

HIO'S & HYPPIES

TIRED

OF THE SAME

OLD LINES?

Have garden-variety sexually transmitted diseases taken a backseat in the HIV era?

Non-Smokers
save more
than their
health.

USED NEEDLES
SPREAD AIDS

...unhappy
of future

DID YOU
FREUD HA
THREE TIM
HIS EXCESSI
IN CA

Kicking
NO END TO THE PAIN

The baby is dead?

THE ACHE THAT NEVER GOES AWAY

LIVING DANGER

No Gain from the Pain

Still
something
to
shout
about

Where Should

EXTRA Say "No"
SPECIAL DRY

SURGEON GENERAL'S WARNING: Smoking
By Pregnant Women May Result in Fetal
Injury, Premature Birth, And Low Birth Weight.

Vol. 1, No. 2

April 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.

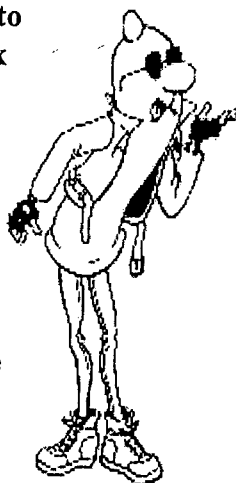
S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-6:00	open	open, with <i>acupuncture</i>	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>Drop-in art</i> 7:30-9:30	<i>CHR nurses</i> 7:00-9:30 <i>Acupuncture</i> 7:00-9:00	<i>CHR nurses</i> 7:00-9:30	<i>CHR nurses</i> 7:00-9:30 <i>Acupuncture</i> 7:00-9:00 <i>Drug & alcohol</i> <i>services w/Val</i> 7:00-11:00	<i>just the usual smiley crew</i>		

Welcome to the 2nd issue of *Ho's & Hypes*, a 'zine by and for current/past injection drug users and sex trade workers. Our goal is to provide a forum for people to share ideas, provide info on how to be as safe as possible, and build community for the folks who use 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 input. *Ho's & Hypes* is looking for your ideas and contributions of poetry, letters, articles, 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. Homophobic, racist or sexist material will not be printed. Just send us your stuff and we'll try to print it. 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

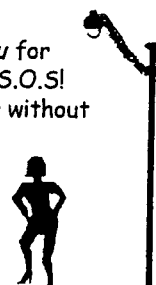
CREDITS FOR ISSUE #2

Contributing writers: Gwen R, Cheryl, Rune, David Sketch, J.P., Colin Ash, Shiner, *, Grrrrr, Louise the Street Nurse, Claire, Kate, Joshua, Megan, and some anonymous friends.

Ho's & Hypes was produced and edited by Joshua, who is as short as he looks, and Megan, who is tall enough to squash Josh like a bug. Much assistance from Claire, Kate, Chris, & Allan.

Contributing artists: Maggie's (p. 6), Maggie Glew (p. 14), unknown (p.15); Claire (front cover collage)

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



Hello again out there in televallium land, it's your ol' buddy Rune here to twist your mind like a drunken monkey on a Rubic's cube. This little column is for the squatters and street trash out there trying to survive.

Although it's kinda easy to get coinage and food around town, getting a good nights (or days) sleep is a bit harder. If you have the good luck to crack a good squat that's cool but for the rest of us, camping out is another option. Parks are good but security and pigs are more frequent during the summer. Parkades are the same. You can usually sleep at the churches back doors or parking lots but you'll get booted when the "respectables" come around. It's up to you where you go, but be careful. The pigs are tightening up their patrols and harassing us more now that tourists are arriving. **!!WARNING!!** There are two (maybe more) unmarked pig cars around, painted black, with officers inside filming street life with a handy-cam. This means hookers, hippies, junkies, **EVERYBODY** who makes a living downtown. Big Brother is watching you. With the summer population picking up it's guaranteed the pigs will be thicker than fleas on a gutterpunk. Anyways, that's about all I need to say so goodbye from the hobo-helper... - Rune



Death of a Brother

w/out eyes or breath he sees and dreams forever.
Reassures us all of the futile fight. A brave
people marching on even, especially for the dead.
We are their friends and the art of energy and
time, forecast and past-thrown, like dice thrown
by mice on an endless wheel of macabre fortune.
I look to the sea and to the walls of my room.

- David Sketch

So many choices in life to be made
When decided, outcomes seemingly never change
but a minute amount with each so-called new
situation. Choices must be pondered on more
acutely than the usual norm. Facing and accepting
responsibilities is a must to no end. Relieving the
self of hindering energy can be attained but
effort must be put forth for any type of progress.
Progress is any type of step taken with a lesson
learned. Many may back-slide greatly but if
knowledge is present progress is being achieved.
Blows come from high & low, far & wide - stay
alert. Keep sight & ask the spirit questions.
Answers will appear if you quest with an open
heart & seek vision throughout.

