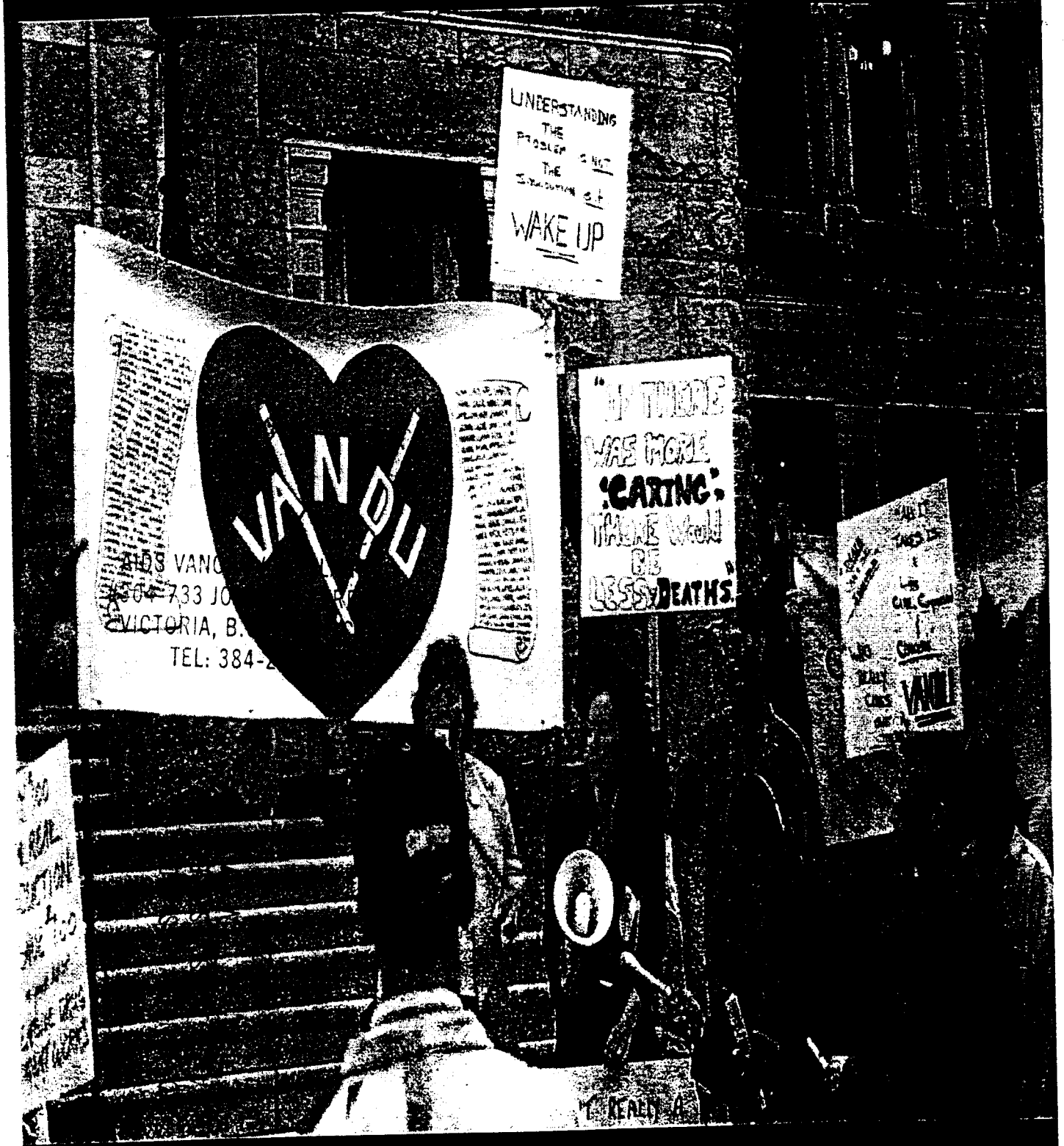


# HO'S & HYPES



**Vol. 2, Issue 4**

**October 1999**

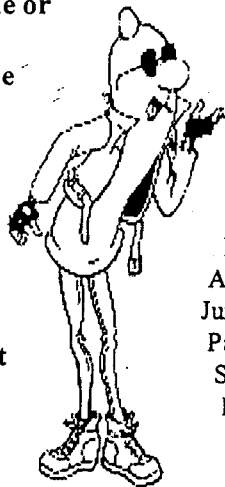
# WELCOME TO HO'S & HYPES

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

Welcome to the 8th issue of *Ho's & Hypes*, a 'zine for & by current or past drug users and sex trade workers. Our goal is to provide a space for people to share ideas, provide info on how to be as safe as possible, have fun, and build community for everyone who uses the services of Street Outreach Services (SOS), a program of AIDS Vancouver Island.

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

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



Send 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 ISSUE #4

Contributing writers: Gypsy, SPDM, Marty, Sharon Keiser, the Parkdale FUN Group, 1996 "From All Walks Of Life", Domestic Junkie, Deb, Jess, Scarlet Harlot, Paul, Ms. Heroin Grrrl, Aaron Smeltzer, the people from Gauntlet Piercing and all of our anonymous friends.

*Ho's & Hypes* was produced and edited by Megan. I would like to thank the SOS staff for all their assistance in getting the 'zine out on time!! Thanks guys!

Contributing artists:  
Colin Ash: pg 3, Megan: pgs 4,8,10,11,14,15,16, Parkdale FUN Group: pg 9, Front cover: Kate

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

**DEADLINE FOR NEXT ISSUE: DEC 1**

## 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 7:30-9:00	CHR Nurses 7:00 - 9:00 Acupuncture 7:00-9:00	CHR Nurses 7:00-9:00 Unity is Recovery Group 7:30-9	CHR Nurses 7:00-9:00 7:00-8:00 Tai Chi 7:00-9:00 Acupuncture	Just the usual smiley crew	Acupuncture 7:00-9:00	



Hi guys!

Welcome to Ho's & Hypes, volume 2-#4. I had planned on continuing where I left off last time but since my last article another good friend of mine and many of yours has tested positive for HIV and as he was an extremely careful drug user, I thought on his behalf I would dedicate this article to him and all other drug users who have fallen to this disease while held hostage in our country's prisons with no access to harm reduction programs except methadone and a little bit of bleach which can rarely be used because the rigs in there are so bad they will fall apart if you try to bleach them. Sometimes before I start these articles I feel like I'm caught between a rock and a hard place because I know that not everyone agrees with me and as much as I'd like to please everyone I can't. I know too that people that don't agree with me might get angry with me but all I'm stating is my own opinion.

Before I got out I had so many of my rights violated by C.S.C. that I decided I'd fight them from the outside. Once you're out here though it's a different story. How does one person alone fight the government, and win? You can't actually but you can get your point across. I was lucky, I could use 'Ho's & Hypes', or so I thought. I have started this article over and over several times and realize each time that I'm letting my personal feelings get between what is relevant and what isn't. Every time I turn on the television or open the newspaper some politician is getting busted, getting off, the tax payers are paying for these crook's lawyers, the Americans are asking Canadians to toughen up on drug laws when there's already thousands of good people unjustly jailed on these ridiculous laws and these same corrupt politicians that are misusing the justice system for their own personal gain and escaping jail sentences are the same creeps that help make and enforce these absurd human rights violations. After reading stuff like this I'll come down here and work on the article and realize I have taken my frustrations out on the article, mis-using my position and the true effort in the day's work. How I personally feel about the justice, or lack of it in this country can't get between me and the way I try and go about exposing it.

When I started doing these articles I hoped to get something started, say lots of negative shit about the joint, and be able to get back at them in my own little way. I had to find negative, true stuff to say, meaning I had to look for it. I did by means of asking the professionals and reading books especially C.S.C. sponsored surveys and mega books about AIDS. The more I read and asked the more I learned and now instead of wanting nothing but revenge against the government I'd rather that they'd just open their eyes and see they have a serious mess with the AIDS and hepatitis scene in the joint and do something about it. By me saying all kinds of negative shit over and over again against C.S.C. I'm wasting space that could be going to printing positive stuff for people to read.

