

**PARN—Your Community
AIDS Resource Network**
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Peterborough, ON K9J 2R8

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May 2016

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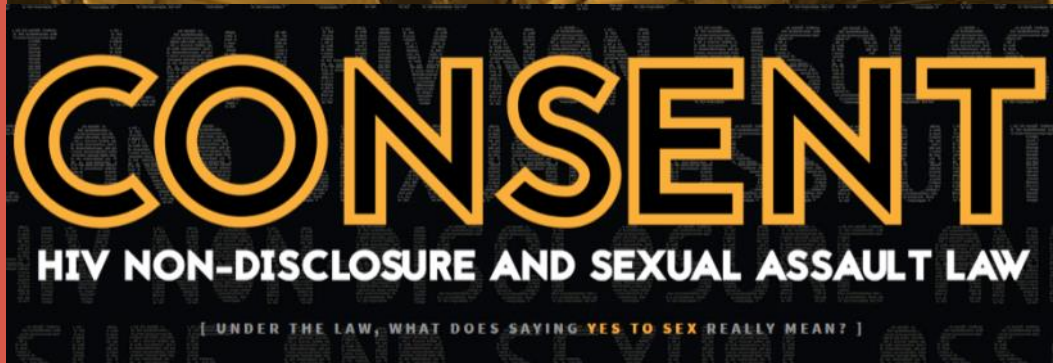
Join Project Inform
A Taste For Life Raises \$17,000
Consent: The Movie
Trent Consent Conference
Eating to be Well

Board of Directors

Chair: Mark Phillips
Vice Chair: Alison Rodgers
Treasurer: Megan Mattos
Members at Large:
Cheyenne Buck
Sarah Frank
Mark Smith
Bunny Smith

Hours of Operation

Monday: 9:30 am—5.00 pm
Tuesday: 9:30 am—5.00 pm
Wednesday: 9:30 am—1.00 pm
3.00 pm—5.00pm
Thursday: 9:30 am—6:00 pm
Friday: 9:30—5.00 pm



Details on Page 8



What's Going On? May 2016

HEP-C Community Programs May 2016

Peterborough Hep C Testing & Treatment

Every Tuesday & Thursday , 9am - 4 pm
@ Positive Care Clinic, 159 King Street

Peterborough Hep C Drop In

Tuesday, May 3 —9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

Wednesday, May 25, 10am-Noon
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group

Friday, May 13, 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group

Friday, May 22, 10 am - 1 pm
@ HFHT, 7217 Gelert Street

Rainbow Youth Program

Every Thursday

3:30 - 5:30 pm

Suite 302-2, 159 King Street



M4M: Movies 4 Men—A Gay, Bi Trans, MSM Movie Club

*We have something special
happening this month.*

Details coming soon

New Office Hours at PARN

New opening hours as of April 1, 2016

Monday

9:30 am—5 pm

Tuesday

9:30 am—5 pm

Wednesday

9:30 am— 1 pm

3 pm—5 pm

Thursday

9:30 am—6 pm

Friday

9:30 am—5 pm

Closed on Saturdays and Sundays

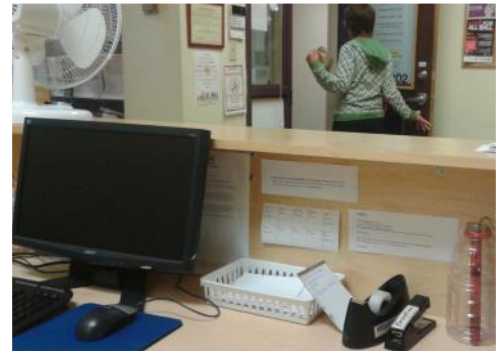
The Positive Living Room

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

From the Front Desk May 2016

By Aynsley—*PARN Reception Volunteer*

'PARN gives me a chance to offer my energy to the endless, collective journey of ensuring a world where we are all seen as inherently worthy. I am often reminded of the inherent gifts and strengths of us all, of the importance for everyone to both seek and offer support around wellbeing. Support can be sharing a meal, workshops, friendly eye contact, listening to one another, clean needles, consent-based dance parties, gentle words, and condoms. For us to have possibilities beyond survival, and to a place where one can feel part of the community, simultaneously learning, sharing and teaching. PARN encourages me to shift my energy from judging individuals to creating collective responsibility in dismantling all barriers that promote isolation and fear, instead of belonging and love. In the light of day, our names and voices known. I am grateful to be at PARN.'



