Front Line

AIDS Thunder Bay

The HIV/AIDS Newsletter of Northwestern Ontario

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Fall 2002

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Have You Sent In Your Email Address?

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



Canadian HIV/AIDS Awareness Week 2002

November 24 – December 1, 2002

Canadian HIV/AIDS Awareness Week - November 24 to December 1, 2002

Aboriginal AIDS Awareness Day and World AIDS Day - December 1, 2002

HIV/AIDS is still a crisis

Stigma and discrimination are greatest barriers to preventing more infections

If you think that recent medical advances have made HIV/AIDS a chronic disease – think again. HIV/AIDS remains a crisis in Canada and around the world, according to public health officials.

Recent statistics from Health Canada tell the story:

- **More Canadians are living with the disease.** At the close of 1999, an estimated 49,800 Canadians were living with HIV/AIDS, a 24% increase from 1996.
- **New infections are not declining.** An estimated 4,200 Canadians became infected in 1999 – the same number as in 1996.
- Most alarming, an estimated **15,000 Canadians don't even know they have HIV**.

So what is fueling this continuing health crisis?

AIDS activists and public health professionals explain that health and well-being are nearly impossible when other fundamental rights are violated. People's attitudes – **fear** of disease, **stigmatizing** and blaming others for the epidemic, **discriminating** against those they know or suspect to have HIV – make fertile ground for new cases of HIV.

Stigmatization leads to discrimination.

In the early days of the epidemic, acts of discrimination were obvious: children living with HIV/AIDS were refused entry to schools, adults living with HIV/AIDS were denied service in restaurants. Today, discrimination is more subtle. Where at one time an individual was fired for an HIV-positive status, now he/she may be laid off or pressured to the point of quitting.

Acts of discrimination are violations of human rights.

The people and communities most affected by HIV/AIDS are those with limited access to fundamental social and economic rights. Denying the rights of people with HIV/AIDS limits their ability to care for themselves and their families. Denying the rights of healthy individuals makes them more vulnerable to infection. Stigma and discrimination can stop people from seeking information about HIV or requesting an HIV test.

Continued on page 4...

FUN-raising Events

November to May



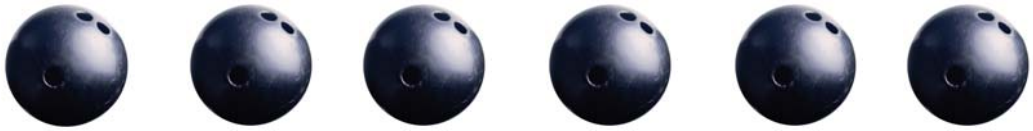
AIDS Thunder Bay is "striking" a bowling tournament, the first ever annual event of its kind for us. This thundering event is coming late February at Mario's Bowl on Memorial Avenue.

Details of the Event
5 & 10 pin bowling
Date and Time T.B.A.

Three easy ways of signing up:
Phone the office: 345-1516
Email us: actb@tbaytel.net
Visit the office: 217 South Algoma

Form a team!
Limited lanes available, reserve one now. Contact Lawrence at 345-1516 extension 17.

CAUTION: It is possible that moments at this event may make you laugh uncontrollably, especially if members of your team bowl using the "granny shot!"



Rocky Horror Show Benefit A Great Success!



In February, AIDS Thunder Bay was very fortunate to work with Rob MacLeod, owner of Northern Knights Feast/Capitol Theatre. He was producing the play *The Rocky Horror Show* and was open to having a benefit performance for the agency. Attendance was high, and so was the mood. The show was remounted in October. Once again AIDS Thunder Bay was fortunate to partner with Rob for a second benefit performance.

The Capitol Theatre has been operating for almost two years under Rob MacLeod. We encourage everyone to take the opportunity to see one of the productions, if you have not done so already. Among the next shows are Nunsense II and Shirley Valentine.

In the midst of developing his business and productions, Rob has given generously to AIDS Thunder Bay. We are very grateful to have worked with Rob and his cast and would welcome the opportunity for future partnerships.

What do the receipts actually mean?

As mentioned in the previous newsletter, ATB is collecting A&P cash register receipts. We are enrolled in the A&P Receipt Program that runs with the calendar year. For every $450.00 in receipts collected, ATB will receive $1.00. To date well over $30,000.00 in receipts has been collected and will be submitted by December. In the new year, we will enroll in the program again and the process starts all over.