In 1994 a pilot project was done in Switzerland to see if a needle exchange would be a benefit in the correctional system. The first attempt was in a women's joint but the prison staff were against it and it folded.

They decided to try it in a men's institution with correctional staff assisting in the implementation of the program. It was so successful that other Swiss institutions started following suit. One of the reasons they thought the project was so successful was the fact prison staff played a positive part in the setting up of the program. In 1995 the Expert Committee on AIDS in Prisons which was implemented by C.S.C. recommended to C.S.C. that they seek input from their counterparts in Switzerland and start working on finding a way to implement a needle exchange in Canada. C.S.C. refused and to this day I don't know if anything has changed.

It's unfortunate there are so many people who don't understand what harm reduction is really all about. There are so many programs available to those wanting to stop using, A.A.-N.A., treatment centres, recovery homes, one on one, out patient and the list goes

on and on. But what about those not ready to stop using yet? What is there for them?

On the street they have needle exchanges. I'll take ours, S.O.S., for example. Here we offer a variety of services, the main one being the needle exchange itself where we also offer our 'Connection to Freedom' group, a Christian Organization for ex-cons, addicts and families and friends hosted by Steve Bradley, acupuncture, art, confidential blood testing, street nurses, confidential chats with our outreach workers, safes, lubes, bleach, ammonia, crab juice, piercing stuff, Tai-Chi and starting Nov 3, Unity is Recovery a non-12 step substance support group and always a variety of smiling faces. Because most of the above are user friendly but designed to

promote safe sex and drug use we call them Harm Reduction. Because methadone works as a alternative to heroin yet is dispensed in liquid and taken orally, bypassing I.V. use, it works as both, killing 2 birds with 1 stone.

Because these programs are succesful and working on the street they can work in there. They could work a hell of a lot better too if the bulls would lighten up. My buddy was so careful not to share and I guess he just made that mistake and lost. Now if C.S.C. would of implemented the needle exchange that wouldn't have happened, I wouldn't have caught hepatitis and my friend along with thousands of others would also not be sick. As I personally was lucky enough to escape without catching A.I.D.S. I think I deserve it to help my friends and whether people reading this like or dislike what I say the fact is what I say is the truth and until they change their policy I'm going to keep rattling these articles off.

I would like to thank the federal inmates wife that took time to respond to my last article. I too, think the Mustard Seed is a great organization. Ironically they sponsored the softball team I used to play for in 1989. Not all inmates trust Christians though. I personally am a confirmed Anglican and always have been a Christian, not a born again and let's not confuse the two. Although I personally believe in the forgiveness of sins, the communion of saints and the resurrection of the dead I don't let religion get in the way of my personal day to day

...continued on page 7...

## INSIDE / OUTSIDE

A regular feature of Ho's & Hypes  
by Marty



HO'S & HYPES



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



Dear Kate:

What's the deal on giving oral sex in terms of risk for HIV?

—BJ Betty

Dear BJ:

Excellent question! Giving head to a guy or a grrrrl is considered to be 'low risk'. To contract HIV, you need a few things: (1) a body fluid with HIV in it - blood, cum (& pre-cum), vaginal juices, breast milk (it's also in spit, pee, pus, spinal fluid but in lower concentrations)... + (2) a way for the infectious fluid to get into your blood stream - sharing rigs (and razors, toothbrushes, nail clippers) is the best way, but anal sex, vaginal sex and oral sex can do it too, so can pregnancy and breast feeding...When we're talking about giving head/face, the risk is lower cuz what you swallow is killed off by the acids in your stomach. But, if there are sores in your mouth like cankers, or if you've recently had dental work done, or if you've brushed and flossed your teeth within three hours of giving head, you've created an opening in your mouth where the virus can get into your blood stream. If you have a sore throat like when you have a cold or if you're smoking a lot of crack, the heat and the harshness can cause small cuts and tears in your lips, your tongue, your throat - all of which can let in HIV (& hepatitis). So it's really important to use a non-lubed condom for giving head so that none of the pre-cum and cum have a chance to come in contact with the sores.

If you're pulling a date and he's not into a bagged BJ, keep a condom tucked on the inside of your cheek with the tip facing your cheek-you'll still be able to talk and he won't notice it's there. Then swish it onto your tongue as you're gonna go down on him so that the tip is facing your throat. As you wrap your lips around his cock, slide the condom down the shaft and he won't even know it's there. Be careful when

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

slipping it off after he's cum that he doesn't see it - keep a tissue in your hand and pretend to be wiping up your mouth and then spit it into the tissue cuz he could get pissed and violent if he knows you've deceived him. Use your judgment and intuition whenever you're faking and weigh the risk of him getting violent with the risk of disease! If he gives you attitude, you don't have to turn the trick! A trick to make the latex taste better is to buy the flavored condoms from the sex shops or to chew gum on the opposite side of your mouth.

If you're having sex with women, you can create a latex barrier to put over her vagina. Slice the condom up the side. Unroll it and you have a square of latex to play with. Or you can use plastic wrap (Saran Wrap) and lots of lube (don't use microwaveable plastic wrap cuz it has small holes in it to allow steam out in the nuker but it also allows cum to get thru which defeats the purpose). Or, if you're really creative, you can slice a latex glove up the side and cut off all the fingers except the thumb. Your tongue goes in the thumb hole and the rest of it stretches across her crotch.

Above all, experiment, use lots of water-based lube, and have FUNNNNNN!

Dear Kate

I'm an ex-male prostitute. I would like to help other male prostitutes "break free" or slowly ease out of the lifestyle. How do I go about helping out? Where do I start? Any ideas?

—Junior

Dear Junior

Before I answer your question, I just have to say that the idea of helping people "break free" is a value judgement that you're making about guys who are currently hustling. It's great for you that you

got out of the trade but there are many reasons why people stay and new people get involved - too many to mention here. Our goal is to offer support to all people regardless of where they're at without judging behaviour choices we all make.

But, if you are still interested in 'helping', there are a few things you can do. You can seek information about PEERS (who, by the way, DO NOT focus on helping people exit the trade but offer a range of services for people who are involved in the sex trade and who are working to de-mystify prostitution). You can write an article for 'Ho's & Hypes' about your experiences so that others may learn from your perspective. You can do your part to influence the people and services around you by talking about prostitution in a way that isn't always negative or judgemental - and if you feel safe, you can use your experiences as a teaching tool.

Dear Kate

You know how the cops do not care if we go missing? How 'bout having our pictures at SOS?

—Concerned Ho

Dear Concerned

Yup, I agree that pictures are one important way we can work to keep each other safe. If everyone reading this wants to bring us a current picture of themselves which would include info like your name and a contact person, we have a locked file cabinet we can store stuff in so that no-one would see those pics and then know you were a sex worker unless something happened. Or maybe the PEERS outreach workers could keep them safe. Let us know what would work for you - we are totally open to your ideas of how we can help to keep you all safe.

\*\*thank you to the philosophical soul who keeps showering my 'Dear Kate' box with deeeeeep questions - but what do I look like -some kinda guru with all the answers?! HAAAAA!

**IN MEMORIAM**

*Since the last 'zine came out in July, 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.*

**ROBBIE**

**JACKIE LANCE RANDY**

Don't be silly, protect your willy.





