

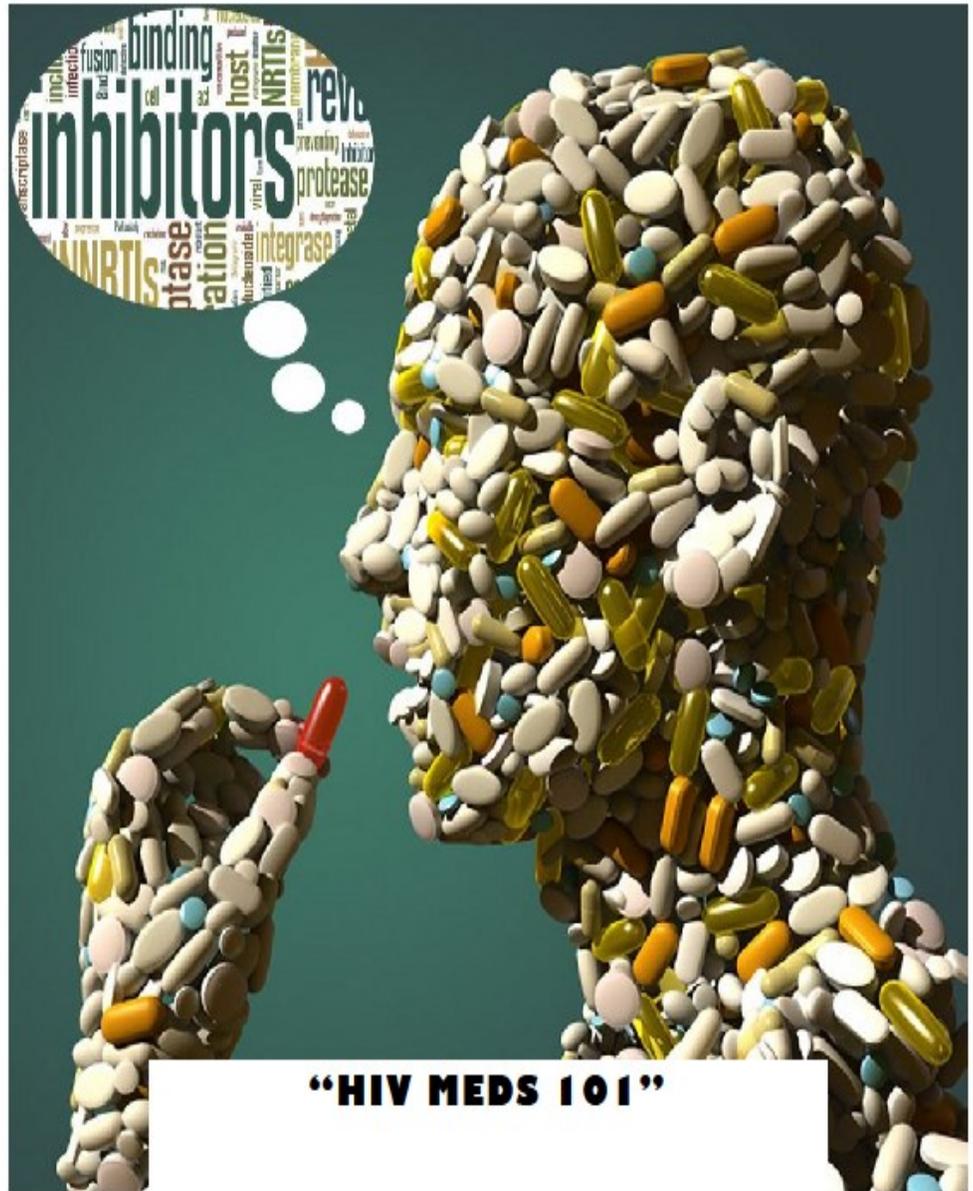


INSIDE THIS ISSUE:	
Gay Men's Social	1
Holiday Dinner	2
Yoga Class	3
Gay Men's Forum	4
Flu Shot Clinic	5
50 + Club	6
Halloween Party	7
CAM Back!	8
Men's Fitness Program	9
Snap Shots of TLR	10
Staff News	11/12
ACO Board of Directors	13
ACO Quarterly Members Meeting	14
Rent Deposits	15
Writer's Corner	16
What to look for	17

