



**HOW SURVIVING THE AIDS EPIDEMIC  
CAN HELP OUR COMMUNITIES  
SURVIVE COVID-19**

**THIS ZINE IS A PRODUCT OF THE  
RESEARCH PROJECT:**

**WE HAVE SURVIVED BEFORE: AN  
INTERGENERATIONAL, YOUTH-LED,  
MENTAL HEALTH INTERVENTION FOR  
LGBTQ+ YOUTH**

**WE THANK THE ELDERS FOR THEIR  
STORIES AND KNOWLEDGE OF OUR  
HISTORY**

**WE THANK THE YOUTH FOR THEIR  
STORIES AND KNOWLEDGE AROUND  
CURRENT ISSUES FACING OUR  
COMMUNITIES**

**IMAGES COURTESY OF MOLLY  
COSTELLO**

**MOLLYCOSTELLO.COM**

**ZINE BY AARON BEAUMONT**

**2021-2022**

**-GIVE YOURSELF SOMETHING TO LOOK  
FORWARD TO**

**-WE DESERVE BETTER**

**-WE TAKE CARE OF OUR OWN**

**-HOLD ONTO JOY. IT DOESN'T HAVE TO BE  
BIG OR COST MONEY BUT TAKE IT FOR  
WHAT IT IS.**

**-YOU DON'T HAVE TO DO IT ALL AT ONCE  
OR ALL ALONE.**

**-ALLOW TIME FOR CHANGE.**

**REMINDERS FROM THE ELDERS:**

**-COMING TOGETHER CAN HELP US IN BIGGER AND BETTER WAYS**

**-ALLIES CAN SHOW UP FOR US IN UNEXPECTED WAYS, LET THEM.**

**-COMMUNITY LESSENS SHAME AND GUILT**

**-RELATIONSHIPS ENDURE BECAUSE OF FIGHTING THE STRUGGLE TOGETHER**

**-BRING YOUR GIFTS. EVERYONE HAS SOMETHING THEY CAN DO. NO ONE IS LEFT BEHIND**



## **AIDS HISTORY AS DESCRIBED BY THE ELDERS: 1980-1990 AND BEYOND**

**BEGAN WITH DISCRIMINATORY  
LABELS LIKE 'THE GAY PLAGUE' OR  
'GAY CANCER'**

**AT THIS TIME GAY SEX WAS  
ILLEGAL AND THE RISE OF HIV AND  
AIDS WAS SEEN AS 'GOD'S PLAN TO  
CLEAN THE WORLD'**

**THE RISE OF HIV AND AIDS LEAD TO  
INCREASED DISCRIMINATION AND  
ATTACKS ON GAY PEOPLE WHO  
WERE ALREADY UNDER ATTACK BY  
THE GOVERNMENT AND THE  
GENERAL SOCIETY.**

## **HERE ARE SOME WAYS WE CAN SHOW UP FOR EACH OTHER:**

- **GO TO A LOCAL EVENT ONLINE OR IN PERSON. CONNECT WITH THE ORGANIZER/S OR SOMEONE ATTENDING THROUGH A CHAT OR CONNECTING ON SOCIAL MEDIA**
- **SEND A MESSAGE TO SOMEONE IN YOUR COMMUNITY TO CONNECT**
- **ACCEPT SUPPORT WHEN IT IS OFFERED, EVEN IF IT IS NOT YOUR CLOSEST CIRCLE OF FRIENDS**
- **OFFER SUPPORT TO PEOPLE OUTSIDE OF YOUR CLOSE CIRCLE**

**BOTH BRAD AND MOON EMPHASIZED THE IMPORTANCE OF SHOWING UP FOR EACH OTHER. DURING THE AIDS CRISIS, GAY AND LESBIAN COMMUNITIES CAME TOGETHER TO SUPPORT EACH OTHER.**

**BRAD SHARED THAT IT IS IMPORTANT TO SHOW UP FOR ONE ANOTHER EVEN IF WE DO NOT CONSIDER THOSE IN NEED TO BE IN OUR CIRCLE OR OUR GROUP OF FRIENDS. COMMUNITY IN A BROADER SENSE ALLOWS US TO UNITE REGARDLESS OF OUR DIFFERENCES.**

**AIDS IMPACTED MORE FOLKS THAN JUST GAY MEN. AIDS IMPACTED BISEXUAL COMMUNITIES, SEX WORKERS, THOSE WHO USED DRUGS AND THOSE WHO NEEDED BLOOD TRANSFUSIONS.**

**DUE TO A LACK OF KNOWLEDGE AND RESOURCES BY THE FEDERAL AND PROVINCIAL GOVERNMENTS QUEER COMMUNITY MEMBERS HAD TO TAKE CARE OF THEMSELVES.**

**AIDS PUSHED FEMINIST AND GAY RIGHTS ACTIVISM IN A NEW DIRECTION AND WITH A NEW SENSE OF FORCE, URGENCY AND ANGER.**



**ALTHOUGH THE AIDS EPIDEMIC AND THE COVID-19 PANDEMIC HAVE DIFFERENT HISTORIES AND IMPACTS, WE BELIEVE THAT PARALLELS CAN BE DRAWN BETWEEN THE TWO.**

