

Re-ACT Believe

Volume 15

Issue 2

Summer 2002

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Have You Sent In Your Email Address?

Our newsletter is now available on-line. Please send us your email address so we can let you know when the next issue comes out. Unless you notify us that you do not have an email address, **the next issue will be your last hard copy of our newsletter.** Please call or email us your address, send it to: actb@tbaytel.net



AIDS THUNDER BAY is Part Of The Answer

In late May, 1999, at a Board and Staff retreat, the idea came forward that ACT-B needed a fresh look. It was suggested that we consider changing our logo. This simple suggestion launched what became The Image Project. It would last for the next three years and involve us in much more than a simple logo change, though that is one of the outcomes.

The Image Project engaged partners in community research to find out what people in Thunder Bay knew about HIV/AIDS and about us. Those partners were Lakehead University, a research investigator from The CLEAR Unit at McMaster University in Hamilton, and McEachern Marketing. Together with a small army of volunteers, broad surveying was done of people living in Thunder Bay. The results showed us that, in general, people had correct information about the “basics” of HIV/AIDS, how it was transmitted and ways to prevent getting it. However, they were less aware of our agency and what we do. This information was provided in a report to our members at our Annual General Meeting in November, 2001.

We then set out to improve on our image. We know we are an important source for HIV/AIDS information and services—and we wanted others to recognize that. We struck a small committee to develop possible names and suggestions for images that would make us easier to identify and remember. Options for names and possible logos were developed by McEachern Marketing and another round of consultations began. This process involved meetings of staff, our board, focus-group sessions with partners and other local health care professionals as well as two meetings with clients. These results were reported to our board of directors who made the final approval.

The results you see on this newsletter.

We wanted a name that was simple, clean easy to understand and to find in the phone book. Though HIV is causal to AIDS, we knew that people identify AIDS as the term for what has become a global epidemic. We wanted the red ribbon to be part of our logo. The red ribbon has become the most immediately recognizable symbol in the struggle against AIDS. We chose AIDS **Thunder Bay** with an active red ribbon as our visual identity to lead us into the future in this work.

We thank all of you who helped us during the past three years. We promise you more and better communications in the coming months to further assist you in knowing who we are and what we offer. AIDS continues to present complex questions to our community. AIDS **Thunder Bay** is part of the answer.

“AIDS continues to pose complex questions to our community. AIDS **Thunder Bay** is part of the answer.”

Michael Sobota
Executive Director

FUN-raising Events

August to December



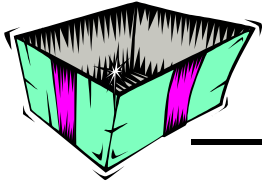
Cash Register Receipts

We've had an incredible response to this new project. With your help we have collected close to \$28,000 worth of receipts. Some of our members have placed envelopes at their workstations and are getting their co-workers to collect. This project runs with the calendar year so there is still time to collect more receipts.

Just a reminder, the collection box is in our office lobby.



Annual Silent Auction



At the Annual General Meeting in November it has become a tradition to hold a silent auction raising funds for the Emergency Financial Assistance Program. It has proven to be a great success each year with our attendees purchasing items for holiday gifts. Each year we receive a number of unique and wonderful donations that have included leather stockings, new books, pictures, prints, and movies! If you would like to donate something for the auction, please call Crystal at 345-1516 or drop it off at the office.

Come & Get Lei-d!



Just because summer is over doesn't mean it's time to stop having fun!

Friday the 13th is our night at the Voo-Doo Lounge and the first 50 people in the door get leis! It's a beach party!

Get Wild & Funky... Dress in your summer duds one last time!

Now's your chance to show off that hard-earned tan as part of the Best Tan Contest. The winner will receive a rainbow beach towel! Runner-ups will get rainbow leis.

There will also be other fun draws throughout the night.

