

The Sacred Fire



2-Spirited People of the 1st Nations e-NEWSLETTER



In this edition

Message from the Executive Director...2

HIV Treatments Know your options...3

Anal Dysplasia...16

Book Review "Three Day Road" . . . 21

Drag King Fundaiser . . . page 29

Message from the Executive Director Art Zoccole 2-Spirited People of the 1st Nations



Dear Community Members:

The Canadian Aboriginal AIDS Network will be having their Annual General Meeting this year in Winnipeg. The dates which have been selected are June 22-25, 2009.

I would like to take this opportunity to send a miigwetch out to Nancy Gonzalez for all her hard work here at 2-Spirits on the Trans Project. The second phase of the project is now complete and we wish Nancy all the best. I would also like to welcome our new Community Support Service Worker, Lesley Boulrice to our 2-Spirits team.



**HIV TREATMENT
KNOW YOUR OPTIONS**
Corena Ryan
Client Care Coordinator

What happens when someone you love gets sick from living with HIV or AIDS? Do you know where to get help? Do you know how to help? What if they are palliative - at the end of life and they need help?

2-Spirited People of the 1st Nations has the Naadmaagehwiinag Program. This is the Ojibwe word for "The Helpers" or "Those who keep helping". This name was given to the agency from Urban Elder, Alex Jacobs. Miigwetch Alex!

Volunteers make the difference in the program. We recruit and train community members who can give 2-4 hours a week to the program. These volunteers help with routine and often physically challenged tasks such as doing laundry, grocery shopping, preparing meals and accompaniment for medical appointments. Upon request, we can provide assistance with personal care. If you are able to care for your loved one and need a break, they can offer some respite care for you and your family. This would give you an opportunity to do your errands or take that much needed break. If your loved one requires a palliative care team, 2-Spirits will be able to coordinate the proper care for them in their home. We work with Community Care Access Centers and their Doctor to ensure they have the optimal home care available for them. They can be living in a house, apartment, residence, shelter or hospice. They may even be in the hospital and have a volunteer to visit with them. These are free services available to all Aboriginal People living with HIV/AIDS. If you identify as a Two Spirit person and you are living with a life threatening illness you qualify for this service as well. Please give me a call or email if you have further questions or concerns. The following information was taken from a University Health Network brochure. It can make a difference when you are visiting people at the hospital.

How to Protect Yourself, Your Family and Friends from Hospital-Acquired Infections

University Health Network

Your role in protecting yourself, your family and friends from hospital-acquired infections

We all have a role to play in helping to protect your family members, friends and other patients from serious infections that can be spread in hospital. It is important that you take these steps before you visit:

1. Get your flu shot every year
2. Decide if it is safe for you and your children to visit the hospital. To do this, "screen" yourself for illness by answering the following questions:

If you answer "Yes" to any one of the following questions, please Do Not visit the hospital.

1. a new cough
 2. a fever
 3. shortness of breath (worse than your usual)
 4. severe headache (worse than your usual)
 5. muscle aches
 6. extreme fatigue or feel very tired
 7. vomiting (throwing up)
 8. diarrhea
3. Please try not to bring small children under the age of 8 years old to the hospital. This is because:
- There is a risk that young children may catch a serious infections while visiting the hospital
 - Young children may not be able to follow our infection control instructions
 - Young children may have colds and other infections that could easily pass on to our patients

Once you arrive at our hospital

To help protect everyone from hospital-acquired infections, there are a few things you should remember when you get to our hospital:

- When you enter the hospital, please stop and wash your hands using the hand hygiene stations at the entrance of each hospital, or at the entrance of each patient care unit.
- Make sure no more than 2 people visit a patient at one time
- Wash your hands **before and after** leaving the patient room
- Follow any infection control instructions for the person you are visiting. If you are not sure what to do, please ask a nurse.
- If you have to bring small children to the hospital, please:
 1. Make sure that they follow all infection and control instructions, such as h and hygiene
 2. make sure that they are not feeling sick
 3. make sure that an adult is with them at all times
- Do not use the washrooms in a patient room
- Please ask the nursing staff before sending live plants or cut flowers to a patient. Plants and flowers carry bacteria and fungi that may cause serious infections in some patients.

