

Grand River Rainbow Historical Project

www.grandriver-rainbowhistory.ca/

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

Outlook Magazine

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Outlook

FREE!

The Voice of KW's Gay and Lesbian Community

September/October 1995

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PREMIER ISSUE

Welcome to Outlook !

Outlook Newsmagazine is a volunteer undertaking produced by a group of members of our gay/lesbian community.

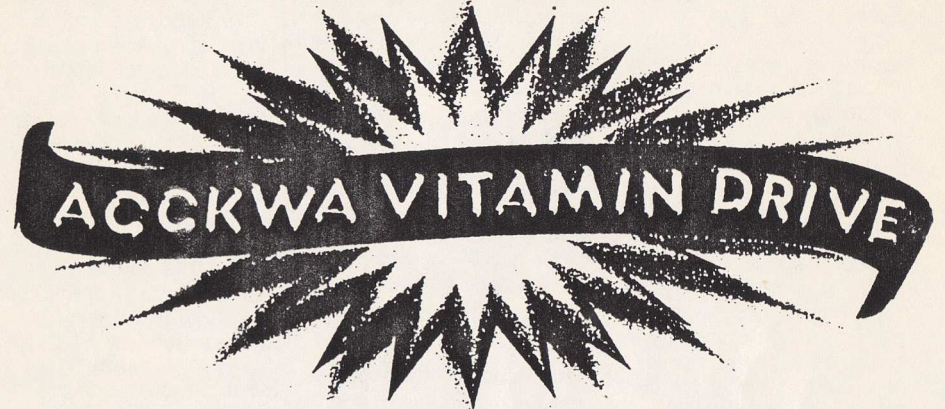
Our focus is to inform, educate, and share ideas and personal views amongst ourselves. We will be actively pursuing your poems, stories, classified ads and letters. Stay tuned to next month's issue of Outlook for more information on how to submit your writings.

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Unsolicited submissions are welcome, but we will not be responsible for their return. Outlook Newsmagazine will be published monthly and is printed in Kitchener, Ontario. All rights reserved.

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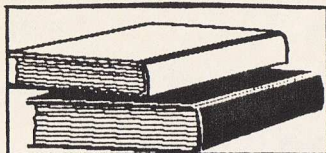
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Between The Covers



The Medicine Burns
Adam Klein (200 pages)
Publisher: High Risk

With The Medicine Burns, Adam Klein rejuvenates the art of the short story. Each piece in this dark, wrenching collection resembles a miniature novel, stripped to the most essential details and vivid scenes.

Outsiders populate the book: "Undertow", a teenager feels disassociated because of his disfigured appearance, his race, and his desire for his beautiful male cousin; in "Club Feet," a mother equates her son's homosexuality with her own

alienating physical deformity. Characters shoot heroin, dress in drag, and grimace in mirrors at their acne-pitted skin. Yet none are presented simply. Klein fully understands his characters, exploring their pasts, presents, and futures. Although The Medicine Burns is his first collection of short stories, Klein is an award winning poet, and it's his poet's detail-sensitive eye that rescues the narratives from their potential whirlpool of gloom.

Of the six stories, perhaps the most potent are the pair that unflinchingly examine disease and bereavement. In

"Keloid," the opening account of a one night stand transfigures into smart, heartfelt observations about AIDS insecurities and the limits and frailties of human experience. And in the closing piece, the magnificent, lushly detailed novella "India", a man escapes the pain of his lover's death by travelling abroad in search of the physical and spiritual wholeness so rapidly slipping away. These two, among the most intelligent AIDS stories I've ever read, succeed in making The Medicine Burns not only exhilarating and sad, but ultimately both profound and redemptive.

Scott Heim

W.O. Mitchell Robert Bateman Peter Gzowski Don Harron Timothy Findley Jean Little David Suzuki Peter Newman John Irving Margaret Visser Dennis Lee Jay Ingram Nino Ricci Paul Quarrington Jane Urquhart **all these people have been to Words Worth** Linda McQuaig Eric McCormack Stuart McLean Margaret Atwood Michelle Landsburg Robertson Davies Arthur Black Russell Smith Edna Staebler Sandra Birdsell Mel Hurtig Marjorie Harris M.G. Vassanji Witold Rybczynski Edward Greenspan Susan Musgrave W.D. Valgaardson **have you?**

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**Words
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2

"It is better to be hated for what one is, than loved for what one is not."

-Andre' Gide, French writer



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

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"I'll Not Go Quietly"
Mary Fisher (224 pages)
Publisher: Scribner

Three years ago, socialite-turned HIV activist Mary Fisher sent shock waves through the Republican party when she addressed it's national convention on prime time T.V. Fisher's new collection, I'll Not Go Quietly, is the second installment of a series of powerful speeches that chronicle her journey since then. The speeches resonate with the themes that have made her a central figure in the AIDS landscape; dignity, tolerance, community and above all, the need to form a nonjudgemental response to AIDS. Fisher is at her best when she holds up a mirror to society that reflects the nation's AIDS phobia with painful accuracy. One of her most moving speeches reflects on a mother's moment of "wiser grace". Fisher's life is strewn with bouquets of that wiser grace. She is sage, sharing uncommon wisdom, profound vulnerability, and intensely personal sentiments that linger, like a sweet embrace.

