

# INTERCONNECTED

CANADIAN POSITIVE PEOPLE NETWORK'S GENDER EQUITY EDITION 2024

The 16 Days of Activism Against Gender-based Violence is an annual international campaign that begins on November 25, the International Day for the Elimination of Violence Against Women, and goes until December 10, Human Rights Day. This campaign started in 1991 to call out and speak up on gender-based violence, and to renew Canada's commitment to ending violence against women, girls, and 2SLGBTQI+ individuals. CPPN will be speaking up on gender-based violence during the 16 days of activism. Join us in the conversation on our Facebook page and at our community-led Webinar on Gender Based Violence. (Details on Page 4)





## TRANS DAY OF REMEMBRANCE

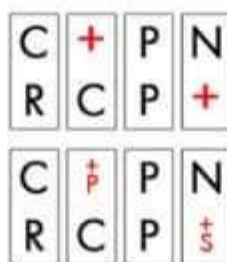
### Statement on Trans Day of Awareness by the Canadian Positive People Network

Today, on the Trans Day of Awareness, we at the Canadian Positive People Network stand proudly in solidarity and support of our transgender community members. This day is dedicated to honoring their resilience, elevating their voices, and acknowledging the persistent challenges they face.

Transgender individuals contribute significantly to the diversity and strength of our communities, yet they often confront discrimination, stigma, and barriers to accessing essential services. We are committed to advocating for their rights and ensuring that every trans and gender-diverse person has the opportunity to live authentically, without fear of prejudice.

Education and understanding are paramount. We call upon all Canadians to listen, learn, and promote inclusivity in their daily lives. Together, we can foster an environment of acceptance and support for trans individuals and recognizing the unique contributions they bring to our society.

On this day of awareness, let us reaffirm our dedication to equality, respect, and the dignity of all individuals, regardless of gender identity. Together, we can create a future where everyone feels valued and celebrated for who they are.



I CAN GIVE U

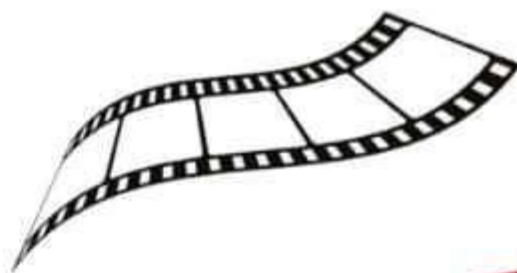
Campaign

## IN HONOUR OF WORLD AIDS DAY

**Canadian Positive People Network in  
collaboration with the I CAN GIVE U Campaign  
will be launching a short film titled,  
“Surviving, Thriving and Not Hiding.”.**

Canadians that participated in the I CAN GIVE U Campaign reflect on their experiences of Surviving, Thriving and Not Hiding living with HIV.

Surviving, Thriving and Not Hiding will be  
launched on CPPN’s Facebook Page  
December 1, 2024 @ 12pm EST





In honour of the 16 Days of Activism on Gender Based Violence, join CPPN as we unmask gender based violence as a community.

**Date: December 5, 2024**

**Time: 4pm Eastern Time**

**Register: Email [ed@cppn-rcps.ca](mailto:ed@cppn-rcps.ca)**

\* Spaces for this event are limited you will receive an honorarium for your time

**CLICK HERE & TO EXPLORE THE ANNUAL WORLD AIDS CAMPAIGN BY CANFAR & GILEAD SCIENCES. HELP US REMIND CANADIANS THAT HIV IS STILL HERE.**



