

## PARN—Your Community

### AIDS Resource Network

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Charitable Registration

Number: 133564740RR0001



United Way  
Peterborough & District  
Change starts here.

## April 2015

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### Board of Directors

*Chair:* Mark Smith

*Vice Chair:* Mark Phillips

*Members at Large:*

Alexa Ferguson

Megan Mattos

Alison Rodgers

John Scott

Bunny Smith

Hours of Operation

Monday to Friday 9 am—5 pm

Closed Wednesdays from 1.00—3pm

*Note: PARN will be closed on Friday, April 3 for Good Friday and Monday, April 6 for Easter Monday. The office will re-open at 9:00 am on Tuesday, April 7*



## Where will you dine on Wednesday, April 22?

On Wednesday, April 22 participating restaurants in Peterborough and the Four Counties will donate 25% of their proceeds to PARN to help us support people living with HIV, people affected by HIV, and those at risk for contracting HIV in our communities.

Please see page 3 for a listing of participating restaurants and more information. You can also find out all you need to know about A Taste For Life at:

**[www.ATasteForLife.org](http://www.ATasteForLife.org)**

**One night. 24 communities. Thousands of Canadians.  
Together we toast *A Taste for Life*.**

# April Update

Ariel O'Neill, Women and HIV/AIDS Initiative Community Animator, PARN—Your Community AIDS Resource Network  
email: [ariel@parn.ca](mailto:ariel@parn.ca) twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)



**April 14 from 9-5 p.m.**

Are you interested in attending **In Her Skin: Women and HIV**, the 4th annual event in Oshawa, organized by AIDS Committee of Durham Region? PARN has scholarships for four women to attend with two of us from PARN. Contact Ariel at info on this page or [brittany@parn.ca](mailto:brittany@parn.ca) for a scholarship application or more details

Hollaback Peterborough launches this month with the goal to end street harassment in this city. I had the pleasure of interviewing Kristen Mommertz, pictured with me at left as we spoke at The International Women's Day event KSAC, KWIC and Seeds of Change coordinated on March 6th. We had a great chat on WHAI Radio which aired March 18th.

Visit Hollaback's [facebook page](#) for more about how you can be part of this exciting initiative!

## Quick Facts: Women and HIV in Ontario

In 2013, **17%** of new HIV cases were made up of women. This is a drop of 10% since 2012. Those of us working with the WHAI Initiative are heartened that our work building community capacity is having an impact.

Not all is rosy, however. The impacts of poverty and class, colonialism and race still see a disproportionate number of women from countries where HIV is [endemic](#) becoming newly diagnosed (**61%** of women testing positive.)

And if you think you are super low risk, that doesn't mean you can't test positive: **19%** of women testing positive for HIV in 2013 are from 'low risk' categories.



Tune in April 1st & 15th at 11:30 a.m. for compelling interviews with local change makers.

or stream at [www.trentu.ca/ora/trentradio/stream.htm](http://www.trentu.ca/ora/trentradio/stream.htm)

# A Taste For Life Wednesday April 22

Spring is in the air, and that means it's time for A Taste For Life. On **Wednesday, April 22**, participating restaurants will donate a quarter of your dinner bill to PARN-Your Community AIDS Resource Network to support HIV initiatives in our communities.

## Help Us Spread the Word

It is amazing to watch the restaurants fill up on the night of A Taste For Life and see diners from across the communities we serve joining together for a night of great food and friends. Let your circles know about A Taste For Life: your friends, family and neighbours will have a great night out while supporting some of the more vulnerable populations in our community.

## Thanks to our Media Sponsors!

Thanks to The WOLF, Fresh Radio and CHEX Television for supporting PARN as our media sponsors for A Taste For Life 2015. Listen to the WOLF and Fresh for up-to-date information on A Taste For Life, and keep your eyes on CHEX for our ad featuring Rick Mercer!