20 Years of HAART



At the 11th International Conference on AIDS in Vancouver, British Columbia in

July 1996, researchers shared findings that showed promising potential for antiretroviral therapies. Over the last two decades, HAART (Highly Active Antiretroviral Therapy) has increased life-expectancy and quality of life for people living with HIV. Stay tuned to these pages over the coming months as we reflect on the importance of this milestone in HIV Treatment.

Did You Know?

In May 1986, the International Committee on the Taxonomy of Viruses announced that the virus that causes AIDS would officially be called HIV (human immunodeficiency virus) instead of HTLV-III/LAV.

Can you contribute to the PARN E-NEWS?

We are looking for submissions from people with lived experience for our monthly electronic newsletter.



Suggestions include personal essays, health-tips, movie/book/music reviews, historical accounts, recipes and home tips...basically if you have an idea, send it to us and we can help you share it with our community. You can email submissions to Brittany (brittany@parn.ca), or directly to Dylan (Dylan@parn.ca) who puts together our newsletter.

If you can't find the time to write something, but would like to see a topic or issue covered in one of our monthly newsletters, don't hesitate to let us know about your suggestions and ideas.

HIV Support Services @ PARN

Help us guide our HIV Support Programs: Join Project Inform

The goal of Project Inform in our community is to amplify the voice, increase levels of involvement, empower individuals, and improve support services by; encouraging diversity of voices and participation, by creating meaningful programs and by influencing decision making at all levels of PARN activities.

We aim to build community capacity and are committed to actively engaging our community to reduce the impact of stigma, isolation and criminalization impacts.

We also seek to create a bridge between staff, service users and community partners. Accessibility will not be a barrier to participation – travel subsidies can be provided.

Members can participate by Skype, and/or phone. Please contact Brittany at 705-749-9110 or brittany@parn.ca for the application and/or more information.



Red Scarf Project 2016

We're just putting together plans for Peterborough's first-ever Red Scarf project. Stay tuned for more details (especially if you are a knitter!)

Committee Members Needed

In addition to Project Inform, we have a number of committees and advisory groups that run throughout the year that require your input! We are currently looking for members to join two of our committees:

Picnic Planning Committee - Our Annual Picnic Planning Committee will be starting in April - If this is something you would be interested in assisting with please let Brittany know.

Fundraising Committee Opportunity – If you are interested in being part of the PARN Fundraising Committee please contact Dylan at Dylan@parn.ca. Subsidies are available for people living with HIV who would like to participate.

HIV Survivors Group—Are you HIV positive? Why not come and join us for lunch on the 3rd Thursday of every month? We meet at the PARN office from noon until 2pm. A truly positive space run by positive peers. To find out more please contact Mark Phillips at markyfund@aol.com



A TASTE FOR LIFE

1 beautiful evening
13 participating restaurants
30 Volunteers
1000 + diners

\$17,000 raised to support people living with HIV and at-risk youth in Peterborough and the 4 Counties

Thank You!

On Wednesday, April 20, people throughout the Four Counties joined together at restaurants throughout our communities to support PARN's work through A Taste For Life.

This event could not be possible without the support of 13 amazing restaurants in the communities we serve. Thank you for supporting these restaurants on April 20, and please continue to support them year round!