AIDS COMMITTEE OF OTTAWA & THE LIVING ROOM
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 Ottawa, Ontario K2P 1X3
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 1-800-461-2182
 (ON & QC Only)
 We accept collect calls from jail.
 Fax: 613-238-3425
 Find us online at www.aco-cso.ca

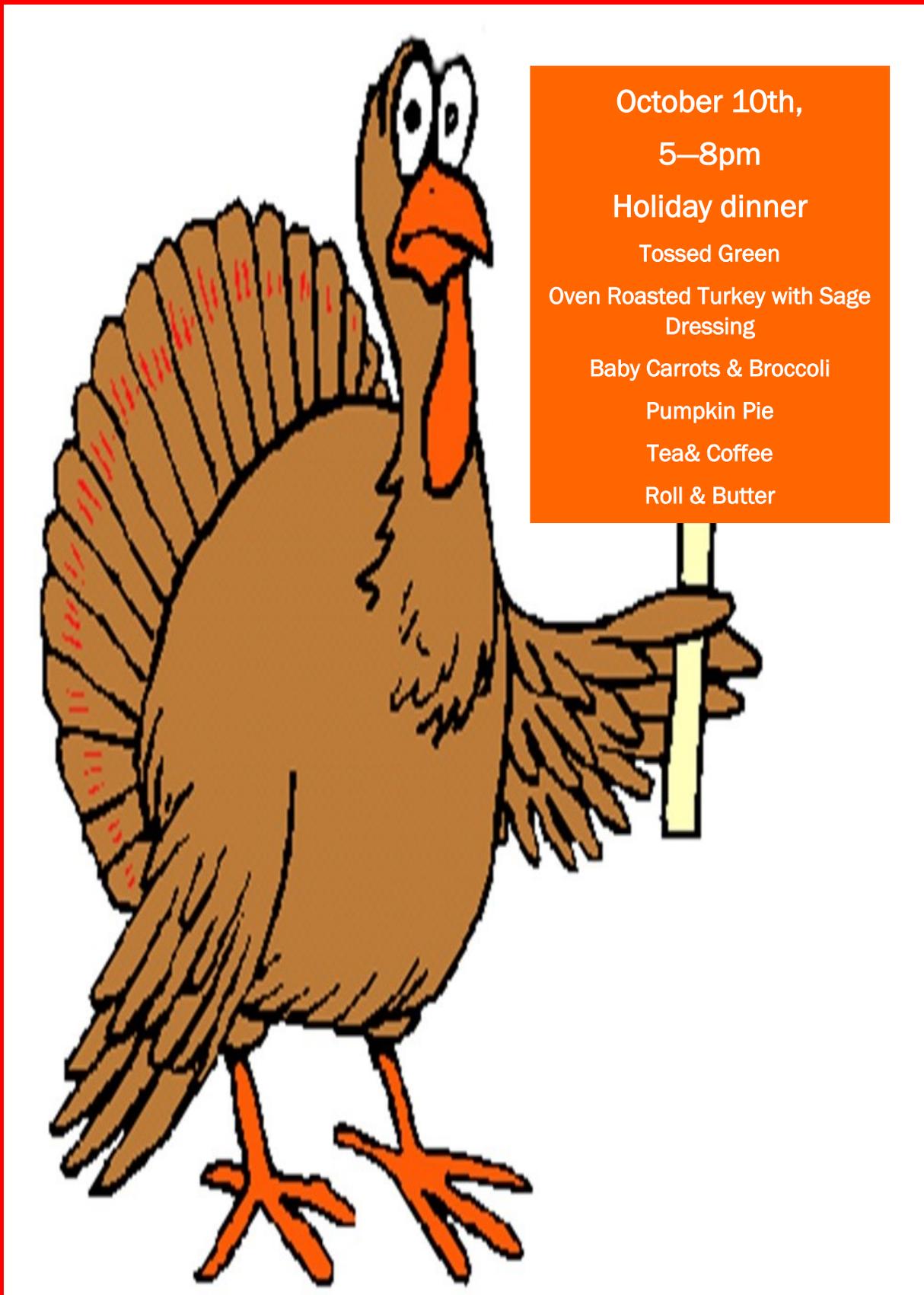


FINDING MEDICAL LANGUAGE HARD TO SWALLOW?



