

The Link

Schedule of Events!

- **Wednesday, May 10th — A Taste for Life at select restaurants in Barrie, Midland, Orillia & Collingwood!**
- **Sunday, July 30th -ACSC's Cutathon at the Southshore Community Centre in Barrie!**
- **Upcoming Cabaret in the works—Keep in touch for more info!**
- **Saturday, September 23rd — Annual AIDS Walk for Life at Centennial Beach in Barrie!**

Check out our website at www.acsc.ca for more info,

From the Desk of the ED...

Sometimes I wonder if we've got both oars in the water because we don't seem to be moving very well up stream. Like salmon going up stream to spawn we struggle with the same issues from one year to the next. We know them as injustice, indifference, intolerance and ignorance. So how does an ASO bring social justice, caring, awareness and social conscience back into the community we work and serve in? Well we don't do it alone. We need your assistance to keep both oars in the water and move us upstream.

We are getting some needed support from the AIDS Bureau and the OHTN (Ontario HIV Treatment Network). We've applied for a 'One Time Grant', new IT equipment made possible through the OHTN and an energized Development Planning Committee. Yes all this is great but where are the individuals? Individuals to get into the boat and put their hands to the oars!

We need individuals who want to be members in an ASO and influence decisions that can change the course of how HIV/AIDS Awareness is viewed here in Simcoe County. We need to raise dollars to support clients who struggle with the daily necessities of life.

Consider the salmon and their struggle upstream. It's a repetitive struggle year after year but a necessary one to keep their species flourishing. We have struggles. Yes, the same one's year after year and who will assist us to keep up the HIV/AIDS awareness....until there is a cure!
-Gerry Croteau, ED

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INSIDE THIS ISSUE:

ACSC BOARD MEMBER PROFILE/A
TASTE 4 LIFE PAGE 2

INTERNATIONAL AIDS CONFERENCE/
BARRIE GOOD FOOD BOX PAGE 3

BOARD MEMBERSHIP & GARDENING
UPDATE PAGE 4

FINANCIAL SUPPORT REQUEST &
FORM PAGE 5

GARDENING UPDATE CONTINUED/
SUPPORT COORDINATOR'S UPDATE PAGE 6

SUPPORT COORDINATOR'S UPDATE
CONT/FAITH BACK IN HEALTH CARE PAGE 7

LIZ'S CORNER/ACSC CONTACT INFO/
LIVING WITH HIV, LIVING WITH MEDS PAGE 8

ACSC STAFF:

EXECUTIVE DIRECTOR
GERRY GROTEAU

SUPPORT COORDINATOR
TIFF IDEMS

BOARD OF DIRECTORS:

SHARON SILK, CHAIR

DOUG JACKSON, TREASURER

LIZ BRANHAM, SECRETARY

GWEN CRUMP, FUNDRAISING CHAIR

DAVID KRAMPP, FUNDRAISING

INGRID STEINBACH, FUNDRAISING

ACSC Board Member Profile

I started as a volunteer in the fall of 1992 as a result of a meeting with an individual through my visiting nursing job. This individual touched my heart and allowed me to grow in ways I had never foreseen.

Volunteering was a multifaceted experience. I spent time at ACSC's events, acted as a driver for clients for various appointments and attended a 7 week volunteer program. The goal of the program was to enable volunteers to go out and do speaks in the community - something I would never imagined myself doing but was one of my most valuable experiences. Volunteers were accompanied by a PHA who spoke to the issues of living with HIV/AIDS. My role was to do the basic 101 teaching and then support the PHA with their portion of the speak. I found this to be informative and eye opening into not only the lives of those infected and affected by HIV/AIDS but the general mood of the community regarding this disease and our committee.

I served on the Board as a Director for a number of years prior to becoming Board Chair in the Fall of 2002. Since that time I have had the pleasure of working with our ED's, Board members and staff to enlarge my knowledge base about our agency and partnerships in the community. Part of my responsibilities have been to interview and hire staff, assist in and attend various fund raising initiatives, participate in the annual ED/Chair workshop and sit on various committees as needed.

