

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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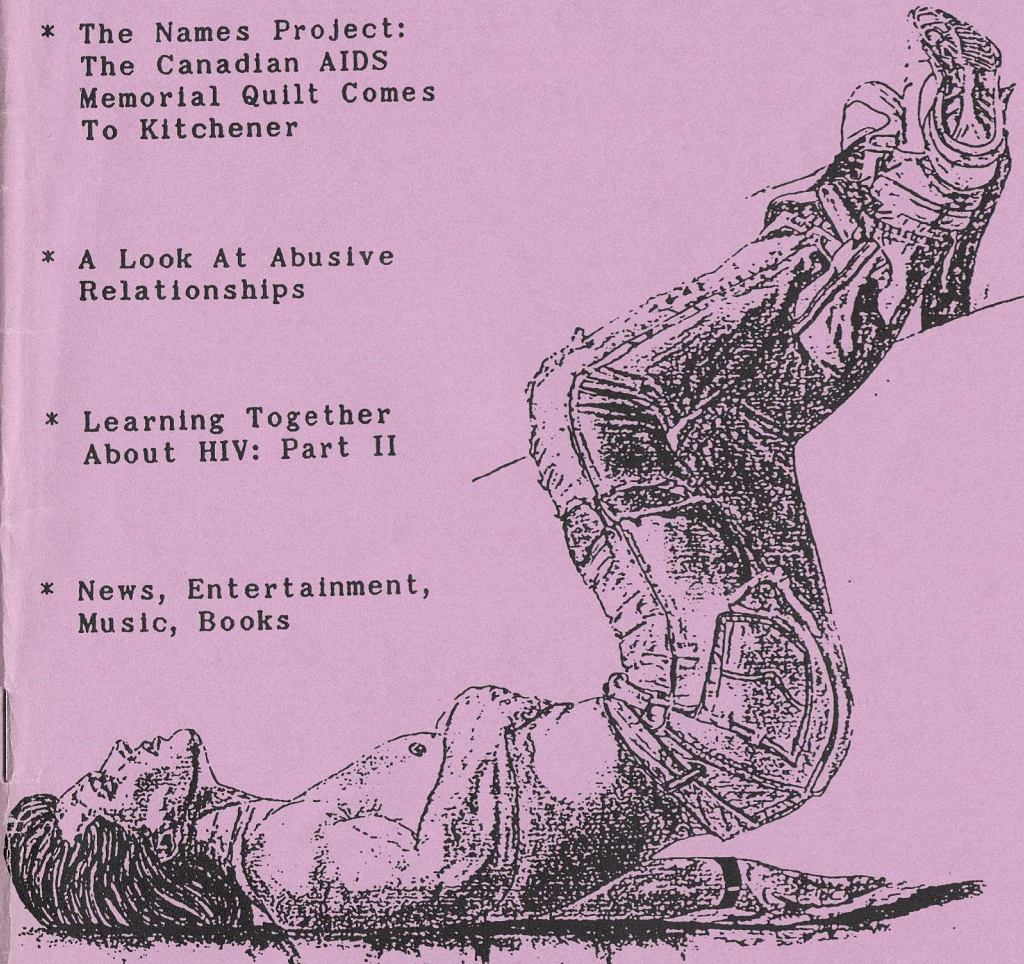
Outlook

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

FREE!

WHAT'S INSIDE...

- * We Say Goodbye
To A Dear Friend
- * The Names Project:
The Canadian AIDS
Memorial Quilt Comes
To Kitchener
- * A Look At Abusive
Relationships
- * Learning Together
About HIV: Part II
- * News, Entertainment,
Music, Books



November 1995

Issue 3

A Couple of Words From The Publisher....

Let me begin by saying how pleased I am with the response that 'OUTLOOK' magazine is getting throughout the community, gay or straight.

Just about everyone I have encountered has given it a thumbs up and is looking forward to future issues...I'm 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, as well as our regulars such as Chef Lance, Wheels Away, T.V. Talk etc.

It is with this note that I encourage all of our readers to send us their material, be it stories, letters, poems or the like. Tell us what you like about us or tell us what you don't.

The advertisers help fund this volunteer effort. Please support them as they are the friends of Outlook and are either gay owned or gay positive.

I look forward to a strong finish to the 1995 year and some great beginnings to 1996. We will be updating you as to Pride Day happenings that are scheduled for this area and in the big city to our east.

Take care of each other.

PLEASE FORWARD YOUR WRITTEN MATERIAL TO:

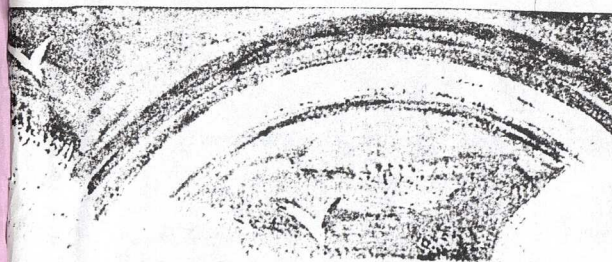
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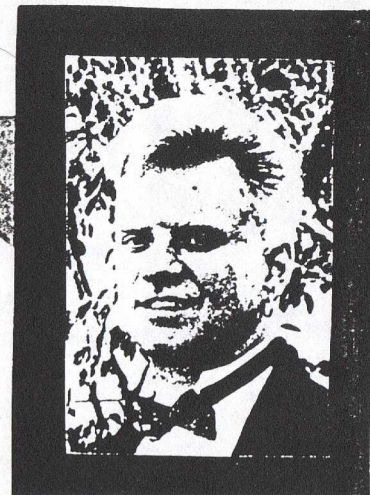
Not necessarily your cup of tea.



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DAVID GRANT
1958 - 1995



David Grant was born in Weston, Ontario May 19, 1958. In the summer of 1972, at the age of 14, he left to work at the Deerhurst Inn in Huntsville, and then moved to Wasaga Beach, to live with his foster mother Joyce, whom he came to love as a mother, along with her other boys Ed, Nick and Pete.

David got his start in a Disk Jockey career when Joyce signed him up for D.J. school. At 18, he moved to Toronto, and began working for Juliana D.J. Services. David spent several years in Toronto, then moved to Ottawa, and then to London, each time working as a D.J.

In 1987, David moved to Kitchener, where he worked for The Party Penguins Disk Jockey Associates, and then for the Heart and Stroke Foundation. Later that year, he became the manager of a Hasty Market, where he met Charlene Williams, whom he hired as a baker. They soon became close friends.

In 1988, Dave began work for the AIDS Committee of Guelph and Wellington County, working in the volunteer program. Dave later joined the Board of Directors at ACCKWA, and was hired as Volunteer Coordinator in the fall of 1991. In the fall of 1994, David became ACCKWA's Positive Approaches Coordinator.

In addition to his work life, Dave was active in a number of volunteer organizations, including Project Angel (The Waterloo Region AIDS Memorial), The Campaign for Equal Families, Waterloo Region Pride Day, and others. He was a ready advocate on issues concerning people living with HIV and AIDS.

