

**Volume 16
Issue 1**

Spring 2003

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Fundraising Assistant Returns

We would like to welcome back Jacquelyn Tkachyk as our fundraising assistant for the summer months. She is here as a Summer Career Placement Student through a grant from HRDC.

Jackie was a great help last year and we are pleased to have her back again! If you're in the office, be sure and say hello to her.

"Front Line" Goes Electronic!!!

For the past several issues, we have been notifying our readers that the AIDS Thunder Bay newsletter "Front Line" is now available on our website. Each time the newsletter is published, we send an email to those people who have given us their email address to let them know the most recent issue is accessible. (Previous issues are also available on the website.)

Posting the newsletter online is being done to reduce production and mailing costs. It is in Adobe PDF format so it can be read or printed out in hard copy. (There is even a link to a free Adobe download from our website.) 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 your email address to actb@tbaytel.net.

Because of increasing costs, we cannot continue to send so many newsletters by snail mail, therefore, if you want to continue receiving "Front Line", you must send us an email address. Please do this as soon as possible (the next issue will be out in August).

Please consult with others in your office/agency/family and let us know by phone, fax, email or snail mail how you want to receive future newsletters (we realize not everyone has a computer and some will still need to receive their copy by mail—but please let us know which category you fit into). We have been sending email notification to many other people/agencies to let them know when the newsletter is available on our website. Please let us know if we can do the same for you. Our phone number is 807-345-1516, fax is 807-345-2505 and our mailing address is PO Box 24025 Thunder Bay, ON P7A 8A3. Please take a minute now to phone, fax, email or write to us.

Thank you for taking the time to help us reduce costs but still circulate our newsletter widely.

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. Call 345-1516 or email us at actb@tbaytel.net.

Fundraising News

May to September

Annual Yard Sale!

AIDS Thunder Bay is gearing up for its Annual Fundraising Yard Sale and is looking for donations from the community. Your donation of clean reusable, re-sellable items can help raise funds for direct client programs and services. All types of donations accepted. We appreciate the items that you are able to donate but reserve the right to not accept items we feel will not sell. Donations will be accepted until May 28th. For convenience, call Crystal at 345-1516 extension 15 to schedule a pickup of items.



Examples of donations:

Dishes	Craft Supplies
Games	Toys
Movies	Bikes
Books	Small Furniture
Tools	Dishes
Clothing	Ornaments



A reminder that the sale will be held on:

Saturday, May 31st
St. John's Anglican Church,
226 Pearl St. (beside casino)

Summer Time Events

Mini Putt Event

This is a new event that is in the works! Further information will be released in the next few months.

Our friends at Central Car Wash will be holding a car wash benefit day. Watch mid-summer for info.



A Successful Fundraising Year!

Thanks to everyone that helped make this fundraising year a huge success! It takes a lot of work to make events happen and the support we received was incredible. Without strong support, we would never have ventured into trying a new event like the *Staying Alive Bowling Party*. This was an extraordinary event that generated lots of enthusiasm and energy. We are eager to develop the bowling party as an annual event and look forward to many years of success!

The return of our healthy sex cabaret was also met with excitement and hype! Revamped with a new name, *Spring Sap, Healthy Sex Cabaret: The Next Generation* greeted both followers from previous cabarets and new faces, all who enjoyed themselves immensely!

Special thanks to our community foundations that helped to provide the funds for our direct client support services. For the past number of years, we have worked with the United Way, John Andrews Foundation and the Thunder Bay Foundation. This year we welcomed the opportunity to work with the Senator N.M. Patterson Foundation and the Fort William Rotary Club.



Watch for David's return at next year's SPRING SAP!

AIDS Walk

As noted in our annual general report, we wanted to recognize the hundreds of people that donated to our AIDS Walk that took place in September 2002.

This year the Walk will be held on **Sunday, September 21, 2003**. We hope all of you that participated last year will join again! If you have never participated in the Walk in previous years, we hope you will consider joining the fun this year! For information call Crystal at 345-1516 extension 15.

