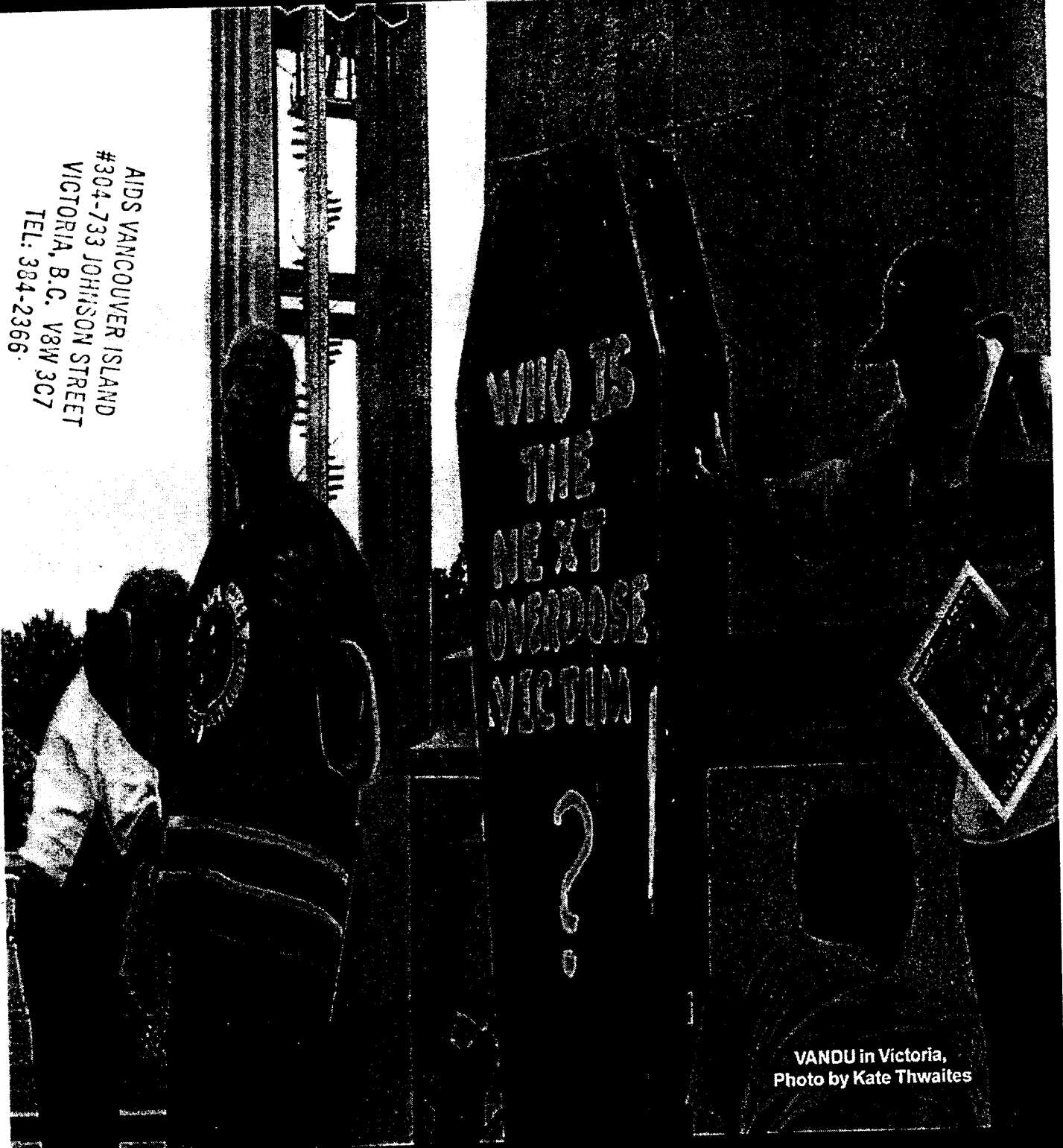


HO'S & HYPES

AIDS VANCOUVER ISLAND
#304-733 JOHNSON STREET
VICTORIA, B.C. V8W 3C7
TEL: 384-2366



VANDU in Victoria,
Photo by Kate Thwaites

Vol. 2, No. 3

July 1999

WELCOME TO **HO'S & HYPES** !

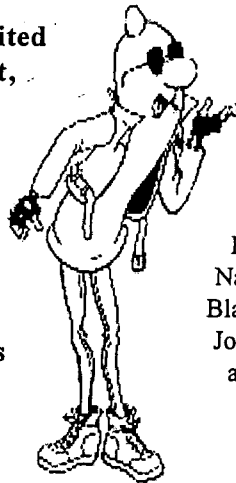
There is lots of stuff inside. We need your help though. Anytime you want to come in & write a column, drop off some artwork, find out about new laws that you want to talk about, let everyone know if there's bad dope in town, give advice to new needle users, or anything else, just let someone at SOS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

Welcome to the 7th 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, street names or no 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 #7

Contributing writers: Marty P., Minneh Kamau, Falix, Tobias Raven, Billy-Jake, Debi, Colin Ash, Nah-Wah-Koo-Wush, SPDM, Willie Blake, Louise the Street Nurse, Kate, Joshua, Megan, Domestic Junkie and some anonymous friends.

DEADLINE FOR NEXT ISSUE:
September 15

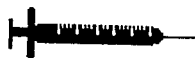
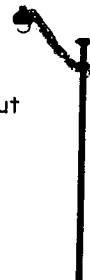
S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 - 6:00	open as usual, 3:30 - 6:00 p.m.						Closed
6:00 - 7:00	Closed						
7:00 - 11:00	open from 7:00 - 11:00 every night						
	Connection to Freedom Christian Group 7:00 - 9:00	CHR Nurses 7:00 - 9:30	CHR Nurses 7:00 - 9:30	CHR Nurses 7:00 - 9:30 Acupuncture 7:00 - 9:00	Just the usual smiley crew!	Acupuncture 7:00 - 9:00	

Ho's & Hypes was produced and edited by Josh & Megan. Much assistance from Kate & Claire.

