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celebrating the lives and times of rainbow folk in Grand River country

#### Outlook Magazine

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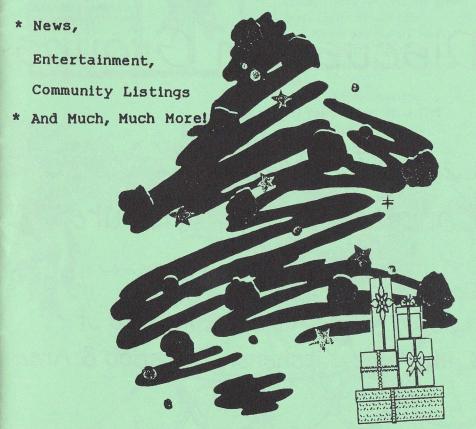
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# Outlook

The Voice of K-W's Gay and Lesbian Community

#### What's Inside...

- \* Dating in the Age of AIDS
- \* Gift Ideas..Books, Music etc.
- \* A Great New Release for Alison Moyet!
- \* The Party Animal Goes to LuLu's and Checks Out Jann Arden!



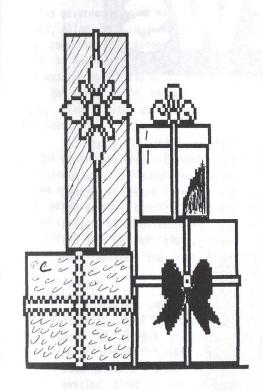
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# A Couple of Words From The Folks at Outlook...

Let us begin by saying how pleased we are with the reponse that Outlook is getting throughout the community.

Just about everyone we have encountered has given it a thumbs up and are looking forward to future issues. We're glad that KW finally has a voice for the gay community at large. You can look forward to many new and exciting articles, reviews and features.

We look forward to a strong finish for 1995 and some great beginnings to 1996!

Please address all your correspondence, including submissions for Reader's Corner to:

Outlook Magazine

Merry Christmas, Everyone!

1



## FEDERAL GOVERNMENT EXTENDS BENEFITS TO SAME SEX COUPLES

Ottawa has quietly broken some new ground in the treatment of same sex couples who work for the federal government. For the first time ever, some employee benefits will be extended to homosexual partners. They include time off if a partner dies or is sick, as well as airline and accommodation allowances.

Reform MP's and even some Liberals oppose the move, but gay rights groups call it a step toward true equality. They were surprised, but gay rights activists were ready to recognize this as quite an achievement. "I think it's great. It's a great step forward." says one person.

Three years ago, Stephen Yarrow's employer, the government, refused to grant him leave when his partner died. He says, "I felt sad about it. It devalued my relationship with my former partner and sort of devalued myself really as a human being in this society." Yarrow would be entitled to that leave, but other benefits like medical coverage and pensions are still denied same sex partners.

"It's completely illogical for the federal government to extend only some benefits but not others. Once they accept the principle that lesbians and gays are entitled to be treated equally, why not go all the way?" says gay activist John Fisher.

One reason, divisive opposition even from Liberals. Tom Wappel, Liberal MP from Ontario says, "I don't agree they're being discriminated against and I don't believe they're families."

Reformers say the new policy is controversial and that's why the government moved on it so quietly. Reform MP John Williams says. "We could have debated on this in the House, now, they've slid it out under the door 'fete accompli' and they basically hope that the Canadians who don't like it won't hear about it. " Says Liberal Ron Duhamel, "I'm not sure the government is really trying to sneak stuff through. Most people would feel, I think, that the policy is appropriate in today's society."

The government point man on this, Allan Rock, says he's still committed to extending rights to homosexuals, but it isn't exactly on the top of his list. He says, "It's on the agenda, along with alot of other things."

But hedging on this will be difficult for the government for two reasons: It was a campaign promise and precedent setting court cases have ruled the current law discriminates against gays and lesbians.

#### THE NAMES PROJECT

The Canadian AIDS Memorial Quilt is touring college and university campuses across the country.

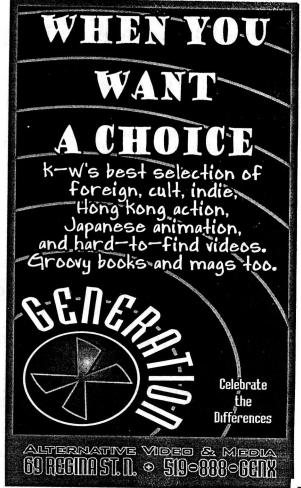
Waterloo Region was one stop on the tour; Doon Campus of Conestoga College being the host. Ten quilt sections, each made up of eight panels the size of grave plots, (3'X6'), symbolic in itself, were on display.