Campbellford

Capers 705-653-5262

Lakefield

The Thirsty Loon 705-652-1812

Port Hope

Black Beans 905-885-1888

Peterborough

BE Catering (12pm—2pm) 705-750-1265

Brio Gusto 705-745-6100

Charlotte Anne's 705-742-2944

Electric City Gardens 705-749-1909

Elements 705-876-1116

Peterborough

Hot Belly Mama's 705-745-3544

Rare Grill House 705-742-3737

Sam's Place (11am-7pm) 705-876-1900

Shish Kabob Hut 705-745-3260

St. Veronus 705-743-5714

Thanks to our Sponsors!



Canada Trust



Employment Opportunity @ PARN

Haliburton Kawartha Pine Ridge Drug Strategy Coordinator

Position: Fulltime (35 hrs/week), 3-Year Project

Location: City of Kawartha Lakes, Haliburton, Northumberland and Peterborough Counties (base office to be determined, travel required throughout)

We are seeking a dynamic individual to coordinate the development of a Regional Drug Strategy for the City of Kawartha Lakes, Haliburton and Northumberland Counties. The Coordinator will develop a drug strategy with active participation of the HKPR Drug Strategy Advisory Committee members and through broad community consultation. The coordinator will be responsible for communicating with and mobilizing partners to facilitate a collaborative, evidence-based approach to minimize the risks and harms associated with drug use in the region.

The coordinator will understand the principles of harm reduction, the impact of the determinants of health and the effectiveness of a four pillar approach to drug use.

Your qualifications include:

- Demonstrated experience in strategic policy development and planning, policy analysis, partnership development and program evaluations in the human services area
- Demonstrated experience working with elected officials and senior management within the public/non-profit sector
- Demonstrated project management skills
- Strong conceptual capabilities and the capacity to develop creative solutions to complex operating, policy and evaluating problems
- An ability to work both independently and in a team work setting and flexibility in learning new program areas or analytical techniques
- An ability to work under pressure to meet deadlines
- Exceptional communication skills with a particular emphasis on group facilitation, excellent writing ability and public speaking, and use of social media
- Sound interpersonal skills and demonstrated good judgment
- Post-secondary degree in affiliated discipline and/or equivalent of education and experience.
- Extensive knowledge and understanding of services available in the region
- Strong organizational skills
- Strong negotiation and conflict resolution skills
- Effective problem-solving and decision-making skills
- Reliable transportation and a clean driving abstract
- Supervisory skills would be considered an asset
- Demonstrated experience working with external funding agencies would be considered an asset

This position involves travel throughout the region. Some evening/weekend work may be required.

Please send your cover letter and resume to hiring@parn.ca before 12 noon on May 6, 2016.

Interviews are expected to take place the week of May 16th.

This project is possible due to the generous support of the Ontario Trillium Foundation.

PARN Needs Your Support **Annual Membership Drive**

May is the month when PARN starts its Annual Membership Drive across the four county region. The timing is a crucial part of planning for the Annual General Meeting (AGM), which has traditionally been at the end of June.

A member's name must be on PARN's official, confidential Membership List 30 days prior to the AGM, to be eligible to vote, according to the General By-Law (Section 8.1.4).

In 2016, PARN's board of directors made a formal decision to move the AGM to September, to coincide with what is always a momentous and eventful time of year for the agency, and also to give our stakeholders some down-time over the summer months. More communications will be distributed over the next months leading up to the AGM on September 14.

If you are not already a member of PARN, please consider filling out an application, by clicking on this link: parn.ca/get-involved/membership/

If you are already involved with PARN as a volunteer, student, client or in any other capacity and yet you are not sure if you are also a member, check with Peg Town, Office Administrator at PARN peg@parn.ca for clarification.

With your membership, you receive PARN's newsletters, other communications and invitations to special events (including the AGM!). Your membership is free and enduring, which means it is renewed automatically every April, unless you submit your formal resignation, or if the board of directors resolves to formally remove you. Otherwise, we trust that your interest will endure in helping PARN continue its work to provide HIV prevention and support in the four counties.

