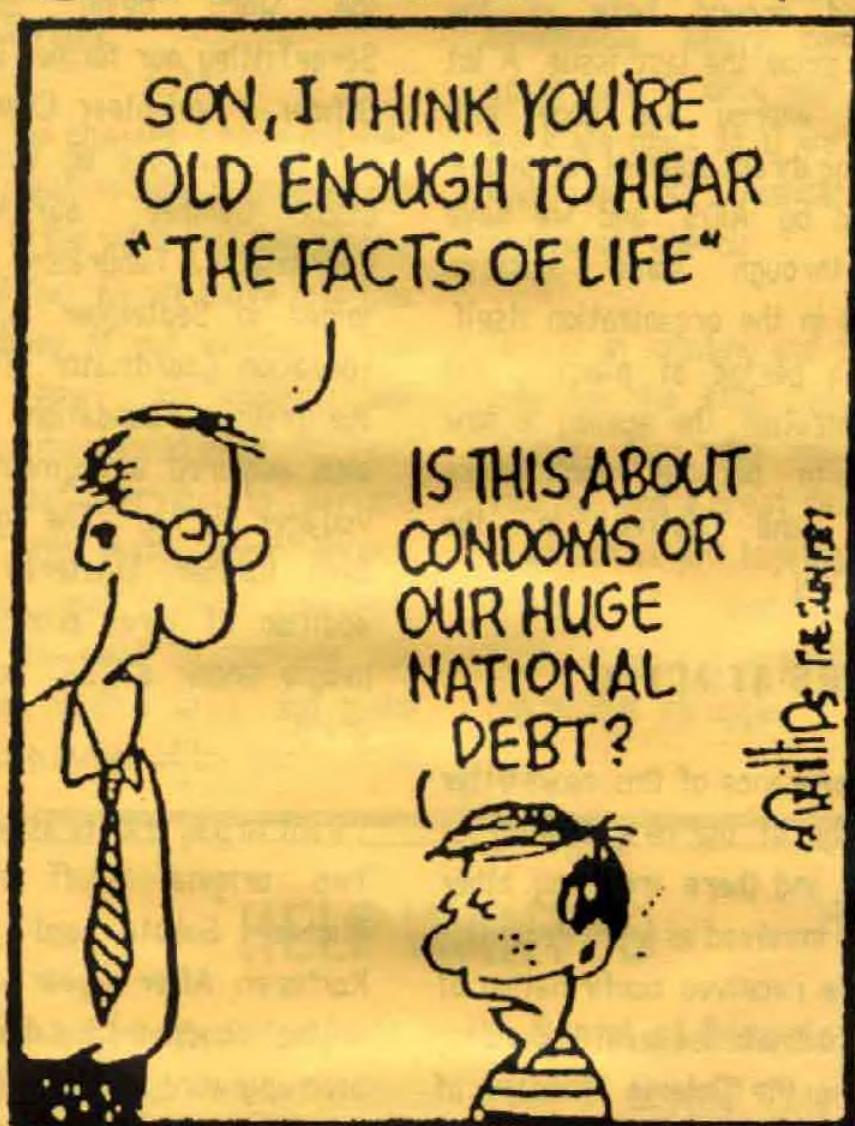

ReACT-Believe

Summer 1989

SUNTOON by Jim Phillips



The AIDS Committee of Thunder Bay
NEWSLETTER Vol II, Issue I



PRESIDENT'S MESSAGE

Welcome, at last, to a new issue of the ACT-B newsletter. A lot has happened around here in the months since the last issue. A lot of our energy has gone into providing direct support for people affected by AIDS, and we have gone through some massive changes in the organization itself. After a period of planning and reorganization, the agency is now poised to become much more visible and active in the community.

CHANGES AT ACT-B

The appearance of this newsletter is a sign of the new vitality at ACT-B, and there are many other factors involved as well. Recently, we have received confirmation of funding from several sources, including the Ontario Ministry of Health and the Trillium Foundation. This funding has given us a solid base to work on for the coming year, and will allow us to greatly expand our services, both in

support and in education outreach. As a result of this new funding, the work being done by Serge Tittley, our former Education Officer / Volunteer Coordinator, will now be done by two people. Linda Gambee, our Volunteer Coordinator / Fundraiser, will be joined in September by a new Education Coordinator. Thanks to the Trillium Foundation, we have also acquired a Plymouth Grand Voyager SE van. The agency has been further bolstered by the addition of three contract staff people under a CEIC Section 25 grant.

