

A PROUD SUPPORTER OF OUR COMMUNITY



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FREE



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**, libraries, community centres, government and social services agencies in Waterloo Region.

Online at: <http://ourspectrum.com/rainbow-community-calendar/>

Weekly email of upcoming LGBTQ+ events, join the Rainbow e-mail list: <https://da.gd/rnbw>

Please e-mail calendar editor Lyn McGinnis with corrections or new information by the 20th of each month to: lynmc@rogers.com please put **RAINBOW CALENDAR in the subject line.**

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

Website: <http://ourspectrum.com/> (with hours of opening and much more)

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

Twitter: [@our_SPECTRUM](https://twitter.com/our_SPECTRUM) **E-mail:** info@ourspectrum.com **Phone:** 226-779-9695

July Events

Starting July 3

Queercraft - a Queer Crafting Group.
6:00 to 8:00 p.m., Tuesdays: **July 3, 10, 17, 24, 31.** Bring your portable craft to **SPECTRUM!**

OK2BME Youth Group At KW Counseling, 480 Charles Street East, Kitchener from 6:00 p.m. to 7:30 p.m. For more information: <https://ok2bme.ca/events/>

July 4 and 18

SPECTRUM Prime. 7:00 to 9:00 p.m., first and third Wednesdays of the month - **July 4** and **18** at **SPECTRUM.**

As maturing members of the LGBTQ community, we gather together to create a welcoming environment where we can reduce isolation and expand our network of friends. Please join us for a casual discussion and social group for maturing adults.

July 5 and 9

SPECTRUM Transgender Peer Support Group. 7:00 to 9:00 p.m. on Thursday **July 5** and Monday **July 9.** A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella at **SPECTRUM.**

Starting July 6

KW El-Tawhid Circle, a progressive Muslim social and prayer group which is gender equal and LGBTQ affirmative. Every second Friday afternoon from 2:00 – 4:30 p.m. **July 6** and **20**. More information: Fran at franps@golden.net.

day5games. 7:00 to 11:00 p.m. **July 6, 13, 20, 27** at SPECTRUM. Join us as we gather at our space to play board and card games, assemble jigsaw puzzles and fiddle with constructions in an informal atmosphere.

Starting July 7

SPECTRUM Saturday Drop-In 2:00 to 5:00 p.m. Saturdays, **July 7, 14, 21, 28**. Come and hang out with us in a casual, relaxing atmosphere where you can just be yourself in an LGBTQ-friendly setting. We have refreshments.

July 11

Aging with Pride Committee Meeting If you are interested in helping us improve life for older LGBTQ-identified people, please attend this monthly Committee meeting at SPECTRUM 6:30 to 8:30 p.m. <http://ourspectrum.com/projects/aging-with-pride/>

July 11 and 25

Queerly Christian 7:30 p.m. to 9:00 p.m. at the Erb Street Mennonite Church, 131 Erb Street West, Waterloo. This is a group of people who identify as LGBTQ+ and Christian. Allies are welcome, but please recognize that this is intended as a space for LGBTQ+ Christians to share their lived experience. <https://pastorsinexile.org/2017/03/03/queerly-christian/>

July 12

Rainbow Multicultural Connect 7:00 to 9:00 p.m. at SPECTRUM. A group where people from diverse cultures gather together at SPECTRUM to discuss what it is like to be LGBTQ+ across the world. We meet on the second Thursday of the month.