**Black Honey (Peterborough)**  
(705) 750-0014—[blackhoneycake@gmail.com](mailto:blackhoneycake@gmail.com)

**Brio Gusto (Peterborough)**  
(705) 745-6100—[info@briogusto.com](mailto:info@briogusto.com)

**Capers Restaurant (Campbellford)**  
(705) 653-5262

**Carlyle Inn & Bistro (Port Hope)**  
(905) 885-5500—[info@carlyleinnandbistro.com](mailto:info@carlyleinnandbistro.com)

**Electric City Gardens (Peterborough)**  
(705) 749-1909—[electriccitygardens@hotmail.com](mailto:electriccitygardens@hotmail.com)

**Elements (Peterborough)**  
(705) 876-1116—[elementstapas@yahoo.ca](mailto:elementstapas@yahoo.ca)

**Hobart's (Peterborough)**  
(705) 775-4000—[info@hobarts.ca](mailto:info@hobarts.ca)

**Hot Belly Mama's (Peterborough)**  
(705) 745-3544—[oldestonebrewing@bellnet.ca](mailto:oldestonebrewing@bellnet.ca)

**Rare Grill House (Peterborough)**  
(705) 742-3737—[info@raregrillhouse.com](mailto:info@raregrillhouse.com)

**Sam's Place (Peterborough)**  
(705) 876-1900—[samsplacedeli@gmail.com](mailto:samsplacedeli@gmail.com)

**Shish Kabob Hut (Peterborough)**  
(705) 745-3260—[Info@skhpeterborough.com](mailto:Info@skhpeterborough.com)

**St. Veronus Café, Tap & Grill (Peterborough)**  
(705) 743-5714

**The Thirsty Loon (Lakefield)**  
(705) 652-1812—[thethirstyloon@bellnet.ca](mailto:thethirstyloon@bellnet.ca)

**Whistle Stop Café (Peterborough)**  
(705) 740-2036





**It was a small group of volunteers who got together over 25 years ago to respond to the growing need for HIV/AIDS services in Peterborough.** PARN is still here in your community, and volunteers are still active stakeholders in the operations and governance of the agency. Every volunteer's contribution has a positive impact which ripples outward into the greater community that PARN serves. In the words of the 2015 National Volunteer Week campaign, *volunteers rock!*

If you can relate to that metaphor and see yourself as one such rock, drop in sometime to learn more about PARN's current volunteer opportunities such as reception, harm reduction kit packing, board of directors and committees, and our annual fundraiser, A Taste For Life. We provide training for the roles and responsibilities, and we have scheduled sessions to take place during National Volunteer Week, April 12-18.

Volunteering is about pooling resources to build capacity. While PARN benefits from each volunteer's donation of time and skills, the return on investment for each volunteer is new understanding and connection with community. Several weeks ago, PARN's board volunteers enjoyed a 2-part training on good governance and boundaries with Douglas Stewart of Ontario Organizational Development Program, and with Cathy White, private consultant and educator. More recently, PARN's reception volunteers met with Support and Prevention Education staff to learn more about agency programs and the HIV Care Cascade. We're in this together—it's all part of the ripple effect.

*By Peg Town-PARN Office Administrator*

**REGISTER TODAY FOR VOLUNTEER TRAINING  
FOR PARN - YOUR COMMUNITY AIDS  
RESOURCE NETWORK**

**Thursday, April 16th, 7-9pm: Part 1 - Introduction to PARN.** Learn about PARN's mission, values, programs and services, and decide if PARN is the right place for you. Part 1 is a prerequisite to attending part 2.

**Saturday, April 18th, 10am-6pm: Part 2 - Interactive Workshop, lunch included.** Learn about the history of HIV/AIDS, PARN customer service values, Harm Reduction, Women and HIV, Positive Space and more.

**Space is limited, so register today by contacting Dylan DeMarsh, [dylan@parn.ca](mailto:dylan@parn.ca) 705-749-9110, ext. 208**

# Rainbow Youth Program Update

anya gwynne—Rainbow Youth Coordinator  
anya@parn.ca—705-749-9110 ext 209



The Rainbow Youth Drop In is a central part of our prevention and education strategy. We know that providing a safe, inclusive and consistent environment for youth to come and meet other LGBTQ\* youth is central to improving mental health and building resiliency. We believe that this results in more educated choices around sex and drug use which decreases risk for HIV/STBBIs. We meet every Thursday at PARN 3:30-5:30 and continuously welcome new youth each month. Recently, members of The queeRADicals, our ambassador group, have stepped in to facilitate some of our Drop In sessions and have been brilliant with fresh ideas and new energy. Each week our themes and activities change to meet the interests of the group and to address current issues. Sometimes we just chill out, eat snacks and play games or make buttons!

The queeRADicals are gearing up to host a monthly movie night at PARN, open to the LGBTQ and allied community. This will be a fun free event with discussion and popcorn! The first movie is April 9<sup>th</sup> where the group will screen the cult classic “But I am a Cheerleader”. For more information visit our Rainbow Youth Page on Facebook!

