainian Prosvita Society at 540 South High St.. Doors will open at 6:30 p.m. with the meeting starting at 7:00 p.m.

Inside this issue:

Fundraising News	2
News from the Route	3
Education Update	4
The Extra Mile-Vol. Dept. News	5
Support Services News	6
Advocacy	7
Parting Glance	8



On behalf of the staff and volunteers of
the AIDS Committee of Thunder Bay, I
would like to wish you all the happiest of
Holiday Seasons! The Editor

Fundraising News

From Crystal Porteous, Fundraising Coordinator

WORLD AIDS DAY FUNDRAISING EVENTS!



ACT-B is holding a fundraising spaghetti dinner on World AIDS Day, December 1, 2001. The dinner will be held at St. John's Anglican Church, 226 Pearl Street with three dining choices to choose from:

Take out 3:30 p.m. – 4:30 p.m.
Sit down dinner 5:00 p.m. – 6:00 p.m. & 6:30 p.m. – 7:30 p.m.

Cost \$7.00 adult \$6.00 student/senior Children under 4 free
 We are promoting recycling so if you are taking out food please bring a container.

Our incredible recipe for spaghetti sauce is available free!

We need volunteers to cook spaghetti sauce. ACT-B provides the recipe and you cook the sauce in your home and deliver it to us before the event. In return for your donation you receive a free dinner ticket to enjoy the fruits of your labour.

We also need numerous volunteers to cook meatballs, make salad and work the day of the event. To prepare for the dinner we will be holding a meatball & salad making party in the kitchen of the church. If you would like to join our crew of cooks, please call Crystal or Selly at 345-1516.

If you are unable to attend but would like to support the event, you can purchase a ticket for someone who could not otherwise afford to come. Please see Crystal for further information about this aspect of the fundraiser.



Seattle Coffee House Day



On December 1st enjoy a warm cup of coffee at any one of Seattle Coffee House's five locations and help support the AIDS Committee! Seattle Coffee House is joining ACT-B in promoting WORLD AIDS Day by partnering with our agency in this new fundraising event. A portion of all coffee sales will be donated to the agency to support our programs and services. You can also take part in this event by treating yourself or enjoying a special coffee hour with friends or family. For further information, please call Crystal at 345-1516.

SEATTLE COFFEE HOUSE LOCATIONS

820 Red River Rd 588 Arthur St. The new kiosk at George's Market
 190 Cumberland St. (corner of River & Cumberland) Memorial Ave. at Dunlop



News from the Route—The Red Ribbon Walk



ANOTHER SUCCESSFUL WALK!

The AIDS Walk Fundraiser, the biggest of all of the events planned for the agency, this year was a huge success, raising over \$21,000.00. The day was a bit chilly, but everyone was energetic and ready for the brisk 5.6 km. walk. The Walk was held at Lakehead University's Outpost with 150 people taking part in the day's activities.

We would like to thank everyone who helped make this day the success it was. It took a lot of work and time to make this event possible. Special thanks to all of our walkers and dogs for collecting pledges and sharing in this exciting event, our wonderful volunteers who helped in the preparation and day of events, our sponsors for investing in this annual event, Downtown Volkswagen, WestJet Airlines, Janzen's Pharmacy, Bowater, The Royal Bank and Grand Portage Lodge & Casino, the many local businesses that donated prizes, and the staff and Fundraising Committee for the many evening meetings preparing and guiding the Walk's development.

Thank You!

Top Five Walkers

Selly Pajamaki	\$4922.21
Carl Triskle	\$1585.00
Helen Rose	\$945.00
Dennis Eeles	\$716.51
Scott Gale	\$647.00

Top Church Team:

First Church United	\$4535.51
---------------------	-----------

Top School Team:

Westgate High School	\$260.00
----------------------	----------



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



EDUCATION UPDATE

David Belrose, Education Coordinator

Ontario Men's Survey

An important new research project will be taking place across the province over the next few months. A survey will be conducted of men who have sex with men. The Ontario Men's Survey is a venue-based study including a self-report survey questionnaire and an optional HIV antibody testing of saliva. This 24-month study will be carried out across Ontario. The study will be conducted in eight languages and will seek a sample of 5,000 men who have sex with men.