David died peacefully at his home on Sunday, October 22, 1995 in his 37th year. He is fondly remembered by his many friends and colleagues, and by those he touched through his caring work and selfless dedication.



PRINCESS CINEMA

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WHAT'S PLAYING AT THE PRINCESS?

RUDE

Clement Virgo (Canada 1995)
Set amongst the black denizens of a stylized inner city, Rude is evidence of a remarkable and natural directorial talent. In Rude the energy just pours off the screen. Brash, sexy, in your face filmmaking.
Rachel Crawford (When Night is Falling) plays Maxine, a young window designer who sits in tortured isolation, replaying videos of better times with the man she loved as she struggles with the decision to terminate her pregnancy. And in the local gym, young boxer Jordan confronts his loathsome betrayal of his own homosexuality after taking part in a gang bashing of a gay man in the park.
***** November 18 - 22 *****

WHEN NIGHT IS FALLING

Patricia Rozema (Canada 1995)
Compelling performances, seductive images and luxurious sex scenes compromise Patricia Rozema's (I've Heard the Mermaids Singing) latest film, a lesbian romance set in a conservative town.
***** November 30 *****

TOTAL ECLIPSE

Agnieszka Holland (USA 1995)
Total Eclipse charts the elusive, exhilarating and passionate relationship of two of France's greatest poets - the young iconoclast Rimbaud and the sensitive weak-willed Verlaine. When they first meet, Verlaine is married with a child on the way. Into this safe haven sweeps the unpredictable and captivating Rimbaud, a mere boy of sixteen.
What follows resembles a whirlwind. Rimbaud (Leonardo DiCaprio), turns Verlaine's comfortable existence upside down. The two quickly become bosom-buddies, haunting the bars and cafes, taunting the establishment, and eventually running away together. They become lovers, but Verlaine, (David Thewlis) finds himself caught in the middle of a maelstrom.
***** December 1 - 6 *****

THE INCREDIBLY TRUE ADVENTURE OF TWO GIRLS IN LOVE

Maria Maggenti (USA 1995)
This is a light-hearted romantic comedy about first love, with the only distinction being that the lovers here are both girls. This lesbian romance makes the big studios' romantic comedies look artificial and old hat.
***** December 6 *****

TO WONG FOO, THANKS FOR EVERYTHING

JULIE NEWMAR

Beeban Kidron (USA 1995)
Patrick Swayze, Wesley Snipes and John Leguizamo one line their way through this feel good romp about three drag queens who get way-laid in a one horse Nebraska town while on their way to Hollywood.
***** December 7 *****

WHILE THE FILMS LISTED ABOVE, ALL HAVE SOME TYPE OF GAY STORYLINE, DON'T PASS BY THE MANY OTHER GREAT MOVIES SHOWING AT THE PRINCESS !

PICK UP YOUR FILM GUIDE TODAY !

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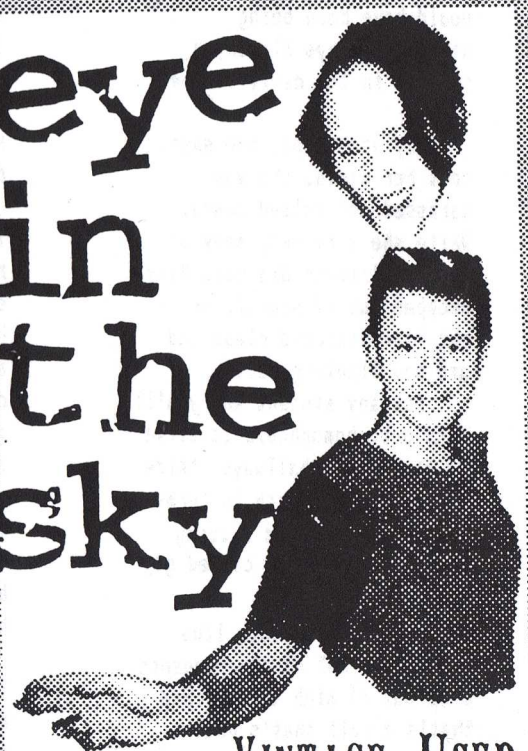
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NEWS! NEWS! NEWS!

THE TRIANGLE PROGRAM

High school can be difficult for young people, but even more so for young lesbians and gays. In Toronto a special segregated class has started that caters to homosexual students. This class is the first of its kind in Canada.

It was much harder being a lesbian in high school than it would have been being straight," says Alison, a student in the newly formed class.

Gay at school, she says, cost her marks, she was harassed and called names. While she survived, many of her gay friends did not. Many dropped out of school, or regularly skipped class and are now flunking out.

Ask any student and you'll find out, homophobia is alive in the school hallways. "Kids can be pretty harsh in terms of threatening and getting beaten up or being called gay or faggot."

A study by the youth line found that 25% of gay students drop out of high school, and that's a call that's been answered.

In a small church, armed with a chalkboard, a tiny history section and a computer centre, it's all gay. It's called 'The Triangle Program.'

Like the 17 gay students enrolled, from Nova Scotia to British Columbia, this class of seventeen say it's a savior; but the idea of a separate school has mixed reactions from other high school students.

Some statements heard were; "Integration goes better, so I don't think I'd be for it." and "I think it's a bad idea."

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VANCOUVER POLICE FORCE TO RECRUIT GAYS AND LESBIANS

In October, it was made public knowledge that the Vancouver police department plan to recruit gay men and lesbians to the force. It was stated that by having lesbians and gay men among the other officers, it would represent the diversity of the community at large, and open up lines of communication.

FOSTER PARENTS: GAYS NEED NOT APPLY

The Children's Aid Society of Algoma says same sex couples or homosexuals need not apply.

The society's board of directors voted October 26 against a motion that would have allowed openly gay people to become foster parents.

Same sex couples in Toronto have the right to apply to become foster parents, the board was told. Most other agencies across the province are taking a wait-and-see approach instead of hammering out an official policy.

The society may be the first in Ontario to have an official policy that eliminates gay people from the foster parent selection process altogether.

"Children develop morals and values based on what they see," said board member Mary Borowicz.

LIBERACE LIVES ON IN SCHOLARSHIPS

Even in death, Liberace is helping breathe new life into the arts. The Liberace Foundation for the Performing and Creative Arts, a longtime dream of the showman pianist, will award \$250,000 in scholarship grants to 49 schools and universities in the next academic year.

The Liberace Museum, one of the most popular tourist attractions in Las Vegas, is the key funding source for the foundation.

The museum has provided scholarships in the arts for 15 years, with almost \$3 million donated to date. Liberace died in 1987.

HOLY ROW OVER GAY WEDDING

A New York minister is suing his church and several of its members for \$110 million, charging they fired him because he performed a lesbian marriage.

The Rev. James Renwick Jackson, 67, also alleged that members of the Congregational Church of Patchogue discriminated against him because of his age and called him a crook, a drunk and an adulterer.

Church lawyer Kevin McDonough denied the allegations.

