



eBlast Update

Thursday, June 19, 2008

Highlights

PAGE #

- 2 10th Annual Friends for Life Bike Rally**
 - 3 Join PWA for the 2008 Pride Parade!**
 - 4 PWA Membership 2008**
 - 5 Health Promotion Newsletter 2nd Edition**
 - 6 PWA's new B&A Case Manager**
 - 7 Pie In The Sky – with your help the sky is the limit!**
 - 8 & 9 Theatre Access Program offers tickets**
 - 10 PWA Treatment Resources Program**
 - 11 & 12 Third Party Fundraising Events**
 - 13 PWA Annual General Meeting**
-

10th Annual Friends for Life Bike Rally

On July 27th, 2008 the 10th Annual Friends For Life Bike Rally will hit the road! Our goal is to raise much needed funds for the Toronto People With AIDS Foundation. For six days, over 350 cyclists will ride more than 600km from Toronto to Montreal, while our crew of dedicated volunteers will provide support along the way. **Register. Donate. Learn.** Please visit www.bikerally.org.

As long as there's a reason... there's a ride.

THE TORONTO PEOPLE WITH AIDS FOUNDATION



PRESENTED BY **Scotiabank Group***

FROM TORONTO TO MONTREAL
JUL 27-AUG 1, 2008

QUEBEC

REGISTER TODAY!
10th Year
Visit us online for new ride options!

As long as there's a reason... there's a ride.

Register. Donate. Learn.
www.bikerally.org
416-506-8606 ext 631

LIMITED SPACE STILL AVAILABLE!



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Join PWA for the 2008 Pride Parade!

This year, PWA's participation is honouring the 10th year of the Friends for Life Bike Rally which has been chosen as Pride's Honoured Group.

As of June 2008, the Bike Rally has raised over \$5 million, providing critical financial support to the programs and services that we offer.

We are looking for volunteers, staff and clients to join us to walk with the float and Bike Rally participants. We will need at least 20 individuals to help carry placards highlighting PWA's achievements etc.

This is always a fun way to highlight PWA's involvement and roots in the GLBT community, our diversity, and achievements.


We look forward to your participation.

Please let us know in advance if you are available to join us. Please sign up at reception or email Len at ltooley@pwatoronto.org

[Back to the top](#)

PWA Membership 2008

Membership Information & Application Form



- Anyone living in the greater Toronto area can apply for membership to the Toronto People With AIDS Foundation. Just fill in the form below and submit it to us with your \$10 membership fee. (*Membership fees can be waived upon request.*)
- Although Foundation clients, volunteers and donors are encouraged to become members, membership status is not automatic.
- All members must agree with the Foundation's mission statement.
- All memberships are valid for the calendar year—from January 1st to December 31st. New or lapsed members must apply at least 30 days in advance of a membership meeting or AGM in order to vote.
- Voting members of the Toronto People With AIDS Foundation will be notified of all membership meetings, and have the right to attend meetings, participate in meetings, vote, nominate candidates for the Board, and stand for office.
- All members will receive the Foundation's newsletter and Annual Report.
- All members are encouraged to provide direction and support for the Foundation, and to act as ambassadors for the Foundation in support of its mission.

For further information, or if you have any questions about membership, or to find out if you are already listed as a member, please contact Murray Jose, Executive Director at 416-506-1400 ext. 623 or by email at mjose@pwatoronto.org.

OUR MISSION IS TO PROMOTE THE HEALTH AND WELL-BEING OF ALL PEOPLE LIVING WITH HIV/AIDS BY PROVIDING ACCESSIBLE, DIRECT, AND PRACTICAL SUPPORT SERVICES.