**From December 1st to the 20th donate \$10 or more to CPPN and receive a pair of red ribbon earrings!**

**\* You will receive more information on how to donate on December 1, 2024**

ENGAGEMENT  
OPPORTUNITIES  
FOR PLWHIV

**December 3, 2024**

# INDIGENOUS AIDS AWARENESS DAY/WEEK

YES WE CAN! END STIGMA  
YES WE CAN! END GENDER BASED VIOLENCE  
YES WE CAN! WELCOME OUR RELATIVES HOME

PARLIAMENTARY BREAKFAST  
DECEMBER 3 2024

LOCATION: WELLINGTON BUILDING  
180 WELLINGTON ST, OTTAWA

TIME: 7:30 AM - 9:00 AM

CONTACT: INFO@CAAN.CA

INVITATION ONLY



AfroCare Support Network

END OF THE RAINBOW ALLIANCE

# LET'S TALK!

ABOUT DATING & SEX AS A PERSON LIVING WITH HIV/AIDS



COMMUNITYWISE, 223 12 AVE SW  
SAT, NOV 30 AND DEC 7, 2024 AT 1-3PM  
DRINK, FOOD, FUN ACTIVITIES, HONORARIUM  
FOR PARTICIPANTS  
THIS IS A SAFE & CONFIDENTIAL SPACE

- Event Details:
- Session 1: Saturday, November 30, 2024
  - Session 2: Saturday, December 7, 2024
  - Time: 1:00 PM - 3:00 PM
  - Location: Communitywise, 223 12 Ave SW, Calgary
- Participants will receive HONORARIUM, complimentary gifts and many more.
- Registration Details:
- Fill out the form: [Sexual Health Education](#)
  - Email: [Email AfroCare](mailto:Email AfroCare)
- Only the first 15 registrants will be admitted due to limited space.  
Please NOTE that this workshop is "exclusively for people living with HIV/AIDS or other STBBIs"

The WCHC HUB

LIVE VIRTUAL SESSION

Part of the Clinical Hub Talks Sessions

## MANAGEMENT OF AGING IN HIV: OPTIMIZING CARE AND WELL-BEING



Join us for an informative session where Dr. King will present on managing aging with HIV and answer your questions about menopause, mental health, nutrition, and medication management.

**Dr. Elizabeth King**  
Researcher, Professor, Infectious Diseases Specialist - Oak Tree Clinic

**Friday November 22** 10-11 PPT / 1-2 EDT

Register here: <https://www.wchchub.ca/events>

WORLD AIDS DAY

NOVEMBER 29, 2024

IT IS ESTIMATED:  
39.4 MILLION PEOPLE ARE LIVING WITH HIV GLOBALLY  
13 THOUSAND PEOPLE LIVE WITH HIV IN CANADA  
1.7 per 100,000 HIV INCIDENCE RATE FOR CANADIANS

The AIDS Committee of Ottawa invites you to join us on Nov. 29 on Parliament Hill as we commemorate World AIDS Day. The ceremony will take place near the Centennial Flame.

10AM - 11:00AM: Red Ribbon Flag Baking Ceremony & Special Guest Speakers  
12PM - 2:00PM: AIDS Committee of Ottawa Presents: Reception & Performances at the National Arts Centre. Tickets provided.

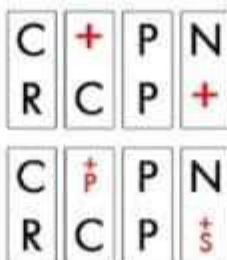
On November 29th, #PutPeopleFirst!

More info: [www.aidscommittee.ca](http://www.aidscommittee.ca)  
812.342.4071 ext.271  
Hiv@aidscommittee.ca

The AIDS Committee of Ottawa

ViiV Healthcare





# COMMUNITY VOICES

## GENDER EQUITY

Gender Equity by Honour  
What is it, what is it all about ? It is when;  
Fairness is for Everyone,  
Justice is for Everyone,  
Resources are for Everyone,  
Opportunities are for Everyone!

Women and men receive the same,  
Equality's spirit forever free,  
Guiding us toward a brighter sea,  
Empowerment shines for everyone, forever to last,  
So everyone has an equal destiny.

Side by side men and women take strides,  
As they unite in diversity, they rise as one  
While gender equity's flame shines bright,  
So that everyone has an equal sight,  
A world where equality conquers all,  
While dignity and respect is for Everyone.

Equal hearts, equal souls,  
No gender bounds, side by side,  
No gender chains, no gender barrier,  
No more stereotypes, no more pain,  
Same chances, same rights, same fat  
Free to be, free to choose.