- Anonymous

TAKE CARE OF YOURSELF... ...YOU'RE WORTH IT!

☞ *Lookin' for a filter? Open up an alcohol swab and let it dry out, then tear off a corner to use. Filters are important to cut down on the impurities yer junk has been cut with, stuff that can lead to abscesses, trash your veins and spoil yer high. Cotton balls contain fibers that get embedded in yer vein, and may lead to cotton fever, a nasty illness that needs medical treatment if you get it.*

☞ *Wanna help fade tracks? Try using fresh aloe vera plant goo on 'em. Or vitamin E cream. And always try to rotate your sites.*

☞ *Got Hep? Think twice about using "harmless" drugs like Tylenol, Aspirin, etc. cuz your liver has to filter 'em out of yer system and they are difficult to process.*

TALK TO VAL

Alcohol & Drug stuff - letting you know
what's out there if you want to slow down...
new time: Thursday, 7 - 11 pm



a face you can trust



Dear Kate

Dear
Kate:

What are the effects of using oil-based lip balms and lipsticks on condoms for blow-jobs?

- unsigned

Dear Unsigned:

AHHHHH!!!! Oil eats rubber so, even if giving a 'quick' bj, always wipe your lips off first if you're wearing lipstick! If you wanna scary experiment to try at home, put a wadge of Vaseline into a condom and watch what happens—you will see the latex break down before your eyes.

Just think—you don't need to completely destroy a condom for it to be ineffective: HIV, Hepatitis, STDs and other nasty critters (including sperm if you're trying to prevent pregnancy) can squeeze through openings in the latex so small that you can't see 'em with your naked eyes.

Also, be careful what kinds of things you're using for lube—a lot of the oils (flavored/scented) that are available at sex shops contain oil which will eat the latex.

[Note: the lube that SOS, PEERS and the Street Nurses give out is safe to use with condoms.]

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. She is a pool of people. "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.

Dear Kate:

Why do some people use 1cc, some $\frac{1}{2}$ cc, and I heard that you have 3cc, too. What's the difference?

- unsigned

Dear Unsigned:

Thanks for asking about the different sizes of rigs available. Contrary to popular belief, the only difference between 1cc and $\frac{1}{2}$ cc is the amount of injectables each holds: a $\frac{1}{2}$ cc holds 50 units, a 1cc holds 100 units and a 3cc holds 300 units. The gauge (thickness) of the needle is the same for 1's and $\frac{1}{2}$'s: 28g, and both are $\frac{1}{2}$ inch long.

3cc's, on the other hand, come with a variety of detachable needle tip sizes that you snap onto the barrel. SOS has the following gauges & lengths available: 27x $\frac{1}{2}$ ", 26x $\frac{1}{2}$ ", 25x $\frac{5}{8}$ ", 25x1", 22x $1\frac{1}{2}$ ", 19x $1\frac{1}{2}$ ", and 18x $1\frac{1}{2}$ ".

To keep your veins healthy, you wanna use the smallest point possible: with rigs, the sizes go from the largest number being the smallest point, so, for 3cc's, 27g x $\frac{1}{2}$ " is the smallest we carry.

If you're doin' methadone or some pills like morphine, you'll need to use a larger point, like a 26x $\frac{1}{2}$ " or a 25x $\frac{5}{8}$ " cuz the liquid is thick and may clog your rig if the point is too small.

If you're trying to give your veins a break and thinking about muscling your dope, you should try to use 3cc's. This is because you need a longer and stronger point that can pierce through your skin and fat layers to get into the muscle. The regular 1cc's and $\frac{1}{2}$ cc's are meant to pierce the skin and go into a vein, so they don't need to be long.

If you're injecting steroids, you'll need to get 2 sizes of points—a long one (18x $1\frac{1}{2}$ ") to draw the steroids out of the vial and then replaced with a point for muscling, like a 22x $1\frac{1}{2}$ ".

The 18x $1\frac{1}{2}$ " and 19x $1\frac{1}{2}$ " are used for piercing—they leave a huge hole that would mangle your veins but are ok for making holes to slip jewelry through.

I know this is a lot of info, so if you have questions, please come in and talk to one of the staff or to the Street Nurses...

what's the word
from Kate?





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.

GITTIN' MAD

I saw the door busted in at S.O.S., yet again (wasn't that long ago that I saw it kicked in another time)...yeah, I've been that pissed too, but it pisses me off more that you chose the exchange to fuck with. All you're doing is costing lots of money, which means less for running the exchange, which fucks it up for everyone. So take your mood somewhere else next time.