I, _____, hereby agree to support the mission of the Toronto People With AIDS Foundation.
(printed above)

Signature

Date

Please complete this membership application and return it to us with your \$10 membership fee to:

399 Church St.
2nd Floor
Toronto, ON
M5B 2J6
Attn: Le Thai Ly,
Office Coordinator

First Name _____	Last Name _____
Mailing Address _____	Suite _____
City _____	Postal Code _____
Telephone _____	Email _____

Please check one:

I would like to renew my existing membership

I would like to apply for a new membership

I would like my membership fee waived

[Back to the top](#)

Health Promotion Newsletter 2nd Edition



Vol. 1 No. 2 Spring 2008

Welcome to our second edition of *Being Well: the PWA/ACT Wellness Bulletin for PHAs*, a collaborative project between the Toronto People With AIDS Foundation (PWA) and the AIDS Committee of Toronto (ACT). We focused our first edition on complementary therapies and have chosen to focus the second edition on nutrition. These were the two most popular topics when we surveyed people living with HIV/AIDS (PHAs) in Toronto earlier this year in the Positive Wellness Survey. (Go to: <http://www.actontario.org/web-site/research.nsf/pages/act.research.0365> for the full report and a summarized version of our findings.)

“Nutrition is closely associated with long-term survival, enhanced quality of life and overall wellness for PHAs”

As we did in the first edition, we will cover the topic of nutrition from the perspectives of PHAs and service providers — as well as highlighting the services we provide related to nutrition and healthy eating. We will also give you a list of resources in case you're interested in learning more about the topic.

Nutrition is closely associated with long-term survival, enhanced quality of life and overall wellness for PHAs,

yet understanding what nutrition means in practice when you're living with HIV can be very confusing. There are many questions you may need to consider: Is it my medications or the HIV that is affecting my appetite and digestion? Where can I find information about nutrition and HIV? Will what I eat have an impact on lipodystrophy or other changes in my body? Eating healthy can cost a lot of money — how can I eat well on a budget?

In this edition, we've tried to answer some of these questions. The articles inside cover topics such as HIV and cholesterol, strategies some PHAs use to eat healthy on a restricted income, and as promised, we've included another 'Ask Stephanie' column by Stephanie De Maio, the Clinical Dietitian at the Positive Care Clinic at St. Michael's Hospital. You'll find a list of resources and further reading at the end of the issue. Remember, you should always consult with your doctor to help you make the most informed decisions regarding your health.

We've received a lot of positive feedback after our first edition of *Being Well*, but, as always, we would like to hear any ideas or suggestions you may have for future topics and features.

We look forward to hearing from you!

Kate Murzin, HIV Health Promotion Coordinator, ACT
Kevin Borden, Programs Coordinator, PWA

To view the full newsletter, please visit www.pwatoronto.org and click on the link under the “What's New” section.

[Back to the top](#)

PWA's new B&A Case Manager

STAFF ANNOUNCEMENT:

Wendy Robbins, PWA's New Case Manager

June 2, 2008

Please join me in welcoming Wendy Robbins into the permanent position of Benefits and Assistance Case Manager. Wendy has been an important staff member of PWA since February of 2005. In her role as the Volunteer Coordinator, Wendy came to know and work with many of our clients and volunteers. She has helped strengthen PWA's Intake and Reception volunteer programs, and PWA's volunteer orientation, training and appreciation processes.

Wendy brings to the role of B&A Case Manager over 13 years of experience in the HIV/AIDS sector. In addition to her time at PWA, she worked for 10 years at 2 Spirited People of the 1st Nations as both the Palliative Care Project Coordinator and as Care Team Coordinator. In her roles there, she provided case management and advocacy to Aboriginal PHAs. In all her work, Wendy brings much compassion, dedication and a wonderful sense of humour. I am excited to have Wendy be a part of the B&A team and know that she will carry on the tradition of excellent client service that Nitto brought to the position.

Wendy will be starting her new position on September 2, 2008 in order to provide uninterrupted support to her volunteer programs until a new Volunteer Coordinator is hired. Until then, Bill Handley will continue to provide contract support to clients. PWA thanks Bill Handley for his ongoing support during this transition period.

If you have any questions, please don't hesitate to contact me.

Thank you,

Suzanne Paddock

Director, Programs and Services

[Back to the top](#)

Pie In The Sky – with your help the sky is the limit!

