

## Cascade AIDS Project sponsors SAFESEX Workshop

by Brown McDonald

The Cascade AIDS Project and Phoenix Rising are sponsoring the second in a series of Safesex Workshops for the Gay Men of Portland. SAFESEX WORKSHOP II will be held Saturday, April 27th, 2-5 p.m. in the PGE Auditorium at 121 S.W. Salmon.

The workshop is designed to communicate information about transmission of disease and ways to avoid exposing yourself and your partners. But more importantly, the workshop is structured to provide support and incentive to men who feel the need to have sex safely but for a number of reasons have not been able to achieve their goals. It's one thing to know how to protect yourself. It's another thing entirely to actually accomplish the task.

Habit forming behavior of every kind can be hard to break. Oftentimes, a facilitator is indispensable in helping someone to stop smoking, or eating and drinking excessively. Seeking help or assistance in overcoming an inappropriate behavior pattern is more often a sign of strength than one of weakness.

C.A.P. and Phoenix Rising are offering you an opportunity to inform yourself about your options and to TAKE ACTION to protect yourself and others. It's not easy to come to grips with the fact that what we used to take

for granted, sexually, can endanger our health and even our lives.

Fortunately, having sex safely can be erotic and appealing and has the added benefit of being healthy and safe, as well!! The hard part is CHANGING and that is something that we all need to face. And we don't need to face it alone. The fact is, we're all in this together and working together can dramatically increase our incentive and provide much-needed support.

For all of these reasons it is important for you to attend the SAFESEX WORKSHOP II on April 27th. Do your friends a service by bringing them along. In particular we encourage men ages 18 to 25 to attend. Starting early to protect yourself and develop safe sexual habits will insure your health and safety in the future. Don't just think about Safesex, take a step. It can make ALL the difference!! Come to Safesex Workshop II.

For more information, contact the Cascade AIDS Project at 223-8299.

## Speak Out

In recent months, pro-choice activists have become increasingly concerned with the success of the so-called Right-to-Life forces in turning the focus of the abortion issue away from the woman and talking only about the fetus. The woman is being completely ignored - totally discounted.

The National Abortion Rights Action League, Oregon NARAL and other NARAL affiliates are launching a nationwide SPEAK

OUT! campaign to counter this trend. NARAL plans to collect massive numbers of letters written by individuals who are willing to share personal stories about abortion.

Have you or someone in your life (wife, sister, friend, mother, daughter) ever been faced with an unwanted or problem pregnancy? What options were available to you/her? What choice did you make? How do you feel about it today?

NARAL is asking you to relate your story in the form of a letter addressed to President Reagan. You may sign your full name and address or just your first name, city and zip code.

NARAL will hold local SPEAK OUT events in Oregon to share these stories with the public and press. These letters will then be delivered to Washington D.C. for a national SPEAK OUT event.

There are hundreds of thousands of pro-choice individuals who know from their own personal experiences that the option to choose legal abortion is a fundamental right of every woman.

Send your letters, addressed to President Reagan to: Oregon NARAL, PO Box 40472, Portland, OR 97240.

These letters will speak in a voice loud enough for all Americans to hear.

## Support Group Nears

Efforts to provide emotional and practical support to persons with Acquired Immune Deficiency Syndrome (AIDS) and other life-threatening illnesses are reaching fruition. After nearly ten months of intense organizational activity, Community Health Support Services (CHSS) will soon begin providing free peer counseling to lesbians, gay men and their loved ones who are dealing with potentially fatal or life-changing illnesses.

Modeled on San Francisco's highly successful Shanti Project, CHSS will coordinate a community-based program in which local volunteers from all segments of the general community will be trained to provide "loving, non-judgemental" support, usually to a single "client." Volunteers themselves will also receive weekly support and supervision.

Although assisting persons with AIDS and their extended families is their first priority, CHSS will strive to support others with similar needs. Examples might include persons facing cancer or radical surgery, accident victims, or family members of someone facing

AIDS in another part of the country.

Volunteers for the program do not need prior professional training, but will undergo an application and screening process in addition to a forty-four hour training program. The training program covers two successive weekends and concentrates on non-judgmental, non-manipulative "active listening" techniques, death and dying issues, and practical support procedures.

"Most of the people we'll be assisting, won't need conventional, professional counseling, but could really use a knowledgeable, caring friend outside their normal circle of friends who can help them maintain a clearer perspective," according to Steve Fulmer, a spokesperson for the Organizing Committee. The group will also help identify and secure other financial, legal, spiritual, or medical resources which individuals may need. "To our knowledge we are not in conflict with any other agency or volunteer organization in this area," adds Fulmer. "On the contrary, we hope to utilize existing resources whenever possible."

This new service has been organizing under the auspices of Phoenix Rising and the Cascade AIDS Project using funds provided by the Portland Gay Men's Chorus "Our Best to You" concerts. The first of several initial training programs will take place at the end of April, with services offered in May following a formal announcement to existing health care providers.

Persons seeking additional information should contact Steve Fulmer at 287-7838 or Brown McDonald at 223-8299.

## Legislators schedule report meetings

State Senator Jane Cease, D-Portland, and Representatives Ron Cease, D-Portland and Cindy Banzer, D-Portland are holding a series of legislative report meetings for residents of Senate District 10. An April meeting is scheduled for Saturday the 20th.

The legislators are interested in constituent opinions on a variety of issues including the lottery, sales tax, and hazardous material disposal.

The delegation meets from 8:30 to 10:30 am every third Saturday of the month at the Rose City Park Presbyterian Church, at Sandy and Hancock and NE 44th St. Further meetings are scheduled for May 18, and June 15.

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