**Wednesday, September
14th - for the Annual
General Meeting
of the Membership of
PARN - Your Community
AIDS Resource Network.**



CONSENT

HIV NON-DISCLOSURE AND SEXUAL ASSAULT LAW

In April 2014, the Canadian HIV/AIDS Legal Network convened leading feminist scholars, front-line workers, activists and legal experts for a ground-breaking dialogue on the (mis)use of sexual assault laws in cases of HIV non-disclosure. The conclusions of the dialogue demonstrated this approach both over-extends the criminal law against people living with HIV and threatens to damage hard-won legal definitions of consent aimed at protecting women's equality and sexual autonomy.

To share this analysis and spur further discussion, the Legal Network, together with Goldelox Productions, produced the short film *Consent: HIV non-disclosure and sexual assault law* (2015). This 28-minute documentary film features eight leading experts in HIV, sexual assault and law. Their commentaries hone in on controversial HIV-related legal developments in Canada, where a person living with HIV can be prosecuted for aggravated sexual assault if they do not reveal their HIV-positive status before having sex in certain circumstances. These powerful and incisive commentaries highlight the problematic intersection of sexual assault law and the criminalization of HIV non-disclosure. The film interrogates whether criminalizing HIV non-disclosure in fact protects sexual autonomy and dignity, as posited by the Supreme Court, or instead does injustice both to individuals charged and to our criminal justice system's approach to sexual violence.

At a time when society seems to be taking the prevalence of sexual violence and rape culture more seriously, this film dares to ask some difficult questions about its limits in the law. The law of sexual assault is intended to protect women's sexual autonomy, equality and dignity, yet as applied with respect to alleged HIV non-disclosure, these values are not necessarily being advanced. Through expert testimonies, *Consent* shines a light on the systemic obstacles women face in disclosing their HIV status, points to the dangerous health and human rights outcomes of applying such a harsh charge as aggravated sexual assault to HIV non-disclosure, and makes the argument that the law needs to better protect those who are living with and vulnerable to HIV. *Consent* demonstrates that advocacy efforts opposing the overly broad criminalization of HIV non-disclosure must address the use of sexual assault law and that such efforts must do so alongside feminist allies.

To view the film and to learn more about *Consent* and HIV, please visit: www.consentfilm.org



*PARN Executive Director Kim Dolan was invited to participate in a discussion panel at the premiere of *Consent* in November 2015.*



June 2 & 3, 2016

Trent University
Peter Gzowski College
2510 Pioneer Rd
Peterborough, Ontario



SEXUAL CONSENT

CONFERENCE 2016 sexualconsentconference.com
[@consent2016](https://twitter.com/consent2016)

Hosted by

Conference Chair Dr. Terry Humphreys, Trent University & Kawartha Sexual Assault Centre

Featuring Plenary Speakers



Dr. Terry Humphreys
Trent University :
Attitudes and Beliefs of Sexual
Consent



Dr. Charlene Senn
University of Windsor :
Evidence-based Campus
Sexual Violence Interventions



Tara Williamson, M.A., J.D., B.S.W.
Indigenous & GBA+ Consultant,
Writer and Musician :
Colonizing Consent



Dr. Lori Schindel Martin
Ryerson University :
Sexual Consent, Dementia
and Aging

With Session Presentations Including

Neurobiology of Sexual Consent, Consent Factors in Youth Victimization, Conceptualizations of Sexual Assault on Gay Men, Primary Prevention Education, Criminal Law: Intoxication and Consent, Mnaadendamowin (Respect): All Relations Start With This, Women & Consent in Online Spaces, Selfcare as Warfare for Queer Relationships, Exploring the Role of Fathers in Consent Education, Bridging Consent Culture to Racialized Communities, Teaching the Consent Curriculum, and much more...

For more information, contact sexualconsentconference@gmail.com or 705-748-5901 ext. 204

Thank you to our community of supporters



Eating to be Well

Bob Leahy talks to Peterborough's Rick Schack about how changing to a healthy diet can help ward off medication side effects and lead to a longer and better quality of life.

