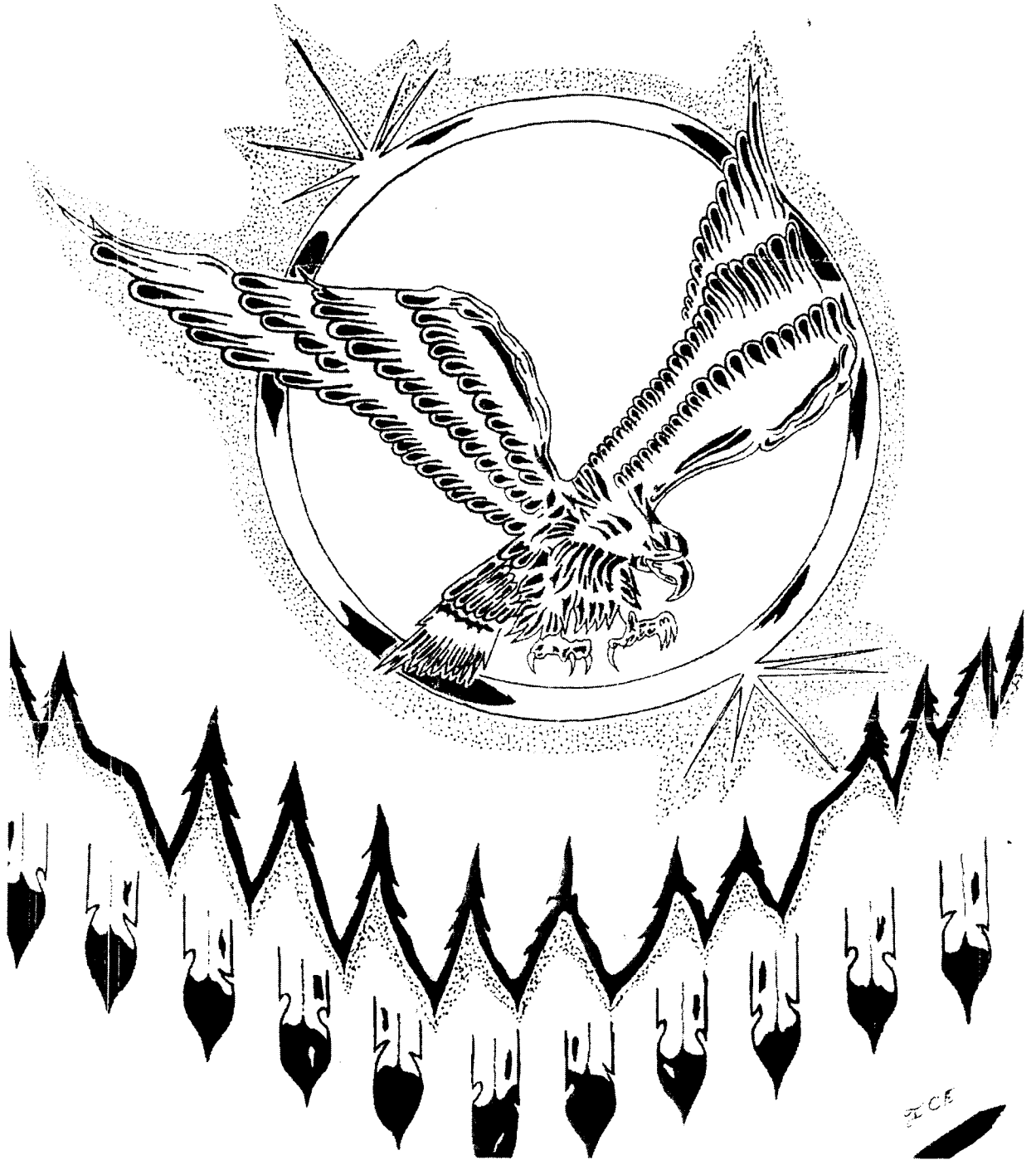


HO'S & HYPES



Vol. 3, Issue 2

April 2000

WELCOME TO HO'S & HYPES

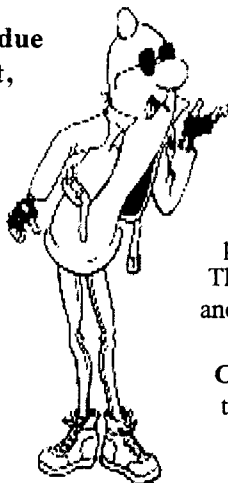
There is lots of stuff inside. We need your help though. Anytime you want to come in & write a column, drop off some artwork, find out about new laws that you want to talk about, whatever, let everyone know if there's bad dope in town, give advice to new needle users or sex trade workers, or anything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

Welcome to the 10th 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 #1**

Contributing writers: Marty, Kate, Jack, Linx, Axel Kock, Debi, puppy, Kat, Kohle, Sonia, Red Thunder Hawk Man, and all of our anonymous friends.

Contributing artists: Thanks to Iceman for the cover, Rhomelly Forbes, Arjuna, and our anonymous artists.

Ho's & Hypes was produced and edited by Megan with much assistance from everyone else. Thanks. During the renovations, I have packed some of my info. If your name isn't listed in the credits, let me know and I'll put it in the next issue. My humblest apologies. - Megs

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



**DEADLINE
FOR NEXT
ISSUE:
JUNE 1st**

S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 - 6:00 - 7:00	3:30 - 6:00 pm						
7:00 - 11:00	7:00 - 11:00 pm						
	Connections to Freedom Christian Group 7:00-9:00	CHR Nurses 7:00 - 9:30 Acupuncture 7:00-9:00	CHR Nurses 7:00-9:30 Drop-in Art 7:00-9:00	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

Here we are on our spring issue already. I hope every one is doing okay. Before I start I would like to thank Megan for the compliment she gave me in our last issue. Thank-you Megan. Because of Megan, Kate, Josh and a couple of other smiling faces around S.O.S. I am lucky enough to be here to be able to thank someone.

