

ISSUE NUMBER 12



SPEEDOMETER



WARNING!

Speedometer is a publication put together by participants of the Speed Project of the San Francisco AIDS Foundation.

Speedometer is a harm reduction publication for gay, bi, and heteroflexible men who snort, smoke, hot rail, booty bump, or inject crystal meth. This zine contains some sexually explicit material and is intended only for adult gay and bisexual men.

This zine is not intended for anyone else. So please help us by keeping it in the family.

The Speed Project is a harm reduction program and sees drug use as a health issue and believe that people who use drugs have a right to be treated with dignity and respect and should have access to information that will help them make decisions about their health.

We believe that men who have experience using speed are best suited to share their stories and strategies with other men who use about what works for them in terms of reducing the spread of HIV, STDs, and other harms related to the use of crystal.

This zine contains personal stories, opinions, artwork, poetry, and articles by people who use (or used to use) crystal meth and by local health, social service and drug treatment providers.

You might not like or agree with everything you read or see. We do not edit, censor, or change people's submissions. The views expressed are those of the author or artist, not the San Francisco AIDS Foundation.

The Speed Project does not recommend or encourage the use of speed. If you are trying to quit or cut down and would like support, please check out the resources in the back of the zine or call the Stonewall Project at 415-487-3100.

Thanks to all the men who volunteer to help guide content, write articles, and have shared their personal stories and experiences practicing harm reduction in their lives. You rock!

Please call the Speed Project with comments, questions, or suggestions at 415-788-5433.



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Transforming Hardship into Healing in San Francisco

I'm from the South and grew up around hillbillies. I was emotionally, physically, and sexually abused. I couldn't take gym class for many years because I had bruises up and down my arms, neck, and legs.

I knew I had to get away. At 17 I'd had enough. I wanted a guaranteed roof over my head and figured the Army was the only way. I got a shotgun and literally forced my parents to sign the consent papers for me to join.

I knew very early that I was gay but the army is where I had my first consensual sexual experiences. It was liberating. I had so much sex. We were doing it in tanks. We were doing it under jeeps. It was so much fun. Everybody knew what went on and nobody really said anything about it, but guys who were obviously gay didn't get promoted.



At first I loved the Army. I was stationed in Europe; it was exciting being in a different country. I found gay clubs so underground you had to know a password to get in. Then I got transferred back to the United States. I didn't want to come back.



When I got back to the South all those emotions I'd left behind came soaring back in. I was unhappy. I realized that by joining the army to get away from my family I had traded one prison cell for another. The army orchestrated my every move.

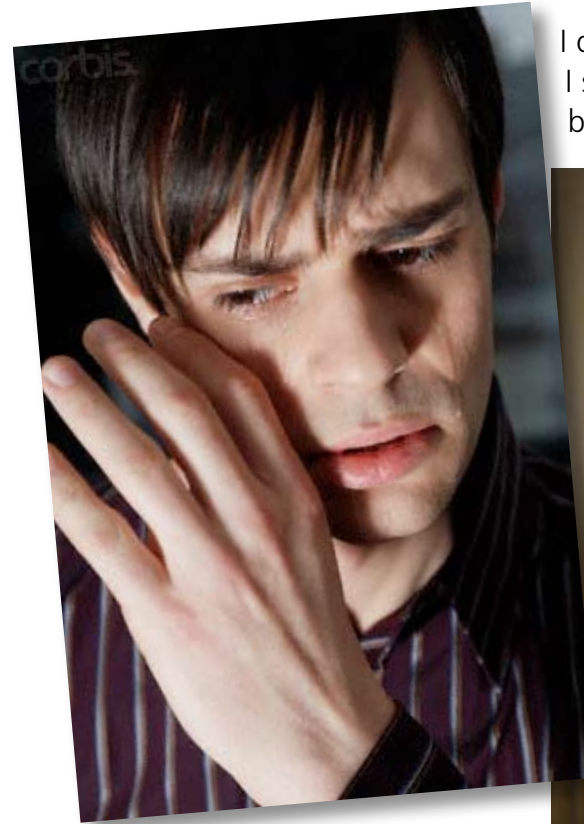
I told the army I was gay. They sent me to a psychiatrist- it was funny. He asked me "Would you find me attractive?" I said, "I'm gay. I'm not blind." He signed the papers. They let me out. I moved to a big city in the Midwest.

I met Hudson at a party. He was a rich older man, owned most the buildings downtown, and looked like Warren Beatty. He bought me a new Audi, a Saab, a Lamborghini, and a brand new condominium. He kept putting me through school hoping I would figure out what the hell I wanted to do. I went to cosmetology school, interior design school, and culinary school. Finally, he bought me a business- which I managed to make very successful.



The trauma I had experienced growing up left its mark. Hudson was really supportive. It was because of his patience and love that I got through a lot of the emotional crap. I put that man through hell and he kept accepting it. I was angry a lot. I would verbally attack him. I didn't understand why I was treating him that way; I didn't understand where it came from. I just knew that I needed my space. With the acceptance he offered me, I was finally free to let some of it go.

Then he died. I was in his will but had to go through a legal battle with his wife. In the end, I got my house, the cars, and my business. Then I was able to break down. I got in my car. I cried and I drove. I smoked a joint and I drove. I cried and I drove some more. I ended up in a big city and thought, "Okay, I'll get a hotel room." I processed by smoking weed, drinking and crying. I started heavily partying- I had never even done cocaine before. It was great.



I decided to move there. I sold my condo, my business, my cars, bought



a nice little house and opened a nightclub. I invested with partners who, as it turns out, were using the club to launder money- backing U-Haul trucks up everyday unloading guns



and massive amounts of drugs. They took that business from me- it was very scary. I lost most of my money with that venture- the rest of it went to cocaine use.

My favorite club was open 24 hours and had no windows. I knew I would be partying for days getting hot and sweaty so I would coat check like seven outfits. There was a dealer in the bathroom with a tackle box full of drugs- packets here, pills there, ecstasy. I would buy coke and remember thinking, "This coke's a little weird!" and be up for days. I didn't know it was speed until I came out to SF!

I was angry at my dad for the abuse. I remember things he did to me from the age of three on. When he died I was so mad I couldn't go back home, get in his face, and hold him accountable for what he did to me as a child.



I was also angry at family members who didn't step in and protect me. They acted like it was acceptable. Years later, when my sister's son was six I asked her, "Would you allow your husband to treat him the way dad treated me?" She said "No."

I had all that anger to get over and get through. I wasn't really aware that I was self medicating, I just knew I felt freer, happier, and more alive when I was high and drunk. I was always editing myself when I was sober. I didn't edit myself when I was drunk and high.

Party, party, everybody have sex. I was sleeping with a lot of different guys with rarely a mention of STDs or HIV and we never used condoms.

That's just the way it was. I had some real unsafe sex with people that were positive. Over time, I got so heavily into the drug use I was doing things that were outside my character. All I thought about were drugs and sex. Inside, I was so miserable

I didn't care if I died the next day. I was lucky I didn't catch HIV.

I had to get away from that scene. I had visited San Francisco and loved it, so when I was offered a ride here, I said,



"Hell, yeah!!" I was homeless when I first moved out here. I thought- I can't go any lower.

I walked around, got to know people and discovered the city. When I first got to SF the openness about drugs was shocking to me. I didn't admit I did drugs.

I tried the clean and sober thing and was absolutely fucking miserable. But nowadays, I use differently than I used to. In the past I used speed on the fly. I'd say, "Okay, I've got money. Let's go to a bar and get drunk." Then I'd buy drugs and once I would start, I'd want more and more and more.

Now, if I'm coming down and antsy, thinking "I've got to get more! I've got to do more!" All I have to do is eat and take my sleep medication. I go to sleep. When I wake up, I'm fine.

That's something I didn't know before. It was horrible- I would spend day after day high and on edge. I would be totally tweaked- uncomfortable in my own skin, uncomfortable with the people around me. Back then, I didn't know how to cut it off and go to bed.

Your state of mind, who you are, and how you feel about yourself really has a direct effect on what kind of high you're going to have. A lot of guys have a miserable time getting high and it's because they're miserable when they start.

Many of us grew up gay in a family or an area where it wasn't acceptable. We dealt with gay bashing and bullshit at school. If people are constantly telling you that you're an abomination, somewhere inside of you- it starts residing in your head. You start to think, "Well, maybe I am."

You have to get over all that and be okay with who you are. Okay. I am gay. Sometimes I am flamboyant. I'm fine with

that. You have to be okay and accept who you are- otherwise nothing in life is going to make you happy, nothing.

Queens who act catty, two-faced, and evil are just insecure and unhappy with themselves. "You're not dressed the way I'm dressed. You're old, and I'm not. You're fat, and I'm not."

I wish as people we could be more accepting of who we are and start to nurture and love ourselves first. You can't love and



nurture anybody else until first you love and nurture yourself.

I tried therapy. I was smarter than every therapist I went to. Therapists were a waste of time and money. To heal, I had to look at my behaviors. Then I had to pinpoint what had happened to trigger them in the first place. Then work backwards from the behavior to its origin- and then do the healing. I did that all on my own.



Speed helps me. When I was using speed, I processed a lot of feelings and thoughts. Speed opened up my mental capacity and allowed me to process from a more objective point of view- to shift my perspective to a healthier place.

My belief in God also helped me to heal. I asked God, "Okay, what do I need to do to get all this pain to go away?" When thoughts entered my head that weren't my own, I knew they were from Him. He said, "You have to start treating my people better. You have to start being kinder to people. You have to start being nicer to people." I said, "Okay. I'll try it." And I did.

It worked. Pretty soon, being kind became a natural thing for me.

That's who I was to begin with, but never allowed myself to be. I



discovered

the nature I was born with. That healed me. The kinder I was to other people, the better I felt about myself. Over time I got to a point where I loved myself.

I had to get comfortable with my own body. I had to get comfortable with my own sexuality. I had to get comfortable with the fact that I had male parts. I had to get comfortable with a lot of things. I was so uncomfortable for so long about everything.

You have to have a healthy relationship to your sexuality to begin with. A lot of people do shit high that they wouldn't do sober. That's why they get high- so they can allow themselves to be the slut they want to be. I used to be that way, too.

Now, I can have sex with drugs and I can have sex without drugs. It's always more intense with the drugs. I don't know if it came with age or if I got burnt too many times, but nowadays I'm into quality more than quantity. Quality partners are hard to find. I look for someone who's nice, non-judgmental, and who will do for you what you do for them.

I don't like angry people, people who try to degrade other people, or whiners. I watch. I see how they treat other people. That's how they'll treat you. If I can't find a quality partner, I can have sex by myself with the drugs. I'd rather do it myself to be honest. I always make sure I begin and end my party by myself. I have rules I use now when I have company.

I prefer bisexual men and guys who are experimenting-because once gay men are using drugs, they don't really care about

condoms. You can ask them about STDs, and they'll swear they're clean, but they've had like three partners that day.

Straight guys who are experimenting are more concerned and get it right out on the table telling you, "I don't have any STDs. I'm HIV negative" And then they ask, "How about you?"

I don't have sex where I endanger myself or other people anymore. If I am with someone of a different HIV status I'll use condoms or we do something like mutual masturbation where you don't have to worry about a condom.

I get tested regularly now. I have no problem saying, "Hey, you know, I'm negative. I don't have any STDs. Have you been tested?" If I am uncomfortable, I don't care. I'll get through it. I've noticed that the fear of doing something is often worse than actually doing it.

I'm the same person high or sober. I have the same mentality about my sexuality. I'm okay with it. My mindset changed. I like to be in control. Being out of control is a turn off for me.

I went from being on auto-pilot to making choices. And now consciously making choices feels natural.

I decided a long time ago that once I reached 40, I was going to cut bullshit out of my life. I have rules I live by. When it's time to cut it off, I cut it off. I do what's necessary. I limit myself to a day or two when I party. I use a couple times a month and always enjoy that time.

I do speed now because I enjoy it. I do it for entertainment. I'm very creative and do art when I'm high. It allows me to relax and enjoy myself. I very rarely have bad experiences getting high anymore. I still do some processing when I am high.