Bob Leahy: I know you have a passion for health and nutrition. I wanted to ask you where does that come from and how does it relate to your own journey with HIV.

Rick Schack: Well, when I got my diagnosis in 1996 they said I had four to seven years to live . .

So you started paying attention.

No, for the first three years I partied my butt off, I went to raves, I did lots of drugs. If I was going to die I wanted to live.

So what changed things?

Well three years in, I went and got some bloodwork done, and things changed. My CD4 was very high, I was very low virally and everything the doctors said would happen wasn't coming to pass. So I was thinking they don't seem to know what they are talking about. So I started reading everything I could about HIV, genetics, how the disease affects your immune system.

At what time did you start on antiretroviral therapy?

It was about seven years after I was diagnosed. Nothing had changed but I got a new doctor and he decided to put me on. And at that point all, the problems started. I'm the kind of person that if there is a side effect from any kind of medication, I'm going to have it. I ended up getting an enlarged liver from them and it was really uncomfortable and I had night terrors and anxiety. And this is the time when I started getting deep into learning about how meds affect your liver – foods I can eat, things that I can do to help. And it really helped. It really saved me. It brought so much comfort to my life and helped me maintain a healthy weight.

So your emphasis on good nutrition was driven by an attempt to reduce side effects.

Yes, I was attending festivals – I'm a pagan – and I met a person at a festival that had her own school. She does everything in a holistic way. I ended up working there.



This article first appeared on PositiveLite.com, Canada's Online HIV magazine. Read more at: www.positivelite.com

POSITIVE LITE.COM
Canada's Online HIV Magazine

(Continued on next page)

Eating to be Well

(Continued from previous page)

So is a holistic approach particularly relevant to HIV?

Well, most of the people I work with are not HIV-positive. I feel people think they have made enough compromises in their life already. Many have handed their life over to a doctor who tells them what medications to take; they often haven't done anything to change their lifestyle.

So if you could have magical powers what would you like to see happen?

I would actually like to see a discussion around holistic health, because I think the HIV community has really been controlled by the pharmaceutical industry. My approach isn't that people shouldn't go on medication. I'm saying use holistic approaches in combination with antiretroviral therapy. For example you take ginger every day, it's an anti-inflammatory and it's a pain killer, and it's not going to damage you. And it's cheap.

Ok, so if someone is starting on medications and they do experience side effects, what would you say they should do?

I would say to people who are HIV-positive that they should read. They should know just as much as their doctor. And if they don't have that skill, find somebody who can be on their side who can help them. I just feel that discussions about holistic health haven't been born into the community yet.



Image courtesy of OHTN

So leaving side effects aside, for a person living with HIV, what can a person with HIV do just to feel better, live better, and live a healthier life, would you say?

More anti-inflammatories, number one. And anybody who is HIV-positive, I would throw out your microwave. When you get away from the microwave you get away from instant foods. You start cooking your own meals. Stop eating processed foods and start eating whole foods. I'm not saying you have to become vegan or vegetarian. Get away from factory foods. Start getting food from local farmers, local vegetables.

Is that a more expensive way of eating or not?

Definitely not. I've been eating like this for a long time, I live on a subsidized income and I eat really well. I always have food and my food is all local. And I mostly buy organic. The prices are a little higher for organic but studies are showing that if you eat nutritious food you don't need to eat as much. You are also getting all the trace minerals your brain and body need. People who are HIV-positive should stay away from refined sugar; it suppresses your immune system. But when I have this conversation people don't want to hear it. They say "I'm already HIV-positive. Don't take anything else away from me."

(Continued on next page)

Eating to be Well

(Continued from previous page)

So what is your answer to that question Rick?

Quality of life. To be able to walk up a flight of stairs. Not having side effects. I feel good. I live this way. I have had some side effects from medications that have hurt me but I've attended to food and diet pretty consistently. Not all, the time. I eat pizza. . .