Contributing artists: Kate Thwaites (cover photo), Maggie Glew (pp 4), Megan Lewis (pp5, 8, 9, 13), 'dreamcatcher' Donn Ste Germain (pp 10, 11).

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



of the three is I am now a law-abiding, tax-paying citizen in this country with rights like yourself to be able to

ress my opinions without fear of being subject to Gestapo-like tactics such as being thrown in the digger for the "good order of the institution". So to the C.S.C.: I'm going to continue fighting you and getting in your face until you either admit publicly you are intentionally denying us rigs for the sole reason of killing us off because we made a mistake and broke the law, or else you take the easy way out by implementing needle exchanges in the federal institutions.

I imagine I'm getting pretty close to space limitations so I'm going to hold back on certain things I wanted to get out in this issue - wait for the next issue. Some of these include a transsexual being denied her rights in Edmonton Max just because the same Gestapo who want to kill us off have different attitudes than she and many of our other brothers and sisters in federal joints. Also some information you might find interesting about tattooing and piercing in the joint, plus of course some more information from our C.S.C.-sponsored surveys. When I was doing time, all we needed was someone to work and fight for us

out here. Before I left somebody asked me to do him a favour - he said "Everyone says they'll help, but once you get outside the gate it's a different story!" No it's not. The only way we can get anything done is uniting, whether we like each other or not. It's us against them, and they are united. Just because our time is up doesn't mean the fight is over, not for me at least.



What it means is that the fight has just begun. I don't have to worry about getting thrown in the hole, or getting shot down on TA's or DP's or whatever. There is absolutely nothing they can do to me.

If any of you guys in there need any advice about anything, such as rigs, bleaching, cooking, tattooing, piercing, and anything drug-related or sex-related, you can always write Kate and use a fictitious name, and she'll do her

best to get an answer to you in the next issue of Ho's & Hypes. Any of you guys in there that are into poetry, writing or any kind of literature that you'd like to see in black and white, send it to me or directly to Ho's & Hypes.

Well, it's just about time to shut it down for another 3 months. Any of you guys getting released in Victoria in the near future, whether we're buddies or not, pop down to the exchange, let them know who you are and where you're from, and I guarantee you'll be welcomed with open arms. There's usually cookies or something around and a variety of people with great big warm smiles to greet you with.

Before I go though you must remember the only way we are going to get a needle exchange in William Head is sticking together and fighting for one. Get your committee chairman to get in touch with me and we'll fight together if your committee reps are afraid to step out, it's obvious they are joint men. So get together and vote them out at the next election. We, as solid cons, have to take the joints back and get them back to where they were.

Hi to everyone - all you guys out there that are prepared to stand up and fight for your rights. Keep the Faith.

* Faith - belief in that which can't be proven.

HOWIE **IN MEMORIAM:** **ROBBIE**

KAREN **LEIGH ANNE**

Since the last 'zine came out in April, 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.

KRYSTAL **RANDY** **DESIREE (ROBIN)**

HO'S & HYPES



Hi guys,

Here we are already on our 7th issue of Ho's & Hypes and my 5th Inside/Outside article. Thanks for the four letters, I'm glad the 'zine made it in there. It's unfortunate people have to feel threatened writing me directly at S.O.S. I thought this was a free country and were guaranteed our freedom to write who we want to, as guaranteed under the Charter of Rights & Freedoms Act. If it is possible to write me directly at S.O.S. it would be appreciated. That way A.V.I. (AIDS Vancouver Island) staff know my message is getting out there. If not, it's OK, continue to write me at home. I will be moving on the 1st of July and will give Kevin my new address, and he can give it out to my personal friends.

In answer to your questions who was the girl I wrote about in my last article, see poem "Not Quite 30". I'm sure most of the guys who have been reading my articles have noticed in the last couple of issues my criticism of C.S.C. and stuff have toned down quite a bit compared to my first couple articles. Actually, after re-reading my last article I found it was middle of the road. Like I said in my third article, it isn't because I'm going soft, don't ever think that, it's because I didn't have the proof I needed to make critical attacks on our dearly beloved justice system and the C.S.C. staff at William Head. Guess what? I'm back! Thanks to another contributor of Ho's & Hypes taking time to get the documentation I needed. Oh, I'm going to love this.

Anyway back to business. Remember back in late 1996 when myself and three other inmates were nominated for committee chairman, and myself and Jim were vetoed from running the day before the elections were to take place. This is what I have found out. People running for committee chairman cannot be discriminated against because of the charges they are in on. The Unit manager, Mr. Callahan, told me that because I was charged with conspiracy to traffic in heroin, and possession of cocaine for the purpose of trafficking, I could not be in a position of power. I asked, "Why not?" He stated, "We don't want radicals on the committee here." When I asked him why he thought I was a radical, he said, "You're a fucking drug dealer". Similarly, he said Jim couldn't run for committee chairman because he had

refused a piss test.

What it came down to was that by taking me and Jim off the list of candidates, the warden basically rigged the election so the person he wanted to become committee chair would be a shoe-in. The warden wanted this person in because he and the warden saw eye to eye on many issues. Well, that's fine, but who says the inmates want someone

representing them seeing eye to eye with the warden? I wanted a needle exchange in William Head and seeing as the warden's candidate didn't use drugs, the chances of him fighting for a needle exchange were slim to none. How could you call this a democratic election?

Now the exact same thing happened in Warkworth institution in 1994 and an amendment was made to the C.C.R.A. (section 74) stating that the C.S.C. must seek inmate input before decisions affecting the inmate population as a whole are changed or implemented. I think vetoing 2 nominated electees from running for chairman is a decision that would affect the inmate population as a whole and so did

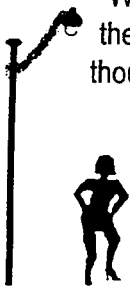
Vaughan Barrett, the institution lawyer. Unfortunately the warden knew that and waited until the very last minute to pull the plug so that we wouldn't have time to seek legal advice. I'm sure if any prison staff are reading this they are probably saying to themselves "Who the hell does this guy think he is?" Let me ease your mind. 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. I say this because in 1994 they were informed they should start research to find a way to supply federal inmates with sterile injection equipment (new rigs), to stop the spread of HIV, and to my knowledge 5 years later no such research has been done.