Now I prepare for it beforehand and make it an event. I make sure I eat plenty of leafy green vegetables and fruits before, during, and after. I make sure I have plenty of water.

I eat like mad once I'm coming down. I've got entertainment because when I'm coming down, I'm going to want to hibernate for a day or so. I believe that when you buy the drugs, you buy the tweak that comes with them.



Accept the come down and the emotions and the self recriminations. Just say, "Okay, it's going to happen." Accept it and try to find a way to be accepting of the fact that you partied, spent money, and did your thing. Be okay with it afterwards. Try to accept, move on, and not beat yourself up.



A lot of people spend so much time focusing on things that happened in the past that they can't change, they don't notice all the beauty in the present. They're so busy beating themselves up over shit that happened a year ago they miss out on a lot.

Have definite boundaries that are set in stone, no matter how high you get. Have boundaries you absolutely will refuse to relinquish. "I will not do this. I will not do that, no matter what you offer me." Be firm with that.

I've already faced a lot of people's biggest fears; being penniless and homeless, being a drug addict. Knowing I made it through those, nothing can shake me now.

After moving here, I learned that I don't have to edit myself. I can say pretty much whatever I want to, be pretty much whoever I want to. If people don't find it acceptable, I don't care. I like who I am. And that's what San Francisco did for me. It healed me.



RESOURCES

for Survivors of childhood sexual abuse, rape, trauma

Books and DVDS:

1) The Survivors Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse by Staci Haines

Based on the author's extensive training and experience in working with abuse survivors, The Survivor's Guide to Sex offers an affirming, sex-positive approach to recovery from incest and rape. Includes resources, bibliography, and an index.

2) Healing Sex DVD by Staci Haines is a revolutionary project mixing documentary style drama with education and mind/body exercises. The film follows a diverse cast of women and men healing from past sexual abuse. This movie enables you to work out the normal, post-traumatic survival reactions- fight, flight and freeze- that may affect your sexual relationships. You will learn: How to be present during sex, how to experience pleasure and safety at the same time, how to re-learn boundaries, consent, and mutual connection, define your sexual pleasure based upon what you enjoy and desire, not on your past hurt.

3) Gay men and childhood sexual Trauma: Integrating the Shattered Self by James Cotheffe

Addresses the unique emotional and psychological needs of gay male survivors of sexual abuse. All too often, gay men hide their childhood memories of being sexually victimized because of fear, shame and the stigma of stereotypes which equate homosexuality with child abuse.

4) Wounded Boys Heroic Men by Daniel Jay Sonkin, Ph.D.

Is a workbook for transformation specifically written for and

about men to address their issues of physical, sexual, and psychological abuse.

Helping Organizations:

1) Generation 5

<http://www.generationfive.org/>

Phone: 415-861-6658

Get involved to help end childhood sexual abuse.

2) The Harm Reduction Therapy Center

<http://www.harmreductiontherapy.org/>

3) The Stonewall Project

(415) 487-3100

The Meth Monster: The Speed Project's Advice Columnist

SPEEDOMETER: We're here today with the Meth Monster asking him questions from our readers. Meth Monster, thank you so much for being here today!

METH MONSTER: Growls.....grrrr...sure. No problem.

SPEEDOMETER: Awesome. So, the first question is... how do I know when I've had too much speed?

METH MONSTER: Well, that's a question that only you as the user can decide. It's not a question that somebody else can answer- it's not a decision that somebody can make for you. But there is a formula for making that determination on your own. Ask yourself if you're hydrated, if you're hungry, if you're angry, if you're lonely, or if you're tired. Considering all of those things will help you decide whether you should do another hit or go to bed.

SPEEDOMETER: Ah, you put a harm reduction spin on a 12 step recovery tool, how cool! I remember that as "If you feel like using and are trying to be abstinent, check in with yourself- if you are hungry, angry, lonely or tired- take care of that before you do anything else." Do you have other tips for people around whether or not it's time to stop the party or keep going?

METH MONSTER: Myself, it makes me furious if

somebody comes up to me (who I haven't even been partying with) and they try to make that decision for me. That's not their place. With harm reduction, your program is your program. What you use and for how long is your decision and only your decision.

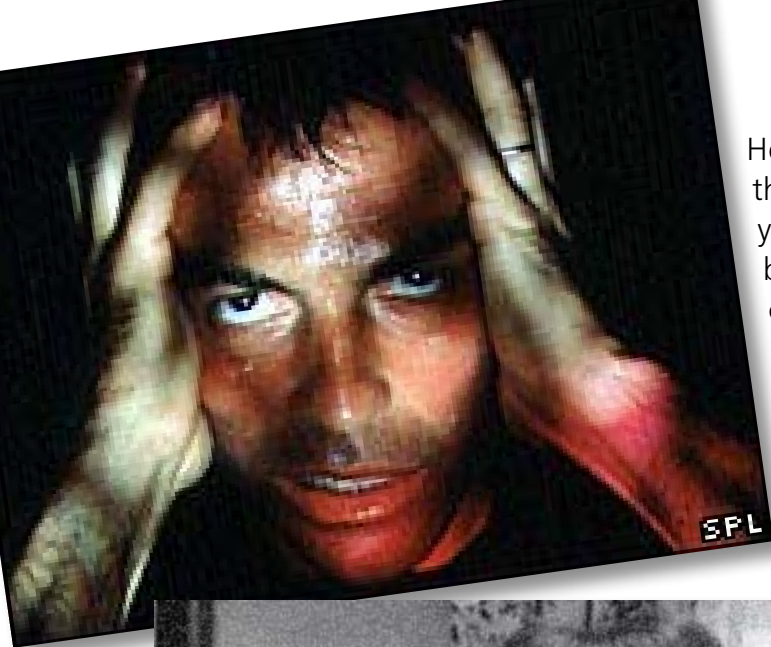
SPEEDOMETER: So, you've been in situations where you've been partying and someone comes up and tells you, "You need to stop."

METH MONSTER: Yes, they say "You're real out there." And I say, "Of course I'm real out there! I paid good money to get really out there! If I'd spent that and wasn't out there I'd either be in jail or out looking for the person who sold me garbage." So, the HALT thing works for harm reduction. It leaves the decision up to you and no one else. Other things to consider are how long have you been up? When was the last time you ate? Are you hydrated- have you been drinking water or drinking gin or Pepsi or non-sweetened tea. If you've had a bad trip and you're real angry, take a minute to think that through....

SPEEDOMETER: So, Check in with how you are feeling and about how your high has been so far? Probably most everybody that parties at some time or other has gone over and partied a little longer than they might have. Why do you think calling it a night is hard for people sometimes?

METH MONSTER: I would say 99.8% of people that do speed, at one time or another, have done too much and didn't know that they should have left the party. Like I said, if you're lonely, that could be part of it. If you're at a time in your life where you're feeling lonely and you are having a good time partying and have company, you're more likely to go ahead and do another hit.





However, on the flip side- if you've had a bad trip that can make you go ahead and do another hit too. Say you are stubborn



and you have determined that you are going to have a good time no matter what. You are already angry the trip didn't turn out how you wanted and you say to yourself, "Damn it, I'm going to go out and hook up and come home and do another hit." So you're out; with your goal and in a bad mood. Maybe that's not the right time to stay on the party train... maybe you should wait 24 hours...go to bed and let the last disaster settle in first before you try to make another disaster.

SPEEDOMETER: Yeah, that's great advice. So, maybe people are looking for a certain kind of experience sometimes when they get high, and if they don't get it, they might keep trying?

METH MONSTER: Yeah. Don't try too much. Trying to much and doing too much... usually you're just going to defeat your own purpose. It would be better to take a break and come back and try again.

SPEEDOMETER: What can happen when people stay on the party train a little too long?

METH MONSTER: Oh, I've seen a lot of them. People get animalistic- they get so high they act more like animals. They become paranoid at the least little bitty thing. You know how an animal will listen and try to anticipate danger or will feel threatened. I, myself, have done so much, that I had to go to Psych Emergency and get my little shot to put me to sleep.

SPEEDOMETER: How'd you end up at General, did you call them or what?

METH MONSTER: I don't really know how it came about. I was out on the street and looked out of place.



You can tell somebody that's over-high out on the street... you're doing weird things. Typically somebody gets you an ambulance or the police pick you up. You get taken to SF General Psych Emergency and they give you a shot that puts you to beddie-bye for a while. I always want two shots! I always hang on and fight the sedative they give me just long enough to get my second shot, you know.

SPEEDOMETER: Damn, you take two of those tranquilizer shots?? Makes sense it would take a lot to take down a monster, especially the Meth Monster.

METH MONSTER: One time I was so high I was seeing orgies that weren't there. I was on some well manicured campus lawn with weeping willow trees that looked like little tents. I'm out there just higher than a kite. I kept thinking I was seeing orgies going on under every tree so I would run to them. By the time I'd get over there, they'd switch trees. I would crawl over there; I'd sneak up on them and by the time I'd get over - they were gone. I'd look over my shoulder and there they were! Over there! So, I was chasing orgies from tree to tree, and I never did catch them. After I got tired of trying to catch up with those people I went to sleep. Talk about rejection...

SPEEDOMETER: They disappeared....

METH MONSTER: How they could pack up and leave...

SPEEDOMETER: Just that quick. Did you know something was going on with your mind?

METH MONSTER: No, I didn't. I actually thought it was happening.

SPEEDOMETER: It seemed real, too, right?

METH MONSTER: Right.

SPEEDOMETER: So when people are hallucinating and truly believe whatever is going on in their mind is going on in reality... what do you do?

METH MONSTER: I had a friend I would slip

sleeping pills to every once in a while, because he'd get that way and it took care of the problem. Otherwise, he'd go out for a walk and be too high and the next thing you know the police are bringing him back home knocking on the door....

SPEEDOMETER: Just for clarification, are you recommending that our readers drug people?

METH MONSTER: No, no. But it worked for him and it saved the police a lot of gas. Plus it would freak me out to have the police bring him home where I had to deal with him. I mean, everybody else just goes to Psych Emergency, and this old boy, he'd take to the streets crazy and they'd bring him home for me to deal with!!!. A couple times I had the urge to ask the cops, "What have you got against me! Can't you just treat him like a normal human being and 5150 him?"

SPEEDOMETER: Take him where he belongs.

METH MONSTER: Yeah, take him where he belongs.

SPEEDOMETER: Where they'll give him a shot or maybe two... Okay, cool. Has anybody ever helped you when you got a little out there? Anybody help you decide to come on back?

METH MONSTER: Yeah, years ago I had a dealer. If he'd see me crazy walking down the street, he'd say, "Get in the jeep." And the first thing I'd ask was, "Are you going to take me to get a quarter?" And he'd say, "Hell, no! We're going to take your ass home and you're going to stay home or I'm going to come back around in this jeep and kick your ass." And, you know, I respected him and we got along good, so that worked. But it probably wouldn't have worked if somebody else told me that. If somebody else did the same thing, more than likely I would have let them take me home and as soon as he was

ought of sight, I would go back out on the streets.



SPEEDOMETER: Has anybody ever gotten mad at you when you suggested to them, "Hey, perhaps...beddie-bye?"

METH MONSTER: No, not really, no. There's a thin line between judgmental and non-judgmental. You can't come on too strong if they have done too much, even they're doing some crazy stuff or think they are being chased by a pack of wolves. I had a guy come to my house one time and after he did a hit he thought people were shooting at him. He kept holding me down to take cover on the floor with him. He'd say, "Watch out, you're going to get shot." I eventually got him to go to bed. I didn't even have to drug him. I just got his mind geared in another direction.

Got him talking to me. Just don't make a big deal out of it. You have to show a little authority, enough to get their attention. You just try to get their mind on other thoughts. Ask about their interests, their name, where they live. That will usually do it, you know. Everybody has a passion- maybe they do artwork or love movies. Whatever- if you can get them thinking in that direction, sometimes it'll help.

SPEEDOMETER: So, you help redirect their mind so it's not as distressed. Yeah, that's great, Meth Monster. So, the next question is really an etiquette question. Here it is... I was at a hook-ups' place and we were having lots of fun. Then, his roommate came home and his roommate was way hotter. What can I do?