I want to pay tribute as well to the two original staff members, Michael Sobota and Lawrence Korhonen. After a year and half of trying conditions, salaries have been upgraded to reasonable levels and Lawrence has gone from part to full time. I want to thank both of them for hanging in through the lean times. One final note of thanks must go out to our

volunteers (and I include our board of directors), who are the backbone of this agency, and without whom our work would not be possible. I hope that you will stay with us as we move into a new season, as your help is now more necessary than ever. Thank you all.

THE FUTURE

All of the changes I have outlined above mean nothing if they do not relate to the work that this agency is here for. As we move into this new phase of our existence, we have new challenges and opportunities ahead of us. The need for direct service to persons living with AIDS, their lovers, families, and friends, can only grow. We need to improve our outreach in this area, and make everyone aware of the confidential

services we can provide, from support groups, to direct assistance, to help with dealing with the maze of healthcare and governmental agencies.

The second essential component of our work is education and prevention. We must focus our efforts in areas such as the gay community, native communities, youth, and IV drug users. This is work we must do if we are to be true to our mandate as a community agency.

This is an exciting and challenging time for the AIDS Committee of Thunder Bay. We have a new vitality, and a great deal of work to do. Let us join together now in a spirit of dedication and cooperation, and do everything we can in this struggle. ■

HELP WANTED

We need a few individuals on the **Board of Directors**. This would involve a commitment of several hours a month for meetings, a willingness to assist in fundraising and a desire to help ACT-B fulfill its mandate as a service organization. If you are interested, please contact David Belrose at 345-1516.

5K Fun Run

Saturday, October 21 at 10 a.m. at Boulevard Lake. With each \$10 registration, each runner receives an AIDS Awareness Week T-shirt and a button. Call 345-1516 to register or pick up a form at your local sports shop.

To all kids & teens from grades 5 to 13!

You have an opportunity to participate in the annual AAW Poster Production. Ask your teacher or principal for the contest rules in mid-September.

- Chosen posters will be on display during the AAW display at Intercity Mall.

- Two of the best posters will be displayed at Mini Queens Park in Toronto as a part of World Aids Day, December 1, 1989.

I'm a poet and I didn't even know it!

Would you like to draw a comic, a picture, cut out a cartoon, write a poem, tidbit or an article? Please feel free to contact the Editor at 345-1516.

All ideas and submissions will be considered.

CALL NOW! Copy Deadline for the fall issue of ReACT-Believe is September 11, 1989.

TIDBITS...



It's time to clean out all that old "stuff". We're looking for donations for our fall yard sale. If you have articles to donate please call Linda at 345-1516.

Just a reminder - Our office will be closed Monday, September 4.

ACT-B now has an agency vehicle, through the generous assistance of the Trillium Foundation. The van will be used for client transport assistance as well as travelling into the district for the Educational Outreach Program

Did You know? A marketer of condoms in Philadelphia got himself into trouble with the law. He started selling a line of condoms under the name Sergio Prevente. The lawyers for the makers of Sergio Valente clothes were not amused. They protested and a U.S. federal judge agreed with them.

The ACT-B Staff:

Vicki Birch	Administrative Assistant
Linda Gambee	Volunteer/Fundraising Coordinator
Lawrence Korhonen	Office Manager
Darcia Kohuska	Education Coordinator
Donna Manson	Project Coordinator
Eileen Parker	Communications Coordinator
Michael Sobota	Executive Director

The ACT-B Board of Directors:

David Belrose	President	Deb White	Vice-President
Michael Chan	Treasurer	Dr. Frederick R. Ball ...	Secretary
Carl Gray	Director	Betty Kruzick	Director
Karen Maki	Director	Chris Morden	Director
Marie J.K. Portier ...	Director	Barbara Reid	Director

THE PLANS ARE UNDERWAY!

