

# HO'S & HYPES



*Enjoy your passage into the new millenium.  
But don't get "carried away!"*

**Vol. 3, Issue 1**

**January 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.

The 9th issue of *Ho's & Hypes* is dedicated to Cam Mitchell - Domestic Junky - who was killed January 22, 2000. He was our friend and volunteer.

*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.

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, Heidi E., Jack, Iceman, Annie Sprinkle, B.J., Darrell, A.G., Septe, the poet, Electric, Domestic Junkie, Red Thunder Hawk Man, K. Okane, August Funk and all of our anonymous friends.

*Ho's & Hypes* was produced and edited by Megan. I'm sorry if I have forgotten to credit your work, please let me know and I will credit it in the next issue.

**Contributing artists:** Thanks to Tula Neider for the cover, Iceman, and our anonymous artists. On our poetry page, there is a line drawing. I don't know who did it. Can you please let me know if you are the artist?

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



**DEADLINE  
FOR NEXT  
ISSUE:  
March 15**

## 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<br>7:30-9:00 | CHR Nurses<br>7:00 - 9:00<br>Acupuncture<br>7:00-9:00 | CHR Nurses<br>7:00-9:00 | CHR Nurses<br>7:00-9:00<br>Acupuncture<br>7:00-9:00 | Music Jam<br>7:00-9:00 | Just the usual smiley crew |        |



Hi guys,

Welcome to the turn of the millennium and Ho's & Hypes, volume 3-1. Before I start, for those that may not know, I do these articles because I like to expose the human rights violations and the things that the joint gets away with. I also believe inmates should be entitled to harm reduction programs such as a needle exchange and also the same medication and treatment a sick person in society would get. I, by no means, am saying anything bad about the nursing staff at the Head. On the contrary, they were great staff that did their best with what they had. Because I didn't have time to put together the article I had planned Claire, the coordinator suggested as there are so many guys due to be released this year I may want to talk a little about Street Outreach Services, what my role is here, how I got involved and how Street Outreach may be of use to one of you guys in the future.

become a Street Outreach Worker. I am in no rush right now. I'm too busy learning stuff. Honestly, I'd like one more year clean time and then I'll think about where and what I'll do, but harm reduction seems the most logical plan for my future.

One other thing I'd like to mention is I'm not a 12 stepper. I haven't turned religious, although I'm a believer, and I still think the same and absolutely nothing has changed

except I decided to stop putting needles in my arm because I'm getting tired of that life.

I'm really getting turned on to this life. I have

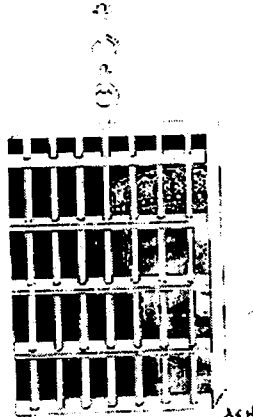
replaced drugs with computers, have met wonderful new friends, people I'm starting to really care about, a beautiful one-on-one counsellor and people like Megan, that have taught me such computer knowledge. Just because I'm becoming involved with the organization by no way means I intend to drop it as a support network because I realize I am no less vulnerable than anyone else that walks through the door. Just taking a look around at all the stuff these guys have done for me, on their spare time, days off

and whatever, I'd like to return the favour by doing the same for someone else. I'm only speaking for myself but I don't think there is anyone that will disagree with me that anyone in this organization isn't looking for miracles, they just want to see the less fortunate get a fair shake at life: access to clean rigs, safes, food, support and counselling and the list goes on and on. We're all about helping people. So many things most people take for granted doesn't happen to a few in life. If you're a drug addict, hooker, on methadone, have Hep-C, HIV or are a street kid there is a good chance you will be discriminated against, especially in the medical profession and at the Jubilee Hospital as so many, including me have.

It's really great seeing so many of my buddies hitting the street and knowing so many are getting out in the near future. I'm not going to

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**INSIDE OUTSIDE**  
*A regular feature of Ho's & Hypes*  
**by Marty**



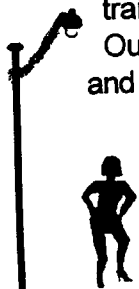
I'll try and answer some of the questions I get asked the most and try to explain how I got hooked up with S.O.S. How do I stay straight volunteering at a needle exchange? My one-on-one counsellor, who is also the person I feel most responsible for me being clean today, works here. Although I used to use the place as a client, I turned to S.O.S for support because of their views toward the holistic approach, my counsellor is a full time employee here and and I know one thing for sure, she'll kick my ass if I fuck up. Not really, but the chances of me using here are much less than any other place I can go to, besides home. Do I work here? No, not as paid employee, but I am doing the incentive program here with the approval and support of Human Resources. Since my last article I completed AIDS Vancouver Island's Core Training Program\*. I'm

now waiting to take their Speakers Bureau training. I was also asked to sit on the Street Outreach Committee which is quite a honour and after I take a couple of more AVI sponsored courses and get a bit more clean time in, then I intend to put in a application to

\*Volunteer training

**write to Marty:**

c/o SOS  
AIDS Vancouver Island  
#304-733 Johnson St.  
Victoria B.C. V8W 3C7



a face...  
you can trust



Dear Kate

I am a recovering addict who is working very hard to learn a new and healthy lifestyle while I am still blessed with time on this earth. I have recently tested HIV+, and know that I contracted it within the last six months. Kate, I just found out that I am pregnant. I know there is a good chance that I may give birth to a healthy child, but there is also the chance that my baby would also be HIV+. Those close to me are very pro-life and believe that God's will is at work. Can you give me any medical information and are there support groups for pregnant women?

—Heartsick Mom

Dear Mom:

First, congratulations on your pregnancy—I'm assuming that not too many people have expressed anything positive about your situation as we have so many judgements around women who are using and pregnant. Adding HIV to the equation certainly adds complications but does not mean that your baby won't live a healthy life. What I know about HIV and drug use and pregnancy is that whatever is going on for you is going on for your fetus. Drugs—

IF YOU HAVE A QUESTION, THEN KATE IS THE ONE TO ASK. KATE WILL ANSWER YOUR QUESTIONS ON EVERYTHING: SAKER INJECTING PRACTICES, WHAT TO DO IN UNCOMFORTABLE SITUATIONS, YOUR LOGS, ETC. SHE IS A TRAINED PROFESSIONAL. SHE ACCEPTS NO LIABILITY FOR THE ANSWERS SHE GIVES. KATE IS A ECCENTRIC NAME BUT SHE'S AWFULLY SMART. SHE KNOWS A LOT, AND WE USE HER FOR IT. RUMOUR HAS IT THAT SHE IS ACTUALLY A SPACE ALIEN BUT WE DON'T DISCRIMINATE. TELL ANYTHING GOES AROUND HERE...

nicotine, cocaine, caffeine, aspirin, methadone, alcohol, E, and whatever else you can think of to do crosses the placental barrier (the lining of your womb which feeds and supplies oxygen and nutrients to the fetus). So, whenever you get high, so does the baby. We know that babies born of women who smoke cigarettes are smaller and of lower birth weight than of non-smokers. Crack & coke-addicted babies can have lots of neurological difficulties, heart problems and brain damage. They are often non-cuddly, super sensitive to stimulation. Heroin usually means smaller babes who are born addicted so immediately have to be withdrawn. They are weaned and have to spend lots of time in intensive care.