And speaking of movies... on May 3<sup>rd</sup>, The Sex, Drugs and Rock N Roll Collective comprised of Rainbow youth, Peterborough Drug Strategy and the Peterborough Health Unit will be hosting the movie “The Perks of being a Wallflower” at the Peterborough Public Library as part of National Youth Week. This free interactive event is from 6-9 and is open to all youth.

## Recent Drop In Topics

- \*Drugs and Harm Reduction
- \*Are we there yet? Exploring the new Sexual health curriculum
- \*“The gay agenda: whose is it anyways?”
- \*Crafting “anxiety catchers” to soothe the stressed out soul
- \*Social Justice vs. Charity (Kawartha World Issues Centre)
- \*Self-Care as Warfare: healthy queer relationships





# HIV Support Services Update

## HIS: Health Information Spaghetti Social

HIS HIV Health Information Support is a group designed to provide opportunities for men who are HIV positive to share information and resources with the goal of building community support systems, promoting self-advocacy and networking. The group is open to men who are HIV positive and living in Peterborough and the Four Counties. The group will be held on the last Wednesday of the month (April 29, May 27, June 24, July 29, August 26). The group will run from 5 to 7pm. Dinner will be provided.



## Love Positive Women

The next Love Positive Women's Event will be held on Friday April 24<sup>th</sup>. If you are interested in attending contact Brittany Cameron [brittany@parn.ca](mailto:brittany@parn.ca) or 705-749-9110 x204



## The Positive Living Room

The Positive Living Room is open to anyone attending The Positive Care Clinic on Thursday mornings. We open at 10am and run until 11:30 – join us Thursday's for a light breakfast, coffee and conversation while you wait!

### Are you a long term survivor?

Are you in need of friendship and support?



We may have a group for you—please contact Brittany or Lance for more information.

If you are in need of support related services, please contact Brittany Cameron ([brittany@parn.ca](mailto:brittany@parn.ca)) or Lance Brown ([lance@parn.ca](mailto:lance@parn.ca))

Additionally, please note that Brittany will be out of office on Tuesday April 14th.

# The **PARN** Perspective

*by Chris Jardin—PARN Prevention/Education Coordinator—[chrisj@parn.ca](mailto:chrisj@parn.ca)—705-749-9110*

I truly believe that each and every last one of us, to at least some degree, aspires to live in a healthy and vibrant community.

I also believe that each of us carries within ourselves some sort of vision as to what that community would look like in an ideal world.

And I am positive that the vision of community we possess in our mind's eye does not wholly translate to the reality of the community we live in. That leaves us with some work to do, but what does that look like?

While each of us possesses an idea of where our community is now and where we'd like our community to be, the disconnect between those realities can often seem incredibly daunting, a gap far too vast to bridge with our own meagre abilities. Because of this, a kind of complacency can take hold, and the grander vision we possess gets relegated to the back burner. After all, there are only so many hours in a day.

I grew up in Peterborough and I love this city. I strayed for almost a decade and eventually—maybe inevitably—gravitated back to it. Through all my travels, in all the spaces I have laid my head, Peterborough has managed to stand out as possessing something particularly unique; special, if you'll allow me the term.

That being said, Peterborough has a lot of room for growth. While there are numerous ways in which I can point to the healthiness and vibrancy of our community, I can also point to numerous areas where there is a serious need of improvement. Having lived here for as long as I have, I've recognized those shortcomings, I've experienced them, probably even participated in them and I've largely done nothing about them, apart from shore up my own individual private community as a shield around me. I recognize my failings, I recognize that I'm only one person, but I'm one person who like all of you has a vision of what this community could be and I would venture a guess that maybe my vision of Peterborough doesn't actually differ all that much from yours.

In my travels I've observed organizations that create a host of programs, hope that they take hold, drop those that don't and replace them with others that might, but that's not how community works. That's one person looking at the disconnect between the reality in their mind and the reality in front of them and feebly building a bridge that will eventually collapse under its own weight. The reality is that the end of the day, the vision that I possess in my mind is not fully my own, it's each of ours, we each hold a piece of a greater vision, each as valid as the next. I, like you, cannot materialize that vision alone but if we each give a little, hold each other up while we do, I think it's very likely that we can begin to lessen that distance between our dreams and our realities.

