

Get Real.

FACT 1

HIV infections are rising again among gay and bi boys. You are not immune.

FACT 2

Puking, diarrhea, liver damage & facial wasting are **side effects** of HIV drugs.

FACT 3

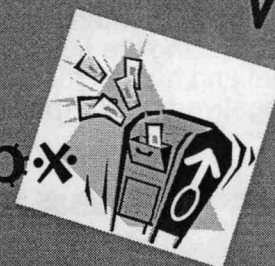
You have the **power** to stay healthy.

Know the facts.

MEN'S briefs!

- toys & fisting
- newswire
- profile

MaleBox



spring 2003

WWW.AVI.ORG/MEN HIV/AIDS INFOLINE
384-2366

 AIDS Vancouver Island **MEN'S WELLNESS PROGRAM**

 AIDS Vancouver Island

MEN'S WELLNESS PROGRAM

MEN'S briefs!

The Newsletter of the Men's Wellness Program

Men's Briefs is published as often as possible by the Men's Wellness Program (MWP) at AIDS Vancouver Island. Your input is valued and encouraged, whether opinion writing, prose, artwork, suggestions and criticism, or feedback. Send your submissions by email, by snail-mail, or drop 'em by the office. Please include your name and phone or email address with your submission.

The mandate of *Men's Briefs* is to provide a regular resource of up-to-date and topical information on men's wellness issues and community events important to the lives of gay and bisexual guys in Victoria and on Vancouver Island, including those living with HIV/AIDS.

Designed & written by: Jim Oliver
Contact us...

AIDS Vancouver Island
The Men's Wellness Program
1601 Blanshard St. Victoria BC
250-384-2366
1-800-665-2437
email: men@avi.org
Website: www.avi.org/men



The Men's Wellness Program is AIDS Vancouver Island's health promotion initiative aimed at reducing the rate of HIV infection among gay and bisexual guys. The program involves outreach and prevention education and support to gay and bisexual men focusing on encouraging safer-sex practices, increasing awareness and reducing the risk of contracting HIV. MWP provides material and human resources that support healthy living for HIV-negative and HIV-positive men.

Production of this resource has been made possible through a financial contribution from the AIDS Community Action Program, Health Canada

The views expressed herein do not necessarily represent the official policies of Health Canada

What services does MESH currently offer?

We are running one support group for men in relationships that are breaking down. In the near future we will offer a support group for "highly sensitive" men, who have difficulty handling the stress of relationship. We offer a short-term housing space as well and this will grow as more funding becomes available. Costs are minimal: \$10 for group work, and individual counselling is offered for whatever the individual is able to pay. We also do a fair amount of telephone counselling.

How big a problem is the abuse of men?

In one study, 15% of males reported being abused in relationship. Statistics Canada reports that 7% of men and 8% of women report being abused in the household.

How would a man know they are being abused, and what are some things they can do?

A big male theme (in relationship) is that if your partner is angry 'it must be my fault'. So dealing with anger is a big deal in relationships. You know it's abuse when it starts to feel scary or it hurts. This can be physical, the withholding of love, name calling and blame, and it can be 'being shut out'. It is very important that men keep a friendship network for support (unlike women, men tend to drop their support system when they get in a relationship). Through friends you can reach out for the support you need. And you can come to MESH - and get individual or group support.

Thanks Gary!



Call the MESH
confidential helpline

385-4MEN (4636)

www3.telus.net/vicmesh/

Profile

An Interview With

Gary Brandstadt, M.S.W., R.S.W of

MESH

(Men's Emergency Services & Housing)

Gary, what is MESH?

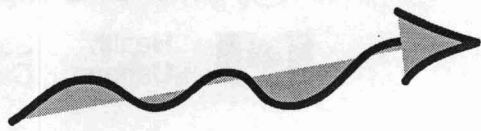
MESH is a men's emergency service for men who leave a relationship abruptly and need support. There may or may not be abuse involved, but there almost always is. Over time the abuse tends to escalate - and men tend to "hang in forever" due to fears of being alone.

