

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 Waterloo Region's Gay and Lesbian Community

What's Inside...

- ★ Power and Control Issues
- ★ Concert & Club Listings
- ★ Reader's Corner

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CAROLE POPE

March 1996

Issue 7

COMING SOON

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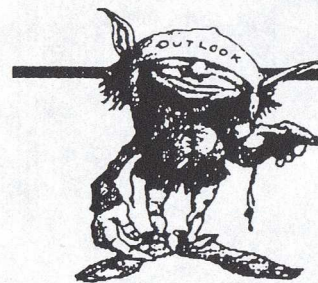
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NEWS

Many Hate Crimes Go Unreported: Study Says

A recent study shows that of the estimated 60,000 hate crimes committed in nine major Canadian cities, only a small percentage - perhaps one in 10 are ever reported.

Violent attacks and other crimes fuelled by hatred of the victim's race, religion or sexual orientation are classified as hate crimes.

Of the almost 1,000 hate crimes police did record in 1993-94, 61 per cent were directed against racial minorities. Twenty-three per cent against religious minorities, 11 per cent against gays or lesbians and five per cent against ethnic minorities.

Because many gays and lesbians cannot or will not come out publicly they are sometimes reluctant to report these crimes to police for fear of outing themselves as gay or lesbian.

The fact that they fear reprisals from attackers or believe the justice system won't take their reports seriously is also a factor, the study says.

Court Upholds Anti-Hate Ruling

A Vancouver group has lost its challenge of an order to stop using recorded messages that promote hatred against homosexuals.

In a ruling released in Ottawa, the Federal Court of Canada upheld a human rights tribunal decision that shut down the group's telephone hotline.

The federal tribunal ruled in early 1994 that the messages, on a phone line run by the Canadian Liberty Net and Tony McAleer, exposed people to hatred or contempt because of their sexual orientation.

.....

Alberta Appeal Court Denies Gay Rights

Alberta's highest court has ruled the province's human rights laws do not have to include specific protection for homosexuals.

In a 2-1 decision released Feb. 23, the Alberta Court of Appeal concluded the Individuals Rights Protection Act doesn't discriminate against gays by not including sexual orientation as a protected right.

It ruled that the act is neutral on the subject, and therefore does not distinguish between homosexuals and heterosexuals.

Delwin Vriend, 30, started the court battle after he was fired from his job as a lab instructor at King's College, a Christian school, in 1991, after administrators there found out he's gay.

He'd gone to the Alberta Human Rights Commission for help but was told homosexuality is not protected by provincial human rights laws.

So he took his case to court and in 1994, Court of Queen's Bench Justice Anne Russell ruled the law was unconstitutional and said it should include the words "sexual orientation."

The province appealed the decision last May.

Vriend has not yet decided whether to appeal to the Supreme Court of Canada. Of the decision, Vriend said: "My heart fell, it just fell."

.....

Allan Rock May Abandon Gay Rights Promise

There are signs the justice minister might drop his commitment to formally outlaw discrimination against gays. Allan Rock has long promised to amend the Canadian Human Rights Act so it covers sexual orientation.

But Prime Minister Jean Chretien told

the Liberal caucus this week he's no longer keen on the idea, one MP confirmed.

The MP, who asked not to be named, said some members raised the topic at a Feb. 13 caucus meeting, perhaps in an effort to have the long-standing promise included in the throne speech.

The MP said Chretien told them the government would let go of the issue to make life easier for rural backbenchers with constituents uneasy about the idea.

Many MPs have already faced a barrage of criticism over the new gun control law.

But last November, Rock reiterated his promise to amend the act. "The commitment remains the same," he said at the time.

Rock's press secretary, Jennifer Lang, said Feb. 16 she had nothing to add to what the minister has said.

But she wouldn't say whether Rock's promise still stood.

"That's all I can say," said Lang.

The Human Rights Act, which covers the federal government and federally regulated businesses like banks, bans discrimination on grounds including age, sex, race, religion and disability.

Adding sexual orientation to the list might bolster the case of a homosexual who is denied a job or government service.

A number of Liberals who recognize only the traditional family fear the amendment would be another step

toward legal recognition of same-sex marriages.

But Hedy Fry, the new secretary of state for multiculturalism, said she was confident the government would go ahead with the amendment.

"The Prime Minister himself has said this is a promise," she told a news conference sponsored by gay and lesbian groups.

(CANADIAN PRESS)

U.K. Won't Allow Gays In Military

Britain will maintain its ban on homosexuals in the military, after a review of the issue, Defence Minister Michael Portillo said March 3.

He said lifting the ban would be bad for discipline and morale.

"People are working in a situation of absolute trust. They are living almost literally on top of each other in very confined situations. They need to know they can trust one another," he told BBC television.

Britain's High Court upheld a ban on homosexuals in the armed forces last June by dismissing test cases brought by three gay men and a lesbian.

Lawyers have warned the government defence chiefs are likely to be forced under international law to replace the ban by the end of the decade.

