

HIV/AIDS Regional Services

20th Anniversary

Wish List

- Hygiene products
- Clothing
- New socks
- Bedding
- Vitamins
- Non-perishable food items (stews, soups, crackers, etc).
- Fiction books for client library

We are also looking for a single bed, clean mattress, and frame for a client in need.



KINGSTON **AIDS** WALK FOR LIFE

City Park, Saturday September 20th @ 6:30 pm

Followed by the *Lantern Festival* @ 8pm

Call HIV/AIDS Regional Services @ 613-545-3698 for information on how you can get involved!





AIDS WALK FOR LIFE
The Walk will do us good.



La Marche nous fera du bien.

MARCHE ACTION SIDA



The staff of HIV/AIDS Regional Services invites you to join us for the Annual AIDS Walk for Life.

Kingston Walk

Saturday, September 20
City Park, (corner of Bagot and West)
Registration at 6:30 p.m.
Lantern Festival to follow

Belleville Walk

Sunday, September 28th
Market Square
Registration, 1 p.m.

WHY WALK?

You may choose to get involved with the AIDS Walk because you are HIV+, someone you know is HIV+, or you want to show your support and compassion to the millions of people living with HIV around the world. There are many different reasons to get out and Walk, it will do you good, and it will certainly be good for people living with HIV/AIDS in this region. The AIDS Walk is an opportunity for HIV/AIDS Regional Services to do some much needed fund-raising. All the money raised by the Kingston and Belleville Walks goes directly into programs and services for PHA's in this region.

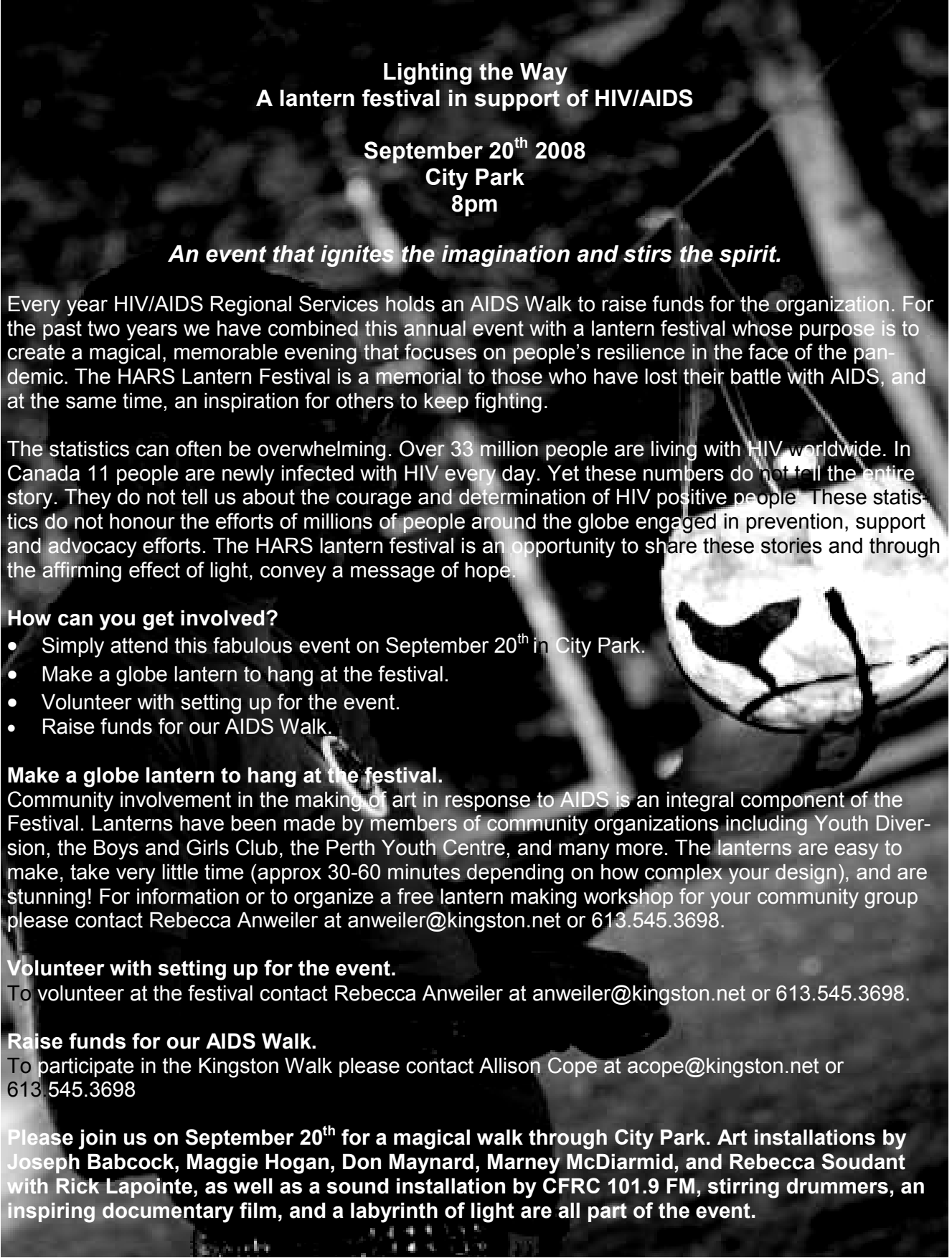
In addition to pledges for walking, we are asking participants to consider donating non-perishable food items, such as pasta and canned sauce, crackers, stews etc for people who are HIV+ and living on a limited income. You can drop off these items at the HARS office, or bring them to the Walk on the night of the 20th September.

