The Living Room News

A newsletter for people living with HIV in Ottawa

AIDS Committee of Ottawa/Le Commité du sida d`Ottawa

February 2016

AIDS Committee of Ottawa
Le comité du sida d'Ottawa

INSIDE THIS ISSUE:

Black History Month	1
Gay Men's Social	2
50+ Group: Dance Party!	3
Positive Conversations	4
Family Day	5
Gay Men's Social	6
Gay Men's Health Forum	7
Movie@ St. Paul's University	8
Intergenerational Conversation @ Gay Zone	9
Magnet Party	10
African Caribbean Black MsM Health Forum	11
Cabaret Volupte	12
CHOMP!	13
Straight Men's Group	14
Mixed Social	15
Suggestion Box	16
Legal Clinic	17
Legal Info	18
Staff Bio	19
Board Bio	20
Yoga @ Centretown Community Centre	21
Writers' Corner	22
What to Look for	23

February is Black History Month!

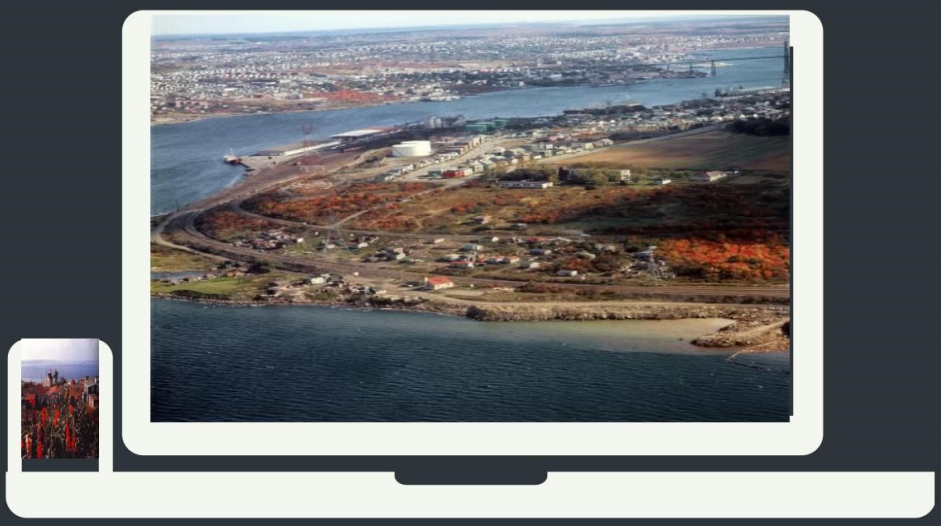
For event details please visit-
www.blackhistoryottawa.org

AIDS COMMITTEE OF OTTAWA & THE LIVING ROOM
19 Main Street Ottawa, Ontario K1S 1A9
Phone:613-238-5014
1-800-461-2182 (ON & QC Only)
We accept collect calls from jail.

GAY MEN'S SOCIAL
5-8PM

BLACK HISTORY MONTH

FEBRUARY 2ND



COME WATCH A VIDEO DOCUMENTARY ON AFRICVILLE A VIBRANT BLACK COMMUNITY THAT WAS FORCILBLY REMOVED ON THE ORDERS OF URBAN RENEWAL IN NOVA SCOTIA.

WE WILL BE CREATING
A VIRTUAL QUILT TO REPRESENT OUR HOPES AND RESILIENCY!

CLIVE@ACO-CSO.CA

EVERYONE IS WELCOME!

50+ CLUB

Tuesday
Feb. 9th
5—8 pm
19 Main St.

Studio 50+ Dance Party

Put on your shoulder pads, and big hair!

