

H0'S & HYPPIES



photo from the series HEROINES, Portraits of women in the downtown eastside of Vancouver 1998, by Lincoln Clarkes

Vol. 1, No. 4

October 1998

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 4th issue of *Ho's & Hypes*, a 'zine for 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, etc. stuff won't be printed. Just send us your stuff and we'll try to put it in. If you don't want us to use your real name let us know. First names or street names are ok too.

Send stuff to:

Ho's & Hypes
c/o SOS
#304-733 Johnson St.
Victoria, BC V8W 3C7

or drop it off at SOS:

1220 Commerical Alley
(off Yates St, between Wharf & Government, behind Pizza Hut)
Phone: (250) 384-1345

CREDITS FOR ISSUE #4

Contributing writers:
Anne, BJM, Codie B., D. Taylor, Heather Edney, kim, Marty P., Mitch Smythe, Nath Keo, Ramona, Rune, Shiner, Sketch, SPDM, willie blake, Zen Master Wolf, Louise the Street Nurse, Kate, Joshua, Megan, and some anonymous friends.

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

Contributing artists: Colin Ash (p. 3), Maggie Glew (p. 4 & 9), Megan (p. 6, 10, 12 & 14), YBC (p. 18); cover photo by Lincoln Clarkes

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



Next issue: TABLOID

Our very own *National Enquirer!*

What's the weirdest thing you've ever heard? Stories, poems, art, whatever...

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						
	Drop-in art 7:30-9:30	CHR nurses 7:00-9:30 Acupuncture 7:00-9:00	CHR nurses 7:00-9:30	CHR nurses 7:00-9:30 Acupuncture 7:00-9:00 HIV Peer support 7:00-9:00	just the usual smiley crew		Acu- puncture 7:00-9:00



Hi guys,

How's it going? Sorry I missed the last two issues. Because of Hepatitis I went back to Nanaimo for a couple of months to try and get some rest. I became so sick I ended up in the Jubilee Hospital for two weeks and after being discharged I decided Victoria is where my heart is and I'd be much better off staying here. Hepatitis and Nanaimo don't mix.

For those of you that don't know me my name is Marty P and I am a recovering heroin addict and ex con who just hit warrant expiry. I have known Claire since she took over the needle exchange and met Kate when both of them came into Wilky to give workshops on H.I.V. and Hepatitis. After I got out of the pen I came around to visit the girls and was asked if I'd like to contribute to their newspaper. It was there that I met Megan who was in charge of this paper. I honestly thought my column would flop however

after so many people approached me regarding my article I decided to get back at it. Megan now is very busy working with and helping prostitutes so Josh has taken over.

My goal is to set up a liaison between cons and the street and also to see a needle exchange in the federal system. I know a lot of square johns will think I'm nuts but I'm dead serious. There has to be something done to stop the spreading of diseases and the only way that can be done is by practicing safer sex and using clean rigs. PERIOD. End of story. The prison officials are aware of the situation yet do nothing at all to help. The warden at William Head couldn't give a shit one way or another if we live or die, however deputy Dan just may have a bit of a heart and I am going to see if I can arrange an appointment to see him regarding a needle exchange and if not, perhaps he will see one of the outreach workers from A.V.I.

I am 48 years old and have been addicted to drugs since I was 16. Although my drug of choice was heroin I also went through the speed scene of the late 60's and early 70's and spent a few years wired to blow and managed to get through it all with my life and because the drug scene always fascinated me I want to stay involved. It's true I've cleaned up so my involvement from now on will be helping or trying to help people, especially cons. You guys in there have to have someone out here pulling for you and I want you all to know I'm pro con and ANTI joint all the way. I'm not cleaned up religiously either so you're not dealing with a bible pusher. I don't have a degree in anything yet but I want to become an outreach worker and if I have to go back to school I will. I don't think there is much a book can teach me but unfortunately that's the way it is. Maybe I should write the book.

When I was in William Head I was C unit committee rep and was nominated for chairman

along with 3 others. My goal was to set up a rig exchange. Two days before the election Calahan (the unit manager) told me that I and another inmate had been vetoed from running for chairman. The other person was told he'd be able to run if he went on the piss program and was clean for six months. As for myself, because I was in on a cocaine and heroin conspiracy, the warden didn't want anyone in on drug beefs on the committee. Out of the 2 remaining cons, one was a skinner so he was out, leaving 1 left. I told Calahan that and he said the remaining con had been on the committee before and he wanted him on it again. I was under the impression it was supposed to be an INMATE committee not a warden's committee. Total violation of every con in the joint's rights. It's supposed to be a democratic

election. The warden might just as well appointed this person chairman. I grieved it and lost then saw Vaughn Barrett, the joint lawyer, and was told they had dug up some obsolete rule stating the

warden had the right to disallow anyone considered radical or a trouble maker to be in position of power in the joint. Ha radical!! Like a long haired dope smoking hippy that wanted a rig exchange to help save lives. You can't have this guy on the committee. He won't do what we tell him to.

Another thing that is of a major concern is the pigs fucking with people's visits and that fucking dog. As for myself I didn't give a fuck anyways. But what about the lifers? The guys doing big bits? Some dog sits down beside some con's old lady. She gets stripped searched. They find nothing. You guys know the rest. Sorry your visiting privileges are canceled. You'll have to wait until you get out to see your old lady again. I'm doing life though. The dog smelt something though. You guys know as well as I do a dog can be signalled to sit. It's a crying shame these bastards are getting away with this shit.

As to the government cut backs. We all know where we're going to get hit hard. We can't spend money on them dirty convicts. We can't build anymore halfway houses. We have to cut back on programs. It's funny how almost every copper in there has their own vehicle to

drive around from unit to unit. Some air conditioned and some with stereo systems. Even the rookies have golf carts. I mean sure there has to be an escort vehicle and shop vehicles but these guys have a car for every day of the week. I wonder if anyone has considered building another P.F.V.? I wonder if the taxpayers know how their money is being spent?

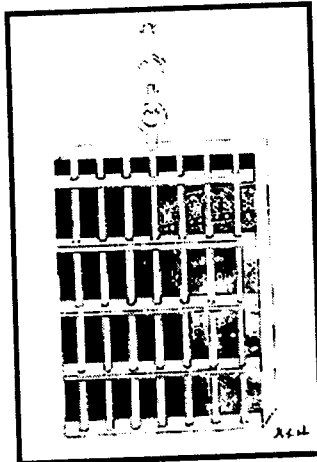
One thing I have to compliment the joint on is their nurses. I can say absolutely nothing bad about them. When I first became sick with Hep they were right there for me. They think a lot like I do about the rig and bleach programs.

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INSIDE / OUTSIDE

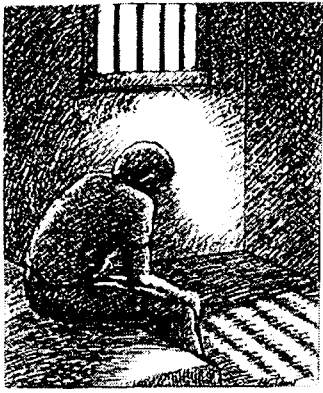
A regular feature of Ho's & Hypes
by Marty P.



HO'S & HYPES



3



INSIDE/OUTSIDE *cont.*

Well guys that's just about it for this issue. We need change in there and we need it fast. I can't do it on my own. I need help. YOUR help. You can do that by writing me care of this publication. All you guys in there that want your voice heard drop me a kite and I'll make it heard loud and clear. I have

nothing to lose. I have no parole to lose and there is no hole to throw me in for the good order of the institution. This is the first real opportunity I've to do something for someone without fear of reprisal so help me make the best of a good thing. Hi Mike S, Ron from the Squi, Gordy A, the guys in A 4, Pat R.

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

all the lifers and Harry G, and all the good guys in there. And a special hello to Brian Oswald and Barb.

DOUG MARY-ANNE FORD TOMMY AUGER

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

LEO OLIVER VICKIE TAYLOR GLEN (PEE-WEE)

a face you can trust



Dear Kate

Since there were no questions left in my 'Dear kate' box (thank you to the kind person who left me a happy face drawing, tho☺)—you all know that this exists as your conduit to information and clarification about stuff related to safer sex & drug use and all the fun stuff in life, and that it's located at the front counter @ sos, don't you?!—i've decided to dedicate this issue to death and grief. Not very happy topics but ones that i think need to be talked about.