.....



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ENTERTAINMENT

TV - Music - Movies - Concert Listings

TV TALK

If you're a pay TV subscriber, there are a few good movies showing on The Movie Network (TMN) in the upcoming weeks.

* The Australian movie that's taken the world by storm, Priscilla: Queen of the Desert will be airing March 19th and 31st. Three drag queens (Terence Stamp, Hugo Weaving, Guy Pearce) take to the road in a dolled up bus (Priscilla) to put on a drag show in a rural Aussie town. Highly recommended!

* Three different women (Whoopi Goldberg, Mary-Louise Parker and Drew Barrymore) travel from New York to Tucson and end up learning a lot about themselves and each other. Great soundtrack too! "Boys On The Side" airs March 25 and 30.

* "Exit to Eden" is a comedy based on Anne Rice's novel about two bumbling undercover cops (Rosie O'Donnell and Dan Aykroyd) who follow diamond smugglers and a photographer to an S & M fantasy island lorded over by a "strict" mistress (Dana Delany). Airls March 30. Some violence.

* "Glen or Glenda" airs March 31 on The Movie Network. Transvestism, sex-change and angora sweaters are featured in Ed Wood's story about one man's confusion. Voted one of the worst movies of all time. This 1953 black and white B-movie stars Ed Wood, Dolores Fuller and Bela Lugosi.

* William Hurt won an Oscar for his portrayal of a gay window dresser who shares a South American prison cell with a

revolutionary (Raul Julia) in the highly recommended "Kiss of the Spider Woman." March 15, 20.

♫ CONCERT LISTINGS ♫

After a very short absence from the stage following the demise of the popular folk-rock duo "Open Mind", lead vocalist CHANTAL CHAMBERLAND is back stronger than ever and this time with a full band. For the next while she'll be very busy promoting her new release, "On Solid Ground". Listed below are just a few of her performances within driving distance from the Cambridge, K-W area. Check it out!

- March 23.....Albion Hotel, Guelph
- March 30.....LaLuna, Hamilton
- April 4.....HMV Superstore, Toronto
- April 5.....C'est What, Toronto
- April 12.....on air, CBC Radio 4-6pm.

March 30, 1996 is the date to see Therapist and Comic, JOANN LOULAN from San Francisco who will be acting up on stage at Trinity-St.Paul United Church at 427 Bloor St. West in Toronto. Showtime is 8pm. and tickets are \$17 advance and \$20 at the door. For more information, call 519-886-2375.

Melissa Etheridge plays Maple Leaf Gardens in Toronto on Monday, March 18. Tickets at \$29.50 - \$35.50 are available by calling 1-416-870-8000. Showtime is 7:30 pm. Check out her special guest Ashley MacIsaac.

Elton John Plays The Palace ASSOCIATED PRESS

Elton John in a grey suit? It happened February 27 when the rock star went to Buckingham Palace to be made a Commander of the British Empire.

There wasn't a sequin in sight - and no platform shoes, no rainbow hues, no rhinestones on his plain wire-rimmed glasses.

Elton left his flamboyant stage persona at home to receive his royal badge of honour for services to the music industry and charity.

The high honour is serious business. It is coveted by Britians establishment as well as the entertainment world. Though it doesn't give Elton a title, he can put the initials CBE after his signature.

CABLE 10% - GAY AND LESBIAN TV

A magazine-style television show presenting information, news, entertainment and stories about, by and for gay men and lesbians.

Air dates are as follows on Rogers Cable channel 20:

Saturday, April 6 at 11pm, April 10 at 11pm and April 18 at 7pm.

SPANK'D & RANK'D

A MONTHLY GUIDE TO POPULAR DANCE MUSIC AND CURRENT CLUB ANTHEMS.



- | | |
|---|--------------------------|
| 1. Hideaway (Deep Dish Remix) | -DE'LACY |
| 2. Missing (Chris & James Mix) | -EVERYTHING BUT THE GIRL |
| 3. Disco's Revenge | -GUSTO |
| 4. Get-a-way | -SHAUNA DAVIS |
| 5. Giv me lov (Original Mix) | -ALCATRAZ |
| 6. Skin on Skin (Orange Mix) | -GRACE |
| 7. Imitation of Life | -BILLY RAY MARTIN |
| 8. Inside Out (Temple of Light Remix) | -CULTURE BEAT |
| 9. Fe-Fi-Fo-Fum | -CANDY GIRLS |
| 10. La Luna (To The Beat of the Drum) | -THE ETHICS |
| 11. Cry India | -UMBOZA |
| 12. Lucky Love (Frankie Knuckles Mixes) | -ACE OF BASE |
| 13. Love Hangover | -PAULINE HENRY |
| 14. Shine Like A Star (Dancing Divaz Mix) | -BERRI |
| 15. Loving You More | -B.T. |

COMPILED BY JAYSON SPANK

SPANK! plays weekly at Club Renaissance where he is the resident DJ.