“HIV MEDS 101”

Gay Men's Social
October 8



October 10th,
5—8pm

Holiday dinner

Tossed Green

Oven Roasted Turkey with Sage
Dressing

Baby Carrots & Broccoli

Pumpkin Pie

Tea & Coffee

Roll & Butter

YOGA CLASS is back

Every Wednesday, Oct 2 – Oct 30

11:30 am – 1 pm

Instructor:

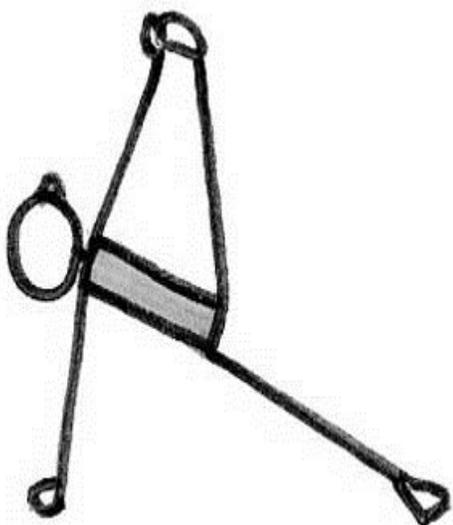
Randolph Shannon

ALL PHAs and their closely affected are welcome!

Yoga mats and blocks provided by TLR

Please wear loose clothing that allows you to move

RSVP Cory x 253



NEW: Save the Date

AIDS Committee of Ottawa
Le comité du sida d'Ottawa



**The AIDS Committee of Ottawa's Gay Men's Health Team
will be hosting the
Our Agenda...Let's Get Fresh Gay Men's Forum**

**LOCATION:
Richelieu-Vanier Community Centre
300 Des Pères-Blancs
Ottawa, ON, K1L 7L5**

Wednesday, November 27, 2013

9:00 – 5:00 Forum, community updates and discussion sessions

November 26, 2013 (Tuesday), 7:00-9:00: Our Agenda...Let's Get Fresh Campaign
Reception
Location to be announced



