

# HO'S & HYPES

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**THIS ISSUE ONLY:  
NEW INFORMATION ON  
HEPATITIS C & BLEACH  
READ FOR YOUR LIFE!**

Ho's & Hypes,  
Your  
Paper of Life

Non-lubricated - Normal  
Today's Protection  
Protection Actually  
IN CONDOM

Vol. 3, Issue 3

July 2000

# WELCOME TO HO'S & HYPES

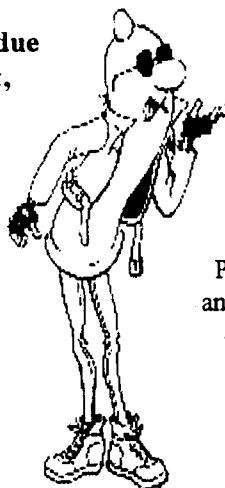
There is lots of stuff inside. We need your help though. Anytime you want to come in & write a column, drop off some artwork, find out about new laws that you want to talk about, let everyone know if there's bad dope in town, give advice to new needle users or sex trade workers, or anything else, just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

Welcome to the 11th issue of *Ho's & Hypes*.

*Ho's & Hypes* is 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 or life in general.

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 stuff to:

**Ho's & Hypes**

c/o SOS

#304-733 Johnson St.  
Victoria, BC V8W 3C7

or drop it off at SOS:

1220 Commerical Alley  
(off Yates St, between Wharf & Government, behind Pizza Hut)

Phone: (250) 384-1345

**CREDITS FOR  
Vol 3, ISSUE #3**

**Contributing writers:** C.D 'Seedy' Jaden, Dianne G., Puppy, Marty, Megan, Mark Idczak, Kim Pittaway, Claire, Kate, Patricia Imani, Chris and all of our anonymous friends.

**Contributing artists:** Thanks to Dave for the cover, Colin Ash p. 2, Megan p. 4, 8 & 15, Maggie's p. 7, Claire p. 6, Yan p. 11, Donn Ste. Germaine p. 5, Some Junkie Chick p. 17

Page 15 has a collage done by an unknown artist. If you are that artist, please let me know so that I can credit you. -megs

*Ho's & Hypes* was produced and edited by Megan with much assistance from everyone else. Thanks.

Thanks to *you* for being part of S.O.S! We're nothing without all of you...



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 - 6:00	3:30 - 6:00 pm						
6:00 - 7:00	[Blank]						
7:00 - 11:00	7:00 - 11:00 pm						
	Connections to Freedom Christian Group 7:00-9:00	CHR Nurses 7:00-9:30		CHR Nurses 7:00-9:30 Acupuncture 7:00-9:00 Naturopath 7:00-9:00 Alternating Thurs.	Music Jam 7:00-9:00		Just the usual smiley crew



Hi Guys

How's everyone doing? Welcome to our summer issue of Ho's & Hypes. My last article accidentally got deleted off the computer so this is as close to what I lost as possible. My last issue I made a mistake that I didn't notice until after my article was printed. I referred to methadone doctors and institution doctors being in the same category and that was totally out of context. I didn't mean to criticize doctors that prescribe methadone. The criticism should have been directed to institution doctors that abuse their methadone prescribing privileges. I think it is inappropriate for a doctor to tell you you'll have to find a new doctor to prescribe you methadone if you go to another doctor for a second opinion. Another thing I find very disturbing is how parole officers are ending up with confidential methadone urinalysis results. Both inmates and parolees suspect this doctor of feeding P.O.s their pee test results. If he isn't why isn't he upset that parole officers are running around with files only he is supposed to have access to. Not only did he discriminate against me but denied me medical attention for the 40 months I was in custody. He also refused to treat me for medical problems after my release and told me I couldn't go to another doctor for a second opinion and if I did I'd have to find another doctor to prescribe me methadone. Thanks to my parole officer and the advocates at the clinic I was allowed to change doctors. Unfortunately my new doctor didn't want me seeing other doctors either. I was however allowed a second opinion by my last methadone doctor however and the new doctor sent me to a specialist. Unfortunately I have been diagnosed as having stenosis of my spine, T.M.J. Syndrome a disease of the jaw, T.M.J. jaw dislocation and arthritis of the jaw. When my new doctor found out it had taken me 5 years to get a second opinion he agreed with me that I should be allowed to change doctors. He applied to and received permission from the College of Physicians and Surgeons to take over control of my file and the prescribing of the medications I am on. Although I am still very ill I am finally getting treated. As many of you will remember my last year was spent sick in bed and I was so sick I didn't have to go to get counted. You will also remember that I had to file a grievance and get a lawyer just to get the doctor to see me. These articles aren't supposed to be about me however I am using my case as an example as I intend to peruse the matter further in hope that this isn't allowed to happen to another parolee. There is absolutely no doubt in my mind that I was discriminated against because I was on methadone and parole. At first I thought there isn't a damn thing I can do about it and then I started thinking, "Oh yes there is. I am going to do something about it."

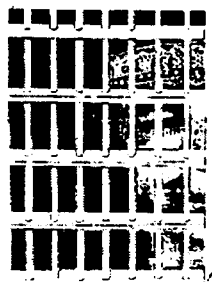
There is no reason a person should be denied medical attention of any kind because they are on parole or methadone. There are people I know that this is happening to at present and I sympathize with you. I wish there was something I personally could do to help but all I am is a pauper around here. It's terrible, especially when you have no one to turn to. I just went through some major problems trying to get a medical problem tended to and my doctors were all on my side trying to

help me. I just couldn't imagine having to go through this on the inside with the joint doctor. I'd be dead by now. I finally found a deterrent to keep me out of trouble. I am so thankful I have a good doctor. It's unbelievable. It can make the difference between life and death.

One of our outreach workers told me she thought I'd be good at advocacy work. I shunned the idea at first but now I'm going to go for it. It's going to involve more work and training but someone has to do it. I swore before I got out I was going to fight these guys from the street. The bulls laughed. As long as I can continue to stay clean it doesn't matter who I was or what I did. It's what I am today that matters and I want

## OUTSIDE

### A regular feature of Ho's & Hypes by Marty

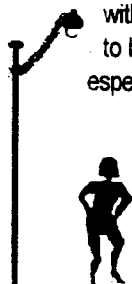


to be the guy who helps find out how the medical staff at William Head are getting away with denying patients their constitutional rights, using methadone to blackmail parolees and feeding parole officers confidential methadone urinalysis results. When I refer to the medical staff at William Head I'm not referring to the nurses. They were the only ones there that helped me. If it weren't for them I don't know what I would of done. I had never heard of a prison official being able to over ride a doctor before until I got to William Head. The medical situation in the joint is a joke just like the doctor. I had an old rounder from Matsqui pop by at noon hour and ask if need any help with my fight for inmate's rights. You bet I do!