"THE RETURN OF THE POPE"

-BY THE PARTY ANIMAL ☺



Almost a year to the date, Carol Pope played and toyed with the ever-appreciative crowd at Club Renaissance. Now, it's official. She will return for her 'RADIATE' tour on Friday, April 26th! For those of you who may have missed her show last year, let me tell you that this girl is hotter than ever...With a voice that can stop a freight train and a stage presence that is sure to entertain, Carol Pope is definitely what the doctor ordered to ring in the spring season and get you ready for one hot summer.

Her latest CD is selling well and she will have some tapes and CD's available when she comes in April. It's not too often that you can go to a concert in such a cozy arena and be able to almost touch the performer like a concert at Club Renaissance. Mark from GOBOY productions who is promoting the show says that Carol is bringing quite the lineup of musicians with her to this gig. Radiate, her new CD is just full of strong Pope vocals and powerful hooks. The two tracks that stick out are: "Love Strikes Hard" and "You Can't Go Back". This album is available at HMV record stores for about \$15.00.

Tickets to the show are \$10 in advance (dirt cheap), or if there are any left at the door, \$15. "This is her commitment to Kitchener", Mark says of the cheap ticket prices. I must go along with that thinking since it was only a few weeks ago that she performed on the Rita McNeil show on coast to coast T.V.! Rumour has it that there are many local business people and club owners that are going to be in attendance to take in the show, as this Friday in April has to be the hottest ticket in town. I talked with Mark briefly before writing this article and this interview follows....

PA: How is it that THE Carol Pope has agreed to play such a small gay venue again considering her recent rise to fame again?

M: I think that besides the fact that we didn't have a stage for her to perform on last year, she really had a great time. You know some performers, especially those that are used to playing in large venues feel that playing a smaller club makes you work a little harder and gives you the chance to interact with the audience on a more intimate level.

PA: What can people expect her to deliver on stage for this date?

M: Well, I think that if you've heard her new CD, that will give you a taste of it, however, Carol is definitely a strong, live act!

PA: Will she be playing one set or two?

M: Show time will be somewhere around 10:30 pm and she will do one set that should last approximately an hour.

PA: What about Rough Trade material?

M: Well, as you know, last year she did get into some older RT material, but you'll just have to come out to see what she has in store for KW this time around. I can tell you this much. The material and the performance and her accompanying band will be top notch.


PA: Will she do the autograph thing like she did last time, after the gig?

M: We'll just have to see how she feels. Nothing with Carol is written in stone, other than the fact that she'll be there in person with a vengeance not seen since her gig last year.

PA: Is it possible to get an interview with her after the gig here?

M: I'll have to get back to you on that.

So there you have it Carol in KW. Pope fans, get your tickets early!!!



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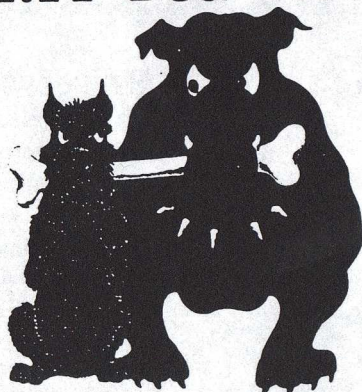
Are you a gay or lesbian parent? Are you a parent whose son/daughter has "come out" to you recently as being gay or lesbian?

If you would like to share your experiences with Outlook and it's readers, please forward your submissions to:

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We look forward to hearing from you!

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Cover to Cover

BOOKS OF INTEREST



**Ain't Gonna Be The Same
Fool Twice**
A novel by April Sinclair
(Hyperion)

From the author of "Coffee Will Make You Black", Sinclair has created a rich cast of characters full of vitality and sass.

Stevie, the spunky young African-American heroine of her first award-winning novel continues her adventures in love and life as she sets out for San Francisco after college graduation.

The year is 1975, and Stevie dives right in - to disco parties with her gay friend Sterling, hot tubs, yoga, and affairs with men and women.

With crackling dialogue and hilarious scenes that sparkle with authenticity, April Sinclair gives us a novel that is hip, smart, and full of heart.

"FUNNY, FRESH...Sinclair writes like Terry McMillan's kid sister, in earthy, slangy dialogue peppered with down-home expressions."

-Entertainment Weekly

"Stevie is a wonderful character whose bold curiosity and witty self-confidence - through Sinclair's straight-talking words - make her easy to love."

- Los Angeles Times

**Lieutenant Nun: Memoir
of a Basque Transvestite
in the New World**
(Beacon)

This memoir by Catalina de Erauso, a 17th century nun-turned-conquistador, boasts a

forward by gender studies diva Marjorie Garber and a cover blurb from, yes, pop-lit princess Tama Janowitz. Call it crossover appeal.

Rolling The R's
(Kaya)

First-time novelist R. Zamora Linmark serves up an eccentric and enchanting blend of disco memories. Tiger Beat crushes and pidgin English in "Rolling The R's", about a young Asian-American gay boy growing up in 1970s Hawaii.

