

reACT-Believe

Fall 1994, Volume 7, Issue III

AIDS Committee of Thunder Bay
P.O. Box 24025, Downtown North Postal Outlet
Thunder Bay, Ontario P7A 4T0 (807)345-1516
AIDS Infoline 345-SAFE

"ASK QUESTIONS. TALK ABOUT IT. BREAK THE SILENCE."

This year's **AIDS Awareness Week** will focus on creating healthy attitudes about youth and sexuality and a positive social environment for HIV positive youth. The 1994 slogan is: "Ask questions. Talk about it. Break the Silence."

The key is to impress upon our community the importance of providing youth with clear, complete and unbiased information on HIV/AIDS and sexuality. Recognizing that young people make important decisions every day, **AIDS Awareness Week 94** is all about giving them the information and skills they need.

Despite a basic knowledge of HIV/AIDS, young people today are not practising safer sex consistently. With 30,000 unplanned pregnancies and 75,000 cases of STD's among Canada's youth every year, we know young people are having unprotected sex, and also placing themselves at risk for HIV infection. Skills around confidence building, safer sex negotiation and condom use need to be developed among adolescents to help them deal with the important decisions they face.

Infection is now spreading faster among the youth population (age 15-25) than it is in the general public in Canada. Here in Thunder Bay, we may still have time to impede the spread of AIDS in this population if we act fast. This will depend largely on initiatives, like **AIDS Awareness Week 94**, that are focused

specifically on young people. The week presents a variety of interesting events. Information tables, as well as our ART AIDS MURAL will be on display at the college, the university and high schools

"The key is to impress upon our community the importance of providing youth with clear, complete and unbiased information on HIV/AIDS and sexuality."

during the week. The annual Candlelight Vigil and Tree Planting will again provide the community with an occasion for important reflection and emotional release. Another event appropriate to the week's theme will be a youth "Coffee House" with the Regional Multicultural Youth Council on Friday evening, featuring entertainment and discussion. A "Women's Healthy Sex Night" which will be held the following evening, promises to be a lively night for all involved. Details of these events will be available soon. Keep your eyes open for a schedule of events in various publications around the city.

Over the summer, youth outreach initiatives have been developed to include young people in the planning of **AIDS Awareness Week**. If yourself or any friends are interested in participating please call Tara at the AIDS Committee.

**NATIONAL
AIDS
AWARENESS
WEEK**

OPEN CALL TO ALL ACT-B MEMBERS CONCERNING THE 1994 ANNUAL GENERAL MEETING.

The 1994 ACT-B Annual General Meeting will be held in November. An exact date and location have not yet been confirmed. To be eligible to vote at the AGM, you must have a valid current membership, or take out a new membership at least thirty days in advance of the AGM. Please check your membership card. If it does not say valid for the calendar year 1994, you've expired! Good Grief! Hurry to renew your membership. Call ACT-B, drop in to our office, or use the handy membership form located elsewhere in this newsletter.

TED ROMANOWSKI

Ted Romanowski, dedicated past board member and hard working volunteer, died on August 24, 1994. Ted was first appointed to the ACT-B Board in 1991 and re-elected to another term in 1992. During his time on the board he represented ACT-B at two Annual Meetings of the Canadian AIDS Society (in Halifax, 1992 and Montreal, 1993) as well as numerous meetings of the Ontario AIDS Network. Ted was especially dedicated to fundraising for ACT-B's Emergency Financial Assistance Fund. The Fund makes emergency financial aid available directly to people living with HIV/AIDS. He regularly assisted at agency yard sales, flea markets and monthly bingos. He played a key role in the visit of the Canadian AIDS Quilt to Thunder Bay in the fall of 1992. Ted was named our Volunteer of the Year in May 1993 and given a special tribute when he stepped down from the Board last November. He was a generous, kind and caring individual.

We remember.

STAFF CHANGES

The AIDS Committee of Thunder Bay extends generous thanks to Bart Johnston, who was on placement with the agency for the summer. Bart assisted our Support Services department, as well as staffed our phones and reception desk. We wish him well in his continued studies this fall. As well, we extend our appreciation to Tara Lewis, who has been our summer Education Assistant. Tara developed various education initiatives concerning Thunder Bay youth. She too will be returning to school this fall (but will still be associated with ACT-B). We are pleased to welcome Sheila Berry, our new Support Services Coordinator, Jo-Ann Jacomb, our new Volunteer Coordinator and Tara Lewis, our 1994 AIDS Awareness Week Coordinator.