- Grrrrr

Dear Kate:

At what time does Train A pass Train B
: Train A leaves Nanaimo @3:15 and train B leaves Victoria @ 3:05? Train A is going 90km/h; Train B is going 120km/h.

- unsigned

Dear Unsigned:

This question brings up a couple of good points. First, it allows me the opportunity to state that I am *not an expert* (gasp!) about trains/speed/velocity, *math*, etc., and second, it offers a segue into advertising that the Salvation Army Bus provides free food and coffee about twice a month at the CNR train depot.

P.S. If train A & train B are on the same track, the math is irrelevant.

Dear Kate:

I like your hair, smiles and laughs. Why do you have glasses like me?

- Little Boy Blue

Dear Little Boy Blue:

Aww, gosh--thanks for the compliments. I wear glasses 'cuz I'm blind without 'em, silly boy!

HO'S & HYPES



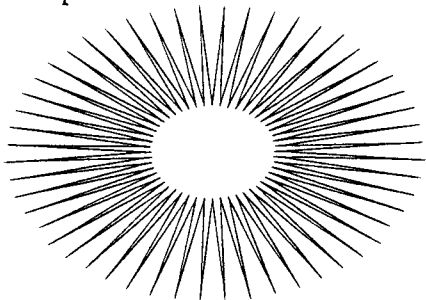
A WORKING GUY'S STORY

J: Why do you want to write an article about guys who work in the sex trade? What do you want people to know?

*: I want to say that it is risky, just like the girls who work. I don't want the guys to feel guilty, but to get the word out there about the risk factors. How do I know? I've been there.

J: What's your story?

*: My youngest sister and some friends would come into town from Nanaimo and flirt with the sailors when navy ships (U.S.) were in town. I would hear her talking about this to others, but I was young, so I didn't know what she was really talking about at the time. As I grew older her stories dawned on me. So I followed in her footsteps.



The gay bar was the only place I went to at first, then I tried working on the street corners, but the girls got jealous. One girl said that it was alright for me to stand there as well, but not to charge for sexual services - I guess she never saw a guy work the street before, so she gave me some kind of advice. At some other time, I tried to work on the street, but the girls shunned me off because they didn't like guys working in their territory. By this time, I knew that I was gay.

J: You mentioned at the beginning of this article that you wanted people to know that it's risky for guys who work. Can you talk a bit about that?

*: Sure. While trying to work the streets, I was informed about the park. Someone told me that there was a spot in Beacon Hill where the

gays hung around. I ended up going there. Up until Christmas holiday, I made many trips to the park. Let me tell you about something that happened when I hung around the park. Sometime while I was still working in '96, I got into a guy's car to give him some excitement.

He pulled out a gun and demanded I do a specific task. Instead of fighting and taking the risk of getting killed, I did what he wanted. After getting him off, I got out and went down to the needle exchange, made a report and spoke with one of the staff about it. At this time, I decided that this was getting far too risky and I ended up leaving Victoria.

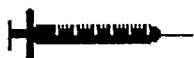


MORE FROM MEGAN

A brief note on men in the sex trade. Although I am not one, (shocking, I know) I know many who are or have been. There are several issues associated with being a male in the trade.

- ☞ If you work in drag, the dangers to you increase if a date doesn't 'read' you - if they think you're actually a female then find out later that you are not, they can sometimes go loopy.
- ☞ You are also at risk for being 'fag bashed', whether you work in drag or not & whether you are gay or not. Many men deal with much more severe beatings than the women do, although they tend to happen less often. Unfortunately, this is part of living in a homophobic society.
- ☞ Sexual identification is a tricky one too. I have heard many men who have worked wonder if they are gay just because their bodies respond. This is natural and it doesn't necessarily mean you are gay - some male sex trade workers are gay, and some are not. (Just like some women who work are straight, and some aren't.)

- ☞ There is also a long standing belief (one might say a *myth*) that all sex trade workers are women. HAH! This is totally not true. Statistics say that about 25% (one in four) are men. Suffice to say that prostitution isn't just a women's issue, but a human issue.
- ☞ Because it is even more taboo for men to work as prostitutes than it is for women, many men are reluctant to talk about it at all - with their families, friends, partners, etc. They can end up feeling totally isolated and alone. For any men reading this - PEERS is totally open to all sex workers: men, women, transgendered, whoever.



I would like to take this time to discuss a few things with you. I am a highly opinionated person and naturally, I like to have an audience for these opinions. So, in the name of all that is loud and obnoxious, here I go.