Nick Steele

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"You cannot demand your rights, civil or otherwise, if you are unwilling to say what you are."

-Merle Miller-Novelist

"We are all in the gutter, but some of us are looking at the stars"

what's cooking?

-by chef Lance Extraordinaire

REAL INDIAN CURRY - CHICKEN

It's not as hard as you might guess to make and prepare authentic Indian Curry, however, you will have to go to an Indian or specialty food store for some of the spices/ingredients. For every four people that you serve you will need about a pound(454 g.) of chicken, either boneless/skinless(preferrred) or on the bone thighs, wings or legs. Here is a list of the things that you will need besides the chicken:
-tomato paste (2tblsp)
-onions (1 peeled chopped onion per 4 people)
-corriander powder (1 teasp)
-garlic powder (1 tblsp. good quality)
-tumeric (1 tblsp.)
-salt (1 teasp.)
-black pepper (1 teasp.)
-cayenne/red pepper ground (1 teasp.)

-mustard seed (black) (1 teasp.)
-cardomon seed ground (1/2 teasp.)
-ginger (1 teasp.)
-paprika (red)(1teasp.)
-vegetable oil (1/2 cup)
-water, cold (1 cup)

Place a non-stick pot that is about double the size of the chicken and water and spices combined. Turn stove element on to med.-high heat and add veg oil. Place only the garlic and tumeric powder in at this time and stir while heating. As the two spices start to sizzle keep stirring and put your head over the pot to smell them cook. When they smell pungent to the nose and turn a golden brown, immediately add the chicken and onions and brown for about two minutes. Then add the water, tomato paste and the other spices except the corriander. Turn stove down to

medium or medium-low heat and cook at a light boil for about an hour. Take a piece of chicken out to test if it is done by gently pressing it down on the counter. It should fall apart to be well done. Remember that when dealing with raw chicken you should carefully and completely wash everything that comes in contact with it with soap and water. When the curry is done, the meat is tender the curry gravy has thickened and there is a light oil covering the top. Now add the corriander raw to the cooled curry. Make sure that you've turned your stove off. You may at this time remove any excess oil that was used for cooking or had come from the chicken by taking a spoon and lowering it gently below the very top surface, careful not to remove the

gravy. This is your new **CHICKEN CURRY**. Some people prefer to eat curry the next day as when it sits in the fridge overnight the spices further enhance the great flavour. Since all curries are a little labour intensive, you may want to do it up in advance or make it the day before. I can't tell you all the benefits you will derive from eating this healthy food but there are many....Some people claim it cuts down on colds and flu in the winter. Some say it eases high blood pressure, and cleans out your body and pores. With natural spices and ingredients, it can only be good for you. Experiment with the red pepper, or add fresh green chilli peppers from the supermarket. You may also substitute fresh corriander for the dried kind, or find a paste available at some stores. Serve this and all curries with genuine Basmati Rice. For a listing of Indian stores see: **WHERE DO YOU FIND IT?** in next issue.
Bon appetit!
-chef Lance Extraordinaire

Singapore Noodles with Pork and Peppers

This dish works well with whole grain pasta, but any other pasta can be substituted. It's also tasty made with chicken, instead of pork. Freezes well.

1 lb pork loin
1 tbsp vegetable oil
1 leek (white and light green part only)
1 each of red, yellow & green pepper (seeded)
2 lg cloves garlic (minced)
1-1 1/2 cups chicken stock
1/4 cup oyster sauce
1 tbsp curry powder
1 tbsp cornstarch
1 tbsp cold water
1/2 cup chopped fresh parsley or coriander
Dash Tabasco
3/4 lb whole wheat spaghetti

*Cut leek and peppers into thin strips. In the same skillet, cover and cook leek, peppers, garlic and stock for 2 minutes; stir in oyster sauce and curry powder.

*Blend cornstarch with water; stir into skillet along with pork. Bring to boil and cook, stirring for 1-2 minutes or until heated through and thickened. Stir in parsley and Tabasco.

* Cut pork into bite sized strips. In a large skillet, heat oil over high heat; stir fry pork for 3-4 minutes or until well browned. Remove and set aside.

*Meanwhile, in a large pot of boiling salted water, cook spaghetti for 8-10 minutes or until tender but firm. Drain well. Do not rinse. In a large bowl, toss spaghetti with meat mixture.

*Makes 6 servings.

The choice is your's, but I find corriander gives this dish a more international flavour.

Bon Appetit!