In the past while, there have been some pretty high-profile deaths in our community. Overdoses, AIDS, suicides, murders. Some people say that these tragedies are just a part of "THE LIFE". This sorta implies that, because the deaths occurred

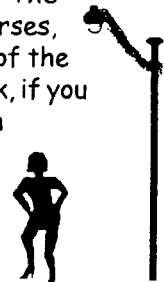
- If you have a question, then Kate is the one to ask. Kate will answer your questions on everything from safer injecting practices, what to do in uncomfortable events, or your love life. She is a trained professional. She accepts no liability for the answers she gives. "Kate" is a fictitious name. But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

within the street community, that they are somehow less mournable, or that street people are *used to* (read: better able to deal with) death. i think that's crap. And it sounds an awful lot like those deaths don't matter as much. Which is *fucking crap*.

Whenever someone we know dies, no matter the circumstances, we feel the loss. When we first find out someone has died, we may feel shock, disbelief and dazed. This may be soon followed by feeling pissed that the person is gone--we may feel like hurting ourselves or others. We may be flooded with memories of the dead person, may have dreams about them or even think that we see them in the places they often were. We often experience a mix of emotions and often feel like we can't control how we're feeling.

Or we numb out and do whatever we can to stay that way. We do dope, get loaded, sleep too much, zone out on tv. Or we take risks in order to feel alive, to flirt with death ourselves. We do bigger whacks, do more risky dates, cut ourselves, act out, provoke fights, yell at cops.

The way we feel about someone's death is often complicated by what's going on in our lives. Sometimes we feel like we don't *deserve* to feel shitty or feel sad about the losses in our lives--i'm here to say that our feelings matter--whatever they are. And as hard as it often is to do, talking to people who care can help. The staff at SOS, the nurses, the voices at the end of the crisis line care. So talk, if you need to--we'll listen without judgement.



SOME MAJOR EVENTS OF THE LIFE OF A PERSON CALLED BJM ONE-A-YOU'S

People can become dependant on a great number of habits. Some of these habits are: Over-eating, Over-drinking, Smoking, Co-dependancy on other people, Habitual Gambling, Over-Working and Drug Abuse.

Drug abuse is the most difficult addiction to break because aside from the psychological pleasure there is also a physical dependance.

Drug use will probably never be stopped completely by everyone; However, by education it will be more likely that drug abuse can be prevented.

Education about drugs will make people more aware of their actions, and in turn, will make people more responsible for their actions. Education about drug awareness will at least create a form of harm reduction.

The first thing about drugs that must be understood is the difference between drug use and drug abuse.

Also, keep in mind there is no clear line that is crossed before drug use becomes abusive. Use and abuse is different for every person.

Drug use starts first experimentally with only occasional recreational use. Habitual use is the next phase, whereby a person has formed a habit. This phase can still be beneficial to the point of allowing a person to function without drastically harmful effects.

Drug abuse is a point that a user reaches when their drug intake has a drastically negative effect on a person's life.

My drug use began with smoking cigarettes and huffing glue when I was 11 years old.

By 13 years old I was smoking pot.

By 16 years old I was dropping Acid.

By 20 I was using MDA and Coke.

By 25 I became an alcoholic and snorted Coke.

By 30 I was dropping pharmaceuticals containing opiates.

By 35 I was shooting Heroin and Coke.

By 40 I was on Methadone for the first time, but became a Cok-in-nut.

I had used drugs for 30 of my 40 years of life.

At that time in life, my drug habit had definitely crossed the line from drug use to drug abuse.

At that point I had one of 3 choices:

- 1) Death by an overdose or death resisting the SWAT team.
- 2) Being captured and suffering sudden withdrawal in jail.
- 3) Entering Recovery.

I had kicked habits usually on my own, which really was an effort to cut down rather than make a lifestyle change.

Of my three choices I thought trying recovery for the first time would be my easiest and softest way.

For me to live a life without drug use of some kind caused me to suffer great fear. I was afraid of the unknown, and also the fear of failure.

I decided to face my fears and make a great effort to change my lifestyle. I was giving up all I knew for something I was hoping would save my life. With courage I made the first single steps to Recovery.

I felt alone and afraid of failing and you know what? I did fail to remain clean but, I didn't give up and by not giving up I ever so slowly made progress.

The first time you do anything, that task is difficult, so with all my might I sought professional help. I opened the phone book and looked under the word drug, called the number given for recovery.

I was told I would have to wait for at least a month before meeting a counsellor.

I was very desperate so I looked for other numbers that might be beneficial. The numbers I found were for 12 step groups such as AA and NA.

I thought I was strong because I used strong medications. I really was a fool because it took more than all my strength to remain clean and attend my first meetings feeling afraid and alone.

Next I met with a counsellor and enrolled in the Day Intensive Program at the Drug and Alcohol Service.

I left my job of 20 years, separated from my wife of 25 years, moved from my home of 15 years to live in a recovery home and started withdrawal of my Methadone.

All these changes caused great anxiety and fear. Some people may think well I'm not as bad as that. I never planned to become like this either but, if you think your life is becoming unmanageable then, take some courage and become humble enough to reach for help before you become like me or worse.

I never in my life wanted to admit that my actions were killing me and the others around me. I stepped back and had a good look which made me swallow my pride and become very humble.

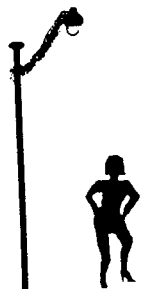
The first thing that was hard for me to learn was that it took a long time for me to get that sick and it will take a long time to get better.

I was told that it would take one to 2 months of recovery for every year of my drug use. Another thing I was told was that on average it will take up to 8 serious attempts at recovery before a person succeeds.

I've come a long way from when I first even entertained the thought of entering a recovery program and I still have a long way to go. Although, the changes have been a miracle since I mustered all my courage and made the first single steps in recovery. I can only thank the people who were there that helped me along the way.

GITTIN' MAD

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.



HIO'S & HYPES



**M
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If you've been following my articles, (please say you have, save my fragile vanity!) you'll know that over the last 3 issues I have spoken about stigma. I have discussed what it is, what it looks

like, how it affects prostitutes and the ones that they love... I want to talk about something different this time. Unity.

The thing that got me thinking about this was that I was watching the movie 'The Colour Purple' and I fell in love with a song so I went and bought the soundtrack so that I could listen to it over and over and over and over and over again (I'm a little obsessive). The song was about a woman watching out for another woman and advising her to remember who she was (sort of a 'don't let the bastards get you down' song).

I know how much power people have when they do stick together. I know how hard it is to create some kind of unity though. I hear a lot of people looking down on other people, trying to be 'better'. And you know, it pisses me off.

Don't get me wrong, I am not talking about everybody. But I've heard nasty stuff from enough people to comment on it.

Everyone has stuff that they fuck up and stuff that they keep together. And just because the stuff that one person fucks up is different than another person's fucked up stuff, doesn't mean that one is better. I know, I know, this is starting to sound like a lecture, but when it comes down to it, if you are a prostitute (inside or out, high track, low track, tall boots, runners, shiny rubber or salt dyed silk) you are doing pretty well the same thing. Having sex with guys for a living (or as a complement to another jobs cheque). Hand jobs, blow jobs, half and halves, lays — you name it, we all do it.

However, in keeping with human nature, people who are shit upon have a hard time backing each other up sometimes. (reflect back to 'internalized stigma' where you believe that you and the other women deserve the shit because you don't feel that you're 'good enough' so no-one else in your position is either).

I've heard inside sex workers talking down about women on the street, I've heard high track talk down about mid and low track, mid and low track talk down about someone with mental health issues, non-addicted talking down about the addicted, those who have quit go on about those who haven't... the list goes on.

I would like to go on record to say "THIS IS BULLSHIT!". Those who are being shit on in a continuous and regular way need to stick together. Putting someone down doesn't make you better, just a smaller person. Everyone likes to be able to say "yeah, well at least I don't do ___" (fill in the blank).

For Gods' sake. Have a little compassion. And look at yourself.

Dislike the addicted? How's your eating? An eating disorder isn't very different from a drug addiction, same shit, different behaviour.

Holier than thou with people that haven't quit the trade or the dope like you did? Ha! You didn't quit until you did, why should they be any different? If you quit on a Tuesday, why didn't you do it on a Monday? Because you weren't in the space on Monday and you were on Tuesday.