# Attitudes

By Sharon Kaiser

*I was watching a talk show a few weeks ago, and they had a panel of four they were interviewing, and one of the women on the panel was a prostitute. The show's host was soliciting questions from the audience.*

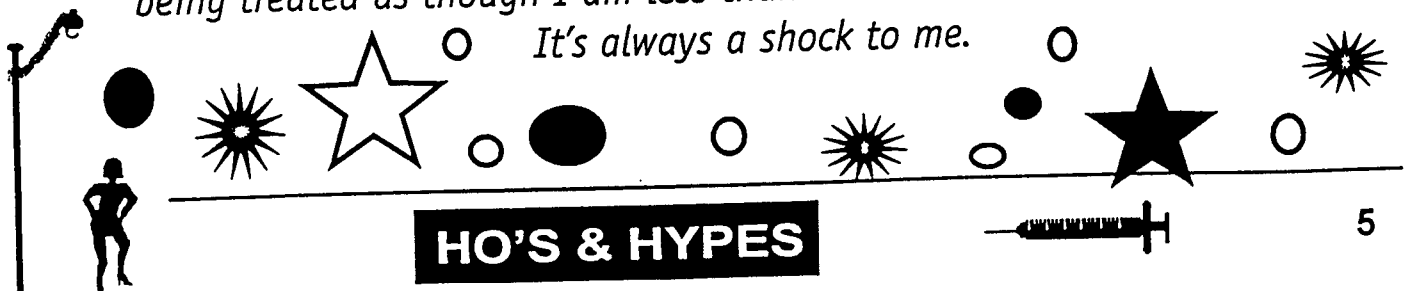
*The audience's questions centered around why this woman was a prostitute. Her response was that she liked it, that she saw it as therapeutic, and of value in this society.*

*During this question and answer sequence the camera cut back and forth from the prostitute to the audience. Every time it cut to the audience, it focussed in on one woman sitting in the aisle. I remember thinking that she was very beautiful and well-dressed, like she had money. She looked educated, as though she had come from a good, loving home. That sort of all-American sparkle look.*

*At one point she made a comment under her breath, and the show's host picked it up and asked her to repeat it over the mike. I don't remember what she said, but she began this hostile attack on the prostitute. Soon, others began attacking the prostitute, too. The first woman came up to the mike and said something about a whore only being able to think between her legs.*

*I remember feeling this helpless, surging rage. I wanted to cry. It never seems to matter how long I've lived with the stigma of being a prostitute or being a lesbian, or being something someone didn't think I should be. I can't seem to get used to being treated as though I am less than human. I don't think I ever will.*

*It's always a shock to me.*



# This Junkie is Still Alive

I've heard it said that **some must die so that we may live.** I've never liked that saying. But I believe that everyone and everything in life carries a message for me. The question is: 'have I received the message?' The answer is 'YES'. Loud and clear. Which brings out the real question: 'Why do I continue to choose death?'. I've overdosed before and what seems worse to me is being a **walking dead man.** Physically alive but the lights went out. Emotionally, Mentally, and Spiritually dead. Disconnected from life and my Self. Hoping in my sleeping there won't be another waking.

Well, I woke up again and the thought occurred to me that, if I'm so willing to die, why not **choose life with the same abandonment.** There's much I can do in life that would humiliate me more than the things I did as a practicing addict. This affords me a certain amount of freedom in what I'm willing to do to create a wonderful moment and my own personal high without the use of drugs. Of course, some people think I'm crazy. I feel totally alive without the consequences or withdrawal. Everybody benefits from my happiness and enthusiasm for life.

One of my personal pleasures is making somebody smile who doesn't look like they know how. It makes their day and mine too.

**So in death I have found life.**

Domestic Junkie

## Unity is Recovery

will be meeting every **Wednesday night 7:30-9pm starting November 3.** It is meant to be 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 there past and present substance use using the **unity** of the group for support. Anyone interested can talk to Marty or Claire at SOS.

When in  
doubt, shroud  
your spout.

### Blood Clots & Embolisms

Blood clots can form in veins throughout the body. An embolism is a free-floating blood clot moving through the veins and arteries.

**CAUSE:** Injecting pieces of dirt or bacteria can cause clots - they get stuck in the vein and block the blood flow. Also, blood clots form around scarred veins.

**SIGNS could be:** a clot in your arms and legs may cause pain and swelling. In your lungs, it may cause chest pain, shortness of breath, unconsciousness, or death, a numbness and/or weakness in any part of your body, fainting, blurred vision, speech problems, unconsciousness or death.

**CARE: GO TO A HOSPITAL RIGHT AWAY!! — THIS IS SERIOUS; YOU COULD DIE!!**

**REDUCE YOUR RISK:** You can do this by trying to keep dirt and bacteria out of your hit. Use a new needle, sterile water, clean cooker and spoon every time you inject. You can prevent vein damage by reading our safer drug use pamphlets.



continued from page 2

duties, nor am I a Bible thumper and nor do I preach it or believe some of the bizarre rules some think are written in stone such as swearing, drinking, using, gay sex, threesomes, foursomes, moresomes, rock & roll and just plain out having fun and partying being sins. Sometimes I think wackos invent these stories because they're afraid to have fun or see other people have fun. Show me where it says in the Bible it is a sin to smoke pot. I personally believe everything was put on earth for a purpose and pot was put here to smoke and poppies for their medicine purposes. Also many of the cons I know suffered at the hands of Christians in juvenile reform schools. We're talking whippings, beatings, forced oral sex and sodomy so no, not all cons trust religion, believe me, although these aren't isolated incidents I in no way am referring to the Mustard Seed being in that category. I know they are kind, honest people. I'm sure there are many others like yourself that don't agree with me but I am doing what I truly believe is right. My main goal is to see a needle exchange in the joint. Out here I'd like to see a social club for ex-cons where they can bring chicks, listen to music, play cards, get high and fix safely without fear of the bulls or parole officers getting in your face. Although I personally no longer use I am totally 100% pro-legalization and believe S.O.S. and the methadone clinic could together work out a plan for the implementation of a heroin program. Although methadone works for some, some people like to nod. I wouldn't be able to do these articles if I was on the nod all the time. Some people want to nod all the time though and that should be their decision not some crooked politicians in Ottawa. So, instead of being able to go to the drug store and picking up a prescription for heroin people are forced to go underground and resort to criminal activities to score. By criminal activities I mean theft, armed robberies, prostitution and sometimes even murder. The alternative of course is legalization. You don't see people robbing, cheating and stealing to get methadone yet I'm sure if it were made illegal this country would be in complete chaos. No I am not radical nor do I hate everyone associated with C.S.C. I liked my parole officer Dave Dykstra, Barry Murphy, the nurses and volunteers but yes, I despise the uniform and what it represents. You asked me how I could slander Mr. Callahan and C.S.C. I haven't slandered them at all. In my opinion Callahan is just as corrupt as the politicians that are running this country and he is the keeper of man. These pigs are the ones that should be locked up. Drugs must be legalized, a needle exchange program must be implemented in the joint, all drug and drug related offenders should be released from jail and the joints should be used for skinkers and diddlers. I honestly haven't seen any Christian organizations including the Mustard Seed fighting for this and if you expect me to sit back and do nothing except wait for you and your friends to do the job you are sadly mistaken. No I'm not an AIDS expert but I'm learning all that I can and try and read at least one hour of AIDS and drug related non-fiction literature from the S.O.S. library daily and if I can be of help to one of my friends I will whether you like it or not. I am starting the core training course at A.V.I.'s main office in a couple of weeks and am looking very forward to learning all that I can and hopefully be able to pass what I learn on to one of my needy buddies. There is no way that I can personally know what anyone with AIDS is going through but I can try and help. S.O.S. was there for me and I'd like to be there for someone else.

If sometimes my articles seem a little dated it's because the 'Zine doesn't usually hit the streets until a month after it has been written. Also if there are any other ex-cons around that would like to throw in their 2 cents worth please feel free to drop down and we'll chat. I know sometimes it's hard to picture someone being different from the way you've always known them and although my morals and beliefs haven't changed, my drug habits have and I'd appreciate it if you guys would respect that. Thank-you.