MINISTRY OF HEALTH CONSIDERING THUNDER BAY NEEDLE-EXCHANGE PROPOSAL

Earlier this summer, ACT-B, together with other members of a local planning committee, completed a proposal for the establishment of a formal needle-exchange program in Thunder Bay. The proposal had unanimous endorsement from various local agencies represented on the planning committee. It also received approval from the Board of the Thunder Bay District Health Unit. It has now been forwarded to the Ministry of Health for consideration. We are hopeful that this long needed program will soon be a reality in Thunder Bay.

OPEN CALL FOR NOMINATIONS TO THE ACT-B BOARD OF DIRECTORS

The 1994-95 Board of Directors will be elected at the Annual General Meeting in November. This is an open call to anyone interested in serving on the Board. Consider joining a team of experienced and dedicated board members. People living with HIV/AIDS are encouraged to consider running for the board. If interested, call the ACT-B office: 345-1516 for an interview and information package. The Nominating Committee will consider applicants until November 1st.

HELLO

On August 2, 1994, Jo-Ann Jacomb joined the ACT-B team as volunteer coordinator. She comes to us from the "arts" community where her primary focus has been music and theatre. She graduated from Lakehead University with a Fine Arts Degree in Music, majoring in voice and also an Arts Administration Diploma from Confederation College. Jo-Ann won the 1992 "Thunder Bay's Funniest Person" award. She has written and produced her own

play and hopes to perform parts of it in our Safer Sex Cabaret. She regularly performs with the trio Broadway Bound!

Jo-Ann brings a wealth of experience from her previous life as a "helping professional". She spent 10 years working at various non profit agencies in Thunder Bay. Her last vocational challenge was instructing in the Developmental Services Worker Program at Confederation College. She has also worked at the Canadian Mental Health Association, the Lakehead Association for Community living and Hogarth/Westmount Hospital.

Jo-Ann believes strongly in volunteering and is eager to meet all of the dedicated ACT-B volunteers. She is proud to be a member of the ACT-B crew and is ETERNALLY GRATEFUL that Sheila Berry is here to provide training and support.



In Memorium

We remember
with respect and appreciation:

Kevin, Vivienne
and
Ted

ASK QUESTIONS

CREATING HEALTHY ATTITUDES
ABOUT YOUTH & SEXUALITY

TALK ABOUT IT

BREAK THE SILENCE

AIDS AWARENESS WEEK OCTOBER 3-9, 1994

ACT-B ADVISORY COUNCIL

Fred Ball	Director, Public Health Laboratory
Beth Huston	Director of Administration, Kinna-Aweya Legal Clinic
Vivian Johnston	Public Health Nurse, Thunder Bay District Health Unit
Dr. Gordon Milne	Family Physician
Bob Richardson	Co-chair, Businessman
Nicky Titley	Supervisor of Infection Control, Port Arthur General Hospital
Don Uhryniw	Reverend, United Church, Council of Clergy
Derek Zulesky	Co-chair, Health & Safety Officer, Lakehead Board of Education

ACT-B BOARD OF DIRECTORS

Rick Atkinson	Treasurer
Sarah Bunn	Director
A. Downey-Baxter	Director
Mahlon Inksetter	Director
Gail Linklater	President
Ed Prinselaar	Director
Bob Richardson	Director
Diane Roberts	Vice President
Ron Rodgers	Director
Rob Shepherd	Director
Pius White	Director
Derek Zulesky	Secretary

ACT-B STAFF

Christa Alsch	Secretary
David Belrose	Education Coordinator
Sheila Berry	Support Service Coordinator
John Books	Fundraising/Communications
Lawrence Korhonen	Office Manager
Tara Lewis	A.A.W. Coordinator
Ian Ritchie	Support Worker/Health Promoter
Michael Sobota	Executive Director
Jo-Ann Jacomb	Volunteer Coordinator

Please address any comments on reACT-Believe to:

P.O. Box 24025
Downtown North Postal Outlet
Thunder Bay, Ontario
P7A 4T0

(807) 345-1516 (9:30 a.m. - 5:00 p.m.)