And you may also be asking yourself how I think I can say this shit and get away with it. Because:

- 1) I have documentation of the Summary Report and Recommendations of the Expert Committee on AIDS and Prisons, along with several other C.S.C. sponsored surveys to back me up.
- 2) I have my dear friends at A.V.I. to back me up.
- 3) Probably the most important

Continued on next page...

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



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

Dear Kate:
What's the difference between cooking coke with ammonia versus baking soda?

- Curious crack piper

Dear Curious:

As far as I can tell, there isn't a whole lot of difference (ya'all can let me know what you think) but more a matter of personal preference. Both will turn powder into rock--add heat and change the molecular & PH structures with either and you have rock. There are risks associated with both: if you're cooking with ammonia, you need to make sure that you rinse the end product really well or else you're inhaling the ammonia fumes which will ratch the shit out of your throat and lungs. Long-time crack smokers often have a gravelly, raspy voice and a bad cough from the fumes. Baking soda and water combo is effective (generally, use 1/3 the amount of the coke in soda). Soda isn't as harsh as ammonia but it also doesn't burn as hot, so it isn't getting rid of as much shit either.



Dear Kate:
Why do people cook heroin and not coke?

- A Druggie pal

Dear Pal:

It's all about chemistry--and I didn't do so well in chemistry in high school 'cuz I was too busy gettin' high, so if readers know better, let me know and I'll keep y'all updated... Heroin (and other opiates) are oily drugs that don't mix well with water. You need to break up the molecular structure by adding heat to the powder form of the drug in order to add water to it to shoot it. Shake'n'bakes don't work too well with heroin. Oh, and remember to Filter-Filter-Filter out all the crud that your favorite drugs are cut with!! (Your veins will love you for it.) A user told me today that you can cook a bit of your coke to test the purity: so you heat it and see how much cooks off (buff) and what's left in the spoon--if it's not a lot, then ya know you've bought some bunky shit and you can go tell all your friends not to deal with the person who sold you buff cuz your veins hate

buff and you love your veins!

Dear Kate:

I wish SOS would give out methadone here--it would lessen the struggle.

-Meth user

Dear User:

Yup, i totally agree--programs and alternatives to using dope should be easier to access than they are. The Outreach Services Clinic in Fernwood is *super*--they really know their shit when it comes to meth and they care which is a bonus. In other cities like Toronto, they have what's called "low threshold" methadone programs attached to needle exchanges where you go in and are usually on the meth program that day. But not here, yet. Who knows--our exchange is the oldest one in Canada, but we're only ten years old so we have a lot of growing yet to do. We were the first to have an acupuncture clinic attached to us and that's been a huge success. You know, if you have great ideas for these sorts of programs, write a letter (we can help). **YOUR VOICES ARE THE ONES THAT MATTER!**



Too many of us suffer- truly suffer- from being lonely.

We all have our reasons, and to each of us our reason seems almost insurmountable. Some of us are lonely because we've just lost our significant other to death, to prison, because we've had to part ways to save our own lives... the reasons are infinite.

Many of us are lonely even in a crowd. We spend our days having cup after cup of coffee with others seeming like ourselves. We go to the free or low cost meals and sit with our friends who are also "down 'n' out", as they say. Sometimes we share a jug of wine, a joint, or some clean and sober time together taking in an AA or NA meeting, but at the end of the day we return too often to our lonely hotel rooms, slum rooms or hostel beds, still lonely.

So what's missing? Why are so many of us so lonely although we certainly are not alone in our plights?! What can we do about it? Can we do anything at all about it? I can only speak for myself and I can only share my personal experience. For me getting clean and sober helped a lot! I quit having an almost constant feeling of impending doom and I no longer felt my life was nothing at all but despair.

Getting clean also made it easier for me to find a decent place to live. Landlords can tell. No, they're not psychic, but they are very used to dealing with folks in the lowest income bracket, many of whom are wired on something. That makes potential landlords sort of experts at spotting drunks or dope fiends. If they know you're one of the above, and they rent to you anyway, you probably don't want to live there anyway...not if you ever want peace and quiet and your stuff to be safe. Once you've found yourself a decent place to hang your hat, you probably feel good about fixing it up a bit, and once you've done that you have a nice place to return to each evening or a nice place to just hang out all day if that's what you feel like.

Once you've got decent digs you'll probably want to keep them, so play by the rules. It ain't cruel to refuse someone a place to crash if that means you'll both be out on the street the next night! Besides, a real friend will understand your reasoning.

Now that you've gotten that far, what's next? Well, how about a pet? If your place is somewhat cool then it will probably allow small pets, like cats or rats, maybe even dogs. If it doesn't? Well if you've been there a few months and been a good tenant your landlord will probably gladly write you a good reference so you can get a place that allows pets. I know from my own personal experience with loneliness- and like too many of us, I consider myself an expert in this area- that a pet can cure loneliness.

Always be good to your pets. Repay the huge favour your pet has done for you. All your pet wants is your love and a little food- a very small price to pay for curing a disease that can kill you if you let it.

Anonymous -written in honour of my pets.



AT PEACE WITH THE WOLVES

When I'm half dope sick and can still move about somewhat, I go and visit the wolves. My sister and her husband raised all four wolves from pups and I visit them as often as I can, as they afford me a rest from my addictions and my self-serving thoughts to get the next fix. The young wolf named Chatoe is my favourite, mainly because he goes absolutely nuts when he sees me. His mother, Sierra, is petite but has full respect from the males, rules the pack and can be just as vicious as she is affectionate. Chase, the father, is the dominant male; thick, and broad chested, always confidently at ease. Dakota, however is the largest and most powerful, but unfortunately the dumbest and was separated from the rest as Chase kicked the crap out of him for mating rights and to become the dominant male.