Why is the UHN concerned about hospital-acquired infections?

At the UHN, we know that some infections can, unfortunately, be picked up from the hospital environment, while some infections, such as the flu can be picked up from hospital staff and visitors. **The UHN wants to make sure that all of our patients are protected from infections that might be passed on while in hospital.**

What does UHN do to protect our patients, staff, family members and friends?

1. The UHN makes sure that all areas of the hospital, especially patient-care areas, are cleaned and disinfected regularly.
2. The UHN Infection Prevention and Control team stresses how important it is that everyone follow infection control guidelines, including good hand hygiene practices. The team also has a number of other strategies to stop or reduce hospital-acquired infections, such as patient screening.
3. All UHN hospital staff are monitored by the Employee Communicable Disease Service (ECDS). This team watches for infectious diseases such as "the flu" and other illnesses that can spread easily in hospital. The ECDS also makes sure staff who are sick stay home until they are better and gives vaccinations, such as the annual "flu shot", for all staff.

Other things you can do to help

The UHN and our Infection Prevention and Control team wish to thank you for your help to protect our patients, your loved ones and your children from hospital-acquired infections. It is important that we all work together!

Please feel free to contact Infection Prevention and Control at infectioncontrol@uhn.ca if you have any questions or concerns.

Thank you!

Please visit the UHN Patient Education website for more health information:
www.uhnpatienteducation.ca

Miigwetch UHN for reprint permission.



Percy Lezard HIV/AIDS Educator

Greetings community!

Spring is here change is coming and all is thawing, except if you're in Winnipeg or New Brunswick, those places are getting their final snow for the season! A lot of things are happening for the upcoming spring/summer for 2 spirit women, for education and for me. Firstly, the 2 spirit women's committee has taken new form; I have been meeting with 2 spirit women off-site and outside office hours; every 2 weeks for Saturday brunch or dinner (the women who have met wanted to me every 2 weeks and have it at different times; 1 pm Saturday then at 6 pm; to met their needs as parents, working women and time to do house miscellaneous things). So if you are on facebook I have created a group called: "2 spirit kwe," here is the link to the page:

<http://www.facebook.com/home.php?#/group.php?gid=60330994582&ref=ts>

It is a group that is specific to Aboriginal/Metis/Inuit/Indigenous (women who have sex with women, gay, dyke, queer, bisexual or 2 Spirit) women (not based on biology but how you live your life in the world on a daily basis). I post events on the group events on this page. Myself and community member, Charlene Catchpole are the officers/admin for this group. It is not closed, so you can add yourself to the group; we do ask each new group member how

they socially locate themselves based on our generic loose requirements for the group to create space for us and by us.

We are meeting again, April 18th 2009 at 6 pm for dinner at Broadview & Gerrard St E., at Pho 88.

Drag King Show Fundraiser

As a directive and support from Art & the Board; TPFN will be holding a "drag king show fundraiser," for the 2 spirit women's committee. It is included with the newsletter. Please contact me personally if you want to;

- i. volunteer to do a drag king number,
- ii. volunteer your time,
- iii. donate items for the raffle.

Women's Gathering

We are also hoping to get a convoy of 2 spirit women attend the Women's Gathering being hosted by Minwaashin Lodge:

<http://www.minlodge.com/Womens%20gathering%202009%20Registration%20Package.pdf>

2 Spirits is able to pay for 6 women (its on a first come first serve basis) where I will provide transportation to and from the gathering; please contact me ASAP if you are interested. I will transport women and their camping gear in our work van. The only requirement is that women having their own camping gear as 2 spirits will not be providing this.

Doctorate Studies

I have also completed my course work requirements for my PhD, and I am very excited and scared! The next step for my doctorate is spending a semester preparing a 50 page literature review and spending a day with 2 faculties completing my comprehensives (oral test and defending the 50 page literature review). Then it's time to start to my research to receive my double doctorate from University of Toronto!

