



SAVIVE



SA Voice for IV Education
Autumn Newsletter, 2009

LOCAL NEWS

NEW LAWS TARGETING HYDROPONIC TRADE

Powerful new laws are planned for South Australia that will target both sellers and buyers of hydroponic equipment used for growing cannabis.

The laws will be the first of their type in Australia and would require dealers and their staff to undergo fit and proper person tests.

Buyers would also face a 100-point identity check to buy hydroponic equipment, with their details to be forwarded to police.

The Police Minister, Michael Wright, says he cannot guarantee legitimate hydroponic equipment users will not get caught up in the process.

"There's nothing wrong with people having their name recorded if they are using this type of equipment for legitimate use and that may happen with some growers, although it's not the advice we've so far received, but if they have a legitimate use they have no need to fear," he said.

Democrat MP David Winderlich says the Police Commissioner should not be given the power to veto a hydroponic dealer licence or employment on the grounds of criminal intelligence.

"Now criminal intelligence means secret, now that means you could be denied a job based on secret evidence that you're not allowed to see," he said.

Source:
<http://www.abc.net.au/news/es/2009/03/13/2515490.htm>
February 26, 2009

CANNABIS SEIZED IN PORT PIRIE DRUG BUSTS

Police have seized cannabis plants and equipment from six houses in Port Pirie in

the past eight days.

Chief Inspector Howard Davies says two men were arrested in two separate incidents yesterday alone for cannabis-related crimes.

In an unrelated incident last month, police seized eight kilograms of cannabis from a vehicle on National Highway One near Port Pirie.

Inspector Davies says police are working to break the area's reputation for having easy access to drugs.

"We're concentrating on all drugs, but at this stage we've only detected cannabis," he said.

"There is an unfounded reputation for this area that cannabis is freely used and easily available.

"It is my goal to reduce the amount of drugs being used in this area."

Source:
<http://www.abc.net.au/news/stories/2009/03/13/2515490.htm>
March 13, 2009

NATIONAL NEWS

DRUG AMNESTY BINS LEFT EMPTY

Police say a very small quantity of drugs was placed in amnesty bins which were used at a music festival in Perth at the weekend.

The bins were located at the entrance of the Rock-It festival in Joondalup, where people could dispose of drugs without being charged.

Police Commander Brian Cunningham said there were no drug overdoses at the event, which was attended by 26,000 people.

Commander Cunningham says only a few people disposed of drugs in the bins, and one person was charged with supplying drugs.

"Until we have it analysed we don't know, but I can't say it's a very small amount, it's not a large amount, but the other thing I can say is that even one of the persons

Disclaimer:

SAVIVE works within a harm reduction framework which does not condone or condemn drug use.

The aim of this newsletter is to provide an update on news and issues of relevance to people who use SAVIVE services.

The newsletter is not intended for wider distribution.

that passed the bins has been charged with supplying drugs," he said.

"And we actually apprehended someone outside the event trying to supply drugs to other people too."

Source:
<http://www.abc.net.au/news/stories/2009/03/09/2511094.htm>
 March 9, 2009

WOMAN HID DRUGS IN CHOCOLATE WRAPPING, COURT HOLD

A 31-year-old woman has appeared in court charged with importing the drug known as 'ice' into Australia in chocolate bar packaging.

The woman arrived at Melbourne Airport on a flight from Thailand on Tuesday.

During an inspection, Customs and Border Protection officers allegedly found a plastic bag containing a white substance in the woman's handbag.

The woman has been remanded in custody to face court again on June 5.

Source:
<http://www.abc.net.au/news/stories/2009/03/13/2516009.htm>
 March 13, 2009

SYDNEY'S MARDI GRAS DRUG BUST

A four-month undercover operation by NSW police ended just after 10.30pm last night when a 22-year-old man was arrested at a McDonalds restaurant in western Sydney. Ryan Kirkbride was charged with selling a commercial supply of a prohibited drug, with police claiming he had arranged the supply of 2,000 ecstasy pills for this weekend's Gay & Lesbian Mardi Gras in Sydney.

Said to have a street value of roughly \$80,000, police are sure that the arrest has put a dent in the supply of illicit drugs for the annual parade and party. "We will be alleging that the drugs were destined for the Mardi Gras parade," NSW Police Assistant Commissioner Catherine Burn told the Daily Telegraph. "The disruption of this drug supply chain has put a dent into the market and it will reduce

the amount of drugs available. It's essential that people understand we are going to target drug crime up to and including the Mardi Gras parade."

The arrest comes after Strike Force Bolt was established in October last year, with its main target to stop the supply of ecstasy in the Sydney area. It's alleged that Kirkbride sold quantities of the drug on several occasions to undercover officers throughout the investigation. At the time of his arrest drugs were recovered from his car, and his house in Wentworthville was also raided.

Source:
http://www.inthemix.com.au/news/aust/41820/Sydneys_Mardi_Gras_Drug_Bust
 March 5th, 2009

PAIR FACE COURT AFTER HEROIN FOUND HIDDEN IN RUGS

Two Melbourne men will face court today, charged with conspiring to import about 20 kilograms of heroin into Australia.

A 55-year-old man from Preston and a 31-year-old man from Keilor Downs were arrested by Federal Police on Sunday, one week after Customs officers found drugs concealed within a number of rugs.

The rugs were brought into Australia on a flight from Pakistan.

Source:
<http://www.abc.net.au/news/stories/2009/03/10/2512000.htm>
 March 10, 2009

IN FOR THE QUICK FIX

Loopholes allow an unapproved heroin treatment to flourish amid serious health concerns.