**Finding True Love in a
Man-Eat-Man World: The
Intelligent Guide To Gay
Dating, Romance, and
Eternal Love**
(Dell)

Somewhere between "Women Who Love Too Much" and "The Joy of Gay Sex" is Craig Nelson's new book. It's the sort of "relationship" book that - admit it - gay men have long been waiting for.

-Tom Beer (Out Magazine)

Ask for these at your favourite bookstore.



Br 204/17

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Tickets: \$14 (adv.); !7 (door)



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Check out the MJG Productions Homepage: <http://www.sentex.net/~mja>

What's Happening?



BINGO!
If you're a Bingo fanatic and can't seem to put that sabber away, bring it on down to Uptown Bingo Palace in Waterloo. You'll get your fix of Bingo and at the same time help support ACCKWA (The AIDS Committee of Cambridge, Kitchener, Waterloo and Area.) These games are ongoing events which help raise funds for the region's AIDS Service Organization. **COME ON OUT!** Upcoming BINGO will be held at Uptown Bingo Palace, 17 King Street, South in Waterloo on:
-Mon. Mar. 25 11am - 3pm
-Tue. Apr. 2 11am - 3pm
-Mon. Apr. 8 3pm - 7pm
-Wed. Apr. 10 3pm - 7pm



C'mon out, relax and do something different. Meet new friends, have a good time and dance to the HI-NRG tunes with your neighbours in Guelph! Friday, March 29, 1996 The Schoolhouse 611 Silvercreek Parkway, Guelph Admission \$4.00 LLBO Licensed For more info call The Gayline at [redacted]



GAY YOUTH GROUP

Gay, Lesbian and Bisexual Youth Group
A discussion group for gay, lesbian and bisexual youth (16-25) is currently running. If you are interested, call Rob at ACCKWA. 570-3687



Church Services

M.C.C. Rainbow Church service held every Sunday at 7:00pm at St. Matthias Anglican Church, 171 Kortright Street W. in Guelph. Everyone welcome.



If we have to put up with this weather for very much longer, why not enjoy it. There will be another gay ski week happening at the end of the month at Mont Tremblant, Quebec. Packages start at \$599. excluding taxes and some restrictions do apply.

Gay Ski Week
Mont Tremblant, Quebec
March 31 - April 5
Call the travel agents listed in this issue for details.

Been there? Done that? Well then, why don't you try "Someplace Else". A lesbian, gay and bisexual gathering place. This is a pajama party, so dig out those boxers, pajamas and lingerie! Prizes will be awarded and a buffet will be served. This dance is taking place at the Bridgeport Community Centre, 19 Tyson Drive in Kitchener on Friday, April 12 from 8pm - 1am. Call [redacted] for ticket information.

If you know of any events that would be of interest to our community and should be listed in "What's Happening?", drop us a line or give us a call. Write to us at: "What's Happening?" c/o Outlook Magazine 37 Vanier Dr., Suite 1109 Kitchener, Ontario N2C 1J4 or call us at (519) [redacted]

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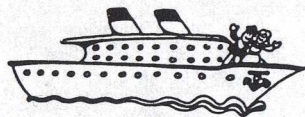
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TRAVEL

The Handy-Dandy Guidebook -Don't Leave Home Without It!

by Christopher Bagley



So, you're off to Bora-Bora, and you'll be needing a gay-friendly hotel, a decent restaurant, and perhaps a bar that caters to uniform lovers.

You'll also be needing a reliable travel guidebook. So before you shell out \$25 for any of the countless gay and lesbian guides that are now on the market, be aware of their differences - as well as their limitations. All travel guidebooks take months to research, write and print, and distribute, so even the most current editions invariably contain out-of-date information. Unlike mainstream guides, most gay and lesbian guides also contain advertising, which severely limits their ability to provide anything resembling an objective review of a restaurant or hotel. Still, for most gay travellers, the guides remain essential items to pack before they head off to their favourite get-a-way destination.

Spartacus International Gay Guide

In print since 1970, Spartacus is the big daddy of the international guidebooks for gay men, with country to country listings from Algeria to Zimbabwe. Because of Spartacus' remarkable breadth, however, accuracy can often suffer; the editors are sometimes forced to rely on unverified, secondhand information when compiling listings for the more obscure destinations.

Ferrari's Places of Interest

This big, bulky guide for men and women is a good value, though much of its mass is taken

up by reference material that should probably be torn out and left at home. The opening chapters provide information on gay resort vacations and calendars for worldwide tours and events. Places of Interest's best feature is its inclusion of 59 short articles in which journalists from around the world describe the gay scene in their localities. Ferrari also puts out "Places for Women" and "Places for Men", pocket-sized versions of Places of Interest, as well as the popular "Inn Places", a highly-detailed guide to gay or gay-friendly lodgings around the world.