You can be sure though that I'll hit up my sister for some cigarettes or cash, pull on a joint or the empties on her porch before I feel at peace with the wolves. I can't manipulate them because they have nothing I want that would feed my addictions. All they have to offer is love and acceptance that's unfailing and never changes. Their treatment of me is always the same. No wonder I keep going go back to them and no wonder so many people have pets.

This is the kind of day that I'm trying to pull something good out of. Just prior to withdrawal I can be so focused and clean, as to the path I want to take, upon finally giving up my addiction to drugs. Then I enter withdrawal and the lights go out and I am groping in the darkness of my mind not knowing which end is up. The only thing that is really clear to me at that point is that fix of heroin would turn the lights on again and I would be able to tackle the world again with some optimism- the same strength I would normally have through living a healthy lifestyle with my own brand of spiritual focus.

And once again I repeat the cycle of grief that addiction perpetuates. So I steal a moment to greet the wolves as they jump all over me, licking and nudging me with unconditional love, surpassing all their basic instincts and accepting me as one of their own, not conveying for a moment that I'm a junkie.

In closing I'd like to say this: my addictions have taken me to many dark places both in my mind and my life, but nobody says I can't take in the beauty of life whether be through God's creatures or another glorious sunset, or the artistic visions people create. Today I allow myself to bask in every ray of light that I can access, and then the darkness lessens and my addiction loses some of it's power.

I don't think my drug use has lessened so much as my appreciation for life's positive moments have increased.

Give yourself a break and allow yourself to experience a beautiful moment. You deserve it and nobody can stop you.

Domestic Junkie



HO'S & HYPES



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



do know that sometimes I was broke, but a whole lot of times I was flush. Granted, I didn't work for anyone most of the time, so I got to keep all my money. I got pretty used to having \$20, \$50 bills in my pocket, on my table, in my dresser, in my freezer.... Now that I'm getting paid a wage and collect my cheques every 2 weeks, I have to eke my money out. None of this "spend it all now because I can always make more tomorrow" stuff. Sometimes I really miss having loose bills kicking around. I also miss being able to see something I like and going out and making the money for it, walking into the store an hour later, and buying it.

☆ **Being a fox every day** and not just the days that I decide to gussy myself up. I went through a period of about 2



years when I really missed the attention. I missed the heads turning, the cars honking, the dates I got on my way to meet someone for coffee... I guess I missed the attention. I now realize that it was about feeling 'not good enough' and needing that attention to make me feel worthwhile. I still like to make heads turn, but I don't really care enough to try.

☆☆ **Shock treatment** (no, not electro-shock therapy), I miss having someone ask me what I do and being able to say "I'm a hooker, what do you do?" and then seeing their faces go kind of grey while they tried to figure out what to say. I got a little bit of pleasure about that. To be honest, I didn't tell anyone what I did for a living for many, many years, but I tell ya, when I started to be open about it, I kinda had some fun with it. How could I not???

☆ **I miss the clothes.** I miss wearing little teeny-weeny latex things. I miss wearing gynormously tall high heels. I was about 6'5" in my favourite pair. Of course, when I was dressed in big shoes I was mistaken for a trannie and got death threats from some red-necked goomba a couple of times, but I think it was worth it. I still have a pair of big shoes around. I just don't have the opportunity to wear really good funky hooker clothes any more. They seem kind of out of place at board meetings. I miss that. Also, I am substantially larger than I was when I was working. So most of those clothes don't come in my size and I don't think that they would look that great on me anyway. Besides, I like the way I dress now too. I think it suits my how my personality is now.

☆ **I miss how I never felt the need to think about tomorrow.** I had few thoughts of the future and no commitments to anyone or anything. Now I spend most of my energy planning and working towards goals. I have commitments to many people and a lot of responsibilities. I really enjoy other types of freedom that I have now, but I do miss having no responsibilities, commitments...

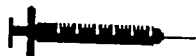
Anyway, that's all for this 'Zine. Please jot down and note and let me know what you think of what I write. The last column and this one are sort of personal instead of the political rant that is usually my style. I guess I feel kind of funny putting out personal stuff and not knowing where it goes or whether it's appreciated, or whether it's hated, or makes people roll their eyes..... Just write a little note... please.....please??

I have spent the last couple of months really thinking about what my experience in the sex trade was like for me. I am trying to think of it in a fairly objective manner, thinking about the good and the not so good.

My last article, I talked about what I would have had happen differently or what I would have kept the same. This time I think I'll talk about what I miss, what I'm glad for, that kind of thing. Very little is all bad, very little is all good. When I squared up, I was really focussed on what I hated, what was fucked up, what kind of damage was done. Then, as I got further and further away from the experience, I started thinking "Hey, hold on a minute. I didn't get into the trade and stay there for 11 years because it was so fucked up; I got into it and stayed there because I got something out of it. Not only that, but some of it was damn fun!!" I think it's important to acknowledge what's good as well as what was bad.

What I sometimes miss, or used to miss:

☆ **MONEY!!!!** Goodness yes! I wasn't in the damn trade for my health now was I? I don't know how much I made over the years, but I



Health Warning

Vaccine Woes

By Joan King-Diemecke

Taken from the hepc.bull. BC's hepatitis C News Bulletin

I had been hearing some talk on the various Hep C internet lists about people not responding to Hep A and B vaccines, which we know are vital for us. (You do know you are supposed to get vaccinated, right?). So I decided to ask my doctor if he could check to see if my vaccines "took." He said taht he could most definately check, and did so. To our surprise and horror, I found out that in spite of taking the whole series of both vaccines, I was not immune to either. Was this due to my being on interferon at the time of my vaccination, or to the fact that I have Hepatitis C? Thus began my investigation.

I posted to the HepCAN list, asking for any information people had, and received some interesting comments. One person mentioned (thanks, Ken) that when he was vaccinated at work, two of his co-workers did not "convert". (I don't know if they had Hep C) I came across one article which spoke of giving interferon to improve the response to the vaccine (*Infect Med 16(3):205 - 210, 1999*). I also received news from Leslie reminding me that there was an article out by a doctor at Walter Reed which says that those on interferon treatment should not be vaccinated because the vaccine won't take, and I did see a couple of medical articles that spoke about people with Hepatitis C often not responding to the vaccines.