It is because of our clients and the dedication of all who support our clients that I continue in my role as chair. The lessons I am learning are not complete and I look forward to enhancing my learning.

Sharon Silk

ACSC Board Chair

A TASTE 4 LIFE

Go out for a fabulous dinner in support of ACSC! Check our website at www.acsc.ca for upcoming info on locations across Simcoe County!

Wednesday, May 10th, 2006

A portion of the cost of your meal will go to ACSC's programs and services!

For more info, call Gerry or Tiff @ 705-722-6778.

International AIDS Conference!

In August 2006, the world's largest HIV/AIDS conference is coming to Toronto. The goal of the conference is to "provide an international, open and independent forum for the exchange of ideas, knowledge and research which will inform HIV/AIDS programmes and strengthen prevention, treatment and care efforts world-wide." (www.aids2006.org)

"Over 15 000 delegates including scientists, health care providers, political, community and business leaders, journalists, government, non-governmental and intergovernmental representatives, and people living with HIV/AIDS are expected."

"The Programme includes abstract-driven oral and poster sessions, controversies and common ground sessions, bridging sessions, symposia and skills building workshops, along with innovative mechanisms to broaden the reach and impact of this event, particularly in the developing world where the epidemic is most entrenched."

"Additional activities will include a Cultural Programme, Global Village, Youth Programme, Outreach Programme and the Opening and Closing Plenaries."

For more information on workshop topics and dates, check out the AIDS 2006 website @ www.aids2006.org or call Gerry or Tiff at ACSC if you would like print copies of programmes and agendas.

Barrie Good Food Box Program

Contact: Barrie Good Food Box Phone line @

705-725-7697, ext. 265

\$9 for Small Box

\$13 for large Box

**Order by: 7th day of each Month @ BCHC (56 Bayfield Street),
the David Busby Street Centre (24 Collier Street), Salvation Army
(Bayfield St. South), or Women's Wellness Centre (80 Bradford St.
Suite 232).**

**Pickup Date: 3rd Wednesday of the Month. 12-2pm at the Barrie
Young People's Centre (59 Maple St), or 4-6pm at the Barrie Com-
munity Health Centre (56 Bayfield St). Please specify preferred
pickup time on your order form.**

On ACSC Board Membership and Gardening!

Board membership of AIDS Committee of Simcoe County has been a wonderful opportunity, one for which I am profoundly grateful.

It has been a pleasure to meet and work with other board members committed to the Cause, and of course, with Gerry and Tiff.

In addition, I have enjoyed getting to know some of our clients, and I look forward to meeting more of you as the years progress.

The best that I bring to the table are gems of wisdom my students have given me over my forty-year teaching career. Children are first-rate instructors.

From a composition that was titled "What I Want to Be When I grow Up" , the following 17 words earned the writer, age 12 or so, an instant "A".

"When I grow up, I want to be myself. I have tried everything else and have failed."

Likewise, for the literary offering of a little girl whose parents were embroiled in a bitter divorce :

"When I am in Grandpa's garden with my Grandpa, things go quiet in my head."

In the initial years of my teaching, in moments of absentmindedness, the little ones would call me by the names of their babysitters or their sisters.

I can't recall when, but sometime as the years rolled by, they came to calling me "Mom", instead.

I do remember clearly, however, the first time that I was addressed as "Grandma" .

Perhaps the memory is retained because of the distinctive character of the little one that delivered that sharp reminder that time was marching on. Perhaps it was the realization of the truth of the fact itself. Or perhaps it was the story that came with the appellation. Likely it was a combination of all three.

Whatever the reason, the memory of the first time I was called Grandma is vividly and permanently etched in my mind.

He was a little First Nations lad with pensive dark eyes. I knew his Grandma, and it was an honour that I reminded him of her. She had instructed him in the First Nations philosophy about the Stages of Life...

Everybody has a place, and a responsibility.

He informed me that elders (of whom I was one, in his young mind), are supposed to protect the young... from many things, but in particular, from the evil spirits. I was touched both by his ingenuousness and by his awe of what he perceived as my elevated status. Since that day, I have had a lot to live up to.

In my view, our modern society has a great deal to learn from the Native philosophy.