Thirty minutes before she went to the clinic, Sarah had what she thought would be her last shot of heroin. She made sure it was a big one. Barely conscious of her surroundings, she was questioned briefly by a nurse about heroin use that day. "I said I had used a lot and the nurse said: 'Well, you will probably get very sick then.'"

Nothing prepared Sarah and her parents for the next three days of delirium, pain and

nausea as she went through "rapid detox" from heroin after receiving a large dose of Narcan and an implant designed to block the brain's opiate receptors, and therefore nullify, the effects of heroin.

There was no warning from the clinic, no guidance on how to deal with the overwhelming effects of the detox, no thought that maybe she was too affected by drugs to consent to having naltrexone surgically implanted in her lower abdomen.

"My parents had to keep watch over me all night. I was banging my head on things, I couldn't walk properly, couldn't talk properly, I was having muscle cramps and spasms, and then you get really depressed," Sarah said.

When she was through the detox Sarah returned to her own flat, where she used heroin almost immediately. The naltrexone implant - designed to block heroin for up to six months - worked and she felt no effect from the drug.

But there was no counselling, no help to walk away from what had been a short but tumultuous descent into heavy heroin use. The urge to use was as strong as ever.

And this is where the naltrexone fairytale - putting aside the dangers of rapid detox and the potential for fatal overdose - ends. Sarah did what many, many drug users do. She found a drug that is not blocked by naltrexone - amphetamine - and injected that. She felt the rush. She changed drugs. It's as simple as that.

It is a tempting idea, the quick fix. That is why naltrexone implants are so seductive. Better than a lifetime of heroin addiction, or being tied indefinitely to methadone or buprenorphine, naltrexone stops dead the opiate experience. In an implant, it can block heroin for up to six months. What's not to love?

It is this false hope that draws drug users in their thousands to clinics in Sydney and Perth, in search of the magic cure for the addiction that has dogged many of them for years. It works for some, mostly those surrounded by supportive friends and families, who have stable lives in jobs or study.

Many other implant users land in hospital, desperately ill, with renal failure, post-

NATIONAL NEWS - CONTINUED

operative infections, dehydration and depression; others, like Sarah, switch to amphetamines or cocaine to bypass the implant. Some die, mostly from overdose of the very drug they are trying to quit.

And without a clinical trial, we just don't know how many it helps and how many it hurts. Without the protection of federal drug regulation, with no studies to inform us on the implant's safety, effectiveness and lifespan, doctors have implanted thousands of these devices. The regulatory gaps are a duty of care failure writ large and a triumph of fervent belief over cold evidence.

Implant facts

* More than 3050 naltrexone implants have been used in Australia in the past five years alone, despite there being no approval by the Therapeutic Goods Administration.

* Naltrexone tablets are approved for the treatment of alcoholism, not for opiate addiction.

* A large-scale review has found insufficient evidence that naltrexone implants are an effective treatment for heroin addiction.

To read the rest of the article go to: <http://www.smh.com.au/national/in-for-the-quick-fix-20090410-a2w5.html>
April 11, 2009

five kilograms of cocaine partly in the cast.

Cocaine was also allegedly contained in fake beer cans and hidden inside the legs of folding stools in his luggage.

Suspects with drugs concealed underneath real plaster casts have been detained in the past, but Spanish news reports say this is the first time airport officials have seen a cast made entirely of compressed cocaine.

The Chilean man has been charged with drugs trafficking and transferred to hospital for an operation on his broken leg.

Police believe the man, or his accomplices, may have broken the leg on purpose so as not to arouse the suspicions of customs officials. Spain is the primary entry point for cocaine into Europe and is the largest consumer of the drug in the European Union.

Source:
<http://www.abc.net.au/news/stories/2009/03/07/2509999.htm>
March 7, 2009

UN AGREES TO NEW 'WAR ON DRUGS' POLICY

After months of high-level negotiations, the United Nations peak anti-narcotic body says it has formulated a new plan for the so-

For Dr Alex Wodak from the Alcohol and Drug service at St Vincent's Hospital in Sydney, the folly of that approach is clear for all to see.

"The drug trafficking trade is now worth over \$US300 billion a year, which would make it, were it a country, would make it the 21st biggest economy in the world," he said.

"And how this can be called anything but a lamentable failure is beyond me."

For the past two days members of the Commission on Narcotic Drugs have met to finalise the next phase of drug policy.

Mike Trace is the Chairman of the International Drug Policy Consortium and he has been observing the meeting.

He says he was hoping the commission would adopt a harm minimisation strategy similar to that of other UN agencies.

But he says, yet again, he has been disappointed.

"The general tone of the meeting is of self-congratulation that the system is successful, and the UN agencies and the governments are broadly saying we are doing the right things over the last 10 years and we should continue them and do them harder and better in the coming 10 years," he said.

A shift in United States drug policy brought on by the Obama administration has come too late to change the commission's outcome.

"Most of the US positions on that declaration are hangovers from the Bush administration," Mr Trace said.

"Now, there has been some very welcome change from the US delegates here in the last few weeks to say we are looking at different ways of reaching agreements on those issues and that's very welcome, but it's come just too late."

Sandeep Chawla is from the United Nations Office on Drugs and Crime and believes the new goal from the commission does mark a significant change of approach.

"While I agree there is no resounding, firm declaratory statement in favour of either harm reduction or in favour of abandoning the aspiration for a drug-free society, there is also throughout the action plans and the declarations, recognition that the public health approach needs to be the primary one," he said.

INTERNATIONAL NEWS

BROKEN-LEGGED SMUGGLER 'CAUGHT WITH COCAINE CAST'

A 66-year-old passenger who arrived at Barcelona Airport in a wheelchair and with a leg cast made entirely of cocaine has been arrested as he tried to get through Spanish customs.

