

HOO'S & HYPPIES

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



Vol. 1, No. 1

January 1998

WELCOME TO HO'S & HYPES

Welcome to the first 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.

There is lots of stuff inside. We need your help though. Anytime you want to come in and 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.



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 #1

Contributing writers: Marty P., Remé du Chance, Albert Dagenais, Blair Ogilvie, Jennifer Wren, William R Burnett, Louise the street nurse, Kate, Val, Claire, Megan, Joshua, and some anonymous friends.

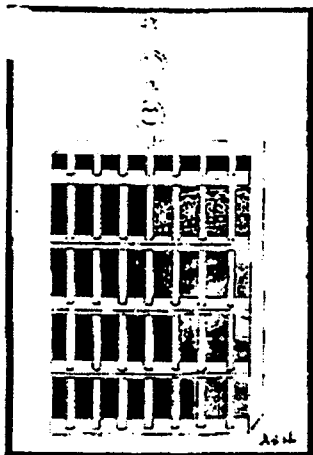
Ho's & Hypes was produced and edited by SOS merry computer geek pranksters Joshua & Megan (with plenty of help from proofers extraordinaire Chris & Claire).

Contributing artists: Colin Ash (p. 3), Maggie Glew (p. 3, 11, 14), Donn Ste. Germaine (p. 5, 15), and an anonymous artist who drew the picture on p. 6. Thanks to Stacy for computerizing all the artwork.

Front cover photograph: Casey Bowman
Back cover collage: David



Thanks to my good friends at the needle exchange I have been given the opportunity to have my own column in their newsletter. Being a recovering heroin addict, an ex con who is still on parole



for a heroin conspiracy, my main objective is to set up some kind of program for prisoners and an outlet for cons to express themselves without fear of scrutiny from prison officials which is a fact when writing in the institution magazine OUT OF BOUNDS, which is by the way an excellent publication.

I know I don't have to express the seriousness of the AIDS virus, or how fast this disease spreads especially through

intravenous drug use. The fact is that Hep C is also running amok in the community. If these two diseases are causing havoc in the real world, where bleach and clean rigs are readily available, just imagine living in jail. Sometimes as many as 40 people have to share the same rig. A bleach program has been set up at William Head Institution and has been running for several months; and while a step in the right direction, it is still not enough.

INSIDE / OUTSIDE

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

By putting myself in the shoes of a square john, I can see why officials are hesitant about supplying cons with new rigs. Officials always come up with the excuse that new rigs will promote drug use; they must realize that drug use in prisons is a fact, and there is nothing they can do to stop it or even slow it down. Some of the rigs being used on the inside are so bad when the plunger breaks, they are melted back together and sometimes it takes 2 or 4 people to operate them. The only way to use some of them is to guess when you are in a vein because the plungers will break if you try to flag them. Bleaching them is out of the question.

I have been tested for AIDS and am lucky enough to be HIV negative. I am however suffering from Hep C. I was negative for both when I was arrested but became positive for Hep C when incarcerated. Being ill is something I am going to have to live with, and although it is too late to do anything about preventing it, it is only the beginning of my involvement with the fight against these diseases.

Prison staff tell inmates that education on these subjects is the best way to prevent the spreading of these diseases. On the street it is against the law to knowingly spread AIDS; but by prison officials not

allowing inmates new rigs, they are forcing inmates to share infected rigs. This makes prison officials at least partly responsible for the illness and eventual death of infected inmates.

I hold no one responsible for my contracting Hep C. I was playing Russian Roulette and lost.

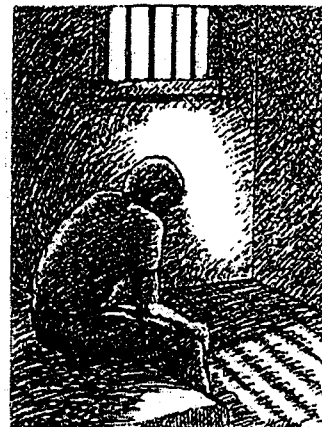
Megan Lewis is an individual who is heavily involved with AVI (AIDS Vancouver Island), this publication, and is also a street outreach worker. She is respected by all who know her. She has dedicated her life to helping prostitutes and street people by setting up self help programs. Megan has asked me if I would like to help her with this publication. It was such an honour to be asked; I was so proud to be asked. It is too bad there aren't more Megan Lewis' around.

As I stated earlier, I am on parole. Neither my parole officer nor the director of the halfway house where I live know of my involvement with this publication. Six weeks ago I wrote an article for them which they published. They recently offered me a byline to produce a column for each publishing date.

I am a lucky man to have such a kind and caring parole officer who likes to help people who are trying to help themselves. The director of the halfway house has given his life to helping the less fortunate.

Because we are all different; with different backgrounds and beliefs, maybe we should all put our heads together. Combined thoughts can be very powerful.

Before I sign off I want to make it clear that I am a 48-year old ex con serving his second federal sentence. I served numerous provincial sentences when I was younger. Most of my charges was for the possession of heroin or cocaine; sometimes for the purposes of trafficking. Don't shy off because I mention my PO, halfway house director, AIDS or Hep C. Helping people is my main concern and I won't let anyone down. What anyone tells me in confidence couldn't be extracted from me by torture.



So let's get together guys and help these AVI people. They are great. All of them. What a gang and I'm so proud to be able to help.



a face you can trust



Dear Kate

Dear Kate:

We at the exchange voted for pizza's. We also need a beer machine. Could you look into it for us?

- Dreaming in the drop-in

Dear Dreaming:

I understand your impatience, but I think that it would be wise to wait for the theater-style screen with surround sound and the lazy-boy chairs to arrive first. Otherwise, we'll have to move everything around twice!



Dear Kate:

Hello. Why are you so mean?

- unsigned

Dear Unsigned:

I like it better that way. Thank you.

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:

Who cuts your hair? Who pierced your nose? Who dresses you? Who's your honey?

- unsigned

Dear Unsigned:

Einstein, Mozart, Erhart, Steinem. I only hang with the best.

Dear Kate:

I keep having this recurring nightmare in which I'm trapped in a freight elevator with Kramer from Seinfeld. Well, one thing leads to another & we end up having sex. Then right in the middle of it, he turns into my Aunt Bea! I swear, I wake up in a cold sweat (at least I hope it's sweat). What does this dream mean? Am I normal?

- Sleepless in Saanich

Dear Sleepless,

I'd like to help you with this as you sound very disturbed by it. I would have to know a little more though. What is your relationship with your Aunt Bea? How do you really feel about Kramer and does he remind you of anyone you've been attracted to before? It sounds like you either need immediate psychological help OR you should stop eating that anchovie jello before bed.





GITTIN' MAD

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.

Hey anyone who shoots their shit in Commercial Alley,

I among others would appreciate NONE of you to leave your rigs laying around. I can tell ya if I stepped on one I won't be civil...your bodies, your drugs, your responsibility to clean up after yourselves. There's more out there to see so get the rig out of your arm and the sunshine in your eyes.