Let's walk the talk, let's make it happen,  
Gender Equity, A just demand,  
Hands held high, together we will rise,  
Equality's dawn breaks slowly,  
A new world awakens, where the ground is level for everyone.  
Gender does not define our worth!



What is good for the goose, is good for the gander. This American idiom sums up how I feel about gender equity. Whatever is good, fair and just for men is good, fair and just for women. However, when I think about gender equity in HIV, I am reminded of the gender inequity in HIV research.

In Canada today women represent 25 % of persons living with HIV, and 35 % of all new HIV infections, yet in community based HIV research, there is rarely, perhaps never, equal representation of HIV positive men and women. HIV is no longer a predominantly male disease. The life expectancy of men living with HIV is nine years shorter than men not living with HIV.

Women living with HIV do not live as long as men living with HIV. For HIV Research to be gender equitable women must be equally represented in all research. There must be a concerted effort to discover why there is this gap in life expectancy between men and women living with HIV.

Brenda ❤️





## **Gender Equity**

Gender equity to me is all women being treated equally to men in general and specifically in the healthcare sector.

Women's voices need to be heard and understood and their feelings need to be acknowledged and respected.

Valuing women as equals to men as services provided should never be biased.

Research on women is crucial to providing proper women specific healthcare.

Gender equity is simply; all genders are treated equally and healthcare is universally inclusive.

HIV positive individuals should always receive the same care as HIV negative individuals without any bias or stigma.

Everyone should be given the same care regardless of their gender.

Gender equity is everyone's right!

By Deveilyau

**GENDER**  
Equality

## **The Remarkable Violinist**

### **Article Written by Breklyn Bertozzi**

This article was supposed to have been published in our last newsletter. It didn't make it because the person that I interviewed for this article wanted to thoroughly ensure that there would be no identifying information that would reveal who she is. This highlights, the isolation and stigma that people living with HIV still face today, especially as we age.

I interviewed this remarkable 62 year old woman in her modest, but cosy apartment. She had a pot of tea and cookies ready for me on the table when I arrived. For decades, she has carried a secret. At the age of 30, she was diagnosed with HIV. The news had been devastating. Fearful of the stigma and rejection she had experienced then, she chose to keep her condition hidden from everyone, including her closest friends.

Her decision to remain silent came after a heartbreaking incident with an old friend, who, upon discovering her diagnosis, abruptly severed their friendship. That fear of rejection weighed heavily on her shoulders. But instead of letting it defeat her, she turned to her music. Each song that she has written to play on her violin is a testament to her resilience. She was able to play one song for me, and it was beautiful, I cried.

## Continued...

As the years rolled on, the rapid advances in medication allowed her to feel a little better about herself because of the science of U=U. She remained healthy and vibrant, and as she aged, her music continued to nourish her soul and offer her self-care.

Despite her music, the solitude in her older age is lonely. She longs to share her life fully with those she loves. The fear of stigma and rejection has stopped her and she unfortunately doesn't see this changing.

I was sad to leave this beautiful woman and made a promise to return with tea and cookies so that I can hear her play another song on her violin.





# IN LOVING MEMORY



It is with a heavy heart that we announce the passing of our dear community member, John Pigden. As a beacon of positivity and resilience, John touched the lives of many within our community and beyond.

John was recently featured in our last edition of *Interconnected*, where he shared his incredible journey and inspiring outlook on life. He was a man of many talents and passions, most notably his commitment to fostering unity and understanding among all people. His storytelling ability and genuine kindness left a lasting impression on everyone he met.

John's life was a testament to the power of optimism. He believed in the strength of community and the importance of every individual's contribution to the greater good. His support for the Canadian Positive People Network's initiative was a reflection of his dedication to spreading hope and positivity.

As we remember John, let us carry forward his legacy of compassion and inclusivity. He leaves behind a wealth of cherished memories and a lasting impact on our hearts. His spirit will forever be a guiding light for us all.

We extend our heartfelt condolences to John's family and friends during this difficult time. May you find comfort in the love and support of those around you.

Rest in peace, John. Your warmth and spirit will be sorely missed but never forgotten.