I actually had thought about shutting Inside Outside down. I do know that there are a few of the guys that read it and it does keep me busy so I am going to keep at it for awhile. I know my articles were becoming political and if I am going to stay at it I am going to stay on the topic of HIV, discrimination, the joint, harm reduction programs etc. I have a wonderful opportunity with this article and it would be a shame to not take advantage of the chance

I have to use this article to make change in our world. I know there is nothing I can do that is going to change overnight. The wonderful opportunity that has been given by Street Outreach Services have given by allowing me to print what I want is now going to be put more to helping you guys than ranting and raving about the past. It's time to work on the future. Since I finished AVI's core training program I have been doing a lot of volunteer work downtown and haven't had too much time to devote to S.O.S or my article. Now that I am allowed to use the computer downtown I can work on my article there and do my other volunteer job at the same time.

It was brought to my attention that a certain inmate had his confidential methadone urinalysis results end up being presented at his parole hearing. Since I am no longer bound under joint law I can't be punished for trying to find out if the inmate was in fact in violation of his constitutional rights. I am not in a position to make any allegations because I would only be guessing but I am definitely going to be consulting a lawyer on his behalf. One thing I can accurately comment on is that since I have gotten away from these joint and methadone doctors I feel like I am being treated with dignity when I go to a doctors appointment. My doctor doesn't question me when I tell him I'm not feeling well or accuse me of lying to get sleeping or pain medication. I also know that a parole officer would never get my urinalysis results off the doctor I now have however I have a wonderful doctor I trust and am lucky enough not to have dirty results to show anyone. No one is supposed to see methadone urinalysis results except your doctor. If your parole officer has a copy of them I would guess the doctor has breached patient-doctor confidentiality or the parole officer himself has done a no-no. There is cause for concern though. I personally have been denied medical attention for the last 5 years and only after changing doctors was I allowed to have a C.A.T. scan. The doctor at William Head must be

forced to treat people that are sick. To continue denying people medical attention and accusing sick people of faking as he did me is nothing short of malpractice and he must be stopped before he kills a patient. Joint and methadone doctors have no right to deny people medical attention just because they are on methadone or parole. Once the government is through with punishing us then we should once again be allowed medical attention

Doing volunteer work has really opened my eyes as to what is really going on in the world. What a rude awakening. If

you are on methadone, parole, homeless, on welfare, gay, pierced or have a modern haircut there is a good chance you will be discriminated

OUTSIDE

A regular feature of Ho's & Hypes

by Marty

against. People must start fighting back. We do have rights and we must be allowed to exercise our rights as guaranteed under the Charter of Rights and Freedoms. Anything less is against the law.

Discrimination is a terrible thing and the only way to stop it is to unite and fight against it.

I have in the past gone out of my way to leave my personal stuff out of my articles. There is a certain person that I care about a little bit more than others in my life however. There has been for around a year now. She is much more liberal than myself and although I do have a problem with that I can't have my cake and eat it too. She is 30 years old. She is very beautiful, has a professional job and has her life together and

although I have been trying not to let a woman get a hold of my heart I think I like this one alot. For all you guys getting out soon. Victoria is almost as beautiful as the women that make it up and believe me it is very easy to fall in and out of love several times a day.

Well today is Friday. Welfare Friday. Although many of you aren't familiar with that terminology for those due to be released soon you will soon find out. It's also that time of the month where there is a lot of money out on the streets and if a overdose were to occur this is the time of the month it is most likely to happen. What we need to prevent this is legalization, more spots on the methadone program, more money for support and information networks and more money for treatment and recovery programs. The government can no longer turn a blind eye to the drug problem in our community. With drugs comes crime and HIV and hepatitis. The only solution to the problem is legalization. Once drugs are legalized then we can begin to treat the ones that want to be treated. People that don't want to be treated can then continue to use drugs without having to go out and steal or sell their bodies to get better. That is exactly what it is too and that is getting better. It is definitely a medical problem and once society starts realizing it then we can begin to treat the sick.

...continued on page 16



a face...
you can trust



Dear Kate

Dear Kate:

I am a prostitute that engages in s&m sex both for money and with my personal sex partners. I am considering getting pregnant and am wondering about any risks to my pregnancy. Do you have any info about sm and pregnancy?

signed
a kinky reader

Dear Kinky:

While this issue's letter may cause some folks discomfort, i'd like to commend you on tackling a 'taboo' topic. It's important to remember that i'm not a medical professional so there is no substitute for having an honest and open relationship with a good obstetrician...so i've covered my ass for the time being, on to the issue at hand...i looked to SM guru, pat califia's, advice column in Febuary, 2000's issue of 'the Advocate' for some harm reduction information for you. Essentially, as well as playing safe, you have to play smart. Pregnancy is a time when your

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. RUMOUR HAS IT THAT SHE IS ACTUALLY A SPACE ALIEN BUT WE DON'T DISCRIMINATE. HELL, ANYTHING GOES AROUND HERE...

body is under terrific pressure and change—you may notice changes in your sex drive and desire. We live in a culture that doesn't value round healthy bodies and you will gain weight during pregnancy which may impact how you feel about yourself. Your energy level may fluctuate and your sleeping may be disturbed.