Wheels Away

(understanding the automotive business)

-by **UNCLE MARK**

Leasing - What is it??

Leasing is simply another form of financing an automobile. Leasing has gained much popularity lately and there are a few reasons why. One of them is that often you can get more car more often for the same payment monthly. Another reason is that the money you may choose to put down has more impact on a lease than a purchase. There are two different kinds of leases, and although many manufacturers may make it appear that they have a new kind of lease, that just isn't true. The only things that may change and that you should be aware of are the conditions or stipulations to your lease. The two kinds are: Open end lease

Closed end lease

An open end lease allows you to choose a payment that is comfortable for you, but you will end up guaranteeing the end value of that vehicle at the term end. For example, if you felt that that \$450 dollar a month car was not in your budget and you didn't have money down, you could choose to pay \$300 a month but instead of the manufacturer guaranteeing the end value to be \$5600, in lieu of the lower monthly payment, you would guarantee that the vehicle would be worth let's say \$7500. If it wasn't worth that much then the vehicle would be your problem, and you

would be the one that would have to dispose of it to satisfy your lease end obligations. This type of lease usually is not a good idea nor a good option for the consumer because although it allows you a lower payment than what you thought was possible, all you really are doing is putting off the inevitable. One way or another you get what you PAY for....

The other type of lease is what is called a closed end lease. This type of lease usually puts you in the drivers seat and lets you call the shots. Although the payments are usually higher than the same car financed on an open end lease, your obligations are reduced so you definately get less hassle and usually, if you drive average clicks a year and you don't abuse the vehicle beyond average wear and tear (their definition of course), you are free to walk away at the lease end. Why should I consider leasing?

Ford offers a two year closed end lease that they have dubbed "THE PLAN".

The plan uses a two year term (most of the time) and gives you specific options at lease end, provided you've complied with the initial ground rules to mileage and wear and tear. At term end you can:

1/ Keep the car (pay or refinance the end amount-they give you upfront)

2/Leave vehicle for the manufacturer to dispose of (it's their problem)

3/Sell the vehicle if you feel you can get more than the guaranteed future value.

General Motors offers a SMARTLEASE that generally works somewhat the same but is based on a three year term and may have termination charges at lease end if you want GM to dispose of the vehicle.

Chrysler and the imports have similar programs but may use longer terms and have other restrictions and or requirements. Is it easier to finance a lease than a purchase if my credit is poor? Not generally, however in the case of 'The Plan' at Ford and Mercury dealers, because it is based on a short term(24 months) there is less risk to Ford Credit. They are not worried if you aren't working three years from now because the lease is only for 2 years and plus the vehicle is usually in good condition for resale.

The questions you need to ask yourself before you go to the dealers to talk leasing or financing are:

- what is my maximum monthly budget that is comfortable and does not include insurance, plates and downpayment?
 - what kind of vehicle would I like or need?
 - realistically, when do I see myself needing a new or different vehicle?
 - how much money upfront do I have for downpayment, administration fees, taxes, licencing, freight and extras?
 - how many kilometers a year do I put on a vehicle?
- Uncle Marks recommendation? 'The Ford Plan'. Why, because it is the shortest affordable term program, there are no strings attached, and at the end of the term if your vehicle is in average wear and tear, (and in two years it should still be) and you've driven the mileage you said you would, you are free to do anything you want. The other consideration is, although it doesn't

happen very often, if the car you choose turns out to be a lemon, on 'The Plan', you can go to a new vehicle a lot quicker since your present factory warranty is for three years. One year longer than the term of the lease.

'The Plan' only applies to new and up to 2 model year old used Ford and Mercury cars, light trucks and vans. For more information on the 2 year 'Plan' contact Weiland Ford at 576-7000 or Parkway Ford at 884-5110 or

Stevens Mercury at 579-1100.

A GM 'Smartlease' is available at: Steve Scherer at 893-8888

Stedelbauer at 744-8125

Forbes at 742-4463

Schlueter at 884-9000

As well there are other Guelph and Cambridge dealers of both Ford and GM.

Wheels Away!!!!!!

This concludes the first part of a special on automotive leasing. To get more information and other related information on leasing and other forms of financing, tune in to the next issue of wheels away in your new OUTLOOK.....



"I can be butch when I have to- I get it from my mother."

-Peter Friedman, in Single White Female

Waterloo Region AIDS Memorial Steering Committee - PROJECT ANGEL

MISSION STATEMENT

The Waterloo Region AIDS Memorial Committee is a group of local concerned citizens interested in constructing a permanent AIDS Memorial to remember the loved ones we have lost to AIDS. The memorial will also serve to promote an awareness of the reality the impact HIV/AIDS has had, and will unfortunately continue to have on our local communities. The AIDS Memorial will be located in a distinctive spot specifically set aside as a place of remembrance and to pay tribute to all of those we have lost to this disease. It is our hope, that the Waterloo Region AIDS memorial will be a lasting reminder and tribute to heroes and heroines of AIDS and as a dedicated place to celebrate their lives. Persons directly affected through the loss of a loved one to HIV/AIDS are encouraged to participate fully and will be consulted on a regular basis regarding this project. Names will not be added to the memorial without prior consent.

