

the circle

Spring 2006, N° 18

leading lines advocacy outreach community

Community



GREETINGS – AND A BELATED HAPPY NEW YEAR!

by John Hatchett

Things are fast
and furious
right now at LTI,

and it looks like they'll stay that way for the next month or so. In the last several weeks we've had the pleasure of seeing a number of our grads at the regional Community Orientation sessions being held around the state. LTI is co-hosting these events with the HIV Care Networks, and they've been a very nice way to get together for a meal and talk about what everyone's been up to. One of the most striking things about the meetings has been the sheer quantity of work LTI graduates are doing! In every region of the state PLWHA are involved in some exciting projects, and it's wonderful to see LTI grads taking the lead in so many of them. Some of the highlights are mentioned below.

Last November a number of LTI graduates took part in the Campaign to End AIDS (C2EA), a major push to revitalize HIV/AIDS advocacy with a national movement that brought hundreds together in Washington DC from all over the country, including a sizeable contingent in the "No'Easter" caravan. (Lynn Atwood and John Wikiera share some thoughts on their experience with C2EA in an article on page 4). Then there were World AIDS Day activities around December 1st, such as the educational events in Albany described by Bruce Soskind in

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LTI CAB Members Robin Bronner, Bill Kress, and Jack Miller with Deputy Director Petra Berrios and CAB Member Victor Martinez in Albany for World AIDS Day.

WORLD AIDS DAY IN ALBANY

by Bruce Soskind

I had no idea of what to expect when I said that I would represent NYC for the LTI CAB, under the auspices of the AIDS Institute, in Albany for World AIDS Day. I wasn't even sure that my partner, David, would be able to accompany me.

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LTI Community Advisory Board

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WORLD AIDS DAY IN ALBANY

(continued from front)

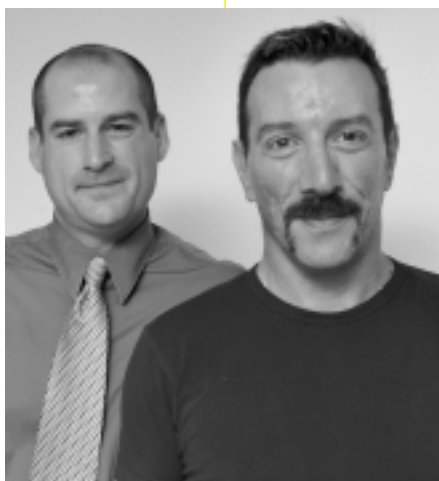
He was, and the days spent in Albany speaking with small and large groups of various school-age children was more than I ever thought it would or could be.

I was so nervous, until I sat down in front of each group. Although I had not hidden my HIV/AIDS status, I had never spoken about it so publicly, as I did in front of each school group. After stating that I was a person living with AIDS, I opened up for a discussion and questions. I didn't have any idea that the questions asked would both challenge and provoke such intense feelings in me.

The answers to most of the questions asked by the students follow from something that I wrote beforehand to collect my thoughts.

"How has HIV affected my life?"

I have to take pills for the rest of my life . . . on the face, only good things have happened as a result of my AIDS diagnosis . . . I'm in a committed relationship, I have a great home life, am working on a business with my partner, whom I am more in love with as days pass . . . something that I didn't think was possible even before my diagnosis. You see, AIDS was a kick in the ass to get me to sit up, take notice and take better care of myself, both physically and mentally. Before that I abused myself with drugs and alcohol... even after the fact... a little... but you see, I decided to



Dan Tietz, coordinator of the World AIDS Day in Albany event with the author, Bruce Soskind.

live... but not before I sunk into a deep depression... probably as a result of stopping my Meth use, and HIV as well. I still hear the doctor in the hospital (oh yes, I got my diagnosis of AIDS from having PCP, a serious opportunistic infection that most people can live with but that I couldn't). I was slowly suffocating and didn't even know it, didn't even suspect it, due to depression, drugs and alcohol. So, I went to the emergency room, barely able to walk the five blocks to the bus. When all was said and done,

the doctor came in and said, "You have full-blown AIDS." I cried and did all that, but also stopped (eventually) abusing myself. I finally (after about a year) got real mental health care, antidepressants and therapy. Now, some four years later, I'm able to be more myself than ever before in my life, and able to sit and answer these questions.