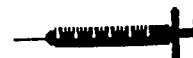
Before I sign off I would like to thank Claire for letting me have unlimited access to her office and computer while she was on holidays and for all the computer knowledge S.O.S. staff have been teaching me.

Until the next time.

Marty



**HO'S & HYPES**



7

In response to your article in July's issue of Ho's & Hypes I'd like to express my own thoughts and opinions. For a good part I agree with what you had to say in regards to a needle exchange. In particular, that William Head (as well as other institutions) would benefit from such a program. As the stats show, it's been a great success out here. On the other hand, there is another side.

That being the fact that illicit drugs are not meant to be ready and available, let alone used inside. So, in some eyes, implementing a needle exchange program in prisons would mean that C.S.C. condones such behaviour when they are not even supposed to tolerate it.

Another area of your article I'm responding to: To quote you, "I am an ex-con who believes that the C.S.C. is responsible for the spreading of HIV and Hepatitis. In other words, they are responsible for killing us."

First off, don't misunderstand me. You made it clear that it is your belief you stated. In return, I am stating mine (be it ever so bluntly). Please bear with me and hear me out.

Whether it be C.S.C., another organization, city or whomever else you feel is against you, they are not the ones who put the needles into your body. Wake up and accept the responsibility of your own actions!! It is up to yourself to choose in what you do. You decide to take that needle. You decide to slam that needle into your vein. You decide to be ignorant in the risks and consequences involved.

So, Marty, it is my belief and my opinion that C.S.C. as you so blatantly slander them (amongst other slanderous words to Mr. Callahan and the committee reps who may be afraid to step up), is not responsible for killing those inmates who choose that dirty rig for themselves.

On another note, you also stated that "...all the inmates needed was someone to work and fight for us out here." Now, forgive me for being forward, but what exactly do you think the Mustard Seed Street Church and all those other volunteers do for prison ministry?!

Also, you contradict yourself in the article. Earlier I quoted you as saying you're an ex-con, then in the second - last paragraph you include yourself in, "we, as solid cons, have to take the joints back and get them back to where they were." Perhaps you could clarify if you're the con or ex-con on a basis of building trust? Which leads me to ask you, what exactly is your purpose in writing these articles? It seems that it is about power, as I am sure that you are bitter toward the system and believe in jailhouse politics.

Believe it or not, Marty, this letter to you is not meant as a bashing outlet for me, I have no beef with you. I am merely expressing myself and making some points that others agree with me on.

I do agree with your statement on having to unite "whether we like each other or not." That is a positive statement that should be geared to some kind of peace or equality rather on who the 'man' is and who has control of the joint.

I am generalizing the terms "your" and "you" in this paragraph to the I.V. drug users.

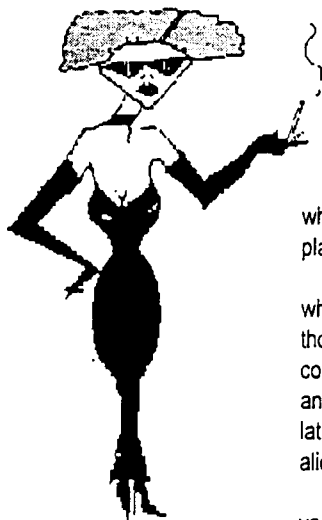
I am looking forward to the next issue.

Signed, perspective from an outsider married to a Federal inmate.

She won't get sick,  
if you wrap your  
dick.



M  
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I had a really hard time this time coming up with stuff to write for my column. I feel a little like I've said all I have to say. I chuckle to myself when I say that because if you know me at all, you know that I never stop talking when I have a good rant going.

I think I will talk a little about how it was when I started out in this line of work (on the other side of the counter).

When I started working on 'the other side', I would go to all the committee meetings that were held at City Hall. I didn't understand a word they said. They talked about things like 'measurable outcomes' and 'program evaluation tools' and things like that. I felt very lost and I felt like the token hooker. I felt like I was just there to make them feel like they were really trying to include everyone. Or so that they could feel radical and say that they actually knew someone who had been a hooker. Maybe it was just me, maybe it was true. All I knew is that I felt very out of place and very self-conscious. In fact, I still feel out of place. Sometimes I feel like I don't really fit in with other people in the 'social work field', I'm not a hooker anymore... neither fish nor fowl nor fine red herring... that's another story...

Anyway...

They would all sit around their big tables wearing more than I made in a month on welfare and then they would look at me. All of them at the same time and ask me what I thought of what someone had just said and my mouth would go dry. My heart would start beating. My head would whirl. I would tell

myself, "think goddamn it, think" And then I would spout out something about having more resources that were run by hookers. And although I really believed it and still do, I said it more because I really didn't know what else to say. And they would all nod their heads and smile. I could almost feel them patting my head. "There, there. What a good little hooker" That's what I felt. Like a bad girl playing good, wearing a plastic smile for the sharks.

It wasn't until I had been doing this for a while, learned their language, sorted out my own thoughts on the subject, argued them with my friends, could I actually make sense of what they were saying and look for the holes in their logic and reasoning. (I later learned to tell them so in a way that didn't totally alienate them, but that's another story.)

I was talking to someone today who is in very much the same position that I was. A question would be asked of them and all of a sudden, the pressure to have the answer, just because you had been in the sex trade, of how to solve all the problems of the world.

I told her that you don't have to have the answers. If we had the answers, no one would be in the sex industry unless they wanted to be. Victoria would have become the place of the willing workers. No kids who have no other way of earning a buck, no one making the decision between feeding their kids or going on humiliating welfare, no one working for someone else only to have most of their money and power taken away. Only people who really wanted to be in the trade would be there. And they would be able to get out of it if and when they wanted to. No problem.

I also realized that I have little filters in my brain now. Information goes in, passes through these filters and my opinion comes out. My filters that I have recognized are something like this:

Will this idea hurt, humiliate, criminalize or force someone?

Will this idea respect, empower, encourage or teach someone?

If the answer to the first question is yes, then it has to go. If the answer is no to the first and yes to the second, it may work.

Then I try to imagine a day in the life of myself or someone I know using this idea. Where are there snags? What may be unrealistic? But really that's kind of picky stuff. If we can stop an idea or policy that will hurt, then we're that much better off.

When I hear of 'shame the johns' campaigns, or 'move the prostitute' campaigns, (usually put on by rabid neighbours), I don't need to ask myself if it will harm. Of course it will. "Shame the Johns" has always actually been "shame the prostitute" Or, "Lets

make sure that they don't make quota or rent \$". It hurts the sex trade workers. "Move the prostitute" campaigns also hurts prostitutes. The rates of violence towards sex trade workers during these campaigns always increases because public attitudes are against the sex worker, so people see us as even less worthy of respect (they should try it for a while and see if the respect rises!!).

Then I think to myself, "hmmm, you can't bitch if you're not going to do something about what's bothering you" For example, if people don't want sex workers in their neighbourhoods, why aren't they helping those who want out? Where were they when the kid next door was getting beaten? Where were they when someone's dad lost their job? Where were they when someone's mom could only find part time work and wasn't getting child support? Why haven't they opened their homes to foster kids to give them a decent chance? What were they thinking when they saw that 13 year old panhandling at 1:00 am in winter and passed them by? They bitch and scream all they want, but where are they when they're needed? Wasting their time bitching and screaming. That's where.

I'm not saying that will end all the troubles of the world, but if you're born into the world and have your basic needs met, ie: a stable place to live, good food to eat, no real worries about tomorrow, a good support network, the knowledge that they will be stable tomorrow, then you have the OBLIGATION to help people out. I don't feel so lost in those meetings anymore (I don't go to them as much either!).

As a human being, you HAVE to do what you can to make life a little more bearable for others who are having a hard time. One day, you may be old and in a nursing home and the one you 'moved out of your neighbourhood' may be the one feeding you with a straw.