In terms of the nitty gritty of SM sexuality and pregnancy, there are a few risks to consider depending upon what types of activities you are participating in. If you are into being bound, it's important to not bind your abdomen as this will restrict blood flow to the fetus. And if you are allowing your legs to be bound, try not to have your restraints too tight or leave them on for too long—pregnant women are at increased risk of developing blood clots, especially as you are farther along, which often become located in the legs. If you like to restrain your nipples using clamps, clothes pegs, etc., it's important to know that your breasts are undergoing huge changes related to hormonal fluxes required to make them ready to produce milk; there are capillaries and milk ducts that are expanding and using clamps can cause damage to this sensitive tissue—

so try not to remain clamped for too long. With various forms of flogging, it's important to not strike the abdomen, particularly later in the pregnancy. As well, later in the pregnancy, you should avoid having your legs struck as there is a possibility of developing blood clots. Other activities to avoid would be standing on your feet for long periods of time later in your term, as well as sexual positions which put weight or pressure on your abdomen. Some sexual positions that you previously enjoyed may not work for you as your belly inflates—play with things and see how they feel for you. SM is about communication and respecting limits and these themes will thread throughout your pregnancy...



WANNA KNOW HOW TO BOOK MORPHINE ABLETERS?

***THIS IS WHAT** I DO AND IT SEEMS TO WORK BETTER THAN OTHER WAYS I'VE BEEN TOLD... TAKE YOUR MORPHINE TAB, PEEL OFF THE COATING USING A RAZOR BLADE OR A SMALL KNIFE. TAKE TABLET AND PLACE IN A DRIED OUT ALCOHOL SWAB PACKET (YA KNOW IT'S STERILE AFTER ALL) AND IT'S LIKE AN ENVELOPE SO YOUR DOPE WON'T ESCAPE WHEN YOU'VE GROUND IT DOWN TO POWDER. TAKE A HAMMER, PAIR OF PLIERS OR AN INVERTED SPOON AND FLATTEN SWAB PACKET BY RUBBING HAMMER BACK AND FORTH. DUMP THE POWDER INTO A SPOON AND ADD AS MUCH WATER AS YOU NEED. HEAT IT SLOWLY OVER A CANDLE FLAME, LIFTING YOUR SPOON AWAY BEFORE IT BOILS. USE THE END OF THE PLUNGER OF YOUR RIG TO MIX THE SOLUTION. HEAT AGAIN BUT DON'T LET IT BOIL. YOU'LL BE LEFT WITH A REALLY CLEAR MIXTURE THAT'S VIRTUALLY CHALK-FREE WHICH WILL MAKE YOU AND YOUR VEINS HAPPY...*

REMEMBER TO MAKE SURE THAT THE ALCOHOL PACKET IS TOTALLY DRIED OUT BEFORE YOU THROW YOUR TAB IN—DOESN'T TAKE LONG.

*AND ALWAYS USE STERILE INJECTION SHIT.
TAKE CARE.*



Were you one of the 160 people who participated in the 'spit testing' for HIV that SOS and the Street Nurses conducted a few months ago? Well, if ya were, the preliminary results are in: the Capital Health Region has a 22% HIV+ rate amongst injection drug users. In real numbers, that means that one in every four people who shoots dope in Victoria is walking around with the virus. In 1993, the last time we did this kind of measurement, the HIV rate was 2%. This is a dramatic increase, one that people who work with drug users predicted and have been screaming about the need for changes in to the 'system' for years.

In my 4+ years with SOS, I have seen the numbers of people infected with HIV grow and grow. Recently, I had an honest yet disturbing talk with a couple of guys who have been around the block—who've been in the drug scene and shooting dope for over 40 years collectively, so they know what they're talking about. They both voiced this sense of 'inevailability' around catching HIV. Their words were: "Hey, if you play the game, sooner or later it's gonna catch up with you". But does it really have to be that way?

The results of our survey are startling. What we do with them is crucial.

We—meaning those who work most closely with those affected by HIV, hepatitis, addiction, mental illness, poverty, and a myriad of abuses that many can't even begin to imagine—we know that the way the world works needs to change radically. We need to decriminalize drug use and move beyond

defining people by their behaviour. We need to see people who use drugs as being worthy of respect and dignity. We need to hold the 'systems of care' accountable to care for all, not just those they deem deserving. Yup, we know there's a ton of shit out there that desperately needs to change.

Recently,

I attended a community consultation with representatives from the National Institute of Health from Washington, DC. They've been working with large US cities who have outrageous numbers of injection drug users who are infected with HIV and hepatitis. The 'War on Drugs' is responsible for these viruses spreading like wildfire amongst communities of color in the US—and there is no comprehensive strategy to stop this spread. So these researchers have designed a way of coming into an area and asking those most at risk—drug users—what they need to see change in order to slow the transmission of HIV. The results are given to the powers-that-be to decide how to change the way things are being done.

We're hoping that this model will be adopted here in the Capital Health Region. We're hoping that drug users will come forward and tell us honestly and realistically what needs to change in order to slow the spread of these horrible viruses. And above all, we're hoping that *finally someone will listen* and use their power to make meaningful, positive change so that we will all benefit from a more humane and just society.



By Kate



S.O.S. Programs

PLEASE NOTE. PROGRAMS WILL NOT BE RUNNING FOR THE MONTH OF APRIL DUE TO RENOVATIONS. PLEASE BEAR WITH THE MESS AND INCONVENIENCE

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.

NATURD PATHY

Alt. Thursdays.
Except during renovations
check it out!

**PLEASE NOTE:
ALL PROGRAMS WILL
BE CANCELLED UNTIL
RENO'S ARE OVER.
- Thanks**

NEEDLE USERS ARE HUMAN

Everyone deserves access to clean, safe, medical grade injection supplies.

Needle exchanges reflect this philosophy



Everyone deserves to have access to livesaving information and outfits.

Needle exchanges reflect this belief.

Everyone deserves to be treated with dignity and respect, regardless of their lifestyle.