AIDS AWARENESS WEEK will be **October 16-22, 1989.**

AIDS: OUR CHALLENGE is this year's theme for AAW.

We'll be looking forward to some informative, touching and downright hilarious events. Here are some highlights:

AAW Displays - Come and see ACT-B at Intercity Mall.

5K Fun Run - To be held on Saturday, October 21. With registration, each runner receives an AAW T-shirt, a button and loads of fun!

Tree Planting Ceremony - A tree will be planted in memory of those who have died from AIDS and those who are living with AIDS. Local dignitaries and community groups will be present.

Dr. John Fernandes - He will be giving a noon-hour talk on **Women & AIDS** at the P.A.G.H. All hospital staff are welcome to attend.

Poster Production - All students, grades 5 to 13 are invited to participate in the AAW Poster Production. Details are available through teachers and principals or by calling 345-1516.

AAW Keynote Event - Noted AIDS speakers will be on hand at the Thunder Bay Art Gallery. While you're there, see the AIDS Visual Display.

Candlelight Vigil - A silent walk will be taken Thursday, October 19 in memory of those who have died of AIDS.

Healthy Sex Cabaret - Friday, October 20 - an evening of skits and entertainment. Refreshments and "condomints" will be served. For more info call 345-1516. **WARNING:** Coarse language. Adult humour.

We'll keep you posted on **AAW** in our Fall issue of ReACT-Believe.

FUNDRAISING

Fundraising is an important event at ACT-B. Funds raised from events are what enhances our programs to the clients and community. It also bolsters our support fund for clients.

We are always looking for those who wish to give any amount of time towards fundraising or sitting on the fundraising committee; (this committee is not only a working committee but we have a lot of fun as well).

Over the next few years we will be facing a major challenge to fulfill our fundraising commitment. I know that we will be able to achieve it with the help of our excellent volunteers. Your suggestions for fundraising ideas and events are greatly appreciated. If you have an idea, please jot it down and mail it in, or pick up the phone and give me a call. Every idea is valuable!

VOLUNTEERS - HELP WANTED

Due to an increase in Education and Fundraising projects starting in September, we require many more volunteers:

- for bingos
- for AIDS Awareness Week

- for Con. College and L.U. Orientation Week.

- for our newsletter
 - for the speakers bureau
 - for our committees; Fundraising, Education, AIDS Support
- plus many, many more on-going activities.

Friends and family members are more than welcome to participate. Some of the above events do not require you to have gone through the Volunteer Training Program.

For all who have given your time to us at ACT-B - Thank You!

Hope you have had an enjoyable summer up to now and continue to do so. Look for details of our "appreci-nic" in this newsletter and hope to see you there.

VOLUNTEER TRAINING '89

Interested in volunteering for ACT-B? Friends and family members are welcome to participate. A volunteer program is being scheduled for early October for prospective volunteers and for those wanting a refresher. Please call 345-1516.

Linda Gambee
Volunteer/Fundraising Coordinator

YOU ARE NOT

Earlier this year the Canadian AIDS Society issued the first national standardized SAFER SEX GUIDELINES. The guidelines have thrown a fresh spotlight on the whole matter of sex in our time.

Our agency supports the basic stance of the Guidelines: affirming sexuality and health.

These twin affirmations are vital to how we respond to AIDS in our personal lives. As the understanding about AIDS in Thunder Bay increases, more individuals - particularly some gay men - are reacting with fear, numbness and even depression. I've heard this response from a number of men who have said they are too afraid now to have sex. This is an echo of Penelope Gilliat's line about relationships in Sunday Bloody Sunday that "there are times when nothing is better than something".

Certainly, this is not an easy time for us to affirm sexuality and health. Given this apprehensive atmosphere, embracing celibacy is a signal of a lack of will, of trying to find the short term, easy way out of responsible change. Many of us have taken a long time to develop our sexuality and become comfortable expressing it. Gay men who are comfortable with themselves achieved this in an atmosphere of little support and no public dialogue. Now our sexuality is being discussed practically everywhere. And in that new, harsh spotlight, some men

ALONE



By

Michael Sobota

are choosing to abandon their sexuality to the "safety" of celibacy.