The questions that I found the most provocative were how did I get HIV (through unprotected sex, or through sharing non-IV drug paraphernalia, which I had never even considered before) and second, do I expect to have a panel for me as part of the AIDS quilt?

So, this ends my experience in Albany for World AIDS Day... thinking. I hope the opportunity to tell my story continues and that I will have many more chances to share it with others—and by doing so enrich not only my own life but the lives of others. ●

GREETINGS *(continued from front)*

his article beginning on page 1. Again, LTI graduates and CAB members were well represented, and several also received recognition for their community work from NYS Commissioner of Health Dr. Antonia Novello. Congratulations to all the honorees, and special LTI props to Wendy Abt, Victor Alvarez, Enrique Andino, Julian Brown, Jr., Debbie DeRosalia, Richard Fowler, Charles D. Hunter, Jack Miller and Martin O'Keefe!

A major topic in the new year was AIDS Awareness Day on February 7th, an annual event organized by the New York AIDS Coalition (NYAC) that brings consumers and service providers to Albany to educate our representatives in state government about our community's concerns and priorities for funding. LTI grads are still talking about the meetings they attended with legislators, as well as the morale boost they received from the experience of the trip.

Plans are well under way for this year's AIDSWatch, to be held May 8-10 in Washington DC and in congressional offices around the country. AIDSWatch is a project of the National Association of People with AIDS (NAPWA-US), and their web site describes the event as "the largest annual AIDS-related advocacy event in the United States." They go on to say, "By bringing our message directly to congressional offices about the importance of increasing federal funding and support for domestic and global AIDS programs, people with HIV/AIDS and our supporters and allies can make a meaningful impact in the federal appropriations process and help all of us living with HIV/AIDS." If travel is too expensive or simply too much for you, remember, you don't have to go to Washington to make a difference in federal HIV/AIDS funding! To learn about the ways you can participate in AIDSWatch, check out the information on NAPWA's web site (www.napwa.org/aidswatch.html) or call 866-243-7282. ●

JACK MILLER

Hello readers my name is Jack Miller. I am a PWA/LTI graduate from Brooklyn serving my first term on the LTI CAB. Last fall I was given the opportunity to be a part of the NYS DOH, AIDS Institute African American HIV/AIDS Working Forum to Address Capacity Building Strategies. The Amtrak ride to Poughkeepsie was filled with many local advocates, who were chosen to join with service providers and NYS DOH Staff that were charged with the task of creating capacity building strategies. The program started on October 17th, 2005, with a networking social event. The program for the evening included African drumming, dancing, and advocate commentary on the state of HIV/AIDS.

The next morning started out with an invocation by Adelaide Sanford, PhD, followed by the Negro National Anthem, "Lift Every Voice and Sing," sung beautifully by Stephanie Robinson. The welcome was given by Dr. Guthrie S. Birkhead, Director of the AIDS Institute. There was an opening candlelight ceremony led by Dr. Benny J. Primm, whose keynote address emphasized empowering women of color, prevention for women of color, and the importance of HIV testing as a routine part of medical care. I believe that what Dr. Primm spoke about would be a very good start at combating the high rates of HIV infection that are being reported among women of color in NY State.

The work of the forum started with



"The energy of my group was great and each person...shared valuable information to help capacity building efforts."

tables of participants being asked to discuss a group of questions about potential strategies and to report to the forum audience at the end of each session. The morning moderator was the well known Dr. Marjorie Hill, who provided humor to the session and

energized the participants. The group that I was working with discussed community prevention methods that might be effective in getting African Americans to test for HIV/AIDS, for example, Testing for Turkeys, Testing for Haircuts, Testing for Tickets, and free fish dinners. The energy of my group was great and each person at my table shared valuable information to help capacity building efforts.