HAVE QUESTIONS? NEED A PLEDGE SHEET?

<p>For the Kingston Walk, please contact: Allison Cope Phone: (613)-545-3698 E-mail: acope@kingston.net</p>	<p>For the Belleville Walk, please contact: Kate Brett (613) 545-3698 kbrett@kingston.net</p>
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THE WALK WILL GO ON—RAIN OR SHINE!



Lighting the Way
A lantern festival in support of HIV/AIDS

September 20th 2008
City Park
8pm

An event that ignites the imagination and stirs the spirit.

Every year HIV/AIDS Regional Services holds an AIDS Walk to raise funds for the organization. For the past two years we have combined this annual event with a lantern festival whose purpose is to create a magical, memorable evening that focuses on people's resilience in the face of the pandemic. The HARS Lantern Festival is a memorial to those who have lost their battle with AIDS, and at the same time, an inspiration for others to keep fighting.

The statistics can often be overwhelming. Over 33 million people are living with HIV worldwide. In Canada 11 people are newly infected with HIV every day. Yet these numbers do not tell the entire story. They do not tell us about the courage and determination of HIV positive people. These statistics do not honour the efforts of millions of people around the globe engaged in prevention, support and advocacy efforts. The HARS lantern festival is an opportunity to share these stories and through the affirming effect of light, convey a message of hope.

How can you get involved?

- Simply attend this fabulous event on September 20th in City Park.
- Make a globe lantern to hang at the festival.
- Volunteer with setting up for the event.
- Raise funds for our AIDS Walk.

Make a globe lantern to hang at the festival.

Community involvement in the making of art in response to AIDS is an integral component of the Festival. Lanterns have been made by members of community organizations including Youth Diversion, the Boys and Girls Club, the Perth Youth Centre, and many more. The lanterns are easy to make, take very little time (approx 30-60 minutes depending on how complex your design), and are stunning! For information or to organize a free lantern making workshop for your community group please contact Rebecca Anweiler at anweiler@kingston.net or 613.545.3698.

Volunteer with setting up for the event.

To volunteer at the festival contact Rebecca Anweiler at anweiler@kingston.net or 613.545.3698.

Raise funds for our AIDS Walk.

To participate in the Kingston Walk please contact Allison Cope at acope@kingston.net or 613.545.3698

Please join us on September 20th for a magical walk through City Park. Art installations by Joseph Babcock, Maggie Hogan, Don Maynard, Marney McDiarmid, and Rebecca Soudant with Rick Lapointe, as well as a sound installation by CFRC 101.9 FM, stirring drummers, an inspiring documentary film, and a labyrinth of light are all part of the event.