In terms of HIV, there is a risk of transmission—either during pregnancy, during the birth process, or through breast feeding. There are ways to reduce the risk of transmission—some women go on anti-retrovirals during their pregnancies and their babies are also put on the drugs after birth. The drugs are pretty toxic so you need a good doctor to talk with while you make your decisions. Formulas or goats milk are alternatives to breast-feeding to reduce the risk of transmission. There's a lot of blood present during delivery so some women opt for a C-Section birth or what's called a 'bloodless birth' which lowers the risks.

I don't want to give you statistics about the chances of transmission because everyone is different and

things like nutrition, health care, stress can make an impact. You said that you're newly diagnosed, so I assume that your health is good and the amount of virus swimming around in your system is low which is awesome.

From my perspective, the most important predictor of the health of your baby lies with the health of its mom—if you have a good doctor who works in partnership with you, you're ahead of the game. If you don't have a good doc, come in and see the Street Nurses and they can help you find a reasonable doc and can help you with prenatal vitamins, support, rides to appointments or whatever else is needed. You can work on lowering your stress level, boosting your immune system and finding clarity through participating in our acupuncture clinic on Tuesdays and Thursdays, 7-9pm. And you can have some fun and do some low-impact exercise in our Tai Chi group, Thursdays, 7-8pm or with the art group on Wednesdays, 7-9pm. You can also attend the Unity is Recovery harm reduction support group that's starting in January on Wednesday nights. PWA Society offers a women's support group. Call:

382-7297 for details.



start preaching guys, you all know. Piss tests!!! There's no way around it. You may beat it once, maybe twice, but if you use, you are going back. That is where I wish I could make a change. The changes are up to the voters and the taxpayers. All everyone hears about William Head is that it is a country club for drug offenders. The public doesn't realize that this isn't so.

Instead of using the joints for people with addictions issues, why don't we use them for people who would kill you, as soon as look at you. The joint should be used for dangerous people, people who are too dangerous to be released into society. It shouldn't be used for people who can use their experience to help kids not make the same mistakes.

I wish more people in this city would come down to S.O.S. and see what we are really all about. It takes 2 words for me to sum it up. Harm Reduction. And if more of this country's citizens would get involved with harm reduction programs and alternatives to jail for drug users even if that alternative means legalization we'd see a total almost overnight cessation of crime in this country.

Another thing you guys might want to think about is getting a support network. I've started a group for people that still smoke dope, are on the program or prescription drugs but just want to try and break away from I.V. drug use without all the guilt ridden trips that N.A. lay on you for smoking a joint. I think pot is less harmful than alcohol and hard drugs. My opinion again. Also Barry Murphy's Bridge Meetings helped a lot. Steve Bradley also runs his Connection to Freedom (Christian) groups here, which, by the way seem to be very successful and although I have yet to attend, I will very soon. We also offer acupuncture here. I know what works for one doesn't mean that it will work for another and there are many avenues out here that are available but one thing that I know for sure doesn't work is hanging with people that are using. It might work for awhile but I'm not here to preach to anyone about using. I can't and I won't. I can visit, go for a coffee but can't actively hang with junkies, without eventually using again. Using again would mean starting over and I've got too much to lose, too many people to disappoint and I wouldn't trade my clean time for anything. Really guys, the odds are stacked against you the minute you walk out the door if you are going to use.

Another one of the questions I get asked all the time is how I quit so easily? It wasn't easy, but a combination of a heroin overdose that woke me up and the methadone program, I've managed to stay heroin free. I'm not saying I haven't used heroin since I got out but I haven't used since I OD'd. When I came back from my overdose I asked my counsellor for help which I got and went away for awhile and cleaned up. Thanks to my support networks, Dallas Society, Outreach Services and Street Outreach Services, having a great family doctor, great supportive roommates and a good parole officer while I was on mandatory, and acupuncture treatments I seem to have a grip. And that's what seems to be working for me. I really wish all you guys luck getting through your paroles especially the lifers and just try and remember 2 words: piss test!

**Note To Marty**  
**From The Editor:**  
I would personally like to thank Marty for the amazing amount of work that he has done throughout the year.

Marty, thank you. Your columns always are genuine, straightforward and human. Writing about your experiences and beliefs is a courageous thing to do. Making public your thoughts and feelings is a huge risk that you have chosen to take by writing for Ho's & Hypes.

Inside/Outside has added a valuable piece to this rag. A piece that no-one else currently writing can add in the way that you do. You are a great writer, you speak your truth and I am very appreciative of the work that you've put into our little 'zine.

I look forward to more of the same great columns from you in the new year.

Thank you

Megan



Dear Addictive Products;

I realize you have been by my house lately. I have heard you knocking at my door.

While it is true that I was home at the time I have not felt I was ready for a visit from you. Yes, it is true I have had a lot of challenges, sorrow and grief lately. I have felt it necessary to actually experience those powerful pains. I have realized, and remind myself often, that *THIS PAIN IS TEMPORARY*. If I allow you to numb it now, I will only have prolonged the pain. If I deal with it now, I will have grown. I know I will survive it.

I am not sure that I will survive life with you. Although you may bring me some temporary relief, in the end you always make me sick, sick in the body, sick in the head, sick of myself, sick of those around me and yes, sick of life.

I would like you to stop coming around and disturbing me during my healing process. As much as I sometimes crave a distraction I would feel more whole and fulfilled taking it from the air, sun, flowers and animals which offer me a deeper sense of peace, no remorse, and a greater value of life.

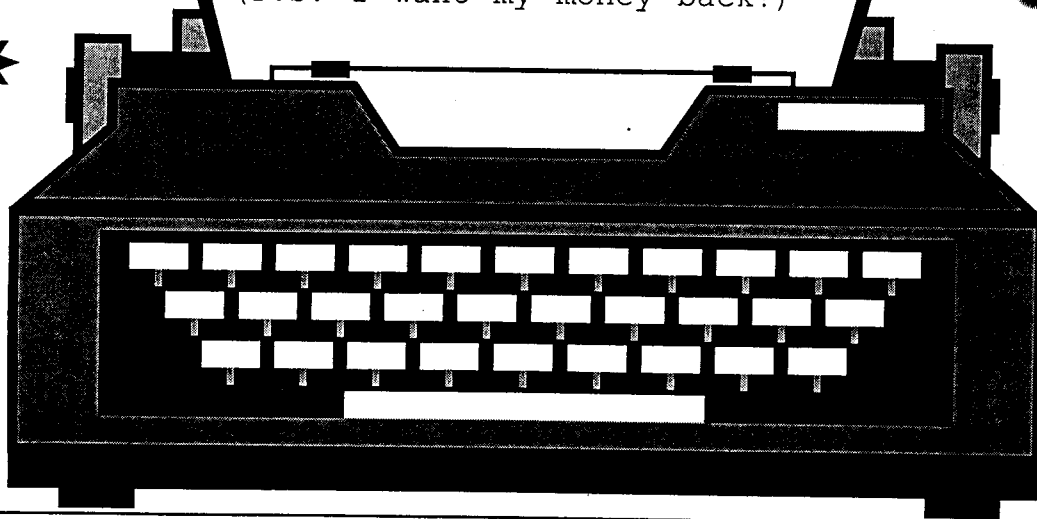
Life is not what you offer. You demand all of my attention, you do not listen, you do not hear, you do not care.