John Books, Editor
Heidi Jeske, Assistant Editor
Ian Ritchie, Editor of Treatment Pages

The opinions and medical information offered by reACT-Believe are those of the individual authors and not necessarily those of the staff or Board of Directors of the AIDS Committee of Thunder Bay. Medical information offered by reACT-Believe should be used with your own

UNITED WAY SUPPORT

ACT-B is the recipient of a 1994 United Way "New Initiatives" grant. This grant is specifically for ACT-B to increase library resources in the subject areas of abuse and family support. The amount is \$450, and will be made available to us in January, 1995. This is a one time grant only. Our agency does not currently receive on-going support from the United Way. We are grateful for this financial assistance, and thank the United Way.

Gay and Lesbian Positive Alanon Family Group

Meeting every Thursday at 6 pm.
at the Unitarian House, 129 S. Algoma Street, back door.
For details, call 344-5980.

.....

FAREWELL TO DARYLE

After two years of service Daryle Dollan our Support Services Coordinator has left to retire in the bush up in Armstrong. Daryle brought a lot of unique and interesting characteristics to the job. We all wish Daryle the best of luck.

.....

VITAMINS, VITAMINS, VITAMINS

The AIDS Committee of Thunder Bay has worked out an arrangement with "Buyers Club" to purchase vitamin and nutritional supplements. If you need further information concerning vitamins please contact Ian. Subsidies are available.

.....

THANK YOU

The AIDS Committee of Thunder Bay acknowledges and thanks our various funders:

: Ontario Ministry of Health
: Health Promotion and Social Development Office,
Ontario Branch, Health Canada
: Ontario Trillium Foundation
: All of the people involved in general fundraising and the support of many local businesses and individuals.

We especially would like to acknowledge recent donations from: Anita MacDonald, the students of McKenzie School, the Kidney Foundation of Canada, the Sear's Employees Charity Fund, Bearskin Airlines and Sportop Marketing.

REVISED SAFER SEX GUIDELINES ISSUED

In August, 1994, the Canadian AIDS Society issued "Safer Sex Guidelines: Healthy Sexuality and HIV - A Resource Guide for Educators and Counsellors". This is a revised version of the guidelines that were originally published in 1989. The CAS Safer Sex Guidelines have provided a standard for discussion of safer sex issues since they were released. As the HIV/AIDS epidemic has progressed, there was a need to revisit the guidelines to determine whether they were still valid. After careful review of the scientific literature, and consultation with a broad range of individuals, the document provides "a consistent, measured message, based on the most up-to-date scientific information" (Dr. Catherine Hankins, The Canadian Association for HIV Research).

The revised Guidelines are well-written and the material is presented in a much more accessible manner than the original document. Probably the most striking feature of the new guidelines is how little they have changed from the 1988 document. The messages that have been presented over the past six years have been fine-tuned, but the basics have remained almost the same. In the original guidelines, the levels of risk were VERY HIGH, LOW, MINIMAL and NO RISK. The new guidelines offer more clarity with levels listed as HIGH RISK, LOW RISK, THEORETICAL RISK ONLY, and NO RISK.

Of particular concern over the years has been an ongoing debate about the risk associated with oral sex and HIV. The new guidelines continue to list oral sex as LOW RISK, and there is analysis which will assist educators and counsellors in offering information about this to the public.

The document is divided into four sections with appendices. The first section explains the need to educate about safer sex while at the same time affirming sexuality and health. It also discusses levels of risk, the concept of acceptable risk, and deals with safer sex issues for people living with HIV. While the second section presents the model

used to assess the risks for sexual transmission of HIV, the third section applies this model to specific sexual activities. The last section looks at the impact on risk reduction of various barrier methods and devices, including proper condom usage, numbers of sex partners and monogamous relationships.

This is not a document for wide-spread public distribution but it will be a useful tool for educators and counsellors, to assist in presenting consistent, up-to-date messages about risk and prevention. Copies are available from the Canadian AIDS Society or the ACT-B Library.

Acceptable Risk?

(from Safer Sex Guidelines, pp. 5-6)

Since the mid-1980s, there has been a significant amount of research to show that oral transmission of HIV can happen, although it seems to occur rarely. Similarly, with protected vaginal or anal intercourse, even though we know that a properly used condom greatly reduces risk, condoms sometimes do fail and transmission can occur.

The question of what constitutes an acceptable risk lies at the heart of the challenge of safer sex. Should we be encouraging people to reduce risk, or to totally eliminate it?