Each panel is a personal tribute to an individual or group of people lost to AIDS. The panels were adorned with photographs, personal objects, poetry and some even had favourite clothing attached.

It was a very emotional and moving experience that made you feel very aware that each panel represented a name and a grave of a loved one lost to AIDS.

The Memorial was open to the public, and during the day, a steady stream of college students and the general public alike, walked through the rows of quilts.

I think alot of the people in attendance left alittle more awar than when they had arrived.



#### 3TC APPROVED IN CANADA

Canadian researchers have a breakthrough treatment for people living with HIV or AIDS. It's a new drug called 3TC. that's just been approved by Ottawa.

Researchers caution it's no cure, but when taken with the drug AZT, it can reduce the amount of AIDS virus in the blood by as much as 96%.

Canada is the second country to approve 3TC. Before Ottawa gave the go ahead on December 11, about 2,800 Canadians were allowed to take it. 3TC works by preventing HIV from multiplying. And unlike AZT, researchers say it has little or no side effects, however it is expensive. A year's worth of 3TC combined with AZT costs about \$6400.00.

Says Maggie Atkinson, a person living with AIDS, " I saw some real improvement in my health and my quality of life as a result of the drug. At one point I was bedridden for approximately seven months and after starting the drug I was able to resume normal activities.

#### GAY SKI WEEK

Altitude '96, the fourth annual Gay Ski Week at Whistler, B.C., is slated for February 4-11, 1996.

Billed as the fastest growing gay ski event in the world, the gathering has mushroomed from 300 local skiers to an international crowd of more than 2.000 at the last one.

In addition to skiing, there are sleigh rides, mountain top tea dances, pool parties, dance parties and more on the agenda.

Package options range from moderate hotels to luxurious condominiums with

prices beginning at \$900 for the week. To book packages call 1-800-772-4473.



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# THE BENT GUIDE TO GAY/LESBIAN CANADA 1995/96 BENT BOOKS

This is the essential guide for lebian or gay travellers in Canada, with more than 650 separate listings of bars, shops, accommodations, services and tours across the country.

#### GAY DAYS '96 EDITED BY KIMBERLY MISTYSYN

Hot bods, cartoons, paintings, photography, gay jokes, historical tidbits, and famous quotations are sprinkled throughout this gay men's weekly planner. Gay Days '96 is a great way for gay men to organize their busy lives.

# RESTRICTED ENTRY BY JANINE FULLER AND STUART BLACKLEY

The riveting insiders account of Little Sisters Bookstore's battle with Canada Customs over censorship of gay and lesbian books and magazines.

# REBEL CHICKS EDITED BY DIANE WILPUTTE

This week-at-a-glance dayplanner is a celebration of lesbian diversity. It features photographs, artwork, poems, cartoons and lesbian pulp novel covers from more than twenty contributors, including Diane DiMassa and Jennifer Camper.

# WHAT DID THEY SAY ABOUT GAYS? BY ALLAN GOULD

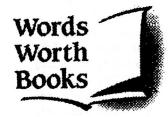
A serious yet entertaining look at what famous heterosexuals and straight institutions said or wrote about homosexuals and homosexuality itself. From the Bible's prohibitions to the thoughts of Newt Gingrich, the straight world's obsession with gays has been endless.

LOOK FOR THESE BOOKS AT YOUR FAVOURITE BOOKSTORE

# HAPPY HOLIDAYS

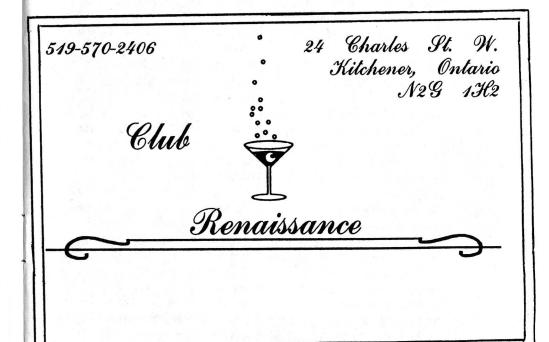
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## PRINCESS CINEMA

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CARRINGTON CHRISTOPHER HAMPTON (UK/FRANCE 1995) December 21-January 4

Bohemian London in the early 20th century was epitomized by the infamous Bloomsbury Group, a company which included Virginia Woolf, that challenged the stuffy conventions of British society. This group of iconoclasts has provided with endless biographers material about numerous fascinating relationships. One of these is the focus of Christopher Hampton's engrossing directorial debut.

