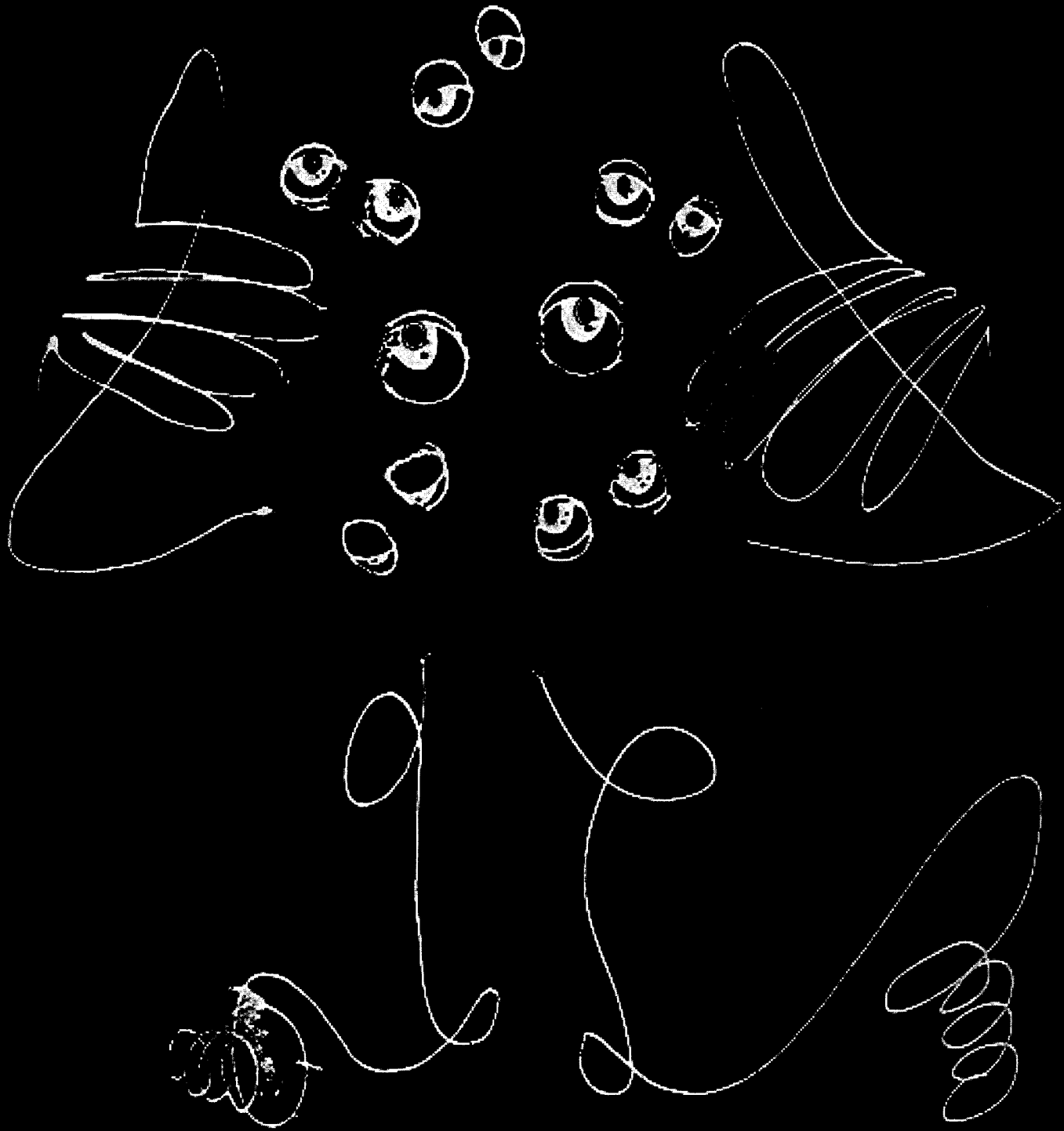


# HIO'S & HYPPIES



**Vol. 2, No. 2**

**April 1999**

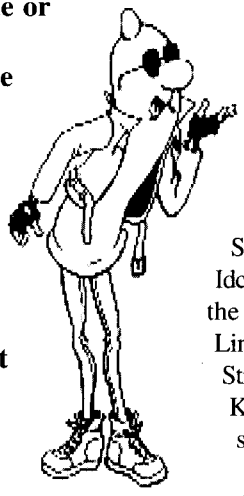
# WELCOME TO HO'S & HYPES !

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 6th 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 amongst 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 #5

**Contributing writers:** anu, Dean, Debi, Dr. Mic, Jess, Junior, Marty P., Mel Wilding, Patti, SPDM, The "Infamous" Mark Idczak, Willie Blake, Lillian Thiemann, the Community AIDS Treatment Info Line, Parkdale FUN Group, Louise the Street Nurse, Garth, Big D., Hermione, Kate, Joshua, Megan, Sonia, & some anonymous friends.

*Ho's & Hypes* was produced and edited by Josh, with much assistance from all the SOS crew.

**Contributing artists:** Colin Ash (p. 3), D.W. St. Germain (p. 4), Josh (p. 6 & 13), Megan (p. 5 & 8), and anonymous friends; cover picture by Brian Chilibeck (come check out his beautiful art on our walls, and the art group he runs on Wednesdays 7-9 pm!)

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



## S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-6:00	open as usual, 3:30 - 6:00 pm						closed
6:00-7:00	closed						
7:00-11:00	open from 7 - 11 pm every night						
	<i>Connection to Freedom</i> 7:00-9:00	<i>CHR nurses</i> 7:00-9:30  <i>Acupuncture</i> 7:00-9:00  <i>Chiropractor</i> 7:00-9:00	<i>CHR nurses</i> 7:00-9:30  <i>Drop-in art</i> 7:00-9:00	<i>CHR nurses</i> 7:00-9:30  <i>Acupuncture</i> 7:00-9:00	<i>just the usual smiley crew</i>		<i>Acu-puncture</i> 7:00-9:00



Howdy Folks,

How's life at the ranch? Did everyone get their horses sent to them without any problems? I couldn't help but get a little chuckle when I heard about the horse at Ferndale incident. [ed. note: Colin Thatcher, an ex-politician who is in the pokey for killing his wife, requested that his horse be sent to him in prison.] Actually, I think it's quite hilarious. No wonder the federal joints are getting a bad name. The public starts hearing all this shit and screams about how their tax dollars are being wasted. I wonder if they ever stop to realize it's their own elected officials that are the only ones that would ever be allowed to get away with this bullshit.

You have to wonder about their line of thinking – "you can't consider the man a criminal, it's not like he did the odd line here and there, all he did was have his wife killed. If anyone doing time in the federal system should be allowed to have a horse then surely he is the man. We can't be letting any of these dope smokers have any special privileges like having visits from their loved ones on the weekends. I mean we have to judge each case differently. The guys doing time for drugs should be cut off for suspicion. After all, they can see their wives in a couple of years when they get out. Now Mr. Thatcher, that's different, he has no wife anymore. Give him whatever he wants. Let his horse in to visit. Christ, he's a politician. He's one of us." I rest my case.