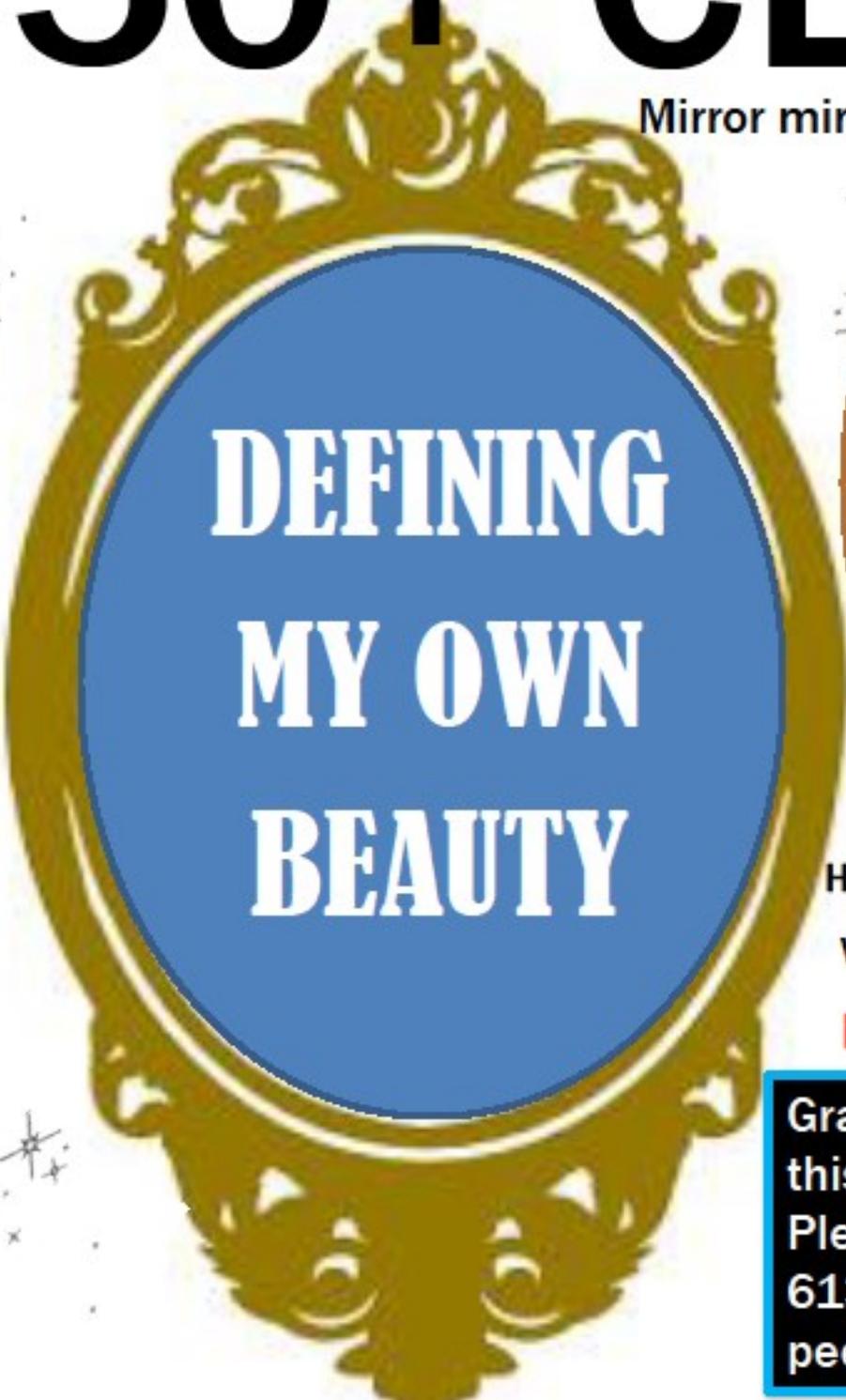
Tuesday, October 29th, 2-4pm

Get your Flu Shot @ ACO

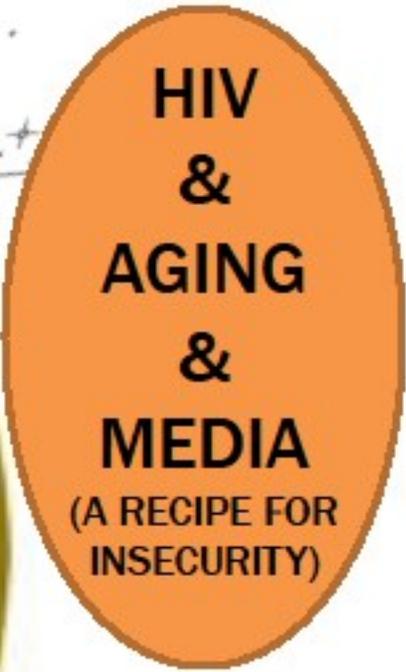
**Participants, Volunteers and Staff
all welcome!**

50+ CLUB

Mirror mirror on the wall....



**DEFINING
MY OWN
BEAUTY**



**HIV
&
AGING
&
MEDIA
(A RECIPE FOR
INSECURITY)**

How do I define beauty?

What has changed?

Lets talk about it!



Grant is hosting
this conversation
Please RSVP
613.238.5014 x 224
peers@aco-cso.ca

Tuesday October 29th - 5 to 8 pm

Happy Halloween

PARTY @ TLR 5—8 PM

DINNER MENU

Black punch

Deviled eggs

Bloody boiled meatballs

Scary cupcakes

Maggots

Anti-vamp chicken wings

Monster mash and chips

GAMES

Pin the spider on the web

Pass the apple

Toilet Paper Mummy



Complementary and Alternative Medicine 2.0

Workshops will take place Mondays

Nov 4— Dec 9, 9:30 —11:30 am

Light Breakfast included

Participants will receive Certificates of Attendance

Space limited, RSVP with Support Staff ASAP!