The morning was followed by a southern-style luncheon and a presentation on the "DEBI" initiative, which stands for "diffusion of evidence based interventions," a Centers for Disease Control and Prevention (CDC) campaign to widely spread several

"We... have the power to stop the current rates of infection in communities of color."

evidence-based, population-specific behavioral interventions to effect HIV prevention. The afternoon session was moderated by Cornelius Baker, a former Executive Director of

The National Association of People With AIDS (NAPWA) and of the Whitman Walker Clinic in Washington, D.C. He is currently on The US Department of Health & Human Services Panel on Clinical Practices for the Treatment of HIV. The same format was used as the morning sessions.

The afternoon came to a close with a very moving candle lighting ceremony, to let participants know that the fire is burning and the rates of infection are out of control, but we as community advocates, service providers, and government officials have the power to stop the current rates of infection in communities of color by implementing people of color prevention messages, testing modules that work (for example, National HIV Testing Day & National Black HIV Testing Day in February), and increasing education in our schools, churches, and homes. For me this was a good forum to get some feedback and to build capacity strategies that the CDC and state DOH can use, and I hope that these suggestions will be put in place in the years ahead in communities of color in NY State. ●

WE DON'T WANT TO LOSE YOU!

We want to be able to send you the most up-to-date information about LTI programs and related HIV/AIDS events. Please call us if your contact information has recently changed, and remember to let us know if you move or change your phone number in the future! 866/PWA-LEAD (866/792-5323) x231; jenny@cicatelli.org



CAMPAIGN TO END AIDS (C2EA)

by Lynn Atwood and John Wikiera

Lynn Atwood currently serves on the LTI CAB representing the Central NY region (Syracuse), and John Wikiera served two terms as that region's representative before Lynn. They were among a number of LTI graduates who participated in the Campaign to End AIDS (C2EA) March on Washington last November, and LTI asked them to share their thoughts on the event with *The Circle*.

Lynn Atwood:

The C2EA trip to Washington was an eye opener! As I am fairly new to the community, I wanted to go to become a voice and to learn. Boy did I get an education! A good one at that. There is so much to learn from my peers, and I thank all of the Nor'Easter caravan for that. From New Hampshire and Maine down to Syracuse and on to Pennsylvania, all that I came to know and understand was from people of all different backgrounds that came for the same reason: to have a voice, to try and get it across that the Ryan White CARE Act is important to help all of us sustain and continue living a normal life.

I was shocked how many people we met along the way did not even know who Ryan White was. Students at the State College (Penn.) forum wanted to know how they could help us, but to my amazement we turned it around and taught them what it was like to "live positive." I went away feeling good about that night, that maybe we

made some of the students think and become more educated.

The people in Washington welcomed us with open arms, and then the fight began. The demonstrations and marches had so much energy and everyone played their part. I chatted with people from Alaska to Texas, and each one had a different reason for being there – yes, to get the CARE Act reauthorized, but out of the CARE Act some wanted reform on medicine, support groups, mental health support, nutrition needs, drug adherence or housing, and some wanted better outreach centers for substance abuse. The bottom line was that we all wanted a better life, or maybe a better way to put it is that we all wanted to be part of the community and be able to

"I took a step forward and looked at my peers and opened my mouth and a voice that I did not think I had just went on for several minutes."

hold our heads up and be part of society. Each of us has to play a role in this fight against HIV/AIDS, and it is my wish that in this coming year I will be able to make a difference, even if it is a small one.