I would like, first of all, to talk a bit about **STIGMA**. The computer thesaurus says that the synonyms for stigma are: disgrace, shame, disrepute, infamy, reproach, blemish.(nice huh?) Like blueberry pie will stain your white blouse, stigma will stick to certain issues. Of course, I'm talking about prostitution. Prostitution has a stigma attached to it as firmly as a barnacle to a

rock. This stigma is what you feel (if you're a hooker) when someone starts treating you differently as soon as they find what you do for a living. It is what you see when people drive by throwing pennies and eggs at you. Stigma is what you know is behind the communicating law, John's schools & bad dates. It's like a stain that someone placed on the trade that won't come out no matter how hard you try to scrub it away.

Now, in all fairness, not everyone buys into it. However, many do. Not just squares, but we buy into it too. When we believe that we are 'just hookers' or we allow people to call us 'urban clutter' as if we were garbage, then we are buying in to it. When we think that it's our fault if we have a bad date or get ripped off or beaten, then we are buying into it. 'Maybe', we could think to ourselves, 'Maybe we are actually people as good as anyone else...' I know

this is a novel concept. I had a really good daycare teacher. Her name was Alex and she had short dark hair and was French Canadian and very, very, very old. I remember her. She had some radical ideas. 'Hitting is not okay' she would say. Amazing huh?!

I believe that the stigma relating to prostitution is the single most dangerous part of the sex trade. The stigma tells us many things. These are what we call **MYTHS**. Here are a few for example: Prostitutes are not actually people or at best a lower level of people than others, or Prostitutes are there

MY OPINION...AGAIN...

to take up the violence that the men would inflict on us 'nice girls' (it's true, I've heard people say it!), therefore, it's all right to hurt them. Now, when you look at them in black and white it seems like complete foolishness, but most of the time none of us think things like this through very hard.

I believe that the only way to fight this stigma is to educate. Educate ourselves and educate the rest of the world. 'Specially about prostitution as a whole (not just street prostitution). The more we know, the less likely we will buy into ignorance and fear: the two most damaging states, particularly when they occupy one mind.

Now, bearing that in mind, I ask you, why are we still having so much trouble with the police right now? Hmmm? C'mon, hazard a guess. Could it be because a handful of cops think that the

prostitutes of Victoria are less than human? 'Cause they think sex workers don't and should have no rights at all? Could it be because they think that hitting is okay? Or that hurting people with less power than yourself is all right? Isn't this the base of what's happening out there right now?

So how to fix it. We can educate ourselves and others until we are blue in the face but something does have to be done sooner, rather than later. We do have a variety of options.

1st, we could file a class action suit against the Victoria police. This is a lot of work and takes time, but if we

have enough of you working folks helping, it could happen. 2nd, we could start writing letters, doing t.v. & newspaper articles about it. 3rd, we could ask the other police departments to help us (it just might work, who knows?) Or we could do all at the same time.

I realize that summer is coming and that's when the \$\$ comes out to play. It would be nice if Victoria was a safe place for ALL men and women. Not just the ones with money.

My dream is that one day, anyone who wants to work in the sex trade will be able to - free from shame, abuse and murder - and that anyone who doesn't will not feel like they have to, or be able to get out of it as soon as they realize that it's not for them without fear of being 'found out'. I have other dreams too (did I mention the one where I am Queen of Everything I Find Interesting Enough to Be Involved In, or QEIEBII for short?), but that will do for now.

- Megan Lewis

BREAKING SKIN : SAFER

PIERCINGS

DO'S:

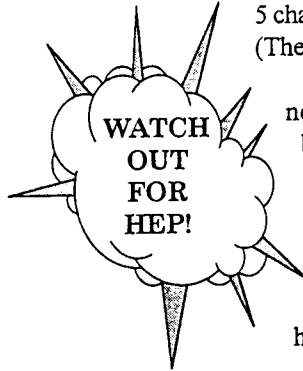
- ⊙ Always wear latex gloves when you're giving a piercing. Don't touch any blood, bloody cotton, etc. with your bare hands.
- ⊙ Make sure you're not allergic to whatever metal you're going to have inserted before it's put into your body. Allergies can lead to nasty infections.
- ⊙ Find out what you should do to take care of your piercing. If you're not sure, check w/ S.O.S.

DONT'S:

- ⊙ Don't use whatever old jewelry you have lying around. Some jewelry doesn't heal in the body, and/or will stay infected. Proper jewelry is a must for a successful piercing.
- ⊙ Don't use safety pins or sewing needles. Get proper piercing needles from S.O.S. or buy them.

Both HIV and Hepatitis can be passed on through sharing piercing/ tattooing needles. But the Hep B & C viruses are harder to kill than HIV. Hep B/C can only be killed by heating equipment to 121 degrees centigrade, in an autoclave (sterilizing oven). In contrast, HIV can be easily killed by bleach or heat.