That goes for all of us. Help out where you can. That doesn't mean be a sucker. It just means when you see pain, let someone know that you have seen it and that you will try to help or at least support them. I think that we laugh at someone else's pain just because we've been through worse. But really, pain is pain. And let me tell you, if I didn't have people listening to mine, and caring about me, I think that sometimes I would just give up.

But the next time someone tells you to "get a real job", or get off the streets, ask them where they were when you were hungry, or when you were 6yrs old, or whatever. Put it on them IF they just walk by, they deserve a guilt trip.

Oh great. I've just written a "be nice to people" article. Better luck next time!!

Love y'all  
Megan Lewis





# For Women Users

Women IDU's (needle users) have some drug related concerns that are different from men's. The following tips and ideas were created for and by women users.

Some women can't shoot themselves up. Often, they rely on a partner/spouse to do this for them. But, some partners abuse female users by not shooting them up when they want or need it or by giving them too little or too much of the drug. Abusive partners may also take advantage of women users by raping, beating or robbing them when they're too high, passed out, or sick from withdrawal.

Some women can't score their own drugs because they don't know, or can't contact a dealer. They often rely on their partner/spouse for this as well. But, if the partner takes off, a woman is left without a connection and may be forced into withdrawal! Trying to find a dealer at this point is hellish and unsafe. To be as safe as possible try to find your own dealer who you trust before the shit hits the fan. Knowing how to inject and score for ourselves means we don't have to rely on others and reduces our risk of being abused.

Many drugs, including opiates (heroin, codiene, demerol, Iratine) and amphetamines, affect our periods. They may become shorter, longer, or stop altogether. But, we still need to use birth control to prevent pregnancy and use condoms to reduce the chance of getting sexually transmitted diseases and HIV.

All drugs have some effect on the fetus (unborn baby), some more than others. Some drugs also affect men's sperm, which in turn, may affect the fetus. If pregnant, it is safer to not use drugs or to reduce the amount. But, often, it is more dangerous to both mother and fetus to quit some drugs cold turkey. So if you are dependant on a drug (wired), talk to a doctor or the street nurses about being tapered (slowly weaned off) and getting medical and emotional support. It is safer to snort, swallow or smoke drugs than to inject. If a woman is wired to opiates, it is healthier for her and her fetus to be on methadone. It is also important to see a doctor or nurse often during and after pregnancy.

Drug use by a parent, in and of itself, does not necessarily mean that the child is being abused. However, it can be a reason for investigations by child protection. Women users with kids can be harassed by people who call, or threaten to call the ministry. While some people may have the best interests of the child at heart, others may be trying to control or punish the woman. If someone is threatening your child custody situation just because you are a drug user, it can be hard to get help. Try a legal clinic for advice. Also, contact a woman's crisis line, counselling service, shelter or support worker for support.

## Swollen Skin and Swollen Connective Tissue

**CAUSE:** Missing the vein or digging around with the needle, or allergic reaction to the buff.

**SIGNS could be:** Redness, swelling, bumps (might look like hives or blisters), that form right after injecting. It can lead to scarring.

**CARE:** Apply ice or something cold. If swelling doesn't go down in an hour, see a doctor. Remember not to put ice directly against the skin. Wrap your ice or ice pack in a towel, t-shirt, or paper towels. You can get frostbite from it!

**REDUCE YOUR RISK:** Try to 'flag', to make sure you're in the vein. Pull out if it starts to hurt or swell and try again in a different place.



# OKAY

So I might not be so good at this life story thing, but I thought it might help you or me to hear a moment of it. And if it helps no one, give me credit: I gave it a shot.

So, I'll set the scene for you. I've been clean for seven days (to me 'a week' sounds more impressive) and I'm doing a residential detox thing because, believe me when I say I've tried everything else:

**Methadone** - It must work for some people, but I joined the "Meth+ Club". It just seemed like a lot of sickness and going to a pharmacy that was really far away from downtown - so, to me, it was faster to score than it was to pick up my meth. Or, of course, that's what I told myself.

**Cold Turkey** - Ouch! A lot of sweating and shaking for 2 or 3 days and then I scored.

**Hospitalization** - It was cold in there, but I was at Vic General so downtown was too far away, and besides the clonidine (every junky rolls their eyes when that word is mentioned) made me too tired to even try to venture past the smoking section. But the day I left I scored.

**Home Detox** - With my folks. This was hard because of all the feelings of guilt, shame, fear, basically anything junkies (addicts) go through with people they love or people who love them.

**Weaning Yourself Off** - Has it ever worked for anyone? If so, let someone at SOS know - I'd be interested to find out.

**Residential!** - Maybe I'm being cocky but I've never felt so strong inside. It's a neutral environment and these people must love what they're doing.

So now I'm going to get to the things I miss. Although seven days (a week) isn't a long time compared to eight days or seven months or 100 years, I really missed a lot of stuff a few days ago, but I'm not really thinking about them now (well, not as much).

I miss the sting of the rig in my arm. I miss seeing the blood bloom and knowing that in a few seconds the pain would be over. I miss how beautiful and soft everything was. I miss how beautiful I thought I was (today I went downtown and people were looking at me and I didn't know how to take it).

Oh man, going downtown has always made me score. I must have walked by every place I've ever scored and every junkie who ever lived and none of it triggered me. But can I say that about tomorrow or the next seventy years? No. But I can say it about today and that gives me a feeling dope can't give. And maybe it's pride or the fact that I forgot what being straight was like. Maybe we use so we can forget.

I didn't write this because I'm one of those people who's 'high on life'. I didn't write about my detox experiences to steer any one clear of methadone etc....And compared to most of you who are reading this, I'm a baby and I'm a baby addict. I'm under 20 and I gave a year and a half of my life away. I wrote this because today was a test and I passed and maybe about the results because I'm proud of myself and I just wanted to let you guys know.

Thanks for taking the time to read this. At least I know this life story thing wasn't in vain.

If you want to hear a progress report tell someone at SOS just so I know some of you care enough about a stranger who hasn't been through it yet, but feels pretty damn close.

- jess

Don't be a loner, cover your boner.



## Skin Infections (Abscesses)

**CAUSE:** Dirt or germs on the skin (not cleaning the site properly), missing the vein (and injecting anyway), using the same site over and over.

**SIGNS** could be: redness and swelling at the injection site which might turn into a puss-filled sore. It can lead to scarring, septicemia, and leave you vulnerable to other infections of the blood and skin.

**CARE:** Clean it with soap and water, then keep it dry and apply a bandage. See a doctor or someone at your local clinic. If left alone, it could turn into a blood infection (septicemia).

**REDUCE YOUR RISK:** Try to wash your hands and clean your spoon with alcohol before you cook your hit. Try to rotate your sites (nurses or SOS staff can help!), and clean your site with an alcohol swab before you inject. Also, try to make sure that you're in a vein before you inject.

## Quality Control

People cut drugs with different things including: other drugs, dextrose and other powdered sugars, different kinds of anaesthetics and, rarely, different kinds of poisons. Often, it is the cut of the drug that causes health problems, rather than the drug itself. Because street drugs are not controlled and quality tested, the strength (purity) and quality changes all the time. If you have not used drugs for a while, and even if you are a regular user, keep these safety tips in mind to help prevent an overdose.

Try to find a regular dealer and ask if what you are buying is the same as what you got last time. Taste test a small amount to make sure that it tastes like what you are used to.

Always start out with half your dose (regular users) and a quarter dose (for occasional and curious users). Be sure to let 5-10 minutes pass before doing more if the hit is weak.

If you can't shield your rocket, keep it in your pocket.

If you think she's spunky, cover your monkey.

If you really love her, wear a cover.

Sex is cleaner with a packaged weiner.