Hampton established his reputation as a playwright, and is perhaps best known in film for his Academy Award winning screenplay for Stephen Frear's 'Dangerous Liaisons'. With Carrington he details the unsettling but engrossing partnership between renowned writer Lytton Strachey and obscure painter Dora Carrington. He follows them through 17 years of affairs and scandal, celebrating a love that would not be bound by social mores, sexuality or death.

Strachey, a committed homosexual, met Carrington in 1915, when he spotted her bounding about a garden. They were rarely apart again. Strachey continued to dally with young men, and Carrington pursued myriad liaisons, even marrying one of Strachey's lovers to keep Strachey near her. In the end, though, their consuming passion was for each other. In 1932, Strachey fell ill and, as Carrington wrote in her diary's final entry: " he first deceased, she for alittle tried to live without him, liked it not and died."

Hampton weaves his way with stunning assurance among gardens and quaint cottages, providing a backdrop to the convoluted relationships of the Bloomsbury Group. He catches the sardonic humour of his protagonists, as well as their desire to establish a new way of writing or painting about the world. This splendid film is highlighted by superb performances from two of the world's finest actors: Emma Thompson and Jonathan Pryce.

SUNSET BLVD.
BILLY WILDER
(USA 1950)
December 28-29

The original motion picture with Gloria Swanson, William Holden, Erich von Stroheim, Cecil B. DeMille, Buster Keaton and Nancy Olson.

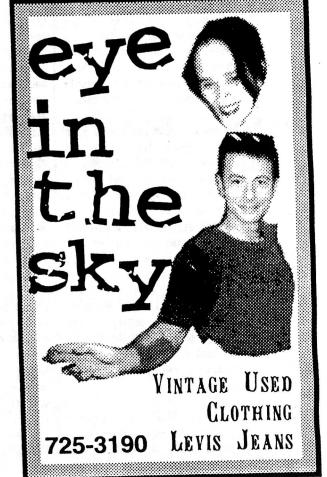
"This brittle satiric tribute to Hollywood's leopard skin past-it's narrated by a corpse -it's almost clever, yet it's at it's best in this cleverness." -Pauline Kael "Performances by the entire cast, and particularly William Holden and Gloria Swanson, are exceptionally fine. Swanson, returning to the screen after a very long absence, socks hard with silent-day technique to put over the decaying star she is called upon to portray."

\*Original review excerpt from Variety Magazine 1950



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# TRAVEL

TRAVELLING GAY IS AN EXPERIENCE LIKE NO OTHER

My first introduction to "gay" travel occured when my partner and I visited Wildewood Guesthouse in northern Ontario about 2 years ago, and noticed several gay accommodations guidebooks on the coffee table. I had already been in the travel industry for about a dozen years at that point, but I was astounded at the number of gay and lesbian ones available. I wrote down the addresses and phone numbers of the publishers of the literature and promptly ordered just about every one.

It was the best purchase I ever made! Those first quidebooks gave me the tools I needed to specialize in gay and lesbian travel, and my career hasn't been the same since...I'm much happier dealing with members of the gay community, and the community has responded positively to having a lesbian travel agent in the area. In fact, it's my personal goal to be so with bookings inquiries from the gay community that I don't have any remaining time for the general oublic!

Travelling "gay" is an experience like no other! Whether

you're a novice or a seasoned traveller, you'll notice the difference right away...The freedom to be yourself, and the camaraderie that exists between the hosts and the quests is quite refreshing. You usually won't find Holiday Inn (type) accomodations. gav travel usually consists of bed and breakfasts, inns, or questhouses, though there are some "hotels" that do cater to our community. There are also some packaged vacations specifically for the gay market. examples that come to mind instantly are Olivia Travel and Cruises for women and RSVP Vacations for men, and there are many others. Other travel companies are starting to pay attention to this 'gay' trend and are starting to offer there own versions of trips and vacations, however, I am wary of "straight" companies having our best interests in mind. always ask if a company is gay owned and/or operated. I also publish a free monthly newsletter for the Lesbian community. In it I discuss such things as uncoming women's festivals, special sell-offs, trips etc. If you would like to be included on my mailing list. please call TCB travel (748-0850) and ask for Linda.

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Relaxing, warm, a retreat! These are just some of the adjectives that are used by guests of Manfred Meadow Guest House. Some of the many ammenities include the main farmhouse in a park-like setting among maples and pines. The log house is over 100 years old and cleverly renovated to include modern luxuries without destroying the country ambience. The kitchen with pine walls, features floor to ceiling windows and old Elmira stove.