If a tattooist sticks themselves with a needle they've used on someone infected with Hep B, there is a 1 in 5 chance that the tattooist will get the disease. (The risk is 1 in 330 for getting HIV this way.)



Many people who have Hep B/C have no symptoms and don't know they've been infected - but they can still pass the virus to other people, through needles or unsafe sex.

People infected with Hepatitis B & C are at risk of developing long-term liver disease, including active hepatitis, cirrhosis, and liver cancer. See p. 12 for more info on Hepatitis C.

You can avoid some of the worry and hassle by getting vaccinated against Hepatitis B! Drop in and see the street nurses, who are at S.O.S. from 7-9:30 pm Tuesday, Wednesday, and Thursday.

TAKING CARE OF NEW PIERCINGS

DO'S:

- ✓ Do clean your piercing twice a day. For face piercings, wash your hands, remove pierce crusties with a clean cotton swab, & rotate a little antiseptic (Bactine, diluted half-and-half with water) gently into the piercing. Other piercings need more care - get info at S.O.S.
- ✓ Eating well, and taking extra Vitamin C (1000-3000 mg), multivitamins, and zinc (60-120 mg) helps speed healing. Street nurses have multivitamins (see p. 13).
- ✓ Hot compresses are good for cartilage piercings (nose, ear). Add 1/4 tsp. sea salt to hot water, then wet paper towels with the salt water and put over your piercing; leave for 10-15 minutes. Do once or twice a day.
- ✓ Do leave your jewelry in if you want the piercing to stay. A new piercing shouldn't be changed for at least 6-10 months.

AVERAGE HEALING TIMES

Eyebrow, lip: 6-8 weeks	Cheek, nipple: 2-3 months
Ear, nostril: 2 months-1 year	Navel: 6 months-2 years
Tongue: 4-6 weeks	

DONT'S:

- ✗ Don't remove your jewelry if you think you have an infection - taking it out can close off the drainage, leading to a worse infection. If you think you have an infection (redness, swelling, heat at the piercing site, pain, or colored discharge), see a doctor or the street nurses.
- ✗ Don't promote infection: don't touch the piercing with dirty hands...don't get any saliva or body fluids (including your own) on your piercing...don't let your piercing touch hair, makeup, oil, dirty clothes...don't go swimming...
- ✗ Don't overclean the piercing. This can damage the skin around it.
- ✗ Don't cover the piercing with tight clothes or a band-aid. Tight clothes cause friction that can damage the skin; band-aids create an environment perfect for bacteria.



TATTOOS AND PIERCINGS

GENERAL INFO

- ~ Use new needles every time. HIV and Hepatitis can be passed on through sharing piercing/tattooing needles. Also, needles can dull quickly, developing barbs which mangle the skin; and microscopic rust, which causes infection. If you absolutely have to share needles, make sure to clean them with bleach between uses.
- ~ Make sure the piercer/tattooist is wearing latex gloves the entire time.
- ~ Get rid of used needles by putting them in a jar or bottle with a lid, then bringing them to S.O.S. Don't just throw used needles in the garbage, where you (or someone else) could get poked.
- ~ Sterilize all equipment properly. Cold sterilizing (soaking in Cidex) is NOT enough: all equipment that is used repeatedly must be hot sterilized (autoclave or hot beads) each time.
- ~ Ask the person about their experiencing piercing/tattooing. Do you really want to be someone's first experiment? Ouch! Ouch! Ouch!
- ~ It's best if whoever's involved isn't loaded. If the piercer's hand is shaky, their work can be botched - leading to possible infection. Alcohol and drugs can thin your blood, making you bleed excessively. Plus you'll miss out on the natural endorphin rush!
- ~ Thoroughly clean the skin with Betadine solution, then alcohol, before puncturing the skin.



SAFER TATTOOING

Some basic things you should make sure of when you're getting a tattoo:

- * Be sure that the person giving you the tattoo has cleaned their tools properly. Watch them do it to make sure. Also make sure that they are using a clean needle on you - watch them break it out of the package.
- * Be sure the tattooist uses disposable ink caps, and that they get rid of leftover used ink every time.
- * Make sure you know how to take care of your tattoo after it's done. Skin infection can wreck your tattoo and scar the area.

The bad news: you can get HIV and Hepatitis B or C from sharing guns, needles, guitar strings, staples, threads, or inks. The good news: if equipment used to do a tattoo is properly sterilized and the person doing it is reasonably careful, tattooing is 99% safe for both the person getting the tat and the person doing it.