Want to be part of an exciting event that raises money for PWA?

Pie in the Sky is looking for committee members and “pie peddlers” to help mount this fundraiser that sells pies in the weeks leading up to Thanksgiving. But, we are looking for people right now.

We need committee members to:

- Identify and approach chefs to bake pies
- Market and publicize the event
- Identify and approach potential sponsors
- Identify and approach dynamic potential “pie peddlers”

If you like the thrill of promoting a great cause in a fun and delicious way, then please join us as a “pie peddler” and sell pies through your personal and professional networks. One peddler last year sold 50 pies with just one e-mail to colleagues in his office!

Incredibly, a \$35 pie sold by our pie peddlers can bring a meal to ten people with HIV/AIDS – maybe the only nutritious meal they get. And every 15 minutes of every day, PWA provides a healthy meal to a homebound man, woman or child whose long term survival depends on proper nutrition.

Please contact Stephen at sjohnson@pwatoronto.org

Helping PWA is as easy as Pie in the Sky.

[Back to the top](#)

Theatre Access Program offer tickets to Canada's Wonderland

Canada's wonderLand



PWA Theatre Access Program

is once again proud to offer...

Free tickets to Wonderland!

Monday's & Friday's from 11a.m. – 5p.m.

(starting Monday June 9th)

Tickets will be given out first-come-first-served and don't worry there are lots to go around. Tickets are available for PWA clients. There is no advanced sign up and tickets will not be held or reserved.

Each client is entitled to 2 tickets. If you have children who are 17 years old and younger and they are verified in our database through your Case Manager each of your children will also be entitled to a day pass.



Go Buses leave Yorkmills and Yorkdale Subway stations all day long and cost about \$8 for a two way (return) ticket.

If you have any questions please speak to Suzanne Paddock, Director of Programs and Services 416-506-8606

ext. 643 spaddock@pwatoronto.org

Theatre Access Program for families – CNE & Science Centre



Theatre Access Program for Families Summer 2008

Are you looking for inexpensive things to do with your children this summer? In addition to Wonderland we have 2 other exciting possibilities for you.

Canadian National Exhibition – The EX



Fri. Aug 15 – Mon. Sept 1 2008
<http://www.theex.com/>

We have FREE passes for kids 13 & younger.

Ontario Science Centre



We have coupons which are good for \$2 adult admission and free for children, youth & seniors. (17 and younger or 65 & over get in for free)
<http://www.ontariosciencecentre.ca/>

Please ask for Greg 416-506-8606 ext. 625 or email gdowner@pwatoronto.org
For more information and free tickets.

[Back to the top](#)

PWA Treatment Resources Program

HARM REDUCTION DROP-IN



We Offer:

- *A confidential & non-judgmental space for HIV+ substance users*
- *Learn about your drug of choice*
- *Get safer needle and crack kits*
- *Referrals to housing, ODSP and treatment info*
- *Staffed by a Harm Reduction Worker and Peers*
- *Free snacks and refreshments*
- ***Tokens, childcare stipends and interpretation available upon request***

This is your group- you can design it any way you want.

**Join us: The 2nd & 4th Thursdays of each month
Starting on June 12th
1-3 p.m.
Room 221 @ PWA**

For more information; contact Rebecca at 416-506-1400 x627 or e-mail rgower@pwatoronto.org



Third Party Fundraising Events

The Imperial Court of Toronto (TICOT)

www.ticot.org

The Imperial Court of Toronto was founded in 1987 with the original mandate of promoting 'Friendship, Unity and Nonsense' (F.U.N.) through holding entertaining and fundraising events.

Since its founding in 1987, under the leadership of *31 elected Monarchs*, TICOT has entertained thousands, held many successful events and raised money for a number of local charities, including Casey House, The Toronto PWA Foundation, AIDS Committee of Toronto, AIDS Tijuana, The Canadian Lesbian and Gay Archives, the Toronto Metropolitan Police (1stBikes), Sick Children's Hospital, and Gilda's Club. Each year, the elected Empress and Emperor select charities towards which fundraised dollars will be designated that year.