What led you to create a men's emergency service?

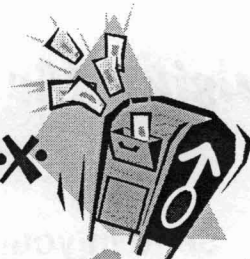
A man named Bob Waters saw a lack of housing for separated fathers; Bob approached me because of my experience in facilitating men's groups (Gary is a Registered Clinical Social Worker with 30 years experience, including 15 years facilitating Men's groups).

A recent study showed that one in five urban gay and bi men are abused by their partners. Is MESH open to serving gay men too?

We are very open to gay men (open to any men) as long as they don't have an alcohol or drug problem (unless they are involved and committed to a recovery program).



the MaleBox

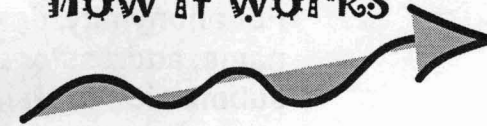
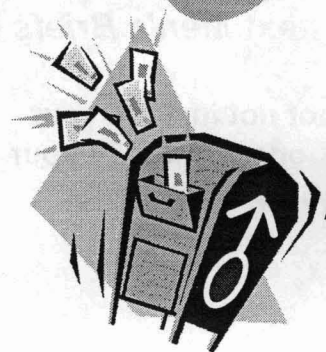


This issue, *Briefs* introduces the *MaleBox*. Why? So you can ask *anonymous questions* and get straight-forward and *informed answers*. Because we know that gay men don't always ask their doctors about sexual matters, especially gay stuff - and they aren't always sure where to go for other sexual health information. Gay men need and deserve good information on their health concerns ...

Every issue I'll be printing answers to your questions on sex and everything related to it.

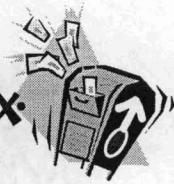
In the *MaleBox* there are no questions too strange, too racy, too kinky or too embarrassing to ask. So don't be shy - all questions and answers are strictly anonymous!

how it works



next page!

using the MaleBox



Send in your question! You can do this by:



Snail Mail. Send your letter to *MaleBox*, c/o MWP, AIDS Vancouver island, 1601 Blanshard Street, Victoria, BC. V8W 2J5



Drop off. Bring your question to AVI in a sealed envelope marked *MaleBox*, c/o MWP.



Email. Send your question to men@avi.org with *MaleBox* in the subject line. Not anonymous? Create a separate *Yahoo* or *Hotmail* account!



MaleBox researches your question thoroughly and consults with Dr. Doug McGhee and other health professionals.



Your question, along with the answer will be printed in the next *Men's Briefs* issue.

For anonymity, do not include your name, address or phone number in your submission to MaleBox.

men@peers

The men@peers project provides services relevant to male sex trade workers and sexually exploited male youth in the Victoria area. The project has a special focus on Aboriginal Youth. We respect those involved in prostitution and work to improve their working conditions. We assist guys who desire to leave the sex trade and strive to increase public understanding. If you have any questions or comments please call or drop in!

men@peers provides:



- A safe place
- Drop-in
- Needle Exchange
- Condoms and lube
- Refreshments
- Peer counselling
- Resource material
- Outreach

382-5118
#214-620 View St.
men@peers.bc.ca
www.peers.bc.ca

Be the
Safest
Happiest
Hustler
that you can be!

