

Wayves

SPIRIT Place: Enriched Independent Living For Seniors

by Valerie Windsor

There is good news for seniors living in Halifax. St. John's United Church is planning to build an "enriched" independent living residence for seniors welcoming the GLBTI community.

Louisa Horne, board member for SPIRIT Place says, "The congregation of St. John's United Church has been very busy for the past several years re-visioning the future of their church and the needs of the surrounding community." In recognizing the diversity of the neighbourhood and in particular the needs of seniors for affordable housing, they are planning a new complex to replace the current building on the corner of Windsor and Willow Streets. This new facility will be called SPIRIT Place.

The exciting news for our community is that SPIRIT Place has included

the GLBTI community in the planning and hope that GLBTI seniors will choose to live there. They have researched the needs of our community, consulted local organizations including NSRAP and recognize the homophobia and invisibility of gay seniors in traditional senior housing. SPIRIT Place will be gay-friendly and welcoming as a safe place to live, gather and worship.

St. John's United welcomes LG-BTI membership and has been an affirming church for several years, performing same sex marriages and baptisms. You might recall that Safe Harbour MCC Halifax used St. John's facilities for the annual Christmas dinner for many years. With the new design, the church will be facing Willow Street with the seven story senior's residence fronting on Windsor Street.

The intent is that SPIRIT Place will be a mixed use complex with 60

- 65 units in an enriched independent living atmosphere along with a new church and space for community and non-profit groups to share. With members of the local community sharing space, the hope is that people of all ages will be able to mingle. The new facility will also allow St. John's to continue with their outreach programs, including a breakfast program for children in the area.

Located in the heart of the peninsula, SPIRIT Place hopes to fill a gap for the needs of a diverse senior population. Studies have shown that there is a limited understanding by service providers in Nova Scotia of the needs and experiences of gay and lesbian seniors. There are also issues of race and poverty that may complicate life for many.

Saint Vincent's Nursing Home has signed a Memorandum of Understanding to administer all aspects of

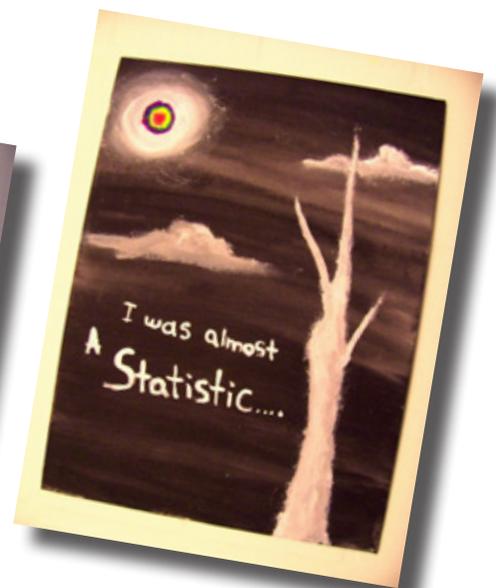


Artist's rendering of proposed complex, reproduced without permission from the website.

the senior's residence and provide access to a progressive level of seniors care services for tenants at SPIRIT Place. Horne says, "The Board of Directors at Saint Vincent's has been very enthusiastic and helpful with

the planning." Saint Vincent's understands the needs of an aging population and will provide programs and services to help keep seniors inde-

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Creating Art, Creating Change: Make It Better Now

by Costa Kasimos

The media's focus on recent tragic incidences is bringing attention to the troubles LB-GTQ youth face on a daily basis. By comparison to other youth, LBGTQ youth are more likely to have lower self-esteem, higher drop-out rates from school, increased incidences of mental health issues, greater exposure to extreme violence and bullying, and higher rates of depression, drug and alcohol use, homelessness and suicide.

Suicide is the leading cause of death among LBGTQ youth. Of course, everyone's experience is unique and people cope in varying ways, depending on their environment, support network, and the resources available to them.

Planned Parenthood - NL Sexual Health Centre, despite our limited resources, is seen as a community leader in regards to supports and resources for LBGTQ youth. With

Camp Eclipse: OUT in the Woods, our LBGTQ Youth Group, and "Making Queerness Visible" student workshop, Planned Parenthood is empowering youth to create positive change across Newfoundland and Labrador. Camp Eclipse, a leadership retreat for any youth interested in being a positive agent of change in their community, was successfully held last August. Youth from across Newfoundland and Nova Scotia learned about various queer issues, including the struggle for equal rights in Newfoundland over the past 40 years, transgenderism, how to be a support to others, and what they can do in their schools to create positive change.

Through conversations with youth during Camp, it became painfully obvious that there is still a lot of work to do before we can truly say that LBGTQ people, especially youth, in

this province enjoy the same positive life experiences as everyone else. This is especially true within the school system.

During a recent LBGTQ Youth Group event, youth shared and expressed their stories of bullying through art in the hopes that it would encourage people and politicians to take action. They feel that they should not have to wait for things to

get better. Section 4.0 of the Code of Conduct from the provincial government's Safe and Caring Schools Policy explicitly states that "It is expected that all members of the school community will promote safe, caring, and inclusive practices

by doing their best to... embrace the diversity of all peoples regardless of... gender, sexual orientation..." While having this policy in place is a positive step, the youth wanted to encourage concrete actions to enforce this policy. They should not have to wait for it get better. They need it to be better now.

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Correction

The October cover page implied that 2010 was the first year that Corner Brook, NL had a Gay Pride event. In fact, Corner Brook's first Pride was held in August 2009, which makes 2010 the second. There was a formal flag-raising, a parade and a night time event. Wayves apologizes for this error.

Regular Columns

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December Deadline: Friday, Dec. 3 (first Friday of every month!)
submissions@wayves.ca.



Wayves Online: www.wayves.ca
Join us on Facebook: Wayves Magazine

Atlantic News

“Howl” In St. John’s

The 2010 film about beat generation poet Alan Ginsberg’s 1955 poem, “Howl,” and the ensuing obscenity trial will run at the Avalon Mall (48 Kenmount Rd, St. John’s, NL) on December 9 as part of the MUN Cinema Series. The film was screened this year at the Atlantic Film Festival in Halifax.

See www.mun.ca/cinema for more information. The official movie site can be found at www.howlthemovie.com.

LGBT Elders Group

Are you finding club music too loud and too fast? Does it seem far too long since you saw old friends, or met new ones near your own age? You may be looking for a group like the LGBT Elders. The initiative behind this group comes from the Nova Scotia Rainbow Action Project (NSRAP), and the Group’s objective is to provide a social get-together for LGBT people aged 50-plus while at the same time giving the group information and support on subjects specifically related to LGBT Elder issues.

Mark the following dates: Sunday December 12, 2:00 – 5:00 p.m. at the Company House, 2202 Gottingen Street, Halifax. “LGBT Elders and Long-Term Care.” Long-term care was the hottest issue at the first NSRAP Elders gathering at the Company House back in the spring of this year. This meeting will allow NSRAP to update the community about our ongoing work with Northwood, and our plans to extend the project to other facilities. We are particularly interested in hearing from the community, both LGBT elders and care-givers, about your interactions with elder-care. In your experience,

what’s working—and what needs improving—in long-term care for the Nova Scotian elders you know and love? This is an all-ages event. Admission is free.

Friday December 10, 7:00 – 10:00 pm: Seasonal Party! Potluck event at the Sky Lounge, 2717 Gladstone Street. Admission \$2.00 to cover costs.

Sunday January 16, 2:00 – 5:00 pm at Spencer House. “Get rid of the blues” afternoon, with Elders Group members playing live music to lift your spirits. If you are an elder musician who would be willing to share your talents, please let us know.

Sunday February 20, 2:00 – 5:00 pm at Spencer House. Photo show-and-tell: bring a photo showing LGBT events or activities of the past. Of course a story to go with the photos will make it more interesting.

Sunday March 20, 2:00 – 5:00 pm at Spencer House. Details have not been finalized, but a discussion on taxes and personal finance has tentatively been suggested.

All events are potlucks, so get out your recipes. For Spencer House socials, finger foods (sandwiches, sweets, snacks, etc.) are preferred.

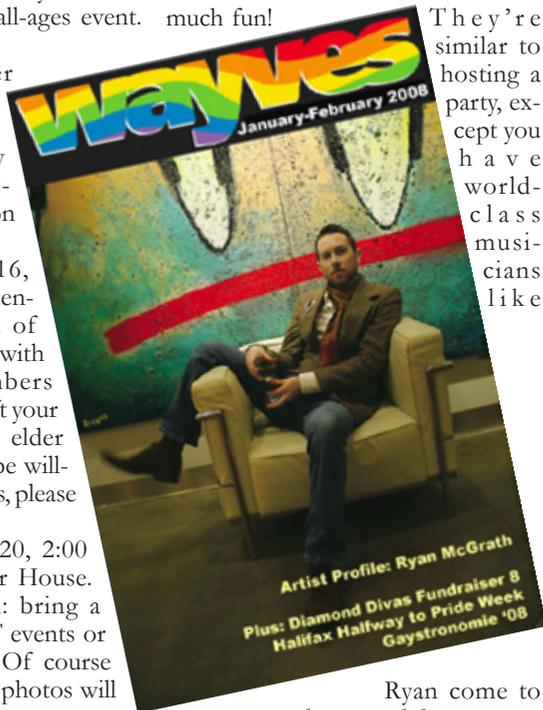
If you have any questions, concerns or transportation issues please contact Lynn Murphy at (902) 455-0193 or Nick Honig at (902) 880-6881.

Ryan McGrath House Concerts

Ryan MacGrath is looking forward to celebrating the holidays with you. He’d be happy to sing at a special event you may be hosting or perhaps

you would like to host a house concert featuring Ryan himself.

House concerts are so much fun!



They’re similar to hosting a party, except you have world-class musicians like

Ryan come to your home and do a concert just for you. You invite whomever you wish, set up a space for the musician to play, the guests pay a certain amount (usually \$15 - \$20) and bring their own wine, and you provide snacks. It’s a great way to celebrate the holidays, without heading downtown and battling with parking and the hustle and bustle. Instead you have an amazing event at your home or office that people will talk about long after it’s over.

Ryan MacGrath is an exciting emerging talent who was recently featured on the cover of Halifax magazine and was Wayves January-February 2008 coverboy. Download that issue from the “Wayves Online” section at wayves.ca.

Safe Harbour Christmas Dinner

Safe Harbour MCC Halifax will host its annual “Rev. Darlene Young Memorial Christmas Dinner” on Saturday, December 4 at 6:00 p.m. at St. Andrews United Church, 6036 Coburg Road. This long standing community event is free to all and Safe Harbour’s gift of joy, fellowship and celebration to the community. For further information or if you wish to contribute to this long standing community event, call (902) 453-9249.

Integrity Service

The next Integrity Eucharist, followed by refreshments and conversation, will be held on Sunday, December 19 at 4:00 p.m. at the Cathedral Church of All Saints located at 1330 Martello St, Halifax.

Bishop Sue Moxley will preside and preach. Integrity is a national organization of Anglican GLBT persons and their friends formed to encourage Christian GLBTs in their spiritual lives. Come who you are. Come as you are. Contact integritynspei@gmail.com locally, or visit www.integritycanada.org.

Truro NACS Open House

You are invited to the Northern AIDS Connection Society second annual open house. It will be held on Friday, December 10, from 1:00 – 4:00 p.m. at 33 Pleasant Street, Truro. Come and enjoy and help us celebrate our past year! For more information write nacs@eastlink.ca or call (902) 895-0931.

Shauna MacLeod’s Growth

Shauna MacLeod would like to invite you to attend her solo exhibition, Growth, which will run from December 14 – 18 at the Anna Leonowens Gallery (Gallery 1), 1891 Granville St., Halifax. The reception will be held Monday, December 13, from

5:30 – 7:30 p.m.

MacLeod is a ceramics major in her final year at NSCAD University and is excited to share with you this body of work. Though the subject matter is not specifically about gender or sexuality issues, the work is very personal and her identity as a lesbian is intertwined within. She has participated in many group shows within the university as well as exhibited with the Nova Scotia Potter’s Guild.

About the exhibition she writes, “My work tells a story of personal experience, it marks a moment in time. This story starts years ago with surgery to remove a large tumour in my body. The narrative evolves exploring the fearful discovery of a foreign mass, acknowledging the network of support from family and friends, expressing my vulnerability within the medical system, and finally to honouring the process of healing



from this event. I am using ceramics to question the relationship between aesthetics and function and even question the polarity between the beautiful and the grotesque.”

DalOUT

DalOUT is the award-winning LG-BTQ society at Dalhousie University. We pride ourselves on hosting a variety of fun, engaging and educational events for the members of the Halifax LGBTQ community.

On October 21, DalOUT held its fall 2010 Annual General Meeting. We were very grateful for the fantastic turnout and look forward to seeing more members of the community at our events throughout the year.

During the meeting several new members were elected to our executive. The results of the election are as

Cont’d next page

Welcome Tony!

TONY C. AMOUD
A Lawyer for the community

Boyne Clarke is pleased to announce that Tony C. Amoud has joined us in the practice of law.

Tony received his Bachelor of Law from Dalhousie University and was called to the Bar in June 2010. Tony joins our Business Litigation Team.

tamoud@boyneclarke.ca

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SPIRIT Place

Cont’d from page 1

pendent and active in our community longer. This will allow SPIRIT Place to provide the security of a support network for its residents.

The plans include outdoor green space and a rooftop terrace. They are also exploring a car share program. Amenities will include light house-keeping, security, fitness room, communal living rooms, bike storage and internal access to sanctuary spaces. Most of the apartments will be one bedroom units, some with dens and a small number of two bedroom units. Plans are to keep the rent below market value.