I am looking to myself for the answer this time around.

Adios!

Heidi E.

(P.S. I want my money back!)



# S.O.S. Programs

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

## Unity Is Recovery

**Wed. 7:30 pm - 9:00 pm**

This group is a substance support group for people quitting or trying to quit using hard drugs. Especially heroin and cocaine. It isn't meant to have the strict one sided approach like that of the 12 step programs, but a more relaxed atmosphere where dope smokers, people on methadone, and even people still using can hang out and talk about their past and present substance use using the unity of the group for support. Anyone interested in finding out more about this unique group can talk to Marty or Claire at S.O.S.

## 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!

## 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!!!

## Connection To Freedom

### Christian Group

**Mon. 7:00 - 8:30**

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.

## 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.



**HO'S & HYPES**



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*n...again*

Here we are people. It's the New Year and the winds of change hang heavy in the air.

I know a couple of people around here who have quit smoking, a couple who have quit dope, some who've gotten onto methadone, a few people who have gone on anti-depressants, people have moved away, and some new folks have shown up, a couple who have made drastic changes in their lives. Some people got pregnant, some people died.

**Big Stuff Man...**

Time keeps cycling onward. We just try to keep up with it.

I have quit my job at PEERS and gone back to school. This is part of what has made me think of change and how many people are dealing with big changes in their lives.

When things change, even for the better, it can be a very scary thing. I know that the feelings I

have now are similar to the feelings I had when I quit coke & booze and similar to the feelings I had when I quit working in the trade.

The feeling of being on shifting sand. Of being out of my element. Of not being sure who I am or how I will deal with anything that comes up. Not because I think that I can't deal with things, but because what may come up is such an unknown that it feels like I can't prepare myself. Or bolster myself up.

I felt like that when I first squared up. Like there was no way of preparing myself for what lay ahead, because now I was in a different world with different people, different rules, different attitudes.

When people clean up, often I ask them if they have a plan for how they are going to fill their time. All that time, without having the old standby of looking for money, looking to score, doing dope, being high, coming down, jonesing, looking for money... is no longer what you do, so what are you going to do? Often the answer is that they don't know what to do and don't know how to even begin to think about finding something to do, because they're in a different world and they don't know what that world offers.

Big change can make us question who we are. If we live a certain way for a while, we begin to build our identity, what we think of ourselves and who we think we are, on our life. When our life changes, it can leave us uncertain of who we are because we don't do the same things anymore or even feel the same way. This can also leave us feeling like we're on fluid ground. Our friends may not relate to us anymore, we may not relate to

them anymore, we may not have anywhere to go to hang out anymore or we may have to give up other things that are familiar to us.

**Big stuff man.**

I think that it's important for us to remind ourselves that it's normal for change to be stressful and scary. Even positive change. We need to be gentle with ourselves and we need to support our friends around us who are making changes in their lives.

As someone who is embarking on a new journey, I have to constantly remind myself that it's for the better, and that I have friends who will help me be successful. I also have to be honest about how scary it is and how much of my life it affects. We all do the best we can.

With all this change in the air, I would like to put out a wish for everybody.

*I wish that everybody finds the courage and the power to do what makes them happy. To do what feeds their souls and nurtures their hearts. To find their potential and their niche and have time become a wave they ride on instead of a tailwind they get caught in.*

Here's to peace, dignity, respect and strength.

The new year waits for none of us.

Love Megan







Why am I writing this? Because I guess my knowledge of the street is better or longer than most. To begin with, my name is Jack. I've used hard drugs for 50 years—that's longer than most users are old. Anyways, I've been asked so many times: "How was it back when you started?". My answer is a long-winded story...

To start with, one of my big points was a crooked police force in Vancouver. You could do anything you wanted as long as you paid the price the cops wanted. The Vancouver police force was investigated at this time and it was found to be in total corruption. Mulligan, the chief, ran away to the States. This was at a time when we had City & Provincial police & Mounties. The Mounties took over from the Provincial police at this time. The Mounties and City worked together at this time to get rid of the "drug problem", though there was no way of eliminating it. From my way of seeing the problem, we had to play by the same rules: it was like being at war. The addicts got smart; the cops got smarter. And so on. Eventually, one by one, we began to leave Vancouver for new towns or places to call home. With this exodus came the drugs to the small towns. The law really had no idea what they were doing, but one of the main problems was more drug squads—each town now had its own. Being a tax payer, they were being hoodwinked to no end. My opinion was that, at this time, the country as a whole would have been better off legalizing drugs and taking the profit out of it.

Coke now has taken over as the #1 drug in terms of sale and use. We now have a mess on our hands in every community, but no answers from anyone as to how to deal with it.

Vancouver didn't get rid of its drug problem—they only chased some of it to the small towns. The number of users in Vancouver is huge—and still growing. Now claims are made that are lies and the public once again is being hoodwinked over the numbers and severity of what is a major problem.

The 50's, 60's & 70's were years of the same routine: cops chasing druggies, always tryin' to impress someone with this heroic capture of addicts that were just tryin' to survive. They couldn't get to the dealers so they would go after the users 'cuz they were easy pickin'. 90% of the time the user was busted for a dirty spoon or a dirty eye dropper—just traces of drugs, not quantities of drugs. A lab tech would report his findings of traces of morphine and there was no contesting this report: the addict was guilty—throw him in jail where he belongs was the attitude of the time.

The 70's, 80's & 90's were years of change—from heroin to coke. The coke did things or it caused changes, especially in attitude. This change is now quite obvious as the cops can no longer keep up with the 'coke-o-nuts' but they keep trying to stop the dealing. If a dealer gets busted, there's always someone else ready to take over. In 30 years' time, nothing much has changed, but, in some ways the changes that have taken place are quite significant. Heroin was \$3 a cap when I started using—now it's \$20 a point, (in the 60's it went up as high as \$50 a cap during a panic).

Well, my long-winded story is about to end (for now). If you'd like to hear some more of the stories about my experiences, let me know...

—Jack.