Needle exchanges reflect this belief.

NEEDLE EXCHANGES SAVE LIVES

HO'S & HYPES



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GOIN' TO SCHOOL. I QUIT PEERS AND I DECIDED TO GO BACK TO SCHOOL. I FIGURED THAT I HAVE GOTTEN AS FAR AS MY GRADE 7 EDUCATION WILL TAKE ME AND I REALLY FELT I NEEDED TO DO SOMETHING DIFFERENT. I AM CURRENTLY ENROLLED IN CAMOSUN COLLEGE AND I AM TAKING AN ESSAY WRITING CLASS ('CAUSE I DON'T KNOW HOW) AND SOCIOLOGY 100 (THE BASIC CLASS).

WHEN I DECIDED TO GO BACK TO SCHOOL I PICTURED IN MY MIND WHAT IT WOULD BE LIKE. I FIGURED I WOULD READ A LOT, WRITE A LOT AND MAYBE HAVE SOME INTERESTING CONVERSATIONS WITH PEOPLE. I COULDN'T IMAGINE IT BEING MUCH DIFFERENT THAN THAT. I COULDN'T IMAGINE IT BECAUSE I HAD NO IDEA WHAT SORT OF PROCESS I WOULD GO THROUGH.

I BOUGHT MY PENS AND MY BINDERS AND MY NEW SHINY LIQUID PAPER. I GOT LABELS, PENCIL CASES, ERASERS AND A BIG PAD OF LINED NOTE PAPER. I THOUGHT, "THERE YOU HAVE IT THEN. I'M READY". IT WAS NOT TO BE SO. THE PART OF SCHOOL THAT HAD TO DO WITH LEARNING SCHOOL STUFF WAS THE EASY PART. THE HARD PART CAME WHEN I STARTED GETTING TO KNOW PEOPLE AT

SCHOOL.

I HAVE BEEN FACED WITH A DILEMMA THAT I HAVEN'T HAD TO NEGOTIATE FOR MANY YEARS. ALL OF A SUDDEN I AM IN THE POSITION OF FIGURING OUT WHETHER TO OUT MYSELF AS AN EX-PROSTITUTE OR NOT. I MEAN, I ALWAYS DO. I JUST CAN NEVER BRING MYSELF TO SHUT UP. THAT'S JUST MY STYLE. HOWEVER, I HAVEN'T HAD TO THINK ABOUT IT FOR A LONG TIME BECAUSE EVERYONE I KNEW, KNEW THAT I WORKED FOR PEERS, THAT I USED TO HOOK, ALL THAT. IT WASN'T A QUESTION. SOMEONE AT SCHOOL, THE OTHER DAY, MADE A CRACK ABOUT BEING SO POOR THAT MAYBE SHE WOULD JUST GO OUT TO THE STREET AND BE A WHORE (PRONOUNCED HOOOR.-- YUCK!). THE TWO PEOPLE IN THE ROOM WHO KNEW ME BOTH LOOKED AT ME TO SEE IF, OR HOW, I WOULD REACT. I THOUGHT ABOUT IT. I THOUGHT ABOUT CHALLENGING HER ON IT. I ALSO THOUGHT ABOUT SUGGESTING I TURN HER OUT AND HOOK HER UP. THAT WOULD PAY FOR MY SCHOOLING. JUST JOKING. KIND OF.

I CAN'T SAY THAT I'M MEGAN LEWIS FROM PEERS ANYMORE, BECAUSE I'M NOT. I'M JUST A STUDENT LIKE ANYONE ELSE. I'M AS GOOD AS MY STUDENT NUMBER. I FEEL LIKE I'VE TAKEN OFF A VERY SHINY HAT. SHINY BUT HEAVY. I FEEL KIND OF NAKED WITHOUT IT. I'M NOT MEGAN WHO'S OUT THERE DOING COOL THINGS AND CHANGING THE WORLD. I'M JUST MEGAN WHO IS LEARNING TO CREATE AN ESSAY STRUCTURE. ON THE ONE HAND IT'S A RELIEF. NOTHING IS EXPECTED OF ME EXCEPT TO SPELL CHECK MY DOCUMENT AND HAND IT IN ON TIME. ON THE OTHER HAND I FEEL LIKE I'M COPPING OUT. LIKE THERE IS STILL SO MUCH WORK TO BE DONE AND HERE I AM FUCKIN' THE DOG AND JUST GOING TO SCHOOL.

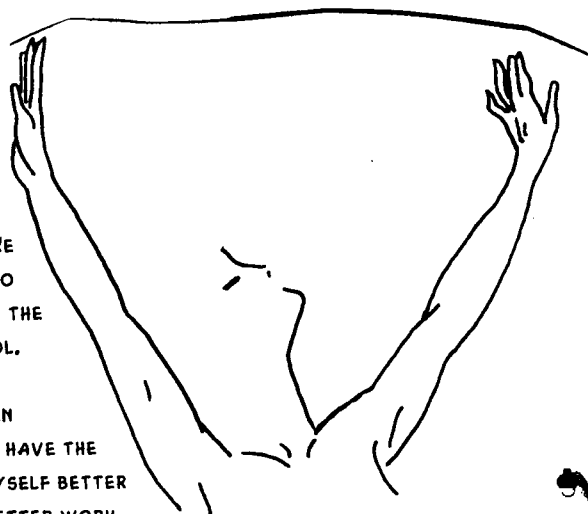
I GUESS IT'S A TOSS UP BETWEEN FEELING RELIEVED THAT I DON'T HAVE THE RESPONSIBILITY AND GETTING MYSELF BETTER EDUCATED SO THAT I CAN DO BETTER WORK LATER AND THEN FEELING LIKE GIVING UP THE RESPONSIBILITY IS WEINER-ISH.

