



HIV/AIDS

Regional Services

HIV/AIDS Regional Services

Holiday Drop-in

**Join us on Friday December 17th
For carols, food, and fun!**

WISH LIST

- Warm Hats
- Gloves/mittens
- Scarves
- Winter Boots
- Vitamins
- Razors and shaving cream
- Tampons and/or menstrual pads
- Canned Stew
- Canned Soup
- Instant Coffee Packages
- Kitty Litter
- Flea Medication

SUPPORT EDUCATION INFORMATION
NEEDLE EXCHANGE FREE CONDOMS

Executive Director

John MacTavish

Executive Director Report:

Well it's that time of year when everything becomes a rush and the world seems to spin out of control. That is exactly what's been happening at the office. Everybody has been extremely busy this fall and has no idea where the time has gone. This fall has brought a number of changes in staff to the office and we are now at full capacity. This fall has also seen an increase in the number of students wanting to do there placement with us and we have been able to accommodate 6 students over this period. The staff and volunteers pulled together a great World AIDS Event at the office which was well attended.

We will be hosting a holiday drop in on December 17 from 1 – 3 pm so please drop in for a coffee and some goodies. The office will be closing December 23rd at 4:30 PM AND THEN OPENING ON January 4, 2011.

Have a Safe and Happy New Year.

-John MacTavish, Executive Director

City Support Coordinator

Allison Cope

AIDS Walk for Life

The walk was quite successful again this year. We raised approximately \$9,500, which is 95% of our goal. We feel very positive about this given the tough economic times and are pleased that so many people stepped up to the plate to help us out. I particularly want to thank Ted B for speaking at the rally. His strength and courage in speaking publically about the discrimination PHA's experience motivates me to work harder to fight AIDSphobia and ignorance in our community.

HARS Holiday Drop In

We are inviting all of our service users and the community in general to spend some time in our space before the holidays. We will be holding our drop-in on the 17th of December from 1 to 3 with sweet treats, hot apple cider and more. If you are a service user, drop by and pick up your holiday treat bag! Rumor has it there will be singing of Christmas themed music, maybe even a sing-a-long if we lose control.

-Allison Cope, City Support Worker

A BIG Thanks to the many people who participated, donated and volunteered at our AIDS Walk this year! HARS is very grateful to the following business' for their donation.

Wallacks Art Supplies

290 Princess Street, Kingston, Ontario K7L 1B5
Phone: (613) 549-5806, Fax: (613) 546-6511

boots creative STATIONERY + DESIGN

705.896.BOOT [2668]
www.boots-creative.com

Dance Pulse Kingston

56 Frances Street, Kingston, ON
613-532-4415
dancepulsekingston@gmail.com

Meghan's Glass at The Glass House

Meghan Visser
meghan.visser@gmail.com
www.theglasshouse.ca



Starbucks Coffee Company (Princess at Wellington)

95 Princess Street, Kingston, ON K7L 1A6
(613) 542-6446

Shii Drums: Hand Drum & Social Singing Group

Gwenith Kikkawa; Michelle Girouard; Lisa Pennock; Jess Pelow; Casey Boyce

Kingston Economic Development Corporation

KEDCO @ Innovation Park
945 Princess Street Kingston ON K7L 3N6
Phone: (613) 544-2725

Also a special THANKS to Steve Tremblay of **Knapp Appliances** for donating our new dishwasher!



Prison Support Coordinator

Diane Smith-Merrill

Things have been extremely busy of late in the prisons. I recently attended Health Fairs in 5 of the 8 local prisons and will be participating in 3 more this month. This was an initiative of the Correctional Services of Canada (CSC) as part of recognizing World AIDS Day. Several other community agencies were involved and it was a good opportunity to share strategies and ideas for further helping those incarcerated. The fairs were well attended by offenders and lots of good questions were asked and information provided.

I have also been invited to participate in a working group with the HIV/AIDS Policy Coordination and Program Division of the Public Health Association of Canada (PHAC) to work on a Federal Initiative for a HIV/AIDS Status Report on People in Prisons. This group should be up and going in the very near future. I am looking forward to the opportunity to address some of the issues for those incarcerated with HIV/AIDS.

Season's Greetings to all and stay warm!

-Diane Smith-Merrill, Prison Support Coordinator

Volunteer and Administrative Resource Coordinator

Tegan Boyce

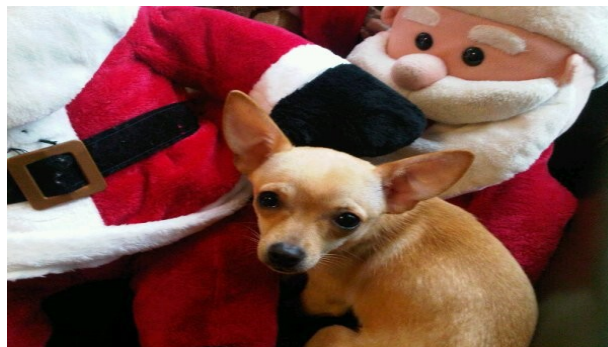
Hello Everyone!