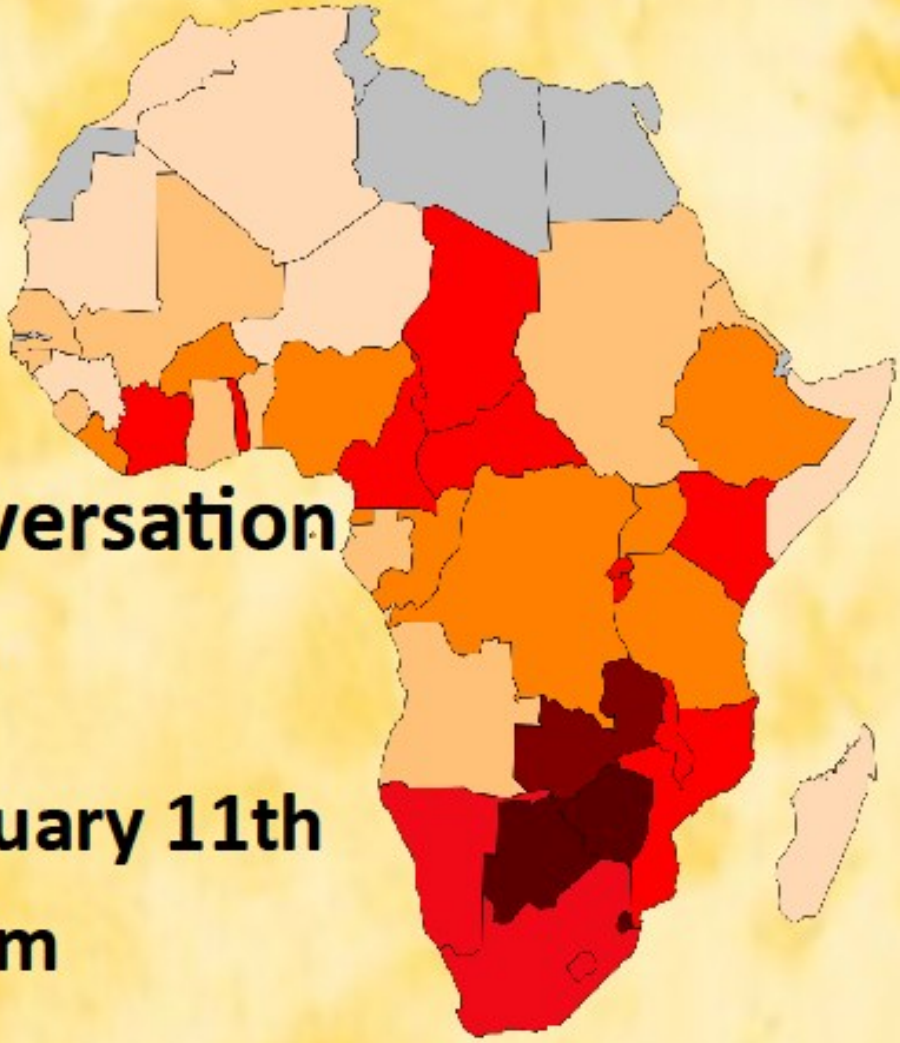
We're celebrating the 80s!

for more info contact Grant @ 613.875.3633 or grant@aco-cso.ca

Positive Conversations

February is Black History Month

Lets talk about the ACB History of HIV



Please join us for a conversation over dinner.

Tuesday February 11th

From 5 to 8 pm

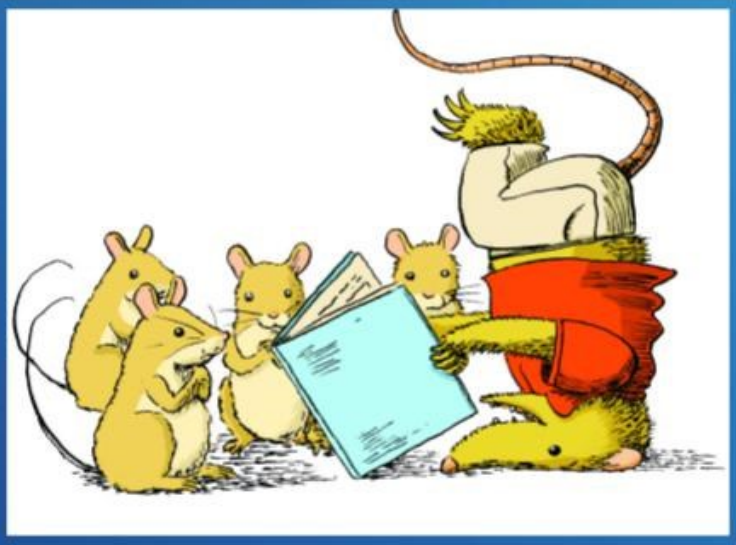
19 Main Street—contact Sonya 613.238.5014 x 253 or Sonya@aco-cso.ca

FEBRUARY 15-21 2016

SNOWBLOWER

A festival of workshops, activities, and parties for guys into guys

Family Day Event
Monday February 15th 1-4pm
AIDS Committee of Ottawa
19 Main St



Join us for crafts, storytime and other surprises!
All families are welcome.
limited parking is availble on site.