- Mr. Anonymous

FORBIDDEN DESIRE

A match is struck, bringing the smell of sulfur my nose is so accustomed to.

Candle lit, I shake a few small lumps of my meager stash into the bent spoon that will serve as the crucible for my nightly diversion.

All too soon, the lumps are converted to liquid ecstasy over the candles small flame, while with my free hand I tighten the band around my upper arm slightly.

Pulling the fresh needle from its sterile wrapping, I fill it from my crude crucible.

Setting the spoon aside, I raise the pristine instrument to the light and expel the miniscule pocket of air trapped in the clear plastic tube.

With an almost religious fervor, I press the needles tip into my arm and empty its contents into my veins.

Loosening the band, I feel the first traces of crystalline fire course through my system.

In an almost orgasmic sense of pleasure, my mind tries to fathom this strange craving my body requires, before surrendering to the euphoria of my forbidden desire.

- Remé Du Chance



"LOOK BEYOND BROTHICK
FOR THESE LIES GOODNESS!
SEE IT, FEEL IT, TASTE IT
IN YOUR VEINS!
THEY THOKE BARRAGERS WIL
GIVE YOU THE FEEL AWAY.
BUT YOU WILL NEVER KNOW
CRISP WHAT IS PART
OF YOU



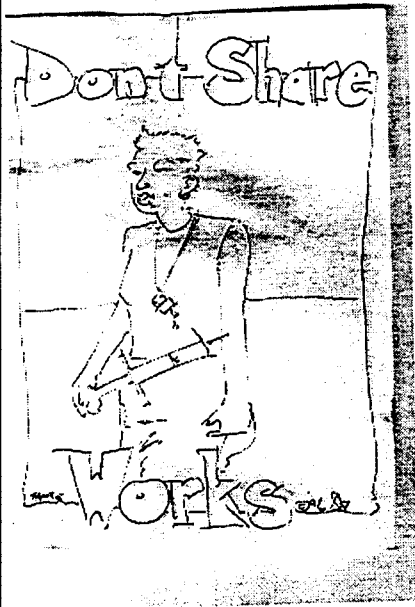
Hello all,

Just a note to let you know who I am and what I do at SOS. My name is Val and I have been here on Tuesday evenings, since early August, providing information about Drug and Alcohol "treatment"/counselling services - detox, supportive recovery, residential and day intensive programs, counselling groups, and self-help support groups.

My time here at SOS is a joint venture between AVI's Street Outreach Services and Alcohol and Drug Services' - Victoria Clinic, where I work part-time. The Victoria Clinic provides counselling services for residents of Victoria, Oak Bay and Esquimalt. Services include screening, assessment, treatment planning, group and individual counselling and referrals.

Starting in the New Year, I will be at SOS on Tuesday and Thursday evenings from 7:00 - 9:30. If you have any questions about drug and alcohol services, particular substances or issues in recovery (withdrawal, support systems etc.), drop by and see me.

Bye for now,
Valerie



Pierced Tongue? Wrap it in latex when having oral sex 'cuz the piercing never truly heals and is a opening for HIV & Hepatitis infection.

Rotate sites. Try to use a different vein and/or a different site along the vein each time you use. Using in the same place can kill that vein forever. Keep one vein for hospital emergencies. The day may come when you have been shot, stabbed, hit by a car - at the hospital they'll need one vein to give you emergency fluids. It might save your life.

Users: please break the tips off your rigs or recap them when bringing them in for exchange. It's safer for you - especially if you're carrying other people's rigs - and for us. If you're bringing in large amounts sort and count them before you come in. Bundling them in elastics and putting them in a puncture-proof container makes carrying them safer.



"Proud to be practicing safer sex"

Know what points to use. If you are muscling your rigs or are using your leg or neck veins get syringes with larger points - 3cc. Smaller points can break off in muscles and can become a major hassle. If a point breaks off in a large vein it can be a travelling missile and can kill you faster than an overdose. Why take the chance?

HEPATITIS C

The street nurses can give you a test to see if you have Hep C and give you info on how to take care of yourself if you do.

For support or information you can also call the Victoria chapter of the Hepatitis C Society: 388-4311

- ✳ Don't share rigs, spoons, filters, water or containers used to mix drugs. This is the MOST common way to spread Hep C.
- ✳ Make sure to use clean needles for body piercing or tattooing.
- ✳ Don't have unprotected sex. Use condoms.
- ✳ Don't share razors, toothbrushes or dental floss.



It controls you. It makes you sick. It runs your life. It'll probably kill you. It's the best feeling in the world. Heroin. Heroin really freaks people out. Probably because of high overdose risks or needles or maybe addiction. A lot of people, who haven't done it, try to tell you "Why don't you just stop?" or "I thought you were smarter than that." It's not that simple. Until you've done it you can't possibly understand how great it is. Once you start you don't really even want to stop.

The First Time I Did Heroin.

I had been drinking quite a bit. Sitting around smoking crack and playing video games. We sat around and smoked crack until it was gone. Once there was no more someone pulled out some heroin and everyone started doing lines. I probably never would have done any but I was jonesin' for more crack. So when offered a line I said "fuck that, where's the rigs?" and shot up heroin for the first time. Because I was really drunk I don't really remember getting stoned. Actually I don't remember much of anything. The next morning I woke up and ran back and started puking. When I got upstairs my roommates told me that I had puked blood into the bathtub the night before. I was very sick and could barely stand up, so I went back to bed. I must have gotten the flu or something because I was sick for the next two days.

The second time I did it I had planned to do it with my roommates and my best friend. I shot up before I left my house and was really stoned by the time I got to the party. It was the best most euphoric feeling ever. I had never felt so good in my entire life. When I ran into my friend I just wanted to hug her -- wanted drugs so we went into the bedroom and did some more. We had a great time at the party, leaving every couple of hours to shoot up. At about 6:00 am we all went back to my house to watch movies. The three of us cuddled up under a big fluffy blanket on my couch and watched *Four Rooms*, and *Rosencrantz and Guildenstern are Dead*. I really don't remember much of the movies because I was on the nod but I had the best sleep next night.

After that night I started to binge. I had found a new past-roommate started using too. Together we binged. We would do it five or six days a week. One night we even went so far as to steal a car to get downtown and pick up. When we got caught we ran to a friend's house and hid out for the night, but we still got stoned. One night I went to bed early because I had to work at 8:00 am the next day. When I got to work they told me my shift had been changed. I was lucky to catch my roommate before he left the parking lot and I got a ride home. When we got home instead of just going back to bed we got stoned and watched TV until noon, then fell asleep. When we woke up at 7 pm we did some more dope, but we didn't get stoned. I guess I must have been developing a tolerance. At this point I was using pretty much every day, so it shouldn't have been much of a surprise. After about 3 months of using I started to notice that I could only go for 2 days sober without getting sick. My life started going down-hill from there. I lost my job and started going into debt. My attendance at school became very poor. I decided to take 2 weeks off to get my shit together.