AIDS ACTIVIST'S DEATH A 'TREMENDOUS LOSS'

By Susan Daynard KW Record

When Dave Grant began planning an AIDS memorial for Waterloo Region earlier this year, he joked that he hoped his name would never have to be chiselled on it.

The 37-year-old Waterloo resident had been diagnosed with the virus believed to cause AIDS five years ago.

But his health was good and he was full of energy and optimism as he launched a fund-raising project to build a monument that would honour victims of the disease.

His condition, however, took a sudden turn for the worse, and on Sunday, October 22, much to the surprise of his colleagues and friends, he died.

"It's a tremendous loss for us, both in a personal and professional way and also for the community," said Rob Gascho, education co-ordinator of the AIDS Committee of Cambridge, Kitchener - Waterloo and Area.

Grant worked for ACCKWA, and before that, for the AIDS Committee of Guelph and Wellington County.

He was a popular speaker, sharing his personal struggle with AIDS with students and community groups.

His show on the community radio station CKWR, appropriately called Out and About, drew a loyal following.

A tireless advocate, he was involved with numerous provincial organizations dealing with gay rights and AIDS issues.

In addition, he helped campaign for a Gay Pride Day in Waterloo Region last spring.

After municipal councils sidestepped the issue by declaring a moratorium on proclamations for any group or cause, Grant - never one to be easily deterred - organized a low-key celebration of gay pride at Kitchener city hall.

His idea for an AIDS memorial, dubbed Project Angel, was equally controversial.

Grant envisioned building a monument that would be a "place of contemplation and healing."

He organized a committee of local residents who have lost loved ones to the disease and started campaigning to raise the estimated \$40,000 needed to build the monument.

After suggesting that the memorial be located in a Cambridge park, however, the committee faced enormous opposition, with some residents saying the monument belonged in a landfill site.

Grant fielded obscene phone calls at home, but he never lost patience with his opponents, believing their fear was based on fear and ignorance that could be overcome with education.

Grant paid a price for his openness. His family was uncomfortable with his homosexuality and he hadn't seen his twin brother, who was ashamed of him, for 18 years.

That troubled him, but Grant felt he had to be honest about himself.

"Dave certainly symbolizes what the memorial is about," notes Patti Smith, co-chair of the AIDS memorial committee.

"He's a real symbol of standing out and saying there's nothing to be afraid of. Of breaking the silence and the isolation and the denial most people with AIDS have had to live with."

Grant's death is a setback, but it has made the committee all the more determined to see that the memorial be built, Smith said.

Other people struggling against discrimination because of their sexual orientation owe a debt of gratitude to Grant, adds Lyn McGinnis, founder of the Cambridge, Kitchener-Waterloo Bisexual Liberation group.

"Most people remain silent and the myths and stereotypes are perpetuated." Grant, on the other hand was "quick to notice injustices and felt these fairly keenly and always wanted to do something about it. He was like a real soldier in the front."

Donations in Dave's memory can be made to ACCKWA or Project Angel. Call 570-3687 for information.

ARTISTS

Call for Submissions

ACCKWA
2ND ANNUAL



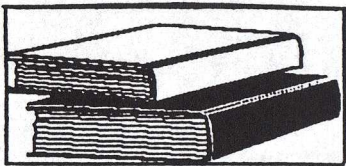
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Sit on a masterpiece!

Artists are asked to create and donate original works of art using a chair as their canvas. Materials may include any media, such as: paint, upholstery, wood, metal or clay. Chairs will be part of a non-juried art exhibit on: November 21st through to December 2, 1995
Rotunda Gallery, City Hall

Chairs will be auctioned with all proceeds to benefit ACCKWA: The AIDS Committee of Cambridge, Kitchener, Waterloo & Area the evening of December 2nd, at Rotunda Gallery, Kitchener City Hall.

To register as a participant, call ACCKWA at
519-570-3687 now.



Cover to Cover

Books of Interest

LAST WATCH OF THE NIGHT : ESSAYS TOO PERSONAL AND OTHERWISE BY PAUL MONETTE

Paul Monette's autobiography-Becoming a Man: Half a Life Story, a searingly honest account of growing up gay in America won the 1992 National Book Award for non-fiction. In the year and a half since, even as he battles full blown AIDS, he has been writing essays on a variety of subjects. A portrait of his dog, as they endure together the losses of friends and then the ravages of the author's own illness.

An atheist's appreciation of the saintliness of priests. A meditation on a lifetime of travel that is also an inquiry into the meaning of time. The 1993 March on Washington and what it means to be gay and lesbian now, in a time of rising bigotry and intolerance.

Monette excoriates with Swiftian vigor the do-nothing politicians, so called Christians, and halfhearted journalists. Throughout, as a kind of counterpoint, he examines the medical and emotional landscape of his illness, with references to the Classical world and the genius of English poetry. He is by turns philosophical, humorous, self critical.

With "Borrowed Time" and "Becoming a Man", these essays constitute the third volume of Paul Monette's autobiographical writing. Freewheeling and yet focused, brimming with outrage and yet tender, Last Watch of the Night represents a profound, personal reconciliation but also a testament to the struggle for freedom of all gay and lesbian people.

*Available at Kitchener Public Library

BREAKING THE SURFACE BY GREG LOUGANIS

Breaking the Surface is an unflinchingly honest story of a man breaking free of a lifetime of silence and isolation. Born to a young Samoan father and a Northern European mother, adopted at nine months by Pete and Francis Louganis, Greg began performing at age three in local dance and acrobatic competitions. He started diving lessons at age nine, and at sixteen he won a silver medal at the 1976 Olympics in Montreal. But despite his astonishing athletic skill and artistry on the diving board, Greg struggled with the late detected dyslexia, prejudice toward his dark skin colouring, and anguish over his sexual orientation, which he felt compelled to hide.

Being in the spotlight intensified difficulties with personal relationships and substance abuse. Like many other elite athletes, Greg found that the highs that came with winning never compensated for the lows. But despite his demons and personal disappointments, he always conveyed a warmth and grace that people remembered long after the 1988 Olympics.

Greg returned to national prominence when he stepped forward at the 1994 Gay Games in New York City and then urged the U.S. Olympic Committee to move the 1996 volleyball preliminaries from the Georgia county that had passed a resolution condemning gay people.

By speaking out at this time, Greg hopes to raise awareness about the number of key issues, including AIDS prevention and research and domestic violence.

"I'm doing it now," he says, "because I want to tell my story in my own words while I still have the chance. I'm finally ready to tell my story. I hope you're ready to hear it."

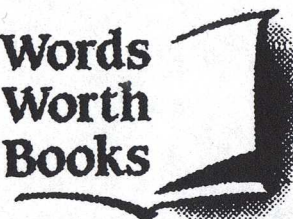
About the Author

Greg is a four time Olympic gold medal diving champion. He lives in Malibu, California, where he raises and trains Harlequin Great Danes.

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A LOOK AT ABUSIVE RELATIONSHIPS

Most couples, despite their mutual caring, end up taking out their frustrations on each other at times. By listening to each other and using assertive messages, you're likely to keep irritable interactions from escalating out of control. But some couples get caught in a vicious circle of abusive retaliation, which they're not able to stop on their own. In this article we'll examine the misconceptions and assumptions that underlie violent relationships, and point out steps toward recovery that both partners need to take.

