

OUTREACH

»AIDS & HIV

CAREAssist pays for health insurance premiums, prescription drugs and insurance plan co-payments and deductibles for eligible people with HIV/AIDS. Program of the Oregon Department of Human Services and the Ryan White CARE Act. (8 am-5 pm Monday-Friday. 503-731-4029 or 800-805-2313. www.healthoregon.org.)

Cascade AIDS Project (CAP) educates youth and adults about HIV prevention, supports people with HIV and their families and advocates for sound HIV policy and legislation on the national, state and local levels. Spanish-language assistance available. (Suite 300, 620 SW Fifth Ave. 503-223-5907. Oregon AIDS Hotline 800-777-2437.)

CityGuys hosts monthly HIV testing nights at The Escape and Steam: provides free risk reduction counseling, condoms and lube; and offers free rapid HIV testing and STD screening at the Men's Wellness Center. (5-9 pm Tuesday [HIV/STD] and Saturday [HIV only], 928 SW Stark St. 503-445-7699. cityguysascadeaids.org.)

Clackamas County Community Health in Oregon City offers anonymous and confidential HIV testing and counseling for gay and bisexual men. No needles! Free condoms! Call for appointment or walk-in testing times. (3:30-6:30 pm Tuesday. 1425 Beaver Creek Road, Clinic: 503-655-8471. Information: 503-742-5382.)

Clark County offers free rapid HIV testing and hepatitis A and B vaccinations to men who have sex with men in Vancouver, Wash. (5-6:30 pm Thursday. 3701 E Fourth Plain Blvd. 360-397-8098.)

Columbia County Public Health offers anonymous and confidential HIV testing, counseling and case management to anyone. Se habla español. We lend HIV books and videos and offer educational materials and free condoms. (503-397-4651 or 800-244-4870.)

Daily Bread Express provides home delivery of high-quality meals to HIV-positive individuals in need. Fresh meals delivered weekdays, frozen meals for weekends. Volunteers invited to inquire anytime. (Mara 503-460-3822.)

Esther's Pantry in Milwaukie provides food and personal care items to people with HIV/AIDS. Call to donate or for services. (503-349-4699. www.our-houseofportland.org/programs/estherspantry.)

Fuzeon Information Group welcomes people contemplating, using or caregiving for Fuzeon

recipients. Facilitated by experienced patients, nurses and social workers. (5:30-7 pm second Wednesday. 5525 SE Milwaukie Ave. RSVP to Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership/fuzeon.html.)

Health, Education, AIDS Liaison (HEAL) offers information about alternative views of AIDS causation and HIV testing. Call for a free packet of information. (503-227-2339. bwport@comcast.net.)

Multnomah County Health Department's HIV Community Test Site offers confidential testing by appointment with or without your name. Some walk-in testing. Sliding-scale fee. Se habla español; other interpretation by appointment. (9 am-4:45 pm Monday-Friday except 12:30-4:45 pm Wednesday. 426 SW Stark St., Sixth Floor. 503-988-3775.)

HIV Day Center offers hot meals, counseling, laundry facilities, clothing, showers and hygiene supplies, computers with Internet access, phones, mail drop, recreational activities, massage and haircuts. Volunteers invited to inquire anytime. (9 am-3 pm Monday-Friday. 2941 NE Ainsworth St. 503-460-3822.)

The Link, a social networking group for HIV-positive gay and bi men, meets the second and fourth Wednesday of every month for social events, discussions and other outings. (928 SW Stark St. 503-223-6339, ext. 555. thelink@cascadeaids.org.)

Manifest (formerly Q-LAND), a nonprofit men's wellness community, prevents and addresses HIV and STDs by empowering men to pursue their wellness passions together through programs like yoga, cycling, hiking, meditation, healing touch classes, vision teams, wellness coaching, information and referrals. (503-223-8822, ext. 1. www.manifestpdx.org.)

Multnomah County offers free HIV rapid testing to gay, bi and trans guys. Se habla español. (5-7:15 pm Tuesday. 5329 NE Martin Luther King Jr. Blvd. 503-988-3030.)

OHSU HIV Clinic provides comprehensive health care for people living with HIV/AIDS. Services include HIV specialty care, psychiatry, counseling, addiction treatment (including buprenorphine/suboxone), case management, same-day visits and online chart access. Appointments are available regardless of insurance. (503-494-8562.)

Our House of Portland provides Oregon and southwest Washington's only network of integrated health and housing services for people with HIV/AIDS. Programs include Our House (24-hour residential care), Neighborhood Housing and Care, Community Services and Swan

House. To volunteer, contact Kathryn Siebert. (503-234-0175. www.ourhouseofportland.org.)

