



EXTREME REALITY

2011

Spring

Special points of interest:

- 10th Annual Art for Life Auction
- Youth PhotoVoice Project
- Fact Sheets being developed by NACS
- LGBT Conference
- HIV and Aging

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10th Annual Art for life Auction

10th Annual Art for life Auction

The Northern AIDS Connection Society
Is proud to host this very
Special Evening

Monday June 13, 2011

Viewing at 6pm/ Auction at 7pm
Silent Auction runs the whole evening

Best Western Glengarry Hotel
Willow St. Truro, NS

Tickets are \$10.00 - this includes price of paddle, red ribbon, snacks and a ticket for the door prizes.

For more information call NACS at 895-0931

All Proceeds go to the Northern AIDS Connection Society and assists with programming for youth, women and other marginalized populations in Northern Nova Scotia.

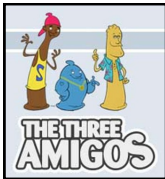
Youth Photo Voice Project

The Youth PhotoVoice project has been very successful and the results of the photography portion of the project were on display at the Marigold Cultural Centre for the month of March.

NACS is happy to announce that there will be a continuance of the project and is slated to start in April. This will allow youth to continue to grow and learn about healthy ways to develop their life skills in a safe and productive environment.

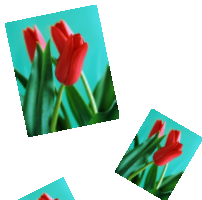
For more information call Karen at 895-0931.

Get involved IN Our Condom CO-OP



Wrap that gator

No Regrets Later



Spring



Hepatitis C Aware Project

If you or someone you know is living with Hepatitis C, have your views heard by contributing to the NACS newsletter

Please contact : Janet Hepatitis C Coordinator. 895-0931 or nacs@eastlink.ca

LGBT Community Development Conference 2011

The Northern AIDS Connection Society (NACS) attended the conference in Halifax on Friday March 18, 2011. The conference was done café style and many subjects were discussed. This format of the conference permits people to talk more freely and openly.

The whole process was to share our stories and examine equality for the LGBT Community in Nova Scotia. Discussions about reducing barriers such as stigma & discrimination, eliminating labels and helping youth in schools and universities become more comfortable with who they are. It was amazing meeting many new people with a lot of great ideas and the energy to go forward in the journey for equality for all people.

The whole process of the conference was great for the Northern AIDS Connection Society, being in a rural setting, to think that someday that we might live on this planet without labels and have a world free of discrimination.

HIV & Aging - Improving overall quality of life.

Get involved in your Community

Create a strong social support network

Exercise your mind

Manage stress & depression

Eat a healthy diet

Sleep well.

Get outside & exercise

Develop a positive outlook

Quit smoking

Avoid large amounts of alcohol

Have a spiritual practice

Have a healthy sexual relationship

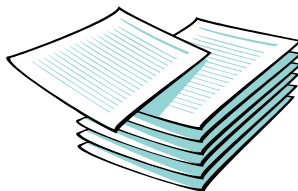
Hepatitis C Aware Project Update

Contact was made with some of the Tattooing Parlors in the Colchester-East Hants area. The proprietors were very willing to let us visit their establishments and show us around. They were willing to answer any questions that we had and take the before and after cards for both Tattooing and Piercings. We have been to Health Fairs around the community including one at the CEC for young males, NSCC (Truro) campus put on by the Licensed Practical Nurse (LPN) class and one on violence at the Truro fire department. Lots of good contacts were made and we were able to talk to and share information with the public. We were invited to attend a couple of conference in Moncton and Halifax which we attended. The end of the second phase of the Hep C Aware Project is fast approaching. Continued funding has not yet been secured. The final reports are now in the works for the Public Health Agency of Canada.

NACS fact sheets update...

Development of fact sheets is an ongoing process and NACS has completed some of the new fact sheets mentioned in the last edition. Some of the new information completed areas follows:

- **Gay/Straight Alliance**
- **Once You Test Positive**
- **Women & HIV**
- **Safer Shooting**
- **Vein Care**



Please call the office at 895-0931 if you are interested in receiving these fact sheets.

Lunch & Learn

The northern AIDS Connection Society is happy to report that this program is growing and has received good feedback for future sessions. This program is important in helping PHA's get involved in their community.

Some of the topics that are being discussed are on issues that are important to PHA's such as treatment issues, diet, housing, employment and stigma & discrimination. The only way to identify problems and issues that PHA's may be experiencing is to speak out. NACS needs to know so that we can help.

For more info call AI at 895-0931 or 1-866-940-2437.

Condom Co-op

For information on how to get involved
in our

Condom Co-op

Call 895-0931

Email - nacs@eastlink.ca

Volunteering

Volunteers are a big part of any non-profit organization. NACS volunteers serve as board members, assist with fundraising or support services.

If interested in volunteering contact AI at 895-0931

What gives me the most enthusiasm is still being alive and in very good health after more than 16 years. I'm here to say that it's possible to live with HIV and find a path that allows us to live in a positive way. ~ Jacques, 63

NACS has a new logo!



Let us know what you think!
nacs@eastlink.ca

895-0931



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**EXTREME
REALITY**

GMH

**Gay Men's
Health**

If you identify as a gay man or a man who has sex with men (MSM) and are interested in a social group or need information about gay men's health contact Al at 895-0931.

The Northern AIDS Connection Society (NACS) promotes the health and well-being of persons living with and those affected by HIV/AIDS and to assist in reducing the spread of HIV, STI's and Hepatitis C through education, support and public engagement in Northern Nova Scotia (Colchester, Cumberland, Pictou and East Hants Counties).

You can find us at www.northernaidsconnectionsociety.ca

OR

Join our new facebook site
www.facebook.com/nacsns

Up Coming Events...

For information on upcoming events contact the NACS office at 895-0931.



Lenore Zann & Friends

Plans are under way to have a night with Lenore Zann & friends at The Best Western Glengarry Hotel in Truro.

This event will highlight an array of local talent.

**Date & Time
To be
Announced !**

Art For Life Auction



SAVE THE DATE!
Monday June 13, 2011

**Best Western
Glengarry**

AIDS Walk

**Scotiabank AIDS Walk
for Life**

Don't Just Stand There
It's never too early to start thinking about putting a team in this year's walk.

Use your talents, creativity to build a successful team.

All of the money raised stays in northern Nova Scotia to assist HIV/AIDS and Hep C programming.