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



Get linked to ATB

Get first hand information about special events through AIDS Thunder Bay's email tree. The newsletter is produced only three times a year and often when special events "pop-up" we would like to share the information as quickly as possible. Emailing is one of the quickest and best ways of keeping in touch with our members and friends.

How can you join?

Simply send an email to the agency, **actb@tbaytel.net** listing your name and email address. We would like to keep in touch with as many people as possible, so pass the word along to family and friends.

AIDS Walk

We raised over $16,000.00

Thank you to the many individuals, teams, and dogs that spent numerous hours collecting pledges. Your dedication is greatly appreciated. Special thanks to the many community partners that sponsored the Walk and to those who donated prizes:

Julie Buckingham
The Outpost Staff
Bill Malcolm
Sean Jesseau

Janzen's Pharmacy
Grand Portage Lodge & Casino
The Royal Bank

The Chronicle Journal
Thunder Bay Post
Hot 105 Radio
Sailing Thunder Bay
WestJet Airlines
Hot Tub Express

and the numerous local business who donated gift certificates and other prizes

Top Walkers

Selly Pajamaki
Carl Triskle
Dennis Eeles

Top Pledge Collecting Team
First Church United



The Walk...Caught in Action!

Education Update

AIDS Awareness Week continued...

So what can be done?

Ensuring legal and policy protection for people infected with or affected by HIV/AIDS is essential if AIDS is to be stopped. But often, before legal and policy reforms can be achieved, efforts must be made to increase public education, and support for the issues behind the law.

The Canadian HIV/AIDS Clearinghouse is supplying resources to support community-based activities from coast to coast For more information, check out the campaign web site at www.clearinghouse.cpha.ca.

Consider what you and your family, friends and co-workers can do to be part of the solution Contact AIDS Thunder Bay for further information, for workshops, or for support.

Thunder Bay Events (as of November 4)
Ongoing - Transit Shelter and Bathroom Ads - campaign from mid-November
Saturday, November 23 - AIDS Thunder Bay Volunteer Orientation
Wednesday, November 27 - AIDS Thunder Bay Annual General Meeting
- Speaker Laurie Edmiston, Executive Director , Toronto PWA Foundation -plus silent auction
Thursday, November 28 - SCOPE Safer Sex Play, The Outpost, Lakehead University

Speeding up and slowing down at AIDS Thunder Bay

Michael Sobota, Executive Director

AIDS Thunder Bay has moved through substantial activity - and change - during past months. Fall always quickens the pace in our work, with our annual AIDS Walk, our annual Counselling Conference and this year, our new partnership in the film festival Visions & Light. As I write this, we are rapidly approaching our 17th Annual General Meeting, AIDS Awareness Week, World AIDS Day, new Board orientation and those holidays that coincide with the end of the calendar year. I am pleased that AIDS Thunder Bay moves through these events and activities with professionalism and high standards

I want to urge you to attend this year's Annual General Meeting on Wednesday, November 27. Our guest speaker is Laurie Edmiston, the Executive Director of Toronto PWA Foundation. The Foundation, serving some 4,000 clients, is the largest agency of its kind in the country. Bringing Laurie to our AGM is a rare opportunity to hear her stories from that agency, and look through a window into the challenges facing ASO's in the near future. Another attraction at our AGM is the growing popularity of our "silent auction". The breadth and diversity of items for sale are extraordinary. We have heard some members say our AGM is a great place to start your holiday shopping (or complete it if you are one of those overly organized types). Please come to the AGM.

And as we approach the year end, let us be kind to one another. Pause in your usual pace and observe. Rest and restore energy. Be well.



Support Services

Gail Linklater, Support Services Coordinator

Changing counsellors is a difficult thing. It can involve loss and grief because a good relationship has come to an end. It can involve anxiety and fear: Who is this new person? Will I like her? Will she like me? It can involve a sense of betrayal and fear of trusting again. It can involve risking and taking chances.

Changing counsellors is also an opportunity. It gives the chance to review and rethink personal history, which can provide clarification and insight. There is the opportunity for fresh listening and a new response.

When we give ourselves time to feel the feelings and think the thoughts we are honouring ourselves. Believe it or not, it makes the transition simpler; not easier, but simpler.