I moved back into my parents house. I had decided to stay there, away from the dope, until I stopped feeling sick. Being dope-sick was horrible. All of my bones and joints ached especially my feet and legs. It was like an itchy tingly painful feeling that wouldn't let me sleep. After about 2 days I just couldn't take it anymore so I went down and picked up a point. I binged for about a week before I decided to go straight again. I went back to my parents house and after 4 days of painful agonizing dope-sickness I felt great. A week later I was ready to go back to school.

It is very hard not to do smack when all of your friends are junkies. Not that they all or always were, but the friends I had that don't do smack don't talk to me much or rather I don't talk to them. The junkies are easy to talk to but hard to be around without using. In the past week I have found it easier to talk to the junkies. Looks like I'm going to have to start all over again. Life sucks don't it?

- ANONYMOUS

Police and Prostitutes

by Megan Lewis

The Police have been increasingly vigilant in their attempts to 'clean up' the streets. Many prostitutes (I know others also, but today I'm talking about the working women) have been harassed, dragged out of taxis, tricks' cars, yelled nasty things at, arrested for silly things, thrown in the can overnight (no charges laid), told to get their a** off the streets and been abused and disturbed beyond forgiveness.

The cops say that it is their attempt to get rid of pimps. I wonder. No I don't. Everyone knows that the prostitutes are getting the brunt of it and not the pimps. It is a clear case of harassment probably brought down from some corner of City Hall and inflicted upon you, the street prostitute.

So what can we do about it? Aye, there's the rub. There are laws governing what police can and can't do and laws governing what a prostitute can and can't do. I will try to outline the laws in an "easy to read" format. (They confuse me so I had someone else translate for me.)

THIS IS FOR YOUR INFORMATION ONLY. NOT THE POLICE'S. PLEASE DON'T TRY TO EDUCATE THEM. IT WILL NOT HELP. WHAT YOU CAN DO IS READ THE FOLLOWING AND DOCUMENT EVERYTHING YOU CAN.

Document EVERYTHING and then it can be taken to court. PEERS has some lawyers who will help us deal with this. A lawyer, however, cannot get you free if you have actually broken the law. So if you've been busted for communicating, you're busted.



If you want to take something to court, these are the steps you must take:

When you report it, make sure that you have lots of details in your documentation. This means the cop's badge # if you can get it, or his/her name, a description of him/her, where it happened, what street..., what time it was, what the weather was like, what you were wearing, what they said, how many of them there were, who came up to you first, how did you feel, did they scare you or threaten you, etc. This stuff is crucial. You can't document too much.

Tips for keeping out of trouble. You may already know this stuff, but just in case...

☠ Don't argue with them (specially if you have dope or something in your pocket)

☠ Don't lord your rights over them. This just gets them all bent out of shape and they get meaner and could hurt you (let alone bust you).

☠ Don't negotiate a date until you're SURE it's OK. Remember, money for a sexual act. ie; sex, bj, handjob, dirty talk, a grope...ANYTHING AT ALL will get you busted. Some women are just going with regulars while this is going on.

DO'S

✓ Do start walking when they tell you to scam. Remember what they said to you and write it down. If they tell you to do something, do it. Then document, document, document.

✓ Do write down EVERYTHING that was said (both your and their side of the conversation) and done.

✓ Do report it to PEERS, SOS, or Sandy Merriman House. You can send a copy to the Chief of Police too if you so desire.

**No
scapegoating
prostitutes!**



Prostitution Is Not a Crime. You Are Not A Criminal.

What is illegal:

☞ Communicating for the purposes of prostitution is against the law. This means talking, using sign language, writing down notes, saying that you will do a sexual service for money.

☞ Getting or trying to get someone to become a prostitute.

☞ Forcing someone into prostitution in order to control what that person does and where that person goes.

☞ Living off the avails (earnings) of prostitution.

☞ Stopping or trying to stop a person or vehicle for the purpose of engaging in prostitution or to get the sexual services of a prostitute. The law is very specific about this one. There must be proof of intention to obtain sexual services. Just talking to someone is not illegal.

The law is particularly strict about underage prostitution.

It is illegal to:

☞ Obtain or try to obtain the sexual services of a person under 18 for consideration (money, things, or services).

☞ Live off the money earned by a prostitute under 18, by compelling the underage person, and/or threatening or forcing the underage person to be a prostitute in order to live off the money earned.

**YOU HAVE NO RIGHTS
IF YOU DON'T KNOW
THEM!**

**KNOWLEDGE IS POWER,
KNOWLEDGE IS SAFETY**

What you are allowed to do:

☞ Assemble by yourself or others as long as you don't try to obstruct people or traffic or disturb the peace.

☞ Stand on the street. They cannot charge you with loitering or conspiracy to commit a crime.

☞ They cannot charge you with disturbing the peace unless you are yelling, bothering people, breaking things, or otherwise being disorderly.



**You can report stuff to:
S.O.S. (needle exchange) 384-1345
Sandy Merriman House 480-1408
PEERS 388-5325**

**If no-one answers then leave a message
and it will be recorded for you. Please leave
a contact number so we can call you if
there are any details missing.**



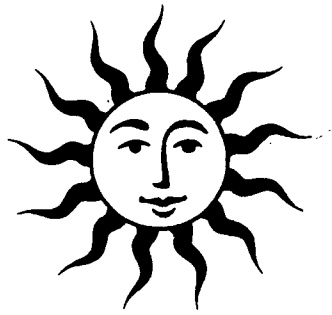
POETS PAGE POETS PAGE POETS

I went to my dealer to get me some weed,
 Unknown to me I was planting a seed.
 I scored a big bag, rolled a nice joint,
 Sparked up a doobie, got to the point.
 My mind wasn't muddled, I could think clear as day,
 Till the effects wore off, my mind felt like clay.
 The seed grew & grew into a 7 foot plant,
 Smashing my dreams, breaking my back.
 My brain was all cloudy, got paranoid, locked myself in,
 wouldn't answer the door.
 People came by, to see if I was OK, I sat and ignored,
 and willed them away.
 Joint after joint I smoked it all gone,
 Got down to the roaches, and stared at the lawn.
 Depression set in, I felt like shit,
 I had just spent my last little bit.
 My rent was unpaid, my heat was not on,
 I slipped into burnout, my conscious was gone.
 No food in the fridge, the lines had all froze,
 Slipping into unconsciousness, I began to doze.
 I didn't wake up, I had froze to death,
 I came to in hell, with a fiery breath.
 Ready and willing to suck down the rest.
 Addiction what a drag.