TYPES OF ABUSE

Abusive behavior occurs on a continuum from verbal and emotional abuse to destruction of property, sexual assault, and physical violence. When communication has broken down to the extent that arguments often degenerate into shouting matches, sarcasm, and ridicule; if you find yourselves pushing or shoving, throwing things or threatening to hurt each other; if you've tried to humiliate or control each other sexually; or if you've actually started hitting, it's vitally important that you get some help NOW, to keep these fights from escalating any further.

EMOTIONAL ABUSE

Emotional (or psychological) abuse can take a variety of forms: sarcasm, put-downs, public humiliation, yelling, intimidation, name calling, sleep deprivation, blame, and irrational jealousy; destroying property, punching walls, killing pets; and threats of suicide or violence.

SEXUAL ABUSE

Sexual abuse includes rape, forced unsafe sex, nonmutual sadomasochism or bondage; unwanted contact with third partners; sex as "duty"; snide remarks about sexual adequacy; sex during physical fights; or any unwanted sexual touching.

PHYSICAL VIOLENCE

Physical violence tends to escalate in severity over time: pushing, shaking, poking, slapping, kicking, biting, scratching, pulling hair, hitting with open hand; choking, punching, hitting with closed fists and objects; aimed hitting; and using weapons—sticks, knives, and guns. Of course even shoving someone can be dangerous, since they can trip and split their skull. Battering relationships can easily escalate to suicide, homicide, or both.

MISCONCEPTIONS ABOUT VIOLENCE

Violence is not an intrinsic reflex to frustration. It may have become such a habitual response that it feels like second nature, but violence is learned. Since violence is not an automatic response, you can learn other ways to handle frustration.

Violence is commonly depicted in the media as a way to deal with relationship problems, especially for men, but it doesn't solve anything. Violence destroys trust, elicits retaliation, and interferes with your ability (and willingness) to listen to each other. Though a person may have to use force to defend himself from a physical attack, the use of violence to express dissatisfaction in a relationship is an exaggerated response to a misperceived threat.

Battering is best dealt with in a group with other batterers. In the group, those involved challenge one another's denial, minimization and blame. If no group is available anywhere near you, then at least find a therapist who has experience working with domestic violence

TEN TECHNIQUES FOR HANDLING ANGER

1. MONITOR YOUR IRRATIONAL LEVEL

You monitor your irrational level on a scale of one to ten at various times throughout the day, but especially following any upsetting incidents. Some individuals don't want to get in touch with their feelings because they fear becoming violent again. Yet if you recognize when you feel irritated, you're less likely to let the anger build up until you're enraged.

2. IDENTIFY PRIMARY FEELINGS

Men are socialized to think that anger is the only emotion it's alright for us to be in touch with or express. Anger may really be an expression of hurt, frustration, inadequacy, or fear of rejection. You begin to identify primary feelings of sadness, hurt and fear. Instead of lashing out when you're angry, you realize "I'm really mad—that must mean I feel hurt, sad, or afraid. What's the behavior I'm upset about, and how do I really feel?"

3. IDENTIFY TRIGGERING EVENTS

You learn to identify events that trigger your feelings: opposition, disappointment, frustration, and your own irrational assumptions.

4. COUNTER IRRATIONAL BELIEFS

You learn how to counter mistaken notions that your lover should be able to know what you want at any moment and provide it for you. You begin to counter your sense of "entitlement," which contributes to feelings of impotence and rage if you don't get what you want.

5. PRACTISE POSITIVE SELF-TALK

You affirm to yourself that you can handle tough situations:

"I don't need to escalate just because my partner opposes me."

"Don't jump to the worst conclusions-what is he really trying to tell me?"

"I don't have to be totally on top of everything-it's okay to be confused or unsure of myself."

"If things get too hard, I can call a time out."

6. EXPRESS YOUR NEEDS ASSERTIVELY

In place of violence, you learn how to express yourself assertively. Rather than letting irritations build up until you explode, you identify the behavior you're upset about. Then you can say how you feel, without blaming or threatening your partner.

Identifying behaviors and feelings helps you negotiate a solution that takes both of you into consideration.

7. RECOGNIZE ESCALATING BEHAVIORS

Recognizing certain behaviors before they escalate into abuse helps in managing your anger. For example, you notice you're sweating or trembling; you raise your voice and interrupt your partner; or you make threatening gestures. Control yourself.

8. PRACTISE RELAXATION EXERCISES

By learning how to relax, you feel less tense and anxious, and this will help you think more clearly. One exercise consists of tensing and relaxing each part of your body, from your feet to your head. Another is to take a deep breath and let it out slowly, allowing all parts of your body to relax. You repeat this a dozen times.

9. USE TIME-OUTS TO DE-ESCALATE CONFLICT

Time-outs are used to defuse a tense situation. It's important for both partners to understand the ground rules, so that neither of you experiences the time-out as an unfair abandonment. If you sense that you're in danger of escalating out of control, you call "Time-out." Or your partner can call "Time-out" if he feels unsafe. You must leave the scene without arguing.

A time-out consists of telling your partner that you're leaving for an hour. During this time you'll agree not to drive, drink, or destroy property. If there is no other phone within walking distance, don't drive any further than necessary to reach a phone. You call another group member, who helps you identify your primary feelings, practise relaxation exercises, and go over your list of positive self-talk.

Then you come home, and you try again to discuss the topic, sticking to behaviors and feelings. If you escalate again, you take another time out.

10. REACH OUT TO OTHERS

By reaching out in the group, you increase social contacts, ventilate pent-up feelings, and get feedback about your behavior and perceptions.

You don't have to endure violence in your relationship. Help is available for women and men who are battered: you can learn how to take care of yourself and set limits to unacceptable behavior. Help is also available for those who batter: you can learn to express feelings without becoming violent. And you can both reach out for support to feel better about yourselves in the process of recovery from a violent relationship.

By...Rik Isensee

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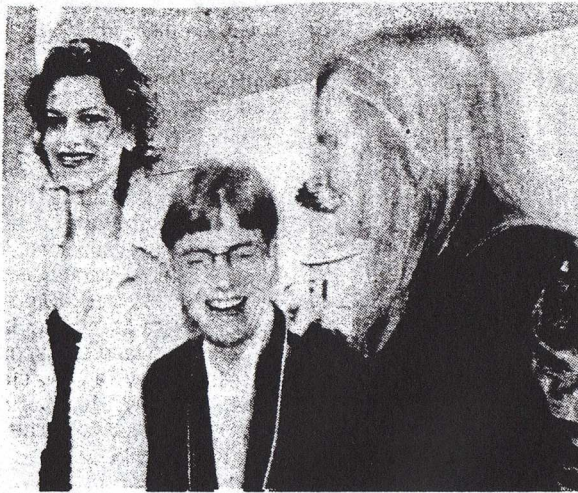


Renaissance

U.S. National Media Awards

Earlier this year, The Gay and Lesbian Alliance Against Defamation (GLAAD) announced the winners of the 1995 National Media Awards in Los Angeles.