**Executive Director
John MacTavish**

Well, we are at the end of the summer. I'm not sure were it's gone! It has been extremely busy and the time has just zipped by. The Fall is always a busy and challenging time for us all here at HARS. Listed below are some important things that have been going on at the office:

- Marney has begun a year off to work on her studies; we all wish her well in this endeavour.
- I attended the International AIDS Conference in Mexico
- This fall HARS will be celebrating 20 years of service to the community. This is a great milestone for the agency and we will be holding various events to mark this during the Fall. We will keep everyone updated.
- Preparations for the AIDS Walk 2008 and Lantern Festival are happening (further details are in the newsletter).
- Our Halloween Dance is October 31, 2008 from 9 pm till 1pm at the Portsmouth Olympic Harbour with prizes for the best costumes!.

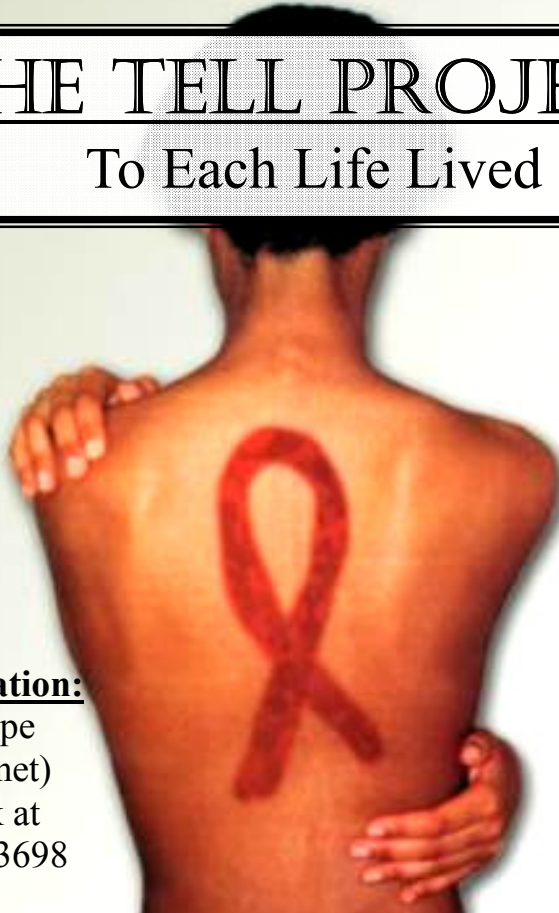
Please drop by the office, see all the changes and have a cup of coffee.

-John MacTavish, ED.

THE TELL PROJECT:
To Each Life Lived

For more information:
contact Allison Cope
(acope@kingston.net)
or Joseph Babcock at
HARS (613) 545-3698

Who Can Get Involved? People living with HIV, their families, friends, and community.



Prison Support Coordinator Diane Smith-Merrill

The summer is almost over and it feels like it never really began. The month of September is a busy one for HARS. We have the AIDS Walk, the Lantern Festival and a lantern-making workshop. I hope as many of you as possible can join us for these events.

As I mentioned in my last report, John MacTavish and I were headed to Barcelona for the International Harm Reduction Conference. This was an opportunity to talk with other front line workers and researchers working in the field of harm reduction from around the world. It was an interesting forum providing lots of information. For myself, I found the talks by Prison Officers and workers to be of the most interest. For example, I was not aware that Iran provided clean needles to prisoners and has for a number of years. Spain also provides clean needles and one of the officials told us that last year they gave out 20,000 needles and not one incident was reported by staff or inmates. I find this remarkable. Especially when you consider that our government recently shut down the pilot tattoo shop in Federal prisons before any data could be collected as to its efficacy. There was also discussion regarding the successes of the Insite Program in Vancouver, another service under fire by our Federal Government. Overall, it was an interesting conference and of course, Barcelona is a beautiful city and we managed to get in some sightseeing as well.

