

# Speak Out

## Happy Valentine's Day - Relationships

FEB 2011

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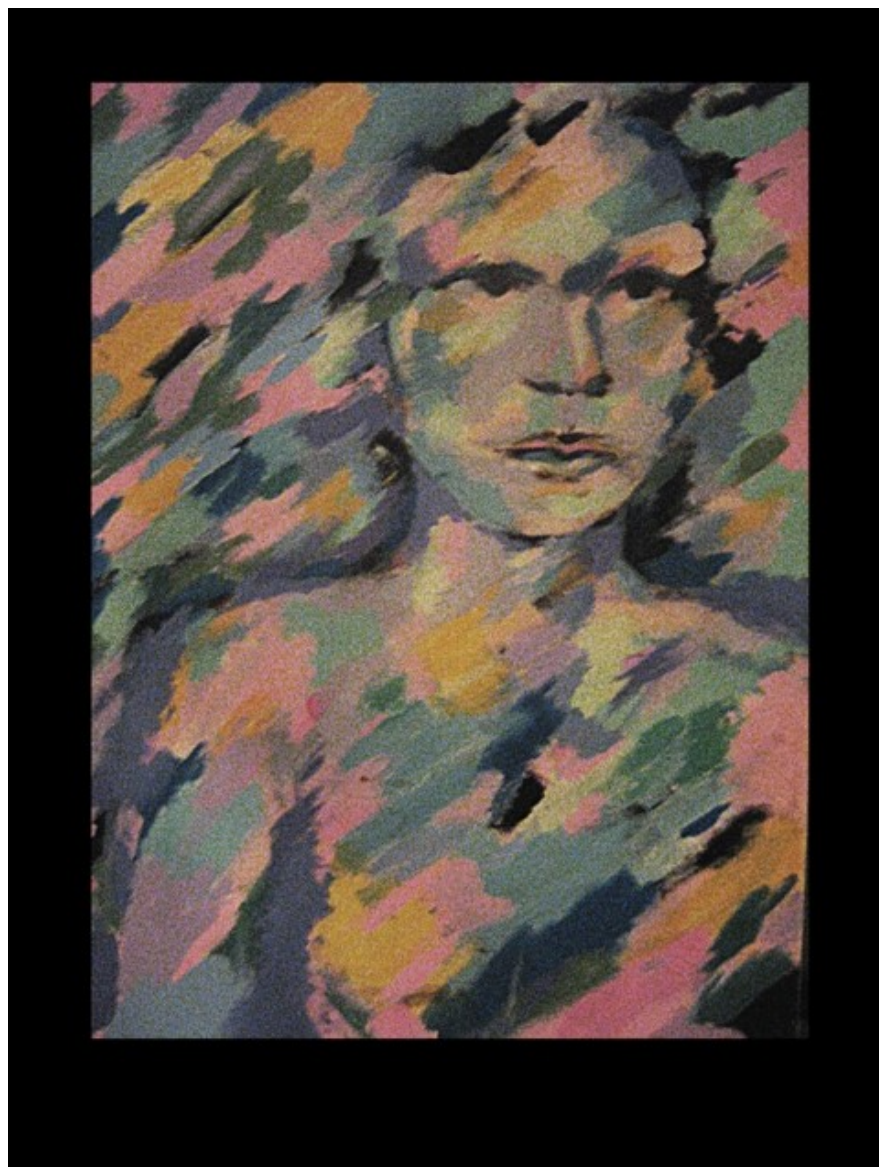
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### SPECIAL POINTS OF INTEREST:

- Find Out What PHAs Think About Love
- Read poetry and see artwork by PHAs
- Read an Interview with a Serodiscordant Couple (one person positive, the other negative)



By: Lisa W.

## Will You Be My Valentine?

Once again the day that separates the single from the hitched is upon us. I for one will not be venturing out to dine on Feb 14<sup>th</sup> with anyone in particular; instead I will be hosting a work event. Regardless; there is no one in my life at this time that I would refer to as my valentine.