The solarium features eleven skylights. The library adjoins the dining room and porch. On site orchards, fara-made preserves, fresh brown eggs and honey from Manfreds hens and bees, are only part of this rich environment. For recreation there's puzzles, games, an exercise bike, machine, a shower for two or the famous red cedar sauna... There are eight double rooms available 365 days a year! But there's more! A great barn, a 16-foot-deep lake, trails, 100 acres and 50,000 trees. All inclusive rates, call Manfred today at (519) 925-5306.



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# ENTERTAINMENT

ALISON MOYET SINGLES

Out this year, 'Singles' is a collection of the best Alison Movet has to offer. It contains both previously released material and some songs that were not released to the Canadian or American music scene.

Her rendition of Roberta Flack's 'The First Time Ever I Saw Your Face' is a much different version of the hit. The tune has changed a little and with the addition of acoustic quitar it almost has a 'folky feel to it.

Included on the collection are hits from the album 'Upstairs at Eric's' such as 'Only You' and the hauntingly beautiful 'Winter Kills'.

'Love Resurrection', 'All Cried Out' and the mega hit 'Invisible', all from the album 'Alf'are present, along with some of her hits from 'Raindancing'. They include, 'Is This Love'. 'Weak in the Presence of Beauty' and 'Ordinary Girl'.

There is no shortage of the trademark ballads of Alison Moyet on this CD. If 'That Ole Devil Called Love' or 'Love Letters' don't get you in the mood to snuggle up to that someone special, play them once more; they're bound to do the trick.

I have to say, I have never heard Alison's albums 'Hoodoo' or 'Essex', but the cuts included from these albums were a pleasant surprise. They were a side of Alison, I for one had never heard. Put on your dancing shoes for 'Whispering Your Name', a number with a Pet Shop Boys sound to it.

All in all, I must say I really enjoy listening to 'Singles'; it has all you could ask for in a greatest hits album; pop, ballads, jazz, and even alittle rock. I give 'Singles' a great big thumbs up !

Club Renaissance Christmas Party

The management and staff at Club Renaissance would like to take this opportunity to invite everyone who has shown us such great support this past year to our annual Christmas Party, 9pm-3am, Friday, December 22, 1995.

This is your night, so please come out and let us show our appreciation. Complimentary dessert bar and Free Admission!

## Jann Arden Live At Lulu's!

Ever since I heard on MuchMusic that Jann would be stopping in Kitchener, I got a small group of people together, and we were off.

Not to our surprise, Lulu's probably had it's biggest gathering of lesbians since k.d. lang was here a few years ago!

As openers, first we got to listen to Ron Sexsmith. I had never heard his music, nor do I think I ever want to again! How do you say...BORING! I could actually hear people booing! Next up. Hemingway Corner. I had heard of them, but was not familiar with their music. Not bad, but was not so interested...was waiting for the BIG act!

It wasn't until after 11 p.m. when Jann finally came to the stage. Good for many of the people that didn't show up until later, not so much fun for those of us that arrived fairly early in anticipation of finding a seat. In the dark, the band bound their way to their respective spots, and as the lights came on, Jann walked out to her mike. And the crowd goes wiiiilllddd!

I don't remember what song she opened with, but she did manage to play every song off of her current hit album, "Living Under June", as well as some of her more well-known tunes from her first album, "A Time For Mercy".

Jann stuck to a very structured-type concert, a very album-identical concert, with not too much straying off the line for extra solos and showmanship.

The biggest hit of her show had to be, of course, "Insensitive". The crowd was singing along so loudly, we could actually hear ourselves as a group. And I think I should say that, as a group, we sounded pretty good!!!

Jann's background vocalist/frontwoman Lin Elder got more than a few roars from the crowd-not only for her amazing voice, but her cute looks too!

We managed to get Jann back for one encore, where she did a very cool version of The Beatles' "Eleanor Rigby".

Overall, Jann was a great performer and the music was exceptional; the venue, of course, was lacking. Lulu's may be renowned for having one of the largest bars, but they still have a problem accommodating that many people. Plenty of us stood, and struggled just to see; this tends to take away from the fact that you are seeing a person live in concert. I can listen to her anytime at home-I don't always have the luxury to see her!

# CHEF LANCE

#### Tomato Herb Salad With Sundried Tomato Toasts

#### Toasts

1 Italian baquette loaf
3 tbsp olive oil
10 sundried tomatoes
2 cloves garlic, chopped
2 tbsp chopped fresh basil
salt and freshly ground

pepper to taste

1/2 cup goat cheese

#### Salad

4 large tomatoes, sliced
1 small red onion, thinly
sliced in rounds
1/4 cup basil leaves, slivered
1/4 cup extra virgin olive oil
1 tbsp balsamic vinegar



- Cut six 1/2 inch slices from baquette. Brush slices with 1 tbsp. olive oil. Toast or grill until golden brown on both sides.
- Place sundried tomatoes in pot and cover with water. Bring to a boil, then simmer for five minutes or until tomatoes are softened. Drain and chop finely. Stir in garlic, basil and remaining 2 tbsp. olive oil. Season well with salt and pepper. Set aside.
- Preheat oven to 350 degrees F. Spread goat cheese on each slice of toast. Top with sundried tomato mixture. Bake for 7 to 9 minutes or until warmed through. Serve with salad.
- 4. To make salad, lay slices of tomato on platter. Top with onions. Scatter basil over the top. Season with salt and pepper. Sprinkle with olive oil and balsamic vinegar. Serve with toasts.

