

IT'S
RAINING
MEN...
DO YOU
HAVE
YOUR
RUBBERS
ON?

CONDOM TIPS

- Practice while jerking off, before you use them in sexual encounters
- Don't give up after one try. It takes a while to get used to them
- Squeeze the air out of the tip when you start putting it on
- Only buy condoms made of latex (lambskin membrane condoms break more easily)
- Use lots of lubricant, but only use water-soluble lube (like K-Y, Lubafax or Muco). Don't use Crisco, Vaseline or other oil-based products — they damage latex rubbers
- To avoid leakage, pull out soon after ejaculating (grabbing the cock and condom)
- If you want to be absolutely safe, pull out before ejaculating

T H U N D E R Gay

March 1986

Rule banning gay discrimination may affect RCMP, armed forces

BY ZUHAIR KASHMERI
The Globe and Mail

The RCMP and the armed forces took a cautious approach yesterday after being served notice that they must change their regulations to eliminate discrimination against gays, to comply with measures announced by the Justice Department. Gay groups were also wary, saying they will have to wait and see whether the moves open up more federal jobs.

The measures, announced yester-

day by Justice Minister John Crosbie, ban discrimination based on sexual orientation in all areas of federal jurisdiction and also assure women of the chance to compete for combat roles in the military.

Both the RCMP and the Canadian Forces have said in the past that they do not accept homosexuals, but neither wished to comment on the measures yesterday. The armed forces referred a reporter to the Justice Ministry, and Staff-Sgt. Dennis Rich of the RCMP said the force is studying the measures and

will not comment at this stage.

The message from the Justice Department's general counsel for human rights, Martin Low, was that they had better comply or the department will take steps to ensure compliance.

He also said that the armed forces will be compelled to let women compete for combat roles.

But the ruling on sexual orientation came a week late for a 24-year-old Toronto homosexual who was released from the 1st Canadian Signals Regiment in Kingston, Ont., last Wednesday after he informed his superiors that he is a homosexual.

The man, who requested that his name not be used so that he can apply for another job, said in an interview yesterday: "It all started when I moved in with a guy in a downtown Kingston apartment. The military police began asking my colleagues whether I was gay, and the jokes and taunts started.

"I am a pretty big guy so they could not assault me, but they would say things like I should dress up like Clinger in MASH." The TV comedy about the Korean war featured a soldier who dressed in women's clothes.

ANSWERS ABOUT AIDS

What is AIDS?

Acquired Immune Deficiency Syndrome (AIDS) is a poorly understood impairment of the body's immune system which occurs in previously healthy people. While this impairment affects only a part of the immune system, affected individuals are left vulnerable to illnesses which might not otherwise occur. These illnesses are called "opportunistic infections".

What are opportunistic infections?

Opportunistic infections are caused by organisms, commonly found in the environment, which are resisted by the normal immune system. When the immune system is not working properly, these organisms seize the "opportunity" to infect the body.

What opportunistic infections are associated with AIDS?

Many opportunistic infections are associated with AIDS. The most common include *pneumocystis carinii* pneumonia (PCP); severe, prolonged candidiasis (yeast infections); chronic, persistent cytomegalovirus (CMV); large herpes sores which don't heal; toxoplasmosis; and an unusual form of tuberculosis.

What about Kaposi's sarcoma?

Kaposi's sarcoma (KS), an otherwise rare form of cancer, has frequently been reported in association with AIDS, and in this regard is considered to be an "opportunistic" cancer. However, many of those with immune deficiency do not yet have and may never develop Kaposi's sarcoma.

Is immune suppression the same as AIDS?

All individuals who have AIDS have lowered immunity; however, the reverse is not always true. Many common infections such as hepatitis, cytomegalovirus, and mononucleosis may cause temporary abnormalities in the immune system. Some of these same infections, however, do occur in AIDS as well. So it can sometimes be quite difficult to tell the difference between temporary immune suppression and AIDS-related immune suppression.