## "BUTTER SCOTCH RIVERS"

TRANQUIL THOUGHTS AND FLOATING DREAMS  
BUTTER SCOTCH RIVERS FLOW TO THE WEST

IRON CHAINS AND LEATHER WHIPS  
LUNAR POWER THRIVES ON FEAR

CRYSTAL BALLS AND WATER TOWERS  
RAIN SHIMMERS IN THE DISTANT LIGHT

PEACE SIGNS AND HAPPY FACES  
EXPLORING SPACE AT THE COST OF EARTH

WHISKEY JACKS AND KILLER WHALES  
CONNECTION OF THOUGHT FROM THE DIVINE

WIND MILLS AND WATER FALLS  
HOLY SHRINES BUILT BY SLAVES

RAINBOWS AND BUTTERFLIES  
PARADISE LIES ON THE EDGE OF YOUR THOUGHTS

SNOWSTORMS AND SUNSHINE  
ALL ACTIONS MUST GO FULL CIRCLE

TRANQUIL THOUGHTS AND FLOATING DREAMS  
BUTTER SCOTCH RIVERS FLOW TO THE WEST

TIM JOHN PYLYPIW  
1/10/91



**HO'S & HYPES**



# I am mainly writing

*this because I'm sick and tired of people judging me. My boyfriend is a heroin addict. I myself have done it and I continue to do it, once a week. I am not an addict.*

*When I met him, heroin had never even been in my life. It didn't really take long for me to figure out that he had a drug problem. Okay, that's fine. I wasn't exactly happy, but it's not like he was going out and robbing people or stealing or dishonest. He had (and still does) have a job (not a legal one though, but he is earning his money in a karma-free way). Of course when I found out, he said he'd kick and get off the dope etc. So, after many tries he never stayed off it. I was so against dope, I hated it. I wanted him to kick so badly, but I soon realized, this wouldn't happen.*

*So why do I continue to stay with him? Because I love him. Because out of everyone I've ever dated, it took a heroin addict to love me back the same way I would love him. Every day we wake up in each other's arms, he tells me he loves me, then he goes and cooks me breakfast.*

*There is always a thousand kisses and even more hugs. There is no arguments, no jealousy, and we are the best of friends. I can trust him more than I've ever trusted anyone. He would never betray me and I would never betray him. Doesn't really sound like an addict huh? Well it's true, whether you believe me or not. So when people ask me why I'm wasting my time, or tell me I can do better, or they tell me he is nothing and I should go home with them instead, I tell them all to fuck off. Just because someone is an addict doesn't automatically make them a bad fucking person. If he went out and stole for his addiction everyday, I can see where there might be a problem. He sells pot for a living. That's not bad, he earns his money just like you or me. So all I have to say to all those people who think I'm a bad person for being with him, that I've never met such a wonderful human being in all my life and if you don't like how I'm living my life, fine, don't live my life. Yeah, so maybe I'm doing it a little bit too. Now that automatically makes me the queen of all evil? No, I don't think so and I'm smart enough not to get myself wired on this shit.*

*If more people would or could understand there wouldn't be so many problems. People don't care what kind of person a junky is, all they see is a junky, and just because I choose to love one, and be with one, I am now a bad person too. Could you imagine how evil of a person and how worthless of a person I'd be if I actually got wired? -B.J.*

## ANYWAY

**People are self centered, unreasonable and illogical.**

**Love them anyway.**

**If you do good, people will accuse you of selfish ulterior motives.**

**Do good anyway.**

**If you are successful, you win false friends and true enemies.**

**Succeed anyway.**

**The good you do today will be forgotten tomorrow.**

**Do good anyway.**

**Honesty and frankness make you vulnerable.**

**Be honest and frank anyway.**

**What you spend building over the years may be destroyed overnight.**

**Build anyway.**

**People really need help but may attack you if you help them.**

**Help people anyway.**

**Give the world the best you have and you get kicked in the teeth. . .**

**Give the world the best you have got anyway!**

**-Author unknown-**

**Submitted by Darrell**



**Society**

So you think you  
 have me in your grips, with  
 all your senseless mimes and all your  
 miniscule trips, upon me you put fatigue and all your steps in time,  
 for I'm not cast upon a league and I don't play for dimes, now if I  
 were I poet and all the world my stage, I'd make them all laugh and  
 cry and clench their fists in rage. If I were the moon and the earth my friend,  
 I would make way for the sun and the for the darkness to an end. If you were my  
 friend, "Which you're not", I'd love to watch your senseless grips die and rot,  
 and if I were a star, I'd live longer than any man watch the earth from  
 afar and try not to make a stand, for your god, your not fate and to  
 them your power does not rate, the earth was once free and with a  
 little help and courage that's the  
 way the world shall again  
 BE.

Loeman

**Word Search Fun**

Find and circle  
 words to complete  
 the puzzle.

We always  
 welcome your  
 puzzles, jokes,  
 games and other  
 fun stuff you  
 createll

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

We are not going to tell  
 you what words are in  
 here. You will just have  
 to find them yourself.  
 However, here's a  
 couple of clues. First of  
 all, most are words that  
 have something to do  
 with the street, IV drug  
 use, or sex work.

In this puzzle you will  
 find;

- 1 three letter word
- 10 four letter words
- 10 five letter words
- 2 six letter words
- 4 seven letter words
- 2 eight letter words
- 3 nine letter words
- 1 ten letter word
- 1 eleven letter word

ANSWERS ON PAGE 18



They was sending out  
 an SOS  
 Exchanging pricks with  
 eyes like needles  
 swappin' spit until they  
 turned blue in  
 facing realities  
 of seeing the hep  
 burning  
 learning your ABC's  
 Tying one shoe at a time  
 time time time  
 veins of ore  
 right left  
 can't find it  
 I want more more  
 give me another one  
 one more  
 before I crawl on the floor  
 peek out the window  
 and say they're coming through  
 the door

WITCH CRAFT IN A PICTURE  
 I FIX MINE EYE ON THINE AND  
 THERE,  
 PITY MY PICTURE.  
 MY PICTURE, DROWNED IN  
 A TRANSPARENT TEAR, AND  
 WHEN LOWER I LOOK  
 I ESPY  
 HADEST THOU THE WICKED  
 SKILL OF PICTURES MADE  
 AND MARR'D,  
 TO KILL  
 HOW MANY WAYS  
 MIGHTEST THOU  
 PERFORM THY WILL  
 —ICEMAN

—SEPTIC  
 I want more more  
 give me another one  
 one more  
 before I crawl on the floor  
 peek out the window  
 and say they're coming through  
 the door

A MARK  
 A STREET CORNER FLOWER  
 STRETCHING IT'S  
 PETALS INTO THE WIND  
 HOLDING FIERCELY ON TO  
 COLD DRY CONCRETE  
 TRYING DESPERATELY  
 TO TELL IT'S STORY  
 WITH SCENT AND COLOR  
 NOT RANKLED BY  
 NAUSEOUS FUMES  
 OR SUGGUMBED BY  
 COLD BLACK SOOT  
 IT'S BENT AND TWISTED  
 FROMDS EVER REACHING  
 FOR A BRIGHTER SKY  
 A LIFE SNUFFED  
 NOT OUT OF PITY  
 BUT TAKEN IN  
 A RANDOM VICIOUS ATTACK  
 OF FURY  
 NO CARING THAT SLICED OUT  
 IT'S LIFE  
 CUT FROM IT'S BRETHEREN  
 BEFORE  
 IT'S LAST BEAUTIFUL  
 SIGH  
 -THE POET

The death of a rose  
 Bleeds bloody murder  
 As the thorns start to  
 bleed  
 And the petals start to  
 wither  
 The death of a rose  
 Bleeds bloody murder  
 A.G.