Don't like the rubber girls? Everyone has a costume they wear to work. What works for them may not work for you, but if it didn't work for them, they wouldn't be wearing it. Hmmm?

You work inside and don't like street workers? C'mon. A blowjob is a blowjob no matter how much you pay in fees.

Ditto with the high track low track thing. Tricks who want high track will pick up high track ho's and tricks that want low track will pick up low track ho's. They fill a sometimes overlapping but mainly different gap.

I know I sound like I'm giving a big lecture but I'm sick of hearing how much better someone is than someone else. We could

change how we judge each other too and it would be the same thing. Are you a voting ho, or a non-voting ho? Toenail polish, or not? Regular lipstick ho, or stay on lipstick ho?

WHO CARES?

Exactly. Who really gives a shit. How 'bout really important questions like - will you back me up if I'm in trouble? Will you report a bad date so I know who will beat me up or not? Will you let me into your house if someone is following

me? Will you argue with someone if they are saying nasty things about us? Will you act as a support and help us remember who we are so that our souls and sanity aren't eaten up and spit out along with our dignity and self respect?

That's the kind of thing that I would see as important. Not whether your boots have heels taller than me, or whether you prefer *this* piece of sidewalk to *that* one. Or whether you're having trouble with dope, or bulimia, or you don't feel like frosting your hair. No one is going to stick up for anyone involved in the sex industry until the industry sticks up for itself. And that's the truth. Pppibbbbhihllpphbbillbblpp!

- Megan Lewis

MISS CELIE'S BLUES (SISTER)

from the movie "The Color Purple"

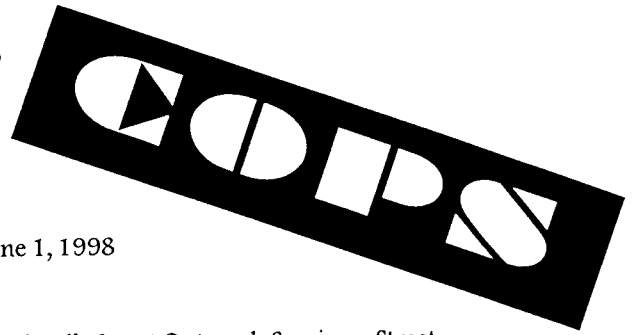
Sister, you've been on my mind
Sister, we're two of a kind
So Sister, I'm keepin' my eyes on you

I betcha think I don't know nothin'
But singin' the blues
Oh Sister, have I got news for you
I'm somethin'
I hope you think that you're somethin' too

Scufflin' I been up that lonesome road
And I seen a lot of suns goin' down
Oh, but trust me
No low life's gonna run me around

So let me tell you somethin' Sister
Remember your name
No twister, gonna steal your stuff away
My Sister
Sho' ain't got a whole lot of time
So shake your shimmy,
Sister
'Cause honey this Shug is feelin' fine





June 1, 1998

To whom it may concern,

I am writing this letter on behalf of the clients of AIDS Vancouver Island's Street Outreach Services. Street Outreach Services provides harm reduction services to the injection drug using and sex trade working communities. Over the past year, our organization has received numerous accounts of harassment of people working in the sex trade-harassment originating with members of the Victoria Police Department.

Reports of harassment have included: police calling prostitutes working on the 'stroll' degrading names such as "whore", "slut", "homewrecker"; telling prostitutes that the police are here to "clean up the streets", (implying that prostitutes are somehow 'dirty'); stating that there simply "is no more street prostitution in Victoria"; forcing women to "go home because there is no work for them" and then following the women home in police cruisers; continually making street prostitutes "move along" as they are "obstructing the flow of traffic"; running names through the computer to find reasons to detain prostitutes over night in city cells; refusing to take seriously or follow-up reports of sexual assault and other forms of violence against prostitutes; refusing to investigate complaints of police harassment.

Harassment of prostitutes who are also injection drug users is posing serious health risks as police continue to seize syringes, both new and used, without cause as they are not laying charges. This puts people at risk for contracting HIV and hepatitis because, without a new syringe to use, people may be forced to share syringes - the most effective vector for transmitting HIV and hepatitis, or people may reuse their own syringes which cause damage to their veins as the syringes we distribute are meant for single use -- repeated use causes the needles to dull and barb which causes injury to veins. If people do not have any syringes to turn in for exchange, the most we are able to provide them with is 0:2. Knowing that folks who inject cocaine, (the most injected illicit drug in Victoria), can require up to 40 or 50 syringes per day, it is clear that two syringes is not enough to keep these people healthy and disease free. The police are, in effect, putting these peoples' health at risk. This practice is clearly unacceptable.

LETTER TO POLICE: "HARASSMENT IS A CRIME"

Street Outreach Services recognizes that police typically encounter our clients when they are in conflict with the law, but the law is clear that prostitution itself is not illegal, and that prostitutes are not criminals. Harassment of prostitutes and injection drug users is not a 'solution' to the complex intertwining of issues that makes prostitution or drug use a choice for the people engaging in those behaviors. If we are looking for 'solutions', then those engaged in the sex trade must be an integral part of the dialogue, and community organizations such as PEERS (the Prostitutes Empowerment, Education and Resource Society) must be supported as advocates of those with little power.

The public perception is that police are here to 'help' the community: prostitutes are a part of the community and they are not feeling safe or supported when those who enforce the laws are some of those committing the crimes. Harassment is a crime and those members of the Victoria Police

Department who persist in harassing prostitutes need to be identified and appropriately dealt with.

Thank you for your attention to this serious matter.

Kate T.
Street Outreach Worker - AIDS Vancouver Island



POLICE HARASSMENT

If you are hassled by police, write down as much info as you can - car #, badge #, name, license plate, description of the cops involved, the place & time it happened, and the details of what happened - including what you did/said.

If police verbally harass you or assault you, call the Office of Complaints Commissioner at 387-0020, PEERS at 388-5325, and Street Outreach Services, 384-1345. We can take the information back to the police and pressure them to deal with it. We won't use your name unless you give us an OK to do so.



The *Charter of Rights and Freedoms* is the law that protects you from unfair government interference. In particular, sections 7 to 10 are important to know when dealing with the police.

KNOW YOUR RIGHTS!

Section 8: Everyone has the right to be secure against unreasonable search and seizure.

This means that police can't search you, your belongings, or your home without a warrant or a "good reason".

Section 7: Everyone has the right to life, liberty and security of the person and the right not to be deprived thereof except in accordance with the principles of fundamental justice.

Generally, this means that police must treat you fairly, and may not interfere in your life without a "good reason".

Section 9: Everyone has the right not to be arbitrarily detained or imprisoned.

This means that the cops can't hold you in jail, at the station, in the paddywagon, or on the sidewalk, without "good reason".

SO WHAT IS A "GOOD REASON"?

Ultimately, it's up to a judge to decide what counts as a "good reason" for the police to investigate and/or arrest you.

Usually the police know what their limits are, but that doesn't mean they always act according to their limits. The more you know about what your rights are, the better equipped you are to deal with it if police are violating your rights.

According to the law, the way you look and the clothes you wear are not good enough reasons for police to interfere in your life.

If police see you do something illegal, that's a good enough reason for them to investigate or arrest you. "Reliable" witnesses or informants may also be a good enough reason, according to the law.

The following are criminal acts which police have the right to investigate:

1) **UNLAWFUL ASSEMBLY:** Three or more people who get together and in doing so cause others to fear, on reasonable grounds, that they will disturb the peace.

2) **INDECENCY:** To do an indecent act or exhibition in a public place, or anywhere else if it is intended to offend or insult someone.

3) **CAUSING A DISTURBANCE:** Getting in people's way, fighting, screaming, shouting, swearing, or breaking things, while in a public place.

4) **LOITERING & OBSTRUCTION:** It is only a crime to loiter - "hang around idly, without purposeful activity" - if you are getting in the way of other people. You have the right to "peaceful public assembly", i.e. to hang out wherever you want, with whoever you want, as long as you aren't stalling traffic, blocking people from going in or out of businesses or homes, or disturbing the peace (see #3).

5) **COMMON NUISANCE:** To do something unlawful that obstructs other people or endangers their safety, property, or comfort.

6) **OBSTRUCTING A POLICE OFFICER:** It is illegal to hinder cops who are enforcing the law. But if they aren't enforcing any law, then you can't be charged with obstruction.