Some basic precautions for the tattooist:

- * Be extra careful not to poke yourself when you're removing the tube and the needle bar from the machine.
- * Always get rid of used tattoo needles safely. Take them to S.O.S. for disposal.
- * Always wear latex gloves. Don't touch blood, used tissues, needles, tubes etc. with your bare hands. Put used gloves and tissues in a heavy-duty garbage bag.
- * Clean your tools completely with bleach between each use (this means the whole gun - barrel, tip, etc.) and use an autoclave.
- * Never use inks that have been used for someone else. Used ink contains blood. Don't put used ink back into the bottle from the ink cap.
- * Be sure that your ink doesn't contain lead or other toxic substances: pen ink and photocopy ink are very toxic.



HO'S & HYPES



POETS PAGE POETS PAGE POETS

THE VOID

I once was a person
A person with a heart,
To the world of dead living
I soon became a part.

The corpse it is living
In this world that I'm in
My mind is almost gone!

It's a requirement
You know!
Or else you won't fit in.

Descend into our hell
one hit at a time
It's just a little prick
(!YES!)
You are becoming mine!

It's a world easily entered
Walking in with closed eyes
As in the game
Of one night stands
You hear the words:
"There are no ties"
!EXCEPT!

The pain, that lingers on.
And a heart with silent cries.

- Gwen "R"

Thank you for the smiles
They helped me thru,
Thank you for the laughter,
Thank you for the days,
For me, that's something new,
Thank you for the days,
You helped me thru,
That a few less, on my own I'll have
to do!

- SoJo

DETOX

Beware my friend
My name is King Heroin
Known to all as the
destroyer of men

Where I first was born
No one knows
But I came from the land
where the poppy grows

I'm a world power
and I know it's true
Use me once
And you'll know it too

I entered this country
Without a passport
And ever since then
I've been haunted and sought

By pushers, policemen, uncool
dudes and chicks
But mostly by junkies
Who need a quick fix

My little white grains are
Nothing but waste
I'm soft and deadly
and bitter to taste

I can make a schoolboy
Forget his books
And make a world beauty
Forget her looks
I can cause a good husband
To throw out his wife
And send a greedy pusher
To prison for life

I'm the king of crime,
The prince of corruption.
I'll capture your soul
and cause your destruction

I'm not just a king
I'm a god to behold
More treasured than
diamonds
More precious than gold

So you wish to hear more
Of the things I can do
Of the men I've destroyed
And the women I've sew?

I'll make a man shabby
who once dressed nice
and all who use me
will go down in vice

I'll control your mind
Then your whole brain
With a full course of
torment
First pleasure, then pain

Ah, the pigs have taken you
From under my wing
They dare to defy me
I who am King
Nights you'll toss and turn
and you won't sleep
You'll rise in the morning
So humbled and weak

You'll be hot then cold
and you'll vomit and cough
After ten days of madness
You might throw me off

You'll curse my name and
cut me down in speech
But you'd pick me up again
If I were in reach

THE KING & I OR NO WAY OUT

And nights you'll lie awake
only to be planning your
fate

You'll know I'll be waiting
Just beyond the gate

I gave you a warning
You didn't take heed
So put your foot in the
stirrup

And mount my steed
Put your foot in the stirrup
And ride me well

cause the white horse of
heron
Will ride you to hell

- Cheryl

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.



PAGE POETS PAGE POETS PAGE

WAS PULLIN' DOWN A MARK,
THEY HAD ME CHARGED WITH GREED.
WHEN THE JUDGES GAVEL FELL,
FUCKEN' CONCRETE GUILLOTINES.

BEEN USHERED THRU THE STREETS
IN A STEEL BAR LIMOUSINE.
ILLUSIONS OF MY FREEDOM,
RAZOR WIRE REALITIES.

SO WHEN IT 'SEEMS' YOUR TIME
IS UP, AND THE DOOR IS JUST REVOLVING.
REMEMBER THERE IS NO TIME,
IT'S ONLY MOMENTS ... EVOLVING!
- ANONYMOUS

THE ADDICT

In my opiate prison, no bars to be found
Chained to desire, pride flung to the ground
Stripped of my reason, no rhyme to my strife
Forever to bleed from this cut of the knife.

A man now a giant born by injection
Off to play in his narcotic heaven
Tears nor fears will he endure
Freedom the price, the Devil his lure.

Soon he falls far below shame
Fairweather friends survived the game
Sweat on his brow, and pained to the bone
This euphoric giant comes down alone.

No crutch to befriend, friends bid adieu
Excuses are many but really are few
Desperately seeking release from his pain
There lives the Addict far below shame.

Cross this bridge on the sea of sorrow
Look not below but to tomorrow.
Live one day, then live another
There the needle no longer a brother.

- J.P.