What are the symptoms of AIDS?

Many of the AIDS symptoms are subtle and may only indicate simple, everyday ailments. Therefore, you should be alerted, but not alarmed, if you have one or more of the following symptoms:

- Weight loss of more than ten pounds during a period of less than two months that is not related to diet or increased activity; prolonged loss of appetite.
- Unexplained, persistent or recurrent fevers or night sweats.
- Swollen glands (lymph nodes found in the neck, armpits, and groin) which persist and are unexplained by other illness.
- Severe tiredness unrelated to exercise, tension or drug use.
- Persistent and unexplained diarrhea or bloody stools.
- A persistent, whitish coating (or spotting) on the tongue or in the throat which may be accompanied by soreness or difficulty in swallowing.
- A heavy, persistent, dry cough that is not due to smoking and has lasted too long to be explained by a cold or the flu.
- Easy bruising or unexplained bleeding from any orifice.
- Skin rashes or discolorations of the skin.
- Blurred vision and / or persistent, severe headaches.
- Herpes sores which don't heal in a month.

Kaposi's sarcoma patients may have any of the above symptoms and / or might develop slowly enlarging purplish or discolored blotches or bumps, or other new growths, on top of or beneath the skin or on the mucous membranes (inside the mouth, nasal passages, anus, or underneath the eyelids). These spots do not disappear and may get larger, and cannot be explained as bruises, blood blisters, insect bites, or pimples.

Some people with no symptoms at all may still be at risk, since it may take many months after exposure to AIDS to become ill.

What should I do if I have any of these symptoms?

It must be emphasized that each of these symptoms may appear in diseases that are not associated with AIDS. When not otherwise explained, the persistence of one or more of these symptoms should be discussed with a health-care provider *who is familiar with AIDS*. If you have any concern that you might have AIDS or lymphadenopathy syndrome, *be fair to others*: avoid sexual contact until your doctor gives you a clean bill of health.

ACT-B formed

On a cold, early January evening, a group of concerned individuals met at a local residence. Their gathering had a quiet urgency. Their discussion that night was considerate, wide-reaching and compassionate. Out of it came the founding of a new organization in Thunder Bay. That gathering and the organization that was formed may prove to be of tremendous significance to our community (in the same way that the founding of Gays of Thunder Bay was, now almost six years ago).

This new organization is AIDS COMMITTEE OF THUNDER BAY (ACT-B). Out of concern for past and future AID's patients in Thunder Bay and the region, the new committee drew up a simple statement of purpose, established some short term and long term goals, and began the work of establishing the committee more firmly so it could be of use to the community. The founding members of the committee are David Belrose, Douglas Broman, Michael Chan, Tom Cherry, Patrick Sperry and Michael Sobota. Since that initial meeting, other concerned individuals have agreed to serve on the committee: Lorna Gillett, M.D. and Karen Maki (representing the Northern Women's Centre). Others are welcome.

ACT-B has five goals: 1. Educate the community, 2. Provide support to any AIDS patient (and/or the patient's family or friends) if requested, 3. Educate the helping professions dealing with AID patients, 4. Provide a media liason with particular emphasis on a gay perspective, and 5. Establish a resource base of topical and current information from mailing lists, medical professions, research, information seminars, and other sources.

Currently, ACT-B is compiling any and all available materials/ information concerning AIDS, is seeking financial support to open a small office with a AIDS phonline and a full or part-time co-ordinator for the committee (a brief containing the above information and a proposed budget has been prepared and is being circulated in search of funds), meeting with government representatives and local members of the medical profession as well as holding bi-weekly meetings of ACT-B itself.

Of primary concern to ACT-B is the gay community of Thunder Bay and Northwestern Ontario. Our greatest hope is that there never be another AIDS victim in the region. Barring that, ACT-B is here to help.

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Be Safe!