That is a choice fraught with dangers. Most adults are actively sexual to one degree or another. Dampening the sexual drive by "shutting off the tap" may simply build up a backlog of pressure. And when the pressure must naturally be released, it is likely to burst out in "out of practice" and unsafe ways.

The Canadian AIDS Society Safer Sex Guidelines are written to help us with these difficult choices. If we choose to affirm our sexuality and our health, we are bound to get involved in some areas of risk. The Guidelines are an effective tool to guide us through the decisions about risk.

They are strongly framed in a context of positive sexuality. They are aimed at helping us regain a sense of power over this vital element in our lives, rather than being defeated by the notion of sex connected to disease connected to death.

ACT-B has begun professional inservice sessions to help others understand the Guidelines and give the information they contain as wide a distribution as possible. They and we are here to help. You are not alone.

ACT-B CALENDAR

August 16 Support Circle meeting; a peer support group for families, friends, lovers and others. 7:30 p.m.

August 26 Education Meeting & Barbeque. 6:00 p.m. at Marilyn Salmi's, 140 Glengarry Drive. All interested persons are welcome.

August 29 BINGO! 5:30 - 10:00, Diamond Bingo Hall

August 30 Support Circle meeting - 7:30 p.m.

September 3 ACT-B Picnic. All ACT-B Volunteers, Board members, members, staff, families and friends are invited to Evergreen Park at Boulevard Lake. There will be lots of food, races, prizes and fun! Please R.S.V.P. Linda A.S.A.P



September 5 Come and visit the ACT-B Info booth at L.U. Orientation Week and at Confederation College Orientation Week. See you there!

September 13 Support Circle meeting - 7:30 p.m.

September 26 BINGO! 5:30 - 10:00, Diamond Bingo Hall

September 27 Support Circle meeting - 7:30 p.m.

October 11 Board Meeting

YARD SALE! Our annual ACT-B Yard Sale is coming soon. Check the Chronicle and your local cable channel for details in September.

KESKUS BAZAAR Look for the ACT-B table with bake sale items, bedroses and information.



TREATMENT UPDATE

The latest treatment information is available at the ACT-B Resource Centre Library. Here are a few highlights:

Healing AIDS Naturally

A very objective review of the alternative treatments for AIDS

Treatment Update

A monthly report published by AIDS ACTION NOW

Psychoimmunity and the Healing Process

A Holistic Approach to Immunity & AIDS

AIDS Treatment News The fact filled bi-weekly newsletter from John James, San Francisco, CA

AIDS Update

A regular column in XTRA!

BACKGROUND

1985 The seeds of growth for the AIDS Committee of Thunder Bay were planted by a few local individuals who were concerned with the spread of the AIDS virus and the issues surrounding this new and deadly health threat.

1986 The AIDS Committee of Thunder Bay was born. In July, a representative attended the first meeting of what later became the Ontario AIDS Network. In November, the first public forum on AIDS was held at the Waverley Resource Library. Also that year, two delegates from ACT-B attended the Second National Conference on AIDS in Toronto.



1987 ACT-B was incorporated in October of 1987 and became a registered non-profit organization (Charity # 0779330-11). The city's first AIDS Awareness Week was launched in October of 1987, coordinated by ACT-B. In December, after application to the Ontario Ministry of Health, funding was received to hire staff, establish an office and phonelines.

Present Day ACT-B is now a growing organization consisting of a Board of Directors, Volunteers, members and seven staff members.

The AIDS Committee of Thunder Bay now provides a wide range of services:

- speakers for educational presentations
- a Resource Library
- confidential one-on-one counselling
- in-service sessions for professional groups
- support groups for person with AIDS, friends, family, lovers and others



ACT-B is a member of the Ontario AIDS Network and the Canadian AIDS Society/La Societe Canadienne du SIDA.

STAFF PROFILE

We have been successful in acquiring three new staff through a C.E.I.C. Job Creation program, Section 25. They will be working on the following projects:

- AIDS Awareness Week
- An expanded newsletter
- Inventory and promotion of the Resource Library
- New publications promoting Healthy Sex and AIDS Awareness

I would like to introduce to you . . . Vicki Birch, our Administrative Assistant, Donna Manson, the Project Coordinator, and Eileen Parker, the Communications Coordinator. Drop by the office some time and meet them.