Brought to you by:

ten oaks PROJECT

FSO Family Services Ottawa | SFO Services à la famille Ottawa

For more info contact
Claire@aco-cso.ca
613-238-5014x235

HIV+
GAY MEN'S SOCIAL

CAM: COMPLEMENTARY ALTERNATIVE MEDICINES

COME ON DOWN!!!

16TH OF FEBRUARY

SNOWBLOWER

Join us on this special night and learn about Complementary Alternative Medicines

Guest speakers:

Daksha Patel : Acu-Detox
Graham Beaton : Naturopath
Randy Walsh : Meditation

RSVP with JP
613-238-5014 #223

★ FOOD | FUN | COMMUNITY ★

FEBRUARY 15-21 2016

SNOWBLOWER

A festival of workshops, activities, and parties for guys into guys

GAY MEN'S HEALTH FORUM

19 MAIN STREET | WED, FEB 17 | 10AM-5PM

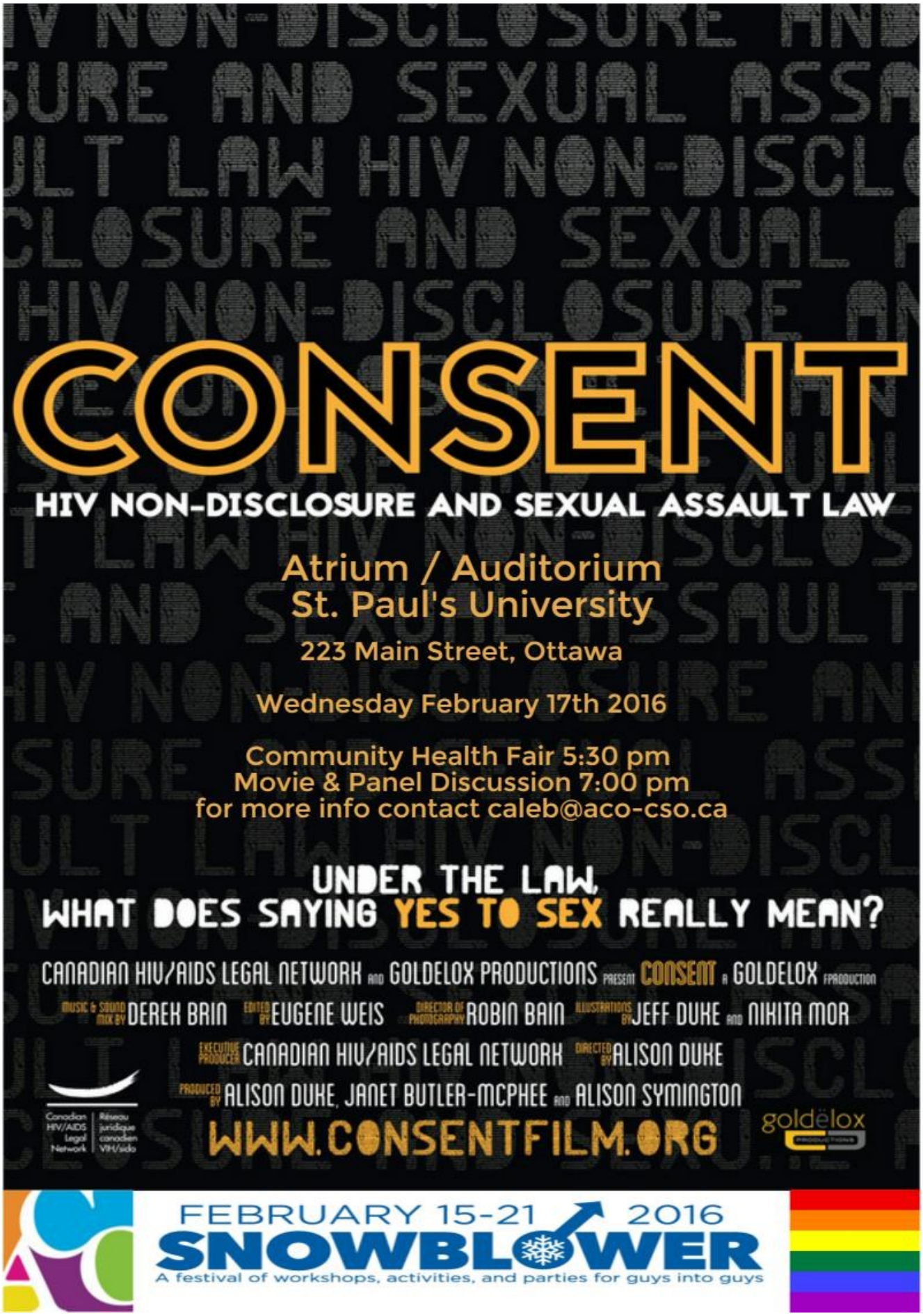
A FULL DAY OF WORKSHOPS AND DISCUSSIONS ON GAY MEN'S HEALTH