Recent Ontario data suggest a significant increase in HIV incidence among men who have sex with men (Calzavara et al, 2000; Remis et al, 2000). This pattern is reflected elsewhere in the world, including San Francisco and New York (Coates et al, 2000). The current study was developed through an extensive consultation with service providers and AIDS Service Organizations in twelve Ontario cities, including Thunder Bay.

The major goal of the study is to conduct a cross-sectional, comprehensive socio-behavioural and HIV prevalence study among self-identified gay and bisexual men in Ontario. Specific objectives include:

- to provide an understanding of current issues related to behaviour and HIV infection for Ontario gay/bisexual men and particularly to further the understanding of factors that are contributing to the increase in HIV incidence among this population;
- to develop an understanding of variations between regions of the province in behaviours, HIV prevalence and factors that contribute to these variations;
- to compare study data with other data bases and previously conducted study data;
- to provide community-level data to help shape future prevention programming and other services.

Specific issues to be examined include: issues related to testing behaviours (including testing outside of community), sexual risk in the context of monogamous and non-monogamous relationships, sexual risk in the context of either casual or regular relationships, episode and context-specific aspects of risk, issues specific to ethno-cultural, and younger gay and bisexual men, understanding how gay/bisexual men access information about HIV, and theoretical explanations for HIV risk-taking -treatment and vaccine "optimism", and safer sex burnout.

The survey data collection will be taking place largely from January-March, 2002, and we will be looking for a large sample from Thunder Bay and region. You may have questions about the survey, particularly about the antibody testing of saliva, or about how you can become involved.

For more regional information contact: **David Belrose, Provincial Advisory Committee, at 345-1516, 1-800-488-5840 (807 area code) or actb@tbaytel.net.**

For provincial information contact: **Dan Allman at (416) 978-1830 or dan.allman@utoronto.ca**

World AIDS Campaign: Men key to reducing HIV/AIDS (UNAIDS media release)

7 October 2001 - This year's World AIDS Campaign will chip away at masculine behaviours and attitudes that contribute to the spread of HIV, according to Dr Peter Piot, UNAIDS Executive Director.

"Part of the effort to curb the AIDS epidemic must include challenging negative beliefs and behaviours, including the way men view risk and how boys are socialized to become men," said Dr Piot. "Men are expected to be strong, robust and virile - but these very expectations may translate into behaviours that can endanger both men and their partners."

The World AIDS Campaign 2001 aims to involve men, particularly young men, more fully in the effort against AIDS. It also aims to bring about a much-needed focus on men in national responses to the epidemic and to involve leaders both as politicians and as individuals in taking action against AIDS. For more information check out the UNAIDS site:

<http://www.unaids.org/wac/2001/index.html>

The Extra Mile

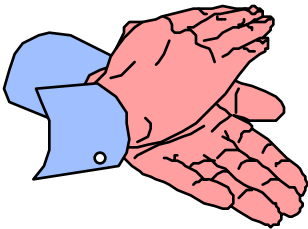
News from the Volunteer Department

Selly Pajamaki, Volunteer Coordinator

Here's what's happening in the coming months:

- **Fall Tag Day**—Sat. Nov. 17, 10 a.m.-4 p.m.
- **AIDS Awareness Week**—Nov. 25 to Dec. 1
- **Annual General Meeting**—Wed. Nov. 28, 7 p.m. Port Arthur Ukrainian Prosvita Society small hall, High St.
- **Candlelight Vigil**—Thurs. Nov. 29, 7:30 p.m.
- **Seattle Coffee House Coffee Day**—Sat. Dec. 1 all day at all locations
- **Spaghetti Dinner**—Sat. Dec. 1 St. John's Anglican Church on Pearl St., take-out 3:30-4:30; sit down meal 5-6 & 6:30-7:30

Please support the AIDS Committee by attending these events. For more information, call ACT-B at 345-1516.



Thank you to all our many dedicated volunteers. The time and talent you give to us is truly appreciated. We couldn't do what we do without your help and support.

Our first Summer Tag Day went well, bringing in just over \$800. Thank you to all those volunteers who gave up part of their summer Saturday to help with this event. The next Tag Day takes place on Saturday, November 17. Please come out and support ACT-B and our volunteers who are willingly standing out in the cold that day to promote the Red Ribbon Campaign.



