

reACT-Believe

The AIDS Committee of Thunder Bay
Fall 1998 Volume 11, Issue 2



The "Walk With Us" Issue



A Message From Don Ferguson

Royal Canadian Air Farce, CBC Television



On Sunday, September 27, 1998, thousands of people just like you will lace up their sneakers and hit the streets to take part in one of Canada's most important fundraisers – their local **AIDS Walk**.

You already know what a devastating impact AIDS has had on Canadians. But did you know that Canada's HIV infection rate has nearly **doubled** since the early 1990s? And, that at the end of 1996 as many as 42,000 Canadians were living with HIV/AIDS? Looking at these alarming numbers really makes us realize that the struggle against this disease is far from over.

Local AIDS service organizations (ASO's) are at the forefront in this battle. They provide essential support services for men, women and children who are affected or infected by HIV/AIDS. ASO's also promote effective HIV education and prevention programs among people who are at the highest risk for infection.

When you join the AIDS Walk in your community, the pledges you collect stay with your local AIDS service organization. **This means that every dollar you raise helps someone in your community who is living with HIV/AIDS.**

We hope you will join thousands of other caring Canadians and lend your support to this important event. Please, register to walk today. Your help will really make a difference to people living with HIV/AIDS. Thank you.

Sincerely,
Don Ferguson

P.S. The struggle against AIDS is far from over. We can't continue the fight without the support of generous people like you. If you aren't able to join this year's AIDS Walk, please consider making a donation to your local ASO or pledging another Walker. Your active participation is appreciated!

AIDS Walk 1998

On September 27th, the AIDS Committee of Thunder Bay will hold its biggest fundraiser of the year. The **AIDS Walk** will be held on the campus of Lakehead University.

With increasingly more people in the region at risk, the fight against AIDS is entering a new phase. Recent reports have focused on the rapid spread of the virus in the Aboriginal population, among people who use drugs, as well as among youth and women. Thunder Bay is not isolated from these trends. Our community, our families and our children are being affected. Data from recent statistics confirms that two to four new cases of HIV+ status occur every month in the Thunder Bay region.

Last year, over \$23,000 was raised in Thunder Bay toward the fight against AIDS. The funds you collect for this year's Walk are essential. The following are just a few examples of how they could make a difference:

- \$25 will pay for a treatment news mail out to local physicians
- \$50 will buy diapers for a month for a HIV+ mother's child
- \$100 will stock two shelves of our food bank
- \$250 will send a HIV+ speaker to Dryden or other towns within the region

On behalf of the AIDS Committee of Thunder Bay, I would like to **invite you** to sign up for the **98 AIDS Walk** on September 27th at Lakehead University. Join us this year. Bring your pledges to the Outpost between noon and 1 p.m. Enjoy an afternoon of fun for the whole family, with entertainment, food, face painting, fish pond, and much more. Come out and enjoy yourself and make some new friends.

Call 345-1516 to obtain your team registration kit or to sign up as an individual walker. Come out and have a great time. Together we can make a difference.

John Books, Fundraising Coordinator

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Education Update

THE CHANGING FACE OF

AIDS

RISK?

HIV/AIDS is a risk—especially if you drink before sex or use injection drugs. HIV/AIDS can be prevented. Learn how to protect yourself. Call:

1-807-345-1516

actb

AIDS Committee of Thunder Bay

"AIDS.... We're all affected"

AIDS Awareness Week 1998 Moves to the End of November

In 1998, National AIDS Awareness Week will be held 23 to 30 November, followed by World AIDS Day on December 1. The 1998-1999 campaign will once again feature the theme, **The Changing Face of AIDS**, but with some new promotional materials, improvements and updates. This decision was made by the Canadian AIDS Society after a survey of member organizations. In the survey, a significant majority of respondents selected the last week of November as the best time to launch the year-long national AIDS Awareness campaign.

The rationale for the change included the following:

No AIDS Walk conflict: groups will find it easier to plan the week if it takes place after the Walk (see elsewhere in this newsletter for more information), with more time to organize and distribute materials, and more access to staff/volunteer time.