Outgames 2009

At the end of this July 23 - August 3rd 2009 I will be leaving for Copenhagen, Denmark for the Outgames to compete in women's fast pitch. This is my 3rd games; I went to Sydney, Australia in November 2002 and won gold, Montreal, Quebec 2006 and won bronze. So our hope and my hope is that our team will be in gold medal running's!

I would like to say ba ma pii to one of the 2 spirits staff who are moving on at the end of their contracts here at 2 spirits; Nancy Gonzalez. I would also like to welcome on Board Lesley Boulrice, Support Services Worker! Change is wonderful, movement is healing and rejuvenating. So with that have a great start to your Spring and Summer seasons and I hope to see many of you throughout the season!

Percy Lezard

Springwater Hester-Meawassige Coordinator of Volunteer Services And Development



Dear Members:

! P R I D E W E E K !

**CAN'T STOP
WON'T STOP**

Pride week kick's off this year on June 19th and finishes on June 28th and the Pride Committee has announced this year's theme: "Can't Stop. Won't Stop". As in previous years, 2-Spirited People of the 1st Nations will be taking part in the parade and we will be looking for volunteers to assist us in the planning and creation of our pride float. Our first Pride Meeting will be held on April 15th @1:00 p.m. here at our office. If you do not feel that you want to commit yourself to the Pride Committee there are several other ways to be involved. We always welcome individuals to come into the office to assist us with preparing the decorations which may involve painting, drawing or sewing. We also encourage all 2-Spirit volunteers, members and supporters to join us on the actual day of the parade - all are welcome to march with us. Once we get closer to the actual Gay Pride Parade the number of our float will be posted up on our website - so please keep your eye out for that! If you are interested in learning more about what Pride week is all about here in Toronto please visit their website:

<http://www.pridetoronto.com/>

**Pride Committee will be meeting at 2-Spirits on
April 15th, 2009 at 1:00PM.**

On Thursday May 14th the 2-Spirited women's committee is organizing a drag king show at George's Play from 9:00 p.m.-midnight. If you are interested in lending your talent that night as one of the performers PLEASE contact Percy at percy@2spirits.com. Much planning and energy goes into preparing for a fundraiser and we could not do it without all of the wonderful support and time from our lovely volunteers. If you want to volunteer your time for the Drag King show please contact myself or Percy know. We will be looking for individuals to sell raffle tickets, performers, door people and or course people to donate their time to the planning of the event. We will be needing volunteers to do some phone calls and picking up donations.

Volunteers Drivers Needed

2-Spirits relies heavily on our volunteers and without them we could not do the work that we do. If you are interested in becoming a volunteer we are currently recruiting volunteer drivers. A volunteer driver transports clients to medical appointments and provides transportation for different services that we provide here at the agency. If you are interested you must have a clean driver's abstract. If you are not in possession of a driver's license but still wish to volunteer please do not hesitate to contact me so that we can discuss other potential volunteer opportunities that our agency may have for you!



Miigwetch Nancy Gonzalez



I would also like to take this opportunity to say miigwetch to Nancy Gonzalez for all of her hard work that she accomplished here at 2-Spirits as the Trans Project Coordinator. The project was a huge success and she did a terrific job. Nancy will be missed and we wish her all the best!

Welcome to Lesley Boulrice

I would also like to welcome Lesley Boulrice to our team. Lesley will be working here at 2-Spirits as the Community Support Service Worker and we are grateful that she has joined our team!

I would also like to acknowledge one of our volunteers Garfield Constant for all of his hard work on the newsletter. Miigwetch Garfield!

So with that I wish you all a wonderful spring and I hope to see you all at this year's Gay Pride Parade!

Springwater Hester-Meawassige
Coordinator of Volunteer Services and Development
springwater@2spirits.com
416-944-9300 ext.224

Lesley Boulrice **Community Support Service Worker**

Aahow, Wayna Boozhoo,

My name is Lesley Boulrice. I am Ojibway from Northern Ontario; my First Nation is called Thessalon Le Sable First Nation. I have lived in Toronto for the past 23 years. I am from the Bear clan and I was given the name Ganenokwe (Golden Eagle) from Adam Lucier.

I am a new employee with the 2-Spirited People of the 1st Nations and I am delighted to be part of a dynamic culturally sensitive organization, as a Support Service Worker.