Please feel free to stop into the office anytime and have a coffee, or to relax in our sitting area.

-Diane Smith-Merrill, Prison Support Worker

City Support Coordinator Allison Cope

Greetings all. Summer, as usual is passing quickly and the time has arrived to start thinking about fall activities and programs. The following are areas where we could use some help and/or your participation.

1. The AIDS Walk for Life will take place on Saturday, September 20th, and we hope to raise \$5,000 for PHA services. You can help by registering as a Walker, getting a pledge sheet (and some pledges!) and getting a friend to join you. You do not need to raise a lot of money, but every little bit helps. Pledge sheets have been included with the newsletter for your convenience.
2. HARS 20th Anniversary will be celebrated this fall. Join us on the 31st of October at Portsmouth Olympic Harbour for the combo Halloween Dance and Anniversary celebration. More information on this event will be forthcoming, but I would start thinking about my costume now.
3. Holiday Basket Drive. We would like to provide PHA's in need with a basket of goodies late in the fall. We are looking for things like; soap & shampoo, bath products, deodorant, food treats, new socks, and anything else that might help make the holiday season a bit more festive for people on a very limited income. If you would like to contribute, please bring the donations to HARS and specify that your donation is for the Holiday Baskets Drive.
4. The TELL Art Project (**To Each Life Lived**) is still running. If you have a message about HIV/AIDS that you would be willing to share, contact me and I will get you a canvas to work with. The materials created will be displayed in the HARS office, and used in remembrance ceremonies and Awareness Campaigns.

Just a reminder that HARS has a drop-in space and we encourage people to come for a visit, and spend time in the office. We have new leather couches (ridiculously comfortable), a fantastic artificial tree that makes me happy every time I see it, coffee/tea, bread, sometimes sweets, and second hand clothing. We are also starting a lending library of fiction novels for those desperate for a little something to read.

-Allison Cope, City Support Worker

Regional Support Coordinator Kate Brett

Hello everyone. I hope the cold summer has been kind; at least we can appreciate not trying to sleep in stifling humidity. As we approach September, and hopefully a bit more hot weather, we are gearing up for the AIDS Walk For Life. I would like to encourage everyone to come out whether to show support whether you gather pledges or not. If anyone is interested in becoming an active participant through collecting pledges or volunteering, please feel free to contact me at kbrett@kingston.net or 1.800.565.2209. Pledge forms are available at Loyalist College Health Department, Belleville Chamber of Commerce and Hastings & Prince Edward Counties Health Unit.

While the AIDS Walk presents us with an excellent way to show support for others (as well as ourselves), I would like to touch on another way we can support ourselves: Self-advocacy. Being one's own advocate can feel overwhelming, however, breaking it down into reasonable steps can really help get the ball rolling. Successful advocacy involves preparation, planning, research and knowing when to reach out for outside assistance. It also means knowing what your legal rights and entitlements are and having a clear understanding of what you would like the end result to be. Here are some steps to becoming your own advocate:

The first step is defining the problem. The following is a list of questions that may assist you.

1. What happened?
2. Where and when did it happen?
3. Who was involved? Did anyone witness it happen?
4. Has the problem happened before? If so, how was it resolved last time?
5. Do other people have the same problem? Have they made a complaint?



The second step is to develop an action plan. This is where research is important. It is important to find out as much as you can about the problem itself, your options for resolving it and who you can ask for help when you run into difficulty. It is also important to set small manageable steps for yourself as it is very easy to be dissuaded at this point. Here are some more questions that may assist you.

1. What resolution do I hope to achieve?
2. What steps are involved in my plan?
3. Who will be involved in my plan?
4. How will I carry out my plan and tell others about it?
5. Who can I turn to for advice and support?



The third step is carrying out the plan. This can also be a very difficult time. It is important to remember that things do not always happen quickly or as we would like them to. It is important to celebrate our small successes here and remember that most times we catch more flies with honey than vinegar. Here are a few questions to ask yourself.

1. Have you documented your actions and made copies of important paperwork?
2. Have you recorded names, dates and times of people with whom you have spoken about your problem?
3. Are you clear about the next steps and who is responsible for doing them?
4. Do you need to take your issue to a higher level of authority and if so, do you know whom?