**Fitness is an important
part of our health!**



***The ACO is
creating a 3
month fitness
Program for
men living
with HIV.***

***Interested?
Register with Grant
peers@aco-cso.ca
613.238.5014 x 224***



Introduction to fitness includes 3 monthly gym memberships

Snapshots of TLR

AIDS WALK 2013



BATH SALT WORKSHOP @ TLR



Staff News

Sonya Sole – The Living Room Support Worker

Returning to the ACO is Sonya Sole, a Living Room Support Worker. Sonya was first introduced to the ACO in 2009; she was an Algonquin College SSW placement student. After her term was completed we at the ACO found room for her on our Support Services Staff. Sonya brings to the agency a calm, sensitive and fun energy that we all appreciate. In 2012 Sonya left to give birth to her second son, Jude is Kingsley's younger brother. Jude now splits his time between Grandma and day care. Sonya loves being back to the agency, she's especially interested in building the second round of CAM (Complimentary Alternative Medicine) and keeping the living room (TLR) a safe and comfortable place for everyone to enjoy.

Rob Alexander – Men's Health/ Wellness Coordinator

My name is Rob Alexander, and I have been in the position of Gay Men's Health & Wellness Project Coordinator with the AIDS Committee of Ottawa (ACO) since July. I am very excited to be joining ACO and particularly to be working in the Gay Men's Health area. I have worked in the HIV/AIDS field for many years, and have extensive knowledge and experience working in ASOs and as a Community Researcher in the area of HIV/AIDS; so the world of HIV/AIDS and ASOs is not new to me.

I am excited to be living in Ottawa, and I am looking forward to meeting and working with many of you in this position and expanding on some amazing work that has been happening with ACO, and Gay Men's Health projects in Ottawa. I am looking forward to working on some new and exciting initiatives to ACO and for Gay Men in Ottawa to ensure that ACO is a leader in providing information, knowledge and opportunities to increase health and wellness for gay men, bi men, trans men and other MSM in the Ottawa area, however they identify, in achieving greater health and wellness. I am a strong believer that community leads the work that we do within HIV/AIDS, and therefore hope that the Gay Men's Health & Wellness Project will involve as many community members, community partners and others affected, interested and impacted to build capacity and partnerships to guide me in this position.

I look forward to meeting many of you over the next little while, but, feel free to contact me if you would like to chat, drop by the office to introduce yourself, share an idea or thoughts on issues impacting gay men in Ottawa.

More Staff News!

Frederique Chabot– Women’s Community Developer

Fred has been at ACO since 2007, first as a volunteer at the Food Bank and then as a part of the Women's Prevention Team. After a year spent playing peekaboo, changing diapers and gazing adoringly at her new and most hilarious little girl, she is back in her position as the Women Community Development coordinator. In this role, she focuses on advocating for structural changes as well as facilitating a proactive community response to women's HIV prevention needs in the city of Ottawa through partnerships and building the capacity of local organizations. Fred has also been an active volunteer for POWER, a sex worker-led organization founded in 2008 and advocating for the human and labour rights of sex workers in Ottawa. Fred also just finished her term as a board member for HALCO (HIV/AIDS Legal Clinic of Ontario). In what is left of her waking hours, she reads about either the apocalypse or wizards, bikes around as fast as she can, or plays competitive domino.

Mike Andrews – Placement Student

Hi, I'm Mike Andrews the current student at the AIDS Committee of Ottawa. I am a Social Service Worker student from Algonquin College currently doing two terms of student placement at the ACO! I've been loving working here and meeting all the fantastic people that the ACO associates its self with! I love learning and meeting new people everyway which has been a staple for me here at the ACO. This is truly a remarkable place to be and I am blessed to be able to spend so much time here with our amazing volunteers, staff and participants!

I'm kicking around from Wednesday on to Friday so always feel free to say hi and have a chat, I would love to get to know everyone I can in my short time here! I am grateful to have such an awesome opportunity and I really hope to be able to get to know everyone!

September 2013 **ACO Board of Directors** Monthly Updates

Is it just me or does it feel a lot like winter out there lately? We have just the thing to warm you up, the latest "ACO Board of Directors updates"!

The Board is beginning the process of re-writing our by-laws. We hope to complete and finalize all bylaws by June 2014. We invite your input as we undertake this important work.

The next Quarterly Members Meeting will be held on October 23. There will not be a formal agenda for this meeting. We invite you to come out and meet our new Board Members and chat with us. Tell us what's on your mind.

We welcome your feedback. Please forward any comments or concerns to the following email: board@aco-cso.ca



Highlights

- Thank you everyone who came out on Saturday September 14th to support ACO in the Scotiabank Aids walk. See our action shot below!