For example, a random demand for your ID isn't authorized by law. If cops demand you show ID with no good reason and you refuse to show them your ID, you can't be convicted of obstruction.

If you are charged with violating a City bylaw, you will be asked for ID so a ticket can be issued. If you refuse, you can be

charged with obstruction. However...if you explain that you don't have ID, the cops will have to assume your name is what you say it is. There is no law requiring anyone to carry ID - unless you are driving a car.

If you are driving a car and you are stopped by the cops, you can be busted for obstruction if: you refuse to show them your driver's license, insurance, and owner's papers; you refuse to give them information about a car accident; or you refuse to take a breathalyzer test.

PROSTITUTION IS NOT ILLEGAL!

You can't be busted for "prostitution". What people can be busted for is:

- ☞ soliciting, or attempting to solicit, a person to have sex with another person (eg. a pimp setting up your dates)
- ☞ inducing, or attempting to induce, a person to become a prostitute
- ☞ forcing a person into prostitution in order to control what that person does/where that person goes
- ☞ living off the earnings of a prostitute
- ☞ talking, or attempting to talk to, someone for the purposes of prostitution
- ☞ stopping, or attempting to stop a person or a vehicle for the purpose of engaging in prostitution, or to obtain the sexual services of a prostitute: there must be proof of intention to obtain sexual services (eg. you accept money); just talking to someone is not illegal

If you're under 18: it is illegal for someone to pay, or try to obtain, an underage prostitute. It is also illegal to live off the money earned by a prostitute who is under 18, by forcing the underage person into prostitution and/or threatening or forcing them to be a prostitute in order to live off the money they make.

Report any violation of your rights - by the cops, a trick, a pimp, whoever - to PEERS at 388-5325, and/or SOS at 384-1345.



focus on...

Section 7 of the *Charter of Rights and Freedoms* guarantees everyone the right to remain silent when questioned by police. Police can stop you any time and ask questions: that is their job. But you don't have to answer.



POLICE QUESTIONING

If police want to talk with you, ask them:

"AM I BEING DETAINED OR ARRESTED?"

If you are being arrested/detained, there are important things you have to tell police if you want to assert your rights.

Section 10 of the *Charter of Rights and Freedoms* gives you certain rights when police hold you for questioning, whether it's on the street, in the cop car, or at the station.

Section 10: Everyone has the right on arrest or detention

a) to be informed promptly of the reasons therefor,

b) to retain & instruct counsel without delay, & to be informed of that right.

This means that if you are being held by the police, they have to tell you the reason. Also, they have to give you a chance to contact a lawyer.

Even if you are arrested or detained, you still don't have to answer questions that the police ask you. If you are charged with a criminal offence, it is important that you talk to a lawyer before you talk with police. Anything you say might be used against you in court.

The easiest way to stop police questioning is by asserting your right to a lawyer: "I want to speak to a lawyer. Please don't ask me any more questions." If they keep asking you questions, keep telling them you won't talk without a lawyer present. Police have to stop questioning you, and have to give you the chance to contact a lawyer.

If you think you are being treated unfairly, stay cool. Remember the details (write them down if you can) and tell your lawyer exactly what happened.



If you are not being arrested/detained, you can refuse a search of yourself, your belongings, your vehicle, or your home.

You can refuse to speak to police, and you don't have to answer any questions. Say: "Unless I'm under arrest, I don't want to speak with you."

Be polite, even if they are rude - pissing them off isn't helpful.

Don't go anywhere with the police if you aren't under arrest.



info from anonymously written pamphlet - thanks whoever you are!

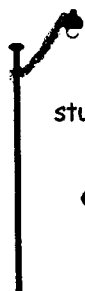
LAWYERS

If you don't know a lawyer, check the Yellow Pages. Many lawyers offer a free initial meeting.

If you can't afford a lawyer, contact Legal Aid via the Law Centre, at 388-4516. They will hook you up with someone.

You can also ask the police to put you in touch with Duty Counsel. Duty Counsel is paid by the government to give free legal advice, 24 hours/day.

If you don't think your lawyer is giving you good advice, try another one. You're not stuck with the first one you see.



YOUNG OFFENDERS

Youths (under 18) have all the same rights as adults when investigated by police, including the right to silence & the right to speak to a lawyer.

People under 18 who are arrested or charged also have the right to consult with a parent, relative, or any other responsible adult, before making any statements.

If you are under 18, the cops have to contact your parent, guardian, or - if they aren't available - another responsible adult who is likely to help you. If you are a ward of the province, your caseworker will be called.

SEARCHES

If you are arrested, police can frisk you on the spot, and they may search your belongings. But they aren't allowed to be unreasonable, or abusive. If you are asked to remove your shirt or pants, ask that another officer be present who is the same sex as you.

NOTE: Knowing your rights is really important. However, be careful how you assert them. If police are violating your rights, waving this 'zine around, yelling at the cops, etc. can get you in more trouble than it's worth. If police are not respecting your rights, document it! Write it down, as detailed as possible. Being polite to the cops will help you later when your lawyer follows it up.

HO'S & HYPES



EDITH SPRINGER:

True Stories: So Edith, where do you want to start?

Edith Springer: I'm a long term drug user, you know, an ex-heroin addict, and ex-methadone patient who is now a controlled drug user. I've been using drugs all my life; I haven't always been using them in such a careful, controlled way as I do now. I think that's important to know: that if you are out of control and chaotic, you don't always have to be that way. You can learn some skills and some ways to keep it under control.

TS: What were your motivations for learning those skills? Like, how did you make the transition from being more chaotic, to what you're doing now?

ES: I didn't know how to make the transition. I thought when I was using full time, when I was addicted, that it was an all or nothing proposition, that you either used chaotically or you didn't use, and that one couldn't use in a controlled way or moderately because I didn't really know anyone who did. So what I did was try to get off heroin, because I felt that other drugs were not a problem for me; so I went on methadone, but while I was on methadone I still used other drugs, I smoked pot, I took pills, basically non-psychedelics, but like downs, you know, to calm myself down. But I decided to get off methadone, and I didn't get off methadone cause I didn't like methadone (cause it wasn't as good as heroin), but I got off it cause the program was fucking with me and controlling me and always making me feel bad about myself. And then when I detoxified from methadone, I thought the only way to deal with my problem with heroin was to stay off it, so I did, for several years.

But I always knew I was gonna go back to it. In other words, I never said to myself, 'you're giving it up forever.' What

I said to myself is, 'You've got to give it up now cause it's ruining your life, addiction and dependency'. I also want to say that it wasn't the dependency on drugs that was ruining my life, it was the illegality of drugs that was ruining my life. I mean addiction, yeah, it's a pain in the neck, but it didn't have to cause all that chaos, losing your apartment and not being able to pay your bills, all because it's illegal.

So, I never had any bad feelings about drugs, and I never learned any recovery model that other people know, which says drugs are bad. I never learned those models. My position with myself was that drugs were okay, and that it was me and that I didn't know how to use them.

So I'm gonna get off drugs and my first three years after methadone I really didn't take anything, I was afraid because people told me if you take one thing you'll end up back on heroin. I think once on New Year's Eve, I would shoot a bag of dope. And then after about three years I started to smoke pot again, I felt I could control that and I felt that I wouldn't go back to heroin and I was experimenting. And I found that yeah, I could smoke pot without going back to heroin, and then I found that I could use pills once in a while, and I didn't get into a habit with the pills and I didn't go back to heroin, so then I said, well maybe let me try some heroin! And it was now very hard, cause I had no connections and all that so I'd say that over the next seven years, I hardly ever used heroin cause I didn't know where to get it and I didn't want to cop in the street or put myself at risk or anything.

