



Toronto People With AIDS Foundation

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Charitable # 13111 3151 RR0001

E-news - For Supporters and Friends

February 2011

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The Imperial Court of Toronto (TICOT) - Toonie Tuesdays

Support the TICOT reign of Reign XXV, Regent Empress XXV Candice Kelly-Roseland and Emperor XXV Ron DaMae Bouvier and their chosen charities for weekly Toonie Tuesdays at Crew and Tango (508 Church St.).

Tonight join your hosts either Regent Empress XXV Candice Kelly-Roseland or Imperial Crown Princess Nikki Chin, at **9pm to 11:30pm**, for some early

Happy Valentine's Day,

Please accept the Toronto People With AIDS Foundation's wishes for a happy Valentine's day. May you have the opportunity to feel loved and give love.



PWA is proud to release it's completed strategic plan: This strategic plan was created through many rich conversations, focused on the best of PWA now, and what PWA is being called to become into the future. This was a time of reflection, storytelling, listening, questions, metaphor, and deep, insightful thinking about how PWA can most meaningfully continue to evolve.

To see the full plan (electronically) and how PWA will continue to engage people living with HIV/AIDS, please visit PWA's website's **What's New** section on the home page: What's New. Printed copies will be available in our office shortly.

PWA will send you its e-news on or around the 15th of the month. If you have any questions, suggestions or comments about PWA's monthly e-news, please contact us at info@pwatoronto.org or at 416-506-1400 ext. 239.

Friends For Life Bike Rally - Are YOU Ready to Ride? July 29th - August 3rd 2012

There is finally snow on the ground but that doesn't mean summer and biking weather isn't right around the corner. There are 260 registered Riders for this year's ride to Montreal and Crew positions are quickly filling up, so if you are interested in participating in the 14th annual Friends For Life Bike Rally, please contact us at 416-506-1400 ext. 238 or email bikerally@pwatoronto.org.

Riders are responsible for raising \$2,200 to participate. Crew are encouraged to fund raise however, there is no required minimum. This annual event cannot happen without the generosity of our dedicated Crew and volunteer Steering Committee.

The first training ride, open to anyone is: Saturday April 14th at 10 a.m. We will be departing from the Finch subway station. The meeting spot is on the west side of Yonge just north of the passenger drop-off. For updated information visit the bike rally calendar at: [Bike Rally Calendar](#).
For more information: www.bikerally.org

LOVE your HEART

This month, in honour of heart awareness, CATIE (Canadian

week craziness and
**TONIGHT is Madame's
8th Annual Lovefest!**

[TICOT website](#)

WAR HORSE - Bike Rally Participant Fundraiser

This extraordinary show, winner of multiple TONY awards and now a motion picture directed by Steven Spielberg is a must-see theatrical event of the season.

Please join us for the special performance on **Thursday, April 12, 2012** and help raise money for the Friends for Life Bike Rally. Through the extraordinary generosity of one of our riders, Harvey Malinsky, \$27 from each ticket for that performance will go directly to the **Toronto People With AIDS Foundation, with a tax receipt provided to you.**

[Click here to purchase your tickets today!](#)

PWA Membership Call to Action

You can now apply for 2012 PWA membership by completing a membership form and mailing it to our office at 200 Gerrard St. East, Toronto, ON, M5A 2E6 or by visiting us and completing it in person. For more information call 416-506-1400 ext. 120 or email info@pwatoronto.org.

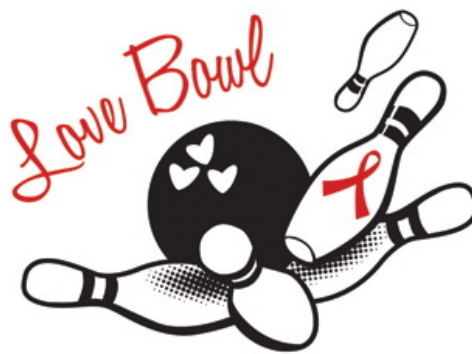
To download your 2012 membership form visit www.pwatoronto.org.

AIDS Treatment Information Exchange) put together an article discussing the many ways people living with HIV can take care of their hearts. [To read the full article follow this link.](#)

Snapshot:

Heart disease is a leading cause of death in this country, and one in three Canadians are affected by heart disease and stroke. **There is a growing understanding that HIV can play a role in cardiovascular health**, so during this month dedicated to heart awareness, CATIE wants to reflect on all the ways **people with HIV can show a bit of love to their hearts.**

Regardless of age, people living with HIV are at a relatively higher risk than the general population. For instance, research carried out by the Women's Interagency HIV Study shows that HIV-positive women have poorer cardiovascular health than HIV-negative women. When it comes to the risks of heart disease, certain things can't be helped. Family history, genetics, age and gender are all linked to a higher risk of developing heart disease. Fortunately, there are many ways people living with HIV (PHAs) can reduce their risk.



LOVE BOWL - Thanks!

A huge thank you to the [Toronto Historical Bowling Society](#), Nora Axbey, sponsors (Bristol-Myers Squibb and VIA Rail Canada), silent auction donors (Fossil, Churchmouse & Firkin, Rubbermaid Canada, Steam Whistle Brewing, Tupperware and Whole Foods Market) and energetic bowlers for helping **PWA raise \$10,300!**

Congrats and thanks to Patrick Mathieu who won our top fundraising price, a return trip for two to Montreal on VIA Rail 1 and to Nora Axbey and Gary Hesselwood who won the top female and male bowler award!

If you didn't have a chance to join us for the Valentine's themed bowling antics this year, be sure to register next year, February 2013.

ABOUT PWA

Mission - We engage people living with HIV/AIDS in enhancing their health and well-being through practical and therapeutic support services and broader social change, and we inspire them to live into their dreams and discoveries.

Vision - We live in affirming, sustaining communities where we find inspiration and support for our dreams, health, well-being and meaningful contributions.

These are based on our foundation philosophy, which resonates more than ever and remains unchanged:

People living with HIV/AIDS play a crucial role in the governance and operation of the Toronto People With AIDS Foundation, but, most importantly, are its heart and soul. Although PWA seeks supportive partnerships in support of fulfilling its Mission, its response to HIV/AIDS is, more than anything else, inspired by the voices and experience of people living with HIV/AIDS.

Thank you for your support and interest in Toronto People With AIDS Foundation's work.

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Charitable Registration Number - 13111 3151 RR0001



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