## The Addicks & Freaks Among Thee

The Freaks of the streets  
 wander. Free  
 in the houses the addicks  
 tweaked among thee,  
 Right now my pupils  
 straight they see,  
 Not able to see the trip they  
 see,  
 I stand among me,  
 For before that's where I'd  
 be,  
 Stuck in a different  
 century,  
 Where the world wasn't  
 meant to be,  
 Bombs dropping right  
 beside me,  
 Not one soul floating free,  
 Stuck inside people  
 seem strange, mentally  
 Deranged maybe,  
 Best place we all should  
 be is down by the sea,  
 Where the trips wouldn't  
 matter to you or me,  
 For together we'd all be,  
 Trippen on the same beauty,  
 Mellow as a flight of a  
 bee,  
 Freaks wandering free,  
 Addicks among thee,  
 Lets get together & be,  
 All in the same century,  
**FLOATING FREE!**

Electric Little Ray



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 title note with your work and we won't name it.



# PAGE POETS PAGE POETS PAGE

## Can You See What We See

That look in your eyes tells me volumes about you about how you're feeling.  
 Did you know your eyes expose what you try to hide in your heart?  
 You're looking for something, something sacred, something special.  
 Your heart is open, your mind is open,  
 Else you'd have walked on by like all the others sleeping drones that  
 Stumble blindly past or cruise by as if set on fire too busy to do what they  
 Know is healthy and that is slow down,  
 Feel, be open.  
 All the things you do naturally, see that my friend.  
 As you listen to my words feel the light shining down on you from Creator.  
 Feel the stream of love coming up through the concrete,  
 That's your mothers love, feel it!  
 Now listen close for this message is for you alone and no one else.

*I love you!*  
*I believe in you,*  
*You will never be alone, ever.*  
*Hear us, we call, come dance, come laugh,*  
*Come join us as we give.*  
*Join us as we heal.*  
*Help us help others laugh.*  
*I love you!*  
 Truly you can walk away fogged  
 Or you can feel the truth  
 Love shines  
 Light illuminates  
 And your spirit is strong and beautiful  
 When will you look into your own eyes  
 And see what we see my old friend.

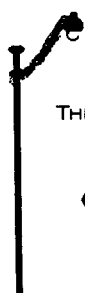


*Red Thunder Hawk Man. '99*

THAT DROP OF LIFE  
 THAT FEAR OF AIR

THE PAIN OF THE SPIKER  
 AND ITS SORES OF SHAME

I WRITE THIS TO MYSELF  
 AS THE BREATH OF MY TINGLING  
 TONGUE AND THE RINGING ON  
 IS IT THE BREATH OF LOVE?  
 US THE DREAMERS.



WE SEE IT SO CLEARLY,  
 SO AT ONE WITH  
 OURSELVES.  
 THE ARTIST. THE POET.  
 THE HUMAN USER OF  
 GAIN AND CONTROL.

I SEE IT A LITTLE DIFFERENT  
 I AS 3 OR WAS I 5

I SEE THE BLOOD ON THE WALLS  
 FOR A CHILD SO YOUNG  
 MY CARDS WERE DEALT  
 (BEHIND THE DRUGS).

I REFLECT ON THE DAY OF FUN  
 AND PLAY. PASSING BY A  
 STRANGE MAN  
 WITH STARING EYES. HE ASKED  
 US TO  
 STAY AND LISTEN TO THE STORY  
 HE HIDES. I AM YOUNG  
 AND CURIOUS OF LIGHT.

HE SITS US DOWN TO TELL  
 OF A FEELING THAT ONLY

PREACHERS CAN HIDE.

IT WAS CLEAR I'VE FELT IT  
 BEFORE. BUT I'VE DAMAGED MY  
 SOUL SO YOUNG.

WHAT WAS IT THE VIOLENCE  
 MAYBE THE CHAOS OF FEELINGS  
 THE DARKENING OF DEATH  
 BEHIND BLUE EYES.

I'VE BEEN ALONE FOR SO LONG.  
 THE RULE.

I TAKE PITY ON MY SONS  
 I TRY NOT TO TEACH WHAT WAS  
 TAUGHT  
 WHEN I WAS SO YOUNG.

MAYBE I FEEL IT WAS  
 AS MOST. ESTEEM STARING  
 LIKE YOU'VE SEEN A GHOST

SO MUCH TERROR  
 TO LOOK IN THE EYES OF  
 YOUR TEACHERS AND SEE  
 THE FEAR BEHIND.

TO THIS DAY I CAN ONLY  
 TRUST THE PEOPLE WHO CAN  
 TAKE A LONG LOOK IN MY EYES.

—K. OKANE



# GREEN LEGGS AND SAND

*I have slept in town and probably  
in your town.*

*In airports, an old fort, on a  
crane boom, beneath a new  
moon.*

*At hotels, motels, hostels (no  
women allowed), "WHAT THE  
HELL!"*

*Tractors, trailers, and at 60  
miles an hour in a tractor trailer.  
In a cast iron tub and snug as a  
bug on a sixty's lime green shag  
rug.*

*ON a tug, minus a mug, no  
coffee, buncha thugs!*

*Dreamt with feet up on a subway  
and wet, never in a submarine,  
not just yet.*

*Settled on a bed of baffed  
cement, in a construction site  
under rippling nothern lights.  
Went into a trance on buses and  
between trusses, in an afternoon  
attic, feeling asthmatic.*

*Speeding trains, air~oh~planes,  
docks, on rocks, gunny-sack, now  
I gotta bad back.*

*Sandwiched in a broom closet to  
the tune of two dripping faucets.  
In a loo within a zoo, drunk tank,  
was found tipsy in a snow bank.*

*Hidden on an army base  
"DOESN'T HE LOOK LIKE  
WHAT'S HIS FACE?...  
HEY JOE!...YOU  
REMEMEBER...BACK IN  
SEPTEMBER?"*

*On sandy beaches, dew back  
lawns, stretch, yawn, pick off  
those leeches.*

*Restaurants, old haunts, up  
tarred roofs and down damp  
cellars...*

*family's up...exit quietly, large  
forty-nine cents' cawfee at  
Zellers.*

*While nursing my aching joints,  
my waitrss prescribeed Club Z  
points.*

*You're probably wondering by  
now, "does this person suffer  
from narcolepsy or who the Sam  
Hill is this vagrant?"*

*Shut-eye on the main street of*

## By Doctor Snooze

*Tijuana, back streets, "Do-ya-  
wanna?"*

*Campgrounds, atop a stariwell,  
over the counter coat check,  
lost and found.*

*Snoozed while hitchhiking and  
believe it or not power-napped  
pedal biking.*

*Sopar on a Lotus car, under the  
stars, behind bars, "Phone-call,  
Funnkn?" No Saaargge!*

*Bagged zzz's in a ditch, without  
a cent but feeling ever so rich,  
while discharging my tea, I  
listened to nature's symphony.*

*On a reservation, without a  
reservation and having my  
reservations.*

*In cowboy attire I jumped to  
snatch from the biggest,  
that sixty ounce, growlin  
"Gimme a hit!"*

*As I downed that juice, I shook  
in my boots, blurting "Damn  
customs, wwhat a trip!"*

*A voice in my head kept calling  
"May-day! May-day!"  
until I heard them say, "Hey,  
he's okay!"*

*I've hit the sack in Sackville,  
Johor, Singapore, Surrey, and  
Missouri.*

*In Moose Jaw where I was  
decked by a Southpaw,  
anchored by my 80 lb pack...uh-  
uh.*