Before the walk the Board and selected staff crossed over bridge to Gatineau to meet with staff and Board Members of Le Bras. We were invited to facilitate the exchange of ideas as well as to explore opportunities to work together. This meeting was a great success as it gave both organizations a chance to learn about each other's programs and upcoming initiatives. To the left and below are pictures from this important event.



Picture to the left is of the EDs and Board Chair/ President of ACO and Le Bras

To review our monthly board meeting minutes or to find a list of current board members and their titles please visit the website and reference the following link: <http://aco-cso.ca/board-of-directors/>



Notice of ACO Quarterly Members Meeting

October 23, 2013 @ 6 pm

The Living Room

700-251 Bank St.

Please note that this will be an informal meeting.

There will be no set agenda.

Board Members will be present to answer any questions.

Drop by and have coffee, tea and a chat with us.

All are welcome.



Attention

L'assemblée trimestrielle des Membres du CSO

Chers membres nous vous informons la tenue habituelle de notre réunion trimestrielle qui sera lieu le **Le 23 Octobre, 2013 à 6:00 pm**

Ou: Au vivoir du CSO **251 rue Bank suite 700**

Les membres du conseil administratif seront heureux de répondre à toutes vos questions.

Café et thé seront disponibles.



Do I have to pay *that* to my landlord?!

BY THE UNIVERSITY OF OTTAWA COMMUNITY LEGAL CLINIC

There may be some things your landlord asks you to pay for when you move into an apartment. Here are some points you can keep in mind about what the law in Ontario says the landlord can and cannot ask you to pay for.

First, the Ontario *Residential Tenancies Act* (the "RTA") is the law that outlines the rights and obligations of landlords and tenants. It only applies to tenants who do **not** share a bathroom or kitchen with the landlord or the landlord's immediate family.

Next, the law says that a landlord may require a tenant to pay a "rent deposit". This deposit cannot exceed one rent payment. It can **only** be applied towards last month's rent. The rent deposit cannot be used for anything else. The landlord can only require a tenant to pay this rent deposit on or before entering into the tenancy agreement, **not** once the tenancy has started.

In addition, a landlord must pay the tenant interest yearly on the rent deposit. The amount of interest will vary year to year.

A landlord cannot require the tenant to pay a "damage deposit". However, a landlord can require a tenant pay a "key deposit" for a key, remote entry device or card. This kind of a deposit cannot exceed the direct replacement cost of the key, remote entry device or card, and it must be refundable.

If you have a legal problem with your landlord, please do not hesitate to attend our drop in hours listed below.

University of Ottawa Community Legal Clinic
Drop-In Hours:
 Mondays & Wednesdays 7pm - 9:30pm
 Thursdays 2pm - 4pm

Phone: 613 - 562 - 5600
Located at: 17 Copernicus
 Ottawa ON K1N 6N5

Writer's Corner



If you'd like to submit some writing
for the Newsletter, let us know!

Contact Cory at
livingroomprograms@aco-cso.ca

ME

Sitting out in the cold
Wondering who I was going to
Hold, All I see is the
Empty night. All I feel is
Never ending fright

Thinking about life
And what it means to me
I want my life the way
It used to be

Free of drugs
Free of fear
Not to be afraid to
Shed a tear

Show my true feelings
What's really going on
Inside. Not afraid to show
My pride, of who I represent

The only person I can think
Of is
ME

Written by Rocky G.
09-16-13



AIDS Committee of Ottawa/Le Comité du sida d'Ottawa

What to look for

- ♦ Interested in volunteering with us? Contact Leslie @ 613-238-5014 x228 for more information.
- ♦ We are in need of your old egg cartons, plastic bags, and plastic containers for our food bank program. Please collect them and drop them by the office!
- ♦ Want to make ACO or The Living Room better? Please contact ACO Board Liaison Jean or Luc at: board@aco-cso.ca
- ♦ Pour faire CSO et le Vivoir un meilleur endroit ! contacter Jean et Luc à l'adresse: board@aco-cso.ca pour communiquer vos idées.

Would you like to receive this
Newsletter by Email?



Just send an email to:

Livingroomprograms@aco-cso.ca