Damron Address Book

Thirty years after founder Bob Damron published a little book listing his favourite American gay bars, this guide still serves as a handy, if somewhat abbreviated, reference for gay men travelling within North America. According to president Gina Gatta, Damron's telephone research team calls every establishment listed in the book, every year - a feat virtually impossible for publishers of international guides. "Women's Traveller", a sister publication of the Address Book, launched six years ago, follows a similar format, but adds maps, more detailed restaurant listings and a few lackluster city intros. "Damron Road Atlas" is less a self-standing reference guide than a navigational companion to either of the previous volumes.

Women Going Places

This hefty guide for lesbian

travellers focuses mainly on the United Kingdom, North America, Australia and New Zealand. The listings are somewhat haphazard and should be read with skepticism; paid advertisers clearly receive special treatment.

Scene Guides

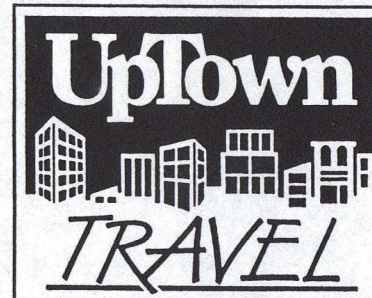
London-based GMP Publishing puts out these inexpensive, pocket-sized guides to gay hot spots, including Los Angeles, London, and Paris. With detailed write-ups of bars, restaurants, hotels, shops, political organizations, sex clubs and even art galleries. The Scene guides are a good choice if you're a gay man travelling to a single destination as each guide highlights that city alone.

Several monthly publications now available by subscription or at newsstands, contain timely information that the guidebooks are unable to provide. "Our World", covers gay and lesbian international travel. "Out & About" is able to offer no-nonsense critiques of hotels, bars, clubs and restaurants because it doesn't have to worry about scaring off advertisers (as it has none).

Below, are just a few more guides available that may be helpful when it comes to planning that all important vacation where you just want to be yourself.

- *Ferrari's for Women
- *The Bent Guide to Gay & Lesbian Canada
- *Damron Accomodations

MOST OF THESE GUIDES ARE AVAILABLE OR CAN BE ORDERED AT YOUR LOCAL BOOKSTORE. CHECK OUT THE LIBRARY AS WELL!



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Reader's Corner

Viewpoints, Opinions, Letters
and Personal Stories/Poetry

"Family Defined"


The debate about the legal rights for lesbian and gay families is an ongoing one. I admire those who are able to lobby our politicians and those who try to defend our rights with the often easily-offended but oh-so-liberal middle class. Although I strongly believe in the "legal rights cause", I myself have not found the courage to have to explain to committees, lawyers, judges, reporters and curious well-intentioned undecided voters what family means to me, and why I define mine as one.

It seems as though we are posing a threat to society, simply because many of us are challenging western culture's limited definition of family. However, the word "family" is about as multipurpose a noun (or adjective) as can be encountered in the English language. The Gage Canadian Dictionary offers the following definitions as it relates to people: 1. a father, mother and their children 2. the children of a father and mother 3. one's spouse and children 4. a group of related people living in the same house 5. all of a person's relatives. These rigid definitions clearly influence our government's mindset. To me, a family is more than just a legalized, socio-economic unit - it's two or more people loving and sharing life together. A family can take on many forms. Sometimes there's more than one gender involved, sometimes not. They may live in the same household, or separately. Sometimes those involved choose to have children, sometimes they don't. They may adopt, artificially inseminate or have children "the old fashioned way."

More and more lesbians and gay men are choosing to have children within their relationships. We are having our own, or managing to retain custody or shared custody of our children from other relationships. We are becoming much more visible in society and although we are recognized, we still lack societal acceptance and are consequently denied legal rights. Although we know in our minds and our hearts that we are families, let us continue to strive for the legal benefits that we so rightly deserve.

Name withheld
Cambridge

NATIONAL VOLUNTEER WEEK
APRIL 21 - 27, 1996



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Untitled

The world can be cruel; bring,
comfort my love.
Our home is hidden from view,
wherever we meet
And whatever I shall touch
and read
Within your face.

You caress me lightly
gently gracing the contours of
my nose
my cheeks
my eyelashes
And they respond to your touch
trying to give you pleasure
in their own right.

Lift, wind, this exile from my eyes;
with
patience to endure,
courage to cry out,
strength to love,
And freedom to share with the world
the nakedness
that makes me so complete.

"Catherine"
Cambridge

To The Publisher:

It's so refreshing to see your continued support of the gay and lesbian community in such a professional and positive way.

My partner and I moved from Kitchener-Waterloo to Toronto this past September and are enjoying the big city immensely. We feel at a disadvantage though, because we don't have an informative, educational community-based newspaper like the Waterloo Region. Living in the Gay-Ghetto we have had an opportunity to see some of the trash that is distributed in our neighbourhood. It is filled with nothing but unnecessary profanity and pornography and has become, for us, boring and embarrassing.