Spanish police say the Chilean man, who was on a flight from Santiago, was arrested at Barcelona Airport with

called 'war on drugs'.

Last night, the United Nations Commission on Narcotic Drugs agreed on a policy which it says will not only deal with drug trafficking but also help users overcome their addictions.

But there is already confusion about what the declaration actually means, and an alliance led by drug abuse experts and humanitarian organisations says the new strategy is just more of the same old policies.

The focus of international drug policy over the past 10 years has been the goal of a 'drug-free world'.

Already there is confusion over what the new policy actually means.

A group of countries including Australia have said they believe it allows for harm minimisation strategies such as needle exchanges.

That is an interpretation that has in turn been rejected by countries such as the United States and Russia.

Discussions in Vienna will now turn to the question of how to go about implementing the new policy with practical measures, and it appears there are still many issues to be resolved.

Source:
<http://www.abc.net.au/news/stories/2009/03/15/2516644.htm>
 March 15, 2009

COLUMN: OBAMA'S TAKE ON THE DRUG WAR

Fissures are suddenly forming along the edges of the giant iceberg of America's multibillion-dollar "war" on drug use, first formally proclaimed by President Richard Nixon in 1971.

But so much depends on what President Barack Obama decides to do with the issue.

This month a Latin American commission headed by former presidents Fernando Henrique Cardoso of Brazil, Ernesto Zedillo of Mexico and Cesar Gaviria of Colombia condemned harsh U.S. drug prohibition policies that are based, in Gaviria's words, "on prejudices and fears and not on results."

Fueled by Americans' drug appetite and dollars, drug-gang violence is engulfing Mexico, threatening the very stability of the state with massive corruption and close to 6,000 killings last year.

Brazil is afflicted with daily gun battles between police and gangs in urban slums. And despite years of intensive U.S.-backed efforts to eradicate Colombia's cocaine exports, official reports show they've risen 15 percent in this decade. A high proportion are smuggled into the U.S.

The drug war, the former presidents charge, is imperiling Latin America's democratic institutions and corrupting "judicial

systems, governments, the political system and especially the police forces."

As both the world's largest drug consumer market and the lead voice in setting global drug policy, the United States, the Latin leaders argue, has huge responsibility now to "break the taboo" that's suffocated open debate about the wisdom of a clearly failed 38-year "war."

The leaders are placing hopes in Obama, who as a candidate said the "war on drugs is an utter failure" and talked favorably about more public health-based approaches.

Given that history, and given this president's openness to hearing diverse points of view, it's hard to believe he'll maintain the stony wall of indifference to drug policy reform that all his predecessors since Nixon have maintained.

Still, there are crucial issues of politics and timing. One can just imagine White House advisers telling Obama to steer clear of the drug issue, that it could be as perilous and distracting as gays in the military were for President Bill Clinton in his first year in office.

Against that background, the Latin leaders' statement itself may help move the compass. Ethan Nadelmann, executive director of the Drug Policy Alliance, calls their manifesto (www.drugsanddemocracy.org) "a major leap forward in the global drug policy debate." One reason: these are conservative, highly respected leaders.

Gaviria, as President of Colombia in the early '90s, for example, worked with U.S. anti-narcotics agents to hunt down and kill Pablo Escobar, the cocaine kingpin.

But Gaviria and his fellow former presidents, along with Latin mayors, writers and other respected leaders joining in their declaration, say it's time to recognize that force and prohibition have failed to stop dangerous narco-trafficking.

It's high time, they propose, to focus on harm reduction and prevention efforts -- following European models to change the status of addicts from drug buyers in an illegal system to that of patients cared for in a public health system. They also suggest considering decriminalizing possession of marijuana for personal use -- a step Obama recently indicated he's not ready to take.

And they say they'll be watching how the

U.S. handles the meeting of a key United Nations-sponsored Commission on Narcotic Drugs which convenes in Vienna next month. The commission is to review the prevailing, harsh, U.S.-molded drug policies the U.N. General Assembly set in 1998. But there's the question: Will Obama (and Hillary Clinton's State Department) send reformers, or just bureaucrats who've soldiered in our blind-alley war on drugs? Drug reformers were disappointed when Obama recently passed over public health advocates to appoint a police chief -- Gil Kerlikowske of Seattle -- as the country's new drug czar (director of the Office of National Drug Control Policy).

But Kerlikowske does appear to have worked harmoniously with Seattle's cutting edge of drug reforms -- well-established needle exchange programs, marijuana arrests declared the lowest law enforcement priority through public initiative, and a local bar association that's a national model in finding alternatives to drug prohibition laws.

So there are gleams of hope at the end of a long tunnel. And what better time than this wrenching recession to shift law enforcement to legitimately serious crimes, starting to discharge the hundreds of nonviolent drug offenders held in our bulging, cost-heavy jails and prisons?

Predictably, any shift will be tough. Many law enforcement agencies count on the jobs -- and seizures of cash -- that the drug "war" delivers. Our "prison-industrial complex," guard unions included, remains potent. And federal law actually prohibits the drug czar from recommending legalization of any proscribed drug, no matter what his personal judgment may be.

We have dug ourselves a deep hole. Only forthright and courageous leadership is likely to start us on a saner path. Can this be "the time?" Please, Mr. President.

Source:
http://www.november.org/stayinfo/breaking09/Obama_On_Drug_War/html
 February 22, 2009

SAVIVE CNP Site Reports...