AIDS WALK 2002 - Special thanks to everyone that gave generously to our Walk

Ron Adshead	Jim Campbell	Betty Forslund	Loyd & Willa Jones	Marvac Electric	Geraldine Puiras	Malcom Swing
Joanna Aegard	Margaret Campbell	Allan Fraser	Kim Jorgensen	Sonja Matijek	Jaye Pyykkonen	W. Tabor
Bob Aelick	W. Campbell	Donna Frattaroli	Thomas Joseph	Gary Maxwell	Lynalee Qualie	Linda Tamblyn
G. Agnew	Canadian Outdoor	Maurice Frenette	Marion Julien	Kim Maxwell	Ruth Racic	Denise Taylor
Susan Ahola	Tech	Gerald Friesen	Marianne Kaartinen	Darlene Mayo	June Ransom	Susana Te
Sean Albanese	Lila Cano	Sabine Fuchs	Alan Kameda	Paul McAlister	Engles Raynak	Kathie Terhijan
Lana Allen	Brooke Carfagnini	Wally Fuchs	Rose Kendall	Gerald McCallister	Joe Rendulic	Carol Lee Thompson
Edna Allison	Anthony Caria	Scott Gale	Pat Kennelly	Jenny McCallum	Pat Rentz	M. Thompson
Christa Alsch	Cheryl Carpiere	Wilf Galvin	Shirley King	Eleanor & Jack	Rachelle Rickards	Thunder Bay Auto Parts
Sis Angus	Pearl Carrigan	Gap Foundation	Cheryl Kinney-	McClean	Ken Rickson	Thunder Country Travel
Arding & Company	Susan Carroll	Beth-Elaine Gardner	Matheson	Mary McComb	Robert Roach	Fio Timbres
Robert & Kari	Stacia Carruthers	Gateway Contractors	Paivi Knight	Don & Carol McConKey	Lynda Roberts	Robert Tindall
Armstead	Sharon Carter	Ruth George	Lawrence Korhonen	Marika McDonald	Rae-Anne Robinson	Hanusia Tkaczyk
Debbie Armstrong	Diane Chase	Gregg Gheysen	Ida Korhonen	Judith McEwan	Reg Rose	R.L. Tomlinson
Nicole Armstrong	Nicole Chornoboy	Cheryle Gibb	Evelyn Kushnier	Barbara McEwen	Gail Rosengren	Gord Towill
Nancy Armstrong	Anne Ciemny	Kent & Sylvie Gibbons	Melissa Kuszniar	Murray McGrath	Lori Rosengren	Bill Towill
Joan Ashlee	Cindy Cockell	Karen Gilbert	Susanne & Michael	Sharon McKee	Janice Ross	Norman Trimble
Kristin Atkinson	Rosemary Collins	M.J. Girard	Labelle	Enid McKenzie	Richard Rowson	Carl Triskle
Don Axent	Margaret Collins	Linda Gluck	Rick Labelle	Mark McLennan	Marlene Russell	Fred Triskle
Arnold Aylward	Mark Colosimo	Scott Godfrey	Donna Ladelle	Bev & John McRae	Murray Russell	John Tronsen
Tammy Bailey	Betty Cotton	David Godin	Ari Lahdekorpi	Owen McTavish	Sandra Russell	Luke Uzcziwek
Gary Bakich	Marie Cowley	Minnie Goretzki	Ray Laird	Gwen Medicine	Donna Russo	Erma Uhryniw
Bob Balek	John Craig	Wendy Goulet	Miriam Laird	Judy Medwick	Peter Rutherford	William Ulakovic
Mary Bandiera	Richard Cranston	Marg Graham	Lakeside Husky	Bill Mercer	Carl Rydholm	Shirley Urquhart
Alice Baran	Alan Cranton	Granite Electrical Ltd.	Jodee Lamers	Ray Mercier	Linda Rydholm	Don Uvanile
Joan Baril	Chris Crocker	Jackie Grant	Dino Larizza	Gail Miller	Robert Rydholm	Robert Van Natto
Jeanne Barnett	Talia Cronk	Michael Gravelle	Vera Larizza	Teresa Miller	Ida Santin	Lorie Vander Ploeg
Fred Barrow	Marge Cross	Crawford Greer	Nancy Larizza	Catherine Mochrie	Brenda Saunders	Jim & Susan Vandermeer
Dave Barrow	Anne Cryderman	Joyce Grennier	Robert Latimer	Gladys Monette	Richard Schwindt	Karen Vescio
Richard Barrow	Denyse Culligan	Laureen Grieve	Don Latimer	Eleanor Montgomery	Kerry Sedor	Kevin Wakewich
Vic Baskin	Rae Davidson	Pamela Griffin	Beverley Leaman	LaRea Motel	Robert Seeley	Margaret Walsh
Mary Bava	Kathy Davis	Norma Griffiths-Lyle	Richard LeBlanc	Munro Motel	Maria Sgambelluri	Judy Walsh