I'm OK with that...really I am...honest!

My dating life is low on my to do list, but I do manage the occasional trip to the coffee bar with an online interest...and that's usually where it ends. The venture ends for a multitude of reasons...no connection, too old, too young, blatant liar, drunk, and freaked by my HIV status. All of these reasons and more come into play during this time but for some reason, the HIV freak-out is the one I take personally. I would imagine it is the number one reason for sero sorting in both the positive and the negative worlds. The eternal optimist in me would like to think that a person who is HIV- would not want in any way to have the HIV+ person believe they are second rate, not as good as...but that's what it can feel like.

The timing of this form of disclosure is a tricky one. I have tried everything from waiting till our first actual date to telling them in our initial online meetings. One guy, after meeting me in person googled my name, I then received an email accusing me of hiding my HIV status from him; another said he couldn't bare to watch me die... that one was particularly funny, and if memory serves I laughed out loud in the sleepy café and pissed him off to the point he left...and left me with the bill as well.

I have been single for 7+ years now and as I approach the 50 year old mark, I am proud that I have learned a great deal about myself, and more importantly my future partner should that ever happen. I am self sufficient, can take very good care of myself, I do not suffer fools, and I am quite content sitting on my sofa on a Saturday night with a cola and a handful of cookies watching mind numbing TV. There is nothing missing from that scenario, save more cookies.

I have this imaginary list of wants with regard to a life part-

ner, and that list is made up of 35 years experience in the dating / partner world. There is some wiggle room on that list, but still, it's a long list and one that I will adhere to or remain single. Close friends will remark that I have attachment issues, and that is very true. I'm determined to get it right or not do it at all; and yes, I really am ok with that. Settling down is a play on words and the settle part of that phrase is the part to avoid. My beliefs, my truths, my very life are all up for discussion, but they are certainly not up for sale to the highest or cutest bidder. My future relationship / marriage will be one built on mutual love, respect and understanding; anything less would be doing a great disservice to both he and I.

My sofa and my heart both have room for another, but don't touch my cookies, get your own cola and hands off the remote.

Rob Newman

*“Once again the day that separates the single from the hitched is upon us.”*

*“The timing of this form of disclosure is a tricky one.”*

*“I'm determined to get it right or not do it at all.”*



## Where We Find Love...

I am a big believer in the old cliché “Love makes the world go around.” But this doesn’t have to refer to romantic love. In fact, there are many forms of love that I think are just as valid and rewarding. It took me 29 years of life before I found romantic love.

We all love a variety of different things. A good book, or TV show are examples of these. So are a close friend, or a loved one. For me, my personal favourite TV show is called Battlestar Galactica. I find TV is a wonderful escape from our life problems, especially if there are exciting characters overcoming intense and scary obstacles. Not only does this provide well needed distractions, but it can also help me find courage. “If Starbuck can come back from the dead and find the way to Earth... I can pass this Psych exam!” This is mostly a joke, but there is some truth to it.

What about love of a parent or parental figures? My mother and I haven’t always had an easy relationship, but we are in a great place now. She gives me support and encouragement which helps me to do well in school. Speaking of school, I also

love learning and acquiring knowledge. I just got my first 90% on an exam in my Women’s Studies course which covers human rights and gender rights. Yey!!! My love of school helps me to study and do the readings. It helps when subject matter is interesting.

Another source of love in my life is my little kitty Kahlan. Actually, she isn’t very little anymore but she is still my tiny baby. Pets are perfect for a PHA who isn’t in a relationship. They offer emotional support by being all cuddly and cute, depending on the pet (you wouldn’t want to cuddle a tarantula unless you are very brave), and for me, the act of taking care of another creature is very rewarding. When I was dumped over a year ago I cried a river and my little kitty came up to my bed, purred, and licked my hand. Awe, isn’t that cute?