SAVIVE NORWOOD

People coming into our Norwood CNP office will have noticed a few changes in the last 6 months. The most obvious is the computer & printer in the CNP that is available for anyone to come in & use. There's no censorship or internet filters, you can check out whatever sites you like (as long as it's not porn!) or just use it for everyday things, like checking your emails or printing out your bank statements. Coming in & using the computer is a nice way of getting to know the staff and volunteers here too. There have also been changes in staff during the last 6 months. Patrick came to Norwood when the CNP at Second Story closed and Claire was off on maternity leave, Claire has recently returned to work. (Another baby boy!) The only negative is that we are still having trouble finding people from the drug using community who would like to help us out by getting together once every 2 months to discuss SAVIVE, what we are doing & how we could do it better. If you want to join us on the SAVIVE Program Advisory Committee, it is really easy – leave your details with either Patrick, Claire, Nicole or Carol next time you are in. You might not think it's for you, but keep it in mind 'cos these things can be a lot of fun, especially if you're feeling isolated & want to meet new people. Claire.

SAVIVE PORT ADELAIDE

Hi everyone,

SAVIVE at Port Adelaide has been running more smoothly of late due to the cooperation of staff at Port Adelaide Primary Health Care Service (once known as Port Adelaide Community Health Service). Once, clients could only get 'grab packs' from reception. Now if clients need other equipment such as wings, filters, water, barrels, tips, larger amounts of syringes and disposal units, they can as long as someone who has been trained is available. We have had great feedback from clients and workers regarding this and I would like to thank you all for your patience and cooperation.

Every morning and afternoon a "needle sweep" is done around the Centre and in the toilets, as a couple of years back there were reports of unsafe disposal of syringes. I am pleased to say that lately I haven't been finding many at all. Most people do the right thing, and dispose of their syringes correctly, it is just unfortunate that there are some that don't which can give the drug using community a negative reputation.

I would also like to remind everyone that SAVIVE can provide peer education, information, referrals to services i.e. doctors, hospitals, dentists, sexual health services, Hep C Council, HIV clinics, accommodation services, legal services and alcohol and drug treatment services and other services that you may require.

That's all from me until next time. Keep safe!!! Kylie

SAVIVE SHOPFRONT

Shopfront in Salisbury is mainly a Youth Health Service but does provide a CNP (clean needle program) service staffed by SAVIVE peer educators for all community members, regardless of age. The Shopfront CNP provides syringes, filters, tourniquets, up-to-date information & resources on hep C, HIV/AIDS, detoxification services and OMT (Opioid Maintenance Treatments). The CNP also provides a syringe disposal service.

Outside of Shopfront there are 2 car park spaces that have a small metal sign, about 3 metres off the ground, to inform you that these are Government car spaces.

It's common sense that if you park where you are not supposed to and draw attention to your car, if your tyres are bald or you're unregistered or uninsured - your car is likely to get defected. So far a number of our clients have been targeted for parking in these spaces.

So if you are coming to Shopfront/SAVIVE for a visit, please do not use the government parking spaces.

Please remember that if you are approached by police outside of the CNP - be polite. If you believe you have been treated badly or unfairly, take the officer's number, and inform either the SAVIVE peer educator in attendance, or SAPOL.

Sue B

SAVIVE PARKS

White tail spiders at the Parks

Recently the CNP at The Parks has had an increase in clients reporting White Tail Spider bites.

White Tail Spiders are small and dark in colour, and have a tiny white line or dot at the very end of their body. They are quite “long” from head to tail, and not rounded in shape like your average Huntsman-type spider. White Tails do not live in normal webs, either. Instead, they stalk their prey (insects and bugs) along the ground. Normally hatching in summer, White Tails live in dirt and holes in the ground. Their bites can be very painful (you’ll know if you’ve been bitten) and in some cases, if left untreated, can get a nasty infection that like any other, can spread to other parts of the body.

It’s no surprise with the recent construction in the area and a hot summer followed by rain, that many White Tails are being forced inside. It’s their ground dwelling nature that is the problem for us humans, as once inside they tend to wait in warm places such as clothes, on the ground and in bedding – this is how most people get bitten.

If you suspect a spider bite try and keep the spider. If it is safe, capture the spider (dead or alive) as this will help identify if it is dangerous or not. Clean the wound and apply a cold compress to the affected area. Use ice wrapped in a tea towel, or a bag of frozen peas or vegetables. Once any swelling or pain subsides, dress the wound with gauze or a bandaid, and change several times a day. If the pain does not subside, and gets worse over a day or two then see your doctor. A simple anti-biotic can prevent the infection from spreading, or the area from swelling up. This is especially true if you are feeling generally run down or have a lowered immune system.

And make sure you check your clothes and bed if you notice a lot of insect or spider activity around – it might save you a bit of a sting and a trip to the doctors!

Justin.

SAVIVE NOARLUNGA

G'day all.

I have been working as a casual Peer Educator down south at Noarlunga for about 2 years... It has been great meeting and learning from our clients, as we are all peers and I hope that the information that SAVIVE provides is getting passed on out there as I have learnt that you can never have enough knowledge in regards to being safe. I also want to thank you all for keeping up the good syringe return rate... Remember it only takes one person to throw a syringe in the wrong place and our whole community gets a bad name.. So hope to see you around and if there is anything on your mind drop in for a chat and remember TO BE SAFE...

John.