AIDS Walk 2001 was a great success and a large part of the success was due to the work of many volunteers. Thank you all for showing up on time and doing your jobs so well. It is through the coordinated efforts of the group (staff and volunteers) that we are able to have such a smoothly-run event each year. Thanks also to the staff at the L.U. Outpost, they were very helpful. And, many thanks to the counters who came in the next day and spent hours checking and verifying pledge sheets and dollar amounts. We raised over \$21,000! The Walk Committee also deserves a big thank you for their many hours of planning.



Please remember our first Coffee Day will take place on Saturday, December 1—World AIDS Day. A portion of the price of every cup of coffee sold that day will be donated to ACT-B. We don't need you to volunteer, but would appreciate you going out and buying a cup or two of coffee. And, tell your family and friends about this event, too.



Saturday, December 1 is also when our first Spaghetti Dinner will be happening. It will be at St. John's Anglican Church on Pearl St. Take-out is available from 3:30 to 4:30 and a sit-down meal will be available from 5-6 and 6:30-7:30. Bring your family and friends for a spaghetti and salad dinner. We are in the process of calling volunteers to make spaghetti sauce and/or to help at the dinner. Please call Selly at 345-1516 if you would like to volunteer for this delicious event.

News from Support Services

Santa's Elves Need Your Help!

Dear Friends of ACT-B

Providing something special for Christmas for our clients has become an ongoing tradition which we invite you to participate in. We are seeking individuals and families who would like to be Secret Santa's. Each year, the AIDS Committee purchases turkeys, oranges and candies and puts together Holiday Baskets. But, we need your help to complete the baskets. You or your family, or a group of friends or workmates can adopt a family or individual for this project. Your task is to provide something special for Christmas to fill the basket.

We are asking you to take on the role of a "Secret Santa" by filling either a large stocking for an individual or a basket for a family. We will provide specific information, e.g. gender, age and interests, to make each basket/stocking meaningful. Should your schedule not permit the actual shopping, we will gladly accept a cash donation and complete your "Santa" commitment for you.

To register or find out more about this project, please contact Marge Cross at 622-0462.

Thank you in advance for your caring and gracious support.

For Information -

About AIDS or HIV Infection:

Call the AIDS Hotline at 1-800-668-2437

About Superior Points:

Call 624-2005, 625-8830 or 625-8831

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 345-1516

About HIV/AIDS Treatment Information

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

Attention all clients, volunteers and visitors to the AIDS Committee of Thunder Bay. We are a 'scent-free' building. Please do not wear colognes, perfumes, aftershave, or scented makeup or hairspray when visiting our premises. They have been known to cause allergic reactions for staff, clients and volunteers.

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

catie

Community AIDS Treatment Information Exchange

email: info@catie.ca

internet: www.catie.ca

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

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

Advocacy

ACT-B Advocacy - a small victory

Last month Tony Clement, Minister of Health, announced changes to the Northern Health Travel Grant [NHTG] program and for related areas of health care. The principle announcement - and the piece perhaps most important to our clients, ourselves and the people of Northern Ontario - is a basic increase in the NHTG compensation. The announcement states that "medical referrals from Thunder Bay to Toronto would be compensated up to \$941.88." This is an increase from the old maximum of \$419.38. It is a significant increase and a major improvement by the Provincial government. It is not enough and will not allow for full recovery of travel costs associated with medical travel, particularly when someone needs another person to travel with them.

I am writing about this because it is an example of advocacy-over-time. ACT-B has to be engaged in this principle. The improvement to the NHTG caps approximately a three-year effort. The effort had many, many partners. Our local MPP's lead a petition campaign that garnered something around 40,000 signatures to have the plan improved. The Ontario Advisory Committee on HIV/AIDS [OACHA] has had the NHTG program as a priority on our list of items that we pressure the Minister about. Our board - like many other ASO boards - endorsed OACHA's advocacy position on the NHTG program. I have sat in direct personal meetings with Clement's predecessor - Elizabeth Witmer - with Mark Bulbrook at my side [then Executive Director of the OAN - now Co-Chair of OACHA] and argued about the inadequacy of the NHTG for our clients. Pius White, while he was still President of our Board, and myself, again pressured the Minister directly in a meeting of the full OACHA committee. We pressured Minister Witmer to release an internal report about the NHTG, which she had commissioned. She told us she would [but, more than a year later, it has yet to be released]. Many families and private individuals wrote, complained and communicated with the government about the NHTG program.