FIFTY WAYS TO USE A RUBBER



The problem's all inside your
head, I say to you,
The answer's easy if you know
just what to do.

Just watch me once now then,
and you can do it too
There must be fifty ways to use
a rubber,
But there's only ONE way to put
it on your lover.

Just push back the rim, Jim,
Don't use your teeth, Keith,
When you open the pack, Jack,
Set the rubber free.

First you put in the gel, Mel,
Not Vaseline, Gene,
It'll eat right through, Lou,
That just won't do.

Put it on the head, Fred,
Then you pinch the end, Friend,
Roll it down slow, Joe,
Now give it to me.

Just after you've come, Chum,
while it's still hard, Gerrard,
Hold the rubber at the base, Ace
Pull it out of me.

*From an unknown source -
Thank You*

Slip it off your dick, Rick,
And throw it away, Jay,
Don't use it again, Ben,
Now get close to me.

So was that good for you?
That sure was good for me.
See I told you so,
It came quite naturally.

Kiss me once again,
I'm sure you will agree,
The night's still young,
There's more to come,
My safe sex lover.
But we'll have to use a brand
new rubber.

Just push back the rim, Jim,
Don't use your teeth, Keith,
When you open the pack, Jack,
Set the rubber free.

First you put in the gel, Mel,
Not Vaseline, Gene,
It'll eat right through, Lou,
That just won't do.

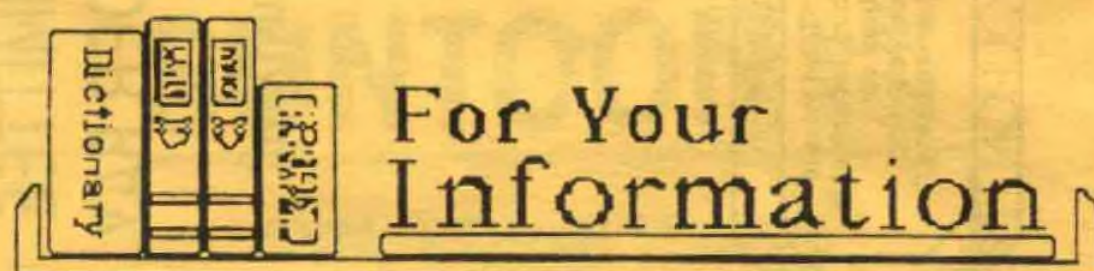
Put it on the head, Fred,
Then you pinch the end, Friend,
Roll it down slow, Joe,
Now give it to me.

Now give it to me.

DO YOU HAVE QUESTIONS OR CONCERNS ABOUT AIDS?

Call the **AIDS INFORMATION PHONELINE** at **345-SAFE**.

You don't have to give your name. Confidentiality is guaranteed. Don't take a chance! Play it safe, call **345-7233**.



The ACT-B Resource Centre Library invites you to get the latest facts and erase myths about AIDS. Through understanding we take a positive approach and realize that sexuality and health are possible and compatible. Reading can heighten your awareness of this quickly spreading virus. Our reading material is up-dated weekly and you are welcome to help yourself. Here are a few interesting titles:

The Quilt an ongoing project of sewn panels, each representing the life of some one who has died of AIDS.

And The Band Played On This book provides the foundation for one of the most important national debates of our time.

Borrowed Time A personal documentary that is a cry from the heart against this contemporary plague and against the intolerance that surrounds it.

Symptomology Profile A brochure from the Toronto PWA Foundation. Most people with HIV infection differ in signs and symptoms as they do lifestyles. Each opportunistic infection, diagnosis and treatment is as individual as the person it is affecting.

Books may be borrowed for three weeks and videos are available for screening. Please call Vicki at the Resource Centre Library at 345-1516.

AIDS COMMITTEE OF THUNDER BAY

P.O. BOX 3586

THUNDER BAY, ONTARIO

P7B 6E2