- Blair Ogilvie

*Its really nice to be that time
 To sit down and feel okay
 To think about the nice and the bad and the good.
 And to think about loving the way we should.
 We think we are happy
 We think we are good
 We dream of tomorrow.
 We think of today.
 While were laughing in the sunshine
 In the middle of the day.*

- Albert Dagenais



*Contracting in the uppermost arms
 Adapting to the weight of worry, sympathetic and original
 Limp with slight nausea, aching calf.
 I know well she felt a question (this no pay in life) for life.
 Childhood amused somewhat less soberingly for eternal tomorrow.
 Or was it only richer for the width of the yard?
 Mesmer and whisper from the stick insect like thinness of twisted candles
 Imperative to snuff the littlest, each lights atop them.
 Not be as bad to dreams come more true she'd say to some dreams in her time.
 Going like flames were wishes.
 Legal like wood, twitching on wick, there never was a situation.
 Exhilaration of expression to clasp an imagination.
 - Jennifer Wren of the 125*

*Conflict in and around
 Confrontation face, to face off hypocrisy
 Who's wrong, who's right none
 But anger still resides
 Open mind steady thoughts
 Flowing, vibration in the air
 Or nothing, what to do stand kicking
 Explode in an alternative and learn
 Strength grows in knowledge
 Anger trapped in importance placed
 on action bad reaction up in smoke
 - 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.



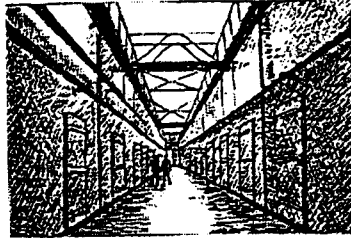
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MISS HEROIN - A WARNING

So now little man you've grown tired of grass
 L.S.D., acid, cocaine and hash
 And someone pretending to be a true friend
 Said, "I'll introduce you to Miss Heroin."

Well honey before you start fooling with me
 Just let me inform you of how it will be
 For I will seduce you and make you my slave
 I've sent men much stronger than you to their grave.

You think you could never become a
 disgrace
 And end up addicted to poppy seed
 waste.
 So you'll start inhaling me one
 afternoon
 You'll take me into your arms very
 soon.



And once I have entered deep down in your veins
 The craving will nearly drive you insane.
 You'll need lots of money (as you have been told)
 For darling I'm much more expensive than gold.

You'll swindle your mother and, just for a buck
 You'll turn into something vile and corrupt.
 You'll mug and you'll steal for my narcotic charm
 And feel contentment when I'm in your arms.

The day when you realize the monster you've grown
 You'll solemnly promise to leave me alone.
 If you think that you've got the mystical knack
 Then sweetie, just try getting me off your back.

The vomit, the cramps, your gut in a knot,
 The jangling nerves screaming for just one more shot.
 The hot chills, the cold sweat, the withdrawal pains
 Can only be saved by my little white grains.

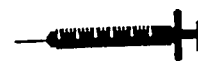
There's no other way, and there's no need to look
 For deep down inside, you will know you are hooked.
 You'll desperately run to the pusher and then
 You'll welcome me back to your arms once again.

And when you return (just as I foretold)
 I know that you'll give me your body and soul.
 You'll give up your morals, your conscience,
 your heart
 And you will be mine until death us do part.

- Anonymous Addict



HO'S & HYPES



So many different cliques in this
 material world
 What to choose becomes a chore rather than
 a festivity (Just a label choice)
 I do not understand this mentality; one of
 the rich.
 Ink on paper and metal moldings have more
 value than a great mind.
 What type of world is this where a man's
 values rest in his pocket.
 I believe the one whom is truly rich is
 the one who has no wealth & remains happy,
 the one who is "truly alive"
 - Anonymous

Angry man inside a cage,
 Penting up his inner rage.
 Watching all his dreams collide,
 And having no one to confide.

Troubled man who's full of shame,
 Finding ways to stop the pain
 Wishing he could stop the lies,
 That severed all his family ties.

Lonely man who's full of stress,
 Knowing that his life's a mess;
 Gazing at the deep blue sky,
 Desperately wishing that he could fly.

Happy man who's high on drugs,
 And hanging out with other thugs.
 Desperately trying to forget his past,
 He doesn't realize, he's dying fast.

Regretful man who's coming down,
 Who's pretty sick, from this life he's found
 The sweat is dripping from his face,
 He can no longer stand with style and grace.

Desperate man, upon his bed,
 Rope entwined around his head.
 He no longer believes that he is sane,
 "Isn't life a vicious game"!!!

- William R. "Burnett"

THE DESPERATE MAN

DETOX ACUPUNCTURE

One of the things acupuncture is really good for is helping detox from all sorts of drugs. In 1972, Dr. Hsiang Lai Wen, a Chinese doctor who was using acupuncture as an anesthetic for brain surgery, was surprised to find that in addition to killing pain, acupuncture helped some of his patients, who were opium addicts, to go through withdrawal.

Staff at Lincoln Hospital, a methadone clinic in New York, read about this doctor's work and started doing acupuncture on their patients. Within 3 years, they had set up a program that was regularly being used to treat heroin and alcohol addiction. Since 1975, it has also been used successfully to treat withdrawal from other drugs (including crack and amphetamines).

The basic process is ear acupuncture. Small needles are inserted into 5 points in the cartilage of the ear (nowhere near the eardrum) and left in for 30-45 minutes. Additional points may be used depending on what drug the person is detoxing from and what other health issues the person has.

The acupuncture program developed at Lincoln Hospital helps people detox in a couple ways. It reduces the first physical symptoms of drug withdrawal (cramps, vomiting, pain, headaches, sweating, cravings, agitation, lethargy). It stimulates the liver and other organs to get rid of the toxic wastes left by the drug. In the long-term, acupuncture helps

relieve the depression and insomnia that can last for a while after withdrawing, and helps people to relax and think clearly.

Acupuncture detox has become so popular in the U.S. that in 1985, an organization was set up to teach acupuncturists, nurses, and doctors around the world how to do it. In some parts of the U.S., people convicted of drug charges have a choice of jail time or acupuncture treatment using this same program. Detox acupuncture is now used in over 100 clinics in the U.S. and in 25 other countries.

Acupuncture isn't a miracle cure-all. Going through detox is still hard. But acupuncture can make it easier. Why not try it?

I feel like crap...
Time to go to SOS for
ACUPUNCTURE



ACUPUNCTURE CLINIC AT S.O.S.

TUESDAYS: All health issues
3:30 - 6:00 pm
7:00 - 9:00 pm

THURSDAYS: Detox only
7:00 - 9:00 pm

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

ANYONE WELCOME
NO NAME REQUIRED

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).

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:

- ① hepatitis
- ② insomnia
- ③ detoxing
- ④ all kinds of pain
- ⑤ immune boosting
- ⑥ low energy and fatigue
- ⑦ depression

and many other problems.

You should allow about 1 hour per treatment. Usually people experience some change after the first treatment, but acupuncture 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 about your problem and work 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.