World AIDS Day tie-in: World AIDS Day gets more media attention, and is better known than AIDS Awareness Week, so it will be easier to get stories picked up by local press. Planners can take advantage of the attention surrounding World AIDS Day, but will be provided with original "made in Canada" materials; focus, fact sheets, etc. CAS will also continue to provide planners with information about the global epidemic and its links to the Canadian epidemic.

Advance materials: With project funding tied to a fiscal year that begins in April, there will be more time to print, produce and distribute materials in advance.

Students/Youth: schools will have more time to plan (and to build HIV/AIDS prevention into the curriculum).

This change will impact significantly on planning and preparation in Thunder Bay and Northwestern Ontario. We encourage everyone to make plans to hold events during AIDS Awareness Week. We especially urge students and teachers to plan classroom teaching and/or other school activities for this week. Please contact us for ideas or help in planning. Remember these dates:

Nov. 23-30 National AIDS Awareness Week
December 1 World AIDS Day



ACT-B Enters the Internet Age

We can now be reached by E-mail or via the World Wide Web. As of the beginning of August

1998, we now have a web site at the following address: <http://www.tbaytel.net/actb> and we can be reached by E-mail at: actb@tbaytel.net. The web site features information about our services, upcoming events, such as the AIDS Walk, information about how to contact us, and links to other sites. As the site develops, we hope to provide other news and information. We encourage you to check us out and let us know what you think. Our thanks to Paul Jasen, who developed the web site for us.



Resource Library Update

The ACT-B library continues to be an important source of information related to HIV/AIDS and related issues. The library has shifted location in the ACT-B Resource Centre. A number of new print items have been added recently. A TV and VCR are available to preview our video collection. A computer work station is now located in the library with access to HIV/AIDS related software and internet capability. This will gradually be made available to clients, volunteers and other users. Come in, check us out and ask for help if you need to use the work station.



Substance Use Outreach Project

This project moves ahead under the direction of Stuart Boland. Two new transit ads have been developed and the first of these is now on city buses. The bar campaign continues with the safer sex puppet play updated and now called "Dick's Night Out." This project will close at the end of December.

"Opening More Doors"

7th ANNUAL NW ONTARIO REGIONAL HIV/AIDS COUNSELLING
CONFERENCE Thursday, October 15th and Friday, October 16th, 1998



This annual conference focuses on counselling issues relating to HIV/AIDS. The AIDS Committee welcomes health care workers, counsellors, clergy, people living with HIV/AIDS (PHAs), and their family and friends to attend. The registration fee is \$30.00, which includes all 9 workshops and meals. There is no charge for PHAs. A fee of \$10.00 will be charged for those wishing to attend the plenaries only. This event is funded by the Ministry of Health - AIDS Bureau.

The conference opens with "The 2nd Decade of HIV/AIDS: A look at where we are at the end of the 90's." This workshop will set the tone for the conference, providing an overview of AIDS and how it has evolved since the early 1980's up to the present.

That same evening, we will host "Treatment Information Night", a dinner and workshop focusing on current medical options for those living with HIV/AIDS. Our guest speakers for the evening are two HIV specialists, Dr. Gary Rubin and Dr. John Goodhew. Both doctors attended the World AIDS Conference in Geneva, Switzerland and will share with participants the latest advances in HIV treatment and prevention. This workshop is sponsored by Merck Frosst, Glaxo Wellcome, Agouran, Bristol-Myers Squibb, and Abbott Laboratories Limited.

Other workshop topics include:

- ♦ Counselling Aboriginal populations
- ♦ Issues relating to youth peer pressure, sexuality and STDs
- ♦ Counselling children and family members of someone living with HIV/AIDS
- ♦ HIV/AIDS and issues related to alcohol and other chemical dependencies including injection drug use
- ♦ How to facilitate a support group
- ♦ Women and HIV/AIDS
- ♦ Issues related to HIV/AIDS, mental illness and mental health

For more information, please contact: Joanne Books, Conference Coordinator
At 807-346-9388 or 807-345-1516

AIDS WALK Thunder Bay

Have you registered for AIDS Walk Thunder Bay yet? It's not too late! Form a team, encourage your friends from work or school to join you. Support each other as you collect pledges. Bring a pet, wear a costume, have your pet wear a costume, bring the kids; there will be something for everyone!