# The **PARN** Perspective

by Chris Jardin—PARN Prevention/Education Coordinator—[chrisj@parn.ca](mailto:chrisj@parn.ca)—705-749-9110

(Continued from previous page) This is why in coming into this position at PARN, I'm calling on you, my community, to step up, to join me, to join us here at PARN as each of us brings our unique perspective, our unique gifts and talents and abilities and combine them to create something of worth, to create a Peterborough and Four Counties area that better resembles the one in our minds.

I think this begins in the margins, for that is where we find the greatest areas of need within our community, the spaces with the most room for growth. As such I'm specifically calling out to those in our community who identify

as men who have sex with men or are people who use drugs to join me in combining our visions, in brainstorming ideas around how we can strengthen our part of the community, and then coming up with tangible steps in which we take that vision, take those plans and make them a reality. We may not be able to effect change alone but we definitely will effect change together.

I recognize, for many, there will be a certain amount of skepticism that we can actually create change in our community. We all come to the table with a unique history, story and background. It's understandable that, for many, change does not seem realistic, especially when there is no precedent to that change. But, as you ponder these words, I encourage you to think about what we can do together. From an individual perspective, change can seem distant and fleeting, but with collective perspective and effort, change is much, much more possible.

If we all work together and just commit an hour or two a month to making a concerted effort to collectively realize our common aspirations, we have little to lose and everything to win. I hope to see you soon.





## April 2015—Upcoming Events

### **Drag Bingo—Easter Bonnet Edition**

Wednesday, April 1—8pm

The Sapphire Room

137 Hunter Street West

### **Rainbow Youth Program**

Every Thursday, 3.30-5.30 pm

PARN—159 King Street

### **A Taste For Life**

Wednesday, April 22

Restaurants throughout Peterborough and the Four Counties. Details: [www.ATasteForLife.org](http://www.ATasteForLife.org)

## HEP-C Community Monthly Programs

### **Peterborough Hep C Testing and Treatment**

Every Tuesday and Thursday —9am—4 pm

PARN-159 King Street

### **Peterborough Hep C Drop In**

Tuesday, March 3

9.30 am—12.30 PM @ PARN—159 King Street

### **Port Hope Hep C Support Group**

Wednesday, March 25—1pm—3pm

@ PH CHC—99 Toronto Street

### **Haliburton Hep C Support Group**

Friday, March 21— 10am—2pp

@ HFHT—7217 Gelert St.

### **Lindsay Hep C Support Group**

Friday, March 14—10 am—1 pm

@ KLCHC 108 Angeline Street

### **Campbellford Hep C Support Group**

Friday, March 21—11am—2pm

Trent Hills FHT—119 Isabella Street

# Sex Now:

## The Next Generation Survey

Sex Now is Canada's largest survey of sex between men.

Please join more than 10,000 respondents nation-wide to take the Sex Now Survey, Canada's largest survey of sex between men.

Your contribution is anonymous so no-one will ever know how you answered.

Your input will be combined with thousands of others to describe what influences our health and well being, and help shape policies in programs in your community.

Take the survey at: [www.sexnowsurvey.com](http://www.sexnowsurvey.com)



# ouragenda.ca

The Gay Men's Sexual Health Alliance (GMSH) is a network of front-line workers, HIV researchers, public health, policy makers and community members responding to gay men's sexual health in Ontario. The GMSH works to establish long-term, goal-oriented, evidence-based strategies, tools, policies and programs that will effectively assist all of us, committed to ensuring that gay and bisexual men in our communities enjoy healthy, full sexual and emotional lives. Please visit [www.ouragenda.ca](http://www.ouragenda.ca) to learn more about the important work of the GMSH.

Are you a  
Gay Guy?  
Bi?  
Trans?  
2 Spirit?  
A Guy who's into  
Guys?  
A Dreamer?  
A Visionary?  
An Activist?  
A Thinker?  
A Doer?  
A Leader?



If So...

## We Want Your Brains!



Why!?

To gather ideas and discuss how to create healthier, stronger and more supportive communities of men who have sex with men in Peterborough and the surrounding areas

What!?

PARN is recruiting men who identify as gay, bi, trans, 2 spirit or have sex with men to form an advisory group that will influence our future programming

How!?

Contact Chris Jardin at:  
[chrisj@parn.ca](mailto:chrisj@parn.ca)

**PARN25**  
COMMUNITY-BASED HIV/STBI PROGRAMS  
SUPPORT, PREVENTION, EDUCATION