And finally, last month, change occurred.

It is important for you to know that ACT-B has to be part of this - has to play an energetic, active role on advocacy issues we believe impact our work. The increase [now 2 years ago] to our core operating funds from the AIDS Bureau was the result of another three year effort of direct advocacy and pressure. These are examples of how ACT-B must keep the big picture in focus while simultaneously doing our day-to-day and month-to-month work. This is seldom easy. It is often time consuming and thankless.

As I write this, I pause to note this small victory and the progress achieved. And I am full of gratitude toward Pius White, Mark Bulbrook, our board of directors, OACHA and our MPPs. This is not Minister Clement's generosity. He simply arrived to head his Ministry [he has been Minister of Health for less than a year] at a time when all this effort to affect change rolled onto his desk and made him take notice.

We have done something good for our clients.

Michael Sobota, Executive Director

Parting Glance

The AIDS Committee of Thunder Bay would like to acknowledge the United Way of Thunder Bay for supporting our Emergency Financial Assistance Program. ACT-B applied for and received funding for this unique program through the United Way's Community Response Grants. This is a wonderful community partnership that in turn will directly help people with HIV/AIDS and their families.

MEMBERSHIP RENEWAL

Have you renewed your membership for 2002? It's not too late! Fill out the membership form below and mail it to the ACT-B office.

As a member you have a voice in the future direction of the agency by supporting the aims, goals and objectives of ACT-B. If you would like to take an active role in the agency's growth, you are eligible to stand for nomination to the Board of Directors, as well as having the option of nominating and electing others. As a special bonus, all members receive our *ReACT Believe* newsletter providing up-to-date information on HIV/AIDS, treatment and notices about fundraising and special events.

Yes, I want to be a member of ACT-B

Basic Membership ☐ \$10.00

Supporting Membership ☐ \$25.00

I would also like to donate: ☐ _____

Name: _____

Address: _____

City: _____ PC: _____

Phone: _____

Email address: _____

When calling, do you prefer we use discretion? Y N

Would you like to receive information by email? Y N

Please make your cheque payable to:

AIDS Committee of Thunder Bay

P.O. Box 24025, Thunder Bay, ON P7A 8A9

Phone: 807-345-1516 Fax: 807-345-2505

ACT-B Advisory Council

Richard Atkinson	Kinna-Aweya Legal Clinic
Fred Ball	Director, Regional Public Health Laboratory
Gail Linklater	Crossroads Centre
Dr. Gordon Milne	Family Physician
Karen O'Gorman	HIV Program Consultant ARF
Pat Piaskowski	Infection Control, TB Regional Hospital
Diana Smith	Public Health Nurse, Thunder Bay District Health Unit
Richard Thompson	Superior Points Harm Reduction
Nicky Tittley	Coordinator Infection Control/Safety, St. Joseph's Care Group
Carl Triskle	ACT-B Board of Directors
Rev. Don Uhryniw	Current River United Church, Council of Clergy

ACT-B Board of Directors

Sherry Britton	Michael Croft
Pam Delgaty	Heather Graham
Paul Kerber	Linda MacKay
Rob MacKay, President	Carl Triskle

ACT-B Staff

Christa Alsch	Secretary
David Belrose	Education Coordinator
Sheila Berry	Support Services Coordinator
Stuart Boland	IDU Outreach Worker
Joanne Books	Counselling Conference Coordinator
Charlene Burford	Support Worker/Health Promoter
Heather Cameron	Targeted Prevention Worker
Lawrence Korhonen	Administration Coordinator
Selly Pajamaki	Volunteer Coordinator
Crystal Porteous	Fundraising Coordinator
Michael Sobota	Executive Director

Re-ACT-Believe Contributors

Selly Pajamaki Editor
ACT-B staff & volunteers

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.

From the Health Promoter...

Charlene Burford

I have included a general interest article about water intake and a brief report about our Community Garden. We are looking for dirt diggers and fresh air worshippers (volunteers) for our next garden season, give me a call (345-1516).

Also, **Mother's Cupboard** is in need of PEANUT BUTTER for those of you who want to donate but can't figure out what to drop off at our office. Feel free to call and I will give you more food suggestions.