At the event attended by Roseanne, Melissa Etheridge, Lily Tomlin and Candace Gingrich, (Newt's sister) the outstanding awards were presented in the following categories:



Sandra Bernhard (left), Candace Gingrich and Melissa Etheridge at the GLAAD Media Awards in Los Angeles.

ADVERTISING- Ikea (The company's ad campaign featuring a gay male couple)

TV COMEDY SERIES- 'Friends' and 'Rosanne'

TV COMEDY EPISODE- 'Frasier' The Matchmaker episode.'

TV NEWS PROGRAM- 'NBC Nightly News': Gay in America.

TV MINI SERIES- 'Tales of the City'

TV DRAMA- 'My So Called Life'

TV DOCUMENTARY- 'The Real World III'

FOR YOUNG ADULTS- 'More Than Just Friends: The Coming Out of Heidi Leiter'

FILM- 'Go Fish'

FILM DOCUMENTARY- 'Coming Out Under Fire'

MUSIC VIDEO- 'I'm The Only One' by Melissa Etheridge

SONG- 'The Train Revised by The Indigo Girls'

FILM WITH GAY CONTENT- 'The Adventures of Priscilla; Queen of the Desert'

GAY THEATRE- 'The Only Thing Worse You Could Have Told Me.' by Dan Butler

LESBIAN THEATRE- 'Last Summer at Blue Fish Cove' by Jane Chambers

PRINT MEDIA- 'Whose Values are These Anyway?' by Robin Abcarian

THEATRE PRODUCTION- 'Love! Valour! Compassion!' by Terence McNally

PRINT MEDIA- 'Doonesbury: Same Sex Unions' by Garry Trudeau

Melissa Etheridge was once known as a lesbian rock star until the release of her last album, 'Yes I Am'. With it's release, she gained immense support from the straight community at large as well as her huge lesbian following.

She has recently been performing a series of mini concerts in Toronto, Montreal and Vancouver prior to the release of her brand new album, 'Your Little Secret' on November 15. Pick it up!

'A Love Worth Fighting For', subtitled 'A Celebration of Gay and Lesbian Singers and Songwriters,' is a who's who of gay singer - songwriters; this record is a welcome introduction to the often too ghettoized world of gay music. (Streeter Music)

Ask at your favourite music store to have it ordered in as it is presently available exclusively in the U.S.

Jann Arden with special guests play LuLu's Roadhouse Saturday, November 25.

'Positive: Life with HIV airs in December on PBS. With stories from across North America, this four part series offers hope for those dealing with HIV/AIDS.

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The Canadian Red Cross:

Are they telling us the whole truth?

On Wednesday, May 17, 1995, I had spinal surgery at Victoria Hospital in London, Ontario. I was told that a blood transfusion would be needed, and that I could give my own blood ahead of time, to be returned to my body during surgery. This sounded like a good idea, in these days of HIV and AIDS transmission through contaminated blood. When I arrived at the London Branch of the Canadian Red Cross, I had to complete a questionnaire, as do all potential donors. Basic health questions were asked like what medications were presently being taken, have I ever had an HIV antibody test, and if yes, when, why, and what were the results, have I ever been exposed to malaria, and so on. I completed the questionnaire, and while I was waiting for the nurse to return, I noticed a poster that caught my eye. In big, bold, block letters were the words DON'T DONATE! Immediately I wondered why they would have such a sign in a blood donor clinic. Further reading angered me. Below these words was a list of people the Red Cross would prefer would not be donors:

- 1) if you are a man who has had sex with another man since 1977;
- 2) if you have used needles to inject illegal drugs into yourself;
- 3) if you have taken money or drugs for sex since 1977;
- 4) if you have a disease of the blood which prevents your blood from clotting (hemophilia) and you regularly receive blood products as treatment;
- 5) if you have tested positive for HIV or have AIDS;
- 6) if you have had sex with anyone who has done any of the above things;
- 7) if you have any of the following signs of AIDS:

- i) unexplained excessive weight loss;
- ii) cough, diarrhea, or fever that will not go away;
- iii) lumps in the neck, armpits, or groin lasting more than 1 month;
- iv) blue or purple spots on the skin;
- v) night sweats.

When I questioned the nurse about the poster, she said this was the most logical way to filter out some of the people in high-risk groups, the people who may not associate themselves with high-risk activities when they make the decision to donate. What struck me as odd, was that in almost every single scenario the Red Cross painted, they didn't allow for intelligence or common sense; in almost all of the cases, there is a definite argument. In all facets of life, there exists a worst case scenario. I believe that the Red Cross had taken it upon themselves to assume that the majority of us are ignorant, unintelligent, dirty people. Is this not discrimination??? Just because a man is gay, doesn't automatically mean he has AIDS, in fact, wasn't it the gay men who taught the rest of society the logic behind safe sex and condoms?! I was outraged! How about the hemophiliacs? The blood product they receive, Factor VIII, is distributed by the Red Cross. Do they know something we don't? If it's O.K. for the hemophiliacs to receive it in the first place, why doesn't the Red Cross want it back? It is unthinkable to me that, since gay men and hemophiliacs were the groups of people most highly infected by HIV in the 1980's, the Red Cross has the nerve to exclude these people from blood donation now, simply by "assuming" some form of guilt by association. After putting themselves in the position they did with the contaminated blood in the early days of HIV and AIDS, the Red Cross has the nerve to exclude these people, while at the same time, begging the rest of us to donate to help boost the now depleted blood banks. My next question was...If they've changed their testing and made it more rigid, why do they even need to screen people verbally? If the new HIV antibody test they've come up with is so good, why do they need to know anything about us ahead of time? What about the people who lie on the questionnaire?

What if ...they're prostitutes, ...or drug addicts, ...or homosexual men...WHAT DIFFERENCE DOES IT MAKE IF THE TEST WORKS??? It sounds to me like the test is not foolproof. If they filter out the possible "high-risk" candidates ahead of time; then there's a smaller chance of any kind of virus passing through. It doesn't eliminate the chance; just lessens it.

So, I gave three bags of blood in what they call the 'autologous program' (simply means the donated blood is going to be returned to you). Right before my surgery, I was required to sign a form stating that should something go wrong during the surgery and more blood was required, I, by signing this form, give my authorization and consent. I asked them what happens if I don't want to take that chance, and don't sign. First they told me not to worry, that all of the blood was safe, then they said that the surgery would not take place if I didn't sign. The hospital would not be put in the position where a patient could die on the table in an emergency situation, simply because they did not agree to receive anonymous blood. By the time they approach you with this form, you're prepped and ready to go. Who would even be rational enough at this time to think clearly? I was facing a 4-6 hour surgery, with the possibility of paralysis, and I was scared. Of course I'll sign the form; it bothered me, but not enough to cancel my surgery. I had waited 3 months for this surgery, and I wasn't turning back then.