Partnership Project provides services to people with HIV/AIDS, their families and those at risk. Programs include HIV Case Management, Supporting Healthy Options for Prevention (SHOP), behavior change counseling to motivate people to protect themselves and their partners; and HIV 101, providing basic information for people recently diagnosed. Se habla español. (Intake Line: 503-517-3590. SHOP: Laura or Kurt 503-230-1202 or 877-795-7700. HIV 101: 503-230-1202. Positive Living: Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership.)

Portland Area HIV Services Planning Council is a county decision-making body that identifies services needed for people living with HIV/AIDS and allocates federal funds annually in a six-county area. Need volunteers from all walks of life. (20 NE 10th Ave., Second Floor. 3653 SE 34th Ave. 503-988-3030, ext. 25703. www.hivportland.org.)

Positive Direction Series offers life skill workshops to people living with HIV/AIDS at Cascade AIDS Project. Topics include employment, parenting, health, women's self-image and sexuality, budgeting and tenant education. (Shyle Ruder 503-223-5907, ext. 203. www.cascadeaids.org.)

Positive Living Series is a seven-week self-management series for people living with HIV/AIDS designed to assist you in taking care of your illness, give you skills to carry out normal daily activities and provide you with the tools to manage emotional changes. (Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership/fuzeon.html.)

•talk is a five-week program for people living with HIV designed to reduce stress around talking about your HIV status and negotiating safer sex. New sessions start monthly. (Josh 503-223-5907. jferriercascadeaids.org.)

Project Quest Integrative Health Center offers conventional and alternative health care, nutrition classes, support groups and recreational sports activities for people seeking a wellness focus to living and dying, especially those living with HIV/AIDS or cancer. (2901 E Burnside St. 503-238-5203. pquest@questwest.net.)

The Research & Education Group provides access to HIV/AIDS research trials of new drugs and therapies for people in Oregon and southwest Washington. (2311 NW Northrup St. #105. 503-229-8428.)

The Risk Reduction Zone, a program of Outside In, provides a queer safe space that offers HIV, hepatitis C and STD prevention programs;

Internet resources; peer counseling; referrals; and support groups in a nonclinical setting. (1030 SW 13th Ave. 503-535-3895.)

Social and Support Group discusses HIV issues for men at Quest Center. Meet other nice guys, share information and have fun. (7-8 pm Tuesday. 2901 E Burnside St. Terry 503-253-2292.)

Swan House is a specialized adult foster care home for low-income people with HIV/AIDS who need assistance with personal care, mobility, medications or drug/alcohol/mental health support. (Business: 503-786-4829. Volunteers: 503-234-0175. www.our-houseofportland.org/programs/swanhouse.)

Tod's Corner in Milwaukie provides clothing, household items, companion/pet care, cremations and more to people with HIV/AIDS. Call to donate or for services. (503-349-4699. www.our-houseofportland.org/programs/todscorner.)

Washington County Health Department offers free HIV testing for guys who have sex with other guys at community health clinics. No appointment needed. Results in 20 minutes. Se habla español. (Beaverton: 5:30-7:30 pm Monday. 12550 SW Second St. Hillsboro: 4-5:30 pm Tuesday and 9-11 am Friday. 266 W Main St.)

»COMMUNITY
General

Babble-On Toastmasters meets at Red Coach Restaurant to develop communications and leadership skills, including prepared speeches, impromptu speaking and running effective meetings. (4-5:30 pm Sunday. 615 SW Broadway. 503-330-2706. www.babble-onfm.org.)

Bisexual Community Forum is a space to meet people and freely discuss issues relevant to the bi community at Red and Black Cafe. Everyone is welcome. (7:30 pm first Monday. 400 SE 12th Ave. Laury 503-285-4848.)

Deaf & Hearing Out Reach (DHOR) is a nonprofit organization dedicated to building community among deaf and hearing queers and allies. Visit our Web site for programs, services, events and community resources. (dhordpx@gmail.com. dhordpx.blogspot.com.)

Double Rainbow Foundation is available to help all queer parents who co-conceive children to be treated equally. We believe, regardless of gender, two adults in committed relationships who agree to co-create children should be given the same rights as heterosexual couples. (www.myspace.com/doublerainbowfoundation.)

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Elder Resource Alliance is a coalition of organizations and individuals working to enhance the lives of older members of the sexual minorities community through education, advocacy, outreach and resource development. Activities include sensitivity trainings, creating social change, recreational activities, information and assistance. (3:30-4:30 pm first Wednesday. Friendly House Community Center, 1737 NW 26th Ave. Rachel 503-224-2640. eracoordinator@yahoo.com.)

Equity Foundation is a nonprofit organization founded by gays and lesbians to build communities that embrace the dignity and worth of all people. Equity has distributed more than \$3 million in grants and scholarships throughout Oregon. (503-231-5759. www.equityfoundation.org.)

Getting Bi PDX is a women's group that meets for discussion, coffee and planning social events. (www.gettingbipdx.com.)