In addition to being an encouraging and patient individual; I also have a calm nature about me. I am confident these characteristics will allow me to support my clients, my co-workers and my community.

I believe that everyone has a right to their own opinion, beliefs and emotions.

I look forward to meeting all the clients, members and associates of 2 Spirited People of the 1st Nations.

I am extremely grateful to the Executive Director and the Board of Directors for giving me this opportunity to be part of an outstanding team that is client centered.

Thanking all for helping my transition into 2-Spirits a welcoming and positive experience.

Meegwetch,

Lesley

Gawaabmin, (I'll be seeing you)



Nancy Gonzalez **2 Spirit Trans Project Coordinator**

Hello to all community members. Phase II of the 2 Spirits Trans Project has been successfully completed. 1 790 copies of *A Wise Practices Guide* have been distributed throughout Ontario. The communities that we visited were very receptive and shared their feedback for the future of the Transproject.

I would like to give a special Chi Miigwetch to all who participated in the workshops in Hamilton, Sudbury, Ottawa and Toronto. The project was created with a strong influence by the Trans community and without participants the Transproject could not be possible.

We had our largest audience at the workshop launch in Toronto. I hope that the information gained will be shared with colleagues, friends, classmates and professors. I believe that if one person has been inspired, many more have the capacity to open their minds and welcome everyone into the circle. We are all children of the Creator.

It was a wonderful and memorable experience coordinating the launch of *Our Relatives Said: A Wise Practices Guide- Voices of Aboriginal Trans People*. Through the course of the year many different people have shared their knowledge with me. I have gained greater awareness from listening to the Elder's teachings on 2 Spirit people.

I learned that a person's spirit is what gives them their character; their sexual orientation should not matter. Regardless of the world we live in today; life is about balance. Male and female spirits must be balanced from within.

"...life is about balance..."

Best Wishes to all!

**May Happiness come on secret winds and surround you in ways of
Beauty- Anishawbe Kwe**

Maltiox Cha we/ Miigwetch!

Nancy Gonzalez

ANAL DYSPLASIA

FACT SHEET

What is Anal Dysplasia

Anal dysplasia is a pre-cancerous condition but it is not cancer itself. It refers to an abnormal change (lesion) in the lining (mucosa) of the anal canal. Some low-grade lesions may progress to high grade lesions. High-grade lesions can progress to cancer. Some can remain without changing and some may even disappear.

Anal dysplasia occurs mainly in two places: in the junction inside the anus (where the canal meets the rectum); and in the skin just outside the anal opening. Severe anal dysplasia in this skin around the anus is also called Bowen's disease.

What Causes Anal Dysplasia

Anal dysplasia is caused by the human papillomavirus (HPV). HPV is a common virus which can be transmitted sexually. Some HPV types cause warts. These strains do not cause severe dysplasia or cancer. Other HPV types (oncogenic types) cause anal and cervical dysplasia as well as cancers. Anal dysplasia has been clearly associated with HIV. Anal dysplasia can occur at any stage of HIV. Anal dysplasia can occur at any stage of HIV disease but it is more likely at lower CD4+ cell counts.

Who Gets Anal Dysplasia?

Since anal dysplasia can lead to anal cancer, the two conditions share many risk factors.

Risk factors:

- Anal receptive intercourse (bottoming)
- HIV infection
- Cervical cancer in women
- Cigarette smoking
- Multiple sex partners
- HIIL (High-grade Squamous Intraepithelial Lesion): This result means mild or low-grade dysplasia

Prevention

Practicing safer sex reduces getting the risk of getting HPV

- Condoms are partially protective
- Stopping cigarette smoking
- Treating HIV with antiretroviral therapy may reduce the risk of getting anal dysplasia
- Anal cancer can still occur despite antiretroviral therapy and high CD4 counts

Symptoms

There are often no specific symptom of anal dysplasia.

Anal warts may be associated with lumps in and around the anus, but many warts inside the anal canal produce no symptoms. Anal warts are not dangerous by themselves but do not warn that there is an HPV infection.