I've been asked a couple of times, if I ever worry about getting sued for what I write? Absolutely not. I write what I know and about what I believe in. I know the outreach workers feel the same way I do about a needle exchange program but other than that I am totally on my own. They also don't believe in discrimination. It's terrible the things people in positions of power are getting away with. If there isn't a buck in it for them then it isn't going to get done. Most parolees and drug addicts aren't rich so the government isn't going to waste its time on us. It's organizations like ours that are here for the people and what we need is more of them and more money to put into them. I've learned more about discrimination in the last couple of months than I have in my life and I don't like what I see. Although I personally am HIV negative the discrimination these people go through is unbelievable. There is no excuse for it. The people doing it should be ashamed of themselves. People wanting money up front for emergency treatment is another disgrace. You shouldn't be allowed to suffer because you don't have cash in your pocket. Anyone that wants money up front before they treat someone especially when they know the person is in agony is a shmuck. I just went through it and it isn't right.

That's it for this issue guys. I won't be doing a fall issue as I intend to do a article on street kids. For my next article I want to do a little digging and see if I can find out exactly how our friends urinalysis results ended at in his parole officers hands. Take it easy.

Marty



a face...  
you can trust



Dear Kate:

Somebody was fixing me with coke and when he pulled out, blood spurting out about a meter long. I stopped bleeding but now there's a bump. Do I have an abscess? Did he hit an artery? Can I lose my arm because of this? Could I die?

—Scared

Dear Scared:

Your question brings up a few things for me. First, there is the issue of allowing someone else to inject you. I'm not about making you feel bad—I just believe that it's important that, if you're gonna shoot dope, you know what you're doing and how to do it safely. If you're asking someone else to inject you, you're taking a risk—that person has a lot of control over your high and potentially your life. Also, if you OD and die, he could be charged with manslaughter. So, if you have concerns about fixing yourself, ask someone to teach you how to do it safely and effectively—someone you trust, an outreach worker, a street nurse...

As for the blood spurting, I can't tell from the description whether you hit an artery. Arterial blood is frothy and bright red cuz it's full of oxygen. If you stick a rig into an artery, the force of

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 FICTICIOUS NAME. BUT SHE'S AWFULLY SMART. SHE KNOWS A LOT, AND WE LIKE HER FOR IT. AND SHE LIKES YOU A LOT FOR YOUR AWESOME QUESTIONS AND QUEERIES...

the blood flow in your artery may push the plunger out of the rig, or the rig out of your arm totally. If the blood was spurting out of your arm, yup, ya hit an artery. If this ever happens again, it's vital that you get the rig out and put tons of pressure on the puncture spot while elevating your limb. If the blood is pumping out, DON'T MESS AROUND—CALL 911 IMMEDIATELY cuz you can bleed out and die or lose the limb in question.

But, if you didn't hit an artery, shooting up can just be plain weird (and messy) and we can't always explain why shit happens. If you were using a tourniquet, this may have caused the blood to spurt when you removed it and took out the rig because the blood pressure was restricted. Or maybe you're a person whose blood doesn't clot immediately. I've asked a couple of users who all said that similar things have happened at one time or another—it's important to know what's normal for your body and to check shit out when it's weird. Even asking someone after the fact is useful so that you'll be better informed next time something happens.

As for the bump that was left, my hunch is that it would be a bruise or swelling in the area that you injected. If you went through both walls of your vein, blood would leak out of the vein and pool in the area. If you had a small miss then the dope would pool in the area before it was reabsorbed into the body. If you were developing an abscess, you'd probably notice a few things—swelling and tightness in the area you injected, the area becoming red and hot and perhaps developing a head on it like a huge zit. Soaking the area with hot salt water can give you some relief and draw the infection to the surface. An abscess is an infection that you need to keep an eye on and get medical attention for if it gets out of control—like if it doesn't go away in a few days or if you notice red lines going up your arm in the direction of your heart. You should see the street nurses or a doctor cuz you may need to take antibiotics to clear it up. The best way to prevent abscesses is to always try to use alcohol swabs before you shoot and to filter your dope well.

## In Memoriam

Colleen  
Terrence (T.J.)

Myra  
Nathan  
Bobby  
Gainer  
Marie

There have been several deaths since the last issue of Ho's & Hypes. If you wish to write about someone you know who has died, or to write a memorial, the space is here.

The death of a friend leaves a hole in our lives.



# How the guy that came in the exchange before you is watching your back (and your health)

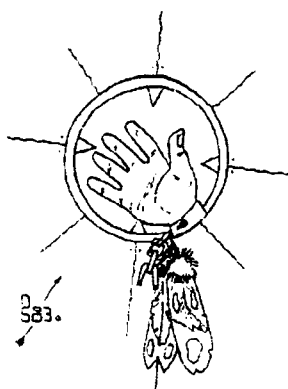
OK, contentious issue ahead. Brace yourself. I've been working at the exchange for almost 4 years now, and over the course of my stint here one of the main issues that pisses some of our participants off is the exchange piece, particularly when people get limited to just getting one or two at a time. The argument most people make against limiting exchange to 0:1 is that it encourages/forces sharing when people don't have any to return. Pretty simple, and logical. The solution is also reasonably simple (on the surface): bring 'em back.

Sometimes this is a lot easier said than done. People get busted or jacked up. People don't have a safe place to use and have to ditch their old ones in a hurry. With all the stigma that forces secrecy and abrupt changes in plans, there are a million things that can thwart the best intentions of bringing dirty rigs back to the exchange (one guy tried to tell me his dog ate it. For real. I offered to have to have his dog Xrayed, but he declined). So we have to take life into account and cut some slack, even though we are supposed to be a 1:1 exchange. I think we need to be flexible in what we hand out to avoid sharing.

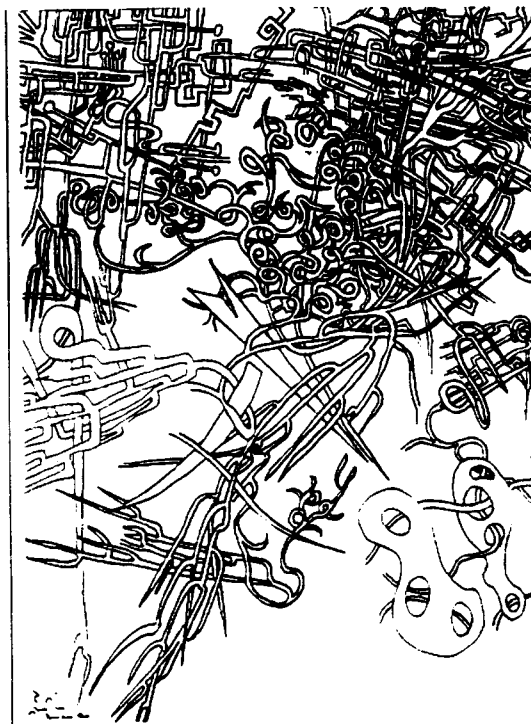
So...if giving out a few extra is better, why not just fuck the exchange piece and give people what they ask for?