METH MONSTER: Well, it would be very rude and, I would say, socially unacceptable to hit on the roommate without your hookup being down for that and involved. If the roommate is so hot and has you that interested, the best thing to do is to come forward and say to your hookup, "Your roommate is awful hot, would you consider a three-way?" If he says no thanks, drop it. After you two are done playing you can ask if he would have a problem if you asked the roommate to play another time. Honestly is the best way- not sneaking around the apartment to talk to the guy- not writing notes- not waiting until they go to the bathroom. That's no way to handle it. It makes you look bad to this person as a human being.

SPEEDOMETER: You're all about manners aren't you, Meth Monster?

METH MONSTER: Usually. Or you could drug him. That's one way.(Monster laughs loudly- shakes support beams in room)

SPEEDOMETER: Okay, so Meth Monster, this one is not an etiquette question. It's a question about you... because our readers are very curious about you.

METH MONSTER: Okay.

SPEEDOMETER: So, Meth Monster, do you hide in trees?

METH MONSTER: No, but I have played in trees.

SPEEDOMETER: Do you have any tips on doing that in

harm reduction way?

METH MONSTER: For readers, I'd advise not doing it too high up. And not being too high. Me, I don't have to worry because I bounce.

SPEEDOMETER: Meth Monster, thank you for answering our reader's questions! Final thoughts?

METH MONSTER:
Wrap your stick and line your hole, boys.

Emergency Services Resource

Central Access/Hotline 415-255-3737 or 1-888-246-3333

Mobile Crisis Treatment Team 415-355-8300

Psychiatric Emergency Services 415-206-8125

Suicide Prevention Hotline 415-781-0500

Westside Crisis 415-353-5050

Treatment Access Program
(TAP) 415-522-7100 or 1-800-750-2727

UCSF AIDS Health Project HIV Crisis Team 415-502-7230

BERNARD'S BRIEFS

Speedometer Readers,

Here are just a few of the things that have been happening in our world....

TSP's Pit Stop turned out to be one big party

Leave it to the Speed Project to come up with a way to make something scary like HIV and STD testing and turn it into a party. The Pit Stop, designed to be Drug User and Gay Man friendly, served its purpose and then some. People walked into the place and were instantly greeted by representatives from the project. Attending were the Speed Project's staff, their **famous** crew of Peer Educators, friends, and members of the weekly drop-in support group. All there to support you with whatever services you chose.

Coming in you are



given the option to test or not to test. The choice is always yours at any TSP function. Services were provided by the St. James' Infirmary. They not only provided the Rapid HIV test, they also can give a complete STD screening. Fortunately, there's even more. The counseling that they provide feels more like morning cup of coffee conversation. They readily share their experiences to let you know that you aren't just talking to a health provider; you are talking to one of your own.

Many people took full advantage of the testing. While you waited for your turn, there was conversation, group discussions, and even dance to keep you occupied. Participant James stated, "This was a nice place to come. The people were friendly and the information useful. This was my first time coming but it won't be my last." James statements reflect the general feeling shared by all.

Pit Stop is an event sponsored by the Speed Project the **last Wednesday of every month from 3:30-5:30 at 117 6th Street between Mission and Howard.** Rapid HIV testing, RNA HIV testing (2 week window period), Hep C testing, STD Screenings, and Hepatitis A/B vaccinations. Free Speed User Friendly Service guaranteed! Vaccinations provided by Chris from Magnet, STD/HIV testing provided by John Michael of the St. James Infirmary. Please check out the Speed Project's monthly event calendar or call 415-788-5433 (event hot line).

Here are a couple of more.....

The Peer Educator's Program turns 2

June 24, the Speed Project's Peer Educators will be celebrating their second year of service. When we first began this endeavor no one really knew what to expect or what was expected

of us. It has been a wonderful, enlightening, insightful, loving, enriching, demanding, and challenging experience.

To begin with, we were a group of people who basically met over a warm slice of pizza. Now, although no one is related- we certainly are family. We have grown up together. We fight well and love well. We learn together and I truly believe that each and every one of us do our very best to bring the message of Harm Reduction to all that we encounter.

I can not in good conscience forget to mention the brothers that are no longer with us. Some have passed on, others have moved on, but all have given unforgettable contributions, and all have helped to make this program the ground breaking foundation to which all others aspire to be.

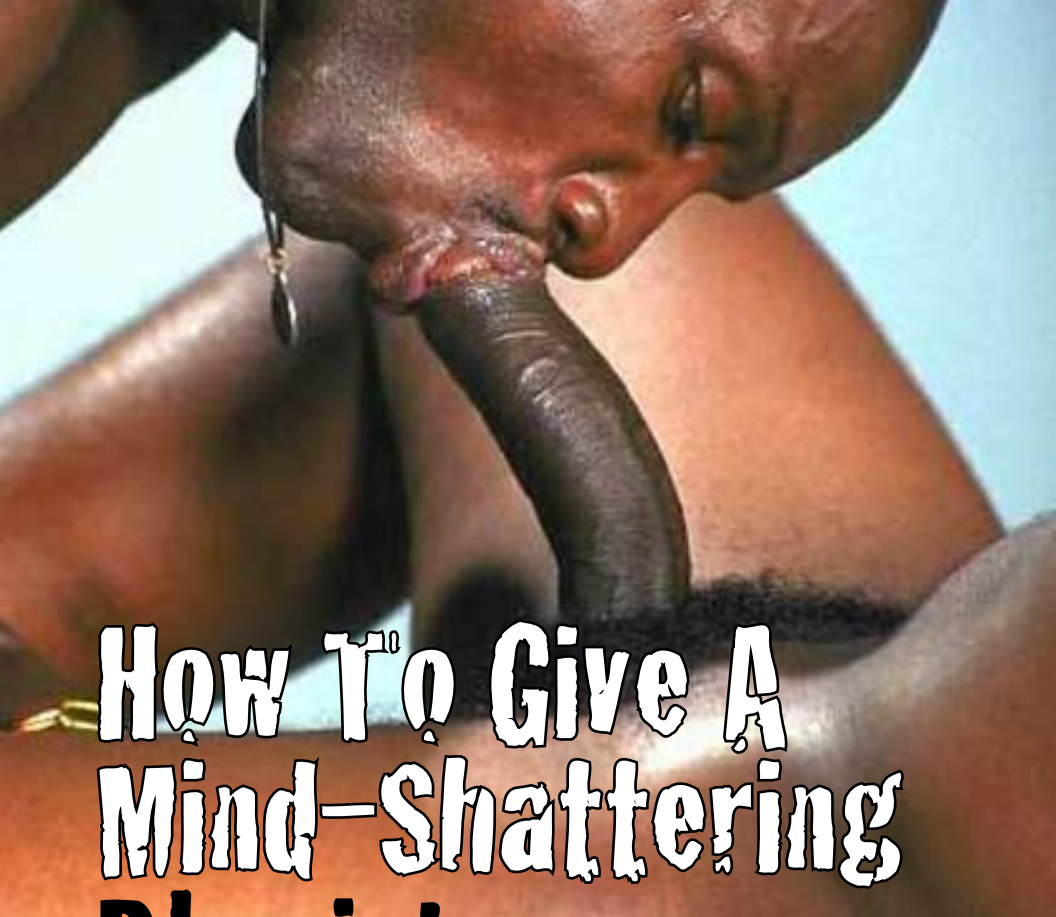
We do not know what is to come, we only know that with your continued support and their continued learning the world will soon be ours.

Happy Birthday Peer Educators.

Those are the Brief Reports for this edition of the Speedometer.

If you have any comments or announcements, or just want to say hi please send your comments to the Speed Project C/O Bernard's Briefs.

Bernard



How To Give A Mind-Shattering Blowjob

by Bill Brent

<http://www.goodvibes.com/Content.aspx?id=1149&leftMenu=35&lr=y>

The most important thing to remember about giving great head is that a mind-shattering blowjob is not a one-size-fits-all proposition. Penises come in many different shapes and sizes, and each penis has its own unique range of stimulation. Just as every penis is different, every guy will be different. Pay attention to your partner while you are sucking his cock. Notice where he groans, when his breathing rate increases, when he thrusts his crotch into your mouth with greater-than-usual

enthusiasm, and so forth.

NEGOTIATION

Giving a blowjob should be a pleasurable experience for both partners and communication is the key. If you want your partner to rape your throat so hard that you can't swallow painlessly for the next three days, you should agree in advance.

Talking about what feels good is an important part of your sexual repertoire. Don't hesitate to ask your partner, "Does this feel okay?" if you want feedback. Expressing your own preferences without waiting to be asked is just as important.

Negotiating safer sex issues is also part of this process. Don't make any assumptions. Oral sex is





a risk factor for transmitting syphilis, gonorrhea, herpes, and other STDs. The risk of contracting HIV is remote, but should not be overlooked.

Plus, there's the all-important question of whether you're willing to let your partner ejaculate into your mouth (condom-covered penis or not), onto your face, or wherever. It's always a good idea to discuss the conclusion up front, while everyone's head is still clear, before the little head is doing the big head's thinking. Sometimes it's hard to tell just when a guy is going to shoot -- leaving this moment to chance may leave you with a mouth full of come that you may not want.

Enthusiasm

Enthusiasm goes a long way toward making up for lack of experience. This doesn't mean that you have to suck cock at a blistering speed, or act like a crazed weasel in heat, just that

you are enjoying yourself, and that this enthusiasm transmits to your partner. It may seem obvious, but you have to like doing this in order for it to work. The good news is that most of us can learn to enjoy giving head -- this involves learning to relax, breathe comfortably while your mouth is somewhat full, and talk about what's working for you (though not all at the same time!).

Watch Those Teeth!

Don't let your enthusiasm get you so carried away that you



neglect this important point. Ideally, your teeth should never scrape your partner's penis, since the sensitive head and skin of the shaft are very susceptible to scratching. A penis with broken skin not only presents a higher degree of risk for STD transmission, but it's damn uncomfortable for the recipient, whose penis may be sore and scabby for several days after a particularly rambunctious session with a claw-like set of molars and incisors.

To avoid this problem, you can pull your lips back over your teeth while giving head. Pretending you're a Muppet may help you get the idea. One thing I figured out about sex is that at some point almost everyone looks foolish performing a sexual act, making good sex and a sense of humor go hand in hand.

The Element of Surprise

Variety is the spice of blowjobs! Some elements that you can change include the rhythm, the area being stimulated, the depth of assimilation, and the motion of your lips. For instance, some guys go crazy when you switch from a sucking-up-and-down motion to kissing or licking the head of their penis. You can also alternate whether or not you are using the tongue to stimulate the head or shaft. The most sensitive spots for most guys are the underside of the shaft directly beneath the head, and both sides of the shaft (again, near the head of the penis).

Try different positions for giving head. Some couples love to have the sucking partner squat or kneel on the floor while the partner receiving head is seated



facing him or
Perhaps try lying
side by side,
in opposing
directions
-- the classic
"69." The
point is to
experiment
with varying
positions to
achieve maximum
pleasure.



her.

If you find yourself growing bored with a particular rhythm or pattern, chances are good that your partner is too. A little change never hurt anyone.

Breath Control

Breath control can win you a place in the Blowjob Hall of Fame. If you can "deep throat" a cock -- breathing deeply and holding it in while you give your partner several good strokes or pulses with your throat, or learning to inhale and exhale while swallowing cock -- you'll probably find yourself giving as many repeat performances as you like.

Learn to use your throat muscles to "milk" your partner's cock. You can practice by swallowing and determining just where your gag reflex is. This is the muscle you want to relax initially when you slide your partner's dick down your throat, and then tighten once he's in. Aside from simple swallowing, another deep throat technique you can try is to make a gulping, "ga-ga-ga" motion at your gag reflex.

Most deep throat experiments go awry for the blowjob-giver



if he chokes, and for the blowjob-receiver if teeth scrape his penis. You may have to experiment with many different positions, rhythms, and breathing patterns in order to succeed at deep-throating, but usually, your mutual patience will be well rewarded.