Jim Wilton, Coordinator
Jason Poitras, Youth Facilitator

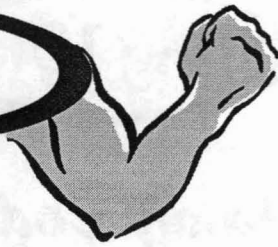
men@peers is funded by



Health
Canada

Santé
Canada

Fisting 101



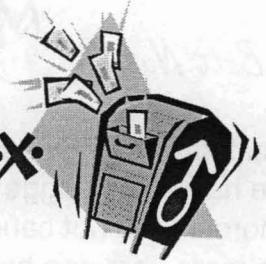
Medical Issues

- ▶ **Tearing of anal tissues** can result from sharp edges, so trimmed and filed fingernails are a must.
- ▶ **Colon perforation** can occur from *very deep* fisting done without care, or from improper use of *rigid dildos*, as the colon wall is thin and does not have pain receptors. This can lead to peritonitis and death if not dealt with by a hospital immediately.
- ▶ **Significant amounts of blood** may indicate a colon perforation. If this occurs, get to a hospital without delay. A fever after play may also indicate a perforated colon requiring immediate medical attention.

Toys and Fisting was researched with the cheerful assistance of volunteer Denis Farling and utilized the following resources:

The Ultimate Guide to Anal Sex for Men
Trust, The Hand Book
The Good Vibrations Guide to Sex
www.gayhealth.com
HIV Transmission Guidelines (Health Canada)
Dr. Doug McGhee

dear MaleBox



Dear MaleBox,

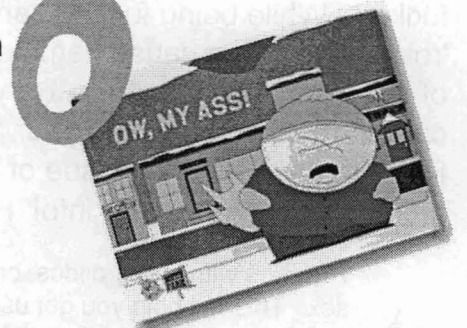
I have a hemmoroid problem that is affecting my sex life! I've had them for almost 15 years and have sometimes had bleeding from them. Doctors gave me some suppositories, but they haven't really done anything. What about surgery, is that an option?

The second thing, that's related, is that I can't seem to get fucked. I can use a dildo ok, but when it comes to getting fucked they can't seem to get it in. I'm not sure if this has to do with the hemmoroids or not. I want to get fucked but it can't seem to happen. What can I do?!

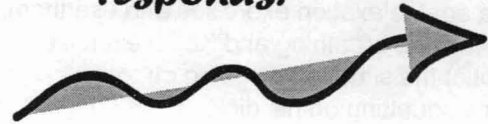
Butt Nut in Victoria

MaleBox

responds!

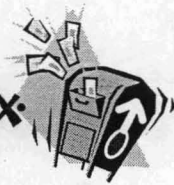


next page!



Dear Butt Nat,

MaleBox



I consulted with Dr. Doug McGhee on your question and he had some suggestions for you. First off, hemorrhoids are not caused by anal sex and they are no more common because you're gay.

There are **two types of hemorrhoids**; they can be internal or external. **Internal** 'roids occur in the anal canal and cause itching, bleeding and sometimes a lump protruding from the asshole. Internal 'roids can be prevented through increasing the fibre intake in your diet and by not straining your asshole. **External** 'roids occur on the asshole and are painful. They can be treated with over-the-counter creams and suppositories. They usually go away in a week or so, but if they are bleeding or very painful, visit your doctor. Surgery is generally reserved for cases where hemorrhoids are a severe and constant problem. Try increasing your fibre intake and using hemorrhoid creams.

Hemorrhoids should almost never interfere with getting fucked. While being fucked can aggravate existing 'roids, it does *not* cause hemorrhoids. So, to the issue of being fucked: it sounds like you need to take more care to relax yourself and your asshole before fucking. Refer to the Fall, 2002 issue of *Men's Briefs* for the article first time for more info! Here are some quick tips!

Practice with larger dildos, on your own and before anal sex. This will help you get used to larger penetration.

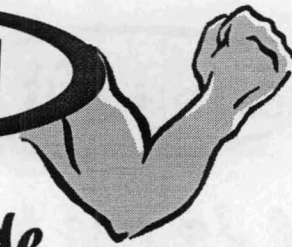
Use plenty of water based lubricant.

Learn some anal relaxation exercises and use them. This should include breathing and Kegel exercises.