One event that empowered and energized me

through several days of marches, protests, and speeches was the first day's rally. As it has been a hard road adventure to get where I myself am emotionally and physically living positive, the first day gave me a positive boost to the rest of the week. We met in a parking area near an arena. Sitting on the side watching bus load after bus load of people it amazed me how many people were coming and kept coming. Not knowing anyone but the Nor'Easter caravan, I felt at times a bit intimidated but kept the faith. A gentleman walked up to our group and asked if we could say a few words to kick the event off. I

thought, oh boy, there were enough of us, I would not have to say anything. Was I wrong! We all went to the platform and *thought* that all the event planners wanted was for us to tell where we came from. Okay, that was not too hard. I was standing along with my friends listening to a couple of them say a few words. I stood looking out at the crowd and my thoughts ran: "All these people were here to better the community but each with a different agenda." Then wham! The mic was in my hands and my knees started to shake. Oh, I said, I can do this. So many are pros—will I sound timid and not know what to do? I took a step forward and looked at my peers and opened my mouth, and a voice that I did not think I had just went on for several minutes. The voice was strange, loud and clear, and I just thought of the LTI training and became a voice that I learned in the training sessions. I even scared myself.

After I shut up I looked at the group and got the high five sign from all. That is what gave me the strength and empowerment to be heard. Sometimes we think we do not have it in us but once we step up to the plate (or mic) we are surprised at what any of us can do.

A lot of this comes from my peers at the Living Room in Syracuse. And of course, the wonderful and helpful people at the LTI training sessions. So much can be learned and put into place if you just try, which is what happened to me. That speech in DC was my major strength to complete the grueling days in DC and will stick out in my mind for a long time.

John Wikiera:

I had so many different experiences from joining C2EA, Nor'Easter caravan.

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It was wild from the start; wild in a good way, though. There are always some glitches with a new project, but overall it was something I'm glad I didn't miss. Hopefully it was the start of a new direction for HIV/AIDS Advocacy.

The new people I met were a lot of fun, and I made some new friends and again learned something from my peers. One thing I always look forward to when helping to train an LTI class is learning from others. The insight and knowledge I gain are not measurable, but will last for a very long time. The same thing happened with C2EA. We pulled together, and in many respects it was surprising how well we did. The stops we had in different cities along the way were all distinct too. Everyone was very welcoming and kind to us. They worked hard to make sure we were fed and had something to do after our meetings. Some were advocacy events, some were social, but I think the best one was the meeting we had at State College, PA. The mayor and a councilwoman joined our group and the students who attended were great. They were really informed, showed they cared about HIV issues and were willing to be a liaison for upcoming events. (I also really enjoyed shopping in the town too,



“Marching through the streets to get the word out, we were met with enthusiasm from the people who lived there”

arrested, something that is all pre-planned with the local police. It's a way of showing we as people with HIV/AIDS need continued support and help from our “elected” officials in DC. The way the current administration wants to cut help to the poor and give more tax cuts to the rich is unforgivable. I do keep wondering though – there seemed to be a lot of journalists and TV crews there, but there seemed to be very little coverage. I truly think the media still has a problem with talking about HIV/AIDS; how sad that in this day and age we still

got some great new kitchen gadgets to use.)

The DC events were energy filled! The march to the White House was my first of that type, and the march from the park was great. Marching through the streets to get the word out, we were met with enthusiasm from the people who lived there. Some kids joined in and adults too, and waved us on with smiles and support. The demonstration at The White House went off without any problems from what I could see. Twenty-nine people laid down in the street and were

“We need to keep stepping up to the plate and advocating for ourselves and our peers who cannot do this type of grueling work”

have people who are afraid of talking about this issue.

The trip overall was great. It is a rebirth in a way for something that has been around a long time and will be for a long time – a disease that is such a global pandemic that it too is a national security risk. We need to not become complacent again; we need to keep stepping up to the plate and advocating for ourselves and our peers who cannot do this type of grueling work. We have to learn to give back too, because we are very fortunate in this country and the state we live in. We cannot think that this is all going to continue the way it has, meaning that there are already proposed cuts coming down the line and if we do nothing about it, we will have nothing in the future. I for one want to continue living as long as I can. I take charge of my health and help others because I feel it is part of my responsibility to do so. But without assistance from our government, we will have a worse pandemic than we do now, we will have more people dying, and the number of newly infected will rise, just as we see it now with the young

generation that was not around when so much activism took place before they were born.