I must apologize to several guys in there that I forgot to mention in my last article. Gordy, Gilles, Corey, Dino and so many others. I hate to say I forgot, but there's so many guys going in and out on suspensions/violations, it's hard to keep track of who's where when you don't live there any more.

As I mentioned in my last article, I was away taking a course. I still am. Unfortunately the place I was taking my substance abuse course at was totally against S.O.S. and the work they do, and that really put us at odds because I support these guys 100%. At the place I was at, they feel needle exchanges promote drug use and didn't want me using their facilities to do my work. This is what I believe in and I refuse to give up my rights for the sake of making someone else happy. So I'm no longer at that place. Anyways I asked Kate to send me some information in the mail to back up what I state, and somehow it never got to me, so I don't have the statistics I needed to write what I said I'd write about last time. Hopefully next time.

I think it would be nice if I took a little bit of time and introduced the S.O.S. gang to you. Kate is my Street Outreach Worker as are Josh, Megan, Chris, Lisa, Echo, Hermione, and Sonia. Josh is also the editor of *Ho's & Hypes*. Megan, who started *Ho's & Hypes* and got me started on this column, is the Executive Director of PEERS, the Prostitutes' Empowerment, Education and Resource Society. Louise is the street nurse and

Claire is the boss – the lady with the whip who used to use it regularly until she found out everyone was intentionally being bad so they could get a bit of pleasure on the side. Together they are somewhat responsible for me being straight today.

I'll be back in Victoria to take a 4-week course in May and I'll talk to the S.O.S. guys and see if I can arrange for you guys to phone out directly to the Exchange without going through that millenium collect bullshit. After all they're a well respected government agency. Having me involved with this column could be an obstacle but I do have 6 months of clean, voluntary monitored urinalysis to back me up.

Actually I've only had 1 dirty test since I've been out. I kind of surprised myself. Even quit smoking pot. I have not been this clean since I was 13. And yeah I am a bit proud of myself. Josh & Megan are going to start teaching me desktop publishing and I'm planning on going back to school, and I'm going to ask Kate & Josh if they'll help me put together a more professional kind of trip.

The problem is funding. I think if the feds upped for the cost of a computer, an office and a phone we could get a street outreach thing going for guys in the joint. I'd volunteer my services to get experience and it could possibly get a guy out on work release. There's nothing for guys when they get out in Victoria. I think it would be really cool if we had a social club for guys from the joint. Just a place to pop down for a coffee or whatever

where you don't have to worry about being on your best behavior or impressing anyone.

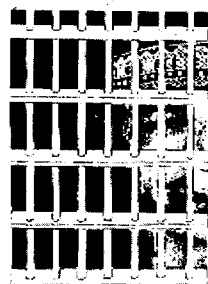
So how does everyone feel about our beloved premier? Thanks to CTV being right there on top of things he didn't have time to plan his alibi. I notice he's hired David Gibbons as his lawyer. He's protesting the time of night the bust happened, 7:00 PM (the dead of night). My how they must have been terrorized. It seems to me I saw them knock and politely introduce themselves as RCMP. I think it would have been nice if they'd kicked his door down, held guns to their heads, and gave them a taste of how you and I would've been dealt with. Would the taxpayers have paid for us to hire the best criminal lawyer in BC to protest? I don't think so.

I think when we ask his lawyer who is footing the bill, we deserve more than "none of your business", and when he's asked what's going on we should get more than "no comment". I mean, this guy is our elected official. Don't we as taxpayers deserve to know what is going on in our province? Even after Dave Stupich was busted for fraud in the Nanaimo Bingo Scandal, he bragged how he was going to manipulate the courts to stall his charges for years, which it seems he's doing.

How come people who are awaiting surgery and going to hospitals with medical ailments are being sent home? If they say there is no room, why did they close the Shaughnessy hospital

## INSIDE / OUTSIDE

A regular editorial of Ho's & Hypes  
by Marty P.

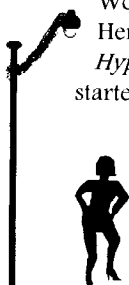


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HO'S & HYPES



3



down? If they say there's no money, maybe they should cut back on their expense accounts a bit. Did you know the amount of money these people pay themselves on top of their salaries, for transportation and food, is more than a single mother on welfare with 2 kids gets for rent, food, and clothing?

And what about the Fast Ferries? How can anyone make a \$200,000,000 error? How can Glen Clark say he didn't realize they were that much out? How could they start the project without plans? Yes, there were no plans. Here's wood, steel, tools, half a billion dollars. Go crazy guys. We have no plans, we'll see you when the job is done.

No, I don't think resigning is the answer. He should be fired, arrested, and jailed for swindling us and everyone else in this province that supported him. He's laughing at us and the whole party is laughing at and manipulating our justice system. Let's oust the bastards.

And what about our Supreme Court Judge in Quebec? Now there's a doozy for you. Convicted and sentenced to 3 years in jail on drug charges and money laundering, and still collecting a salary of \$180,000 a year. Now the reason, they say, is that he was a lawyer when he committed the charges. Although he has appealed on the grounds that it wouldn't be fair to put him in jail with common criminals, why should he be treated any different? He is a common criminal. They say his life would be in jeopardy - does that mean he should be exempt from the law? I have to ask you guys:

Is anyone in there still receiving their salaries they were making before they got busted? I don't think so. I know for sure that when I drove a cab and got sentenced to 9 months on some drug charge my boss would have laughed if I expected to be paid. Don't the taxpayers pay judges' salaries?

It seems to me something fishy is going on in Quebec too. I wonder if someone responsible for his salary wants him to keep getting paid for a reason. I wonder if they have something to hide. Something smells and we the citizens in this country better wake up and smell the coffee. We need a change in parliament. Let's get these crooks out and get in people that want to help their fellow man. Let the dope users and victimless crime and non-violent offenders out and overhaul our justice system. The amount of money we are being taxed, we deserve better. Put our tax money into health care, and education. Build treatment centers and recovery homes instead of jails. Let's unite and help each other.

Someone asked me the other day why I do this article - what do I want? Well, for one, it keeps me in touch. You see, this way I can write a whole bunch of people at once. It's for my friends and I enjoy it. If anyone in there has any

beefs, you know gets cut off visits or anything, you can write me and I can fight for you out here in whatever way I can. I won't give up, and I don't want anything for doing it. I like to fight the system and I know guys in the joint are grossly being discriminated against and having their rights violated.

Myself, I'm just an ex-con like so many others who used to take things dry. I can't do that any more. I'm sick with hepatitis and hold the joint responsible for me getting sick. I have written so many government organizations about getting needle exchanges into prisons, without so much as one letter returned. The amount of people in the joints getting sick with hepatitis and HIV with the government's knowledge is nothing less than mass genocide. If I say enough negative things about the joint, I may end up getting someone in administration pissed off enough to do something just for the sake of shutting me up. They deserve to be attacked. We're dying because of them. They don't care. I do. So does SOS. The joint is still in me. Do I miss it? No. Do I miss the guys? Yes. You guys are my true friends. This is why I do my article.