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 gonorrhoea, 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. Vitamins, Tylenol, cold medicines, etc.**
- 8. Alcohol and drug referrals.** When you are ready to slow down, nurses can help you go in a direction that will help.
- 9. Finding a doctor.** Check out the list of doctors 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 \$\$.

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

- 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.



Important note: this is not an accurate picture of the street nurses. In real life, they're much meaner looking, and don't have mustaches. They DO have lollipops.

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.

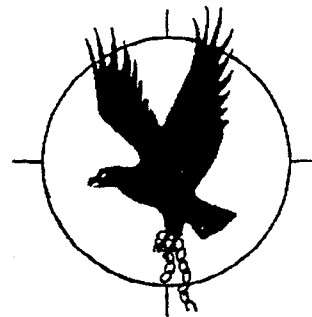
Gateway
361-1323 1400 Quadra St.
Overnight shelter, first-come-first-served, for people with addictions who are over 19. Juice, showers, laundry.

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.

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 (TAPS)
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.



DRUG & ALCOHOL STUFF

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.

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 12-19.

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
388-2220
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 individuals, families, and friends affected by HIV/AIDS.

COUNSELLING

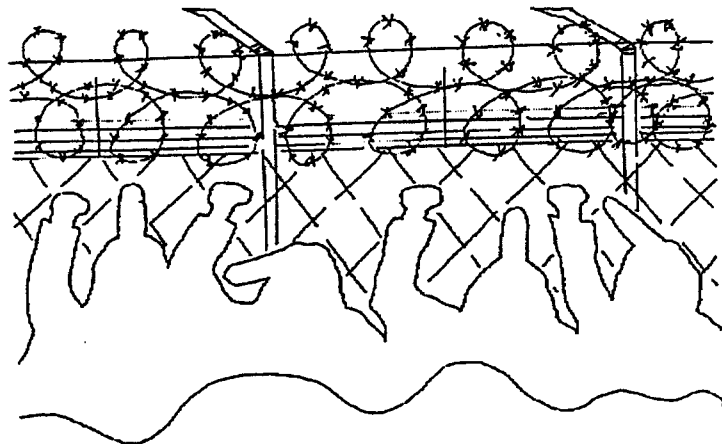
Esquimalt Neighbourhood House
385-2635
Youth, family, and peer counselling; employment training; programs for pregnant women; parent support groups; clothing exchange.

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 counselling & advocacy by people who have been in the sex trade. Non-judgemental.

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

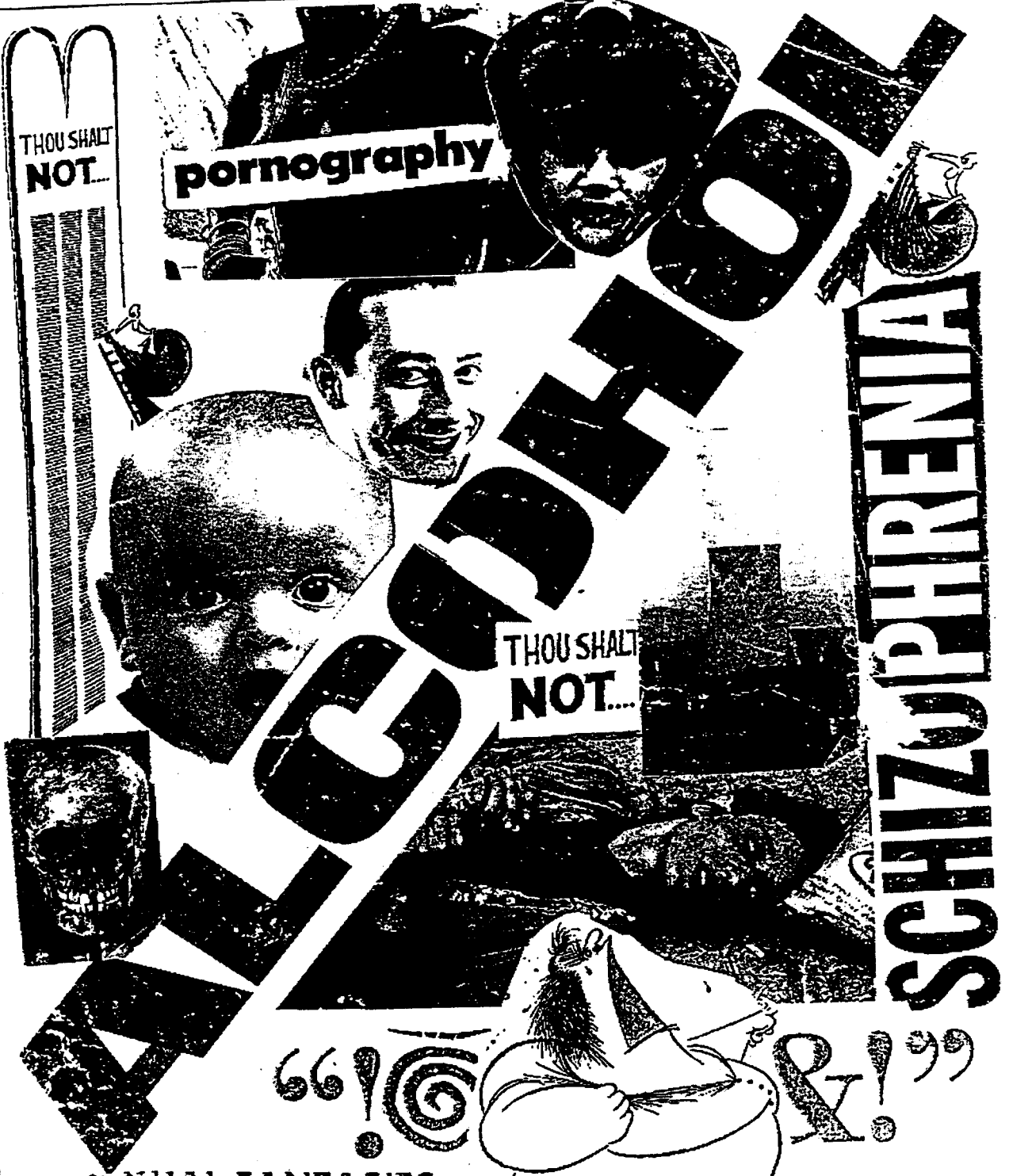




Selle
Non-lubricated • Non-Scrub
Today's Protection
Prevention Methods
• UN CD-ROM

THOU SHALT NOT...

pornography



SEXUAL FANTASIES

We Have Arrived!