If dysplasia progresses to advanced anal cancer, there may be anal pain and bleeding. However, these symptoms are not specific to anal cancer and are more often associated with other conditions such as hemorrhoids.

Diagnosis

Regular medical check-ups with anal examinations by your doctor with help detect early cancers.

- Anal Pap smears: dysplasia can be diagnosed in the anal canal with a Pap smear similar to that used to detect cervical cancer in women. For this test a swab is briefly inserted in the anus and cells are collected from the swab. The sample is then examined under a microscope.
- Some dysplasias just outside the anus can be seen by spreading the cheeks. Lesions often appear as darkly coloured areas or as moist itchy areas. A biopsy will provide the diagnosis.
- Digital anal exam: your doctor places a gloved finger in the anal canal to feel for lumps or other abnormality is seen in the anal canal you may need a biopsy to rule out cancer. A digital exam cannot detect dysplasia because lesions cannot be felt
- Routine anoscopy is visual examination of the anal canal using an anoscope with a bright light
- High-resolution (HRA) uses a magnifier to provide more detailed views. HRA is not widely available. Sigmoidoscopy and colonoscopy may not adequately examine the anal canal.
- CT scans, barium studies and MRI's do not detect dysplasia

In people at high risk for anal cancer, the anal Pap smear and HRA can be done yearly where facilities exists. This is not yet standard Practice in Canada.

Test results

Anal Pap smears may be useful to detect dysplasia but HRA is the most accurate test. Pap smears can sometimes be normal when dysplasia is present. The Pap smear can also be read as abnormal but no dysplasia is found on HRA.

The results of tests for anal dysplasia can be described by a variety of medical terms.

Biopsy results

- Normal: There is no evidence of abnormal changes in the sample
- AIN-1 (Anal Intraepithelial Neoplasia grade 1: This result means severe or low-grade dysplasia.
- AIN-2/3 (Anal Intraepithelial Neoplasia, grade 2 or 3): This result means severe or high-grade dysplasia. All or most all of the cells in the sample may be pre-cancerous.

Treatment

Low grade lesions are low risk and are generally not treated. They are watched for signs of progression. High-grade lesions probably should be treated, although the best therapy is not known. Treatment options include:

- Laser Treatment or Treatment by IRC (Infra-Red Coagulator): This destroys the lesion with intense beam of light and heat. It can be uncomfortable and can cause some pain and slight bleeding afterwards. It is done in a clinic or office setting and one treatment may be enough
- TCA (Trichloroacetic Acid): The lesion is treated by being touched with acid-soaked cotton. Four or more treatments may be needed over several weeks. There is minimal, if any, discomfort.
- Surgery: The lesion is cut out by a surgeon.
- Watch and Wait: Sometime the dysplasia is too widespread to remove without causing damage to the anus. In this case, your doctor may just observe it with repeat exams over months or years. If cancer does develop, it can be treated very early and with good results.
- Therapeutic Vaccine: This is an only experimental approach but may hold some hope for the future. This vaccine may help to mount an immune response against the lesion and cause it to shrink.

After Treatment

- Although anal dysplasia can be treated successfully, people with HIV are at high risk of having it come back. It is important to follow up with regular monitoring.

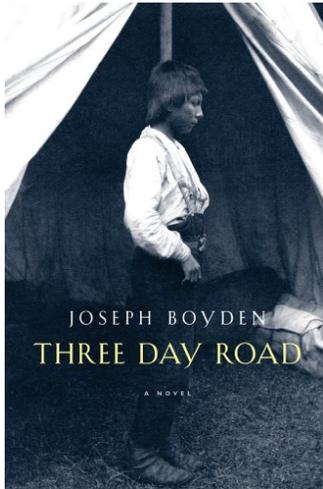
Anal Dysplasia and HAART

- Treating HIV with antiretroviral therapy may reduce the risk of getting anal dysplasia
- Anal cancer can still occur despite antiretroviral therapy and high CD4 counts

Written by Irving E. Salit, M.D. and Jill Tinmouth, M.D.