And then, what happened through my work in harm reduction in the mid-eighties, of going to Europe and learning about harm reduction from Europeans, that I discovered that these workers were using drugs and that none of them were fucked-up at all. They all had homes and spouses and families and jobs and they used drugs, I mean, they used a lot of drugs and it didn't

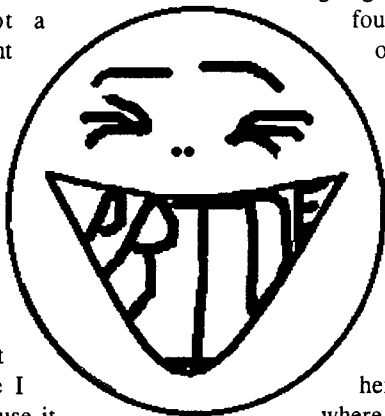
affect their work performance or anything. So I started experimenting with heroin again, using it very rarely, then more often, and currently, I use whenever I feel like it. I shouldn't say that. I keep an eye toward not getting a habit. When I think I'm going too far I withdraw myself, feel uncomfortable for a few days and then I stay off it for a while and then I go back to it. Then I found that if I used responsibly, for example, if I have heroin, I won't shoot up in the morning and go to work that way, I wait till I get home at night till all my work is done, or on the weekends. But no one ever sees me high in public because that's a private thing I do with myself or with my friends. And I also discovered that when I was younger and I was addicted, I would always go to the max, you know, I wasn't happy to have a buzz, I had to be nodding, with my head in my lap. I guess in those days, when I was an adolescent, I had a lot of pain in my life, and I was really using drugs to get rid of the pain rather than to have a good time. Because I would be nodding, what kind of a good time is that?! But now, my drug use is different, I like to use just a little bit, I like to feel what I call 'the tug' or 'the pull', that little feeling of heroin in your throat and in your gut, but I don't like to be that high where I don't know what's going on, so I use much less.

Let me say that if it were legal, I would probably use much more; right now it's so hard for me to get, it's the coping situation, and the track marks and the people finding out and giving me a hard time.

TS: ...what would you say to [people] who are using 'chaotically' cause they are just not wanting to be here?

ES: One thing is that no matter what, it is very important to have compassion for yourself. Whether you have a problem or you have a problem with drugs, that it's our own harsh judgments of ourselves that are the most important judgments, not other peoples', but our own.

Using drugs does not make you not a wonderful person, it doesn't make you a bad person, it doesn't make you a sloppy person, a sleazy



JUNKIE WITH PRIDE!

person. It just makes you a person that likes to use drugs. In my opinion, there is nothing wrong with that. People have gotten high since time began and if you actually examine it, most people get high in one way or another, they change their consciousness and their feelings and we don't see anything wrong with that, except when it comes to certain people and certain drugs...We should fight feeling that there is something wrong with us cause we like to get high.

That's one piece of advice I would give, feel proud of yourself. I am very proud to be a junkie. I really am. Some of the best people I have ever known are junkies, they are so creative in how they survive and struggle and get their needs met. And the other thing I would tell them is that no matter what your relationship to drugs is now, that you can change your relationship to drugs and you can make it a better relationship and you have to decide what that means to you. For some people that's gonna mean doing what I did which is learning to control the drug use rather than have it control you. But for other people it may mean giving it up and that everybody has the right to make their own choices and we should respect everybody else's choices and our own. Also, that their use patterns may change very much as they get older. And they shouldn't feel that hopeless feeling, like 'I can't change' or 'I can't do anything' cause I think that's what stops us. You can. And if you try and you don't make it, just be compassionate with yourself cause when you try to learn something new it takes a while....

People talk about their recovery, I don't really have a recovery, but what I consider my recovery is that I will never let anybody put me down, I'm never gonna allow that to happen, I'm gonna stand up to that, whether I do that physically and tell them they can't put me down, or whether I just do it in my own head because it doesn't pay to do it in reality. I refuse to allow to let anybody treat me less than themselves no matter who they are and I just made up my mind that nobody is better than me, and

that I'm not better than anybody else. You know, in my work, a lot of people are doctors and they want to be called Dr., and I call them by their first names, cause they are no different than me, and I try very hard not to let that status thing make me feel put down. Now I don't say I always succeed at all these things, but I try....

TS: Do you feel pretty good about where you are at with your understanding of your drug use and your relationship to your drug use, or do you still feel like you are on this path where you are gonna always have more to learn about it? I mean, how long have you been using, how long did it take you to get a handle on this, I guess is what I'm trying to say.

ES: I don't want to make it sound like I have a handle on all of it. I started using when I was around thirteen and the thing is that my views, my relationship to drugs, and my reflection on my relationship changes as I get older. I'm going to be fifty next month and now, I personally, feel pretty comfortable with my drug use....Sometimes I'm not happy with the physical consequences, but the moral issues that some people struggle with I don't struggle with any more. I don't think there is anything moral about using drugs or getting high. You know, I don't hurt anybody. And as for being dangerous, I think it's much less dangerous than driving a car or bungee jumping or any of those things. But I do have my moments when I say to myself, 'perhaps this constant changing of my consciousness with drugs is limiting me. Maybe I could do more things or see more things or feel more things if I

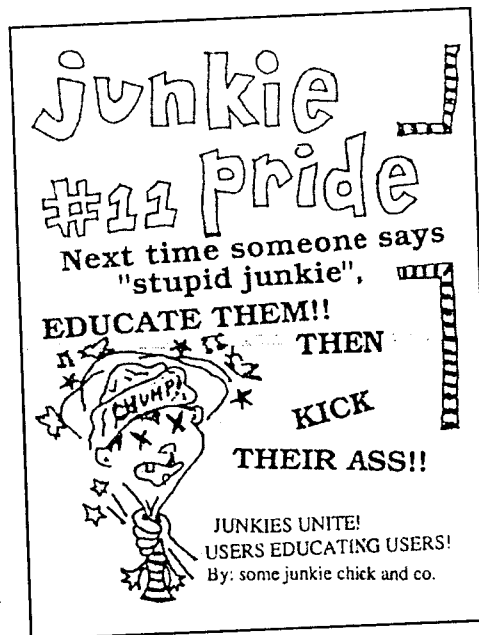
weren't high,' and I guess sometimes that may trouble me, but not so much, it doesn't trouble me so much....

I don't think drug use makes you a bad person, I think a lot of the things people associate with drug use are really the people who use drugs. Because a lot of these people when they get into recovery are just as big of bastards as they were when they were using. And now they are just clean bastards. So I don't equate drug use with badness and recovery with goodness...even in the three year period where I wasn't using, I never had any taste for people in recovery, cause they are very judgmental, I was never into that. I could never buy into that, I'm so

clean, I'm so wonderful, I don't buy into it now and I didn't buy into it then which I think saved me from all those moral beatings that people give themselves.

The thing is even when I wasn't using drugs I preferred to be with drug users, those are my people and I'm very proud to be one of them. I'm not ashamed at all and I think drug users should stand up and be proud of themselves. If they're hurting other people, that's something they need to deal with. If they're a parent and they are not taking care of their child, that's something they need to deal with. It doesn't mean they have to give up drugs but they may have to modify the way they use, and that would make them feel better about themselves.

When anti-drug people start rating you and lacing into you, don't fall into the trap of accepting their judgments.



INTERVIEW BY HEATHER EDNEY, FROM TRUE STORIES FROM GIRL JUNKIES. PUBLISHED BY THE SANTA CRUZ NEEDLE EXCHANGE

We have a stack of the issue of 'junkhood' that this interview appeared in, and other issues as well. Come down to SOS for a good read.

HO'S & HYPES



11

POETS PAGE POETS PAGE POETS

*I feel as though the throes
of autumn & winter
are rendering my soul
Leaving it barren in the midst
of the summer of my life
To know I'll never be able to realize
some of the dreams once held onto
Nor be able to travel on journeys
I once was sure I would make
I have though learned to slow down
to appreciate the time I have left
the people I'm lucky enough
to walk beside me along my path
I'm aware that only I
can make choices on how I'm remembered
to create memories that will bring
to the heart & faces of friends
fond smiles, good thoughts
- D. Taylor*

THE BEST THING

Long, hard, sharp
With a prick they're in your skin
The best thing is never to begin.
Needles will make you bleed
No one will help you stick it in,
Unless it's for greed.

You'll hurt those who love you
You'll help those who hate you
Yet you stick it in, you push it in.
One step, two step, you go down
You can't breathe, yet yell!!
Spotlight comes, and your hear a
car door.
Blackness falls, you can see your own eyes
from above

i look into your eyes and smile
though i don't feel like smiling,
i try to appear casual and happy
without feeling so
i say
it's good to see you
(and it is)
but
when you look back at me
i can see i haven't fooled you,
you can see
the dying in me

- willie blake



Artist's rendition of Lord Byron, the Victorian poet. Much noted for his use of drugs (ie: ergot, opium...); his debauchery made him the one that the young ladies were warned about.

WATER

The waves crash within:
The elements of this world-
Smothering that which they can.
I stand now as the rock face;
The surf tearing away my aberrations,
Replacing them as myself
I need only wait, For soon I will be as
the waters
For its thunderous roar is my voice,
And my consciousness dwells within.