"Outlook" readers should be proud of the dedication of only a few, to contribute and to make a difference. We wish you continued success in the future.

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What's Cookin'?

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Sesame Seed Salad

A salad with an unusual flavour, Sesame Seed Salad is particularly good served as a side dish with cold beef or ham.

4 Servings

- 12 oz. white cabbage, outer leaves removed, cleaned and finely shredded
- 4 oz. bean sprouts, washed and drained
- 4 tomatoes, quartered
- 2 medium sized carrots, peeled and finely grated
- 1 medium sized avocado, peeled, pitted and chopped
- 1 tbs. butter
- 2 tbs. sesame seeds
- 3/4 c. french dressing

Place the cabbage, bean sprouts, tomatoes, carrots and avocado in a medium sized serving bowl and set aside.

In a small saucepan, melt the butter over moderate heat. When the foam subsides, add the sesame seeds and cook, stirring frequently, for 3 to 5 minutes or until the seeds are golden brown.

Remove the pan from heat and transfer the seeds and cooking juices to the salad.

Pour the french dressing over the salad and toss well. Serve immediately.



Cabbage and Lamb Hot Pot

This tasty, easy to make Cabbage and Lamb Hot Pot is a satisfying dish to serve for lunch or supper. It may be accompanied by boiled rice or new potatoes.

- 1 tbs. vegetable oil or butter
- 4 large lamb chops
- 1 medium sized green cabbage, coarsely shredded
- 1 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/2 tsp. dried rosemary
- 5 oz. canned tomato puree
- 1/4 c. water

In a large saucepan, heat the oil or butter over moderate heat and brown the chops for 3 minutes on both sides. When they are browned, add the shredded cabbage, salt, pepper, rosemary, tomato puree and water and stir well.

Reduce the heat to low and cook for 45 minutes, or until the meat is tender when pierced with a fork and the cabbage is translucent. Serve immediately.



Hazelnut Toffee

Quick, easy and economical to make, Hazelnut Toffee is a super crunchy homemade sweet. It will keep for several weeks in an airtight container.

Makes about 36 pieces

- 1/2 c. butter
- 1/2 c. hazelnuts, chopped
- 1-1/3 c. soft brown sugar
- 1/2 c. light corn syrup
- 1 tsp. vanilla essence

Using an extra teaspoon of butter, lightly grease an 8" square tin and set aside.

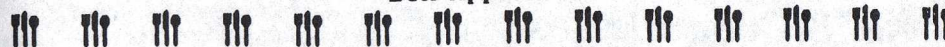
In a medium sized, heavy bottomed saucepan, melt the remaining butter with the nuts, sugar, syrup and vanilla over

moderate heat, stirring until the sugar has dissolved.

Bring the mixture to the boil and continuing boiling, stirring frequently, until it reaches 275 degrees on a sugar thermometer or until a little of the mixture dropped into cold water hardens immediately. Be careful not to let the mixture brown.

Remove the pan from the heat and pour the toffee into the greased tin. When the toffee is almost set, lift out the whole toffee, break into pieces and store.

Bon Appetit!



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Healthy Gay and Lesbian Relationships

by 'Catherine'

Power & Control Issues

There are many kinds of dominance rituals human beings perform with one another in their intimate relationships. The most destructive type takes on the form of physical violence and/or verbal and emotional abuse. However, there are other forms of power and control issues that are carried out in a couple's everyday life together. These issues can seriously impact on the dominated partner's sense of self-worth. Some typical power and control issues include:

- One member of a couple regularly reminds the nonearning or low income partner of the inequality of her/his financial contribution to the relationship.
- The much-in-demand, successful, professional partner never lets it be forgotten how important her/his work is and the priority it must take over practically everything else in the relationship.
- One partner relishes the wonderful surprises given to a cherished lover, who is never consulted or given a choice but always expected to be delighted and grateful to be so well treated.
- The partner with the well-advertised strong sex drive insists on having sex at any time of the day or night, without regard for the state of mind or body of her/his partner.

The surface issues may be money, sex, division of labour, decisions about with whom time is spent, house rules, degree of commitment, or where to go on vacation, but the underlying questions are, "Will we do it my way or your way?" or "Who's in charge here?"

Researchers suggest that there are democratic rights that need to be protected in relationships between two people. They define these rights as follows:

* Participation in decision making is the right of each party to make and implement decisions and rules that govern the relationships.

* Equality is the right of each party to the same opportunities in the relationship.

* Dissent is the right to hear and answer charges of wrongdoing before punishment is considered or imposed.

Psychological needs which would most likely conflict with the democratic rights are: *Power*- the need of one person to control the decisions and actions of another person. *Dependency*- the need of one person to submit to the decisions and actions of another person.

Competition- the need of one person to attract more attention or gain more favour than another person.