Friday, September 13th, 8:00 p.m.—2:00 p.m.
Voodoo Lounge, 24 South Cumberland Street
Cover Charge \$3.00

Bowling Anyone?



One strike! Two strikes! Three strikes in a row!! WOW! ...and you get a TURKEY??



That's right! Now's the time to begin thinking about our up-coming bowling tournament! We are thinking of planning a tournament in the new year and would love to hear from all of you. So, start practicing your stances and get those bowling balls all shined up, because there's a turkey waiting for you!

If you are interested in taking part in this fun-filled event or receiving information please call Crystal at 345-1516 or drop us a line at actb@tbaytel.net. Remember, the more people that sign up the better the event!



The AIDS Committee of Thunder Bay has partnered with the Centre for Addictions & Mental Health and the Canadian Mental Health Association to create the first ever **Visions & Light Film Festival**. Held over October 4-6, 2002 the festival aims to *Educate, Enlighten and Entertain* about Mental Health, Addiction and HIV/AIDS, through the shared experience of provocative and celebratory films.

October 4-6, 2002

For further information about the Festival please call Margaret Frenette at 345-8110.

Cineplex Odeon 115 Cumberland Street North

IRIS (drama, Great Britain). An English philosopher and novelist struggles to cope with a hunger for experience. Embarking on numerous affairs with men and women, young Iris must cope with her elder's Alzheimer's Disease. (Kate Winslet, Judi Dench, Jim Broadbent)

REQUIEM FOR A DREAM (drama, USA). The drug-induced utopias of four Coney Island individuals are shattered when their addictions become stronger. At the centre is "an operatic performance by **Ellen Burstyn**" (Liam Lacey, The Globe and Mail).

PERFECT SON (drama, Canada) Two estranged brothers reach a reconciliation. Theo is a recovering drug addict and unpublished writer; his brother Ryan is a successful lawyer who is dying from AIDS. **Colm Feore** as Ryan is "the real strength of the movie" (Liam Lacey, The Globe and Mail).

BEST IN SHOW (comedy, USA). The "tonic" for festival-goers who may be wanting something light after emerging from troubling themes, this film recounts the story of a few eccentric dog-owners preparing their precious pure-bred pooches for a big show. (Catherine O'Hara, Eugene Levy)

Ticket Prices:

Gen. Admission - \$7

NOSFA Members - \$5

Four Pack - \$15

Gold Passes - \$30

Gala Reception - \$10

(includes admission to IRIS)

* **Films among the ten to be screened are subject to availability**

Watch the Chronicle Journal for the festival guide and up-dates about the web site!



AIDS Walk

Sunday, September 22, 2002

Lakehead University, The Outpost

(A reminder to use the Balmoral Street Entrance)

Check-In: 12:00 p.m. - 1:45 p.m.

Walk Starts: 2:00 p.m.

Open Community Rhythm Circle

by Sean Jesseau 12:30 pm - 1:30 p.m.

1st Prize: Trip for two on WestJet Airlines
2nd Prize: Hot tub rental - Hot Tub Express
3rd Prize: Gift package - Wabakimi Wild Waters
Top Team: 2 hour Cruise for 12 with Sailing Thunder Bay

Register Today!

www.aidswalkcanada.org

Call 345-1516

A PROJECT OF



in partnership with community AIDS organizations across Canada

Special thanks to local sponsors: Grand Portage Lodge & Casino, Janzen's Pharmacy, The Royal Bank, & WestJet Airlines.

Media sponsors: The Chronicle Journal & Thunder Bay Post

EDUCATION UPDATE

David Belrose - Education Coordinator

Smart Choices Outreach Project and Evaluation (SCOPE)

A new prevention project is underway at AIDS Thunder Bay. SCOPE is a three-year prevention project that will build on our previous outreach projects (Targeted Prevention Initiative and Substance Use Outreach Project).