- Anonymous

Am I dead?
A flash comes, a dream!!!
No, I'm back in hell
Let me die!
Let me fall!

Needles are a tool from hell
Hallucinate and die
Why?
To get high!!

No one believes in me!
I've died too many times.
Your family gone.
No one to turn to
So those who hate you grow closer
It is a family
So you don't go

You try to run,
The tie's too tight
You try to fight

The needle goes in the skin
The dope you got was for a fin.
Everything is so bright
Is it a sign or is it the high?

I don't have a mind
I only have actions
I don't have a life,
Not a fraction.

I met someone I think I love
They all use me!
They're all against me!
No one loves me
I am alone.

With a prick they're in your skin.
The best thing is never
to begin.

- Anonymous



PAGE POETS PAGE POETS PAGE

Amidst a cloud of softened sensations,
a wish begins to form for something
more than fleeting pleasures of the
flesh. A drive for something Beyond
Carnal immoralization in the
earthly desires. A hunger for something
unnamed, reveals a void neglected
in the obsession with day to day concerns

Without a vague glimpse of truth behind
his veils, he asks a favor of himself. A
prayer to his own conciseness for the
request with solemn and uncertainty for
circumstances of his life to guide him to
the truth he seeks.
- Mitch Smythe

The difference between what I thought
and what is
differ greatly !!! ,

Cram, cram, cram
how I used to hate it
back when people thought
that I studied too hard.

I gave up the violin for tin foil
the importance factor still rules
some things do not change.

- SPDM

PULP FICTION

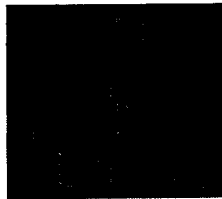
for Chrissy and Lisa

one of us has ended the night with a
never to see you again
good bye
no Pulp Fiction miraculous
'just happened to have the adrenaline' saves the life
bullshit fucking hollywood
no, not for real not in this REAL world
its always the bad dope...too clean/pure...accidental suicide, 'on purpose'
suicide, another night of 'need a break from this shit in the face of
ignorance' and so on and so on...never mind the politics of poverty and the
trail of people lying in
the wake of
greed...swimming towards drowning in thick bloodlets
of the sins of the father,
vital fluid of life blood carrying old sins like an enemy
rushing through ever weakening veins

lets just stay ignorant
not make ourselves and others take responsibility
cause if we did we might

rise from ashes cold and wet
screaming for that
first breath of air
that quickly dries in
hot lungs of fire
we might change something .

- kim



A JUNKIE'S LAMENT

An illness accounted for
only by the gods
possessed only by fear and pain
we struggle on.

The public knowing
in its own perfect ignorance
that we are masters
of our own demise
therefore deserving the fullest dose
of pain possible.

We are society's sacrificial lambs
the Reagan's prodigal sons
and daughters.

Detox being the junkie's oasis

Sobriety clean forever baby
being the junkie's dream

Still the paradox of pain versus bliss
lives on

Think of life as a juke-box
any song, everything from
Megadeath to Beethoven

You pick the track,
You live the song.

- Sketch

I've got what you want,
you've got what I need
let me loosen your pants,
open up, let me feed.

Give me the palm of your hand,
not this, but the other one,
go down on me as I stand,
oh fuck! We've yet begun.

You complained earlier of a pain in the back
yet who's to say we can't work on mine.
Up and down goes my midnight snack,
your love's dripping down my spine.

MIDNIGHT SNACK

Let me spoil you, and undress your socks,
don't bother with words, don't ask my name,
pound it deep, within my box,
now that you've paid, I'm glad you came.

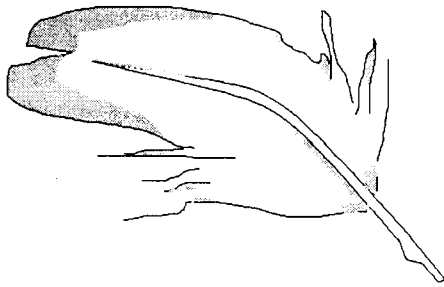
- Nath Keo



POETS PAGE POETS PAGE POETS

MONSTER

Step into these shadows with me
 don't worry, there's plenty of room
 within, these shadows are deep. Have no
 fear of those with sharp teeth
 they'll not bite
 without my leave
 You see, we are doing the world
 a favor. It's not easy so we work
 very hard. We
 are monsters. You don't believe?
 Come deeper still into
 these shadows. We are but a
 necessary evil. We are the Shadow to
 balance your light. We are the flip side



of the coin - Night after day - the Dark
 face of the stone against the earth.
 So sorry, little one, let me brush that away.
 My...children can get unruly when a child
 of the sun as yourself are near. For we
 are the Children
 of the Tribes

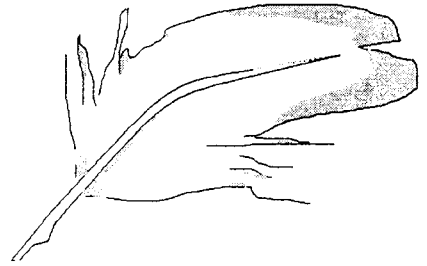
of the Moon
 and as such, are but a reflection
 of the darkness
 in you



JOURNEY

I had to walk down many roads
 before I was delivered from
 the bondage of the ego
 I had to go through all the religions
 before I was released
 from the eyes of guilt
 I had to commit many sins
 before I took relish
 in committing them
 I had to speak to many people
 before I understood that
 I was in eternal loneliness
 I had to write many poems
 before I thought of myself
 as a poet
 I had to shed many sweet and
 tender tears
 before I realized that
 I had no peers

- Zen Master Wolf



SANITY

Slowly corroded
 Slowly eroded
 Grasping at shadows of thought
 Realism runs rampant
 Into the ground
 Gargoyles and ghosts
 Misty abound
 Soundlessly screaming, never caught
 But phantoms are harmless
 And shadows are armless
 The wastelands are empty
 Nothing is tempting
 And listless
 Wistless
 Wanting nothing
 having nothing
 needing nothing I can have
 (these are a few of my fearful things)
 At times I can see myself
 And even I fear myself
 But only as much as I
 dream

- Shiner



I was walking down the street just the other day
 A familiar little face coming the other way
 It was the paper girl who I used to tip
 Pacing the corner awaiting a trick

From 12 to 15 almost over night
 Stiletto heels and jeans too tight
 A voice says up or down, it doesn't matter
 Along come the cops and people scatter

Could I get her off the street
 The tight ass jeans and stiletto heeled feet
 What's it to me, why do I care
 The reason being I've been there

Blinded by drugs most of my life
 Rigs in my arm day and night
 Cleaning up and staying drug free
 With a little help from the penitentiary

Now its by choice I made the change
 Tired of pacing up and down the range
 I've paid my debt to society
 But please dear god set this paper girl free

- Anonymous

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.



GOT A HOT TIP TO LET PEOPLE KNOW - HOW TO STOP CONDOMS FROM BREAKING, WAYS TO MAKE THE DATE COME FASTER, TIPS ON KEEPING AS SAFE AS POSSIBLE, ETC? DROP IT OFF FOR THIS 'ZINE!

FAKING

This is the technique that you use if you've got someone who is very eager, drunk or in a hurry. It keeps the wear and tear down on your body and it means that you don't have to actually have sex with them.

They usually can't tell. But some will get angry if they figure it out, so use your judgment with who you fake it with. It takes some practice to get it right so just do it with guys that you know won't notice.

Use LOTS of lube and use your thighs or bum cheeks instead of a real lay.

For blowjobs, use your hand with lots of lube and just bob your mouth over the head of the penis. That way you can make it tighter (*he comes faster*) and you stay in control of the situation.

DOUBLE BAGGING

Sounds like common sense to use 2 condoms - after all, if one breaks, at least you've got another one, right? NO! With double bagging there's actually more risk of the condoms breaking, due to the friction of latex rubbing against latex. Even if they're lubed condoms, lube does dry out, and when it does, *kapow*. So don't double bag, and use lots of lube.



COMMON SENSE

Here are some basic common sense rules to keep everyone who's working happy, safe and making money.