*Counted sheep in places like  
Dorking, Paisley, Canning, and  
Riviere Du Loup,  
in my hometown, Malacca,  
Seoul, Enseneda, and Los  
Angeles too.*

*Reposed in a borrowed boat  
with an apologetic note, Sorry,  
just stayin' afloat!*

*Softened forty winks on  
insulation courtesy of PINK.  
Slumbered hard on board a  
shipment of soft-wood lumber.  
A thousand and one times I've  
found sleep on a living room  
couch,*

*sometimes later, lost for cash,  
it's dine & dash, or dishes to*

*rouse.*

*Drowsed uptown, midtown,  
downtown, a house of flop,  
and while she mopped the floor  
in the donut shop.*

*Shoppin-mall, townhall, pigeon  
park, "What's your name? And  
yours?? It's local narcs!*

*Penthouse, henhouse, ware-  
house, my house, possibly your  
house.*

*In a pup tent with a tense pup—  
—pee, in pain but at least out  
of the rain.*

*Found dead to the world in a  
cemetary, I must admit, it was  
kinda scary.*

*Feigning sleep in a car trunk,  
as the flash-lit police  
scowled and slammed the  
doors in disbelieving funk.*

*Hypnopompically down and out in  
a bad-ass alley with a muscular  
cat,*

*that archedhook, hissed and  
ran when it saw those steroid  
rats.*

*Secretly grabbed winks at  
greasy spoons, a cavern,  
taverns and driftwood lagoons.  
Sawed logs in a hot and noisy  
boiler room, stationary  
engineer until noon.*

*With hands fingering out sand  
from my overtime eyes,  
I shrank back from the  
sunlight and coughed up  
industrial fumes.*

*Staving off the AM land of nod,  
at my nocturnal kitchen table,  
while writing nothing but the  
truth, that read like a fable.  
I've seen a siesta in a barn with  
a wise lookin owl.*

*Dozed at YMCA's, rheum 101,  
here's your key and a towel.*

**NOW. . . IMAGINE WHAT I'VE  
SEEN. . .  
WITH MY EYES OPEN!**

*My Restful Resume*

*August Funk  
writer/imaginer*



# Letters to The Editor

I am writing this note in response to the letter dated Aug 18th 1999 ("Perspective from an outsider married to a federal inmate" regarding "there is another side"). I have never been in jail, other than overnight. As to what should or should not be done in prison, drugs are being used anyway. If you are in jail you should still be entitled to a healthy environment, not exposed to a possible death sentence. I have been wired to drugs for large stretches of my life, and believe me when I say that your health is not a major consideration when you need a whack and there is no available clean rigs or cleaning solutions. You are going to do a whack at least in my case. That's on the street. Could you imagine looking forward to whatever is left of your sentence, stretched out in front of you? I can't imagine many times when I would really want drugs more.



Also remember that eventually these people are going to be getting out of prison, sick or healthy, and maybe not giving a shit whether they're infected or not. Now we have more possible spreaders of the disease. But the law has been upheld, now isn't that just grand.

Another side of this is what the guards think about the issue. When violence breaks out in prison, if I were a guard I sure as hell would hope that the person or persons I was scrapping with didn't have AIDS.

My problem I guess is I have compassion for life on earth, and people are the species I come from, and especially life in degrading and possibly lethal situations. At this point in time with the world going to hell in a handbasket, plus the planetary destruction going on, if people in authority can't have compassion for the people they make decisions over, where are the people in authority with compassion for life on this planet going to come from? The concern seems to be money or wealth and who has the most.

Well I'm starting to ramble. As usual my contributions are late.

## An old kid from Bell's Corner.

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**HO'S & HYPES**



15

# ALL ABOUT ABSCESSSES

WHAT IS AN ABSCESS?

AN ABSCESS IS A POCKET OF PUS. PUS MEANS YOU HAVE AN INFECTION. PUS IS MADE OF DEAD TISSUE, GERMS AND WHITE BLOOD CELLS. THE WHITE BLOOD CELLS RALLY AROUND TO KILL THE GERMS.

WHAT CAUSES THEM?

AN ABSCESS CAN START ANYWHERE IN THE BODY *WHERE GERMS INFECT DAMAGED TISSUE*. DRUG SHOOTERS OFTEN GET ABSCESSSES ON THEIR ARMS OR LEGS — MOSTLY INJECTION SITES. YOU ARE MORE LIKELY TO DAMAGE TISSUE AND DEVELOP AN ABSCESS WHEN YOU *SKIN POP*, *MUSCLE* YOUR DOPE, OR *MISS* YOUR VEIN.

WHERE DO GERMS COME FROM?

GERMS CAN COME FROM DIRTY RIGS, DIRTY DRUGS, DIRTY WATER, DIRTY COOKERS, DIRTY COTTON, DIRTY SKIN. ALL OF THESE CARRY GERMS THAT CAN GET INTO YOUR BODY.

WHAT ARE THE SIGNS?

A HARD REDDISH **LUMP** APPEARS AT THE INJECTION SITE. THE LUMP *MIGHT* FEEL WARMER THAN THE SKIN AROUND IT. IT MIGHT HURT. IF IT GETS **BIGGER**, THE INFECTION IS GETTING WORSE. SKIN AROUND THE LUMP MIGHT FEEL HOT AND LOOK PINK AND PUFFY. AS THE INFECTION SPREADS, YOU MIGHT SEE RED STREAKS SPREADING OUT AND AWAY FROM THE ABSCESS. ALSO, YOU MIGHT FEEL TIRED FOR NO REASON. YOU MIGHT HAVE CHEST PAINS IF THE INFECTION GOES TO YOUR HEART OR LUNGS.

WHAT SHOULD I DO IF I GET AN ABSCESS?

WELL, IT DEPENDS ON HOW BAD IT IS. HERE'S THE DEAL...**TRY A HOT SOAK**: IF THE LUMP IS ONLY A FEW DAYS OLD **AND IF** YOU DO **NOT** SEE ANY RED STREAKS OR HOT, PINK, PUFFY SKIN AROUND IT **AND IF** YOU **DO NOT** FEEL FEVERISH OR TIRED. (A LOT OF 'IF'S').

*BUT...*

GO TO A CLINIC OR SEE THE STREET NURSE:

**IF** IT HAS NOT IMPROVED BY A WHOLE LOT AFTER 5-7 DAYS; **IF** THE LUMP GETS BIGGER; **IF** YOU SEE RED STREAKS SPREADING OUT FROM THE LUMP **IF** THE AREA AROUND THE LUMP GETS HOT, PUFFY, AND PINK; **IF** IT IS PAINFUL; **IF** YOU FEEL VERY TIRED FOR NO CLEAR REASON; OR **IF** YOU HAVE CHEST PAINS.

You might have a bad infection and need antibiotics. If you get antibiotics, *be sure to finish them ALL to kill all of the bacteria*. Otherwise those germs *will come back stronger and meaner than ever*.





# ALL ABOUT ABSCESSSES

## ABOUT HOT SOAKING:

### What is it?

Soaking the abscess in *plain hot water*. Better yet, soaking the abscess in *hot water + Epsom salts*.