Creating Art

Cont’d from page 1

Pictures of the art along with a description of the image will be sent to various departments of the provincial government. The pieces will also be submitted to the “Get Out: St. John’s” queer arts festival, being held

You do not need to be a member of St. John’s United Church to live at SPIRIT Place. Once the project is approved and underway, all applications will be administered through Saint Vincent’s Nursing Home. Plans including architectural drawings by Michael Napier Architects have been submitted to the Halifax Regional Municipality for approval and once approved demolition of the old church and construction of the new complex will begin.

To learn more or to get involved, please visit their website at www.SPIRITplace.ca.

February 26 and 27. Anyone wishing to learn more about any of Planned Parenthood’s “Making Queerness Visible” programs can contact Costa at (709) 579-1009 or visit nlsexual-healthcentre.org.

The Sad Tale of Graham James and Theo Fleury

By Bill McKinnon

A warrant for the arrest of convicted sex offender Graham James was recently issued. James returned to Canada, turned himself in and was then taken to Winnipeg for trial. This all happened subsequent to the 2009 publication of Theo Fleury's biography, "Playing with Fire." The indictment alleges sexual offences against Mr. Fleury and other junior hockey hopefuls by Mr. James during the years 1979 – 1994, prior to Mr. Fleury's 15-season career in the National Hockey League. If Mr. Fleury was abused, that's dreadful but the statute of limitations should have kicked in long ago and if there isn't a time limit on complaining about sexual abuse, there should be.

Whatever happened between Graham James and Theo Fleury took

place before James was convicted of sexually molesting Sheldon Kennedy and was sentenced to prison and served three and a half years. If James also molested the then young Fleury, he would have been tried and presumably convicted and punished had Fleury raised the alarm but Mr. Fleury chose not to. Mr. Fleury says in his book that he didn't speak out when Sheldon Kennedy went public about James because: "I wasn't ready when Sheldon went public. It would have turned out badly for me."

Of course it has been proven that James did sexually abuse some young hockey players and deserved to be punished for his crimes but surely there ought to be a time limit on

how long it takes to blow the whistle on a perpetrator. Why bring it up now? Is the law only supposed to suit the victim's convenience? Certainly Graham James' conduct was reprehensible as he was in a position

Had everyone involved been of legal age at the time, the relationships could be called prostitution and to put it simply Kennedy and Fleury could be described as whores.

of trust and violated that trust in the eyes of the law and society. On the other hand, both Sheldon Kennedy and Theo Fleury benefited from their involvement with Graham James. He enabled both of them to become hockey stars and make lots of money

and achieve fame as a result. Had everyone involved been of legal age at the time, the relationships could be called prostitution and to put it simply Kennedy and Fleury could be described as whores; not that there's anything wrong with being a whore.

As to the situation now, what's the point of prosecution? If Mr. James is sent to prison again, the cost is likely to be hundreds of thousands of dollars. Who will pay for this pointless exercise? You and I will end up paying in our taxes and nothing will be gained. No matter how evil James was and still may be, let's forget about him. He was punished—maybe not enough—but he was punished. A suspended sentence of several years would make sense;

for if he failed to follow the terms of the suspension, he would and should be severely punished but incarcerating him again now makes no sense.

Instead of locking up Graham James for another prison term, why not spend the money on protecting present-day junior hockey players and other teenage athletes, by teaching young people about sexual predators and training them to complain to the authorities right away whenever a coach or other person in authority makes improper sexual advances towards any under-aged athlete.

See also my review of "Why I Didn't Say Anything: The Sheldon Kennedy Story" on page 15 of the June 2006 issue of Wayves, (available from the "Wayves Online" section of wayves.ca.)

follows: Justin LeBlanc (President), Megan Seargeant (Vice President), Preet Bhogal (Secretary), Andrew Powers (Treasurer), Kimberly Vardon (Office Manager), Brendan Shea (Fundraising Manager), Katie Brown (Executive Assistant), Adam Sterling (Executive Advisor), Glenn Blake (Dalhousie Student Union Representative).

Our executive board meets on the second and fourth Tuesday of every

month and is responsible for the planning and execution of all DalOUT events. All members of our executive have received training in peer counselling and suicide prevention.

We look forward to a productive year with our new executive and we're excited to host a variety of fun and interesting events for all members of our community. Visit our new website at www.dalout.ca and join our mailing list.

Halifax Pride News

Following the Pride Annual General Meeting on October 20, the Halifax Pride Committee has arranged the elected board as follows: • Co-Chairs – Ed Savage, Tanya Bloomfield • Secretary – Adam Noble • Treasurer – Claudia Legg • Member at Large and Entertainment Coordinator – Liz McQuaid • Member at Large

and Community Fair Coordinator – Kimberly Fowlow • Sponsorship Coordinator – Marion Steele • Queer Acts Festival Coordinator – Adam Reid • Fundraising Coordinator – Colin Hebb • Parade Coordinator – Paul Forrest • Volunteer Coordina-

tor – Kathy Walsh • Communications Coordinator – Nathan Boudreau • Merchandise Coordinator – Krista Snow • Other Directors – Susan Sangster, Trent Slaunwhite

Be sure to mark your 2011 calen-

Cont'd next page

Our Cover: PUMP at Hallowe'en

Photo by Travis Joe, design by Cam MacLeod, story by Gene Campbell SAINT JOHN — "A resounding success" would be about the only way to sum up a Halloween Costume Contest, held recently at PUMP Nightclub. Manager Troy Morehouse said that most of those attending the club that night "got into it," with over 90 percent of the night's attendees wearing costumes, and all were considered contestants.

Rules for the contest were quite simple. Preference was given to home-made costumes over store-bought attire. Judges for the event weren't revealed at the time, but they were George, Melissa, Tanya and Roy. Morehouse said the judges all were involved in the building of the Club, as well as being participants in previous events and shows.

Rather than having first, second and third place winners, it was decided that costume categories which included "Best Drag Queen or King," "Most Risqué" and "Most Innovative/Best Overall."

The Best Drag prize was taken by Paul Ouellette for "Snacks Incorporated" and the Most Risqué by Adrian Thornton for "Cinnamon."

"There were too many great costumes in the Most Innovative/Best Overall category," said Morehouse, "so we handed out two sets of prizes." Most Innovative/Best Overall Runner Up was won by Irl Washburn for his "The Witch of the 21st Century" costume. Most Innovative/Best Overall were "Bananas in Pajamas" (see our cover) worn by Catherine Owens and Amanda Burgess.

Wayves On Line!

Did you miss the last issue of Wayves? Or did your favourite distribution point run out of copies? Don't fret! Now you can visit www.wayves.ca, and download the current issue, and the archives too! We have lots of back issues on line too. If you'd like to be notified when the current issue is online- email us at submissions@wayves.ca!

For more Halifax events: gay.hfxns.org

Important WAYVES Dates!

Issue Content Deadlines:

Fridays: Dec 3, Jan 7, Mar 4, Apr 1: that is, the first Friday of each month (skipping January.) You can send your news, ideas, comments, criticisms, columns, cartoons and more to submissions@wayves.ca any time!

Production Meetings (Halifax):

Mondays: Dec 6, Jan 10, Mar 7, Apr 4: help decide what goes in the next issue, 7:30 PM, Blowers St Paper Chase, Halifax. All welcome, every meeting.

Magazine Layout (Halifax):

Dec 12, Jan 16, Mar 13, Apr 10: help build the paper – no special skills required, just enthusiasm, and joining us even once, or for a few hours helps a LOT! 9:30 AM. Email us for location.

We're on the stands, in the mail, and online on the fourth Friday of every month!

Wayves

Wayves exists to inform Atlantic Canadian lesbians, gay men, bisexuals and transgender people of activities in their communities, to promote those activities and to support their aims and objectives.

Wayves is an independent publication, published every month except February by a non-profit collective. Anyone who contributes to Wayves is automatically considered to be a member of the collective and is welcome to participate in all meetings and discussions. Wayves reserves the right to refuse material that might be reasonably considered heterosexism, racism, sexism or an attack on individuals or communities. Opinions expressed in Wayves are not necessarily those of the editorial collective. The article submission deadlines are posted in the *Important Wayves Dates* section of this page. Articles should be a maximum of 1,000 words and may be edited for length. Submissions should be emailed in plain text to the address below. Articles and letters may be published with pseudonyms or anonymously, but Wayves must have contact information for the author. The copyright for all submissions remains the property of the original author/creator.

Advertising: Jim Bain, Advertising Manager, email at ads@wayves.ca or call 902-889-2229. Responsibility for errors in advertisements is limited to the value of the space.

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Atlantic Canada and around the country. If there are none handy to your home, write to submissions@wayves.ca and tell us where we should be!

Lesbian Soap Box Diaries

The Men in My Life

by L. Connors

The last eight months of my life have been tumultuous at the best of times. I wouldn't say that I lived them, but survived them, barely, with great help and encouragement and to some small extent from within. In the midst of the chaos that I created in my life, my subconscious spoke to me again with a new message. It was so clear this time, so recognizable. If you have ever been at the scene of an emergency (or seen one in a movie) you know that among the yelling and crying, there is always that one voice that cuts through the panic and gets everyone's attention by speaking calmly and directly. That is what my subconscious sounded like this time.

My head was swimming with thoughts of every consuming emotion I felt: rage, jealousy, guilt, abandonment, betrayal and heartache. Yet there was that voice again, somehow managing to drown out the rest of my thoughts with its purposeful message, "Forget about women, focus on the

men in your life!"

The more I reflected on that statement, the more obvious it became to me that my love life was an excuse to avoid dealing with bigger issues. I have come to realize that these two women, as much as I love them both, are a very real distraction from what is most important in life. Suffering from the pain of "shoulda, coulda, woulda" is now and has for some time, prevented me from working on other vitally important relationships with my family, friends and most importantly, my children.

A little more than a decade ago I found myself and my way out of the closet. This required leaving a heterosexual marriage with three babies in tow. My boys were 1, 3 and 5 at the time my husband and I separated. Six months later he took a job south of the border. Coming out as a lesbian I was prepared for, being a single parent a country away from the support of both my family

and their father I was not. Sometime in the short months that followed I decided that I just could not do it. I had a breakdown. I spent two days in bed crying incessantly. I could not stop crying. Two different Susans (to whom I will always be grateful) ensured that my boys were fed and made it to school/daycare until the

Forgive yourself for your mistakes but learn from them and move on.

last tear fell. Then I dragged myself out of bed and went back to doing what I do best: running, hiding and surviving.

My own childhood was less than ideal. I would like to believe that my mother did the best that she could but nonetheless I was never taught to care for myself emotionally, physically or financially. I was only taught to survive chaos. I am not my mother. I have done better by my children in

countless ways than my mother was able to do for me. But still I have not managed to break this survival mode cycle. At times I have created my own chaos in my inability to face the reality that I did not even know how to care for myself, let alone to be solely responsible for the well being of three children.

It has been many years since my divorce and my boys are quickly becoming men. It astounds me that with the countless hours of bathing, dressing, and cooking for these boys, now that they can do these things for themselves, they seem to need me more than ever. Only this time I'm not crying. This time I am committed to these men in a way that I have been unable to commit to any woman.

Unfortunately, that requires a commitment to myself that I have not yet managed to follow through. Children learn what they live. In order to teach my children how to move from survival of the fittest to living

life to its fullest potential, I will have to learn to do the same for myself, starting with the most basic of all lessons that we all want our children to know: Be nice to yourself. Forgive yourself for your mistakes but learn from them and move on. Treat yourself with respect and expect others to do the same. Take care of your body, physically, emotionally and spiritually. Self esteem comes from esteeming acts, so take pride in who you are and all that you do. It sounds so simple, yet I know that I am not alone in my struggle.

I have not managed to forget about these women. I am not blind to the fact that it is going to take a lot of work to clean up the mess that the three of us have left in each other's lives and the lives of my men. But my focus has changed. I know that my priorities are in the right place. I've realized that there is at least one relationship that I have managed to make a lifelong commitment to.

More Atlantic News

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dars for the Canadian Pride Conference, Fierté Canada Pride Conference held March 18 – 20 and the Fancy Gay Dress Party on March 19.

Fredericton Queer Space

By Eugene Campbell

The gay/bi community of Fredericton will have a new place to gather come January thanks to the efforts of founders Shaun Bartone and Debi Skidmore. A kick-off party will be held for the Queer Theory Collective (QTC) on January 4 at the Gallery Connexion, located at 440 York Street, in the Old Chestnut Building.

The new Centre will be open to all ages, from 7:00 to 9:00 p.m. every Tuesday. There will be no admission charge, but donations will be accepted. Co-founder Shaun Bartone said the new Centre will be "in addi-

tion to BOOM Nightclub," the city's only gay-friendly nightclub. "We will never replace what BOOM does," he said, "it's merely an alternative, and BOOM is for 19-and-over only. We will be open much earlier. QTC is for older, more mature gay/lesbians also, who have just aged out of the bar scene. QTC gives the older crowd a chance to meet new people, and talk about issues that interest them."

He said Gallery Connexion, from whom they are renting their space, "is providing us with a lot of advice, and they offer us a lot of facilities built into the space which they provide at no cost. We will have a screen, digital video, projector, cafe, PA system, and a stage. These are all things we couldn't afford to provide ourselves. It's a good relationship we have with them."

Bartone said the new QTC Centre "will have a monthly film night the second Tuesday of each month, when we will feature queer films." He added

that they will be serving coffee and tea. "We do have the ability of a wet/dry liquor licence if we want it, but we aren't going to use it."

On January 8 the Bartone and Skidmore team are tentatively planning on a fundraiser to raise monies for the QTC Centre. "Two acts are taking place so far," said Bartone, "KAMALAS," and Lindsay Morgan. It will be held at BOOM Nightclub, located on Queen Street, in downtown Fredericton.