There are many evil spirits in our world. Greed, hate, fear, judgment, isolation, and ignorance are a few that come to mind. Every effort must be made to protect every member of our community against them. Elders are expected to have the life experience and wisdom to address those demons. We can, at least, aspire. Those of us who are retired, have the time too.

Continued on page 8,,,

Friends and Supporters of ACSC, we are requesting your assistance in order to assure that the needs of our clients and the community can continue to be met. Whether you can help us through support of our Walk for Life, sponsorship or participation, a financial contribution, or by offering your valuable skills and/or talents. Our clients have a variety of individual needs. Some require dollars to help pay their hydro, others require funds to help them attend doctors appointments in Toronto, and others need assistance with accessing groceries in order to ensure that they have adequate healthy food for themselves and their families. Our community needs to be able to depend on ACSC for our education and prevention services, but the demanding cost of resources, transportation, condoms, and staffing do put these services in jeopardy. Please fill out the form below and contribute to our valuable work.

Please Show Your Support!

Fill out the following form and return it with an attached cheque or money order to the

AIDS Committee of Simcoe County, 336-80 Bradford Street, Barrie, ON, L4N 6S7

First Name: _____ Last Name: _____

Address: _____ Suite: _____

City: _____ Province: _____ Postal Code: _____

Home Phone Number : _____ Work Phone #: _____

E-mail: _____

Donation: o Monetary \$ _____
 o Volunteer time _____

(interests and times available)

o Resources _____

(describe)

Please indicate if discretion is required with phone calls or mailings. o Yes o No

I give permission to the AIDS Committee of Simcoe County to inform me of the newsletter, AIDS Walk, special events, and other fundraising activities o Yes o No

Continued from page 4...

I am humbled at the memory of the faith that this little boy placed in my ability to protect him and his peers against the evil spirit impostors that assault souls and sap their vitality. There is a strong pull to try to live up to that trust.

I am grateful to have been given some tools that will enable me to, at least in a small way, to be worthy of his faith.

At ACSC, our aim is that our Garden will be a tangible manifestation of ACSC's love and care for our "Client Family". ... We see it as a place where love, laughter, caring, acceptance, and education, (key weapons in the arsenal against the evil spirits), will be there for us all.

We have been given wonderful people with skill and knowledge to make a positive difference. We have been given the land.

We want our Garden to be a happy place where clients and friends of clients can come to laugh, create, contribute, support one another, and learn... a place where people can be themselves... a place where things will go quiet in all of our heads.... a place where our ACSC Family will be fortified.

We invite and encourage you all to come.

Meet Karen, my niece (Graduate in Horticulture from Guelph University) who first conceived the idea, and who has already invested hours of her personal time in the planning of this project. Get to know Brian who has likewise contributed, at the time of this writing, so much know-how and vision, from his lifetime experience and connections in farming, to the success of this project.

Come and learn, from specialists, (Tiff has been very busy !!) how to use our harvest to the best nutritional advantage.

We look forward to a summer of fun and working together. We welcome the opportunity to bond with new friends. And we anticipate a subsequent season of good food.

Put your stake in the ACSC Garden.

I am honoured at the prospect of working with the ACSC Group

Looking forward to seeing you there.

Gwen Crump, Fundraising Chair

Support Coordinator's Update...

I am pleased to report that we have been successful in acquiring financial support from the Simcoe County Nutrition Task Group and Good for Life (a SMDHU program) to cover the majority of the start-up costs of our upcoming Community Garden project. Community partners have also been booking spaces for wellness presentations in the garden on nutrition, food prep, food storage & safety, canning & preservation, art therapy, massage therapy, etc.. Our volunteers are enthusiastic and 'ready to grow'! Gwen and I have been developing the CG policies, which will be signed in contract form by all participants of the Community Garden to ensure safety, confidentiality & respect both within the garden and beyond it as well. We would love to accept your suggestions and critiques regarding the CG project and our policies and procedures. One challenge that we have preemptively identified is the cost and accessibility of transportation...continued on page 7

Continued from page 6...to and from the garden (as our catchment area is so broad). In an attempt to offset the cost of travel for service users who could not otherwise participate, we would like to welcome donations toward the development of a garden travel subsidy program.