AIDS COUNCIL STAFF UPDATE

Shane Dinnison – NEW Executive Director, ACSA

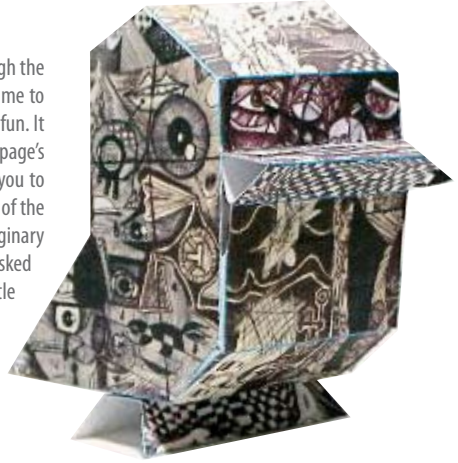
My name is Shane Dinnison and I joined ACSA as Executive Director in December last year. Over the last five years or so I have been working as the Deputy Director at SACOSS, the SA Council of Social Service. In my job there I held a number of key roles. Firstly, I managed our sector development work: helping non government organisations with their management and governance issues and conducting training in a wide variety of areas - activism, campaigning, funding submissions, governance and policy development to name a few. Secondly, a substantial part of my work was analysing Government policy and co-ordinating community sector responses to issues such as child protection, community engagement, food security, energy, mental health and public housing - all with a focus on outcomes for low income and disadvantaged South Australians.

Over the last couple of months I have been getting to know everyone in the sector, at ACSA and SAVIVE, and have spent lots of time working with the Board and staff to develop our HIV/STI prevention funding submission for the next three years. I've been out to a few of the community based CNP's and have also met quite a few of the volunteers, who continue to enhance the valuable work of supporting users. Carol and I will be meeting with the DASSA staff in the next couple of weeks to commence negotiations for the next round of SAVIVE funding. Please feel free to pop in and say hi when you're around.

WEBSITES TO CHECK OUT:

www.nanibird.com

There's absolutely nothing drug or health related about this site – although the creators were most probably taking something! However, if you've got time to kill and access to a printer (preferably colour) this Japanese site is a lot of fun. It features a range of fold-up paper birds that are free to download. The webpage's opening banner is "Welcome to NaniBird. All the lil' birdies are free for you to enjoy. Download, print, cut and play!" which pretty much says it all. Each of the birds has their own original name, such as 'Dead Birds Don't Fly' and 'Imaginary Friend'. Check out the 'Special Blends' batch of birds – the creators have asked some of their favourite artists and designers to come up with their own little birdies. The other 'batches' of birds to make are all really great too. Pretty soon you'll find you have run out of space for your new friends!



www.inthemix.com.au inside dance music

This is a fantastic Australian site that should appeal to most doofers out there. With all the most up-to-date information on dance music, festivals, albums, tours, tickets and clubs – to name just a few things – this website also allows the user to change the site to feature the latest news and reviews from the capital city they live in. As well as reviews, interviews, news items and dance music information, the site has some great competitions, free music downloads and podcasts. You can post your own reviews, videos, photos, or even join in some of the 'Hot Forums' to discuss all sorts of dance music related topics. To receive regular email up-dates, you can subscribe to "in the mix" and keep abreast of just what's happening in the dance music and club scene in your city.



ANOTHER HANDY HINT by John C.

REMEMBER TO WASH YOUR HANDS before and after each shot! If you have a shot in the morning, take the fit out, put your finger on the injection site to stop the blood – later in the day you could have traces of blood on your finger. If you are sharing a mix, you could unknowingly contaminate the mix from the blood on your finger from your last taste, even if you can't see it.

For those of you who are injecting where you can't get your hands on soap and water to wash your hands – swab your fingers, especially the finger tips.

Remember it only takes a minute amount of blood to pass hep C or HIV/AIDS...SO BE SAFE...



THE SPOILED UNDER-30 CROWD!!!

If you are 30 or older you will think this is hilarious!!!!

There were no MP3's or Napsters! You wanted to steal music, you had to hitchhike to the damn record store and shoplift it yourself! Or you had to wait around all day to tape it off the radio and the DJ'd usually talk over the beginning and @#*% it all up!

We didn't have fancy crap like Call Waiting! If you were on the phone and somebody else called they got a busy signal, that's it! And we didn't have fancy Caller ID either! When the phone rang, you had no idea who it was! It could be your school, your mum, your boss, your bookie, your drug dealer, a collections agent, you just didn't know!!! You had to pick it up and take your chances, mister!

We didn't have any fancy Sony Playstation video games with high-resolution 3-D graphics! We had the Atari 2600! With games like 'Space Invaders' and 'Asteroids'. Your guy was a little square! You actually had to use your Imagination!! And there were no multiple levels or screens, it was just one screen Forever! And you could never win. The game just kept getting harder and harder and faster and faster until you died! Just like LIFE!

You had to use a little book called a TV Guide to find out what was on! You were screwed when it came to channel surfing! You had to get off your ass and walk over to the TV to change the channel and there was no Cartoon Network either! You could only get cartoons on Saturday Morning. Do you hear what I'm saying!?! We had to wait ALL WEEK for cartoons, you spoiled little rat-bastards!

And we didn't have microwaves, if we wanted to heat something up we had to use the stove ... Imagine that!

And don't even get me started on mobile phones with cameras!

That's exactly what I'm talking about! You kids today have got it too easy.

You're spoiled. You guys wouldn't have lasted five minutes back in 1980!

Regards, the over 30 Crowd.