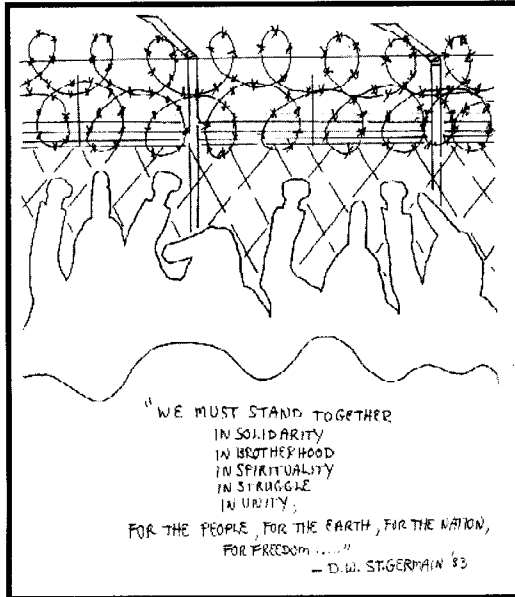
I would like to say before I sign off that just because I have gone straight (dope straight) my opinions haven't changed. I decided enough was enough. I want to know what it's like to wake in the morning and not having to fix. I want to work and go back to school and I can't do that wired. I want to make money and I can't do that wired, as I have found out so many times in the past. I enjoy being straight and I enjoy the people's company I am meeting. The weekend after next I am going snowboarding with a chick at a chalet. That would never have happened had I been wired. (I've never been snowboarding before.)

I'm into computers now, I go swimming. I am also taking courses in substance abuse and working very hard at doing something positive in my life, and none of this would have been possible had I still been wired.

Cleaning up and staying straight has been very hard but I am starting to see its benefits. Before I got busted, I met this chick I fell head over heels for. The drugs clouded my thinking and allowed something so gorgeous to walk out of my life before it really came into it. Not now. Drugs and relationships don't mix and now that she's back I'm holding on.

Because of space limitations I must say goodbye here. I can't say hi to everyone personally. Pat, congratulations on your ETAs and the last copy of *Out of Bounds* is by far your best. A special hi to Mark, Nick, Justin and Kevin, Smack Jack, Tim. All you guys in the joint. Brian + Barb, Kris B, the SOS gang. M + S, B and Michelle. Kerry you have the most beautiful eyes I've ever looked into and I can't wait to hold you in my arms. All you traitors, you know who you are. Take a look at yourselves in the mirror and remember the louder you bark the deeper you sink yourselves. The good have united.

Adios amigos!



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



a face you can trust



Dear Kate

Dear Kate: i've noticed that the exchange is giving out ammonia now? What's up with that? Are you gonna go into the crack pipe business next? - a curious crack piper

Dear Curious:

Yup, SOS has been supplying ammonia to people who are smoking cocaine. The reason is simple—smoking crack gives your veins a break from shooting coke. And SOS is all for keepin' your veins (and the rest of you) healthy.

Changing the way you get high is an excellent way to prevent harm to yourself—so you can choose to shoot dope and use the exchange to get clean rigs, or you can smoke or snort

your drugs, which gives you less bang but also is less risky.

Even if you don't totally switch from shooting to smoking or snorting *all* the time but choose to do it some of the time, you are reducing your risks.

What risks am i talking about? Well, as most of you hypes know, shooting drugs is the best way to spread HIV and hepatitis if you are sharing rigs with someone who has these viruses, either knowingly or accidentally.

Shooting dope also is hard on your veins; it leaves you open for infections, abscesses, scarring. And overdoses are also a possibility.

If you're snorting and sharing straws, you can also spread HIV & Hep because dope is hard on the mucus membranes in your nose, leaving an opening for viruses to get into your

blood stream—there are often small drops of blood on the end of the straw after you've snorted. Snorting is easier to disguise than carrying all the equipment needed to shoot, and is more 'socially acceptable', if you care about that sort of thing.

Smoking your drugs is another option, but it also carries a risk of disease transmission—crack pipes are often hot and can cause your lips to burn, and getting dehydrated from being on a run and not drinking water can cause your lips to crack, both of which cause openings in the lips for viruses to get into your blood stream.

So, yes, SOS gives out ammonia. We also have tinfoil and straws if people are needing this to smoke heroin (chasing the dragon). Plus we have nifty "how to" info for anyone who is considering smoking their dope but doesn't know how.

## A NOTE ON SUDSY & CLEANING RIGS

Artist's rendition of someone smoking relaxing crack



We do not advocate that you use ammonia to clean rigs – it is NOT a substitute for bleach, which can kill HIV *if you clean your rigs properly*. A reminder on how to clean rigs properly: ⇨

If you're injecting, it's best to use a new, sterile syringe every time, rather than cleaning an old rig, for a whole bunch of reasons:

**REMEMBER THE MAGIC NUMBERS!!!**

<p>RINSE <b>2</b> TIMES IN CLEAN, COLD TAP WATER!</p> <p>DRAW THE LIQUIDS THROUGH THE NEEDLE INTO THE SYRINGE, THEN SQUIRT THEM DOWN THE DRAIN!!</p>	<p>THEN RINSE <b>2</b> TIMES FRESH HOUSEHOLD BLEACH!</p> <p>DON'T EVER... DRINK OR INJECT BLEACH!</p>	<p>THEN RINSE <b>2</b> TIMES IN CLEAN, COLD TAP WATER!</p> <p>REMEMBER!! TO CLEAN THE TIP BETWEEN EVERY USE!!</p>
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the jury is still out on whether or not bleaching a rig as shown here kills the Hepatitis C virus

success in killing HIV and Hepatitis viruses, as well as any bacteria in the rig, depends on you doing it right, which may not happen if you're in a hurry or too loaded to do it right

a used rig can have barbs on the point which can lead to infections in your skin (and hurts more than a new rig)

a used rig is more likely to clog than a new one



# I WILL RUN WITH THE HORSES

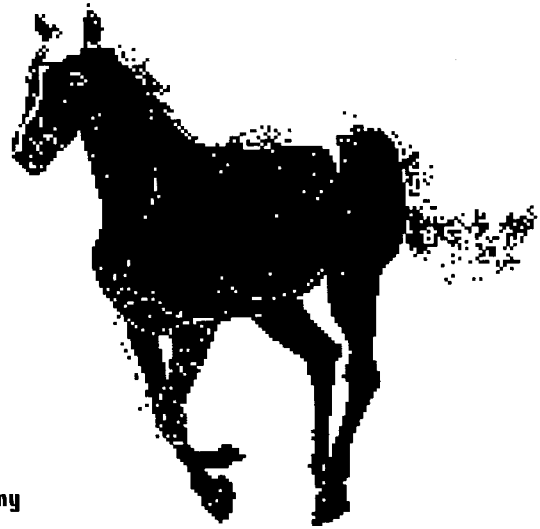
Have you ever really watched a wild horse running free on the plain?

Their mane clean flying in the wind.

Their muscles strong, changing shape as they move in the wind

Their eyes straight ahead looking to the horizon yet to be seen

Their graceful body moving like a well balanced symphony.