I woke up after my surgery, to find out that I was not paralyzed (yeah!), but that I had required 1 bag of anonymous blood on top of my three (eek!). I freaked out, but what could I do. The blood was already in me, and I did sign the consent form. For the next month, I continuously reminded all of my friends and family that it bothered me. They were getting tired of hearing about it, but I couldn't help it. My mind would not completely let it go. It was always, and still is, a question in the back of my mind.

On top of everything I've told you, here comes the real clincher. Just the other day, I got to thinking, and thought what a good idea it would be to become a regular blood donor. It's community oriented, and it helps other people, either in emergencies, or surgical procedures like mine. I then wondered if there might be some sort of waiting period after you get a transfusion, you know, for all your blood counts to return to

there normal reads. I called my family doctor, but her office was closed for the day. So I decided to call the Red Cross. I left a message with details about my situation and the reason for my call. Shortly thereafter, my call was returned. The nurse was in the process of double-checking the information I had left for her, when I confirmed for her that yes, I donated for myself, but, I did require 1 bag of anonymous blood. Our conversation took a turn for the worst. She proceeded to tell me that since I received that 1 bag from the blood bank, I would not be allowed to be a blood donor for 1 year from the date of my surgery. I was furious! I had already assumed what her answer would be, but proceeded anyway to ask what the reason for this was. She said it was a precautionary measure, in case I had accidentally been transfused with contaminated blood. Precautionary measure for whom? Not me! What precautionary measures did they take with the blood that was transfused into me? Maybe the blood was put through their rigid testing! Maybe the person answered their questions just right on their questionnaire, or maybe they didn't look like someone who might be carrying the HIV virus! I had to wait 1 year before I could donate again, as an incubation period for either hepatitis or HIV. I don't remember anybody telling me this when I had to sign those forms in the hospital! If I had known this would ever happen, I may never have had the surgery.

I am afraid of AIDS. I am not afraid of people affected or infected by AIDS. I have tried to educate myself about some of the politics and bureaucracies surrounding AIDS, and in certain circles, I don't like what I read. I have watched and listened to the Red Cross preach their gospel surrounding the blood inquiries, and how they claim the blood is now safe. I never really truly believed them. Now, through their own lies, I can honestly say that I don't. Through this unfortunate experience, I feel like we all have been slapped in the face. Someday, we all may be in need of blood. By either repairing our bodies, or saving our lives, medical staff will not hesitate to transfuse us, versus letting us die needlessly. Contaminated blood is slipping through cracks in the medical communities. It is my belief that infection through contaminated blood will continue. I can only hope that I am wrong.

-Julie Stumpf-

Reader's Corner



Second Skin

The Loneliness
wraps itself around me
like a blanket

Her absence
as real
as her presence

It touches
my skin,
protrudes to my bones.
Around me.
Inside me.
In my blood
To my heart.

Like a cold knife
it cuts through
to the Core.
Deeply.
Mercilessly

I could cry.
I could scream.
I could lay down to die.

It would still
Cut
Slice
Chop
Hack away
at my heart.

Cold reality
seeps into my veins.
Chilling
the warmth
of Love.

Flow
Chill
Turn me to Ice.

But then another cell appears.
a Memory cell.
Warm
Unchilled
Filled with Love.

And I pull
the Blanket
of Loneliness
Closer
Tighter

I wear it
like a
Second Skin.

m.m.



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Farinelli

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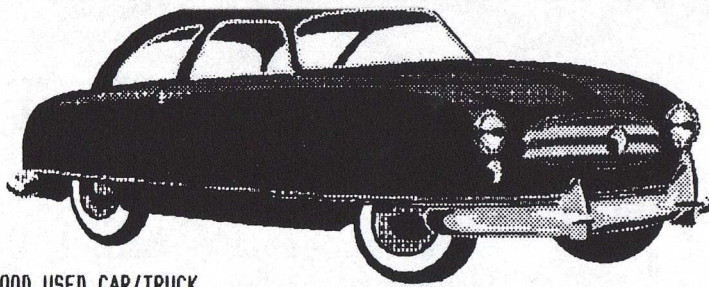


ONE SHOW
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9:15

6 Princess Street W.
WATERLOO, ONT
885-2950

PRINCESS CINEMA

Wheels Away



CHOOSING A GOOD USED CAR/TRUCK

There are many things to keep in mind when one is shopping through the maze of dealers and vehicles available in the KW area. Buying a new car or light truck is often a frustrating and lengthy process. What kind of vehicle should I get? What price should I pay? What options do I want? What kind of financing makes the most sense? Colours? Wagon or sedan? Sport coupe, or sport utility?

The very first thing you should do before even going out to look for something, is to decide what kind of vehicle you want. It sounds simple, however, many people arrive at dealer lots and really have no idea what it is they are wanting. This frustrates eager salespeople and their customers alike. Most people, however, do know what they are looking for, as they have a specific need for a change in driving transportation. If you are one of the few that has no idea as to what it is you would like, only that you would like to change your car or light truck, then I suggest before you get approached by would-be salesman or woman, you should visit a few dealers lots on a Sunday, or late at night (after 10 p.m.) when there is no one to bother you and you are less likely to waste someones time in the selection process. Take a good look around at your leisure and see the varied amount and types of auto available. Maybe visit a couple of lots. This process doesn't take very long and it is very valuable to provide you with the most vehicles to look at in the least time. Some dealers price their cars on the windsheilds to give you an idea of budget before you inquire, others do not. Even if there are no prices, this is not the most important thing to realize at this point, you are trying to solve selection issues. **WHAT DO YOU WANT???**

After you think you know what type of vehicle you are after, you can proceed to inquire in a multitude of sources as to the specifications of this particular vehicle. You can call the dealer, go to the library, get a brochure of a new current model or even stop people on the road or at a mall parking lot and ask them what they like or don't like about their similar vehicle. There are magazines and books galore about all the various models available. It seems that just about everyone is an expert on one unit or another. Price still isn't the most important thing yet regarding your choice. Will it do the job you want it to, does it offer you the features that you're after. (e.g. air conditioning) Bear in mind the equipment varies of cars that are similar depending how they were ordered when they were new. Even if you think that you are going to buy a vehicle privately and save the G.S.T., a dealers lot is great for selection, and it doesn't cost you anything to look!!!!

When choosing to purchase a used car, there are some things that you have no real control over. Colour is one. If you think that you must have a green one you will just have to hope that there are some available. The 'Autotrader', 'Autoplus', the KW record, and the pennysaver are just a few places to browse, once you've made a decision as to what it is you want. Let's say you decide that you want a '63 Thunderbird in yellow with low mileage and leather seats, well you may find that even though you now know what it is you want and you're willing to spend the appropriate funds to get one, finding this needle in the haystack may be just that. For most people, their choices are more common. Then the only factors to consider are, what colours WON'T I take, what equipment does it have to have, mileage limitations and approximate model year of interest. Bear in mind that model year is only really valuable in determining the style, as bodystyles change over the various years. It is possible to find a low mileage older model, sometimes at a better price than a newer model, with still the same style and options. Consider this, it is very often the case that a higher mileage used car makes a much better choice than a VERY low mileage one. Why? There are a number of reasons. Higher mileage cars and trucks are often what they call highway driven. If you are looking at a two year old vehicle that has 100,000 kilometers verses one that has only 12,000, it is often true that the higher mileage one is just as good a vehicle (provided it has been maintained) sometimes it proves to be less in repairs, the reason? When something sits for long intervals or is driven in short stops and starts, it tends to deteriorate faster. Especially outside in the elements. Conversely, the one with 100,000 km has obviously been driven on the highway to accumulate these miles, unless it was used for constant delivery or police or taxi work. As an added bonus, the high mileage car is usually quite a lot less to purchase, as mileage and condition dictate the used value of that vehicle. If the condition is good, the mileage will produce a much reduced value.