The Waterloo Region AIDS Memorial Committee is a non-profit, volunteer undertaking. Committee membership is open to anyone with an interest in assisting this project, and strives to be inclusive of all segments of our communities affected by HIV/AIDS.

For more information please write:

PROJECT ANGEL
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Jeffrey

Jeffrey the eagerly awaited feature film version of Paul Rudnick's award winning Off Broadway play, is a poignant romantic comedy about one man's search for love, and intimacy in the 90s. An uproariously funny and often touching exploration of love in the midst of the AIDS crisis, it is the story of Jeffrey (Steven Weber) a young gay actor/writer who, having decided to become celibate when the risk of AIDS has taken all the joy out of sex, finally meets "Mr. Right" (Michael T. Weiss as Steve) and struggles with the issues of dating, love and commitment. Patrick Stewart also stars as Sterling, Jeffrey's best friend, an interior designer whose boyfriend, Darius (Bryan Batt) is an adorably dim Cats chorus boy. Patrick Stewart is great as Sterling and brings loads of personal depth, dignity and moral excellence to his character. The film also offers a pair of show stopping scenes designed to let Sigourney Weaver and Broadway actor Nathan

Lane steal some of the picture as a Marianne Williamson style public therapist and a horny Catholic priest.

***** Sept. 22 - 25 *****

The Incredibly True Adventure of Two Girls in Love

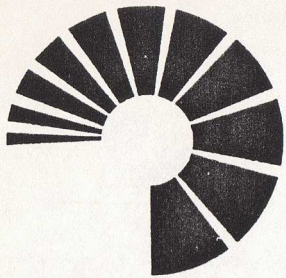
Evie and Randy are two 17-year olds and complete opposites. Evie, popular and brainy, is coddled and indulged by her single mom and enjoys classical music. Randy is failing school, lives a paycheck away from the poorhouse with a lesbian aunt, and smokes pot and practises guitar during free moments.

Opposite attract, and Evie and Randy, the subjects of Maria Maggenti's new film, are no exception. Think of it as a lesbian John Hughes movie, without the angst. Is it really "incredibly true"? Pretty much says the 31-year old writer/director. Evie (Nicole Parker) is Maggenti's younger self - even down to her agricultural - economist mom. Like the open-minded Evie, Maggenti didn't

experience any trauma when at age 18, she fell in love with another girl. "I felt that it was everybody else's problem, not mine", she says. True to that spirit, Randy (Laurel Holloman) and Evie's sweet explorations have more to do with being young and in love than with just being girls. It's a new type of lesbian-themed movie, one that doesn't end in tragedy and explores universal teenage experiences. Maggenti believes that everyone - gay straight, and otherwise - will be pleasantly surprised by her first feature. "The film, is about the first time you said 'I love you' and believed it!"

***** Oct. 25 & 26 *****

ADMISSION
Member \$4.25
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A
MESSAGE

FROM
ACCKWA

1995's Walk for AIDS:
Make Every Step Count

Join us at Victoria Park on Sunday, October 1, as hundreds of Waterloo Region residents walk together to kick off AIDS Awareness Week. Volunteers expect the 3rd annual Walk for AIDS to raise over \$60,000 for ACCKWA's support, education and advocacy programs. The walk is also a great way to increase AIDS awareness, and to show support for those infected or affected by HIV in our community.

Registration for the 10km walk begins at 11:00 am on Sunday October 1 at the Victoria Park Gazebo. The official opening ceremonies will begin at noon. Participants can look forward to a morning stretch, donated food and beverages, excellent entertainment, massage, and more.

The walk has already received tremendous support

from our local business community. Confirmed corporate sponsors of the 1995's Walk for AIDS include Air Ontario, A-Z Party World, Catalyst Multimedia Communications, Domino's Pizza, Good Life Fitness Clubs, Majik Musik, and Supplements Plus. Confirmed Walk Media sponsors are: 96.7 CHYM FM, Country 570 CKGL, 105.3 KOOL FM, Oldies 1090, CKMS FM, Am 96 and CKWR FM Community Radio. ACCKWA thanks all sponsors for their generous support!

One of the best ways to participate in Walk festivities is by walking as part of a team. Families, friends, colleagues and other groups are encouraged to form a Walk for AIDS challenge team. Give your team a name, carry a banner, or wear t-shirts displaying your teams name. Challenge other groups to compete for prizes.

Drive

The time has come for ACCKWA's first "Vitamin/Supplement Drive". Vitamin drop-off boxes are being placed in area pharmacies and health food stores for customers to donate supplements that our client base are in need of.