# PAGE POETS PAGE POETS PAGE

## Speaking in Tongues

—Jean Johnston

Bones crush  
beneath hot breath  
beer burps up out  
onto my face  
For weeks I think of nothing  
but spit and pus and urine  
shit clogs my colon  
For weeks I feel  
nothing but  
salt waves soar  
through my head  
freezing behind my eyes  
ice cracks  
my skin  
and hot blood blankets  
my cold body  
I am an alien.  
to the men a pussy/ a cunt/ a bitch  
a cocksucker  
to the women a whore with lumps  
of semen  
still sticking to my tongue  
speaking another language  
I am  
learning to communicate

From *Sex Work: Writings by Women in the Sex Industry*

## P.S. I LOVE YOU

*Juxtaposition not approved  
Data not worth debris  
Same thing yesterday as today  
Cancellation for tomorrow  
Ceiling wax beats tin foil  
On my Homeworld  
There is a place to pray*

*Virtually Dope Sick  
Everyone can see the  
commercials  
It's 10:00, do you know where  
your parents are?  
Alien lineage sucks.  
Decadent droids relieve your  
sinuses  
C'est la fleas.  
At least it's sunny*

## SPDM

*Standing or sitting or crouching down low  
Need sixteen more dollars before I can go  
Tonight I'm feeling about 3 inches high  
My face shows the strain but I refuse to cry.  
Sometimes it's different: my smile reaches my eyes  
Money rolls in and time really flies  
Can you possibly help out with any spare change?  
I'm polite and sweet and not too strange.  
Please don't rub in the shame that I feel  
I'd rather do this than lie, cheat or steal.  
I hate to lie, and I mean you no harm  
The harm's in the need to stick rigs in my arm.  
-Sypsy*

Who will do this u-turn for me?  
I'm calling on all humanity.  
Take this longing, strike with warmth.  
Strike me with a spike.  
Strike me with all the things the world  
Often fails to give  
-Jess

## A BIRD HIT THE WINDOW WITH A THUD

*File down the oratory smoothly  
Clip off the wings  
The bird of the spoken word is in the mud  
The mind now defined as pure chemical  
memory fuses into a grey cauliflower*

## BURN THE BOOKS

*Fill the bookshelves with chemicals  
Wet flags like dank socks  
The old battles in old corridors signal the  
death of the metaphor  
Welcome to the ZEN boredom of now  
Bibled and bottled by clinical psychology  
And exorcised by the old church in vaguely  
modern ways  
There is no angel of mischievous  
imagination  
It's been bored to death by the dreariness of  
Canadiana in courageless universities  
Yawn  
No howling yelping or laughing from the sky  
Yawn  
Just cold corridor order  
Where food and emotions are measured  
Intake and reponses carefully modulated  
Satiated we march for the soft love fascists  
beaten slowly into soft pulp prozac  
smiling  
beaten by a bunch of arseholes  
anally retentive  
medical kindness from a Billion dollar  
Big Mama  
Florence Nightingale of the pill jar  
straight from the salt mine  
no wet valleys  
no yelling from the mountains  
no orchestras of order and chaos  
or the arrival of newness  
like the new child's first words put together  
like no other  
Copyright 1999 Paul Burnside*



# PAGE POETS PAGE POETS PAGE

## Plenty

Telling a Woman/ Driving at Night

I tell a woman  
 what work I do for money  
 Don't you ever feel afraid?  
 She asks, staring into the headlights  
 through a curtain of long, brown hair  
 which obscures half her face  
 like Veronica Lake  
 Yes, I'm afraid  
 Sometimes I try not to feel afraid  
 Four months ago I was raped  
 I was afraid of being tortured or killed  
 I answer, driving my dark green Vega  
 wearing a turquoise angora sweater  
 dark red lipstick, new hairdo, good pants  
 I'm stronger, won't quit  
 and they're not going to stop me  
 She laughs and pushes the hair behind her ear  
 Bars of light drift upward, over our eyes

—Carol Leigh AKA Scarlot Harlot

The complex  
 design  
 ever so symmetrical  
 that I draw  
 with the pencil  
 of my mind...  
 That I allow  
 myself  
 to be drawn  
 upon  
 from the depths  
 of your soul

- 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.



Yes I "use" for the times I've been used,  
 The times I've been frightened, forgotten  
 - abused.

I never realized how much I depended  
 Until the money and "good times"  
 ended.

Some days I struggle, I pace, and I ache,  
 And obsess on getting better, and how  
 little it would take,  
 There used to be things I would not do  
 (not because I'm too good I just never  
 needed to).

Sick and edgy I have coffee with dad  
 Smiling on the outside, but feeling guilty  
 & sad

Sometimes I'd like to tell him, but I'm  
 glad he doesn't know  
 'Cause on his face for the rest of his life,  
 I know it would show.

Who am I now? who am I now?  
 I'm certainly not happy, I'm certainly not  
 proud

I can cry for me because I am at fault  
 I cut myself and liked it, and rubbed the  
 wound with salt.

I don't want to quit for me, I want to quit  
 for you

For that person in my life, for what I've  
 put them through.

I don't want to live for me, I'd like to live  
 through you.

remember that innocence, makes me  
 envy you.

- "Ms. Heroin Girrrl"

## Woe Is Me

A pregnancy:

Is it an inconvenience

Or a miracle?

To some others... an inconvenience.

Or maybe to them ... a convenience.

After all, for some on Welfare...

It brings them more money.

And for those addicts on Welfare ...

It brings them money for more  
drugs.

For me...

It brings heartache and anger.

Because for me...

It's not so easy to get pregnant.

I value the miracle.

I wish I had it, but I don't.

One day...maybe?

What if I never get that blessing?

Why do THEY have that privilege?

It's unfair that I don't.

And I may never will.

I'm not perfect,

But I'm not one of THEM.

And I know I'd do that miracle right.

WHY?! WHY?! WHY?!

Why would THEY want to do so much  
harm

to such an innocent creature?!

If I had it my way...

THEY couldn't get pregnant  
for at least two years of clean time.

then \*maybe\* THEY'd deserve  
what God created...

A miracle.

99.09.14

Inspired by a pregnant user  
(who is no longer carrying the Miracle  
as a result)

# Piercing

## ABOVE THE NECK

An above the neck piercing should be done with sterile needles. SOS carries 16, 18, 19 gauge needles for this purpose. These needles are much larger than regular needles and unlike sewing needles, they are hollow with a beveled edge so that the needle actually cuts through the skin instead of ripping it open. This allows it to heal easier and with less scar tissue.

Everything that touches your piercing site should be sterile. Pretend you're a doctor. Wash your hands very well and rinse them in rubbing alcohol, or use Purell skin disinfectant if you can. It is best to use latex gloves. Remember that the gloves must be thrown away after every use. Otherwise, you can spread germs and disease to other people or piercing sites.

Your needles must be sterile. Use them as soon as you open them from the package, don't put them down on any surfaces, don't touch them with your fingers.

Likewise, your site should be sterile. Wash the site carefully and then disinfect it with alcohol pads thoroughly. Do not use alcohol AFTER you pierce. Alcohol kills new cell growth and can cause scar tissue and it means that it doesn't heal up as fast.

Feel on the skin before you pierce. If you feel a pulse, **DON'T POKE!!!** What you are feeling is an artery. Nerves also tend to run along arteries. So keep away from the damn arteries. Come in and talk to the nurses about where bad and good places are.

A normal piercing may be tender, swollen, itchy, and/or slightly red for a few weeks. It may bleed a little for the first few days. It may secrete a whitish-yellow fluid which crusts on the jewelry. This is not pus. The skin around the piercing may tighten up as it heals. This will make turning somewhat difficult when dry.

**To change a piercing:** Use an antiseptic containing benzalkonium chloride or benzethonium chloride. Special ear piercing antiseptic, sometimes called ear care or ear-septic is very gentle. If you can't find these, try bactine or No More Ouchies. Since these products contain fragrance and other irritants, dilute them 50% with water. Wash hands well before touching the piercing. Using a fresh cotton swab, remove any crusted matter, then rotate a little antiseptic gently into the piercing. Rotate the jewelry several times. Antiseptic doesn't need to be

rinsed off, but you may choose to soak the piercing after cleaning. Clean the piercing no more than 2 x a day.