Be in control of the situation by being on top; get started by squatting on his dick.

good luck Butt Nut!

Fisting 101



Hanky Code

Fisting enthusiasts often use a hanky code to signal their desire to other like-minded men. The hanky worn by fisters is **red**.

When worn in the left hip pocket, a red hanky lets you know the wearer is a fisting "top", that is, an insertive fister.

When worn in the right hip pocket, the red hanky signifies that the wearer is a fisting "bottom", that is, a receptive fister.

Drug Use

Avoid them!

Using recreational drugs during fisting presents a major risk to health. Fisting requires significant ability to focus and concentrate on what is being experienced and felt - and the ability to communicate that information to your partner; drugs reduce this ability.

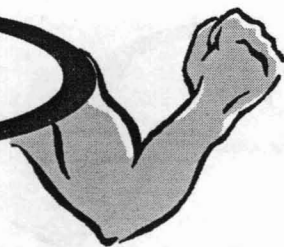
Also, some drugs (such as crystal meth) can embolden a person to go further than they otherwise would and at the same time deaden their pain sensations. **This combination is dangerous (see Medical Issues).**

more! 

26

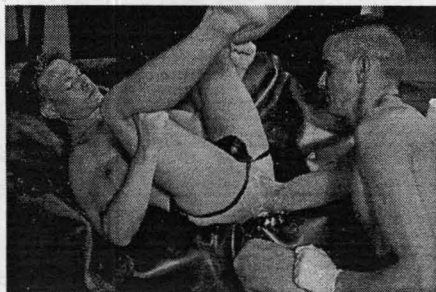
Fisting 101

Lubrication

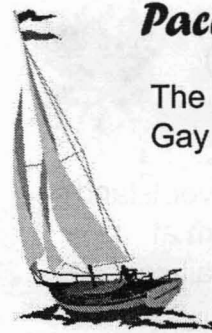


Proper lubrication is critical to a successful fisting experience. You cannot use too much lube! Here are some things to know about lube . . .

- ★ The most popular fisting lube is *Crisco* (oil-based). *J-Lube* (water-based) is a lubricant used by veterinarians in calf delivery. It is becoming popular and is fully safe to use with latex. *J-Lube* comes as a powder and you mix it yourself with water to the desired consistency. (*J-Lube* is available through *Bleeding Rose Books*). *Use lots of lube!*
- ★ If more than one person is being fisted during a session, make sure that each person has their own lube container to prevent any cross-contamination. Also ensure that the "tops" are putting on new gloves or washing thoroughly before moving from fisting one ass to fisting another!
- ★ Remember that oil-based lubes (such as *Crisco*) break down latex condoms. So if you fuck after fisting, use a water-based lubricant such as *J-Lube* for your fisting session.



Pacific Rim Yacht Club



The Pacific Rim Yacht Club welcomes all Gay Boaters!

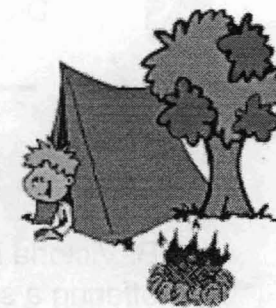
We are a group of boaters established to encourage friendship among G/L/B/T Persons interested in boating. We schedule monthly activities, on the water and land.

Come put a new spin on the word *Cruising!*

Email us at pryclub@hotmail.com
A rep will reply. Discretion assured.

Shadow Falls Camp

Gay clothing optional campsite under two hours from Vancouver, near Harrison Hot Springs. Contact Bryan at bigblooming@yahoo.ca



Triangle Recreation Camp

Gay camping near Granite Falls, WA. Our local rep is Stephen Davis. He may be reached at 217-1202. Visit the TRC website at www.camptrc.org

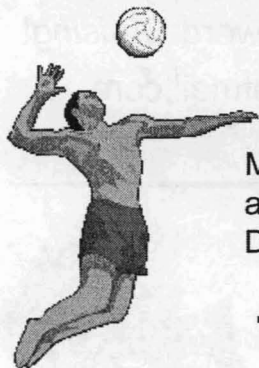


Ferry Riders MC



6 years strong, the FRMC is Vancouver Island's motorcycle club for gay men. Call Jim at 370-9539 or email ferryriders@hotmail.com

www.geocities.com/ferryriders



Spikes Volleyball

Meets 8:30 on Wednesday evenings at Lansdowne Jr. Secondary School. Drop-ins welcome!