I FEEL GOOD ABOUT IT. IN MY HEART OF HEARTS, I KNOW THAT THIS IS WHAT I HAVE TO DO. I HAVE TO BECOME MORE THAN MY HISTORY. I AM GREATER THAN THE SUM OF MY PARTS. I THINK THAT MANY OF US FORGET HOW COMPLEX WE ARE. WE GET PIGEON-HOLED AND WE BELIEVE THE TYPECASTING WE GET. LIKE I SORT OF FORGOT ABOUT ALL THE OTHER THINGS I WAS GOOD AT. STUFF I REALLY ENJOYED DOING. I FORGOT THAT I WAS MORE THAN AN EX-PROSTITUTE. GOING BACK TO SCHOOL HAS REMINDED ME OF THAT. IT MAKES ME THINK ABOUT THINGS THAT HAVE NOTHING TO DO WITH THE STREET, WITH DRUGS, WITH TRICKS, WITH FIFTY DOLLAR BILLS YOU CAN ONLY USE IN DARK BARS, WITH HIGH HEELS AND POCKETS FULL OF CONDOMS AND SPITTY WRAPPERS. INSTEAD I THINK ABOUT MISPLACED MODIFIERS AND INDEPENDANT CLAUSES. I THINK ABOUT RACE AND CLASS AND GENDER AND SYMBOLIC INTERACTIONISM. I THINK ABOUT MY FUTURE AND WHAT THAT MEANS TO ME.

WHAT AM I WHEN I AM MEGAN WHO IS GREATER THAN THE SUM OF HER PARTS? I GUESS I WILL FIND OUT.

PEACE

MEGAN





The Streets of Vic BC.....continued

It seems like yesterday, but it's been a month now. What made me leave, run like a rabbit from what I thought was comfortable surrounding? Where I could hide in the crowds, not be seen, only see false images. Trapped in an illusion of self doubt, afraid of more pain. An illusion built like a cement wall surrounding one's space. I ran and ran till I could run no more, only to wake up and find myself in the same place. Why? Well one must look into the soul; the answers are there.

One month now, and clean as a whistle. No lies, no making up stories, no shooting angles. Clean. The hurt, the pain in my heart can't be seen, but it's still there. Only I know and feel it. Maybe I'm a little stronger now, time will tell. To hide our selves from what we see and think may harm us. To abuse our bodies with drugs, to blank out the mind. To live without caring or knowing where we are. I ask myself why! The hurt. The pain. My children and loved ones are the ones that are hurting as well. Why do I run and hide from the world what can be so powerful to drive me to do this to myself.

One month now. I look back; I think I see. But do I see the truth? Or just another lie? The wall that surrounds me, can it be penetrated for the truth? I don't know. Try I must, for everyone's peace of mind. So much has been lost, but I will loose no more. I've been to the top, and close to the bottom, but never to the very bottom itself. I know and with eyes and arms open choose to climb to the top again. The streets are crowded. The city is alive. The sounds. The noise. I spin my eyes and see nothing. Only despair, sorrow, anger and the venom of my hatred for where I am.

One month now.

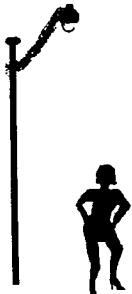
The days go by, slowly my friends, but one by one they pass. Now I look with my eyes wide open to see. The time is near, the body is healing, the mind is at ease. If only I can hold on, the crowds will appear through eyes that could only feel despair. The noise of the city, will in time be seen. As the days go by. Only a month has passed, but clean as a whistle. No crutches to lean on, no stories or lies just clean; squeaky clean.

One month now, and with eyes and heart open to see.

Cold turkey is the way it had to be. I hurt and felt the pain but I could do it no other way. To do so would show the weakness that has to go. The power of mind over all else. The strength I know is still at hand, to win. My ears and eyes are open now and know the sounds the city is alive. I see the truth, but the wall is still in place. How long will it be before the wall comes down, or will it ever? Day by day I sit and cry, only I dare to wish that love and happiness will win in the end. The heart will heal.

Only a month squeaky clean. No lies. No shooting angles. Just one step at a time.

Jack



HO'S & HYPES





This piece was done by Rhomyly Forbes. I fuckin' love it.



LETTERS TO THE EDITOR

DEAR HO'S & HYPES

I FIRST HAPPENED UPON THE NEEDLE EXCHANGE IN 1989 WHEN I WAS STILL WAY UNDER AGE. THE WORKERS, JAINE & NORMAN, WALKED DOWN LOWER YATES AND ALONG ALL THE PROSTITUTE STRIPS, DISTRIBUTING RIGS AND BLEACH AND CONDOMS. IN A FEW YEARS, THERE WAS A SMALL CRAMPED OFFICE ON JOHNSON ST AND JAINE AND NORMAN WERE LET GO, MUCH TO MY CHAGRIN. NOW WE HAVE ACUPUNCTURE, A REGULAR (BUT NOT REGULAR ENOUGH) STREET NURSE, AND MANY OTHER ACTIVITIES INCLUDING THE ORIGINAL HARM REDUCTION.