Think about your own relationship. Have there been instances in which the psychological need for power, dependency, or competition, on either person's part, has come into conflict with the other person's democratic right to participate in decision making, enjoy equality of opportunity, dissent, or have access to due process in defence against accusation? If you can identify clear instances of such conflict, it might be helpful to talk to your partner about these issues. Then you may want to try negotiation, a process in which a couple defines the issues about which they are in conflict, and trade proposals for resolution of that conflict.

If you are the person asking for change:

-Spend some time thinking through, as specifically as possible, what you want by way of change.

-Tell your partner directly what you want to see changed, why, and how you feel about it.

-If your partner appears not to understand what you want, clarify your proposal.

-If your partner rejects your proposal, be prepared to modify it.

-Stay targeted on the issues you have identified and the changes you want to see happen.

-Stay with the negotiation.

If you are the person being asked to change:

-Listen carefully to what your partner is saying to you. Get the full story before you begin to react.

-Ask for clarification if there is anything you don't understand about what your partner is proposing.

-Make a counterproposal if what is being asked of you is unacceptable.

-Stay targeted and stay with it.

We all struggle with issues of power and control in our personal relationships. In trying negotiation as a solution, the important thing is not winning - it is effecting change that will make your relationship work better in the long run. Always keep the lines of communication open in a safe environment.

*This is the second installment of a five part series.

Next month: Pt. 3 "The Sexual Agenda"

CLASSIFIEDS



♥ ♥ ♥ BIRTHDAY GREETINGS ♥ ♥ ♥

Happy Birthday to the following readers who celebrate their big day in the month of March!

♥ Happy Birthday Don, you're still one of the funniest staff members at the Nest! Where's my teeth? Ha Ha!!

♥ And speaking of the Nest, Duffy had a big surprise waiting for her last Friday. Happy Birthday Duff! You may no longer be a PJ, but you're still Fabulous! Hope you had as good a time as I did. Love, Your long lost son. XOXO

♥ Happy Birthday to Nurse Gary! A former Kitchener boy who made it to the Big City. P.S. Hello to Mother and Jesse!

♥ Hi and Happy Birthday to Molly, one of Outlook's contributors. Hope you enjoyed your special day and had a wonderful time in Winnipeg. By the way, we need your next article by the tenth! Just kidding!

♥ Oh my God! I can't believe it. You're how old? I won't tell. I promise! I will not tell anyone that you just turned 50. Oops! Happy Birthday John! Keep that paintbrush wet!

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Learning Together About HIV



The Immune System and HIV: What Happens?

The human immune system is the body's major defence against invading organisms or pathogens (bacteria, viruses, etc.). It has been compared to a nation's military force. When an infectious organism or pathogen, attacks the body, the immune system responds with a multitude of defences aimed at destroying or immobilizing the "invader".

Like the complex strategies of all-out warfare, the body's immune response uses an enormous arsenal of techniques to defeat the pathogen and maintain or restore health. The process is not an easy one to describe in detail, but having a basic understanding of the immune system is extremely helpful when looking at how HIV affects immune response and how people living with HIV can maintain control of their health.

The human immune system is comprised of numerous specialized cells. There are many different types of white blood cells, but the most important ones for consideration in this discussion are the lymphocytes and granulocytes. In many ways, these special cells are the soldiers of our body.

T-lymphocytes (T-cells)

Often, people living with HIV infection can be heard discussing their T-cell count. An increase in the number of circulating T-cells is a cause for celebration; a decrease in the count a cause for serious concern.

There are many different forms of T-lymphocytes, each one distinguished by a particular protein receptor on the cell's surface envelope. The two most important types of T-cells for the purpose of

this discussion are the CD4 and CD8 T-cells (often referred to as simply CD4 cells and CD8 cells).

CD4 cells are, if we return to the military analogy, the field generals of the immune system. These cells are able to recognize foreign antigens, or markers, on infected cells and initiate immune response when a pathogen is present. They are the organizers and initiators of cell-mediated immunity, and the loss of CD4 cells seriously impairs the body's ability to fight off infectious organisms. HIV directly attacks CD4 cells. That is why its effects are so devastating to the immune system. Without the generals, there is no one to direct the troops.

CD8 cells are sometimes referred to as "killer T-cells". These cells are cytotoxic, which means that they directly attack pathogens. They are also involved in ridding the body of its own infected cells.

B-lymphocytes (B-cells)

The primary role of B-cells is to produce specific proteins called antibodies that bind to infected cells or individual pathogens. The antibodies either neutralize the organism or destroy the cell containing it. B-cells are activated by CD4 cells.

Macrophages and Monocytes

CD4 cells also influence the activity of the body's mobile scavengers - macrophages and monocytes - which ingest foreign particles and infected cells.

The Destruction of CD4 T-cells

When the Human Immunodeficiency Virus gains access to the blood stream of an individual,

the immune system responds as it would with any pathogen... it prepares to defend the body and rid it of the invader. Unfortunately, HIV has a unique way of attacking and destroying the CD4 cells that coordinate cell-mediated immune response.