Most recently, I have found romantic love, which is the perfect addition to my busy life. And for this I am very grateful. However, I must remember that I am also very lucky because many people do not have a romantic relationship. If this is the case, then I suggest you try to find

other ways to fill your life with joy and happiness. In my psychology class, I read studies that happier people live longer lives and this makes sense because stress causes illness.

Ultimately, if you look in the right places you can find love of some kind. Yet, it is also important to love yourself. I learned this through my interactions with ACOL now known as the Regional HIV/AIDS Connection (I call it “The Connection”). When I came here 3 years ago I suffered from poor self-esteem and guilt for being HIV positive. The people at the Connection helped me to love myself by offering me support and guidance. They treat all people equally so if they show love to me, chances are they show love to you too, you just might not know it.

P.S. Stuffed animals are also a great source of comfort, so don’t be afraid to buy yourself a teddy bear!

Ryan Handy

*“Stress causes illness.”*

*“We all love a variety of things.”*

*“Ultimately, if you look in the right place you can find love.”*



# Blue Pixie Lights: Part 1

By: Gaspar Bartko

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It was a blisteringly hot August day that found Peter Stanley taking his time walking slowly along Ontario St. back to his apartment a couple of blocks away. He was deep in thought, more of a silent mental debate, about living in Stratford. Quite honestly he wasn't at all sure why he moved there. While it was a very pretty "century town," it really was nothing to write home about. It was just about the smallest place he had ever lived in: 32,000 or so people the signs on the road into town said. And almost predominantly all of those people lived in century homes making it seem that time had stood still and kept this little town a shining early 20<sup>th</sup> century gem.

There was, however, one huge plus for living in such a small city: almost everything was central. He could, quite literally, walk to anywhere he needed to go within about ten minutes: the bank, drug store, the butcher. The only thing that sort of sucked was that the two decent grocery stores were on opposite sides of town. Well a \$16 round-trip in a taxi once a week took care of that. Alright that was a bit lazy. His partner, Daniel, walked everywhere in the small city without giving it a thought. But he had to remind himself of the 20-year age and energy difference between the two of them. It wasn't easy being on the wrong side of 40: hell almost 50!

"Now was that it?" His mind turned once again to his debate.

Did he move to Stratford to be in a relationship with a young

man almost half his age? No, that was too simple an answer. It was more than that. It had to do with finding his belonging place. It's the place where with a little effort, he could change his life's pace and fundamentally change the person he was into the person he wanted to be. Why already he didn't mind driving in the slow lane, letting others pass him by, because it was okay to take a little time to get to where he needed to go. That's why he moved here. This was his belonging place: the place that mattered to him, and, by extension, the place where he mattered.

As the debate ended, he turned at his corner and descended the little hill and his building came into view. He smiled at the recollection of finding his current abode. Serendipity was with him that day.

It was a very early June day and Wilhelmina, the rental agent he had been dealing with for a while, said this was the last place she had to show him that might suit. It was small, she said, and didn't come with a parking spot.

"It doesn't matter about the parking spot," he thought. "Stratford is so small that I could park half-way across the down-town core and still reach my car in less than five minutes."

"Sure. That's not a problem. Let's go and see it," he said a little tiredly after a long day of viewing almost all the rentals that were available in town that

month. She gave Peter the address and told him to meet her at the front of the building. There should be a couple of metered city spots available just out front.

She got there first, and as he pulled up he could see her chatting with a wiry, grizzled man in his late 40s.

Just as Wilhelmina said, there was a spot right out front.

Peter got out of his car and took a look at the building.

"Hmm. A dowager that has seen better days, but still puts on a good front," He thought. He liked it already.

Wilhelmina introduced the wiry man as Frank Warner, the building manager. What a talker. Peter wasn't sure if the manager was so chatty out of desperation to rent the suite or if he was just talkative that way. Building managers confused him. They all started out nice, but turned into ogres within a week or two of being asked to do some work around the building. He'd make up his mind about this one as time went by.

They went into the lobby, which was a mishmash of Spanish Colonial arches stuccoed within an inch of their lives, derelict, but still somewhat presentable furniture, and surprisingly healthy houseplants, which turned out to be plastic, were placed strategically here and there.