We need many more people to join this force that converged on DC, to continue the great effort for years to come. Some of us that have done this for a few years are tired. We need the new graduates

of LTI to come forward and use those skills we all hold within ourselves.

C2EA was an idea that blossomed into a national event, never before done.

CAMPAIGN TO END AIDS (C2EA)
 (continued from page 5))

There are groups still meeting and talking about what is to come next. Go to the C2EA web site (www.c2ea.org) and get more information on how you can join in for the next round, or on what you can do locally. It is crucial that we use what LTI has taught us as leaders. We all have some skills we can lend to this national event in some way. Please don't forget about things like New York State's AIDS Advocacy Day in Albany (Feb 7th), and of course AIDSWatch in the spring in DC.

Our group was told we are one of the strongest groups around for advocacy. We were also told not to let the fight go, to keep up the good work and let the people that we voted into office know that we are not going away. On election day we will remember who was in our corner and will vote accordingly. As true leaders we need to keep the fight going. We can beat the so-called same old way of doing things, if we keep in mind role models like Miss Rosa Parks and Martin Luther King, Jr. They did not give up and brought people together. It may not have resolved the issues overnight, but eventually it worked. C2EA and other advocacy days will work too, we just need to not give up! ●

****LONG ISLAND
 CORE GRADUATES****

**We have scheduled
 a Core for June 1-3, 2006
 at the Smithtown Sheraton.
 Please get the word out
 and encourage potential
 Long Island leaders to call us
 for an application to attend!**

*Join Our Damien Center Team and Make a
 Difference Everyday in the Lives of
 People Living with HIV in Our Community*

PROGRAM MANAGER

GENERAL INFORMATION

Ensure a comfortable, supportive environment while managing Albany Damien Center's AIDS Community Center, Smart Meals, and PAWS programs. Provide guest referrals to area HIV/AIDS-related services.

Persons living with HIV/AIDS are especially encouraged to apply.

REQUIREMENTS

1. Outgoing, caring, & positive attitude to create an empowering environment
2. Associates degree; Bachelors degree preferred; relevant experience may substitute for degree(s)
3. Supervisory experience of staff and volunteers
4. Excellent verbal & written communication skills
5. Knowledge of HIV/AIDS and services available to PLWH/As
6. Able to prioritize and organize multiple tasks at once
7. Computer skills including proficiency in MS Word/Excel and E-mail

HOURS Full-time, 40 hours per week including evenings and weekends.

SCOPE OF POSITION

- Encourage and maintain the Albany Damien Center's mission of hospitality
- Manage drop-in living room (welcome guests, provide tours, refer to programs)
- Coordinate and answer needs of service providers
- Assist guests in problem resolution pertinent to Center mission and provide referrals to area HIV/AIDS-related services
- Ensure maintenance and improvements of physical space and property
- Train and supervise Program staff of 3 and large volunteer base
- Keep abreast of changes in AIDS epidemic and changing needs of guests
- Assist Executive Director with serving as the public face of the Center at community events, meetings, etc., as needed
- As requested by Executive Director, assist with coordinating fundraising efforts

SALARY RANGE High twenties depending on qualifications, + health benefits; Opportunity for growth as grants and funding allow.

MORE INFORMATION at: www.AlbanyDamienCenter.org

FOR CONSIDERATION: Submit cover letter, references, and resume to:

ALBANYDAMIEN@AOL.COM

If self-identified as a PLWH/A, please note in the cover letter.