As for other exciting projects that I've been exposed to, I was inspired by the new HIV prevention/anti-stigma campaign of the Alliance for South Asian AIDS Prevention (ASAAP) when I attended the OAN Educators Skills-building Workshops & the Gay Men's HIV Prevention Summit in Toronto in March. Their campaign is centered around 'food, family & fantasy' in order to reach the South Asian community in Toronto more effectively, as many of the existing HIV prevention campaign materials that are available are not deemed accessible or 'appropriate' by these communities. It is always exciting to see new ideas and strategies being developed/employed to promote social change surrounding mainstream perceptions, stereotypes and stigma, and to further promote health & wellness, and HIV prevention!

As for interesting developments in complementary therapies for People living with HIV/AIDS, a Philadelphia study has been released that outlines the beneficial effects of fish oils on safely decreasing lipid levels in HAART users. Omega-3 fatty acids have been found to reduce triglyceride (TG) levels as well as the risk of cardiovascular disease. The study also showed that the fish oils did not significantly reduce cholesterol levels in participants. It's great to see that more research is being done in the area of complementary medicine, as this will improve each person's capacity to make informed, healthy choices. Info on this study and many more treatment updates can be found on the Canadian AIDS Treatment Information Exchange website at www.catie.ca.

Peace & Health, Tiff Idems, Support Coordinator

Faith Back In Health Care: A Letter of Encouragement

"Faith Back In Health Care"

Yes, there are angels
among us

I haven't been quite myself
lately

So I went to Toronto to
see my specialist last week

Thinking I needed to go
back on meds

And U all know what that
is like

But much to my surprise, I
found out that I was just
feeling deeply depressed
among other things

In fact, my mother is sick
with cancer



and does not have long to
Live, she also lives

quite a distance from me -
In Nova Scotia Canada

With me being on ODSP,
the only source of income

I have, I can not afford to
see my dear Mother

My Doctor and Nurses told
me they will gladly

give me the airfare down
to see my mother

There are truly angels
among us

Peace on Earth as in
Heaven...

Written by: Big D

The AIDS Committee of
Simcoe County

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SPECIAL THANKS TO:

AIDS Bureau

The A Channel

Starbucks

Think Clear

Simcoe County Nutrition Task Group

Good For Life

MediaLinx

Big Fish Video

Glaxo Smith Kline

Shire Bio Chem

David Anthony Salon

Zehrs

Sobeys

Holly's Sweet's and Eats

Tunnel Clothing

Garner's Sports

Better Vision Optical

Samson's Hair Design

Robert Steven's

Sports Swap

Paramount Canada's Wonderland

Grand & Toy

Stinson Theatres

John McNabb Clothier

Think Clear

Fancy That

Sinfully Fun

Three Small Rooms

Yuk Yuk's

Liz's Corner

Imagine

Imagine us together, what would life be like,
We'd get up in the morning and probably take a hike,
To a hilly mountain side, and walk along a stream,
Watch the cottony clouds go by just like in a dream.

With hand and hand we could climb halfway to the top,
Then decide to take a rest, yes here is where we would stop,
We'd have a little picnic, some hugs and kisses too,
I'd tell you of my happiness since I have been with you,

You'd pick some mountain flowers lovingly for me,
And tell me how you always knew, how you and I would be,
We'd probably act silly and head back to our nest,
To snuggle and to cuddle, yes finally to rest.

That's only to imagine, but
Just think if that were true,
Wouldn't that be wonderful

Imagine just me and you.

By: Liz Branham

Living with HIV, Living with Meds

The new dates for 2006 'Living with HIV, Living with Meds' workshops have just been released. FYI: The workshops are held in Toronto and are presented by Dr. David Fletcher and colleagues from the Toronto People with AIDS Foundation.

Workshop 1: Getting Started

Workshop 2: Making It Work

These workshops are free, one-day sessions for People living with HIV/AIDS. Information and brochures are available at ACSC. Call Tiff for more info at 705-722-6778 or toll-free at 1-800-372-2272, or email acsupport@rogers.com.



