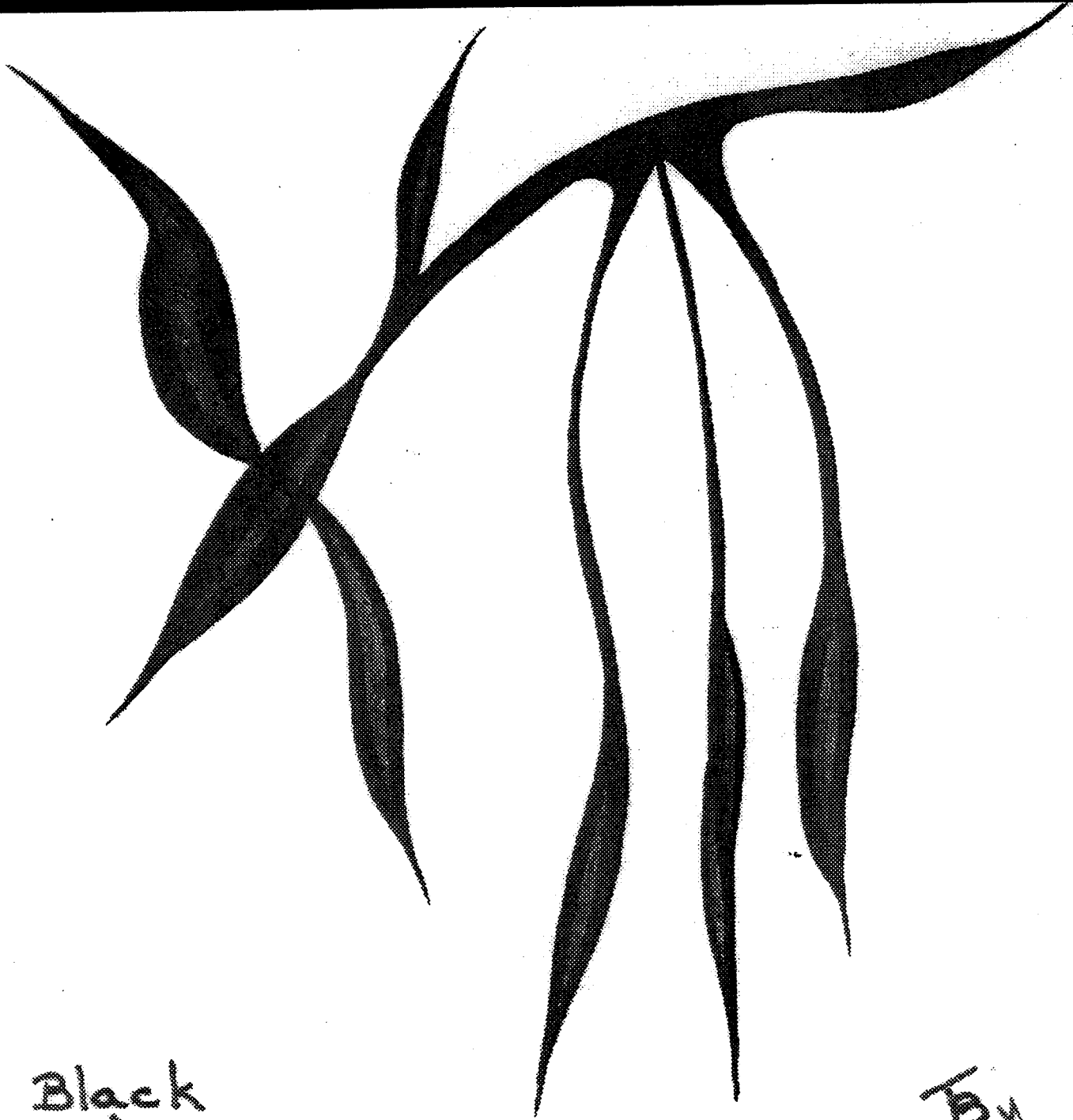


HIO'S & HYPPIES



Black
Blue

Box

Vol. 4, Issue 1

July 2001

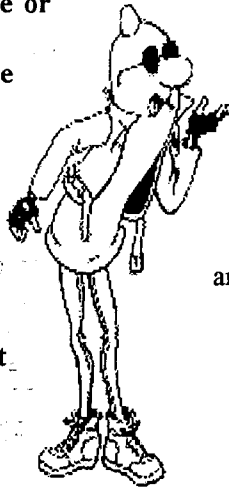
WELCOME TO HO'S & HYPES !

There is lots of stuff inside. We need your help though. Anytime you want to come in & write a column, drop off some artwork, find out about new laws that you want to talk about, let everyone know if there's bad dope in town, give advice to new needle users, or anything else, just let someone at SOS know. You'll get your two bits worth in.

Welcome to the 16th issue of *Hos & Hypes*, a 'zine for & by current or past drug users and sex trade workers. Our goal is to provide a space for people to share ideas, provide info on how to be as safe as possible, have fun, and build community for everyone who uses the services of Street Outreach Services (SOS), a program of AIDS Vancouver Island.

We'll try to put this out on a quarterly basis (January, April, July, October), but we need your help. *Ho's & Hypes* is looking for your ideas and poetry, letters, articles, opinions, rants, art, or anything else that relates to injection drug use, the sex trade or life on the street.

Submissions may be edited due to space. Racist, sexist, homophobic, etc. stuff won't be printed. Just send us your stuff and we'll try to put it in. If you don't want us to use your real name let us know. First names or street names are ok too.



Send or drop stuff off at:

Ho's & Hypes
SOS

1601 Blanshard St.
Victoria, BC V8W 2J5

(please note new address)

Phone: (250) 384-1345

CREDITS FOR vol
4 - issue 1

Contributing writers: Reme, Mike, Stephan Patrick Dargon, MacDonald, Jason, Kelli, Wayne, Jeanie, Jethro, Kate, Mark, Josh, Paul, Hermione, and some anonymous friends.

Ho's & Hypes was assembled and edited by Megan. Much assistance from MK, Candice, Mazio, Devon and Rebecca.

Contributing artists: anonymous (p. 9), Megan Lewis (p. 8 & 10); TB (cover, p. 12) anonymous (p. 17), unknown (p. 7)

If your work is in here and you don't see your name, make a note of what page it's on and your name and I will credit your work. I sincerely apologize for any over-sights.

Thanks to you for being part of S.O.S!
We would be nothing without all of you...

DEADLINE
FOR NEXT
ISSUE:
October 1

S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-6:00 closed	open as usual, 3:30 - 6:00 pm						
	Open from 7 - 11 pm every night						
7:00-11 pm	Connection to Freedom Christian group & CHR Nurse 3:30-6:00	CHR nurses 7:00-9:00 Acupuncture 7:00-9:00	CHR nurses 7:00-9:00 Art 8-10 Hep C Worker in	CHR nurses 7:00-9:00 Acupuncture 7:00-9:00	CHR nurses 7:00-9:00		Just the Smiley Crew



A man has many hours to reflect upon his life in general when the Society imprisons him.

When the haze of drugs has faded, & reality has looked him right square in the eyes, showing him nothing but the knowledge of his mistakes, & empty dreams...

This I know, because I'm now facing reality everyday behind this razorwire, have been for a while...

So this open letter is to all you working girls, stay strong!

To Whom I've Known:

Strange that a sight that had once brought me such great joy now causes an unbearable anguish within my heart!

The memories of yesterday & today haunt my tomorrows! The solitude of sitting in an ugly, lonely cell, being haunted by all those women who have passed through my life, the wrongs I've done

to them, the games I've played & the hearts I've broken.

I now ask for forgiveness from you all, forgive me for my anger, my ignorance, I ask you all for peace of mind...

Your memories haunt me like a punishment that I have brought upon myself.