The project will target substance using men and women, primarily heterosexual, with a focus on marginalized populations (persons at risk). Based on our evaluation of the previous work, the project will incorporate peer outreach, a performance art outreach element, and a social marketing campaign. This project is funded by the AIDS Community Action Program, Health Canada for the three year period.

We welcome Denise Olson as the SCOPE Outreach Worker who will coordinate the project. Denise has experience with a variety of community projects in Northwestern Ontario, and we look forward to her involvement with this project.

What are the activities this project will undertake?

A major component of this project will be the use of peers to conduct outreach in the community. By including a strong training element with the help of community partners, and recruiting new peers on an annual basis, we will develop a network of knowledgeable peers in the community.

The performance art component is subject to modification annually, and may include production and presentation of a short video, development and presentation of a short theatre piece, or other elements based on consultations with the affected populations.

The social marketing component will be developed in concert with our Injection Drug Use Outreach campaigns and may include transit ads, posters, bus shelter ads, radio ads, and other elements as appropriate.

SCOPE NEWS

From Denise Olson

Thank you staff and volunteers for your patience and support during my first weeks as SCOPE coordinator. Indeed I feel very fortunate to work alongside such inspired and inspiring individuals.



IRIS the
Virus



Condom
Man

Our peer outreach group will soon be visiting local bars and is presently developing two characters, Iris the HIV Virus & Condom Man, our very own super hero.



I am thrilled to announce that I will be working with the second year film students at Confederation College on a video for the SCOPE program. Professor Dennis Austin states that this group of students is especially bright and innovative.

This will be a wonderful journey with much fun and excitement. The SCOPE project will evolve and take shape and I am sure transform along the way, we may ruffle a few feathers, but then we will know we have caught someone's attention.

11th Northwestern Ontario Regional HIV/AIDS Counselling Conference

October 17th & 18th, 2002, Victoria Inn, Thunder Bay. Registration: \$40.00

Fees waived for people living with HIV/AIDS. Registration Deadline: September 20th, 2002.

For more information, please contact Daina Maslach, Counselling Conference Co-ordinator, at 345-1516. Funded by the Ontario Ministry of Health and Long Term Care, AIDS Bureau.

CCORA Re-energized, Ready for Fall Advocacy Steering Committee Plans Upcoming Activities

The Canadian Coalition of Organizations Responding to AIDS (CCORA) has re-launched its advocacy campaign to urge the government to substantially increase funding for the Canadian Strategy on HIV/AIDS (CSHA). This will remain the singular goal of CCORA's efforts, until the federal government responds in an appropriate way to Canadians living with and affected by HIV/AIDS.

CCORA's new Steering Committee met in Toronto on Friday, August 9th to plan advocacy activities for the upcoming months. The outcome of the meeting was a five-month time line of activities that marks major events such as AIDS Walk Canada and AIDS Awareness Week, but also incorporates possible scenarios, such as a Fall mini-budget from the federal government. Advocacy around the Romanow Commission Final Report, the results of two upcoming studies and a meeting between the Health Minister and representatives from the Canadian AIDS Society (CAS), is also planned.

Drawing from the strong mandate provided by its members at the Annual General Meeting held in Ottawa in late June, CAS has moved forward as the Secretariat for CCORA by initiating and hosting the first meeting of the volunteer Steering Committee. This committee was developed after a call for volunteers was extended to all CCORA members. It will be responsible for planning advocacy activities and holding monthly teleconferences to evaluate the progress made. CAS will work closely with the Steering Committee and all other interested CCORA members to ensure that the government is hearing the message that current funding for HIV/AIDS is both inadequate and inappropriate.

CCORA's plan of action combines activities lead by CAS staff with ones that must be undertaken by the entire membership to have maximum impact. For example, the CSHA will be the primary focus of CAS' message to Minister of Health, Anne McLellan when Board and staff representatives meet with her in September. However, the efforts of all CCORA members are needed to collect signatures on the Petition to Double the Strategy and meet with Members of Parliament.