From the broader perspective of public health strategy, this document is guided by a commitment to risk reduction as the most achievable goal in behaviour change. From the point of view of the individual, the document assumes that it is better to provide advice for both options: reducing risk and eliminating risk. This way individuals can determine which choice is appropriate for themselves.

ASK QUESTIONS

CREATING HEALTHY ATTITUDES
ABOUT YOUTH & SEXUALITY

TALK ABOUT IT

BREAK THE SILENCE

AIDS AWARENESS WEEK OCTOBER 3-9, 1994



1-800-268-YOUTH

*Remember, no
glove - no love!*



RESOURCE CENTRE

The ACT-B Resource Centre Library is a collection of materials in a variety of formats containing information on HIV/AIDS and related issues. We subscribe to specific treatment information newsletters with the latest information on HIV/AIDS treatments.

This information is available to everyone with a personal, professional or academic interest in HIV infection, AIDS or related issues.

The Resource Centre Library is located at 217 S. Algoma Street, at the corner of Algoma and Cornwall. Come in and take a look from 9:30 to 5:00 weekdays. See what we have available.

SOME RECENT ACQUISITIONS

BOOKS

- AIDS Treatment News Volume 3 (Compilation) 1994
- AIDS: A Global Health Crisis (Posters by Burroughs Wellcome) 1993
- The Anarchist AIDS Medical Formulary: A Guide to Guerilla Immunology 1993
- Dying With Dignity: Understanding Euthanasia 1992
- The Essential Guide To Prescription Drugs 1994
- Living with Dying, Dying at Home (Care Team Resource Manual) 1993
- Living With The AIDS Virus: A Strategy for Long-term Survival 1991
- A Time For Caring: A Pastoral Approach for persons with AIDS 1989
- Two Teenagers In Twenty: Writings by gay and lesbian youth 1994
- Understanding Sexual Identity 1990

VIDEO

- A Time For Caring: Pastoral Care For Persons With AIDS 1989 30 min.
- Forefront: An HIV Update 1994 Edition 7 20 min.
- Forefront: An HIV Update 1993 Edition 6 20 min.
- Healthy Sex Cabaret (ACT-B) March 12, 1994 Tapes 1&2 240 min.
- Homosexuality: What The Bible Does And Does Not Say 1985 70 min.
- Nutrition And HIV Workshop: Lark Lands and Chester Myers Thunder Bay, Feb. 26, 1994 Parts 1&2 200 min.
- Scared To Death (homophobia) 1993 29 min.

TREATMENT RESOURCES AVAILABLE IN ACT-B'S LIBRARY - PART 1

The following is a list of newsletters and journals that we subscribe to and are available either in our library or they can usually be found on Ian's desk. They are available to anyone but must be either read in the library or photocopied. If you need any more information or would like to read any current or back issues see Ian.

AIDS Treatment News- Published twice monthly by John S. James out of San Francisco, Ca. Contains reports on experimental and standard treatments, interviews with physicians, scientists, other health care professionals and people living with HIV/AIDS. They also collect information from meetings, conferences, medical journals, and computer databases. Free to those who cannot afford a subscription. 1-800-TREAT-1-2 or 1-800-873-2812

Treatment Update- Published monthly by the Community AIDS Treatment Information Exchange (CATIE) in Toronto, Ontario as a resource for individuals considering experimental treatments and/or therapies for AIDS and HIV - related illnesses. Free to those who cannot afford a subscription. 1-800-263-1638

Treatment Issues- Published monthly by The Gay Men's Health Crisis in New York. Contains information on experimental AIDS therapies, new treatment therapies, information on approved and underground drugs, clinical trials and other information related to HIV/AIDS. This newsletter offers a sliding scale for PHA's.

BETA- Published quarterly by the San Francisco AIDS Foundation. This bulletin contains information on alternative AIDS and HIV research, meetings, conferences and clinical trials. 1-800-959-1059

Being Alive- Published by Being Alive, People with HIV/AIDS Action Coalition, Los Angeles CA. This newsletter contains information on medical treatment, nutritional information and personal stories. Free to those who cannot afford a subscription. 1-213-667-3262.

Journal of the Physicians Association for AIDS Care- Published monthly, this journal contains information on conferences, new treatments and new drug therapies.

In our next newsletter, Part 2 will contain treatment and health promotion books that are available in our library.