The last step involves evaluating the process. Were you successful in your final outcome? If not, are you aware of anything that could have been done differently that would affect the eventual outcome? What worked really well? Answering these questions can help to prepare yourself for this process in the future. Self-advocacy is a learning process and not everything will go as planned. Learn as you go, celebrate your successes, and see even the smallest changes as moving you toward your goal. You will be empowered by standing up for your rights and may find that becoming a stronger advocate for yourself can be an important contributor to your well-being. If you would like more detailed information about this topic, just call or email me. I will be happy to fill you in, or answer any questions.

-Kate Brett, Regional Support Worker

**Education Coordinator
Rebecca Anweiler**

Well, my first three months at HARS are behind me now. I'm not exactly seasoned yet, but have had several opportunities for speaks to various agencies and organizations about what HARS does, including education towards prevention of the spread of HIV. I've spoken to and met some great people involved in social services in the city who are concerned for the health of their clients and want to provide them with harm reduction information.

I've also had the pleasure of being on the receiving end of some recent donations to HARS including a wonderful gift from the Student Council and Raise Your Voice Committee (AKA Respect) of LaSalle Secondary School, as well as a donation from Kingston Community Credit Union and from OPIRG (Kingston) targeted specifically to the upcoming Lantern Festival. Other support has come from the Whig Standard and CFRC 101.9 FM for advertising, Wooden Heads Gourmet Pizza in the form of lantern bags, and Modern Fuel Artist-Run Centre for providing space free of charge for the lantern-making workshop held there August 21st.

I've been busy working with Marney and Joseph Babcock to organize this year's Lantern Festival following the annual AIDS Walk on September 20th. For the first time we have invited several members of Kingston's art community to submit proposals around the theme of "nest" for the event and I'm excited to say we will have five installations this year. Joseph Babcock, Maggie Hogan, Don Maynard, Marney McDiarmid, and Rebecca Soudant with Rick Lapointe will have their poignant works 'nest' on display one night only in City Park, with MacGillivray-Brown Hall at 218 Barrie Street as a rain location. I hope you'll make the effort to come to City Park on September 20th to check out the Lantern Festival following the Walk, which will also involve a sound installation by CFRC 101.9 FM, stirring drummers, an inspiring documentary film, and a labyrinth of light as part of the event.

-Rebecca Anweiler, Education Coordinator



**HARS HALLOWEEN
DANCE**

**OCTOBER 31, 2008
9 PM TILL 1 PM**

**PORTSMOUTH OLYMPIC
HARBOUR**

- **PRIZES FOR THE BEST
COSTUME!**

**Education Coordinator
Marney McDiarmid**

Thanks to the generosity of the board and Executive Director of HARS I will be taking a year's leave from my position as Education Coordinator in order to focus on my PhD. During this coming year I'll be researching HIV-related stigma within communities of gay and bisexual men in Toronto. As many of you know, I've enjoyed using some arts-based approaches in my education work at HARS. I will continue to do so in my PhD by using a Photovoice methodology in my research. Photovoice involves giving people cameras and inviting them to take photos of issues relevant to their lives. My hope is to return to HARS next August with a deeper understanding of stigma and discrimination and with some fantastic photos to share.

-Marney McDiarmid, Education Coordinator

Are Our Kids Safe?

"Successful HIV prevention involves talking frankly about controversial issues like young people's sexuality, or condoms, or homosexuality, but conservative governments are using their aid money to distort scientific understanding, spreading the abstinence-only message with very little scientific evidence to support it".

- Tania Boler, researcher on HIV and education and co-author, with David Archer, of *The Politics of Prevention -- A Global Crisis in AIDS and Education*, 2008



FUSE

A drop-in for LGB?TT?IQ youth (*under 19*)

Every Tuesday

99 York St. 3:30-5:30pm

Chill out. Grab a snack. Meet new people.
Chat. Do art. Get info & much more.

For info contact Marney at
marneymcdiarmid@gmail.com