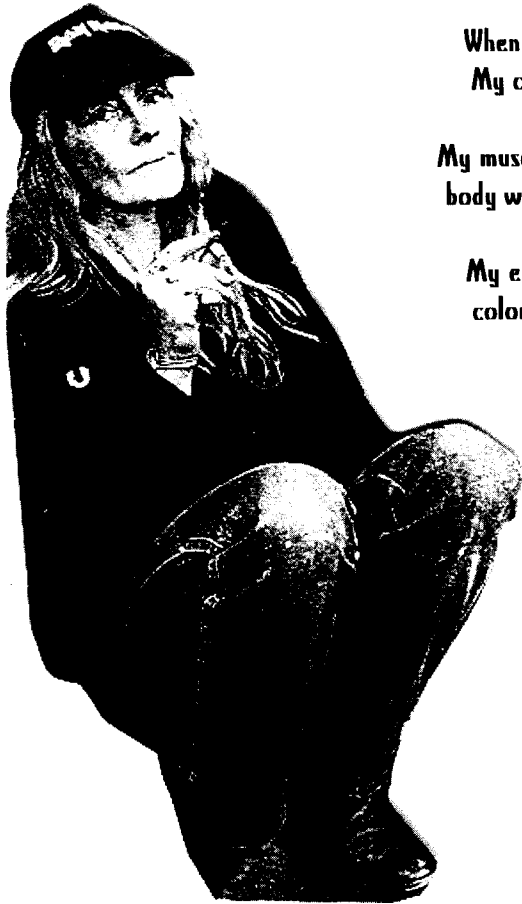


When I die I will run with the horses

My clean, fresh, healthy hair flying  
behind me in the air.

My muscles returned, strong, carrying my  
body with strength and dignity, changing  
in shape as I move.

My eyes crystal clean, brilliant with  
color, straight ahead looking at the  
horizon yet to be seen.



My graceful naked body clean of all impurities

My skin moving in the wind like a piece  
of silk garment crimson white

A virgin once again in thought, mind and soul

I will run with the horses

I will run with great joy

My eyes fixed on the horizon yet to be seen

I will run with great joy to the arms of  
my lover to his embrace yet to be seen.

- Patti Quin

## IN MEMORIAM:

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

~ PATTI ~ RODNEY ~ DOUG ~ RAY ~





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I also didn't understand that the shame I felt about doing it wasn't about me being a shameful person, it was about the garbage society places on you. I didn't know that and I thought I was really worthless.

I also didn't know that I had any value over that of my body, which really fucked up how I thought of myself in relationships and how I related to people. So if I could change something, I would have started with more knowledge.

**ANSWER #2**

I would have had self esteem. Unfortunately, I was one of those kids who got involved because my esteem was slim to nil. Which meant that I let people treat me badly.

**IF I HAD MY LIFE TO LIVE OVER AGAIN...  
I WOULDN'T CHANGE A THING... MAYBE...**

It also meant that I didn't take care of myself very well either. It meant that I made decisions that were based more on how much I didn't like myself instead of what would work best for me. Hmm...can you see how this might have been problematic?

I'm thinkin' that if I had the self esteem that I have today, I might have done things like saved my money, gotten into an inside gig instead of the mean streets of Vancouver, and only worked when I wanted to instead as a way of tuning out and disassociating.

I would have made more friends of the other girls that were out there too, instead of just knowing that they would hate me, so I kept to myself and was very lonely. It was also not very safe because it meant that no one was looking out for me -- except me.

I was suicidal, and thought I was nothing but a pile of shit worthy only of being treated badly. If I had started out a little stronger, I think that I would have had an easier time of it. Maybe not, but I think so. It's never 'easy' anyway.

Having a strong sense of who you are helps because so many situations and assholes will try to strip that away from you. It's hard to fight all the time. So answer #2 would be to start out with a stronger self esteem.

**ANSWER #3**

I would have been this amazing, dynamic, full of piss and vinegar, financially wise, sharp business woman. Instead I was mostly scared and I never saved any money at all. But if I had been a financially competent wizard and not kept saying "oh well, I can spend it all tonight, I'll make more tomorrow", I would be one rich puppy today. 'Specially if I invested it!!

Also, I would have had an easier time squaring up from the biz. I would have been able to do things like pay my rent for a couple of months and just taken it easy, or gone away for a little vacation when the stress of squaring up was on me.

I would have had a little more control over my life for the year or so after cleaning up and maybe I wouldn't have been so miserable.

I also would have more options today; I would be able to open shelters for people, night time baby sitting services, fill up the food bank, set up counselors for free, start a workin' woman's clothes exchange. I would have a little more freedom to do my heart's work.

I think that it is important to have the chance to do what you love to do in the way you love to do it. I love my work, and I wish I had the money available to help people the way I know they need it sometimes.

Boy it would be nice to be able to whisk someone away to a nice cabin in the woods when they're being stalked by a pimp, or when they need a break from the life, ZAP!! Off to Mexico with you!!

Or if you've fallen on hard times ZAP!! Your rent is paid for the next two months while you get back on your feet. Boy would it ever be helpful!!

New baby? Here's a diaper service! Been working every night for the last month? Here, take a night or two off!! I think it would just help. Maybe a lottery...

I have been asked this before. Reporters will look at me with that "I really care, hurry up so I can get this to print" look on their faces and ask "What would you change if you could, about the time you spent as a hooker?"

I always have to think about this one carefully. I have a variety of answers, all different, all equally as true. I never know which one to give them. I guess if my life was different, I wouldn't be Megan...then again, I might be, but better!

**ANSWER #1**

I would know more. I started working when I was 13 and I just didn't know enough. It got me into trouble and I wasn't aware enough to fight off the stupid stigma.

My judgment wasn't good enough then either, so I did a lousy job screening out psychos. I didn't know how much to charge, what to do with my money when I got it, how to fake it, or how to negotiate. I didn't know that I could have some power in what I was doing, so I ended up being powerless, which is a lousy place to be.





I wouldn't change anything at all. It was tough, it was hard, it was downright nightmarish at times. It was also funny sometimes, touching, heartwarming. I learned more than I could have in any school. I am tougher, looser, sexier, funnier, smarter and more flexible than I would have been without that experience.

Hooking taught me valuable lessons. It taught me that I can look after myself. Many people don't know that they can so when something out of the ordinary happens, they freak.

I met an awful lot of different people. I met rich people, poor people, handicapped people, athletes, musicians you name it. And in being with all those different types of people, I think that helped me have compassion for their very different lives. It

helped me to look past what I initially saw. It reminded me that we are all people with problems.

It also taught me that I can do whatever I want to. So many people are stuck in lives that they don't want. They are stuck because they think they 'should' be something, or they don't believe that they can do anything else, or they are worried what someone will say.

I have seen rich, successful businessmen fall from doing too much coke, I have seen sex workers become famous (Roseanne Barr, Whoopi Goldberg, Margo St. James, Traci Lords, Cicciolina). I know people that are very successful by society's standards who don't have half the brain that I or many other people I know have. So I knew I could do it.

Would I change a thing? No, I don't think so.