AIDS VANCOUVER ISLAND
 #304-733 JOHNSON STREET
 VICTORIA, B.C. V8W 3C7
 TEL: 364-2366

340

SKIPPING THROUGH THE DAYS
THEY PASS BY UNNOTICED UNSEEN
LIVES CHANGE ALONG WITH THE SEASONS
FRIENDS TRIP IN AND OUT WITH THE TIME
BUT THE SAME THINGS HAPPEN EVERYDAY
EVERYWHERE A CHAIN UNMATCHED
EXPLORE THE WORLD, FIND WHAT'S NEW
WHAT CAN YOU FIND? NEVER KNOW UNTIL
WATCH WHAT YOU BELIEVE

SOMETIMES A GREAT IS NOT AS
GREAT AS YOU WOULD LIKE TO
BELIEVE WHO TO TRUST WHO TO
KNOW? MAYBE ALL UNTIL A LATER

WHY THE PAIN? MAYBE TO LEARN,
MAYBE NO REASON JUST TO TAKE
IT TO YOU WILL THE ONES YOU KNOW
ARE AN ENDLESS ALLY. WHAT IS AN ALLY
THE ONES YOU KNOW ARE TRUE BROTHER
SISTERHOOD NEVER TO BE QUESTIONED
WE ALWAYS KNOW SOMETHING TO LEARN
TO OURSELVES IS THE OBSTACLE TO TRUSTING
YOURSELF FIRST AND THE ONES WHO ARE TRUE
WILL BE STANDING BESIDE YOU AT ALL THE
HARDS AND WAYS OF MAKING DAY LIFE

WE NEED A NAME PEOPLE!

SUBMIT YOUR CHOICE

Greetings and salutations to everyone out there in televalium land, how ya doin'? The wonderful people who produce this source of endless wisdom have, in their gracious kindness, seen fit to bestow upon their loyal and humble servant a space to fill in to help enlighten you.

Enough butt-kissing for ya?

Okay, down to business. I'm going to provide ideas and information for the street rats out there for getting cash, safe crash pads and cool shit. If you're getting screwed by welfare just blew the check on pot and booze there's not much to do except spaynge, squeegee, busk, or turn to a life of crime (fun) for much needed cash flow. Panning isn't very hard 'cause all you do is sit on your ass and harass people for coins. It sucks, though, since you have to put up with shit all day, get ignored, and don't even get much money. And with all the twinkies coming out of hibernation and taking all of the money you should be getting it's really annoying. Squeegees ain't much better. Busking is pretty good if you can find a place not already covered and if you have an instrument. Skill helps. You could always try selling drugs or

mugging people but I don't recommend it. Besides, those are rather high risk occupations. The pigs don't really like you much for doing it. Myself, being a street-bum, am open to any options for getting money. If you intend on squatting instead of camping out or staying at a hostel or shelter, make sure the place you get has an entrance away from public eyes and reasonably strong walls 'n' floors 'n' shit. One place I stayed in almost collapsed under me whenever I climbed in or out. The boards in the floor were rotted right through. If you have dogs make sure they don't bark too much or are seen often. Homeowners around deserted buildings are quick to call the cops if anything looks odd. Keep all candles and lights away from windows. Don't let your pets shit inside too often as this will let bugs, flies and parasites breed and it ruins it for you and other squatters. It's mostly common sense. Get ahold of other punks and crusties for better info, they're easy to spot and a real friendly bunch. Just go up to any punker you see and tell them you like the groovy piercings they have and you'll get warm and comfy hug. Honest. Anyways, here is a quick guide to know if

you have found that elusive wonderful thing called lust, er, love.

- You swap nipple rings.
- You admire his/her/it's tattoo's while they're asleep.
- You play chess with cigarette butts and beer caps, and don't mind losing.
- You think they're as attractive passed out drunk as when they're sober.



T.T.F.N.
RUNE

There is lots of stuff inside. We need your help though. Anytime you want to come in a 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 advise to new needle users, or anything else, just let someone know. You'll get your two bits worth in.

a face you can trust



Dear Kate

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. If you have questions Kate is the one.

So, write down your queries & questions and let this great mind go to work for you!!!

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.

.....

Dear Kate:

I find that no matter how much I wipe with swabs, clean, or anything, I keep getting infections. Is it the clothes I'm wearing? Or am I doing something wrong? It's driving me.

B.D.

Dear B.D.:

Proper swabbing technique is important for overall user health. For starters, the best advice is to swab before you shoot, not after. The idea behind using swabs is to remove the bacteria and germs hangin' out on your skin (yup, even if you've just had a shower there are still germs). Not swabbing before you shoot means that you're shoving those germs into your veins and leaving yourself vulnerable to developing infections and abscesses. And Swab in one direction, turn the swab over and re-swab in the same direction--or else you're just smearing the dirt and germs around rather than removing them. And swabbing after is asking for trouble 'cuz the alcohol on the swab dries the spot where you just injected and creates a scab--and shooting through a scab dulls your point which wreaks havoc on your veins...So swab before you shoot--not after. It sounds like a lot, I know, specially when you just want to get a fix into ya. BUT it's worth it.

Dear Kate:
The cops keep taking my \$%&*?!@#\$ rigs! Then I get in shit from you guys when I don't bring them back. What the hell am I supposed to do? They keep taking them and I keep getting a debt with the exchange.
Pissed Off

Dear Pissed:

There's not a lot that i can offer you. Canada doesn't have drug paraphernalia laws like the U.S. does so it isn't against the law to carry syringes--new or used. One thing you CAN do is try to remember a name or badge number or even a description of the cop that took them. We do try to get the police force to understand the problem. Unfortunately, some never will.

Dear Kate:

How do I stop the other working girls from wearing the same clothes as me?
Concerned Working Girl

Dear Concerned:

You can't. Live with it. But know that you probably have a way better sense of style than anyone of them. Obviously!

Dear Kate:

Howdie! When are you coming for a ride on my bike?
Guess Who?

Dear Guess:

We like you even if you are a turkey!

Dear Kate:

I have a problem enforcing boundaries. I am having casual sex with someone and we are not using a condom. I want him to use one but have never asked him to. Any suggestions? I don't want it to seem that I have sex with lots of people and I don't want less pleasure for him cause I think I'm kinda loose. Please help

A.

Dear A:

It sounds like you have a problem with your self esteem. Firstly, having condoms by your bed or in your purse does not mean that you sleep with many people but who cares if you did?) It means that you are a responsible and safer sex partner than someone who doesn't. As far as enforcing boundaries, are you sleeping with him because you want to? Or is it because you have problems saying no? Do you want to sleep with someone who doesn't want to use a condom? This doesn't say much for HIS safe sex practices. You don't know whether he has any illnesses that he is passing on to you. He's probably done this with other people too. Perhaps you could think about whether sex with him is worth the potential risk of contracting something deadly. By the way, a) 'lessening' his pleasure? HIV+ isn't very pleasurable either. b) the walls of the vagina are very stretchy. by contracting them, they will fit around almost anything, from a finger to a new born baby. Work on your self esteem. You're worth keeping alive!