Even in the depths of my hopelessness
Isolated and alone
Nothing to live for
Having spurned everyone who cared for me
Having left behind a shattered ruin of a life
And moved on to begging for shards
Even now
Though I am lost, confused, cruel and unloved
Even now I cannot cry

- Shiner

*here's a lonely man
who'll pace a million steps
in his blue painted cell,
gathering precious thoughts
of his woman
and for the family he left behind,
each day is no special day
christmas and new year's will
wander
by without me knowing,
and there will be no happy spirit
in the heart of this lonely man
after all. it's just another day
in this place*

- colin ash

Well ya got

Mothers Day for da mothers
Fathers Day for the fathers
And ya got thanxgivin' for de Bros.
& Sis.

& Christmas for da little chillies

What about a day for the people
A Day for we on mother "E"
Sit back for a day "music anyone?"
And ponder on the concept
"job-free"

Ya see ya got
many complications through a day
for what reason shall we say
Could it be greed for the he
Who stomps & clutters all of we

Put some life on the set
Open up your eyes and see what your starin' et
Is it really worth all that time?
Pick an instrument & write a rhyme.
Rise to your feet and make a choice
Pick a path and let her go
Sing out let we hear our voice
No matter what have fun and let her go

- Anonymous



Hepatitis C is a disease of the liver caused by the Hepatitis C virus. The virus is usually spread by direct contact with the blood of an infected person. This happens most often by:

- ☛ sharing drug snorting or injection equipment
- ☛ receiving a blood transfusion that wasn't tested for Hep C (Canada: pre-1990)
- ☛ sharing toothbrushes, dental floss, razors, nail files, or other items which have blood on them
- ☛ skin piercing procedures (eg. tattoos, body piercing) with equipment that is not sterile
- ☛ sex without a condom

10-40% of Hep C carriers don't know they have contracted the disease. It is not possible to tell whether or not someone has Hepatitis C by looking at a person.

The total number of people in Canada who have Hepatitis C is believed to be 90,000-300,000, ie. up to 1 in 100 people. Most of these people have not yet been tested and do not know they have the disease.

HOW DO I KNOW IF I'VE GOT HEPATITIS C?

After the Hepatitis C virus infects your body, antibodies appear in your blood. A blood test can detect these antibodies and show if you have been infected with the hepatitis C virus.

Some people feel fine and have no symptoms when they first get infected. Some people have a brief illness, with symptoms of Hepatitis appearing 6-9 weeks after they have been infected with the virus. Symptoms of acute Hepatitis C infection include: fever, tiredness, yellow skin or eyes (jaundice), abdominal pain, dark urine, loss of appetite, and nausea or vomiting.

People infected with Hep C can develop chronic Hepatitis, which can lead to cirrhosis (scarring) of the liver or liver cancer years later. This is more likely to happen if there are other things going on which damage the liver, eg. regular heavy drug/alcohol use, or infections with other kinds of Hep or HIV. Some people with chronic hepatitis C experience symptoms like tiredness, lack of energy, or digestive problems.

People who test positive for Hepatitis C should have their blood tested to see how their liver is functioning. Sometimes doctors recommend a biopsy - taking a small sample of the liver - to get more info about whether or not there is damage.

Anti-viral drugs such as interferon work for some people. Acupuncture and herbs can help treat Hepatitis (acupuncturists at S.O.S. can give you more info on this).

Info from Hep C Society pamphlet & "The Hype"



MORE HEP C INFO

Hep C Society of Canada
(Victoria Chapter)
388-4311
1611 Quadra Street
Street nurses
384-1372 (ccccc@page)
Swift St. Medical Clinic
385-1466
465 Swift St.

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 (endorphins).

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 up your body by carefully burning herbs on your skin), massage, or acupressure (pressing on acupuncture points with fingers). You should allow about 1 hour per treatment. Usually people experience some change after the first treatment, but acu-

puncture is most effective as a series of treatments over a period of time. Every case is different, so the best thing to do is talk with the acupuncturist and work

ACUPUNCTURE CLINIC AT S.O.S.

TUESDAYS 3:30 - 6:00 pm
7:00 - 9:00 pm

THURSDAYS 7:00 - 9:00 pm

\$2 suggested donation
(or pay what you can)

ANYONE WELCOME
NO NAME REQUIRED

out a treatment plan.

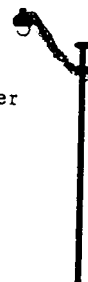
The needles used in acupuncture are very thin. Usually they don't hurt very much apart from a bit of a twinge as the needles first go in. If it hurts a lot,

tell the acupuncturist - they can change the position of it or take it out.