All I ask for is someone to love, just like you...

The loneliness of myself is unbearable at times, the many paths that I've left behind, only to think of myself, my needs, my wants, now all that's left of myself is loneliness, you reap what you sow. Such truth!

Someone spare me this loneliness, forgive this restless spirit, so that I may be at peace from these memories.

Jethro J

Letters to the Editor

Feb 4, 2001.

Brothers and Sisters,

How refreshing to actually see a newsletter put out by my people. Junkies unite indeed! When will governments realize that the only solution to the "problem" of addiction is not to call a "War on Drugs," but, to embrace it, and decriminalize all drugs, thereby putting an end to the surrounding problems. Hand the addict back his dignity. Allow us to work and function in society without having to beg, trick, or steal for the next fix. Take the power away from these fucking self-righteous meth doctors. I'd love nothing better than to have an honest relationship with my doc. Instead, as you all well know, even tho' you get off down onto the program, you still have to lie, cheat tests, etc., always living in fear of being cut off for a dirty piss test. Always in fear of that horrible sickness. Even though I've been on the program for six years and my last doc had me on two carries a week, since I moved to Campbell River, this doc has had me on dailies for the past year and a half. I asked him if I could get a carry for three to four days to go camping with my sons. His reply? "NO. That's the price you pay when you are on methadone." In other words I am a lifelong prisoner of Campbell River Pharmacy. I hate it, but feel forced to take it since the

alternative is so much worse.

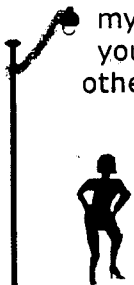
Well, there's my bitch. Love to hear some feedback.

Looking forward to the next issue of Ho's & Hypes. Until, then...

Peace,
Jeanie (Campbell River)

If anyone would like to give feedback on this letter, or would like to write about their experiences with methadone, good or bad, just bring it in to me and I will print it. -megan

We'd like to welcome Andree Jove to the "Y" outreach team. She is the new Momreach Queen. She works Monday through Thursday and can be gotten ahold of through the YM/YWCA 386-7511 #523. Andree is looking for moms and moms-to-be to hook up with her. She is developing a new program for moms and moms-to-be. She would like you to hook up with her and you'all can tell her what you need. Any women who need support, assistance, hooked up with resources etc...





a face you can trust

Dear Kate

Hey readers & followers of this column, (are there any of you out there? Is this working for ya or what? let me know) - please submit questions and queries related to 'the life' and staying healthy or else i'll have to keep amusing you with gory anecdotes like this:

Dear Kate:

i've been using crystal meth for a couple of months and i want to know more about it. Specifically, i've been experiencing some harsh skin shit after a binge — i get blisters on my fingers but i don't know where they're coming from. i do smoke it but the blisters aren't from burning myself. And my hands often tingle. What do you think this is about?

—Tweaker

Dear Tweaker:

Here's what i know about crystal meth. i don't want to go into the chemical make-up of it (you can find this out easy enough via the internet or your friendly neighbourhood bathtub speed maker). Crystal is a form of speed, so it works to stimulate your system.

If you have a question, then Kate is the one to ask. Kate will answer your questions on everything: safer injecting practices, what to do in uncomfortable events, your love life...She is a trained professional. She accepts no liability for the answers she gives. "Kate" is a fictitious name. But she's awfully smart. She knows a lot, and we like her for it. Rumour has it that she is actually a space alien but we don't discriminate. Hell, anything goes around here...

The high is long lasting — anywhere from 6 hours to 2 days depending on the dosage. People can freak on crystal if they have never used it. It's scary having your heart beating it's way out of your chest and the rushes can be overwhelming. Some people aren't prepared to be fucked up for hours and can get paranoid. There are risks associated with using crystal that include: heart trouble (pain, irregular heart beat, raised blood pressure and even heart attack), seizures, hypothermia (from not being able to sweat to cool down, especially if you're raving/clubbing), crankiness, aggression, anxiety, paranoia, hallucinations (especially of bugs crawling under your skin), and psychosis.

It's not a great idea to use crystal if you're pregnant, on psychotropic drugs, or have heart or blood pressure problems. If you're HIV+ and taking medication, crystal can decrease the effectiveness of protease inhibitors, which means the virus can reproduce itself inside you faster. The biggest hazard associated with using crystal is the buff that it's cut with — people are making it literally in their bathtubs and even less clean places, with chemicals bought in pharmacies and hardware stores or found laying around their basements. Also, the

effect of not drinking enough fluids when using, and not sleeping while on it can leave you feeling terrible for days and, for some, weeks. So, if you go on a binge, be prepared for the crash that will come when you stop using—people often experience extreme mental and physical exhaustion. And depression is a very common after effect, caused by the chemicals in the dope scrambling your brain chemicals, the guilt that comes with being a drug user in our society, and maybe from the behaviours you engaged in while in an altered state (like fucking without a condom).

As for the blistering, i've asked around and other people have had similar stuff happen. The Street Nurses are looking into it and i've checked out the internet. So i don't have a definite answer, but i do think that the chemicals in the dope are the culprit. i've got some good websites if you're interested that are a wealth of knowledge: www.tweaker.org, www.crystalneon.org are a good place to start.

If you're new to crystal, your best bet is to start slow and get educated. Drop by and talk to one of us or ask around to people you trust.

—kate

Ariel

IN MEMORIAM:

Since the last 'zine came out in October, there have been several deaths. If anyone wants to write any memorials to anyone who has died — stories about that person, whatever you remember — the space is here.

MARK (RADAR) ~ CARLA ~ TONY ~ MIKE ~ JOE ~ BRAD

KEVIN & KELLY

ZOE & BOBBI



What Did We Find Out From the RARE Project?

Kelli Stajduhar - RARE Investigator

Last year I wrote an article for Ho's and Hypes about the RARE project. The RARE project was a research study that took a close look at injection drug use and HIV/AIDS in the Capital Health Region (CHR). To collect information for the RARE study we talked to almost 100 people including people with addictions, service providers, and people who deal with policies around addiction. We also spent over 70 hours hanging out in "hot spot" areas where drug use is known to occur. Our team also mapped out all the places in Victoria where drug overdoses had happened in the last year, where we were finding dirty rigs around the city, and where services are located. The final report is now complete and I thought it might be a good idea to share some of the major findings with you.

What did we know before we started the project?

We already knew that we had a problem with injection drug use in the CHR. For instance:

- ⇒ There are approximately 1500-2000 current injection drug users in the CHR;
- ⇒ There is an increased number of youth (especially young women) and Aboriginal people who are accessing the S.O.S needle exchange;
- ⇒ There has been an influx of injection drug users from Vancouver's downtown eastside coming to Victoria, especially during the HIV and Hep C epidemic there;
- ⇒ There are, on average, 15-20 calls to drug overdoses per month in the City of Victoria alone;
- ⇒ There is an upward trend in the number of drug induced deaths in the CHR;
- ⇒ The number of current people using the needle exchange who are infected with HIV has increased from about 5% in 1993 to 21% in 1999.

.....

What did the RARE project tell us?



Even though we knew we had a problem, we needed to get information that was more detailed. The RARE project helped us to learn more about injection drug use and what it is that we need to do to support people that are affected by addictions.