Here's a hint: When you hit bottom, extend your tongue beyond your lower lip and stimulate the balls and area underneath the balls (the perineum). Just be careful not to scrape the sensitive skin with your teeth. Use a light touch to start and experiment from there.

If you're deep-throating your partner's cock, don't forget to swallow saliva now and then to keep the sensitive throat lining well lubricated. This will improve your stamina and comfort level.

EYE CONTACT OPTIONAL

A lot of guys find it hot when their partner stares up at them while giving them head. This isn't always possible. You probably don't want to sacrifice technique, or end up with a sore neck, from striving too hard to maintain eye contact. If this is something your partner really loves, both of you can find positions that allow for eye contact.

Combining Oral Sex with Masturbation

Some guys like to masturbate their shafts while getting their cockhead sucked. You can also stimulate your partner's penis manually while sucking the head. You will want to know whether he likes his shaft wet or dry -- most men have a strong preference. You can also vary the rhythm -- try sucking down with a down stroke, up with an upstroke, versus moving your mouth and hand in opposite directions.

Some guys like a tongue flicking on the underside of their shaft, just underneath the head, while masturbating or being masturbated. Some may enjoy it when your lips pull off the head of their dick with a

popping sound.

There's a whole range of penis-head stimulation that often gets overlooked when the mouth is busy with the rest of the cock, so don't be afraid to try a lot of different things when the shaft is "otherwise engaged."



Stimulate Other Erogenous Zones At The Same Time

Some dudes love having their balls licked, sucked, or even pulled during sex, oral or otherwise. It's important to check in with your partner if you can't tell whether he's enjoying it or not. One guy might go crazy for a particular tugging sensation,

whereas the same gesture can send another into agony.

Another area to stimulate during oral sex is the perineum (that area between the balls and the butt, which often has a ridge down the middle). You can use fingers, your tongue, or even a free knee. Most guys like some pressure here because it indirectly stimulates the prostate gland, something most guys find pleasurable.

You can also stimulate your partner's anal region, up to and including inserting a finger or fingers. However, it's never a good idea to trick a partner into taking your finger into his (or her) ass without asking first or at least looking up at them to see if they're receptive to the idea as you're exploring the possibility.

The Money Shot

There's really nothing I can say that will compensate for doing it. Practice makes perfect. However, if you remember the basics I've outlined here: Negotiation, enthusiasm, watching the teeth, breath control, and just varying things a bit, you should be well on your way to giving a mind-shattering blowjob.

Enjoy yourselves!

About Bill Brent

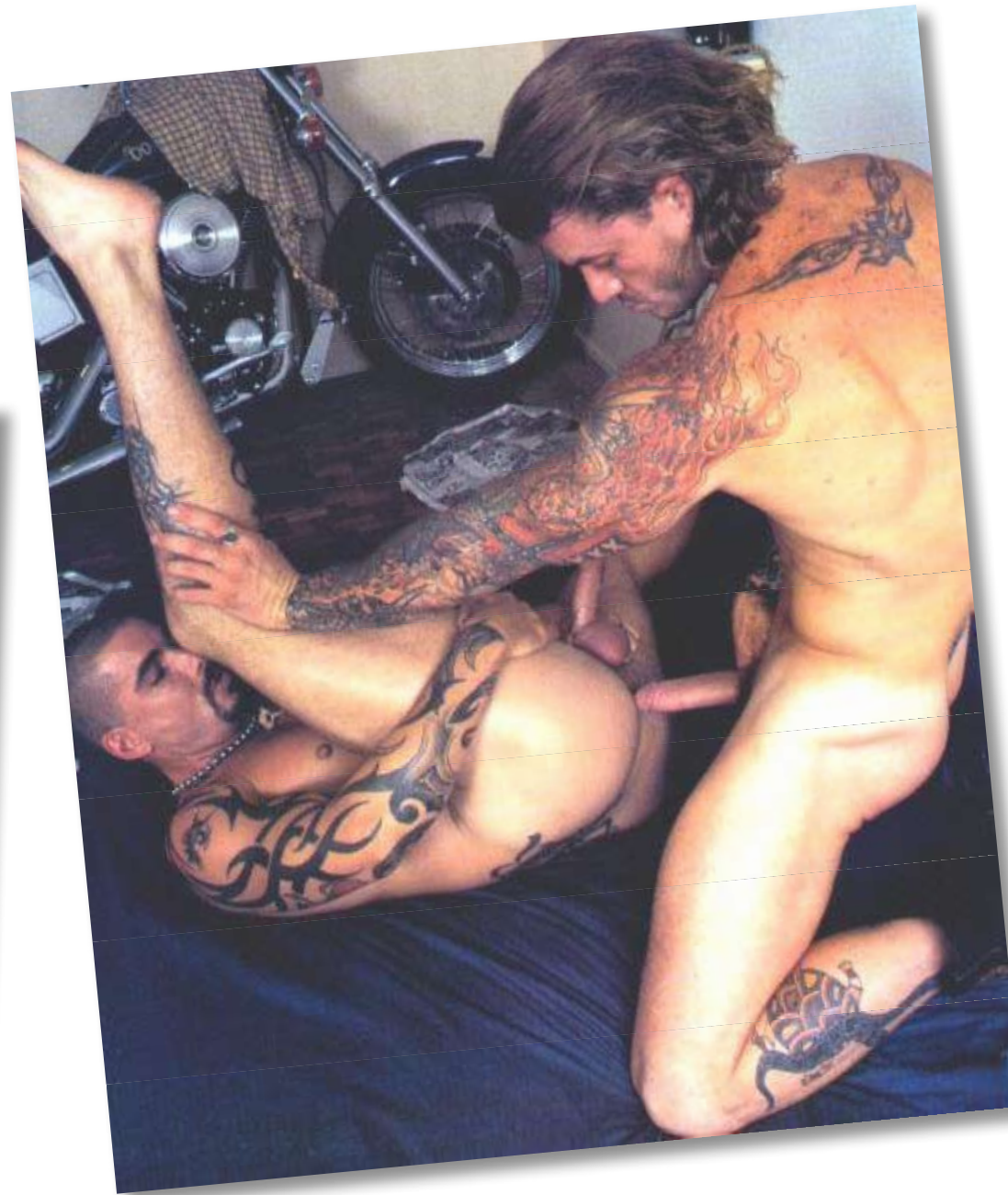
I am the author of **The Ultimate Guide To Anal Sex For Men** (Cleis, 2002; published in French as *Le Plaisir Anal [pour lui]*, Editions Tabou, 2006).

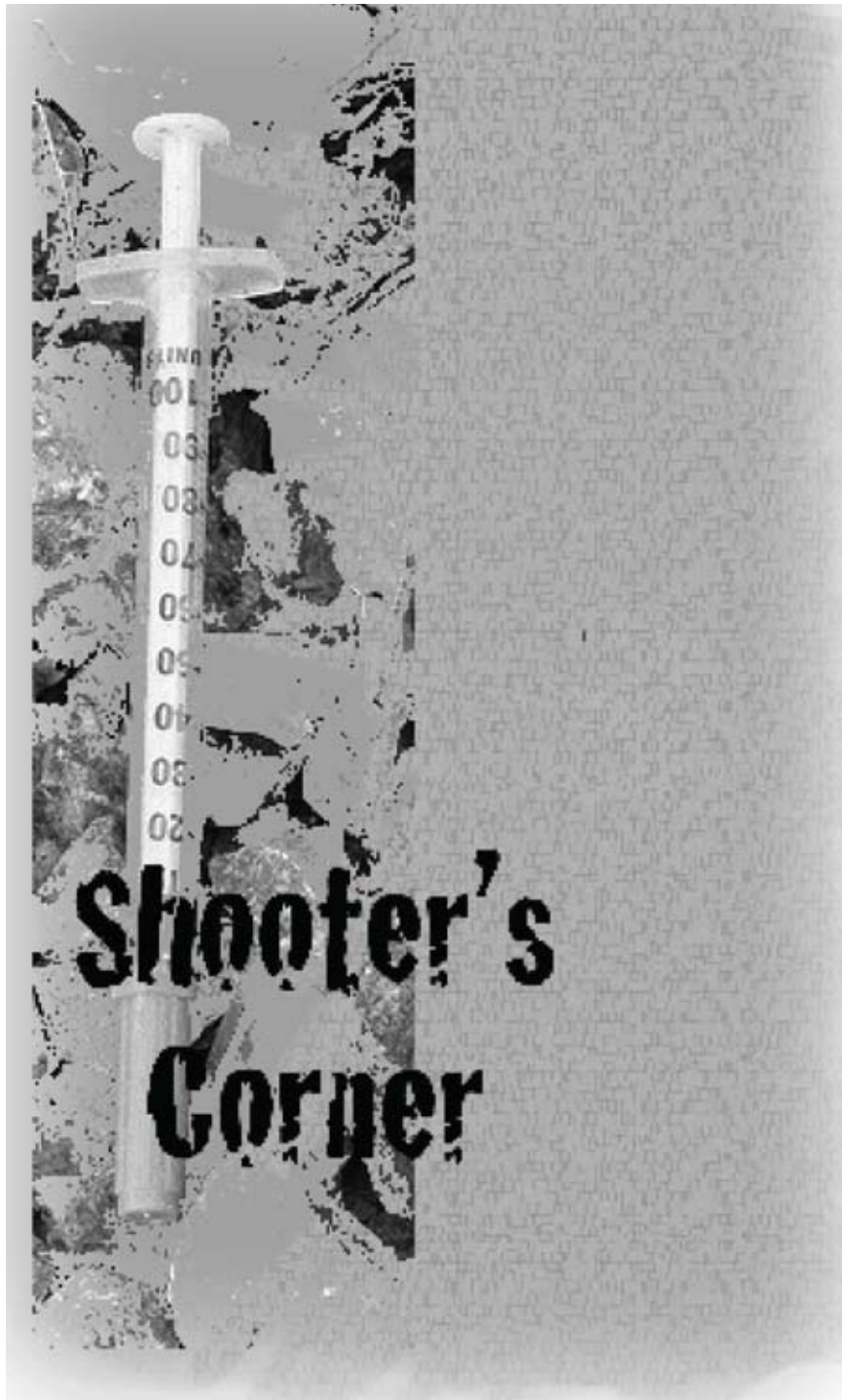
My sex-and-meth memoir, "**This Insane Allure,**" comprises one-seventh of **Entangled Lives: Memoirs Of 7 Top Erotic**

Authors (Alyson, 2007). It would make a dandy graphic novel – any publishers interested?

Other recent work includes “Martin Luther Goes Bowling,” an article in the volume **Everything You Know About God Is Wrong** (Disinfo, 2007). “Other People’s Women” is part of **More Five-Minute Erotica** (Running Press, 2008), edited by Dr. Carol Queen, who co-edited the **Best Bisexual Erotica** series with me. My short story “Yummy” appears in *Leatherman*, and “Keeping It Under Wraps” appears in **Best Gay Bondage** (both from Cleis, 2008).

I have completed one novel, about a drug-dealing whoreboy who runs away from his clients and live-in girlfriend to join the circus. I live in Hawaii, fifteen miles from the active volcano Kilauea. Laugh along with Pele and me at www.litboy.com.



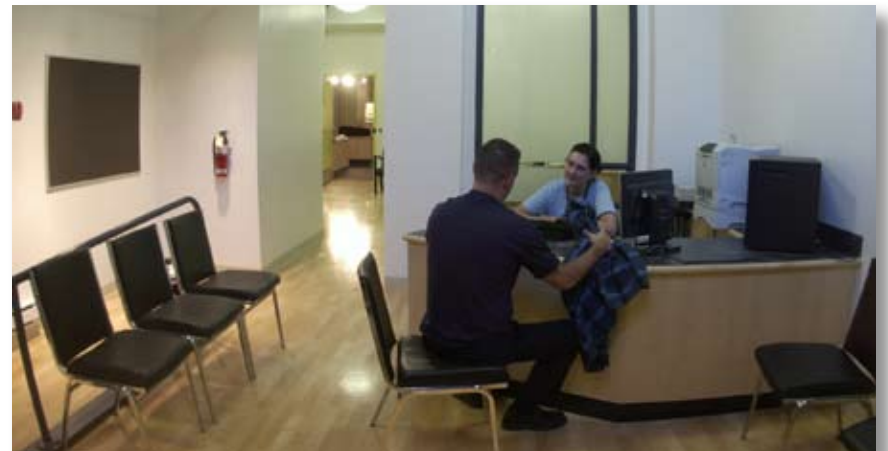


This issue's Shooter's Corner features an interview with Hilary McQuie MA, Regional Director of the Harm Reduction Coalition. Nationally, HRC advances policies and programs that help people address the adverse effects of drug use including overdose, HIV, hepatitis C, addiction, and incarceration.