We have activities for children, entertainment, food, and games. The 5 km. Walk will begin at The Outpost at Lakehead University at noon on September 27th. As a pledge collector, you will be joining thousands of Canadians in over 60 communities as they help to support the cause of HIV/AIDS.

The lucky person who collects the most pledges will receive dinner for two at the Valhalla Inn and a trip for two to Toronto with a stay at a downtown Toronto hotel (courtesy of Lakehead Travel and Canadian Regional). The second highest pledge collector receives a weekend for two at Grand Portage Lodge. Third prize is a one night stay and breakfast courtesy of Rose Valley Lodge & Restaurant (formerly the Unicorn Inn). There will

also be prizes for teams and for pets. There are also incentive prizes – collect over \$200 and receive an AIDS Walk key chain; collect over \$300 and receive an embroidered AIDS Walk windbreaker; collect over \$500 and receive a windbreaker and a \$50 gift certificate from Aldo Shoes.

All money raised in Thunder Bay stays in Thunder Bay. The pledges you collect are used to fight HIV/AIDS here in Thunder Bay on three levels:

- Support services for persons living with HIV/AIDS here in Thunder Bay and the region
- Education
- Policy and Advocacy

The active client case load of the AIDS Committee of Thunder Bay is increasing rapidly. Be a part of the solution! Bring in your completed registration form to our office or call us at 345-1516.

Register by 4:30 p.m. local time on September 1, 1998, and you'll be entered in a random draw for a **return trip for two to any destination in North America served by Canadian Regional.** Certain conditions apply.

YES!

I'll raise money and walk 'til my shoes fall off to fight AIDS and to support people with HIV/AIDS. Please send my Walker kit right away.

Name: _____

Street Address: _____

Apt.: _____

City: _____

Province: _____

Postal Code: _____

Home Phone: () _____

Work Phone: () _____

Fax: () _____

Employer/School/Organization: _____

Team Name (if any): _____

Age: ☐ under 18 ☐ 18-25 ☐ 26-35 ☐ 36-45 ☐ 46-55 ☐ 55+

Sex: ☐ M ☐ F

- ☐ I would like 1 2 3 4 5 Pledge forms (circle one).
- ☐ I'll take the lead in forming a team. Please give me a Team Leader's kit.
- ☐ In addition to walking, I can volunteer my time. Please call me.
- ☐ This is my first AIDS Walk Canada.
- ☐ I can't make it on September 27, but I want to donate.



AIDS WALK CANADA
A PLEDGE IS THE FIRST STEP

Vitamins – Submitted by Ingrid Buahene, Nutritionist



Introduction

The word vitamin was first coined in 1912 by Polish chemist Casimir Frank. The absence of any one of these vitamins leads to specific symptoms of one or another deficiency disease. Also, an absence causes a breakdown in our immune system.

The primary source of vitamins is food. When ingested through a well balanced diet, vitamins become active substances assisting the body in achieving optimum health. There are times throughout life when we need vitamin supplements: i.e. taking medications which can impair absorption of nutrients. Vitamins can be classified into 2 groups, namely fat-soluble and water soluble. The 2 groups differ in their chemical structure, distribution in foods, and their functions. Moreover, deficiencies produced by the lack of each vitamin are specific.

Fat soluble vitamins are absorbed by the intestinal tract with fats and require bile for their absorption. These vitamins are stored in the body, especially the liver.

Water soluble vitamins are readily absorbed, but the body does not store them to any extent. Therefore, they must be provided on a daily basis in the diet.

Fat soluble vitamins:

Vitamin A

Required for normal structure of bones and teeth, maintenance of outer layer of skin and the mouth and gastrointestinal tract. Bile is essential to the absorption of carotenes from the intestines. The liver stores vitamin A and well nourished individuals have a supply to last for several months.