- Look inside the vehicle (if you're on the street) for no keys in the ignition (stolen car), weapons, or other people hidden in the back.
- Try to charge the same amount all the time. Times get hard, but the guys will pay what they're told as long as no-one is undercutting.
- Always go to the same places to turn them, or a place where you are familiar with.
- Let someone know where you're going, and how long you'll be. That way they can get help if anything goes wrong.
- Business and pleasure DON'T mix. If you do dope with tricks, they can easily slip you something.
- Don't rip off tricks. It pisses the other girls off, it pisses the guys off and YOU can get hurt.

GOOD TIPS FOR HEALTH STRIPS

"Can I lick your pussy honey?... Or how about if I just stick my finger in... Can I jerk off while you strip?"

These are the sorts of requests dancers are hearing more and more these days. Some assholes don't even ask. They think they can just grab. Recent court rulings have given the impression that anything goes in strip clubs.

For example I had a customer for a table dance who asked me how much it was to finger. My answer -- "That's not the game here". However, I did ask him - "By the way, when was the last time you washed your hands honey? Are you aware of what germs you have on your fingers? I know

you went to the men's room, then had your hands in your silver pockets; coming into the club you played with your nose, used your hands on the banisters, pulled bills out to pay for your drink. It's three hours later now, have you washed yet? What about those paper cuts on your fingers? Are you using band-aids? Have you fingered anyone else? Everyone else? Oh baby it could go on and on."

To the johns disguised as customers in the bar: If you like the atmosphere then stop looking for me to sell myself short.

Go in style, classy and clean. Do it right. Set the setting. Fingering can be a wonderfully healthy fetish. It's safer than intercourse and oral sex, so enjoy. But baby you have to take your fingers out of the clubs. Stop putting the heat on me.

Spend that little more money honey, call a pro, spend the extra dough and do it safe.

MY BODY SINCERELY

- Codie B.

reprinted from *Maggie's 'zine: by sex workers, for sex workers, issue #1, Winter 93/94*

TAKE PRIDE IN BEING A PRO - EVERYONE ELSE IS JUST AN AMATEUR!



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 (warming you up by carefully burning herbs on your skin), massage, or acupressure (pressing on specific points with fingers instead of needles).

You should allow about 1 hour per treatment. Usually people experience some change right away, but acupuncture is most effective as a series of treatments.

ACUPUNCTURE CLINIC AT S.O.S.

TUESDAYS, THURSDAY, SUNDAY
7:00 - 9:00 pm

\$2 donation, or pay what you can

ANYONE WELCOME
NONAME REQUIRED

Every case is different, so the best thing to do is talk with the acupuncturist and design a treatment plan that is right for your condition.

The needles used in acupuncture are very thin.

Usually they don't hurt very much apart from a bit of 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 treatment for a wide range of emotional and 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.

HOW TO TAKE CARE OF NEW PIERCINGS

THINGS NOT TO USE

- ☞ **ALCOHOL:** Alcohol dries out the skin and is not a strong enough antiseptic. Alcohol is OK for cleaning the skin before you pierce - even better is cleaning the skin with alcohol, then swabbing the skin with iodine (a stronger antiseptic than alcohol), then wiping off the iodine with more alcohol.
- ☞ **HYDROGEN PEROXIDE:** Hydrogen peroxide (the stuff that bubbles when you pour it on a cut) kills germs and bacteria, but it also kills new skin cells.
- ☞ **POLYSPORIN, NEOSPORIN, ETC:** Polysporin, Neosporin, etc. are designed for external use only. The body has to deal with chemicals that it can't break down, so they can slow healing. Stick to the products listed to the right, or if you have to use something like Polysporin get the *cream* instead of the *ointment*. The ointment has a base that is like Vaseline, which doesn't absorb into the skin and creates an wet environment perfect for bad bacteria to grow and get the piercing infected.
- ☞ **BANDAIDS:** Bacteria love warm, moist, dark places. A band-aid over a new piercing creates exactly the right conditions for bad bacteria to grow. If a ring is rubbing against clothes, you can tape the ring down, but don't cover the piercing itself. Don't try to hide a facial piercing with a band-aid for a job interview, a family gathering, whatever. Piercings need fresh air.

THINGS TO USE

NOSE, EAR, EYEBROW, OUTSIDE LIP, OR SEPTUM PIERCINGS: wash the piercing with benzalkonium chloride or witch hazel, rinse with clean water, and then medicate with benzalkonium chloride. Do this 3 times/day for 2 weeks, or until healed.

NAVEL OR NIPPLE PIERCINGS: wash the piercing with Hibitane or witch hazel, rinse with clean water, and then medicate with Bactroban. On Day 1 do this routine 1-2 times/day; on Days 2 & 3, do it 4 times/day; on Days 4 & 5 do it 3 times/day; on Days 6, 7 & 8 do it twice a day. After Day 8, just do the wash (Hibitane/witch hazel) twice a day, til healed.

TONGUE, CHEEK, OR INSIDE LIP PIERCINGS: wash the piercing with Listerine, rinse with clean water, then re-wash with Listerine. Do this 3 times/day until it's healed up.

GENITAL PIERCINGS: wash with Hibitane or witch hazel, rinse with clean water, then medicate with benzalkonium chloride or Bactroban. Do this 3 times/day until it's healed.

DEALING WITH INFECTION

Don't take out your jewelry! This can close off the hole, which means the pus and bacteria are trapped in your body - making the infection even worse. Go see your doctor, or one of the street nurses.



TALK TO YOUR DOC

What happens is, I walk into my doctor's office after not seeing him for 7 months.

The reason? I was ashamed to admit or even allow him to know that I had been fighting a battle with cocaine.

I had other major health concerns, but I chose to set them aside - "Death before dishonor".

When he asked why so long, I had to admit what was up. I could see he was shocked. I knew I was afraid.

When he looked back at me he said, "Ramona, other doctors apparently

have relationships with their patients where they can actually talk about drug addiction."

My stomach fell. I figured for sure he was about to tell me he wasn't one of those doctors, and he would like me to find another doctor. I felt he might think he had better things to do than deal with an addict.

Instead I found a caring person whose major concern at that point in time was how does addiction affect you as a person? How does it make you feel? How do you get the stuff?

He wants me to teach him so that he can become a person that can help my

life become better.

He really wants to help me, but he doesn't know how!! He can't feel my pain but he can see it. He honestly wants to help me but I can't tell him how. I don't know.

The answer for me is not in the program. I've tried that...failed. But for now the only answer I had for him was, "I don't know!"

Maybe if I talk to him or someone else long enough we'll find an answer. In the meantime, folks, talk to your doc. If he can't understand where you're trying to come from, talk to another doctor.

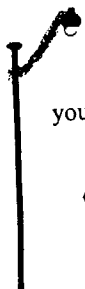
- Ramona

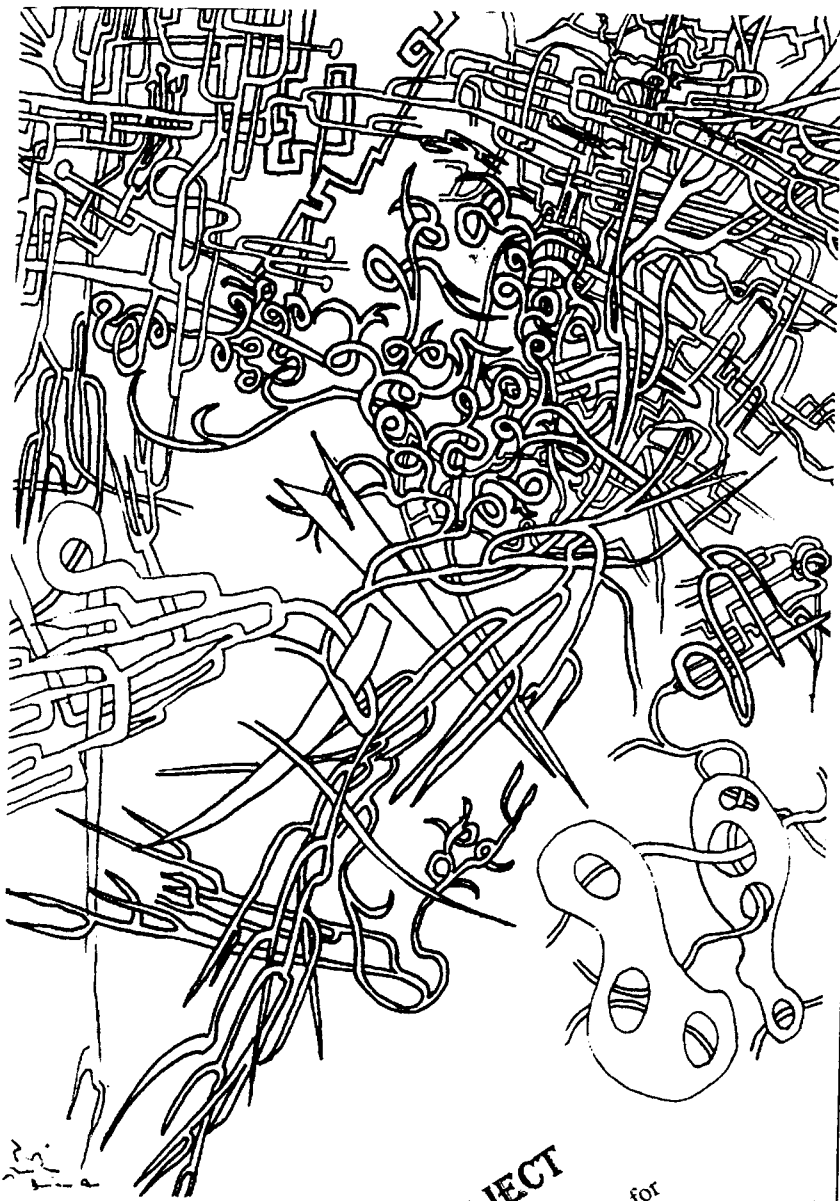
WHAT THE STREET NURSES CAN DO FOR YOU!