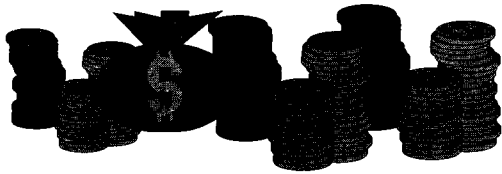


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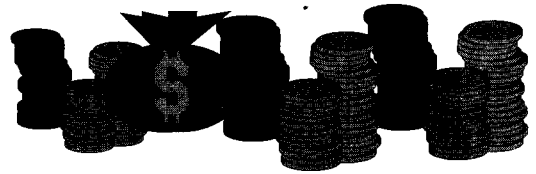
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- Megan Lewis

**Write me!! Write me and tell me what you would or wouldn't change if you could about your life as a sex trade worker and why. Tell me how come you would or wouldn't? Don't forget to add what you've learned and/or liked about hooking. I promise it will be kept anonymous if you so choose. Aren't you people sick of listening only to me in this column yet?! - Megs**



**STAY SAFE!!  
STAY IN BUSINESS!!**



**LIFE AFTER PROSTITUTION**

*from a male perspective*

It's been a year since I left the sex trade business. No one told me to become a prostitute, and I left on my own.

There's many reasons why I left, but I'll give a small handful.

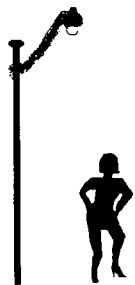
1. Risks (beatings, dates forcing unsafe sex, etc.)
2. Competition between other workers
3. Major age differences
4. Some don't want to pay
5. Got a job

Prostitution to me is a last resort to obtain money, but I didn't look at it in that way. I did it as a recreation, and I don't put others down who work in the sex trade.

I've worked as a prostitute from 1991 until 1998. No-one in my family knows that I prostituted, and it will remain that way. My youngest sister did it, and the entire family knew.

Today I feel proud. There's services in town that are available to help you if you want to pull away from the sex trade industry. It may be hard to some and easy to others. I quit cold turkey, and haven't gone back.

- Junior



## THE KING IN I

Tonight I reign as king again  
 This palace in my rule  
 Onto this throne which I have grown  
 And found the golden tool  
 An elixir sweet from the Devil's teat  
 Which has turned my world around  
 From meek to power, small weed to flower  
 Grandeur delusions found  
 Content to sit in my spiderweb knit  
 Cares and feelings I have no more  
 Whether friend or foe, you I no longer know  
 Pity he who comes to my door  
 With all riches gone, for this seductress I long  
 I give my castle and gold  
 Till all is lost at such a cost  
 Now I live and beg in the cold  
 Would I take on more chance on a meaningless dance  
 Maybe no success be assumed  
 Does her hold remain, has my lust be tamed  
 Another affair and my friend I will be

DOOMED

- Dean

Wellwater adjusts the frequency  
 Purple Kool-Aid drives me homeward  
 Impervious to proton blasts  
 Zimbabwe Balancing rocks are primed  
 ask Ratzenberger, he knows  
 But needs some fishing line  
 Before I sleep I'll do that and that and that,  
 and then guess what?  
 @@@@, is not an error  
 it just is

I miss the earth  
 I miss my wife  
 most definitely thank you  
 but I loved the strife  
 I went up the stairs  
 got tired and asked the LORD above  
 for the strength that I needed to complete  
 my task, . . . ????

- SPDM

## THE COPS

HERE THEY COME WALKING DOWN THE STREET  
 THE KIND OF PEOPLE THAT YOU MIGHT, OR MIGHT  
 NOT, WANT TO MEET.  
 ON THE MAIN CITY DRAG OR A DARK LONELY STREET.  
 THESE FOLKS MAY APPEAR TO BE A BIT OSTENTATIOUS,  
 NEAT AND VERY DISCREET  
 THEY'RE THE COPS AND THEY'RE ON THE BEAT.  
 SO WATCH OUT LAW OFFENDERS EVERYWHERE,  
 THESE GUYS AND GALS ARE AFTER YOU WITH A  
 PREDATORY STARE.

YOU'VE BEEN CAUGHT AND HANDCUFFED IN TRADITIONAL STYLE  
 AND YOU MAY END UP WITH YOUR VERY OWN CRIMINAL FILE.  
 THEN COMES AN EXCLUSIVE TOUR IN GRAND PADDYWAGON STYLE  
 ALL COURTESY OF YOUR FRIENDLY NEIGHBOURHOOD POLICE  
 THE POLICE WON'T HARM YOU - AT LEAST WE HOPE...  
 YOU MAY RECEIVE A FRIENDLY SMILE AND HEARTY CHEER.  
 ON THE OTHER HAND, YOU MAY GET A CONDESCENDING SNEER.  
 BUT ONLY IF YOU'RE CAUGHT SMUGGLING DOPE OR  
 HAVING A BEER.)  
 I MUST ADMIT IN MY OVERALL ASSESSMENT OF THIS TROOP IN  
 BLACK AND BLUE THAT THERE ARE SOME BAD APPLES IN THE  
 BUNCH, THAT COME EQUIPPED WITH A POWER-PACKED PUNCH  
 WHICH WOULD NOT LEAVE ME TO TOTALLY DISMISS THIS GROUP  
 BECAUSE OF SOME THAT ARE ON A POWER TRIP -  
 NO DOUBT THE RESULT OF A FREUDIAN SLIP.  
 TO SERVE AND PROTECT, OR ABUSE AND NEGLECT?  
 YOU BE THE JUDGE...

- THE "INFAMOUS" MARK IDCZAK



# PAGE POETS PAGE POETS PAGE

## 3<sup>RD</sup> DAY OF DETOX

Where are you, my comfort?  
 If this sounds silly, come lie with me.  
 Relieve the agony inside.  
 Right now I'm thinking **FUCK THIS.**  
 Where are my powdered angels?  
 Come, help my tired body.  
 Where are my paper wings?  
 I promise I'll burn them this time.  
 It's just that I need to fly right now  
 Even if it is too close to the sun.  
 I want to feel its warmth burning me.  
 I want to feel its white light blinding me.  
 I was thinking about my true love,  
 And then I was interrupted by you.  
 Right now you're living in my head  
 And I would love to invite you into my body.  
 Just to hold you in my arms.  
 Just one more time.  
 And then I promise I'll evict you.

- Jess

an inspiration tis stirring  
 glimmering hope  
 universally strived for  
 assistance to cope  
 destiny calls me  
 a mind that is free  
 pained heart no longer  
 a victory see  
 mountains and valleys  
 so high and so green  
 iron and grating  
 a window through seen  
 shame on my people

the place that i dwell  
 reflections of ven-  
 geance  
 perfection of hell

- willie blake



Innocent until proven guilty, what a fucking joke.  
 Guilty all the way in here - so they say,  
 Lock 'em up and throw away the key.  
 Wait until they crack.  
 Cop a plea so they can stop doing dead time.  
 Racist, sexist guards, stormtrooper goons.  
 What a messed up 'justice' system,  
 What a fucking joke.

- anu



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.