New Wayves NB Correspondent

Wayves has a new volunteer correspondent for New Brunswick. Gene Campbell is a longtime resident of Fredericton with substantial journalism experience.

So, New Brunswickers, if there's something LGBT-related going on in your beautiful province, please let us know! We'll forward it to Gene and

he'll cover it if he's able. If not we'll work out some other way for your event to be publicized.

Our deadline for every month, as always, is the first Friday of the month before.

We also need more distribution points in New Brunswick. You could say, we want to Be... In This Place!

E. C. (Gene) Campbell began his writing career doing articles for "Spotlight on Youth" in the Fredericton Daily Gleaner more than 40 years ago. It was about the same time that he got into photography, which pretty well dominated his life.

The author of nine books, he has reported on and photographed six Royal Tours, four Canadian Prime Ministers, and has written and published photo-story travel features, dealing with his trips in many places throughout North, Central and South America as well as Europe.

For two years, he was under contract with the World Wrestling Fed-

eration (WWF), where he reported on cards, did photos and profiled wrestlers, working primarily with the Texas Tornado and the Ultimate Warrior, both now deceased.

Very heavy into entertainment, he has written on and photographed everyone from Billy Idol to Tina Turner, Kenny Rogers to Jeff Healey. He was host of a twice-weekly, half-hour talk show on cable television back in the 80s, again, primarily entertainment.

He has run U. K. Photography for over 30 years, but now photographs primarily male model and physique as well as private photo-shoots. His work has appeared in several leading gay magazines and he has a couple of albums of his work which are available for viewing by interested parties.

His work, both written and photographic, will now appear in Wayves beginning in November. He is only too happy to meet, talk with, write

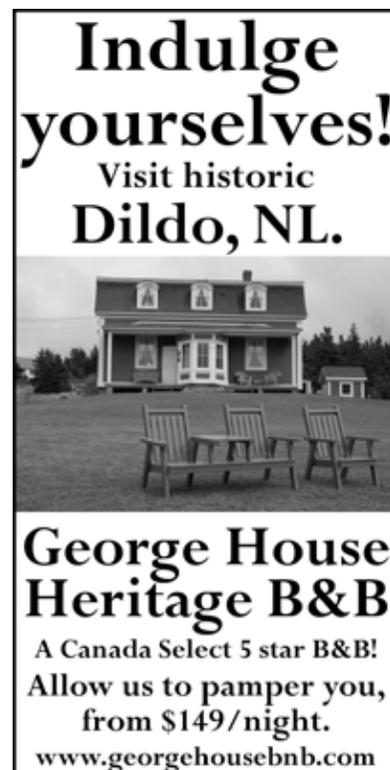
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I Am What I Amherst Holiday Gay-la Dec 4



by Gerard Veldhoven
Greetings from this border to all our queer friends in Atlantic Canada. Seems we are approaching the holidays quickly. Just browse around the stores and soon we realize it's THAT time of year again. Well, the various groups around the area must be setting the tone for some great times of celebration and the Amherst area is no exception. The Cumberland Pride Society is well on its way finalizing details of the upcoming Holiday Gay-la event on December 4.

The dinner and dance will commence at 7:00 p.m. at the Wandlyn Motor Inn, located at Exit 3 in Amherst. Dancing begins at 9:00, with live entertainment. I understand Miss Roxy Dior will make a guest appearance to entertain us all. She has made

appearances at two functions for the society and all indications point to a night to remember. Tickets are available at \$25 a person and may be ordered by contacting Sue at (902) 660-1874 or Gerard at (902) 660-5004. Cheques or money orders must be made payable to Susan Reid. One may also contact cumberlandpride@hotmail.com for more information.

All has been relatively quiet in blueberry country. Other areas have not been so fortunate. A very disturbing incident in Little Pond, PE, has caused the queer community some real angst, let alone the people involved. On October 18, a gay couple narrowly escaped as fire raged through their home. According to the Charlottetown Guardian, the RCMP consider this to be a criminal matter and that arson is suspected. Earlier in the month the mailbox was set on fire, making everyone suspicious that this is a case of deliberate damage and with cause.

United Church minister Rev. Beth Johnston went on record saying she deplors such hate crimes. The RCMP is still investigating, but it is believed the fire was set by an incendiary device and tossed through a window. With two incidents at the

home within a few weeks, it seems plausible that this is a hate crime against members of our community.

Another incident involves a gay couple in Yellowknife and a dispute with the landlord. After a lease was signed the landlord learned they were a gay couple he told them he wouldn't honour the lease. The Northwest Territories Human

... as we celebrate our equal rights, equal treatment remains a dream in many cases.

Rights Commission ruled that the landlord's actions were contrary to ordinary standards of decent behaviour and denied the men the respect and dignity they are entitled to as fellow human beings. The tribunal heard the landlord referring to gay people as "an abomination and one of the reasons the world is going to hell in a hand basket."

These stories are only a few of the daily crimes committed by homophobic and discriminatory actions against members of the queer community. So, as we celebrate our equal rights, equal treatment remains a dream in many cases.

As the holiday season approaches, it becomes clear that not all is well and that there are those in our community that remain frightened and alone in their plight. It is also evident that we must remain vigilant and

Cont'd from page 4

about and photograph gay/bi happenings in Fredericton and area. He can be contacted at any time at genec587@aol.com. He looks forward to being placed on mailing lists and said he looks forward to doing whatever he can for "the cause."

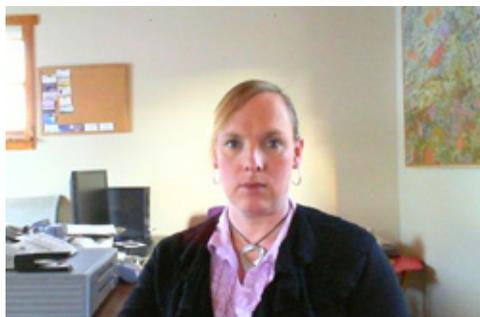
Angels in Halifax

Computer Angels, owned and operated by Tanya Bloomfield, now has services in Halifax. By women for women (but guys are also welcome) Computer Angels can be found by searching in Facebook. We are a safe and secure service with an established customer base on the South

Shore, hence we are now expanding into the city.

We offer a quality professional service at a reasonable price, offering virus/malware repairs, PC desktop and laptops, iMac/MacBooks, data recovery, Wi-Fi networks and just general advice. We offer service in your home or place of work. We also offer a pick-up and return service. Students of SMU, Dal, MSVU, NSCC, and NSCADU get 40% off standard service rate, but must present their student ID card to qualify.

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continue our fight in an attempt to lessen the hurt and disappointment that captures our attention on a daily basis. I urge educators and parents to adopt a positive educational program that addresses the needs of our brothers and sisters. Nip it in the bud

and youngsters will hopefully one day be different from their parents who may remain homophobic, bi-phobic and trans-phobic.

From the queer folks in Amherst and Cumberland County, we wish you a great holiday and a happy New Year.



Friday Dec. 31st
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Crawford Hastie's KIBITZ AND BITCH

Hey Tom

Happy Ho Ho, and all that. This is the time of year when I delight in wearing my lapel button that says Happy Pagan Holidays just to watch the evangelical fires that leap in the eyes of certain beholders of the button as I make my way through the holiday throngs of dazed, cranky and overtired shoppers. Amusing to watch the reaction to the button and pick out the sort of people who send around those emails exhorting everyone in the world to call it a Christmas tree and not a Chanukah Bush or a Holiday Tree. I overheard a woman one day saying, "If they don't want to come to a Christian country, they should stay where they came from." I asked her—in all innocence, I swear—what about the people who were here before we Europeans arrived, like the uh, First Nations. Bit of a nasty mark on the report card of Christianity there I'd say. Residential schools, blankets with small pox, cheating, lying, breaking treaty promises etc. Kind of puts the what-do-we-call-the-evergreen-tree-in-the-parlour question a little farther down the list of things to get outraged about, doesn't it? Oh, the craziness abounds. Parents are determined that their children will have the kind of Christmas they never had, even if it kills them all! You will be happy and grateful or else, you snot-nosed reindeer droppings!

My own favourite memories of Yuletide have nothing to do with presents or tinsel or chocolate chip cookies. I still chuckle over the time I went with my Dad and brothers to cut down a tree for Christmas (it would be called trespassing nowadays) when I discovered, while up to my thighs in snow (I was only 7 or 8), that the elastic in my underwear had chosen that precise moment to give up the fight and decide to drop towards my knees. Trying to wiggle a mitten-clad hand underneath the waistband of my hand-me-down cords and endeavouring to grasp the last shreds of my dignity by clasping my Stanfields became my preoccupation during the remainder of that little Christmas trek. Oddly enough, I have no memory of the tree from that year though I am sure it glowed in the usual corner of the living room and dropped its needles on the gifts gathered beneath it as its antecedents had always done.

It will come as no surprise to you, Tom, that one of my favourite, more recent memories of the pagan-festival-usurped-by-a-militant-church-quite-out-of-keeping-with-its-putative-founder, by which I mean Christmastime, also involves a decision whether to hold onto my briefs or let them drop.

A number of years ago (how I struggled not to say, Once upon a time) I was home alone on Christmas Eve. Oh, I wasn't pining away or lonely, quite the contrary. This was during my unhappy years in retail so the previous weeks—seemed like years—had been

spent endlessly listening to customers who all rudely clamoured for attention like vociferous children who had had far too much chocolate and far too little Ritalin. So, as I was saying, I was home alone on Christmas Eve savouring the quiet of the evening, the sharp bite of the rum in my eggnog and idling flipping through the TV channels looking for something nostalgic and seasonal, and preferably in black and white, when the phone rang.

"Hi. I don't know if you'll remember me."

Not an auspicious beginning, Tommo, since there are any number of good reasons for someone NOT to be filed away in my memory banks. However, he went on to explain where and how we had met. About a year and a half previously, I was loitering with intent at one of my old stomping grounds and I ran into this attractive man in his mid thirties who was sitting at a picnic table. Being the friendly sort that I am (shut up, Tom!) I wandered over and struck up a conversation. It quickly became clear that the gentleman in question was not looking for anything beyond chat, but since he seemed pleasant, bright and perhaps in need of a friendly ear into which he could pour his troubles—and because, frankly, there were slim pickings in that particular patch—I sat and listened and talked with him. I didn't remember giving him my phone number but obviously I did, and he had kept it all this time! I do make a good first impression, clearly.

So, Christmas Eve—almost two years later!—he calls, I'm not busy, I invite him over. And, it turns out that seen in the glow of the semi-bright lights of my Christmas tree he looks good. Very good, in a tight-panted black jeans kind of way. Blue eyes and dark hair: a weakness of mine. He has that shy, uncertain manner that always melts my heart—and warms up my other party parts too. Being the season of good will towards men, I show him good will and he returns the favour. He was sweet and gentle and eager—a great kisser!—and afterwards we talked for hours, long past Christmas Eve into Christmas Day.

Blessings, Peace and Love, Tom



NSRAP Report

Trans Rights: Be Heard!

Sometime soon, Canada's Parliament will have its first-ever vote on a significant transgender rights issue—and your MP's vote will be vital. But success depends on whether progressive voices drown out the noise being made by equality opponents.

Bill C-389 would extend several legal protections to transgendered Canadians. Hate speech and hate propaganda laws, which already prohibit extreme homophobic speech, would also cover transphobia. Violent crimes that target trans people would be treated as hate crimes. And trans people who experience discrimination in areas covered by

written on the face of the law. This makes it clear for everyone and avoids confusion.

Moreover, the symbolism of this Bill is of huge importance. For the first time, Parliament will be recognizing the full humanity and citizenship of transgendered Canadians. That sends a strong message, which will reverberate in homes, schools, and workplaces across the country.

Opponents of trans rights are already mobilizing. Right-wing fundamentalist Charles McVety of the Institute for Canadian Values employs his usual rhetoric of fear and "protecting" children. "If [Bill

It will be a lot easier to advocate for trans equality when the protections are explicit. There will be no more legal/philosophical questions over whether "sex" means gender, or gender identity, or gender expressions.

federal law—such as banking and air travel—will be able to bring human rights complaints through the federal human rights system.

LGB activists fought hard to achieve these protections on the basis of sexual orientation. Now it's time to expand that success to the area of gender identity and gender expression.

How significant are these changes? Some argue that they aren't significant at all—and in a sense, they're right. Human rights tribunals deal with trans discrimination cases, even though the law doesn't expressly tell them to. And hate crime laws protect against violence based on someone's "sex"—arguably, that should be enough to cover transgendered people.

But trans activists see real benefits in the legislation. First, it will be a lot easier to advocate for trans equality when the protections are explicit. There will be no more legal/philosophical questions over whether "sex" means gender, or gender identity, or gender expressions. Equality for trans people will be right there,

C-389] passes," he says, "our children will be exposed to perverts entering girls' bathrooms, change rooms and even showers claiming transgender discrimination."