Wendy Baxter	Bill Davis	Roy Hagel	Moir Lecky	Rynaldo Napa	Doug Shanks	Susan Ward
Bernie Baxter	Bill Davis Jr.	Ella Hald	Louise Legros	Jennifer Nicholas	Audrey Shedden	Dennis Ward
Lois Beck	Davlor Insurance	Jim Hamilton	Derek Legros	Glen Nicholson	Robert Shepherd	Marilyn Warf
Martin Beck	Gayle Dawson	Maureen Hamilton	Jacqueline Legros	Rae Niva	Bettina Siebenmann	Chummy Warr
Bee-Clean	Terri Dawyd	Amy Hand	David Lehto	Northern Homestyles	Diane Simmons	Charlotte Watkins
Bldg. Maintenance	Tom Deacon	Sandra Hansen	Keith Leonard	Norway Timber Ltd.	Katherine Sissons	Patricia Watton
Bobbi Beerthuisen	Shana Demetruk	John & Nancy Harju	Amanda Liddicoat	Allan & Jean	Morgan Skinner	Kate Watts
Jean Begin	Veronica Devenyl	Lorraine Harmer	Bruce Linder	Nykyfarchyn	William Slater	Alessandra Weller
Marika Bellerose	Matthew Diegal	Dave Harris	Sandra Livingston	Tom Oldale	Ann Smith	Erle Wheatley
David Belrose	Sarah Ditomaso	Janet & Glenn Harrison	Catherine Lockyer	Tony Olesky	Lynn Snowball	Keith Whitelock
Karen Bengtsson	Penny Dockendorff	Joan Hatch	Sylvie Lussier	Selly Pajamaki	Anonymous	Darryl Williams
Don Berberich	Connie Douglas	Josten Haugland	Donald Lysak	Wally Palka	Marion Southern	Sue & Dave Williams
Andrew Berringer	Jim Drinkwalter	Lila Haukeness	Sandie Lysnes	Barbara Paquette	Sylvia Speak	Colleen Wilson
Julietta Bettencourt	William Dyer	Lynn Haywood	Valerie MacCullough	Myrtle Park	Speedy Glass	Hazel Wohni
Roberta Beyer	Marlene Dysieucik	James Heald	Catherine MacDonald	Michelle Parker	Barb Spencer	Peter Workman
Jessie Bielski	Lori Edwards	Terry Henry	Gail MacIntyre	Susan Pascoe	Diane Spices-	Mike Wrenshall
Melanie Biesenthal	Jeanne Eeles	Bruce Higgins	Harlene MacKenzie	Ed Pawlik	Yozipovic	Florence Yarzab
Pyteke Blaauw	Dennis Eeles	Lorraine Hillier	Cathy MacKintosh	Marja Pehkonen	Chris Spilchuk	Carol York
Ruby Black	Wayne Eeles	Margaret Hiscock	Gail MacLaurin	Ruth Perlin	Abi Sprakes	Tony Yozipovic
Blake Funeral Chapel	Rolf Eichmanis	Simon Hoard	Susan MacMaster	Cory & Diana Petrunak	David Spriveri	Zellers Associates
Dawn Blessing	Zsu Zsa Elchuk	Cecil & Lorraine Hobin	Sylvie Mahler	Janice Poletti	Linda Stajkowski	Council
Nancy Bold	B. Elgie	Marie Hoffman	Ron Maki	Crystal Porteous	Andrea & Gary Stanley	
Larry Bortoldo	Deborah Emery	Marla Hollingsworth	Dorothy Malinoski	Robert & Wanda	Peter Stetsko	
Bobbie-Jo Bosse	Ernest Epp	Karen Holroyd	W. Malloy	Porteous	Carole Stevens	
Lisa Bouchard	Frances Etches	Joey Hotte	Marie Marak	Nancy Post	Fred Stewardson	
Andre Bourget	Olivia & Michael	Toni & Dave Hudyma	Ghislaine Marcotte	Rhea Post	Irby Stewart	
Gerard Bourret	Ewaniuk	Linda Hughdie	Leo Marsh	Ed Prinselaar	Les Swan	
Bowater	Mike Fedell	Linda & Dave Hutchin-	Debbie Marsh	Vera Pudas	Ed Swayze	
Allan Brink	Fred Fedyk	son	Lesli Ann Marshall	Pat Pugh	Tabatha Swerhun	
Neil Brockwell	Robert Fenton	Betty Irving	Alyson Martin	Larry Pugliese	Helen Swing	
Lynn Brown	Joyce Fergus-Moore	Edna Irwin				
Donna Brown	Phyllis Fewster	Jo-Ann Jacomb				
Janet Buckley	Beth Fiddler	Angel Jantunen				
Larry & Connie	Sheelah Field	Linda Jantunen				
Bureyko	Randy Fisher	Amanda Jantunen				
Brenda Burke	Elmer Fiskar	Janzen's Pharmacy				
Bob Burrows	George Fleming	Donna Jarva				
Ruth Caldwell	Brenda Fogal	Jenkins Funeral Home				
Jack Cameron	David Fontaine	Jennifer's Antiques				