The key findings are:

1. A large majority of people who use injection drugs have unstable housing and obtain their main income through activities such as drug dealing, panhandling, or working in the sex trade in order to feed their addiction. A large percentage (67.5%) of the participants in the RARE project started injection drugs at less than 20 years of age and over 70% had shared injecting equipment with another person. Heroin and cocaine were the most common drugs of choice with 75% of participants reporting injecting heroin and 70%, injecting cocaine. Participants spend, on average, between \$700 to \$1400 per week on their drug use.
2. Ninety percent of the participants in the RARE project indicated that they had been tested for Hep C and HIV. Just over 50% self-identified as HCV positive and about 25% self-identified as HIV positive.
3. Almost half of the people using injection drugs in this study had been in alcohol/drug treatment in the past. Almost 25% were trying to get into drug/alcohol treatment in the past 12 months but were unable to do so, primarily because of long wait times.
4. Injection drug users in Victoria face serious risks to their health daily. The majority of study participants who reported injection drug use had either experienced overdose, had witnessed one or were aware of friends who had died of an overdose. The majority reported having had infections related to injection drug use, including abscesses, bacterial infections and blood-borne diseases.
5. All of the study participants were aware of the health risks they faced by continuing to inject drugs, and all wanted to do what they could to reduce those risks. However, all said that they were ruled by their addiction.
6. There is a lack of services for drug users who do want to protect themselves. The single fixed needle exchange site (SOS) with its limited hours of operation cannot meet the needs of its clients. Participants described using someone else's needles because there were no. . . (cont on page 16)

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Unemployed	\$2.00	\$8.00	\$7.75
S.O.S. people	\$0.00	\$0.00	\$0.00

I would like to do a 'zine exchange. Ours, for yours (we just trade, no charge)

I have enclosed _____ \$ for a _____ year subscription.

I am paying by:

- cash
- cheque
- money order
- frozen pizza



S.O.S.

C/O AIDS Vancouver
Island
1601 Blanshard St.
Victoria, B.C.
V8W 2J5
250.384.1345



HAIRDRESSING!!!

Need to get gussied up? Court coming up? New love on the horizon? Tired of your same old look? Do you have winterbear hibernation head and need to take some of the fur off for the summer? Beginning June 16th, our lovely Twyla will be here at Street Outreach Services to cut hair every second Saturday. You might remember her from our world famous 'Salon Saturday', or from the various times she's donated her time to cut hair. Haircuts are free to her adoring public!

DON'T BE SHY! WRITE, DRAW, RHYME, RANT, QUERY, QUESTION, SKETCH AND SUBMIT!

Ho's & Hypes is written by you. That means that I need you to submit your work. If you want to be credited for your work, add your name. If you don't, then leave it anonymous. Space priority will be given to intravenous drug users, sex trade workers, and street community.



Did you know . . .

You can develop **drug tolerance** at an increased rate if you're doing your dope in the **same** physical surroundings all the time. When you use in a new environment, you're **more likely to OD** if you're **using** the same dose as when you're in your comfort zone. **Safety Tip:** if you're doing dope in a new setting, **cut** your dosage.

-from Rebecca's Biopsych text
(Biopsychology, 4th Edition, Pinel,
2000 Pp348-9)

Did you know that crystal meth is made out of pseudoephedrine, which is the same stuff they make cold medication out of. Also, at raves, DMX is sold as ecstasy. This stuff is the stuff in cough syrup. It stops you from sweating, so if you don't cool off, you can die of heat exhaustion. People have. That's why when you're at a rave, it's important to drink lots of water, and stop dancing every now and then to cool down.

Morphine Peelers

Empty capsule in clean spoon, disinfected in alcohol. Wipe dry. Small spheres will fall into spoon. Crush them with clean dry spoon til it's a powder. Add 20 units of water, mix, add another unit if needed, heat until the point of boiling but do not boil. Mix thoroughly. Let cool. Put in filter, Draw 90% of solution, fix with no problem. Keep your wax that formed lightly in the spoon, save for the next morning. Do not reheat your wash.

Mark - We can neither confirm nor deny the accuracy of this information.

Do you have any little interesting tidbits of info you want to share with us? Drop us a line and let us know. We will add it to our pages.

**M
y
O
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i
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i
o
n...again**



I haven't written this column since August of 2000. I would write something upbeat and cheerful for the welcome back issue, however, I can't. I have just spent the evening updating our 'list of people who've died'.

While I was doing this, I was informed that two more people had died.

I came home and all I could do was cry. The next day, I found out that someone else had died.

When I was in Vancouver, doing dope and hooking, lots of people died then too. Friends, acquaintances, lovers, the girl who worked the corner across from me... They were murders, suicides, overdoses, illnesses, societal neglect. Mostly societal neglect.

I came close to dying several times too. I could have been anyone. I couldn't go to funerals. I couldn't bring myself to get dressed in my Sunday dress and show up and see the pain on everyone's face. I couldn't look at someone who might've been me.

Then, in 1997, Chrissy Baker died. I went to her funeral. I felt I needed to show up to show my respect for her. Then the next year, Leo, MaryAnne and Patty died. I showed up.

In Vancouver, I remember someone asking me what I thought would get me to clean up. I told them that probably I'd get tired of having all my friends die. That I wanted to be in a place where the people that I cared for weren't dropping like flies.

And here I am. My closest friends aren't dying anymore. But since I began working here at SOS, 49 people, that I know of, have died.

Sometimes I don't feel like I have the right to grieve when somebody dies. I'm just somebody's worker. I'm not their best friend, I'm not their sister, I'm not their partner. I'm just a worker. I might only see them once every couple of weeks. I see people between Friday and Sunday and I get paid to be here. I feel sometimes like I don't have the right to feel the level of sadness I do.

Sometimes when someone dies that I don't know very well, I'll get just as sad as when it's someone that I know well. It's as if the fact that someone died pulls on a big, old, deep rope and dredges up the ghosts of everyone else. Not just the people that I know from work, but everyone who's died since I was born. I can't count them.

And I don't know what to do. I don't know what to do with my sadness and anger sometimes. I hope I make a difference in people's lives, but you never know how many people stayed alive one day because I opened up on time. Or because one of us shared a cigarette with them. There are no measurable outcomes. No way of telling. So, no way of reassuring myself.

My sadness seems so tired sometimes. Some days it doesn't want to get out of bed for anyone. My anger is so frustrated that it doesn't know where to lash out. I am angry. For sure. I am angry that so many people are dying. And we still don't have adequate shelters. We still don't take care of the kids that are abused. We still don't have all the things that we need. The world that goes on living around us won't stop and stretch out their hand. That fills me with a rage that would drop them

dead, had I the power.

People don't have to die in such great numbers. But I can't stop it. I apologize for laying out my pain in black and white like this, but I need to say it. I need to say that what I do for a living is also my life, not just rent. And when someone dies, a little piece of me holds on to them. I can't say I love you all, I don't know everyone. But in some ways I do. In some way everyone owns a little bit of my heart. This is a community and every time a heart stops beating, our community gets a crying hole in it. We are full of weeping holes.

I don't know where I'm going with this. I don't even know if I'm going to publish it.

I want to stay caring. I don't want to lose the connections I make with the folks that come in. I don't want to get such a thick skin that I can't feel anyone anymore. I don't want to become trapped in a thick layer of callous and have to quit. But I'm so tired of the tragic deaths that sometimes I wonder how long I'll be able to do this job before I have to move to something less real.

I wonder where the line is. When the heart puts up walls and stops people from getting in. When I just turn into an automated professional machine. I hope that I recognize it before it happens.

That's why I'm in school. To get my degree and start doing community development work. What I want to do is go into communities like ours and help people create things that will help them live. Help create checks and balances in daily life. If there is any way of doing that, I want to. Something has to change. We have to stop dying.

Take of yourselves and take care of each other. Even when it's hard and you are tired of it.