BI Victoria

Bi-Victoria is a peer-run support and social group offering a safe space to bisexuals, questioning and to all genders and orientations. Monthly support meeting and social nights periodically.

Contact: (250) 472-4393
www.angelfire.com/bc3/bivictoria
bivictoria@angelfire.com



Physical Preparations

Insertive Partner (*top*)

- Ensures that his fingernails are short and filed smooth. If not using gloves, ensures his hand(s) are free of any cuts, nicks or abrasions.

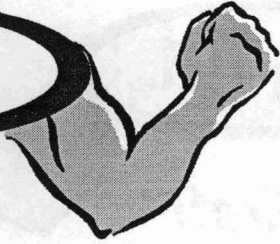
Receptive Partner (*bottom*)

- Has fully "cleaned out" the large colon of fecal matter with enemas. Fecal matter can cause abrasions and infections. Use plain water in enemas, warm not hot. If using a "shower shot"*, use very low pressure; avoid if water pressure or temperature varies. Take lots of time to clean.
- In the 18-36 hours prior to play, avoids foods that bind up the colon (dairy products, meats) and eats more fruits, veggies and high fibre. Eat bananas to keep up your potassium (potassium is lost through repeated enemas).
- Eats lightly on the day of play. Food takes 12 hours to reach the colon, so cut back on large food intake 12-14 hours prior.
- Practices relaxation exercises and/or uses toys (dildos, buttplugs) to loosen up in preparation for the fisting session.

* A "shower shot" is a nozzle that attaches to the shower-head, with a hose used for rinsing out.



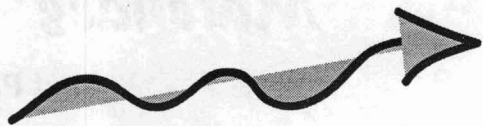
Fisting 101



Materials

You will need:

- ★ **Cleaning out equipment;** either a standard enema bag or an enema attachment on your shower head.
- ★ **Lots of lubricant** (more on this later).
- ★ It is very unlikely for HIV to be transmitted through fisting. Using **latex gloves** lowers this risk. Gloves are recommended when:
 - ▶ The top has any nicks, cuts or abrasions on his hand(s)
 - ▶ More than one guy is being fisted in a session - in which case tops should put on new gloves for each new ass
- ★ **Clean sex toys**, if these are being used before the fisting session to help relax and loosen up (see previous section).
- ★ **A prepared play space** that ensures that the participants are comfortable. The space should be warm (fisting can result in the fisting recipient feeling chilled). Drinking water should be handy. Desired lighting and music.



Comox Valley Queer Connection



Website offering personals, events listing, chat and mailing list. Serving gays and lesbians in the Comox Valley.

www.geocities.com/westhollywood/cafe/3319/



Queerly Canadian

Tune in to Gay radio from CFUV 101.9 FM.
Tuesday evenings, 8:30 - 9:00 pm



Victoria's Queer Youth Group

Regularly has up to 30 youth out to it's weekly evening meetings. Call Kathryn Saunders for more info. at 386-7511 (YM/YWCA)

If you'd like your event, activity or group listed in *Around Town*, contact Jim at 384-2366 or email men@avi.org





Transcend

Transgender Support & Education Society



Provides individual counselling and support including a monthly drop-in.