Please note that this listing is only of those people who donated and required a receipt. There are MANY more people that deserve this recognition. However, tracking is only possible through the receipting program.

Your donation does not go unnoticed. It made a significant difference to the many people we help through our direct client services and programs.



EDUCATION UPDATE

David Belrose - Education Coordinator

SPREADING THE WORD

Although, HIV and AIDS have had a relatively low public profile recently, there is still no cure and people continue to become infected with HIV. Prevention continues to be a very important part of our work at AIDS Thunder Bay, carried out through our Injection Drug Use Outreach (IDUO) program and our Smart Choices Outreach Project and Evaluation (SCOPE).

IDU outreach involves the use of peers to provide information and access to harm reduction techniques to the injection drug using community. Stuart Boland, who coordinates the program, works closely with Superior Points (needle exchange and harm reduction program) at the Thunder Bay District Health Unit and the Concurrent Disorders Program at the Lakehead Psychiatric Hospital.

SCOPE outreach also involves the use of peers to provide information and harm reduction materials to the young adult substance-using population of Thunder Bay. Substance use, including alcohol and other drugs, is a major risk factor for HIV infection. Denise Olson, the project coordinator, also directs a bar/community outreach component, which currently involves the presentation of a short live-action play combined with peer interaction with the audience. Peers also periodically target local bars with safer sex information and materials.

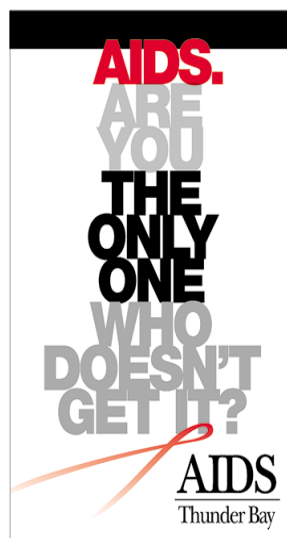
In order to complement the peer outreach, both programs use social marketing tools to generate more mindfulness in the larger community. Over the past number of months, transit shelters, bathroom advertising, and billboards have put forth messages designed to raise awareness of AIDS Thunder Bay as well as the need for continued attention to prevention. Samples of current messages are included in this issue of Front Line.

For further information, feel free to give us a call at 807-345-1516 or check out our web site at www.aidsthunderbay.com.

These are black and white copies of coloured ads and billboards. Please drop in to the office to see the originals (or check out bus shelters, public bathrooms or billboards around town).



Bathroom Ad



Bus Shelter Ad



Billboard Ad (at Central and Tungsten Streets)

SUPPORT SERVICES UPDATE

Gail Linklater—Support Services Coordinator

Emergency Financial Assistance Program

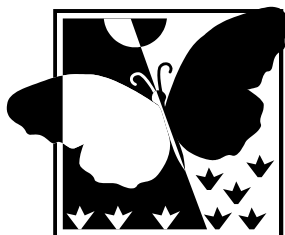
Over the year requests are made for donations to Direct Client Services. One aspect of direct services is the Emergency Financial Assistance Program (EFAP.) This program reports to the board of directors quarterly and to the membership annually at the AGM. Here is the narrative portion of the quarterly report for the period of January 1 to March 31, 2003.

This was a slow quarter for EFAP. There were 22 requests: clients withdrew 3 requests; one was denied; and another source of funding was found for one; leaving 17 approved requests. Two individuals were able to purchase winter jackets with the assistance of EFAP. One person accessed EFAP to pay towards an extremely high heating bill. Another person was able to return to his/her community for a family funeral. The remainder of requests was for grocery certificates and supplies from the drug store. The total amount disbursed for this quarter was \$854.20.