Foods: Liver, kidney, egg yolk, butter, fortified margarine, whole milk, cream cheese, dark-green leafy and deep yellow vegetables, deep-yellow fruits.

Vitamin D

Required for the normal absorption of calcium and phosphorus from the gastrointestinal tract. Adults get enough vitamin D through exposure of the skin to sunlight. People who work at night and sleep in the day, invalids and people who wear religious habits may require a vitamin D supplement.

Foods: Fortified milk, concentrates (calciferol, viosterol), fish liver oils, exposure to ultraviolet rays of sun.

Vitamin E

Required for the protection of red blood cells and to prevent coronary disease.

Foods: Salad oils, shortenings, margarines, whole grains, legumes, nuts, dark leafy vegetables.

Vitamin K

Required for blood clotting. Hemorrhage is the principal finding in vitamin K deficiency.

Foods: Dark green leafy vegetables

Water Soluble Vitamins

Vitamin C (ascorbic acid)

Required for the building of collagen, the connective tissue protein that 'cements' the cells and tissues together.

The body maintains a normal saturation of vitamin C but excessive intake is eliminative in the urine. Ascorbic acid improves absorption of iron from the intestines and is also needed to convert folacin into folic acid; this is required for the formation of hormones, it participates in the metabolism of amino acids and is essential for wound healing and helps to protect against infections. Vitamin C is called the 'fresh food' vitamin; raw fresh fruits or vegetables all contain vitamin C and should be incorporated in the daily diet.

Foods: Citrus fruits, strawberries, cantaloupe, tomatoes, broccoli, raw green vegetables.

Vitamin B1 - Thiamine

Required for the breakdown of glucose to yield energy. Adequate functioning of thiamine maintains healthy nerves, a good mental outlook, a normal appetite and good digestion.

Foods: Pork, liver, other meats, poultry, dry beans and peas, peanut butter, enriched and whole grain bread, milk, eggs.

Vitamin B2 - Riboflavin

Required like B1 is concerned with the breakdown of glucose for energy

Foods: milk, cheese, meat, poultry, fish, dark green leafy vegetables, enriched and whole grain breads.

Niacin

Required for the stepwise breakdown of glucose in metabolism. It is essential for a healthy skin, normal functioning of digestive tract and maintenance of the nervous system.

Foods: meat, poultry, fish, dark green leafy vegetables, whole grain or enriched breads, cereals.

Vitamin B6

Required for the production of antibodies.

Foods: Meat, whole grain cereals, dark green vegetables, potatoes.

Vitamin B12

Required for the production of red blood cells in the bone marrow. It is the most complex of all vitamins. Folacin and Vitamin B12 are both needed for the formation of red blood cells.

Foods: animal foods only: milk, eggs, meat, poultry, fish.

Conclusion

Vitamins should never be taken on an empty stomach. They should be taken a few minutes before the main meal or immediately after, so that they can be absorbed well with the other nutrients. Absorption on an empty stomach is almost nil.

Next newsletter will present Minerals and Fiber.

Abbott Announces Difficulty Manufacturing Norvir (ritonavir) Capsules

Company Plans to Substitute With Liquid Formulation

Abbott Park, Illinois, July 27, 1998 – Abbott Laboratories announced that it is experiencing manufacturing difficulties with the capsule formulation of its HIV protease inhibitor, Norvir (ritonavir).

“We have encountered an undesired formation of a Norvir crystalline structure that affects how the capsule form of Norvir dissolves,” said Arthur Higgins, senior vice president, pharmaceutical operations, Abbott Laboratories. “Although maximum efforts are underway, to date we do not have a solution to the capsule problem.”

The manufacturing difficulties with Norvir capsules will result in shortages and interruption in supply of capsules. Abbott is planning to supply Norvir oral solution (liquid formulation) to provide continued Norvir therapy for patients.

Norvir capsules currently in distribution are not affected by this issue. When used in accordance with the prescribing information, product on the market is safe and effective.

“We deeply regret this inconvenience,” said Higgins. “Abbott is committed to doing everything it can to enable patients to continue Norvir therapy without interruption, and to resuming timely delivery of Norvir capsules.”