Community Garden 2001 Report

Background:

Fresh produce grown in a garden by and for clients has been a project idea for a number of years. I was given a brief history of ideas for the project. In June, a member of the Mother's Cupboard Committee announced that County Fair Community Garden would allow us to join them regardless that we were not located in the neighbourhood.

The Process:

An "Interest Survey" was created and mailed out to all PHAs involved with ACT-B; three (3) surveys were completed and returned to me. Fourteen (14) people expressed an interest in being involved in the garden; four (4) were PHAs the remaining ten (10) were volunteers with the agency.

I met with the County Fair Community Garden manager and identified a plot of land approximately 20' x 30' as manageable for our first year. We had to weed and turn the overgrown area prior to planting. It took two separate work parties to prepare the earth, the seeds and bedding-out plants were in the ground June 25th with the help of seven (7) people. Bedding-out plants included tomato (48), cauliflower, squash and lettuce. The following seeds were planted: carrot, pea, green onion, red pepper, zucchini, and radish. We received donations from Creekside Nursery (seeds and bedding-out plants), Canadian Tire (support cages for tomato plants), garden membership fee of \$5.00 and \$10.00 toward purchasing seeds. A daily watering schedule was created for the first month; subsequent months relied on the weather and people tending the garden informally. Garden fresh produce was distributed to clients on a few occasions, people thoroughly enjoyed receiving the food knowing it had come from "The Garden".

Recommendations:

The Garden is a great project and we will need at least another year to implement some of the learning from this year. I plan to be a part of the Community Garden Guidelines Committee that will provide the opportunity to link with other garden members and increase my general gardening knowledge that I can then apply to the plot next year. I have been invited to a workshop directed at "organizing your volunteers" to be presented by Eco Superior in the upcoming months; my involvement will teach me skills to more efficiently recruit and schedule garden helpers. Initially, we thought this would be a client driven project, however, it is not feasible to believe the clients will be responsible for tending the garden as their health and energy levels fluctuate drastically. The following suggestions can be applied to next year's garden project:

- Start ground preparation in May; plant at the start of June (rather than July).
- We will need a larger volunteer base of dedicated people for next year. Organizing each work party was time consuming, often those who committed to helping were not at home when it was time to pick up the helpers.
- More weeding and plant thinning needed. Much of the garden was over-grown strangling out the planted vegetables.
- Cauliflower not needed.

Drink Yourself Fit!

Foods geared towards athletes, low-fat cuisine, vegetarian dishes and diets.... Wherever you go, you'll find sports fans making conscious decisions about what they eat. However, many fail to realize the importance of finding the right drink to provide all the necessary nutrients to improve their performance.

An athlete sweats a lot. This process depletes enormous amounts of water, minerals and electrolytes from the body. This liquid loss rapidly reduces stamina and can quickly turn hazardous, since water is an indispensable coolant for the body and also transports vital elements throughout the system. Therefore it is of greatest importance that athletes learn to control and monitor their fluid-intake. Once your body registers the lack of water, and sends you a signal—thirst—your athletic capabilities have already been reduced. Athletes should therefore consume sufficient liquid before and during physical activity.

Each athletic or sports activity exerts different demands on the body, hence the difficulty in formulating an ideal ingredient for the ultimate sports drink. Athletes debate the benefits of plain water, isotonic drinks, so-called energy drinks and protein shakes. First of all, however, we need to differentiate between drinks that are meant to replace body fluids in endurance sports, and those that promise to enhance the muscle building process in strength-oriented sports.

For endurance sports, water or even tea is sufficient to replenish lost body fluid in activities not exceeding 60 minutes. In longer competitions, however, these cannot deliver the necessary energy replenishment. In these cases you should drink a fruit juice/mineral water mix, which contains the needed carbohydrates, in the form of fruit sugars, for energy. Non-carbonated mineral water is recommended for your water/juice mix, since carbonated drinks increase carbon dioxide levels in the digestive tract, thereby reducing the body's urge to take in additional fluids. The mineral water should contain sufficient magnesium (approx 100 mg/l) and potassium traces to immediately replenish any loss. Sweat also depletes sodium reserves in the system, but a regular daily diet sufficiently replaces any losses. Carbonated soft drinks are not recommended because of their high sugar and/or caffeine content and concentrated fruit juices are discouraged as well. These juices have high carbohydrate levels that tend to inhibit the body's metabolism. Energy drinks don't necessarily give you wings, as advertised, but they cause your kidneys to work overtime due to their high caffeine content. Also their lack of mineral content makes them unsuitable for athletes.