Contact: (250) 413-3220

www.islandnet.com/transcend
transcend@islandnet.com

First Unitarian Church of Victoria



Welcomes all to worship together on Sunday mornings at 10:30am. Provides LGBT unions. 5575 West Saanich Rd. Contact: (250) 744-2665

www.islandnet.com/~unitvic/



Prime Timers of Victoria

Social, educational and recreational organization for mature men (40+). Meets monthly and holds special events.

www.members.shaw.ca/primetimersvic/victoria@lasvegasnv.net



Safety First!

Communication between partners is perhaps the most critical element to a successful fisting experience. The insertive partner must pay very close attention to the receiver and always proceed very slowly. Many fisters will suggest that one not attempt to fist someone else until they have been fisted themselves, but others find this unnecessary with the right, communicative partner.

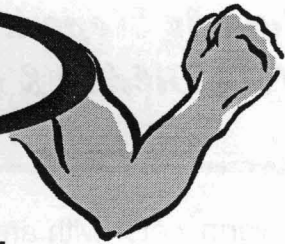
- ▶ **Do not be goal-focused.** Focus on the process; how far you get is much less important and is dependent on many things (experience, degree of relaxation, size of hand and general health).
- ▶ **Proceed with care.** The entrance to the rectum (asshole) has many nerve endings, but beyond that (rectum/colon) there are not, so feedback is not the same.
- ▶ **Move slowly.** If moving too fast pain may be felt as can a rectal spasm, which is very unpleasant. Remember to continually communicate; let your partner know what you're feeling. If you're doing the fisting, remember to ask him!
- ▶ **Prepare.** Always use lots of lube and add to it frequently. More on this later in **Materials**.

Materials

Next Page!

Fisting 101

An Anal-Digital
Penetration Primer



What is Fisting?

Fisting is also known as *handballing*. It involves the insertion of the hand and sometimes the forearm into the anal canal, the rectum and sometimes the descending and even transverse colons.

Fisting requires extensive preparation, both physical and mental - with an emphasis on the latter. Contrary to popular belief, fisting doesn't have to hurt at all. Pain signals that your ass isn't ready - nor likely is your mind.

Fisting releases a flood of endorphins (natural pain-killers) in the guy being fisted. Fisting enthusiasts report an overwhelming and often emotional experience of enormous pleasure. There is also a feeling of intense intimacy by the very nature of the immensity of the penetration and the trust involved.

If you are venturing into fisting, or curious, there are important things for you to know. You can have a wonderful experience if you approach fisting with knowledge and care . . .

Safety First!



ADMIT
ONE

around town

GLOSSI

Salt Spring Island Gays, Lesbians, Allies

Plan social events, get involved in education, exploration and visibility projects. For more information call: (250) 537-7773

glossi@saltspring.com



Free events . . .

For more info call 385-3099 or
email bleedingrose@telus.net

KINK Fridays.

8:30pm - Beyond Vanilla, a new social group for queer people interested in or active in the BDSM lifestyle.

9:30pm - KINK. Join us to watch TV's KINK as it follows real Canadians involved in the BDSM lifestyle.

Queer As Folk Mondays.

8:30pm - Come early and watch the previous week's episode and stay for the new one. Popcorn available by donation to the Kevin Begg Memorial Fund.

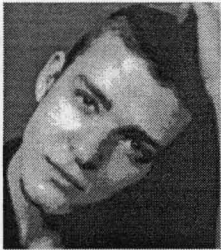
Common Ground Sundays. Queer Youth group
1-4pm - Social group open to all queer youth, allies & supporters. Play games and hang out.

American Idol Wednesdays.

7:30pm - Join us to watch American Idol. Taped Tuesday, shown Wednesday prior to live results. Popcorn by donation, coffee & pop for sale.



Justin donates \$50,000 to AIDS



Pop star Justin Timberlake has signed on to play a gay character on *Will & Grace*. The cutie has a big gay following and was voted one of the "Coolest Straight People of 2002" by *The Advocate*. The 22 year old will play a gigolo who wins the heart of Jack before conning him out of money. The hit singer will donate his entire \$50,000 fee to an AIDS charity.