**AIDS AWARENESS WEEK 1994
CREATING HEALTHY ATTITUDES ABOUT
YOUTH & SEXUALITY**

SATURDAY, OCT. 1, 1994

Positively Well Speaker
Francis Robichaud
Lecture, video and discussion on DNCB
for people living with HIV/AIDS

MONDAY, OCT. 3, 1994

Tree Planting Ceremony - Marina Park 12 noon
ART AIDS MURAL to visit high schools

TUESDAY, OCT. 4, 1994

ART AIDS MURAL at Lakehead University
and Confederation College

WEDNESDAY, OCT. 5, 1994

ART AIDS MURAL at Lakehead University
and Confederation College

THURSDAY, OCT. 6, 1994

ART AIDS MURAL visits high schools
Candlelight Vigil - 7:30pm Meet at ACT-B
for silent walk to Unitarian Hall

FRIDAY, OCT. 7, 1994

"Coffeehouse" Youth Social with
Regional Multicultural Youth Council
8:00pm Victoriaville
ART AIDS MURAL visits high schools

SATURDAY, OCT. 8, 1994

Women's Healthy Sex Night - 8 pm
ART AIDS MURAL at Intercity Mall
Condom Blitz at selected local bars

SUNDAY, OCT. 9, 1994

ART AIDS MURAL at Intercity Mall

Other possible events include university & college workshops, Club VIP event, social marketing initiatives and various displays set up throughout the city in connection with youth groups.

For more information:

call Tara Lewis at the AIDS Committee of Thunder Bay 345-1516.

**"OPENING MORE DOORS"
3rd Annual
Northwestern Ontario Regional
HIV/AIDS
Counselling Conference**

Thanks to the Ontario Ministry of Health, the AIDS Committee of Thunder Bay is hosting its third annual "Opening More Doors" counselling conference regarding HIV/AIDS. It will be held at the Prince Arthur Hotel here in Thunder Bay, Ontario, on October 20 and 21, 1994.

On the evening of Thursday, October 20, 1994 there will be a session on "Issues relating to smaller centers, interaction with PHA's (Persons Having HIV/AIDS), barriers that PHA's face living in North-western Ontario", followed by a network and socializing period when refreshments will be served. On Friday, October 21, 1994 during our day session, various workshops will be held on:

- 1) Pre and post test counselling
- 2) Counselling family members and psycho-social issues
- 3) Issues relating to the grief process
- 4) Women's issues creating risk awareness.

Breakfast and a light lunch will be served at intermissions during these workshops.

We currently have a broad range of participation from many smaller communities throughout Northwestern Ontario. A small registration fee is required although accommodations and travel grants for out of town guests are available. All PHA's (Persons Having HIV/AIDS) will have the registration fee waived. If you would like further information on our upcoming, 3rd Annual, "Opening More Doors" Northwestern Ontario Regional HIV/AIDS Counselling Conference please call the conference coordinator, Karen Ferland, at 1-807-345-1516 or 1-807-768-0699.

Registrations are limited but we do have some space available.

MOTHER'S CUPBOARD

The AIDS Committee of Thunder Bay has been running a food bank in our agency for the last year. Thanks to the generous donations from our community we have managed to provide food for people who are in need.

Unfortunately we have exhausted our supply of food and Mother's Cupboard is now bare. If you or your organization wish to donate food or start a food drive please call Ian.

POSITIVELY WELL

This year's "Positively Well" program will have more of a complementary therapy focus.

The first presenter will be Francis Robichaud. Francis, a DNCB advocate and user, will give a presentation on DNCB which is a complementary therapy. He is a volunteer for the PWA foundation in Toronto where he also facilitates a DNCB support group. Francis will be in Thunder Bay on Saturday October 1st.

Chester Myers will be returning to Thunder Bay on November 19-20, 1994. Chester will be speaking on diet and nutrition with HIV.

The next presenter is Sandra Johnson from the "RISE Program". The "RISE Program" was designed as a health education course, for stress management and lifestyle modification through mental focusing and meditation.

I would like to thank the steering committee who sat down and decided who they would like to see and hear. Without their input this year's Positively Well would not be as focused and client driven. For more information call Ian.

BUDDY PROGRAM

The Buddy Program, long in coming, has been running for about six months. Volunteers with a special interest in working with clients, must invest about 35 hours in training and then commit to a minimum of one year to the person with whom they are matched. Buddies are there for support: sometimes spending time together, talking on the phone, running errands, bringing some home cooking by, driving someone to an appointment, or accompanying someone on an afternoon out. The terms of the relationship are agreed upon between the client and the buddy. ACT-B's role is mainly that of support to both the buddy and the client. I know that one person living with AIDS in their own apartment found the regular telephone contact comforting. Requests continue to come in for buddies, and we are doing our best to make good matches. If you are interested in the buddy experience, call Sheila or Jo-Ann at 345-1516.



