

# SPECTRUM

## Rainbow Community Calendar

The *Rainbow Community Calendar (RCC)* is a monthly publication serving the LGBTQ community of Waterloo Region. It is named in tribute to the *Pink Triangle Community Calendar* created in 1989 by community activist Lisa Simkins. The *RCC* is issued by the **Rainbow Community Calendar Collective**, an action group of **SPECTRUM—Waterloo Region's Rainbow Community Space**. Print copies are available at **SPECTRUM**, **ACCKWA**, and various bars, clubs, cafes, etc. in Waterloo Region.

Online at <http://www.grandriver-rainbowhistory.ca/RainbowCommunityCalendar.html>

Send events to [info@ourspectrum.com](mailto:info@ourspectrum.com) by the **20th of each month**.

**SPECTRUM'S Resource Centre and Drop-In Space** is in Unit 210 at 283 Duke St. W., Kitchener, N2H 3X7 (corner of Duke St W and Breithaupt). Park on Breithaupt St side of building, near the loading dock. Go in the Duke St entrance, up the stairs, through the door, down the hallway to Unit 210.

Website: <http://ourspectrum.com/> **NEW!** (with hours of opening & much more)

Facebook: <http://www.facebook.com/SpectrumCommunitySpace>

Twitter: @our\_SPECTRUM Email: [info@ourspectrum.com](mailto:info@ourspectrum.com) Phone: 226 779-9695

### August Events

**day5games.** 7—11 PM Fridays: **August 5, August 12, August 19, & August 26.**

@ SPECTRUM. Join us as we gather at our space to play board-games & card games, to assemble jigsaw puzzles, and to fiddle with constructions, in an informal atmosphere.

**Good Laughs.** 7 PM till closing, last Tuesday evening of the month: **August 30.** A safe space for trans people to explore their identity in the community; open to allies as well. @ Symposium Café, Waterloo (corner of King and Erb)—back room. More information: [goodlaughs81@gmail.com](mailto:goodlaughs81@gmail.com)

**OK2BME Youth Group.** 6—7:30 PM. Alternate Tuesdays—**August 2** (Fat Phobia), **August 16**, & **August 30**. (Picnic in the Park). More information: <http://ok2bme.ca/>

**Older Adults Group.** 7—9 PM, 1st & 3rd Wednesdays of the month—**August 3 & August 17.** We see things differently as we age. Priorities shift. Social circles change. Join us in a **new** discussion and social group for older LGBTQ adults. And if you're concerned about whether the group is a fit for you, then try it out to see. Lately we have been sharing stories about our lives. We will also continue to think about what kinds of discussions and activities we might

like to have in the future. We hope that this will be a step in the direction of creating a community support for us as we age. @ SPECTRUM.

**ORG—SPECTRUM'S Outdoor Recreation Group.** Sundays. Events alternate between Lite and Regular:

**August 7**—'Regular' 1—5 PM. **Snyder's Flats.** Meet at Stanley Park Optimists Natural Area, Shirley at Victoria North, just west of the Grand River Bridge. Parking there. GRT iXpress 204 stops on Lackner at Victoria North. It's about a 25 minute walk from the bus stop to the natural area along Victoria, longer if you follow the trails.

**August 14**—'Lite' 2—4 PM. **Cambridge International Street Art Festival.** Meet at Monigram Coffee Roasters, Galt, Cambridge, across (cadre corner) from the Ainslie Bus Terminal.

**August 21**—'Lite' 2—4 PM. **Uptown Waterloo Open Streets.** Meet at Pappeler & Erb, the former SPECTRUM/CEI/LCBO.

**August 28**—'Regular' 1—5 PM. **Health Valley Trail to St. Jacobs.** Meet at the acorn sculptures in front of the Manulife Sportsplex at Rim Park. Together, we will walk west along University Avenue to the trailhead at 3075 University Avenue East.

**Queercraft—a Queer Crafting Group.** 6—8 PM, Tuesdays: **August 2, August 9, August 16, August 23, August 30.** Bring your portable craft! @SPECTRUM.

**Rainbow Connections—Kitchener meetings.** 7—9 PM, 1st and 3rd Thursdays of the month: **August 4 & August 18.** LGBTQ & Mental Health Group. Main floor, Self Help Alliance, 67 King St E. Kitchener. If you will be late, please contact us in advance so we know when to let you in. Also note that there is a 15 minute time-period that we can let you in, otherwise it becomes disruptive to group. We will be in the downstairs room, so ring the downstairs doorbell to be let in. Call (519) 570-4595 to speak with either Jasmina Ext. 4052 or Brenda Ext. 4061 to verify meeting date and time, or for more information.

**Rainbow Newcomers.** 7—9 PM, Thursday, **August 11.** A place for LGBTQ-identified immigrants and refugees to socialize with each other and with LGBTQ people who have been in town for a while, and discuss issues related to being a newcomer to Canada. @ SPECTRUM. More information: [RainbowNewcomers@gmail.com](mailto:RainbowNewcomers@gmail.com)

**Sexual Health Awareness DropIn.** 5—8 PM. 4th Thursday of the month. **August 25.** Sponsored by ACCKWA. In SPECTRUM, 283 Duke St W, Unit 210.