FOLLOW US ON:

FACEBOOK.COM/ACO-CSO

@ACOTTAWA

CONTACT DEREK FOR MORE INFORMATION:
T. 613-238-5014 EXT. 232
E. DEREK@ACO-CSO.CA


CONSENT
HIV NON-DISCLOSURE AND SEXUAL ASSAULT LAW
Atrium / Auditorium
St. Paul's University
223 Main Street, Ottawa
Wednesday February 17th 2016
Community Health Fair 5:30 pm
Movie & Panel Discussion 7:00 pm
for more info contact caleb@aco-cso.ca
UNDER THE LAW.
WHAT DOES SAYING YES TO SEX REALLY MEAN?
CANADIAN HIV/AIDS LEGAL NETWORK AND GOLDELOX PRODUCTIONS PRESENT CONSENT A GOLDELOX PRODUCTION
MUSIC & SOUND MIX BY DEREK BRIN EDITED BY EUGENE WEIS DIRECTOR OF PHOTOGRAPHY ROBIN BAIN ILLUSTRATIONS BY JEFF DUKE AND NIKITA MOR
EXECUTIVE PRODUCER CANADIAN HIV/AIDS LEGAL NETWORK DIRECTED BY ALISON DUKE
PRODUCED BY ALISON DUKE, JANET BUTLER-MCPHEE AND ALISON SYMINGTON
WWW.CONSENTFILM.ORG
Canadian HIV/AIDS Legal Network
Réseau juridique canadien VIH/sida
goldëlox
FEBRUARY 15-21 2016
SNOWBLOWER
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Gay Zone Talks
Thurs Feb 18 @ 5:30 pm

gay ZONE gaie

....Then & Now....

A discussion about our history and how we relate with each other.

This is the second in a series of talks where everyone is encouraged to participate in the conversation.

We have all had to come out in one way or another; We have all experienced oppression;
What are the similarities between each generation's experiences?
Does this affect how we engage with each other?

Let's talk about .... Then & Now ....

For more info contact Grant Cobb 613.238.5014 x 224 or grant@aco-cso.ca

Mocktail Bar will be open!

FEBRUARY 15-21 2016

SNOWBLOWER

A festival of workshops, activities, and parties for guys into guys

A PARTY FOR POZ GUYS AND THE GUYS WHO LOVE THEM!

Clive@aco-cso.ca

African Caribbean Black MsM Health Forum

A day of presentations and conversations on issues faced by the ACB MsM Community here in Ottawa. Come on out and be part of this dynamic event. Let's Speak Up and Speak Out together as a collective Community.

Where: AIDS Committee of Ottawa, 19 Main Street Ottawa

Time: 10:00am–4:00pm

Lunch provided

Questions/accessibility please contact: clive@aco-cso.ca, Tel: 613-238-5014 ext.236

February 20th, 2016

BLACK C•A•P

FEBRUARY 15-21 2016

SNOWBLOWER

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FEBRUARY 15-21 2016

SNOWBLOWER

A festival of workshops, activities, and parties for guys into guys

CABARET VOLUPTE

Saturday, February 20th
8:00 p.m.
The Lookout

Clive@aco-cso.ca
aco-cso.ca

SNOWBLOWER

CHOMP!