This is an exciting new project and we hope many ACCKWA volunteers will get involved. We need your support to make this project a success! Please contact the Positive Approaches Coordinator- Dave Grant, or Tracey Roth if you would like to help out. Call 570-3687

Educational Program
introduces
gay/lesbian/bisexual
youth groups.

This fall, the education program is beginning a ten week discussion group for gay, lesbian and bisexual youths. The group will cover topics like finding support and community, coming out, safer sex and healthy dating relationships, and others. The groups (one for men, one for women) will run every Tuesday night, starting October 3, and ending December 5, and are open to youth up to age 25. To join the groups, or to find out more about them, call Rob Gascho, at ACCKWA(570-3687)

Volunteers Needed.

December 2nd is the date of ACCKWA's second annual Chairs for Charity art auction. ACCKWA is presently seeking short term volunteers to assist with the planning and implementation of this event. Volunteer support in the following areas: art consulting, advertising, publicity, donations, and much more! No long term commitment or lengthy training is required. You can make a difference in the lives of people who are living with HIV and AIDS, by getting involved in this exciting fundraising event. For more information on these volunteer opportunities, please call Natalie or Tracey at 570-3687.

We Need You!!

Presently, a group is being formed to examine how we can increase AIDS awareness and strengthen ACCKWA's profile in Cambridge. This Cambridge Working Group will begin meeting in September at a Cambridge location. It is volunteers who live in Cambridge who best know their community and how we can meet its needs, so please get involved! Topics to be considered by the group may include:

- *identifying community service/education needs
 - *developing grassroots support networks for fundraising events
 - *bridging the K-W - Cambridge gap.
- If you are interested in joining this informal discussion group or for more information, please call Tracey at 570-3687 or Mary MacDonald at 650-2286



**WALK
FOR AIDS**

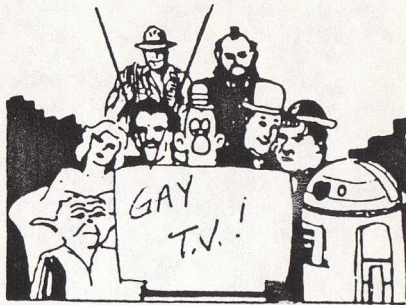


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TV TALK



Absolutely Fabulous !!!
AbFab has returned to CBC after a brief absence. This hilarious, racey British sitcom will have you in stitches. The first 12 episodes air Monday thru Thursday at 11:30 pm. Air dates are; Sept. 11-14, Sept. 18-21 and Sept.25-28. New episodes start on October 9.

Fans of the awesome, awful Patsy on Absolutely Fabulous take note: WTN's (Women's Television Network) new seven part series 'Class Act' stars Joanna Lumley as an aristocrat who becomes entangled with a pair of lowlifes. The bad news? You'll have to wait to see this one: WTN bought the series, but hasn't picked an air date yet.

Specialty channel 'Showcase' is airing repeats of "My So-Called Life" starting Tues. Sept. 19 and 'Bravo' hosts the return of "Soap", the 1970's sitcom that featured Billy Crystal as network TV's first openly gay character.

The only new show on television this season with a gay character is a comedy called "The Crew". Four flight attendants take to the sky for the fictional Regency Air. The one gay character, Paul, is played by actor David Burke. According to TV Guide, The Crew makes Three's Company look like Masterpiece Theatre.

Vision TV will air two documentaries in early December. "Queer Son"- a look at the parents of lesbians and gay men and "The Legacy of Jon Gates", a profile of a Vancouver AIDS activist.

"Two men, one cart, fresh pasta- think about it."

-Suzanne from Designing Women

"You could move."

-Abigail Van Buren (Dear Abby)
Responding to a reader who, after ranting about a gay couple's moving in across the street, asked "How can we improve the quality of the neighbourhood?"

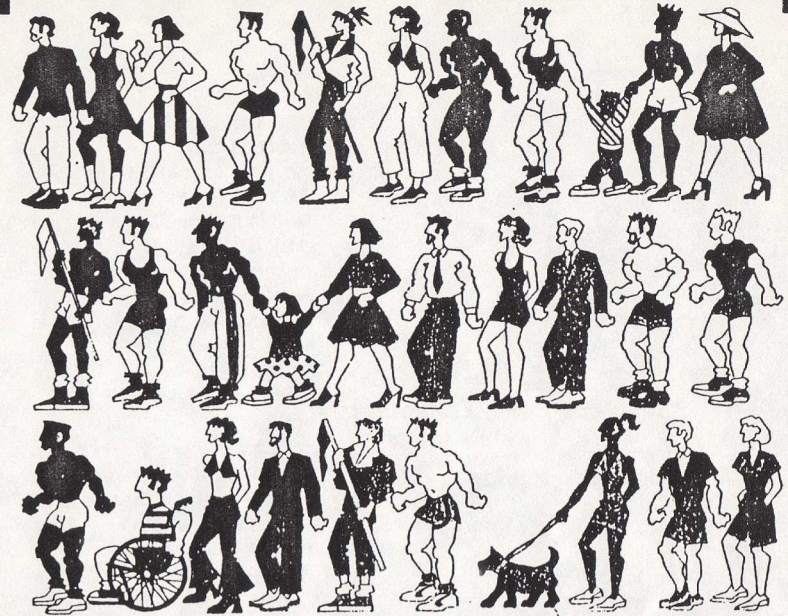
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WALK FOR AIDS '95

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Sunday, October 1st

10 km ~ Victoria Park ~ 12noon

Call (519) 570-3687 and Register Today!