Megan



When I first cleaned up

14 months ago one of the biggest problems I faced was finding things to do. As addicts, one of our biggest enemies is boredom! I figured that it might have been helpful to offer my suggestions in case you might be facing the same problem. For one N.A. and A.A. put on a lot of functions such as dances and round-ups. I know that dances seem like they might not be the thing for you but it's worth trying at least a couple of times because they can be a lot of fun and they are also a great way of meeting new friends to hang out with. Also, since the summer is coming, there are all kinds of things to do. Camping is one of my favourites and going on day trips, like hiking, with some friends and going to the lake or beach and playing games (frisby, volleyball, and also girl or guy watching). A lot of organizations also put on functions like B.B.Q.s and movie nights. They can be fun if that's your thing, even if you don't think it is, you never know until you try. I have to say that before I cleaned up I never liked these type of things but it'll surprise you sometimes just how much you can enjoy the small things. You can always do a meeting, they always help kill some time. Usually after a meeting a bunch of people go out for coffee together and new people are usually welcomed with open arms. Volunteering yourself to organizations can also be a way of keeping yourself from being bored or lonely and, if you're like me at all, those two states of mind can be really dangerous. Last, but not least, you can always find me and I'm always willing to hang out, go for coffee, or even go to a meeting or talk about life. I hope these few things might help you kill some time and, if not, you killed some time reading this, so I was successful in helping kill time.

Jason H



What to do if someone is OD'ing

- ☞ call their name and pinch their ears to try to revive them
- ☞ splash a bit of water on their face

IF THERE IS NO RESPONSE, OR THEY AREN'T BREATHING: CALL 911!

Tell the 911 operator that the person OD'd, and what dope the person OD'd on.

Time is really important. If the person stops breathing, they only have a few minutes before their brain starts to die.

Don't fuck around, get help! It's not worth risking someone's life on the chance that they might make it without medical help.

OVERDOSE

HOW TO TELL IF SOMEONE IS OD'ING

- ☠ they turn blue or greyish
- ☠ their breathing is slow or shallow, or they aren't breathing
- ☠ they have a slow pulse, or no pulse
- ☠ they may puke
- ☠ they may have a seizure

No one needs to OD. Make the choice not to.

You are more likely to OD:

- ☠ if you mix your drugs. Doing down v booze or benzos (like Valium) is especially risky. Plus mixing makes you more likely to puke and/or pass out.
- ☠ if you haven't used in a few days. Your tolerance goes down quickly.
- ☠ If you don't know how strong your dope is, ie. if you're buying from someone new. Even if it's your usual source, it's a good idea to do a test shot every time, so you can see how strong the dope is. If you absolutely won't do a tester, push it in rreeaall slllooww & see how you feel.
- ☠ If you use alone, an OD is more likely to kill you, because no-one's there to help.
- ☠ If you are using in a new, unfamiliar place.

Waiting for the ambulance

Keep trying to wake the person up:

- ☞ call their name, talk to them
- ☞ pinch them, shake them gently
- ☞ splash lukewarm water on their face

If they're not breathing, doing rescue breathing can help prevent brain damage. It's best to learn how to do it properly (ask SOS, we can set it up for you to learn how), but in an emergency...

- ☞ lie the person on their back
- ☞ pinch your friend's nostrils together so air doesn't leak out
- ☞ tilt head, lift chin and ensure the airway is clear.
- ☞ cover their mouth with yours and blow into it, hard enough to make their chest rise
- ☞ take your mouth off theirs, and let go of their nose; their chest should sink as the air comes out
- ☞ count "1 one thousand, 2 one thousand, 3 one thousand, 4 one thousand, 5 one thousand" and repeat

If at any point your friend pukes, it's important that they don't inhale their vomit. It can choke them, or get in their lungs and mess them up. So...

- ☞ if you don't need to breathe for someone, prevent them breathing in their vomit by lying them in the "recovery position": on their stomach, with one leg bent, and their head turned slightly to the side.



Recovery position

- ☞ if the person pukes while you are doing rescue breathing, quickly take your mouth off theirs, turn them on their side, and use your finger to scoop out the puke. It's gross, but you may save their life.

- ☹ Don't put them in a freezing shower - that could make them go into shock
- ☹ Don't put them in a bath - they could pass out and drown
- ☹ Don't kick them in the crotch - it's cruel & unusual and doesn't work

911 & Cops

If you report an OD, in addition to an ambulance, the cops will show up. Understandably, this is not an appealing option to most people. But there are things you can do + prevent hassle from the cop. without risking someone's life by not calling 911.

If the person who has OD'd has warrants, you can take their wallet or any ID that they may be carrying before the cops show up. Keep this stuff safe to return to the person later.

It usually takes a few minutes for the cops/ambulance to get there after you call 911. If you have dope, or rigs/cookers with your prints on it, now is the time to get rid of your stuff. If you have to go stash something, get someone to stay, in case the person who's down stops breathing. If there is no-one around, stash it somewhere close by. It's not worth their life.

This article is dedicated to those we have lost. You will always have a place in our hearts. Patches, Rob, Paula, Phil, Sandy, Hightower, Nick, Viking, Samantha, John, Randy, Kelsey, John, Hector, Darcy, Colin, Chrissy, Lisa, Glenda, Daisy, Ray, Leo, MaryAnne, Jessie, Tony, Jubal (Gerbil), Robbie, Monica, Dyson, Dawn, Karen, LeeAnne, Krystle, Jackie, Gerry, Heidi, Cam, Zen Master (Will), Laurie, Ashley, TJ (Terrance), Myra, Gainer, Marie, Lance, Bobby, Colleen, Liz, Vince, Jay, Max, Kevin, Carla, Bobbi, Tony, Mike, Mark, Brad, Don, Kelly, Zoe



**Razorwire -
Rewired! Still irreverent, yet, still evocative**

I was looking at it, and
From the underside - yes, why not?
I waited until her backside, turned around, it was facing toward me!
Most entertaining, and most evocative, this present moment of visual fantasy!
And yes, I admit... this angle is my style;
Of looking, at special shapes; then, like-mounds of flesh- filled, horizons,
Okay - from my inner vision, there is a motivation, an inspiration, by
Me, being elsewhere!...
Elsewhere? Not a "straight-john" in my world!
I operate, my behaviour, from a standard-level, valuing "individualism,"
And the relativity of conscious awareness!
I move through, my moment-to-moment activity, making certain, that
It's very apart-from especially, Karl Jung's collective conscious!
I like my fashion! Else wherever, is not even close to mainstream, now
Anywhere near mainstream, in order, to avoid, the dullness, and staleness
To increase my personal sense of creative thought. . .
Elsewhere - being elsewhere, opens the doors, for a certain completeness of
Experience, and a freedom, from programmed - thought, and group action!
Staying apart, from product-knowledge, and the brain-washing of hype,
And carefully-designed, forms of media - communicated, advertising, and market
Provides me, with laughter, and genuine boredom, when even considering,
The trendy, sheeplike, movements of the - group...
I detest the whole herd, and their tiny worlds of sameness, and
It's constructed-walls, that segregate, relativity or even reality!
I detest behaviour modification; I'd much rather, listen to Len Cohen!
And read British poets! And view portraits of famous men by Yosef Karsh!
I strongly suggest others, could benefit, by thinking, perhaps, talking with
a unique vision-searching individual who resonates, freshness!
And try to include discussion, about the risky, but wonderful, sense of
Freedom, from most of the established kinds of routine, and it's
Resulting lack of individual growth!...
When checking media presentations of the entire global village, watch,
The atrocities, among the many events, for after all they appear
So vividly, and yet without, morality, or, ethics, and seem terribly
Pathetic?
I converse a lot with myself, and use large amounts of Prayer; to keep
My elsewhere-self, from being seduced by what, it is, dishonestly felt &
Be truly civilized, elsewhere-ness, keeps me wild, and thus obsessively -
Alert! (It must be, from six years of living and those experiences have
Encouraged this style, of survival-tactics, which I am always learning from!)
So, let us pray, for "renewal" on March 20th & springtime's Wondrous Light.
Let it help, us "all rise," from ignorance, and Winter - Darkness:
Let the sunshine! Let the breezes! Let, even the raindrops, all
Relate, and like magic, bring on the scents and variety of colours,
of an early spring in this year of 2001!