***"This was his belonging place: the place that mattered to him, and, by extension, the place where he mattered ...."***



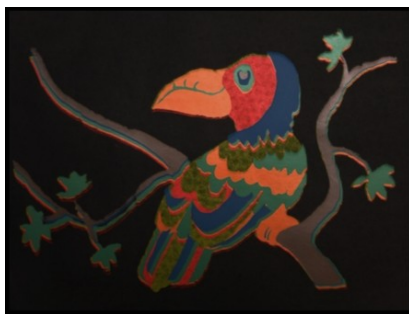
To be continued  
In next issue

# Artwork by PHAs



**By:  
Bruce**

**By: M. H.**



**By: Lisa W.**



# Poetry

## In a Child's Voice

By: Colin Nickle

Sketching unalterable dreams on a napkin  
 In a cloud burst of memories  
 The canons one puts one's trust in  
 Presumes more authenticity  
 And sense of boundlessness  
 Where truth meanders and percolates  
 In hearkening Shadows of the pasts  
 In contrary light forms

As a child I loved myself first  
 From natures breath through to the marrow  
 As from early spring  
 To just before snow ski time  
 I move celebrating this new body  
 In acres of sandy fields  
 Laden with long golden sweet grass

Challenging my relentless rigorousness  
 My first and true labors of life  
 Were in my private oasis  
 Of aberrant weeping willow trees  
 Get mightily old  
 In the midst of long abandoned farmland  
 They reached beyond the plateaus  
 Of mostly cloudless skies  
 Climbing, reaching, stretching  
 With a child's fingers  
 The expansive being  
 Grasped from the roof of my bedroom??????

I laid bare my innocent soul  
 To literally encompass my tears  
 With my little arms  
 Imbued with the peaceful force  
 Of my open country prayers  
 Safe to act and feel  
 Even more independently on my own

My view of receding horizons made me more  
 Worthy of the spheres  
 While the moon learns a lumbering

dance  
 From the sparkling stars surrounding it

Such capricious escapades  
 Play fanciful hot and cold  
 As my completeness of a day  
 Gathers up in my body collectively  
 With sound and point of motion  
 My seasonal legs  
 At one with my undaunting paths  
 And sky arched retreat of open heights  
 Each day an anxious migrancy

Ceaseless were the days of music  
 In margins of towered leaves  
 Shouting high groves of impact  
 I stand among crags and plateaus  
 Gathering my joys among the airs  
 In permanent wrestling  
 With unmortal delight of triumph

## What Will Be

By: Colin Nickle

Gently fall the little child size snowflakes  
 It is as likely to be an introduction  
 To a larger chapter in snowfall history  
 Silent night of shadows, outlined plowed white mounts  
 Quiet is the chilled air that will dominate  
 The months ahead  
 Through Christmas and New Years  
 Such spirit in the airs  
 Such gifts, such hope as emphatic  
 As the tinkling of ice in held glasses

Morning snow sparkles out miniature diamonds  
 Into the surprisingly lustrous daylight  
 No two crystallizations from the heavens  
 Are alike, a celebration of that very sameness  
 Within our own populations

Fragrance commercials for men  
 Dominate the airwaves  
 Do we really smell that bad to warrant  
 So many strong scents to make our territory?  
 My fathers lifelong aroma was Chanel for men  
 As I lay flopped in his lap  
 While he taught me to read  
 In newspaper column wide inches  
 These many years later a communications graduate  
 I am using a much increased vocabulary  
 Surely based on the one  
 Father made patient time with me  
 So as to attempt to write my first book  
 A certain pride might spill out of his eyes  
 If only he were here, having  
 Christmas day gone

My mother should be mentioned here I suppose  
 Whereas I got my openness to unconditional love  
 From my father  
 I got my backbone from my mother  
 This I know to be true  
 Every time we talk on the phone  
 She is asking, questioning, and encouraging  
 With this novel writing she insists  
 I do