Now, with community planning activities more important than ever, your local HIV Care Network is the place to be... to be heard, to be seen, to be involved, to be a leader! Below is an updated list of the networks, their coordinators and basic contact information. Give them a call and ask when their next PWA Advisory Committee meeting is, and/or how you can help.

Albany Region HIV Care Network

JILL FARNHAM
Tel: 518-434-9194, ext. 116
Web: www.ccsnys.org/rwnet
Email: jfarnham@ccsnys.org

Bedford Stuyvesant/Crown Heights HIV Care Network

EVE AMMONS-JOHNSON
Tel: 718-613-6595
Email: bschhivcare@earthlink.net

Binghamton Tri-County Region HIV Care Network

SANDRA KOSTY
Tel: 607-778-3066
Email: skosty@co.broome.ny.us
Web: gobroomecounty.com

Bronx HIV Care Network

SOCRATES CABA
Tel: 718-231-3296
Email: scaba@montefiore.org

Buffalo Region HIV Care Network

ANDREW KIENER
Tel: 716-882-7840
Email: aidsnet@pce.net
Web: www.aidsnetwork.net

Central Harlem HIV Care Network

LEATRICE WACTOR
Tel: 212-531-0049
Email: lwactor@hdg.org

East Harlem HIV Care Network

JOSE MARTIN GARCIA ORDUNA
Tel: 212-828-6143
Email: jorduna@unionsett.org
Website: www.aidsnyc.org/network

East New York Brownsville HIV Care Network

GWENDOLYN EDWARDS
Tel: 718-483-3099
Email: enybhcn@aol.com

Lower Hudson Region HIV Care Network

TRACY ASHE
Tel: 914-428-6300, ext. 230
Email: lhrcaenetwork@gmail.com

Mid-Hudson Region HIV Care Network

CARLOS RECINOS
Tel: 845-563-8058
Email: carecinos@aol.com
Web: www.mid-hudsonhivcare.org

Nassau Suffolk Region HIV Care Network

DEBRA ROSS
Tel: 631-940-3700, ext. 3736
Email: dross@unitedwayLI.org

Queens HIV Care Network

Tel: 718-389-5100, ext. 188

Rochester Region HIV Care Network

LYNN VARRICCHIO
Tel: 585-461-3520, ext. 106
Email: lynn@flhsa.org

Community Health Action of Staten Island

LILLIAN AGBEYEGBE
Tel: 718-448-8789
Email: lillian.a@sihealthaction.org
Website: www.sihealthaction.org

Syracuse Region HIV Care Network

STEVE WALDRON, Ph.D.
Tel: 315-472-8099, ext. 105
Email: sewaldron@cnyhsa.com

Williamsburg/Greenpoint/Bushwick HIV Care Network

TROILOYE SANON
Tel: 718-455-6010, ext. 138
Email: troysonon66@yahoo.com

ALL TRAINED UP AND NOWHERE TO GO?

There are many chances to use your LTI experience to assist our communities in planning, strategizing and priority setting for services and interventions for PWHA. Every region of the state has a Ryan White Title II **HIV Care Network** (see list on p.5), and several regions are also Ryan White Title I designated EMAs, with their own **Planning Councils** and **PWHA Advisory Groups**. If prevention is your passion, check out the city or state **Prevention Planning Groups**.

In other words, there are lots of opportunities for our involvement in different kinds of groups all around New York State. All of these groups depend on our contributions and expertise as PWHA, and some are actively recruiting members right now!

Please directly contact any of the groups below for more information or for schedules of their open public meetings.