By Wayne Trudell

PAGE POETS PAGE POETS PAGE

***Be precise, for we are in the latter days,
even pagan unbelievers have series of
synchronicity and serendipity, as
Christians we are in the club; adopted
into the family of god; religious apostasy
is the top ten of one of (2) ways to make
you fear of charismatics, false teachers,
false prophets, even luck can be fooled,
even so let God and the truth come.***

***Hallelujah
God bless you all. I am a seer.
Amen***

Stephan Patrick Dargon MacDonald

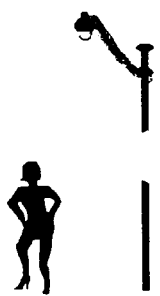
As Day Over Charm

*The forensics of bullets
Leaves marks
On the door
And autopsies
Leave writing
And record
And morning
Is bright
As day over charm
Can't harm the happy thought
And stop the thought talking*

Paul Burnside

*Mom,
I have looked for you everywhere.
I've looked for you in the streets.
I've looked for you in my memories.
I've searched for you in my heart
I finally found you.
I found you in the drugs I've done
I found you in the life I've led
I found you in the pregnant working girl
I just met
I finally know who you are and what
You did whether I would live or not.
Even though you left me when I was 4
I never stopped looking for you.
I'm glad I finally realized who
I was looking for.
May I rest in Peace
Black Eagle*

*A Poem for Megan and
George
Roses are red
Violets are blue
Just like your eyes (sometimes)
and the deep blue sea
Happy Birthday to George and
Megan
From me.
-by Mike*



PAGE POETS PAGE POETS PAGE

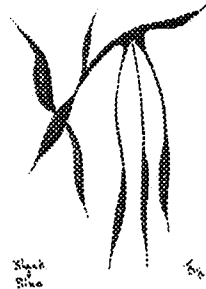
The Game

I wonder how to make all the wrongs right
 It scares me to death to think I can't
 But it might surprise me if I take a chance
 The pain and frustration sets into my mind
 But beneath the hard surface my soul
 starts to cry
 I think about it all the time
 I'm running circles in my heart and mind
 so take a chance and roll the dice
 You only have one chance so do it right.

by Jason S
 04-08-2001

Grace

The panther glides through the jungle
 With a lithe grace that defies
 description.
 Eyes everywhere, seeing everything,
 missing nothin.
 Her unwavering gaze surveys her
 surroundings before setting on a suitable
 perch.
 A sudden tightening of muscles, and
 her leap is complete.
 Making herself comfortable, she rests her
 majestic head on delicate forepaws and
 begins to doze in the midday sun.
 Her rest complete, she wakes with the
 rising of the moon and begins her quest for
 sustenance.
 As she stalks through the jungle, the
 night sounds fall silent, as if paying
 homage to the undisputed and
 uncontested
 queen of the night.
 - Reme DuChance



Wave Over

The mind is the prison
 That closes doors
 And shuts down effort
 On everything
 For all things
 At all times and becomes
 robbery
 So don't wear sandals
 And don't carry candles
 They weigh old thoughts
 With very old motives
 Why not fly gliders
 And soar through fresh air
 Or sit on beaches quietly
 Paul Burnside

When The Hero Falls

When your hero falls from grace
 all fairy tales R. uncovered
 Myths exposed and pain magnified
 the greatest pain discovered
 I taught me 2 be strong
 but I'm confused 2 C.U. so weak
 I said never 2 give up
 and it hurts 2 C.U. welcome defeat.
 when ure hero falls so do the stars
 without my hero there is only
 and so does the perception of tomorrow
 me alone 2 deal with my sorrow.
 Your heart ceases 2 work
 and you sat? is not happy at all
 What R. U expected 2 do
 When ure only hero falls

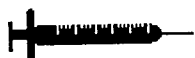
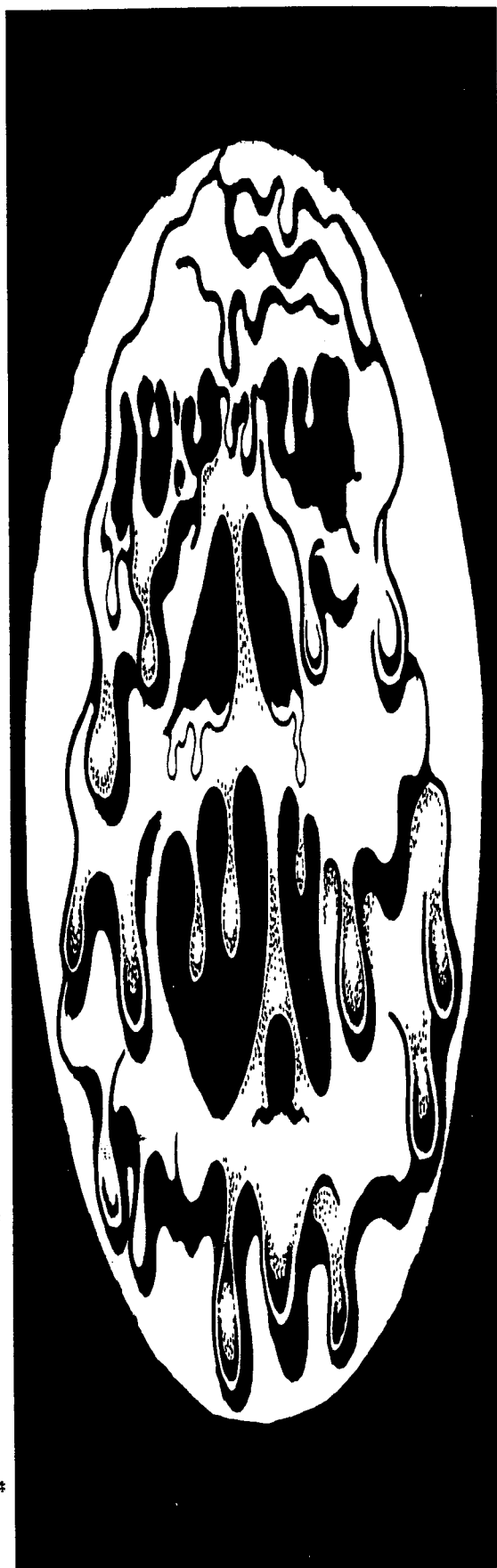
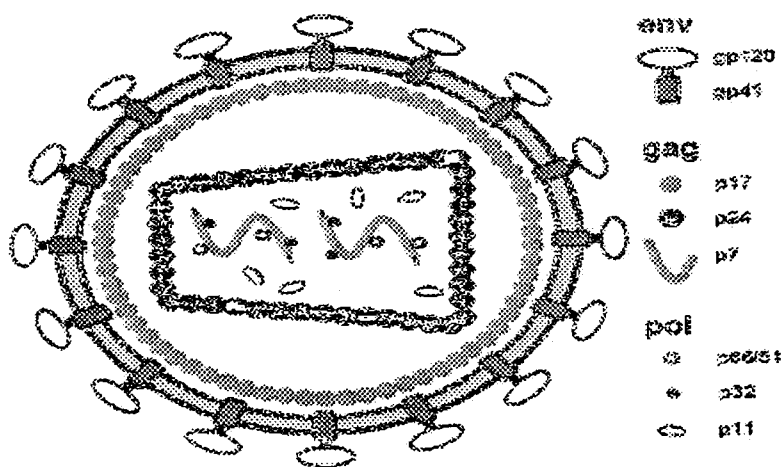
Poems are entered into the computer
 without being changed in any way
 except the type of letters used. If you
 want your name on it, add your name to
 your poem. If you want to remain
 anonymous, please send a little note
 with your work and we won't name it.



ANTIVIRAL DRUGS; MY PERSONAL EXPERIENCE.