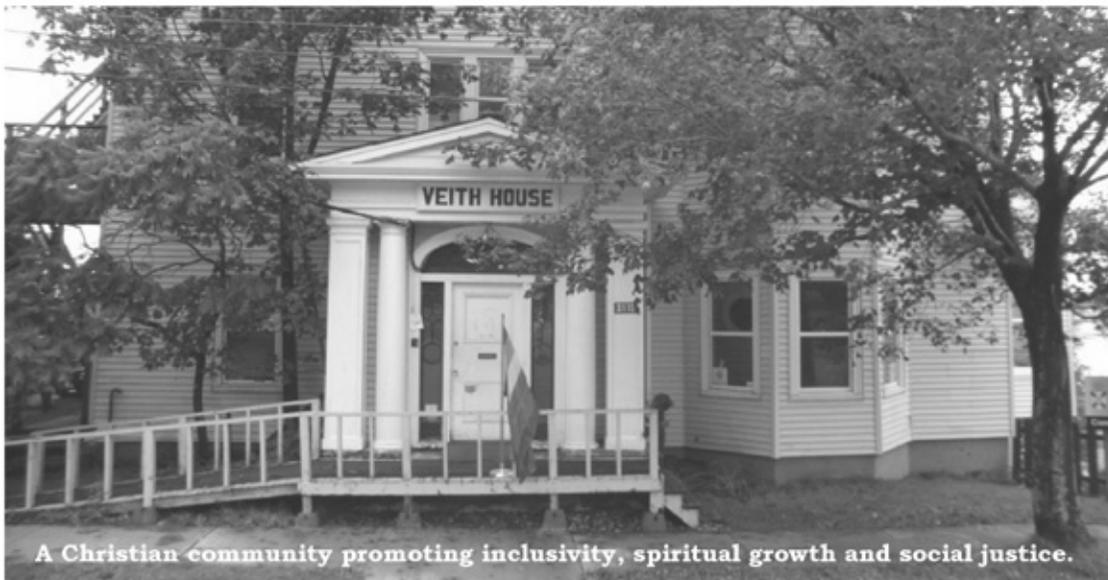
To date, only one Atlantic Canadian MP has spoken about this Bill in Parliament—Halifax's Megan Leslie, who said in part that "Trans people are members of our families and our communities. There is no them here, only us."

The rest of our MPs need to be encouraged to take the same approach. Contact your member of Parliament, and let them know that as a Canadian, you support the legal recognition of full equality for transgendered people.

Don't let McVety have the last word. Write to your MP at House of Commons, Ottawa ON K1A 0A6. It's absolutely free, no postage required.

If you're interested in what can be done for trans rights on a provincial level, contact NSRAP (nsrap@nsrap.ca) to find out more about our effort on promoting transgendered equality here in Nova Scotia, or visit our website at www.nsrp.ca.

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Chef Darren: Maitre Rôtisseurs

On November 13 Chef Darren Lewis was inducted as “Maitre Rôtisseurs” (Master Chef) by the international gastronomic society Le Chaîne de Rôtisseurs during a ceremony and six course dinner at the Prince George Hotel, Halifax.

Chef Darren has been co-owner and Chef de Cuisine of Chives Canadian Bistro, Halifax (www.chives.ca) for nine years and regular author of “Chef’s Corner” for Wayves for the past five.

“The Chaîne brings together professional (such as chefs, restaurant and hotel owners and managers) and non-professional members from

around the world who share in the ‘spirit’ of the Society and who appreciate and enjoy wine and fine dining. This association of people dedicated to fine cuisine, now devotes itself to promoting and developing the gastronomic values whilst at the same time widening its focus to ‘table art.’”

La Chaîne de Rôtisseurs dates to the 13th century French court of King Louis IX. The current incarnation of the international gastronomic society was founded in Paris France (1950) where it is currently based.

For more information about La Chaîne de Rôtisseurs visit www.chaine-des-rotisseurs.net/en.



Chef Darren Lewis Honoured by La Chaîne. Photo by Raymond Taavel

Transgender Transition in Moncton

This article is Part 2 of “Choose To Transition?” on Page 4 of the November Wayves. It can be obtained from the “Wayves Online” tab of www.wayves.ca.

By Josie

Although I have lived from coast to coast in this great country, I have spent the vast majority of my life in New Brunswick. I own a house here, have a great job, vote at every election, pay my taxes, and have a bright future here. My wage allows me to afford to live here, whereas I know I couldn’t survive on it living elsewhere in Canada. That’s why I am staying here—because continuing to live here during my transition is just as much choice as is being transgen-

dered. It is the only way I will be able to borrow the tens of thousands of dollars needed to see my transition through, by using my house and job as collateral.

Simply put, just because the big provinces may pay for my surgeries, will they just as easily give me my standard of life I worked so hard for here? I seriously doubt that. It took me a long time to get here and no one handed me anything for free. The sooner I stopped looking for handouts, the easier my life became. I called it growing up and growing up for me was a bugger!

When I found out my Moncton job was going to be here for me through my transition and I found a great therapist who helps me with my trans issues, I knew my life was going to be OK after all these years.

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When I found out my Moncton job was going to be here for me through my transition and I found a great therapist who helps me with my trans issues, I knew my life was going to be OK after all these years. I have met trans friends who have been there for me and can help me navigate this path and I am ready to make it happen. These external sources inspired me very much internally too. Ten months ago, I began to eat healthy and so far have lost 40 pounds. I quit all drugs, quit smoking cigarettes, and drink very rarely. I don’t need any of

that stuff to cope anymore. All of this was a spiritual sign for me and I began my fight to make sure that no other trans person should have to work so hard to find help in Moncton.

That’s where the “Moncton Transgender Peer Group Meetings” began. With help and support from long-time trans people in the area and in Halifax, I have made it my passion to spread accurate and truthful information about transgender resources in the Maritimes.

This group’s purpose is to provide information and support to a growing number of people who are trying to navigate a system that to a newcomer seems far too hopeless to begin. This past August 4, at my friend’s small apartment in Moncton, I held the first ever meeting of the Moncton Transgender Peer Support Group (M.T.P.S.G.). Four transwomen and one transman talked for two hours about what it means to them to transition here and what they see in their future.

We shared information on therapists, doctors, and government forms over a plate of chocolate chip cookies that were gone by the time we were done. A small gathering it was indeed, but a giant stride in the fight to help trans-persons get the help they need, when they need it. We all agreed at the end of the night that we should make the gatherings a monthly occasion. Now vested with the help of the local pride community and from trans organizations from all over North America taking notice of this fledgling group, the ball is rolling and unstoppable.

In all, I hope this group will show New Brunswick that we transpeople are not going to simply run away to where they think we ought to be. I know if my only hope way back when was to leave for the big centers of

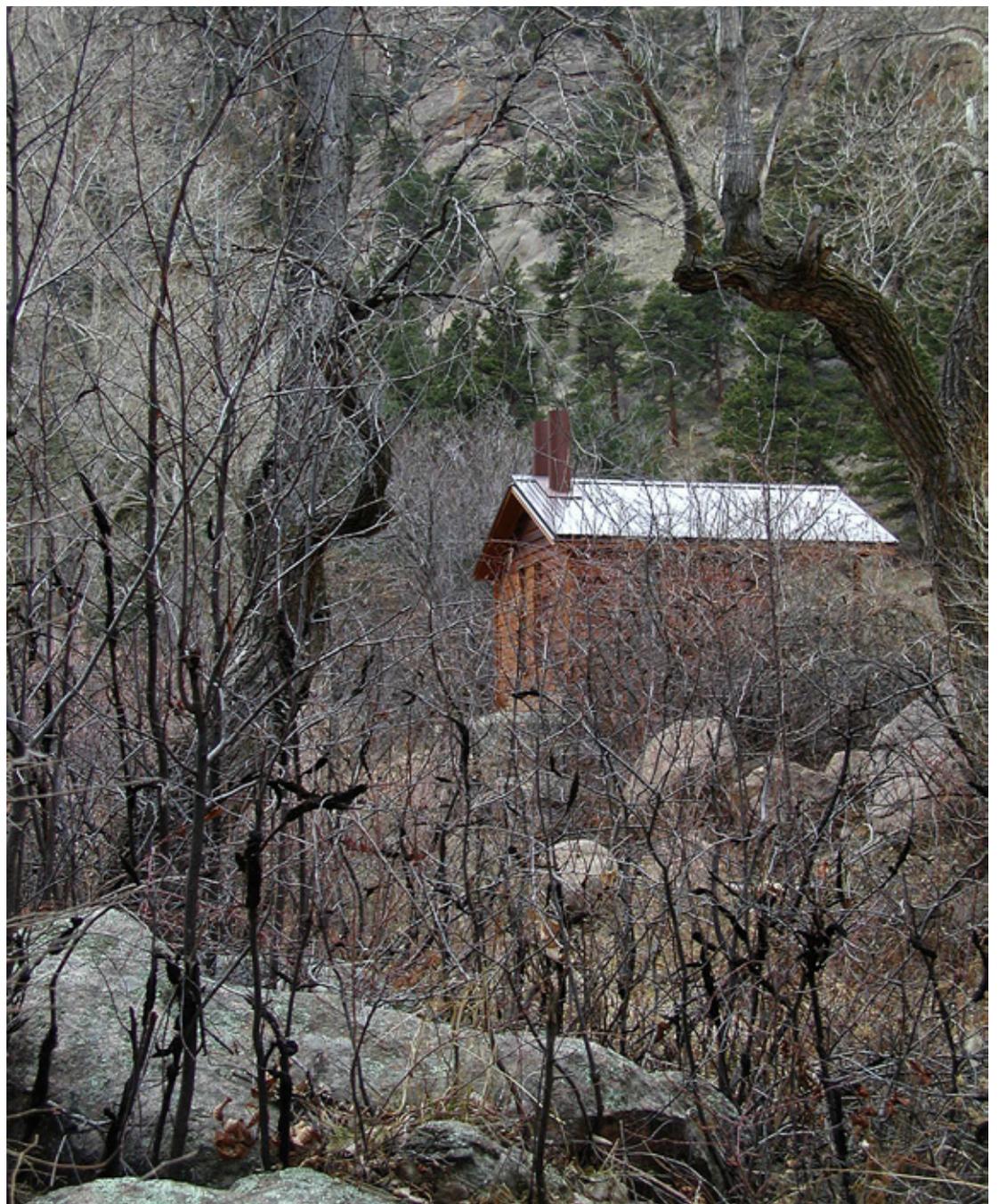
Canada, then I would not be typing this note as we speak. I am able to heal here on my own ground and I know that will be just as important to those coming after me.

My sincere hope is, that if we can’t

afford to get the big city specialists to take root here in NB, then I hope the group e-mail address and contact information will one day be in the hands of every therapist and school guidance councillor in the province,

because ignorance will never be bliss for a transperson. The address is be_tgmoncton@live.com. It is written this way to encourage our brothers and sisters to BE TransGendered in Moncton and LIVE.

Anita's Photo



The Asshole Monologues



by Tara Thorne

"I thought 'The Asshole Monologues' could do for the anus what 'The Vagina Monologues' did for the vajayjay," says Jane Kansas. "I wanted people to have a chance to hear stories about assholes because for me, anyway, I don't talk very much about my asshole and I don't very much know about the state of other peoples' assholes and so I thought this would kind of be a chance to break the ice."

"The Asshole Monologues," opening November 30 at Plutonium Playhouse as part of the month-long Sex Festival, is the first play for Kansas, a veteran journalist, writer, broadcaster and travel blogger. "I've been calling it a documentary play," she says on a recent afternoon in a north end board room. "I don't have to make up full characters with motivation and plot; I don't have to get them around the kitchen table with the phone ringing. This is a documentary of plays, so for me I feel really lucky that this is the kind of play I tried first."

Kansas has appeared in a pair of Halifax productions of Eve Ensler's "The Vagina Monologues," and was struck by the difference in audience mood before and after the shows. "Particularly men at 'Monologues' came into performances nervous and jittery, not knowing what they were gonna see or hear or feel; and left feeling 1,000 percent better because they knew a whole lot more about snatches and they didn't have to see or witness or do anything embarrassing."

"Asshole" takes varied approaches to the material, ranging in tone from

saucy anecdotes to sadder revelations. The show is "not just people getting fisted up the ass," says Kansas, who does not appear in the play. "It's kids having their little poo-holes and not knowing what to do with them; it's a woman having surgery near her anus; it's about having a colonoscopy and colon cancer; it's all different ass-pects."

She took Ensler's approach to the writing, conducting interviews

The first monologue I wrote was the one called "My First Asshole"

and research, knitting it all together with her own experiences and asides woven in here and there in different quantities. "The first monologue I wrote was the one called 'My First Asshole,' which is a truth, non-fiction slash memoir slash whatever," she says. "It's about a woman explaining the reasons why she's a lesbian. And one of the reasons she explains has to do with the sight of the first asshole she ever saw, which happened when she was a young girl."

Other stories are told from the perspective of a girl who loves her dildo and someone on ecstasy, subjects ranging from rimming to old age to skin tags to ass virginity. But it was all technical for the playwright. "For me it was business: 'I'm writing "The Asshole Monologues," I need to hear your story, let's do this,'" says Kansas of the process. "I'm just like, 'What can you tell me what it was like the first time you were fucked up your ass?' And I just sit there with my

fingers over the keyboard and they would start talking. And it's all, 'Oh, excuse me—would you have been on your hands and knees then?' It's all business."

From there it became about the writing itself, the time when subject can be incidental. "I think about word count, is it flowing, should this be in present tense, should it be in past tense, should I have another funny monologue, are there too many sad, poignant monologues with no point?" says Kansas. "But I know that once the monologues go through the vision of the director, and the vision the actors bring to it, they're going to leap off the page, those assholes. From the one-dimension on the page to three dimensions, and then it won't be business anymore."

Thom Fitzgerald, a long-time friend and artistic director of Plutonium Playhouse, was a guiding hand on "The Asshole Monologues." "One really proud moment for me was Thom Fitzgerald reading one of the monologues about a gay man having sex, and he took a guess at whose story it had been, and he didn't know I'd made a lot of it up," says Kansas. "And I said to him, 'That made me really happy.' It's a little thing, but it made me happy that I can make up something about something I know nothing about and it can fly with somebody who does know something about it."

The Asshole Monologues A Play by Jane Kansas November 30 – December 5, 8:00 p.m. with Saturday and Sunday matinees at 3:00 p.m. Plutonium Playhouse (2315 Hunter St., Halifax) \$20 / \$15.

The Girl Band from Halifax: We are Perpetual Detour

By Pandora Spocks

Perpetual Detour combine insightful lyrics and melodic harmonies with themes of love and longing to bring you a soulful performance that leaves you wanting more. This folk/rock foursome was formed in 2008 and is based in Halifax, NS. They have been compared to the likes of Sarah McLachlan and Jann Arden.