GO TO SLEEP  
 PRECIOUS ONE  
 SLEEP THE SLEEP  
 OF THE INNOCENT  
 DREAM THE DREAMS  
 OF ANGELS  
 NIGHT TIME IS TIME  
 TO HEAL ACHES OF TODAY  
 WITH THE SUNRISE  
 COMES A NEW DAY  
 FILLED WITH HOPE &  
 PROMISE FOR THE FUTURE

- DEBI

## HITCHHIKE TO KIRKADY

a sonnet

IN RAIN AND TURMOIL WE MADE OUR SLOW WAY  
 FROM SOUTH WALES TO SCOTLAND COURTCOURTS HEADED  
 IN THE DARK NIGHT IN EMPTY BARNS WE LAY  
 WITH TEARS AND PASSION AMONG STRAW BEDDED  
 DRUNKEN CONFLICT HAD SET YOU UP THE FOOL  
 BETRAYAL YOUR COMPANION IN CELLS  
 SUMMONED TO STAND BEFORE MAGISTRATES, YOU'LL  
 TALK AWAY YOUR DARKNESS, HOW BOOZE COMPELS

"SENTENCE SUSPENDED", AWAITING FAILURE  
 WE THREW STONES ON A WILD SHORE, PRETENDING  
 THROUGH EYES CHANGED I SAW YOU, SMILING, DEMURE  
 BY SILENCE DENYING, DEFENDING  
 YOURSELF, FROM MY UNSPOKEN CHANGE OF HEART  
 WE MADE OUR WAY HOME TOGETHER, APART

-Hermione



**WATCH OUT  
WITH SPEED  
PRODUCTS!**

If it is wet in the package, smell it. If it smells like ether (sweet, like bad beer) put it in a spoon and add water. If it turns opalescent (milky and flat colored, almost shiny) heat it. The heat will burn off the ether and other nasty chemicals. You'll see and smell the chemicals burn off, and it will bubble hard. Now it's OK to do.

If you're snorting it, just throw it in a spoon and add water. If it foams or does anything weird, let it happen, then heat it, see what it does. Crappy dope is oily. Mannitol floats to the top. Boiling it off doesn't hurt the speed, it just gets rid of the crappy chemicals that the dope is cut with.

Please pay attention. The chemicals are even more dangerous than the drugs and can stop your heart. And enough is enough. Too many people have died.

- someone who cares

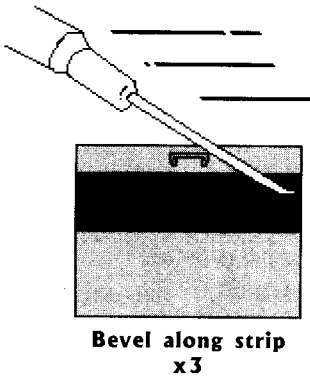
**Sharpening**

As we've said before, the best rig is a new rig. If you need to reuse a needle, it's important that it be sharp. Barbs on the needle can cause vein tears, scars, and infections. (& pain!)

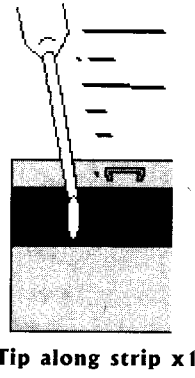
To test for barbs, take a clean cotton ball or the cotton from the end of a Q-tip, and run it over the needle. If there are barbs, the cotton will snag.

To sharpen a syringe, all you need is a matchbook, some clean water, and a rig that has *already been cleaned*.

Cleaning the rig before you sharpen it means that if you get poked accidentally while you're sharpening it, your risk of HIV/Hep transmission is very low.



1. Draw up some clean water into the rig.
2. Run the bevel side of the needle along the striking strip on the matchbook 3 times.
3. Flip the needle over and run the tip once gently along the striking strip.
4. Push the water through the syringe to flush out any matchbook crap. Clean the needle with an alcohol swab, and let it dry.



**NOW IT'S READY FOR RE-USE!**

From *Sharp Shooters: Handy Health Tips for Safer Injection Drug Use*, put out by Parkdale FUN Group

**HEROIN**

Heroin,

How you makes us feel when we are at the end of it all. Your pure color is no joke. And that bitter taste just to remind all of your power. When we fix in the vein you instantly cure all sadness and pain. When there is no joy or happiness your high kicks in and then we feel your all beautiful beauty. The state of mind that we all want forever. Heroin we thank god! you are here to help us through despair and sadness. Your mighty high keeps us high forever. When we come down from your high we really can't wait for your high again. Only when we are high on you can we throw up green bile and not be in

pain. We puke our guts out and still feel your wonder. High on you heroin is like being warm and loved all over. The fuzzy, comfortable state I have longed for all my life. You are my savior heroin. I thought I should draw all life to an end. And here you were my answer to heaven just around the corner.

**THANK YOU HEROIN!**  
- Mel Wilding: Heroin '99 tour



JUNK MAIL: A COUNTESS OF COUNTERCULTURE COMES CLEAN

Junkies. Needle freaks. Skag users. These are the bastard stepchildren in the AIDS family. IV-drug use is considered by many HIVers to be the dirtiest way to get infected. Shooters. Hypes. Mainliners. And my favorite, dope fiends. If you're a woman who got HIV from needle use, you're just plain nasty.

I'm a woman with HIV who shot dope and worked it like a job for 17 years. While I was a player, I never felt I was on the lowest rung of society's ladder. In fact, I had contempt for people with "normal" lives. In my skewed view they were weak, frightened little creatures, unsuited to leading such an exciting and dangerous life as mine.

Such people were simply fair game. Anyone who has lived the hard-core dope life knows what I mean. I evaluated everyone I met the way a predator sizes up its prey. In my drug-using years, I cut a swath through humanity wide enough to drive a truck through. I refer to that time in my life as a period of lucrative alternative economic ventures - a nice way to describe the sometimes violent criminal activity that many junkies get into.

Back then, I got information about AIDS from the street, in whispers. No one wanted to believe it could happen to them. Those who got caught (infected) were stupid, unlucky or just careless. Of course, I was none of the above. I had perfected the high art of successful IV-drug use. A countess of counterculture, I was too classy for AIDS.

By the mid-80's, my alternative economic organization was no more. All the members were either in prison, dead, informers wishing they were dead, or, like me, on the run. Hiding in the streets of New York City's Lower East Side was no picnic. One winter I stayed in an apartment with a floating population of 12 people and no heat, food or electricity. At night, we huddled in a double bed, wearing every piece of clothing we owned, shivering with cold and withdrawal and waiting for dawn, when we could cop some dope.

Half a block away was the shooting gallery, a dark hole of a place with a small, filthy kitchen and a room with a bed buried in a stinking pile of rags and refuse. I'll always identify the stench in that stairway - a mix of urine and curry - with speedballing (mixing heroin and cocaine in the same syringe).

Committed to feeding my addiction, there I was one day: dope-sick, a speedball shot in my pocket and no clean works. On the street, as often happens, there was no new set of works to be had; no bleach in the apartment, either. The rational thing would have been to go to the store and buy some.

But I couldn't. It was impossible for me to move one step from that room and the cooker on the table. Rational thinking is for the healthy and comfortable, not for the active addict in withdrawal. I chose the sharpest needle from a handful of used works in a dirty coffee can. After rinsing it with tap water, I drew the speedball through the cotton and shot up.

I'd like to say that that day in 1986 was the last time that scenario played out, but off and on for a few months I used works that were not properly cleaned. A year later, when I got sober, I felt lucky that I got out alive.

In 1989, I ran into Carl, my last running buddy. He looked sick. He said to me, "Lillian, remember those people on Norfolk Street we used to get off with? They're all dead, and I'm sick with AIDS. You gotta get tested."

Two weeks later I saw Carl again, and he cried with relief when I lied and told him my test was negative.