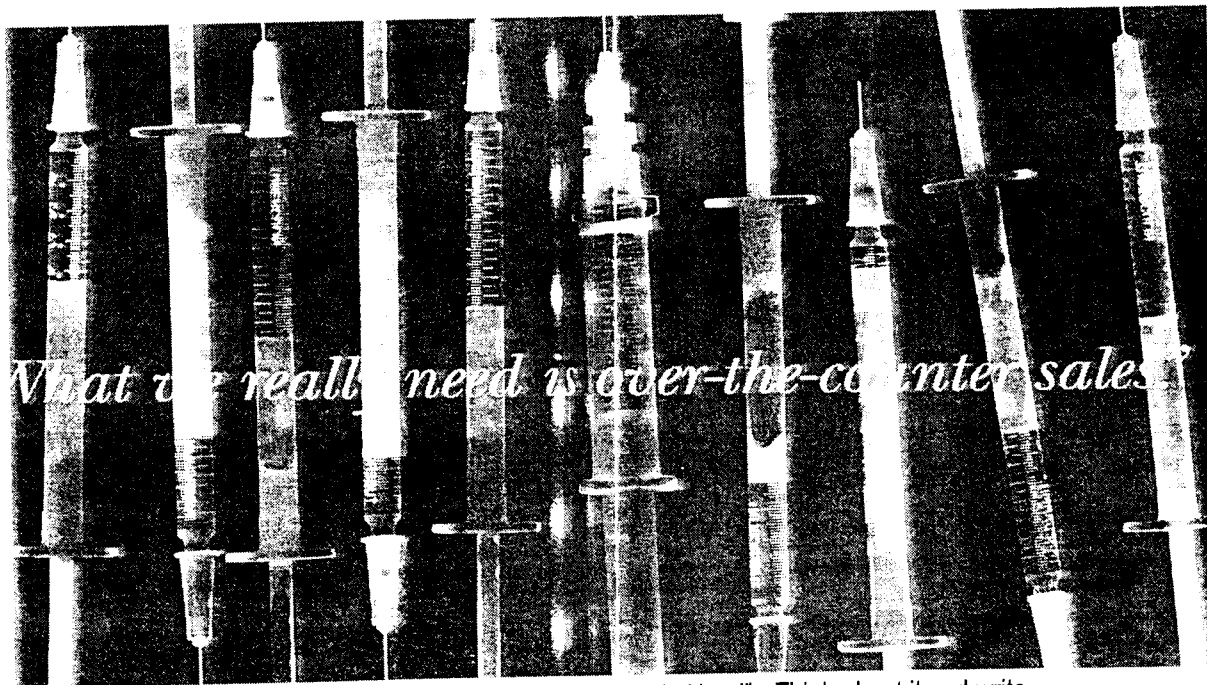
I CAN'T THANK AVI AND ALL OF THE WORKERS ENOUGH BECAUSE I AM CERTAIN THAT WITHOUT THE ABOVE SERVICES, I WOULD EITHER BE HIV+, HAVE AIDS, OR BE DEAD. THUS, I HAVE DECIDED TO VOLUNTEER AT AVI'S EXCHANGE, IN WHATEVER CAPACITY THEY CAN USE ME.

THANK YOU ALSO FOR HO'S & HYPES, OUR VOICE IN THE DARK.

GRATEFULLY,

KAT JOHANSEN

••NOTE TO KAT—WE ARE TERRIBLY SORRY THAT YOUR LETTER DIDN'T GET PRINTED BEFORE NOW—OUR EMAIL TECHNOLOGY HAS NOT WORKED SINCE WE CAN'T REMEMBER WHEN, BUT NOW IT'S BACK UP & RUNNING AND WE WERE FULL OF SMILES TO RECEIVE YOUR LETTER. THANKS AGAIN!...KATE



Next issues theme will be "What We Really Need". Think about it and write, draw, make a list, tell me why we need whatever you think we need



HO'S & HYPES



PAGE POETS PAGE POETS PAGE

Lost in death's eyes

Fltered pumps through my veins as I slowly
 drive myself insane
 the dreams have ended
 the nightmare begins
 the demons in my mind are unleashed
 destroying my reality
 eating away at my mind
 the child is dead
 nothing is left
 except an empty space inside my soul
 the animal screams the pain will grow
 becoming my only friend
 the ladies of the night
 are hidden from society's sight
 hiding their secrets killing their babies poisoning
 their veins
 reaching the points of no return
 forget me my lover
 forget me my killer
 forget me my only friend
 I have reached the end of the world
 my eyes have seen the beauty
 my eyes have seen the horror
 yet I can not forget
 how my soul has been raped by societies games
 stripped of my dignity and pride
 lost in death's eyes

by linx

S.O.S.

Sitting here at the needle exchange,
 I watch those who's lives need change,
 Dozen of these people here come and go,
 Trapped in a circle of drugs and despair,
 they struggle, like drowning, gasping for air.
 Posters all over the walls they adorn,
 each offering help to those forelorn,
 People who work here help those in need,
 caring and giving, the hungry they feed.
 Every night they help, offering their best,
 ideas are forged, so we may help the rest.

Axel Kock. Jan 5 2000

If thoughts are like bubbles
 why do mine keep bursting
 before they reach
 the surface?
 Are they like pebbles
 in the sand?
 Too many to be counted &
 too loosely structured
 to have substance

- Debi

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.



PAGE POETS PAGE POETS PAGE

REMEMBERING CAM

I think of our long talks
into the early hours of the morning
on my back porch

I appreciate your emotional openness
sensitivity and intelligence

I look at the pictures we took of you, me
and Nancy
swimming naked at Beacon Hill park
The drugs and booze allowed the true you
to come out
playful, glorious and free

You tried to help me
when you probably needed more help
than me

I appreciate your compassion and
selflessness

Despite your being HIV positive and
having Hep C
you had a joylike 'joy de vivre' that I was
drawn to

I recall the passion and dreams you
shared
when you got your new place
How much you wanted to 'get it
together';
not for yourself, but for your kids and
family

Selfless Cam
Sometimes I wish you had been more
selfish
I remember your loving and gentle ways

with my dog; my island of love and safety
in a world where people usually mean pain

You saved my life, Cam
when I overdosed on the floor of my place
many would have taken my dope, cash or
stereo
but you didn't

You instead called the ambulance
knowing full well the police would come
and you then went to hospital to see me

Some see only the addict
I saw a beautiful human being

I was drawn to your depth
your compassion
your vulnerability
your warmth

You tried to save me from myself
Yet you struggled to do the same for yourself
I love you Cam

May you be in a purer place now
where others see all your gifts
not just your struggles
Peace be with you

Love...