Your continued support of direct services is greatly appreciated. The money provides necessities when no other source is available.

SUPPORT GROUP for PHA'S

**Every Second Tuesday Starting
Tuesday May 20th/03
Time: 1:00-2:30**



345-1516

AIDS
Thunder Bay

Format : Introductions and Icebreakers Presentation
Break Discussion
Beverages will be provided.

Let your Support Worker know if you need a ride.



•TOPIC'S

- May 20– Nutrition
- June 3-Treatment Options
- June 17-Stress Management
- July 8-Self Esteem
- July 15-Fear and Loneliness
- July 29-Evaluation

The Extra Mile

News from the Volunteer Department

Selly Pajamaki, Volunteer Coordinator

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

***Yard Sale—May 31**

***Tag Day—June**

***Mini-Putt—July**

***AIDS Walk—Sept 21**

***Opening Doors Conference—Oct**

***Visions & Lights Film Festival—Nov 7-9**

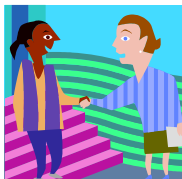
***Tag Day—Nov 17**

***AIDS Awareness Week—Nov 23-29**

***World AIDS Day—Dec 1**

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

Our 2003 'Salute to Volunteers' honorees are Don Uhryniw and Shelly Kubas. Thank you both for your very generous gift of many hours to AIDS Thunder Bay. We salute you!



Volunteer Activities

The winter and spring has been filled with training—a Boundaries Workshop, Universal Precautions Workshops, Van Orientation and Reception training. It will continue into the summer with Volunteer Orientation/AIDS 101 and First Aid training. We have also had volunteers involved with various fundraising events.

Our annual Volunteer Appreciation Event was held on April 30 and certificates and thank you gifts were handed out. Several volunteers received 5 and 10 year certificates and pins. The 2003 Volunteer of the Year is Dennis Eeles. Dennis is a member of the ATB board and fundraising committee. He volunteers at most fundraising events, including bingo, tag day, yard sale, silent auction and the AIDS Walk. He is willing to try out just about any task we ask of him. We are truly thankful for all the time he gives to AIDS Thunder Bay. Thank you Dennis!

We have openings for volunteers to staff our reception desk. 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, 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 bingo volunteers, some shifts are only 2 hours. Bingos are held on the 2nd and 4th Tuesdays of every month beginning at 5 p.m. You can sign up for a regular shift or work an occasional bingo. If you'd like to join a fun-loving group, give Selly a call.

Several fundraising events will be taking place over the spring and summer months. If you would like to help with the yard sale, tag day, mini-putt tournament or bingo, call Selly at 345-1516.

Here and There...

Front Line Newsletter

We are now posting our **newsletter online**. It is in Adobe PDF format so it can be read online or printed out. 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

Have You Purchased Your ATB Membership?

Is your membership up-to-date? If you would like to renew or purchase a membership, please fill out the attached form and mail or fax it 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 _____

This information may be used in future to contact you about fundraising/special events. Please note, AIDS Thunder Bay does not exchange mailing lists. All lists are confidential.

Basic membership \$10.00 ☐

Supporting membership \$25.00 ☐

I would also like to donate \$_____ ☐

The opinions and medical information offered by "Front Line" 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:

Front Line
P.O. Box 24025
RPO Downtown North
Thunder Bay, ON P7A 8A9

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

Suggestions? Compliments? Feedback?

ATB has a "suggestion box". We invite your comments or suggestions about any aspect of our agency or services. The box is located near our reception area. You may offer suggestions anonymously—however, if you are asking for a response back to you, we need your name and phone number.

We hope the new suggestion box will be used with a sense of good will and a spirit of support and encouragement. That's how we offer it to you.

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 to Friday 10 a.m. to 6 p.m. (Eastern Time)

CATIE

Community AIDS Treatment Information Exchange

1-800-263-1638

HIV/AIDS Treatment Information

email: info@catie.ca

internet: www.catie.ca

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. Some scented fabric softeners have also caused reactions.

Parting Glance

AIDS Thunder Bay would like to acknowledge the **United Way of Thunder Bay** for supporting our Emergency Financial Assistance Program. 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 #4

Should I get tested for HIV? How?