E POETS PAGE POETS PAGE POETS

Imara

I died my hair to look to me like painted Chinatown wood.
 I had the bottle labeled NIGHTSHADE for about 8 months plus
 I carried this paint while my sister carries another child.
 for near to as long without thinking of it.
 Now, I celebrate anticipation with painted wings of wood.
 Still, it's so dry it won't stay flat and shiny.

Jennifer Wren 1997

Remembrance

*of had no fears
 before of realized that
 of had to shed many sweet and tender tears
 as a poet
 before of thought of myself
 of had to write many poems
 of was in eternal loneliness
 before of understood that
 of had to speak to many people
 in convincing them
 before of took risks
 of had to commit many sins
 from the eyes of guilt
 before of was released
 of had to go through all the religions
 the bondage for the eye
 before of was delivered from
 of had to walk down many roads
 Journey*

*its called cocaine
 going down up-town to play the game
 being followed by sick
 selling my tricks to buy my fix
 rip off a trick to buy my fix
 Gypsy switch ha ha got a free fix
 working the streets
 they have no rules
 rob and rip gullible fools
 playing the game
 it's called cocaine
 you loose your everything--
 -then control
 I devote my death
 I can sell my soul--
 I can sell my tricks
 hush
 whack my fix
 rush.....?
 turning tricks quite quickly today
 When it's over and done with
 just give me my pay
 off again to turn my tricks
 on again, I love to fix
 over and over day's without end
 fix more up, i'm ready again
 Fix the game called cocaine
 you feel no pain
 your never the same
 you've lost your worth and yourself
 I need a fix
 then I'll feel fine
 I play the game
 to cure the pain
 I need no change
 cause the game stays the same*

Sketchy Jesse Jones

Aftermath

Bright blood flows, feeding the thirsty soil.
 devastation hath been wrought on
 poor mens bodies, and
 and n this case,
 the living are not the lucky ones.

The battle is over, bit still
 the sounds of conflict echo over the feild

Vultures shrill calls fill the air,
 as they begin to feed, and living or dead
 matters nought to these savage scavengers.

When will man realize that conflict
 of this sort is not the answer
 to the evils that some men do

Reme

Michell M.

Int eh great white Northwest
 Is forgotten here
 Raw survival
 There are so many
 comfort zones
 A piece of peace
 Parks and zoos
 To placate our conscientious
 A token piece of life
 they keep us slightly sane
 Like day trips to nature
 Trees lining the streets
 the green
 Covering the grey and
 Falling like snow
 Flower petals

HEALTH & SAFETY TIPS FOR YOU!!

~SWAB BEFORE YOU POKE. NOT AFTER. ALCOHOL WILL KILL THE NEW TISSUE, CREATING THE DREADED SCAR TISSUE! PEROXIDE DOESN'T THOUGH

~TRY TO EAT EVERY DAY. EVEN IF YOU DON'T FEEL LIKE IT.

~GET SOME VITAMIN 'C' INTO YOU. EAT AN ORANGE, EAT YOUR GARNISH, TAKE A PILL, CHEW A TABLET. THE NURSES HAVE VITAMINS OFTEN.

~WIPE YOUR LIPSTICK OFF BEFORE YOU GIVE A BJ. THE OIL IN THE LIPSTICK WILL START TO EAT AWAY THE CONDOM. YUCK!

~TEST DOPE FROM A NEW DEALER OR FROM A NEW SUPPLY FIRST. NO ONE LIKES AN O.D. IN THEIR LIVING ROOM.

~STAY AWARE OF NEW INFO ABOUT THE DOPE IN TOWN. IT'S GOOD TO KNOW HOW STRONG IT IS, WHERE IT'S FROM, WHAT IT'S CUT WITH...

~GET A LITTLE FRESH AIR EVERY DAY.

~GET ANYTHING UNUSUAL CHECKED OUT EVERY TIME BY THE NURSE OR YOUR DOCTOR. (EVEN IF YOU THINK THAT IT'S NOTHING).

~ROTATE YOUR POKE SIGHTS. TRY TO NEVER POKE IN THE SAME SIDE TWICE IN A ROW

~DRINK LOTS AND LOTS OF WATER!! THIS WILL KEEP YOUR SKIN FROM WRINKLING, IT WILL HELP YOUR BODY TO FLUSH OUT TOXINS, KEEPS YOUR KIDNEYS HAPPY!!!!!!

~TRY NOT TO GO MORE THAN 24 HOURS WITHOUT SLEEPING. SLEEP KEEPS YOU SANE AND SMILIN'.

~WASH YOUR HANDS WHENEVER YOU THINK OF IT. THIS WILL CUT DOWN ON COLDS AND INFECTIONS.

~VITAMINS HELP YOU GET HIGH--SEE A NURSE AND TAKE 'EM REGULARLY--THEY HELP KEEP VEINS HEALTHY AND HELP ABSORB THE JUNK QUICKER....

~LEAVE A VEIN CLEAN INCASE YOU HAVE TO GO TO THE HOSPITAL. IF YOU GO DOWN AND END UP IN EMERGENCY, YOU DON'T WANT THEM SPENDING TWENTY MINUTES LOOKING FOR A WORKING VEIN! (20 MINS COULD BE YOUR LIFE)

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

GITTIN' MAD

To Whom it may concern,
I am writing this letter regarding AIDS patients in Provincial Correctional Centres, and our treatment and therapy within the above noted system.

In the Provincial Correctional system of B.C. there are no specific guide lines to go by.

My concern is this: Each person with HIV or AIDS has individual needs.

What works for some, will not work for others. There are different combinations of medications for different HIV or AIDS related illnesses.

Due to some unknown reason, some Provincial Centres Health Care systems are better than others.

No Provincial Centres as yet

can or will not meet anyone's specific needs.

I am currently on assortment of medications as I have full Blown AIDS. I also have to request double portions of meals and vitamins, amino acids and a variety of proteins.

The Provincial Centres cover only the bare minimum. Any other medications required are from outside organizations.

When I am in the community, I am a member of the general public and my health care is covered by BC Medical.

I am sharing these facts with you and I have legitimate documentation to support this issue.

the Correctional Centre Doctor indicates that the proteins and amino acids are a comfort rather than a medical necessity.

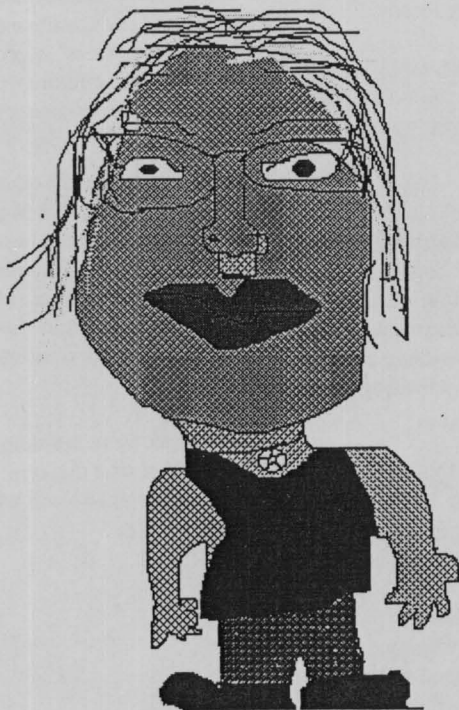
I challenge this and disagree, due to physical proof that dif-

ferent individuals have different needs at different stages of the illness.