Here's the part that doesn't get talked about/thought about when discussing the rationale for exchanging needles rather than just dispensing needles: every dirty rig the guy who came before you dropped off won't poke you. Or your friend. Or partner. Or the 4 year old in the parking garage who thought the rig looked like a cool toy. Or a garbage collector, cop, paramedic, emergency room nurse, ...you get the idea. The dirty rigs everybody else brings back keep you safe. And all the dirty rigs you bring back keep the next guy safe.

At the exchange, we've been lax about really explaining this rationale. We often justify exchange piece by saying that our funding depends on getting needles returned. It does, but I think there's more to it than that.



Part of the rationale behind the exchange is both political and practical (probably in that order). The fewer dirty needles the public sees, the less hysteria there is around needle use, less public outcry of anti-junkie sentiment, less likelihood of public pressure to shut down needle exchanges (and other harm reduction services). Most of us around here know what the real risk of a needle stick injury is to the general public: pretty damn small. And the risk of contracting Hep C from a random stray rig poke is minimal, and the risk of contracting HIV from an accidental poke with a rig on the street is smaller still. Fear is, however, not an emotion closely connected to objective reasoning, and one newspaper article reporting



one lone rig found in a playground goes a long, long way. The cop or paramedic that gets poked in the course of her/his job has to go through the hell of putting life on hold for a year to wait for test results is going to remember that every time s/he deals with a junkie. It goes far enough to make the public forget that the people who use the exchange bring us back 104 rigs for every 100 we give out. It makes the public forget that most users want to take care of themselves, and try to take care of each other.

So what's the answer? I think we need to keep rethinking and compromising in what we give out. I think that we need to work from a place of knowing that users are generally responsible and not helpless, and we (exchange workers) and the users that participate in needle exchange programs deserve services based in respect, and are capable of being active participants by bringing rigs back. I think we need to be flexible in what we give out. And I think we should remain an exchange, rather than a dispensary.

Any feedback? Really like to hear what other ideas people have.  
Chris



## Discarded Love

She desperately wanted to see my kind face,  
And I hers, so I rushed in this storms dying grace,  
wishing only to be held.  
Arriving wet and cold, she didn't notice - her mind  
gripped hard by this plan to get high.

I was the key - I agreed - and set out on my journey  
through town. Through crowded streets, past empty  
warehouses, I went as though a demon was behind  
me. The drips fell from my face, falling onto my frozen  
hands - I didn't notice - for I was in the midst of a  
vision. In, flag, red, out. In, flag, red, out. Over and  
over. Back at her place we split up who's was what,  
no one too greedy, just wanting what they needed. I  
was sick, but went last, helping her first because  
she's new to it all, still unaware of the pains of  
withdrawal. No time to lecture her. Finally my turn,  
faster than ever, the rain didn't matter anymore. In,  
flag, red, out.

By C.D. 'Seedy' Jaden

Still  
something  
to  
**shout**  
about

**SURGEON GENERAL'S WARNING: Smoking  
By Pregnant Woman May Result in Fetal  
Injury, Premature Birth, And Low Birth Weight.**

**HO'S & HYPES**



# S.O.S. Programs

HERE IS A PAGE DEVOTED TO LETTING YOU KNOW WHAT HAPPENS,  
WHEN, AND WHAT IT CAN DO FOR YOU!

## Friday Night Music

Jam 7:00- 9:00pm

Come out and bring your voices and/or instruments for a relaxed "no pressure" night of jamming!!

Everyone is welcome to participate or just sit in and listen...anything goes and EVERYONE has talent!!!



## Art Group

Wed. 7:00 - 9:00 pm

SO YOU WANT TO LIVE FOREVER?  
WANT TO BE REMEMBERED, IMMORTALIZED, WANT TO LEAVE YOUR MARK ON THE WORLD?

EXPRESS YOUR FEELINGS OR IDEAS, OR JUST COMMENT ON WHERE YOU'RE AT.

WEDNESDAY NIGHT ART.

ASK ABOUT IT OR JUST COME BY AND HANG OUT!



## Acupuncture Tues. & Thurs.

7:00 pm - 9:00 pm

This is a traditional chinese method of health. Acupuncture can be used to boost immunity, help with pain, help with detox, assist with cravings, and much more. If you have any questions, please talk to one of the qualified acupuncturists. They will be happy to answer any questions.

We are asking a 2\$ donation for acupuncture to cover the cost of the needles. If you don't have it, don't worry about it.

## Connection To Freedom

### Christian Group

Mon. 7:00 - 9:00

We are a group of people that meet at SOS on Monday nights from 7-9pm. The group is a Christian support meeting made up of former addicts, ex-offenders and people from different churches who offer prayer, support and encouragement. The focus is outreach to clients of SOS. As well as offering this support group we do outreach to various churches and organizations on behalf of SOS clients, for donations of food and clothing.

## Naturopathy - Alternating thurs. 7-9pm

Interested in finding out more about your health and what you can do to improve it? It's free.

Come see a Naturopath and find out about herbal and nutritional supplements; women's health issues; HIV and Hepatitis C; pregnancy related concerns; and general health concerns.

Dr Maria Boorman will be at SOS every other Thursday from 7-9pm. She's in on the same night as acupuncture. Come down for a acupuncture treatment, and then visit Dr Boorman. For more information or to sign up to see her, talk to an SOS staff. (384-1345)



**PROSTITUTES ARE  
SAFE SEX PROS**

**SUPPORT YOUR LOCAL  
PROSTITUTES**

**HO'S & HYPES**



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n...again



I was emptying a container full of needles for someone into the large yellow biohazard bucket. As I turned the container over, I clumsily moved one of my fingers right into the container of needles. The needle poked me and, in fact, sliced the tip of my finger open.

I have thought, in the past, about what I would do if I got stuck by a needle. I have thought about it a lot. When you work in a needle exchange, you have to think about it before you get stuck so that you know what you're going to do. So, I had thought about it. I had decided that the risk of contracting anything from an occupational needlestick is very low, so I decided that I wouldn't go on the antiretroviral drugs. I decided that the harshness of the drugs outweighed the risk of HIV and the drugs wouldn't help for Hep C. This is my decision and I would never tell anyone what they should or shouldn't do, it's a very personal decision. However, that's what my choice was.

Then I got stuck.

I was sooo calm. Like a cucumber. I finished the exchange and then went to the bathroom and started to bleed the poke. I was so cool.

Then I burst into tears. Hmmmm. Not so cool anymore huh?! I thought to myself "Why are you so upset? You are an AIDS/HepC educator. You know better Megan. Don't be silly. Take a deep breath and get back to work." Funny how the intellectual part of my brain doesn't communicate very well with my emotional part. I'll have to work on that.