My name is Gail and I'm the new Support Services Coordinator at AIDS Thunder Bay. The first two months have been full of learning and meeting people. I will be working with the individuals and families that had been working with Sheila (big shoes to fill.)

Some people have been in to meet me. For those of you who used to work with Sheila and haven't heard from me yet I will be trying to contact you over the next couple weeks. Feel free to call me.

I'm glad to be here. I look forward to being with you.



SECRET SANTA IS COMING TO TOWN



Christmas is fast approaching and we are once again in search of **"Secret Santa."** Providing something special for Christmas has become an ongoing tradition. We invite you to participate.

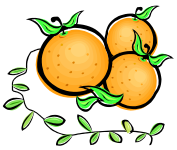


So, here's how it works. When you don the role of a Secret Santa you will provide either a large stocking for an individual, or a basket for a family. We will provide as much specific information about the recipient as possible, e.g., gender, age, and interests, to make each basket/stocking meaningful.





Should your schedule not permit actual shopping, we will gladly accept a donation and complete your "Santa" commitment. As well, smaller donations may be made to buy the many extras, e.g., turkeys, hams, fruit. If you are making a monetary donation for this project, please specify that the donation is designated for "Secret Santa." Baskets and stockings are needed by December 17th for Christmas delivery.



For more information about becoming a "Secret Santa," please contact Marge at 622–0462 or Gail at 345-1516.

Thank you for your generous participation.

Yours truly,
Santa's elves







The Extra Mile - News from the Volunteer Department

Selly Pajamaki, Volunteer Coordinator

Thank You

for all the hours you have given us this past year-we truly appreciate your gift

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

****Volunteer Orientation Nov. 23***

****Annual General Meeting Nov. 27***

****AIDS Awareness Week—Nov 24-30***

****World AIDS Day Dec 1***

****Bowling Tournament in late February***

Volunteer Activities

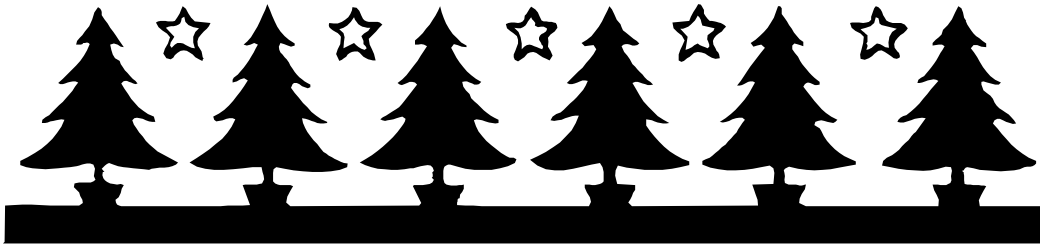
Fall has been very busy with the annual AIDS Walk, the Visions and Light Film Festival, the Opening Doors Counselling Conference, and Tag Day. Volunteers contributed to the success of all of these events. Now we have a brief break in the 'busy-ness', a time to catch our breath and rebuild our energies for the winter and spring activities.

We will wind up the fall with AIDS Awareness Week, our Annual General Meeting and World AIDS Day. Start your Christmas shopping at our AGM, the variety of items available is amazing! And, keep in mind the bowling tournament coming up in February. Form a team now and start practicing!

The holiday season is nearly here and at this time we would like to extend our sincere thanks and appreciation to all the volunteers who have been involved with AIDS Thunder Bay over the past year. You are a vital part of our agency, we could not do what we do without your help.

Have a safe and joyful holiday season!

WE WISH YOU ALL A HAPPY, RESTFUL HOLIDAY



Here and There. . .

Guest Speaker for AIDS Thunder Bay 2002 Annual General Meeting

Laurie Edmiston is the Executive Director of **The Toronto People With AIDS Foundation**. The TPWA Foundation has been helping men, women and children living with HIV/AIDS since 1987. As a community-based, non-profit, charitable organization in the central core of Toronto, it serves over 4,000 clients, making it Canada's largest direct support service organization of its kind.

Ms. Edmiston will speak on the challenges of leading such a large organization dedicated to supporting people living with HIV/AIDS. During Ms. Edmiston's tenure as Executive Director, she participated in the Foundation's pioneering work on the issue of the use of marijuana for medicinal purposes, it's launch of the Friends For Life Bike Rally—the only one of its kind in Canada—and the Foundation's successful ability to increase its Financial Assistance Program by 120% over three years. Ms. Edmiston welcomes questions following her talk.