Are you a deaf gay or lesbian? There is an organization for the deaf gay or lesbian. It's called 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 1-4pm. You are most welcome to join us!

Readers Corner



The clock keeps ticking
On my life
I think it's wound too
tight
I'll never know what
may become
Of me before the light

The light of dawn
I may not see
The sunset may be my
last
I cannot change the
things I've done
I'm paying for the past

But when I find myself
in pain
A pain I cannot hide
I look to you for
guidance
And you're right here
by my side.

Never give up on a
dream;
And if your dream
becomes
A nightmare
Fight those fears and
you may
Find Yourself

The Road of Life

Down the road
The road of life
I met a man.
He was as old as life itself.
All he did was smile.
Nothing came from his mouth,
Just a smile.
He opened his arms wide
As if in a greeting,
And then was gone.

Down the road
The road of life
I met a child.
No one else was around.
Dirt smeared cheeks and
Stained clothes covered
The smiling child.
With outstretched arms
The child disappeared just before
I could grasp hold of the tiny hands.

Down the road
The road of life
I met a woman.
She too smiled, like
The sun on a warm spring day,
Melting all that was still frozen.
I wanted to go to her
With outstretched arms, but
She disappeared without a word.

Down the road
The road of life
I came to an ocean.
A cool breeze blew
Across my face as I
Gazed longingly at
The endless blue.
In the distance I spotted
A small wooden boat.
I watched as it got
Closer and closer.
I could make out three shapes.
As the boat neared, I
Recognized the man, woman and child,
They all smiled and beckoned
Me to climb on the boat with them.

I looked back down the road
And smiled, after a few
Moments I turned back to the boat.
Still smiling I absorbed the ocean
As I climbed on board.

Trish Burkholder

There is a lot of talk about the concept of community for gays and lesbians: is it only a concept, or is it a reality? Or perhaps it's only a reality for some - those small pockets of friends here and there who share some common factor such as sports, occupation, or past lovers! It may be unrealistic to expect that there can be a broader sense of community, other than the gathering at the local bars.

Imagining for just one moment that it could be possible (and assuming that anyone besides myself believes this to be of importance) where could we start? Being part of a community means having a sense of belonging. We struggle with exclusion and invisibility almost daily as we move about in the straight world, what about in our own arena? One thing I've been noticing over and over again is the avoidance and even suspicion of the simplest, friendly greeting. Why is it so difficult just to smile or perhaps say hello to someone you don't actually know, (or have only met a dozen times, but don't actually hang out with?) I've encountered this in the bars and at private parties and gatherings. Smile at someone next to you and you might find them looking right through you; go to a party and nobody makes introductions. A great combination to test your social skills!

I've heard it speculated that smiling risks you being seen as being on the make. Is the line between friendly greetings and seducing that difficult to distinguish, or that threatening a risk, that we'd rather remain cold and impersonal?

This is not just a lesbian thing, or a gay thing, or both. I'm noticing it more and more in every social stream. Perhaps it's just that social skills in the 90's have gone the way of everything else once understood and since thrown out with the bathwater. But somehow it all adds to the increasing sense of alienation and isolation in our urban society.

I want to have pride in who and what I am, but if it's this difficult to share this in my own community, how well do I carry it with me into the other circles of my life?

Don't talk to strangers is a fear we all know and one that increases when we think of the likes of the Bernardos. But I don't look forward to living in a society so frightened, so cautious, that basic human connections are not being risked. Connecting across our differences is important enough in this global world, but connecting with what we have in common, changes our invisibility into a sense of belonging and a stronger identity to be reckoned with.

Queer Press

This volunteer-run, community based micro press is dedicated to providing opportunities for lesbians, bisexuals and gay men to experience the power of the written word. Send manuscript to: Box 485 Station P
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COMING OUT : Part 1

Coming out to our families is a significant event for most lesbians and gay men.

Revealing such an intimate aspect of ourselves is an attempt to let our friends and families know who we really are, so our future relationships can be more genuine.

Within the gay community there is the idea that we should all come out, as a political act. The more of us who come out, the easier it will be for everyone.

Everyone's situation is different; you must decide whether to tell those close to you and if so, how will you tell them? It's very important that you communicate clearly with them; let them know what it means to you to be able to open up and reveal your deepest secret. Tell them how it makes you feel more at ease.