Perpetual Detour are: AJ Leblanc, Meagan Lanchbery, Rachelle Gionet and Jennifer Stewart with each member playing multiple instruments and having a hand in songwriting.

Q: You have a unique band name. Is it significant? A: The name relates directly to the lyrics in our songs. Perpetual (ageless themes of love and eternal truths) and Detour (a diversion from one's original route). Basically how life isn't a straight line, your choices take you places, often different from what you planned.

Q: You mentioned the lyrics there, can you be more specific? A: Sure. We write about love, longing, desire, redemption and hope. We have a wide variety of topics, fast songs and slow songs—something for everyone.

Q: So how long have you all been playing together? A: The band

formed in 2008 but we've known each other longer.

Q: How do you describe your music to people? A: We generally say it is "awesome alternative folk/rock." We play all original songs with one or two covers.

Q: Who would you say you sound like? A: Sarah McLachlan, Jann Arden, Natalie Merchant.

Q: What types of shows/venues do you like? A: Hmm, intimate ones, 100 to 200 people. This way you can connect really well with the audience.

Q: Do you think men or women like your music more? A: Honestly, our fans are both women and men. We love it! It is almost fifty-fifty. We wouldn't want it any other way. Everyone is welcome.

Q: When I saw you play live, I noticed you had two drummers. That is really rare. Do you all play more than one instrument? A: Yes, we all play at least two. It keeps things interesting and helps us creatively.

Q: I have to ask the obvious question. You've played some Pride events... are any of you gay? A: Yes, that was going to come up... out... eventually. We are all lesbian, but we would play at Pride regardless. It is always a great atmosphere. Thanks to the gay community for

being so supportive!

Q: Since you bring it up, where have you performed, Pride-wise?

A: This year we were lucky enough to play at the MAC Leather AGM (part of pride festivities in PEI) and two shows with GNG (Gais.es Nor Gays) camping weekend in NB. Both were wonderful events and everyone was very friendly. We were going to play in Moncton as well but the venue closed. Hopefully next year we will add more dates.

Q: Sounds like it was fun. What have you been up to since then? A: We have recorded our first video. It's in the editing stages now. We were also in the studio to record the third track for our CD. We played a show in Berwick at The Wick Pub which was amazing. We even had fans make the long trip down to watch us play! Our thanks to Liz, Dianna and Rhonda; they made it very fun!

Q: What have you got coming up? A: It is actually a very exciting time for us! We will be playing at Menz this November/December (dates to be announced). Very excited about that opportunity! We will also be doing a video launch. We are starting to book shows for next spring and summer and we have a very cool collaboration project coming up this winter.



Perpetual Detour in New Brunswick, Labour Day Weekend. Photo by Daniel MacKay

Q: That is a bit of a tease isn't it? A: It is, but we will unveil the details as soon as we can. You'll have to stay tuned!

Q: What is the best way to do that? A: Online: Check our website (www.PerpetualDetour.com) and our Twitter feed (@PerpetualD2R). We have a Facebook page and our tour dates will also be on www.ReverbNation.com/PerpetualDetour.

Q: Can you download stuff? A: Yes, we have "One Hundred Footsteps" available for free right now and more streaming.

Q: Is there anyone you would like to acknowledge? A: We have to give a shout out here to Wayne Richard, Paul LeBlanc (River of Pride) and Robert Mainville (GNG), Kelly of 5:55 Productions, MaryAnn of Company House and Doug of Menz Bar.

Q: Any last words? A: Sure, we enjoy meeting and making new friends at every show. We want to say, Thanks for showing up and it was a pleasure! We look forward to seeing you all again.

Wills – Don't Die Without One

By Bill McKinnon

In 2001, Eskasoni-born Tuma Young became the first fluent Mi'kmaq speaker to be called to the bar in Nova Scotia. Since that time he has furthered his legal training and law practice in Arizona and Nova Scotia and is now completing his PhD at Dalhousie University. On Sunday, October 17, Tuma shared some of his legal knowledge and experience with a group of LGBT seniors at Spencer House in Halifax regarding wills and other elements of estate planning.

For simplicity I have paraphrased some of Tuma's insights in a series of questions and answers based on my notes and those of a senior member of the Wayves team. This is a rough guide only, as I may have made mistakes.

Q: Why do I need a will? I have very little and if I make one, aren't I setting myself up to die? A: You probably have more assets than you think and in planning for your death, you are planning for life. With no will, the province may grab what you have after the lawyers take their cut off the top.

Q: What if I die with no will? A: Someone has to be appointed as administrator of your estate.

Q: Do I need a lawyer? A: No but if your will is complicated, problems may arise, if you do it yourself.

Q: Are wills expensive? A: Yes. Today a will prepared by a lawyer may cost \$500 to \$1,500.

Q: What about will kits? A: There's a saying in the law community that Do-It-Yourself wills generate more business than they eliminate—because of errors and omissions.

Q: Do I have to leave my money to specific people? A: Not necessarily but your natural heirs have to be considered even if they are to get nothing (i.e. your spouse, parents and your children) but nobody else.

Q: What does it mean to be considered? A: Here is an example: "These are my children: (list) and I have provided for them all my life and do not feel they need any more." The purpose here is to avoid any contesting of the will.

Q: What if I want to leave most of my estate to one person but also wish to make some other bequests? A: In the wording, you should first identify the specific bequests and then state that the remainder of your estate goes to one specific person.

Q: What does an executor do? A: An executor holds your estate in trust once you die, gathers up and pays your bills after determining if the bills are valid, liquidates the assets which need to be liquidated, files and pays your income taxes and distributes what's left to your heirs according to your will after the will is probated.

Q: Who should I use as my executor? A: Probably not a law firm or trust company for their fees are likely to drain your estate. For simple wills, get a friend to do it. You may also appoint an alternate or co-executors. All executors should be notified and have a sealed copy of your will. Note that it is not an honour to be an executor; it is a lot of work.

Q: Is an executor paid? A: An executor may be paid. Sometimes

payment is a percentage or a specific amount. Whatever is to be paid must be specified in the will.

Q: What about probate? A: Generally wills must be probated in Nova Scotia and the probate court takes a percentage but some wills do not have to be if the estate is below a certain value.

Q: Are there copies of wills in official places? A: After probate, your will be filed in court and as such is a public document.

Q: If all accounts are in my partner's name, can I avoid probate? A: Probably not.

Q: What about holographic wills? A: Wills entirely handwritten by the testator are generally not legal in Nova Scotia but there are exceptions.

Q: How can I avoid income taxes? A: Keep your RRSP out of your estate by designating the beneficiary e.g. your partner or spouse in the RRSP agreement. Otherwise the balance of the RRSP is taxable in the year of your death.

Q: What happens if I marry? A: Marriage usually voids a previous will.

Q: What about domestic partnerships? A: If the partnership is not registered, the surviving partner has no rights; also a domestic partnership dissolves after not being together for one year. If registered, a domestic

Q: What if I have property in the U.S.? A: Trans-border properties complicate matters, e.g. the United States has inheritance taxes.

Q: How often should I revise my will? A: Perhaps every 5 years you should consider making a new one or if there are major changes in your situation, e.g. if you get partnered up or married, break up or throw the bum out. For minor changes, prepare a codicil, mark it as a codicil, sign it, have it witnessed and attach it to the back of the will. If changes are major, make a new will.

Q: What about domestic partnerships? A: If the partnership is not registered, the surviving partner has no rights; also a domestic partnership dissolves after not being together for one year. If registered, a domestic



Tuma Young. Photo by Bill McKinnon

partnership has most of the legal protections a marriage enjoys. If you are living common law, make a cohabitation agreement or register a

domestic partnership or you run the risk of unequal distribution of assets when one of the parties dies.

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With the holiday season upon us over the next few weeks, I thought I would offer up an easy to prepare appetizer/hors d'oeuvre when having people over, or to take with you to a pot luck or cocktail party. This one will be easy because all of the ingredients can be bought at your local supermarket yet you have still made the effort to put it together yourself. I suggest you pick out either a double cream goat brie, a good camambert, or even an Italian cambazola for those who like a hint of the blue cheese. Most of these cheeses come in different sizes. Choose the one appropriate to your function.

I wish you all the very best of the holiday season. Thank you for your readership and see you next year.

Baked Cheese and Cranberry in Puff Pastry

Ingredients

- | | | |
|--|---------------------------|--------------------|
| 1 wheel of your choice of cheese (see article) | 1 orange (juice and zest) | 1/2 tsp salt |
| 2 sheets butter puff dough | 1 shallot (minced) | 1 pod star anise |
| 1 egg (beaten with splash water) | 1/4 cup sugar | 2 whole cloves |
| 1 can cranberry sauce | 2 tbsp balsamic vinegar | 1/4 cinnamon stick |

Method: (for chutney)

1. In a small saucepan over medium heat, sweat shallots in vinegar and orange juice, with spices (in cheese cloth) until shallots are soft (2-3 min).
2. Add the sugar and cranberry and cook out on simmer for 10-15 minutes.
3. Cool chutney in refrigerator until cold. It should be quite thick in consistency.
4. Lay first sheet of fridge cold puff dough on a cool surface, place the cheese in the centre and top the cheese with the chutney (remove spice bundle).
5. Brush the dough around the edge of the cheese with a light coating of the egg wash to act as a seal with the top layer. Place the second layer of dough over top and gently press it to the sides of the cheese wheel creating a seal at the bottom edge with the bottom layer.
6. Cut away all excess dough leaving a 1/2 inch rim all around the cheese. The dough can at this point be crimped, twisted or stamp sealed to create a decorative edge.
7. Lightly brush the entire surface with the egg wash, and sprinkle sparingly with sea salt. Make a couple of small slits in the top of the dough to act a vent during cooking. Store in fridge until ready to bake.
8. Bake on a parchment or wax paper lined baking sheet at 425°F for 15-20 minutes or until dough is dark golden brown. Remove from oven and let rest 15-20 minutes prior to transferring to serving dish.

Halifax Pride in Parade Of Lights

by Bill McKinnon

The Christmas Pride Parade (a.k.a. The Parade of Lights) was held in Halifax on Saturday, November 20. Thousands of people lined Barrington Street, Spring Garden Road, South Park Street and University Avenue to see the Halifax Pride float and 71 others. The weather, which was at times rainy, windy and cold, failed to daunt the brave Haligonians, nor did it dampen their high spirits for this annual celebration of the Yuletide season. The last float in the

parade carried a sleigh pulled by eight reindeer. The jolly old gentleman on the sleigh wore a long white beard and was dressed in a red suit trimmed with ermine fun fur. It is evident from the use of low carbon-footprint reindeer as an energy source that the old fellow is ecologically responsible. I noticed also that he evidently makes lists (and checks them twice) of everyone who has been naughty or nice. I am not sure why he does this, but I'd sure like to get a copy of the naughty list.





PLANNED PARENTHOOD
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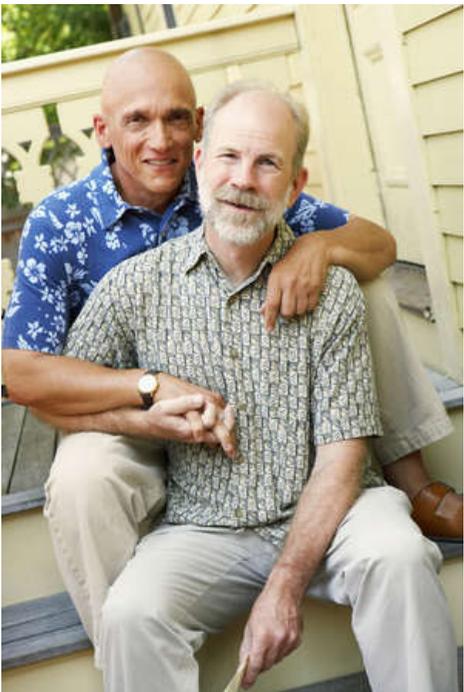
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MP1343 (02/2008)

Another Christmas Alone Again?

By Cal Callisto The Cat

Hi, it's me again. Another year has flown and I'm still bickering with that ornery same-sex Persian I live with. On the other paw, I'm reasonably content and not alone. But enough about me. Some of you may find it difficult to survive the holiday season. You may experience more stress, anxiety, loneliness and depression during December, but do not despair: you can do something about the problem and enjoy your Christmas and New Year's.

More specifically, but not exclusively, this article is for LGBTs who have a problem with alcohol or drugs, or are affected by others' addictions. Staying close to a 12-step program such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) is the best way to remain safe, clean and sober during December. Don't isolate yourself—get out among other clean

and sober people who understand what you are going through.

You do not need to be alone. There are daily AA and NA meetings near where you live throughout the season.

For AA meetings in HRM, phone (902) 461-1119, e-mail aahalifax@gmail.com or visit www.aahalifax.org. There are also lots of special events in December. Club 24 (a dry club) at 2 Dundas Street in Dartmouth has a special get-together every Christmas Eve and Christmas Day (www.club-24dartmouth.org). On New Year's Eve there will be dry dance at St Teresa's Church (Dublin and North Streets). The admittance price of \$10.00 per person includes food.

For NA, phone (902) 454-2413 or 1-(800) 205-8402, or visit the website www.centralnovaarea.ca. NA holds their "In Out of the Cold 2010" celebration December 24 – 26 at the

MicMac Friendship Centre at 2158 Gottingen Street in Halifax. Check the website and follow the links or phone (902) 406-0504 or (902) 404-2460. Everybody is welcome and donations are appreciated.

There is only one gay AA meeting in Atlantic Canada and it meets every Monday at 8:00 p.m. in St. Matthew's United Church at 1479 Barrington Street, Halifax, but many GLBTs attend other meetings and that works well for them.