I calmed myself down and went to go back to work. I had to stop work in order to chain smoke (I find that helps sometimes). I was a wreck. My colleague had to look after the front while I tried to get myself together. I felt like such a wiener-freak.

Two hours later, I was more composed and could actually work. I phoned my great roommate to talk with him about it. He wasn't home. I called a couple of people and no-one was home. I thought to myself again "don't be silly Megan. Finish your shift and deal with it later."

I was mostly fine the rest of the week. Then I was talking to someone (close to me) about having sex and I started bawling again. Even though I know I'm pretty well sure that I won't catch anything from a needlestick, I think that there is an irrational fear even in those of us who so know better. I also think that sometimes something will bring up emotions that don't belong to the event that brought them up. Y'know? So when I started thinking about sex, I started thinking about whether I had been contaminated with anything and it made me cry. No-one wants to get sick.

A day or two later I was talking to my roommate and I asked him why he thought I was so fucked up about it. Because I wasn't really scared of contracting anything. That's not where the fear lay. The fear was more around what would happen if someone got some of my body fluids on them and then they caught something. This is just as irrational, of course, if not more so. He said (and he knows me pretty well) that because of the way I was talking, he thought my fucked-up-ness wasn't so much about the needlestick but that it proved something I've always known. That I'm evil and horrible inside.

Now, this isn't really true, but it's how I feel

sometimes and I know that there are those of you out there who feel the same way sometimes. So you know what I'm talking about.

By getting a needlestick and potentially being contaminated with something, I suddenly felt like I was horrible and filthy inside. Something I haven't felt for very many years. I used to get the feeling after a bad date or something sort of traumatic like that, but all of a sudden it just came up and jumped on me. One minute I was fine, then the next I felt like a terrible person. I don't know how my brain works sometimes. Someone should study it I think.

I guess that's what happens though. You think you've dealt with everything. All the emotional shit that gets piled on through life. I work, I talk, I go to counselling, I meditate. Then a totally unrelated event just triggers it up again. This pisses me off.

I left to go to travelling for a couple of weeks. I was about due for a vacation anyway. Before I left I thought to myself "I don't want to leave town with this stuff hanging over my head". I vowed to forget it during my travels and just have fun.

I did.

I came back and hung out with my friend. It had somehow gone totally away. I felt fine about myself, my body, emotionally. I still have to get my follow-up tests again for both HIV & Hep C. I can't believe that they would come back positive. I got out of the sex trade, very unsafe sex and drug use without catching a damn thing (medical diagnosis? Horseshoes up my arse). I would be really, really pissed if now that I was basically square I caught something now. It would seem too ironic. I don't believe that karma has a sense of humour like that.

Pax

Megan





# WARNING!!! PLEASE READ!!!

## Latest Info on Bleach and Hepatitis C

Hepatitis C is a virus affecting the liver. Most people contract it through shared blood products, like sharing rigs. Some people get sick (tired, pain under the right side of your rib cage, yellowish eyes and skin, etc), while other people never know they have it.

For years we, as outreach workers, have been telling users that cleaning rigs with bleach will probably kill Hep C. The latest news is discouraging. In laboratory tests it's been shown that it takes bleach (in stronger amounts that we can buy and give out) between 3-10 mins to kill Hep C. In some cases, bleach doesn't kill Hep C. Ammonia and boiline water hasn't been shown to kill Hep C either.

Good news: if done properly cleaning rigs with bleach (leaving the bleach in for a minimum of one minute, shake well, squirt out, rinse with water and repeat) does kill HIV.

In Victoria, up to 20% of injection drug users are HIV+. Probably 80% or more have Hepatitis C. And, if you're thinking, "Oh well—I already have Hep C so I don't have to worry.". We know that you've heard this a million times, but here's an extra warning! If you already have Hep C, **YOU ARE NOT SAFE!**

Many people believe that if you already have it, then you can't get it again. But there are many different strains (genotypes), only about 2-5% of them can kill you. Many people who test positive for Hep C never even get sick! But if you share with someone else who has Hep C, you may get another strain of it which *could* make you fatally ill. (The same is true of HIV). What does this mean for you? You need to act like you haven't been infected yet and like everyone else is. Assume everyone you come into contact with is potentially carrying HIV and/or Hep C. **ALWAYS USE A NEW NEEDLE. DON'T SHARE WATER, SPOONS, COTTONS, PIPES, TIES, OR EVEN TOOTHBRUSHES, NAIL CLIPPERS, OR RAZORS...**

We're working on trying to expand our program, so that if you need them, we can give you more rigs than you bring in. Until that happens we're limited to giving you what you bring in. If you don't have any we can give you two.

To find out if you've been exposed to Hepatitis C (or Hep B) come for a test with the Street Nurse (Tues, Wed and Thurs 7-9pm). If you've already got Hep C don't share your works with anyone else. You are also at risk of contracting other viruses that affect your liver (Hepatitis A or B). You can protect yourself from them by getting shots from the Street Nurse.

By the time you read this we'll have hired a part-time Hepatitis C Worker to develop and coordinate a peer-based program for injection drug users. We have hired Hermione Jefferis for this position. She welcomes your input. You may know her by her proper english accent and smart fashion sense. We're looking for users who are interested in going through training on harm reduction, Hepatitis and HIV transmission, and then do education with their peers and community organizations. Ask SOS staff for more information on how to become involved.

Claire



**HO'S & HYPES**



9



### RED ZONED?

If you are restricted from the downtown core, call us. We can meet you at the edge of the zone to give you new points and take your old ones. 384-1345

Are you an artist? The zine is desperately running out of your excellent graphics. We've used almost every one that we've received at least once. If you bring in an original or a photocopy, we will scan it onto disc then return it to you. You will be credited with for the work you do and you will be adored.

Remember to come to the nurses, naturopath and acupuncturist for all your health and medical needs. Schedule is on the first page of this rag.

THE NEXT H&H WILL BE THE "WHAT WE REALLY NEED..." ISSUE. PLEASE WRITE DOWN WHAT YOU THINK YOU NEED FROM THE WORLD. POETRY, ARTICLES, DRAWINGS ETC ACCEPTED.

YOU MAY NOTICE THAT WE ARE GIVING OUT KENDALL MONOJECT NEEDLES INSTEAD OF THE REGULAR BED'S THAT YOU'VE COME TO EXPECT. MANY OF YOU DON'T LIKE THEM AS MUCH AS THE OLD ONES. WE APPRECIATE YOUR

This zine gets mailed out internationally. What do you want the rest of the world to know?

Be a friend. Teach people how to hit themselves so that they aren't dependant on anyone else to get their dope into them

REMEMEBEE NOT TO USE ANYONE'S LES WATER, PIPE, NEEDLES, COTTON, OR TOOTHBRUSH. HEP C SURVIVES THROUGH ALMOST ANYTHING, LIKE A COCKROACH, AND IF YOU'RE ALREADY INFECTED, YOU CAN CATCH A NEW STRAIN THAT WILL FURTHER DAMAGE YOUR LIVER, IF NOT KILL YOU. THIS IS SERIOUS MAN.