I think that these drugs are the most horrible drugs that have come out on the market. I think they work if you take them consistently. It's hard on your body and drains you for awhile . . . and then you get used to them again. I guess people want to hear from people that are taking them and not just bullshitting about it. I'd like to have a Doctor that was HIV+ and taking meds. Then maybe I wouldn't be so suspicious about the treatments. I feel like quitting them and I'd like to talk with other people that are on them. Could you write in to the next issue of *Ho's & Hypes* if you're on them? I think we need to take them if we wanna live. I don't know if there's a support group for this, or if one could start. If you have info. about this could you get it to *Ho's & Hypes* so we can let people know? Thanks.

BY: A HIV+ Person Taking Meds.



HEY EXCHANGERS
HEY EXCHANGERS

HEY EXCHANGERS
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HEY EXCHANGERS
HEY EXCHANGERS

HEY EXCHANGERS
HEY EXCHANGERS

I thought I'd take a minute to congratulate you on being such good exchangers. Last year SOS exchanged over 535 000 rigs, with an exchange rate of 105%, which means that we are still bringing in more syringes than we are giving out. And we registered almost 500 new clients this year, which blows me away!

SOS has seen a few changes this year: we participated in the RARE study that you'll read more about in this issue which brought about more Street Nurse hours at SOS. We received funding to start up our Hep C project which is trying to reduce the number of new Hep C infections as well as to offer suggestions on how to live well with Hep C, HIV and addiction. We've managed to keep our successful acupuncture clinic open and offer free treatments to our regular attendees as well as the new clients that keep coming. This coming year we are anticipating more changes as we will be moving in with our mother ship, AIDS Vancouver Island. We are hoping that more services will emerge out of the RARE recommendations. We will undoubtedly exchange more syringes to more people than ever before, and we will be attempting to offer more innovative programming for you here at the exchange, programming aimed at keeping you healthy, informed, and entertained. I encourage you to take a minute and tell the staff at SOS what you would like to see happening, what you like/dislike about our service now, and any other feedback you would like to give us, we'd love to hear it.
Stay alive, stay healthy, stay in touch.

:)kate



Taking It To the Streets:

- the Hepatitis C Project

Hello to all from the Hepatitis C project! It has been a really busy few months with all kinds of new developments. We have been making regular visits to Youth Detention Centre and Wilkie (hello to the guys out there who have attended our Health Information Sessions or met with us at SAM), and are doing outreach into the community. The Advisory Committee is up and running and is working on some really creative and interesting ideas.

The committee is made up of people in our community who are concerned about Hepatitis C and, in particular, the really high infection rate among injection drug users. Some of us are current or former drug users who have Hep C and/or HIV and there is a mix of "service providers" (like Outreach workers from SOS and Kate the street nurse), and volunteers.

Our main goal is to set up opportunities for current users to get trained about Hep C so that they can go out into the world and spread the word!

There are honoraria available for participating in the peer training; the first session is Friday May 18, 4-5pm. If you are interested in doing the peer training, or joining the Advisory Committee, please let me know.

The Hep C infection rate is really high right now and so it is important that people who do dope get the facts about this virus, and learn how to protect themselves. It is also crucial that people who are already infected know the full story so they can take care of themselves and also avoid infecting others.

One of the ideas that the Committee came up with was the "safe space" mats and spoons. The mats give you a space to do your drugs that is clean, and is yours alone. Some of the ways we think that Hep C is being spread is through sharing things like spoons or cookers, filters and water, and, since we suspect that Hep C can live on a surface for a long time even if you can't see it, we thought it makes sense for people to have a personal boundary that no one crosses. The mats are designed and made by you, and then the project gets them laminated (so they can be wiped clean), and glues cork on (for the hot spoon or cooker). We have a ton of art supplies and magazines to use

for the mats, and some beautiful charms, beads and baubles to create personalized spoons. Come by SOS (the xchange) if you want to make either (or both) of these; there is a present for everyone who does.

Hate to be a nag, hope I'm not repeating myself but.....

Don't forget::

- Hep C is spread through blood-to-blood contact
- don't share rigs, spoons, cookers, swabs, ties, pipes, straws, water, filters, razors, tattooing equipment, piercing needles, toothbrushes, nail clippers, and, do practise safer sex
- bleach has not been proven to kill the Hep C virus
- we have an onsite Hep C worker every Wed. night 7-11 pm.
- if you are Hep C positive, get vaccinated for Hep A and B
- SOS has a monthly Hep C Support and Discussion Group (1st Wednesday of the month, from 7pm)
- if you want information or support come and see the nurses or the Hep C Outreach Workers (that would be me or Rebecca Young)

On a personal note, I would like to thank everyone for their volunteer work for the project.

Health and happiness to you,

Hermione Jefferis
Hepatitis C Outreach Worker, Street Outreach Services

hermione.jefferis@avi.org
Ph: 384-1345 or 384-2366

(continued from page 5)

clean ones available, or sharing spoons, water and cotton because they had no other choice. This is exacerbated by the poverty that most injection drug users live in, and the lack of a private place to use and to store their paraphernalia.

7. There is a lack of addiction treatment services. The majority of the participants had experience with addiction treatment services, which

they described as being inadequate (lacking withdrawal management services, recovery and treatment beds, and counselling) and bound by administrative rules that lock people out of treatment, e.g. having to be off methadone before entering treatment or having to call in daily to see if a bed is available (most did not have a phone). There is no continuum of care for people with addictions.



8. Almost all of the injection drug users and the service providers had experienced negative, judgmental behaviour on the part of the organized health care system when seeking medical treatment, as well as a lack of understanding of issues related to addictions. While all valued the Street Nurses very highly, few could relate positive experiences with hospitals and their emergency departments.

9. Societal attitudes toward addiction, which do not recognize that it is a chronic health problem, are barriers to prevention of drug use, and harm minimization and treatment for those who use drugs. While in no way condoning drug use, the study participants identified addiction as a health issue, and were seeking leadership from the health care system to deal with it.

10. Participants described their fears for children and youth, who are becoming part of the drug scene in the CHR. These youth do not understand the addictive nature of heroin and cocaine, nor do they know how to protect themselves from harm if they are using drugs. The intervention identified by the participants was early,



peer-based education in the school about the true nature of drugs and addiction.

So...What comes next?

Dr. Linda Poffenroth (Deputy Medical Health Officer, CHR) and I have presented these study findings to the CHR Board of Directors. The board was very interested in the issues and has asked us to put together an action plan to address the issues. Based on the findings from the RARE project, there were five priority issues:

- enhanced emphasis on prevention programs targeting children and youth;
- enhanced access to and expansion of harm-reduction services for adults and youth (including the development of a mobile service and the expansion of methadone treatment);
- enhanced access to and expansion of addiction treatment services for adults and youth (including withdrawal management services, recovery and treatment programs.)
- enhanced opportunities for health and social service providers to be sensitized to issues related to drug addiction and to become educated in appropriate care, treatment and support strategies; and

- enhanced efforts to address poverty and housing issues for those with addictions.

The action plan will be presented to the Board at an upcoming meeting. This does not mean that we will go ahead with everything... We need to find resources to implement what we are suggesting. But, we do believe that we have some good solid information to make our case, so we will keep you posted. In the meantime, a few things have happened:

- TheStreet Nurses will now be running a clinic three times a week in one of the "hot spot" areas.
- Information from the RARE project was used to secure money for an Aboriginal HIV/AIDS Outreach Worker.
- We have just received a small amount of money to do some outreach education with people using injection drugs.

As things go along, we will keep you informed and will be offering opportunities for people to be a part of the process and be involved if they choose. Injection drug use and the care of people with addictions is an area of concern for all of us

and it is going to take a community effort to help reduce the harms associated with injection drug use.