The World Health Organization recognizes acupuncture treatment for a wide range of emotional/physical problems. While it works better for some people than others (just like other medicine), acupuncture can be really helpful for:

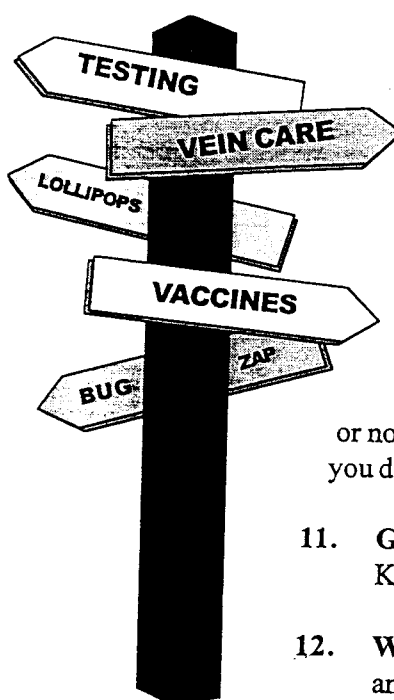
- ① all kinds of pain
- ① immune boosting
- ① detoxing
- ① Hepatitis
- ① low energy
- ① insomnia
- ① depression

and many other problems.



WHAT THE STREET NURSES CAN DO FOR YOU!

1. **Anonymous HIV/AIDS testing.** You don't need to give your name - just 3 initials and a date of birth that you can remember so the nurses can find your file when you come back 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 B and C, and get a vaccine that will protect you from Hep B. If you've ever shared a needle or not used a condom, get tested.
4. **Vaccines.** Vaccine for Hep 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. **Alcohol and drug referrals.** When you are ready to slow down, nurses can help you go in a direction that will help.



8. **Vitamins, Tylenol, cold medicines, etc.**
9. **Finding a doctor.** Check out the list of doctors that are accepting new clients. You can also get help getting 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 on hand.

Schedule for CRD Street Nurses (Louise, Priya, and Kim):

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 - 9:30 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 - 9:30 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 - 9:30 pm	YM/YWCA van
	7:00 - 9:30 pm	AVI's Street Outreach Services
	9:30 - 10:30 pm	Stroll

Talk, talk, talk... We care about your health and we want you to care too. No question is too big or too small. We'll find the information for you if we don't have it. All services are free and confidential.



Good numbers

WHERE TO EAT

9-10 Club
740 View St.
Breakfast served 7:00 to 10:00 am, Mon to Sat.

Alliance Club
383-3514
behind Pizza Hut on 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
Lunch at 1:30 pm every Sunday, at 625 Queens St.

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. Support/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 groups for women & kids fleeing physical/emotional abuse.

Sandy Merriman House
480-1408
Emergency shelter for women, including those who have left home, 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 Addictions/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

Inner City Youth Works Society
381-0598
552 Pandora

Drum-making and other employment training, 2nd hand store, and a whole lotta other stuff.

Prostitutes' Empowerment, Education & Resource Society (PEERS)
388-5325

#414-620 View St.
Peer support and advocacy by people who have been in the sex trade. Non-judgemental.

Together Against Poverty Society (TAPS)
361-3521

#415-620 View St.
Advocacy on issues involving welfare, employment insurance, and tenancy. Open 8:30 am - 4:30 pm.

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.



DRUG & ALCOHOL STUFF

A.V.I. Street Outreach Services (SOS)
384-1345
1220 Commerical 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.

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.

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

Victoria Life Enrichment Society (VLES)
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.
Addictions counselling, education, prevention.

Victoria Youth Empowerment Society
383-3514
behind Pizza Hut on Yates St.
Alcohol/drug counselling, awareness groups, drop-in.

YM/YWCA Youth Drug & Alcohol Counsellor

386-7511, ext. 114
880 Courtney St.
For youth 12 to 19.

HEALTH CARE

Acupuncture Clinic at SOS
1220 Commercial Alley
See article on page 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
See article on page 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 Hepatitis C and their friends/families.
(See article on page 12 for more info on Hep C.)

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 individuals, families, and friends affected by HIV/AIDS.

COUNSELLING

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

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

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

PEERS
388-5325 #414-620 View St.
Peer support & advocacy by people who have been in the sex trade.

Women's Sexual Assault Centre
383-3232: 24-hr line
#306-620 View
Support services for women who've been sexually assaulted or abused.



WORD SEARCH FUN FOR FREAKY FRIENDS!

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

*SPITBALL, ICING SUGAR, SCORE, POKE, STARVING,
INTRAVENOUS, RAT, DATE, POLICE, HEROIN, COKE,
COP, ABCESS, CRACK, RIG, CARS, HEPATITIS, PARTY,
MONEY, FREEDOM, STRONG, DOPESICK, MOTELS,
FLAP, KEEP SIX, CONDOM, PULL, COMMUNICATING,
GRADE, HIGH, UP*