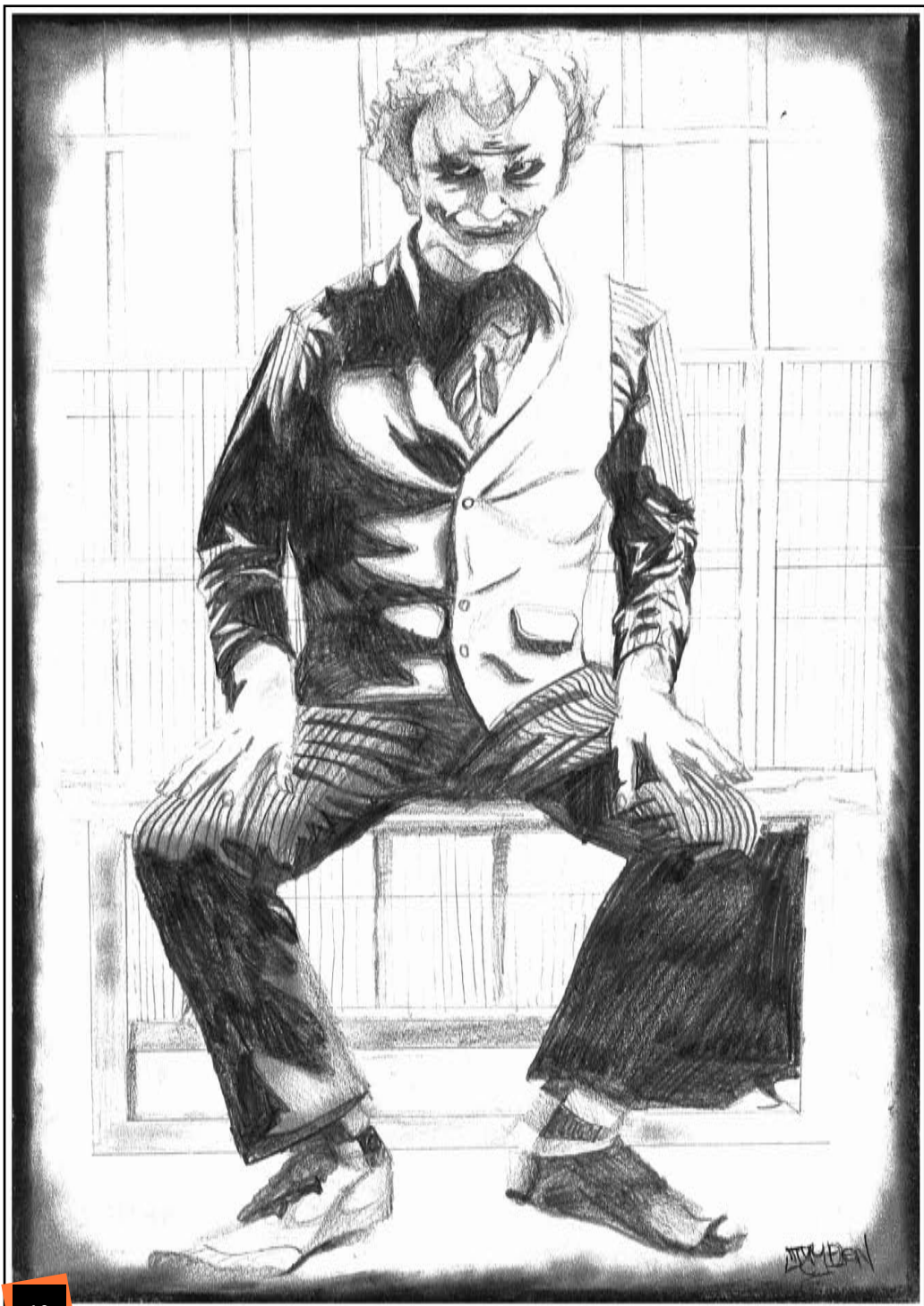
When I was a kid, adults used to bore me to tears with their tedious diatribes about how hard things were. When they were growing up; what with walking twenty-five miles to school every morning ... uphill... barefoot... BOTH ways, yadda, yadda, yadda.

And I remember promising myself that when I grew up there was no way in hell I was going to lay a bunch of crap like that on kids about how hard I had it. And how easy they've got it! But now that I'm over the ripe old age of thirty, I can't help but look around and notice the youth of today.

You've got it so easy! I mean, compared to my childhood, you live in a damn Utopia! I hate to say it but you kids today, you don't know how good you've got it!

I mean, when I was a kid we didn't have The Internet. If we wanted to know something, we had to go to the damn library and look it up ourselves, in the card catalogue!!

There was no email!! We had to actually write somebody a letter, with a pen! Then you had to walk all the way across the street and put it in the mailbox and it would take like a week to get there!



Three Packs - from your CNP

Sometimes, loose syringes are found lying next to the little black pack that the syringes came in when they were handed out at the Clean Needle Program (CNP). This is especially true with the 3 packs.

These little black containers don't just make the syringes easier to hold. They are for the safe disposal of the syringes after they have been used. Once the dirty syringe is put back into the 3 pack it cannot be removed, making it safer for everyone.

If you get a 3 pack, here are some handy hints on how to use it:

- After the syringe has been used, do not recap the syringe,
- Simply push the syringe (sharp end first) into the hole you got the syringe out of, until you here it click,

This is so the syringe can't be re-used and lessens the risk of accidental needle stick injury.

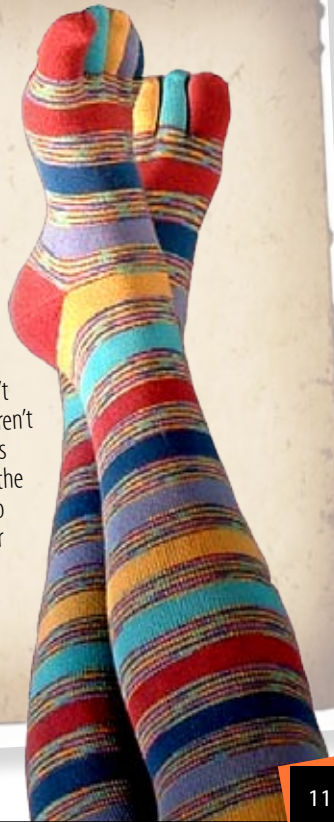
It is that simple.