AIDS THUNDER BAY'S 17th Annual General Meeting

Wednesday, November 27, 2002
Port Arthur Ukrainian Prosvita Cultural Centre
A fully accessible public facility
540 South High Street
(off Memorial Ave at Third Ave.)

DOORS OPEN AT 6:30 P.M.
MEETING STARTS AT 7:00 P.M.

To conduct the annual business of the agency and to elect the 2002/2003 Board of Directors

Silent Auction—Cash, cheques, credit cards accepted

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

HEPATITIS C — IT'S SERIOUS.

YOU CAN HAVE IT AND NOT KNOW IT.

Get the facts. For more information, visit

www.healthcanada.ca/hepc

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
Thunder Bay, ON P7A 8A9

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

Service bilingue disponible

ALL CALLS CONFIDENTIAL
Monday 10 a.m. to 6 p.m. (Eastern Time)
Tuesday to Thursday 10 a.m. to 10 p.m. (Eastern Time)
Friday & Saturday 10 a.m. to 6 p.m. (Eastern Time)

The Network
1-800-263-1638
HIV/AIDS Treatment Information

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

Parting Glance

AIDS Thunder Bay would like to acknowledge the United Way of Thunder Bay for supporting our Emergency Financial Assistance Program. ATB applied for and received funding for this unique program through the United Way's Community Response Grants. This is a wonderful community partnership that in turn will directly help people with HIV/AIDS and their families.

Frequently Asked Questions About HIV/AIDS

Question #3

How do you get HIV? (or not get HIV?)

HIV infection is passed only through semen, vaginal fluids, breast milk and blood.

The main risks are having unprotected sex and sharing needles or equipment for injecting drugs.

You CAN get infected if you:

- have vaginal or anal intercourse without a condom (this is very high risk)
- have oral sex without protection during which semen or vaginal fluid or menstrual blood enters open cuts or sores in your mouth (lower risk).

You CAN also get infected if you share:

- needles or any equipment for injecting drugs such as cocaine, heroin or steroids (invisible amounts of blood are transmitted through sharing needles, syringes, water for diluting, cotton filters, and straws or pipes)
- unsterilized needles for tattooing, skin piercing or acupuncture
- sex toys, razors or toothbrushes.

Other ways you can get infected are:

- during pregnancy, at birth or through breast feeding—if the mother is HIV positive the virus may be passed to the baby
- if you received a blood transfusion or blood product in Canada before 1986 (since then, blood screening has made the risk of infection very low).

You CANNOT get infected by:

- casual, everyday contact
- shaking hands, hugging, kissing
- coughs, sneezes
- giving blood
- swimming pools, toilet seats
- sharing eating utensils, water fountains
- mosquitoes, other insects, animals

You also cannot get infected if you and your partner do not have HIV, and you only have unprotected sex with each other. You both have to get tested to know for sure that you do not have HIV.

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

AIDS Thunder Bay Advisory Council

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

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Denise Olson	SCOPE Coordinator
Selly Pajamaki	Volunteer Coordinator
Crystal Porteous	Fundraising Coordinator
Michael Sobota	Executive Director

re-ACT-Believe Contributors

Selly Pajamaki	Editor
ATB staff & volunteers	

AIDS Thunder Bay acknowledges and thanks our various funders:

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

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

A Word or Two ...
from the Health Promoter



Community Garden: Fall is here, snow has flown and only a weeny bit in our garden grown. I'm referring to this year's Community Garden Project. Second year running proved more difficult than the first; the location seems to be an obstacle to volunteers. We did manage to distribute a bit of romaine lettuce, some carrots and a few squash.



Mother's Cupboard: We are always accepting donations of non-perishable items. Canned and dried goods are placed on the shelves and distributed to clients to help sustain them (and their families) until they are able to buy groceries. The Cupboard is an "emergency food bank" opposed to a stock of items to supplement regular grocery days (i.e. we do not continually supply people with their canned goods while they buy other items). I was hoping to clear up any misconceptions that I have occasionally heard over the past year-and-a-half. Bottom line, male and female, adult, youth and children benefit from being able to access the Mother's Cupboard. This emergency food bank is restricted to our HIV positive clients and their immediate family members living with them.