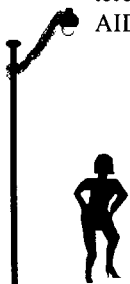
Yes, I got caught. And it took years before I could advocate for myself, let alone for the rights of HIV positive dope fiends. In recovery the last thing I wanted to think about was IV-drug users in the HIV community - because they were self-destructive, self-centered, disinterested & unmotivated and because if I did, I'd feel compelled to help them out. It was just

all too big, and they were just like me.

Five years ago, when I joined the Women's Treatment Project at New York City's PWA Health Group, Sally Cooper, its then-executive director, kick-started me on a path of HIV activism. The experience taught me a few things, just as my life as a dope fiend gave me skills I would not have otherwise.

So you tell me: now that I'm sober, does it stand to reason that I'd let the HIV community treat me like a leper?

- Lillian Thiemann, writing in the March '99 issue of POZ  
Email Lillian at <lilliant@prescript.com>



# POSSIBLE INTERACTIONS BETWEEN

Possible interactions between street drugs and HIV medications depend on a lot of factors, including the user's tolerance and the actual amount of a drug taken. The following info is just a rough sketch of some possible reactions.

A few terms to be aware of:

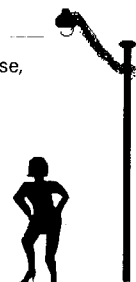
**interaction** = how one drug reacts with another when you have them both in your body at the same time

Because drugs take a while to clear out of your body, there can be interactions between drugs even if you're not taking them at exactly the same time. For example, if you're on ritonavir and you are shooting crystal meth 3 hours after taking the ritonavir, you will still have ritonavir in your body and it may interact with the crystal.

**metabolism** = the breakdown of a drug in your body

A decrease in metabolism of a drug means it will stay longer in your body (you will stay high longer). An increase in metabolism of a drug means it will be cleared out of your body faster (you won't stay high as long). Also if a drug is staying in your body longer than usual, you might get an unexpected hot piss test!

DRUGS	POSSIBLE INTERACTIONS	POSSIBLE EFFECTS	WAYS TO AVOID DAMAGE
<b>acid/LSD</b>	<i>ritonavir</i> : no info available, but interactions not considered likely		
	<i>other protease inhibitors</i> : theoretically, there could be a decrease in metabolism of acid	increased toxicity -> rapid & deep breathing, fear, muscle twitching	decrease the amount of the initial hit you do to see how it goes
<b>alcohol</b>	<i>ritonavir</i> : no significant interaction		
	<i>indinavir (Crixivan)</i> : possible interaction	may increase risk of kidney stones due to dehydration	drink as much water as you can to keep your kidneys flushed clean
	<i>other protease inhibitors</i> : unlikely, but theoretically possible if you are drinking on a regular basis; alcohol may increase metabolism of protease inhibitors	an increase in metabolism of protease inhibitors may lessen their effectiveness and may lead to resistance	
	<i>abacavir (1592U89)</i> : both can compete for metabolism with each other	possible increase in concentration of either/both drugs, and increased side effects	
<b>amphetamines/ speed/ crystal meth</b>	<i>ritonavir</i> : 2-3x increase in amphetamine levels in the blood	higher anxiety, acting more speedy than usual, shortness of breath, racing heartbeat, dehydration, convulsions	experiment with lower amounts of the speed (1/3 - 1/2 of what you'd usually do)
	<i>other protease inhibitors</i> : unlikely		
<b>barbiturates: amobarbital pentobarbital secobarbital phenobarbital</b>	<i>protease inhibitors</i> : potential decrease in levels of protease inhibitors with chronic use of barbiturates	makes protease inhibitors work less effectively, and possibly leading to resistance	talk to a doctor about increasing the dose of the antiviral  think about taking a break from the barbs
<b>benzos: valium/diazepam</b>	<i>ritonavir</i> : benzos and ritonavir do NOT mix!	drowsiness, overdose, stop breathing, coma	avoid using valium
	<i>other protease inhibitors</i> : increase valium levels in blood		
<b>benzos: temazepam, lorazepam, oxazepam</b>	<i>ritonavir</i> : benzos and ritonavir do NOT mix!	less sedative effect	start with usual dose, see what happens
	<i>other protease inhibitors</i> : unlikely to have any interaction		



# STREET DRUGS & HIV MEDICATIONS

DRUGS	POSSIBLE INTERACTIONS	POSSIBLE EFFECTS	WAYS TO AVOID DAMAGE
cocaine/ crack	<i>protease inhibitors</i> : unlikely to have any interaction		
	<i>rifampin</i> (a TB treatment), <i>rifabutin</i> (a preventive for MAC, a bacterial infection): possible liver toxicity	increased chance of liver damage	avoid other drugs that stress your liver (like alcohol); get your liver checked regularly
codeine	<i>ritonavir</i> , and possibly <i>nelfinavir</i> : codeine metabolized quicker	less buzz, loss of painkilling effect, withdrawal symptoms	start with normal dose and wait for effects; talk to your doc if you aren't getting the usual effects
	<i>other protease inhibitors</i> : unlikely		
ecstasy/ MDMA	<i>ritonavir</i> : 2-3x more ecstasy levels in the blood; some people have a genetic defect that could increase the blood levels by 5-10x	edginess, increased teeth grinding, joint stiffness, convulsions, greater chance of kidney damage, dehydration	divide dose: take ¼ or ½ your usual amount and see what happens  avoid using ecstasy within the first 6 months of protease treatment
	<i>other protease inhibitors</i> : unlikely		
GHB/liquid E	<i>protease inhibitors</i> : unlikely		
heroin	<i>ritonavir</i> : conflicting reports – some say there's an increase in metabolism of heroin, some say a decrease in heroin metabolism		
ketamine/ special K	<i>protease inhibitors</i> : possible increase in ketamine levels	increased sedation, disorientation & hallucinations, effects last longer	start with ½ your normal amount, wait for effects before taking more
marijuana/ cannabis	<i>protease inhibitors</i> , <i>fluconazole</i> (preventive and treatment for thrush & cryptococcosis): may be mild increase in levels of THC	potentially more of a high, increased heart rate, agitation, hallucinations, disorientation	start with less than normal dose
methadone	effect is unpredictable: either increases or decreases blood levels (may depend on when methadone is started in relation to HIV meds)	if increase: sleepiness, stopping breathing, coma  if decrease: withdrawal symptoms	only take as much methadone as you need: talk to your doc about decreasing the dose initially and taking more if you start to withdraw
morphine	<i>ritonavir</i> : morphine is metabolized faster	less buzz, loss of painkilling effect, withdrawal symptoms	start with normal dose and see what happens
	<i>other protease inhibitors</i> : theoretically possible, esp. <i>nelfinavir</i>		
PCP/ angel dust	unknown		
poppers/ Rush/ amyl nitrate	<i>protease inhibitors</i> : unlikely		
rohypnol/ Roofies	<i>ritonavir</i> : possibly 2-3x increase in blood levels of rohypnol	drowsiness, disorientation	start with ½ the usual dose, see what happens
	<i>other protease inhibitors</i> : theoretically possible		
steroids (testosterone)	<i>ritonavir</i> : possibly 2-3x increase blood levels of steroids	excess testosterone -> undesirable side effects: eg. increased anger, mood swings, liver & kidney damage	start with ½ the usual dose and see what happens; only increase if necessary
	<i>other protease inhibitors</i> : theoretically possible		get your kidneys & liver checked regularly

For more info, call the Community AIDS Treatment Information Line (CATIE), toll-free, at 1-800-263-1638.