(from 365gay.com)

BC says HIV reportable

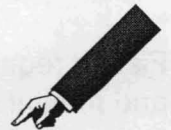
Provincial Medical Health Officer, Dr. Perry Kendall says that health authorities will be notified when someone tests positive for HIV, at which point doctors will try to track his or her partners. Kendall says "that enables them to get tested quickly, to get treatment, to get counselling, to stop unknowingly putting people at risk". But AIDS groups aren't so sure. There is a concern that declaring HIV a reportable disease will discourage people from testing, especially in rural areas. Eight other provinces have already made HIV reportable.

(from CBC News British Columbia)

Simple Steps to Cleaning Your Dildos & Buttplugs

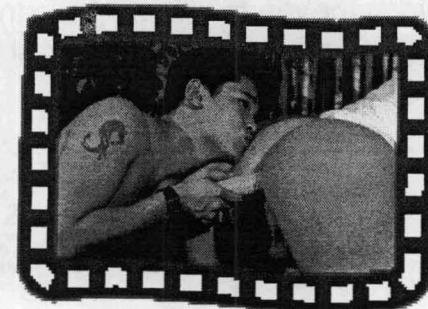
- ▶ Wash in warm water with antibacterial liquid soap.
- ▶ Disinfect by placing in a solution of 1 part bleach to 9 parts water for 10-20 minutes
- ▶ If the dildo or buttplug is **silicone** you can place in the dishwasher (top rack) or boil it for up to 3 minutes
- ▶ Boiling will not sterilize **rubber**, jelly or synthetic rubber toys as they are porous and damaged by heat

remember this!



Anything that goes up your ass can transmit HIV or other STDs if it's shared and not properly cleaned!

Clean your dildos and buttplugs after each use!



Sharing Toys

Sharing dildos can be fun, but it can also transmit HIV and other STDs. *HIV can only be transmitted this way if there is blood present.* Minding a few simple steps can go a long way to keeping you safe while you share!

- ▶ Roll a *fresh condom* over your dildo *each time* it goes from your ass to someone else's!
- ▶ Use lots of water-based lubricant
- ▶ If using a double-dong (double ended dildo) with a partner, make sure it has a *bulb* in the middle to prevent cross-contamination

like this!



Slip - Sliding Away



We can't say enough about lube! Using lots of lubricant when using your dildos or butt-plug helps to prevent small tears or cuts on your asshole & in your rectum. Those little tears or cuts can make it easier for HIV to find its way into your bloodstream!

Using lots of lube is especially important when . . .

- *sharing toys during play (use condoms too)*
- *being fucked before or after using toys*



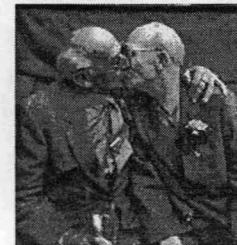
Remember to use water-based lubes!
Oil-based lubes break down condoms and latex toys

NewsWire



Discrimination Threatens Gay Elders' Health

A study at the McGill School of Social Work found "profound marginalization experienced by older gays and lesbians in all aspects of social and political life."



Many older gays and lesbians mistrust health care and other services due to having experienced historical discrimination. As a result, the prospect of needing long-term care such as a nursing home evokes anxiety and fear in many gay and lesbian seniors. The researchers note that this has the effect of many gay and lesbian seniors delaying seeking the medical or other help they need.

from 365gay.com

Perhaps one day soon we will create gay and lesbian retirement and care homes for our senior brothers and sisters.



Pap smears for gay men no joke

More and more gay men are getting anal pap smears from their doctors. The reason is simple: pap smears screen for cellular changes that can lead to anal cancer. Several studies have shown that while anal cancer is rare, it can be more than 30 times as great among men with a history of receptive anal sex. Those studies also showed that HIV positive men are at even higher risk.

These cancers are linked to infection with HPV (commonly known as anal warts). Most gay men have been exposed to HPV at some point. So talk to your doctor about getting a pap smear!