**ELDERS AND YOUTH WHO SHARED THEIR STORIES AND THEIR KNOWLEDGE SHOWED US HOW THIS IS TRUE.**

**THE FOLLOWING PAGES WILL FEATURE TIPS AND QUOTES FROM ELDERS AND YOUTH IN OUR COMMUNITY.**



**MUTUAL AID HAS ALWAYS BEEN AN IMPORTANT PART OF HELPING EACH OTHER SURVIVE.**

**DO YOU HAVE PERSONAL OR COMMUNITY RITUALS/PRACTICES THAT YOU HAVE DONE TO GRIEVE THROUGH COVID?**

---

---

---

---

---



**MOON SHARED THAT COMPILING RESOURCES, SKILLS AND FINANCES HELPED TAKE CARE OF THOSE WHO HAD AIDS. THIS INCLUDED PUTTING CALLS OUT FOR PEOPLE TO VOLUNTEER IN SHIFTS TO NURSE, BRING OR MAKE FOOD, CLEAN AND KEEP FOLKS COMPANY.**

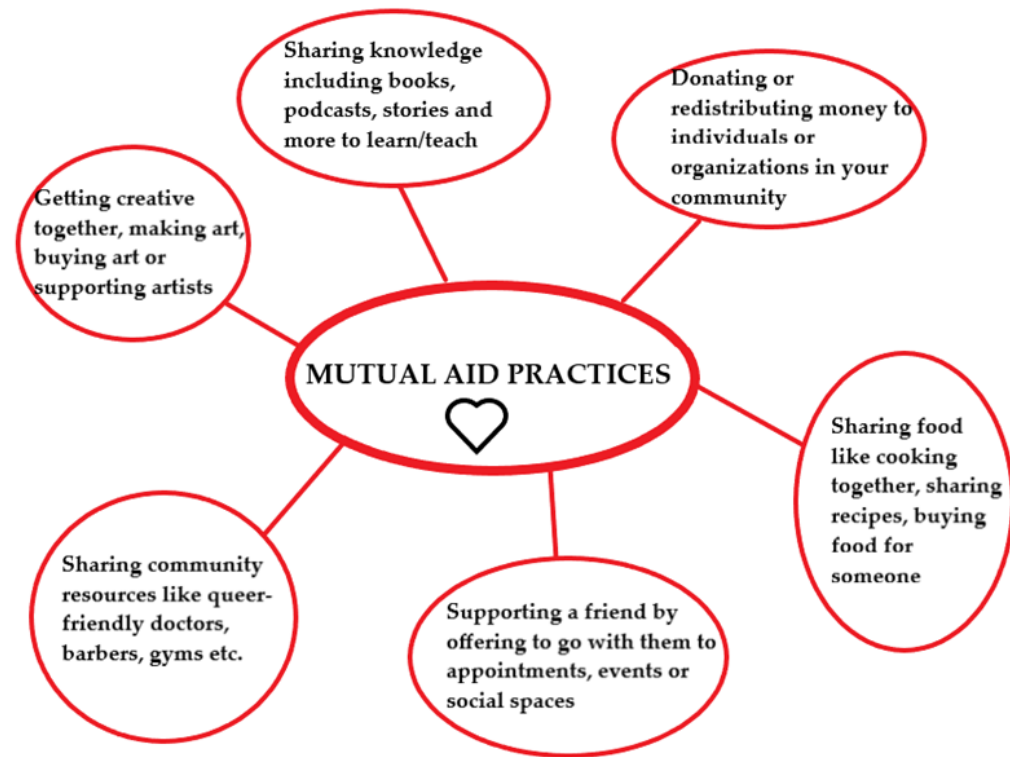
**THESE PRACTICES HAVE CARRIED ON AND CONTINUE TO BE USED DURING COVID-19 TO TAKE CARE OF THOSE WHO ARE MOST VULNERABLE IN OUR COMMUNITIES.**

**COMMUNITIES RITUALS HAVE ALWAYS BEEN PRACTICED IN OUR COMMUNITY ESPECIALLY WITH TRANS DAY OF REMEMBRANCE AND HOLDING VIGILS.**

**THE YOUTH SHARED THAT COVID HAS ALLOWED THEM TIME AND SPACE TO REFLECT AND TO GRIEVE THEIR PAST SELVES BY COMING INTO THEIR SEXUALITIES AND GENDER IDENTITIES.**



**BRAD EXPLAINED HOW PERSONAL OR COMMUNITY RITUALS WERE HELPFUL TO REMEMBER THOSE HE HAD LOST TO AIDS. HE SHARED THAT HIS CIRCLE OF FRIENDS GATHERED TO LIGHT A FIRE AND BURN AN ADDRESS BOOK TO COMMEMORATE THOSE WHO HAD PASSED AND TO BOND OVER THEIR SHARED GRIEF. THE ACT OF BURNING THIS ADDRESS BOOK WAS A WAY OF LETTING GO.**



**RICK EMPHASIZED THE IMPORTANCE OF COUNTING AND CELEBRATING SMALL MILESTONES. TAKING THINGS ONE DAY AT A TIME CAN ALLOW US TO APPRECIATE SMALL VICTORIES AND CAN GIVE US A SENSE OF HOPE AND GRATITUDE. IT IS IMPORTANT TO BE PROUD OF YOUR ACCOMPLISHMENTS NO MATTER HOW SMALL.**



**WHAT ARE THREE MILESTONES OR ACCOMPLISHMENTS YOU CAN CELEBRATE THIS WEEK?**

**1.**

**2.**

**3.**