



November 2010

# NANASO NEWS LETTER

“Let us Reduce HIV/AIDS through Infoming, Sharing and Learning”

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@NANASO 2010

## Editorial

The Editor would like to welcome to all and reaffirm the role of the NANASO’s News-letter as:

a platform created to serve as a information sharing among Civil Society Institutions, to share on achievements, challenges, forthcoming activities, possible donors etc.

Hence we appeal to all of civil society members to send their information to the NANASO Secretariat more specifically to [z.makari@nanaso.com](mailto:z.makari@nanaso.com).

Hearing from you soon!

## NANASO DONATES TO HIV/AIDS ORGANISATIONS





## Message from Mr. Veripi Kandenge NANASO Board President

Allow me to welcome all readers, in the same breath let me also on behalf of the NANASO Board congratulate the NANASO Secretariat through the Information Unit for the kindly opportunity accorded to us all to read and contribute to the Network platform, NANASO members, key stakeholders let's utilize the e-newsletter for information sharing hence NANASO believe that "information is Power" and that is only possible if it shared as broadly as

From the Board we are also aware that NANASO is undergoing a lot of transformation and as such a lot of resources are needed once again I am appealing to all stake holders to render technical support and add value to one another.

On a serious next year in March it will be the Annual General Meeting please dear members please pay your membership fees to participant in all the decision-makings during the congress, We must show our total commitment through active participation and paying our dues.



## The Executive Director's Desk

The year 2010, will be remembered by my office and entire team as the highly active year due to the nature of activities NANASO have been involve thus far.

Remember the long negotiations with the Global Fund for the Rolling Continuation Channel (RCC), it is about to be finalized at last. We also have been busy with rolling out of Small Grant Fund Program at which we able to assist up to 15 beneficiaries this year.

Thanks to our stake holders such as USAID who assisted us through GMS, WHO and UNAIDS for the Technical Support, the Spanish Cooperation who stand in, to enable NANASO to get we are expected to be.

The team work around the clock and NANASO is now having two legs the NANASO Network Unit and NANASO Grant Management Unit and a staff of 24 people. we hope to expand, the team is striving for the success of organization My office and with relevant unit are also working hard to find resources towards the Small Grant Fund

Furthermore I am appealing to the members to still utilize the services of NANASO because "NANASO is you", NANASO will continue advocate and advance the needs and aspiration of CSOs in the area of HIV/AIDS and promote the work CSOs and linking them to potential partners in their each other interest.

This news letter is open for you our public, to contribute articles and to place advertisements. To the NANASO Secretariat, continue till we achieve the Nation and Global Goal, Last but not the least to all our donors I will repeat what I said years back assist NANASO and CSOs we are the catalyst of change.

## Story of my life

25 November 1999 was the hardest day in my life. To be told “sorry you are AIDS positive your life is cut short”, the voice still lingers in my ears as if it’s yesterday. The fear was not to die from HIV/AIDS but to face the reality. My mother’s concern was “what will the think of me. What will my mother say what will my friends say how will the community and my friends say? It took me 3 year to come to term with and it times I wish it but just a dream. Anger mounted to heartbreak, heartbreak to grief, grief to surrender and acceptance.

During 2002 I decided it is time for action self pity will not help but to tell my family that was not the end of my world. In the midst of it all, I speak Compassion, Dignity, Courage, rise awareness and unity among the HIV infected people. I promise myself that there is hope, that is way went public on 15 May 2003 in Swakopmund at the National Candlelight’s Vigil Memorial Service .I have stopped to feeling sorry for myself Have come out of my closet ,

I am not victim but a massager of hope. Living with the virus for the past 11 years what are matters to me is to advocate for rights rather than concentrating on the

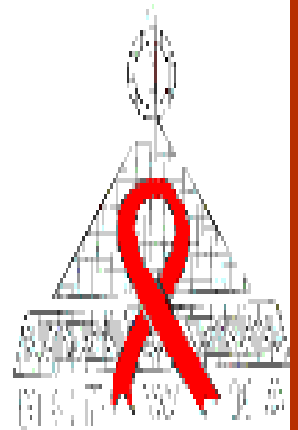


virus in my Have two children to care for and for other people, the virus has only weakened my immunity but not humanity. It never easy but through prayers, friends and Soli Deo Gloria Choir members it ease the burden within.