I was going to ask you about that. Tell me about your guilty pleasures. You break the rules sometimes?

I like pizza. Actually it's not that bad for you. I might have it a couple of times a month. It's OK to cheat. You can indulge, but not every day. I would try to curb it to maybe once a month.

Some people living on a low fixed income have to rely on food banks. Does that restrict at all your ability to eat healthy?

No it doesn't. It's a little tricky but Peterborough for example has a great network for people who are on low income and need to eat good food – there are fresh vegetables, you can get income support and if you are HIV-positive and on ODSP you can get a special diet supplementary income. There is help out there.

Food security is a fundamental requirement to lead a healthy life. In Ontario, people living with HIV who have secure access to food report fewer health issues than those who are food-insecure.

People living with HIV who are food-secure...



Experience **30% fewer** HIV symptoms



Are **11% more likely** to take their HIV medications as prescribed



Score **17% higher** on measures of mental health-related quality of life



Score **7% higher** on measures of physical health-related quality of life



Report **78% fewer** depressive symptoms



Are **13% less likely** to feel stigmatized due to their HIV status

Ok Rick. So summing up, if someone living with HIV was on the fence about changing their eating habits, what would be your message?

Well, I'm not saying you have to be 100% holistic or vegan or anything, but if you start doing it now, particularly start having anti-inflammatory foods, you will live to be older. In twenty years' time you will be less prone to illness and taken steps to protect yourself from the medications. You will have put HIV into remission but it's the medications you have to deal with. Again it's about longevity and quality of life. But quality isn't great when the quality of life sucks.

OK Rick I hear you. Big thanks to talking to us – and good luck.

We Need Volunteers for our Men Who Have Sex With Men Programming

PARN is looking for volunteers with specific interest and experience working with gay, bisexual, and other men who have sex with men. As part of our HIV Prevention programming, we require volunteers with lived-experience who can help guide our work and support our outreach initiatives.

In particular, we are currently looking for people who are interested in joining our Men Who Have Sex With Men Advisory Committee, Park Outreach, and Online Outreach

If you are able to give your time, effort and wisdom to any of these programs, please contact Chris Jardin, PARN Prevention Coordinator at 705-749-9110 ext 206 or chrisj@parn.ca to find out how you can help us build effective programming to prevent the transmission of HIV in Peterborough and the Four Counties.

A stylized illustration of a woman with dark hair and a red bow. She is holding a lit cigarette in her mouth and a condom in her hand. The background is blue.

Safe space
Safe injection tips
Kit making
Personal care items

**women's drop
in Mondays
2 to 4 pm**

159 King Street. Suite 302
Ariel & Kylie contacts
(705) 749-9110

QUEER and FOLK



SATURDAY, MAY 7, 2016

SEEDS OF CHANGE, 534 GEORGE STREET NORTH, PETERBOROUGH
IN SUPPORT OF RAINBOW SERVICE ORGANIZATION & RAINBOW YOUTH @ PARN
7:00 PM TO 12:00 AM | \$5 PER PERSON, PAY AT DOOR
ALL AGES EVENT | LICENSED BAR ON SITE

7:00 RAINBOW FAMILY GAMES NIGHT
9:00 COLE AND TIEGAN
9:45 FOX AND THE MOON CD RELEASE PARTY

THIS IS A POSITIVE, ACCOUNTABLE SPACE FOR LGBTQ+ FOLKS, RAINBOW FAMILIES AND THEIR ALLIES



WHAT IS YOUR STATUS



Where to go and what you need
to know to get tested for HIV.



Questions?

Call us or stop by:

PARN - Your Community
AIDS Resource Network
159 King Street
Peterborough ON
Phone: 705-749-9110
OR 1-800-361-2895

For a testing site near you call
the AIDS and Sexual Health
Info Line: 1-800-668-2437



United Way
Peterborough & District
Change starts here.