COMMITTEE DITTY

by Leslie Lipson,
University of California
at Berkeley

*Oh give me your pity!
I'm on a committee,
Which means that from morning to night.*

*We attend and amend
And contend and defend
Without a conclusion in sight.*

*We confer and concur,
We defer and demur,
An reiterate thoughts of all sorts.*

*We revise the agenda
With frequent addenda
And consider a load of reports.*

*We compose and propose,
We suppose and oppose,
And the points of procedure are fun.*

*But though various notions
Are brought up as motions,
There's terribly little gets done.*

*We resolve and absolve,
But we never dissolve,
Since it's out of the question for us*

*To bring out committee
To end like this ditty
Which stops with a period - thus.*



**RED RIBBON
CAPS
\$15**

**AVAILABLE FROM
THE AIDS
COMMITTEE**

**WE THANK SPORTOP MARKETING
FOR THEIR GENEROUS ASSISTANCE!**

SUCCESSFUL FUNDRAISING

Donning their red ribbon caps or red ribbon T-shirts, over 145 people participated in the 1994 From All Walks of Life fun run/pledge walk. Our run fun at Boulevard Lake met its goal of raising \$6,000 for the AIDS Committee. It was the biggest and best in the six years we've had this event. Our thanks go out to the many dedicated volunteers for their help organizing the fun run and to the many local businesses which contributed prizes.

The top three pledgers and the prizes they were awarded were:

1. Mike Topp: tickets for two to Toronto donated by Canadian Airlines, Lakehead Travel and The Westbury Howard Johnson Plaza Hotel

2. Maria Fiorot: a sports bag donated by Collegiate Sports

3. Brad Hetsler: a gift certificate for a massage and green fees.

Thanks to all of you who gathered pledges, no matter how much.

AHEAD

Look for the Big Picture: the AIDS Mural this fall. During AIDS Awareness Week, it will tour several local High Schools, Confederation College, Lakehead University and finish at Intercity Mall on Saturday and Sunday, October 8th & 9th. It will also appear at the Regional Counselling Conference "Opening More Doors" at the Prince

Arthur Hotel on October 21st and 22nd. As well we hope it will find a place in many local malls in the coming months. This project is perfect to collect pledges for. Call the office for pledge sheets. Perhaps on World AIDS Day (December 1st), we could stage a day with art and fill a lot of squares on the Mural. As we head into the cool fall months other events are in the planning stages. We will have one of our famous yard sales in October. A Pancake Breakfast will occur sometime in November. It will be scheduled before you head out for a day of Craft Sales. Planning has already begun for the 2nd annual ART AIDS: Art Auction which will be early in 95. Stay tuned for further developments.

NOTICE...NOTICE...NOTICE...NOTICE...NOTICE...NOTICE...NOTICE...NOTICE

Due to budget restraints, reACT-Believe will be issued three times a year instead of four.

As well reACT-Believe is asking nonsubscription readers to return the enclosed form if they want to continue to receive this newsletter. Members, clients and volunteers will continue to receive the newsletter.

COMPLIMENTARY SUBSCRIPTION RENEWAL

Dear Reader:

For several years you have received reACT-Believe at no cost. The AIDS Committee will continue to mail you reACT-Believe at no charge if you indicate that you want to receive it. However, we need your help now. If this newsletter is useful, let us know. If you can help us pay for it, please do so.

PLEASE CHECK

☐ Yes, I want to continue receiving reACT-Believe

☐ I would like to make a contribution to cover the cost of reACT-Believe. I am enclosing a cheque for to the AIDS Committee of Thunder Bay. For those that can afford it, \$15 would be appreciated.

☐ No, I do not want to receive reACT-Believe any longer.

Name

Organisation

Address

Postal Code

Please mail this form to:
reACT-Believe c/o
AIDS Committee of Thunder Bay
P.O. Box 24025,
Downtown North Postal Outlet,
Thunder Bay, Ontario P7A 4T0

Recipients of complimentary copies of reACT-Believe that do not respond to the survey form will be deleted from the mailing list.