CCORA continues to be a collaborative effort on the part of a diverse number of HIV/AIDS stakeholders across the country. While different organizations can participate in a variety of ways, relative to their own time and resources, it is important the CCORA is as broad a coalition as possible, so that the government can see what a powerful constituency is represented. Please consider adding your organization's name to the more than fifty groups demanding a better response from the government in the fight against HIV/AIDS. Contact Liz Scanlon, at lizs@cdnaids.ca for more information.

A few parting words:

Well, I just can't leave the AIDS Committee, now AIDS Thunder Bay, without saying a few things. Foremost, I thank all of you who have been in my sphere for the last 12 plus years, for each of you has been important and meaningful. You have taught me so much that I'm ready to take on a bigger chunk of life. I take each of you in my heart with an enriched wisdom about life and relationships. The pictures and mementos that I have collected over the years will be carefully preserved in my photo album and shoe box so I can browse through them in those dreamy moments when I need a heart fix.

When I began with ACT-B, I had no idea of the depth of learning and richness that was to come. Personally and professionally there have been many changes working within the HIV/AIDS community, locally and in a broader context. I am hoping for more positive changes in care and treatment of people who are living with this disease. As a society, there is still a long way to go to get rid of the stigmas and prejudice still prevalent two decades after AIDS emerged in North America. Life is precious, relationships are precious. Make each moment, each day count. I believe we are measured by our own actions. So, live life to the fullest with integrity and respect for yourselves and others. Thank you for the "opportunity". I come from the city with a giant heart—I take that with me everywhere I journey. Be well — Sheila

The Extra Mile

News from the Volunteer Department

Selly Pajamaki, Volunteer Coordinator

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

***AIDS Walk—Sept 22**

***Opening Doors
Conference—Oct 17-
18**

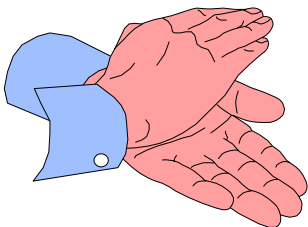
***Visions & Lights Film
Festival—Oct 4-6**

***Tag Day—Nov 16**

***AIDS Awareness
Week—Nov 24-30**

***World AIDS Day/
Seattle Coffee Day—
Dec 1**

**If you would like to
volunteer for any of
these events, please
call Selly at 345-1516.**



**Thank you to all
our volunteers!**

Volunteer Activities

It's been a very busy summer with 2 Yard Sales, a Tag Day, a display at Summer in the Parks, a Car Wash, preparation for the upcoming AIDS Walk, the Bingo Volunteers Appreciation Event, Volunteer Orientation & AIDS 101, a drivers' meeting, and all the regular volunteer happenings at AIDS Thunder Bay. This busy-ness will continue on into the fall with the AIDS Walk, the Visions & Lights Film Festival, the Opening Doors Counselling Conference, another Tag Day, the Annual General Meeting, AIDS Awareness Week and World AIDS Day.

There will be volunteering opportunities as part of all of these events. If you're interested in any, or all, of them, call Selly at 345-1516.

Our second Yard Sale of the summer was another great success in spite of (or perhaps partly because of) the rain and windy conditions that day. Thank you to all our volunteers for helping to make this event fun and successful, we really appreciate your participation.

We have openings for volunteers to staff our reception desk. This position is very important! Our receptionists are the first person seen when a visitor comes through our doors. We want you to be that smiling face. If you can't take a permanent shift, don't worry. How about training for this position and filling in where you can? Build your skills while spending time with us. No experience is necessary, we will train you. Regular shifts are 4 hours, morning or afternoon. If you would like to join the reception team, give Selly a call at 345-1516.

We also have openings for volunteers at bingo, some shifts are only 2 1/2 hours. Bingos are held on the second and fourth Tuesdays of every month beginning at 5 p.m. You can sign up for a regular shift or only work an occasional bingo. If you'd like to join a fun-loving group of people, give Selly a call .