February 21st, 5-8 PM
19 Main St, OTTAWA ON

JOIN US FOR A FREE DINNER PLANNED FOR/BY TRANS FOLKS, FRIENDS AND LOVED ONES

Dinner provided by Algonquin College Culinary Arts Program. All gender washroom + pronoun buttons on site
Wheelchair Accessible

Questions/accessibility requests:
Mathieu@aco-cso.ca

STRAIGHT MEN'S GROUP

Tuesday Evening, February 23rd

Movie Night at Lansdowne Cineplex

Please contact Cory for details

613-238-5014 x227 or Cory@aco-cso.ca

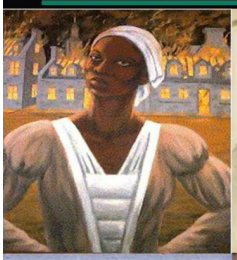
This event is RSVP only

BLACK HISTORY MONTH MIX SOCIAL

PRESENTATIONS ON BLACK HISTORY IN CANADA

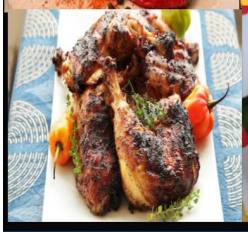
A SNAP SHOT OF THE CANADIAN LANDSCAPE SHAPED BY BLACK CANADIANS. A MOMENT TO SHARE OUR LIVED EXPEREINCE WITH OTHER CANADIANS.

FEBRUARY 25TH 2016
5PM-8PM



HOPE

RESILIENCE



FOOD FOR THE SOUL

COME JOIN US FOR A TASTE OF SIMPLE CREOLE INSPIRED DISHES FROM THE CARIBBEAN. LETS CELEBRATE THE DIVERSE CULINARY TASTE OF AFRO -CANADIAN FOOD.

FOR MORE INFORMATION

CONTACT

CLIVE@ACO-CSO.CA
TEL: 613-238-5014 EXT. 236

TLR Suggestions Box

We are revamping our suggestions box. You will now be able to find it next to the gratitude board in TLR.
Please fill it with suggestions or comments you have.
We will read and discuss items from the suggestion box at our quarterly Share with TLR Support Staff and Board Liasion meeting.

"It's Not About Ideas. It's about Making Ideas Happen."

Contact Sonya for more info x253

Thinking of renting?

The Clinic can help with:

- Criminal Law
- Family Law
- Tenant Law
- Applications to the Criminal Injuries Compensation Board

The University of Ottawa Community Legal Clinic is pleased to offer a presentation on:

What YOU need to know before you sign a lease?

University of Ottawa Community Legal Clinic in take hours:

Monday: 7:00 pm to 9:00 pm
Wednesday: 7:00 pm to 9:00 pm
Thursday: 2:00 pm to 4:00 pm

17 Copernicus Street
Ottawa, ON K1N 6N5
Ph: 613-562-5600

February 16 at 2 PM in the Living Room at ACO

This presentation is brought to the ACO by law students from the University of Ottawa

IS YOUR LANDLORD CHARGING YOU EXTRA FEES?

By:
The University of Ottawa Community Legal Clinic

A landlord may ask for the following:

- A rent deposit which can only be used for the last month's rent.
- A key deposit, but the deposit must be refundable and cannot be more than the direct cost of replacing the keys.

A landlord cannot require a tenant to pay a damage deposit.

If you share a bathroom or kitchen with your landlord or their immediate family, different rules may apply!

Having issues with your landlord? Attend one of our drop-in sessions!

Mondays and Wednesdays 7-9pm, Thursdays 2-4pm

17 Copernicus Street,
Ottawa, ON K1N 6N5
613.562.5600

1/ what is your position and how long have you been at ACO?

I currently work as the Women's Community Development Coordinator. I started in 2014.

2/ where are you from? Give insight into your community.

I was born in Lagos, Nigeria. It is an island on the coast of the Atlantic ocean. Nigeria also happens to have the largest population of black people anywhere in the world. There are about 474 languages (each representing distinct people). Nigerians are very hardworking and ambitious people. We are a fiercely hospitable people and our communities are very much family oriented. We are proud of our individual heritage and the shared distinction of 'Nigerian-ness'.

3/ What is your favourite food?
I am a foodie! It's really tough to pick just one type of food ☐ I LOVE chocolate, cheesecake, cookies, rice and spring mixes.

4/ Where in the world would you like to live and why?

Hmmmmnn.....Montreal! I love the fashion, culture, the food!

5/ Who inspires you? Why?

My grandmother: she was a deeply spiritual yet practical person.
My children: they connect me to the world in ways that would have remained unknown to me.