(from 365gay.com)

Big chat attack



A study in the European Respiratory Journal (Feb., 2003) says that being at the computer for long periods without breaks could kill. The danger, they say, is of developing blood clots in the legs as can happen on extended flights. What can be done? Take a break from the computer every once in a while for a short walkabout or stretch!

(from 365gay.com)

Types and Materials

Dildos can be:

Realistic - modeled after a real-life porn star, like the "Jeff Stryker" model.

Vibrating - these are battery operated and can be helpful in relaxing the anal sphincters.

Probes - these are longer, flexible and usually have a handle.

Double ended - these are designed to use with a friend. They should always have a bulb in the centre to prevent cross-contamination.

Materials:

Synthetic rubber - the most commonly used; inexpensive, soft and easy to clean. Will deteriorate over time from use and washing.

Jelly - very popular; pliable and squishy but firm enough. Warms quickly. Porous, not so easy to clean, so use with a condom.

Cyberskin - the newest material, very close to real skin. Harder to clean, very porous. Use with a condom.

Silicone - more expensive than synthetic rubber or jelly; smooth and silky. Warms quickly and very easy to clean; can be sterilized in boiling water.

Latex - natural rubber, hard to find. Oils will cause it to disintegrate.

Leather - very hard to clean, not recommended.

dildos and buttplugs

They come in all shapes and sizes, from tiny to massive and from single to double - ended. You can use them alone or share 'em with a partner. There are just a few things to know about using these toys safely, to avoid HIV or other STDs - and to avoid injury.

Vive la difference!



Dildos are designed to be a lot like cocks and simulate the feel and sensation of being fucked.



Buttplugs are designed to stay in once you put 'em up your ass or someone else's, to provide a more constant stimulation. They too come in all sizes, from small to huge.

Types and Materials →

NewsWire

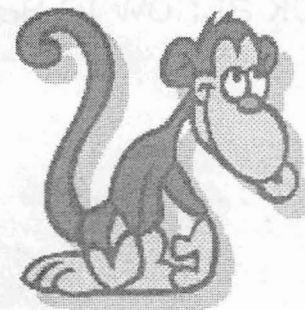


HIV gel

Imagine a gel that could be used as a lubricant to make condoms more effective against HIV - or even replace them.

New US and British research on an HIV preventative gel has shown promise after tests on monkeys. The scientists say there is lots of work to do to create a gel that will be suitable for humans, but that the research demonstrates that microbicides could work to prevent HIV transmission.

(from 365gay.com)



*until then,
condoms are your
best protection.*



**Don't use condoms with
Nonoxynol-9!**

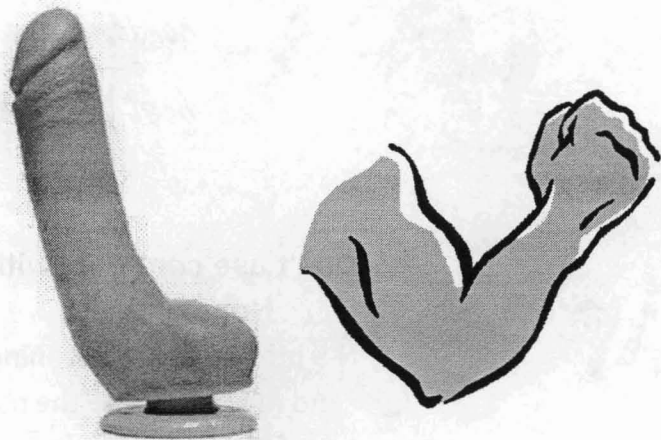
N-9 irritates the rectal lining
and may **increase** the risk
of HIV transmission.

health **f**ocus

toys and fisting

What you need to know to play safe!

A lot of guys play with anal sex toys, alone or with a friend. And many guys are into fisting, whether they're giving it, getting it, or both. Still more guys are turned on by the idea, have experimented, or plan to. So it's important that we have some good information on the safe use of sex toys and on the ins and outs of fist-fucking. Let's take a look at how to safely play with toys and fisting . . .



- ★ dildos and buttplugs
- ★ fisting 101

next 11 pages!