## Beyond The Boundaries Of Convention, Beyond The Rules Of Society, Came A Love Unlike Any Other.

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-Susan Granger, CRN INTERNATIONAL/AMERICAN MOVIE CLASSICS EMMA THOMPSON JONATHAN PRYCE





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PRINCESS CINEMA

# READERS CORNER

#### READER'S UPDATE

As stated in a letter from myself, (Discrimination, Yes!) October Outlook, Issue #2, you may recall I outlined the events leading up to my NOT being treated by a local dentist in June of 1994, because of my HIV status.

Between the time period of June 20, 1994 and October 6, 1995, The Royal College of Dental Surgeons and I corresponded back and forth concerning the events leading up to my issuing a complaint against the dentist in question.

During the year and a half since all this started, I've had many different people give me advice on what I should do. Some were just happy that I was not going to let this pass, while others said, "Sue the bastard!" Though, I'm sure like many other people in my situation, I could have used the money, I wouldn't have felt right doing what I did for monetary gain.

On October 6, 1995, I received the decision made by the panel of the Complaints Committee. After investigation and due consideration, the panel directed that the dentist

be notified in writing that he is required to appear before a panel of the Complaints Committee to be cautioned. It was noted that: If the dentist believed certain measures were necessary when dealing with a patient who knows he is infected with HIV, one would expect the dentist to use the same precautions when dealing with all patients because any of them might have HIV without knowing it. As well, the dentist said he must do a sterilization sweep before and after treating me; the panel does not understand how a sterilization sweep after an HIV positive patient has left, protects that patient. There was no sign or contention that the dentist considered contacting my physician to see if my immune syswas infact severely depressed. The panel concluded that the dentist did not have information to support a conclusion that universal precautions would have been insufficient to protect me from infectious micro-organisms. Even if the panel were to accept that I was in poor health, that still does not necessarily mean that the dentist and staff were a danger to me that went beyond the scope of normal infection control practices.

The panel was concerned by another aspect of the dentist's explanation for referring me to another dentist. The problem was with the following statement made by the dentist: "rather than go through multiple sterilizations for him... it would be in his best interests to have as much restorative work as possible done at each appointment." The panel stated that multiple sterilizations do not cause hardship for the patient. Nor in light of the fact that only normal universal precautions seem to have been warranted in my case, should they be viewed as extraordinary hardship for the

Unfortunately, though, he (the dentist), seems to have misunderstood the philosophy and logic underlying the principle of universal precautions. Misunderstandings like this often underlie discriminatory attitudes.

dentist, his practice or his

other patients.

The panel also states that it is clear that the dentist did not and does not understand the full meaning of universal precautions. They are aware that he has attended two seminars on HIV patients and their treatment, however, the panel

believes the dentist would benefit from further education about infection control. At the panel's instruction, the dentist has undertaken to complete a course on the subject. This course must satisfy the Deputy Registrar. The college will monitor the dentist's office after he has finished the course in Infection Control Procedures. The panel hopes that these monitorings will demonstrate that he has learned from this process. If not, the Executive Committee may take further action.

As the panel wishes to impress upon the dentist the importance of understanding the principles of universal precautions, it will require him to attend before it to be cautioned. The panel will caution him that precautions must be universal unless there is a bona fide reason for departing from that principle. The panel will caution the dentist to ensure that any modifications to his infection control protocol are both necessary and tailored to suit the circumstances. The panel will remind him that the College Guidelines on Infection Control state that a patient's medical history is not to be used "to discriminate against an infected individual

by applying special and unnecessary infection control precautions." The panel will also caution the dentist to abide by this and all other aspects of the Infection Control Guidelines.

I have to say that I am happy with the decision made by the Complaints Panel at the College of Dental Surgeons. If anything, it will make certain individuals aware that ALL patients should be treated the same. Treat everyone as they may be a risk and the discrimination would end. Maybe, just maybe, the dentist in question has learned something and who knows?, maybe he has changed the way he practices. The Royal College of Dental Surgeons knows. They're watching him!