**Infections are caused by contact with bacteria, fungi, or other living pathogens.** Piercing infections can usually be traced to one of the following:

- \* Touching the piercing with unwashed hands, or letting someone else touch the piercing.
- \* Oral contact with the piercing including your own saliva.
- \* Allowing body fluids to contact the piercing (your own pee is steril to your own body).
- \* Contact with hair, cosmetics, oils, infrequently washed clothing or bedding.
- \* Going into a pool, hot tub, lake, ocean, or other body of water. (your own clean bathtub is okay.)

**While the following may also indicate other problems, look for the following indications of infections:**

- ⇒ Redness and swelling
- ⇒ A sensation of heat at the piercing site.
- ⇒ Pain, especially throbbing or spreading pain.
- ⇒ Unusual discharge. It may be yellowish, greenish, or grayish.

**If you think you have an infection:**

- ⇒ While it's never inappropriate to see your piercing friendly physician, a call to your piercer may save you a trip. If possible, visit your piercer and show them your piercing. Also tell them about any circumstances which may have led to an infection.

⇒ Please don't remove the jewelry! This may aggravate the problem by closing off the drainage for the matter.

⇒ The effectiveness of an oral antibiotic depends on selecting the right one for the job. This should only be done by a physician!! If you have used an over the counter topical antibiotic ointment before without adverse effects, it may be appropriate to use sparingly, for no more than 3-5 days. Many people are very

sensitive to antibiotics, particularly neomycin: Bacitracin is the least problematic ointment.

**Common Problems You Can Avoid.**

⇒ Over cleaning, vigorous cleaning, or using a cleanser that is too strong can produce symptoms very similar to an infection. The skin may be very tender and appear shiny, and there may be a clear discharge.

⇒ Friction caused by tight or heavy clothing, rough sexual activity, or excessive movement of the area can cause dark redness, keloids, discharge, and rejection or migration of the piercing.

⇒ Stress, poor diet, or illness can cause longer healing times, or migration of the piercing.

⇒ Reactions to the metals used in high quality professional piercings are extremely rare. Often, a cleanser reaction or other problem is mistaken for a metal allergy. The area may feel hot and sore, like a low-grade infection, or the body may attempt to pull away from the metal, resulting in a large growing cavity.

⇒ Occasionally, the selected jewelry may not be appropriate. This may or may not be due to circumstances that occurred after the piercing. If the jewelry is too thick or too heavy, too large or too small in diameter, or not the appropriate style (a bar bell instead of a ring...), you may experience healing problems. Contact your piercer if you suspect that you may need different jewelry.

**Estimated healing times:**

Everyone heals at a different rate. The average time for which you should clean your piercing is twice a day and treat it like new, healing tissue. Remember that even after the initial healing period, your piercing will still need one full year or longer to completely heal and toughen up. Always treat the piercing with care and gentleness.

- Earlobe, eyebrow, septum: 6-8 weeks
- Ear Cartilage, nostril: 2 months - 1 year.

**Remember, being clean with piercings means the difference between a good piercing and a sloppy one!**



This will be the last time I'm running the explanation of why we're now charging for subscriptions. After this, you will see just the actual price list and subscription information. Thank you all so much for continuing to support "Ho's & Hype's". Since the beginning of the 'zine, we have had overwhelming support for it. Both from you, our loyal reader, you, our loyal writers and everyone who has assisted us in making it possible.

*Dear Readers*

AIDS Vancouver Island's Street Outreach Services (S.O.S., the needle exchange), has been happy to work with you to provide 'Hos' & 'Hype's'. We will continue to publish the 'zine quarterly and we always welcome your stories, articles, poems, art work, ideas... And for clients of S.O.S., we will continue to provide it for free. After all, it's your newsletter.

Unfortunately, due to an increase in production costs, demand for the 'zine, and budget cuts, our loyal readers at other exchanges, agencies across the country and other interested people will be asked to subscribe to help offset the costs of creating, printing and mailing Ho's & Hype's. Ho's & Hype's will continue to be free for intravenous drug users and sex trade workers on the southern tip of Vancouver Island. We don't have money in the budget to do the 'zine in the first place, and we are victims of our success. Our readership has grown so much that we can't afford to give them all away. We will be asking that anyone who isn't a client of S.O.S. (sex trade worker or intravenous drug user on South Vancouver Island) to buy a subscription and we will happily keep you on the mailing list. If you are ordering from the States, please add 2\$ to cover postage and handling.

Prices are as follows:

		Scale:	Per Copy:	Per year:	Gift subscrip.
Name: Address:		Non-profit	\$2.75	\$10.50	\$10.25
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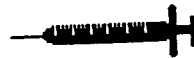
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# Tai Chi

**Tai Chi is an ancient Chinese exercise for health. It consists of slow and graceful movements that relax and strengthen both body and mind. Tai Chi is a Taoist art based on the philosophy of return to a natural state of health and well-being. Chang San-feng, a Taoist sage who lived in the 11th century (Sung dynasty), is recognized as the originator of Tai Chi as a formal system. Today, Tai Chi is one of the world's most popular exercises and is practiced by millions of people of all ages.**

**Take part in this excellent exercise at Street Outreach Services Thursdays from 7 p.m. until 8 p.m.**

**HO'S & HYPES**





About four months ago we asked everyone who uses S.O.S. to fill out an anonymous evaluation form so we could get some sense of what we do well and what we don't do well, and get suggestions about changes that could be made to improve the programs and services here.

Well, the results are in! (But it's not too late, for those of you that didn't fill in a form yet - they're still up on the front counter.) Thanks to everyone who took the time to do this.

## SO WHAT WERE THE RESULTS?

Sixty-eight clients filled out the forms. A couple people who aren't clients also filled out the forms, but for this article I'm just going to go over what clients (sex trade workers and injection drug users) said.

Of the 68 people:

\* 2 people indicated they were sex trade workers and not injection drug users

\* 42 people marked off that they were injection drug users and not sex trade workers

\* 24 people said they were sex trade workers and injection drug users

Generally speaking, it sounds like you like what we're doing. Either we bribed you really well, or you really do find the staff respectful, helpful and informative. Many of you enjoy reading Ho's & Hypes.

We wanted to make sure that we also added the stuff that you didn't like so well or had suggestion about. There wasn't much, but we've added it for fairness.

Some people use S.O.S. solely for the needle exchange aspect. Most people said they come in not only to do an exchange, but also to get other supplies (water/bleach, condoms & lube, wipes), information, support, and to be in a place that felt safe and non-judgemental.

Some of you come in to take part in programs such as acupuncture, art, and/or the Christian



Megans picture of what it looks like from the counter group Connection to Freedom. Many people mentioned coming in here to see the CHR Street Nurses.

## INFORMATION

From what you said, we're mostly doing a good job providing information about HIV/AIDS, Hepatitis C, STD's, health & safety for injection drug users and sex trade workers, infections, abscesses, piercing and tattooing. [A personal note here: for me this was one of the neatest things about the survey - to hear that people actually find the written info useful - because I sometimes wonder if the pamphlets and 'zine just bore you all to tears.]. Some of you said that you would like to see more information about Hep C & STD's in every issue and also having the bad date sheet published in every 'zine.

## GROUPS

### Acupuncture

"I like that you keep it cheap, clean and professional. More massage therapy!"

"I access this a lot. It has reduced my use of pain medication."

"Health & safety very helpful, users. I

info for IV drug use especially for new ones that show you the steps in shooting up were very helpful."

"I'm not a sex trade worker, but I can tell new workers the info I learned from those pamphlets."

"Helped me avoid infections/abscesses."

"I've read pamphlets and I've asked staff. I'm proud to say that with my knowledge I have avoided all STDs!"