Staff Profile: Eno Akan-Essien

Board Update: Meet Your Past Chair

Over the next few months, we will introduce our board members and provide some information you may not know about them. This month we are profiling Gord Asmus, Past Chair of the Board of Directors. To reach the ACO Board of Directors, please contact board@aco-cso.ca

How long have you been volunteering with ACO?
I first joined the Board in the spring of 2000 as one of two PHA reps. I served for three years, part of this time as Vice-Chair. In the spring of 2010 I was approached and asked if I would once again agree to serve on the Board. I agreed and in 2011 I was elected Board Chair and served in that position for four years. I currently am serving in the position of Past Chair. I have always felt that since I am able to contribute in the operation of ACO that I should.

What inspired you to join the board of directors, and run for vice-chair of the board?
I first walked through the doors of ACO in Sept of 1993. My partner at the time had just been diagnosed with AIDS. He lost his battle with the disease in May of 1999. Shortly afterwards I began accessing services.

What is your favorite food?
All of the foods that they say are not good for us but most of all a good roast beef dinner with mashed potatoes and gravy.

If you could anywhere on vacation, where would you go?
A warm beach in the Caribbean.

Who are the people that inspire you?
There are many people who inspire me, some within this movement and some not.

What is your favorite thing about serving on the board?
The feeling of giving to my community.

If they made a movie out of your life, what would it be called?
Round and Round and Round We Go.

If you could have dinner with one living or non-living person, who would it be and why?
Pierre Trudeau, because he was a person whom I believe entered politics to make a difference. I believe he succeeded.

What is one thing most people don't know about you?
I am usually a very shy person.

YOGA

Thursdays
February 4th- March 10th
3-5 pm
@ Centretown Community
Health Centre

Yuj
Union

Breathing
Mind

Exercise
Body

Spirit
Meditation

For participants of TLR
Contact Sonya for more x253

self care catalysts

Self Care Catalysts is conducting a compensated, privately commissioned market research study on the experiences of people living with HIV. We are looking to recruit 200 individuals living with HIV across Canada to discuss topics including: a) treatment management; b) health values; c) coping with the condition; and, d) aspirations for patient support. All information will remain strictly confidential, and all data utilized for research purposes will be de-identified and aggregated. Results of the study will not be made public.

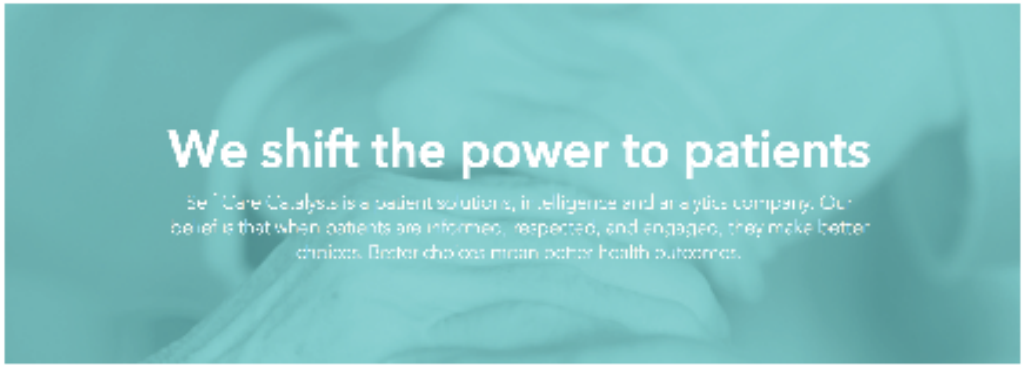
This study involves a 20-minute online survey plus a 7-day online journal using a few short questions, which will take no more than 5 minutes per day. For this survey we are pleased to offer compensation of $100.

In addition, for those who are interested and who are eligible to participate, a 60-minute phone interview will take place. For this interview, additional compensation of $200 will be offered.

If you are interested in participating in the study, please contact Emma Harris at emma@selfcarecatalysts.com or 416-673-6676.

Please don't hesitate to email or call for further information.

Link to the study:
http://www.selfcarecatalysts.com/ResearchStudy.php



THE EARTH

The rich man smokes many cigars.
The poor man, me, picks up a cigarette butt sticking up in the snow.
It broke at the tip because it was soft from the snow.
When the cigarette butt burns my fingers,
The sun comes out from behind the clouds.
Without the pain the world cannot move.
The light will be blocked.

By: Hla Min

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 Mylan at: board@aco-cso.ca
- Pour faire CSO et le Vivoir un meilleur endroit ! contacter Jean où Mylan à l'adresse: board@aco-cso.ca pour
- communiquer vos idée.

Would you like to receive this Newsletter by Email?

Just send an email to:

sonya@aco-cso.ca