If you are affected by the alcoholism of others, call Al-Anon at (902) 466-4077 for Nova Scotia information or visit www.freewebs.com/alanonmaritimes.

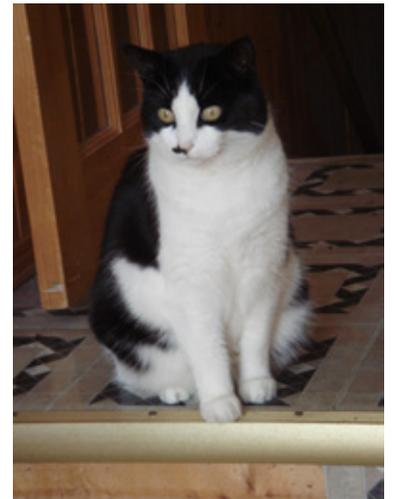
For contacts in AA, NA, Al-Anon, etc outside of Halifax, check your local phone book or visit www.canadadrugrehab.ca and follow the links for NS, NB, PEI or NL.

Safe Harbour Metropolitan Com-

munity Church (www.safeharbour-mcc.com) is another place of strength and fellowship. The congregation worships every Sunday morning at 3115 Veith Street in Halifax. On December 4 at 5:30 p.m. the Darlene Young Memorial Christmas Dinner will be held at St. Andrews United Church on Cobourg Street.

On New Year's Eve consider celebrating the arrival of 2011 in the Grand Parade with a live band or two and the hosts of CTV's Breakfast Television. Who knows... you might even get lucky. Of course next morning, you must take in the New Year's Levee at Halifax City Hall and then pop over to Government House to meet the Lieutenant Governor.

My human recently chatted with a man who said that when he can no longer cope on his own, he will likely kill himself rather than go to a nursing home. We hope it will be different



for him, and we can all start now to do something ourselves about being alone. The "It Gets Better Song" may be apropos for everyone. Watch and listen at www.thetrevorproject.org. Best wishes for the season — Cal

South Shore Pride Dances: An Endangered Species

By Jeffrey Whynot

Your South Shore Pride dances, held on the third Saturday of every month at the Wileville Fire Hall, are in danger of being discontinued if attendance doesn't pick up. We thought that announcement was going to be made at the last dance but we had just enough to cover the expenses.

Eric and I have taken over the work of organizing the dances and it is a lot of work for two people but we do it because we enjoy it. In order to keep the dances going there needs to be at least 40-plus people to attend to cover the expenses for that night.

I am calling out to all of you to let your friends, family or anyone that

you may know who is gay (or not) to come out and have some fun, and in the process provide us with their much-needed support.

I started going to these dances back 10 years ago and I was so thankful that the dances were so close to home. Back then when I came out I knew no one that was gay or at least would admit it. I had no one to talk to or a place to go to be myself. When I found out about the dances, I could not wait to go and from then on I could not wait until the next one. In those ten years I missed one dance.

Even if you are not looking for someone but just want to be yourself, meet new people and have fun the

dances are the place to be. I met my current partner at one of those early dances—he lived right in the area but I had never seen him before.

I will miss the dances but I can also go to the city. There are a lot of people who do not have a car or the money to go to the city for a night to have fun, and the dances are local and are only \$6.00 to get in. Where else can you go for that amount and have a good time with a great bunch of people? Please come out and show

your support.

If the numbers are not there, the decision will be made at the next dance.

We are thinking of having a New Years Eve Dance and a pot luck supper. If you are interested please e-mail me at jeffreywhynt@hotmail.com. Once the numbers are in I will let all of you know if we will or will not be having one. The couple of New Years Eve parties we had in the past were always a great time.



AIDS PEI offers financial and emotional support to Prince Edward Islanders living with HIV, as well as access to confidential testing sites in New Brunswick. We also offer prevention services such as condoms, oral dams, lubricants, and awareness presentations.

375 University Ave, Unit 2
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NEXT ISSUE DEADLINE: First Friday of the Month

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WAYVES GROUPS AND SERVICES

Atlantic Canada

Al-Anon/Alateen: for families & friends of problem drinkers. Does someone you know have a drinking problem?. 466-7077 web: www.freewebs.com/alanonmaritimes

AtlanticCanadianLesbians: Online Group For Lesbians from the Atlantic Provinces.

AtlanticPoz: A new discussion group is for individuals living with HIV in Atlantic Canada. web: health.groups.yahoo.com/group/atlanticpoz/

Egale Canada - Atlantic: (888) 204-7777 email: egale.canada@egale.ca web: www.egale.ca

Gender Expressions Atlantic: Support for transgendered individuals ranging from Crossdressers to Transsexuals. email: gender_expressions@hotmail.com (No scheduled meeting. Occasional social events, by invitation only.)

Healing Our Nations: Healing Our Nations is an Aboriginal HIV/AIDS service organization that serves the Atlantic region. 1.800.565.4255 email: director@access-wave.ca web: www.hon93.ca (Training offered on request at no charge for Aboriginal peoples and/or organizations.) at 15 Alderney Dr., Suite 3, Dartmouth, NS. B2Y2N2

Integrity: Integrity is an organization of GLBT Anglicans and their friends, to encourage Christian gay men and lesbians in their spiritual life; to support the Church in its commitment to seek and serve Christ in all people; and to reach out to the GLBT community in Christian love and service. (902) 425-8383 web: www.integritycanada.org

Maritime Transgender Workplace Solutions Project: Transgender Issues Workshops and information resource. email: denisesined@ns.sympatico.ca web: www3.ns.sympatico.ca/winpapernews (No meetings, Workshops by arrangements, Information source when requested. Newsletter Odds & Sods bi-weekly)

Mr Atlantic Canada Leather Society: Dedicated to developing gay leather communities in the Atlantic region. email: waydo7@hotmail.com

Names Project (AIDS Memorial Quilt): panels - helping create, and lending. 902-454-5158 email: larrybaxter@ns.sympatico.ca web: www.quilt.ca (Call if interested in volunteering or making a panel) at 3544 Acadia St. Halifax, NS B3K 3P2

Narcotics Anonymous: a fellowship of recovering drug addicts who meet regularly to help each other stay clean. 1-800-205-8402 web: centralnovaarea.ca at Call the phone number or visit the web page for meeting times and places.

Project E: Presentation for youth, on gender expression, myth busters, proper terminology and other facts. web: www.freewebs.com/xprojecte/ at available via web page

Wayves Magazine: Atlantic Canada's queer news and lifestyle magazine!. email: submissions@wayves.ca web: wayves.ca (Deadline: the first Friday of every month; Editorial meeting: the Monday following that; layout the Sunday following that. Email us to be put on our notification list!)

New Brunswick (506)

Fredericton

AIDS New Brunswick / SIDA Nouveau-Brunswick: committed to facilitating community-based responses to the issues of HIV/AIDS. Needle exchange located in office at 65 Brunswick Street Fred. E3B 1G5. 459-7518 email: jennifer@aidnsb.com web: www.aidsnb.com (Office Hours: Monday to Friday, 8:30AM to 12:30PM and 1:30PM to 4:30PM)

Fredericton Lesbians and Gays: Email listserv of events/news in the Fredericton for gblt men and women. email: jamesw@stu.ca

Integrity: Supports and encourages Gays and Lesbians in their spiritual lives. email: integrityfredericton@live.ca web: www.facebook.com/group.php?gid=46207976587, meets 3rd Sunday (4:00pm) at Unitarian Fellowship of Fredericton at 874 York Street

PFLAG: Support & education on issues of sexual orientation & gender identity. (506) 455-7190 email: pflagfredericton@yahoo.ca web: www.geocities.com/Pflagfredericton/, meets 4th Tuesday (7-9 pm (except December: 2nd Tuesday)) at Unitarian Fellowship of Fredericton 874 York St. Fredericton NB E3B 3R8

Spectrum: social and support group for students, staff and faculty at UNB and STU. email: spectrum@unb.ca web: www.unbf.ca/clubs/spectrum (Meets Fridays during the school year. See webpage for location.)

UNB/STU Women's Collective: Women of all ages and orientations. , meets every Monday at 5pm at the University Women's Centre at the SUB

Moncton

AIDS Moncton: offers support to people living with HIV and their families and friends, education and awareness. 506-859-9616 email: sidaidsm@sida-aidsmoncton.com web: www.sida-aidsmoncton.com at (506-859-4726 fax) 80 Weldon St, Moncton, NB, E1C 5V8

Moncton Line Dancing: LINE DANCING for all levels from beginner to advanced. No partner required. No dress code. , meets every Wednesday (8:30pm sharp) at Triangles Bar, corner of St. George and Archibald.

PFLAG: Supporting all people with questions or concerns about sexual orientation and gender identity issues. (506) 869-8191 email: monctonnb@pflagcanada.ca web: www.pflagcanada.ca/moncton.html, meets 3rd Monday (Occasionally on the 2nd Monday — please call) at 7:30-9:30pm, University of Moncton, Adrien-J.-Cormier Bldg., Room 302

River of Pride-riviere de fierte INC. of Greater Moncton: The organization meets regularly, to discuss upcoming events and activities, everyone is welcome to attend. check out time / location posted on the website. Media and general inquiries, including registration of volunteers and parade participation, can be made from the website or by email. email: riverofpride@hotmail.com web: www.fiertemonctonpride.ca (See webpage for schedule.)

Safe Spaces Moncton Region: Education on how to create safe environments for GLBT-TQQ youth. 859-9616

Transgendered Peer Support Group : Open to all M2F, F2M, Andro and trans-supporters from across Atlantic Canada. email: be_tgmoncton@live.com

UN sur DIX - l'Association des étudiant.e.s GLB de l'Université de Moncton: Visé à éduquer, à sensibiliser et à offrir des ressources dans la langue française. email: unsurdix@umoncton.ca web: www.umoncton.ca/unsurdix/ (Visitez le site Web ou envoyez un courriel pour en apprendre davantage au sujet du travail que nous accomplissons.)

Petit-Rocher (Bathurst area)

Gais.es Nor Gays Inc. (GNG): A bilingual volunteer association serving gay men, lesbians and bisexuals of northern New Brunswick. email: info@gngnb.ca web: www.gngnb.ca (Dances are held at GNG club every Saturday night. See www.gngnb.ca for a list of upcoming events.) at 702 rue Principale, Petit-Rocher NB. Look for rainbow flag and/or door with pink triangle at rear of parking lot.

Sackville NB/ Amherst NS

Catalyst: Catalyst, Mount Allison's Queer-Straight Alliance, provides support & information for all Mt. A students, staff, and faculty through meetings, seminars, and social events. Everyone is welcome. email: catalyst@mta.ca web: www.mta.ca/clubs/catalyst/ (Catalyst meets approximately every week from Sept-Dec and Jan-April. For meeting info contact the president at catalyst@mta.ca or the Students' Administrative Council at sac@mta.ca.)

PFLAG: Support and education for GLBT-T2IQQ persons, friends & family. 506-536-4245 email: jhammock@mta.ca, meets 2nd Monday (7:30 to 9:30pm No meeting in July and August.) at Meeting location alternates monthly between Sackville: United Church Parlours, 112 Main Street, and Amherst: Maggie's Place, 12 LaPlanche Street

Saint John

Affirming United Church - Centenary - Queen Square United Church: invites you to worship!. 506-634-8288 email: cqsunited@nb.aibn.com web: www.cqsunited.ca, meets every Sunday (10:30am) at 215 Wentworth St, Saint John, NB

AIDS Saint John: To improve the quality of life for those infected & affected by HIV/AIDS, and to reduce the spread of HIV through education and a needle exchange program. Call the office for details. 652-2437 email: aidsj@nb.aibn.com web: www.aids-saintjohn.com

Gay Men's Supper Club: web: www.portcityrainbowpride.com, meets 3rd Saturday (See webpage for more information) at 220 Germain St. Saint John New Brunswick

PFLAG: Provides support to anyone dealing with issues of sexual orientation and/or gender identity. (506)648-9700 or 648-9227 email: saintjohnnb@pflagcanada.ca web: www.pflagcanada.ca/saintjohn, meets 1st Friday (1st Friday of each month September - June from 7:00- 9:00 p.m. No meeting in July & August.) at 116 Coburg Street in Saint John, New Brunswick in the Community Health Centre next to St. Joseph's Hospital.

Port City Rainbow Pride: Pride Celebrations Committee. email: events@portcityrainbowpride.com web: www.portcityrainbowpride.com

Saint John LGBTQ Lending Library: over 300 fiction and non-fiction titles. 634-8288 email: cqsunited@nb.aibn.com (open Monday through Friday, 9 AM to noon.) at the office of Centenary Queen Square United Church at 215 Wentworth Street.

The UNBSJ Q-Collective: A social and support organisation for UNBSJ students, staff and faculty. 506-648-5737 email: QCollect@UNBSJ.ca web: www.unbsj.ca/clubs/qcollective (The UNBSJ Q-Collective is interested in hearing from other university LGBTQ organisations and would like to possibly meet or collaborate.) at Various locations; event particulars will be emailed to anyone who registers with the UNBSJ Q-Collective and/or who gets the UNBSJ weekly "E News". Past events include the annual Rainbow Peace March, guest speakers, movie nights, participation in Maritime Pride Parades, Supporters of PFLAG Canada's "Communities Encourage Campaign" and "Champions Against Homophobia".

Woodstock

Woodstock GLBT Youth Advocate and Family OutReach: Books, movies, advice, directions, contacts, and support etc. for the family. 328-4868 email: richardb@nbnet.nb.ca

Newfoundland & Lab (709)

Frontrunners Newfoundland and Labrador: Running/walking club. 722-5791 or 753-9529 email: tonybrathwaite@bellaliant.net.jennifer.mcreath@yahoo.com (meeting times can be flexible to accommodate new runners.)