Book Review

by Garfield Constant



Joseph Boyden's "*Three Day Road*" is an extraordinary tale which gives new voice to the memory of Aboriginal World War I veterans. "Three Day Road" was originally published in 2005. It has been nominated for many awards, and winning several of them. This story is told through the eyes of morphine addicted, physically and psychologically mutilated Xavier, and his Medicine Woman Aunt Niska. Portraying a rare glimpse into the battlefields of the First World War, Joseph Boyden infuses the non-secular with the secular.

While Niska attempts to restore Xavier back to health with her stories, medicines and the Kushapatshikan (the shaking tent ceremony), Xavier takes the readers on his journey through the war with Elijah, his adopted brother. Meeting in childhood, Elijah and Xavier embark on a deadly journey through the frontlines of the battlefield sniping for enemies. Elijah slowly transforms into a deadly windigo, dragging Xavier along with him. What happens between these two? And, why does only Xavier return from the war? READ THE BOOK!

After returning from the war looking frail and old, but spiritually powerful, Xavier meets his aunt Niska. Little does she know, he is bordering on insanity, struggling to maintain his humanity. He is a psychologically twisted soul desperately seeking death to end his torment. His mind is in turmoil as he is frantically working to keep himself from completely transforming into a windigo.

Meanwhile, his Aunt Niska, who is the last in a long line of revered and windigo killers, battles the spirits and surrounds Xavier with all the love she has for her sole remaining family member. Will Niska be able to save her

precious Xavier? Will she be forced to use her skills as a windigo killer to put Xavier out of his misery? Will Xavier travel the three day road and cross over to the spirit world? It's up to you to find out. READ THE BOOK!

This book is a great read for those interested in delving into the minds of our honored Aboriginal grandfathers/grandmothers who fought for our freedom during the two world wars of the early 20th Century. What was it like for them to leave their communities? How did they feel about being surrounded by the *wemistikoshiw*? What went through their minds as they hunted down and killed countless enemies? Our generation could only speculate prior to the war overseas, but at least we can be afforded an imaginary glimpse by reading about Xavier and Elijah's dangerous mission through the trenches of the battlefields during the First World War. Even while surrounded by death and destruction, both Xavier and Elijah attempt to practice their way of life on the battlefield.

"We dig silent and steady, the body beside us wrapped tightly in his blanket. When the hole is deep enough, we put him into it. I prefer the old way of placing the body high in a tree so the soul could leave it without hinderance...I say my own prayers to *Gitchi Manitou*...Elijah whispers his own prayers in Cree as well. We burn a little sprig of sweetgrass I've carried with the leftover moosehide in my pack from Canada..."
(quote from the book)

Xavier and Elijah burn their medicines to honor their fallen comrades, allowing the readers to experience the conflict the veterans struggled with to maintain their cultural identity during the war.

Aside from themes of culture and war, this book gets a TWO-THUMBS UP! There is no shortage of violence, and even sex! ppsstttt...there's even a very brief mention to homosexuality at some point. What else are the men going to do deep in the decks onboard the ship carrying hundreds, if not thousands, of lonely men over to the war front? READ IT!

Joseph Boyden went on to write a sequel, called "*Through Black Spruce*". There will be another book review coming up for that one. And as rumors go, there is a potential third installment in this series. Who knows?

Now, here are the boring and technical details about "Three Day Road":

Publication Info: Toronto Viking Canada, 2005

Page Count: 354 pages

ISBN: 0670063622

ISBN: 0143017861 (pbk. : Penguin)

Awards and Nominations

CBA Libris Award - Fiction Book of the Year: Shortlist 2006

Amazon.ca/Books in Print First Novel Award: Winner 2005

Barnes and Noble Discover Great New Writers Award: Nominee 2005

Governor General's Literary Award: Nominee 2005

CAA MOSAID Technologies Inc. Award for Fiction for a Full-length Novel: Silver Medal 2006