## NEW PROGRAMS & STAFF AT STREET OUTREACH SERVICES

Check out our schedule on page 2 for info on all the programs at SOS.

**NEW:** Looking for a **GOOD CRACK**? There's now a chiropractor at SOS, and it's free! Bring your aching back to SOS, 1st & 3rd Tues. of every month, 7-9 pm.

**NEW:** *The Connection to Freedom Group, a group of recovering addicts and ex-offenders and volunteers that was founded in Wilkinson Road jail in 1987. In describing themselves, they say "We are Christian and believe in not judging people. We believe in unconditional love and forgiveness. We also believe in hope." Mondays 7-9 pm at SOS.*

LET US KNOW WHAT YOU THINK OF THE NEW PROGRAMS, AND IF YOU HAVE IDEAS FOR CHANGES OR PROGRAMS YOU'D LIKE TO SEE! WE WANT TO KNOW WHAT YOU THINK!

Peer support for people who are HIV+, provided by Jackson for the last year or so, will be cancelled until further notice. Thanks Jackson for the many months here!

## NEW PROGRAMS & STAFF AT CLIENT SERVICES

Hey - the Client Services Department at AVI made some changes. First, we hired a staff person to look after the Drop-In Centre. His name is **Vince Ruttan**. Vince is a recovering addict and HIV+. He helps HIV+ people get to know the Centre and what stuff (activities/programs) we can offer. He can also give you a tour of the Centre and get you set up as a member. Just drop in and have a chat with Vince any week day between 9am and 1pm.

For HIV+ people, Client Services also provides professional short-term, solution-focussed counselling and advocacy by appointment. **Mary Kay MacVicar** can help you with any troubles you're having receiving income assistance, finding housing, getting legal advice, or finding your way through the system. She can also help you to sort out the everyday troubles that we all face. **Garth Greatheart** coordinates the programs and offers counselling to families, couples, and individuals as well as providing advocacy. If you would like to visit with either Mary Kay or Garth, call the front desk at 384-2366 and make an appointment.

The Client Services Department at AIDS Vancouver Island has been working hard to put together some interesting new programs for HIV+ people. On the first Wednesday of every month, a current video is shown, along with homemade pizza

*Hermione and Sonia recently joined the crew at SOS.*

**HERMIONE:** Big thank you's to all the staff, volunteers and clients at AVI and SOS for making me feel so welcome and helping me get settled into my new job.

**SONIA:** Hi, I'm Sonia, a new member of the gang at SOS. I'm hoping to help out with the 'zine's production and encourage people to write. I've been around at AIDS Vancouver Island for the last few years trying to learn more about HIV transmission & prevention. Now I wanna learn about how people can safely shoot up and live healthy lives. Introduce yourself the next time you're in, I want to meet you.

There's a veritable posse of new volunteers. We now have volunteers every night of the week. Welcome to Kate, Petro, Leslie, and Brian, and many thanks to Antje, Carolyn, Mike, and Robert who continue to contribute so much here. Farewell to Nath and Jackson, wherever you are heading we wish you all the best.

NATH WILL NO LONGER BE TEACHING BELLYDANCING AT SOS. MANY THANKS FOR ALL THE CLASSES - WE WILL MISS YOU!



Garth Mary-Kay Vince

by Rob. On the second Wednesday of every month, people can get involved in socializing with other folks during Games Night. Lately, people have been playing Trivial Pursuit and Charades. From 11:30am to 1pm every week day, a hot lunch

is served and a Noon Group happens where people can talk about what they would like to see happen in the Drop-In Centre. It's also a time when people can just take a break and hang with others. Mondays at 1:00 there is a "feel good, smell good" aromatherapy and acupressure session.

In the months to come, Client Services will be offering two new groups - a harm reduction group for those people interested in learning how to use drugs more safely, and a group for sero-discordant couples (when one partner is HIV+ and the other partner is HIV-).

If you're HIV+ and want to find out more, call 384-2366 and ask to speak to a support worker. Check out the April calendar of events.

- Garth Greatheart





collage by sex workers  
organizing with the group *Stella*,  
CP 989, Succ. Desjardins,  
Montreal, PQ H5B 1C1



# GITTIN' MAD

## AN OBSERVATION, NOT A JUDGEMENT

It's funny how Christians can find the quotes in the Bible to destroy the love of different peoples, but cannot find the quotes that build love in the difference of other peoples.

I'm sure if one looks or studies the Holy Scripture hard enough, for every quote one finds to put down, one can find two to build up.

Here is an example on gay & lesbian hatred by Christians whom have not studied the Holy Scriptures thoroughly enough to find quotes by The Christ that defends the love of these peoples.

**MATTHEW 19: 11-12** - All can not accept this saying, but only those to whom it has been given: For there are eunuchs who were born thus from their mother's womb,

and there are eunuchs who were made eunuchs by men, and there are eunuchs who have made themselves eunuchs for the Kingdom of Heaven's sake. He who is able to accept it, let him accept it.

**ROMANS 14: 12-14, 22** - Every one of us will have to give an account of himself before God. Therefore we must no longer pass judgment on one another. Instead, you should resolve to put no stumbling block or hindrance in your brother's way. I know with certainty on the authority of the lord Jesus that nothing is unclean in itself; it is only when a man thinks something unclean that it becomes so for him. Use the faith you have as your rule of life in the sight of God. Happy the man whose conscience does not condemn what he has chosen to do.

I love you all!  
- Dr. Mic



*Gotta gripe? Write it down and we'll print it up for you! Want to bring an issue to every one's attention? Write it down We'll print that too.*

### WEBSTER'S DEFINITIONS:

**EUNUCH:** one who is impotent, ineffective or lacking in manhood in any respect

**EUNUCHOID:** a sexually deficient individual; esp. one lacking in sexual differentiation and tending toward the intersex state

**INTERSEX:** an intersexual individual: an intergrade between sexes

**INTERGRADE:** to merge gradually one with another through a continuous series of intermediate forms, kinds, or types



## 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 massage, or acupressure (pressing on points with fingers instead of needles).

Treatment usually takes 30-45 min. Usually people experience some change right away, but acupuncture is best as a series of treatments.

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

### 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

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.

treatment plan that is right for you.

The needles used in acupuncture are very thin.

Usually they don't

hurt apart from a twinge as the needles first go in. If it hurts a lot,

Acupuncture works better for some people than others (just like standard medicine), but it's amazing how many people find it really does help. You don't need to believe it's going to work for it to be effective.

At SOS, there is acupuncture for:

- detoxing
- stress reduction

If there is time and space, you may be able to receive treatment for other conditions, such as hepatitis.

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



# 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**  
812-0490 or page 413-3609 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.

**Prostitute 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.



# 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 Line** 386-2635 24 hr line  
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.
- Prostitute 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** 812-0490 or page 413-3609 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.