What if I want more information?

If you want to know more about the study, you can contact me at 519-7076. I will also be coming down to SOS on the following dates/times to talk more about the study findings and give anyone a opportunity to ask questions:
 Wednesday May 2 at 7:00 pm
 Wednesday May 16th at 7:00 pm
 Food and drink will be provided! Hermione



WHAT IS ACUPUNCTURE?

Acupuncture is a form of traditional Chinese medicine that has been practised for thousands of years. It is based on the principle that energy flows through the body in specific channels.

Interruption of that energy can lead to illness. Acupuncture works by prodding the body to heal itself and to release the body's own natural painkillers.

Acupuncture involves inserting very thin, sterile needles at specific acupuncture points to stimulate energy flow in particular channels.

There are also other methods

that might be used, like moxi-bustion (carefully burning herbs on your skin), massage, or acupressure (pressing on specific points with fingers instead of needles).

You should allow about one hour per treatment.

Usually people experience some change right away, but acupuncture is most effective as a series of treatments.

Every case is different, so the best

ACUPUNCTURE CLINIC AT SOS.

TUESDAYS and THURSDAYS
7:00 - 9:00 pm

\$2 donation, or pay what you can

ANYONE WELCOME
NO NAME REQUIRED

thing to do is talk with the acupuncturist and design a treatment plan that is right for you.

The needles used in acupuncture are very thin. Usually they don't hurt much apart

from a twinge as the needles first go in. If it hurts a lot, tell the acupuncturist - they can change the position or take it out.

The World Health Organization

recognizes acupuncture as treatment for a wide range of emotional & physical problems. While it works better for some people than others (just like standard medicine), acupuncture can be really helpful for:

- hepatitis
- insomnia
- detoxing
- all kinds of pain
- immune boosting
- low energy and fatigue
- depression

and many other problems.

To find out if acupuncture can help you, come in and check it out.

WHAT THE STREET NURSES CAN DO FOR YOU!

1. **Anonymous HIV/AIDS testing.** You don't need to give your name - just 3 initials & a date of birth that you can remember so the nurses can find your file when you come in for results.
2. **STD counselling, testing, and treatment.** If you're wondering whether that last sexual encounter you had left you with bumpy warts, a weird little sore spot, dripping gonorrhoea, or anything else, come get tested.
3. **Hepatitis testing and Hepatitis A & B vaccines.** You can get tested for Hepatitis A, B and C, and get vaccines that will protect you from Hep A & B.
4. **Vaccines.** Vaccine for Hep A & B, influenza, and tetanus/diphtheria booster. Avoid getting lockjaw from a minor cut by getting your tetanus booster every 10 years.
5. **Free pregnancy testing.** The nurses will give you a pregnancy test and can refer you to a tailored service to help you manage if you are pregnant.
6. **Vein maintenance/harm reduction issues; abscesses, endocarditis, and 'blown' veins can be prevented!** Come talk to the nurses about the best way to shoot safely.
7. **Vitamins, Tylenol, cold medicines, etc.**
8. **Alcohol and drug referrals.** When you're ready to slow down, nurses can help you go in a direction that will help.
9. **Finding a doctor.** Check out the list of doctors accepting new clients. Nurses can also help you get a B.C. Carecard. Everyone who lives in B.C. is entitled to medical care regardless of \$\$.
10. **TB testing.** Find out whether or not you have TB, and how to stay healthy if you do.
11. **Got itchy scratchy bugs?** We have Kwellada.
12. **Wound management.** We have bandages and cleaning solutions.

Schedule for Street Nurses:

Monday	10:00 am - 3:30 pm	Outreach
	1:30 - 2:30	Holiday Court
	3:30 - 6:00	SOS
Tuesday	2:00 - 4:00 pm	Sandy Merriman House
	4:00 - 6:00	Outreach
	6:00 - 7:00	YMYWCA van
	7:00 - 9:30	SOS
Wednesday	1:30 - 2:30 pm	Holiday Court
	6:00 - 7:00	YMYWCA van
	7:00 - 9:30	SOS
Thursday	2:00 - 4:00 pm	Open Door
	6:00 - 7:00	YMYWCA van
	7:00 - 9:30	SOS
Friday	1:30 - 2:30 pm	Holiday court
	2:30 - 5:30	Outreach
	7:00 - 9:00	SOS

Please
note
new
Street
Nurses
hours



Good numbers to know

WHERE TO EAT

9-10 Club 740 View St.
Breakfast served 7-10 am, Mon to Sat.

AIDS Vancouver Island - Bean Scene
384-2366 1601 Blanshard St.

Lunch by and for people who are HIV+, 11 am-1 pm, Mon to Fri.

Alliance Club
382-7553 behind Pizza Hut, Yates St.
For youth under 19.

Mustard Seed Food Bank
953-1575 625 Queens St.
Food hampers for families on Mon, Wed & Fri, 9:30 am-2:30 pm, except the week after welfare cheques. Dinners every Saturday, at 7:30 pm.

Open Door 385-2454 502 Pembroke St.
Food cupboard, free clothes, drop-in centre.

Our Club 384-2261 1225 Hillside Ave.
Meals for \$1.50, for people with schizophrenia.

Salvation Army Community Services
386-8521 1911 Quadra St.
Mon to Fri, 9 am-4 pm. Emergency food hampers, tickets to the Upper Room.

Salvation Army
384-3755 525 Johnson St.
Meals served at Wharf & Johnson entrance Sundays, at noon & 6 pm.

Streetlink Emergency Shelter
383-1951 1634 Store St.
Breakfast at 7 am, lunch at noon, dinner at 5 pm. Non-residents are first-come, first-served; pick up tickets at 3:45 for 4 pm dinner.

St. Vincent De Paul Society
382-0712 840 View St.
Mon to Fri, 9 am-4 pm. Emergency food, max once every 30 days.

Upper Room Society
388-7112 919 Pandora Ave.
12 & 4 pm, Mon-Sat. \$26/month or \$1/meal.

YM/YWCA Youth Outreach
386-7511, ext. 114 or page 388-6275, #1351
880 Courtney St.
Food, clothing, toiletries for youth 13-21.

WHERE TO SLEEP

Streetlink Emergency Shelter
383-1951 1634 Store St.
For homeless people who are sober & over 18. 44 men's beds, 11 women's beds in segregated quarters. Check in 3:30-8:00 pm; must be in by 11:30 pm. Three meals/day, laundry & showers, counselling.

YM/YWCA
386-7511 880 Courtney St.
Residence at low rates, central kitchen. Young moms' groups, youth outreach; youth shelter Saturday nights, 11 pm-7 am (drop-in basis).

Casa Maria Emergency Housing
361-4613 #21, 1241 Balmoral Rd.
Provides emergency temporary housing for homeless families, with cost based on income.

Hill House Transition House 479-3963
Emergency shelter for women, with or without kids, escaping family violence. Open 24 hrs/day.

Victoria Transition House
385-6611: Crisis line
Temporary shelter & support for women & kids fleeing physical/emotional abuse.

Sandy Merriman House
480-1408 809 Burdett Ave.
Emergency shelter for homeless women, women who have been in jail, women who work as prostitutes, women with mental illness, and women with drug/alcohol issues. Women's drop-in 10:30 - 4:30 week days, 11:30 - 4:30 week ends. For a bed, be physically in the house by 4:30pm.

Kiwanis Emergency Youth Shelter 386-8282
Short-term shelter for youth 13-18.

Salvation Army Rehabilitation Centre
384-3396 525 Johnson St.
Emergency shelter & hostel for men. Office open 8:30 am-4:00 pm. Cafeteria provides 3 meals/day.

ADVOCACY

Action Committee for People with Disabilities 383-4105 926 View St.
Individual advocacy, and lobbying.