O.K., let's say we've decided that a Jeep Cherokee 4 door sport utility is what the doctor ordered. We'd like it up to 4 model years old with no more than 100,000 km's (60,000 miles). We look at anything except red, and it must have 4 wheel drive capabilities and air conditioning and a good stereo. We definitely want something that looks half decent without a lot of rust, damage or obvious signs of touchups. Now what? Should I look and ultimately buy at a dealer, or privately. That G.S.T. question is awfully tempting....My suggestion to you is this. If price is your only concern at this point, shop everywhere. At the dealers, the papers and the small lots. Though the cost of the extra tax at the dealer seems like a negative, there are many advantages to buying from a reputable dealer that is franchised, especially in the brand that you want. these advantages are things such as warranty, service, mileage guarantees and guarantees as to major damage. You can still get the unit checked somewhere else before for sign on the dotted line. Expect to pay more here but you'll get more.....

Coming up in the next issue of OUTLOOK. Buying a used car - Part 2

Learning Together About HIV



Here at Outlook we intend to educate, promote, and advocate safer sex practices. Starting with this issue we will include a monthly installment entitled "Learning Together About HIV." It will cover such topics as HIV testing and counselling, Immune System Basics, AIDS-related illnesses, Health Interventions, HIV Infection in women and children, and the Psychosocial Impact of HIV Infection. We will also keep you up to date with what's going on at ACCKWA, The Aids Committee of Cambridge, Kitchener, Waterloo, and Area, the services they provide and any upcoming events and/or fundraisers.

PART 2 HIV AND AIDS IN CANADA

HIV infection and AIDS in Canada is thought to have had its beginning in Montreal in 1979. A male patient presented with what is now known as the classic symptoms of AIDS, although at the time it was a disease without a name or an identifiable cause. Although this man was the first known Canadian to have died of AIDS, epidemiologists are certain that there were hundreds of other Canadians carrying the virus at that time.

Early in 1982, the Department of Health and Welfare in Ottawa started collecting data on the number of reported AIDS cases in Canada (NOTE: This is not the same thing as the number of people who have HIV). At the end of 1982, 11 cases of AIDS had been reported in Canada. The number rose to 49 in 1983, tripled to 165 in 1984 and then more than doubled to 415 by the end of 1985.

The number of AIDS cases in Canada, as the rest of the world, climbed steadily through the '80s:

in 1988, Canada reported 910 new cases. As of June 1990, 3,824 cases of AIDS had been reported in Canada. In October 1993, Health Canada reported a total of 8,640 known AIDS cases, of which 87 were pediatric (under 16 years) and 447 were adult females.

Starting in 1985, the Canadian Red Cross routinely screened all blood donations in Canada for HIV antibodies to ensure the safety of the blood supply. In 1986, the National AIDS Centre was established, and one year later, the Federal Centre for AIDS was created within the Department of National Health and Welfare.

In the early 1980s, AIDS community groups began to emerge within the gay population to provide education and support to people with HIV infection. The majority of people involved had HIV or were living with AIDS. By 1985, a national organization was formed to unite these groups, and the Canadian AIDS Society (CAS) was formed. Volunteer efforts have driven these organizations, and they are no longer identified as "gay": women,

heterosexuals and senior citizens have all joined in the work of education and prevention.

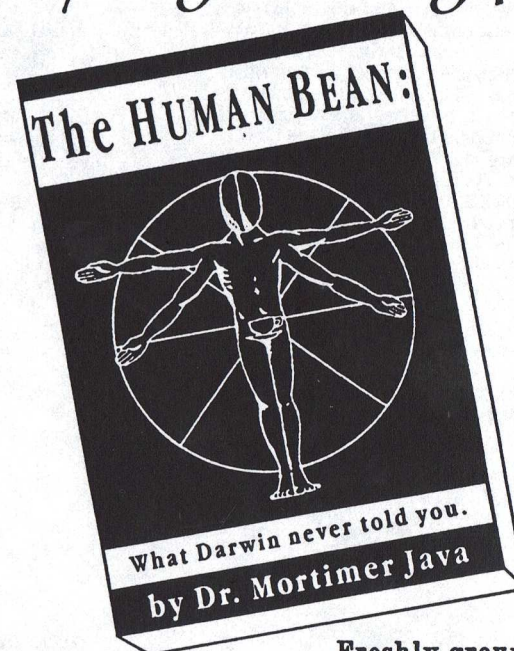
NEXT ISSUE: THE ABC'S OF HIV
What do all those letters mean?
HIV, CD4, KS, PCP, MAI, CMV, PML,
AZT, ddI, d4t etc., etc., etc.,

Local Statistics for Waterloo Region - August 1995

Total HIV positive - 137
Total cases of AIDS to date - 48
People living with AIDS - 10



Cup-a-java Caff 



ALSO SERVING:
Light Meals
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**Freshly ground,
whole-bean
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Vegetarian Menu

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**136 King St. South, Waterloo
746-5282**

Waterloo Region AIDS Memorial Steering Committee
(PROJECT ANGEL)

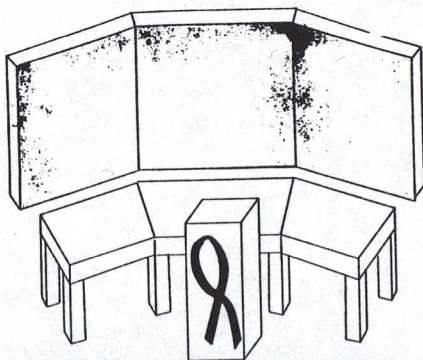
MISSION STATEMENT

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 the 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.



Design by Kathryn Lawson Dec. 1994



**YES! I want to get involved with
PROJECT ANGEL.**

(Please indicate how you would like to be involved by checking the appropriate box below.)

- PROJECT ANGEL Volunteer
- Membership (minimum \$5 donation)
- Business / Agency Membership (\$25)
- Please accept my donation of:
 - \$25 \$50
 - \$100 Other _____

Cheque or money order enclosed.
(All donations will be receipted)

Add my name to your mailing list.

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: (____) _____

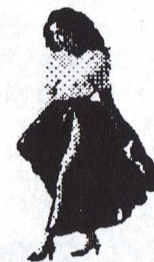
Signature: _____

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250 Dundas St. South, Suite 221
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\$2.00 Cover at the Door

TAN SMART!

'Beneficial Health and Tanning' defends smart indoor tanning

Indoor tanning salons provide tanners with an element of control not possible when tanning outdoors.