I.M.P.A.C. Dublin Award: Longlist 2006

McNally Robinson Aboriginal Book Award: Winner 2005



Image taken from www.josephboyden.com

www.josephboyden.com

HIV/AIDS QUIZ

1. What type of virus is HIV?
 - a) An Indovirus
 - b) A Retrovirus
 - c) An Apexvirus
 - d) An Embo-protein Virus

2. Which is the most common STD transmitted through oral sex?
 - a) Hepatitis C
 - b) HIV
 - c) Herpes
 - d) Chlamydia

3. Sheepskin and latex condoms both protect against HIV.
 - a) true
 - b) false

4. What were the first condoms made of?
 - a) Linen
 - b) Fish skin
 - c) Rubber

5. How can you tell if someone has HIV or AIDS?
 - a) Because of the way they act
 - b) There is easy way to tell
 - c) They look tired and ill

6. In the future, how might a microbicide gel help a woman protect themselves against HIV?
 - a) By killing HIV inside the vagina without a partner knowing
 - b) By reducing viral load
 - c) By stopping HIV by developing in the body

7. If a HIV positive pregnant women takes the correct drugs and doesn't breastfeed, how likely is her baby to be born with HIV?

- a) Less than 2 percent
- b) Over 40 percent
- c) Around 15 percent

8. Which HIV subtype is most common in the Western world?

- a) A
- b) B
- c) C
- d) D

9. What does the standard HIV test identify?

- a) RNA stands
- b) T-cell count
- c) Antibodies

10. Of all new HIV infections reported, how many of them are aboriginal women?

- a) 20 percent
- b) 15 percent
- c) 50 percent

Answers:

1. **b)** HIV is a retrovirus, or a type of virus that stores its genetic material as RNA rather than DNA.
2. **c)** The most common STD transmitted through oral sex is herpes. Herpes can cause cold sores around the mouth or genital herpes sores
3. **b)** false. Only latex can protect against HIV
4. **a)** Condom use can be traced back several thousand years. Around 1000 BC the ancient Egyptians used a linen sheath for protection against disease.
5. **b)** There are no specific symptoms of HIV. In fact, many people who are diagnosed with HIV lead a healthy life for years if they receive treatment. It is said that someone has progressed to AIDS when they are affected by certain HIV-related illnesses.
6. **a)** A microbicide is a gel or cream that could be applied vaginally, without a partner even knowing, which would kill HIV. Microbicides are still under development and may be at least 5 years away.
7. **a)** There is a less than 2% chance that HIV will be transmitted from mother to child if the mother takes the correct drugs and does not breastfeed.
8. **b)** HIV Subtype B, a subtype of HIV type 1 is the most common HIV subtype in the Western world.
9. **c)** When HIV enters the body, special proteins are produced called antibodies, which are the body's response to an infection. The standard HIV test looks for antibodies in a person's blood, as this will mean they have been infected with HIV.
10. **c)** 50% of all new HIV infections are aboriginal women

LGBT HISTORY QUIZ

1. What date is World's AIDS Day and Aboriginal AIDS Awareness Day in Canada?
 - a) June 1
 - b) October 21
 - c) December 1
 - d) February 19
2. When did the American Psychiatric Association remove Homosexuality from of its list of mental health disorders?
 - a) The APA still considers homosexuality as a mental health disorder
 - b) 1963
 - c) 1973
 - d) 1980
3. Each colour of the pride flag represents something. What does yellow represent?
 - a) brightness
 - b) sunshine
 - c) peace
 - d) serenity
4. The pink triangle was one of the Nazi concentration camp badges, used by Nazi to identify male prisoners who were sent there because of their homosexuality?
 - a) true
 - b) false
5. What country became the 1st to allow transsexuals to legally change their sex and to provide free hormone therapy?
 - a) Canada
 - b) United States
 - c) Sweden
 - d) England

6. What year did gay marriage become legal in Canada?

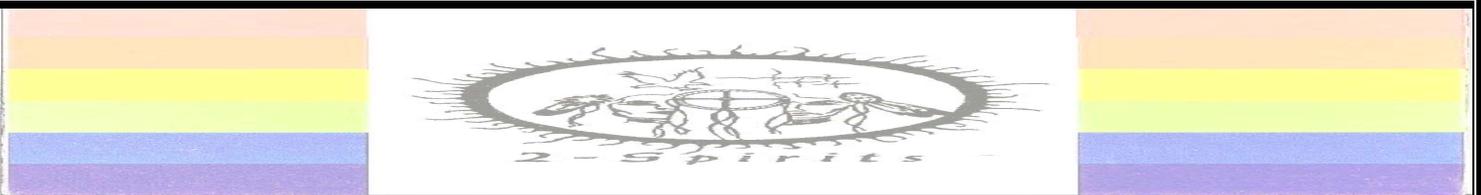
- a) 2001
- b) 2005
- c) 1999
- d) Gay marriage has always been legal in Canada