Ms. McQuie is a political organizer with over 20 years experience strategizing and executing social change campaigns. Hilary co-founded San Francisco's first needle exchange back in 1988 when it was illegal and volunteer outreach workers pushed a baby carriage packed with syringes around. Hilary is a member of The Alliance for Saving Lives, a coalition of harm reduction activists advocating for a safer injection facility in San Francisco.

Enjoy this talk with Hilary about safer injection facilities!

SPEEDOMETER: Hilary, thank you so much for being interviewed for Shooter's Corner! We thought it'd be great let





Speedometer readers know about the Alliance for Saving Lives. Let's begin with this... **What is the Alliance for Saving Lives?**

HILARY M: The Alliance for Saving Lives is a community consortium working to promote individual and community health through safer substance use sites.

SPEEDOMETER:
What the heck is a safe-injection site?

HILARY M: A safe-injection site is a legally protected place where drug injectors can use pre-obtained drugs in a nonjudgmental environment. Usually the way safer injection sites work is there's a reception room; there's a safe-injection room; there's a chill-out room; and a private clinical room for nursing and/or counseling.

For anyone injecting in public spaces or spots that are not clean, well lit, or safe- the option of using a safer injection site could eliminate a lot of health problems associated with injecting in those situations.

It creates this opportunity for people to learn how to inject better and more safely with the help nurses or peer educators. Some injectors always have someone else do it for them which puts them at much greater risk for blood-borne diseases like hepatitis C. Improving technique and providing sterile equipment will reduce problems like abscesses and soft tissue infections.

What really inspired us was the fact that established safer injection sites have eliminated overdose deaths at their facilities by having trained responders on-site while people are injecting. Additionally, a safer injection facility would be an ideal place for healthcare, counseling, and referrals to other services.

SPEEDOMETER: *How do you balance people's fear of getting busted by the police and having security at the site so people will be safe there?*

HILARY M: You need a well-trained staff that know how to deal with conflicts, who can handle problems and call 911 when needed. You develop a memorandum of understanding with the local police and have a liaison to the safe injection site from the local station. We have quite a bit of support from police and they are not very interested in busting individual users. They pretty much know who a lot of the users in neighborhoods are anyway. We would have to have an agreement with the police like we have around needle exchange, that the police won't use this public health intervention as a way to do surveillance on people.

SPEEDOMETER: ***Do you think it's plausible to get one going here in San Francisco?***

HILARY M: For a long time San Francisco has been the place that is most willing to try out new initiatives and new ideas. San Francisco tries things that seem really far out there but are



eventually adopted elsewhere as best practice.

I think San Francisco taxpayers would enjoy spending fewer tax dollars on overdose response (emergency services). San Francisco would lose fewer people to premature accidental death. Neighborhoods would see fewer improperly discarded syringes littering their streets. Those kinds of larger social costs would be impacted by a safer injection facility.

Mostly it's about embracing all the San Franciscan's in our community and finding ways to work with each other that meet people's needs. That benefits everybody. I am 95% sure that sooner or later we'll open one in San Francisco- but it could take awhile. We have a lot of stigma against drug users which translates into stigma against common sense, practical approaches to help drug users.

SPEEDOMETER: Let's say, magically you had the blessings of the city, you had funding that you needed to do this well, you had staff/volunteers, and you would be welcomed and embraced in all SF neighborhoods... **what locations do you think would be best?**

HILARY M: If you look at a map of San Francisco that shows overdose deaths and locations where improperly discarded syringes are found- you can pinpoint locations that seem pretty obvious like Sixth Street, in the heart of the Tenderloin, and up near Golden Gate Park.

In order for a safe-injection site to be accepted in any neighborhood, residents will have to see it as a benefit to the neighborhood. It won't fix all things, but it will decrease people injecting in public; it will decrease the number of improperly discarded syringes on our streets. It will decrease death. It's going to take a dialogue between people who want a facility in a particular place and people who don't want

that facility. Safe injection sites are a benefit to the public as well as a benefit to the people who use a facility. To have that dialogue in a meaningful way we need more active injection-drug users involved so their vital experience and opinions will be a part of that dialog.

SPEEDOMETER: I think ASL has its work cut out for it because there are so many misconceptions about the impact of drug-user-services on a community. Do you see the safe-injection facility serving as a bridge to counseling, healthcare, housing, detox or drug treatment?

HILARY M: Oh, absolutely. The evidence from other countries shows that people who use safer-injection facilities are more likely to enter detox programs, especially if they've had contact with an on-site counselor. So the more available and accessible we can make services, the more we can guarantee slots for people that are ready, the more points of contact we have to meet people where they're at, I think, the further they'll go.

SPEEDOMETER: Right on. Generally, what do you think are the biggest health challenges for injecting drug users right now in the San Francisco and the Bay Area?

HILARY M: I think Hepatitis C is a huge issue. Unintentional drug overdose is the second leading cause of accidental death in the United States, just behind automobile crashes. In SF overdose is a huge issue. Overdoses have certainly decreased because of the DOPE Project, but it's not a solved problem. The DOPE Project is HRC's Drug Overdose Prevention Education Project that trains both drug users and people likely to be around drug users in how to recognize and respond to an opiate overdose. As part of that, we also distribute Naloxone, a medication that reverses a heroin overdose and helps the person OD'ing to start breathing again.

SPEEDOMETER: Do you think that if communities knew that people were more likely to take positive steps around their health, safety, mental health and drug use when they are connected to places like a safer injection site, it might help neighborhoods look at sites as one part of the solution to improve community health?

HILARY M: I certainly think a lot of education needs to be done and can be done in communities that include drug users. A lot can be done to help communities better understand drug users and have a more open dialogue. I think what Canada had going for it- that we don't have so much in the U.S. - are strong networks of organized drug users.

SPEEDOMETER: Oh yeah like VANDU— Vancouver Area of Neighborhood Drug Users. They are bad ass activists!

HILARY M: VANDU was very central in getting that injection site going- they formed an alliance with researchers and other non-profits. It was the alliance between users and non-users that was key.

That's something that we have to look at in San Francisco. How come we don't have strong drug user organizations? What is it in our culture that prevents drug users from organizing to advocate for themselves in the United States when it is possible to do in other places? How can we change that?

SPEEDOMETER: Places that are further ahead of the United States on harm reduction and have more pioneering services seem to have better healthcare systems and an understanding of drug use as a health issue.

HILARY M: Yeah, I also think that in the United States because of the connection between drugs and the criminal justice

Hot Hot Hot Hot



Ms will want you to take a look at this Hot man of color. Love is Blind once it comes to HIV and Aids. In real life people of color in the tenderloin community have survival sex in order to get high or have a place to stay

In my experience, peer that are positive are willing to share the HIV. I seen men of color that is positive and in that life, will kill off HIV negative men with the virus and some of them attend support groups which are for positive men. I want you to treat every one like their positive wear a condom, why there are still STD's along with HIV. A person that is long time survival will make the meds that they already taking in the past unavalable, it will not work for you all people who are not able to be long time survival



system in general, there is a lot of fear about coming out as a drug user. It's a very reasonable fear. But it's a fear that we're going to have to work with if we want to see programs develop that are really responsive to and built to meet the needs of people that would use them.

ASL has been doing surveys with IV users at needle exchanges and talking with people that might want to use a safer injection site in San Francisco. Some people that are active drug users come to our monthly SAFE meetings, but it's important that we have more people who inject involved and that the site is planned and advocated for by the people who would use it.

SPEEDOMETER: At this stage in the process- trying to get education out about this issue and get people organized- **how do you see volunteers contributing to the development of a safe-injection facility? What roles might volunteers play?**

HILARY M: The third Friday of every month from 3PM-4:30PM we have a meeting at the SRO Collaborative. It's open and we'd love for people to come.

SPEEDOMETER: Okay, cool. Let's say you had this amazing army of people who were users who wanted to volunteer. What would be their role in doing community education? How do you see them helping, besides just their input at meetings.

HILARY M: We have a committee structure, and there's an outreach/education committee. There's a committee that communicates with the Board of Supervisors and the Mayor's office. Those would be really valuable committees to have more drug users on. There's a huge opportunity to do "in-reach" amongst people who use drugs about how this could work and how we might want to work together better.

Having potlucks, discussion groups, movie nights, and having an organizing intention would be a great use of people's time. People who have writing or artistic skills are definitely in high need to create flyers or write letters to the editor. There's a lot of room for people to do what they have skills in. Also, if they don't have a skill, but they want to develop it, there are a lot of opportunities to learn new skills.

SPEEDOMETER: *Is there anything else that you want Speedometer readers to know about ASL's work and what they can do to help out?*

HILARY M: I invite people that are interested in joining the organizing effort to come to a meeting! Get involved and shape this. We have a long way to go before it's a done deal and a lot of work to do. That's the bad news. The good news is anyone who cares about it can shape it. We want people who have a stake in this to help come shape it.

SPEEDOMETER: Well, thank you so much.

HILARY M: It's my pleasure.

RESOURCES

1. The Alliance for Saving Lives

The third Friday of every month from 3PM-4:30PM at the SRO Collaborative. It's open and we'd love for people to come.
Upcoming Dates: Friday August 15th, Friday September 19th, and Friday October 17th.

2. The Harm Reduction Coalition

<http://www.harmreduction.org/>

3. In-Site: Vancouver's Safer Injection Facility

<http://www.vch.ca/sis/>

4. VANDU- Vancouver Area Network of Drug Users

The Vancouver Area Network of Drugs Users (VANDU) is a group of users and former users who work to improve the lives of people who use illicit drugs through user-based peer support and education. <http://www.vandu.org/>

5. Keeping The Door Open

KDO is a coalition comprised of individuals and organizations representing a diverse range of groups including: institutional and community-based service providers, health authorities, research centers, charitable foundations, public policy makers, drug consumers, consumer advocates and business. KDO develops opportunities to present innovative, evidence-informed research to diverse audiences in order to reform Canadian drug policy and prevent and reduce the harms associated with problematic substance use. KDO is non-partisan, volunteer-driven and operates on a consensus model of decision making. <http://www.keepingthedoropen.com/>



Fantasy, Role Play, Partying and Playing:

A Roundtable Discussion

SPEEDOMETER: Hello Speedometer Readers, please enjoy this conversation with four guys who party and play. I am joined by Matt, Cookie Monster, Big Mac, and badlydrawnbear to talk about the role of fantasy in their sex lives, where it fits and doesn't fit. All the questions I'll ask come from members of the Zine Planning Group.

SPEEDOMETER:

Guys, thanks so much for being here to share your opinions and experiences.

Here's the first one....

What about fantasy play makes sex hotter?

COOKIE MONSTER:

You get to be anything, do anything you want to do; you can let your guard down and do something totally out of your head. It's just a fantasy; that's the whole point of it.

MATT: I agree. Fantasy during sex play is definitely a good thing because it gives you a chance to explore certain parts



of yourself that you otherwise might not get to explore. You might learn some interesting things.

BIG MAC: It's just fun. You can be who you want to be when you want to be. It makes it interesting.

BADLYDRAWNBEAR: Well, I think it's particularly good if you're meeting someone for the first time and you're pretty sure it might be a one-night-stand- then you don't have to worry about introducing yourself much. You both can become this fantasy date that you always wanted to have.