Someone from Schering Canada was kind enough to get back to me by phone about my questions. He explained to me that the vaccines are not supposed to be taken with immuno-suppressants, but that interferon is not an immuno-suppressant. It is an immune system modifier. He also told me that they simply do not know what the combined effects of the vaccines and interferon are. So I guess we have to tell them.

Natalie Rock, from Dr. Anderson's office, got back to me, and said they have had several people who have been on the trials who have had their Hep A and/or B vaccines, and have been tested and the vaccines haven't 'taken', like me. What they are doing is having the patients continue with the interferon, if they are on it, have one booster (of each, if both are needed), and get tested again in 3 months. If the patient is still showing no immunity, then they have them get revaccinated with the whole series, but with a different brand of vaccine. She also says that no one really knows, which is what the Schering rep. told me, too. The moral: Get tested to see if the vaccine took. And if you haven't been vaccinated, please do so. Good luck.

From the Helix Site, Marnie L. Peterson, PharmD:

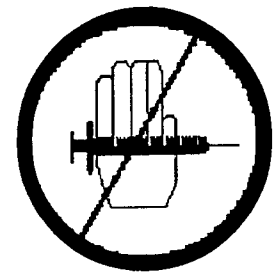
About the Hepatitis vaccine: Persons receiving immunosuppressive therapy or having other immunodeficiencies may have diminished antibody response to active immunization. These persons may require additional doses of vaccine or may be deferred from vaccination and may require passive immunization with IG.

"....interferon treatment should not preclude Hepatitis B vaccination. Postvaccination testing, however, should be done 1-2 months after the last

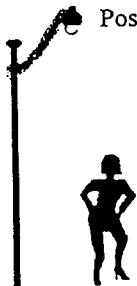
Bleach. Does It Work?

Although you hear about bleaching your needles to protect you from HIV and Hep C, everyone should know that **the jury is out** about the Hep C. It isn't known whether Bleaching a rig, even if done properly, will keep you safe from Hep C.

This is why we advocate the use of **new needles only and not sharing**. Some of the literature lying around says that if you bleach a needle, it will kill both the HIV virus and Hep C, however, because this is not known, **you can't count on it.**



DON'T SHARE



HO'S & HYPES



THE MISERY OF

By Minneh Kamau

It is 3:23 PM, Wednesday the 9, June 1999. I am considering putting up a poster and walking downtown, maybe even camp outside of Immigration Canada. You see, since I am HIV+ and I have a mental disorder (I realize it is a club and members are welcome ha ha ha), I am automatically on disability level II. However, all I get is \$546 because I am a refugee claimant and not a refugee or a permanent resident or a landed immigrant or even a citizen of Canada. Too many names for one person - My name is Minneh Kamau and I am a human being just like everyone else and should be given the same amount of money as every other disabled person in BC. Ever heard of disability II at \$546? You probably have not heard my story yet.

I do not do much these days. I am getting old and grumpy as my boyfriend Robert would put it. I used to teach high school when I was 19. I did not need to have a University degree to teach. Experience is what one needs to teach. There are a lot of people out there that are teachers and it is time to come out and tell the stories and then one is free. All I do now is teach. I teach what I have learnt. You never know anything until nothing is all you have. You never know God until God is all you have.

After teaching school as a late teen, I got a job in the big city as an office clerk. The city of Nairobi in Kenya. By now I had blossomed into a very beautiful being. Beautiful and innocent. This was in 1989. By 1990, I had started college, had a baby and been kicked out of college for being pregnant of course. I was a nice student born of Christians and had (still have) five brothers and one sister. I got myself back to college, fed my child and her babysitter, ran away from home - not without my daughter. How did I get along? I Minneh Kamau was a prostitute. I know it all - the abuse, the joy of the money, the downfall by HIV and the raising up - the misery of a rising woman. That is how I contracted HIV - sex trade in 1992. The same year, I finished college and worked as a receptionist for six months in a printing firm after teaching basic shorthand and typing skills in the college that I graduated from for one term. In July 1993, I was accepted as a departmental secretary in the University of Nairobi, department of Human Pathology. I stopped all prostitution and started teaching women about liberation, about their sexuality, about HIV and AIDS. I knew just about the same time that I straightened out that I have HIV. I call it a gift in disguise.

By 1995, I had suffered boils (abscesses), pneumonia, TB, repeated yeast infection and fungal infection. I was dying and nobody knew. It is not until last Christmas that I told my entire family. They want you to know that they love me. In 1996, the gift of HIV started to unfold. My work in the field of AIDS had born fruit. I was called to present a paper in the big conference that was in Vancouver. At the same time, I needed to quit my job and run away from the government of Kenya. You see, I had attacked the men. I preached against older richer men, the all-powerful (puff), for having sex with younger unstable women. That is how I got HIV and will not allow it to happen to other women. Money is not all. It does not matter whether one prostitutes to feed a child in a country that has no welfare services or to do drugs - HIV does not know. It could get anybody - it got me for sure.

Anyway, my paper at the conference was representing single mothers that are office secretaries.



A RISING WOMAN

I presented that and then decided to stay in Canada after I heard about the hope of new medication. I phoned Connie who lives in Shawnigan Lake - I dated her nephew in Kenya. Connie took me into her home for two months. I then moved downtown and met a family from Kenya who stayed with me while I cleaned houses; I dare not prostitute again. In 1997, I got a phone call one July night and was told my only child Jacinta (Jessy) had died. She reacted to penicillin. If she had been taken by the government I would tell them I am all cleaned up; could I have my child back, but you see, she has gone where I cannot see her but I know she is here. She loves the colour purple - the colour of faith, the colour for Kings and Queens.