7. Who said this? *"I'm a supporter of gay rights. And not a closet supporter either. From the time I was a kid, I have never been able to understand attacks upon the gay community. There are so many qualities that make up a human being... by the time I get through with all the things that I really admire about people, what they do with their private parts is probably so low on the list that it is irrelevant".*

- a) Joan Rivers
- b) Paul Newman
- c) Art Zoccole
- d) Madonna

Answers

- 1. c
- 2. b
- 3. b
- 4. true
- 5.
- 6. c
- 7. b
- 8. b



2-SPIRITED PEOPLE OF THE 1ST NATIONS



Presents "what a drag, a Mother's Day 2 Spirit Drag King fundraiser!"

When: Thursday May 14th from 9 pm – 12 am

Where: George's Play, 504 Church Street (Church & Wellesley)

Who: Allies

For: the 2 Spirit Women's Committee

What: Pay what you can at the door, 50/50, Raffle Prizes & live auction!

**Contact Percy Lezard (416) 944-9300 ext 226
or email percy@2spirits.com to volunteer or
donate!!!!**



MEMBERSHIP APPLICATION

NOT A MEMBER YET?

Please fill out the following application to receive our quarterly newsletter and many other benefits! Bring or mail in your completed application with corresponding payment. Chi-meegwetch for supporting 2-Spirited People of the 1st Nations!

MEMBERSHIP APPLICATION FORM

All information is strictly confidential—our membership list is not shared with anyone.

Name: _____

Address:

Telephone: _____

Email: _____

Date of Birth: _____ (month/date/year)

First Nation/Reservation Affiliation:

Please check one only:

FULL MEMBERSHIPS

(are available to people who are Native and two - spirited gay/lesbian, bisexual, transgendered)):

Regular \$10.00 ___ & you are a student and/or unemployed and/or on disability or

receiving social assistance \$5.00 ___ and you are a U.S. resident \$20.00 ___ and you are

a resident over seas \$35.00 ___

ASSOCIATE MEMBERSHIPS:

are available to people who are not native and/or not two -spirited:
regular \$10.00 ___ & you are a student and/or unemployed and/or on
disability or receiving
social assistance and/or a person living with HIV/AIDS \$ 5.00 ___ and you
are a U.S.
resident \$20.00 ___ and you are overseas \$35.00 ___

ORGANIZATION MEMBERSHIPS:

organizations in Canada \$25.00 ___
organizations in the USA \$35.00 ___
organizations overseas \$45.00 ___
YES! I WILL SUPPORT 2-SPIRITS AND WOULD PREFER TO DONATE \$ _____.

MEMBERSHIP POLICY:

Full membership is open to all members of any Aboriginal person
who defines themselves as lesbian, gay, bisexual and transgendered.
Associate
membership is open to any individual who wishes to support TPFN and its
objectives. All
members receive regular updates and The Sacred Fire newsletter.

**ONLY FULL MEMBERS
MAY VOTE AT THE TPFN ANNUAL GENERAL MEETING.**

Map



Staff Includes

Art Zoccole
Executive Director
art@2spirits.com

Springwater Hester-Meawassige
Coordinator of Volunteer Services
and Development
springwater@2spirits.com

Corena Ryan
Client care Coordinator
corena@2spirits.com

Percy Lezard
HIV/AIDS Educator
percy@2spirits.com

Lesley Boulrice
Client Support Services Worker
Lesley@2spirits.com

Our Board of Directors

Sue Lamure
President

Ed Bennett
Vice-President

Gary Pheasant
Treasurer

Elias Downey
Director

Russ Krebs
Director

Trevor Stratton
Director

Tobi Caribou
Director