On the surface of the HIV cell is a protein called gp120. This gp120 protein and the CD4 protein on the T-cell have a strong affinity for each other, and interlock like the pieces of a puzzle. Once the virus is bound to the T-cell, another protein (gp41) from the virus imbeds itself into the cell membrane. The viral and cellular membranes meld together and the contents of the virus melts into the CD4 cell. Once the virus is inside the CD4 cell, it is able to use the host cell to reproduce. After HIV has entered into the T-cell, it releases its viral RNA (genetic material that "tells" how to make the DNA to make more virus) which in turn produces DNA, which is then incorporated into cellular DNA. Since DNA contains the genetic code for replication, when the cell begins to multiply and the DNA is activated, viral copies are formed in the process. The CD4 cell replicates the virus and is destroyed itself. In short, the body actually produces more HIV.

CD4 cells are also destroyed by the immune response itself. When the HIV locks on to the CD4 protein, the gp120 protein is displayed. CD8 (killer) cells and macrophages identify the gp120 as a foreign particle and move in to rid the body of the pathogen - destroying the CD4 cell in the process.

Initial Infection

When someone is initially infected with HIV, the CD4 count drops and the person may exhibit flu-like symptoms (although many people have no symptoms at all.) The immune system "fights back", as the healthy CD4 cells stimulate the CD8 cells and macrophages to attack the virus. Eventually, the HIV is limited and contained within the lymph nodes (glands in the groin, arm pits and neck).

Latency Stage

Once the virus has been "trapped" in the lymph nodes, the period of "clinical latency" begins. The B-cells have seen enough virus to recognize it and to produce antibodies specific to HIV. At anywhere between six weeks to six months after infection, there will be enough HIV antibody in the infected person's blood to test HIV positive. (Remember, the "HIV test" tests for antibodies to HIV, not for the virus itself.) The virus, although still trapped in the lymph nodes, continues to reproduce and increase in number.

Asymptomatic Stage

Over the next seven to ten years, an individual infected with HIV can lead a normal life, neither looking or feeling sick at all. But inside the lymphatic system, HIV continues to replicate and exert a destructive influence on the immune system. The CD4 cell count gradually drops, and should be monitored regularly.

HIV Symptomatic and AIDS

For many person's living with HIV infection, the asymptomatic stage can and does last up to ten years and beyond. Some people do not develop AIDS, but many do.

At the cellular level, it is thought that rapid viral replication in the lymph nodes allows the virus to become stronger and more difficult for the immune system to deal with. The virus escapes from the lymph nodes and circulates freely in the blood stream. From the blood it can access and attack brain cells, cells in the gut (stomach and intestines) and macrophages. The continued attack on the CD4 cells causes the T-cell count to drop even lower.

This is the time during the course of the infection that person's living with HIV may develop fatigue, progressive weight loss, and the numerous other signs and symptoms of worsening immune function. Irritating symptoms now become chronic and more difficult to treat, and eventually most people in

this stage of HIV infection contract a potentially life-threatening "opportunistic" infection that is definitive of AIDS.

Opportunistic infections are described as infections caused by organisms that a competent immune response would be able to combat. When the immune defences are depleted, the opportunity is there for the infective organism to take over.

In May 1986, the CDC (Centre for Disease Control)/World Health Organization adopted a system to classify the various clinical manifestations of HIV infection. A new, revised classification system has been developed which emphasizes the importance of CD4 (T-cell) counts in the progression of HIV infection, and lists all the clinical conditions used for AIDS case definitions.

AIDS, Acquired Immune Deficiency Syndrome, is the end stage of HIV infection. As defined

by the Ministry of Health in 1993, AIDS is " a syndrome characterized by the presence of one or more diseases indicative of cellular immunodeficiency, depending on the status of laboratory evidence of HIV infection."

Simply stated, if an individual who is HIV infected develops an opportunistic infection or malignancy like PCP (Pneumocystis carinii pneumonia) or KS (Kaposi's sarcoma), he or she has developed AIDS.

Although a very few people in the world have developed what appear to be symptoms of AIDS without a positive HIV antibody test, the larger scientific community continues to believe that AIDS results from the destruction of the immune response by HIV.

* * * * *
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-Respiratory Infections

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 1-800-TRIALS-A

AIDS Committee of Guelph and Wellington County
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 Guelph, Ontario
 763-2255

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

AIDS Information and Education
 205 Queen Street E.
 Fergus, Ontario
 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
 1-613-230-3580

Community AIDS Treatment Information Exchange (CATIE)
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CKWBL (Cambridge, Kitchener, Waterloo Bisexual Liberation)
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 University of Waterloo
 [REDACTED]

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Rainbow Alliance
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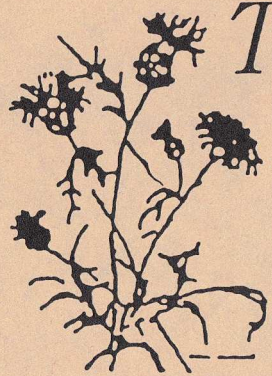
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