Hypo- or isotonic drinks, on the other hand, are similar to the body's own fluid consistency and tend to be absorbed easier than, for example, concentrated fruit juices. These are essentially carefully formulated carbohydrate cocktails, consisting of fructose, maltodextrin, and soluble starches, as well as numerous vitamins, co-enzymes and minerals. These drinks quench thirst while replenishing lost body fluids and maintaining energy levels. Isotonic powders should therefore be diluted carefully to enable the body to absorb their ingredients quickly.

Many athletes who participate in sporting activities demanding a lot of muscle power swear by their protein shakes. These formulas are advertised in practically every fitness facility — but is the additional protein intake really necessary? Of course, muscle strength sports require additional proteins; however, the recommended daily intake of approximately 1.6g/kg body weight can easily be achieved through a balanced diet. In addition to protein, these shakes contain a lot of sugar, which may actually be detrimental in weight training. It is much better to meet the protein needs by eating animal or plant proteins, such as fresh dairy products, on a daily basis.

Like other sports, weight training requires sufficient carbohydrate intake for energy. Again, a fruit juice/mineral water-mix offers the ideal combination of energy-producing carbohydrates, water, and minerals. Just make sure the fructose content does not exceed 60g/l, to ensure optimal absorption, and always drink highly diluted fruit juices.

Tip *Drink 300-500 ml at least two hours prior to physical activity, to equalize the body's liquid and energy levels, and an additional 130-300 ml shortly before beginning your sports activity for extra fluids and energy. During the activity, you should replenish your body with an additional 130-300 ml every 15-20 minutes, to maintain your levels. As soon as you are finished, you should replenish your fluid and carbohydrate levels with an additional 300-500 ml.*

You can produce your own refreshing sports drink! Mix approximately 100 ml of fresh lemon juice with one litre of black tea, and sweeten the mix with some honey or unrefined sugar for carbohydrates.

This article was taken from the web site 'fitness.com (the global fitness community)' and was written by Benjamin Goddel

LAST CHANCE TO RECEIVE NEWSLETTER

AIDS Committee of Thunder Bay (ACT-B) - Newsletter Survey

*****Thank you for your help! If you do not respond to this survey, we will take that to mean that you do not wish to receive our newsletter in the future.*****

The AIDS Committee of Thunder Bay produces the *reACT-Believe Newsletter* three times a year. Current HIV/AIDS issues, and activities of ACT-B are highlighted. We have limited funds for printing and distribution, and are looking for alternative means of making the newsletter available to a broader audience, such as sending it by e-mail, and posting it on our web site.

We appreciate you taking the time to complete this short survey. Please return it either by fax to **(807) 345-2505**, or by mail to:

**AIDS Committee of Thunder Bay,
PO Box 24025, Thunder Bay, ON P7A 8A9**

If you prefer to reply by e-mail, please e-mail **actb@tbaytel.net** and include "NEWSLETTER SURVEY" in the subject line. The survey can be sent to you by e-mail for completion and return.

Your name _____
Organization (if any) _____
Address _____
City, Province, Postal code _____
E-mail (if any) _____
Phone number _____
Fax number (if any) _____

1. Do you want to continue receiving the *reACT-Believe Newsletter*? **Yes** **No**
If no, why not? _____

2. For those who have Internet access, we intend to place the newsletters on our web site in Adobe PDF format, and notify people of new issues by e-mail. We can also send the newsletter by e-mail in Adobe PDF format. The Adobe Acrobat Reader needed to view and/or print the newsletter is available free, and can be accessed through a link on our web site. If you have Internet and e-mail access, please provide your e-mail address (and web site address if you have one). [Please note that this will be used only to send you information from ACT-B, and will not be provided to any other agency or individual.]

E-mail address: _____
Web site: _____

Please place check beside your choice for getting the newsletter:

Send me the newsletter by e-mail in PDF format ☐
Send me notification by e-mail and I'll access it on the web site ☐

3. For individuals or agencies without Internet or e-mail access, we can produce a limited number of print copies of the newsletter. Do you need to receive the newsletter in this format? If yes, be sure to include your mailing address in the section provided earlier in the survey.

Yes No