Here and There...

It's Membership Time Again

Is your membership up-to-date? This year's Annual General Meeting (AGM) will take place in November. In order for you to vote at the meeting, your membership must be in good standing. Your application for membership has to be approved by the Board of Directors 30 days prior to the Annual Meeting. Therefore, you must become a member by the end of September to be eligible to vote. If you would like to become a member or renew your membership, please fill out the attached form and mail or fax it back to:

AIDS Thunder Bay
P.O. Box 24025
Thunder Bay, ON P7A 8A9
Phone #: 345-1516 Fax #: 345-2505

Or, bring your completed form into the office at 217 S. Algoma St., Thunder Bay, Ontario

Name: _____

Address: _____

Postal Code: _____

Phone #: (Work) _____ (Home) _____

When calling, would you prefer us to use discretion?

Yes _____ No _____

Would you like to receive information by email?

Yes _____ No _____

Basic membership \$10.00 ☐

Supporting membership \$25.00 ☐

I would also like to donate \$_____ ☐

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 AIDS 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

reACT-Believe Newsletter

In order to cut production and mailing costs, we are now posting our **newsletter online**. It is in Adobe PDF format so it can be read online or printed out in hard copy. If you are now receiving our newsletter by snail mail and you have an email address, **PLEASE send us your email address** so we can add you to the email newsletter list. This will help reduce costs and allow us to keep producing the newsletter. Send it to actb@tbaytel.net

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 or 624-2000

About Regular HIV Testing

Call the Sexual Health Clinics 625-5976 or 624-2000

About Counselling or Referrals

Call AIDS Thunder Bay 345-1516

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

catie email: info@catie.ca
internet: www.catie.ca
Community AIDS Treatment Information Exchange

Attention all clients, volunteers and visitors to the AIDS Thunder Bay office. 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.

Parting Glance

AIDS Thunder Bay would like to acknowledge the United Way of Thunder Bay for supporting our Emergency Financial Assistance Program. ATB 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.

Frequently Asked Questions About HIV/AIDS Question #2

Who can get HIV or AIDS?

Anyone who has unprotected sex or shares needles could become infected with HIV. If you think that HIV/AIDS only affects gay men or injection drug users, you're wrong. You are not protected from HIV because you are straight, or young, or a woman, or living in a rural area.

You don't get HIV or AIDS because of who you are, or where you live. It is what you do.

The three main ways you can contract HIV and AIDS are:

1. Having unprotected sex (especially having vaginal or anal intercourse without a condom).
2. Sharing needles or other drug equipment.
3. Receiving the virus as a baby. If a pregnant woman has HIV, her baby can get the virus during pregnancy, delivery, or breast feeding.

In 1997, heterosexual sexual activity accounted for more than 20% of reported HIV-positive tests in Canada. Globally, heterosexual activity accounts for 75% of HIV infections.

In Canada, 23% of all new HIV infections in 1996 were among women. Worldwide, 41% of all new HIV infections were among women.

Young people in Canada are also increasingly being infected by HIV/AIDS.

And HIV and AIDS are not just big-city problems. Many Canadians move back and forth between the city and the country to get jobs or go to school. Today, AIDS and HIV infection are found in every part of Canada.

Anyone, anywhere who has unprotected sex or shares needles can become infected with HIV and develop AIDS.

This is one of a series of fact sheets developed to answer frequently asked questions from clients of the Canadian HIV/AIDS Clearinghouse in 1999. This material was originally produced for the Canadian Health Network

AIDS Thunder Bay Advisory Council

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

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Selly Pajamaki	Volunteer Coordinator
Crystal Porteous	Fundraising Coordinator
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AIDS Thunder Bay acknowledges and thanks our various funders:

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

And all of the people involved in general fundraising and the support of many local businesses and individuals

A Word or Two ...

from the Health Promoter



The Community Garden produce will continue to be distributed to clients.