SPEEDOMETER: Whether you are into casual hookups with people you don't know too well or you are in a relationship- if you are someone who enjoys doing fantasy in your sex play- how do you bring up fantasy and role play if it's something that you want to explore with somebody?

MATT: I always bring it up is at the beginning. I ask if they likes this or if they like that...what makes them hot. That way it's done and it's out of the way. Then you take it from there. When I'm having sex with someone, I'll ask them if something feels good, if they like it. Do they like it harder? Not as much pressure? I ask questions along those lines. You learn to pick up people's signals and go with it.

COOKIE MONSTER: My partner and I have been together for about four years. We know each other so well that it just falls into place. There's no, "Do you want to do this? Do you want to do that?" Because we're past that point we've been together so long.

BIG MAC: I ask certain questions...What are your stop points, your limits? What are your erotic points? What makes you feel good? I let it flow and after a while just get into.

BADLYDRAWNBEAR: Sometimes I ask "What do you get into?" When they ask me, I'll bring up my preferences but I'll do it in a way that makes clear that it is not necessary- I am not a fascist or something. I think people are more comfortable if they know that they can opt-out. They don't have to play this

SPEED boy



Lucky

certain role for the sex to happen. Also, you get to hear what they're into and you might learn something new. It's usually a dialog- back and forth.

SPEEDOMETER: Where does porn fit into your fantasy play, if it does?

MATT: I love porn. It's not a must-have but it's definitely one of the things that I enjoy with each sexual experience. I kind of need it to be able to perform the way that I want to perform. If you're having sex with someone and you have porn on- they hear the sounds in the background of other people getting off and it's like extra stimulation, so to speak.

BIG MAC: Yeah, porn adds something. Hearing the sounds in the background- trying out positions you see them in- watching what they're doing and trying different things.

BADLYDRAWNBEAR: Generally for me, the sound's got to be off on the porn because if I'm doing a fantasy role-play with someone we're going to be talking to each other. I've even done phone sex where you never see the person- words can be real important. I can watch straight porn but if I listen to it- it's a turn off. Not the same as gay porn. Porn is a shortcut- it helps me to let people know what turns me on, magazines in particular. The kind of magazines I have around will steer people in a certain direction. It works the other way too, if I'm

at someone's house and they have porn on that I don't like, I ask him, "Can we change it something else?" By explaining why I don't like it they get an idea of what I do get into. Sometimes it backfires...people confuse a preference with a demand. Some people get confused if you say, "I like this." For me, fantasy role-play- it's like having salt on the table- say



you go into a restaurant and there's no salt. You're still going to eat the food, but if you have salt you're going to use it.

SPEEDOMETER: Are there fantasies that you act out that work for you time and time again? Certain scenarios or certain power dynamics?

MATT: The fantasies that I enjoy acting out tend towards the BD/SM scene and group scenes. I meet people at Mac Folsom and most people I connect with there are into the same scenarios- it's always a good time. It's really not that much of a hassle connecting with the right people- it's easy for me to hook up in a place like that. You can smell leather- which is a tremendous turn on for me.

SPEEDOMETER: So it seems like having erotic stuff around your place or going to certain sex club where you know there will be guys with similar interests- you don't have to do as much explaining. **Are there fantasies that you enjoy alone and wouldn't act out with a partner?**

BADLYDRAWNBEAR: Fantasies that are just in my head are usually ones that are about people that I want to have sex with who are not available because they're hooked up with somebody. Or I fantasize about sex with celebrities- people that I don't know, obviously. As an example, I found the WWF- the wrestling thing kind of erotic so occasionally I would buy one of their magazines or watch WWF matches on Saturday morning. I would be with someone Friday night and when Saturday morning would come and I'd say, "Oh, let's turn on the TV. Let's watch wrestling." That was a blending of something that was personal.

BIG MAC: I have a good imagination. I'll imagine doing somebody who I know there's no chance in hell I'll ever get with. I think that heightens it, too. That you want to be with the person but you know you won't.

SPEEDOMETER: I've met people who told me there are fantasies/power dynamics they'll think about in their heads- or





certain sex acts that they don't actually enjoy with a partner that much- but they enjoy alone. As an example, people who identify as tops most of the time, have a good old time bottoming for six guys in their head-alone. How do you think that works for people? Is that anything that resonates with you? Stuff that's safe and really hot alone in fantasy, but not necessarily something that you would actually do...

BADLYDRAWNBEAR: Yeah, I'm mostly the top, but sometimes, I like to use a dildo by myself and fantasize about being bottom. That can be a lot of fun- it's something that I don't do often with real people. A

lot of times people are really closed minded. You say you're a top and you mention something versatile- they get turned off. It's really silly. Yeah, I do that- I don't do it that much, but it can be fun.

SPEEDOMETER: Are there fantasies that you act out and that work over and over?

BADLYDRAWNBEAR: I think it's best to use fantasies that have some relationship to something you know about- your experience or their meaning...you shouldn't pick a fantasy that you don't know anything about. The way I do fantasies is to set a scenario and improvise. We don't have a script, like "When I open the door you're supposed to say this." Or whatever, it's nothing like that for me- it spontaneous and made up as we go along. For me, it's better to do something open-ended- so there's flexibility- if it doesn't work- go we can somewhere else with it.

SPEEDOMETER: Have you discovered things you like through fantasy, masturbation and pleasuring yourself that you sort of keep that in that private arena for a while and eventually bring to a partner to try out? Like you get comfortable with an idea/activity and then bring it to a partner when you are ready? Does fantasy work like that for anybody here? No? Okay.. ...oops! Well let's go the next question. **How do imagination and visuals enhance the intensity of what you're doing?**

BADLYDRAWNBEAR: Visuals are real important. If you're with someone who is creative and you're creative you can really take it to interesting places. I've been with guys who have the whole collection of jock straps or this one guy with a military fantasy had uniforms- which is great. If I could afford it I would have stuff like that, too. I hadn't had sex with a guy that wanted to dress up like a woman and I actually tried it for the first time recently and it was okay. It's nothing that I was looking for-but I had an open mind and just went with it.

SPEEDOMETER: Do you do any negotiation before you play to try to protect your privacy?

BADLYDRAWNBEAR: I do a disclaimer all the time. I say, "What I say and do in fantasy is not who I am necessarily... even though it comes from me as a person." One time I did

a fantasy with somebody and then I heard he told some people that I am “this kind of person” That wasn’t me talking. That was this person that I was pretending to be...in reality I wouldn’t say to someone “Get down there, bitch.” Or whatever, so I do a disclaimer now and most people understand that. What we do is not to be repeated- what’s said in here stays in here. You can repeat it if I get some royalties out of it!

I negotiate like that beforehand and then when its over I usually ask, “How was it for you?” because I want to make sure that there was no misunderstanding because in a scene you may go overboard and say something that might offend someone. It’s good to ask and get some feedback. With the whole speed and sex scene, I think that drugs can make people less inhibited. That can be a good thing. And sometimes you forget limits. You can talk a mile a minute and say things and later think “Was that okay?” So I really check in with people. If I have any doubts before they leave I check in.

SPEEDOMETER: That’s good manners for sure. And that kind of brings me to a question, if you’re playing with things that might be uncomfortable for your partner- like emotions that could be uncomfortable, like maybe embarrassment- that gets you really hot. Or say little bit of humiliation makes you excited or your partner excited. How do you do that with manners? BADLYDRAWNBEAR was saying he checks in with someone after a scene **How do you guys take care of your emotions or your partner’s emotions?**

COOKIE MONSTER: Alcohol. Alcohol is the next available drug. I’m not really a big fan of emotions so I purge it- put something in my body, just escape for a minute. Or if I have to, if they’re all “Blah-blah-blah, boo-hoo, boo-hoo”, I just bounce. Mentally just bounce. If you’re in fantasy, I don’t think emotions should come in to play at all. It’s fantasy, its pretend, you know? If they cross that line, they’ve taken it a step too far. They’re trying to make fantasy a reality. So that’s the way I do it.



SPEEDOMETER:
Have you ever used fantasy role-play, or has fantasy role-play ever helped you deal with real-life roles?
Let’s say, in my real life I take charge, I work like a dog all the

time or take care of people. And in my fantasy life I get to be in a place where I'm not responsible- somebody's taking care of me- I decide in my fantasy life I'm going to be submissive and someone else is going to be totally the boss of me. You know? Or conversely, say in life I don't feel powerful but when I'm doing my fantasies and stuff, God damn it, I say "jump," and you jump. So for you guys, **how does real-life stuff fit into roles for you guys that feel good?**

BADLYDRAWNBEAR: I think a lot of male fantasies deal with dominant/submissive stuff because of the patriarchy and men have all this assumed power. I don't think just being a male makes you powerful, but our culture tells us that all the time. So I think gay men have been pretty good at subverting that and playing around with it. But sometimes you can get caught up in it- you don't see it sometimes. There's a part of gay male sexuality which is gay and there's a part which is gay-male which is male.

You can play with that in the fantasy- I can play with some really sexist role play imagery that I've gotten growing up in this culture. It's been educational because it makes me aware that this stuff was done to me real early. Before I had any awareness of politics or anything like that. I think fantasy role-playing can raise your awareness of how society works on people. It maybe makes me more humble asking people to change. I realize that we're all kind of programmed- no matter how politically correct you want to be- that being in America can just be a mind fuck. That's how fantasy role play has impacted my reality; I have an awareness of how engrained things can be in me and in other people.

SPEEDOMETER: Thanks for that, the next one is... **does fantasy every disconnect you or distance you from a partner?**

MATT: Yeah, I definitely think that your fantasies can disconnect you from your partner if your partner is not into it. Especially if it's something that you feel really strongly about and you're trying to persuade that other person to try it. And

they're pushing the idea away. It can definitely drive a wedge between people if you don't approach it correctly.

COOKIE MONSTER: Yeah. Sometimes you can feel really, really creepy afterwards. Like, "Oh, I just talked him into doing something he didn't want to do." And you think "He tried, God bless him, he tried. Let's go have a beer or something." Then there are times when I won't talk to him for like two weeks because of what went down. I knew he was iffy on it but he did it for me anyway. I think that sometimes happens in the beginning of a relationship.

SPEEDOMETER: **Does fantasy ever disconnect you or distance you from a partner?**

BADLYDRAWNBEAR: Yeah, Once, I met a person that was like a fantasy for me. I couldn't believe that I hooked up with a man like this. I went with this guy and we got undressed. He had these prison tats- these swastikas. I was like, "I just can't believe it. Wow, that's really hot." And he was like, "Oh, I don't want to talk about it. That's a part of my life that I'm embarrassed by." And I said, "Well, look, you're here with me... so I know you can't believe in that anymore." Ever see that movie American History X where the neo-Nazi brother goes through a transformation? There are lots of people like that. So I realized- that was kind of weird role for me- kind of pushing my fantasy on someone who didn't want to go there. I kind of fucked it up

Another thing, I haven't had a long-term relationship in a while. I sometimes wonder if my enjoyment of fantasy role playing gets in the way of finding a partner. If you're single, you can almost have too much fun. I was with someone recently and we did the fantasy role play thing and as he was leaving I said, "I'll walk with you." So we ended up walking a bit and talking...we had been together five or six hours but it was the first time we asked each other things like "What do you do?" It was kind of interesting and in some ways it was fascinating because this person was very different than what

imagined him to be.

SPEEDOMETER: When you're playing fantasy games, you don't know really know who the person is. You just know who they're being at that time for that amount of time.

BADLYDRAWNBEAR: But I think what's kind of cool about it is that I think if you meet somebody and they tell you up front everything about themselves- job, house, hobbies- you might stereotype them.

SPEEDOMETER: How does speed use fit in for you? Does it open doors for you or close doors for you? Does getting high change how you do fantasy or don't do fantasy?

BADLYDRAWNBEAR: Yeah, definitely. It makes me less inhibited.