Got a question? Ask Dear Kate, our local advice guru.

COMMENTS ON THE QUALITY OF RIGGS, AS WE CAN TELL THE MINISTRY WHAT WE THINK OF THEM. HOWEVER, BED DIDN'T EVEN PUT A BID ON THE GOVERNMENT CONTRACT FOR THEM, SO WE REALLY HAVE NO CHOICE.. WE HOPE THAT YOU ARE AS HAPPY WITH THEM AS YOU WERE WITH THE OTHER ONES. IF YOU HAVE SPECIFIC COMPLAINTS ABOUT THEM, PLEASE WRITE IT DOWN AND LET US KNOW SO WE CAN WORK ON IT.



## A different kind of 12 step program

1. We admitted using drugs and had reason for doing so, while we struggled within a society whose laws and bigotry made our lives unmanageable.
2. We rejected the notion that we are insane thereby taking responsibility for our lives and our behaviour.
3. We made informed decisions - in regards to drug use- while committing to ourselves, and those we deemed appropriate, our intention to reduce or eliminate any harms caused by our drug use.
4. We listed and examined those parts of our lives where the use of drugs allowed or forced us to participate in acts which caused harm to ourselves, our families and or communities.
5. We determined those negative parts of our behaviour which are no longer useful to us, while outlining a plan for survival which did not immerse us in guilt and self hatred.
6. We reflect upon and acknowledged our losses to HIV/AIDS, the criminal justice system, child and family services and the like, and sought a resolution within ourselves regarding these injustices.
7. We had compassion for those among us who continued these unjust practices, channeling any resentment into collective grief and healing.
8. Now seeking a peaceful existence, we made amends to persons we had harmed, explaining to them the connection between our use of drugs and the actions we took to survive.
9. We committed ourselves to responsible drug use wherever and whenever possible.
10. We continued to monitor, review and manage our drug use seeking guidance as needed, while striving to continually reduce drug related harm.
11. We utilized holistic treatments, prayer and or meditation as a mechanism for guidance, clarity, discipline and sound judgment.
12. We carried a message of hope to other users, supporting and encouraging their harm reduction efforts, informing them that utilizing harm reduction practices can enhance and enrich our lives.

(editors note: I would like to add to #7 the idea that not only can we channel resentment into collective grief and suffering, but we can work to change the attitudes, information and policies of institutions that commit abuses and injustices. Many voices have power over time.)

You can contact Imani Woods and the Progressive Solutions organization at the below address or email. Maybe you want to start a chapter here?

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## THE COMPASSION SOCIETY

### Is the cure worse than the disease? Take a look at Victoria's Compassion Society

Very few people are familiar with Victoria's Compassion Society. Compassion societies are growing in numbers, but the one in Victoria is relatively new. The premise that marijuana should be allowed to be used medicinally and needs to be made available to those who need to improve their quality of life is the crux of Compassion Society. I talked to Phillipe Lucas of the local Compassion Club to get a better idea of what the Club does, how those who need it can sign up, and how they feel about IVDU's using the program.

Victoria's Compassion society has been around since October 1st, 99. They are a non-profit organization that currently boasts 78 members. Some of the members have what is called a "section 56 exemption" to the Canadian Drugs and Substances Act (meaning that they are legally exempt from current marijuana possession laws). Most of us are familiar with people who have undergone chemotherapy and are issued weed to deal with the side effects of chemo. What they don't tell you is that pot is also good for treating nausea and other ailments from many other treatments like interferon (used to treat Hep C+).

The VICS follows a philosophy of whole-body healing and therefore they have incorporated a treatment room featuring acupuncture, traditional Chinese medicine, acupressure, massage, Reiki and reflexology. They have edible products and tinctures available for those who don't want to smoke it or who find it more effective when taken orally. And, better yet, nearly all the cannabis is organic and it is free of dangerous molds, mildews, and harmful pesticides often found in street marijuana.

So what kind of ailments do they treat? There are 7 conditions that can be treated with proof of the condition (although not necessarily a doctors recommendation). These are: Multiple Sclerosis, Epilepsy, HIV/AIDS, cancer/chemotherapy, Hep C, Glaucoma, and Fibromyalgia. If you have any other condition, you will need a doctors recommendation for cannabis in order to receive treatment. There are doctors out there who understand the benefits of pot (or who may willing after a bit of education). The VICS may be able to assist you in how to get a recommendation from the doc.

continued on page 15



# PAGE POETS PAGE POETS PAGE

## THE TITANIC

In 1912 a mighty Titanic tub sailed and sank beneath the ocean blue.

A story very tragic, terrible and true.  
Her builders and Captain boasted she was so mighty a marvel that even  
God couldn't sink.  
Would a frivolous quip like that have sent this vessel and her helpless  
passengers into the deadly drink?

Rich elitists and poor immigrants that pursued the American dream filled  
this famous folly, along with John Jacob Astor and the unsinkable Molly.  
Several days of smooth sailing followed, where in such palatial  
surroundings the passengers partied in style and had a blast!  
Not knowing that these parties would be their last!

On that fateful evening April 14, Titanic received warnings of icebergs  
ahead

But the Captain, totally unaware what deadly doom lay ahead, pushed the  
mighty ship full speed ahead.

Like a sinister serpent, the iceberg pierced the mighty ship where the  
impact could be felt from the hull to the tip.

Still many people felt there was no cause for alarm, for they believed Titanic  
unsinkable, unthinkable!

As water filled the hull and the ship people began to panic and scream.  
So into the lifeboats with women and children first as the Captain and crew  
prepared for the worst

And the band played as the passengers sang,

"Nearer My God To Thee" as they slipped into an icy watery grave.

Fifteen hundred people, rich and poor their previous reputations and  
fortunes they could not save.

As these souls went on to pursue a spiritually lucrative if not a more  
rewarding existence beyond the celestial crystal sea.

Years have passed and Hollywood has cashed in big time!

By producing classic movies and adding schmaltz with Barb Stanwyck and  
most recently with

Ethereal Kate and her Heroic Boywonder cherubic Leonardo too.

With haunting sound effects this tragedy is presented as entertainment on  
a grand scale

While its egocentric Director chalks up a mega sale.

All this has spawned aficionados and vultures and scavengers too.

As you ponder upon this story hold in reverence and shed a tear or two or  
more.

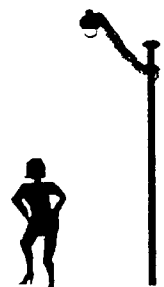
For that Triumphant Titanic Tub and Captain and Passengers and Crew  
that sailed and sank beneath the Atlantic Blue!