The active ingredients in Norvir liquid and Norvir capsules are identical, as is their activity against HIV.

Pharmacists and physicians are being informed of dosing instructions to address the capsule-to-liquid conversion.

Abbott has contacted and is working with the U.S. Food and Drug Administration (FDA), the European Agency for the Evaluation of Medicinal Products (EMA) and other international regulatory agencies to address the problem. Abbott will be communicating with health care providers, consumers and the AIDS community through letters.

In addition, the company has set up a toll-free number for inquiries and has placed information on its website. For health care provider and patient

questions regarding Norvir liquid in the United States, call 1-800-637-2400 or visit www.norvir.com.

Norvir is indicated in adults in combination with other anti-retroviral agents for the treatment of HIV infection. Norvir has also been cleared by the FDA for use in children between the ages of 2 and 16 based on safety and pharmacokinetic data.

Norvir may not be right for everyone, including people with liver disease, hepatitis, or hemophilia. Elevated blood sugar levels have been reported in patients taking protease inhibitors. Allergic reactions ranging from mild to severe have been reported. Common adverse reactions include fatigue, vomiting, diarrhea, loss of appetite, abdominal pain, taste disturbance, tingling sensation or numbness in the hands, feet, or around the lips, headache and dizziness. Frequently observed adverse events may diminish as therapy is continued. Norvir should not be used with certain medications including some non-sedating antihistamines, sedative hypnotics, antiarrhythmics, or ergot alkaloid preparations.

Recent projections estimated \$250 million of Norvir sales for the entire year of 1998. While the company cannot at this time predict the impact of this Norvir substitution on sales, Abbott remains committed to meeting its stated goal of low double-digit earnings per share growth.

Questions -

Q. Is there a cost difference between Norvir capsules and Norvir oral solution (liquid)?

A. Our price for the two formulations is approximately the same.

Q. Am I at greater risk for resistance with the Norvir oral solution (liquid) formulation vs. capsules?

A. No. Norvir oral solution (liquid) and Norvir capsules are identical in their activity against HIV. With HIV therapies, patient compliance is an essential component in preventing drug resistance. It is critical for you to take your medication at the prescribed dose and time recommended by your health care provider. If you have questions about the liquid, contact your physician immediately.

For Your Information

HIV AIDS Info.

From: Black CAP Links, Spring 1998

Some Facts About AIDS

HIV is transmitted through the exchange of blood, semen, vaginal secretions, and breast milk. The major ways of HIV transmission include the following:

- Unprotected sexual contact with an infected person.
- Sharing contaminated needles among injecting drug users.
- Vertical transmission from HIV-infected women to their babies or through breast feeding after birth.

While the above are proven to transmit HIV the following facts should also be noted:

- HIV does not survive well without a living host, so environmental transmission is very unlikely.
- Casual contact through closed-mouth or "social" kissing is not a risk for transmission of HIV.
- Contact with saliva, tears, or sweat has never been shown to result in HIV transmission.
- There is no evidence of HIV transmission through insects.
- There is no risk of HIV infection through donating blood.

HIV infection is entirely preventable if we avoid certain risky behaviours. These are some ways to prevent HIV transmission:
ABSTINENCE

You may choose to abstain from sexual intercourse altogether or have sex only with the proper use of a barrier.

USE OF CONDOMS

When latex condoms are used consistently and correctly, they can greatly reduce a person's risk of acquiring or transmitting

HIV.

NEVER SHARING NEEDLES

If you must take injectable drugs, never share needles or other works with other people.

USE OF CLEAN NEEDLES AND SYRINGES

Use of clean needles and syringes will decrease the chances of acquiring or transmitting HIV.

TESTING OF BLOOD DONORS

In most developed countries, all blood donors are tested for HIV antibodies. Their blood will not be used if they are tested HIV positive.

www.catie.ca

The Canadian AIDS Treatment Information Exchange (from British Columbia Centre for Excellence

In HIV/AIDS, March 1998, Volume 6, Issue 1)

The CATIE site, known as The Network, provides up-to-date treatment information from Canada and beyond. Founded as part of the activist group AIDS Action Now!, CATIE is an independent, non-profit community-based organization. Its goal is to help people living with HIV/AIDS make informed health care decisions.