So the next time you ask for a 3 pack please dispose of your syringe properly.

HANDY HEALTH TIPS: 'mentholated chest rub'

During a lecture on Essential Oils I learned that the soles of the feet can absorb oils. The example provided was: Put garlic on your feet and within 20 minutes you can 'taste' it.

Some of us have used mentholated chest rubs for years for everything from chapped lips to sore toes and many body parts in between. But I'd never heard of this. And don't laugh, it works, although the scientists who discovered it aren't sure why. To stop night time coughing in a child (or adult as we found out personally) put the chest rub generously on the soles of the feet and put on a pair of socks. The heavy, deep coughing will stop in about five minutes and not return for a long while - providing many, many hours of relief. This method can be very effective in children. In addition it is extremely soothing and comforting and they will sleep soundly.



Helpful LEGAL TIPS

Collecting cans and bottles for recycling is a great way of earning a bit of extra cash. It is especially worthwhile now that it has gone up to 10c per can/bottle – you only need ten to make \$1. However, there are a few things that you need to consider before getting out there and going through bins!

A person's rubbish is legally considered "private property" and it is therefore illegal to take things from people's rubbish bins without their permission. You can and will be charged for the offence if apprehended by the police. This is true for the "Hard Rubbish" collection once a year and for the weekly or fortnightly collection of household waste, including the recycling bin. So, if you want to get something out of a bin, it is a good idea to knock on the person's door and ask permission. If they say "no" it is really not smart to sneak back in the middle of the night to take it – they'll know it was you!

Public rubbish bins are considered the property of the local council and again it is recommended that you seek permission before taking anything. The same goes for a business or an organisation's rubbish and recycling.

That said, most people are good about it as long as they are asked. Nobody likes to see their property being taken, even if they never planned to use it. Asking costs us nothing but it may just save us a lot!

Chucking a fit!



'Joe' had just had a whack and as usual he collected up his fit, bloody tissue, swabs and wrappers and chucked them all into his kitchen bin and headed out the front door to go to work.

'Flo', who worked at the CNP, had given him a yellow bin for disposing dirty fits but he had been using drugs forever and he always just chucked his dirties in the bin.

It was Friday morning and Joe waved to his neighbour as she herded her kids into the car for school. It was going to be a beautiful day but then Joe noticed the bin collection company hadn't picked up the bins yet and overnight the wind had knocked Joe's bin over and someone's dog had gone through it all, ripping open the bags, looking for God knows what. Joe nearly chucked a fit when he saw all his syringe litter all over his front lawn and the sidewalk. Until then he had kept a pretty low profile in the neighbourhood.

We have all at some stage in our lives chucked a fit, thrown a tantie, or had a spack attack and it probably wasn't pretty. In fact it probably wasn't good for our image in general but it probably didn't really hurt anyone either. However the other kind of chucking a fit such as throwing a syringe out the car window, into a gutter etc can hurt people. It can hurt you.

Although the risk of anyone contracting anything from a discarded syringe may be miniscule, it still has a huge impact. It affects the way other people view people who use drugs and it gives ammunition to the people that don't believe in Harm Reduction. These are the very same people who put pressure on the Government to address the "drug problem", and this directly affects you.

So do it for yourself and think twice before you chuck a fit.

- It is not illegal to be carrying used fits as long as they are in a proper disposal unit
- If asked, you are not obliged to disclose that they are your syringes (you may have found the syringes and be returning them to the CNP)



ALL TOMORROW'S PARTIES

This January I had the extreme fortune to go to a fantastic underground music festival at Mt. Buller Ski resort called "All Tomorrow's Parties". I heard punters saying they thought it was the best festival they've ever been to, and I'd have to agree.

I've had my eye on this festival as it's been running in the UK and the US for around 10 years and they always have amazing line-ups of the best, most obscure bands on the planet. The idea is they get the headline act to choose all the other bands, so if you like the headline act, you're going to love all the acts & see a whole bunch you've probably never heard.

This year was the first time it was held in Australia, & it was curated by Nick Cave & the Bad Seeds, who were also the headline act. Now that's great, but I couldn't believe who else they'd got when I saw the first poster- The Saints; Laughing Clowns – both bands playing for the first time in 20 odd years; Primitive Calculators – first gig since 1977; Roland S Howard; Michael Gira (singer from Swans)- first time ever in Australia; Dirty Three – first time I've actually seen them, & they were fantastic! I mean, this was like re-living my wild misspent youth, just about every band sent shivers up my spine with the intensity and passion they've spent years perfecting. Who would have thought, two whole days and nights of the most intense music Australia has produced, being played mostly by guys around 50 years of age. A couple of the international acts, Silver Apples & Harmonia, were well into their 60's. Harmonia were brilliant, a krautrock band with members of Kraftwerk, Faust, Cluster and Neu! Quite a few surprises – Psarandonis, incredibly passionate Greek rebel folk music. James Blood Ulmer, old school blues guy with a huge shiny black semi acoustic guitar with gold trim. Grinderman were the mystery act – with Nick Cave & Warren Ellis from Dirty 3, they were great, really heavy garage sound. Other highlights were young bands Afrirampo – 2 wild Japanese punk girls screaming and jumping around in red dresses; Fuck Buttons – intense electro duo playing all sorts of gadgets and toys; Bill Callahan from Smog – beautiful voice; Spiritualized – (ex Spaceman 3) an incredible show with gospel backing singers; The Stabs – great young Melbourne band; Passenger Of Shit – breakcore/speedcore/shitcore/lamecore act, fully intense with a horrible rubber turd mask on.