MATT: If I'm using and I hook up with someone, and they say, "Do you want to try this? Do you want to try that?" I'm a lot more open to it if I am high. Sometimes I guess that can be a dangerous thing if you don't know someone and you don't understand what they're in to. It can lead you to a dangerous situation. Fortunately that hasn't happened to me. The getting high part of it- that drug aspect-definitely lowers my inhibitions. I'm more willing to try anything. But I always have a safe word- especially if it's a bondage scenario. If it starts getting to the point to where I don't feel comfortable and I want to quit, all I have to do is say that word and the person I'm with knows that they need to stop. Unfortunately, there's people out there that might not be willing to honor that safe word. But I guess that's a chance you take no matter what.

SPEEDOMETER: Anybody have any closing thoughts? No? Okay! Thanks so much for sharing your thoughts and experiences. You guys rock.

Project Open Hand- Meals with Love



Michael R (who is a Speed Project Peer Educator) thought Speedometer readers would like to know more about Project Open Hand's services. Michael went and spoke with Susan Canavan, Director of Project Open Hand's Client Services Department.

Please enjoy this interview about Project Open Hand's history and services!

Michael: Do you want to tell us something about the history of Project Open Hand?

Susan/Project Open Hand: Project Open Hand was started by Ruth Brinker. Back in 1985, AIDS was a very threatening and immediate kind of illness- people were getting really sick and some were dying very quickly. Ruth noticed that the partners and families of people who were sick needed support around meals. The stress on the partners, friends, and family was intense, and there were also many



people with AIDS who were basically without a network

alone of family or friends close by to care for them. At that time no social service agency was providing meals to those too weak from AIDS.

Ruth wanted to help, so she started cooking meals for seven men with AIDS. Then other people started calling her needing help, so she moved her operation to a church basement which had a bigger kitchen. Over time you can see we have grown.

Open Hand started out delivering hot meals on a daily basis because that's what people needed. People were weak, they were sick, they were not very ambulatory, and people were isolated because they had lost a lot of their support systems. Over the years Project Open Hand stepped in and took over an informal food bank from the SF AIDS Foundation because the demand for a food bank was growing. Project Open

Hand agreed to make it a formal program that was solid and sustainable. So the home cooked meals design added a grocery component.

After Protease Inhibitors became available, people living with HIV started to experience a real shift in their energy level and mobility. Open Hand found that often people weren't home for their meal deliveries and we were throwing away a lot of food. So Open Hand added a once a week delivery of frozen meals option and a couple years ago we started frozen meal pickup in the grocery center. We expanded in 2000 to serve meals to the homebound critically ill and women with breast cancer. Our biggest community of customers is our clients with HIV, which is how we started and where our roots are.

When I first came to work here 8 years ago, I came from another AIDS organization. I was impressed by what seemed to be a real partnership with clients. Clients were very participatory in their services, people don't take more than they need, and they are really respectful. We get a lot of really good feedback from clients. Obviously we have rules we need people to follow. We need the place to be safe, we need everyone to be comfortable, but we don't try to get into people's business. You can come in here and be who you are. We want you to eat. And we are going to do our darndest to make it happen.

There is a lot of compassion here. People want to be here, the staff wants to be here. It's a special place. There is so much community involvement! Volunteers keep us up and running; they do all the serving at the counter. A lot of those volunteers

are also clients- people who live in the neighborhood. I have always been impressed by the volunteer program here, how much work is done by people giving their time. A lot of clients say, "When I get better, I want to come in and help!" and people do... people do what they can... that's pretty amazing. It sets the bar pretty high for all of us, that kind of generosity.

Michael: And you do a good job. I'd give you an 'A'. I am sure everyone else would too.

Susan/Project Open Hand: For Speedometer readers, we really do embrace a harm reduction model here. We don't want people to go hungry. We welcome all clients. Our dietician is really open minded and skilled at talking with people who might be really caught up in their using and having some health issues around that. Balancing heavy drug use and nutrition is obviously pretty challenging and we are really interested in helping people have plans around that and linking folks with other programs that support harm reduction too. We have done some cool studies around hydration and we give out water. We try to get people to think about drinking things that hydrate you. Once in awhile we take a stab at awakening peoples' consciousness to some options on how to stay healthy no matter how you are living. Opening up options for people is one of our goals here. It's a good goal!

Michael: Sounds good to me! Thank you for doing this interview for Speedometer!!!!

Susan/Project Open Hand: Thank you so much!

Project Open Hand's Services for HIV/AIDS Clients:

Daily Nutritious Meals

Project Open Hand provides nutritious meals to improve the

quality of life for the men, women and children we serve. For our HIV/AIDS and Homebound/Critically Ill Clients, we prepare hot, home-delivered meals seven days a week. If our clients prefer, we provide the option of receiving delivery of frozen meals, which clients can heat up and eat when they choose.

Project Open Hand's chefs and dietitians create a menu of delicious and nutritious meals to meet our client's needs. Chefs also prepare special menus for those with special dietary needs, including vegetarian, low-fat and pureed meals. You can check out this month's menu online at www.projectopenhand.org

San Francisco Grocery Center

Grocery bags are filled with items such as: fresh fruits and vegetables, tuna fish, pasta, soup, bread, rice, eggs, cheese, cereal and canned goods. All of which are designed to give our clients the best nutrition available.

Nutrition information, education and referral

Eating well can make a difference. Did you know that something as simple as eating well can change the course of HIV disease for the better? The food you eat can make a difference in how your body fights infection, how it reacts to medications and therapies, and how you feel. A Dietician can suggest options to help you feel better and live longer. For people living with HIV it means eating well balanced meals that are usually high in calories and protein. Your desired body weight is 5-10% higher than that for the general population.

Want to get hooked up with Project Open Hand's services? Please call ahead to let us know your coming for an intake appointment (415) 447-2300

730 Polk Street (between Ellis and Eddy) San Francisco, CA 94109

Tuesdays 9:00AM- 4:00PM

Wednesdays – Saturdays 11:00AM-4:00PM

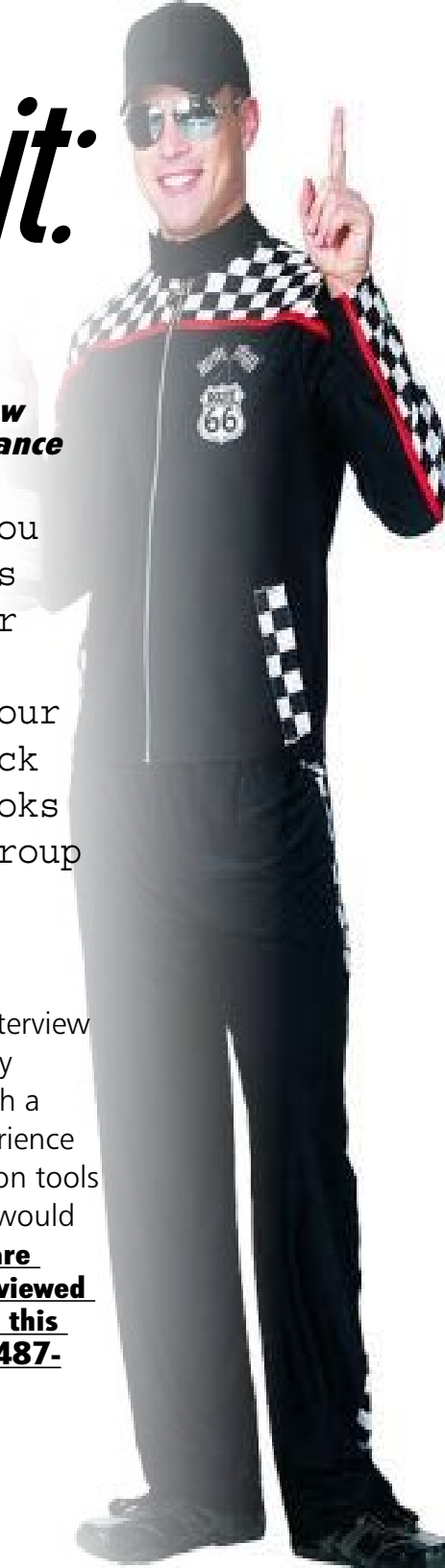
Speed Limit.

Substance Use Management

Welcome to *Speed Limit*, a new Speedometer feature on substance use management.

This feature invites you to think about the ways you already manage your speed use and ways you might like to manage your use in the future. Check out the recommended books and local counseling/group options at the end of the article.

The feature will always include an interview with a counseling program in the city that might be helpful, interviews with a person or people who have life experience managing their speed use, or focus on tools that might be helpful to those who would like to make some changes. **If you are someone who would like to be interviewed about how you manage your use for this feature, please call Terry at (415) 487-8043.**



Drug, Set, and Setting

Dr. Norman Zinberg was a psychiatrist who's research on addiction was ahead of it's time. His work focused why some people managed to control their drug or alcohol use and other people did not. He debunked popular stereotypes about people who use drugs and why people sometimes experience problems with drug use. Instead of labeling people as weak, sick or as having 'addictive personalities' he suggested that people can have complicated relationships with drug(s) and those relationships can change over time. He came up with the idea that three factors influence how people manage their use and wrote an influential book called **Drug, Set, and Setting: The Basis for Controlled Intoxicant Use.**

Most info in this article was taken from these RESOURCES....

Book: Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol by Jeannie Little and Patt Denning.

Substance Use Management: A Harm Reduction-Principled Approach to Assisting the Relief of Drug-Related Problems by Dann Bigg Executive Director, Chicago Recovery Alliance www.anypositivechange.org

Here is a worksheet you could use to look at your

DRUG SET AND SETTING.

Drug

What the drug is and what it does... (Stimulant, depressant, opiate, hallucinogen etc.)

What are your drugs of choice? _____

What does the drug do? _____

Is one of them your preferred drug? (favorite/or habit) _____

Which ones (if any) are have to have?

Which are nice to have?

How do the drugs work together for you? (Like is the valium to help you come down, is the beer to sooth you while you smoke crack or do you like each distinctly)

How long does the high last/how long do the effects last?
Is it a short acting drug? (I.e. crack has a high potential for addiction because the affects are intense and only last a short time)

How potent is it? _____

Does the purity vary? _____



Do you have a source that offers consistent product or is it ever changing? _____

(this would impact your risk for overdose and your tolerance. It's harder to control your consumption/moderate your use if the dose/purity isn't consistent- with street drugs you really never know how pure they are or what else they are cut with)

If you know, what is it cut with? _____

This could impact vein health, overdose, and getting physically dependent.

How do you use it? (Smoked, snorted, injected, booty bumped, inhaled, swallowed, absorbed)

How you use impacts how fast a drug is felt and how long a drug acts in your system, eating a drug usually means it comes on slower and lasts longer. Injecting puts you at highest risk for overdose because you put it in you all at once.

Is it legal or not? _____

- If it's illegal there's no quality control
- Your use can be rushed because you are doing something that is 'against the law'

How do people (including you) view your drug use?

Dose- How much do you do over what length of time? _____

How intense are the effects? _____

This can affect your risk for drug related accidents (overdose/overamp/bad combo's) and your tolerance- i.e. how much of the drug it takes to give you the desired affect over time might increase.

Set

Who you are and what you are looking for...

What experience or affect are you looking for when you are using/partying?

What's your motivation? _____

How does your mood before you get high and what's going on in your life affect your experiences?

How does your body metabolize drugs? _____

Do you have tolerance built up or not? _____

What's up with your brain chemistry? _____

If you are dealing with depression or another mental health concern you might experience a drug differently than someone else.

What is your drug use history like? _____

Have used this drug a lot or is it a new thing? _____

(You will have a different experience than someone new to a drug if you're a regular user of it)

How often do you use? _____

What's your family's history of use look like? _____

How is your body doing? _____

Are you more susceptible to the effects of certain drugs? _____

(i.e. if your liver is impaired, if you have high blood pressure, diabetes etc.)

Will the drug interact with medications or drugs you have

taken earlier? (Will it amplify the experience, cause a bad interaction?)

Your mental health or emotional state (in the present...) what's up today?

Your cultural identity and sense of belonging (stuff that can impact that are things like family dynamics, race, class, sexuality, if people have a group or community they feel they belong to etc.)

Setting

The circumstances surrounding you and your use.

Who are you usually with? Alone? With friends? Hookups? Acquaintances? Are you being pressured? Are there power dynamics playing out between people in the setting?