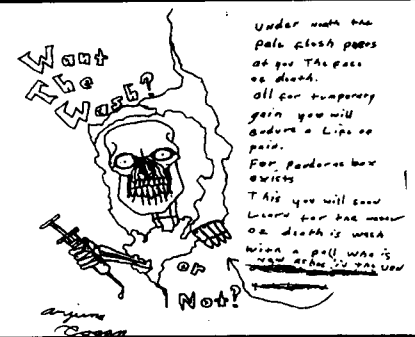
puppy

(Clean for around a few months now and may
have been dead if it was not for Cam)



*I am linked by a chain of blood
To my needle
A barbed plastic mosquito
That hits
And takes more than it gives*

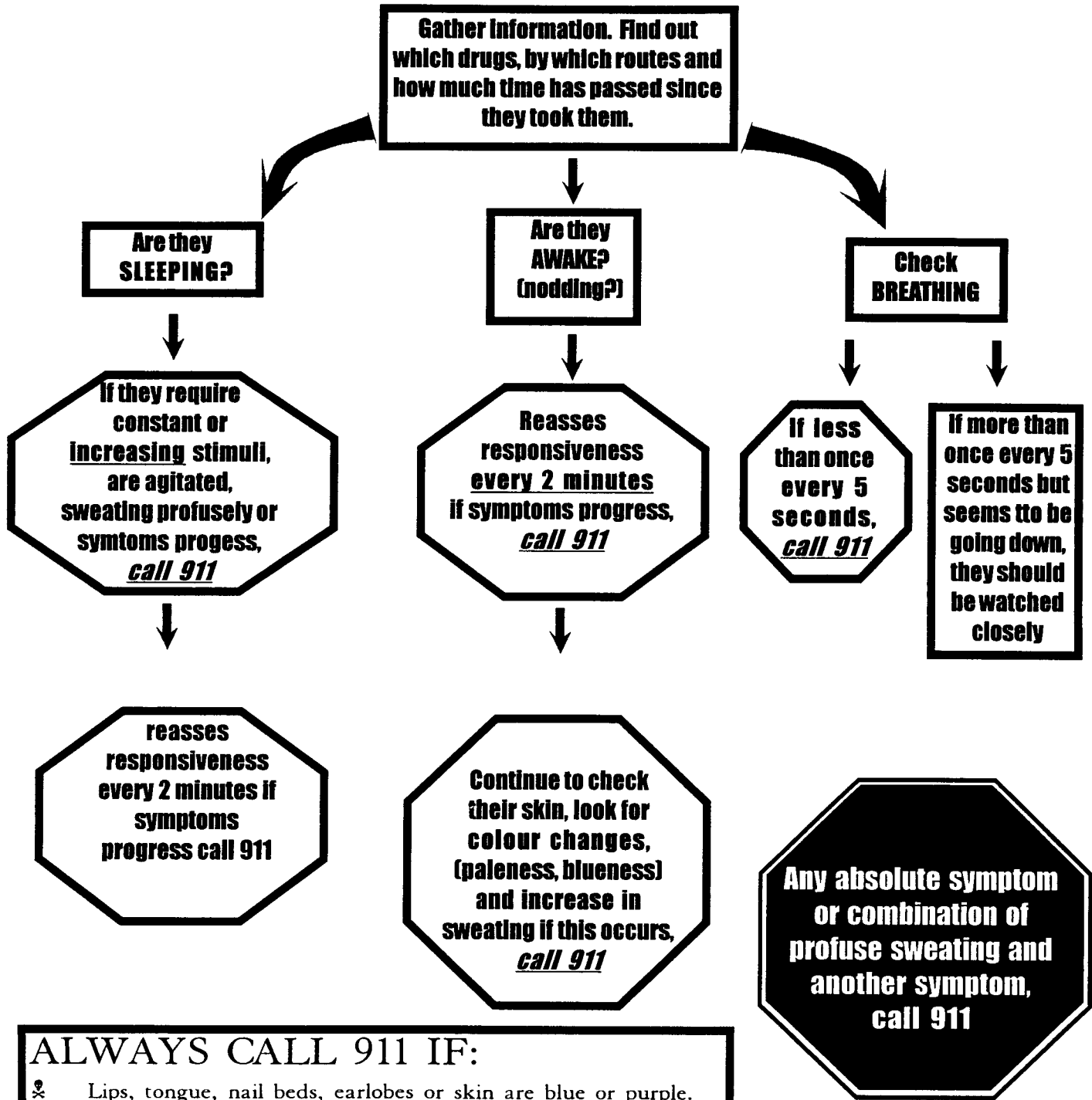
-Kat Johansen



HO'S & HYPES

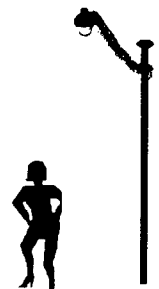


STOP! READ THIS BEFORE YOU USE:



ALWAYS CALL 911 IF:

- ☠ Lips, tongue, nail beds, earlobes or skin are blue or purple.
- ☠ Breathing is less than once every five seconds.
- ☠ If you think what you're seeing isn't the worst it will get.
- ☠ Person is unresponsive to pain, i.e.:
 - squeeze a pencil between persons fingers.
 - using a fist, rub knuckles on the bare sternum as hard as you can.