### Why?

Soaking helps draw out the infection. It helps the abscess come to a head and drain.

### How?

- 1) Soak the abscess in a tub of hot water. This works well if the abscess is on your hand or lower arm.
- 2) Hold a hot, wet washcloth over the abscess (if it's in a spot you can't easily put under water).

### How often?

Soak at least 3-4 times a day for 10 - 15 minutes each time.

**Abscesses are serious!! Please get them checked by the Nurses or your friendly G.P. if they cause you concern!**

**Nurses are available :  
Tues, Wed, & Thurs from 7 pm until 9 pm**



# Surrendering To The Process

By Domestic Junkie

Out of all the places to be in the world as a junkie, Victoria is the place to be. There are so many resources to cash in on. The sicker you are the more resources there are.

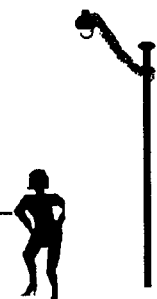
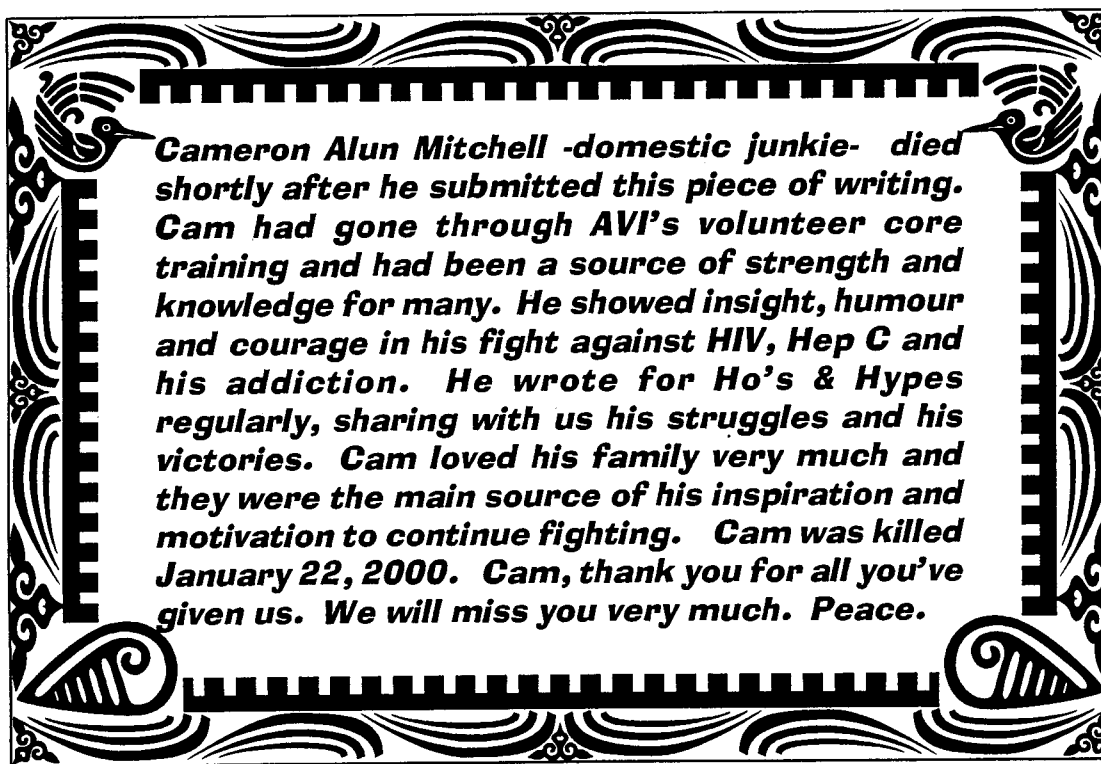
The common taxpayer, that on government delegation of those taxes, shows acts of caring for the junkie, drug addict who is street bound.

If you choose to change your lifestyle, you can. You have the support if you want to end your nightmare, you can.

Since I have been willing to surrender to the process of getting drug free and to heal my AIDS and Hepatitis C, I have met no resistance — except my own. My self-hate and undeserving attitude has hindered the process of getting a life. Due to the patience of the caregivers on the street level, I am still making progress. I am now able to keep a residence and food in the cupboards and bought my kids Christmas gifts last Christmas.

After a gradual reluctance to surrender to the ongoing process of recovery, I am a productive member of society and a giving father to my children. The trust is rebuilding with my family, the court and my friends.

I just might have gathered some integrity.



Farewell Domestic Junkie...

To the man who taught me a lot about integrity and respect. Who once told me that outreach workers are the "keepers of the hope" which has resonated with me and will continue to affect my work with clients of SOS. Cam, you are an amazing person who clearly transcended all of the fuckage thrown at you. And you did it with flair. love kate

Cam-domestic junky and my good friend. You will be dearly missed by myself and all others who had the honour of knowing you. You gave me support when we were in supportive recovery together and helped me understand what I didn't when I took AVIs core training with you. You are now in good hands and I'll pray for you every night. You be cool my bro, I'll see you when I get there (if they'll have me) and once again we'll smoke the pipe of peace. There are very few people that everyone loves but you were one of them. Good-bye my friend and I promise you Karma will prevail.

Marty

*IN  
MEMORIAM*

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

~CAM~  
~DYSON~  
~DAWN~  
~JUBAL~  
~ZENMASTER~  
~MONICA~  
~JESSIE~



# Treatment on Demand: Realistic Goal or Impossible Dream?

This was sent to us by "The Addict Advocate" Published in New York, NY by the International Coalition for Addict Self-Help. If you would like more information, or to send comments to B. Sisko, they can be sent through us.

by B. Sisko

Among the stated goals of the drug policy reform and harm reduction movements is a concept known as Treatment-on-Demand (TOD). The basic idea of TOD is to make available a variety of treatment options that would be provided to drug users for the asking. At first glance, it appears to be a fairly straightforward concept. However, when we examine the concept more closely, we discover a Pandora's box capable of turning our vision of TOD upside down.

In its broadest sense, TOD has just two main components. They are, of course, "treatment" and "demand", but far from being clear and easily defined terms, they are ambiguous, convoluted, and subject to broad interpretation by persons of differing views. To begin with, what "treatment" are we speaking of? Upon whose "demand" shall this treatment commence? Examining these questions, I came up with some surprising answers, some of which I shall share with you here.

Is it feasible that the addict will, one day, be permitted to be the final arbiter of whether he or she receives medical treatment on a demand basis, or is it hopeless naivety to think so? Will addicts be permitted to determine which treatment modality suits their needs, and have ready access to it?

The same reactionary forces in society who vehemently oppose needle exchange programs based upon the erroneous notion that it rewards addicts and sends the wrong message will no doubt be opposed to this version of TOD. They would view it as a "affirmative action for addicts", a kind of government subsidy for junkies. Given the current political climate in America, this type of opposition cannot be easily dismissed.