I kept doing my housecleaning and one night there were two people at my door. The RCMP and Russell McNeil of Immigration Canada. I almost shit my pants. I had been caught breaking the law. Cleaning houses without a permit. Had lost passport (went dancing at Sweetwaters and got too drunk on tequilas) - bad stuff. The other reason for having cops at my door, HIV + woman. I was put in jail. The officers said I would enjoy it because the jail is all-new. Like I wanted to know. I would have smashed their heads together right there and then. I wish I had. Next day I was released and given thirty days to leave the country. I thought to hide and then I said no, let's take the bull by its horns. I was picked up February last year and taken to Vancouver for deportation. Yea, being sent out of Canada. Scary pile. See, they picked me up on Friday night to be deported Monday morning 8:00 am. No chance to call a lawyer who was provided for by legal aid - God bless Canada.

On the doom Monday morning, not that I knew it was my deportation day - they do not tell you anything in case you kill yourself or something. After breakfast, I was told it was time to go. Handcuffs on, and off we went into the truck, through the airport route, off the truck and into an office, then to a cell. They have cells in the airports for bad guys like me. God, it was awful. A lady came up to me - like an angel she said, "What have you done?" I told her as quickly as I could that I am HIV +, worked with no permit, and had lost my passport - didn't tell her that I lost it drunk. She phoned up my lawyer Peter Golden. He is another angel. He is golden, too. He was in his office, good man doing his job looking for me - his client. 8:30 am, Monday. He reversed the process and that is how I am a refugee claimant getting \$546 a month. That my friends is what I call God's intervention.

When I came back, I came back big time. I started talking and I still talk. The more I talked, the more help I got. I started medication in November 5, '98 thanks to God, Peter Golden, Swift Street clinic, needle exchange. Lots of people love me. Ironically, after I got into trouble with immigration, I was able to access human resources. After being honest, I won the game. All fear was gone. I have been on welfare since March last year earning 500\$ a month. I got an increment of 46\$ after I qualified for disability II. All I am asking for now is a little raise on my income. I am the one talking to people on the streets, I am the one teaching in your schools and colleges about HIV/AIDS, I am the one needing a buspass to get to doctors appointments and to get to church. Thanks S.O.S. for giving me sanitary pads for two months in a row now and Upper Room for food and Mustard Seed too. Human Resources, am I asking for too much? Could you and immigration bend the rules a bit for yet one more productive human being? Oops, gotta go, it is 4:09 PM.



PAGE POETS PAGE POETS PAGE

Just find

my dick
and blow it
I'm dead
and tho'
I know it
My face could
hardly sho' it
'cause of the things
I do.

Tho' my way'll get
only quicker
I just mix my dope
much thicker
After I quaff
cheap liquor
These datings I do.

It can only make me
dumber, but
There's little that I fear
Dumping PCP in beer
Drain an abscess
in my rear,
Tell skinheads
I'm a queer
I'm a scumfuck
without peer.

And tho' you'll think
me loony
I'm gonna die
by Muni
So shut yer
Andy Rooney
Deeza datings I'll do.

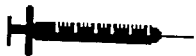
- Falix

it is not i you are waiting for
i am only a reflection,
in a halo of blind infatuation,
come touch,
come touch,
experience
the past in my life
you desire to unfold
if it exists
among my tangled imagination
your kind words fall into empty
silence,
mercury in the palm of my hands
escaping soundlessly from my
grasp
while tears flow freely for you,
to touch
to experience
you.
- willie blake

- Billy-Jake
I'll say Hello,
and I see you
When I lift my head
Sun Rays are Yellow
Skys are Blue
Roses are Red

There's a land that's water is still and
calm,
Where yellow people carry on,
The jungle mountains all around,
Is where the flower can be found,
Red and purple, pink and white,
Rememberance day it's quite a sight,
The symbols of war that know are gone,
We share food with beer and song,
March the streets all holding hands,
And thank the lord for our free land,
But underneath this happy day,
You might hear me say,
My blood shot eyes,
My itchy face, a lowered voice, a life of
waste,
With wounded arms I stab the pain,
That robs my teeth and dreams can't say,
From all this hell that's still and calm,
A fine white powder is to blame,
It's lethal hold, it's well known name,
It comes from a place that's still and calm,
Where yellow people carry on,
The jungle mountains all around, is where
the flower can be found,
Red and purple, pink and white,
And it's such a deadly sight
This place that takes my heart and soul,
This place from which the poppies grow.

Anonymous



PAGE POETS PAGE POETS PAGE

THE ADDICTION

I believe that the worst part about the addiction isn't the drug, or needle or whatever method of applying pleasure; It isn't the amount, or how high or how low I don't even think that the damage done to body is the real issue.

It's how we feel about the addiction. What hurts us most is the belief that what we are doing is wrong. Stop feeling bad about what you do, whatever you do. Whatever you're doing is what you are doing, so just be happy. Try feeling good about the things you might normally feel bad about. Enjoy every moment, every second, every breath. Be comfortable in your universe. You are love.

Tobias Raven

P.S. I LOVE YOU

Juxtaposition not approved
Data not worth debris
Same thing yesterday as today
Cancellation for tommorrow
Ceiling wax beats tin foil
On my Homeworld
The 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

This world is no fuckin' good.
You've got to pretend
You don't give a damn
And swing along
With those who really don't
Or you go under.

- Nah-Wah-Koo-Wush

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.



If I could trade
the times I've loved
& kept it to myself
For the times I've said
"I love you..."
The score would
probably be...
"One to One"

- Debi

Here's a lonely man
Who'll pace a million steps
In his painted blue cell,
Gathering precious thoughts
Of his woman
And for the family he left behind,
Each day is no special day
Christmas and New's Year's will
wander
By me without knowing,
And there will be no happy spirit
In the heart of this lonely man
After all, it's just another day
In this place.

- Colin Ash



YAY FOR YOU!!

We want you to know that last year we had an exchange rate of 109%. That means that for every 100 points we gave you, you brought back 109! Congratulations! There is a lot of complaining from the straight folks in this city about finding needles around town. HAH! They're coming back. The more that come back, the less people find and freak out about it.

GOOD JOB IV DRUG USERS OF VICTORIA!!

Sometimes you might come in with no rigs or only one or two and want many back. This is fine if you have extra on account with us.