**Editor of Speak Out:  
 Ryan Handy  
 We are looking for feedback  
 Contact us at:  
 speakouteditor@gmail.com**

## Interview with Serodiscordant Couple

**INTERVIEWER:** Rob and Richard

**MALE:** Male Partner

**FEMALE:** Female: Partner

**INTERVIEWER:** How did the two of you meet?  
Right down the street, at the Richmond (laughter)

**INTERVIEWER:** How long ago was that?

**MALE:** 5 years ago

**INTERVIEWER:** What were your initial impressions of each other?

**FEMALE:** The long hair is what got me (haha)

**INTERVIEWER:** What about you?

**MALE:** The blue eyes, the beautiful blue eyes.

**INTERVIEWER:** So how did things move forward, you guys start seeing each other right away?

**FEMALE:** Yeah, yeah, that's when I was staying at the John Gordon Home actually.

**INTERVIEWER:** So it was at the Richmond that you guys met?

**INTERVIEWER:** You said it was a wake?

**MALE:** Yeah we had a wake there for a friend of mine that passed away

**INTERVIEWER:** Oh, okay, so interesting circumstances

**FEMALE:** Yeah man, it was good though, I stuck my head in there, see the food, I knew there was something going on in there.

**INTERVIEWER:** so for you it was the long hair that you liked?

**FEMALE:** Well he was dressed up to, it was a wake right? So he looked good.

**INTERVIEWER:** Okay, so you've been together how many years, you said five years??

**FEMALE:** Five.

**INTERVIEWER:** So, what is something that you enjoy or admire in your partner? Something you appreciate in your partner?

**FEMALE:** He looks after me.

**INTERVIEWER:** Okay, can you talk a bit more about that?

**FEMALE:** Can you say that again?

**INTERVIEWER:** what is something about him that you admire or appreciate?

**FEMALE:** His strength, goals, his ability to do everything (laughter) he's pretty handy with everything he can fix anything.

**INTERVIEWER:** In terms of how you interact as a couple, what can you say about how he treats you, something that you appreciate about the way he is, as your partner.

**FEMALE:** Honesty, affectionate.

**INTERVIEWER:** What about you?

**MALE:** Right now, nothing (laughter) ... I appreciate the fact that she accepts me for who I am despite my flaws. I really admire her ability to love, she is a very caring person.

**INTERVIEWER:** do you mean outside the two of you

**MALE:** In our relationship, she has a really ability to share and show affection.

**INTERVIEWER:** What do you two think is the most important thing in a relationship?

**MALE & FEMALE:** Honesty

**INTERVIEWER:** What would you say are some challenges you've had together?

**FEMALE:** Our biggest challenge is addictions, that I brought into the relationship.

**MALE:** For me one of the biggest challenges is her illness, it's been a lot worse lately, her immune system is starting to deplete, she's sick almost all the time, and if she's not sick, she's not feeling 100%.

**INTERVIEWER:** So that's been hard on you guys as a couple?

**FEMALE:** He just made a comment before we left that he's getting tired of doing everything, cooking, cleaning, all I've been doing is the laundry

**INTERVIEWER:** Well that goes back to what you were saying before, about how you appreciate that he takes care of you.

**FEMALE:** And what are you going to do when I get sick sick, when it comes to that, if you're feeling tired of it now, what's it going to be like down the road, it's going to get worse, it's not going to get better. Let's just hope that it doesn't come to that for a long time.

**INTERVIEWER:** That ties into my next question. How do you guys cope with these challenges?

**FEMALE:** We're coping, I don't know how but we're doing it.

**MALE:** We try to talk them through.

**FEMALE:** Yeah, we talk. He doesn't like doing the meetings, but I'm trying to start going to them.

**INTERVIEWER:** Outside the two of you, who do you have in your life, for when you're going through tough times?

**FEMALE:** You guys, (Regional HIV/AIDS Connection) My mother

**INTERVIEWER:** What about you, who do you feel you get support from outside your relationship?

**MALE:** I really don't have any body, outside the staff here. I'm a fairly strong person and I can cope with my issues myself, if I have a problem I try to talk to my partner.