The HIV test is a simple blood test that tells you whether or not you are HIV positive (infected with HIV). HIV testing is voluntary. You cannot be forced to take an HIV test.

Consider getting tested if you, or your partner(s) have ever

- Had sex without a condom—you can't tell if someone has HIV unless they've been tested
- Had sex while under the influence of alcohol or drugs, you might not have used protection
- Shared needles or syringes to inject drugs (or other drug equipment: water, cotton filters, cookers, pipes, straws)
- Had tattooing, piercing, or acupuncture without sterilized equipment

Why get tested?

To find out your HIV status

- If you are HIV positive you can:
 - get early treatment to stay healthy
 - get treatment to reduce the chances of your baby getting HIV if you are pregnant
 - take precautions not to give HIV to others
- If you are HIV negative you can:
 - experience less stress and anxiety because you will know your status
 - learn more about how to reduce your risk of becoming infected

Why not get tested?

If you find out you are HIV positive you may:

- Become upset or depressed
- Experience discrimination or abuse
- Be legally required to inform your sexual partners

What happens when I am tested?

A small amount of blood will be taken from your arm. It usually takes 2 to 3 weeks to find out the results.

Where do I get tested?

Get tested at a health centre, STD clinic or by your doctor.

Depending on where you live you may have a choice as to how you are tested:

Anonymous testing—is available through special clinics in many areas and allows you to be tested without telling your name.

Non-nominal testing—your name is not included on the test forms. Only you and your doctor will know the results.

Nominal testing—your name is written on the testing forms.

Anyone seeing the forms will know your test results.

With both nominal and non-nominal testing, your test result will be recorded in your medical chart and cannot be deleted.

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
Dr. Gordon Milne	Family Physician
Pat Piaskowski	Infection Control, TB Regional Hospital
Diana Smith	Public Health Nurse, Thunder Bay District Health Unit
Richard Thompson	Superior Points Harm Reduction Program
Nicky Tittley	Coordinator Infection Control/Safety, St. Joseph's Care Group
Rev. Don Uhryniw	ATB Board of Directors
Don Young	Superior Points Harm Reduction Program

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Linda Geving	Rob MacKay
Jody Porter	Ruth Racic
Carl Triskle, President	Brent Trudell
Don Uhryniw	Carri-Anne Whidden
Don Young, Secretary	

AIDS Thunder Bay Staff

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David Belrose	Education Coordinator
Stuart Boland	IDU Outreach Worker
Charlene Burford	Support Worker/Health Promoter
Lawrence Korhonen	Administration Coordinator
Gail Linklater	Support Services Coordinator
Denise Olson	SCOPE Coordinator
Selly Pajamaki	Volunteer Coordinator
Crystal Porteous	Fundraising Coordinator
Michael Sobota	Executive Director

Front Line Contributors

Selly Pajamaki	Editor
ATB staff & volunteers	

AIDS Thunder Bay acknowledges and thanks our various funders:

- ♦ Ontario Ministry of Health and Long-Term Care - AIDS Bureau
- ♦ Health Promotion and Programs Branch, Ontario Region, Health Canada (ACAP)
- ♦ Thunder Bay Foundation
- ♦ John Andrews Foundation
- ♦ N.M. Paterson Foundation
- ♦ Fort William Rotary Club
- ♦ United Way

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 season has changed, it's Spring! Yipee!

Community Garden: After two years of trying the Community Garden, the project will not be repeated this year. In my opinion, it had great potential and was an excellent idea -- to grow, maintain and distribute fresh produce to HIV+ clients -- however, I could not manage to foster the interest and dedication needed to tend the garden. Perhaps next year we can try this project again. Perhaps a better idea is to begin regular visits to the local "pick-your-own" farms; the agency van could give interested clients (or a volunteer as a designate) a ride to and from the farm, the individual could pick the amount they want to take home.

Mother's Cupboard: As an emergency food cupboard, we rely on community donations -- a few churches mainly -- to stock the shelves; the food is then passed on to people living with HIV/AIDS and their immediate family members living with them. AIDS Thunder Bay provides a very minimal budget. This allows us to purchase items not readily donated (i.e. ground beef) and/or those items that don't stay long on the shelves (ie. juice, canned fruit, cereal, pasta).

Thank you to: Current River United, St. John's Anglican, First and Lakeview Presbyterian, and Wesley United Churches; Thunder Bay Coalition Against Poverty and Thunder Bay Food Bank; and to Bay Meats.