Unfortunately, if you don't have extra in your account, we can only give you one or two. If your debt gets too great (more than -10), then we can only give you one until you bring more in.

We would love to be able to give you as many as you need. Really we would. We know that it's awful to have to re-use rigs, however we need to let you know that as an exchange we are under the mandate (that means we have to) of one-for-one exchange. If we don't get 100% of the rigs we give out back, then we have to answer to the people who fund us. If we don't get funding, then we don't have a needle exchange and then no-one gets any.

We aren't just being mean! We have to stick to 1:1 (one-for-one) exchanges.

Some interesting facts about SOS needles exchange program:
SOS is the oldest needle exchange in Canada - now operating 10 years
We have registered 4321 users since April '94
Last year we exchanged 333,000 rigs
Each month we register 40-70 new clients

Running low on rigs? If you are finding that you don't have enough rigs in your account, or you are working in negative numbers, here are some tips on how to get those numbers up so that you have enough to get you through:

Make sure that if someone else is bringing them in, that you give them a note with your code on it saying that they can do an exchange on your account and you can pay off debts or put some on account so that you have some in case of emergencies.

We try to get out as much as we can to pick up needles around town. Usually a volunteer and staff do it. If you volunteer to help us clean up, then anything that you find can be put on your account and you help stop the straight folk from screaming bloody murder.

If you're using in a place with other people and everybody's needles get taken in at the same time, get a biohazard sharps container to take home then put *yours* in *your* container. That way, your needles get into your account and you won't run out.

Every time you bring in more than 8 (or 10, or 15...) needles, put one or two down on credit. Before you know it, you'll have hundreds!!

The least favourite option for some is to buy them. We have a pamphlet that has the names & prices of pharmacies that said that they would sell rigs without a prescription. It isn't 100%, but it can help. Remember, before needle exchanges, that's how we did it!



Letters to the Editor

Dear Megan or Josh,

received your newsletter and was reading "Tips from the pro's. My question is do you do any intervention or prevention, when someone is new and young and is just starting out in the sex trade? If no, why not? Are you advocating for new sex trade workers? The quote that disturbs me is "So I asked Megan if she thought it would be useful to people who were just starting out."????

Signed Jane Doe

Dear Ms. Doe, (if that really is your name)

What I get from your letter is :

- (a) The assumption that everyone starting out in the trade is young.
- (b) That people new to the trade shouldn't have safety information.
- (c) That the only way to work with someone who is new is to intervene or prevent.
- (d) That if you're not doing intervention or prevention then you're advocating for them entering the trade.

have two jobs. My weekday job is with PEERS (Prostitutes' Empowerment, Education & Resource Society). My weekend job is here at SOS (Street Outreach Services). I also spent 11 years in the sex trade in Vancouver. At PEERS I work with anyone who is or has been in the sex trade. At SOS I work with sex trade workers and IV drug users. I know from experience that not everyone in the trade is young. Quite a few people don't start working until they are older (25 - 37+). So the assumption that anyone starting out is young is not necessarily correct.

I believe very strongly that anyone who is starting out in the trade has the right to safety and health information. Whether I personally want them there or not. Working in the trade can be very dangerous. We all know this. I believe that it is irresponsible and inhuman to withhold this information from anyone. The more information that we have, the safer that we are. We get hurt too often already and quite frankly, I'm sick of it. I can't change what the violent losers out there

do, but I can help spread info that could keep someone alive tonight.

I do not intervene, nor do I prevent. I know, I know, everyone is going to gasp and shake their heads, however, I will not take someone's choice away. Often people get into the trade in the first place because of lack of choices. Why would I take more choice away from them? I am happy to look at options and assist someone in making the choice that they feel is right for them. I do not encourage minors to enter the trade as I believe that the sex trade is not a job for youth, as I don't believe that being a police officer, race car driver or many other things are good jobs for kids. I believe that to *only* intervene is to take away personal power from someone who may not have much power to begin with. As far as prevention work is concerned, I also don't prevent. I work with people already in the trade. You can't prevent what has already happened. Also, when I am working with an adult, it is not my job to tell anyone what to do. When I am working with youth, I am happy to educate them as to what the life was like for me as I was an exploited youth who then went on to continue sex trade work when I got older. I am happy to work with them in finding solutions for their problems. Kids who get into the sex trade, by the time I see them, do not particularly want to be there.

As for the last assumption, I do not believe that if you're not actively intervening or preventing, then you are advocating. I actually have some problems with that whole way of looking at things. There are people in town who do prevention and interventions. They do it well. I do not. I am not good at it, I have little to offer. I do what I do best and leave other stuff to people with more skills than I have. To do otherwise would be arrogant.

I hope this has answered your question Ms. Doe

Megan

If you have any comments or criticisms, write us. We will try to respond to all of them. Your opinion is important and we will make room for your letters.

Remember to write to "Dear Kate" with questions about harm reduction, drug use or your love life....