- The "Infamous" Mark Idczak

## *The Song Of Simple Sorrow.*

*This piece plays in E minor. At  
times moving to C phrygian,  
falling there discretely. As you  
improvise, realize, it's purpose  
is to map out my depression. It  
rolls, descends, a slow  
embankment of mixed modes.  
Always back to E minor so it  
can remind you that there's no  
escape, save the temporary  
peace of mind it can provide  
you. A bridge of atonality reps  
at your sense of musicality-  
through altered scaled and  
blatantly incorrect slash chords  
you ride this vehicle of your  
message. Only pain sits well  
with these changes.*

*By C.D. 'Seedy' Jaden*



# PAGE POETS PAGE POETS PAGE

## To alcohol:

Alcohol you're a liar,  
Masquerading as a friend.  
You claimed to be my saviour,  
But betrayed me in the end.

You want to fucking kill me,  
You'll want me fucking dead!  
You want to harm my body,  
And further harm my head!

Today I have my freedom,  
I don't love you anymore.  
Yet you still entice me,  
As you've lost your slave and whore.

You promise things will be better,  
If I'll only take you back.  
I let you in and you lower my guard,  
Which leads again to smack.

Down is my toxic lover,  
Who frees me from all pain.  
The price I pay for nirvanic bliss,  
Is that s/he keeps me on a chain.

Freedom requires that I reject you,  
All your deceit and shit.  
If I can resist your poisonous pull,  
I'm unlikely to take that hit.

You know the one I'm talking of,  
The one that means 'no more'.  
So many hopes and dreams  
that could have been,  
Die with me on the floor.

# Hello

My name is cocaine  
It's me you can blame  
For all your troubles  
When you're caught up in the game

I'm as white as the first driving snow  
If you're my friend you can call me  
blow  
I can stand by your side forever  
I can guarantee you won't tell me to  
go.

I will become your husband  
I will become your wife  
I can be yours forever  
I am your life

I return all I want is you  
I will be your master and you my slave  
You will do everything for me and  
more  
I will follow you into your grave

I am the powerful one  
It is I who you crave  
Once you try me  
You will be my slave

You need no other  
I can give you wealth  
In return  
I want your health

It's a small price to pay  
I will make you lie  
I can make you do anything  
For my breath taking high

I will become so important  
You would kill your own mother  
If you want to be my friend  
You can have no other

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.

You will serve me completely  
Until the day you die  
You will do anything I want  
Because you like my way to fly

Come on home  
Chase me no more  
Just ring my bell  
I'll let you in my door

Once you're here  
You'll never go back  
You will abide by my wishes  
I will give you a big whack

Everyone loves me  
Once they try  
Cocaine, that's me  
Come on, let's fly

I must warn you my friend  
That our friendship will end  
You will ultimately die  
Come on, My friend, Let's fly

Fly with me  
And you will see  
What I mean  
Fly with me.

Dianne G.

Puppy, 1999



You couldn't hope to meet someone more together than Catherine. She's smart and she's got a PhD in history to prove it. She's on the cusp of an exciting career in the dot.com world. Last month, she got married.

And, oh yeah, she used to be a binge-drinking, heroin addict. Until she decided not to be anymore.

In a world addicted to addiction myths, Catherine is a myth buster. The biggest myth of all? That addiction is a disease that robs you of the ability to choose, that your biochemical hunger for your drug of choice overrides your ability to, in the forever-mocked words of Nancy Reagan, 'just say no'. We used to blame the devil

when people couldn't control their use. Now we blame bad genes and beta-endorphins: a new study suggests some people may produce more 'feel-good' endorphins when drinking than others do, increasing their likelihood of overindulging.

And we've extended the model from booze and drugs to emotions, shopping and other destructive behaviours. "I'm not responsible," claimed a murder suspect on an episode of *NYPD Blue*, "I'm a diagnosed rage-aholic." In March, a British Columbia arbitrator ruled that heavily addicted smokers have a disability comparable to alcoholism and drug addiction, entitling them to protection from discrimination under B.C.'s Human Rights Act.

By blaming biology, it might seem that we're giving the addict a free ride - hey, it's not your fault you've got the heroin or nicotine gene. But the problem, at least for now, is that it's a ride to nowhere. Perhaps one day the researchers scrambling to

identify biological addiction triggers will come up with a magic bullet to cure the urge. In the meantime, addicts face the challenge of finding a cure within themselves.

"I tried AA but I was deeply repelled by that first step, the one that says you're powerless over your addiction," says

loathing robs you of the ability to find pleasure in the non-chemical world, maybe an addiction seems like a rational choice.

And given our puritan roots, it's no surprise that North Americans view the pain of withdrawal as central to the addiction treatment - so central, in fact, that many reject chemical detox treatments that allow addicts to skip over the withdrawal because we're afraid it makes it too easy for addicts to get clean. We'd rather try to scare addicts sober than explore the possibility that finding new healthier pleasures might be a more effective

## Is Addiction A Choice?

### Bad genes are the latest culprit in the addiction blame game

By Kim Pittaway

Catherine, knowing full well her admission means she'll be accused of being 'in denial'. Instead, she turned to talk and body therapy (the latter aimed at expunging emotional pain by physically working it out) - and gardening. "Gardening became a way for me to connect with moments of beauty and stop chasing the pleasure of the chemical highs. I made a choice to stay sober - and sometimes I had to make that choice every five minutes, all day long."

Writer Ann Marlowe echoes Catherine's language of choice in "How to Stop Time: Heroin From A to Z" (HarperCollins), her gripping account of heroin addiction. "My addiction was chosen," she writes. "Getting a habit isn't an accident or the result of the 'power of the drug'; it's what you were after."

What you were after - the pleasure of that chemical high - has to be seen in the context of how little pleasure there is in the rest of your life. If smoking is the only way you can get five minutes for yourself or if self-

way to help them make better choices. (Still we're not ready to give up the chemical pleasure altogether: cartoon dad Homer Simpson may have summed up our collective ambivalence best, toasting alcohol as "the cause of - and solution to - all of life's problems.")

How do addicts quit? One day, they decide to - and they find the support that helps them keep deciding to. They join AA, enter a residential treatment program, or quit on their own. (The truth is, it doesn't really matter which option you pursue - all have about the same success rate.) Is it easy? Of course not - biology, habit and crippling regret about the choices you've made in the past all complicate the struggle.

There's another complication that stays hidden when we view addiction solely in biochemical terms. When poverty, isolation or abuse erode your ability to find non-chemical pleasure, it's hardly surprising you'd seek numbness in a bottle



or a needle. And if it's just about bad genes, the rest of us don't have to feel guilty for ignoring your pain as an isolated child, accepting a world where unemployment robs able workers of dignity or averting our eyes from the homeless on our streets.

It makes you wonder who's really getting a free ride on the blame-the-genes train: addicts - or the rest of us. Join the debate. Visit [www.chatelaine.com](http://www.chatelaine.com). Click on the "talk" oval, then choose News & Views.