DUTCHESS COUNTY HIV SERVICES PLANNING COUNCIL

Call: (845) 452-8805
 Contact: Amy Wen

NASSAU/SUFFOLK COUNTY HIV PLANNING COUNCIL

United Way of Long Island
 Call: (631) 940-3716
 Contact: Myra Alston

NEW YORK CITY HIV HEALTH AND HUMAN SERVICES PLANNING COUNCIL

Call: (212) 442-3929
 Staff Liaison: Stephen Bailous
www.nyhiv.org

TRI-COUNTY RYAN WHITE TITLE I PLANNING COUNCIL

Westchester County Department of Health (also includes Rockland & Putnam Counties)
 Call: (914) 637-4752 or 2453

NEW YORK STATE HIV PREVENTION PLANNING GROUP (PPG)

General Number: (518) 473-8484
 Staff Liaison: Barry Watson

NEW YORK CITY DOH HIV PREVENTION PLANNING GROUP (PPG)

Call: (212) 788-4180
 Staff Liaison: Yevgeniy Breger
 Email: dohmhppg@health.nyc.gov



A NOTE FROM JENNY

by *Jenny O'Brian*

Hello LTiers! I was hoping we could have a chat about the registration process. You may have noticed, if you've attended a training lately, that we have a new form where you tell us what we're doing right when you apply, and more importantly about what needs improvement.

So I'll begin with an apology to my New York City based LTI friends. When you folks register for a training, I sign you up and then, because I don't have to coordinate your travel to our site or your lodging once you get here, I end up leaving you alone. I always remember to call before the training, but if you signed up in October and I call you in January with a reminder—well, a lot can happen in 3 months; you've told me as much in your registration evaluations. So I'm going to change the process for NYC participants. I've detailed this below, but essentially, I'll send you a letter when you register, and then a reminder 4 weeks before the training. I'm going to ask you to call ME after you receive the second letter to let me know you are still planning on attending, and to update me on whether there are any special needs I should know about to make sure that the training works for you. This way you have an early reminder, and I have assurance from you that you are going to attend. It will then be important that you honor your commitment to attend.

Now a question for my upstate friends—are you sure you read the letter I send you each time you come to a training? You know, that letter I painstakingly write out and label with all your personal information and send off with care to you? I'm getting the feeling that maybe you don't, and I'll admit my feelings are a little hurt. I'm trying to save you from facing any trouble on your trip, but if you don't read it, you don't know things like (from page 2) "If you would like any extra accommodations such as phone activated in your room, room service, etc, you will be required at check-in to give the front desk either a credit card imprint, leave a \$20.00 cash deposit, or you may use your own phone card." Imagine my dismay when a number of people complained they had no knowledge of this requirement when they showed up to a recent Albany training! There's also this, about meal vouchers: "You may order up to the amount on the voucher and will be responsible for anything over the voucher amount." We ask you to take this seriously. It will be easier for the hotel, the servers, and the LTI if you do.

So whether the first time you received that letter was months or years ago,

the next time you get it, will you please give it a thorough read-through? The information is sure to come in handy, and then, in the future, you'll know to look only to see if there have been changes to that information, and you'll be armed for your LTI training experience—and I'll have no more hurt feelings!

One more important note for all those who travel to a training—you never know what might happen and you should always be able to "expect the unexpected." Last week we had a scare when it seemed that all trains might be cancelled or severely delayed out of Albany. Those attendees who were short on cash had many reasons for concern. So please come prepared. Bring a little extra cash in case of emergency. If you don't have it, borrow from a friend. Emergencies are extremely rare—most likely you'll be able to hand that cash back to your friend at the end of your trip. But if an emergency were to happen, you'd be able to keep yourself fed and comfortable in the meantime.

By now I think everyone knows the registration process, but I'll write it out here and you should cut it out and post it on your fridge:

The Circle Arrives	You complete the registration form and return it to LTI in order to get your name on the list for upcoming trainings
LTI receives and processes your application	Within two weeks of registration, you receive a confirmation that a seat in the training has been reserved for you. You MUST reconfirm closer to the training date.
Four weeks before the training's scheduled dates	You receive a letter asking for a confirmation call to our office (866-792-5323 x231). My favorite thing? When this letter is late and people call me anyway! Yay! You know the system!
One week before the training (upstate attendees only)	Ticket arrives via DHL shipping. Please let me know if you have moved or if I should deliver it to work or another address.