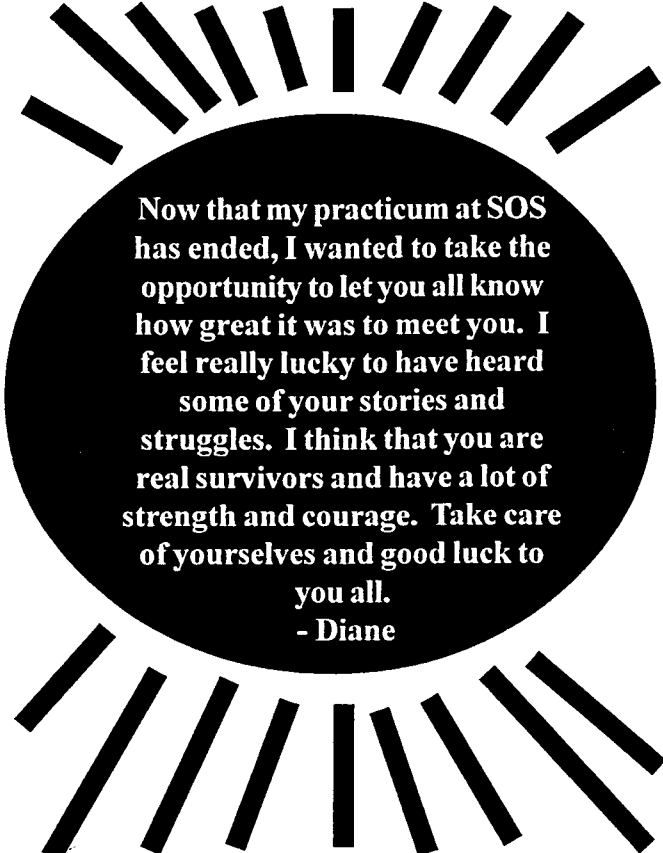
HO'S & HYPES



15

UNITY IS RECOVERY

Anyone interested in attending a non-12 step oriented substance users meeting called **Unity Is Recovery** get in touch with Marty at the exchange Tuesday, Thursday, and Sunday evenings at 7pm or most weekdays at 3.30 p.m. If I'm not here leave a message with one of the gang. **Unity Is Recovery** is a methadone, pot, alcohol and user friendly group that will be starting at S.O.S. once a week this summer. It will be for anyone interested in discussing past and present drug use in a non-judging, totally relaxed atmosphere of active and non-active dope fiends.



Now that my practicum at SOS has ended, I wanted to take the opportunity to let you all know how great it was to meet you. I feel really lucky to have heard some of your stories and struggles. I think that you are real survivors and have a lot of strength and courage. Take care of yourselves and good luck to you all.
- Diane

Connection to Freedom

The program "Connection to Freedom" is a group of people that meet at SOS on Monday nights from 7-9 pm. 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.

A second group is held on Thursday nights 7-9pm at the Mustard Seed. Everyone is welcome to attend.

Thank you to the following for their donations: Mustard Seed Food Bank, Jane of Emmanuel Baptist Church, the Salvation Army and Gareth and Ann Evans. Thanks to the staff of SOS for providing the space and the warm welcome always extended to us.

Steve Bradley, Facilitator
Box C-4 1720 Douglas St.
Victoria, V8W 2G7
370-9341



SUBSCRIPTION INFORMATION

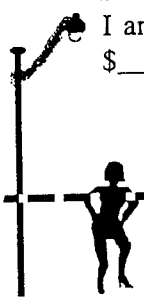
Dear Loyal Reader:

AIDS Vancouver Island's Street Outreach Services has been happy to work with you to provide, our much loved clients, '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. 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. Prices are as follows:

		Scale:	Per Copy:	Per year:	Gift subscrip.
Name:		Non-profit	\$2.75	\$10.50	\$10.25
Address:		Business	\$3.75	\$14.50	\$14.25
City:		Employed	\$2.50	\$9.25	\$9.00
Province:	P.c.	Unemployed	\$2.00	\$8.00	\$7.75
Yes I want to support Ho's & Hype's and subscribe for one year <input type="checkbox"/>		Client of S.O.S.	\$0.00	\$0.00	\$0.00
I am ordering ___ copies at \$___ for a total of \$___					

Please send a gift subscription to my friend!		Please send cheque or money order to:	
Name:		Street Outreach Services	
Address:		c/o AIDS Vancouver Island	
City:	Province:	304-733 Johnson Street	
	P.c.: _____	Victoria, BC	
I am buying ___ gift subscriptions at \$___ for a total of \$___		Canada, V8W 3C7	
Please send us the address of extra subscriptions along with the appropriate money order. REMEMBER: NEVER SEND CASH IN THE MAIL.		Phone: (250) 384-1345 Fax: (250) 380-9411	



HO'S & HYPES



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.

Every case is different, so the best thing to do is talk with the acupuncturist

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

and design a treatment plan that is right for you.

The needles used in acupuncture are very thin.

Usually they don't hurt much apart from a twinge as the needles first go

in. If it hurts a lot, tell the acupuncturist - they can change the position or take it out.

The World Health Organization recognizes acupuncture as treatment for

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

Hepatitis
insomnia
detoxing
all kinds of pain
immune boosting
low energy and fatigue
depression
and many other problems.

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

WHAT THE STREET NURSES CAN DO FOR YOU!

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

Hepatitis A, B and C, and get vaccines that will protect you from Hep A & B.

- 4. Vaccines.** Vaccine for Hep A & B, influenza, and tetanus/diphtheria booster. Avoid getting lockjaw from a minor cut by getting your tetanus booster every 10 years.
- 5. Free pregnancy testing.** The nurses will give you a pregnancy test and can refer you to a tailored service to help you manage if you are pregnant.

Schedule for Street Nurses:

Tuesday	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
	9:30 - 10:30 pm	Stroll
Wednesday	4:00 - 4:30 pm	Inner City Youth Works
	4:30 - 6:00 pm	Alliance Club
	5:30 - 6:30 pm	YM/YWCA van
	7:00 - 9:30 pm	AVI's Street Outreach Services
Thursday	2:00 - 4:00 pm	Open Door
	4:00 - 6:00 pm	Alliance Club
	5:30 - 6:30 pm	YM/YWCA van
	7:00 - 9:30 pm	AVI's Street Outreach Services
	9:30 - 10:30 pm	Stroll

- 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.



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, *Ru Home* 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



19

Good numbers to know (cont.)

DRUG & ALCOHOL STUFF

Alano Club 383-9151 1402 Broad St.
Alcohol/drug-free environment; food, lounge, games room, 12-step meetings.
Membership is \$6/month. Open Mon-Fri 8 am-11 pm, Sat 8 am-1 pm.

Alcohol & Drug Services 387-5077 #228-1250 Quadra St.
Drug & alcohol counselling, info & referrals to treatment programs.

A.V.I. Street Outreach Services (SOS) 384-1345 1220 Commerical Alley
Needle exchange, info on AIDS/Hepatitis prevention and safer drug use, free condoms. Open 3:30-6:00 pm Mon-Sat, and 7-11 pm every day.

Dallas Society 727-3544 #304-1095 McKenzie St.
Drug & alcohol counselling for people in Saanich and Sidney. Youth substance
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.