This was reprinted from an article in Chatelaine without permission. If any Chatelaine lawyers read this, I ask that you take pity on this humble rag and don't sue us. Thanks - Megan Lewis



Continued from page 11

There are, of course, laws surrounding the distribution of cannabis. "We don't skirt the laws," says Lucas "We acknowledge that laws are there, but people can't wait for these laws to change right now." To protect the service from legal problems, all members sign a contract promising not to redistribute. Seems like a fair compromise, the laws being what they are. As long as everyone follows the rules, the VICS can continue to offer a safer treatment option to those who may otherwise have option at all. They also have a couple of sympathetic lawyers on their side should worse come to worst.

So why isn't this more widely known about by the medical profession? "The BC College of Physicians has been inhibiting the process by telling doctors that it is illegal for them to prescribe cannabis. So a lot of doctors are scared to do what they know is best for their patients". Sounds a lot like big money and pharmaceuticals getting their nose in a knot because they want to control all of our medicines in the same way that they have been trying to ban many other

medicinal herbs.

When I asked him how The Compassion Society felt about treating people who are actively using intravenous drugs, he replied "We have a lot of members who are in the AIDS/Hep C+ community and we found that cannabis has been not only good for treating those conditions, but also opiate addiction. Historically, cannabis was used in Chinese medicine in the treatment of opiate addiction". says Lucas. I like that he addressed the treatment instead of laying judgment out.

I also know people who have used the 'marijuana maintenance' program to get off of coke or to cut down on the amount of hard dope they use. Cannabis is used to get off of sleeping drugs and pain meds too. Phillipe stresses the role of a harm reduction approach. "It's not about curing the disease, it's about dealing with the symptoms of the disease." It's nice to know that there are people who won't treat you badly just because you use iv drugs.

They don't allow smoking on the premises for legal reasons

Continued on page 17

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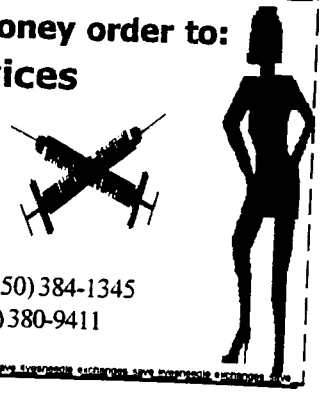
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**HO'S & HYPES**



# What To Do If You Have Had a Bad Date

It is a sad fact that if you work in the sex trade, you will probably experience a bad date at some time. When talking about bad dates I think it is important that we define what exactly a bad date is. Too often I've heard people say, "well it wasn't a bad date really, he just...{fill in the blank}".

A bad date is:

-being physically attacked, being raped, being held for any amount of time against your will either by force, or intimidation or manipulation, being insulted in a 'violent' way {being called a slut, cunt, whore...}, being threatened in any way. {'jokes' about hurting or killing women or sex workers count as threatening...good time to leave}, -having your money taken bac, not being paid, being told to perform acts that you haven't agreed to {this is also called 'rape' or 'sexual assault'}, being repeatedly asked or told to perform acts that you haven't agreed to or that you've already said no to, being dumped out of a car, or left far from where you were supposed to be, -creepy guys, -assholes.

As you can see, this covers a lot of situations. You may think that some of those aren't bad dates, that they're just part of working. However, all those situations above indicate the type of person who can become aggressive or violent and may get worse as time goes by. In fact, the longer someone acts in a derogatory or aggressive manner and gets away with it, the more aggressive he will get. This is called 'escalating'. This is why we need to report as many bad dates as possible. So that the creeps don't get dates and can go fuck themselves instead.

Some of these guys just leave you feeling pissed off or bad about yourself. Sometimes though, they leave you feeling worse. You may end up feeling like you don't know what to do, or so angry you could scream or explode. You may

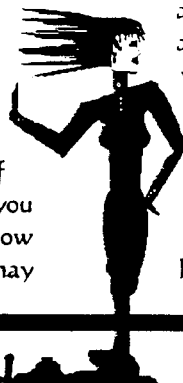
feel like bawling, or you may feel like you're not really there, like you're in a bubble. You may feel inexplicably sad or confused or ashamed of yourself. This means that you've been triggered.

If you've had a date that hurts you physically, you need to get medical attention **EVEN IF YOU DON'T WANT TO PRESS CHARGES**. It's important that you get checked for internal injuries, broken bones, sprains... and if you've been raped, you may need to talk to someone about getting the morning after pill, and HIV exposure testing and treatment.

On top of having to take care of yourself physically, you need to take care of yourself emotionally. Recognize that what's been done to you is real, and bad, and you're not being a weiner by being upset. If you have someone there to talk to, great. If not, call us if we're open, or call PEERS outreach team, or, if no-one is available, you can always call the **NEED** Information and Crisis Line. The best way to make sure that these things don't haunt you is to deal with them soon after they happen. We all know that stuff builds up. If you deal with it soon, it won't become another skeleton in your head.

Don't go back to work if you've been triggered. You're too vulnerable. You know and I know, that if you're feeling lousy, you get treated worse on a date. If you've been hurt or badly scared, your judgment won't be as good, you won't be as aware, and creeps can tell. You're better off calling it a night and going home. You can always go back the next day if you need to. Go home and cry. Or wrap yourself in a blanket, pat your cat, read a book, call your mom, do whatever you feel you need to do to take care of yourself until you feel right again. Just because someone else treat you badly, doesn't mean you can't treat yourself well.

Remember, you don't deserve to be hurt.  
Ever.



## What to Do If Your Friend Has had a Bad Date

If you've been working with someone or your roommate has come home and she/he's had a bad date, there are somethings that you can do to be a good friend to that person. There are enough assholes in this world. We can choose not to be one of them

Although you may not think that what has happened to that person is particularly bad, try to remember that what may be scary to them, may not be scary to you and vice versa. When we get scared, often we are not just scared of what's happened, but what 'could' happen or what has happened before. If someone won't let us out of the car, we're not scared because we're in a car, we're scared because we don't know what will happen if we don't get out and the person gets worse. Or we are scared of what 'has' happened in the past. If someone has beaten us really badly and held us by the hair, then the

next time someone hold us by our hair, our brains and bodies can automatically feel like their about to be beaten. That's called a trigger.

It's important to remember this and not act like the person is being foolish or a wiener. Macho, tougher than thou shit is not helpful at this time.

Take the time to comfort the person. Listen to them without judging them. Validate how they feel. If they keep saying "I can't believe that I was so stupid not to know that guy was an asshole" For pity's sake, don't agree with them! Everyone has lapses in judgment and sometimes you just don't know. Ask them what would help them. Remember,





you may be in the same position one day and you might want someone to comfort you.

Don't encourage them to go right back to work. IT'S NOT LIKE RIDING A BIKE. When you've been scared, you are far more vulnerable. Creeps can tell and your friend also won't be thinking properly. They should go home, go for something to eat, or a coffee, or even just sit and spot for the other person for a while. It's a good idea not to work that night.