Rick Lethbridge

#### The Accident

A howl escapes from my lips, the damage is felt, the pain has begun.

The cold rain dampens my hair, but doesn't wash away the blood that I'm not yet aware of, the blood that is hiding the damage.

I cannot move,
my body is frozen,
I do not feel the pain that I know is there.

I do not know what is beneath an inch of dried blood, Only blood on the blood.

I can hardly open my eye and my mouth, At least we're alive, no broken bones.

I want my face back to normal. Nothing will ever be the same, the damage is done. A howl escapes from my lips.



#### Anne Gazzola

#### **Gay Names**

D	В	0	Y	G	E	0	R	G	E	1	٧	N	T	С
G	R	E	G	L	0	5	G	Α	N	1	S	1	D	Α
X	E	A	Z	7	L	D	R	1	K	S	Α	E	С	N
W	K	N	H	A	C	X	E	R	D	1	S	L	0	D
L	R	1	0	N	1	-	لـ	A	٦	R	S	K	E	1
K	Α	T	7	1	R	Z	۲	۲	A	A	1	N	D	С
G	В	R	N	S	ı	Е	ح	ш	2	Ρ	L		Y	Е
F	E	Α	0	_	G	لـ	В	۵	O	В	Е	٧	H	K
K	<b>V</b>	M	۲	A	ш	A	2	A	A	0	М	L	D	ı
Z	-	M	لـ	Z	ם	T	A	ш	R	В	N	Α	1	В
Z	L	R	ш	2	Е	В	ם	4	G	ם	M	С	٧	K
X	C	I	A	S	T	_	T	Y	В	0	N	0	Α	٧
T	O	Σ	2	Ш	F	IL.	E	G	D	1	٧	A	D	Е
P	A	U	1	R	J	۵	N	1	С	K	E	J	S	υ
L	U	A	P	U	R	L	Н	K	K	R	Z	L	Q	L

- -Amanda Bearse ("Marcy Darcy" on 'Married With Children')
- -Bob Paris (professional bodybuilder)
- -Boy George (singer)
- -Calvin Klein (fashion designer)
- -Candice Gingrich (U.S. House Speaker's Sister)
- -Chastity Bono (Sonny & Cher's Daughter)
- -Clive Barker (horror novelist/director)
- -Dan Butler ("Bulldog" on 'Frasier')
- -David Geffen (Geffen Records/producer)
- -David Hyde Pierce ("Niles" on 'Frasier')
- -Elton John (singer)
- -Greg Louganis (Olympic diver)
- -Janis Ian (singer)
- -kd lang (singer)
- -Lea DeLaria (comedian)
- -Martina Navratilova (tennis star)
- -Melissa Etheridge (singer)
- -Paul Rudnick (playwright/screenwriter)
- -RuPaul (singer/performer)
- -Sandra Bernhard (actress/comedian)

# Dating in the age of AIDS

Like so many others, I recently saw the screen version of 'Jeffrey'. Personally, I was able to relate to many of the issues presented. This movie was written by someone who clearly understands the fear, frustration, and the loneliness associated with dating, for people living with HIV/AIDS.

"Don't ask, don't tell" means something completely different to those in the "spectrum." When sitting in a room of people who are infected, dating is often a common conversation topic. Many simply do not tell a prospective partner about their status, even if asked; some will confide their status only when confronted; and a few will inform this person up front. Although most people feel that for those carrying the virus there is an obligation to introduce themselves first by name, and second by status, there are few who will oblige.

In the past, for me, I thought I could just wait to expose my "secret." This only created distrust in the relationship and it slowly dwindled. Telling people up front was very difficult in the beginning, and still is now. I have learned, however, it gets easier with time.

This fear of admitting my status up front has very much in common with that of others who are HIV positive. Suddenly, people that were so interested in being intimate with you want now to only be your friend and "be there for you."

Everyone wants to feel that they are doing their part in this "fight against AIDS." My initial reaction to these people remains the same: Lip service comes cheap and talk is just that, talk. As Steve says in 'Jeffrey', "I don't want to be anyone's red ribbon!"

'Jeffrey' clearly demonstrates, with some stereotyping, why dating is so difficult. None of us want to be alone and we certainly don't want to feel ostracized by our peers. We are for the most part, good, loving people hoping to find commitment and a life - long relationship. The realistic portrayal of our struggle to create intimacy in our lives is much appreciated. 'Jeffrey' did not sugar - coat the issues of relationships and the fears experienced, not only by those of us infected, but also of those that are not. I would encourage everyone to see it.