I'm the new Volunteer and Administrative Resource Coordinator here at HARS. I'm very excited to be working in this new role and I am looking forward to building up our volunteer program! A special thanks to all the volunteers that dedicated their time to helping out with this year's Lantern Festival, we could not have done it without you! I would also like to thank everyone who came out to support the HARS Halloween Dance, it was one of our best dances to date! Keep your eyes open for upcoming HARS events in the New Year; we have lots of exciting things in store! Please feel free to contact me at the office if you have any questions, ideas, or are interested in becoming a volunteer!

A special thanks to Urban-Paws for their generous donation to the Lucy Fund!

Cheers,
Tegan

-Tegan Boyce, Volunteer Coordinator



Women and HIV/AIDS Community Development Coordinator

Deb Kinder

Things in women's community development have been busy this last part of 2010...

January will see the start of a new **Peer Educator group** as HARS once again teams up with Immigrant Services Kingston and Area (ISKA) for an eight week course learning about HIV/AIDS. Our new Peer Educators can then take this information back to their families and their communities. The women who complete the course receive a certificate marking their achievement, and can add this training to their resumes. If you'd like to get involved with the Peer Educator program, and are an immigrant woman in the Kingston area please call Deb at HARS 613-545-3698 or Christinah at ISKA 613-544-4661.

SWAG (Kingston's Sex Worker Action Group) celebrated its "**Grand Opening**" on November 30th. The goal of this event was to reach out to more sex workers and to let them know we are here to support them. We did have a few women come out who had not been involved with SWAG previously, and we also received a lot of media attention. Hopefully the television and newspaper articles will help us connect with workers, and will reassure them that we are not here to judge, or to get them to exit sex work. SWAG view consensual sex work as real and valuable work and a worker's choice. SWAG is open to current and former sex workers of all genders in any aspect of sex work.

SWAG and Reelout (Kingston's Queer Film Festival) will be hosting a joint fundraiser on Friday January 21st, 2011 at the Renaissance on Queen Street. The **KINKston CARNALval** will be an edgy, sexy night of dancing, burlesque, pole dancing lessons, erotic films and a basement dungeon. Tickets are \$20.00 in advance or \$25.00 at the door and can be purchased at HARS or Reelout (located at 336A Barrie Street) with more locations to follow.

There is also a new **drop in group for women running every Thursday afternoon** from 1:00-3:30 at Café Church – 259 Ontario Street, next door to Subway and across from the old S&R, look for the green awning. This group is open to all women and children, and has no religious affiliation – Café Church has just donated their space. As the group is still in the process of forming, the women who attend will have the opportunity to decide what they wish the group to be about. Some suggestions have been, to invite speakers to talk about subjects of interest, provide homework and form completion help, to learn how to make specialty coffee, to chat and do crafts, and to help with childcare. Please contact me if you wish further information.

Finally, plans are already underway for International Women's Week in March of 2011. Watch for details in the spring newsletter.

As 2010, and my first full year at HARS, comes to a close I want to wish you a peaceful holiday season, and I look forward to seeing you in the New Year.

-Deb Kinder, Women & HIV/AIDS Coordinator



Thanks to the **Renaissance Event Venue** for kindly donating their space and time to our Halloween dance! If you would like to know more about their venue, you can check out their website at www.foodandheritage.com. Also, a special thanks to John and Gregg Clement DJ Services Kingston for donating their music services as well as an amazing light show!

Regional Support Coordinator

Joanne Sands

World AIDS December 1st

World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. The World AIDS Day theme for 2010 is 'Universal Access and Human Rights'. World AIDS Day is important for reminding people that HIV has not gone away, and that there are many things still to be done. HARS held a drop-in inviting the community to drop by, view our resources, and to learn more about what we do in our own community. Thanks to the many people who stopped in to check us out. A special thanks to Shirley who was on hand to assist anybody interested in making bracelets for our event!

Sharbot Lake

I am in Sharbot Lake the last Wednesday of the month, located at the North Frontenac Community Services building on 1020 Elizabeth St. If it is easier for you to meet with me in Sharbot Lake, feel free to call me at HARS office ahead of time to make an appointment or drop-in on my Sharbot Lake office day.

Holiday Gift Bags

We would like to thank The Anglican Parish of Christ Church Catarauqui, St. Lawrence College SSW students, St. Paul's Church in Delta and the many individuals who have contributed to our holiday gift bags. Your generous donation has made it possible for us to put together 50 wonderful gift bags for our low-income service users. For many, this may be the only gift they receive this Christmas. We were touched by your generosity, and can assure you that many smiles were on the faces of the individuals who have received your gifts!

Good Food Box

HARS is host site for the GOOD FOOD BOX! The Good Food Box is a non-profit fresh fruit and vegetable distribution system operated by Good Food Box Kingston. Although this program was developed to make nutritious food available to lower income families, it is available to everyone. Customers come from a range of income levels, and geographical areas, from low income to middle class, from the city and rural areas. The price range for each box is \$5-\$15 depending on the size. Payments can be made at HARS up until the 2nd Thursday of each month and the Good Food Boxes can be picked up at the same location on the 3rd Thursday. For more information please call Joanne (jsands@kingston.net) or Deb (dkinder@kingston.net) tel. 613-545-3698.