It helps to have worked through most of your own doubts you may have about your sexual orientation before coming out to anyone. If they sense your uncertainty about yourself, they may also sense confusion.

It's very important to have a support system available to you. They will be there for you to help you deal with your feelings of disappointment or relief after you've told friends and

family. Your support system may include your lover, other gay friends, a counsellor, a brother or sister you've told before - anyone you feel close to who will be available before, during and after your disclosure.

You've had time to think about coming out and you've had time to prepare how you're going to tell them, but they're hearing this for the very first time, so it's up to you to step back and listen to them. Just listen to how it feels for them to hear this news. They may be so focused on their own hurt that it's difficult for them to

communicate their caring for you, but you may be able to recognize the concern underlying their disappointment.

They will need to go through their own process of coming out (at least to themselves) as parents of a lesbian daughter or gay son. After the initial shock, they may realize you're still the same person and be willing to reexamine their assumptions about what this means to your future. It's best not to turn your disclosure into a marathon - both you and your family/friends will have many reactions that will take a while to sort through. You're probably not the best person to help them process their feelings. After you've

reflected their concerns and affirmed your desire for continued contact, they may be willing to reach out to PFLAG (Parents and Friends of Lesbians and Gays) for support from other parents.

If their initial response is hostile, you can try to empathize with their reaction, but you needn't subject yourself to threats, disparaging comments or verbal abuse. Call a time out, and let them know you'll contact them later, once you've all had a chance to cool off.

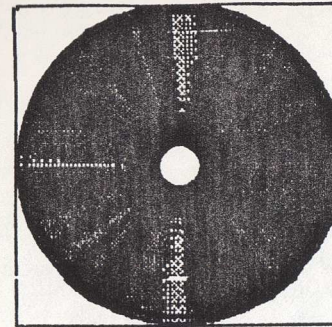
Don't retaliate! If you can simply hear that they're upset and avoid retaliating, you may be able to keep the conflict from escalating. You can recognize that your parents are hurting no doubt because of the prejudices they were brought up with; they need to grieve for the loss of who they imagined you were. We may have taken years to come to terms with our sexual orientation, so it's no surprise that our families will take a while to adjust to this information.

You've revealed something very intimate about yourself, hoping to feel closer

to your family. If they respond negatively, you'll probably feel hurt and angry. Tell your friends how you feel, and give yourself

time to sort through what you'd like to communicate to your family. Not everything has to be resolved at once. You may need some time apart following your initial disclosure. But some families cut off communication to demonstrate their hurt, and set unrealistic conditions for future contact, which makes it difficult to reach out again later. Do your part to keep communication open - write or telephone when you feel calmer yourself. Listen to them and reflect their feelings - acknowledge their disappointment and underlying concern. Let them know the reason you decided to tell them was that you wanted to feel closer, and stress your desire for continued contact.

Next Issue: Coming Out Part 2 - Stages of Acceptance



music

Jane Siberry - Maria

This chanteuse's seventh record maintains a distant jazz flavour throughout much of its length. Siberry's ethereal voice is shaped into jazz vocals in both phrasing and pitch, with complementing piano rhythms, floating trumpet arrangements and percussive stylings. Depending on your propensity for experimental jazz-pop, some of these self-conscious compositions threaten tedium. But fear not: Rebirth is in the air on the exuberantly joyful "Begot Begot" (Spring is Coming) and the bouyant "Lovin' Cup" and "Honey Bee". Two minutes of silence precede the closing of "Oh My My", an excruciating 20-minute plus riff on "Puff the Magic Dragon". (Reprise) - Out Magazine

Pet Shop Boys - Alternative

The boys in the band celebrate their 10th anniversary in the business with a 30-track double CD set compiling every single B-side in their celebrated history. This wide time span encompasses a wide range of material from the horrifically dated to the dynamic duo's more timeless melodies and the cunning lyrics that have made their reputation. (EMI) -Out Magazine

Jimmy Sommerville - Dare to Love

Six years have passed since his last album of all new material, and music fashions have changed in the singer's favour. His music hasn't changed much, though. On "Dare to Love", there's house, blues, reggae, balladry, neo-disco and the inevitable reverent soul standard. Here it's "Someday We'll Be Together", the Supremes classic. The original songs are uniformly good but rarely outstanding, despite all the same-sex-love references. Somerville's shriek can still be sensational, but it's great to hear him growl on "Alright" and belting about a 25-year old man jailed for loving a 16-year old boy on the title track. (London) - The Advocate



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COMMUNITY INFORMATION

SERVICES

ACCKWA (The AIDS Committee of Cambridge, Kitchener, Waterloo & Area)
123 Duke St. E.
Kitchener, Ont.
(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 St.
Guelph, Ont.
(519) 763-2255

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

AIDS Information and Education
205 Queen St. E.
Fergus, Ont.
(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
N2H 6S9

Please include phone/address for contact.