KBOO-FM's Out Loud queer news and public affairs show, featuring local guests and announcements, airs second and fourth Tuesdays. This Way Out, the international queer show, airs on first, third and fifth Tuesdays. (6 pm. 90.7 FM Portland. 91.9 FM Hood River. 100.7 FM Willamette Valley. www.kboo.fm. kbooutloud@yahoo.com.)

Love Makes a Family is an international organization that provides a public voice for queer-headed families. Your membership supports parents and their children, works for safe schools and encourages equal rights for all couples. (503-228-3892. www.lmfam.org.)

Manifest (formerly Q-LAND), a nonprofit men's wellness community, empowers men to pursue their wellness passions together through programs like yoga, cycling, hiking, meditation, healing touch classes, vision teams, wellness coaching, information and referrals. We manifest wellness and love through community. (503-223-8822, ext. 1. www.manifestpdx.org.)

Men's Wellness Center is a space dedicated to the health and wellness of gay/bi men offering a variety of fun social events, discussion groups, workshops, HIV/STD testing, free condoms and lube, risk reduction counseling, WiFi and Internet access. (5-9 pm Tuesday [testing only], 4-10 pm Wednesday-Saturday. 928 SW Stark St. 503-445-7699. cityguysascadeaids.org.)

Queer-friendly Northwest Veterans for Peace meets Sundays at Tully's Coffee. (11 am. 935 NE Broadway. nwvp@teleport.com. www.peaceveterans.org.)

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MS. BEHAVIOR

Losing Her Marbles

Should demented mother move in with wary dykes?

DEAR MS. BEHAVIOR:

My mother is really losing her marbles. So much so that my girlfriend, Jan (who is a saint), and I are planning on moving her into the apartment over our garage.

The problem is that Mom has never approved of my being gay and doesn't particularly approve of Jan. We want her to come and live with us, but only under the circumstances that she is kind to Jan and polite to all our lesbian and gay friends.

I'm not sure how much of this she will understand, but my friends think that since it's my house, I should lay down the law before Mom moves in. Do you have any advice?

—Mama's Girl

DEAR MAMA'S GIRL:

You have every right to set the rules, but if your mother is truly "losing her marbles," don't count on her being able to follow your directives. Let's say you want your mother to speak politely and kindly to Jan, but your mother sneers and refuses to call Jan "sir," as per your instructions. What exactly will you do about it? What if your friends pull into the driveway and your mother yells, "Greetings, you hairy fucking dykes" from

her garret window?

If your mother were a child, you could withhold her cookies or her Wii to punish her bad behavior; however, if misdeeds arise as a result of a demented state, you won't be able to hold her responsible for acting out. You'll ask her repeatedly to change her behavior, but she may not be able to follow your wishes. This will be highly frustrating, unless you are somehow able to turn it into an opportunity to cultivate acceptance. (Practice now by saying, "Om shanti shanti.")

It's lovely of your girlfriend to allow your apparently homo-intolerant mother to move in, but you two should expect some upheaval in your relationship and perhaps plan for couples counseling on an as-needed basis—at least until your mother reaches the point that she becomes universally sweet and loving, which does sometimes happen when only two or three marbles remain.

DEAR MS. BEHAVIOR:

I happened upon a notebook that my partner keeps. On one of the first pages there was a list of items under the title "New Year's Resolutions." No. 1 on his list was "No more hustlers."

I am outraged to learn that the little you-

know-what has been frequenting prostitutes, and yet humiliated at having found out by reading his private notebook on his private desk. On



one hand, at least he has the decency to know he should stop. On the other, who knows how long he's been lying to me or at least keeping a major secret?

Is it improper for me to confront him given the manner in which I discovered this information? Or should I keep my mouth shut and hope he can stick to his plan for 2009?

—Snooping Husband

DEAR SNOOPING HUSBAND:

Since your partner left the evidence on his desk rather than in it, he either trusts you a lot or he wanted you to know that he enjoys the occasional (or frequent) company of hustlers.

Confronting him comes with a price. Your snooping—although perhaps not as naughty as consorting with prostitutes—will be perceived as a betrayal. Essentially, your bad behavior will

be an opportunity for your partner to deflect his guilt about whoring around by expressing his indignation at your actions. So you'll be forced to defend your belief that secretly screwing prostitutes is indeed worse than snooping.

As for your thought about letting it go without mentioning it, with the hope that his new year's resolution will stick, consider that your partner's past behavior may predict what he'll do next. For example, does he normally keep his new year's resolutions to diet and exercise? Or does he typically take an oath on New Year's Day but then return to a diet of Krispy Kremes and lattes?

The real question is this: Are you capable of keeping your mouth shut after learning where his mouth has been? If so, you have magical powers of equanimity and self-containment, and Ms. Behavior would like you to consider becoming her personal guru. ☺

MERYL COHN is the author of *Do What I Say: Ms. Behavior's Guide to Gay and Lesbian Etiquette*. Signed copies are available directly from the author. Send questions or correspondence to msbehavior@aol.com.