St. John's

AIDS Committee of Newfoundland & Labrador: HIV/AIDS education and support for male/female/transgendered, all ages, Newfoundland and Labrador 579-8656 email: info@aicl.net web: www.aicl.net

Gay Urban Youth Zone Project: designed to increase HIV/AIDS, Hepatitis C, and STI knowledge and awareness 579-8656 (ext. 28) web: www.aicl.net at Tommy Sexton Centre 47 Janeway Place Pleasantville, across from the old Janeway Hospital AIDS Committee of Newfoundland and Labrador LBGT-MUN Resource Centre: LBGT-MUN is an information/resource, service, and peer support centre staffed by trained volunteers!. 737-7619 email: lbgt@munsu.ca (Open Monday-Friday 9-4. Biweekly meetings for members and volunteers.) at Smallwood/University Center, UC-6022. Building located on Prince Phillip Drive. Call us! Get involved!

LBGTQ Youth Group: A monthly gathering for queer, allied, questioning, and any interested youth. We offer social events such as bowling, movie nights, and coffee houses. Contact group coordinator Rob Sinnott at the number listed, email, or visit the web page for more info. 699-0509 email: lbgtq@nlsexualhealthcentre.org web: nlsexualhealthcentre.org

PFLAG Canada: Information or referral to one of our parents. web: www.pflag.ca (For support or information on chapter meetings regarding PFLAG Canada contact Gemma Schlamp-Hickey, Atlantic Director at gemmahickey@yahoo.ca or Diana Deacon, St. John's chapter contact at ddeacon@mun.ca)

St. John's Pride: St. John's Official Pride Organization. web: www.facebook.com/group.php?gid=2497860774

Nova Scotia (902)

Hepatitis Outreach Society: Since 1999 the Hepatitis Outreach Society has been providing support, education and prevention information for those infected and affected by hepatitis in the province of Nova Scotia. 420-1767 in HRM or 1-800-521-0572 email: info@HepatitisOutreach.com web: www.HepatitisOutreach.com at Our office is located at 2973 Oxford Street, between Liverpool and Cork streets. Please call to make an appointment or email Program@HepatitisOutreach.com.

Positive Connections: Teleconferenced support groups for people living with AIDS. email: connections@acns.ns.ca, meets every Monday (evening 7:00pm - 8:00pm) at by phone. No long distance charges. For more info call 425-4882 ext 228 or 1-800-566-2437 ext 228 or e-mail.

SUNS GLB Constituency Committee: 494-6654 at c/o the Students' Union of NS

The Rainbow - Atlantic Awareness Society: email: tpineo@hotmail.com

Venus Envy Bursary Society: An annual award open to all women studying in NS. web: www.venusenvy.ca/halifax

Amherst

Sexual Health Centre Cumberland County: Open and inclusive services: information, education, workshops, free condoms. 667-7500 email: shccc@ns.aliantzinc.ca web: cumberlandcounty.cfish.info (9 - 5 drop-in or appt) at 11 Elmwood Drive. Confidential, hassle-free. Free condoms.

The Cumberland Pride Society: for: gay, lesbian, bisexual, transgender and transsexual individuals. 660-5143 email: cumberlandpride@hotmail.com web: cumberland-pride.sytes.net, meets 3rd Monday (7-9 PM)

Antigonish

Rainbow Warriors: Rainbow Warriors is a youth-run support group for LBGTQ youth and allies in Antigonish. We hold social events such as picnics and game nights, have educational discussions around topics such as stereotypes/assumptions and transsexuality, and raise awareness in the surrounding community by participating in functions such as the Highland Games Parade and the Farmers' Market. While our group is youth-focused everyone is regardless of age, and gender identity or sexual orientation! Find our group on Facebook "Rainbow Warriors - AHAH!". email: antigonishrainbowwarriors@gmail.com, meets every Monday (3:00-5:00pm) at The Antigonish Women's Resource Centre, located in the Kirk Building at 219 Main Street, Suite 204 (above Tim Hortons).

X-Pride: social & support group at X. 867-5007 web: www.stfx.ca/people/xpride

Bridgewater

Sexual Health Centre for Lunenburg County: Confidential info, education&support for everyone. Safer sex supplies, library, pamphlets, workshops. 527-2868 email: LunCo@NS-SexualHealth.ca web: www.theShAC.org (Hours vary. Open by appointment or by chance. Please call ahead.) at 4 Hillcrest Street Unit 8, Bridgewater. (On the corner of Dufferin and Hillcrest Streets). Closed during summers.

South Shore Pride Social Club: for 19 & older. 530-5986 email: info@southshorepride.ca web: www.southshorepride.ca, meets 3rd Saturday (— dances — 9:00PM to 1:00AM) at Call or email for location.

Halifax

Affirm United: GLBT & Friends support, action and worshipping community within the United Church. 461-4528 email: alstew@eastlink.ca

AIDS Coalition of Nova Scotia: non-profit, community-based AIDS organization, provincially mandated. (902)425-4882 email: acns@acns.ns.ca web: www.acns.ns.ca

Alcoholics Anonymous: Live & Let Live AA Group for GLBT community. (902) 425-8383/422-4972 email: courage449@yahoo.com, meets every Monday (at 8pm) at St Matthews United Church, 1479 Barrington St, Halifax (Use side door near Maritime

Centre at bottom of stairs)

Anonymous HIV/AIDS Testing: 455-9656

Bedford United Church: An Affirming Ministry of the United Church of Canada - ALL welcome. 835-8497 email: bedfordunited@eastlink.ca web: www.bedfordunited.com, meets every Sunday (9 am service - Casual and contemporary - with free coffee and muffins before church to take into this service. 11 am service - Quieter and more reverent in tone, coffee after service. June 13 to around September 12 we have one 10 am service.) at 1200 Bedford Hwy at Sullivan's Hill, near Atlantic Gardens

BLT-Womyn of Halifax: Bi Sexauls, Lesbian, Transgender Womyn's Discussion Group. Sue's # 499-0335 email: sueandrews1964@hotmail.com web: ca.groups.yahoo.com/group/blt-womynofhalifax/ (Every second Sunday evening 6pm - 7:30pm) at Dalhousie Women's Centre 6286 South Street (Beside Dalplex Driveway) Hope to see you at the next meeting!

DalOUT: LGBTQ Society at Dalhousie. 494-2190 email: dalout@dal.ca web: societies.dsu.ca/dalout, meets every Thursday (During the academic year we meet at about 7pm each Thursday night.) at Dalhousie University, check OUT our website or contact us for details

Frontrunners Halifax: Running/walking club. 422-7579 email: Bruce.Greenfield@dal.ca web: www.frontrunners.org/clubs/index.php?club=Halifax, meets every Saturday, and every Tuesday, and every Thursday (Sat: 9:30am, Tue: 6:00 pm, Thu: 6:00pm) at Main gates of the Halifax Public Gardens, corner of Spring Garden Road and South Park Street.

GAY, LESBIAN & BISEXUAL YOUTH GROUP AT Q.E.H.: Jeanie Buffet, Counselor, at 421-6797

Get Out, Halifax!: Recreation activities (team activities, cycling, running, rowing - you name it) for metro & beyond!. web: www.getouthalifax.ca at Visit and get on the email list for more info.

Girl-ish Productions: Girl-ish puts on hot and heavy bi-monthly-ish dance parties for queer-ish folks and their friends. email: girlishproductions@yahoo.ca web: www.girlish.ca

Hal-Gal Mailing List: Low-traffic Yahoo group providing events and information for queer women in the Halifax area. email: hal-gal@yahoogroups.com web: groups.yahoo.com/group/hal-gal/ (Join the list to keep in touch or post your events.)

Halifax Sexual Health Centre: Anonymous HIV testing, open and inclusive sexual health clinical services, education and workshops. 455-9656 web: www.HalifaxSexualHealth.ca

Imperial and Sovereign Court of Atlantic Nova Society: Fundraising. 902-449-7612 web: www.imperialcourtns.com, meets 1st Sunday, and 2nd Sunday (Executive Meetings Are Currently Held Every Second Sunday) at Meeting Locations Vary

Koinonia Ecumenical Church: Meaning 'community'. Call or email Pastor Elaine for more information. 876-8771 email: koinonia@ns.sympatico.ca (bi-weekly at 12:30pm) at Halifax Feast, Maritime Centre

Manna For Health: A special needs referral food bank for those living with life threatening illness. 429-7670

Mount Pride: GLBTQ group at Mount Saint Vincent University. email: mountpride@mountstudents.ca, meets 1st Tuesday, and 3rd Tuesday (bi-weekly on Tuesdays at 12 noon) at The Diversity Center in Roseria on campus, and online (see email) Possible events that are being planned for the winter semester include sexuality awareness week, movies nights, potlucks, guest speakers, and many more. There are always spontaneous meals and events that are always fun. This group is open to anyone who would like to join.

Nova Scotia Rainbow Action Project: NSRAP, the Nova Scotia Rainbow Action Project: for 15 years the leading advocate for Nova Scotia's Lesbian, Gay, Bisexual, and Transgender Community. Fostering change in our communities through education, outreach, and political action. 444.3206 email: nsrap@nsrap.ca web: www.nsrp.ca at TBA

Outlaw: GLBTQ & Allies Law Students Association at Dalhousie Law School. email: chad.skinner@dal.ca web: www.facebook.com/group.php?gid=2416842853 (Meetings vary. Please email for further information or check out our Facebook group.) at Dal-

houisie Law School. 6061 University Avenue. Halifax, Nova Scotia.

PFLAG: Support & education on issues of sexual orientation & gender identity. 431-8500 email: halifaxns@pflagcanada.ca, meets 1st Thursday (902-431-8500) at Halifax Youth Project, 2281 Brunswick St
Play Group for Queer Families: 422-8780 (3-5pm) at Board Room (Play Room) at Needham Community Recreation Centre, 3372 Devonshire St (north end Halifax, near intersection of Duffus & Novalea, bus routes 7 & 9) Bring a snack for your child(ren). We will be collecting money from each family to cover the cost of the room rental, likely \$2-4 per week.

Pride Week: Producers of Atlantic Canada's largest LGBTQ cultural festival. 431-1194 email: info@halifaxpride.ca web: www.halifaxpride.ca (July 19 - 26, 2009)

prideHealth: prideHealth is a program of Capital Health and the IWK Health Centre. If you are a member of the pride community and need support with any kind of health care call Anita our Clinical Nursing Specialist, number below. She is available free of charge, offers complete confidentiality, and can also give you support if you are experiencing homo or transphobia. prideHealth- improving safe access to health care. 220.0643

Quakers: Quakerism emphasizes that we all manifest the Divine. 429-2904 web: halifax.quaker.ca, meets every Sunday at Library at Atlantic School of Theology, Franklyn St. All very welcome.

Queer Play: A Queer performing arts group in Halifax NS. email: queerplay@gmail.com

Safe Harbour Metropolitan Community Church: A Christian Church with an affirming ministry to the GBLT community. Everyone is welcome! 453-9249 email: safeharbour@eastlink.ca web: safeharbourmcc.com, meets every Sunday (11 am) at Veith House, 3115 Veith Street, Halifax

Spirituality For Lesbians: We seek to deepen our relationship with God, knowing that God loves us and calls us into life just as he has created us. Persons of every or no denomination are welcome. 459-2649, meets 2nd Wednesday (7:30-9PM, phone for meeting locations)

Team Halifax: All GLBT over 18, athletes and performance artists, as well as anyone willing to help out. 422-9510 web: www.teamhalifax.com (No fixed schedule at this time, look on website for further details.)

The Masculine Spectrum: is a new support group for all transgender, transsexual, & trans men, FtMs, female assigned at birth genderqueers, two-spirited, intersexed, & questioning people 18 years of age or older, of all sexual orientations. No significant others, friends, family, or allies please. web: ca.groups.yahoo.com/group, meets 2nd Sunday at Just Us Cafe, 5896 Spring Garden Road

The Youth Project: Support, education and social activities for youth 25 and under across Nova Scotia. Weekly events, plus a youth food bank and STI testing on site. 429-5429 email: youthproject@youthproject.ns.ca web: www.youthproject.ns.ca, meets 1st Tuesday, and 3rd Tuesday (6-9pm) at 2281 Brunswick Street. 25 and under. Please refer to our website for details and schedule of upcoming events. LGB Youth Project Social Drop-in Nights. This is an unstructured event. It's a chance to hang out with old friends, make some new ones, and just talk about whatever,

Trans Family Nova Scotia: We are the Parents, Partners, Family, Friends & Allies of Trans-Identified Individuals. supporting one another. 902-431-8500 email: transfamily@eastlink.ca, meets 3rd Monday (6:30 to 8:30 pm) at The Youth Project (2281 Brunswick St., Halifax)

Universalist Unitarian Church: an inclusive liberal religious community 429-5500 email: uuchurch@eastlink.ca web: UUCH.ca, meets every Sunday (10:30; see website for special events) at 5500 Inglis St

Kentville

Red Door: Youth Health & Support Centre. Information and services for sexual health. Ages 13 - 30. 679-1411 web: thereddoor.ca (Monday to Friday 2pm to 6pm) at 150 Park Street

Kingston

Valley Gay Men's Coffee House: socials for gay men; gay & lesbian dances 19+. 825-3197,363-2055 email: menembracingmen@yahoo.ca web: faceitwithpride.tripod.com (Coffee every Thursday 7-9pm, Dances on the first Saturday of the month, for the exception of in November. There is two dances held in October, On the First Saturday and the Last Saturday of that Month and NO Dance in November.) at email or call for locations or special events or themes

Lunenburg

Second Story Women's Centre: We offer a meeting space for women, support counselling, programs, and referrals. (902)640-3044 email: secstory@eastlink.ca web: www.secstory.com at Second Story Women's Centre is located at 22 King Street, Post Office Centre, Lunenburg.