The Network includes information on what's new in the area of drugs, other medical treatments and complementary therapies. There is also access to CATIE's publication list on symptoms, diagnosis, prevention, accessibility, and treatment research.

An outstanding feature of the site is the fact sheets on everything from Amphotericin to Viral Load Measurement, making it a great boon to everyone dealing with HIV or caring for someone with the virus.

BACK - TO - SCHOOL SOCIAL

An event for the gay, lesbian, bisexual & transgendered
community and friends

Saturday, September 19, 1998

Ukrainian Labour Temple

203 Ogden Street

9:00 p.m. till 1:00 a.m.

Cost: \$6.00



Letters

My name is Brenda Joy LeSage. I am a proud Aboriginal HIV positive woman, mother and grandmother. I went public with HIV as soon as this disease was given to me by a person who seemed to hate women. I also know women who may hide their HIV status and risk infecting men. It works both ways. No matter what people tell you, do not blindly accept that what they are telling you is the truth. I believe I became infected when I was doing intravenous drugs. I and others in my circle of friends did not share our rigs. That was the rule. During the time that I was seeing this man, I had been going through a rough emotional time. I got careless with my equipment and allowed him to fix me. He was tripping on hitting me up. At that time, I was high and I didn't care about anything. I was self-destructing. I don't blame him. After four years of coming to terms with this disease, through the help of the AIDS Committee of Thunder Bay, ongoing information, support groups, and counselling, and reconnecting with my native beliefs, I have come full circle with my anger and shame. I know that it is my responsibility to look after my own rigs. So, no matter what, don't believe someone you don't really know. If you are going to use intravenous drugs, always know that if you get careless, you may end up with something you didn't expect. You will have to deal with the consequences. When you are drinking or taking a variety of drugs that alter your state, you naturally might have sex. Always use a condom. Carry them with you. Read the expiry date. Use only latex condoms. If you need lube, use only water-based ones like KY, or Astroglide. Never use vaseline or baby oil.

I have been a board member at the AIDS Committee of Thunder Bay for the past two years. Being able to tell my story might stop someone from becoming infected. I take vitamins, follow the traditional path as best as I can. This does not mean that I don't have my down times or falter, but I feel better about myself. In my spare time, I spend a lot of time with people - on the street, in bars, coffee shops, in their homes, talking to them, telling my story, and educating my peers about HIV, Hep C and AIDS-defining diseases. They are listening and interested. In the beginning, they avoided me. Now they ask questions and tell me their stories. There are still many people out there who are HIV positive and not aware of the services available. I tell everyone I know. There are also people who are afraid of being tested. It is only through persistence that I have been able to meet people who are otherwise underground. I am a caregiver and enjoy helping others through public speaking, distributing information and supplies. It keeps me going. My only wish is to stop the spread of HIV.

Meegwetch.

Here and There ...

ATTENTION VOLUNTEERS

We want to know how to contact you. If you have had a change in address, phone number, time of availability, or area of interest, please call in your current information to Selly at 345-1516.

We now have bingos on the 2nd and 4th Tuesdays of each month. Because of having two a month, we need even more volunteers than usual. If you can help at a bingo, call Selly.

The AIDS Walk and AIDS Awareness Week are coming up quickly. If you would like to volunteer for these events, call ACT-B.

Let's begin this AIDS Awareness Week with thousands of Thunder Bay people wearing Red Ribbons. On November 21, the AIDS Committee will conduct a **Red Ribbon Tag Day**. If you are interested in helping with the project, call Selly at 345-1516. We will be needing a large number of volunteers. AIDS Awareness Week will run from November 23rd to 30th.