-Joanne Sands, Regional Support Coordinator

Take Care Of Yourself (Ch. 2...)

Self-Encouragement, Motivation:

Sometimes in life, you may go through changes that are not always easy to go through. I myself went through a few. When I was younger, and healthier, I was very much a people person, and I knew and interacted with hundreds of people. But I was a drug-addict and a criminal and as time went by I slowly but surely destroyed my own life as I knew it. I contracted HIV infection and my status was publicly revealed in a very unfortunate way. Then my friends, lovers, family, and all the people I ever knew were gone. I sat back with my eyes full of tears, and wondered, what the blankety-blank am I gonna do now?

I spent the next few years trying to kill myself in a number of ways, but none of my ways seemed to work. No matter what happened, I kept waking up in shelter beds or jail cells ... still very much alone. I emphasize alone.

A-L-O-N-E. To this day, I am still unable to bring to words the the major depression that followed, and I can think and write. (I hope).

At that time, I then decided to say Fuck The World, I like being alone. But there was just one problem. I can't stand being alone. I slowly began to take my steps one day at a time, and began to wander where others would be and I was scared to death, no pun intended. My counselor suggested that I write journals but I did not like the feelings I was feeling when I did that, so I didn't. I want to mention that there was a period of time where I hated every moment of my life, and wished to die in the quickest and most painless way available but I encountered another problem. There were and are

no quick and painless ways available, not for me anyway. After living beyond the realms of death, I was able to muster up enough self-love to meet my days and try again, and again, and again, to begin again.

Today, I have 3 volunteer jobs that I love to do very much. I work on a truck shipping and receiving donations for a Christian organization. I do peer-support for PHA's and anyone else who needs hope with HIV issues. and most of all, I Love To Write, and I emphasize the word Love. L-O-V-E. You see, that's what it's really all about, so Take Care Of Yourself...

Ted Babcock (Scribe)

Education Coordinator

Grace Pavlatos-Jones

Hello everyone. My name is Grace Pavlatos-Jones and I have been hired as one of the new Education Coordinators at HARS on a contract position for one year as I am replacing Rhoda on maternity leave. I have been here for approximately 2 months and cannot believe how quickly the time has gone. I feel truly privileged to be working with such a wonderful group of people: professional, hard-working, committed and dedicated. Thanks to all of you (staff, volunteers, students and clients alike) for your continued support and friendly guidance as I move forward in this position.

Two months later, and I have had the pleasure of giving 4 speaks and a couple of poster sessions in the community. I am also happy to report that we have several projects on the go and are planning for a very busy new year!! I look forward to working with numerous public sectors and various agencies in the community and will strive to provide nothing but excellence with respect to your educational needs. In spite of my many years of nursing experience and working closely with HIV and AIDS clients, there is always so much more to learn. That being said, I welcome your thoughts, comments, suggestions and any words of wisdom that you may have to offer. I look forward to hearing from you soon. Please feel free to contact me at HARS and I will do my very best to meet your needs!

Wishing you and your families a very safe and happy holiday season

Joyeuse Fêtes et Bonne Année à tous et à toutes!

“The Miracle is this...the more we share, the more we have” - Leonard Nimoy

-Grace Pavlatos-Jones, Education Coordinator

Education Coordinator

Colin Hastings

Hi everyone! My name is Colin Hastings and I am a new Education Coordinator. I am thrilled to be joining HARS and to be working with so many committed and talented people. I would like to say a special thank-you to everyone for making it so easy to settle in.

I am very excited about the vast number of ways we can use education as a tool to address the injustice associated with HIV/AIDS. I've been lucky enough in the short time since joining on to be out in the community quite a bit engaging with people around issues related to the epidemic. While it is sometimes difficult for us not to be bogged down by the discrimination and ignorance that we are mobilizing against, I have to say that I have found many reasons for hope here at HARS. Talking with co-workers and clients, hearing the overwhelmingly positive reception we have in the community, meeting and greeting everyone that came by for World AIDS Day, or even just a quick look at the Tell Project in our office, reminds us that there are many people and organizations in the community working towards the same goals that we are. I can't wait for the new year and the many ways that we will be continuing to work together for a more understanding and inclusive community.

-Colin Hastings, Education Coordinator

HIV/AIDS

Regional Services

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Staff Members

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City Support Coordinator:	Allison Cope
Regional Support Coordinator:	Joanne Sands
Prison Support Coordinator:	Diane Smith-Merrill
Volunteer Coordinator:	Tegan Boyce
Education Coordinator:	Grace Jones
Education Coordinator:	Colin Hastings

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Vice-Chair	Joseph Babcock
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Director	Erich Prohaska
Director	Christinah Kutama
Director	Ren Bowman
Executive Director	John MacTavish

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