"I've learned a lot more and now I'm way less ignorant about HIV/AIDS. I'm not as scared now as I was when I found out I had Hepatitis C, because of S.O.S."

"The biggest fear in my life would be that shit I read and memorize here about STD's."

"Talking to staff about HIV/AIDS and Hepatitis C has lightened my headaches and nightmares."

"I now know of a free and confidential way to keep informed on my health."

## OUR SUPPLIES:

"I believe that SOS saved my life because if it wasn't for

**SURVEY SAYS!!**

"Could we have a monthly kind of thing where acupuncturists would know we put \$10-15 in at first of month after cheque day? It's hard for me to have \$ [the] week before cheque day."

"I liked it. It seemed to relieve some of the depression and antsy-ness of dopesickness."

"Been there - I am not a 'fraidie cat."

"I felt energized."

## CONNECTION TO FREEDOM

"A great meeting which brings hope."

"Great meetings - helped me"



you guys and gals I would have HIV from a dirty rig."

A variety of clients - sex trade workers and people not involved in the sex trade - thought the bad date sheet was very helpful. "One of your best and informative features. You're always at risk and it's great to be somewhat prepared."

### Things you don't like:

Although most people appreciated the quality and variety of rigs, many people said both the 1cc's and the 1/2 cc's have been increasingly defective. "A lot are barbed before use - once in a while broken." Several people complained that the lids on the water and bleach bottles are leaky; a few people said they'd been having problems with condoms breaking.

Requests: that we get thinner gauge rigs; that we get better flip-top lids for bottles; that we get better quality

condoms.

### SUGGESTIONS FOR CHANGE AND IMPROVEMENT

We had many suggestions for improvements. You guys are full of creative ideas and were pretty clear about what was working and what wasn't.

#### The Space

This is what you said you wanted to see in drop in area:

- ☞ Paint the floor and walls
- ☞ Remove the tape from old posters
- ☞ Move the counter back so that there's more space.
- ☞ Put flaps on the computer so that there's more privacy
- ☞ More posters and pictures
  - ☞ Better advertising of nurses.
  - ☞ More chairs in the drop-in
  - ☞ More art in the drop in
  - ☞ More posters about sex trade work information
  - ☞ Air conditioner / heater



- ☞ Couch in drop in.
- ☞ Hide - a - beds in drop in.
- ☞ Satellite TV

### Staffing & Operating Stuff

Well, everyone had something to say about these things. Actually you guys came up with some

really good and innovative ideas.

"...It's nuts to be open so few hours on welfare day, I've seen so many people borrow rigs & they weren't new ones - the hours could be flexed so

the wonderful staff wouldn't be cut anyhours. Why not 12 - 4 - 7 - 10, something-like that."

"Get them to do field trips to places (i.e: Streetlink, Open Door, Mustard Seed, 9-10 Club and see what the community is like"

" It's very good that Victoria has a place like this. It really helps to have a place where people know what they're doing."

" Not to be rude, but you guys have got to screw those lids on tight!!"

"Better hours. I know that funding is poor, but maybe 2 or so hours in the morning, & then open at 3:30"

"Heat in building for staff"  
(whoever said this, thank you from the bottom of my chilly bones. - megan)

" The employees & volunteers work hard & if guidance and training was provided for more help in SOS & on street out doors while weather is good to expand awareness of SOS & services offered."

"Found out I was HIV positive through S.O.S. Could do a better job at letting people know and helping them deal with it."

You also said that you would like to see:

- ☞ More protection for staff
- ☞ Helping clients locate low-cost .....housing.
- ☞ Staff should be better prepared to help people who test positive when they come in for results.
- ☞ Outings/fieldtrips to interact with other street users.
- ☞ Lobbying for easier access to methadone
- ☞ Open earlier & later generally

### Things you would like to see supplied or happen here:

There were many suggestions about what we could provide to you through SOS. These are great ideas!!

- ☞ Ensure/Boost puddings
- ☞ More food
- ☞ Coffee, tea, hot chocolate and/or soup
- ☞ Public washrooms
- ☞ More \$\$ to provide info, instruction and leads for cleaning up
- ☞ More time on the computer and fundraising to do so
- ☞ More street-based outreach
- ☞ Youth Groups
- ☞ CRD water packs
- ☞ In-house raffle or cash draw for \$100 on welfare day.
- ☞ Spoons/other cookers.
- ☞ More massage

Thank you so much for taking the time to fill the sheets out. They have given us a great perspective of how we run this place and what we aren't doing so well also.

The questionnaires will be left up on the counter for anyone who missed filling it out. We always want your feedback and suggestions for how we can make this a better place for you.

If you have had an unhappy experience in any of our programs, please come talk to us directly about it.



# 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, SUNDAY  
7:00 - 9:00 pm

\$2 donation, or pay what you can

ANYONE WELCOME  
NO NAME REQUIRED

very thin. Usually they don't hurt much apart from a twinge as the needles first go in. If it hurts a lot, tell the acupuncturist - they can change the position or take it out.

☼ ☼ The World Health Organization

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

plan that is right for you.

The needles used in acupuncture are

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

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

and many other problems.

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

# WHAT THE STREET NURSES CAN DO FOR YOU!

1. **Anonymous HIV/AIDS testing.** You don't need to give your name - just 3 initials & a date of birth that you can remember so the nurses can find your file when you come in for results.
2. **STD counselling, testing, and treatment.** If you're wondering whether that last sexual encounter you had left you with bumpy warts, a weird little sore spot, dripping gonorrhea, 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	YMYWCA 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	YMYWCA 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	YMYWCA 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.

**Q-C.A.R.E.** 475-3039  
Food served out of the Q-C.A.R.E. car, and at S.O.S.

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

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

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

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

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

## WHERE TO SLEEP

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

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

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

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

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

**Sandy Merriman House**  
480-1408 809 Burdett Ave.  
Emergency shelter for homeless women, women who have been in jail, women who work as prostitutes, women with mental illness, and women with drug/alcohol issues. 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 Health Region Street Nurses**  
384-1372 at SOS 1220 Commercial Alley  
See p. 18. Free & confidential HIV/AIDS, Hepatitis, pregnancy, STD/TB testing; adult immunization; vein care; condoms; needle exchange; vitamins; referrals; and any other health concerns.

**Hepatitis C Society**  
388-4311 1611 Quadra St.  
Support, education, and advocacy for people with Hep C and their friends/families.

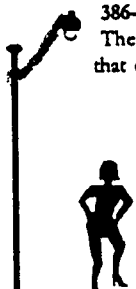
**Swift Street Medical Clinic**  
385-1466 465 Swift St.  
Medical care for anyone with no other health care.

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

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

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

## HO'S & HYPES



# Good numbers to know (cont.)

## DRUG & ALCOHOL STUFF

- Alano Club** 383-9151 1402 Broad St.  
Alcohol/drug-free environment; food, lounge, games room, 12-step meetings.  
Membership is \$6/month. Open Mon-Fri 8 am-11 pm, Sat 8 am-1 pm.
- Alcohol & Drug Services** 387-5077 #228-1250 Quadra St.  
Drug & alcohol counselling, info & referrals to treatment programs.
- A.V.I. Street Outreach Services (SOS)** 384-1345 1220 Commerical Alley  
Needle exchange, info on AIDS/Hepatitis prevention and safer drug use, free  
condoms. Open 3:30-6:00 pm Mon-Sat, and 7-11 pm every day.
- Dallas Society** 727-3544 #304-1095 McKenzie St.  
Drug & alcohol counselling for people in Saanich and Sidney. Youth substance  
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.
- Inner City Youth Works Society** 381-0598 537 Chatham St.  
Bike repair, drum-making, and a whole lotta stuff.
- Victoria Native Friendship Centre** 384-3211 220 Bay St.  
Open drop-ins for urban natives, including work experience & employment counselling.
- Victoria Street Community Association** 386-2347 1517 Quadra St.  
Pre-employment program, resume preparation.