For Information -

About AIDS or HIV Infection:

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

Or

The AIDS Committee of Thunder Bay

Information Line 345-SAFE (7233)

About The Needle Exchange:

Call 625-9767

345-7233 or 345-1516

About Anonymous HIV Testing in Thunder Bay

Call 625-5981

About Regular HIV Testing

Call the STD Clinics 625-5944 or 622-7585

About Counselling or Referrals

Call the AIDS Committee of Thunder Bay

345-7233

WISH LIST

The AIDS Committee recently received the donation of a freezer for our Mother's Cupboard food bank. If you have any freezer baskets or plastic milk crates that you no longer need, we would truly appreciate it if you would donate them to us. Our sincere thanks go to Ray Laird and Lawrence Korhonen for the freezer.

Membership in ACT-B

Why should I become a member?

Membership brings with it many benefits. Becoming an active voting member of the AIDS Committee of Thunder Bay means that you:

- ◆ Have a say in the direction of the agency
- ◆ Have paid the annual membership fees
- ◆ Support the aims and objectives of the agency
- ◆ Can attend and vote at the Annual General Meeting
- ◆ Can stand for nomination to the Board of Directors
- ◆ Can elect the incoming Board members
- ◆ Receive the Agency newsletter

Alongside these direct benefits for you, membership also plays a big role in direct benefits for the agency. Companies will invest in organizations where community members are willing to invest. A large membership speaks volumes to donors and grant providers; commitment from members often translates into commitment for more funding. So, you can be sure that your membership is helping the agency to grow and expand, in more ways than one!

When do I need to submit my application for membership?

According to the ACT-B by-laws, your membership must be received at least 30 days prior to the Annual General Meeting (in mid-November) for you to be eligible for voting privileges. Therefore, the **deadline for receipt of your membership application is October 9, 1998.**

How do I apply for membership?

The last page of this newsletter has a cut-out membership form that you can fill in and mail to the ACT-B office at Box 24025 RPO Downtown North, Thunder Bay, ON P7A 8A9.

For a volunteer-based social service agency, the Board of Directors is an important link to the community. The Board oversees how the agency runs and sets its direction. At the Annual General Meeting in November, a new Board will be elected. If you are intending to participate in the election, you must have a valid membership 30 days prior to the meeting. Call the office to check on the status of or to renew your membership.



Parting Glance



Other Things You Should Know -

New Prevention Brochures

A new series of prevention brochures has been released by ACT-B. The three brochures provide information about the risks of HIV infection, and are targeted at hard-to-reach youth and young adult audiences. Based on material from the Village Clinic in Winnipeg, the brochures address oral sex and HIV transmission, sexual intercourse and HIV transmission and attitudes around HIV infection. These brochures use plain language and are designed for specific outreach work. Also new from ACT-B is a brochure called **Safety in Body Art: Tattooing, Body Piercing & HIV/AIDS**. Our thanks to Counterpoint needle exchange in London for permission to redo this brochure.

Northern Pride

The support and education group for lesbian, gay and bisexual youth enters its fourth year of biweekly meetings starting September 8th. The facilitators, Barb Spencer and Dave Belrose, have been conducting workshops with local agencies, but feel there is a real need for schools in Thunder Bay and Northwestern Ontario to begin to address the issue of sexual orientation and make the schools safer for all students. Please contact us if you would like to help in this effort to reduce harrasment, dropping out, substance use, and suicide. Parents, teachers, administrators and youth all have a role to play in creating safer schools.

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

- Ontario Ministry of Health - AIDS Bureau
- Health Promotion and Programs Branch, Ontario Region, Health Canada (ACAP)
- All of the people involved in general fundraising and the support of many local businesses and individuals.

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

Please address any comments or concerns to
reACT-Believe
 P.O. Box 24025
 RPO Downtown North
 Thunder Bay ON P7A 8A9
 (807) 345-1516

ACT-B Advisory Council

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reACT-Believe Contributors

Selly Pajamaki Editor
 ACT-B staff & volunteers

Yes! I want to become a **member** of ACT-B! I know that my contribution will really count! Here is my donation
 \$10.00 __, \$20.00 __, \$50.00 __, other __

Name: _____

Address: _____

City, Province & P.C: _____

Telephone: _____