Law Centre 388-4516 1221 Broad St.
Legal aid, other legal services.

Prostitute Empowerment, Education & Resource Society (PEERS)
388-5325 #211-620 View St.
Peer counselling and services by people who have been in the sex trade.

Non-judgemental. Pro-sex worker.

Together Against Poverty Society (TAPS)
361-3521 #415-620 View St. M-F
Advocacy on issues involving welfare, employment insurance, and tenancy. Open 8:30 am - 4:30pm. Closed from noon to 1:00pm.

Tenants' Rights Action Group
480-7881
Education and advocacy about tenants' rights; provides referrals to other tenant agencies.

HEALTH CARE

Acupuncture Clinic 384-1345 at SOS
See p. 18. Chinese medicine by donation.

AIDS Vancouver Island
384-2366 1601 Blanshard St.
Support, education, advocacy, prevention info, and other services for anyone infected with HIV/AIDS.

BC Medical Services Plan
386-7171 1515 Blanshard St.
The free/low-cost medical coverage that every BC resident is entitled to.

Birth Control Clinic
388-2201 1947 Cook St.
Birth control, pregnancy testing.

CHR Street Nurses
384-1372 at SOS 1220 Commercial Alley
See p. 18. Free & confidential HIV/AIDS, Hepatitis, pregnancy, STD/TB testing; adult immunization; vein care; condoms; needle exchange; vitamins; referrals; and any other health concerns.

Hepatitis C Society
388-4311 331-620 View St.
Support, education, and advocacy for people with Hep C and their friends/families.

Swift Street Medical Clinic
385-1466 465 Swift St.
Medical care for anyone with no other health care.

Victoria AIDS Respite & Care Society
388-6220 2002 Fernwood Rd.
Services for people with AIDS and their caregivers, medical advocacy, help with daily tasks, respite care.

Victoria PWA Society
382-7297 541 Herald St.
Support, treatment info, and other services provided by and for people who are HIV+.

Victoria Youth Clinic
388-7841
Medical care for youth 12-24 years old, including pregnancy testing, STD testing & treatment, and any other health concerns.

HO'S & HYPES



Good numbers to know (cont.)

DRUG & ALCOHOL STUFF

- Alano Club** 383-9151 1402 Broad St.
Alcohol/drug-free environment; food, lounge, games room, 12-step meetings. Membership is \$6/month. Open Mon-Fri 8 am-11 pm, Sat 8 am-1 pm.
- Alcohol & Drug Services** 387-5077 #228-1250 Quadra St.
Drug & alcohol counselling, info & referrals to treatment programs.
- A.V.I. Street Outreach Services (SOS)** 384-1345 1220 Commerical Alley
Needle exchange, info on AIDS/Hepatitis prevention and safer drug use, free condoms. Open 3:30-6:00 pm Mon-Sat, and 7-11 pm every day.
- Dallas Society** 727-3544 #304-1095 McKenzie St.
Drug & alcohol counselling for people in Saanich and Sidney. Youth substance abuse program. Full Circle Women's Day Program.
- Outreach Services Clinic** 480-1232 2004 Fernwood Rd.
Methadone program, referrals to other services.
- Pacific Centre** 478-8357 3221 Heatherbell Rd.
Programs for youth, adults, families.
- Pemberton House Detox** 592-5554
Supervised detox; must be over 16. Phone several days ahead to get a bed.
- Streetlink Emergency Shelter** 383-1951 1634 Store St.
Alcohol & drug counselling during day, including referrals to other services.
- Victoria Life Enrichment Society** 381-4343
Residential program; must be over 19. Open 8:30 am-noon and 1:15-4:30 pm.
- Victoria Native Friendship Centre** 384-3211 220 Bay St.
Counselling, education, prevention.
- Victoria Youth Empowerment Society (VYES)** 383-3514 533 Yates St.
Alcohol/drug counselling, drop-in for youth.
- Alcoholics Anonymous 383-0415 • • • • • Narcotics Anonymous 383-3553 24 hr lines

COUNSELLING / SUPPORT

- BC Society for Male Survivors of Sexual Abuse** 381-0493 #302-531 Yates St.
Victim services, individual/group therapy.
- Esquimalt Neighbourhood House** 385-2635
Youth, family, & peer counselling; programs for pregnant women; parent support; clothing.
- Family Violence Project** 380-1995 2541 Empire St.
Help for men who abuse their partners, and women who are abused by partners.
- John Howard Society** 386-3428 2675 Bridge St.
Counselling for anyone in conflict with the law, and their families.
- NEED Crisis Line** 386-6323 24 hr line
Crisis intervention, counselling, info & referrals. Access to emergency mental health services.
- Open Door** 385-2454 502 Pembroke
Counselling, support, food bank, advocacy.
- Our Club** 384-2261 1225 Hillside Ave.
Support, counselling, advocacy, drop-in for people with schizophrenia.
- Pacific Centre Family Services Association** 478-8357 3221 Heatherbell Rd.
Counselling for whatever you can pay.
- Prostitute Empowerment, Education & Resource Society (PEERS)** 388-5325 #414-620 View St.
Peer counselling, training programs by ex-sex-workers and community supporters. Pro-sex worker.
- Salvation Army Family & Community Services** 386-3521 1911 Quadra St.
Family counselling. Also emergency food, transportation, clothing, & furniture.
- Sandy Merriman House** 381-2847 809 Burdett Ave.
Support for women, available at both the shelter Women's drop-in 10:30 - 4:30 week days, 11:30 - 4:30 week ends. For a bed, be physically in the house by 4:30pm.
- The Women of Our People Society** 652-2788 #3-7855 E. Saanich Rd.
Counselling, info, & support for native women.
- Victoria Native Friendship Centre** 384-3211 220 Bay St.
Employment & drug counselling, support.
- Victoria Transition House** 385-6611: Crisis line
Support for women & kids fleeing abuse.
- Victoria Youth Empowerment Society** 383-3514 533 Yates St.
Counselling, information, housing referrals.
- Women's Sexual Assault Centre** 383-3232: 24-hr line
Services for women who've been assaulted/abused.
- YM/YWCA Street Outreach Program** 386-7511, ext. 114/Page 388-6275, #1351 880 Courtney St.
Counselling, advocacy for youth 13 to 21.

STUFF TO DO

- Alano Club** 383-9151 1402 Broad St.
Alcohol/drug-free lounge & games room. Open Mon-Fri 8 am-11 pm & Sat 8 am-1 pm. \$6/month.
- Downtown Community Activity Centre** 383-0076 755 Pandora St.
Free drop-in sports & weights. Open Mon-Thurs 2-5 pm, and some nights.
- Movie Monday** 595-FLIC EMI Pavilion
A free movie every Monday (donations appreciated).
- SOS** 384-1345 1220 Commerical Alley
Acupuncture 7-9 pm Tues/Thurs; drop-in Art Wed. 7:30-9:30 pm; Hepatitis C Support Group, 1st Wed. of every month 7-9 pm; Connection to Freedom 7pm. Mon.
- YM/YWCA** 386-7511 880 Courtenay St.
Subsidized coverage for Y facilities: weights, swimming, etc.
- DROP-IN SPACES**
AIDS Vancouver Island: for HIV+ people; 384-2366
Alliance Club: for youth under 19; 382-7553
AVI Street Outreach Services: 384-1345
Our Club: for people with schizophrenia; 384-2261
Sandy Merriman House: for women; 381-2883

JOB STUFF

- Cool-Aid Job Services** 388-9396 #407-620 View St.
Casual labour listings, employment preparation training, self-employment program.
- Esquimalt Neighbourhood House** 385-2635
Employment training programs.
- Victoria Native Friendship Centre** 384-3211 610 Johnson St. 2nd & 3rd Floors
Open drop-ins for urban natives, including work experience & employment counselling.