**INTERVIEWER:** do you do anything to de-stress or relax, to help cope with the stress?

**MALE:** I work, I try to work

**FEMALE:** the drugs do that too

**INTERVIEWER:** Yeah, that's coping for sure. But you try to work, keep busy?

**FEMALE:** Yeah, work, I think that's why I've been getting lazy, he's home all the time.

**INTERVIEWER:** As I was saying before, we were talking about being in a relationship where one is HIV positive and the other is not. What is that like for you guys?

**FEMALE:** When I first met him, I was afraid to say anything. When I first got diagnosed, I was still with my partner, and when he passed away, I didn't think I would ever find another relationship unless they had HIV as well.

**INTERVIEWER:** Had you kind of given up on relationships?



## Interview Continued:

FEMALE: Well, not given up, but it was always in the back of my head, what am I going to do if I do meet someone, will I have the guts to say something to him.

INTERVIEWER: So how did you tell him?

FEMALE: I just came right out and told him, we were walking to his house.

MALE: The very first night as a matter of fact.

INTERVIEWER: The first night that you met?

MALE: Yeah, yeah,

FEMALE: Well, I was staying at the John Gordon home, so I couldn't exactly take him home.

INTERVIEWER: What about you, how did you feel about that?

MALE: It didn't bother me at all.

FEMALE: First time he came here, I didn't know if he would be able to handle it.

INTERVIEWER: Were you scared?

FEMALE: No he handled it really well

INTERVIEWER: Were you scared to tell him though?

FEMALE: Yeah, I didn't know what his reaction was going to be, I didn't know him that well, so it's not like we knew each other for a couple weeks or anything.

INTERVIEWER: You must have felt like this was someone you could trust?

FEMALE: Actually, I really don't remember too much of that night to tell you the truth.

INTERVIEWER: okay, do you think being in a serious relationship, what challenges has that presented in your relationship? Has it made things more difficult, or ...

FEMALE: I don't think it really matters.

INTERVIEWER: Has it been something you've had to deal with, is there anything that's changed between the two of you?

FEMALE: Well, with me not feeling good all the time, and being lazy, it's like I said, it's starting to bother him, maybe we need a break, either that or I've got to smarten up.

INTERVIEWER: What about you? I know all relationships have challenges, but being in a relationship with someone who is HIV positive, has that presented any specific challenges to you?

MALE: No, not really. To me it's pretty much a normal relationship. I try to keep the fact that she's HIV positive out of it, and just deal with it as a normal relationship.

FEMALE: Yeah, same with me, like I don't even try to deal with it.

INTERVIEWER: When she's not feeling well, do you go directly to 'it's her HIV' or do you think 'maybe it's the flu or something'?

MALE: I look at other alternatives, I don't think of just HIV. I do know that being HIV is challenging her immune system, so she's going to get sick, all the time, it could be the slightest little bug.

FEMALE: I'm actually pretty good in that way, it's more just the aches and pains, right now it's my back and my leg, my sciatic nerve. It hadn't bothered me since I liked in Hamilton, and now it's bothering me again.

INTERVIEWER: Is transmission something the two of you worry about?

FEMALE: No, no, since the condom broke at the beginning, we haven't used condoms, and he's still negative. We hate being told we should still use them, but it's between him and me. We don't see anybody else.

MALE: It's a conscious decision between the two of us. I realize with her viral count so low, that transmission risk is slim, but I accept the fact that if it happens it happens, but it's not the be all and end all of our relationship.

INTERVIEWER: Well I know that with the two of you, you're educated about it, and you know your risks, and you make that choice. What kind of advice would you offer another couple in a serious relationship or any relationship?

FEMALE: Be honest with each other, show your feelings.

INTERVIEWER: So communication and honesty?

MALE: Yeah, communication and honesty are the two big ones. We have had this conversation, about previous sexual activity and using protection. Or not using protection.