Unfortunately we planted just before the great rains of June and have now come to the conclusion that perhaps many of our seeds were washed away with the downpour.

Lettuce and a few beets have been distributed to clients as of this writing. I would love to take credit for the garden's success; however, I've been very busy with office work and found very little time to play in the dirt. Dedicated volunteers, Heather Graham and her daughter, are the only reason we were able to provide fresh vegetables to people. Thank you beyond words.



Mother's Cupboard Committee did not meet during the summer months. We will resume our one-hour bi-monthly meeting in September (10th at 12:00). Our shelves are rather bare currently. We need to find more effective ways of generating non-perishable food donations. Mother's Cupboard relies heavily on the generosity of the Thunder Bay community. At this point, there are three local churches that donate on a regular basis; without them, we would not have food to offer our clients and their families.



I would like to acknowledge and send a huge thank you to Current River United, St. John's Anglican and First Presbyterian churches. Lakeview Presbyterian, Wesley United and First Church United have also given food from the heart.

Various groups, organizations and individuals have supported Mother's Cupboard throughout the year; all is appreciated. If you would like to donate a can or box of something but not sure what we may need, give me a call or stop in at the office where you can pick-up a list of suggestions at the reception desk. If you have a spare lunch-hour and are interested in helping oversee the emergency food bank (Mother's Cupboard), contact Charlene.



Things that make me go hmmm...

- Does your favourite colour really say something about your personality and outlook on life?
- Why do we humans have such a hard time applying the advice / wisdom we give others to ourselves (re: healthy mind, body, spirit)?
- (Borrowed from a co-worker) Is it the mind or body that dictates complacency? Same question applied to fatigue.
- Is it possible to be enchanted many times throughout an ordinary day? When's the last time you looked at a moment from the perspective?
- Why don't more people call others on their negativity and prejudices?

Charlene Burford

Two Strong Women — Transitions

Sheila Berry came to our agency in the summer of 1990. She left a successful career in the business world to become our third Volunteer Coordinator. When Sheila came to us, she brought a vast network of connections into the community — and she used those connections over the next few years to expand and strengthen our volunteer base. After preparing herself through advanced education and on-the-job experience, in 1994 Sheila became our Support Services Coordinator. It was a position that had high turnover. Sheila brought stability and maturity to the department. She built internal procedures, assisted in hiring qualified and diverse Support staff and expanded services. Over her 8-year leadership, she built the department into one of the strongest of any AIDS service organization in the province. During Sheila's 12-year history with us, she also helped develop and build the agency. She made significant and generous contributions to our annual fundraising efforts — purchasing art at our early Art Auctions, fielding a team (the Hungry Coyotes) for our annual AIDS Walk, performing in our Healthy Sex Cabarets. Throughout her time with us, she remained focused on service to our clients. She readily embraced the shifting demographics of the epidemic, as HIV shifted largely into being a heterosexual, drug-influenced disease in our region. She grew, expanded and blossomed as a person, entering new relationships and expanding and deepening her circle of friendships. For all of this and more, we salute Sheila and wish her the very best as she moves into new areas of adventure and excitement in her life.

Gail Linklater becomes our new Support Services Coordinator on September 3, 2002. While new in the position, Gail is not new to our agency. Gail came to us as a volunteer when Sheila was our Volunteer Coordinator. Gail made significant contributions in committee work, including help in shaping our Emergency Financial Assistance program. She was elected to our Board of Directors where she served for six years — two of those as Board President. Her decision to return to school and new professional work took Gail away from our Board, but she shifted her skills to our Advisory Council where she has remained to the present time. In addition to her involvement with HIV/AIDS, Gail brings to our agency her accumulated skills as a teacher, leadership at Bereaved Families of Ontario, and her most recent experience as Program Coordinator/Program Manager at Crossroad's Women's Residence.

Fare thee well — and welcome.