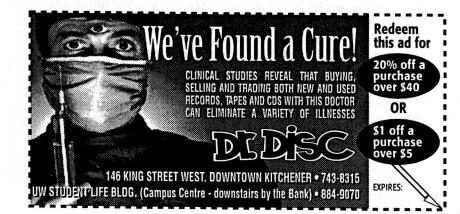
The following list of "Dating Rules in the Era of HIV/AIDS" has proven to be very popular and helpful to many of us:

- 1. I don't volunteer personal information, like my HIV status, to complete strangers. If I met you in a club, or you insist on bedding down with me after we leave a bar together, please remember that you are sleeping with a complete stranger, too. Of course, I'm committed to playing safe with you, but are my standards of safety the same as yours?
- 2. If you ask me my status even if we've known each other only five minutes - I will be honest with you. But if you don't ask, I'll assume my status is not important to you.
- If the subject has not come up before then, I will tell you of my HIV status no later than the conclusion of our second date.

- 4. I insist that you have the moxie to take responsibility for your health. I'm not your safe sex teacher, so come to bed educated.
- 5. We're all going to die someday, but I might die before you. If you have a problem getting emotionally involved under those circumstances, please have the guts to say so. I'll respect you for it, even though it means that you will never get the chance to know what a true gem I can be. All in all, I'd rather you exit at the starting gate, than fall on your face at the finish line.

This list was edited from the British Columbia People with AIDS Newsletter. #7

by Thom Sommers



## Learning Together About HIV



THE ABC'S OF HIV
What do all those letters mean?

Trying to understand HIV infection can seem like attempting to learn a new language; with a dictionary that is filled with abbreviations and acronyms. Most of us have heard at least some of the terms and wondered "What does it all mean?

The intent of this part of our continuing series of articles about learning about HIV is to clarify the language and in so doing, clear up any misconceptions that naturally come with trying to understand a "foreign" language.

HIV stands for "Human Immunodeficiency Virus". It is a retrovirus, an organism that uses reverse transcriptase as it's method of attack in the body.

HIV and AIDS are not interchangeable terms. HIV is the name of an infectious organism which can lead to AIDS—Acquired Immune Deficiency Syndrome. AIDS is the name of a syndrome or collection of diseases and/or infections. In some people, HIV infection is asymptomatic (shows no symptoms) for 10 years or more. These individuals are able to maintain a strong immune system and show no outward signs of illness; nor do they feel ill. But if another person engages in a risk behavior with them, the infection can be spread to the HIV negative person. HIV is lifelong, and there is no cure. A person who is infected will always carry the virus in his/her blood and body fluids—which is why it is so important for people who think they may have come in contact with the virus to go for testing.

AZT, ddI, ddC, d4T, 3TC and Peptide-T are all abbreviations used to identify drugs that are designed to combat HIV infection. All are anti-retroviral medications, designed to slow the replication of HIV and delay immune system destruction.

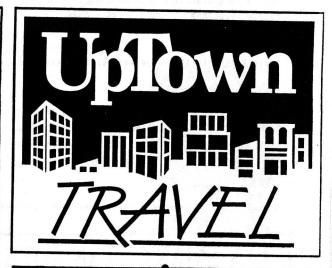
CD4, CD8, T-cells and B-cells, gp120 and gp41, p24, etc. are all labels used to identify cells, markers and antigens that become the targets of HIV in the bloodstream. Although the microbiology of the immune system can be difficult to understand, learning how HIV interferes with the body's defences gives HIV positive people and caregivers a good foundation for making health-related decisions.

PCP, KS, CMV, MAI, MAC, PML, etc. are all used to identify (and simplify the pronounciation of) opportunistic infections and AIDS related illnesses.

In the next issue of OUTLOOK we will expand on these diseases, the signs and symptoms, and the medications used to treat them.

We will also cover the realities of transmission, how you can become infected and how you cannot!





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Please telephone 1 - 905 -

#### RAINBOW ALLIANCE

Are you a deaf gay or lesbian? There is an organization for the deaf gay or lesbian. It's called The Toronto Rainbow Alliance of the Deaf. We always have a meeting at the 519 Church Street Community Centre once a month on the first Saturday from 1-4 PM. You are most welcome to join us.

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5 Manitou Dr. Unit 103 Kitchener Call 748- 6376

### COMMUNITY INFORMATION

#### SERVICES

ACCKWA (The AIDS Committee of Cambridge, Kitchener, Waterloo and Area)
123 Duke Street
Kitchener, Ontario
(519) 570-3687

AIDS Clinical Trials Hotline
Information on FDA listed clinical trials accessible from Canada
1-800-TRIALS-A

AIDS Committee of Guelph and Wellington County 265 Woolwich Street Guelph, Ontario (519) 763-2255

AIDS Hotline Ontario Ministry of Health 1-800-668-2437

AIDS Information and Education 205 Queen Street East Fergus, Ontario (519) 843-2460



Brethern Mennonite Council for Gays and Lesbians
A social, spiritual and educational group for gay/lesbian/bisexual Mennonites,
Brethern and affiliates. Churchgoers and non-churchgoers who are interested in
connecting with others who share these roots and influences, write to:
B.M.C.