Middleton

PFLAG: Information and support for GLBT community and their friends and families. 902-825-0548 email: middletonns@pflagcanada.ca web: www.pflagcanada.ca/middleton.html (Check online for meeting times and locations- or phone 825-0548)

New Glasgow

Pictou County Women's Centre: Offering Individual Support Counselling and Crisis Intervention, Information and Referral, Advocacy and Accompaniment, Programs and Community Education. 755-4647 email: pcwc@womenscentre.ca

Pictou County Centre for Sexual Health: 695-3366 email: pppc@ns.sympatico.ca

Pride of Pictou County: All GBLT in Pictou County. web: www.PrideofPictouCounty.ca (see web page for meeting info)

New Minas / Annapolis Valley

Valley Youth Project: Sexual Orientation. Gender Identity. Allies. Youth. email: valleyyouthproject@gmail.com (6-8:30 most Wednesdays through May) at New Minas Civic Center, 9209 Commercial St. Ages 25 & under. Free bus tickets available. Free food. Fun activities. Join us on Facebook at http://www.facebook.com/pages/Valley-Youth-Project/22418494995

Sackville NB/ Amherst NS

PFLAG: Support and education for GLBT-T2IQQ persons, friends & family. 506-536-4245 email: sacknb-amns@pflagcanada.ca web: www.pflagcanada.ca/en/prov-list-e.asp?RegionNo=6&ProvAbbr=NB, meets 2nd monday (Phone or e-mail for meeting location and details.) at Sackville:112 Main Street or Amherst: 12 La Planche Street

Sydney

AIDS Coalition of Cape Breton: Support, advocacy, prevention/education for those

infected or affected by HIV/AIDS. Free condoms!. (902) 567-1766 email: joannerolls@accb.ns.ca, christineporter@accb.ns.ca web: www.accb.ns.ca (Free Anonymous Testing 1-902-567-1123 Check our Website for events and updates.) at 150 Bentinck St, Sydney, N.S. B1P 6H1

Cape Breton University Sexual Diversity Centre: We provide a welcoming environment for GLBTQ people and their Allies. 902-563-1481 email: sdc@cbusu.com (M-F 9-4pm. Call or drop by for event listings, Ally Training, and Anti-Heterosexism/Homophobia Workshops!) at the Students' Union Building, Cape Breton University.

PFLAG: Support & education on issues of sexual orientation & gender identity. Karen 564-8728 email: sydneyns@pflagcanada.ca, meets last Sunday (of the month at 7:30pm. No meetings for July and August.) at Family Place Resource Centre 106 Townsend Street, Sydney NS

Pride Cape Breton Society: Dances and Social Events. Monthly dances are Adults Only! Check website community events. (902) 539-4627 email: info@pridecapbreton.com web: www.pridecapbreton.com (Dances on the last Saturday of every month. Check website for dance and special event dates!) at Southend Community Centre. Maps are at our website.

Tatamagouche

Tatamagouche Centre: We are an affirming centre, welcoming all gay, lesbian, and transgendered people. 1.800.218.2220 email: tatacent@tatacentre.ca web: www.tatacentre.ca

Truro

Central Nova Women's Resource Centre: Resources, programs and services available for all women identified women. Advocacy and support - with outreach to rural areas. Also, see our Facebook group. Central Nova Women's Resource Centre http://cnwrc.weebly.com, cnwrc@eastlink.ca 535 Prince Street, Truro, NS B2N 1E8 (902) 895-4295. web: cnwrc.weebly.com

Colchester Sexual Assault Centre: Provides support and information to anyone (GLBTQ included) affected by sexual assault and abuse. 902-897-4366 email: trurosexualassault@hotmail.com (Mon-Fri 9:30-4:30) at 80 Glenwood Drive

Northern AIDS Connection Society: HIV prevention education initiative serving counties Colchester, Pictou, Cumberland & East Hants. 895-0931 email: nacs@eastlink.ca web: northernaidconnectionsociety.ca (Our Board of Directors meet bi-monthly on the third Thursday of the month. Annual General Meeting held regularly in June. See webpage for contact numbers in your area of northern Nova Scotia.) at 33 Pleasant Street, Truro, N.S.

Rainbow Proud: Rainbow Proud supports the LGBT** community of Truro and surrounding areas. Our small group of volunteers work hard to put events together for everyone's enjoyment. Any feedback will be considered and can be sent to our email address. We hope you continue to come celebrate our community together. email: rainbowproud@hotmail.com web: rainbowproudnovascotia.ca (See webpage for schedule.)

RESPECT: Students Making Healthy Decisions. 893-6300 email: respect@nsac.ca at P.O. Box 550, Nova Scotia Agricultural College, Truro, N.S. B2N 5E3

SAAFE (Supporting An Alternative Friendly Environment): Social/support group at the NS Agricultural College. 893-6300 email: lyoung@nsac.ns.ca (Meetings as requested. Membership changes each academic year.)

Wolfville

Acadia Pride: Acadia Student Union's LGB-T2IQ group. 585-2165 email: acadiapride@acadiu.ca web: euler.acadiu.ca/~apride/, meets every Monday (9:00pm(during academic year)) at Beverage Forum (old SUB)

Acadia Women's Centre: 585-2140 email: womens.centre@acadiu.ca (Acadia SUB Second Level Balcony)

Yarmouth

South West Nova Pride: GLBT of any age are invited, we meet as a social gathering and peer support group on the 2nd last Wednesday of each month at 7:00PM in the Beacon United Church parlour 25 Beacon St. Yarmouth. We are not church affiliated. 645-2914 email: jackanddan@eastlink.ca web: SWNovaPride.com

Prince Edward Island (902)

AIDS PEI: AIDS PEI creates a supportive environment for PHA's to all residents of PEI. 902-566-2437 email: info@aidspei.com web: www.aidspei.com at 144 Prince Street Charlottetown, PE C1A 2R6

Gay PEI Mailing List: Electronic mailing list for all GLBT, questioning and friendly, focus is on PEI. email: gay-pei-owner@yahoogroups.com web: groups.yahoo.com/group/gay-pei at All first posts are moderated to stop spambots, otherwise, it's an open list.

GLBT Youth group: Safe Space Drop-Ins. 367-3408 or toll free 1 877 380 5776 (E-mail us for further details.) at 144 Prince St.

PFLAG Canada - PEI: Providing support,

education and advocacy for GLBT persons, their families and friends in PEI. 902-887-3620 email: pflagpei@eastlink.ca web: www.pflagcanada.ca, meets 3rd Tuesday at Ferry Road Centre, 24 Ferry Road, Cornwall, PE or Stratford City Hall check with Mary or Bill Kendrick on this months location by calling 902-887-3620.

Charlottetown

ARC -- Abegweit Rainbow Collective: Serving GLBT Islanders, their friends and families. 894-5776 email: info@arcpei.ca web: www.arcpei.com, meets 1st Monday (6:00pm at 375 University Ave Suite # 2 Charlottetown, PE)

PFLAG CANADA
...is returning to Halifax!!
 Join us on the first Thursday of every month, 6-9pm at the Halifax Youth Project 2281 Brunswick Street
 Contact Michelle Malette 992.431.8500

Trans Family Nova Scotia
 Supporting...
 ...partners
 ...parents
 ...allies
 so they can do a better job of supporting the trans-identified person in their life!
 3rd Monday of each month 6:30 - 8:30 pm at The Youth Project 2281 Brunswick, Halifax 902.431.8500 transfamily@eastlink.ca

Lay Chaplaincy Services
 Universalist Unitarian Church of Halifax
 5500 Inglis Street, Halifax, Nova Scotia B3H 1J8
 uuchurch@eastlink.ca
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Anita Keeping is a clinical nurse specialist, a caring and compassionate health care provider – and most importantly a safe point of care for members of the gay, lesbian, bisexual, transgender and intersex communities.
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 To learn more, or to set up an appointment with Anita, please call 220.0643 or e-mail: anita.keeping@cdha.nshealth.ca
 Capital Health IWK Health Centre

Guest Editorial

NB's Second Annual Anti-Bullying Day

Regular editorial columnist Randall Perry is taking a seasonal break and will be back for the January-February issue.

By Rob Frenette

What color are you wearing on Friday, December 17? I'll be proudly wearing blue, the color of the Anti-Bullying Awareness Ribbon, to mark New Brunswick's second annual Anti-Bullying Day. What does this day mean? It means several things, but to me personally, it highlights the importance of making sure that the issue of bullying is not forgotten, and is discussed year-round.

Lately the issue of bullying has been front and centre, not only in provincial media, but also on a national level. Unfortunately most are not positive news stories. In a few short months, we have learned of several suicides in the United States related to the issue of bullying be-

cause the student was gay. Within our own province, parents in two families have held one-person protests, each in reaction to their child being bullied. An incident at Saint Thomas University recently made headlines, when a transgendered student was assaulted while entering a washroom on campus.

Several different initiatives have been started to raise awareness on the issue of bullying. Respectful Workplace Week now takes place in both the city of Fredericton, and the province of New Brunswick during the month of September. But even with this new awareness of the consequences of bullying behaviour, youth continue to ask themselves questions on a daily basis: Does my hair look okay? Are they laughing at me?

I know these questions well. I'm

now an anti-bullying activist, but for eleven and a half years, I was a target of bullying. How did the abuse at the hands of my classmates affect me? I still very vividly recall the sick

I still very vividly recall the sick feeling at the pit of my stomach, the name calling, the pushing, shoving, and being made fun of—events that took place almost every day of my school years...

feeling at the pit of my stomach, the name calling, the pushing, shoving, and being made fun of—events that took place almost every day of my school years, from kindergarten to nearly the end of high school. The bruises have long vanished, but I've come to accept that some of the echoes may haunt me forever. Many people are surprised that I consider myself one of the fortunate few—

until I explain that these echoes made me stronger. They gave me the drive to make a difference, pushing me to help youth locked in the misery of bullying all across Canada.

It's been just over two years since I crossed that high school graduation stage and eventually left my hometown of Bathurst. On my way to completing the NBCC Woodstock's Journalism Program, I've worked the front lines, attempting to get Anti-Bullying Legislation introduced to the New Brunswick Education Act; and presenting several thousand names to the House of Commons, asking the federal government to introduce federal Anti-Bullying Legislation. In 2010, Anti-Bullying Day was proclaimed in our province by the Government of the Day, with full

support from the Opposition of the Day. And on December 17 I am looking forward the solid support of several organizations, including the Canadian Red Cross, and Parents, Families, & Friends of Lesbians and Gays (PFLAG Canada).

In preparation for a recent radio talk show, I was asked a very compelling question. "Why have you made this your life goal, to be an anti-bullying activist?" While I took a moment to gather my thoughts, the answer has always been quite simple: I feel that no student should have to endure what I did, in order to make change in our province.

For support, information and resources, please visit BullyingCanada.ca, call 1 (877) 352-4497, or chat online with us today.

Review

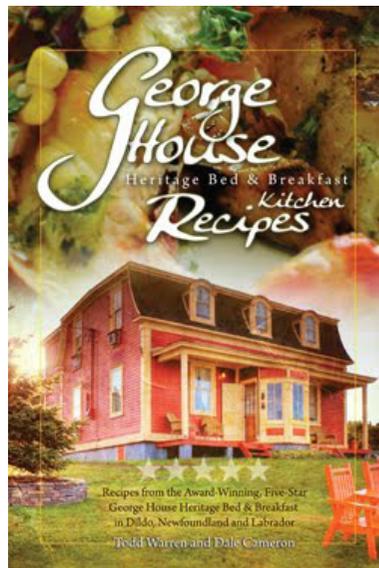
George House B & B Cookbook

George House Recipes
By Todd Warren and Dale Cameron
Flanker Press, \$19.95

Review by Daniel MacKay
It's not often that Wayves receives a cookbook to review, and to have a one written by the proprietors of a local gay bed and breakfast and published locally was a real treat.

Of the three hundred or so recipes in the book, many are quite ordinary. For example, the dinner rolls are as generic as they come. There is, however, a chapter for traditional Newfoundland recipes, some with a twist. Every recipe is accompanied by a Newfoundland fact or a quote from the guestbook, and many are accompanied by tips for serving or for care of the ingredients. There's a section for drinks at the back and even a recipe for dog treats!

With any cookbook, one could choose to read cultural elements



between the lines: it comes as no surprise that the gingerbread recipe has a substantial amount of molasses

and just a teaspoon of ground ginger, not fresh. There is no distinction between yeast breads and quickbreads in the title of the recipes or section of the book, which I found a little distracting; however the biscuits, breads, and muffins sections are separate. I was a little surprised to see mayonnaise as an ingredient in the Coquille St. Jacques, but the method is a good deal simpler than the one I usually use.

As part of a fancy meal with friends, I made Captain Dildo's Cheese Scones and the Carrot Ginger Soup. The scone ingredients are regular biscuit batter plus an egg, dry mustard, and a twenty minute rest time between cutting and baking, however it didn't specify exactly how to knead and roll out the dough, which is so critical in biscuit recipes. The soup recipe specified a modest amount of fresh grated ginger (two

tablespoons for five cups of chicken stock), and sweating the onions in butter before cooking the rest of the vegetables. I was very happy with both recipes. The cheese-covered scones got wolfed down, and the guests remarked on the subtlety of the flavours of the soup which is not the strong point of most of my original recipes. You can guess that there were a lot of jokes about Cap-

tain Dildo's Scones, and a substantially off-colour retelling of the Stone Soup folk tale, with a dildo acting as the primary soup ingredient.

There's no theme in this cookbook; there's no focus on one ingredient or cooking method that you'll get tired of after a few recipes; this is a book from which you could feed your family and friends with simple, healthy food every day.

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