For people living with HIV or lost a loved one lets break the silence now! To save our children, our nation and the world at large, take courage now. Let’s devote ourselves to the process of healing. Not all will trust or support us. Time will come when voice of one person living with HIV would make difference.

By Bernhard Kamatoto

**“A real man makes the right choice”**



# Timeline: HIV and AIDS

1988

WHO declares the first World AIDS Day on 1 December

1991

The red ribbon becomes an international symbol of AIDS awareness

1992

In the US, AIDS becomes the leading cause of death for 24 to 44 year old men

1994

Using AZT to reduce the transmission of HIV from pregnant women to unborn fetuses is recommended in the US

1995

Saquinavir, a new type of protease inhibitor drug, becomes available to treat HIV.

1996

The International AIDS Vaccine Initiative (IAVI) - a non-profit organisation based in New York City - is set up to speed the search for an HIV vaccine.

1997

UN announces that 40 million children could have lost one or both parents to AIDS by 2010

1998

Two teams of researchers begin developing vaccines targeted against the strains of HIV prevalent in sub-Saharan Africa.

1999

AIDS becomes the fourth biggest killer worldwide

2001

An Indian company starts to sell discounted copies of expensive patented AIDS drugs to a medical charity in Africa.

2003

Five million people are newly infected with AIDS during 2003 and three million die from AIDS in the same year

2004

Around 40 million people are infected with AIDS worldwide

Sources: New Scientist, WHO, UNAIDS, New York Times, The Henry J. Kaiser Family Foundation, AIDS Action, AVERT

# Telling others that you are HIV-Positive

## What are my rights?

Only you have the right to tell others about your status and it is your decision to do this.

## Why should I tell someone?

Sharing your status can make you feel less alone.

If you discuss your HIV status and practice safe sex with your partner this could protect them from being infected with HIV during sex.

Joining a support group or talking to other HIV-positive people can give you hope and support.

If people are open about their HIV status they can educate others and reduce stigma and discrimination.

## Who should I tell?

Choose someone who you trust and who will support you, like a close friend or family member.

## Preparing yourself - how and when to tell

Give yourself time to accept your status. Make sure that you feel ready to disclose your status.

Choose a time when the person you want to tell has enough time to listen and is in a good mood.

Speak calmly and clearly.

## Telling your partner

When you have sex you have a responsibility to protect your partner from getting infected with HIV. Even if you think your partner has infected you they have the right to know that they may be HIV-positive so that they can make decisions about their health and their future. Getting understanding and support from your partner can help you deal better with HIV.

## Some helpful tips when disclosing

Get support from family, friends or support group members.

Find out about organisations in your area that could help you.

You can ask someone to be with you when you tell your partner.

Try to give your partner 'clues' about what you want to say.

This helps to test his or her reaction (For example, talk about an AIDS

## Important notes

When you are HIV-positive you can become re-infected with HIV, which could mean that ARVs that previously worked do not work so well anymore and you may get sick more quickly. Talk to other HIV-positive people. How did they handle telling another person about their status?

## **Remember:**

Sharing your status with someone else can make you feel less alone.

## Meet our Affiliates

### **Namibian Men Network Sharing and Learning, Living with HIV/AIDS**

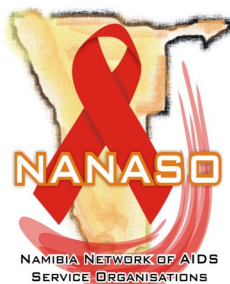
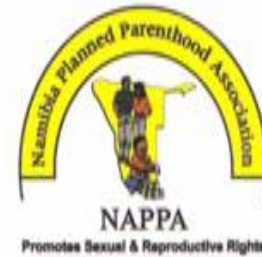
The organisation responds to HIV through proactive programmes that seek to mobilise and involve men at all levels of society through empowerment. NAMEN's vision is to be a strong vocal voice that will address social and economic problems that are affecting men in general through programmes that are reactive and proactive. Provide a platform for change and development to men in general for their own better life and those of women and children .

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### **The Namibia Planned Parenthood Association (NAPPA)**

The Namibia Planned Parenthood Association (NAPPA) is committed to contributing the alleviation of the prevailing social and health problems in the country, such as the high rates of teenage pregnancies, low usage of condoms and contraceptives, unsafe abortion, sexual transmitted infections including HIV/AIDS and the perceived low status of women in society.

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