That's the message Norah A. Wiebe, owner and manager of Beneficial Health, wants her clients to understand.

Anti-tanning nay-sayers who claim its best to avoid tanning facilities are missing the point.

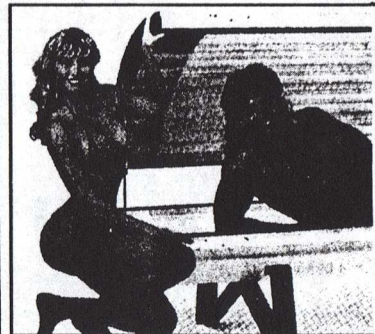
The indoor tanning industry's claim is this: For people who want to tan, indoor tanning units give you control over the duration and frequency of your exposure.

"With such control you reduce your risk of getting a damaging sunburn. That's the key."

The most credible research to date reported by the Centres for Disease Prevention and Control

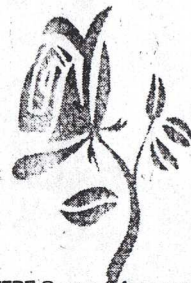
(CDC) in Atlanta, shows that sun burn - not moderate tanning - is responsible for sun related skin disorders. In fact, moderate tanning is actually your skins natural, albeit limited, defense against sun burn.

Come in for a free tan at Beneficial Health and Tanning today, and learn more about smart tanning (new clients only).



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ACCOMODATION AVAILABLE

COUNTRY HOME FOR RENT

On July 29, 1994, my brother died of AIDS. The legacy that he left is a beautiful home with loft set in the country surrounded by trees. This home sits on a one acre lot and is ten minutes from antique shops and twenty minutes from the ski slopes and beaches of Georgian Bay. My brother started building this house in 1993. He died prior to completion. I cannot afford to keep this house without renting it. The house has all the amenities, sleeps up to six people, and is completely winterized. Monthly, weekly, and weekend rentals available. A PORTION OF EACH RENTAL FEE WILL BE DONATED TO THE AIDS CHARITY OF YOUR CHOICE, IN YOUR NAME. Photographs available upon request.

Please telephone 1 - 905 - [REDACTED]

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.

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
Toronto, Ont.
M5S 2T1

For guidelines, call (416) 978-8201

ORIGINAL FICTION WANTED

New Internet Publishing Company needs gay and lesbian short stories, novels poetry and erotica. For an information package, write to:

Cardwell Bondy Publications
Box 52-552 Church St.
Toronto, Ont.
M4Y 2E3



CAROLE POPE



For those of you who caught the 'Carol Pope Show' at Club Renaissance in April of this year felt her raw powerful vocals and great new tunes. The good news for Pope fans is she's still in Toronto and this Dec. 14-16 she plays Buddies in Bad Times Theatre for a show dubbed "Quiet Please There's a Petulant Diva On Stage!" But better news is our own '60-BOY PRODUCTIONS' is to plan a return Carol concert at the Club Renaissance early next year, and Mark says that he'll make an effort to make sure that she includes some old 'Rough Trade' standbys like **HIGHSCHOOL CONFIDENTIAL**. Even so, her Radiate mini CD hits the stores in T.O. this weekend....More to come in future issues of Outlook....

WHEN YOU WANT A CHOICE

K-W's best selection of foreign, cult, indie, Hong Kong action, Japanese animation, and hard-to-find videos. Groovy books and mags too.

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Gay Films

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

- An Early Frost
- Another Country
- Claire of the Moon
- Longtime Companion
- Lost Language of Cranes
- Cruisin
- Desert Hearts
- Forbidden Love
- Go Fish
- Jeffrey
- Maurice
- Midnight Cowboy
- Paris is Burning
- Parting Glances
- Philadelphia
- Priscilla
- Salmonberries
- Sex Is
- And The Band Played On
- The Hunger
- To Wong Foo
- Torch Song Trilogy
- Total Eclipse
- The Incredibly True Adventure of Two Girls In Love
- Wigstock

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) [REDACTED]



COMMUNITY INFORMATION

Waterloo Region Alliance for Equal Rights
Kitchener-Waterloo
(519) [REDACTED]

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

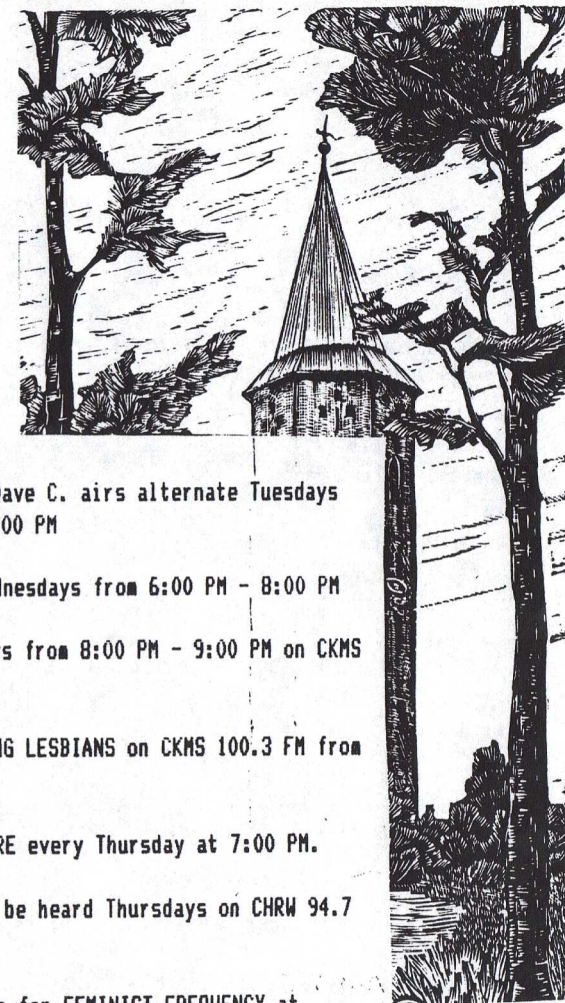
NOWHERE TO HIDE airs Wednesdays from 8:00 PM - 9:00 PM on CKMS
100.3 on your FM dial.

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

DISTRESS LINE

Kitchener
(519) 745-1166

GLLOW (Gay and 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
25 Adelaide Street East
Suite 617
Toronto, Ontario
M5C 1Y2
(416) 364-4555

PFLAG (Parents and Friends of Lesbians and Gays)
Guelph.....(519) [REDACTED]
Cambridge.....(519) [REDACTED]
Acton.....(519) [REDACTED]

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

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COMING UP IN THE NEXT ISSUE

- * A WEEKEND GETAWAY
- MANFRED'S MEADOW GUEST HOUSE
- * CHEF LANCE IS BACK...
- AND HE'S REALLY COOKIN'
- * THE ABC'S OF HIV;
- WHAT DO ALL THOSE LETTERS
MEAN ?
- * READER'S SUBMISSIONS
- * BOOKS, MUSIC AND FILM
- * AND MUCH, MUCH MORE !

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