One of the best things about the whole event was you actually got to see all 30 bands if you wanted to. The 2 stages alternated & there was just enough time to walk to the top of the mountain as the next band started. But you had to do this trek 8 times a day! Didn't matter how much beer you drank, you were always sober when you got to the top of the hill. As Nick Cave said when the Bad Seeds came on, "Thanks for making the effort to come up the mountain. . . I certainly wouldn't have". But we did all get fit. There were about 3000 people, so quite comfortable. The only slight bummer was the idiot security actively sniffing out any pot smokers and just being totally gung ho and over the top. Really, this type of event didn't even need security; they were the only aggro ones there.

One funny thing was when a young punter asked Nick Cave to play a Birthday Party song. Nick says "Nah, we're not playing that song, it's got really bad rhymes. I was stoned when I wrote that, oddly" and the fan says "but you were having fun". Nick replies "Yeah we were having fun, it's just a bad song".

Truly the best festival I've ever been to. I encourage anyone into great degenerate music to look out for it in the future, no matter who is curating it. These guys have great taste & it's sure to be amazing.



GLENSIDE CAMPUS REDEVELOPMENT:

You may have heard by now about the Glenside Redevelopment project. A number of health services will be relocating to Glenside to be situated alongside the existing Glenside mental health facility (aka Glenside Hospital). One of the state agencies that will be relocating some of its services to Glenside is Drug and Alcohol Services South Australia (DASSA).

The DASSA services that will be moving to Glenside Campus and sharing space with mental health and other services are Warinilla, DASSA headquarters, Joslin Clinic and North Adelaide Clinic. The DASSA services at Glenside will include new Inpatient Services (30 beds) and Outpatient Services.

The new mental health facilities will include: a new 129 bed, \$100 million hospital, new health buildings, a 15 bed facility and 40 supported accommodation places. Other health services on the Glenside site will include:



- Acute Adult Inpatient Unit (53 beds)
- Post – Natal Mental Health Facility (6 beds)
- Secure Rehabilitation Inpatient Service (40 Beds)
- A Heritage Precinct
- A major Film and Screen Centre
- A wetlands area, walkways and bicycle paths
- A retail precinct and commercial development precinct
- A residential area, including affordable housing and supported accommodation

Although illicit drug users and DASSA service users did not get a say in whether this move goes ahead or not, drug user participation in the Design Reference Group and Outpatient User Group has provided a small avenue for consumer input into the design and layout of the services. People who inject drugs also participated in a community consultation where they were given information about the proposed design and asked to provide comments and feedback that was conveyed to the architectural design team.

The Glenside Redevelopment will begin in 2009 with work to be completed in 2013/14. In the meantime, DASSA services will continue to operate from their existing locations. DASSA have stated that the move will present significant opportunities such as increased bed numbers, improved linkages for clients with co-existing substance misuse and mental health issues and improved service infrastructure for clients.

Whether the relocation turns out to be a good or bad move for clients remains to be seen but clearly something needs to be changed as the current lengthy waiting list for people needing inpatient and outpatient drug treatment services is evidence that the existing system is failing to meet consumer demands.

RECIPE OF THE MONTH:



5 Minute Chocolate Mug Cake

4 tablespoons SR flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips
(optional) a small splash of
vanilla extract
1 large coffee mug

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave [see picture 1] and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired [see picture 2].

EAT! (this can serve 2 if you want to feel slightly more virtuous).

And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

HOT HINTS: Removing the Pink Cap from the end of the Wings

Recently, SAVIVE peer educators have heard complaints about how hard it is to get the pink cap off the end of the winged infusion – wing, fly, butterfly, line, or whatever you wish to call them.

Instead of struggling or resorting to force to get the cap off, SAVIVE's contact at the Terumo office (the people who manufacture the wings) suggest that people try squeezing the cap as they turn it. According to the Terumo rep, the pink cap is like a child-proof lid and you need to push down, squeeze and twist it at the same time. This will allow it to come off easily.

Hope this helps. . . .

User's Contribution - Poem

We are peers from INPUD* - using banned drugs for pleasure and recreation
We are denied our human rights – they were stolen by the single convention
We are judged by prejudice - deemed scapegoats by politicians and society
We are beaten and raped - our drugs entirely controlled by profit and cartels
We have lost our kids - they were taken away to be raised by the society
We are human beings – we are your own brother and sister
We are the victims of prohibition - and the dreadful war on drugs

We are mugged, bugged, tabbed, chased, caught and interrogated
We are millions of incarcerated - we have peers at any rotten prison worldwide
We are even executed - in the name of perverted law and justice
We are detained at compulsory treatment and at cruel rehabilitation centers
We are crammed into thorn-tree cages and exposed to lobotomy experiments
We are dying lonely in thousands – by overdoses – AIDS, hepatitis and tuberculosis
We are human beings – we are your own brother and sister
We are the victims of prohibition - and the dreadful war on drugs

We are now the internationally - INPUD - affiliated peers on drugs
We have a solid board of clever and trusted peers – all fighting side by side
We have many friends and supporters – and science speaks in our favor
We are dreaming of sensible human rights – with freedom for all individuals
We are hoping to be unchained and soon given peace and a right to responsible use
We are human beings – we are your own brother and sister
We are the victims of prohibition - and the dreadful war on drugs

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* INPUD is an international peer based organisation for drug users