July 15

SPECTRUM Outing to the Symposium Cafe from 2:00 to 4:00 p.m. on the third Sunday of the month join us at the Symposium Cafe Restaurant and Lounge, 4 King Street North, Waterloo. For more information see: <https://www.facebook.com/groups/SPECTRUMOutings/>

July 17

OK2BME Youth Group At KW Counselling, 480 Charles Street East, Kitchener from 6:00 p.m. to 7:30 p.m. For more information: <https://ok2bme.ca/events/>

Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group 7:00 to 9:00 p.m. on the third Tuesday of the month. **July 17**. Join us in a warm, welcoming and safe place for all family and friends of people of the LGBTQ community at Pre-School Room, Downtown Community Centre, 35-B Weber Street West, Kitchener. <https://www.facebook.com/PFLAG.WWP>

July 19

We invite you to the **Seniors' Community Lunch** at Wesley United Cambridge (6 Cambridge Street) on the third Thursday of every month. Cost \$10. Please call 519-621-6060 so we know how many lunches to prepare. Meet and Greet for Rainbow Seniors LBGTQ+(55yrs) in the Chapel, hosted by Rev. Roy Holton and Laura Wilson immediately following the lunch from 1:00 - 2:00 p.m.

Plan B Co-operative KW's monthly drop-in hours **Thursday, July 19, at 5:00 p.m. to 8:00 p.m.** at Treehaus (79 Joseph St, Kitchener). Third Thursday of each month Plan B holds a drop-in space for LGBTQ+ community members to meet and mingle, learn about our programming and events, and just hang out!

July 25

SPECTRUM Coming Out Support Group. Topic: 'LGBTQ Community - where do I fit in?' A group for people aged 19+ to discuss coming out. The first half of each meeting will focus on the advertised topic; the last half will be an open discussion. We meet on the fourth Wednesdays of the month: <http://ourspectrum.com/coming-out-group/>

July 26

Sexual Health Awareness Drop in 5:30 to 7:00 p.m. on the fourth Thursday of the month. **July 26**. Sponsored by ACKWA at SPECTRUM, 283 Duke Street West, Unit 210.

SPECTRUM Reading Circle 7:00 to 8:30 p.m. on the fourth Thursday of the month, we read short stories and articles, and then reflect on what they mean to us personally. Join us for this exploration of LGBTQ literature at SPECTRUM.

Appreciating human diversity

by Melissa Paige Kennedy

I have been a member of the LGBTQ+ community in the Kitchener Waterloo Region for many years. You would think I know a great deal about this amazing and unique group of individuals. In truth I do not really understand what it means to be LGBTQ+ other than as it relates to my specific journey. This is partly due to my interest in my own issues and in larger measure because of the diversity of the community. I was born in the fifties and I grew up in a world that classified gender as male or female, no other options. I learned through my life that I identified as a Transgender woman or more specifically as a female. I worked to get closer to my objectified feminine ideal, believing if I was not male then I must be female. As a facilitator for the Transgender Support Group I had a great awakening. I

July 30

LGBTQ+ In Tech 6:30 - 9:00pm at the Smile.io office. This event is wheelchair accessible and has gender neutral washrooms. Please come in the front door and take the elevator to the second floor. gord@makingspace. July event: <https://lgbtqintechv011.eventbrite.ca>

July 31

Good Laughs. 7:00 p.m. until closing, last Tuesday of the month: **July 31**. A safe space for trans people to explore their identity in the community; open to allies as well at Symposium Café, Waterloo (corner of King and Erb) - back room. goodlaughs81@gmail.com <https://www.facebook.com/goodlaughs81/?fref=ts>

OK2BME Youth Group At KW Counselling, 480 Charles Street East, Kitchener from 6:00 p.m. to 7:30 p.m. For more information: <https://ok2bme.ca/events/>

met a great many who identified as neither male or female and my assumptions were shattered. The diversity of gender modes within the Trans Community opened my eyes further to the diversity within the LGBTQ+ community at large.

I am still learning about the uniqueness of all LGBTQ+ individuals. The most important thing is to be open to all of the complexity of a person and not to assume that because they identify with a particular label that I know anything about them. Make no assumptions, ask questions, appreciate everyone for who, not what, they are. And perhaps this has been the greatest value of being a part of SPECTRUM. I encourage others to join us in learning, appreciating, and celebrating the wonderful range of human experience.