If your friend has been hurt, they may need to go to a hospital. If they've been raped, then they should go to the hospital right away so that evidence can be collected **EVEN IF THEY DON'T WANT TO PRESS CHARGES**. We can come in and go with them, or if we're closed, you can call the **PEERS** outreach team. If you can find someone from an agency to go with to the hospital, it's better, because as we all know, the hospital staff don't always treat people great and it can help to have someone there as a witness.

Put your own feelings away for a minute. Really, the priority is the person who has just been hurt or scared. But talking to someone who's just been assaulted, confined, or intimidated can bring up some pretty heavy feelings about your own experiences. It can bring up old stuff that has happened to you, or it can even make you mad at the person who it happened to. This is normal. You have time to deal with them after your friend has been taken care of.

If you find that you really can't put your own feelings aside, it's okay to 'fess up to it and help them find someone who can help them, or even just take them home. Your honesty about what you are able or unable to do is more helpful than trying to be supportive while you are mixed up in your own emotions. If this is the case, talk to someone about it. It doesn't have to be a deep therapy session, just talk to someone about how you felt while you were helping your friend. It can give you more perspective on your own mind.

Whatever happens, the most important thing is to get medical help to treat any injuries and/or to collect evidence. The next most important thing is to acknowledge to your friend that what has happened to them **IS BAD**. That their feelings are **REAL** and important.

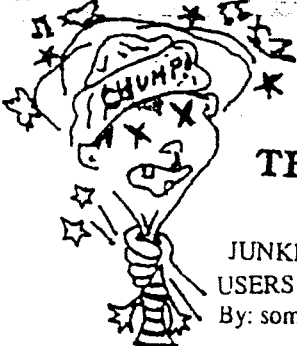
**THIS IS BEING A FRIEND**. There are enough assholes in the world and enough people who won't help when someone is in pain. We don't have to be one of them. We can choose to be different.



and they ask that people aren't totally out of it when they come to the office. This also seems like a pretty fair request. When I spoke to Phillipe, he was informative, helpful, friendly and non-judgmental. Good energy.

If you want more information, or to sign up, you can contact The Vancouver Island Compassion Society at 595-1146 or you can email them at [thevics@home.com](mailto:thevics@home.com). You will need 15\$ for their one year registration fee, a medical document that shows proof of your condition (they will do a phone confirmation with the doctor) and about 40 minutes of your time. Really not much to ask for organic cannabis treatment for conditions that aren't treated well or at all. If you are broke and don't have the money, don't be afraid to talk with them anyway. They are open 6 days a week for your convenience. Give them a call and check it out.

junkie  
 #11 pride  
 Next time someone says  
 "stupid junkie",  
**EDUCATE THEM!!**  
**THEN**  
**KICK**  
**THEIR ASS!!**



JUNKIES UNITE!  
 USERS EDUCATING USERS!  
 By: some junkie chick and co.



## WHAT IS ACUPUNCTURE?

Acupuncture is a form of traditional Chinese medicine that has been practiced 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 moxibustion (carefully burning herbs on your skin), massage, or acupressure (pressing on specific points with fingers instead of needles).

You should allow about 1 hour per treatment. Usually people experience some change right away, but acupuncture is most effective as a series of treatments.

### ACUPUNCTURE CLINIC AT S.O.S.

TUESDAYS & THURSDAYS  
7:00 - 9:00 pm

\$2 donation, or pay what you can

ANYONE WELCOME  
NO NAME REQUIRED

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

Every case is different, so the best thing to do is talk with the acupuncturist and design a treatment

plan that is right for you.

The needles used in acupuncture are

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.

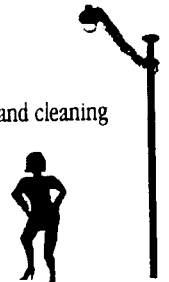
To find out if acupuncture can help you, come in and check it out.

## 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 B vaccine.** 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:

<b>Tuesday</b>	1:00 - 2:00 pm Sandy Merriman House
	4:00 - 6:00 pm Alliance Club
	5:30 - 6:30 pm YM/YWCA van
	7:00 - 9:30 pm AVI's Street Outreach Services
<b>Wednesday</b>	4:00 - 4:30 pm Inner City Youth Works
	4:30 - 6:00 pm Alliance Club
	5:30 - 6:30 pm YM/YWCA van
	7:00 - 9:30 pm AVI's Street Outreach Services
<b>Thursday</b>	2:00 - 4:00 pm Open Door
	4:00 - 6:00 pm Alliance Club
	5:30 - 6:30 pm YM/YWCA van
	7:00 - 9:30 pm AVI's Street Outreach Services



# 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 #304-733 Johnson St.  
Lunch by and for people who are HIV+, 10 am-2 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. Closed the last week of every month.

**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.  
Mon eves 5:30 - 7:30  
Tues & Thurs 1:30 -3:30  
Free coffee, tea & snacks

**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. Open 7:00 pm-11:00 am; women's drop-in during the day.

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

**Gateway** 361-1323 1400 Quadra St.  
Overnight shelter for people over 19 who are drunk or high. Showers, laundry. First-come, first-served.

**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.

**Prostitutes' Empowerment, Education & Resource Society (PEERS)**  
388-5325 #414-620 View St.  
Peer counselling and advocacy by people who have been in the sex trade. Non-judgemental.

**Together Against Poverty Society**  
361-3521 #415-620 View St.  
Advocacy on issues involving welfare, employment insurance, and tenancy. Open 8:30 am - 12:00 noon.

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

**Victoria Street Community Association (VSCA)**  
386-2347 1517 Quadra St.  
Advocacy, support services & employment training programs, *Red Zone* magazine, and a drop-in.

## HEALTH CARE

**Acupuncture Clinic** 384-1345 at SOS  
See p. 18. Chinese medicine for what you can pay.

**AIDS Vancouver Island**  
384-2366 #304-733 Johnson St.  
Support, education, advocacy, prevention info, and other services for anyone affected by 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.

**Capital Regional District (CRD) 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 1611 Quadra 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 & Info Line** 24 hr 386-2635  
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.
- Prostitutes' Empowerment, Education & Resource Society (PEERS)** 388-5325 #414-620 View St.  
Peer counselling by ex-prostitutes.
- Salvation Army Family & Community Services** 386-8521 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 (7 pm-11 am) & the drop-in (11:30 am-7 pm, Mon-Fri).
- 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; Unity is Recovery Wed 7:30-8:30 pm; Music Jam Fri 7:00 - 9:00 pm; Connections To Freedom Christian Group 7:00-9:00 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; 381-2847

## 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 220 Bay St.  
Open drop-ins for urban natives, including work experience & employment counselling.
- PEERS** 388-5325 #414-620 View St.  
Education and training programs for men and women who are or have been in the sex trade.