Her Most Imperial Sovereign Majesty, The New Look, Maple Leaf Empress, Empress XXI Bitsie Vanderbelt has chosen the Toronto People With AIDS Foundation, Food For Life meal delivery program, as the recipient of all fundraising activities for 2007/2008!

TICOT events:

July 13th - Patio Show at Zelda's Restaurant and Bar on Church Street from 6-8pm

July 13th - Empress' Retreat & Barn Show at Cedar's Campground

July 27th - Patio Show at Zelda's Restaurant and Bar on Church Street from 6-8pm

[Back to the top](#)

Third Party Fundraising Events

July 10 & 18 – Car Wash Pep Rally pre-event & shows at Woody's Bar, 465 Church Street

July 19 - Tightly Whitey Car Wash hosted by Mr Steamworks Steve Callow

TIGHTY WHITEY CAR WASH 2008

In Support of the Toronto People With AIDS Foundation Saturday, July 19

TORONTO (June 13, 2008) - Hot guys and gals clad only in their underwear will join Steve Callow, Mr. Steamworks 2008, for his Tightly Whitey Car Wash, in support of the Toronto People With AIDS Foundation (PWA), from noon to 4 p.m. on Saturday, July 19 at 540 Church St. (the alley between Café California and Zelda's restaurants).

Priape Inc (www.priape.com), the official underwear sponsor, will hold a special sale across the street in their new premises the same day with a percentage of proceeds to benefit PWA.

The Tightly Whitey Car Wash raised a staggering \$8,367 last year despite a rain-soaked day. This year's car wash should raise even more. Toronto's acclaimed DJ Neill MacLeod (www.neillmacleod.com) will keep the nearly naked car washers moving at fever pitch.

Mr. Priape Toronto and Mr. Steamworks will model underwear that will be sold by auction during the event. The event will also feature an auction table including a signed print of Michael Breyette's (www.studio1088.com) "Red, Wet & Blue" donated by the artist and generously framed by the O'Connor gallery (www.oconnorgallery.com). Breyette's art work will be used in the poster.

A Car Wash pep rally for this event will be held at Woody's on Thursday July 10 and Friday July 18. Mr. Steamworks and other participants will be in their tightly whiteys to greet the crowd at Woody's and start the fund raising efforts. The proceeds will be donated to PWA.

Event sponsors include Steamworks, Priape Inc, Michael Breyette, DJ Neill MacLeod, StreamMaster.com, The O'Connor Gallery, Xtra, and Labatt Breweries.

As Mr. Steamworks, Steve Callow will organize at least three fund raising events. He is being supported by the Mr. Leatherman Toronto organization and Steamworks (www.steamworksonline.com).

Public information: steve@callowinnovations.com

Media contacts:

Steve Callow (416) 429-0006 ext 222 or steve@callowinnovations.com

Stephen Johnson, PWA (416) 506-8606 ext. 649 or sjohnson@pwatoronto.org

[Back to the top](#)

PWA Annual General Meeting

~ Oct 2nd - Please join us for PWA's Annual General Meeting at Oakham House
55 Gould Street (at Church Street) from 6:30-8:30pm light refreshments will be served

Help us make a positive difference



I'd like to help people living with HIV or AIDS.

I'm making a: one time gift monthly gift

Please find enclosed my gift of:

\$50 \$35 \$20 Other: \$

I'd like to pay by: cash cheque credit card

Credit Card Information: VISA M/C AMEX

Card #:

Expiry:

Signature:

First Name Last Name

Address

City Province

Postal Code Phone

email

Gifts of \$20 or more will receive a charitable tax receipt.

Toronto People With AIDS Foundation
399 Church Street, 2nd Floor, Toronto, ON M5B 2J6
Tel: 416-506-1400 Fax: 416-506-1404 info@pwatoronto.org www.pwatoronto.org
Charitable Registration #: 13111 3151 RR0001

Donate online at www.pwatoronto.org



[Back to the top](#)