P.O.Box 43031 Eastwood Square Kitchener, Ontario N2H 6S9

Canadian AIDS Society Ottawa (613) 230-3580

Community AIDS Treatment Information Exchange (CATIE) Toronto (416) 944-1916

CKWBL (Cambridge, Kitchener, Waterloo Bisexual Liberation) Kitchener (519)

## **COMMUNITY INFORMATION**

DISTRESS LINE Kitchener (519) 745-1166

GLLOW (Gay and Lesbian Liberation of Waterloo) Waterloo

(519)

Guelph Gay, Lesbian and Bisexual Equality Guelph

(519)

Lesbian, Gay and Bisexual Youth Line 1-800-268-YOUTH

Ontario AIDS Network 25 Adelaide Street East Suite 617 Toronto, Ontario M5C 1Y2 (416) 364-4555

PFLAG (Parents and Friends of Lesbians and Gays)

Guelph.....(519) | Cambridge....(519)

Acton.....(519)

Project Angel (Waterloo Region AIDS Memorial) 250 Dundas Street South Cambridge, Ontario (See Article in this issue.)

Sexual Assault Centres Kitchener-Waterloo....(519) 741-8633 Cambridge......(519) 658-0551 Guelph.....(519) 823-5806

Substance Abuse Prevention Kitchener (519) 741-3827

Two Spirited People of First Nations Toronto (416) 944-9300

#### BOOKSTORES

Blueleaf Bookshop 93 King Street West Kitchener, Ontario (519) 570-0950

Bookshelf 41 Quebec Street Guelph, Ontario (519) 821-3311

KW Book Exchange 306 King Street West Kitchener, Ontario (519) 742-1261

Provident Bookstore 140 University Street West Waterloo, Ontario (519) 746-2872

U of W Bookstore 200 University Street West Waterloo, Ontario (519) 885-1211

Words Worth Books 100 King Street South Waterloo, Ontario (519) 884-2665

Words Worth Books Vol.2 220 King Street West Kitchener, Ontario (519) 741-9414



### COMMUNITY INFORMATION

Waterloo Region Alliance for Equal Rights Kitchener-Waterloo (519)

Women's Centre (U of W) Waterloo (519) 888-4567 ext.3457

WOODS (Women Out of Doors)
P.O.Box 13
Campus Centre Postal Outlet
Waterloo, Ontario
N2L 360



#### GAY RADIO

OUT AND ABOUT with your host Dave C. airs alternate Tuesdays on CKWR 98.7 FM 8:30 PM - 10:00 PM

WOMENSPIN on CKMS 100.3 FM Wednesdays from 6:00 PM - 8:00 PM

NOWHERE TO HIDE airs Wednesdays from 8:00 PM - 9:00 PM on CKMS 100.3 on your FM dial.

Thursdays listen in for LEAPING LESBIANS on CKMS 100.3 FM from 6:00 PM - 8:00 PM.

CIUT 89.5 FM is home to GAYWIRE every Thursday at 7:00 PM.

The RAINBOW RADIO NETWORK can be heard Thursdays on CHRW 94.7 at 10:15 PM.

Sundays on CFRU 93.3 FM listen for FEMINIST FREQUENCY at 7:00 PM.

#### BARS

The Robin's Nest 26 Hobson Street Cambridge, Ontario (519) 621-2688 Club Renaissance 24 Charles Street West Kitchener, Ontario (519) 570-2406 Club XTC 1 Queen Street North Kitchener, Ontario (519) 743-3016

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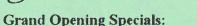
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### \*\*\*\*\*\*\*\*\*

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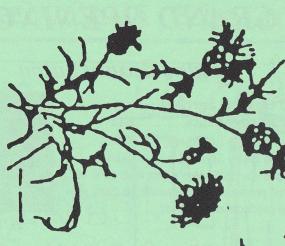








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REGULAR SAT. NIGHT DANCE STARTS JAN. 13

(Please call for reservations)

Phone (519)

#### COMING EVENTS

Mystery Murder Night
Slow Pitch Tournament in The Snow
Bowling
Euchre Tournament
Slow Pitch Tournament in The Summer
Country Hoedown Weekend
(Events will take place
according to response)
These events will be posted at the
Robins nest and monthly newsletter.