I approached the local high schools to see if they (the students) would be interested in hosting a "Spring Food Drive". In my biased opinion, I thought this was a great way to:

- generate non-perishable donations
- strengthen links to the education community
- and lessen any stigma or hesitancy young people may have regarding AIDS Thunder Bay.

I quickly learned that great ideas (there's that bias again) don't necessarily equate to reality. One school collected food. It seems the schools are very busy at this time of year with fundraisers, competitions, and tons of other stuff. Next year I will approach the high schools in September (rather than February) to ensure adequate communication with the faculty advisors and interested student coordinators. I maintain my bias and believe the high schools' "Spring Food Drive" will take-off; perhaps it will become an annual event.....

Thank you to: St. Ignatius High School.

Self-Esteem and Empowerment (SEE) Project for Women: In January we held a two-day workshop for HIV+ female clients. Due to illness and other unforeseen circumstances, only two women were able to bask in the pampering atmosphere. The focus of the workshop was to increase the ability to access treatment information using various educational skills and self-care techniques. On April 23rd, I received word from the funder (GlaxoSmithKline--Shire BioChem) that we will be able to repeat this health promotion project using the remaining portion of the original grant. This time, the workshops will be open to any HIV+ woman -- there is no client requirement to attend -- and we will be holding the workshops somewhere other than at the agency. Hopefully, many will benefit from the gathering, information and contacts made during the next SEE Project.

In the Works: I hope to reinstate the "Healing Touch" component at AIDS Thunder Bay. This project provides clients with free complementary therapy sessions; in the past, various professionals volunteered their time, energy and skill on a weekly basis.

Charlene Burford

This information is presented as a point of interest, it does not necessarily reflect the opinions of AIDS Thunder Bay. You might find this interesting, especially if you don't have the Internet at home. I do plan on continuing this list in the upcoming "Frontline" issues.

Nutritional and Herbal Remedies

(reproduced from www.all-natural.com/herbnuetr.html)

Beta-glucans

Beta-glucans stimulate the activation of NK cells and therefore are helpful against tumors. Has also been used to stop certain bacterial infections.

Bilberry

Bilberry (*Vaccinium myrtillus*) contains nutrients that protect eyes from eyestrain or fatigue, and can improve circulation to the eyes. When British Royal Air Force pilots During World War II ate Bilberry preserves before night missions and discovered that their night vision improved afterwards, this herb was investigated and found to be beneficial for the eyes. Bilberry works by improving the microcirculation and regeneration of retinal purple, a substance required for good eyesight. It is believed that this property is related to the high amount of proanthocyanidins, a type of flavonoid that tends to prevent capillary fragility and strengthen the capillaries which nourish the eyes. Other properties appear to assist in thinning the blood and stimulating the release of vasodilators. Anthocyanin, a natural antioxidant, also lowers blood pressure, reduces clotting and improves blood supply to the nervous system. Anthocyanosides support and enhance the health of collagen structures in the blood vessels of the eyes, thus aiding in the development of strong healthy capillaries that can carry vital nutrients to eye muscles and nerves. Bilberry has long been a remedy for poor vision and "night blindness." Clinical tests have indicated that oral administration of bilberry tends to improve visual accuracy in healthy people and can help those with eye disorders such as pigmentosa, retinitis, glaucoma, and myopia.

Bioflavonoids

Bioflavonoids are nutrients which are related to the Vitamin C family. They cannot be synthesized by the body, and therefore must be obtained from food or supplements. Bioflavonoids are helpful in nourishing the integrity and strength of capillaries and cells.

Biotin

Biotin assists in the metabolism of fat and protein. It nourishes muscles.

Black Cohosh

Black Cohosh has traditionally been used to calm the nervous system by nourishing blood vessels, and balancing the hormones in menopausal women. Studies show it contains substances that bind to estrogen receptors.

Black Currant Oil

Black currant oil is rich in linoleic acid and gamma-linolenic acid (GLA). This substance supports the body's manufacture of hormone-like substances known as prostaglandins which help regulate functions of the circulatory system. GLA assists the body with its energy processes and is a structural component of the brain, bone marrow, muscles and cell membranes.

**HEPATITIS C — IT'S SERIOUS.
YOU CAN HAVE IT AND NOT KNOW IT.**

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www.healthcanada.ca/hepc