Substance Abuse Prevention
Kitchener.....(519) 741-3827

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

Waterloo Region Alliance for Equal Rights
K-W.....(519) [REDACTED]

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

WOODS (Women Out of Door)
P.O.Box 29009 Eaton Centre
55 Wyndham St. N.

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) [REDACTED]

DISTRESS LINE
Kitchener.....(519) 745-1166

GLLOW (Gay & Lesbian Liberation of Waterloo)
Waterloo.....(519) [REDACTED]

Guelph Gay, Lesbian and Bisexual Equality
Guelph.....(519) [REDACTED]

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

Ontario AIDS Network
Ottawa.....(613) 230-3580

PFLAG (Parents & Friends of Lesbians and Gays)

Guelph.....(519) [REDACTED]
Cambridge.....(519) [REDACTED]
Acton.....(519) [REDACTED]

Sexual Assault Centres
K-W.....(519) 741-8633
Cambridge.....(519) 858-0551
Guelph.....(519) 823-5806

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Out and About- Airs alternate Tuesdays from 8:30 pm till 10:00 pm with your host Dave Grant. CKWR 98.7 FM

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Cambridge:

The Robin's Nest
28 Hobson St.
Cambridge, Ont.
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Hamilton:

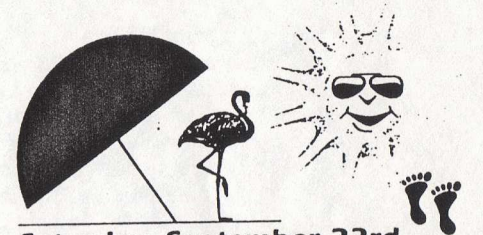
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Renaissance

19

Saliva tests useful in HIV, AIDS cases

Saliva samples are a ground-breaking new tool in the study of HIV and AIDS, thanks to a University of Toronto study that used Winnipeg's gay community for research.

Researchers spent a month in Winnipeg collecting saliva samples from volunteers in bars and bathhouses.

People are more willing to part with their saliva than their blood, said John Schellenberg, outreach co-ordinator at Village Clinic, and that makes the test quick, effective.

"Saliva presents a less messy, less risky form of study," said Dan Allman, a University of Toronto research co-ordinator.

Computers find medical options in a hurry

A doctor faces a patient with repeat migraine attacks who wants to know if acupuncture might help.

She could turn to her computer and within a few minutes tell him a 1993 study of 80 patients in Denmark showed acupuncture worked about as well as medication, but with fewer side-effects and at far less expense.

That scenario, presented to 200 doctors at the Alberta Medical Association's annual meeting in Calgary, illustrates how physicians will be able to get access to up-to-date medical information via the Internet. The multimedia interactive library of information, called Janus, is being spearheaded by Dr. Andrew Penn and a team of scientists at the University of Alberta.

Ankle diagnosis guidelines create medical star

Soon, thanks to a shy emergency department doctor at Ottawa Civic Hospital, Canada's capital will be internationally recognized for ankles.

Dr. Ian Stiell, inventor of the so-called Ottawa Ankle Rules, is becoming a star in the competitive world of medical research. His set of guidelines advising doctors when to avoid ordering ankle X-rays, are being adopted at hospitals in Canada, the U.S., Europe and the Middle East.

With his guide, physicians can rule out fractures simply by observing their patients' walk and feeling the feet.

CANADIAN PRESS

Sexual orientation last issue for women

Always touchy subjects, sexual issues are now the big hang-up at the UN Fourth World Conference of Women.

Delegates have managed to negotiate the highly controversial sections on reproductive health, abortion and parental rights versus children's rights, the issues experts had predicted would derail the conference.

But Wednesday, some delegates balked at including sexual rights — the right for women to say no — before finally reaffirming them for the conference's declaration.

Today, only the issue of sexual orientation was holding up agreement on the declaration and platform for action, to be voted on by the full conference Friday.

Late Wednesday, negotiators reaffirmed a woman's right to sexual freedom. But 23 countries — all predominantly Muslim or Roman Catholic — said they would lodge objections or issue statements with their own interpretations.

The provision calls for women to be able to make sexual choices without "violence, coercion or discrimination." Drafters say it is meant to apply to all cultures and include issues from ritual genital mutilation to wife-beating.

There are two sections in the platform for action that deal with sexual orientation.

One, initiated by Canada, acknowledges women sometimes face further barriers to equal rights based on their race, religion, disabilities, age and sexual orientation.

The other section, introduced by the European Union, would ban discrimination based on sexual orientation.

CANADIAN PRESS

Looking Ahead...

In our next issue...

- Learning Together About HIV
- Where Do I Find It? A guide to finding specialty products in our area.
- Wheels Away! Leasing: Part 2
- Concert Update- Colin James: Live at LuLu's
- Coming Out: Part 2 Stages of Acceptance



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