Self-Esteem and Empowerment (SEE) Project: This is our newest health promotion project made possible through a grant from "GlaxoSmithKline--Shire BioChem HIV/AIDS Community Innovation Program". This project is for our female positive clients. Without getting too boring with all the details, basically, two days of workshops will take place in January teaching skills that will help women increase their ability to access treatment information. Computer training, provincial networking and self-care are some of the topics to be covered. We are in the planning stages and hope to have a great turnout with women walking away feeling taller and warmer.



Things that make me go hmmm.....

- Kids runners with little blinking lights: do they make them in adult sizes with the option of different coloured lights?
- Why is it that a cat has the intelligence to recognize the sound of a can opener, but fails to refrain from hovering on top of the fridge only to surprise the humans on the way past?
- Frozen puddles: how many adults would love to stomp around breaking the thin layer of ice, but refuse to "just in case someone is looking"? Live a little! It's really great if you put a little rhythm into your stomp and laugh out loud while doing it!

Charlene Burford

This information is presented as a point of interest, it does not necessarily reflect the opinions of AIDS Thunder Bay.

Thought 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 "re-ACT Believe" issues.

Nutritional and Herbal Remedies

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

Acidophilus

Lactobacillus acidophilus is a 'friendly' organism which helps the body fight disease and restore health. Modern research has discovered that acidophilus kills the harmful bacteria strain of E. coli in the intestinal tract. Acidophilus breaks milk sugar down into lactic acid. Bacteria which produce putrefaction and gas in the intestines cannot live in lactic acid. Acidophilus also has the unique ability to help the body synthesize, or manufacture all of the 'B' vitamins in the system. This makes it especially valuable since there is literally a host of agents which destroy B vitamins. A few are antibiotics, birth control pills, eating sugar and refined foods and drinking coffee. A diet high in red meat will destroy the beneficial bacteria, due to the concentration of antibiotics and steroids given to the animals before they are slaughtered.

Alfalfa

Alfalfa is a well-known herb to health-conscious consumers. It is high in nutrients, which are drawn into the plant from deep in the soil. The richest land source of trace minerals, the roots of Alfalfa plants have been known to reach as much as thirty feet deep! The leaves of the alfalfa plant are rich in minerals and nutrients, including calcium, magnesium, potassium, and carotene. They are also a source of protein, vitamin E and vitamin K. Alfalfa has been used by the Chinese since the sixth century to treat kidney stones, and to relieve fluid retention and swelling. Alfalfa nourishes the digestive, skeletal, glandular, and urinary systems. Alfalfa contains chlorophyll, which is renowned for its cleansing qualities.

Aloe Vera

Aloe vera has historically been known for assisting the functions of the gastrointestinal tract, and for its properties of soothing, cleansing and helping the body to maintain healthy tissues. This plant has a reputation of facilitating digestion, aiding blood and lymphatic circulation, as well as kidney, liver and gall bladder functions. Aloe contains at least three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon. It naturally alkalizes digestive juices to prevent overacidity - a common cause of digestive complaints. A newly discovered compound in aloe, acemannan, is currently being studied for its ability to strengthen the immune system. Studies have shown acemannan to boost T-lymphocyte cells that aid natural resistance.

Apple Cider Vinegar

Apple cider vinegar helps the body get rid of toxins and nourishes the digestive processes.

B Complex

B-complex vitamins play many roles in the human body, but primarily they nourish the brain and nervous system. A diet high in refined foods or a life full of stress puts a greater demand on the body for these important nutrients. B1 - skin, eyes, hair; B2 - nourishes the tissues of the body; B6 - mild diuretic, PMS; B12 - anxiety and depression; Folic Acid - works synergistically with B12, cell division and replication; Biotin - metabolism of protein, fats and carbohydrates, cholesterol; B3 (Niacin) - energy production; Pantothenic acid - nourishes the adrenal glands which help the body to withstand stress; PABA - works synergistically with folic acid; Choline bitartrate - helps make acetylcholine, an important neurotransmitter in the brain; Inositol - metabolism of fat and cholesterol; absorption and utilization of fat.

Bee Pollen

Bee pollen is a rich source of many nutrients, including amino acids. It bursts with easily assimilated protein and lecithin, which nourish the brain and nervous system. Bee Pollen nutritionally supports the body in many ways, including assisting with vitality and a feeling of well-being. It has been used by athletes, along with Ginseng, to maintain energy and stamina.