Sincerely,
Ken Gates

my opinion

In my opinion I feel that the way we look at women sucks. The women in our society must be perfect, with the long hair, big breasts, tiny waists, and long legs. Well... thats 4 percent of the female population, but what about the rest ? When I walk down the road I get stared at. Not because im beautiful, but because In our society, im a freak. With twelve peircings in my face and tattoos, I am evil. I don't do anything for the shock value, but because I enjoy it. I like to express myself in other ways besides beauty. I am not alone. How many people are the perfect woman in our society ? Not a heck of a lot. The television, the magazines and all types of media are pushing the waif like female image. Thousands of teenage girls die each year because of the image we must present. **LOSE WEIGHT! DO YOUR MAKEUP!** let every one else rule your life. Why? because we have to be perfect. When I think of most teenagers my age, I almost get sick. They all look the same, Talk the same and act the same. I must ask why. Cant we feel comfortable the way we are? Obviosly not. What I hate the most is "Seventeen" magazines. The images they show of teenage women are disgusting. Most look like heroine addicts. And if they dont, they look sick. How many teenage women looklike that. The emarassing moments rtical they have in there is not about embaessment. Most of it is just everyday life. I get so angry every time I look at those magazines, because some women think that that is how they should look. Starving themselves to get that way. It is not right.



I'm Spyse and thats my opinion.

If you have any comments or suggestions for me
send them to Spyse in care of Dear Kate

Good numbers to know

Where to eat

Mustard Seed Food Bank
625 Queens St. 385-0512

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

St. Vincent De Paul Society
840 View St. 382-0712

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

Salvation Army Family & Community Services
1911 Quadra 386-8521

Mon-Fri, 9:00am - 4:00pm. Emergency food hampers and can supply food tickets to the Upper Room.

Streetlink Emergency Shelter
1634 Store St.

Breakfast at 7:00am, Lunch at 12 noon, dinner at 5pm

Non-residents, dinner is first come first serve and you pick up your tickets at 3:45 to be served at 4:00pm

UpperRoom Society
919 Pandora Ave.

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

Q-C.A.R.E Program 475-3039

Lunch is at 1:30pm Sunday at 220 Bay St. (Native Friendship Centre).

Where to sleep

Streetlink Emergency Shelter
1634 Store St.

For homeless people without funds. Must be sober. Must be over 18. 44 mens beds, 11 women's in segregated quarters. Check in between 3:30-8:00pm. Must be in by 11:30 shut down time. Three meals a day, laundry and showers. A&D counselling. Mental health counselling.

YM/YWCA

880 Courtney St.
Residence low rates, central kitchen, off season rates. Tran-

sition house support groups, young mom's group, Youth Outreach.

Hill House Transition House
479-3963 Emergency for women with or without children escaping family violence. 24 hours a day, 7 days a week.

Victoria Transition House
Crisis line: 385-6611

Temporary shelter for women & kids fleeing from physically or emotionally abusive relationships. Has support groups.

Sandy Merriman House
490-1408

Offers emergency shelter for women including women who have left home, have been in jail, who work as prostitutes, who are at risk, and who have mental illness. 7pm to 11am. Women's drop in during the day.

Casa Maria Emergency Housing
361-4613

#21 1241 Balmoral Rd. Provides emergency, temporary housing for homeless families. Cost is based on income.

Gateway 361-1323 1400 Quadra

Overnight shelter for those with addictions. 19yrs+. Juice, showers, laundry for residence. 18 mats with a partition are for women. First come, first serve. No referral necessary.

Salvation Army Addictions and Rehab. Centre.

525 Johnson St. 384-3396
8:30-4pm. Operates an emergency shelter for men and a hostel for transient men. Cafeteria provides three meals a day.

Who Can Help?

D&A

Alcohol & Drug Services 387-5077 #228-1250 Quadra
Drug and alcohol counselling, treatment programmes for those in Victoria.

Dallas Society
727-3544 304-1095 McKenzie Ave. D&A counselling for those

in Saanich and Sidney. Youth substance abuse program. Full Circle Women's Day Program

Pemberton House Detox
592-5554. Male and female supervised detox 16+ years. Phone first.

Alcoholics Anonymous
383-0415 24 hour

Narcotics Anonymous
383-3553 24 hour

Victoria Life Enrichment Society (VLES) 381-4343.

Over 19 years. 8:30 - noon & 1:15 - 4:30 pm. Residential program for drug & alcohol treatment. MSS will fund this.

Victoria Native Friendship Centre 384-3211 220 Bay.

Addictions counselling, education and prevention services.

Victoria Youth Empowerment Society 383-3514

Behind Pizza Hut on Yates. GOALS is A&D counselling, awareness groups, drop in.

Streetlink emergency Shelter 383-1951. 1634 Store St. A&D counselling available during the daytime including referrals.

YM/YWCA Youth D&A counsellor. 386-7511 Ext-114 880 Courtney St Serves youth ages 12-19 years.

Counselling

Esquimalt Neighbourhood House. 385-2635 Youth, family & peers counselling: Employment training, pregnancy outreach to at-risk women, parent support groups, clothing exchange.

NEED CRISIS LINE
386-6323 24hours. crisis intervention, suicide prevention, counselling info & referrals.

John Howard Society
386-3428 2675 Bridge st.
Counselling and referral assistance for prisoners, ex-prisoners and

their families.

PEERS 388-5325 (Prostitutes' Empowerment, Education & Resource Society) Peer counselling by people who have been in the sex trade. Support group, advocacy. Non-judgemental.

ADVOCACY

T.A.P.S. (Together Against Poverty Society) 361-3521. 8:30am-12:00pm. Provides advocacy on issues involving welfare, employment insurance and residential tenancy.

Tenants' Rights Action Group Of Greater Victoria. 480-7881 9AM-5PM. Offers information to tenants about their rights and gives them the opportunity to meet to advance their rights: provides referrals to other tenant serving agencies; hosts meetings, workshops and forums to increase community awareness of tenant issues.

VSCA (Victoria Street Community Association). 386-2347. 1517 Quadra. Provides advocacy & support to people on low income: offers 'Street Start Training Program: Bizstart', a peer directed self-employment training program & Community Economic Development, a program developing community owned (non-profit) businesses and co-ops.

* Please note: many of the other organizations listed on this page also do many different things. To find out if they can help you with a particular problem, all you have to do is ask and they will help you or find someone who does.

If you find that there are numbers that are important that aren't here, let us know and we will try to squeeze them in.