To My Son Jubal

Your sister said, now
I don't have to worry
about you anymore

And your good friend Graham
took his own life
the week he heard the news

And all of them said
You were probably happier
where ever you are now

And I have cried and cried
and tried and tried to figure out
why, why, WHY YOU DIED.

And I miss you so much
And I can't tell you
Or ever see you again.

Kohle

Name: _____
Address: _____
City: _____
Province: _____ P.C. _____
Phone &/or fax # (PLEASE INCLUDE!) _____
Yes I want to support Ho's & Hype's and subscribe for one year
I am ordering _____ copies at \$_____ for a total of \$_____

Scale:	Per Copy:	Per year:	Gift subscrip.
Non-profit	\$2.75	\$10.50	\$10.25
Business	\$3.75	\$14.50	\$14.25
Employed	\$2.50	\$9.25	\$9.00
Unemployed	\$2.00	\$8.00	\$7.75
Client of S.O.S.	\$0.00	\$0.00	\$0.00

Please send a gift subscription to my friend!

Name: _____
Address: _____
City: _____ Province: _____
P.C.: _____
Phone &/or fax# (PLEASE INCLUDE!) _____
I am buying _____ gift subscriptions
at \$_____ for a total of \$_____

**Please send cheque or money order to:
Street Outreach Services**

c/o AIDS Vancouver Island
304-733 Johnson Street
Victoria, BC
Canada, V8W 3C7

Phone: (250) 384-1345
Fax: (250) 380-9411

Needle exchanges save lives!



Please send us the address of extra subscriptions along with the appropriate cheque or money order. we do not accept credit cards (ha!) **NEVER SEND CASH IN THE MAIL**



HO'S & HYPES



Continued from page 3

People don't go out and use because they are bad, they use because they are sick. All drug use is people taking their medication.

One of the people I have been lucky enough to meet on my travels is on her 77 th day clean today. One of the reasons that I am so excited is that she is only 15 years old and I have a very soft spot in my heart for young heroin addicts. I have talked to this very pretty, intelligent young princess and it is people like her that give me the motivation to want to go out and try and help these young kids. It's so sad seeing people so young addicted to heroin it makes me want to cry. Yes, I cry! Then when 2 months later you find out one of your more favorite, little, new found friends is doing well it makes you feel tingly all over. It is a really nice feeling.

I was really impressed with our last issue of Ho's & Hypes. We had a lot of really great submissions and it seems like there are a lot of new faces contributing to our little rag. Heidi's article, (Dear Addictive Products) struck close to home. If you could have your money back you would probably be a very rich woman. I would also like to thank the old kid from Bell's Corners for his letter to the editor. Thanks very much. It's too bad more people didn't think the way you do towards harm reduction programs. There is no other alternative. A needle exchange in the institutions in this country is the ONLY answer. Anything less is unacceptable. Once people realize AIDS prevention is more important than politics only then can we begin to work at the root of the problem. It is a total waste of time to tell a room full of people that a needle exchange is the answer to the prevention of the spreading of HIV in federal institutions then have staff throwing inmates in the hole for having rigs on there possession. Did anyone running this country go to school. The people running this country must start to be held accountable for there actions. If a inmate gets sick because of the doctors neglect then I think that the doctor should also be held accountable. Not treating a person because they are on parole or methadone can no longer be tolerated and all citizens in this country must have the same health care as anyone else. One of my bros is in front of the board this may. Good luck my friend. Boise is back in society after several years of incarceration for smuggling in the U.S. Welcome back. Boise would like to say hi to the girl's in P4W for her so hi from Boise. I would also like to say hi to Rebecca in P4W in Burnaby. Until the next time guys. I am here. I will answer my mail so get off your asses and write. You too Nick!!!!!!

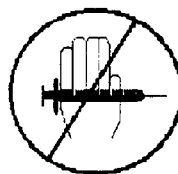
Marty

To all the folx whom I have crossed paths with during these past seven months of my practicum: I am truly honoured that you have shared yourselves with me...thank you for your stories, your words of wisdom, your opinions, your feelings, your patience (with lil' ol' student me), your advice, your music (you know who you are!), your time, and your trust. Your voices will roam about this earth with me, and know that you are the best teachers I have ever had. Although my practicum placement is over, I will still be around for Friday night Music Jams. Take care of yourselves...

Kirsten (Social Work Student)

NEEDLE
EXCHANGES
SAVE LIVES!

DON'T PASS
THE SPIKE!



Here, Do One Yourself, Then Send It In To Us!

Apart from
Boring shit that
Could be written
Dis page could be your page to write what you want
Every time something
Fucked up happens
Go and write about it all you poets and sailors
Hoy there you
Islanders
Join this page and write an alpha poem
Kount out all the letters, there are almost no rules just these
Letters, the
More stories and tales, the better for our collective consciousness
No piece is a bad piece
On you go, start writing, there isn't much time
Pour it onto the sidewalk, drop them off to SOS like
Quarters
Rolling
Slowly into a crack
Touching the
Unknown
Void
Where we all go sometimes to build up
Xtra energy for the fight ahead of us
Yours and mine
Zo there!

- A _____
- B _____
- C _____
- D _____
- E _____
- F _____
- G _____
- H _____
- I _____
- J _____
- K _____
- L _____
- M _____
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- Q _____
- R _____
- S _____
- T _____
- U _____
- V _____
- W _____
- X _____
- Y _____
- Z _____



Willie Brown gettin' a Pie in the face!



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

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 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 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:

Tuesday	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
Wednesday	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
Thursday	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

Please note that for the month of April, the street nurses can be contacted by phoning them on their cel phones. They will not be at the exchange due to renovations.

885-2846/ 885-1228



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.

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



19

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.