INTERVIEWER: Some women with HIV are afraid to have sex, what would you say to those people?

FEMALE: We haven't been having sex because of my methadone, but it has nothing to do with my HIV. We just haven't been having it. But no, other than that, no.

INTERVIEWER: Do you have any advice for women who think they can't have sex anymore?

FEMALE: Don't dwell on it, don't keep it in your mind, think the opposite, try different things, go to the lingerie store and get something sexy.

INTERVIEWER: Where do you see your relationship going, in the future?

FEMALE: About the same as it is now, except no drugs (haha).

MALE: Yeah, we're pretty content to make our relationship permanent.

FEMALE: Yeah, you haven't been kicked out in a long time (laughter). I broke that habit.

MALE: Knowing that she's HIV positive, I have some worries that she might pass before I will, but it's a long term relationship for us and we've made that decision, her family knows it, my family knows it, we're together as a couple and that's the way it's going to be.

INTERVIEWER: How are your families with it?

FEMALE: They're fine. Well, you know, my mom is always worried when she doesn't hear from me, it's like 'don't worry, I'm fine'. It's like she's away all summer, and comes home, and got to talk to her every day. She says "I'm worried, I'm worried".

MALE: To a lot of point, it's not any of our family's business. I don't talk to my family about it, I don't think it's any of their business.

INTERVIEWER: Do you feel like you can't?

MALE: No, I just don't feel it's none of their business. If it became important enough, then I would talk to them

FEMALE: Well, you talk to your nephew there.

MALE: Yeah, I talk to my nephew, my family knows that she is HIV positive, but that's not an issue for them. It's my relationship and it's my business, and my family pretty much has supported me in what I do.

INTERVIEWER: And with your family?

FEMALE: Oh, yeah, yeah, I wish my mom didn't worry as much as she does, but I worry the same about my daughter. Now I know what mom goes through. I wasn't that bad when I was my daughter's age.

INTERVIEWER: I think that's it, thanks very much.

End Of Interview



## This Time It's Personal

Meeting people interested in volunteering is the best part of my work at Regional HIV/AIDS Connection. In that first meeting I try to understand how each volunteer is connected to the cause. I feel lucky that many people are so forthright in what motivates them to volunteer. Some people volunteer because they are part of the LGBT community, others because they know someone who is HIV or Hep C positive. Still others have used our services and want to give back. It is an odd relationship to be in as I was a volunteer and am now the Coordinator of Volunteer Services.

My history with the agency ensures my relationship with volunteers is complex. It is a unique position to be in, bounded by the policies and procedures in my work while working with friends. Coordinating volunteers in HIV/AIDS and Hep C work is intensely emotional and very personal. It can be challenging to navigate the boundaries of friendship, peer and supervisor. I think the hardest part is discussing performance issues, as that is when the hierarchy of the organization comes to bear. It's easy to forget that volunteer roles come with many of the same rights and responsibilities as paid work. When I do need to coach a volunteer on their behavior I can feel the relationship shift under that power differential that I have tried so hard to erase.

I compound that by being a big fan of hugs and sometimes forget to ask first! Thankfully, when I make mistakes, colleagues and volunteers are generous in spirit and make room for me to learn from those moments. That is a pretty amazing thing, to be ok with making mistakes, especially in your job, paid or volunteer. That is probably the best part of my relationships with volunteers, learning from each other while navigating the eddies of our changing roles, it's intensely emotional, very personal, and fantastic!

**Natalie Hébert**  
Coordinator of Volunteer Services

**Café of Life**

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394 Oxford St E. London

<http://www.cafeoflifelondon.com>

**Attend Opening Doors  
Conference 2011  
In Windsor  
Contact: Client Services,  
519 434-1601 / 1-866-920-1601**

**PHA Café** 2nd Thursday Every Month

**Women's Group** Last Thursday of Every Month.

**Contact Kevin (519 434-1601 / 1-866-920-1601 ext 250)**

to find out when his next discussion group takes place.