**SPECTRUM Reading Circle.** 6:30—8 PM, 4th Thursday of the month: **August 25.** In our Reading Circle we read short stories and articles aloud on the spot; no prior reading is required. Then we reflect on what we have read. We often spend longer discussing the literature than we do reading it. Participants are encouraged to bring readings. Join us

for this exploration of LGBTQ literature and what it means to us personally!  
@ SPECTRUM.

***SPECTRUM Saturday Symposium (new)*** 2—5 PM, Saturdays: **August 6, August 13, August 20, & August 27.**

We meet Saturday afternoons to discuss a topic of interest to our community. Ideas for topics will usually come from participants and be posted here ahead of time. Our inaugural meeting was held Saturday, 2016 June 18 at 2 PM. The group dynamic is expected to change weekly as each topic will likely attract a different crowd, though one is not expected to be of a particular bent to attend. All are welcome every Saturday. Attendees are free to participate or not in the discussion according to their own temperament. You need not be an expert on anything to contribute as we are all here to learn from each other. We emphasise speaking about our own experiences. Come with an open mind. The group is mildly moderated.  
@ SPECTRUM.

***Trans Peer Support Group.*** 7—9 PM, 1st & 3rd Thursdays of the month: **August 4 & August 18.** New Day—New Time—New Facilitators. A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella. @ SPECTRUM.  
More info: [trans@ourspectrum.com](mailto:trans@ourspectrum.com)

***Transgender Peer Support Group (new).*** 7 - 9 PM, 2nd and 4th Wednesday of the month: **August 10 & August 24.** For individuals who identify as

transgender or are questioning. Self Help Alliance, 67 King St E. Kitchener. Call (519) 570-4595 to speak with either Jasmina Ext. 4052 or Brenda Ext. 4061 to verify meeting date and time, or for more information.

***Waterloo-Wellington-Perth PFLAG. Parents, Family & Friends Peer-Support Group.*** 7—9 PM, 3rd Tuesday of the month: **August 16.** Are you having difficulty coming to terms with the sexuality, gender identity or gender expression of someone close to you? Join us in a warm, welcoming, and safe place for all family and friends of people of the LGBTQ community. @ Pre-School Room, Downtown Community Center, 35-B Weber St W, Kitchener. More info: [waterloo@pflagcanada.ca](mailto:waterloo@pflagcanada.ca)

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## September Events

***OutFest.*** **September 8** (Thursday), 7:30 PM; **September 9** (Friday) 7:30 PM; **September 10** (Saturday) 2:00 PM and 7:30 PM. OutFest is an annual festival that celebrates our diverse LGBTQ community through theatre, film, live music, slam poetry, dance performances and various other mediums. While working alongside professional and amateur artists we strive to showcase the growing artistic community in the Waterloo-Wellington region and in South Western Ontario. Our festival highlights universal stories that will make you laugh, cry and remind us all, how human we are. More info: <http://page1.productions/outfest>

***SPECTRUM Annual General Meeting,*** 7 PM, **September 27** (Tuesday). Join us to learn more about SPECTRUM and its operations, and how you can give back to the community. Multipurpose Room, 2nd floor, Downtown Community Centre, 35-B Weber St W, Kitchener. More info: [info@ourspectrum.com](mailto:info@ourspectrum.com) and <http://ourspectrum.com/>

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## October Events

***Secrett Mystery Bus Tour 2016.*** 8 AM—9 PM, **October 15** (Saturday). This tour has had 2 successful journeys with passengers asking for more! Departure location and exact time will be determined soon. Approximate travel time is 2 hours to the destination; we will take a short break. Cost \$35. Ideas of what to bring : Water bottle, snacks, spending money, comfortable shoes, camera, umbrella, ID.

***Pride Prom 2016—A Night at the Carnival.*** 7 PM, **October 15** (Saturday). Join us for the 9th annual Pride Prom for high school students aged 14-18 who are part of the LGBTQ+ community and their allies. Tickets are free and must be reserved in advance by e-mailing [youth@kitchener.ca](mailto:youth@kitchener.ca). Please include your first name, last name and age of people you are reserving tickets for. Country Hills Community Centre, 100 Rittenhouse Road, Kitchener.

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# SPECTRUM News

## Gay Disco Tea Dances

SPECTRUM is planning to hold “tea dances” a few Sundays a year. This will revive the tradition of holding late Sunday afternoon dances—around tea time, say 4-8 PM. Details to follow. If you are a DJ or wish to join the organizing committee, please contact William at [generalmanager@ourspectrum.com](mailto:generalmanager@ourspectrum.com)

## Online Community Portal

On June 1, we launched a completely new website.—with easier navigation and a cleaner, more stream-lined look.

Now begins the next phase—adding an online community portal to the website. An important feature of this will be a database of local organizations, agencies and professionals. We already have much of this information in the form of a publication—“*The Rainbow Pages.*” We want to update that data and put it into a searchable database.

Where did all this data come from? We began to collect information on local resources when we first opened our doors in August 2012. At first it was displayed on the bulletin board in our small office, then on our website. In October 2014 we put the data into the 1st edition of “*The Rainbow Pages.*” The last edition of this publication was November 2015 and is found at: <http://ourspectrum.com/resources/rainbow-directory/>