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Vitamins, Tylenol, cold medicines, etc.**
- Alcohol and drug referrals.** When you're ready to slow down, nurses can help you go in a direction that will help.
- 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 \$\$.
- TB testing.** Find out whether or not you have TB, and how to stay healthy if you do.
- Got itchy scratchy bugs?** We have Kwellada.
- Wound management.** We have bandages and cleaning solutions on hand.

Schedule for Street Nurses (Louise & Priya):

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
	9:30 - 10:30 pm	Stroll
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





THE MEN'S OUTREACH PROJECT

The Men's Outreach Project offers many services and programs for gay & bi men, and other men who have sex with guys. Want to know what's going on? Pick up a copy of *Men's Briefs*, our newsletter, available at Street Outreach Services and the Victoria HIV/AIDS Centre. Want a copy sent in the mail? Call Marc at 384-2366 or 1-800-665-2437 to get on the free mailing list.

- Marc Mertens, Coordinator of Men's Outreach Project

OFF THE TRACKS

Why? why I cried. Why do I have to be in this insane hell? What's worse dreaming in reality or running away to feel your own mortality. Why do you run with the loaded gun? Did you think you would kill anyone but yourself. Don't fool yourself into thinking it was all for nothing. That meaning was lost without paying the price for your device. You sadden & sicken me with your self pity game. You you think you're a lunatic and completely insane. But hell wasn't it me who said the whole world's crazy. Or did I lose my track of thought again. Believe me I tried to keep the train from rolling off the track. But it was already falling and I'm never coming back...

Death only a teardrop from
Heaven

- Anne

LOOKING FOR CONRAD CRONK

Anyone knowing Conrad are asked to leave a message at either Streetlink or the Mustard Seed for Bill Forbes. It's important that I get in touch with Conrad.



Good numbers to know

WHERE TO EAT

9-10 Club
740 View St.

Breakfast served 7:00 to 10:00 am, Mon to Sat.

Alliance Club

372-7553 behind Pizza Hut, Yates St.
For youth under 19.

Mustard Seed Food Bank

385-0512 625 Queens St.

Food hampers for families on Mon, Wed & Fri, 9:30 am to 2:30 pm, except the week following social assistance cheques.

Q-C.A.R.E. Program

475-3039

Food served out of the Q-CARE car, and a various locations (like S.O.S.)

St. Vincent De Paul Society

382-0712 840 View St.

Mon to Fri from 9:00 am to 4:00 pm. Emergency food to anyone in need. Maximum is once every 30 days.

Salvation Army Community Services

386-8521 1911 Quadra St.

Mon to Fri, 9:00 am to 4:00 pm. Emergency food hampers & tickets to the Upper Room.

Salvation Army

384-3755 525 Johnson St.

Meals served at the Wharf St. entrance (Wharf & Johnson) on Sundays at 12:00 noon and 6:00 pm.

Streetlink Emergency Shelter

383-1951 1634 Store St.

Breakfast at 7:00 am, lunch at 12:00 noon, dinner at 5:00 pm. For non-residents, dinner is first-come-first-served; pick up tickets at 3:45, to be served at 4:00 pm.

Upper Room Society

388-7112 919 Pandora Ave.

9:00 am - 4:00 pm, Mon to Sat. Meal times are 12:00 noon & 4:00 pm. You can buy a meal pass for \$26/month or \$1 at the door.

WHERE TO SLEEP

Streetlink Emergency Shelter

383-1951 1634 Store St.

For homeless people. Must be sober and 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, alcohol/drug & mental health counselling.

YM/YWCA

386-7511 880 Courtney St.

Residence at low rates, central kitchen. Young moms' groups, youth outreach.

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 hours every 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 women, including those who have been in jail, who work as prostitutes, or who have mental illness. Open 7:00 pm to 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, first-come-first-served, for people with addictions who are over 19. Juice, showers, laundry.

Salvation Army Rehab. Centre

384-3396 525 Johnson St.

Emergency shelter & hostel for men. Office open 8:30 am to 4:00 pm. Cafeteria provides 3 meals/day.

ADVOCACY

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.

Provides advocacy and support to people on low or no income. Offers tons of stuff, including support services & employment training programs, *Red Zone* magazine, and a drop-in.

MISC GOOD STUFF

Downtown Community Activity Centre

383-0076 755 Pandora St.

Drop-in sports & weights, Mon to Thurs 2-5 pm, and some nights. Free.

Inner City Youth Works Society

381-0598 537 Chatham St.

Drum-making, bike repair, 2nd hand store, cafe, and a whole lotta other stuff.

HO'S & HYPES



19



Good numbers to know (cont.)

DRUG & ALCOHOL STUFF

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

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

Dallas Society
727-3544 #304-1095 McKenzie St.
Drug & alcohol counselling for people in Saanich and Sidney. Youth substance abuse program. Full Circle Women's Day Program.

Outreach Services Clinic
480-1232 2004 Fernwood Rd.
Methadone program, referrals to other services.

Pacific Centre
478-8357 3221 Heatherbell Rd.
Programs for youth, adults, families.

Pemberton House Detox
592-5554
Supervised detox; must be over 16. Phone first.

Streetlink Emergency Shelter
383-1951
1634 Store St.
Alcohol & drug counselling available during the daytime, including referrals to other services.

Victoria Life Enrichment Society
381-4343
Residential program for alcohol/drug treatment. 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.

Alcoholics Anonymous 383-0415
Narcotics Anonymous 383-3553
24 hr lines

HEALTH CARE

Acupuncture Clinic at SOS 1220 Commercial Alley
See article on p. 12. Acupuncture and other Chinese medicine therapies for \$2 or what you can pay.

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 article on p. 13. Free & confidential HIV/AIDS, Hepatitis, pregnancy, STD, and 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 HIV/AIDS Centre
384-2366 3rd floor - 733 Johnson St.
Support, education, and services for anyone affected by HIV/AIDS.

Victoria Youth Clinic
388-7411
Medical care for youth 12-24 years old.

COUNSELLING

Esquimalt Neighbourhood House
385-2635
Youth, family, & peer counselling; employment training; programs for pregnant women; parent support; clothing.

John Howard Society
386-3428 2675 Bridge St.
Counselling for prisoners, ex-prisoners, & their families.

NEED Crisis Line
386-2635 24 hour line
Crisis intervention, suicide prevention, counselling info & referrals. Access to emergency mental health services.

Pacific Centre Family Services Association
478-8357 3221 Heatherbell Rd.
Counselling for all types of stuff, for whatever you can pay.

PEERS
388-5325 #414-620 View St.
Peer counselling by people who've been in the sex trade.

Women's Sexual Assault Centre
383-3232: 24-hr line
Support services for women who've been sexually assaulted or abused.

YM/YWCA Street Outreach Program
386-7511, ext. 114/Page 388-6275, #1351
880 Courtney St.
Counselling, advocacy, clothing, food, & toiletries for youth 13 to 21.