Stress in your life: social, economic, environmental. What else is going on in your world right now?

Support in your life- what are supportive relationships and/or circumstances?

Where do you use? (Your own place? The street? Do you have running water? Are you safe there?)

The social and cultural attitudes towards drug use, the meaning ascribed to the drug use or to a particular drug by the person's community and surrounding culture. (What does the world think about it? labels?)

How do you see the world's view of drug use?

How about the drug (s) you use? _____

If you change any one of these factors it will have an impact on your experience.

Here are some examples of changes a person might make....

Drug

- Switching routes of administration (i.e. from slamming to smoking)
- Decreasing frequency of use (this might increase pleasure from use)

- Abstinence from one or more drugs and for a limited or open period of time.
- Decreasing concentration of drugs consumed. (watering down a hit, doing less cocaine in a speed ball)
- Switching drugs consumed- methadone instead of heroin or weed instead of alcohol.
- Thinking about the risks and benefits of combining drugs.

Set

- Do some thinking about the personal benefits/purposes of drug use.
- Check out your hopes and expectations when you are using certain drugs and how your expectations are related to your experience. Are you getting what you are hoping to get?
- Considering alternative means of accomplishing the same ends desired through drug use. (Say you drink beer to come down from a run- it helps relax you. Try eating a big meal, shutting your eyes, taking deep breaths and see if that has the same affect)
- Develop personal rituals around your drug use that keep you safer and healthier.
- Share and talk about the long- and short-term benefits and negative effects of your drug use with someone you feel good talking too.
- Drink a lot of water to avoid dehydration and to help your liver flush the drugs through your system.
- Look at your eating habits and nutrition. Do your best to eat well- include protein prior to drug use, and increase your vitamin/mineral intake to prevent a deficiency that

could come from heavy alcohol or stimulant use

- Have a look at whether you are feeling any shame around your drug use. What do you think the role of shame is in your drug use?

Setting

- Separate drug use from driving/working/other tasks to avoid accidents, getting fired, etc.
- Create a safer drug use environment: Where you use.... Who you use with.
- Reducing outside responsibilities when using
- Do what you can to make safer purchase/possession practices.
- Work to address affordability of drugs consumed. Can you change how you budget? Can you make decisions about what amount you will spend on a run and do things to help yourself succeed?
- Consider mediation with significant others regarding drug-related problems. If your drug use is freaking family or friends out and they aren't acting in ways that feel supportive, it might help if you all have someone to help you regain mutual support and respect.
- Consider whether harm reduction groups, 12-Step meetings, Rational Recovery, or Moderation Management might help you meet any goals you might have around your use
- Sleep on your stomach after using opiates/alcohol/downers to avoid choking
- Learn about overdose and be prepared to assist- including

using naloxone for opiate overdose

- Developing a relationship with a physician who is respectful of drug use to monitor your health, especially organs or conditions effected by the drugs used.
- Learn about legal issues and risks caused by using illicit drugs

Most info in this article was taken from these **RESOURCES....**

Book: Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol by Jeannie Little and Patt Denning.

Substance Use Management: A Harm Reduction-Principled Approach to Assisting the Relief of Drug-Related Problems by Dann Bigg Executive Director, Chicago Recovery Alliance
www.anypositivechange.org



Microwave Cooking

with Miss Tomas



Miss Tomas welcomes you to try out some recipes she gathered for Speedometer readers.

Pasta with Light Marinara

This recipe is low in fat and sodium and great for a healthy heart.



Pasta:

Short whole wheat pasta such as shells, macaroni, fusilli, or bows

1) microwave one cup of water for 2 minutes 30 seconds at 100% power

2) Pour ½ cup pasta into

water, cook for 12 minutes at 50%

power (check often for desired firmness...we know Speedometer readers know how to do that one!)

3) Set aside.

Sauce:

Small can of tomato paste or chopped tomatoes labeled NO SALT added, bag of frozen veggies, can of garbanzo beans

1. Microwave desired amount of veggies- usually 2-7 minutes at 100% power together with beans. Set aside.
2. Microwave desired amount of tomatoe paste or chopped tomatoes at 100% power for 1 minute. Check temperature and heat more as necessary.
3. Combine veggies, beans and tomatoes and pour over the pasta.

Microwave Chocolate Pudding for One

1 and ½ teaspoon of cornstarch
Pinch of salt
½ cup milk
¼ cup chocolate chips

Combine cornstarch, salt, and milk togetehre in an 8oz container. Add chocolate chips. Cook 1 minute at 100% power until hot, but not boiling.

Remove from microwave and stir until chocolate chips are completely blended into milk mixture. Cook 45 seconds at 100% power until misture is just beginning to boil.

Serve warm or cold. Especially goo if topped with whipped cream or vanilla ice cream!



Resources and Information

HOOK UP ONLINE?

CHECK OUT....

www.dotmen.net

Better cruising through technology! A program of the STOP AIDS Project in San Francisco this amazing website includes tips on writing a great profile, choosing a photo, strategies to protect your health, privacy, possessions and identity, a dictionary of online jargon, information on software, browser ad-ons, tools to help you find directions to a hookups house and much much more!

<http://www.hookinguponline.org>

Advice for how to make hooking up online more enjoyable for everyone.

<http://www.californiamen.net>

An online forum where you can rate cruising sites, read blogs by cruisers, and keep an online 'black book' of your tricks and hookups.



SEXUAL HEALTH RESOURCES...

www.magnetsf.org

Art openings, community events, holistic healing, HIV/STD testing, counseling and more for gay men at a lovely spot in the Castro.

4122 18th St, San Francisco, CA 94114
(415) 581-1600

www.sfcityclinic.org

We're a drop-in clinic providing free and low-cost diagnosis & treatment of sexually transmitted diseases, information about condom use and other STD prevention methods.

356 7th Street, San Francisco, CA 94103
415-487-5500

www.inspot.org

If you discover you have an STD, inSPOT provides a way to anonymously inform your past sex partners via email.

<http://www.hivtest.org>

Enter your zip code and find the nearest location to get tested for HIV. You can search by \$, anonymity, & type of test (oral vs. rapid).

California AIDS Hotline www.aidshotline.org (415) 863-AIDS
or 800-367-AIDS

HARM REDUCTION, SAFER USING, AND PERSONAL STORIES

www.tpsf.com

This is the Speed Project's site. You will find Speedometer the SF zine by and for gay/bi/heteroflexible guys who party with speed, respectfully offered information and resources, and info about events, workshops, drop in groups and movie night!



www.tweaker.org

This site is dedicated to gay guys who use crystal meth. Includes useful information on speed's effects on the body, mental health, tweaker discussion forums, tips for safer using, and strategies for cutting back and quitting.

www.crystalneon.org

A program of Seattle Counseling Services this amazing website is home to AMPHETAZINE a zine for gay/bi guys who slam speed. Great info about harm reduction, safer speed use, and making changes.

www.erowid.org

Erowid.org is an online library of information about psychoactive plants and chemicals along with other related topics. The information on the site is a compilation of the experiences, words, and efforts of thousands of individuals including users, parents, health professionals, doctors, therapists, chemists, researchers, teachers, and lawyers.

www.harmreduction.org

The Harm Reduction Coalition is a national advocacy and capacity-building organization that promotes the health and dignity of individuals and communities impacted by drug use. Overdose prevention, syringe access, safer using. Awesome information for drug users and their loved ones and trainings for professionals who want to work with drug users respectfully.

www.dancesafe.org club drugs!

www.anypositivechange.org

The Chicago Recovery Alliance's awesome site on safer drug use and substance use management.

**Counseling, cutting down,
managing use and/or quitting**

RESOURCES

The Stonewall Project a harm reduction program for gay/bi men (415) 487-3100 www.stonewallsf.org

New Leaf Services (415) 626-7000 for gay/bi/trans/lesbian/queer folks seeking counseling. www.newleafservices.org

Harm Reduction Therapy Center (415) 863-4282
www.harmreductiontherapy.org

PROP Positive Opportunity Reinforcement Project
(415) 355-2000 www.propsf.org for gay/bi men- incentives to quit speed.

Crystal Meth Anonymous www.crystalmeth.org

S.T.O.P. Stimulant Treatment Outpatient Program
(415) 502-5777

Recommended Book:

Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol
by Jeannie Little and Patt Denning.



MEMORIAL PAGE

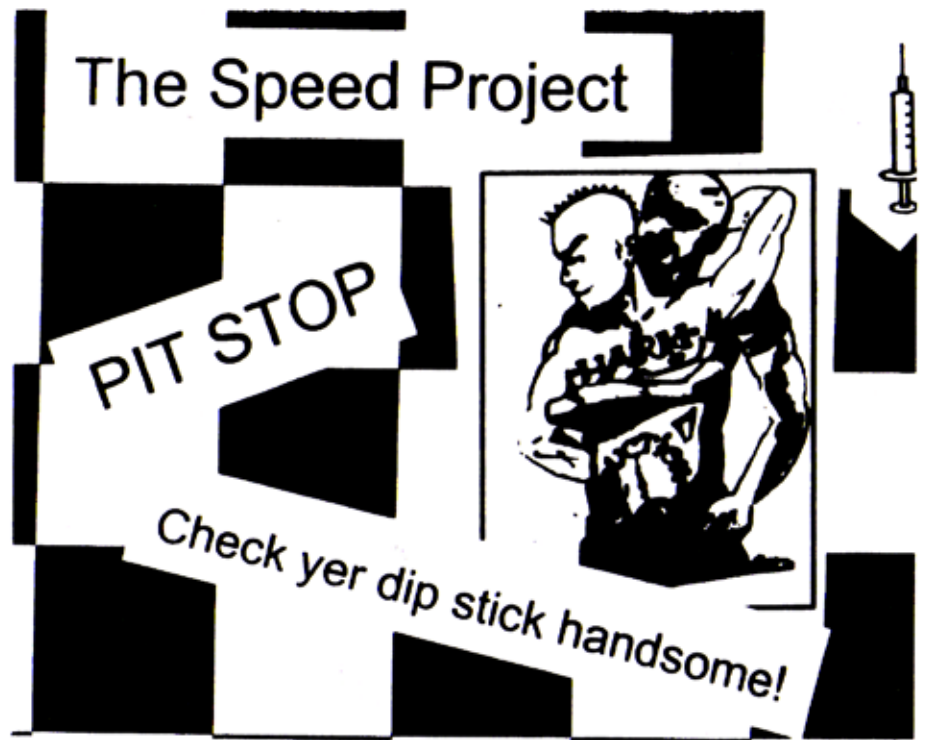
This page is to honor those people who have passed away.

Charlie J we miss you. Charlie was a fabulous Speed Project Peer Educator and a wonderful caring person. Charlie was unique, beautiful, warm, and always glamorous.

Andy F we miss you. Andy was a generous, sweet, and sensitive man who loved his animals, his community, and his longtime partner.

Lewis L you are missed. Lewis was a train hopping punk rocker and a loyal friend. When he worked, he worked his ass off. When he played... yep. Those who miss you hope that others will party with friends - stay safe, avoid accidentally overdosing alone.

The Speed Project and Speedometer welcome people to submit tributes to friends, lovers, and family that are missed. Please use first name and last initial only, sorry no pictures please, 60 words max. Send via email to tmorris@sfaf.org or drop off at One 6th street 9-5 Monday-Friday. Special thanks to Frank for this suggestion.



The **Speed Project's** once-a-month **Pit Stop**
Speed-User-Friendly service guaranteed

Drop by for

Snacks, Gatorade, fancy ass condoms & ID millennium silicone lube

SF's first **BIG GAY NEEDLE EXCHANGE**

Hepatitis A & B vaccinations

STD screenings

Rapid HIV testing

Offered by **St. Jame's Infirmary**

For gay/bi and heteroflexible guys who party with speed.
Come high come low come as you are!

When: Wednesday August 27th 3:30-5:30PM

Wednesday September 24th 3:30-5:30PM

Where: 117 6th Street between Mission/Howard



**Back issues
of Speedometer are
online**

www.tpsf.com

**Speed Project
Events:**

415.788.5433