Among the Drug Warriors, there

is a different vision of TOD, a vision in which certain individuals of authority, such as police judges, employers, teachers, or others could "demand" and compel others to undergo "treatments" of one sort or another for specified periods of time. This form of TOD is widely available in America today. Men and women arrested for simple possession of marijuana frequently are required to

*Perhaps the most promising treatment to enter NIDA's medications pipeline was not discovered by government scientists, but by addicts.*

enter into some form of "treatment" as a part of their sentence or as a condition for probation. In addition, they are often required to pay for this so-called "treatment", which frequently consists of lengthy series of anti-drug lectures given by deputy sheriffs or other law enforcement personnel, coupled with weekly urine tests.

There appears to be no shortage of treatment slots available in this area. Of all treatment options, this is the fastest growing treatment modality being made available in America today. Seen by police and politicians as a panacea to the drug crisis, many respected scientists have jumped on the bandwagon. In July, 1995 the National Institute on Drug Abuse (NIDA) sponsored a two day "National conference on Marijuana Use" with "treatment" featured as their centerpiece. Among the workshop panels scheduled was "Treatment Strategies for Marijuana Use: Adults and Adolescents". One wonders what treatment NIDA has in mind for America's 25 million pot smokers.

As for those addicted to heroin and/or cocaine, providing that you're covered by insurance or are independently wealthy, there appears to

be no shortage of treatment facilities offering a wide range of therapeutic services for individuals in recovery. But woe to the person whose money or insurance runs out. After that, it's "...hit the road, Jack."

There are, in reality, very few treatment slots available for the majority of addicts who are poor and uninsured. What can be done for the 5-10 million people in the US alone who would be eligible for treatment if TOD was available? These are the people of whom drug policy reformers and harm reductionists must address when they speak of TOD.

How could we prevent an already overburdened health care system from collapsing under the sheer numbers of those who would be eligible for and entitled to treatment? What treatment options are available, what is practical, and what works?

Pharmacotherapeutic treatment and modalities currently employed in the treatment of narcotic addiction include Methadone, LAMM, Naloxone, and buprenorphine. There is currently no medication approved by the Food and Drug Administration (FDA) for the treatment of cocaine dependency.

Acupuncture is available as a treatment option for both heroin and cocaine dependent persons. Talk therapy is a widely employed treatment technique, both in groups like Narcotics Anonymous (NA), as well as individual counseling with psychiatrists, psychotherapists, and psychologists. Sessions run by recovered addicts working in the field abound. Also available are in-patient detoxification programs, out-patient rehabilitation programs, and a wide variety of residential therapeutic communities that



millions who want and need treatment.

With that in mind, Congress established the **Medications Development Division (MDD)** and made it a part of NIDA. T98 he division became operational in 1990, with a mandate to coordinate and encourage the development of anti-addiction medications.

What is the ideal medication for the treatment of drug dependency? How do we define the "magic bullet"? What will it do, who will it do it, and will we recognize it when it comes along?

The criteria defining the ideal properties of a medication developed for the treatment of drug addiction was only recently established. In 1992, the Congress stipulated that the **Department of Health and Human Services** contract with the **National Academy of Sciences** to establish a committee in the **Institute of Medicine (IOM)** to examine and evaluate the progress of NIDA's MDD in their quest for anti-addiction medications. Three years later the long awaited IOM report was released. The report defined, for the first time, the "ideal medication" for treatment of addiction.

For the purposes of clarity, I have enumerated the points. The test, however, remains verbatim.

"A medication developed for the treatment of drug addiction is ideally effective when,

1. administered orally or is able to be implanted,
2. is long lasting,
3. clinically safe,
4. causes few side effects,
5. is acceptable to patients,
6. is designed to reduce both the reinforcing and toxic effects of the addictive drug,
7. has little abuse liability, and
8. is useful for more than one class of abused drugs (because many substance abusers use more than one drug)."

Perhaps the most promising treatment to enter NIDA's medications pipeline was not discovered by

government scientists, but by addicts. Addict self-help groups first pioneered the use of Ibogaine on an addict-to-addict basis, and, in 1991, when we were sure that it worked, that is to say that it eliminated withdrawal symptoms and permitted the addict a rapid, pain-free detox, we went public with these claims and stormed NIDA, demanding that they conduct research into this area. NIDA agreed to launch an Ibogaine Research Initiative and began pre-clinical trials. Two years later, Dr. Curtis Wright of the FDA admitted, "Right now, we don't have any other candidate drug that looks as good as Ibogaine."

How does Ibogaine match up to the **Institute of Medicine's** criteria for the "ideal medication"? Let's address

*"Right now, we don't have any other candidate that looks as good as Ibogaine." Dr. Curtis Wright*

*Food and Drug Administration*

each point:

- 1 Ibogaine is administered orally.
- 2 Ibogaine is long lasting - it eliminates the desire to use drugs for an average of six months following a single treatment.
- 3 Ibogaine is clinically administered. It is provided in a hospital setting, with doctors, nurses and treatment professionals to assure the comfort and safety of the patient throughout.
- 4 Side effects: Ibogaine's acute side effects are few and short lived. They include mild ataxia, nausea and dizziness, along with visual and auditory distortions. These side effects last several hours, then abate and do not recur.
- 5 Patient acceptability: the tremendous interest from the addict community in Ibogaine indicates that it would be acceptable to the majority of patients.
- 6 Ibogaine initially acts as a rapid detoxificant, reducing the toxic effects of the drug of abuse. It's after effects

reduce the reinforcing quality of drugs by eliminating the craving to seek and use drugs.

7 Abuse potential: Pre-clinical studies indicate that Ibogaine is not a narcotic, nor is it habit forming. As an inhospital procedure with no take-home doses there appears to be little if any abuse potential.

Ibogaine is effective in the treatment of a broad spectrum of abused substances, including heroin, methadone, cocaine and alcohol. It appears that Ibogaine fits the template of the ideal medication. No other medication in development even approaches meeting this criteria.

Although NIDA is proceeding with Ibogaine research, they are doing so at a snail's pace. Ignoring the realities of addiction and AIDS, they have yet to begin community based clinical studies of Ibogaine, despite FDA approval of one study being conducted by the **University of Miami** in Florida.

Organizations advocating drug policy reform and implementation of harm reduction strategies should not stand idly by waiting for government to take the lead. They can and should take the lead to expedite research and development of tools such as Ibogaine that will undoubtedly play an important role in both formulating and implementing public policy in the future.



References: Alcohol, Drug Abuse and Mental Health Administration (ADAMHA) Reorganization Act (102-321) The Development of Medications for the Treatment of Opiate and Cocaine Addictions', IOM Committee to Study Medication Development and Research at the National Institute on Drug Abuse, National Academy Press (1996) p. 56. Bakaslee, S., "Bizarre Drug Tested in Hope of Helping Drug Addicts", NY Times, 10/27/93

**HO'S & HYPES**



21



## 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, THURSDAY,  
7:00 - 9:00 pm

\$2 donation, or pay what you can

ANYONE WELCOME  
NO NAME REQUIRED

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

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                  |
|                  | 2:00 - 4:00 pm | Victoria Street Community Association |
|                  | 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.

**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.



# 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 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/Sun; drop-in Art Mon 7:30-9:30 pm; Beginner's bellydancing Wed 7:30-8:30 pm; HIV/AIDS Peer Support Thurs 7-9 pm.
- 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  
Victoria Street Community Association: 386-2347

## 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.