**We are also looking for submissions—artwork, poetry, and articles**

**Have your voice heard!**

**Who We Are**

As of January 1st 2011 The AIDS Committee of London Will be doing business as The Regional HIV/AIDS Connection. We will be providing the same services and programs for people living with and affected by HIV/Hep C.



Regional  
**HIV/AIDS**  
Connection

Our Mandate is to serve the 5 counties surrounding London and to:

- Improve quality of life for those living with & affected by HIV/AIDS
- Reduce the number of new HIV infections
- Increase community awareness about HIV/AIDS

Community Inspired. Courage Driven.

Our service users include thousands of people: those living with HIV/AIDS, their partners, friends and family, and those who are concerned about HIV/AIDS—anyone at risk for HIV, and anyone who provides services to people with, or at risk for, HIV. All of our services are free and confidential.

We are a registered charitable corporation, #11877 9008 RR0001.

This newsletter made possible by the generosity of...

**Contact Us:**

Executive Director- **Brian Lester ext. 243**

**Support Services** is now known as **Client Services**

Director of Client Services	Shannon Dougherty ext. 237
Case Manager	Miriam Rivera ext. 235
Case Manager	Richard MacDonagh ext. 228
PHA Peer Advocate	Rob Newman ext. 253



**Community Relations:**

Coordinator Volunteer Services Natalie Hebert ext. 257

**Events—send us your email or phone # to receive updates about up coming events**

**A Gala Evening** In support of **Camp Wendake**

March 18, 2011

**A Talent Show & A New Musical Play Songs From The Bar**

Doors open at 6:30 7:15 – 8:15 Talent Show 8:30 Feature Show

McManus Theatre **@ The Grand Theatre**

tickets... 519-672-8800 **\$40.00**

**REGIONAL HIV/AIDS CONNECTION** Tel: 519-434-1601 or 1-866-920-1601 toll free

186 King Street, #30 London, ON N6A 1C7

[info@hivaidconnection.ca](mailto:info@hivaidconnection.ca)

# Living My Life

PHA Women Retreat  
Windsor, ON March 2-3, 2011



AIDS Committee of Windsor  
1-800-265-4858

511 Pelissier Street  
Windsor, ON N9A 4L2  
(519) 973-0222  
Fax: 519 973-7389



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Sister of St. Joseph

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277 Riverside Drive W.  
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**Come and Join Us!**

**When:** March 2nd and 3rd.

**Where:** Workshops at The AIDS Committee of Windsor—\*Accommodations at the Hilton Hotel in Windsor (one night)

**Topics:** Wellness, POZ Prevention and True Colours

**RSVP:** Caitlin Cull at (519) 973 0 0222—AIDS Committee of Windsor or Miriam Rivera at (519) 434 1601—Ext. 235— Regional HIV/AIDS Connection

**Space is limited**

# Pozabilities

Annual South West Ontario

## Opening Doors Conference

Thursday March 3rd

and

Friday March 4th, 2011



Featuring Keynote Speaker  
**Sue Johanson**  
*Renowned Sex Educator*

### Thursday March 3rd 2011

Welcome Dinner

Surprise Activities

Health and Wellness Evening

### Friday March 4th, 2011

Sue Johanson

Ryan Peck HALCO

Concurrent Sessions

Linda Robinson HIV Pharmacist

**Hilton**  **Windsor**

**INFORMATION AND REGISTRATION AVAILABLE AT**

Susan Casler-Conference Co-ordinator:

[swodconference@gmail.com](mailto:swodconference@gmail.com)

519 971-8989

AIDS Committee of Windsor:

[aidswindsor.org](http://aidswindsor.org)

519 973 0222

AIDS Committee of London:

[aidslondon.com](http://aidslondon.com)

519 434 1601

Huron County HIV AIDS network:

[hchan.ca](http://hchan.ca)

519 482 1141

**REGISTRATION FORMS WILL BE AVAILABLE JAN. 10**